

FRESH EYE FOR TALENT

Regional heats of film festival at Belltable this week - P14 & 44-45



Kerry, Oisin, Rebecca, Meghan, Chloe and Luke, some of the young filmmakers who are taking part in the Fresh Festival PICTURE: DERMOT CULHANE

The Leader

Wednesday, March 6, 2019

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LOUISE LOVES! Check out new columnist Louise Cantillon **P43**

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LeadingOff

Setting the agenda in Limerick



▲ GOOD WEEK
Stephen Byrne
 Gunners fan and employee of Bobby Byrnes got to watch the north London derby with Jack Wilshere



▼ BAD WEEK
Car dealers
 February sales of new vehicles fell 11% on 2018 figures - the second double digit drop in succession



☀ QUOTE OF THE WEEK
 We don't think that governments here in Ireland and around the world are taking enough action to stop climate change"
Striking students Saoirse Exton and Caitlin Ni Chaoindealbhain - See p6

INSIDE THIS WEEK



BRENNAN HONOURED
 Music author's civic reception
 Page 14



LEGEND PASSES ON
 Tributes paid to Ger Cusack
 Page 10



LIAM CROKE
 Page 24

Death

DOWNES (née Ryan) Phyllis (Late of Grattan Street, Limerick & New Jersey) Peacefully in New Jersey.

Sadly missed by her sons Robert and Michael, daughter Karen, sister Laura O'Donovan and brother Eric Ryan (Corbally) grandchildren, nieces, nephews, sister-in-law, brother-in-law, relatives and a large circle of friends.

May she Rest in Peace.
 Funeral will take place in New Jersey on Tuesday March 5th 2019

Rugby attraction to transform the city



Engage! Paul O'Connell is lending his considerable expertise to the International Rugby Experience on O'Connell Street



WHAT WE THINK
EUGENE PHELAN
 LEADER EDITOR

IT will be early 2021 before it opens, but have no doubt about it, the International Rugby Experience is set to transform Limerick just like the Titanic attraction has Belfast.

Now that the way has been cleared and planning granted, workers will be on site in a matter of weeks.

Backed by JP McManus with rugby legend Paul

O'Connell lending his expertise, this will be an international family visitor experience and not just for rugby buffs.

Using the expertise of Event Communications London, the company behind the Titanic Experience in Belfast, as well as internationally renowned architect Niall McLaughlin, no expense is being spared to

make it a success. It will create 100 jobs and has an initial target of 100,000 visitors a year.

The Rugby Experience will consist of a seven-storey building housing a "multi-media visitor experience, exhibition and education space" plus retail and cafe at ground floor levels on O'Connell Street.

Bring it on!

WEATHER FOR THE WEEK



WEDNESDAY
 Partly sunny with temperatures peaking at 9°C



THURSDAY
 Cloudy with a little rain and a temperature peak of 10°C



FRIDAY
 A little rain in the afternoon with temperatures peaking at 10°C



SATURDAY
 Rain in the morning this time with a high once more of 10°C



SUNDAY
 Periods of rain at times in the day and a 9°C peak of the mercury



MONDAY
 Cloudy in the main with showers around, high of 10°C

WEBTOPTEN

1. Major Limerick concert by high-profile American rapper 'cancelled'
2. Man arrested after stabbing of garda in County Limerick
3. Limerick man watches Spurs-Arsenal in company of his footballing hero
4. Legend of Limerick Showband era Ger Cusack passes away
5. Limerick quarter final opponents confirmed in Allianz Hurling League
6. GAA confirm fixture details for Limerick and Laois hurling quarter final
7. County Limerick businessman named entrepreneur of the year
8. Limerick landlords considering CCTV over student house parties
9. Man and woman granted bail after €320,000 drugs seizure in Limerick city
10. County Limerick publican caught selling drink to girl learns 'nasty lesson'



The Game: Major Limerick concert by high-profile American rapper 'cancelled'. See story online.

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MyLimerick

Ann Blake

Actor and playwright

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

Start off at The Milk Market and head for a walk by the river. Do a bit of shopping in Lucky Lane. Have a bit of lunch at Rift and then a stroll in The People's Park. Get some dinner in Freddy's Bistro and head to a play in the Belltable or the Lime Tree Theatre.

Alternatively, get dinner in Dolan's and then head to a gig in one of their venues. Head on to Charlie Malone's afterwards. Have a healing swim in the Shannon followed by a Sunday brunch in The Greenyard. You'll notice it's mainly food, drink and entertainment related!

What's your first Limerick memory?

I think it might be The Corbally Baths, before they were shut down. It was a scorcher of a day, I was very small and it was really, really crowded with families.

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

I love the river both in the city and county. I've been swimming in a beautiful swim-spot in Annacotty for about seven years and in the last year, due to the organising prowess of Elisa O'Donovan and Swimable Limerick, I've had the chance to swim in the city.

It's hard to describe the magic of viewing King John's Castle and the city from the water and swimming under Thomond Bridge and Sarsfield Bridge and touching the pillars.

What about a favourite local walk or view?

I love to walk the boardwalk all around the river. The views are fantastic no matter where you are.

What do you think gives Limerick its unique identity?

We have a real mix of ages and history in our city with a remarkable Georgian Quarter and a small mediaeval island. It would be great to see the city embrace that identity even more and open cafes, pubs and venues and get Limerick citizens living in these areas.

Do you have a favourite local restaurant?

Freddy's Bistro holds a very special place in my heart. It's been open as long as I can remember and, when we do get the

chance to go there, myself and my wife Jenny are always treated so well. It's a fabulous location, gorgeous space and the food is pretty amazing.

I do have to give a shout out to my local pub, Charlie Malone's, as I don't think there's anywhere else like it in the world, let alone Ireland. It is a pure Limerick establishment.

How would you describe the people of Limerick?

Limerick is very grounded in its nature and the people are very real. You know what you're getting when you meet a Limerick person and we are a very supportive people. It may come from the fact most Limerick people have had to face slagging over the city's previously bad reputation but with that has come a great resilience, authenticity and sense of humour.

How important do you think the arts are to Limerick?

Essential. The arts are how we express, reflect and realise who we are. Limerick has produced a serious amount of successful artists who've taken the world by storm. In 2014, the city opened itself up to the arts and it had a fundamental change on the place, how we saw ourselves and made us realise how much was possible in Limerick.

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

Can I add three? A dog park, a designated city centre swim spot, that is not dependent on the tides, and a public fund for artists to apply to the can support affordable living and professional opportunities so they can continue to stay in Limerick and create work that makes the city more attractive to live in.

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

Social inequality, mental health and homelessness. There are so many empty buildings in the city and so many people sleeping on the streets. I know it is a complex situation with lots of nuances but simply put, no-one should be without a home and we need to stop blaming the homeless for being homeless.

It would be wonderful if Limerick championed solving this problem and became the first county in Ireland to eradicate homelessness.



FRONT PAGES OF THE PAST

26 YEARS AGO
MARCH 13, 1993

The headline on the Limerick Leader on March 13, 1993, related to a story that still makes the headlines, the common entrance exam for secondary school students.

The story said that the Limerick Association of Principals and Vice

Principals were strongly defending the decision to hold a common entrance exam on March 15 for nearly 2,000 primary students.

On a lighter note, with six placings in the previous three years, hopes were high that Limerick could make a big breakthrough at the Miss Ireland finals.



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LEADER NEWS BULLETIN

COURT

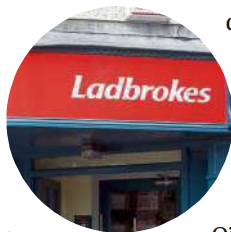
Man accused of damaging bookmakers after losing bet

A MAN who is accused of causing hundreds of euro worth of damage at a bookmakers' premises after losing a bet has been banned from every betting shop in Limerick city, writes David Hurley.

Patrick Ward, 26, of St Michael's Park, Ennis is accused of damaging a flat-screen television and a perspex screen at Ladbrokes, Johnsgate Village on July 9, 2018.

It is alleged that damage totalling almost €1,100 was caused during the incident.

Garda John Sheahan told Limerick District Court the



defendant replied "I'm sorry" when he was formally charged following his arrest.

He told Judge Marian

O'Leary there was no objection to bail subject to Mr Ward complying with a number of conditions.

The defendant must sign on at Ennis garda station once a week and he was ordered to stay out of every bookmakers' premises in Limerick city pending the conclusion of the case against him.

Free legal aid was granted and the case was adjourned to the end of May for DPP's directions.

CRIME

Man accused of stabbing garda is granted bail

A MAN who is accused of stabbing a garda during an incident at his home in County Limerick at the weekend has appeared in court charged with assault.

Peter Creighton, 58, of Bruach Na Sionna, Castleconnell is accused of assaulting the male garda causing him harm at around 9pm on Sunday.

Garda Stephen Aherne told Limerick District Court the defendant replied "I'm sorry, that's not in my nature, I'm not like that" when he was formally charged under the Non Fatal Offences Against the Person Act.

He said there was no objection to bail subject to Mr Creighton complying with a number of conditions. Judge Marian O'Leary directed that the defendant live at his home address and obey a nightly curfew as a condition of his bail.

COURT

Fined for having mobile phone in Limerick Prison

A SERIAL offender was fined €200 after he admitted having a mobile phone inside Limerick Prison, writes David Hurley.

Shane Ryan-Casey, 23, of no fixed abode, was prosecuted under the Prisons Act following the seizure of the device by prison officers on September 24, 2018.

Solicitor Sarah Ryan said her client, who has more than 130 previous convictions, had been threatened by others to smuggle the mobile phone into Limerick Prison after he was remanded in custody. Mr Ryan-Casey also



pleaded guilty to a number of public order offences relating to a disturbance at the emergency department at UHL on March 3, 2018.

Sergeant Donal Cronin said the defendant, who was restrained by hospital staff, was shouting a roaring when gardai arrived and refused to leave the area when asked.

Judge Marian O'Leary imposed fines totalling €400 with a default penalty of five days' imprisonment.

Mr Ryan-Casey was fined an additional €200 for failing to appear in court on two separate occasions last year.



Michelle Normoyle and Sandra Longe tossing pancakes at the Absolute Hotel on Pancake Tuesday PICTURE: MICHAEL COWHEY

Pancake Tuesday sweeps Limerick

There's an old age question when it comes to Pancake Tuesday, 'sweet or savoury?'

Both sides were pitted against each other in Limerick's Absolute Hotel, this Pancake Tuesday.

Representing Team Sweet: caramelized bananas served on buttermilk pancakes with vanilla ice-cream.

In the Team Savoury corner, we had

pancakes topped with bacon, avocado, poached egg and hollandaise sauce, with both being served straight from chef James Whelan's kitchen.

Which side are you? Be sure and choose carefully.

Pancakes aren't just for Pancake Tuesday, and are available daily from 12:30pm - 5pm with lunch service at the Absolute Hotel.

Cyclist's damages claim thrown out

Liability: Legal action following collision dismissed

DAVID HURLEY

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A MAN who claimed he was struck by a car while traversing the road at a zebra crossing lost his claim for damages after a judge said he had a doubt about liability in the case.

Jamie Foreman, 33, of Lindon Court, Kennedy Park, told Limerick Circuit Court he was "blown into the air" when he was hit by a car at a pedestrian crossing at St Nessan's Road, Dooradoyle, on January 11, 2016.

The plaintiff sued the elderly driver of the car for damages relating to injuries he claimed he sustained in the collision.

He told his barrister Derek Sheahan he was walking with his bicycle and was "scooting across" the road when he was struck by a car which was travelling in the direction of University Hospital Limerick.

"A car hit me and blew me up in the air. I landed on my back. My head was bleeding, my leg was twisted," he said adding that he still suffers some neck and back pain.

The driver of the car, who lives in County Tipperary, told the court he "slammed on the brakes" when he saw a shadow coming out in front of him "like a rocket".

He told barrister Sandra Barnwell that Mr Forman's bike collided with the front of his car after he had come to a stop.

"I didn't hit him, he hit me," he said



The primary issue in the case is one of liability

JUDGE RAYMOND GROARKE, CIRCUIT COURT PRESIDENT



describing how the plaintiff went over the bonnet before landing on the passenger side of his car.

He added that no damage was caused to his car.

An independent witnesses who was travelling in the opposite direction told the court he observed Mr Foreman moments before the accident cycling "very quickly" in the cycle lane adjacent to the road.

He told the president of the circuit court, Judge Raymond Groarke, that he knew "for a fact" there would be an accident when he saw the cyclist "shoot out" behind his car as he was passing the defendant's vehicle.

"I thought he (Mr Foreman) was going to hit the back of my car," he said describing how he stopped and called an ambulance when he saw him lying on the ground.

The witness added that he believed the impact had occurred away from the pedestrian crossing and not on it as the plaintiff had stated in his evidence.

Delivering judgement, Judge Groarke said the evidence of the plaintiff and that of the independent witnesses were "totally at variance" and that they had nothing in common.

He noted the independent witness had nothing to gain from coming to court and he commented that he found his account of what happened to be compelling.

He said liability was the primary issue in the case and that Mr Foreman appeared to have ignored "every law that relates to the safe use of a pedestrian crossing."

Accordingly, he said he had to dismiss the case.

He awarded costs to the defendant.



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Course	Ref No	Venue	Day / Time	Dur	Start Date
Sales and Service Skills for Retail Industry	232884	FET Centre, Raheen Campus, Limerick	Monday - Thursday 8.30am - 3.45pm Friday 8.30am - 12.45pm	12 Weeks	25th Mar 2019
Web Design and Adobe Dreamweaver	232884	FET Centre, Raheen Campus, Limerick	Monday - Thursday 8.30am - 3.45pm Friday 8.30am - 12.45pm	15 Weeks	29th April 2019
New ECDL Programme	239840	FET Centre, Raheen Campus, Limerick	Monday - Thursday 8.30am - 3.45pm Friday 8.30am - 12.45pm	18 Weeks	13th May 2019
Welding Traineeship	244934	FET Centre, Raheen Campus, Limerick	Monday - Thursday 8.30am - 3.45pm Friday 8.30am - 12.45pm	26 Weeks	13th May 2019
EXTERNAL TRAINING COURSES					
Beauty Therapy L2 Traineeship	254828	Limerick City	Monday - Thursday 8.30am - 3.45pm Friday 8.30am - 12.45pm	20 Weeks	25th Mar 2019
Equestrian Stage 1 Traineeship	256190	Adare, Co Limerick	Monday - Thursday 8.30am - 3.45pm Friday 8.30am - 12.45pm	12 Weeks	25th Mar 2019
Warehouse Essentials	246746	Newcastle West, Co Limerick	Monday - Thursday 8.30am - 3.45pm Friday 8.30am - 12.45pm	10 Weeks	1st April 2019
Delivery Driver	238325	Newcastle West, Co Limerick	Monday - Thursday 8.30am - 3.45pm Friday 8.30am - 12.45pm	9 Weeks	29th April 2019
Heavy Good Vehicle Driving (HGV Rigid)	241534	Limerick City	Monday - Thursday 8.30am - 3.45pm Friday 8.30am - 12.45pm	8 Weeks	29th April 2019
Core Engineering Skills	234323	Abbeyfeale, Co Limerick	Monday - Thursday 8.30am - 3.45pm Friday 8.30am - 12.45pm	12 Weeks	13th May 2019
Barbering Techniques and Business Skills	256194	Limerick City Centre, South	Monday - Thursday 8.30am - 3.45pm Friday 8.30am - 12.45pm	10 Weeks	13th May 2019

Courses are free-of-charge. Applicants in receipt of a Department of Employment Affairs and Social Protection payment may be eligible to receive a training allowance.

For more information: call Mary Manning on 061 487997, email mary.manning@lcteb.ie or, search learningandskills.ie using the course ref no above.

This provision is co-funded by the Irish Government and the European Social Fund as part of the ESF Programme for Employability, Inclusion and Learning 2014 - 2020.



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Woman promises to not dump rubbish again

DAVID HURLEY

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A YOUNG woman who was prosecuted for littering has apologised for her actions and promised to never do so again.

Patricia Moloney, 22, of Lower Hartstonge Street, Limerick pleaded guilty to an offence relating to a detection at Jesuit Lane in the city centre on October 3, 2018.

Environmental Inspector

Michael Walsh told Limerick District Court that he discovered material linked to the defendant inside a number of black bags of rubbish which had been dumped on the street.

After submitting photographs to the court, he confirmed a €150 on-the-spot fine was issued and that a number of reminder letters were sent to the defendant.

Solicitor Leanne Purcell said her client, who has no previous convictions, had intended putting

the rubbish in a communal bin where she lives but that it was full when she brought the rubbish outside.

"It was full and she left it on the street," she said.

Ms Purcell said her client had suffered a bereavement a short time before the incident and that she was very upset around the time..

"She apologises and she assures me it will never happen again," she told the court seeking leniency on

behalf of her client.

Judge Marian O'Leary accepted the submissions put forward which were corroborated by the material found in the rubbish bags.

Noting Ms Moloney's apology and assurances, she imposed a €100 – giving her seven months to pay.

The defendant was also ordered to make a €100 contribution towards the costs of Limerick City and County Council relating to the case.



Photographs of the rubbish were submitted in court



Protest: Gaelcholaiste Luimni students Caitlin Ni Chaoidealbhain and Saoirse Exton PICTURE: MICHAEL COWHEY

Students swap the classroom for picket

Climate: People urged to consider global warming

NICK RABBITTS

nick@limerickleader.ie

TWO local students took time out of class to urge people to be more protective of the world we are living in.

Saoirse Exton, 13, and Caitlin Ni Chaoidealbhain, 14, put down their pencil cases and picked up their placards, setting up a picket in Patrick Street to protest for a brighter future.

Saoirse said: "We are striking from school for climate action. We don't think that governments here in Ireland and around the world are taking enough action to stop climate change."

Codenamed 'Fridays 4 Future', the friends hope to stage a protest each week to keep the issue of climate change high on the agenda.

On Friday, March 15, the pair will be part of global strike action on the

issue.

"It's vitally important, especially for people like us. We only have 12 years, so I'm going to be quite young when global warming starts taking effect, if we do not stop it now. So we are not going to have a planet to live on once we get older," Saoirse said.

She added that people can take little steps, like being more aware of what they are consuming and how much water they are using.

"For instance, if you're brushing your teeth, think of simple things like turning off the tap. Don't leave it running. Or if you want to buy new clothes, don't. Don't consume as much. There is only a limited amount of resources in the world so we need to use as little of them as possible," she explained.

Asked why the pair chose to strike outside outside Limerick Twenty Thirty's offices in Patrick Street, Saoirse said: "Usually people would

strike outside the City Hall. That's quite out of the way and its pedestrianised. We felt Patrick Street is more visible. More people would be driving past, and would be walking past too."

"I've had a really positive reaction. Nobody has said anything negative. We've not had any really angry people," she laughed.

While it is O'Brien's Bridge girl Saoirse's first protest, Caitlin from near Thomond Park has taken to the picket line before.

A number of elected representatives turned up to show their support, including Jan O'Sullivan and Cllr John Loftus.

All are welcome to join the protests going forward.

For more information, follow them on Twitter at @Fridaysforfut18, and Instagram at www.instagram.com/fridaysforfuture.limerick/

Council urged to step in on mental health

NICK RABBITTS

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CITY and County Council is being petitioned to put in place a programme to teach teens about mental health.

Local election candidate Seónaidh Ní Shiómóin, pictured, has set up an online campaign to council boss Conn Murray urging the authority to implement a mental health awareness programme in all secondary schools across the city.

The petition, which had almost 200 signatures by this Tuesday lunchtime, will be followed up with a notice of motion from Ms Ní Shiómóin's colleague on the council, Cllr Mary Cahillane.

"Depression is the largest cause now of disabilities of youngsters between 10 and 24 years. It's a predisposing factor for suicide. Limerick has twice the national average rate of suicide, and its a hotspot for suicide at this stage: it's recognised as a priority area by the National Office for Suicide Prevention," she said.

Ms Ní Shiómóin, a teacher by profession, said one school-based intervention, Youth Aware of Mental Health, or Yam was delivered in classrooms over a four week period, and was associated with a significantly lower number of subsequent suicide attempts and suicidal ideation.

It's aim was to improve

mental health literacy and coping skills of young people, to raise awareness of risk and protective factors associated with suicide and to enhance young people's knowledge about mental health issues like depression and anxiety.

Limerick City and County Council has no role to play in educational provision locally, a spokesperson confirmed.

However, Ms Ní Shiómóin feels the authority has a role to play – and can introduce the programme

independently of government.

"The council has funding for this.

They've said in their local

programme that they want to support

positive mental health. We

cannot be depending on the national government to come up with anything meaningful. Really, this has to be done at local level. It's a targetted area and it's in crisis," the Solidarity candidate added.

As well as a notice of motion, Ms Ní Shiómóin will be organising a public meeting in the city in early April, focused on mental health provision, with the Raheen lady hoping to make it a focal part of her campaign.

"People are outraged at what is happening with mental health, and I think there is a real feeling around 'what can people do'. I'd also like to see a 24-hour on-call crisis counsellor in Limerick City," she added. Petition at: bit.ly/2ENUj8R.



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Sales of new cars still falling locally

DAVID HURLEY
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THE decline in sales of new cars in Limerick continued last month new figures have confirmed.

Official statistics released by the Society of the Irish Motor Industry (SIMI) show 538 new cars were registered in Limerick during February – down from 611 during February 2018 and representing a year-on-year decrease of 11.95%.

As expected, the number of new cars sold in Limerick last month was dramatically lower than in January when 1,252 new cars were registered.

According to SIMI, cars manufactured by Ford (249), Hyundai (188), Volkswagen (173), Toyota (168) and Nissan (146) are five most popular brand of vehicle sold in Limerick so far in 2019.

The figures show the total number of new electric car registrations for the month of February showed



1,790 new cars were sold in January and February

a significant increase with 330 registered nationally in comparison to just 72 in the same month last year.

A total of 32 electric vehicles have been registered in Limerick since the beginning of 2019.

“This increase is a result of a concerted effort by all stakeholders; by the Industry in supplying more, new electric cars with greater travel range; by the Government through the generous taxation and other incentives; and by SEAI with their grant scheme.” said Brian Cooke, SIMI director general designate.

Woman paid €100 to get fake passport

Bank: Woman tried to open account with bogus ID

DAVID HURLEY
david.hurley@limerickleader.ie

A WOMAN who used a bogus passport when applying to open a bank account will avoid a criminal conviction if she makes a contribution to charity.

Sodo Bah, 31, who has an address at Aviary House, Windmill Street had denied unlawful possession of the fake Guinean passport at her home on December 2, 2016.

Detective Garda Pat Whelan told Limerick District Court that having been alerted to concerns relating to the passport's authenticity, he called to the defendant's home having been granted a search warrant.

He spoke with Ms Bah who surrendered the green-coloured passport to him and made certain admissions under caution.



Limerick District Court

The passport was later sent to Garda Headquarters for detailed examination.

Detective Garda John Leonard told the court, the body of the passport was genuine but that he found a number of defects in the security features on the bio-data page. He said he also

found evidence suggesting a section of the passport had been tampered with.

Judge Marian O'Leary was told the defendant was previously living in Limerick under a false identity and that she attempted to rectify matters a number of years ago after her true identity

came to light.

She told gardai she had given money and a photograph to a friend who travelled to Guinea and obtained the passport.

Ms Bah said she did not realise the document was fake and insisted she believed it was a genuine passport.

Solicitor Andrew D'Arcy said his client now accepts it is a bogus document and he submitted the State had not proven its case beyond a reasonable doubt.

However, Judge O'Leary said she didn't find Ms Bah's belief to be "entirely credible" and she commented that some of her responses during garda interviews were "vague and contradictory".

In the circumstances, she said if €100 is paid to the court poor box she will apply the Probation Act.

UPCOMING ADVICE CLINICS

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McInerney**
Peace Commissioner
Limerick City North

First Thursday of every Month

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9:00 PM	Garryowen	The Horse and Hound
10:00 PM	Caherdavin	Greenhills Hotel

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Comments from online readers

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



LIMERICK AND CLARE PLAY OUT THRILLING DRAW IN ALLIANZ HURLING LEAGUE

Anthony Fitzgerald

Game should have cancelled crazy conditions

Rob Slattery

Sure Clare got a point that was well wide

Margaret Mary Hallinan

Proud to be a county Limerick woman. Great credit to both teams in fairness. Weather conditions were cruel

Gerard Patrick Philpott

Great result for Limerick terrible weather and conditions to day in Ennis



LIMERICK'S GRAHAM 'G-TRAIN' MCCORMACK SET FOR TG4 BOXING BOUT

Brian David O'Donoghue

Good man Graham...going all the way to the top



Robert Davern

Go on Graham McCormack. Top man

Robert Davern

Good luck Graham McCormack

SURVEY: 'BUSES ON 304 ONLY RUN ON TIME IF ZERO PASSENGERS SHOW UP'

Myra O Muirgheasa

So... picking up passengers is the problem



Geraldine Turner

Ya my son had to walk home from school on Friday because the 304 never turned up it took him 45 mins to walk home and not one bus passed him

David Mc Namara

Include the 302 bus also. Desperate time keeping on this route as well

Liz Braddish

Try getting the 306 to or from Ballynanty only turns up when they want

LEGEND OF LIMERICK SHOWBAND ERA GER CUSACK PASSES AWAY

Audrey Neylon Salmon

So sad to read this, have great memories of Ger in Myles Breens, he also played at our wedding, condolences to the family



Helen Clancy

He and his band played at our wedding in 1975. Brilliant

Merle Madden

Thanks for the memories Ger

Noreen Long

Aw a gent thinking of you all

Annemarie Harris

A gentleman may he rest in peace

Showband legend leaves legacy on local music scene



Ger Cusack, seated, enjoys a song with the Munster players who had just beaten the All Blacks at Thomond Park in 1978. Standing by the piano were players Brendan Foley, Colm Tucker and Tony Ward PICTURE: MICHAEL COWHEY

Legend: Ger Cusack, 77, died peacefully on Sunday night

FINTIAN WALSH

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A LEGEND of the Limerick Showband era and critically acclaimed singer-songwriter Ger Cusack has passed away aged 77.

Ger, the lead singer and frontman of the renowned Empire Showband, was one of the lead figures of the Showband revival scene when the group released their 1964 hit *It's Only A Rumour*.

Ger supported major acts, including Elton John, at the former Stella Ballroom on Shannon Street.

The singer-songwriter died peacefully at Park Nursing Home, Castletroy, following a long illness this Sunday.

"Music was his whole life," his daughter Susan told the Limerick Leader.

The eldest of eight, Ger attended the Model School followed by Municipal Technical Institute on O'Connell Avenue.

Ger was musically prodigious at a very young age while in primary school, having performed a solo on Raidio Eireann (now RTE Radio). Before forming Empire Showband in 1960, Ger created Lizzards Skiffle (with Willie, Joe and John Browne and Tony Carey), receiving £1 per gig. After a stint in Douglas, Isle of Man, followed by a return to Limerick, where he performed weekly Stella shows with the Billy Conway band, Ger formed Empire



"Music was his whole life"

SUSAN CUSACK, DAUGHTER OF GER CUSACK, WHO DIED PEACEFULLY AT PARK NURSING HOME, CASTLETROY

Showband.

In 1966, Ger wrote and recorded their biggest hit *It's Only A Rumour*, which peaked at around number 15 in the charts, he told the Limerick Leader in an interview in 1999.

Ger first met his wife Patsy when they were around 16, and they have been together 60 years, his daughter said.

According to an interview in the Limerick Chronicle in 1969, the band broke up in September 1966 due to "differences in musical policy". Ger later formed the Ger Cusack Quintet which included Tommy Drennan and Bryan Meehan.

His next big record was in 1978, entitled *Mighty Men of Munster*, coinciding with Munster's triumphant and historic victory against the All Blacks in 1978.

In the 1960s, Ger supported Reginald Dwight, who later became Elton John.

"He [Elton John] was looking for someone for a late drink and my father brought him up to Geary's Hotel [now Coqbull on Thomas Street] and they had a couple of pints together. That was before he became famous," said Susan.

Former bandmate Bryan Meehan is arranging the music at Ger's funeral Mass this Wednesday, which will also include the playing of Empire Showband's 1966 hit *It's Only A Rumour*. Ger who lived in O'Malley Park is deeply regretted by his wife Patsy, his children Susan, Karen, Diane, Laura and Ger, his nine grandchildren, sons-in-law, daughter-in-law, brothers Ollie, Jack and Stephen, sisters Mary McDonnell, Emmy Meehan and Rita Quinn, nephews, nieces, other relatives and friends. Predeceased by his sister Margaret Walsh.

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LEADER CRIME BRIEFS

BY DAVID HURLEY



Distinctive rucksack was stolen from bus by thief

GARDAI are investigating the theft of a distinctive rucksack from the storage compartment of a bus.

The owner of the rucksack – a young man – was travelling between Limerick and Dublin when he placed his rucksack into the luggage storage area at the side before getting on board the bus.

“When he reached his destination he discovered his rucksack had been stolen. Unfortunately he had left his laptop in the rucksack,” said Sergeant Ber Leetch, who added the rucksack was a distinctive colour and appears to have



The rucksack was left in the storage area of the bus

been taken deliberately.

Where possible, gardai say those who travel on buses should avoid placing valuable items in the luggage compartment.

“It is always best to keep any valuable property very close to you. Keep your wallets, handbags, phones and electrical gadgets with you at all times,” said Sgt Leetch.

Thief tried to use hedge cutters to break into house

A THIEF attempted to break into a house in Garryowen after he located a hedge cutters in a garden shed at the rear of the property.

According to gardai, the culprit, who entered the garden during broad daylight, attempted to use the hedge cutters to force open the back door of the house.

“It’s vital that you buy a good solid lock and bolt to secure your garden tools in a shed and keep your garden tidy and free of any item a thief could use to break into your home,” said divisional crime prevention officer, Sergeant Ber Leetch.

Garda warning as ‘change scam’ suspect is arrested

GARDAI are warning of a new ‘change’ scam which has been identified in recent weeks.

“This is a scam where a male walks into a busy store in the city and asks for 50s. He then hands over a couple of €100 notes and the member of staff proceeds to count out €50 notes,” explained Sergeant Ber Leetch.

The culprit then says he wants the change in a difference denomination which would not be readily available.

“He then demands his money back and in the



Retailers are being advised not to give out change

confusion manages to pocket some €50 notes. The theft often isn’t discovered until the till is totalled at the end of the day,” added Sgt Leetch who said one man was arrested in Limerick earlier this week.

“The advice for retail businesses is very simple – do not give out change and you won’t be caught out.”

Power washer was stolen

GARDAI are appealing for information following the theft of a Stanley power washer from a house in Castletroy.

The theft happened in the early evening after the power washer was left in front garden by the owner. “Use your gardening equipment but put them away safely immediately afterwards, always mark them clearly with your Eircode or with some unique mark,” said a garda spokesperson.



Minute’s applause for swimming coach

A special tribute was paid to the late swimming coach John Dempsey, who died this January, as he received a minute’s applause at the Irish Open Long Course Gala at the UL Sports Arena on Saturday PICTURE: JOHN GARRETT

Driver turned away from checkpoint

Cannabis: Uninsured motorist admits drug-driving

DAVID HURLEY

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A MOTORIST who was caught driving without insurance for a fourth time has been warned he will go to prison if he is caught driving again.

William Casey, 26, of O’Brien’s Bridge, County Tipperary admitted turning away from a garda checkpoint which had been set up at Greenhills Road, Garryowen at around 4am on May 11, 2017.

Inspector Pdraig Sutton told Limerick District Court the defendant was pursued by gardai who stopped him a short time later at Mulgrave Street.

While he passed a roadside breath test, he later provided a blood sample

which confirmed the presence of cannabis-class drugs in his system.

Insp Sutton said the defendant has almost 70 previous convictions including three for driving without insurance.

Barrister Liam Carroll said one of the insurance convictions dates back more than a decade and that another relates to an offence which happened two days after the offence before the court.

He said his client, who witnessed his brother being murdered a number of years ago, had been drinking and smoking cannabis on the night and that he believed he had allowed enough time for the intoxicants to leave his system.

He said Mr Casey, who is studying music at LIT, used to be “rough

around the edges” but that he has taken positive strides and has turned his life around since the incident.

While accepting that Mr Casey has had difficulties in the past and is making progress she said told him he has to obey the law.

She said his previous convictions were an aggravating factor as was the fact he committed a similar offence two days later.

She fined him €400 for driving without insurance and disqualified him from driving for eight years. The judge also imposed a three month prison sentence which she suspended for two years.

Mr Casey was also fined at a total of €600 and banned in relation to drug driving and dangerous driving charges.

New online safety measures given welcome

FINE Gael Senator Maria Byrne has welcomed new legislation designed to protect children online.

Communications Minister Richard Bruton has this week announced plans for new internet safety laws, which would see the appointment of an online safety

commissioner with powers to prosecute and fine firms which break the rules.

The act would also give the new regulator the power to order internet and social media to take down content which breaches agreed codes of conduct.

Ms Byrne said: “This is really good news for parents in Limerick seeking to protect their children while they benefit from all that digital technology has to offer. The Online Safety Act will define categories of harmful online content.”

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Sunday 17th March | 12 noon

The parade theme, **One Giant Leap**, celebrates the 50th anniversary of Neil Armstrong's moon landing and reflects Limerick's dynamic revitalisation in recent years. **Route:** O'Connell Avenue (Roden Street junction) to Rutland Street.



49TH LIMERICK INTERNATIONAL BAND CHAMPIONSHIP

Monday 18th March | 12 noon

The streets of Limerick will be filled with lively musical tones and the spectacular sight of over 1,300 talented marching band musicians. **Route:** O'Connell Street (Barrington Street junction) to Arthur's Quay Park with free concert.

Lots more family fun events including Panoramic Wheel and Museum of the Moon

Full details of ALL events on Limerick.ie/StPatricksFestival



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THE OFFICIAL GUIDE TO LIMERICK



#LimerickStPatsFestival

Author's love of music 'really shines through' on pages of book

NICK RABBITS AT CITY HALL

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HISTORIAN and local rock-and-roll fanatic Paddy Brennan's book which got the seal of approval from President Michael D. Higgins has been honoured with a Mayoral reception.

A former Limerick Person of the Month winner, the Corbally man, originally from the Hyde Road, last year published a massive book chronicling the city and county's music scene over more than two centuries.

Mayor Collins described the piece as a "labour of love", suggesting Paddy had been working on the opus for 30 years, rather than the three he admitted to!

The 556-page publication contains 1,400 photographs, and the sounds of Shannonside are also included in a special compact disc.

"I was blown away in Thomond Park at the launch," the mayor admitted. "The book is in my office. When I have a coffee and take a break for five minutes, I take out the book and flick through it. Then you realise you've gone from one page to the next and 20 minutes has gone, and you need to go back to work! You get really engrossed in it."

He said Limerick is unique to have this tome, adding: "No city in the world has a book like this. I think the reason for this is the fact there are very few cities in the world that have a musical history like Limerick has. It takes someone very special like Paddy to put it



Mayor James Collins honoured musician and author Paddy Brennan with a reception in recognition of his commitment for decades to Limerick music. He is also photographed with his brother Johnny, his wife Geraldine Brennan and his brothers Ger and Buddy PICTURES: LIAM BURKE/PRESS22

together. It really was a labour of love. He said it took him three years to put together. I have a suspicion he was probably planning it for nearer on 30 years! Paddy's love of music really shines through in this piece of work."

Mayor Collins pointed out that there are not too many books from Limerick authors which contain a foreword from President Michael D Higgins.

"It just shows he is a man who is very interested in arts and culture. This musical history of Limerick can live on now into the future. It's fantastic Paddy has compiled it, but it's fantastic for Limerick we have it. There aren't too many books in Limerick which have a foreword from the President of Ireland," the mayor added.

Speaking at his reception, Paddy asked whether he might be the first person from the Hyde Road to be

afforded a mayoral reception.

"We're a long way from the Hyde Road, I can tell you! But I appreciate this gesture so much," he said, sitting alongside wife Geraldine.

"This book has gone all over the world. It's gone to the Congress in Washington. I'm delighted so many people have seen this book," he added.

Many of Paddy's friends and supporters were present at City

Hall for the reception, including Denis Allen – famous, of course for writing Limerick, You're a Lady, which marks its 40th anniversary this year.

Tommy Drennan and John Daly were also present – the latter describing Paddy as a "special human being". Tributes to the writer also came from metropolitan district councillors Marian Hurley and John Costelloe.

'The future of filmmaking is bright': Fresh director

YOUNG film making stars of the future flocked to the Belltable this week for the regional heats of the Fresh Film Festival.

Ireland's Young Filmmaker of the Year 2019 moved one step closer as the Limerick finalists were announced after the screenings this Tuesday.

The competition, which received a record 1,700 entries this year, announced which short films would move on to the finals following the Limerick regional heats.

Now in its 23rd year, Fresh Film Festival encourages young people from Ireland and overseas, aged 7 to 18 years, to create, exhibit and share films.

Fresh Film Festival Director Jayne Foley said "the future of filmmaking in Ireland is bright".

"Fresh Film Festival is all about encouraging young people to tell their stories through film, so the record number of submissions this year shows we have a nation of young storytellers with something to say and the creative means to say it. We've been overwhelmed by the entries this year," she said.

Films screened at the Limerick regional heats this week included films from Clare, Tipperary, Kerry, Offaly, and Limerick. Films by young filmmakers from Germany, Denmark, and the United States were also screened as part of Fresh Film Festival's International category. Films by young filmmakers through to the final include Chewing from Limerick Youth Theatre, Stars by Meghan O'Shaughnessy from Kerry,

Ode to a Dancer by Oisín McKeogh from Clare, Plastic by Clare Youth Action and On Track from Sacred Heart Secondary School in Offaly.

Ardscioil Rís and Limerick Educate Together both saw animated films progress through to the final, meaning the possibility of winning this year's Boulder Media Animation Award remains a possibility.

Oisín McKeogh, 16 from Clare and Rebecca Jones, 16 from Tipperary, won the Audience Award for the Limerick Heat. Films shortlisted for the final will be screened at Fresh Film Festival 2019 in Limerick from March 25 to 30 and Ireland's Young Filmmaker of the Year Awards will be presented on the March 27 for the Junior category and March 28 for the Senior category.



Conor Owens, Chloe Reidy, Richard Lynch, Sinead Fitzgibbon, Caoimhe Gaffney and Orla McLaughlin at the Fresh Film Festival regional heats in the Belltable PICTURE: ADRIAN BUTLER



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Stephen's thrill at watching derby with legend Jack

Hero: Former Arsenal star saw Spurs match in Bobby Byrne's

NICK RABBITTS

nick@limerickleader.ie

IT'S not every day you go to work and you meet your footballing hero.

But that's exactly what happened to Bobby Byrne's food hall manager Stephen Byrne over the weekend, when he watched the closing stages of the Tottenham v Arsenal game with former Gunners star Jack Wilshere.

The midfielder, who now plays for fellow London club West Ham United, has been spotted around Limerick in recent times, as he is having treatment locally on an ankle injury sustained just before Christmas.

On Saturday, Jack - who remains a huge Arsenal fan - joined a couple of friends in Bobby Byrne's pub at O'Connell Avenue to watch the North London derby.

Unfortunately, Stephen could not get the time off to watch the game - but he timed his break so he could at least watch the first half of the match, in which his team went 1-0 up at Wembley.

During the second half, he kept an eye on the score and came across the 27-year-old England international watching in the pub's back room.

"When Tottenham had equalised, I poked my head in to find out if anyone knew who had scored.

"I got a shock, because Jack was sitting there with two of his buddies and a couple of their kids. It was actually Jack who shouted 'Harry Kane' back at me," in reference to the striker who equalised from the penalty spot.

"I stepped outside, as I was a little bit starstruck," Stephen admitted.

With just minutes to go Pierre-Emerick Aubameyang was hauled down in the box, giving Arsenal the chance to win the huge derby.

And Stephen sensed the opportunity to watch the defining moment with Wilshere.

"We got a penalty in the last minute, and I asked if there was any chance I could watch the penalty with them [Jack's group]. It



Stephen Byrne, pictured with former Arsenal playmaker Jack Wilshere shortly after the North London derby on Saturday

was the last minute and I thought we were about to win the game. Unfortunately the penalty was missed. We were obviously all gutted," he explained.

After the full-time whistle, Jack agreed to pose for a picture with Stephen, something the Dooradoyle man described as a "surreal" moment.

"I've followed his career throughout. I went up to him after the match and explained how I was a huge fan and asked if there was any chance I could get a picture. He

said absolutely, and he was out of the chair before I even asked. I've always looked up to him. He did his ACL a couple of years into his career at Arsenal. I had the same injury a couple of years ago. You look to your heroes, and feel 'if you can do it, I can do it'," Stephen concluded.

Jack Wilshere has been seen a number of times in Limerick in recent months: shopping at Gleeson's Sports Scene over Christmas, and dining in Alex Findlater's Restaurant in January.

Limerick youth clubs get funding boost

RYAN O'ROURKE

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LIMERICK and Clare Education and Training Board will receive €126,525 under the Local Youth Club Grant Scheme for 2019.

Senator Maria Byrne welcoming news of the funding, said, "The Local Youth Club Grant Scheme supports youth work activities at a local level by providing grant aid towards the cost of running clubs and groups and is part funded by the proceeds from the National Lottery.

"The primary focus of the scheme is to assist volunteer-led youth clubs that provide a programme of youth work activities for young people. Clubs that work with young people but are not specifically providing youth work may also be eligible to apply under the scheme," she added.

Youth groups and clubs across Limerick and Clare will soon be able to apply to the Limerick and Clare Education and Training Board (ETB) for funding under this scheme.

"Youth clubs are part of the fabric of communities here in Limerick and must be supported. Fine Gael is determined to ensure that we target the benefits of our economic recovery at those who need it most," said Senator Byrne.

Secas makes grave action call

NICK RABBITTS

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CITY East Labour councillor Elena Secas has called for an extension to the Kilmurry Cemetery, or a new burial ground in Castletroy.

She said: "Local people are concerned that Kilmurry Cemetery is at capacity. These are people who have lived in the area all their lives and would like to be laid to rest here."

However, Cllr Secas has been told there is no public land available at Kilmurry to extend the graveyard, and at present, all grave plots have been allocated.

She added the only option

for additional burials at the site are of ashes.

"This is a cause of distress especially for elderly people in the area and I am calling on the council to acquire more land at Kilmurry or failing that to create another cemetery in Castletroy," said the Labour councillor.

"The council is in the process of preparing a burial ground strategy for Limerick City and County and the Kilmurry Cemetery must be considered as part of this strategy," Cllr Secas added.

This disclosure comes almost exactly two years after a council motion to restrict Kilmurry graveyard to local families was



Cllr Elena Secas

rejected.

Cllr Michael Sheahan, Fine Gael, sought to have the grave plots restricted to locals, with no pre-purchasing allowed.

At the time, he warned this was needed as the cemetery has "very few graves left for people living in a 'rapidly expanding' community.

In a written reply, the council also expressed concerns that if this motion passed, it could leave them open to discrimination.

They also questioned the definition of the "local" community, and how it should be determined geographically.

4Site to visit local schools for festival

LIMERICK company 4site will visit local schools in an effort to encourage students to pursue a career in engineering, as part of Engineers week 2019.

The week-long festival will see events run nationwide with the aim of introducing young people to engineering and encouraging them to explore the diverse career opportunities the discipline offers.

During the week, the 4site team will be visiting Scoil Fhionain, Kilfinane, and Scoil Bhríde, Loreto National School, Killarney.

"Engineering touches

every part of our lives. However, not enough young people - particularly young girls - think that it is the industry for them," said Ian Duggan, CEO of 4site.

Engineers will chat to the students about their everyday working lives.

"For example," said Ian, "one day they could be climbing masts the height of the spire, while the next they could be piloting drones to map a mountainside site.

"We hope to change the way that young people think about engineering, and introduce them to a whole new area of study," he added.

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BEDFORD KEEPS IT CHIC IN THE CITY

Heritage: Bedford Townhouse and Café offers a distinctively Limerick experience in a stylish setting



Peter Brazil, Mayor James Collins and Denise Brazil pictured in the Bedford Townhouse & Café which was officially launched last week PICTURES: ALAN PLACE



A view from the outside of The Bedford Townhouse and Café during the official opening as Mayor Collins gave his speech on the night, praising the spectacular city centre property

SPECTACULAR was the word Mayor James Collins chose to sum up the Bedford Townhouse & Café on Bedford Row which he officially opened last week.

The launch took place on Thursday, February 28, in Bedford House which is home to The Bedford Townhouse & Café and Limerick Travel – both of which are owned and operated by The Limerick Travel Group.

Mayor Collins went on to add that it was the type of property that was really needed in Limerick at the event which was supported and attended by many members of Limerick's businesses, political, arts and culture communities.

The special guests were greeted by Denise Brazil, general manager of The Bedford, who compered the evening's events and described the opening as "a celebration of two proud Limerick businesses that are part of one family in every sense".

In introducing Mayor Collins she referenced how fitting for the first citizen to be opening The Bedford given the strong Limerick connection of both businesses.

The Bedford project was launched back in November 2017 and has been a number of years in the making. The first phase of the project, The Bedford Café opened in July 2018 and this was followed by the stylish 12 bedrooms which were unveiled just before Christmas.

Continuing the family business tradition associated with Limerick Travel, Peter Brazil and his wife, Denise, have joined forces to make The Bedford a reality. Their vision was to create a boutique Limerick Townhouse - one that offers guests a central location to stay and eat in the stylish surroundings of an historic Limerick property.

As a boutique property the personalised guest experience is at the heart of this vision. Housed in a building that dates back to 1830, The Bedford showcases some of the original features of the building and its rich industrial heritage. Bedford House was once home to Peter Tait, founder of the Limerick Clothing Factory and former three-time Limerick Mayor.

The city of Limerick also plays a

big part in The Bedford – and the Brazils have set themselves the goal of ensuring that every guest that stays at The Bedford knows that they are staying in a Limerick property. With this in mind, all 12 guest rooms are named after Limerick landmarks including the Treaty Room, the Hunt Room and the Tait Suite. The history of Bedford Row has also been brought back to life through a Bedford Row Heritage Trail which is on display in the lower ground floor.

The residence feel of the Townhouse has been restored by local interior designer Tullio Orlandi and together with DDCF Building & Project Management, James Hartnett Architectural Consultants and PBC Builders, Bedford House has been transformed into the stylish new Townhouse on display today.

The 12 beautifully appointed Chic, Elegant and Suite guest rooms provide all modern amenities including air conditioning, smart TVs, large king beds with pocket sprung mattresses, and en-suites with power showers.

The Bedford also goes a step further to provide some surprising features to enable guests to unwind and relax - the Parlour Room hideaway lounge area, a gym and steam room, wellness breakfast in The Bedford Café and a rooftop garden - a little oasis in the city.

Mayor Collins, in his address, acknowledged the success of Limerick Travel which has been in business in Limerick since 1971 and has advised, facilitated and supported many from the Mid-West in their travels around the globe.

In the creation of The Bedford, Mayor Collins commented that "in this new chapter the Brazil family are now encouraging people from around the world to stay in a very spectacular accommodation here in the city centre of Limerick".

Peter Brazil, managing director of the Limerick Travel Group, shared more about the background to The Bedford development and the history of Bedford House which has been maintained and promoted through this new business.

He went on to pay tribute to all involved in the development and

the staff of both businesses who are the driving force behind its success.

He also paid particular tribute to his parents Tony and Sheila Brazil.

"Suffice to say that The Bedford would not have been possible without Limerick Travel and my parents Tony and Sheila Brazil and we are all so proud to be starting a new chapter in the Limerick Travel Group with the opening of The Bedford."

The Bedford Townhouse & Café is now open for business.

A social media campaign has just been launched this week to share more about the history of The Bedford and what lies beyond the front door of this beautiful Townhouse.

Readers can see more on The Bedford's social media channels (Instagram, Facebook and Twitter).

For further information about The Bedford and to make a reservation in the Townhouse please visit www.thebedford.ie to avail of our early bird and mid-week promotional offers. Use the code LIMERICK to obtain 10% on any bookings before May 31.



A view of one of the property's stylish bedrooms



Stephanie Nagle, Jennifer Meaney and Louise Mulcahy at the launch



Celia Holman Lee with Denise Brazil at the launch



Another view of The Bedford's stylish rooms

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Going green: Corpus Christi national school 4th class pupils Rhys Hughes, Jamie Johnson and Ashlee Collins Dunne get their fingers green for a class project in creating awareness on climate change and growing your own garden

Going green for change

The pupils at Corpus Christi national school bring their community garden back to life to raise awareness on climate change

Pictures: Adrian Butler **Words:** Fintan Walsh



Antoinette, Cassie and Donnacha Neill and Natasha, Gary and Molly Daly

Antoinette: "I think it's brilliant to get them out and get their hands dirty, instead of sitting in home constantly looking at tablets and PlayStation games so they are enjoying it as well, being out in the open."



Teacher Liam Kelly with one of his pupils Gary Daly

Liam: We are trying to encourage planting your own vegetables and fruit at home as opposed to buying them in a store, and we are looking at the wider picture of how that will affect climate change down the line. We also want to foster a love of gardening in the community. All the parents have come down, they have been a great help. We have a school garden as well in the school. Some of the kids would have done a small bit of gardening before, and the exposure to owning their own garden is great



Ashlee Collins Dunne and Michael Miller, Corpus Christi, hard at work in their new community garden where they will have an active role in planting a variety of fruit and veg for the people of Moyross



Summer Clohessy, Sophie McNamara and Leah Carroll take part in the 'Grow your own range, prevent climate change' community gardening project

Candid Comment

By SPARTACUS

● Those who support the contention that we are becoming a 'Nanny State' will be interested to learn that eight different prosecutors were deployed during a single sitting of Limerick District Court last week. A multitude of State agencies and Government departments were represented by legal eagles seeking to ensure justice is administered. These include Tusla – The Child and Family Agency; The Revenue Commissioners; The Department of Culture, Heritage and the Gaeltacht; An Post; The Department of Enterprise and Innovation; The Workplace Relations Commission; The Department of Agriculture, Food and the Marine; Inland Fisheries and the Environmental Protection Agency. Limerick City and County Council was also represented on the day as was An Garda Síochána – in the form of a single prosecuting sergeant. Taxpayers money well spent, Spartacus says.

services in the city on social media, spilling out into the pages of this newspaper. Bus users remain vocal that services are not running on time and that there is a multitude of issues with the service being provided in the city by Bus Éireann.

Interesting to note a survey conducted by geographer and - yes, local Green Party election candidate - Breandán MacGabhann on a key city route, the findings of which suggest it only run to timetable if zero passengers were collected. He spent a day studying the movements of the delay-hit 304 and, he found: "The only way the bus could actually keep to the scheduled timetables is not to pick up any passengers".

Hardly the solution city commuters are searching for.

.

● **HAVE** you noticed the new pedestrianised - or what we used to call Zebra Crossings - springing up around the city? While motorists might be a little annoyed with them, there is no doubt that they help ensure safety for people crossing our busy city streets. The latest one is on the Catherine Street/Glentworth Street corner, next to Gleeson's Spar shop.

"There are accidents at this crossing every second day and the crossing helps slow down traffic, there is no doubt about that," said one local businessman. So well done to the Council. Hopefully it might encourage more people to shop in the city!

.

● Fans of a high profile US rapper were left dismayed this week at the last minute cancellation of The Game's "entire European tour" and his Limerick show at the Milk Market too, sadly. It meant no debut city show for the man credited with resurrecting West-Cost hip-hop in the early 2000s. This game was called before it started.

● Following the decision of the European Parliament's Transport and Tourism Committee to back plans to end the biannual clock change from 2021, Spartacus would like to weigh in on this important debate. In an online consultation by the European Commission conducted last year, more than 80 % of the participants expressed their support for the abolition of the seasonal clock-change. Now it comes down to choice, with member states to notify the Commission of their preference and whether they want to stay on summertime or wintertime by April 2020. While sticking with winter-time all year round will result in darker evenings, permanent summer-time will mean darker mornings. It's a tough choice; might be timely to flip a coin.

.

● There remains consternation over bus



Joshua Fitzgerald with his mum Noelle, Cosgrave Park

Noelle: He is getting rightly stuck in. He is doing something that he never did before. I find that it is therapy for the kids.



Karen Lynch, Aaron Stokes Lynch and Katie Power at the community garden at Moyross Community Centre last Friday morning, led by the kids and staff of Corpus Christi national school



Tracy McElligott, development worker with Moyross Residents Forum, helping Joshua Fitzgerald

Tracey: I am chuffed, I am thrilled. It's just really, really incredible. It's a beautiful garden and it's a fabulous facility."



At the party to celebrate the 1st anniversary of The Leader in the Savoy Hotel were from left: Tom Crosse, GVM, John Mullane, Mullane Financial Services, Tommy Redmond, Redmond Mortgages and Pensions and Mike Gavin, Shelbourne Construction

Out & About

THE LEADER 1ST BIRTHDAY PARTY AT THE SAVOY HOTEL

Pictures: ADRIAN BUTLER



Lorna Clancy, Limerick Leader and Lisa Kearney, Rooney Auctioneers enjoying the celebrations



Gill Cleary and Caroline Danaher, Ultimate Health Clinic and Niamh Webb O'Rourke, Limerick Leader



Dave and Mary Gaynor, Lisnagry at the party



Tom Crosse, GVM, Eugene Phelan, editor, Limerick Leader, Harriett Marrett, and Dave O'Hora, Southern



Leader crew: Lorna Clancy, Tara Cannon, Lynsey McCoy, Fergal Deegan, Niamh Webb O'Rourke and Deirdre Whelan



Fr Seamus Enright, rector of the Redemptorists Fathers with Deirdre Whelan, Limerick Leader



LEFT: Daphne Greene, Greenhills Hotel, Cllr Elenora Hogan, Maree Smyth and Senator Maria Byrne

ABOVE: Fintan Walsh and Dave Hurley, Limerick Leader with Fran O'Donnell, Futureama

RIGHT: Caroline Wallace and Siobhan Quinn, Zip Yard with Emma Foote, University Concert Hall



Tara Cannon, Limerick Leader and Aengus D'Arcy, JJ Bowles



Donn O'Sullivan, Lynsey McCoy and Dave Hurley, Limerick Leader



Fergal Deegan, commercial director, Limerick Leader and Bill Hanly, Hanly Donnellan Auctioneers



Photographers, Keith Wiseman and Kieran Ryan-Benson



Alan Owens, Limerick Leader, Richard Lynch, ilovelimerick and Donn O'Sullivan, sports editor, Limerick Leader



Making Cents

LIAM CROKE

The Must-Read Guide To Saving Money

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Little things like lunches add up and stall savings

I was carrying out a financial review for a client of mine recently, and I got her to carry out an exercise where she would track what she spent her money on each month.

The reason she wanted to review her monthly outgoings, was because at the end of every month there was very little, if anything, left in her account and this was troubling her because she didn't feel she was overspending each month.

She wanted to start saving, so her question was: where am I going wrong?

Most people in a situation similar to hers believe because they don't go out very often and don't have a particularly active social life, that the solution to having more money at the end of the month is having a larger base salary.

I'm not sure whether this is the answer for everyone, because the majority of people I encounter whose incomes increase, don't save as much as they thought they would. It appears the more we make, the more we spend, and this is known as lifestyle creep.

People tend to mistakenly believe that earning an extra €1 is the same as spending €1 less - but they are quite different. If you earn an extra €1 and you pay tax at the marginal rate, it's really only worth an extra €0.51.

If you spend €1 less, you get the full benefit of that €1, so when you compare both, spending €1 less is worth 109% more to you than earning an extra €1.

The key to improving your monthly cashflow is to increase your income and reduce your outgoings, and when you begin to create a bigger gap between both, you're on the road to financial success. Back to that lady I was carrying out the review for.

When I analysed her outgoings nothing really stood out to me that suggested she was overspending, apart from one area that initially did look a little bit more than what I would consider normal. This proved to be the case when I benchmarked her spending against others of a similar age and income level.

And that was the amount she was spending on breakfast and lunches every month.

She admitted she wasn't very good in the mornings. She doesn't have the time or energy to get up earlier than normal to make her own coffee or prepare lunch that she could bring to work. And you mightn't think it's much of a big deal, but it is when you are spending about €4,000 every year. That was the amount she was spending on breakfast and lunches every year.

It's actually costing her more than €4,000 because that's after-tax income. She first had to earn c. €6,000 to net down to €4,000. And that €6,000 was accounting for 12% of her annual income which was why it stood out, when I was analysing her monthly outgoings.

Bringing your own lunch to work isn't free either, there's a cost to it as well, but given the disparity between grocery cost and restaurant food, I believe the average person can save at least €100 every month.

The key to improving your finances if you decide to give this a go, is being able to see the impact your efforts are making. And how you achieve this, is by investing the savings you are making, which almost no one does.

If you don't, the danger is the savings

“ People tend to mistakenly believe that earning an extra €1 is the same as spending €1 less



DID YOU KNOW? Warren Buffet, the third richest man in the world, with a net worth of \$87.1 billion, never spends more than \$3.17 on his daily McDonalds breakfast

get consumed on something else, and when you can't see any difference to your bank balance at the end of the month, you'll fall back into what you were doing before. So, save the difference and lodge it into a separate savings account, and keep it away from your current account.

One person I know reduced his monthly lunch cost by €75 and applied this amount as an overpayment on his mortgage, which meant he accelerated the repayment of it, by one year seven months, saving €12,468 in interest payments in the process.

Another, person applied her savings of €60 to her pension by way of AVC contributions, and when tax relief was factored in, the amount was going to add €181,156 to her pension fund at 65.

What the lady I referred to at the beginning of this article gained by carrying out the exercise of tracking what and where she was spending her money on each month was awareness. She learned what she was spending her money on, and once she knew, she was then able to redirect what she called wasted cash to other areas of her life, that were more important to her.

You don't have to cut every indulgence out of your life, but write down what you spend on the coffee, sandwich or whatever and multiply them by five to see what you spend each week. Then multiply that figure by 46 and that's the amount you are spending each year on that particular area. And when you know what those numbers are, you might see some areas that you will be able to cut back on (not entirely give up) which will help improve your monthly cash flow or any other areas you wish to apply the savings to.

ASK LIAM

Our personal finance expert answers your questions ...

Q: Liam, I've four or five different pensions from previous jobs. Should I transfer them to my current scheme or leave them where they are?

A: The average person will have about 11 different employers during their working life. That could mean 11 different pension accounts, which is too many.

It would be too difficult to manage. I would consider consolidating what you have, especially the smaller funds, into your current scheme.

However, there is one potential disadvantage of moving older pension schemes into newer ones, and that is the charging structure. Older schemes you have been part of, may have lower management charges than the scheme you are currently in, so before you do anything, compare both, and even though it might be more convenient to have everything in one place, you don't want to be moving from a lower fee structure to a higher one either.

So, look at your various pots, and anything that has a balance of <€10,000, transfer it out, because the difference in charges, either way, shouldn't make much impact. Any fund >€10,000 you need to be more mindful of, and I would leave it alone, especially if the charges are lower than what your current fund charges.

SHOP LOCAL: GOOD DEALS AVAILABLE IN LIMERICK THIS WEEK

Spring break in style with 20% Off Sale at Trinity City Hotel located in the heart of Dublin. This is a city-sister hotel to Limerick Strand Hotel. Book by March 31 for stays before April 30. T&C's Apply. Subject to Availability. Book now on 01 648 1000 or email: reservations@trinitycityhotel.com



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Sarah Lowry and her team at Sublime Hair & Beauty Lounge, Thomas St, have opened up their Hair Loss Clinic suitable for people with hair loss due to chemotherapy, radiotherapy, hormonal change and alopecia. HSE approved salon which means this service is free to anyone with a medical card. Call 061 313887 or 087 7765729 for a free consultation



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Fitzpatrick O'Dwyer & Co is a multi-disciplined service provider to a diversified range of clients in the Mid West region.

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To augment our team the suitable candidate will have excellent communication skills and the ability to work as part of a team providing personal financial and taxation solutions to a variety of different business entities and activities. The candidate should have an ability to show initiative and creativity when dealing with different business problems and solutions.

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Recruitment

Limerick Leader,
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Engineering a way to success

Enterprise: ABS founder Colm Cussen named entrepreneur of the year

NICK RABBITTS
 nick@limerickleader.ie

A LIMERICK businessman has heaped praise on the Local Enterprise Office (Leo) after being named entrepreneur of the year.

Colm Cussen, of Newcastle West firm ABS Engineering Control Systems, beat four other companies to win the overall prize at the Limerick Leo event in the Strand Hotel this Monday lunchtime.

"Leo was a massive help to us, with the funding and their

experience of business. They were training us, how to manage this, how to manage that which was all new to me. Definitely with the help of Leo, we were able to progress to getting bigger clients as we had more confidence and we knew a bit more about what we were doing," he said.

ABS designs and installs building management systems, and were one of five firms presented with awards by Mayor James Collins.

It was a brace of prizes for

the company, which also won the title of best manufacturing company, while there were also awards for a number of other firms.

Joining ABS in the winners enclosure were Precision Utility mapping from Clarina, which won best service business, Optima Training and Consulting Ltd, Castletroy, named the best new start-up.

The prize for best retail business went to Rockbarton Garden Centre in Bruff, while Dev House in Annacotty took



Winners enclosure: Colm Cussen and Annette O'Sullivan of ABS Engineering Controls PICTURE:

PAUL MULLINS

the award for innovation.

Asked what made his firm stand out, Mr Cussen – whose clients include Dalta and Kostal – said: "I think any person starting up their company needs to have a drive and a passion. If people see that off you, that this person is willing to go the extra mile just for their client to achieve whatever they are looking for. I think they saw that in me. It was great."

Mayor James Collins said: "This awards scheme further illustrates that Local

Enterprise Office Limerick is in the front line in delivering business growth and jobs in Limerick, providing direct support and pulling together all the players – agencies, the local authority and the private sector – to support everyone with a good business idea and strengthen the enterprise sector in Limerick."

Mr Cussen and ABS will now go forward as Limerick's representative at the final, to be held in Dublin's Mansion House on May 29.

Past winners of the National competition include Paul Collins, DesignPro Ltd based in Rathkeale and Bespoke Sauce Ltd from Raheen.

Also addressing Monday's awards luncheon at the Strand Hotel were John MacNamara of Business Cost Management (BCM), while there was also a speech from Kieran Considine, of AIB, which sponsored the event, the curtain raiser to Local Enterprise Week 2019 which started on Monday last.

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Business sentiment collapses

THE chairman of the local branch of the Irish Hotels Federation (IHF) has warned continued tourism growth cannot be taken for granted.

Dermot Kelly was speaking following the results of a survey, which show that business sentiment among hotels and guesthouses here and across the country have fallen deteriorated sharply year on year, representing a stark change in outlook compared with 2018.

As well as Brexit, other concerns include the hike in tourism VAT, increases in the cost of doing business and growing economic uncertainty internationally.

The survey shows with 75% of hoteliers stating they are now reassessing plans to increase capital investment as a result of the taxation increase.

Food safety standard

BUSINESSES and individuals across Limerick have been given national awards from the Food Safety Professionals Association.

Colm O'Brien, who runs school lunch firm CarambolaKidz and Roadbridge Engineering won Food Safety Assurance Awards from an organisation which recognises firms for being best in class for Food Safety and Hygiene.

Eibhlín O'Leary, training and compliance manager at authority congratulated the companies on their achievement and prioritising protecting consumers health and working in the best interests of their customers and should be commended for doing so.

New jobs at leading law firm

A LEADING city law firm has announced 12 new jobs at its Limerick offices.

Holmes O'Malley Sexton (HOMS) is seeking to fill a range of positions, including legal secretaries, interms, a solicitor and an IT professional.

While some of these positions require experience in the field, there are also openings for those who are looking to start their careers in the legal sector. There are eight intern positions open to recent graduates without prior experience. The solicitor vacancy, specialising in employment law, is open to newly qualified solicitors. The open positions are related to various departments, across 27 disciplines practice areas.

More information on the jobs are available at 061-313222.

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Dates

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

Wednesday, April 10 - Radisson Blu Hotel, Ennis Road, Limerick

Thursday, April 25 - Radisson Blu Hotel, Ennis Road, Limerick

For further information or to make an appointment, please contact: Anna on 086 4135555 or see the website: www.bproheartfeltcardioscreening.com

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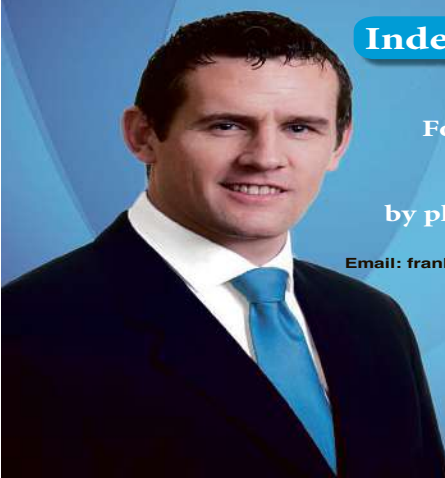
**Frankie
DALY**

Working for the People

Independent

For Advice and
Clinic Dates
Contact me
by phone or email

Tel: 083 4403282
Email: frankie.daly@limerick.ie



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PROPERTY

Leader

HOME & INTERIORS

WEDNESDAY, MARCH 6, 2019



The former Sister of Mercy convent, located in the middle of Killaloe, offers extensive accommodation that could be adapted for commercial or residential purposes

Praise be for period prize

Killaloe: Former convent in outstanding location to go under the hammer next month

AT A GLANCE

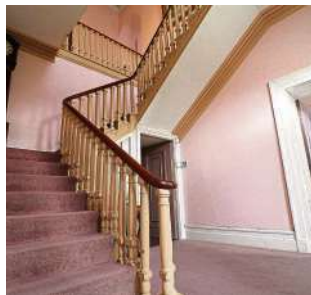
Location: Former Sisters of Mercy Convent, Convent St, Killaloe, Co Clare

Description: Residential (Detached House)

Price: Price on application

Seller: GVM Auctioneers

Contact: 061-413522



The convent retains many original features

the property may be sold before the public auction date.

Constructed in 1857 as The Bishops Palace, this period property has extensive living and bedroom accommodation and could be adapted for numerous commercial or residential uses.

There are 14 bedrooms and bathrooms in the property and many of the

original features are retained including high ceilings, wainscoting, carved architraves, detailed cornice work, ceiling roses and original window shutters.

There are a number of ground floor rooms and spaces that could be adapted to other purposes, including a lounge, oratory, sacristy and extensive understairs storage. The kitchen has a terracotta tiled floor, oil fired Aga cooker, fully fitted units and plumbing for all appliances.

There is good parking in the forecourt area.

This property is well located in the middle of Killaloe immediately adjacent to SuperValu and Convent Hill Shopping Centre.

Inspection of this extensive property is highly recommended.



Located in the lakeside town of Killaloe, the former Sisters of Mercy convent will go under the hammer at 3pm on April 4 in the Lakeside Hotel.

GVM is handling the sale and it should be noted that

GVM Auctioneers

PSRA Licence No. 002030 ipav
www.gvm.ie



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



Former Sisters Of Mercy Convent, Convent Street, Killaloe, Co. Clare



Price on application

Outstanding period property located in this hugely popular lakeside town. For Sale by Public Auction on Thursday 4th April @ 3pm at The Lakeside Hotel, Killaloe, Co. Clare (unless previously sold)

Prominent land mark property located in the hub of Killaloe located immediately adjacent to all amenities. Constructed in 1857 as "The Bishops Palace" this period property has extensive living and bedroom accommodation and could be adapted for numerous commercial or residential uses. Many of the original features are retained including high ceilings, wainscoting, carved architraves, detailed cornice work, ceiling roses and original window shutters. Good parking in the forecourt area. Inspection of this extensive and most desirable property is highly recommended.

Joint Agents :- GVM Auctioneers contact Tom Crosse on 087-0872547717 and Harry Brann Auctioneers.

The Grange, Raheen, Limerick



BER A3

Price on application

FINAL PHASE OF SPECTACULAR NEW SHOWHOUSES AVAILABLE FOR VIEWING ON SATURDAYS FROM 11AM TO 12 NOON.

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

Booking deposits now being accepted.

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

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

Developers :- Liam Neville Developments Ltd.

Full details contact Tom Crosse on 087-2547717

Rower Beg, Adare, Co. Limerick



Price on application

For Sale by Public Auction (on the kind instructions of the Vendors Anne and Patricia Sparling). Auction on Friday 5th April at 3pm in our Limerick City Auction Rooms (UPS), 25/26 Glentworth Street, Limerick

Prime residential roadside holding extending to circa 42 st acres. This property is situated just 1 kilometre south of the hugely popular tourism and picturesque village of Adare. The lands are truly in superb quality, laid out in easily managed divisions and well watered and fenced. There is a piped and natural water supply. Very extensive road frontage to the main Limerick/Killarney Road. The two storey residence is in need of repair but offers huge potential. A large range of out offices are also located on the lands including a hay barn, loose shed and yard. Inspection of this magnificent property is very highly recommended.

Solicitors :- Valerie Noonan, MF Noonan and Co., Solicitors, Main Street, Rathkeale, Co. Limerick.
Full details Contact Tom Crosse on 087-2547717 or John O'Connell on 087-6470746.

121 Evanwood, Golf Links Road, Castletroy, Limerick



BER A3

€270,000

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

8 Anglers Walk, Rhebog, Limerick



BER C3

€205,000

We are delighted to bring 8 Anglers Walk to the market. This well-appointed three bedroom semi-detached residence holds an enviable position, being situated in a well-established enclave to the front of the estate and overlooking an open green area with mature trees. Contact Declan Barry on 087-2026886

3 Moylish Road, Ballynanty, Limerick



BER C3

Price on application

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

16 Castlemara, Annacotty, Limerick,



BER C2

€285,000

A truly superb 4 bedroom semi detached residence situated in this much sought after established residential location, maintained in excellent condition throughout and located just a few minutes drive from University of Limerick, Plassey Technological Park, Castletroy College, Newtown Shopping Centre, Primary Schools, Castletroy Park and an array of local top class sporting amenities. Inspection of this magnificent family home is very highly recommended. Contact Declan Barry on 087-2026886

87 The Meadows, Murroe, Co. Limerick,



BER C1

€159,000

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

26 Castlerock Woods, Castleconnell, Co. Limerick



BER C1

€215,000

GVM introduce to the market this exceptional 3 bedroom family home situated on a large corner site within the development. This property is finished to the highest of standards throughout and is in walking distance to Castleconnell Village which has a wide range of amenities. Viewing highly recommended. Contact John O'Connell on 087-6470746

116 Oakleigh Woods, Dooradoyle, Limerick



€159,000

GVM Auctioneers are delighted to introduce to the market this spacious three bedroom ground floor apartment with its own entrance and private garden to the rear. Located in a very well maintained mature complex. This property is convenient to The University Hospital, Raheen Industrial Estate and the Crescent Shopping Centre. Schools, shops, Leisure amenities and Public transport are all on your doorstep. Excellent condition throughout. Viewing highly recommended. Contact Declan Barry on 087-2026886

311 The Park, Lord Edward Street, Limerick



€135,000

Spacious two bedroom apartment on third floor overlooking Edward Street with own private car park space located in a well managed complex next to Peoples Park and adjacent to the City Centre and a host of amenities. Ideal for first time buyers or investment opportunity. Viewing recommended. Contact Declan Barry on 087-2026886

Dromelia, Murroe, Co. Limerick



BER D1

€235,000

Deceptively spacious three bedroom extended cottage standing on a large site of approximately 1.2 acres with detached garage and located just 3 kilometres from Murroe Village and a 20 minute drive University of Limerick. Viewing recommended. Contact Declan Barry on 087-2026886

Glenameade, Pallaskenry, Co. Limerick



€220,000

Four bedroom detached bungalow on circa 0.5 acre site comes to the market conveniently located just off the main Limerick to Foynes Road (N69), just 20 minutes drive from Limerick City. Contact John O'Connell on 087-6470746



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

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

Fantastic family home in Glenside

AT A GLANCE

Location: 160 Glenside, Annacotty

Description: Extended three storey, five bedroom semi-detached home

Price: €320,000

Seller: Rooney Auctioneers

Contact: 061 413511



From a newly fitted kitchen to a tasteful attic conversion, and a superb location with every conceivable amenity, 160 Glenside has a huge amount on offer

A superbly converted semi-detached home in one of Limerick's most sought after suburbs is set to attract a lot of attention.

Rooneys are delighted to bring 160 Glenside, Annacotty, a spacious extended three storey, five bedroom and three bathroom property, to the market. The bright, modern property comes to the market in turnkey condition and with many extras and upgrades.

The spacious accommodation comprises a large living room, second living room/playroom, open plan kitchen/dining room

with modern upgraded kitchen (fitted recently), and utility room on the ground floor.

There are five bedrooms, spread over the upper two floors, one of which is a gorgeous attic conversion that has its own en-suite bathroom.

The main bedroom on the second floor also has an en-suite, while there is a guest wc and main bathroom on this level also.

The house has gas-fired central heating with a new condenser boiler fitted.

Extending to approximately 160.71 square metres (1,730 sq.ft.) this property does not lack for space and would make the

ideal family home. Those with young children would be happy to note it is located in a quiet and private cul de sac.

It is located within easy walking distance to a huge range of amenities including University of Limerick, Castletroy College, local national schools, Castletroy Town Centre, Newtown centre, Castletroy golf club, Castletroy Park and playground and many more. It is also within easy access to all major motorways.

No 160 offers the opportunity to establish a superb home in the ultimate family setting.

Viewing is highly recommended of this outstanding turnkey home.



Convenient setting for modern extended home



AT A GLANCE

Location: 73 Cluain Dubh, Fr Russell Road, Limerick

Description: Three bedroom, semi-detached home

Price: €249,000

Seller: 061 418000

Contact: Sherry Fitzgerald



an exceptionally generous private rear garden.

Cluain Dubh is an idyllic, family-oriented development serviced by excellent residential amenities in its surrounding area.

The development is located adjacent to the Racefield Shopping Centre, which offers a Spar supermarket, a selection of restaurants, a pharmacy, dentist and master-butchers.

The area is within immediate walking distance of St Nessans National School, LET National School, and Limerick's newest secondary school - Mungret Community College. Crescent Comprehensive



Cluain Dubh offers an excellent finish and convenient location

College and St Paul's National School are also just minutes by car. Raheen Business Park is also within walking distance, as is the University Hospital Limerick.

Access to the N69 and N18 road network is just 1km from entrance of Cluain Dubh.

The property's entrance hall is laid in ceramic floor tiles, and decorated in a

bright neutral colour palette typical of the rest of the home.

The guest WC is positioned to the front of the hall, fitted with high quality

faucets and stylishly presented. To the left of the hall is the living room, decorated in a bright two-tone colour palette at the walls and cornicing, complimented by dark-wood flooring below.

Through French doors from the living room is the open-plan kitchen/dining room. The solid wood fitted kitchen houses inset appliances throughout, contrasting granite counter tops with cream units and an attractive tiled splashback.

The kitchen opens to an exceptionally well-designed sunroom toward the rear of the home. Dual aspect and fitted with overhead Velux windows and a wood-burning stove; the space offers year-round enjoyment of the landscaped gardens. French doors open to the cobble-locked rear patio, an ideal space from which to entertain during the summer months.

On the first-floor there are three excellent bedrooms (two double, one en-suite), in addition to a tiled and fully equipped main bathroom.

Viewing of this property is essential.

**MEELICK, CO CLARE**

BER E2 F

THE MEELICK TAVERN,

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

€180,000

Gordon Kearney 061 413511.

**BUNRATTY, CO CLARE**

BER D2

BUNRATTY RETAIL/RESTAURANT CENTRE,

FOR SALE/ TO LET / JOINT VENTURE OPPORTUNITY. Refurbished landmark spacious retail/restaurant premises. Large car park and large site. Adjacent to "Durdy Nelly's" and Bunratty Village. Site of approx. 1.5 acres. The subject property will lend itself to many commercial uses such as retail; restaurant/café; entertainment; educational etc. (Subject to any necessary planning permission). BER Number: 800181927

Gordon Kearney at Rooneys.

Rooney**LIMERICK****LOUGHILL, CO LIMERICK**

Exclusive residential development site of approx. 1.54 hectares (3.80 acres) located in the village of Loughill, Co. Limerick. Elevated position with spectacular views of the Shannon estuary & surrounding countryside. The site comes with planning permission for site development works & outline permission for 9 no. serviced sites.

€280,000

Briain Considine 085 289 4166

**SARSFIELD ST, LIMERICK CITY**

BER B3

UNIT 1 SARSFIELD HALL,

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

€200,000

Gordon Kearney 061 413511

**SHANNON, CO CLARE**

BER C1

SKYCOURT SHOPPING CENTRE

SkyCourt is located in Shannon, Co Clare, just 10 minutes from Shannon airport, close to Smithstown Industrial Estate & Western Business Park & 25 mins available with many of the units already fitted to a good specification - from 19 sq m (204 sq ft) - 677 sq m (7,287 sq ft). Contact Rooney Auctioneers /Joint Agents Cushman Wakefield (061 418111) for further information

Rooneys / Cushman & Wakefield.

**ANNACOTTY, LIMERICK**

BER F

UNIT 3F ANNACOTTY BUSINESS PARK

To let - warehouse accommodation of approx. 94.32 m² (1,015 ft²). Close proximity to Limerick's South Ring Road (M7). Accommodation consists of warehouse, office space and mezzanine floor. An electric roller with a height of approx. 4 metres (13.12 ft.). Eave height is approx. 5.83 metres (19.1 ft.). BER No.800537516

Tony Wallace 087 2621760

NEW PHASE OF 4 BEDROOM HOMES ON RELEASE AT ROS MÓR**NEW 4 BED SHOWHOUSE OPEN...****WEDNESDAY'S 5.00pm to 6.00pm****SATURDAY'S 12.00pm to 2.00pm**or by appointment with **ROONEY AUCTIONEERS****Ros Mór****BALLYNEETY ROAD, LIMERICK "COUNTRY LIVING ON THE CITY'S DOORSTEP"****SPECIFICATIONS**

- High quality houses in this immensely popular development on the Ballyneety Road
- Convenient to Limerick City Centre, University of Limerick, Childers Retail Park plus many more amenities
- Exceptionally spacious 4 bed homes of c.1367 sq/ft (127 sq/m) with separate utility room
- Highly insulated A3 rated homes of traditional block construction
- Enhanced Spec. including high quality kitchens with appliances, fitted wardrobes in two bedrooms & brushed chrome electrical fittings at ground floor all as standard
- Ros Mór homes also feature Photovoltaic (P.V.) Panels on the roof which reduce electricity cost
- Voucher in the amount of €1,500 (inc.vat @23%) towards tiling/floor finishes
- Houses are professionally painted throughout, both the exterior and interior
- Fully walled in rear garden laid to grass
- Tarmac front driveway with 2 parking spaces
- Pleasant cul-de-sac of just 16 houses



www.rosmorhomes.com

Rooney**061-413511** www.rooneys.eu**jana**
developments

**ROSBRIEN, LIMERICK**

BER E1

16 DONNELLAN BUILDINGS,

Stylishly presented house in superb condition having undergone a complete renovation including rewiring, re-plumbing, new central heating, insulation, new kitchen & bathroom, new floor finishes, new joinery including windows and doors. Entrance porch, stunning open plan living-kitchen-diner, utility room, 2 bedrooms & bathroom. Enclosed rear yard. GFCH. Short stroll to city centre. BER No. 108389511

€169,000

Briain Considine 085 2894166

**ANNACOTTY, LIMERICK****160 GLENSIDE,**

Spacious extended 3 storey property of approx. 160.71 sq.m. (1730 sq.ft.) in turnkey condition - with many many extras & upgrades. Large living room, 2nd livingroom/playroom, open plan kitchen-dining room with modern upgraded kitchen (fitted recently), utility, 5 bedrooms, 2 bedrooms ensuite, guest wc & main bathroom. Rear lawn & patio. GFCH (new condenser boiler fitted for water & heating). BER No. 111860011.

€320,000

Lisa Kearney 087 2633422



BER C2

**KILKEE, CO CLARE**

BER E2

2 OLD MOORES, WEST END

Spacious front facing 3 bedroom/2 bathroom duplex apartment with panoramic sea views & just a short stroll to the beach. Hall, open plan kitchen/dining/livingroom with commanding panoramic sea & strand views. Double downstairs bedroom with sea views & main bathroom. Upstairs: 2 large double bedrooms with sea views and 2nd bathroom. Management company in place. BER No. 101914380.

€110,000

Lisa Kearney 087 2633422

**SOUTH CIRC.RD, LIMERICK**

BER C1

7 ALANDALE ORCHARD, ASHBOURNE AVE

Spacious 3 bedroom townhouse in excellent condition. Entrance hall with guest wc, open plan Kitchen / dining room, living room, 3 large bright double bedrooms, ensuite bathroom and main bathroom. GFCH. Approx. 95m² / 1,030 sq.ft. Management Company in place. BER no: 103740288.

€215,000

Lisa Kearney 087 2633422

**DOORADOYLE, LIMERICK**

BER D1

96 FOXFIELD,

Attractive two bedroom townhouse positioned in a cul de sac avenue - walking distance to local shops, Crescent Shopping Centre, schools etc. Hall, living room, kitchen, two double bedrooms & bathroom. Low maintenance rear garden. Approx. 68 sq/m (732 sq/ft). In excellent condition. GFCH. BER No: 111838975

€190,000

Briain Considine 085 2894166

**DOORADOYLE, LIMERICK**

BER C3

27 CLUAIN DUBH, FR RUSSELL ROAD,

Spacious 3 bedroom semi-detached residence of approx. 95.44 sq/m (1,127 sq/ft) adjacent to Raheen Business Park, University Hospital Limerick, schools, shops, M7 etc. In excellent condition comprising hall, living room, kitchen/diner, guest wc, 3 bedrooms, ensuite & main bathroom. GFCH. Large enclosed rear garden with side entrance. BER No. 111837605

€220,000

Briain Considine 085 2894166

**CORBALLY, LIMERICK**

BER E2

56 RICHMOND PARK

Superbly located 3/4 bedroom home in excellent condition, close to schools/ shops/ city centre. Hall, kitchen-dining room, living room, utility, playroom, study/bedroom 4, downstairs wc, 3 double bedrooms upstairs & main bathroom. Landscaped rear garden with decking area & sandstone patio. OFCH. The house is tastefully decorated throughout. BER No: 111838918

€249,000

Briain Considine 085 2894166

**CLARINA, LIMERICK**

BER D1

TERVOE

Super family home in an excellent location only 10 minutes drive from Limerick City & right in the heart of Clarina Village. Approx. 2,023 sq/ft (188 sq/m). Hall, open plan kitchen-diner-living room, sunroom, living room, 4 double bedrooms, en suite, main bathroom, garage. Separate 2 bed detached apartment of approx 444 sq/ft (41.26 sq/m). Landscaped 0.5 acre site (approx.) including extensive sandstone patio & outdoor tub. In excellent condition throughout. BER No. 111299731

€380,000

Briain Considine 085 2894166

**DOORADOYLE, LIMERICK**

BER C3

16 HEATHER GROVE, GLENCAIRIN,

3 bedroom residence of approx. 1,297 sq/ft. (120.5 sq/m.) located close to Raheen Business Park, University Hospital Limerick, schools, shops etc. Bright & spacious property comprising: hall, living room, kitchen, dining room, utility, garage, guest wc, 3 bedrooms, ensuite & main bathroom. Landscaped gardens. GFCH. Situated in a desirable residential area. BER No. 100879030

€255,000

Briain Considine 085 2894166

**ANNACOTTY, CO LIMERICK**

BER C2

32 ELM ROAD, RIVERBANK

Spacious 3 storey townhouse located close to an abundance of amenities including the University of Limerick, Castletroy Shopping Centre, schools etc. Approx. 118 sq/m. (1,270 sq/ft.) comprising of four bedrooms, two ensuites, kitchen/diner with utility room off, a large living room with open fireplace and main bathroom. Fully enclosed rear garden. GFCH. BER No. 111477899.

€185,000

Briain Considine 085 2894166

**MURROE, CO LIMERICK**

BER C3

31 LISCREAGH,

Excellent maintained 3 bedroom semi-detached property of approx. 93.5 sq.m. (1,005 sq.ft.) located in the peaceful countryside village of Murroe. Kitchen-dining room, living room, 3 bedrooms, en-suite, main bathroom & guest wc. OFCH. Only a short stroll to the local shop, pub and restaurant along with a host of other amenities in the village. Close to the picturesque Clare Glens & Glenstal Abbey and a 10 minute drive from Limerick City. BER No. 111805636

€165,000

Briain Considine 085 2894166

**CORBALLY, LIMERICK**

BER C2

12 BROOKHAVEN WALK, MILL ROAD

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

€240,000

Briain Considine 085 2894166

**CASTLETOWN, CO LIMERICK**

BER C1

ROSSMORE

Superior detached residence of approx. 2,217 sq/ft (206 sq/m approx.) located approx. 15 minutes drive from Adare/ 25 minutes drive from Limerick City. 2 reception rooms, open plan kitchen-dining-living area, utility, office, 5 bedrooms, 2 ensuites, main bathroom. 2.37 acre site. South facing patio. Magnificent landscaped gardens. Also located on the site are 3,842 sq/feet (357 sq/metres) of commercial space. Beautiful countryside views surrounding the property. OFCH. BER No. 108805300.

€255,000

Briain Considine 085 2894166

**PATRICKSWELL, CO LIMERICK****CLOUNANNA**

Excellent opportunity to acquire a half acre site (approx.) & cottage in an idyllic location with picturesque countryside views and yet only minutes drive from Limerick City, the M20/M7 motorway. There is full planning permission granted for an extension to the existing derelict cottage to create a 2,100 sq/ft. architecturally designed contemporary residence. There are No residency clauses or restrictions.

€150,000

Briain Considine 085 2894166

Rooney

Four-bed duplex set to attract a lot of attention

AT A GLANCE

Location: 22A Knockhill, Ennis Road, Limerick
Description: Four bedroom duplex
Price: €210,000
Seller: REA O'Connor Murphy
Contact: 061 279300



The patio area to the rear of the property

REA O'Connor Murphy is pleased to bring to the market a truly superb and spacious property spanning over three floors.

This four bedroom duplex ideally positioned off the Ennis Road, in the peaceful and well established family friendly neighbourhood of Knock Hill, offering an unparalleled sense of convenience within a gentle stroll of a host of amenities.

Upon entering this property, you are greeted by a spacious hallway, to the left is

the kitchen with ample built in wall and floor units and cream kitchen.

To the rear of this floor is a large living room with marble fireplace, coving and sliding doors to the small sun room,

an ideal enclosed sun trap overlooking the communal gardens. On the first floor there are three bedrooms (one of which is en-suite) and a main family bathroom.

The top floor leads to another double bedroom and a further bathroom.

Set in a mature development with generous open green areas and tennis court, 22A is sure to appeal to many a discerning buyer, from first time buyers, or those looking to downsize to a low maintenance property.

Astute investors seeking a strong rental income, with a minimal undertaking of time and effort, in arguably one of Limerick's most accessible residential locations, will also be attracted to this property.

Viewing of this property comes highly recommended. Call Elaine 061 279300



This spacious duplex is situated in one of Limerick's best neighbourhoods off the Ennis Road



Family would find favour in Annacotty home



AT A GLANCE

Location: 16 Castlemara, Annacotty
Description: Four bedroom, semi detached home
Price: €285,000
Seller: GVM Auctioneers
Contact: 061 413522



Number 16 Castlemara is a truly superb four bedroom semi-detached residence situated in a much sought after residential location.

Entrance to the property is via a bright airy hallway with PVC feature door, new porcelain tiling and downstairs toilet.

Off the hallway is a sitting room with solid wood flooring, feature fireplace with inset solid fuel stove and bay window.

A second reception room on the ground floor can be employed either as a family room or playroom as the owner desires.

The kitchen/dining room has is fully fitted with generous floor and eye level presses, newly tiled flooring and patio doors leading to the rear garden. Also off the kitchen is a utility room, plumbed for a washing machine with a sink unit.

The upstairs accommodation comprises four bedrooms, one of which, the master, features a tiled en-suite bathroom with electric shower.

Two other rooms meanwhile have built-in wardrobes.

The main bathroom is fully fitted with tiles and shower.



No 16 Castlemara, Annacotty has a beautifully landscaped garden and ample space for a growing family in a desirable suburb

All in all, No.16 Castlemara is maintained in excellent condition throughout.

Its location is another key selling point, being just a few minutes drive from University of Limerick and Plassey Technological Park. Castletroy College,

Newtown Shopping Centre, and local primary schools, including Monaleen and Gaelscoil Chaladh an Treoigh are within a short walk, as is Castletroy Park and an array of local top class sporting amenities such as Aisling Annacotty, UL Bohemians

and Monaleen GAA club.

Inspection of this magnificent family home is very highly recommended.

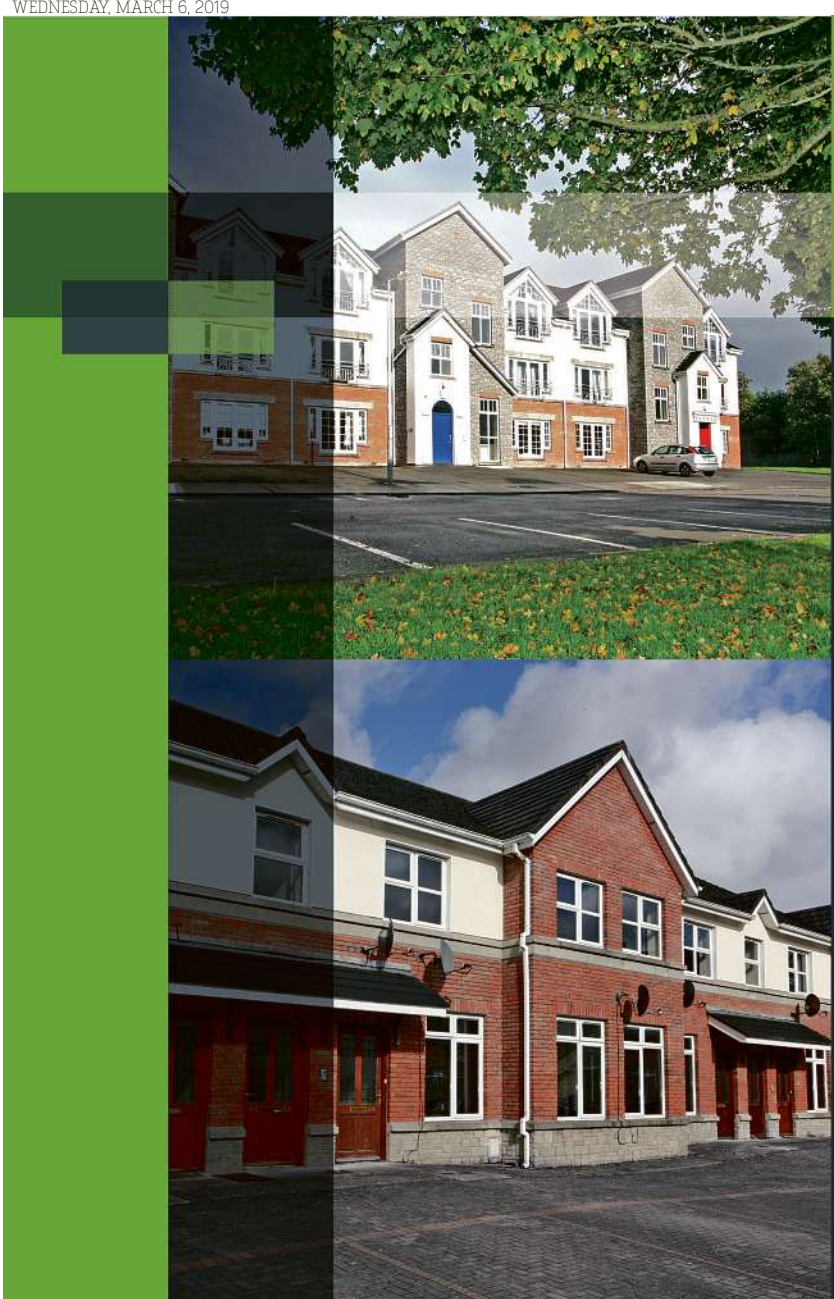
DIRECTIONS:

From Limerick proceed out the main Dublin Road to Annacotty roundabout turn right for Castletroy College

and Newtown Shopping Centre.

Go straight through small roundabout and turn left at The Tap House.

Take first left again into Castlemara, immediate left again. No. 16 is located on the right hand side.



THE CLONMACKEN PORTFOLIO

Investment
Opportunity

Limerick

REA O'Connor Murphy are delighted to offer to the market this unique investment opportunity to acquire eight two bedroom apartments being sold in One Lot.

Situated in one of Limerick's most sought-after locations the apartments are spread out over the ground and first floors and situated in two different blocks within the Knocklyon development.

The location is well served with both primary and secondary schools, LIT, Jetland Shopping Centre, Na Piarasigh GAA and Shannon Rugby Club, not to mention within walking distance of both Thomond Park and The Gaelic Grounds.

Buying Process

For sale by private treaty via best bids process
Expressions of interest: 12 noon 14th March 2019
Best & Final Bids: 12 noon 21st March 2019
(unless previously sold)

REA

O'CONNOR
MURPHY

Features

- ✓ Unique Investment
- ✓ 8 Apartments
- ✓ 4.2km to City Centre
- ✓ 2 Bedroom
- ✓ c.80 SQ.M

Investment Analysis

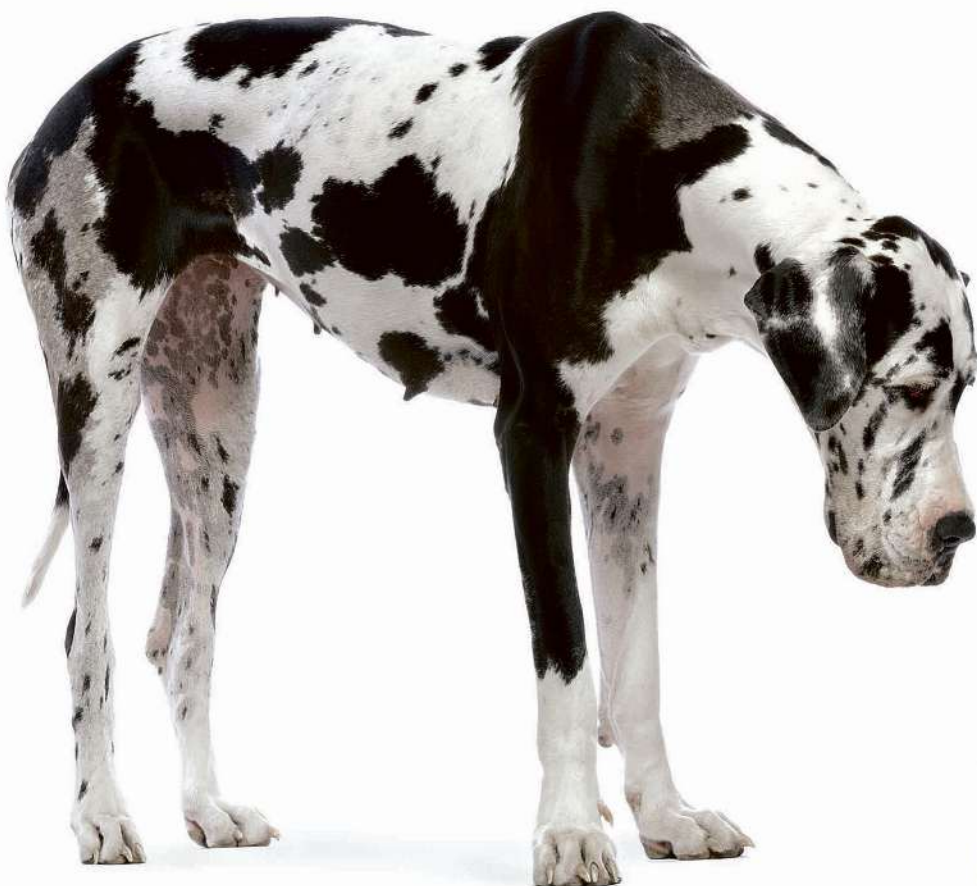
- **Passing Rent**
€76,800 per annum
- **Estimated Rental Value**
€96,000 per annum
- **Guide Price**
€1,100,000

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INDUSTRIAL INVESTMENT FOR SALE



K1 -K4 Eastway Buisness Park Limerick

BER B3

Industrial Investment Opportunity extending to 3,748 sq m / 40,343 sq ft) (GEA)
The subject property is currently subdivided into 3 no. separate units
Approx. 50% of the building is currently occupied and producing an income of €68,158 per annum
The remaining 50% of the building is occupied under a short-term 'caretakers' agreement with the occupier of Unit's K1B & K2
Excellent Asset Management Opportunities. Extensive on site car parking and circulation space. Tenants Not affected
BER Nos. Available upon request

CONTACT: JOHN MURRAY 061 418111

DEVELOPMENT LAND FOR SALE



Lands At Clondrinagh Ennis Road Limerick

BER EXEMPT

The subject site comprises a development opportunity extending to approximately 3.22 hectares (7.95 acres).
The property benefits from approximately 250 metres of frontage onto the R445 servicing Shannon, Ennis and Galway.
The property adjoins the clondrinagh Industrial Estate to the south east.
Under the Limerick City Council Development Plan 2010-2016 (as extended) the site is located in an area zoned General Industry.
The Coonagh Cross Development is situated just east of the subject lands on the R445 Ennis Road between the Coonagh and clondrinaghRoundabouts.

CONATCT: CIARA MC CARTHY 061 418111

INVESTMENT OPPORTUNITY FOR SALE



Milano's Harveys Quay, Limerick

BER E2

Attractive investment opportunity of approx. 185.8 sq m (2,000 sq. ft.), within Limerick City centre/waterfront location.
The property is leased to Agenbite Limited t/a Milano's, on a 25 year FRI lease from the 1st of August 2002.
Passing rent of €70,000 net per annum, without lessee provision to break.
Remaining upward only rent review by reference to Market Rent falling on the 1/08/2022.
Subject to contract, offers in excess of €890,000 are invited, equating to a NIY of 7.25%.
Tenant not affected.
BER No: 800390221

CONTACT DERMOT HUGHES 061 418111

TO LET



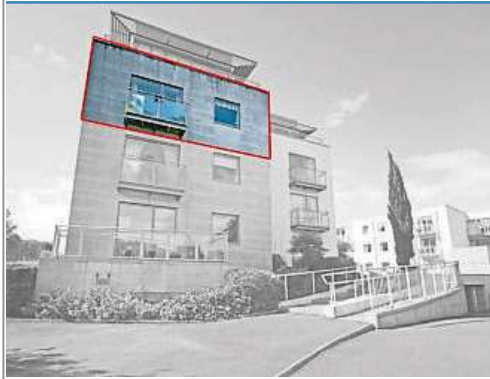
1-5 Barrington Street, Limerick

BER C1

Fully Fitted office accommodation extending to a net internal floor area of approx. 990.34 sq.m. (10,660 sq.ft.)
The property is configured to provide office accommodation over Ground, First, Second and Basement floors.
Flexible floor plates available from approximately 206 sq.m. to 360 sq.m.
Internally the office accommodation is predominantly open plan throughout, with an element of cellular offices within the ground and upper floor levels.
Secure car parking available.
Ber No.s Available upon request
CONTACT: JOHN MURRAY / JOHN BUCKLEY 061 418111

LIMERICK CITY
LANSDOWNE HALL

€249,000



'No 34' is a luxurious 2 bed apartment with exceptional views overlooking the River Shannon and Limerick City. Lansdowne Hall is a superb gated development with underground parking, offering secure and modern living for the potential buyer. 2 bedrooms, 1 reception room, 2 bathrooms, balcony, private parking, 82 sq m / 883 sq ft approx. BER 105512552.

CALL ORLA SHEEHAN ON 061 418000



LIMERICK
BALLINACURRA ROAD

€489,000



'Belvedere' is a superbly appointed Victorian townhouse, sympathetically restored to the highest standard. The property offers an exceptional west-facing rear garden with vehicular access to the South Circular Road. Entrance hall, living, dining, kitchen, study, utility, 4 bedrooms (4 double), 2 bathrooms. 160 sq m / 1722 sq ft approx. BER 102320967

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FRANK LYDDY
Negotiator



CLARE O'LOONEY
Residential Valuer



JIM KEANE
Financial Advisor



SEAN MCGEE
Negotiator

6 SHANNON STREET, LIMERICK T: 061 418 000 E: LIMERICK@SHERRYFITZ.IE



FATHER RUSSELL ROAD
CLUAIN DUBH

€249,000



'No. 73' is an exceptionally well finished 3 bed family home. Entrance hall, guest w.c., living room, kitchen/dining, sunroom, 3 bedrooms (2 double, 1 ensuite), main bath. 121 sq m / 1302 sq ft approx. BER 111849675.

CALL FRANK LYDDY ON 061 418000



OLD SINGLAND ROAD
GLENBROOK

€209,000



'No 127' is an immaculate property, offering spacious rooms which are flooded with natural light. Entrance hallway, living room, kitchen/diner, 3 bedrooms, 3 bathrooms (1 en-suite), attic room. 120 sq m / 1292 sq ft approx. BER 111813911.

CALL SEAN MCGEE ON 061 418000



CASTLETROY
GOLF LINKS ROAD

€230,000



'No. 30 Glanntan' is a flawless semi-detached house in turn-key condition and ready for immediate occupation. The property is ideally located in a quiet cul-de-sac, with a host of superb amenities on its doorstep. Entrance hall, living, kitchen/diner, 3 beds, w.c., bath, ensuite. 91 sq m / 980 sq ft approx. BER No. 111525770

CALL ORLA SHEEHAN 061 418000



MURROE
GARANBAWN

€165,000



'No. 30' is a beautifully maintained home within walking distance to the village of Murroe. Entrance hallway, w.c., living room, kitchen/diner, 3 bedrooms (2 double & 1 single), 2 bathrooms (1 en-suite). 110 sq m / 1184 sq ft approx. BER 109631523.

CALL ORLA SHEEHAN ON 061 418000



CASTLETROY
CARROWKEEL, WOODHAVEN

€232,500



'No 126' is a very well maintained family home, finished to the highest standards and located in a highly sought after area of Limerick City. Living, kitchen/dining, 3 bedrooms, 2 baths + w.c. 92 sq m / 990 sq ft approx. BER 111840070.

CALL ORLA SHEEHAN ON 061 418000



RAHEEN
FATHER RUSSELL ROAD

€280,000



'No. 26' offers superb accommodation and generous gardens to its front and rear. Entrance hall, living room, family room, kitchen/dining, utility, guest w.c., 4 bedrooms (3 double, 1 ensuite), main bath. 135 sq m / 1453 sq ft approx. BER 105158323.

CALL FRANK LYDDY ON 061 418000



CRATLOE
BALLYMORRIS

€365,000



This bungalow offers a superb living space on a private half acre site within minutes of Limerick City. Entrance hall, living, kitchen/dining, utility, 5 double bedrooms, 2 main bathrooms. 172.9 sq m / 1861 sq ft approx. BER 106373152.

CALL ORLA SHEEHAN ON 061 418000



Four bed family home in Ashbrook

Ennis Road: Spacious house located in a much sought after area close to the city

AT A GLANCE

Location: 26 Ashbrook Crescent, Ennis Road, Limerick

Description: Four bedroom family home

Price: €290,000

Seller: REA O'Connor Murphy

Contact: 061 279300



REA O'Connor Murphy are delighted to present to the market this exceptionally spacious extended four bedroom family home.

Quietly situated in a small cul de sac of residential homes, with all amenities on your doorstep.

Ashbrook, an always sought after development provides a great combination of convenience, spacious

homes and friendly surroundings. No. 26 is no exception, both the accommodation and surrounds will appeal to any discerning buyer, ideal for a growing family.

The accommodation briefly comprises: entrance porch, hallway, a living room, open plan kitchen/dining/family area, guest wc, four bedrooms, an en-suite and main bathroom completes the accommodation.

Outside to the front there is a laid in a cobble lock driveway with a corner garden. Side gate access opens out to a low maintenance enclosed rear also laid in cobble lock.

Ashbrook is a well established residential location offering an unparalleled sense of convenience, within a gentle stroll of shopping centres, schools (primary, secondary



This four bed roomed family home at Ashbrook Crescent, Ennis Road is in pristine condition inside and out

and third level), churches, restaurants and regular bus services.

In addition, there are a host of leisure and sporting facilities within the immediate area including Na Piarasigh GAA Club, Gaelic Grounds, Thomond Park and Limerick Lawn Tennis Club.

The city is just a short

drive away and access to the Main Road Network.

HIGHLIGHTS

- Large four bedroom extended semi detached home

- Large four bedroom extended semi detached home

- Excellent accommodation throughout

- Excellent accommodation throughout
- Located in a small cul de sac

- Located in a small cul de sac

- Within easy reach of all essential amenities

- Within easy reach of all essential amenities

- Large extension

- comprising an open plan dining family area

- Large extension comprising an open plan dining family area

- Low maintenance rear garden

- Off street parking to front

- Sought after development

- Sought after development

Three bed duplex apartment with views of Kilkee Bay

AT A GLANCE

Location: 2 Old Moore's, West End, Kilkee, Co Clare

Description: Front facing 3 bedroomed duplex apartment with panoramic sea views

Price: €110,000

Seller: Rooney Auctioneers

Contact: 061 413511



KILKEE has for many years been the preferred choice of Limerick holiday makers and this three bedroomed duplex apartment is bound to attract plenty of attention.

Rooney Auctioneers are the vendors for this spacious front facing three bedroomed and two bathroom duplex apartment with panoramic sea views in the popular West End of the seaside town which is popular all year round.

This top floor duplex apartment in Old Moore's on the West End is excellently located being within a short stroll to all local amenities and just seconds from the beautiful Kilkee beach.

The spacious accommodation consists of



an entrance hall, open plan kitchen/dining/livingroom with commanding panoramic sea and strand views.

There is a double downstairs bedroom with sea

views and main bathroom.

Upstairs are two large double bedrooms with sea views and with large double velux windows and a second bathroom.

There is also a storage

room upstairs.

Management company is in place.

Property is just a short stroll to the beach.

Contact Rooney's for more information.



This top floor duplex apartment is excellently located being within a short stroll to all local amenities and to the beautiful Kilkee beach



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FitzGerald**

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FOR SALE BY PRIVATE TREATY

€550,000

BALLINVIRA, CROAGH, CO. LIMERICK



Circa 47.21 Acres (19.10ha) of prime quality grassland. This top quality Non Residential Holding is contained in Folio LK1653. The limestone land is under grass at present and is contained in one block of well proportioned fields with excellent road frontage. The lands are located circa 5km from the village of Adare and circa 17km from Limerick City off the N21. The holding has the benefit of a private water supply and electricity is available for connection. Maps for identification purposes only. Full particulars available from sole selling agents.

FOR SALE BY PRIVATE TREATY IN ONE OR MORE LOTS

€310,000

BALLYNAMUDDAGH, ABBEYFEALE, CO. KERRY



Circa 67 Acres (27.33 HA) Residential farm for sale in 1 or more lots. Comprised in Folio KY 17823 & KY3677 the farm consists of circa 34 acres of good quality grassland laid out in well proportioned fields with good frontage onto the public road (125m). There are circa 33.35 acres of 15 year old forestry (17 acres Sitka, 16 acres of Ash - Yield Class 18). The detached 2 storey farmhouse comprises of Kitchen/dining room, lounge/sitting room, 3 bedrooms and bathroom with whb & w/c. The residence requires refurbishment/modernisation - the property has a mains water and electricity supply. Map is for identification purposes only. Full particulars available from sole selling agent.

THE AGENT YOU'D Recommend to a Friend



Fully painted inside and out and there is ample parking space on the double tarmac driveway



The bright and airy living rooms feature moulded deal architraves and skirting

Wait no Mór - next phase open in fabulous Ros!

AT A GLANCE

Location: Ros Mór,
Ballyneety Road,
Limerick.

Description: New 4
Bedroom
Semi-Detached
homes of approx. 127 sq.m.
(1,367 sq.ft.)

Price Guide: Starting from
€260,000.

Seller: Rooney Auctioneers, 99
O'Connell Street, Limerick V94
P8CY

Contact: 061 413511



Rooney Auctioneers are delighted to announce the latest phase of new four bedroom spacious homes in the immensely popular Ros Mór development on the Ballyneety Road.

Ros Mór cannot be beaten for price, finish or location and delivers on all aspects of modern living with beautiful, contemporary and spacious homes.

Ros Mór is located only 4km from Limerick City Centre, 5km to University of Limerick, 2.5km to M7 Motorway connection and 2km to Childers Road Retail Park.

These houses are traditional block built homes which are highly insulated and come with a high specification as standard.

Prices are from €260,000 with the Help To Buy Scheme available to qualifying first time buyers.

A new four bedroom showhouse will be open Wednesdays 5pm to 6pm and

Saturdays from 12pm to 2pm or by appointment.

Brand new homes ready for occupation now, visit www.rosmorhomes.com for more details.

FEATURES

- * New 4 bedroom semi-detached homes of approx. 127 sq/m (1,367 sq/ft).
- * Choice of high quality fitted kitchen with island unit and including the following appliances: Hob, oven, extractor, microwave and non-integrated dishwasher.
- * Tiling/flooring voucher of €1,500 (incl. VAT) provided for each house.
- * Special discounts are available for Ros Mór purchasers in Limerick Tile and Wood Centre
- * A three door wardrobe is provided in the master bedroom of each house and a two door wardrobe for another bedroom
- * Moulded deal architraves and skirtings
- * Fully painted - walls,

ceilings and woodwork. Fully painted external walls.

- * Completely walled, private rear garden with dividing walls between houses also in block-work.
- * Economical, easily heated A3 home combining the efficiency of high levels of floor, wall and attic insulation, double glazing and natural gas heating through conventional radiators. Simple and effective with low running costs and minimal maintenance/servicing.
- * Photovoltaic (P.V.) Panels on the roof which reduce electricity costs, are virtually maintenance free (no moving parts, no fluid) and have a life span of > 25 years.
- * Generous electrical sockets with brushed chrome fittings to ground floor as standard.
- * Wired for an alarm with smoke detectors and carbon monoxide alarm to regulations.
- * Outside tap fitted to the rear of each house.
- * Double Tarmac Driveway.



There is a choice of fully fitted kitchens available including a number of appliances



Bedrooms in Ros Mór on the Ballyneety Road in Limerick are bright and spacious

HOME & INTERIORS

MAKE THE MOST OF YOUR HOME WITH ADVICE FROM ALL THE EXPERTS



Warm and indulgent Neptune's Charlie double headboard in Harris Tweed; Sefton wool throw in Rust; Aldwych tall side table in Snow and Elgin rug in Grey Oak. Go to Limerick stockists, Browsers Furniture & Interior Design, Upper William Street for more



Neptune's George Headboard in Samuel Rust and Croft cable knit. Throw in Grey Oak, with Elgin rug in Birch to create a lovely textured look

Weave a little luxury into the fabric of your life

Whatever room in your home you are decorating, there is usually one element which pulls everything together.

In a sitting room the sofa draws the eye, while in a dining room, it is nearly always the table.

For the bedroom, however, it's all about textiles. Even more than the bed itself, the fabrics you use can have a huge effect on how a bedroom looks and feels.

But with so many layers and textures in one place - from the bed and bedding to the headboard, armchairs and throws - it can be hard to know where to start.

Fortunately, leading interior design house

Neptune have some handy tips on how to make textiles work together to add warmth and comfort to your place of rest.

An upholstered headboard is one sure fire way to make your bedroom feel indulgent. It will also add warmth by buffering away any draughts.

Padded, fabric headboards are also great for layering pillows and cushions on top, making them especially cosy, particularly if you like to sit up to read in bed.

Whether you choose carpet, or you simply love wooden floors, every bedroom is likely to benefit from the addition of a soft rug or two. Put them by the bed so you can step onto them

whenever you get up. Neptune's Elgin and Tolsey Plaid rugs work particularly well, with cushioned weaves that toes will sink into.

Even though you might not sit in your bedroom that often, it is good to have a chair around when you need it.

As well as being useful when you are dressing, armchairs add atmosphere and a well-chosen one can be lovely to look at.

Size-wise it is better to pick a smaller version than you would use in your living room. Neptune's dainty Madeleine and Amelia armchairs are neat enough to tuck into a corner or sit at the end of the bed.

Cushions and throws are the fun part of any bedroom scheme. If your bedroom is

decorated in calm neutral tones, cushions are a great way to add colour.

With throws, as well as adding colour, it is also about choosing textures that feel good, like cashmere and velvet in winter, or a soft, open-weave cotton in summer.

If you like your bed to look crisp, fold one neatly at the bottom, or for a more relaxed feel drape a couple of throws loosely across the duvet.

As a rule, the fewer hard surfaces you have in a room the more relaxed you will feel. So, as the bedroom is where you should be surrounded by comfort, think textiles to help make yours feel even more indulgent.

Go to Browsers, Upper William Street, for more.



Neptune's Matilda armchair fits easily into a bedroom or even a bathroom

SPRING INTO ACTION THIS EASTER WITH CHIC DFS RANGE



Easter is the perfect time to gather together for a celebration at home - and the new Crete dining range and Joules Cambridge sofa bed from DFS offer stylish solutions for hosting extra guests this spring. The new DFS Crete dining table, above, features sleek lines and a grey glass table top

with a concrete look, for a chic industrial feel. Pair with the Crete's sumptuous quilted fabric seats in on-trend mustard (also pictured above) for an energising pop of colour and style with colourful candles and greenery to create a fresh, vibrant look in your living room or family room.



And for family and friends who need a rest after indulging in too many chocolate eggs, the new Joules Cambridge sofa bed, above right, provides a stylish and comfy spot to rest their heads.

Part of the Joules range available exclusively at DFS, this statement floral piece easily transforms from a sofa into a generous sofa

bed, providing the perfect solution to accommodate visitors over the Easter bank holiday.

Use the Cambridge sofa's bold floral print as the colour palette for your look, or keep the walls and floors neutral to make this statement piece the star of the show. Visit DFS on the Ballysimon Road.



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Architectural Design

Don't just settle when it comes to a couch - be sure that you get the Ez feeling



You have to consider colour, fabric, size and the space in which it will sit when you are buying a couch - oh, and comfort! EZ Living Furniture have two outlets in Limerick, on the Tipperary Road and at the City East Retail Park, Ballysimon

A sofa is one of the biggest furniture investments you can make - so it's important to get the right one, as you will have it for some time.

With endless styles and sizes of sofas available, the good people at EZ Living have created an EZ buying guide that you can use to help in the decision-making process for this all important piece of

furniture.

HOW BIG SHOULD A SOFA BE?

By paying careful attention to the proportions of the room and its layout, you will be able to determine what height, length and depth of sofa can fit into the available space.

Once you've decided on the configuration, mark the

sofas measurements out by placing newspaper on the floor in the space you intend to put it.

This will help you visualise it and ensure you have adequate walking space around the sofa.

Don't forget to consider limited access and whether you will be able to easily manoeuvre your sofa through

doors, hallways or up flights of stairs.

WHICH SOFA IS THE MOST COMFORTABLE?

You should consider how your sofa will be used and by whom in order to determine which sofa style will be most comfortable and durable for you. The important factors to consider for overall comfort

are the sofa's back (cushion-back/ fixed back), depth (shallow/deep), height (high/low) and material type.

WHAT TYPE OF SOFA IS BEST?

When choosing a fabric sofa, if you have children, pets or a busy family home then a hardwearing and durable fabric is the better option.

Reversible/ removable

cushion covers help with ease of maintenance but leather is most advisable as it can be wiped clean and not as prone to stains as fabric.

The brighter the colour you choose the harder it is to maintain but remember it is important to choose a colour sofa that you can live with for a considerable amount of time.

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Howardstown South, Bruree, Co. Limerick By Public Auction

BER E2

**Lands at Howardstown South, Bruree, Co. Limerick
Wednesday 20th March at 3pm in Two Main Divisions**

Lot 1 Residential Farm on Circa 44 Acres

- 3 Bedroom Bungalow in Good Condition
- Traditioanl Range of Out-Offices
- Land Comprising 44 Acres
- Top Quality Land in 6 Main Divisions
- Land in Excellent Heart

Lot 2 Circa 13 Acres

- Roadside Holding
- Top Quality Land
- In 3 Main Divisions

**Sale will take place at Charleville Park Hotel on
Wednesday 20th March at 3pm**

Solicitor: Bill O'Donnell of Mahon O'Brien Tynan Solicitors
Further details maps etc from Sole Agent

Caherline, Co.Limerick



BER C2

Imposing 4 Story Residence

3 Story over Garden level - On circa 3 Acres (Additional land optional)

Acc Comp: Ent Porch, Entrance Hall, Living Room, Kitchen/Diningroom, Utility

First Floor: 3 Bedrooms, 3 Ensuite Bathrooms

Second Floor: 4 Bedrooms, 4 Enuite Bathrooms, 3 Balconies

Garden Level/Basement: Games Room, Wc, Storeroom, Livingroom, Office, Storeroom, Integrated Garage

Outside: Stone Shed/ Stable Block 90' x 21' Open Shed 30' x 15' Avenue with Beech hedging

Features: Gas heating, double glaze uPvc windows, Alarm, Elevator, Solid wood interior doors, Brick and stone façade, 10ft ceilings, Ornate corning, 7800 sq.ft, 6 Ensuite Bathrooms, High Level of Finish, Stud Railed Paddocks

Gormanstown, Kilmallock, Co. Limerick

Detached 4/5 Bedroom Residence

Circa 2116sq. ft. on Circa One Acre

Acc Comp: Ent Hall, 2 Livingrooms, Kitchen/Diningroom, Utility, WC, 4 Bedrooms, Ensuite Bathroom, Bathroom, Walk-in Wardrobe

Outside:Tarmacadam driveway, concrete yard to rear, large deck area, steel shed 18x10, extensive lawns,

Features:Bradstone finish, Oil Fired Central Heating, uPvc Windows & Doors, alarm, wired for electric gates, Large Lawns front & rear



BER C3

Caherline, Co.Limerick

Detached Bungalow Type Residence

In Need of Refurbishment

Located in Centre of the Village adjacent to the School

Acc Comp: 2 Livingrooms, Kitchen, 3 Bedrooms, Bathroom

Outside:

Detached Garage, Concrete Yard, Spacious plot to rear, 0.5 Acre Site



53 Tread Na Rí, Kilfinane, Co. Limerick

4 Bedroom Mid Terrace

Acc Comp:

Entrance Hall, Livingroom, Kitchen/Diningroom, 4 Bedrooms, 2 Ensuite Bathrooms, Main Bathroom, Storage Area

Features Include:

Newly Decorated, Oil Fired Central Heating, uPvc Windows & Doors, Dry garden to rear



Fedamore, Co. Limerick

Detached Residence Extending to 1760 sq ft

Acc Comp:

2 Livingrooms, Kitchen, Utility, 4 Bedrooms, Bathroom

Features Include:

Situated in the Heart of the Village, 10 Minutes from City, Detached Garage, Spacious Yard, Oil Fired Central Heating

Guide Price: €165,000



BER C3

Wheeler Auctioneers, Main St. Hospital, Co Limerick. Telephone: **061 383403/383010** Fax: **061 383616**

Mobile: **086 8584409** Email: **info@wheelerauctioneers.com** Web: **www.wheelerauctioneers.com**

ENTERTAINMENT

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

PowPig for Other Voices

Limerick band PowPig will feature on Other Voices this week.

The band - Anna Marie Rooney, Andrea Mocanu, Laura Drennan and Leah O'Donnell - were winners of the 2018 Open Call to appear on the show, which is filmed annually in Dingle.

Other Voices: The IMRO Other Room Special goes to air on RTE 2 at 11.30pm this Thursday night and features the Limerick band, plus I Have a Tribe, Kitt Philippa, Mango x Mathman and Columbia Mills.

The IMRO Other Room was set up as part of Other Voices, to provide a platform to rising musicians.

PowPig formed in 2017 and their second EP Buzz Buzz was released in May 2018. See powpig.bandcamp.com for more.



Mizdrea to launch new single

LIMERICK duo Mizdrea are to launch their new single with a gig in Dolan's.

An electronic and alternative pop act featuring singer Sandra

Drea

(pictured) and musician

and songwriter

Andrew

Mooney,

they will play a special intimate gig to launch new single Beauty Upstairs in Dolan's this Saturday.

Beauty is a single that was gifted to Sandra by her brother, well-known songwriter and performer Damien Drea. It is described as an "ambient trip-hop style touching on themes such as equality and the beauty to be found in every individual".



Joe Clarke, who was awarded the IMRO Outstanding Contribution to Live Music award

IMRO Outstanding Contribution to Live Music award for Joe Clarke

LIMERICK promoter Joe Clarke has won the IMRO Outstanding Contribution to Live Music award.

Mr Clarke is co-founder of CWB, a music focused management and production company with offices in Dublin and a residential production studio in Birdhill.

The Limerick man won the accolade at the IMRO Live Music Venue of the Year Awards in Dublin last week.

With a background in venue ownership and management, together with partners Paul Webb and Paul Boland, Joe opened CWB in 2008 with The

Rubberbandits as their first management client.

Following the Bandits' worldwide success, the company expanded adding The Strypes and Le Galaxie to their roster. Currently, CWB manages Bitch Falcon, The Blizzards, Mark McCabe, RSAG, Jack O'Rourke, Kormac, Stomptown Brass, Maud in Cahoots, Jerry Fish, Montauk Hotel, Thumper, Paddy Dennehy and more.

They were responsible last year for the Symphony for our World concert at the Gaelic Grounds in Limerick and Feile Classical in Thurles, which returns again

this September as Tipp Classical.

Joe, from the Ennis Road and currently "living in Dublin physically but Limerick psychologically", said it was "a huge surprise and honour to receive this award from IMRO, it's an award in itself to get to work with music every day.

"From Seamie Flynn who let me start a 70s disco at the Theatre Royal all those years ago to record label execs in LA, everyone I've met in this business had taught me something and I hope to be learning for a while yet," he added.

An Amateur production in arrangement with Music International (Europe)

LIMERICK MUSICAL SOCIETY PRESENTS

SISTER ACT

Music by
ALAN MENKEN

Lyrics by
GLENN SLATER

Book by
CHERI STEINKELLNER
& BILL STEINKELLNER

Additional Book Material
DOUGLAS CARTER BEANE

Based on the Touchstone Pictures Motion Picture "Sister Act"
written by Joseph Howard

University Concert Hall
21st - 23rd March 2019, 8pm

Director
Des Henn

Musical Director
Elaine Davern

Choreographer
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BIG NIGHT OUT @



Caoimhe McCarthy, Sarah Crowley and Leah Murphy at Smyth's Bar PICTURES: DAVE GAYNOR



LEFT: Catherine Hickey and Christy Moloney at The Commercial Bar

RIGHT: Gavin Slattery and Ellen Gough at the Commercial Bar



Harry Langley and Helen McLennan at the Glen Tavern



Emer Harte and Christina Hayes at Smyth's Bar



Aoife Danagher and Amanda O'Neill at The Commercial Bar



Colm Cline and Octavius Jordan at the Glen Tavern

UNIVERSITY CONCERT HALL
LIMERICK 2019
Celebrating 25 Years

IARLA Ó LIONÁIRD & STEVE COONEY

With Special Guests
ZOË CONWAY & JOHN MC INTYRE

University Concert Hall
Thursday 14th March, 8pm
Tickets: €20 (+ Booking fee)
Booking: 061 331549 / www.uch.ie

SEACHTAINNA GAEILGE
le enérgia



LEFT: Anthony Chambers and Philip Brennan at The Commercial Bar

RIGHT: Carole Ryan and Caoimhe Ryan at Smyth's Bar



Eoghan Daly and Stella Masterson at The Commercial Bar



Matthew Luby and Sara Kupiel at the Glen Tavern

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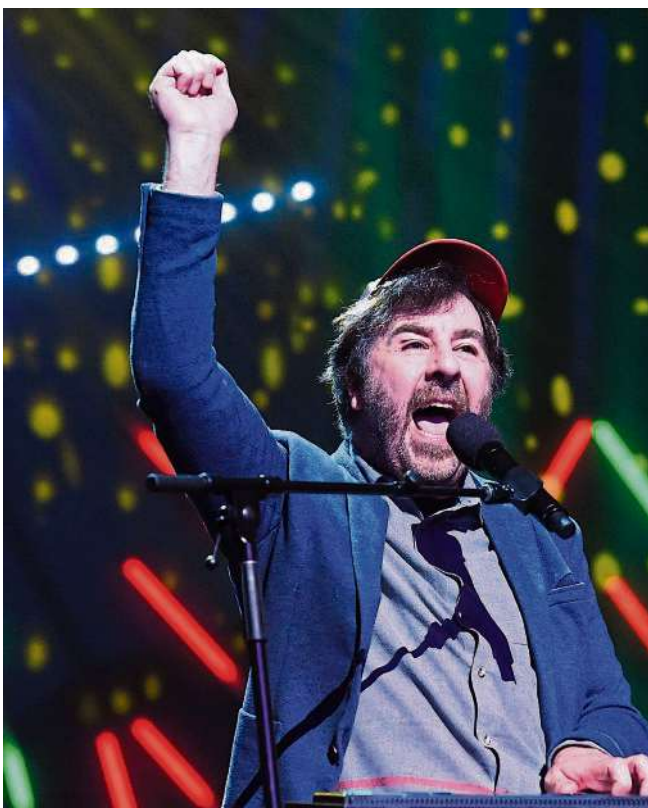
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David O'Doherty is in Dolan's Warehouse for three nights

PICTURE: JIM LEE

THINGS WHAT ARE ON IN LIMERICK



ABOVE: The Big Fellow is at the Lime Tree Theatre this Friday



RIGHT: Maria Somerville plays the Kasbah on Saturday PICTURE: CAIT FAHEY



Francesco Turrisi and Rhiannon Giddens play the Lime Tree

THIS weekend in Limerick we are gifted with some wonderful free kids' events, two great plays worth seeing and some utterly fab music shows. And there's a return visit from Bosco, the little puppet who refuses to age a day. Hop to it so you don't miss out!

Thursday (March 7)

World Book Day in Ireland is this Thursday and **O'Mahony's** book shop is celebrating with early-morning story time for children. They'll be reading the most popular children's books of the past year at 11am, including the rather hilarious *The Wonky Donkey*. If they take requests, ask for Jon Klassen's *This Is Not My Hat*, a deliciously dark tale where a hat-stealing fish gets his murderous comeuppance. Face-painting will be on offer from 3pm to 7pm. It's a free day so definitely worth dropping in with your toddler.

Rapids is a stirring play about Ireland's HIV crisis written by Talking Shop Ensemble's Shaun Dunne. It's at the **Belltable** this Thursday. The three-hander show, first staged in the 2017 Dublin Theatre Festival, mixes lecture segments into a performance piece that is informative but also entertaining. Surprisingly for something that deals with what has long been a death sentence for many people, it's occasionally quite funny. It's very much worth your time and money. 8pm, tickets are €18 / €16 concession.

Friday (March 8)

Cork singer-songwriter **Jack O'Rourke** plays **Dolan's Upstairs** this Friday night. His bio lists him as sounding like Joanna Newsom, which is hysterically inaccurate, though he certainly sounds like a mid-1970s Tom Waits. He's best-known for his song *Silence*, which became an anthem of the marriage equality referendum, but his thoughtful piano-driven songs and baritone voice make him

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

worth seeing live. Grab his new EP *Ivory Towers* at the gig. Doors at 8pm, tickets are €13.

It's been a while since we have seen anyone getting shot on the **Lime Tree Theatre** stage but that's all set to change this Friday as Co-Motion's acclaimed production of **The Big Fellow** arrives to Limerick. The fellow is, of course, Michael Collins, War of Independence general and perennial troublemaker. The stage production is based on Frank O'Connor's apologetic 1937 biography of Collins, written 15 years after the Corkman's assassination. It comes with plenty of gunfire and a score written by Colin Blakely of the Waterboys. Show starts at 8pm, tickets are €18 / €16 concession.

Friars' Gate Theatre in Kilmallock is hosting a special screening of **Richard Harris International Film Festival** short films this Friday for International Women's Day. Eight films will be shown, most of them directed by women. It's worth going just for Siobhan McMahon's marvellous 20 minute *Taking Stock* film about an Irish family dealing with the aftermath of a cattle raid - everything else is a bonus. It starts at 8pm and tickets are €7.

Gift Grub star **Mario Rosenstock** is at the **South Court Hotel** this Friday night. You can expect a few chuckle-filled hours of celebrity impressions and wry observations. 8pm, tickets are €36 on Ticketmaster.

Saturday (March 9)

Knavecon is Ireland's biggest board game convention and it's back at the **Castletroy Park Hotel** this Saturday. It'll run from 10am until late on Saturday night. Board gamers being board gamers, "late"

probably means 5am on Sunday. Tickets are €18 / 10 concession and free for accompanied children. Unaccompanied children will be baked into pies.

Limerick's annual **Pay It Forward Festival of Kindness** kicks off this Saturday with a family fun day on **Bedford Row**. Face-painting,

children's crafts, printmaking and music should have the street hopping for the kids.

For the olds, you can get yourself checked out to see why that spot on your back is so sore (it's probably just because you're old but it's nice to be told) with a physio consultation. It runs from 11am till 2pm and it's all free.

Bosco is at the **Lime Tree Theatre** this Saturday afternoon.

Ireland's most successful ginger puppet is still five years of age, despite first appearing on Irish TV in 1979. **Bosco** and **Paula Lambert** will be presenting **Bosco's Garden** and a slapstick version of *Cinderella*. It's

aimed at children over three but if you're a nostalgic adult and can manage to avoid acting weird while sitting at the back of a room, you're allowed to go regardless of your age. It starts at 2pm and tickets are €12.

Grammy-winning bluegrass and gospel singer **Rhiannon Giddens** has combined forces with jazz improviser **Francesco Turrisi** to bring you this weekend's gig that can't be missed. The two stunningly-talented musicians are at the Lime Tree Theatre this Saturday night, mixing Sicilian folk



Bosco is at the Lime Tree on Saturday afternoon

with American roots music. Separately, the banjo and accordion are inherently evil but not when placed in the hands of two of the most talented musicians you'll have the joy of seeing in Limerick this year. I can't recommend this gig enough. 8pm, tickets are €20 / €18 concession.

Connemara experimental folk artist **Maria Somerville** has just released her debut album *All My People* and will be in the **Kasbah Social Club** this Saturday to promote the record. Odd as it might seem to suggest a show based on musical texture rather than melody, her sound is as much an art piece as it is a psychedelic record. If you can cope with a solid hour of melancholic ambience, this show is the perfect fit for you. Worth a punt at a tenner a ticket. Doors at 9pm.

Sunday (March 10)

Comedian **David O'Doherty** is in **Dolan's Warehouse** from Friday to Sunday this weekend. The first two shows have sold out but you can still pick up a ticket for Sunday. It's part of his *You Have To Laugh* tour, which is a little more self-assertive than you normally get from comedians. For twenty years he's been trying to give musical comedy a good name and he'll keep banging out tunes on his tiny keyboard until he succeeds. He's probably the most naturally funny comedian to visit Limerick this year, so Sunday's gig deserves a sell-out crowd. Doors at 7.30pm, tickets are €20.

All weekend

The Michael O'Connor poster collection and Siobhan McDonald exhibition are at Limerick City Gallery until March 17. The 100 Years of Women in Politics & Public Life exhibition is at Istabraq Hall till March 29.

The Limerick Printmakers exhibition at the Hunt Museum runs until April 22.

All are free to visit.

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

LEADER LIFE

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

A Day In My Shoes

Denise Brazil

Owner of The Bedford Townhouse & Cafe

'Be our guest' at The Bedford

What time do you get up?

Usually around 7am.

What is your normal breakfast?

Porridge is my go to breakfast as it's a great energy booster and takes you through to lunch. I also try and have hot water and lemon each morning to kickstart my body and mind for a busy day ahead.

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

During the summer when it's bright early in the morning, I love to get out for a walk or run before work. It's been a busy 12 months with the opening of The Bedford so I try to squeeze in fitness where I can and I also go to APG fitness for PT sessions – no pain no gain!

You arrive at office at what time?

Our café opens from 7.30am so I like to arrive early as the day begins and welcome our guests for breakfast.

What are your first duties?

There's always lots to do each but I always prioritise speaking to our team first thing each morning. In a business that operates 24/7 it's important to ensure that everyone is on the same page for the day ahead. I then walk the Townhouse & Cafe before tackling my to-do list for the day. What I love most about each day is that no two days are the same.

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

My coffee intake has definitely increased over the last year but I equally love my Barrys tea. I usually try to keep it to 2/3 cups a day and mix in some herbal teas as well.

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

The Bedford Café is my go-to spot as it allows me to both eat and check in with the team (always multi-tasking!) – my favourite dishes from our café are our lovely soups or eggs and avocado from our brunch menu. I love seeing the new mix of eateries opening in the city and it's great to have such a selection to offer a variety of choices as Limerick is definitely becoming known as a food destination.

Do you have many meetings during the day?



This can vary day-to-day but we do have regular meetings with our team, suppliers and industry partners. As we all have limited time and energy no meeting is ever scheduled without a clear agenda to keep us all on track!

What time do you finish up at?

Typically around 7pm after our Townhouse guests have checked in.

Do you watch much television?

TV mainly just for news or current affairs. Otherwise it's mostly Netflix.

Do you read the newspapers?

Absolutely - I read the regional and national online editorials daily and the broadsheets prints at the weekend - it's the best way to keep your finger on the pulse of what's happening both regionally and nationally.

What do you do to relax?

Fitness for me is a great way to relax and clear the head – whether in the gym or hiking up a mountain. I love spending quality time with family and friends and I'm also part of a new book club. We're all keeping each other accountable to read one book a month so that's definitely great for headspace!

Are you able to leave the office behind?

Our business is open 7 days a week so the short answer is no! When you run your own business it's very hard to separate the two as you are so personally invested in it. So for me it's making sure that I take time out when I need it to recharge. I am consciously making more time for other interests outside of work as it's important to broaden your horizons and have some downtime.

Denise Brazil, Bedford Town House and Cafe PICTURE:

ADRIAN BUTLER

What is a perfect work day?

I love the buzz when we are busy in The Bedford. Nothing pleases me more than seeing our café full of people for brunch and a full house checking in to The Townhouse. It's been so rewarding since we've opened to share The Bedford with our customers and guests and see them enjoy the space. It gives Peter (my husband) and I a great sense of achievement and in this busy world you have to take the time to enjoy those moments.

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

Of course, I am human! We all deal with challenges day-to-day so I'm always focused on the solution and not dwelling on the problem. When I do find myself in particularly stressful scenarios I find a deep breath always helps and always think before you speak!

INSIDE THIS WEEK



FINAL FAREWELL

Transformation show nears the end
PAGE 34



NEW FACE FOR BEAUTY

Henshin launch new studio
PAGE 40



FIRST IMPRESSIONS

Patrick's first date dressing advice
PAGE 41



WELCOME TO THE TEAM!

Louise Cantillon's new column
PAGE 43

The final farewell to this year's fantastic OT leaders



MENTAL HEALTH MATTERS
PROF EDDIE MURPHY
 CLINICAL PSYCHOLOGIST
 ADJUNCT ASSOCIATE PROFESSOR
 UCD SCHOOL OF PSYCHOLOGY

THE two big events, the 5k and grand finale show that signify the end of Operation Transformation, have just been completed as I write, and I am still on a high.

5K RUN IN PHOENIX PARK

Some 5,000 men, women, children and dogs turned up for the 5k run and walk which was held on Saturday, February 23 — the weekend before this year's Operation Transformation grand finale show.

This is such a wonderful event as the leaders get the opportunity to met so many well wishers who thank them for their inspiration.

Each leader has a support runner. Karl was with Paul, I was with Pam, Kathryn was with Siobhan, and Aoife and Dr Sumi were with Cathal.

All crossed the line safely. Myself and Pam rocked in at 34 minutes. This was the time from a women who was a smoker and never did a 5k run before... and changed over in just eight weeks. She's inspiring.

As we ran along, people praised her, saying: "Pam, you made me give up the fags, and I am still off them"; Pam, you inspired me and I have lost a stone and two lbs".

Jean didn't run due to her pregnancy, which she announced a couple of weeks ago, but she started us all off and was there at the end to cheer us all in.

I can never underestimate the population health impact of Operation Transformation to nudge people towards healthier and happier lives.

It was also great to see our ex-leaders David Cryan and Noleen Lynam, who showed up looking only fab.

At the end of the run is the big goodbye as the leaders are whisked away from their families to be groomed, waxed, have their hair coloured and styled and be appropriately dolled up and groomed.

The next time the families see the leaders is the following night in the RTÉ studios, where they strut our catwalk with new insights and soaring confidence... tinged with some nerves.



This is such a wonderful event as the leaders get the opportunity to met so many well wishers who thank them for their inspiration

THE GRAND FINALE

All the leaders and experts are in RTÉ TV studios for the final show. I can't say we missed the castle, but the change was brilliant. Everyone was buzzing, hair and make up flying and that was just on Karl Henry! There were final words exchanged quietly, even during the most excited moments.

Just as we have touched the leaders' lives, the leaders have touched ours. It's about the power of connection and relationships. We are at our best when we support each other to get to a goal.

The leaders looked brilliant during the grand finale show — and the experts scrubbed up well too!

For behind the scenes photos and videos, check out my Facebook page — Dr Eddie Murphy Psychologist.

Pamela Swayne

From: Youghal, Co Cork

Pamela shone in her blue sparkly dress that reflected her lively, warm personality. She has a wonderful, infectious laugh that can be heard a mile away. She is a treasure, and has a heart as big as Youghal and a life and family that is filled with love, fun and a little healthy chaos.

Siobhán O'Brien

From: Clonsilla, Dublin 15

Siobhan looked divine, sexy and sophisticated in an incredible black dress. She showed her determination right throughout



This year's Operation Transformation leaders Siobhan, Cathal, Jean, Paul and Pamela reveal their makeovers during last Wednesday night's programme finale on RTÉ 1

the process and never failed to meet her weight target.

Her leadership capabilities showed through and Siobhan inspired herself, her school community and had a ripple effect that inspired thousands of others. As a teacher and role model she excelled on this year's Operation Transformation.

Paul Murphy

From: Tubbercurry, Co Sligo

Paul had the coolest outfit for years that I saw on the guys; he looked smart, casual and funky. God, I wish I could have an eye like that — or someone could dress me!

For Paul, his OT shift was from a place where work, work and more work was his top priority; to one where, with his lovely wife Sonya and children, there is now a work-life balance. Paul was the biggest challenge for me, as he put everyone else's needs first.

For me, I love seeing the fun now in Paul's life. I encourage Paul to maintain that fun. It's catch up playtime for Paul.

Cathal Gallagher

From: Ballyshannon, Co Donegal

Cathal rocked the finale. His flat cap was so cool, I want one of those!

Losing over three stone 10lbs, Cathal knows that his health journey continues and we encourage him to become a great ambassador for Operation Transformation.

Cathal discovered the trigger to his weight gain was untreated PTSD from a work-related accident when he was just 18 years old. That recurrent stress can impact on him by triggering him to self-soothe using food and alcohol.

His wife Agi and daughter Maja were there to cheer him on at the finale, and Maja stole the show backstage.

Jean Tierney

From Bruff, Co Limerick

What can I say? Jean's was the best story of Operation Transformation. We lost a leader

for the best reasons — a pregnancy after the tragic loss of a baby. Presenter Kathryn Thomas put it so beautifully on the night.

As well as the adversity Jean experienced, she expounded positivity and hope for so many that have experienced profound loss.

Through witnessing Jean people can be liberated from pain and hope and light can enter into their lives.

Jean offered hope and hope is the greatest gift of them all. We all need hope in our lives.

And, by the way, they all hit and exceeded their weight targets and loss more than 10% of their body weight over the eight weeks of the programme.

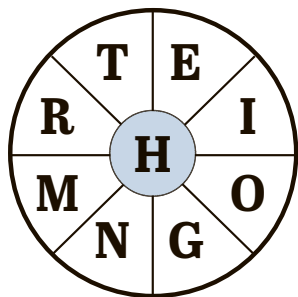
*** Dr Eddie Murphy is a clinical psychologist, author and mental health expert. ONLINE CBT - STOP DEPRESSION - STOP ANXIETY - available at <https://stratushealth-care.ie/mental-wellbeing/>**

SUDOKU

9x9 grid with numbers in some cells: 8, 3, 6, 1, 6, 6, 3, 1, 5, 3, 9, 1, 7, 6, 1, 7, 2, 9, 6, 4, 7, 4, 3, 5, 2, 7, 3, 8, 9, 4, 6

WORDWHEEL

You have 10 mins to find as many words as possible using the letters in the wheel. Each must use the hub letter and at least 3 others.



How you rate:

15 words, average; 25 words, good; 35 words, very good; 40 or more, excellent.

DOUBLE CROSSWORD

Cryptic Clues:

Across

- 1. To hand out punishment will upset this case (8)
5 & 11Ac. The principal's inflection of voice is a tribute to the dead (9)
9. Look closely for a titled personage (4)
10. Ray Wood's redesigned the portals (8)
11. See 5 Across
12. Very much liking to make a fuss near the arena (7)
13. The rates are too high if these have to be paid! (8,5)
18. Give a hint that's very personal (8)
19. This is used for cooking for fifty in the family! (4)
20. Oil change needed after a journey in North Africa (7)
21. Don't interfere with a holiday (5)
22. Element of the code is just a stroke of the pen (4)
23. Urge somebody on to set an aubergine (8)

Down

- 2. The pale mixture that's left in the glass (4-3)
3. Unusual grants by the head of the Exchequer (7)
4. Don't go past zero - the reckless will! (4,2,7)
6. High spirits could lead to a broken toenail (7)
7. Ed. sings as he makes patterns (7)
8. What overwrought actresses do in the wings? (3,3)
13. A spell of work the editor changed (7)
14. Involves a silent reformation (7)
15. D. Mason upset by this fruit (6)
16. Don't spare the printing material - this will hold it (3-4)
17. This clue is to provide some animation (7)

12x12 grid crossword puzzle with numbers 1-23.

Quick Clues:

Across

- 1. Curb (8)
5. Require (4)
9. Speck (4)
10. Progresses (8)
11. Ascend (5)
12. Confidential (7)
13. Unprogressive (5-2-3-3)
18. Calamity (8)
19. Compassion (4)
20. Ingredient (7)
21. Motionless (5)
22. Flank (4)
23. Incidentally (2-3-3)

Down

- 2. Feat (7)
3. Huge (7)
4. On one's own (13)
6. Ejaculate (7)
7. Bloat (7)
8. Disappear (6)
13. Sorrow (7)
14. In lieu (7)
15. Osculated (6)
16. Outlay (7)
17. Completely (7)

CODEWORD

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

12x12 grid with numbers and some letters: L, U, L

13x13 grid with numbers and some letters: U, L

ABCDEFGHIJKLMNOPQRSTUVWXYZ

LAST WEEK'S SOLUTIONS

DOUBLE CROSSWORD:

Cryptic:

Across: 1 Relish; 4 Swamps; 9 Ready-reckoner; 10 Tablets; 11 Fifty; 12 Steal; 14 Close; 18 Ahead; 19 Upstart; 21 Provincialism; 22 Emerge; 23 Beings. Down: 1 Rarity; 2 Lead by the nose; 3 Style; 5 Wakeful; 6 Manifestation; 7 Strays; 8 Least; 13 Adding; 15 Sample; 16 Punch; 17 Stamps; 20 Stale.

Quick:

Across: 1 Battle; 4 Secret; 9 Ask for trouble; 10 Content; 11 Inlet; 12 Scamp; 14 Inure; 18 Amass; 19 Unequal; 21 Recrimination; 22 Dispel; 23 Beagle. Down: 1 Branch; 2 Take no chances; 3 Loose; 5 Emotion; 6 Rabble-rousing; 7 Treaty; 8 State; 13 Massive; 15 Hatred; 16 Quail; 17 Glance; 20 Elate.

SUDOKU:

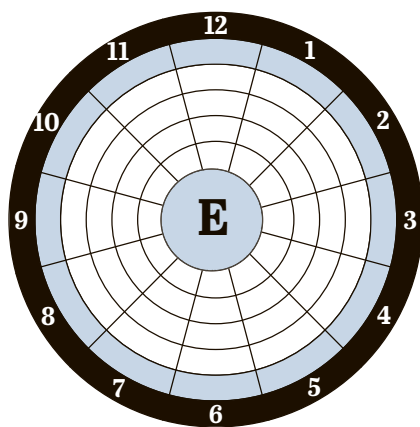
9x9 grid with numbers

CODEWORD:

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

CLOCKWORD

The solutions from 1 to 12 are all six-letter words ending with the letter E in the centre. Moving clockwise from 1, the letters in the outer circle will spell out the name of a former British heavy metal band.



- 1. Garment
2. Living room
3. Energetic
4. Rough
5. Set alight
6. Calm
7. Esteem
8. Baby's shoe
9. Breed of hound
10. Unit of electric current
11. Sweet
12. Barter

NINER

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

9x1 grid numbered 1-9

THE CLUES:

- 124479 gives a hat;
93465 gives a dress;
12298 gives footwear.

KAKURO

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

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

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

Kakuro grid with numbers in shaded squares

SPLIT DECISION

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

Grid for Split Decision with letters and diagonal lines

SUDOKU

9x9 grid with numbers

LAST WEEK'S SOLUTIONS

CLOCKWORD:

1 Gerbil, 2 Eiffel, 3 Ordeal, 4 Rascal, 5 Genial, 6 Earful, 7 Brutal, 8 Eyeful, 9 Normal, 10 Shovel, 11 Oxtail, 12 Nickel.

CELEBRITY: George Benson.

NINER:

HYPNOTISE.

KAKURO:

Kakuro grid with numbers

SUDOKU:

9x9 grid with numbers

SPLIT DECISION:

Grid for Split Decision with letters

POSITIVE PARENTING

LOVE PARENTING

Top Tips

Introducing babies & toddlers to books

Talk or Sing About the Pictures

You don't have to read the words to tell a story. Try "reading" the pictures in a book for your child sometime.

Make It Personal

Talk about your own family, pets, or community when you're reading about others in a story.

Let Children Turn the Pages

Babies can't turn pages on their own just yet, but an 18-month-old will want to give it a try, and a 3-year-old can certainly do it alone. Remember, it's OK to skip pages.

Show Children the Words

Run your finger along the words as you read them, from left to right.

Make the Story Come Alive

Create voices for the story characters and use your body to tell the story.

Ask Questions About the Story, and Let Children Ask Questions Too

Use the story to have a back-and-forth conversation with your child. Talk about familiar activities and objects you see in the illustrations or read about in the story.

Make Books a Part of Your Daily Routine

The more books are part of children's everyday lives, the more likely they will be interested in it and see reading as enjoyable.



Just as children learn to understand words before they speak them, they must also understand words before they read them

Encouraging language and literacy in children

The reading process begins long before children ever walk into a classroom. As soon as parents and caregivers pick up a cooing baby and coo back, the reading process begins.

Developing language and literacy skills begins at birth through everyday loving interactions, reciting nursery rhymes, telling stories, singing songs and talking to one another. Your child's ability to speak and understand language will help him understand and think about what he reads later on. Parents and caregivers play a very important role in preparing young children to become great readers.

Knowing the letter names and their sounds isn't very helpful if a child doesn't understand the

meaning of a word. Just as children learn to understand words before they speak them, they must also understand words before they read them. Vocabulary skills are therefore critical for learning to read. By the time a child is two years old their world is an explosion of language, understanding, on average, about eight new words every day.

By the time children enter primary school, it's estimated, they know the meaning of about 5,000 to 6,000 words when they hear them.

This is important because the more words a child knows, the easier it is for him to learn new ones, and to understand the sentences and stories he reads.

Adults can support this language development with their

babies, toddlers, and preschoolers by talking, playing and reading with them.

Sharing books helps too, of course, and while it may seem too early to read to a baby, literacy is helped by a love of, and interest in, books. So if young children have enjoyable and positive experiences with books they will want to keep learning about them as they grow. Sharing books with babies, toddlers and preschoolers also ensures that they know what books are for and how they work.

Babies begin to identify the front and back of a book and work out that they must turn pages.

Toddlers begin to understand where you start reading on a page and that they need to hold the book the right way up and turn pages in a certain way.

By preschool age your child will be aware that print gives us information, that we read from left to right, and that print can be found in many places (including signs, books, magazines, package labels).

So parents and caregivers can prepare a child to be a great reader through everyday conversations, sharing books, saying rhymes, and playing with language.

Providing children with many opportunities to listen to and understand words, conversations and stories will make it easier for a child to learn to read. So before we get reading, we need to get talking.

World Book day is celebrated on Thursday, March 7.

For more information on reading and other parenting topics, see www.loveparenting.ie.



HEALTHY LIVING

EVA HILL HAMILTON

CONTACT EVA

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

'No-grainer' great pancakes

PANCAKES are popular among children and adults alike. It is a lovely treat, and if you make them healthier you don't have to save it for the one day of the year to enjoy pancakes - they can be a daily addition to your diet - without guilt.

Try to use wholegrain flour, or at least white spelt flour to increase the nutrient value, or try gluten free variety for easier digestion. Add protein to the batter in the form of whey protein powder (Pulsin) or rice protein (Sunwarrior) or some nut butter to balance blood sugar levels and keep you going for longer. Use raw

honey or stevia, the natural sweetener for sweet pancakes. And if you wish to reduce your grain or carbohydrate intake for health reasons, try these "no-grainer" recipes:

NUTTY PANCAKES (MAKES 4 PANCAKES)

- 2 tbsp nut butter (almond, cashew, peanut, tahini)
- 3 eggs
- 1 tsp grated organic lemon peel
- 1 small apple, grated or finely chopped
- pinch of pink salt (unless the nut butter is salted)
- Coconut oil or ghee for baking them
- Blend the ingredients



Try to use wholegrain flour, or at least white spelt flour to increase the nutrient value

with a hand held blender or food processor and transfer into a pouring jug. Heat and grease a frying pan. Pour

some of the mixture in, moving the pan to spread the batter evenly. Cook until it comes away easily from the

pan, flip over with a spatula and cook the other side as well. Be careful because it burns more easily than regular pancakes.

LIGHT & FLUFFY PANCAKES

Great to use as wraps when cooled - just change spices (see below)

- 1 cup steamed butternut squash or pumpkin (use leftovers)
- 1 cup nut butter
- 5 eggs
- 1/2 tsp salt (unless nut butter is salted)
- 1 tbsp cinnamon (- or 1/2tsp paprika, 1/2tsp turmeric & some black pepper for savoury wraps)
- Coconut oil or ghee for frying
- Separate eggs and whisk whites until firm with a pinch of salt. Blend the other

ingredients with the yolk and gently fold in the whites, one ladleful at a time. Fry them as American type pancakes on a well-greased, not too hot frying pan - as they burn easily. Serve with fresh/thawed dark berries and organic yoghurt mixed with vanilla, sprinkle with Xylitol

DID YOU KNOW?
Pancakes were traditionally made to use up eggs and butter not allowed during lent

TOPPING IDEAS

- Tahini or white almond butter, dark berries and Greek yoghurt mixed with vanilla extract and grated lemon peel
- Strawberries and vanilla ice cream (Kefi / Booja-booja)
- Almond butter and banana slices
- Stewed apple, cinnamon and crushed pecans
- Raw Brazil nut & cacao spread
- Sugar-free natural apricot jam with walnuts

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STYLE & FASHION

CELIA HOLMAN LEE

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Spring is for special occasions

AT long last there is a touch of spring in the air, and at this time of year thoughts turn to picking that all important outfit for Holy Communions, confirmations and, yes, weddings.

At the Charleville Park Hotel Wedding Fair there was some beautiful looks for the bride and groom, mother of the bride and guest at the wedding. Some of the top fashion stores and bridal stores in the region featured on the day, including Ela Maria from Newcastle West, Brides of Eire in Clonakilty, Isobel in Adare and Sharon Gregory Bridal Designs from Mallow. For mother of the bride/groom the tones included bold blues, gorgeous green and sunshine yellows. If you have a special occasion coming up, this season is all about vibrant hues to lift your mood along with patterns and prints that are perfect for spring.

There was a trend for everyone when it came to bridalwear from the long fishtail to the beautiful princess style. The long cathedral veil is also a big trend coming through. The hats from Isobel and Ela Maria were spectacular. So don't forget to remember your local boutiques when on the look-out for your outfit for that special occasion.



It's all about the embellishment on the bodice of these two gowns from Sharon Gregory Design Studio in Mallow



This one shoulder dress would be ideal for a wedding guest and is from Ela Maria, Newcastle West



Brides of Eire in Clonakilty showcased these two stunning wedding dresses



Here's a stunning spring ensemble with gorgeous cerise and grey hues from Ela Maria

CELIA SPOTTED

Looking good out and about in Limerick

Name: Jamie Greene
Occupation: Hairstylist at Marbles Hair and Beauty
From: From Caherconlish

Iwould say my style is colourful, comfortable and mixed trend. I don't necessarily follow trends. If I like something I'll wear it! I like to think my style shows off my personality! I have a love of anything with a bit of vibrancy and that includes my hair! I love to shop in Limerick but I travel a lot and often pick up pieces while I'm away.

JAMIE SAYS

Top: I found this T-shirt on a recent trip to Florida. I loved the print on the front and loved the loose fit. Working in a busy salon I like clothes that fit well and are comfy!

Skirt: This was also a find on my trip to Florida. I absolutely loved the colours and print of this skirt! For me floral and print never go out of fashion! I also love the length. I've always loved floor length skirts.

Shoes: These once again are a find from America. These are called Keds and are so comfortable! Great for my busy lifestyle! I like the versatility of them. They are so easy to pair with any outfit.

Bag: My bag is from Parfois in the Crescent Shopping Centre. I love this shop for bags and accessories. I tend to go for backpacks rather than handbags. I prefer the style of them for casual wear and always enjoy picking out a wow handbag for a night out.



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





Sara Judge, Ballysheedy, Chelsea Chuah, Caherdavin and Valerie Meehan, Kileely at the launch of Henshin Express Hair & Beauty studio at the Castletroy Town Centre

HENSHIN EXPRESS HAIR & BEAUTY STUDIO OPENING

Pictures: DAVE GAYNOR



Sharon McMeel, Dooradoyle, Cecile Coveney, Crecora and Leonie Lynch, Caherconlish



Yvonne Boland, Castleconnell with Eabha and Stephanie Boland, Roscommon



Kathrina Deere and Kelly Jansen, Castleconnell



Garreth Bromell with his parents Lily and Michael, Castleconnell



Lorraine O'Connell, Raheen and Lisa Tracey, Dooradoyle



Annette Daffy, Ruan, Joan Molloy, Dublin Road and Lily Bromell, Castleconnell



Nicola and Sinead Meskell, Castleconnell with Rachel McNamara, Castletroy



Jude Crosse, Raheen, Patricia Lynch, Rockbarton and Mary O'Keeffe, Bruff



MANABOUTTOWN

PATRICK McLOUGHNEY

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First date: What to wear and leave in the wardrobe

KNOWING what to wear on a first date can be a stressful experience. You want your date to leave thinking they don't need to change anything about you – including your dress sense. In general, there are two possible mistakes a guy can make; not dressing up enough or overdressing.

Sounds about as easy to master as Beethoven's 9th Symphony right? Well, it's not as hard as you might think and it's worth making the effort to get it right because first impressions still matter, even in this post-Tinder world. So here are some key pieces and tips for what to wear on a first date with a few hints on what not to wear thrown in for good measure.

SUIT & TIE

We'll begin with something you should never ever wear on a first date. Yes, a well-tailored suit will always make you look sharp but on a first date a suit – especially if it looks like a work suit – can feel stuffy and make you look as though you couldn't be bothered to go home after work and get ready for the date. Ultimately the whole experience should be fun and, if possible, you should feel (or at least appear) relaxed. If it's a weekday date and going home to change beforehand is not an option then

avoid looking career obsessed and making your date feel underdressed by making a few adjustments before leaving the office.

You can totally change the look and perception of a suit with a few small changes. A smart t-shirt or a crew neck jumper to replace the shirt and tie and a pair of smart white trainers will transform you from overdressed to cool and casual. If the date is in a fancy restaurant or the theatre (you're trying too hard but that's a whole other article), look to separates – a sharp blazer with tailored trousers – and ditch the tie.

SHIRTS

A clean and simple button-down shirt in a subtle colour strikes a perfect balance between too smart and too casual and any guy who can cut a dash in one is worthy of a second date. You can play around with colour, textures and prints but two things are essential: fit and fabric.

Make sure it's slim (not skinny – button strain does not look good), sits square on the shoulders and drapes naturally down towards the hips (leaving room for any paunch you may have acquired while single). Fabric-wise, go for breathable cotton so as to limit the first date sweats. The button-down shirt can also provide a way to

sidestep any overdressed/underdressed dilemma by simply tucking it in or not tucking it in.

If you'd rather wear a t-shirt then keep it simple and free of 'hilarious' slogans or political statements. Any image or slogan that has to be justified with the words, "it's only a bit of banter" or explained by a discussion on politics or religion is probably not going to make for a great first date. These are things that will be important when moving in together but not first date fodder.

TROUSERS

The next piece of the first date puzzle is a nice pair of jeans or chinos. If you opt for denim then look to straight cut or slim fit that are roomy in the thigh but tapered from the knee down. Mid-Weight denim (10-12 oz) is your ideal fabric as it's heavy enough to drape like trousers but not so heavy that it's stiff and bulky. No rips, no dad jeans, no embroidery and definitely NO BOOTCUT.

A lot of guys these days will go for a cropped ankle look by rolling up the cuff. It gives a nice colour contrast but it only really works if you're baring that ankle flesh and that can be divisive on a first date. A bare ankle is likely to conjure up one of two images of what lies beneath an invisible sock – a piece of clothing that can never be



The golden mean: Best to play your first date right down the middle between not dressing up too much and overdressing

described as sexy – or that you're actually sockless. Given that it's the first date and they have no idea how good or bad your personal hygiene is, it's best not to call that into question by conjuring up images of smelly toes. So save the mankles for future dates.

SHOES

Your choice of shoe has the power to give and take away from your outfit. A sneaker will tone the formality of separates or a smart shirt and trouser combination, while Chelsea boots or brogues will lift the casual nature of a jeans and jumper outfit. When picking your shoes, adhere to the dress code of where the date is taking place first and foremost. Then consider the overall aesthetic and match your trousers to your shoes. Finally, go for comfort – meaning don't break in a pair of new leather shoes on a first date. Wincing and limping isn't

all that attractive.

AFTERSHAVE

We've all seen the ads where a man emerges from an asthma-inducing fog of a certain body spray to be greeted by a harem of beauties. In the real world, too much aftershave or deodorant is more likely to have the opposite effect and will leave your poor date coughing and spluttering as they ask for the bill. Your first date grooming needs to be subtle. Overdoing it on the fragrance can also send the message that you couldn't be bothered to have a proper shower.

You want your date to lean in closer and catch a whisper of your fragrance, not force them to breathe through their mouth for the whole date. Choose a subtle scent that you like yourself and apply a spritz to each wrist and around the collarbone.

Look of the Week

Sexton For Men/ Gatsby For Men

My look of the week is from Sexton for Men on Thomas St and Gatsby for Men in Newcastle West. Here, I'm wearing a Benetti three-piece suit with a Benetti shirt, tie and pocket square. The shoes are also by Benetti. Benetti are just one of the amazing range of suiting brands that Sexton's and Gatsby have in store so pop into the lads and check them out along with all the other suiting and casual brands on offer. Photo by Paudie Bourke.



Grooming

Kiehl's Facial Fuel Moisturiser with improved aroma

A big thank you to Roisin Tierney Crowe and Kiehl's UK & Ireland for sending me out the newly improved Kiehl's Facial Fuel Moisturiser with SPF 19 to try. Reformulated based on customer feedback, this moisturising treatment offers improved aroma texture and increased SPF protection, perfect for a busy lifestyle while offering vital UV and anti-pollution protection. This energizing, lightweight water-gel moisturiser awakens and revives dull, fatigued skin

while providing protection against the sun's harmful UVA/UVB rays. Delivering 24-hour hydration, with an invigorating aroma, the non-comedogenic moisturizer also provides anti-pollution protection by defending against environmental aggressors. While most skin experts will tell you that you should be wearing an SPF moisturiser,



the thing that puts a lot of people off using them is that you end up looking like you rubbed a pork chop all over your face. The great thing about this product is that it's not greasy like other SPF's and it absorbs quickly and easily. If you're in Dublin pop into the Kiehl's store and try this product out. Or pick it up online at www.debenhams.ie or www.arnotts.ie.

FINGER FOOD PACKAGES AT THE ABSOLUTE HOTEL



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- Seasoned potato wedges
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- Spiced Louisiana chicken wings
- Sweet chilli chicken drumsticks
- BBQ baby back ribs
- Mini bacon & cheese quiche
- Tomato bruschetta
- Mozzarella tartlets
- Mini pizza
- Mini vegetable tartlets
- Selection of sandwiches
- Smoked salmon on homemade mixed seed soda bread

SOMETHING SPECIAL?

- Include balloons from only €7.50 per cluster.
- Include chair covers with sash of choice from only €2.00 per person.
- Include a cosmopolitan cocktail drinks reception from only €6.00 per person.
- Include Tea & Coffee from €2.65 per person.

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Three of the BEST micellar waters on the market!

WE'RE all guilty of being lazy with our skin at times, but it's 2019, so everyone knows better than to use a face wipe (if not, I'm coming for you.)

Instead, we turn to trusty micellar waters to wipe away the day's dirt, all in a minute, without having to actually wash your face for 15 hours.

Don't get me wrong, I definitely feel better when I do my usual skincare routine and double cleanse but sometimes my bed calls me so loud I can't wait any longer!

I've tried many many micellar waters (too many) and these three have come out on top for sure! Take a look:

BIODERMA MICELLAR WATER

The original OG Micellar Water, Bioderma has been in the kits of nearly every top MUA, and is a cult favourite amongst celebrities and models alike.

Hailing from France, the extra gentle formula is fit for even the most sensitive skins and makes light work of removing everything from waterproof

mascara, to the thickest of foundations. It also comes in other formulas - so there's one fit for you, whatever your skin type.

CAUDALIE MICELLAR CLEANSING WATER

I'm not sure if it's the handy pump top, or the delightfully fresh scent - whatever it is, Caudalie's Cleansing Water has me 100% hooked. I always find that after using this my skin looks brighter,



ABOVE: 100% hooked the handy pump on the Caudalie's Cleansing Water

feels softer and is actually, very clean. If you're in a rush, a few pumps onto a cotton pad across your face really will feel like you've had a proper wash. It's safe for sensitive

LEFT: Three in one: Decleor Micellar Water removes make up, cleanses and tones



ABOVE: The original OG Micellar Water, Bioderma

skins, too.

DECLÉOR MICELLAR WATER

This stuff really doesn't joke around... It is a quick and easy 3 in 1 formulation that removes make up, cleanses and tones the skin without compromising results. It eliminates dirt while cocooning the skin with moisture, acting as your DIY liquid wipe. My mother introduced me to this product as she uses it as her toner and we swear by it in our house now!

REMEMBER

These products definitely cut your cleansing time by half but please don't skip your eye creams and night creams, especially not before you go to sleep. Night creams boost the collagen in your skin.

They also help with better blood circulation while you sleep.

You'll wake up the next day ready to take on the world with your (relatively fresh.. hehe) definitely soft skin!



LOUISE LOVES

LOUISE CANTILLON

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Rogha na Seachtaine



TO DO:

Seachtain na Gaeilge 2019

Seachtain na Gaeilge runs from March 1-17, challenge yourself this week to úsáid cúpla focal – Check out events happening near you at www@snag.ie. Bain triail aisti – surprise yourself!



TO LISTEN:

Track of the week

'Love tonight' - Soulé; Treat your ears to Irish electronic pop artist Soulé! She is here to make her mark with her bass heavy sound and soft-soulful vocals. She released her EP 'Love Cycle' on Friday and already has over half a million streams on Spotify.

TO SEE:

Museum of the Moon

Insta moment! Your chance to visit the moon!



Measuring seven metres in diameter, the moon features detailed NASA imagery of the lunar surface. Landing in St Mary's Cathedral from March 15-22. Marking the 50th anniversary of Neil Armstrong's landing on the moon and the theme of the St. Patrick's Day parade this year in Limerick.

New month, new beginnings!

MARCH seems to be a month of new beginnings for me! I moved into my first house in March 2017, I started going out with Declan, in March 2011 and this March I've started a brand new job on Spin South West and here with you! I will come back to all of that, but first I'd like to introduce myself and tell you a little bit more about me.

My name is Louise Cantillon. I am a proud Limerick girl with even prouder Kerry parents. I grew up in Kilcornan with my three sisters and found myself in a primary school class of only two pupils! I think that's where I first developed my love of talking and entertaining – having the floor to myself most of the time! I went to Secondary school in Laurel Hill Coláiste and met an amazing group of friends that I am still in contact with everyday! I also fell in love with the Irish Language and the idea of the world being my oyster while I was there. I studied Irish and P.E. in UCC and qualified as a múinteoir in 2015.

In college I worked part time with Spin South West, first as a SPINI and then as a weekend radio presenter- presenting 'Pop Raidió' – as gaeilge on Saturday mornings! I was bitten by the radio bug in 2014, when I was nominated as 'Best Newcomer' at the National IMRO Awards.

I got my first teaching job in St Mary's Secondary School in Mallow, and for the last four years I have enjoyed teaching full time and doing all things radio at the weekend! Last May, I took a leap of faith and decided to hang up my teaching boots and pursue a full time career in radio. So far it has been a great adventure. I have met



Check Louise Cantillon out daily on her Spin Hits show from 10.45am to 2.45pm PICTURE: ADRIAN BUTLER

and worked with some great people all over the country. I have presented an Irish Music show on Classic Hits 4FM, and recently acted as a judge for this year's RTÉ

Choice Music Prize! But, now I couldn't be happier to find myself back in Limerick presenting Spin Hits daily from 10:45, and writing this weekly column for you! I am so

excited to bring you along on my new journey and keep you up to date with my life and interests, on and off air! Here's to new beginnings!

An Afternoon in the Áras

LAST Tuesday I had the honour of attending an afternoon reception in Áras an Uachtaráin for The All Ireland Hurling Champions 2018. It has been an incredible year to be at the heart of the excitement with the Limerick hurlers. There have been lots of very special events over the last number of months, but an afternoon with the President is hard to top.

We were welcomed and greeted individually by an Uachtaráin and his wife Sabina, and addressed as a group.

"Sabina and I are absolutely delighted to have the opportunity

to personally salute and congratulate the team- laochra na hionánaíochta- they are giants in every sense... we are honouring your magnificent achievement in winning Liam McCarthy Cup last year, 'the achievement that you can all be very proud of is not an achievement that came lightly or easily'.

There is something very special about watching an incredible team being acknowledged by the head of state- all while sipping tea from a gold-lipped harp embellished stately teacup!



I am pictured with my boyfriend, Declan (Hannon), Limerick hurling captain and his parents, Joe and Bridget Hannon, An Uachtaráin and his wife Sabina



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Ireland's Young Filmmaker of the Year announce Limerick finalists

IRELAND'S Young Filmmaker of the Year 2019 moved one step closer to crowning its winners by announcing the Limerick finalists this past Tuesday.

The competition, which received a record of over 1,700 entries this year, announced which short films would move on to the finals at the Limerick regional heats at the Belltable Arts Centre.

Films screened at the heats included productions from Clare, Tipperary, Kerry, and Limerick. Films by young filmmakers through to the final include 'Chewing' from Limerick Youth Theatre, 'Stars' by Meghan O'Shaughnessy from Kerry and 'Ode to a Dancer' by Oisín McKeogh from Clare. Limerick Schools Ardscoil Rís and Limerick Educate Together both have animated films through to the final meaning the possibility of winning this year's Boulder Media Animation Award.

Films shortlisted for the



final will be screened at Fresh Film Festival 2019 in Limerick from March 25 to 30 and Ireland's Young

Filmmaker of the Year Awards will be presented on the March 27 for the Junior category and March 28 for

the Senior category. Other highlights of the Festival include feature screenings and workshops including an

Industry Master class with The National Youth Film School.

Now in its 23rd year,

Jayne Foley, Founder and Creative Director of Fresh Film Festival and Ireland's Young Filmmaker of the Year Awards (front centre) pictured in Limerick with Luke from Limerick, Oisín from Clare, Chloe from Cork, Rebecca from Tipperary, Meghan from Co.Limerick and Jonathan from Kerry

PICTURE: DERMOT CULHANE

Fresh Film Festival encourages young people from Ireland and overseas, aged 7 to 18 years, to create, exhibit and share films. The festival provides an opportunity for these young filmmakers to have their work seen on a cinema screen for the first time and to compete for the title of Ireland's Young Filmmaker of the Year. All films submitted are also considered for a range of Specialist Awards.

Fresh Film Festival Director Jayne Foley explained: "The Festival is all about encouraging young people to tell their stories through film, so the record number of submissions this year shows we have a nation of young storytellers with something to say and the creative means to say it. This is the core part of the festival – young people making and screening their own stories before an audience of their peers." Congrats to all the finalists! See www.freshfilmfestival.net.

Shannon Bureau encourage Limerick academics to win international conferences

A VINTAGE tea bus was set on the campuses of Mary Immaculate College and Limerick Institute of Technology as Shannon Region Conference and Sports Bureau and Fáilte Ireland worked collaboratively with the presidents of each college on an academic recruitment drive to bring more international conferences to the area. As part of the academic recruitment drive, academic staff were treated to afternoon tea and a full presentation in the huge benefits of winning international conferences.

Those who attended enjoyed the novelty of sampling a wide range of tea/coffee's, sandwiches and cakes on the top deck of a 1961 Routemaster Bus. While members of the college's academic staff enjoyed some tea, Karen Brosnahan of the Shannon Bureau and Lynda Reilly of Fáilte Ireland called for the staff of the colleges to 'bring it home' the next time an opportunity to bid for a conference is available.

The Shannon Bureau and Fáilte Ireland offer a full suite of support, both practical and financial to potential ambassadors. The

Shannon Bureau has created a dedicated bid book that academic staff can use when presenting their academic institution overseas ensuring there is a wide range of support to ensure its easy to bid and win this lucrative tourism business for Limerick. Karen Brosnahan of Shannon Bureau said, "We are thrilled to work with both Professor Vincent Cunnane, President of LIT and Eugene Wall, President of Mary I, on such an important initiative." For more info visit www.conferenceandsportsbureau.com.



Pictured are Lynda Reilly, Fáilte Ireland, Professor Vincent Cunnane, president of LIT, Professor Liam Brown and Karen Brosnahan, manager Shannon Region Conference and Sports Bureau

THINGS I ♥ THIS WEEK

KINDNESS DOESN'T COST A THING

Pay It Forward Kindness Festival

THE fifth annual Pay It Forward Kindness Festival will take place in Limerick from Saturday, March 9 to March 16, with numerous free events and activities designed to highlight the kindness in every part of Limerick city.

Over seven days, free events organised by Pay It Forward Limerick (PIFL), with the support of over 100 volunteers, will be hosted throughout Limerick including a large Family Fun Day, a pamper day, free music sessions and lots more.

Michael O'Mahony, a member of the PIFL board, said: "We're

thrilled to have so many eager volunteers and businesses getting behind the festival as we want to touch as many people as possible with the positive momentum and energy of carrying out kind acts over the course of the week. In promoting kindness, we're aiming to change attitudes, build self-esteem and mental health resilience by creating a sense of community cohesiveness."

The Festival week will kick off with a Family Fun Day on Saturday, March 9, on Bedford Row. See www.pifl.ie for the full line up.



Faye and Archie O'Sullivan, from Naionra na Nog launching the fifth annual Festival of Kindness

PICTURE: OISIN MCHUGH/TRUE MEDIA

CLEAN SWEEP

Limerick City Tidy Towns Awards 2018

LAST week, Limerick City Tidy Towns held their annual awards event at No. 1 Pery Square Hotel & Spa.

They presented the prize for the overall winner for 2018 to The Life Centre on Henry Street following an online vote by almost 1,000 members of the public. Runner up was local cheese shop La Fromagerie on Catherine Street and in 3rd place was St Michael's Rowing Club at O'Callaghan Strand. The Life Centre is the new home of Abundant Life Church and has rejuvenated this long-time empty previous former Smyth's Toys unit, transforming it into a vibrant place of



Kevin Fitzgibbon, the Life Centre, Maura O'Neill, Tidy Towns and Helen O'Donnell, Chair of Limerick City Tidy Towns

PICTURE: ORLA MCLAUGHLIN/ILOVELIMERICK

worship in the heart of the city. Members of The Life Centre said they were, "very surprised and very honoured" to win. Congrats! See www.limericktidytown.com.



Kasia Zabinska and Eamon Ryan of BNEst (3rd and 4th back row from left) pictured with participants of the 2018-2019 Incubator Programme who will be showcasing their projects this Tuesday, March 12 PICTURE: RICHARD LYNCH/ILOVELIMERICK

BNEst Incubator Programme Showcase

BNEst is the first dedicated Social Enterprise Incubator Programme in Ireland, which caters to all types of organisations from non-profits to community enterprises to businesses with a social conscience. BNEst offers a six-month peer programme at no cost to participating organisations and is dedicated to helping businesses that want to make a social impact.

BNEst extends a friendly welcome to their Incubator Programme Showcase 2018 - 2019 on Tuesday, March 12 from 3.30pm to 5.30pm at the Nexus Innovation Centre, Tierney Building,

University of Limerick.

Kasia Zabinska of BNEst said: "Our participants are very excited to showcase the progress their projects have made in the last six months during their time in the BNEst incubator.

Each one of them has something very special and unique to offer to communities and it been an honour to help those passionate people achieve a positive social impact. All are welcome to join us for the event." See you there! See www.BNEst.ie for full details.



*Love to all,
Richard x*

HEROS OF THE WEEK

Gaelcholáiste Luimnigh green thinking

THIRD year students Teagan McGarry, Anna Shaw, Mary O'Callaghan, Kathy O'Farrell and Sarah Moloney from the Civic, Social and Political Education class in Gaelcholáiste Luimnigh created and initiative to reach out to their local community and to creating a healthy living space for nearby residents. Having successfully received funding from Healthy Limerick the class set about creating a garden plan with the assistance of Rockbarton Garden Centre. Some of the group are photographed above transforming 4 gardens on Nicholas Street. Photograph Liam Burke/Press 22



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GERALDINES A.F.C.

WEEKLY LOTTO DRAW HELD ON 4/3/19

This Week's Jackpot: €6100 No's: 1-11-16-26 no winner
Lucky Dips: Jennifer Bowman c/o Dave Connolly, Tony Dickinson c/o Dave Connolly, Linda Gavin c/o Conor Keane.

Promoters Prize Jimmy McCarthy and Dave Connolly NEXT Draw held 11th March 2019
Next Week's Jackpot: €6200

ST. MARY'S R.F.C.

Lotto Draw held Monday 4th March 2019
Winning Numbers: 11-13-15-23, No Jackpot Winner

4 Winners €40 each: Patsy Ahern c/o F Ahern, Geraldine Edwards c/o T Kerley, Vincent O'Brien c/o Radcliffes, Thomas Cosgrave
Next Weeks Jackpot €6700 Draw will take place in Radcliffes Bar

FAMILY ANNOUNCEMENTS

IN MEMORIAM



† BARRY

(5th Anniversary)

In loving memory of Ann Barry (nee Moore) late of Moyross and Ballynanty whose 5th anniversary occurs on March 7th. Mass will be offered on Saturday 9th March at 5pm in Corpus Christi Church.

A beautiful nature
A heart of gold
Your loss to us can never be told
We hold our tears when we speak your name
But the ache in our hearts will always remain
No words we write will ever say
How much we love you everyday

Simple words but very true
We will always love and remember you
Sadly missed by your sister Mary, Ger and girls xx

Treasure her Lord in Your garden of rest,
For when on earth she was one of the best.

From your son Liam, grandsons Mason and Scott xx

Meet me in my dreams, Ann
And talk to me once more;
Ease the everlasting pain
That makes my heart so sore
And when I reach the golden gate
Where life is free from pain,
I will put my arms around you Ann

And never let you go again. From your loving friends Mary nd Geraldine xx "My Eyes adored you"

A daily thought, a silent tear,
A constant wish that you were here.

From your loving daughter Amy & partner Adrian.

Beautiful memories are treasured forever,
Of those wonderful years we spent together.

From your loving daughter Mandy

There never comes a moment
When I don't think of you
Or a day passes

That your face is not in view
And when I'm feeling lonely
And tears come to my eyes
I think of you at peace
And I know I shouldn't cry.
So I try to hide the heartache
As you would want me to
And when I shed a tear
No one knows but you.

Sadly missed by your sister Majella xx

I let memories surround me
A word someone may say
Will suddenly recapture
A time, an hour, a day
That brings them back as clearly
As though they were still here
And fills me with the feeling
That they are always near.
For if I keep those moments with me

We will never be apart
And you will live forever
Locked safe within my heart.
Sadly missed by your niece Kayleigh, Dean and Sophia xxx

Falling tears and aching hearts
are things we had to bear,
But losing you, the way we did
will always seem unfair.
Sadly missed by your nephew Kenneth

IN MEMORIAM

In life we loved you dearly,
In death we love you still,
In our hearts you hold a place,
No one could ever fill.
Too dearly loved to ever be forgotten Mam x

I took your picture from the wall
just so I can see,
How beautiful my Sister is and
hold her close to me.
Too soon, still young to have to
die why did she have to go.
So much to give, so full of life,
I guess we will never know.
I know I can't have you back,
But Annie can you wait until my
earthly life is over, by the stairs
of Heaven's gate.

Loved and missed always Caroline, Keith, Garry, Ben, Sam & Ruby



† HARTIGAN

(17th & 16th Anniversaries & Birthday Remembrance)

In loving memory of a dear husband, father and grandfather

Patrick Hartigan Snr and of a dear son and brother Patrick Jnr,

late of 52 Galvone Road, Kennedy Park, Limerick Ambulance Service and Carew Park, Limerick. Patrick Snr who passed away on the 9th March 2002, and whose birthday occurs soon and Patrick Jnr who passed away on 25th April 2003. Rest in Peace. Mass offered.

As I sit here safe in Heaven and watch you every day,
I try to let you know with signs,
I never went away.
I hear you when you're laughing, and watch you as you sleep,
I even place my arms around you, to calm you as you weep.
I see you wish the days away, as you beg to have me home,
So I try to send you messages, so you know you're not alone.
Don't feel guilty, that you have a life.

Sadly missed and never forgotten by wife Lily and Family

Ye rest in the arms of angels in a place of peace and love watching over us, always from Heaven up above.
From your son Greg, wife Catherine & Family

It does not take a special day
To bring you back to mind
A day without a thought of you
Is very hard to find
You never failed to do your best
Your heart was true and tender
You simply lived for those you loved
And those who loved remember
From his loving daughter Linda, son-in-law Thomas and grandchildren

"The person who allows love to conquer hate is not weak. He or she is very strong and is a beacon of hope for all of us."

IN MEMORIAM



† MCCARTHY

12th Anniversary & 67th Birthday Remembrance

In loving memory of a dear husband, father and brother, Patrick (Pa) McCarthy, late of 35 O'Callaghan Avenue,

Kileely, Limerick who died on March 7, 2007 and whose birthday occurs on 13th March. Mass will be offered on Saturday 9th

March at 6pm in St Munchins Church.

Alone but never quite alone,
I face an empty chair
But sometimes in the silence
I imagine you are there.
My companion for so many years,

No longer here with me,
And yet in some mysterious way
You keep me company.
It's sad to walk the road alone
Instead of side by side,
But to all there comes a moment
When the ways of life divide.
You gave me years of happiness
Then came the sorrow & tears
But you left me beautiful memories
I will treasure through the years.
From his loving wife, Marian xxx

The kind of man who stood in a crowd,
Never noisy, never loud.
He liked a drink, he liked a song
The kind you miss the moment he's gone.
But I will remember my whole life through
The last few words I had with you.
He was our Dad, this you know
But Oh Dear God, how we miss him so.

From his loving son John and Natalie

Please don't be unhappy
Because I am out of sight,
Remember I am with you
Every morning, noon and night,
The day I had to leave you all,
When my life on earth was through,
God picked me up and hugged me,
And said I welcome you,
When your walking down the street,

And you have me on your mind,
I'm walking in your footsteps,
Only half a step behind,
And when you feel that gentle breeze,
Or the wind upon your face,
That's me giving you a great big hug,
Or just a soft embrace,
And when it's time for you to go,
From your body to be free,
Remember where you are going,
You are coming home to me.
From his loving son Pa, Vicky and grandchildren

Its 12 years since you have gone,
But in our hearts you still live on,
We speak about you every day,
About your loving and gentle way,
You were a Dad so kind and true,
How could we ever stop loving you.
From his loving son David

Here we go again Dad
Not sure what I'm supposed to do

IN MEMORIAM

To say it's your Anniversary
Or wish Happy Birthday to you
But where do I send a card
Dad, 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 Dad, its just for you.
From his loving son Edward and Linda.

Twelve years has passed already,
We can not believe it's true,
We thought about you lots today,
But then we always do,
We wander to your grave side,
And place your flowers with care,
But no one knows the heartache,
As we turn and leave you there,
You went from us so suddenly,
You did not say goodbye,
You left us here behind you,
To grieve and wonder why,
It broke our hearts to lose you,
But you did not go alone,
For part of us went with you,
The day God called you home,
Our hearts are full of memories,
With pride we speak your name,
Though life goes on without you,
It will never be the same.

Love from your loving son Ger and Olga xx
Thinking of you also on your birthday Dad and also thinking of my Grandmother Jane on her anniversary xxx

I thought about you today Granda
But that is nothing new;
I thought about you yesterday
And the day before that too.
I will think about you tomorrow
As I will my whole life through
For the day I fail to think of you
God will have taken me too.
Love from your granddaughter Chloe and baby Gerard xx
Also thinking of you on your birthday Granda, Happy Birthday.

Memories are keepsakes,
Cherished all life through;
Ours are very special Granda
Because they are of you.
From your grandkids Rebecca and Keelan xx
Also thinking of you on your birthday xx

Time passes memories stay,
Never forgotten especially today,
I will never forget you Grand
I won't even try,
I miss you more as time goes by,
Our lives go on without you,
But things are not the same,
It's hard to hide the heartache,
When someone speaks your name,
No matter how life changes,
No matter what I do,
A special place within my heart,
Is always kept for you.
From your special boy Lee, love you always and forever xx

As each day dawns and starts anew,
As each day ends I think of you,
And in between no matter where,
Deep in my heart you're always there,
It broke my heart to lose you Granda
But you did not go alone,
For part of me went with you my old man

The day God called you home,
I know you walk beside me,
And when my life is through,
I pray that God will take my hand,
And lead me straight to you.
From your granddaughter Lauren and great grandson Harlow x

Granda, it's hard to believe
12 years have passed
Since that sad day we saw you last.
Your happy face went out that

IN MEMORIAM

door,
Your loving smile I saw no more.
We didn't get to say goodbye
Just thinking of that makes us cry.
We miss our talks, your morning cheer;
If we had one wish,
It would be to have you here.
Just one more kiss, just one more smile,
Just one last hug, would make it all worthwhile.
We miss you, my old man and love you so
It breaks my heart, knowing we have to let you go.
From your loving grandchildren Patrick, Mason and Kayla-Rose

I sent a dove to Heaven
With a parcel on its wings;
Be careful when you open it,
Granda
It's full of beautiful things.
Inside are a million kisses
Wrapped in a million hugs
To tell you that I miss you Granda
And send you all my love.
From your loving granddaughter Karley, Layla Mae and Sue- Ellen xx

Forget you, Granda we never will,
For in our hearts we love you still;
For every thought there is a tear,
For a Granda we lost and loved so dear.
From your grandchildren Aaron, Edward, Leah and Patrick xx

We often are awake at night
When the world is fast asleep
And we think about the Granda we lost
With tears upon our cheeks.
We can't get over losing you
No matter how we try;
We will always keep you in our hearts
Until the day we die.
From your grankids Marion, David, John, Danielle and Debbie xx

In a beautiful home called Heaven,
In that valley so precious and fair,
Someday, sometime, Granda
We hope to meet you there.
From your great grankids Jadine, baby David and Sallyanne xx

A million hugs and kisses sent to you up above,
Carried with care on the wings of a dove,
A prayer, a Mass, these are all we can give,
But these you will have for as long as we live,
No words can say or tears express,
The loss the love the emptiness
Missed forever until we meet again, father Pa
Love from all the boys in The Midlands xxx

THANKSGIVINGS

THANKSGIVING NOVENA TO ST. JUDE

O Holy St. Jude, Apostle and Martyr, great in virtue and rich in miracles, near kinsman of Jesus Christ, faithful intercessor of all who invoke your special patronage in time of need, to you I have recourse from the depth of my heart and humbly beg to whom God has given such great power to come to my assistance. Help me in my present and urgent petition. In return I promise to make your name known and cause you to be invoked. St. Jude pray for us and all who invoke your aid. Amen. PS

IN MEMORIAM

† MCGRATH

(19th Anniversary)

In loving memory of a dear father and grandfather

Martin McGrath, late of St. Mary's Park, Limerick whose 19th anniversary occurs on March 9th. Mass will be offered on Saturday 9th March at 7.30pm in St. Mary's Church.

DAD

Within my store of memories,
you hold a special place,
For no one else can ever be
more cherished in my heart.
Its lonely here without you.
I miss you more each day,
For life is not the same to me,
since you were called away.
Sadly missed by your loving daughter Marie, granddaughters Jennifer, Nora and Rebecca and great-grandsons Shane, Paul and Martin.
Also remembering my mother Mary and brother Martin at this time.

DAD

Remembering you is easy,
I do it every day,
Missing You is the heartache
that never goes away.
Sadly missed by your loving sons Paul, Michael and Kevin.
Also thinking of Kathleen and Michael Troy



† O'CONNELL

(Seventh Anniversary)

In loving memory of a dear mother, grandmother, great-grandmother Marie O'Connell (nee Purtil) late of 34 Island Road whose seventh anniversary occurs on the 13th March 2018.

Mass will be offered on Saturday 9th March at 7.30pm in St. Mary's Church.
It doesn't take a special day Mam

To bring you to our minds A day without a thought of you is very hard to find If memories bring us closer Mam

You are never far apart For you are always with us Mam In our thoughts and in our hearts

Memories of you are like leaves of gold They never tarnish they never grow old Those we love don't go away They walk beside us everyday

Sadly missed and never forgotten by your loving son John, daughters Marie, Theresa, Andrea and Vanessa, daughter in law, sons in law, grandchildren and great grandchildren.

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.

FAMILY ANNOUNCEMENTS

IN MEMORIAM



† O'CONNELL

(26th Birthday Remembrance)
26th Birthday Remembrance of a wonderful son, brother, grandson and nephew Stuart O'Connell, whose birthday occurs 7th

March. Rest in Peace
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, Stuart
Too dearly loved to ever be forgotten.
Happy 26th Birthday Stuart deeply missed by your Mam and Dad, your sister Niamh and brother John

A million hugs and kisses
Sent to you up above,
Carried with care on the wings of a dove,
A prayer, a Mass, these are all I can give,
But these you will have for as long as I live,
No words can say or tears express,
The loss the love the emptiness
Missed forever until we meet again, Stuart
Miss and love you lots from your Nana McNamara

When happy thoughts turn to sadness
And laughter turns to tears,
It's because we want to be with you
On your birthday, Stuart Dear
Happy 26th birthday Stuart from Elaine, Alan, Jake, Ollie, Alfie and Ryleigh xx

A million tear stained kisses,
I send especially to you,
Because today's your birthday,
And I'm really missing you.
Happy 26th birthday Stuart from your brother Darren, Maria and nephew Dylan

Beautiful memories woven in gold,
That is the picture, I tenderly hold.
Deep in my heart your memory is kept,
To love, to cherish, to never forget.
Happy 26th Birthday Stuart love from Alice, Aaron and Evan

The depths of sorrow we cannot tell,
Of the loss of one we loved so well.
While he sleeps a peaceful sleep,
His memory we shall always keep.
Happy 26th Birthday Stuart from Louise, Ivan, Adam, Alisha and Sophie.

The flowers we placed upon your grave
May wither & decay
But the love & sorrow we feel inside
Will never go away.
Happy 26th Birthday Stuart from Michael, Lavinia, Aoife, Paul and Saoirse

IN MEMORIAM

I looked back on the good times
That he and I have known
He made my life so happy,
I never felt alone.
Happy 24th Birthday Stuart from Leonard, Natalie, Leah and Lexi

A beautiful memory of one so dear,
We cherish still with love sincere,
A day that comes with sad regrets,
The one that we will never forget.
Happy 26th Birthday Stuart love always Vir, Shay, Amanda, Norma & Families.

Time does not heal the heartache,
Or stop a silent tear,
Or take away the memories,
Of one I loved so dear.
Always missed by your godmother Yvonne, Martin, Aishling, Martin, James and Lola.

Ours is just a simple prayer,
May God bless you Stuart,
And keep you in his care,
Each of us in our own way,
Have special thoughts of you today.
Sadly missed by Annette and Jimmy Wallace x x x.



† O'SHEA

(19th Anniversary)
In loving memory of a dear cousin Jude Hector O'Shea, late of Ballynanty Beg, Limerick who died March 10, 2000.

How do I write on paper,
The feeling I have inside,
From a heartbroken hearted cousin
Who has missed you since you died,
My heart still aches with sadness,
My secret tears still flow,
For what it meant to lose you,
No one will ever know,
Call Hector's name out softly,
Lord,
And when he looks your way,
Tell him that I love and miss him
Every single day.
Sady missed by your loving cousin Noel (Noggin), Marlow, Michael and The Troy Family.

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



† O'DONOVAN

(2nd Anniversary)
In loving memory of a dear son and brother John O'Donovan, late of, Ballybunion and Moyross, Limerick.

You shared in all my ups and downs,
You helped me see them through;
You made the bad times better,
By the things you used to say and do.
You were someone I could talk to,
On whom I could depend;
You were more than just my son
You were also my best friend,
And so on this your birthday,
I long to let you know,
How proud I am that you were mine,
Because I loved you so.
Love Dad xx

I miss you more than words can say;
The pain and tears I try to hide,
Though my heart is broken deep inside,
But you'll have my heart as long as I live.
Love Mam xx

Two years have passed already,
We can not believe it's true,
We thought about you lots today,
But then we always do,
We wander to your grave side,
And place your flowers with care,
But no one knows the heartache,
As we turn and leave you there,
You went from us so suddenly,
You did not say goodbye,
You left us here behind you,
To grieve and wonder why,
It broke our hearts to lose you,
But you did not go alone,
For part of us went with you,
The day God called you home,
Our hearts are full of memories,
With pride we speak your name,
Though life goes on without you,
It will never be the same.
Lots of hugs and kisses from your one and only sister Sonya and niece Katie xx

When happy thoughts turn to sadness
And laughter turns to tears,
It's because we want to be with you brother dear
Love from you brother Anthony and nephews Anthony and Jeffrey xx

Beautiful memories are treasured forever,
Of the happy days when we were together.
Love from your brother Damian xx

Never more than a thought away,
You meant so much to us,
But nothing we can say,
Can tell of the love,
That is in our hearts today.
Love from all your nieces and nephews

We'd give the world just to say,
Hello John to you today,
These past two years have been so hard,
We miss you, John, so very bad,
We've lost a nephew and a friend,
Our broken hearts will never mend..
Love from your godmother aunt Ann and family .xx

IN MEMORIAM

March is here with sad regret,
The day, the month we won't forget.
Silently, sadly, came a call,
Without farewell you left us all.
No matter how life changes,
No matter what we do,
A special place within our hearts,
Is always kept for you.
Sadly missed by your cousin James, girlfriend Denise and their daughter Kyra- Lee xxx

Look around your garden, Lord
For a man with a lovely smile -
That will be our John
He must stand out a mile.
Find the softest pillow, Lord
To lay her head upon
Kiss him twice upon the cheek
And tell her who it's from.
Love from your aunt Margaret, Niall and Edward xx



† O'DONOVAN

(2nd Anniversary)
In loving memory of a loving husband, father, son, brother and uncle John O'Donovan, late of 21 Marconi Ave, Ballybunion, Co. Kerry whose anniversary occurs March 11th. Remembering John on his birthday which occurs March 31st.

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.
John you were so special what more can I say
Except I wish with all my heart that you were here today.
From your loving wife Paula, your son Luke, John and your daughter Faith xxx

There never comes a moment
When I don't think of you
Or a day passes
That your face is not in view
And when I'm feeling lonely
And tears come to my eyes
I think of you at peace
And I know I shouldn't cry.
So I try to hide the heartache
As you would want me to
And when I shed a tear
No one knows but you.
Sadly missed by your mother & father in law Pauline and Martin and brother in law Martin Jr xx

A heart of gold stopped beating,
And took eternal rest;
God breaks our hearts to prove to us,
He only takes the best.
From your sister in law Mary and niece Kayleigh xx

We never forget you,
We won't even try
We just miss you more,
As time goes by.
From your sister in law Tina and Dave and nephews Conor and Ryan xx

IN MEMORIAM

Our thoughts are always with you,
Your place no one can fill;
In life we loved you dearly,
In death we love you still.
We know you walk beside us
And when our lives are through,
We pray that God will take our hands
And bring us straight to you.
From Catherine Kelly and all the Staff of Limerick Youth Service xxx

Life goes on without you,
But things are not the same
It's hard to hide the heartache,
When someone speaks your name.
Your name is so precious,
It will never grow old -
It's engraved in our hearts,
With letters of gold
Love from your friend Emmett, Stacey, Jake, Tyler and Jaydine xx

Words are few, feelings are deep,
Memories of you, we will always keep
Love from Michael, Leeanne and baby Michael



† TROY

(34th, 19th & 11th Anniversaries)
In loving memory of our dear parents Michael (Mick) and Kathleen Troy. Michael, who died on March 7, 1985 and Kathleen, who died on March 9, 2000, both late of 10 Shanabooly Avenue, Ballynanty. Rest in Peace. Masses offered. Also remembering our dear uncle Maurice Troy, late of St. Munchin's St, St. Mary's Park whose birthday is on 18th February and eleventh Anniversary occurred on the 20th February.

If memories keep us closer,
Then we are never far apart,
For ye are always in my mind,
And forever in my heart.
I think of ye in silence,
I talk about ye too;
I have some lovely memories,
But I wish I had ye too.
Sadly missed by yere loving son, Paddy.

A spray of roses just for you,
A sprinkle of tears instead of dew,
And in the centre a forget me not,
To show you, Mam and Dad,
We have not forgot.
There's much in life that changes,
And much in life that's new,
But never in a million years,
Will there be a mam and dad like you.
Sadly missed by yere loving son, Michael; daughter-in-law, Noreen; grandchildren, Tara, Serena and Michael Jr.; great-granddaughters Chantelle, Emma and Aaliyah and great-grandsons Jayden Shane and Levi

IN MEMORIAM

Ye brought us so lovingly
With so much love & care
Ye set a fine example
And ye were always there.
If we were asked one question
Why we thought the world of ye
We would give a million answers
And each one would be true.
Sadly missed by loving son Mark, Jane, grandchildren Marcus, Jonathan, Cion, Tyrone, Chelsea-Lee, Mia, Jayda, great grandchildren Charlie and Kayden

I sent a dove to Heaven
With a parcel on its wings
Be careful when ye open it
It's full of beautiful things.
Inside are a million kisses
Wrapped in a million hugs
To tell ye that I miss ye
And send ye all my love.
Sadly missed by your loving daughter Jacqueline.

I never thought of losing ye
And maybe that's what's wrong
Ye always seemed a part of me
That would always carry on.
Although I sadly missed ye
I know ye're not alone
For ye are watching over me
In a place ye now call home.
Sadly missed by your loving daughter Lorraine, Paul, grandchildren Kane, Renee, Chloe and great granddaughter Neveah x

Deep are the memories,
Precious they stay,
And time and no-one,
Can take them away.
Sadly missed by your son Kieran

Also remembering Martin McGrath, our aunt Anglea O'Keefe, Happy Birthday Angela and cousin Cathy at this time

Will those who think of them today
A little prayer to Jesus say
Our hearts still ache in sadness,
And secret tears will flow,
What it meant to lose ye,
No one can ever know.
But now we know ye want us,
To mourn for ye no more,
To remember all the happy times,
Life still has in store.

Since ye'll never be forgotten,
We pledge to ye today,
A hallowed place within our hearts,
Is where ye'll always stay.
Sadly missed by loving daughter Teresa, Jim, granddaughters Catherine, Michelle and great granddaughter Misha-Lee

Once again the time has come in the year,
We will have heartache and shed a tear,

We say adieu to ye once again,
Our father our mother and two best friends.

A man, a woman, the father and wife,
A brother, a sister all through our life.

Parents we will treasure forever more,
Far away at Heaven's door.
Watching and waiting to lend us a hand,
A grandpa a grandma from dear Ireland.

Happy smiles ye send to us from above,
They're brought by the Angels
With all yere love.
Sadly missed by loving daughter Marie, grandchildren Lisa, Casey, Stephen, Katelynn, great-grandsons Aaron, Alex, great granddaughters Aliya and Kristie

Remembrance is a golden chain,
Death tries to break, but all in vain.

To have, to love, and then to part,
Is the greatest sorrow of our heart.

The years may wipe out many things,
But some they wipe out never,
Like memories of those happy times

When we were all together.
Sadly missed by your loving son Noel.

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TRISH WHELAN
www.CarAndTravel.ie

PEUGEOT Ireland last week launched three new vehicles to the Irish market; their new 508 Fastback, the Rifter MPV people carrier, and their new Partner van.

It was a mark of confidence in their vehicles to introduce these new models at this time when vehicle sales have fallen quite dramatically in the Irish marketplace. However, the Lion Brand had their best January for sales in over a decade in regard to their combined passenger car and van sales.

At the launch presentations, Peugeot showed how all three have a distinctive advantage over their competitors in regards to spec and prices. We got to drive the new 508 and the Rifter from Peugeot in Dublin as far as Cork city and back to get a good feel for both cars.

NEW PEUGEOT 508

The new Peugeot 508 fastback has a starting price of €32,400.

This is a truly beautiful looking D-segment car that has been voted Most Beautiful Car of the Year 2018 and has clocked up numerous awards already in countries where it has gone on sale.

It comes with a very sleek, coupe-like design and is laden with technology. The company say it is ideal for use as a family or as a fleet car, or as an alternative to an SUV.

There are four grades: Active, Allure, GT Line and GT. Generous specifications include a spare wheel (important for rural buyers in particular), as well as an array of active and passive safety features and connectivity features. The 508 also gets the latest generation Peugeot i-Cockpit and a high definition touch screen from the Allure trim upwards. A new option to the segment is the Night Vision at €1,560 which gives visibility beyond the read of the headlights and can detect pedestrians and animals. The detection range is between 15m and 200m (pedestrians).

Two petrol engines and four diesels are offered, depending on the trim chosen: a 1.6 petrol outputting 180hp and 225hp with automatic 8-speed transmissions, and a 1.5 BlueHDI diesel manual with 130hp in 6-speed manual and automatic 8-speed, and a 2.0 diesel

Terrific trio take-off!



Peugeot launched the new 508, Rifter and Partner van models for the Irish market last week in Dublin

160hp automatic, as well as a top of the range 2.0 diesel 180bhp automatic.

A 6-speed manual transmission is only available with the 130hp diesel, all other versions come with an 8-speed automatic. Peugeot reports increased demand for its automatic vehicles.

Petrol engines are Euro 6.c; diesels already meet Euro 6.d standards.

The interior is very upmarket and features Peugeot's i-cockpit design with the instruments easily visible over the top of the small sporty steering wheel.

This new 508 offers 487 litres of boot capacity rising to 537 litres and fits a set of golf clubs. There are four ways to open and close the boot (with the hands-free tailgate).

An estate version will come in the summer followed by a petrol plug-in hybrid in the autumn.

The 508 has no badges to identify which fuel type it is using and only the exhaust tailpipe design indicates which it is. This will apply to all Peugeot models in the future, including Low Emission Versions (LEVs).

Colin Sheridan of Peugeot Ireland said that the brand intends to continue its investment in improving diesel and petrol engines as well as adding LEV solutions. "The idea is that will be a powertrain alternative in each model range for every driving need," he said at the launch.

RIFTER

The Irish distributor has also launched its hugely spacious Rifter 5- and 7-seat car based on the new generation Partner van. This introduction opens up a new retail opportunity for the company.

Priced from €23,400-€28,400, the Rifter replaces the previous Partner Tepee which was very popular with mobility customers and taxi drivers who avail of the Wheelchair Accessible Vehicle Grant.

It is offered in two lengths including a long wheelbase version for the first time (with up to 48 possible seating configurations in the 7-seater). The 7-seater option is an extra €950 over the 5-seater price.

The standard 5-seater comes

with 775 litres of luggage space. This rises to 1,050 litres with the long body with the seats removed.

Three grades are offered.

Two petrol engines and four diesels are available: a 1.2 PureTech petrol 110bhp and 130bhp and automatic 8-speed (in April); a 1.5 BlueHDI diesel with 75bhp, 100bhp, 130bhp (the latter also offered with an automatic 8-speed transmission).

PARTNER VAN

The new third generation Partner van range, crowned International Van of the Year 2019 ahead of its Irish launch, will retail here from €16,700, plus delivery related charges, or from €13,615 ex-VAT for the Access 1.6 BlueHDI 75bhp 650 kg level one model.

Six trims of Access, Active, Active Plus, Professional, Professional Plus and Grip trim, ensure business needs are met.

One petrol engine and four diesels will be available; a 1.2 PureTech petrol 110bhp from mid-2019; a 1.6 BlueHDI diesel with 75bhp, 100bhp and 130bhp as well as a 130bhp automatic 8-speed.

Peugeot say they are 'right on the money' in terms of options and standard equipment.

Available in two lengths, payloads range from 650kg to 1,000kg and up to two Europallets can be accommodated. The Grip trim, from €20,180 (plus delivery) is based on the Active Plus model with 1,000kg, adding as standard Advanced Grip Control, Hill Descent Assist, Mud & Snow tyres, raised ground clearance, under-engine plate protection, a Load Pack (4 mid-height load securing rings) and LED interior lights. Peugeot say it is more economical for buyers to opt for the Grip Control system over a heavy 4x4 system. (€1,280 premium).

Peugeot say it is their first LCV (light commercial vehicle) to have the brand's i-Cockpit fitted as standard.

Also new is the option of an Overload Indicator (RRP €135) for safe loading within the maximum allowed payload and Surround Rear Vision which provides blind-spot camera vision or rear view vision when driving. Towing is best-in-class at 1,500kgs.



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50 LEADER MOTORS

VOLKSWAGEN

New TSI engine for VW 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 Band A of €200.

Prices start at €29,995 for the 1.5 TSI in Highline trim, and €30,895 in R-Line trim.



Prices start at €29,995 for 2019 Volkswagen Golf



Test drive the 2019 Toyota CH-R hybrid at Brian Geary's, Raheen

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 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.

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SPORT

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LIMERICK DUO IN QUARTERS

Aisling and Regional
in Junior cup action

For more see Page 69



It's a knockout: Cian Taylor of Laois clashes with Diarmaid Byrnes of Limerick in 2017, the last time the two sides met in the league in O'Moore Park. This Saturday at 7pm, they meet in the Allianz League quarter final -Live on TG4

Midlands knockout trip for All-Ireland champions

GAA: Laois the opposition as Limerick bid to reach league semi final

JEROME O'CONNELL
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LIMERICK and Laois meet in the knockout stages of the Allianz Hurling League the first time since 1947 this Saturday.

The All-Ireland champions are on the road for the fourth time in six league games with destination O'Moore Park in Portlaoise for the league quarter final.

Saturday's game will have a 7pm start and will be live on TG4.

Limerick are bidding to reach a fourth successive league semi final and with wins over Clare, Cork and Dublin in the last three quarter finals.

However, Limerick haven't progressed beyond

the semi final stage, with 2006 the last league final appearance for the men in green and white. The last of Limerick's 11 league title wins was back in 1997.

While Limerick and Laois haven't met in 72 years in the knockout stages of the league, the counties have met seven times since the turn of the decade with both languishing in Division 1B.

Limerick won all of those seven league ties - last year, 1-25 to 0-18 winners in the round one game in the Gaelic Grounds.

Division 1A table-toppers Limerick arrive in the quarter finals with wins over Wexford, Tipperary, Kilkenny and a draw with Clare, while Laois beat Offaly and drew with Carlow to

finish in fourth place in Division 1B.

Laois now managed by former Kilkenny hurler Eddie Brennan are appearing in their first quarter final since 2014 - when they lost by four points to Clare in Portlaoise.

Back in 1947, Limerick were 5-6 to 4-4 semi final winners, enroute to a sixth league crown - beating Kilkenny in the final after a replay.

Limerick are the hottest of 1/25 favourites with the bookies for another win over Laois.

Victory for John Kiely's men would book a semi final on the weekend of March 23/24.

Limerick could be without defender Sean Finn for the

Laois game. The All Star defender limped out, after seven minutes, of the draw with Clare last Sunday with a hamstring injury. The Bruff man was replaced by William O'Meara, who was making his first league appearance.

The Askeaton man became the 28th member of the Limerick panel to see game time in the five league games to-date. With All-Ireland winning full back Mike Casey still out injured, Askeaton's O'Meara could be set for a first league start if Finn isn't fully recovered to face Laois.

Also chasing league progress next weekend is the Limerick camogie team. They play Galway in the Littlewoods Ireland Camogie League semi final. (Venue and

time TBC)

It's a fifth successive semi final appearance for Limerick but the wait for a league final appearance stretches back to 2002.

Limerick lost that '02 final to Galway and also lost two finals in the late 1970s. There were Division Two League title wins in 2013 and 2007 but Limerick is without a Division One league crown.

This is a repeat of the 2016 semi final, which Galway won by one point in Birr.

Limerick and Galway will also meet in the championship this Summer - both in Group 1 along with Kilkenny, Offaly and Wexford. The sides met in the 2018 championship and Galway were 3-14 to 1-11 winners in Bruff.

AIL Preview

Limerick's seven AIL clubs eye key fixtures

COLM KINSSELLA
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WITH just four series of games to go in the regular season, Limerick's seven All-Ireland League clubs will be desperate to pick up crucial league points in their fixtures this Saturday.

In Division 1A, fifth-placed Garryowen, who have now lost their last two games in the top flight, face a crucial away date with UCD as the Light Blues look to boost their hopes of securing a play-off position.

Also in Division 1A, Shannon, who have lost their last four fixtures on the bounce, travel to Castle Avenue to take on Clontarf.

Seventh-placed Shannon are just four points clear of the relegation play-off position in the table, currently occupied by Young Munster.

Munsters', face a crucial fixture themselves at home to Dublin University at Clifford Park.

Meanwhile, in Division 2A on Saturday, fifth-placed UL-Bohemian look to boost their promotion prospects when hosting Blackrock College, while sixth-placed Old Crescent travel to Navan.

In Division 2C, relegation-threatened Thomond will look to bounce back from a heavy weekend defeat to table toppers Ballina, when hosting Malahide at Fitzgerald Park, while promotion-chasing Bruff travel to high-flying Ballina.



Shannon's Luke Moylan carries against Trinity with Ronan Coffey in support

SPORT
SNIPPETS

Athletics

LIMERICK athlete Ciara Neville was forced to withdraw from her heat at the European Indoor Athletics Championships in Glasgow on Saturday morning.

Emerald AC athlete Neville, from Monaleen, had been due to compete in the opening heat of the women's 60m shortly after 11am on Saturday.

However, Athletics Ireland confirmed in a tweet sent just before 10am that teenager Neville, who was due to compete in her second European Indoor Championships, has had to withdraw from this morning's women's 60m heats 'due to illness.'

Cycling

On Sunday March 10, Limerick Cycling Club will host its annual Rás Luimní cycle race, sponsored by The Bike Shop of O'Connell Avenue.

The race headquarters once again will be at The Millennium Centre Caherconlish. The riders will leave the centre at 12 noon with the start 'proper' taking place near the Tennis club, on the road to Ballyneety.

For more information see limerickcc.com

Thomond RFC

Founded in 1944 after a meeting in the old boat club near the old distillery in Thomondgate, Thomond RFC's first competitive match was in the Munster Junior League against Garryowen at Thomond Park on Sunday October 15 1944.

This year the club are to host a 'Diamond Ball' to commemorate that event, to be held in the Radisson Hotel on April 27.

If you would like to join Thomond on April 27, in celebrating their anniversary at the Radisson Blu Hotel & Spa, Limerick, there are limited tickets available at €60 per person which includes a 5 course meal and entertainment afterwards.

For more information visit Facebook Page: ThomondR.F.C.Official or Tweet: @RFTThomond

Podcast

Episode Seven of the Limerick Leader Sports Podcast is now live on our website. Make sure to give it a listen and leave feedback on social media using #LLSport

Goal-shy
Limerick
look to
break duck

COLM KINSELLA
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LIMERICK FC will be looking to break their duck in front of goal in league action this season when hosting Drogheda United in a crucial SSE Airtricity League First Division fixture on Friday night.

Limerick welcome the Drogs' to the Markets Field, 7.45pm, looking to score their opening goal in league football this season.

The Blues didn't manage to find the back of the net in either their opening home fixture against Longford Town or last Friday night's away defeat to Bray Wanderers when striker Conor Ellis saw his first half penalty effort saved.

Limerick have collected a single point from their opening two league fixtures and currently sit in eighth-place in the First Division table, five points off joint leaders Bray and Athlone Town.

Limerick are one of just two sides in the Division yet to score a league goal this season.

The other side yet to find the net is Munster rivals Cobh Ramblers who Limerick faced in an EA Sports Cup first round game at St Colman's Park on Tuesday night. See www.limerickleader.ie for match report on that game.

Friday night's league game with the Drogs will be Limerick's third competitive

fixture in just seven days

Meanwhile, Limerick FC U19s kick-off their programme of fixtures in the SSE Airtricity U19 League Southern Elite Division away to Wexford Youths this Sunday.

Limerick U19s first home game in the league will be against Cork City at Hogan Park on March 24 as the Blues have a bye on the weekend of March 17.

Limerick FC U19 head coach Gary Manning said: The opportunity for these lads this year is fantastic as they can really push forward and try to get into the (Limerick FC) first team squad.

"We already have quite a few in training with the first team and we would expect for the lads in the U-19's to push themselves forward for consideration.

"In our own league we take it game by game but our aim is to create independent thinking, creative players who can make that step forward in their own personal development."

LIMERICK FC U19 SQUAD: Andy Quaid, Callan Scully, Cian Power, Conor Coughlan, Edmond O'Dwyer, Jack Joyce, Lee Devitt, Mark McInerney, Michael Conlon, Ronan McGuire, Sheagh O'Connor, Tomas O'Connor, Tony Mambouana, Blake Curran (formerly Fairview Rangers), Cathal Conneally (formerly Nenagh AFC), Chiby Okoye (formerly Avenue Utd), Eoin Clifford (formerly Charleville AFC), James Rusk (Formerly Dingle Bay Rovers), Oisín Conacur (Formerly Lough Derg FC)

COACHING TEAM: Gary Manning (Head Coach), Philip Mulcahy (Coach), Robbie Williams (Coach), Hugh O'Neill (Coach)

Karl Chambers, Longford Town FC, in action against Sean Russell, Limerick FC when the sides met at the Markets Field on opening day



Limerick man guides Ireland to Euro glory at 8-ball pool championships



Pictured (Back Row) left to right are Eoin Collins (Shannon, Co. Clare), Mike Moriarty (Brosna, Co. Kerry), Maurice Cullen (Drumshambo, Co. Leitrim) and Neil Madigan (Prospect, Co. Limerick), (Front Row) Alan Claffey (Moate, Co. Westmeath), Charlie Ruddy (MANAGER) (Culduff, Co. Donegal) and Philip Lawlor (Tralee, Co. Kerry)

A LIMERICK man recently captained the Irish Pool Team to win the 8-Ball European Pool Championship in Killarney.

Neil Madigan, from Prospect, was captain of

this Irish Pool Team which claimed the prestigious title after six days of play in the INEC.

Ireland lifted the title after beating France in the Final 8-6 in front of

a packed attendance.

The Ireland team also had key contributions from Eoin Collins, of Shannon, as well as Kerry duo of Mike Moriarty and Philip Lawlor.

McCormack set for TG4 bout

INJURY saw Graham McCormack denied the chance to box in a big domestic dust-up in December but the Limerick fighter will get a second chance in Dublin at the end of the month.

Light middleweight Graham McCormack will take on former sparring partner Jade Karam on Saturday March 30 on the Assassin Promotions and Boxing Ireland Promotions

'Clash of the Titans' card at the National Stadium, live on TG4.

'Clash of the Titans' is headlined by a vacant Irish featherweight title fight between Eric Donovan and Stephen McAfee with further domestic dust-ups between light welters Victor Rabei and Jake Hanney, lightweights Martin Quinn and Francy Luzoho, and a pair of super featherweight bouts with Allan Phelan taking on Aiden Metcalfe and Kelvin

McDonald facing Declan Kenna.

The undercard also features appearances for Limerick-based super feather Siobhan O'Leary, Belfast world title challenger James Tennyson and Waterford's Dylan Moran,

Tickets for the night cost €40 (general), €60 (ringside), and (€100 VIP) and are available from Ticketmaster.ie direct at 083 047 0006.



Limerick's Graham McCormack will fight in Belfast on March 30. The fight will be live on TG4

Limerick duo seek last four spot

PAT SHEEHAN
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TWO LIMERICK teams face one of the biggest games in their history when they battle it out for a place in the semi-finals of the FAI Junior Cup.

Regional Utd host favourites Sheriff YC in Dooradoyle while Aisling are on the long road to meet Westport in Mayo.

While some may think Regional drew the short straw, the counter argument is that home advantage is a huge bonus in the FAI Junior Cup.

The Dooradoyle side have shown plenty of times this season that they are capable of beating the best, so they should relish rather than fear a tilt off the best side in the country.

Last Sunday's Lawson Cup defeat to Ballynanty Rvs will have annoyed Tom O'Connell and Shane O'Donoghue as they had been well in control before petering out in the tie.

On Sunday they need to be a bit braver going forward and ditch the defensive nature they are prone to adopt.

With the right attitude Regional are well capable of making it to the last four.

Aisling, like Regional, go into their clash on the back of a disappointing defeat last weekend.

They fell 5-1 to Janesboro, but that setback will be well forgotten by the time they take the field on Sunday.

Aisling have a very young side with serious potential, but the bright future does

not mean they must wait. They are capable of turning in a big result as they proved against Ballymun in the last round.

Again, like Regional, Aisling need to give it a real go, and not to regret their approach afterwards.

Westport will provide a stern test, but they expect to win and that could stand to Aisling Annacotty.

In the Munster Junior Cup, a local derby involving Geraldines and Ballynanty Rvs is sure to draw the crowds to Garryowen. With a place in the last four on offer we might see sparks fly in what promises to be a humdinger of a tie.

Both had good wins at the weekend and come into the tie well focused.

'Balla' stuck to their task to see off Regional while Geraldines beat Nenagh in League action.

Geraldines go into the tie as slight underdogs but in Garryowen the Candy stripes have shown they can beat the top sides.

'Balla' have picked up a couple of players to top up their panel and the scoring form of "new" striker Dermot Fitzgerald will give them added confidence.

Munster Junior Cup holder Pike Rvs face a difficult task when they travel to meet Carrick.

A victory over another Waterford side in the previous round will have given Pike Rvs an idea of the level in the county and they will be well aware of the task at hand.

Pike were superb in their last outing, a 4-0 win over



Aisling Annacotty's Jason Lipper blocks this pass to Janesboro's Thomas Clarke when the sides met on Sunday. This weekend is huge weekend for Aisling as they play in the last eight of the FAI Junior Cup

Regional. Prior to that win they were blowing hot and cold in a few games but still managed to scrape through.

Manager Mike Shiel will have instilled into the players that at this stage of the competition nothing but their best will see them progress.

One Lawson Cup tie up for decision with two in-form Division 1B sides battling it out for a place in the semi finals when Hill Celtic host Newport. Both teams have been very impressive all season and it has the ingredients of a real cup thriller.

In the PJ Matthews

Premier League leaders Janesboro will be looking to increase their lead at the top of the table when they host Prospect Priory.

The Champions were very impressive in their Lawson win over Aisling last weekend and you cannot see Prospect halting their gallop.

Charleville are at last chance saloon when they host Kilmallock.

A win for the Cork lads would give them renewed hope but looking at their remaining fixtures you feel defeat here will seal their fate.

Nenagh take on Fairview Rvs with little at stake.

The battle for promotion to the Premier League continues in Division 1A with several key games scheduled.

Leaders Coonagh face fellow hopefuls Moyross knowing a win would see them installed strong favourites to go up.

Second placed Mungret face a tricky tie at Fairview Rvs while Athlunkard travel to Aisling on Saturday evening.

Tonight (Wednesday) we will find out the remaining semi finalist in the Div 1A O'Halloran Cup when Aisling B host Moyross at 7.00pm in Jackman Park.

JUNIOR SOCCER

PREMIER DIVISION	P	W	D	L	Pts
Janesboro	17	15	1	1	46
Pike Rovers	16	13	3	0	42
Ballynanty Rovers	15	12	1	2	37
Regional Utd	14	9	2	3	29
Fairview Rgs	15	7	5	3	26
Aisling Annacotty	15	7	2	6	23
Geraldines	16	6	2	8	20
Nenagh AFC	17	5	0	12	15
Kilmallock	16	5	0	10	15
Prospect Priory	15	3	5	8	14
Charleville	18	3	1	14	7
Carew Park	18	0	0	18	-3*

DIVISION 1A	P	W	D	L	Pts
Coonagh Utd	18	11	5	2	38
Mungret Reg	17	11	4	2	37
Moyross	16	10	2	4	32
Fairview Rgs B	17	8	5	4	29
Athlunkard Villa	17	8	5	4	29
Holycross	16	8	3	5	27
Murroe	17	8	2	7	26
Corbally Utd	17	6	2	9	20
Cappamore	18	5	4	9	19
Aisling Ann B	17	3	5	9	14
Castle Rvs	18	2	3	13	9
Summerville Rvs	18	3	0	15	9

DIVISION 1B	P	W	D	L	Pts
Kilfrush	18	15	1	2	46
Hill Celtic	17	14	1	2	43
Newport	15	11	1	3	34
Knockainey	19	9	5	5	32
Geraldines B	18	9	2	7	39
Shelbourne	17	7	5	5	26
Southend	18	6	4	8	22
Caherdavin Celtic	17	6	1	10	19
Ballylanders	16	5	0	11	15
Granville Rgs	18	3	2	13	11
Regional Utd B	17	3	1	13	10

DIVISION 2A	P	W	D	L	Pts
Hyde Rvs	11	10	0	1	30
Star Rvs	11	9	1	1	27
Patrickswell	10	6	1	3	19
Caledonians	11	5	0	6	15
Kennedy Park	11	4	0	7	12
Glenview Rvs	11	3	1	7	10
Charleville	11	2	1	8	7
Corbally Utd B	12	2	2	8	5*

DIVISION 2B	P	W	D	L	Pts
Pallagreen	13	9	4	0	31
Mungret Reg	13	9	1	3	28
Parkville	14	6	4	4	22
Athlunkard Villa B	13	6	2	5	20
Newport	14	5	3	6	18
Holycross B	13	6	0	7	18
Aisling Annacotty C	13	4	4	5	16
Caherdavin Cel B	13	3	2	8	11
Ballynanty Rvs B	14	1	2	11	5

DIVISION 3A	P	W	D	L	Pts
Kilmallock B	14	11	2	1	35
Castle Utd	15	8	4	3	28
Meanus	15	7	5	3	26
Murroe B	14	8	2	4	26
Wembley Rvs	14	7	4	3	25
Janesboro B	14	7	1	6	22
Prospect Priory B	14	5	1	8	16
Knockainey B	14	3	3	8	12
Abbey Rvs	14	1	3	10	6
Aisling Annacotty D	14	1	1	12	4

DIVISION 3B	P	W	D	L	Pts
Herbertstown	13	10	3	0	33
Northside	12	7	1	4	22
Brazuca United	13	6	3	4	21
Weston Villa	12	7	0	5	21
Hyde Rvs B	12	6	2	4	20
Cappamore B	12	5	3	4	18
Kilfrush B	13	5	2	6	17
Coonagh Utd B	13	5	0	8	15
Dromore Celtic	11	3	1	7	10
Mungret Reg C	13	0	1	12	1

DIVISION 4	P	W	D	L	Pts
Lisnagry	13	11	1	1	34
Fairview Rgs C	13	10	1	2	31
Coonagh Utd C	12	7	1	4	22
Shelbourne B	13	6	1	6	19
Parkville B	12	5	3	4	18
Aisling E	13	3	3	7	12
Athlunkard Villa C	12	2	4	6	10
Murroe C	12	2	2	8	8
Newport	12	1	2	9	5

JUNIOR SOCCER FIXTURES

WED MARCH 7

DIV 1A O'HALLORAN CUP
Aisling B v Moyross, 7.00, G Clancy

SATURDAY MARCH 9

PJ MATTHEWS PREMIER LEAGUE
Charleville v Kilmallock, 7.00, R Broe

GALTEE FUELS DIV 1A
Aisling v Athlunkard Villa, 7.00, R McCann

GALTEE FUELS DIV 1B
Regional Utd v Caherdavin, 7.00, G Clancy

SUNDAY MARCH 10

FAI JUNIOR CUP
Westport v Aisling Annacotty, 2.00, Regional Utd v Sheriff YC, 2.00

MUNSTER JUNIOR CUP
Geraldines v Ballynanty Rvs, 2.15, D Power, N Casey, K Gorman,

Carrick v Pike Rvs, 2.00

LAWSON CUP
Hill Celtic v Newport, 11.00, M Cuddihy

PJ MATTHEWS PREMIER LEAGUE
Janesboro v Prospect, 11.00, A Keogh, Nenagh v Fairview Rgs, 2.15, B Higgins

GALTEE FUELS DIV 1A
Cappamore v Holycross, 11.00, J McNamara, Coonagh Utd v Moyross, 11.00, K Gorman, Fairview Rgs v Mungret Reg, 11.00, N Casey, Murroe v Corbally Utd, 11.00, G Clancy

DIV 1B CALVERT CUP
Southend v Ballylanders, 2.15, S Rooney, Shelbourne v Caherdavin, 11.00, R McCann

DIV 2A LIPPER CUP
Corbally Utd v Kennedy Park, 2.15, D Downing, Caledonians v Glenview, 11.00, A Galvin, Star Rvs v Charleville, 11.00, M Kiely

MCGETTIGANS DIV 2B
Parkville v Holycross, 11.00, M Bourke, Mungret Reg v Newport, M Monaghan, Pallasgreen v Athlunkard Villa, 11.00, A Whelan

STA FURNITURE DIV 3A
Murroe v Wembley Rvs, 11.00, P O'Brien

DIV 3A POWER CUP
Knockainey v Meanus, 11.00, T Joyce, Castle Utd v Abbey Rvs, 2.15, P O'Brien

ALL TAN SUNBED DIV 3B
Northside v Kilfrush, 11.00, J Clancy, Mungret Reg v Cappamore, 11.00, PJ Walsh, Weston Villa v Hyde Rvs, E Kenny

DIV 3B INGLE CUP
Brazuca v Dromore Celtic, 11.00, F O'Neill

DIV 4 HAYES CUP
Parkville v Murroe, 2.15, M McCormack

UNDER 17 LEAGUE DIV TWO

Shelbourne v Caherdavin, 2.15, M Kavanagh, Kilfrush v Geraldines, 5.348, M Murphy, Corbally Utd B v Aisling B, 2.15, M Kennedy

FRIDAY MARCH 16

TUOHY CUP FINAL
Pike Rvs v Janesboro, 7.00, R Broe, A Keogh, J McNamara

SATURDAY MARCH 16

MUNSTER JUNIOR CUP
Kilmallock v St Michaels, 3.00, J McNamara, R Broe, A Galvin

WED MARCH 20

DIV 1A O'HALLORAN CUP SEMI FINAL
Mungret Reg v Cappamore, 7.00, Jackman Park

ON THE BALL

“Limerick to the core...”

DONN O'SULLIVAN

Appetite for the fight is still alive within Limerick hurlers

Seconds before the throw in on Sunday in Cusack Park, there were several off the ball 'altercations' between Limerick and Clare players. The tone had been set.

Clare and Limerick went toe to toe in the wintry conditions with all the commitment and will to win of a championship encounter.

The near neighbours know each other so well, that familiarity has bred contempt. The interesting thing for me on Sunday though, was that Limerick didn't take a step back.

Throw your mind back to Wexford Park in the opening round of the league and it was the same then.

Fresh off the plane from Mexico, the All-Ireland champions gave as good as they got from the 'yellow bellies' even losing Seamus Flanagan to a red card.

Wins over Tipperary and Kilkenny were achieved in a similar manner. A poor start against Cork gave the impression that Limerick were 'not up for the fight' but once the game was in the balance, Limerick showed that the fight is very much alive.

Last Sunday was the side's biggest physical and mental test so far as All-Ireland champions.

Having met the President of Ireland during the week, coupled with waking up to see snow falling in March, Limerick teams of the past might have 'switched off' for the afternoon. Not this vintage.

The tussles before the whistle set the tone and Limerick were prepared to play the tune.

Off the ball battles were fought



Hug Time: Kyle Hayes of Limerick is tackled (hugged) by Jack Browne of Clare when the sides met in Ennis

by Tom Condon, Gearoid Hegarty, Aaron Gillane and Kyle Hayes.

Even better to see was the willingness of the players to fight for one another. It might not be the pretty side of the game, but when the questions were asked, Limerick were more than willing to give answers and indeed, ask a few of their own.

When asked after the game if, as champions, Limerick had a target on their backs for special attention, John Kiely joked, "I've had a target on my back since the day I was

born"

His side now have that target too. The Limerick hurlers are there to be shot at and if the hunger shown by the men in green is anything to go by from a 'dead rubber' of a league game, in the snow, in Ennis, in March, then there is no need to worry about this bunch being content with winning last August. There might be even more to come from them in terms of their potential.

The next test now lies at the feet of the players who are going to be given

their shot against Laois on Saturday night.

John Kiely picks his teams based on training performances and does not believe in a 'box ticking' exercise in terms of handing out starting berths.

Players only have to look back to December 2017 in Mallow, where 11 players who started that night, started the All-Ireland final.

Limerick are not just having to show their appetite for the fight to others, but also internally as a panel.

COLM KINSELLA

No room for half measures as it's all or nothing with fans

WE live in an age when a measured reaction to sports fixtures simply won't do any more.

When a team wins a match, they're world beaters and when they lose they're putrid. Simple as that. No room for in-between, middling or underwhelming.

Two wins in a row and the players and managers are set to be canonised, while two defeats in a row and the management should be sacked and the players should never wear the jersey again.

A measured response to a result

just doesn't seem to cut the mustard any more. Social media has added to the stark nature of the analysis of sports fixtures in the modern era.

Social media gives supporters a platform to voice their views. While most sports fans react in a reasonable manner to a sports fixture, a



Liverpool manager Jurgen Klopp

small but vocal number like to vent and vent hard.

Many haven't paid in to see the particular fixture instead opting to sit at home and watch on TV from the comfort of the armchair.

The Irish rugby team were 'certainties' to win the World Cup after they beat the All-Blacks. Now the

narrative is that they've lost their way and will struggle to get out of the group.

A few short weeks ago, Liverpool FC were 'nailed on' to finally end their wait for a Premier League title. These week, they're 'bottlers' after failing to beat Everton at Goodison Park.

Pity those who like to vent don't pause for just a second and think before they transform into 'keyboard warriors'.

There is an onus on everyone to be reasonable and fair in their commentary.

JEROME O'CONNELL

Home venue must be utilised to advantage

OVER 20-minutes into the second half in Cusack Park last Sunday and Limerick were three points clear of Clare.

The home side in Ennis had just gone 16-minutes without a score but Limerick weren't out of sight.

Diarmuid Ryan shot for a point and the effort from the former Ardscoil Ris Harty Cup star was waved wide.

But there was a growl from the home support in the 8,409 attendance, led by those in the covered terracing on the far sideline.

The prolonged fervour was enough to stir something in referee Paud O'Dwyer. The Carlow official turned to his sideline for a consultation and the home support roared with approval. The referee then journeyed to discuss with his umpires and with the crowd still emotive, the white flag was raised.

Almost a flag of surrender to the heaving throngs.

That was it, the Clare comeback was on – the crowd sensed it and the players fed off that.

Home advantage can be great and Clare are now nine games unbeaten in Ennis – losing just once in 12 games across three years of their current management.

Ennis has an 18,000 capacity and can easily create such an atmosphere. I can only imagine Walsh Park will offer something similar now that they have Munster SHC games back in the city venue. Limerick will go to Walsh Park on June 2 and it's a big boost to The Deise to have home advantage.

To be fair the Gaelic Grounds was rocking for the recent Limerick v Cork game in the Allianz Hurling League but creating an intimidating home venue is more difficult in a vast 50,000 stadium.

That said, I'm already sensing the 2019 Munster SHC games in the Gaelic Grounds with Clare and Cork will be special occasions.

COLM KINSELLA

Laurina can land Cheltenham's Champion Hurdle crown

At 1.30pm next Tuesday afternoon, March 12, a mighty roar will go up from the packed stands at Cheltenham Racecourse to signal the star of the four-day National Hunt racing extravaganza at Prestbury Park.

The feature race on the opening day of the Festival is the Unibet Champion Hurdle due off at

3.30pm.

The JP McManus owned Buveur D'Air is joint favourite to land a third consecutive Cheltenham Champion Hurdle alongside Apples Jade next Tuesday, but the pair face stiff competition from another star mare Laurina.

Laurina cemented her position

as a leading contender to win hurdling's blue ribband next week when producing an impressive performance in the Smart Money's On Coral Quevega Mares Hurdle over two and a half miles at Punchestown last month.

Willie Mullins' six-year-old is now unbeaten in six starts since her move from France, and she

already has a Cheltenham Festival win under her belt in last year's Trull House Stud Mares' Novices' Hurdle.

Hat-trick seeking Buveur D'Air and Apples Jade head the betting at 15/8, but the 7/2 available about Laurina makes plenty of appeal.

See limerickleader.ie for more throughout the festival.



Will McManus' Buveur D'Air win three on the bounce?

IS THAT ON THE BOX?

Sunday

Limerick's Conor Murray will be looking to defeat France on Sunday at 3pm

Wednesday**RUGBY UNION**

BELVEDERE V ST MICHAELS
FREE SPORTS 3PM

BASEBALL

PIRATES @ RED SOX
BT ESPN 6PM

TENNIS

PARIBAS OPEN
BT SPORT 7PM

SOCCER

PORTO V ROMA
BT SPORTS/VIRGIN 8PM

SOCCER

PSG V MAN UTD
BT SPORTS/VIRGIN 8PM

Thursday**GOLF**

QATAR MASTERS
SKY SPORTS 7.30AM

GOLF

ARNOLD PALMER
SKY SPORTS 2PM

SOCCER

ARSENAL V RENNES
BT SPORT 5.55PM

TENNIS

PARIBAS OPEN
BT SPORTS 7PM

SOCCER

CHELSEA V DYNAMO KIEV
BT SPORT 8PM

Friday**RUGBY UNION**

HURRICANES V H'LANDERS
SKY SPORTS 6.35AM

GOLF

QATAR MASTERS
SKY SPORTS 7.30AM

RUGBY UNION

REBELS V BRUMBIES
SKY SPORTS 8.45AM

GOLF

ARNOLD PALMER
SKY SPORTS 2PM

TENNIS

PARIBAS OPEN
BT SPORTS 7PM

RUGBY UNION

IRELAND V FRANCE U20S
RTE 7PM

SOCCER

FALKIRK V AYR
BBC SCOTLAND 7PM

SOCCER

JUVENTUS V UDINESE
PREMIER SPORT 7.30PM

SOCCER

NORWICH V SWANSEA
SKY SPORTS 7.45PM

RUGBY UNION

BATH V SARACENS
BT SPORT 7.45PM

RUGBY LEAGUE

WIGAN V HUDDERSFIELD
SKY SPORTS 7.45PM

CRICKET

N ZEALAND V B'LADESH
SKY SPORTS 10PM

Saturday**RUGBY UNION**

CRUSADERS V CHIEFS
SKY SPORTS 4.15AM

RUGBY UNION

BLUES V SUNWOLVES
SKY SPORTS 6.35AM

RUGBY UNION

WARATAHS V REDS
SKY SPORTS 8.45AM

SOCCER

C PALACE V BRIGHTON
SKY SPORTS 12.30PM

RUGBY UNION

LIONS V JAGUARES
SKY SPORTS 1PM

RUGBY UNION

SCOTLAND V WALES
BBC/VIRGIN 2.15PM

RUGBY UNION

BULLS V SHARKS
SKY SPORTS 3.15PM

RUGBY

ENGLAND V ITALY
ITV1 4.45PM

GOLF

ARNOLD PALMER
SKY SPORTS 5.30PM

SOCCER

BARCELONA V RAYO VALL
PREMIER SPORT 5.30PM

SOCCER

MAN CITY V WATFORD
BT SPORT 5.30PM

RUGBY

IRELAND W V FRANCE W
BBCI 7PM

HURLING

LAOIS V LIMERICK
TG4 7PM

CRICKET

N ZEALAND V B'LADESH
SKY SPORTS 10PM

Paul Browne goes for goal during Limerick and Laois' last meeting



Kylian Mbappé will be looking to send Manchester Utd out of the Champions League this Wednesday night

GOLF

ARNOLD PALMER
SKY SPORTS 4.30PM

SOCCER

ARSENAL V MAN UTD
SKY SPORTS 4.30PM

BASKETBALL

76ERS V PACERS
SKY SPORTS 7.35PM

SOCCER

VALLADOLID V R MADRID
PREMIER SPORTS 7.45PM

3DENTAL EARNS 'BEST WORKPLACE' TITLE FOR 2019

3Dental clinics in Limerick & Dublin recognised at Great Place to Work Awards



It was a special night for 3Dental owner's Dr. Niall Vallely, Dr. Peter Doherty and Dr. Paul O'Connell as their practice was named on the prestigious Great Place to Work list 2019.

3Dental was recognised at the

17th annual Great Place to Work Best Workplaces in Ireland awards in the Clayton Hotel, Dublin on Wednesday 27th February.

It is the first year that the team have been included in the list and Dr. Doherty noted the "extraordinary dedication and professionalism" of the 3Dental team and highlighted their commitment as a key factor in securing the 'Best Small Workplace in Ireland 2019' award.

Dr. Vallely said: "We are absolutely delighted to be included on the list of the best places in Ireland to work,

our staff are like family and we all genuinely love going to work together every day! Myself, Paul and Peter couldn't ask for a better team."

Since opening in 2016, 3Dental has offered an affordable, professional and reliable dental service which aims to combat the dental tourism trade in Ireland. By offering competitive prices on all types of treatment 3Dental hopes to ensure that more people can afford to stay in Ireland for dental work.

Dr. O'Connell said: "We always had a very distinct vision for an affordable, quality dental service that could change the way people look at dental care and treatment in Ireland, we are delighted to see that idea, which sparked our original vision, has become a reality!"

John Ryan, CEO of Great Place to Work Ireland, said: "Today's workplace is a partnership, creating the future in tandem. It's inclusive and has diversity at its core. It's a really exciting place to be, and I'd like to congratulate each and every organisation that has achieved the goal of creating truly sustainable, high trust workplaces all across Ireland."

For further details visit www.oldquarterdental.ie or www.3dental.ie

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