

# CITY'S TIME TO SHINE!



Ira Nikolaou and Stephen Kennedy Great Limerick Run, Guy Wouters, Limerick Leader, Aishling Kelly, Fergal Deegan, Limerick Leader, and Celia Holman Lee looking forward to the many attractions of the bank holiday weekend

PICTURE: MICHAEL COWHEY

Riverfest and Great Limerick Run to bring thousands to the city this weekend. See special pullout

# The Leader

Wednesday, May 1, 2019

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**TLC5** Limerick 91 tonnes of litter lighter after clean-up **P11**

## METRO MAYOR TITLE TO GO

Outcry over 800 years of history being binned after vote **P17**



**CRIMECALL** TV appeal for witnesses to help find culprits of Dooradoyle attack **P14**



**Munster to give no quarter in Benetton PR014 clash Sport**



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# LeadingOff

Setting the agenda in Limerick



**▲ GOOD WEEK**  
**Dr Sinead Flanagan**  
 Sinead, from Adare, has been selected to represent Limerick in the Rose of Tralee contest in August



**▼ BAD WEEK**  
**Senator Maria Byrne**  
 The FG senator has faced a huge backlash over her 'don't scapegoat the health minister' comments on UHL



**☘ QUOTE OF THE WEEK**  
 "Limerick city has had a mayor for 800 years. Today we simply got rid of it. I don't think you can take that amount of history out and say it doesn't matter"  
**Cllr John Gilligan (see page 17)**

**INSIDE THIS WEEK**



**LEO'S MAYOR CAMPAIGN**  
 Taoiseach in town Thursday  
 Page 6



**CANDIDATE BITTEN**  
 O'Dea's serious leg wound  
 Page 8



**DON'T WRITE OFF SOVIET**  
 Author's appeal to historians  
 PAGE 18



**GETTING FREE OF DEBT**  
 Follow Liam Croke's advice  
 Page 24

## It's great to see more river in Riverfest 2019



Mayor James Collins with our own Louise Cantillon launching Riverfest 2019 on the boardwalk PICTURE: MICHAEL COWHEY

**WHAT WE THINK**  
**KEVIN CORBETT**  
 THE LEADER

It's the biggest of weekends for Limerick with Riverfest and the Great Limerick Run set to draw people in their tens of thousands to the city. This weekend is probably unique for Limerick in that it doesn't have competition for attention and for those in search of a great Bank Holiday buzz over four days, then there is no place else to look. The Council recently

launched its tourism strategy for the next five years and the selling point of water-based activities has been identified as a key area to increase visitor numbers. With that in mind it is great to see the itinerary of activities on the Shannon increase again with fun attractions like zorbing and ziplining; community events like Swimable Limerick's

social swim and the after-work kayak tours; a coarse fishing competition and a tour of the Irish Naval vessel among many others. Hopefully next year, there will be more again - like a swimming regatta or gandelow races. When we focus on our assets instead of worrying about what we don't have, Limerick is at its best, so have a great weekend.

**WEBTOPTEN**

1. Limerick confirm a 33-strong panel for the Munster minor hurling championship
2. Limerick Chamber objects to Crescent's plans for global food chain restaurant and 'community hub' expansion
3. County Limerick farmer over the limit on the morning after Munster final.
4. Car replaced after being smashed with baseball bat in Limerick village
5. Proposed Limerick development would 'diminish' views, say objectors
6. Opinion: Where to now for Munster Rugby? - Donn O'Sullivan
7. 800 years of Limerick history "disposed of in half an hour"
8. Limerick pensioner assaulted in a road rage row over sulky
9. WATCH: Limerick gardai make TV appeal to identify bank card fraudster
10. Limerick duo get Hurler of the Month nominations after Allianz Hurling League title win



Diarmaid Byrnes, one of two Limerick nominees for hurler of the month

**WEATHER FOR THE WEEK**

<b>WEDNESDAY</b> Clouds and sun, a few showers, temperature peak of 14°C	<b>THURSDAY</b> Overcast in general but sun peeking through at times. 14°C	<b>FRIDAY</b> Sun starting to win the battle with the clouds. Peak of 13°C	<b>SATURDAY</b> Generally sunny with some clouds but high of just 13°C	<b>SUNDAY</b> Rain in the a.m. to cool the great Limerick runners. High of 14°C	<b>MONDAY</b> Morning rain again but temperature rising to 16°C

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# MyLimerick

## The Very Reverend Niall J. Sloane

Rector of Limerick City Parish & Dean of Limerick

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

Breakfast in Mungret, a walk along the river or through the People's Park, lunch and a browse in the Milk Market. A drive through the county (getting lost, see below). Dinner at home with my wife and daughter watching the sun set over the city.

### What's your first Limerick memory?

A childhood holiday to Clare, we drove in the Dublin Road, past the bottom of Golf Links Road (where we now live). Little did I know that this would be home someday.

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

It may sound strange but I love getting lost (on purpose) in both the city and county. You discover so much when you go onto side streets or back roads. Often it is here you find the hidden gems of a place.

### What about a favourite local walk or view?

I like being beside the water, so the river walk is special. I grew up where the River Erne rises and now I live at the mouth of the Shannon.

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

Living History: If one was to take the city centre as stretching from the castle to the railway station - where else can you walk through an entire city's history in 15 minutes. Medieval, Georgian and Modern all covered!

### Do you have a favourite local restaurant?

It depends on the time of day, but I do like the cafe in The Hunt, No. 1 Pery Square, The French Table, The Milk Thistle at Mungret,

Zest, and Bia at the Milk Market

### How would you describe the people of Limerick?

Earthy! Down to earth ... friendly ... welcoming!

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

It is the back bone of Limerick. GAA, rugby, rowing, hockey, the list is long. Look at what Liam MacCarthy did for Limerick in 2018! I often remark to visitors that Limerick has three cathedrals - Saint John's, Saint Mary's and Thomond Park.

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

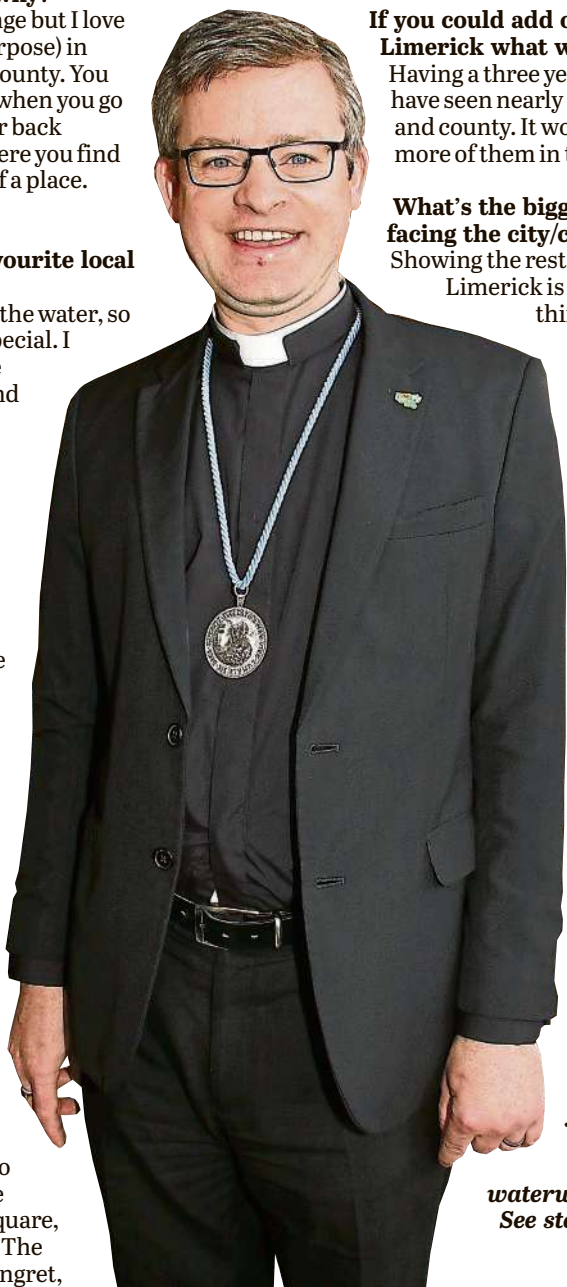
Having a three year old girl (Evelyn) we have seen nearly every park in the city and county. It would be nice to have more of them in the city.

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

Showing the rest of Ireland that Limerick is great! We are the third biggest city in the State - a city with amazing things to offer. Maybe gently reminding the capital (I lived there for many years) that there is life outside Dublin.

*On Friday, May 3 at 8pm, St Mary's will host a wide range of local musical talent for the Radharc na hAbhann concert, which will highlight the legacy of the River Shannon through music, story and song.*

*On Sunday, May 5 at 11.15am, St Mary's will also host an ecumenical prayer service, open to all faiths and none, celebrating the history of the river, waterways and seas.*  
*See story on page 16*



## FRONT PAGES OF THE PAST

31 YEARS AGO  
APRIL 23, 1988

Board of Plassey Park send in a JCB was the bold heading on the front of the Limerick Leader as Conor Kane reported how massive boulders were to be dropped beside the caravans of four Travelling families parked on the approach road to the

Technological Park. Yet, the report states, Limerick County Council had not given them permission to do so.

Another front page story, this time by Paddy Moroney, goes with the headline: Regional Casualty Staff Increased. The report states that staffing at Limerick Regional had been boosted.



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# Leader launches patient and staff survey on UHL crisis

**FINTAN WALSH**

fintan.walsh@limerickleader.ie

THE LEADER has launched a survey on the patient and staff experience of University Hospital Limerick's trolley crisis.

The survey, published on Thursday, aims to source first-hand experiences of those who experience UHL's overcrowding problem, which has had the highest number of patients on trolleys for a number of years.

The Leader survey can be accessed by scanning the QR code here using your phone or tablet.

The anonymous survey comprises nine questions, including an opportunity for the patient, friend or family of patient, or staff member to describe their experience of the emergency department or wards.

Additionally, respondents are asked for their opinions on how the experience could be improved.

The Leader survey also asks



**Want your say this issue? Scan this QR code using your phone or tablet**



members of the public where they think they should go if they feel they have suspected broken arm in Limerick city at 9am.

This survey is part of the Limerick Leader's ongoing Enough Is Enough campaign to put a spotlight on UHL's overcrowding crisis. In an editorial this month, editor Eugene Phelan said: "We, at the Limerick Leader, want to see progress and, through a community-led campaign, highlight the situation so that

Leinster House is aware of this crisis.

Leo Varadkar, a former Minister for Health, told the Leader that UHL needed a different approach. The people of Limerick already know that. So it's time for our politicians to act on this different approach."

Share your stories with us online and in print - email news@limerickleader.ie or phone 061 214503. The survey is likely to close this week.



**Government Senator Maria Byrne said 'scapegoating yet another Minister for Health will not resolve the problems in the ED' at University Hospital Limerick, which has seen the worst rates of overcrowding in recent weeks**

## Senator's political backlash over 'scapegoat' comments

**Hospital:** Byrne said 'scapegoating' Minister Harris would not solve trolley crisis

**FINTAN WALSH**

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GOVERNMENT Senator Maria Byrne has come under fire for saying that "scapegoating yet another Minister Harris" will not solve University Hospital Limerick's trolley crisis.

She made the comments after the clinical directors of the UL Hospitals Group called on the community, representatives and activists to support their "ambitious" plans which are "dependant on additional funding".

Local election candidates for Solidarity, Sinn Fein and the Social Democrats have strongly criticised the Limerick city senator for her reaction to the directors' letter to the public, which was first issued to the Limerick Leader.

Cllr Mary Cahillane, who is leading a public protest against the trolley crisis this weekend, said all

Fine Gael, Fianna Fail and Labour politicians "should be scapegoated".

"They are responsible for the historical crisis we have in Limerick - closing A&Es crossing the Mid-West leading to an overcrowded, underfunded and under-resourced UHL.

"We call on the public to join the demonstration on May 4 to send a clear message to this Government that we will not tolerate the health and wellbeing of the people of Limerick and the Mid-West being forgotten anymore," the Limerick City North candidate said.

The protest takes place at City Hall at 1pm this Saturday.

In a statement, Sen Byrne said: "Scapegoating yet another Minister for Health will not resolve the problems in the ED. Ministers for Health from all parties have come and gone over the years and the net result is the same - the people of Limerick still need a properly

functioning ED."

When asked if she was saying that the clinical directors were scapegoating Minister Simon Harris, Sen Byrne told the Leader: "No, I am not. What am I trying to say is that getting rid of Simon Harris isn't going to solve the issue and putting in another minister, do you know what I mean? What I am actually saying is we have got to look at it in overall context."

Sen Byrne has called for an external facilitator to look at the issues at UHL.

Limerick City East candidate Sarah Jane Hennelly has said that the senator's comment "encapsulates the core problem with UHL and current politics - there's no accountability".

"Byrne explains his removal won't change anything - a truly astounding proclamation from the senator.

"They do not want to ruffle the feathers of party colleagues in



**They will be punished severely at the polling stations**

**SEONAIDH NI SHIOMOIN**



Leinster House for fear of jeopardising their chances. And so, they refuse to tackle the UHL problem. People are frustrated, stressed and frightened at the moment. These comments add to the disillusionment felt at the lack of political leadership from Fine Gael on the UHL crisis."

Meanwhile, Sinn Fein candidate in Limerick City North Sharon Benson said Sen Byrne "should be more concerned about delivering safe conditions in UHL immediately, instead of worrying that the criticism of conditions at UHL will hurt the feelings of her colleague Minister Simon Harris".

Limerick City West candidate for Solidarity, Seonaidh Ni Shiomoin said the "buck stops with the Minister for Health and those propping up this Government", adding that if the trolley crisis is not acted on, "they will be punished severely at the polling stations".

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## LEADER NEWS BULLETIN

## RENOVATIONS

## Green candidate calls for Barrington's Pier facelift

GREEN Party Candidate for Limerick City North, Brian Leddin (pictured), has called for immediate works to safeguard the structure of Barrington's Pier.

"Barrington's Pier is a well-known landmark on the Shannon and it has been allowed to fall into considerable disrepair," Mr. Leddin stated.

"Many of the pier supports are crumbling away and the onset of Japanese knotweed is threatening to undermine it further. This part of Limerick's marine heritage needs to be



preserved for future generations," he added.

Barrington's Pier was built in the early 1800s when it was first used to unload red brick from Coonagh which was then used to build much of Georgian Limerick. It was later important for Limerick's fishermen, especially after the construction of Ardnacrusha Power Station.

"I see the decline of the pier every morning on the river. As one of the first sights of Limerick as you come in on the Shannon Estuary it would be great to restore it to its former glory," Mr Leddin concluded.

## CULTURE

## First evening walk for Limerick Historical Society

THE Limerick Historical Society will hold its first evening walk of the summer season next Wednesday, May 1.

Led by historian Tony Browne, it will take place along Wolfe Tone Street, just off O'Connell Avenue.

It will take in Little Jerusalem and the site of two former synagogues.

It will conclude with a visit to the site of the Limerick Clothing Factory.

The meeting place is outside Bobby Byrne's pub in O'Connell Avenue from 7pm.

All are welcome to attend.

For more information, please telephone Tony Browne himself at 061-228071.

## CRIMECALL

## Gardai make TV appeal to identify card fraudster

GARDAI have made a television appeal for help in identifying a man who is suspected of using a stolen bank card at several stores in the city centre.

Footage of the man allegedly using the card at a number of different stores was broadcast on Monday night's Crimecall programme on RTÉ television.

"This took place last December, he (the suspect) uses a card which doesn't belong to him and he doesn't have permission to use it," said Garda Greg Freegrove. In the CCTV footage from



four different stores, the suspect can be seen wearing glasses and a beanie hat as he carries out transactions in each premises. He is wearing

runners and dark clothing and appears to be carrying a rucksack on his back.

"If you can help gardai identify him, we would like to hear from you," said Garda Freegrove.

It has not been disclosed when the bank card was stolen or what goods were fraudulently purchased.

Gardai at Henry Street can be contacted at (061) 212400 or Crimecall can be contacted at 1800 405060.



Some of the high-powered BMW X5s on display at Garda Headquarters

## Armed gardai to get new BMW X5

AN additional high-powered SUV has been allocated for use by armed gardai who are based in the Limerick division, writes David Hurley.

Several BMW X5s have been assigned by Garda Headquarters to divisions across the county. Each of the 182-registered vehicles, which have three litre engines, will be used by gardai attached to regional Armed

## Support Units.

Gardai say vehicles which have been assigned to the Dublin-based Special Tactics and Operations Command (STOC) unit will be deployed across the country when needed.

Typically, the BMW X5 model weighs more than 2,100 kgs and can reach 100km/h in 5.5seconds.

The top speed is 243km/h.

## Taoiseach supports an 'elected mayor'

**Politics:** Varadkar to visit Limerick ahead of plebiscite

JESS CASEY  
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AN Taoiseach Leo Varadkar will visit Limerick this Thursday to show his support for a directly elected mayor ahead of the upcoming plebiscite on May 24.

Next month, Limerick, Cork city and Waterford will decide whether their electorates should have a directly elected mayor in the future or whether the current system should remain.

"On May 24, the people of Limerick will be given the opportunity to have their say on whether they want to be able to democratically elect their own mayor," the Taoiseach said. "It's the biggest reform of local government in a long time."

The Government wants Limerick, Cork city and Waterford to grow by 50% between now and 2040, at twice the rate of Dublin, he added.

"The elected mayor will drive this ambition forward and will have real clout when engaging with Ministers and central government because of their mandate from the people. Decisions made in Cork, Waterford and Limerick for Cork, Waterford and Limerick rather than in Government Departments in Dublin."



"It's the biggest reform of local government in a long time"

LEO VARADKAR



If the proposal is passed in May, the first election to elect a mayor will take place in Limerick in 2021 with the successful candidate serving until the next local elections in 2024. After that the term of each directly elected mayor will be for five years.

"Power transferred from unelected officials to an elected mayor truly accountable to the people, someone you know, someone you can re-elect if they do a good job and replace if they do not," Mr Varadkar added.

Mr Varadkar will attend a Fine Gael meeting at Thomond Park stadium on Thursday, May 2, where the sole topic up for discussion is the plebiscite being put before the electorate next month.

The meeting will be hosted by Fine Gael senator and director of elections for the Limerick plebiscite Maria Byrne. Also speaking at the meeting will be Chair of the Shannon Group Board, Rose Hynes and chair of Liveable Limerick, John Moran.

Those who wish to attend can pre-register at: <http://www.fgmatters.com>

Meanwhile, the political party Solidarity is planning on holding a protest to coincide with the Taoiseach's visit to Thomond Park at 7:30pm. "Send Leo Varadkar a message from Limerick that action is required," an event page created by the group states.

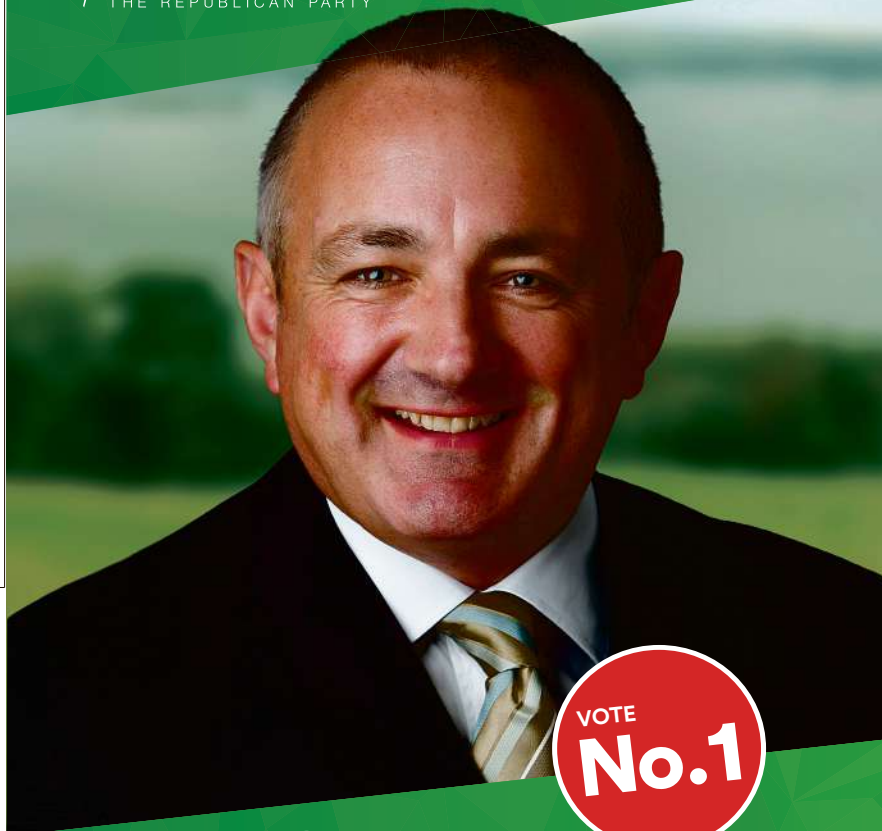
"We will no longer accept the running down of our public services for private greed. Invest in our public services, reopen Ennis, Nenagh and St John's A&Es, build public housing, stop subsidizing corporate developers and landlords."



# RIVERFEST

Full guide to all the bank holiday fun in Limerick  
See pull-out

FIANNA FÁIL  
THE REPUBLICAN PARTY



VOTE  
**No.1**

Cllr. Jerry  
**O'Dea**

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# First-time election candidate bitten by dog

JESS CASEY

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A LOCAL election candidate received treatment at the University Hospital Limerick on Saturday evening after she was bitten by a dog while out canvassing.

Trina O'Dea, a first-time Fianna Fáil candidate for the Adare Rathkeale area, received four serious wounds to her calf after a dog "clamped onto" her leg after

she called to a house in the Ballyneety area. Ms O'Dea, who is currently a parliamentary assistant for Fianna Fáil TD Niall Collins, is currently on a strong dose of antibiotics after the incident and must use crutches to get around.

"They told me in A&E it was the worst dog bite they have seen in a long time," Ms O'Dea said when contacted by The Leader.

She required an X-ray and her wound was extensively washed to

help prevent infection. According to Ms O'Dea, there were no signs at the entrance to the ungated property, warning of a dog on-site.

"I am asking dog owners and property owners that if they do not want anyone on their property, that is fine, that is their right and I understand that, but we [local election candidates] are not mind readers," she said.

"We don't know if you don't want people at your door or inside your gate unless you tell us. Please,

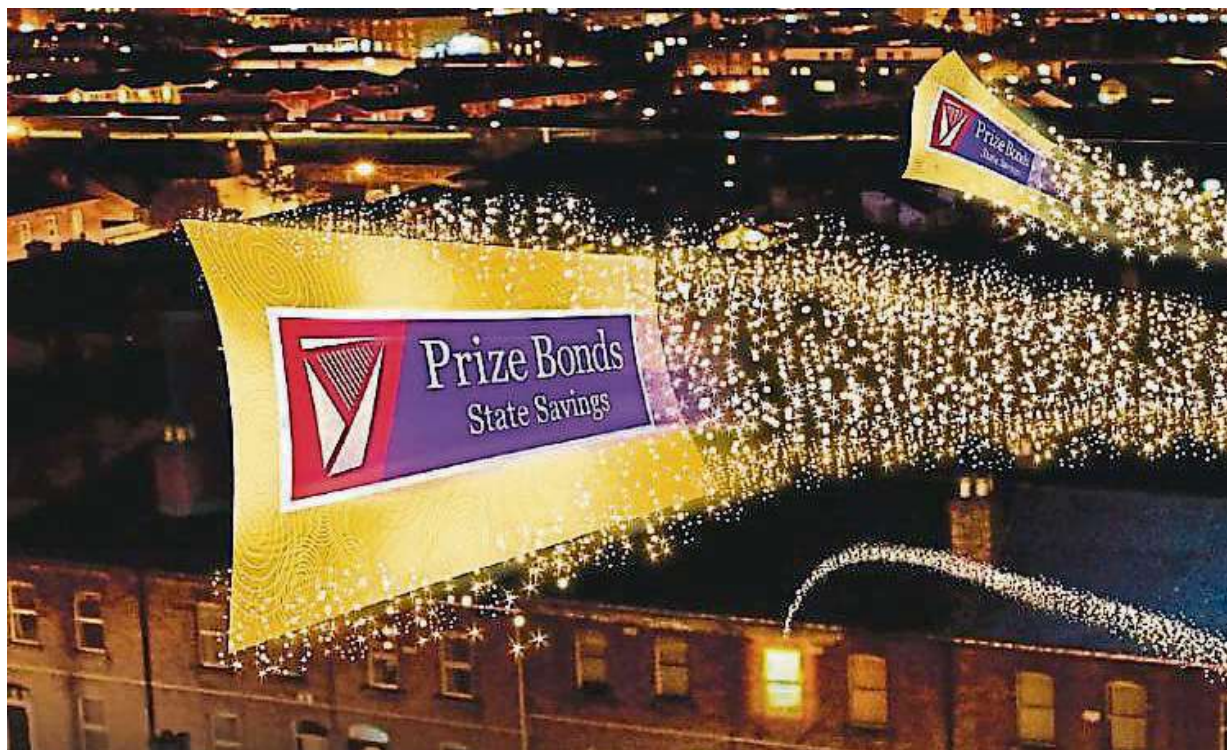
put a sign up if you think you have a dog that might be threatened by a visitor or from someone visiting the property."

"I know this is a hazard of the job and I don't want to make myself sound like a martyr, but I am glad this happened to me and not a child. I believe if this happened a child, there could have been worse repercussions."

Gardaí and Limerick City and County Council have been informed of the incident.



First time election candidate Trina O'Dea, of Fianna Fáil



Figures released by the Prize Bond Company DAC show 7,912 prizes were won in Limerick during 2018

## Limerick Prize Bond holders win €412,000

**Draws:** More than 4,600 cash prizes are won weekly

DAVID HURLEY

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MORE than €400,000 in prize money was won last year by Prize Bond holders living in Limerick, it has been revealed.

Figures released by the Prize Bond Company DAC show 7,912 prizes were won in Limerick during 2018 ensuring total winnings of €411,900.

A Prize Bond customer can win a €1 million prize on the last draw of June and December, while a top prize of €50,000 is awarded in every other weekly draw. Prizes to the value of €1,000, €500 and €50 are awarded every week.

In the most recent draw – on April 26 – there were 171 winners in Limerick. One customer won €500 while the remainder each won €50.

During 2018 a new improved website was launched making it

easier for Prize Bond customers to find out information about Prize Bonds and make repeat purchases.

"Our new website has made repeat purchases online convenient for retail investment customers who are increasingly looking for digital platforms to view and manage their investments with State Savings. Being able to service Prize Bonds customers' needs across a variety of channels, including the Post Office network, remains a key focus for the company in the year ahead," said John Daly, chairman of the Prize Bond Company at the publication of its annual report for 2018.

At the end of last year, unclaimed prizes accumulated since the launch of the

product in 1957 amounted to €2.74 million, which represents a small portion of the value of prizes awarded since the launch of the scheme.

Founded in 1957, the Prize Bonds draw is Ireland's longest running prize draw. The unit price of a Prize Bond is €6.25 with a minimum purchase of four units, at a total cost of €25. All eligible Prize Bonds enter a weekly cash draw with currently over 4,600 prizes.

Unclaimed prizes are held indefinitely until claimed by a bond holder and every prize winner is contacted at the address last registered with the Prize Bond Company.

Details of all prizes awarded can be found at [www.StateSavings.ie](http://www.StateSavings.ie).

**7,912**

The number of Prize Bond winners locally last year

## Byrne to lead FG's campaign for new mayor

DAVID HURLEY

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SENATOR Maria Byrne has been appointed as Fine Gael's director of elections ahead of the plebiscite on proposals for a directly elected mayor.

Senator Byrne, who served as Mayor of Limerick in 2010/11 will oversee the party's campaign ahead of the vote on Friday, May 24 – the same day as the Local and European Elections.

"As a former Mayor of Limerick, I believe cities can benefit from strong, visible leadership and international standing that a mayor, elected with a clear mandate, can bring," she said.

"Around the world, including in London, a mayor has become a vital part in ensuring that a great city has a strong voice and can attract investment from home and abroad. We need a strong voice in Limerick to create a strong city to drive the region," she added.

Senator Byrne will be one of a number of speakers who will address a town hall meeting at Thomond Park this Thursday.

The Fine Gael event will be hosted by Taoiseach Leo Varadkar and Rose Hynes, chair of the Shannon Group and John Moran of Liveable Limerick will also speak on the night.

Mr Varadkar will canvass members of the public for a yes vote in Limerick ahead of the town hall event.

Senator Byrne, who will contest the next general election in the Limerick city constituency, says she's in favour of the proposals for a directly elected mayor.

"This plebiscite is about the people of Limerick giving a mandate to a political leader, enabling them to create a new vibrant Limerick.

"All the key ingredients will soon be in place – a deep sea port, an international airport on our doorstep, and a motorway link to Dublin and Cork.

"Having previously served as a councillor I know how fundamentally important it is for joined up thinking at local government level," she continued.

If the Government proposals are endorsed in the plebiscite, it is anticipated that legislation allowing for the transfer of certain powers to the directly elected mayor will be drawn up and put before the Oireachtas by 2021.

The directly elected mayor will assume some of the executive responsibilities which are currently carried out by the CEO of Limerick City and County Council.

It is proposed that issues relating to human resources, planning permissions and the allocation of housing would remain the responsibility of the council CEO.

The mayor will be paid an annual salary of around €130,000 and will be entitled to hire two advisors.





#RIVERFESTLIMERICK

# Riverfest Limerick '19

JOIN US FOR #RIVERFESTLIMERICK THIS MAY BANK HOLIDAY WEEKEND!



Sat 4th - Sun 5th May

## IRISH NAVAL VESSEL

When: 2pm - 5pm  
Where: Limerick Docks



Fri 3rd - Mon 6th May

## RIVER SHANNON ZIPLINE

When: Friday 12.30pm - 8pm,  
Saturday & Sunday 10am - 8pm,  
Monday 10am - 5pm  
Where: Riverfestival Village,  
Arthur's Quay Park



Sunday 5th May

## RIVERFEST FIREWORKS & AERIAL SPECTACLE

When: 10.15pm  
Viewing Points: Clancy's Strand  
and Sarsfield Bridge



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BANK HOLIDAY  
WEEKEND



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## Comments from online readers

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



### LIMERICK CHAMBER OBJECTS TO CRESCENT PLAN FOR RESTAURANT AND COMMUNITY HUB EXPANSION



#### Sue Southgate

Just look at the comments here .... limerick people love the crez and would welcome a great restaurant.....the shops are Fab as is the space and parking .....coffee shops are always full and busy .....let common sense prevail.....love limerick city too.....but don't stop business flourishing on purpose .....

#### Brian Madden

There is a reason why people avoid the city centre, expensive parking, closed up shops and no central high street which is what Cruises St was supposed to be. Turning down development outside of the city without a solid development strategy for city centre isn't going to drive people to city centre. This is just frustrating people, places like the crescent and castletroy should be developed to generate revenue and provide employment. Other cities in Ireland have managed to provide both large retail outlets on outskirts and city centre.

#### Nual Real

Seriously!!!! They have objected to everything lately, yes the city is dead but they aren't doing anything about it, reduce rates for a start and business might just return to the city

#### Jeanette Cree Ferguson

Maybe the Chamber would like to take their heads out there %=>x and realise the real issues of the city. 1. Drug Central 2. Begging 3. Unsociable behaviour 4. Lack of Garda presence 5. Overprice parking 6. Neither disabled or child friendly 7. Lack of public facilities 8. Vandalism and decrepid building ...why would anyone wish to shop in the city when there is none of this at the likes of the Crescent Shopping Centre

### PROPOSED LIMERICK DEVELOPMENT WOULD 'DIMINISH' VIEWS, SAY OBJECTORS



#### MA O'Donoghue

A lot of people reacting to a development of a derelict site and an unstable structure that would be uneconomical to save. I don't hear anyone saying anything about Georgian houses that are being used for sub standard accommodation and others that are an eyesore around the city. The bar not too far from there converted houses within its site to a restaurant and bar and nobody even noticed.

#### Christopher Tobin

Diminish the view of an run down building thats been a derelict eyesore for years ? Jesus that makes sense

### LEADER LAUNCHES SURVEY ON PEOPLE'S EXPERIENCES OF UHL



#### Charlotte Kiely

You should be able to take the survey more than once. I could write a book about this place as could so many other people. It's an absolute shambles. I won't go there unless I'm unconscious. This is not right

#### Catherine Sims

There is an error on this survey. There is no option for never getting a bed despite being admitted. People are actually stuck on trolleys until discharge despite being properly admitted and being treated.

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Sinn Féin councillor John Costelloe at Donnellan's Field after the storm with local resident Michael Quinlivan

# Vigilance prevents potential tragedy

**Weather:** Storm Hannah causes power lines to fall

**NICK RABBITS & JESS CASEY**  
[news@limerickleader.ie](mailto:news@limerickleader.ie)

QUICK-THINKING, vigilance and civic mindedness from a northside resident in the aftermath of Storm Hannah helped prevent a possible tragedy in the area.

On Saturday morning after storms had battered huge parts of Limerick, Pat Murphy of Kileely awoke to discover a tree had blown over at Donnellan's Field and was resting on ESB wires.

"It had pulled the other poles down too. I felt I couldn't leave this, especially with it being wet conditions. If kids came upon it, they might try and climb the tree.

The transformer was only 100 yards away from it, so there must

have been a lot of power going through," Pat said.

The power going through the cables was approximately 20,000 volts, so Pat stood guard at the site until the ESB came on the scene.

"It was made safe. It would have been easy to ignore it, but it wouldn't have been like me. I just had to wonder what might have happened if kids had come upon it. The first thing they would do is try to climb on it. If we'd found out later on something happened, you'd find it hard to live with it," Pat added.

The actions of Pat and fellow local resident Michael Quinlivan in guarding the field so no-one entered have been praised by Sinn Féin councillor John Costelloe.

He said: "These residents made

sure no-one approached the area. Full marks to them for this. This area is frequented by children playing and a public walkway. We would have had a different scene there were it not for the vigilance of the community. Obviously, you can imagine a 20,000 volt cable would have been lethal."

Storm Hannah brought with it gusts of up to 119km that upended trees through the city and county.

It left more than 1,800 homes across Limerick without power, due to the felled trees causing damage to electrical lines.

Bus services and flights were cancelled, while the Limerick Fire Service, ESB and council had a busy weekend assisting with a clean-up which swung into action on Saturday morning.

## Ardnacrusha set to run power station tours

THE ESB are once again opening the gates of the historic Ardnacrusha Power Station to schools and the general public this summer.

Visitors are set for a unique experience into Ireland's first national hydro-electric station.

ESB's Alan Bane, plant manager

at Ardnacrusha, spoke of his excitement about the developments, "The Ardnacrusha Experience tells the story of the power of electricity and its transformative impact on Irish life" he said.

"We look forward to welcoming school groups and indeed, all those

with an interest in engineering, history and heritage" he added, in what will be the third year of tours.

School groups run from May 23 to June 28, while public tours run from July 1 to September 13. All bookings can be made online at [www.esb.ie/ardnacrushatours](http://www.esb.ie/ardnacrushatours).



JP McManus, Mayor James Collins, Paul O'Connell, Joy Neville, and Roisin Upton at TLC5 on Good Friday  
PICTURE MICHAEL COWHEY

# Limerick is tonnes of litter lighter after TLC5

**RYAN O'ROURKE**  
ryan.orourke@limerickleader.ie

Over 21,174 volunteers collected 91 tonnes of litter during this year's Team Limerick Clean-up 5.

This year's clean-up saw more volunteers out and more areas covered than ever before

However, the total litter collected in 2019 is down significantly from previous years, which organisers says is due to Limerick being cleaner thanks to those previous efforts and an overall improvement in the culture.

In total, there were 285 individual litter collection points across the city and county, from which Mr

Binman collected using eight trucks.

Crews from Mr Binman travelled over 1,500kms on Good Friday.

Using their routing technology to improve the efficiency of the collection routes, they reduced the carbon footprint of the litter collections this year by 25%.

A study is currently taking place on the litter collected from TLC5.

This will be done under the control of Limerick City and County Council which will help understand what are the main objects and items littering the city and county.

Speaking to the Limerick Leader, sponsor JP McManus spoke about his pride for Limerick city and county, as

thousands turned out to play their part in cleaning up their communities.

"I am proud, I always am. We are here today to celebrate our fifth year, and to acknowledge the 20,000 people who have come out today, including a lot of young people.

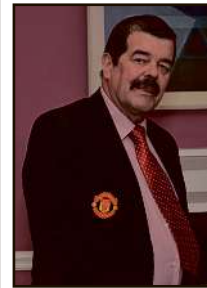
"A lot of people have given up their Good Friday morning so we have a cleaner and healthier environment," said Mr McManus.

"To think this time last year, we were out tidying, and Limerick hadn't won an All-Ireland since 1973.

"You can really feel the extra energy and excitement about the place here today, particularly with the hurlers out in force, too."

## VOTE 1 FOR 1 OF YOUR OWN

**HANNAN NOEL INDEPENDENT**  
Limerick East



Noel Hannan a Limerick East candidate for the forthcoming local election has called on City Hall to turn the Spring Field pub Bloodmill Road which has been vacant over 11 years into a community centre for the residents of the following estates Castletroy View, Oak Wood, Glenbrook, Devon Close and the surrounding estates.

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## LEADER CRIME BRIEFS

BY DAVID HURLEY



## Young woman attacked and robbed in city centre

GARDAI are appealing for information after a young woman was attacked and robbed during an incident in the city centre last weekend.

The robbery happened while the woman was walking at Wickham Street at around 5.30pm on Friday – April 26.

“The lady who is aged in her early 20s was walking alone along Wickham Street when two males approached her and one of the males threatened her, and pushed her to the ground,” said divisional crime prevention officer Sergeant Ber Leetch.

“The other male grabbed her handbag and both males



**Garda at Henry Street are appealing for witnesses**

ran off in the direction of Thomas Street. It was bright at that time of evening and busy with people walking and driving home from work,” she added.

Gardai at Henry Street station are investigating the incident and are looking for any witnesses to the robbery to contact them.

They can be contacted at (061) 212400.

## Intruder fled from house after he was confronted

AN intruder gained access to a house on the Ennis Road after he broke a glass panel on the front door and grabbed the keys from inside.

The owner of the house was asleep in bed when he heard a noise downstairs. “He went to check and discovered a male in his hallway, the male ran off but not before he caused some damage to property,” said Sgt Ber Leetch.

“The home owner then realised that a small pane of glass had been smashed in his front door and his door keys, which had been left in the lock had been removed and then used by the thief to get into the house,” she added.

## Five parked cars broken into on the same night

A NUMBER of cars parked in the same area of the city were broken into and searched on the same night, gardai have revealed.

“Five cars were entered and rummaged through. A wallet containing cash was taken from one of these cars but small amounts of cash were taken from the others,” said divisional crime prevention officer, Sergeant Ber Leetch.

“None of these cars were locked. The dashboard compartment was thoroughly searched in each of these cars and the owners need to be mindful of any



**The cars were all parked in the same area of the city**

personal data or information which could be found by the thief. The cash amounts taken were small but nobody wants to have their personal information discovered,” she added.

In another incident, the registration number plates were taken from a car which was parked in the Castletroy area of the city.

## Warning over loan websites

GARDAI have issued a warning about websites which are offering unsecured loans to vulnerable individuals seeking money once an ‘advance fee’ is paid.

“My advice goes back to the simple thing - if it seems too good to be true, if it comes out of the blue, if they are asking for too many personal details and there is money involved it is very likely a scam,” said Sergeant Ber Leetch.

# Local students win prestigious award for keeping it PG



**At the inaugural National Garda Youth Awards in Portlaoise were Garda Conor O'Brien, Ardscoil Mhuire principal Brid Herbert, Lorraine Kerin (teacher), students Sarah McDarby and Erin Barrett, and Superintendent Derek Smart**

## Sexting: City pupils honoured for their innovative project

DAVID HURLEY  
david.hurley@limerickleader.ie

STUDENTS from Ardscoil Mhuire in Corbally were honoured at the inaugural National Garda Youth Awards for their innovative project entitled “Sexting, get the message #KeepItPG”.

As part of their Transition Year Project, the students also designed and produced a bookmark, which was distributed to schools across Limerick, to highlight the legal implications of sexting for young people.

The concept came about due to the girls’ concern over the prevalence of sexting amongst teenagers and the lack of communication for young people about the topic of sex, according to the students.

With the support of staff at the school, the students, some of whom met with Garda Commissioner Drew Harris earlier this year, liaised with a number of Government departments and agencies to produce the correct legal wording.

They also lobbied Government ministers seeking to have the current laws reformed regarding young people and sexting and it is hoped the initiative will be rolled out nationally.

The now fifth-year students were named Young Social Innovators (YSI) of the Year in 2018 and were presented with a



**The awards give us a wonderful opportunity to celebrate young people**

**MINISTER CHARLIE FLANAGAN**



Limerick Garda Division Youth Award last November.

Minister for Justice Charlie Flanagan and Assistant Garda Commissioner Anne Marie McMahon presented 22 awards to more than 100 young people at Midlands Park Hotel, Portlaoise last weekend.

“To be recognised as someone who has made their community a better or safer place to live, or as someone who has defied the odds in overcoming difficult circumstances, is really special,” said Mr Flanagan.

“And that recognition is what these inaugural awards are giving to many of the young people who join us in this room. The awards give us all a wonderful opportunity to celebrate young people from across the country who have given so much to their communities,” he added.

Brid Herbert, principal of Ardscoil Mhuire says Saturday’s event was a lovely occasion.

“We had a fantastic day, it was a busy week. It was just really well organised and it was just a lovely day and they really made a huge effort,” she said.

Separately, 14-year-old Sean Byrnes from Pallasgreen, received a special achievement award on Saturday.

Despite being in a wheelchair due to spina bifida, Sean doesn’t look up at others - he looks them straight in the eye.

The teenager, who also has hydrocephalus, doesn’t want to be treated differently.

Sean who attends Scoil na Trionoide Naofa in Doon says he’s humbled to have been nominated for a National Garda Youth Award. “This is the best day of my life and I hope it will inspire others,” he said.

# Twilight Racing



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A reconstruction of the incident was broadcast on Monday's Crimercall programme

# Gardai in appeal for information after hammer attack

**David Hurley** reports on TV reconstruction following violent robbery in suburban estate

GARDAI are renewing their appeal for information following a violent attack during which a middle-aged man sustained serious injuries including a fractured skull.

A reconstruction of the hammer attack which happened at Carrig Drive, Dooradoyle, on February 23, last was broadcast on Monday's Crimercall programme on RTÉ television.

The 51-year-old victim had just parked his car, a 06 DL-registered blue Suzuki Swift, at around 9pm when he was struck from behind without warning by a group of up to three males.

The man, whose wallet and mobile phone were taken by the culprits, was treated at University Hospital Limerick

following the incident.

"This was a very serious attack where the victim suffered very serious injuries. He is receiving ongoing treatment and he is still feeling the effects of the attack," said Detective Garda Shane Ryan of Roxboro Road garda station.

"The Saturday night was the night before Limerick took on Dublin in the National Hurling League semi final. It would have been a particularly busy time of night with a lot of foot and vehicular traffic traveling to and from Limerick city centre through this area which is also in close proximity to University Hospital Limerick," he added.

Investigating gardai believe the culprits, who wore dark clothing, fled from the scene on

foot and are familiar with the area.

"The suspects, we think, are familiar with the area. We don't believe they used a vehicle and they may, indeed, have been from the local area," said Detective Garda Ryan who told the programme that gardai have received a lot of help from people in the local area.

"I want to thank the community for the great assistance they have provided to date in the investigation but we are still looking for people to come forward with information in this case. We are looking for people who saw anything suspicious on the night in question," he said.

Garda at Roxboro Road can be contacted at (061) 214340.

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New ECDL Programme	239840	Further Education & Training Centre, Raheen Campus, Limerick	Monday - Thursday 8.30am - 3.45pm Friday 8.30am - 12.45pm	18 Weeks	13th May 2019
<b>EXTERNAL TRAINING COURSES</b>					
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Beauty Therapy L2 Traineeship	254828	Limerick City	Monday - Thursday 8.30am - 3.45pm Friday 8.30am - 12.45pm	20 Weeks	20th May 2019
Heavy Good Vehicle Driving (HGV Rigid)	241534	Limerick City	Monday - Thursday 8.30am - 3.45pm Friday 8.30am - 12.45pm	8 Weeks	17th June 2019

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# Limerick stars shine on despite Storm Hannah

**VIP Awards:** Celia still setting the style agenda 18 years on

**RYAN O'ROURKE**

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STORM Hannah might have put a dampener on Ireland last Friday night, but Limerick's stars were still out to shine at the Peter Mark VIP Style Awards.

Now in its 18th year, the style awards had to move this year's red carpet set-up indoors for the first time in its history.

Among those representing Limerick at the event was style queen and Leader columnist Celia Holman Lee.

Celia, who herself won the VIP Most Stylish Woman award at the first ever award ceremony 18 years ago, was there to present the award for Most Stylish at the Marker Hotel on the night.

This award was won by Irish television presenter and Gaeilgeoir, Síle Seoige.

"I have been to lots of awards over the years, but the VIP style awards always stand out. The diversity of fashion is through the roof. There was everything from ball gowns to play suits," said Celia.

"There was great mixture of ages and backgrounds and all with a great taste for fashion on display," she added.

The event was also attended by a number of top celebrities.

"The cast of Derry Girls were there. Suzanne Jackson was there, Kathryn Thomas and Brian Dowling were there, it was a fabulous event," said Celia.

"No matter who you are or what you do, it harnesses your career," she added.

Also attending the event was Fine Gael politician Tom Neville TD and his girlfriend Jenny Dixon, as well as Instagram star Louise Cooney.

"It was incredible to see the Instagram influencer Louise Cooney win an award," said Celia.

Louise herself was over the moon at winning the Most Stylish Online Influencer Award.

"It was my third year being nominated so I was kind of surprised to win it. I thought it was just going to be like the last two years, so I was delighted to win it," said Louise.



Louise Cooney and Celia Holman Lee at the VIP Style Awards

"My blog and everything I do is largely based around fashion, and these awards are the biggest awards for fashion in Ireland, so it is great to be acknowledged for what I am doing. It means so much to me, it is really nice to be honoured," she added.

Louise described the night as being one of the highlights of the year for anyone interested in fashion.

"It was very exciting. Everyone really pulled out all the stops. It was really glamorous, the most glamorous night of the year. People really make an effort, and everyone looked gorgeous."

Louise has been blogging full time since quitting her previous job two years ago.

"Since then it's gotten bigger and bigger and I have gotten busier and busier," she said.

## St Mary's celebrates the river with song

**JESS CASEY**

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ST MARY'S Cathedral is to play host to two events this Riverfest weekend, focused on celebrating the history, story, culture and people of the River.

On Friday May 3 at 8pm, St Mary's will host a wide range of local musical talent for the Radharc na hAbhann concert, which will highlight the legacy of the River Shannon through music, story and song.

On Sunday May 5 at 11.15am, St Mary's will also host an ecumenical prayer service, open to all faiths and none, celebrating the history of the river, waterways and seas.

"We are so glad to be part of this," St Mary's curate Rev Paul Fitzpatrick said. "We have also invited organisations and clubs that avail of these extraordinary resources," he added.

With the permission of her parents and the support of her rowing club Athlunkard Boat Club, there will also be an opportunity for those attending the concert on Friday May 3 to make a donation to the Amy Mulcahy Fund.

Amy, a 12-year old primary school pupil from Annacotty, was seriously injured when the row boat she was in overturned. She remains in a serious but stable condition in hospital.

## Corbally kids in commute study

**NICK RABBITS**

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PRIMARY school kids in Corbally are urging Limerick council to assess the needs of pedestrians travelling to and from Scoil Ide.

And they are being supported in their bid by Labour local election candidate Anne Cronin.

As part of a major survey, fourth class students found that footpaths are too low and have dog litter, while some pathways are broken with trip hazards, are mostly narrow and in some places, not wheelchair or buggy accessible.

At crossings and intersections, the youngsters

found cars were travelling at high speeds making it tough to cross the road safely.

They want to see a zebra crossing in front of Scoil Ide to accommodate the high numbers of pedestrians travelling to and from the school.

Local election candidate Anne Cronin said their study is important in many different ways.

"These statistics collected by the children are key - these students are the future and at 10 years of age they recognise what many adults can't - our city is letting them down in terms of basic infrastructure so they can safely walk to and from school - these are the simple



Support Labour candidate Anne Cronin

requirements any city or large urban area should meet. Limerick needs to do much more in this regard and we are at the point now where our children demand it'. She also said that 'Limerick needs a transport strategy that positions pedestrians and cyclists in a priority grouping that heretofore is the reserve of motorists,' she said.

The study covered four common routes to Scoil Ide one morning - kids coming from Parteen, the Mill Road, the Corbally Road and Park Gardens. Ms Cronin has recently set up a 'Cycle Bus' that backs children and parents cycling from the northside across each morning to school.

## 'A Broad Church' a new look at the IRA

A NEW book being launched in Limerick takes a deeper look at the level of support the Provisional IRA has received in the Republic of Ireland.

A Broad Church The Provisional IRA in the Republic of Ireland, 1969 - 1980 by Gearóid Ó Faoileán looks at the how the civil service, the security forces and even the GAA influenced the Provisional IRA's campaign.

The book looks at key events, such as the 1974 bank robbery in Shannon and the theft of the takings from the Munster senior hurling final

at Thurles in 1977.

A Broad Church chronicles these and other unheralded activities from 1969 to 1980.

The author was awarded a PhD in Modern Irish History from the University of Limerick in 2014 and currently works in scholarly publishing in London. He is a member of the Oral History Network of Ireland and The Irish Association of Professional Historians.

The launch will take place at the Shannon Rowing Club, on Friday, May 3, at 7pm. The event will be attended by Ruan O'Donnell.



# Metropolitan mayor title bites the dust

**Norma Prendiville** on the vote to break with history and remove the mayor title from Limerick city

EIGHT centuries of history "disposed of" in half-an-hour. That was Cllr John Gilligan's take on this week's council vote to drop the title Mayor of Limerick Metropolitan District and replace it with Cathaoirleach. The proposal was passed by 16 votes to six, with one abstention.

"Limerick city has had a mayor for 800 years. Today we simply got rid of it," he told the Limerick Leader afterwards.

"I do indeed feel very strongly about it. It doesn't make sense at all. I don't think you can take that amount of history out and say it doesn't matter. Of course it matters. I am disappointed."

In all metropolitan areas around the world, he pointed out, they have a mayor and he argued that had the city been given the boundary extension it sought over five years ago, the problem would never have arisen and there would have been none of the confusion other councillors talked about.

At yesterday's meeting, Cllr Gilligan opposed the proposal. "There should be one mayor," he agreed. But he argued that the Mayor of Limerick should be the Metropolitan Mayor and that the title of Cathaoirleach should apply to the person heading up the full council.

The majority of councillors however disagreed.

"This is an issue that has been ongoing," said Cllr John Sheahan when he proposed the change. There had been confusion having two mayors over the past five years, with people talking about Big Mayors and Small Mayors.

"There are 800 years of history attached to the title of Mayor of Limerick City," he acknowledged, but he argued they needed to clarify the issue and have one mayor.

The confusion about who was Mayor, Cllr Kevin Sheahan pointed out, was made even worse when he held the title Mayor of Limerick City and County and another Sheahan,

Cllr Michael Sheahan was mayor in the city. "And to make matters worse, we were both from Askeaton," he said.

"This isn't a question of taking anything away from anybody," council chief executive Conn Murray said. And he pointed out that historically, the original Mayor of Limerick held sway over much more than the city.

Supporting the proposal, Cllr Stephen Keary said it was "time to move on and to consign the robe and chains to a glass case".

"It is now a new authority. I think we should evolve and make the changes," he declared.

Cllr Liam Galvin also agreed. When the hurlers go out on the pitch in a fortnight's time, he declared, they will play under the banner of Limerick.

"There is no divide. We are the one people, supporting the one county, the one city."

Cllr Seighin O'Ceallaigh, noting that almost half the councillors



**The bell has tolled for the title of metropolitan mayor, much to the disappointment of former mayor Cllr John Gilligan**

were missing, said, "Some people thought electioneering was more important than 800 years of history."

Five years on after the amalgamation, he said, there was still a lot of duplication, with two council buildings, two chambers.

"We do need to decide," he said.

He proposed an amendment that the title of Mayor of Limerick City and County be changed to that of Cathaoirleach while the title Mayor would remain with the Metropolitan District.

But his proposal was deemed a new proposal and not an amendment.

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# PET RESCUE



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

## Looking for a new home



The first dog is a gorgeous boy named Spot and he is an eight year old Jack Russell Terrier. He is a very friendly little guy who loves belly rubs and likes to play with the ball. Spot came to LAW after his owner sadly passed away. Spot is looking for a loving home and he is good with other dogs and children.

The second dog this week is called Max a friendly little male Bichon Jack Russell terrier mix and he is two years old. Max is good on the lead and loves walks and would suit as a companion pet.



The third strays of the week are gorgeous ten week old Labrador mix puppies. They will be big dogs when fully grown. They are friendly and playful and would suit a home where they will have plenty of exercise.

## Paudi needs a new pal

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.



Author Liam Cahill in the Granary at the launch of his book on the Limerick Soviet PICTURE: LIAM BURKE/PRESS 22

# 'Colleges should look again at Soviet'

**History:** Centenary edition of *Forgotten Revolution* is out

**NICK RABBITTS**  
nick@limerickleader.ie

ONE of the foremost experts on the 100-year-old Limerick Soviet has called on historians to reassess their attitude to the Labour movement.

Dr Liam Cahill brought the curtain down on the 100th anniversary celebrations which have been taking place in Limerick across the last month by launching a rewrite of his book at the City Library.

Dr Cahill says the Decade of Centenaries had seen a welcome reappraisal of the role of women in the war.

Now, however, he said the time is at hand to "conduct a fuller and fairer review" of Labour's key role.

The special 100th anniversary edition of the book was launched by Sheila Nunan, the president of the Irish Congress of Trade Unions, who was joined by the president of the Limerick Trades Council Mike McNamara.

"From 1916 to 1919, there was close collaboration frequently between organised workers and the Irish Volunteers and Sinn Féin, both nationally and locally. The highpoint of that co-operation was the defeat of conscription in April 1918. My research shows that the 'Limerick General Strike against British Militarism' a year later – known as the Limerick Soviet – was the other



**Historians should stop writing off the Limerick Soviet**

**DR LIAM CAHILL**

significant event where that happened. For two weeks, the Limerick United Trades and Labour Council, workers took over the entire running of the city as part of a general strike," he told the gathering.

He added: "Historians should stop writing off the Limerick Soviet as a kind of exotic aberration in the 'Confraternity' city. It was spearheaded by workers and their representatives but with considerable logistical support in the background from the reinvigorated Irish Republican Brotherhood and the Irish Volunteers.

"The leadership of the First Dáil, as well as national leaders of the IRB and the Volunteers, were in touch daily with Limerick and the Dáil cabinet discussed the crisis three times. It was the cabinet's decision – against IRB advice – not to support a national strike that forced the Soviet to end."

He said the real significance of the Soviet is that it was a spontaneous eruption of grassroots militancy and impatience with the slow pace of action against British rule.

"In that respect, it is comparable to the first shots of the War of Independence fired at Soloheadbeg, in Co Tipperary, only a few months earlier."

Dr Cahill urged Limerick's third level institutions to engage more with the history of the Soviet, and its links to national historical developments.

He said: "There is room for more collaborative community-linked projects, oral history projects, retrieval and conservation of memorabilia as well as a variety of artistic and cultural responses."

The *Forgotten Revolution*, Centenary Edition is available in local bookshops.

# ROAD SHOW

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**Cast and crew:** Members of the sold out theatre production pose with playwright Mike Finn in the Old Cleeves Factory, O'Callaghan Strand, ahead of their last performance

# Curtain call at Cleeve's

The five-star Bread Not Profits, commemorating the centenary of the Limerick Soviet, finished its successful run last Saturday.

**Pictures:** Kieran Ryan Benson **Words:** Jess Casey



**Community cast members** Geraldine Bowes, Blerta (Eleni) Tzafai, Sheila Fitzpatrick O'Donnell, Killian Fitzpatrick and Lucia Brunetti

**Community:** Drama workshops were offered to Limerick's thriving amateur dramatic community as part of the project's public engagement, for an opportunity to audition for the Bread Not Profits community cast. Some 15 volunteers were recruited by Gúna Nua to form a community cast who worked with their own dedicated director Ciarda Tobin.

**Mike Finn in 'The Bakery' on set at the old toffee factory on O'Callaghan's Strand**

**Public Engagement:** Produced by Gúna Nua Theatre, the Bread Not Profits production committed to public engagement from the start of the project. Part of this included engaging with SIPTU and distributing the 'Soviet Loaf' as part of a bread project with Limerick Youth Service.



**Bread Not Profits producer Ella Daly and writer Mike Finn, patrol the old Cleeve's site before their final show**



**Killian Fitzgerald, cast member**

**'Changing gears':** Killian takes a cycle around the Cleeve's site during the casts' dinner break on a prop bike used during the production.

**Mike Finn, pictured on set with a Limerick Leader printed during the Soviet**

**Playwright:** For twenty years, Mike Finn wanted to write a play about the Limerick Soviet. The script for the production was developed as part of his tenure at the Belltable in 2017.



**Jay Kavanagh, Bread Not Profits production manager**

**Backstage:** Bread Not Profits featured a creative team of almost 40 members working in production, set design and lighting, to name but a few areas.

# Candid Comment

By SPARTACUS

● SENATOR Maria Byrne has come under fire for saying that scapegoating another Minister for Health won't solve our overcrowding problems. Okay, let's lay off Harris and the Government and cut them some slack. After all, all they can do is create policies that allow hospitals to function. Perhaps we should point the finger at the frontline staff. While we're at it, what about the patients? Spartacus is wondering here, where does the buck stop? Maybe we should point the finger in that direction.

● The Crescent Shopping Centre won't be too happy with Limerick Chamber this week following the latter's objection over plans to expand the Dooradoyle facility.

Permission is being sought for a two-storey extension which is to house a restaurant and community hub.

The proposed hub will "allow for a range of community-based uses", and it will be made available to local clubs and societies in the Dooradoyle area".

All well and good, and the important sweetener for the shopping centre would be bringing in an international food chain to complement its "dining quarter".

Calling for increased investment in the city centre, Chamber CEO Dee Ryan said while she welcomed all retail development in the region (a strange thing to say given she was objecting to same), she would prefer to see retailers set up in the city centre. Fair enough, but getting another restaurant chain into the city centre is not going to make a dent in its real problems.

In her objection Ms Ryan actually identified the real issue: "The city centre is under strain from increased online shopping activity."

That's where the problem actually lies for the city centre as a retail destination, not

the Crescent, which has been in business for over 40 years now.

What the city centre needs is people-friendly spaces, not Nandos or Marks & Spencer. More pedestrianisation, more people, more service-based retail is where the city needs to go - because the move towards online shopping is irresistible and even the Crescent will be quaking at its relentless march. That's why they're developing community spaces and more restaurants. City planners, take note

● There has been a sprinkling of stardust on the local election campaign trail in at least one part of the city.

Voters in Limerick City West may be lucky enough to get a visit from All-Ireland winning hurler Cian Lynch.

The Patrickswell man has been spotted out and about canvassing for his father Sean, who is hoping to hang onto the seat he won five years ago.

There is nothing like a hurling hero to soften the blow of any potential hostility on the doorsteps.

If Spartacus ever runs for office, there won't be a doorbell rung without Paul O'Connell, Declan Hannon and at least one of The Cranberries on our shoulder dishing out the flyers.

But while Cian is happy to give his dad a dig out, it's unlikely his teammates will line out on the campaign trail. Spartacus understands a number of the Liam MacCarthy team have been asked to canvass for other candidates across the city. They have politely but firmly declined offers.

● While it is good to see the confusion over Limerick's two mayors finally resolved with metro mayor to be known as cathaoirleach from now on, one hopes the pomp and ceremony around the position of mayor remains. If nothing else, it looks good to foreign dignitaries

# TY students travel to Uganda

**Charity:** Villiers 'very proud' of trip with Zest4Kidz

**JESS CASEY**

jess.casey@limerickleader.ie

TRANSITION year students from Villiers School traveled to Uganda during their Easter break, to work in schools and hospitals, spending their trip helping children, particularly those with disabilities.

Four staff members and 22 students from the secondary school on the North Circular Road traveled to Uganda with the charity organisation Zest4Kids at the beginning of their holidays from school.

"Villiers School are very proud of the fact that so many of our students, teachers and parents want to make a real difference to the lives of children in communities less fortunate than ourselves," deputy principal Mary Quinn said.

"It was an emotional, tough, rewarding experience and we are very proud of our students," she added.

During the year, the students held a number of fundraisers for their trip,



**TY students in Uganda and on the right is Ciara Lynch, Laura Williams and Mancur Robinson**

including a 24-hour fast, a colours day, a raffle and a Christmas card sale.

The group were based in the Kumi region of rural Uganda and worked in a number of schools in the area. They also visited the Kumi Orthopaedic Hospital and an Orphanage for Deaf

Children in Kampala where they donated medical supplies and sports equipment.

Zest4Kids is a registered charity that focuses on helping children in "desperate circumstances." Zest4Kidz operates projects helping children in three

main areas: child soldiers in Africa, children in slums and on streets in India and children in prisons and in orphanages in Eastern Europe.

The charity's projects fall into three main categories: educational, counseling and medical.



**LIMERICK**  
**Mental Health**  
**Association**

## VOLUNTEER BOARD MEMBER – TREASURER

Are you a conscientious, energetic professional, with time to dedicate to an established local mental health charity? We are seeking an experienced Treasurer to join the board of Limerick Mental Health Association.

For further information, please visit [www.limerickmentalhealth.ie](http://www.limerickmentalhealth.ie) or email [info@limerickmentalhealth.ie](mailto:info@limerickmentalhealth.ie)

Please note that all volunteers will be required to undergo Garda Vetting procedures and further training is available for the role.



**LIMERICK**  
**Mental Health**  
**Association**

## VOLUNTEER BOARD MEMBER - DIRECTOR OF EVENTS

Are you a conscientious, energetic events professional, with time to dedicate to an established local mental health charity?

We are seeking an experienced and talented Director of Events to join the board of Limerick Mental Health Association.

For further information, please visit [www.limerickmentalhealth.ie](http://www.limerickmentalhealth.ie) or email [info@limerickmentalhealth.ie](mailto:info@limerickmentalhealth.ie)

Please note that all volunteers will be required to undergo Garda Vetting procedures and further training is available for the role.

# ROUNDUP

## Extra armed gardai hired

**THE head of the Limerick garda division, Chief Supt Gerard Roche, has confirmed plans are being finalised to roll out an additional Armed Support Unit to assist regular units.**

Six gardai have been undergoing specialist training in recent months having been selected for the new roles.



## Meet the candidates

IN the final lead-up to the 2019 local elections, a special 'meet the candidates' and voter registration event is to take place this Thursday, May 2, at 7.30pm at Tait House. The event will cover the City East electoral area and all candidates intending to run for election will be invited to attend on the evening. Information from 061-415340.

## Talk on feminism

The Limerick Branch of the Classical Association of Ireland presents a lecture "Feminism in Ovid's Heroides" by Dr Martin Pulbrook, ex-Department Of Classics, Maynooth University, on Wednesday, May 15, in Limerick Education Centre, Marshall House, Dooradoyle Road, at 7.30pm. Non-members are very welcome to this free event.

## Funding welcomed

Limerick City East Labour councillor Elena Secas has welcomed an allocation of €100,000 towards the extension of Castletroy Playground. She has been campaigning for funding for the playground since she was elected, she added. "This funding will allow this badly needed extension to the playground to go ahead," she said.

# Helping out a very worthy cause

**Support:** Group provides solace to over 200 people across Limerick each month

## NICK RABBITS

nick@limerickleader.ie

IF you have spare time on your hands, and talent to offer, why not help out the Limerick Mental Health Association (LMHA)?

The group, which has provided mental health supports to people in the city since 2002, is recruiting for a number of volunteer roles after Dooradoyle lady Deborah Finn was appointed as its new chairperson.

While there are key roles of a treasurer and a director of events, there are also less time-consuming positions

on offer, Deborah said.

"We are looking for people to facilitate activities, to participate in things like our Men's Shed. We have a walking group which we are always looking for volunteers with. Even just going along to the cinema with. We are always open to new people," she explains. "Anyone with particular skills in terms of art, music, anything they wish to impart which might enhance people's lives and their recovery journey. It's a lovely community of people – it's a really enjoyable group of people to spend time with."

One thing Deborah says, is



**New chairperson: Deborah Finn**

PICTURE: ADRIAN BUTLER

volunteers leave LMHA with more than what they come in with.

She said: "This is one thing which we underpin our volunteer experience on. We are about educating people as regards mental health wellness. If our volunteers can go out the door with a little bit of knowledge that they didn't have that they can impart with regard to mental health, we've done our job."

LMHA has always relied on its volunteer board of directors' good governance and strong leadership to enable it to effectively promote positive mental health in the region, co-ordinate Limerick Mental Health

Week each October and support its members mental health recovery through its peer support project Le Cheile, based in Sexton Street.

The outgoing chairman Dr Jennifer McMahon said being a volunteer for the group is the most rewarding thing she has ever done.

"You're working on behalf of people who really need the service, and it's pivotal within the Limerick landscape. There is nothing really like it: it's a privilege to be a part of it," she said.

To get involved, please visit [www.limerickmentalhealth.ie](http://www.limerickmentalhealth.ie), or telephone 087-2485742.



The Limerick Mental Health Association recently held an event focused on education and learning for mental health and recovery, in City Hall PICTURE: ADRIAN BUTLER

## 'I have a real passion for the Limerick MHA'

DEBORAH Finn, who works for Dell EMC, said she started volunteering with the Limerick Mental Health Association (LMHA) as she wanted to give back to the city.

Having left to work across the world, the Dooradoyle lady returned to Shannonside back in 2015, and immediately joined the board of LMHA.

"I knew I wanted to bring my skills and knowledge and my professional skills to do good in my hometown. To give back to the city. Mental health specifically for me was a prominent area in community development. My own family has experienced a suicide," she told The Leader, "I wanted to work with a local charity in this space."

She took the treasurer position, and has not looked

back, recently being appointed to lead the project for at least the next year.

Deborah has shown huge dedication and commitment to her work in the group, her business and legal expertise, and her outgoing, caring nature being a great asset.

With a blueprint for the next period of time, she says LMHA is "in a really healthy place".

"Our governance is great, our compliance is great. We have a very strong board. All our stakeholders are well represented. Our branding has come on in leaps and bounds in the last couple of years. I think it's an organisation in great shape, going in the right direction, and I'm just really happy to be at the helm".

Deborah has a number of goals for her time in office, including reaching out to

some of the more marginalised groups in the city, particularly the migrant community.

"A good example of this would be the Men's Shed. Living outside your own country can be very detrimental on your health, it can be a lonely place often-times. It can be difficult for people to integrate, and very often the language barrier makes it very tough. The Georgian group of men in particular struggle. We are looking for a translator for them," she explained.

One of the most popular initiatives of Le Cheile, which is the LMHA's peer support service is the drop-in coffee mornings it has in Sexton Street on Friday and Monday mornings. But on top of this, there are also walking

groups, creative writing sessions, an art group and a personal development course. If they wish, participants can also get involved in wellness courses like Wrap.

Asked what she brings to the role of chairperson, Deborah, a company secretary with Dell EMC, said: "I have the corporate legal and the corporate governance experience. That's been very helpful in the treasurer and secretary role and I think that will be a key focus for me as well in making sure the organisation is fully compliant and represent our funders as best as possible. But I have a real passion for LMHA. I believe in peer-led support. So I'll bring no end of enthusiasm – which you need, as sometimes the hours are long."

## Jennifer steps down after five years at helm of the LMHA

### NICK RABBITS

nick@limerickleader.ie

DR JENNIFER McMahon, who is stepping down as chairman after five years, has been on an amazing journey with the Limerick Mental Health Association (LMHA).

When she started leading the group in 2014, the old board had dissolved, meaning she effectively had to start from scratch.

"There's been a lot of hard work," she acknowledged, "I was very conscious that if I was going to do something, it had to be 100% in line with best governance practice and the team around me needed to be highly capable and transparent. That's what I focused on: recruiting people around me who could do the job and take the organisation to the next level. Strong governance is a big thing for me."

Dr McMahon, who also chairs the youth mental health group Jigsaw, is stepping away, having put her heart and soul into LMHA over the last five years, and during a separate spell where she was a full-time employee with the group.

"I actually tried to step down last year, but they wouldn't let me," she laughed, "The reason I stepped away is because I really believe any organisation first and foremost should change. The people who run it are just custodians. It's not our project, it's not my project. You need to own your work,



**Outgoing chairman: Dr Jennifer McMahon**

PICTURE: ADRIAN BUTLER

but not the place. There has to be a time when you step away and the agency regenerates."

Dr McMahon is delighted to be handing over the role of chairman to her long time friend Deborah Finn.

Asked what advice she would afford her successor, she said: "Since she came on the board, she has been absolutely amazing. She has expertise in finance and accounting, but also governance. One piece of advice I'd give her is to find the strengths of other people. That's how you develop. That's what's been done here."

"In the time, she has brought so much from her own mental health experience. I'm delighted to see her taking over. Her capacity and energy is fantastic, and she is going to do a fantastic and amazing job," she concluded.



# Making Cents

**LIAM CROKE**

The Must-Read Guide To Saving Money

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

## Three strategies to get you living the debt-free life

Debt is the enemy to any wealth creation. And it's also a barrier to achieving your financial goals, whatever they may be. I liken it to running a marathon where you have a tyre tied around you.

The bigger the tyre (debt) the longer it will take you to finish the race.

Make no mistake, debt is holding you back, so the quicker you are freed from it, the better.

And debt doesn't have to be something that is inevitable, unavoidable or something that is normal, which everyone has.

Don't let that be a comfort to you, if you're thinking that way.

Paying off or never having debt in the first place is a mind game, the numbers are a by-the-way.

Let me explain.

A client of mine was paying €550 every month towards a car and personal loan, which was accounting for 10% of his net monthly salary.

He didn't know whether that was good or bad and the repayments were fine; a bit of a stretch each month, but manageable.

But when I told him he had two employers, he looked at me quizzically at first, but the penny dropped when I explained how everything he earns every day of every week, between the hours of 9am and 9.48am were actually being paid to his loan providers.

This was much more real to him, than €550 or 10%.

It was an 'A-ha' moment for him, and something he resolved against repeating again in the future, if he could help it at all. He would see the terms of those loans out, but when they were

finished, he would resolve to never work for anyone else, other than his employer, because that's exactly what was happening.

When you frame loan repayments that way, it can be the trigger to make changes; it was for him anyway.

Of course, avoiding debt altogether can be a big ask, I get that, but we don't have to carry debt all our working lives either. Banks would love it if we did though. They're good at playing on our emotions, they know how to tap into the emotional rather than rational side of our brains. Which is why their TV adverts show how happy children are with the new playhouse in their backyard, their new bedroom, how happy your partner is when you present them with a new car etc.

They want to be your employer, they want you to go to work for them every day, to pay back the loan with interest they gave you. But in fairness, that's the business they're in.

So, how can you avoid debt or get out of it altogether?

I'm going to outline what I think are three good strategies that if followed will help.

### 1. LIVE BELOW YOUR MEANS

The most important, and the most obvious, but the one thing people in debt do the least.

If you want to live a debt-free life, that means no more mindless spending, no more eating out every other night, no more caring what your neighbours, friends or family are driving or where they are going on holidays this year.

If you don't have the money yourself for something, then you can't buy it, it's



**Banks know how to tap into the emotional rather than rational side of our brains**



### DID YOU KNOW?

The current Guinness world record for most credit cards belongs to a Walter Cavanagh who has 1,497 cards in his name.

as simple as that.

### 2. RE-EVALUATE YOUR BUDGET

If you don't have one in place, get one. If you want to get out of debt, you need a budget.

I know when some people hear the B word, they get nervous. They think it's time consuming, difficult, restrictive etc. but it's not. Just spend two minutes a day, checking what you are spending your money on and after a while it becomes a habit and something that's easy to do.

After tracking your outgoings, it will become clear whether you have an income or spending problem. In other words, do you need to earn more or spend less, or both?

If you don't know what you are spending your money on, you have no idea what areas you need to cut back on, or get better value for, which will help free up surplus cash needed to pay down debt faster, or use towards savings, which can be used to buy things in the future without having to resort to debt.

### 3. HAVE A PLAN AND A GOAL

If you want to achieve anything you, or someone for you, needs to make a plan. Without a plan of action, you're going to find it difficult, if not impossible, to implement, follow through and monitor your plan.

When it comes to getting out of debt, the numbers are the easy part, it's that change of behaviour which is the hard bit.

But with some effort, a little planning and enough reasons to get out of debt in the first place, making those changes will be easier.

### ASK LIAM

Our personal finance expert answers your questions ...

**Q: Liam, we have sale agreed our first home. Should we get our home insurance with the bank we are getting the mortgage through, or should we look for a different provider?**

A: What I would do first is get a quote from the bank you are arranging your mortgage with, and then compare it to others. Online comparison platforms will quickly come back with quotes from all providers, and you can see who is the most competitive.

When comparing the cost, do it based on the re-instatement value of the property, which is different from the market value.

When a valuation is being carried out on the property (bank will organise) you will get a copy of the report, and on it will be the re-instatement value and that is the number you use when comparing cost.

So, when you know what that number is, get your quotes and make sure everyone applies every discount allowable i.e. FTB, alarm, smoke alarm etc.

My gut is telling me the bank might be the best and most cost effective option in year one because of the discounts they apply, but could become less competitive from year two, so you'd need to review again when it's up for renewal.

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

The Business Of Fashion Event will take place on Sunday, May 12 at The Bedford Townhouse from 11am-4pm. Tickets are €75 plus booking fee. Fashion stylist from StyleSavvy Laura Jordan (pictured) along with special guest Annmarie Nagle (buying and branding building aficionado) are hosting the styling, buying and forecasting event. The seminar will give insight into the business side of the fashion world. Tickets are available on eventbrite. For more on the event see page 28.



The 50 Plus Expo is coming to the South Court Hotel, Limerick on May 7



and 8 to show you that there is so much to life once you retire. From cooking demos, health checks, fashion shows and so much more, it is an event definitely not to be missed. Tickets available on [www.seniortimes.ie](http://www.seniortimes.ie)

Call in to see the gang at Ruby Sundays during Riverfest and enter the draw to be in with a chance to win lunch for two when you purchase anything off their menu €5 or above.



There is lots to choose from between their kid's menu, breakfast, hot lunches. Vegetarian and vegan options also available! All take away coffees only €1.80 before 9.30am. For more information call them on 061 315693.



# Recruitment

**Limerick Leader,**  
**54 O'Connell Street,**  
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To apply for the above role or to request a job specification please email [recruitment@heatmerchants.ie](mailto:recruitment@heatmerchants.ie)

Heat Merchants, part of Heat Merchants Group, one of the largest suppliers of heating, plumbing, tiles & sanitary ware to the trade and retail markets with branches nationwide.

**BERGERIE TRUST CLG**

Bergerie Trust CLG. works to address homelessness and vulnerability in the community through the provision of Sheltered Housing and Daycare services that focus especially on the needs of vulnerable elderly.

## GENERAL MANAGER

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.....

Please forward a comprehensive C.V. together with a covering letter to:

CHAIRPERSON, BERGERIE TRUST CLG.  
 13 Good Shepherd Avenue, Pennywell Road, Limerick. V94DC44  
**Closing date for receipt of applications is: 09/05/2019**  
 You may email your application to: [btdaycjobs12@gmail.com](mailto:btdaycjobs12@gmail.com)  
[www.bergerietrust.ie](http://www.bergerietrust.ie)  
 N.B. SHORTLISTING MAY APPLY

**BREAKING NEWS**

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Contact  
**061 214500**

[www.limerickleader.ie](http://www.limerickleader.ie)

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# LEADER BUSINESS

Edited by Nick Rabbitts  
 e nick@limerickleader.ie  
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 m 087 6615151  
 Twitter @nick468official



## Company shows 4site to secure a top award

**Drones:** State-of-the-art tech now part of staff care at Raheen firm

**NICK RABBITTS**  
 nick@limerickleader.ie

RAHEEN company 4site, which provides engineering solutions for telecommunication development has won a top health and safety award.

The company, which is headquartered and employs 80 staff here, has received a silver award in the internationally-renowned RoSPA Health and Safety Awards, the longest-running industry awards scheme in Britain. The Royal Society for the Prevention of Accidents (RoSPA) is a British charity that aims to save lives and prevent life-changing injuries which occur as a result of accidents.

The awards scheme, which receives more than 2,000 entries from organisations around the world, recognises achievement in health and safety management systems, including practices such as leadership and workforce involvement.

4site received the prestigious silver award in recognition of its practices and

achievements in helping its staff and customers arrive home safely at the end of the working day.

The company will be presented with the prize during a ceremony in Britain next month.

Speaking about the award, Ian Duggan, the chief executive of 4site said: "4site are delighted to receive a silver award in the RoSPA Awards 2019. As a first-time entrant we are very proud of the achievement and the hard work put in by our employees to maintain a safe workplace for their colleagues and customers. We will be aiming for a Gold Award in 2020!"

Julia Small, RoSPA's head of qualifications, awards and events, added: "The RoSPA Awards have become the key fixture in the health and safety calendar for a number of years. Highly-respected, with almost 2,000 entrants every year, RoSPA award winners benefit from the wide-ranging rewards of improved sector reputation."

The majority of 4site's staff are



**'Aiming for a gold next year': The chief executive of 4site in Limerick, Ian Duggan** PICTURE: SEAN CURTIN/TRUEMEDIA

qualified engineers and technicians.

They are charged with designing, surveying, building and maintaining world-class fibre and wireless telecommunications networks across Ireland, Britain and further afield.

4site's team adapt technology, tools and processes to deliver reliable and future-proofed turnkey services for clients such as Vodafone, CityFibre, Three, SIRO, Cignal, Huawei, Ericsson, Nokia, Imagine and CommScope.

The business has a dedicated health, safety, environment and quality manager, David Healy, who ensures continued compliance with all required health, safety, environment and quality legislation. He ensures training, education and mentoring are core facets at all levels of safety management.

The firm uses drone and camera technology to survey inaccessible locations, roof top sites, towers, masts and mountainous terrain, eliminating the need for employees to physically access these areas.

## 'Quarter of car sales are auto'

ALMOST a quarter of new cars sold in Limerick are now automatics, according to a new survey.

Research from trading web site DoneDeal indicates 24% of cars sold locally were ones without the need to use a gearstick and clutch.

In the year to the end of March, over 19,000 automatics rolled out of forecourts nationally, an all-time high.

That's an 83% increase compared with the same period five years ago when just 6,000 new automatics were sold in the state.

Between January and March, 542 new automatics were registered in Limerick, a 13% year-on-year increase.

Martin Clancy, DoneDeal said: "New automatic transmissions are extremely intelligent. It's now common to see six and even seven gear transmissions which enable smooth and efficient driving, even at low revs.

"Therefore burning far less fuel and reducing emissions.

"It's also worth pointing out that alternative-fuel vehicles, including virtually all hybrids and fully electric cars, tend to use automatic gearboxes. With the increase in alternative fuel vehicles, the number of automatics on the roads is sure to rise also".

Diesel was most popular engine, then petrol electric and petrol.

## Retailers playing part in shedding light on Soviet

CITY business owners have commended the many ways that local people and visitors are now discovering Limerick Soviet history as centenary celebrations continue, writes Christopher Dunne.

Pat O'Brien, co-owner of The Celtic Bookshop on Rutland Street says that his wife Caroline's window display, themed on the Limerick Soviet, stops people in their tracks.

He said: "The window has become something of a tourist attraction. People stop outside and study it regularly.

"Even sometimes when I pass by in the evening I'll see people engaging with the display.

"People out walking that might have no intention of buying a book are suddenly speaking about the Soviet. They're speaking about its significance, they're asking questions and it's generating conversation."



**Mark Sheehan of Lucky Lane with some of the Soviet Shillings he is selling as part of centenary**

Pat emphasised that the discussion is not just limited to the streets: "Even here in the bookshop there have been some animated discussions recently about just how real a Soviet it was, and as a local

historian that speaks volumes about the engagement of local people."

The Celtic Bookshop is the primary stockist of the recently re-circulated and re-designed Soviet Shilling.

People can buy them and then spend them at participating retailers or can keep them as a collectible souvenir, with the small profit margin made going straight back into the centenary initiative.

Designed by local artist Ciaran Nash in collaboration with Project Free Space, the currency can be spent in businesses such as Lucky Lane and the Commercial Bar on Catherine Street as well as the Urban Co-Op on the Ballysimon Road.

Lucky Lane owner Mark Sheehan proudly displays the currency on his shop's counter and even among the vast array of eclectic and quirky items in-store, he explains that the shillings have caught the eye of many a visitor:

"The shillings have engaged and informed a lot of people who walk in from the street. Our shop tends to spark a natural curiosity that engages people.

"Local and visitor interest was especially visible during the first week the shillings went into circulation and the Bread Not Profits play launched."

Mark emphasises that the decision to stock the shilling was in part of an overarching aim to make people aware of the importance of valuing local history:

"The Soviet is a historical footnote on a national scale but it's a huge part of the history of Limerick city and it showed the resilience of Limerick people and their ability to be self-sufficient.

"It's no harm reminding Limerick people and people from further afield about our history and re-circulating the currency is a part of that."

# Kelly's Skin Solutions in the running for GLR fundraiser

LIMERICK'S Kelly's Skin Solutions are gearing up for the Great Limerick Run in aid of the Rape Crisis Centre Mid-West.

A group of 18 local influencers, businesses, friends and clients from Skin Solutions, located at the Salmon Weir in Annacotty, have already signed up to take part in either the 10km or half marathon in an effort to raise €7,000 for the organisation.

The beauty and skincare specialists are currently a bit

behind in their training, but hope to get up to speed by the May Bank Holiday run.

Part of the local influencers and businesses fundraising include Skin Solutions, The Training Rooms, Lucy Fitz, Judy Fitzgerald, Melz Bloglife, and Beauty by Leah. For more details or to help Skin Solutions reach their fundraising goal see [www.great-limerick-run-2019.everydayhero.com/ie/run-for-rape-crisis-midwest](http://www.great-limerick-run-2019.everydayhero.com/ie/run-for-rape-crisis-midwest)



**Staff and clients from Kelly's Skin Solution who will take part in the Great Limerick Run**

# Marc Jacobs arrives at Specsavers Limerick

DESIGNER powerhouse and fashion pioneer, Marc Jacobs, is bringing a luxurious eyewear collection to Specsavers Limerick stores.

Now available in Specsavers Castletroy, Crescent Shopping Centre and Cruises Street, this contemporary, unique and luxurious collection boldly expresses the creativity of the fashion house and consists of 26 optical and six prescription sunglasses styles.

Standout pieces in the collection include a pair of jet-black, cat-eye sunglasses, confetti-like pops of



colour and oversized square statement sunglasses completed with the iconic daisy detailing synonymous with the Marc Jacobs brand. The collection is priced from €199 for two pairs.

Specsavers Limerick stores are located at Castletroy, Crescent Shopping Centre and Cruises Street.

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to  
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- Item 4.** Three wireless motion detectors
- Item 5.** External bell box fitted at front of house
- Item 6.** Dummy bell box fitted at back of house

**Cost for System: €712.00**

#### SPECIAL OFFER SYSTEM TWO

- Item 1.** Control panel with standby battery in case of power failure & built in siren
- Item 2.** Three amp mains spur outlet
- Item 3.** Two wireless motion detectors
- Item 4.** Two wireless door contacts
- Item 5.** External bell box fitted at front of house
- Item 6.** Dummy bell box fitted at back of house

**Cost for System: €650.00**

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# KEEP IT LOCAL!

Limerick businesses in the spotlight



## Lobster season at Hamptons

It's Lobster Season again at Hamptons! Now in its tenth year, the Hamptons' annual Lobsterfest has kicked off at this iconic Limerick eatery on Henry Street. Hamptons' general manager Robert Russell is delighted to have launched this year's event, noting that their lobsters are of prime succulence this year with supplies coming from Carrigaholt in Clare,

Union Hall in Cork and Rossaveal, Co. Galway. Robert explained: "We are also very excited to be taking delivery of fantastic scallops, clams, mussels and Dublin Bay Prawns so there's something for all seafood lovers at Hamptons."

Hamptons cellar has also added some great new white wines to complement the arrival of the shellfish with an Albariño from

Spain flying off the shelves. There is Sauvignon Blanc from the Loire Valley, not to mention the ever popular craft beer list featuring organic beers from Limerick and beyond. So Summer at Hamptons is officially under way with lobster dishes available from €20 from noon until late, seven days a week. Tel 061-609325 for reservations and more detail.



The catch of the day: Lobsterfest lands at Hamptons

## Getting down to business at stylist event

THE Business of Fashion is a one-of-a-kind event offering the ultimate insight into the Irish fashion industry. Presented by Laura Jordan, owner of StyleSavvy with special guest AnnMarie Nagle, buying and branding aficionado.

The Business of Fashion offers a unique opportunity to learn all you need to know about the key areas of Irish fashion; Styling, Buying and Trend Forecasting.

The event takes place on Sunday, May 12, in the Bedford Townhouse and includes lunch and refreshments. Tickets are priced at €75 and are available through Eventbrite <https://www.eventbrite.ie/e/the-business-of-fashion-tickets-59769372803?aff=ebdssbdestsearch>, or by mailing [office@StyleSavvy.ie](mailto:office@StyleSavvy.ie)

Laura is a fashion stylist who has worked comprehensively in

the Irish fashion industry, including TV, digital and print ad campaigns, magazine covers, fashion campaign shoots, red carpet styling and fashion show production, as well as business and fashion features in The Sunday Times, The Irish Times and The Irish Independent.

Laura owns StyleSavvy, Ireland's only full service style consultancy, offering tailored Image and Branding insights to both individuals and industry. StyleSavvy currently operates throughout the country and is in the process of expanding to the UK market, bringing Laura back and forth between London and Dublin.

Laura lectures in Personal Shopping, Fashion Styling and Trend Forecasting at Dublin Institute of Design and is a fashion contributor with WeekendAM on Virgin Media One.



Laura Jordan owns StyleSavvy, Ireland's only full service style consultancy

## Greene Room 'Most Instagrammable'

IN addition to achieving a five-star rating from the Good Salon Guide in February, The Greene Room Salon in Killaloe was recently named 'The Most Instagrammable Salon' by the guide.

"When we were sitting down last year to plan the opening of our second salon in Nenagh, we had envisioned remaining in our old salon building and renovating it to ensure that the same standard of interiors in Nenagh matched in Killaloe. Fast forward a couple of months and an opportunity arose to

take our new building on Kevin Parade, beside Ponte Vecchico and Satmya," said John Hickey, operations director The Greene Room.

"Set over three floors in the beautiful picturesque village of Killaloe, we have the most beautiful original stone work building from which to sell our wares and services. We now have a full window to utilise and showcase our retail selection; all while you wait for the traffic lights to change at the bridge. This building is deceptively large. When you enter,

you are greeted at our gorgeous gold reception desk with a blue lattice screen behind it. You will then be brought to our waiting area to sit in our luxurious armchairs while we bring you your stylist who will look after you throughout your appointment," John added.

The staff at The Greene Room cannot wait to welcome you into their Killaloe salon, which now has a five star rating with Good Salon Guide! Appointments are available on [greeneroom.ie](http://greeneroom.ie) and on 061 622 575.



Picture perfect: The Greene Room salon in Killaloe

**YOUR EVENT  
GUIDE**

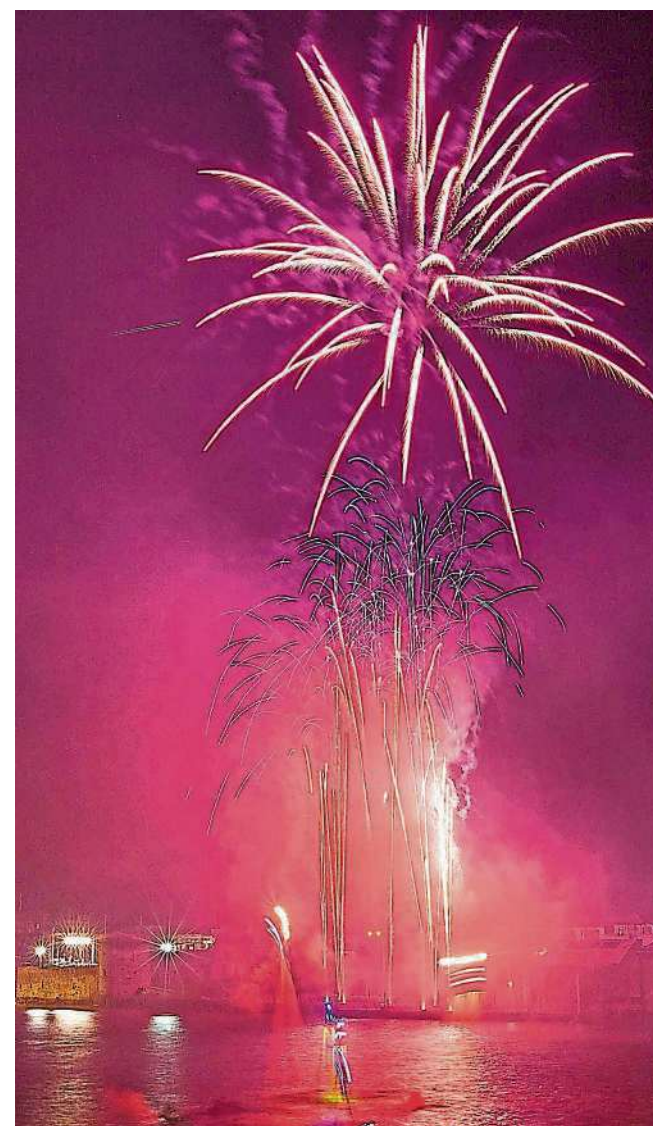
## **FEATURING**

- **Great Limerick Run**
- **Riverfestival Village**
- **BBQ on the Boardwalk**
- **Fashion Friday**
- **Fireworks & Aerial Spectacle**



# **RIVERFEST**

**Limerick to become a Mecca for families, foodies, fun runners and watersport enthusiasts this May Bank Holiday weekend**



Main picture: 14,000 are expected to take part in the 2019 Great Limerick Run, while, above, the Riverfest fireworks are sure to once again be a highlight PICTURES: SEAN CURTIN/TRUEMEDIA.

# City ready to put its best foot forward for Riverfest '19

**Festival:** Record participant numbers expected for 10th annual Great Limerick Run

**NICK RABBITTS**  
nick@limerickleader.ie

LIMERICK is putting its best foot forward this weekend, with tens of thousands of people set to enjoy the Riverfest celebrations.

The banks of the Shannon will be the epicentre of the first major festival of the year, with a number of special events to mark the festival, which is now in its 15th year.

One of the key events will see a record 14,000 people pound the streets of the city as part of the Great Limerick Run, which will take place on Sunday.

Race director John Cleary said demand for the occasion has been so high, they had to close registrations much earlier than normal this year.

"We've had to shut it down because we only order so many medals and t-shirts and they all have pretty much been allocated. More people want to get in, but we're at capacity for this year," he said.

Mr Cleary said people are clearly "voting with their feet" and the weather this weekend is "lining up" to be particularly special, with sunshine, and high temperatures of 16 degrees celsius.

"You need that little bit of luck. It should be great," he said.

People attending the many Riverfest events will be able to enjoy activities from aerial acrobatics shows, zorbing to ziplining across the River Shannon.

There are loads of different activities also on offer for those hoping to keep their feet on the ground, including an artisan food market, a coarse fishing competition on the Abbey River, an art exhibition, kayaking and a tour of an Irish naval vessel.

Family favourites include the Barbecue on the Boardwalk, the Panoramic Wheel and the Riverfest Fireworks, where world class aerial dancers Fidget Feet will perform works of beauty, mystery and charm

over the Shannon!

It gets under way with the now traditional Fashion Friday at Bowes Ryan Café in Arthurs Quay Shopping Centre hosted by Ireland's leading fashion stylist Celia Holman-Lee and showcasing the latest trends from Limerick's top fashion houses and designers.

Big Gigs include The Stunning and the Frank And Walters Live at the Big Top on Sunday and Qween at Dolan's on Saturday night.

Comedy heroes Dermot and Dave will take to the stage at the University Concert Hall on Friday night.

Also, this year, the Abbey Theatre Production of The Country Girls will be performed at the Lime Tree Theatre from Thursday, April 30.

Beside the River Shannon, there will be annual favourites such as the Riverfestival Village, at Arthurs Quay Park – a weekend-long cacophony of foods, crafts, vintage amusements, street performers and live musical entertainment.



**More people want to get in, but we're at capacity this year**

**JOHN CLEARY, BELOW**



A new addition to this year's line-up is the Riverfest Chill Out Zone.

Families seeking light relief from the excitement can wander down to the Hunt Museum Garden where Limerick Autism Group will ensure it's a festival for all as they provide a sensory room to enable children and adults with autism to access a safe space to take time out from the crowds and noise.

You can also enjoy a drink or snack from the Hunt café, a quick round of crazy golf, or a picnic in the sun.

Sheila Deegan, the culture and arts officer with the council, said: "We know that festivals and events play a distinctive role in developing vibrant and sustainable communities, they are proven to drive tourism growth as well as grow the creative sector itself."

More information on what is on offer for Riverfest is available at [www.riverfest.ie](http://www.riverfest.ie), or telephone 061-556000.

# Catherine Street in for a treat as Street Feast all set to make your Monday

LiveableLimerick has announced that, following on the success of last summer's Street Feast, once more in 2019, Catherine Street will be closed between 12 and 7pm for another family friendly "Street Feast" on Bank Holiday Monday, May 6.

At its most simple, a street feast is just having a picnic with your neighbours. Bring a stool, bring a rug, bring some food. It's a great excuse to come enjoy and share food, meet people who live near you and have a bit of craic. But it can be much more.

It is an open invitation event also for out-of-towners who happen to be in the city centre that day.

It is an opportunity to come along and partake in the fun atmosphere we can have on Limerick's public streets when we think of other ways to use them. It is an opportunity to reach out and invite along your neighbour whom you know lives nearby but alone or is new to the neighbourhood.

The idea is all about building communities. So people bring their own picnic and come and spend time with each other in a healthy and vibrant family friendly environment.

Kids bring along their toys to share and they become the link to new friends. Anybody feeling a little lonely that day is encouraged to come along and meet new friends. You do not need to be invited. All are welcome.

A number of local businesses are enthusiastically supporting the event and will be helping to make it a lively and fun occasion for all who come along on the day.

Limerick City is an incredible diverse, inclusive and vibrant urban location and this is yet another opportunity to showcase and celebrate that.

Catherine Street has been selected as the venue to hold the Riverfest family friendly community "street feast" building on their very successful event last year.

The 2019 event, like 2018, is supported by Liveable Limerick and

Limerick City and County Council.

Niki McMahon, Liveable Limerick, said "Street Feast is a long-established national day of neighbourhood picnics, celebrated across the country and now in its tenth year.

"We are inviting people to bring a picnic, bring their children, meet friends and make new ones on Bank Holiday Monday May 6 #liveablelimerick are working together with local residents, businesses, local groups, new and existing communities to bring the Street Feast back this year to the heart of Limerick City."

Ailish Drake from Liveable Limerick said, "The idea was so successful last year as it is simple. People bring their own picnic and come and spend time with each other in a healthy and vibrant family friendly environment.

"A number of local businesses as they are doing again this year enthusiastically supported the event. Events like these build a real sense a community and contribute to the wellbeing of residents and their friends."

Local resident and business person Rocky O'Shea said, "Last year, it was great to see so many people having fun on the street outside our new business. Catherine Street has had a new lease of life in the last few years and occasions like this reinforce that revival."

Liveable Limerick is engaging to run another street feast and if it can come close to matching last year's success (although of course it hopes it will exceed it), the plan is to campaign for a summer-long series of such initiatives to be brought to Limerick, with ever more streets closed to traffic on Sundays allowing those streets to transform into fun public space revealing the streets' potential for other uses, such as picnics, dance, games, cooking, eating, a place to meet and connect.

To get involved or for more information contact [info@liveablelimerick.com](mailto:info@liveablelimerick.com) or visit [www.liveablelimerick.com](http://www.liveablelimerick.com)



Kids enjoying the comfort and safety on the street at last year's street feast

#Liveable  
Limerick

Riverfest

PRESENTS THE  
MAY BANK  
HOLIDAY

MON

MAY 6TH

STREET  
FEAST  
12-7

CATHERINE STREET

PROPER MICRO NV  
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16 TONS OF JIVE

GET FUNK'D

UNSCENE LIMERICK  
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>DEVIANT... MANKYY & DSHII



Relaxing and chatting at last year's Street Feast PICTURES: CALEB PURCELL PHOTOGRAPHY

# Dolan's to be rockin' for Riverfest

## Testing one, two, three: Dolan's bring the music for bank holiday festival

THE Dolan's team are once again delighted to be playing their part in ensuring that Limerick's Riverfest weekend showcases our fantastic city to the many thousands who will visit over the May Bank Holiday weekend.

Dolan's have a cracking line-up of events over the course of the 2019 Riverfest weekend.

They are bringing Today FM duo Dermot Whelan and Dave Moore to University Concert Hall on Friday night for a sell-out show. Friday also sees Bone Machine – a tribute to the music of Tom Waits – play the Warehouse venue at Dolan's.

On Friday night they also welcome Limerick Jazz, in association with the Jazz Promotion Network, Dutch Performing Arts & Limerick Jazz Festival, presenting The Nordanians. This incredibly talented Dutch trio fusing Indo-Jazz with funk will play our Upstairs venue.

On Saturday, Dolan's welcome back Queen, the popular Queen tribute band who have wowed audiences with a theatrical rock show that brings the audience right back in time to the front row of a



Sunday specials: The Stunning are Live at the Big Top - while DJ Will Leahy (right) brings the 80s back

classic Queen gig. Brian O'Connor and Dave Keary will also join them for our Live in

the Window Sessions in our Bar on Saturday night. Dolan's are also delighted to be

welcoming back The Stunning supported by The Frank and Walters who will play Live at the Big

Top venue at the Milk Market on Sunday night, May 5.

Sunday will also see Dolan's Warehouse welcome back the phenomenally popular DJ Will Leahy. Will will present Electric Dreams, his 80s nostalgic tribute which will see him bring us back in time with a homage to one of the most popular music decades.



The Dock Road venue also have a traditional Irish music session in the bar seven nights a week and our restaurant serves the very best of traditional Irish fare until 10pm each evening.

The Dolan's team wish the very best of luck to everyone taking part in both Riverfest and the Great Limerick Run and look forward to celebrating Riverfest weekend with all of you.

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### RESTAURANT & LIVE MUSIC VENUE | 3-4 DOCK ROAD, LIMERICK LIVE TRADITIONAL IRISH MUSIC 7 NIGHTS A WEEK!



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## Riverfest at Dolans THIS MAY BANK HOLIDAY WEEKEND!



ALL SHOWS ARE OVER 18'S ONLY (UNLESS STATED OTHERWISE) | I.D. REQUIRED | R.O.A.R.

FRIDAY MAY 3<sup>RD</sup>

**THE NORDANIANS**

UPSTAIRS DOLANS

FRIDAY MAY 3<sup>RD</sup>

*Bone Machine*  
PLAY THE MUSIC OF  
**TOM WAITS**

DOLANS WAREHOUSE

FRIDAY MAY 3<sup>RD</sup>

**DERMOT & DAVE**

SOLD OUT !!!

UNIVERSITY CONCERT HALL

SATURDAY MAY 4<sup>TH</sup>

**BRIAN O'CONNOR & DAVE KEARY**

DOLANS BAR

SATURDAY MAY 4<sup>TH</sup>

**QUEEN**  
IT'S A KINDA QUEEN

DOLANS WAREHOUSE

SUNDAY MAY 5<sup>TH</sup>

**ASOMVEL**

*Raked Bitch of the North*

KASBAH SOCIAL CLUB

SUNDAY MAY 5<sup>TH</sup>

WILL LEAHY'S  
**ELECTRIC DREAMS**

DOLANS WAREHOUSE

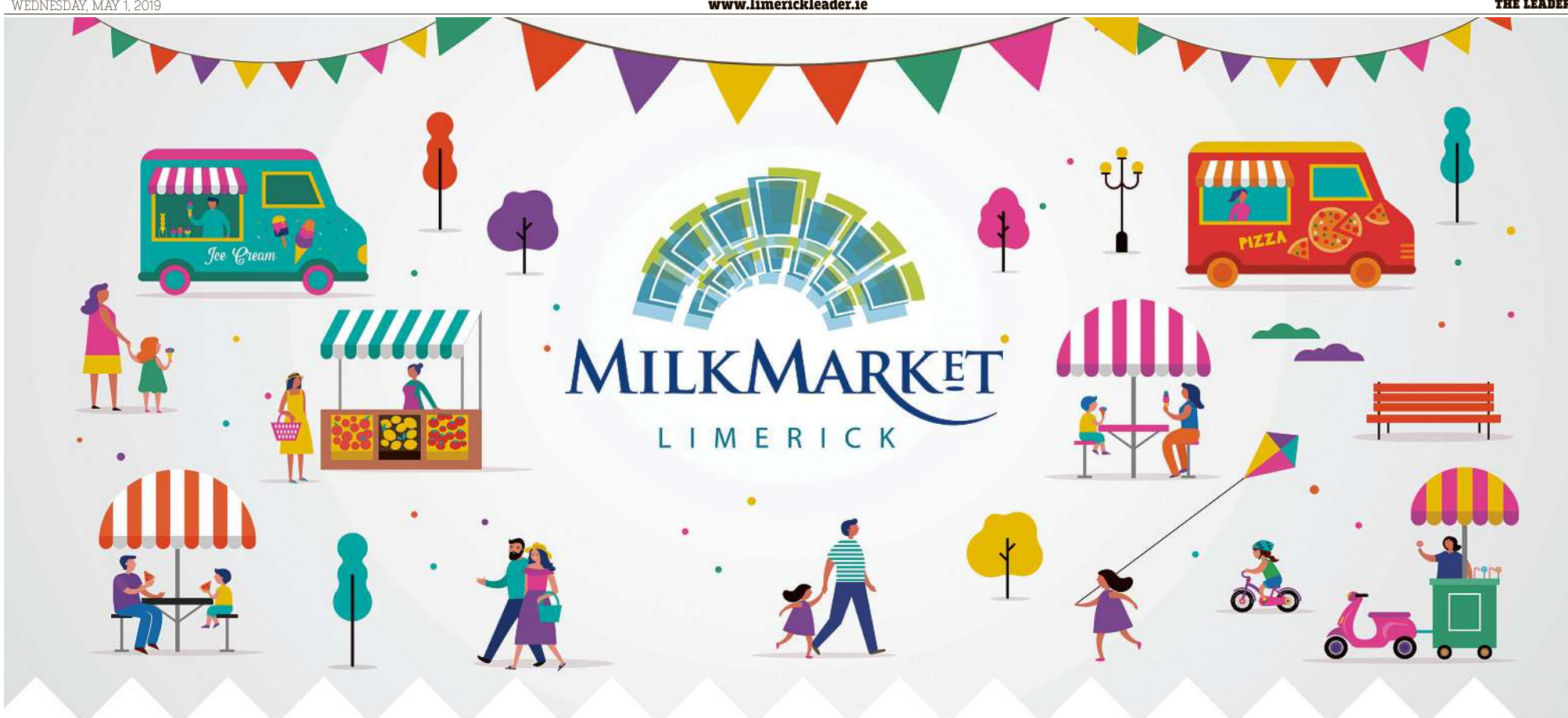
SUNDAY MAY 5<sup>TH</sup>

**THE STUNNING**

PLUS VERY SPECIAL GUESTS  
**THE FRANK & WALTERS**

LIVE AT THE BIG TOP





# LIMERICK TRIBUTARY MARKET

at the Milk Market

## RIVERFEST WEEKEND

SATURDAY - 4TH MAY

LCCR Radio Live  
Broadcast, Famous  
Food Market

8 - 3PM

SUNDAY - 5TH MAY

Family Activities:  
Yoga, Giant Games,  
Live Music with Piani Luimní

11 - 3PM

Street Food, Local Food Stalls, Family Fun, Limerick Crafts & Vintage,  
Limerick Gardening, Limerick Live Musicians



TEL: (061) 214 782 • [www.MILKMARKET.IE](http://www.MILKMARKET.IE)

# Riverfest to kick off in style

**Fashion:** Elegant designs on the catwalk at free shows this Friday

**JESS CASEY**

jess.casey@limerickleader.ie

RIVERFEST weekend is set to kick off in style, as fashion queen Celia Holman Lee brings Fashion Friday to the city centre.

The style extravaganza, showcasing the best of Limerick's fashion houses in association with the Holman Lee Agency, makes its return to Arthurs Quay Shopping Centre this Friday, May 3.

"We kick it off the Riverfest weekend for the whole city and county with a phenomenal fashion show in Arthurs Quay Shopping Centre," Celia said.

"We have two shows on Friday, at 11.30 am and at 3.30pm, and they are completely free, with fabulous refreshments, beautiful hors d'oeuvres and lovely bits and pieces, served all free."

"The whole city and county will be participating in it - shops, designers, menswear, accessories, you name it," Celia added. "It's a fine big show, with beautiful hairstyles and fabulous

make-up. It's great for us and it's great for the city."

And this year, Celia will be joined by top influencer and Limerick woman Louise Cooney, who has just been voted Most Stylish by the public for the VIP Style Awards.

"Louise was at the top of our list," Celia explained. "When we saw her at Coachella, she wowed with her outfits, she pulled it out of the bag when it came to her looks, she got the style so beautifully."

"The Limerick beauty is coming to co-host with me. She's just won the Style VIP Awards Most Stylish Online Influencer Award. She was chosen by the public as the top influencer in Ireland.

"She was up against strong competition, like Melissa Carter and Bonnie Ryan," Celia added.

"Out of all those amazing bloggers and influencers, she came out on top. We are so proud of her and she is coming to Limerick to support us, the Holman Lee Agency."

"When she was 16, I saw her and I went after her to become a model, which she did. She's part of our gang and we are so proud that she is being internationally recognised.

"We will have all the top shops, lovely refreshments, lots of surprises and it's all free," Celia said.

"We'd love people to come along, support Limerick fashion."



"If you have a holiday coming up, if you have a wedding, going to the races or a communion and you haven't gotten anything yet for anything, we will have your wardrobe sorted for you."

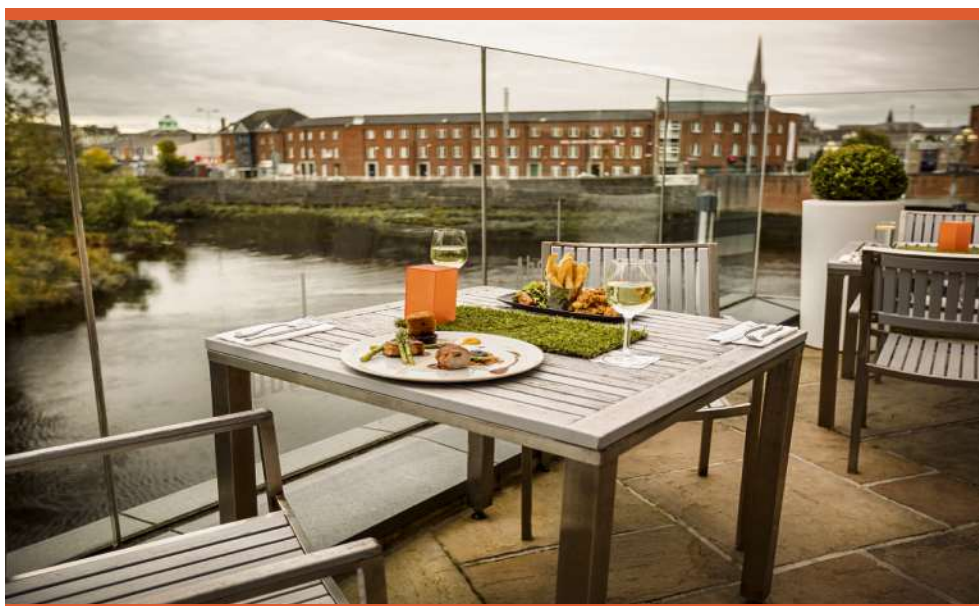
Fashion Friday features two shows at 11.30am and 3.30pm. Each event will showcase leading stores and boutiques in ladies wear and menswear, spring-summer collections, with everything from bridal wear, occasion wear, millinery, shoes and jewellery.

**Caoimhe Hickey, Edwin Fitzgibbon and Ashling O'Connor promoting Fashion Friday. Right: with Celia Holman Lee at the Ferris Wheel**

PICTURE: KEITH WISEMAN



**HARRY'S** ON THE RIVER  
CAFÉ • BAR • RESTAURANT



**LUNCH AT THE ABSOLUTE HOTEL**

Mon-Fri 12.30pm to 5.00pm  
Saturday 1.00pm to 5.00pm  
Sunday 1.00pm to 3.00pm

River views  
Outside terrace area  
Locally sourced ingredients  
Complimentary limited car - parking

**Absolute Hotel**

LIMERICK

Absolute Hotel, Sir Harry's Mall, Limerick  
+353 61 463600 info@absolutehotel.com www.absolutehotel.com

## Get a taste for Riverfest at Harry's On The River

**Best possible taste:** Gorgeous food and river views in Absolute Hotel's restaurant

IN the heart of Limerick's historical Medieval Quarter, you will find Harry's On The River, which is as vibrant and diverse as Limerick city itself.

Located on the first floor of the Absolute Hotel, it is surrounded by Limerick's best known attractions like the Hunt Museum, King John's Castle, St Mary's Cathedral and Limerick's lively Milk Market.

In Harry's On The River, you will find people enjoying the best of local Irish produce.

The team is personable but professional, the menu innovative with food that 'hits the

spot' and the surroundings bright and stylish. Diners can sit back and watch the water flow by from the floor to ceiling windows overlooking the Abbey River.

Fresh, made-to-order lunches are served Monday to Saturday 12.30-5pm or bring the whole family for Sunday lunch between 1-3pm.

As night draws in, the bartenders can shake up perfectly blended cocktails with the city skyline in the background. Dinner is served Monday to Sunday 6-9.30pm with three course meals starting from €27.50 per person.



**Harry's On The River: great food and lovely views of the meandering Abbey River**

# Highlights of a great weekend!

**Friday:** Fashion gets the ball rolling

## FASHION FRIDAY

When: 11.30am & 3.30pm  
Where: Bowes Ryan Café, Arthurs Quay Shopping Centre  
Join style queen Celia Holman-Lee as she showcases the latest trends from Limerick's top fashion houses and designers.

## RADHARC NA HABHANN

8pm | St Mary's Cathedral  
A celebration of the beauty and power of the river with musicians, guest speakers and a finale you won't want to miss!

For more details on this see, [www.saintmaryscathedral.ie](http://www.saintmaryscathedral.ie)

## SOCIAL SWIM WITH SWIMABLE LIMERICK

Dip your toe (and a whole lot more!) into Limerick's beautiful River Shannon and see Thomond Bridge, the Treaty Stone and King John's Castle from a truly unique perspective. See [www.limerickunderground.org](http://www.limerickunderground.org)

## NEVSAIL NIGHT TOURS

Friday from 6pm; Saturday from 6.30pm; Sunday from 7.30pm  
Where: Hunt Museum  
Soak up the sunset or watch the fireworks on one of Nevsail's boat, kayak or stand up paddle board night tours! Age 5+. For details see [www.nevsailwatersports.com](http://www.nevsailwatersports.com)

**Saturday:** Fire up the barbies!

## RIVERFEST BARBECUE

When: 12pm - 3pm  
Where: Howley's Quay  
Ireland's largest BBQ cook-off is back and with some smokin' hot sizzling treats on offer it promises to be a true feast for the senses!

## TOURS OF IRISH NAVAL VESSEL

When: 2pm - 5pm (also Sunday)  
Where: Limerick Docks  
Take a free tour of one of Ireland's naval vessels and see what it's like to be on board one of the ships that patrols the country's shores. Times subject to the normal operations of the port.

## FIDGET FEET AERIAL SHOW

Saturday 12pm & 3pm, Sunday 3pm & 10.15pm  
Where: Between Thomond and Sarsfield Bridges  
High above the water, against the backdrop of the 13th Century King John's Castle, world-class aerial dancers Fidget Feet will perform works of beauty, mystery and spectacular aerial charm.

## GET WEST EVENING KAYAK

When: 6.30pm  
Where: Limerick Boat Club, Sarsfield Bridge. No previous experience required. Age 8+



**Sunday:** Baby, we were born to run

## REGENERON GREAT LIMERICK RUN

When: From 9am  
Starting point: Pery Square  
Full, half & relay marathon plus 6 mile contest. Come for the run and stay for the fun during Riverfest weekend has been the tagline and runners from all over the country would agree. For more details see [www.greatlimerickrun.com](http://www.greatlimerickrun.com)

## RIVERFEST FIREWORKS DISPLAY

When: 10.15pm  
Viewing areas: Clancy Strand & Sarsfield Bridge  
Fidget Feet join forces with Classic Effects to create a spectacular aerial

and fireworks display for the premiere of Sky Dance at Riverfest.

## RIVERFEST VILLAGE

This is actually open all weekend, including Monday, so there is plenty of time to visit. Friday 12.30pm - 10pm; Saturday 10am - 10pm; Sunday 10am - 10pm; Monday 10am - 5pm  
Where: Arthurs Quay Park  
A treat for all the family with a fabulous range of crafts, stunning vintage amusements, colourful street performers and live musical entertainment! This year's village includes the Limerick Food Experience.



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launching our  
**SUNDAY ROAST PLATTERS**  
to share

enjoy a choice of 3 Roasts served with all your favourite Sunday Lunch Trimmings...



EARLY BIRD €29

3 Course Menu served Monday - Friday up to 7pm  
& Saturday's up to 6.30pm



€29

EARLY BIRD

THOMAS STREET, LIMERICK  
T: 061 609 000 W: [www.cornstore.com](http://www.cornstore.com)

# PLENTY TO SEE & DO AS LIMERICK CELEBRATES RIVERFEST



Are you brave enough to zipline across the Shannon?



Timmy O'Keefe, head chef at Ruby Sundays promoting a new food summer menu ahead of Riverfest



Take a tour of one of Ireland's naval vessels at the Docklands



# Ruby Sundays

All Take Away Coffees  
**€1.80**  
before 9.30am

Breakfast from **€5**  
Hot Lunch from **€7.95**



Vegetarian & Vegan Options Available

Kid's Menu Available

Enter Our Draw To WIN LUNCH For 2 With Any Purchase Over €5!

Drop In and See Us During Riverfest!

☎ 061315693

📍 84 O'Connell Street, Limerick

✉ rubysundays01@gmail.com

Open Monday - Saturday 8am - 4pm



**Fashion Friday** the top style event is back in Arthur's Quay Shopping Centre in association with the Holman Lee Agency showcasing a host of fashion houses in Limerick



**Fidget Feet** return with their family fun aerial shows



Grab a bite at the Riverfestival Village



The Riverfestival Village will be a treat for all the family with food, craft and retail stalls



A fireworks display brings Riverfest to a close on Sunday at 10.15pm

# GLEN TAVERN

**Chill Out & Refuel**

**MUSIC THIS RIVERFEST WEEKEND**

Friday: Barry Purcell

Saturday: One Way Round

Sunday: BBQ & Craft Beer Festival 2pm -6pm

**Gourmet Hot Dog & Beer €7 \***

(\*while stocks last)

Atomic Chicken Sunday Night

Monday: Mega Trad

Enjoy the Craic of Riverfest at the Glen Tavern



## Urgent Customer Notice

# Please Beware of the Dog



## BREWDOG Tap Takeover

### 03<sup>rd</sup> May to 06<sup>th</sup> May



Mother Macs Public House | High St. | Limerick

www.mothersmacs.ie | @mothersmacpub | 061 414900

10

RIVERFEST

FUN FUNDRAISER

## Go Blue with Cliona's crew and Sinead Kane

ACHIEVE a personal challenge and help support families of sick children by taking part in the Great Limerick Run with the blue crew of Cliona's Foundation.

You can run, walk or even crawl and have the option of doing the 6 mile, half or full marathon. We just want to have you with us!

We are delighted that the inspirational, record breaking Sinead Kane (pictured) will be part of the Cliona's Crew for the 6 mile event. She would love to have as many as possible joining her.

If you have yet to register we still have a number of promotional codes that will earn you a 10% discount.

Contact us at phil@clionas.ie or call 061-331333 to get your discount code and register with the blue crew.

Sponsorship cards are also available if you think you can round up some cash for your fantastic effort. Get your family, friends or

work colleagues to register too and have a really great, fun day out while supporting a family charity.

As a member of our team you will receive our newly branded tech T-shirts, have access to our crew hospitality suite on O'Connell Street before and after the event - to leave in your belongings and have post event refreshments.

If you have already registered and want to be part of our crew please give us a shout.

If your kids are participating in the Fun Run why not deck them out for

Cliona's as well and help us share our story. Apart from the event T-shirt and wonderful medal they too will receive one of our new blue T-shirts.

Please note, the only income generated for Cliona's Foundation from the GLR is through any donations from those who register with us. That is why your participation is so important to us.



We want you on

## TEAM BLUE

for

Cliona's

at the Great Limerick Run SUNDAY MAY 5<sup>TH</sup> 2019

**YOU CAN MAKE A DIFFERENCE**

CONTACT US

061 331 333 or info@clionas.ie

Sign up and get your Cliona's t shirt and avail of our pre and post event hospitality at basecamp on O'Connell Street.



www.clionas.ie

Chy Reg 18127

## Cycle 4 Sick Children



## Awareness Tour 19<sup>th</sup> May 2019

Time: Sign on from 8.30am

Start Time : 9.30am

Start and HQ : Raw Cycles, Limerick

Choice of routes : 75km or challenging 120km

Refreshments on each route

Fully marshalled - Back Up Van - First Aid Support

Registration Fee : €20/€25 (CI licence insurance)



For more information send us a message on Facebook or at secretaryc4sc@hotmail.com



Sponsored by **MGWX.IE**  
GLASSWORX



www.CYCLE4SICKCHILDREN.COM



The perfect recovery after the Great Limerick Run: The Castletroy Park Hotel boasts a 20m heated indoor swimming pool

## Eat, sleep and stay fit at the Castletroy Park

CASTLETROY Park Hotel Leisure Club is the perfect destination for keeping on top of your fitness regime!

The modern gym equipment and facilities range from exercise bikes, treadmills, weight training and everything in between. Members also have access to the 20m heated indoor swimming pool, jacuzzi, steam room and sauna to wind down and relax after your work out.

Perfect too for rehabilitation, it is a distinct advantage that you can enjoy as a member of the Club.

The team at Castletroy Park Leisure Club are on hand to help you reach your fitness goals. Whether it's weight loss, a marathon or maintaining your fitness levels, the team have a wealth of experience to help advise you and support you on your journey.

The team also organise outdoor

trips for members such as a weekend walk up Keeper Hill. There is a real sense of community in the Leisure Club with many members part of the Club since its opening. Shane Tracy, manager of the Leisure Club mentions, 'Since I started at the Club five years ago, I have enjoyed building a great relationship with our members and helping them achieve their goals; from triathlon training to just keeping fit and healthy. There is

something for everyone.'

As part of your membership, a fully personalised fitness programme will be designed for you with your own goals in mind. A full curriculum of classes is also offered to members to help boost your motivation and keep you on track with your fitness regime. Choose from classes on aqua aerobics, kettlebells or circuit training, all complimentary and at times to suit you throughout the week.

Memberships are available as a single person, couple or family. Kids under 4 go free and any additional child (after the first child over 4 years) goes free! Group swimming lessons are offered for children throughout the year too, all levels of ability are taken care of.

With free parking just outside, free WiFi and a friendly and supportive atmosphere, Castletroy Park Leisure Club is the ideal choice for your fitness and training needs.



The Castletroy Park Hotel features modern gym equipment and facilities range from exercise bikes, treadmills and weight training



**CASTLETROY PARK**  
HOTEL & LEISURE CLUB  
★★★★

*2 months*  
**MEMBERSHIP**

2 MONTHS €109 COUPLES €210

20M DECK LEVEL POOL	FULLY EQUIPPED FITNESS SUITE	ICE BATHS AVAILABLE ON REQUEST
OPEN 7 DAYS A WEEK	STEAM ROOM, SAUNA & JACUZZI	CLASSES INCLUDED

SIMPLY DROP IN, EMAIL US OR CALL **061 33 13 11** FOR MORE INFORMATION



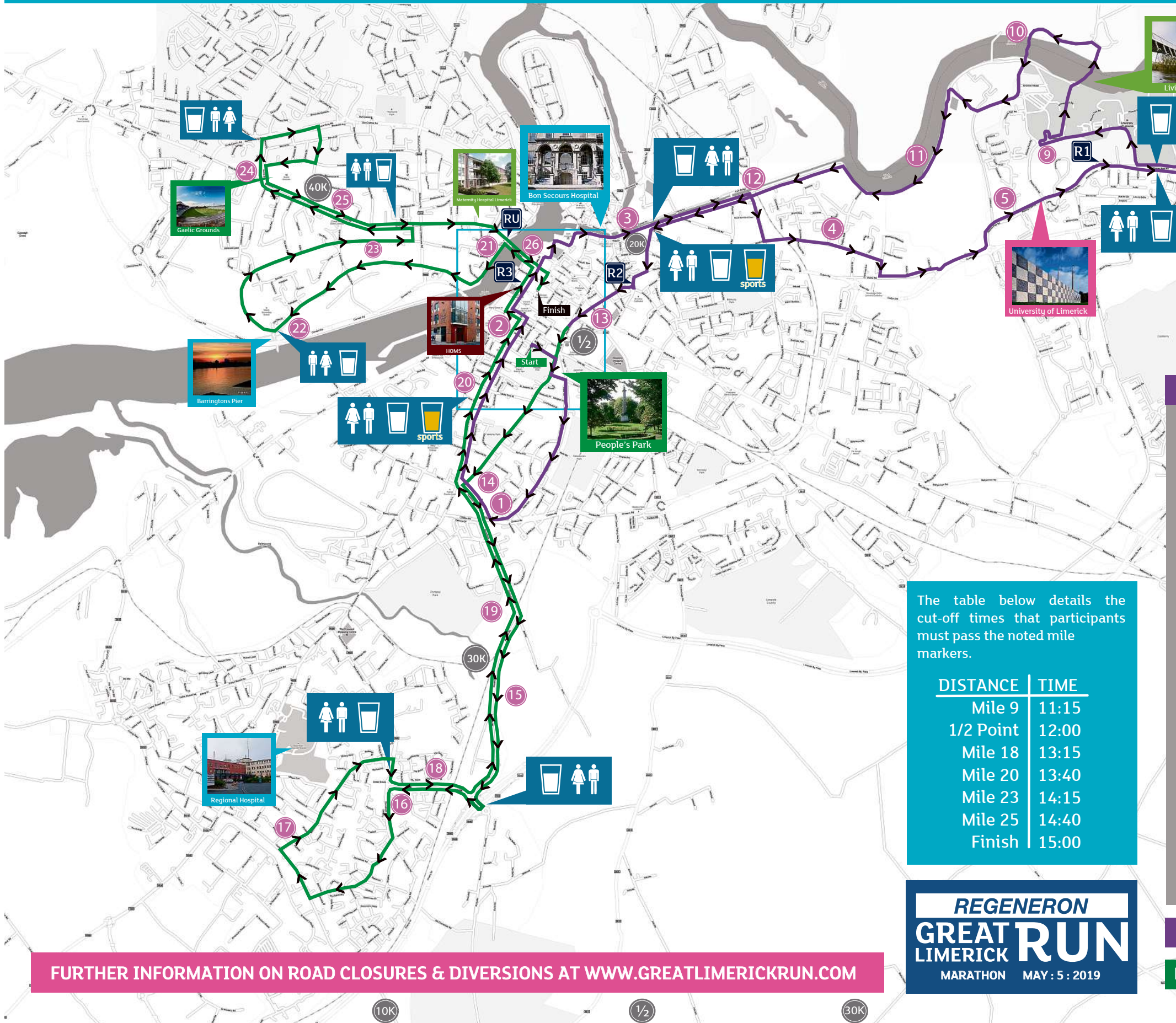


✉ CLUB@CASTLETROYPARK.IE    🌐 CASTLETROYPARK.IE    ☎ 061 33 13 11

# Way to go! Regeneron Great Limerick Run 2019 routes



## MARATHON - REGENERON GREAT LIMERICK RUN

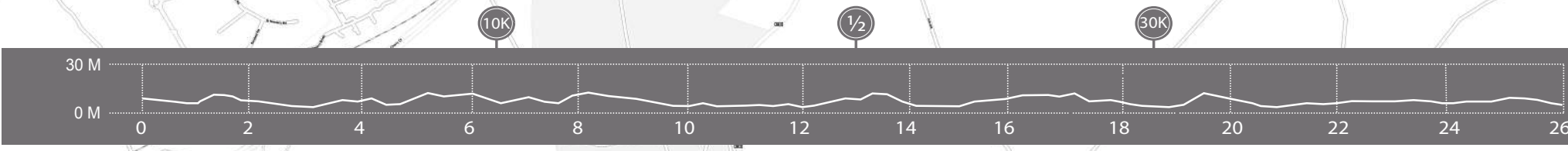


The table below details the cut-off times that participants must pass the noted mile markers.

DISTANCE	TIME
Mile 9	11:15
1/2 Point	12:00
Mile 18	13:15
Mile 20	13:40
Mile 23	14:15
Mile 25	14:40
Finish	15:00

**REGENERON**  
**GREAT LIMERICK RUN**  
 MARATHON MAY : 5 : 2019

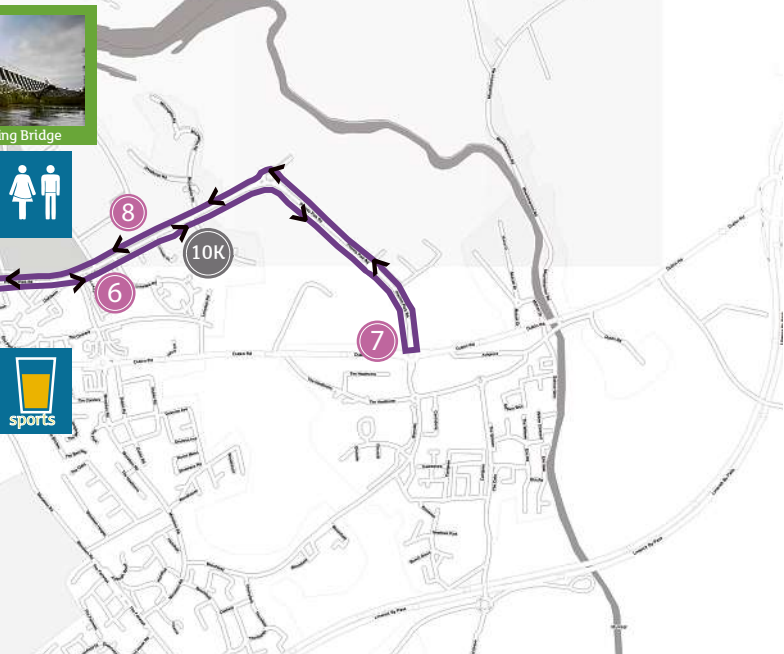
FURTHER INFORMATION ON ROAD CLOSURES & DIVERSIONS AT [WWW.GREATLIMERICKRUN.COM](http://WWW.GREATLIMERICKRUN.COM)



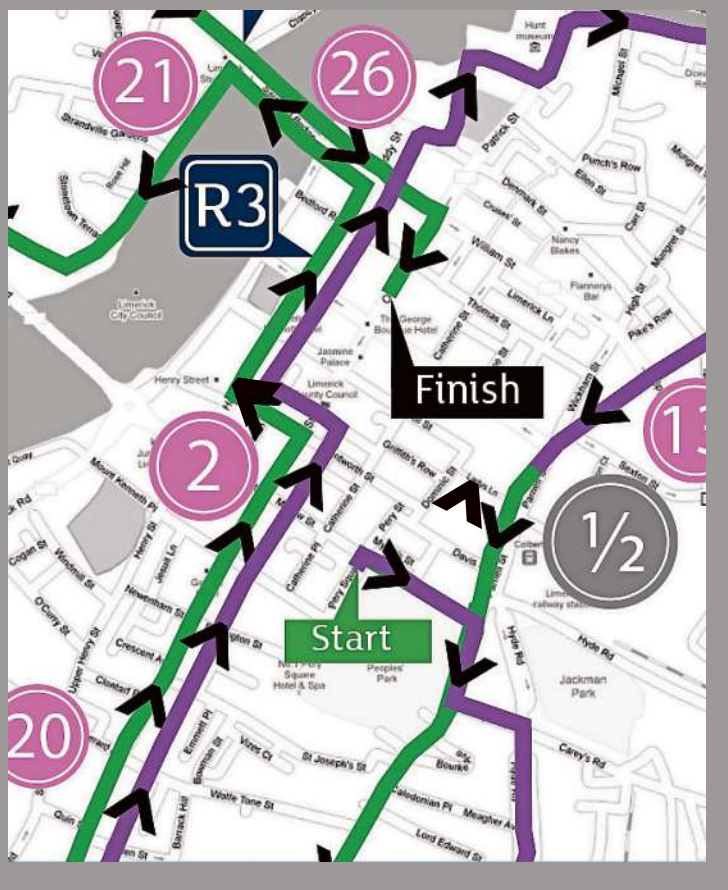


Whether you're going 10k, half marathon or full marathon in the Great Limerick Run, we've got you covered with these route maps

# RUN 2019



Marathon Map 2019



Marathon - First Half

1 2 3 Mile Markers

Marathon - Second Half

R1 Transition Point RU Reunion Point

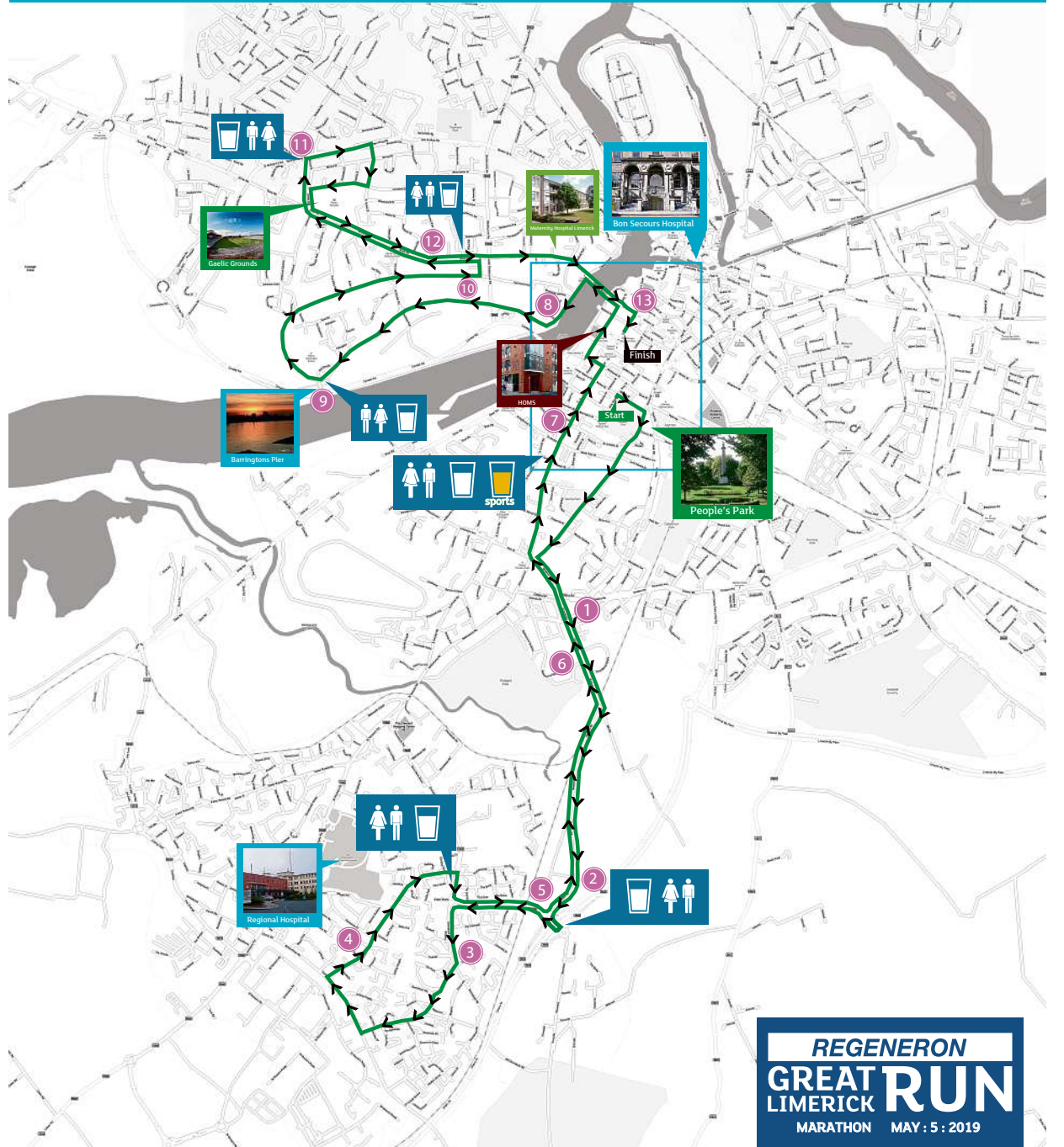
participants in the marathon must be passed the halfway point by 12.00 on. The first half of the marathon course closes at 12:00 noon. The finish line closes at 3:00pm.

START TIME 9AM

## REGENERON GREAT LIMERICK RUN 2019 - 6 MILE ROUTE



## REGENERON GREAT LIMERICK RUN - HALF MARATHON 2019



REGENERON GREAT LIMERICK RUN MARATHON MAY 5 : 2019

# REGENERON GREAT LIMERICK RUN



10TH YEAR OF THE EVENT

OVER 13,000 PARTICIPANTS

95,000 BOTTLES OF WATER

940 PERSONNEL ON THE DAY

735,000 RAISED FOR CHARITIES IN 2017

4.04 MILLION ECONOMIC IMPACT

25 MUSICAL ACTS ON THE COURSE

3,150 PARTICIPANTS IN THE KIDS RUN

ATTRACTS 23,000 SPECTATORS

# Spectacular coastal run returns

KILKEE is set to showcase the stunning natural beauty of the area with the return of Run Kilkee, half marathon and 10km run/walk, on Saturday, July 13. This is not "just another running event" however as it's being organised by the same organisers of the Dingle Marathon which is recognised globally as one of the best running events of an international standard.

Race organisers confirmed that "following on from the success of the inaugural Run Kilkee in 2018, Kilkee is without doubt on course to be recognised as an iconic running route of international appeal and last year participants were blown away with the stunning scenery of the Loop Head Peninsula and the greater Kilkee area".

"We want to establish Run Kilkee as a must-do event of the highest standard. This is not just another running event, we really want to establish this as a family friendly iconic international half marathon and 10k with a real party atmosphere at the start and finish area in Kilkee". Race organisers expect Run Kilkee to sell out well in advance of the event (take this warning seriously bearing in mind they have already sold out Dingle Marathon 2019 10months in advance with 25% of participants from overseas!).

Check out [www.runkilkee.ie](http://www.runkilkee.ie) for further information of the events Facebook page at [www.facebook.com/runkilkee/](https://www.facebook.com/runkilkee/)



Both the 13.1 mile half marathon and a 10km run/walk of Run Kilkee will take place along the spectacular Loop Head Peninsula on July 13

**10k  
Half  
Marathon**

Saturday 13th July 2019  
Kilkee, Co. Clare

**SPECTACULAR  
COASTAL ROUTE**

REGISTER NOW AT [WWW.RUNKILKEE.IE](http://WWW.RUNKILKEE.IE)

Tops and Medals supplied by  
**TITAN**  
SPORTS



# BEST WISHES TO ALL PARTICIPANTS



**REGENERON**  
**GREAT LIMERICK RUN**

# ENTERTAINMENT

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



## Langford nominated for German folk prize

RISING Limerick folk star Emma Langford (*pictured below*) has been nominated for a prestigious international music prize in Germany.

The Caherdavin singer-songwriter, who received widespread critical acclaim for her debut LP *Quiet Giant* in 2017, announced on Monday that she has been nominated for the Iron Eversteiner folk award.

The ceremony will be held at a nominees concert at the Malzhaus Plauen in Germany on October 25 this year.

"It feels pretty mad to be an 'internationally award-nominated artist', but I'm excited to represent Limerick and Ireland at the nominees concert at the Malzhaus Plauen in October," she told the Leader this week.

She will be releasing her first single as part of her second album on July 12.



## Dolan's Warehouse to host works of Tom Waits

THE CHARACTER and musical genius of Tom Waits is set to be captured at a special tribute gig at Dolan's Warehouse this week.

Bone Machine, an internationally renowned group of touring and recording musicians to perform the discography of Waits, will bring their best renditions of the artist to the Limerick city music venue this Friday at 9pm.

The band comprises Jack Healy on vocals and social strategy, Martin O'Malley on guitars and

sonic sculpting, Shane Fitzsimons on bass and positive vibes and Ger Farrelly on drums, keys and rhythmic karma.

Each member of Bone Machine has performed in front of thousands of people at home and abroad over the past number of years in bands such as The Van Diemens, Damien Rice, Mundy, Lisa Hannigan, Aja, Mick Flannery and Raise the Rafters. They've also laid down countless tracks on albums, EP's and singles in their spiritual

home Malbay Studios.

For the past two years Irish and UK audiences have witnessed an incendiary show performed by Bone Machine, that captures the character and musical genius of Tom Waits. An exhilarating performance that's playing to packed houses of increasingly adoring fans. The world of Mr Waits is uniquely presented with a characteristic authority rarely harnessed by mere mortals within any single show to date. Tickets are €15.

## Greatest Love of All: UCH to host Whitney Houston tribute concert

A TRIBUTE to the late and great Whitney Houston is to take place at University Concert Hall, featuring many of her greatest hits.

The Greatest Love Of All: The Whitney Houston Show will take place at the popular venue on May 10, led by the impeccable vocalist Belinda Davids from South Africa.

This breath-taking production, featuring the impeccable vocal talents of South Africa's Belinda Davids,



**Belinda Davids returns to UCH**

returns to Limerick by huge popular demand following its sell out performance in 2017! In

this beautifully crafted tribute to one of the world's most revered singers, Davids, accompanied by a full band and dancers, performs over two hours of Whitney Houston's best loved hits live on stage and there is no person better equipped to do so.

Returning to Limerick by popular demand following her performance in 2017, tickets selling for €34 and can be booked via UCH website or via booking office at 061 331549.



## LIME TREE THEATRE



# HAUGHEY GREGORY

By Colin Murphy

Friday, 10th May | 8pm

Tickets: €20

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

# BIG NIGHT OUT @

OUT FOR THE MUNSTER MATCH AND AT THE LAUNCH OF 'IN THE END' ALBUM



Kieran Murphy, Susan O'Brien, Niamh Doyle and Michelle O'Brien ready for the Munster v Connacht Pro14 match last Saturday

PICTURES: DAVE GAYNOR



Aengus D'Arcy, Andy Fear and Patrick Ryan ready for the match



Ciara Daffy and Danny and Alice Howard on their way to Thomond Park



Fred Fitzpatrick and Marie Ryan



Jamesie Kerin, David Hillary, Michael Malone and Michael Crehan



Catherine and Martin Malone



Rob Parker and Manus O'Sullivan



Bridget Lambert and Eada King



Eoin Devereux and Niall Colgan at the launch of The Cranberries last album *In The End* at Dolan's Warehouse



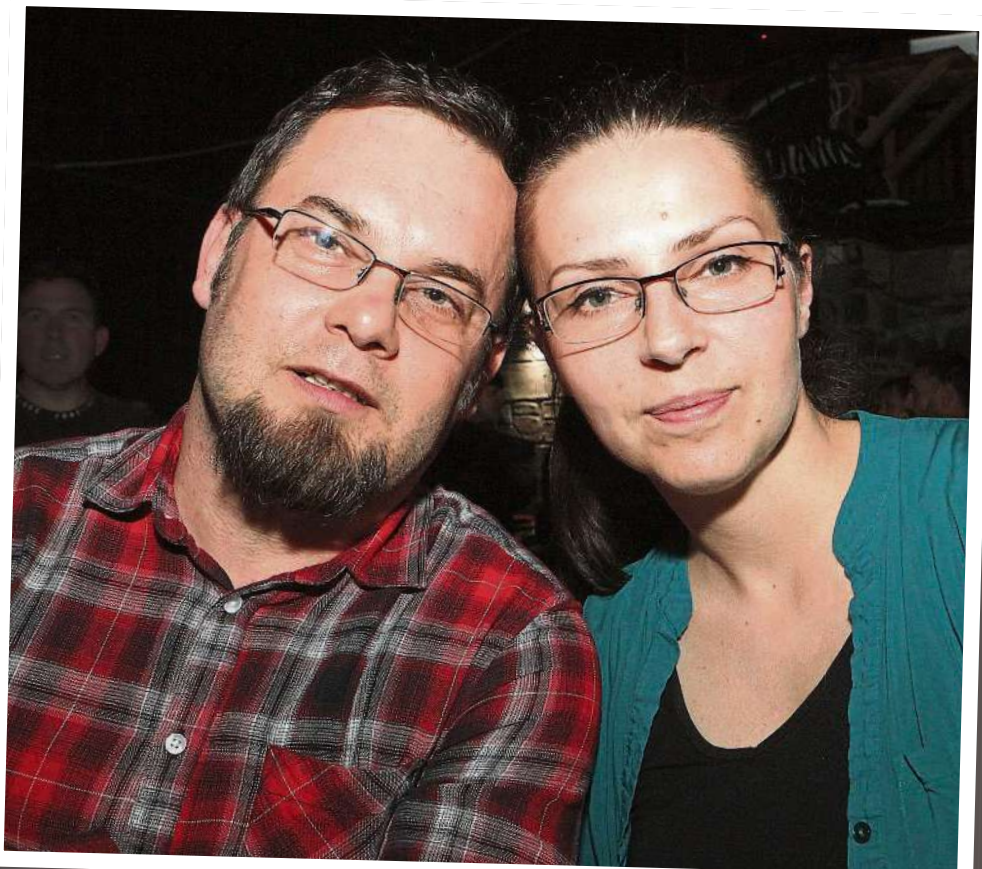
Nadine Foley, John the Edge and Olive Beecher at the album launch



Karl Daly with Patrick and Deborah O'Sullivan at the launch



Caroline Lima, Mark Carey and Juliane Carey in Dolan's



Mario and Alexandra Lucic



Natasha Doherty, Andrew Farrell, Eoin McLernon and Sandra Drea

# THINGS WHAT ARE ON IN LIMERICK

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

A double helping of festivals hits Limerick this weekend, with Riverfest in the city and the Fleadh in the county. You

can also see a touring production from the Abbey Theatre, some classy opera and two of the best Irish bands of the early 90s, so

this weekend offers some of the best experiences you can have in Limerick all year!



The Lime Tree hosts *The Country Girls* until Saturday PICTURE: ROS KAVANAGH



Felonies play *Pharmacia* on Friday PICTURE: NICHOLAS O'DONNELL

## Thursday (May 2)

The **Abbey Theatre** are in Limerick this week, performing *The Country Girls* at the **Lime Tree Theatre** until Saturday. Based on Edna O'Brien's controversial 1960 novel, it tells the story of two young women growing up in the church-repressed Ireland of the 1950s. Adapted for the stage by O'Brien herself, the play lacks much of the pointed punch of the original novel, but it's still a powerful performance and a decent night out at the theatre. If you loved Jimmy's Hall, you'll love this. 8pm each night, tickets are €32 / €28 concession. There's also a €25 matinee at 2:30pm on Saturday.

The cows will have to milk themselves in Abbeyfeale this weekend, as the **Fleadh By The Feale** traditional music festival takes over the entire town from Thursday to Monday. Highlights of this year's festival include daily street busking, storytelling and street-dancing in the town square. The centrepiece of the weekend is the **Kilfenora Céili Band** in Colaiste Íde & Iosef on Sunday night. They've been on the road for 110 years, almost three times as long as Moses spent in the wilderness, though that's what happens when a man won't ask for directions.

## Friday (May 3)

**Riverfest Limerick** welcomes the summer (yes - summer) to Limerick this weekend. Limerick's flagship festival will feature a market village in Arthur's Quay Park from Friday to Monday, free ziplines from the park to Honan's Quay all weekend, the traditional barbecue competition on Saturday and water zorbing on the river until Sunday. You can also try some crazy golf at the Hunt Museum and see Fidget Feet performing aerial shows over the river on Saturday and Sunday afternoons.

**Opera Workshop** are at the **Sailors Home** on O'Curry Street from Friday to Sunday this weekend with *Abandoned*, a collection of

four short operas. The Limerick-based operatic collective will be performing three works by Limerick composer Fiona Linnane, one by Canada's Sophie Dupuis and some arias by Purcell and Haydn for the traditionalists. The first performance is at 7pm on Friday and there are two shows each day on Saturday and Sunday at 5pm and 7pm. As it's a site-specific promenade show in a venue that has seen better days, if accessibility is a problem you might be best picking out the extra performance on Monday in the Hunt Museum at 5pm. All tickets are €25.

Susan Boyle's **A Wine Goose Chase** combines three of life's better pleasures: theatre, history and fermented grape juice. The history lesson / wine-tasting combo show is in the **Belltable** basement this Friday and Saturday. It will take you on a trip through the history of wine - who made it, who drank it and why we should all have more of a passion for it. Yes, the ticket price includes free wine. There's no need for a longer sales pitch. 8pm both nights, tickets are €17 / €15 concession.

Alt-punk band **Felonies** are in **Pharmacia** this Friday night. The Wicklow four-piece group perform a thunderous live set and have just released their debut EP. It's worth seeing them just for their Berlin Blues track, which is an absolute belter of a song. Doors at 7pm, tickets are a fiver.

## Saturday (May 4)

The annual **Riverfest BBQ Cookoff** is on Howley's Quay this Saturday from midday to 3pm. I'm nowhere near daring enough to eat street food prepared by well-meaning non-professionals but I'm also scared of spiders, so you're probably braver than I am. It's been a fixture of Riverfest since St Patrick was a lad.

**Anna's Anchor** play **Pharmacia** this Saturday night. Lead singer Marty Ryan has been at the vanguard of organising Limerick gigs for Limerick bands over the past few years and when he hasn't been doing that, he's been writing remarkably punchy emo tracks and getting his band to play them.

Always worth seeing live, this is the gig you shouldn't miss this week. Support on the night is from noise-rocker Dylan Thomas, who would be worth the ticket price on his own. Doors at 9pm and tickets are just a fiver.

## Sunday (May 5)

The **Great Limerick Run**

winds its way through Limerick city on Sunday morning. If you're running, good luck and don't die. If you're watching (marathon begins in Pery Square at 9am, half marathon at 10:30am and the 10k at 12:30pm), eat chocolate and wave it at runners for encouragement. They love that.

If you've ever felt the urge to stick someone in the chest with a sword and you're held back only by your lack of skill, you're in luck this week. **Cork Blademasters**, who teach medieval combat techniques, are at the **UL Arena** on Sunday with a day-long sabre workshop. Starts at 11am, runs till 5pm, fifty quid a head, and they'll provide the sword.

It's all about early 1990s guitar rock at the **Milk Market** this Sunday night as **The Stunning** make yet another return to Limerick, this time supported by Cork's finest ever band The Frank And Walters. The Galway lads always insist that they were never fashionable and never popular but, as this is their fourth Limerick gig in thirteen months, they're definitely popular around these parts. Adding the Franks as support is just the icing on the cake. Gates at 7pm, tickets are €36.50.

The **Riverfest Fireworks** display kicks off on Sunday night at 10:15pm, so it's the perfect time to take your nervous dog on a walk to Cratloe. This year, the air-borne explosions will be joined by the wonderfully-talented Fidget Feet aerial dance company with their Sky Dance performance. It went down a treat at the 2016 New Year's Eve celebrations in Dublin so don't miss it. Best viewing spots are Sarsfield Bridge and Clancy Strand.

## All weekend

The Limerick Printmakers Encounter & Thinking Of Place II exhibition is at the Belltable until May 22. The Limerick Soviet exhibition runs at Istabraqu Hall until May 31. Both free to visit.

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

**A Wine Goose Chase is at the Belltable this weekend**



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## A Day In My Shoes

**Jim Leong**

Owner of Ma's Kitchen in the Milk Market

# Just like mother used to make

### What time do you get up?

I wake up around 7.45am. Have a shower and get myself ready for the day.

### What is your normal breakfast?

Well, for someone who runs a restaurant serving breakfast, I'm never short of anything to eat. I could have the full Irish, eggs, crepes or granola, but I usually love something simple like a couple of slices of toast with butter and a good cup of coffee.

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

I try to make time early in the evening taking my son Aidan out for a walk whenever the weather permits. He is 13 months old. It's hard finding the time when you work almost every day of the week, but like every other parent, I find spending time with my family relaxing and the highlight of my week.

### You arrive at the office at what time?

We are open from 9am every day, except Sunday when we open from 11am, so I'm usually at work by 8.30am getting the place ready for business for the day.

### What are your first duties?

We have a reputation for supplying some of the best breakfasts in Limerick, so there's a lot of prep work that goes into preparing the sausages, rashers, hash browns, sauteed mushrooms and black and white puddings. We also do a vegetarian breakfast with our special veggie sausages. Our eggs range - Eggs Benedict, Eggs Royale and Eggs Blackstone - also takes a lot of preparation. The crepes, French toast and our homemade granola and pancakes all take time to get just right. So my first duties are all about the breakfast. We are lucky to have a lot of repeat, loyal customers, so we can't disappoint.

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

Ironically, considering I have lattes and cappuccinos at hand, I probably drink only one or two cups a day of either tea or coffee, as I prefer boiled water more.

### What is normal lunch - do you



### have a favourite place?

I don't normally have lunch until 4pm when the shop closes as lunch hours are usually busy for me.

I'll usually have something off our lunch menu - sandwiches, vol-au-vents, burgers, or a rice dish like curry. It's not an extensive menu, but it's a good selection that people like and keep coming back for. There's enough variety for me to have something different every day.

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

Other than meeting with suppliers, no. We called our restaurant Ma's Kitchen because we wanted to sell hearty, flavoursome food. I'm always reviewing our suppliers to get the taste and quality just right. I aim for a Mother Knows Best approach. In our case, our regular customers give us feedback all the time. We go with what the customers tell us, because like mums, they are always right!

### What time do you finish up at?

My day in the shop ends at about 4.30pm most days after finishing up some tasks after closing.

### Do you watch much television?

No I don't watch television.

### Do you read the newspapers?

Yeah, I love reading online versions as it's more convenient with just a simple click rather than having to flip pages.

### What do you do to relax?

As I work most days of the week, I always look forward to being able to spend time with my partner Ashley Tan and our 13-month old son Aidan. I moved here from Malaysia in 2010 and one of the things I love is the Irish weather. People laugh at that, but where I come from it was more than 30 degrees every day. I love to relax in the mild Irish weather with my family. Compared to Malaysia, Ireland is far less hectic.

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

**Jimmy Leong knows just how to get a laugh out of his customers at Ma's Kitchen - he tells them how he moved from a country where it was 30 degree sunshine every day (Malaysia) and has stayed in Ireland because he loves our weather**

PICTURE: ADRIAN BUTLER

Ma's Kitchen is a labour of love. Coming here from Malaysia and setting up my own cafe and restaurant took a lot of hard work, but it's been worth every hour. Have putting so much into it, it's always on my mind, but in a good way. I love Ireland and I'm grateful to have a job I enjoy.

### What is a perfect work day?

Everyday is a perfect working day for me! There could never be a bigger blessing than being able to serve my customers day in day out, new or regulars. It's their company that keeps me going.

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

Well... having been in the service sector for almost 20 years, it has taught me a lot about interacting with people, and that the most important thing is to be yourself and enjoy life. I think the chances of me losing my cool are next to nothing but, hey, we are all human after all.

## INSIDE THIS WEEK



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# Well done Liveline for airing traumatic childbirth stories



## MENTAL HEALTH MATTERS PROF EDDIE MURPHY

CLINICAL PSYCHOLOGIST  
ADJUNCT ASSOCIATE PROFESSOR  
UCD SCHOOL OF PSYCHOLOGY

**T**HE Joe Duffy show over the past number of weeks has lifted the lid on the common occurrence of traumatic birth. The stories told by women on the radio programme have been very powerful and moving, and I have been emotional listening to such hurt narratives.

I have to say that I am not surprised there has been a national catharsis for so many women. I believe, based on my experiences in the therapy room, that the frequency of traumatic births for women is totally underestimated, and that the powerful stories shared by families, and the opportunity to tell those stories created by the Joe Duffy show, has healed many wounds and opened up others.

I want to reflect on two important points about this story, namely on how birth-related trauma is under-recognised and the role of compassion in recovery.

### MARY'S STORY

One of the most competent women I have met in my therapy room is Mary (not her real name) — a funny, articulate, joyful lady whose mental health journey started after her first birth.

Her traumatic birth experience was ignored by professionals who should have known better, and her life cascaded into a hellish post-natal depression, requiring hospitalisation and which caused disruption to her early attachment with her son.

The worst part was the guilt and fear she would carry for decades. The fear of another pregnancy, and would she fall apart again? The guilt of the pain that she had caused to her husband and her family. The entrapment into a mental health system that focuses on mental illness, and medication being the only pathway out.

You can't medicate your way out of trauma.

I have a special interest in trauma. I don't fully know why, possibly it stems from my nursing days when my interest was in A&E and coronary care.

Over time, this developed in my psychology practice and I began looking at the areas of trauma and Post Traumatic Stress Disorder (PTSD).

Emotional and psychological

“**Psychological trauma can leave you struggling with upsetting emotions, memories, and anxiety that won't go away**”

trauma is the result of extraordinarily stressful events that shatter your sense of security, making you feel helpless in a dangerous world. For pregnant mothers this is a most vulnerable time. I think this vulnerability is overlooked.

A traumatic birth is a once- or twice-off experience for most mums. But for professionals, it happens hundreds or thousands of times, and so the vulnerability is diminished.

Traumatic experiences often involve a threat to life or safety, but any situation that leaves you feeling overwhelmed and isolated can result in trauma, even if it doesn't involve physical harm. The more frightened and helpless you feel, the more likely you are to be traumatised.

When events go out of control, eg, resulting in an emergency caesarean section; sick, ill or dying infants, then these become overwhelming. This can lead to responses including post-natal depression, post-natal anxiety and PTSD.

What I know is that, when it comes to trauma, the memory and the event, if not worked on, get stuck together — and this can lead to cognitive, behavioural and emotional symptoms.

Indeed, when bad things happen when you've experienced an extremely stressful or disturbing event that's left you feeling helpless and emotionally out of control, you may have been traumatised.

Psychological trauma can leave you struggling with upsetting emotions, memories, and anxiety that won't go away. It can also leave you feeling numb, disconnected,



**One woman's traumatic birth experience was ignored by professionals who should have known better, and her life cascaded into a hellish post-natal depression** PICTURE: LIBRARY PHOTOGRAPH VIA PIXABAY/POSED BY MODELS

and unable to trust other people. I would encourage you to seek help from your GP or those with experience of treating trauma.

### WHERE WAS THE KINDNESS AND COMPASSION?

There was a lot of accounts shared on Joe Duffy about the lack of human niceties of kindness and compassion during traumatic birth experiences.

Stories recounted harshness and hurtful statements by healthcare staff, including midwives, nurses and doctors.

Here's what I know and it's a difficult message to give and receive. Indeed, I tried to give this message before and it was rejected

as it "couldn't" be heard.

I believe and know that when people are stressed, exhausted and burnt-out, they have no capacity for kindness and compassion. I believe that staff will act in a perfunctory manner, devoid of sensitivity, warmth, and empathy when that are in this state.

We must support such staff to address this issue. Health managers, at times, in midwifery care struggle to hear this. The research evidence shows this, but they rather tolerate in their personal narrative that staff are professional. I would prefer to be treated by a professional who has compassion than one who is burnt out.

When it comes to our healthcare systems, particularly in childbirth, the Joe Duffy show needs to be played to new and existing staff, along with an attempt by management to understand why people acted like this.

They can then use this learning to help future mothers during this potentially vulnerable period in their lives.

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



# POSITIVE PARENTING



## Top Tips

### For separation anxiety

Daily life for babies, toddlers and young children can be full of separations, from a quick dash to the kitchen to make a sandwich to longer separations as you head out for work. As your child grows and develops, they can have various emotional responses to the experience of separation. Here are some tips for supporting your child cope with separation in a healthy and positive way.

#### Preparation is key

Prepare children for separation by giving early notice of it happening. Do this by using the same language each time with simple words such as, "I'm going to the shop in ten minutes, but I'll be back soon. Then, we'll play with your trucks."

#### Talk about it

Let your child know that you are leaving in a predictable, routine way – don't sneak away or lie about where you are going, as this can increase your child's insecurity.

#### Give them information

If leaving your child at a childcare setting, let him or her know when they will see you again, when they will be picked up, and by whom.

#### Happy reunions

Reunions are just as important as separations. When you return, greet your child with love and joy – let them know you are happy to see them.



Parent and toddler groups and parenting programmes may still be predominately female spaces, but they are welcoming and supportive and attending them benefits the father in a caring role and his child alike

# A call-out to dads

When looking at our family and working arrangements, my wife and I decided upon the 'stay-at-home dad' route with my wife as the primary earner. Being at home with the children was a very rewarding time, whilst also being a very challenging one. Caring for your children can be a rollercoaster of emotions. I can see the nodding heads. My understanding of my mother's life also deepened.

During this time at home, I discovered parent and toddler groups and parenting programmes. I attended the groups weekly; workshops as they arose; and parenting programmes when I could. As a father, I found it challenging to enter into a space that was occupied, for the most part, by moms.

Despite the cultural changes regarding parenting, these spaces

were predominately female. Yet they were welcoming and supportive spaces. Having a place to go, where I could mix with other adults in between the cooking, cleaning, washing, changing nappies, dressing, playing, toilet training and feeding the kids, was a life changer.

Parent and toddler groups gave my children an opportunity to socialise with other children. Significantly, it carved out time for me to play with them without the distractions of housework while also having adult conversations with other parents.

The parenting programmes gave me a space to discuss parenting in a supportive space. I think there is a perception that a parenting programme is for when there is a behavioural problem. While programmes can, and do, address behavioural issues, they

are, for the most part, about supporting parents to develop their parenting skills. After all, no one is a ready-made parent; a lot of the learning is experiential and parent programmes support that.

Seven years on, with the kids in school, I'm back at work! I am the community and family development worker with Northside Family Resource Centre.

Having come full circle, my role is to support our parent and toddler group and facilitate several parenting programmes. I also trained as a baby massage instructor, so I get to meet and work with babies and often new parents.

It's noticeable that it can still be challenging for fathers to attend the groups and programmes. So, this is my attempt to call out to the dads of Limerick. Come to these parenting spaces. I can personally,

and professionally, vouch to their benefit for both parents and children. Dads get to explore their own parenting in a supportive way. In particular, parenting programmes support and benefit the parent/child relationship. Also, children (girls and boys) who experience men in traditionally female spaces benefit. They are exposed to men and women in caring roles, breaking down barriers for the dads of the future and promoting gender equality for both sexes. If nothing else, you'll have a cup of coffee, a scone and a chat! For more information on parent and toddler groups in Limerick, go to [www.loveparenting.ie/](http://www.loveparenting.ie/) baby-toddler-groups.

*Pat Fitzpatrick is a community and family development worker with Northside Family Resource Centre.*



# HEALTHY LIVING

**EVA HILL HAMILTON**

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## Sport support with good nutrition

I'M often asked to give talks for sport clubs and school sports teams. It is well recognised that good nutrition is the base of good health and performance.

When it comes to endurance sports, the most important points are to provide long lasting energy, build glycogen stores – the immediate energy store in our muscles, and to support recovery which will help to shape the next performance.

Providing ourselves and our children with high quality meals and snacks is the best way to support training.

Having regular, small, well balanced meals and snacks is of the utmost importance to keep blood sugar levels even – keeping them going for longer. Include protein of some sort in their meals and snacks, such as meat, fish, eggs, nuts, seeds and their butters, beans and quinoa are good examples. Give them a good,



**Regular, small, well balanced meals and snacks are of the utmost importance to keep blood sugar levels even**

slow release meal about two hours before their workout; try egg muffins, a small bowl of wholegrain or white spelt pasta salad with Bolognese, chicken with pesto sauce or mild curry, chicken drumsticks with stir-fried

vegetables with mixed-in brown Basmati rice, chicken and vegetable soup or a ham and avocado sandwich in sourdough bread as a pre-workout meal.

After their workout, replenish glycogen stores

with a slightly higher carbohydrate-containing snack, like a fruit and Greek yoghurt /whey protein smoothie. Avoid meal replacement bars loaded with sweeteners, these chemicals will do more harm than good. Load them up on healthier options, such as Near to Nature (N2N), Bounce, Nákd or Pulsin bars. Home-made energy balls with dry fruits, nuts /seeds and coconut oil are the best snack bars – these take only a few minutes to create and children enjoy helping to prepare them.

Healthy meals should also include as many antioxidants and essential fats as possible to reduce inflammation and support recovery. When it comes to antioxidants, think strong-coloured fruits and vegetables. Dark berries, Goji berries, walnuts, chia and flax seeds and raw cacao powder are also great

additions. A fresh, avocado guacamole with corn tortillas, a colourful bean salad with spring onions, chopped tomatoes and fresh basil are good examples for both snacks and lunches. Smear some almond or hazelnut butter on a couple of oat cakes, top them with banana slices and ground cinnamon – hey presto!

Hydrate, pre-hydrate, re-hydrate ... and hydrate some more! Dehydration can greatly affect their performance and their general energy levels. Dehydration may also lead to increased injury and delayed recovery.

Avoid high sugar-containing fancy sport drinks – these will dehydrate and cause energy dips in the long run. Coconut water or diluted pure beetroot juice with a squeeze of lemon juice are the best drinks for their workout.

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# Five ways to stay healthy this summer

**S**UMMER is here and it's usually the time when people start trying to put their best foot forward in preparation for their summer holidays. I've put together a few tips to help keep you motivated through the warmer summer months.

#### 1: KEEP MOVING

It's really easy to think "ah I couldn't be bothered" when the sun is beaming down, but giving just a few minutes of your time will go a long way to keeping you focused through summer. Aim for early morning or late evening workouts – when it's a little cooler outside and remember you need to take in extra water and take more rest time during workouts.

#### 2: DON'T CONCENTRATE ONLY ON ABS

As soon as summer is here we all go flat tummy crazy! Don't spend all your workout time training abs, doing crunches and sit ups and holding a plank. Abs exercises are one of the lowest calorie burners and will not lead to you developing a toned tum on their own. You cannot spot reduce. It's just not possible to

train only your tummy and hope it appears flatter. A better use of your time is to pop to the gym and get in some solid weight training with some intensive cardio. Use exercises like squats, lunges, shoulder presses and if you have good technique – deadlifts.

These are the moves that will really sculpt your core and ensure you are spending your time well. I do have a challenge on my Instagram weekly called "Everyday Abs" if you do like to include them in your routine.

Combine them with your regular workout or walks to get a little extra done.

#### 3: BREW YOUR SUMMER TIME DRINKS

Warmer weather means we all want to reach for refreshing summertime drinks. This can be a major hindrance. Most fizzy drinks and juices have heaps of added sugars. If you can't seem to take to good old H<sub>2</sub>O, then opting to brew your own summer drinks is a great idea. Select a flavoured tea you enjoy, green tea is great or any of the dozens of flavours that are now on the market. Brew it with 2-3 teabags in a large teapot or heat-resistant



Take a break this summer: Leanne on her recent holidays

jug and allow to cool. Transfer into a large jug and add ice and some sliced fresh fruit (oranges, grapefruit, lemons and limes work well) and keep in the fridge. Drink as needed. A delicious low sugar and low-calorie drink to enjoy when the weather is warm.

#### 4: EXPERIMENT WITH SALADS

Growing up a "salad" to me was cold meat and sliced cheese on a plate with a dollop of coleslaw, a

dollop of potato salad and a bread roll! Oh think of the calories! This summer steer clear of any salads that have a dressing already added and experiment at home yourself. The salad bar at your local deli does not contain all healthy options. Research healthy recipes online and make big batches so you can tuck in throughout the day.

#### 5: MAKE MEMORIES

Sit down this week and make

plans that will really make your summer. They don't have to be expensive, they can be things that just mean spending time with the people who make you happiest. Spending time making memories is good for the mind and mental health is just as important as physical health. Plan days to the beach, plan picnics, plan holidays abroad, plan stay-cations, plan healthy BBQ's, plan to enjoy the months ahead.

## Healthy Recipe

### Blueberry bars

#### What You Need

100g of almonds  
 roughly chopped 100g of cashews roughly chopped  
 100g of quinoa  
 100g of pumpkin seeds  
 50g of chia seeds  
 200g of dried blueberries 3 tbsp of honey

#### What To Do

1. Preheat oven to 190 degrees celsius.
2. Grease and line a 20cm-square baking tin with baking paper.
3. Place almonds, cashews, quinoa, pumpkin seeds and chia seeds on the prepared tray, bake for 8-10 minutes, or until



golden, be careful not to burn. Transfer the nut mixture to a large bowl and leave to cool.

4. Finely chop the dried blueberries and add it to the honey with 3 tbsp water and blend in a food processor to create a smooth paste. Add the blueberry paste to the cooled nut mixture, stirring well. Press mixture into prepared baking tin and

bake for 30-35 minutes, or until set. Remove from the oven, allowing it to cool completely before removing from the tin and cutting into individual bars. Wrap individually and keep in the fridge.

## Moore2Life

What I'm loving this week

### My Hen Weekend

Over the weekend I was in The Armada Hotel in Spanish Point for my hen weekend! Over 30 hens travelled down to County Clare to celebrate with me and, my goodness, what a weekend it was! My bridesmaids had a full weekend of activities planned but with the red weather warning in place on Friday they had to cancel some of their plans - including a trip to Inisheer on Saturday morning. But all we needed was exactly what we had! And we had an absolute ball.



### Vhi Women's Mini Marathon

It's now under 5 weeks to the Vhi Women's Mini Marathon in Dublin for which I am an ambassador this year. The event is happening on June 2 and will be an amazing day for all the women involved. There is still time to enter the 10km event so you can sign up today! Give yourself a challenge! I have done plans and you can follow them on their website. Getting outdoors (above) and taking in nature during my training runs is what I am enjoying most. Simply log on to <https://www.vhiwomensminimarathon.ie>





# MANABOUTTOWN

## PATRICK McLOUGHNEY

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# How to style a linen shirt

**W**HEN it comes to staying cool and looking cool in the warmer months, linen can't really be topped. For the unacquainted, linen is a highly breathable fabric which is soft, naturally crumpled and light, making it ideal for spring-summer styling.

Its biggest drawback, however, is its inclination to crease – often making it look like it came straight from the dirty washing pile, even when it's fresh out of the wardrobe. So before you go buying a full summer wardrobe of linen clothing, let's get acquainted with the fabric first and start by learning how to wear a linen shirt with style.

### WHY YOU NEED A LINEN SHIRT

A linen shirt is an excellent all-rounder when it comes to spring and summer dressing. The fabric, a product of the flax plant, is used to produce a number of stylish shirts from the traditional long-sleeved to the Cuban collared incarnation. Linen is highly breathable, much more so than cotton due to its comparatively low thread counts. Linen has a very high moisture absorbency rate, making it the ideal fabric for summer weddings in hot and humid climates. It's also

hypoallergenic, which means sweat is less likely to break down its fibres. Linen is also known for its longevity. While a cotton shirt will harden and lose its softness over time, a linen shirt will do the opposite. Flax fibres don't tend to stretch a great deal and are resistant to damage caused by abrasion. If you're still not completely sold, then here are some styling tips that will demonstrate that a linen shirt will make for a valuable and versatile addition to your summer wardrobe.

### SHORTS

A linen shirt and shorts are a classic summer combo. Not just any old shorts though (your hurling togs won't suffice), I'm talking about fitted shorts that are cut just above the knee. You have lots of options when it comes to your choice of linen shirt in terms of collar, colour and pattern but you must pay close attention to the fit. You don't want it to look baggy or loose lest you want to look like a medieval character getting changed. Try a white linen shirt with a pair of camel or navy chinos shorts or a navy shirt with pastel coloured shorts. Any good contrasting colours will work for this look.

### JEANS

A good pair of jeans will work with almost anything and a linen shirt is no different. Match a pair of slim fit denims with a white long sleeve linen button up for a perfect summer night out ensemble. Black jeans or indigo jeans can also work so long as there's contrast. Add an extra touch of style by rolling up your sleeves and throwing on a pair of casual shoes like vans or white trainers. Stylish, simple and summer ready.

### CHINOS

For a truly stylish summer look, the linen shirt and chinos combo are hard to beat. It's a really easy look to put together, it's instantly cool and you have the option to layer for some added style points. Linen shirts work best with lighter coloured chinos so look to summery shades like cream, sand, khaki or pastel. Good colour contrast is once again key and don't worry too much about the un-ironed look of the shirt as it's part of the charm of the linen shirt/chino combo.

You can add a fitted t-shirt underneath your linen shirt for those cooler Irish summer nights.

### TROUSERS

As we continue to move into smarter, more polished territory, we'll now look at how a linen shirt can shine with a pair of tailored trousers. As a general rule, I wouldn't try this in your workplace unless the dress code is casual or smart casual. While you can match a long sleeved button-up linen shirt with a pair of smart trousers you could run the risk of being sent home if you are working with a formal dress code (no, you can't wear a tie with it!). With that being said, the linen shirt and trousers is a smart, classy look that oozes sophistication. Make sure your shirt is tucked and add some sunglasses and sockless loafers to



**A linen shirt is an excellent all-rounder when it comes to spring and summer dressing**

complete the look.

### JACKETS

A linen shirt will go with most types of jacket so the only real rule you'll need to follow is whether to give a tuck or not. If you're wearing it on a night out then wear it untucked but pay attention to the length as the looser fit of linen shirts can throw people off when it

comes to picking the right size. You don't want it to look too big or too long so a good rule of thumb is to go one size down. Beyond that linen, shirts work well with cardigans, bombers and especially blazers. A white linen shirt with an unstructured navy blazer, sand chinos and white trainers is a smart casual look that's hotter than Kilkee in July.

## Look of the Week Selected Homme

My look of the week is from one of my favourite stores in The Crescent Shopping Centre - Selected Homme/Femme. My Lologan blazer costs €99.99, my slim fit Preston shirt costs €49.99, my Lologan trousers cost €59.99, my tie costs €34.99, my waistcoat costs €24.00 and my brown brogues cost €99.99. The Selected Homme/Femme store in the Crescent has some amazing pieces for guys and girls so call into Podge, Cara and the team and check out their amazing range. Photo by Paudie Bourke.



## Watch This Space Tag Heuer Carrera Quartz

**MY watch of the week is the Tag Heuer Carrera Quartz from Keane's Jewellers. Since the early 1960s, the Carrera has been a staple watch model of Heuer and later TAG Heuer. Developed as a lifestyle racing watch, the Carrera remains one of the most important timepiece families of the 20th century in regard to its importance as a collectable and how it has influenced timepiece design for over 50 years. Today, I am going to**

**look at a rather unique version of the Carrera that certainly sits toward the higher-end of the collection - the Carrera Quartz watch. This stunning timepiece comes with a 39mm Steel case with sapphire crystal protecting the Blue Baton dial. The Silver stainless steel bracelet is made for**



**ultimate comfort when the watch is on the wrist. A quartz movement provides the power and the watch is water resistant up to 100 Metres. You'll find the Tag Heuer Carrera Quartz at Keane's for €1850.**



# STYLE & FASHION

**CELIA HOLMAN LEE**

**CONTACT CELIA**

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

## Say 'I do' to these gems in the west

**O**NE of the fantastic new hotels in the region, The Longcourt Hotel in Newcastle West, played host to their first wedding fair and what a fair it was!

With a great range of local boutiques close by there was no shortage of beautiful fashion for mother-of-the-bride and guest at the wedding as well as looks for all occasions.

Ela Maria has always been synonymous with weddings and on the day they showcased fabulous dresses and cool jackets to match, featuring stunning embellishment and flattering lace sleeves with arm coverage. Also on show were pretty pastels, frosted fabric and delicate shades of silver grey and blue.

The looks from Bella Sola were both comfortable and stylish for your special occasion featuring some beautiful individual pieces that caught my eye. There was a selection of exquisite dresses for all occasions.

Both stores had a fabulous selection of accessories including hats, bags and shoes.

The bridal wear on the day was provided by Virginia's Bridal from Roches Street in the city, and was indeed spectacular ranging from princess styles in tulle and satin to fishtail looks in fabrics of georgette and lace.

The groom, father-of-the-bride/groom and page boy were very well catered for by Scanlan's Menswear of Newcastle West with their up to the minute looks.

Congratulations to the Longcourt Hotel in Newcastle West for a very successful wedding fair.



**Silver and grey are such understated colours and can look stunning on summer's day as seen in this dress and hat from Ela Maria, NCW**



**Here's a beautiful traditional-style bridal gown Virginia's Bridal**



**This soft pink dress and head piece from Ela Maria would be ideal for a guest of the wedding**



**This raspberry red dress and bag is from Bella Sola**



**I adore the freshness of this floral wonder from Bella Sola**



# CELIA SPOTTED

## Looking good out and about in Limerick

**Name:** Niamh Jenny Kiely  
**Occupation:** Head colour technician at Marbles Hair and Beauty  
**From:** Singland Road

**I** love fellow Limerick girl Louise Cooney. I love how she buys high street fashion at affordable prices. I also really like Holly Willoughby. She can be so chic and fun. My favourite shops are Penneys and Zara because they're so affordable and on trend which means I can change my look as often as I like.

**NIAMH JENNY SAYS**

**Jacket:** I got this denim jacket in Zara. You can team a denim jacket with so much - it really is a wardrobe must-have!

**Top:** This top is also from Zara - nice and light for this time of year.

**Trousers:** These green trousers are from Penneys. I love this shape of pants because you can take it from day to night by just adding some heels!

**Shoes:** I got these shoes in JD Sports. I love how trainers are all in fashion now. This is especially great in my job which means standing all day. I'm for comfy all the way!

**Bag:** I got this backpack in Penneys - you can't beat a backpack to carry all your essentials!



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**Our Lady of Lourdes Community Centre, Childers Rd. Rosbrien.**

<b>Wednesday 3<sup>rd</sup> April</b> 6:30pm to 8:30pm	<b>Communication and Dementia</b> by Speech and Language Therapist Niamh Ruddle <b>Easter Card Making Workshop</b> with Occupational Therapist Breda Collins <b>Finger Knitting</b> with Rachel Neville <b>Card Games</b>
<b>Wednesday 1<sup>st</sup> May</b> 6:30pm to 8:30pm	<b>Bealtaine Theme Dance</b> with Morgan Senter, U.L. Dance Academy <b>Relaxation &amp; Hand Massage Workshop</b> with Dymrna Tuohy Nurse & Lecturer and Teresa Tuohy Nurse & Lecturer
<b>Wednesday 5<sup>th</sup> June</b> 6:30pm to 8:30pm	<b>Swallowing Difficulties and Dementia</b> by Speech and Language Therapist Niamh Ruddle <b>Talk on Nutrition and Dementia</b> by Teresa Tuohy <b>Music Therapy</b> with Music Therapist Sarah Keating
<b>Wednesday 3<sup>rd</sup> July</b> 6:30pm to 8:30pm	<b>Bone Health Talk</b> by Clinical Nurse Specialist Caroline Ryan <b>Move it or Lose it: The Importance of staying Active</b> with Public Health Nurse Mags O'Sullivan <b>Carepals Mild Fun Activity Session</b>

Contact 085 196 3985 for any queries.  
 Email: limerickdementiasc@gmail.com

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



# BEAUTY & MAKE-UP

## JESSICA HOCKEDY

**CONTACT JESSICA**

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# Queen of the glow shines again



**C**HARLOTTE Tilbury is the undisputed queen of the glow, and nope, I ain't just talking about her iconic rose gold packaging.

From her celebrity-inspired lipsticks, to her 'I woke up like this, glowing from within' luminisers, Charlotte seems to just know exactly what we want from a make-up collection.

Which is why her latest Glowgasm range has me a little hot under the collar. Promising to mimic the "beautifying effects of euphoria and joy", the line includes two face palettes, one eye shadow palette, three cheek colours and one lip gloss. Yep, you're gonna fall head over heels just as easily as I did.

The Lightgasm face palette contains a glowy mix of highlighters, blush and bronzer, but for lighter skin tones and it is so beautiful! Glowgasm is the darker shade of the two face palettes and is suitable for medium to dark skin tones. Containing two highlight shades, one blush and one bronzer, it's the only palette you need this summer.

This four-pan eye palette has every coppery bronze tone you will ever need. Inspired by Charlotte's favourite bronzed superstars: Jennifer Aniston, Gigi Hadid and Gisele Bundchen. Yep, we need their glow! It literally has



**Charlotte Tilbury Glowgasm make-up collection**

everything you need to create all the spring/summer looks even though so compact and tiny!

I think Hilary Duff was singing about this when she blasted out "Hey now, hey now. This is what dreams are made of" in the Lizzie McGuire movie! This cream blush-highlighter hybrid adds a luminous peachy colour to cheeks. I wish I could take a bath in a beauty light wand.

## Bedford Townhouse & Café featured on At Your Service

THE Bedford Townhouse & Café on Bedford Row has received a guiding hand from the well-known Brennan brothers in the much loved At Your Service show which aired on April 28 on RTÉ One.

The episode was filmed over the course of April – October 2018 and captures all the highs and lows of developing this new boutique townhouse and café in the heart of Limerick City. Part of the Limerick Travel Group, the development also brought the added challenges of keeping the Limerick Travel Agency open behind the veil of scaffolding and construction which took place over the year.

At Your Service followed The Bedford's journey from a building site to the beautiful townhouse and café that stands proudly on Bedford Row today. This journey was led by Peter and Denise Brazil who started the project in late 2017 together

with Peter's parents Tony and Sheila Brazil. Peter, who has worked in the travel industry for over 15 years and Denise, a chartered accountant who has worked with hospitality and travel technology brands in the past, brought a lot of industry expertise to the table.

However, The Brennans could see some gaps in their plans and provided invaluable expertise in relation to critical decisions which have shaped the business that exists today.

The Brennans, who are five star hoteliers and experts in their field didn't hold back in their assessment on their first visit. They were quick to flag concerns regarding the food and beverage plans for the business along with the operational areas such as the reception and check-in area. The strongest piece of feedback came in

relation to the planned steam room beside the gym. Francis described it quite simply as "too hot to handle!" The Brazils, who had quite a clear plan coming in to the show, took all the Brennans' feedback on board. Denise engaged in barista training in Dublin Barista School and saw a great working example of a similar sized café – Fia Café in Rathgar in Dublin. After some lengthy discussion and reviews of their plans, Peter and Denise decided to keep the Townhouse breakfast area in The Bedford Café and revised the menu to make it more practical for the space they had to work with.

For those that missed the At Your Service episode of The Bedford you can catch it on RTÉ Player. This series will also be featuring a second Limerick property on May 12 – Bakehouse 22 (Traceys) on Nicholas Street.



**The Brennan brothers from At Your Service with members of the Brazil family at The Bedford Townhouse & Café**



# LOUISE LOVES

## LOUISE CANTILLON

CONTACT LOUISE

Facebook: @LaoisDeCantalun Email: louise.cantillon@spinsouthwest Instagram: louise\_cantillon



## Rogha na Seachtaine



### TO DO:

Embrace the Shannon

THIS weekend highlights the phenomenal asset the river Shannon is to Limerick. Check out the range of water sports available in the city centre and try your hand at a new activity on the river! I recommend an evening Kayak with Get West.

### TO LISTEN:

Midnight Train

SAOIRSE, a 23-year-old singer/songwriter from



Kilgarvan, Co Kerry has just released her debut single Midnight Train. Proceeds from the track will be donated to mental health charities across Ireland. The powerful ballad was written and produced by Ronnie Jones a well-known film sound mixer and record producer, who spent part of his career working with Sir Paul McCartney, Kate Bush and Tears for Fears.

### TO SEE:

Riverfest fun

AN absolute must this bank holiday weekend! Get downtown and immerse yourself in the buzz that will be Riverfest!

Kicking off Thursday evening, there is SO much happening for all ages and interests! I CANNOT wait!



# Ibiza for the weekend!

**F**AMOUSLY known as a town where the party never ends, and home to some of the best DJs in the world during summer season, Ibiza has so much to offer.

There is, of course, far more than than to the Balearic Island! Jaw-dropping scenery, hidden beach coves, quaint villages, incredible sandy beaches and unforgettable sunsets were just some of the highlights for me!

Living in Limerick, I often forget the luxury of having Shannon airport on my doorstep, nothing screams “convenient” like knowing that a trip from your home to Ibiza will take a little longer than a drive to Dublin would!

Ryanair are offering direct flights from Shannon to Ibiza and I couldn't recommend taking advantage of the service enough! If booked in time the fares equal the cost of a long weekend in Ireland; what's not to love about that?

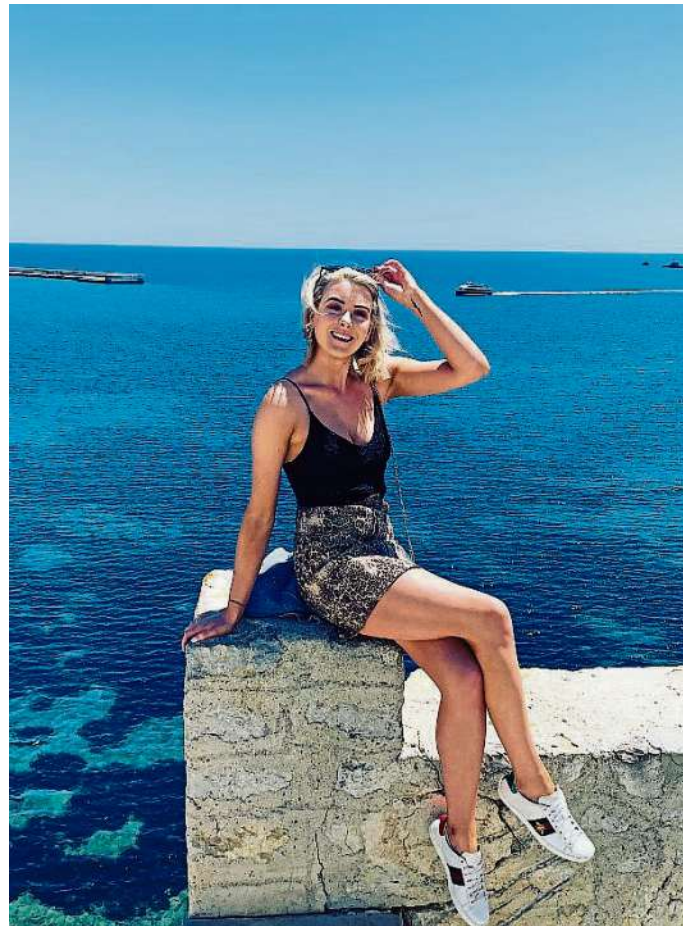
Here's how my short trip went; my flight from Shannon arrived on Wednesday evening giving me just enough time to check into my hotel, enjoy some evening tapas and get set for four days of island bliss!

#### DAY 1 - BUENA VISTA!

If you're planning on making the most of the islands scenery, rent a car or scooter and take to the roads. Generally very straightforward to navigate, the island boasts stunning vistas on every corner with panoramic views of the Mediterranean. Some must-sees are: Es Verdá, Cala St Vincent, Cala Saladeta, Sa Talaia and Torre des Savinar.

#### DAY 2 - CHILL OUT ON THE BEACH AND CATCH AN EVENING SUNSET

After a busy day of sightseeing,



Fun in the sun: A few holiday snaps from Ibiza

change it up and soak up the Ibiza sunshine by the poolside or on the beach! Temperatures soar in the summer months so a dip in the sea is welcomed! The sunsets in Ibiza are magical! I recommend booking a sea front spot in a nice restaurant or beachfront bar for sunset and watch the sky transform! I loved Amanté restaurant in Cala sol, and Ashram in Cala Conta!

#### DAY 3 - DAY TRIP TO FORMENTERA

Undoubtedly the highlight for me, an unmissable experience! For €40 return take a return ferry from Ibiza town to the paradise Island of Formentera! The crystal clear water and white sandy beaches are like nothing I've ever experienced. It's hard to believe that you are in Europe with the Caribbean feel of the island! Only 20km long and 2km wide the island is easy to explore in a day. I would suggest hiring a car or quad bike and mapping out a route!



An island that has to be seen to be believed. It is exquisite!

#### DAY 4 - ENJOY IBIZA OLD TOWN

Before catching your evening flight to Shannon ramble through the streets of Ibiza Old Town. Take in the beauty of the historic buildings in Dalt Vila and when you've had your fill of culture head to the shops in Vara de Ray for some retail therapy before taking to the skies!

## Shountrade NS Tractor Run

**LAST Sunday, April 28, hundreds of tractors set off from Clonshire Equestrian Centre in Adare for a Shountrade National School fundraising event!**

**In the wake of Storm Hannah, the skies cleared and the sun came out for the participants!**

**A convoy of tractors, trucks and vintage cars paraded!**

**Along the route Shountrade school**

**principal Mrs. Elaine Lyons said; “The build up of excitement for the event was phenomenal, and on the day the goodwill and good spirits of the participants, parents, neighbours, marshals and local musicians who entertained the spectators was superb!”**

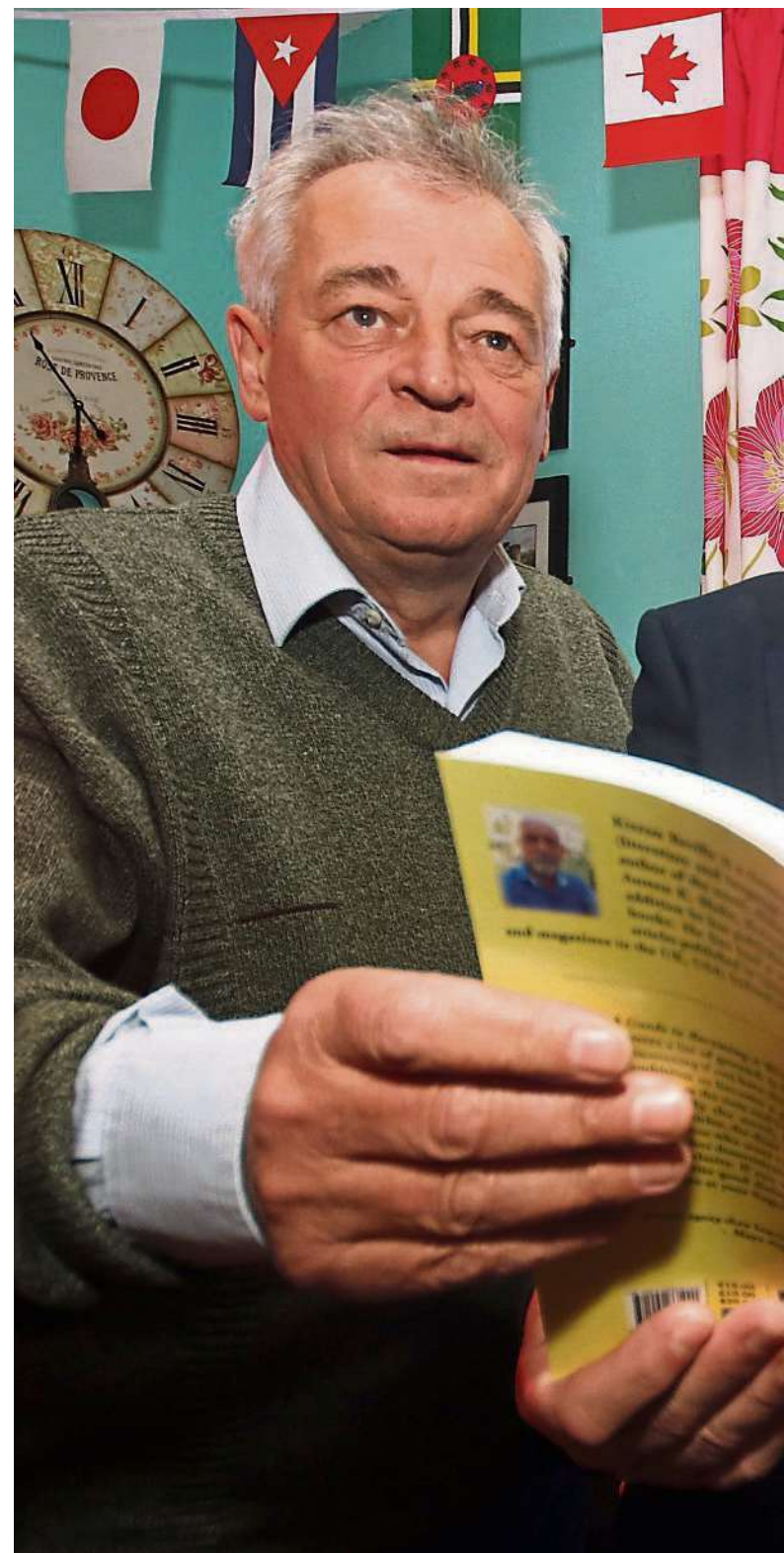
**The money raised on the day will allow the school to develop its sports field.**



**Teacher Siead Walsh, Bobby Doab, Muireann Phelan and teacher Niamh Cantillon at the tractor run**



Kieran Beville with his sons Eoin and Ferda Beville at his book launch for Write Now at Nelly's Cafe, Nicholas Street last Friday night. Write Now: A Guide to Becoming a Writer is a practical guide to fulfilling your ambition to become a published author. Limerick native Kieran Beville is a former teacher of English (literature and language) and History



# Out & About

## LAUNCH OF KIERAN BEVILLE'S BOOK WRITE NOW

**Pictures:** BRENDAN GLEESON



Dominic Taylor, from the Limerick Writers' Centre speaking at Kieran Beville, book launch



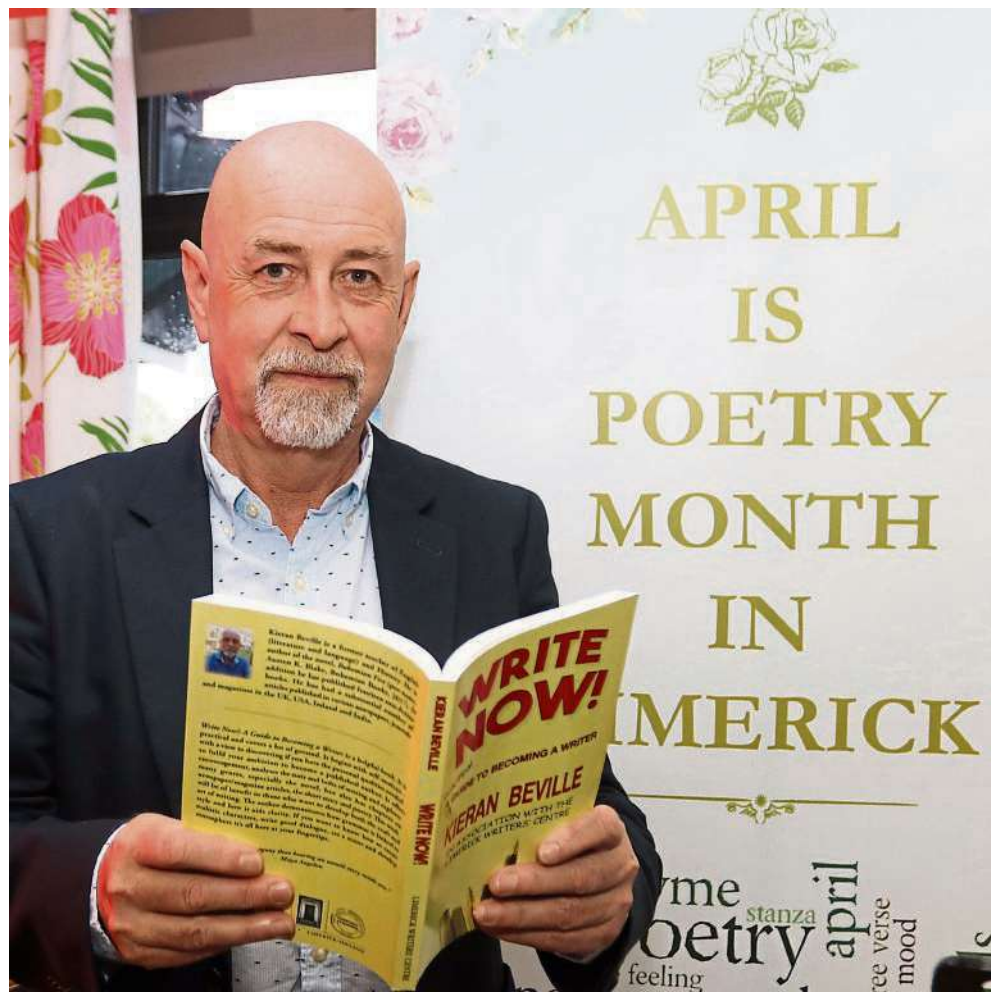
Mary Glasgow and Kathleen Burns



Mary McCormack with Kieran Beville at the launch



Kieran Beville with Lydia Jaber at Nelly's Cafe, Nicholas Street



**LEFT: John Liddy, poet; Kieran Beville, with his Write Now book with Dominic Taylor**

**ABOVE: Kieran Beville, author of Write Now at his book launch**

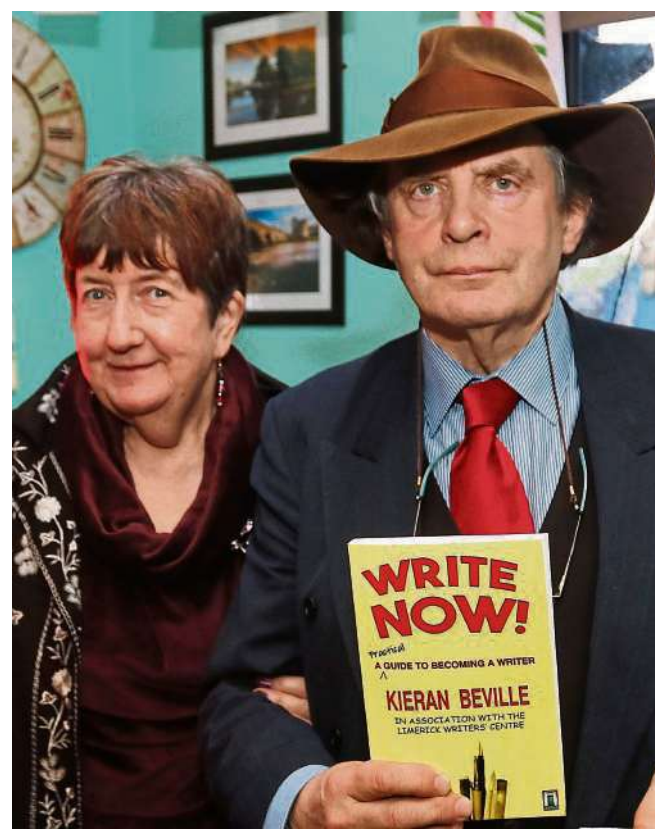
**RIGHT: Ivan Hayes and Liam Beville at the launch**



**John Liddy speaking at the launch of Write Now**



**Lydia Jaber and Betty Hayes at Kieran Beville, book launch**



**Kate Hennessey and Tom Muldowney**

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## MEN SEEKING WOMEN

**MAN IN 60'S** would like to meet lady any age for friendship and romance from South Limerick/North Cork. Call (083)3320315

## PROPERTY

**MATURE CAREFUL TENANT** seeks accommodation, unfurnished bungalow preferred but other options considered. References available. Please phone David 087-6803550

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## ST. MARY'S R.F.C.

Lotto Draw held Monday 29th April 2019  
Winning Numbers: 7-10-11-15  
No Jackpot Winner

4 Winners €40 each: Brian Conway c/o T Kerley, Joan Hurley c/o United Drug, Dolores Frawley c/o D Frawley, Christopher Flynn c/o Radcliffes

Next Weeks Jackpot €7,900 Draw will take place in the Club House Tuesday 7th May

## ST. MARY'S R.F.C.

Lotto Draw held Monday 23rd April 2019  
Winning Numbers: 5-24-26-28  
No Jackpot Winner

4 Winners €40 each: Martin Barry c/o T Kerley, Ava Coughlan c/o J Hurley, Mary Ahern c/o J Hurley, Christy Venner c/o C Mullins  
Next Weeks Jackpot €7,750 Draw will take place in Katie Dalys

## GERALDINES A.F.C.

WEEKLY LOTTO DRAW HELD ON 29/04/19

This Week's Jackpot: €700 No's: 4-13-19-24

NO WINNER  
Lucky Dips: Mary Mullins c/o Club, Olive Kerley c/o Ger Fitzgerald, Barry Clancy c/o Whacky

Promoters Prize: PRO & Susan O'Neill Next Draw held 6th April 2019  
Next Week's Jackpot: €800

## Richmond R.F.C

Weekly Lotto Draw  
Jackpot €1,500

Date 25th April 2019  
Lucky Numbers 5-10-20-23  
No Winner

Lucky Dips: M Graham c/o J Hinchy, S Downes c/o J Hinchy, Mark Tobin c/o Connie, Lisa Devlin c/o Flannerys

Next draw in the Clubhouse 2nd May 2019  
Next weeks Jackpot €1,600

## PLANNING NOTICES

### APPLICATION TO PLANNING AUTHORITY

Limerick City & County Council, I, Ailish Hartnett intend to apply to Limerick City & County Council for retention permission for the construction of a new pitched roof to an existing garage (the use of the garage is for storage purposes only) and all associated site works at No.125 High Meadows, Gouldavoher, Limerick. The planning application may be inspected or purchased at a fee not exceeding the reasonable cost of making a copy, at the offices of the Planning Authority, Limerick City & County Council Offices, Dooradoyle Road, Limerick during its public opening hours and a submission or observation in relation to the application may be made to the Authority in writing on payment of the prescribed fee within the period of 5 weeks beginning on the date of receipt by the Authority of the application

### APPLICATION TO PLANNING AUTHORITY

Limerick City & County Council I, Ruth Madigan intend to apply to Limerick City & County Council for retention permission for the construction of one single storey porch to the front of existing dwelling and all associated site works at No.67 Oakview Drive, Ballinacurra Gardens, Limerick. The planning application may be inspected or purchased at a fee not exceeding the reasonable cost of making a copy, at the offices of the Planning Authority, Limerick City & County Council Offices, Dooradoyle Road, Limerick during its public opening hours and a submission or observation in relation to the application may be made to the Authority in writing on payment of the prescribed fee within the period of 5 weeks beginning on the date of receipt by the Authority of the application.

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# FAMILY ANNOUNCEMENTS

## IN MEMORIAM



### † O'CONNELL

(14th Anniversary)

**In loving memory of a wonderful son, brother, grandson and nephew Stuart O'Connell, whose anniversary occurs on May 2nd. Rest in Peace. Mass offered. Also remembering our Dad Gull McNamara at this time.**

We see a Robin at our door  
We like to think it's true  
He brings a message from above  
From a special person you  
Now can this Robin see our life  
And hear the things we say  
Can he feel our hurt inside  
With every passing day  
Can he see us all grow  
And hear our prayers at night  
Can he wipe away our tears  
And make the wrongs seem right

Or does he that you're ok  
That your watching all we do  
Does he say that you miss us  
Just as much as we miss you  
Now does this Robin know  
That you were loved beyond tomorrow  
Does he know that this same love  
Will lift us from our sorrow  
So let the Robin fly back up  
With wings of love afill  
To say you're still a part of us  
And forever always will  
**Sadly missed by heartbroken Mam and Dad, Niamh and John**

There is always a face before me  
Your voice I long to hear;  
The smile I will remember  
Of a brother I love so well.  
**Sadly missed by your brother Darren, Maria and Dylan**

I still remember the sound of your last breath  
I can still hear the words that you said  
Just before your death  
I can still feel your hands warm in mine  
It will always be there till the end of time Stuart  
Although I remember the last promise I made  
Sorry I could not keep it  
Because God whispered Stuart it is time to go  
But in our hearts you are always there Stuart  
**Sadly missed by Nana xxx**

No matter how we spend our days,  
No matter what we do,  
No morning dawns, no evening falls,  
Without a thought of you.  
**Loved always Vir, Shay and family**

Forget you, Stuart, I never will,  
For in my heart I love you still;  
For every thought there is a tear,  
For a godson I lost and loved so dear.

**Loved always your godmother Yvonne, Martin and family x**

We hold you close within our hearts,  
And there you will remain,  
To walk with us throughout our lives,  
Until we meet again.  
**Loved always Alice, Pa, Aaron and Evan**

Your name is often spoken,

## IN MEMORIAM

We talk about you still;  
You haven't been forgotten -  
You know you never will.  
**Loved always Michael, Liv and family**

We never forget you,  
We won't even try -  
We just miss you more,  
As time goes by.  
**Loved always Louise, Ivan and family.**

Miss you lots Bud  
From Adam

Beautiful memories woven in gold,  
That is the picture, I tenderly hold.  
Deep in my heart your memory is kept,  
To love, to cherish, to never forget.  
**Loved always Leonard, Nat and family**

Another month, another year,  
Another smile, another tear;  
Another winter, a summer too,  
But there'll never be another you.  
**Loved always Elaine, Alan and family x**

Loving you always,  
Forgetting you never.  
**From your cousin Annette and Jimmy**



### † QUINLIVAN

(25th Anniversary and Birthday Remembrance)

**In loving memory of a dearly loved husband and Dad, William Quinlivan, late of 428 O'Malley Park, Southill, Limerick, who died on April 29, 1994. Rest in Peace. Masses offered.**

The angels sang 'Amazing Grace',  
The Lord came down and touched your face,  
He held your hand and whispered low,  
"Come, walk with me, it's time to go".

The gates of Heaven opened wide,  
Angels lined up side by side,  
A special guest was on his way,  
The day God took our dad away.  
You meant so very much to us,  
There is nothing we can say,  
Just to wish with all our hearts,  
That you were here today.  
A loving nature and a heart of gold,  
One of the best this world could hold.  
Always gentle, loving and kind,  
These are the memories you left behind.

A beautiful life came to an end,  
You died as you lived,  
everyone's friend.  
Our hearts still ache with sadness,  
Our secret tears still flow,  
For what it meant to lose you,  
Dad,  
No one will ever know.  
**Always loved and never forgotten by his wife; sons; daughters; son-in-law and daughters-in-law.**

Gentle Jesus up above,  
Give our granddad all our love.  
**From his grandchildren and great-grandchildren.**

## IN MEMORIAM



### † SHEEHY

(Third Anniversary)

**In loving memory of a dear mother, grandmother and great grandmother Winnie Sheehy, late of 104, St Ita's Street, St Mary's Park whose third Anniversary occurs on 1st May. Mass will be offered.**

**Rest in Peace.**  
Out of our lives you may have gone  
But in our hearts you still live on  
We won't forget the face we loved  
Or the memory of your smile  
The countless things you did for us  
To make our lives worthwhile  
You can't come back  
We know that's true  
But someday Mam we will come to you.  
**Sadly missed by your daughter Caroline, son Jason, partner Tara, Dennis and grandson John Dean**

We thought of you with love today  
But that is nothing new  
We thought about you yesterday  
And the days before that too  
We think of you in silence  
We often speak your name  
All we have are memories  
And your photo in a frame  
Your memory is our keep sake  
With which we'll never part  
God has you in his keeping  
We have you in our hearts  
**Sadly missed and never forgotten by your loving son Joe, daughter in law Irene and all your grandchildren.**  
Rest in peace xx

THOSE SPECIAL MEMORIES  
OF YOU MAM  
WILL ALWAYS BRING A SMILE  
IF ONLY I COULD HAVE YOU BACK  
FOR JUST A LITTLE WHILE  
THEN WE COULD SIT AND TALK AGAIN  
JUST LIKE WE USED TO DO  
YOU ALWAYS MEANT SO VERY MUCH  
AND ALWAYS WILL DO TOO  
THE FACT THAT YOU'RE NO LONGER HERE  
WILL ALWAYS CAUSE ME PAIN  
BUT YOU'RE FOREVER IN MY HEART  
UNTIL WE MEET AGAIN

**NEVER FORGOTTEN BY YOUR LOVING SON Michael, Brenda & Grandson mike xx**

Mam  
To lose someone I loved brings pain beyond belief.  
There is no word to ease my pain,  
my sadness or my grief.  
I think of the things you used to say, and all that you would do.  
At some point every single day my thoughts will turn to you.  
To lose you was a bitter wrench  
I cried until my tears ran out and then I cried some more.  
I know I can't be with you now and you can't be with me, but safe inside my heart you'll stay,  
That's where you will always be.  
**Always loved your daughter Marie and son-in-law Joe xxx**

## IN MEMORIAM

Nan  
Everyday in some small way  
Memories of you come our way  
Though absent you are always near  
Still missed, still loved and always dear  
Sweet Jesus take this message to our Nan tell her we miss her and give her all our love.  
**Sadly missed your granddaughters Natalie, Antoinette, Ashling, grandsons Thomas, Joseph, partners, and great-grandchildren**

Though your smile is gone forever  
And your hand we cannot touch  
Still we have so many memories  
Of the one we love so much  
Our memory is our keepsake  
From which we'll never part  
God has you in his keeping  
And we have you in our hearts  
**Sadly missed and always remembered by your son Sean, Rosie, Dan and Skye xxx**

You always had a smile to share,  
Time to give and time to care.  
Your memory is our greatest treasure, to have to hold to keep forever.  
**Sadly missed, never forgotten Ally, Breda & Family**



### † RAY

(39th Anniversary)

**Cherished and loving memories of our darling loved Mother Mary Ray, late of Kileely, Rd who died on April 30th 1980. R.I.P. Also our dear brother Eamon who died on 19th March 1978. Mass will be offered Sunday May 5th 5pm in Corpus Christi Church.**

Mam, sometimes it feels a lifetime  
Sometime it feels a day  
But deep within our hearts  
You are never far away  
**Always loved missed by Marie, Josephine, Irene, Geraldine, sons Martin, Timmy and grandchildren**

**Please God**

*Take this cloud of darkness away.  
Shine your light upon me.  
Give me the courage and strength to start to feel joy in my life again.*

## AFTER GLOW

*I'd Like The Memory Of Me To Be A Happy One.*

*I'd Like To Leave An After Glow Of Smiles When Life Is Done.*

*I'd Like To Leave An Echo Whispering Softly Down The Ways.*

*Of Happy Times And Laughing Times And Bright And Sunny Days.*

*I'd Like The Tears Of Those Who Grieve, To Dry Before The Sun*

*Of Happy Memories That I Leave When Life Is Done.*

**IN MEMORIAM**



**† WALLACE**  
(27th Anniversary)  
**In loving memory of**  
**Richard (Dick) Wallace late**  
**of 14 Clarina Avenue,**  
**Ballinacurra Weston and**  
**Limerick Docks whose 27th**  
**anniversary occurs on the**  
**4th of May. Masses offered.**  
**Also remembering my**  
**sisters Maggie, Angeleen**  
**and also our grandson**  
**small Darren Corbett. Will**  
**those who think of them**  
**today a little prayer to**  
**Jesus say x x x.**

Ever since we met Dick  
They told us we were one  
But never told us what to do  
When half of one is gone  
What to do with half a life  
Or half a will to care  
What to do with half a heart  
No the others halves not there  
You were the other half of me  
A heart linked to my own  
What do I do with half a life  
Now I am on my own  
I remember the day I met you  
And the day that god made you  
mine  
I remember the day he took you  
And I will till the end of time  
We made our life together  
We were never meant to part  
But when God came and took  
you  
My whole world fell apart  
The years we spent together  
I keep within my heart  
For they hold precious memories  
Which will never let us part  
But I never knew such  
loneliness  
Could bring such bitter pain  
That memories would return to  
me  
And wound my heart again  
So even in deep despair  
I know that every tear I shed  
Would grieve your heart that  
loved me  
So I'll try to smile instead  
If I had searched the whole  
world through Dick  
I would not have found a love  
like you  
I think of you always  
And miss you more each day  
My heart is broken what more  
can I say  
**Missing you always Dick, this**  
**year you have our small**  
**Darren with you to keep you**  
**company, until we meet again**  
**your loving wife Sally xxx**

26 years has passed already,  
We can not believe it's true,  
We thought about you lots today,  
But then we always do,  
We wander to your grave side,  
And place your flowers with care,  
But no one knows the heartache,  
As we turn and leave you there,  
You went from us so suddenly,  
You did not say goodbye,  
You left us here behind you,  
To grieve and wonder why,  
It broke our hearts to lose you,  
But you did not go alone,  
For part of us went with you,  
The day God called you home,  
Our hearts are full of memories,  
With pride we speak your name,  
Though life goes on without you,  
It will never be the same.  
**Sadly missed and always**  
**remembered by your daughter**  
**Deirdre, husband Darren**  
**grandsons and grand**  
**daughters**  
**Dad will you mind small**  
**Darren for us xxx**

**IN MEMORIAM**

In a beautiful home called Heaven,  
In that valley  
so precious and fair,  
Someday, sometime, Granda  
I hope to meet you there.  
**From your granddaughter**  
**Sallyann, partner Jason**  
**and kids xx**  
**Also thinking of my brother**  
**Darren at this time xx**

There is always a face before me  
A voice I long to hear  
And a smile I will always  
remember  
Of a Dad I loved so dear  
Deep in our hearts lies a picture  
More precious than silver or gold  
It's a picture of my loving dad  
Whose memory will never grow  
old  
So many people loved you Dad  
And that's what makes us proud  
You were that kind of a person  
Who stood out in the crowd  
It was a shock the day you left us  
But we were very much aware  
Of the mark you left on everyone  
But the congregation there  
**Sadly missed and never**  
**forgotten by your daughter**  
**Michelle and son in law Tom.**  
**Give small Darren a kiss**  
**from us Dad xxx**

The gates of heaven opened wide  
The angels lined up side by side  
A special guest was on his way  
The day that God took you away  
Our loss is heavens gain  
But in our hearts you will always  
remain  
**Sadly missed by your loving**  
**granddaughter Tommie and**  
**grandson Dara xxx give small**  
**Darren and big hug for us**  
**Granda.**

As we look upon your picture  
Sweet memories we do recall  
Of a face so full of sunshine  
And a smile for one and all  
Sweet Jesus take this message  
To my dear father up above  
Tell him how much I miss him  
And give him all our love  
**Sadly missed by your loving**  
**son Bryan, daughter in law**  
**Sheri, granddaughters Charly**  
**and Jai, and great**  
**granddaughter Callie, give**  
**small Darren a kiss from us**  
**DAD xxx**

Your smile was made of sunshine  
Your heart was made of gold  
Thank you for the precious years  
And the memories that we hold  
Memories of you are lovingly  
kept  
Someone too special to ever for-  
get  
A place in our hearts is yours  
alone  
A piece of love no one can own  
**Sadly missed and never**  
**forgotten by your loving**  
**daughter Liz, son in law Ali**  
**and grandsons Dara, mind**  
**small Darren for us Dad.**

A million hugs and kisses sent to  
you up above,  
Carried with care on the wings of  
a dove,  
A prayer, a Mass, these are all I  
can give,  
But these you will have for as  
long as I live,  
No words can say or tears  
express,  
The loss the love the emptiness  
Missed forever until we meet  
again,  
**Sadly missed by your loving**  
**son Dicky and family xx**

I often talk about you,  
I never cease to care;  
I wish I could go home again,  
And find you waiting there.  
I want to tell you something,  
So there can be no doubt -  
You're so wonderful to think of  
And so hard to be without.  
**Sadly missed by your**  
**daughter Natasha, Mark and**  
**kids xx**

**IN MEMORIAM**

I let memories surround me  
A word someone may say  
Will suddenly recapture  
A time, an hour, a day  
That brings them back as clearly  
As though they were still here  
And fills me with the feeling  
That they are always near.  
For if I keep those moments with  
me  
We will never be apart  
And you will live forever  
Locked safe within my heart.  
**From your son Christopher,**  
**Aisling and kids xx**

Those special memories of you  
Will always bring a smile  
If only I could have you back  
For just a little while  
The we could sit and talk again  
Just like we used to do  
You always meant so very much  
And always will do too  
The fact that your no longer here  
Will always cause me pain  
But your forever in my heart  
Until we meet again  
**Lots of love Granda sadly**  
**missed by your**  
**granddaughter Kathleen,**  
**Jonathan baby Marcus xx**

**THANKSGIVINGS**

**ASK ST. CLARE** for 3 favours, 1  
business, 2 impossible. Say 9  
Hail Marys for 9 days. Pray  
whether you believe or not.  
Publish on the ninth day. May  
the Sacred Heart of Jesus be  
praised, adored today and  
every day. Request will be  
granted, no matter how  
impossible it seems. Publica-  
tion must be promised. Sacred  
Heart of Jesus be praised,  
adored and glorified, today,  
forever and always. D L

**NOVENA TO THE SACRED HEART**  
Dear Heart of Jesus, in the past I  
have asked for many favours.  
This time I ask you this very  
special one (mention favour).  
Take it dear Jesus and place it  
within your broken heart  
where your holy Father sees it.  
Then in His merciful eyes it  
will become your favour, not  
mine. Amen. Say prayer for 3  
days. Promise publication and  
favour will be granted. DL

**NOVENA TO ST. JUDE**  
Most Holy Apostle, St. Jude,  
faithful servant and friend of  
Jesus, the Church honours and  
invokes you universally, as  
the patron of hopeless cases,  
of things almost despaired of.  
Pray for me, I am so helpless  
and alone. Make use I implore,  
you, of that particular privi-  
lege given to you, to bring vis-  
ible and speedy help where  
help is almost despaired of.  
Come to my assistance in this  
great need, that I may receive  
the consolation and help of  
Heaven in all my necessities,  
tribulations and sufferings,  
particularly, (here make your  
request) and that I may praise  
God with you and all the elect  
forever, I promise O Blessed St.  
Jude, to be ever mindful of  
this great you as my special  
and powerful patron, and to  
gratefully encourage devotion  
to you. POC

**GRATEFUL THANKS** to The  
Sacred Heart and Our Blessed  
Lady for all favours received  
and also thanks to St. Padre  
Pio. M.J.M; A.A.A.S.

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### TRISH WHELAN

www.CarAndTravel.ie

MERCEDES-Benz expect its latest GLE sports utility vehicle just launched to appeal to its traditional buyers who genuinely require a 'workhorse' vehicle, while also attracting a younger generation of buyers to the model.

The GLE has always been regarded as a practical vehicle by customers. This latest model is not different in that regard but comes with a more progressive look designed to attract a wider and more youthful segment of SUV owners.

Now with a noticeably more rounded, more elegant presence and with a younger look, the brand believe it will appeal to male and female owners in more equal

numbers.

With a wheelbase of almost three metres in length, the cabin is more spacious with room for up to seven people - the rear seat passengers enjoying well over one metre legroom. A second row of seats has the option of being electrically adjustable while a third seat row is available as an option.

Four diesel models make up the new range all with 4MATIC transmission - a 300d, 350d, 400d and a 450d. The GLE is ranked the first SUV in its class to meet Euro 6d emissions standards not coming into force until January next. The 300d is expected to be the volume seller here.

The GLE comes with a host of high-tech features as standard including MBUX driver assistance and infotainment system and 'Hey

Mercedes' voice-activated feature.

The cabin is stylish and practical. Two large screens have been arranged to create a panoramic effect across the dash.

At last week's launch, Ciaran Allen, Mercedes-Benz sales manager in Ireland, said: "GLE is pitched to be one of the most value-attractive models in its segment and forerunner in a parade of new 2019 model introductions, next of which will be the new A-Class saloon and CLA."

A plug-in hybrid electric version with 100kms full electric capability will arrive later.

GLE prices begin from €78,395 (300d 4MATIC) and from €95,995 (450 petrol 4MATIC).

Key competitors include BMW X5 and Audi Q7.



The GLE comes with a host of high-tech features as standard including driver assistance and a state-of-the-art infotainment system



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## I-PACE crowned 2019 World Car of the Year

THE Jaguar I-PACE was crowned 2019 World Car of the Year at a grand finale awards ceremony held last week at the New York International Auto Show, writes Trish Whelan.

The Jaguar I-PACE was a triple winner in three award categories: the overall 2019 World Car of the Year, the 2019 World Green Car and the 2019 World Car Design of the Year.

Prof. Dr Ralf Speth, chief executive officer, Jaguar Land Rover said: "It is an honour that the Jaguar I-PACE has received these three accolades from the prestigious World Car jurors.

"We started with an ideal, to move towards our Destination Zero vision; zero emissions, zero accidents and zero congestion. This car is our first step to achieving this

and it was conceived when electric vehicles were little more than a niche choice.

"So we started from a clean sheet of paper to create a new benchmark - the world's best premium electric vehicle, and a true Jaguar driver's car."

Ian Callum, Jaguar director of design said: "Designing Jaguar cars is probably the best job in the world and I can honestly say that no other project I've worked on has been as rewarding as I-PACE."

I-PACE was chosen from an initial entry list of 40 vehicles in the World Car of the Year award category, then a short list of three finalists - the Audi e-tron, and the Volvo S60/V60 being the two others.

## TOYOTA

# Land Cruiser Business model makes huge return

THE Toyota Land Cruiser five seater Business model is now available to order with limited first arrivals in July, writes Trish Whelan.

After a hiatus in 2018 due to taxation changes, Toyota Ireland is reintroducing the model to the market priced from €56,907 ex VAT.

Classified in the N1 segment, the Business Land Cruiser remains the only five-seater in the segment. The model has an off-road

heritage spanning more than 65 years.

Toyota Ireland expects demand to be high, and as initial supply will be limited, customers are encouraged to place their orders early.

The Land Cruiser is known for its powerful performance and ability to tackle any terrain, says Steve Tormey, chief executive of Toyota Ireland. "It's been a firm favourite of our Irish customers."



Toyota pulled its business model in 2018 over taxation issues

## LIMERICK LEADER

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# SPORT

Leader



## FAI JUNIOR CUP STALEMATE

Confusion remains over semi final

For more see Page 53

Familiar faces: Gavin Coombes of Munster takes on Simone Ferrari of Benetton Treviso and Hame Faiva of Benetton Treviso when the two sides met on April 12. They meet again this Saturday at 3pm



# Munster look to lower the colours of Benetton Rugby

**Pro 14:** Munster seek to set up semi-final showdown with Leinster

**COLM KINSELLA**  
ckinsella@limerickleader.ie

MUNSTER will look to set up a mouth-watering interprovincial clash with Leinster at the semi-final stage of the Guinness PRO14 for a second successive year, when tackling Benetton in their quarter-final tie at Thomond Park on Saturday, 3pm. (Live on EirSport)

Munster's hopes of securing a direct passage into the semi-finals were scuppered on Saturday despite their hard fought win over Connacht in their final regular season fixture as Glasgow Warriors retained their grip on top spot in Conference 'A' with victory over Edinburgh.

Munster have been boosted ahead of Saturday's

quarter-final against Benetton with the return to training this week of three Ireland internationals, Conor Murray, Joey Carbery and Keith Earls.

Benetton Rugby have been the surprise packets of the Pro14 this season as the Italian side secured a third place finish in Conference B thanks to an impressive string of results.

Munster have not won silverware since their 2011 Celtic League final win and the province has run up a series of semi-final defeats in recent seasons.

Ireland centre Chris Farrell agrees that the province's attacking play needs to be sharper.

Speaking at the province's weekly press briefing at UL this week, Farrell said: "It

(attack) is the last aspect of our game that really needs to be on and really needs a little bit of work because everything else is so good.

"Our defence in general has been the best in the competition this season and our set-piece is working really well.

So if we can change our attack a slight bit, just to get a little bit more out of it and attack space in the right areas, more so than what we have been doing all season, then we definitely be a lot better."

Farrell says he feels fresh heading into the business end of the Pro14 season as he has missed out on much of the season through injury.

A knee injury had kept him sidelined from March 2018 to November 2018.

"Yeah, I do feel fresh. It's hard to believe that it is knockout stages and if we lose this weekend, there might be no more rugby for a long time," Farrell admitted.

"We have used 55 players in the entire competition, so it's not like anyone is completely drained and struggling to deal with what they have had to do all season.

We are fairly keen on keeping the season going as long as possible."

Farrell says he has been pleased with how his move to Munster from Grenoble has worked out.

"It has gone well. Last season was particularly good until the injury, in terms of playing well in the Six Nations when I got my chance and then I would like to think I

would have been involved in the Scotland game and possibly the England game after that, had I stayed injury free.

To have got a chance to get back in for this Six Nations was great, but I don't think I or the team, which is more important, performed as well as I or as much as I think I could have.

"Obviously to be in that position was well worth me coming back. To be in a position where we are playing in the semi-finals of Europe is also well worth me coming back as well."

Should Munster overcome Benetton Rugby this Saturday, Farrell and his Munster team mates will lock horns with arch rivals Leinster in the semi-final on May 18 at the RDS, 3pm.

## Soccer News

Blues look to get back on track as Bray visit

**COLM KINSELLA**  
ckinsella@limerickleader.ie

LIMERICK FC will be anxious to avoid a hat-trick of defeats in the SSE Airtricity League First Division when hosting Bray Wanderers at the Markets Field this Friday night, 7.45pm.

Back-to-back league losses have seen Limerick slip to sixth place in the First Division table, now half a dozen points behind pacesetters Longford Town.

Tommy Barrett's Limerick suffered a frustrating 1-0 defeat to pacesetters Longford in their league fixture on Saturday night.

Limerick were left to rue a second half penalty miss as Shane Tracy's spot kick was saved. The penalty had been awarded after Conor Ellis was upended inside the area.

The 'Blues' also finished Saturday night's game with 10 players as Sean McSweeney was dismissed before Longford struck for the game's only goal through substitute Dean Byrne.

Limerick had suffered defeat to a improving Shelbourne side in their previous outing.

Friday's opponents Bray currently sit one place and one point ahead of the Shannonsiders in the table.

Limerick's difficult run of fixtures continues beyond Friday night's visit of Bray to Garryowen as the 'Blues' travel to Drogheda and Cobh on May 10 and 18 respectively.



Limerick's Shane Tracy who missed a penalty on Saturday

SPORT  
SNIPPETS

## Podcast

The Limerick Leader Sports Podcast is now live on our website [www.limerickleader.ie](http://www.limerickleader.ie)

The 13th episode is jam packed with sports opinion from the Limerick Leader Sports team. Make sure to give it a listen.

## Win for Leahy

Drombeg Dawn has been a solid horse for Kilmallock-based Austin Leahy in recent seasons and the four-year-old recorded her fifth career success at Tipperary on Thursday.

Ridden by Shane Foley, the 11/1 chance showed plenty of determination to hold off 15/8 favourite Downforce by half a length.

## Basketball Awards

In the Men's Super League, Templeogue star and Limerick native, Jason Killeen has won the Player of the Year award after finishing off a hugely impressive season for the Dubliners.

In the Men's Division One, star for Tradehouse Central Ballincollig Andre Nation has scooped the Player of the Year award following a stunning season, and it's a double win for the Cork outfit, with Dylan Corkery awarded the Young Player of the Year award for the second year in a row.

The awards will be presented at the Basketball Ireland Annual Awards lunch on Saturday, May 11, at Croke Park at 12pm.

## Limerick stars join Rugby board

Rugby Players Ireland, have announced that Chief Executive of the Institute of Directors (IoD) in Ireland, Maura Quinn is to join its Executive Board as an Independent Board Member.

Maura's appointment to the Executive Board coincides with the appointment of Irish Women's XV Captain, Ciara Griffin, Irish Women's 7's player Louise Galvin and Irish Men's 7's player Greg O'Shea.

The four new appointees join fellow players Rob Kearney (Chairman), Darren Cave, Eoin McKeon, Peter O'Mahony and Johnny Sexton on the Executive Committee and existing Independent Board member, Peter McKenna.

## Limerick reveal their Munster SHC panel

JEROME O'CONNELL  
@JeromeSport

THE Limerick hurlers have confirmed a 37-man championship panel ahead of the Munster SHC.

This Tuesday, manager John Kiely and his backroom team revealed the panel of players that will begin the All-Ireland title defence on Sunday May 19 against Cork in the Munster SHC in the Gaelic Grounds.

Four depart from the Allianz Hurling League winning panel - Barry O'Connell (Kildimo-Pallaskenry), Oisín O'Reilly (Kilmallock), Lorcan Lyons (Monaleen) and Ronan Connolly (Adare).

O'Connell, O'Reilly and Lyons were part of the 36-man 2018 All-Ireland winning panel but none of the trio saw championship action. None of the departing quartet played during the eight game run to the league title.

There are five new faces, added to those remaining from last year's Liam MacCarthy Cup winning panel - Conor Boylan, Robbie Hanley, Aaron Costello, Mikey O'Brien and Jamie Power. All played during the league bar goalkeeper Jamie Power.

Limerick only carried two goalkeepers during last year's championship but now have Nickie Quaid, Barry Hennessy and Jamie Power.

The 37-man panel also includes Richie McCarthy, who will miss the entire

Munster SHC as he continues to rehab back from a cruciate ligament injury.

Limerick intensified their preparations for the Munster SHC with a training camp last weekend.

Three weeks from the beginning of their All-Ireland title defence, John Kiely's heroes spent two nights in The Johnstown Estate in Enfield, Co Meath.

Limerick report a clean bill of health ahead of the championship with long term injured duo Paul Browne and William O'Donoghue in contention for roles after missing all 10 competitive fixtures this season.

Also this Tuesday, RTE television confirmed that Limerick's three opening round games in the Munster SHC will be live on The Sunday Game.

**PANEL:** Shane Dowling, David Dempsey, Mike Casey, Peter Casey, William O'Donoghue, Kevin Downes and Conor Boylan (all Na Piarasigh); Barry Hennessy, Graeme Mulcahy, Paddy O'Loughlin, Robbie Hanley and Aaron Costello (all Kilmallock); Richie English, Pat Ryan, Darragh O'Donovan, Barry Murphy and Mikey O'Brien (all Doon); Diarmaid Byrnes, Cian Lynch and Aaron Gillane (all Patrickswell); Andrew La Touche Cosgrave and Jamie Power (both Monaleen), Dan Morrissey and Tom Morrissey (both Ahane); Paul Browne and Sean Finn (both Bruff); Kyle Hayes (Kildimo-Pallaskenry), Declan Hannon (Adare), Colin Ryan (Pallaskenry); Tom Condon (Knockaderry), Richie McCarthy (Blackrock), Nickie Quaid (Effin), Barry Nash (South Liberties), Gearoid Hegarty (St Patricks), David Reidy (Dromin-Athlaca), Seamus Flanagan (Feohanagh-Castlemahon), William O'Meara (Askeaton).

Noel Connors of Waterford, Séamus Harnedy of Cork, Conor Cleary of Clare, Dan Morrissey of Limerick and Jason Forde of Tipperary at the Munster Senior Hurling Championships 2019 Launch this week PICTURE: SPORTSFILM



## Upton inspires Institute to title win



The Catholic Institute Hockey team who defeated Queens to win the Division 2 title

A ROISIN Upton-inspired Catholic Institute fought back to win the women's EYHL Division 2 final following a breathtaking contest with Queen's that went to a 3-3 draw and subsequently a sudden death shoot-out.

The World Cup winner struck twice in a big comeback while also scoring twice in the

shoot-out, including the winner in round six to spark their celebrations.

The shoot-out saw goalkeepers on top initially before Upton and Tori Hastings both scored in the second round.

Foley reversed in for 2-1 and 'Insta' were milliseconds from a 3-1 lead in round four but Clery's goal-bound shot was just

timed out.

Emma Kernohan tied things up in the final round for 2-2 and sudden death. There, Hastings was held up by goalkeeper Miriam O'Callaghan before chipping over under pressure.

It allowed Upton the chance to win it and she stepped forward to slot in the winner.

## Take Two for camogie final

IT'S back to Nenagh this May Bank Holiday weekend for the All-Ireland Minor B Camogie Final.

Limerick needed a last gasp equaliser last weekend to secure a draw with Laois.

Sinead McElligott was the late scoring hero in a game that finished Limerick 0-8 Laois 1-5.

The Laois goal came early in the drawn game but Limerick had points from Enya Harrington and Irish Kennelly to lead 0-7 to 1-1 after playing with the first

half breeze.

Backed by the elements, Laois battled back in the second half to level with 10-minutes to play.

Alice Walshe then looked to have won it for the Leinster side but Sinead McElligott's late point ensured a replay this Saturday, back in McDonagh Park in Nenagh.

Limerick are looking to win this title for a third time, adding to previous wins of 2009 and 2011.

**PANEL:** Roisin Mann, Aishling Corbett, Ella Whelan, Aoife Corbett, Iris Kenneally (all Newcastle West); Megan

Ryan, Emily Condon, Isabelle Lyons, Aishling Walsh (all Crecora); Michelle Curtin, Noelle Curtin, Stephanie Woulfe (all Templeglantine); Aishling Ryan, Emma English, Roisin O'Carroll (all Galbally), Aoife Morrissey, Sarah Fitzgibbon, Ailbhe Larkin (all Mungret); Eva Butler, Caroline Brennan (both Bruff), Louise Butler, Annie Giltenane (both Adare), Sara Gillane (Patrickswell), Shauna Foley (Kilmallock), Enya Harrington (Na Piarasigh), Sinead McElligott (Murroe-Boher), Katie Carroll (Ballygran), Caitlin Bonfil (Monaleen), Valerie Shanahan (Killeedy), Shauna D'Arcy (Ahane), Orlaith Kelleher (Croagh-Kilfinny), Jade Gillane (Ballybrown), Sarah Condon (Knockaderry).



Laois' Fiona Scully and Orlaith Kelleher of Limerick battle for the ball during the All Ireland Camogie Minor B Final



# ON THE BALL

“Limerick to the core...”

COLM KINSELLA

## European exit sucks life out of season for many fans

TWELVE months ago this weekend, Munster played their final home fixture of the season at Thomond Park where the official attendance for their Guinness PRO14 semi-final play-off was given at just 10,205.

Knock-out rugby on the May Bank Holiday weekend in bright sunshine.

Munster host competition surprise packets Benetton Rugby in another Pro14 semi-final play-off this Saturday, 3pm.

Again it's a Bank Holiday weekend fixture and once more the weather conditions for the game is predicted to be pleasant.

Incidentally, the official attendance at Parc y Scarlets for the Scarlets Pro14 semi-final play-off with the Toyota Cheetahs 12 months ago was 7,105.

But attendances at Munster's home fixtures are traditionally higher than the Scarlets.

So why was Thomond Park less than half full for the province's final make-or-break home game of the season 12 months ago? And let's face it, the chances of the attendance being any bigger this weekend than the 10,000 who turned out for that Edinburgh fixture in 2018 are remote.

It's worth casting an eye back

two years ago to provide some answers.

For Munster's glamour Champions Cup semi-final with Saracens at the Aviva Stadium in 2017, thousands of Munster fans endured lengthy traffic tailbacks on their way to Dublin.

A series of accidents on the route caused frustrating delays for the fans making their way to Dublin. Some even missed the start of the game at Lansdowne Road despite leaving in ample time from Limerick.

Munster were second best against 'Sarries' that day and the dream of winning a third European Cup – and first in 9 years – died.

Defeat in Europe sucks the life out of the rugby season for a good chunk of Munster's support – no doubt about it. We have seen it season after season.

Twelve months ago, Munster returned tickets for their Pro14 semi-final showdown with Leinster at the RDS.

In May 2017, Munster returned to Dublin for a Guinness Pro 14 final showdown with the Scarlets, a few short weeks after that Champions Cup semi-final loss to Saracens.

The game offered Munster the opportunity to win silverware for the first time in six long seasons.



**Knock on affect: Andrew Conway of Munster is dispossessed by Stephen Fitzgerald of Connacht in the in-goal area. Will Munster fans turn up this weekend for their final home game of the season?**

The match venue amounted to home country advantage for Munster.

But this time there were no tailbacks on the M7 between Limerick and Dublin, no lengthy delays.

Munster did enjoy the lions share of support inside the ground as you would expect, but it was clear that a significant chunk of that support was Dublin-based, Munster fans.

The Munster-based, Munster support didn't turn out in the same numbers for the Scarlets final as they had done for the Saracens semi-final.

The situation highlights Munster fans' love-affair with Europe – a fact borne out when an estimated 6,000 Munster fans travelled to Bordeaux in

the South West of France for the 2018 Champions Cup semi-final with Racing 92.

To be fair, sunny Bordeaux is a very attractive match destination at the end of April as was Edinburgh for this season's quarter-final.

The number of Munster supporters who travelled to Coventry for the recent semi-final with Sarries was significantly reduced.

That brings us back to this Saturday and the likely turn-out for the visit of a much improved Benetton Rugby side to Limerick.

Bank Holiday Saturday, the prospect of good weather. Let's see. For more see #LLSport

JEROME O'CONNELL

## Last chance saloon for All-County Leagues

IT feels a bit like last chance saloon for the Limerick GAA All-County Leagues.

After a succession of club championship launches in recent weeks, the All-County Hurling League commences without any fanfare this May Bank Holiday weekend.

It's a new model for the ACHL with a new schedule that may just breath some life into a competition that fails to hold much status.

In the past there was often a mid-March start to the County Leagues as preparation for the county championship.

But that changed for 2019 and with county championship matches now dominating April and Limerick GAA fixture planners opted not to start the County Leagues in advance.

What is a pity it that all four divisions didn't run off their respective divisional senior championships in March to fill the void normally the preserve of the County Leagues.

Nonetheless, the All-County Hurling League gets underway this weekend with games fixed for Saturday and indeed there are club hurling league games scheduled for the next four successive Saturdays.

Then focus switches to the All-County Football League with a run of games in that competition.

There will be finals in all divisions in both codes – the top two in each division playing for a trophy.

I personally like the new model and while the entire GAA fixture mess still needs grasping, this could just work for now.

Clubs will be without their 'county players' until Limerick are out of their respective championships but at least there is some structure.

What is needed now is for clubs to buy into the process and try avoid postponements and cancellations of fixtures, where possible.

DONN O'SULLIVAN

## April for the clubs means Limerick are no fools

There is a lot wrong with the current GAA calendar. It certainly needs fixing, but one county seems to be making the best of what is on offer.

The Limerick County Board have managed to run off two rounds of both the Senior Hurling and Football championship, while they also got in an extra round of the Premier Intermediate championship last week.

With the Limerick footballers out on May 11 against Tipperary and the Senior hurlers in action on May 19 against Cork, the players

will have had the perfect mix of game time under their belts since the league and time with their respective county panels for that all important pre championship preparation.

Take Paul Browne as an example of how Limerick have made this, all be it flawed



**Paul Browne (red) and Colin Ryan (blue) get to grips with each other on Thursday night**

and 'anti-club' system, work.

Browne, a long term injury from last season, missed the entire Allianz Hurling league campaign.

However the former Limerick captain has now played three games for his club Bruff and has responded well to the wear and tear on the body.

**COLM KINSELLA**

## Advertise tipped in Guineas

**T**HE first of this season's flat Classics take place this Saturday at Newmarket with the staging of the Qipco 2000 Guineas.

The Qipco Guineas Festival will also feature the 1000 Guineas for fillies on Sunday next.

In the case of Saturday's 2000 Guineas for colts, Too Darn Hot had headed the ante-post betting markets through the winter months after going through his two-year-old campaign unbeaten.

However, the exciting John Gosden-trained colt will not run in the race this weekend due to an injury

issue.

Leading Irish trainer Aidan O'Brien will be seeking his 10th victory in the 2,000 Guineas this weekend.

He will saddle the big race favourite Magna Grecia and the well fancied Ten Sovereigns in the one mile contest.

Ten Sovereigns was the winner of the Middle Park Stakes last season.

Magna Grecia came up just a neck short of Persian King in an excellent renewal of the Autumn Stakes.

Dewhurst runner-up Advertise has attracted plenty of attention in the betting in recent days.

Frankie Dettori's mount is now as short at 10/1 with some layers to win the classic, in a betting market currently headed by Magna Grecia at 3/1.

Advertise is looking to give trainer Martyn Meade a first Classic success this weekend.

With question marks over plenty of the runners in this weekend's contest, the 10/1 on offer about Advertise looks a decent each/way bet.

Advertise won the Group 1 Phoenix Stakes last season and was second to ante-post favourite for the Guineas, Too Darn Hot, at Newmarket in the Dewhurst.

**Wednesday****CYCLING**

TOUR OF ROMANDY  
EUROSPORT 3PM

**SOCCER**

AFC FYLDE V HARROGATE  
BT SPORT 7PM

**SOCCER**

BARCELONA V LIVERPOOL  
BT SPORT 8PM

**GOLF**

WELLS FARGO 2019  
SKY SPORTS 8PM

**BASEBALL**

YANKEES V D'BACKS  
BT ESPN 8.40PM

**Thursday****GOLF**

WELLS FARGO 2019  
SKY SPORTS 7PM

**RUGBY LEAGUE**

WIGAN V BRONCOS  
SKY SPORTS 7.45PM

**SOCCER**

FRANKFURT V CHELSEA  
BT SPORT 8PM

**SOCCER**

ARSENAL V VALENCIA  
BT SPORT 8PM

**BASEBALL**

CARDINALS V NATIONALS  
BT ESPN 9PM

**Friday****GOLF**

WELLS FARGO  
SKY SPORTS 7PM

**SOCCER**

JUVENTUS V TORINO  
PREMIER SPORTS 7.30PM

**RUGBY UNION**

HARLEQUINS V LEICESTER  
BT SPORT 7.45PM

**SOCCER**

EVERTON V BURNLEY  
SKY SPORTS 8PM

**SOCCER**

SEVILLA V LEGANES  
PREMIER SPORT 8PM

**Saturday****RUGBY UNION**

MUNSTER V BENETTTON  
EIR SPORT 3PM

**SOCCER**

CARDIFF V CRYSTAL PALACE  
BT SPORT 5.30PM

**GOLF**

WELLS FARGO  
SKY SPORTS 6PM

**SOCCER**

NEWCASTLE V LIVERPOOL  
SKY SPORTS 7.45PM

**RUGBY UNION**

JAGUARES V STORMERS  
SKY SPORTS 8.40PM

**Sunday****SOCCER**

GEETAPE V GIRONA  
PREMIER SPORT 11AM

**SOCCER**

EMPOLI V FIORENTINA  
PREMIER SPORT 11.30AM

**RUGBY UNION**

LYON V BORDEAUX  
SKY SPORTS 11.30AM

**CYCLING**

TOUR OF YORKSHIRE  
ITV4 12.30PM

**SOCCER**

HUDDERSFIELD V MAN UTD  
SKY SPORTS 2PM

**SNOOKER**

WORLD CHAMPIONSHIPS  
BBC2 2PM

**SOCCER**

REAL MADRID V VILLAREAL  
ELEVEN SPORTS 3.15PM

**SOCCER**

RANGERS V HIBS  
SKY SPORTS 3.50PM

**RUGBY UNION**

RACING V ST FRANCAIS  
SKY SPORTS 3.50PM

**SOCCER**

ARSENAL V BRIGHTON  
SKY SPORTS 4.30PM

For more see #LLSport

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VOTE **1**  
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**MUNSTER** v **TREVISO**

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