





'WITHERED' Castletroy anger over planning refusal **P4**

PROPERTY Dream homes. commercial opportunities in our 16-page supplement INSIDE





FRIDAY NIGHT LIGHTS Young Munster and Shannon face off in AIL derby this Friday SPORT



Criminals walk in front door in one third of burglaries **P4**

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SINKING FEELING Liam Croke on 'sinking funds' Page 24



MIC STATES AMBITIONS Strategic plan for 2023 Page 16



HEATBUTTED **AT PARTY** Assault outside city pub PAGE 8



NEED FOR **RED FACES** Patrick on rosacea Page 57

Setting the agenda in Limerick

▲ GOOD WEEK Limerick hurlers For the first time since 1937, Limerick hold both the league and All-Ireland trophies



Time change a good

boost for our psyche

V BAD WEEK **Castletroy Town Centre** Management say they are withered and frustrated over denial of planning



🗮 QUOTE OF THE WEEK "Delaney answered with great honesty and thoroughness and all his answers were very well-received, people

appreciating his presence at a time when he was in the media spotlight." Frank Nelligan - Desmond League on John Delaney Q&A in Limerick

WEBTOPTEN

1. Sadness at death of father of All-Star Limerick hurler

2. Limerick manager John Kiely pays tribute to 'incredible' father of All-Star hurler

3. Limerick emergency services attending the scene of horse box fire following accident

4. Limerick man laid to rest following fatal motorway crash

5. Concern over access to Limerick walking trail

6. Bon Secours Hospital revealed as new sponsor of Limerick SHC

7. Ireland rugby squad to prepare for World Cup in Limerick

8. John Kiely sets Limerick new target after hurling league title win

9. Children and families being put up in Limerick city student villages

10. Tributes paid as County Limerick cyclist is laid to rest



Limerick manager John Kiely doesn't plan to let the Limerick hurlers rest on their laurels

limerickleader.ie The No 1 Source of **Local News Online**



In bloom: Deirdre O'Brien, Clareview sent in this gorgeous picture from Lansdowne Park, which shows the beauty of the changing seasons. This cherry blossom is between 40 to 50 years old



EUGENE PHELAN LEADER EDITOR

EVERYONE seems to be happier and smiling more this week.

And this is not just because Limerick hurlers and Munster Rugby had two great wins over the weekend. No, the reason is that we have more daylight. The clocks springing forward means it is bright now until after 8pm, and everyone can

get out in the garden or go for

a walk after work. What a difference it makes to our whole psyche!

The only problem is that since the time change, we've had the four seasons in four days, included snow in some areas of county Limerick including Kilfinane.

But remain patient, the forecast is for weather to improve over the weekend. Going forward it should

also be remembered that the European Parliament has backed a proposal to stop the obligatory one hour clock change which extends daylight hours in summer.

While everything is not set in stone, that proposal is to stop the twice yearly clock change, from 2021, choosing either permanent summer time or winter time.

Interesting times ahead!

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WEDNESDAY THURSDAY Periods of sun Overcast in punctuated by a general with a few showers. shower or two High of 8°c high of 9°c



FRIDAY Mostly cloudy, showers around and a peak of just 9°c



SATURDAY Mostly cloudy with temperatures peaking at 11°c



throughout the day peak on the mercury of 11°c

MONDAY Afternoon rain in a generally

overcast day High of 12°c



CELEBRATING

MyLimerick

Valerie Wheeler,

SPIN South West presenter and sports broadcaster

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

As I am sports mad of course it would be heading along to a match in the Gaelic Grounds for the atmosphere and work of course, heading out afterwards, going along to a few pubs with friends and maybe ending up in Supermac's -big fan!

What's your first Limerick memory?

First Limerick memory would be heading along to the Limerick hurling matches as a little girl with my Dad, who is a massive Limerick GAA man. So back in 1996 for the Munster semi-final with that huge score from Ciaran Carey, Dad got so caught up at the full time whistle when Limerick had won, he ran onto the pitch to get to Ciaran Carey to celebrate and forgot he had brought me. Of course, he had lost me for ages after the game. He tried to hide it from me for years but it ended up on Laochra Gael on TG4 over Christmas with me no where to be seen. Caught rotten!

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

Oh that's easy! Adare. If someone doesn't propose to me and marry me in Adare Manor I will be very sad – applications welcome!

What about a favourite local walk or view? Favourite walk would be Curraghchase.

What gives Limerick its identity?

I think that Limerick just has that feelgood vibe.

Do you have a favourite restaurant?

Oh God! There are so many nice places to eat in Limerick and if you listen to the show you will know it is my favourite hobby! So I would have to pick the Curragower for the wings – sooo good! Then Coqbull for the steak sandwich and chips, of course.

How would you describe the people of Limerick? I would say they are friendly and sound! When I first moved to Limerick from Cork for work, I did struggle as all my friends were elsewhere so I joined a local camogie Junior B

FRONTPAGESOFTHEPAST

Isabel

Cycle fund.

won at 15/2.

Someone

of one Fergal Deegan, Limerick Leader, advertising staff accepting £850 from

Ladbrokes, who gave a free

£100 charity bet towards the

Limerick Leader Charity

Commander In Chief and he

Hennessy

of

picked

26 YEARS AGO JUNE 5, 1993

GUINNESS reprieved was the main headline on the front page as Limerick publicans decided not to take immediate action against Guinness, who had decided to put up the price of the pint by two pence.

The main photograph was

team, Granagh Ballingarry, and the girls have been so nice and welcoming even though I am chronic at playing and quite verbal! Also being on the Breakfast Show on SPIN South West, we get to talk to and hear from a lot of people around the South West and Limerick.

NEWS

How important do you think sport is to Limerick?

I think it's huge - especially after last year's All- Ireland win for the Limerick hurlers and the Ladies winning the football All-Ireland. It always has been big in Limerick – even with year after year of heartbreak you will always have the die-hards who will always be supportive.

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A third of burglars gain access by front door

DAVID HURLEY

ALMOST one third of properties which were burgled in Limerick last year were entered by the front door, according to security company PhoneWatch. As reported by The Leader last

As reported by The Leader last week, there were 935 reported burglaries in Limerick last year – representing a 14% increase compared to 2017.

The increase in burglaries

locally is also in contrast to an 11.5% reduction nationally.

An analysis of the latest reported crime statistics shows 29% of homes and businesses which were broken into in Limerick last year were entered by the front door.

Just over a fifth (21%) were entered by a back door while 12% were entered via a back window. The most common time for burglaries to occur was between

5pm and 11pm while almost a

quarter of burgaries in Limerick were recorded during January and February.

More than a quarter (264) of the burglaries in Limerick last year occurred within the Henry Street garda district while a further 90 were recorded in the Mayorstone Park sub-district.

There were 158 recorded burglaries in the Roxboro Road garda district while there were 56 in the Castleconnell sub-district. According to PhoneWatch, there were just two burglaries in the Pallaskenry area during 2018.

"This significant decrease in the rate of burglary nationwide is extremely welcome. However burglary remains unfortunately all too common, and the rate increased in Limerick over the past year. This should highlight to every householder the importance of taking sensible security precautions on a daily basis," said Eoin Dunne, managing director of PhoneWatch.



There were 264 burglaries in the Henry Street district last year



Castletroy Town Centre, where plans for an expansion have been rejected picture: michael cowhey

'Heartbreak and anger' in Castletroy at denial

Retail: Bord Pleanala move 'shackles' growth of area

NICK RABBITTS

MANAGEMENT at Castletroy Town Centre say they are "heartbroken, frustrated, angry and withered" at the denial of planning permission for its multi-million euro expansion.

An Bord Pleanala refused an appeal by the vendors of the shopping centre to effectively double in size at its site near the Kilmurry roundabout, a move which they say is "putting shackles" on the area's development.

Under the proposals, two main anchor tenants would have been brought in, with 10 smaller outlets, four service units and a cafe.

A two-storey car park with more than 600 spaces, plus 97 surface spaces were also on the cards.

But the national appeals body has backed up Limerick council's decision to not allow the development to go ahead.wIn an impassioned post to theOsocial network Facebook, the town

centre referred to the judgment that the centre's expansion would do damage to the heart of Limerick. "It doesn't have to be like this. A growing city needs growing suburbs and Castletroy is just that. It is not us against them, it never was, we come from Limerick. We all want Limerick to prosper. We love Limerick and understand the importance of the city buzzing and people shopping them. But you are making it us against them when you say Castletroy cannot be invested in until the city is fixed, and better footfall generated. When will this happen? 2022, 2025, therefore no more growth at Castletroy for three years or six years," the post states.

The post also calls on local and national politicians to "show great leadership" and find a solution

which supports both the city and Castletroy.

"Let's be very clear, we want Limerick city and all its suburbs to prosper. We want more investment in Limerick city and we want people shopping there. Everybody wants that – but our community wants this expansion too," the centre concluded.

Although the expansion could have brought with it up to 100 new positions, there was controversy in the urban area to the plans.

Several local businesses objected to the proposals, including the Limerick Chamber.

It remains to be seen what move Castletroy Town Centre makes next, having exhausted its avenues of appeal in the planning context.

At present, the anchor tenant in the shopping complex is Supervalu, while there are also branches of Starbucks and Hook and Ladder.

Reps to live on €38.80 direct provision fund

JESS CASEY

UNIVERSITY of Limerick Student Life sabbatical officers are this week attempting to live on $\epsilon_{3}8.80$ to highlight the fierce restrictions on the autonomy of residents living in direct provision.

As the university marks Sanctuary Week from April 1 to 7, three officers from the student representative body are standing in solidarity with people in direct provision by

provision b living on the weekly allowance they receive. "The challenge is an opportunity to cast a spotlight on just one aspect of what living

of what living in Direct Provision is like," said UL student welfare officer Lorcan O'Donnell, who is taking part in the challenge.

"Obviously we're speaking from a very privileged standpoint and if we go over the \in 38.80 it really isn't the end of the world for us as individuals," he added.

On Monday, both Mr O'Donnell and UL Student Life president Ciara Jo Hanlon took part in a Sanctuary Run around the UL campus, a regular sporting initiative that sees a group of asylum seekers, refugees and Irish citizens running as one in solidarity.

UL has offered fifteen Sanctuary scholarships each year since 2017 to those from refugee and asylum-seeking communities, which include support towards the costs of higher education.

"(The challenge) is going to give us perspective and it comes back to what we take for granted," Ciara Jo Hanlon said.

"I can't go and get a coffee that I want because I have to really think about things that I need which is what our Sanctuary students have to do on a constant daily basis."

While students can work with "very tight budgets", those in direct provision constantly must think about

what they need, Ms Hanlon added. "They cannot work, they simply don't have the same

luxuries that we do." A number of

events and initiatives are taking place across the university campus this week for staff and students as part of Sanctuary Week, including a photographic exhibit, a concert and a film screening.

UL Student Life and the university hope the weeks opens further discussion on life in direct provision.

"I'd like people to try and educate themselves on what life is like for our Sanctuary students and for people in general who are seeking international protection," Mr O'Donnell said. "I'd also like for them to use this new knowledge going forward in local elections that are coming up and make sure that Direct Provision is something that's on their candidates agenda."

Talented MC's bid to make Live Final

RORY O'CONNOR

rory.oconnor@limerickleader.ie

'MC Notn' will represent Limerick in the Ireland's Got Talent semi finals this coming Saturday night

The Belgian beatboxer, who has lived in Limerick for 20 years, is full of "nervous excitement" ahead of the show. Three years on since he invested in his first loop pedal (a playback recording device), the rapper can't wait to bring his act to such a big stage, but for now it's just "practice practice practice" with auditions up in Dublin a couple of times this week. "This whole week I've been like a princess, trying to mind my voice, no screaming and shouting" he told The Leader.

His unique act involves making a variety of sounds with his voice, while recording it and replaying it in harmony, all recorded live. This takes hours of practice, and not damaging his voice can be tricky, "I don't want to over do the voice," he said, adding that you just have to try to "adapt" as rehearsals get more strenuous.

The talented musician is a student of Limerick Art College and is also very passionate about drawing. He praised the work of the art college in making him "think differently." It is also there that inspired him to come up with his stage name, "I studied a subject literally called the 'art of nothing', which is where the name was born." He also explained how the Art College benefits the city as a whole, "The art students bring something different to Limerick and I really think we are going to see a lot of change around, I love seeing fashion students around!" the 39-year-old said.

NEWS

Ever since he arrived in Limerick, he's always followed his passion for music. He's always carried a guitar around, starting with Open Mic Night in the High Stool Bar.

He outlined the importance of local backing for artists like himself. "The response since the audition has been fantastic, I love seeing local people get on board." He asked local people to continue their support by voting for him and while "it would mean everything" to make the final, no matter what happens Saturday, it's "only the beginning" of his journey. The third Live Semi-Final takes place this

The third Live Semi-Final takes place this Saturday night at 7.30 and the winner compete in Sunday's Live Final, both are shown on Virgin Media One.



Ireland's Got Talent semi finalist, Mc Notn Picture: Adrian Butler

Families of men in Keating's iconic painting invited to Aras

PRESIDENT Michael D Higgins and his wife Sabina have issued an invite to the families of men in an iconic Limerick War of Independence painting to visit Aras an Uachtarain.

Men of the South was painted by one of Limerick and Ireland's most renowned artists Sean Keating between 1921 and 1922.

The famous oil-on-canvas painting features six IRA fighters during the War of Independence as they await British military forces. The painting is said to have captured the heroism and patriotism of the war instead of its grim reality. Keating RHA, born and raised in Limerick, is regarded as our most iconic painter. He received the Freedom of Limerick in 1948.

In a statement this week, the Aras said: "President and Sabina Higgins have invited family members of the men portrayed in the painting 'Men of the South' to Áras an Uachtaráin."

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Chaos as horse box overturns on busy main road into city

JESS CASEY

A MAIN road into Limerick was closed on Sunday evening after a horse transporter carrying four passengers and three horses overturned.

At approximately 7:30pm on Sunday evening, the Limerick Fire Service was alerted to reports of an incident near the Maldron Hotel on the John Carew Park link road.

Three units were dispatched from their base on Mulgrave Street.

Gardaí and ambulance services also raced to the scene.

No serious injuries were reported following the incident and all of the horses involved seem to have been uninjured during the incident, a garda spokesperson confirmed.

The M20 was later closed between Patrickswell and the interchange while emergency services dealt with fixing the overturned vehicle.



The scene of the incident on Sunday evening. No serious injuries were reported and all of the horses involved seem to have been uninjured

Shannon announces new flights to sunny Ibiza

Airport boost: Good news for holiday-goers bound for resort

FINTAN WALSH

IT IS a good news day for Limerick holidayers who are looking for a sunny getaway, as Shannon Airport has announced a new direct flight service to Ibiza this week.

Shannon Airport has also announced a twice-weekly service to the East Midlands in the UK until the end of October this year.

A spokesperson for Shannon Airport said Ryanair will operate the flights to Ibiza every Wednesday and Sunday until the end of October, increasing holiday capacity to 21,000

seats.

Shannon Airport director, Andrew Murphy said that it is an exciting time for the airport.

"Ibiza is known as a party-island but is so much more than that, with quieter parts of the island offering some stunning locations for a sedate and luxurious holiday.

"It's a brilliant addition to our summer sun schedule. We have already seen the success of the year-round Ryanair service to Alicante and with other sunshine destinations including Tenerife, Lanzarote, Barcelona-Reus, Fuerteventura, Faro and Malaga. Holidaymakers need to look no further

The defendant approached the

69-year-old victim as she was

walking at St Nessan's Road,

and ran across the road to

Ballykeefe Estate," Detective

opposing a bail application.

Garda Paul Crowley previously

told Limerick District Court when

Dooradoyle - near the Crescent

Shopping Centre – at around 3pm. "He took hold of her handbag



Andrew Murphy, MD, with Nina **Smalle launching** the new routes

The pensioner's handbag

contained cash, a mobile phone,

keys and various bank cards and

the defendant was located hiding

under a bush with the assistance

The woman was not physically

Previously Limerick District

"volatile and dangerous individual

Court was told the defendant is a

of other members of the public.

injured during the incident.

with a history of violence".

than Shannon for the most comfortable travel experience in Ireland."

Commenting on the new UK flights, Mr Murphy said that the East Midlands is a gateway to a "really interesting part of the UK".

"It's an excellent addition to our UK schedule and a real statement about the importance and potential of the UK market, despite Brexit uncertainty."

The flights will depart at 8.20am on Mondays and 9.10pm on Fridays, strengthening its regional connectivity by another 22,000 seats. The timing and days of week allow for great flexibility for a weekend break or for a week long business trip.

Last month Mr Ryan-Casey,

who has more than 130 previous

convictions, was fined €150 after

After his client pleaded guilty

he admitted having a mobile

phone at Limerick Prison on

to the robbery charge, Brian

sentencing date. Judge Tom

McInerney BL sought an early

O'Donnell adjourned the matter

September 24, 2018.

to June 19, next.

Ex-property regulator died after M6 crash

A LIMERICK man, in his 60s, has been laid to rest following a tragic fatal multi-car

collision on St Patrick's Day. Thomas Lynch died following the collision on the M6 near Kilbeggan, County Westmeath on March 17.

Thomas, who was the CEO of the National Property Services Regulatory Authority, was laid to rest at Flemington Cemetery, Meath, following a funeral Mass at St Mary's Church in Julianstown.

According to a report in the Meath Chronicle, Thomas' funeral was delayed as his family had been waiting for his wife Nuala, who was in the car with him, to be well enough to attend.

Following the economic downturn, Thomas helped set up the regulatory body that was responsible for licensing and regulating Ireland's property sector.

Sadly missed by his loving wife Nuala, his son Thomas and daughter Megan, sisters Carmel, Vera, Aileen and Brenda, son-in-law Chris, fiancée Natasha, Thomas' sisters-in-law,

brothers-in-law, nieces, nephews, extended family and friends.

Serial offender robbed elderly woman on busy street

A YOUNG man has admitted robbing a handbag from an elderly woman as she was walking in broad daylight, *writes David* Hurley.

When arraigned at Limerick Circuit Court, Shane Ryan-Casey, aged 24, of no fixed abode, pleaded guilty to a single charge of robbery relating to an incident which happened at St Nessan's Road, Dooradoyle, on September

12, last.

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NEWS 8

'Carbon tax won't solve our climate crisis' says Quinlivan

RYAN O'ROURKE

PENALISING working families with a carbon tax, won't solve the climate crisis according to Sinn Féin's Maurice Quinlivan TD.

Sinn Féin representatives on the Oireachtas Climate Action Committee rejected the majority report of the committee which includes carbon taxes and have published a minority report which sets out measures to tackle climate

change in what they say is "a progressive manner that actually works."

"Climate change is the defining challenge of our time and it must be tackled in a progressive way. But it must also be tackled by measures that work. The current carbon tax hasn't reduced emissions. It hasn't worked. Increasing it won't work. The proposals from the other parties will impact harder on ordinary working people and families," said LMr Quinlivan

families with a carbon tax won't solve our climate crisis. Sinn Féin cannot support such punitive measures. We have actively participated in the all-party Oireachtas **Climate Action** Committee. We have



arguments and we have come to the conclusion that we cannot support the majority report," he added. Deputy Quinlivan says that they have produced their own alternative

which sets out their proposals to cut carbon emissions.

'We have to enable people to change their behaviour to reduce their carbon footprint. Increasing taxes does not help low and middle income families to change to modern fuel efficient cars or to upgrade their homes. It just makes it harder for them to meet their bills," said Deputy Quinlivan.

Their proposals include investing in public transport.

Headbutted at pub after graduation

Students: Venue had booked two schools on same night

DAVID HURLEY

A PROMISING League of Ireland soccer player sustained a broken nose after he was headbutted while celebrating his graduation at a pub in the city.

Jeff McGowan, 20, from County Clare was attending one of two graduation parties which

were taking place at Mollys Pub, Ellen Street (pictured) on the evening of May 27, 2016.

Another student Richard Bateman, 21, of Castlequarter, Fedamore has pleaded guilty to assaulting Mr McGowan outside the pub at around 1.45am.

During a sentencing hearing, Garda Raphael Liston said the unprovoked assault happened towards the end of the night as Mr McGowan was returning home.

"As he went to board, he was headbutted straight in the face. It was unprovoked and unexpected," he told John O'Sullivan BL, prosecuting.

Gardai were not called on the night and only became aware of what happened two days later when Mr McGowan made a formal complaint.

Garda Liston said CCTV was downloaded as part of the garda investigation and that the injured party also identified Mr Bateman as his assailant on Facebook.

When arrested and questioned a number of months later, the defendant made some admissions in relation to the night.

He told gardai there had a been a

number of incidents involving students from the two schools and that he believed Mr Bateman was responsible for an earlier incident in the toilets at the pub.

"I went towards him, I lashed out," he said claiming Mr McGowan was "pumped up" and "looking for a fight". Barrister Jack Nicholas asked

the court to note that a considerable amount of

alcohol had been consumed on the night and that night and "student graduation nights tend to be messy nights".

While accepting that Mr McGowan had done nothing to provoke his client, he asked the judge to note there had been "little instances going on

inside and outside the bar" for most of the night. Mr Bateman was He said

"extremely remorseful" apologetic and and that what happened was a "total aberration and an absolute once-off".

Mr Nicholas said the defendant, he was willing to offer as compensation to the victim.

Noting the submissions, Judge Tom O'Donnell agreed to adjourn the matter for 12 months for review.

The judge said the level of alcoholconsumed on the night was a significant factor in what happened and he commented that the decision of Molly's to host two graduation parties from different schools on the same night was a "catalyst" for what happened.



The green Honda CRV appears to have been parked at Dominic Street for some time. Our picture shows several tickets have been issued for parking offences and non-display of tax PICTURE MICHAEL COWHEY

Council has no power to remove car

LIMERICK City and County Council says it has no legal authority to impound a car which appears to have been abandoned near the social welfare offices at Dominic Street, writes David Hurley.

Almost a dozen parking tickets have been issued by traffic wardens who have come across the

green-coloured Honda CRV which has been parked in an on-street space for some time. At least one ticket has been issued for non-display of tax.

The insurance for the ooD-registered car expired on March 31 while the NCT and tax expired last August. "The Traffic Department

has no powers to remove, store or dispose of vehicles for non-display of vehicle registration certification or outstanding parking or traffic offences. It can only be removed for obstruction of traffic or access /egress obstruction," said a spokesperson for the local authority.

Celia calls on all artists for Festival

FASHION stylist Celia Holman Lee will strike a pose for the Limerick **Lifelong Learning** Festival.

Celia, who also doubles as a TV presenter and model, will be present at the portrait workshop from 11am to 1.30pm. This event is a fantastic opportunity for budding artists to participate in a portrait workshop at the Art studio at the **Kilmallock Road Campus** run by Limerick and Clare Education and **Training Board.**

"I'm delighted to have



the opportunity to take part in such a wonderful event that encourages lifelong learning. I believe we never stop learning and should always strive to learn and grow to the best of our abilities, so to be able to contribute in this small way is a great privilege," Celia said of the event.

The Lifelong Learning Festival takes place from April 8 to 14 as the culmination of work by various partners in promoting learning for all ages throughout the Limerick region.

However, after Met Eireann issued a snow-ice warning for the northern part of the country from Monday night to Tuesday lunch time, Limerick has been hit by another

temperatures so far this year.

FINTAN WALSH

morning.

cold spell. While there was no sight of snow in Limerick city, there was a short spell of heavy hail around 9am.

There was heavy snowfall spotted in Newcastle West, Kilfinane and Abbeyfeale, according to locals.

Castletroy College posted a picture of a Ms Knight enjoying the wintery weather in Kilfinane this Tuesday morning.

Meanwhile, our reporter David Hurley captured the abrupt change of weather out in West Limerick.

The Limerick Leader can confirm that there were no serious road traffic incidents as a result of the



Ms Knight enjoying the snow in Kilfinane Picture: CASTLETROY COLLEGE/TWITTER

weather on Tuesday morning.

Met Eireannissued a Status Yellow snow-ice warning for two parts of the country, the north-west coast and Wicklow, until this

Spring sun turns to

cold spell of snowfall

Wednesday afternoon.

Temperatures are not expected to reach last week' heights, as a cold spell continues throughout the weak, peaking at eight or nine degrees.



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Comments from online readers

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

AFTER THE GREAT WEATHER LAST WEEK, **READERS REACT TO THE SUDDEN SNOWFALL**

Marv Mollica

I got stuck in the hailstones on the motorway. I pulled into the passing lane to let all the cars on. Lots of traffic in front.

Moron behind me flashing his lights when he came flying up on top of me driving like a bat out of hell. Couldn't see in front of you. Guess he thought all the cars in front of me would disappear. No wonder there are accidents in weather like this

Maura O'Connell

There is always one idiot! Just finished watering flowers! Will be gone by Saturday

CONDOLENCES TO ALL-STAR HURLER RICHIE ENGLISH AFTER DEATH OF HIS FATHER

Marian Coughlan

Lovely man rest in peace and paddy I still have your umbrella x.

Kathleen Ryan

Rest Peacefully Paddy...a Gentleman & Friend

Melanie Mulcahy

Thoughts and prayers are with you Richie and your family

OVER 1.000 PATIENTS TREATED ON TROLLEYS IN MARCH AT OVERCROWDED UHL

Rosario Enright

It's a joke out there, I have2 relatives in at the mo. The system out there is just not working, they need to have a really good

look at what they are doing and what they should actually be doing. Cull the bigwigs and ad min staff, there are porters every where doing SFA, and I'm sorry I won't be supporting the nurses on another strike, the older generation maybe, but the younger ones are beyond useless, it took one 35 mins to administer a drip, kept having to go off and get something else she forgot to bring, tore a plaster off my aunts hand, barely looked at her/asked if she was ok! My blood was boiling that's not nursing. There is no compassion no caring anymore, it's really sad

JOHN KIELY SETS LIMERICK A NEW TARGET **AFTER HURLING LEAGUE WIN**

Robert Murphy

Was in croke park on Sunday for the football and was blown away by the performance of

They are super fit and their skill level was out of this world. Hope they win a few more All Irelands. The supporters are friendly too

Rose Lenihan

Good man John keep them focused. Roll on the Championships

Doll Real

WELL said JOHN Munster next

www.limerickleader.ie www.facebook.com/LimerickLeader **Limerick Leader**



Brenda Romero has taken legal action against the University of Limerick for gender discrimination

Game designer sues for discrimination

Third level: Legal proceedings taken against UL

JESS CASEY erickleader ie

AN internationally renowned games designer has initiated High Court proceedings against the University of Limerick, alleging the university subjected her to unlawful gender discrimination.

Brenda Romero, a Bafta-award winning game designer originally from New York, has filed High Court proceedings against UL that claim she was subjected to unlawful gender discrimination and that the university breached its obligation under the Universities Act.

An application for damages and losses in relation to her professional reputation has also been submitted, the Leader understands.

Highly respected for her design work on 47 video games, Ms Romero was previously given a Fulbright scholarship to study the fledgling gaming industry in Ireland. She moved to Ireland with her family in 2015.

She co-owns Romero Games based in Galway. During the course of her career Ms Romero has received a Bafta special award for her work and has been named as one of the most influential women working in the industry.

She began working with the University of Limerick in 2017 in the Faculty of Science and Engineering where she was involved with the MSc in Game Design and Development. Louise Howard, Ms Romero's

Galway-based solicitor said: "Brenda

is a longtime, tireless advocate of women and girls in STEM and has won awards for her work in this regard. For my client, this matter is of the utmost importance."

When contacted for a statement, a UL spokesperson said: "UL takes a firm stand against discrimination of any kind, and all members of the UL community of staff and students are encouraged to report any instances of discrimination of any kind, that they may witness or encounter."

UL has long been a leader across Irish higher education institutions with the highest percentage of female professors of any HEI at 33% and as one of the two first institutions in Ireland to be granted Athena Swan Bronze award in 2015 for advancing gender equality."

Coffee Morning for Parkinson's next week

Mid-West Parkinson's Association are running a coffee morning in Bobby Byrnes Wolfe Tone's bar on Thursday April 11.

The event will run from 10am to 12noon as part of Parkinsons awareness week, which takes place from April 8to 14.

The Mid-West branch is run completely voluntarily so all proceeds raised will go entirely towards helping the 1,000 patients suffering from Parkinson's in the Mid-West.

 $The \, service \, includes \, information$ meetings addressed by guests.

 ${\it Speakers\,with\,specialist\,knowledge}$ of Parkinson's disease; physical therapy, hydrotherapy and speech therapy for those suffering are included. All support would be "greatly appreciated" said Eddie Butler, treasurer of the Mid-West Parkinson's Association branch.



WEDNESDAY, APRIL 3, 2019

r. limerick leader. ie

THE LEADER



LEADER CRIME BRIEFS BY DAVID HURLEY

Women pushed their way past elderly man at door

GARDAI are appealing for information after two women forced their way into the home of a pensioner.

After pushing past the man when he answered the front door, the culprits took cash and cigarettes from him before fleeing.

A description was circulated to gardai and two suspects were arrested a short time later. Divisional crime

prevention officer, Sgt Ber Leetch says the incident shows the value of having a chain on your front door.

"I have always spoken of the importance of a peep hole in your door and a door



chain or limiter which if it's used properly will limit the amount that the door opens," she said.

"This at least gives you the advantage of being able to see who and how many are outside and secondly, if you do open the door with the chain on it, you are able to close your door if you are not happy with the people," she added.

Phone calls from Revenue offering refunds are a scam

GARDAI have received a number of complaints in recent days from members of the public who received calls purportedly from the Revenue commissioners informing them they were entitled to a cash refund.

Divisional crime prevention officer Sergeant Ber Leetch is warning the public that the calls are not genuine and are part of an elaborate scam.

She says people should not divulge any personal or banking details if they receive such a call.

"Hang up on them immediately, that's the best advice and block the number if you can," she said.

Vigilance urged following detection of fake €50 note

RETAILERS are being advised to be vigilant following the detection of a counterfeit €50 note at a premises in the city at the weekend.

According to gardai, the note was handed into a small grocery shop in the city centre last Saturday – March 30.

"Thankfully the member of staff realised that it was a fake note and kept it so at least it's out of circulation," said a garda spokesperson.

"Retail outlets should caution their staff that fake notes are in circulation and to be very



A fake €50 note was tendered at a grocery store

careful when handed a €50 and to check all of the security features on it," said Sergeant Ber Leetch.

There have been a notes are offered as payment

Think security this Easter

GARDAI are appealing to homeowners to properly secure their homes over the Easter holidays.

Use lights and radios on timer switches to come on and off at reasonable times Make sure all of your windows and doors are locked and set your alarm," said divisional crime prevention officer Sergeant Ber Leetch who added that people should not post their holiday plans on social media.



Woman woke up to find teen in her bed

Burglary: Neighbour entered house after party

DAVID HURLEY

A WOMAN who was sexually assaulted by a neighbour following a party at her home has described how her outlook on life has changed as a result of what happened.

The now 30-year-old made her comments in a victim impact statement which was read during a sentencing hearing at Limerick Circuit Court.

A 21-year-old man has pleaded guilty to sexually assaulting the woman in the early hours of March 13, 2016.

The defendant, who can't be named for legal reasons, has also pleaded guilty to a charge of burglary.

Detective Garda Ronan O'Reilly said the victim, who went to bed around midnight, woke at around 3am to find the defendant 'breathing heavily' next to her in her bed.

He had no pants on and she could feel his hands inside her knickers. After the woman screamed at him the then 18-year-old left the bedroom and ran out of the house.

The woman made a formal complaint to gardai ten days later and the defendant was arrested a number of weeks later. During interview, he admitted entering the woman's home without her permission and to being in her bedroom.

John O'Sullivan BL, prosecuting, said there was no question of there being a relationship between the pair. "No way was he invited in the bedroom," he said.

In her victim impact statement, the woman said what was supposed to have been a happy occasion had turned into a nightmare.

She said she doesn't socialise anymore and had to give up her job as it involved evening work. "I miss the person I used to be," she stated. Mark Nicholas SC said his client's

behaviour was "absolutely disgraceful" and was upsetting and traumatic for the victim. He said there was alcohol involved and asked the court to note there was no aggression by his client.

"It was an act of disjointed thinking, a case of intoxicated optimism," he said.

Judge Tom O'Donnell will impose sentence in June.

Man had heroin 'concealed' when stopped

A MAN who had a significant quantity of heroin concealed in his anus when arrested by Limerick gardai has pleaded guilty to drugs offences, writes David Hurley.

Patrick Murphy, 35, who has an address at The Square, Listowel, County Kerry has admitted having 13.59 grammes of diamorphine, for the purpose of sale or supply on May 21, 2017.

After the guilty plea was formally entered, John O'Sullivan BL, instructed by state solicitor Padraig Mawe said Mr Murphy was initially detained by gardai near Colbert Station, Parnell Street, but that the drugs were recovered some time later at Roxboro Road garda station.

The drugs had an estimated street value at the time of just over €1,900.

Barrister Eimear Carey,

representing Mr Murphy, sought an early sentencing hearing and Judge Tom O'Donnell adjourned the matter to June 20, next.

He will hear evidence relating to the facts of the case on that date as well as submissions on behalf of the defendant.

The maximum penalty is one of 14 years' imprisonment.



number of detections across Limerick in recent weeks and retailers are being advised to inform their local garda station if fake in their stores.

WEDNESDAY, APRIL 3, 2019







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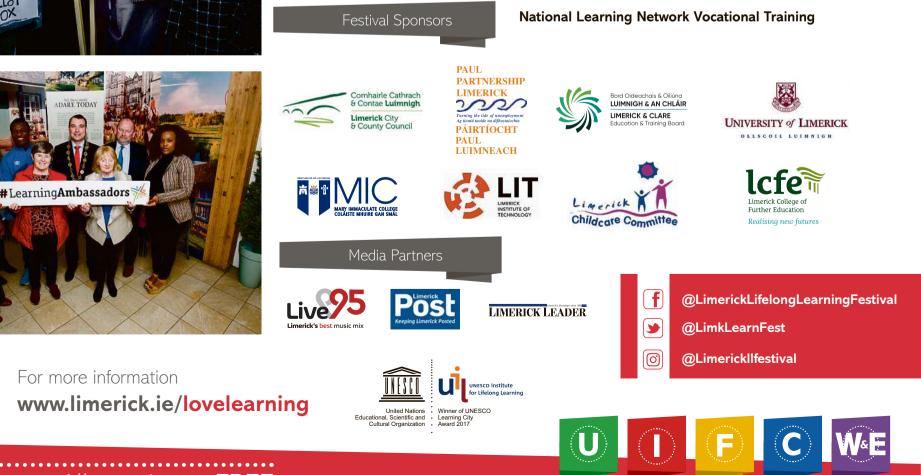
Dancing, Interactive Music Performances, Art, Employability Training, Intercultural celebrations, IT Information and Training, Yoga, Walks, Science, Maths, Job Search Skills and CV Preparation, Lectures, Guides, Crafts, Tours and Workshops and more all available. The Festival is being presented by the Learning Limerick Steering Group, which is representative of all the main stakeholders involved in promoting learning across Limerick.

Pick up your brochure in Libraries, Community Centres, Colleges.

Events take place right across Limerick in a variety of venues, indoors and out, and in libraries, museums, colleges, resource, family and community centres, parks, and on the streets. **Many thanks to all our event organisers!**

Festival Theme: BRIDGING THE GAP

This year's festival theme **Bridging the Gap** builds on the festival's overall motto of **Communities, Connecting, Learning.**



All events are **FREE**

LEADER BRIFFS

Limerick on top for Erasmus+

THE UNIVERSITY of Limerick is among the top three Irish colleges receiving the most **Erasmus** students each year.

The European Parliament has now proposed increasing the Erasmus budget to more than €40 billion until 2027 in a bid to triple participation in the programme, according to Ireland South MEP Deirdre Clune.

"Erasmus is easily one of the most popular EU programmes operating in Ireland and it really is one of the EU's success stories," Ms Clune said.

"EU feedback reports say that most people who have done an Erasmus semester have said that their experience has encouraged them to be more open-minded and confident in their newly-acquired skills."

Ritual and Hoplite Warfare

The Limerick Branch of the Classical Association of Ireland presents a lecture, "With the gods on our side: Ritual and Hoplite Warfare", by Mr. Patrick Ryan, M. Litt., on Wednesday April 10 in the Limerick **Education Centre**, Marshall House, Dooradoyle at 7.30pm. Marshall House is adjacent to the entrance to Garryowen FC.

Art Class and exhibition

The Central Buildings Community Project are hosting 'Hatter's Castle Art Class & Studio **Exhibtion**" from Friday April 5 to Saturday April

Limerick's €22k for Lollipop Day

Limerick contributed €22,109 to cancer research during the recent Lollipop Day collection – their highest contribution to date.

The funds raised will go towards support for patients and research into oesophageal cancer.

March to arch - Civic **Trust to preserve wall**

History: Significant piece of city's industrial heritage, which dates to 1920s

NICK RABBITTS hick@limerickleade

AN historic piece of the city's industrial heritage at the old gasworks site is to be preserved by the Limerick Civic Trust.

As clearing continues of the O'Curry Street site to make it ready for development, Gas Networks Ireland has teamed up with the local heritage group, which will, later this week, remove a historically significant stone-archway.

The arch, which dates back to 1920s, was located at the site's old 'booster house', which amplified the gas supply around the city centre before more mechanical pumping arrangements came into

play. The Civic will Trust painstakingly number each stone and reconstruct the arch at a yet-to-be-determined spot in the city.

John Collins, the project manager with Ervia, which is clearing and making the gasworks site ready for redevelopment, said: "We recognise this is worth preserving and conserving for future generations. It's reaching its centenary."

He added: "On commencing the remediation process, Gas Networks Ireland, on behalf of Ervia, vowed to restore the former

Limerick Gasworks site with an innovative approach which also respected historical its significance. We have worked with the Limerick Civic Trust and City and County Council to ensure we record the legacy and historical significance of the gasworks site and we further honour that today n of promise with the preservation this stone archway."

Thomas Wallace-O'Donnell, who chairs the Civic Trust, added: We will find a suitable location in Limerick city to reinstate this stone archway, as a fine architectural example, and we look forward to the future of the site which is sure tobenefit the Limerick community."

The next phase of the remediation project at the gasworks site is the soil stabilisation work, which is set to commence later this year.

We will be taking the soil sand stabilising it using a combination of cement and other mixtures," Mr Collins explained, "The soil on the site will then be available for development from thereon."

Before this, the first stage of the remediation project involved removing a significant amount of coal tar from the site, a legacy of its use as the site of a gasworks facility from the 1830s to the 1960s, using environmentally-sustainable techniques.



Members of the Limerick Civic Trust with staff of Ervia and Murphy International at the historic arch, which the heritage group is to take possession of this week PICTURE LIAM BURKE/PR

Students make real changes with 'Speak it Out' campaign

STUDENTS from Limerick and the surrounding counties took part in Limerick's leg of the "Young Social Innovators Speak out tour 2019" which took place in the Lime Tree Theatre last weekend.

Now in its 17th year, Young Social innovators (YSI) challenges young people to creatively tackle social issues affecting them.

Among the most popular topics this year were "Screen Life vs Real life", a campaign encouraging teenagers to reduce the amount of time they spend on smart phones, by Laurel Hill Secondary School and "The Green Machine" an initiative by Scoil Mhuire & Íde, Newcastle West, which tackled the issue of littering in the community.

Rachel Collier, co-founder and CEO of YSI, praised the students for "not just setting out ideas, but actively engaging in designing solutions to address the issues that affect us".



Aisha Adebimpe, Leah Jackson and Kate McCormack from Laurel Hill

"It's important for young people to experience democracy in a real way," she said.

Hill developed an Laurel awareness campaign to promote their efforts by surveying its students. Scoile Mhuire Ide created a dress out of sweet wrappers for their annual fashion show and also educated first year students about how littering can have negative effects on the community. Some 940 students from Limerick and the surrounding counties took part.

Apprentice wins Ireland Skills 2019

A LIMERICK based Bus Éireann apprentice won the recent Ireland Skills 2019 Heavy Vehicle Maintenance Competition in the RDS.

Daniel Curtin, who is based in the Limerick Garage, will now be in with a chance to represent Ireland at the World Skills competition in Russia this coming August.

The event, which was held over three days, saw entrants showcase talents in 25 different categories including beauty therapy, construction and cookery. Over 120 competitors were given their tasks and had to undergo an 18 hour skills test as part of the competition, which was examined by judges and examiners from educational institutions and industries

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Over 1,000 patients treated on UHL trolleys

FINTAN WALSH

UNIVERSITY Hospital Limerick had the worst level of overcrowding in March as more than 1,000 patients were treated on trolleys in the emergency department and the wards.

16 NEWS

According to monthly figures published by the Irish Nurses and Midwives Organisation, there were 1,054 patients on trolleys at UHL in March. This was the highest rate of overcrowding in the country, and was the worst March for overcrowding since records began in 2006.

In March 2018, there were 1,022 patients on trolleys at the hospital in Dooradoyle.

This Monday, UHL had the highest overcrowding rate in the country, with 72 patients on trolleys. It is the third time in 2019 that more than 70 patients have been treated on trolleys. This comes after UL Hospitals Group confirmed that it was closing its 17-bed Ward 1A on Friday.

Deputy Maurice Quinlivan has described the overcrowding situation as a "thundering disgrace".

A spokesperson for the UL Hospitals Group said that five bed spaces in the vacated acute medical assessment unit opened this Monday.

The 15-bed medical ward 4C will

be fully staffed at weekends.

The UL Hospitals Group has previously explained that Ward 1A is to close to facilitate the completion of works on a new fracture unit.

The spokesperson added that the plan to close the unit is offset by recently-opened 12-bed surgical short stay unit; three extra cardiology beds opened last week; five bed spaces are being looked at in the vacated former acute medical assessment unit.



UHL had the highest rate of overcrowding in March



Professor Eugene Wall pictured with his wife Jennifer on the day of his inaugural address as the tenth president of Mary Immaculate College picture: BRIAN ARTHUR

New library by 2023 on the books for MIC

Education: Plan unveiled as president inaugurated

JESS CASEY

jess.casey@limerickleader.ie

THE DEVELOPMENT of a new €25 million on-campus library and learning resource centre over the next five years is among the key priorities for Mary Immaculate College.

With the student population having increased five-fold since the existing library opened its doors in 1976, the new development it is hoped will accommodate more than 550 study spaces.

The development of the new library is contained in the MIC strategic plan for 2023, launched last Friday as Professor Eugene Wall was appointed the tenth president of the institution on O'Connell Avenue.

"This plan aims to serve our learning community, ensuring that each individual has the potential and means for professional excellence," Professor Wall said during his inaugural speech.

"Ănd, in the case of students, the wherewithal for career entry and success in the twenty first century work-place," he added.

"Beyond this, our ultimate aspiration is to enable our graduates to enjoy a life of continuous thriving and, indeed, to uphold the dignity of others."

The new library is also expected to include a 288-seat lecture theatre, a media studio, seminar rooms and staff offices.

Other ambitious goals laid out in the MIC strategic plan include a renewal of programme offerings, including the development of new programmes that responding to skills needs and policy.

Speaking at the Lime Tree Theatre, Professor Wall said he was "acutely aware" as a psychologist of the power of cultural agencies like schools to motivate societies. "Schools, and by obvious implication, teacher education, are cradles of national wellbeing, national cultural identity and national prosperity," Prof Wall said.

"This is both our undying legacy, and our contribution to shaping the future."

Speaking at the event, Minister of State for Higher Education Mary Mitchell O'Connor congratulated MIC on its plans for the future.

"MIC is heavily involved in the practical implementation of a number of key national policy areas including addressing current teacher supply, offering direct access to teacher education for mature second-chance learners, advancing the national STEM/STEAM agenda, developing international opportunities for students and staff, and Irish Language immersion."

Average house price now tops €200,000 in Limerick city

DONAL O'REGAN

LIMERICK has seen the biggest average house price rise of any Irish city, according to Daft.ie.

Prices in the first three months of 2019 were 11.4% higher than a year previously, in contrast to a rise of 4% in 2018 compared to 2017. The average house price in the city is now \in 201,000, 69% above its lowest point.

The 11.4% jump compares to Dublin city average price of \in 383,315 – up 4.1%; Cork city: \in 282,518 – 8%; Galway city: \in 300,547 – 9.9%; Waterford city: \in 181,948 – up 10.3%.

In County Limerick, prices in the first three months of 2019 were 13% higher than a year previously, compared to a rise of 8% seen a year ago.

The average house price is now €196,000, 49% above its lowest point.

Housing prices nationally rose by 2.9% during the first three months of 2019, according to the latest Daft.ie House Price Report. The national average price in the first quarter of the year was €261,000, up 5.9% on the figure for the same period last year, an increase of €15,000 on average.

It is the 22nd consecutive quarter that the national average price was higher than a year ago.

Commenting on the figures, Ronan Lyons, economist at Trinity College Dublin and author of the Daft.ie report, said: "On the face of it, the signals from the market in early 2019 appear to be largely unchanged from recent years, with prices rising in all 54 markets – 25 parts of Dublin, the four other cities and remaining 25 counties - in the first three months of the year."

The number of properties available to buy on the market nationwide was just over 22,500 in March, up 11% year-on-year. This increase is being driven by Dublin. In Munster, availability is largely unchanged.



Prices in the first three months of 2019 were 11.4% higher than a year previously

Two successful river interventions

VOLUNTEERS and rescue crews prevented two separate river emergencies within minutes of each other while on patrol in Limerick city on Friday night.

At 10.11pm on Friday, the Limerick Land Search Team received reports of a woman in distress near the Abbey River at 10.11pm on Friday.

As the team responded, one of the group's members was less than a minute away from the site.

The crew member was able to get to the scene quickly and talked the woman away from entering the water.

"Thankfully, a successful result for the unit this evening," Limerick Land Search Team Calvin Prendergast said in a statement.

At the same time, Limerick Treaty Suicide Prevention also had a successful intervention with an incident on the River Shannon.

Gardaí and the National Ambulance Service were also in attendance.

If you have been affected by this story, contact Aware on 1800 80 48 48, the Samaritans on 116 123, Pieta House on 1800 247 247 or the Limerick Land Search Team on 085-1800922.



Crews prevent emergencies on River Shannon

Powering 'cars of the future' using silicon

JESS CASEY jess.casey@limerickleaderie

A RESEARCH project being undertaken in Limerick received funding worth €425,000 to explore using silicon to power the cars of the future.

SAND, a research project led by Dr Hugh Geaney at the Bernal Institute at the University of Limerick, has been awarded a Science Foundation Ireland (SFI) starting research grant to develop new silicon active materials for better performing lithium-ion batteries.

"Battery technology is currently the greatest impediment to the uptake of electric vehicles (EVs)," Dr Geaney explained.

"This project seeks to address this issue by developing materials that can deliver higher storage capacities, ultimately leading to longer range EVs."

European policy demands that 40% of new cars are to be EVs by 2030, according to Dr Geaney.

To achieve this ambitious target, significant improvements to existing EV batteries are required.

"Current batteries use carbon that can store significantly less



Dr Hugh Geaney and Professor Kevin Ryan, MSSI/Bernal Institute, University of Limerick Picture: ALAN PLACE

energy than silicon for a given weight," he added. "As a result, silicon has great

As a result, sincon has great potential to increase the amount of energy that can be stored in batteries."

"We are focusing on revealing how these silicon based materials behave while in the battery at the scale of nanometres, 1 billionth of a meter."

"Developing a better understanding of the changes that occur in the material during battery operation will lead to longer life batteries with improved performance."

The SAND project will use state of the art battery testing and microscopy facilities within the Bernal Institute at the University of Limerick.

Dr Geaney is part of Si-DRIVE which is an EU-funded project co-ordinated by UL which is developing prototype silicon based anodes for EVs.



ARE YOU PREPARED FOR BREXIT?

The United Kingdom is due to leave the European Union.

The Government, along with our EU partners, has been working to prepare Ireland for these changes.

So whether you're a concerned citizen, a small business or a large multinational, it's important that you're prepared too. Find out what Brexit means for you on **gov.ie/Brexit**



Limerick hurler's dad to be laid to rest this Wednesday

DONAL O'REGAN

THE SADNESS felt since early Monday morning when news broke that Paddy English had gone to his eternal reward is a testament to the popularity and high esteem in which he was held. The popular husband to Marian and father of two All-Ireland

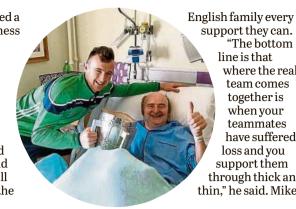
winners in Lisa and Richie, Paddy, 61, was known throughout the county and further afield but in

Doon he was a legend.

A "true gentleman", he passed away peacefully at his home after being diagnosed with MS first and then cancer. A lasting memory will be the wonderful photo of Paddy in his hospital bed with Richie and the Liam MacCarthy Cup (**right**). Or the picture at the homecoming in Doon GAA just a few days later. The new flood lights were on but Paddy's smile was brighter.

Limerick hurling manager John Kiely said Paddy was an "incredible

man who endured a very difficult illness for many, many years. He was a great advocate for getting on with life and celebrating the successes in life," said Mr Kiely, who added that the team and management will give Richie and the



support they can. The bottom line is that where the real team comes together is when your teammates have suffered a loss and you support them through thick and thin," he said. Mike

Ryan, chairman of Doon GAA Club, said Paddy battled bravely all the way and was most optimistic to the end. "He was greatly sustained by the success of his children - his daughter Lisa winning an All-Ireland ladies junior football title with his beloved Limerick and in recent years Richie winning the All-Ireland, Fitzgibbon Cup with Mary I and his All-Star," said Mr Ryan. He was to be laid to rest in Doon cemetery this Wednesday after Requiem Mass at 11.30am.

Youth had variety of stolen tools

Landcruiser: Tools recovered minutes after they were stolen

DAVID HURLEY

A YOUNG man who was caught carrying a large quantity of power tools minutes after they were stolen from a parked vehicle has been warned he risks going to jail if he reoffends.

Shane O'Donoghue, 20, of Lenihan Avenue, Prospect pleaded guilty to a charge of handling stolen property at South Circular Road, Limerick in the early hours of May 22,2018.

Limerick Circuit Court was told the defendant was stopped by gardai on routine patrol after they observed him walking while carrying a bag in suspicious circumstances.

An assortment of owner tools, worth thousands of euro were recovered after the bag was searched.

The tools included a welder, drills and a grinder while a pair of sunglasses and a designer distinctive jacket were also recovered by gardai. John O'Sullivan BL, prosecuting,

said the property which was taken from a Landcruiser which was parked outside a private home was recovered before the owner realised it had been taken.

The owner later told gardai, he had parked his vehicle at around 8pm and only realised there had been a break-in a number of hours after Mr O'Donoghue had been intercepted.

During a sentencing hearing, Pat Whyms BL said his client left school at an early age and that this has had a significant impact on him and is a factor in his offending.

However, he said he has been

engaging positively with various services, including Limerick Youth Service, in recent months and now has a structured routine in his daily life.

life. "He is now occupied during working hours," said Mr Whyms. While a probation report prepared for the court found Mr O'Donoghue is at high risk of re-offending, Mr Whyms submitted this assessment was largely based this assessment was largely based on his past history and offending.

"He has engaged fully, he is now suitably motivated. He is at a crossroads in his life and the signposts are pointing in the right direction," he said.

Judge Tom O'Donnell was asked to note the defendant's admissions and early guilty plea and the fact that all of the stolen property was recovered by gardai.

The judge said the theft of the tools had the potential to affect the owner's livelihood.

He said the defendant's previous convictions were an aggravating factor as was the value of the tools he was carrying when stopped by gardai.

He noted Mr O'Donoghue was in custody for a number of months following his arrest and that he appears to have learned a salutary lesson.

Noting the contents of a probation report, Judge O'Donnell accepted the defendant is engaging with Limerick Youth Service "with purpose" and is doing very well.

He imposed an 18 month prison sentence, suspending it for 18 months subject to Mr O'Donoghue staying out of trouble.

The defendant was also ordered to engage with the Probation Service for the duration of the suspended sentence.



Ambulance drivers picketing University Hospital Limerick Picture: Michael Cowhey

Ambulance service strikes again

FINTAN WALSH herickleaderie

MEMBERS of the National Ambulance Service in Limerick have returned to the picket lines for a fifth time over an ongoing dispute over union recognition.

Ambulance National The Service Representatives Association (Nasra), a branch of the Psychiatric Nurses Association (PNA), staged their fifth strike so far this year this Tuesday, from 7am to 5pm.

This follows a protest outside Dail Eireann last Wednesday, which included a number of Mid-West members.

A spokesperson for the Mid-West Nadra branch told the Leader: "The support from the public and our supporting TDs, senators and councillors has

been truly remarkable. It is clear that the will of the public and our supporters is to see our National Ambulance Service staff represented by their union of choice. Limerick staff are standing strong with their heads held high. We are as resolute as ever and we will see this through."

On a previous day of picketing on February 28, branch secretary Liam Moore said: "It's not backgrounds we are going; it's forwards. There is some forward momentum at the moment.'

Nasra member Derek O'Brien and his union colleagues have consistently made assurances to the public that all emergency cases are being covered by the crew at the St Nessan's Road base.

There are around 30 members of the Mid-West branch, out of a total of some-600 nationally, comprising paramedics, control room staff, dispatchers, and emergency medical technicians.

Filmmaker 'chuffed' with award

2019: Budding directors bring home the prizes at Fresh Film Fest

JESS CASEY

A STORY about a boy who regrets his last words to his best friend saw a 14-year old filmmaker take home the title of Ireland's Young Filmmaker of the Year.

Sean Tracy was named Ireland's Young Senior Filmmaker of the Year at the 2019 Limerick Fresh Film Festival for his short film 'Rue'.

The awards, a highlight of the annual festival for young creatives, covered both senior and junior filmmakers and took place at the Odeon Cinema in Castletroy. "To win is an absolute honour, especially considering the quality of the

films that were entered," Sean said. "I think this year's films are the highest quality that Fresh Film has ever received."

"They were all absolutely outstanding and any of them could have placed first," he added.

"I am really honoured and chuffed that it was this film that won. It's one that

me and the actors worked really hard on."

"I couldn't have done it without them, and they were amazing," the young filmmaker from Ashford in Wicklow said.

"I can't thank Fresh Film Festival enough for organising the whole event, it was just fantastic."

Students from Corpus Christi Primary School in Moyross also received a special mention from the judges for ensemble at Ireland's Young Junior Filmmaker of the year 2019 for their short film, 'Hon the Treaty.'

The short film revolves around the telling of the story of the Limerick hurler's journey to glory in 2018 after waiting 45 years.

Speaking about their win, the students from Corpus Christi Primary School said: "We're delighted to win."

"We loved making it and worked really hard, so it's great that the hard work paid off. We'd encourage anyone interested in film to enter next year as it's a great opportunity and encourages young people to make films."

Other winners at the awards included students from Clare who were part of the Sparks Film Group, Cal Arnold O'Driscoll a 16-year-old student from Dublin, Ivan Fair, an 11-year-old student from Mayo and students of Kilcoona National School in Galway. Fresh Film Festival encourages young people, aged seven to



18 years, to create films, while gives them the chance to see their work on a cinema screen. "Ireland's Young Filmmaker has a very interesting approach," said festival director Jayne Foley. "Storytelling is at the core because the budget is usually either low or non-existent, filmmakers have to be very inventive with plot and location. The festival is a forum where young film-makers can meet each other. Even at that stage networking is important."

Students at this year's awards and, pictured on the right, Corpus Christi students with Metro Mayor Daniel Butler PICTURES: CONVWAY/ILOVELIMERICK





Bord Oideachais & Oiliúna LUIMNIGH & AN CHLÁIR LIMERICK & CLARE Education & Training Board Further Education and Training Centre, Kilmallock Town Campus Railway Road, Kilmallock

OPEN DAY AND COURSE TASTER SESSIONS

Monday April 8 - Sunday

Limerick Lifelong Learning Festival



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WEDNESDAY, APRIL 3, 2019

fresh

festival

Fr

20 PICTURE ESSAY



'Award season': Cian Hennigar from Thomondgate and Sean **0'Mahony from** Dooradoyle at the Fresh Film Festival 2019. The awards for Ireland's Young Filmmaker of the Year were presented at the Odeon Cinema in Castletroy

Fresh talent, fresh stories

The Fresh Film Festival received a record of more than 1,700 entries this year from young storytellers under the age of 18. **Pictures:** Zoe Conway/ilovelimerick **Words:** Jess Casey



Jayne Foley, founder of Fresh Film Festival and Mayor of the City and County of Limerick James Collins

Jayne: "The festival is a forum where young film-makers can meet each other. Even at that stage networking is important. You may end up meeting the same people again later in your career. As advocates of young filmmaking, we also try to showcase films abroad."



• 10,709 likes #makemov

Sinéad FitzGibbon, Connor Owens and Chloe Reidy, students from the University of Limerick

'Young filmmakers': Ireland's Young Filmmaker of the Year is the highlight of Limerick's Fresh Film Festival, which is now in its twenty third year. Other highlights of Fresh Film Festival 2019 include feature screenings and workshops.



Rosa Maher, 15, Gaelcholáiste Luimnigh and Richard Lynch, of I Love Limerick

Richard: "This festival deserves to be as big as the Young Scientist. It deserves to be recognised on a national level. Its one of a kind, unique and something the deserves to be applauded. Everyone needs to get behind it."



ies #Fresh #makewatchshareinspire



000

Erin Bermingham, 15, and and Amanda Makulena. 16. from Coláiste Nano **Nagle enjoying** themselves at the Fresh Film **Festival Junior** Finals 2019 with comedian and actor, Pat Shortt



• HE has been at the centre of a media storm since details of his financial arrangements were revealed but last Saturday night in county Limerick John Delaney was at the centre of a love-in . One of those in attendance likened the

attendance likened the arrival of the FAI's executive vice-president at Clounreask, Askeaton to "the second coming of Christ".

Delaney was guest of honour for the naming of the Desmond League home base as Mick Hanley Park. One photo taken at the

event shows the former FAI CEO cupping his hand around the face of an emotional Mick Hanley, former chairman of the Limerick Desmond League, a man who toiled at the coalface for four decades. Others watched on in awe. This was Papal blessing stuff, which speaks volumes of the relationships Delaney has nurtured in many quarters.

After the unveiling, there was a function for invited guests in Rathkeale House Hotel. A meal was followed by a question and answer session conducted by Mike Aherne of Live 95.

Spartacus has done some probing and the Leader's newsroom didn't receive an invite.

We learned at the weekend that John Delaney's annual UEFA Executive Committee salary of ϵ 160,000 is supplemented by a ϵ 300 a day expense payment when on duty - all separate to his FAI salary, which was ϵ 360,000 per annum when he was CEO.

According to Frank Nelligan of the Desmond League who submits a column to the Limerick Leader "Delaney answered with great honesty and thoroughness and all his answers were very well-received, people appreciating his presence at a time when he was in the media spotlight."

He continued: "Hanley spent a significant portion of this time ensuring that the guests were aware of the high esteem in which he held Delaney and the job he did as CEO."

The whole reception for Delaney got Spartacus

thinking about the rich aunt who leaves all her fortune to her favourite nephew - he'll find it hard to have a bad word said about her!

• IT was a huge blow to Limerick city centre's retail when an independent shoe store in our so-called Fashion Quarter closed down. Now, Spartacus is not trying to dampen the welcome news of **Gardens International** and a new Starbucks in the city centre, but it's about time we started prioritising local businesses or we could end up with a highly-caffeinated ghost town.

• IT will be interesting to see if there will be any more revelations and accusations, made against the late Bishop Eamonn Casey who spent nine years working in Limerick as a curate in St John's and Monaleen parishes.

.

Former Limerick Leader journalist Anne Sheridan has had a series of stories in the Mail on Sunday over the past few weeks, where four separate people have alleged that Bishop Casey, had abused them as children.

Heretofore he was seen as the jolly bishop who liked fast cars and had an affair with Annie Murphy, who gave birth to their son Peter.

In the whole context of the abuse by members of the clergy on innocent people, mainly children, the late Bishop Casey had sympathy of many, who saw him as a man who fell in love with a woman. Not nearly as evil as

Not nearly as evil as other members of the cloth who sexually abused young children.

Now though, these new allegations put him in a completely different light and it doesn't seem that there is anyone around to defend the late Bishop.

. The silence and lack of action by the church was certainly a contributing factor at the time.

How much did they know about his dreadful carryon? and why did they not take action?



Ann Jones and Hugh Jones, 7,

'Highly commended': As well as Ireland's Young Filmmaker of the Year awards, specialist awards were also presented including the Radharc Trust Award, the Boulder Media Animation Award, the RTE 60 Second Short Film Award and the RTE Factual Award.



Ava Leonard, 17 and Laura Donoghue, 17

'Master class': Other highlights of Fresh Film Festival 2019, which ran from March 25 to March 30, included feature screenings and workshops including an industry master class with The National Youth Film School.



Mila Cronin, 16 and Rachel Nolan, 16 from St. Anne's, Killaloe at the Senior Fresh Film Festival 2019

'Senior Filmmaker': 14-year-old Sean Tracy from Wicklow took home the title of Ireland's Young Senior Filmmaker of the year 2019 for his film 'Rue'



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

Looking for a new home



Brandy is a lovable terrier mix about four years old. He is good to walk on the lead and adores getting belly rubs. For more information on Brandy please phone the sanctuary on 0876371044 or visit us any day between 12 and 3pm. Adoption fee is €150 and each dog is neutered, wormed, vaccinated and microchipped. A home check applies.

Paudi is a six year old labrador. He is a little shy but is the most loyal dog when he gets comfortable with you. Paudi would be a fantastic companion dog and would fit into any family, big or small. Adoption fee is €150 and each dog is neutered, wormed, vaccinated and microchipped.



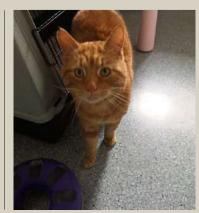
Buster is a



beautiful male black cat. He is approx five years old. He is very gentle and loves being cuddled. **Buster** would make the perfect house cat. For more information please phone our cat unit on 0872295669.

On to a winner with Oscar

Oscar is a three-year-old ginger cat. Oscar is a very friendly and affectionate boy. He would make a lovely pet for any home. For information on our cats please phone our cattery on 087 2295669 or visit the sanctuary any day between 12 - 3pm.





Frank McDonald, Limerick Siptu branch, Mike McNamara, president of Limerick Trades Council and John Higgins, Siptu

Three weeks of events for Limerick **Soviet centenary**

History: April marks 100 years since key event

NICK RABBITTS

THERE will be no fewer than 25 events over the next three weeks to mark the 100th anniversary of one of Limerick's major historical events.

It is 100 years to the month that the Limerick Soviet took place, a largely-forgotten episode in history which saw local workers take control of the city which at the time was facing martial law from the British military.

This week, the Limerick Soviet centenary festival was officially launched at the Commercial Bar.

Taking place between Friday, April 5 and Sunday, April 28, there are a number of civic events, including book launches, screenings of documentaries commemorating the era, as well as a major public play, 'Bread not Profits', in the former Cleeve's factory written by top local playwright Mike Finn.

The president of the Limerick Council of Trade Unions Mike McNamara said: "It's an important piece of Irish history, our labour history, our national history and our national identity. We are commemorating the great men of 1919, who took on the might of the British military and their redundant World War One tanks that were turned upon the people of this city when martial law was imposed."

You have a situation where capital is gaining all the value of labour **MARY O'DONNELL**



This Saturday at 1.30pm, a Trade Union parade will take place from the Mechanic's Institute in Hartstonge Street, followed by the raising of a red flag outside City Hall to launch the festival proper. After this, former councillor Cian Prendiville will launch a podcast he has been preducing on the city of the Limerick

producing on the story of the Limerick Soviet.

And the following day, there will be a wreath laying at the grave of murder victim and trade unionist Robert Byrne, followed by the launch of a book on the subject by Sinn Fein councilor Séighin Ó Ceallaigh.

Almost every night between April 16 and 27, Bread not Profits will take place at the Old

Cleeve's Factory. On Sunday, March 14, a bus tour of the sights of the Limerick Soviet will take place, in the company of historian Liam Cahill -widely considered the authority on the topic - and Mr McNamara.

Siptu activist Mary O'Donnell said the message of the Limerick Soviet remains relevant to this day.

"In a world where working people have no agency, are not allowed to be members of a union, you have a situation where capital is gaining all the value of labour and workers are not. We are just looking at this from the point of view that this was a situation which showed that people can run a city, run a country and run the world in our own way as we would wish to do so," she said.

The festival concludes on April 28, with the unveiling of a Limerick workers memorial plaque at the Mechanic's Institute.

For more information on the events, call 061-953400.

THE LEADER

Festival could change your life

Bridging the Gap: Limerick Lifelong Learning Festival nears

DONAL O'REGAN

TAKING part in Limerick Lifelong Learning Festival could change the rest of your life.

It runs from Monday, April 8 to Sunday, April 14 with over 200 events and activities on in the city and county. There was a wonderfully positive atmosphere at the launch in Adare Heritage Centre as one and all looked forward to the ninth festival.

Organisers are helping to bridge the gap between all communities in through learning. Limerick Bridging the Gap, this year's theme, links young and old, rural and urban, returning to learning and welcoming new communities, and runs alongside the festival's annual "Communities, tagline of Connecting, Learning". The theme also symbolises the three bridges walking route in the city.

There promises to be something

SPONSORED CONTENT

to entertain and involve people of all ages, interests and backgrounds during the week long festival. All events are free of charge and available to everyone. Learning is promoted as something that is fun and enjoyable, with events including performances, taster sessions, tours, displays, lectures, walks, demonstrations and workshops.

They take place right across the city and county in a variety of indoor and outdoor venues, including in libraries, museums, castles, colleges, resource, family and community centres, parks and on the streets. Topics include drama, business and entrepreneurship, maths and science to guided tours.

Mayor James Collins said learning is never a wasted experience.

"It helps us to grow intellectually as well as physically. It allows us to broaden our horizons. The festival brings together the joy and wonder



Festival co-ordinator Yvonne Lane, of Paul Partnership; Dr Maeve Liston, Mary Immaculate College and Claire Sloane, Limerick and Clare Education and Training Board Picture: ALAN PLACE

of learning for all those who participate. It is done in a way that eases the learner in, making them feel involved in the whole process. I would encourage everyone to take a at the programme look of

events. There is something there for everyone," said Mayor Collins.

It is organised by the Learning Limerick Steering Group, which represents the main stakeholders involved in promoting learning

Denis

across Limerick city and county. Free copies of the programme

available are or www.limerick.ie/lovelearning for full details.

FINE GAEL

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on Election Day, Friday 24th May 2019

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• Social Welfare, Taxation

• Family or Personal

McCARTHY

"Your Corbally

Councillor Again"

Heart screening clinic to take place at the Radisson next week

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

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

Screenings are carried out by a Healthstats certified technician and a full printout of the results are given on the day.

The procedure is non-invasive and completely pain-free. The information provided by our BPro screenings can help doctors decide whether more invasive investigations are required thereby saving patients further unnecessary trauma.

Our BPro heart screening is a major advance in science for monitoring the cardiovascular health of people without the need for invasive and traumatic procedures.

The BPro and A-Pulse Casp was developed by Healthstats in Singapore and can calculate a person's Central Aortic Systolic Pressure (CASP) (blood pressure closest to the heart) accurately and non-invasively.

The A-Pulse has been validated in clinical trials to have an accuracy of 99.17%, as compared to the angiogram. The BPro Cardio Pulse-Wave screening measures the aortic pressure as well as

BPro Technology has been validated by the Association of Advancement of Medical Instrumentation (AAMI) and the European Society of Hypertension as well as the National Heart Centre of Singapore.

It is FDA (Food & Drug Administration) certified, CE (Confirmité Européene) approved and also approved by the British also approved by Hypertension Society.

The cost of an individual BPro test is €50 per adult with a 10% discount (€90) for a couple. There is also a 20% discount for groups of 12 or more people e.g. Sports Clubs, Business Screening etc.

Heartfelt Cardio Screening will bring the BPro to the following venues during the next few months.

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

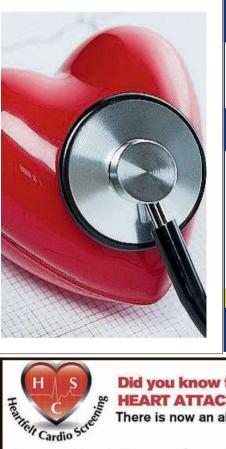
Thursday April 18 -Clonmel Park Hotel, Clonmel, Co Tipperary

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

Thursday May 2 -Clonmel Park Hotel, Clonmel, Co Tipperary

For further information or to make an appointment, please contact: Anna on 0864135555 or Jimmy on 0862566422

Email:heartfeltcardioscreening @gmail.com Or visit the website at www.bproheartfelt cardioscreening.com





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Radisson Blu Hotel, Ennis Road, Limerick Wednesday 10th April & Thursday 25th April Appointments from 11am until late

Heartfelt Cardio Screening by BPro

To book an appointment or for further information call Anna on 086 413 5555 or Jimmy on 086 2566 422 email: heartfeltcardioscreening@gmail.com Web: www.bproheartfeltcardioscreening.com Find us on Facebook: https://www.facebook.com/pages/HEARTFELT-CARDIO-SCREENING/473318246132004

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Can Save your Life

24 YOUR MONEY



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Cover recurring expenses with sinking fund account

hen asked by a reader last August, how many accounts they should have, I recommended four.

They were a current, monthly bills, regular savings and an emergency fund account. I also said it's okay to have any number of accounts as long as each served a purpose.

With that in mind, if I was to reply to that same reader eight months on I would add another account to the mix, and it would be called your Sinking Fund Account.

This would be an account designed solely for the purpose of meeting once off expenses that occur throughout the year.

It's different to an emergency fund, where you are setting money aside for the unknown; with these particular outgoings, you know they're coming.

Things like your annual car insurance, property tax, Christmas, summer holidays, four new tyres for your car.

There could be any number of reasons, but they consistently appear at more or less the same time every year.

If you don't plan for them, they usually have to be funded by monthly income, raiding your savings account, sometimes your emergency fund, or a combination of all three, or worst of all you have to take on debt to pay for them.

People tell me all the time, things are going along fine for them, there is money left over at the end of every month and then bang!

The house insurance renewal premium comes in, their monthly cashflow is thrown out of whack, and all their good work comes to an end. And just when they begin to get things back on track again, bang! Another bill or renewal arrives and money has to be found somewhere to pay for it.

Expenses that happen once a year, have an uncanny way of going undetected on your financial radar.

But, once-off annual expenses can be the scourge of budgeting and one of the main reasons people fail to get their spending under control each month.

Very often, it isn't the amount they are spending each month that's causing them trouble, it's the expenditure that raises its head at the same time every year, which is their Achilles Heel.

The good news is that it all can be avoided. And the sinking fund account is the answer.

Well, it's part of the answer, it's really only the name of the account you need to open.

What you have to figure out is how much you need to be setting aside each month, to fund the total cost of those expected outgoings you will incur in the year ahead.

You can discover this very easily. Get out a piece of paper and write three lines of equal distance down the page. In between the first line, your heading is 'Month', the second line's heading is 'Expense' and the third is 'Cost'.

Think about what once-off expenses that will require a lump sum payment from you. If you are unsure, take out your bank statements or go back over them online and look at what large payments went out of your current account or savings account at a particular point in time. With these particular outgoings, you know they're coming



DID YOU KNOW?

Exercise is a habit that financially successful people all have in common. According to research carried out by author, Tom Corley, he found 76% of rich people exercise for at least 30 minutes every day. Once you have totted up everything, you now have a number you need to build into your monthly budget and set aside for these eventualities.

And don't stop at just last year's expenses. Think about what costs you might incur this year because of a change in your circumstances and add them in as well.

The number you arrive at might be €1,200 which means you need to be setting aside €100 every month into your sinking fund account.

And if you have an expense that isn't 12 months away, count the number of weeks between now and until it's due and divide the cost by the weeks left and that's the amount you need to be saving.

Your goal should be to save enough into your sinking account to cover the cost of these annual expenses you know are going to happen every year.

And if that's too much, that's okay, set aside what you can and the remaining monies can be found from income or savings or from a loan if needs be, but it will be a smaller loan had you done nothing.

Having another account does mean a little more effort with setting it up (a very basic savings account where you have immediate access to funds is fine – don't worry about the interest rate, it's not important) but it will make things easier for you in the long term.

Å sinking fund account is an easy way to accommodate large purchases that we often overlook but know are coming.

Instead of being surprised by them, be prepared for them, and if you do, your core monthly budget or existing savings won't be affected, and it will lesson your chances of having to take on debt.

ASK LIAM

Our personal finance expert answers your questions ...

Q: I'm a 35-year female, taking out a mortgage and need to arrange life assurance. The bank I'm taking the mortgage with has quoted a monthly premium of €150.78. It seems really high. The mortgage is for €225,000 over 30 years, and I'm a non-smoker.

A: First off, you don't have to take out this policy with your mortgage provider. The premium isn't incorrect, but it's based on a convertible term assurance policy (level of cover always remains the same) in the amount of €225,000 along with stand-alone serious illness cover for the same amount.

They should have given you a number of options to choose from starting off with the most basic requirement which is a decreasing mortgage protection policy which would cost €15.93 per month. That's c. 89% less than what they quoted you.

Another option is a decreasing policy with accelerated serious illness cover for the loan amount; that would cost $\epsilon 62.29$ per month. Or you could reduce the level of serious illness cover if you wanted to have some, and if you did, to say $\epsilon 50,000$, the monthly premium would be $\epsilon 26.82$. Contact an independent financial adviser and have them shop around for you.

SHOP LOCAL: GOOD DEALS AVAILABLE IN LIMERICK THIS WEEK

Would you like to start a new skincare regime and get that glow? Are you constantly buying the wrong products? At Purebeau AO Aesthetic Clinic based in the Castletroy Town Centre, the team can guide you through



Skin Care and Advanced Aesthetic Treatment Solutions. Why not book your consultation today? Call them on 061536689 or check them out on Facebook at purebeauireland The Grand Opening of the Longhair Studio & Academy in Unit 2, Block A, The Bishops Quay, Riverpoint takes place on Saturday, April 13 from 6.30pm - 9pm and you are invited to



attend. Enjoy FREE samples of hair styling products, consultations on colouring and hair extensions at Longhair by Monika. Call in and meet the team and enter to win amazing prizes. Call the salon today for more information on 087 9023388. Invisalign is hosting an Open Day on Tuesday, April 16 from 8.30am to 5pm at Noonan Dental,



Ellen Street. Up to €400 in discounts will be available on the day with limited FREE appointments available. Call today on 061 468 765.

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We are currently recruiting for an experienced part time/full time Artic truck driven How would you like to work with an enthusiastic team In a role that requires excellent driving ability and customer service skills.

 Candidate will need a full clean truck licence, Hazchem Certificate, ADR, CPC card and driving experience. • Full training will be provided. • Must be flexible with fluent English.

 Saturday and overnight work available. • Working with Oil tankers, flat trailers and low loaders.

Please email your CV to truckdriverposition2019@gmail.com



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AJ Plastic Components, (part of Synecco Ltd), based in Whitegate, Co. Clare, is a leading sub-contract manufacturer of precision injection moulded components and assemblies to leading Companies in the Medical Device, Pharmaceutical and Automotive Industries. We specialise in the Manufacture, Validation, Packaging & Assembly of precision moulding products. In 2017, AJ Plastic Components was acquired by Synecco Ltd., who are based in Galway and a leading Design & Contract Manufacturing provider to the medical device industry.

Due to ongoing investment, we are expanding our Business. We currently have the following new employment opportunities:

Production Supervisor Process Engineer Quality Engineer

If interested in applying for any of these opportunities, please email your CV to recruitment@synecco.com

www.ajpc.com • www.synecco.com





Mid West School for the Deaf, Limerick Roll # 19719H

Applications are invited for the positions of Bus Escort for various routes leaving from and returning to the school.

A panel of successful applicants will be created for positions that may arise within 6 months. Applicants should have qualifications in childcare (QQI Level 4) and completed a first aid course. Successful candidates will be required to learn Irish Sign Language. Part time hours (school days only) Mid West School for the Deaf caters for children who are Deaf and Hard of Hearing. Some students have additional needs.

Applications in writing to The Principal, Mid West School for the Deaf, Childer's Road, Rosbrien, Limerick. Closing date for receipt of applications is Thursday 11th of April 2019 at 1pm.

) | || | | | Limerick firm drives

on with capital deal

Technology: Tranzaura in agreement to pre-check 2,300 buses

NICK RABBITTS

THE LEADER

A LIMERICK company is motoring forward having signed a prestigious five-year contract to service 2,300 London buses.

Annacotty-based transport technology firm Tranzaura has teamed up with Go Ahead, which is the British capital's biggest bus company.

Tranzaura will carry out pre-service vehicle inspection checks across its 2,300-vehicle strong fleet, with the deal following a three-month pilot of 51 all-electric buses at the company's Waterloo Garage.

The app will be introduced to all 16 of its garages during 2019, and it replaces paper-based checks which are resource intensive, costly and subject to human error.

It enables Go-Ahead London to integrate unplanned maintenance into an electronic maintenance system and positively influence driver behaviour.

Go-Ahead London engineering director, Richard Harrington, said: "We set clear vision for the а critically-important pre-service vehicle check process and spent considerable time researching what was available from a number of potential suppliers. We wanted to create a bespoke and future-proof system that takes account of changing legislation and/or company rules. We live in a fast moving and technological world, so it makes sense



www.limerickleader.ie

to embrace the benefits of digital recording and management, while reducing our carbon footprint."

Chris McKeown, Go Ahead's chief engineer, added: "The Waterloo trial proved the technology and it was easily understood by our drivers. Working closely with Tranzuara, we have created a thoughtful and effective check that ensures ongoing compliance. By the end of this year, all vehicle defects will be managed in a more proactive manner, supported by accurate report data."

Shane Mann, Tranzaura's chief executive added: "Go-Ahead London presented us with a real challenge,

Shane Mann, chief executive of Tranzaura, James Barlow, **Go-Ahead's general** manager of the Waterloo bus depot. and Chris McKeown, **Go-Ahead** chief engineer

which we welcomed. Based on our industry experience, we developed a solution that we are very proud of. Instead of a paper trail, the company now has an app that takes a driver through an easily understood safety check to pre-determined standards by walking around the vehicle and recording items on a smart phone. We believe there is a market for this solution elsewhere and are pleased to have pioneered it with an operator of international repute."

Go-Ahead took over the operation of 10% of Dublin Bus's routes in September 2018. The company now operates more than 20 routes in Dublin.

Top award for digital 'change agents'

NICK RABBITS

LIMERICK businessman Kevin Meaney is celebrating this week after winning a prestigious business award.

Kevin Meaney, who heads up International Digital Marketing Agency AGENT Digital, based at Howley's Quay, was awarded the Thought Leader in Digital Marketing award at this year's All-Star Business Awards in Croke Park.

Established in 2007, AGENT Digital is a full-service digital agency based in Limerick and Dublin.

AGENT Digital listens to clients' goals; creates strategies to achieve those goals, and delivers those strategies through their range of services, such as website design,



Briga Hynes, Kemmy Business School, University of Limerick presenting Agent Digital managing director Kevin Meaney with the Thought Leader in Digital Marketing award at this year's All-Ireland Business Awards

development, support and digital marketing, which includes search engine optimisation (SEO) and social media marketing.

Mr Meaney said: "I am honoured

to receive the accreditation from the All-Ireland Business Foundation, This really is an award for all the AGENT Digital team who share my passion for digital marketing and delivering for our clients."

He added that the AGENT Digital team are "digital change agents" pushing the capabilities of digital to the limit, to deliver the best for its clients, which include multinationals, universities, institutes and SMEs. nationwide and internationally, including The Body Shop, Smurfit Kappa and RTÉ.

The All-Ireland Business Foundation is a national body which best-in-class accredits Irish businesses as Business All-Stars. Foundation believe The best-in-class companies should be clearly identifiable so consumers can purchase with confidence from All-Star accredited businesses.

For more details visit the AGENT Digital Website at http://www.agentdigital.ie

Mace stores are honoured

A NUMBER of

Edited by Nick Rabbitts

onick@limerickleaderie

Twitter @nick468official

m 087 6615151

Limerick-based Mace stores have been honoured for achieving top standards in retailing. The Mace excellence

awards were held last week in County Laois, and among the winners there were the brand's stores in William Street, Caherdavin, the Dock Road and Raheen.

These awards, held in association with the **Excellence Ireland Quality** Association, are only awarded to Mace stores that pass an intensive year-long inspection, including unannounced audits and visits from mystery shoppers. Roche's Mace in Thomas Street, the recipient of a Mace excellence award for 2018, was also recognised for their magnificent achievement of their EIQA Level 3 emerald certification.

Strand **Hotel's** big reveal

THIS Thursday evening, the Limerick Strand Hotel will unveil the multi-million euro transformation of its Ennis Road facility. A refurbishment has

taken place on all the hotel's 184 rooms, and these will be thrown open for the public to see this Thursday between 5pm and 8pm.



There will also be local food tastings, courtesy of executive chef Tom Flavin. after-work drinks and business networking.

Strand Hotel bosses had applied for planning permission for a single storey extension of 67 square metres to accommodate a €3.5m expansion.

The plans – which will also see 15 new jobs created have brought a new floor added to the north wing of the existing hotel. It means the height of both sides will be equalised. More information at 061-421800.





Niamh Duggan, Sarah O'Connor, Niamh McGrath, Catriona Ni Chauthain, Claire Dooley and Sonya Shinkin enjoying the Night at the Dogs



Pictures: KEITH WISEMAN



Joe, Kara, Emma and Sean Leddin with Bobby Hayes



Michael Scully, Tadhgh Hockety and Katlin Guckian



Mathieu Thouemont, Eilis Ni She, Breifni Ni Shearaigh, Naomi Ni Chearbhaill and John Di Buitleir



Sarah Madden, Lilian Murphy and Laoise Philips



Best dressed students, with Donncha Ó Treasaigh, principal Gaelcholáiste Luimnigh were Ruth Dollard, Hugh Gallagher, Holly White and Mason O'Brien



Pauline Cussack, Monica Uhlemann, Tracy Hanly and Anne O'Tiernaigh



Alison Ryan and Kevin O'Connor



Austin Quin, Donncha Ó Treasaigh, principal, Ide Quin, Sheila Hickey, Siobhan O'Dhea and Mairead Guckian



Pat and Aaron Maunsell, Senator Maria Byrne and Diarmuid Scully

28 NEWS SPONSORED CONTENT Hugh Campbell group celebrate saloons in finals

DUBLIN was host to one of the biggest hairdressing competitions in Ireland as the brightest, fashion focussed hairdressers competed in the Irish heat of the L'Oréal Colour trophy semi-final awards.

This year didn't disappoint seeing 20 salon teams selected to go on to the grand final for the prestigious L'Oréal Colour trophythree of those finalist salons being part of Hugh Campbell Hair Group in Limerick

Whilst the supporting teams looked on in anticipation, the stylists had only 30 minutes on the stage to recreate their fashion inspired, flawless winning look to



Best of luck to the colourful team at Hugh Campbell Hair in the final

impress the elite group of judges: Mark Woolley, Nathan Walker, Claire Chell, Alan Edwards and Siobhan Jones. Out of hundreds of initial entries three Hugh Campbell Hair Group salon teams now go on to compete at the L'Oréal Colour Trophy Grand Final 2019, which will be held on Monday May 27 at the Clayton Burlington Hotel in Dublin!

Huge Congratulations to the finalists; Emma Collins, Colourist & Cathal Walshe, stylist, Marbles Colour Zone, Cruises Street; Ian Ford, stylist and James O'Dwyer, colourist Hugh Campbell Hair Group Academy and Stephen O'Driscoll, stylist & Sinead O'Donnell, colourist Marbles Castletroy Town Centre.

At the highly acclaimed Grand Final in Dublin on May 27, the finalists will have just one more opportunity in which to prove both their creative flair and technical ability. The overall winners will pick up the most coveted title and a once-in-a-lifetime prize package which includes a European trip to shoot their winning look with a leading consumer title, plus endless opportunities throughout their winning year! We wish the teams all the best now as the prepare for the Grand Final.

You can see their winning looks and read more about the semi-finals at www,hughcampbellhairgroup.com and keep with all the up competition action on @HughCampbellHair on Instagram and Facebook.



Sublime would like to offer a FREE CONSULTATION to Clients who come under the above list - this is truly a life changer!

Call Hair Stylist Sarah O'Keeffe on 061 313887 or 087 7765729

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

THE TRADE THE TR



Alston is an imposing spacoius family home, finished to a very high standard and siting on one acre of mature landscaped grounds in Manister, Crecora

Luxurious rural retreat

Sensational finish: Underfloor heating and oak floors are just two examples of Alston's appeal

AT A GLANCE Location: Alston,

Manister, Crecora Description: Five bed, detached home Price: €695,000 Seller: DeCourcy Estate Agents Contact: 061 415188

Sitting on a beautifully landscaped acre with lovely rural views Alston is a stunning family home superbly finished throughout with marble, oak and tiled floors and underfloor heating.

There is a wonderful impression made right from the start when you open the teak hall door to the light filled entrance hall with marble floor.

Downstairs the spacious lounge has a bay window, feature stone fireplace and solid fuel stove.

A second spacious reception room is currently designated as a study and also boasts a feature stone fireplace and oak floor. Boasting wonderful

Boasting wonderful country views, the conservatory has a tiled floor and double glazed door leading to the patio.

There is also an airy office measuring 3.3m x 2.5m that has an oak floor.

Moving upstairs, there are five bedrooms the master featuring a walk-in wardrobe, fully tiled en-suite with power shower, toilet, two wash hand basins and two double presses.

The second bedroom also features a walk-in wardrobe with en-suite, while the remaining three rooms boast built-in wardrobes.

The main bathroom has power shower, bath, toilet, wash hand basin and tiled floor

The open plan kitchen/dining room features oak fitted kitchen, granite worktop, integrated dishwasher, fridge, cooker, microwave, hob, sink unit.

The utility room meanwhile boasts a geo thermal heating system, tiled floor, stainless steel sink unit, and is plumbed for washing machine. PVC & glass back door.

The exterior features a stone wall to front, electric gates, chip front driveway, mature grounds extending to approximately one acre with beech trees to front, whitethorn trees planted at one side of back garden, and natural hedgerow on other side.

The patio to the rear is paved and there is a large standalone garage



The impression of luxury is immediate at Alston with a grand entrance hall, with marble surface warmed by geothermal underfloor heating



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

LEADER PROPERTY 3

Get on the ladder with this great Westbury home

AT A GLANCE Location: 25 The Paddocks, Westbury, Corbally Description: Three bedroom, semidetached Price: €220,000 Seller: Rooney Auctioneers Contact: 061 413511

Situated in the well established Paddocks development in Westbury, this excellent three bedroom semi-detached home represents a great opportunity to get on the property ladder.

Rooneys are offering this spacious three-bedroom home located in a sought after area, and viewing is highly recommended.

Running to approximately



1,425 f2 (132m2), the house comprises living room, kitchen-diner, playroom, study, utility, downstairs wc, three bedrooms and bathroom.

It is situated in a quiet corner of this well regarded estate and only minutes walk to local amenities including schools, shops, pub and bus stop.

Inside, the house is in excellent condition and

boasts large living space. The property enjoys gas-fired central heating and double glazed windows. Outside there is large rear

Outside there is large rear garden with patio and garden terrace which is beautifully maintained.

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

Offers in excess of €220,000.



No. 25 the Paddocks is in a superb location, well served by a host of amenities and is in excellent condition throughout; below right, the patio is a fabulous feature for the summer





Fabulous four-bed family home in Fanningstown



AT A GLANCE Location:

Fanningstown, Patrickswell Description: Four bedroom, detached home Price: €575,000 Seller: 061 418000 Contact: Sherry Fitzgerald

Sherry Fitzgerald are delighted to introduce to the market this superb family home in Fanningstown, Patrickswell.

A magnificent and imposing property proudly positioned on a landscaped site, it boasts unrivalled views of the surrounding countryside.

Located approximately 10km outside of Limerick, this is the perfect opportunity for anybody seeking a quiet residential area in which to establish their family home. Built in 2006 the property boasts excellent accommodation with well-proportioned rooms filled with natural light.

The property is tastefully appointed with a high standard of finish internally meaning prospective buyers will be able to hang up their hat as they arrive home.

You enter the property through a bright and spacious entrance hallway.

Double fronted the property boasts two reception rooms in addition to a stunning conservatory located off the kitchen.

To the front right-hand side of the property is a spacious living room fitted with a stunning feature



This large and spacious family home is superbly well appointed

marble fireplace.

The main living room is situated at the front of the property and has a feature fireplace with space for a TV to be mounted above.

There is solid timber oak flooring with a clay colour pallet on the walls creating a bright and inviting setting. Entering the kitchen through an open arch way you are greeted by a warm and contemporary kitchen fitted with to the highest standard.

There is a feature island in the centre which is comes

fitted with integrated SMEG gas cooker and oven.

The contemporary crème units pop against the warm navy backdrop on the walls. The kitchen benefits from a large utility which is fully plumbed for washer & dryer and provides access to the

rear garden.

There is a bathroom located on the ground floor which comes partially tilled with contemporary coverings as well as an overhead power shower, WHB facilities & a heated towel rail.

Upstairs there is a spacious landing with four excellent bedrooms.

The landing is most impressive, bright and spacious with neutral velvet carpets and wrapped in beautiful wallpaper.

Each bedroom is tastefully presented. Three of the four bedrooms contain their own private ensuite, each fitted with contemporary sanitary ware, shower and heated towel rails.

The master bedroom which is located at the front of the property enjoys magnificent views of the surrounding country side. The main bathroom is partially tiled and features a wonderfully large Jacuzzi bath. Externally the property boasts manicured gardens enclosed with mature planting and magnificent stone wall. Electric gates lead into an elegant driveway to the house. There is a large steel shed located to the rear of the property.

4 LEADER PROPERTY

Old and new in perfect harmony



AT A GLANCE

Location: Ballyea, Fedamore Description: Three bedroom, semidetached home Price: €270,000 Seller: Rooney Auctioneers Contact: 061 413511

Located in Ballyea, Fedamore, this newly renovated and extended bungalow is bound to excite a lot of interest. Rooneys are delighted to

Rooneys are delighted to bring this three bedroom property to the market.

Extending to approx. 114.63 sq.m. (1,234 sq.ft.) and situated on around half an acre, it commands beautiful views of the surrounding countryside.

The property has been renovated over the last few

years with much of the original stone walls employed as eyecatching features throughout, but also offering a fresh modern finish. Accommodation

comprises of hallway, living room, kitchen/dining room, three bedrooms, en-suite and main bathroom.

To the front is a large driveway and landscaped area and to the rear is a patio area with landscaped gardens which are not overlooked and a large outdoor shed which may be suitable for conversion to office/workshop (subject to planning permission). The property enjoys oil fired

central heating. Limerick City centre is only 15 minutes and there is easy access to local amenities such as schools, shops and Limerick Golf Club.





The original stone walls are used throughout as a feature and compliment to the modern internal finish

Fine family home over three floors

AT A GLANCE Location: 156 Caislean na nAbhainn, Castletroy Description: Four bedroom, semi detached Price: €270,000 Seller: Dooley Group

Contact: 061 385852

Dooley Group Auctioneers are delighted to bring to the market this immaculate semi-detached property measuring an impressive 146.5 sq.m set over three floors.

Accommodation includes hallway, sitting room, kitchen/dining Room, utility room, guest W.C, four bedrooms, two en-suite bathrooms and two walk-in wardrobes.

Built in 2008, No. 156 Caisleann Na hAbhainn is situated down a quiet cul-de-sac and has



everything to offer any discerning buyer with modern décor throughout, high standard of fittings and fixtures, fully alarmed, landscaped lawn, double driveway to front, gas fired central heating, two electric showers, contemporary fitted kitchen, and high ceilings on the ground floor enhancing the feeling of light and space and much more. Caislean Na Habhann is less than two miles from Limerick City Centre and within easy access of Limerick University, Monaleen National School, Castletroy College, the Plassey Technological Park, East City Business park, several retail parks, Castletroy Golf Club, restaurants, bus routes and all major road networks. Must be viewed to be appreciated.



Modern and well finished, No. 156 Caislean na hAbhainn is in an excellent location





www.limerickleader.ie



29 AVONMORE ROAD

Spacious 3 bedroom property situated close to the Crescent Shopping Centre, University Hospital Limerick, Raheen Business Park, national & secondary schools. Hall, two reception rooms, guest wc, kitchen/breakfast room, 3 bedrooms and main bathroom. Garage to the side which could be easily converted to a further reception room etc (subject to planning) OFCH. Extra large rear private garden. BER No. 111942769 €200.000

Lisa Kearney 087 2633422



ENNIS ROAD, LIMERICK

ST GERARD'S

"St Gerard's" is a substantial 1940's semi detached property situated on the much sought after Ennis Road within

€500.000



BER C3

BER C3

BER) F

Lisa Kearney 087 2633422

Rooney

walking distance to city centre, shops, schools etc. Extended (2009), upgraded, beautifully maintained & redecorated over the years whilst also retaining its original features. Porch, hall, two reception rooms, kitchen/dining, 4 bedrooms, 2 bathrooms, large attic room. Private low maintenance gardens to the rear with lawn, patio & rear drive. Spacious lawned side garden. GFCH, solar panels. 163m2 (1,754.36 sqft). Superb turn-key home. BER No.104509989,

BALLYEA



CORBALLY, LIMERICK 25 THE PADDOCKS, WESTBURY,

Spacious home of approx. [32m2 (1.425 f2) located in the well established Paddocks development in Westbury. This fantastic home comprises of a living room, kitchen-diner, playroom, study, utility, guest wc, 3 bedrooms & bathroom. Situated in a quiet corner of this estate & in close proximity to shops, schools, bus stop etc. GFCH. Large rear garden with patio and garden terrace, beautifully maintained. Peter Kearney 087 6488792

€220.000



CORBALLY, LIMERICK BER D2 APT 28 FISHERMAN'S QUAY, GROVE ISLAND

3 bedroom ground floor apartment located within easy walking distance of City Centre & next to the Grove Island Shopping Complex. Hall, open plan kitchen - living room, 3 double bedrooms, ensuite & main bathroom. The apartment is in excellent condition. One car parking space Management fee of €1,250 per year. Excellent investment opportunity or starter property. BER No 109101428 €125.000 Peter Kearney 087 6488792



Impressive 5 bedroom semi-detached house located

just a short stroll from many local amenities including

excellent schools, LIT, the Gaelic Grounds, Thomond

Park. Hall, dining room, rear living room, kitchen-diner,

main bathroom. Enclosed private rear garden. GFCH.

Approx. 150 sq/m (1,614 sq/ft). BER No.111915575

utility room, wc-shower room: Upstairs - 5 bedrooms &

Briain Considine 085 2894166

152 CAISLEAN NA HABHANN

GREYSTONES, LIMERICK

37 BEECHWOOD DRIVE

€260.000

Semi detached property of approx. 148 sq.m. (1,593 sq.ft) in superb condition. Spacious & well laid out accommodation over 3 floors comprising of hall, living room, kitchen / breakfast room, utility, guest wc 4 bedrooms, 2 ensuites & main bathroom. GFCH. Close proximity to Castletroy College, University of Limerick etc. BER No. 100752872. €270.000

Peter Kearney 087 6488792



Renovated bungalow of approx. 114.63 sq.m. (1,234 sq.ft.)

situated on approx. half acre with beautiful views of the

FEDAMORE, CO LIMERICK

ENNIS ROAD, LIMERICK **20 LANSDOWNE GARDENS**

Semi-detached residence of approx 115 sq.m / 1,237 sq.ft only a short walk from the city centre being just off the Ennis Road Hallway with porch, living room, sitting room, kitchen, 3 bedrooms, main bathroom and wc. Private rear garden.Whilst in need of renovation and modernisation, it presents an excellent opportunity for a house in an excellent location and boasting enormous potential. OFCH. BER No.. 11628111 €215.000 Briain Considine 085 2894166



OLD CRATLOE ROAD, LIMERICK BER C2 **145 SHANNONVALE**

Turn-key semi-detached home located within walking distance to schools, shops, LIT, Thomond Park etc. Approx. 110 sq.m / 1,184 sq.ft comprising of: hall, living room, kitchen-diner, guest wc, 3 bedrooms, ensuite & main bathroom. GFCH. In excellent condition. Large enclosed rear garden with deck area, shed, side entrance & gate. BER No.11882692. €215.000 Briain Considine 085 2894166



DOORADOYLE, LIMERICK 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

Briain Considing 085 2894166 E I 90 000

BER D1





CANAL BANK, CLARE ST, LIMERICK CITY FORMER CARETAKER'S HOUSE

For sale - Former Caretaker's House fronting onto Canal Bank in Limerick City which is now a Greenway walk & cycle route from Limerick City Centre to University of Limerick Campus. Excellent redevelopment opportunity. Site of approx. 0.115 acres. Property is currently a derelict dwelling. Superb opportunity to redevelop the lands (subject to the necessary Planning Permission) to residential or commercial use. GUIDE PRICE - €150,000. €150,000

Gordon Kearney 061 413511



RAHEEN, LIMERICK LANDS AT RAHEEN BUSINESS PARK

Lands/site of approx. 4.6683 acres for sale. Located adjacent to Raheen Business Park. Close to exit 3 off the M20 motorway. Zoned "Enterprise and Employment". Lands are irregular in shape. The lands have frontage onto the R510 road which leads to the M20 motorway and the rear of the land is bound to Raheen Business Park. This is an opportunity to acquire a development site adjacent to one of the Mid-wests largest business parks. €350,000

Gordon Kearney 061 413511



BER) F

LEADER PROPERTY 6

Successful launch of Laurelville

AUCTIONEER Joe Wheeler should have been roaring on Munster in Edinburgh on Saturday but instead he was receiving booking deposits.

The launch of homes in Laurelville, Mill Road, Corbally was due to have taken place on Saturday, March 23. However, as the showhouse wasn't ready it was postponed until last Saturday leaving Mr Wheeler with a dilemma.

"I gave up a trip to Edinburgh. I had flights and accommodation booked and two tickets for the match," said Mr Wheeler.

"I gave away the tickets to two very grateful friends," he smiled. At least it was worth his while as the eight houses released were snapped up. Laurelville is made up

of 12 four bedroom semi-detached and 12 four bedroom bedroom detached houses. The semi-detached ones cost €335,000, while the detached are available for €385,000. Deposits were paid for four of each on Saturday. That amounts to close to €3 million worth of sales.

The viewing time was from 11am to 2pm but the first people were there at 9.30am.

"It was done on a first come, first served basis. We had big footfall. We had around 100. There was a steady flow all day. We released eight and sold eight.



Luxury living in Laurelville: Artist's impression of one of the four bedroom detached houses in the new development on the Mill Road, Corbally

They were gone by noon," said Mr Wheeler. He said those in attendance were "mostly young couples". very

"They were impressed by the showhouse. We have had four requests this morning to see if we can sell the showhouse but so far we haven't decided to release

it," said Mr Wheeler, who spoke to the Leader at 10.30am on Monday. He said a lot of people expressed interest in phase two.

"We are taking names but we're not releasing any more for the moment," he said. Mr Wheeler expects the eight houses sold to be occupied in

July. It is hoped the whole development will be completed by February 2020 For more contact Wheeler Auctioneers on 061 383 403

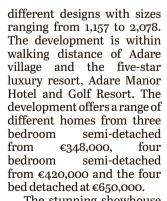
Adare set for 40 new houses



Location: Manor Brook, Adare **Description:** New Development **Price:** from €348,000 - €650,000 Seller: REA O'Connor Murphy Contact: 061 279300

ADARE is one of Irelands most picturesque villages and one of the most sought after areas to live in Limerick.

REA O'Connor Now Murphy have been appointed agents for an exclusive development comprising 40 stunning, modern, detached and semi-detached homes by Torca homes with four



The stunning showhouse in Manor Brook will be launched on Sunday 14th April 14. Exclusively fitted out by Ventura Design, this showhouse is a must see. Visit www.manorbrookadare.ie or call REA O'Connor Murphy, Limerick on 061 279300.



Stunning: An artist's impression of one of the houses at Manor Brook, Adare

Licence No: 002095

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

Derelict Cottage

In need of Renovation

• Circa 1.2 Acre • Good Development Potential

 300m From Village of Knocklong • 15 Mins from Tipperary Town, Mitchelstown, Charleville

• 30 Mins from Limerick City Close to all Local Amenities- Primary School, Service Station, Shop

Wheeler(**AUCTIONEERS**

Ballinalacken, Ballylanders, Co. Limerick **By Public Aucrtion**

Circa 33 Acres

Thursday 2nd May at 3pm

Non-Residential Lands - Top Quality Land Elevated Free Draining Land - Frontage on Two Roads - In One Main Division - Site Potential

Sale will take place at Firgrove Hotel, Mitchelstown, Co. Cork

Solicitor: McCarthy Looby Solicitor, Cahir, Co. Tipperary

Further details maps etc from Sole Agent

Darnstown, Elton, Kilmallock, Co. LimerickV35KP44

CHARMING EXTENDED COTTAGE ON CIRCA 0.5 ACRE

Acc Comp: Ent Hall, Open Plan Kitchen/ Dining/Living, Bathroom, 3 Bedrooms

Outside: Stone façade to front, stone driveway, mature lawns to rear, dog pen, outside tap

Features: Turnkey condition, quality cabinetry, exposed beams, 2 windows to front original windows, uPvc windows & doors

Services: Water Scheme, Oil fired central heating, Septic tank on site

Garbally, Bruff, Co.Limerick V35Y002



Five Bedroom Bungalow

Acc Comp: Ent Porch, Livingroom, Diningroom, Kitchen, Utility, Bathroom, 5 Bedrooms, Ensuite Bathroom

Outside: Tarmacadam Driveway, Mature lawns front & rear, Steel Shed (14x9), Two dog Kennels & yard, spacious concrete yard, mature hedge forming boundary

Features: Oil Fired Central Heating, uPvc Windows, Solid mahogany interior doors, good level of décor throughout, staire to attic area, Alarm, Composite deck no maintenance, Extending to Circa 1700 Sq. Ft.



Bohernore, Knocklong, Co. Limerick V35YN47





Mains Water, Septic Tank, Oil Fired Central Heating

4 Bed Semi Detached Residence

Acc Comp: Ent Hall Kitchen/Diningroom, Sittingroom, Wc, 4 Bedrooms, Ensuite Bathroom, Main Bathroom

Outside: Spacious Concrete Yard to Rear, Shed 17' x16'

Features Include: Oil Fired Central Heating, uPvc Windows & Doors, Alarm, High Level of Decor

Spittle, Ballylanders, Co.Limerick

BER E

Three Bedroom Detached

Detached Bungalow Tyope Residence on One Acre

Located on a guiet secluded road just 1km , from village

Acc Comp: Livingroom, Kitchen, Sittingroom, 3 Bedrooms, Ensuite Bathroom, Main Bathroom

Outside: Detached Garage, Two Storage Sheds, Concrete yard, Front Lawn, Large plot to rear

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



Fedamore, Co. Limerick

We'll get you Home

<u>THE LEADER</u>

6 SHANNON STREET, LIMERICK

T: 061 418 111

CUSHMAN & WAKEFIELD



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

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 Clondrinagh Roundabouts.

CONATCT: CIARA MC CARTHY 061 418111









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 \notin 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



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

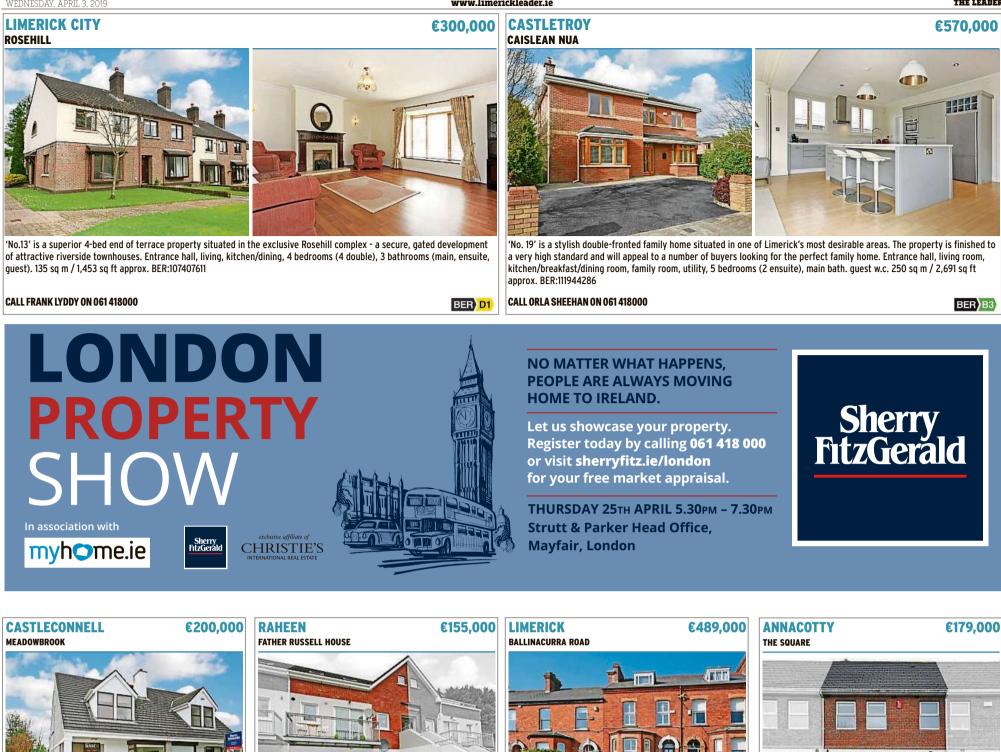
Approx. 50% of the building is currently occupied and producing an income of ${\rm {\pounds}68,\!158}$ per annum

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

cushmanwakefield.ie





BER C2

CALL FRANK LYDDY ON 061 418000

LIMERICK

PATRICKSWELL





sympathetically restored to the highest standard. Entrance hall, living, dining, kitchen, study, utility, 4 bedrooms (4 double), 2 bathrooms. 160 sq m / 1722 sq ft approx. BER 102320967

bedrooms, 4 bathrooms. 133.1 sq m / 1,433 sq ft approx. BER: 100477363

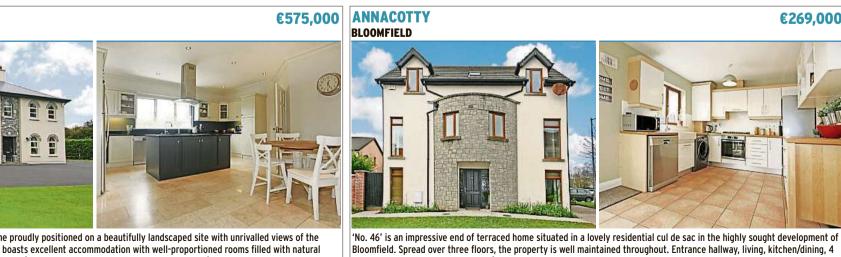
CALL FRANK LYDDY ON 061 418000



Village. Entrance hall, living, kitchen/dining, 3 bedrooms (2 double, 1 single), 2 bathrooms (1 ensuite). 90 sq m / 969 sq ft approx. BER:105395230

CALL SEAN MCGEE ON 061 418000

BER B3



A magnificent and imposing family home proudly positioned on a beautifully landscaped site with unrivalled views of the surrounding countryside. The property boasts excellent accommodation with well-proportioned rooms filled with natural light. 2 reception rooms, 1 sun room, kitchen/dining, 4 bedrooms, 5 bathrooms. 222.6 sq m / 2,396 sq ft approx. BER:111936167

CALL SEAN MCGEE ON 061 418000

CALL ORLA SHEEHAN ON 061 418000

BER D1

BER C1

BER D1

€269,000

AT A GLANCE Location: 54 Glasgow Park. Limerick city **Description:** Three bedroom, terraced house **Price:** €115.000 Seller: DeCourcy Estate Agents

Contact: 061 415188

SITUATED within walking distance of the city centre and adjacent Roxboro to Shopping Centre, this three bedroom, terraced house is also close to schools and public transport facilities.

Located in a mature residential development, this family home has been maintained in superb decorative condition.

It comprises entrance hall, living room and kitchen. Upstairs there are three bedrooms, a shower and toilet. There is oil-fired heating and PVC double glazed windows. Outside features included a walled-in front garden and walled-in

This three bedroom house is close to schools and city centre

large back garden.

The living room features a pine mock fireplace with matching TV laminated floor. unit and Also included are blinds,

carpets and white goods in kitchen including fridge/freezer, cooker and washing machine.



Bella Vista boasts 'enormous character' in prime location



BELLA Vista offers potential purchaser a rare opportunity to acquire a property in a prime residential location within walking distance of the city centre.

Contact: 061 413522

The property is for sale by public auction on Wednesday, April 17, at 3pm in the GVM Limerick City Auction Rooms, 25/26 Glentworth Street, Limerick.

The three-bedroom home is located very close to Mary Immaculate College, the Lime Tree Theatre and an array of educational and sporting amenities.



Bella Vista is ideal for those seeking investment opportunity

It is ideal for those in search of an investment opportunity, owner occupier or a DIY enthusiast.

This corner house features a small enclosed garden to the front and a small vard to the rear.

It is located at Laurel Hill Avenue to the side and rear of the Redemptorists Church.

This is a residence with enormous character that brings to mind the slogan location, location, location!

To view, proceed down South Circular road towards the city centre. Turn left at Laurel Hill Avenue just before the church.

This property is located on the left hand side.

Canal site with excellent potential



AT A GLANCE

Location: Canal Bank, Clare Street, Limerick city **Description**: Redevelopment potential Price: €150,000 Seller: Rooney Auctioneers Contact: 061 413511

THIS site located on Limerick's Canal Bank has excellent redevelopment potential as it is just a short walk to the city centre.

The property is on the Canal Bank, off Clare Street $/ Lelia \, Street and is the former \\$ caretaker's house and site.

It fronts onto the Canal Bank which is now part of a greenway walk and cycle route from Limerick city centre to the University of Limerick campus.

The site measures approximately 0.115 acres and has great potential.

There are currently derelict dwellings situated on site.

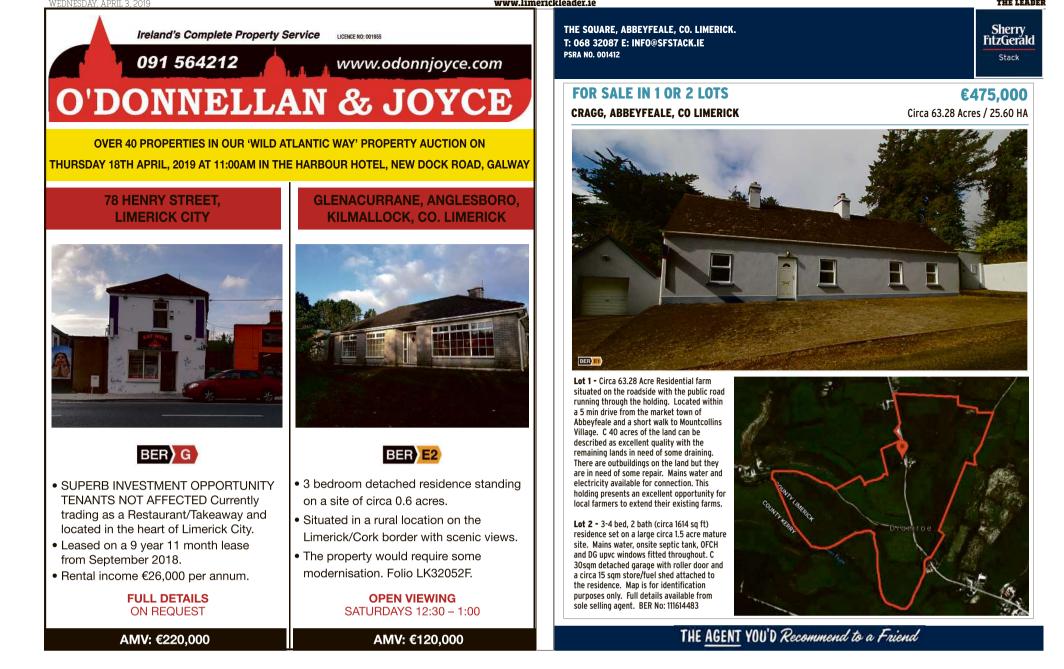
The subject property is in an area zoned "1, (A, B, C City Centre Area)" under the Limerick City Area Development Plan.

The site presents a superb opportunity to redevelop the lands (subject to the necessary planning permission) to residential or commercial use.

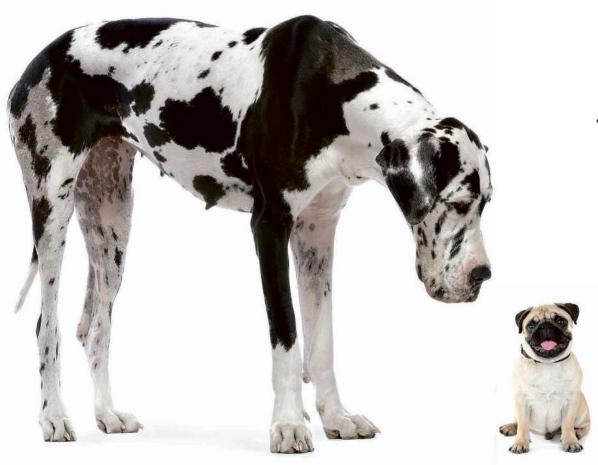
For further details or to arrange an appointment to view the property contact Gordon Kearney at Rooneys Auctioneers.



The site presents a superb opportunity to redevelop the lands (subject to planning permission) to residential or commercial use. It fronts onto the Canal Bank which is now part of a greenway walk and cycle route from Limerick city centre to UL



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

Elegance & style: View inside a designer's home



Geri O'Toole and her husband Cathal Glynn have filled their Castletroy cottage with items collected over the years

Browsers' **Geri O'Toole** shares her



passion for interiors as we look inside her restored 18th century cottage

esign is in Geri O'Toole's DNA her father set up a furniture retailer in Limerick called Browsers, which Geri runs today, and her late mother was an interior designer for the business.

Geri's childhood was steeped in swatches, mood boards, antiques and fortuitous saleroom finds.

"I used to work in the shop during the holidays. I just loved being there," says Geri, who now also runs her own interior design business, from the shop.

She found her match in husband Cathal Glynn, a joiner whose skills proved useful when the couple bought a ramshackle, single-story cottage in Castletroy five years ago, (Mountshannon House was built in the 18th century and burned down in the 20s).

"Our house as built on the estate after the fire," explains Geri.

"The property was derelict when we first saw it. But we like a challenge so we bought it," she added.

The couple - who have a four-year-old son, Finlay have transformed the house, knocking through to create

an open-plan kitchen dinner / living area on the ground floor. They extended up to the roof space to create an additional floor with two



The sublime design starts as soon you enter this home

bedrooms and a bathroom. "We didn't get planning permission because we stuck with the original footprint," says Geri.

Instead of adding a third bedroom upstairs, Geri reconfigured the floor plan to include vaulted ceiling, adding unexpected drama to the living area downstairs. She designed the new staircase using urban materials that contrast with the wide oak beam, salvaged from a hotel in Cork owned by Geri's father, and exposed brick walls, which lend a rustic warmth to the area.

"I wanted to balance the clean lines and modernity with natural materials - I don't like too much

ww.iimerickleader.ie

OME&INTERIORS 13



Play time in Finlay's bedroom

perfection," Geri said.

Cathal made sash windows using the original weights, and the existing fireplace downstairs was restored.

"We tried to preserve as much of the old building as possible. I love these original features; they give the house soul", she added.

An understated palette underpins the calm, light feel of the home. Monochrome tranquility abounds upstairs, where a roll-top bath sits against walls peppered in a motif of swirling clouds.

"I love the was the wallpaper makes me feel as though I'm floating up on high,"'



ABOVE: An oasis of calm next to the original cottage fireplace RIGHT: The kitchen is the heart of any home

The pale backdrop is warmly sprinkled with antiques and heirlooms gathered by Geri and Cathal over the years. Silvered mirrors illuminate the sitting area, soft Persian rugs adorn the floors, and modern artworks by Irish artists, such as Markey Robinson,

enhance the rooms.

"The way to decorate has changed so much. People used to stick with one look, but nowadays we're more open to mixing and matching," Geri said.

Nearby, a set of dilapidated outbuildings are in need of attention. Geri and

Cathal have various ideas: the barns might become a holiday rental, or a workshop. Whatever their decision, one thing is clear: a transformation in store.

Browsers Furniture & Interior Design is located in Upper Williams Street, in Limerick city.



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SLIDEROBES

4 HOME&INTERIORS

Renovating or refurbishing this spring? Not sure where to start?

City Tiles & Bathrooms Limerick is the largest tile and bathroom superstore in the Midwest region.

Here you will find an extensive range of tiles and sanitary ware to cater for all tastes and budgets. They pride themselves on their high standards and attention to detail. One can expect to leave feeling more confident about their renovation plans after a conversation with one of our knowledgeable and experienced members of staff.

The service provided here is a personal, tailored experience that comes for no extra cost. All you pay for are the products that you wish to install in your home.

Their Spring Event has just begun with up to 75% off across their entire range, including top brands such as Burlington, Pelipal and Laura Ashley. To make renovating easier for their customers, they have just launched a Luxury Suite package for €1999 which includes every detail necessary for a bathroom, from the products themselves - including a bath and a separate shower, the necessary taps and wastes and an LED mirror, toilet (seat included), luxury basin and vanity unit -, 24 yards of wall & floor tiles and fixing materials.

As the price includes everything, one can reduce

the price by removing or swapping products if needs be; the package is based on trusted bestsellers. One is not limited to certain products in the package and there is lots of scope for alterations. There are 6 tile designs to choose from, and with the vanity unit, one can select the colour they wish and choose between floor standing and wall hung.

Visit their showroom on the Ballysimon Road and tailor your package at your discretion. To arrange a free consultation with one of their specialists call 061-439640 or email:

saleslimerick@citytiles andbathrooms.ie. They are open 7 days a week.Renovating or Refurbishing this Spring? Not Sure Where to Start?

City Tiles & Bathrooms Limerick is the largest tile and bathroom superstore in the Midwest region. Here you will find an extensive range of tiles and sanitary ware to cater for all tastes and budgets. They pride themselves on their high budgets. standards and attention to detail. One can expect to leave feeling more confident about their renovation plans after a conversation with one of our knowledgeable and experienced members of staff. The service provided here is a personal, tailored experience that comes for no extra cost. All you pay for are the products that you wish to install in your home.

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City Tiles & Bathrooms Limerick is the largest tile and bathroom superstore in the Midwest

Design tricks for small living rooms

IF your living room is small and you are looking for ideas to maximise your space, take inspiration from our clever design tricks to make the smallest of rooms feel perfectly proportioned and to unlock the potential of your compact living room.

The most important tip to help you get started is to find the most suitable pieces and begin to plan a furniture arrangement that will add to the overall look of your space.

INJECTION OF COLOUR

One of the easiest ways of giving the illusion of space is to inject soft, pastel shades into your design scheme to lift your interior.

LIGHT IT UP!

Let the sunshine in and embrace the natural light source available to make your room brighter.

What's better than a sunlit room, after all, to create those feels and eliminate shadows that can make an enclosed area feel even smaller.

You can further enhance your living room with a flush light fixture that is close to the ceiling as they add more light without taking up precious floor space.

SAVE SPACE

Utilise every inch of space in your living room by either getting a sofa built to fit the space which can have useful storage hidden underneath or choose a corner sofa. An angled design will fit neatly in the corner and fill the whole area. It might seem counterproductive to go large, but a sofa that fits the space won't look oversized.

DOUBLE UP

A mirrored design creates a uniform look that feels spacious and cosy at the same time. Invest in complementary sofas and place them opposite each other so the focus is on the open centre of the room. Or if you like the idea of sofas facing each other but space is just too tight, why not try the same idea with love seats? Luxurious for one but big enough for two to squeeze on!



Keep it tidy with this Camden footstool, snuggler and three-seater sofa from EZ Living

www.iimerickleadei

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Choosing colour for your home

Whether you are planning to paint one room or redecorate your home entirely, settling on a suitable colour scheme is rarely a quick decision.

Even if you have decided you prefer blue to green, or grey over white, each colour has a multitude of tones to pick from, so making a final choice is often not straightforward.

To help make the process easier, the experts at leading interior design house Neptune recommend taking an edited approach to colour.

The theory is that by using fewer colours in your home, you can create a colour palette which combines in a way that is focused and full of flow.

SO HOW MANY COLOURS IS TOO MANY?

While there are no hard and fast rules on the number of colours that are right or wrong to use in a home, experts maintain that having no more than four provides a good balance.

It means you can achieve variation in colour and pace without the overall scheme feeling confused or even chaotic.

Colour theory is complex but understanding colour for your home doesn't need to be overly complicated.

Think of your four or fewer colours as being general themes.

For instance, if your overall colour themes included white, blue, grey and a warm brown, you can explore these colours in more detail to include different types of white, different types of blue, different interpretations of grey and different depictions of brown.

Once you have decided on your core colour themes, it is time to start spreading them throughout your rooms.

Some people let colour psychology guide them, for example, yellow is deemed too energising for a bedroom, whereas blue is linked to feelings of calmness and serenity. what they want and where.

Having a single-colour

try

room, even with lots of tonal

variations of that hue, will feel

blending your colour themes

so that a little of each is felt as

you move about your home.

TRY NOT TO DIVIDE YOUR

COLOURS TOO STRICTLY

contrived. Instead,

Some will look to what colours work best with the natural light, while others may rely on gut instinct for



HOME&INTERIORS

Once you have decided on your core colour themes, it is time to start spreading them throughout your rooms



Remember, you don't have to use all four themes in every room, two or three works well. Edited colour palettes, when they are woven throughout your home, are a success because of their subtlety.

By keeping your focus and instilling a touch of discipline, the entire experience of using colour in your home becomes more straightforward.

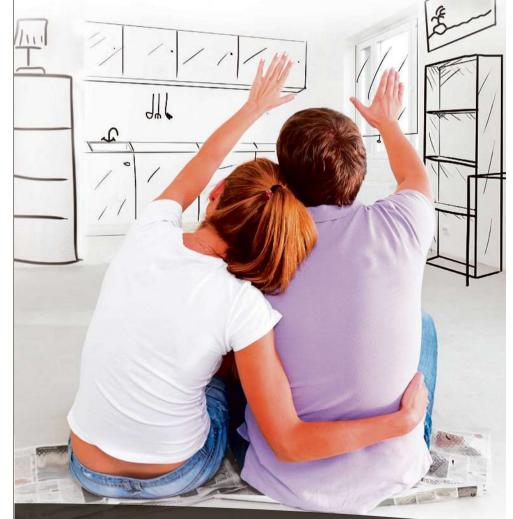
The less-is-more approach is a path to finding out what you really love the most and then gathering those colours together, so your home becomes a celebration of them and an expression of what makes you happiest.

Think of it as another dimension of colour psychology. When your colour palette is finely-tuned, the positive, pacifying effect it can have on your mood and your home is palpable.



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YOUR WEEKLY GUIDE TO WHAT'S GOING ON IN LIMERICK

Performance poet profiles the perils and pitfalls of dates

THE pitfalls and perils of online dating are explored in a new comedy show from local writer Paul McNamara, playing this weekend.

Paul, 25, who studies at Mary Immaculate College brings 'Hello, my name is single', to the Limerick Fringe festival.

It will play at Narrative Four in O'Connell Street this Thursday at 8pm, Friday at 9.15pm and Saturday at 10.30pm.

A comedic look at dating and being in a relationship, Paul uses performance poetry to discuss the topics of love, dealing with confidence, and loneliness. He wrote the play while working as a writer in residence at the Dromineer literary festival.

Taking up the story, he said: "It's all about dating and trying to get into a relationship. So in the show, my character is living with his grandmother and she is sick and tired of me being single. So she sets me up on Tinder and organises the dates for

me." The result of this, Paul says is his "going on a slew of mad dates with all kinds of crazy characters".

characters". Among them are a

farmer's daughter, a socialite and an American.

"In the middle of it all,

there is a longing for Sarah, the girl next door, and trying to figure our what I want. I am still a young guy in the middle of my 20s and I want to figure out what I want from life," he added.

Asked how much of the show is autobiographical, Paul adds: "There are hints of it, but it's more from talking to my friends and asking how difficult it is to find a normal person on Tinder."

And what does he hope people take from the show?

"Hopefully a lot of laughs. But also not to look for all the answers from someone else, from Tinder or online dating."



Performance poet Paul McNamara brings his one-man show to Element Four this weekend PICTURE: MICHAEL COWHEY

It's the third play Paul has written, but the second one focused on 'Performance Poetry'. Last year, his play Quarter-Life Crises, won an award at the Galway Fringe

Prior to that, Paul won Limerick's Got Talent, and has also won the provincial performance poetry title, before coming runner-up at

All-Ireland level.

Tickets are available on the door for each night, priced at ϵ_{10} . For more information, telephone 061-315656.





PICTURES: DAVE GAYNOR

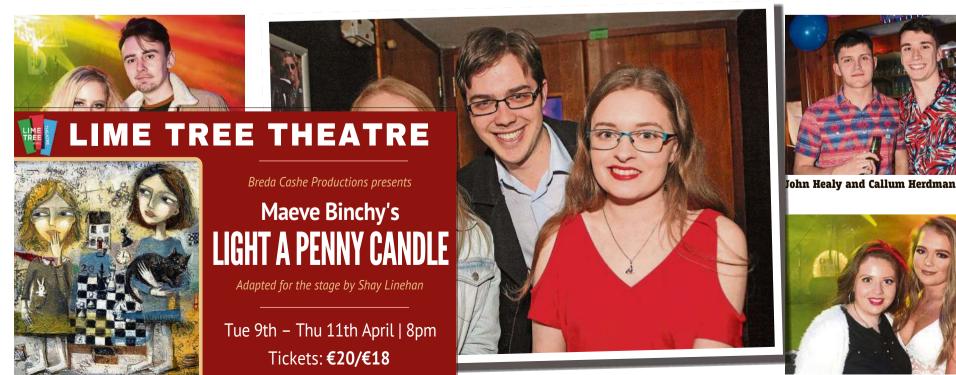
Molly Wadley, Petra Pulliainen and Taylor Jutzi enjoying a night out at Dolan's Warehouse, Dock Road



Eilís Walsh, Andrew O'Brien and Ger O'Hanlon



Cormac Davis and Katie Smith



Booking: limetreetheatre.ie | 061 953400

Catherine Mann

Rachel O'Brien and Chloe Mockler



Ross Buckley, Dara Heneghan and Aisling O'Dea



The band Tiny Giants playing at Dolan's Warehouse



Andrew Davinson, Aoife Lee, Jack Butler and Rachel Frohriep



Callean Finn, Bryan Bird and Ruhi Anand





Christopher Gubbins and Emma Hanley

Dan O'Malley and Ciara Lee

ENTERTAINMENT 32

FEAST of theatre awaits you in Limerick this weekend. Limerick Fringe offers 16 shows over three nights and, if that isn't enough, you can catch Jane McCarthy's The Harvest at the Belltable and a Bottom Dog rehearsed reading of Hugh Leonard's Da. The city also hosts the most talented member of Wu Tang Clan this week, as well as some great indie acts!

Thursday (April 4) **Limerick Fringe** hits the city this week, filling Limerick's weekend with 45 performances of 16 shows in five venues. The festival kicks off with a free night of cajun and bluegrass from Two Time Polka at Mother Mac's at 9:30pm on Wednesday before the theatre and comedy begins in earnest on Thursday. It's impossible to list all of the shows here, especially as each show is at a different time each night, so you can check out the full lineup on

limerickfringe.com. Royal Kung Foolery's A Voice We Follow (three nights in FabLab), about two brothers lost in the Molin Forest, is sure to be a highlight. You also shouldn't miss Multistory Theatre's adaptation of Cassandra (also in FabLab), the woman doomed to know the future but have nobody believe her. And Rob Gee's Kevin King Of Egypt (staged in the Record Room) is the story of an escaped psychiatric patient who thinks he's King Ramses. All shows are just a tenner each. If you like theatre and performance, the Limerick Fringe gives you the best Limerick weekend of the year, so you shouldn't miss it.

Rhythm Of The Dance - the biggest Irish dance show never used as a promotion tool for Michael Flatley - is at the University Concert Hall this Thursday. It's a two-hour foot-tapping tour through the history of Irish music and dance that is likely to leave you as exhausted at the end as the people performing. In case 120 minutes of feet pummelling the stage isn't enough for you, it also comes with a pretty decent light show. I'm disappointed that they don't use the tagline "no river, just dance", but you can't have everything. 8pm, tickets are €30 / €25.

Deceit, half-truths and family complications are the themes of The Harvest, at the Belltable this

THI



Rhythm Of The Dance is at the UCH on Thursday



LEFT: Limerick Fringe runs across the city this weekend

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

Thursday. Playwright Jane McCarthy, also author of the marvellous Overtime, has written a fine psychological drama that explores second chances and what people do to sabotage them. It deserves an audience and it's worth your time and money. 8pm, tickets are €18 / €16.

Hip hop's crown prince GZA is at **Dolan's Warehouse** this Thursday. A founding member of Wu Tang Clan, he's usually regarded as the group's spiritual head. He'll be performing classics from his stunning 1995 album Liquid Swords, as well as the better end of the WTC catalogue. He might go off on a rant about the wonders of science - if he does, just roll with it. Doors at 9pm, tickets are €30.

Friday (April 5) Canadian folk artist Ben

ME TREE THEATRE

Heffernan is playing a solo show this Friday at **Steamboat Music**. At just 18, the singer-songwriter shows a remarkable maturity in his songs and the show is definitely worth a punt at a tenner. It starts at 8pm.

Metal meets trad in **Pharmacia** this Friday night, as Dublin four-piece genre-twisting outfit The Scratch take over for the night. They mix traditional Irish folk with heavy metal so well that it makes you wonder why nobody else has tried it. Worth catching them live. Doors at 8pm, tickets are €12.

Saturday (April 6) LimBrick City is a celebration

of all things Lego at **St John's** Pavilion this Saturday and Sunday. Run by hardcore brick enthusiasts, the weekend offers a large exhibition of completed models, a play area and a giant Lego wall. The weekend will also be autism-friendly, with a special sensory room for children who need it. It runs from 11am to 5pm each day. Tickets are €10 for

adults and €4 for children. Pick up a family ticket for €25 and bring two adults and up to four children. Post Punk Podge & The

Technohippes bring their cheekily-irreverent punk and trad performance to the Pharmacia stage this Saturday night. It's been a busy year for the Technohippies expanding their membership, EP releases and an upcoming performance on the Strummerville stage at Glastonbury this June. This is your perfect chance to catch Podge & crew before Limerick shuts down for the summer. Support on the night comes from Silverback and the Disco Participation Matrix. Doors at 9pm, tickets are a fiver.

If you're the sort of person who thought that the Titanic movie could benefit from people ripping the proverbial out of it, **Dreamgun**

Film Reads at the Kasbah this Saturday night is the perfect event for you. The comedy troupe take film scripts of well-known films and turn them into oddball comic shows by reading the scripts but peppering them with

laughs. I've heard their reading of Titanic and it's hilarious. They presume that you know the movie, so in case you don't, here's the plot: Boy meets girl on unsinkable ship. She's posh, he's not. Dinner, dancing, car sex. Ship sinks. He dies, she doesn't. Celine Dion sings. The end. Now you're ready for the comedy. Doors at 7:30pm, tickets are €16.

Sunday (April 7) There's a Record and CD fair at

the **Milk Market** this Sunday. While the latest hipster trend seems to be releasing albums on tape for people with no concept of audio quality, it's the perfect chance to pay far too much for a vinyl copy of Nick Drake's Five Leaves Left. 10am to 4pm and entry is free.

Limerick's **Bottom Dog** Theatre kick off their eleventh series of rehearsed readings this Sunday night at One Pery Square with Da, Hugh Leonard's acerbic comedy about a young man and the two father figures in his life. This year's series of readings focuses on plays about the family - all unalike, as most of them are unhappy. It starts at 8pm and it's a pay what you can event, meaning that you've no excuse to miss it unless your da gets a heart attack at teatime.

All weekend

The Limerick Printmakers exhibition at the Hunt Museum runs until April 22. The Poets & Painters exhibition is at CB1 until April 30. All free to visit. That's your lot for this weekend and, as always, if you go to things, there will be more things!

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Adapted for the stage by Shay Linehan

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



A Day In My Shoes

Sinead Hope

Director, University Concert Hall

The show must go on!

What time do you get up?

In an ideal world, 6.30am and head for a run (that's always my plan, and sometimes the reality!) but recently it's more like just after 7am.

What is your normal breakfast? Porridge, or these days overnight oats.

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

I like to go for walks after work and hope to fit lots more in with the bright evenings ahead!

You arrive at office at what time?

Between 8-8.30am

What are your first duties?

I scan through my emails, the desk calendar to see what meetings are on and then start on my never ending "to-do list" !

How many cups of coffee/tea

None! (I know, very unusual!)

would you drink a day?

In the cold weather I might grab a hot chocolate but normally stick with water throughout the day.

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

I tend to bring my lunch in, but some days I will head to Allegro restaurant, right beside UCH, which was refurbished during the venue's renovations over the summer and now has a great new breakfast and lunch menu - the food is really good and as it's so close it's just too tempting!

Do you have many meetings during the day?

I try to keep at least one day a week free of all meetings, usually it's about two-three but it can be double that.

What time do you finish up at?

On a normal day about 7pm, but in this business it is often later than that! We have been really busy this spring and in a week with a lot of shows, it can be 10pm across a few nights.

Do you watch much television?

Zero! I prefer to read or watch a movie. I recently got Netflix though and I now have an ever growing list of series and documentaries that have been recommended to me !

Do you read the newspapers?

I tend to catch up with the news online first thing when I wake up and scan the headlines across a few news outlets.

What do you do to relax?

Generally a little walking and I like to catch up with friends. I also volunteer tutoring a community youth orchestra and enjoy working on the board of Kids Classics, an organisation bringing professional musicians off the concert stage into hospitals and community settings throughout Ireland.

Are you able to leave the office behind?

Although my days can be very

long, when I leave the office I do try to leave work behind. But my colleagues know they can contact me if needed at any time.

What is a perfect work day? A busy one - booking new shows, welcoming new artists to Limerick, planning concerts and events that support new and upcoming talent which we will be doing in April with the third of our Rising Stars concerts for young, classical musicians, and making plans for the upcoming season and festivals including June's Limerick Sings International Choral Festival. Of course nothing beats experiencing the high energy in the Hall on the night of a show so if I can round off my day with that then it's pretty perfect.

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

Rarely, I take a deep breath and find the best way to deal with things.

INSIDE **THIS WEEK**



SPECIAL DAY OUTFITS Celia gets ready for a big occasion PAGE 38



ROSACEA DIAGNOSIS Nothing to be embarrassed about PAGE 41



DARKNESS **INTO LIGHT**

Louise attends DIL launch PAGE 43



LIGHTS, CAMERA, AWARDS

Sean is filmmaker of the year PAGES 44-45

Curtain call: Sinead Hope enjoys welcoming new artists to Limerick PICTURE: MICHAEL COWHEY

Are you emotionally ready for the impact of retiring?



MENTAL HEALTH MATTERS PROF EDDIE MURPHY CLINICAL PSYCHOLOGIST

ADJUNCT ASSOCIATE PROFESSOR UCD SCHOOL OF PSYCHOLOGY

SSENTIALLY retirement needs to be thought about as a process of change as opposed to leaving something or stopping everything.

Retirement is not one, but many transitions. Coping with these depends on many things.

They include the role of work and family in the life of the individual, the timing of retirement, the degree to which work has been satisfying, the degree to which retirement is planned for, the expectations one has about retirement, the degree to which a meaningful life is established and, of course one's health and sense of financial security.

In other words, there are many factors that contribute to helping people negotiate the retirement transition.

WHICH ONE ARE YOU?

An interesting way of looking at retirees are the following ways in which people approach retirement:

Continuers; Those who continued using existing skills and interests;

Adventurers; Those who start entirely new endeavours; Searchers; Those who explore

Searchers; Those who explore new options through trial and error;

Easy Gliders; Those who enjoy unscheduled time letting each day unfold;

Involved Spectators; Those who care deeply about the world, but engage in less active ways;

Retreaters who take time out or disengage from life.

GOOD AND BAD EXPERIENCES

A life course perspective looking at an individual's past, present, and future as a whole explains why individuals differ in their retirement experiences.

Interestingly, researchers looked at the connection between retirement and physical and mental health and well-being.

The studies examined what happens to people who exit the work role in a society where work is central to one's identity and also how the retirement experience differed for men and women.

They found that retirement brings different rewards for husbands and wives. Noting that most couples do not retire at the exact same time, researchers found various levels of marital satisfaction and depression for different combinations of employment and retirement.

Newly retired women tend to be more depressed than continuously retired or not-yet-retired women, especially if their husbands remained employed.

Newly retired men experience more marital conflict than non-retired men. In addition, newly retired men with employed wives tend to show higher marital conflict than newly retired men with non-employed wives.

However, men who are retired and re-employed with wives who are not employed have a higher morale than couples where neither spouse is working. Some researchers have found

that those people most happy in retirement enjoy a variety of activities, ranging from volunteer work, exercise, continuing education and so on.

Many on the road to retirement plan to spend a lot of time traveling, but increasing or unexpected physical ailments may make extensive traveling difficult, so be flexible in planning for retirement activities.

So here are the questions that you should ask in order to determine if you are ready psychologically to retire:

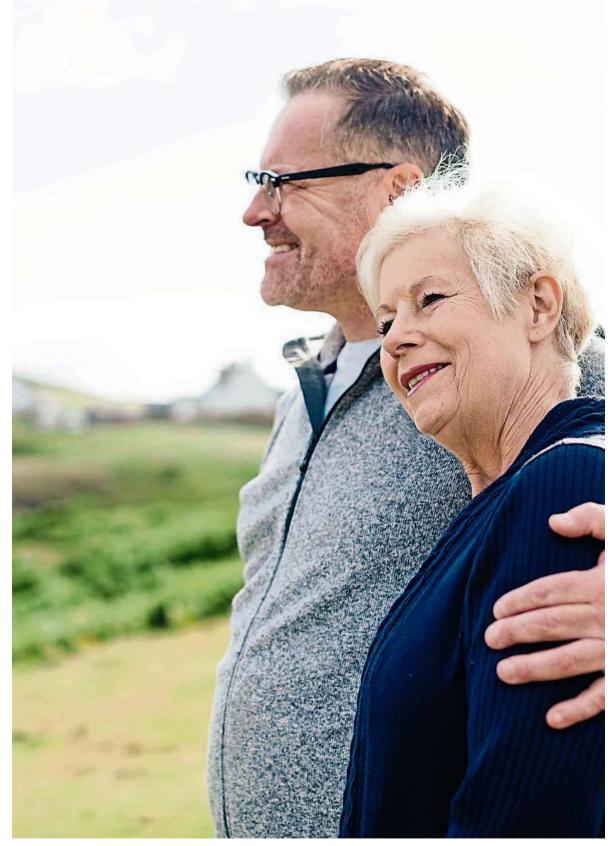
1. Do you enjoy your job? Does it provide a sense of meaning and purpose in your life?

This is critical. Some people enjoy what they do so much that it would be unwise to retire unless you can replace that sense of meaning with some other activity or passion.

2. If your job is stressful, is it retirement you seek, or a change in careers? The point is the decision to retire is about what you value. Are you a working type, or a creative leisure type?

3. Does your job provide critical social needs in your life?

Are most of your friends work associates? Does a good part of your social life revolve around work and the people at work? If the answer is "yes," you may want to postpone retirement until you cultivate the supportive social



'Newly retired men experience more marital conflict than non-retired men'

networks beyond your workplace friends.

4. Are you prepared psychologically to retire? Do you have a retirement plan? Do you have hobbies or interests that will fill your time? Have you realistically considered what your life will be like as a retired person?

life will be like as a retired person? What about longevity? Will you

live longer as a retiree or a working individual? Research by Howard

Friedman and Leslie Martin, as part of their "Longevity Project," shows that people with meaningful careers and are especially productive have the longest lives.

As Friedman and Martin state, "Striving to accomplish your goals, setting new aims when milestones are reached, and staying engaged and productive are exactly what those following the guideposts to a long life tend to do. The long-lived didn't shy away from hard work for fear that the stress of it would lead to an early demise; the exact opposite seems true!" May you Retire Well.

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



What are we doing to our food?

AVE you ever thought about the connection between changes in our food processing and the increasing chronic health problems? After all, we are what we eat and absorb whether it is through our diet or through our skin.

Chemicals and force growing bring negative effects to our body. We genetically modify our food without knowing what the long-term effects are. Highly processed foods and added chemicals turn a healing, nourishing substance into a destroying carcinogen. All this in the name of "feed the world"... Why all this overproduction of cheap food substitutes? And where does denaturing our food lead to?

We weaken our genetics generation after generation. Our children develop more



Overly processed food is bad for the environment and is bad for our health

and more diseases earlier in life versus in advanced age as a result. Our immune system -that is matured and balanced by our gut flora - is getting more and more confused because drugs, preservatives and refined

foods deplete our beneficial bacteria. Cancer, autoimmunity and metabolic disorders are crippling our economy. Children are diagnosed more often with all sorts of mental health issues ranging from ADHD,

dyslexia to autism spectrum disorders and depression. We have always processed

our foods - cooking or fermenting allow us to get more nutrients out of our meals. But what happens on industrial scale is close to

horrific – and our health is at great risk when we eat these highly processed "foods". Take a "healthy" breakfast cereal. Fast harvesting and lack of <u>billion people – but</u> fermentation there is only 7.5 renders the billion of us Íiving nutrients in grains unavailable for us to absorb in the first place. Then the industry puts the grains through a process called extrusion, which treats the grains with very high heat and pressure, which destroys

much of their nutrients. Extrusion denatures the fatty acids; it even destroys the synthetic vitamins that are added at the end of the process. The amino acid lysine a crucial nutrient is especially damaged by the extrusion process.

Rats didn't live longer then a week, when fed these puffed cereal grains - even

those fed simple sugar and water lived longer!

The extrusion process breaks down the organelles and disperses the proteins, which then become toxic. When the proteins are disrupted in this

way, it can adversely affect the nervous system, as indicated by the corn flake experiment.

d enough for 13

on earth

Why don't you join me and stop supporting multi-billion dollar industries that destroy your food - and with it your health and start backing small, local, organic producers? The Milk Market on Saturday and The Urban Co-Op Tuesday to Saturday is the best place to shop for real food – including raw organic milk, sourdough bread, tasty organic meat and vegetables.

LIMERICK LEADER

LIMERI LIMERICK For news and reviews, go online and check out our new **MOTORS** section.

www.limerickleader.ie





FIAT







New C



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POSITIVE PARENTING LOVE PARENTING



On Praising Your Child

Praising your child is one of the best ways of encouraging positive behaviour and giving your child a strong sense of self. Below are some tips on how to praise in a way that will have a really positive benefit on your child and the relationship between the two of you.

Be specific.

Instead of saying things like, "You're such a good boy", try "I really like the way you helped Aoife when she fell. You showed such kindness and caring."

Notice the small things. Children love to be noticed and part of our job as parents is to help give them a strong sense of themselves. By commenting on the small things ("You got dressed all by yourself-you're getting so independent!" or "You really seemed to love working out in the garden-you have such a love of nature"), children will feel that they are really seen and valued.

Praise Effort, Not Outcomes.

Instead of saying, "You did great on your maths test-you are so clever", say something like, "I saw how hard you worked on your maths-- you have really learned so much." This will help them to see the value of effort and hard work; focusing only on the outcome can give them a fear of failure and make them less willing to try unless they are certain they can succeed.

Be sincere.

Don't overdo praise ("You are the best piano player in the whole world!"). Children can see through this easily, and they won't be sure when your praise is really sincere. Giving specific, sincere praise will give them a much greater sense of self and will strengthen the bonds between the two of you.



Resilience has an important role to play

Resilience, or the capacity to overcome challenges in life and emerge as a stronger person as a result, is one of the most important personal resources an individual can develop over the course of their life.

Building resilience can be life-changing for children in particular. Parents and carers can help to develop this resource in children throughout their developmental stages.

One approach to take is the 'I Have, I Am, I Can' model which can help to strengthen resilience in your children.

your children. Through this approach you can help children to identify their personal strengths ('I am great at reading') and the supports which they have in their lives ('I have my teacher' or 'I have my best friend') which can assist them in overcoming obstacles ('I can pass my school test').

Some young people who have followed the model have reported

that it helped them learn how to cope, learn the importance of talking about the issues on their minds and learn to value their own significance in the world.

Ways in which you can help your child or young person when it comes to building resilience include:

Help support your child's physical and mental wellbeing, by taking steps including eating a balanced diet and getting regular exercise, making sure your children have the time and the freedom to play indoors and outdoors, working together as a family to get along most of the time and support one another and supporting your child in school.

If you have concerns about your child's health, you should seek professional support.

Help your child to develop a strong sense of identity by valuing their unique attributes and accepting them for who they are at the present moment. Children who are comfortable with their identity ask questions and try new things. They know they can contribute to the world and make a difference.

Talk to your child about their body in an age-appropriate way to help them develop a healthy and balanced body image and feel positive about themselves.

Addressing questions and topics about their growing and changing bodies and feelings directly, at an appropriate time and in an age-appropriate way, can help to avoid confusion for children.

The challenges which can face children and young people as they are growing up are many and varied.

Those who find themselves in a minority, whether LGBTQI, living with a disability, living in a country other than that in which they were born, identifying with a gender other than that which they were assigned at birth, or otherwise, may find that they have to overcome additional obstacles. As parents or carers, how we express our emotions can give an example to our children. By sharing and naming our feelings, children in turn develop the vocabulary and tools to talk about how they are feeling. If children are aware that other people can get sad or angry – and that these feelings can be expressed safely – then they are less likely to feel overwhelmed.

For more information on this and other topics, go to www.loveparenting.ie

This article was written by the ISPCC as part of the Parenting Limerick network.

The ISPCC's Childline service can be reached at 1800 66 66 66 (24 hours a day), by text to 50101 (10am – 4am every day), or online at Childline.ie (10am – 4am every day).

www.limerickleader.ie

LEADER LIFE 37

SUDOKU

6 3

1

5

9

1

WORDWHEEL

1

2

8

You have 10 mins to find as many words as possible

hub letter and at least 3 others. Letters may be used

only once. You cannot use plurals, foreign words or

proper nouns. There is at least one 9-letter word to

Α

0

CLOCKWORD

U

U

The solutions from 1 to 12 are all six-letter words ending

How you rate:

6 words, average; 9 words, good; 12 words, very good; 15 or more,

excellent.

Ν

using the letters in the wheel. Each must use the

2

4

6

1

3 7 9

2

3

5

1

6

3

4

9

5

3

2

6

3

8 6 4

be found.

DOUBLE CROSSWORD

Cryptic Clues:

- Across 1. Endowed with enthusiasm, but sacked (5) 4. Foreign money
- required for a sea-trip (7) 8. Welldisciplined medical
- attendant (7) 9. Torpedoed, but don't let go, we
- hear (5) 10 & 23Ac. Variety of
 - clothes to be of use to the carpenter (4-5)

ones (4)

16. Devoid of

opinions -

much! (8)

correct (4)

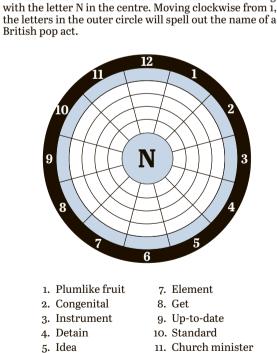
17. Feel regret

don't watch

television so

- More exalted lake (8)
- (8)13. Sums up little See 18 Down
 - 7. Some stamina trial (9,4) 12. Some of
 - the fatal after tea? That's by golden
- 20. For which coaches are 13. See 2 Down needed to give instruction! (5) 21. Do a meal in a
- trendy style? (7) 22. By the end of November, any red variety of
- fox (7) 23. See 10 Across

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.

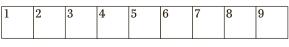


- 6. Command

12. Farmer

NINER

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

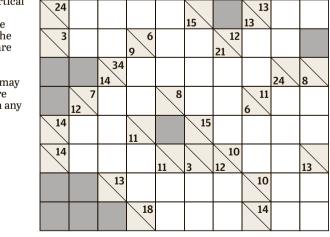


THE CLUES:

152 gives a tree; 84982 gives a tree; 6327 gives something made from a tree.

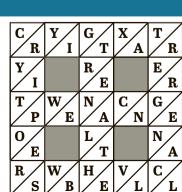
- Down
- 1. Member of the electorate on a sea voyage? (8.5)2 & 13Dn. But the doctor wouldn't prescribe
- listening to the wireless for this treatment! (5-7)**3.** It's dreadful in the crowd - I
- retreated (4) **4.** Salary's raised - settles the bill (4, 2)
 - 5. Sportsmen will distort the tales
 - 6. Everything in neckwear matches (7)
- needed for the
- antagonists for one thwarted apples (8)
- 15. See 18 Down 18,15Dn & 14Ac. American state anarchists are fowl creatures!
- (5.6.4)19. It's used in oriental cosmetics (4)
- KAKURO

Fill in the white



SPLIT DECISION

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



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.



DOUBLE CROSSWORD: Cryptic: Across: 3 Mendacity; 8 Bait; 9 Perimeter; 10 Encore; 11 Bears; 14 Times; 15 Seem; 16 Exile; 18 Veal; 20 Visor; 21 Lasts; 24 Flouts; 25 Varieties; 26 Free; 27 Pestilent. Down: 1 Objective; 2 Piecemeal; 4 Epee; 5 Drive; 6 Cheers; 7 Ties; 9 Prose; 11 Bliss; 12 Set-square; 13 Impressed; 17 Evils; 19 Lariat; 22 Total; 23 Game; 24 Fern. Dwick: Across: 2 Rehearsel; 8 Utab:

Quick: Across: 3 Rehearsal; 8 Utah; 9 Vengeance; 10 Parted; 11 Besom; 14 Cuffs; 15 Noon; 16 Eased; 18 Once; 20 Range; 21 Elite; 24 Infirm; 25 Servitude; 26 Shun; 27 Slandered. Down: 1 Suspicion: 2 Sacrifice: 4 Eved: 5 Eagle: 6 Reason: 7 Arch:

2 9 1 4 8 3 6 CODEWORD:

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

SUDOKU

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

LAST WEEK'S SOLUTIONS

SUDOKU:

CLOCKWORD: 1 Sacred, 2 Absurd. 3 Mended. 4 Morbid, 5 Yawned, 6 Doomed, 7 Ascend, 8 Varied, 9 Intend, 10 Scared, 11 Jumped, 12 Rotund.

CELEBRITY: Sammy Davis Jr.



3 8 9 2 7 1 6



NINER: DESIRABLY.







11 13

10

6. Shifty (7) 7. Pass an opinion (3.2.8)12. Disparage (8) 13. Tackle (7)

Down

1. Literature (7,6)

3. Salute (4)

4. Area (6)

18

9 Verse; 11 Baste; 12 Moonlight; 13 Interment; 17 Drone; 19 Eleven; 22 Title; 23 Tell; 24 Idle.

18. Stir (5)

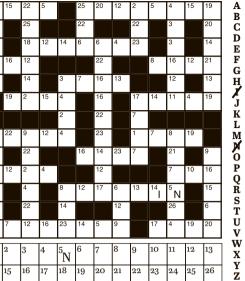
8. Miraculous (7) 9. Commence (5) ar (4) 13. Regard (4) 14. Mirth (4) 16. Aerodrome (8) 17. Boast (4)

21. Particle (7)

19. Stupefy (4)

15. Predicament (6)

2. Cognisant (5) 5. Potential (8)



LAST WEEK'S SOLUTIONS

SUDOKU:

WOLFSBANE.



22. Esteem (7)

23. Build (5)

20

6

23

10

10

9

Ouick Clues:

1. Get to (5)

4. Quell (7)

Across

16

20



LEADER LIFE

STYLE&FASHION CELIA HOLMAN LEE

CONTACT CELIA

Facebook: celiaholmanlee Web: www.holmanlee.ie Email: celia@holmanlee.ie

Special outfits for special days!

HE Holy Communion and Confirmation season is well and truly upon us and with that in mind we showcased six different outfits from the Crescent Shopping Centre on the RTE Today Show.

We focused on fashions for mothers, aunts and guests attending the special day. I think the outfits will give you ideas on how to solve some style and figure problems.

There were some gorgeous new fresh feminine pastels, baby blues as well as cream and white to choose from. Making a big spring comeback is the blazer which we showcased with tailored jumpsuits and palazzo trousers. However, for me, the super flattering T-dress stole the show. These dresses are so versatile and so complementary to all body shapes and heights. So when you are looking for clothes for that special occasion, a trip to the Crescent Shopping Centre is a must!



LEFT: Beibhinn wears a stunning powder pink jumpsuit from Vila teamed with a smart white blazer RIGHT:

Katerina models a coral floral dress from Golden Spiderweb at the Crescent Shopping Centre



Katerina models a classy dress and blazer from Paco which would be ideal for the office or a dressy do



Aoife wears a pair of flared mustard trousers, leather jacket and bow tie top, all from River Island



LEADER LIFE 39

CELIA SPOTTED Looking good out and about in Limerick

Name: Lorraine O Connell Occupation: Starting up an online boutique specializing in reproduction vintage/inspired-clothes from the 1920s, 30s,40s and 50s

From: Raheen

am a bit offbeat in my shopping habits. I love second hand shops, flea markets and people's attics, all of which we have a great selection of in Limerick. Mix it all up with high street finds and independent boutiques (wish we had more of) and you get an individual look.

LORRAINE SAYS

Headpiece: I made this myself in honour of the Butterfly Luncheon I attended in aid of The Mid West Cancer Foundation. It is based on a 1950s cocktail headpiece made of black feathers and two beaded butterflies.

Dress: I love love love this dress which I picked up for €5 in St Vincent de Paul. It has the most fabulous full skirt which I put a netted slip underneath to give it more movement and whittle down my waist a bit more. It has a great waistline and the top has a dull gold material and black lacing over it. The quality is amazing and it washes beautiful in a washing machine...now what's there not to love.

Jewellery: This beautiful Pearl & Diamond set belonging to my mam. was a present from my brother when he was working in the States years ago after he left school. The two costume rings in gold, pearl and diamond I picked up a long time ago.

Clutch: I borrowed this from a friend. It matches the top of the dress beautifully and held all the bits and pieces I needed for the day.

Shoes: This pair of Jimmy Choo shoes were given to me by a friend who could not wear them anymore. They go with so much!



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



You are invited to attend the Grand Opening of our Longhair Studio & Academy New Location

ON THE **13TH** OF **APRIL** 2019 AT **6:30PM - 9:00PM** UNIT 2, BLOCK A, THE BISHOPS QUAY, RIVERPOINT, LIMERICK ENJOY FREE SAMPLES OF HAIR STYLING PRODUCTS, CONSULTATIONS ON COLOURING AND HAIR EXTENSIONS, PROSECCO & SNACKS

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Heathy snack ideas for sprin

NACK ideas are always the toughest so this week I teamed up with Go Gym Limerick's Leona McCarthy to get three healthy snack ideas that she whips up each week.

Take a look!

Peanut Butter Stuffed Chocolate Dates WHAT YOU NEED

Large Pitted Dates/Medjool dates

- Peanut Butter
- 1 tablespoon Coconut oil
- 2 tablespoon Maple syrup

1 tablespoon Cacao powder

WHAT TO DO

1. Get your pitted dates and put a little cut/slit in one side of the date, not cutting it fully in half only one side

2. Fill the pockets with a little PB butter or almond butter.

3. In a small saucepan add 1 tbsp of coconut oi, let melt then add your cacao powder and maple syrup (or my protein drops).

4. Pour your melted chocolate into a bowl, Then dip your PB dates one by one covering them in the chocolate . Place them in the fridge or freezer to let the chocolate set . Enjoy!

Protein Balls WHAT YOU NEED

1 tablespoon of Almond Butter 1 tablespoon of Protein Powder 1 tbsp of Chocolate Sweet Freedom Syrup

Moore2Life

Half a handful of Toasted

What I'm loving this week



1. Mix all the ingredients together

2. Leave in the freezer for 30

in a bowl and add more sweet

minutes and add some melted

chocolate to make them even more

Ready Brek Berry Scones are a great way to start the morning

Ready Brek Berry Scones

WHAT YOU NEED

300g Ready brek 1.5 tsp of baking powder 3 tbsp of coconut oil 2 Bananas Handful of Mixed berries 2 tbsp of maple syrup



Stuffed dates are packed full of fiber - with almost 7 grams of fiber in a 3.5 ounce serving

2 egg whites

WHAT TO DO

1. Preheat your oven to 180c. 2. In a food processor blend your banana, egg whites and maple syrup until smooth.

2.In a large mixing bowl add your ready brek and baking powder and mix. Add in your softened

coconut oil and rub in with your fingers.

3. Then pour your egg whites and banana mixture to your flour and combine well.

4. Stir in your mixed berries.

5. Separate the mixture into balls with your hands and place on a greased or lined baking tray and bake in the oven for approximately 20 minutes until lightly golden on top.

Protein Balls are quick and easy and will last for days



RECENTLY I've been sharing a weekly challenge on my Instagram page where I ask you to do three simple abs or core exercises daily Monday to Friday. I call it my Everyday Abs Challenge! Why am I doing it? Well one of the body parts I find the most boring to train are #abs so for the next few weeks I'm going to challenge



Brand turns six this week and to celebrate all three clubs are running an amazing offer!

Three

THE GO

Gym



Go Gym Brands 6th Birthday

offers for three days - but it will finish at 10pm on Thursday April 4th. Call in to us at Coonagh Cross in Limerick to find out more



Gym - Spin 1038 DJ Martin Guilfoyle and Trisha Lewis better known as "Trisha's Transformation" on Instagram. Trisha, who set

ON Sunday we

guests visit Go

had two amazing



up the social media account to document her weight loss journey, recently appeared on RTE's The Late Late Show talking about her amazing achievement is losing 100lbs in bodyweight. Both Martin and Trisha along with 50 lovely ladies popped into the gym for an exercise class and a chat about her inspirational journey. Great to have you both guys!

Everyday Abs!

Hazelnuts

WHAT TO DO

freedom if needed.

exciting and tasty. Enjoy!

myself to train abs everyday. I'll post a new one next Monday and weekly after that. Who wants to get on board with doing a little abs workout daily for the next few weeks? Check it out on Instagram - @LeanneMoorefitness.

www.11merickleader.1e

LEADER LIFE 41

MANABOUTTOWN PATRICK MCLOUGHNEY

CONTACT PATRICK Email: patmcloughney@hotmail.com Twitter: @iammcloughney Instagram: iammcloughney

Red faced? Rosacea is nothing to be embarrassed about

E all get a little red in the face from time to time – maybe you blush easily when you get embarrassed or you get a little flushed after doing some exercise. But for a lot of Irish people – me being one of them – that redness is caused by a skin condition called rosacea. Rosacea is a chronic inflammation of the skin that can show up in several ways.

One might experience redness that runs down your nose and across your cheeks, red blood vessels that appear on the cheeks and nose, pimple like bumps that don't go away in these same areas (this is called acne rosacea) and in some cases an overall feeling of sensitivity that might even sting.

There are a number of triggers that can cause rosacea to flare up. Your favourite curry dish is right at the top of the list, as spicy foods are known to be among the worst rosacea triggers. Alcohol (red wine especially), too much sun and taking very hot showers are also known to trigger rosacea. Environmental factors like stress, heat, cold wind and frosty weather will also spike a flare-up. Genetics also play a part so if Dad or your Granny have rosacea, then you can practically count on having it too. Although primarily diagnosed

Although primarily diagnosed

in women, more severe symptoms tend to be seen in men because men (being men) tend to delay seeking treatment until their rosacea reaches an advanced stage or just ignore it altogether. An NRS survey in the UK found that while rosacea may occur up to three times more frequently in women than in men, men are more than twice as likely to experience a condition called rhinophyma (an enlarged nose), also known as phymatous rosacea. Symptoms of rhinophyma include excess tissue, thickening of the skin and irregular surface nodules. Unless you're known for delivering gifts on Christmas night, a big red, inflamed nose can be rather unsightly and can lead to an unfair assumption of heavy drinking. Although drinking can aggravate rosacea in some cases, even those with their pioneer pins intact aren't immune. Unlike women, who can hide

Unlike women, who can hide their rosacea symptoms with makeup, most men will not consider cosmetics to be a viable option. In addition, men face another facial skincare challenge that women don't need to account for – shaving. Dulled razors can aggravate sensitive skin, so it's recommended that male rosacea sufferers switch to an electric razor or grow a beard.

Fortunately, there are some treatments available. The first thing to do is head to a dermatologist or skin care professional to determine whether you have rosacea or just red irritation. Factors like triggers, family history and sun damage are all considered when making a diagnosis. Figuring out what triggers make your rosacea worse and avoiding is the first and most basic line of defence and as with all issues that affect the skin, strong sun exposure can increase your risk as well as worsen symptoms so it's essential that you wear an SPF moisturiser every day to prevent flare-ups from the sun. Using gentle skincare products will also help keep your skin calm. Choose cleansers and moisturisers that are fragrance-free and contain natural hydrators like ceramides, hyaluronic acid and glycerin to help reinforce the skin barrier, replenish moisture and keep your skin feeling calm and comfortable. Other treatment options include creams and oral antibiotics that your GP can prescribe and for more moderate to severe cases, laser treatment can achieve significant results and that's the route that I've chosen to take.

A year ago I visited Complete Laser Care for some laser hair removal sessions on the nape of my neck. It was during these visits that



Catherine Waters who helped diagnosed my own rosacea

the lovely Catherine Waters diagnosed my rosacea. In the last year, my skin has gotten worse due to stress, sun damage and not using the right products for my skin so I have decided to zap away the redness at Complete Laser Care. The lovely people at Complete Laser Care once again would like me to stress that they are a private discreet clinic for anyone who is thinking of having laser skin treatment, especially men who hate the thought of going to a salon. they offer a wide range of treatments specialising in advanced skincare and laser and will be in business 12 years this year. Complete Laser Care always advises a free consult with a patch test for any new client. Head over to www.completelasercare.ie for more information or call 061 481620 to book a consultation. I will give an update on my own laser treatments in the weeks to come.

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 mix and match 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.



Watch This Space

Longines Flagship Heritage

My watch of the week from Keanes Jewellers is the Longines Flagship Heritage. Longines is one of a few companies who still have a huge historical archive of all watches to ever leave their factory with the Longines branding. This means they are masters at creating watches which accurately represent models from their past. Over the years the Flagship collection from Longines has worn many hats, with plenty

of variation, however, the Flagship Heritage embodies everything the range has offered over its existence. This stylish classic

timepiece comes in with a 38.5mm width, a thickness just over 10mm and a lug to lug of 46mm. If you're aware of the original Flagship models then this case will be very familiar to you, as the design



It's also massively complimented by the long heavy chamfered lugs which abruptly appear from the rounded case. The Longines Flagship Heritage is available from Keanes Jewellers €1,430. HE LEAD



Attending the Mid-Western Cancer Foundation Butterfly Ball luncheon in the Savoy Hotel were Lisa Tracey, Mid-Western Cancer Foundation; Caroline and Avia Costello, Newmarket-on-Fergus; Paula Williams, Ennis; Donnagh Gregson, Bunratty; Audrey O'Meara, Ennis; Edel Gupta, Cratloe and Lorraine McDonagh, Cratloe

MID-WESTERN CANCER BUTTERFLY BALL LUNCHEON

Pictures: LIAM BURKE/PRESS 22



Lynn Shanahan, Ballyneety, Simone Dillon, Tait House and Tracy Lynch, Raheen



Susan Niven, Castletroy and Claire Kearns, Galbally



Attending the Mid-Western Cancer Foundation Butterfly Ball luncheon in the Savoy Hotel were Margaret Ryan, Cecil Street and Lisa Kearney, St Joseph Street



Board members Lisa Tracey, Gerry O'Doherty with Mayor Cllr James Collins, board member Edel Gupta and Prof Colette Cowan, group chief executive, UHL Group



Celia Holman Lee, Prof Colette Cowan, group chief executive, UHL Group, Edel Gupta and Alice O'Farrell, Corbally



At the Butterfly Ball luncheon were Hilary Thompson, Lisa Tracey, Midwest Cancer Foundation and Lorraine O'Connell



Anne Hickey, Castletroy; Bernedette Walsh, Clonmacken and Sarah O'Rourke, Caherdavin



Ann Keating, Dooradoyle, Maria Heraty, Raheen, Avia and Caroline Costello, Newmarket-on-Fergus

www.iimerickieader.ie

LOUISELOVES

Facebook: @LaoisDeCantalun Email: louise.cantillon@spinsouthwest Instagram: louise_cantillon

Pieta

House

At the launch of Darkness Into Light walk at St Mary's Cathedral

SUICIDE

LOUISE CANTILLON

LEADER LIFE 43

SOUTHWEST



Time for Darkness Into Light





TO DO: Take a walk

As they say there is 'a grand stretch in the evenings' and now that the clocks have sprung forward why not get out and enjoy the brightness! Head towards to Shannon and walk the three bridges also known as "Slí na sláinte' 3.6KM in total check out the route on www.limerick.ie!



TO LISTEN: Track of the week

LAOISE – NEW EP "MAD": Irish Pop Sensation LAOISE has treated our ears to some brand new beats! Incorporating elements of synth and alternative pop LAOISE has an evocative voice like no other! Do yourself a favour and add this EP to your playlist.

TO SEE: Fringe Festival

Who doesn't love a good giggle? Support Limerick's Fringe Festival 2019.

The vibrant, multi-genre performance based event runs from 3rd - 6th April. Find out more on www.limerickfringe.com



RGUABLY the most magical of nights to take place in Limerick City, this year's Darkness into light walk in association with Pieta

CONTACT LOUISE

House takes place Saturday, May 11 at 4:15am. For those of you familiar with the

event, which I assume, is the majority, it is a very special occasion. Organised by Pieta House and supported by Electric Ireland, the event has taken place each year in Ireland since 2013. The global movement aims to raise awareness of and to fight against suicide and self-harm.

There is something very awe inspiring about the sea of yellow t-shirts that illuminate Sarsfield Bridge and the twinkling of candles along the Shannon Bridge as young and old make their way along the 5km route.

Arriving back to Thomond Park as the light breaks one can't help but be filled with hope and emotion as groups of participants hug and cry and smile and dance along to the soundtrack of Limerick's incredible Unity Gospel Choir.

The occasion is like no other I've ever participated in, and I urge you to get involved this year. It sparks conversation about the importance of mental health and wellbeing in all our lives. The entry fees raised around the world allow Pieta House to continue to deliver their vital services.

Limerick's Darkness into Light Walk 2019 was launched in St. Mary's Cathedral last Thursday. Both Mayor James Collins and Metropolitan Mayor Daniel Butler were in attendance on the night. The CEO of Pieta House spoke of the financial importance of the annual occurrence, and Limerick's first responders reminded us of the day-to-day fundamental

service they provide in this city. Hundreds of thousands of people around the world will take part in this year's Darkness into Light Walks. To join in the occasion you can find a walk near you and register online at www.darknessintolight.ie or head over to @Darkness into light Limerick on Facebook! Pieta House also operates the free 24-hour suicide helpline 1800 247 247. For more information about their services, visit www.pieta.ie

Join the movement on May 11 and let's walk together for a brighter future!

Multicultural Day

THOMOND Community College Limerick celebrated multicultural day last Friday! TY coordinator Siobhan Conway is the brains behind the operation that originally started in Salesians Secondary School a number of years ago! "There are 22

countries represented here today, it is a day about celebrating our diverse culture. There is so much richness of language and culture in the school and we want to educate other people about it."

Students from various countries displayed

projects, artwork, pictures and more at their stands, some dressing in traditional attire! Sixth year student Jenifer Ikponmwosa has been involved in the occasion for the last number of years and she told me told me that students regard this day as "their favourite day of the year' and cannot wait to showcase the very best of where they came from! Students prepare a

Students prepare a multicultural quiz and local primary school students visit and take part. At lunchtime, food was served to 300 people that attended the event, all made by students to



Group of students celebrating multicultural day in Thomond Community College

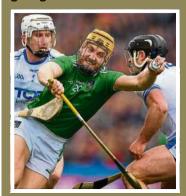
represent their perform respective countries and delicacies! The evening was capped off with a their tai

performance, where a variety of students took to the stage to show case their talents!

Congrats!

League success

A note of congratulations- to the Limerick Senior Hurling team, Division 1 Allianz League Hurling Champions 2019! The team that just keep giving! ♥



LEADER LIFE 44



RICHARD LYNCH Web: www.richardknows.com **Email:** Richard@ILoveLimerick.com



Sean is named as Ireland's ilmmaker of the Year Young F

FOLLOW RICHARD Facebook: Richard Lynch

Twitter: @richanthon

RELAND'S Young Filmmaker of the Year 2019 announced its Junior winners on last Wednesday and its Senior winners last Thursday at the Fresh Film Festival 2019 in Limerick.

The winners of the competition, which received a record of more than 1,700 entries this year, were announced at the Odeon Castletroy.

Fourteen-year-old Sean Tracy from Ashford in Wicklow took home the title of Ireland's Young Senior Filmmaker of the year 2019 for his short film 'Rue', a story about a boy who regrets his last words to his best friend. Speaking about his win, Sean said: "To win here today is an absolute honour, especially considering the quality of the films that were entered! I think this year's films are the highest quality that Fresh Film has ever received. They were all absolutely outstanding and any of them could have placed first."

Students from Clare who were part of the Sparks Film Group took home the title of Ireland's Young Junior

Filmmaker of the year 2019 for their short film 'CAT-astrophe', in which a strange cat is found and weird things begin to happen.

Students from Corpus Christi Primary School from Moyross, Limerick received a Special Mention from the judges for Ensemble at Ireland's Young Junior Filmmaker of the year 2019 for their short film, 'Hon the Treaty.' The short film revolves around the telling of the story of the Limerick hurler's journey to glory in 2018 after waiting 45 years.

Vigga Wagner from Copenhagen in Denmark won the International Film Award for her film 'Bubblehead.' In addition to Ireland's Young Filmmaker of the Year awards, a number of highly commended and specialist awards were presented for both the Juniors and the Seniors.

Ireland's Young Filmmaker of the Year is the highlight of Limerick's Fresh Film Festival, which is now in its 23rd year. Other highlights include feature screenings and workshops including an Industry Master



Richard pictured with Jayne Foley, founder of Fresh Film Festival, second place finalist Cal Arnold O'Driscoll, 16 from Dublin, first place winner Sean Treacy, 14 from Wicklow and third place finalist Milosh Hughes, 18 from Malahide, Dublin with comedian Pat Shortt picture: zoe conway/ilovelimerick

class with The National Youth Film School. Jayne Foley, director of Fresh Film Festival told me: "The festival is a forum

where young film-makers can meet each other. Even at that stage networking is important. You may end up meeting the same people

again later in your career. As advocates of young filmmaking, we also try to showcase films abroad. This year we were excited to have

a number of international young filmmakers coming to Fresh and sharing their filmmaking experience with us." See www.freshfilmfestival.net.

Thomond Community College Multicultural Day

Last Friday, Thomond Community College held their Multicultural Day and there were plenty of colourful photo opportunities available with participating students in national costume. I was honoured to be the Master of Ceremonies again for the eighth consecutive year. Previously, the event was held at the Salesians School before it closed three years ago and every year the event is organised by an amazing teacher named Siobhan Conway.

It was a hugely worthwhile, inclusive event

that gave each and every student the opportunity to showcase their home nation and educate their fellow students. To see the pride of students in their native traditions and language is just wonderful – it truly is an education for all. The day created a real opportunity to celebrate both diversity and integration.

Many of the students also wore traditional costumes for the day and prepared delicious food. An afternoon of international music and dance attended by the whole school brought the celebrations to an end. The

afternoon's acts included members of the Rusangano Family as part of Music Generation Limerick, trad group Gale Force, dancer Tara Ludden and singer **Michelle Grimes** accompanied by the school choir.

Teacher Siobhan Conway said: "The day gave a well deserved forum to the citizens of the new Ireland, and a real opportunity to share heritage. At a time when it was never more important to demonstrate leadership in integration this event really is a worthwhile initiative."



Richard pictured at the multicultural day with student Jennifer Ikponmwosa, Sr. Bridget O'Connell, teacher and organiser Siobhan Conway, Principal Norma O'Brien and student Aisha Garba PICTURE: ORLA MCLAUGHI N/ILOVELIMERICK

THINGS I

Help is on hand

LIVE Out Loud, founded by Susan Kaup and Elsabé De Villiers provides services to surrounding areas and throughout Ireland while raising awareness of intellectual disability, providing education, training, and consultation. They provide support and intervention for children, teenagers and young adults living with mild to moderate intellectual disability and their families

Elsabé De Villiers tells me:"Throughout Ireland, there is a significant lack of services for children, teens and young adults living with an intellectual disability in the age bracket 8 – 25 plus as well as support for these families. Service provision, mainly provided and well resourced during the early years in a one to one therapy format, tends to decrease as children grow older and their natural rate of development slows. With the lack of services, parents often feel overwhelmed, isolated, and frustrated."

The Live Out Loud team consists of professional consultants, such as speech and language therapists,



Susan Kaup and Elsabé De Villiers of Living Out Loud PICTURE: ORLA MCLAUGHLIN/ILOVELIMERICK

social workers, child-care specialists and psychologists who listen, work from their hearts and know what makes for good support. By tapping into the abilities, strengths, interests, talents, and gifts of children, teens and young adults, Live Out Loud designs tailor-made customised programmes and workshops.

Live Out Loud recently took part in the BNest incubator programme, 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. See www.BNest.ie and www.liveoutloud.ie for more

LIFELONG LEARNING FESTIVAL

Calling all budding portrait artists!

IRISH model, fashion stylist and television presenter, Celia Holman Lee, will strike a pose for the Limerick Lifelong Learning Festival at the Further Education and Training Centre, Kilmallock Road, Limerick (formerly St. Enda's School), on Thursday, April 11 from 11am-1.30pm. This is an opportunity for budding artists to participate in a portrait workshop at the Art studio in Kilmallock Road Campus run by the Limerick and Clare **Education and Training** Board.

The Lifelong Learning Festival running from April 8 -14 is the culmination of work by



Art teacher Jayne Foley pictured with Celia Holman Lee PICTURE: CONOR OWENS/ILOVELIMERICK

various partners in promoting learning for all ages throughout the Limerick region in what is promised to be a week of fun and engaging activities, which are free and open to everyone.

To book your place or for more information contact jayne.foley@lcetb or telephone 061 578101.



Pictured at the Darkness into Light launch were organiser Johnny Toger, Nora Conway, manager Pieta House Limerick, Mayor James Collins and volunteer Audrey Ellis Picture: ORLA MCLAUGHLIN/ILOVELIMERICK

Darkness Into Light Limerick 2019

PIETA House Darkness into Light 2019 launch was held last Thursday, March 28 at St Mary's Cathedral in Limerick. On May 11 almost 250,000 participants in over 200 venues across 19 countries and five continents will walk from Darkness Into Light.

Darkness into Light is a global movement dedicated to ending suicide and supporting those who engage in self-harm. By walking from Darkness into Light, everyone can play a part in removing the stigma around suicide and self-harm and spreading the power of hope throughout the world.

I am so honoured to have organised the very first launch of Darkness into Light in Limerick so it's amazing to see how it has grown over the last decade! As Pieta's flagship fundraising awareness event, Darkness Into Light has grown from humble beginnings into a global movement dedicated to raising awareness around suicide and

HERO OF THE WEEK



Saoirse Exton picture: ORLA MCLAUGHLIN/ILOVELIMERICK.

Saoirse Exton

SAOIRSE Exton is only thirteen years of age and has already gone viral in Limerick for the strikes that she has held as part of the movement Fridays for Future Limerick. Saoirse has been striking every Friday, for the last few weeks, outside the Limerick 2030 building from 9am to 3pm in an effort to raise awareness for climate change and to demand action from our local governments. Saoirse said: "The youth of

Saoirse said: "The youth of today must have a say and I am so grateful to the all secondary and primary schools for coming to join me and take part."

In regards to upcoming plans for future strikes, Saoirse mentioned that there would be a national strike on Friday, April 5, and an international strike on Friday, May 24, prompting a large turnout. Well done on all your hard work Saoirse! See

self-harm. The unique event, which is

symbolic of the journey from despair to hope, begins in darkness at 4.15am.

Thousands of people will walk a 5km route into the light of dawn. Funds raised from Darkness Into Light help keep Pieta's counselling services free

of charge and freely accessible to

those in suicidal crisis, people who

bereaved by suicide. Limerick walkers

engage in self-harm, and to those

can register online at

www.darknessintolight.ie.

www.fridaysforfuture.org.



Love to all, Richard x



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NEWSPAPER NOTICE

Limerick City and County Council intends to seek the approval of An Bord Pleanála, in accordance with Section 175 of the Planning and Development Act 2000, for the redevelopment of the c. 2.35 Hectare 'Opera Site' in Limerick City Centre. The development site is bound by Patrick Street, Rutland Street, Bank Place, Michael Street and Ellen Street, comprising; 1-8 Patrick Street, 3-9 Ellen Street (including 9a), Watch House Lane, Michael Street Car Park, The Granary, Oscail House, 4-9 Rutland Street and the Town Hall, Patrick Street.

A 10 year permission is being sought.

The site includes 3 No. Protected Structures; the former Town Hall (Record of Protected Structures (RPS) Ref. No. 014), the Granary on Michael Street (RPS Ref. No. 272), and, a protected doorway at Bruce House on Rutland Street (RPS Ref. No. 317), and, other structures of heritage value.

The development provides, the demolition of all Twentieth Century buildings and later additions to include; No. 6 and No. 7 Rutland Street, the rear returns of the retained heritage buildings, the library extension to the Granary Building on Michael Street, and, the side and rear extensions to the Town Hall on Rutland Street totalling c.13,960 m2. The development also provides the redevelopment of the surface level car park on Michael Street.

The development comprises the construction of c.53,532m2 Gross Floor Area (GFA) mixed-use scheme comprising: The erection of a landmark office building which is principally 14-storeys, with a 15-storey element providing for an enclosed plant room (and solar panels on roof) at Bank Place comprising c. 13,264 sq m office floorspace;

The erection of a 6-storey over basement building, replacing the existing car park at the corner of Michael Street and Ellen Street, providing c.12,654 m2 office use, with c.960 m2 retail, and, c.430 m2 restaurant/café use at ground level; The erection of a 5-storey building at the corner of Patrick St. and Ellen St. comprising; a 57 No. room apart-hotel (c.5,151 m2), including balconies to the rear at 7-8 Ellen Street.

The provision of 9 no. apartments at 1st to 3rd floor levels (6 No. 2 bed apartments; 1 No. 3 bed; and, 2 No. 4 bed apartments) with balconies to the rear and c.655 m2 of retail use at ground and basement levels of 1-5 Patrick Street.

The provision of 4 No. 2 Bed apartments at 1st to 3rd floor levels with balconies to the rear and c.360 m2 of retail use at ground and basement levels of 7-8 Ellen Street.

The provision of 3 No. residential dwellings at 1st to 3rd floor levels (3 No. 1 Bed apartments), with balconies to the rear and c.445 m2 of retail use at ground and basement levels at the existing buildings 4-5 Rutland Street;

The refurbishment of the 3-storey over basement building at No. 9 -9a Ellen Street (the former Quinn's pub) to provide a c.1,261 m2 licenced bar and restaurant.

The renovation and adaptation of the 4-storey former Town Hall (a Protected Structure RPS Ref. No. 014), including the demolition of the existing single storey, building adjoining to the rear and the two-bay four-storey end of terrace building adjoining to the south side. Retention of and conservation works to the Town Hall building to include the roof, façade, windows, principal rooms and open well staircase. Integration at ground and top floor level of the Town Hall with Nos. 8 & 9 Rutland Street which will form part of the proposed Library development. The Bruce House Doorway (a Protected Structure, RPS Ref. No. 317) will be relocated at the internal gable of number 8 Rutland Street, within the new library building atrium. The new building will provide a public library of c.4,515 m2, c.2,981 m2 of office floorspace, and, c.197 m2 of retail and c.446 m2 of café/restaurant floorspace in the basement.

The refurbishment and adaptive re-use of the 4-storey over basement Granary Building on Michael Street (a Protected Structure, RPS Ref. No. 272), including; the change of use of the former Library space within the Protected Structure to office use, the demolition of the existing modern library extension to the west and provision of a new glazed vertical circulation block to the west elevation. The building will provide c.2,303 m2 office floorspace. No change is proposed to the existing basement restaurant and separate licenced premises (c. 579 m2).

The construction of a basement car park beneath the proposed central plaza, accessed from Michael Street, comprising 155 no. car parking spaces.

The provision of a total of 495 cycle parking spaces. These include 311 no. secure cycle parking spaces, together with shower and changing facilities at basement level; 40 no. secure cycle parking spaces and 120 no. public cycle spaces at ground level throughout the proposed development and the provision for a 24-space cycle hire scheme at Bank Place. The development will also include improvement works to the adjacent public streets, hard and soft landscaping changes, public realm seating, roof gardens/terraces, signage, lighting, change in levels, 4 No. ESB substations, attenuation and site wide piped services, set-down areas and all related site development and excavation works above and below ground. In addition, 3 no. new public squares/plazas will be created to comprise; The Central Plaza c.3,700 m2 with a mirror pool water feature; the Granary Courtyard c.778 m2; and, Bank Place c.1,775 m2.

An Environmental Impact Assessment Report (EIAR) and a Natura Impact Statement (NIS) has been prepared in respect of the Proposed Development.

This application for permission, EIAR and NIS will be available for inspection free of charge, or may be purchased on payment of a specified fee (which fee shall not exceed the reasonable cost of making such a copy) during public opening hours excluding Bank Holidays, at the following locations.

The Offices of An Bord Pleanála, 64 Marlborough Street, Dublin 1, Limerick City and County Council, Dooradoyle Road, Dooradoyle, Limerick, V94 WV78.

The application plans and particulars and the EIAR and NIS may also be viewed at or downloaded from the following website: https://www.limerick.ie/council/services/planning-and-property/opera-site-planning-application/opera-site-planning. Submissions or observations may be made in writing only to An Bord Pleanála ("the Board"), 64 Marlborough Street, Dublin 1 in respect of:

i. The likely effects on the environment of the Proposed Development.

ii. The implications of the Proposed Development for proper planning and sustainable development of the area concerned, if carried out.

iii. the likely significant effects or adverse effects (if any) of the proposed development on the integrity of a European Site, if carried out.

Any submissions /observations must be accompanied by a fee of \in 50 (except for certain prescribed bodies) and must be received by the Board not later than 5.30 p.m. on 23rd May 2019 and must include the following information:

1. The name of the person making the submission or observation, the name of the person acting on his or her behalf, if any, and the address to which any correspondence relating to the application should be sent,

 $\ensuremath{\mathbf{2}}.$ The subject matter of the submission or observation, and

 $\label{eq:constraint} \textbf{3}. \textbf{The reasons, considerations and arguments on which the submission or observation is based in full.$

Any submissions or observations which do not comply with the above requirements cannot be considered by the Board. The Board may at its absolute discretion hold an Oral Hearing on the application. (For further details see 'A Guide to Public Participation in Strategic Infrastructure Development' on the Board's website www.pleanala.ie).

The Board may in respect of an application for permission decide to:

a) (i) grant the permission, or (ii) make such modifications to the Proposed Development as it specifies in its decision and grant permission in respect of the Proposed Development as so modified, or (iii) grant permission in respect of part of the Proposed Development with or without specified modifications of it of the forgoing kind and any of the above decisions may be subject to or without conditions, or

b) Refuse to grant the permission.

Any enquiries relating to the application process should be directed to the Strategic Infrastructure Section of the Board (Telephone No. 01-8588100).

Any person may question the validity of any such decision of the Board by way of an application for judicial review, under Order 84 of the Rules of the Superior Courts (S.I. No. 15 of 1986, as amended by S.I. No. 691 of 2011), in accordance with Section 50 of the Planning and Development Act, 2000 as amended. Practical information on the review mechanism can be accessed under the heading 'information on cases/weekly lists – Judicial Review of Planning Decisions' on the Board's website, www.pleanala.ie or on the Citizens Information Service website www.citizensinformation.ie.

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FAMILY <u>ANNOUNCEMENTS</u>

IN MEMORIAM

IN MEMORIAM

Pleas Re T Whe Goo Whe Ar I And C That

† SHEEHAN

(Third Anniversary) In loving memory of a beloved husband, father, son, brother and uncle David Sheehan, late of Carew Park, Limerick whose anniversary occurs 3rd April. Mass will be offered on April 6th in Movross **Church at 5pm.** God looked around His garden And found an empty place He then looked down upon the earth earth And say your tired face. He put His arms around you Dave And lifted you to rest God's garden must be beautiful He always takes the best. He knew you were suffering He knew you were in pain He knew that you would never Get well on earth again. A part of us went with you Dave The day God called you home But you left me gifts that no one else could And that's our two beautiful And that's our two beautiful daughters Who will live on in your name Love and miss you so much Always remembered by your loving wife Jennifer

Dad As the days go on and the years pass by I will never stop loving or missing you I wish it was all a bad dream But unfortunately it's not What I would so to bring you back Dad I would give millions Just to see you smoking your fags And drinking your tea and laughing away You would love to be here to see the fun times with Faye But we will always tell her about our memories And how good of a Dad you were Each days gets harder without you Dad But your pushing me to get through each day One love Daddy Love and miss you loads your one and only Bulb (Chloe) and boyfriend McCauley

Daddy I didn't get to see you for long But I know my big sis Chloe Will share your loving memories to me And I know you will look down On me and Mam and Chloe and

be proud Love you so much Daddy from Baby Faye xxx 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 your heartbroken Mother x David April comes with sad regret, the

day, the month we won't forget. We think of you so often Dave and wish you were here to see, How much we miss you and how very special you were to us. Never forgotten, always loved your mother-in-law & father-in-law Dolores & Wayne

I thought about you today David 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. Your brother Kenneth, nicces Molly & Abbey

Two smiling eyes stopped beating A golden heart stood still We don't know why God took you And guess we never will He only lent you to us Then came and took you back To us you were so precious Your life was full of fun A caring, loving brother and darling little son

Love from your Dad Mo and Chris xx

I hold onto our memories The ones that are so dear To try and keep you close Now you are not here You were called it was your time But it is so true You have left a legacy There was no one like you You were very special And I want to say I feel lost in many ways You are not here today But I will never forget you And I know I have been blessed To have you for my brother Because you were the best Love from your brother

Andy, wife Lynsey, Harry and Andi xx Forgive me, Lord, if I still cry I never wanted my David to die

With a broken heart I whisper low, I love you, Dave and miss you

so. I keep my memories one by one Things you've said & things you've done:

They bring a smile, often a tear For my older brother I miss so dear.

Love from your sister Kayleigh, Dean and Sophia xx

When someone you love becomes a memory, the memory becomes a treasure.

IN MEMORIAM

The sorrow never disappears, The silent tears still flow, The pain is never far away because we loved you so But you're always in our hearts. We think of you each day and warm special memories so often come our way.

You always had a smile to spare, Love to give and time to share. Our hearts still ache as we whisper low

God Bless you Davie, we miss you so. Loved and Missed Always

Cal, Keith, Garry, Ben, Sam & Ruby

Time slips by and life goes on, But from my heart you will never be gone, I think about you always, I talk about you too. I have so many memories, but I

wish I still had you. Loved and Missed Always Nan

Falling tears and aching hearts are things we had to bear, But losing you, the way we did will always seem unfair. From Shirley, Les, Ryan and Shannon



† MALONE & BYRNES

(13th & 15th Anniversaries) In loving memory of my friends Helen Malone (nee Carey), late of 38 Byrne Avenue, Prospect, Limerick whose anniversary occurs on Saturday April 7th and Monica Mona Byrnes, late of O'Malley Pk, whose anniversary occurs on Saturday 28th April. Masses offered. Gentle Jesus up above, Give Helen and Monica all my love.

Always remembered and never forgotten by your lifelong friend Theresa Williams Kennedy, Michael Hartnett and friends in the Treaty Bar.



† MEEHAN

(15th Anniversary) In loving memory of a beautiful mother Mrs Ann Meehan, who died on the 4th April 2004, late of 50 Hennessy Ave, Kileely. Of all the gifts in life However great or small To have you as my mother Was the greatest gift of all Gone from our home But not from our hearts Nan Dotie Loved and missed every day from Pauline and family, and

from Pauline and family, and your sons, daughters. Mass offered on Sunday 7th April in Moyross Church.

IN MEMORIAM



† O'DONNELL In loving memory of

James (Jamsie) and Mary O'Donnell, late of 35, Creagh Ave, Kileely, Jamise whose anniversary occurs on 8th June and Mary whose anniversary occurs on April 4th. Rest In Peace. Also remembering deceased members of the O'Donnell & McNamara Families at this time. No matter how we spend our days,

No matter what we do, No morning dawns, no evening

falls, Without a thought of you. Love from sons, daughters, grandchildren and family in Limerick, Shannon and England.

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.A.S.



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Mercedes-Benz: Best selling German model receives mid-life improvements

TRISH WHELAN

MERCEDES-Benz have given their C-Class range a mid-term makeover with improvements in almost every area.

C-Class has always been regarded as quite a premium car and has been one of the brand's best sellers here. The current generation model needed an overhaul to compete with the new BMW 3 Series. This upgrade, in terms of its design, specifications and technology, will keep the C-Class well up there in contention for top of its class. Audi's A4 is another key rival.

The upgrade includes redesigned front and rear bumpers, new front and rear lights, side lines that swoop beautifully to the rear, as well as sporty dual exhausts.

I really liked the front of the cars I tested (all were AMG Lines) with the big diamond radiator grille and integrated Mercedes-Benz three-pointed star; and the rear styling is definitely one of the best around.

A few new colours have been added. Other key features include completely new electronic architecture and a new generation of four-cylinder petrol engines.

The interior has gained new trim and upholstery colours, walnut and anthracite oak veneering, a centre console finished with lovely trim elements, and a new seat package.

Eco-friendly features include EQ Boost

which helps reduce fuel consumption and deliver extra power when you accelerate or when you drive at low speeds. The 'mild hybrid' system uses a combined starter motor/alternator operated by a 48v electrical system (for normal accessories operation, the standard 12v battery is separate, in the boot in this case). The system boosts the engine under harder acceleration and also allows the engine 'coast' under no load.

Essentially, the 48v system allows the use of what we know as a stop-start motor to be used for propulsion.

You can see when the battery is recharging when you lift your foot off the accelerator pedal. I got 8.2 L/100kms fuel consumption during my time with the coupe version - the battery is below the boot floor. That said, I had driven in Sport mode for a lot of the time to enjoy the experience.

Three style and equipment grades are Avantgarde, Exclusive and AMG.

The range has a host of safety and driver assistance features like semi-autonomous driving, improved cameras, better road-ahead radar and surround-car viewing, Active distance control, emergency stop breaking and steering systems.

Update features include a fully digital display and multimedia information system that you can configure to suit your own personal preference.









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* The Hyundai 5 Year Unlimited Mileage Warranty applies only to Hyundai vehicles that have been originally sold by an authorized Hyundai dealer to an end-customer, as set out in the terms and conditions of the warranty booklet. #Hyundai Tucson 2WD Comfort Petrol. Retail price €27,245. Finance amount €18,559. 36 monthly repayments of €245. Total cost of credit €1,774.34. Optional final payment of €11,443. APR 3.9% as at 1st January 2019. Minimum deposit €9,536. Lending criteria, conditions apply. Available at authorised dealers for models booked and registered by 30th March 2019. Hire purchase by Bank of Ireland t/a Bank of Ireland Finance. Dealer charges apply. † Prices exclude dealer delivery and related charges. Offer applies to 191 Tucson Passenger booked and registered by 30th March 2019. Model shown for illustrative purposes. WLTP Co2 183 g/km. Fuel consumption 4.9L per 100 km.

DIVISION TITLES UP FOR GRABS

Premier sides chase the 'Boro'

See Page 69 for more

Leader

Rude Health: In attendance at the announcement of Bon Secours Hospital Limerick at Barringtons sponsorship of the Limerick Senior Hurling club Championship are Jason Kenny, hospital manager, Limerick manager John Kiely, and Limerick hurlers Shane Dowling, Declan Hannon, and Cian Lynch. Limerick hurling is in rude health at the moment with both national cups in their possession

Limerick in fine health as title defence looms large GAA: League honours bridge an 82 year gap since a title double

JEROME O'CONNELL

THE seven week countdown is underway to Limerick's All-Ireland SHC title defence and ahead of the championship John Kiely's heroes are now the 9/2 favourites to lift the Liam MacCarthy Cup. Last Sunday Limerick

became just the third county in the last 30 years to win the hurling league title the Spring after they were crowned All-Ireland senior hurling champions and the early season form of the men in green certainly whet the appetite ahead of the Munster SHC.

While there is club action throughout April, Limerick now plan for a championship debut on May 19 when Cork

come to the Gaelic Grounds. "It's only a short phase of

our lives, I won't be here forever and neither will the lads. We've been very fortunate, we've had two really great days in Croke Park in the last twelve months. To get back there again will take a huge effort. We look forward to that day and hope it'll happen in the near future, but it might not, so we'll have to enjoy every so we in have to enjoy every single day we get," said Limerick manager John Kiely of league honours after beating Waterford.

You're not going to keep all the people happy all the time, that's something we have to accept. That's the biggest thing we did at the start of the year, we accepted that it wasn't going to be easy, that it was going to be very

difficult. We accepted that from the word go but it almost made it easier, to accept that from the word go. We've been delighted to latch onto any positives as we went along, but ultimately if I were asked last August if we'd have accepted a league title this spring as a launch pad for the spring as a lattice pad for the championship - absolutely, absolutely," said Kiely, quelling any doubts of Limerick peaking too early. As Limerick embark on their championship title

defence, Kiely can call upon his experience as U-21 manager in 2015-16.

"We learned a lot over the years and that was a tough one. I think at the time we probably accepted some of the defeats in challenge games as things we could recover from easier than we



Winner alright: Declan Hannon lifts the Croke Cup

did. This thing, you can't just switch it on and off; you're either up there, at it, or you're not. It's not something can be fixed in a month, you have to put in the hard graft, and fair play to the lads, they're great at that. All the credit goes to

Soccer News



COLM KINSELLA

IN-FORM Limerick FC will look to make it four wins on the spin in the SSE Airtricity League First Division when tackling Galway Utd at Eamonn Deacy Park this Friday night, 7.45pm.

Tommy Barrett's Limerick side sit in third place in the First Division table, one point behind pacesetters, Bray Wanderers, after a run of three successive league wins.

The Blues scored a 2-0 win over Athlone Town in their most recent league game at the Markets Field on Friday night.

Limerick's next two games in the First Division are against sides propping up the table, with Friday's trip to Galway followed by a home fixture against basement side Wexford FC.

FC striker Limerick Connor Ellis has now scored in the Blues three most recent league outings, including the all-important second goal in the win over Athlone.

Twenty one-year-old Ellis said: "There's no team we've played so far that I think would definitely finish above us. There's nobody I fear anyway.

"It is difficult not to get carried away I suppose. We have our ambitions, but if you've seen the league over the last few weeks, Bray lost to Wexford and we could get carried away now and lose the next three - then we're seventh or eighth again."

them, they're top lads," he

will hopefully stand to us this

year but everyone knows Munster is cut throat. If you

lose, especially your first

game, then you're really on

the back foot. It's very

launch of the Bon Secours

Hospital sponsorship of the

"It's a great time for Limerick hurling but all that's happened over the last

year or so would not have

happened were it not for our

clubs. The success at county

level is making our club championships hugely competitive and it's great to

get this support for it from our local Bon Secours

hospital" he said.

Kiely was speaking at the

difficult."

Limerick SHC.

"Last year's experience

said in praise of his players.



Kyle Hogan, Athlone Town, in action against Jason Hughes, Limerick FC



Celtics' Nealon set for Stateside

Limerick Celtics have this week confirmed that Irish under age international Eve Nealon has secured a full academic scholarship by the Hill High School for the 2019 to 2020 season.

In a statement from the club, the Limerick side spoke of their delight that the Irish international is set for the US

"Celtics are delighted for Eve and wish her the very best of luck in what promises to be another chapter of her outstanding basketball career.

Eve has put in huge work over the past few years and we are all looking forward to seeing her return from injury in September and showcase her skills in the American High School league. The very best of luck to Eve from everyone in Limerick Celtics"

Podcast

The Limerick Leader Sports Podcast is now live our on web www.limerickleader.ie website

The tenth episode is jam packed with sports opinion from the Limerick Leader Sports team.

Thomond RFC

Thomond RFC are to host a 'Diamond Ball' to commemorate their 75th birthday, 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: @RFCThomond

Anyone for Tennis? A most exciting

weekend of Junior tennis will take place at CIAC in Rosbrien from April 5 to 7. Three separate competitions will be staged to cater for ages 5 through to 18.

The premier event will be a Tennis Ireland Category 1 Tour Event with the top 8 players at u12 and u16 nationally taking part.

For both the ROG Tennis Tournament and the Graded Junior Open entries go to www.ciactennis.com

Try-scoring hero Earls never lost the faith

COLM KINSELLA

MUNSTER'S try scoring hero Keith Earls insisted he was always confident the side would manage to pull out a victory in their nail-biting Heineken Champions Cup quarter-final win over Edinburgh.

Munster trailed their Pro14 rivals inside the closing 10 minutes of their last eight clash at Murrayfield, before Limerick winger Earls struck for the second of his two crucial tries on the day.

Johann van Graan's Munster side are now looking forward to a glamour Heineken Champions Cup semi-final showdown with Saracens at the Ricoh Arena, Coventry on Saturday, April 20, 3.15pm.

'Sarries' the 2016 and 2017 winners produced a clinical seven-try display to beat Glasgow in their quarter-final.

Asked this week if he thought Munster's hopes of progressing to another semi-final had passed when thev trailed Richard Cockerill's side late on at Murrayfield, Earls said: "It's weird you know when you get these feelings when you know you are not going to lose. I didn't think we were going to lose at the weekend.

"Look, both sides were putting pressure on and both sides were cracking. It was a silly mistake by one of their players that turned the game for us and it that bit of luck we

Tyler (Bleyendaal) comes on with a great kick to touch and I think he got the over throw as well and we created an overlap as well with nice hands from the boys inside and thankfully we got in the corner and they are small little margins that win you a game but you have to be willing to take those opportunities as well."

Earls is the only member of the current Munster squad to have a European Cup won in 2008 when he was on the bench for the final in Cardiff. So what are his memories

of the 2008 semi-final when Munster faced Saracens at the Ricoh Arena?

"I was at home watching it with my old man. I remember Quinny's (Alan Quinlan's) try and his celebration that sticks out in my mind, but look two completely different teams and we'll enter as underdogs.

"You know we will have to learn from our mistakes from a couple of years ago, but we knowit's going to be a massive challenge. I think they are the number one seeded team but you know we'll give it a good belt anyway but we have to think about the next couple of weeks first before we think about Saracens."

Munster face Cardiff Blues in the Guinness Pro14 at Musgrave Park this Friday night, 7.35pm, live on eirSport and TG4.

Munster were thumped 37-13 by the Blues in Cardiff last September.

Flying Earls: Keith Earls of Munster goes over to score his and his side's second try



Adare in the hunt for treble as Senior Football championship



Champions Huddle: Adare, the double county champions prepare ahead of their game with Monaleen last weekend. Harry Gleeson's side face Fr Casey's on Friday night

Monaleen play Ballysteen and Oola play Drom-Broadford.

Senans and Ballylanders will seek a first win, while west neighbours St Kierans and Newcastle West also meet. It's a second game in five days for Na

High stakes derby in AIL 1A

THE now crucial penultimate series of All-Ireland League regular season fixtures kick-off this Friday night when Young Munster and Shannon face-off in a high stakes relegation clash at Tom Clifford Park, 8pm.

Both Munsters' and Shannon are desperate for a win in order to keep their All-Ireland League Division 1A survival hopes alive.

Ninth-placed Shannon, following a one-point deduction, sit level on points with basement side Terenure.

Shannon and 'Nure' are both two points behind eighth-placed Munsters.

Following Friday's derby, Shannon are at home to Cork Con, while Munsters' travel to Terenure on the last day of the season.

Also in 1A, fifth-placed Garryowen will look to keep their outside hopes of a top four finish alive when travelling to Lansdowne on Saturday, 2.30pm.

Meanwhile, in Division 2A, fifth-placed UL-Bohs will be

looking to keep their outside promotion play-offs hopes alive when hosting basement side Galwegians at UL.

Also in Division 2A, Old Crescent face a trip to Cashel on Friday night.

Meanwhile in Division 2C, basement side Thomond's slim hopes of avoiding relegation faces a critical stage this Saturday as the Fitzgerald Park side host eighth-placed Bangor.

Also in 2C, third-placed Bruff face a long trip to City of Derry.



Derby Days: Last man tackle by Young Munster's Shane Airey on Shannon's Eoghan Clarke when the sides met this season

CHAMPIONS Adare laid face fellow round one down an early marker in the Limerick SFC last weekend. The back-to-back

winners scored 3-10 in their defeat of Monaleen – a repeat of last year's

semi final. This Friday, Adare winners Fr Caseys of Abbeyfeale. The victor in Mick Neville Park will be well placed ahead of the Summer break. Also on Friday,

On Saturday, St

Piarsaigh when they play Galbally on Sunday.

www.limerickleader.ie

SOCCER SPORT 53

Divison titles on the line

PAT SHEEHAN

FOCUS this weekend is on League action with some vital games in almost all of the Divisions.

The Premier League leaders Janesboro are not in action which allows the chasing pack to close the seven point gap at the top of the table.

Second placed Pike Rovers welcome Nenagh to the Pike Club using up one of the two games in hand on the leaders.

Pike play Prospect in midweek giving them the opportunity to close the gap to just one point as the title race hurtles to an end.

Pike beat Prospect on Sunday and looked very good in a 4-0 result.

The only down side was an injury to the influential Steven McGann. It will be a nervous wait for the 'Hoops' as they monitor his recovery.

Nenagh have trundled through the season after losing so many players at the start of the campaign.

Whether they can dent Pike's hopes remains to be seen but you are always assured a tough game when you meet the Tipperary opposition.

The form of Colin Daly and Conor Kavanagh gives the 'Hoops' an advantage over most teams of late but they should treat the opposition with care.

Ballynanty Rovers will be expected to beat Carew Park on Sunday and the three

points would leave them six points behind the leaders with a game less played.

With Pike yet to meet Boro, Balla will not be giving up the ghost yet.

Fairview Rangers host Prospect and Geraldines welcome Charleville while Regional Utd v Aisling should be the FAI Junior Cup semi final but until appeals are sorted we must settle for a league tie between the sides.

In Division 1A Moyross and Fairview Rgs is a must win for both sides if they have any chance of pipping the leading two.

Moyross were held by Murroe last weekend in a 2-2 draw which dented their hopes significantly.

In Division 1B Newport must take full points at home to Southend if they hope to overtake Hill Celtic in second spot.

The leading two in could in Division 2A could clinch their promotion this weekend. Hyde Rgs lead the way by two points from Star Rvs with the sides still to meet.

On Saturday Star travel to Charleville while a day later Hyde Rgs host Caledonians knowing a win will see them play in Division 1B next season.

If either slip up Patrickswell could still slip in but they must take full points from their four remaining games, starting with Kennedy Park on Sunday.

In STA Furniture Div 3A Kilmallock will be crowned champions if they beat Abbey Rvs at home. The County side have been superb and



Sunday morning PICTURE B GLEESON Sunday's 4-1 win over the same opposition in the cup was only the latest eye catching performance. The bulk of the side took the field

3B,

be

was only the latest eye catching performance. The bulk of the side took the field in a recent Premier League game versus Janesboro and they pushed the Champions was only the latest eye slip up are Northside and Hyde Rgs who also meet on Sunday. In Division 4 leaders Lisnagry will be promoted if

Lisnagry will be promoted if they defeat Parkville. Second placed Fairview will also move up the Divisions if they can avoid defeat to Coonagh. Defeat however could make things a little more difficult.

DIVISION 3B

Herbertstown

Brazuca United

Weston Villa

Hyde Rgs B

Cappamore B

Coonagh Utd B

Dromore Celtic

Mungret Reg C

DIVISION 4

Fairview Rgs C

Coonagh Utd C

Shelbourne B

Athlunkard Villa C

Parkville B

Aisling E

Murroe C

Newport

Lisnagry

Kilfrush B

Northside

In Youth Division 1 leaders Aisling are not in action which gives Regional the chance to go joint top with a win at neighbours Munget Reg.

Likewise in Division 2 leaders Cals are not in action. Second placed Newport welcome Caherdavin while Shelbourne visit Regional Ultd B.

P W D L Pts

14 11 3 0 36

13 7 2 4 23

14 6 3 5 21

12 7 0 5 21

12 6 2 4 20

12 5 3 4 18

14 5 3 6 18

13 5 0 8 15

11 3 1 7 10

13 0 1 12 1

P W D L Pts

13 11 1 1 34

13 10 1 2 31

12 7 1 4 22

13 6 1 6 19

12 5 3 4 18

13 3 3 7 12

12 2 4 6 10

12 2 2 8 8

12 1 2 9 5

Janesboro	18	16	1	1	49
Pike Rovers	16	13	3	0	42
Ballynanty Rovers	16	13	1	2	40
Regional Utd	16	10	3	3	33
Fairview Rgs	17	8	6	3	30
Aisling Annacotty	15	7	2	6	23
Geraldines	18	7	2	9	23
Kilmallock	17	6	0	11	18
Nenagh AFC	18	5	0	13	15
Prospect Priory	16	3	5	8	14
Charleville	19	3	1	15	7*
Carew Park	20	0	0	20	-3*

JUNIOR SOCCER

PREMIER DIVISION

THE LEADER

PWDIPte

DIVISION 1A	P	W	D	L	Pts
Coonagh Utd	19	12	5	2	41
Mungret Reg	19	12	4	3	40
Moyross	18	10	3	5	33
Athlunkard Villa	19	9	5	5	32
Fairview Rgs B	18	9	5	4	32
Murroe	19	9	3	7	30
Holycross	18	8	3	7	27
Cappamore	19	6	4	9	22
Corbally Utd	19	6	2	11	20
Aisling Ann B	18	3	5	10	14
Castle Rvs	19	3	3	13	12
Summerville Rvs	19	4	0	15	12

DIVISION 1B	P		D	_	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	29
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	7*

DIVISION 2A Hyde Rgs	P 11	W 10	-		Pts 30
Star Rvs	11	9	1	1	28
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	14	10	4	0	34
Mungret Reg	14	9	1	4	28
Newport	16	7	3	6	24
Athlunkard Villa B	15	7	2	6	23
Parkville	14	6	4	4	22
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	16	1	2	13	5

DIVISION 3A					D4 -
Kilmallock B	P 14		_	_	Pts 35
Castle Utd	15	8	4	3	28
Wembley Rvs	15	8	4	3	28
Meanus	15	7	5	3	26
Murroe B	15	8	2	5	26
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

WEEKEND JUNIOR SOCCER FIXTURES

to the limit before going

crowned champions with

another win. On Sunday they

Division

will

SATURDAY APRIL 6

MCGETTIGANS DIV 2A Charleville v Star Rvs, 7.00, M Kiely

SUNDAY APRIL 7

PJ MATTHEWS PREMIER LEAGUE

Fairview Rgs v Prospect, 11.00, D Power, Carew Park v Ballynanty Rvs, 11.00, A Keogh, Pike Rvs v Nenagh, 11.00, R Broe, Geraldines v Charleville, 11.00, J McNamara, Regional Utd v Aisling, 11.00, B Higgins

GALTEE FUELS DIV 1A Holycross v Aisling, 11.00, D Broughton,

Moyross v Fairview Rgs, 11.00, G Clancy

GALTEE FUELS DIV 1B Newport v Southend, 11.00, K O'Gorman, Granville Rgs v Shelbourne, 2.15, R Broe, Geraldines v Ballylanders, 11.00, N Casey

MCGETTIGANS DIV 2A Hyde Rgs v Caledonians, 11.00, Martin Monaghan Patrickswell v Kennedy Park, 11.00, J Rooney

STA FURNITURE DIV 3A Kennedy Park v Abbey Rvs, 11.00, Keith McCormack, Aisling v Prospect, 2.15, F O'Neill Janesboro v Knockainey, 2.15, T Joyce

ALL TAN SUNBED DIV 3B

Coonagh Utd v Dromore Celtic, 11.00, J Clancy, Herbertstown v Brazuca, 11.00, F O'Neill, Northside v Hyde Rgs, 11.00, K McNamara

EDEN HAIR SALON DIV 4 Lisnagry v Parkville, 11.00, P O'Brien, Athlunkard Villa v Shelbourne, 11.00, Lee Estate, E Kenny, Newport v Murroe, 11.00, PJ Walsh, Fairview Rgs v Coonagh Utd, 2.15, K McCormack

NICK GREEN YOUTH DIV ONE Fairview Rgs v Charleville, 2.15, R McCann.

Nenagh v Kilfrush, 2.15, J McNamara, Mungret Reg v Regional Utd, 2.15, B

Higgins

down.

In

Herbertstown

NICK GREEN YOUTH DIV TWO Regional Utd B v Shelbourne, 2.15, S Rooney,

Aisling v Corbally, 2.15, M Kennedy, Newport v Caherdavin, 2.15, M Murphy

TUESDAY APRIL 9

ALL TAN SUNBED DIV 3B Weston Villa v Dromore Celtic, 6.30, P O'Brien

NICK GREEN YOUTH DIV ONE Regional Utd v Fairview, 6.30, Astro, N Casey, Aisling v Nenagh, 6.30, R McCann

NICK GREEN YOUTH DIV TWO Shelbourne v Caledonians, 6.30, Martin Monaghan, Caherdavin Aisling, M Kiely, Corbally Utd v Regional Utd B, Mike Monahan

KEN T GRIFFIN CONSTRUCTION

YOUTH DIV THREE

Lisnagry v Kilmallock, 6.30, F O'Neill, Regional Utd v Carew Park, 6.30, Grass Pitch, E Kenny

WEDNESDAY APRIL

10 DIV 1A O'HALLORAN CUP

Coonagh Utd v Moyross, 7.00, J McNamara

THURSDAY APRIL 11 PI MATTHEWS PREMIER LEAGUE

Regional Utd v Kilmallock, 6.30, K Gorman, Prospect v Pike Rvs, 6.30, B Higgins, Ballynanty Rvs v Charleville, 6.30, A Keogh,

Aisling v Nenagh, 6.30, D Power **GALTEE FUELS DIV 1B** Hill Celtic v Ballylanders, 6.30, J

McNamara

MCGETTIGANS DIV 2A Star Rvs v Patrickswell, 6.30, M Kennedy

| 7

Limerick to the

core... **9**9

COLM KINSELLA

54 SPORT OPINIONS

Fans thrilled over prospect of being sent to Coventry

OHANN van Graan's reaction at full-time at Murrayfield on said it all. Saturday

It appeared as if the watching Jerry Flannery was a little taken aback at just how relieved Munster's South African head coach was when the final whistle sounded to signal the province's progress to another Heineken Champions Cup semi-final.

Van Graan exhaled, threw his arms into the air and soaked in that winning feeling.

The timing of a Heineken Champions Cup quarter-final so soon after the conclusion of the Six Nations Championship must frustrate the hell out of head coaches.

After all, the Munster side which took the field in Edinburgh at lunchtime on Saturday had not played together for two full months - since their final round

pool game against Exeter. The Munster players then depart the province for Ireland camp as the Six Nations takes centre stage.

Then they return from camp following the final round of Six Nations games - those who started all or most of those games for Joe Schmidt's side get a well deserved week off - before coming straight

back into the starting team for a make-or-break European Cup quarter-final.

No wonder centre Chris Farrell admitted that it is difficult to be fully up to speed with calls and plays at Munster so soon after being involved in the Ireland camp.

Saturday's game with Edinburgh was huge for Munster. Heineken Champions Cup quarter-finals always are.

The Champions Cup is the competition that the Munster public have built their love of the team on.

So many save their hard earned cash to travel for away fixtures season after season.

For the players and coaches of the team, the stakes are even higher. The life would have been sucked out of Munster's season if van Graan's side had failed to beat Edinburgh on Saturday.

Over the years we have seen how difficult it is for Munster to rebuild their Guinness PRO14 campaign so quickly after a European Cup exit.

It is exceptionally difficult. Remember last season, following their Champions Cup exit at the semi-final stage to Racing 92 in Bordeaux, Munster did not take up its full allocation of

match tickets for their glamour Guinness Pro14 semi-final showdown with arch rivals Leinster at the RDS Arena.

Munster were entitled to take up 25% of each ticket category for the semi-final showdown with Leinster. Munster's allocation for the game was of the order of 4,750.

A few weeks earlier, Munster's Pro14 semi-final play-off fixture against Edinburgh at Thomond Park attracted an attendance of just 10,205.

There was north of 20,000 Munster fans in Murrayfield on Saturday. The Champions Cup is where its at for supporters. And Johann van Graan, his

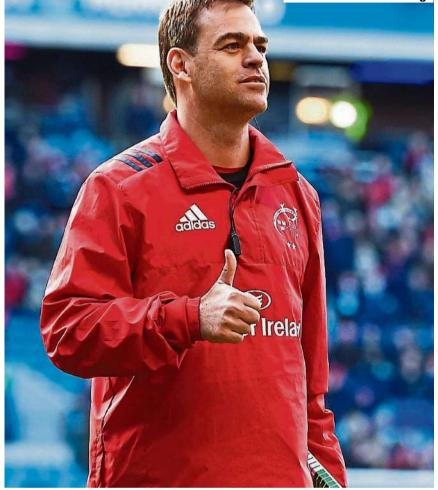
backroom team and players appreciated that on Saturday afternoon.

Edinburgh provided a huge test of Munster's Champions Cup mettle, but an even greater test awaits for the province later this month in the form of an away date with 2016 and 2017 Cup winners Saracens.

This will be Munster's 14th Champions Cup semi-final appearance. After two years of failing to getting out of their pool, Munster also reached the semi-final stage in both 2017 and 2018, losing to Sarries at the Aviva Stadium two years ago. Munster haven't won a trophy

since the 2011 Celtic Cup. Stark.

Job well done: Johann van Graan celebrates his side's win over Edinburgh



JEROME **O'CONNELL** Ending 82-years of hurling history

T'S just over two years and six months since John Kiely was rubber-stamped as the Limerick hurling manager.

No one could have foreseen that between September 13, 2016 and March 31 2019, Limerick would re-write the history books – this week holding both the All-Ireland SHC and Hurling League titles, the first time since 1937!

When records fall, I love to delve into the history books! So here goes

Under John Kiely, Limerick have played 42 games – Championship, National League and Munster League – winning 29, drawing two and 11 defeats. Seven of those defeats came in 2017.

In the eight game league campaign just finished; Limerick used 33 players.

But in total, 51 players have seen game time under Kiely's senior tenure - from 22 different clubs.

Incidentally, just 18 of these 51 players were not involved under previous manager TJ Ryan. **PLAYERS:** Shane Dowling, David Dempsey, Mike Casey, Peter Casey, William O'Donoghue, Kevin Downes, Conor Boylan, Alan Dempsey, Ronan Lynch (all Na Piarsaigh); Barry Hennessy, Graeme Mulcahy, Paddy O'Loughlin, Oisin O'Reilly, Robbie Hanley, Aaron Costello and Gavin O'Mahony (all Kilmallock); Richie English, Pat Ryan, Darragh O'Donovan, Barry Murphy and Mikey O'Brien (all Doon); Diarmaid Byrnes, Cian Lynch, Aaron Gillane, Seanie O'Brien, Kevin O'Brie (all Patrickswell); Lorcan Lyons and Andrew La Touche Cosgrave (both Monaleen). Dan Morrissey and Tom Morrissey (both Ahane); Paul Browne and Sean Finn (both Bruff); Kyle Hayes and Barry O'Connell (both Kildimo-Pallaskenry) John Fitzgibbon and Declan Hannon (both Adare), Daragh Fanning and Colin Ryan (both Pallasgreen); Seamus Hickey and Seanie Tobin (both Murroe-Boher), Tom Condon (Knockaderry), Richie McCarthy (Blackrock), Nickie Quaid (Effin), Barry Nash (South Liberties) Gearoid Hegarty (St Patricks), David Reidy (Dromin-Athlacca), Seamus Flanagan (Feohanagh-Castlemahon), William O'Meara (Askeaton), Stephen Cahill (Tournafulla), James Ryan (Garryspillane) and David McCarthy

(Glenroe).

DONN O'SULLIVAN Limerick's sporting talent shines through during epic weekend

eing the Sports Editor of the Limerick Leader, I don't need Limerick sports people truly are, but sometimes it is nice when people from outside of Limerick see us for what we are, a talented bunch.

Last weekend I had the pleasure of being in both Edinburgh for Munster's win over the Scottish side and also in Croke Park for Limerick's Allianz Hurling win.

Two wins, from two very good sides, but the Limerick talent on show was the highlight for me.

First off Munster's Limerick of crew Dave Conor Kilcovne. Murray and Dan Goggin all played their part in Munster's win, while the star of the show was Keith Earls, another 'one of our own' with

Brimming local pride from Saturday, Sunday was to bring it to a new



Our own: Aaron Gillane and Keith Earls in action this week

level

How good are these hurlers? Their display is still hard to fathom. The skill levels shown by John Kiely's entire side would be enough to be proud of on their own, but this side's ruthless edge, their physical aggression and their every increasing hunger for success is something that puts a pep in your step wherever you now call home.

Us Limerick 'locals' have always known how good we are, but it is even better now that everyone else knows it too.

COLM KINSELLA Rathvinden and Vieux Lion Rouge with 'National' claims

HE world's most famous horse race, the four and a quarter mile stg£1 million Randox Health Grand National takes place over Aintree Racecourse at 5.15pm this Saturday.

The 2018 hero Tiger Roll. trained by leading Irish handler, Gordon Elliott IRE, has been heading the ante-post market for the 2019 Grand National for some time.

Generally on offer at 20/1 in mid-February, recent Cheltenham Festival cross-country winner Tiger Roll is as short as 7/2 favourite with the bookies this week.

At those odds, Tiger Roll is not a

betting proposition for those who are once-a-year punters.

At odds of 10/1,another Irish contender, Rathvinden is the shortest price of Willie Mullins' Grand National contenders. Rathvinden has some

high-class form to his name, winning the National Hunt Chase at the 2018 Cheltenham Festival. The 11-year-old recently won the Bobbyjo Chase at Fairyhouse.

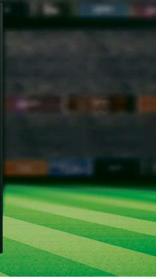
Rathvinden has solid each way claims, while at 33/1, the David Pipe-trained Vieux Lion Rouge also looks an attractive each-way option.

Vieux Lion Rouge has run over the Aintree fences six times and made it round on every occasion.





IS THAT ON THE BOX?



RUGBY LEAGUE

RUGBY UNION

SOCCER

GOLF

SOCCER

BT SPORT 4.30PM

BBC ONE 5.30PM

VALERO OPEN

SKY SPORTS 6PM

RUGBY UNION

RUGBY UNION

EIR SPORT 8.45PM

LEICESTER V EXETER

MAN CITY V BRIGHTON

SCARLETS V EDINBURGH

BARCELONA V ATH MADRID

PREMIER SPORT 7.45PM

LEINSTER V TREVISO

EIR SPORT 7.45PM

DRAGONS V ST HELENS SKY SPORTS 4.30PM

Wednesday

SOCCER MAN CITY V CARDIFF SKY SPORTS 7.45PM

SOCCER ST MIRREN V CELTIC BT SPORT 1 7.45PM

SOCCER PSG V NANTES FREESPORTS 8PM

SOCCER VALENCIA V REAL MADRID PREMIER SPORTS 8.30PM

TENNIS MONTERREY BT SPORT 10PM

Thursday Friday

HORSE RACING

ANA INSPIRATION

RED SOX @ ATHLETICS

VALERO TEXAS OPEN

SKY SPORTS 9PM

BT SPORT 3 8.30PM

SKY SPORTS 5PM

AINTREE

GOLF

MLB

GOLF

TENNIS

PARKWAY

Roger Beck Manager of the Parkway Shopping presenting

Avril Crosse and Orlaith Woods of UL Huskies National

League Basketball Team with their team kit to the 2018 -

from the age of 7 years and over . For more information

check out their Facebook page.

2019 Season. UL Huskies are a female club that cater for girls

MONTERREY

BT SPORTS 10PM

ITV1 1.45PM

RUGBY UNION H'LANDERS V HURRICANES SKY SPORTS 7.35AM

> AUSSIE RULES MELBOURNE V ESSENDON BT SPORT 9.50AM

HORSE RACING AINTREE ITV1 1.45PM

GOLF ANA INSPIRATION SKY SPORTS 5PM

TENNIS MONTERREY BT SPORT 7PM

SOCCER ROSS CO V DUNDEE BBC SCOTLAND 7PM

RUGBY UNION MUNSTER V CARDIFF EIR SPORT 7.35PM

RUGBY UNION GLASGOW V ULSTER EIR SPORT 7.35PM

RUGBY UNION SALE V HARLEQUINS BT SPORT 7.45PM

RUGBY LEAGUE TIGERS V WARRIORS SKY SPORTS 7.45PM

SOCCER SAINTS V LIVERPOOL SKY SPORTS 8PM

GOLF VALERO OPEN SKY SPORTS 9PM

Saturday

SOCCER GIRONA V ESPANYOL PREMIER SPORT 12NOON

SOCCER NORWICH V QPR SKY SPORTS 12.30PM

SOCCER HEARTS V HIBERNIAN BT SPORT 12.30PM

HORSE RACING AINTREE ITV 1 1.45PM

RUGBY UNION BATH V BRISTOL BT SPORT 2PM

TENNIS CHARLESTON BT SPORT 3PM

RUGBY UNION CHEETAHS V OPSREYS PREMIER SPORT 4.30PM



Sunday



It's FA Cup Semi final weekend, see below for more on the two games SOCCER

MOTHERWELL V RANGERS SKY SPORTS 12.30PM

RUGBY UNION KINGS V DRAGONS PREMIER SPORTS 2PM

SOCCER EVERTON V ARSENAL SKY SPORTS 2PM

RUGBY UNION SAINTS V GLOUCESTER BT SPORT 3PM

ROWING CAMBRIDGE V OXFORD BBC ONE 3.10PM

RUGBY UNION CLERMONT V RACING 92 SKY SPORTS 3.50PM

SOCCER WATFORD V WOLVES BT SPORT 2 4PM

SOCCER INTER V ATALANTA PREMIER SPORT 5PM

GOLF VALERO OPEN SKY SPORTS 6PM

MLS FC CINCINNATI V KANSAS SKY SPORTS 8PM

MLB TEXAS V ANGELS BT SPORT 9PM

GOLF ANA INSPIRATION SKY SPORTS 11PM

TENNIS MONTERREY SKY SPORT 11PM

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