

OFF TO THE RACES!



Emma Doran and Chloe Walsh looking forward to the remainder of the Twilight Racing series. The second evening of racing, music, food and fun takes place this Friday at Limerick Racecourse. The first race is off at 5:30pm with live music afterwards by **Tiny Giants** PICTURE: ALAN PLACE

Twilight Racing on course for Friday

The Leader

Wednesday, June 19, 2019

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ALL YE FAITHFUL Huge crowds attend Limerick Novena **P20-21**

NOT LOVIN' IT Eugene Phelan explains why he doesn't watch TV's Love Island **See page 2**



ESCAPE TO THE COUNTRY See Limerick's most extensive property section **INSIDE**



Munster Final: No public sale for coveted stand tickets **SPORT**

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Leading Off

Setting the agenda in Limerick



▲ GOOD WEEK
Jerry Flannery
Former Munster player is returning to online media in a full-time role as rugby analyst and content creator



▼ BAD WEEK
Corbally/Rhebogue residents
The Park Road Mini Recycling Centre closed this Monday much to the dismay of local residents



☀ QUOTE OF THE WEEK
"Today was the straw that broke the camel's back, it's getting harder for me to walk now"
Rachael Bermingham, who is seven months pregnant, on lack of parking facilities at the Maternity Hospital

INSIDE THIS WEEK



A BIG 'THANK YOU'
Carers celebrated at Thomond Park
Page 19



TRUE COLOURS
Louise at the colour dash
Page 44

Death

LOUGHRAN OFM, Fr Alfred (Colm) Gotera, 81, of Salvador and late of Downey Street, Limerick. June 15, 2019 in the loving care of the friars and staff at Gotera Friary.

Deeply regretted by his Franciscan confreres, and many friends in Central America as well as his confreres, family and friends in Ireland and beyond. Pre-deceased by his parents, James and Mary Loughran; brothers Dermot, Gerard and Eamonn. Sadly missed by his brothers and sisters: Sean, Seamus (Oregon), Maura, Br. Kieran (Christian Brothers), Declan, Tony and Una and wide family circle. Funeral in Gotera on Tuesday, 18 June 18. Rest in Peace. St Francis and St Clare intercede for him.

Am I the only one not watching Love Island?



I was shown a video of these two Love Island contestants Tommy Fury and Molly-Mae revealing the depths of their history and geography knowledge. Tommy, brother of boxing superstar Tyson Fury, was unable to tell Molly-Mae the capital of France



WHAT WE THINK
EUGENE PHELAN
LEADER EDITOR

AM I the only person in Limerick not watching Love Island?

It seems I am, but I can't ignore it, no matter what paper I pick up or news site I go on.

In every office, it is, I am told, the main topic of conversation.

In many ways it is fantasy television and so far from the reality of the real world.

Beautiful bodies everywhere, not even the smallest hint of a pot belly, as a group of beautiful young men and women are whisked off to live in a villa in Majorca.

Surely a few people who don't go to the gym, and know that Paris is the capital of France - a question one of the contestants got wrong - would make it more real to life. And while the producers

of the show may be accused of using young vulnerable people who think life is all about looks and money, many of the contestants will make millions after they leave the show.

Give me the dulcet tones of the beautifully wrinkled David Attenborough explaining the love lives of lions and llamas, whales and spiders, any day.

WEBTOPTEN

1. No public sale of stand tickets for Limerick v Tipperary hurling final confirmed by Munster GAA
2. Up to 40 caravans park up in Limerick town for a 'gypsy-led evangelical event'
3. Limerick forward ruled out of the remainder of the hurling championship
4. Limerick v Tipperary Munster Hurling Final fixture details revealed
5. Outrage as pregnant woman forced to pay 'fortune' for parking across from Limerick Maternity
6. Tougher draw for Munster in Heineken Champions Cup
7. Father found guilty in Limerick court of neglecting young son at home
8. Last member of notorious Cratloe rape gang released from prison after 14 years
9. Applause in court as pensioner gets jail term for abusing children in Limerick village
10. County Limerick directors of Kerry Co-op issue statement on cash for shares



Barry Murphy is out for remainder of championship

WEATHER FOR THE WEEK



WEDNESDAY
Cloudy, with a couple of showers possible
-High of 16°C



THURSDAY
Clouds and breaks of sun, a couple of showers



FRIDAY
Periods of clouds and sunshine, a couple of showers



SATURDAY
Mainly cloudy, a passing shower or two with a high of 18°C



SUNDAY
Considerable cloudiness, rain tapering off
- High of 19°C



MONDAY
Variable cloudiness with afternoon showers

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MyLimerick

Conor Sheehan

Limerick City North Labour councillor

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

My idea of a perfect day would be waking up on a Saturday morning and going for a leisurely breakfast in either Café Rose or The Buttery followed a wander around the city centre. In the evening it would be a nice dinner at one of the city centre restaurants followed by "one or two" glasses of wine at the Copper Room on O'Connell Street.

What's your first Limerick memory?

My first Limerick memory is walking around the city centre with my late grandmother when we used often go to Bewley's café on Cruises Street and then into Quinnsworth where she used to do her grocery shopping and I would help her carry the shopping back to her house in Athlunkard Street.

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

My favourite part of the city is sitting on top of the food stand in the Milk Market on a Saturday morning watching people shop and chat below.

What is your favourite local walk or view?

Being from Corbally, I would have to say the Shannon Fields and the Canal Bank walk. The Smarter Travel initiative has transformed this walkway and we are so lucky to have such a fantastic amenity on our doorstep.

What do you think gives Limerick its unique identity?

I think the people of Limerick and the River Shannon give Limerick its unique identity. Limerick people are funny, cheeky and optimistic and are the key to the revival of the city in the last 10 years. I also think the majestic River Shannon flowing through the centre of the city is part of our identity and I lament how the city has been largely constructed facing away from the river.

Do you have a favourite local restaurant?

I have more than one as I like to eat out a lot. For breakfast, Lush Café at Grove Island do really nice French toast, for lunch I like the Hunt and also the Milk Thistle Café in Mungret and Flanagan's on Thomas Street do a really good steak dinner.

How important do you think sports and the arts are to Limerick?

I think sport and the arts are an important means of expressing our identity here in Limerick. If you take rugby, which in other parts of the country would be considered a preserve of the middle classes but in Limerick it has a universal appeal that transcends class, similarly the All-Ireland



hurling win last year brought out the best in our city with a buzz that was simply unbeatable. I also think the recent production of Limerick playwright Mike Finn's Bread not Profits by the Guna Nua to mark the 100 year anniversary of the Limerick Soviet is an example of the sheer talent and creativity of Limerick. Our success in the fields of sports and the arts shows how Limerick people are grafters above all else and when we put our shoulder to wheel nothing is impossible.

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

I would love Limerick to once again have a city centre cinema and a street of late opening cafés and bars akin to Shop Street in Galway and I think Catherine Street has potential if pedestrianised to develop into such an area.

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

I think the biggest challenge facing the city at the moment is the question of how we revitalise our city to make it more liveable and a key element of that must be housing. The Council own a substantial amount of land that should be developed for housing including the Guinness site off Carey's Road which would be ideal for cost rental housing. We also need to get more people living in the city centre and develop the centre as the key focal point for our city. Part of this involves making brave decisions such as taking cars out of the city centre to make streets such as O'Connell Street less of a thoroughfare and more of a place where people can gather and socialise.

FRONT PAGES OF THE PAST

15 YEARS AGO
JUNE 12, 2004

The Pint: A Price War in the City, was the headline on the lead story. "Battle lines have been drawn in the city in a looming price war over the cost of a pint with a 15 cent increase on Friday, but there is a silver lining with some establishments set to slash

prices. While most pubs were imposing the increase other pubs said they were reducing the price of the pint by up to 40 cent, bringing in a price war.

The main photo was one of Oliva Stapleton, Monaleen who was preparing to represent Limerick in the Miss Ireland finals.



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THERAPY?

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Illegal workers employed by city restaurant

DAVID HURLEY
david.hurley@limerickleader.ie

THE operator of a Chinese restaurant was fined €1,000 after it was convicted of employing non-EU workers who did not have valid work permits.

New Sequoia Palace Limited, which has a registered address at Fraser House, Thomondgate, was prosecuted, before Limerick District Court, following an inspection last October.

Judge Marian O'Leary was told when an inspector with the Workplace Relations Commission called to the premises on October 1, last he established there were a number of employees who did not have work visas.

Issues relating to the keeping of time-sheet records were also discovered during the inspection but all matters have since been rectified.

Solicitor Darach McCarthy said the defendant company acquired

the well-respected restaurant business on September 1, 2018 and that one of the workers "came with the transfer of undertakings".

He said all matters have been addressed and that none of the workers remain employed.

Mr McCarthy also stressed there were no issues of concern regarding the employees' working conditions or how they were hired..

"They were not brought over here (to work) – we are not talking

about slave labour," he said adding the company has no previous convictions.

Mr McCarthy said all matters have now been addressed and that the company's affairs are up to date.

"It won't happen again," he said seeking leniency on behalf of his client.

Having considered the matter, Judge O'Leary imposed a €1,000 fine – giving the defendant five months to pay.



Limerick Courthouse



Members of the Mid-West branch of the National Ambulance Service Representatives Association (Nasra) staged a protest on Thomas Street at the weekend

Ambulance workers stage protest in city

Strike: 800 healthcare staff take part in 24-hour action

FINTAN WALSH
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LOCAL members of the National Ambulance Service Representatives Association (Nasra) staged a protest in Limerick city centre at the weekend, surrounding their ongoing dispute over union recognition.

Nasra has so far participated in seven strike days as the Government does not recognise the union, which is associated with the Psychiatric Nurses Association (PNA).

A spokesperson for the Mid-West branch, many of its members based at the St Nessian's Road NAS station, said there was "huge support" from the public at their stand on Thomas Street where a petition for support was signed.

"The atmosphere at the Limerick awareness day was one of support, empathy and in some cases anger that our EMTs, Paramedics and

Advanced Paramedics have been forced so far to partake in seven strike days to be allowed to be represented by PNA NASRA the Union of our choice.

"We would like to take this opportunity to sincerely thank everybody who has and continues to support our campaign, the level of support we continue to receive is truly humbling to see. We will continue our campaign until our Union of choice is acknowledged, accepted and respected by The HSE."

Further strike days are due to be announced soon, the spokesperson told the Leader.

"But we are appealing to the government and the HSE to engage with the PNA to actively bring this dispute to an end. The

situation is easily resolved by respecting our constitutional right to join and be represented by the trade union of our choice."

Meanwhile, 800 healthcare workers across three hospitals in the city and county are due to take to the picket lines in a 24-hour nationwide strike this Thursday.

The 10,000-person strike action comes after talks at the Workplace Relations Commission (WRC) broke down.

Porters, household and catering services personnel, healthcare assistants, maternity care assistants, lab aides, chefs and technicians will be among the 800 staff taking part in the strike on Thursday morning.

The Siptu strike action will take place UHL, UMHL and Croom.

800
the
number
of health
care
workers
on strike

Vicky Phelan: 'Protect Ruth's €2.1m award'

FINTAN WALSH
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VICKY Phelan has called on the State to "do the morally right thing" and protect Limerick woman Ruth Morrissey's €2.1m High Court award.

Her call comes after the State was intending to submit an appeal to the Supreme Court to appeal last month's award.

Ruth Morrissey, 37, and her husband Paul, from Monaleen, sued the HSE and two laboratories—Quest Diagnostics and MedLab Pathology Limited.

The High Court awarded Ms Morrissey €2.1m over the misreading of a smear test and the failure to inform of her of it.

Confirming the appeal on RTE's The Week in Politics on Sunday morning, Minister for Health Simon Harris said he wanted to ensure that the appeal was not about Ms Morrissey's "individual case" but wider legal issues.

This case, which ran for 37 days, is the first case of its kind to be heard in full with a High Court judgement.

Dr Phelan took to social media this Monday, and called on the Government to "end this inhumane treatment of women in this country."

"Has anyone stopped for ONE second over the last 24 hours to think about Ruth Morrissey and her family in all of these power games?"

"Ruth has spent the past

four weeks in a hospice. Her condition is terminal. Some of the reactions on Twitter are clinical. none of you know what it feels like to take on the State when you are fighting for your life or to find out that that very same State failed you," Dr Phelan added.

Ms Morrissey's solicitor Cian O'Carroll told Today with Sean O'Rourke that she learned of the appeal in the Sunday Business Post and heard it being discussed on RTE's The Week in Politics.

At this stage, neither were informed directly, Mr O'Carroll said.

"For the State to appeal now against the Morrissey judgement is an affront to Ruth Morrissey."

"Simon Harris and the SCA are claiming that the appeal is a partial one and the award of damages is not being challenged but if the appeal to the Supreme Court is successful and the SC overturns the decision in Ruth's case, then, obviously, Ruth's award will be at risk."

"Do the morally right thing and protect Ruth's award. Ruth and her family deserve that much. And end this inhumane treatment of women in this country," Ms Phelan said this week.

The HSE admitted it owed a duty of care to Mrs Morrissey. The laboratories denied all the claims.

Vicky Phelan was awarded €2.5m in the High Court against a US lab over alleged misreading of smear tests, in April 2018.



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LEADER BRIEFS

AA Rosettes for East room at UL

The East Room Restaurant at Plassey House at the University of Limerick has been awarded 2 AA Rosettes in recognition of culinary excellence.

It is now one of two establishments in Limerick to achieve this accreditation, the other being Adare Manor.

The rosettes are awarded for excellence in cuisine and are AA equivalents to Michelins stars accreditation. This coveted achievement is awarded solely on the basis that the restaurant demonstrates exceptionally high standards of cuisine.

In particular, the AA's inspectors praise the East Room and Chef Derek Fitzpatrick for working closely with local and artisan suppliers to ensure that the menu always offers the best of what is in season.

O'Malleys to take over City Hall

THE O'Malley Clan Association is hosting an exhibition entitled O'Malleys in Public Life in City Hall at 6pm on Friday, June 21.

It will be opened by Mayor Michael Sheahan. The event is part of the O'Malley Gathering which takes place from June 21 to June 23.

Several hundred O'Malleys from all over Ireland, Europe and the world are expected to converge on Limerick city for the festivities. Events include walking and bus tours of the city and environs, genealogy workshop, evening of song and dance, an afternoon of family fun and the annual clan lunch at the Hunt Museum where the new chieftain will be inaugurated.

Clan chieftain Brendan O'Malley, from Castletroy, welcomes all O'Malleys, Mailles, Maleys, Malias, Malleys, Mealeys, Melias, O'Mailles, O'Malias, O'Mailes, O'Mealys and any other variants, as well as their families, descendants and friends to Limerick, where O'Malleys have been living since at least the 12th century.

Inquest hears teen's tragic death at home

Hearing: Coroner issues warning of consequences of 'excessive' drinking

FINTIAN WALSH

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A CORONER has warned of the consequences of "excessive" drinking at the inquest of a teenager who tragically died at his home after a house party in County Limerick.

The 18-year-old died at his home in Limerick city after his father collected him from a chipper at around midnight on a date last September.

In medical evidence read at Limerick Coroners Court this Tuesday morning, there was a "high toxic level" of alcohol in his system.

His father said in his deposition that his son had been attending a house party in County Limerick.

His father said that he stayed up until 4am and had placed his son in the recovery position in the living room.

He said he later performed CPR on the 18-year-old when he noticed his snoring had stopped and "his colour had changed".

The secondary school student was pronounced dead a short time later.

Dr Gabor Laskai, pathologist at University Hospital Limerick, said a post-mortem was carried out on September 24, and that there were two main findings.

He said the toxicology report found that there was a "high toxic level" of alcohol in his system, and that the cause of death was gastric content aspiration.



The inquest held at the HSE offices in Catherine Street that the teen tragically died in his home last September

The father asked Dr Laskai what the cause of death meant, to which he replied that contents had been inhaled into the airways, bronchi and lungs.

"Whatever is left in your mouth, you can inhale it into your airways," Dr Laskai said.

"It can go down the wrong way?" asked coroner John McNamara. Dr Laskai then agreed.

A member of the family asked the pathologist if it would have made a difference if the teen was immediately

brought to hospital.

"It's not necessarily a medical question, but accidents happen," Dr Laskai replied.

Mr McNamara said that there is "no guarantee that the outcome would have been different.

"You did the right thing and brought him home. I am not sure if you could have done anything different."

The coroner recorded a verdict of misadventure, and that the cause of death was gastric content aspiration under severe alcohol intoxication.

"He didn't intend this outcome. He consumed a lot of alcohol that night, as a lot of kids do on weekends," adding that he "had his whole life ahead of him".

Before concluding the inquest, he said there was a lesson out there for young people.

"If you drink excessively, you can have consequences."

Mr McNamara and Insp Liz Kennedy expressed their condolences to the family of the young teen.

Registration plates on stolen Audi changed 'within hours'

A YOUNG man who fitted false registration plates to a high-powered car within hours of stealing it will avoid a conviction if he stays out of trouble, writes David Hurley.

Peter Moloney, 22, of Monaleen Road, Castletroy has admitted burglary and theft charges relating to offences in the early hours of April 5, 2017.

Previously, Limerick Circuit Court was told Mr Moloney was initially stopped for a road traffic matter at around 5.30pm and that the keys of an Audi Q5 "fell from his underwear" when he was being processed.

The keys were linked to a car which had been stolen following a break-in at a private home in Castletroy and gardai investigating that incident were alerted.

The stolen Audi, which was worth around €37,000, was located at Salmon Weir, Annacotty a number of hours later.



An Audi Q5 was stolen

The vehicle was not damaged and had been fitted with false registration plates.

During interview, Mr Moloney admitted breaking into the house and taking the keys from a kitchen counter. He told gardai he fitted the

plates himself using double-sided tape but did not give any indication as to his intentions.

Pat Barriscale BL said his client had "no reasonable explanation" for his actions and that he has "little memory of the night. He said he was associating with the wrong kind of people around the time and that he has now "completely distanced himself from that group".

The barrister said Mr Moloney is working full time, is involved in sport and turned his life around since the incident.

Noting the contents of an "excellent probation report" Judge Tom O'Donnell noted Mr Moloney is "making enormous efforts to steady the ship and get his life back in order". He indicated he will apply the Probation Act if he stays out of trouble for the next twelve months.

"I'm taking a huge leap of faith," he commented.

CCTV to be used in sewer scan

IRISH Water, working in partnership with Limerick City and County Council, is to undertake a survey of the sewer network in Limerick City. This is the first time a survey of this scale has been carried out in the city and will allow Irish Water to improve the performance of the wastewater network, protect the environment and support development in Limerick over the coming years.

The works involve using CCTV to survey almost 22 kilometres of sewers, mapping and inspecting an estimated 2,000 manholes, and monitoring the wastewater and rainwater flows in the network. This will enable the utility to assess the performance level of the sewer network.




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LEADER NEWS BULLETIN

CRIME

Alcoholic robbed cans of lager from off licence twice

AN alcoholic has admitted robbing cans of lager from the same off-licence four days apart, writes David Hurley.

When arraigned at Limerick Circuit Court, Martin O'Donnell, 36, of Derrynane, Old Cork Road, Limerick pleaded guilty to charges relating to incidents which occurred at Fine Fines, Childers Road on October 8, and October 12, 2018.

Judge Tom O'Donnell was told that on each date, Mr O'Donnell has entered the store and taken four cans of Carling.

No evidence was given



during the hearing in relation to what happened and Judge O'Donnell indicated he will impose sentence later in the year. Barrister

Yvonne Quinn requested that legal aid be extended to facilitate the preparation of a psychological report.

Mr O'Donnell is currently serving a lengthy prison sentence relating to an incident at Amber, Old Cork Road on October 2, 2017

On that date, he approached the counter and produced a knife before demanding cigarettes from an employee, who was aged in his mid-20s.

PROSECUTION

Taxi driver was not linked to vehicle he was driving

A TAXI driver who failed to 'link' himself with the vehicle he was driving in the city centre was fined €120.

Peter O'Leary of St Peter and Paul's Terrace, Bruff was prosecuted by the National Transport Authority in relation to a detection at William Street on September 29, last.

Compliance Office Michael Mullane said having checked the NTA database he established Mr O'Leary was not linked to the vehicle he was driving and had not been for some time.

Solicitor Bill O'Donnell said his client, who has more than 30 years experience, has no previous convictions and accepts he should have paid the fine.

The defendant was ordered to make a contribution of €150 towards the costs of the NTA.

Limerick is the sixth luckiest county

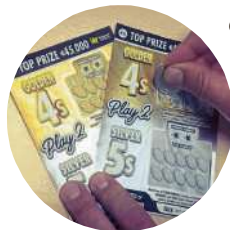
Lucky Limerick number six for top scratch card wins

LIMERICK is the sixth luckiest county in the country, according to the National Lottery

This comes after the National Lottery compiled a definitive list of Ireland's luckiest counties when it comes to winning the top prize when playing scratch cards.

This analysis shows that Limerick is the sixth luckiest county with 20 players claiming top prizes worth over €1.1 million in winnings from scratch cards.

Since 2015, there have been a total of 402 winners who have won top tier prizes, which are the maximum



cash prizes on a given scratch card game, worth a massive total of €22,565,000 when playing National Lottery scratch card games. Scratch card

players in Dublin came out on top with 102 players winning more than €5.3 million in top tier prizes. Tipperary came in second place with an incredible €1,695,000 in top prizes shared among 20 winners.

Cork came third with €1,580,000 won by 39 individual players while Wexford and Kildare round off the top five with total top prize scratch card wins of €1,415,000 and €1,385,000



A Revenue inspector bought a bottle of wine at Ivan's - which did not have a wine retailer's licence

Retailer sold wine without a licence

A COMPANY was fined €632.50 for selling wine without a valid licence at a convenience store it was operating, writes David Hurley.

DK Walshe Restaurants (Dundrum) Limited was prosecuted in relation to an incident at Ivan's, Ennis Road on September 18, last.

Solicitor Aileen Mee, prosecuting, said a Revenue inspector was sold a bottle of

white wine when called to the premises. "The company didn't have a licence. There is no licence in place at present," she said.

Solicitor Ger Reidy said his client has no previous convictions and that the company is no longer trading at the premises. "He should have had a wine retailer's licence, he was totally in the wrong," he said.

'Older and bolder' teen not in school

Court: Parents prosecuted over non-attendance

DAVID HURLEY
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A TEENAGE boy who is refusing to attend school has been warned his parents may go to jail if his behaviour does not change.

Limerick District Court was told the 14-year-old has not attended school at all during the current academic year. His parents are being prosecuted by Tusla - the child and family agency over his poor attendance.

Solicitor Tom Kiely, representing the teenager's mother, said his client is doing his best but that there is an "element of teenage behaviour" to his son's actions.

"They (his parents) are exhausted. He refuses to go to school - they call him in the morning, they lay out his uniform," he said adding that his client is engaged with a garda youth diversion programme in the area where is living.

He has also been referred to an adult education programme which, it's hoped, will allow him to catch up and learn at his own pace.

Solicitor Dermot G O'Donovan, representing Tulsa, said there are no other concerns and that the teenager is a normal, healthy and well-dressed youth.

An education and welfare officer confirmed the teenager has informed her that he was not going to go to school.



Does he want his parents to go to jail?

JUDGE MARIAN O'LEARY, BELOW



Solicitor Sarah Ryan, representing the teenager's father, said her client has engaged with Tusla and is doing everything he can to ensure his son goes to school.

Referring to a Tusla report which was submitted in court, Ms Ryan suggested to Judge O'Leary she was "not given the full story" and that the education and welfare officer had contradicted herself in the witness box

"He has told the services that he will not go to school - what can a parent do?" she asked.

After Judge O'Leary noted the teenager attended more than three quarters of school days during sixth class compared to none in his first year of secondary school Ms Ryan commented he had gotten "older and bolder".

"Does he want his parents to go to jail," asked the judge? Has he been told of the consequences?"

Ms Ryan said an older brother of the teenager is currently serving a lengthy prison sentence and that he (the teenager) has been warned he could also end up going to prison if he does not attend school.

"It made do difference, he doesn't care," she said.

When the judge asked if there are consequences for the teenager's non-attendance, his mother replied that his phone is taken off him but that he still will not attend school.

Noting the teenager is engaging with the garda youth diversion programme in his locality and is due to attend a number of summer camps during July and August, Judge O'Leary adjourned the matter to September for review.

MISSING

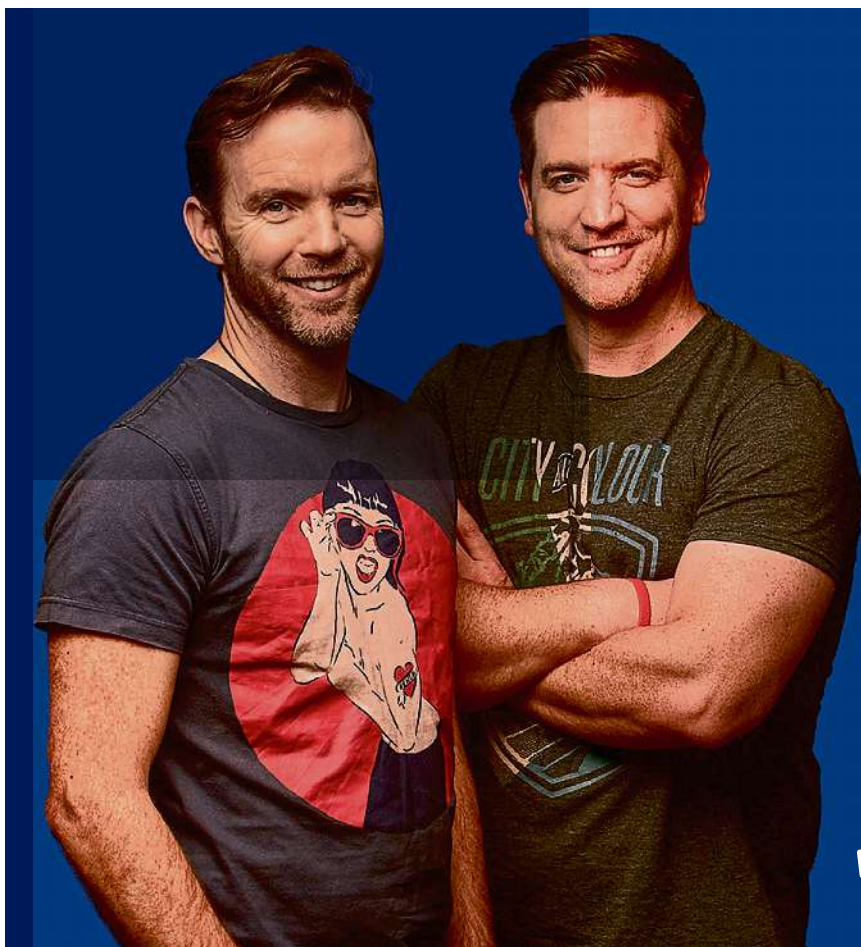
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HOT CHOCOLATE

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.



TODAY fm

*TUNE IN WEEKDAYS 9AM - 12PM

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Comments from online readers

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



OUTRAGE AS PREGNANT WOMAN FORCED TO PAY 'FORTUNE' FOR PARKING ACROSS FROM LIMERICK MATERNITY

Catriona Lillis

My oldest son is 18 we had the same problem that many years ago



William Lee Wai Lam

Maybe if there was a charge for parking. Then most of the cars wouldn't be there. I have seen many park there and walk into the city (probably to work). The fact that it is free and so close to the city means thoughtless people do this

Annette O'Donovan Staunton

I think the maternity hospital has more important things to manage than parking for patients, An excellent hospital, staff are amazing!

VICKY PHELAN CALLS ON THE STATE TO PROTECT TERMINALLY-ILL LIMERICK WOMAN'S €2.1M AWARD

Paul Shovlin

Yet they spent 10 million euros on a clown



John Noonan

No shame what a joke of a government and those clowns Fianna Fáil keeping them in power

Justin O'Gorman

Ha this government with morality, fg/ff morally bankrupt

800 HEALTHCARE WORKERS TO TAKE TO PICKET LINES FOR 24-HOUR STRIKE AT LIMERICK HOSPITALS

Rose Coughlan

The government don't care about the workers tds get their pay rise every year the staff don't they all work very hard in all the hospitals



Margaret O'Dea

Good on them the support staff are the ones that are always taken for granted by management there the ones that do all the hard work

Margaret Wallace McNamara

Hope Management Help Out.

UP TO 40 CARAVANS PARK UP IN LIMERICK TOWN FOR A 'GYPSY-LED EVANGELICAL EVENT'

Connie Collins

The Holy Mary's are on the move There will be Moving Caravans seen in Rathkeale Hahahahahahaha



Micheal O'Regan

They're having their own private 'live at the docklands'

Ted Murray

They're moving in mysterious ways, their wonders to perform.

Kevin Ryan

Sure what could go wrong?

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Pictured celebrating the 10th anniversary of the Children's Grief Centre were Senator Maria Byrne, Patricia Ryan, Dept of children youth affairs, Sr Helen Culhane and Jennifer Moran Stritch, Director Loss and Grief research Group LIT. Back Mary Power, Children's Grief Centre, Phil Mortell C/M, Theresa Kavanagh Children's Grief Centre, Michele O' Flanagan Children's Grief Centre, Ciara Ni Nuallain, Children's Grief Centre. Anne English Children's Grief Centre PICTURE MICHAEL COWHEY

Children's Grief Centre celebrates

Centre celebrates 10th anniversary at LIT

MIKE FINNERTY

mike.finnerty@limerickleader.ie

THE CHILDREN'S Grief Centre celebrated its 10-year anniversary at LIT having helped over 1,300 kids in that time.

The Irish Examiner's political editor, Daniel McConnell, gave a candid speech about the struggles he had with grief growing up - and how he wished he could have availed of such a service.

Having lost his parents by 23, McConnell lamented the fact that they weren't there for the major milestones in his life - but through therapy and strong relationships with those in his life, he "worked through it".

McConnell first heard of the

Children's Grief Centre after a segment on the Sean O'Rourke's show on RTE Radio 1 in February 2018.

He was shocked to hear that the service is voluntary, and in a piece that ran the following weekend, he pleaded with Children's Minister Katherine Zappone and Minister Jim Daly to increase funding for the service.

The Children's Grief Centre in Limerick, has helped over 1,300 children, aged four to 18.

Sr. Helen Culhane, founder of the service, said that the service is already "over-capacity" and that they need four million Euro for a new building that would help the service meet demand. The annual cost of running the service is approximately

€150,000 according to Sr. Culhane.

"Four per cent of our budget comes from the Government, the rest comes from the general public."

"A service like this needs to be fully funded if we are serious about helping our children."

Olive Foley, wife of the late Munster rugby coach Anthony, is now an ambassador for the service and spoke of her experience.

"Anthony died so suddenly, in his sleep, very unexpectedly. I was left with two grieving children, absolutely no experience, and in complete shock myself."

"Children need help and support with discerning their grief and what has happened to them, whether it's separation or death. They need help and support early on."

Limerick backs HIV awareness campaign

LIMERICK City and County Council has signed up to a global initiative aimed at boosting HIV prevention and treatment, and reducing stigma.

Limerick is one of four cities in Ireland - which includes Dublin, Cork and Galway - now part of the HIV Fast Track Cities initiative.

The HIV Fast Track Cities initiative is a global partnership between almost 300 cities in

collaboration with the Joint United Nations Programme on HIV/AIDS and the International Association of Providers of AIDS Care (IAPAC) and was launched in Paris in 2014.

The Taoiseach Leo Varadkar, Minister for Health Simon Harris and Minister of State for Health Promotion Catherine Byrne have also announced funding of €450,000 to kick-start the initiative in the four

cities.

This funding will support community HIV awareness and testing in Limerick, Dublin, Cork and Galway.

As well as this, it will deliver a national stigma reduction campaign to be rolled out by the HSE Sexual Health and Crisis Pregnancy Programme with HIV organisation partners in each city.

MASON
HAYES &
CURRAN

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The Strand Hotel, Ennis Road,
Limerick, V94 03F2

7.30am

Employment Law Top Tips:

Flexible Staff in the Workforce

Do you have flexible staff in your workforce? At this seminar, our speakers will discuss new legislation bringing in new rules on the terms of employment and the prohibition on zero-hour contracts.

SPEAKERS

Ronnie Neville
Partner, Mason Hayes & Curran

Kady O'Connell
Senior Associate, Mason Hayes & Curran

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LEADER CRIME BRIEFS

BY DAVID HURLEY



Fake emails from Canada claimed man had won cash

GARDAI are appealing to people not to respond to unsolicited emails or texts which claim they have won significant amounts of money or are entitled to cash refunds.

In recent days a man who is living in the Annacotty area contacted gardai to say that he had received a number of emails from an address in Vancouver, Canada informing him that he had won a large sum of money.

"Thankfully the gentleman deleted the email and reported it to gardai," said divisional crime prevention officer Sergeant



Sgt Ber Leetch says the emails should be deleted

Ber Leetch.

"If you receive an email about winning cash delete it – if it sounds too good to be true and it probably is," she added.

Gardai say a number of similar scams are currently in operation and that people who are targeted should never disclose personal or financial details via email or text.

European day of action to reduce number of burglaries

AS part of a Europe-wide initiative to reduce the number of burglaries, gardai are appealing to homeowners to be vigilant to ensure they are not susceptible to so called distraction burglaries.

"This is when the criminal distracts the victim at the front door while another gets into the house through a side or back door or a window," said divisional crime prevention officer Sgt Ber Leetch.

"This is why all doors must be kept locked when you are in your home at least then you know that if you are at the front door nobody can get on the back door," she added.

Bag taken from kitchen counter while woman slept

GARDA are investigating the theft of a handbag which was taken by intruders who entered a house in Clonmacken while the occupant was asleep upstairs.

"The lady, who was asleep upstairs, heard a loud noise. When she went downstairs she discovered her kitchen window had been smashed and her handbag was missing from the kitchen counter," said Sergeant Ber Leetch.

"I can't emphasise enough the importance of making sure your doors are locked and any valuable



Mayorstone garda station

property in away from outside view, that is it can't be seen through windows or glass doors," she added.

In a separate incident, a house in Caherconlish was entered through an unlocked back door and property stolen.

Two males were arrested close by and are expected to come before the courts.

Advice to stop bike thefts

IN conjunction with National Bike Week, The Road Safety Authority and Limerick Smarter Travel community gardai from Roxboro Road will be on hand at a Bicycle Theft Prevention stand on Friday, June 28 at Colbert Station, Parnell Street between 8am to 11am.

A similar event will take place at the Crescent Shopping Centre on Saturday, June 29 between 12pm to 3pm.

Jailed for attacking marshal during Kart centre brawl



The incident at the National Kart Centre, Gillogue, Corbally on January 7, 2017

Fight: Altercation broke out at end of karting session

DAVID HURLEY

david.hurley@limerickleader.ie

A YOUNG man has been jailed for his role in a violent brawl which broke out at the National Kart Centre in Corbally more than two years ago.

Dean O'Donoghue, 22, who has an address at Hyde Road, Prospect pleaded guilty to charges of assault and violent disorder relating to an incident at the former Burlington factory on January 7, 2017.

During a sentencing hearing at Limerick Circuit Court, Detective Garda Shane Graham said the defendant was one of a group of people who arrived late for a 30 minute karting session which they had booked some time earlier.

While the booking was honoured and they were given access to the track, he said a fight occurred when the flag marshal signalled for them to stop as the session was over.

"They refused to leave," he told John O'Sullivan BL, prosecuting adding that the incident occurred shortly before 6pm.

The detective said two young workers were assaulted during the incident and that Mr O'Donoghue can be seen on CCTV striking one of them on the back of the head several times.

While the injured party sustained a possible concussion, Mr O'Sullivan said he did



He didn't go to cause trouble, he didn't instigate it

BARRISTER PAT WHYMS, BELOW



not seek medical attention following the incident and that there was no medical report or victim impact statement.

The group left the National Kart Centre following the incident with one of them (not Dean O'Donoghue) warning the victims not to contact gardai in relation to what happened.

Judge Tom O'Donnell was told that while Mr O'Donoghue, who has more than 60 previous convictions, made some admissions when questioned he denied assaulting anyone.

Barrister Pat Whyms said his client was not involved in the initial altercation but "became involved" once it started.

"Perhaps he shouldn't have," he said adding that none of his client's previous convictions relate to violence.

"He didn't go to cause trouble, he didn't instigate it, he has not been in trouble for this behaviour before," he told the court.

Imposing sentence, Judge O'Donnell said the behaviour of the defendant and his co-accused was appalling.

"This posse had turned up late, they were facilitated but that didn't assuage them," he said commenting that it was clear matters escalated very quickly.

The judge said Mr O'Donoghue's admissions and guilty plea were mitigating factors and he noted he is making significant progress while in custody.

The judge also accepted the incident was not premeditated and "kicked off very quickly".

He imposed prison sentences totalling 18 months – suspending the final eight months.

A number of other people have also been charged and are before the courts.

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Micheal O'Coinin

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

Quaid and Carey to line out for Treaty legends match

NICK RABBITS
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FORMER Limerick hurlers Joe Quaid and Ciaran Carey are just two of the famous faces who will turn out for a legends game against Tipperary this September.

The pair have committed to line out for a Limerick legends side, who will take on their counterparts from Tipperary on Saturday, September 7 in Nenagh.

All money raised will go towards the Alzheimer Society of Ireland.

The event is the brainchild of two dementia advocates Kevin Quaid, originally from Broadford, and Katy Ryan.

The event – supported by Limerick and Tipperary GAA – will see the legends face off to raise vital funds and much needed public awareness of dementia.

Tickets for the tussle are available now online at www.eventbrite.ie (search for legends hurling clash). Alternative, call 086 044 1214.

They are priced at €15, but children will be allowed free entry.



Limerick legend Ciaran Carey, photographed with charity event organisers Kevin Quaid and Katy Ryan PICTURE: SPORTSFILE

Anger over closure of Park Road Rycycling Centre

Council: Fury after it emerges closure earmarked since Christmas

NICK RABBITS AT CITY HALL
nick@limerickleader.ie

COUNCILLORS are to hold a special meeting on the controversial plans to close the Park Road Recycling Centre, this Thursday.

It comes after the controversial closure of the recycling facility in Rhebogue this Monday.

There were angry exchanges at the first metropolitan meeting of the council term this Monday morning, after it emerged that a health and safety report recommending the site's closure was completed last December.

Members, led by Joe Leddin, successfully saw a motion passed which would have prevented the immediate closure of the facility.

However, the council's manager in the metropolitan district Kieran Lehane overruled them, saying the closure must go ahead.

"I did visit the site myself, and studied it. And it does pose a risk. My job is to ensure the risk to staff and members of the public is minimal," he told members, acknowledging it was "not an easy decision to make".

However, he did pledge to work with members to find an



Now closed: Park Road mini recycling centre

alternative site in the urban area, to prevent people having to travel out to Mungret, where people are being asked to travel to.

Metropolitan district chairman, Cllr James Collins said: "We should keep the Park Road recycle centre open. We should be encouraging more recycling. We should have more rather than close them down. We were dismayed this decision was made without the consultation of councillors. There was a unanimous motion to facilitate a special meeting to review the

health and safety report in detail."

"There was a motion passed unanimously by all councillors to keep it open, or to provide alternative arrangements if it is due to close for health and safety reasons," he said, "The executive here has just ignored the wish of the people. On our first day, does it prove the need for a directly elected mayor? I think so."

Cllr Kieran O'Hanlon says he has been "inundated" with complaints over the proposed closure.

"Mungret is in what was the

county area. The people in the city want and need and respect the whole question of recycling," he said, "A lot of the people would be nervous at driving through heavy traffic in the city, just to recycle some cardboard or newspapers. I think it's unacceptable what has been done. We should have been consulted. This did not happen."

Cllr Leddin's call for a stay of execution at least until members have had a chance to see the health and safety report was unanimously accepted.

However, former metropolitan mayor Cllr Daniel Butler warned this could present a risk.

He said: "I think certainly the public view is there should be an alternative. It's a valued service we need to retain for the northside. But there is a serious risk to public safety and indeed the safety of workers on site," he stated. "Councillors were proposing we defer the closure. That in my view is irresponsible. I think councillors need to be responsible in what they are saying, take more advice from the experts and make a more responsible decision in terms of public safety."

The meeting takes place in County Hall at 4.30pm Thursday.

Kings Island event

St Mary's AID have joined up with St Mary's Learning Neighbourhoods, Limerick City & County Council, Regeneration, Medieval Quarter, Limerick Traders and Limerick Clare Education & Training Board to host a networking event for people engaged in community groups, organisations and businesses on Kings Island.

They are invited to display their service, supports, business/employment and training opportunities to the community of Kings Island with particular focus on supports available to those living in St Mary's Park.

The event will be held at The Kings Island Community Centre on Thursday, June 20.

Set up will be from 2.30-4.30pm and the event will start at 5pm and finish at 7pm.

This is the first year with the view of making this an annual event.

Kings Island Youth and Community Centre was founded in February 2011, the centre is integral to the community of Kings Island, with Youth Clubs for various age ranges and bingo are among the many services.

Jason Corbett's daughter shares emotional tribute

REBECCA LAFFAN

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THE young daughter of murdered Limerick man Jason Corbett marked Father's Day with a heartwarming tribute to her late father.

Sarah Corbett, 12, shared a poem she wrote on the Jason's Journey Facebook page, which commemorates the county Limerick father of two, who was murdered four years ago.

Corbett was beaten to death in his sleep by his wife, Molly Martens, 35, and her father Tom Martens 68, at his North Carolina home in August 2015.

In the emotional poem, Sarah describes how 'another name for Dad is love', before adding that her and her 'amazing' father did not have 'long enough' together.

'Not long enough to hold his hand, this awesome human being and loving Dad.

'Not long enough or old



Limerick man Jason Corbett was murdered in 2015

enough to stand by his side, as he was by mine after every rough time.

'Not long enough to thank you for my wonderful life.'

Jason's sister and Sarah's aunt, Tracy Lynch, who looks after Jason's two children Sarah, 12, and Jack, 14, said: "I am so proud of you Sarah my pocket rocket of positivity and love."

Molly and Tom Martens were both convicted of second degree murder in 2017, and were sentenced to 20 - 25 years imprisonment, with both having appealed their convictions.

During the 2017 trial, Tom and Molly Martens pleaded not guilty to the charges and claimed that self-defence was the reason behind their actions.

Last of the Cratloe rape gang released

RYAN O'ROURKE

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THE last member of a gang, who violently raped a woman on the outskirts of Limerick city, has been released from prison after serving over 14 years inside jail for one of Ireland's most horrific sex crimes.

Stephen Barry, of Roxboro Road, was released from Arbour Hill Prison last week, according to reports in the Sunday World.

Barry was sentenced in 2005 to 21 years in prison for his role in the horrific sex attack, in which Barry and a group of teenagers gang-raped a woman while another man was locked in the boot of a car.

The terrifying attack took place at a wooded area in Cratloe, just outside Limerick city.

Barry was the oldest member of the gang, aged 25 at the time.

He received the longest sentence of the five involved.

According to media reports, at Barry's trial it was ordered that he would remain under supervision for 10 years after his release from prison.

Thomas O'Neill, Dean Barry and Darragh Ryan, and Jason Ring, were also jailed for the sex attack. They were all aged between 14 and 16 at the time.



Stephen Barry was sentenced to 21 years in prison at the Central Criminal Court in 2005

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Pitch perfect: Janesboro school gets new astroturf pitch

MIKE FINNERTY

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STUDENTS at Our Lady Queen of Peace Janesboro received a welcome end-of-school-year present: a brand-new astroturf pitch.

The pitch was designed and manufactured by EI Electronics in Shannon and was formally opened by principal Michael Ryan, Mayor of Limerick Michael Sheahan and EI Electronics CEO Mick Guinee on Friday last.

The pitch has been warmly received by students at the school.

Three fourth-class students, Aidan, Dion and Zac, said they were excited to emulate their idol Cristiano Ronaldo on the pitch.

The inaugural game on the pitch was a basketball game between teachers and students, with the teachers squeaking out a win over their pupils.

The school is the alma mater of Ireland hockey World Cup squad member Roisin Upton, and principal Michael Ryan hopes that more of his students follow in her footsteps.

He said: "It is vital for kids to have exercise and movement in their lives and to step away from the mobile phone screens".

Ryan stated that the school has "always had a strong educational heritage in the Janesboro area" and that the pitch reaffirms that belief.

Sister Claire Morrissey, "the first person through the doors of this school in 1954", also turned the first sod on the new €1.9 million



Students and teachers at the official opening of the astroturf pitch at Our Lady Queen of Peace PICTURES: BRENDAN GLEESON

extension at the back of the school

Mayor Michael Sheahan gave a speech at the ceremony, recalling that he served as the 6th class teacher during Easter 1972 at the school as part of his training as a teacher.

Mayor Sheahan issued a decree at the end of his speech that there was to be no homework assigned on Monday - much to the delight of students and staff.



Michael Ryan, principal with Levi Barry



Michael Ryan and Michael Guinee, CEO EI Electronics



Niamh Patterson with Michael Ryan

Sister Claire Morrissey, cutting the ribbon with the Mayor of Limerick, Michael Sheahan, Michael Guinee, EI Electronics and Michael Ryan, principal



The students attending the opening of the astroturf pitch at Our Lady of Queen of Peace



Cllr Michael Murphy, Mayor of Limerick Michael Sheahan and Anne Moane



Michael Ryan, principal; Michael Guinee, CEO EI Electronics; Sr Claire Morrissey, Eamonn O'Connell, Sr Helen O'Brien, Fr John Hayes and Sr Elizabeth Ryan



Michael Guinee, CEO EI Electronics, trying his luck at basketball

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A NOTE FOR PARENTS & GUARDIANS: We try to run and promote the safest possible events but unfortunately it is getting more difficult with the influence of alcohol. Please note that our events are **STRICTLY** no alcohol events. We will not admit or condone the use of alcohol at the events. Searches will be carried out where necessary on entry. Anyone caught with alcohol or under the influence of alcohol will be refused entry. We work closely with An Garda Síochána and will report any necessary incidents to them. Parents please try to drop off attendees and supervise before the event so alcohol cannot be taken before entry. We can only supervise attendees on the premises of the event, please collect attendees after the event which will deter the use of alcohol. We would like to thank everyone for their support and vigilance in this matter.

As this is a residential area please have respect entering and exiting the event.

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



Jackson is a one-year-old Labrador mix. He is a playful and gentle guy waiting for a place to finally call home. Jackson gets on with other dogs of his choosing and would be best suited to an adult home because of his size. Jackson is lead trained and house trained. Please phone 0876371044 for more info on Jackson or visit the sanctuary from noon - 3pm to meet him.

Goldie is a one-year-old labrador looking for a new home after her previous owners moved away. She is a very sweet and gentle girl who has loads of love to give. The sanctuary is open to visitors from 12 noon to 3pm if you would like to meet Goldie or phone us on 0876371044 for more information. Adoption fee is €150.



The sanctuary is overflowing with beautiful kittens all looking for homes. Each kitten will be neutered, wormed and vaccinated before leaving the sanctuary. Adoption fee is €100. If you would like more information on our kittens phone our cattery on 0872295669 or visit the cattery between 12 noon and 3pm.

Rose looking to bloom

Rose a 4-month-old black and white kitten looking for a loving home. Very sweet and loves to cuddle up to you. Each kitten will be neutered, wormed and vaccinated before leaving the sanctuary. Adoption fee is €100. If you would like more info on our kittens phone our cattery on 0872295669 or visit the cattery between 12 noon and 3 pm.



Attending the launch was Sean Hanley, Limerick Dance Academy. Picture: Alan Place

Dancing out the no-plastic message

Limerick City and County Council has partnered with the Limerick Dance Academy to bring the climate change message to life in an innovative way - through the medium of dance.

'Dance for our Oceans' sees Limerick Dance Academy collaborate with Limerick City and County Council to help address the 2.5 million plastic water bottles that are generated in Ireland

every day.

Speaking at the launch of the dance video, Cllr Dan McSweeney said: "Climate change and the environment are hugely important issues and it is vital that everyone heeds the messages that are already out there."

Limerick Dance Academy have banned single use plastic bottles from the academy, reducing waste by a third.

Roofing work to hit the Crescent College

Education:

Go-ahead sought for school prefabs

NICK RABBITS
nick@limerickleader.ie

STUDENTS at a city school are to move into temporary accommodation for a period, while its roof is fixed.

The Department of Education and Skills has announced its intention to apply to the local authority for permission to build a prefab building, housing 15 classrooms at Crescent College Comprehensive in Dooradoyle.

On top of this, the proposals will also include four resource rooms, four offices and all ancillary accommodation.

School principal Karin Fleming said: "This is to accommodate our students while blocks in the school are being re-roofed."

It's hoped that if permission is granted quickly, the prefabs could even be up in time for the new school year starting in September, allowing a quick repair job on the popular college's roofs.

But, Mr Fleming acknowledged, "Things can take longer than you might expect."

Limerick Labour TD Jan O'Sullivan helped the college secure funding for the improvements during her time as Education Minister.

She said: "That new roof has been coming for some time, and it is important they get the go-ahead for this. The use of temporary



That new roof has been coming for some time

**JAN O'SULLIVAN
LABOUR TD, BELOW**



classrooms are on a temporary basis. It's when they are used for a long period it becomes an issue."

She urged the council, the Department and other players in this proposal to ensure there is no delay.

"The roof should not take too long a job. I would have been involved in the early stages when they were assigned the funding for the roof. I would not anticipate any delays, it doesn't seem like a controversial planning application, certainly I'd hope not. I'd urge nobody to delay it, whether it is the council or the department, and we get it forwarded as quickly as possible," Ms O'Sullivan added.

The erection of the facility will take place to the east of the existing school, with access from the Dooradoyle Road.

One of Limerick's most popular secondary schools, Crescent College Comprehensive has almost 1,000 students in attendance.

Formerly known as the College of the Sacred Heart, its located on 40 acres of parkland at Dooradoyle.

Notable alumni include actor Richard Harris, historian Dr Matthew Potter, 19th century opera singer Joseph O'Mara, Riverdance composer Bill Whelan, and presenter Terry Wogan.

Other former past pupils of the famous educational facility were Progressive Democrats founder Desmond O'Malley, the late Donogh O'Malley - who introduced free secondary education to Ireland, and former mayor Alderman Ted Russell.

Now the planning notice has been advertised, the Department has two weeks to formally submit it to planners at Limerick City and County Council.



Mary Costello, Janeshoro and Mary Butler, Mary Queen of Peace Social Club at the Carers' Week event in Thomond Park which was organised by St Munchin's Community Centre

CARERS' WEEK EVENT AT THMOND PARK

Pictures: ADRIAN BUTLER



Front, Anne O'Neill and Breda Hogan, Kileely, back, Mary Duffy, Thomondgate and Angela Meheady, Shannon Banks



Teresa Marron, Corbally; Frances Costello, Sarsfield Avenue and Frances McNamara,, Good Sheperd Avenue



Ber Leetch, Crime Prevention Sergeant for Limerick city and county, Linda Ledger, St Munchin's Community Centre; Mary Cronin, National Chair of Older Peoples Council in Ireland, Fianait Mitchell, Family Carers' Ireland and John O'Regan, St Munchin's Community Centre



Helen Reidy, Old Cork Road, Helen Kirwan, Flood Street, Carmel Manners, Garryowen and Nancy O'Dwyer, Garryowen



Margaret Hanley, Kileely; Maragret Boland, Moyross; Noel Dunphy, Glasgow Park; Charolette Birmingham, Thomondgate and Mary McInerny, Thomondgate



Maxine Kirk and Joe Clancy, Northside Family Resource Centre



Eileen McNamara, Corbally and Paula Collopy, St Mary's Park



Elizabeth Hanrahan, Corbally; Mary Connery, Garryowen and Kate Tobin, Raheen



Rose Joyce, Thomondgate who celebrated her 80th birthday on the day



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Rita Flynn, Brid Sheedy, Ann Martin, Melissa Higgins, Jim Ryan and Mary Wallace from the Ennis Road Care Facility

Novena celebrations

Thousands of worshippers come out to take part in this year's Novena celebrations

Pictures: Adrian Butler **Words:** Ryan O'Rourke



Helen and Michael Kiely and Lavinia McGuane, Meelick, attend the Novena celebrations

Michael: We are both cancer victims. We are here to pray that we get to the other side of the problem.

Ellen, Fran, Laura and Maura Keating, O'Connell Avenue at the Novena celebrations.

Laura: We have been coming to the Novena for the last couple of years. We never miss the Novena. We are praying for our own special reasons and for our own good health.



Nora Murphy and Saorlaith Rochford, Adare, at the Novena

Nora: I like to do the Novena every year. It's peaceful and it's nice to be with everyone else. I put in petitions for whatever I am praying for. I pray for the sick and I give thanks.



Mary Butler, Janesboro

Mary: I am coming here since I was a little girl, and I made my confirmation. I remember my first time here, I was up on the altar, and I thought I was in heaven.

Candid Comment

By SPARTACUS

● FOLLOWING the first meeting of the metropolitan district term, journalists had a chance to have coffee with some of the new members, and everyone was struck by how well they seemed to be getting on.

Unfortunately, it appears that there is tension bubbling under the surface, north of the Shannon, however, with newly elected Labour man Conor Sheehan taking to Twitter to make a thinly veiled dig at his constituency rival and erstwhile party colleague, Cllr Frankie Daly.

He tweeted: "Council to have an emergency meeting to discuss the Park Road depot. We expressed a unanimous view that we want this service saved. Funny how he who runs on radio expressing meaningless platitudes doesn't bother turning up to the meeting to raise the issue #workingforthepeople."

Cllr Daly has spoken out against the closure, taking part in a recorded Facebook event – and indeed his polltopping campaign slogan was 'Working for the People'. He was absent from Friday's meeting.

● GOOD news for those of you who drive regularly to Dublin.

Part of the long awaited upgrade on the M7 opened on Monday. This new widened stretch of roadway between Naas and Newbridge has three lanes. The whole idea is to ease congestion involving commuter traffic into the capital. We are told that on Monday of next week three lanes westbound between Johnstown and Naas South will open.

Spartacus still recommends the train... once you can get a seat.

● How times have changed!

Hurling matches used to be such simple occasions. Arriving in The Square in Thurles on Sunday afternoon after the Limerick and Tipperary match and who was

standing at the corner but two members of the Armed Support Unit. While the match in Semple was tension-fuelled, thankfully these two boys had little to tackle in The Square!

● WHAT a summer? Along with the cold wind factor, the weather has been very disappointing so far.

We got a call from a motorist who was on his way back from Ennis on Sunday....a Clare hurling supporter living in Limerick. "I have never seen the likes of it. It was so heavy and dangerous at least 50 cars stopped and pulled to the side of the motorway. To add to the downpour you had thunder and lighting. I have never seen anything like it before."

Pity President Trump was not caught in the shower...might help him change his attitude to climate change.

● SPARTACUS sat back with the popcorn this Tuesday and watched on as a tit-for-tat broke out on Twitter between Limerick TD Patrick O'Donovan, FG, and Clare TD Timmy Dooley, FF.

O'Donovan landed the first punch by saying the criticism of Project Ireland 2040 plans by Timmy Dooley, of the government's plan for road investment could mean the scrapping of some projects like the M20 Limerick to Cork motorway. And, he said, the bypass of Adare would be stopped under a Fianna Fail party government.

"No Minister - you're wrong," Tweeted Dooley back at him, "FF would not scrap the M20 Limerick to Cork or the Adare bypass - it was FG that previously scrapped the M20 - remember? But FF would also invest more € in public transport - something you and Shane Ross don't want to do!"

But what started out as a promising Twitter spat faded into silence with both men continuing the evening by retweeting tweets from their party's accounts.



Joe and Flo Scanlon, Ballyclough

Flo: We are coming to the Novena again, which we do every year. We have never missed it. It's a great way to meet friends and neighbours.



Breda Carew and Breda Tierney, Lough Gur, at this year's Novena celebrations

Breda: My mother, she has been coming here for years and years now. Between the family, we try and bring her as much as we can. We love the atmosphere. We will pray for all the family.



Tomas and Cait O'Siochain, Quin, at the Novena

Tomas: We have been coming here for the last 40 years. We look forward to it every year. This year we are praying for our health as well as our family's health.



John, Orla, Jack and Aine Houlihan supported the Bingo fundraiser



Dubheasa and Cian Kedward, all smiles at the Gaelscoil an Ráithín's Bingo fundraiser

PICTURE BRENDAN GLEESON

GAELSCOIL AN RÁITHÍN BINGO FUNDRAISER

Pictures: BRENDAN GLEESON



Una Tomasko, Alison Cosgrave and Sophie Griffin



Alan, Charlie and Bobby Binley



Niall and Mairead O'Connell with Roisin Ni Chonnall



Laura and Calvin Cullinan



Pauline Griffin and Sarah Lynch



Cian Crowley with Annmaire and Noreen Mulcahy



Eimear Ni Chonnail, Saoirse Ni Dhalaigh and Derval Walsh

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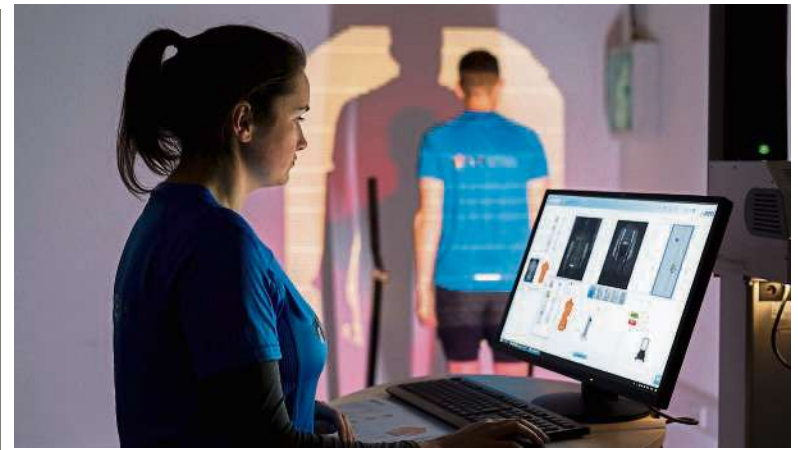
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The walk started from the Plaza in the University of Limerick



Ita McEnnis and Geraldine Ledger

Out & About

MILFORD HOSPICE MEMORIAL WALK AT THE UNIVERSITY OF LIMERICK

Pictures: KEITH WISEMAN



Frank Murphy Milford Hospice Pastoral Care Team addresses the walkers in the grounds of Milford Hospice



Ann Marie Hayes giving out balloons in Milford Hospice



Laura and Molly McCoy



Gerard and Pauline Joyce



Aly Hogan and Tanya Conway



Sister Phyllis Donnellan and John LeGear



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Should you invest in Exchange Traded Funds?

I received an email from a 30-year-old last week, who had been considering investing for a long time, and after much consideration, he believes Exchange Traded Funds (ETF) are the way to go.

He wanted to know, if he was on the right track, or was there anything he was missing, or hadn't thought of. So, I'm going to share with you what I told him he needed to be aware of, but before I do, let me give you some background on what ETF's are, because they can be difficult to understand.

The best description I've heard of what they are, is if a managed fund and a single stock had a child it would be an ETF.

They are passive investments aiming to replicate the performance of a given market, generally by tracking an underlying benchmark index.

The big advantage of investing via an ETF, is that they are a cheaper form of investment than buying individual shares or managed funds. Because there is no fund manager transacting and monitoring them, they are a passive form of investment, hence their low cost.

The management charge on an ETF can be as low as 0.1% which is very low in comparison to a typical active retail managed funds which could be as high as 1.5%.

You can purchase them through a broker, your financial adviser (if they offer that facility) or through an on-line provider which is probably the most used and popular way of buying an ETF.

Another advantage of investing in an ETF is they allow you access to a broad range of companies with one single investment.

If you invest in a single equity, you are buying a piece of that company. If you bought one share in Ryanair, the cost might be about €10.65, so you own a very small portion of the company, but that doesn't matter. If the company succeeds and more people like you want to buy its stock, the value will go up, and if they don't for whatever reason, and the value of Ryanair drops, so too will your investment.

When you buy an ETF, you are buying much more than one share of a company, you are buying into a much greater pool of companies. You could be investing in as much as 1,000 who trade in different sectors and geographical locations, which means you have an incredibly well diversified portfolio. And of course, the slice of each company you are investing in, is tiny, but you're still getting access to the performance a large range of companies, rather than just one.

Another advantage to an ETF, is if you decided to close your account, it can be done on the same day – they are very liquid investments.

So, all good reasons for investing in ETF's but what are the downsides?

And I think there are two – exit tax and the filing of returns.

The taxation treatment for buying single stocks is 33%, but with ETF's based in Ireland, the EU or non-EU countries, the tax applied on profits is 41%. This is one of those areas people



The bigger disadvantage of investing in an ETF, in my opinion, is filling a return on gains



DID YOU KNOW?

Queen Elizabeth II holds the record of appearing on more coins and banknotes than any other living or deceased monarch.

aren't aware of when they begin investing in ETF's. They get blindsided by the low cost entry fee's but get a nasty surprise when it comes to what tax is applied on any gain.

The bigger disadvantage of investing in an ETF, in my opinion, is filling a return on gains – it can be complicated and messy.

First off, you have to pay any tax due on the growth of the fund every 8 years, even if you're not selling them. Whenever you choose to sell them, you have to work out for yourself how much tax is due, and when you do, you have to pay this directly to Revenue. And for some people that's challenging and difficult and they may have to employ the services of a professional and incur the costs of that engagement.

And if you invest in an ETF on a monthly basis, the filing becomes even more complicated because you have to work out the tax due based on the price you bought at for each individual month (that could end up being 96 different calculations)

That's not to put you off investing in ETF's either, it's just to know what you are going to encounter when you do. As the saying goes, forewarned is forearmed, and knowing what you are investing in and how gains will be treated is important.

And maybe hiring a credible adviser who has experience in this space is the way forward for you, or maybe you are happy to do it yourself. Either way, the purpose of this article, as always, is to keep you informed which will help you make better decisions about your money.

ASK LIAM

Our personal finance expert answers your questions ...

Q. Liam, I've a mortgage with AIB and pay a variable interest rate of 3.15%. The term remaining is 28 years. I owe €189,000 and the value of the property I think is about €400,000. I'm not sure if I'm paying more than I should. Any help would be appreciated.

AIB charge different rates depending on your loan to value (LTV) i.e. the amount you owe as a % of the property's value.

If your LTV is >80%, the rate is 3.15%, if it's between 50% & 80% it lowers to 2.95%, and if it's <50% the rate becomes 2.75%.

If the value of your property is €400,000, your loan to value would be 47%, so you could reduce your current rate by 0.35%.

What this means in real terms, is a monthly reduction of c. €40. It may not appear to be a life changing amount, but if you applied this saving as an overpayment you would reduce your mortgage term by 23 months, saving you €6,245 in interest payments in the process.

In order to avail of this lower rate, two things have to happen:
1. The house has to be re-valued and a report completed by a valuer who is approved and on AIB's panel of valuers – I would speak with either an auctioneer close to where you live and ask them if they're on this panel, or just call AIB and ask them who is on their panel that is close to your property?

2. Complete an AIB mortgage amendment form (available online). Once you have the above, submit both to AIB for approval, and the whole process should take 3/4 weeks.

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Four-Day Madness Sale at Tadhg O' Connor Furniture, Flooring and Electrical, Rathkeale from Wednesday June 19 to Saturday June 22. Reductions in all departments, Up to 80% off in their Clearance Zone as well as fantastic discounts across the entire store, everything reduced. Grab your self a bargain. For more information call 069 63322



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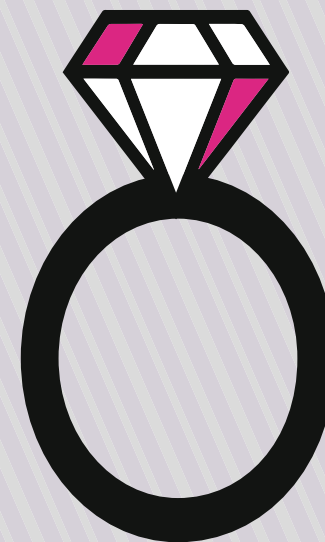
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North Tipperary Development Company is a local development company responsible for the delivery of a range of rural enterprise, social inclusion, and community development initiatives in the Tipperary North County area.

The purpose of NTDC is "to act as a voluntary, non-profit making, private limited company with a mission to promote social inclusion, to promote economic development, increase employment and enterprise opportunities and promote wider participation in voluntary activity for the people of the area".

The Roscrea Youth Service is comprised of:

- Roscrea Youth Project (TYFS)
- RAY Project (IYJS)
- The Eisteacht Counselling Service

The RAY Project works with young people aged 8 – 18 years. The aim of this Project is to divert young people, who have been referred due to anti-social behaviour and or criminal activity, away from such activity and life-style and into diversionary activities. This project is funded through the Department of Justice and Equality and by the European Social Fund 2014 – 2020 through the Irish Youth Justice Service in conjunction with An Garda Síochána

The Roscrea Youth Project works with young people aged 10 – 24 who are marginalised, disadvantaged or vulnerable. The Roscrea Youth Project is a Targeted Youth Funding Scheme project, which is a new youth scheme funded by the DCYA and administered by Tipperary ETB.

The Eisteacht Project is a new Pilot Initiative to provide a STEP UP and STEP Down Support, along with Counselling to young people in Roscrea. The Project will also develop and delivery wellness programmes in the Community. This Project is funded through Tipperary County Council

The Roscrea Youth Service invite applications for the following fixed term positions:

- Project Lead – Roscrea Youth Service – Full-time
- Youth Development Worker – SPY Youth Project – Full-time
- Youth Development Worker – SPY Youth Project – Part-time
- Youth Project Worker – RAY Project – Full-time
- Youth Wellness Development Worker: Part -time – 14 hours per week

NTDC SICAP Programme:

The Social Inclusion and Community Activation Programme (SICAP) 2018 – 2022 provides funding to tackle poverty and social exclusion through local engagement and partnerships between disadvantaged individuals, community organisations and public sector agencies.

SICAP addresses high and persistent levels of deprivation through targeted and innovative, locally-led approaches. It supports disadvantaged communities and individuals including unemployed people, people living in deprived areas, people with disabilities, single parent families, people on a low income, members of the Traveller and Roma community and other disadvantaged groups.

The SICAP Programme invite applications for the following fixed term position:

- Community Development Worker – Newport – Full Time fixed term Dec 2019.

For job description and application form please email: receptionho@ntdc.ie

Closing date for applications is 28th June at 5pm. Garda Vetting applies to these posts.

A panel may be formed from which future positions may be filled.



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Life-saving business idea wins

Entrepreneurship: Proposal to change search and rescue plan

NICK RABBITTS
 nick@limerickleader.ie

A LIMERICK businessman who has helped design a potentially life-saving piece of equipment will represent the county in the final of Ireland's Best Young Entrepreneur.

Eoghan Mulcahy, 22, from Clarina, was given the award for the best business idea – pre trading at the regional heat of Ireland's Best Young Entrepreneur (IBYE) 2019. The awards ceremony, run by the Limerick Local Enterprise Office took place at the Castletroy Park

Hotel.

Now, the former Ardscoil Ris student will head to the finals taking place at Google's headquarters on Dublin's docklands in September.

"I'm absolutely delighted. It really came as a shock to me as the category was so strong. But I'm absolutely delighted to win this and to be heading onto the All-Ireland final in Dublin," he said.

Deepseek is a technology company specialising in artificial intelligence.

The first product to be brought out will be a water search and rescue



IBYE winner Eoghan Mulcahy, flanked by Minister Patrick O'Donovan, and Pat McDonagh, Supermac's founder PICTURE: PAUL MULLINS

tool, Mr Mulcahy said.

"It's a drone-based system which will help Marine Search and Rescue locate victims who enter the water, reduce time for rescues and hopefully increase the rate of successful rescues," he explained.

Mr Mulcahy will work with his

two company co-founders Ciaran O'Mara and Niall Mulcahy to ensure they are ready for the final.

The idea of the company came in February of last year when he witnessed someone entering the River Shannon.

"It left me with a feeling of

helplessness and hopelessness in the whole scenario. So I just wanted to see if I could develop something which could help the rescue team in their efforts," he said, adding he worked on it through his final undergraduate year at the University of Limerick.

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The kitchen features quality cabinetry, is tiled and has integrated appliances while the living room offers wonderful space with solid wood floor, marble fireplace and French doors leading to the dining room which also has solid wood flooring

Five bed country mansion

Crecora: Magnificent family home on one acre just 15 minutes drive from Limerick city

AT A GLANCE

Location: Bettyville, Crecora

Description:

Detached five bed family home

Price Guide:

€630,000

Seller: Wheeler Auctioneers, Main St., Hospital, Co.Limerick

Contact: 061 383403



Located just 15 minutes from the city, Bettyville is a beautiful family home in the much sought-after Crecora area.

This property offers all the benefits of county living in a large five bedroom house while being adjacent to all the amenities of the city.

Extending to 3,500 sq ft and finished to very high standard the house is located on a one acre site.

The house is approached via a winding gravel driveway with extensive lawns to front and rear.

There are three reception rooms, five bedrooms (three ensuite bathrooms) together with games room and office on second floor.

Features include: stone wall entrance, gravel driveway, mature lawns, gft ceilings, ceramic floor tiling, solid mahogany interior doors, solid wood cabinetry in kitchen, oil fired central

heating, and alarm system.

The tiled entrance hall boasts a feature central staircase.

You enter the living room off the hall where you find a wonderful space with solid wood floor, marble fireplace and French doors leading to the dining room which also has solid wood flooring.

The dining room has French doors to the garden.

The kitchen features quality cabinetry. It is tiled and has integrated appliances, while the utility is also tiled and fitted. There is also a tiled WC on the ground floor

On the first floor off the landing area there are four bedrooms, the master having an en-suite bathroom and walk-in wardrobe.

The second and third bedrooms also have en-suite bathrooms and walk-in wardrobes.

The main bathroom is fully tiled and equipped with a jacuzzi bath, shower, hot-press

On the second floor there is another bedroom, a playroom and storage areas.

Features include: gft ceilings, central staircase, ceramic tiling, solid mahogany interior doors, stone wall entrance, gravel driveway, alarm, UPvc windows, and oil fired central heating.



Bettyville is a beautiful family home and includes three reception rooms, five bedrooms, a games room and office

**CAHERDAVIN, LIMERICK**

BER D2

1 ROSTREVOR CLOSE

3 bedroom end of terrace house located in a well established residential area and being walking distance to all local amenities including schools, shops, LIT, Thomond Park, Woodview Shopping Centre, The Jetland Shopping Centre & Ennis Road Retail Park. Hall, living room, back living room, kitchen/diner, 3 bedrooms, main bathroom. Spacious rear garden with side entrance. OFCH. BER 103010708

€155,000

Brian Considine 085 289 4166

**DOORADOYLE LIMERICK****"AUTUMN LODGE"**

Substantial turn key detached property extending over 264.76m²/ 2852.19sqft and situated on a private site of 0.52 acres of landscaped gardens. "Autumn Lodge" is superbly located close to all local amenities. This outstanding property has been maintained and decorated to an exceptionally high standard and is in turn key condition recently renovated with new double & triple glazed windows, new utility units, insulation and décor. OFCH. BER 112340682

€635,000

Lisa Kearney - 087 2633422



BER C2

**DOORADOYLE, LIMERICK**

BER D1

96 FOXFIELD

Attractive two bedroom townhouse positioned in a cul de sac avenue - walking distance to local shops, Crescent Shopping Centre, schools etc. Hall, living room, kitchen, two double bedrooms & bathroom. Low maintenance rear garden. Approx. 68 sq/m (732 sq/ft). In excellent condition. GFCH. BER No: 111838975

€190,000

Brian Considine 085 2894166

**DOORADOYLE, LIMERICK**

BER C3

27 CLUAIN DUBH, FR RUSSELL ROAD,

Spacious 3 bedroom semi-detached residence of approx. 98.27 sq/m (1,057 sq/ft) adjacent to Raheen Business Park, schools, shops, M7 etc. In excellent condition comprising hall, living room, kitchen/diner, guest wc, 3 bedrooms, ensuite & main bathroom. GFCH. Large enclosed rear garden with side entrance. BER No. 111837605

€220,000

Brian Considine 085 2894166

**KILKEE, CO CLARE**

BER D2

"SUNSET HOUSE", STRAND LINE

Spacious period property overlooking Kilkee beach. Whilst in need of refurbishment "Sunset House" offers the potential to create an outstanding home on the beach front. Retains many original features. Accommodation consists of 2 spacious & bright reception rooms, open plan kitchen-dining room, utility, shower room, bathroom, 4 bedrooms & wc. Patio area to rear with pedestrian access. Off street parking via its own driveway. OFCH. BER No. 102934866

€330,000

Lisa Kearney 087 2633422

**ENNIS ROAD, LIMERICK**

BER C3

10 LANSDOWNE TERRACE,

10 Lansdowne Terrace is a beautifully maintained and presented, extended period home built in 1896. Ground floor: hall, 2 large reception rooms, kitchen, sunroom, guest wc with power shower. 1st floor return: 2 bathrooms. 1st floor: 3 bedrooms. 2nd floor: 2 rooms. Magnificent landscaped gardens with garden room complete with bar & dining area. Garage. GFCH. BER No. 112241013.

€610,000

Lisa Kearney 087 2633422

**CASTLETROY, LIMERICK**

BER D2

17 OAKFIELD, MONALEEN

Spacious bright 4 bed detached property which comes to the market in excellent condition having been recently redecorated. Located within easy walking distance to all local amenities, close to University of Limerick, Castletroy College etc. Living room, 2nd living room/playroom, open plan kitchen-dining room, utility 4 bedrooms, ensuite, guest wc & main bathroom. BER No. 112245667.

€390,000

Lisa Kearney 087 2633422

**MURROE, CO LIMERICK**

BER C3

31 LISCREAGH,

Excellent maintained 3 bedroom semi-detached property of approx. 93.5 sq.m. (1,005 sq.ft.) located in the peaceful countryside village of Murroe. Kitchen-dining room, living room, 3 bedrooms, en-suite, main bathroom & guest wc. OFCH. Only a short stroll to the local shop, pub and restaurant along with a host of other amenities in the village. Close to the picturesque Clare Glens & Glenstal Abbey and a 10 minute drive from Limerick City. BER No. 111805636

€159,950

Brian Considine 085 2894166

**DOORADOYLE LIMERICK**

BER C3

83 KILTERAGH

3 bedroom semi-detached home situated located in the Kilteragh estate in Dooradoyle. The accommodation comprises of an entrance hallway, living room, kitchen-diner, downstairs wc, 3 bedrooms upstairs with 1 ensuite & main bathroom. Outside there is a garden to the rear with side entrance and a driveway to the front. It is an ideal home or rental property in a great location and situated in a well established development. In need of decorative work. BER 103086674

€185,000

Lisa Kearney 087 2633422

**CASTLETROY**

BER D2

501 ASH CLOSE, ELM PARK

5 bedroomed semi detached property located in a quiet cul-de-sac within Elm Park. The subject property is located opposite the University of Limerick and close to all services & amenities. Internally the property is in need of some upgrading while externally there is off street parking to the front and private garden to the rear. OFCH. BER 106333784

€150,000

Peter Kearney - 087 6488792

**DOORADOYLE, LIMERICK**

BER C1

11 ARD BRACKEN, KILTERAGH

3 bedroom home located close to an abundance of amenities including the Crescent Shopping, schools, shops, bars & restaurants. The accommodation consists of an entrance hallway, living room, kitchen-diner, downstairs wc, en-suite and main bathroom. The house is in turnkey condition and is tastefully decorated throughout. It is an ideal home in a great location situated in a quiet cul de sac. GFCH. BER 100085802

€210,000

Brian Considine 085 2894166

**LIMERICK**

BER C2

81 UPPER CAREYS ROAD

3 bedroom end of terrace house only a short walk to the city centre. The house has been well maintained & benefits from recent upgrades, decorating & new carpets. Hall with porch, front room/bedroom 4/office, living room, kitchen, 3 bedrooms upstairs and bathroom. Yard to rear with shed. Mature front gardens with gated front drive, plenty of off-street parking & also a sizeable shed/workshop. GFCH. BER NO. 104065685

€145,000

Brian Considine 085 2894166

**DOORADOYLE LIMERICK**

BER C3

35 CLONBEG, CHURCHILL MEADOWS

3 bedroom townhouse situated within easy walking distance to all amenities. Bright reception room, open plan kitchen-diner, 3 bedrooms, ensuite & main bathroom. Private low maintenance garden to rear & double driveway to front. The house is situated on a private cul-de-sac avenue with a large green area at the end of the avenue. Double glazed Upvc windows. GFCH. BER No. 103340634.

€185,000

Brian Considine 085 2894166

**CASTLECONNELL, LIMERICK**

BER C1

7 THE COMMONS,

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

€195,000

Brian Considine 085 2894166

Autumn Lodge a summer stunner

AT A GLANCE

Location: 'Autumn Lodge', Dooradoyle Road, Limerick.

Description: 4 Bed Detached Home

Price Guide: Offers in the region of €635,000

Seller: Rooney Auctioneers, 99 O'Connell Street, Limerick

Contact: 061 413511



The bright spacious kitchen at Autumn Lodge is bathed in gorgeous natural light

AUTUMN Lodge is an outstanding property that has been maintained and decorated to an exceptionally high standard.

Rooneys are delighted to present to the market this substantial turn key detached property extending over 264.76m²/ 2852.19 sq.ft and situated on a private site of 0.52 acres of landscaped gardens.

Autumn Lodge is superbly located being within easy walking distance to all local amenities and to the Crescent Shopping Centre, University Hospital Limerick, Raheen

Business Park, Mungret Park, national and secondary schools and the M7/M20 motorways via the Shannon tunnel and the N18.

Built in 1995 this outstanding property has been maintained and decorated to an exceptionally high standard and is in turn key condition having recently been upgraded in 2018 with new double and triple glazed windows, utility units,

insulation and décor.

Access is via electric gates to a gravel driveway.

Accommodation comprises: hall, office/study, three reception rooms, kitchen/dining/living room, utility, guest wc, four bedrooms, two en suites, family bathroom. Rarely does a property of this calibre and in turn key condition come to the market - viewing is highly recommended.



The gated entrance ensures the best first impression of Autumn Lodge



Elegant home in a country setting



AT A GLANCE

Location: Curraghchase North, Adare, Limerick

Description: Rigney's Farmhouse plus c. 14 acres and Farm Buildings & Stables

Price: POA

Seller: John Giltenane & Associates, Adare Properties, Adare, Co. Limerick,

Contact: 061 605046



yet only 15kms from Limerick city.

This is an elegant three storey, six bedroom residence, which is suitable as a wonderful family home as well as a vibrant guest house business. The house and grounds have been carefully set out to maximise its appeal and business usage for the owner. This residence has been used as a successful Bed and Breakfast and also a very productive and award-winning farm specialising in pork production.

LOCATION: It is located near Curraghchase forest, (700 acres of unspoilt forest, lake and walks) and Adare village, so one is spoilt for choice with things to do. The famous Adare village with its great range of artisan shops,

Rigney's Farm House, and surrounding farmland which is located at Curraghchase, Kilcornan is an elegant and substantial, architect-designed house, positioned in a peaceful country setting.

It is beside the Curraghchase National Park,



This architect-designed home is in a peaceful setting beside Curraghchase National Park

boutiques and coffee shops is less than 15 minute drive away while Limerick city is a 20 minute drive along the N69 roadway.

This is a beautiful home in a picturesque setting. Tucked away down a country laneway, an idyllic hideaway

from the hustle and bustle of everyday life, yet only a stone's throw from the N69 roadway to Limerick city. Combining the best of both worlds with stunning views across countryside it is the perfect location for those looking for that country laid

back lifestyle with circa 14 acres of land for farming, horses, chickens, ducks, etc.

On entering this fine home the high quality of finish throughout is immediately evident.

From the well-designed layout, the high quality

fixtures and fittings to the custom made joinery throughout - no expense has been spared in making this a true home of distinction with comfort and character abounding.

The quality of the home and its features throughout the house are immaculately presented yet it is very much a home with a heart.

Golf enthusiasts are spoilt for choice with Adare Manor Golf Club nearby and the property is within easy reach of Ballybunion, Killarney and Lahinch golf clubs.

This truly is an exquisite property and to use that phrase 'must be viewed to be appreciated' because it is only on inspection that you will appreciate the attention to detail and the love and effort that has gone into making this house a home.

There is a treatment room which is situated just off the main hallway, which can also be used as a study or an office.

Outside of the residence is a wonderful garden, and patio area, with a large rockery and fruit trees and vegetable plot. The farm has numerous purpose-built farm buildings laid out in the most convenient way for maximum usage.

Stunning two bed apartment in Kilkee

AT A GLANCE

Location: Apt. 1, West End Court, Kilkee, Co. Clare

Description: Ground Floor Apartment

Price Guide: €260,000

Seller: DeCourcy Estate Agents, 7/8 Glentworth St, Limerick

Contact: 061 415188



amenities.

Spectacular beach and sea views. Superb location. Back entrance which is suitable for wheelchair access.

ACCOMMODATION:

Entrance by teak hall door to living room which is 5.3 m x 4.3m. Marble fireplace. Storage heater.

Large bay window 2m x 0.3 m with superb beach and sea views.

KITCHEN: 3.1 m x 2.2 m. Oak fitted kitchen. Stainless steel sink unit. Four ring hob, oven, washing machine, fridge. Extractor fan. Heated towel rail.

HALLWAY: 6.8 x 1. Storage heater.

THIS magnificent ground floor apartment in Kilkee would make a lovely summer abode or a retirement property.

It is ideally located by the Blue Flag beach in Kilkee and surrounded by a host of



This magnificent apartment has stunning sea views



There is bound to be plenty of interest in this magnificent apartment in Kilkee...the favourite holiday spot for Limerick folk

BEDROOM 1: 3.1 m x 2.8 m. Wardrobes. Unidare electric heater.

BEDROOM 2: 3.3 m x 4.5 m. Wardrobes. Aluminium and glass. Back door. Shower ensuite. Electric shower, toilet, wash hand basin.

Tiled floor. Unidare electric heater.

BATHROOM and TOILET: 2.4 m x 2.2 m. Bath with shower attachment and shower screen. Toilet, wash hand basin. Expelair.

WALK IN HOT PRESS

WITH DUAL IMMERSION FLOOR AREA: circa 790 sq. ft. (73.4 mtrs sq)

WINDOWS: Aluminium double-glazed windows.

HEATING: Electric heating

Carpets, curtains, light

fittings, white goods and all furniture included (excluding personal items).

Emergency lighting and fire alarm, private paton at front: 5.3 m x 4 m.

One lock up store car space adjacent.

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- We are retained on behalf of a client to acquire a large zoned/unzoned landbank of up c. 50 ha. to 100 ha. with suitable connectivity to Limerick and its environs.
- For further details and to request an application form for the submission of an 'expression of interest', please contact; Tel: 01-676 2711. E-mail: pkirwan@dob.ie. 86 Merrion Square, Dublin 2.
- **'Expressions of interest' to be submitted by 4pm on Thursday 11th July 2019**

Contact: Patrick Kirwan: 01-676 2711 / pkirwan@dob.ie

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Exceptionally well built and beautifully maintained detached Family Home located 3.5 kms from Crecora Primary School and 15 mins from Adare. Accommodation comprises: 4 Reception Rooms, Kitchen/Dining, Utility with Shower/WC, downstairs bedroom. Upstairs 4 Beds (2 en-suite), Bathroom WC. Built in 2005. Geo Thermal Heating. Concrete floors throughout. Outside: Large Garage 1,036 sq. ft Private and mature garden (Circa 1 acre). Stone wall to front with electric gates. Viewing is highly recommended.

€695,000

APT. 1 WEST END COURT, KILKEE, CO. CLARE (V15 YA26)



This ground floor apartment is ideally located by the Blue Flag beach in Kilkee and surrounded by a host of amenities. Spectacular beach and sea views. Superb location. Back entrance which is suitable for wheelchair access. Accommodation: hall, living room, kitchen, 2 bedrooms (1 ensuite), bathroom & toilet. Electric heating. C. 790 sq.ft. Aluminium double-glazed windows. Car parking adjacent. Most furniture and contents included.

€260,000

3 CORNMARKE T ROW, LIMERICK



- * Large open plan Vacant Restaurant/Takeaway For Sale.
- * Situated in the heart of the city, close to a host and abundance of pubs and food outlets.
- * Ground Floor 222.43 sq mtrs (2,394 sq ft)
- * Accommodation: Large open plan Restaurant/Takeaway, Ladies WC, Gents WC, Disabled WC, Store. Kitchen.
- * Fire alarm. Emergency lighting. Rates: €5,000 per annum. Service Charge €928 per annum.
- * Full planning permission for takeaway restaurant.
- * Price: €300,000 plus VAT

€300,000

56 RICHMOND PARK, CORBALLY, LIMERICK



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

€238,000

"MENTANA", LAUREL HILL AVENUE, SCR., LIMERICK



de Courcy Estate Agents are delighted to offer a rare opportunity to acquire a unique and centrally located residence built in 1840. Situated in a much sought after and prominent location, on Laurel Hill Avenue opposite St. Clements College and beside Laurel Hill Secondary School. This 5 bed Character filled home comp. spacious hallway, sitting room, dining room, 3 beds, toilet and separate shower. Downstairs: kitchen, living room, 2 bedrooms, small room, bathroom and toilet. Aluminium s.g. windows. Oil heating. Good sized gardens.

€305,000

14 GLENVIEW GARDENS, FARRANSHONE, LIMERICK



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

€198,500

3 PRESENTATION COURT, SEXTON STREET, LIMERICK



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

€215,000

16 BALLYHOURA FOREST LUXURY HOMES, BALLYORGAN, CO. LIMERICK



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

€160,000

KILLEEN, PATRICKSWELL, CO. LIMERICK



de Courcy Estate Agents are delighted to offer for sale this very well maintained bungalow. Situated in a much sought after area, with easy access to the M20/M7 and only 3 miles from Adare and 3.1 miles from Patrickswell village. Accommodation comp: hall, living room, open plan kitchen/dining/living room, sunroom, 3 beds (1 ensuite), shower/WC, utility, store. Upstairs: 3 rooms. Store. Oil heating, PVC double glazed windows. Outside: Front & back gardens. Second entrance. Garage.. Viewing recommended

€296,000

37 LEIM AN BHRADAIN, GORT ROAD, ENNIS, CO. CLARE V95 KW02



A spacious 1st floor apartment 745 sq.ft (68.5 sq.mtrs), situated to the rear of Auburn Lodge Hotel and Lidl Shopping Centre and within 2.1 kms of Ennis Town Centre and within easy access of the Ennis by-pass at Barefield. Comprises of hall, large L-shaped kitchen/dining/living room, 1 ensuite bedroom, main bathroom and toilet. Hot press. Electric storage heating. PVC d.g windows. Outside: store to side. Car parking space.

€98,500

6 RADHARC NA MARA, OLD SCHOOL ROAD, LAHINCH, CO. CLARE



Semi detached house in good condition situated in the popular coastal town of Lahinch. Floor area c. 1,156 sq ft comprising of hall, living room, open plan kitchen/dining room, utility and toilet. Upstairs: 3 bedrooms (1 ensuite) and main bathroom. Oil heating. PVC windows. Outside: Car parking to front and small garden to rear.

€148,500

GORTATOGHER, PARTEEN, CO. CLARE V94 W9N2



Large 5 bed bungalow. Private grounds on c 0.51 acre of mature gardens. This home is in excellent decorative condition with electric gates. Shops, Schools and Pubs are within walking distance. Parteen village is nearby. Accommodation comprises porch, hall, lounge, open plan kitchen/dining/living room, sunroom, utility, WC, 5 bedrooms (2 shower ensuite), bathroom and toilet. Outside: Mature hedge to front. Private mature back garden. Garage, Dual purpose heating. UPVC d.g windows. Mains water. Built 1993. Floor Area 2,325 sq. ft.

€285,000

WOK THIS WAY, 3 MARKET COURT, CORNMARKE T, LIMERICK



- *Fitted Takeaway To Let
- *Full planning permission for takeaway *Shop unit circa 600 sq.ft. (56 sq. mtrs)
- *Waiting room *Fitted kitchen
- *Staff toilet *Back door *Fire Alarm *Emergency Lighting
- *No turnover figures *Twenty year lease commenced 1/4/2016
- Service Charge: €212 P.A.
- *Rates: €2,400 P.A. * 1 car parking space * Present rent €11,400 P.A.
- *KEY MONEY €25,000

PSRA No: 003402

T: 061 415188

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BONDED MEMBER

John de Courcy (087) 2565 444

Richard de Courcy (087) 2535740

7-8 Glentworth Street, Limerick City.

email: limerick@decourcy.ie

Stunning home in Annacotty

AT A GLANCE

Location: Mulcair Drive, Annacotty
Description: Detached family home
Price: €395,000
Contact: 061 418000
Seller: Sherry FitzGerald, 6 Shannon St, Limerick



Sherry FitzGerald are delighted to bring Mulcair Drive, Annacotty to the market.

This stunning family home has been very well maintained and is meticulously presented to the market. Tastefully decorated in neutral tones, each room has been thoughtfully planned and boasts modern features and fittings with exceptional attention to detail throughout.

Mulcair Drive is situated in the heart of a well-established community. The property is positioned just outside the village of Annacotty, providing immediate access to the Dublin Road and School Road, Lisnagry. The selection of both primary and secondary schools within minutes of the property is unrivalled, namely Lisnagry National School, Milford NS,

Monaleen NS, and Castletroy College. Plassey Business Park and the University of Limerick are just a stone's throw away, alongside quick access to all major road networks for those commuting to Limerick city or the mid-west region.

As you enter the property, you are greeted by a bright spacious entrance hall. To the left is the games room, a spacious room with a bay window overlooking the front of the property, this room is complete with an open fireplace. Located to the right of the property is the stylish living room with a large bay window. The living room is fitted with solid wood floors and a solid fuel stove. French doors lead out to the kitchen/dining. The kitchen is fitted with beautiful modern kitchen units and large island located in the centre. Continuing from the kitchen/dining through an

arch brings you to the wonderfully bright sun room, while this room is tastefully presented it's the surround of windows that really makes it. The sun room has access to the garden which is ideal for entertaining. There is a spacious utility and shower room ideally located off the kitchen. Added access to the rear is provided from the utility. Located off the entrance hall is a spacious cloak room, giving more storage space.

Upstairs there are three spacious double bedrooms and a large Velux window which flood the upstairs landing with natural light. The master bedroom is beautifully presented and fitted with timber flooring, a fully shelved walk-in wardrobe and a beautifully tiled ensuite fitted with shower.

Bedroom two is a double bedroom that is fitted with



This home is meticulously presented to the market and is tastefully decorated in neutral tones



built-in wardrobes and decorated in neutral tones and a Velux window.

The main bathroom is fully tiled and features a wonderfully large standalone bath and large Velux window.

Bedroom three is a very bright double bedroom and is fitted with built in wardrobes.

Garden: The garden has been beautifully maintained by the current owners with a

south facing aspect to the rear. There is a large patio with steps leading up to a green area.

To the front of the property is a lawn and a large driveway.

Spacious family home on corner site in Ballykeefe



This three bedroom home at Ballykeefe has spacious accommodation and with a private rear patio garden

AT A GLANCE

Location: 28 Ballykeefe Estate, Dooradoyle
Description: 3 Bed Semi-Detached Home
Price Guide: Offers in Excess of €235,000
Seller: Rooney Auctioneers, 99 O'Connell Street, Limerick
Contact: 061 413511



Rooneys are delighted to bring to the market No 28 Ballykeefe Estate.

This fine semi-detached property is situated on a large corner site which is located opposite The Crescent Shopping Centre and close to a host of amenities including schools, shops, public transport and only a short drive from Limerick city

centre.

The spacious accommodation comprises of entrance hallway, living room, sitting room, kitchen/dining room, TV room/bedroom, utility room and bathroom.

Upstairs: Three bedrooms and shower room. GFCH. Outside the property is



Number 28 Ballykeefe Estate would make a fine family home

further enhanced with a private rear patio garden with shed/side entrance and a large corner sized front garden with ample off-street parking.

A viewing of this property is recommended. It is in a top location

Contact Peter Kearney at Rooneys on 061-413511.



JOHN GILTINANE & ASSOCIATES

Licence Number: 001474

Auctioneers and Valuers

KILBEHA HOUSE, OLD KILDIMO, CO LIMERICK



Guide Price €495,000

A stunning family home located just 10 minutes' drive from the picturesque village of Adare, Co Limerick. Kilbeha House is a beautiful 4-bedroom detached home proudly positioned on 2.1 acres of land surrounded by stud rail fencing and mature trees. Having been carefully maintained by its current owner, this wonderful residence comes to the market in pristine condition with a high standard of finish throughout.

RIGNEY'S FARM HOUSE, CURRAGHCHASE, ADARE, LIMERICK



POA

Rigney's Farm House, and surrounding farmland (circa 14 acres) located at Curraghchase, Kilcornan, Co Limerick is an elegant and substantial, architect designed house, positioned in a peaceful country setting beside the Curraghchase National Park, yet only 15 kms from Limerick city. This is an elegant 3 storey, 6 bedroom residence, which is suitable as a wonderful family home as well as a vibrant Guest house business. The house and grounds have been carefully set out to maximise its appeal and business usage for the owner. This residence has been used as a successful Bed and Breakfast and also a very productive and award winning farm specialising in pork production.

HAZELWOOD, BALLINAMONA, CURRAGHCHASE, ADARE, CO LIMERICK



Guide Price €280,000

This spacious 4 Bed family architecturally designed home with its impeccably presented interior surrounded by mature hedging and an enchanting garden is a haven of peace and tranquillity. Having been excellently maintained throughout this property will make an ideal family home for those seeking space, comfort and style.

3 AVONDALE DRIVE, GREYSTONES, ENNIS RD, LIMERICK



Guide Price €270,000

Beautiful, spacious, 2 storey, 4 bed residence with large bright living spaces, cleverly designed layout and presented in turnkey condition. Excellent location close to Ennis Road, Primary and Secondary Schools, Shopping Centre, Thomond Park and GAA Gaelic Grounds.

3 MARKET LANE, PALLASKENRY, CO LIMERICK



Guide Price €140,000

Delightful detached 3 Bedroom residence would suit First Time Buyers, Family or Retired Couple, located in centre of Pallaskenry, close to all amenities.

BALLYKENNEDY SOUTH, BALLINAGARRY, CO LIMERICK



Guide Price €225,000

This beautiful 4 bed residence situated on large site (c. 0.75 acre) offers all the peace and tranquillity of a country setting while still within easy access of Ballinagarry village with all its amenities, schools, shops etc.

KILFINNY, ADARE CO LIMERICK



Guide Price €275,000

4.4 ACRES DEVELOPMENT LAND

Being sold Subject to Planning Permission
Excellent opportunity to purchase a development opportunity for 4/5 detached houses Subject to Planning Permission- land measuring circa 4.4 acres Kilfinny village is a beautiful country village with wonderful views across County Limerick, just a 5 mins drive to Adare, and 20 mins drive to Limerick city



FARM AUCTION

CIRCA 78 ACRES AT KILDERRY, MEANUS, COUNTY LIMERICK

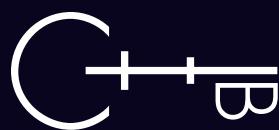
This farm which is of good quality land is located approx 8kms from Limerick city and approx 7kms from Croom. The farm is laid out in one block, broken into 6 fields, serviced by an internal Farm roadway system and water system.

Date of Auction - 3rd July 2019
Dunraven Arms Hotel - 3pm
Solicitor; Fergal McNamara, Hogan,
Dowling, McNamara Solicitors.

Irish Land Sales-
01-5241645 / 061-513750

John Giltinane 086-8574718 • www.irishlandsales.ie

NEW PHASE
NOW LAUNCHED



CASTLEBROOK

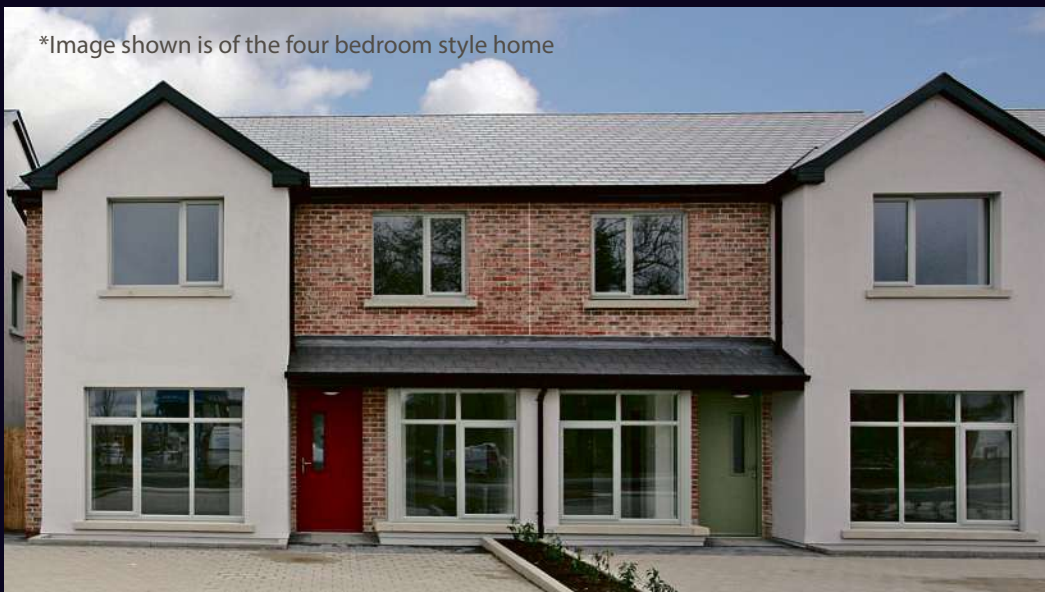
MANOR

SHOWHOME
ON VIEW

SATURDAY 22ND & SUNDAY 23RD

JUNE FROM 2PM TO 4PM

*Image shown is of the four bedroom style home



3 BED TOWNHOUSES
FROM €285,000

APPROX 111 SQM/1192 SQFT

3 BED SEMI DETACHED HOMES
FROM €295,000

APPROX 108 SQM/1160 SQFT

LEAVE RENT BEHIND AND OWN A NEW HOME AT
CASTLEBROOK MANOR IN CASTLETROY.

SEE HOW MUCH YOU COULD BE SAVING:

Prices from	Mortgage repayment**	Typical Rent	You Save
€285,000 <small>Three Bed</small>	*€930 pm	€1250 pm	€320 pm

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31/12/2019

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Lioncor Developments



EPI range of 25
- 75 kWh/m2/yr
Certificates can be
viewed with the agent

WWW.CASTLEBROOKMANOR.IE

Sherry
FitzGerald
NEW HOMES

PSRA Licence No 002183

061 418000

ANNACOTTY
MULCAIR DRIVE**€359,000**

Meticulously presented family home just outside Annacotty Village. Tastefully decorated in neutral tones, each room has been thoughtfully planned and boasts modern features and fittings with exceptional attention to detail throughout. Entrance hall, living room, family room, kitchen/dining, sun room, cloakroom, utility, 2 main bath, 3 beds, ensuite. 187 sq m / 2,013 sq ft approx. BER: 111866711

CALL ORLA SHEEHAN ON 061418000

BER C1

MEELICK
DERRYMORE**€495,000**

Bright, spacious property on a wonderful elevated 1-acre site, complemented by a boundary of mature trees and set back from the road for complete privacy. Entrance hall, living room, kitchen/dining, utility, 5 bedrooms, 3 bathrooms, games room, office, patio, garage. 341 sq m / 3,670 sq ft approx. BER: 112290192

CALL ORLA SHEEHAN ON 061418000

BER C1

Unique to Sherry FitzGerald, you can now search for properties, book viewings, make & view offers anytime you like. Start your search now at mySherryFitz.ie

**24 HOUR ACCESS****SEARCH****BOOK VIEWINGS****MAKE OFFERS****PROGRESS TRACKER**mySherryFitz.ie**Sherry FitzGerald****DOORADOYLE**
OAKFIELD**€289,000**

Exceptionally well presented family home set at the heart of one of Dooradoyle's most popular residential developments. Recently renovated, no. 25 offers superb accommodation on both floors and landscaped gardens to front and rear on a very large end-of-row-site. Hallway, living room, family room, kitchen/dining, utility, guest wc/ensuite, 4 beds, main bath. 135 sq m / 1,453 sq ft approx. BER: 112253604

CALL FRANK LYDDY ON 061 418000

BER C1

NEWPORT
MULCAIR MANOR**€299,000**

Beautifully presented and well-proportioned family home, overlooking a large green area in a prime residential location. Hall, living, family room, kitchen/dining, utility, 4 double beds, 3 baths (1 en-suite). 135 sq m / 1,453 sq ft approx. BER: 108834490

CALL SEAN MCGEE ON 061 418000

BER C1

CASTLETROY
NEWTOWN ROAD**€499,000**

Exceptional detached property nestled on a landscaped south-westerly site. Hall, family, study, kitchen/dining, living, utility, guest w.c., 4 beds, ensuite, dressing room, main bath. 260 sq m / 2,799 sq ft approx. BER No. 111432472.

CALL FRANK LYDDY ON 061 418 000

BER C3

ADARE**KILGOBBIN****€270,000**

Extended detached bungalow, situated on a private site with stables and outbuildings. Hall, living, family/games room, kitchen/breakfast room, 4 bedrooms, ensuite, bathroom, utility. 204 sq m / 2,196 q ft approx. BER: 103083549

CALL SEAN MCGEE ON 061 418000

BER D1

ANNACOTTY**ELM VALE****€199,000**

Beautifully presented 3-storey townhouse offering a wealth of space and an incredible location to establish a family home. Entrance hall, living, kitchen/dining, 4 bedrooms (3 double), 3 bathrooms (2 ensuite). 122 sq m / 1,313 sq ft approx. BER: 112342225

CALL SEAN MCGEE ON 061 418000

BER C1

CORBALLY**CARRAIG MIDHE****€209,000**

Superb family home finished to show-house standard throughout, just 10 mins from Limerick City centre. Hall, living room, kitchen/dining, 3 beds (2 double & 1 Single), 3 baths (1 ensuite). 95.6 sq m / 1,029 sq ft approx. BER: 111986170.

CALL SEAN MCGEE ON 061 418000

BER C2

ENNIS**PITCH & PUTT COURSE, CLARE ROAD****€450,000**

Fantastic residential development opportunity, 0.66 hectares (1.63 acres) approx. of zoned residential land, adjacent to the West County Hotel. Being sold by "Best Bids". Bidding documentation available from Sherry FitzGerald McMahon.

CALL DIARMUID MCMAHON ON 065 6867866

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 @SHERRY_FITZ

PSRA No. 002183

It's not just about property. It's about people.

6 SHANNON STREET, LIMERICK T: 061 418 000

Commercial Property

Plassey Enterprise Centre, Castletroy, Limerick



- Located in Castletroy on the Eastern suburbs of Limerick city, just 5km from the city centre.
- Unit 8 is a two storey office accommodation measuring 863.54 sq.m. (9,295 sq.ft.).
- Units 1 – 4 are single storey office accommodation extending to 194 sq.m. (2,092 sq.ft.).
- 20 car parking spaces at the front of the buildings and a yard to the rear.

PEC Unit 1 – **BER C1**

PEC Units 2 & 3 – **BER C2**

PEC Unit 4 – **BER G**

PEC Unit 8 – **BER D1**

Asking Price: €800,000 + VAT

Land for Sale

Lisbunny Business Park, Nenagh, Co. Tipperary



- Land comprises of 53.5 acres (21.65 Hectares).
- Situated on the periphery of Nenagh town centre.
- Easy access to the M7 Dublin to Limerick motorway.

Asking Price: €550,000 + VAT



This property at Glanntan, Castletroy is in immaculate condition

Immaculate home in Castletroy

AT A GLANCE

Location: 302 Glanntan, Golf Links Road, Castletroy

Description: Four Bed Semi Detached

Price Guide: €245,000

Seller: REA John Lee, Main Street, Newport, Co. Tipperary

Contact: 061 378121



HERE is a turnkey four-bed semi-detached home coming to the market in truly immaculate condition, having been very well maintained and upgraded by its current owners.

This is a fantastic opportunity to purchase a home in a well-established community.

Entrance hallway – teak front door with alarm control box. Fully tiled entrance hallway leading to kitchen

and WC. Doors leading to living room, kitchen, downstairs utility.

Living room includes solid wood flooring, gas fireplace, large bay window to the front.

Kitchen/dining room - oak fitted kitchen with fridge/freezer and dishwasher integrated.

French doors lead to a paved area in rear garden with mature lawns.

Utility room is wired, plumbed and extraction for washing machine and tumble dryer. Fitted units.

Stairs and landing – carpeted leading to hot press which has ample storage. Stira attic access. Attic itself has partial flooring for storage.

Main bedroom - the master bedroom is carpeted with customer designed slide robes along one wall. En-suite

fully tiled with electric shower. High quality semi solid wood flooring.

Bedroom two - rear bedroom. Large bedroom with fitted wardrobe one wall, high quality semi-solid wood flooring

Bedroom three - high quality semi solid wood flooring.

Main Bathroom – fully tiled floor to ceiling. Over bath shower is a pumped electric shower, with glass shower door and extractor.

Bedroom four - fitted sliderobes along one wall, high quality semi solid wood flooring.

Rear garden - ample garden for a semi detached home. Professional laid slabbed area outside rear of property with a shed to rear of Garden (shed included). Secure side access to front/rear garden.

Home close to Limerick city centre

AT A GLANCE

Location: 14 Glenview Gardens, Farranshone, Limerick

Description: 3 Bed Semi Detached House

Price Guide: €198,500

Seller: DeCourcy Estate Agents, 7/8 Glentworth St



THIS semi-detached home in Farranshone is centrally located and within a short walk of Limerick city centre, and close to all local amenities and schools.

It comprises of an entrance hall, shower and toilet, sitting room, living room, kitchen/dining area, garage and utility room. Upstairs are three bedrooms and bathroom/toilet.

Mostly aluminium single glazed windows. Oil and solid fuel heating. Outside: Walled



Brilliant location: Farranshone is a five minute walk to city

in and south facing back garden.

Accommodation:
Hall: toilet, shower cloakroom. Sitting room: 3.2m x 3.5m, fireplace.

Living room: 4.3m x 3.5m. Fireplace heats water in radiators. Extended kitchen. Dining Area: 3m x 3.3m.

Worktop with numerous presses and drawers.

Kitchen: 3.2m x 2.7m. Sink unit, presses, drawers and eye-level presses. Pantry under stairs.

Garage and utility room: Boiler unit.

Upstairs has three fine bedrooms. Viewing is essential.

6 SHANNON STREET, LIMERICK

T: 061 418 111



FOR SALE



Bloomfield

CRÈCHE COMING SOON

Crèche Opportunity, Bloomfield Annacotty Limerick

Crèche opportunity located in the heart of the Bloomfield Residential Development in the sought after Annacotty/ Castletroy suburb of Limerick.

Bloomfield comprises a total of 130 units with 110 of these completed and the remaining units to be launched in the coming months. Bloomfield is set within walking distance of both Milford & Monaleen National Schools, Castletroy Gaelscoil & the highly regarded Castletroy College.

The natural ripple effect of a thriving, rapidly expanding University of Limerick campus has continually encouraged both national and foreign direct investment, population growth & surging employment numbers over the last three decades. Full planning permission in place for a single storey crèche Building and associated play area

The proposed crèche extends to approx. 358 sq m (3,854 sq ft) Options to purchase or lease available

BER Exempt

CALL CIARA MC CARTHY 061 418111

TO LET



1-5 Barrington Street, Limerick

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

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

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

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

Secure car parking available

BER Nos. Available upon request

BER C1 C3

CALL JOHN MURRAY 061 418111

FOR SALE
DEVELOPMENT OPPORTUNITY



8.90 Ha / 20 Acres Lands at Towlerton, Ballysimon, Limerick

Excellent opportunity to acquire a prime commercial site in an established commercial location

High profile, greenfield development site with ease of access to the M7 Limerick Dublin motorway

The lands extend to 8.09 hectares / 20 acres

The lands are currently zoned Enterprise & Employment which provides for a number of uses SPP

Surrounding developments include City East Plaza, City East Retail Park, Eastway, Crossagalla and Eastlink Business Parks

BER Exempt

CALL CIARA MC CARTHY 061 418111



The magnificent three bed homes which have just come on the market at Castlebrook Manor, Walkers Road, Castletroy



New quality homes in Castletroy

Castlebrook Manor, Walkers Road in Castletroy is an exclusive new homes scheme by Lioncor Developments comprising 150 superior quality three and four-bedroom homes, designed to the highest standard offering contemporary design and exceptional specifications.

These wonderful A2-A3 rated homes are designed with a growing family in mind and will appeal to a wide variety of purchasers. The scheme is ideally located on the northern outskirts of Limerick city on Walkers Road in the well established suburb of Castletroy close to Parkway, Limerick One and Castletroy Shopping Centres, Munster Rugby's headquarters, University of Limerick campus and National Technology Office Park all with easy access to the M7 ring road. Local sports clubs and three primary and secondary schools are surrounding the scheme.

The homes in Castlebrook Manor are constructed to the highest quality all being A rated with air source heat pump system resulting in very low running costs.

The site benefits from extensive attractive

landscaped areas and individual garden sizes are extremely generous. The homes have been expertly designed with attractive brick and rendered elevations and the internal living space maximised by Extend Architects. Included as standard are stylish and contemporary bathrooms and en-suites all with floor and wall tiles.

Contemporary and luxurious kitchens supplied by KM Kitchens and fitted wardrobes in two main bedrooms add to the appeal as does the high electrical specification including wiring for EIR and Virgin Media broadband.

Lioncor Developments released their first phase of three and four bed homes in October 2018, with all units sold out. Now, Lioncor and Sherry FitzGerald New Homes prepare for the much-anticipated release of further three bed semi-detached and townhouses last weekend.

This coincides with the unveiling of their brand new three bed semi-detached show home being fitted out by the excellent Ventura Interior Design. Sherry FitzGerald New Homes are due to release a further 30



Above are the four bedroomed homes at Castlebrook Manor in Castletroy

homes and are expecting a similar response to the first release which saw large numbers attending to view the exciting show homes.

"Demand was extremely strong in the first phase for

the three bed homes from First Time Buyers who can benefit from the Help to Buy Rebate which is due to expire at the end of this year. We expect similar levels of demand for these types of

homes when we launch at the weekend".

Prices for three bed semi detached homes extending to 108 sqm are from €295,000 and slightly larger townhouses of 111 sqm are

starting from €285,000. There is a limited number of four bed homes starting from €330,000.

Interested parties are encouraged to log onto www.castlebrookmanor.ie

Wheeler

AUCTIONEERS



We'll get you Home

Licence No: 002095

Bettyville, Crecora, Co.Limerick V94EE7Y



IMPOSING THREE-STOREY RESIDENCE

- Ideal Location Within 10 Miles of Limerick City
- Extending to 3500 Sq. Ft.
- 5 No. Bedrooms (3 Ensuite)
- 3 No. Livingrooms
- Stone Entrance with Winding Gravel Driveway
- Ber B3

Features Include
9ft Ceilings, Central Staircase, Ceramic tiling, Solid Mahogany interior doors, Stone Wall Entrance, Gravel Driveway, Alarm, UPvc Windows, Oil Fired Central Heating

Full Details From Agent

Kilcornan House, Kilcornan, Co. Limerick V94A3E5



By Public Auction

Tuesday 9th July 2019 at 3pm

Landmark Pub/Restaurant Premises
Situating on Busy N69 Roadway
15 Minutes From Limerick City
Pub/Restaurant/ Living
Spacious Car Park
Site with Immense Potential for Development

Sale will take place at
South Court Hotel, Raheen, Limerick

Solicitor: Harrison O'Dowd Solicitors, Limerick

Full Details Available from Agent

Millfarm, Hospital, Co. Limerick V35NP26



3 Bedroom Detached Bungalow on 0.5 Acre

Ideal Starter Home or Suitable for Someone Downsizing

Acc Comp:

Kitchen, Diningroom, Livingroom, 3 Bedrooms, Bathroom, Integrated Garage

Features Include:

Oil fired central Heating, Teak windows & Doors, Mature Lawns & Gardens, Tarmacadam Drive.

Ballylina Upper, Kilfinane, Co.Limerick V35P660



Most Appealing Two Storey Residence

On One Circa of Beautiful Landscaped Gardens

Acc Comp: Kitchen/ Diningroom, 2 Livingrooms, Utility, Bathroom, 4 Bedrooms, Walk in wardrobe, 2 Ensuite Bathrooms

Outside:

Tarmacadam Driveway, Garage, Garden Shed, Extensive Lawns, Rockeries, Shrubberies, Kitchen Garden

Features Include:

Jacuzzi bath, Elevated site with stunning views, Extensive 'show quality' gardens and lawns.

Elton, Knocklong, Co. Limerick V35NY77



5 Bedroom Detached Bungalow on Circa 1/2 Acre

Situated within the environs of Elton Village Adjacent to all Local Amenities

Acc Comp:

Ent Porch, Kitchen/Diningroom, Utility, Livingroom, Bathroom, 5 Bedrooms, Ensuite Bathroom, Walk-in Wardrobe

Features Include:

uPvc windows & doors, Tarmacadam Driveway, Oil fired central heating, uPvc Facia Soffit, Shed

Moore Street, Cappamore, Co. Limerick Site for Nursing Home With Full Planning Permission

Ideally Located Site within Environs of Village

Full Planning Permission Ready to Go Site

Occupancy for 42 Residents

36 Single & 3 Double Rooms

Site Comprising Circa 2.5 Acres

Full Details, Maps, Plans Etc. Available on Request

Wheeler Auctioneers, Main St. Hospital, Co Limerick. Telephone: **061 383403/383010** Fax: **061 383616**

Mobile: **086 8584409** Email: **info@wheelerauctioneers.com** Web: **www.wheelerauctioneers.com**

HOME & INTERIORS

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



The fab Myles Dining Table could be a wonderful addition to home this summer from EZ Living Furniture

How to dine in style

No matter what you're cooking in the kitchen, we all know that presentation is a key part to enjoying a meal. This is also the case for the dining room you will be serving your food in! Below we look at some simple ways to improve your dining experience with EZ Living Furniture.

WHAT ABOUT DINING BENCHES?

Dining Benches have recently become very popular in homes across Ireland. If you have a small dining room, a bench can be neatly tucked under a table to provide extra space. Our Mila Dining Collection includes a stylish bench meaning you won't have to look around for something to match a dining table.

ADDING AN EXTENSION

Guests can be unpredictable and if it turns out that you need to fit some extra seats around the table nobody wants to be left out. Our range of extending tables in store can ensure that the whole family is included for dinnertime! Our extending dining tables come in a wide range of materials, shapes and sizes so there's something that will be to your liking.

DON'T FORGET ABOUT DINNERWARE

Dinnerware is something that you will use every day so it's important that you invest in something that is both durable and stylish. Dining sets are the best way to ensure there is a cohesive design between all of your crockery. You want to make sure that the dinnerware you purchase is both microwaveable and dishwasher safe

to ensure it is long lasting.

We know that dining rooms across Ireland come in a variety of styles, shapes and sizes to fit all kinds of families and guests. Whether you're throwing a large dinner party or having a romantic meal for two, you want your dining room to be ready and presentable for any occasion. For more information on our dining range find us in your local store or online.

Four-day Madness Sale this week at Tadhg O' Connor

THIS four day event will see reductions across all departments, furniture, soft furnishings, flooring and electrical.

There is up to 80% off in the clearance zone as well as fantastic discounts across the entire store.

Established in Rathkeale in 1978, Tadhg O'Connor Ltd. started as a humble, local venture when Tadhg O'Connor Senior, then a school teacher, spotted an

opening in the town for a hardware store. Dedication and hard work led to two further stores in Newcastle West and Rathkeale and the company is now one of Munster's leading builders providers and home improvement stores at the heart of business in West Limerick for 40 years. While the company maintain their traditional values and integrity, and friendly, reliable service, they have

driven change to offer their customer the very best. Now operating two state of the art hardware stores with fully stocked plumbing trade counters, a bathroom showroom, furniture and flooring store as well as a brand new Euronics electrical superstore.

The product range is ever expanding to meet customers evolving needs.

"As a family-run business, working for the

community is hugely important to us and indeed to our approach to business. In addition to employing 60 staff in the region across our three stores, we have always been a proud sponsor of local charitable, social and sporting organisations and continue to do so." Tadhg O'Connor Ltd, Rathkeale T: 069 63322 and Desmond Business Park, Newcastle West. T: 069 62355



Lindau 2200 Dining Table and 4 Duke Chairs

Why not work from home in style?

DID you know that by 2020, it is predicted that 50% of the Irish workforce will be able to work remotely and from home?

This explains the increased demand for home offices and the need to have a space that is multifunctional for living and working from home.

The main hurdle when considering a home office is space, but it does not need to take up an entire room. If you have a spare room or an unused corner within a living area or bedroom, Sliderobes can show you a number of stylishly clever ways to introduce a comfortable and practical space with home office storage designed just for you.

Awkward spaces such as alcoves and sloped ceilings in our homes are often ignored as they aren't easy to place furniture in. Unused alcove landings and halls lend themselves well to a snug home office or work station. Sliderobes design fitted furniture exactly to your room specifications - no matter its shape or size. An unused alcove could be

turned into a fitted office desk with shelves and storage to suit your exact needs without taking up too much of your room.

Sliding doors have many advantages over hinged doors. Sliding doors are ideal for saving space in a home office area. Hinged doors require more space to open out, but sliding doors open and close within the space of the storage unit and have a professional yet chic look. They can even be designed floor to ceiling to maximise your space. The main hurdle when considering a home office is space, but it does not need to take up an entire room. If you have a spare room or an unused corner within a living area or bedroom, Sliderobes can show you a number of stylishly clever ways to introduce a comfortable and practical space with home office storage designed just for you.

For more inspiration, check out our instagram or order a sliderobes brochure for some amazing ideas.

See www.sliderobes.ie for more.



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SYCAMORE DRIVE

LIMERICK ROAD ENNIS CO. CLARE



ONLY TWO UNITS REMAINING
IN PHASE TWO

**OPEN VIEWING FROM 12-2pm
SATURDAY 22nd & SUNDAY 23rd of JUNE**

An exclusive development of 'A' rated
3 & 4 bedroom luxury family homes



PRICES FROM €270,000

Sized from approx 1,296 sqft to 2,000 sqft.



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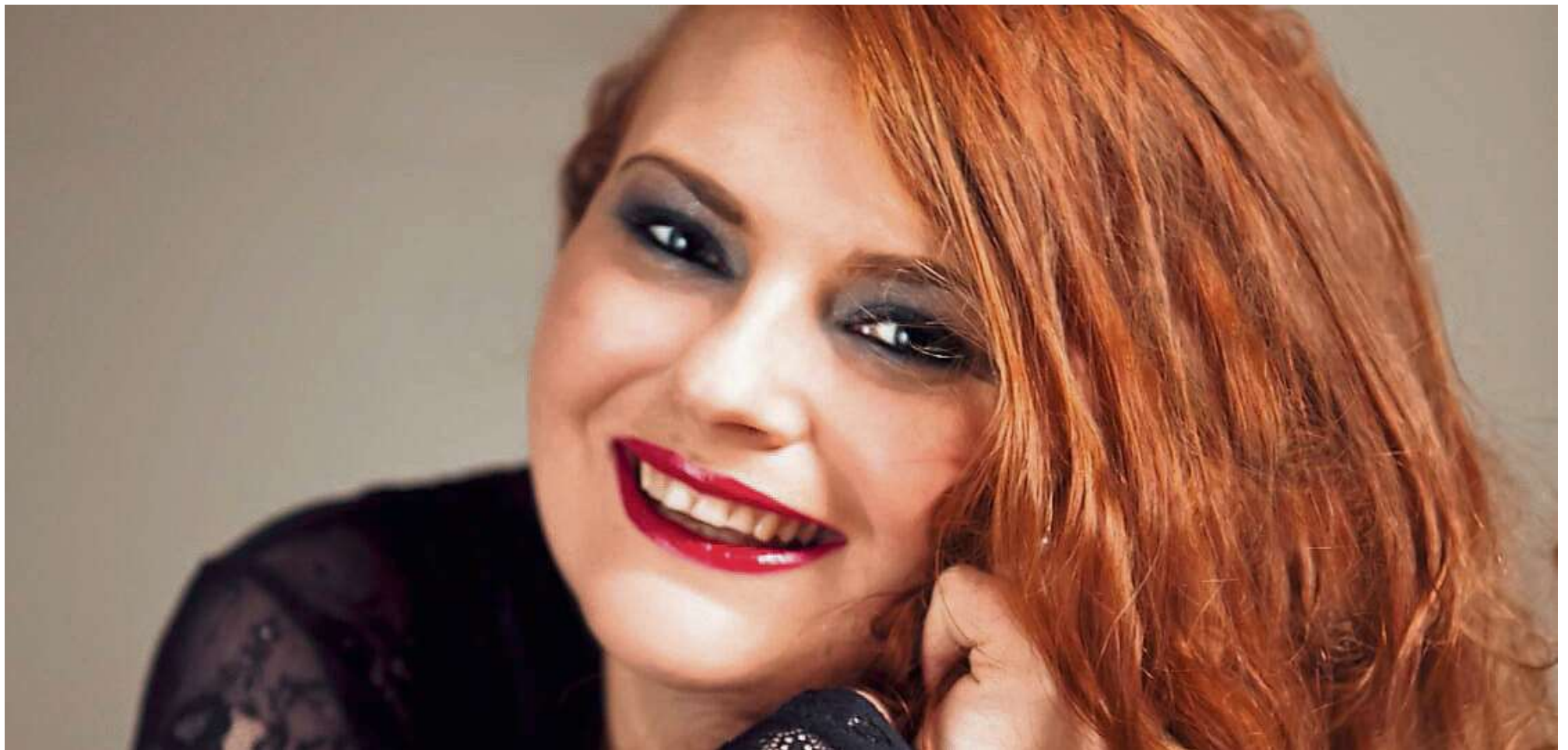


O'SULLIVAN HURLEY

T: 065 6840200

ENTERTAINMENT

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



Soprano Sarah Dolan joins military band for special Summer Proms

ONE of Limerick's most acclaimed sopranos will join the Defence Forces' military and pipe bands for the annual Summer Proms at the University Concert Hall (UCH) this weekend.

The mighty Military Bands and Pipes of the Defence Forces, under the baton of

Captain Brian Prendergast, return to UCH, performing delightful operatic arias, musical numbers and rousing military band tunes. Limerick's Sarah Dolan will join them for what will be a hugely enjoyable evening of music on June 22 at 8pm. Expect beautiful, traditional songs such as I Dreamt

I Dwelt in Marble Halls, Danny Boy and There Is An Isle, classical favourites including O Mio Babbino Caro and wonderful band numbers such as the French Military March, Boogie Woogie Bugle Boy and much more. The Defence Forces School of Music was established in 1923 with four military bands

being formed during the early years of the Irish state. Defence Forces Pipe bands also play an important part in many ceremonial and sporting occasions and are probably best known from their performances during the Dublin Horse Show in August of each year. See www.uch.ie for more information.

Belltable summer schedule is revealed

THE Belltable Theatre have released their roster of films to be shown this summer, writes Mike Finnerty.

The highlight of the programme is the critically-acclaimed Apollo 11 documentary, showing on Monday July 22, to commemorate the 50th anniversary of the Moon Landing.

The film has already taken in nearly 10 million dollars in the United States and is seen as one of the front-runners for Best Documentary Feature at next years Oscars.

Balloon, meanwhile, is the latest in German cinema wrestling with it's identity post-reunification, and tells the true story of two families who attempt to escape over from GDR in a hot-air balloon.

Papi Chulo is another chapter in Ireland attracting some of the industry's best talents, with Golden Globe winner Matt Bomer starring in John Butler's latest.

The Handsome Devil director has served up another slice of darkly comic satire with this sun-splashed dramedy.

Gloria Bell is an English-language remake of the Spanish film Lelio, and



There's a number of great films to see this summer at the Belltable

stars Julianne Moore as a divorcee who escapes her problems at singles clubs in Los Angeles.

With a strong supporting cast including Coen Brothers favourite John Turturro, Gloria Bell is another triumph from A24.

Rounding out the selection is Five Seasons: The Gardens Of Piet Oudolf,

a documentary about the Dutch garden designer. Oudolf, who has designed parks in garden from Cork to New York, gives views on planting, beauty and life.

The IFI@Belltable films show every Monday evening at 8pm, tickets can be purchased online.

NOW SEEN BY OVER 250,000 FANS **EUROPE'S No.1 TRIBUTESHOW**

THE LEGENDS OF AMERICAN COUNTRY SHOW

CHARLEY PRIDE, JOHNNY CASH, TAMMY WYNETTE, MERLE HAGGARD, PATSY CLINE, DOLLY PARTON, KENNY ROGERS, GEORGE JONES

FEATURING 4 FABULOUS SINGERS WITH FULL LIVE BAND

SATURDAY 29TH JUNE 2019
LIME TREE THEATRE, LIMERICK

GRAND OLE

TICKETS AVAILABLE FROM THE BOX OFFICE 061 953 400
WWW.LIMETREETHEATRE.IE

BIG NIGHT OUT @

DOLAN'S, THE COMMERCIAL PICTURES: DAVE GAYNOR



Jack Brolly, Aine Finnegan, Kelly Doherty and Paul Byrne at The Commercial Bar



Jean Hamilton and Conor Henry at Dolan's



Adrianna and Terry Boosey at Dolan's



Marian O'Doherty and Evelyn Carroll at The Commercial Bar



Ashleigh McLoughlin and Sarah Moroney at The Commercial Bar



LEFT: Chris Kirby and Tiffany Glenn at Dolan's



Muireann Ní Cheannabhain, Ailbhe Dunne and Cara Dunne at Dolan's



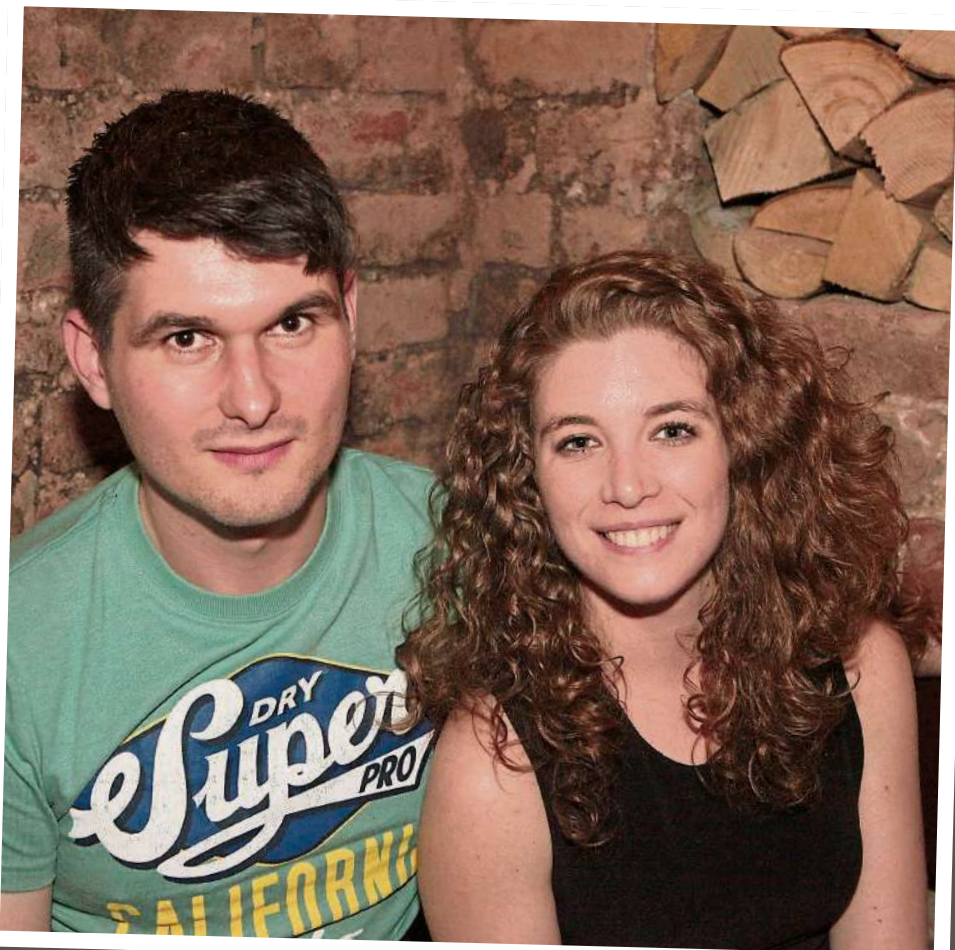
Ruby Walsh and Molly O'Mahony at Dolan's



Joe Hartney and Rory Hall at The Commercial Bar



Bart Krzysiak and Oisín O'Dwyer at The Commercial Bar



John Mackey and Paloma Valencia at The Commercial Bar



Richard Dowling and Emma O'Brien at The Commercial Bar



Jane Fraser and Dawn Flynn at The Commercial Bar

Angela's Ashes
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The Magic Numbers play Dolan's Warehouse this Thursday

THINGS WHAT ARE ON IN LIMERICK



ABOVE: Contemporary dance show *I Thou* is at the Lime Tree Theatre on Friday

PICTURE BY CLARE KEOGH



RIGHT: Red Hurley is at Friars' Gate in Kilmallock on Friday



The Irish Defence Forces Band summer proms are at the UCH this Saturday

THIS week in Limerick you can set your sights on live music, live dance, live table-top gaming and soldiers putting down their guns to enjoy the delights of playing some tunes instead of shooting at things. Oh yes, that's your Limerick weekend!

Thursday (June 20)

Swinging has picked up a bad name since people started associating it with sex and government TDs. Not at the same time, thankfully. This Thursday you can pick up the basics of swinging... and jive and the Charleston... at the **Limerick Swing Scene's** social dance classes in The Commercial's **Record Room**. Bringing a partner isn't compulsory as they'll find one for you. Swing dancing is better than Tinder, as on Tinder people lie about their ability to dance. And sometimes about other things, including their ability to be not currently married. It starts at 6:30pm and it'll cost you a tenner.

Limerick City Gallery has been closed for renovations for the past two months but reopens this Thursday with three new exhibitions by Irish artists Robert Ryan, Fiona O'Dwyer and Mary Swanzy. You should definitely make an effort to see the Mary Swanzy exhibition, as she was one of the pioneers of Irish modern abstract art. Essentially, she was like Mainie Jellett, but talented. The opening is from 6pm to 8pm, including the chance to drink at least two free glasses of very acceptable plonk while humming at the art, and the exhibitions run till August 25. Free to see.

The Magic Numbers - arguably the best indie pop band of the noughties - are in **Dolan's Warehouse** this Thursday night. They've never really managed to recapture the heights of their first two albums but it's easily worth the ticket price just to bop along to Love Me Like You played live. Doors at 8pm, tickets are €22.

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

Friday (June 21)

The **St Patrick's Cathedral Choir** are visiting Limerick this Friday night for a performance at **St Mary's Cathedral**. The choir is made up of 24 boy choristers who sing two services every day in the Church of Ireland's national cathedral. Sure, that seems like a lot of work but that's the joy and cheapness of child labour. They are Ireland's best cathedral choir by some considerable distance and they'll be performing hymns by Vaughan Williams and Britten. 7:30pm, tickets are €20 / €15 concession.

The **Liz Roche Dance Company** are at the **Lime Tree Theatre** this Friday with *I/Thou*, a dance piece that explores the themes of migration, language and identity. It has a specially-commissioned score and comes with a free cello performance. The Liz Roche Company gifted us with the rather spectacular *Bastard Amber* and *Wrongheaded* shows in the past, so if you're a fan of contemporary

dance, you'd be a fool to miss this show. 8pm, tickets are €18 / €15 concession.

Red Hurley is playing a gig in **Friars' Gate Theatre** in Kilmallock this Friday. He's best remembered for representing Ireland in the Eurovision Song Contest in 1976 but he had a string of popular number one hits in Ireland throughout the 70s. One of them, *Love Is All*, had as its b-side a song called *Granny's Got A Painted Leg*, so you know the man has a sense of humour. Your granny will love you forever if you bring her to this. 8pm, tickets are €20.

The **Flag Listeners** are **Upstairs in Dolan's** this Friday night. Their debut album deservedly picked up plaudits from Hot Press, who usually have a policy of raving only about new releases from U2. The Limerick rock foursome are ready to try out some new tracks from their second album, so this Friday night is your best chance to hear those a little early. Doors at 9pm and tickets are

a very reasonable €8.

Saturday (June 22)

Conclave 2019 is the annual gaming convention run by The Gathering and it's at **Thomond Park** this Saturday and Sunday. You can expect an entire weekend of table-top games, RPGs, modelling and boardgames. You can also take part in two days of *Battletech*, a game set in the 31st century when humanity battles itself using giant mechanised robots. That sounds a little dystopian but it rather optimistically assumes that humans will still exist in a thousand years. It starts at 9am each day and runs until everyone gets sick of the sight of dice. A weekend ticket is €20, though if you want to enter some of the gameplay tournaments there'll be an extra charge for that.

The fifth **Limerick Kupala Night** is being celebrated in **Arthur's Quay Park** this Saturday. It's a Slavic mid-summer tradition that has become a staple in



The St Patrick's Cathedral Choir are in St Mary's Cathedral this Friday

Limerick in recent years. Art workshops, traditional dances and fire performances will keep you entertained until the sun goes down. *Kupala* is one of Europe's oldest folk rituals and, like most pagan customs, centres around the importance of fertility, though nobody's going to ask you to make a baby while you're there. It's very family-friendly. The free event kicks off at about 4pm and runs till 10pm.

The **Military Bands of the Irish Defence Forces** are at the **University Concert Hall** this Saturday night for their summer proms concert. They'll be performing military marches and some light music hall songs of bygone days. In other words, they'll be playing *Danny Boy*. They'll also be joined by Limerick soprano Sarah Dolan for a performance of *O Mio Babbino Caro*, an aria I like to perform in the shower to the tune of *O Holy Night*. Some people do crosswords, other people do bad comedy where nobody can hear them. The show starts at 8pm and tickets are €23.

Sunday (June 23)

PX Music's **Strange Boy** headlines a great evening of electronica and hip-hop at the **Wickham Tap** this Sunday. The **Unscene Bazaar** will also feature sets from Steve Ryan of *Windings* and 40Hurtz. It's the best bang you'll get for your buck this Sunday, and not just because it's free. It starts at 5pm and keeps going until everyone gets kicked out of the bar.

All weekend

The **Limerick Ceramic Artists** exhibition at the **Belltable** runs till July 30. The three summer exhibitions at **Limerick City Gallery** run till August 25. All 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!

LEADER LIFE

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

A Day In My Shoes

Lucy Deegan

Ballyhoura Mountain Mushrooms

'My spore called life!'

What time do you get up?

Depends on what day it is and what's to be done for that day, 5.30am on Market days of which there are two, one in Cork on a Thursday and then at the Milk Market on Saturdays.

What is your normal breakfast?

Breakfast in the winter is porridge with some honey, and in the summer, natural yoghurt, honey, nuts, fresh fruit... and a few coffees.

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

We do a lot of walking especially in the woods, whether for picking wild mushrooms, flowers, herbs, berries or with our Dog Molly, we definitely get our 10,000 steps per day.

You arrive at office at what time?

We never leave, we live where we do most of our work, this is where we grow all the various varieties of mushrooms, we grow 10 different varieties on wood substrate, and we also have a purpose built kitchen on site to process all our mushrooms into our product range of dried mushroom mixes, seasonings, oil, vinegars, ketchup, risotto meal kit, mushrooms tea and instant veg dashi. So, no commuting to work, except for going to markets, foraging for wild mushrooms or when we're on the road doing deliveries.

What are your first duties?

First thing checked every morning is how the mushrooms are growing, that the humidity and temperature conditions are all okay. Harvesting of the mushrooms would be our next job and preparing any orders that are going out to restaurant customers.

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

Generally, 2-3 cups of coffee per day, some green tea in the afternoon, and then herbal tea in the evening.

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

Lunch is normally at home; it varies from having some of our own mushrooms on toast to whatever I have picked up in the market that week. I try to shop



as local as possible, and really value the quality and the provenance of the products I buy at the market from the various producers. I normally purchase sourdough bread, various Irish cheeses, salad items and sometimes some charcuterie or fish and have these with some homemade pickles, or whatever we have growing in the poly-tunnel or what is seasonally available to us that week.

What time do you finish up at?

It depends, but on a daily basis we have emails and phone calls from chefs, restaurants, speciality shops, health food stores and deli's, whether it's in relation to their orders for that week, upcoming events that they have, or new enquiries regarding supply of our fresh mushrooms or our mushroom products.

Sometime it feels like we never finish, but we are finished whenever all the mushrooms have been picked for that day, or all the mushroom compost has been prepared, the mushrooms have been preserved or the product/s have been produced for that day, or whenever we collapse!

Do you watch much TV?

Not really, I listen to a lot of radio while I'm working.

Do you read the newspapers?

Yes, generally online, but really love to sit down after the market on Saturday and read the paper, which I normally only get finished by Monday!

What do you do to relax?

To relax I love to get out and walk, to be in the forest is a lovely sensory experience, the sights, textures, smells and sounds of nature makes me feel really relaxed. I also love making bread, pickles & ferments, or trying out some new recipes which will generally depend on the time of year and what's in season.

Are you able to leave the office behind?

It can be hard when you live and work in the same place, however, it is possible to switch off, or to think about what you are doing in a different way. If I go to the woods and pick wild garlic in the spring, or pick honeysuckle blossoms in the summer, or pick wild mushrooms in the summer/autumn is that leaving the office behind?? Whilst it still may be work, this is what makes life enjoyable and

Lucy Deegan pictured at a busy Milk Market

PICTURE: DON MOLONEY

relaxing by giving us a strong connection with nature and the seasons.

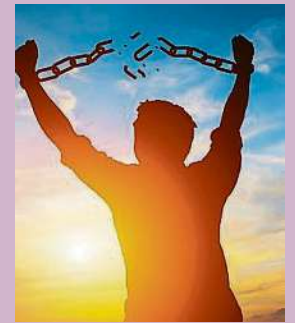
What is a perfect work day?

Our perfect work day, is when all our mushrooms have been sold, and all mushrooms have been processed for the day!

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

When people lie (chefs/restaurants) about where they get their products from, unfortunately this has happened to us too many times and we have tried to speak out about this dishonest practice. They are not only lying and misleading the consumer, but also harming the businesses of honest hardworking farmers and producers by passing off inferior products as something it is not. I also get really annoyed about all the rubbish that is dumped in our beautiful countryside and forests. We find everything from black bin bags full of rubbish, to all sorts of kitchen appliances. It never fails to amaze me the lengths that people have gone to, to dump their stuff, surely it would be easier to recycle responsibly?

INSIDE THIS WEEK



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Countdown to festival begins
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Forgive and release those toxic and corrosive feelings



MENTAL HEALTH MATTERS DR EDDIE MURPHY

CLINICAL PSYCHOLOGIST
ADJUNCT ASSOCIATE PROFESSOR
UCD SCHOOL OF PSYCHOLOGY

In therapy, many times I have seen the need for forgiveness so that a person can move on. Now forgiveness is a tricky area. Take Sean, bitter about the past, about how an action someone did in the past and he's never going to let it go.

You have met many Seans and Marys when they think about the wrongdoing, they get tense, angry and their blood pressure increases.

If forgiveness is mentioned then the person loses their cool. Sadly, if the person could forgive the offender then this creates a potential space for peace in their life.

Forgiveness is the cornerstone of any relationship, romantic or otherwise. We assume people see life the way we see life. However, there are as many perceptions as there are people in this world.

Our lack of understanding of other people's perceptions can create gaps built on miscommunication, anger, animosity, and emotional disconnection.

However, our relationship with forgiveness can help bridge these gaps. I have a lot of work for you to do this week in order to heal if this area impacts on you!

FORGIVENESS

Psychologists generally define forgiveness as a conscious, deliberate decision to release feelings of resentment or vengeance toward a person or group who has harmed you, regardless of whether they actually deserve your forgiveness.

DEEPENING UNDERSTANDING OF FORGIVENESS

Forgiveness does not mean forgetting or condoning the wrongdoing, or reconciling a relationship. You can forgive a person while in no way believing that their actions were acceptable



We assume people see life the way we see life. However, there are as many perceptions as there are people in this world

or justified.

On the other hand, simply saying the words "I forgive you", or accepting an apology, is not forgiveness. In fact, forgiveness can occur without ever speaking to the wrongdoer. Fundamentally, forgiveness is an emotional change that occurs within the person who has been wronged.

WHAT FORGIVENESS IS

The decision to overcome pain that was inflicted by another person.

Reconciliation (repairing or returning to a relationship).

Letting go of anger, resentment, shame, and other emotions associated with an injustice, even though they are reasonable feelings.

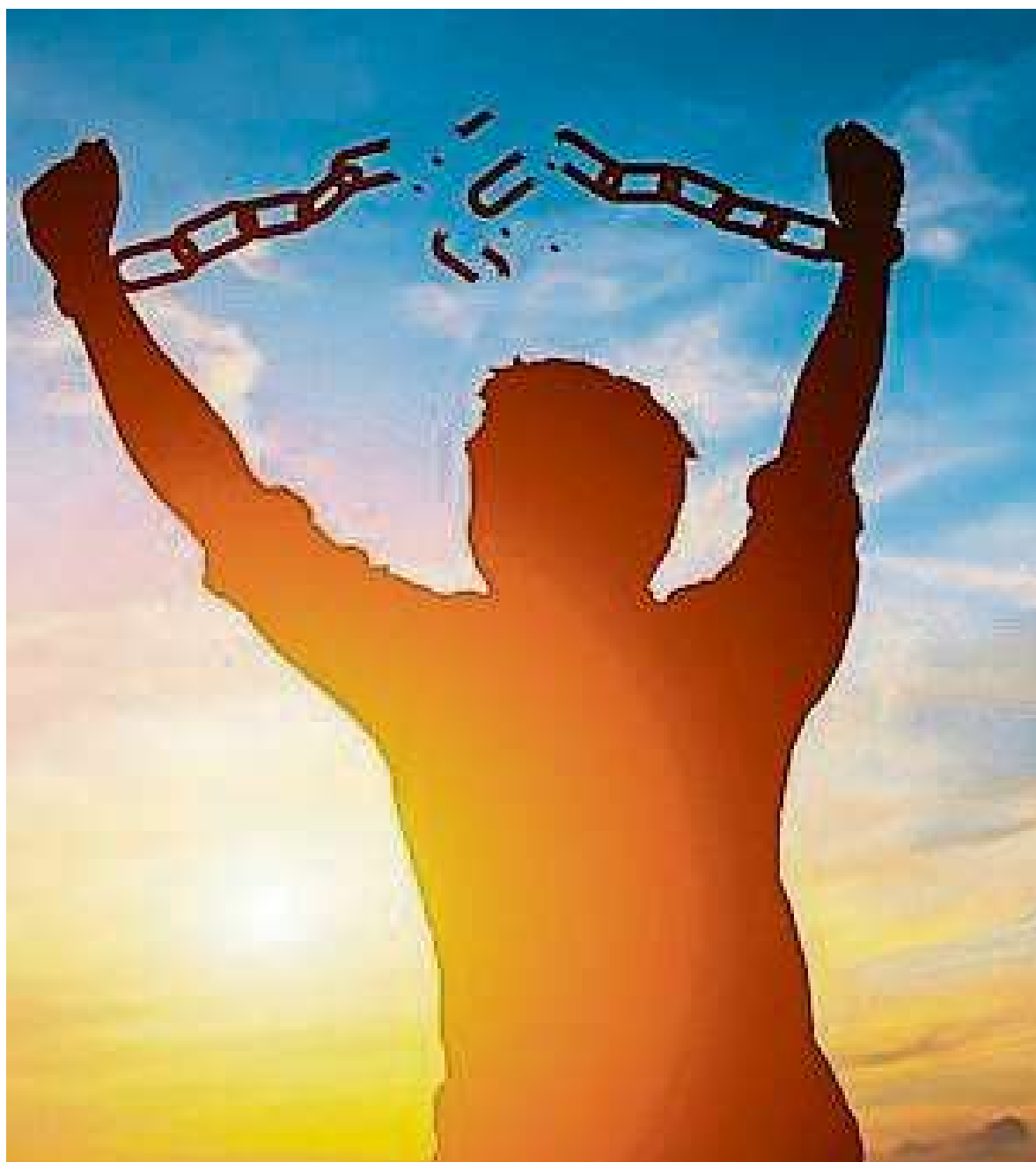
Forgetting the injustice.

Treating the offender with compassion, even though they are not entitled to it.

WHAT FORGIVENESS ISN'T:

Condoning or excusing the offender's behaviour.

Granting legal clemency to the offender.



Break free from your own baggage by forgiving - it will release the toxic and corrosive feelings of resentment

"Letting go", but wishing for revenge.

THE FOUR PHASES OF FORGIVENESS

1. The Uncovering Phase. During the first phase of forgiveness, you will improve your understanding of the injustice, and how it has impacted your life.

Use a journal and follow the following questions below to begin exploring. Describe the injustices you have endured. What happened? Why was this treatment unfair? How have the injustices affected you? Did this injustice cause you;

Painful emotions (e.g. anger or shame)

Changed behaviour (e.g. avoiding new relationships)

Practical costs (e.g. time or money)

Changed worldview (e.g. "people are evil")

Rumination / cognitive rehearsal (recurring thoughts about injustice)

Physical harm (e.g. injuries from abuse)

2. The Decision Phase. During the second phase, you will gain a deeper understanding of what forgiveness is, and make the decision to choose or reject forgiveness as an option.

Without looking at a definition, how would you describe

forgiveness? Many people struggle with the decision to forgive because they know that they have the right to be angry, while the offender does not have the right to kindness. Making the decision to forgive means letting go of these resentments, which you have every right to hold, so you can heal. What are the pros and cons of deciding to forgive the person who wronged you? Whether or not you've made the decision to forgive, describe how things might be different if you decide to do so.

3. The Work Phase. During the third phase, you will start to understand the transgressor in a new way, which will allow positive feelings toward the offender and yourself.

Learning to understand the offender, and to see them as more than their wrongdoing, is an important part of forgiveness. However, it must be stressed that understanding does not mean condoning. One can understand another person without believing their actions are acceptable. Respond to one of the following suggestions:

What was life like for the offender as they grew up? May this have impacted their behaviour? What was life like for the transgressor at the time of the offense?

4. The Deepening Phase. During the final phase of forgiveness, your challenge is to further decrease the negative emotions associated with the injustice. You may find meaning in the experiences, and recognise ways in which you have grown as a result. How have you benefitted by forgiving the offender? Consider how forgiveness has affected your emotional and physical health, ways you have changed your behaviour that resulted from the injustice, and time/energy spent thinking about the offender.

I said it was tricky. Focus on big picture, on your healing. Forgiveness brings the forgiver peace of mind and frees you from corrosive and toxic anger. While there is some debate over whether true forgiveness requires positive feelings toward the offender, experts agree that it at least involves letting go of deeply held negative feelings. In that way, it empowers you to recognise the pain you suffered without letting that pain define you, enabling you to heal and move on with your life.

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



HEALTHY LIVING

EVA HILL HAMILTON

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Something fishy in the food chain

I received numerous emails looking for advice following my last article and the news on media regarding microplastic.

People seem genuinely worried about whether eating fish is healthy anymore. Mercury in larger fish and general pollution of our oceans were always a concern, but this time something really seem to hit the right button.

Tiny pieces of degraded plastic, synthetic fibres and

plastic beads, collectively called microplastics, have turned up in every corner of the planet. Their size—from about five millimetres, or the size of a grain of rice, down to microscopic—means they can be ingested by a wide range of creatures, from the plankton that form the basis of the marine food chain to humans.

While the general consensus was that these fibres pass through the body harmless, a study in 2008



The true damage of microplastics is yet to be seen in the food chain

was the first to highlight they are not quite harmless at all. They can physically damage organs and leach hazardous chemicals—from the hormone-disrupting bisphenol A (BPA) to pesticides—that can compromise immune function, stunt growth and

reproduction.

The recent report have examined only 15 foods for the presence of these microplastics; fish being only one source. Both microplastics and the chemicals in them may accumulate up the food chain, potentially impacting

whole ecosystems, including the health of soils in which we grow our plants. Microplastics are in the water we drink and the air we breathe. It is literally impossible to stay away from it, therefore cutting out fish from the diet is not the right solution. Indeed, fish is one of the healthiest foods you can eat. It is one of the best sources of easily digestible proteins packed with vitamin B12 and zinc. Being a great source of readily available essential fats that the body can use without the need of converting them at the expense of energy and nutrients as is the case with plant sources, it is of the utmost importance for all of our cells. EPA and DHA of the Omega 3 oils are crucial for regulating inflammation, balance hormones, build nerves, support vision, cognition, energy production – and the list goes

on.

The quality and type of fish you eat can make a difference. The smaller the fish, the less pollution it accumulates in its body. The oilier the fish, the less you need to eat to get the anti-inflammatory benefits. Sardine, mackerel and trout are probably the best and safest sources. When it comes to salmon, wild is still the best – from high up in less polluted waters such as Alaska, but it is very hard to come by. Be aware that farmed fish – although claimed cleaner, contain high amounts of chemicals due to what they are fed. Organic farmed salmon is a great option from reputable fish mongers. Johnny from Sadlier's in Limerick city is a great source of information and wonderful fresh produce, he will tell you exactly where the fish he sells comes from.



Be by their bedside.

Lift the financial burden on families to allow them be by their seriously sick child's bedside.

To donate €2 text **CLIONA** to **50300** or visit www.clionasfoundation.ie

Cliona's is the only charity in Ireland that provides financial assistance for non-medical expenses for families with seriously sick children.

Cliona's
For families with a seriously sick child

 **Dubai Duty Free**
IRISH OPEN

DUBAI DUTY FREE
IRISH OPEN 2019

To celebrate Dubai Duty Free's continued title sponsorship of the Dubai Duty Free Irish Open hosted by The McGinley Foundation, we have **5 pairs of tickets to give away** to this year's eagerly anticipated tournament.

This year's Dubai Duty Free Irish Open will be held at Lahinch Golf Club, Co. Clare from the 4th - 7th July.

The historic tournament has reached new heights since Dubai Duty Free took on the role of title sponsor in 2015, with the prize fund increasing year-on-year. The Dubai Duty Free Irish Open is now part of the Rolex Series, the premium event category on the European Tour's international schedule, that comprises of eight events this year; each with a minimum prize fund of US\$7 million.

This highly anticipated event will see Lahinch Golf Club set the scene for some of the world's most exciting players. The Dubai Duty Free Irish Open promises to be a world class event and is a tournament not to be missed.

Dubai Duty Free, has kindly given us **5 pairs of tickets to give away** to our readers.

To be in with a chance of winning a pair of tickets, simply answer the following question.

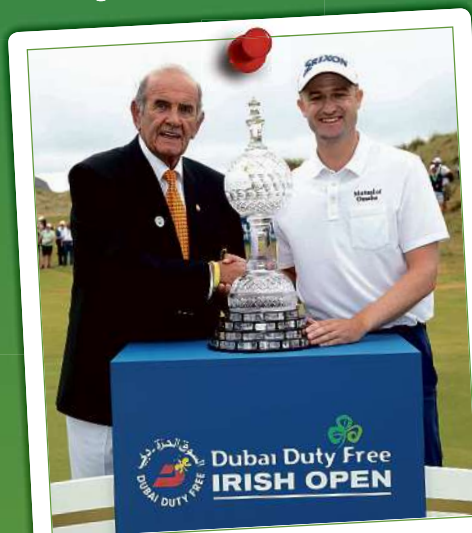
Lahinch Golf Club is in which county?

a) Galway b) Clare c) Dublin

Text **ICONIC** followed by you answer, name and address to **57199**

Lines close 5pm June 30th

"Texts cost €1 plus standard network charges. SP Sremium **0818220818**." You may receive promotional messages in the future.



Executive Vice Chairman and CEO of Dubai Duty Free **Colm McLoughlin** with the winner of last year's Dubai Duty Free Irish Open, **Russell Knox**

POSITIVE PARENTING



Top Tips

For cutting yourself some slack

Honesty is the best policy

Parenting isn't all rainbows and unicorns so don't be afraid to tell people that you're tired, anxious, frustrated etc. You will benefit from saying it out loud and your friend/colleague may share similar thoughts. Think of it as your very own parenting support group (because we all need them).

Remember that social media is a moment in time

Nothing strikes at the heart of an exhausted pyjama-wearing new mom with spew in her hair like an Instagram picture of a celebrity in a bikini, cradling her new baby waffling on about how #blessed she feels. We'd all feel blessed if we had a personal trainer, make-up artist and chef.

You are your own worst critic

Nobody else notices or cares that your house is a mess or that you haven't sent out 'thank you' cards yet. They think that you're doing a great job - you just have to think the same.

Your baby/child thinks that you're amazing

You are everything to them. Soak up all that unconditional love and remember every parent still needs an 'L' plate because the learning never ends.



You will have great days, where your heart feels like it could actually burst and you will have days where you feel incredibly guilty for wanting time away from your baby

Parenting ain't easy: But do it your way

Think back to your expectations of parenthood before you ever became a parent.

Now allow yourself a good old belly laugh at the plans you made. I'm guessing they are something along the following lines; Organic, hand-blended food only, no co-sleeping and absolutely no screens for the first two years. Those are the sticks we use to beat ourselves with.....as we watch our toddler munching on a biscuit, spread-eagled across our bed and watching Peppa Pig on the I-pad. Anxiety and guilt are as much a part of parenting as love and happiness. The trick is ensure that you know when and how to silence the inner critic.

As a case in point, try a small exercise. Have a quick scroll through your Google history since your child's birth. Look at the kind

of questions and reassurance you sought at all of the different ages and stages of their development.

My two most common searches seem to have been 'can you actually die from sleep deprivation' and 'how to get your toddler out of your bed'. Everything in between consists of colic, rash types, the terrible twos and play ideas for when it's pouring rain and you are about to lose your mind. Sometimes your searches reflect the fact that it is 3am and nobody would take too kindly to being awoken to examine the contents of your baby's nappy. Mostly, however, they tell that very common parenting story - the feeling that you don't have a clue what you're doing. The reality is that we all want to do the very best for our child but there isn't a book, podcast or blog in the world that can tell us how to do that. All of our

experiences are different and our best tool is finding what works for us and our own family.

A classic symptom of the pressure that parents are under is the positivity that we are expected to radiate. The question that nobody should ever ask (but so many people do) is the classic 'oh, is he a good baby?' The outer response is generally a smiley 'oh, he's SO good' while the inner voice screams 'I'm spending a small fortune on under-eye concealer because this small creature is nocturnal and I'm so sleep deprived I reversed the car into my own gate'. As parents, there is a tendency to over-play the positive, while keeping the not-so-good stuff bottled-up. We are bombarded with information on the importance of self-care. All the candles and bubble baths in the world won't help if you don't begin

by giving yourself a break and acknowledging that you're doing a great job.

Like everything in life, it is about balance. You will have great days, where your heart feels like it could actually burst and you will have days where you feel incredibly guilty for wanting time away from your baby. One minute your toddler will be the poster child of sweetness and five minutes later she'll run away from you in a crowded place and you will age five years. What matters most through all those ups and downs is your recognition of the fact that you are doing your best and it is enough.

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

This piece was contributed by Maria O'Dwyer - Framework Research



AGNIESZKA'S AESTHETICS

AGNIESZKA ORŁOWSKA



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

Questions and answers

I decided to ask some of the people working in the Castletroy Town Centre what they would be interested to find out about regarding aesthetic procedures

I would like to do something with the lines around my lips and have a plump effect.

Lip wrinkles, which are sometimes called lip lines, lipstick lines, or smoker's lines, are the little vertical lines that form on the lips as we grow older.

Lip wrinkles form on both the lips themselves and on the skin of the upper lip.

From the age of 20 we produce less collagen, our skin becomes thinner and less elastic. Lip lines can also be the result of sun exposure, smoking or facial expressions.

If it's a case of single vertical lines surrounding the lips, Lip Contouring technique using dermal fillers will be enough.

If there are multiple deeper lines surrounding the lips, we can use dermal fillers to treat each wrinkle along the length and then the Lip Contouring technique. It's not good to only fill in the vertical lines without contouring the lips as there's a risk of over thickening the upper lip area.

This treatment will result in a smooth area around the lips and a natural plump lip effect.

I'm 35 years old and I have lines starting from one corner of each eye that run in under my eye to my outer cheek area? I look so tired because of that!

You are probably talking about the middle cheek bone groove lines.

This "groove" is from changes in your facial volume. The midface is the region between the upper and lower thirds of our face. As we age, the fat pads in our midface shrink and create a depression in the cheeks.

The fat pads in the lower face tend to stay more robust. The end result of changes in facial volume create an imbalance in our face with the lower face being fuller than the midface.

Treatment options include dermal fillers like Juvederm Voluma or Ultra 4 which naturally restores the appropriate volume in your face. Dermal fillers look &

feel natural whilst results in the midface can last between one and two years. In addition to an improvement in the facial contour, clients comment that they look less tired and their appearance is "brighter and more alive".

I have acne scars on my cheeks from when I was a teenager. They look more like holes on my skin. Is

there anything I can do to improve their look?

Pockmarks, which are also called pick marks or acne scars, are blemishes with a concave shape that can look like holes or indentations in the skin. They occur when the deeper layers of the skin become damaged. There are various treatments available for this:

Chemical peels to reduce the scarring. A chemical peel is a chemical exfoliation process that penetrates deeper in the skin in order for the top layers of the skin to start shedding. This process stimulates collagen & increases cellular turnover to reveal new, fresh skin. Chemical peels may need to be done on a regular basis to be effective, but they usually result in even, supple skin, and a noticeable reduction in visible pockmarks.

Microneedling is a treatment which causes micro-injuries to the epidermis, signalling the body to produce collagen to remodel the damaged area

which in effect rejuvenates the skin making your skin look younger and fresher. The new collagen that's formed will help smooth out your skin's appearance, helping to fill in fine lines, wrinkles, and scars. Depending on the severity of the problem Dermal fillers can also be effective. Fillers can lift the pockmarks to the same level as the rest of the skin. But as we know fillers will last for between one & two years so treatment will need to be repeated when the time comes

Are there any options for an Eyelift procedure other than plastic surgery?

Fibroblast is a cosmetic treatment that reduces the volume of excess/sagging skin. It's a minimally invasive procedure, small downtime and more affordable than surgery. This procedure will not be compatible for some people so a consultation is recommended before you do anything

Plasma – an ionised gas is

produced from the tip of the fibroblast device. This creates a flash which evaporates superficially on the skin creating a tiny dot. The procedure strategically places tiny little dots around the affected area. It works by shrinking and shortening the skin fibres which in turn lift and tighten the skin. Clients will notice results right away although it takes two to four weeks for full effects to be visible. The elasticity of the skin is improved, and a distinctive tightening is made possible.

I'm 40 years old and would like to have something done to make my skin look younger without any invasive procedures like dermal fillers or botox.

I would suggest Facials & Peels with professional skincare products. These products work at cellular level to diminish fine lines, fade sun damage, increase hydration and stimulate cellular turnover for more youthful looking skin. Here are some facials I would recommend with the Image Skincare Range.

THE ILLUMINATING FACIAL

A clinical results-driven facial designed to give beautiful luminosity, radiance and glow. The treatment uses a blend of powerful antioxidant protection, nutrition and enzymes all sandwiched together to provide immediate measurable differences. Ideal as a quick fix pre-event facial or as an incentive to commence the skin health journey.

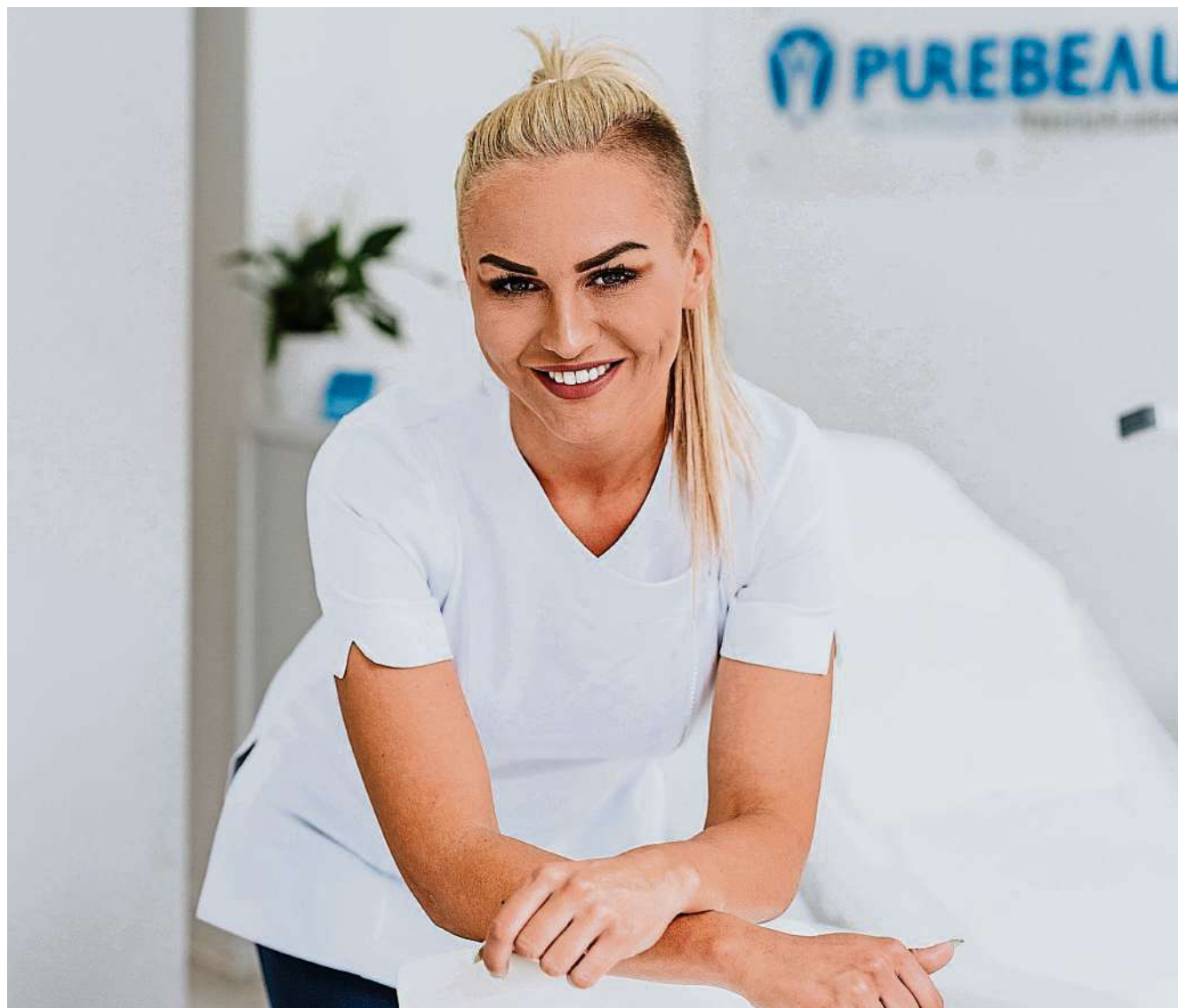
THE MAX STEM CELL FACIAL

This treatment strikes the ideal balance between a gentle peel and a therapeutic facial, and is designed to really target wrinkles, elasticity concerns and combat generally lethargic and dull skin. All the latest anti-ageing stem cell technology is used to guarantee long lasting results.

THE ANTIOXIDANT ANTI-AGEING FACIAL

A cleansing vitamin-infused treatment that delivers tightening, lightening, brightening and a nourishing hydration.

If you have any questions, please email me on: finepermanentmakeup@gmail.com



Agnieszka says that as we age, the fat pads in our midface shrink and create a depression in the cheeks



FIT4LIFE

LEANNE MOORE

CONTACT LEANNE

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Email: leannemooreofficial@gmail.com **Twitter:** Leannemoorefit **Snapchat:** Leanneacmoore

What's on the menu?

ONE of the areas people have difficulty with if they are embarking on a weight loss plan is eating out. Summer time is here and that means plenty of al fresco dining with family and friends. But fear not - it doesn't need to scupper your progress. Here are some great little tips for eating out or ordering in that you can keep in mind.

RESEARCH THE RESTAURANT

It might sound extremely nerdy but do you really care if it's helping keep you on track for your goal? Most restaurants have an online presence. Look up their website. Read through their menus. Take time to consider what the "cleanest" options are. I always look up the menu so that I know I won't be stuck when it comes to ordering.

ASK FOR WHAT YOU WANT

You don't always have to take what's on the menu. Most places are happy to make changes for you. Don't be afraid to ask for adjustments that you want. For example, if the dish is accompanied by chips or rice ask if you might have a side salad or portion of mixed veg instead.

Again, I rarely stick fully to what's written on the menu. I usually ask for some adjustment.

GET THE SAUCE ON THE SIDE

Giving up on the sauces is a tough thing to do as they do add flavour to the meal. But by asking for the sauce on the side you can then dip your food in as necessary and will end up using a fraction of what could have been on your plate skipping a lot of unnecessary calories.

LOOK OUT FOR BUZZ WORDS

Boiled, steamed, baked and grilled are all words you should be looking out for on your menu. These are normally the healthier options (depending on accompaniments of course!) For the most part steer clear of anything that has been fried or battered.

PASS ON THE BREAD BASKET

It's probably the hardest part for most but do try to avoid picking at the bread basket before your meal. One way to avoid this is to not let yourself go out for dinner starving. Many people let themselves go hungry all day in a bid to make up for eating out at night. This is the wrong approach. Eat as normal during the day. Allow yourself a small snack two hours before your scheduled dinner. That way when the bread basket comes out you



Increasingly restaurants are marketing healthy food menus for health conscious consumers

won't be as inclined to kill those hunger pangs with stodgy white rolls.

DO YOU REALLY NEED ALL THREE COURSES?

I usually opt for two courses

maximum when out for a meal. If there is something clean on the dessert menu that I fancy - like a fresh fruit salad - I'll pass on the starter.

However, I usually like to go with a starter and a main course. By

adding a third course you add a lot of extra calories as portion sizes in most places are quite large. I usually opt for a coffee or green tea at dessert time and some fresh fruit if they have it and it does the trick nicely.

Healthy Recipe Superfood Salad

What You Need

1/2 cup dry quinoa
 1/3 cup red onion, chopped
 1 orange, peeled then segmented
 1 avocado, chopped
 1 cup canned black beans, rinsed and drained
 1 cup pomegranate seeds (about 1 pomegranate worth)
 1/3 cup chopped fresh cilantro
 salt and pepper

For the Lemon Vinaigrette

1/4 cup fresh lemon juice (about 2 lemons worth)
 2 garlic cloves, microplaned or finely minced
 1 teaspoon agave or honey
 salt and pepper



6 Tablespoons extra virgin olive oil

What To Do

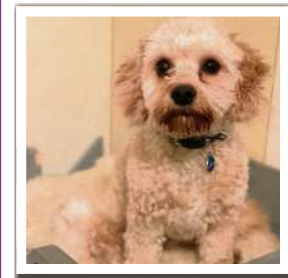
Cook quinoa according to package directions then set aside to cool.

For the Lemon Vinaigrette: combine all ingredients in a jar with a tight fitting lid or bowl then shake or whisk to combine.

Combine cooled quinoa with red onion, orange segments, avocado, beans, pomegranate, cilantro, salt and pepper in a large bowl. Pour Lemon Vinaigrette over salad then stir to combine. Serve cold or at room temperature.

Moore2Life

What I'm loving this week



Prestige Mobile Dog Grooming

I've said it before but I feel the need to say it again simply because it is an excellent service - but Prestige Mobile Dog Grooming in Limerick city and county is fantastic. They really make getting pets groomed completely hassle-free. I've been a customer now for almost a year and find them brilliant. They call to your home (or in my case workplace) and have groomed both Toby and Ben on site. No drop offs, no collection - simple and hassle free. Check them out on www.prestigemobiledoggrooming.ie



Wedding Countdown!

I am taking a little break from working and my Limerick Leader column over the next few weeks - because I am getting married! Our wedding date is set for early July in Spain so we are taking time to get the last few things organised and to enjoy the run up to the big day. I'm looking forward to sharing some pictures with you all when we are back - and on my own social media. But for now I am saying a little see you soon and when I return it will be as Mrs Behan!



MANABOUTTOWN

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How to wear a waistcoat

MOST men will keep their waistcoats hidden in the back of their wardrobe, only to be worn when at the top table of a wedding or a rare black tie event. Personally, I think waistcoats deserve a little bit more love than they receive.

The right waistcoat can flatter all manner of shapes and sizes, hide a baggy or creased shirt underneath and even help you look 'dressed-up' when you aren't wearing a blazer. I get why wearing a waistcoat can seem like a scary proposition to a lot of guys, but with a little bit of common sense and some handy style tips (provided by me), you should be able to pull one off with ease.

FIT

There's a big clue in the name; waistcoats are designed to show off the waist, not to hang shapelessly from your body or stuck to you like cling film either. Getting the size wrong can spell disaster for the overall look of your outfit and it's something that's actually pretty easy to get right. Waistcoats are designed to be cinched in at the back to flatter the natural lines of your waist so if it's too baggy and loose, the impression is lost. Your waistcoat should also hug the torso and not hang loosely from the shoulder. You also need to consider the length of the waistcoat. It should always cover the waistband of your trousers. If it doesn't, either your pants are hanging too low or your waistcoat is too short.

STYLE

The style of waistcoat you buy really depends on how you plan to wear it. They are a versatile item of clothing but only if you have a decent selection of different styles. I know that might sound slightly contradictory but you couldn't, for example, wear the waistcoat you wore to a wedding last week to the pub with jeans and trainers this week.

If you want to wear a waistcoat casually then you'll need to steer clear of features that are commonly associated with formality (shiny fabrics, matching colours etc). Choose something in a rugged fabric like checked tweed, corduroy or needecord to add some texture to your outfit (and some insulation when the temperatures drop). In terms of casual styling, you don't have to worry as much about matching your fabrics or colours to your trousers as you would with a formal look. That being said, you still need to apply common sense so don't try pairing it with joggers or shorts. Worn with a relaxed open-neck shirt, chinos or jeans, a waistcoat can serve as a stylish alternative to a blazer or just a slick weekend look all on its own.

For occasions like weddings, balls, dinner parties and the like, you're going to want something a little bit more formal. For these types of occasion you really can't go without the jacket (until you hit the dance floor that is) so stick to the classics and go for a smart three-piece suit. There's a reason a

three-piece suit has been a symbol of sartorial elegance in men's fashion for decades. In many ways, the three-piece suit is the epitome of style, class and formality. If you're wearing a waistcoat with a suit jacket then you must make sure that the colours or patterns compliment each other if not match each other exactly. Unlike with a formal shirt, which can be in complete contrast to the rest of your suit, your waistcoat should create continuity while adding style or flare to your outfit. That's not to say you have to be boring as you have plenty of ways to customise your look. You've got a choice between double-breasted or single-breasted lapels or no lapels, V-shaped or U-shaped neck. It's all up to personal preference but there are a few general do's and don't that I'll cover so you can make your choice with confidence.

GENERAL TIPS

Make sure you don't button up your jacket over your waistcoat. If you're just going to end up hiding it under your jacket then why bother wearing a waistcoat in the first place? Let the world see your waistcoat and it will add a great detail to your suit without appearing cluttered.

On the other hand, the buttons on your waistcoat are there for a good reason to use them. Some guys think that it's ok to wear a waistcoat with the buttons undone. It's not - this isn't a blazer. If you don't button up your waistcoat then you will be flapping all over the place and you'll lose any formal style points that you gained by wearing the waistcoat. The whole point of a waistcoat is to tidy up your outfit while adding a sense of style and subtle sophistication. If you wear it open then you lose all of that you look like you don't know how to dress.

I know I've told you to always button up but the single exception is the bottom button of your



waistcoat. Leaving the bottom button undone helps the waistcoat to sit cleanly on your hips and looks more natural. When you raise your arms or move around you're applying pull and pressure to the waistcoat. Leaving the bottom button undone reduces this.

Avoid wearing too many accessories with your waistcoat. The waistcoat itself is an accessory and thereby already gives your outfit all the extra detail it needs. Tailoring is all about balance so if you are wearing a waistcoat there is no need to wear a tiepin. Both do the same job of keeping your tie in place and if you start trying to add too many decorations you run the risk of looking like a New York pimp or a cosplayer. Same goes for belts. To look flattering, your waistcoat needs to sit flush over your trousers without a belt getting in the way. Instead, choose trousers with side adjuster or wear braces, which will be hidden under the waistcoat.

Your shirt should always be tucked in when you're wearing a waistcoat. The bottom of the

waistcoat should sit at your waist and your shirt should not peep out from underneath. While it can be difficult to avoid, especially with fashion-led high street suit brands that cut their trousers very low but try your best to avoid it as it looks ungainly and negates the benefit of wearing a sophisticated three-piece suit.

A double-breasted waistcoat is a simple way to elevate a tailored outfit. The key to wearing one well is to keep the rest of your outfit refined. The only rule you must follow here is don't go double-double, meaning if you're wearing a double-breasted waistcoat then you must wear it beneath a single breasted suit. Otherwise, it's just overkill and looks a little odd.

The waistcoat remains one of the most stylish classic items of clothing a man can own. Whether you wear it as part of a suit, or as a statement piece in a casual outfit, follow the tips I've given you and you'll be singing 'See My Vest' like Mr Burns in no time.

Social

The Jenny Greene Show on 2FM

Last week I was honoured to be a guest on Jenny Greene's new drive time show on 2fm talking all of the things I write about on these pages on a weekly basis. It was an amazing experience and I'm so grateful to Jenny and her team for inviting me on. Jenny recently headlined the Docklands festival and she was full of praise for Limerick and the energy she felt from the crowds in Docklands and in Dolans.



Fragrance of the Week

Acqua di Parma Colonia Pura

There's a new scent floating through the halls of my apartment, and it's seriously refreshing. Last week I picked up a bottle of Colonia Pura by Acqua Di Parma after giving it a little spray the prior week in doing research for this article. Colonia Pura is appealingly fresh, sensual, smells good on men of all ages, and is undoubtedly a celebration of Acqua di Parma's age-old tradition of sophisticated perfume production. Just like

the original Colonia, Colonia Pura captures the culture, joy and warmth of the Italian way of life in a bottle. I find it classy, authentic and crafted with attention to detail. Colonia Pura is made out of the rich bounties of nature using recyclable materials and with sustainability in mind. Basically a floral woody musk, it's top notes are orange and



bergamot, the middle notes are coriander, jasmine sambac and narcissus and the base notes are white musk, cedar and patchouli..

Colonia Pura is an olfactory interpretation of the Italian lifestyle. You'll find it in Brown Thomas for €110. Go for it, you won't be disappointed.



STYLE & FASHION

CELIA HOLMAN LEE

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Summer hots up with collection

THE spring/summer collection by Niamh O'Neill was inspired by La Tehuana from the Tehuantepec region in Mexico.

Women traditionally dominate the local markets and the economic life of the region. The region is noted for its velas, traditional parties where women dress up in extravagant costumes and parade through the streets. The costumes that women wear for these festivities are famous for their vibrant colours and elegant patterns.

It is these costumes which have inspired the print, detail and

shapes of the Niamh O'Neill Spring/Summer 19 collection.

The bold floral print, in navy or pink, is hand sketched and printed onto 100% silk. This season the team are working with Irish linen, in beautiful tones of pink and navy to add an easy, coolness to a summer look. Their Italian made "fiocchetti" cotton features little coloured bows which are woven into the fabric. They've added tulle for stunning texture and some lace, printed in a rainbow of colours.

*Note re Irish Linen: Niamh visited Baird McNutt in Co Antrim and had a tour of their linen factory. She said it was fascinating to see the authentic process of

linen being made here in Ireland. Their processes are designed to employ the most energy efficient preparation bleach and dyeing methods, resulting in low energy and water consumption rates per kilo of material.

Irish linen is a natural, and sustainable, product which is completely biodegradable and during its processing gives little or no waste materials.

CREDITS:

Photographer: Anita Sadowska, www.anitasadowska.eu

Model: Kristina Melnikova

Hair/makeup: Nata Mirkina

Shoot location: Bali, Indonesia.



This Kiki dress with kimono sleeve, front buttons and belt, in pink floral printed silk (also available in navy) is priced at €395



There are no words to describe my feelings for this stunning Ravello dress in multicolour fiocchetti cotton with pink pleated sleeve detail and belt, €420



Sarah models a dress with floral printed silk top with sleeves and fitted navy crepe skirt (also available in pink), €395



Iveagh dress with fitted bodice, belt and full skirt with pockets, in pink linen (also available in navy) is priced at €395



This Lulu dress with fitted bodice and skirt, in pink crepe with pink tulle overlay is priced at €395

CELIA SPOTTED

Looking good out
and about in Limerick

Name: Joanne Casey
Occupation: Reception
Manager in Marbles Hair
and Beauty Salon, Cruises
Street Limerick
From: Clarina

I absolutely love fashion! I believe looking well equals feeling great. Being a busy mom of two teenage boys and working my schedule is a balancing act. However, I can always make time to go shopping here in Cruises Street. Shops like River Island and New Look are some of my favourites. I take inspiration from various fashion trends but always like to put my own spin on a look. I am one for comfort, but I do not let that compromise style. Alexa Chung is a prime example of classic meets edgy meets comfort.

JOANNE SAYS

Trousers: My trousers are from Penneys - they are super comfy, simple black trousers, a great fit! I just love the pop of colour in them. I added a belt from New Look with a great rose gold buckle detail that complements the tailored look.

Jacket: My jacket is one of my favourite pieces, black washed look denim with embroidered logo on the front and back, purchased from ASOS online. I can team it with so much of my work wardrobe. I can wear it with trousers, skirts, or dresses - great alternative to a black blazer.

Shoes: The shoes I am wearing I purchased in Schuh on Bedford Row here in Limerick city. I absolutely love these, very comfortable for a busy day working. A good pair of white runners are always on trend.

Bag: My bag is a mustard coloured leather crossover bag purchased from ASOS online. I love the colour and shape of the bag.

Earrings and necklace: The gold hoop earrings and letter J necklace are both from Warehouse.



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June

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I ♥ LIMERICK

RICHARD LYNCH

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Web: www.richardknows.com
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Fab city: Limerick has the Pride as countdown for festival begins

THE countdown to Limerick LGBTQ Pride Festival 2019 officially began with the press launch at the Clayton Hotel last week.

At the press launch Lisa Daly, chairperson Limerick LGBTQ Pride 2019 said: "We are thrilled to be able to offer a fantastic line up for Limerick LGBTQ Pride Festival 2019, running from Friday, July 5 until Sunday, July 14 with the Parade on Saturday, July 13. We want to welcome everyone to join us in celebrating LGBTI culture in Limerick and show Limerick for the truly open and accepting city that she is. Our theme this year is 'World Pride' as we mark the 50th Anniversary of the Stonewall Uprising and a half-century of LGBTQIA+ liberation."

The Pride committee is delighted to announce this year's Grand Marshall as Moninne Griffith, Executive Director of BeLonG To Youth Services, a national organisation supporting lesbian, gay, bisexual, transgender, and intersex (LGBTI+) young people in Ireland. Moninne is a passionate social activist with over 20 years' experience in the fields of advocacy, law and social justice who spent eight years as Director of Marriage Equality. Moninne explained: "Pride this year marks the 50th anniversary of the Stonewall uprising – the birthplace of the LGBTI+ rights movement. Pride was made possible by brave members of the community who took a stand for equality in New York and by activists all over the world, including Ireland who still fights for equality today. I am proud as Grand Marshall of Limerick Parade to march alongside everyone who is marking Pride in a way that feels right for them – as a protest, as a celebration, as a community. Together we will celebrate how far we have come and continue to fight for equality, safety, health, and wellbeing



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



Grand Marshall Moninne Griffith

for all our LGBTI+ communities."

On Saturday, July 13, the Limerick Pride Parade will bring some extra colour and music to Limerick, gathering at City Hall at 1.30pm and ending at the Hunt Museum for PrideFest 2019 a showcase of local LGBT culture in Limerick in a lavish marquee in the

museum gardens from 3pm – 6pm. That night Jujubee from Rupaul's Dragrace will headline the Pride Climax Party. From 8.30pm Dolan's Warehouse will light up for this year's party with acts from across the globe. Victoria Secret from Dragged Up is your host for the evening with performances from Emmett Daly, Michelle Grimes, Letycha Le'Synn and Carrie Dewey. With three venues, three DJs, including Saved by The 90's upstairs in Dolans & Alter Ego in the Kasbah Club. Pre-tickets are on sale & can be purchased online for €15 or €30 for the Jujubee Meet & Greet at www.dolans.ie or Ticketmaster.ie. For a full list of events see www.limerickpride.ie.



Pictured are Sinead Leahy (far left) with her partner Lisa Daly, Chairperson of Limerick Pride 2019 (far right) and their baby Saoirse and niece Emma Daly aged 6 from Rosbrien

PICTURE: DOLF PATIJN/ILOVELIMERICK

THINGS I ♥ THIS WEEK

PETER DEE ACADEMY OF MUSIC

Hit all the right notes in Limerick

PETER Dee Academy of Music, located at 7, Crescent Villas on O'Connell Avenue is recognised as one of the leading music schools in the South of Ireland. It was established in 1972 and is owned and managed by the well-known musician and composer Denis Carey. Students of the music school have won numerous scholarships and competitions, many of whom go on to achieving successful careers as music teachers and performers.

Denis told me: "The Academy encourages students and teachers to communicate by listening, participating and cooperating in

making music with a sense of fun. We offer courses in twenty-one musical instruments, including guitar, bass guitar, piano, harp, saxophone, drums, accordion, flute, and also in singing."

The Academy is unique in that it also presents students with the opportunity to study a wide variety of music styles including Classical, Contemporary, Jazz, Popular/Rock and Irish Traditional. The Academy undertakes regular concerts, workshops and master classes throughout the year. The new term starts this September. For more info see www.peterdeeacademy.com/courses.



Pictured at the Peter Dee Academy are owner Denis Carey and student Lucy Casey, age 10

PICTURE: CONOR OWENS/ILOVELIMERICK

SUMMER PROMS 2019

Send in the band

THE mighty Military Bands and Pipes of the Defence Forces, under the baton of Captain Brian Prendergast, return to University Concert Hall for the now annual Summer Proms, performing delightful operatic arias, musical numbers and rousing military band tunes. Limerick soprano Sarah Dolan will join them for what will be a hugely enjoyable evening of music on Saturday, June 22 at 8pm.

Expect beautiful, traditional songs such as I Dreamt I Dwelt in Marble Halls, Danny Boy and There Is An Isle, classical favourites



Limerick soprano Sarah Dolan

including O Mio Babbino Caro and wonderful band numbers such as the French Military March, Boogie Woogie Bugle Boy and much, much more! Tickets and info at www.uch.ie



Pictured at Narrative 4 are Jumoke Oyewo, Mercy Oyewo, winner of the Glucksman 2019 Scholarship, James Lawlor, regional manager of Narrative 4 and Bernadine Carroll, program and development officer

PICTURE: CONOR OWENS/ILOVELIMERICK

Students to bring their stories to New Orleans

TWO young people from Limerick have been chosen to travel to New Orleans to represent Ireland in the Narrative 4 Global Summit for change-makers, which will bring together young people who are involved in the organisation from around the world, over 5 days from June 20 - 25.

The two young people, Alex McCarthy and Mercy Oyewo, are the recipients of the inaugural Loretta Brennan Glucksman Summit Scholars award which recognises youth leadership in Limerick. Alex finished secondary school in SMI Newcastle

West in 2017 and has previously attended the Global Summit last year. Mercy is currently a student of Gaelcholáiste Luimnigh and is travelling to the Summit for the first time.

This is the eighth annual Global Summit for Narrative 4, which acts as a capstone of the organisation's yearly progress. Narrative 4 Ireland opened its doors in Ireland in 2016 and harnesses the power of story to build empathy in society. Regional Director of Narrative 4 in Limerick James Lawlor tells me, "The core

methodology of Narrative 4 is called the 'story exchange.' In a story exchange, individuals are randomly paired together and each participant shares a story that in some way defines them. Afterward, each partner is responsible for telling the other person's story, taking on the persona of their partner, and telling the story in the first person. Narrative 4 uses these story exchanges, in tandem with creative writing and the visual arts, to foster empathy among diverse populations and to turn that empathy into action." See www.narrative4.com

HEROES OF THE WEEK

Brown Thomas Gifting Bear Crew

LAST weekend, the children of the Brown Thomas team donated teddy bears that they no longer need, as part of the Brown Thomas Gifting Bear campaign. The teddy bears were placed in the department stores famous window front and will eventually be donated to children who attend the Children's Grief Centre. All weekend employees stood outside the store doing a bucket collection and will donate that money to the Centre and St Vincent De Paul Limerick. Brown Thomas chose the Children's Grief Centre as their chosen charity for 2019. As part of this, the Centre is to receive raised funds from staff fundraisers throughout the year including the Christmas gift wrapping in December. Congrats to all who worked to raise the funds last



Richard pictured at Brown Thomas for the Brown Thomas Gifting Bear campaign with Patrick McLoughney, Brown Thomas counter manager Suzie O'Kelly, Sr Helen Culhane, founder of the Children's Grief Centre and Olive Foley, Centre Ambassador

PICTURE: ORLA MC LAUGHLIN

weekend.

Brown Thomas' donation of teddy bears and bucket collection is timed well, as last Friday the Children's

Grief Centre celebrated its tenth anniversary with their 'Children and Loss Conference 2019' at the Millennium Theatre at LIT.

At the conference, the centre called on the government to fully fund its services as it has seen demand triple. See www.childrensgriefcentre.ie



LOUISE LOVES

LOUISE CANTILLON

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Rogha na Seachtaine



TO DO:

Summer Camps

From GAA to Gaelige- the range of Summer camps on offer in the county is phenomenal. Always a wonderful addition to the holidays! Check out what's going on in your parish and get involved this summer.



TO LISTEN:

Track of the week

DJ John Gibbons – "Hotstepper": Guaranteed to be a floor filler this summer. Carlow's John Gibbons has released a new dance track and it's a banger! Do yourself a favour and add this tune to your playlist.

TO SEE:

Football Exhibition

The FAI have brought the National Football Exhibition to Limerick in the build up to EURO 2020. The exhibition has a mixture of memorabilia, facts/figures and interactive elements to celebrate football in Ireland and 60 years of UEFA European Championship Finals. It's free and open daily at the University Arena



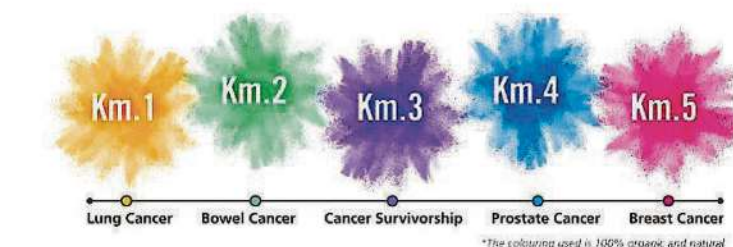
I am photographed above with my colleague in SPIN, Jean O'Donoghue and I at the Colour Dash start line

Colour dash for cancer!

LAST Saturday morning in UL over 900 enthusiastic walkers, joggers and runners turned out to inject colour into their lives at this year's 5K colour dash in aid of the Irish Cancer Society!

Sponsored by Aldi this is a nationwide annual event with all of the funds raised through the colour dash going directly to the Irish Cancer Society. This year the Spin South West team and I were delighted to come on board and join the fight against cancer!

Attracting people of all ages the events novel ideal of being covered in coloured powder as you run makes it all the more fun while you cover the 5K distance! Fun is not the



only message the Irish Cancer Society are sending with their use of colours but something far more poignant and powerful!

Each kilometre represents a different aspect of cancer - either a cancer that we need help in fighting against, or something to be

celebrated.

Yellow: Lung Cancer
Green: Bowel Cancer
Purple: Cancer Survivorship
Blue: Prostate Cancer
Pink: Breast Cancer

The sun shone over The University of Limerick Campus as hundreds made their way around the 5K course! It struck me as quite an emotional event for many, those running in memory of loved ones and those who have survived cancer and were running in celebration!

I was delighted to be involved and MC the event – and must admit while I am still washing pink powder out of my hair I cannot wait for next years colour dash!

101% Recommend!

101 O Connell Street hosted a fabulous media and marketing evening last Wednesday to showcase their wonderful venue in the heart of Limerick City!

Branded as a playground for adults, the venue boasts five different bars with a difference experience on every floor. From the demure whiskey basement

bar to the funky rooftop garden there is something on offer for everyone!

We were treated to a range of different products available on site from finger

food to cocktails – and even a takeaway goodie bag! I think that the innovation and renovation of the beautiful Georgian building at 101 O Connell street

makes it very appealing and unique by comparison to other venues in town! I believe Limerick can be very proud of this new endeavour!

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Square Bar, Sinead McCarthy c/o James
McNamara Promoters Prize Dave Connolly Susan
O'Neill Next Week's Jackpot €1500 Draw held
24/06/2018
Next Week's Jackpot: €1500

ST. MARY'S R.F.C.

Lotto Draw held Monday 17th June 2019
Winning Numbers: 3-4-10-20
No Jackpot Winner

4 Winners €40 each: Mildred Cahill c/o D
Frawley, Tim Collins c/o Gate Bar, Philip
McNamara c/o C McNamara, Margie
Sheehan c/o C Mullins Weeks Jackpot €8950
Draw will take place in Rashers bar

BREAKING NEWS

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IN MEMORIAM

† DUHIG

(41st Anniversary)

In loving memory of
**Christy Duhig, late of 1
Claughan Avenue,
Garryowen whose
anniversary occurs at this
time. Mass offered. Also
remembering at this time
Bobby Duhig Senior, Ted
and Mary Hickey.**

Happy Father's Day Dad

When I stop to count my
blessings Dad
As everyday I do,
The best and most precious of
all
Were sharing life with you.
So on your anniversary
As I walk down Memory Lane,
I am wishing with all my heart
We could live that life again.
**Sadly missed by son Pa,
daughter in law Ber,
grandchildren Martin,
Adrian, Luke and Lee,
granddaughters Liz and
Lynsey, partners and great
grandchildren.**



† MEEHAN

(Third Anniversary)

In loving memory of
**Tommy Meehan,
late of Kileely and Apt 3
Cliona Park Moyross
who passed away 18th June
2016. R.I.P.**

The day you went away
They say that times a healer
But as the time goes on
I seem to find it just as hard
To face the fact you've gone.
And today it's the anniversary
Of the day that you went away
And I'm standing here at your
graveside

And believe me when I say
You'll never be forgotten
And every year I'll shed a tear
But it's only because I love you
And wish you were still here.

**Sadly missed and never
forgotten from the small one,
your princess and godchild
Ellie-Mai xxxx**

An eternal memory
Until we meet again
Those special memories of you
Will always bring a smile
If only I could have you back
For just a little while
Then we could sit and talk again
Just like we used to do
You always meant so very much
And always will do too
The fact that you're no longer
here

Will always cause me pain
But you're forever in my heart
Until we meet again.

**Sadly missed by your friends
Leanne, Eabhin and Alex xxx**



DEATHS

LOUGHRAN OFM, Fr Alfred
(Colm) Gotera, El Salvador
and late of Downey Street,
Limerick. June 15th 2019 in
the loving care of the friars
and staff at Gotera Friary.
Deeply regretted by his Fran-
ciscan confreres, and many
friends in Central America as
well as his confreres, family
and friends in Ireland and
beyond. Pre-deceased by his
parents, James and Mary
Loughran; brothers Dermot,
Gerard and Eamonn. Sadly
missed by his brothers and
sisters: Sean, Seamus (Ore-
gon), Maura, Br. Kieran (Chris-
tian Brothers), Declan, Tony
and Una and wide family
circle. Funeral in Gotera on
Tuesday 18th June. Rest in
Peace. St Francis and St Clare
intercede for him.

THANKSGIVINGS

GRATEFUL THANKS to The
Sacred Heart and Our Blessed
Lady for all favours received
and also thanks to St. Padre
Pio. M.J.M; A.A.A.A.S.

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. mc

When someone
you love becomes
a memory, the
memory becomes
a treasure.

AUTHOR UNKNOWN

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Selena Foley pictured at the launch of the first ever Cannonball RETRO Road-Trip which takes place from July 12 and 13 starting in Kinsale and finishing in Bunratty Castle. The event is free for spectators and will feature cars from the 60s, 70s, 80s and early 90s. In Limerick the cars will be going in Glin, Foynes, Askeaton, Clarina, and the outskirts of Limerick City

Cannonball ready to fly

Retro roadtrip: Will be reeling through the years and the rolling through the gears

DRIVING through the countryside in a classic sports car taking in magnificent mountain views and rugged coastlines, aromas of summer infusing the crisp air, retro sounds blasting from the stereo and the authentic driving experience of a perfect classic with the roof down - it's a bucket list adventure. The First ever RETRO Cannonball in coming to Limerick on July 13 and is taking in Glin, Foynes, Askeaton, Clarina, and the outskirts of Limerick City.

Old-fashioned road trips are trendy again. Surveys show they are on the rise and on Instagram, the hashtag #roadtrip shows up 46

million times. Now in 2019, for the first time, Cannonball Ireland are adding a Retro Cannonball sponsored by Teng Tools USA. The classic run starts in Kinsale on July 12th and takes in Healy Pass, Kenmare, Molls Gap, Inch Beach, Dingle, Sleah Head, Conor Pass, Tralee, Foynes, Limerick and finishes at Bunratty Castle on July 13th.

"The all new Retro Cannonball Classic Run featuring cars from the 60's, 70's, 80's and early 90's takes us back to our roots when the mad-cap Cannonball Movie was made" said Cannonball founder Alan Bannon "We are going all out

retro and welcoming cars from this golden era to take in stunning drives and world-famous rally routes. Classic runs are a longstanding tradition steeped in nostalgia and pop culture and we want to add our own Cannonball twist to make this a truly unforgettable experience for both drivers and spectators"

Classic cars are about the experience, style, exclusivity and craftsmanship, all of which are universal and timeless. Classic cars not only appeal to car lovers, but also to lovers of engineering, design, art and history. They retain an incurable romance and

that is the reason why people do, and always will, love classic cars. Add in the spectacle, heady excitement and adrenalin-fuelled festival atmosphere that Cannonball is renowned for and the traditional classic run goes up a gear. This is a road-trip planned with adventure, luxury, breath-taking scenery, unforgettable experiences and spontaneity in mind.

Cannonball Ireland is an established event management company since 2008 and has already raised €1,016,000 for Irish Charities and attracts over 190,000 spectators every September as

well as international road-trips across the UK, Scotland, Europe and America. In 2019, Cannonball are proud to partner with the Irish Cancer Society. Cannonball is one of the most unique motoring fraternities in the world with breath-taking driving routes, luxurious hospitality and that rare 'camarderie' that makes Cannonball a truly unforgettable experience.

The Retro Cannonball Road Trip is all-inclusive and the fee of €875 per person sharing includes hotels, coffee stops lunch, evening meals and entertainment. See www.cannonball.ie for details.



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MERCEDES



Mercedes X-Class will be spotted at a range of outdoor pursuits events in the coming year

Merc X-Class links with outdoor specialists

The Mercedes-Benz commercial vehicles division in Ireland has placed a Mercedes-Benz X-Class X220d pickup at the disposal of outdoor pursuits specialists, Boardsports Ireland, for the year ahead, writes Trish Whelan.

Within the range of all-action activities falling under the Boardsports Ireland umbrella are surfing, water sports, BMX cycling and mountain biking.

Fergus Conheady, sales manager for Mercedes-Benz commercial vehicles believes the link 'perfectly positions the

X-Class in front of that generation of sports-active motorists for whom it was designed. He said: "Through this new partnership, the X-Class will bring added glamour and prestige to the numerous sports events with which Boardsports Ireland is associated."

The X-Class will be in use at a range of events that includes surf schools planned for Brittas Bay, Bundoran, Tramore, Dingle and Lahinch and mountain bike events scheduled for Wexford, Roscrea, Carlow, Wicklow and Sligo.

HONDA

Japanese marque launches its 192 High Five campaign

Across Honda Dealers nationwide this 192 buying season Honda want to give everyone a 'High Five', writes Trish Whelan.

For a limited time the Civic Diesel will be available with a choice of 5 competitive offers.

This include, 3.9 per cent APR PCP Finance, OR €3,000 guaranteed minimum trade-in value, OR upgrade to 9-speed automatic, OR complimentary Platinum Service Plan and 1 years' Free Road Tax, OR €1,000 deposit contribution.

The award-winning Honda 120hp 1.6 i-DTEC diesel engine for all the new Civic range was one of the first engines in the world to undergo the real-world testing WLTP, offering excellent combination of performance and efficiency. The Civic diesel is available in a sporty 5-door hatchback or a stylish 4-door Sedan (saloon) with Honda's suite of award-winning safety features 'Honda Sensing' as

standard, making it one of the safest cars in its class.

The 1.6 diesel comes in a 6-speed manual transmission as well as a 9-speed automatic transmission. Honda says it returns an average fuel economy of 4.1 L/100kms for all grades and models.

Speaking at the launch of the 'High Five' campaign, John Saunders, Sales and Marketing Director of Universal Honda said 'Civic continues as one of the cornerstones of the Honda range here in Ireland and the newly refined diesel engine really offers our customers leading reliability, fuel economy and driving pleasure for which the model has long been renowned.

"With these 5 very competitive offers, there is now an option for everybody, meaning our customers can drive away in a new Civic diesel from €299 per month or choose an upgrade to the 9-speed automatic at no added cost."

LIMERICK LEADER

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www.limerickleader.ie



SPORT

Leader



MUNSTER GET THEIR MAN

Larkham joins as tickets sales rise

For more see Page 53

Rematch: Padraic Maher of Tipperary in action against Conor Boylan, left, and Graeme Mulcahy and Tom Morrissey, 12, of Limerick during the Munster GAA Hurling Senior Championship Round 5 match between Tipperary and Limerick in Semple Stadium in Thurles. The sides will meet once again on Sunday June 30



Tipperary stand in way of more Limerick silverware

GAA: Home advantage for Munster SHC final in LIT Gaelic Grounds

JEROME O'CONNELL
joconnell@limerickleader.ie

“PUT it on the field and not leave it at home” urged Limerick manager John Kiely to his hurling heroes ahead of the Munster SHC final.

Limerick play Tipperary in a Sunday June 30 provincial final but the All-Ireland and League champions have been inconsistent throughout the group phase of the Munster SHC.

The rivals will meet in the LIT Gaelic Grounds final just two weeks after Tipperary's impressive win over the men in green last Sunday.

The Limerick manager is confident his side have plenty room for improvement.

“We have, if we get it out of ourselves and put it on the

field and not leave it at home,” he stressed.

“I am a Limerick man and we have Tipp coming to town for a Munster final - we need to significantly improve our performance in that final if we are going to have a cut off it and have a challenge towards it. That's the challenge for us over the next two weeks - to bring a better performance than we did today,” said Kiely.

“The stakes are high because it's a place in the semi final as well as a Munster title,” he stressed.

Memories of 2013 will come flooding back with Limerick set to host and play in a Munster final double-header on June 30.

Limerick will go in search of a 20th Munster SHC title in a final that will have a 2pm start and will be live on RTE

television's The Sunday Game.

Just like 2013, when Limerick beat Cork in the senior final, the Limerick minors will play in the curtain-raiser - facing Clare in a Munster MHC final that will have an 11.30am.

It's the first Limerick-Clare minor final since 1989.

The senior decider will be the first Limerick-Tipperary final on the banks of the Shannon since 1996, which ended in a draw before Limerick won the replay in Paire Ui Chaoimh.

Munster GAA officials have confirmed that stand tickets will not go on public sale for the hurling final.

Tickets for the Mackey Stand and the Open Stand for the June 30 final in the LIT

Gaelic Grounds will only be available from Limerick County Board and the club of the county.

Terrace Tickets are available in Centra and Supervalu shops and via www.tickets.ie, and went on sale this Wednesday morning.

Adult stand tickets are €35 with adult terrace tickets €25 - juvenile (U16) stand and terrace tickets cost €5.

Victory in the Munster final would see Limerick into a July 27/28 All-Ireland semi final in Croke Park, while defeat means a July 13/14 All-Ireland quarter final against Dublin, Laois or Westmeath.

This weekend, attention turns to football with Limerick in All-Ireland SFC Qualifier action.

Billy Lee's side go to Mullingar on Saturday (6pm) to play Westmeath. It's a third championship meeting of the teams - the Leinster side winning in 2001 and 2006.

Limerick are looking to bounce back from a heavy Munster SFC loss to Cork and are 15/2 outsiders to shock the midlanders.

Westmeath lost in Leinster to Laois but were big winners over Waterford in round one of the qualifiers, which was their first win in the All-Ireland SFC Qualifiers since 2012.

Limerick's backdoor record is just as poor - since reaching the All-Ireland quarter final in 2011, Limerick have won just four of 11 outings in the qualifiers with wins over Antrim (2), London and Longford.

Hockey

Upton wins 50th cap as Tokyo dream

COLM KINSELLA
sport@limerickleader.ie

THE IRELAND Women's hockey team, including Limerick woman Roisin Upton, secured an Olympic qualifier place for later this year after reaching the final of FIH Series Final in Banbridge.

Ireland lost out to 3-1 Korea in the FIH Series Final in Havelock Park on Sunday, but the team had already secured their primary target from the competition of an Olympic playoff in October when scoring a 4-0 semi-final win over the Czech Republic.

The Irish side must now wait to see exactly how their ranking will be affected by the second-place finish in Banbridge, but the World Cup runners-up look in decent shape to remain in the world's top 10 and so take a home draw for the Olympic qualifiers in the autumn.

Roisin Upton, a key member of the Ireland squad, celebrated winning her 50th cap for the country in their 2-1 win against Malaysia during the FIH Series.

The Limerick woman, who made her Ireland debut in November 2016, has since brought her tally of caps to 54. The 25-year old Catholic Institute player has scored 10 goals for Ireland.

The midfielder played a starring role in the Irish team which reached the World up final in London in 2018.



Roisin Upton of Ireland in action against Nikol Babicka of Czech Republic during the FIH World Hockey Series at Banbridge Hockey Club in Banbridge, Down

Garryowen FC Golf Classic 2019 at Castletroy Golf Club



Frank Hogan and Sponsor Jason Kenny Bon Secours Hospital Barringtons were joined by Anna O'Byrne to present the Inaugural Paul O'Byrne Trophy to the winners Kieran Walshe, Ger O'Shea, Diarmuid Leonard missing from the photo, - 57 points



Frank Hogan and Sponsor Jason Kenny Bon Secours Hospital Barringtons presenting the prize for Longest Drive to Eamonn Haugh



Frank Hogan and Sponsor Jason Kenny Bon Secours Hospital Barringtons presenting the 3rd place prize to Mark O'Donoghue on behalf of his team, Morgan Whelan, Dermot Doolan - 54 points



Garryowen FC Golf Classic at Castletroy Golf Club: Anna O'Byrne presenting the Dr Paul O'Byrne Perpetual Trophy to Garryowen President 2019-20 Frank Hogan



Sponsor Jason Kenny Bon Secours Hospital Barringtons, Anna O'Byrne and Vice President John Quilligan



Frank Hogan and Sponsor Jason Kenny Bon Secours Hospital Barringtons presenting the second place prize to Ed Fitzgerald, Shane Murphy, Ger Kearney- 56 points

SPORT
SNIPPETS

PODCAST

Episode 18 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

Byrnes wins in
Carlisle

Ballingarry-based trainer Charles Byrnes landed a gamble at Carlisle last week as Mr Smith won the concluding Every Race Live On Racing TV Handicap under apprentice Sean Davis.

It was a terrific training feat by Byrnes as Mr Smith had not appeared for 791 days but that did not prevent him from landing the spoils by a neck from Le Musee.

The grey eight-year-old was returned at odds of 3-1 having been available earlier in the day at 8-1.

Over 40s
headlines this
weekend

The 37th Annual over 40's Soccer for Charity Tournament incorporating the Christy Ryan Memorial cup and the Joe Norris Memorial shield will be held over this coming weekend, June 22 and 23, in Pearse Stadium, Janesboro.

Since it was first introduced in 1982 this very popular event has grown in stature and is now recognised as being one of the outstanding sporting events to be held in the City. Each and every euro raised from the Tournament is to benefit local charities Bawnmore School for special children, Dochas, and Lisnagry School for children with special needs.

So anyone with time to spare and looking to see some of the outstanding players of years gone by and witness some outstanding games of football with excitement the order of the day should come along to Pearse Stadium this coming Saturday, and Sunday and show your support for our local charities.

Action gets underway on Saturday at 1.30pm with the final scheduled for Sunday afternoon at 3.30pm on Pitch number one.

For a full list of fixtures, see www.limerickleader.ie and search for Limerick Over 40s. Also, use #LLSport on social.

Blues enjoy
break with
testing run
on horizon

COLM KINSELLA
ckinsella@limerickleader.ie

LIMERICK FC head into the mid-season break in the SSE Airtricity League First Division sitting in fourth place in the table.

Tommy Barrett's Blues made it five games unbeaten in the First Division after playing out a 0-0 draw with basement side Wexford at Ferrycarrig Park on Friday night last.

Friday's game saw a welcome return to competitive action for Limerick winger William Fitzgerald who had been sidelined through the opening months of the season due to injury.

Fitzgerald was sprung from the substitutes' bench with a little over 10 minutes remaining as he replaced Lee Devitt.

Limerick have now taken 14 points from a possible 21 over their last seven First Division league fixtures.

Tommy Barrett's charges have edged ahead of fifth-placed Cabinteely on goal difference in the First Division table, while the Blues enjoy a one point lead over sixth-placed Bray.

The SSE Airtricity League takes a break now for two weeks with Limerick FCs next fixture the glamour home fixture with table toppers Shelbourne at the Markets Field on Friday, June 28, 7.45pm.

Limerick trail table toppers Shels' by eight points

in the league table.

Limerick edged the first half against Wexford FC in terms of possession at Ferrycarrig Park, but both sides struggled to create much by way of clear goal-scoring opportunities.

The Blues came close to breaking the deadlock in the 59th minute when a free-kick from Kieran Hanlon almost deflected into the Wexford net.

Ten minutes from full-time, the visitors again came close to opening the scoring from a free-kick, only for Shane Tracy's well struck effort to flash inches over the crossbar.

Basement side Wexford too had their moments and Jack Doherty came close to grabbing a winner in the 86th minute after a flowing move only for an alert Jack Brady in the Limerick goal to gather possession.

Colm Walsh O'Loughlen missed Friday night's game due to an ankle injury, as did Andy Quaid while Tomas O'Connor was also an absentee due to sitting the Leaving Certificate exam.

Wexford had lost their four previous league fixtures prior to kick-off and it is now seven games since their last league win.

Following the clash with Shels' on June 28, the Blues will host Longford on Friday, July 5. Limerick play four of the top five sides in the table next up with games against Bray Wanderers and Drogheda also looming.



Limerick's Colm Walsh O'Loughlin races down the wing against Galway's Chris Horgan. The 'Blues' are on a week off this week

Limerick District claim 10th place
finish at SFAI Kennedy Cup at UL

LDSL's Donnacha O'Leary takes the ball out of the net after they score late in the game against the Cork League PICTURE: DERMOT LYNCH

THE Limerick District Schoolboy League (LDSL) claimed a 10th place finish at the 32-team SFAI New Balance Kennedy Cup after going down 2-1 to the Cork Schoolboy League in

their Bowl final on Saturday.

There was joy for the Limerick County Schoolboy League earlier in the day, however, as they were crowned Trophy winners

following a deserved 1-0 Trophy final victory over the West Waterford-East Cork League.

Aisling Annacotty's Darren Nwawkwo scored the LDSL goal in their Bowl final.

Larkham 'excited' by new job

NEW Munster backs coach Stephen Larkham says he is 'excited and honoured' by the prospect of joining the province as a new assistant coach.

Former Wallaby star Larkham has spent the last four years working for Rugby Australia having previously been part of the Brumbies coaching set-up.

Munster confirmed Larkham has signed a deal which will see him remain at Munster until June 2022.

Larkham said: "I am very

excited and honoured to be joining Munster Rugby.

"A big part of my decision lies in the values of the club and the importance they place on community. I have come from a very similar environment and know how effective and enjoyable that can be."

"I have had a number of conversations with Johann and I'm very excited to be working with him, as our views on rugby are very similar.

"I'm also looking forward

to meeting and working with not only the other coaches in Graham and JP but also the very talented group of players that Munster have."

Meanwhile, the Munster Branch AGM last week was informed that the province's current financial projections for year ending June 30, 2019 estimate a cash-flow deficit of €995,000 for the season.

On a positive note, Munster report that gate income increased by 12% in the current season.

For more see #LLSport



Stephen Larkham will join Munster in August

ON THE BALL

“**Limerick to the core...**”

DONN O'SULLIVAN

The importance of role models should not be underestimated

Goals: A general view of the FAI National Football Exhibition at UL Sports Arena where fans can see memorabilia from Ireland's glory days of soccer



If she can't see it, she can't be it. The current motto of the 20x20 campaign.

The need for Women's sport to have more of their events covered by the media is a dire one. We here at the Limerick Leader are covering more Women's sport than ever and we will continue to do same.

However, this week's column is about role models in one particular sport, soccer.

If they can't see it, they can't be it, however, there is also another angle to that.

If 'they' only get to see poor examples from their 'heroes' how are they going to learn the 'right'

way.

This week the National Football Exhibition opened in UL. The travelling museum opening coincided with the hosting of the Kennedy Cup 2019. The blue riband event of underage football.

These are all positives. Kids could go and see great football in UL, as well as taking in the Expo.

However, if one is to look around, the soccer landscape is not one to be aspiring to.

Limerick FC are on strike notice from their players. The Limerick Desmond League is going to have to 'finish' this season, at the start of next, due to referee availability issues and the FAI

Junior Cup final, between St Michael's and Sheriff YC has been postponed due to an objection from Aisling Annacotty.

Are these instances sending the right message to our young players? Are their heroes going to be Ireland players or are they going to be more inclined to follow the superstars from around the World.

Soccer is the most popular sport in Ireland. The sad thing is how that potential for revenue and success is being neglected on weekly basis by those in authority.

From issues surrounding governance, to funding of schoolboy soccer, to the change of soccer calendars, to the chasing of English

born players to represent Ireland, the entire structure seems to be counter productive.

A generation of Irish soccer fans have grown up on the success of Robbie Keane, Roy Keane, Damien Duff and Richard Dunne et al. People who young kids aspired to copy and eventually become. Where are their role models now?

As adults we must be very mindful that kids will do as they see. They crave direction and their core values come from us.

Are we doing enough to show them the correct way to behave? Are we even aware ourselves the importance that role models play on this impressionable generation?

JEROME O'CONNELL

Munster Hurling Championship – 'the ends justify the means'

HERE appears some debate as to whether it was Italian philosopher Niccolo Machiavelli that coined the phrase 'the ends justify the means'.

Regardless, he probably knew little of the Munster SHC.

And, certainly not the new group system!

Limerick play Tipperary in the 2019 Munster Senior Hurling Championship Final on Sunday June 30 and John Kiely's men arrive into the decider with two wins and two defeats and face a side with four straight wins.

Rewind six weeks and if any Limerick hurling supporter was offered a Munster final against Tipperary in the LIT Gaelic Grounds regardless of the sequence of results, well I think all would have taken that.

There were 120 different permutations in the



Tom Morrissey in action against Tipperary in Sunday

five team Munster SHC and while Waterford quickly fell away there were still nine different permutations ahead of last Sunday.

So Limerick lost and still reach the final, so be it.

Limerick's team selection would suggest that John Kiely and management may very well have read

some of Niccolo Machiavelli's work – the ends justify the means.

Come June 30, the route to the final will matter little.

Not only are Limerick now one win away from being the first team to hold the League, Munster and All-Ireland titles simultaneously since 2001, just and perhaps more importantly they are back into the All-Ireland series.

Indeed Limerick could yet win the All-Ireland and be the first team to have done so after losing two matches, or even three.

For more see #LLSport

COLM KINSELLA

Breakfast throw-in time for the minors

MUNSTER hurling final day on Sunday, June 30 promises to be a bumper occasion for the city of Limerick with the prospect of a sell-out at the Gaelic Grounds.

Limerick and Tipperary will renew rivalry in the senior decider at 2pm on that day. Whisper it, but the minor final between Limerick and Clare will throw in at 11.30am. Yes, that's right 30 minutes before mid-day.

The early start time for the province's showpiece U17 decider is to allow for the possibility of extra-time, the presentation of the Cup and still allow time for the senior sides to warm-up on the pitch before their own 2pm start.

The Leinster senior hurling final takes place that day at 4pm and with the game being televised live along with the Munster senior final, the minor game has to start at 11.30am.

It makes for an incredibly early start for players from both Limerick and Clare who have to travel from all parts of their respective counties to meet up with their squads and then travel to the match venue, the Gaelic Grounds, by coach.

For fans, an 11.30am throw-in is an inconvenience. True, the 'die-hard' supporters of hurling will make sure they are in their seats for throw-in, but how many others will go out of their way to do so?

Even by the time the second half starts, 12.15pm-ish how many fans will be inside the ground?



Early start: Aidan O'Connor of Limerick in action for the minor hurlers

COLM KINSELLA

Cross Counter can claim Gold Cup glory at Royal Ascot

ONE of the most glamorous sporting events of the year, the Royal Ascot racing fixture is continuing in Berkshire until this Saturday.

Irish trainers have accounted for 105 of the 145 overseas-trained winners at the Royal meeting since 2000.

More than 300,000 people make

their way to Royal Ascot for this prestigious race meeting. This year there will be stg£7,330,000 in prize-money on offer over the five days, with no race worth less than stg£90,000.

One of the week's real highlights, the Ascot Gold Cup was won 12 months ago by the John Gosden-trained Stradivarius.

This year's renewal of the stg£500,000 marathon two and-a-half mile Group 1 contest goes to post at 4.20pm on Thursday.

Stradivarius is a short price favourite to retain the crown - currently trading at 6/5.

For each-way punters looking to take on the jolly, Cross Counter

makes plenty of appeal at odds of 4/1.

Cross Counter won four of his seven starts in 2018, including beating Ascot Gold Cup third favourite Dee Ex Bee in the Gordon Stakes at Goodwood before landing the Melbourne Cup.

Cross Counter looks sure to be in the shake-up.



Our tip this week is a 4/1 bet



Wednesday

TENNIS

QUEENS
BBC 1/AMAZON PRIME 10AM

WOMEN'S SOCCER

SCOTLAND V ARGENTINA
BBC FOUR 8PM

WOMEN'S SOCCER

JAPAN V ENGLAND
BBC ONE 8PM

BASEBALL

BREWERS V PADRES
BT EPSN 8.40PM

SOCCER

COLOMBIA
PREMIER SPORT 10.30PM

Thursday

TENNIS

QUEENS
BBC1/AMAZON PRIME 10AM

GOLF

BMW INTERNATIONAL
SKY SPORTS 10.30AM

RUGBY LEAGUE

BRONCOS V HULL KR
SKY SPORTS 7.45PM

GOLF

TRAVELERS CHAMPIONS
SKY SPORTS 8PM

GOLF

KPMG WOMEN'S PGA
SKY SPORTS 11PM

Friday

TENNIS

QUEENS
BBC1/AMAZON PRIME 10AM

TENNIS

WEBER OPEN
AMAZON PRIME 10AM

FORMULA 1

FRENCH GP PRACTICE
SKY SPORTS F1 10AM

CRICKET

ENGLAND V SRI LANKA
SKY SPORTS 10.30AM

GOLF

BMW INTERNATIONAL
SKY SPORTS 10.30AM

AUSSIE RULES

SYDNEY V HAWTHORNS
BT SPORT 11AM

TENNIS

MALLORCA OPEN
BT SPORT 11AM

U21 SOCCER

ENGLAND V ROMANIA
SKY SPORTS 5.30PM

GOLF

WOMEN'S PGA CHAMPS
SKY SPORTS 5.30PM

GOLF

TRAVELERS CHAMPIONS
SKY SPORTS 8PM

U21 SOCCER

FRANCE V CROATIA
SKY SPORTS 8PM

SOCCER

EGYPT V ZIMBABWE
EUROSPORT 9PM

Saturday

TENNIS

GERRY WEBER
AMAZON PRIME 10AM

TENNIS

QUEENS
BBC1/AMAZON PRIME 10AM

AUSSIE RULES

PORT ADELAIDE V GEELONG
BT SPORT 10.40AM

GOLF

BMW INTERNATIONAL
BT SPORT 10.40AM

CRICKET

WEST INDIES V N ZEALAND
SKY SPORTS 1.30PM

FORMULA 1

FRENCH GP QUALIFYING
SKY SPORTS 2PM

TENNIS

MALLORCA OPEN
BT SPORT 2PM

RUGBY LEAGUE

DRAGONS V HULL FC
SKY SPORTS 5PM

GOLF

TRAVELERS CHAMPIONS
SKY SPORTS 6PM

RUGBY LEAGUE

TORONTO V TOULOUSE
SKY SPORTS 6PM

GAELIC FOOTBALL

KERRY V CORK
RTE2 7PM

U21 SOCCER

BELGIUM V ITALY
SKY SPORTS 8PM

GOLF

WOMEN'S PGA
SKY SPORTS 8PM

SOCCER

SPAIN V POLAND
SKY SPORTS 8PM

Sunday

TENNIS

QUEENS
BBC1/AMAZON PRIME 10AM

GOLF

BMW INTERNATIONAL
SKY SPORTS 11.30AM

GAELIC GAMES

CAVAN V DONEGAL
BBC1/RTE2 2PM

GAELIC FOOTBALL

DUBLIN V MEATH
RTE2 4PM

GOLF

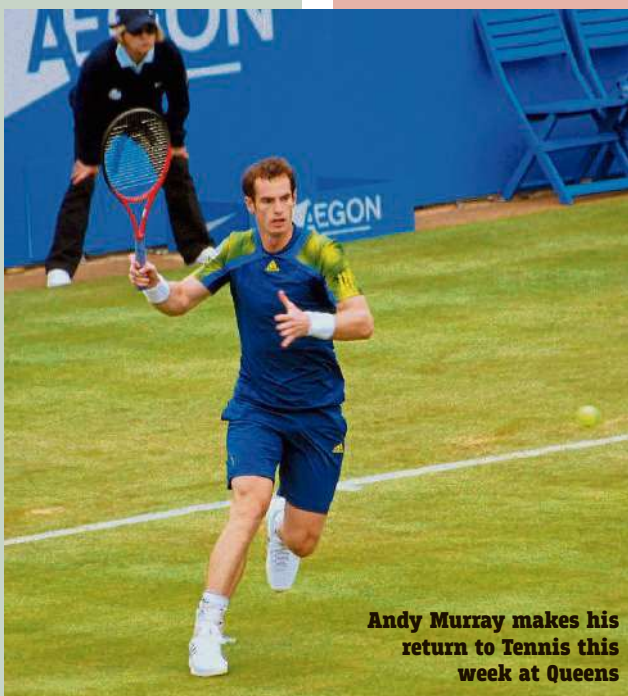
TRAVELERS CHAMPIONS
SKY SPORTS 6PM

GOLF

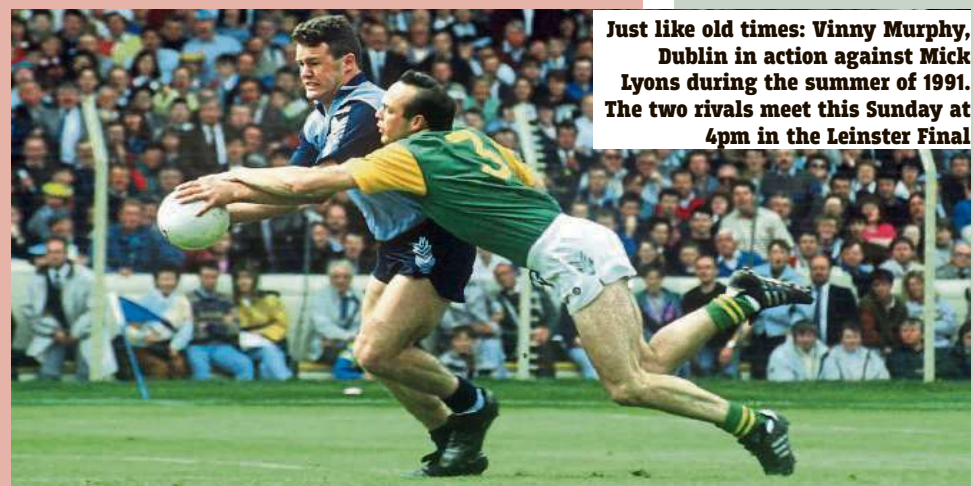
WOMEN'S PGA
SKY SPORTS 8PM

SOCCER

DENMARK V SERBIA
SKY SPORTS 8PM



Andy Murray makes his return to Tennis this week at Queens



Just like old times: Vinny Murphy, Dublin in action against Mick Lyons during the summer of 1991. The two rivals meet this Sunday at 4pm in the Leinster Final



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