

CITY SHOWS ITS PRIDE



Pictured at the Limerick Pride 2019 press launch at the Clayton Hotel are members of the Limerick Pride 2019 committee - Leon McNamara, Lisa Daly, chairperson of Limerick Pride, Conor Leahy, Eoin Sexton and Richard Lynch, PRO Limerick Pride
PICTURE: DOLF PATIJN/ILOVELIMERICK

International drag star the main attraction at annual LGBTQ celebration
See page 10

The Leader

Wednesday, June 12, 2019

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TIPP TIME Hurlers' premier challenge for final spot **SPORT**

RECYCLING

'Deplorable' decision to close Park Road Recycling Centre is criticised **P4**



CRIME Judge jails shoplifter who is on first name basis with most security guards **P14**



Shape up or sell up, Tidy Towns tells landlords P6

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LeadingOff

Setting the agenda in Limerick



▲ GOOD WEEK

Limerick hurlers
Sunday's destruction of Clare ensured the All-Ireland heroes continue in the championship



▼ BAD WEEK

Galvone
The Ibal report highlighted extensive dumping in the industrial estate giving it a D grade



☀ QUOTE OF THE WEEK

"Tidy Towns would make a huge appeal to successful business people who we know hold some of these properties and keep them in an appalling state, derelict, and the basement full of every kind of disgusting rubbish" **Helen O'Donnell**

INSIDE THIS WEEK



WOULD YOU CREDIT IT?

Credit cards under spotlight
Page 26



WHAT'S ON IN LIMERICK

Seamus Ryan's gig guide
Page 39



UL'S 30 YEAR PARTY

UL celebrates milestone

PAGE 5



DON'T 'MISS' THIS CHANCE

Could you be Miss Limerick
Page 48

Fags and gum still a litter headache here



Smokers and people who chew gum, have to realise the damage they do and the litter they cause when disposing of their finished items...think before you get rid of them!



WHAT WE THINK
EUGENE PHELAN

LEADER EDITOR

DESPITE the wonderful work done by volunteers like Helen O'Donnell and Limerick Tidy City Tidy Towns, we have got a dreadful result in the latest IBAL - Irish Business Against Litter - Survey.

When you see the amount of people who turned out to take part in the Team Limerick Clean-up (20,000) it is quite apparent that people do take pride in their areas

and want a clean Limerick.

But that does not come through in the latest litter survey with Limerick City Centre (35th) and Limerick City South - Galvone (38th) out of the 40 areas included in the latest results.

There is only so much Limerick City & County Council can do regarding litter - with schools having a huge part in educating young

people in the benefits of living in an environmentally clean society.

The Council have been praised for having gum disposal option and cigarette disposal on the street bins.

Smokers and people who chew gum, have to realise the damage they do and the litter they cause when disposing of their finished items...think before you get rid of them!

WEBTOPTEN

1. Mounting fears over global restaurant in Limerick city suburb
2. Television and ticket details confirmed for Limerick v Tipperary Munster hurling tie
3. Tributes paid to former soldier who died while swimming in Limerick
4. Emergency services deployed to river rescue in Limerick city
5. Man jailed for smashing Lidl store windows in Limerick city
6. What lies ahead for Limerick hurlers in Munster and All-Ireland SHC with permutations aplenty
7. Fingerprint evidence helps convict Limerick robber after two years
8. Man dies after getting into difficulty while swimming in Limerick city centre



Emergency services deployed to river rescue in Limerick city

What lies ahead for Limerick hurlers in Munster and All-Ireland SHC with permutations aplenty

Fingerprint evidence helps convict Limerick robber after two years

Man dies after getting into difficulty while swimming in Limerick city centre



What lies ahead for Aaron Gillane and his Limerick colleagues?

WEATHER FOR THE WEEK



WEDNESDAY
Mainly cloudy with temperatures peaking at 18°C



THURSDAY
Morning shower and overcast thereafter. High of 18°C



FRIDAY
Periods of rain with a peak on the mercury of 17°C



SATURDAY
Some sun and a couple of showers with a high of 17°C



SUNDAY
Occasional afternoon rain with temperature peak of 17°C



MONDAY
Dull weather continues with clouds and a high of 19°C

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MyLimerick

Post Punk Podge

Rapper/musician

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

First I go for a walk down to Clancy Strand to feed the ducks and chat to them about the local gossip. Then I like to head into Lucky Lane for a browse around. Pharmacia or Dolan's is always great to have the craic in or check out a gig. The Unscene music Bazaar shows in the Wickham Tap are a sight to behold.

What's your first Limerick memory?

Playing 'Shoe the Donkey' on the fiddle in Slattery's pub in Kildimo dressed as a cowboy to entertain the locals. Not much has changed really.

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

Probably Lough Gur as it is so peaceful and tranquil and it has been preserved so beautifully.

What about a favourite local walk or view?

I love the Plassey Walkway - it's a great place to go for a walk when you get an overdose of the hustle and bustle of the city.

What do you think gives Limerick its unique identity?

Well at the moment the music scene is thriving here and I think that's down to the openness and support between all the people involved who are working together for the greater good. People don't have notions or snobbery here they just speak their mind honestly in person and in their music. That is authentic and unique. We're not scared to laugh at ourselves in Limerick and make the most of our lot.

Do you have a favourite local restaurant?

Le Pizza Galaxie are the best boys in town for pizza and beats.

How would you describe the people of Limerick?

Extremely witty and kind hearted. We're passionate people whether it's for sports, music or the arts. We're not scared to wear our hearts on our sleeves and speak our minds - that's what makes us so loveable.

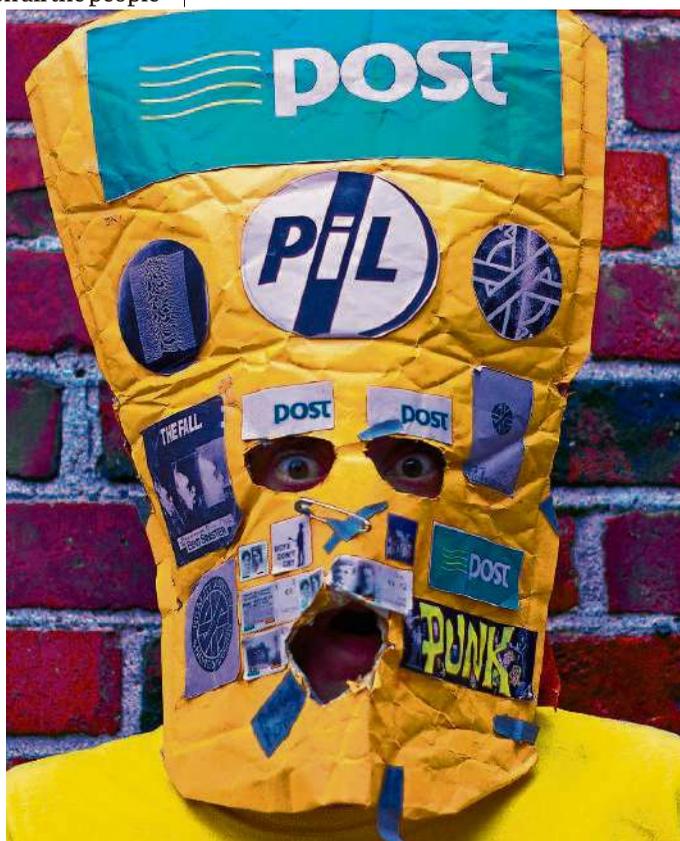
How important do you

think sport is to Limerick?

I think it is hugely important for the city and county. Last year's All-Ireland hurling win was one of the happiest moments of my life. I'll admit that I cried when we finally lifted Liam. It unites people of all classes, ages and backgrounds living here and that is something special to behold. The place will always breed people who excel at sport be it rugby, hurling or whatever it is because there is such an inherited love for it here which is handed down through the generations.

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

In terms of the city new affordable housing is urgently needed and is a huge challenge for those newly elected to solve. The amount of landlords deciding to sell up and kick young people out of accommodation is very worrying. The waste burning factory which is opening out in Mungret is worrying for the county as a whole in terms of the pollution it will cause. These issues need to be addressed sooner rather than later for people's health and well being. The resurgence of Limerick in terms of the arts, music and sport has been a revelation in recent years and the challenge will be to sustain this through continued hard work and determination. I love where I am from and I'm really proud of how far it has come in the last few years. Let's all keep doing our bit to sustain this positivity.

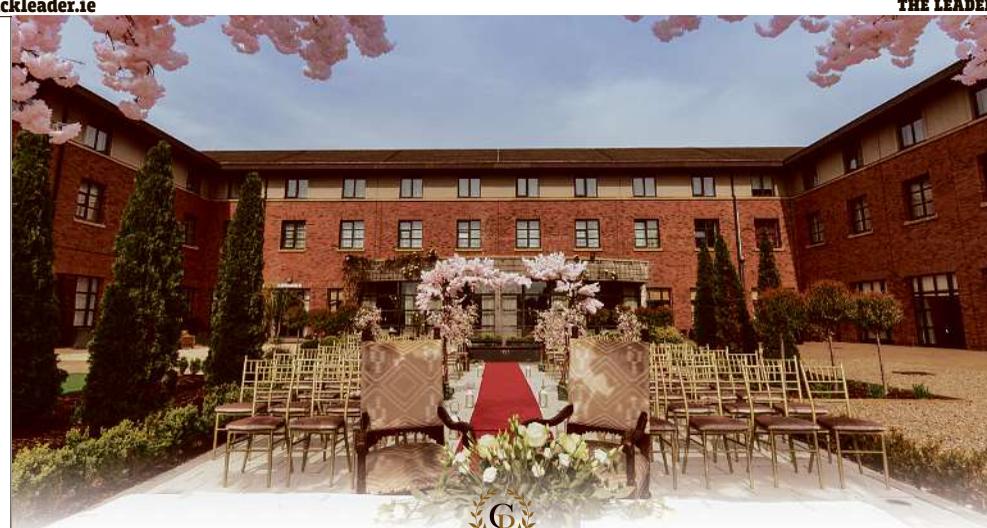


FRONT PAGES OF THE PAST

16 YEARS AGO
JUNE 14, 2003

The front page of the city edition had the dramatic heading: "Roof of School Caves in on Pupils" with a photo of a young pupil pointing up to the roof at St Nessian's National School in Mungret which had collapsed.

The story revealed that two children at the school "had a miracle escape when the roof of their pre-fab school came down on top of them." Another eye catching story concerned a major political row as it emerged that councillors were giving out free flowers to constituents in the city.



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Near-miss for Limerick Green Party cyclist

BY REBECCA LAFFAN
rebecca.laffan@limerickleader.ie

A GREEN Party representative for Limerick City West has shared his frustration after almost crashing his bike into road signs placed on a Limerick cycling lane on two separate occasions.

Breandán MacGabhann, a lecturer in University of Limerick and Mary Immaculate College, was cycling along Fr Russell Road on June 5 and June 10 when he

suddenly came upon a series of road signs in the cycling lane.

In a Tweet directed at Limerick City and County Council on the issue, MacGabhann asked: "Are you trying to kill me? Because you nearly did, just a few minutes ago."

On June 5, the signs warned of road works ahead, however, the cyclist states that there were no works going ahead at the time.

Limerick City and County Council told the Limerick Leader: "A contractor carrying out

repairs on behalf of Irish Water erected these signs and inadvertently did not remove the signs after they completed the works. The signs have now been removed."

"This careless disregard is how you kill cyclists,"

MacGabhann added, addressing the Council, who he plans on making a written complaint to.

"I think it's symptomatic of a disregard for cyclists in the Council. The cycle lane on the St.

Nessans Road bridge by the Crescent has been in an awful state for a long time, much of the existing cycling infrastructure is awful, even the new infrastructure at Mungret Gate and the Wickham Street 'upgrade' are dangerous," MacGabhann told Limerick Leader.

"For a Council that's supposed to be running Ireland's 'Smarter Travel Demonstration City', it's really disappointing," the recently elected councillor added.



Cllr MacGabhann's photo shows the obstructing sign on the cycle path



The council has confirmed that it is close the Park Road Recycling Centre on Monday, June 17 due to 'health and safety' concerns over vehicular access to the site. There has been criticism over the move

'Deplorable' move to shut recycling centre

Council: Closure follows 'health and safety' concerns

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THE LOCAL authority has been criticised for setting "a dangerous precedent" after it announced plans to close down a recycling centre in Limerick city next week.

Limerick City and County Council announced that it is to close the Park Road Mini Recycling Centre on Monday due to "health and safety concerns", though the bottle bank facilities are to remain open.

According to Cllr Frankie Daly, this has caused consternation in the Corbally and Rhebogogue area as locals, many elderly, have been advised to use Mungret Civic Amenity Centre as an alternative.

"You have elderly people that have to travel. You are talking over 19km round trip. Now, that's if they have a car. This approach is absolutely deplorable. It's appalling. If I could

get stronger words, it can't even be put into words, you know? It beggars belief.

"We're talking about climate change. It's a precedent as well. A dangerous precedent. We should be opening them throughout the city; not closing them," the Independent councillor told The Leader.

In a statement to the Leader, the council said: "The facility is closing due to health and safety concerns of the movements of vehicle and vehicle/pedestrian interface in the area, there is insufficient room at the location to implement a traffic management plan to address these concerns. Staff working at the facility will be reassigned within the cleansing department."

In a statement to newly-elected councillors this Tuesday, the council has said that concerns have been raised over public safety "due to the volume of traffic in the general

vicinity.

"Limerick City and County Council assessed the options available and concluded there is insufficient room to implement a traffic management plan to address these concerns.

"In the interests of safety, regretfully, it has been decided to close the mini-recycling centre from Monday 17 June 2019."

While the bottle bank will remain open, the public will no longer be able to leave paper, cardboard, small electricals, and batteries at the site, the authority stated.

"Alternatively, members of public can use the Mungret Civic Amenity Centre. The public will continue to be able to deposit their glass, cans and textiles in Park Road, while it is planned to improve the physical area around the Bottle Bank in the coming months," the council stated this Tuesday.

Threatened to slit woman's throat at home

DAVID HURLEY
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A MAN who threatened to slit a woman's throat after he broke into her home late at night has been jailed for five years.

Leon McNamara, aged 28, of no fixed abode, pleaded guilty to a number of charges – including burglary and assault – relating to an incident in the early hours of May 31, 2018.

During a sentencing hearing, Detective Garda Shane Ryan said the defendant was arrested inside the woman's home at O'Malley Park, Southill after gardai responded to a disturbance shortly before 4am.

He said the defendant, broke a downstairs window with a rock and assaulted the woman before pushing her onto a couch and going upstairs where her partner and two children were sleeping.

In the bedroom he threatened to slit her throat and to "dig the head off" her partner.

It was accepted by gardai that he did not have the knife when he first entered the house.

Judge Tom O'Donnell was told Mr McNamara, who has a large number of previous convictions, then began rolling a cigarette and was still in the bedroom when gardai arrived.

"He was caught in the act," said John O'Sullivan BL,

prosecuting.

The woman, whose aged in her early 30s, sustained superficial injuries and has since moves addresses out of fear there could be a further incident.

Detective Garda Ryan said the defendant was extremely violent and volatile following his arrest and that he caused hundreds of euro worth of damage when he defecated in a cell at Roxboro Road garda station.

Brian McInerney BL said his client has a long history of addiction and was under the influence of an intoxicant on the night. He said aspects of what happened were highly unusual and bizarre

and that Mr McNamara regrets his actions. "In the cold light of day he is utterly appalled," he said.

Imposing sentence, Judge O'Donnell commended the victim for the fortitude she showed on the night.

He said the use of a weapon was an aggravating factor was the defendant's previous history and the invasion of someone's home late at night.

He noted that Mr McNamara is making efforts to address his issues in prison and that he has completed a number of events to raise money for charitable organisations while in custody.

He imposed a number of concurrent prison sentences totalling five years.



UL goes back to roots for its 30th

Commemoration: Celebration to mark 30th anniversary of University of Limerick Act

MIKE FINNERTY
news@limerickleader.ie

THE remarkable commitment and energy of former UL president Edward Walsh in helping found the institution was highlighted at a commemorative tree planting ceremony last week.

The event on Friday last marked the 30th anniversary of the enactment of the University of Limerick Act 1989.

The act allowed UL to become the thriving third-level institution it is today.

The ceremony was attended by UL president Dr Fitzgerald and chancellor Mary Harney along with special guests Ed Walsh and Mary O'Rourke.

Walsh and O'Rourke were instrumental in establishing the university, and gave speeches recounting the effort that went into bringing the university into

existence.

University Chancellor Mary Harney recalled the planning process:

"This University did not come about by accident. I am particularly pleased that my former ministerial colleague Mary O'Rourke is here with us, because she played a big part in the enactment of the Universities Act in 1989.

"But I think it would be very remiss of me not to acknowledge in particular, the role that Ed Walsh played in making this place a reality. He was a thorn in the side of both officialdom and the political class.

"He apparently drove to Dublin twice in one day to meet ministers - twice in one day before the roads were as good as they are today!" she remarked.

"What we see today is the realisation of his vision and his dream, and to make things

happen sometimes only requires one person with a vision and a determination and Ed Walsh was that person.

"I think we owe him a great deal of gratitude," she added.

Ed Walsh, who took up his position on January 1, 1970, paid tribute to Mary O'Rourke who "took the report that Limerick should establish a University, and with great skill, it moved from a report to action and that is a very difficult thing to do. Mary, thank you, you have done remarkable work".

Former education minister Mary O'Rourke also recalled her memories of birthing UL, stating "Why should education stay still? It shouldn't ever go quiet and stay still. It was the first university since 1592, the first since the Irish Free State, so that was a marvellous thing to put on your CV - it was a wonderful thing to do."



Former education minister Mary O'Rourke and founding UL president Ed Walsh who had difficulty holding onto this umbrella at the event on Friday last



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'Shape up or sell out' says Tidy Towns boss to landlords

Environment: Site owners criticised as city falls in league

NICK RABBITS
nick@limerickleader.ie

THE chairman of Limerick Tidy Towns has told private business owners who do not take care of their basements to "shape up or sell out".

Helen O'Donnell was speaking after the latest Irish Business Against Litter (Ibal) anti-litter league revealed a massive problem with dumping on private lands, particularly in High Street, Cecil Street and off Upper William Street.

Tidy Towns has run a high-profile campaign to persuade building owners to allow them in to clean-up dirty basements.

The problem has once again been highlighted by Ibal in its latest report, which sees the city fall down 18 places, and is now considered one of the most littered in the state.

Ms O'Donnell says it is frustrating, because there is little the Tidy Towns volunteers can do about private land.

"It's a repeated problem," she

told The Leader, "Tidy Towns would make a huge appeal to successful business people who we know hold some of these properties and keep them in an appalling state, derelict, and the basement full of every kind of disgusting rubbish. I would be calling on them to shape up or sell out. While we have repeatedly put huge volunteer effort into tidying people's private property, as we are passionate about having our city as the cleanest place, we need support."

Mayor Michael Sheahan is calling on everyone to help in the fight against litter.

"The Ibal report has highlighted a number of issues. I am particularly calling on all basement owners to clean their basements today and keep them clean. It's not good enough to leave it to city centre volunteers who have done marvellous work on basements, or to wait for an enforcement notice to clean up. Clean up for yourselves, your neighbours and visitors to our city," was the mayor's message to



Limerick Tidy Towns has engaged in a high-profile campaign to call out owners of unkept basements. Pictured here are Maura O' Neill and Helen O' Donnell, who has urged landlords to support their efforts. PICTURE: MICHAEL COWHEY

the people.

While Limerick was in 35th position, there was even worse news for the southside community of Galvone and its surrounds, with the inspectors placing it in 38th out of 40.

The inspectors from An Taisce singled out the back of the industrial estate for criticism, the recycle facility at the Roxboro

Shopping Centre was slammed for the fact it was left overflowing when they visited.

Newly elected Janesboro councillor Sarah Kiely said there are no plans for additional bins in the area – including for dog litter.

It's something she plans to address locally, saying: "It's not really good enough."

"Galvone has again hit the headlines, which is disappointing. It

says in the report, Galvone is littered but improved, so we have to see the positive in that. Before, we were the only ones hitting the headlines. Now we are littered, but improved," she added.

Top of the second Ibal anti-litter league for 2019 was Kilkenny.

Meanwhile, the only two areas placed below Galvone were Ballymun in North Dublin, the only litter 'blackspot' and Mahon in Cork.

'A disappointing slip': the Ibal inspectors' verdict on Limerick

Con Colbert Train and Bus Station: Grade B. Much of this station environment presented well but it was let down by food related litter at the base of the seating to the front and heavy levels of cigarette butts, especially at the bicycle parking area. With a little extra care and attention this could easily be a top ranking site.

Little Catherine Street: Grade A. An attractively paved city centre street with outdoor seating and planting. It presented very well, with a virtual absence of litter throughout. An adjoining laneway (Limerick Lane) had significant levels of cigarette butts.

O'Callaghan Strand: Grade A. This riverside environment has been attractively landscaped with paving, railings, seating, bollards, bins etc in very good order. Signage saying 'Stop Limerick Dog Litter' on lamp-post

and graphic image indicating not to feed the birds. It was an excellent site.

Cecil Street: Grade D. The street level belies the huge litter levels in the basement of several premises along Cecil Street. Where does responsibility for these lie? They were characterised by all manner of food related litter and dumping.

Chapel Street / Cruises Street: Grade B. This shopping area was generally untidy with overflowing industrial green and blue bins, the contents of which were spilling out.

Dock Road: Grade B. Much of the litter along this road was close to the apartment buildings and at railings beside the underground car parking. Closer to Shannonbridge Roundabout there were heavy levels of cigarette butts.

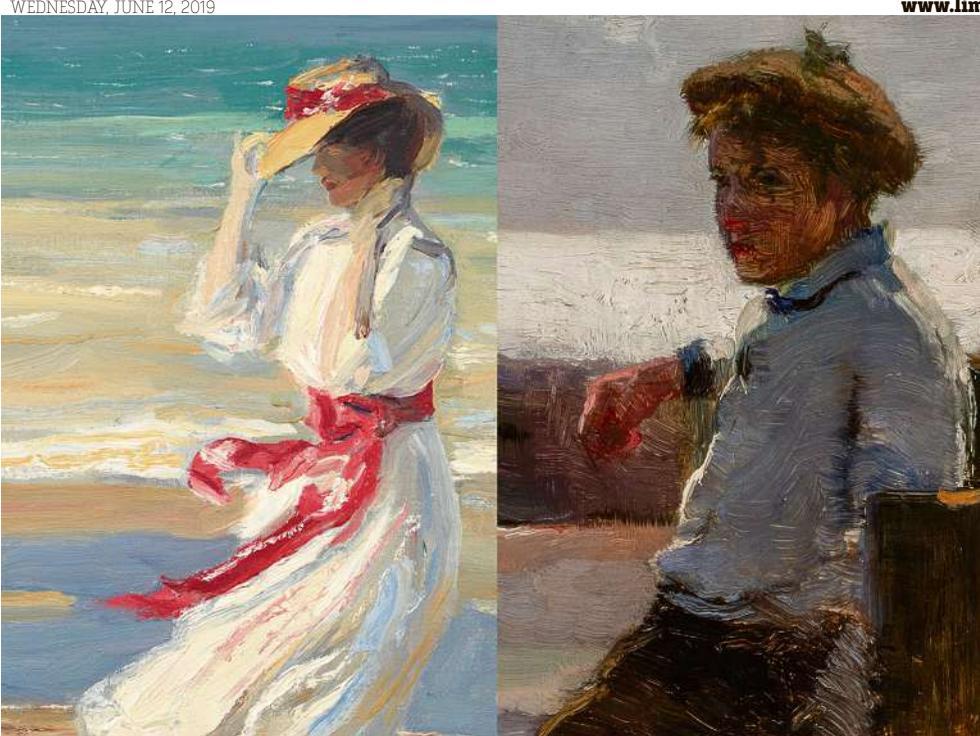
O'Connell Street: Grade A. The style of paving varied along O'Connell Street with some stretches attractively paved and others less so – on the older style chewing gum was particularly pronounced. There was a virtual absence of litter along the street – care needs to be taken beneath the stone seating.

Miscellaneous Site off Upper William Street and High Street: Grade D. This lane off Upper William Street connects to Pikes Row and also to High Street. It wasn't so much littered as subject to dumping e.g. pillows and duvets were strewn amongst a pile of cardboard boxes and rubbish. Further along the laneway there was a large piece of furniture. A black sack had been discarded behind a metal railing, with more black sacks amongst overgrown greenery. The whole area was filthy, one of the worst sites in a city /

town centre environment.

Recycle Facility at Roxboro Shopping Centre: Grade C. Cardboard boxes were abandoned in front of the recycle units, left in their full box state, not even squashed flat. But the real litter issue was to the rear of the bins where dumping had taken place. There were piles and piles of plastic bottles and cans, which could so easily be recycled. A bag of rubbish and suitcase were also present.

Galvone Business Park: Grade D. On first impression this industrial environment appeared moderately littered. Deeper within the estate there were heavy levels of dumping, some of it directly in front of a gate. Despite an absence of a year in the IBAL litter survey there has been no shift in this situation. As well as some casually discarded litter there was some horse fouling.



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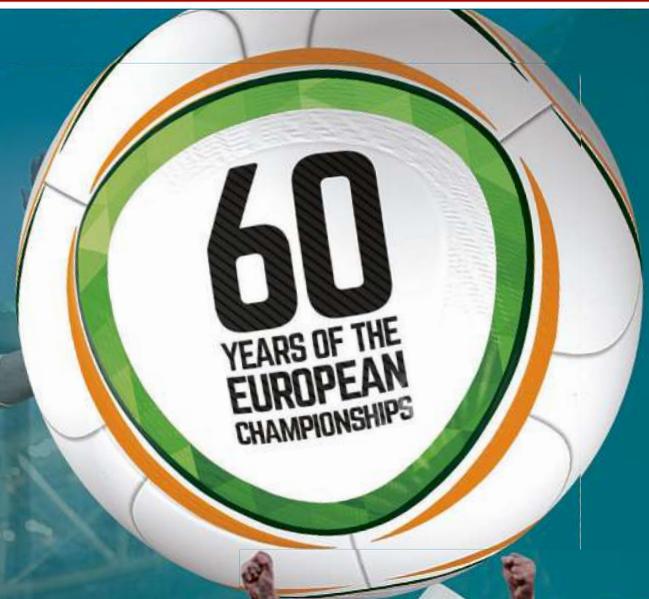
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LEADER NEWS BULLETIN

CRIME

Woman to be sentenced for having shotgun at home

A WOMAN has admitted having a semi-automatic weapon and ammunition at her home in the city last year, writes David Hurley.

When arraigned at Limerick Circuit Court, Geraldine Daly, 37, of Fairview Crescent, Garryowen pleaded guilty to unlawful possession of a Beretta AL391

Urika semi-automatic shotgun (similar to picture).

The defendant also pleaded guilty to a second charge of unlawful possession of four 12-gauge cartridges at the same location on the same date.



The firearm and ammunition were seized during a garda search which was conducted on May 23, 2018.

After her client entered her guilty pleas, barrister Yvonne Quinn requested that a court-sanctioned psychological assessment be carried out in advance of the sentencing hearing.

Judge Tom O'Donnell agreed and the matter was adjourned to July 24, next.

No evidence has been heard in relation to the seizure or Ms Daly's personal circumstances.

She was remanded on continuing bail.

TOBACCO

City publicans fined for breaching smoking ban

TWO city publicans have been prosecuted and fined for separate breaches of the smoking ban, writes David Hurley.

Limerick District Court was told the breaches were detected on dates last October and November when Environmental Health Officers with the Health Service Executive carried out inspections.

In one pub, around 20 people were observed in the designated smoking area which was not compliant with the regulations while four people were observed smoking in an enclosed area at the second pub.

Fines totalling €4,000 were imposed by Judge Marian O'Leary and both publicans were banned from selling tobacco products for two weeks and one week respectively.

ALCOHOL

Fined for selling alcohol at pub without valid licence

A CITY publican was fined €632.50 after he was prosecuted for selling alcohol at the premises he operates without a valid licence, writes David Hurley.

Anthony Kelleher was before Limerick District Court in relation to an offence which was detected on November 17, 2017.

Solicitor Aileen Mee, prosecuting, said a Revenue inspector called to the Windmill Bar, Henry Street on that date and asked to see the licence.

However, he was not shown the licence as the defendant was not available and efforts to arrange a



meeting were unsuccessful.

She said there were numerous phone calls and correspondence since but that there has been little or no engagement by Mr Kelleher.

Solicitor John Herbert said his client suffers from ill health and that this had contributed to the licence lapsing.

He told Judge Marian O'Leary his client has no previous convictions and that he is in the process of rectifying matters.

The judge imposed the lowest possible fine of €632.50 giving Mr Kelleher six months to pay.



First Lady Melania Trump with dancer Ella Mae Hartnett and Rose Hynes, chairman of Shannon Group

Limerick shows off talent for First Lady

THE FIRST LADY of the United States Melania Trump was welcomed to Ireland with a rousing rendition of 'Dreams' original hit of Limerick band The Cranberries. The musical greeting was performed by Michelle Grimes, graduate of UL's Irish World Academy of Music & Dance, and most recently X Factor and Ireland's Got Talent contestant.

Michelle was joined by a multitude of

choral singers, musicians and dancers in presenting a unique welcoming experience to County Clare, and the Wild Atlantic Way.

An uplifting sean nós dance performed by county Limerick Murphy - Ryan family also entertained the First Lady, followed by the talented children of Limericks' Fleming Ball Irish Dance Academy.

Retailer closed over public health fears

Report: Details of HSE inspection published by FSAI

DAVID HURLEY

david.hurley@limerickleader.ie

A RETAIL premises in the city centre was ordered to close last month after HSE inspectors found it was not suitable for the safe preparation of foodstuffs and that such activity was "prejudicial to good food safety and public health".

The Food Safety Authority of Ireland has published details of the Closure Order which was served on the proprietor of Tim Nessa, Davis Street on May 14. The order was lifted on May 28.

According to the documentation released by the FSAI, numerous issues of concern were discovered when the premises was inspected by environmental health officers.

"There was evidence that the food business operator is cutting meat in a rear store room adjacent to the sanitary accommodation," states the order which adds the carpet in the store room was "heavily stained with debris including particles of cut meat".

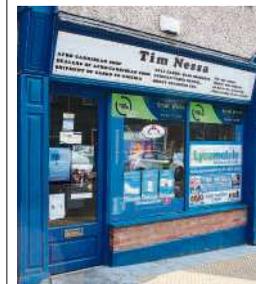
The report states the store room was "wholly unsuitable" for food preparation activities and that there was no evidence the food business operator had undergone basic food safety training or that it was registered as a food preparation business.

Concerns were also expressed in relation to the storage of food products in the



The premises is not suitable for the safe preparation of foodstuffs

HSE REPORT INTO TIM NESSA, BELOW



premises.

"There are loose fish stored in the freezer units. No labelling information is provided with these and there is the possibility of cross contamination," states the report.

"Unidentifiable meats are stored in two smaller freezer units. Some meats are uncovered. There is no monitoring of temperatures of food storage units," it adds.

According to the documentation, some foodstuffs were being stored directly on the floor when the inspection was carried out "Thus interfering with cleaning and pest control".

There was a large accumulation of waste cardboard and no evidence that a waste collection contract was in place.

The HSE inspectors found there was a lack of adequate cleaning and disinfection and that there was an "unacceptable risk of cross contamination of foodstuffs resulting in potentially unfit and unsafe food being offered for sale to the consumer."

Concerns relating to the traceability of food products found at the premises were also highlighted in the report.

"There is no traceability information available in relation to the frozen raw meats, loose fish decanted dried products including spices. There is no provenance provided in relation to the cooked meat dishes stored in the plastic trays in the large freezer unit," it states.

According to signage at the front of Tim Nessa, it is an "Afro Caribbean Shop" which deals in Afro/Caribbean Food.

It also assists with the shipment of cargo to Nigeria, call cards, hair products, "African video rental" and money transfers.

MISSING

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HOT CHOCOLATE

Gardaí are currently investigating the robbery of a large amount of chocolate from Mrs. Noni Considine, an 83 year old Limerick native & chocolate mogul.

Please contact noni@todayfm.com with any relevant info you may have with regards to the current whereabouts of her beloved pram & chawwwklit.



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Comments from online readers

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



UNIVERSITY HOSPITAL LIMERICK TOPS NATIONAL OVERCROWDING WITH OVER 1,100 PATIENTS ON TROLLEYS

Tadhg O'Flaherty

Yeaaaaa, we did it again. Big congrats to all involved, well done.

Leith Gath

Really? How shocked is everyone in Limerick? NOT!!

Nora-Mary Ryan-Doyle

What's new, old news



LIMERICK LOSES 'CLEAN TO EUROPEAN NORMS' STATUS

Alan Ryan

Is there any sort of community rubbish thing happening in Limerick? I'd be happy to give a few hours of my time every week or two to clean up the city if I was facilitated with a place to put it and recycle what can be recycled.



Alison Duhan

People need to take responsibility for themselves. Of course I agree that there should be more bins available across the city, but this is not all the council's fault.

'NOT AROUND US': LIMERICK SAYS NO TO TOBACCO

Alan Ryan

I'm all for a smoke free society but 2025 is six years away. Putting up a few signs and running a few awareness campaigns simply won't have that kind of impact.



Ailis Ní Chofaigh

Encouraging outdoor smoke-free zones where children play is brilliant.

Theresa Storan

Getting really tired of this lark now. People need to remember tobacco is not illegal for god sake!

JOHN KIELY LAUDS "ONE OF THE BEST" DISPLAYS IN BIGGEST LIMERICK WIN OVER CLARE IN 78 YEARS

Mary McCarthy

Fabulous display of great talent well done John kiely and your team every good wish for Sunday



Tony Maher

Limerick were great yesterday but still hard to judge them on last 2 weeks, the opposition on both occasions was non existent.

Steven O'Brien

Limerick were very impressive yesterday..their skill was on another level



Pictured at the Limerick Pride 2019 Press Launch at the Clayton Hotel are Sarah Tonkin, Karma Monet, Noah Monet, Daniel Butler, Metropolitan Mayor of Limerick, Michelle Grimes and Destiny Fairchild (back row), Leon McNamara, Lisa Daly, Chairperson of Limerick Pride, Richard Lynch, PRO Limerick Pride, Meghann Scully, Conor Leahy and Eoin Sexton (front row) PICTURE: DOLF PATIJN/ILOVELIMERICK

International drag star to head Pride

Festival: Countdown to annual LGBTI+ celebration

NICK RABBITTS nick@limerickleader.ie

ONE of the acts from the hugely popular show RuPaul's Drag Race will be one of the star attractions at next month's Limerick Pride.

Jujubee will headline the final night of the annual lesbian, gay, bisexual, transgender and queer and intersex (LGBTQ) festival which will take place in Limerick between Friday, July 5, to Sunday, July 14.

Jujubee will perform at the Pride climax party in Dolan's Warehouse from 8.30pm on Saturday, July 13.

Earlier that day, a massively colourful parade will take place through the heart of the city.

Gathering at City Hall at 1.30pm, it will make its way up O'Connell Street,

across Mallow Street to Henry Street, before ending at the Hunt Museum, where there will be a showcase of local LGBTQ culture.

It will be headed by Moninne Griffith, who is the executive director of BeLonG To youth services, a national organisation supporting LGBTQ young people in Ireland.

And this year's Pride parade marks an auspicious anniversary – for it is half a century since the Stonewall uprising, which gave birth to the gay rights movement.

"Pride was made possible by brave members of the LGBTQ community who took a stand for LGBTQ equality in New York and by activists all over the world, including Ireland who still fights for LGBTQ equality today. I am proud as Grand Marshal of the

Limerick Parade to march alongside everyone in a way that feels right for them," she said, "Together we celebrate how far we have come and continue to fight for equality, safety, health and wellbeing for all our communities."

Limerick Pride gets under way on Friday, July 5, with a launch event at McGettigan's Pub in Lower Mallow Street, while the following day, the popular Mr and Mrs Gay Limerick takes place at Dolan's from 9pm.

Other highlights include the Limerick Pride Youth Party at Lava Javayouth cafe in Lower Glentworth Street from 6pm on Friday, July 12, while later that night, the popular 'Twas the night before Pride party kicks in at Mickey Martin's pub.

More: www.limerickpride.ie

New car sales increase by over 12% locally

THE number of new cars sold in Limerick last month increased by more than 12% compared to the same month last year, writes David Hurley.

Official statistics released by the Society of the Irish Motor Industry (SIMI) show 158 new cars were

registered across the city and county during May compared to 140 in May 2018. However, the figure is significantly lower than the 182 new cars sold in May 2017 and the 202 sold in May 2016.

A total of 2,722 new cars were sold in Limerick during the first five

months of 2019. This compares to 3,027 during the same period in 2018.

The five most popular model of car sold in Limerick so far this year are Nissan Qashqai (123), Ford Focus (112), Toyota Corolla (97), Ford Kuga (94) and Hyundai Tuscon (93).

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LEADER CRIME BRIEFS

BY DAVID HURLEY



Motorists urged to ensure parked cars are locked

GARDAI are appealing to motorists to make sure their cars are properly locked when they are parked up.

Divisional crime prevention officer, Sergeant Ber Leetch, says car owners should not assume that their electronic keys have worked correctly.

"Your car isn't definitely locked until you try the handle and make sure it's locked, don't rely on the flashing lights or the mechanism of the lock sound, you could have hit the open button by accident, always check the handle," she said.

The warning comes



Advice: Crime prevention officer Sgt Ber Leetch

following a number of recent break-ins to cars.

In one incident at Fr Russell Road, 10 euro worth of coins was taken from a car which was not locked which in a separate incident a valuable set of golf clubs were removed from a car which was parked overnight in the car park of a church.

Again, that vehicle was not locked.

Burglar who walked into house stole wallet and keys

GARDAI are investigating three recent burglaries at domestic homes.

In one incident, a burglar walked into a house in Clonmacken through an unlocked back door and took a wallet and keys.

In Caherconlish, the rear window of a house was broken by a burglar who reached in and took a handbag off the counter.

Elsewhere, a house which is currently under construction in the Croom area had property taken from it including copper pipes.

Appeal to homeowners as summer holidays loom

AS the summer holidays approach, gardai are advising homeowners to take measures to secure their properties when they are unoccupied.

"Ideally, have someone check the property at different times of the day and look for signs of trespassing or interference. Get a burglar alarm installed and set it, secure all doors and windows," said divisional crime prevention officer, Sergeant Ber Leetch.

"Install timers on internal lights to make the house appear occupied and



Gardai say homeowners should have a burglar alarm

motion detectors on external lights so anybody is lit up if they come near your home. Make sure that your home doesn't look neglected," she added.

Gardai say arrangements should also be made to have grass and hedges cut and to have post collected if homes are likely to be vacant for a considerable period of time.

Binoculars and tools stolen

POWER tools and a pair of binoculars were stolen from a car which was broken into in recent days.

A number of cheques and a quantity of cash were also taken from the vehicle which was parked outside a house in Ballyneety village.

"Anything of value must be removed from a car at night if possible," said a garda spokesperson.

Community service for swinging sword during street brawl



Thomas Houlihan was prosecuted, on indictment, before Limerick Circuit Court

Altercation: Violent incident witnessed by detective garda

DAVID HURLEY
david.hurley@limerickleader.ie

A MAN who swung a sword at another man during a street fight will avoid going to prison if he completes 240 hours of community service.

Thomas Houlihan, 49, of Sycamore Avenue, Rathbane has pleaded guilty to two charges relating to an incident at Byrne Avenue, Prospect on May 10, 2015

During a sentencing hearing, Detective Garda Paul Crowley told Limerick Circuit Court, a colleague of his - Detective Garda Niall Fitzgerald - was on patrol in the area when he was alerted to commotion shortly after midday.

He said the defendant and a number of other people were observed as a "serious altercation" took place in the middle of the road.

Mr Houlihan, Limerick Circuit Court was told, was observed swinging a sword at another man - Mr X - who was armed with weapons including a knife, a hammer and the handbrake of a car.

After Det Garda Fitzgerald intervened, the men separated and Mr Houlihan was arrested.

Detective Garda Crowley said the incident was captured on CCTV and that the defendant made "full and frank" admissions telling

It (the probation service report) is a very favourable report

JUDGE TOM O'DONNELL, BELOW



gardai Mr X had started the fight and had thrown a knife at him first.

Gardai subsequently established Mr X and a named woman had called to a house where Mr Houlihan was staying to confront him over his assertion that Mr X had damaged his (Mr Houlihan's) car earlier in the day.

Judge Tom O'Donnell was told there were long-standing tensions between the two men arising from another incident almost a decade ago.

It was submitted on Mr Houlihan's behalf that Mr X was "armed to the teeth" and that his client could have contested the charge by stating he was acting in self defence.

"He was at home, his vehicle was vandalised. Three people came to his house, and he did not think rationally," said Aaron Desmond BL.

Mr Desmon added that Mr Houlihan had to move address following the incident "for fear of reprisals".

Having heard the evidence, Judge O'Donnell commented what happened was a "classic scenario of two wrongs don't make a right" and that it was fortunate gardai were in the area.

The judge said what happened was akin to a scene from the Wild West but he accepted Mr Houlihan was not the prime motivator.

Handing down sentence, he noted the defendant has fully cooperated with the Probation Service in recent months and that he is suitable to carry out community service. "It's a very favourable report," he commented.

He confirmed a penalty of 240 hours of community service in lieu of 18 months' imprisonment.



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A Message from Cllr. John Costelloe and Cllr. Sharon Benson

We wish to thank most sincerely all those in Limerick City North who supported us and our colleague John Nugent in the recent local elections. We also wish to express the appreciation of Sinn Féin to all who voted for our candidates throughout Limerick City and County.

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The incident happened at O'Connell Street

City taxi driver blocked walkway

DAVID HURLEY

david.hurley@limerickleader.ie

A TAXI driver who blocked the path of pedestrians when he pulled in at the rear of a taxi rank in the city centre was fined €150 for breaching taxi regulations.

Charles Amoh Bossman, 69, who has an address at Ballycummin Village was prosecuted, before Limerick District Court, by the National Transport Authority for 'standing for hire on a public road' last summer.

Michael Mullane, a compliance officer with the NTA, told barrister Katherine Finn, prosecuting, that he was on duty at O'Connell Street on August 16, last when he observed the defendant's taxi pull in at the rear of the rank which was completely full.

"He remained in a pedestrian area for six minutes," he said adding that pedestrians had "to go around" his taxi to cross the road.

Judge Marian O'Leary was told the detection was made near Brown Thomas at around 6.30pm and that the defendant, who is a native of Ghana, was very courteous and polite when approached by Mr Mullane.

Solicitor Darach McCarthy said his client has no previous convictions and that he is working to put his children through college.

"He is of pensionable age," he said urging the court to be lenient given Mr Bossman's modest income.

Mr McCarthy also the judge to note his client's age and previous good record. "He can't make any excuse," he said.

Judge O'Leary imposed a €150 fine and directed that he pay a contribution of €200 towards the costs of the National Transport Authority.

Judge jails 'scourge' of retailers for shoplifting

Offender: Prolific culprit on first name terms with security guards

DAVID HURLEY

david.hurley@limerickleader.ie

BUSINESS people in the city are entitled to be protected from a serial shoplifter who has been described as a "scourge" for shop-owners and staff they employ.

Those were the comments of Judge Tom O'Donnell as he jailed Adam Hayes who is so prolific he is on first name terms with security guards at stores across the city.

Mr Hayes, 32, of Lee Estate, Island Road had pleaded guilty to nine separate theft charges – relating to offences which occurred over a short period last year.

Garda Enda Clifford told Limerick Circuit Court handbags worth a total of €234.50 were stolen from Allens, William Street, on four separate occasions in January and February as well as cosmetics worth €330 from the Body Shop, O'Connell Street, on three

separate dates.

The other offences, which Mr Hayes admitted, relate to the theft of pizza worth €42 from Garvey's SuperValu, Grove Island, and beauty products worth €42.96 from Charlotte Quay pharmacy.

Some of the property was recovered as he was following or apprehended by security staff.

Garda Clifford said Mr Hayes, who has nearly 200 previous convictions, has been banned from the city centre in the past given the torment he has caused for retailers.

He said most of the theft incidents were captured on CCTV and that in each case security personnel were able to identify Mr Hayes as he was known to them.

Imposing sentence, Judge O'Donnell noted Mr Hayes has chronic drugs issues and that there is an ongoing cycle of criminality every time he is released from prison.



Adam Hayes is on first name terms with most security guards

"The cold reality is that he is the scourge of shop owners and the security staff they employ," he said commenting that nothing is safe "unless it is nailed to the ground".

The judge said the multiplicity of charges was an aggravating factor as was Mr Hayes' previous history.

However, he noted that he was the victim of a serious assault a number of years ago and that he is "generally cooperative" when arrested and questioned by gardai.

However, he said a custodial sentence had to be imposed.

"Business people are entitled to conduct their lawful business and to be protected from the actions of the accused," he commented.

A four year prison sentence was imposed with the final 12 months suspended.

The sentence was back-dated to February 18, 2018 – the date of Mr Hayes' arrest.

Man dies in swimming tragedy



Aaron Buckley drowned after he got into difficulty while swimming on the Abbey river PICTURE: LIAM BURKE

TRIBUTES have been paid to the former soldier who died after he got into difficulty while swimming in the Abbey river, writes David Hurley.

The body of Aaron Buckley, 23, from Clara in Offaly was recovered from the water shortly before 6pm on Monday following a major search and rescue operation. The alarm was raised at

around 2pm by a second man who had also been swimming in the river.

Rescue 115 – the Shannon-based Coast Guard helicopter – was deployed during the search operation along with volunteers from Limerick Marine Search and Rescue as well as Limerick Land Search Team. A post mortem is to be

carried out at UHL and a garda investigation is being conducted on behalf of the coroner.

In a post on social media this Tuesday Erin Rovers GAA club paid tribute to their clubman.

"Not alone was he a very talented footballer he was also a very down to earth man who was a always in

good form and had a smile on his face. He will be a huge loss around the club not just for the football but for the man he was," read the post.

Aaron Buckley who left the Defence Forces in the very recent past is survived by his parents Alvin and Edel; brothers Gavin and Noah and his sister Jemma.

Do you feel left out of the conversation?

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Michael O'Coinin

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16

FATHER'S DAY FEATURE

Multitasking Pat gets Absolute nod as the coolest dad in Limerick



Pat Aherne receives his prize from Michelle Normoyle of the Absolute Hotel

This year the Absolute Hotel's annual Father's Day competition posed the question 'Who is the coolest Dad in Town?'

The response was overwhelming with many heart-warming and funny stories in the mix.

However, a gem was unearthed with Limerick man Pat Aherne.

Pat was nominated by his daughter Roisin Aherne.

Roisin depicted a man who she described as "one in a million" and not "your typical Irish Dad".

An everyday routine of getting ready for school, doing his daughter's hair, baking,

cooking, gardening and offering fashion advice was all taken in his stride.

Roisin said, "He's worked so hard all his life and is still working so I think he deserves some TLC," and the team at the Absolute Hotel Limerick agreed.

Pat is pictured with Michelle Normoyle receiving his prize: dinner for two in Harry's on the River Restaurant and an 85-minute pampering session in Vanilla Browns.

Father's Day lunch is available this Sunday June 16 from 1pm until 5pm in Harry's on the River and all the fathers will receive a complimentary glass of craft beer on the day while dining.

FATHER'S DAY FEATURE 17



LOOKING FINE ON FATHER'S DAY

With father's day coming up this Sunday, why not treat dad with a trip to Mike O'Connell's on Catherine Street to get him kitted out in style for the summer. Choose from a fantastic range of great labels such as Remus Uomo, Bugatti, Bruhl and Meyer among many others. Call in today and avail of our same day alteration service

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PET RESCUE



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

Looking for a new home



Setanta is an 8 year old pointer. Setanta is looking for a new home through no fault of his own. He is excellent with other dogs and adores people. He is house trained and lead trained and will fit perfectly in to any home. You must have a fully enclosed garden to adopt from LAW and the dog must sleep indoors.

Rebecca is a very friendly and sweet labrador mix. She loves to play and having company. She loves going out for walks and playing with toys. For more information on Rebecca please phone the sanctuary on 0876371044 or visit the sanctuary any day from 12 noon to 3pm to come and meet her.



Boots is a friendly terrier, who is about 4 years old. He is good to walk on the lead and is house trained. He gets on well with other dogs. Boots is waiting at the sanctuary for a loving home. Come and visit him at the sanctuary, we are open from 12 until 3pm every day. A fully enclosed garden is required to adopt from LAW and a home check is carried out.

Cute kittens at LAW

Kitten season is in full swing and the cattery is full with them. If you are looking for the perfect cat/kitten to give a loving home to visit the cattery in Kilfinane or phone our cattery on 0872295669 between 11am and 5pm. Each cat is neutered, wormed and vaccinated and adoption fee is €100.



Missing dog

Marley is a 3-year-old typical size red and white male Jack Russell. He has been missing from the New Road area of Thomongate since Sunday June 4. If you see him please contact chantalwiernik21@gmail.com



Clongowes Wood College students' charity 'duck push' in aid of Crumlin Hospital passes through Limerick on Thursday

Good luck to the duck pushers

STUDENTS from Clongowes Wood Club are raising funds for sick children – by pushing a giant yellow duck from Our Lady's Hospital in Crumlin to Limerick!

The novel charity fundraiser was established in 1993 and to date has raised over two million euro.

The three-metre inflatable yellow duck is being pushed from Crumlin to Annacotty by Transition Year students

from Clongowes Wood College in Kildare.

Chris Lumb, headmaster, said "The annual Duck Push is a reflection of the ethos of the College encouraging boys to be Men for Others – working to help those in the community in such a practical and worthwhile way."

The students will arrive in Annacotty on Thursday, June 13, and donations can be made on the day.

On-stage premiere for Ryan's novel

Theatre: Donal Ryan's acclaimed book finds stage

REBECCA LAFFAN
rebecca.laffan@limerickleader.ie

LIMERICK-based author Donal Ryan's acclaimed novel *The Thing About December* has been adapted for the theatre, with its world premiere taking place this weekend.

The original adaptation of Ryan's novel is by Jarlath Tivnan in collaboration with Andrew Flynn, who also directs.

Tense and complex, the play captures the loneliness of the outcast, the pain of being an orphan at any age, and the terrible consequences of parochial greed.

Ryan, who lectures in Creative Writing in University of Limerick, says: "The Thing About December is very precious to me, and I'm glad it's in the hands of Andrew and Jarlath and Decadent Theatre Company, theatre-makers with a stellar record of bringing stories to life onstage with empathy, passion and verve."

The Thing About December is set in rural Tipperary at the turn of the 21st century as the Celtic Tiger begins to roar.

Johnsey Cunliffe, a simple, naive only child in his twenties, grieves the death of his much-loved parents.

Harassed by local bullies and excluded by his peers, Johnsey's isolation worsens when his inherited farm is re-zoned and becomes



The Thing About December is very precious to me,
DONAL RYAN



valuable.

The clouds gather as a local conglomerate connive to tempt him into giving up his family's land, while Johnsey, the unlikely hero of heroes, tries to hold on to those things dearest to him.

The cast of *The Thing About December* includes Patricia Bohan; Tara Finn; Maeve Fitzgerald; Ruairi Heading as Johnsey; Ann Marie Horan; Ger Howard; Frankie McCafferty; Mary McHugh; John Olohan; Patrick Ryan; Peter Shine and Jarlath Tivnan.

Donal Ryan is the author of four best-selling novels and a short story collection.

He was nominated for the Man Booker Prize in 2013 for his debut novel, *The Spinning Heart*, and again in 2018 for *From A Low and Quiet Sea*.

His many awards include the European Union Prize for Literature, the Guardian First Book Award, and three Irish Book Awards.

The *Spinning Heart* was voted Irish Book of the Decade in 2016 in a nationwide poll run by Dublin Book Festival.

Andrew Flynn has been the Artistic Director of Decadent Theatre Company since 2000. One of Ireland's busiest directors, in the last 15 months Flynn has directed many touring productions.

Decadent Theatre Company is developing new productions for the 2019 Galway International Arts Festival.

Preview performances of *The Thing About December* in Town Hall Theatre in Galway are on June 13-15, continuing through to June 22. See www.tht.ie.



**Cruinniú
na nÓg**

Green Light
Limerick

A Day of Youthful Creativity

Cruinniú na nÓg is a national initiative rolled out as part of Creative Ireland Programme 2017 - 2022. It's a day of culture and creativity for and by children and young people. It's free of charge, and it's a day for doing, making and creating!

Limerick City and County Council in association with Fresh Film Festival, Limerick Youth Service, and The Hunt Museum invites young people and children of Limerick to celebrate culture and creativity through the interdisciplinary and collaborative medium of film.



Green Light Convention

A special series of free events exploring and celebrating film and creativity. Green Light Limerick, a film convention for 5-12-year-olds 11am to 3pm, kids and their families can come along, dressed as their favourite movie characters and take part in a variety of filmmaking activities - Lego stop-motion, animation workshops, costume and makeup demonstrations, and much more!

Screening: Short films for children and young people
Panel: YouTube
Other: Summer Camp Exhibitors, Brick Con
Age: All ages
Where: Limerick City Hall
When: 11:30 - 15:10



Movies in the Garden

Free Outdoor Screening Hunt Museum for children and families.

The Little Mermaid (U)

This 1989 classic Disney animated musical tells the story of a mermaid princess named Ariel, who dreams of becoming human; after falling in love with a human prince named Eric.

Age: All ages
Where: Hunt Museum Garden
When: 12:00 - 1:30



Workshops in Shadow Puppetry

Shadow Animation free workshops 5-10yr Olds; Libraries at Granary Limerick, Watch House Cross, Dooradoyle, Adare, Kilmallock and Newcastle West.

Inspired by the incredible shadow films of Lotte Reiniger, we will host hands-on workshops in shadow puppet making accompanied by Reiniger's magical film The Adventures of Prince Achmed from the 1920s.

THE ADVENTURES OF PRINCE ACHMED
Age: 0 - 8
Where: Libraries across the county - Granary (after 2), Dooradoyle, Watch House Cross, Kilmallock, Newcastlewest, Adare
When: 10:30 - 12:30 (Limerick City is after 2)



Movies in the Garden

Free Outdoor Screening Hunt Museum for children and families.

The Greatest Showman (PG)

This 2017 American musical drama film inspired by the Barnum & Bailey's Circus, it stars Hugh Jackman, Zac Efron, Michelle Williams, Rebecca Ferguson, and Zendaya.

Age: All ages
Where: Hunt Museum garden
When: 2:30 - 4:00



Stop Motion Animation at The Hunt Museum

These free workshops will enable young people to experience each step of the Stop Motion process to produce a short animated film. The facilitating artists will assist them to explore the Hunt Museum's Summer exhibition presenting artworks by Irish artists Sir John Lavery and Walter Osborne and to construct a film set inspired by these.

Age: 6-8 | 9-12
Where: Hunt Museum
When: 10:00 - 12:00 | 1:30 - 3:30



Short Classics

Free Indoor Screening Belltable for children and families.

The Red Balloon

(French: Le ballon rouge) is a 1956 French fantasy comedy-drama that follows the journey of a young boy who finds a red balloon around Paris.

The Baloonatic

This 1923 American short comedy is co-directed by and starring Buster Keaton. The film follows the hilarious misadventures of a young man as he gads about an amusement park and stumbles into a madcap journey in a hot air balloon.

Age: All ages
Where: Belltable
When: 10:30 - 11:30



One Minute Wonders

A hands-on 3-hour free workshop for teens interested in filmmaking, each group will be broken into a film 'company' of actors, directors, writers and producers. Inspired by a piece of music, a location or a story they want to tell and with the guidance of professional filmmakers, the companies will create a one minute film by the end of the day!

Age: 13+
Where: Cappamore, Kilfinnane, Newcastlewest, LYS
When: 11:00 - 1:00 (Cappamore, Kilfinnane)
 10:30 - 1:30 (Newcastlewest)
 11:00 - 2:00 (Limerick City Centre)

15.06.2019



Clár Éire Ildánach
Creative Ireland
Programme
2017-2022



Comhairle Cathrach
& Contae Luimnigh
Limerick City
& County Council



freshfilmfestival



limerick youth service

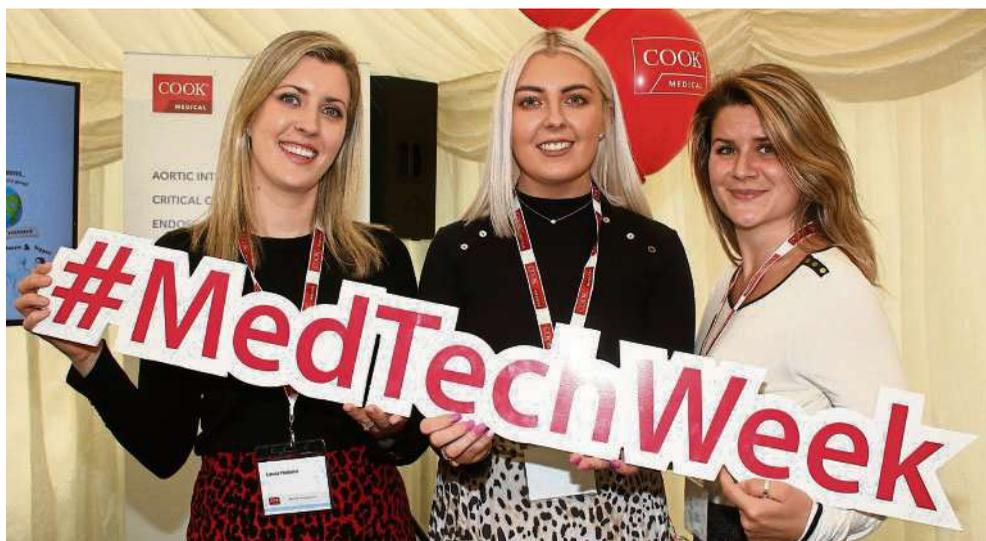


Aileen Kilmartin of Cook Medical chatting with Isobel and Adam Bourke from Bansha during the showcase.
Isobel: "We did things with Stems and we have learned about the body. I want to be a surgeon when I'm older."

MedTech for the people

Cook Medical held a MedTech Showcase at its Castletroy facility to mark Med Tech Week. The Leader went along to check it out

Pictures: Adrian Butler – **Words:** David Hurley



Laura Holland, Jenny Mullins and Chanel Libolsi of Cook Medical

Laura: "The MedTech showcase is aimed towards family and the community around our offices. The idea is to get children and families to get involved in the MedTech industry from an early age – to learn about it and to get excited. We are catering for all aspects of the business (at the showcase) from the start of production right through to the end product so that the family members can learn about the life-cycle and what it involves."

Clare Ellis-Sheehan, Monaleen, with her children Anna (7) and Dylan (5)

Clare: "I work with Cook. It's just a lovely opportunity to get the kids to see the kind of work we do. It's very hard to describe to kids this age what a medical device is without scaring them. It's fantastic, it's very nice to be able to show them what we do and we're proud of it."



Lauren Devereux (11), Kildimo, tries out an Augmented Reality T-shirt during the MedTech showcase

Lauren: "It's pretty cool (seeing all the medical devices), I hope to work in medicine when I'm older"



Giovanni Sciuto of Cook Medical gives a demonstration to Liam, Finn, Hannah and Masako Dwane on how to use an evolution controlled release stent for the oesophagus

Candid Comment

By SPARTACUS

● WE all hear terrible stories about what people at UHL have to endure while trying to be admitted or get treatment at the hospital.

A person well known to Spartacus called the other day and insisted that we tell the story of his elderly neighbour.

She was like so many waiting on a trolley to be admitted.

"She needed to go to the toilet and asked a nurse, who asked her to wait a few minutes, but never returned. Getting anxious she asked a second nurse, and got a similar response, could she wait, they were very busy.

"A few minutes later and desperate to be brought to the toilet she pleaded with a third nurse and was told, sorry they were too busy, you will have to do it in your pants."

It seems hard to believe, but the extremely annoyed person who contacted Spartacus, insisted it was true.

This is just one of a litany of stories that we have heard about the conditions that people have to endure.

In fairness 99 per cent of people who contact us have nothing but the utmost praise for staff particularly the nurses who are under unreal pressure...but this story which we have no reason not to believe, just shows again the dreadful pressure everyone is under at the hospital.

We will unapologetically continue to highlight the problems and our Enough is Enough campaign will continue until the people of Limerick get the health system that they deserve.

● IT is one of the new buzz words you hear on television and radio regularly...biodiversity. This is of course where experts look at the variety of plant and animal life in the world or in a particular habitat.

And with the Green Party now starting to flex their muscles after a great showing in the recent elections, we are bound to be hearing

more on the subject.

One of the initiatives brought by Limerick City & County Council is to save the bees...which might explain the condition of Mount St Lawrence Cemetery and the many lawns that remained uncut in numerous housing estates around Limerick city.

The Council, have agreed with The All Ireland Pollinator Plan to a delay in grass cutting as well as allowing some wild flower meadow areas to grow.

That was one of the explanations given to one of our journalists when he contacted the Council regarding complaints about the state of Mount St Lawrence cemetery, after a number of complaints.

The good news is that a strimming programme is now underway at the cemetery....so someone should tell the bees.

.....

● THIS Monday evening marked the launch of Limerick Pride festival, which will include a jam-packed line-up of events led by the local LGBT community from July 5 to July 13.

It's an opportune time for organisations to embrace inclusivity and diversity in the workplace and for people to continue the discussion on equality in society.

One such organisation that is standing out this year is An Garda Siochana, who have sprayed the symbolic rainbow stripes on a number of their patrol vehicles in the Dublin division.

The Leader asked if Limerick was getting the same treatment, but sadly, no, we won't be. However, a spokesperson has confirmed that the rainbow flag will be flying high from Henry Street garda station to mark annual Pride Month. In fairness to the management at Henry Street, they were one of the first stations in the country to fly the Pride flag.



Daniel Hayes, Parteen looks on as Martin Ryan demonstrates how to use a biliary line stent

Martin: "I work in the biliary line, we do an evolution stent. What I do is I put the stent into an introducer which goes into the biliary duct and when it gets blocked this releases it."



Lab analyst Kevin Reardon shows Lillie O'Donnell and Lucy Coleman how to use a particulate testing device

Kevin: "It's great to be able to show people the devices and to get them involved. I work in the lab, I test one of the stents - PTX - for particulates."



Dylan (10) and Lucia Bane, Castletroy looking at some of the medical devices

Dylan: "I'm here because my mother brought me. It's interesting, the hat is a bit embarrassing but I like the gloves. They (medical devices) are cool."

Prison for man who set up grow house at home

Cannabis: Plants worth up to €20,000 found during garda search

DAVID HURLEY

david.hurley@limerickleader.ie

A POLISH man who was operating a sophisticated grow house at his home has been jailed for three years.

Bartlemiej Konoieczko, 35, had pleaded guilty to a number of charges relating to the discovery of two dozen plants on September 14, 2016.

Detective Garda Declan O'Halloran of the divisional drugs unit told Limerick Circuit Court that 24 "mature cannabis plants" were found when gardai searched the defendant's semi-detached home at Castlewell, Courtbrack Avenue, Dock Road during

an intelligence-led operation shortly before 5pm.

The plants, he said, had been growing for around eight weeks and the cannabis seized had a potential street value of around €19,200.

Two upstairs bedrooms at the house had been converted and each of the rooms was equipped with growing tents, hydroponic filtration systems and lighting. Holes had been drilled in walls and the house adapted to facilitate the growing of the plants.

"It was a sophisticated set up," said the detective, who added that engineers from ESB Networks were "quite impressed" with



Some of the plants which were found during the search

the way the electricity supply had been diverted to bypass the main meter.

The defendant was a cannabis user at the time and told gardai he had learned how to grow the plants on the internet. Gardai dispute his claim that he was growing the plants to supply friends and believe he was engaged in a commercial enterprise.

Judge Tom O'Donnell said a "considerable amount of effort, expense and time" had been put into setting up the grow house and that the amount of drugs seized was "not insignificant in the order of things".

He imposed a three year prison sentence.



At the opening of Bláth na nÓg (the blossom of youth) special education suite of classrooms and ancillary support rooms at Scoil Christ Ri, Caherdavin; Pat Millane, principal, Dave Ahern, Molloy Quantity Surveyors, Liam Murphy, structural engineer, Conor Kelly, Conor Kelly Building Contractor, Ailish Drake and Conor Hourigan, Drake Hourigan Architects, Lisa Buckley, teacher and Anne Bourke, secretary PHOTO ADRIAN BUTLER

Limerick school voted Ireland's favourite building

A Limerick school has been voted Ireland's favourite building.

An Ríocht, Scoil Christ Rí in Caherdavin was announced as the winner of the Public Choice Award at the Royal Institute of the Architects of Ireland (RIAI) Architecture Awards for 2019.

The boys national school, which was designed by Drake Hourigan Architects, beat off tough competition from a shortlist of 41 projects which included entries from Cork, Dublin, Galway, Kerry, Kildare, Limerick, Meath, Tyrone and

Wexford, as well as London and India. All of the projects on the shortlist were designed by registered architects, based in Ireland and overseas, and were completed in 2018.

Developed in close collaboration with the principal and teachers, the building at Caherdavin provides for a two-classroom Autism Syndrome Disorder (ASD) suite with a central activities space and a sensory garden, new entrance courtyard and atrium space for

whole school circulation.

David Browne, RIAI president said: "It gives me great pleasure to award Drake Hourigan Architects the 2019 RIAI Public Choice Award. The importance of good design in all of our built environment and public spaces is reflected by Public Choice being awarded to a school.

"Well-designed buildings can improve the quality of life and social interaction, and in the case of Scoil Christ Rí, in Caherdavin can promote inclusion,

compassion and flexibility. The positive impact this building will have on the learning experience of the pupils cannot be underestimated."

The RIAI Irish Architecture Awards are the most prestigious awards of their kind in Ireland. They celebrate the quality of current work by RIAI Members at home and abroad and create awareness of the important role that architecture plays in delivering Ireland's societal and economic infrastructure.

UL among recipients of Google grants

University of Limerick (UL) has been announced as one of six Irish recipients of a Google funding programme aimed at supporting STEM education.

UL is one of 24 other universities and non-profits across Europe and Africa to share in a €413,000 Educator Grant this year.

With this funding, these institutions will deliver computer science professional development programs to 22,000 primary and secondary school teachers, as well as undergraduate trainee teachers.

Claire Conneely, CS Education Programme Manager at Google, says: "The European Commission predicts that in the next 10 to 15 years, 90 percent of all jobs will require some level of digital skills. Therefore, it has become more important for teachers to incorporate coding and digital skills in the classroom."

"I am thrilled to see these schools, nonprofits and third level institutions in Ireland receive grants to support their important work."

Tenants to get new advice service

The national housing charity Threshold has announced the establishment of a new weekly advice service in Limerick, every Tuesday to provide advice and support to tenants facing housing difficulties.

The new service will focus on preventing tenancy breakdown and the occurrence of homelessness in Limerick.

"Threshold's Limerick Outreach Service will operate every Tuesday from 10.30am - 1pm and 2pm - 4pm from the Limerick Citizens Information Service, Unit 2, Ground Floor, Riverstone House, 23/27 Henry Street, Limerick.

Anyone wishing to avail of the weekly advice service is advised to book an appointment in advance by contacting Threshold on 1800 454 454 or by emailing at advicecork@threshold.ie,"

Twilight Racing



LIMERICK
RACECOURSE



ENJOY RACING ACTION THIS JUNE

SAT 15TH JUNE *First Race: 2.50pm | Live Band: Drive*

FRI 21ST JUNE *First Race: 5.30pm | Live Band: Tiny Giants*

Twilight Racing at Limerick Racecourse is fun, pure and simple.

An evening of horse racing action, live music, fashion and selection of dining options to enjoy. Have a flutter on the horses and you could be a winner!

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Twilight
BBQ Package
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per person





The Daughters of Charity Lisnagry and Castletroy with the then Mayor of Limerick, James Collins at the Official opening of the renovated cafe at King's Island Community Centre

Out & About

OFFICIAL OPENING OF RENOVATED CAFE AT KING'S ISLAND COMMUNITY CENTRE

Pictures: BRENDAN GLEESON



Pascal O'Grady, Theresa Dehunty/Ryan and Marie O'Grady



Mary Touhy and Geraldine Long



Catherine Crowley with John Jordan



Sandra O'Loughlin, Cllr Sharon Benson, Cllr John Costello and Pauline McCormack



Mayor of Limerick, James Collins with Sinead O'Dwyer MLN Limerick



Nadine Fitzgerald with Carla Doyle and Mayor of Limerick James Collins



LEFT: Brian Collins, Joan Lyons, Carmel Duggan, Anthony O'Donnell with Mayor of Limerick, James Collins at the official opening of the renovated cafe at King's Island Community Centre
 PICTURE BRENDAN GLEESON

ABOVE: Marian Healy, chairperson of St Mary's and King's Island Community with Cafe staff and Mayor James Collins

RIGHT: Marian Healy, chairperson of King Island Community Centre



Mayor James Collins with Community Centre members and Daughter of Charity Lisnagry and Castletroy



Making Cents

LIAM CROKE

The Must-Read Guide To Saving Money

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

What bank has the best credit card?

Credit cards tend to have much higher interest rates than any other form of credit, but that can depend on whether you pay the full amount due on time.

If you do, your line of credit is 0%, if you don't you could be charged as much as 26.6% per month on the balance outstanding.

It goes without saying, but let's say it anyway, it's important you use your card wisely.

In this article, I'm going to look at what each institutions offerings are i.e. what their APR on purchases is, what interest rate is charged on

balance transfers, salary requirements etc.

So, if you are looking at applying for a card, or thinking about transferring to a new provider, this will help you compare everyone on a like for like basis.

BANK OF IRELAND

They have four cards but I'm going to concentrate on just two, their Platinum and Aer Card which is used in conjunction with Aer Lingus.

If you spend more than €500, BOI offer a lower rate of 6.90% if you

choose to pay the amount owing over 12 months, in equal instalments. This could be, a very good alternative to choosing a personal loan for the purchase, which might be charging you a higher rate.

KBC

They have two cards i.e. their cash reward card and student card, but I'm going to just concentrate on their cash reward card.

Like BOI, they have a facility where they offer a lower rate (8.99%) if you make a purchase >€500 and you want to spread the cost of paying

it back in instalments over a 12, 18 or 24 month period.

Important to note, because I've seen others get caught out with balance transfers and new purchases.

The 0% rate only applies on the amount transferred and not any new purchase.

Some people think any transaction on the card for 6 months or whatever the time period is, 0% is applied, and it's not, it's only on the amount transferred.

Use your card to buy something and you will be charged 18.25%.

AIB

They have four cards but I'm going to concentrate on just two, their "be" and Platinum Card.

AVANTCARD

They have two cards, their One card and their Reward+ card.

PTSB

They have one card, the ice card.

ULSTER BANK

They have three cards but I'm going to concentrate on just two, their Classic and Gold Cards.

KBC	Cash Reward
Yearly fee	€0
Gov stamp duty pa	€30.00
APR (Purchases)	18.25%
Balance transfer offer	0% for 6 months
Transfer new purchase offer	None
Min annual salary requirements	€20,000
Non Euro Cash Withdrawals	1.5% + 2% currency conversion fee
Non Euro Purchases	2%
Reward/cashback	Get 1% on grocery and on-line purchases made with card and receive cashback up to a maximum of €120 each year.

Avantcard	One Card	Reward+ Card
Yearly fee	€0	€0
Gov stamp duty pa	€30.00	€30.00
APR (Purchases)	22.90%	22.90%
Balance transfer offer	0% for 6 months	0% for 1 month
Transfer new purchase offer	0% for 3 months	0% for 2 months
Min annual salary requirements	€13,500	€13,500
Non Euro Cash Withdrawals	2.65% plus 1.5% cash adv fee	2.65% plus 1.5% adv fee
Non Euro Purchases	2.65%	2.65%
Reward	None	€30 welcome credit if intro offer not taken up. Up to 15% refunded on interest paid on purchases every month of 1.25% cash back on selected purchases, up to a maximum of €12 every month.

AIB	be Card	Platinum Card
Yearly fee	€0	€0
Gov stamp duty pa	€30.00	€30.00
APR (Purchases)	22.90%	17.00%
Balance transfer offer	3.83% for 12 months	3.83% for 12 months
Transfer new purchase offer	3.83% for 12 months	3.83% for 12 months
Min annual salary requirements	€16,000	€40,000
Non Euro Cash Withdrawals	1.75% plus 1.5% admin fee	1.75% plus 1.5% admin fee (2.75% outside EU plus 1.5% admin fee)
Non Euro Purchases	1.75%	2% (2.75% outside EU)
Reward/Cashback	Lower rate available if you spend more than €5,000 during the year	0.50% cash back available on purchases between €5,000 and €50,000 up to a maximum of €225

Bank of Ireland	Platinum Card	Aer Card
Yearly fee	€76.18	€95.88
Gov stamp duty pa	€30.00	€30.00
APR (Purchases)	19.60%	26.60%
Balance transfer offer	0% for 7 months	0% for 7 months
Transfer new purchase offer	0% for 6 months	0% for 6 months
Min annual salary requirements	€40,000	€16,000
Non Euro Cash Withdrawals	2.25% + 1.5% admin fee	2.25% + 1.5% admin fee
Non Euro Purchases	2.25%	2.25%
Reward	Free travel insurance	2 free return tickets to a European destination if you spend more than €5,000 during the year on your card. You also have 2 free fast track and priority boarding passes, 2 free lounge passes at a selected airport and multi-trip family insurance. These types of perks are ideal for someone who spends more than €5,000 every year and travels a

PTSB	ICE
Yearly fee	€0
Gov stamp duty pa	€30.00
APR (Purchases)	22.53%
Balance transfer offer	0% for 6 months
Transfer new purchase offer	0% for 3 months
Min annual salary requirements	€20,000
Non Euro Cash Withdrawals	1.75% plus 1.5% admin fee
Non Euro Purchases	1.75%
Reward/cashback	PTSB has partnered with VISA and offers a facility known as GoREWARDS, which gives users discounts and offers when using their credit card.

Ulster Bank	Classic	Gold
Yearly fee	€0	€0
Gov stamp duty pa	€30.00	€30.00
APR (Purchases)	22.70%	19.20%
Balance transfer offer	3.90% for 12 months	3.90% for 12 months
Transfer new purchase offer	0% for 3 months	0% for 6 months
Min annual salary requirements	€0	€30,000
Non Euro Cash Withdrawals	2% plus 1.5% admin fee	2% plus 1.5% admin fee
Non Euro Purchases	2%	2%
Reward/Cashback	Priceless cities	Priceless cities

Cardio screening at Radisson Hotel

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

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

Screenings are carried out by a Healthstats certified technician and a full printout of the results are given on the day. The procedure is non-invasive and completely pain-free. The information

provided by our BPro screenings can help doctors decide whether more invasive investigations are required thereby saving patients further unnecessary

trauma. Heartfelt Cardio Screening will bring the BPro to the following venues during the next few months: Thursday June 20 -Radisson Blu Hotel, Ennis Road,

Limerick Thursday July 4 - Radisson Blu Hotel, Ennis Road, Limerick Wednesday July 17 - Radisson Blu Hotel, Ennis Road, Limerick For further

information or to make an appointment, please contact: Anna on 0864135555 or Jimmy on 0862566422 Email:heartfeltcardioscreening@gmail.com Website: www.bproheartfeltcardioscreening.com



Host Families Wanted

High Schools International is recruiting families to host international students attending Irish secondary schools in Limerick & Pallaskeny.

Students require a single room and full board. Accommodation could be required for the full academic year or part thereof.

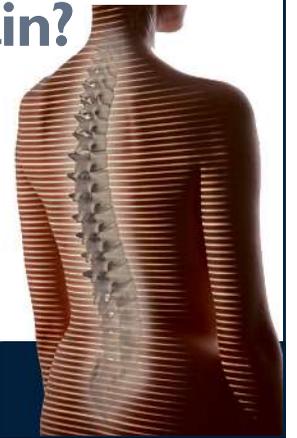
Ideal candidates would be families with children living in Limerick City or Pallaskeny or with good access to secondary schools by foot or by bus.

Please contact Joanne 01 6784800 or jmallon@hsinet.org



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Thursday 20th June - Radisson Blu Hotel, Limerick

Thursday 4th July - Radisson Blu Hotel, Limerick

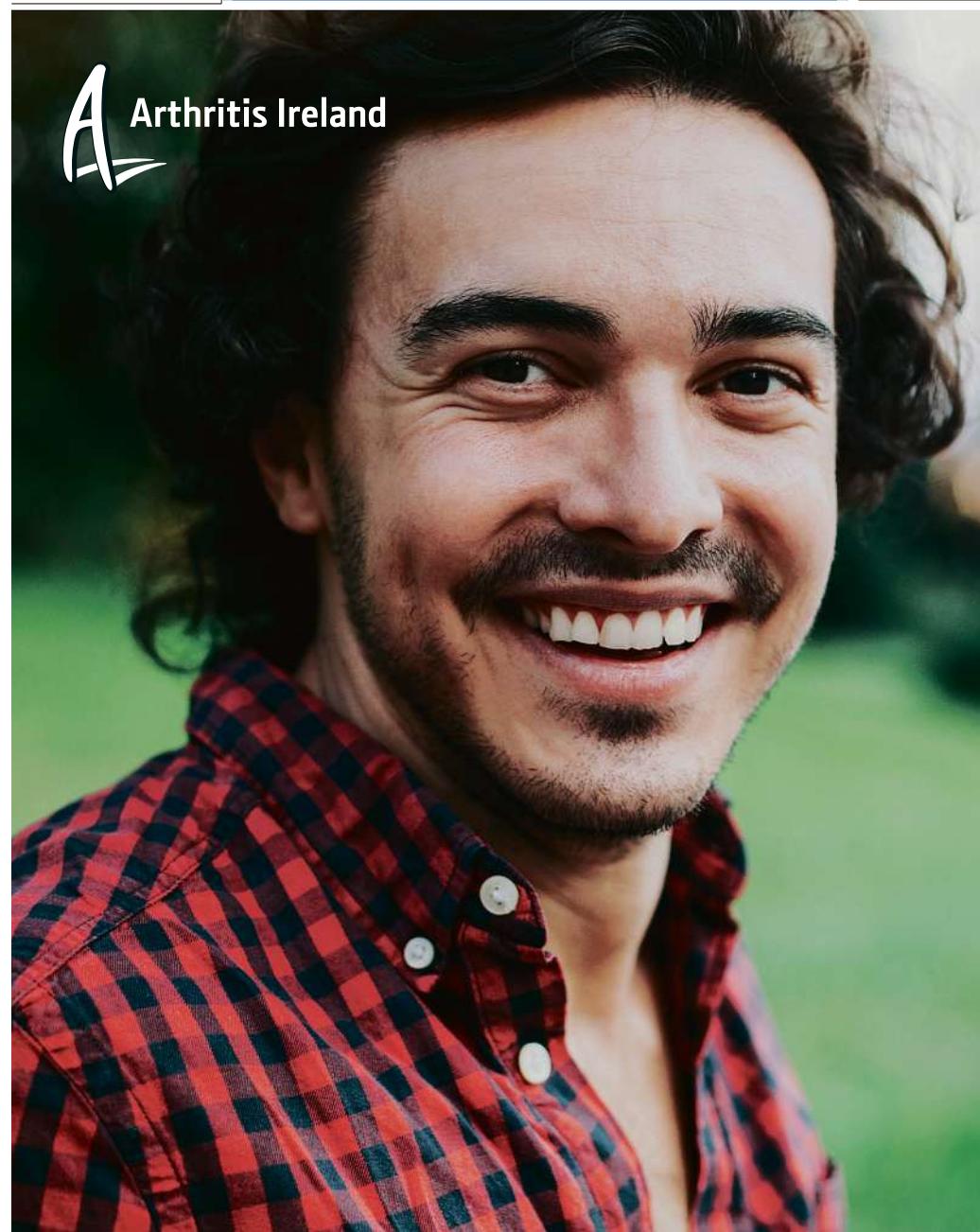
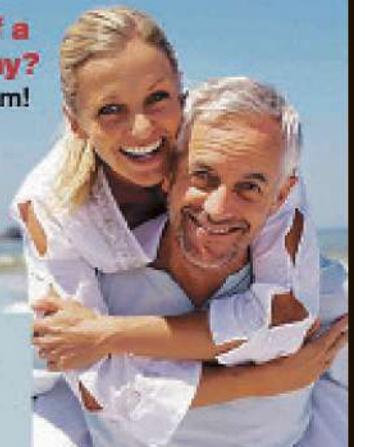
Appointments available from 11am until late

Heartfelt Cardio Screening by BPro

To book an appointment or for further information call Anna on 086 413 5555 or Jimmy on 086 2566 422 email: heartfeltcardioscreening@gmail.com Web: www.bproheartfeltcardioscreening.com

Find us on Facebook: <https://www.facebook.com/pages/HEARTFELT-CARDIO-SCREENING/473318246132004>

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Sisk merger brings local firm rebrand

Deal: Lenmac Services to become part of Sensory Group after 40 years

NICK RABBITTS
 nick@limerickleader.ie

A WELL-known local facilities management services firm is set for a rebranding after it merged with construction giant John Sisk and Son.

Lenmac, which has based at the University of Limerick, is to change its name to the Sensory Group after more than 40 years, following a major investment by John Sisk, and the Dublin-based Designer Group.

The move will also see Lenmac – which provides mechanical, electrical

and building services – expand its headcount beyond the 105 staff it currently employs.

“We’ve started taking on apprentices in recent times. During the bad times, no-one was taking on apprentices. But we have done this, and will continue to do so. We will grow off the back of what is happening, there is no question about that,” company founder John Lenihan said.

“Predominantly, we were a mechanical services company when we started out. Now we are mechanical, and electrical facilities services. We



John Lenihan, the founder of Lenmac, pictured with Limerick hurling star Gearoid Hegarty and the Liam MacCarthy cup last year PICTURE: MARIE KEATING

have a lot of clients in the Mid-West, including the University of Limerick, Mary Immaculate College and the Limerick Institute of Technology, and multi-national firms,” he added.

The first stage of the merger occurred last year when Lenmac was sold to the Designer Group, based at Blanchardstown.

“They are very similar to ourselves, offering a full package of services to various customers. Shortly after that

happened, John Sisk and Company, bought 50% of The Designer Group. It’s a very positive move for everybody, as it brings three reputable companies with a lot of experience together in the Mid-West, who provide a whole package of services to any customers which require same,” Mr Lenihan told Leader Business.

The new brand will launch with a special event this Thursday in the Castletroy Park Hotel at 6.30pm.

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INVEST NOW

Creative entrepreneurs set to address Network

THREE creative businesswoman will share the secrets to their success at the next Network Ireland Limerick event.

Taking place on Thursday, June 20 at the newly opened Kennedy Rooms in Bruff, it will see Sadie Chown from The Burren Perfumery, Rebecca May from Glass Box Events and The Kennedy Rooms and Tess Standord of Tess Stanford Interior Design taking part in a panel discussion on creative approaches to achieving business success.

The event will be compered by Rosanne McDonnell of Art Business Summit.

The panellists will share their business journeys and how they use their own creativity to overcome challenges in all aspects of their business, not just in the delivery of their product or service.

Women in business, the professions and the arts from across the Limerick region are invited to attend this special event taking place in association with LEO



Speaker: Tess Stanford

Limerick.

It will start at 7pm for registration, open networking and refreshments in the Nun’s Room - Ireland’s first non-alcoholic bar.

Catriona O’Donoghue, president of Network Ireland Limerick said, “Whether or not you’re involved in a creative business, there will be takeaways at this event for everyone including employees, business owners

and creative professionals looking for tips and insights on how to apply creativity to their work successfully.”

Tickets are free for Network Ireland Limerick members and €20p/p for non-members. Tickets available on www.networkireland.ie or www.eventbrite.ie

Alternatively, you can call the Kennedy Rooms at 087 225 4734.

Food for thought at the Cornstore with digestive health evening

Microbiome health is for everyone. So for World Microbiome Day why not catch up on the latest research and ensure your diet is feeding your microbes and protecting your health!

APC Microbiome Ireland, the world leading SFI Research Centre, has teamed up with the Cornstore Restaurant in Limerick to shed light on how we can manipulate our diet for the benefit of our health.

On Tuesday 25th June, Cornstore in Limerick will host a mindful 4 course dinner where eating for digestive health is on the menu with guest speakers from APC Microbiome Ireland.

Dr David Clarke from the School of Microbiology in University

College Cork will address where our microbes come from. We are never alone; in fact microbes are in the majority and they play a hugely important role in our health.

Dr Eibhlis O'Connor from University of Limerick will discuss the important role of fibre for our bowels. Fibre, including prebiotics and whole grains encourage the growth of beneficial microbes which produce short fatty acids with many health benefits.

Dr Susan Joyce from the School of Biochemistry and Cell Biology at University College Cork will tell us how our gut bacteria regulate cholesterol and control weight. World Microbiome Day was initiated by APC Microbiome

Ireland, a world-leading SFI Research Centre at University College Cork, <http://apc.ucc.ie>, in 2018 to showcase the diverse worlds of microbiomes and to encourage public dialogue on their crucial importance to human, animal and environmental health. APC Microbiome Ireland explores the role of microbes (microbiome) in health and disease. The microbiome is a target for treatment and prevention of disease, and a source of new drugs, functional food ingredients and disease biomarkers.

A limited number of tickets (costing €50) are available, so get yours early by telephoning 061 609000



A four course dinner is in The Cornstore on June 25 where eating for digestive health is on the menu with guest speakers from APC Microbiome Ireland

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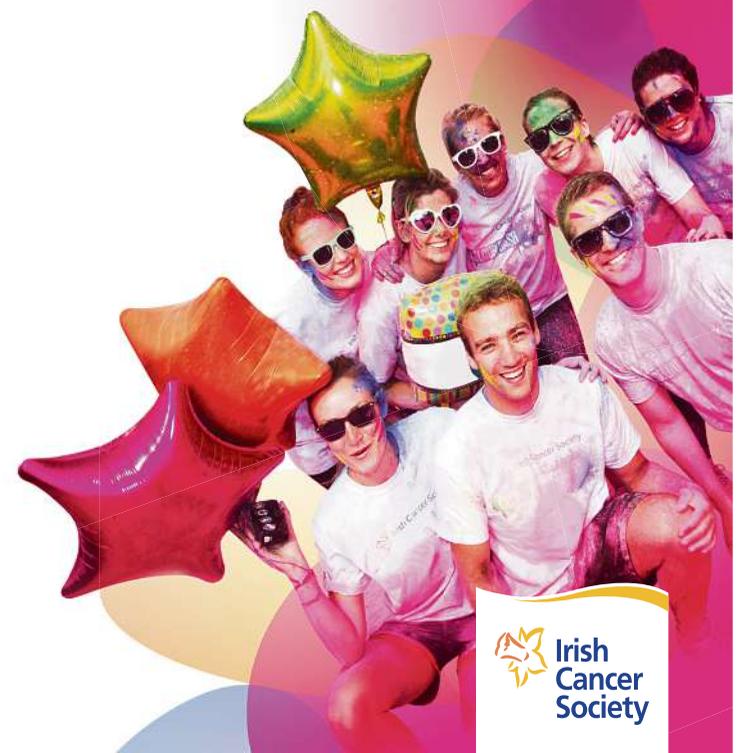
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NEW OPPORTUNITY - MAINTENANCE TECHNICIAN

An exciting opportunity exists for the position of Maintenance Technician at Limerick Tunnel Toll Plaza. The purpose of the role is to assist with the safe and efficient execution of planned and unplanned maintenance of plant and utilities and to sustain the efficient operation of equipment in accordance with manufacturer guidelines and company standards.

KEY AREAS OF ROLE & RESPONSIBILITY:

- Reactive and preventative maintenance of toll plaza plant and equipment
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- Electrical and mechanical process troubleshooting
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- Be part of the emergency / breakdown call out team
- Work alongside 3rd party sub-contractors
- Maintain inventory of assets
- Strictly adhere to site safety policies and procedures

DESIRED REQUIREMENTS:

- Minimum level 6 qualification in Electrical / Mechanical or equivalent experience
- IT literate with strong operating knowledge of MS software applications, database and network administration
- Working on a CMMS system
- Excellent communication and interpersonal skills, with an enthusiastic with a positive mindset
- Flexibility with regard to over-time and on-call working
- Well-developed work ethic with a "hands-on" approach
- A full clean driving licence is required

If you are interested in applying for this opportunity, please submit your CV to:

Tom Hehir, Mainline Toll Plaza, Coonagh, Limerick
Tom.Hehir@Efkon.ie

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This is an excellent opportunity for someone who has built up some work experience to transfer their skills and take a first step into the world of regional print and digital advertising. Iconic Group is rapidly developing its product portfolio in Ireland and now publishes 20 weekly newspapers and 23 local news websites. It has a vast presence across the country. As Trainee Advertising Assistant you'll join our small but highly effective advertising team focusing on two core areas:

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Production - The team is responsible for checking that all advertising information is correct before sending it to the advert make-up team.

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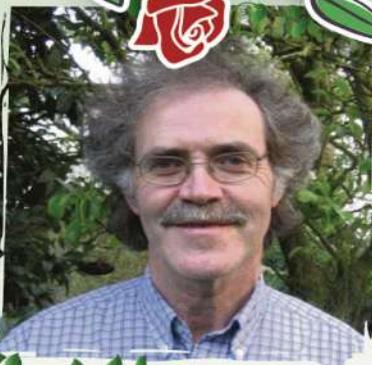
Gary Graham
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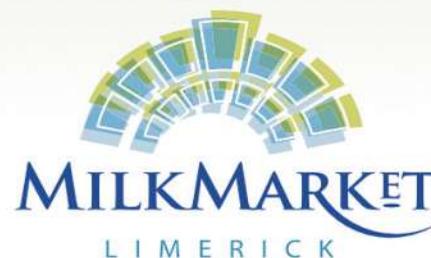
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Out & About

HEALTHY EATING DAY AT SALESIAN PRIMARY SCHOOL

Pictures: GARETH WILLIAMS



Lauren Colbert, Lily O' Brien Norris and Luba Shvaibovich



More children pose for their photo while enjoying a healthy lunch



Sean O' Callaghan, Davinia Muwanda and Abud Ahmed



Alannah Witherow, Orlaith Sheehan and Maria Makowska

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Zoe Brown and Valentina Mastrodonato



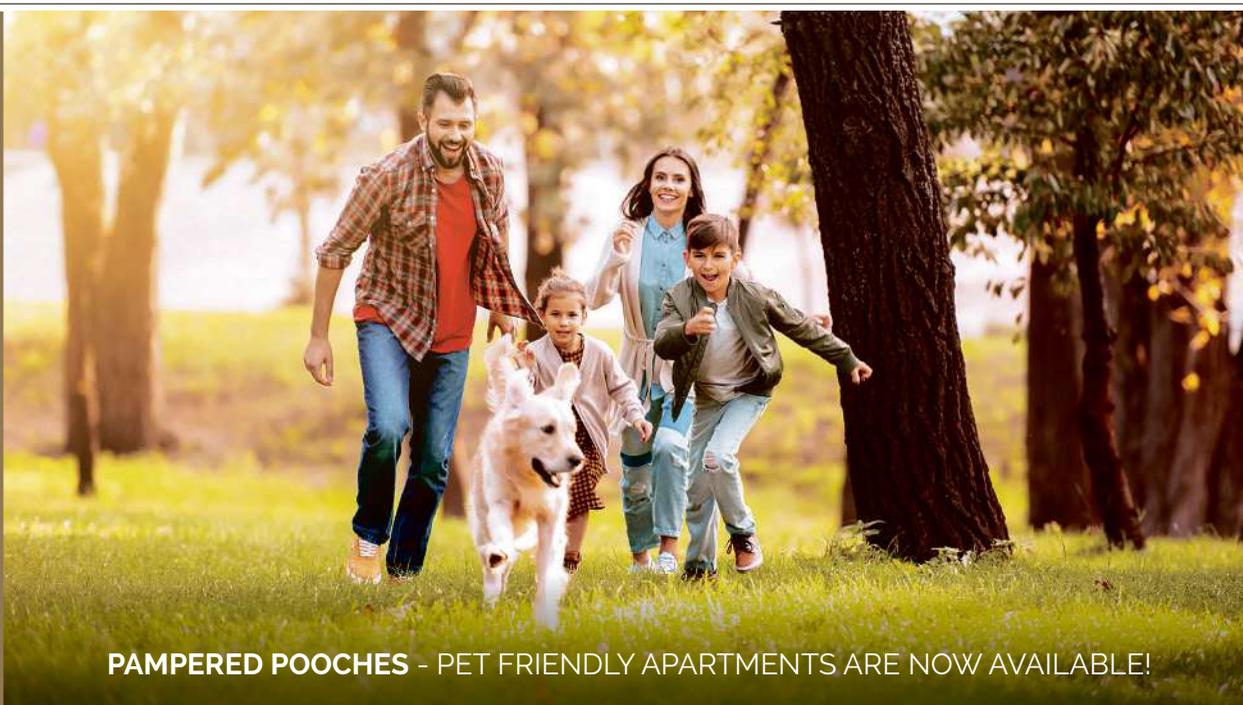
Parents Association members at the Healthy Eating Day at Salesian Primary School



Nikolai Donnellan, Shay Kinsella, Said Kamel and Mark Awoudou

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Some of the 2019 SHEP Midwest graduates of the Social and Health Education Project at the Absolute Hotel. SHEP is a unique, not-for-profit, community-based training and development organisation with branches in Limerick, Cork and Kerry. See Page 54 for more on the graduation PICTURES: CONOR OWENS/ILOVELIMERICK

Out & About

SOCIAL & HEALTH EDUCATION PROJECT GRADUATES CELEBRATE

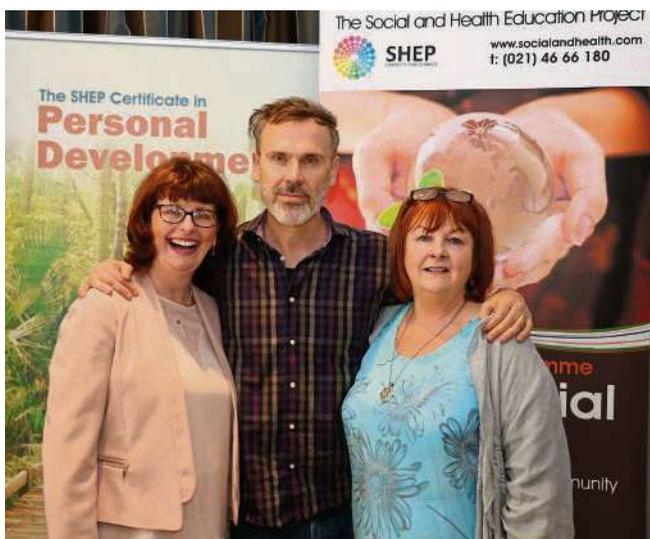
Pictures: CONOR OWENS/ILOVELIMERICK



Nora Butler and Kate Quealy, Charville



David McGuirk, Askeaton, Fergus Finucane, Clareview and Brian McNulty, Corbally



Cora Daly, Limerick Clare Education Training Board Youth Officer, Richard Lynch, I Love Limerick and Anita O'Shea, SHEP Chairperson



Catherine Hickey, Westbury, Niamh Barton, Monaleen and Emily Hickey and Paul Hickey, Westbury



Mary McLaughlin, Cappamore and Geraldine Kelly, Rosbrien



LEFT: Ellen Storan, SHEP volunteer, Jo Byrnes and Julie Byrnes, Garryowen

ABOVE: Deirdre Gough, Majella Sheehan, Ber O'Connell, Garryowen

RIGHT: Brian O'Donovan, Mary O'Donovan and Declan O'Donovan, Mill Road Corbally

PICTURES: ORLA MCLAUGHLIN/ILOVELIMERICK



Edel Roche, Ballysimon and Aisling Burke O'Connor, Raheen



Evan Waters, Clarina and Yvonne McCarthy, Cappagh



Ann Marie and Michael Prenderville, Patrickswell and Marie Moroney, Tuamgraney



Georgina McMahon, Knockaderry, Ann Quaid, Athea, Margo McInerney and Marilyn Lawlor, Rhebogoe

BIG NIGHT OUT @

O'MALLEY'S GIG AT LIME TREE THEATRE
PICTURES:
KEITH WISEMAN



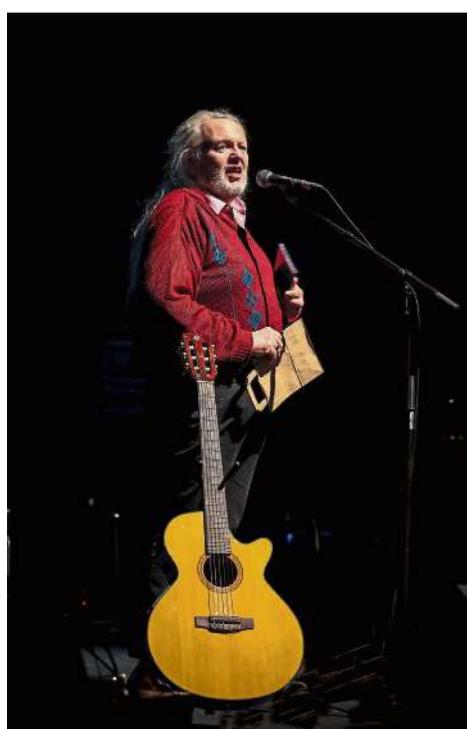
The O'Malley's launch of *Can You Hear Me* in the Lime Tree Theatre, MIC. Paddy Mulcahy, James Hanley, Dave Keary, Peter Donnelly, Brian Mulcahy, Ger Costelloe, Mike Moriarty, Eddie Clancy and Ralph Lindheim at the end of the gig.
PICTURE: KEITH WISEMAN



Billy Donnelly and Shaun Delaney



Bernard O'Neill, Valarie Murray, Aine O'Neill and Doug Murray



John O'Regan introduces The O'Malley's



Ann Marie and Hayman Harris with Rainer Lindheim



The O'Malley's launch of *Can You Hear Me*'



The crowd give a standing ovation



Rory Keary with Sarah and Mick Dolan



Claus and Sohaila Lindheim



Peter Donnelly of The O'Malley's giving it his all...during the performance



Mary Mescell and Moyra O'Holloran



Majella Shinnors, Mary Fenton and Orla Bourke



Michelle Pando-Kelly and Claire Hartigan



Long time fan Tom Muldowney



Delores and Kieran Cyrtin



Jan O'Sullivan, TD, Paul O'Sullivan, Anne Marie & Haynam Harris and Susan Gale

ENTERTAINMENT

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

Dermot & Dave bring comedy tour to UCH

TODAY FM radio personalities Dermot Whelan and Dave Moore have announced their 10-date nationwide tour of a new comedy show, which will take place at the University Concert Hall this weekend.

Having toured to full houses all over Ireland in 2016 and 2017, the radio duo once again bring their hilarious comedy antics to a stage near you in 2019 with Dermot and Dave Live.

The well-known comedy duo toured the length and breadth of Ireland with sell-out crowds in venues like Vicar Street in Dublin and the Inec in Killarney, and now they're ready for even bigger crowds this time around.

Even though the show is brand new, you needn't fear, all of the lads' favourite characters will make a return including internet sensation, Noni, Limerick's infamous chocolate seller and Tony "Club Classic" Cascarino.

This also follows the launch of Noni's new chawwwwklit bar last week.

Tickets for this Friday's show are selling at €32. For more information, visit www.uch.ie.



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Over 700 choristers participate in special events at 'successful' Limerick Sings festival

THE ARTISTIC director of the Limerick Sings International Choral Festival has said she is already looking forward to next year's line-up, following the success of the four-day series of events.

Close to 800 choristers participated in a number of workshops, concerts, trails and outdoor choruses between last Thursday and Sunday.

The series of events was launched on Thursday by award-winning Swedish a capella collective The Real Group, followed by an array of concerts across the city and county.

Following the success of the event, University Concert Hall director Sinead Hope said: "We had a hugely successful 7th annual Limerick Sings



Sinead Hope: delighted to welcome 775 choristers

International Choral Festival! The festival has developed steadily since 2013 and this year we were delighted to welcome 775 choristers and individual

singers to participate in workshops, concerts, choral trails and our outdoor chorus.

"To date the festival has engaged with over 3400

choristers and almost 100 choirs which have come from all over America as well as Iceland, Sweden, Norway, Scotland and England.

"For many of these choristers Limerick, and the festival, is their very first experience of Ireland and so we make sure to showcase the city, county and surrounding regions to their very best," said Ms Hope, who is also the artistic director of the festival.

One of the special features of this year's festival was an outdoor chorus, led by acclaimed composer and conductor Bob Chilcott, took place at King John's Castle on Friday afternoon. For more on the festival, pick up the Limerick Leader weekend edition.



Check out Just Mustard at the Kasbah Social on Saturday

THINGS WHAT ARE ON IN LIMERICK



Free viewing of *The Little Mermaid* at the Hunt
Right: Rumi plays the record
Room at the Commercial



Galway Street Club play Dolan's Warehouse on Saturday

Another weekend of musical feasts is in store for Limerick this weekend, with a host of bands who reckon that labels are for chumps. And clothes, obviously.

You can also catch a night of comedy from the radio, an afternoon of free movies for young people in the city and a full day of straw boaters in the county!

Thursday (June 13)

Folk & trad trio **Hearts Of Men** are at the **Glórach Theatre in Abbeyfeale** this Thursday. Steo Wall, Trevor Sexton and Ger O'Donnell are acclaimed musicians in their own right and have their own individual followings in the mid-west but this is the first time they'll be visiting Abbeyfeale as a trio. Expect them to wreck the joint, as all folk musicians do. Doors at 8pm, tickets are €15.

Friday (June 14)

Limerick's best electro artists and DJs are staging the second **Limerick City All In** this Friday and Saturday, a two-night festival at **The Commercial's Record Room**.

Kyoto Love Hotel, **Gadget & The Cloud** and **Tamara Hall** are headlining on Friday, while Saturday features **Rumi**, **Proper Micro NV** and **Aswell**. Doors open at 6pm both evenings and if you're there from the first act till the place shuts down at 1:30am, you'll pack in a solid seven hours of music each night.

You definitely shouldn't miss Rumi's set on Saturday at 8:30pm, as her latest single *Moi* deserves all the hype it's getting. You can get an all-weekend ticket for €14 or just pick one of the two nights for €8. Tickets for the last All In sold out in short order, so get your tickets early.

Today FM's **Dermot & Dave** are best known for their light uncomplicated comedy that eases people into the day every morning on Irish radio, assuming that you're someone who can listen to the

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

radio between gam and midday.

I should explain what "radio" is for the very young people. It's Netflix, but without pictures. Mind you, the two lads also record video, so it's radio with pictures. Like Netflix.

They've come up with a live comedy show that features their best-loved characters, so you can probably expect a good half hour of internet sensation Noni. See the show at the **University Concert Hall** this Friday at 8pm. Tickets are €30.

Mongoose play **Dolan's Upstairs** this Friday night. The all-female quartet is officially an alternative folk outfit but you'll hear everything from rock to folk in their music, with generous sprinklings of free jazz and Latin boleros.

Their eponymous debut album

was one of my favourite Irish records of 2015 and, though their sophomore release takes them in a slightly darker direction, their sound is fun and funky, their lyrics are pointed and their four-part harmonies are perfect.

This is the gig you shouldn't miss in Limerick this weekend. Doors at 8pm, tickets are €15.

Saturday (June 15)

If you've been annoyed that there's been a dearth of free weekend events for young people this year in Limerick, your solace comes this Saturday, as the **Hunt Museum** is screening two free films in their back garden for **Cruinniú na nÓg**, the national day-long festival that tries to promote participation in culture

and creativity by young folk.

At midday you can see **The Little Mermaid**, Disney's tale of an optimistic girl who sells her voice to a sea witch in exchange for a set of legs.

At 2:30pm that will be followed by **The Greatest Showman**, the movie that hammers home the reality that Hugh Jackman is more talented than everyone else on the planet, even those of us with working legs.

Get there early to get a good spot, bring your own popcorn and blanket, and I suggest bringing an umbrella as well as it's Ireland in June.

This weekend is **Bloomsday**, the annual literary holiday when Irish people descend en masse from the hills to celebrate James Joyce's *Ulysses*, the story of Leopold Bloom's day-long adventure to visit pubs, ogle ankles and search in vain for an available loo.

Bruff's Joycean commemoration, held this year on Saturday rather than the traditional June 16, is rather classy, featuring a Joycean breakfast in **Clancy's Bar** at 11am (€10) and a Tea Dance (€5) at the **Kennedy Rooms** in the afternoon.

The traditional Bloomsday breakfast includes kidneys, beloved by Leopold Bloom as they "gave to his palate a fine tang of faintly scented urine". You don't have to eat the kidneys.

Galway Street Club play **Dolan's Warehouse** this Saturday night. They're a rag-tag fleet of Galway-based buskers from Ireland, Europe, the USA, Russia and Argentina who decided to pool their musical powers to save humanity through music.

They've been described as a "musical United Nations", which might make you think that they just do what the Russians and Americans tell them to, but their

combined musical talent yields a marvellous set of blues, rock and ska. Doors at 8pm, tickets are €11.

Dundalk five-piece band **Just Mustard** are in the **Kasbah** on Saturday night. The Choice Music nominated group effortlessly blend noise, trip-hop and straightforward electro, resulting in a caustically-dense sound that you have to experience live at least once.

They've played quite a few gigs in Limerick over the past year but this is their first headline show in the city and you won't be sorry if you manage to squeeze it in. Doors at 9pm, tickets are a tenner.

Sunday (June 16)

The **Milk Market** hosts the annual **Limerick Garden Festival** this Sunday, offering a selection of all the flowers you can possibly eat.

They'll have 50 stalls from specialist nurseries and garden centres, as well as talks on everything from organic gardening to creating your own supergarden.

You might be wondering what a supergarden is. Turn up and find out.

Though, spoiler alert: it's a series of gamma ray infused plants that you grow to battle evil space overlord Thanos in case he turns up with a giant gardening glove to snap half the planet's flora into oblivion. Always be prepared. It runs from 11am to 5pm and it's free entry.

All weekend

The **River Of Dreams** quilt exhibition is at **LSAD** until June 21. The **Limerick Ceramic Artists** exhibition at the **Belltable** runs till July 30. Both free to visit. Tickets are €10 for the **Lavery & Osborne: Observing Life** exhibition at the **Hunt Museum**, which runs till September 30.

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



Mongoose play **Dolan's Upstairs** this Friday night and their's is the gig of the week that is not to be missed

BIG NIGHT OUT @

**GEORGE HOTEL, THE GLEN TAVERN AND FLANNERY'S BAR
PICTURES:
DAVE GAYNOR**



Aislinn Keogh and Amy Johnson at the at Da Vincenzo Food and Wine Hall in the George Hotel PICTURE BY DAVE GAYNOR



Gearoid and Lucy O'Sullivan at the at Da Vincenzo Food and Wine Hall in the George Hotel



Christina O'Brien, Siobhan Downes and Margaret Heslin at the at Da Vincenzo



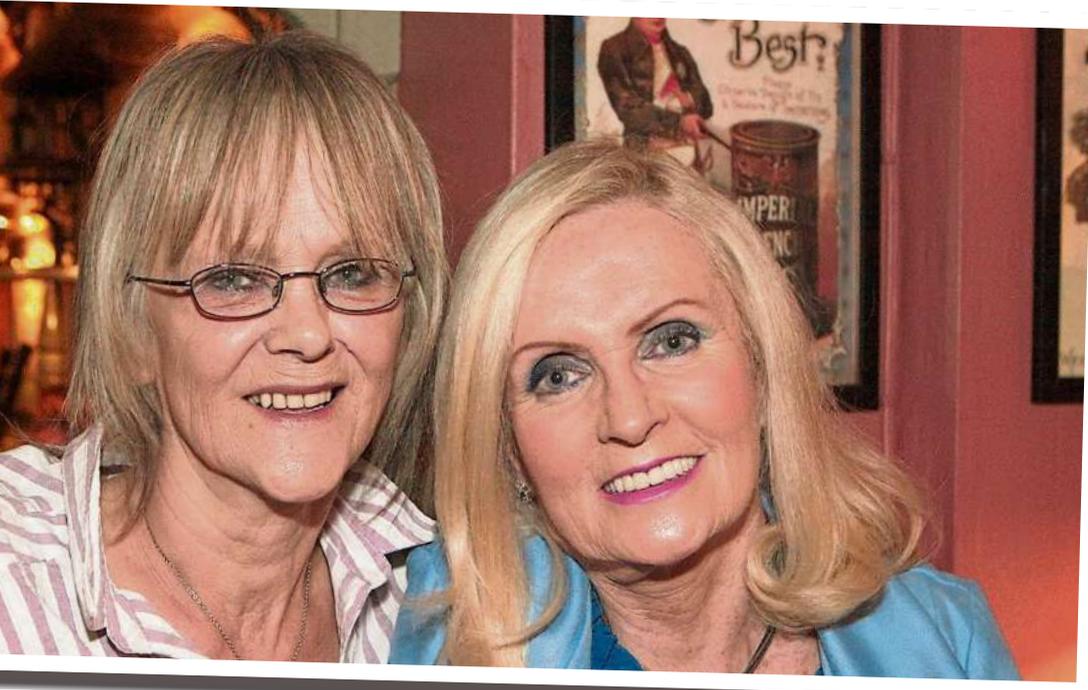
Charlie Ingle and Emma O'Dwyer at Flannery's Bar, Shannon Street



Pat Kelly and Dermot O'Connor at Flannery's Bar, Shannon Street



Niamh Condon, Sorcha O'Regan and Sinead O'Regan at the at Da Vincenzo Food and Wine Hall in the George Hotel



Carmel McElligott and Catherine Earls at the Glen Tavern



U Han and Amanda Yu also enjoyed the food and fun at the George Hotel



Damien Gleeson and Alison Nevin at the Glen Tavern



Zi Ye and Anna Zhou in the George Hotel



Jules and Katie Vellner at the at Da Vincenzo at the Food Hall in the George Hotel

LEADER LIFE

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

Day is choc a block getting chocolate orders delivered

What time do you get up?

I get up at 7.00 or 7.30 every day to get the dogs out for a walk before I head to the chocolate factory to start at 9.00!

What is your normal breakfast?

I have to confess that I am partial to granola (which I should make myself but never have enough time) and I will put into that some berries and homemade yoghurt which my husband makes and sometimes I'll grate some of our 99% cocoa solids bar onto the bowl for a little extra kick!

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

I walk my two dogs, sisters Puca and Casidhe, every day before work as there's usually not enough time in the evening after work and they are always waiting outside the door in the morning so I can never skip the walk as they would be so disappointed!

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

I usually limit myself to four cups in the day, three before lunch and one extra decaf at about 9 in the evening. Occasionally, I'll be tempted to have an extra cup in the morning if we are testing out some new bar recipes which we are developing!

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

I try very hard to eat a veggie only lunch, even though I am not a vegetarian, as this light lunch suits my working day and it's always nice to have dinner with the family to look forward to when I get home in the evening!

Do you have you have many meetings during the day?

I have several meetings a week with new customers looking to stock our range of chocolate bars or with tour guides planning a visit to our chocolate factory in East Clare. And every Friday is crazy busy too, when we try to make all of our deliveries to our Limerick Chocolate shop and to our other shops in Doolin and Dingle. However I do seem to spend a lot of time answering emails and managing our social media platforms and website as well.

What time do you finish up at?

The chocolate factory closes



A Day In My Shoes

Patricia Farrell

Limerick Chocolate Shop at the Milk Market

at 6pm but I usually finish the day at 6.30 to 7 which gives me a last minute to finish up some paperwork and importantly make a list of all of the jobs we have to do the next day.

Do you watch much television?

I do watch some TV, mostly in the evenings for history or science documentaries or the evening news on RTE. I am a bit more of a radio fan and would get most of my news from the

morning news and current affairs programmes.

Do you read the newspapers?

I have to confess I stopped reading newspapers a good few years ago as I found I never had enough time to get through all the pages. I will catch up on stuff on Twitter or listen to radio news and current affairs!

What do you do to relax?

I would be an avid reader and spend far too much money on

Getting stuck in a call centre queue is frustrating for Patricia, but she does manage to stop herself shouting down the phone and making the situation worse!



I love Saturdays in the Milk Market as you get a chance to meet up with our Limerick customers who are very loyal to the Limerick Chocolate Shop and it's a really great feeling when I can just pop their 'usual' in a bag before they even ask for it

ebooks and audiobooks, and I like to get in some yoga practice too as it's very good for settling the anxieties of the day!

Are you able to leave the office behind?

I can manage to finish thinking about the chocolate factory most days but I do two nights a week at home on paperwork just to keep up with the load!

What is a perfect work day?

The perfect work day for me is actually hard to pinpoint as most of my days are different. But I do love Saturdays in the Milk Market as you get a chance to meet up with our Limerick customers who are very loyal to the Limerick Chocolate Shop and it's a really great feeling when I can just pop their 'usual' in a bag before they even ask for it.

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

Trying to get through to any service provider on the phone and you get into a long call centre queue before you even speak to a human being is very frustrating.

I do stop myself from shouting down the phone as this usually only makes the situation worse!

INSIDE THIS WEEK



TIPS TO BEAT EXAM STRESS

Follow Louise's advice
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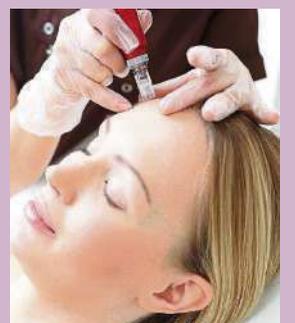
HEALTHY EATING SPOTS

Leanne shares her favourite places
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MISS LIMERICK COMPETITION

Our Patrick will be among the judges
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GUIDE TO MESOTHERAPY

Agnieszka on popular procedure
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Get fired up about dragon boat racing



MENTAL HEALTH MATTERS

DR EDDIE MURPHY

CLINICAL PSYCHOLOGIST
ADJUNCT ASSOCIATE PROFESSOR
UCD SCHOOL OF PSYCHOLOGY

I was a speaker at a conference called 'Mindscape' last weekend which was looking at the beneficial effects of nature, with the power of blue; the sea, lakes and rivers and the power of green; grass, woods and forests.

Increasingly, researchers all over the world including Prof Tadhg McIntyre in University of Limerick are adding value to this body of research.

While there I met this wonderful lady Brid, who talked to me about how water played such a key role in her life.

Brid reflected; "I should start at the beginning. I am a late bloomer when it comes to physical exercise of any kind. I hated it.

"Tried the running, the gym, the jogging. My work colleagues used to joke that if ever anybody wanted to do research on someone who, at 55 years of age, had never done any kind of physical exercise except walking from the car park to the office, I should volunteer.

"Then I discovered the wonder of the water. I was out for a stroll one day, saw some kayakers, and decided to learn how to do it.

"I'll never forget the first time I went out on the water. I thought I had died and gone to heaven. The sheer wonder of it. I'd never experienced anything like it.

"There is nothing like it. And you don't have to try to get fit at all, it just happens as you paddle along enjoying the amazing beauty and the sights and sounds of nature all around you.

"No noise from traffic or any sound of man. Just the birds, the lap of the water against the boat. The feel of what happens when you put your paddle in the water and move yourself along, gently, at your own pace.

"Well at the start anyway. You might just find that you are not so much stronger and fitter now, in



No noise from traffic or any sound of man. Just the birds, the lap of the water against the boat. The feel of what happens when you put your paddle in the water and move yourself along, gently, at your own pace

your fifties or sixties, than you every were in your twenties or thirties, and decide to up it a notch. (Your kids will think you're crazy but be dead proud of you and tell all their friends about you).

BREAST CANCER

And then two years in, you get breast cancer. I know. What do you do then?

Well of course there's the journey through treatment and recovery which is not to be underestimated. But in my case, what kept me going was knowing that I would be back out on the water soon.

And then I heard about this thing called Dragon Boat Racing – for women recovering from breast cancer! I know! Groups of women all over the country Dragon Boat Racing as part of their recovery.



Kayakers at the launch of the dragon boat initiative in Castleconnell. The Shannon Paddlers now has over 50 members, some of whom will be tackling whitewater for the first time in Castleconnell

So I decided to set up Shannon Dragons in the Limerick Shannon region. That was two years ago.

Now we have 70 members and two dragon boats. Well we had to get the second boat because the first lot of women just got so fit that they wanted to race in regattas and win medals. (Some of them are very attached to winning medals). So we got our second boat, which is for beginners and Gentle Pacers."

FROM CHINA TO IRELAND - DRAGON BOATS

The good news is that Dragon boat racing (www.dragonboat.ie) is not for those only recovering from cancer, but is open to all.

It's fun, and encourages sports for non-athletes while promoting health and psychological wellbeing. Fundamentally, Dragon boating is socialable, fun, and

colourful and surely we can all do with a little bit of that. In Ireland, there are 15 centres, some are in Carlow, Athy, Waterford, Dublin, Kilkenny, Castlebar, and Cork.

Back to the Shannon and Brid! "We were just having so much craic that lots of people wanted to get involved who had no particular connection to breast cancer.

"So we formed a Flatwater kayak club, and we called it, you guessed it, Shannon Paddlers. That was last year. Now we've 50 members, and this Tuesday, 12 of them, who never thought they would ever do it, are going down the rapids at Castleconnell as they are ready to try whitewater for the first time.

"Now what's so unusual about all that you say? Well, most of our members are over 50. Many of us are over 60. There is a whole

segment of the Irish population, that for whatever reason, have spent their whole lives looking at the water, living beside it even, walking beside it, running or cycling beside it. But they've never been on it.

"Why? Well, how would they? They don't own a boat. They don't know anybody who owns one.

"If they did, they don't have a roofrack on their car to get it to the water. And they don't know where is a safe place to get on the water, or how to be safe when they do get on. We remove all those barriers. Welcome to the Water!

"Come and join us for the official launch of the concept of Wellness on the Water in O'Briens' Bridge Co. Clare on September 1."

For more information email shannonpaddlers@gmail.com or shannondragons58@gmail.com



HEALTHY LIVING

EVA HILL HAMILTON

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Beware of chemical exposure

Thanks to the industrial and agricultural boom of the past century, our life is very comfortable now.

Everything is within arm's reach, easily accessible and plentiful. A chicken grows from egg to ready to butcher size in three months, cows give 50 litres of milk a day, fruits and vegetables are fresh looking, unspoiled for much longer - saved from pests and insects and ripened by chemicals...

Have you ever stopped to think where all this forced growth and chemical invasion leads to? We are exposed to over 25,000 different environmental toxins every day through our food, water, pollution and our household objects - of which only 25% is proven safe for our health on their own! We don't even know the result of their combination!

Not so long ago, the focus had been on baby bottles leaching Bisphenol A into



Sauerkraut is one example of a fermented food that can lead the fight against chemical exposure in your body

food. Bisphenol is just one of many chemicals (phtalates, epoxy-resins, etc) used in plastics to make them more pliable, workable and lengthen their life. When heated or acidic / fat-containing foods stored in these plastics (think of

tetra-pack carton boxes or the ever-popular soft plastic bags), they do leak their chemicals into our foods. These chemicals, along with many pesticides and cosmetic additives are called Xenoestrogens as they mimic Estrogen in our body,

disrupting normal hormonal functions, leading to ever-increasing incidents of hormone imbalances, infertility and hormonal cancers.

You might argue that our body is well able to treat and rid itself of all these toxins. Well, we are equipped with a wonderful detox system, but it is unfamiliar with many of the new man-made chemicals and is simply unable to neutralize them (e.g. teflon). Chemicals circulating in our blood can disrupt normal metabolic functions, and if they get through the blood - brain barrier they can cause neuro-degeneration in the brain (especially aluminium and mercury).

If you don't supply your body with the nutrients necessary for detoxification because you have a refined, processed diet, or your vegetables and fruits have

been force-grown and chemically ripened, what chance does your body have to ward off these disruptors? If your gut flora is imbalanced - you have more bad microbes than beneficial ones - you recycle lot of the chemicals that were destined to leave your body. Even worse if you struggle with constipation.

What can you do to help your body? Reduce your chemical exposure by using glass and ceramic storing jars, natural cosmetics and cleaning agents in your home, filter your water and buy locally grown organic foods. Eat lots of gentle fiber rich vegetables and drink plenty of non-caffeinated fluids to support regular bowel movements. Introduce raw fermented foods into your diet (sauerkraut, kimchi, kefir and home made yoghurt) and exercise to encourage sweating.

LIMERICK LEADER

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

www.limerickleader.ie



POSITIVE PARENTING

LOVE PARENTING 

Top Tips

For surviving children's parties

In an era where throwing children's parties (birthdays, communions, confirmations etc.) seem to have grown out of all proportion, reduce your stress level with a few handy pointers:

Keep it in perspective

Yes you want to celebrate your child and ensure they have a great time, but you also don't want them to develop unrealistic expectations about what a birthday actually is.

Set a budget

Let your child know that the sky isn't the limit by helping you to prioritise what is needed and what isn't

Have a game plan

Play, food, opening presents, games is a good sequence for a 2-3 hour party

Balance the goodies

Parties don't have to be equated with junk food. Yes, you can offer treats but do they all need to be of the glow-in-the-dark, sugar-coated variety? Small muffins, popcorn, cordial instead of fizz, plain chocolate – you can peel it back without sacrificing the 'treats' element

Bring in back up

Friends or family that are willing to help out means that there are eyes on all children (excited, sugar-fuelled children have a tendency to wander)

Set clear pick-up times

A loose 'around 5pm' could be interpreted as any time before 6, so be exact about times during drop-off



Summer camps: Love them or loathe them, summer camps have saved the sanity of many a parent over the holidays. They are also a great way for children to meet new friends and enjoy new experiences

School is almost out: Sun, Sea and childcare Woes

The final preschool or school bell at the end of June brings with it much excitement. Thoughts turn to lie-ins, lazy days and a general sense of freedom.

Even traffic quietens down, making morning commutes so much easier. For parents, however, the summer break often brings a logistical challenge – childcare.

For working parents, this means figuring out how to mind their children over the summer and for all parents, there's the worry of how to fill their child's free days. You still have five or six weeks to figure it out so here are a few pointers that might help:

Summer camps: Love them or loathe them, summer camps have saved the sanity of many a parent over the holidays.

They are also a great way for children to meet new friends and

enjoy new experiences. If you choose a camp for your child, try to make sure it aligns with their interests and that they know at least one other person going there. For younger children in particular, prepare them for the fact that the structure is different to school – while camps are a lot more fun, the leaders/facilitators don't know your child particularly well. Encourage your child to speak up when they need help or if they feel a little unsure of something.

It's about finding that delicate balance between doing new things and finding an appropriate comfort zone. You can support your child to find that balance by talking then through what to expect.

'Care pooling': Like what you do with a car but it involves little people! Now is the time to talk to

friends and family, to see if you can arrange schedules that will be beneficial to all. You might have some time off one week and can take your friend's child and he/she can do it the next week. That way, your childcare issue is solved and your child has a playmate. It's a fairly cost neutral win-win.

Treats: We all do it. Holidays are generally about relaxing the rules and throwing caution to the wind. When your child asks for an ice cream every day, bear in mind that the school holidays last for 8 weeks.

That's a whole lot of treats. Talk to your child about this in advance and set some boundaries. You could, for example, make homemade smoothie ice-pops for during the week and they can enjoy ice creams out at the weekend. Cinema trips are expensive so you could invite some of their friends

over to watch a movie, while having a picnic on the floor. Anything different creates a sense of adventure for children so get creative with the treats. Your child's health (and your bank balance) will thank you.

Moderation: As parents we often fall into the trap of trying to be all singing, all dancing when it comes to keeping our children occupied. Just remember that they need down time too.

A break from the preschool/school routine should give them plenty of time and space to just be, without always doing something.

Children are at risk of being over-scheduled, even if it involves fun activities and outings. Again, it's all about striking a balance. For more ideas and tips, log on to www.loveparenting.ie



FIT4LIFE

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My top five healthy eating spots around town

This week I'm going to let you in on my favourite healthy eating spots around town. Stop by and enjoy the fabulous food and drinks on offer.

JAVINOS

Javinos cafe on the Ennis Road is a regular of mine on days I work in Limerick.

My two favourite dishes are the Goats Cheese Salad and the Cajun Chicken salad.

And I have heard a whisper about a new Superfood Salad on the menu. Fab little spot for food anyway of the week.

LA CUCINA

With two premises in Limerick – one in Castletroy and one in the city centre – La Cucina is very accessible. They do a delicious chicken and goats cheese salad and one of their specials is a healthy whole-wheat pasta and chicken dish. I can never leave without opting for a coffee and a delicious Nut Shed protein or energy ball. A perfect dessert. Mind you – they also have some equally delicious treat options if you fancy something a little bolder!

CANTEEN



Paul Williams and co. in Canteen offer endless good food options

A very cute and super healthy cafe on Mallow Street in the city centre. The good food options are endless. Choose from their mini salads, super-food salads, Veggie wraps, fish wraps, egg pots and lunch boxes! So much variety and guilt free.

A perfect stop if you're a little unprepared for lunchtime. For more see wearecanteen.com

ESQUIRES COFFEE

This little find I only discovered recently and love popping in for breakfast! Scrambled eggs with a side of potatoes and their green juices are divine.

It's actually not easy to find places that do fresh green juices.

Not to mention the coffee is also fabulous.

HOOK AND LADDER

I am a big fan of the Corbally cafe but they are also located in the city centre and Castletroy.

I usually opt for the Prawns on their signature brown bread (and sauce on the side) and I also adore their raw juices.

You can get a full breakdown of their menus at www.hookandladder.ie

Eating on the go is only getting easier with most cafes and foodie spots realising that healthy food options are essential.

It's so refreshing to see all the good food listed on menus

Healthy Recipe

Low carb mash alternative

What You Need

Broccoli
 Cauliflower
 2 Cloves Garlic
 1 White Onion
 1 tspn Coconut Oil
 Sprinkle of low fat Mozzarella Cheese
 Himalayan Pink Salt and Pepper

What To Do:

Wash and break up broccoli and cauliflower and cook till soft in a pot.
 Fry garlic and onion in coconut oil in a pan.
 Preheat oven to 180C
 Add all to a food processor and sprinkle in Himalayan Pink Salt and pepper to season.
 Blend till smooth and combined.
 Place in an oven tin and sprinkle with low fat mozzarella cheese.
 Bake for 8-10 min

Moore2Life

What I'm loving this week

Shooting for New Dimensions Active

This week I was delighted to be shooting the new clothing range for New Dimensions Activewear. I have tried lots of gym gear. I wear it almost every single day, and I have been completely blown away by the quality and style of this Irish owned brand. Check them out on Instagram, their newest range is coming very soon and its incredible.
 @Newdimensionsactive



Findlaters Oyster and Seafood Bar

On Saturday I had the pleasure of enjoying a meal at Findlaters Oyster and Seafood bar with friends - Richard Lynch and Siobhan O'Hagan and I honestly cannot recommend it enough. I adore seafood so to have so much choice was insane. A must if you are a seafood lover, located on O'Connell street.





MANABOUTTOWN

PATRICK McLOUGHNEY

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Do you have what it takes to be Miss Limerick 2019?

For the last few years, I've been affiliated with the annual Miss Ireland pageant. I have judged several of the regional heats for the competition over the last couple of years including Miss Limerick, Miss Cork, Miss Tipperary, Miss Kilkenny, Miss Waterford and Miss Kerry.

For those who may be unfamiliar, Miss Ireland is one of the world's longest running beauty pageants.

Established in 1947, Miss Ireland has been a launching pad for many successful, empowering Irish women including Holly Carpenter, Aoife Walsh, Sarah Morrissey, Andrea Roche, Amanda Bruner, Michelle Rocca and the 2003 Miss World winner, Rosanna Davison.

The competition has not only been a success for the overall winner but also many of the finalists who have gone on to have huge success in modelling, entertainment and social media such as Shauna Lindsay, Niamh Cullen, Lauren Guilfoyle and Niamh De Brun.

The competition is not just about beauty and looks as there are many other attributes and tasks that are equally as important for a winner to possess such as interview skills, charity work, talent, health and fitness and appropriate social media skills.

Many former contestants have credited taking part in Miss Ireland in helping them to build confidence, self-esteem, interview and media skills which they have gone on to use in their chosen professional careers.

This year my road to Miss Ireland kicked off in Kilkenny with the Miss Kilkenny and Miss Carlow heats, which were held in Set Theatre in May.

The event was hosted by Fiona Foley and Chris Kavanagh and I was joined by fellow judges Mikie O'Loughlin (showbiz editor RSVP magazine), Grainne McDonald (events manager RSVP magazine), Wayne Walsh (Mr Ireland 2018), Elaina Savva (Miss Kilkenny City 2017) and Niamh De Brun (Miss Kilkenny 2017).

On the night the stunning Natalia Nykiel, a 17-year-old transition year student from



Above left: Kirsty Downey, a former Tipperary football captain from Cahir, was crowned the new Miss Tipperary



Above: right: Patrick with Miss Limerick 2018 Behhinn Haren

Graiguecullen, was named Miss Carlow and nursing student Emma McEvoy won over the crowd and the judges with her beauty and bubbly personality to be crowned Miss Kilkenny 2019.

Next up was Miss Tipperary at the Anner Hotel in Thurles. The Miss Tipperary event is hosted by former Miss Tipperary and Miss Sunday World, Esme Wallace.

Miss Tipperary has produced two Miss Ireland winners in the last six years with Aoife Walsh taking the crown in 2013 and Niamh Kennedy in 2016.

Our MC for the night was former Miss Clare and current social media superstar Lauren Guilfoyle and I was joined on the judging panel by Kellie McGrath (Miss Limerick 2012), Cailin Duggan (Miss Tipperary 2017), Robyn Barlow (Miss Tipperary 2018) and Karen Glancy (KSV models).

The gorgeous Kirsty Downey, a 23-year-old Charlotte Tilbury beauty consultant and former Tipperary football captain from Cahir, was crowned the new Miss Tipperary for 2019 and like Natalia and Emma will now go forward to the Miss Ireland final in The Helix in September.

But before we get to The Helix, there is one more stop on the road to Miss Ireland 2019. That final stop is the Miss Limerick and Miss Clare heats that will take place in Opium Nightclub on July 18.

The annual Miss Limerick pageant has been one of the main events of the summer social calendar in Limerick for over 30 years but this year, for the first time, there's a new creative team running the show.

This year's event promises to be the most inclusive and interactive Miss Ireland heat ever with elements like social media content, vlogs and other new elements being introduced to make it as fair and transparent as possible.

We are also bringing back the Miss Clare competition for the first time in three years with the winner also going forward straight to the Miss Ireland Final.

If you think you have what it takes to become an ambassador for your county on the national stage and follow in the footsteps of some of the illustrious list of inspiring women already named by competing at the Miss Ireland final then email misslimerickofficial@hotmail.com.



Patrick with fellow judges Robyn Barlow, Cailin Tobin and Karen Glancy at the Miss Tipperary contest



Emma McEvoy won over the crowd and the judges with her beauty and bubbly personality to be crowned Miss Kilkenny 2019



Natalia Nykiel, a 17-year-old from Graiguecullen, was named Miss Carlow



At the Limerick Pride 2019 launch: Pat Reddan, Manager Clayton Hotel Limerick, Cllr Sarah Kiely, Janesboro, Lisa Daly, Chairperson Limerick Pride, Metropolitan Mayor Daniel Butler and Sarah Tonkin, Castletroy. The festival will run from Friday, July 5 - Sunday 14

Out & About

LIMERICK PRIDE 2019 LAUNCH AT THE CLARION HOTEL

Pictures: CONOR OWENS ILOVELIMERICK



Pictured at the Limerick Pride 2019 Press Launch at the Clayton Hotel are Kiera Ryan and Claire O Dowd, Ballyclough. PICTURE: CONOR OWENS/ILOVELIMERICK



Tina Grimes, Coonagh and Claire Culhane, Castletroy



Isin Ralph, city centre and Elaine Ryan, Clayton Hotel Limerick



Meghann Scully, Riverpoint, Valerie Dolan, Dock Road, Richard Lynch, I Love Limerick and Orla Clancy, Ballingarry



Orla McLaughlin and Charlie Mallowney, Castletroy



Sean Lynch and Sarah Tonkin, Castletroy.



Eoin Sexton, Carew Park and Conor Leahy, Dooradoyle



Killian Fitzgerald, St. Josephs Street, Emma Daly and Sinead Leahy from Rosbrien.



STYLE & FASHION

CELIA HOLMAN LEE

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Corking effort from Mallow students

CREATIVE, futuristic and visionary would sum up the Mallow College of Design and Tailoring end of year fashion show. The event, which has been going for 30 years, took place in the Clayton Hotel Silver Springs in Cork.

An incredibly adventurous and innovative use of fabrics marked out this year's graduate collections

from Mallow School of Design and Tailoring.

A total of 94 students from first, second and third year took part in the show hosted by Mary Cashman of Mallow College of Design and Tailoring.

All the student collections had different influences, from banana plants, sea shores, Hungarian parliament buildings to the hands of a clock.

It was fascinating to watch students create from fabrics and create a story and collection. I felt this year that the collections were spectacular and the audience, of which there was over 500, felt the same.

Winners from each year received prizes for outstanding collections in their criteria. Well done and a huge congratulations on 30 years of teaching!



This gold dress by Mary Griffin has almost a medieval feel to it



This dress by Sinead Gallagher would be stunning for the Limerick Rose



I can see Kim Kardashian rocking this extravagant look by Isabelle O'Neill



Here's a really clever twist on the tradition skirt suit. I think Lisa Falvey's design would be the ideal outfit for the Cheltenham Races!



I love the staggered length in this innovative biker-inspired design by Jordan Duggan

CELIA SPOTTED

Looking good out
and about in Limerick

Name: Antoinette O'Connell
Occupation: Milliner/Hat Designer
From: Ballinacurra

Style-wise I like Kate Middleton - she is so elegant and classy. I also like Melania Trump, she is always so stylish effortless and elegant. One of my favourite shops is Zara. There is always so much to choose from, from casual wear to work wear and at affordable prices. I always seem to pick up something. I love Be Fabulous, it has everything from evening dresses to short dress and accessories. A lovely shop that I love to shop in is Dani's Closet which also has everything from evening wear to casual wear. As summer is coming and summer holidays are on the cards a great shop for underwear and swimwear is Vamp.

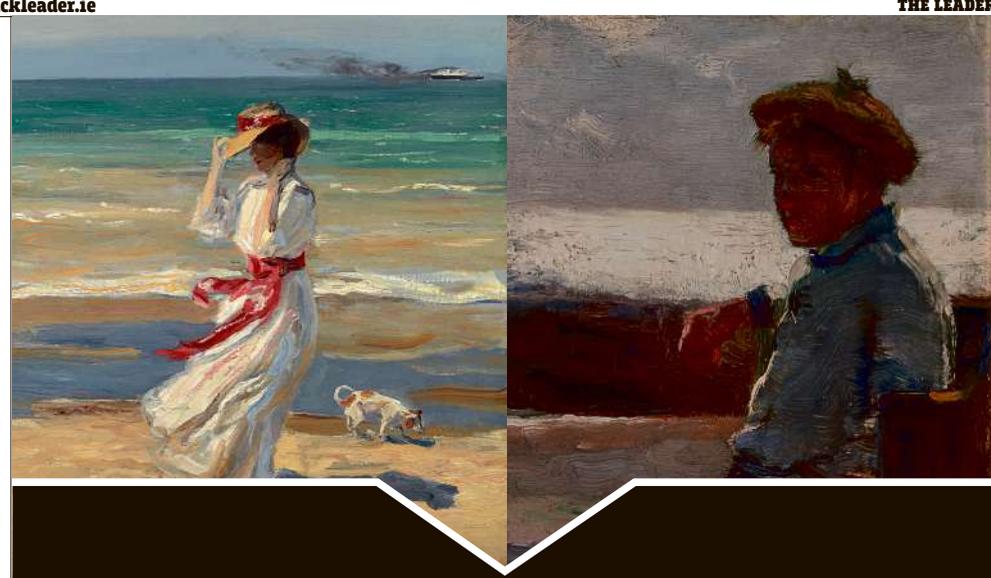
ANTOINETTE SAYS:

Dress: My dress is from Morgan which I bought on a recent holiday. I just love the colours - it's lovely and bright and has a nice mix of colours.

Hat: This is my own design - mustard with a mix of black and veiling. Ideal for a dressy occasion.

Shoes: These Carvela shoes are a favourite of mine - black goes with everything and the heels aren't too high.

Bag: My box clutch is from Be Fabulous and goes with lots of different outfits. It's a nice compact size.



Entry to The Lavery & Osborne exhibition
at The Hunt Museum

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LIMERICK LEADER

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



AGNIESZKA'S AESTHETICS

AGNIESZKA ORŁOWSKA



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

Your guide to mesotherapy

Mesotherapy is a non-surgical skin rejuvenation treatment that is minimally invasive.

The procedure involves tiny superficial injections of vitamins, minerals and amino acid cocktails delivered into the mesoderm (middle layer of the skin).

These cocktails rejuvenate the skin and stimulate the production of collagen and elastin, both essential for the skin's natural elasticity. Improvement of skin quality, lightening and hydration (reduction of wrinkles) are visible almost instantly after the first treatment.

WHAT DO MESOTHERAPY COCKTAILS CONTAIN?

Mesotherapy cocktails contain mainly hyaluronic acid and other individually selected ingredients such as Vitamins A, C, E or active substances derived from, for example, algae and green tea.



Some before and after shots giving an indication of what can be achieved with mesotherapy

Hyaluronic Acid is the main component of Mesotherapy Cocktails and is a naturally occurring compound in our skin.

It acts as a sponge binding water to the skin.

One molecule of hyaluronic acid is able to bind about 250 molecules of water. In addition, vitamins delivered to the skin with the help of mesotherapy show 100% of their predicted activity.

DOES IT HURT?

A topical anaesthetic is

normally applied prior to the treatment assisting with any discomfort.

HOW LONG DOES A TREATMENT TAKE?

A first treatment can take up to two hours. This would include consultation, numbing and treatment time. Thereafter each session would be approximately one hour

Depending on the size of the area, the actual treatment time can take between 20 to 45 minutes.



Mesotherapy rejuvenates the skin and stimulates production of collagen and elastin - essential for skin elasticity

HOW OFTEN IS THE PROCEDURE PERFORMED?

Each treatment changes the skin for the better. But if we want the effects to last, it should be done in a series of treatments.

Depending on the skin condition it can anywhere between three to seven treatments performed at intervals of seven to 21 days. Then it's enough to do every six months

HOW LONG WILL THE RESULTS LAST?

Duration of procedures: Once every week for 4 weeks

Maintenance: One procedure per month.

The course can be repeated after four months.

WHAT TO EXPECT AFTER A TREATMENT?

It is recommended that you have some time to recover after your mesotherapy treatment.

You will experience some superficial swelling, which will settle within 24-48 hours.

Although rare, other possible side effects include the appearance of some small needle marks which will also subside within a few

days.

Treatment around the eye area may take longer to settle, possibly five to seven days.

WHO IS SUITABLE FOR MESOTHERAPY?

Everyone will benefit from Mesotherapy (both men & women), particularly those concerned with fine lines, wrinkles, scarring, skin texture issues and general skin rejuvenation.

ARE MESOTHERAPY TREATMENTS SAFE?

As Hyaluronic Acid is naturally found in the skin, and depletes naturally as we get older, it is completely safe to inject into the mesoderm and provides a very effective rejuvenation treatment for clients.

HOW MUCH DO MESOTHERAPY TREATMENTS COST?

A single treatment will cost approximately €120

Normally a clinic will offer a special deal if you do a course of treatments. For example 4 treatments for the price of 3.

IS IT EFFECTIVE?

Very! Skin becomes luminescent, hydrated, nourished, firmer and texture is improved.

Mesotherapy

Skinline products

SKIN R

A solution for tightening, strengthening and modelling of the skin matrix based on hyaluronic acid.

Skin Conditions

Loss of muscle tone and strength
Lack of elasticity, density and decrease in volume.

Procedure:

The solution is injected into the surface layer of the dermis in the following areas: Face, Neck, Décolleté and other hypotonic areas.

SKIN OX

A solution for filling and modelling of the skin matrix based on hyaluronic acid and antioxidants.

Skin Conditions:

Dehydrated skin
Decreased elasticity and tightness of the skin
Prevention and correction of age changes
Negative impact of ultraviolet rays
Abnormal pigmentation
Impaired microcirculation

Procedure:

The solution is injected into the surface layer of the dermis in the following areas: Face, Neck, Neckline and Hands.

SKIN COLIN

A solution for tightening, strengthening and shaping the skin matrix based on hyaluronic acid



with choline (assists DNA Synthesis)

Skin Conditions:

Dehydration of the skin
Decreased skin elasticity
Sagging skin
Aging skin of face, neck and

décolleté
Photoaging of the skin

Procedure:

The solution is injected into the surface layer of the dermis in the following areas: Face, Neck, Neckline

and Hands.

SKIN B

A solution for filling and modelling of the skin matrix based on hyaluronic acid.

Skin conditions:

Skin with the formation of small wrinkles
Dry dehydrated skin
Fine lines around the eyes
Loss of skin elasticity
Preparation and rehabilitation of medium and medium deep chemical peels, for dermabrasion and plastic surgery

Procedure:

The solution is injected into the surface layer of the dermis in the following areas: The Glabella (between eyebrow/above nose), cheekbones, nasolabial folds, the lower corner of the mouth, the area under the chin.



LOUISE LOVES

LOUISE CANTILLON

CONTACT LOUISE

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



Rogha na Seachtaine

TO DO:

World Blood Donor Day

On June 14 countries around the world will celebrate World Blood Donor Day (WBDD). The event serves to raise awareness of the need for safe blood and blood products and to thank blood donors for their life-saving gifts of blood. Find a clinic near you on www.giveblood.ie



TO LISTEN:

Podcast - "My pod on paper"

In keeping with all things Love Island- (Can't help it- I'm hooked!). This podcast is hilariously funny while also hitting the nail on the head with post episode analysis of life in the Love Island Villa! Do yourself a favour and give these ladies a listen, you can thank me later!

TOO SEE:

Seemple test



After a super win against Clare the Limerick Hurlers take on Tipperary this Sunday in Seemple Stadium! It's going to be an epic clash- one not to be missed! Win tickets all this week on Spin South West, you can tune me in weekdays from 10:45!

Five tips to help you get through the examinations

With the Junior and Leaving Cert exams in full swing, I thought it would be nice to use this space to share some helpful tips and tricks for exam prep and progress!

Having spent five years teaching I like to think I picked up some helpful advice for exam students. Here's what I advise and practice when exam time rocks around

SLEEP

It goes without saying, getting your 40 winks is essential at exam time! Try to set a target time to get to bed each night and avoid late night/all night cramming sessions if possible! Allow yourself some well-earned sleep so your brain will function at its best during the exam.

EXERCISE

As a PE teacher I may be slightly biased here but ensuring you get your body up and active during a long period of exams is vital.

Use exercise as an excuse to take a break from study a brisk walk or run will do your brain the world of good and help you get stuck back into the books when you have to!

HYDRATION

If you can't think straight -> H Y D R A T E! Energy drinks and coffee



Rachel Fennell, Abby O'Brien, Alanna McGregor and Joanne Daveron were pictured at Salesian's College, Pallaskenry on the first day of the Leaving Certificate Exams last week. Follow Louise's advice to get you through

have their perks but at the end of the day there really is nothing quite like aqua! Ensure your body, brain and mind function at their best fuelled by plenty of H₂O.

ORGANISATION

I know it's a cliché but as the saying goes "fail to prepare, prepare to fail". Being organised can really be a game changer!

The work is done and the topics have been covered during the school year now it's your turn to make sure you know the lay of the land; where you need to be, what materials you need to have and how much time you have for various tasks etc.

Take a methodical approach to exams and even if you are worried about material on the paper having a prearranged approach to attacking an exam will get you a long way!

POSITIVE THINKING

The structure of state exams have made us pros at self-criticism and critiquing our best efforts. Don't forget to acknowledge triumphs however minor they may be during the course of your exams!

I guarantee you it's never as bad as you think and while a blip or blunder might stick in your mind try focus on the areas of the papers where you excelled! A positive mind-set can change the course of an entire exam!

101 reasons to watch Love Island

The reality TV show that has the country engrossed! Love Island has returned to our screens for a fifth season.

I know it's not everybody's cup of tea but there is something undeniably addictive about the reality series.

Last Monday Spin South West hosted a launch party in the roof top-secret garden of 101 O'Connell Street!

I was delighted to host the event and it required me to be up to date with all things Love Island - needless to say I've been hooked ever since!

Turning the roof top garden into Limerick's own version of the Majorcan villa we watched episode one along with 80 lucky listeners who won tickets to our exclusive launch!

You can stay up to date with the trials and tribulations of the Islanders with daily updates on Spin South West!

Also... rumour has it we're planning a SPINALE' Party! I'll keep you posted!





I ♥ LIMERICK

RICHARD LYNCH

FOLLOW RICHARD

Facebook: Richard Lynch

Twitter: @richanthon

Web: www.richardknows.com

Email: Richard@ILoveLimerick.com



The Social and Health Education Project Celebrates 10th anniversary

Moving stories heard at celebration from participants of how SHEP had helped them overcome personal struggles

The Social and Health Education Project (SHEP) is a unique, not-for-profit, community-based training and development organisation with branches in Limerick, Cork and Kerry.

They are celebrating ten years of continuous training activity in Limerick and to mark this milestone, the SHEP Midwest Advisory Group held their 10th Anniversary Celebration at the Absolute Hotel last week.

At this special event, 35 participants of the 2018/2019 training course groups received their certificates in courses such as Continuing Personal Development. I went to the event and I was so moved to hear some of the participants explain how SHEP had helped them overcome their personal struggles.

One of the participants told me, "This SHEP Certificate in Personal Development was an extremely beneficial course. It opened my eyes and taught me how to see things from a different perspective." Of particular importance in the SHEP programme is the emphasis on empowerment and facilitation.

SHEP works in the area of advocacy, counselling, organisational support, Earth awareness and international learning partnership. Anita O'Shea, chair of the SHEP Mid-West Advisory Group says, "The SHEP Mid-West Training Programme has gone from strength to strength. A great number of people, their families and communities have benefitted from the transformational experience of SHEP courses."

The SHEP Mid-West Programme is supported by a



Pictured at the SHEP 10th anniversary event at the Absolute Hotel are Cora Daly, Limerick Clare Education Training Board Youth officer, Dean Leahy, O' Malley Park, Anita O'Shea, SHEP chairperson, Yvonne McCarthy, Cappagh and Gearoid Prendergast, coordinator Midwest Regional Drugs and Alcohol Forum PICTURE: CONOR OWENS/ILOVELIMERICK

number of local partners including the Mid-West Regional Drug and Alcohol Forum (MWRDAF), Limerick and Clare ETB, the HSE, Paul

Partnership as well as SHEP. Many other local organisations also collaborate with SHEP and have offered the short SHEP

Community Education courses in their different settings.

Ms O'Shea is the local contact for the programme

and can be contacted on 085-8626844. Applications can now be made for courses starting in September. See www.socialandhealth.com.

TOURISM

Bureau busy promoting Limerick as business tourism destination

It's been a busy start to 2019 for Shannon Region Conference and Sports Bureau where they were not only building their local ambassador programme but also found the time to head to the UK and US to promote the region for Meetings, Incentives, Conferences and Exhibitions (MICE) business.

The Shannon Bureau promotes the Shannon Region as a location for business and sports tourism and offers an entirely free service to event organisers and local ambassadors to help increase the Clare and Limerick regions share of the lucrative international business and sports tourism market.

The Shannon Bureau recently attended Conference & Incentive Travel (C&IT) Magazine A-Lister Awards in the Savoy Hotel London.

The bureau had the chance to promote Limerick and Clare as a top class Business Tourism destination, to the top 35 under 35 event planners in the UK.

The Shannon Bureau also recently attended a Meeting & Incentive Forum in Scottsdale, Arizona.

The Bureau met over 55 meeting planners promoting the Shannon Region, counties Limerick & Clare, as a Business Tourism destination.

Karen Brosnahan, Shannon

Bureau Manager tells me, "We had huge interest in the Shannon Region from U.S buyers at M&I Forum, having an international airport in Shannon with preclearance as well as some of the best hotels in the world, a short distance away makes the Limerick/Clare area a standout choice for their clients."

Hundreds of ambassadors have been actively working with the Bureau in recent years to help attract thousands of people to the region through a range of business and sports events. See www.conferenceandsportsbureau.com.



Karen Brosnahan, Manager of Shannon Region Conference and Sports Bureau pictured with Gillian Griffin, from Adare Manor at the Meet Dublin London event

THINGS I ♥ THIS WEEK

CHARITY

Sure to be great buzz at Pauline's dance party

Pauline Walsh of Knocklong and well-known beekeeper of Tigin Honey is kindly going to donate her 60th birthday celebrations as a fundraiser for Live95 Helping Limerick Children.

Live 95 started this new and exciting initiative to raise funds and increase awareness around Limerick City and County for three amazing charities, Children's Grief Centre, Clionas Foundation and CARI Limerick.

Mary Madden, CARI Supervisor tells me: "The idea behind this is a danceathon! So nonstop dancing and taking in some of Pauline's playlist to suit all age groups." People can come along and dance and donate and stay for a short while or all night long. The main thing is the dancing will be nonstop with DJ JP Dillon of Live95FM. There



Pauline Walsh

will also be a mega raffle on the night.

CARI on Dancing will take place Wednesday, June 12 in the Deebert House Hotel, Kilmallock. Dancing will begin from 7pm until 11pm. Food and nibbles will be provided on the night. It is a €5 donation on the door, where all proceeds raised will go directly to the charities. Email marymadden@cari.ie for more info. Well done Pauline!

Looking forward to Emma's homecoming

Emma Langford has announced her Limerick homecoming concert on July 12, and it looks set to be a unique celebration of local and international talent.

Limerick singer-songwriter and RTÉ Radio 1 Folk Award winner, Emma will headline Limerick Summer Music at the Rosbrien Pavilion on July 12, in what will be her biggest hometown show to date. Langford launched her first album Quiet Giant in 2017 and is now working with Grammy-nominated team The Production Suite in Dublin to produce a much-anticipated sequel.

Having toured the album extensively across Europe and the UK since its release, her 2019 summer tour is a farewell of sorts to "the Giant", performing it in full for audiences in Belfast, Mayo and Limerick. "This is actually the first time audiences will get to hear Quiet Giant in all its glory – all ten tracks, with a full band," says Langford, who launched the album at Dolans Warehouse in Limerick City in December 2017, "I can't wait – we've had the experience of playing the songs across Europe over the past year and a half now, and I feel like we've really grown into them a bit more as a band. We've put together some beautiful new arrangements, plus we'll be joined by some very special guests, so



Emma Langford has announced her Limerick homecoming concert on July 12

PICTURE: DOLF PATIJN

that's going to add a whole new dimension to the show."

Emma is also taking the opportunity on July 12 to officially launch a new single from her forthcoming album called 'Goodbye Hawaii' and "it's a departure from the earthy, orchestral

vibe on Quiet Giant. It's almost indie-pop, I've been calling it Hawaiian Motown," Emma tells me.

Tickets for Limerick Summer Music (€20) are available from eventmaster.ie. For further information visit www.limericksummermusic.ie.

Limerick businesswomen of the year award winners announced



Pictured at the Network Ireland Limerick 2019 Businesswoman of the Year Awards were winners Patricia Roberts, No. 1 Pery Square, Emma Langford, Singer-Songwriter, Hannah Wrixon, Get the Shifts, Petrina Hayes, The Savoy Collection and Olivia Buckley, Olivia Buckley International PICTURE: BRIAN ARTHUR.

The winners of the Network Ireland Limerick Businesswoman of the Year Awards 2019, sponsored by LEO Limerick and AIB, were announced at a special awards evening at No.1 Pery Square.

Twenty six finalists were competing across five categories.

Network Ireland Limerick provides a forum where women in business, the professions and the Arts can exchange business ideas and increase their business contacts.

Hannah Wrixon, Get the Shifts, won the Emerging New Business Award. Olivia Buckley of Olivia Buckley

International won the Small SME Award. Owner of No.1 Pery Square Patricia Roberts won the Large SME Award, singer and songwriter Emma Langford, won the Arts category and the Shining Star Employee Award went to Petrina Hayes, The Savoy Collection.

The winners of each award category will now go on to the national finals for Network Ireland which will be announced at a Gala Ceremony in September in the Celtic Ross Hotel, West Cork. Congrats girls!

See www.networkireland.ie/limerick.

HERO OF THE WEEK

Brave Leona offers hope to those affected by violence and abuse

Leona O'Callaghan has set up the Survivor Support Anonymous group to offer support to other survivors of sexual, physical or domestic violence.

At the age of 13, Leona was raped by Limerick man Patrick O'Dea. Patrick who was sentenced to 18 years imprisonment in November 2018, more than 20 years after the countless attacks.

Back in November Leona faced Patrick in the Central Criminal Court she said: "Despite standing here with my heart on my sleeve and admitting the effect you have had on me, let me be clear, you did not win."

Shortly after, Leona set up Survivor Support Anonymous. Leona was also nominated for Limerick Person of the Year 2018. Well done Leona!

For more information contact 0851492977 or visit www.survivorsupportanon.org.



*Love to all,
Richard x*

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Lyons of Limerick and Nenagh is the official main dealer for Ford, Volvo, Jaguar and Land Rover. Check out the fun open events this weekend at both sites

Win your deposit back to value of €2k - only at Lyons

Cash back: Book a 192 reg car with Lyons and you'll be in the draw to win this great prize

LYONS of Limerick is holding an open weekend for Ford, Volvo, Jaguar and Land Rover from Friday June 14 to Sunday June 16.

If you're looking for a thrilling new 192 model supported by great aftersales, warranties and keen financing through PCP plans come to Lyons of Limerick or Lyons of Nenagh during the open event.

Lyons of Limerick are main dealers for Ford, Volvo, Jaguar and Land Rover. Times for the event are as follows: Friday June 14 9am - 6pm; Saturday June 15 9am - 5pm; Sunday June 16, 12noon - 3pm

In celebration of the new EcoSport offerings exclusive only to FordStore, Lyons of Limerick is offering one lucky customer the

chance to win their deposit back up to a maximum value of €2,000*. To be in the draw for this fantastic prize, book your "192" with Lyons of Limerick this weekend.

At Lyons of Limerick during the open event, you can look forward to massive savings on our 192 range. To celebrate Jaguar's I-Pace winning three top awards already

this year, Jaguar is giving €3,000 off every car sold until August 31 2019 with three years' free servicing.

For customers who aren't in the market for a new car we have an exclusive used car sale for the open event. Lyons of Limerick is also offering a free car wash for visitors to its showroom during the open event. (Limited availability book in

showroom early). There's something for all the family this weekend with light refreshments served during the event.

Tel. Lyons of Limerick, Ballysimon Road, Limerick on 061-413344 and for Lyons of Nenagh, Limerick Road, Nenagh, Co Tipperary Tel. 067-33442. *T's & C's apply.



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Limerick Motor Centre

Tipperary Road, Limerick, Co. Limerick

P: 061 417 141 E: info@limerickmotorcentre.ie

Martin O'Mara 086 8517305

Robert O'Mara 087 9926367

Gerry O'Brien 086 2766267

Noel O'Callaghan 087 4119393

Kieran Curtin 087 6302055



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*The Hyundai 5 Year Unlimited Mileage Warranty applies only to Hyundai vehicles that have been originally sold by an authorized Hyundai dealer to an end-customer, as set out in the terms and conditions of the warranty booklet. #Hyundai Tucson Comfort. Retail price €27,495. Finance amount €18,721.75. 36 monthly repayments of €247.24. Total cost of credit €1,790.28. Optional final payment of €11,547.90 APR 3.9% as at 8th May 2019. Minimum deposit €9,623.25. Lending criteria, conditions apply. Available at authorised dealers for models booked and registered by 29th June 2019. Hire purchase by Bank of Ireland t/a Bank of Ireland Finance. Dealer charges apply. *Price excludes dealer delivery and related charges. Offer applies to 192 Tucson Comfort Passenger booked and registered by 29th June 2019. Model shown for illustrative purposes. WLTP Co2 183 g/km. Fuel consumption 4.9L per 100 km

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ST. MARY'S R.F.C.

Lotto Draw held Monday 4th June 2019
Winning Numbers: 16-18-23-28
No Jackpot Winner

4 Winners €40 each: Keith Harte c/o Cowheys,
Joe McNamara c/o C Mullins, Gera Moloney
c/o Gate, Yvonne McInerney c/o T Kerley
Weeks Jackpot €8650
Draw will take place in The Gate bar

GERALDINES A.F.C.

WEEKLY LOTTO DRAW HELD ON 10/06/18

This Week's Jackpot: €1300
No's: 5-11-18-25

Lucky Dips: Alex c/o Papa, B Doyle c/o PRO,
Dermot Kiely c/o Dave Connolly
Promoters Prize Shelia Doyle and Rose Nugent
Next Week's Draw held 17/06/2018
Next Week's Jackpot: €1400

ST. MARY'S R.F.C.

Lotto Draw held Monday 10th June 2019
Winning Numbers: 8-14-24-27
No Jackpot Winner

4 Winners €40 each: Myra Cosgrave c/o
Michael Cosgrave, Andy Sheehan c/o Joan
Hurley, Stephen Kirwan c/o C Mullins, Dermot
Murphy c/o M Ryan Next Weeks Jackpot €8800
Draw will take place in The Gate bar

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FAMILY ANNOUNCEMENTS

IN MEMORIAM



† CARROLL

(Father's Day Remembrance)
In loving memory of a dear husband, father and grandfather, **Tommy Carroll, late of St. John's Ave and Southill, who we remember on this Father's day.**

If Heaven had a number
We would call you on the phone
To wish you Happy Father's Day
And ask you to come home.
A kiss blown up to the sky so blue -

Catch it, Tommy, it's just for you.

Happy Father's Day
Happy Father's Day Dad, we all miss you so much always in our hearts, from your wife Mary, son Gerard, daughters Tanya and Philomena. xxx

A kiss blown to the sky so blue
Catch it Grandad it's just for you.

Happy Father's Day, lots of love from all your Grandkids **Andrew, Tyrell, Leeroy, Gerard, Tommy and Eoin, granddaughters Chelsea and Sophia xx**



† CASEY

(11th Anniversary)

In loving memory of my brother **Michael (Enion) Casey, late of Wellfield, Garryowen, Limerick who died on 14th June 2008.**

A lot of things have happened Enion,

Since you went away,
Things that wouldn't have happened,

If God had let you stay,
You would have sorted them out

In your own special way,
I visit your graveside,

I place flowers with care,
Just to let you know,

How much I really care.
And in my heart you will always be,

And in my prayers I know Enion
You always answer me.

You are my brother
And I will never forget you.

Also remembering my mam
Rose Casey and my brother
Ollie whose birthday occurs
this month.

Sadly missed by your sister
Mary and Lofty. x x

IN MEMORIAM

Enion
Enion you were so special,
So hard to be without,
But I know you are beside me,
Of this I have no doubt.
No matter how life changes,
No matter what I do,
There's a special place deep in
my heart,
Especially for you.
If I could have one single wish,
And never have another,
It would be to have one hour,
And spend it with you my
brother,

(Rest in Peace) brother.
Also thinking of my mother
whose birthday occurs at this
time and my brother Ollie.
Sadly missed by your sister
Jackie Casey and friend
Maggie- Lee x x x x x

They say there is a reason,
They say that time will heal,
But neither time nor reason
Will change the way I feel,
For no one knows the heartache
That lies beyond our smiles;
No one knows how many times
I have broken down and cried.
I want to tell you something
So there won't be any doubt
You're wonderful to think of,
But so hard to be without.
We sat beside your bedside,
Our hearts were crushed and
sore;

We did out duty to the end
Till we could do no more.
Love from Kay

If my love could have saved you,
You never would have died;
If my tears could bring you back,
You would still be by my side.

All my life I'll miss you,
As the years come and go,
But in my heart you will live for-
ever,

Because I love you so.
Gentle Jesus up above,
Give Enion all our love.
Sadly missed by Deirdre. xxx

There is a bridge of golden mem-
ories

From here to Heaven above;
It keeps you within all our hearts
It's called the bridge of love.
Sadly missed by John, Anne
and Grace.

My Uncle
It was a sudden parting,
Too bitter to forget,
Those you love dearly,
Are the ones you don't forget.
It doesn't take a special day
Enion,
For me to think of you, Each
Mass I offer, each prayer I say,
I offer them up for you.
**Lots of love from your niece
Donna.
Happy birthday Nana and
Ollie. x x x x**

No matter how I spend my days,
No matter what I do,
Before I close my eyes at night,
I always think of you.
From your brother Noel. x x

My uncle was so special
I valued him with pride;
I never knew how special
Until the night he died.
**From your loving grandniece
Audrey and Nathan. Also
remembering my uncle Ollie's
birthday at this time.**

IN MEMORIAM



† DONNELLAN & MALONE & O'NEILL

(6th Anniversary and
Birthday Remembrances)

In loving memory of a
loving sister

**Mary Donnellan
(nee Williams),**

late of 22, Walnut Court,
Kennedy Park &
Sean Heuston Place,
Limerick,

whose anniversary occurs
on Saturday 16th June.

Belated Birthday
Remembrance

of my life long friend
Helen Malone (nee Carey),

late of 38 Byrne Ave,
Prospect, Limerick,

whose birthday occurred
on June 2nd. R.I.P.

Also Belated Birthday
Remembrance

of my cousin
**Rosaleen O'Neill
(nee Williams)**

whose birthday occurred
in the 10th June. R.I.P.

Remembering

my special first cousin
John "Sean-OG" O'Neill,

late of 101 Lenihan Ave,
Prospect & Kennedy Park,

whose birthday occurs on
Tuesday 26th June.

Rest in Peace.
Mass Offered.

Gentle Jesus up above
All we can send you
is all our love.

Always remembered never
forgotten by your loving
sisters Theresa Williams
Kennedy, Margaret Buckley
& Family, Ann McNamara &
Family, Big Edel, Darren &
Children, Michael Harnett.

Happy Birthday
Sean and Helen up above
All we can send you
is all our love

Thinking of you always Helen
and Sean-OG on your
birthdays, love Theresa and
big Edel and children x

Father Day Remembrance
of my loving father
Thomas Williams,
late of 3, Sean Heuston Place.

Thinking of you on this
special day
All our love from your
daughter Theresa
and granddaughter big Edel
and children

IN MEMORIAM



† FITZGERALD

Fathers Day Remembrance
of **Michael Fitzgerald, late
of**

**2, Ballygreannan Road,
Ballynanty, Limerick.**

We tried so hard to write these
words

To say how much we miss you
The more we try the more we
cry

Oh Dad how much we miss you
so

Little did we know that day
That sorrow was so near
No last farewells were spoken
No time to say goodbye
You were gone before we knew
it

And only God knows why
At night when all is silent
And sleep forsakes our eyes
Our thoughts are on a lonely
grave

Where our dear Father lies
**Happy Fathers Day Dad, we
love and miss you each day
and live you always, your
daughter Mary, Tina, Jenny,
Audrey son's Wacker (Pat)
Tommy, wife Eileen, sons in
law Jason Alan, grandkids
great grandkids, brothers and
sisters**



† MCGRATH

(16th Anniversary)

In loving memory of **Nuala
McGrath (nee Boland) late
of 66, Cosgrave Park,
Moyross whose 16th
anniversary occurs on the
14th June 2019. Mass
offered on Saturday 15th
June 2019 at 7pm in Corpus
Christi Church, Moyross.**

God called your name so softly
That only you can hear
And no one heard the footsteps
of the angels drawing near
Our thoughts are forever with
you

Though you have passed away
And those who love you dearly
Think of you everyday.
**Always remembered by her
husband Pat, family and
friends.**

Nuala
A special tear fell today,
That no one else could see,
It was for a special sister,
Who meant the world to us.
We like to say many things,
But don't know where to start,
We only know we love you Nua-
la,

From the bottom of our hearts.
**Always remembered, never
forgotten by your sisters
Margaret, Angela, nephews
and nieces.**

IN MEMORIAM



† MULQUEEN

(18th Anniversary)

In loving memory of a dear
son, brother, uncle

**Kenneth Mulqueen, late of
98, Cliona Park, Moyross,
Limerick who died on 15th
June 2001. Mass offered on
Saturday 15th June in
Corpus Christi Church at
7pm**

We still miss you so much,
Kenneth,

And however hard we try,
There is always that part of us,
That cannot say goodbye,
Because we hope that you still
know,

We miss you more and more
Than any words can show.
We can't believe 18 years have
passed

Since we saw your smiling face;
You were so very special,
Kenneth,

No one can take your place.
With broken hearts we whisper
low,

God bless you, Kenneth, we
love you so.
**Sadly missed by his Mam and
Dad.**

How do I write on paper,
The feeling I have inside,
From a heartbroken sister,
Who has missed you since you
died,

My heart still aches with sadness,
My secret tears still flow,
For what it meant to lose you,
No one will ever know,
Call Kenneth's name out softly,
Lord,

And when he looks your way,
Tell him that I love and miss him
every day.

**Always loved and missed by
your sister Stacey and partner
Paul.**

A thoughtful brother, a special
friend;

A heart of gold,
The very best this world could
hold.

Of all the gifts in life,
However big or small,
To have you as my brother
Was the greatest gift of all.

**Sadly missed by your loving
brother Robert and Anastasia**

Look around your garden, Lord
For a man with a lovely smile -
That will be our uncle;
He must stand out a mile.
Find the softest pillow, Lord
To lay his head upon;

Kiss him twice upon the cheek
And tell him who it's from.
**Sadly missed by Sherelle,
Jordon, Davin, Robbie,
Maria, Kristina and Sasha**

It breaks our hearts to lose you,
But you won't go alone,
For part of us went with you,
The day God took you home.

**Sadly missed by your
godmother Sheila, Pat and
family**

No last words were spoken,
You never said goodbye;
You were gone before we knew
And only God knows why.

**From your aunt Breda, Noel
and family.**

IN MEMORIAM

Your life was a blessing
Your memory a treasure
You are loved beyond words
And missed beyond measure
**From your aunt Sharon,
Martin and boys xxx**

Beautiful memories woven in
gold,
That is the picture, I tenderly
hold.

Deep in my heart your memory is
kept,

To love, to cherish, to never for-
get.

**Sadly missed by your loving
aunt Noreen.**

It seems so strange that those we
love,

And those we need the best,
Are just the ones God calls away,
And takes them home to rest.

**Sadly missed by your loving
uncle Kieran and family**

Another month, another year,
Another smile, another tear;
Another winter, a summer too,
But there'll never be another you.

**Sadly missed by your loving
uncle Ivan, Louise and family**



† SPRATT

(Fifth Anniversary)

In loving memory of a dear
wife and mother **Christina
Spratt, late of
Thomondgate, whose fifth
anniversary occurs on
June 23rd.**

You always had a smile to share,
Time to give and time to care,
A beautiful nature, a heart of
gold,

The love you instilled
We will always behold.
**Sadly missed and always
loved by your husband Bill
and son Robert.**

THANKSGIVINGS

NOVENA TO THE SACRED HEART

Dear Heart of Jesus, in the past I
have asked for many favours.
This time I ask you this very
special one (mention favour).
Take it dear Jesus and place it
within your broken heart
where your holy Father sees it.
Then in His merciful eyes it
will become your favour, not
mine. Amen. Say prayer for 3
days. Promise publication and
favour will be granted.CC

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.



SPORT

Leader

**BUMPER WEEKEND
OF ACTION AHEAD**

It's time to plan
your TV viewing

See Page 63 for more



The scene is set: Limerick take on their bitter rivals Tipperary this Sunday at 2pm in Semple Stadium. A huge crowd is expected at the traditional home of hurling



Limerick's final attempt in 'Semple' showdown

JEROME O'CONNELL

joconnell@limerickleader.ie

A FIRST Munster SHC final in five years is the prize on offer for the Limerick senior hurlers when they play Tipperary in the final round group game this Sunday.

While John Kiely's Limerick look on course to progress in the championship, such are the varied permutations that Limerick could win in Thurles and not reach a Munster final and yet lose and reach the final – all to be confirmed pending the result of Clare v Cork.

Were Limerick to reach the June 30 Munster SHC final, it would take place in the LIT Gaelic Grounds against Tipperary or Cork.

A remarkable sequence of results would be necessary

for Limerick to miss out on championship progression – a third place finish in the Munster SHC table, like last year, would book a July 6/7 preliminary All-Ireland quarter final against the beaten finalist in the Joe McDonagh Cup, with Laois and Westmeath the likely opponents.

“The consequences of it being a Munster final or anything else are irrelevant to me - I don't think like that, we don't think like that. We want to go to Thurles and put in a really credible, honest performance against one of the best teams in the country right now and that's the challenge for us this week,” outlined Limerick manager John Kiely.

The Limerick manager is in no mood to allow results elsewhere determine the fate

of his side.

“At the end of the day we only have four points after three games and whatever the result and whatever the score difference now, that's irrelevant. We have four games in this run and we have three of them played with two wins and we need more points on the board - four points isn't enough,” he stressed.

Liam Sheedy's Tipperary have the only 100% record in the championship.

“They're just in a great run of form at the moment, but it is what it is - we always knew we'd have to go to Thurles for the last game of the group. And it's totally in our own hands,” said Kiely.

“Look at where we are going next - up against one of the best forwards units in the country next Sunday. Those

lads only need a smell of a chance and it's over the bar; they will shoot from anywhere on half a chance. They don't delay getting their shot off - once the ball comes to hand, the next thing the shot is off. We are up against one of the most efficient and accurate forward division and probably one of the better hurling forward divisions that we have ever encountered,” he outlined.

Kiely heaped praise on his players after Limerick's biggest win over Clare in 78 years.

“All credit to the players they found themselves in a really difficult place three weeks ago and they dug themselves out of a hole last weekend to give ourselves a chance this weekend and this weekend they kept on digging to get themselves out of a

bigger hole in terms of trying to stay in the competition and stay in the game of the championship. We have more work to do - we only have four points but all credit to the players they have been fantastic and worked so hard in the last month.”

Sunday's game in Thurles has a 2pm start with the Limerick-Tipperary minor game a 12noon curtain-raiser – Limerick need a win to reach a six Munster MHC final in seven years. The senior game is live on RTE's The Sunday Game.

While stand tickets are sold out, terrace tickets are on sale in Centra and SuperValu outlets and online at www.ticket.ie – it has been confirmed that Limerick supporters will largely be in the Town End terrace.

For more see #LLSport

Limerick FC

Barrett: “Our attitude must be right for Wexford trip”

COLM KINSELLA

ckinsella@limerickleader.ie

LIMERICK FC will be aiming to make it back-to-back wins in the SSE Airtricity League First Division when traveling to Ferrycarrig Park to take on Wexford FC this Friday, 7.45pm.

Tommy Barrett's charges hit back from a goal down to Galway Utd at half-time at the Markets Field on Saturday night to record a precious 2-1 success.

Goals from Lee Devitt and Kieran 'Red' Hanlon helped Limerick extend their unbeaten league run to five games in front of a disappointing attendance of just 435.

The in-form 'Blues' have now taken an impressive 13 points from a possible 16 over their last six First Division fixtures.

Limerick currently sit in fourth place in the table, just six points off leaders Shelbourne.

Tommy Barrett said: “Every game is difficult. We have seen that. We haven't beaten anyone by a two-goal margin bar Cobh, I think.

“We have to take our chances and we have to go down to Wexford, they have some really dangerous players in Danny Furlong and Jack Doherty.

“They have been losing by a single goal to a lot of teams. We went to Athlone recently and we weren't at it and we weren't at it against Galway in the first half. You can get turned over by anyone in this league. If we got there with the right attitude we should be ok.”



Limerick's Shaun Kelly in a clash with Galway's Mark Ludden last Saturday night

SPORT
SNIPPETS

PODCAST

Episode 17 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

Win Tickets to
Limerick versus
Tipperary

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 Thurles.

You can win one of these pairs by simply emailing us and using #LLSport in the subject line.

The competition ends this Wednesday June 12 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.

Limerick duo top
Audi Golf event

Patrick Murriny and John Hickey have been announced as the winners of the Audi Limerick heat of the prestigious Audi quattro Cup, held at Limerick Golf Club.

The pair topped the leader board after 18 holes with a final score of 43 points. A total of 88 golfers in 44 teams played the course at the Audi Limerick event. The six highest ranking teams in each Audi quattro Cup qualifying heat, including the winning pair, progress to the national final of the premium brand's amateur golf tournament.

This year's Audi quattro Cup national final will be held at Powerscourt Hotel and Golf Club, Co. Wicklow on Thursday, August 22.

Lee wins in
Kilkenny

In form Billy Lee helped Curragh trainer Willie McCreery notch up the second treble on his career when the pair shared three winners at Gowran Park on Bank Holiday Monday.

#LLSport

For more sport see #LLSport on Social media

Limerick
set for
Mullingar
Qualifier

JEROME O'CONNELL
@JeromeSport

LIMERICK are Mullingar bound for their All-Ireland SFC Qualifier against Westmeath.

Billy Lee's side will play the Leinster side in TEG Cusack Park on Saturday June 22 at 6pm in the round two qualifier.

The sides previously met in the 2006 All-Ireland SFC Qualifier in Mullingar with the Leinster side winning 0-13 to 1-9.

Current coach-selector Sean Kiely was Limerick goalkeeper in that tie where a 20th-minute goal from Micheal Reidy helped the Shannonsiders race into a 1-5 to 0-1 lead before the men in maroon battled back to defeat Limerick by a single point.

Billy Lee's Limerick are looking to bounce back from their heaviest Munster SFC defeat since 1990 against Cork.

But Limerick did taste victory in the championship - shocking Tipperary for a first Munster SFC victory in seven years.

Westmeath only played one Leinster SFC game - losing to Laois.

But the Lake County men enjoyed a profitable Spring with promotion to Division Two of the Allianz League and a Croke Park League title win - their second promotion and league silverware in three seasons.

The last Limerick versus Westmeath encounter was

during the 2017 league when the men in maroon were 1-18 to 0-12 winners in the Gaelic Grounds.

If Limerick advance past Westmeath they will face another round two winner on June 29/30 - Longford v Tyrone, Antrim v Kildare, Clare v Leitrim, Mayo v Down, Derry v Laois, Offaly v Sligo or Monaghan v Armagh.

Elsewhere, the Limerick Senior camogie side begin their Liberty Insurance All-Ireland Senior Camogie Championship this Saturday (5pm) when they play Offaly in the LIT Gaelic Grounds.

Limerick will be looking to advance to the knockout stages of the All-Ireland championship for the first time after their promotion up to the senior ranks with intermediate title success in Croke Park in 2014.

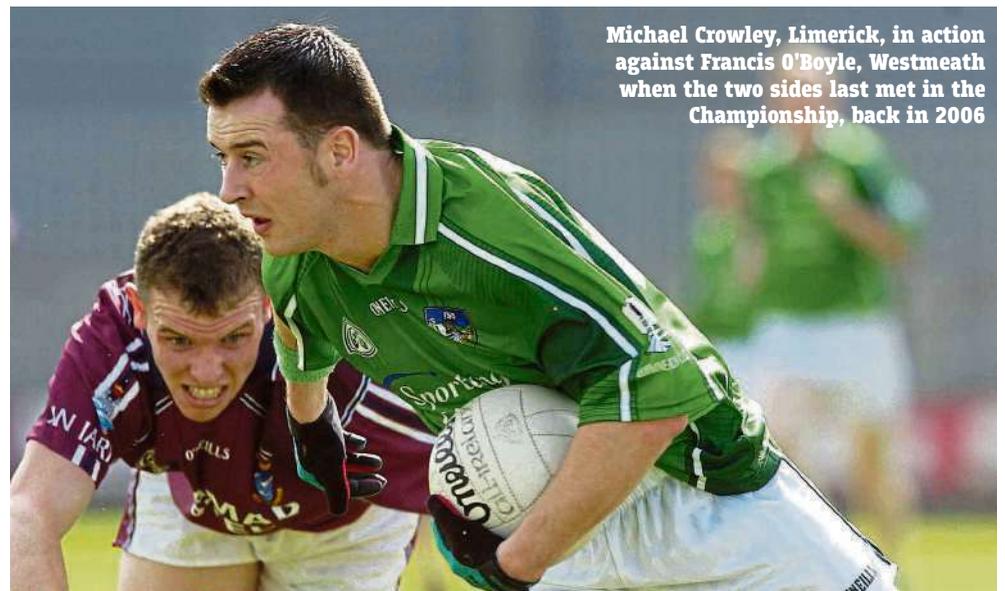
Earlier this year Limerick beat Offaly in the league as Declan Nash's reached a league semi final, where they suffered a disappointing loss to Galway.

Saturday will be the first championship meeting between the teams since 2017 when the Leinster side were winners in the Gaelic Grounds.

After the Offaly tie, Limerick have another home game on June 29/30 against Wexford and then two away games; Galway (July 6/7) and Kilkenny (July 20/21).

Three teams out of the five will reach the knockout stages.

For more see #LLSport



Michael Crowley, Limerick, in action against Francis O'Boyle, Westmeath when the two sides last met in the Championship, back in 2006

Limerick arrowsmith O'Connor inspires
Rep of Ireland to World Cup final run

Steve Lennon and William O'Connor pictured following the World Darts final where they won silver for Ireland.

LIMERICK'S William O'Connor and his partner Steve Lennon, from Carlow, came up just short in their bid to claim an historic first PDC BetVictor World Cup of Darts title in

Germany on Sunday. Thirty two-year-old Cappamore man O'Connor and his Republic of Ireland team mate Lennon lost out 3-1 to the Scottish duo and number two seeds of

Peter Wright and Gary Anderson in the decider. No Irish pairing had gone beyond the last 16 stage prior to this year, so it proved a terrific tournament for the resilient Irish duo.

FAI soccer exhibition at UL

THE National Football Exhibition is visiting the UL from this week.

The Exhibition will be open to the public at UL Sports Arena from this Thursday, June 13 until Sunday, June 30.

In order to promote the UEFA European Championships coming to Dublin in 2020 - with four games set to be played at Aviva Stadium - the FAI, Dublin City Council and The Department of Sport joined forces to create a National

Football Exhibition.

The Exhibition provides free access to anyone interested in learning about 60 years of the tournament, reliving some golden Irish footballing memories, discovering rare memorabilia, programmes, jerseys and artefacts, and having fun with the interactive stations.

The exhibition is made up of six zones, with each zone designed to give you an overview of the various different aspects of football

in Ireland, the impact this has around the country and some of your favourite National and International moments.

The zones will be made up of memorabilia displays and interactive stations with videos, quizzes and an opportunity to step up to the mic and record your own commentary.

The Exhibition is free and the Exhibition App is available to download from the App Store or Google Play Store with an audio tour and additional information.



Richard Dunne's 'Russia 5' jersey. Just one of the exhibits

ON THE BALL

“Limerick to the core...”

COLM KINSELLA

Busy summer cries out for return of the Monday Game

STAYED up until after 11.30pm on Sunday night to watch the conclusion of RTE's Sunday Game.

I toyed with the idea of calling it a night earlier, but having flicked over to check on Rory McIlroy's impressive march to the Canadian Open golf title a few times earlier, I chose not to retire to bed until the Sunday Game's instantly recognisable signature tune was playing.

The Sunday Game – RTE's flagship GAA championship highlights programme – was two hours in duration last weekend. However, after it concluded as the clock ticked towards midnight it was hard not to feel underwhelmed.

Last weekend was a monster weekend for GAA action. Provincial hurling action in Munster, both hurling and football action in Leinster, football ties in Ulster as well as the All-Ireland football qualifiers. Phew!

I have no doubt that the staff working on the Sunday Game programme were flat out over the weekend. Trying to shoehorn all that action into a two-hour programme must have been very stressful.

My issue with it is that one

two-hour programme didn't do justice to all the GAA action that took place over the weekend. To be fair, RTE showed three games live, the Ulster football semi-final meeting of Donegal and Tyrone on Saturday evening and two hurling championship games on Sunday, Kilkenny and Galway followed by Limerick and Clare.

The Munster hurling championship has been comprehensively covered by RTE this summer. It will be interesting to see if as many games are shown live next summer given the one-sided nature of so many Munster championship fixtures in recent weeks.

For instance, each of Limerick's four round robin hurling fixtures in Munster will be shown live on RTE this summer which will be welcomed by stay-at-home GAA fans locally.

My gripe is on behalf of those counties who do not get the same level of exposure from the national broadcaster.

Eight counties exited the All-Ireland football championship last weekend following qualifier defeats.

They will not get any national TV exposure for the rest of the year. The majority of these teams



Room for improvement: Des Cahill and Joanne Cantwell are doing great jobs for the Sunday Game, but could RTE be doing more?

did not get live TV exposure earlier in the summer when they played in their respective provincial championships.

On Sunday night, on the Sunday Game, a brief highlights package of each of the football qualifiers was shown because of time constraints.

With most of the teams knocked out in the qualifiers playing in the lower divisions in the Allianz League, they do not benefit from regular live TV coverage during the spring either.

These counties deserved more exposure on Sunday or perhaps from a more practical point of view, RTE should have added a second GAA highlights and analysis programme to provide more comprehensive

coverage.

These are the prime and busiest weekends for inter-county championship action. The return of RTE's Game on Monday, a second GAA highlights/analysis programme for even four or five weeks during the summer, would allow RTE give greater coverage to counties who exit the championship at an earlier stage and don't get the same exposure as the All-Ireland contenders.

It could also be used to show highlights of Joe McDonagh, Christy Ring and Nicky Rackard Cup games, again providing a platform to showcase the skills of hurlers in these competitions.

JEROME O'CONNELL

Google maps couldn't confirm best route to Croker

LIMERICK are all but guaranteed progress into the All-Ireland SHC series after the biggest championship win over Clare in 78 years.

Win, lose or draw against Tipperary on Sunday in Thurles, the permutations are varied for Limerick.

And, one must wonder is the direct route or extended journey the best option to Croke Park.

The Munster SHC final takes place on June 30 and yes it would be a great for Limerick, especially with the LIT Gaelic Grounds to host a final against Tipperary or Cork.

But the Munster winners then have to wait until July 27/28 for the All-Ireland semi final.

Were Limerick to finish third in the Munster SHC table, as they did last year, they would be most likely Portlaoise or Mullingar bound on July 6/7 to play the beaten finalist in Joe McDonagh Cup; Laois or Westmeath.

One week after this would be the All-Ireland quarter final for the winner against a side beaten two weeks previous in a provincial final.

The quarter final winner would then get a two week run-in to an All-Ireland semi final against a provincial winner sitting cold for four weeks.

The maths appear to suggest finishing third would not be the worst thing in the world but pressing the pause button on winning momentum could be dangerous for a side that have looked to be edging back to their 2018 best across the last two weeks.

Just nine of the current 37-man Limerick senior hurling panel hold Munster Championship medals and they appear intent on attempting to add to their medal collection.

DONN O'SULLIVAN

New 'Limerick' hard to fathom as scars of the past remain

I hope all the young Limerick fans out there, who didn't suffer all the heartbreak, appreciate how good this side are. A pleasure for us to have them represent the county.

That was a tweet I sent out into the universe on my way back to the office from the LIT Gaelic Grounds on Sunday afternoon.

Judging by the reaction online, it seems to have been on the money with fans of a certain age.

Limerick have not always been this good and they may not be this good forever, so it is imperative

that people should enjoy every single minute of this team.

The performance of John Kiely's men on Sunday who a sight to behold and one that was enjoyed by everyone in attendance and watching at home.

It was during the game, when Limerick were in the ascendancy,



that I felt a sense of panic.

Could Limerick hang on? Would Clare come back and win it still?

These thoughts were based on years of hurt. Years of thinking that something bad was going to happen even if your side were 10 points clear.

It was then, in that moment of panic,

that I realised the team in green were the All-Ireland champions, league champions and a side who have a winning mentality that few Limerick teams, in any sport, have been blessed with.

The panic was then replaced with a feeling of calm, followed by a chest bursting sense of pride.

These Limerick players are not scared by the past. Nor are the younger fans who have seen Limerick win U21 titles and an All-Ireland crown.

It is not often we get to sit back, relax and enjoy it, so we should.

COLM KINSELLA

Jordan Spieth can overcome 'Pebble' to claim US Open

THE 119th US Golf Championships takes place at Pebble Beach Golf Links in California from this Thursday to Sunday.

This will be the sixth US Open and seventh Major to be staged at the Par 71, 7040 yard lay-out at Pebble Beach. The stunning layout last hosted U.S. Opens in 2000 and

2010, won by Tiger Woods and Graeme McDowell respectively.

Ahead of this week's third Major of the season, Rory McIlroy breezed to a seven-shot win at the RBC Canadian Open on Sunday night with weekend rounds of 64 and 61.

Since the US Open began in 1895, only one player has ever been

able to win the event in three consecutive years, Willie Anderson between 1903 and 1905. American Brooks Koepka will look to become just the second player to accomplish the feat this week.

Unsurprisingly given his display in Canada over the weekend, McIlroy heads the betting for the US at odds of 8/1,

one of three co-favourites alongside Brooke Koepka and Dustin Johnson.

At odds of 16/1, Jordan Spieth, who has finished third, eighth and seventh in his last three starts makes plenty of appeal. He's a winner at Pebble Beach and a former US Open winner.

For more see #LLSport



Jordan Spieth, our tip this week

IS THAT ON THE BOX?

Wednesday**TENNIS**

LIBEMA OPEN
BT SPORT 10AM

U20 RUGBY UNION

IRELAND V ITALY
EIR SPORT 2.30PM

YOUTH SOCCER

BRAZIL V IRELAND
FREESPORT 4.30PM

U20 RUGBY UNION

S AFRICA V N ZEALAND
EIR SPORTS 7.30PM

BASEBALL

CUBS @ ROCKIES
BT ESPN 8.10PM

Thursday**TENNIS**

NOTTINGHAM OPEN
EUROSPORT 12NOON

TENNIS

LIBEMA OPEN
BT SPORT 1.30PM

GOLF

US OPEN
SKY SPORTS 4.30PM

ATHLETICS

DIAMOND LEAGUE
EUROSPORT 7PM

RUGBY LEAGUE

TIGERS V HULL FC
SKY SPORTS 7.45PM

Friday**RUGBY UNION**

HIGHLANDERS V W'TAHS
SKY SPORTS 8.35AM

TENNIS

LIBEMA OPEN
BT SPORT 10AM

CRICKET

ENGLAND V WEST INDIES
SKY SPORTS 10.30AM

RUGBY UNION

REBELS V CHIEFS
SKY SPORTS 10.45AM

AFL

ESSENDON V HAWTHORNS
BT ESPN 10.50AM

SOCCER

SIPG V EVERGRANDE
PREMIER SPORT 1PM

HORSE RACING

CHEPSTOW
SKY SPORTS 1.40PM

WOMEN'S SOCCER

JAPAN V SCOTLAND
BBC ONE 2PM

GOLF

US OPEN
SKY SPORTS 4PM

RUGBY LEAGUE

LEEDS RHINOS V WIGAN
SKY SPORTS 7.45PM

WOMEN'S SOCCER

ENGLAND V ARGENTINA
BBC1 8PM

RUGBY UNION

JAGUARES V SUNWOLVES
SKY SPORTS 11.10PM

Saturday**RUGBY UNION**

HURRICANES V BLUES
SKY SPORTS 8.35AM

TENNIS

LIBEMA OPEN
BT SPORT 10AM

CRICKET

SRI LANKA V AUSTRALIA
SKY SPORTS 10.30AM

RUGBY UNION

BRUMBIES V REDS
SKY SPORTS 10.45AM

HORSE RACING

YORK
ITV4 1.50PM

RUGBY UNION

STORMERS V SHARKS
SKY SPORTS 2PM

RUGBY UNION

BULLS V LIONS
SKY SPORTS 4.15PM

GOLF

US OPEN
SKY SPORTS 4.15PM

HURLING

WEXFORD V KILKENNY
SKY SPORTS 7PM

RUGBY UNION

TOULOUSE V CLERMONT
SKY SPORTS 7.45PM

SOCCER

VENEZUELA V PERU
PREMIER SPORT 8PM

SOCCER

ARGENTINA V COLOMBIA
PREMIER SPORTS 11PM

Sunday**AUSSIE RULES**

N MELBOURNE V GWS
BT SPORT 6.20AM

MOTOR SPORT

CATALUNYA RACE
BT SPORT 10AM

CRICKET

INDIA V PAKISTAN
SKY SPORTS 10.30AM

TENNIS

LIBEMA OPEN
BT SPORT 11AM

WOMEN'S SOCCER

SWEDEN V THAILAND
BBC1 2PM

HURLING

TIPPERARY V LIMERICK
RTE 2PM

GAELIC FOOTBALL

GALWAY V ROSCOMMON
RTE 2 4PM

GOLF

US OPEN
SKY SPORTS 4.30PM

WOMEN'S SOCCER

USA V CHILE
BBC2 5PM

U21 SOCCER

POLAND V BELGIUM
SKY SPORTS 5.30PM

U21 SOCCER

ITALY V SPAIN
SKY SPORTS 8PM

SOCCER

URUGUAY V ECUADOR
PREMIER SPORT 11PM



Republic of Ireland manager Stephen Kenny, left, and Liam Scales of Republic of Ireland face Brazil on Wednesday



Noel McGrath of Tipperary in action against Conor Boylan, Sean Finn and Diarmaid Byrnes when they met in the league. The neighbours meet again in the championship this Sunday at 2pm in Thurles, on RTE



On the beach On the house

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Limerick Crescent Shopping Centre. Tel 061 302 120



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