

The Leader

Wednesday, May 15, 2019

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HOPE SHINES OUT OF THE DARKNESS

Darkness Into Light walk attracts thousands to the city - p22 and 30-31

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WHOPPER Limerick woman's record shark catch **P12**

CRIME Chief Superintendent highlights ongoing problem of scramblers in city **P6**



REBEL ASSAULT Champions face Cork in crucial Munster match **P56**



Homeowner defiant despite demolition plan P4



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LeadingOff

Setting the agenda in Limerick



▲ GOOD WEEK
Charlene Dillon
 The Limerick woman landed the catch of a lifetime in the shape of a 1,200lb shark. See page 14



▼ BAD WEEK
Sean Cronin
 Limerick hooker lost with Leinster in the Champions Cup. Hopefully no PR014 compensation awaits!



☀ QUOTE OF THE WEEK
 "The most important tip for fire-walking is to think about the last step and not the first step."
Brian Moore, see photo essay pages 20-21

INSIDE THIS WEEK



WOULD YOU CREDIT IT?
 Ther worst kind of debt
 Page 26



CLIMBER TRIBUTES
 Passionate Ger remembered
 Page 4



SAUL GOOD MAN!
 Students' take on Opera plans
 PAGE 8



RUFF JUSTICE
 Reaction to dog unit call
 Page 12

Wear green with pride this Sunday



More than a clash of the ash. Pat Ryan of Limerick and Stephen McDonnell of Cork in a coming together off the ball during the Allianz Hurling League Division 1A Round 4 match in February. There will be a huge crowd of up to 40,000 on Sunday



WHAT WE THINK
EUGENE PHELAN
 LEADER EDITOR

THANKS be to God...the hurling is back and the LIT Gaelic Grounds will be mobbed on Sunday for Limerick's first championship game of the season against Cork.
 This, GAA correspondent Jerome O'Connell tells me, is the first time since 1937 that Limerick have played a game at the Gaelic Grounds as All-Ireland champions and it

is exactly nine months since that great day in Croke last August. So, a very rare and historic occasion and one to savour on Sunday.
 Already all the stand tickets have gone, but there is always great fun and banter on the terraces, though there may not be as many supporters in red and white, after Cork's poor performance

Tipperary on Sunday.
 We had such a great year in 2018, anything this group of young sportsmen can now give us will be a bonus.
 Limerick are still favourites for the All-Ireland, which is a huge burden on young shoulders. Wear green on Sunday, be proud and cheer your hearts out and enjoy the occasion, we don't get too many of them.

WEBTOPTEN



Jamie Dornan - See no.9

1. Man prosecuted for storing 'end-of-life' cars at halting site in Limerick
2. Fears Limerick company may axe €35m plan following objections
3. Motorist arrested on suspicion of drink-driving in Limerick had been disqualified for 15 years
4. Planning dispute over walk-in medical centre in Limerick still 'not resolved'
5. Limerick pensioner over the Blue Moon as €28k bet on Man City wins
6. Tributes paid to Limerick father following Carrauntoohil fall
7. Man from Limerick outskirts dies following fall on Carrauntoohil
8. Sunny delight this week in Limerick
9. Singer Niall Horan and actor Jamie Dornan added to JP McManus Pro-Am line-up in Limerick
- 10 Alcohol? Sorry there's 'nun'. Country's first bar with no booze opens in Limerick town



John Fitzgerald and Rebecca May in the Nuns Room booze-free bar

WEATHER FOR THE WEEK



WEDNESDAY
 Times of cloud and sun with a temperature peak of 18°C



THURSDAY
 Possibility of an afternoon shower in places. High of 17°C



FRIDAY
 Mostly cloudy with a shower or two and a high of 16°C



SATURDAY
 Mostly cloudy showers around. temperature peak of 16°C



SUNDAY
 An afternoon shower but otherwise clear - high of 17°C



MONDAY
 Generally overcast but remaining dry. High of 17°C

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MyLimerick

Declan Hannon

Captain of the Limerick senior hurlers

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

To be honest my perfect weekend is probably quiet boring, breakfast in The Green Yard Cafe Punch's Cross, followed by relaxing at home, depending on the weather then, I enjoy walking the bridges in the city, Limerick is a fantastic city with brilliant views.

What's your first Limerick memory?

Heading into primary school (Scoil Naomh Iosaf Adare) not wanting to go really, this quickly changed and I had fantastic years there.

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

My favourite part of the county is my hometown Adare; the people, restaurants, cafes, schools, it is always a hive of activity and at times feels as though you are on your holidays with the many tourists coming to visit the little village.

What about a favourite local walk or view?

Walking the three bridges in Limerick city is always a good way to take in fresh air and take in the views of the city.

What do you think gives Limerick its unique identity?

The people of Limerick are brilliant, they're passionate, hard working and extremely positive no matter what the situation.

Do you have a favourite local restaurant?

Yes, Bobby Byrne's in Limerick city and the pub grub in Adare is always excellent.

How important do you think sport is to Limerick?

I think sport is very important in all counties, it gives young people a structure to follow, a discipline, an aim, you learn so much from being involved in sport that you can transfer to your school life, work life and to your life in general. It can only have a positive effect.

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

I think Limerick is buzzing at the moment with many multinational businesses coming into the city, creating numerous opportunities for graduates to stay in the city and add to its continuous rise.

I do think that it is tough for young people in Limerick to get on the property ladder with the prices of houses rising, if the prices continue to rise it will only lead to the youth of Limerick moving elsewhere which I would hate to see.

Declan captains Limerick against Cork this Sunday in the Munster Senior Hurling Championship



FRONT PAGES OF THE PAST

**X18 YEARS AGO
MAY 5, 2001**

A Stunning photograph by Owen South of the late Richard Harris, having a pint of Guinness while sitting on the wall on the banks of the Shannon at Clancy Strand adorned the front page. There was also a story with the acclaimed actor slamming

rugby officials after the Munster Stade Francais semi-final in which he says Munster were robbed.

The lead story with the heading, "Heroin Arrives in City" with Chief Superintendent, Liam Quinn warning that the deadly drug was starting to take a hold in the city.



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Tributes paid to father-of-three after Carrauntoohil fall

RYAN O'ROURKE

Ryan.orourke@limerickleader.ie

TRIBUTES have been paid to the Limerickman who died while climbing on Carrauntoohil over the weekend.

Ger Duffy, 58, originally from St Joseph's Street in Limerick City had been living Clonlara, County Clare for the past 10 years.

The father-of-three was an avid motorcycle enthusiast, and had a passion for mountaineering.

He died from the fall at around midday last Saturday. Kerry Mountain Rescue was involved in the recovery of his body.

The Rescue 115 helicopter, which flew from Shannon, was unable to land due to the rough terrain and instead ferried a number of people to the scene.

Cllr John Costelloe, who was a childhood neighbour and friend of Mr Duffy, offered his condolences to the Duffy family.

"Ger was like a father figure to a



Ger Duffy during his recent trip to Cambodia

lot of the younger kids in the area. He loved bikes, and always gave great advice. He was a real character, really well liked and was from a lovely family. He will be sadly missed, he was really one of

the good guys," Cllr Costelloe said.

Mr Duffy was an experienced hill walking and mountain climbing. He had only recently returned from a three week-long motorbike trip to Cambodia.

A friend of Mr Duffy's spoke of his love for motorbikes and mountain climbing.

"If a person gets killed biking then they were doing what they loved doing and they died happy, making it easier to accept. Ger loved climbing and was following

his passion to explore the terrain," they said.

Mr Duffy will be deeply regretted by his loving wife Carmel (nee Madden) and his children Siobhán, Aisling and Gavin. He will be deeply missed by his mother Bernie, sisters Miriam, Ruth, Helen, Tessa, Maggie and Rachel (Derryfadda), sisters-in-law, brothers-in-law, nephews, nieces, relatives, neighbours, and his many friends. Donations, if desired, to Kerry Mountain Rescue.



Noelle and Eileen O' Malley and Geraldine Mulcahy pictured outside the house in O'Malley Park

Above: the rear of the house PICTURES: MICHAEL COWHEY.

Widow won't move though house slated for demolition

Regeneration: Woman's family feels she is one of the 'forgotten few' in Southill

RYAN O'ROURKE

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A SOUTHILL woman says she will not be moved from her home, despite the fact that her house has been earmarked for demolition as part of the regeneration program.

Eileen O'Malley, 76, says her home is suffering from dampness after her neighbours' houses were knocked four years ago.

Eileen has been widowed for the past eight years. Her husband, John, was an army veteran of 30 years.

Her daughters, Noelle O'Malley and Geraldine Mulcahy say they don't understand how she can be asked to leave, as she owns the property.

"My mother has been living here for the last 49 years. She owns her own house and now they say the house is earmarked for demolition. She is not willing to get her house knocked because it's her home," Geraldine said.

"She is one of the forgotten few. She has been left isolated and alone. They have forgotten the older generation, the ones who started Southill.

"They are being bullied to be leaving their homes. They want to move her out, but she doesn't want to go," she added.

Noelle says her mother has been denied grants which would help improve the house, due to it being earmarked for demolition.

Eileen suffers from a series of medical ailments including arthritis and a heart condition.

"We don't want a palace. We just want the dampness dealt with and the windows and doors fixed. She is entitled to a grant to put in a stairlift and a downstairs bathroom, but she can't get them, because the house is earmarked for demolition," said Noelle.

"The whole floor outside when you come in had to be replaced, we

replaced it. Two years ago we got new floorboards, new beams, we brought back down the brick and built it back up. Her kitchen is subsiding as well. We already did one half of it, and it just feels like we are throwing money at it for nothing," she added.

Noelle is worried that if her mother leaves the home, the house will be given to someone else.

"My father and mother worked all their life to own this house. It is their pride and joy. She has raised eight kids, 15 grandkids and three great grandkids in this home and they just expect her to leave," said Noelle.

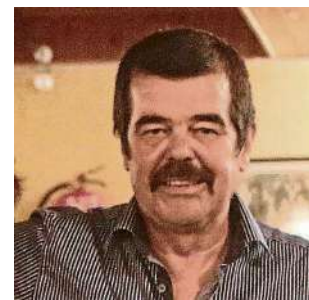
"I maintain that if mom got up tomorrow morning, packed her stuff and left out the front door, they would come in the back door and do it up and give it to someone else. They just don't care, to them they are just a number.

"They are waiting for her to give up. Her biggest fear is they would do it all up and just give it to someone else,"



Eileen is being punished for owning her own house

NOEL HANNAN



she added.

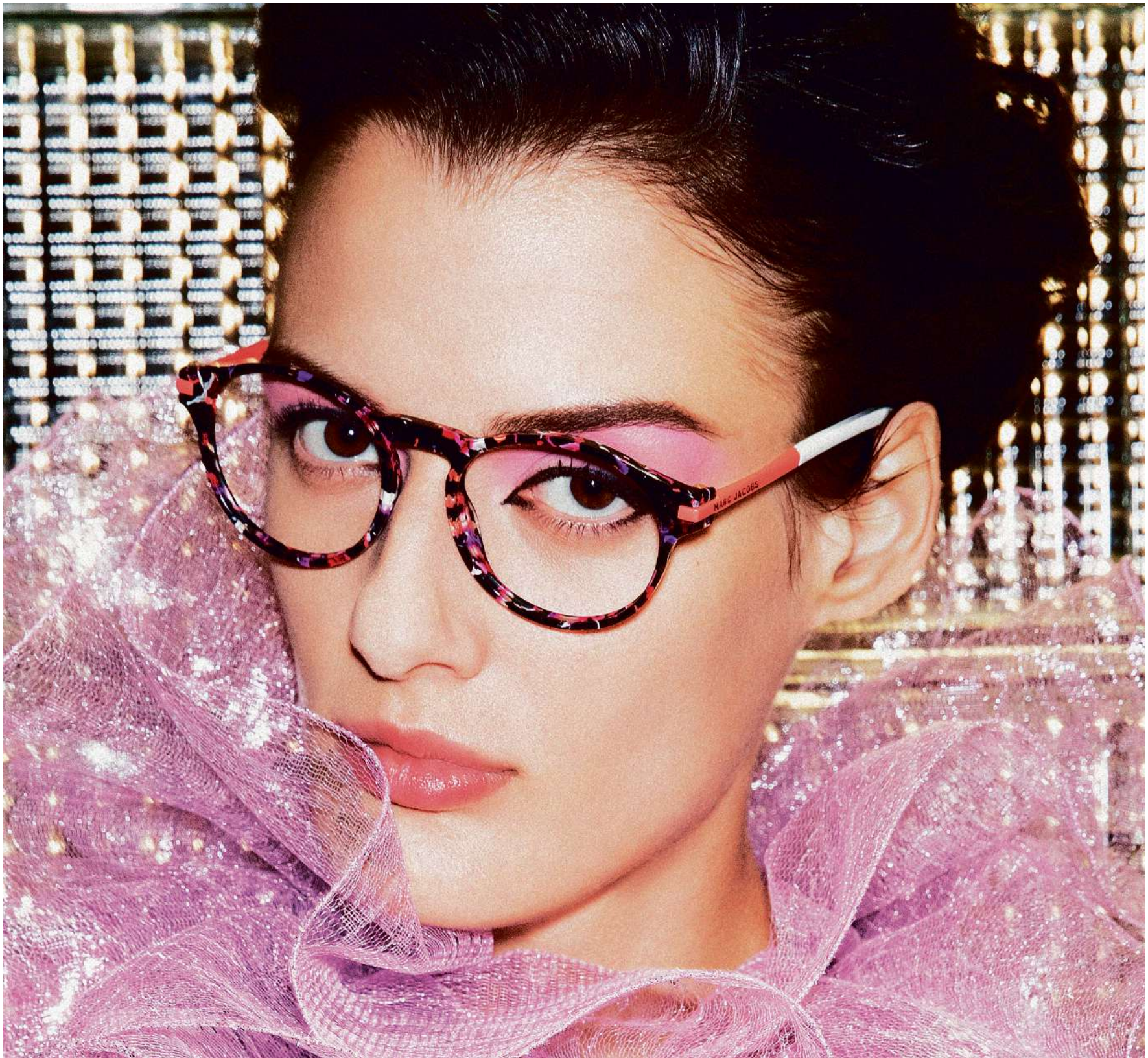
Independent election candidate Noel Hannan blasted the council over the situation.

"It is a total disgrace they way the Regeneration has treated Mrs O'Malley.

"Her late Husband, John O'Malley, served this country for 30 years in the army, and this is the thanks they show. Eileen is being punished for owning her own house," Mr Hannan added.

In response to the comments, a spokesperson for Limerick City and County Council said: "Limerick City and County Council does not comment on individual cases as it doesn't believe in discussing a customer's personal details in a public forum.

"Limerick City and County Council urges those who have issues with the houses to make contact with Customer Services to discuss the situation."



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Quinlivan calls for the ban of Scramblers

Calls to stop scramblers in city

RYAN O'ROURKE
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SCRAMBLERS need to be banned from city estates as they are a menace in local communities, posing a danger to the public and causing damage to property, claims Sinn Féin TD for Limerick City Maurice Quinlivan.

"In many communities across Limerick, quads, dirt bikes and scrambles are driven on public areas, causing problems for local people, a danger to children, and resulting in intimidation for some residents," Deputy Quinlivan said.

"Many of these greens and public parks are destroyed by the use of these scramblers, and we also have some situations where local sports teams are showing up to play a match only to find the pitch has been torn-up by people driving scramblers around them, as happened with Geraldines AFC club earlier this year," he added.

Deputy Quinlivan claims many elderly people are living in fear in their own communities.

"It's disgraceful, and my colleague John Nugent has been very vocal on this issue in Limerick. Something needs to be done urgently. Many of these bikes are incredibly dangerous. Many of these bikes are powerful, and incredibly dangerous, as we saw with the tragic case that occurred in Darndale Park, in Dublin where a man was left with life changing injuries from a scrambler," Deputy Quinlivan said.

Deputy Quinlivan claims that this is why Sinn Féin brought forward The Road Traffic (Quads and Scramblers Bill) 2017, which he says aimed to give Gardaí the ability to stop individuals using scramblers in public parks.

Gardaí stopped man with two-year-old on scrambler

JPC: Roxboro Road dealt with 16 dirt bike incidents so far in 2019

JESS CASEY
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GARDAÍ recently stopped a young man travelling on a scrambler with a two-year-old child sitting up on the back of the bike, public representatives heard at a recent meeting of the Joint Policing Committee (JPC).

So far this year, gardaí in the Roxboro district have dealt with 16 different incidents relating to scramblers, Superintendent Eamonn O'Neill confirmed in response to a question put forward by Fianna Fáil TD Niall Collins.

Speaking at the meeting, Chief Superintendent Gerard Roche reminded the attending TDs, senators and councillors that the majority of those using scramblers are minors who are "not buying the bikes for themselves."

"Parents and guardians have to take some responsibility for this," Chief Supt Roche said.

"People may not realise the dangers of scramblers. They are the new toy in town."

Gardaí acknowledge that there has been an anti-social element associated with the bikes, with some drivers wearing hoods to escape detection, Supt O'Neill told the meeting.

"They can cause distress to residents and their noise can have an effect."

"We are using the CCTV network that is available to us. We are looking at the current legislation as well."

Gardaí are also looking into if supplying a minor with a mechanical vehicle like the quads and dirt bikes can be made an offence, he added.

While it is not illegal to drive a scrambler on private lands or green areas "to get onto green areas, they must travel through public areas and that's where I see them breaking the law," Supt O'Neill explained.

An investigation into a road road traffic collision in Rathbane back in March between a 4X4 and a motorbike at which the motorcyclist failed to stay at the scene is still ongoing, Supt O'Neill also confirmed.

An Garda Síochána is looking at approaching the issue from an



Chief Superintendent Gerard Roche

educational point of view, instead of taking an enforcement approach, Chief Superintendent Gerard Roche said.

This programme could possibly be run through the Garda youth diversion programmes and Limerick's crime prevention officer is currently looking into it, he added.

Minors using these bikes might also be hoping it to "get a chase going" with a garda car, he said, adding that this could end up causing more damage.

"We have to balance those rights as well, instead of taking after someone."

"These vehicles are designed for off-road use and we need to make people aware of that," he added.

"People need to be made aware there is a place you can go in Limerick to use the bikes instead of going out to green areas."

Meanwhile, garda figures show a decrease in crime figures across the district when comparing 2019 to the same period last year.

This includes a 13% decrease in property crime and a 7% decrease in crimes against the person.

Designers make their fashion statements

TWO students at the Limerick School of Art and Design LIT have been named winners as the graduating class launched their debut collections, writes Jess Casey.

Last Thursday, BA Fashion Design and BA Fashion, Knitwear and Textiles graduates unveiled their award-winning work at the Unwrap exhibition launch.

Shauna Ward, a graduate of the BA Fashion, Knitwear and Textiles course, was named overall winner at the 2019 graduate collection launch, receiving €1,000 and LEO mentoring and training.

BA Fashion Design graduate Ijeoma Rosita Griffin, from Annacotty, received the special judges prize of €500 plus LEO mentoring and training.

The exhibition launch included the screening preview of the 2019 BA Fashion Design graduate collection film, styled by leading fashion stylists Kieran Kilgallon, and shot by filmmaker Albert Hooi.



Winners Shauna Ward and Ijeoma Griffin pictured at the Limerick School of Art and Design LIT at the UNWRAP exhibition PICTURE: BRIAN ARTHUR

This year's 23 BA Fashion Design graduating student group included Holly Rose Twomey, who won the 2019 Irish Fashion Innovation Awards Student Designer of the Year Award.

The BA Fashion Design Students have had another very successful year of international work placements all over the world

in global designers' studios, including Ellery in Australia, Simone Rocha London, McQueen London and Game of Thrones Belfast.

A collaboration between students from the BA in Fashion, Knitwear and Textiles, and Creative Media and Design students from LIT Clonmel, also featured in a second multimedia fashion

showcase.

Photography of these students' work was shot by acclaimed photographer Johnny Savage. Current trends and concerns such as sustainability, craft versus technology, diversity, and global design marketplace motivated these contemporary textile collections.

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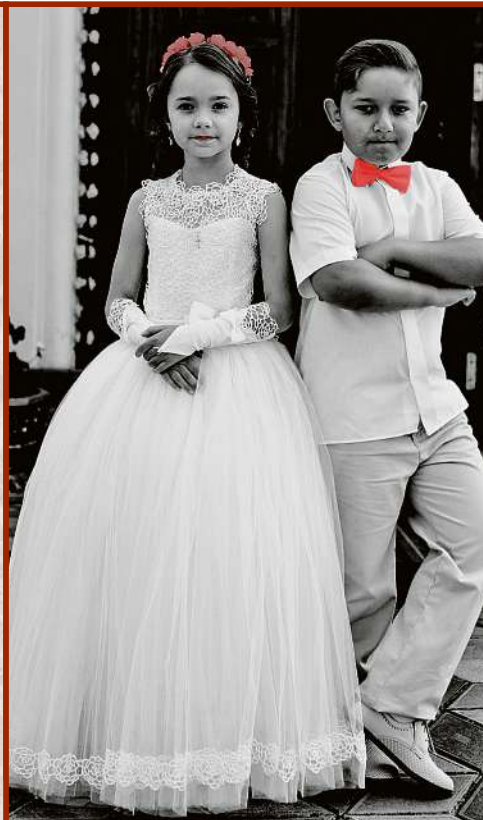
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VOTE No.1

Clr. Jerry O'Dea

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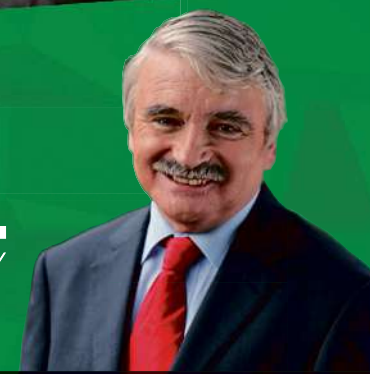
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Comments from online readers

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



SURVIVORS OF ABUSE IN LIMERICK SCHOOL TO LAUNCH 'ANTI-CANVASS'

Elaine Aherne Lee

Is there no end to this at all, how brave they are to come forward. its just disgraceful how all this is brushed under the carpet



Martina Boland

Well done lads keep fighting it a disgrace what ye have to do

Mary Cahillane Vallely

It's disgraceful what this group have been put through

ROADS IN LIMERICK ESTATE 'AS JAGGED AS THE CLIFFS OF MOHER'

Bernadette Joyce

The road out 2 Iceland is in very bad state 2 puts me off going near it



David Byrne

Caherdavin full of potholes too

John Phillips

Wait til there is an accident then they fix it

MAYORAL PLAN WILL GIVE LIMERICK 'OWN DESTINY' CLAIM SUPPORTERS

Joan Galligan

Do we still need a County Manager, will we have lots of Chiefs !!!



Mary Lynch

What about how much it will cost us

Marie Buckley

The very fact FG and Leo are out campaigning for this new perk for their buddies should set alarm bells ringing.....VOTE NO.

LIMERICK ELECTION CANDIDATE HAS TO ATTEND HOSPITAL EVERY 48 HOURS AFTER DOG BITE ON TRAIL

Derek Mulcahy

I was putting a leaflet in a letter box today and got bit by a dog. I am asking anyone with a dog in their home to think about putting a letter box on the wall outside. I would hate to think what would happen if a child was to put their hand in the letter box.



Michelle Graham

How many postman been bitten and no one hears

Gary Kirwan

Every two days since April 30th sounds like she is getting the royal treatment, well for some



Architecture students pictured at Fab Lab, proposing new ideas for the Opera site PICTURE: ADRIAN BUTLER

SAUL architects want changes to Opera site

'Living city': Students' alternative for €180m plan

JESS CASEY

jess.casey@limerickleader.ie

FUTURE architects are demanding that more consideration be given to the current design of the €180m Project Opera site, which they believe lacks the housing and green space necessary to create a vibrant city.

Pre-thesis students from the School of Architecture at the University of Limerick (SAUL) have examined the future plans for the 54,000 square metre site in great detail, identifying important aspects they believe the current site is missing.

Among the proposals put forward by students is a call for more residential housing to be included in the development, which is currently

before An Bord Pleanala. "If less than half of the 45,000 area of the site was allocated to housing, you could have 200 housing units," SAUL student Anna Fagan said.

An extra 200 units equates roughly to 600 people living on the block according to current average family size in Ireland, she added.

With the majority of 15% of designated 'living-space' within the current proposal described as 'apart-hotel', less than 5% of the site has been set aside for residential housing, SAUL student Dáire English said. Two thirds of the site is to become office space.

"There is no problem in principle with office space, but there needs to be a balance between residential and commercial for Limerick to become a

thriving lived-in city."

There is also a lack of green-space and fears that the scale of the project does not match with Georgian Limerick, which begins at the Opera site and extends throughout the city.

On Wednesday May 14 and Thursday May 15, 27 projects designed by SAUL students, showing what they would like to see the Opera Site become, will be on display at Fab Lab studios on Rutland Street, open 9.30 am to 5.30 daily.

In March, Limerick City and County Council lodged its planning application to An Bord Pleanala for the Opera site, and the council does not comment on applications before the Planning Authority. Submissions and observations can be made on the proposals through An Bord Pleanala.

O'Donnell welcomes library investments

SENATOR Kieran O'Donnell has welcomed a technology investment that has benefited 16 public libraries in Limerick.

Last July funding of more than €8 million was approved to invest in technology for libraries around the country.

Since then over €275,000 has been invested Information Communication Technology (ICT) upgrades for 16 public libraries in Limerick.

"The new technology and facilities will enhance public libraries in Limerick and the new

innovative services they provide," Senator O'Donnell said.

"Our libraries are about much more than borrowing books," he added. "Increasingly, they serve as community hubs and as somewhere where people can learn and develop digital skills."

CIAN HELPS LAUNCH HOSPICE WEEK



Alan Hughes, Ireland AM visited LauraLynn, Ireland's only children's hospice, to launch National Children's Hospice Week, which this year runs from 20th - 26th May. He is pictured here with young Cian Murphy of Limerick for the launch of Children's Hospice Week

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LEADER CRIME BRIEFS

BY DAVID HURLEY



Witnesses sought after assault in city centre

GARDAI are appealing for witnesses to an assault which took place in the city centre on Saturday night to come forward.

Shortly before 11pm, a man who is in his 50s, was walking along Cruises St. alone. He was approached by two males who assaulted him.

"His injuries needed medical attention and he was brought to University Hospital Limerick," said divisional crime prevention officer Sergeant Ber Leetch.

A number of witnesses have already come forward but gardai believe there are others may have seen what



Gardaí at Henry Street are investigating

happened.

"Cruises Street is busy at 11 o'clock on a Saturday night so gardai at Henry Street would like to speak to any other persons who may have seen this assault take place," said Sgt Leetch.

Anyone who was in the area at the time and who may have seen what happened is asked to contact (061) 212400.

Appeal to homeowners to lock their garden sheds

GARDAI are appealing to homeowners to lock their garden sheds as summer approaches.

"Most of us store our gardening tools in our sheds but that's only one step, the next step is to make sure that the shed is properly locked. A good standard of lock and bolt must be used, consider paying a substantial amount for it and then get a professional to fit it if you're not sure yourself," said Sergeant Ber Leetch.

"Consider the cost of replacing your lawnmower and strimmer etc and buy a good quality lock and bolt," she added.

Bag stolen while woman was trying on clothes

INFORMATION is being sought after a lady had her handbag stolen, in recent days, while she was in trying on clothes at a store in the city.

"Unfortunately she left her bag outside of the changing cubicle and a thief saw the opportunity and took it," said divisional crime prevention officer Sergeant Ber Leetch.

"I have seen ladies come out of their changing rooms to get another size or item but leave their bags in the cubicle and in full view of anybody who might be tempted to take it. We



Advice: Sergeant Ber Leetch

should never leave our valuable property unattended. Thieves are opportunists and will have your wallet, phone or bag taken in a second," she added appealing to people to protect their property.

Anyone with information about the theft is asked to contact gardai at Henry Street at (061) 212400.

Church burgled after Mass

INFORMATION is being sought after a church was broken into at the weekend.

According to gardai, St. Lelias Church, Kileely Road was entered sometime between 11.30am on Sunday when the church was locked and 8am Monday when it was opened.

The side door was damaged and the sacristy was searched but nothing was taken.

Family launch new campaign to 'get justice' for Gussie



The family of the late Aengus 'Gussie' Shanahan have launched a new campaign for the young man who went missing in 2000. Pictured above with a picture of Gussie is Bob Shanahan and the late Nancy Shanahan PICTURE: LIAM BURKE

Call-out: Family urge public to use private phone line

FINTAN WALSH
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THE FAMILY of the late Aengus Shanahan have launched a new campaign to "get justice for Gussie" after he went missing in Limerick city almost 20 years ago.

Gussie Shanahan, 20, was reported missing after he was last seen at Old School House Lane, near Barrington Street on February 11, 2000.

His partial remains were discovered on a small island in Bunratty in October 2001. However, it was not until October 2018 that gardai were able to match Gussie's DNA to the remains, thanks to enhanced technology.

Gussie was eventually laid to rest next to his late mother Nancy in November 2019.

This week, the Shanahans have launched a new campaign in a bid to source more information in connection to his death.

As part of the campaign, they will launch a new Facebook page, a poster and have already launched a confidential phone line for those who wish to give information in private.

Speaking about the campaign, Gussie's sister Grainne told Live95: "What has happened over the last 19 years, information has come in, whether it has gone to missing helplines, or whether people rang my dad or called to the house. Some of that information is a little bit sketchy. It has kind of been lost in



We all had to take time to heal our hearts

GRAINNE SHANAHAN, SISTER OF LATE GUSSIE



the 19 years, so we want to go back and revisit all that again. So we are appealing to people to come back with that information again. However small they feel it might be, it could be that small piece of the puzzle that could put everything together.

"From this week, we have launched a private mobile number, a confidential line. It will be strictly confidential, and asking people to come forward with any information. However irrelevant they think it may be, it might put everything together."

She said there has been fresh information since his death was confirmed, but she was unable to discuss due to the ongoing investigation.

Ms Shanahan added that she is appealing to the person who contacted her father Bob Shanahan a number of years ago in relation to Gussie to make contact again.

"We are six months on since we buried Aengus and we all had to take time to heal our hearts and digest everything that has happened, just let the reality come to us all, really," Ms Shanahan said this Monday morning. It was such a big shock to us all. So, six months on, seven months on, now we have kind of built the strength up to get to the next chapter of Aengus' story. Because, as we all know, up to now, we have been looking for a missing person. Now he has been returned to us, and now we are at the stage where we want to get answers and to find out and get justice for Gussie."

The private number for anyone with information is 087 1222950. Anyone with information is asked to contact Roxboro Road garda station at 061 214340, the Garda Confidential Line at 1800 666 111.

Twilight Racing



LIMERICK
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Criticism of call to deploy dogs on teenagers

Politics: Candidate 'using Peter Casey style rhetoric'

NICK RABBITS
nick@limerickleader.ie

THERE has been widespread condemnation from City North election hopefuls to one candidate's call to set the garda dog unit on unruly youths.

Brian O'Connor, who is running for Fine Gael on the northside, said he believed if the law enforcement agency clamped down on this behaviour things would improve.

He believes dogs should tackle youths.

But the call has been met with criticism, from Conor Sheehan, Labour, Kieran Walsh of the Social Democrats, and Solidarity councillor Mary Cahillane.



Even his running mate, Olivia O'Sullivan has distanced herself from his claims.

Mr Sheehan, pictured, who is the youngest candidate in City North, said Mr O'Connor is engaging in "nonsensical Peter Casey style rhetoric", referring to the Presidential candidate's pre-election comments on Traveller culture.

"While I acknowledge there is an issue with gangs of youths hanging around in areas on the northside, this suggestion that bringing in Alsatian dogs will somehow remedy the situation is ridiculous," he said.

The Labour man asked if Fine Gael as a party endorsed the notion of "setting police dogs on teenagers".

Ms O'Sullivan, who is one of four Fine Gael candidates north of the Shannon, described it as "a statement by one candidate".

"Though I wouldn't necessarily agree with this as a solution. I'm sure it comes from a place of frustration, as I'm very familiar too with anti-social behaviour issues, and everyone wants [an] increased garda presence."

Mr Walsh said he hopes people "see through" Mr O'Connor's call for dogs.

"Fine Gael are currently misspending billions of euro and Brian wants to release hounds on the youth? We have serious problems on the northside because Brian's party and local TD prioritised banks over

community. I really think he should be bringing solutions to the table, not this outrageous headline grabbing stuff," the former Labour member said.

Cllr Cahillane described the suggestion as "absolutely astonishing".

"We shouldn't be surprised though, as Fine Gael has a long record of anti-social behaviour including cutting child benefit, lone parents allowance and back to school allowances," she said.

She believes Mr O'Connor is trying to distract from other issues, including the trolley crisis at University Hospital Limerick, and the housing shortage.

Mr O'Connor had argued that youths were gathering in "tribes" and terrorising neighbourhoods.

He said they avoided the detection of gardai by organising meet-ups in different areas through social media like Whatsapp.

Limerick goes to the polls on May 24.



Maeve's vision for Bloom

See Maeve O'Neill's garden design at Bloom in the Phoenix Park

Maeve O'Neill a garden designer from Realise Landscape Architects will fly the flag for Limerick at the annual Bloom festival at the end of the month.

Raised in Limerick, Maeve studied Fine art, Sculpture and the Principals of Teaching Art in Limerick College of Art and Design.

She has designed the garden 'Grounded' in association with Janssen, Aware and See Change

Growing Conversations which will explore the need to educate people on the language of mental illness in Ireland.

Bord Bia's Food Village will feature two Limerick food and drink companies, among the 100 plus exhibitors in the Food Market and Bloom Inn with many new companies and new products set to launch. The festival runs from May 30 to June 3, see www.bloominthepark.com

Fresh call for city community facility

NICK RABBITS
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LABOUR's northside election candidate Anne Cronin has added her voice to calls for a community centre in Garryowen.

The largest estate in the old city limits, the area has long been without a community hub, with any services offered from several small, inconvenient locations.

"In an ideal world, Garryowen Community Centre would have a café, a childcare facility/crèche, club space for activities like indoor soccer as well as all the other activities currently being run from a variety of locations. All these activities would benefit the young people, the elderly people and the children in Garryowen, if provided from one central location, which was accessible, visible,

safe and secure," said the manager of the Garryowen Community Development project John Buttery.

Ms Cronin added: "The local community are being told by Limerick City and County Council that their need for a community centre has been met through the redevelopment of the Markets Field Stadium, which is used from time to time for activities in the community but yet again it is not a designated space that all members of the community can use on a daily basis. One of the main foundations of any community centre is a café that serves meals to those in the community (a lot of whom are elderly and living alone) for a number of hours each day as well as childcare facilities – neither of which are available at the Markets Field development."

City rents increase by 14.4% in a year

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AVERAGE monthly rents in Limerick city were €1,195 at the end of March according to the latest DAFT.ie Rental Price report.

The report for the first quarter of 2019, shows average monthly rents in the city rose by 14.4% year-on-year. The average cost of a one-bedroom apartment is €878 while a three-bedroom house costs an average



Average monthly rent in Limerick is €1,195

of €1,167.

Meanwhile, the average monthly rent in the county stood at €864 – up 11.4% compared to 2018.

According to DAFT.ie, monthly rents in Limerick city remain lower than those in Dublin (€2,046), Cork (€1,331), Galway (€1,260) and much of the Dublin commuter belt.

The report also finds the average monthly rent for single bedroom in the suburbs of the city is €358 while a double room will set you back €406.

Across Munster, there were just 570 homes available to rent across Munster on May 1.

Lidl seeks to build new store in city

GERMAN retailer Lidl is seeking permission to build a discount foodstore on the outskirts of the city.

The company has submitted a planning application to Clare County Council for the proposed development at Knockballynameath, Corbally – on lands to the north of the existing Westbury Centre.

The proposed development also includes a off-licence area, a coffee shop and car-parking for electric cars.

The application was lodged last Friday and a decision must be made by early July.

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Limerick City North



Conor Sheehan

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No. 1**

**VOTE FOR A STRONG TEAM THAT WILL WORK
FOR OUR COMMUNITY AND LIMERICK**

**Sheila Nunan for the European
Parliament Ireland South**



A-list celebs added to Pro-Am

FINTAN WALSH

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HOLLYWOOD actor Jamie Dornan and pop superstar Niall Horan have been officially added to the star-studded line-up of the JP McManus Pro-Am in Limerick next year.

Hosted in the luxurious, award-winning Adare Manor, the special competition aims to raise much-needed funds for charities in the Mid-West over the course of the two-day event on July 6 and 7, 2020.

Irish singer-songwriter Horan rose to prominence when he became a member of boy band One Direction.

Dornan is famously known for his lead role in the Fifty Shades film series.

This Monday morning's announcement that Dornan, pictured below, and Horan will be teeing off at next year's event comes a



week after Hollywood superstar Mark Wahlberg took to social media to praise the golf course ahead of the 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."

Wahlberg later tweeted: "Quite honestly one of the nicest golf courses I've ever played. And one of the nicest places I've ever visited."

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

US Masters winner Tiger Woods, Rory McIlroy, Ryder Cup captain Pádraig Harrington and world number one Justin Rose are just some of the golfers already signed up to attend.

'Real life jaws' catch of the day

Shark tale: Limerick woman lands 1,200lb marine beast



The massive 1,200lb shark caught off the coast of Clare by Charlene Dillon from Kileely

RYAN O'ROURKE

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A LIMERICK woman has landed the catch of a lifetime after hooking a 1,200lb shark during a recent fishing trip.

Charlene Dillon, 30, from Kileely, caught the impressive 15 foot Sixgill Shark while on an angling trip off the coast of Clare on Sunday.

Describing the moment she caught the fish after an hour and a half long struggle, Charlene said, "It was an amazing sight to see this fish half the size of the boat coming to the surface I was absolutely astounded at the sheer size of it. I was a bit nervous, it was like looking at a real life version of jaws, because it looked a bit like a Great White Shark at first.

"The skipper measured the fish. It

was about 15 foot long. It was too big to get into the boat. His estimation was between 1,200 and 1,300 pounds. These sharks are a very rare species and it is definitely a fish of a lifetime," she added.

Charlene's impressive catch has landed her in the record books, as well as making her a celebrity in the fishing world. Sixgills are one of the largest sharks found in Irish waters.

Adare Manor named as the 2019 AA Hotel of the Year

ADARE Manor has been named as the AA Hotel of the Year 2019, the most prestigious prize in the Irish hospitality industry.

The AA inspection team was impressed with the welcoming nature of each member of Adare Manor's team and the top-quality of the food at the hotel's dining room, The Oak Room restaurant.

With 104 rooms and suites, 42 of which are located in the new wing added during the expansion project, Adare Manor has been the recipient of numerous national and international awards. With the views of the river Maigue, the extensive gardens and the championship golf course providing truly breath-taking scenery for all guests to savour.

Conor Faughnan, AA Director of Consumer Affairs says the success of Adare Manor shows the importance of the hospitality industry is in Ireland



The Adare Manor named as the AA Hotel of the Year for 2019

"Since re-opening in 2017 after an extensive 21-month restoration and expansion project, the resort has re-affirmed its position as one of the finest hotels not only in Ireland, but in the world. Attracting visitors from across the globe, Adare Manor only

serves to highlight how important the hospitality industry is in Ireland and the extent to which Ireland, through the warm welcome provided by those working in the industry, is a must-visit destination for those overseas," said Mr Faughnan.

LIT hosts free ICT workshops in Thurles

The Department of Information Technology at Limerick Institute of Technology (LIT) has teamed up with Science Foundation Ireland to promote careers in Information and Communication Technologies (ICT).

Through a series of free events to be held at the LIT Thurles campus, those interested will get the chance to take a look inside the life of a third level student studying ICT. 'Explore Day', aimed at senior cycle second level students, will be hosted at the LIT Thurles Campus on Friday May 17 from 3.30pm to 6.30pm.

LIT Thurles will also host a free Explore Computing summer camp, from Tuesday June 4 to Thursday June 6. This summer camp is aimed at next year's fifth and sixth year secondary school students.

Places are free but limited at the Explore Day. Bookings can be made online at www.lit.ie/explore

Choirs kick off summer of song 2019

WITH less than four weeks to go before the seventh annual Limerick Sings International Choral Festival, the University Concert Hall looks set to kick off the summer of song this June.

As UCH hosts a series of concerts and choral trails across Limerick, acclaimed composer and conductor Bob Chilcott is also set to host an exciting full day workshop on June 8.

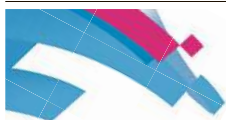
On Thursday, June 6, UCH welcomes the renowned, professional a cappella ensemble The Real Group. On Friday June 7, the beautiful Redemptorist Church in Limerick City will host Choirs in Concert, a performance by local, national and international choirs.

Adare is set to place host to the Festival Proms on June 8, with a closing gala concert planned for Sunday June 9. For tickets, contact UCH Box Office at 061 331549. More information can be found on www.uch.ie

WELL, HELLO MALLOW!



Mallow Homes and Garden Festival takes place on the weekend of May 24-26 with gardening experts Peter Dowdall and Paraic Horkan (resident garden presenter on Newstalk's Pat Kenny Show and Ireland AM) on hand to share their passion and knowledge in all things garden related. New to the show this year is interior designer Nina Kati who will be imparting her top tips on how to make the most of your home. Nina is also one of Ireland's leading feng shui interior design consultants. Other attractions this year include a pet show, vintage car collection, flower arranging demonstrations with Margaret Mulchinnock and artisan food market. See weekend Leader for more details



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Terms and Conditions apply. Available at KBC.ie/appointment. To be eligible to receive a Just Eat Voucher, you must book and attend an initial mortgage consultation with a member of KBC staff in any one of our Hubs between 20th and 25th May 2019. The promotion is one Just Eat voucher to the value of €10 per person or €20 per couple who book and attend an initial mortgage consultation during the promotional period. The promotion is valid while stocks last. KBC Bank Ireland plc is regulated by the Central Bank of Ireland.

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24th, 25th, 26th MAY



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SATURDAY 25th MAY
SUNDAY 26th MAY
11am - 6pm DAILY

The Mallow Home and Garden Festival returns to the fantastic Cork Racecourse, Mallow from the 24th - 26th May. This year the festival looks set to be even more exciting than last year's event - with even more displays, spectacular gardens, seminars, food, lots of shopping and entertainment for the kids.

FREE Shuttle Bus to and from Mallow Train station

See you there!

The Mallow Home & Garden Festival has teamed up with The Limerick Leader to offer 10 lucky readers the chance to win a fabulous double pass for the Mallow Festival for 2 adults.

Q. Where is Cork Racecourse?

A.

Send your name, address and tel. no. to: Mallow Festival Competition, The Limerick Leader, 54 O'Connell Street, Limerick by May 21st, 2019.

Sales assistant awarded €68k following assault in store

GORDON DEEGAN

news@limerickleader.ie

A 38-year old part-time sales assistant at city centre retailer has been awarded €68,636 after she was assaulted by a customer with a bicycle locking chain.

In a High Court judgement, Mr Justice Bernard Barton has ruled that Limerick woman, Sabrina Douglas receive damages of €50,000 and an additional €18,636 in special damages arising from the

customer assault at Michael Guiney's store at William Street, Limerick on September 21st 2011.

Ms Douglas took the case against Michael Guiney Ltd and Mr Justice Barton found that the retailer is liable for negligence and for breach of statutory duty concerning Safety, Health and Welfare at Work legislation for what happened to Ms Douglas on the date. On September 21st 2011, a customer was first verbally abusive and then struck out at Ms Douglas



The mother of two worked as a part-time sales assistant

with the bicycle locking chain after she told him that he required a receipt, in accordance with store policy, if he wished to return the bicycle locking chain that he has purchased the previous day.

Describing the assault, mother of two of children, aged 11 and 9, from Pike Avenue, Garryowen, Ms Douglas told the court that the customer took the chain off the counter and used it to strike her on the right hand.

Ms Douglas said that she tried to defend herself and pushed him away but he then struck out again with the chain which hit her on the right-hand side of her head and face causing a cut to her scalp that started to bleed immediately.

The intoxicated man was arrested by Gardai who arrived at the scene and he subsequently pleaded guilty to assault causing harm of Ms Douglas.

Mr Justice Barton stated that a fair and reasonable sum to compensate Ms Douglas for pain and suffering to date for her physical and psychological injuries is €40,000 and for pain and suffering into the future €10,000. In addition, the judge awarded special damages of €18,636.



Patrick Roche, Philip Roche and Alan Freeman (all main pic) have appealed their convictions. Pictured above is one of the victims, Willie Creed. The Court of Appeal has reserved its judgement

Trio appeal their convictions over violent home invasions

Prison: Appellants were found guilty following a lengthy trial two years ago

RUADHRI GIBLIN

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THREE men jailed for violent burglaries in rural county Limerick seven years ago, have launched appeals against their convictions.

Patrick Roche, 54, and his son Philip Roche, 25, both with addresses at Kilcronan, Clondalkin in Dublin, as well as Patrick Roche's son-in-law Alan Freeman, 38, from Pearse Park, Tipperary Town, were found guilty, in July 2017, of aggravated burglary and false imprisonment following a trial at Limerick Circuit Criminal Court.

The Circuit Court heard that Patrick and Philip Roche broke into the isolated home of elderly siblings Willie, Nora, and Chrissie Creed near Pallasgreen, Co Limerick, in May 2012.

The Roches tied up Mr Creed and

his sisters, aged in their 70s, before assaulting them, leaving them covered in blood. Willie Creed was stabbed in the head with a screwdriver before the Roches fled with €5,000 in cash.

Six weeks earlier, the Roches along with Alan Freeman, broke into the home of the Gerry and Anne Garvey in Pallasgreen, Co Limerick.

The gang tied up Mr and Mrs Garvey, and their four children, and assaulted them. They threatened Mr Garvey at gunpoint, before fleeing with a sum of cash.

The three men were found guilty of the offences, having denied the charges. Patrick Roche was jailed for 17 years, Philip Roche 15 years and Freeman 14 years by Judge John Hannan on November 14, 2017. The final three years of each sentence was suspended.

They opened appeals against their

convictions today on a number of grounds including the trial judge's instructions to the jury and issues surrounding the lawfulness of the Roches' arrests and detention.

The Director of Public Prosecutions will argue that the convictions of all three men are safe.

Counsel for Patrick Roche, Michael Delaney SC, said his client was not arrested for the offence for which he was detained.

He said Patrick Roche was interviewed 20 times, over six or seven days. In the last two interviews the gardai invoked the power to draw inferences from his failure to answer material questions.

However, Mr Delaney said it wasn't permissible to invoke the "inference provisions" where an explanation had repeatedly been given by Patrick Roche for his whereabouts.



Willie Creed was stabbed in the head with a screwdriver before the Roches fled with €5,000 in cash

He said Patrick Roche told gardai that he had taken the train from Dublin to Cork and was collected by his cousin in a BMW before driving to Knocknaheeny in relation to a horse.

Counsel for Philip Roche, Seamus Clarke SC, submitted that the arrest of both Roches was unlawful because the arresting gardai "tagged along" with a search team, for the purpose of arrest, without stating their intention.

Counsel for Freeman, Dominic McGinn SC, said the only evidence connecting his client to the offence came from an alleged accomplice.

He submitted that the trial judge misstated what could have amounted to corroboration of the alleged accomplice's evidence against Freeman.

He further submitted that cross examination on behalf of his client's co-accused prejudiced Freeman.

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LEADER BRIEFS

Councillor calls for 'garda-hub'

FIANNA Fáil councillor Jerry O'Dea has called for more garda resources in Annacotty following a string of burglaries and incidents of anti-social behaviour in the area.

"In recent weeks we saw highly publicized violent burglaries and assaults in Annacotty and Newtown where on two occasions the burglars returned either later in the night or the following night to finish the job," cllr O'Dea said.

"I am calling on our Chief Superintendent to immediately seek resources to provide a fit for purpose sub-station in the area."

"In the local area plan for Castletroy, the population is projected to increase by almost 100% by 2040. At present the area is almost a size of a small city in itself and we cannot continue to bury our heads in sand here. The people of the area deserve better."

Greenhills Hotel keeps it country

LIMERICK city is back as a hotbed for country dancing with the relaunch of the Thursday night gigs at the Greenhills Hotel on the Ennis Road.

Declan Nerney had them jiving and waltzing all night long just before Easter, while local star Michael Collins of Tournafulla teamed up with Muriel O'Connor and Fran Curry for a three hour feast of dancing last week.

"It's great to have the dancing back on a Thursday night," said Daphne Greene, manager of the Greenhills.

"There's been a great reaction and we're looking forward to having all the top stars including Ciarán Rosney, Robert Mizzell and many others at the Greenhills," she added.

Ciarán Rosney plays the Greenhills Hotel this Thursday night, May 23. He is a huge favourite with dancing fans in the Clare / Limerick region and they're sure to be out in force on the Ennis Road this Thursday night.

'Together For Yurt' to look back on canvass

Podcast: Series documents stories of those who campaigned for repeal

JESS CASEY

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A YEAR after Limerick voted by wide majority to repeal the eighth amendment, a new podcast is looking back at stories from the canvass trail here as documented by the Together For Yes campaign group.

Together For Yurt, a new podcast series curated by Jess Beeley and Dave Tobin, looks back at the campaign for repeal in Limerick through interviews with organisers, canvassers and supporters.

Examining the origins of the campaign group in the county, the series also focuses on challenges faced by those involved with the campaign.

"It was a life-changing experience for a lot of campaigners," Limerick Together For Yurt producer Jess Beeley said.

"This was a campaign that was won by those who told their stories on doors every night. It's fitting that we look back on and celebrate them telling their stories one year on."

"Even though the podcast is Limerick focused so many of the Limerick canvassing stories will resonate with other Repeal canvassers around the country."

Last May, two thirds of voters across the city and county cast their ballots in favour of removing the eighth amendment, and voter turnout hit 62%.



Campaigners at the Racecourse after the results of the referendum last May PICTURE: MICHAEL COWHEY

In the city, the total turnout for the Referendum was 48,110 people ; 32,169 voted in favour of repeal and 15,941 against. In the county, 42,092 people cast their votes, with 24,448 voting in favour and 17,644 against.

Together for Yurt producer Dave Tobin, who has been involved in campaigning in Limerick for a number of years, believes the campaign was a "coming together" of

many different Limerick people.

"The Limerick Together for Yes campaign was unlike anything I've ever seen or been involved with," he said. "It was a coming together of so many different and amazing Limerick people who unified around the campaign."

"It's been wonderful to speak to them again as the first anniversary of the result approaches. We expect

listeners will enjoy listening to their stories as much as we have."

"It's been wonderful to speak to them again as the first anniversary of the result approaches. We expect listeners will enjoy listening to their stories as much as we have."

Together For Yurt is available on iTunes, Spotify, Soundcloud and all usual podcast apps. See www.togetherforyurt.home.blog

Incognito aim to raise vital funds with secret art sale

Twenty two Limerick artists have submitted their masterpieces to Cork's first Incognito secret art sale, writes Rory O'Connor.

With queues for Incognito's Dublin sale beginning at 4.30am and paintings sold on a first come, first served basis, the dawn chorus won't fall on deaf ears outside the Lavit Gallery Cork on Friday and Saturday May 17 and 18. It is set to be the country's biggest art sale with 2,600 pieces going for auction.

Each postcard-sized piece will be €50, with the twist being that the artist is not revealed until after the purchase is made, meaning some people end up with paintings worth much more than they are paying. All eyes will be peeled for artworks by well-known artists such as Paul Costelloe and Abigail O'Brien and one lucky shopper will pick up a valuable piece created by U2 frontman Bono!

The Jack and Jill foundation are



Paul Costelloe pictured with Limerick Jack & Jill nurse Margaret Naughton

the beneficiaries of the sale, with last year's event, held in Dublin, raising €95,000, with every €16 raised funding one hour of home nursing care for over 340 children who are under Jack & Jill's wing today, with 15 Limerick-based families currently

receiving care. William Fry are also a key contributor, who have donated €100,000 over the last three years.

The artworks can be viewed on www.Incognito.com in the days leading up to the sales with a preview day taking place on May 16.

Leddin urges study on Local Link

GREEN Party northside candidate Brian Leddin has urged council to commission a feasibility study into establishing a Local Link minibus service to improve transport links in the city.

Local Link services are part and parcel of rural areas in the county – and now the city man wants them introduced in the urban area.

"We have areas of the city that are under-served by public transport. For example the Mill Road area in Corbally has no public transport service and it is too far, especially for elderly residents, to walk to the nearest bus service," the candidate noted.

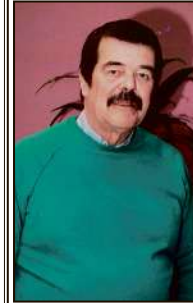
He believes these services can link up to existing mainline services, and operate in a feeder fashion.

FUTUREMED HACKATHON POINTS TO POSSIBILITIES FOR SOLVING CLINICAL PROBLEMS



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If you look back at the local elections which were held in 2014. 44% voted, where the other 56% stayed at home. Why not lend me your vote.

Finally as an independent candidate, I'd like to apologise to the voters of limerick east as I am unable to canvas for your vote due to limited resources.

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Clr. Joe Leddin

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Acute hospitals have “an enormous opportunity and an enormous responsibility to take advantage” of the multiple disruptive technologies now emerging with the potential to transform healthcare.

That is according to Prof Martin Curley, Director of the Digital Academy and Open Innovation with the HSE, who was opening the FutureMed Fest at University Hospital Limerick. Organised by NCHDs Dr Sam Gray, Dr Conor Keogh and Dr Salim Sebaoui, FutureMed Festival is a multi-day, multi-disciplinary event that aims to raise awareness of the possibilities of digital technologies and how they can be used to solve real clinical problems.

Above: Dr Robert Gilligan, UHL NCHD and Rosie Woodburne, Executive Assistant to Chief Scientific Officer at Allianz Partners, sharing a joke

OLIVIA O'SULLIVAN

Local Election Candidate 2019
Limerick City North

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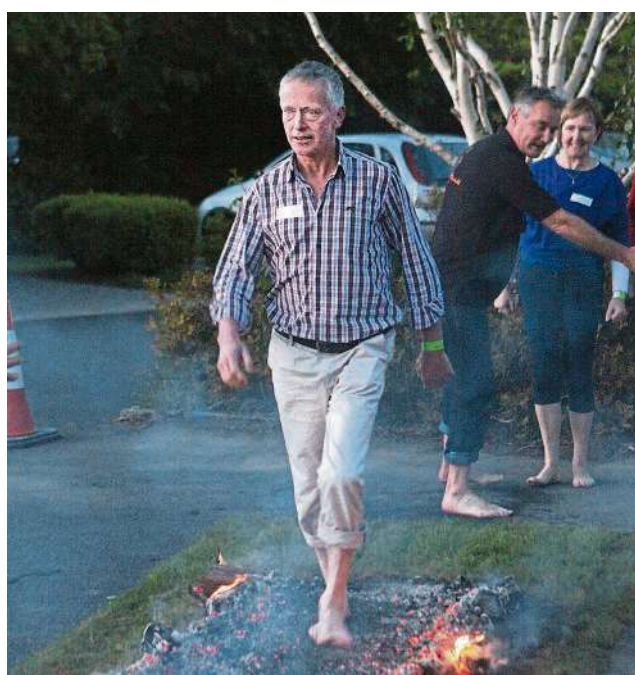
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Brian Moore: I'm the Master Fire-walking Instructor. The most important tip for fire-walking is to think about the last step and not the first step



Denis Richardson, Boher

Denis: It felt fantastic, you can't feel any heat. It's all in the mind.

A stroll in the flames

Fantastic fire-walking for Spinal Injuries Ireland

Pictures: Dave Gaynor **Words:** Ryan O'Rourke



Kieran Curran, Ballyclough

Kieran: It was a wonderful achievement. I am absolutely delighted.

Veronica Doyle, Broadford

Veronica: It was brilliant. I've done it before, but it's always amazing to get into that mind-set. It doesn't hurt at all.



Brian Moore, Master Firewalker and Caitriona Hickey, Spinal Injuries Ireland

Caitriona: It was amazing. I didn't think I would do it so I am very proud of myself, and everyone here.





Veronica Doyle, Broadford, and Brid Dunne, Caherconlish.

Brid: It was actually the most amazing thing. The energy just carries you through it.

Candid Comment

By SPARTACUS

● **WHILE carrying out some research ahead of next week's plebiscite on proposals to introduce a directly-elected mayor, Spartacus quickly found out a significant number of people don't have a clue what they are being asked to vote on. While Fine Gael is actively promoting a yes vote, it appears the party's spin doctors have instead been focused on 'selling' the €3bn National Broadband Plan.**

.

● **FOLLOWING Limerick's spectacular win in the Munster SFC against Tipperary, the Treatymen will now play a semi-final in Cork against the Rebel County.**

While there is no doubt that our Gaelic footballers will be fully committed to qualifying for a first Munster final since 2010, some may switch their focus to a slightly larger ball game after the match at Páirc Uí Rinn – the Uefa Champions League final between Tottenham Hotspur and Liverpool some 1,939km away at the Wanda Metropolitano in Madrid.

Goalkeeper and joint captain Donal O'Sullivan, Monaleen, is a passionate Spurs fan, while the panel includes a number of Liverpool supporters, including the manager's son Jamie Lee, of Newcastle West.

.

● **THE Limerick senior hurlers open their Munster championship campaign with a home fixture against Cork at LIT Gaelic Grounds on Sunday afternoon. While the fixture will be broadcast on both RTÉ television and radio, it appears the memo regarding the selling of the stadium's naming rights by the county board has yet to make it to Dublin 4.**

So let's hope that Limerick GAA get onto the powers that be and that LIT gets the proper recognition it deserves.

.

● **WILLIE O'Dea who looks**

a certainty to top the poll comfortably when the votes in the next General Election are all counted, is unlikely to be sending many press releases to Irish Daily Mail. Columnist Brenda Power had a real go at him this Tuesday under the heading: "Funny how Willie O'Dea is suddenly all tough on feral children. Looming election, perhaps?"

It follows a statement that the Limerick TD made looking for parents who allow their children to run riot to be held responsible for their antics.

He wants parents to be fined if necessary or money taken from their social welfare.

But it seems they have a very good filing system at the Daily Mail, because Ms Power says that three years ago when then minister Denis Naughten tried to link school attendance to child benefits, "Willie O'Dea was the senior politician who almost single-handedly shot it down in flames".

"No way, he told Seán O'Rourke on May 12, 2016 could his party support such a regressive policy. The ferocity of Fianna Fail's objections, led by Willie O'Dea, was the reason this perfectly sensible policy never got off the ground," she wrote.

By the way, Willie writes an occasional article for the Sunday Independent.

● **LOCAL election candidate Brian O'Connor wants to dole out some 'woof justice' on 'feral' kids running around neighbourhoods across the northside.**

Mr O'Connor, who is running for Fine Gael north of the Shannon has called for the Garda dog unit to be deployed to tackle children who, he says, are gathering in huge 'tribes', using 'boom boxes', and drinking in groups.

The comments drew huge criticism from across the board.

But Spartacus wonders when Boomboxes made a comeback from the 1990s, and were once again the thing to be seen with among the youth of Limerick?



Seamus Hickey

The former Limerick defender wasn't hauled over the coals too often in his hurling career, but was game for a crack at this baptism of fire



Dave McGuire, Nenagh

Dave: It was pretty cool by the end of it. It didn't hurt at all. It just felt like walking on pebbles

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



Benji - a stunning two year old Collie is looking for a forever home after he was found straying on the road. Benji gets on well with other dogs and loves human company. Benji enjoys going for walks but loves a nice bed inside to return to. For more information on Benji visit the sanctuary any day from 12noon to 3pm or phone us on 087 6371044. Adoption fee is €150.

Gypsy - a one year old terrier is looking for a loving home. Gypsy is an out-going, playful girl and adores people and other dogs. For more information on Gypsy visit the sanctuary any day from 12noon to 3pm or phone us on 087 6371044. Each dog is neutered, wormed, neutered and microchipped



Coby - a fabulous shih Tzu is looking for a home of his own. An adult only home would suit Coby best. He is good on the lead and loves to play with his toys. For more information on Coby visit the sanctuary any day from 12 noon to 3 pm or phone us on 0876371044. Adoption fee is €150, each dog is neutered, wormed, neutered and microchipped and a home check applies.

Kittens need a new start

Finally - Kittens! The sanctuary has many kittens that will be looking for homes shortly. Phone our cat unit on 087 2295669 for information on our cats and kittens or visit the sanctuary between 12noon and 3pm to see them. Adoption fee for our cats is €100, they are neutered, wormed and vaccinated.



Aesthetically pleasing: Purebeau opens

At the grand opening of Purebeau Aesthetic Clinic, Castletroy Town Centre, were Agnieszka Orłowska, owner, with Dr Rinat Sitanovich, plastic surgeon. See Agnieszka's column on page 48 for more PICTURE: ADRIAN BUTLER

Darkness Into Light a 'massive success'

Mental health:

Over 8,000 take part in major walk

RYAN O'ROURKE

ryan.orourke@limerickleader.ie

OVER 8,000 people took to the streets of Limerick in the early hours of Saturday morning as part of the annual Darkness Into Light event.

The 5k walk was held to raise funds for suicide prevention charity Pieta House.

Walkers in Limerick gathered outside Thomond Park before embarking on a 5k circuit around the city's streets.

Those who did not have the chance to participate in this year's event can still donate at Darknessintolight.ie.

Kieran O'Brien is the Munster Events Regional Coordinator for Pieta House. He was delighted with the large turn out for this year's Darkness into Light walk.

"It was a massive success. It was really great to see a sea of yellow, with everyone out in solidarity to reduce the stigma of suicide and self harm. I would like to thank all of our volunteers, supporters and communities that helped us," said Kieran.

During this year's walk, participants were treated to a pleasant surprise of a musical nature.



Over 8,000 people took part in the annual Darkness Into Light walk last Saturday PICTURE: DAVE GAYNOR

“It was really great to see a sea of yellow”
KIERAN O'BRIEN,

Performing at King John's Castle was the CLEF Choir. Director of the choir, Darragh Wynne lead the choir as they looked to add something special to this year's walk.

"One of our members, Stacy, volunteers with Pieta House and she said they were looking to add something else to DIL to mark its 10th year in Limerick," said Darragh.

"So that's how the performance came about. We've been getting great feedback, I think a lot of people weren't expecting it so it came as a nice surprise," he added.

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On the left is Nancy Ekhtator receiving best performance at the National Finals of Junk Kouture on behalf of Team Wipe Out and right is 'Romeing in DeNile'

Creative students wow with their many artistic endeavours

Art: Colaiste Nano Nagle students are celebrating a recent string of awards

JESS CASEY

jess.casey@limerickleader.ie

CREATIVE secondary school students at Colaiste Nano Nagle are celebrating a string of recent awards for their artistic talents.

'Wipe Out' and 'Romeing in DeNile', two designs created by students for Junk Kouture 2019, made it through to the grand finale of the competition in the 3Arena. 'Wipe Out' was also presented with a prize for the best performance on the night by Louis Walsh.

Romeing the Nile, which uses disposable towels and wipes to question our throwaway society, was created by students Abbie O'Keefe, Lauren Kelly and Feruza Rameto. The group's design was destructive effect disposable materials have on the earth.

Wipe Out, inspired by the waste products left behind by using face and baby wipes, was created by student designers Nancy Ekhtator, Leah

Cosgrave and Nikoletta Kosma.

Second year student Dewa Ishaq was also awarded with a special merit prize at the 65th Texaco Children's Art Competition for her artwork, entitled 'Grief'. Over 25,000 students entered this year's competition where students are encouraged to create an art work that interests them.

Dewa will attend an awards ceremony this month where the president will be in attendance. She will be awarded with a certificate and an art box to the value of €100.

Tess Lim, another second year student at Colaiste Nano Nagle was also recently awarded with a certificate of merit for her Book of Kells inspired artwork.

Tess attended an awards ceremony in Trinity College Dublin.

Colaiste Nano Nagle students Samantha Makula and Abbey O'Keefe were also named the Junior Art Student of the Year and Senior Art Student of the Year by their school.



On the left is 'Grief' created by Dewa Ishaq and on the right is the Book of Kells inspired artwork created by Tess Lim



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The No.1 killer of personal wealth - credit card debt

How could something end up costing over €5,000 when it was only bought for €2,899?

A reasonable question, to ask, which was directed to me by an individual attending a financial lunch and seminar I was giving recently at their workplace.

You see he bought a MacBook Pro laptop for €2,899. He just couldn't help himself.

'You only live once', 'what the hell', 'if I continue to save for it, it will take me years' - such were the thoughts going on in his head, so he whipped out his credit card, and bought the MacBook.

Now he knew he would end up paying interest because he was using his credit card, but he wasn't quite sure what that would be; he never thought it would be €2,588.

It can be hard to figure out what €2,899 at a rate of 20.6% with minimum monthly repayments of €60 will end up costing, but it's not difficult if you Google 'credit card calculator' and insert the numbers. The answer will be given in a couple of seconds.

He just couldn't believe how high the cost was. He thought it was a mistake and that something was wrong.

So, rather than logging on to the net, I decided to go old school, and got out a flip chart, a marker and a calculator.

I thought this would be a better way to demonstrate the cost, but my other motive was to show everyone present the toxic effect of using credit cards, and how much they are being charged if they carry balances over each month.

I began by asking him three questions, and the answers were the first things I wrote down on the flipchart and they were:

€2,899 (cost of purchase)
20.6% (credit card interest rate)
€60 (minimum amount he pays each month)

Okay, the first thing I wanted to figure out, was how much interest he was being charged every day.

So, I wrote down: $20.6\% / 365 = 0.056\%$. All in agreement? Good

Next, I wanted to figure out how much interest is charged each month, and using a 30 day month, I wrote down: $30 \times 0.056\% = 1.68\%$

Still with me I, asked? They were.

Okay, next, I told them I was going to write down how the amount of interest was being charged each month. This is a key number, one that people can't figure out for themselves and only discover what it is when their monthly statement arrives. It's not a difficult calculation, but an incredibly important one to know.

The next line therefore was: $\text{€}2,899 \times 1.65\% = \text{€}47.83$

That's the amount of interest he was paying each month, and I thought it was a good time to remind everyone what his monthly payment was, so the next line was: €60

The line that followed was: €12.17

That was how much of his €60 repayment was going towards paying off the €2,899 he owed.

What I wanted to show next, was the balance owing the month after he sent them the first €60, so I wrote down: €2,886.83

The next number I wrote on the flipchart was: 20%

Because that was the percentage of his monthly payment that was going towards paying off his debt.



He thought it was a mistake and that something was wrong



DID YOU KNOW?

Some banks in Italy, take parmesan cheese as collateral for loans. Along with keeping cash in their safes, they also store hundreds of thousands of cheese wheels until they mature which usually takes two years.

Pretty insane isn't it, that only 20% of the repayment was coming off the amount he owed? I mean if you physically handed over this money and someone said to you, I'm only going to take €12.17 off what you owe me, and I'm going to keep the rest for us, thanks a mill. Your €47.83 will come in really handy for our important clients, when we're paying for their hospitality at that golf tournament next month.

And the cycle that follows every month afterwards begins all over again, because with a slightly lower balance, his next minimum monthly amount will reduce to €57.74, and the amount used to pay off his balance remains low. This is the vicious sinkhole your money gets sucked into, by paying the minimum payment each month. By then I think the penny was beginning to drop for him and for everyone in attendance.

The next number I wrote down, I needed some help with, and had to use my own online calculator to figure out, and when I did, I wrote down: 92

That was the number of months it would take him, before he paid off his debt - that's seven years eight months.

My penultimate number was: 89%

By using his credit card to buy the MacBook, and repaying it the way he was, he would end up paying 89% more than everyone else who bought the same laptop for cash.

It wasn't costing him €2,899, the real cost was the last number I wrote and that was: €5,487

If the price tag of the laptop was this amount, would he have bought it? Of course, he wouldn't. It was an expensive lesson he learned and one he'll never repeat again.

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If you choose a car and mileage allowance instead, the car allowance is added to your salary and is taxed at the normal rates, but the mileage allowance is tax free. That could be the key difference.

If the cost of running the car each year was, say, €16k, your car allowance €15k and your mileage allowance was €5k, then the net annual cost to you is €3,800, a saving of €880 on the company car option.

In most instances, choosing a car allowance is the better option from a financial perspective but it will depend on mileage, cost of running the car, allowance given etc.

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Over 3,000 jobs created in Limerick through 2018

Study: Positive findings from council's new economic monitor

NICK RABBITTS
 nick@limerickleader.ie

MORE than 3,000 jobs were created across Limerick last year, a new study has revealed.

And since 2013, there are 15,800 more people in work, with the Live Register falling by 14,000 since 2010.

That's according to the inaugural Limerick Economic Monitor, which has been published at the Gardens International Complex in Henry Street.

Commissioned by Limerick City and County Council and produced by EY-DKM Economic Advisory, the LEM will be the barometer used to track Limerick's performance against key economic indicators including employment, enterprise, investment, housing, consumer sentiment, and commercial property and will be published twice-yearly.

In so doing, it will benchmark Limerick's progress against local and national targets, as per the Limerick 2030 economic and spatial plan, and

Project Ireland 2040.

It's the first economic monitor to be put in place in an Irish city outside the capital and will fill a gap in the availability of reliable data on regional economic output.

Mayor James Collins said the monitor reflects the confidence in Limerick, adding: "That growth is set to continue with the development of a number of iconic projects in Limerick, including the eagerly anticipated development of the Limerick Twenty Thirty Opera and Cleaves sites, the University of Limerick's €8m investment plan for a city centre campus and a number of other large-scale private investments."

The study produced a number of other conclusions. In terms of housing, the economists believe Limerick remains an affordable alternative to Dublin and Cork.

Meanwhile, the number of start-ups in Limerick reached a new high in 2018 with 820 start-ups and a recorded 'year-on-year' increase of 14.8%.



Ciara Morley of EY-DKM economic advisory, Mayor James Collins and Dr Pat Daly, director of economic development, Limerick City and County Council PICTURE: OISIN MCHUGH/TRUEMEDIA

And between 2017 and 2018, investment in Limerick grew by 46.1%, with new and existing companies having invested a total of €2.2 billion.

Limerick commercial unit vacancies are decreasing and office rents are the lowest amongst the counties of Dublin, Cork, and Galway, with rent per square metre in the city standing at €215, compared to Galway (€323), Cork (€350), Dublin suburbs (€323) and Dublin 2/4 (€646). Ciara Morley, economist at EY-DKM economic advisory said: "Our analysis shows just how exceptional Limerick's recovery has been and the very positive developments which are continuing to drive its future prosperity as a region. A sustained commitment to investing in the city and county, and in infrastructure which will continue to support its growth and accessibility is key to this success."

Economic director Dr Pat Daly said: "Limerick is the only Irish city, outside of Dublin, where disposable income is greater than the national average and is at its highest since 2008."

Brothers earn Stripe-s

CASTLETROY brothers John and Patrick Collison have won a major national business award.

The former Castletroy College students, who founded the online payments firm Stripe, won the 2019 Irish Times Business Person of the Year award, in association with KPMG.

They were adjudged the overall winners for their success in raising \$345 million in two separate funding rounds in the past year, which saw Stripe's



Patrick and John Collison

valuation leap to \$22.5 billion. On top of this, the firm has announced that Diane Greene, who was until recently chief executive of Google is to join their board. The rapidly-growing valuation for the company has seen the brothers more than double their financial net worth to \$2.3 billion each.

Indecon report on funding

INDECON, the independent economic research group, has published a report which found that there are 936 full-time employees working in the funds industry here.

The funds industry in Ireland contributes €837 million annually in direct taxes to the exchequer, with 16,000 people now directly employed in the funds sector across the country.

At a roundtable event held in Limerick, Indecon's economic impact assessment report was launched by Pat Lardner, the chief executive of Irish Funds.

It found activity and growth in the sector brings with it a €14 bn contribution to economic output nationally which is being dispersed in communities across Ireland. It focused on the profile and contribution of the funds industry.

Mungret firm cements boost after run

THE St Gabriel's Centre in Dooradoyle has received a boost after staff at Irish Cement raised €10,000 doing the Great Limerick Run.

A team of 30 runners and walkers from the Mungret facility completed the run to support the centre, which provides a range of clinical therapies and interventions for up to 600 children and teens with disabilities.

The group is building a new facility in the shadow of the cement plant.

Elaine O'Hehir, the human resource and community liaison manager with Irish Cement and employees from across the factory recently visited St Gabriel's and were very impressed with the state of the art facilities, all of which are essential so that much needed respite can be provided for children with complex disabilities and high medical needs.

Presenting the cheque to Máire O'Leary and Kate Sheahan from St



Staff at Irish Cement presented a cheque for €10,000 to the St Gabriel's School and Centre in Dooradoyle

Gabriel's on Monday, she said: "The new Children's Respite House is the first purpose-built facility for children with physical disabilities and complex medical needs in the Mid-West Region. It

will provide a wonderful place for families to access short-term and overnight respite care and will be of enormous benefit to the children and their families. This is what inspired us all to keep going with our fundraising and training. The team at Irish Cement are delighted to make this donation to such a worthy local cause. The challenge of getting around the Great Limerick Run course was nothing compared to what some of the families have to overcome every day."

Ms O'Leary of St Gabriel's said: "The community have been very supportive, and we are so grateful to our neighbours in Irish Cement for their tremendous fundraising efforts and this donation."

Elaine added: "The team from Irish Cement really enjoyed the whole experience, the weather on the day was perfect and the support from the people of Limerick all along the course was amazing."



KEEP IT LOCAL!

Limerick businesses in the spotlight



Children and Loss Conference planned for LIT

AS the Children's Grief Centre will be celebrating its 10th birthday in 2019, it has decided to organise a conference on the theme of Supporting Children Through Loss Following Parental Separation, Divorce or Bereavement.

The Children's Grief Centre is a

free support service for children and young people in the Mid-West aged 4 to 18 years who are affected by loss through bereavement, separation or divorce. Their upcoming conference will take place on Friday, June 14 at the Millennium Theatre, LIT, Limerick.

The conference starts at 9.30 am and registration is open from 8.30am. This conference will be of interest to parents and those who work with children and young people in any capacity. Tickets are €50 and are available through Eventbrite.ie. This includes a light

lunch/ refreshments and a choice of attending one workshop. For further information contact: office@childrensgriefcentre.ie / 087 9851733. Visit their website at www.childrensgriefcentre.ie

The following are the two keynote speakers: Dr Elizabeth

Nixon will discuss 'Current research on the effects of parental separation on children: What hurts and what helps.'

The title of Daniel McConnell's talk is 'Can you hear me now? - Why it is important for children dealing with grief to be heard.'

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- Item 5. External bell box fitted at front of house
- Item 6. Dummy bell box fitted at back of house

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Liz McNamara, Raheen with Mary Ryan and Majella O'Rourke, Ballyclough were among the 8,000 who took part in the Darkness into Light walk in Limerick city in aid of Pieta House. Murroe and Newcastle West hosted similar events



Out & About

DARKNESS INTO LIGHT WALK IN LIMERICK CITY

Pictures: DAVE GAYNOR



Crowds of people leaving Thomond Park at the start of the Darkness Into Light



Oisín, Muireann, Aoife and Aoibhinn, Doyle, Ballysimon Road with Cailín and Cara Carroll, Lynwood Park



Natasha Grew, Caherdavin and Aidan O'Connell, Dooradoyle



Mary Vaughan, Mary Street
Jacinta Quigley, Granville Park



Jennifer and Cian Markham, Caherdavin



Gina Collins, Kildimo and Brenda O'Neill, Lisnagry beside the hope sign and candles at the Darkness Into Light Walk



Arslan Sharif, Mungret Street and Sarah Little, St Michael Street



LEFT: Collins family members, Limerick at the Darkness Into Light Walk in aid of Pieta House at Thomond Park
 PICTURE BY DAVE GAYNOR

ABOVE: Leon Rush, Meelick, Marie Normoyle, Caherdavin and Alan Normoyle, Meelick

RIGHT: Martin Doyle, Caherdavin, and Brian O'Connor, Thomondgate



Carole Neacon, Caherdavin



Zara and Martina Khan, Raheen



Teresa Fitzgerald, Vera O'Meara and Amy Williams, Mungret



Members of the Unity Gospel Choir Limerick



Maria, Tania and Mayor Daniel Butler, Raheen, Joshua McCarthy, Mungret, Cathal O'Brien, Raheen, Joanne O'Toole, Dooradoyle and Siobhan McCarthy, Mungret



Fernando Carro presenting the team from JFK with a Football from the Argentinian professional footballers

Out & About

ARGENTINA U18 TEAM PAY A VISIT TO JFK NATIONAL SCHOOL

Pictures: BRENDAN GLEESON



Charlie, Luca, Harry and James Ryan



The JFK TEAM having a team talk before they play some of the Argentinian professional footballers



Jamie Murphy, showing his skills



Daniel O'Donovan with Lucas Burguero, one of the ten Argentinian professional footballers who visited



Pedro Zaffuo with Moham Norleed



LEFT: The JFK Team after they were presented with the Argentinian Flag by the Ten Argentinian Professional Footballers who visited JFK National School
 PICTURE BRENDAN GLEESON

ABOVE: Pedro Tosarello with Michael O'Leary and Harry O'Sullivan

RIGHT: Jalentno Agnes with Luke O'Keeffe and Killian Haugh



Nicolas Andres, Argentinian professional footballer with Jamie Murphy and Oliver Galeki



Francis Regli/Freie with James McCarthy and Oliver O'Gorman

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ENTERTAINMENT

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

'Killing Stella' explores a 'gamut of emotions'

FOLLOWING a hugely successful premiere at The Everyman in 2018, the Gaitkrash Theatre Company is to bring its latest work to the Belltable this Thursday May 16, writes Jess Casey.

Killing Stella uses an immersive multi-layered language to tell this story of the "subtle abuse of a powerless young woman" and the damage that unfolds when the witness remains silent.

Directed by Regina Crowley, **Killing Stella** takes an "unflinching story of collusion in abuse", according to actor, theatre maker, and co-founder of Gaitkrash Bernadette Cronin, who adapted, and stars in, **Killing Stella** for the stage.

"The audience will be coming in for a story that is quite intense on the levels of sound and visuals," Bernadette explained.

"The show also runs very tight- it's like a tightrope. It's a very full experience- there's dark humour in there as well."

Joined on stage by cellist Eimear Reidy, **Killing Stella** tells the story through text, movement, image and music, Bernadette added.

"A whole gamut of emotions are explored through the cello composition.

"We're telling the story not just through the text, which has been adapted from a very beautifully novella by Marlen Haushofer. We work very much with music and text



Bernadette Cronin on stage with **Killing Stella** at The Everyman Palace Theatre, Cork

and movement and image so its a feast for the senses.

"The cellist and I are telling the story together, we are part of the same world. The language of the cello is as much a part of telling the story as me through movement and text.

"The experience that is

being relayed throughout the show is one that we can all relate to. This character, she is very, very complex," Bernadette said.

"She's basically post-traumatic. She's trying to make sense over what happened over the last ten months in her family life."

"She also refuses to acknowledge what is going on under her eyes because she doesn't want to upset the apple cart."

"We premiered this piece last summer in the Everyman and it was very well received so we were absolutely delighted.

"We feel like we have done a good adaptation of the story and an interesting experience for audiences."

Directed by Regina Crowley with lighting design by Tim Feehily, set design by Davy Dummigan and costume design by Valentina Gambardella,

Gaitkrash's **Killing Stella** opens at the Belltable Theatre on Thursday May 16 at 8pm.

For bookings or more information, see www.limetretheatre.ie. Call the box office on 061 953400.

Caherdavin songstress finishes Quiet Giant tour in Germany

AWARD-winning singer-songwriter Emma Langford has just completed her Quiet Giant tour in Germany, shortly after being nominated for a prestigious European folk music prize.

Performing as the Emma Langford Trio, the Caherdavin musician performed in numerous venues from April 6 to May 11 as part of the unique tour.

It was announced last Monday that she had been nominated for the Iron Eversteiner folk award, the only European folk music

award in Germany.

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

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

Emma is no stranger to the German folk scene, having toured and gigged there a number of times

since 2017. She now has a booking agent for Germany and Europe.

After releasing her debut EP just less than three years ago in June 2016, Emma is now regarded as one of Ireland's most prominent folk artists.

At the inaugural RTE Radio 1 Folk Awards in 2018, Emma was awarded best emerging folk artist. She was awarded Limerick Person of the Month in January 2018 for her contribution to Limerick's music and cultural scene.



Emma performing during her 2019 German tour PICTURE: GREGOR EISENHUTH

BIG NIGHT OUT @

COBBLESTONE JOE'S PICTURES: DAVE GAYNOR



Paloma Valencia and Andrea Iglesias at Cobblestone Joe's PICTURE BY DAVE GAYNOR



Donal and Cathal Melinn enjoying a night out at Cobblestone Joe's



Fablio Poli and Juliana Perreira



Mary and Kieran Ryan



Ryan Brazil, John Costelloe and Robert Guerin



Bernie Mullane, Ryan Mullane, Christy Mullane and Annmarie Mullane



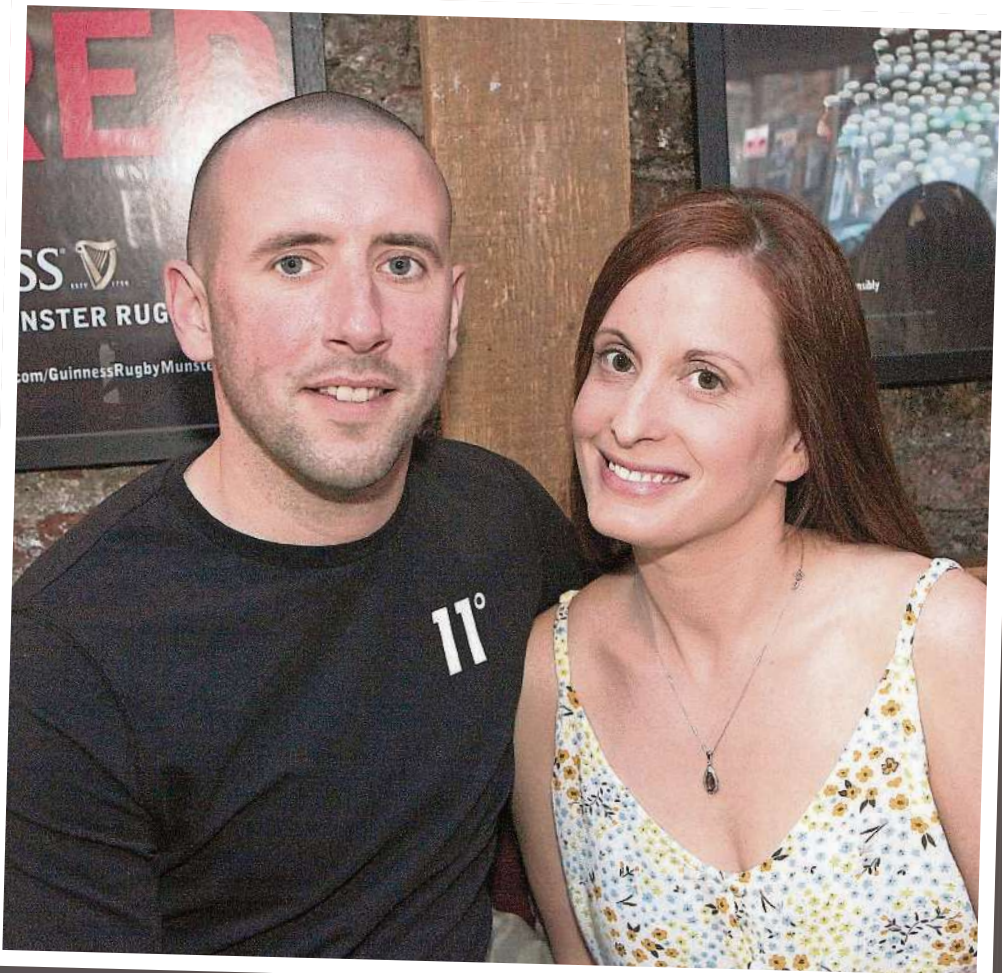
Lorna Earls, Mark Mullane, Charlotte Cavenu and Orla Mullane



Brian O'Doherty and Christy Mullane enjoying a night out in Cobblestone Joe's



Kealan McMahon, Graham Rice and Luke Costelloe



Declan Ryan and Lydia Naughton



Alex Serafin and Richard Taylor

Irish National Opera performs *The Magic Flute* at UCH

THINGS WHAT ARE ON IN LIMERICK

Above: Cliona Hagan plays the Woodlands Hotel, Adare
Right: Check out Grainne Cotter at The Commercial

Killing Stella explores dark themes at The Belltable

Opera is one of the highlights of Limerick entertainment this weekend, as the Irish National Opera visits the city.

You can also see some great theatre, including one free show, a dance performance that celebrates the Limerick Soviet and some foot-stomping beats. Plenty of variety, so make the most of it!

Thursday (May 16)

Killing Stella, at the **Belltable** this Thursday, is a play filled with intrigue and the fallout when a family fails to confront emotional abuse and sexual grooming.

Those are dark topics for live theatre but at its heart the play is a thriller, albeit a gut-wrenching one.

Gaitkrash Theatre's adaptation of Marlen Haushofer's celebrated 1958 novella *Wir Töten Stella* is rather a fine show, driving home the emotional turmoil of a family coping with a catastrophe solely of their own making. It's definitely worth seeing. 8pm, tickets are €18 / €16 concession.

Singer-songwriter **Grainne Cotter** is at **The Commercial's Record Room** this Thursday. The phrase 'ethereal vocals' is used far too much by music promoters, but in her case it's well-placed. She's a highly-talented multi-instrumentalist but seems most at home when strumming along to her own songs on the ukulele.

I reckon this is the gig you shouldn't miss this week, especially as tickets are just €7. Check out her 2018 album *Tides* while you're at it - it's worth picking up. Doors at 8pm.

Friday (May 17)

Fancy some free afternoon theatre? Of course you do - and if you don't, you should. **Carnation Theatre** are in Limerick this Friday with **Greyhound On Train**, a new play that tells the story of the Irish War of Independence through the

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

eyes of three female activists of the time.

As you'll remember from your secondary school history, stories of Irish independence typically mention just one woman (the Countess), as though all the other Irish women were at home making tea and staring out the kitchen window with bated breath to await the return of their troublemaking husbands. Not so.

You have two chances to find out more and be entertained at the same time - it's at the **Watch House Cross Library** at 1pm and at the **Granary Library** at 4pm. No need to book, just turn up.

It's comedy night this Friday at **Costello's Milk Market Bar**, as Clare comedian **Michael Kenny** - better known as **Beardboi** - is set to unleash a night of comedic songs and terrible dad jokes on an unsuspecting crowd.

Of course, if you're reading this, you're no longer unsuspecting. Slow as I am to prattle on about the prevailing zeitgeist, terrible dad jokes are a wonderful antidote to three-hour comedy sets where there's a single laugh at the end. They're part of what makes Twitter tolerable. It's a free show, with doors open at 8pm.

Saturday (May 18)

Limerick's over-50s dance ensemble **The High Kicks** are at **Dance Limerick** this Saturday afternoon to perform **Strike**, a dance piece inspired by the centenary of the 1919 Limerick Soviet.

The aim of the High Kicks project is as much to be a social group as a hard-hitting performance troupe tackling social upheaval through the medium of dance, so it's a joy to see them taking on the tension of an entire city standing up for itself.

It starts at 2:30pm and tickets are a snip at €7.

The foundations of Dolan's are set to be thoroughly tested this Saturday night as Today FM's **Dec Pierce** brings his **Block Rockin' Beats** show to the **Warehouse**.

Playing all the biggest dance hits of the past twenty years, he'll be joined by the scarily-energetic **Hit Machine Drummers**, turning a regular dance set into a night where everyone can pretend to be Keith Flint.

They promise that you'll never see as many drummers on stage with a DJ. This is mainly because disc jockeys and drummers have been mortal enemies since the 1453 Siege of Westeros, when DJ Khaleesi inexplicably went completely mad and sent dragons to destroy a defending band of drummers. Baffling lunacy. Doors at 10pm, tickets are €15.

Experimental electronic folk outfit **Tau** play the **Kasbah Social Club** this Saturday night.

Group leader **Shaun Mulrooney** was once better known as the frontman for Dublin rock band **Humanzi** in the mid-90s.

Since moving to Berlin he's moved far away from straightforward rock into the realm of tribal chants combined with psychedelic guitar over an electronic base. The resulting sound is often like cult chanting heard through indoor plumbing and there's nothing wrong with that. Doors at 9pm, tickets are a tenner.

Sunday (May 19)

The Irish National Opera are at the **University Concert Hall** this Sunday with their production of **The Magic Flute**.

Limerick's over-50s dance ensemble **The High Kicks** are at **Dance Limerick** this Saturday afternoon to perform **Strike**, a dance piece inspired by the centenary of the 1919 Limerick Soviet

It's one of the world's most-performed operas, mainly because Mozart took some time before dying to write some wonderful tunes for it.

It's a tale of emotional trials, pain, love and the occasional bit of torture.

A handsome Egyptian prince is promised marriage with a beautiful princess, who is given zero choice in the matter as women apparently weren't regarded as people in ancient Egypt. Or, being honest, in 18th century Vienna.

Die Zauberflöte is an opera that you need to see at least once, even though it's entirely in German, which makes every single aria sound like people are being ordered to board a plane. Dress fancy. 8pm, tickets are €38 / €34 concession.

Tyrone country singer **Cliona Hagan** is at **Fitzgerald's Woodlands Hotel** in Adare this Sunday. She's been a finalist in the **All-Ireland Talent Show** as an opera singer and recently a competitor on **Dancing With The Stars** but, more importantly, she's also one of Ireland's best touring country acts, so pack your dancing shoes.

Also pack your pick-up truck, your dog and your wife but, as is traditional with country music, you'll have lost all of those by the end of the night. Doors at 8:30pm, tickets are €15.

All weekend

The **Joanna Hopkins Gallery Interlude** exhibition at **Lucky Lane** opens on Friday at 7pm and runs till Monday.

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.

Brian MacMahon's Ships And Shops exhibition is in the **Hunt Museum café** until June 9. All free to visit.

That's your lot for this weekend and, as always, if you go to things,

LEADER LIFE

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



A Day In My Shoes

Rachel Lea Stuart

Business Development Executive Castletroy Park Hotel

Diary queen Rachel: I like to know what's coming next!

What time do you get up?

I get up at 6.30am, I like to take my time in the mornings rather than rushing into the day.

What is your normal breakfast?

Breakfast can vary, but normally it's a cup of tea when I arrive to the hotel and then some cereal at about 10.30am. Not very exciting!

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

I try to get out for a walk in the evenings, I have a dog so she is always in need of a nice walk. We also have a fantastic gym in Castletroy Park so I try to use that as often as possible too.

You arrive at office at what time?

I generally arrive to the office at about 8.30am, I like to make my tea, sit at my desk and get through any unactioned emails before I officially start the day at 9am.

What are your first duties?

First task of the day is always to check my diary and my reminders for the day. I like to know what's coming next!

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

Shockingly, I'm not a coffee person, but I probably get through four cups of tea each day... That sounds excessive when I write it down!

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

I generally don't get out of the hotel at lunchtime, but we are lucky enough to have some amazing chefs in house that cook up a storm at lunchtime.

Do you have many meetings during the day?

It really depends on the day. Sometimes I could be in back to back meetings, others I could have full office days, but generally its between two and three. Currently I'm working on our sponsorship of the Só Hotels Women's National League so

that has me travelling around quite a bit.

What time do you finish up at?

I finish about 5.30pm, I aim to get out on time most days, but that doesn't always happen. You could always find reason to stay late, but I do try to balance it.

Do you watch much television?

I watch a lot of Netflix... Does that count? I could watch Louis Theroux documentaries all day!

Do you read the newspapers?

I always read the local papers - its important for us to keep up to date with what's happening around Limerick.

What do you do to relax?

I find the closest beach and go and watch the waves crashing along the shore. That's my happy place!

Are you able to leave the office behind?

This depends on the day. I do

Rachel Lea Stuart: As long as you respect everyone you work with and what they are doing there should never be a reason to lose "the cool"

check my emails and take calls out of hours, but I wouldn't expect anyone else to do the same. Again, its all down to balance!

What is a perfect work day?

I love getting out and meeting new clients as well as catching up with existing ones, but I also love working with our sponsorship team on the Women's National League - a bit of everything mixed into one day is my ideal, I guess!

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

I like to think I'm pretty good at keeping my cool, although my family may disagree. In work I think it's important to keep everything professional - respect is the key.

As long as you respect everyone you work with and what they are doing there should never be a reason to lose "the cool".

I just try to breathe through it!

INSIDE THIS WEEK



LOOK ON THE BRIGHT SIDE

Focus on upside to your life
PAGE 40



LOOKING GOOD IN CASTLETROY

Purebeau's grand opening
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MORE THAN SKIN DEEP

Skin condition pointing inside
PAGE 43



DRESS WELL IN YOUR 30S

Man About Town's sartorial advice
PAGE 45

Find and focus on 'Three Good Things' about your life



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

FOR too long the science of psychology had focused on what was wrong with people. What was their personality? What was their disorder?

It is only over the past 20 to 30 years that psychology has focused on when people are well, and what keeps them happy. This is called the science of positive psychology.

I for one am very influenced by this area and Prof Martin Seligman, and his work on resilience, optimism and interventions that prevent depression, and build strengths and well-being.

One of the key action tools in this area that is recognised to enhance wellbeing is called 'Three Good Things'.

HAPPIER AND HEALTHIER

People who are grateful tend to be happier, healthier and more fulfilled. Being grateful can help people cope with stress, and can even have a beneficial effect on heart rate.

This action is easy to do, and its benefits have been scientifically proven. In tests, people who tried it each night for just one week were happier and less depressed one month, three months and six months later.

GRATITUDE

From old wisdom to the latest science, gratitude is known to be good for us and those around us. Yet it isn't always our automatic response to events, and too often we take for granted positive things in our lives.

The challenge is to consciously learn to get into the habit of being grateful. Science shows that gratitude is important in terms of how good we feel psychologically and socially.

It increases how much positive emotion we feel, and decreases negative emotion. It raises our overall satisfaction with life, and helps us have an overall positive outlook.

It has also been shown to reduce health complaints and help us cope with difficulties. It even seems to reduce the importance we place on material goods.

And, contrary to what we may think, it also appears that it could increase our ability to achieve our



We are quick to notice even the smallest of problems, yet we rarely spend any time at all dwelling on the good things

goals.

Why does it work? We have a natural focus on what goes wrong in our daily lives, and we often go over and over these things in our heads.

We are quick to notice even the smallest of problems, yet we rarely spend any time at all dwelling on the good things.

Things that brought us a quick smile or felt good are all too often forgotten, or perhaps not even noticed in the first place.

TAKING NOTICE

This action is simple but incredibly powerful. It's about taking the time to notice the good things in our lives, and get the most from these.

What's more, if parents remember to talk about the things they're grateful for, this can also help their children learn to think about the good things and hopefully get the benefit of a gratitude habit for the rest of their lives.

This action involves consciously spending a few minutes each day focusing on some of the good things that happen to us.

By doing this, we start to notice what goes right as well as wrong in our lives. Even on a bad day, there are some good things that happen, however small.

THREE GOOD THINGS EXERCISE

Every night, before you go to bed, think back over your day and remember three good things that happened — things that went well, that you enjoyed or were grateful for.

These can be small (eg, a smile,



Take a moment to focus on the good things about your life

the smell of trees and grass, the sun, a juicy orange, watching a child playing) or of bigger importance for you. You'll probably find it varies. Try doing this for a week to start with.

Note them down. This is important. You may want to get a small notebook just for this purpose

Think about why you're grateful for each thing you're grateful for, write down why it happened and why you feel good about it. This may feel a bit tricky at first, but you'll soon get the hang.

Look back. After a week, have a look back on what you've written.

How does it feel when you look at all these good things? Do you notice any themes?

Keep it up. Try keeping this habit up for another couple of weeks at least. Many people find it becomes a bedtime habit.

After a while, you may find that you don't need to do it every night. Three times a week, or even once a week, might be enough. You may also find that you start to appreciate the good things more as they happen.

Three Good Things orientates us towards a sense of appreciation for and engagement in life. Remember, Three Good Things

works, because it changes our focus from the things that go wrong in life and things that we take for granted, to things that go well.

Focusing our attention on things that go well acts as a buffer to depression and anxiety, and increases our happiness as we reflect and immerse ourselves in that part of the glass that is half-full.

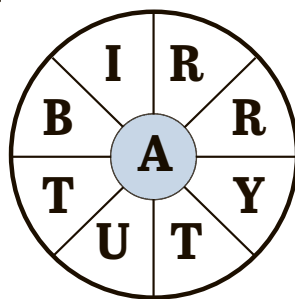
*** Dr Eddie Murphy is a clinical psychologist, author and mental health expert. ONLINE CBT - STOP DEPRESSION - STOP ANXIETY - available at <https://stratushealth-care.ie/mental-wellbeing/>**

SUDOKU

8	7		1	6				
9	4		2	7				
			4		9		7	
	9	7		2		3		
6								9
	3		7		5	6		
7		1		4				
			3	6		4	5	
		4		5			7	8

WORDWHEEL

You have 10 mins to find as many words as possible using the letters in the wheel. Each must use the hub letter and at least 3 others. Letters may be used only once. You cannot use plurals, foreign words or proper nouns. There is at least one 9-letter word to be found.



How you rate:

6 words, average; 9 words, good; 12 words, very good; 15 or more, excellent.

DOUBLE CROSSWORD

Cryptic Clues:

Across

- 4. How to fight miserliness? (4,3)
- 8. Makes a run to clinch the match (6)
- 9. It's the least one can expect (7)
- 10. It should get you into hot water (6)
- 11. A need to include fifty covered in oil (6)
- 12. Strange patterns found in church (8)
- 18. Abandon royal dignity (8)
- 20. Here you have to acknowledge defeat (4,2)
- 21. Sleeps soundly (6)
- 22. A commodity extensively used (7)
- 23. He may supply you, provisionally at least (6)
- 24. Evidence of a leak? Tell the attendant! (7)

Down

- 1. Matters of some gravity (7)
- 2. A struggle to maintain faith (4,3)
- 3. People mending pipes (6)
- 5. Shaken and upset (8)
- 6. Greeted in stony fashion? (6)
- 7. Unaccustomed to being new? (6)
- 13. Passing pleasing, perhaps (8)
- 14. Cheer ironically from a military quarter (7)
- 15. America turns up in simple setting as a rule (7)
- 16. Something fishy that is of help to a sportsman (6)
- 17. Establishes upsets, perhaps (4,2)
- 19. Disregard some sign or emblem (6)

1	2	3	4	5	6	7			
8									
10									
12									
16	17	18		19					
20									
22									
24									

Quick Clues:

Across

- 4. Nominal (7)
- 8. Above board (6)
- 9. Pacify (7)
- 10. Serviette (6)
- 11. Hypothesis (6)
- 12. Talk (8)
- 18. Depose (8)
- 20. Grumble (6)
- 21. Believe (6)
- 22. Scent (7)
- 23. Shrew (6)
- 24. Make good (7)

Down

- 1. Join (7)
- 2. Snake (7)
- 3. Floodgate (6)
- 5. Powerless (8)
- 6. Rough (6)
- 7. Affirm (6)
- 13. Saviour (8)
- 14. Hearty (7)
- 15. Garland (7)
- 16. Mourn (6)
- 17. Equipment (6)
- 19. Recluse (6)

CODEWORD

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

	15		19		7	14	1	17	22	17	7	11	
9	7	8	21			24	L	10		11		21	
	20		6	7	20	21	1	10		12	17	15	
17	11	6	7					3		1		1	
		7		18	7	2	21	11	13	15	21		
5	21	18	23	10		14		10		6		18	
7		21		14	7	20			21		6		
1		19		3		21		25	21	19	23	10	
24	7	3	11	15	17	10	16		26				
8		1		1				3	11	6	7		
13	4	21		17	8	5	13	1	13		20		
6		13		12		21			6	19	17	8	
16	13	11	9	24	8	13	11		21		15		
1	L	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26	

A
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X
Y
Z

LAST WEEK'S SOLUTIONS

DOUBLE CROSSWORD:

Cryptic: Across: 1 Undesirable; 9 One; 10 Destroyer; 11 Elbow; 13 Shingle; 14 On duty; 16 Detour; 18 Re-elect; 19 Mated; 20 Promotion; 21 Per; 22 Oddly enough. Down: 2 Nee; 3 Endow; 4 Insist; 5 Air-line; 6 Lay a ghost; 7 Come to grips; 8 Free traders; 12 Bad second; 15 Trefoil; 17 Strike; 19 Mango; 21 Peg.

Quick: Across: 1 Stereoscope; 9 Cow; 10 Decompose; 11 Elfin; 13 Recited; 14 Enrich; 16 Please; 18 Avarice; 19 Sweet; 20 Exhibited; 21 Lei; 22 Predecessor. Down: 2 Tow; 3 Rodin; 4 Occurs; 5 Comical; 6 Prostrate; 7 Accelerates; 8 Dead certain; 12 Forgather; 15 Climbed; 17 Hectic; 19 Sides; 21 Leo.

SUDOKU:

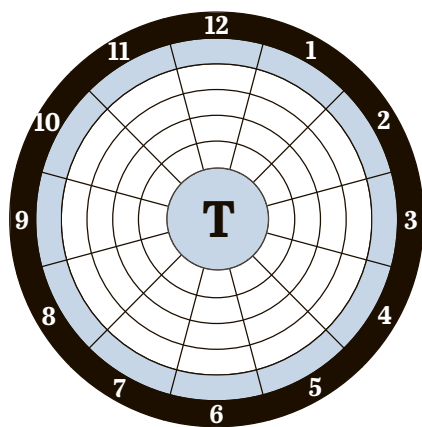
7	2	1	4	3	6	9	5	8
5	3	8	2	9	1	4	7	6
9	4	6	8	5	7	2	3	1
4	5	3	9	1	8	7	6	2
8	6	9	7	4	2	5	1	3
2	1	7	5	6	3	8	4	9
6	7	4	3	8	9	1	2	5
3	8	5	1	2	4	6	9	7
1	9	2	6	7	5	3	8	4

CODEWORD:

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

CLOCKWORD

The solutions from 1 to 12 are all six-letter words ending with the letter T in the centre. Moving clockwise from 1, the letters in the outer circle will spell out the name of a British record producer.



- 1. Large cup
- 2. Earnestly advise
- 3. Big cat
- 4. Holiday destination
- 5. Attic
- 6. Surviving
- 7. Type of fish
- 8. Horrified
- 9. Outcome
- 10. Revolving tower
- 11. Undamaged
- 12. Naturalist

NINER

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

1	2	3	4	5	6	7	8	9
---	---	---	---	---	---	---	---	---

THE CLUES:

- 684519 gives a bird;
- 3838 gives a bird;
- 219375886 gives a marsupial.

KAKURO

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

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

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

				15	7			6	22		
			8					11			
			19					28			
	8					7		11			4
9					14			9			
7					8			8			
				27	24			12			
								13			
								16			
				19							
								17			
								21			
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								12			
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								10			
								6			
								22			
								8			
								12			
								10			
								3			
								11			
								15			
								8			
								15			
								9			

SPLIT DECISION

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

M	A	P	X	C
B	S	G	I	T
E		A		I
O		L		R
D	U	O	A	E
L	O	C	S	L
G		B		O
T		K		E
E	W	S	E	D
S	D	E	Z	P

SUDOKU

9		3				8		
				2	6			
1	2					6		5
	7		3		5			
	1						9	
			7		6		4	
5	7					9		1
					7	1		
							2	6

LAST WEEK'S SOLUTIONS

CLOCKWORD:

1 Gnawed, 2 Liquid, 3 Append, 4 Defend, 5 Yelled, 6 Second, 7 Killed, 8 Nursed, 9 Ironed, 10 Ground, 11 Hatred, 12 Thawed.

CELEBRITY: Gladys Knight.

NINER: COMPILERS.

KAKURO:

9	2		5	7	1				
5	1		9	8	4	5			
	8	1		8	4	6	9	4	
9	7	3	5					1	6
3	4		3	5		5	4		
			1	9	4	2	8		
	4	9		9	8		6	9	
9	5					1	3	8	4
1	7	6						1	7
			3	7	9	1		9	3
			1	5	3			2	5

SUDOKU:

1	6	2	4	8	7	5	3	9
8	7	5	9	2	3	6	4	1
4	9	3	5	1	6	7	8	2
7	3	6	8	9	1	2	5	4
9	5	8	2	7	4	1	6	3
2	1	4	6	3	5	9	7	8
3	4	7	1	6	2	8	9	5
5	8	1	7	4	9	3	2	6
6	2	9	3	5	8	4	1	7

SPLIT DECISION:

S	H	E	L	F
O		L		L
R	A	D	I	O
R		E		W
Y	A	R	D	S

POSITIVE PARENTING



Top Tips

For exam worries

Support your child in challenging their worries

First acknowledge the worries your child is having. Then support them in coming up with a more balanced way of thinking about these worries. An example might be changing "I'm going to fail!" to "I've passed a hard exam before, I can do it again". It might also help if your child writes this balanced thought down for future reference.

Set miniature goals

Help your child breakdown their overwhelming workload into smaller, more manageable steps ahead of their exam.

Celebrate effort

Take every opportunity to celebrate the effort your child is putting in to prepare. After an exam, avoid immediately asking what grade they obtained and instead ask a more open question about how they found the experience.

Good enough is good enough!

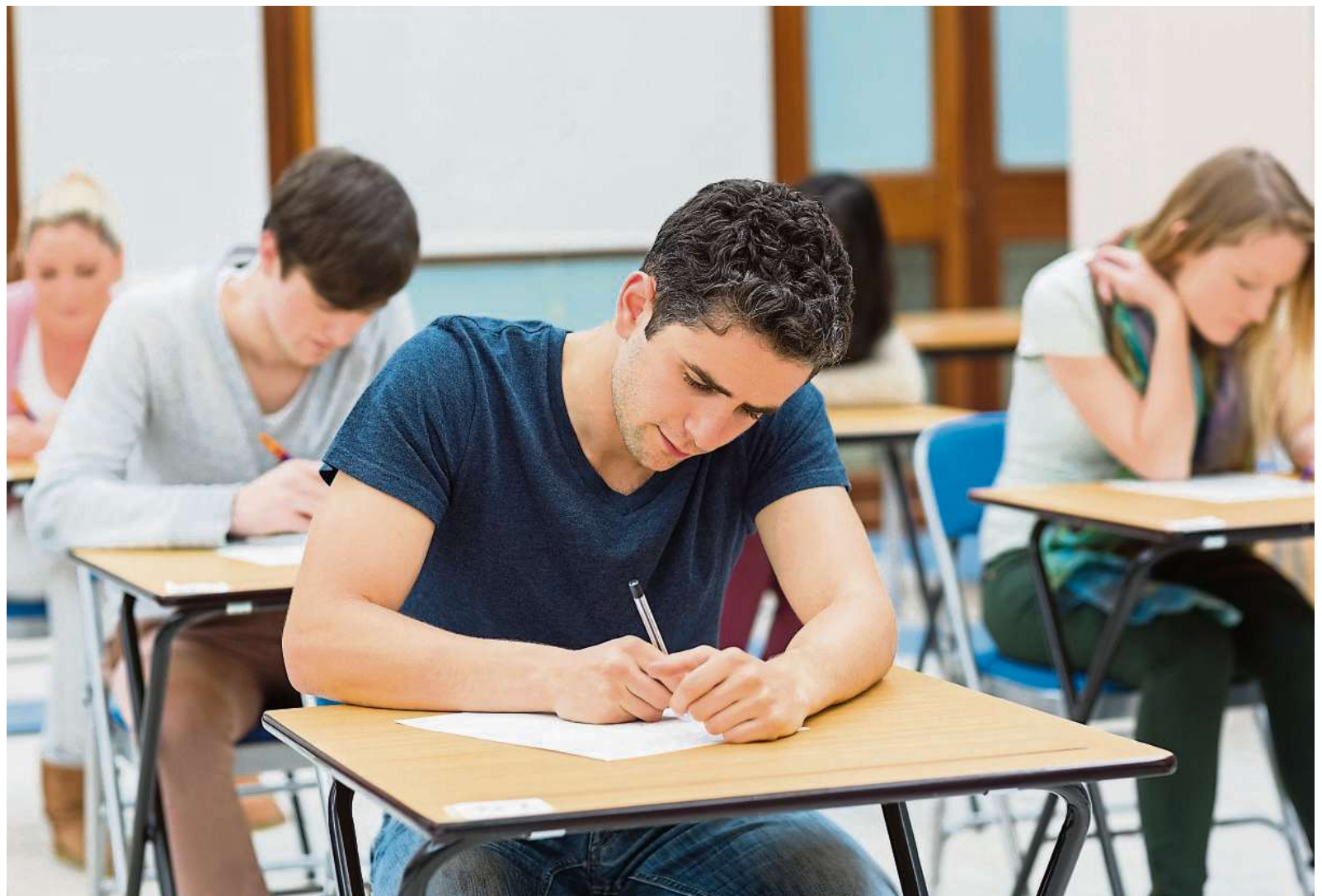
Try to adopt this mantra in your household. Your child will be feeling pressure from all angles and it is important that you try not to add to this overwhelming feeling. Notice your expectations and whether these are adding additional pressure.

Balance is key

Help your child to maintain a healthy life balance during this busy time. This includes diet, water intake, relaxation, social engagement, and preserving time to do the things they love.

Look after yourself

Be sure not to forget about your own wellbeing during this overwhelming period. Modelling a healthy life balance will also benefit your child. As they say "you can't pour from an empty cup!"



During exam time let your child know that no matter what the outcome, you will be able to deal with it together and that you accept them regardless of their academic achievements, says Siobhán Clifford an Assistant Psychologist in the Child and Family Centre, Barrack View Primary Care Centre

How to help teens deal with exam worries

Many students have underlying worries approaching their exams, regardless of their academic capabilities.

No matter how big or small, all exam worries can affect a student's exam performance and overall well-being. These worries can also appear in various disguises including lashing out, negative self-talk, unexplained physical ailments, or going from a diligent to an indifferent student overnight. For parents, exam season can be difficult to navigate and cultivates a mixed sense of protectiveness and powerlessness. However, a parent's support during exam season is imperative.

Emphatically listening to your child's worries without dismissing any (no matter how irrational they seem) can help ease much stress. This non-judgmental listening ear gives your child the opportunity to express their underlying worries in a healthy way. Try opening up

conversations when you are shoulder-to-shoulder rather than face-to-face to help them feel more comfortable and less exposed or interrogated. They may not want to share their worries with you immediately, but will know that you are willing to listen when they are ready.

Under the pressures that accompany exams, thought patterns can often go askew and lead to irrational thoughts predicting worst-case scenarios or backing an "all or nothing" mindset. As parents witnessing this you can take the role of acknowledging the thoughts of your child while also letting them know that you believe the opposite to be true. Remind your child of how strong they are and help them recall a time or situation when they came through, managed, survived a similarly anxious time. This will help support your child in coming up with a more balanced way of

thinking.

During exam time, there is an apparent shift in values. Many children will begin to measure their own self-worth on exam performance, or by comparing themselves to siblings, peers, or others around them. As a parent, remind your child of their individual intrinsic qualities, which truly represent who they are (caring, humorous, creative, etc.) and avoid adding to the comparison dialogue with examples of how well others handled a similar experience. Most importantly, let your child know that no matter what the outcome, you will be able to deal with it together and that you accept them regardless of their academic achievements.

Exam season can be physically, mentally, and emotionally energy zapping, with study demands often placing a healthy lifestyle balance by the wayside. However, maintaining a healthy balance will

benefit your child hugely. Keeping a balanced diet, drinking enough water, engaging in regular physical activity, getting a good night's sleep and preserving time for enjoyable interests is essential. Now, before the exam stress commences, is also an ideal time to encourage your child to begin practising some relaxation techniques or mindfulness exercises. Practising these skills now will allow your child to readily draw on them as a healthy coping mechanism during unhelpful exam stress. A healthy level of stress naturally improves motivation and exam focus, and all of the above will help keep these stress levels at this optimal level.

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

Written by Siobhán Clifford an Assistant Psychologist in the Child and Family Centre, Barrack View Primary Care Centre





HEALTHY LIVING

EVA HILL HAMILTON

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Skin conditions speak of internal problems

Soft skin with even tone is everyone's dream. While you may conceal discolorations, they speak of underlying internal health problems. Small circles of white patches - loss of skin colour anywhere may be due to excessive fungal growth on the skin and inside you - especially if it is more visible after sunbathing.

These yeast colonies shade the skin from the sunshine.

If larger areas affected with continuous colour loss throughout the year, or visible even on the mucous membranes of the mouth and nose, it is more than likely due to an autoimmune condition called vitiligo,

when your own immune system attacks the melanin producing cells of the skin. There is a strong genetic component, but anything that affects the immune system, including stress and an imbalance in the gut microbes may set it off.

It is sometimes accompanied or preceded by other autoimmune conditions, such as Type 1 diabetes or hemolytic anemia.

Instead of suppressing the immune system with steroid creams and drugs, it should be balanced from within - not surprisingly starting from the gut, where 80% of our immune system resides and its regulatory cells are matured.

Darkening of the skin at



Instead of suppressing the immune system with steroid creams and drugs, it should be balanced from within - not surprisingly starting from the gut

the nape of the neck or having skin tags could be an early indication of insulin resistance and diabetes. The condition, called Acanthosis

Nigricans, is marked by the darkening and thickening of the skin on the sides or back of the neck, the armpits, under the breast and groin.

In a recent study Dr Anoop Misra, a leading researcher for insulin resistance, followed adult patients with Acanthosis Nigricans who had no history of diabetes and discovered that 58% of the patients reviewed had metabolic syndrome, 24% had full-blown diabetes, yet most never knew about it.

If you have red patches, this indicate inflammatory process of the skin. You might have received the diagnosis for urticaria, eczema, dermatitis, seborrheic dermatitis or rosacea - each with individual underlying

DID YOU KNOW?
The average person has 300 million skin cells which contributes to 15% of the body weight

causes that affect skin barrier function and immune response. Small dilated blood vessels are often linked to poor digestion and infection by

Helicobacter Pylori in the stomach.

If you struggle with any skin conditions, don't just cover it up or suppress the symptoms - investigate underlying causes and address those.

Your skin might show the signs, but your entire body is struggling with something. Check out my website for more information and give me a call to find your root to better health.

LIMERICK LEADER

For news and reviews, go online and check out our new **MOTORS** section.

www.limerickleader.ie





Winners Ijeoma Griffin and Shauna Ward at the Limerick School of Art and Design LIT UNWRAP, the award-winning work of its BA Fashion Design graduates



Winners Shauna Ward and Ijeoma Griffin pictured at the Limerick School of Art and Design LIT UNWRAP, the award-winning work of its BA Fashion Design graduates, a course established over 40 years ago, and the newer BA Fashion, Knitwear & Textiles course in a joint exhibition. PICTURES: BRIAN ARTHUR

Out & About

LIMERICK SCHOOL OF ART AND DESIGN UNWRAP FASHION

Pictures: BRIAN ARTHUR



Sinead Kemmy has something to smile about



Erica Collins wearing the outfit she designed



Michelle Turnet, Aodhbha Wynne, Isobel Hyland and Corina Coughlan



Orla Kelleher pictured at the Limerick School of Art and Design LIT UNWRAP



Dillon Quinn, Erica Collins (middle) wearing her own garment as are Julia Skalsk, Bonnie Hickey, Nino Connolly



Students Danielle Martin, Martha McLoughlin and Megan Hatherwell wearing showing off their own designs



Roisin Ni Loingsigh who will represent LDAS at London Graduate Fashion Week



MANABOUTTOWN

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How to dress well in your 30s

BY the time they hit their 30's most guys will know what they like and what suits them when it comes to clothing. In most cases, we'll spend our teens and our 20's experimenting with our personal style but the flirty thirties are when we really lock it down.

The key to dressing in your 30's is in establishing a list of labels that suit your body and your personal aesthetic. Buy well and buy in bulk because as you move into your fourth decade on this earth your priorities will inevitably change from things like fresh kicks and sick fades to things like career advancement and starting a family. And while T-shirts, jeans and trainers will still feature heavily on weekends, suits will become increasingly important this decade. Even if you work in a job with a strict uniform or a trade, your diary will be filled with words like 'wedding' and 'christening' so it's in your best interests to suit up and suit up well.

It's not all grown up doom and gloom however because your 30's is also the decade where you start giving back to yourself. You should have the basics down by now, so use your thirties to invest in the occasional luxury item that's going to last you years- and look damn good doing it. Quality leather jackets and designer trainers are great additions to any man's wardrobe, but make sure you also set some funds aside for classics: a



Your diary will be filled with words like 'wedding' and 'christening' so it's in your best interests to suit up and suit up well

beautifully made bag for work, a go-anywhere overcoat or an umbrella that doesn't look like it was previously owned by a circus clown.

To cut a long story short, it's time to grow up - literally and in terms of your style. But this isn't bad news and here are a few handy tips to help you along the way...

END THE EXPERIMENTS

Fashions change, your style remains. Following trends is a lot less risky when you're 25. It's also easier to brush off any embarrassment in your 20's. The time for dabbling in single-season trends has passed and now is the time for cultivating a stock of staples that you know will work for you. Come up with a core selection of brands and shops that stock staples that suit your style and fit without any need for alteration-

whether that's T-shirts from Zara or jeans from Selected. Buy in bulk so you always have enough on hand. If you get to know your style and fit then you can skip the shops and order online straight to your door.

INVEST IN STANDOUT ITEMS

Your 30s is the time to start investing in items that are going to last you a lifetime. Start out with things that you're going to use frequently and invest in the best you can buy. I'm talking about the kind of items that you only really need one of, such as bags (whether that be for your laptop or for a weekend away), a wear-everywhere overcoat, silver cufflinks, a good umbrella or a leather wallet. This is also a good time to pick up timeless classics that never go out of style such as a quality leather jacket or a pair of designer sunglasses.

CUT OUT SKINNY FIT

If you've managed to ward off the dreaded dadbod, then you should still be able to pull off slim fit. But irrespective of the logistics, there's something a that screams 'denial' about skinny fit clothing past a certain age. Embrace the maturity of straight fit and tapered fit jeans, wider lapels and tailored jackets that actually cover your bum. Not only do they make you look like a grown man, but you won't grow out of them either. Unless of course, you start to expand! So it's worth noting that one of the most effective things you can do for your style as you grow older is to stay in



Patrick suggests investing a good-quality navy, grey and black outfit

shape. I'm not trying to body shame anyone, nor do you have to look like The Rock but the reality is that most stylish men you see in the public eye are trim and their clothes look good on them. David Beckham wouldn't be seen on as many red carpets if he couldn't fit into his tux.

EXPAND YOUR SUITING WARDROBE

In your 20's you probably bought your first decent suit for a race day or a family event but there was a clear divide between your tailoring and the rest of your clothes. Now is the time to get a few more options in. Invest in good-quality navy, grey and black suits at the very minimum, then expand into a few bolder colours, materials or patterns as well as different weights and materials for winter and summer. While this might sound like a lot of suits, remember you are no longer buying a suit to wear around the office, there will be weddings (lots of weddings), christenings, communions and social functions that you'll need to

suit up for. Make sure each item is tailored so it works in its own right as a suit is not just a suit, it is also a blazer and trousers that can be split up and worn casually with jeans, chinos and T-shirts, not to mention jackets or trousers from other suits.

GET COMFORTABLE WITH CASUAL FRIDAY

Casual Friday can be a bit of a dilemma for some: you don't want to turn up to work looking like you came from the pub, but equally, you don't want to be overdressed when everyone else is dressing down. As a rule, avoid wearing a suit at all costs: with smart shoes, it will look like you've forgotten your tie, with a T-shirt it will look too casual. The answer lies in finding some well-fitted separates - smart jeans or chinos, an unstructured blazer, an unbuttoned button-down (with V-neck jumper if it's cold) and a pair of smart shoes. Start with that, then jazz things up with your accessories, such as Happy Socks or a colourful pocket square.

Look of the Week Selected Homme

My look of the week is from one of my favourite stores in The Crescent Shopping Centre - Selected Homme/Femme. My Buffalo Noah blazer costs €179.99, my slim fit Pelle shirt costs €49.99, my trousers cost €99.99, my bowtie costs €19.99 and my brown brogues cost €99.99. The Selected Homme/Femme store in the Crescent has some amazing pieces for guys and girls so call into Podge, Cara and the team and check out their amazing range. Photo by Paudie Bourke.



Watch This Space Rolex Datejust 41

MY watch of the week is The Rolex Datejust 41 from Keanes Jewellers. Classic and elegant, the Rolex Datejust 41 makes a strong yet subtle statement on the wrist. It looks great with a suit and tie and lets people know you mean business. With the Datejust 41, you get a lot of bang for your buck. Remember, this is Rolex after all. As the name suggests, the Rolex Datejust 41 comes in a 41mm Oyster case, waterproof to a depth of 100 metres (330

feet). That's thanks to the brand's patented Twinlock double waterproofness system. The winding crown screws down against the case to ensure a secure seal. The crystal, with iconic Cyclops lens at 3 o'clock for easy reading of the date, is made of sapphire. The middle case is crafted from a solid block of 904L steel. Inside is



the calibre 3235. This self-winding mechanical movement is developed and manufactured by Rolex. It boasts 14 patents in total, including the new Chronology escapement. This escapement combines high energy efficiency with great dependability. You'll find this stunning Rolex watch at Keanes Jewellers for €13,750.



STYLE & FASHION

CELIA HOLMAN LEE

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City stores have so much to offer

We are lucky that the menswear stores in Limerick city have a very strong presence when it comes to fashion.

Nowadays you will see men sporting very strong colours when it comes to suits, knitwear, and especially all things casual.

Recently at a fashion show in the city I felt that the menswear fashion stores were outstanding

and had such a variety and versatile collection to offer.

Ladies fashion is always a success in the city and at a recent fashion event, I felt that the variety of clothing that is available in our city is excellent.

If you are looking for a Bridal dress you have huge choice with so many Bridal stores to choose from.

When it comes to everyday fashion I spotted the coolest looks in Maxi dresses and play suits

which one could wear with the newest trend in shoes, like trainers or a fab pair of heels.

Accessory stores of which we have a few in the city are ideal for weddings and races when you want to update that dress or suit, these stores provide hats, umbrellas, bags, jewellery and everything in between to update or change your outfit.

Enjoy shopping in the heart of the city.



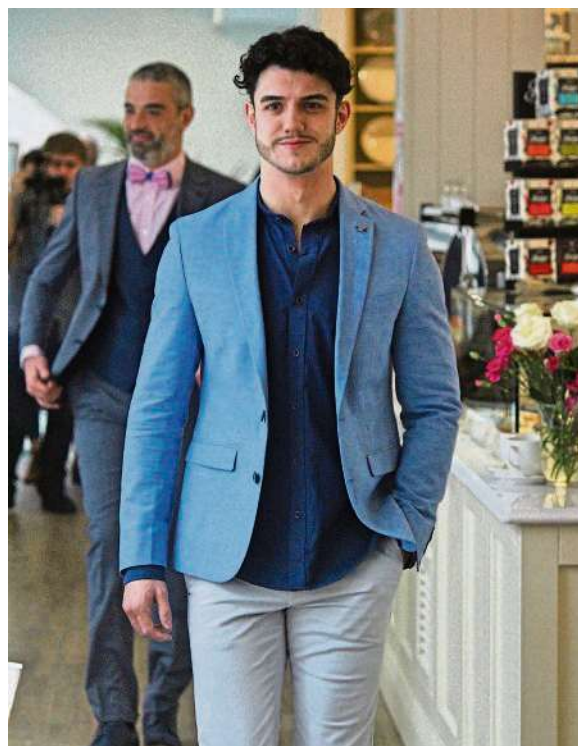
Edwin sporting a lovely check patterned suit - what a look for a summer wedding!



This stylish ensemble would be a winner at the races this summer on a fine day



We are spoiled for choice when it comes to bridal and mother of the bride wear in Limerick



Something a little more casual for Edwin this time, perfect for a garden party



This beautiful bridal dress is but one example of the fantastic range of wedding wear in Limerick boutiques PICTURES: TROY PHOTOGRAPHY

CELIA SPOTTED

Looking good out
and about in Limerick

Name: Corina Coughlan
Occupation: graphic design student
Fashion Icon: Jane McFarland

Iwould describe my personal style as design conscious and chic. When putting together outfits, I always keep practicality and tailoring in mind.

My favorite place to shop is Cos as it matches my aesthetic perfectly.

Although it is slightly more expensive than your average high street shop, I think it is important to spend slightly more on staple pieces that will stand the test of time.

My blouse is from Cos. This is one of the staple pieces in my wardrobe. I love it because it is an alternative, modern twist on a basic white shirt, an item that every woman owns.

My trousers are from Zara. This is another one of my favourite places to shop. I wear these all the time as they can be dressed up or dressed down while being super comfortable. The plaid print gives the outfit an edge too.

My shoes are from Penney's. They are a much more affordable interpretation of the Alexander McQueen sneakers. They go with everything and are very practical.

My bag is a black leather cross-body bag from All Saints. This as well as my Daniel Wellington watch are the two pieces I wear everyday.



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

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AGNIESZKA ORŁOWSKA



Website: www.purebeau.ie Email: aoaesthetic@gmail.com Instagram: [@agnieszkaorlowska_](https://www.instagram.com/agnieszkaorlowska_)



At the grand opening of Purebeau Aesthetic Clinic, Castletroy Town Centre, were Elena Galinovska, admin, Aoife McGarry, Renaissance Skin Products, Agnieszka Orłowska, owner, Dr Rinat Sitanovich, plastic surgeon and Sile Lorigan, skin therapist

Purebeau Aesthetics at your service

We were thrilled to host our grand opening last week in Castletroy.

There was a lot of interest from shoppers in the Town Centre and we look forward to a long and successful relationship with our customers in our new home.

Speaking of which: Are you thinking about having some aesthetic procedures done but don't know where to start? Hopefully I can help provide some clarity.

Generally speaking we can seek advice from our friends and family on countless situations but when it comes to aesthetic procedures it can be a little difficult as many of us don't like to share our secrets.

No matter what clinic you choose the most important first step is a good consultation...

This will benefit both you and the practitioner.

Some of the most common questions I hear during a consultation are:

"Do you think I need anything done?"

"I'm afraid I will do something which will make me look worse not better"

"I don't want any one to see that I had something done but I want to look fresh and glow"

"Will there be bruising?"

"What type of products are you using?"

"When will I see the results?"

All good questions.

Some businesses may employ a specific person to provide the consultation and prepare you for the practitioner but I believe the key is for your practitioner to do the consultation.

A face to face meeting with the person who is providing your treatment



Clients should take their time over consultations - the most important thing is to go away happy and informed

will help make a connection. It is very important to build trust.

Remember this might be the start of a long term relationship!

A good practitioner will carefully listen to your expectations. You need to be open, completely honest and comfortable. Now is the moment to ask whatever you

want to know and understand that no one is judging you.

A good practitioner will assess your motivation and goals during the consultation as there can be different reasons. It might be a new job or a wedding or getting ready for holidays. Or maybe you just want to freshen your look and feel better about

yourself.

So what can you expect during a consultation?

I believe it is essential to find out what a client's expectations are.

A consultation will tell me about your health (both body and mind), if you are taking any medication or had any previous aesthetic procedures.

I have heard of people who believe they had botox in their lips when in fact it was dermal filler. The lips are a muscle. Botox relaxes muscles whilst filler gives volume.

It is a practitioner's role to educate and explain the differences. To make you aware of the procedures available and what will be best for you.

For me there are four skin concerns that I examine during a consultation:

* Colour (Age Spots, Tread Veins, Rosacea, Acne)

* Texture (Lines & Wrinkles, Scars, Lesions)

* Elasticity (Jowls, Eye Bags, Hooded Eyes)

* Volume (Cheek Area, Tear Troughs, Lips)

After a consultation the practitioner will make a unique treatment plan just for you.

A treatment plan can depend on the following:

* Severity of the problem

* Tolerance for discomfort

* Budget

* Timeframe

* The length of a consultation can vary for each individual.

It can take from 30 minutes to an hour. Sometimes people may need two or three consultations before they make their decision. The most important thing is you are happy and well informed afterwards.



LOUISE LOVES

LOUISE CANTILLON

CONTACT LOUISE

Facebook: @LaoisDeCantalun Email: louise.cantillon@spinsouthwest Instagram: louise_cantillon



Rogha na Seachtaine



TO DO:

Friday at the Milk Market

Get a healthy dose of Fresh air, Fresh Food, Fresh crafts and Fresh conversation from the original social network that is your local Milk Market each Friday. Don't miss out on €5 lunch deals from participating traders!



TO LISTEN:

Track of the week

Jack O'Rourke - "Moody Broody": Corkonian songwriter Jack O'Rourke has released 'Moody Broody' - the third single from his critically acclaimed mini-album, Ivory Towers. Following the epic grandeur of 'Myth' and the nouveau pop of the title track, Ivory Towers, Jack returns with sparking track.

TOO SEE:

Championship

This week's must see has to be Limerick v Cork in



round one of the Munster Hurling Championship. Kicking off at 4pm on Sunday in the Gaelic Grounds. Here's wishing our All-Ireland Champions the very best of luck for their 2019 season!

Spice'in up Limerick city

LAOIS Native and young entrepreneur Gracie Collier is the brains behind Limerick's newest and coolest vintage shop! Spice Vintage has been sitting proudly on Harvey's Quay for over a year now.

The shops boho décor and bright white design along with panoramic views of the Shannon make the space different to any other in Limerick at the moment. All topped off by the treasure trove of vintage gems that adorn the rails inside!

I sat down with Gracie and we chatted all things, business, style, social media and love of Limerick. Gracie qualified with masters in Marketing from NUIG and decided to use her skills to promote something she was always passionate about, vintage clothing!

"I've always been thrifty when it comes to clothes shopping, growing up I was always wheeling and dealing. I started selling clothes online as a teenager and going to flea markets... my friends would call me the Del Boy of vintage clothing"

Gracie started her business journey opening a pop up shop in Clonakilty and on the back of it's success decided she needed a bigger reach! Making the move to Limerick allowed her to acquire a bigger space and audience.

"The reception from limerick people and how much they have connected with what I am trying to do is incredible"

"The buzz and the vibe in the city is deadly, Limerick is on the up in so many ways, it's so artist and liberal and there is a fluidity to Limerick that people don't often acknowledge... Limerick is the new Berlin if you ask me!"

"I have customers from all walks of life visit the shop, its amazing



Gracie Collier- Owner of Spice Vintage on Harvey's Quay!

having the art college on the doorstep they are so creative with their purchases and big fans of the store! I am currently planning a collaboration with one of the final year art students this year and I will sell his line in store, which is so exciting!"

The shops booming business is also thanks to Gracie's social media savvy. Almost everyday Gracie personally styles and models new items on Spice Vintage Instagram page! Online followers have the

option to buy online and communicate instantly with Gracie herself!

"I think genuine and personal communication with the clients is key. I want Spice to be completely genuine so people know exactly what they are buying! I love styling the clothes and giving people inspiration and ideas on how to style different pieces!"

"The beauty of Instagram is that on a quiet day in store, it allows me to get really creative and make sales

online!"

Gracie's passion for Vintage fashion is contagious! This summer will be an exciting one for Spice Vintage with planned collaborations, fashion workshops and even yoga classes!

If you haven't already, make sure you pop into Spice Vintage on Harvey's Quay. If anything you'll feel inspired by the cool space and ambiance Gracie has created on the banks of the Shannon - Such a fabulous addition to the city!

Darkness Into Light

LAST Saturday marked ten years of darkness into light in Limerick City, and as always it was an incredible occasion! The early morning procession is like no other, the unity and emotion of everyone involved is truly amazing!

This year hundreds of thousands of people walked in solidarity for those who have lost their lives to suicide and self-harm around the world! Crowds gathered in over 200 venues, in 19

countries across five continents in the early hours of Saturday morning!

The amount of children and young people walking in Limerick City this year really struck me.

I admire Pieta House and Darkness into Light for relentlessly breaking down the stigma surrounding suicide and self-harm, and encouraging us to acknowledge and talk openly about it!

Massive well done to everyone who participated especially the team behind Limerick Cities Darkness into Light this year, and the Unity Gospel Choir for creating an atmosphere like no other! It's an important and poignant occasion in Limerick's calendar!

Pieta House operates the free 24-hour suicide helpline 1800 247 247. For more information about their services, visit www.pieta.ie



Declan and I at this years Darkness into Light walk



I ♥ LIMERICK

RICHARD LYNCH

FOLLOW RICHARD

Facebook: Richard Lynch

Twitter: @richanthon

Web: www.richardknows.com

Email: Richard@ILoveLimerick.com



Down Syndrome Limerick's Latch-On Programme changes lives

DOWN Syndrome Limerick endeavour to support families and individuals with Down syndrome throughout their life, through a range of social, education and development activities.

The groups sole purpose is to recognise the importance of early intervention and developing communication skills all while considering the individuality of the person.

Down Syndrome Limerick provide a two-year literacy programme for adults with intellectual disability, called Literacy & Technology Hands On (Latch-On). Latch-On was initiated and developed at the school of education at the University of Queensland, Australia and has a strong foundation in educational research and practice.

Latch-On is a four module literacy programme focusing on topics such as the wider world, sport, music and computers, where they learn various useful skills such as writing an email. The programme is taught twice weekly on Wednesdays and Thursdays



Pictured are the staff and students of Down Syndrome Limerick welcoming the McCarthy cup - teacher Catherine Fitzgerald, Kieran Wagstaffe, James Brennan, tutor Anna Moloney, Mikie Dore, Conor Keogh, and Lorraine O'Connor (back), Ciara McCarthy, Noel Darragh Martin, Emma Hoban, and Fiona McKennedy (front)

PICTURE: ORLA MCLAUGHLIN/ILOVELIMERICK

from 9.30am to 3 pm. They currently have twelve students on the course. The programme provides opportunities for adults with Down syndrome to commence and continue their literacy development.

Teacher Catherine Fitzgerald tells me: "Overall, it is an excellent programme in the sense that they build up new friendships, independence, speaking, listening to each other and conforming to a normal day

at college."

During the year, the students get a chance to go on excursions to see hands on what they have been studying, including The Hunt Museum, Bunratty and art galleries. Some of the

students go on work placement including the library and leisure centre. Catherine added: "Some of the students we have had in previous courses have ended up getting part-time jobs, which is absolutely fantastic.

It gives them independence and confidence. At the end of the two years, they graduate and that is a beautiful night I must say." Congrats to all involved! See www.downsyndrome.limerick.ie.

Acoustic Club supports Limerick Land Search Team

LIMERICK'S Acoustic Club presented their cheque of €800 in Charlie Malone's bar to the volunteer organisation Limerick Land Search Team. The act of charity was in memory of the recent loss of one of their group members, Aoife Mc Mahon, who sadly passed away in April.

After raising money to buy a wreath for the grave, the Acoustic Club instead chose to give the money to charity as a way to honour the memory of their friend.

Organiser Rosemarie

Martin tells me: "We chose the Limerick Land Search Team because they are a terrific charity who do really important work. They are made up of volunteers and get no funding whatsoever except for donations like ours, so we thought our money could be a big help to them." The group began fundraising in April and in just three weeks had raised €800. "We had a jar out in the bar and anyone who walked in would donate whatever they could to the fundraiser,"

added Rosemarie.

Aoife was a regular performer on guitar at the Tuesday night club and is remembered by the group as a wonderful human being and a great musician. During the night, a DVD of Aoife playing her own 20 songs were presented to her family, who thanked the club for their support.

The Acoustic club plays every Tuesday night in Charlie Malone's bar, with guest performers each week.



Pictured at the Charlie Malones Bar are event MC Eugene G. Nolan, Dominic Taylor, Limerick Acoustic Club, Tony Edwards, Limerick Land Search Team, organiser Rosemarie Martin and Cian McNamara and Rachel Smith, Limerick Land Search Team PICTURE: CONOR OWENS/ILOVELIMERICK

THINGS I ♥ THIS WEEK

TREE OF HOPE

EmployAbility Limerick milestone

EmployAbility Limerick assists and supports people who have an injury, illness or disability in returning to work and maintaining employment. EmployAbility was joined last week in the People's Park by mental health expert and author Dr Eddie Murphy for the planting of a Tree of Hope in honour of national 'Time to Talk' Day which is part of the Green Ribbon Campaign which takes place every May, as part of Mental Health Awareness Month.

During the day people were encouraged to use their social media presence to encourage positive conversation about mental health online. Dr Murphy said: "This tree is to symbolise your strength, your

resilience and your hope that you will bloom every day just like this tree. When it overcomes the winter, it comes into spring and summer and blooms, and so will people who struggle with their mental health".

Also part of the Time to Talk Day was a talk from life coach Patrick Mercie with employees from EmployAbility, Limerick Chamber and Metis Ireland in Ruby Sundays Café.

Ursula Mackenzie from EmployAbility explained further: "For the month of May, EmployAbility Limerick is asking local businesses to 'Light up Green' with exterior lighting to help Say No to Mental Health Stigma." For more info see www.employabilitylimerick.ie.



Dr Eddie Murphy pictured at the People's Park planting the Tree of Hope with Ursula Mackenzie, EmployAbility Limerick

PICTURE: ORLA MCLAUGHLIN/ILOVELIMERICK

THE NUNS ROOM

Non-alcoholic bar

THE Kennedy Rooms which is the old FCJ Convent in Bruff has now ventured into a new realm of social entertainment by opening Ireland's first non-alcoholic bar called the Nuns Room. The Kennedy Rooms is a multi-room event space facility with many rooms that can be used for dining, entertainment meetings and conferences.

The Nuns Room, the brainchild of John Fitzgerald, is intended to cater for the needs of the non-drinker or just anyone that wants to have a social evening and drive home without the usual stresses that are involved



Holly English of the Shannon Conference and Sports Bureau at the launch of The Nuns Room

with going to a pub in a rural area.

The Nuns Room also have juices, shakes, health and wellness drinks coffees and a light bite food menu that is fresh, clean and healthy. See www.thekennedyrooms.com.



Pictured at Athlunkard Boat Club is Gerry O'Connell, South Limerick City Residents Association volunteer, Mike Kiely, Secretary of Athlunkard Boat Club, volunteer Mahmood Kodok, Ewan Gallaher, Boat Club Captain, and Dom Kiely, Trustee

PICTURE: CONOR OWENS/ILOVELIMERICK

Athlunkard Boat Club receive a defibrillator

LAST week, Athlunkard Boat Club were the recipients of a defibrillator that was donated to them from the South Limerick City Residents Association. Gerry O'Connell, a volunteer from the South Limerick City Residents Association, was on-hand to present the device to Mike Kiely, secretary of Athlunkard Boat Club, and other members of the club. Athlunkard Boat Club is situated on the O'Dwyer Bridge and has up to 40 active members.

Athlunkard Boat Club was given the defibrillator following an

accident that occurred last February involving young twelve-year-old, Amy Mulcahy.

Amy was left seriously injured after her boat capsized while out rowing with other members of the club, on the River Shannon. Amy is currently at Temple Street Hospital, Dublin.

Members of Athlunkard Boat Club were present on Friday to receive the defibrillator, along with Daniel Butler, the Mayor of the Metropolitan District of Limerick and Senator Maria

Byrne.

Mike Kiely, Secretary of Athlunkard Boat Club, said: "It is such an honour for us to be the recipient of this life-saving device. Thank you very much to Gerry, and to all those at the South City Residents Association, for all the great work that they do."

The South Limerick City Residents Association were founded in February 2013, by a group of neighbours and like-minded people with the aim of enhancing and improving their local community.

HEROES OF THE WEEK

Run for Liam



Pictured are some of the 400 participants of the Run for Liam group that participated in the Great Limerick Run in memory of Liam Ryan and raised funds for the Children's Grief Centre that supports children affected by bereavement or parental separation. Congrats to all! PICTURE: CONOR MCMAHON/ILOVELIMERICK

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ST. MARY'S R.F.C.

Lotto Draw held Monday 7th May 2019
Winning Numbers: 11-14-15-16
No Jackpot Winner

4 Winners €40 each: Ann Breen c/o Joan Hurley, John Gavin c/o C Mullins, Mason Ryan c/o E/OByrne Jason Blackhall c/o Gate Bar
Next Weeks Jackpot €8050 Draw will take place in Kinsellas bar

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

ST. MARY'S R.F.C.

Lotto Draw held Monday 13th May 2019
Winning Numbers: 6-11-22-27
No Jackpot Winner

4 Winners €40 each: Leeanne O'Brien c/o B BO'Brien, Jim Caulfield c/o T Kerley, Eugene Cahill c/o D Frawley, Paul O'Byrne c/o E O'Byrne
Next Weeks Jackpot €8200 Draw will take place in Larkins bar

FAIRVIEW RANGERS

Lotto results 7th May 2019

Jackpot €12,000
Numbers Drawn 2-9-13-20
NO WINNER

Elaine Ryan c/o Niall Lee
Harry Plunkett c/o Club,
Pat Cusack Hilltop, John Tobin c/o Track Bar,
Denis Donnelly c/o C. Team
Promoters Prize: Rita Garrard

Next Weeks Jackpot €12,000

Richmond R.F.C

Weekly Lotto Draw
Jackpot €1,700

Date 9th May 2019
Lucky Numbers 10-14-15-16

No Winner. F O'Brien c/o J Hinchy, G Lillis c/o J Hinchy, Lisa Devlin c/o Flannerys, Ena McMahon c/o Connie

Lucky Dips: Next draw in the Clubhouse 16th May 2019
Next weeks Jackpot €1,800

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Presentation R.F.C

AGM will take place on May 31st in
The Clubhouse at 7.30pm

Any motions or nominations should be with the
secretary no later than Friday May 24th

Signed Pat Carey Hon Secretary

GERALDINES A.F.C.

WEEKLY LOTTO DRAW HELD ON 13/05/19

This Week's Jackpot: €900
No's: 16-17-19-21

NO WINNER

Lucky Dips: Sarah Tucker c/o Dave Connolly,
David Murphy c/o Paddy Murphy,
Pat Flannery c/o PRO.
Promoters Prize: Dave Connolly, Mike Ryan

Next Draw Held: 20th May 2019
Next Week's Jackpot: €1,000

PLANNING NOTICES

APPLICATION TO PLANNING AUTHORITY

Limerick City and County Council Dermot Calvert c/o Dom O'Riordan (086 3196717) Architectural services seeks retention permission for (a) the full gable wall on the western side and (b) the upper section of the gable wall on the eastern side and planning permission for a change of use from a former foodstore / grocery shop to a dwelling and all associated site works at Cloughaun Court, Garryowen Limerick. The planning application may be inspected or purchased at a fee not exceeding the reasonable cost of making a copy, at the offices of the Planning Authority during its public opening hours and a submission or observation in relation to the application may be made to the Authority in writing on payment of the prescribed fee within the period of 5 weeks beginning on the date of receipt by the authority of the application.

Limerick Leader,
54 O'Connell Street,
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Classified Display & Lineage

Monday 2:00pm

Family Announcements & Bereavements

Monday 2:00pm

Motoring/Property/Jobs

Monday 2:00pm

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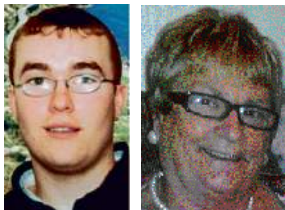
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FAMILY ANNOUNCEMENTS

IN MEMORIAM



† COSTELLOE

(16th Anniversary & Birthday Remembrances)

In loving memory of my dear brother Stephen Costelloe, who died May 16th 2003, cherished memories of my dear parents Helen and George Costelloe, and remembering Stephen, all whose birthdays occur 29th, 19th and 24th May respectively, all late of 51 Hennessy Ave, Kileely.

Thinking of my dearest brother Stephen, Mam and Dad
In such a special way
But these are all that I can give
To ye on ye're birthdays
A bouquet of lovely memories
Sprayed with a million tears
With wishes that ye could have
Stayed for just a few more years
And a kiss blown straight to
Heaven

With love to ye from me
In memory of the bond we'll share
For all eternity
For although it hurt to lose ye
And I'll always feel the pain
I know ye're just a thought away
Till the day we meet again.
Happy Birthday Stephen, Mama, Dada. Love and miss ye more than words will ever say. Also thinking of my wonderful Nana Hayes that gave her life up so my mother could live. For a mother who never knew her mother she was the best mother. Love ye're heartbroken brother and son Georgie, wife Jean and family, also from uncle and brother Skip in England.

IN MEMORIAM



† CONSIDINE (NEE O'KEEFFE)

(10th Anniversary)

In loving memory of my dear sister Margaret Considine who left this world on 17.5.2009.
The moment that you died
Margaret

My heart was broke in two
One side filled with heartache
The other died with you
The tears in my eyes I can wipe away

The ache in my heart will always stay
Loved and remembered everyday xxx

Take care of each other,
Your heartbroken sister Cinta, Bobby and family.



Light a Candle...

A candle to remember, may it burn ever so bright

As we look to the heavens on this very night.

Beyond the stars, our dear loved ones soars

Embraced by their Savior on heaven's shores.

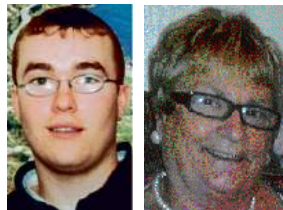
As the angels protect them and sing their sweet name

We honor their life with the glow of this flame.

So we light this candle for our loved ones tonight

As a symbol of our love and their eternal life.

IN MEMORIAM



† COSTELLOE

(16th Anniversary & Birthday Remembrances)

In loving memory of our dear brother Stephen Costelloe, who died May 16th 2003 and whose birthday occurs at this time. Also remembering our dear parents Helen and George Costelloe, and also Stephen, whose birthdays occur 29th, 19th and 24th May respectively, all late of 51 Hennessy Ave, Kileely.

It broke our heart to lose ye,
But you are not alone,
Resting now together
In Gods eternal home,
Those special years will not return,

When we were all together,
But memories within our hearts,
Will stay with us forever,
My lips cannot speak how we loved ye,
Our hearts cannot tell what to say,

Only God knows how much we miss you all
Every hour of every day.

Always loved and remembered, wishing you all a happy birthday, love from your sisters and daughters Michelle, Sandra, Denise, Lorraine, your brother and son Eddie, brothers and sons in law, sister and daughter in law, nephews, nieces, grandnieces and grandnephews, grandchildren and great grandchildren xxx

Forever on our thoughts and dreams xx

IN MEMORIAM



† MOLONEY & MADIGAN

In loving memory of our father Michael Moloney, late of 26 Hyde Road, Prospect who died on May 15th 1979 also our uncle Jimmy Madigan late of 60 De Velera Park,

Thomondgate who died on May 10th, 2006. Rest in peace. Masses offered.

Some where the sun sets
Where loved ones never die
You sleep in a beautiful garden
Beneath the golden sky
Though heaven and earth divide us

We are never far apart
You are always in our lives and forever in our hearts
Time passes Jimmy memories stay
Always remembered especially today

Forever loved and remembered by your loving family.

† QUINN

(15th & 26th Anniversaries)

In loving memory of Nellie and Tommy Quinn, late of 17 Bengal Terrace, Old Cork Road, Limerick, whose anniversaries occur around now.

Will those of you who think of them today,

A little prayer to Jesus say
Fondly remembered by their loving son Joe and family.



† O'CONNOR

(8th Anniversary)

A tribute of love and remembrance of a wonderful husband, best friend, my soul mate "Fred"

of "Ashling", Lower Coonagh, whose anniversary it is on 14th May.

Mass in Christ the King Church, Caherdavin on Saturday 18th May at 6:30pm.

Close to my heart you will always stay
So dearly missed and loved by "Hilda"

Loved and Remembered by nephew Dermot



† DELANEY

(Seventh Anniversary)

In loving memory of Gerard Delaney, late of 14 Fairview Terrace and The Gables, Fairgreen who died in Lourdes on May 12th 2012. R.I.P.

Masses offered.

The hands of time keep turning
As the years have passed away.
But in our hearts and memories
You are with us every day
Our Lady of Lourdes
Pray for him

Always loved and remembered by mother Teresa, sisters Virginia, Catherine, Mary, brother Joseph and extended family

IN MEMORIAM



† O'DONOGHUE

(Eleventh Anniversary)

In loving memory of Bobby O'Donoghue, late of Edwards Town, Ballyneety, Co. Limerick, whos died on 18th May 2008, aged 64 years.

May he Rest in Peace.

Sweet is the sleep that heals all pain,
I would not wake you to suffer again,

God took your hand, we had to part,
He eased your pain, but broke our hearts,

No matter how life changes Dad
No matter what we do,
We will always feel blessed and honoured,

To have had father like you.
Sadly missed by your sons and family

Also remembering our brother Robert at this time



† POWER

(8th Anniversary & 80th Birthday Remembrance).

In loving memory of a dear uncle James Power late of Lenihan Avenue, Prospect whose 8th Anniversary occurs on the 17th May and 80th Birthday occurs on 21st July.

A beautiful memory of one so dear.

Ours is just a simple prayer
May God bless you
And keep you in his care,
Each of us in our own way,
Have special thoughts of you today.

Sadly missed by your nieces Dolores and Teresa, Brother Martin, sister in-law Mary and Family

THANKSGIVINGS

ASK ST. CLARE for 3 favours, 1 business, 2 impossible. Say 9 Hail Mary's for 9 days. Pray whether you believe or not. Publish on the ninth day. May the Sacred Heart of Jesus be praised, adored today and every day. Request will be granted, no matter how impossible it seems. Publication must be promised. Sacred Heart of Jesus be praised, adored and glorified, today, forever and always. E.M.

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



† CAREY

(70th Birthday Remembrance)

In loving memory of a dear son, brother, uncle and brother in law Johnny Carey, late of Kileely whose 70th birthday occurs 18th May.

We cannot send a birthday card
Your hand I cannot touch
But God will take our greeting
To the one we miss so much
Thinking of you on your birthday

With sadness in our hearts
For a very special someone
From who we had to part
Sunshine passes, shadow fall
But love and memories outlast them all

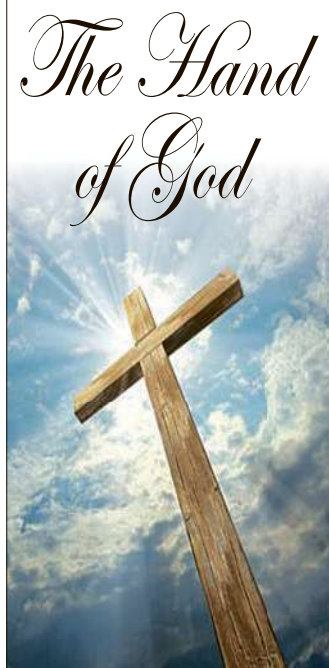
A prayer each night to keep in touch
With a son and brother we miss so much

Happy 70th birthday Johnny Also thinking of Christy whose

18th Anniversary occurs on 29th May

**You are not just a memory or part of the past
You are a son and brother forever as long as life lasts**

Sadly missed by your dad Jerry, and sisters, nephews nieces sister in law and brothers in law



The Hand of God

*Though today, you walk in sorrow
You will not be alone.*

*There is One whose loving wisdom
Is far greater than our own.*

*Put your trusting hand in His,
As a little child would do
And He like a loving father
Will guide and comfort you!*

*Day by day, there will come to you
New faith, new hope, new light.
You'll find that stars unseen by day,
Shine through the darkest night*

*And though your heart is longing,
For the dear one who's at rest.
You'll know before the journey's end,
That God's dear ways are best!*

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FAMILY ANNOUNCEMENTS

IN MEMORIAM



† RYAN

(8th Anniversary)

In loving memory of a dear son, father and brother Joseph (JoJo) Ryan, late of 116 Shannabooly Road, Ballynanty, Limerick.

To all the world I'm coping
And fine when people ask
But if they could see my broken heart

They would know it's just a mask

For I often lie awake at night
When the world is fast asleep

And think about you son
With tears upon our cheeks
So I try to hide the heartache
with a smile

And make no outward show
For what it meant to lose you
JoJo

Only I will ever know
Sadly missed by your loving Mother and Father xxx

Somewhere the sun sets
Where loves ones never die
You sleep in a beautiful garden
Beneath the golden sky
Though Heaven and earth divide us

We are never far apart
You are always in my life
And forever in my heart
Loved always JoJo, from your sister Jackie and kids Alex, Katelyn and Jojo xxx

There is a lonely feeling in my heart

An ache I can't explain
There is a picture of my brother
Locked in a golden frame
Of all the gifts in life
However great or small
To have you for my brother
Was the greatest gift of all
Love James, Jenny, kids Jake and Holly xxx

Dad
Your life was a blessing your
memory a treasure
You are loved beyond words
And missed beyond measure
Lots of love from Chloe xx

I truly never learned what the words "I miss you" were
Until I reached for my Dad's hand

And it wasn't there
Lots of love from Cheyenne xx

Our thoughts are always with you,

Your place no one can fill;
In life we loved you dearly,
In death we love you still.
We know you walk beside us
And when our lives are through,
We pray that God will take our hands

And bring us straight to you.
Sadly missed and never forgotten by your uncles Fairy, Philip, John and Jason

God needed a star in heaven
A beautiful star to shine
Out of this world of sorrows
He chose this nephew of mine
Sadly missed, never forgotten by his uncle Eddie, wife Nuala and family



IN MEMORIAM



† STORAN

(15th Anniversary)

In loving memory of a dear mother, grandmother and great-grandmother Evelyn Storán, late of 8 Raheen Square, Ballinacurra Weston, Limerick who sadly passed away on the 18th May 2004. Also remembering her on her birthday which occurs at this time. Mass will be offered on Saturday 18th May at 6p.m., in St. John's Cathedral.

We miss you today Mam
We miss you tomorrow,
Our hearts are filled with sadness
Our tears filled with sorrow
But we do give thanks for all the time we did share
Though we can't see you
We know you are always there
Sadly missed by loving daughter Evelyn, sons Noel, Anthony, daughters in law Joyce and Trisha granddaughter Lorraine, grandsons John and Michael and great granddaughter Jackie and great grandson Sean

A tear until the end of time
For a special mam I am proud to call mine
Your presence I miss your memory I treasure
Loving you always, forgetting you never

A loving nature, warm and true
These are the memories I have of you
A daily thought, a silent tear
A constant wish that you were here
Sadly missed by your son Paul, fiancé Theresa, son John and daughter in law Pauline, grandsons Christopher and David. Also thinking of our Dad Gerard and friend Mick Wislon. GBNF. R.I.P

Your photo stands in pride of place
lovely smile lights up your face
You always seem to be so near
How I wish mam you were still here
I had a mother in a million
I loved her till the end
I lost two precious things that day
My mother and my friend
Sadly missed by your daughter Ann, grandsons Gerard, John, David and Shane, granddaughter Antoinette. Thinking of my brother in law Sean Hogan and my Dad Gerard at this sad time. R.I.P
Also remembering Joe Woodland at this time.

"Please God, Take this cloud of darkness away.
Shine your light upon me.
Give me the courage and strength to start to feel the joy in my life again."

Will those who think of Mam,
Patrick, William, Thomas and Helen today
A little prayer to Jesus say
Happy Birthday Mam
Always remembered and never forgotten by your loving daughter and friend Teresa Williams Kennedy and granddaughter big Edel and Michael Hartnett and family.

Will those who think of Mam,
Patrick, William, Thomas and Helen today
A little prayer to Jesus say
Happy Birthday Mam
Always remembered and never forgotten by your loving daughter and friend Teresa Williams Kennedy and granddaughter big Edel and Michael Hartnett and family.



IN MEMORIAM

No special day is needed
For us to think of you
As you are always by our side
In everything you do
Deep in our hearts your memory is kept

To love and cherish
And never forget
Sadly missed by your daughter Mary, grandsons JohnPaul, Mark, Joe, granddaughter Mary and great grandson Joey

Remembering you is easy
We do it everyday
Missing you is heartache
That never goes away
If memories keep us close Mam
We are never far apart
God has you in his keeping
We have you in our hearts
Sadly missed by your loving daughter Bernadette, sons Patrick and Gerard, grandsons Patrick and Finn, granddaughters Antoinette and Mandy and great grandson Shane-Gerard. Also thinking of Ger Hehir, Michelle Collins, Eric Collins, Joe Woodland, Mick Wilson, Joe Hehir, Joe Molloy at this sad time
And wishing Angelina Collins a happy birthday in heaven,
R.I.P.
GBNF Angels.
Thinking of our Dad Gerard XXX

It's been a lonely time without you,
And nothing is the same;
All we have are memories,
And your picture in a frame.
We travel to your resting place,
And flowers we place with care,
But no-one knows the heartache,
As we turn and leave you there.
Sadly missed by you daughter Helen, grandchildren and great grandson and Sean



† WILLIAMS & MASON

(Birthday Remembrance & 8th Anniversary)

In loving memory of a wonderful mother, Bridget (Peggy) Williams, nee Hennessy, late of 3 Sean Heuston Place, Limerick and O'Halloran's Range, Garryowen, Limerick whose birthday occurs on Thursday May 18th. Also remembering my friend

Patrick Mason, late of Island Rd, Limerick and Sean Hueston Place, whose anniversary occurs on May 14th.

Rest in Peace. Masses offered. Also remembering my husband William Joseph Kennedy, my father Thomas Williams and my friend Helen Malone all this time.

Will those who think of Mam,
Patrick, William, Thomas and Helen today

A little prayer to Jesus say
Happy Birthday Mam
Always remembered and never forgotten by your loving daughter and friend Teresa Williams Kennedy and granddaughter big Edel and Michael Hartnett and family.

AFTER GLOW

*I'd Like The Memory Of Me
To Be A Happy One.*

*I'd Like To Leave An After
Glow Of Smiles When
Life Is Done.*

*I'd Like To Leave An Echo
Whispering Softly
Down The Ways.*

*Of Happy Times And
Laughing Times And
Bright And Sunny Days.*

*I'd Like The Tears Of Those
Who Grieve, To Dry Before The Sun*

*Of Happy Memories That I
Leave When Life Is Done.*

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Raptor has an array of high technology and safety features including Ford's SYNC 3 communications and entertainment system

New Raptor takes flight

Ford Ranger Raptor: Tough and powerful version of bestselling pick-up lands in Ireland

TRISH WHELAN
www.CarAndTravel.ie

FORD'S new Ranger Raptor is the toughest and most high-performing version ever of Europe's best-selling pick-up.

Developed by Ford Performance for the true enthusiast off-roader, the Ranger Raptor will be available to thrill-seeking Irish customers from August 2019 priced from €63,950. It will go on sale here in double cab format and in a choice of exterior colours.

It is powered by a bi-turbo version of The Blue Oval's 2.0 EcoBlue diesel engine that delivers 213hp and a whopping 500Nm of torque, mated to Ford's new

10-speed automatic gearbox.

This 'bad-ass' pick-up will support thrill-seeking outdoor lifestyles and can tackle the harshest off-road terrain, at speed.

It has been torture-tested in the challenging desert landscapes around the Borrego Springs in the U.S.

Ford say this new Ranger Raptor 'is a different breed to the usual pick-ups, a thoroughbred desert racer and extreme lifestyle off-roader that can toil with the best of them in the harshest of working conditions'.

Ranger Raptor is built to withstand high-impact off-road events and its super-strong

reinforced chassis frame that uses high-strength low-alloy steels to endure the punishment delivered by off-road racing. It's race-bred suspension can tackle fearsome terrain at high-speed while remaining in total control and comfort using a 150cm wider track and 51mm taller ride height compared with the Ranger XLT. All-terrain BF Goodrich 285/70 R17 tyres have been specially developed for the Ranger Raptor.

Drivers can select from six Terrain Management System modes to tackle a wide range of terrain and driving scenarios including Normal/Sport/Grass-Gravel-Snow; Mud/Sand modes; Rock mode and

Baja mode for high-speed off-road performance.

This pick-up can accelerate from 0-100km in 10.0 secs; max towing capacity 2,500kgs; has 620kg max gross payload; 17" x 8.5" alloy wheels; leather & suede interior trim; 8-way powered driver and passenger seats' SYNC 3 with navigation centre. Ground clearance is 283mm and wading depth 850mm. A 32.5-degree approach angle, and ramp-over and departure angles of 24 deg, provides go-anywhere capability. Side step boards prevent rock spray from hitting the rear of the truck.

A 1,560mm by 1,743mm load tray will suit the weekend thrill-seeker taking a motocross bike,

snowmobile and an ATV in one; or will carry tools and supplies.

Raptor gets an array of high technology and safety features including Ford's SYNC 3 communications and entertainment system. A central 8-inch colour touchscreen can be operated with pinch and swipe gestures and the sat-nav technology comes into its own when off-roading in remote locations.

I got to explore the new Raptor in the metal at last week's Commercial Vehicle Show in the NEC in Birmingham where it was displayed on the Ford stand. I can't wait to get to drive it both on- and off-road back here in Ireland.



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SPORT

Leader

**SEASON
DEFINING SEMI**

Munster take on
Leinster at RDS

See Page 58 for more



Hello neighbour: Pat Ryan of Limerick and Stephen McDonnell of Cork in a coming together off the ball when the two sides met in the league in February. The neighbours meet once more this Sunday at 4pm in the Gaelic Grounds, Limerick's first championship tie since they were crowned All-Ireland champions

PICTURE: SPORTSFILE



All-Ireland heroes return to championship action

Hurling: Home comforts for Limerick as wounded Cork come to town

JEROME O'CONNELL
joconnell@limerickleader.ie

NINE months after All-Ireland hurling glory Limerick are back in championship action this Sunday.

And, John Kiely's heroes start their Munster SHC campaign with a home game - welcoming Cork to the LIT Gaelic Grounds for a 4pm fixture.

The sides met twice in Limerick's eight game run to the 2018 Liam MacCarthy Cup title with the rivals finishing level after 70-minutes in both exciting ties. Limerick's extra time All-Ireland semi final win was the third win for John Kiely as a manager against Cork in seven outings.

On Sunday, Kiely leads

Limerick into his third championship campaign.

Added to last August's All-Ireland win, Limerick claimed Allianz League honours this Spring, but Kiely and Co are now championship focused.

"To be honest while it was nice to have a good Spring, nothing compares to Championship and that's the bottom line and our attention switched to May 19 very quickly," stresses the Limerick manager.

"It (2018) was a wonderful thing to be part of but ultimately we are in sport because we want to be successful and win. I don't want to win the match on May 19 any less than I wanted to win any match last year - in fact maybe I want to win it more!"

Focus won't be an issued insists John Kiely.

"There is a chance every day that you go out, to perform well and to be successful. I have seen nothing to lead me to think that these guys are anything but ambitious and hard working and when you have those two ingredients, you will give yourself a chance," he outlined.

"They are young and it's not like they have lost any appetite, if anything it has only increased their appetite and hunger. They have seen what it is like to be part of a group that's performing well and they have had the couple of tough years so they understand what it is like on the other side so when you have had the tough years, you value the good times."



Shane O'Connell of Tipperary in action against Seamus O'Carroll of Limerick

Kiely added: "They will be working very hard to try and remain competitive for as long as they can"

The Limerick-Cork game will be live on The Sunday Game on RTE television and the curtain-raiser at 2pm is

the Munster Minor tie between the same counties.

Tickets for Limerick-Cork in the LIT Gaelic Grounds are on sale in Centra and Supervalu outlets and online at www.tickets.ie

The two hurling sides will be hoping to build on the surprise victory for the county football side last weekend when they were seven point winners over Tipperary for a Munster SFC win since 2012.

The win in Thurles for Billy Lee's side books a Saturday June 1 Munster semi final against Cork in Paire Ui Rinn at 7pm.

In that semi final, Limerick will again be underdogs with a first provincial final since 2010 the prize on offer for the men in green and white.

Soccer News

Blues look to pick up a welcome win on the road

COLM KINSELLA

ckinsella@limerickleader.ie

LIMERICK FC will be anxious to improve their run of results away from home when travelling to St Colman's Park for a crucial SSE Airtricity League First Division fixture this Saturday evening, 7pm.

Limerick suffered a third defeat in their last four league fixtures when going down 3-2 to Drogheda Utd at United Park on Friday night last.

The results saw the Blues slip down to fifth place in the First Division table, now eight points behind leaders Cabinteely.

Limerick will be anxious to improve upon their away form this season when making the trip to East Cork this weekend.

Limerick have lost four of their six away games this season in the First Division. The Blues have, however managed to win the other two fixtures on the road this term, against Cabinteely and Galway Utd.

Saturday's opponents Cobh sit seventh in the First Division table, six points behind the Blues. Ramblers have lost half of their 12 league fixtures.

A combination of injuries and suspensions meant boss Tommy Barrett was only able to name four substitutes on the bench for the game with Drogheda. Robbie Williams and Aaron Fitzgerald missed out through injury, while Sean McSweeney and Jason Hughes were suspended.



Darren Murphy, Limerick FC, in action against Bray

ON THE BALL

“Limerick to the core...”

JEROME O'CONNELL

Nothing can compare to Munster Championship

THERE are days when I would be much rather be in the stand than the press box and Sunday is one such occasion.

A break from Brexit, a break from the ills of the world, it's Munster Hurling Championship.

Transport me to the LIT Gaelic Grounds at 4pm Sunday right now or maybe a bit earlier because this should be an occasion to savour.

John Kiely put it best at the launch of the Munster SHC:

“To be honest while it was nice to have a good Spring, nothing compares to championship and that's the bottom line and our attention switched to May 19 very quickly,” said the Limerick manager.

Sunday will be nine months to the day that Declan Hannon hoisted the Liam MacCarthy Cup high in the Hogan Stand and while Limerick have played 10 competitive games already in the 2019, all eyes have been on this Sunday for some time.

Limerick-Clare in '96, Limerick-Tipperary in 2007, the 2013 Munster final all days when the Ennis Road stadium rocked and there is no suggestion that Sunday will be any different.

It's days like this the Davin Arms is missed, but thousands making their way down the Woodfield hill or streaming up past Supermacs is a scene that is good for the soul.

Estimations suggest close to 40,000 will be in the LIT Gaelic Grounds when Cork come to town with 20,000 sold by Monday lunch-time as championship fervour just starting to simmer.

By the time referee Paud O'Dwyer loosens his grip on the match sliothar at 4pm on Sunday, that fervour should be nicely at boiling point.

Not since 1937 has a Limerick team played a home championship game as the reigning All-Ireland champions making Sunday a most unique occasion.

But for all talk of occasion, there is a match that needs to be won.

Seven times Limerick and Cork have met during the John Kiely tenure and it's worth remembering that in the last three starts, Limerick have failed to lower in The Rebels over 70-minutes.

The Tipperary win over Cork last Sunday has made the on-field situation all the more interesting with the men in red coming to Limerick fighting for their very

It is time: Limerick begin the defence of their All-Ireland title this Sunday at 4pm. There is no better sporting occasion



championship survival and it's just the third Sunday in May. While another defeat won't eliminate Cork, they would be very much on the back-foot.

Limerick can't and won't have focused on Cork.

The league defeat to John Meyler's side is the perfect example of what can go wrong if Limerick don't bring their best performance to the field.

Quite simply, if Limerick are at their best I think they win. But Limerick and Cork have a built up quite a rivalry in recent times with games taking on a life of their own – including a pre-championship challenge game back in April 2017 in

Old Christains GAA grounds in the city.

I have written previously that were I to pick the team, it would be that which started in Croke Park nine months ago but there is no doubt that those wearing 19-26 will play a big part in the closing quarter and the options are plenty for Kiely and Co.

Last weekend both Cork and Waterford were under par and yet a late flourish could have seen either profit and I expect Limerick to have the edge down the home straight and give all supporters on Shannonside a day to rival Limerick-Clare in '96, Limerick-Tipperary in 2007 and the 2013 Munster final.

DONN O'SULLIVAN

Era defining tie for Munster

This weekend's PRO14 semi final between Munster and Leinster is an era defining tie for Munster Rugby.

To some, that might sound a little dramatic, but this group of Munster players need to shake the semi final/big game hoodoo, which has plagued them since 2011. The last time this province won silverware.

Losses in big games to Glasgow, Scarlets, Leinster, Racing 92 and Saracens, have seen Munster fall at the penultimate or final hurdle all too often.

Yes the side have reached a high level of consistency by reaching last fours and that is to be admired, however professional sport is about winning trophies, nothing else.

Every player in the Munster squad knows this and they are aware of just how big a game this weekend will be.

Leinster defeated Munster at the same stage last season. It was even at the same venue. The men in blue were coming off the back of a Champions Cup win that time, this weekend they are coming in off the back of a bruising defeat to Saracens.

This weekend will be both a huge test for Munster but it will also be a barometer of how far they have come.

Next season could be plagued with 'bedding in new coaches and World Cup year' excuses, so it seems it is now or never for this side to win.

COLM KINSELLA

Where to now for switch to summer schoolboy soccer season?

SO where to now for the switch to a summer season for schoolboy soccer in Ireland?

The powerful Dublin and District Schoolboys' League confirmed recently that they will return to a traditional September to May season schedule after voting to go against the FAI directive around summer football.

The DDSL adopted a summer schedule on a two-season trial, but after a survey was taken among the league's clubs, it was decided to revert back to a September-May schedule from later this year.

The DDSL and North Dublin Schoolboy League piloted the

switch to a March to October season in 2018.

However, the move was not without its difficulties as the leagues saw an increase in match cancellations over the summer months.

Holidays and various other clashes meant July and August became closed months, increasing the



prevalence of teams disintegrating in the process.

The Limerick District Schoolboy League (LDSL) have moved to a summer soccer schoolboy season in 2019. The change of season means that schoolboy soccer and club underage GAA season is overlapping for several months of the year.

The LDSL season includes a summer

break from mid-July until the end of August.

The LDSL say that their new season has been agreed following 'consultation with the clubs in our league, the LDSL committee and the (GAA's) Bord na nOg'.

How the schoolboy soccer season works over the summer months will be interesting.

If it proves a success, is it possible that 2019 will be the only year we see a summer season being utilised in Limerick should those two Dublin schoolboy leagues revert back to the more traditional September to May calendar.



Action from last season's PRO14 semi final at the RDS

SPORT
SNIPPETS

PODCAST

Episode 14 of the Limerick Leader Sports Podcast is now live on our website, LimerickLeader.ie Make sure to check it out and leave your feedback on social media using #LLSport

Neville to fore in
Japan relay

THE Ireland women's 4x100m relay team, including talented Limerick athlete Ciara Neville, put in a superb performance to finish 10th overall in the IAAF World Relays at Yokohama, Japan on Saturday.

The Ireland team finished 6th in the third heat which also provided the two fastest losers.

The 44.02 time produced by the young Irish team was faster than one of the finalists which augers very well for qualification for the Olympic Games in Tokyo 2020.

Wins Tickets

Limerick Leader Sport in association with Munster GAA has five pairs of stand tickets to give away for this weekend's Munster Senior Hurling Championship fixture in the LIT Gaelic Grounds.

You can win one of these pairs, for the Open Stand, by simply emailing us and using #LLSport in the subject line.

The competition ends this Wednesday May 15 at midnight. One entry per person only please. Email sport@limerickleader.ie Using #LLSport in the subject line.

Please give details of your name, address and telephone number so that we can contact the winners by Thursday morning of this week.

Mackey Cup goes
East

East Limerick regained the Mackey Cup after a six year gap as they went back to winning ways in Bruff when the team of 2019 captured the blue riband of primary schools hurling last Wednesday. The tournament which showcases the cream of young hurling talent had to be moved at short notice as the Gaelic Grounds was unavailable.

For all your Limerick Sporting action, just follow #LLSport on social media platforms like Facebook, Twitter and Instagram

O'Mahony:
'Leinster tie
is exciting
and scary'

COLM KINSELLA
ckinsella@limerickleader.ie

MUNSTER captain Peter O'Mahony says this week is a mixture of 'exciting, exhilarating and scary' as the province prepares for Saturday's Guinness PRO14 semi-final showdown with Leinster in Dublin.

Munster face-off with great rivals Leinster at the RDS on Saturday, 2.30pm, with a place in the 2019 Guinness PRO14 final at stake.

While Munster come into the derby off a 'free' weekend, Leinster lost out to Saracens in a bruising Heineken Champions Cup decider in Newcastle on Saturday

Johann van Graan's Munster lost out by a single point to Leinster at the same stage of the Pro 14 last season also at the RDS, a week after Leinster had won the Champions Cup.

Munster captain O'Mahony said he felt a mixture of emotions leading up to this weekend's big derby which would be the team's final game of the season.

"Look, it was the same deal for us against Treviso a couple of weeks ago. It's exciting, it's exhilarating, but you know you don't want it to be your last one (game of the season). So I suppose it's scary at the same time but look, these are the reasons you play the game, you want to be playing against the best at this time of the year, which

we will be at the weekend."

O'Mahony believes it is going to take their best display of the season to dethrone Pro14 holders Leinster.

O'Mahony agrees that Munster's win over Leinster in the PRO14 regular season at Thomond Park last December was a timely one ahead of this weekend's clash.

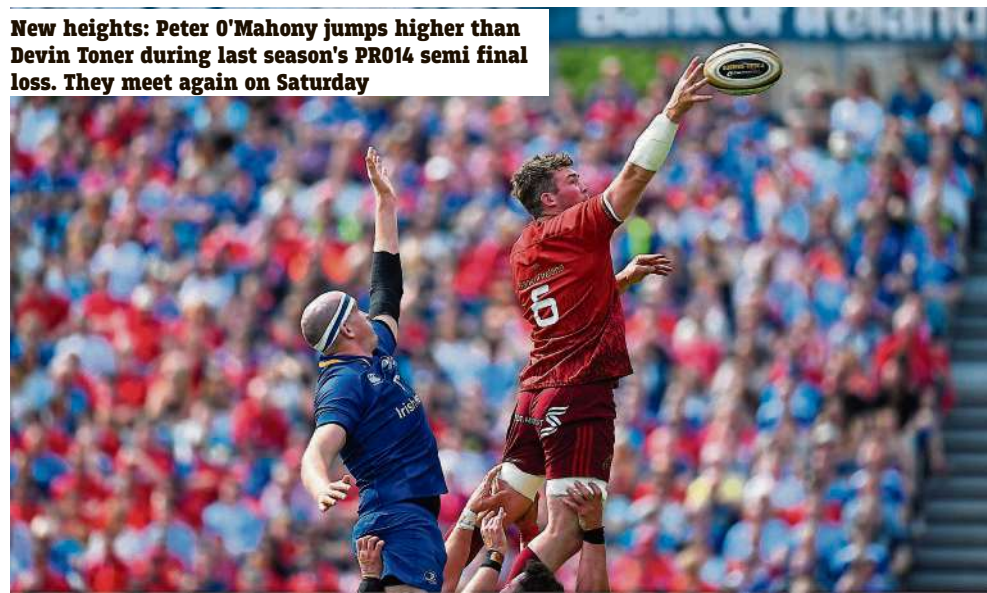
"It was important for us to get a win, we hadn't beaten them in a long time but, you know, it's a different animal. Semi-final rugby is a different animal again and it's going to take our best performance of the year, I know that for a fact.

"You can't go to Leinster and expect to scrape by, you need to go and perform and play well. That's the main thing and a lot of guys understand that but we've just got to beat that drum this week."

O'Mahony rejects the view that news of assistant coaches Jerry Flannery and Felix Jones departures this summer will have a negative impact on Munster's display this weekend.

O'Mahony said: "No I don't think so. As I've said, they've outlined how important this week is, and I've known the guys a long time. There's no doubt in my mind that they'll be firmly focused and on point with everything they do this week and that we'll all be working in the same direction to getting this week as right as possible."

New heights: Peter O'Mahony jumps higher than Devin Toner during last season's PRO14 semi final loss. They meet again on Saturday

Limerick Leaders win MacNamee
award for All-Ireland final coverage

Limerick Leader staff in attendance on Saturday night, Back row: Donn O'Sullivan, Donal O'Regan, Colm Kinsella, Kevin Corbett. Front row: Aine Fitzgerald, GAA President John Horan and Jerome O'Connell PICTURE: SPORTSFILE

The winners of the 2018 MacNamee Awards were confirmed by the GAA on Friday last and the Limerick Leader were winners of the Provincial Media Award for their coverage of Limerick's All-Ireland

win last August. A special post All-Ireland supplement entitled 'This means everything' was the showpiece of the Limerick Leader's coverage which included a pre All-Ireland feature

and a specially commissioned book.

The awards were presented by Uachtarán Chumann Lúthchleas Gael, Seán Ó hOráin, at a function in Croke Park.

For more see #LLSport on social media.

No joy for Limerick ladies

IT'S back to the drawing board for the Limerick ladies football and camogie sides after heavy championship defeats last weekend.

In Thurles, the ladies footballers suffered a big 48-point defeat to Tipperary in the opening round of the Munster Intermediate Championship, while in Pairc Ui Rinn, the camogie side were beaten 12-points by Cork in the Munster Senior Championship semi final.

The games were overshadowed by the fixture

clash which mean three dual players were left unable to line out for both teams - Niamh Ryan lined out with the football side, while Rebecca Delee and Rosin Ambrose were on camogie duty.

The footballers are back in action on Saturday June 1 when they play Clare in the second round of the Munster Championship. The game has a 5pm start and is the curtain-raiser to Clare v Kerry in the Munster SFC semi final in Cusack Park in

Ennis.

Limerick now turn attention to preparing for the All-Ireland Senior Camogie Championship which gets underway in mid-June. Limerick will play Offaly, Wexford, Galway and Kilkenny with three teams to reach the knockout stages.

Despite some promising league campaigns Limerick have failed to reach the knockout stages of the championship in the last four attempts since returning to the senior ranks.



Anna Carey of Tipperary in action against Ciara Ryan of Limerick during the Munster Ladies Football Intermediate Championship last weekend in Thurles

Finals dominate weekend

PAT SHEEHAN
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TWO BIG games dominate the weekends Soccer action with Limerick sides vying for National and Provincial silverware.

On Saturday evening Pike Rvs and St Michaels meet in the final of the Munster Junior Cup while a day later the Limerick District League (under the guise of Janesboro) meet their Kilkenny counterparts in the final of the Oscar Traynor Trophy.

Limerick DL travel to Kilkenny on Sunday to take on the local District League side in the final of the Oscar Traynor Tournament looking to bridge a 23 year gap.

Following their semi final win over the Leinster Senior League, Limerick have been preparing for their 12th appearance in the final of the coveted trophy.

They boast six wins and six losses in these finals but rather disappointingly Limerick have suffered four successive defeats since their last success in 1995/96.

This season has seen a different take on the make up of the Limerick squad. Unable to procure a manager, the League looked like they might have to withdraw the team when Janesboro, as Premier League Champions, accepted the offer to represent the League.

It has worked out well with the familiarity of the 'Boro' players proving a real plus. Limerick started well with a 2-0 victory over the Clare League but defeat to Galway (2-0) in the second game meant a long trip for Limerick to Donegal where a penalty shoot out saw

Limerick through into the last four.

Limerick were away again in the semi final when they travelled to take on the Leinster Senior League and came back with a 3-2 win to set up the Final date.

The Janesboro players go into the tie leading the way in the Premier League with just one game remaining. A 3-1 win over Prospect last Sunday will have buoyed the players and hopefully they can carry that positivity into Sundays tie versus Kilkenny.

Seven points clear at the top of the table. They defeated Kilmallock 4-2 on Sunday as a good answer to their Tuohy Cup final defeat a week earlier.

Shane O'Hanlon and Aidan Ryan as always will have their team well prepared for the tie and will have done their homework on the opposition. The National Trophy is long overdue a stay in Limerick having last visited in 1996.

Tony Clarke was part of that winning side and on Sunday his two sons, Thomas and Shane will be hoping to repeat the feat. Janesboro's Aidan Ryan was also part of successful side so we'll take that as a good omen.

LIMERICK DL RECORD IN OSCAR TRAYNOR FINALS WINNERS; 1956, 1968, 1977, 1978, 1993, 1996

RUNNER-UP; 1969, 1972, 2003, 2008, 2010, 2015

PATH TO THE FINAL

LIMERICK GROUP; Limerick DL 2 Clare DL 0 (Adrian Power, Tom Clarke)

GROUP; Galway DL 2 Limerick DL 0

Q-FINAL; Donegal DL 1 Limerick DL 1 won on pens (Shane Clarke)

S-FINAL; Leinster Sen League 2 Limerick DL 3 (A Power, K Mawdsley, R



Ballynanty's Barry Hartnett claims possession from Pike Rovers' Ian Fletcher when the sides met on Sunday morning. This weekend Pike will look to win provincial silverware

O'Doherty)

A day earlier Limerick hosts the Munster Junior Cup final in Jackman Park at 6.30pm when Pike Rvs take on St Michaels in a repeat of the 2017 final.

On that occasion Pike travelled to Tipperary and goals from Pat Mullins and Cian Collins gave Pike a 2-1 win.

Pike Rvs are going for three in a row of provincial titles after defeating Janesboro in a penalty shoot out in last years decider.

Pike have been in tremendous form all season really. After 41 games the Hoops have only lost on a penalty shoot out to Sheriff and four draws in the League sees them trail Janesboro by a point with one game remaining.

They have a whopping 180 goals with top scorer Jonathan Grant claiming 50 of them.

No doubt the Hoops know the goals will be less

forthcoming against one of the best teams in the country. Already sitting pretty in the FAI Junior Cup final, Saints also won their own League and Cup so they could complete a grand slam.

Pike can be confident going into the tie that they are a match for any team and will not be intimidated by the Saints.

On a number of occasions this season Pike started slowly and had to drag themselves back into a tie, like their recent 3-3 draw versus Janesboro when they had to fight back from three behind to share the spoils.

They cannot afford a similar start against the Tipperary giants so they need to be tuned in from the off.

Pike have won the trophy seven times in their history while Saints claim bragging rights with eight wins to their credit.

Of the last eight years, Sundays opponents won six times which gives an idea of

the calibre of the sides.

With a sparse Junior programme scheduled we are sure to have a bumper crowd to cheer on the Limerick side and hopefully they can kick off the weekend with a win.

PATH TO THE FINAL

PIKE RVS

GAME 1: A v Cappamore w 10-1 (Grant 2, McGann 2, Rainsford (3), Patterson, Kavanagh, Hannafin)

GAME 2: H v Southend W 11-0 (McGann 4, Rainsford 2, Grant 3, Hanrahan, O'Malley)

GAME 3: H v Caherdavin W 9-0 (Grant 5, Walsh, McGann, O'Malley, Hanrahan)

GAME 4: H v City Wanderers W 3-2 (O'Malley, Fletcher, W O'Donovan)

GAME 5: H v Hibernians W 3-1 (E Hanrahan, McGann, Grant)

GAME 6: H v Newmarket Celtic w 1-1 (Pens) (J Grant)

DIVISION 3B	P	W	D	L	Pts
Herbertstown	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	35
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	11
Newport	15	1	2	12	5

JUNIOR SOCCER

PREMIER DIVISION	P	W	D	L	Pts
Janesboro	20	17	2	1	53
Pike Rovers	19	15	4	0	49
Ballynanty Rovers	20	16	1	3	49
Regional Utd	21	12	3	6	39
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	7*
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	19*
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	17
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 16

(All games kick off 6.30pm)

DIVISION 1B

Ballylanders V Granville Rgs, B Higgins, Caherdavin Celtic V Southend, K Gorman, Kilfrush V Geraldines B, J McNamara, Knockainey V Hill Celtic, R Broe, Regional Utd B V Newport, D Power

DIV 3B

Cappamore v Brazuca, J Clancy

YOUTH DIV THREE

Carew Park v Lisnagry, R McCann

UNDER 17 DIV TWO

Aisling v Geraldines, M Kennedy, Shelbourne v Corbally Utd, J Curran,

Caherdavin v Kilfrush, Martin Monaghan

SATURDAY MAY 18

MUNSTER JUNIOR CUP

Pike Rvs v St Michaels, 6.30, Jackman Park

DIVISION 3B

Cappamore v Herbertstown, P O'Brien, Weston Villa v Kilfrush, J Clancy, Hyde Rgs v Mungret Reg, K McCormack, Brazuca Utd v Coonagh Utd, E O'Sullivan, Dromore Celtic v Northside, F O'Neill

DIV 3A PROMOTION PLAY-OFF

Castle Utd v Meanus, Venue TBC, T O'Sullivan, J Curran, J McNamara

YOUTH DIV ONE CUP

Aisling v Charleville, B Higgins, Mungret Reg v Regional Utd, R Broe

SUNDAY MAY 19

OSCAR TRAYNOR TROPHY FINAL

Kilkenny DL v Limerick DL, 1.00, Kilkenny

UNDER 17 DIV TWO

Corbally Utd v Shelbourne, 10.30, D Power, Geraldines v Caherdavin, 10.30, Martin Monahan

TUESDAY MAY 21

DIV 4 HAYES CUP FINAL

Fairview Rgs v Lisnagry, 7.00, Jackman Park,

PJ MATTHEWS PREMIER LEAGUE

Ballynanty Rvs v Janesboro, 6.30, R Broe, Pike Rvs v Aisling, 6.30, B Higgins, Fairview Rgs v Geraldines, 6.30, N Casey, Kilmallock v Prospect, 6.30, J McNamara

YOUTH DIV ONE LEAGUE

Charleville v Regional Utd, 6.30, G Clancy, Mungret Reg v Aisling Annacotty, D Power

YOUTH DIV ONE CUP

Mungret Reg or Regional Utd v Aisling or Charleville, 6.30, K Gorman

COLM KINSELLA

Day and Rose make plenty of appeal at Bethpage Black

THE second golf Major of the year, the 101st US PGA Championship, takes place this week at the Bethpage Black course, Long Island, New York.

This is the first time that the PGA Championship will take place in May since 1949. It was previously played as the last Major of the season.

This will be the first time that the Bethpage Black course will host the PGA Championship, but the 2002 and 2009 US Opens were played there and the venue is due to host the Ryder Cup in 2024.

Dustin Johnson and Tiger Woods top the betting at 10/1.

So who will emerge victorious at Bethpage Black on Sunday night.

2015 champion Jason Day (22/1) makes plenty of appeal. The Australian was an impressive tied-fifth at last month's US Masters at Augusta National.

Day has some excellent form on the course, finishing fourth in 2016. At 25/1 he represents decent each way value.

Justin Rose (18/1) was one of our

fancies for the US Masters, and while the event didn't turn out as the English golfer or his backers would like, expect him to be in contention at Long Island this weekend.

Rose's game is well suited to the challenge of Bethpage and he is well fancied to land another Major this weekend.



Will Justin Rose win at Bethpage?

IS THAT ON THE BOX?

Wednesday

TENNIS

ROME MASTERS
AMAZON PRIME 10AM

CYCLING

GIRO D'ITALIA
EUROSPORT 12.45PM

SOCCER

ATALANTA V LAZIO
BT SPORT 7.45PM

SOCCER

LEEDS V DERBY
SKY SPORTS 7.45PM

CYCLING

TOUR OF CALIFORNIA
EUROSPORT 10PM

Thursday

CYCLING

GIRO D'ITALIA
EUROSPORT 12NOON

GOLF

LA RESERVA SOTOGRADE
SKY SPORTS 1PM

GOLF

PGA CHAMPIONSHIPS
SKY SPORTS 6PM

RUGBY LEAGUE

LEEDS V CASTLEFORD
SKY SPORTS 7.45PM

SOCCER

POMPEY V SUNDERLAND
SKY SPORTS 7.45PM

Friday

RUGBY UNION

HURRICANES V JAGUARES
SKY SPORTS 8.35AM

TENNIS

ROME MASTERS
AMAZON PRIME 10AM

RUGBY UNION

REBELS V REDS
SKY SPORTS 10.45AM

AFL

WEST COAST V MELBOURNE
BT SPORT 1 11.10AM

GOLF

LA RESERVA SOTOGRADE
SKY SPORTS 1PM

HORSE RACING

YORK
ITV4 1.50PM

GOLF

PGA CHAMPIONSHIP
SKY SPORTS 6PM

BASEBALL

BREWERS V PHILLIES
BT ESPN 6PM

HORSE RACING

BELMONT PARK
SKY SPORTS 6.30PM

DARTS

PREMIER LEAGUE
SKY SPORTS 7PM

POOL

CHAMPIONS CUP
FREESPORTS 7PM

SOCCER

CHARLTON V DONCASTER
SKY SPORTS 7.45PM

Saturday

RUGBY UNION

BLUES V CHIEFS
SKY SPORTS 8.35AM

RUGBY UNION

REDS V WARATAHS
SKY SPORTS 10.45AM

GOLF

LA RESERVA SOTOGRADE
SKY SPORTS 12NOON

RUGBY UNION

LIONS V HIGHLANDERS
SKY SPORTS 2PM

RUGBY UNION

LEINSTER V MUNSTER
EIR SPORT 3PM

GOLF

PGA CHAMPIONSHIPS
SKY SPORTS 4PM

RUGBY UNION

EXETER V SAINTS
BT SPORT 4PM

SOCCER

MAN CITY V WATFORD
BT SPORT/BBC1 5PM

GAELIC FOOTBALL

CAVAN V MONAGHAN
SKY SPORTS 7PM

BOXING

SAUNDERS V SHEPAT ISUFI
BT SPORT 7.30PM

RUGBY UNION

SCARLETS V OSPREYS
EIR SPORT 7.45PM

RUGBY UNION

LYON V LA ROCHELLE
SKY SPORTS MIX 8PM

RUGBY LEAGUE

BRADFORD V HALIFAX
SKY SPORTS 8PM

BASEBALL

CARDINALS V RANGERS
BT ESPN 9PM

Sunday

RUGBY UNION

MONTPELIER V STADE FR
SKY SPORTS 11.30AM

ATHLETICS

GREAT MANCHESTER RUN
BBC2 12NOON

TENNIS

ROME MASTERS
AMAZON PRIME 12NOON

GOLF

LA RESERVA SOTOGRADE
SKY SPORTS 12NOON

RUGBY LEAGUE

BARROW V SHEFFIELD
SKY SPORTS 1PM

HURLING

TIPPERARY V WATERFORD
RTE 2PM

SOCCER

RANGERS V KILMARNOCK
BT SPORT 3PM

RUGBY LEAGUE

BATLEY V DEWSBURY
SKY SPORTS 3.15PM

HURLING

LIMERICK V CORK
RTE 4PM

GOLF

PGA CHAMPIONSHIPS
SKY SPORTS 4PM

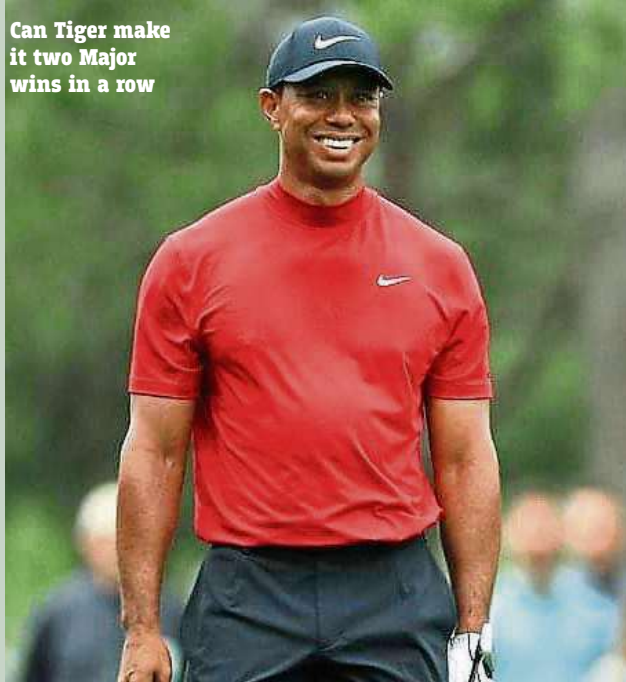
SOCCER

AFC FLYDE V L ORIENT
BT SPORT 1 4.15PM

SOCCER

NAPOLI V INTER
PREMIER SPORT 7.30PM

Can Tiger make it two Major wins in a row



Leinster celebrate defeating Munster in the PRO14 semi final last season. They meet again on Saturday



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