

A great weekend in Limerick was celebrated Sunday night with a fireworks display over the Shannon PICTURE: SEAN CURTIN

CITY AT ITS BEST FOR 'FEST

120,000 enjoy Riverfest as Limerick makes May Bank holiday its own.

See pages 4, 6, 20, 21



The Leader

Wednesday, May 8, 2019

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INVESTMENT One door opens as another closes for Blues **P67**

DARKNESS INTO LIGHT

Thousands to walk in solidarity at Limerick locations **P18**



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Leading Off

Setting the agenda in Limerick



▲ GOOD WEEK

Limerick
Some 120,000 people visited the city over the bank holiday weekend for Riverfest



▼ BAD WEEK

Munster Rugby
Coaches Jerry Flannery and Felix Jones decline their respective contract offers with Munster



☀️ QUOTE OF THE WEEK

"Is it any wonder they are up there now whingeing? It would be like turkeys voting for Christmas."
Cllr John Gilligan on FG and FF councillors' doubts over elected mayor

INSIDE THIS WEEK



WORK LIFE BALANCE

Liam Croke with sage advice
Page 25



TRUANT'S MUM JAILED

Prison for son's non-attendance
Page 24



LEO PRESSES THE FLESH

Taoiseach visits the city
PAGE 8



ASBESTOS LINK

Man's death traced to Offaly
Page 16

Leo given insight to patients' UHL trauma



An Taoiseach Leo Varadkar receives a document with the views of hundreds of Limerick people on the University Hospital Limerick from editor Eugene Phelan as part of the paper's Enough is Enough campaign over the trolley crisis at UHL



WHAT WE THINK
EUGENE PHELAN

LEADER EDITOR

I SUPPOSE one of the attractions of working in journalism is the opportunity to meet and interview celebrities and people in power.

Last week I met An Taoiseach Leo Varadkar for a quick chat in the Limerick Leader offices, before he sat down with journalist Jess Casey for a one to one interview, to appear in the Limerick Leader's weekend

edition.

While he was down canvassing on the plebiscite on the directly elected mayor he was very happy to talk to me about our big campaign here in the Limerick Leader, Enough is Enough, regarding the trolley crisis at University Hospital Limerick. As part of the campaign we are carrying out an online survey and have received over 460 replies. I

handed a large sample to Mr Varadkar to read in the car on his way back to Dublin, so that he could get an idea of the anger and frustration of the people of Limerick. Nobody should have to watch a loved one suffer and in some cases die on a trolley and while promises have been made, unfortunately it is hard to see an immediate improvement to the current situation.

WEATHER FOR THE WEEK



WEDNESDAY

Cloudy with the chance of a little rain and a high of 12°C



THURSDAY

Mostly cloudy with a few showers around - high of 12°C



FRIDAY

A couple of showers and slightly warmer with 14°C peak



SATURDAY

Partly sunny with spotty showers and temperature high of 15°C



SUNDAY

Warmer again with 16°C peak, but more cloudy than clear



MONDAY

Much the same with clouds outdoing sun. High of 18°C

WEBTOP TEN

1. Child in Limerick hospital after fatal road crash
2. Hollywood superstar Mark Wahlberg visits Adare Manor ahead of 2020 JP McManus Pro Am



Mark Wahlberg

3. Limerick motorist tells judge he could not afford insurance

4. Renewed calls for CCTV cameras after dumping in Limerick village

5. Long-running legal action over mobile home in Limerick comes to an end

6. WATCH: Sheer emotion as thousands complete Great Limerick Run 2019

7. Limerick GAA club sets up trust for late much-loved member

8. WATCH: First finishers complete Great Limerick Run 2019

9. Weather in Limerick for the week ahead

10. New Limerick election candidate defends postering in his area



Candidate Tom Ruddle defends postering in area

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MyLimerick

Louise Cantillon

Leader columnist and Spin SW presenter

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

I would say that the perfect day would definitely start with a stroll into town for a tasty breakfast. I love Marie's in the Milk Market for toasted cheesy bread and olives and a nice cup of coffee. I could sit and people watch for days!

After that anything that involves getting my friends and family together. I have great friends that I grew up with in Limerick. I like a nice meal, a good match, or even just a catch up over a few drinks - that's always hard to top!

I love Limerick at Christmas time and have different traditions that I have kept for years - annual Laurel Hill Coláiste reunions and nights out in Adare with old friends are always days I look forward to so much!

What's your first Limerick memory?

I think it must be my first day of primary school in Kilcornan NS. There were only three pupils in junior infants and I can still remember changing out of my new school shoes and into my slippers and leaving my Barbie lunchbox at the back of the classroom beside my first best friend Kayleigh Maher (FUN FACT- 2017 Limerick Rose!) I had just turned four!

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

I have always loved Adare! I recently went for breakfast in Adare Manor on a lovely sunny morning and walked around the gardens in awe! It's really stunning and such a treat on our doorstep!

What about a favourite local walk or view?

It's hard to rival the views or walks down by the River Shannon from Clancy Strand. I love that Limerick has developed walkways and boardwalks that allow you to walk along the Shannon so easily now! I often walk the three bridges with my friends and love it! I also grew up a stone's throw from Curraghchase and have so many brilliant memories there that will always be a favourite for me too!

What do you think gives Limerick its unique identity?

The people are definitely some of the finest in Ireland, maybe I'm biased but I

think that we are a great city to unite and come together! Limerick has so much to offer and I think the people of Limerick have an undying sense of pride when it comes to our city and county, and I love that!

Do you have a favourite local restaurant?

SO MANY! I love to eat out in Limerick. For a treat, wine and cheese in Cooper Rooms is always a winner! Bobby Byrnes is on my doorstep and always a delish option for pub grub! I also love sushi and Taikchi on O'Connell street is hard to beat! Curragower for the views and chicken wings! Katie Daly's is a hidden gem! The list goes on, House for nibbles and cocktails and dancing til late!

How would you describe the people of Limerick?

Genuine, proud, resilient and great fun!

How important do you think sport is to Limerick?

Incredibly important! Sport is a massive part of Limerick's identity. I think Limerick has always been a seriously talented city and county on the sporting front. I remember how proud you would feel heading to Mosney in a Limerick tracksuit back in the day.

The diversity of sports in the city and county being played at top levels is amazing!

We truly are a sporting county, from mainstream sports to lesser-publicised ones you can bet Limerick is on the map!

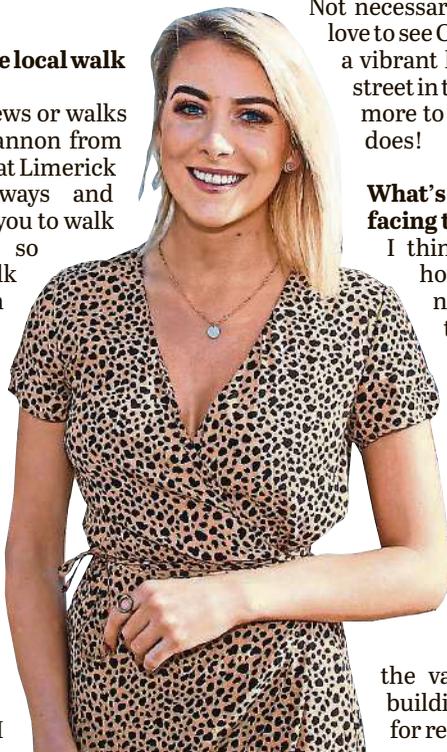
If you could add one amenity to Limerick what would it be?

Not necessarily an amenity, but I would love to see Cruises Street developed into a vibrant hub. I think as a pedestrian street in the heart of the city it has a lot more to offer than what it currently does!

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

I think the biggest challenge is housing, I know that is a nationwide challenge but I think with Limerick's fast growing developments in business, education and industry the city and county is more in demand than ever. Increasing rent and lack of accommodation for students, young people and families moving here for work is a looming challenge.

I would love to see some of the vacant city centre Georgian buildings turned into apartments for rent!



FRONT PAGES OF THE PAST

**31 YEARS AGO
MAY 28, 1988**

Plan for City Castle Imminent was the headline in the Limerick Leader city edition. The story revealed that the government was set to announce a £3 million plus development package for King John's Castle, incorporating a banqueting hall, museum

and courtyard. The Taoiseach Charles Haughey was expected to make the announcement when he visited Limerick on the following Monday to open the new third bridge across the Shannon. Another story to catch the eye focuses on a legal snag over the purchase of Barrington's Hospital.



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Goals accomplished and personal bests beaten at 10th annual race

NICK RABBITS

nick@limerickleader.ie

THERE were scenes of jubilation, emotion and outpourings of pride as a record 14,000 took part in the 10th Great Limerick Run.

O'Connell Street was host to athletes of various abilities taking part in four races at the Regeneron-sponsored event.

The testing 26-mile marathon was won by Clonmel man Sergiu Ciobanu who recorded a time of 2.20:26. The Moldovan national was followed by last year's winner Kildare's Peter Mooney, who was just shy of 2:30.

The first local involvement came in the shape of Peter Madden, who though from Tipperary, runs with Dooneen Athletics Club clocking a time of 2.51. He was followed by Mike Sheehy of the West Limerick Athletics Club, who clocked 2.53.

Peter Somba from Kenya retained his title as winner of the half-marathon, reeling in a time of just one hour and six minutes. There were many relay teams running for good causes.

Elsewhere, thousands of people ran for personal targets and good causes as part of the six-mile fun run.

And a Limerick lad won the six mile race, 20-year-old Eoghan Beary of the South Circular Road finishing the course in just 31 minutes and 17 seconds.

He said: "The first mile was always going to be hard, settling into your pace. I was running with Declan, a lad I had done a few races with before, and we set some pace the way around. With a mile to go, I backed myself, gave myself a 100m kick and held it to the end."

Eoghan is heading to Chicago on a J1 visa for the summer, and will return to these shores to train for cross-country this autumn.

Peter Clarke was one of the three 'Great Limerick Nuns', who completed the six-mile run, and in doing so, raised €3,000 for Pieta House.

The Janesboro man – tongue firmly in cheek – said: "We are out of the convent to do a run for Limerick – but don't tell the priest, as we are meant to be inside studying and saying our prayers."



Anthony Hoare from Carew Park gets encouragement from his daughter Ellie Mahon as they approach the finish line PICTURES: DON MOLONEY

"We think it's a great event for Limerick, we get dressed up and bring a bit of fun and attention to the day and the costumes were only €20 on the internet, so it's all good," he added.

One of the more emotional moments of the race took place towards its tail-end with a huge group of friends and family running in solidarity with Claire Neill, from Moyross, who has terminal cancer.

Wearing luminous yellow vests, around 100 people ran, and they all waited at the finish line for a warm

embrace.

Claire, who completed the last few metres of the race, said: "It's very bittersweet, but I am glad to be here to be able to witness it, to be part of it. Words can't describe it – it's so overwhelming, I am honoured that all these people have come here for me. My heart is beating out of my chest with pride."

Around 35,000 spectators lined the routes across Limerick to cheer on the runners who took part in the largest mass participation event to be held outside Dublin.



Madamila Condes, Malaysia and Sally Ghazi, Iraq



Tanya and Kaya O'Doherty



Some of the huge number of runners get their race underway



Left: The team from Sexton's Bar, Henry Street getting a 'pizza' the action - Ann Marie Ryan, Aileen, Danny and Kelly Healy PICTURES: KEITH WISEMAN
Above: Eoin, Audrey and Willie, from the Pieta House team

Sweet sounds and smells as barbecue rules the 'roast'

Riverfest: Howley's Quay and Arthur's Quay park are abuzz as festival turns 15

NICK RABBITS
nick@limerickleader.ie

WARM summer weather provided the perfect backdrop to Saturday's Riverfest entertainment in the city.

Tens of thousands of people were estimated to have travelled to the city centre for the jewel in the crown of the annual festival, which is now in its 15th year.

This saw some 30 community groups and companies take part in the Riverfest barbecue, cooking up a range of dishes including beef, chicken and fish.

There were huge celebrations for the Carriage House Pirates team from Adare Manor, which won the overall prize impressing the judges – including top local actor Myles Breen and writer Roisin Meaney – with a chicken dish.

Sous chef Ryan Fitzpatrick said:

"It's fantastic to win. We didn't expect it really. There was a lot of amazing food out there: the Filipino guys, the charities. It was wonderful."

Asked what made his team stand out, fellow sous chef Danny Doyle added: "I think it was about the textures, the flavours, everything a bit different. It all went well together."

Joining them in the winners enclosure was the Southill drama group, which was the most entertaining barbecue float, while Sexton's Bar in Henry Street was deemed to have the most well dressed participants.

The Deaf Community Limerick team was runner up to Adare Manor in the contest.

But that was only half the story – for the Riverfestival Village at Arthur's Quay Park also drew huge

crowds, enjoying fairground rides, artisan food, and general craic from morning to evening.

There was a crazy golf pro-am, and for those who wanted to chill out, there was also a restful area, while the Potato Market played host to an artistic market. Also there, the panoramic wheel offered unrivalled views of the city centre.

Opera played in the Sailor's Home at O'Curry Street, while on Friday night, a social swim in the river was organised by the Swimable Limerick collective.

A zipline sprang up over the River Shannon between Arthur's Quay and Honan's Quay, while watersports taster sessions and tours were also offered.

Among those who came, Tom and Kathleen from Annacotty said: "It's been a good day. It's always about the barbecue for us!"



I think it was about the textures, the flavours, everything a bit different. It all went well together

DANNY DOYLE, WINNING BBQ TEAM MEMBER

"I've been down to the barbecue cook-off, and it's great. They are serving lovely food, everyone is in good spirits and really enjoying themselves. It's great when the city is like this. It's a shame the tide is a bit out – but we will deal with that," was the verdict of Stephen Hughes from Clonlara.

One of the participants in the Riverfest barbecue, Pat Clohessy of Treaty Suicide Prevention said: "It went off very well. We got great support from the public – and we got loads of butchers to give us free produce which was great as well."

Alongside many other charities, Treaty Suicide Prevention – which patrols the Shannon across the week – held bucket collections which meant the barbecue raised money for many good causes.

For more on the Riverfest barbecue, see Picture Essay, 20-21



Nicky McNamara, Limerick enjoys the dip in the Shannon for the Social Swim at Riverfest Limerick



Jym Daly, Fidget Feet Aerial Dance performs at Riverfest as a rowing boat is dropped in from the skies



The highlight on Sunday night after the run was the fireworks display in the city centre PICTURES: TRUE MEDIA

SOFA, SO GOOD

Thinking of getting a new sofa? Let the experts from DFS and EZ Living guide you through the best choices with the latest trends and a look at what best suits your needs. See pages 14 and 15 of our Home and Interiors section in this week's Property section



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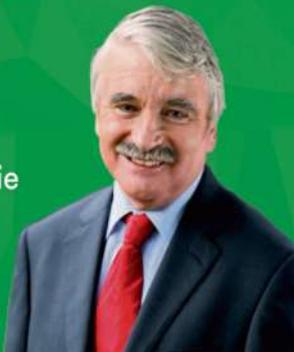
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(Main pic) Taoiseach Leo Varadkar sings with busker James McKelvey at Cruises Street; (above top) Marthe Ayo and young Owen Clohessy chat with Mr Varadkar while Alice Collins speak chats with the taoiseach (above) PICTURES: ADRIAN BUTLER

No bull as Leo presses the flesh in city centre canvass

Elections: Taoiseach meets and greets voters ahead of the polling day on May 24

DAVID HURLEY
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LIGHT drizzle didn't dampen the spirits of Taoiseach Leo Varadkar and his entourage as they made their way through the city centre for a pre-election canvass.

Umbrellas of every colour, style and brand were on hand as supporters of the Fine Gael Leader (and members of the media) waited patiently at Cruises Street for the arrival of Leo and his team at the designated starting point for the canvass.

As the group made its way up Cruises Street, passers-by and shoppers strained their necks to establish who was at the centre of the scrum. A number of young people could also be seen googling if there was a celebrity within reach while other asked the Taoiseach to pose for the obligatory selfie.

One of the reasons for his visit to Limerick was to promote a yes vote in

the upcoming plebiscite on proposals for a directly-elected mayor.

"It would be a good idea and I would go along with it," said Fine Gael supporter Alice Collins from Ahane who was one of the first people to meet Mr Varadkar.

Carmel Moore, Dooradoyle, who also chatted with the Taoiseach told *The Leader* she has yet to read up on exactly what we are being asked to vote on on May 24.

"I didn't read much about them, I get leaflets in about elections for Lord Mayors and I think it's a good idea that they should be elected and given more power, I don't know much about the European or local elections," she said.

While the Taoiseach happily chatted with people on the street, he also decided to enter a number of stores as he made his way along Cruises Street.

"I didn't expect this at all, if I knew he was coming I would have put my

make-up on," said Jackie McNamara, Cappamore, the proprietor of Glitzzy Bitz.

"He's lovely and pleasant, he just walked me about the business and how it's going. I could only be honest and say it's going okay but it could be a lot better," added Jackie.

Shortly after posing for photographs with staff at Specsavers, Leo and his team made their way across the street to busker James McKelvey.

Footage of the subsequent rendition of the Cranberries' *Zombie* went viral without hours – particularly given the Taoiseach's comments that he doesn't "do bulls**" when he complimented James' talent.

"It's amazing to be honest with you it's absolutely amazing I wasn't expecting that at all. I was actually looking down the street wondering what all the cameras were for and I couldn't believe it and I'm delighted the way it happened - it's amazing,"



They should be elected and given more power

CARMEL MOORE, DOORADOYLE, BELOW



said 21-year-old James from Shinrone near Birr in Offaly.

"He's about the same as I thought he would be he's a tall man and he's a very nice guy," he said when asked to comment on the Taoiseach.

While there was some light-hearted banter and joviality during the 90 minute canvass, there was some serious discussions too – mostly centring around the trolley crisis at UHL.

One of the most vocal contributions came from Mary Murphy, Athlaca, who enquired the Taoiseach at William Street.

"I'm not too sure if anything will change because he's talking about how can we change people who have been there for years and who don't want to change. If they don't want to change then they do not need to be in the regional. If change is what's required for patients to get their proper care and respect then we need to move the people that won't change," she said.

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Comments from online readers

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



COUNTY LIMERICK MOTORIST TELLS JUDGE HE "COULDN'T AFFORD INSURANCE"

Shahed Molvi

Plenty of areas now where the cost of insurance is higher than the actual value of the car, leads to young drivers in particular not bothering to take out the insurance



Daniel O'Brien

He and many more like him can't afford to "respect the law" with inflation rising quicker than the wage coming in the door, judge will never see a poor day

Jim Colbert

Our politicians continue to allow insurance companies rip off the Irish Public remember that when voting

WATCH: LIMERICK PARTIES AS OVER 120,000 ENJOY RIVERFEST

Mary Hayes

Badly organised, to much cramped into Arthur's quay park, queues were crazy, council should have left the BBO at the Lock bar, french market at the Granary and have the kids/ family stuff at Arthur's quay, that way there would be a flow of people going from one area to the next instead of huge queues trying to all get into one area. Council need to cop on when organising events and ask the people for their opinions/ideas.



David O'Sullivan

It be great if limerick could get something like this,not as big once a month, brings great buzz to city, shows the city in a good light

Ken Fitzpatrick

It's great to see such a buzz around the city and the weather was great for it. But the price of stuff in the park is scandalous. Seems to be no stopping to it. And the queuing system for the zip line seems to be a fee for all. City council need to organize a bit better and regulate the stalls/ fun fair. I think a lot more can be achieved for the city this way.

John Savage

Sat night 9pm in Arthur s Quay park guys openly snorting cocaine on a bench not a guard in sight,the so called security walking right past Teenagers openly drinking Bins over flowing ,i had families with me from the States touring Ireland,i was so embarrassed that i recommended this.Great job organisers and you wonder why Limerick gets a bad name.

BYRNE TO LEAD FG CAMPAIGN IN LIMERICK ON DIRECTLY ELECTED MAYOR PLEBISCITE

Anna St George Creegan

The directly elected mayor will be paid €120,000 plus expenses for a role with no responsibility and authority. Vote NO.



Darren Hehir

I've worked in the "international" arena for quite a while, and trust me, when your discussing Limerick I cant recall ever being asked if we had a mayor. Guaranteed power supply, educated workforce, crime levels, food, drink, water, horse racing and the game of dobbers yes ... but a mayor .. Jesus give me strength.

Richard Finn

Obviously has her eye on the job.



Taoiseach Leo Varadkar and Finance Minister Pascal O'Donohue with students from Gaelcholaiste Luimnigh at the launch of the first Annual Report for Project Ireland 2040 PICTURE: SEAN CURTIN/TRUEMEDIA

'Future is under way in Limerick'

Investment: Taoiseach makes Foynes port pledge

NICK RABBITS
nick@limerickleader.ie

IRELAND's future is "very much under way" in Limerick, due to the ongoing Project Opera and Gardens International developments.

That's the view of Finance Minister Pascal Donohoe, who joined An Taoiseach Leo Varadkar to provide an update on the first year of the Ireland 2040 development scheme at the University of Limerick.

The pair were joined at the Glucksman Library in the college by local TD, Minister of State Patrick O'Donovan and Damien English to assess the progress of the development, which is aimed at providing a roadmap for

development in Ireland over the next 20 years.

In the city, Mr Varadkar and Mr O'Donohoe took time out to namecheck Project Opera, the wider Limerick Twenty Thirty project, Limerick Institute of Technology's Coonagh expansion and the M20 Limerick to Cork motorway, which the Taoiseach signed contracts for.

"When it comes to culture and heritage, the Opera project at the heart of Limerick City is a landmark piece that will help to lift the cultural offering in this city," Mr Varadkar said.

His Cabinet colleague added: "I see the work under way in the Hanging Gardens site, I see the work under way in the Opera site. Then, in particular, I see all of the vision

encapsulated in Limerick 2030. I want to recognise the chief executive of that group David Conway."

At the event, Taoiseach Varadkar also pledged further investment at Foynes Port.

He said: "International connectivity is increasingly important, particularly in light of Brexit. So we are investing in areas that are particularly important such as our major state ports – Dublin, Cork and Foynes. But also our airports, and I'm glad to see the annual accounts for Shannon Airport show increased passenger numbers and revenue last year. We anticipate further growth in 2019."

He insisted there is "no going back" on the Project Ireland 2040 aims.

Rebuilding Ireland 'failing those in need'

SINN Fein TD Maurice Quinlivan has said Rebuilding Ireland is "failing those in the greatest housing need", writes Nick Rabbitts.

His comments come as the Department of Housing confirmed that in March, adult, child and family homelessness were all up again.

"There are now 10,305 people officially classified as homeless by the Department of Housing,

including 3,821 children. Of course the number is actually much higher. However it is once again clear that Rebuilding Ireland, the government's housing plan, is failing those in the greatest need of housing," he said, "272 people were recorded as homeless in Limerick, while 76 families remain in emergency accommodation in the Mid-West."

Mr Quinlivan says it is "appalling"

the government has let the crisis spiral so far out of control.

"Voters will have an opportunity to demonstrate their anger at the failure of Eoghan Murphy and Leo Varadkar's housing policy in the upcoming local elections," said Mr Quinlivan. "Until the Government accepts that Rebuilding Ireland is not working, and implements a new housing policy, things are going to get worse."



Are You a Landlord?

The RTB invites you to take part in the new Betterlet: RTB Accredited Landlord Scheme

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If you would like to register for the Limerick event, please contact us at landlord.accreditation@rtb.ie.

Follow us on Twitter @RTBinfo



Anne Cronin
LABOUR

My name is Anne Cronin and I'm a local election candidate for Labour in Limerick City North. The issues that are important to me are housing, our city development, health, education and cycling infrastructure.

Education Cycling Housing Our City Health

It is imperative that the divestment process in our predominantly catholic schools continues at an accelerated pace as there are many families that, if they had the choice, would prefer a non-religious education for their children. I delivered Limerick's first Educate Together Secondary School in 2018 (based in Fernbank on the Salesian site) and would like to see more ET primary schools open in parts of our city that cannot access the current schools largely due to demand. Our education doesn't stop in our schools and right now our kids are educating us that we need to act on climate change. They demand that we act and we must.

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LEADER CRIME BRIEFS

BY DAVID HURLEY



Garda issue warning over 'shoulder surfing' at ATMs

GARDAI are warning of a surge in the number of incidents of so-called "shoulder surfing".

The warning comes following a spike in fraudulent transactions on debit cards at locations in Limerick over the past week.

"I cannot emphasise strongly enough the importance of protecting your pin number of your credit or debit card and of course the card itself," said divisional crime prevention officer Sgt Ber Leetch.

"Thieves are hanging around ATMs and shops and waiting to see if they can figure out a person's pin



Gardai are urging people to be vigilant at ATMs

number when they use their bank card to take out cash or to buy something.

"If they do see the 4-digit number they then follow and steal the wallet or purse and extract any amount of cash that they can using the card and pin number. Be very aware who is close to you when you're at a check out or ATM and cover your number as you put it in," she added.

Would-be buyer needs a dig out after being scammed

GARDAI are investigating an incident which has left a Galway man out of pocket after he was targeted by fraudsters who claimed they were selling a digger.

The injured party travelled to Limerick to collect the digger which he believed he had bought from somebody in Limerick.

"He paid over the cash before he saw the digger, that was a huge mistake and then he never saw either his cash or the digger and he has no way of assisting gardai in tracing this seller," said divisional crime prevention officer Sergeant Ber Leetch.

Appeal as thieves enter homes by the back door

GARDAI are appealing to homeowners to ensure their homes are properly secure when not occupied.

In one recent burglary, a house at South Circular Road was entered through an unlocked back door. A set of car keys and the car were taken by the intruder.

In a separate incident in recent days a house in the Caherdavin area was entered through an open back window.

"Unfortunately people are still being careless and leaving windows and doors unlocked. Also the house alarms were not set, it is



Advice: Sergeant Ber Leetch

always good practice to set your alarm when you are leaving, no matter how short a time you believe you will be out for," said divisional crime prevention officer, Sergeant Ber Leetch.

Gardai attached to Henry Street station are investigating the recent burglaries and can be contacted at (061) 212400.

Robbed in broad daylight

GARDAI have renewed their appeal for information following a robbery incident which happened a week ago.

A young man was approached and assaulted by two youths while he was walking at Athlunkard Street at around 2.20pm last Wednesday, May 1.

"They assaulted him, took his wallet and ran off," said a garda spokesperson.

March against UHL overcrowding crisis

Anger: Calls for Taoiseach to resign after skipping UHL

NICK RABBITTS
nick@limerickleader.ie

A CROWD of close to 300 people have marched on Limerick's HSE offices in protest at the overcrowding crisis in University Hospital (UHL).

The demonstration, organised by Solidarity, drew widespread support, as frustration and anger at the dozens of people waiting on trolleys in the emergency department at UHL boiled over.

The trolley figures, published by the Irish Nurses and Midwives Organisation (INMO) reached a high of 63 in the last week. But last month, a new high of 81 patients on trolleys was recorded.

Addressing a rally held at City Hall immediately prior to the march, Derek Cromwell, who works as a nurse in the emergency department said: "Limerick is consistently top of the trolley watch figures, and it's destined to get worse. This isn't just now. It's been consistent over the last five years. Absolutely nothing has been done. The senior management don't seem to care, the government don't care. All they are worried about is their pensions, their next job and making themselves look good."



Protestors gather for the rally against overcrowding PICTURE: DAVID VALELLY

There was criticism of An Taoiseach Leo Varadkar over his decision not to visit UHL and see the overcrowding for himself when he was in the city on Thursday, with members of the crowd chanting 'Leo, Leo, time to go'.

Solidarity councillor Mary Cahillane, who organised the demonstration through Facebook, said: "Leo Varadkar with his full complement of spin doctors has visited Limerick not once, but twice in the last two months. The first time he came he had the cheek to tell Fintan Walsh of the Limerick Leader that we need a different approach. Nothing happened. Seventeen beds had been closed by then, not once did Leo

Varadkar say 'open them up'. On Thursday, he took part in the most cringeworthy street busking event and at the end proclaimed he 'doesn't do bullshit'.

"Well Leo, all I can say to you is you are not fooling us and we call bullshit on your spin, your arrogance and your lies," she added to cheers.

Another protestor, Dr Des Shearer who works in the hospital system said: "There needs to be more beds open, there needs to be an increase in primary care services, there needs to be an increase in residential beds and long term beds and there needs to be an increase in home help provided to the population, especially because the population will not stop increasing."

Taoiseach defends review into UHL emergency department

TAOISEACH Leo Varadkar has defended the commissioning of an 'independent expert review' into the University Hospital Limerick trolley crisis, writes Jess Casey.

The "enhanced expert review" of the UHL emergency department was announced by Minister for Health Simon Harris last week following calls from Mid-West TDs for an investigator to examine the hospital's overcrowding crisis.

During an interview with the Limerick Leader, Mr Varadkar was asked what will this review find that isn't already in the public domain, the Taoiseach said: "We can't really preempt the outcome of an independent review."

"The whole point of it being independent is it is not predetermined what it's going to find but I think what it can do is help us to plan ahead. It will help us to make sure that when those 60 beds open next year," he added.

"That they don't just get clogged up and that it makes a real difference in terms of patients going through the hospital much more quickly. I



Mr Varadkar with Leader editor Eugene Phelan PICTURE: ADRIAN BUTLER

think that is the way I would see it, is that the extra resources are happening.

"The budget has been going up every year for a few years, there are more staff every year."

The taoiseach pointed out there will be more beds next year and the outcome of this independent review would maybe help work out how the

cycle can be broken and who needs to do what to accomplish change.

"As much as I would like to be able to run a hospital from Dublin, I'm sure Simon Harris would love to be able to run all the healthcare facilities in the country - No Taoiseach or no Minister can do that," said Mr Varadkar.

"It's about getting the 150 people in the system doing the right thing. Some of them might be working really hard but they mightn't realise that they need to do things a bit differently," he added.

The review follows calls from Mid-West TDs after UHL set a new record for highest number of patients on trolleys on April 4.

The HSE has since advised that a clinical review will take place for all hospital groups and community health organisations across the country, but will start with the UL Hospitals Group and its emergency department. There were 1,206 patients on a trolley in April at UHL, the worst ever recorded April in national overcrowding since records began in 2006.

Link road 'vital piece of infrastructure' to reduce heavy traffic congestion

JESS CASEY

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AS one of Limerick city's largest employers moves towards a significant expansion, a new link road in Mungret will also help to open up potential land developments.

Phase one of the Mungret Local Infrastructure Housing Activation Fund (Mungret LIHAF) is expected to open this week, providing access to the development of 200 houses at Mungret Gate.

"This link road is a vital piece of infrastructure in terms of alleviating some of the heavy congestion in the area," Metropolitan Mayor and Fine Gael councillor Daniel Butler said.

Mungret and the surrounding areas have seen

a number of significant recent developments, including the park, primary and secondary schools and sporting facilities, added cllr Butler, who is local to the area.

"Locally, Regeneron are moving towards significant expansion and the Crescent Shopping Centre has applied to expand also."

Regeneron, which employs 1,200 staff in Limerick, is looking to expand its site by 240,000 square feet, more than half its current 400,000 square foot complex.

"My hope is the link road will land at the Loughmore Roundabout on the Patrickswell road allowing traffic from the Dock Road connect on to the motorway away from the current

congestion areas," he added.

"I am also delighted to announce that Limerick Council will be going for Part 8 planning for the next phase of the LIHAF road from the Mungret side where the primary schools are located," he added.

This is "vital" for Mungret Community College, of which Cllr Butler is the chairperson of the school's board of management, as it will allow access to the school's site and keep the delivery of a new school building on schedule.

"The Part 8 planning is due to go for a six-week public consultation period from mid May onwards with the design and delivery team currently active on site for Mungret Community College headed up by locally based Healy Architects."

"This road will also allow access for Dooneen AC in terms of their planned new track and will see this area become a fantastic sporting and educational campus for the area," he added.

Through the Mungret LIHAF, Limerick Council are under conditions relating to the funding in terms of timelines for its development and also targets in relation to the building of houses.

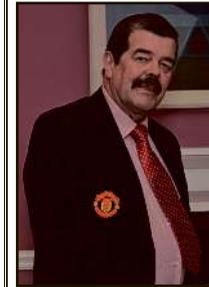
In 2017, Limerick Twenty Thirty announced it was to develop 850 houses in Mungret, in what will be one of the largest residential projects outside of Dublin.



Metropolitan Mayor and Fine Gael councillor for Limerick City West Daniel Butler

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HANNAN NOEL INDEPENDENT
Limerick East



The regeneration came to Southill in 2008. They made promise after promise to the residents of Southill. First promise a playground, eleven years later the residents are still waiting. The demolition of four hundred houses and subsequent rebuilding of a mere forty seven has surely left ample space for a much needed playground. The regeneration has shown no regard to the residents of Yeats Avenue as they went to demolish two houses in the area without consulting the people who have lived there all their lives.

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ADVERTORIAL: ST MUNCHIN'S COMMUNITY CENTRE

'It's about community people helping each other'

Centre: New services aim to help vulnerable people right across Limerick area

NICK RABBITS
nick@limerickleader.ie

A POPULAR northside centre has launched a raft of new initiatives to make it even more accessible to the community that it serves in Limerick.

St Munchin's Community Enterprise Centre at Killeely Court is to offer visitations to vulnerable people, and afternoon tea. This goes alongside their hugely successful Meals on Wheels service which delivers hot, affordable food to hundreds of people across the city.

Quite often, people living alone are lonely, struggling financially and short on company.

The visitation scheme has been started after centre manager Linda Ledger and Theresa Cusack began to work closely with the Education and Training Board on caring for the elderly.

"We can go to your house, ask how you are, perhaps do a little bit of shopping. Alice Hayes and Rita Danaher will be heading this up for us," Linda explains.

Alice, who is from Caherdavin, says: "We'd arrive at the house, say who we are, and go in and talk to them for a few minutes. There is often a lot of self-neglect in people living on their own. They've let the house go too much, and they need things doing."

Often-times this could happen when someone comes out of hospital and are not as mobile as they used to be, Linda said.

Ultimately, the scheme – which is being run in conjunction with the Department of Social Protection – could save the state money, as it will keep more people at home for longer, and out of hospital, or in care facilities.

Linda said: "This is about us going out there. We are giving care to people who would not perhaps give it to themselves."

The initial meeting with centre staff in people's homes would be around 30 minutes establishing their needs, and what it will take to keep them out of hospital.

"If it's the grass cut in the back, or a little bit of shopping," Linda explains, "But we're not going to take over or be someone's slaves, and we don't want to help someone who is well able to go out. It's all about what it takes to keep you out of hospital."

The service, Linda said, will be



Above, Each day, three vans leave the St Munchin's Community Centre to give food to some of the most vulnerable in the city. Pictured getting ready to leave on another round are, from back, Mark O'Connor, Paddy Collins, Patrick Brereton, Damien Ryan and Denis Costelloe

Left: Rita Danaher chats to Breda Hayes – 90 next month – as part of the visitation scheme

PICTURES: LEON LEDGER

non-judgemental, acknowledging there can be a huge number of reasons why people do not have the support perhaps they should in later life.

Management at St Munchin's Community Centre have also started another new service after identifying another need of older people in the community. From now on, the centre will open to 4pm to serve afternoon tea.

"What we do find is a lot of people are lonely and now it's coming into the summer, they don't want to go home. They just want somewhere to hang out," she explained, "There is nowhere out here to go just for a cup of tea and a scone."

Meanwhile, the Meals on Wheels service goes from strength to strength and remains

St Munchins Community Centre Killeely, Limerick – Call: 061 458651

Afternoon Tea 2:00 to 4:00pm

Community Cafe Monday - Saturday 8:00am to 2:00pm

Hair Salon Monday - Saturday Late Night Thursday

Meals On Wheels Senior Over 55's Dinner & Dessert €4.50

**Telephone before
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ADVERTORIAL: ST MUNCHIN'S COMMUNITY CENTRE

Above: The team behind the new afternoon tea service, Geraldine, Anne and Theresa



It's community people helping each other. I think that's the key to here

LINDA LEDGER, CENTRE MANAGER

vitaly important to so many people across the city.

Illustrating this, Theresa says: "Say your mother is isolated, perhaps living ten miles out, and you're at work all day. To have someone come in and ask how are you, and would you like something to eat. That's how important is, even to have an auld chat."

Each morning, three vans go out to homes right across Limerick – and in some cases further afield.

Some 26 people are employed by the service too.

More than 2,000 people across the city benefit from the many services provided through the St Munchin's Community Centre,

which has a presence in 24 locations in Limerick.

And new schemes are on the way, with Linda saying there could be support provided soon in the areas of using smart-phones and computers, as well as story-telling.

Perhaps one of the most pleasing aspects for the centre staff is seeing the friendships which have been formed by regular attendees.

Liam Galligan, one of the managers, explains: "What's happened now is they are striking up conversations when they come in, the group is getting bigger, and particularly during the summer, what you find is people enjoying a walk or a pint together."

"They are driving one another now which I love, say if one of them has a pint, the other drives," Alice adds.

The centre's growth is due to money from JP McManus, and Linda is full of praise for the businessman.

"Without JP we would be nowhere. The money he gave us, it helped us take over the old St Leila's School [which is now an age friendly centre]," she said. "JP has done more for here than people will ever know."

At its heart ultimately, St Munchin's is a hugely supportive, friendly facility.

Linda probably best sums it up when she says: "It's community people helping each other. I think that's the key to here."

St Munchins Community Centre Killeely, Limerick – Call: 061 458651

Afternoon Tea 2:00 to 4:00pm

Community Cafe Monday - Saturday 8:00am to 2:00pm

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Meals On Wheels Senior Over 55's Dinner & Dessert €4.50

**Telephone before
11am to Order
061 596011**

Pensioner's death caused by exposure to asbestos

Verdict: Jury finds death of 80-year-old was related to his work

DAVID HURLEY

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A VERDICT of occupational-related death was recorded following the inquest of a pensioner who was exposed to asbestos while working at a briquette-making factory in the midlands more than 50 years ago.

James O'Dwyer, 80, who was from Shannon died at Milford Care Centre, Castletroy on October 29, 2018.

At Limerick Coroner's Court on Tuesday, members of his family said he was exposed to asbestos while working at a Bord na Mona plant near Birr, County Offaly during the early 1960s. He

was also exposed to asbestos while working as an electrical contractor in London a number of years earlier.

There was no evidence as to the level of exposure at either location.

Medical reports, which were read into the record, confirmed Mr O'Dwyer had been diagnosed with Mesothelioma – an aggressive cancer caused by asbestos exposure – last August.

Coroner, John McNamara, said this is a “dormant killer that can manifest itself years later”. He explained an inquest was required given the possibility of his death having been related to his work.



Coroner John McNamara said he will contact Bord na Mona

Addressing the jury of four men and two women, he said they had two verdicts to choose from – occupational-related death or natural causes.

Following several minutes of deliberations, the jury returned with a verdict of occupational-related death.

The foreman added that the jury was recommending that Bord na Mona be informed of its verdict and that it be asked to confirm there is no continuing risk to the public or its employees.

Mr McNamara agreed with the jury's findings and indicated he will make contact with the company to inform them of the outcome of the inquest.

LIT offers free maths revision workshops

AHEAD of the exams this June, Leaving Cert students are invited to take part in free maths revision seminars, writes Jess Casey.

The workshops, aimed at helping students reach their full potential, take place at 7pm to 9pm at the Limerick Institute of Technology (LIT) Moylish campus on Tuesday May 14 and Wednesday May 15.

“We at LIT maintain that these subjects open up students to a range of exciting careers, and believe every student should have the best possible chance to excel in these subjects if they so wish,” LIT president Dr Vincent Cunnane said.

The first free workshop will focus on calculus from the Higher Level Maths curriculum.

The second workshop concentrates on ordinary level mathematics and focus on algebra.

Pre-booking is essential for both workshops, as places are limited.

Further information and booking details are available at www.lit.ie/revision



Liam Prendiville, Barry Transportation; Mayor James Collins; Conn Murray, LCCC and Taoiseach Leo Varadkar at the contract signing PICTURE: ALAN PLACE

Contracts signed to progress M20 to planning stage

LIMERICK Chamber has welcomed the signing of contracts to progress the M20 Cork to Limerick motorway to planning stage, writes David Hurley.

Limerick City and County Council, as the lead authority, has appointed Barry Transportation and its project partners WSP and Sweco, as technical advisors to progress the scheme up to the stage where it will be submitted to An Bord Pleanala for its consideration.

The five-year contracts is worth in the region of €15m.

Tens of thousands of vehicles travel on the current N20 every day and towns such as Charleville, Buttevant and Mallow have become traffic blackspots

– particularly at peak times.

It is hoped a formal planning application will be submitted to An Bord Pleanala by 2022 and that the motorway will open by 2027.

“It's huge, it's a really important day for us and for the business community in Limerick and Cork and, let's not forget, the business community in Galway,” said Dee Ryan, CEO of Limerick Chamber.

“We would be hugely supportive of the emphasis on balanced regional development and this emphasis on compact growth in city regions because Limerick has huge potential and there are huge opportunities there for our community so this piece of vital infrastructure is

taking us a step closer to realising that ambition,” she added.

Taoiseach Leo Varadkar was present for the signing of the contracts as were representatives from Cork City Council, Cork County Council, TII and the successful contractor.

“This project is critical for the economic development of Limerick and the wider region along the Atlantic Corridor. It will save lives and improve the quality of life for those who rely on this transport corridor for business, work, study and tourism,” said Cllr James Collins, mayor of Limerick city and county.

Conn Murray, chief executive of Limerick City and County Council says he's delighted the

project is being progressed. “This project is identified in Project Ireland 2040 National Development Plan as a major enabler for balanced regional development by substantially delivering the Atlantic Corridor, with a high quality road network linking Limerick, Cork and Galway. Limerick City and County Council welcomes the appointment of the technical advisors,” he said noting that Barry Transportation was contract following a Europe-wide tender process.

A Project Office has been established in Lissanalta House, Dooradoyle. A dedicated website can be found at corklimerick.ie.

Kilkee to honour those lost at sea

A NEW monument honouring those lost at sea will be unveiled in Kilkee later this month.

The memorial stone will about six foot in height and will be located on the green in front of the beach.

The memorial stone will be unveiled on May 19, at 3pm, where it will be blessed by the Parish Priest. Currently there 17 names and the names of two ship wrecks on the monument.

Manuel DiLucia is the founder of the original Kilkee community marine rescue service in 1981. He wants to put out an open call to anyone who wants to add the names of their loved ones to the stone. “It is open to those who have lost people off of the Clare coast. Anyone interested in having a name added to the monument should get in contact. They can email me at Manueld@eircom.net,” said Manuel.



—Aoife Dillane, Regeneron Apprentice

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Darkness into Light set for early start this Saturday

Charity: Suicide prevention group's main fundraiser

NICK RABBITS
nick@limerickleader.ie

SUICIDE prevention charity Pieta House is calling on as many people as possible to join them to its annual Darkness into Light walk.

In the early hours of this Saturday, May 11, almost 10,000 yellow-clad fundraisers will hit the streets of Limerick to take part in the charity's annual fundraiser.

They are calling on as many people as possible to join them to raise much need funding and awareness for the prevention of suicide and self-harm and the promotion of positive mental health.

Over 200,000 people are expected to come together in the pre-dawn hours in 19 countries across five continents to take part in the global movement that seeks to remove the stigma around suicide and self-harm and spread the power of hope in Ireland and around the globe.

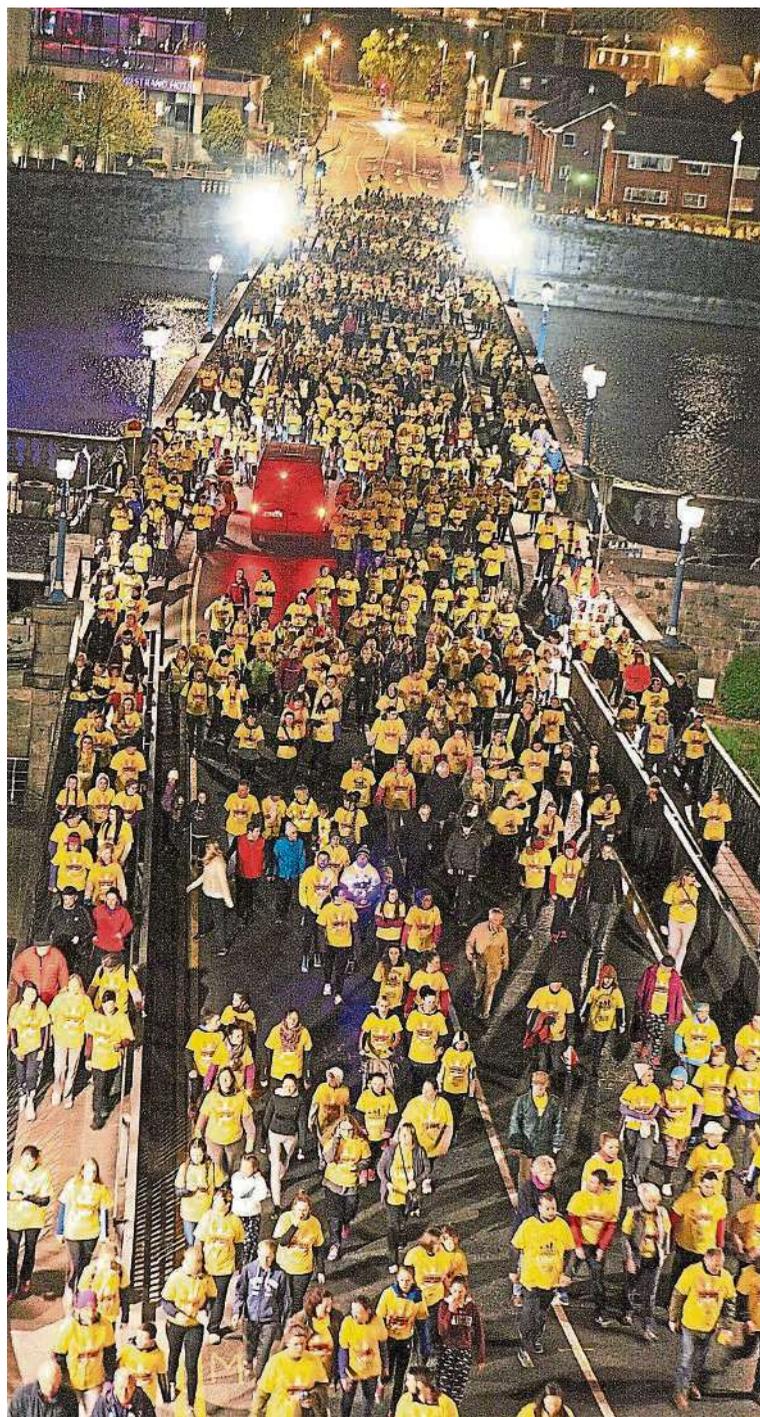
Last year, Darkness into Light walkers raised €6 million from the event, of which €800,000 was

raised across our international venues.

Worldwide almost one million people die due from suicide every year - one person every 40 seconds.

The funds raised from Darkness into Light help to keep Pieta centres like the one at Ard Aulin in Mungret open, offering free therapy, a 24/7 helpline, plus educational and bereavement counselling for people in need of support.

In 2018, over 8,000 clients were supported with face to face therapy by Pieta experts. Since 2006, over 40,000 people received support from our intervention and bereavement counselling services. By the end of this school year, Pieta will have reached out to over 7,500 students with a bespoke schools' programme called the Resilience Academy a free programme for second year students in secondary schools designed to increase young people's resilience, hope for the future, ability to cope with difficult feelings and connection to their school.



Over 10,000 yellow-clad walkers are set to walk through the streets of Limerick in the early hours of this Saturday morning

As well as in Limerick City, a number of other Darkness into Light events will take place locally.

There will be walks in Kilmallock, Murroe and Newcastle West, plus the Clare towns of

Sixmilebridge, Shannon and Killaloe/Ballina.

All the walks locally kick off at 4.15am. For more information, visit www.darknessintolight.ie, or telephone 061-484444.

Bookies' stolen cash is recovered

DAVID HURLEY
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GARDAI have recovered most of the money which was stolen from a bookmakers premises in the city during a daylight robbery last week.

Eugene Nevin, 38, of Collins Avenue, Kincora Park is accused of taking thousands of euro in cash from Bar One Racing, Mulgrave Street on May 1.

Opposing bail, Detective Garda Conor McNamara said it will be alleged the defendant entered the premises while pushing a buggy at around 10am. It is the State case that he then produced a bottle of cleaning spray and threatened the female worker before removing the cash from a safe.

Mr Nevin, who was arrested at around 8.30pm, told gardai he was sorry for his actions when he was formally charged.

Detective Garda McNamara told Sergeant Donal Cronin Mr Nevin made some admissions during interview and that he expressed concerns he would not appear in court if released on bail.

Refusing bail, Judge Marie Keane noted the incident happened in broad daylight during what, she commented, was "one of the busiest weeks of the year" for bookmakers.

A file is to be prepared for the Director of Public Prosecution.

Wahlberg wowed by Manor

COLM KINSSELLA
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HOLLYWOOD superstar and keen golfer Mark Wahlberg has visited Adare Manor Hotel and Golf Resort to get some practice on the course ahead of the 2020 JP McManus Pro-Am.

In a video post on Twitter, world renowned actor Wahlberg said he was hugely impressed by the golf course at Adare Manor, addressing Pro Am host JP McManus, saying "We are here at Adare Manor, wow, JP, double D, you guys got to be kidding me, wow, beautiful."

A true A-list Hollywood actor and keen golfer, Wahlberg has starred in some of the biggest movies ever to grace the big

screen, including Oscar-winning hits The Departed and The Fighter.

He is also known as an excellent golfer, playing daily on his custom-built course in his home in California, and appearing at a number of PGA Tour Pro-Am events, including Pebble Beach.

Wahlberg will be making his debut at the JP McManus Pro-Am in 2020, a tournament for leading professional golfers and top name celebrities.

The two-day event will take place from July 6 to 7 at Adare Manor.

US Masters winner Tiger Woods, Rory McIlroy, Ryder Cup captain Pádraig Harrington and world number one Justin Rose



Mark Wahlberg: impressed with Adare Manor

are just some of the golfers already signed up to attend.

Tournament host JP McManus said he was thrilled that celebrities such as Mark Wahlberg and Hugh Grant are among those who have agreed to play in the event.

"A key part of the Pro-Am is the celebrity amateur golfers who give up their time to support us and I've no doubt the spectators will be in for a treat when Mark and Hugh take to the fairways next year," he said.

"I thank them for their commitment and we're looking forward to welcoming them, and many more players and spectators to Limerick next year," said the billionaire businessman.

Fifty-six into 21 for metropolitan district

A TOTAL of 56 candidates will fight it out for 21 seats in the metropolitan district, it was confirmed this Tuesday.

Limerick City and County Council has revealed the names of the candidates seeking election to the local authority come May 24, after the passing of the deadline to withdraw nominations.

The Local Elections 2019 will be held on Friday May 24, 2019 in conjunction with the European Elections, the Referendum on the regulation of divorce and the plebiscite on a directly elected mayor with executive functions for Limerick City

and County.

Polling will take place from 7am to 10pm.

The deadline to register to vote also fell yesterday, meaning if you have not done so, it is, unfortunately too late now.

Metropolitan district voters will be electing members to three different constituencies: City West, City North and City East.

All of these are seven seats, with a further three rural constituencies electing a total of 19 members. For a full list of candidates, check out our web site at www.limerickleader.ie

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Blackberry Hearing is Ireland's favourite hearing aid company! Who says so? Hundreds of our customers have taken the time to post positive comments on Facebook describing the life changing impact of Blackberry Hearing's aids. These validated testimonials may be viewed at www.blackberryhearing.com/testimonials.

As the only Irish owned nationwide supplier of hearing aids, Blackberry Hearing was founded in 2015 by John Ryan and Dave Gleeson. With already over 50 clinics nationwide, the company has grown quickly due its strong customer care philosophy, including:

- Transparent and affordable pricing. All prices and grant details are shared with you before you visit the clinic and prices start at an incredible €499 per aid with the grant.
- Friendly and professional staff. For example; our audiologists are highly qualified (BSc or MSc degree)
- The best products. For example; the Evoke 440 is the World's first smart" hearing aid and probably the world's most advanced hearing aid.
- Excellent Customer Care. For example; We offer guaranteed satisfaction or your money back and 4years Free follow ups.

The customer comment on this page is a sample of hundreds of comments left on our Facebook page:

"The difference these made for me was night and day! An absolutely stellar difference. Truly, half the cost of anything remotely equivalent. Saving every cent for my pair! Thank you for hope."

Micheal O'Coinin

The picture shows the full team including the founders and general manager, the audiologists and the dedicated customer care team.



'A great day out': Mark O'Halloran of Hyde Road and his family enjoyed the sights and sounds at Howley's Quay. He's pictured with Marie Gallagher, Claire Hayes, Kayla, Jason, Rebekah, Jacob, Mark O'Holloran, Cayden O'Rourke and Vicki Hayes

BBQ and fun in the sun!

There were sweet smells and sounds on the banks of the Shannon as the largest barbecue contest in Ireland took place as part of Riverfest

Pictures: Keith Wiseman **Words:** Nick Rabbitts



The Filipino team at the annual Riverfest barbecue.

'We're here to win!': These guys are always a popular entrant at the Riverfest barbecue. Fernando Brul, who lives on the St Patrick's Road, said: 'So far, we are having a great time. Every year we compete! We are cooking our traditional Filipino barbecue, chicken wings marinated.'

Alex and Natasha Igashiyama originally from Brazil, but now living near the Milk Market

'It's colder than Brazil!' Asked how Limerick's barbecue compared to those in South America, Alex and Natasha were unequivocal in pointing to the weather. But they added: 'It's been lovely. Irish people are very friendly. And all the burgers - just super'



Annette Doran, O'Connell Avenue, with Charlie and Emma, 9

Double Joy! Twins Charlie and Emma were both enjoying Riverfest equally as much. For Charlie, it was the 'Chairplane' ride in Arthurs Quay park which took his fancy - while his sister preferred munching on a chicken skewer by the river.



The Limerick Leader team, Guy Wouters, Fergal Deegan, George Daly, Finbarr Brougham and Trevor Brewer

The Leader Feeders: Our very own team was the first point of contact for many!

Candid Comment

By SPARTACUS

● There are loads of interesting contests in the upcoming local elections, when voters go to the polls on Friday, May 24 and none more intriguing than the Battle of Patrickswell.

Local publican Fergus Kilcoyne who came close to winning a seat last time out failed to make the party ticket, with Cllr Daniel Butler and Cllr Elenora Hogan selected at convention.

Mr Kilcoyne, who is uncle to Munster prop Dave Kilcoyne was nominated by the Patrickswell branch of FG to contest the election and they were annoyed when Daniel McSweeney, who was nominated by Young FG, got the nod when the party added another candidate to the ticket.

To add salt to the wounds, McSweeney is also from Patrickswell but would not have the same high profile in the City West constituency as Mr Kilcoyne.

Furious by his treatment the publican is running as an independent.

And if you pass his pub the Dark Horse in Patrickswell you will see his poster outside.

But to show he is no shrinking violet the young student's team have boldly put up a poster of Mr McSweeney opposite the public house.

It is one of the first things patrons of the pub and Mr Kilcoyne see and it has added a bit of spice to an already fascinating contest to see who will come out on top.

● **TAOISEACH Leo Varadkar made a rare but welcome visit to Limerick last Thursday to promote the idea of a directly elected mayor for Limerick.**

Conn Murray is currently the chief executive of Limerick City and County Council and would lose some of his executive powers should we get a directly elected mayor.

But have we someone with the ability, political acumen and common sense to do the job over a five year

period?

The problem here in Limerick is if we vote down the idea and Waterford and Cork city say yes, we could be out on a bit of a limb.

Spartacus has not made his mind up on how he will vote, like so many others.

We could go down the celebrity route and get someone very well known, but also with plenty of brain power.....yes Paul O'Connell springs to mind.

But unfortunately there isn't a chance that Paul, one of the instigators behind the Team Limerick Clean-Up, would even contemplate going into politics. Spartacus would love to be wrong on this one and thinks Paulie would make a great mayor.

● IF Spartacus was a betting man or woman he/she would be putting a lot of money that the statue to Patrick Sarsfield will still be in the grounds of St John's Cathedral this time next year.

This is a story that erupts every few years. Previously it was a city boundary extension or a third bridge over the Shannon that would invariably make the headlines during quiet news days, until eventually action was taken on these issues.

The moving of the historic statue is another controversial issue that has been mooted over the years.

The statue is in its current location since 1881 and it is a pity that many locals and tourists have not seen what is a very impressive piece of art work.

Why not, as Dr Tadhg Moloney has suggested, move it a few yards onto St John's Square.

But with local elections around the corner, nothing will happen in the foreseeable future. Let's hope that the new councillors elected will actually know who Patrick Sarsfield is and make a move on this issue.



'We Brazilians love a BBQ!'

'It's different to Rio!': Limerick-based Brazilians Jonagh Silva and Emily Marques, who are now living in John's Square attended the barbecue with their little dog Kevin. 'Brazilians love barbecue,' Jonagh smiled.



Ann, Stacey and Christine from Pieta House promoting the Darkness into Light fundraiser

Charity: There were many charities at the Riverfest barbecue, with one being the suicide prevention group Pieta House which promoted its Darkness into Light walk, taking place this Saturday morning.



Event compere Lorcan Murray, RTE, with one of the judges, the celebrated local actor Myles Breen Competition! Judge Myles called upon inspiration from Great British Bake Off star Paul Hollywood. He said: 'There has been a lot of competition. The steaks are very high!'



Students Rachel Freaney, Sarah Kavanagh, Zuzanna Gruszecka, with teacher Stephanie Mullane from John the Baptist, Hospital at the Midwest Empowerment and Equality Conference



Margaret O'Connor, MD Quigleys, Dr Mary Ryan, Consultant Endocrinologist Bon Secours Hospital, Mairead McGuinness, MEP and Vice-President of European Parliament, and Martina Fitzgerald, author and journalist at the conference

Out & About

MID-WEST EMPOWERMENT AND EQUALITY CONFERENCE

Pictures: ZOE CONWAY/ILOVELIMERICK



Carol Meskell, Edel Neary and Daphne Henderson from Ballina, at the Midwest Empowerment and Equality Conference



Mary, Robby and Helena Fox from Caherdavin



Ava Horgan, Emily Calton O'Keefe, Makayla Ryan-Wade, Marcus Cropper and Mercy Oyewo from Gaelcholáiste Luimnigh



Amy Warington, Aaron O'Sullivan and JP McNamara, from Gaelcholáiste Luimnigh at the conference



Marie Collins, UI and Elaine Ryan, Clayton Hotel

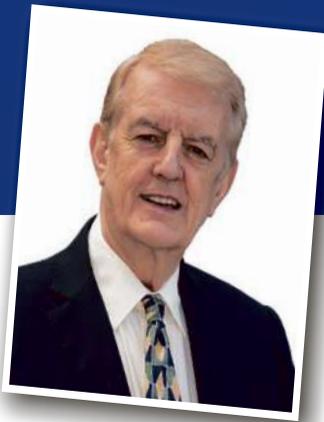


Dr Yvonne O'Keefe, Northern Trust, with Margaret McKeogh and Eileen McNamee

Denis McCARTHY

FINE GAEL 

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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



A beautiful pair of cats that have always been together and so we would like to find a home for them together. Fluffy is a two year old torti who is very out going and loves attention. Bunbuns is a two year old tabby cat who is a little shy but loves to sit on your lap. If you can offer this pair a home, please phone our cat unit on 0872295669 or visit our cattery any day.

Next up is Tex - a beautiful lurcher/alsation mix who is only 5 months old. Tex is a very friendly guy, he loves to play with you or other dogs. For more information on Tex please phone the sanctuary on 0876371044 or visit the sanctuary between 12 and 3 any day. Adoption fee is €150, each dog is neutered, wormed, and vaccinated.



Next is Gypsy - a one year old terrier. Gypsy is very friendly and affectionate. She loves to go for walks and to play with you. If you can offer Gypsy a loving home, come visit her at the sanctuary between 12 noon and 3pm. Adoption fee is €150, each dog is neutered, wormed, vaccinated and microchipped and a home check applies.

Little Oreo is very sweet

Lastly we have Oreo - a four month old terrier puppy. Oreo is full of beans and loves everyone and all other dogs. Oreo would fit in well with any family and will make a great companion. Adoption fee is €150, each dog is neutered, wormed, vaccinated and microchipped and a home check applies.



Gaisce Silver Award Ceremony in Thomond Park with CEO of Gaisce the Presidents Award, Yvonne McKenna, Special Guest Speaker, Marcus Horan, Munster Rugby and Louise Cantillon, Spin FM

Limerick youths' Gaisce awards

GAISCE, The President's Award, held a special Silver Award ceremony in Thomond Park in Limerick to celebrate the achievements of 10 young people from Limerick and a total of 30 young people from across the Southwest of Ireland.

The young people from Limerick hailed from Coláiste Mhuire, Askeaton, Desmond College, Newcastlewest and

Salesian College, Palaskenry. Gaisce Gold participant Rebecca Duffy, a Leitrim native, gave a speech encouraging Silver Awardees to continue their Gaisce Journey and undertake the Gold Award.

Silver awardees who were honoured on the night have successfully completed at least 26 weeks across 3 different challenge areas and undertaken a 3-day adventure journey.

Judge halts boys' Communion break

Prison: Mum jailed over son's poor school attendance

DAVID HURLEY
david.hurley@limerickleader.ie

THE mother of two young children who had planned to take them out of school for a sun holiday later this month has been jailed over their poor attendance at school.

The woman, whose aged in her mid-30s, was prosecuted before Limerick District Court by Tusla - which served a School Attendance Notice on her last year after concerns were raised over the attendance of the two boys at their respective schools.

Judge Marie Keane was told the defendant's eight-year-old son had missed 64 out of 143 school days since September while his older brother, who is aged 14, had missed 55 out of 157 school days.

An Education and Welfare officer with Tusla told the court a number of agencies have been involved with defendant and her children since 2016 and that several homes visits and have taken place.

However, he said she has not attended a number of the meetings and had indicated she is not willing to engage with Barnados in relation to her teenage son and his poor attendance record.

When asked by Judge Keane, the witness confirmed that he had advised the defendant that care proceedings may be issued in relation to the children if matters are not

resolved to the satisfaction of the child and family agency.

However, he said while there are concerns regarding school attendance, social workers are not involved with the defendant or her children at this stage.

Solicitor Sarah Ryan said her client, who lives on the southside of the city, is a single mother who is living alone in difficult circumstances.

"She possibly does not appreciate the seriousness (of the situation)," she said.

Ms Ryan submitted that while the defendant has had difficulty getting her older son to go to school in the past, there has been "some marginal improvements" since the court proceedings were initiated.

"Has she had difficulty getting him to go to Malaga?" asked Judge Keane.

Ms Ryan confirmed her client had planned to take her children to Malaga for a number of days later this month as a "Communion gift" for her younger son.

Having heard the evidence, the judge said she had no alternative but to record a conviction and to impose a one month prison sentence.

After confirming she was willing to mind the children, the boys' maternal grandmother told the court she would ensure their attendance at school while their mother is in prison.

"I will send them to school," she said.

Judge Keane also directed that the boys should not travel to Malaga and should not be taken out of school following the Communion as had been planned.

"The holiday in Malaga is not now taking place," she said.

JUDGE MARIE KEANE, BELOW



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Making Cents

LIAM CROKE

The Must-Read Guide To Saving Money

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Don't let work addiction be the death of you

Last year, data released by CV-Library uncovered that circa 150% of Irish employees admitted that elements of their work make them feel anxious and stressed.

The problem with stress is, if it's not brought under control, it can manifest itself in something even more serious. That's exactly what happened a client of mine in January, when he woke up in hospital after suffering a heart attack.

He had been on the work treadmill for years and it eventually caught up with him. The signs were there all along, he just chose to ignore them.

He began drinking more than he used to, he wasn't enjoying time off work because he never allowed himself to be away from it, he was finding it hard to sleep, his body ached, and his relationship with his wife hadn't been what it once was.

So, all the usual suspects but he could see none of them. He thought it was normal and all his peers would be feeling the same way. It was just something that came with the job and you had to accept it.

Over time, because he was stressed from work, he was releasing high levels of cortisol into his body which increased his cholesterol levels, increased his blood sugar and blood pressure levels which could either give him a heart attack or a stroke – the straw he drew was a heart attack.

He was lucky, he survived and is alive to tell the tale and learn from his experience.

The stress that led to his coronary was down to a very heavy work schedule, massive amounts of commuting each month, constant

deadlines that had to be met, along with all the other pressures associated with working for a large corporation. And then trying to have a family life into the mix, and it really wasn't a surprise that he ended up in a coronary care unit.

The surprise was that he lasted as long as he did.

Being switched on has become the norm for people when it comes to their work. For some it's a badge of honour, something they are proud of, something that shows how important they are, it's almost an addiction.

What they mightn't know is that their sense of work martyrdom could be killing them.

I come across people all the time who ask me what's life like outside of the company they work for?

They're not at that stage of exhaustion yet, but thankfully are beginning to recognise the signs. Their difficulty is, not knowing from a financial perspective, how to work out how much they need to earn to achieve that work/life balance they desire.

They benchmark themselves against what they're currently earning, and if there isn't much left at the end of every month, how can they ever reduce the amount they earn or cut back on the amount of hours they work?

So, what's the point, the exercise will be useless – treadmill forever, blood pressure up, stress levels begin to increase even more.

But thankfully, there are those who felt that way but still reached out for help and are glad they did.

One client I worked with was on a slippery health slope because of the

“**He had been on the work treadmill for years and it eventually caught up with him**”



DID YOU KNOW?

The world's richest royal family is the House of Saud, in Saudi Arabia who have a reported net worth of \$1.3 trillion.

pressures of her job, and couldn't see any way out, other than reaching a point where she would be unable to work and would be out on long term sickness.

Sadly, she had almost resigned herself to that eventuality.

We crunched the numbers and thankfully for her, if she implemented some strategies I suggested and put her existing resources to better use, she could either take on a new role with her employer with fewer responsibilities and less income, or leave, and set up as a self-employed consultant and work 183 days during the year. The amount she'd charge for each of those days would be enough for her, and it wouldn't impact her present lifestyle or her future one.

Others leave it too late and reach out for help after something happens, like a health scare. When it does, they admit the goal they were chasing all along i.e. money, career advancement etc. seem very unimportant. There's not much you can do with all that money if you are not well enough to enjoy it or spend with the people you love.

There are lots of factors in the work/life balance equation which will have varying levels of importance for the individual concerned, from ego, personal development and fulfilment, achieving their full potential, enjoying work and, of course, money.

Before you can slot it in, you need to know what it is. What's your number? Once you know it, you can add it in with everything else that's important to you, and then make a decision to take your foot off the pedal or whether you need to stay on it for a while yet.

But please, don't let a health scare be the trigger for you to find out what it is.

ASK LIAM

Our personal finance expert answers your questions ...

Q: Liam, I buy shares in the company I work for each year and now own about 2,135 shares which is the equivalent of c. €40,000. They will pay about €2,000 in dividends each year. Is it risky to own a lot of shares in one company or does the dividend and their tax-efficient purchase mitigate the risk?

A: First off, the dividend return on your shares is excellent at 5%, so unless you had a specific purpose for cashing in some or all of your shares, I would do nothing.

This of course has to be balanced with the amount of shares you should hold in one company, because the point you make is a good one.

I have seen people like you working in companies who have equity purchase/share award programmes, who participate in the purchase of shares, and see the value of their holdings increase over time if they continue to buy and never sell, long after vesting periods have expired.

In general, though keeping between 15% and 20% of vested stock as a percentage of your total net worth is deemed acceptable. Some advisors would recommend an even smaller % but I think the maximum allocation to employer stock should not be greater than 20% of your investible assets.

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.

Technology doesn't last a lifetime but photos do! Get your communion photos printed at Newmans Cameras based in Hogan's Pharmacy on 46 Upper William Street, Limerick. SPECIAL OFFER - 100 6x4 prints for €15. Call in-store or call us today on 061415195 to find out more about our special offers. We supply Limerick with top quality photographic services from camera sales to picture processing.



Kellett Interiors Marquee Sale starts this Thursday, May 9. Don't miss out on these amazing offers, all fabrics in the marquee are from €4/yd, 50% off all wood blinds, 20% off all fabrics from sample books plus 15% off curtain making, 50% off curtain making on all selected. For more information call 061 394108 or go to Kellett Interiors on Facebook.





Numbers add up for BDO over expansion

Positions: Jobs as accountancy firm moves into heart of city

NICK RABBITTS
 nick@limerickleader.ie

FIFTY new accountancy jobs have been created in Limerick as part of a top local firm's move to the main thoroughfare.

Finance Minister Paschal Donohoe cut the ribbon at BDO's new facility at 103/104, O'Connell Street, the firm having moved from its premises in Michael Street where it has been for 30 years.

The move will see the tax advisory and audit firm ramp up its employee numbers from 105 to 155 over the next three years, with recruitment set to get under way in September, said BDO managing partner Denis Herlihy.

"It's a very big day for BDO and a big day for me. I've bought the staff over, we have 105 people working here in the centre of Limerick and we're delighted to have the Minister for Finance here to officially open the new premises. We're looking forward to a very successful future," he told reporters.

BDO is moving into glass-fronted premises above the KBC Bank, and directly facing onto the multi-million euro International Rugby Museum.

Mr Donohoe hailed the opening as "a really important moment in the development of BDO".

"Not only this, it's also happening on a day in which we are making clear the continued commitment the government has to all of our country," he said. "As we look at progress, what is essential is we approach and manage the progress in a different way to which we have in the past.



"This is typical of what we are seeing in Limerick: a city with ambition and one that is forward looking and one that is targeted for future growth under the government's plan for regional development. It's also a city with a highly educated workforce and one that is very resourceful."

The new posts will be across audit,

Michael Costello, BDO Ireland managing partner, BDO Limerick managing partner Denis Herlihy and Finance Minister Paschal Donohoe

PICTURE: ARTHUR ELLIS

taxation and advisory services.

Michael Costello, BDO Ireland's managing partner, added: "BDO has four offices in Ireland: Dublin, Cork, Belfast and Limerick – and Limerick has certainly made a huge impact on our national footprint. It's a significant contributor and we've been delighted to see it grow at pace over the years."

Ibec lists election demands

A RATES cut, and councils working together more are two of the asks business group Ibec have of new councils after they are elected later this month. The group, which is the voice of businesses, has published a list of demands on new councils after the May 24 elections in this region.

Ibec director Fergal O'Brien said: "Local businesses, not central government, are the primary source of income for local authorities. Business



Fergal O'Brien, Ibec

directly contributes €1 out of every €3 spent by a local authority. As both an employer and contributor to economic growth, business has a massive stake in how local government works. Our local authorities have a significant impact on business conditions and cost competitiveness in their localities through policies."

City firms in finals of awards

TWO city companies have been announced as finalists in this year's Energia family business awards.

Bravelle Specialist Lingerie in the South Circular Road and O'Donnell Boutique at Catherine Street are in line for an award which recognises successful generational businesses.

Taking place on May 24 in the Round Room at Dublin's Mansion House, the two city firms beat over 200 entries to be on the shortlist for the awards.

Katherine O'Riordan, event director said: "Irish family businesses have always been and continue to be a fundamental part of the Irish community, with so many businesses run by fathers, sons, mothers, daughters, aunts and uncles. We are proud to acknowledge, support and reward the family business industry in Ireland."

Sales of electric cars continue to rise

SALES of electric cars in Limerick are continuing to grow, new figures have revealed, writes David Hurley.

Official statistics released by the Society of the Irish Motor Industry (SIMI) show 44 electric vehicles were registered in Limerick during the first months of the year compared to nine during the same period in 2018 – an increase of more than 388%.

There were 223 recorded sales of petrol electric vehicle between January and April while 16 hybrid cars were registered over the four month period.

When it comes to traditional diesel and petrol-fuelled vehicles, the figures from SIMI show 243 new cars were registered in Limerick during April – down from 245 during April 2018 and representing a year-on-year decrease of less than 1%.

According to SIMI, cars manufactured by Ford (350), Toyota (293), Hyundai (257), Volkswagen



According to SIMI, 44 electric cars were registered between January and April.

(250) and Nissan (208) continue to be the five most popular brands of vehicle in Limerick.

In overall terms, a total of 2,567 new cars were registered in Limerick by the

end of April compared to 2,887 during the same period last year – representing a decline of 11.08%.

The five most popular model of new car in the first quarter of 2019 were: Nissan Qashqai (122, + 6.09%), Ford Focus (109, -10.66%), Toyota Corolla (95, + 50.79%), Ford Kuga (93, +3.33%) and Hyundai Tuscon (91, -11%).

Meanwhile, in his quarterly report, SIMI's chief economist, Jim Power says the industry is still facing challenges – despite growth in the wider community.

"The personal sector is pressurised due to a combination of high and rising housing costs, an onerous personal tax burden, subdued wage growth over the past decade, and Brexit is an overhanging dark cloud that is creating major uncertainty and caution in the psychology of consumers and businesses across the economy," he stated.

Recruitment

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St. Joseph's Foundation is a voluntary organisation providing comprehensive services for people with intellectual disabilities. Founded in 1968 the Foundation has grown through continuously responding to the needs of people with intellectual disabilities and their families. The Foundation presently provides early intervention, pre-school, school, adult day services, residential, respite care, elder care and home support in the North Cork and South West Limerick region. We have day Services in Charleville, Mitchelstown, and Liskennett with residential Services in Co Limerick; Ballylanders, Croom, Ballyagran, Bruree, Kilmallock, Dromcollogher and in Co Cork; Charleville, Dromina, Newtownshandrum, Buttevant and Newmarket.

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- Experience with adults/children with intellectual disabilities.
- The ability to work on his/her own initiative and supervise service users/staff in a residential setting.
- Good communications skills.

Informal enquiries to Ms. Catherine O'Connell, Client Services Manager

Notes:

- Qualifications must be validated with the Department of Health & Children if studies were completed outside Ireland.
- Department of Health & Children Salary Scales apply.
- A full Irish/EU Driving Licence & Indemnification of the Foundation on your car insurance policy is a requirement for both posts.
- Panels of suitably qualified persons may be formed from which further vacancies may be filled.
- **Application forms** and further details are available by **contacting** or **e-mailing** hhealy@stjosephsfoundation.ie.
- Closing date for receipt of completed application forms is 17/05/2019

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Attractive salary package
Portlaoise Office - County Laois

If you have a good knowledge of/or interest in Print & Digital Media and Advertising, possess excellent organisational skills and can work effectively to tight deadlines, you could thrive in this key role within the Iconic Media team in Portlaoise.

Iconic Group is rapidly developing its product portfolio in Ireland and now publishes 20 weekly newspapers and 23 local news websites. It has a vast presence across the country.

You'll join our small but highly effective advertising team focusing on two core areas:

Planning – working with Editorial and Advertising Managers to ensure space is planned and effectively utilised to optimise both editorial and advertising content. This planning process culminates on the day of print and the team is responsible for ensuring all categories of advertising including Classified, BMD, Features and Services are optimized. This is a time critical period and requires a lot of manual intervention from the page planner.

Production – The team book their adverts onto our bespoke Gemstone system. The Planning & Service Desk team is responsible for checking that all information is correct before sending it to the advert make-up team.

To succeed you'll be extremely organised and able to work in a fast paced environment. The ability to operate to tight deadlines is very important and you should have a good knowledge of Microsoft office and be happy to work well within a small team.

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CLIFFORD SECURITY ALARMS LTD

SYSTEM FOR ELDERLY OR PERSONS HOME ALONE

- Item 1. Control panel with standby battery in case of power failure & built in silencer
 - Item 2. Three amp mains spur panic button
 - Item 3. One x wireless keyfob with panic button
 - Item 4. One smoke detector (location to be determined)
 - Item 5. One carbon monoxide detector (location to be determined)
 - Item 6. GSM dialler to send text messages to nominated mobile phones
- Cost for System: €688.00**
Customer is required to sign direct debit of €4.99 per month to cover cost of text message



Clifford Alarms, 16 Wickham Street, Limerick
061 313033

INTRUDER ALARM

SPECIAL OFFER SYSTEM ONE

- Item 1. Control panel with standby battery in case of power failure & built in siren
 - Item 2. Three amp spur outlet
 - Item 3. One x wireless keyfob with panic button
 - 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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Lounge

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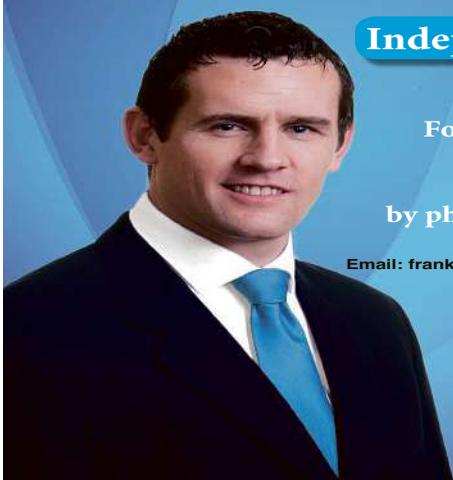
Frankie
DALY

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



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- Unit 1 Eastlink Bus Park,
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€10 PER PERSON

Beginners to Advanced

Keep fit, Meet new friends & learn to Jive.

All welcome

PROPERTY

Leader

HOME & INTERIORS

WEDNESDAY, MAY 8, 2019



No 10 is superbly located within an easy stroll to Limerick city centre. It retains its original features, including cornicing, architraves and has magnificent gardens

Period splendour at NO 10

Ennis Road: Lansdowne Terrace home oozes elegance and charm with original features

AT A GLANCE

Location: 10 Lansdowne Terrace, Ennis Road

Description: Three storey period home

Price: €610,000

Seller: Rooney Auctioneers

Contact: 061 413511



NO 10 Lansdowne Terrace is a beautifully maintained and presented,

extended period home built in 1896. The large site includes a front garden on the Ennis Road, a small courtyard garden off the kitchen, and a large secluded south facing rear garden. Number 10 has rear vehicular access, with ample car parking. Extending over three storeys, this superb property is situated in the

much sought after residential area of the Ennis Road and comes to the market in turn key condition.

The house oozes elegance and charm, along with well proportioned and appointed rooms and retains its original features, including cornicing, architraves, picture dados, etc.

Superbly located within an easy stroll to Limerick city centre, it is also within easy walking distance to all local amenities, including national and secondary schools, Limerick Institute of Technology, Thomond Park and the Gaelic Grounds. It is within easy access to the M7/M20 motorways, via the Shannon tunnel, and the N18.

Accommodation consists of a beautifully appointed

entrance hallway, two large reception rooms, kitchen with breakfast counter and separate sunroom off it, ground floor WC with power shower.

On the return are two full bathrooms and on the first floor are three bedrooms, two of which are large doubles. The third floor has two spacious rooms. The property has magnificently landscaped gardens to the front, and a very private large landscaped south facing garden to the rear. There is also a garage with ample built in storage and a WC. A magnificent garden room, complete with bar and dining area, has double door access to the south facing secluded large garden, which has three patio areas. Viewing is highly recommended to appreciate this beautiful property.



Along with magnificent grandeur inside, No 10 has magnificent gardens to the front and rear of the property

de Courcy

ESTATE AGENTS

'Proudly serving the Mid West for over 70 years'

1 ASGARD COVE, LOUGHILL, CO. LIMERICK (V94 H4CY)



An impressive and superbly maintained det. 4-bed family home extending to 2,465 sq. ft and situated in a very sought after cul-de-sac overlooking the Shannon Estuary in the picturesque village of Loughill. Accommodation comprises spacious entrance hallway, toilet, sitting room, living room, open plan kitchen/dining room, utility room, sunroom, along with en suite downstairs bedroom. Upstairs: 3 spacious bedrooms (all en suite). Oil heating, PVC double glazed windows. Outside: circa 1/2 acre, detached garage.

€395,000

9 MAYORSTONE DRIVE, MAYORSTONE, LIMERICK



Superbly well maintained and extended 4 bed semi detached family home situated in a mature development, convenient to a wide selection of Primary and Secondary Schools and within easy walking distance of the city centre, Thomond Park, etc. Accommodation comprises entrance hallway, sitting room, living room/dining room, kitchen, utility room, bedroom 1 (with shower & toilet) Upstairs: 3 bedrooms, toilet & separate bathroom, large attic/storage room. Gas fired central heating. PVC d.g windows. Recently insulated.

€265,000

47 CLONARD, WESTBURY, CORBALLY, LIMERICK



A superbly well maintained owner occupied house which is conveniently located in a cul de sac of 10 houses in a mature and well established development close to all services and amenities comp: Hall, lounge, kitchen/dining room, utility. Upstairs: 3 beds (1 ensuite), bath/wc. Outside: Garage. Walled in rear garden. Built 2009. PVC d.g windows. Gas heating. Viewing highly recommended.

€230,000

56 RICHMOND PARK, CORBALLY, LIMERICK



de Courcy Estate Agents are delighted to offer for sale this well maintained 3/4 bed semi-detached house which is conveniently located in a mature and much sought after development area close to all services and amenities comp: hall, lounge, open plan kitchen/dining room, utility, bedroom 1, toilet & whb, music room. Upstairs: 3 beds, bath/wc. Outside: Front & back gardens. Oil heating. Alum. d.g windows. Viewing highly recommended.

€238,000

31 LANAHRONE AVENUE, IRISH ESTATES, CORBALLY, LIMERICK



Located in the very much sought after area in Irish Estates this 3 bedroomed semi-detached residence 126.36 sq metres (1,348 sq ft) comprises of porch, hall, study, living room, dining room, kitchen. Upstairs: 3 bedrooms, bathroom & toilet. Aluminium d.g windows. Back boiler heats radiators. Private and mature rear garden. Viewing highly recommended.

€277,500

APT. 26 COLLEGE COURT DRIVE, COLLEGE COURT, CASTLETROY, CO. LIMERICK



An excellent opportunity to acquire an investment property or first time buyers home in a superb location opposite the Castletroy Park Hotel and a "stone's throw" from University of Limerick. This 2-bed ground floor apartment comprises: Entrance hall, open plan living/dining area, kitchen, 2 beds, shower/wc. Hot press. Gas heating. PVC d.g windows. Outside: 1 car parking space. Store (fuel / bike). Viewing highly recommended.

€134,000

APT. 410 GLENLARA HOUSE, MOUNT KENNETT PLACE, LIMERICK



Centrally situated and owner occupied two bed 4th floor apartment in Glenlara House Complex comprising hall, open plan kitchen/living room, 2 bedrooms, shower & toilet. Electric storage heating. Aluminium double glazed windows. Ideal for an investor or a first time buyer. Maintained in very good decorative condition.

€105,000

16 BALLYHOURA FOREST LUXURY HOMES, BALLYORGAN, CO. LIMERICK



Located in a development of 16 uniquely designed holiday homes & situated in the picturesque Village of Ballyorgan comp: hall, kitchen/living room, 3 beds (all ensuite). Storage heating and electric radiators. Rational double glazed -windows. Solid oak Junker floors throughout. Outside: Front & back gardens. Amble parking outside. Full planning permission for holiday home. Viewing highly recommended.

€160,000

3 PRESENTATION COURT, SEXTON STREET, LIMERICK



Located in a cul de sac development of 16 houses, this mid terraced residence is conveniently located on Sexton Street, Limerick within walking distance to all services and amenities with Presentation and CBS Secondary Schools close-by. Accommodation comprises of hall, living room, kitchen/dining area. Upstairs: 3 beds (1 ensuite), bath/wc. Outside: walled in rear garden. Front lawn with drive. Gas heating. PVC d.g windows. Built c. 2000.

€215,000

"THE LAURELS", 26 STRANDVILLE GARDENS, O'CALLAGHAN STRAND, LIMERICK



Situated just off O'Callaghan strand, within walking distance of Limerick City Centre & schools, and within 150 metres of The Limerick Strand Hotel & leisure complex; accommodation comprises hall, open plan sitting room/living room, kitchen/dining area, utility, WC. Garage. Upstairs 5 beds, bathroom, toilet. Outside shed and walled in garden. Oil heating, timber and PVC double glazed windows. Viewing highly recommended.

€320,000

4 WALLERS WELL, UPPER ROXBORO ROAD, LIMERICK



This 3-bedroom mid-terrace house is an ideal starter home, located within walking distance of city centre in a sought-after residential area. Accommodation compr: living room, kitchen/dining area, utility, wc, Upstairs: 3 beds (1 ensuite), bath/wc. Stairs to attic room. This home is maintained in very good decorative condition. Viewing highly recommended

€170,000

14 GLENVIEW GARDENS, FARRANSHONE, LIMERICK



Situated within a short walk of Limerick City Centre, close to all local amenities and schools, comprising hall, shower/wc, sitting room, living room, kitchen/dining area, garage & utility. Upstairs 3 beds, bath/wc. Mostly aluminium single glazed windows. Oil and solid fuel heating. Outside: Walled in and south facing back garden.

€225,000

DOONEEN, CRECORA (PATRICKSWELL), CO. LIMERICK



* Lands for sale c. 13.76 acres
* 119 metres of frontage (390 feet)
* Good quality land laid out in 1 field
* ESB. Tepehone. Mains water with Trough in field
* Sols: Margo Power, David Punch & Co Solicitors, 11 Glentworth Street, Limerick

€165,000

TUUGH, CAPPAMORE CO LIMERICK



Meadowing / Silage to Let
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I.A.V.I

John de Courcy (087) 2565 444

Richard de Courcy (087) 2535740

7-8 Glentworth Street, Limerick City.

email: limerick@decourcy.ie

Splendid family home overlooking Shannon estuary

AT A GLANCE

Location: 1 Asgard Cove, Loughill

Description: Detached four bedroom family home

Price: €395,000

Seller: DeCourcy Estate Agents

Contact: 061 415188



Asgard Cove is an impressive and superbly maintained detached four-bedroom family home extending to 2,465 square ft and situated in a sought-after cul-de-sac overlooking the Shannon Estuary in the picturesque village of Loughill.

This property which is architecturally designed and features a stunning local stone wall specialises in creating an imaginative inspired and luxury family

home.

It is also convenient to the local primary school and spectacular children's playground with sensory

area. Limerick is within a 40 minute commute with Newcastle West, Foynes, and Glin all nearby. Viewing is highly recommended.



Magnificent: And at 1 Asgard Cove you are overlooking the Shannon Estuary

Exceptional family home in Lisnagry



AT A GLANCE

Location: Laught, Ahane, Lisnagry

Description:

Detached family home on a two acre site

Price: €589,000

Seller: 061 418000

Contact: Sherry FitzGerald



positioned just 10 minutes outside of Limerick city and has immediate access to all major road networks.

For a growing family seeking a secure, private setting in which to establish their family home, the accessibility and wealth of choice in educational institutions will be of note. Within minutes of your front gate are some of Limerick's most renowned primary and secondary schools (Lisnagry NS, Ahane NS, Milford NS, Monaleen NS and Castletroy College) with the University of Limerick also within a few minutes' drive.

Arriving into the grounds through the entrance, you approach the property via a sweeping driveway. On entering the property, under a charming veranda to the



Laught, Ahane, is a stunning detached family home on a beautifully cultivated two acre site

front of the home, the entrance hall is long, wide, and welcoming.

To your right is the family room, which is naturally bright due to the wonderfully curved windows that allows the south facing sun flood in.

The living room is fitted

with solid wood flooring, a warm colour scheme throughout and a stove featuring centre point.

Continuing from the family room through a glass door brings you to the wonderfully bright sun room, which is tastefully presented

- the panoramic windows really make it. The sun room has access to the garden which is ideal for entertaining.

The kitchen/dining space is floored with cream tiles and fitted with cream contemporary base units

with bright splashback tiling. Located off the kitchen is a cleverly designed pantry with window and a fully plumbed unit with access to the rear of the property. Located off the hallway is a downstairs WC.

As one would move back down the hallway towards the front of the property, you enter the office which is fitted with a wall bed with plenty of storage, and is serviced by a fully equipped en suite with shower. This room could be ideally used as a fifth downstairs bedroom if required.

To the front left of the property is a bright, light-filled living room with solid wood flooring and an open fireplace with cream marble surround.

As one would head up the wonderfully solid wood staircase, the landing is very impressive, spacious with modern carpets and filled with light, due to the large window overlooking the sunroom. At the top of the landing there is a reading cubby, a relaxing area to read and relax.

This is a truly exceptional family home which leaves little to be desired in any respect, we highly encourage viewing without delay.

Spacious home on large site

AT A GLANCE

Location: Cullinagh, Newcastle West

Description:

Spacious four bedroom detached residence with extensive gardens

Price: €255,000

Seller: 069 62713

Contact: Patrick O'Donovan, O'Donovan & Associates



O'Donovan and Associates are delighted to introduce to the market this rare opportunity to acquire a spacious four bedroom detached residence with extensive gardens in the much sought after, prime area of Cullinagh, Newcastle West.

This property is superbly located just 35 minutes from Limerick city but within easy walking distance to all local amenities the thriving market town of Newcastle West has to offer including the popular Castle Demense Park, sporting clubs, church,

schools, shops, restaurants etc.

This substantial detached property is situated on an exceptionally large site of 1.2 acres offering the potential for extension if desired without compromising on external space. The property has an adjoining garage and comes with the benefit of vehicular access to the front providing ample car parking. The property has one of the

largest south facing rear gardens in this prime residential location.

The residence is in need of some modernisation but presents an excellent opportunity for the discerning buyer. The site is well proportioned and is serviced by mains water and sewerage.

Viewing is highly recommended and by appointment only.



Just needs some TLC: The residence is in need of some modernisation but presents an excellent opportunity for the discerning buyer

O' DONOVAN
& ASSOCIATES EST. 1981
AUCTIONEERS
ESTATE AGENTS

For more information contact:

The Key House, 2 North Quay, Newcastle West Co. Limerick • T: 069 62731 | 78 O'Connell St. Limerick

T: 061 572 188/085 1389114 • 069 62731/085 1389114 • www.odonovan.ie • info@odonovan.ie

PRSA Licence No: 002476

Ballintubrid, Newcastle West Price Region €395,000



This spacious 4 bedroom residence, set on circa 3/4 of an acre, is brought to the market in turnkey condition and boasts landscaped gardens with a beautiful stone wall perimeter.

The residence has been extremely well maintained and offers well proportioned accommodation and living areas.

A fantastic bright sun-room, maple floors, marble fireplace, alarm system, electric gates and a perfect water system are just some of the many features to this private residence.

The property is located in the quiet and much sought after cul-de-sac of Ballintubrid, 1 mile from Newcastle West and only 30 minutes from Limerick City.

Cullinagh, Newcastlewest Price Region €255,000



We are pleased to offer for sale, this rare opportunity to acquire a superb spacious property in the much sought after area of Cullinagh, Newcastle West.

The property comes to the market in need of renovation but offers huge potential for the discerning buyer. The plot, measuring 1.2 acres, is well proportioned and offers the possibility of further development.

The property is serviced by mains water and mains sewer. Viewing is strongly advised.

Springfield House, Ballingarry Price Region €320,000



An impressive 5 bedroom residence located within walking distance of all local amenities.

The residence, is set on circa 1 acre, with landscaped lawns and tarmac and kerbed winding driveway with mature trees and beautiful stone wall.

The five bedroom residence boasts high ceilings and large windows which allows an abundance of natural light. The property offers magnificent views of the Mustard Seed and the local church.

10 Raheen Gardens, Raheen Price Region €220,000



Located in the heart of Raheen, the property is located within distance from University Hospital Limerick, the motorway and the Crescent Shopping Centre.

The residence is spacious and offers off street parking and a large garden to the rear.

5 Riverdock House, Dock Road, Limerick €96,000



The property consists of a 2 bedroom large apartment with balcony situated on the first floor. The property is ideally located in the city centre and allows for easy access to the M7. This beautiful apartment is presented in turnkey condition

Why pay more?

Call O' Donovan Associates today for the most competitive rates in Limerick City

061 572 188


ENNIS ROAD, LIMERICK **BER E1**
7 MAYORSTONE PARK, SHELBOURNE ROAD

Detached house on an elevated position which gives it a unique outlook and combined with rear vehicular access for off street parking makes this property a rare find. Approx. 98 sq/m. (1,054 sq/ft) comprising: 3 good sized bedrooms, two reception rooms, kitchen, utility, bathroom & separate wc. Spacious back garden with garage accessed via a laneway. OFCH. The house has been maintained in excellent condition. BER No: 112224993

€260,000 **Briain Considine 085 2894166**

ENNIS ROAD, LIMERICK
10 LANSDOWNE TERRACE,

10 Lansdowne Terrace is a beautifully maintained and presented, extended period home built in 1896. Extending over 3 storeys the property oozes elegance & charm. Ground floor: hall, 2 large reception rooms, kitchen, sunroom, guest wc with power shower. 1st floor return 2 bathrooms. 1st floor: 3 bedrooms. 2nd floor: 2 rooms. Outside: Magnificent landscaped gardens with garden room complete with bar & dining area leading out to the secluded rear garden. Garage with electric roller door & wc. BER No. 112241013.

€610,000 **Lisa Kearney 087 2633422**

BER C3

Rooney


CASTLECONNELL, LIMERICK **BER C1**
7 THE COMMONS,

3 bed semi-detached house situated in a pleasant cul de sac avenue of only 11 houses, within walking distance to Castleconnell village & only 9km from University of Limerick. Approx. 95.3 sq/m (1,035 sq/ft) comprising: hall, living room, kitchen/diner, utility, guest wc, 3 bedrooms, ensuite & main bathroom. Sunny south facing rear garden with side entrance and shed. GFCH. BER No. 111990545.

€195,000 **Briain Considine 085 2894166**

CLAREVIEW, LIMERICK **BER D2**
9 MEADOW SPRINGS

3 bedroom semi-detached property located in a quiet cul-de-sac only a short stroll from schools, LIT, Ennis Road Retail Park, Thomond Park etc. Hall, guest wc, kitchen-diner, living room, 3 bedrooms, ensuite & main bathroom (newly fitted). Approx. 93.95 sq/m (1,011 sq/ft). Gas fired central heating. Large, enclosed private south-east facing rear garden with shed and pond. BER No. 100967652

€190,000 **Briain Considine 085 2894166**

CORBALLY, LIMERICK **BER C2**
12 BROOKHAVEN WALK, MILL ROAD

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

€240,000 **Briain Considine 085 2894166**

KILKEE, CO CLARE **BER G**
THE STRAND,

Prominent 3 storey property overlooking Kilkee Beach with panoramic unrivalled views of the Bay and cliffs. Ground floor is a large open plan space with bathroom. 1st floor: Large spacious bright open plan kitchen/dining/livingroom, 4 bedrooms all ensuite and main bathroom. 2nd floor: large open plan livingroom. BER No. 110766755.

€375,000 **Lisa Kearney 087 2633422**

RAHEEN, LIMERICK **BER C2**
10 INIS MOR, FR RUSSELL ROAD

Spacious 4 bedroom semi-detached residence of approx. 162.08 sq.m. (1,745 sq.ft.) in superb location. Tastefully decorated with good quality finishes throughout comprising: entrance hallway, guest wc, living room, open plan kitchen/diner/livingroom, utility & study/playroom. 4 bedrooms, ensuite & main bathroom. GFCH. Large deck area, lawn & garden shed to rear. Overlooks a large green area. BER No. 111961090.

€295,000 **Lisa Kearney 087 2633422.**

KILKEE, CO CLARE **BER E2**
2 OLD MOORES, WEST END

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

€110,000 **Lisa Kearney 087 2633422**

LISNAGRY, CO LIMERICK **BER E2**
WOODLANDS, MOUNTSHANNON,

Spacious property of approx. 128.7m² / 1385.62sqft. located approx. 7km from Limerick city. On a large elevated private site of 0.56 acres with magnificent views of the surrounding countryside to the rear. 2 reception rooms, open plan kitchen/diningroom, 4 bedrooms & main bathroom. Large garage & block built outhouses. OFCH. BER No. 105073514.

€285,000 **Lisa Kearney 087 2633422**

DOORADOYLE, LIMERICK **BER D1**
1 OAKVALE DRIVE,

Substantial extended detached property of approx. 159.76 sq.m. / 1719.49 sq.ft with beautifully landscaped low maintenance gardens situated in a private cul-de-sac. Recently redecorated, newly painted and all new carpets throughout. Porch, hall, living room/dining room, living room 2, playroom/study, kitchen-diner, utility room, sun room. 4 bedrooms. En suite. Main bathroom. GFCH. BER No. 111380085.

€325,000 **Lisa Kearney 087 2633422**

ENNIS ROAD, LIMERICK **BER F**
20 LANSDOWNE GARDENS

Semi-detached residence of approx 115 sq.m / 1,237 sq.ft only a short walk from the city centre being just off the Ennis Road. Hallway with porch, living room, sitting room, kitchen, 3 bedrooms, main bathroom and wc. Private rear garden. Whilst in need of renovation and modernisation, it presents an excellent opportunity for a house in an excellent location and boasting enormous potential. OFCH. BER No. 111628111.

€215,000 **Briain Considine 085 2894166**
AUCTION OF LAND
BALLYNORT, ASKEATON, CO LIMERICK
**13.5 ACRES (5.48 HECTARES)
(APPROX) AT BALLYNORT,
ASKEATON, CO LIMERICK.**
AUCTION:
**15th May 2019 at 3pm at
99 O'Connell Street, Limerick.
(Unless previously sold)**
**TITLE: Title and Contract from
Michael Noonan, Solicitor, Rathkeale,
Co Limerick.**
**Brochure/map and appointment to
view contact**
Pat Kearney at Rooneys.
Pat Kearney at Rooneys
CAR PARKING SPACE FOR SALE
LIMERICK CITY CENTRE
FOR SALE – 1 car parking space.
**City centre 5th floor
car parking space in
Cornmarket Square Car Park,
Denmark St, Limerick.**
Car parking space of standard size.
Security Surveillance in operation.
24/7 access.
Secure access via swipe card.
Rates approx. €120 p.a.
Service charge approx. €50 p.a.
AMV - €15,000 PLUS VAT
Tony Wallace 087 2621760
AUCTION OF LAND
NEWTOWN, PALLASKENRY, CO LIMERICK
**8.9 ACRES (3.64 HECTARES) (APPROX) AT
NEWTOWN, PALLASKENRY, CO LIMERICK.**
AUCTION:
**15th May 2019 at 3.30 pm at
99 O'Connell Street, Limerick. (Unless
previously sold)**
**TITLE: Title and Contract from Michael
Noonan, Solicitor, Rathkeale, Co Limerick.**
**Brochure/map and appointment to view
contact**
Pat Kearney at Rooneys.
Pat Kearney at Rooneys.

Perfect home: perfect business

AT A GLANCE

Location: Berkley Lodge, Station Road, Adare
Description: Seven bed detached property currently trading as a bed & breakfast
Price: POA
Seller: GL Auctioneers & Property Consultants
Contact: 061 467188



WANT to purchase a home that can also earn you plenty of money?

Well then Berkley Lodge, Station Road, Adare, could be the property for you.

This seven bed detached property is currently trading as a Bed & Breakfast in one of Ireland's most popular tourist towns.

The accommodation comprises entrance porch, inner hall/reception area, lounge, conservatory, dining room, sitting room, fitted kitchen, utility, shower and toilet.

There are seven bedrooms with six en-suites as well as a main bathroom.

Oil fired central heating and double glazed windows ensure a cosy atmosphere.

The drive to the front has



parking for five cars and there is a paved rear garden.

This property is situated in the world renowned Adare Village which was named a Heritage Town by the Irish Government.

It has a unique mix of architecture ranging from traditional thatched roof cottages to the more English Tudor-style buildings which

are a remnant of the old Dunraven Estate.

The village is a great place to visit and there are a number of pubs and good restaurants to enjoy, with Limerick City also being within easy reach.

The locale also boasts plenty of visitor attractions from Norman castles to championship golf courses.



Berkley Lodge, Adare could make a fine family home and also a business in busy Adare

Extended family home at Mayorstone Drive



AT A GLANCE

Location: 9 Mayorstone Drive, Mayorstone
Description: Four bedroom, semi-detached home
Price: €265,000
Seller: DeCourcy Estate Agents
Contact: 061 415188



THIS property an No 9 Mayorstone Drive, would make the perfect family home in a much sought after location off the Ennis Road.

Superbly well maintained and extended this four bed semi detached residence is situated in a mature

development, convenient to a wide selection of primary and secondary schools and within easy walking distance of the city centre,

It lies in the shadow of the famous Thomond Park rugby stadium.

Accommodation comprises entrance hallway, sitting room, living room/dining room, kitchen, utility room, bedroom one (with shower & toilet)

Upstairs: Three bedrooms, toilet & separate bathroom, large attic/storage room. Gas fired central heating. PVC d.g windows. Recently insulated.



De Courcy Estate agents are expecting plenty of interest in this extended four bed family home at Mayorstone Drive



Geraldine Leddin



Geraldine Leddin

AUCTIONEERS, VALUERS & PROPERTY CONSULTANTS LTD

PRSA 002610



M.J. Caffrey

CARRABAWN HOUSE, KILLARNEY RD, ADARE



BER D1

Once off opportunity to purchase a magnificent 9 bed detached house currently trading as a Bed & Breakfast, situated in the heart of the picturesque village of Adare, one of Ireland's busiest tourist town.

Accommodation: Large entrance porch. Inner hall. Substantial lounge. Formal dining room. Fitted kitchen. Private living area. Large utility room. Shower & toilet. Large double bedroom. 8 En suite Guest Bedrooms. Other: OFCH. Double-glazed windows. Standing on a level 0.58 of an acre. Ample parking for 10 to 12 cars. 3 block built sheds. Beautiful private garden to the rear with ample room for expansion. Situated on the main road to Killarney, on the edge of Adare Manor Golf Resort, location is key with this property. With ample room for expansion this property is suitable for many other commercial uses. Situated in one of Limerick's most prestigious locations, viewing of this property is an absolute must!!

FROSTHILL STUD, KILDIMO



BER D2

BER C1

9.75 acre holding with two dwelling houses on same site

4 Bed detached dormer style residence OFCH & double glazed windows installed. BER D2
2 Bed detached dwelling house. Ber C1

Other This is an Impressive stud farm standing on 9.75 acres of very good agricultural land laid out in 3 divisions with 2 dwelling houses. There is mains water & a septic tank on site. The property enjoys 6 stables & store sheds, separate office, large hay barn & jumping arena. Spectacular views of Dromore lake.
Viewing highly recommended, strictly by appointment

ARD NA COILLE, FOYNES



BER EXEMPT

Detached property standing on 2.15 acre site with uninterrupted views of the Shannon Estuary.

Accommodation: Entrance hall. Sitting room with feature marble fireplace. Separate living room with feature marble fireplace. Large fitted kitchen. Utility room. Laundry room. Office / study. Bed 1, guest bedroom with en suite bathroom. Basement which is divided into three rooms, solid fuel stove fitted. First floor: 6 double bedrooms. 2 En suite bathrooms. Main bathroom. Other: Located on an elevated 2.15 acre site, this property enjoys spectacular views of the estuary. This is a private picturesque site which would be ideal for a guest house / B&B etc Accessed via a long winding drive. Ample parking space. 4 outside sheds. Viewing of this unique property is a must in order to appreciate.

MONASKEHA, CLONLARA



NEW TO THE MARKET

BER D2

Detached bungalow residence on mature landscaped 1 acre site. Accommodation: Entrance porch. Inner hall. Sitting room, feature fireplace. Fitted kitchen / dining. Open plan to large living room. Utility room. Large office / playroom. Garage suitable for conversion. 4 double bedrooms & 1 en suite. Main bathroom. Other features: OFCH & DG windows. House alarmed & attic insulated. Gated cobble lock drive to the front. This property is standing on a mature 1 acre site. Large workshop to the rear which. Raised decking area to the rear of the property which is south facing. This property is within walking distance to local primary school/ crèche / church, minutes to Clonlara Village and Bus to Limerick City. The back road to the University of Limerick is just a ten minute drive. Ideally located within a quiet cul de sac, viewing of this very well maintained family home is a must.

FAIRFIELD, BALLINAMONA, KILCORNAN



NEW TO THE MARKET

BER C2

Bungalow residence standing on a 2 acre site in prime location close to scenic Curraghchase.

Accommodation: Entrance porch. Inner hall. Sitting room. Fitted kitchen / dining area. Conservatory. Utility fitted. Additional glass conservatory. 4 bedrooms. 1 en suite. Main bathroom. Hotpress. Stira leading to attic which is insulated & floored. Granny flat: Separate purpose built granny flat to the side of the house, comprising of: kitchen / dining / living area / double bedroom / en suite. Other features: Large detached garage. Property is standing on 2 acres of ground. Large shed to the rear. OFCH & DG windows. Large drive with ample parking. This property is maintained in excellent condition, viewing comes highly recommended.

THREE GABLES, TOOMDEELY SOUTH, ASKEATON



NEW TO THE MARKET

BER D2

Substantial 4 bed detached residence standing on 1 acre site.

4 double bedrooms, 3 en-suite substantial detached garage/workshop south-facing sun lounge open country views in all directions circa 1 acre site driveway with turning circle lawns, patio, rockery and gardens natural stone walls to boundary central heating and double glazing throughout walking distance to nearest town

OATFIELD, SIXMILEBRIDGE



BER B3

This purpose built architecturally designed house boast ample living space throughout and is standing on just over 1 acre of an elevated site with spectacular views of the surrounding countryside.

Accommodation: Entrance hall. Spacious living room with feature fireplace. Separate family room with feature brick fireplace and solid fuel stove. Double doors leading to extra large fitted kitchen. French doors leading to rear garden. Utility room. Guest toilet & whb. Boiler room with boiler & pump for private well. Study which could be used as a 5th bedroom if desired. Upstairs: 4 large double bedrooms. 3 En suite bathrooms. Substantial main bathroom. Stira leading to attic which has velux windows installed. Other: This property extends to just over 3,600 square feet. Accessed via a long gravel drive and standing on an elevated 1 acre site. OFCH & DG windows. This property boasts ample living space throughout and is finished to a very high standard. Viewing is advised.

THE VILLAGE, ADARE MANOR, ADARE



NEW TO THE MARKET

BER C1

Spacious 3 bed semi detached property in turnkey condition Accommodation: Entrance hall. Guest toilet. Spacious lounge. Large fitted kitchen / dining area. Large conservatory off dining room. First floor: Stairs leading to landing area with large walk in hotpress. Stira leading to attic. 3 double bedrooms. 1 en suite bathroom. Main bathroom. Other: GFCH & DG windows. Under floor heating on the first floor. Garden & cobble locked driveway to the front. Gated Pedestrian side entrance. Enclosed garden to the rear with large patio area & shed in same. This property is in immaculate condition. Finished to a very high standard, the attention to the detail is evident throughout this family home. Situated in a much sought after private residential estate adjacent to Adare Manor, viewing of this exceptional family home is an absolute must.

29 CRESCENT COURT, DOORADOYLE



NEW TO THE MARKET

BER D1

Spacious 3 bed semi-detached with enclosed south facing garden in much sought after area.

Accommodation: Entrance hall. Sitting room. Living room with feature fireplace, solid fuel stove. Large open plan fitted kitchen/dining area. First floor: 3 double bedrooms. Main bathroom. Other: DFCH and DG wood grain windows. Walled landscaped garden to the rear which is south-facing. Timber shed in rear garden. Gated side entrance. Room for expansion if desired. Garden & larmac drive to the front. Located in a much sought after area with an abundance of amenities on its doorstep i.e. UHL, Raheen Industrial Estate, Crescent Shopping Centre, Schools etc, viewing of this ideal family home comes highly recommended.

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SOLD

Substantial 4 Bed Detached

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CASTLETROY
NEWTOWN ROAD**€499,000**

'The Tulips' is an exceptional detached residence spanning almost 3,000 sq ft (approx), nestled on a landscaped south-westerly site just outside the heart of Annacotty village. Entrance hall, family, study, kitchen, dining, living, boot room, utility, guest w.c., garage, 4 beds, ensuite, dressing room and main bath. The attic space has been converted to a versatile additional room with shower facilities. 260 sq m / 2,799 sq ft approx. BER No. 111432472.

CALL FRANK LYDDY ON 061 418 000

BER C3

CASTLECONNELL
COOLBANE WOODS**€499,000**

'Number 11' is an imposing family home situated on a corner site in this exclusive development in the heart of historic Castleconnell Village. A detached, double fronted property laid out over three floors with spacious and very flexible accommodation flooded with natural light. The privacy of both the front and rear gardens and the quiet, tranquil setting are sure to appeal to the family market. Entrance hall, kitchen, living, dining, sun room, family room, guest w.c. 5/6 beds, office, 3 baths. 251.6 sq m / 2,708 sq ft approx. BER No. 111664306.

CALL FRANK LYDDY ON 061 418 000

BER B3

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FitzGerald****LISNAGRY**
AHANE**€589,000**

A stunning detached family home enclosed on a beautifully cultivated 2-acre site (approx) in one of Limerick's most exclusive residential settings. Beautifully maintained interior and potential to further extend. Entrance hall, kitchen/dining, living, family room, sunroom, study, w.c., utility, 4 bedrooms, 5 bathrooms, stables. 219 sq m / 2,361 sq ft approx. BER: 111894127.

CALL ORLA SHEEHAN ON 061 418000

BER C2

PATRICKSWELL
FANNINGSTOWN**€575,000**

A magnificent and imposing family home proudly positioned on a beautifully landscaped site with unrivalled views of the surrounding countryside. The property boasts excellent accommodation with well-proportioned rooms filled with natural light. 2 reception rooms, 1 sun room, kitchen/dining, 4 bedrooms, 5 bathrooms. 222.6 sq m / 2,396 sq ft approx. BER No. 111936167

CALL SEAN MCGEE ON 061 418000

BER D1

ENNIS ROAD
ASHBROOK**€385,000**

'Number 14' is a beautiful 4 bedroom detached home in the sought after residential location of Ashbrook just off the Ennis Road. This property is in pristine condition and would make an ideal family home. Entrance porch, kitchen/dining, living room, family room, 4 double beds, 2 bath. 160 sq m / 1,722 sq ft approx. BER No. 111977856.

CALL SEAN MCGEE ON 061 418 000

BER C3

LISNAGRY
SCHOOL ROAD**€365,000**

'Lissadell' is a superb detached bungalow set on a stunning site of landscaped lawns which will appeal to families seeking to relocate beyond the city limits. Entrance hall, living, kitchen/dining, utility, main bath, 4 beds, 2 ensuite. 178 sq m / 1,916 sq ft approx. BER No. 112230677.

CALL ORLA SHEEHAN ON 061 418 000

BER C3

RAHEEN**€280,000**

FATHER RUSSELL ROAD



'No. 26 Cragaun' offers superb accommodation and generous gardens to the front and rear. Entrance hall, living room, family room, kitchen/dining, utility, guest w.c., 4 bedrooms, 2 bathrooms. 135 sq m / 1,453 sq ft approx. BER No. 105158323.

CALL FRANK LYDDY ON 061 418000

BER C3

DOORADOYLE**€195,000**

KILTERRAGH



'Number 42' is a most impressive 3 bed mid-terrace property that has been beautifully presented and maintained by it's current owners. Entrance hall, living room, kitchen, guest w.c., 3 beds, en suite, main bath. 96 sq m / 1,033 sq ft approx. BER No. 106092695.

CALL ORLA SHEEHAN ON 061 418 000

BER D1



Modern and spacious the homes are built and fitted to a high specification with quality fitted kitchens, air to water heating, tiled bathrooms, cobble lock driveways as standard

Magnificent homes at Mungret Gate

Mungret Gate: Official launch is on this Saturday and Sunday May 11 and 12

A recent 'pre-sale' release of homes to parties that had registered their interest in the scheme at Mungret Gate www.mungretgate.ie went well with all 12 x 3 bed semi homes released being reserved along with 4 x 4 bed semis.

There are approximately 40 homes available in the first phase with three show homes available (2 x 3 bed semis and 1 x 4 bed semi) to view and the official launch is this Saturday and Sunday May 11 and 12 with the show homes on view from 11am – 1pm on both days. Access to the scheme is over the new access road constructed by Limerick City Council located between St Nessans school and Fr Russell Road roundabout.

Twenty two homes are substantially complete and will be ready for occupation during the summer.

Construction has commenced on the remaining 18 units with completion date for these towards the end of the year.

All these homes in the first phase will qualify for the Help to Buy rebate scheme which is only available on new homes for first time buyers.

The homes are built and fitted to a high specification, with quality fitted kitchens, air to water heating, tiled bathrooms, cobble lock driveways are all included as standard.

The first phase is made up of three bed semi detached and four bed semi detached homes. Over 1,000 parties have registered and strong interest has already been experienced from First Time Buyers who can benefit from the Help to Buy scheme which is expiring at the end of 2019, some investors and trade downers looking for new efficient homes.

See www.sherryfitz.ie



Mungret Gate: the first phase is made up of three and four bed semi detached homes

The first phase launch comprises approx. 40 units with 16 homes already reserved and pricing from for the various types of unit are as follows

TYPE	STYLE	Sq. Ft. Approx.	PRICE FROM
C1	3 Bed Semi-Detached	1,130	€290,000
C2	3 Bed Mid Terrace	1,130	€280,000
C4	3 Bed Semi-Detached	1,238	€310,000
D1	4 Bed Semi-Detached	1,433	€350,000





MUNGRET GATE



Launching Saturday 11th & Sunday 12th May
Showhome on view from 11am to 1pm

QUALITY
MODERN
3 & 4
BEDROOM
HOMES



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HELP TO BUY APPROVED

Ending in 8 months. All homes at Mungret Gate are eligible for the 'Help to Buy' scheme which finishes on 31/12/2019.



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PSRA No.002183

Four bed family home at Rhebogue



AT A GLANCE

Location: Rhebogue Cross, Dublin Road

Description: Four bedroom, dormer bungalow

Price: €265,000

Seller: Rooney Auctioneers

Contact: 061 413511



access to Cork and Dublin roads.

Built in 1993, this property is in great condition throughout having been recently redecorated, and has everything to offer as a family home.

Accommodation

Accommodation consists of hallway with new tiling, kitchen/dining room with new tiling, living room with open fire and solid oak flooring, two bedrooms downstairs, two bedrooms upstairs and two bathrooms. The property enjoys the benefits of gas fired central heating, double glazed windows, is fully alarmed has a side entrance, enclosed south facing rear garden, patio area and large tarmac driveway. Approx. 113.76 sq.m. (1,225 sq.ft.)

RHEBOGUE is one of Limerick's most historic and well known areas to live and the home of St Patrick's, the oldest GAA club in Limerick.

Rooneys are delighted to offer this four bedroom dormer detached property which is conveniently located just a short walk from Childers Road Shopping Centre, Parkway Shopping Centre, Aldi, schools, leisure centre and University of Limerick and with easy



Built in 1993 this four bedroom dormer property is in great condition throughout

Home by the sea in popular Kilkee

AT A GLANCE

Location: Meadow View, Dunlicky Road, Kilkee

Description: Three bedroom, detached bungalow

Price: €170,000

Seller: REA O'Connor Murphy

Contact: 061 279300



REA O'Connor Murphy are pleased to introduce to the market this spacious and well-appointed three bedroom detached bungalow situated on the Dunlicky Road in the West End area of Kilkee.

Certainly one of the unrivalled benefits of owning a holiday home in Kilkee is the beautiful beach and many swimming areas notably Pollock Holes and scenic cliff walks on both sides of the bay which are widely renowned. Meadow View which is located in the west end of Kilkee, and enjoys the envious position in a quiet location yet just a few minutes walk from

the beach.

Internally the property is impressively spacious and bright which is replicated throughout the house. It has been well maintained by its current owners, and is further enhanced by a detached outhouse which could be used as a granny flat (subject to planning permission). The property enjoys ample space to the front and rear.

The accommodation

briefly comprises: entrance hall; living room; kitchen and a dining room. Three bedrooms and a family bathroom complete the accommodation.

If you are looking for a holiday home or home by the sea this property should not be missed for those searching in the west Clare region!

Contact Elaine Fitzpatrick at REA O'Connor Murphy for further details 061 279300 of this impressive property.



If you are looking for a holiday home or home by the sea this property should not be missed



6 SHANNON STREET, LIMERICK

T: 061 418 111



TO LET



1-5 Barrington Street, Limerick

BER C1

Fully Fitted office accommodation extending to a net internal floor area of approx. 990.34 sq.m. (10,660 sq.ft.)

The property is configured to provide office accommodation over Ground, First, Second and Basement floors.

Flexible floor plates available from approximately 206 sq.m. to 360 sq.m.

Internally the office accommodation is predominantly open plan throughout, with an element of cellular offices within the ground and upper floor levels.

Secure car parking available.

Ber No.s Available upon request

CONTACT: JOHN MURRAY / JOHN BUCKLEY 061 418111

TO LET



Mercantile Office, Gardens International, Henry Street, Limerick

BER A2

Opportunity to let office space in the exclusive Gardens International Office Development located in Limerick City Centre.

The Gardens International is the first LEED Gold office building in Limerick, the building is fitted to a Grade A specification and provides superb amenities and services.

The unit benefits from own door access and comprises a light open plan office space on the first floor with reception area on the ground floor.

The unit extends to approximately 153.9 sq m (1,656 sq ft). Ber Nos available upon request

CONTACT JOHN BUCKLEY 061 418111

DEVELOPMENT LAND FOR SALE



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8.09 hectares / 20 acres

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BER
EXEMPT

CONTACT CIARA MC CARTHY/
DEIRDRE O'BRIEN 061 418111

HOME & INTERIORS

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

Top trends for your comfort

What will we be sitting on this season? DFS' design team have the latest from a major Italian showcase

Salone del Mobile, Milan's world-renowned furniture design show has just come to an end.

The DFS design and buying team were there to seek out the latest looks and design trends that will be making their way into the living rooms of Ireland.

Can't wait? Well some of the big trends seen this year have already been filtering through into some of the latest DFS looks.

At last year's show, rich fabric textures took pride of place, and that focus on tactility continues strongly into this year.

TEXTURE TREND - BOUCLE

It started on the catwalk and is now firmly fixed as a staple texture for a warm and inviting home – boucle fabric was seen in Milan across an array of pieces from plump, oversized sofas through to elegant occasional chairs.

The looped yarns, often in two or more shades, create a raised 'curled' quality to the fabric once woven, absorbing light to promote a sophisticated but cosy feel.

New for 2019, DFS is offering the Zinc collection from its popular French Connection range in a stylish boucle fabric.

TEXTURE & COLOUR TREND - SUEDE & POWDER BLUE



The classic houndstooth check was one of the key elements of pattern this year

Mixing fabric textures was a popular look, with sofas including a subtle mix of similarly toned cotton, leather, velvet and suede cushioning.

Suede can be a less practical choice for sofas that face family life, but the new Earle by DFS effortlessly delivers the trend with Powder Blue suedette.

Available from May 2019, both the colour and texture speak to two key trends spotted by the design team.

COLOUR TREND - EARTH TONES

Luxurious richly textured fabrics such as leather, velvet and suede form part of a colour palette inspired by earth tones that was evident across exhibits in Milan.

Warming shades of burnt orange, terracotta, and rust with rich tones of ochre, brown and buttery tan create a very liveable colour trend that connects to the world around us.

Earth tones were also

mixed with accents of black, and more vibrant colours of mint green, dusty blue and the enduring appeal of more muted shades of pink.

TEXTURE TREND - BUTTER SOFT LEATHER

Smooth leather is a perfect contrast to the textured weaves of boucle and poodle, making it a very popular choice at this year's exhibition. Warm and soft to the touch, buttery leather has a wonderful natural quality that is relaxed but sophisticated. Nude and neutrals sat alongside browns and soft tans.

FORM TREND - GATHER ROUND

Building on a trend seen in 2018, curved, organic shapes in furniture were very present in Milan. This year, a key trend the design team spotted was large, circular footstools. A flexible piece, the foot stools can double up as a coffee table or additional seating for people to get together.

PATTERN TREND - HOUNDSTOOTH

The classic houndstooth check was one of the key elements of pattern seen across furniture this year. Providing a sophisticated contrast to rich textures and warm colour palettes, the monochromatic pattern has enduring appeal that can be styled to suit a contemporary or classic room design.



The Embrace Chaise by DFS offers a luxurious finish and lots of room for everyone



Above: Yoko open end corner chaise
Right: DFS Earle two seater



No need to go far for a sofa - visit EZ Living

We know that families come in all shapes and sizes and sofas are no different.

When choosing a sofa to suit the entire family, there can be many things to consider, however, with a little help from EZ Living Furniture we hope to make this choice a lot easier.

WHAT SIZE AND SHAPE?

We have sofas to fit all the family including three seaters, two seaters, armchairs, corner sofas and much more!

If you want to create more space for large families in your home, why not have a look at our large corner groups such as the Baxter and Hannah range.

WHAT'S YOUR BUDGET?

We understand that money can be a little tight when you have a large family. To make things a little easier, all of our stores now offer interest-free credit which you can apply for in-store. Otherwise, we recommend having a look at our stylish Harper sofa range which is both affordable and trendy.

WHAT MATERIAL WOULD YOU PREFER?

Fabric, Leather, Faux Suede, or Velvet?

No matter what you're looking for we have a material and colour to match the style of your home.

If you are unsure what to choose maybe think about visiting one of our showrooms to see our furniture displays which may

give you a few ideas.

Our sales staff in-store are dedicated to helping you find the sofa that's just to your liking.

WHAT COOL FEATURES WOULD YOU LIKE?

Whether you want to put your feet up in a stylish recliner or you want a sofa bed to accommodate extended family when they come to visit, our sofas have a range of exciting functions which will ensure we have a sofa tailored just to your family's needs.

This was our top tip for finding a sofa to fit the whole family! Be sure to check out our website at ezlivingfurniture.ie or visit us in one of our many stores across Ireland!



Check out the Salvador sofa at EZ Living. Perfect for your family? Maybe

Get the classy Italian look at Tubs & Tiles



Above: Vinci by Salgar from Tubs & Tiles on the Ballysimon Road and right, - Jewels marble effect porcelain in extra large slab size tiles

Tubs & Tiles on the Ballysimon Road showcase an extensive range of Mirage Italian porcelain which reveals excellent craftsmanship and design which will stand the test of time beautifully.

Jewels by Mirage is a collection of

fine-quality marble effect tiles which showcases the charm of natural stone with the precision of fine veining effects, realistic nuances of colour and an intense harmony of shades.

This is a vast collection of

seventeen colours and a range of large format sizes up to an amazing 1600x3200mm.

BLACK COLLECTION

Black is the latest trend in

bathroom design with black framed furniture, showers and wetroom enclosures, towel warmers and radiators, brassware and showers all making a strong presence in the latest collections now on display in the Tubs & Tiles showrooms.

Vinci by Salgar has matt black metallic frames which is paired with warm African oak.

The range includes wall hung and floor standing vanity units in a variety of sizes and formats, shelves, towel rails and mirrors.

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ENTERTAINMENT

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

Become the art at the Hunt



The Hunt Museum's new project, 'VanGoYourself' is allowing visitors to discover and enjoy art in a whole new way. Visitors to the Exhibition can re-enact the painting for themselves. They can become the painting using their own

visually creative take on the artists work. People visiting the exhibition can recreate an Osborne or Lavery painting, by taking a snap of their version of the painting, uploading it to VanGoYourself, which twins their image with the

original artwork for sharing on social media.

Opening on June 1 is a new Irish exhibition 'Lavery and Osborne: Observing life' at the Hunt Museum, featuring Irish artists Sir John Lavery and Walter Frederick Osborne.

Sing Out With Strings presents; 'The Snail And The Whale'

THE Irish Chamber Orchestra's long-established community engagement programme Sing Out With Strings presents another terrific showcase, The Snail And The Whale.

The show will take place on Tuesday May 21 at 11am at University Concert Hall, Limerick.

Around 300 pupils from Le Cheile National School and St. Mary's National School will come together

for an un-missable adventure.

The Snail and the Whale, written by children's author Julia Donaldson, tells the tale of a tiny snail and a great big humpback whale.

A tiny snail hitchhikes a lift on the tail of a humpback whale and go on an amazing journey. When the whale beaches in a bay, how does the snail save the day?

The children have composed original songs that bring a certain magic

and creativity to this terrific tale. Members of the Irish Chamber Orchestra will accompany the children along with renowned rock-guitarist Dave Keary. Everyone is invited to come along and enjoy a whale of a tale through music and song.

The Irish Chamber Orchestra is resident at the University of Limerick. It is funded by The Arts Council of Ireland/An Chomhairle Ealaíon.

Gráinne to play The Commercial

GALWAY-based singer-songwriter and multi-instrumentalist Gráinne Cotter will play The Commercial on May 16, following the release of her new single 'Shadows'.

'Shadows' is a meditation on disconnection, on what it means to be alone, on the beauty of nature and in particular the sea. Gráinne's ethereal vocals, at times reminiscent

of Florence Welch and Natasha Khan, are interspersed with jazz flute, harpsichord, and soaring strings. This creates an unmistakably original and idiosyncratic sound.

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BIG NIGHT OUT @

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Emma Murray, Cathal Murphy, Meabh Nic Dhonnacha and Danielle Kelleher at Smyth's Bar



Micheál Joyce, Tara O'Reilly, Brendan Ellis and Meghan Craughwell at Smyth's Bar



Dearbhail McMahon, Kieran O'Donoghue and Siobhan Nestor



Alice O'Donnell and Rebecca Jordan



Michelle Dineen, Deirdre Mullins and Clara Cosgrove at Smyth's Bar



Sophie Ryan and Rachel Kealey at Smyth's



Hadi Jahani and Amir Ghasemi



Nicole O'Malley and Cian O'Connell



Haughey Gregory is at the Lime Tree Theatre this Friday

PICTURE: ANTHONY WOODS

THINGS WHAT ARE ON IN LIMERICK

YOU might be thinking that the weekend after Riverfest is a quiet affair in Limerick, with not much on. You would be wrong. This week you can see some great theatre, comedy and at least two great music acts!

Thursday (May 9)

Blindboy - international man of mystery and the face of plastic bags recycled as outerwear - is in **Dolan's Warehouse** this Thursday and Friday with his podcast tour. He currently has over a million regular listeners to his weekly meanderings on everything from social cohesion to Limerick otters, so this week is your best chance to suddenly get your own million listeners if you holler loud enough. The Friday night show is sold out but you can still pick up a ticket for Thursday. Doors at 7:30pm, tickets are €27.

Comedian **Deirdre O'Kane** is at the **University Concert Hall** this Thursday with her **A Line Of O'Kane** show. She's the funniest person ever to crawl out of the dark swamps of Louth and is sure to dish the dirt on her appearances in **Dancing With The Stars**, the show where Irish people you've never heard of try to become famous. Justifiably popular on the Irish comedy circuit over the past two decades, her show is worth seeing. 8pm, tickets are €20.

Final year students of **Mary I's BA in Contemporary and Applied Theatre Studies** - a course title which, like this sentence, needs to be shortened - are performing Tom Murphy's companion plays **On The Outside** and **On The Inside** in the Lime Tree Theatre from Tuesday to Thursday this week. Both plays cast a light on the Irish dancehall scene and you should see a Tom Murphy play any time you can. 8pm each night, tickets are €14 / €10 concession.

Friday (May 10)

1982 was a great year for music and an awful era for fashion. It was also the year when independent TD

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

Tony Gregory cut a deal with wannabe Taoiseach Charles Haughey to support a government that most people didn't want in exchange for £100 million to be spent on inner-city Dublin. It's still shocking that he didn't ask for a monorail, as, by gum, it put North Haverbrook on the map. Fishamble have taken that drama and turned it into **Haughey/Gregory**, a play that you can see this Friday at the **Lime Tree Theatre**. Tickets for its run in the Peacock sold out in record time last year so I highly recommend that you don't lose this chance to see it. Never miss a Fishamble play when it comes to town. 8pm, tickets are €20.

Equinox Theatre Company are at the **Belltable** this Friday with **The Water Boys**, a play about two lads who are the water carriers for their local hurling team but dream of lifting a trophy of their own in Croke Park. **Equinox** is part of Kilkenny's **KCAT Art & Study Centre**, which facilitates artists with learning disabilities working in collaboration with professional theatre practitioners to create new work. They tend to produce marvellously uplifting theatre while still confronting the difficulties faced by their own artists, so this show is definitely worth a look. 8pm, tickets are €15.

If you're a hip-hop fan, you can't miss the **Jafaris** gig upstairs in **Dolan's** this Friday night. The Dublin rapper has just released his debut album **Stride**, a confident record with as much R&B and electronic pop as rap. PR people talk up a lot of artists but if he doesn't hit the big-time, there's no justice in the music world. Obviously there's never been any justice in the music world - we know this because Westlife still fill arenas and Bille Holiday died penniless - but odds are good that the next time Jafaris plays

Limerick, it'll be in the Warehouse and tickets will be a lot pricier. Doors at 8pm, tickets are €10.

Saturday (May 11)

The **Darkness Into Light Walk** takes place at four locations in Limerick this Saturday morning. The annual event is in aid of **Pieta House**, which provides support for people with mental health difficulties. Limerick city's event begins at Thomond Park, Kilmallock's at Coláiste Iósaeaf, Murroe's at the Muintir Na Tire Hall, and Newcastle West's at the Desmond Complex. As the aim of the walk is for participants to meet the rising sun together, it starts at the impressively early 4:15am. Yes, that's 4:15am in the morning, which means you're allowed to eat two breakfasts on Saturday. It'll cost you €25 as an adult or €20 concession.

Rodrigo's **Concierto de Aranjuez** will be the centrepiece of the **UL Orchestra's Summer Proms** concert at the **University Concert Hall** this Saturday. Written to give the guitar

some respectability in polite society, the celebrated guitar concerto will be played by guest soloist John O'Shea. This year's concert follows a Hispanic theme, with works by Arturo Marquez and Astor Piazzolla, as well as Rimsky-Korsakov's **Capriccio Espagnol**. Nobody will blame you if you bust out your sultry dance moves during Piazzolla's **Libertango**, so consider bringing that person you've been dying to ask out. 8pm, tickets are €15 / €10 concession.

The always brash and trashy **Electric Six** are set to rock **Dolan's Warehouse** this Saturday night. They've released 14 studio albums but are mostly living on the proceeds of their debut LP, **Fire**, an album which birthed the floor-thumping singles **Danger!**, **High Voltage** and **Gay Bar**. If you can name a third **Electric Six** single, you're legally required to go to



ABOVE: Catch The Water Boys in the Belltable on Friday



RIGHT: Jafaris is upstairs in Dolan's this Friday

PICTURE: JOSE ARMAN GALANG



Crack Cloud play Dolan's Upstairs this Sunday

this gig. Doors at 8pm, tickets are €20.

Sunday (May 12)

Mixed-media collective **Crack Cloud** play **Dolan's Upstairs** this Sunday night. The Canadian seven-piece group started as a rehabilitation exercise for recovering addicts and people who work with folks dealing with addiction but has blossomed into one of the best post-punk bands you can give your time to. You'll hear influences from Talking Heads to hip-hop weaved through their sound and I cannot recommend enough that you hear this band live. This is the gig that you shouldn't miss this week. Doors at 8pm, tickets are a tenner.

All weekend

LSAD's **We Are The Proposers** exhibition runs at the old Tait clothing factory and the Sailors Home until this Sunday. The **Encounter / Thinking Of Place II** exhibition is at the Belltable until May 22. The **Limerick Soviet** exhibition runs at Istabraq Hall until May 31. All free to visit.

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

Deirdre O'Kane is at the UCH on Thursday



LEADER LIFE

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

A Day In My Shoes

Angel Catala Sempere

Fitness Instructor at Clubvitae Leisure Club at Clayton Hotel

Your health is your wealth

What time do you get up?
8:30am.

What is your normal breakfast?

Organic full fat yoghurt with honey and walnuts.

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

I walk every night before going to bed so my mind is clear and ready for bed.

You arrive at office at what time?

I start in the gym at 14:00 so I can spend the mornings with my son. He is only two so now is the time to create lots of memories.

What are your first duties?

First thing is to do the pass over with my colleagues so we all are on the same page. Then I look around to see if there is something that requires my attention immediately, that might include to say hi to customers pick up a delivery and a quick look to the swimming pool.

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

Around two. I am aware that drinking something that alters our hearts and behaviour is not ideal but I am very social person and drinking tea/coffee is a social convention and habit.

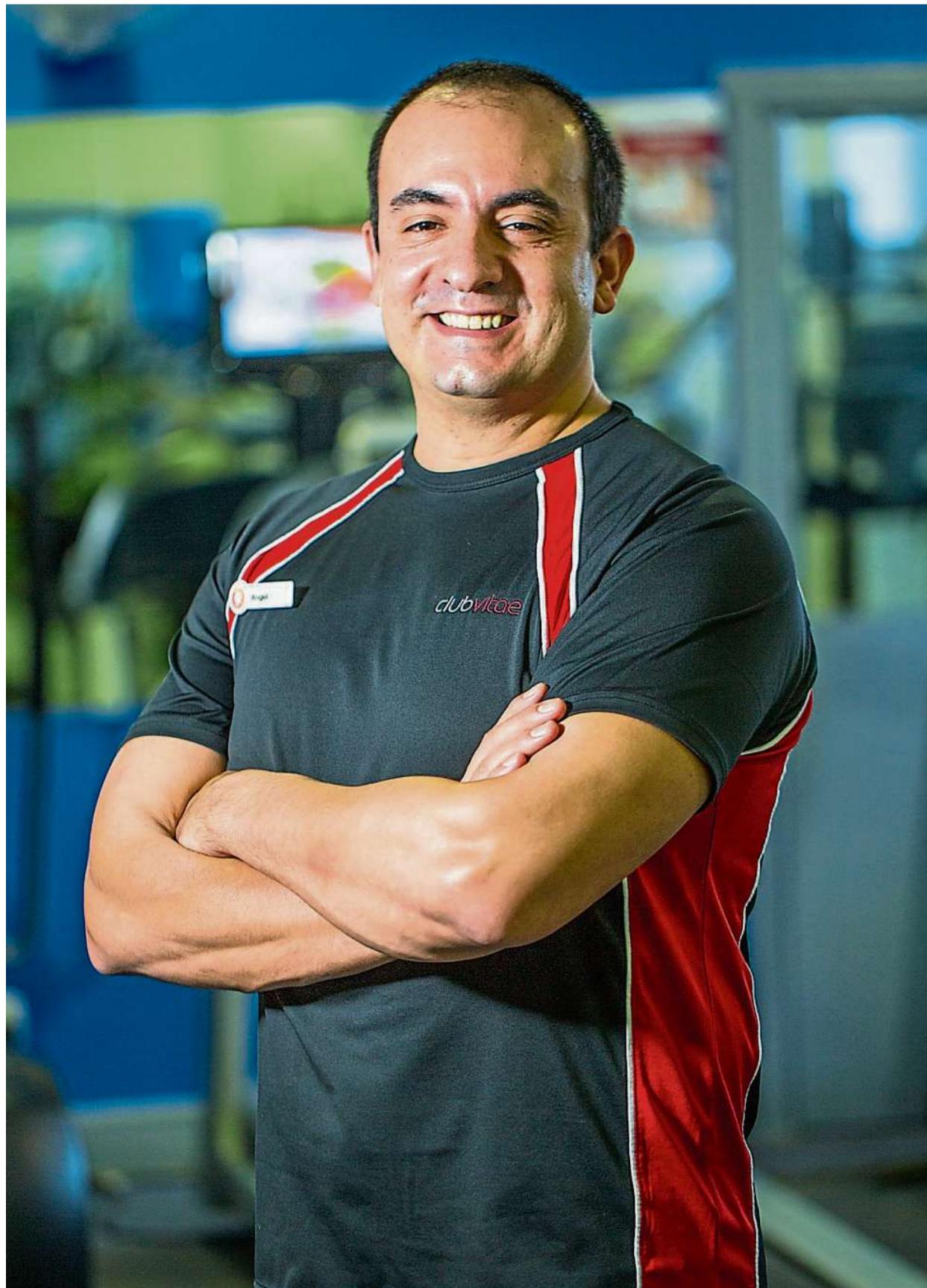
What is normal lunch - do you have a favourite place?

My favourite place is at home with my son and wife. There are lots of cool places to go to nowadays but for me the key factors are views and atmosphere of the place where I am eating. The Clayton hotel offers both. The views are so out there that one can get distressed in minutes and the Clayton offers the experience of looking at the city from a safe and almost magical glass box.

What time do you finish up at?
I finish at 9:30pm

Do you watch much TV?

Only before going to bed with the family. Every night one of the family members will chose a programme. I am not too sure if my son likes that method as he always gets very upset when it's not cartoons! The most important thing for me is not to watch programmes with canned laughter, except for "Friends" of



course.

Do you read the newspapers?

I read the Irish independent and local papers. Local papers do an amazing job.

What do you do to relax?

My night walks help me a lot and I use to write although I don't have the time anymore.

Are you able to leave the office behind?

Keeping fit:

Angel looks after everything from Zumba to aqua aerobics instruction

Yes

What is a perfect work day?

I enjoy teaching classes and been involved with people so for me anything to do with these two factors would make my day.

INSIDE THIS WEEK



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Make goals for a positive future



MENTAL HEALTH MATTERS DR EDDIE MURPHY

CLINICAL PSYCHOLOGIST
ADJUNCT ASSOCIATE PROFESSOR
UCD SCHOOL OF PSYCHOLOGY

INCREASINGLY research has indicated that having goals, orientates us to a more positive future. Indeed feeling good about the future is important for our happiness.

Goals help us and motivate us. These need to be “stretch goals” where they are challenging enough to excite and engage us, but also achievable. If our goals are unachievable or impossible this brings unnecessary stress. Choosing ambitious “stretch” goals gives our lives direction and brings a sense of accomplishment and satisfaction when we achieve them.

GOALS ARE GOOD FOR US

One way to think about goals is the way that our goals can turn our values and dreams into reality. Happiness, contentment and inner peace doesn't just happen - it comes from thinking, planning and doing things that are important to us. Scientific research shows that setting and working towards goals can contribute to happiness in various ways, including:

Being a basis of passion, engagement or pleasure

Giving us a sense of meaning and purpose, this acts like a magnet towards our future

Bringing a sense of accomplishment when we achieve what we set out to – I am thinking of how I have taught my boys to ride a bike and swim - this also builds our confidence and belief in what we can do in the future

Goals help focus our attention. It's often about the process not the end point, as working towards goals appears to be as important for our well-being as achieving the end results we are aiming for. Goals are most successful when they're something we really want to achieve and when we set them for ourselves - rather than being something someone else wants us to do. So what goals would you like to do? What would motivate you this summer?

MAKING GOOD GOALS

Goals can be long-term, short-term or even day-to-day. A long-term goal might change your job, graduating, building an extension (the last one is one for the Murphy family – we have grown out of our 900 sqft house. A short-term goal might be a plan for the coming weeks or months - for example to communion (another Murphy task!). A day-to-day goal might be just to cook something different or contact an old friend. This I like as too often we lose



Choosing ambitious “stretch” goals gives our lives direction and brings a sense of accomplishment

contact with people who are important to us.

Smaller goals may seem unimportant. But having personal projects that matter to us, and are manageable, has been consistently shown to boost well-being, especially when they're supported by others around us. And it's even better if we can link our smaller goals back to our bigger aims and priorities in life.

The way we set goals influences the actions we take to achieve them, the effort we put in and how persistent we are at sticking to them. Good goal-setting can be learned. Indeed I believe perseverance is a key life skill. Some of our goals may be ambitious, but it's important that they're still achievable. Achieving our goals brings a sense of accomplishment and makes us feel more positive about the future.

THE POSITIVE ROLE OF OPTIMISM

Would you think you are optimistic or pessimistic? Science shows that people who are optimistic tend to be happier, healthier and cope better in tough times, in effect there is more resilience. Although we may have a natural tendency to be more optimistic or pessimistic, there are things we can do to take a more optimistic outlook, without losing touch with reality.

Optimism is about believing that things are more likely to turn out good than bad. Not surprisingly our level of optimism can influence how persistent we are in aiming for our goals and how we deal with setbacks.

TAKING AN OPTIMISTIC APPROACH TO OUR GOALS INCLUDES

* Choosing goals that take us towards something positive we want to achieve, rather than goals that help us avoid things we don't want.

* Being proactive when problems arise and looking for



Good goal-setting can be learned. Dr Eddie believes perseverance is a key life skill

ways to resolve them, rather than ignoring or putting off dealing with issues.

* Avoiding dwelling on the negative - learning to accept difficult things that we can't change and re-adjusting our goals rather than avoiding them.

REALISTIC OPTIMISM

Although there is some evidence of benefits to pessimism, or realism for example assessing risks to our health, the research suggests that optimism is better for our health and happiness overall. Studies show that in difficult situations - such as starting college, aging or dealing with medical

issues - optimists appear to experience less distress and higher well-being than pessimists.

Nevertheless it's important that we keep our feet on the ground. An overly optimistic outlook can be unhelpful. Being optimistic does not mean blindly ignoring the negative facts. Having unrealistically high expectations can lead to disappointment, a sense of failure and a more pessimistic view of the future. When we think about the future we are all guessing to some degree so we have to base our goals and our judgments on what little we know now. Taking a realistic but hopeful view of the outcomes seems to

increase the likelihood that things really will turn out ok.

Finally, I would ask you to consider some short, medium and long term goals that you can work towards. Believe me it's a good investment for your future happiness. Now where is that number for the bouncy castle for the communion!

* 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/>



Zoe, Aisling, Dara, Eoin, Elaine Murnane, Sabine Egger and Paul Aan De Wiel

Out & About

CATHERINE STREET FESTIVAL

Pictures: CALEBPURCELLPHOTOGRAPHY



Liveable Limerick Street festival returned to Catherine Street last weekend and was a treat for everyone attending with food, music and crafts



Andrew Farrell, Niamh McGuinness and Deirdre McGuinness



Billy and Joe Minihan pictured at the festival



Steven, June, Finn and Emmet Newman



Eva Quies and Ally Daly take a break from the festivities



Emma O'Brien and Sean Flynn enjoying the festival



Aoife Cantrall and Chloe O'Grady



Just chillin with a burger

POSITIVE PARENTING



Top Tips

On Praising Your Child

Praising your child is one of the best ways of encouraging positive behaviour and giving your child a strong sense of self. Below are some tips on how to praise in a way that will have a really positive benefit on your child and the relationship between the two of you.

Be specific

Instead of saying things like, "You're such a good boy", try "I really like the way you helped Aoife when she fell. You showed such kindness and caring."

Notice the small things

Children love to be noticed and part of our job as parents is to help give them a strong sense of themselves. By commenting on the small things ("You got dressed all by yourself-you're getting so independent!" or "You really seemed to love working out in the garden-you have such a love of nature"), children will feel that they are really seen and valued.

Praise Effort, Not Outcomes

Instead of saying, "You did great on your maths test-you are so clever", say something like, "I saw how hard you worked on your maths-- you have really learned so much." This will help them to see the value of effort and hard work; focusing only on the outcome can give them a fear of failure and make them less willing to try unless they are certain they can succeed.

Be sincere

Don't overdo praise ("You are the best piano player in the whole world!"). Children can see through this easily, and they won't be sure when your praise is really sincere. Giving specific, sincere praise will give them a much greater sense of self and will strengthen the bonds between the two of you.



It is clear that we must find ways of creating space in which adults are able to give children the gifts of time, when real attention can be paid to them.

Giving Children the Gift of Special Time

There is little doubt that our earliest years are the most important ones of our lives. It is during our childhood that the foundations are laid for the development of individuality and our attempts to adapt to the world around us. It is around this time too that our responses to life experiences are beginning to get moulded. As young children we are almost entirely dependent on adults for food which is essential for healthy growth. Similarly we are also dependent on another essential ingredient vital to our emotional development – the attention of caring adults. Given the importance of this factor it is surprising how little time we spend being truly attentive to children. As a result, children sometimes find different strategies to have this need met. Most of us are aware of some of these: temper tantrums, acting out, or being disobedient and clingy. To be heard and appreciated is essential to a child's growth and

development. With increasing social, digital and economic pressures often outweighing the needs of the individual, it leaves less and less opportunity for active listening to occur. It is clear that we must find ways of creating space in which adults are able to give children the gifts of time, when real attention can be paid to them. "Special Time" or a "Special Listen" provides a vehicle for this to take place. During this Special Time an adult gives undivided attention to one child. The boundaries are set within a safe environment and are age appropriate. The special time could be for 10 minutes special reading time at bedtime or an hour of other activities during the day. The child takes the lead in initiating the activities. The child guides the play, makes their own decisions and mistakes without fear of adult dismay, corrections or condemnation. The verbal and non-verbal feedback to the child conveys that total attention is being paid.

It is in the form of "running commentary and recapping" on the activity taken place. You might say - "you have pushed the red car," "you're smiling talking to Paddington Bear", "you are able to swing really high", with your non-verbal behaviour matching the verbal. When the special time is coming to an end, give your child plenty of warning that you are going to return to normal tasks soon. This doesn't mean, however, that you won't still have moments of connection and "special time" throughout the day. Being firm conveys to the child that you sometimes you don't mean what you say and that your boundaries are not firm. Once the child grasps the concept of the "special listen" or "special time", they are usually overjoyed at this new experience and will look forward to it happening again and again. It allows the child to be herself/himself without having to employ strategies to gain attention. The process of being

fully attentive and accepted is in itself a healing and enriching one. The Special Time without doubt has many advantages. It is a source of individual growth and happiness to all children. The parent/child relationship will be greatly enhanced and negative behaviour and frustrations can decrease and tensions lessen. The child's self-esteem increases and their inner security grows. They are more able to deal with the many conflicts and frustrations which are part of everyday life. Special Time is free. The overall aim is to foster a strong connection with your child and to ensure that they know you are there to listen to them and support them. For more information on this and other parenting topics, see www.loveparenting.ie

This article was written by Phil Lockhart and Michelle Stack who are Parent Support Workers for Hospital Family Resource Centre.



HEALTHY LIVING

EVA HILL HAMILTON

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One change can break a bad habit

I WAS invited to speak to a group of business people about healthy diet. I find that no matter what people's background is, they all have a basic idea of what they should and shouldn't eat. Despite all the confusing messages and outdated official advice, you probably know that too much sugar (over 6tsp/day) is bad for you and eating more vegetables can only be good.

But why is it that you still reach for that biscuit and

ignore the salad bar?

Changing is hard, especially if the end result is unknown. Even if you know that the change will bring you positive outcomes, you might be scared, because you have to get out of your comfort zone to get to that desired outcome – whether it is health, weight loss, vitality or more quality time for your family and yourself.

There are certain barriers that might prevent you from succeeding; these are either



Take it from Roy: Fail to prepare – prepare to fail

self impacted or practical / circumstantial. Limiting self-beliefs and negative thoughts about yourself can set you up for failure. Turn

these around by proclaiming positive and encouraging words over yourself, as soon as you realise your negative thoughts. Be kind to yourself.

You might think that you have no time to make healthy changes – or you haven't the finances to provide for a healthy lifestyle. Does any of it sound familiar? Do you tend to make excuses as to why you are "unable" to change, and except current misery or chronic illness as normal part of life? There are usually more self-impacted than practical excuses - which means that all you really have to do is make a conscious decision and do something about it! Change your mindset to make a change! Yes you can!

You've probably heard the saying "Fail to prepare – prepare to fail". You need to be very clear of where you would like to be / how you would like to feel. Believe

that you are already there – say it out loud, visualize it, act like it, and your brain will convince the rest of your body! What inspires you? Keep your eye on that ball and you will find the time and money to spend on what is important for you.

Achieving your health goal does not require much time or huge expenses. The best way to make lasting changes is to commit to one single, small, achievable change and repeat that one change until it becomes a habit – only then make another change. Make it very specific, like eating at least one more portion of vegetable a day – write it down, set up a reminder in your phone for lunch time, and stick to it!

DID YOU KNOW?
 "It takes a touch of genius and a lot of courage to move in the opposite direction" - Albert Einstein

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Five reasons why ladies should lift

WORKING in a gym, I often get asked the question - but why is it important to lift weights? So many ladies stick solely to cardio - a mistake I myself made in the past - and don't ever see the benefits of weightlifting. So here are just five of the reasons why ladies should lift!

1. IT BURNS SERIOUS CALORIES

So many people think cardio is the only way to go when it comes to burning calories. But in fact here's where weight training can be a big secret weapon. Sure a cardio session might burn more calories immediately but a weights session goes on burning those calories for up to 72 hours after the session is complete depending of course on the intensity of your session. On top of that - the more muscle mass the body has - the more calories it uses throughout the day doing normal day-to-day jobs. Long story short - calorie burn can continue for the rest of the day and more after a weights workout.

2. IT TONES THE BODY

So many ladies say to me "I don't want to build muscle - I just want to tone up..." But what I would love every one with this mindset to know is that "toning" means building muscle! Weight lifting basically allows the body to build muscle tone giving you that more solid and svelte shape you have in mind.

3. IT HELPS SCULPT GORGEOUS CURVES

Weight training is the best way to



No weightlifting isn't just for men: More and more ladies are taking up lifting

build a gorgeous curvy body. One of my favourite workouts is "Glute Day" because it quite literally builds your bottom. If you desire a rounder or more pert bottom, there are a number of weighted exercises that will help. Squats, lunges, hip thrusts, deadlifts, leg curls, split

squats and step ups will all go a long way to helping you lift and tone.

4. IT MAKES YOU STRONGER

Weight training is so beneficial for increasing your body strength. Not only that but adding an element

of strength training to your fitness routine can be so motivating. Hitting new personal bests and just seeing how far you improve is a great way to keep you going with your gym training plan.

5. IT HELPS SLEEP, ENERGY AND

HEALTH

Believe it or not but a good gym routine and weights plan will actually help improve your nights sleep. Not only that but you'll find you have increased energy during the day and your overall health will only be improved by your healthy living lifestyle.

Healthy Recipe

Oatmeal Muffins



What You Need

2 ½ cups old-fashioned oats (1.5 cups ground, 1 cup whole)
 2 Tbsp old-fashioned oats for muffin tops
 2-3 large overripe bananas (1 cup mashed or or 1 cup applesauce)
 2 large eggs, (lightly beaten, may use flax eggs)
 1/3 cup honey
 3/4 cup milk (or non-dairy milk)
 2 tsp real vanilla
 2 tsp baking powder
 1/2 tsp baking soda
 1/2 tsp salt
 1 tsp cinnamon

What To Do

Preheat oven to 325°F to toast oats.
 Place oats on a baking sheet and toast until lightly browned, stirring once (about 4

to 6 minutes).

Let cool to room temperature.
 Divide oats into portions of 1.5 cups, 1 cup and 2 Tbsp
 Turn oven heat up to 350°F degrees to bake the muffins.

Place 1.5 cups of oats in a food processor and blend/pulse until they reach a rough, flour like consistency.

Mash bananas well, they should have no lumps. I use my mixer to mash them before adding the other wet ingredients.

Add eggs, honey, milk and vanilla. Mix to combine.

Add dry ingredients to wet ingredients and mix until just incorporated.

Allow these to sit for 10 minutes to soak the oats.

Scoop into Muffin cases.
 Bake at 350°F for 20 -23 minutes.

Moore2Life

What I'm loving this week

Wellfest 2019

On Saturday I am attending Wellfest 2019 at Royal Hospital Kilmainham in Dublin to take part in Caroline Foran's live podcast Owing It: The Anxiety Podcast. We'll be live at the Naked Juice Activation Area on Saturday May 11 at 1pm where I'll be talking to Caroline about the importance of exercise in overcoming my own anxiety. Make sure to pop in if you're heading to Wellfest, Naked Juice also have classes running throughout the day, starting every hour, so check out the timetable by visiting [#sp](http://www.wellfest.ie)



Darkness Into Light

In 2009, in the Phoenix Park in Dublin, 400 people set-off on the inaugural Darkness into Light 5km walk to raise funds for Pieta House. From small beginnings, the movement has grown year on year and in 2018 over 200,000 people took part in 150 locations, in 16 countries across 5 continents. This Saturday morning at 4.15am thousands will gather in locations across Ireland to take part in this year's event. Check out www.darknessintolight.ie to register.





MAN ABOUT TOWN

PATRICK McLOUGHNEY

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Face it like a man - a guide to summer skincare

SUMMER is coming, and while there are many reasons to be happy about this, including barbecues, beach days, beer gardens and tag rugby; there are also a few downsides to the warmer temperatures as summer brings with it its own special set of skin care challenges.

Sun exposure, heat, humidity and dry air can all wreak havoc on your skin. Now I know that when it comes to men's grooming, skincare figures on the lower end of the priority list for most guys. However, most guys realise that taking care of your skin is not just for the ladies anymore. Men's skincare has evolved greatly from the days of a bar of soap and most modern men want to look good and stay looking young. Of course, looking after your skin is something that you should practice year round but summer requires some necessary adjustments to your daily routine. From lightweight oil-free lotions to exfoliating cleansers, here is your ultimate summer skincare guide for men.

CLEANSE

During the summer, perspiration and oil production increase in our skin, which means we have to work a little harder to

keep our skin clear. Because we tend to spend so much more time outside during the warmer months, the constant application of sunscreen over sweat and dirt that accumulates on our skin throughout the day causes breakouts and the appearance of greasy/oily skin. By cleansing your skin twice a day (in the morning and at night) with a gentle cleanser, you can remove unwanted dirt, oils and impurities that accumulate on the surface of your skin throughout the day, giving way to cleaner, healthier looking skin. If you shave every day, cleansing your face beforehand comes highly recommended. Go for a good exfoliating cleanser that will lift away dead skin cells from the surface of the skin and give you the smoothest shave possible. If you need a recommendation here then try Kiehl's Age Defender Dual-Action Exfoliating Cleanser. It's a two-in-one that thoroughly cleanses and purifies the skin while also removing excess oil and dirt. For best results, use daily as a cleanser and three times per week as an exfoliating mask to stimulate skin cell renewal. A good facial toner will also aid in hydration, balance the skins PH level, and help to rebuild the protective barrier that our skin naturally produces. My recommendation

here is Neutrogena Alcohol and Oil-Free Toner. This product has an alcohol free formulation that's designed to give you a deep sense of cleaning without leaving your skin feeling too tight or dry.

MOISTURISE

After cleansing, exfoliating, toning and/or shaving, it's important to hydrate your skin. Shaving can often lead to skin irritation – especially if you have sensitive skin – so I recommend a moisturiser that allows for post-shave sensitivity, like Bulldog Sensitive After Shave Balm. This is designed especially for guys with extra sensitive skin. It has a mild and nourishing fragrance-free formulation containing baobab, oat oil and willow herb. It has great absorbency, leaves no residue and has an energising effect on the skin. It should go without saying but never ever dry shave. Be sure to lather up your fluff with a shaving gel or cream. These products provide a layer of protection and provide a smoother, closer shave. If you're not shaving and prefer a lightweight moisturiser, again look to Kiehl's and try the Kiehl's Facial Fuel Energizing Moisture Treatment for Men. Use this as an extra layer of hydration before finishing off with an SPF to protect from harmful UV rays.



By cleansing your skin twice a day (in the morning and at night) with a gentle cleanser, you can remove unwanted dirt, oils and impurities that accumulate on the surface of your skin

PROTECT

Last but not least, stock up on a good SPF of at least factor 15. It's recommended that you wear an SPF year round to protect against skin-damaging rays but during the summer when you're spending more time out in the sun, it's even more important to wear an SPF at all times. Start your day by applying a facial sunscreen as the final step of your daily grooming routine before heading out the door. My best advice here is to kill two birds with the one stone and cut down on the number of products you need by picking up a good SPF moisturiser. I've found a lot of these products to be very greasy so again, I'm going to recommend a Kiehl's product (you'd never be able to tell they send me stuff, would you?). Kiehl's Ultra Facial Moisturiser SPF 30 leaves skin feeling soft and

nurtured while protecting against UVA and UVB rays. It also absorbs easily so you don't look like you rubbed a bag of fried chicken on your face before leaving the house.

If you tweak your skincare routine based on the season – and there are a different set of rules for Winter – you will have a better chance of seeing healthy, smoother, younger looking skin for an extended period of your life.

You'll also reduce your chances of getting skin cancer if you apply an SPF daily and with the proper use of skin care products you'll keep your skin in a better overall condition. Skincare is an important part of life that we guys tend to neglect but if you stick to the tips laid out above then you'll find a routine that you can work with and your skin will thank you for it.

Look of the Week

Jack and Jones Limerick

My look of the week is from Jack and Jones in The Crescent Shopping Centre and on Cruises Street. I love this casual look from the Jack and Jones Spring Summer range. My Originals Hoody costs €24.99, the Spray On Fit Jeans cost €59.99 and my Sneakers cost €49.99. The Jack and Jones store in the Crescent and Cruises Street are the only official Jack and Jones stores in Limerick so call in and check out their amazing range. Photo by Paudie Bourke



Fragrance of the week

Creed Royal Oud

Longtime readers of Man About Town will be well aware that I'm a huge fan of Creed fragrances. The world's only privately held luxury fragrance company are famed for their meticulous attention to quality and their centuries-old expertise on creating memorable scents. Royal Oud is a fine example of Creed's craft. The inspiration for this imperial fragrance originated from the Royal Persian Palace, the SadAbad

alace in Tehran, with all its marvellous wood, leather marble and gold elements. When I smelled Royal Oud for the first time, I was pleasantly surprised: it smells rich, sumptuous and sophisticated, but it is not overly heavy. With its subtle, elegant sweetness, I can perfectly understand, why it advertised as a unisex scent. Compared to the iconic Creed



Aventus, the Royal Oud smells more majestic and round, with a little bit of lemon, and a good portion of precious, exquisite wood with a hint of spice. Aventus, on the other hand, seems to be a little lighter and clearer with more citrus notes. You'll find Creed Oud Royal in Brown Thomas for €265.



STYLE & FASHION

CELIA HOLMAN LEE

CONTACT CELIA

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Making a splash at Riverfest

WHAT a morning and evening of style we had at Fashion Friday which formed part of the spectacular Riverfest celebrations!

Fashionistas headed in their droves to Arthurs Quay Shopping Centre for the fashion feast which was held in Bowes Ryan restaurant. It's a great setting for Limerick city's stores and designers to showcase their summer looks. I can tell you that this summer there is no need to hold back, the trend is all about over the top florals and prints.

There was a nod to female empowerment in the tailored structured jacket and trousers which a lot of the stores showcased.

Patterned midi dresses are here to stay, floral and animal print remain strong looks for summer and trousers are all about the hem detail this season. Skirts are a big summer trend, fit and flare silks and pleats are staying strong.

Our accessory stores in the city really pulled out all the stops from hats to beautiful pieces of jewellery to sunglasses and shoes.

From a fashion perspective there has never been a more exciting time to shop in Limerick stores!



Summer has finally arrived and here are some stunning pieces from Brown Thomas to have you looking fabulous in the sun

PICTURE: CONOR OWENS/ILOVELIMERICK



Caroline Mitchell's knitwear collection brought a fabulous dimension to the Riverfest Fashion Friday show

PICTURE: CONOR OWENS/ILOVELIMERICK



Model Mario wears a very smart suit with check detail from Esquire Formal Menswear



Model Caoimhe wearing Caroline Mitchell knitwear



Bianca models an effortlessly stylish ensemble teamed with jewellery from Seoidin jewellery

CELIA SPOTTED

Looking good out and about in Limerick

Name: Chloe Markham
Occupation: Fashion stylist/creative director (Limerick-based)
From: Rathkeale

As a fashion stylist I'm faced with lots of new trends but I like to stick to what makes me feel most comfortable. Some of my style icons would be Jennifer Zamparelli and Laura Whitmore. They always look so trendy but I love how their personal style always comes through. They definitely have that '70s retro vibe going on, which is something I love!

CHLOE SAYS

Headband, T-shirt, belt, sandals and bag all from Penneys/ primark : AWho could live without the old reliable Penneys? It's the perfect store to add those final touches and accessories that really finish off an outfit, at such affordable prices! These sandals are the perfect summer midi heel , great for lunch dates, shopping and are definitely a holiday essential!

Blazer and trousers from H&M: This blazer is a gorgeous emerald green so it's a perfect all year round colour, can be worn to dress up or down any outfit. It's lightweight so doesn't restrict any movement like some blazers. These trousers are very comfortable and flattering on, as white trousers can be hit or miss I find. They fit well, are high rise and don't lose their shape throughout wearing them.



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



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Rogha na Seachtaine



TO DO:

Bealtaine Festival

Celebrate the beginning of Summer here in Limerick. There are a whole host of events taking place throughout the county this month! You're sure to find something that takes your fancy! Bealtaine



TO LISTEN:

Track of the week

Sean O'Meara - "Blew my Cover": Limerick native Sean O'Meara has released his debut solo single this week! It's easy pop beautifully produced both musically and lyrically, this is a track you will have on repeat!

TOO SEE:

Curraghchase Forest Park

Now that summer has landed and we can enjoy extra long evenings! I recommend heading west to see Curraghchase Forest Park only ten miles from Limerick city, this is the perfect place to head with your picnic on a sunny May weekend! Covering 313 hectares of mixed woodlands, park land and lakes this is nature at it's finest on your doorstep!



I am pictured above with awardees from Copeswood College, Pallaskenry and CEO of Gaisce Yvonne McKenna and Marcus Horan at Thomond Park

Presidential treatment for Gaisce awardees

The achievement of 30 young people from across the Southwest of Ireland was celebrated at Gaisce's Silver Award ceremony in Thomond Park in Limerick.

I was thrilled to MC this special event. It was an inspirational night from start to finish with motivational words from guest speaker, Munster Rugby's Marcus

Horan and Gaisce Gold participant Rebecca Duffy, a Leitrim native who gave a speech encouraging Silver Awardees to continue their Gaisce Journey and undertake the Gold Award.

Silver awardees that were honoured on the night have successfully completed at least 26 weeks across three different challenge areas and undertaken a

three day adventure journey. The adventure journey incorporates either a 50km walk or a 190km cycle. Speaking at the event, Marcus Horan of Munster Rugby said: "I'm delighted to be here to be part of the Gaisce Silver Awards. Personal development is such an important part of life at any age, and it's wonderful to see so many young people receiving their Silver Award today having demonstrated their commitment to realising their potential.

"It is fantastic to see an organisation like Gaisce encouraging young people to develop their personal skills and in doing so celebrating their achievements."

Yvonne McKenna, CEO Gaisce added: "I heartily congratulate the awardees on their achievement. Completing a Silver Gaisce Award is no easy feat and each and every one of them has dedicated significant

time and effort towards developing skills, helping in their communities, becoming more active and exploring their sense of adventure. We are delighted to celebrate their achievements and the dedication of their wonderful President's Award Leaders who are the lifeblood of the Gaisce programme. The awardees aren't only incredible ambassadors for Gaisce, but also their families and communities".

Gaisce - The President's Award is a self-development programme for young people between the ages of 15-25, which is proven to enhance confidence and wellbeing through participation in personal, physical, community and team challenges.

It is a direct challenge from the President of Ireland, Michael D. Higgins, to all young people to dream big and realise their potential. Comhghairdeachas to all involved!

Coláiste Nano Nagle - Wipe' out the Competition!

TY students in Coláiste Nano Nagle under the direction of their art teacher Sarah Nestor blew the judges away with their Junk Koture entry "Wiped Out' in last Thursday's National Finals in the 3 Arena, Dublin!

The line up of judges included Xfactor's Louis Walsh and social media sensation Doireann Garrihey. The design was awarded for "Best

Performance' on the night! Performing to a Beyonce song TY student Nancy Ekhatore lit up the stage!

The funky pink costume complete with head gear is made using recycled makeup wipes, bolts, screws, nuts, washers, belts, pieces of school folders and old jewellery!

The school also had an entry call "Rome-ing in de-Nile' made entirely from

recycled disposable towels!

This is the second year in a row that Coláiste Nano Nagle have represented Limerick in The Junk Koture National Finals, bagging themselves specialist awards both years!

The design, "Cinematic' by Pobscóil Corcha Dhuibhne in Dingle was awarded overall winner on the night!



Junk Koture - TY Students Nancy Ekhatore



AGNIESZKA'S AESTHETICS



CONTACT AGNIESZKA

Website: www.purebeau.ie Email: aoaesthetic@gmail.com Instagram: [@agnieszkaorlowska_](https://www.instagram.com/agnieszkaorlowska_)



Purebeau owner Agnieszka Orlowska, centre, with Sile Lorigan, left, and Colette Riordan PICTURE MICHAEL COWHEY

An introduction to aesthetics

Agnieszka Orlowska of Purebeau A0 Aesthetic Clinic shares her industry insights in the hope of bringing out the natural beauty of Limerick people

Hello, my name is Agnieszka Orlowska and I have been working in the beauty and aesthetic industry for over 10 years.

In my new column for The Leader, I will take you on a journey of how aesthetic treatments fit in today's modern world.

I will be speaking with business owners in the Irish aesthetic industry getting their thoughts on what's popular here, and what the Irish attitude is towards aesthetics.

I will interview experts from around the world, getting an insight into what other countries are doing.

Finally, and most importantly, I want you the

reader to send me your questions and also let me know of your own personal experiences.

We live in a world that is becoming more and more influenced by social media and reality TV.

Many young women want to have Angelina Jolie lips or the Kim Kardashian look.

There are businesses that use this as a marketing tool and while I have my own thoughts on this I believe aesthetic procedures should not change how you look but enhance your own natural beauty or correct imperfections.

Currently the medical aesthetic industry is worth \$53 billion globally and is

expected to grow to \$73.6 billion within the next three years.

Different countries have different tastes. For instance Spain is the most popular for breast implants.

The number one procedure in China is correction of the upper eyelids.

It is interesting to note that in America of the 15 million cosmetic procedures done in 2017 over 1.3 million were on men (an increase of 273% in 20 years)

A well cared for body makes us feel better and our approach to life is more positive.

The standard of how beauty is judged in Ireland



Aesthetic procedures should not change how you look but enhance your own natural beauty

has changed over the years, the fit and healthy look has replaced the slim look.

Put simply, people want to look good!

Beauty and aesthetic treatments are popular because people not only want to feel young but also look young.

Over the last two years we have seen a change in how aesthetic treatments are provided here.

Previously it was a very specialised field but now if you look on social media or newspaper ads we can see hair salons, dental clinics, GPs or even nail salons offer aesthetics procedures like fillers or botox.

This shows us there is an

“
The standard of how beauty is judged in Ireland has changed over the years, the fit and healthy look has replaced the slim look.

immense interest. More and more people are using these treatments to improve their look and the attitude in Ireland is becoming similar to having your hair or nails done.

There are an extensive range of procedures to choose from. Some of the most popular include dermal fillers, mesotherapy, micro-needling, fibroblast, botox, chemical peels, semi permanent make-up and many more.

Over the coming weeks I will discuss in more detail what is involved in these procedures and why a good consultation is so important to know what, how and when to use to get the best results.



I ♥ LIMERICK

RICHARD LYNCH

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MEEEC stresses the importance of equality and empowerment

LAST week at the University Concert Hall, The Midwest Empowerment and Equality

Conference took place to empower, educate and encourage men and women both young and old to take better care of themselves.

Key speaker, Professor Desmond Fitzgerald, President of the University of Limerick spoke about the progress of female empowerment and gender equality in Limerick saying, "In the University here it is a very important part of our strategy to ensure that we achieve gender equality and we've done a lot in those terms, we are third in Europe amongst Universities for gender equality but we have a long way to go."

Mary Harney, Chancellor of UL officially opened the conference giving an inspirational speech about the improvement of equality and empowerment within parliament.

The conference was organised and presented by Dr Mary Ryan, Consultant Endocrinologist, Bon Secours at Barrington's



Richard pictured with Nutritional therapist Olivia Beck, fitness expert Leanne Moore, style queen Celia Holman Lee, Dr Mary Ryan, Consultant Endocrinologist Bon Secours Hospital, Aoibhinn Garrihy, actress and founder of BEO, Mary Harney, Chancellor of the University of Limerick, hockey player Sinead Loughran and Una Burns, Head of Policy and Communications Novas

PICTURE: ZOE CONWAY

Limerick and Senior Lecturer at Graduate Entry Medical School (GEMS), University of Limerick. Mary educated the audience on the importance of hormones and how it interacts with lifestyle and why empowerment is so important in both men and women. Mary spoke about many issues regarding

empowerment. She gave the audience tips on how to empower themselves, quoting Warren Buffett, "surround yourself with positive people, find mentors you can emulate and reach out to those who know more in order to be successful."

Guest speakers included vice-president of the

European Parliament Mairead McGuinness MEP and author and journalist Martina Fitzgerald. There were two discussion panels on the day featuring guests from the fields of business, sports, entertainment, health, and academia including actress and founder of BEO Aoibhin

Garrihy, Celia Holman Lee, Tony O'Riordan, CEO of Midlands Simon Community, hockey player Sinead Loughran, nutritionist Olivia Beck, fitness expert Leanne Moore and Winifred Ryan, Head of Communications in the HSE.

During the panel discussions, social issues

affecting the empowerment of both women and men were raised such as male suicide, equality in sport and media coverage and sexual consent.

Eight transition and fifth-year students from schools across the Midwest each gave five-minute presentations on the topics of empowerment and equality. An esteemed panel of judges judged each of the student's presentations and the first place winner was Katelyn Diggins from Causeway Comprehensive School. All participants also received a plaque to commemorate their achievement.

All proceeds from the ticket and raffle sales will be going towards Novas and the Children's Grief Centre.

Mary Harney concluded her inspirational speech by thanking Dr Mary Ryan saying: "She is an example of a woman that is certainly empowered that certainly strives for equality, that certainly knows how to deal with crises and adversity and I think she is a very efficient person to be organising this event today."

National Children's Choir perform at UCH

The National Children's Choir will perform in the University Concert Hall in Limerick on Tuesday, May 14 at 7.30pm. This concert marks the end of an exciting year's work and rehearsals for 180 children from five schools in the region; Birdhill N.S., Murroe N.S., Nicker N.S., Quin N.S. and Cratloe N.S.

The choir has its roots in European Music Year, 1985. Seán Creamer wanted to celebrate this exciting event in a unique way. His idea was that large groups of children

from 4th, 5th and 6th classes in primary schools would learn and perform a common repertoire in public. He approached a number of teachers with this vision and they willingly supported him. This was the birth of the National Children's Choir. The aims of the National Children's Choir are to foster a love of choral singing among primary school pupils and to enhance the musical education of those involved.

This is a night not to be missed. The excitement from

the children is infectious and the repertoire will send you home with a song in your heart and a smile on your face. The programme is jam packed and includes favourites and classics.

That's not all; the night's entertainment features other amazing acts; which include the School of Music Orchestra, The Nolan School of Dancing and Finscéal All Ireland Gael Linn Siamsa Winners 2019. Tickets are €15 and are available now at www.uch.ie



THINGS I ♥ THIS WEEK



Emer Maloney Phelan, Homework Club manager, Suzanne Roche, CEO LGTE and Jennifer O'Carroll, LGTE board member PICTURE: ORLA MCLAUGHLIN/ILOVELIMERICK

COME SUPPORT THIS NIGHT

Limerick Gateway to Education Quiz

LIMERICK Gateway to Education (LGTE) is an education support charity based on Wickham Street. The main aim of LGTE is to make education more affordable for Limerick-based families. Founder, Suzanne Roche commented on how the charity has, "blossomed into something more than what I had ever expected," and speaks of how the charity has been "very lucky in the sense that it is all volunteer-run."

LGTE has its own shop at 9 Wickham Street, Limerick. The shop provides recycled school essentials in order to alleviate the cost for parents at back to school time. LGTE is also running a homework club where they support primary children through their mentorship programme supported by volunteers

from the University of Limerick. LGTE provides a learning hub where they offer support to adults who are referred through various agencies to sign up to their training programme to allow them to improve their job prospects at our base at 1 The Tait business Centre, Dominic Street Limerick.

LGTE is hosting a quiz and auction night to help raise funds to allow them to continue all three projects mentioned above. The event is taking place on Thursday, May 23 at Bobby Byrnes pub. Quiz tickets are €10 each for a table of 5.

Bobby Byrnes will provide some delicious finger food and there are plenty of amazing spot prizes to be won on the night. The auction will begin at 7.30pm followed by the quiz at 8.30 pm. For further info contact 061 481633.

LEFT: Some of the members of the National Children's Choir getting some practice in at St John's NS, Cratloe



Richard at the Network Limerick Ireland event, Discover the Power of Digital, in The Savoy Hotel with social media marketing expert Louise McDonnell, Edwina Gore, Gore Communications and Rachel Walsh, Discover Digital

PICTURE: PAUL MULLINS

Limerick Digital Marketing Strategy workshop unwraps Power of Digital for Businesses

LAST week, Network Ireland Limerick hosted a Digital Marketing Strategy workshop for business owners and working professionals at the Savoy Hotel, Limerick.

I was invited and learned so much! The workshop examined the role of both social media marketing and search marketing in an effective

digital marketing strategy. Guest speakers were Louise McDonnell, Author, and Social Media Marketing Expert and Rachel Walsh, Digital Marketing Lecturer and Founder of Discover Digital.

Network Ireland Limerick provides a forum where women in business, the professions, and the arts can

exchange business ideas and increase their business contacts.

It encourages women to achieve more satisfying careers and promotes women as worthy contributors to the Irish economy. See www.networkireland.ie/limerick.

HEROES OF THE WEEK

Live 95 Helping Limerick Children

LIVE 95 is delighted to announce their support to a new and exciting initiative 'Live 95 Helping Limerick Children' to raise funds and increase awareness around Limerick City and County for three amazing charities: Children's Grief Centre Cliona's and CARI Limerick.

Station Director of Live 95, Joe Nash explained: "As you know, through efforts of Live 95 listeners, over €650,000 euro has been raised for ill and vulnerable children in Limerick in recent years, which is a superb achievement, by any measure."

'Live 95 Helping Limerick Children' is reaching out to the business community, schools, clubs, societies, and the general public to come up with fundraising events and ideas that will help them hit their goal of €95,000. This will have a huge impact on the services provided to children and families by the



three charities.

The plan is to build on the support and the initiative to date with exciting new ideas and events. If you, as an individual or with your family, community or business want to be part of 'Live 95 Helping Limerick Children' during 2019, please contact us on helpinglimerickchildren@live95.ie.

PICTURED ABOVE: Live 95 Charity Partners pictured are Mary Madden, CARI Limerick, Brendan Ring, Cliona's Foundation and Sr Helen Culhane, Children's Grief Centre PICTURE: KEITH WISEMAN



*Love to all,
Richard x*

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FAIRVIEW RANGERS

Lotto results 29th April 2019

Jackpot €11,900
Numbers Drawn 5-9-10-24
No Winner
Cian O'Flynn c/o T.O.F
Susan Donnelly c/o C Team, Valerie Foley c/o B Greaney, Liz O'Connor c/o Club, Michael O'Heidhin Fairgreen
Promoters Prize: Noel Whyte
Next Weeks Jackpot €12,000

PIKE ROVERS A.F.C

WEEKLY LOTTO 1/05/2019
Numbers Drawn: 2-12-3-6
No Winner
JACKPOT €2050
€25.00 Lucky Dips:
Jim O'Dwyer c/o An Post, Harry Sheehy c/o Club, Daryl Fitzgerald c/o Club, Cillian O'Gorman c/o Club
Next week Jackpot €2100

Richmond R.F.C

Weekly Lotto Draw
Jackpot €1,600

Date 2nd May 2019
Lucky Numbers 1-6-11-20
No Winner
Lucky Dips: John Henry c/o Club, G O'Driscoll c/o G O'Driscoll, G Flaherty c/o GO'Driscoll, Barry Tobin c/o Club
Next draw in the Clubhouse 9th May 2019 Next weeks Jackpot €1,700

GERALDINES A.F.C.

WEEKLY LOTTO DRAW HELD ON 6/05/19

This Week's Jackpot: €800 No's: 16-20-23-25
NO WINNER
Lucky Dips: Dom Lipper c/o Jean McNamara, Dave and Gary Reeves c/o Moose Bar, Amy Murphy c/o Moose Bar
Promoters Prize:
Dave Connolly and Kevin O'Callaghan Next Draw held 13th May 2019
Next Week's Jackpot: €900

YOUNG MUNSTER RFC
No jackpot winner

Next week's Jackpot remains at €10,000 Rollover Balance €4100
Carol Walsh c/o T Monahan, Niamh McMahon c/o C Quiad, Paul McMahon c/o Online Lotto, Rona Shaw c/o B Minihan
Promoter's Prize: Tom Monahan €40
The numbers drawn were:
4-7-24-26
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thank you for your support.

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Thomond RFC underage needs You

We are currently looking for **old/new volunteers** to involved with the underage setup for this coming season 2019/2020 both on and off the pitch.

If this is something you would be interested in please attend the underage meeting to be held in Thomond RFC, Liam Fitzgerald Park on **Monday the 13th of May** at 7.30pm.

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BREAKING NEWS

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ACKNOWLEDGMENTS



† CRAWFORD

Jeffrey

The family of the late Jeffrey Crawford of O'Malley Park, Southill, Limerick who died on the 9th April 2019, would like to thank most sincerely all those who sympathised with us on our great loss. We offer our heartfelt thanks to many friends and neighbours who sympathised with us, we are truly grateful. A special word of thanks to Crosses Funeral Home and paramedics at Limerick Regional Hospital also my brother Paul and friend Anthony Collins who helped us organise everything at this difficult time.

As it is impossible to thank everyone individually please accept this acknowledgement as an expression of our deepest gratitude.

The months mind mass for Jeffrey will be held on Saturday 11th May at 7pm at The Holy family Parish Church Southill. All are welcome.

We shared so much together
Laughter, joy & tears
For those who thought so much of you,
They were the happiest years.

Always loved and missed and never forgotten by your loving mother, grandmother, sisters, partner, your kids, nieces, nephews, aunts uncle and cousins xxxxx

THANKSGIVINGS

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. LMcC

GRATEFUL THANKS to The Sacred Heart and Our Blessed Lady for all favours received and also thanks to St. Padre Pio. M.J.M; A.A.A.S.

IN MEMORIAM



† FITZGERALD

(16th Anniversary)

In loving memory of Robert Fitzgerlad, late of 38, Cliona Park, Moyross Limerick, who died on May 6th, 2003.

Your name is often spoken,
We talk about you still;
You haven't been forgotten
You know you never will,
No words or verse could ever say,
How much we miss you every day;
Deep in our hearts your memory is kept,
We love you too dearly to ever forget.

From your loving brother John, wife Catherine, Caroline and kids xx

Will those who think of Robert today

A little prayer to Jesus say
Also remembered by his loving father Robert x

We didn't see you close your eyes,
we didn't see you die;
All we know is that you were gone,
without a last goodbye.
The hardest thing in life to bear,
Is to want your Brother and he's not there,
So forgive us, Lord,
if we still weep,
For a brother we loved and wanted to keep.
Sadly missed by your loving sister Sandra, John and kids.



† MCNAMARA

(13th Anniversary)

In loving memory of our dear father, grandfather and great-grandfather Jack McNamara, late of 30 Assumpta Park, who died on May 9, 2006. Rest in Peace. Mass offered.

As each day dawns we think of you,
As each night falls, we pray for you,
And throughout our lives no matter where,
In our hearts, you're always there.

Sadly missed by your loving daughters Siobhan, Lilly and Geraldine, sons Dermot, Kevin, Frank and Brian, sons-in-law, daughters-in-law, grandchildren and great-grandchildren.

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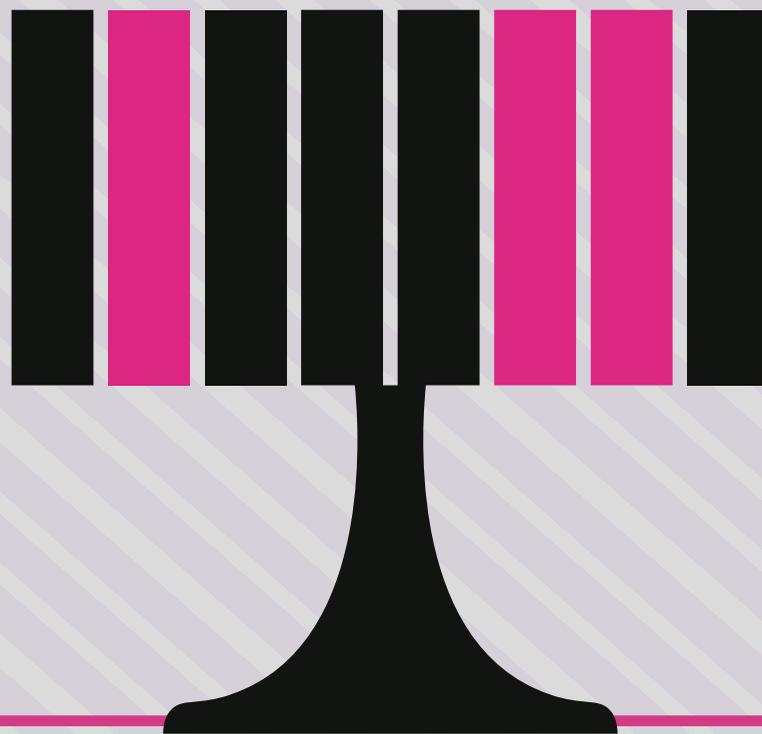
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Suzuki's hot hatchback

Swift Sport: Third generation of the popular hatchback adds more sensibility

TRISH WHELAN

www.CarAndTravel.ie

SUZUKI'S new third-generation Swift Sport supermini has moved the game on to the next level as a genuine hot hatch.

While maintaining all the Swift DNA, it comes with new styling, is sharper and quicker than before and has shed 70kgs overall in weight.

Built on a lightweight platform known as 'HEARTECT', this car offers the practical convenience of a hatchback with a sporty performance.

This new car is longer than the standard Swift model; is lower and wider than before and comes packed with lightweight

technology.

The look of a low centre of gravity is emphasised by blacked-out pillars that give the appearance of a floating roof. While a five door, rear door handles are concealed in the black pillars.

You'll find the cabin both roomy and comfortable for four adults with ample headroom and legroom for those in the back.

The interior features red accent panels throughout the cockpit alongside a basic tone of black as well as red stitching on the front seats, and on the gear lever gaiter. The word 'Sport' is embroidered in red on the integrated front seat backs.

Instruments are big, clear and

are easy to read. The tachometer features a red dial face and the speedometer is coloured silver. I found the central touch screen a bit small compared to those of some competitors, but fine really.

The hand brake is of the traditional type. Sporty alloy pedals add to the sporty feel.

While there was no front armrest, there was a decent bucket-type glovebox, good door bins up front etc.

Luggage capacity with rear seats up is 265 litres which is 25 per cent more than the previous Swift Sport. This is expandable to 579 litres with rear seats folded down.

Among the long list of standard features were six

airbags, 17-inch alloys, dual exhaust pipes, remote central door locking, keyless entry and start, Lane Departure Warning, Adaptive Cruise control, a rear parking camera, driver's seat height adjuster and tilt adjustable steering wheel, a 4.2 inch colour LCD display, air con, front fogs, LED daytime running lights, smartphone/navigation/Bluetooth/USB and AUX connectors, two ISOFIX child seat anchors and childproof rear door locks.

My review car proved to be a little cracker with plenty of poke when I had it on a lengthy test drive period. Power was from a sporty 1.4, 4-cylinder Boosterjet petrol engine (140hp: Euro 6)

mated to a nice 6-speed manual gearbox; claimed combined fuel economy is 5.6 L/100kms (50.4mpg and 230Nm torque at 2500rpm). I didn't fare quite as frugal as that official fuel consumption figure as the trip computer showed 6.5 L/100kms when I returned the car.

This compact supermini is both nimble and agile so is easy to park even in tight parking spaces. I enjoyed the car's direct steering but felt the combination of A-Pillar/side mirror mountings effected visibility somewhat especially when approaching roundabouts. Night lights are good. The Swift Sport is built in Japan.

The price is from €22,995.



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Adams of Glin win social media award

Adams of Glin, have received an award for Best Social Media in Munster. The Dealership is amongst the first winners of the 2019 Car Dealership Awards which are hosted by CarsIreland.ie and Ulster Bank's Lombard to recognise and reward exceptional marketing in the car industry.

Adams of Glin, who are main dealers for Peugeot and SEAT, scooped the prestigious 'Best Social Media' Award based on their excellent use of new media online as a sales and brand-building tool that keeps their customers informed and engaged.

The awards, now in their fifth year, welcomed Ulster Bank's Lombard as a title sponsor this year and an awards ceremony will take place in December.

Pictured are Shane Adams, Dealer Principal Adams of Glin and Barry Harney, Ulster Bank's Lombard.

AWESOME AUDI

New TT coupe now available to order

The new Audi TT compact sports car is now available to order from today in Ireland, writes Trish Whelan.

It has been given a tauter exterior design, more powerful engines, and a wider range of standard equipment.

For 20 years, the 'TT' has been synonymous with driving pleasure and with this comprehensive update, Audi has honed the sporty character of the third-generation model.

Audi offers two more powerful direct-injection petrol engines for the new TT: the entry 197hp badged the 40 TFSI and 245hp badged the 45 TFSI.

The engines also have a petrol particulate filter. With the new seven-gear S tronic, the lower gears now have a shorter ratio for better driving dynamics. The 40 TFSI TT Coupe can sprint from 0-100km/h in 6.6 secs while the 45 TFSI does it in 5.9 secs. The more powerful engine is offered in either manual front wheel drive or

quattro all-wheel drive with a 7 speed S tronic gearbox.

The Singleframe radiator grille is highly sculpted with large side air intakes emphasising the car's firm hold on the road. At the rear, horizontal lines also underscore the width of the car. LED headlights are standard and as an option, Audi can supply the headlights in Matrix LED technology including dynamic turn signals.

The standard S line exterior package highlights the car's sporty nature. It is complemented by the standard S line interior package with the S sport seats. Two new colours have been added: pulse orange and turbo blue.

The driver can control all infotainment and voice control functions via the multifunction steering wheel. The displays appear in the Audi virtual cockpit where the driver can choose between two different views.

Priced from €49,850-€61,100 OTR.

LIMERICK LEADER

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www.limerickleader.ie



SPORT

Leader

**CHAMPIONSHIP
2019 BEGINS**

Footballers face
Tipperary

For more see Page 52



Home comforts: Aaron Fitzgerald, Limerick FC, in action against Jake Ellis, Bray Wanderers at the Markets Field last weekend

Soccer

Limerick's
Damien
McCrory leaves
Burton Albion

JEROME O'CONNELL
ckinsella@limerickleader.ie

NIGEL Clough has hailed Limerick professional soccer player Damien McCrory as "a brilliant servant" for Burton Albion.

It was confirmed this Tuesday that the Croom native will depart the League One club.

Left back McCrory, is the Brewers longest serving player but has not been offered a new deal for next season.

"He was a bit emotional after the game on Saturday as you would expect after seven years. He is one of the stalwarts who has been responsible for the team going up the leagues," said the former England international.

"I don't see any problem with him getting fixed up somewhere next season," stressed Clough when speaking to the official club website.

McCrory, 29, confirmed his departure with a brief statement.

"Wow, not sure how to start this but what a seven years it's been," said the Limerick man.

"Ups and downs but mostly been a lot of ups. What a fantastic group of players I have played with and made friends for life.

Burton Albion AFC has been an absolute pleasure to play for and I'm very grateful to all the fans who have supported me along the way," said McCrory.

'Blues' set for investment as sponsor ends support

Limerick FC: High drama both on and off pitch at First Division club

COLM KINSELLA
ckinsella@limerickleader.ie

LIMERICK FC say they are at an 'advanced stage of negotiations with an investment company' at the same time as one of its sponsors has ended its association with the club.

In a mixed week for the First Division side, Tommy Barrett's charges did score a precious 1-0 victory over Bray Wanderers in the First Division at the Markets Field on Friday night.

Shaun Kelly struck a superb 25-yard winning goal for the Blues to help the Shannonsiders move up to fourth place in the First Division table.

Prior to kick-off at the

Markets Field on Friday night, off-field news dominating the agenda for 'Blues' fans.

Earlier that day, Limerick FC had released a statement confirming that they are at an 'advanced stage of negotiations with an investment group'.

The club confirmed that the investment group are being represented by former Sligo, Bohemians and Dundalk manager Sean Connor who attended the 'Blues' games on Friday.

The Limerick FC statement read: "The (investment) group have a firm business plan and strategy in place. We share their vision, values and core objectives for the club.

"We had hoped to make a formal announcement this week, however some additional time is required for legal documents to be finalised. This is due to one of the main parties involved being away on other business matters.

"Sean Connor has been representing the investors at the club this week and has been preparing the ground from a procedural perspective, to allow for this strategy to be implemented.

"Sean has significant experience in League of Ireland and we look forward both to working with him and to the completion of this deal in the coming days. It will bring certainty and structure to the Club's affairs and will

alleviate the current stresses around the club. We believe that the future of the club is bright. The new investor's believe in Limerick FC and in The City of Limerick."

However, in the wake of that statement, the Daly Group confirmed that it had written to Limerick FC owner Pat O'Sullivan indicating that it is withdrawing its sponsorship of the club.

The Daly Group, who say they have been 'great supporters of the club on all levels' particularly with regard to 'financially supporting the club' over a number of seasons informed Pat O'Sullivan saying they no longer wish to be associated at any level with Limerick FC.

The statement said: "In light of recent

announcements it is with great regret we no longer wish to be associated at any level with Limerick FC under its current ownership and direction.

"We are requesting with immediate effect you remove our branding from club gear and withdraw any of our brand identity from your club records.

"The Daly brand name is only associated with positive associations within the community and we believe the latest developments are not conducive to the way we like to be portrayed in public. We have no option but to end our relationship with the club on all levels."

Limerick face a crucial trip to Drogheda Utd this Friday, 7.45pm..



Burton's McCrory set to leave

SPORT
SNIPPETS

Andrew 'Braced' for World Cup role

World Rugby has announced the squad of 23 match officials selected to take charge of the 48 matches at Rugby World Cup 2019 in Japan, which runs from 20 September-2 November and Old Crescent's Andrew Brace has made the list.

'Team 21' - the 21st tournament team - comprises 12 referees, seven assistant referees and four Television Match Officials (TMOs) representing nine nations.

Lynch set for Lahinch

Limerick All-Ireland hurling winner Cian Lynch and Joe Canning of Galway will join former Clare hurling manager Davy Fitzgerald when a host of stars from the worlds of sport and entertainment tee it up in the Dubai Duty Free Irish Open Pro-Am on Wednesday July 3.

The Pro-Am will take place on the eve of the second Rolex Series event of the 2019 Race to Dubai, and the trio of hurlers become the latest sports superstars to be announced after Ireland and Munster rugby legend Paul O'Connell and former All-Ireland winning Clare hurler Shane O'Donnell were recently unveiled as the first names to be confirmed.

Webb Cup glory for 'Old Boys'

Limerick's newest rugby club, Ardscoil Old Boys, lifted the Webb Cup to bookend their first season in existence with some famous silverware.

Outscoring their opponents four tries to two, the North Circular side played the better rugby in front of a large crowd at St Mary's RFC on Friday night.

Planning granted

LIMERICK City and County Council have granted planning permission to Limerick GAA to erect a new stand in Mick Neville Park in Rathkeale. The planning department this week rubber stamped their approval for the new works in the Limerick GAA Training Centre in Rathkeale.

The planning permission is to erect a spectator stand, changing rooms, gymnasium and toilet facilities.

Limerick footballers in bid to defy odds

JEROME O'CONNELL
@JeromeSport

LIMERICK seek a first Munster SFC victory in seven years this Saturday evening when they play Tipperary in the provincial quarter final.

Limerick lost the 2010 Munster final to Kerry by three points but have won just once in the province since - a 2012 victory over Waterford.

On Saturday in Thurles, Limerick are 9/1 outsiders to reach a June 1 semi final with Cork in Pairc Ui Rinn.

Standing between Billy Lee and a Limerick win is none other than former Treaty boss Liam Kearns. When Kearns brought Limerick football to new heights, 1999-2005, Billy Lee was his selector.

Liam Kearns brought Tipperary to an All-Ireland SFC semi final in 2016.

That same year Limerick scored their last championship win - beating Antrim in a Qualifier - the only win in the last 10 outings.

There is mixed injury news for Limerick.

Forwards Peter Nash and Patrick Begley have carried knocks in recent weeks and missed club championship games and training with Billy Lee's senior football panel.

A decision on both will be made at training on Thursday night with the Limerick team made public at 12noon this Friday.

Ruled out with another

forward Davey Lyons and another attacking option Brian Donovan is understood to have left the panel in recent times.

However, there is a boost with news that James Naughton has joined up with the inter-county panel in the past week. The St Senans man played in the 2017 championship but hasn't been part of the inter-county set-up for the last two seasons. Although not confirmed if Naughton will be in the matchday 26 for this weekend, he has trained with the panel this past week and on Bank Holiday Monday played for UCC in the Cork SFC.

Limerick and Tipperary has a 7pm start in Semple Stadium this Saturday with the curtain-raiser at 5pm - the Munster Intermediate Ladies Football Championship round one tie between Limerick and Tipperary also.

There is another championship fixture clash with Limerick Ladies Football and camogie this Saturday.

As well as the ladies football, also on Saturday Limerick are to play Cork in the Munster Camogie Championship semi final. This game has a 7.15pm start in Cork.

The games on Saturday evening will force a number of players to chose which fixture to play - Niamh Ryan, Roisin Ambrose and Rebecca Delee.



Iain Corbett of Limerick, Eoin Cleary of Clare, Paul Murphy of Kerry, Conor Sweeney of Tipperary, Ian Maguire of Cork and Brian Looby of Waterford at the Munster Senior Hurling and Senior Football Championships 2019 Launch

Mayor marks Celtics' trophy laden year



The Mayor of Limerick, James Collins, held a reception in the Limerick County Council Chamber on Thursday night last to celebrate Limerick Celtics' European Cup wins and also the 28 Cup and league wins in All-Ireland, National tournaments, Cork Cups, Cork leagues and North Munster Cup and league competitions

Munster set for familiar foe

MUNSTER out-half JJ Hanrahan says their win over Leinster at Thomond Park last December was 'massive for the dressing room' ahead of the province's Guinness PRO14 semi-final on Saturday week.

Hanrahan proved the Munster hero when landing the match-winning penalty from the half-way line as the home side edged past gallant Benetton Rugby in their Guinness Pro14 quarter-final at Thomond Park on Saturday last.

Munster will take on Heineken Champions Cup finalists Leinster in the PRO14 semi-final at the RDS on Saturday, May 18, 3pm.

Munster recorded their first win over Leinster in two years when scoring an exciting 26-17 win in a feisty derby clash at Thomond Park last December.

Hanrahan said: "It was massive for the dressing room, particularly I think it was great to get it at home as well."

"We know at home they're

going to be a different animal up there, it's a different aspect going up to Dublin to play them.

"They're definitely one of the top two sides in Europe and they've shown that because of the way they've played and obviously they're in the final, so it will be interesting to see who will come out on top of that this week."

Leinster beat Munster in their 2018 Pro 14 semi-final clash at the RDS by a single point.



Mike Haley of Munster is tackled by Luca Morisi of Benetton

Objection could affect title

PAT SHEEHAN

sport@limerickleader.ie

THE FOCUS this weekend is in the Premier League where the top two sides play vital games.

Unfortunately the spectre of objections rears its head again and is likely to determine the destination of the Fran Mullally Trophy for 2018/19.

At present Janesboro lead Pike Rovers by one point but the 'Hoops' have a game in hand.

However Janesboro have lodged an objection against Regional following a defeat a couple of weeks back.

The Limerick District League held off on making a decision until Regional's arbitration hearing was complete.

Following the arbitrators decision it is likely the LDL will follow suit and restore the three points to Janesboro which will see the Champions back in pole position with two games remaining.

On Saturday they will have to see off Prospect to keep their charge on course while Pike welcome Ballynanty Rvs to Crossagalla a day later.

We have two cup finals at the weekend. On Saturday Newport and Hill Celtic do battle in the Calvert Cup while on Sunday the Div 3B Ingle Cup Final pits Northside against Cappamore.

Meanwhile Aisling's FAI Junior Cup dreams were shattered on Sunday when they fell 1-0 to Sheriff YC in Dublin.

Much has been made of the shambles that preceded

Sundays tie and the FAI organisers continued with the same disregard for Limerick teams when announcing 55 minutes before kick off that the game was to be played on Astro Turf.

After a challenge by Aisling, they switched back to the grass pitch at AUL Complex.

The mix up only added further to Aisling's confusion regarding the tie.

Its a pity Aisling's exploits are lost in the mess. Mike Aherne's side can hold their heads high after a great run in the competition.

It is one of the youngest sides ever to compete at such a late stage of the competition and kept together will no doubt be back for more.

The Limerick side had an early chance when Nathan O'Callaghan was denied at the back post.

An injury to Kennedy N'dip forced him out of proceedings after ten minutes which brought 15 year old Ronan O'Dwyer into the fray.

A last gasp block on Dylan Sheehan denied Aisling an opener and the hosts escaped when the Referee failed to spot Floods hand ball.

Sheriff went in front when Stephen Maher slotted home from the spot after 28 minutes but the visitors reacted well and from the start of the second half had the homesters on the back foot.

A flick on by O'Dwyer was saved by the legs of keeper McGuane and Ben Banaghan also went close.

Disaster struck for Aisling when reduced to ten men but they still forced the issue with



Ballynanty's keeper Stephen McNamara clears the danger during a recent meeting with Pike Rovers. The 'Hoops' play Kilmallock this week as the title race heats up

O'Callaghan and Banaghan going close with later efforts.

In the end the Aisling youngsters fell just short but will have picked up valuable experience.

In my opinion, the incompetence shown by the governing body will no doubt go unpunished such is the state of affairs.

The removal of Regional was deemed correct by the arbitrator. I'm sure a large number of clubs realise now, as a result of this ruling, that they may also have 'illegal' players in their line up.

For next season every player signing must be

quizzed on their past and if they ever played outside the jurisdiction.

A club has no database to check so must go on the word on the player.

What can be done to inform the FAI of the views of the Limerick Soccer fraternity?

The Limerick District League should officially register their disgust at the treatment of both Regional and Aisling even if the governing body in Dublin will take no heed of them.

They harp on consistently about the FAI Junior Cup being the biggest tournament

in Europe.

In reality only a handful of clubs have a hope of winning the competition and you do not expect them to give up on that dream.

However the remaining 50 teams really only pay the fees and help to boost the FAI egos when boasting of their 'biggest competition'

Maybe clubs need to look at this, as an option.

AISLING ANNACOTTY; Stephen Walsh, Kennedy N'dip, Killian Moloney, Steven Daly, Graham Bourke, Nathan O'Callaghan, Brian Butler, Colm O'Reilly, Dylan Sheehan, Jason Lipper, Ben Banaghan, Subs, Ronan O'Dwyer, Aaron Murphy, Eoghan Bourke, James Cleary, Shane Donegan

JUNIOR SOCCER

PREMIER DIVISION	P	W	D	L	Pts
Janesboro	20	16	2	2	50
Pike Rovers	19	15	4	0	49
Ballynanty Rovers	20	15	1	4	46
Regional Utd	21	14	3	4	45
Fairview Rgs	20	11	6	3	39
Aisling Annacotty	20	12	2	6	38
Geraldines	21	8	2	11	26
Kilmallock	20	6	0	14	18
Prospect Priory	20	4	5	11	17
Nenagh AFC	21	5	0	16	15
Charleville	21	3	1	17	10
Carew Park	21	0	0	21	0

DIVISION 1A	P	W	D	L	Pts
Mungret Reg	22	15	4	3	49
Coonagh Utd	22	14	5	3	47
Athlunkard Villa	22	11	5	6	38
Fairview Rgs B	21	11	5	5	38
Moyross	22	11	4	7	37
Holycross	22	10	4	8	34
Murroe	22	10	3	9	33
Aisling Ann B	21	5	6	10	21
Corbally Utd	22	6	3	13	21
Cappamore	22	6	4	12	22
Castle Rvs	22	5	3	14	18
Summerville Rvs	22	4	0	18	12

DIVISION 1B	P	W	D	L	Pts
Newport	21	17	1	3	52
Kilfrush	21	16	1	4	49
Hill Celtic	20	16	1	3	49
Knockainey	21	9	6	6	33
Shelbourne	20	8	6	6	30
Geraldines B	20	10	2	8	29*
Southend	21	6	5	10	23
Ballylanders	21	7	0	14	21
Caherdavin Celtic	21	6	2	13	20
Granville Rgs	21	5	2	14	20
Regional Utd B	19	4	1	14	13

DIVISION 2A	P	W	D	L	Pts
Hyde Rgs	13	12	0	1	36
Star Rvs	14	10	1	3	31
Patrickswell	13	8	1	4	25
Caledonians	13	6	0	7	18
Charleville	14	5	1	8	16
Kennedy Park	13	4	0	9	12
Glenview Rvs	13	3	1	9	10
Corbally Utd B	13	2	2	9	8

DIVISION 2B	P	W	D	L	Pts
Pallagreen	16	12	4	0	40
Mungret Reg	15	9	1	5	28
Athlunkard Villa B	16	8	2	6	26
Newport	16	7	3	6	24
Parkville	15	6	5	4	23
Holycross B	16	7	1	8	22
Aisling Annacotty C	15	4	5	6	17
Caherdavin Cel B	15	3	3	9	12
Ballynanty Rvs B	16	1	2	13	5

DIVISION 3A	P	W	D	L	Pts
Kilmallock B	18	13	2	3	41
Castle Utd	18	10	5	3	35
Meanus	18	10	5	3	35
Wembley Rvs	18	10	4	4	34
Murroe B	18	8	3	7	27
Janesboro B	18	8	1	9	25
Prospect Priory B	18	6	1	11	19
Knockainey B	18	4	4	10	16
Aisling Annacotty D	17	4	1	12	13
Abbey Rvs	17	1	4	12	7

JUNIOR SOCCER FIXTURES

THURSDAY MAY 9

YOUTH DIV TWO CUP FINAL

Shelbourne or Caledonians v Newport or Caherdavin, 7.00, Jackman Park, M Murphy, M Kiely, D Power

PJ MATTHEWS PREMIER LEAGUE

Kilmallock v Pike Rvs, 6.30, B Higgins, Aisling Annacotty v Fairview Rgs, R McCann

UNDER 17 DIV ONE

Aisling v Fairview Rgs, 6.30, K Gorman

UNDER 17 DIV TWO

Aisling v Corbally Utd A, 6.30, S Rooney Geraldines v Caherdavin, 6.30, J Curran

FRIDAY MAY 10

DIV 3A CUP FINAL

Kilmallock v Wembley Rvs, 7.00, Jackman Park, E Kenny, N Casey, M Kennedy

SATURDAY MAY 11

DIV 1B CALVERT CUP

Newport v Hill Celtic, 7.00, Jackman Park, J McNamara, G Clancy, J Curran

PJ MATTHEWS PREMIER LEAGUE

Janesboro v Prospect, 6.30, R McCann 6.30, Nenagh v Regional Utd, 6.30, N Casey, Charleville v Carew Park, 6.30, D Power

DIV 2A

Patrickswell v Corbally Utd, 6.30, M Kiely, Kennedy Park v Hyde Rgs, 6.30, S Rooney, Caledonians v Glenview Rvs, 6.30, M Kennedy

DIV 4A

Lisnagry v Newport, 6.30, P O'Brien, Coonagh Utd v Aisling, 6.30, K McCormack, Parkville v Athlunkard Villa, 6.30, T O'Sullivan

UNDER 17 DIV TWO

Aisling v Kilfrush, 6.30, M Murphy, Corbally Utd A v Shelbourne, 6.30, Martin Monaghan, Corbally Utd B v Caherdavin, 6.30, D Downing

SUNDAY MAY 12

DIV 3B INGLE CUP FINAL

Northside v Cappamore, 11.00, Jackman Park, F O'Neill, T O Sullivan, PJ Walsh

PJ MATTHEWS PREMIER LEAGUE

Pike Rvs v Ballynanty Rvs, 10.30, K Gorman, Kilmallock v Prospect, 10.30, A Keogh

YOUTH DIV ONE CUP

Nenagh v Fairview Rgs, 2.00, R McCann, Kilfrush v Regional Utd, 2.00, G Clancy

YOUTH DIV TWO LEAGUE

Regional Utd v Aisling, 2.00, M Kavanagh, Shelbourne v Caherdavin, 2.00, M Monahan, Caledonians v Newport, 2.00, A Whelan

YOUTH DIV THREE LEAGUE

Carew Park v Regional Utd, 2.00,

TUESDAY MAY 14

DIV 4

Murroe v Shelbourne, 6.30, T Joyce

YOUTH DIV ONE

Aisling v Regional, 6.30, R Broe

YOUTH DIV THREE

Lisnagry v Regional Utd, 6.30,

THURSDAY MAY 16

DIVISION 3B

P	W	D	L	Pts	
Herbststown	17	13	4	0	43
Hyde Rgs B	16	8	4	4	28
Weston Villa	17	9	1	7	28
Northside	16	8	3	5	27
Cappamore B	15	7	4	4	25
Coonagh Utd B	16	8	0	8	24
Brazuca United	16	6	4	6	22
Kilfrush B	17	6	3	8	21
Dromore Celtic	16	3	2	11	11
Mungret Reg C	16	0	1	15	1

DIVISION 4

P	W	D	L	Pts	
Lisnagry	15	13	1	1	40
Fairview Rgs C	16	11	2	3	33
Coonagh Utd C	15	8	2	5	26
Shelbourne B	15	7	1	7	22
Parkville B	15	6	3	6	21
Athlunkard Villa C	15	5	4	6	19
Aisling E	14	3	3	8	12
Murroe C	14	3	2	9	8
Newport	15	1	2	12	5

ON THE BALL

“Limerick to the core...”

DONN O'SULLIVAN

More money could mean less crowds in PRO14



Nothing beats being there. The motto of the GAA, an organisation who are looking to get more people in the gate at games. It is a hard fight. Something the PRO14 are learning on year on year.

Last weekend over 10,000 people went to watch Munster play Benetton in a knock out game of rugby. Some may call that a small crowd, but when compared to other sides in the competition, it is very high for a game with one week lead in time.

However the fact remains, if that was a home quarter final in the Champions Cup, the game would have been sold out. So the questions

then remain, what must the PRO14 do to get those crowds? Does it even want the crowds? Do modern day sports really want fans in the stadiums? Or do they just want them to pay for subscription TV channels, which will eventually see a trickle down of cash to the teams?

CVC Capital Partners recently bought 27 per cent of the Gallagher Premiership for about £220 million and is poised to complete a £120 million deal for a similar share of the Guinness PRO14 within the next few weeks.

The man tasked with leading the 'new look Premiership' is Darren Childs, the former CEO of UKTV, Britain's biggest multi-channel

broadcaster.

According to Rugbypass.com "Childs has an extensive background in the media industry, not only enjoying significant success in his current role with UKTV, which includes increasing its revenue by 66% and almost tripling the group's profits, but he has also worked with media giants such as MTV, HBO and the BBC"

See where this is going?

TV is the future, indeed it might not even be TV. Tennis has moved to streaming services, you could even watch PRO14 matches this season on YouTube and Facebook.

There are Golf tournaments and NFL games on Twitter now too.

So, should you pack the kids in the car, buy the tickets, spend for fuel, buy the food, battle the traffic or just sit at a home or even watch on your phone as you walk? That is now the question for the fans.

With a new deal coming for PRO14 clubs, they should have more money to spend on marquee players, however, much like football in the UK, the more TV money that comes in, the more money the people already involved will want. Better contracts for players and coaches to start.

The CVC deal will raise the profile of the league, but will it damage the golden goose that is the Champions Cup? Fans and media will just have to wait and see, or stream.

JEROME O'CONNELL

A Munster Hurling Championship with 120 different outcomes

IT'S all getting very real now with the Munster SHC underway this Sunday.

Five teams start out, with three teams to emerge the other side on June 16.

Last Summer was in many ways a journey into the unknown, but 2019 is certainly a new venture – Limerick as defending All-Ireland champions.

This time last year the feeling was one of optimism as Limerick set out on their championship campaign.

Now it's expectation.

And, true to the Irish psyche not all feel comfortable with expectation and pressure.

To be fair, that's the Limerick supporter in me taking – the players, management, and all within the Limerick camp appear to feel very much at ease with their current status.

This week saw



Pat Ryan and Stephen McDonnell of Cork have one more week to get acquainted

the first championship predictions; JJ Delaney, Ollie Canning, Daithi Regan, Shane McGrath and Jamesie O'Connor – all predicted Limerick to retain the MacCarthy Cup.

All that said, and the Irish psyche aside, it's great to have Limerick right in the middle of all

championship debate.

The Munster GAA Council produce all Match Programmes for Munster SHC games and asked media for a prediction on the final standings.

A quick online search tells me there are 120 permutations as to the final standings and that is pretty accurate for it's a Munster Championship where I think there will be no more than a score between teams. For what it's worth my prediction was; 1: Limerick, 2: Clare, 3: Cork, 4: Tipperary, 5: Waterford.

COLM KINSELLA

Euro U17 ties should have been spread out

MADE the road trip to Waterford on Bank Holiday Monday for the Republic of Ireland's UEFA European U17 Championships Group A fixture with the Czech Republic at the RSC.

Credit to all at Waterford's RSC for their organisation of the game on Monday night.

The evening ran very smoothly and Irish fans went home happy – well reasonably so – after an 88th minute goal from Andrew Omobamidele gave the host nation a share of the spoils in a 1-1 draw.

The attendance of 2,613 enjoyed the game and the whole sense of occasion.

The tournament features 16 nations, divided in four groups, with the final due to be played on Sunday, May 19.

What a pity more of the games were not played outside of Dublin. The only two venues used outside of Dublin (and Bray's Carlisle Grounds) were Waterford's RSC and Longford's City Calling Stadium, each of which staged four group games.

With the excellent road network, it would have been great to have played some more group games at the Markets Field, Turners Cross, Eamonn Deacy Park for instance.

What a brilliant opportunity it would have been for more young children and adults to see the cream of the crop of Europe's top U17 footballers in action in their own city or town.



Conor Carty of Republic of Ireland in action against David Pech of Czech Republic during a UEFA U17 tie

COLM KINSELLA

Limerick hurlers can justify favourites tag in Munster

ONE of the most eagerly anticipated Munster senior hurling championships for some time gets underway this Sunday afternoon.

The round robin system – featuring five counties – which was introduced last year has certainly re-energised the provincial competition.

Heading into the first series of games this weekend, no one can confidently predict which three counties will advance to the next phase of the competition, the top two sides making it to the Munster final and the third-place side to the All-Ireland quarter-finals.

The action begins next Sunday with the meeting of Waterford and

Clare at Walsh Park, 2pm, followed by the clash of Cork and Tipperary at Páirc Ui Chaoimh, 4pm (Both live on RTE TV)

All-Ireland champions Limerick have been installed as the 2/1 favourites to win the Munster title on June 30.

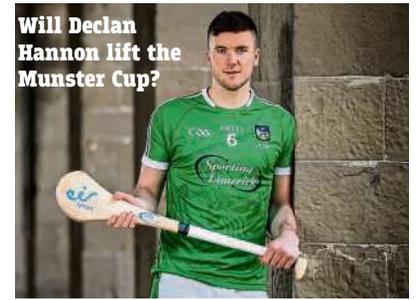
John Kiely's side begin their Munster championship campaign

with a home game against Cork at LIT Gaelic Grounds on Sunday week, May 19 at 4pm.

The game is followed by fixtures against Waterford on June 2, Clare on June 9 and Tipperary on June 16.

On the evidence of the league, Limerick look the best bet to win the Munster championship.

Will Declan Hannon lift the Munster Cup?



IS THAT ON THE BOX?

Wednesday

HORSE RACING

FONTWELL
SKY SPORTS 5.10PM

HORSE RACING

GOWRAN PARK
RACING TV 5.25PM

BASEBALL

NATIONALS @ BREWERS
BT ESPN 6.10PM

SOCCER

AJAX V SPURS
BT SPORT 8PM

BASEBALL

MARINERS @ YANKEES
BT ESPN 11.35PM

Thursday

GOLF

BRITISH MASTERS
SKY SPORTS 10.30AM

BASEBALL

ANGELS @ DETROIT
BT ESPN 6.10PM

SOCCER

CHELSEA V FRANKFURT
BT SPORT 8PM

SOCCER

VALENCIA V ARSENAL
BT SPORT 8PM

GOLF

AT&T BYRON NELSON
SKY SPORTS 8.30PM

Friday

RUGBY UNION

BLUES V HURRICANES
SKY SPORTS 8.35AM

TENNIS

MADRID MASTERS
BT SPORT 10AM

GOLF

BRITISH MASTERS
SKY SPORTS 10.30AM

RUGBY UNION

REBELS V REDS
SKY SPORTS 10.45AM

HORSE RACING

CHESTER
ITV4 1.50PM

RUGBY UNION

BULLS V CRUSADERS
SKY SPORTS 6.10PM

SOCCER

ABERDEEN V HEARTS
BT SPORT 7.45PM

RUGBY UNION

CLERMONT V LA ROCHELLE
BT SPORT 7.45PM

GOLF

AT&T BYRON NELSON
SKY SPORTS 8.30PM

SOCCER

ST ETIENNE V MONTPELIER
BT EXTRA 7.45PM

HORSE RACING

GOLDEN GATE
SKY SPORTS RACING 8.45PM

BASKETBALL

CELTICS @ BUCKS
SKY SPORTS 11PM

Saturday

RUGBY UNION

HIGHLANDERS V JAGUARES
SKY SPORTS 6.15AM

RUGBY UNION

CHIEF V SHARKS
SKY SPORTS 8.35AM

TENNIS

MADRID MASTERS
AMAZON PRIME 10AM

GOLF

BRITISH MASTERS
SKY SPORTS 10.30AM

SOCCER

ASTON VILLA V WEST BROM
SKY SPORTS 12.30PM

FORMULA 1

SPANISH GP QUALIFYING
SKY SPORTS 2PM

SUPER RUGBY

LIONS V WARATAHS
SKY SPORTS 2PM

RUGBY LEAGUE

BRADFORD V LEEDS
BBC ONE 2.30PM

RUGBY UNION

LEINSTER V SARACENS
BT SPORT/C4/EIR SPORT 5PM

SOCCER

DERBY V LEEDS
SKY SPORTS 5.15PM

GOLF

AT&T BYRON NELSON
SKY SPORTS 6PM

HURLING

KILKENNY V DUBLIN
SKY SPORTS 7PM

SOCCER

SUNDERLAND V POMPEY
SKY SPORTS 7.30PM

SOCCER

LA GALAXY V NEW YORK
SKY SPORTS 9PM

Sunday

RUGBY UNION

BRUMBIES V SUNWOLVES
SKY SPORTS 7AM

TENNIS

MADRID MASTERS
AMAZON PRIME 10AM

SOCCER

RANGERS V CELTIC
SKY SPORTS 12NOON

SOCCER

DONCASTER V CHARLTON
SKY SPORTS 12.15PM

GOLF

BRITISH MASTERS
SKY SPORTS 12.30PM

HURLING

WATERFORD V CLARE
RTE2 2PM

SOCCER

BRIGHTON V MAN CITY
SKY SPORTS 3PM

SOCCER

LIVERPOOL V WOLVES
SKY SPORTS 3PM

HURLING

CORK V TIPPERARY
RTE2 4PM

GAELIC FOOTBALL

TYRONE V DERRY
BBC 4PM (DEFERRED)

GOLF

AT&T BYRON NELSON
SKY SPORTS 6PM

BASEBALL

YANKEES @ RAYS
BT ESPN 6PM

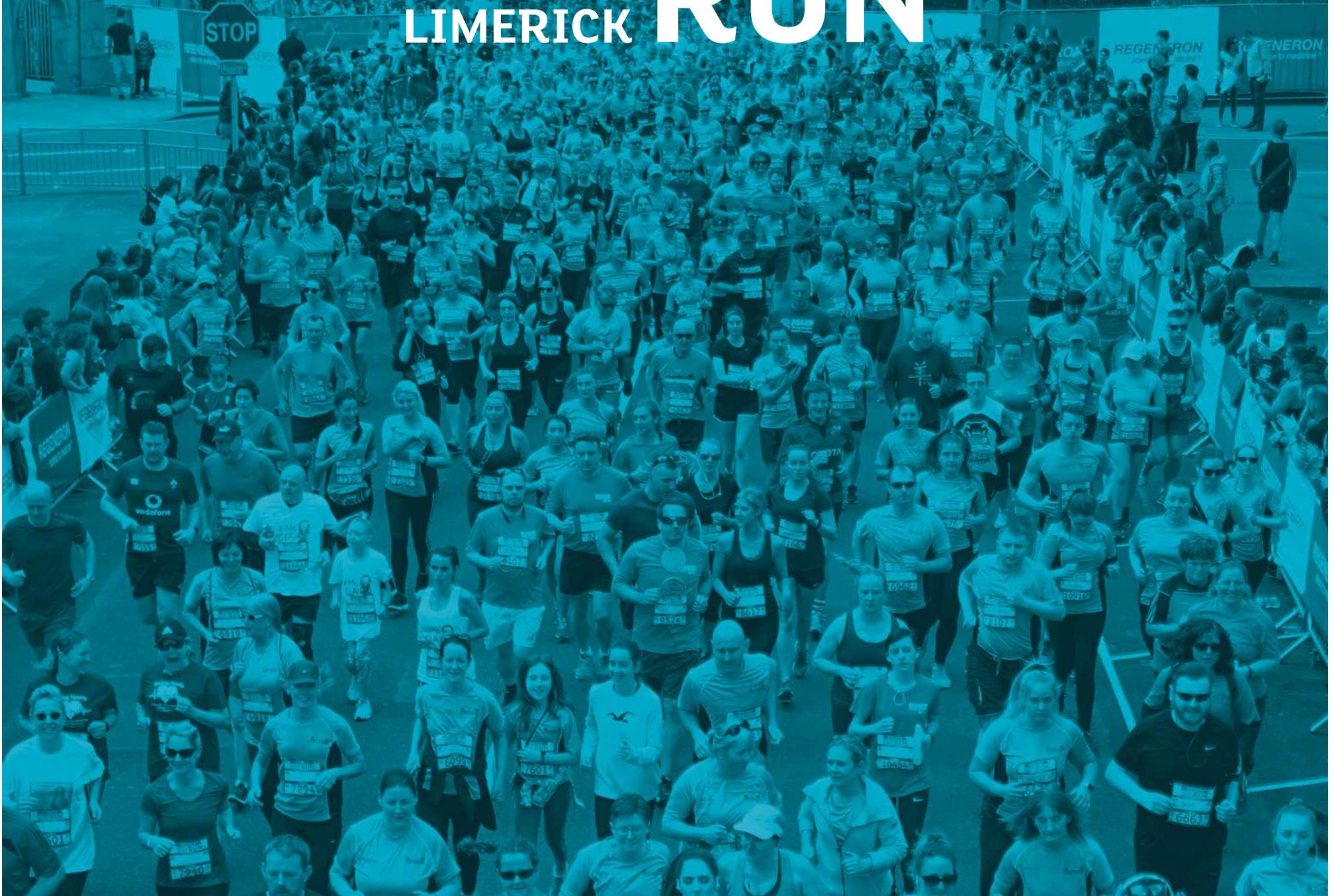
Petr Čech of Arsenal will try and qualify for the Europa League final in Baku



Champions Cup Final time: The best two battle it out at 5pm



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TO ALL PARTICIPANTS!
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