

GOING FOR GOLD!

Communities set to tidy up in order to clean up



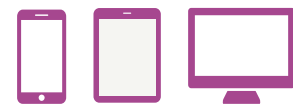
Nadia Collins Sakni, Roger Beck, Padraig Malone, Dave O' Hora, John McCarthy, Gerry Boland, Cllr Gerald Mitchell, Thady Hunt, Amanda Flannery, Geraldine O'Regan, Aine Fitzgerald and Sinead McDonnell at the launch of Going For Gold this Tuesday. See page 7 for story PICTURE: BRIAN ARTHUR

The Leader

Wednesday, July 10, 2019

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LA MOORE Leanne ties the knot in lavish Spanish ceremony **P4**

KEVIN SHEEHY

Family of late city boxer thanks Limerick for its support **P8**



REDRESS

Ruling opens door for Creagh Lane survivors to access compensation **P6**



Eyes on prize as hurling series gets to final stages See Sport

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LeadingOff

Setting the agenda in Limerick



▲ GOOD WEEK

Leanne Moore
Leader columnist and Go Gym owner Leanne Moore tied the knot in Spain to partner David Behan



▼ BAD WEEK

Non-drivers
City's transport strategy won't be ready for public consultation until September



☀ QUOTE OF THE WEEK

"The thought of going through life without you is unbearable, and I don't know how I am going to do it"
Emma Colbert, fiancée of the late Kevin Sheehy, at his funeral

INSIDE THIS WEEK



KEEP IT SIMPLE

Liam Croke's financial tips
Page 24



VACANT HOUSES

Repair work must speed up
Page 17



SPURS FANS SURPRISE

Local fans rally around Emma
PAGE 10



WHAT'S ON THIS WEEK

Seamus Ryan's event guide
Page 40

Kevin's tragic death hangs heavy over city



The huge array of floral tributes left at Kevin Sheehy's grave after his funeral on Saturday



WHAT WE THINK
AINE FITZGERALD

THE LEADER

IT'S been just over a week now since the shocking death of boxer Kevin Sheehy and the rawness and intensity of his loss still hangs heavy over our city.

The coffin carrying the remains of one of our most promising sporting talents was committed to the soil of Mount St Oliver Cemetery on Saturday afternoon leaving a family and community

bereft.

Death in itself is tragic but there is something so utterly heartbreaking about a healthy young man, in the prime of his life, being taken so abruptly.

While the story of Kevin Sheehy's life and remarkable talent moves off the headlines, and life in the city carries on, his grieving partner, parents and wider

circle will live with the acute pain of his passing for years to come. The daughter he never got to welcome into this world will only know her dad through the stories of others.

His family will, however, take great solace in the support of their local people and the wider Limerick community, who have been left appalled by his senseless death.

WEATHER FOR THE WEEK



WEDNESDAY

Clouds and breaks of sun, a couple of showers likely



THURSDAY

Variable cloudiness with a couple of showers -High of 18°C



FRIDAY

Intervals of clouds and sunshine, a couple of showers



SATURDAY

Real mix of clouds and sunshine - High of 22°C



SUNDAY

Another mixed bag of clouds and sun - but remaining dry



MONDAY

A cloudy start to next week but staying humid -High of 22°C

WEBTOP TEN

1. Limerick's Leanne Moore ties the knot in lavish Spanish ceremony
2. Private jet owned by Limerick businessman JP McManus forced into emergency landing
3. Cousins' touching tributes to slain Limerick boxer at funeral
4. Man offers council deal to remove caravan from Limerick site



Sean Collins and Willie Mulcahy, Rhebogoe

5. County Limerick farm across the road from previous record sale is now up for auction
6. HSE orders Limerick village restaurant to close
7. Elderly Limerick lady conned in shopping centre car park
8. Sadness as Limerick Leader stalwart Gerry McCarthy passes away
9. Suspended sentence for Limerick man found with heroin
10. Clare mayor weighs in on on Lidl plans for Limerick suburb



Cllr Cathal Crowe

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MyLimerick

Mark Kennedy

Limerick Prison Governor



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

An early morning cycle, followed by breakfast in Hook and the Ladder. A stroll down by the river watching the rowers being put through their paces followed by a spot of window shopping in the city centre and going to an underage match of any sport with my family in the evening.

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

I have a few favourites, but I enjoy going into the Redemptorist Church lighting a candle and taking time out for a few minutes just to reflect on life.

What about a favourite local walk or view?

Anywhere down by the river, passing the Hunt Museum looking at the art pieces, onwards to Clancy and O'Callaghan Strand, Thomond Bridge, St John's Castle, Nicholas Street, St Mary's Cathedral and onto the Canal Bank on Clare Street out to the University of Limerick.

What do you think gives Limerick its unique identity?

Limerick City and County are united under one local authority and is defined by its citizens who are truly passionate about all their endeavours from business, art, education and sport. Voting for an elected

mayor shows Limerick is truly progressive in both its thinking and actions. Limerick is definitely a great place to work, live and recreate in.

How would you describe the people of Limerick?

Limerick is a resilient city and county with a high moral sense of justice and displays a united front in the face of adversity. The people of Limerick look after each other.

How important do you think sport is to Limerick?

Limerick people are passionate about all sports having excelled internationally from Irish dancing, weight lifting and all team sports. Any Limerick players / members are true ambassadors of their chosen sport and this was very evident in the attitude of the players / management team that won the All-Ireland hurling final in 2018.

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

There are still children in Limerick City and County going to bed hungry at night and this is reflected in the fact that the Mid-West Simon Community have never been so busy providing basic food supplies to people in poverty. This includes low income working families who are under severe financial pressure due to the costs associated with rental accommodation and day-to-day living.

FRONT PAGES OF THE PAST

14 YEARS AGO
JULY 9, 2005

TENACIOUS Limerickman was the headline on the picture story on the front of the city edition with the story describing how John Carroll was to sail the high seas aboard a 65-metre wooden vessel in the famous Tall Ships Race from Waterford.

He was to join 39 other trainee crew members on Tenacious - one of only two Tall Ships in the world that have been designed specifically to cater for the needs of people with disabilities.

John from Shannon Banks had been confined to a wheelchair for eight years.



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Deputy Niall Collins has expressed frustration at database delays

More delays for Claims Database

THE National Claims Information Database faces further delay according to Fianna Fáil TD, Deputy Niall Collins

Deputy Collins has expressed frustration that a key measure to tackle high insurance costs has not yet been set up. The National Claims Information Database is not yet up and running and there is no sign of it being set up in the near future.

“Insurance continues to be a critical issue for businesses and consumers. Many businesses, charities and sports clubs have reported colossal increases in their insurance bills and sadly, because of this, some have gone to the wall,” Deputy Collins said

“The insurance market is plagued by a lack of transparency. As a result, we cannot assess the level of claims in Ireland. This is important for potential entrants who wish to assess the Irish market. The lack of such transparency simply puts off potential entrants and stifles competition. More competition will bring down costs for businesses and consumers,” he added.

The National Claims Information Database was supposed to provide this transparency and assess the level of claims in the Irish market, according to Deputy Collins.

“The level of insurance claims is a key driver of insurance premiums and understanding the trends surrounding claims will make it much easier for potential newcomers to assess the Irish market.

“This database was to be up and running in the second quarter of last year. Unfortunately, the government only got around to legislating for it in July last year and the legislation was finally enacted last December.”

Fairytale wedding for Limerick's Leanne

NEWLY-WEDS:

Leanne Moore says 'I do' in Marbella

REBECCA LAFFAN

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SUNNY weather was guaranteed for one Irish wedding last weekend, as well-known Limerick personality and Leader columnist Leanne Moore tied the knot in Marbella, Spain.

The Corbally woman wed fiancé David Behan in front of around 150 friends and family in Finca Villa, in the mountains of Ojén on Sunday, July 7.

Wearing an A-line dress with a lace bodice and floaty white skirt from Limerick's bridal boutique The Attic, the former You're A Star winner looked the picture of elegance under the Mediterranean sun.

Celebrity make-up artist Michelle Regazzoli was at-hand, with Leanne sharing that she made her “feel like a princess” on her big day.

Leanne's four bridesmaids wore soft beige dresses, with sister Katie as Maid of Honour and I Love Limerick's Richard Lynch taking on the role of bridesman.

Model agent Celia Holman Lee was also in attendance, and Limerick's award-winning photographer Dermot Culhane was there to capture the special day on camera while Limerick DJ and RTÉ2FM broadcaster JJ Hartigan provided the soundtrack for the night.

The stunning bride kept her 40k Instagram followers updated throughout the weekend, receiving congratulatory messages from other Irish influencers such as Suzanne Jackson of SoSueMe, Rosie Connelly, Síle Seoige, Doireann Garrihy and Louise Cooney.

Despite jetting off to 30-degree Spanish weather for the wedding, Leanne stayed close to home for her hen party in April, with the Armada Hotel in Spanish Point the location of choice for the celebrations.

Since becoming engaged to fitness guru and former Tallafornta star David Behan in 2017, the pair had been making visits to Marbella to organise their big day with the help of Pilar Martínez Eventos wedding planners.

The happy couple, who together own Go Gym at Coonagh Cross, Limerick, have been together since 2014, and met when Leanne interviewed David during her role with the Irish Sun.

“It was so random. We actually met when I was interviewing him when he was opening a gym in Greystones,” Leanne revealed to the Limerick Leader in 2017.

“And that's how we met, but we didn't go on our first date until about two months later. He chased me down, he kept running after me and wouldn't



take 'no' for an answer!”

Fast-forward to three years later, the fitness instructor dropped down on one knee in his native home of Greystones and popped the question.

“For about 10 minutes I just cried into his face and I kept asking him was he joking! It was just so emotional and it was just perfect,” the now-Mrs Behan told the Limerick Leader at the time.

“It was so random. We actually met when I was interviewing him when he was opening a gym in Greystones

LEANNE MOORE



Top: The happy couple, who both own Go Gym, Coonagh Cross, wed on Sunday July 7 in Marbella, Spain in front of 150 guests

PHOTO: DERMOT CULHANE

Above: Celia Holman Lee, Sinead O'Brien, Richard Lynch and Claire Culhane PHOTO: @SINEADSCURVYSTYLE INSTAGRAM

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Collins critical of VRT decision

LEADER REPORTER
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Fianna Fáil TD for Limerick Niall Collins has labelled cruel and unkind a decision by the Finance Minister not to change the criteria for a scheme which grants VAT and VRT relief to people with disabilities if they buy a specially adapted vehicle.

Deputy Collins says the decision is particularly surprising given the fact that the Ombudsman had raised issues with the scheme with the Minister for Finance describing it as “overly rigid and inflexible”.

He also said that it “may well be causing inequity”.

“I am extremely disappointed that Minister Donohoe has decided not to look into ways of making this scheme fairer for the people who need it,” said Deputy Collins.

“A number of people who have applied for the Disabled Drivers and Disabled Passengers (Tax Concessions) Scheme have been in contact with my office, deeply frustrated by the amount of red tape involved. They have found the process extremely difficult, and in the end, have been unsuccessful,” he said.

By refusing them the grant, Deputy Collins claimed the Minister was forcing people to rely on friends and family to help them get around. He pointed out that many feel this is an infringement on their independence, and has an impact on their ability to attend appointments and social engagements.

“I contacted the Ombudsman’s Office earlier this year to highlight my concerns and in his reply to me he stated that he has raised concerns with the Department of Finance before following up by writing to the Minister himself to “suggest that an amendment to the current scheme may be warranted,” said Deputy Collins.

“The fact that the Minister has ignored mine and the Ombudsman’s concerns is very worrying and indicates a lack of compassion. I believe people with disabilities applying for this scheme are being subjected to undue and unnecessary bureaucracy and I will continue to raise this issue with Minister Donohoe until a more suitable arrangement can be arrived at”.

Asylum seekers’ transfer to city hotel ‘disgraceful’

Direct Provision: Children as young as 20 days old relocated

FINTIAN WALSH
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THE CEO of leading migrants rights organisation, Doras Luimni, has condemned the transfer of around 30 asylum seekers to a Limerick city hotel, which is being used as emergency accommodation.

Children as young as 20 days old are among the group of asylum seekers that have been relocated from Baleskin in Dublin and, possibly, other centres to the city hotel.

The Department of Justice told The Leader that the 39 Direct Provision centres, operated by the Reception and Integration Agency (Ria), are at “full capacity”. The spokesperson said that there are currently 700 with refugee status who are still in Ria-operated centres.

Doras Luimni CEO, Sean McSweeney said that they are “deeply concerned” about the use of emergency accommodation for international protection applicants, also known as asylum seekers.

He said that while he acknowledges

the capacity issue at the Direct Provision centres, “we cannot allow such temporary measures to become long-term practices”.

“Ireland has an obligation to provide for international protection applicants and we must ensure that their human rights are upheld and their basic needs are being met. Ireland cannot continue to outsource its responsibility to private companies.”

The Department of Justice said on Friday that Ria is “working hard to ensure that residents in emergency accommodation are re-accommodated in an accommodation centre as quickly as possible, where a wide variety of supports are already in place”.

A spokesperson added that it is liaising with the Department of Employment Affairs and Social Protection and the HSE to ensure that patients’ needs are met.

Since Thursday, Doras Luimni has arranged outreach support services and supplies for the families at the city hotel. It is understood there are six families among the group of asylum seekers.



Green Party councillor Sean Hartigan was at the scene last week

Cllr Elisa O’Donovan has described the transfer of the families as “infuriating, disgraceful and desperately sad”. Cllr O’Donovan said that the families were moved 200km from their previous accommodation “with no explanation and no information about what was happening”.

It is understood that the hotel in question and Ria have been in discussions since Friday morning to resolve the matter.

Green Party councillor Sean Hartigan was among the first individuals to offer their support to the asylum seekers at the hotel on Thursday night. He described it as a “dire situation” for the family of the 20-day-old child.

“It’s their first child, they don’t have any experience of rearing a child, they have no access to a community health nurse, they don’t have good English.”

He added: “I am sure they are being well-looked after in the hotel, but they have other needs that are not being met. I am doing my best to help them out with everything else that’s concerned.”

‘No more obstacles’: Survivor’s plea

THE TAOISEACH Leo Varadkar has made a commitment to remove the ‘prior complaint’ condition in a redress scheme for child abuse survivors.

This comes after the Creagh Lane survivors group called on the Government to ensure there are “no more obstacles put in our way”, following a judge’s landmark report that criticises the State’s ‘prior complaint’ clause in a redress scheme for victims.

An ex-gratia redress scheme was established following a European Convention of Human Rights (ECHR) ruling that said the State bore some responsibility in the Louise O’Keefe case in 2015. As part of the scheme, claimants had to prove that there was a ‘prior complaint’ in respect of the alleged abuser.

This clause has been a particular legal obstacle for three abuse survivors at Creagh Lane national school in the late 1960s, John



Former students of Creagh Lane primary school John Boland, Christy Rainbow and Thomas Hogan PICTURE: ADRIAN BUTLER

Boland, Christy Rainbow and Thomas Hogan.

In 2009, ex-Christian Brother Sean Drummond was jailed for the abuse of 19

children, aged between seven and nine, at the Bridge Street school. During the Limerick Circuit Court trial, the court heard that it was Drummond’s first teaching post and that he had never abused before [his arrival in 1967].

“We were the first people that he abused, so therefore there could never have been a

prior complaint in our case,” said John Boland, chairperson of the Creagh Lane survivors group. Solicitor Ger O’Neill, who is representing around 30 victims, is calling on the State to recognise “that they have a moral and legal obligation to these victims and not seek to find further loopholes”.

This Tuesday, Deputy

Maurice Quinlivan asked the Taoiseach if the ‘prior complaint’ condition would be removed and asked who “came up with the incorrect criteria” in the redress scheme. Taoiseach Varadkar said: “The ‘prior complaint’ requirement will be removed” adding that he did not know who came up with the criteria.

Communities to clean up at Going for Gold

Revamp sees over €60,000 to be won this year across six separate categories

RYAN O'ROURKE
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THE Limerick Going for Gold competition for 2019 is about to get underway.

The launch, which took place in Kiltleely, was attended by Deputy Mayor of Limerick City and County Council Cllr Gerald Mitchell and Gerry Boland of the JP McManus Charitable Foundation

Representatives from last year's winning groups, Athea Tidy Towns and Kiltleely Tidy Towns, were on hand to assist with the launch.

Over €72,000 in grant aid has been distributed from the Limerick Going for Gold Environment Improvement Grant funding (which is 50% funded by Limerick City and County Council and 50% funded by JP McManus Charitable Foundation).

Grants ranged from €200-€2,000 and assist groups with their environmental work and help with the overall aim of making Limerick a cleaner, brighter, place to work, live and visit.

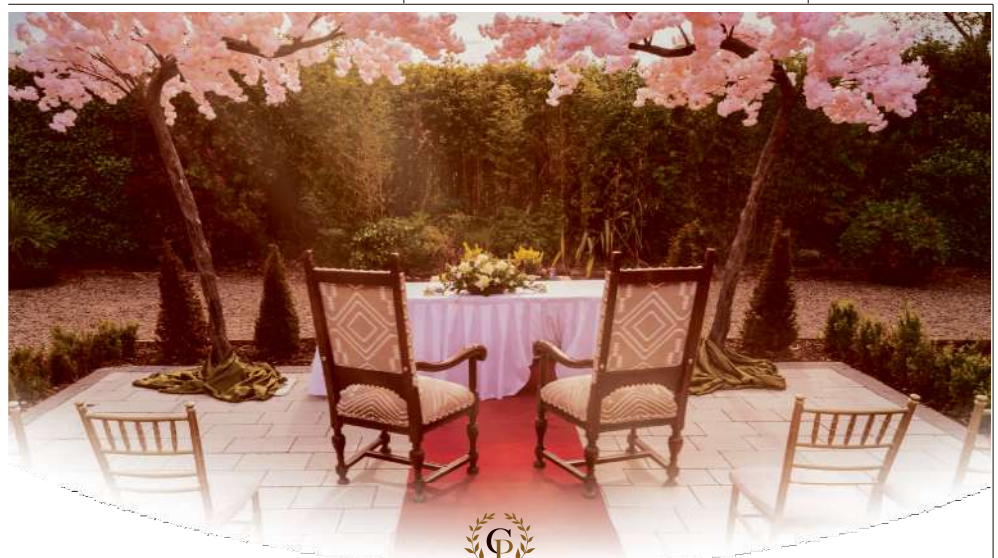
This year the competition has had a mini overhaul following consultation with groups over the winter period. Over €60,000 will be distributed over six categories in this year's competition. Judges will consider factors such as litter control, and general tidiness.

Limerick Going for Gold is run by Limerick City and County Council with sponsorship from JP McManus Charitable Foundation and supported by Live 95FM, the Limerick Leader, Limerick Post, I Love Limerick, Limerick City Centre Tidy Towns, Southern Media and Marketing Design and the Parkway Shopping Centre.



Above: Aine Fitzgerald - Limerick Leader, Cllr Ger Mitchell, Thady Hunt - Athea Tidy Towns, Gerry Boland - JP McManus Charitable Foundation and John McCarthy - Kiltleely Tidy Towns pictured at the Launch of Limerick Going For Gold
PICTURE: BRIAN ARTHUR

APPY TRAILS: LOUISE AT LAUNCH OF BALLYHNOURA APP - P51



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LEADER BRIEFS

Get involved in Culture Night

Culture Night 2019 will take place on Friday September 20 and while it's still a while away, now is the time to start planning your events and activities for the Limerick region.

Limerick City and County Council's Culture and Arts Office is calling for organisations, groups, venues and participants who would like to host an event on the night to contact them and register their details.

Closing date for registering your event for the brochure is Friday July 19 at 5pm, please contact Limerick Culture & Arts Office at artsoffice@limerick.ie or telephone 061 557363/ 556370.



Get involved in Culture Night this September

Teachers top of the class

TEACHERS from Limerick have been celebrated for completing unique project management training held by Junior Achievement Ireland (JAI).

Educators from Limerick Educate Together, St. Munchin's College, Castletroy College and Coláiste na Trócaire participated with other educators from around the country in the 'Teacher PM & PBL Training Initiative' which is run with the grant support of the Project Management Institute Educational Foundation (PMIEF).

The initiative, which is now in its second year, is run in conjunction with Junior Cycle for Teachers (JCT) and delivers project management and project-based learning training and mentoring to teachers. 36 second level teachers participated nationwide this year, aiding their pedagogy and assisting in providing high-quality instruction for students.

Kevin's family thank Limerick for support

'You won't be forgotten, Limerick's boxer Kevin': Poem at sad funeral

NICK RABBITTS
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THE heartbroken family of murdered boxer Kevin Sheehy have thanked Limerick people for their solidarity in the wake of his tragic death.

In a post to the social network Facebook, Kevin's aunt Miriam Tully Lysaght said the family will be "forever grateful" to the boxer's home city for their thoughts.

Hundreds of people were at the Holy Family Church in Southill to pay their last respects to the John Carew Park man, 20, who was being primed to be a boxing superstar.

Ms Tully Lysaght said: "On behalf of Tracey [his mum], Kevin and Emma [his fiancée], they would like to thank their family, friends, community of O'Malley Park, Carew Park, St Francis Boxing Club and all the people that travelled from afar and for the lovely flowers and Mass cards. All your kind words and tributes prove that all the good people outweigh the bad and we will be forever grateful to you all."

At the funeral, a letter read on behalf of his sister Simone stated: "We shared the best memories and I adored the ground you walked on. I always spoke so highly of you as any big sister would. I had the absolute pleasure of calling you my one and only brother. I regret never telling you enough how much I loved you."

Simone recalled how she taught Kevin to ride his bike, and the pair did



Murder victim Kevin Sheehy (inset) is removed from Southill's Holy Family Church PICTURES: MICHAEL COWHEY & DAVE GAYNOR

driving lessons together "because, you big softie, you couldn't take Dad giving out about your driving".

A poem from the family's neighbour in Carew Park, Michelle Long, was written and read out at the requiem Mass.

"The cheers for fights still go on, They are just cheering louder in pride now that you're gone, Everyone left saddened and

mad, For the loss of life taken knowing what you would have had,

A boy of talent so hearted and true, All of Limerick affected by you,

While standing together in a time of sorrow, Terrified in knowing we're not promised tomorrow,

Pass on the strength and the courage you had, To all of your family, especially your mam and dad,

Don't worry about your baby, she's

already full of love, Protected by her angel Daddy above,

Her mammy will remind her and tell her of you, And how you loved her mammy true

So fists held high as you stand in the cloud, Know you have done Limerick proud,

Hope you have found in your peace in heaven, you won't be forgotten, Limerick's boxer Kevin.

JP McManus private jet forced into an emergency landing



JP McManus's private jet at Shannon Airport PICTURE: PRESS22

EMERGENCY services were called to Shannon Airport on Sunday evening after the private jet owned by local magnate JP McManus was forced to make an unscheduled landing.

Limerick GAA sponsor JP

McManus was on board the €55m jet. No-one was injured in the incident.

The emergency occurred after the plane left the airport and was over the Irish Sea.

The crew sought to make a U-turn

and return to the airport.

The flight was met by emergency personnel. Mr McManus was later seen approaching his private helicopter. This flew him back to his home near Kilmallock.

Special needs children lack school place

DAMMING statistics from the Department of Education shows that up to 1,000 children with special needs can't attend school due to a lack of space.

The report came about after a line of questioning from Fianna Fail's education spokesperson, Thomas Byrne.

Some 91 children in total in Limerick are on home tuition and are awaiting a school place.

The report states that it is those with an autism spectrum disorder that are among those that are most likely to miss out.

The department pays for home tuition when a child cannot get a place, but the onus is then on parents to source a teacher.



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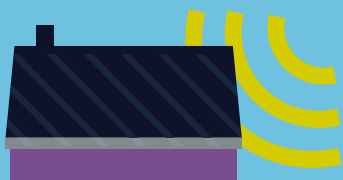


WHAT IS A REPEATER?

A mobile repeater is an electronic device that can be used to improve indoor coverage of mobile phone services.

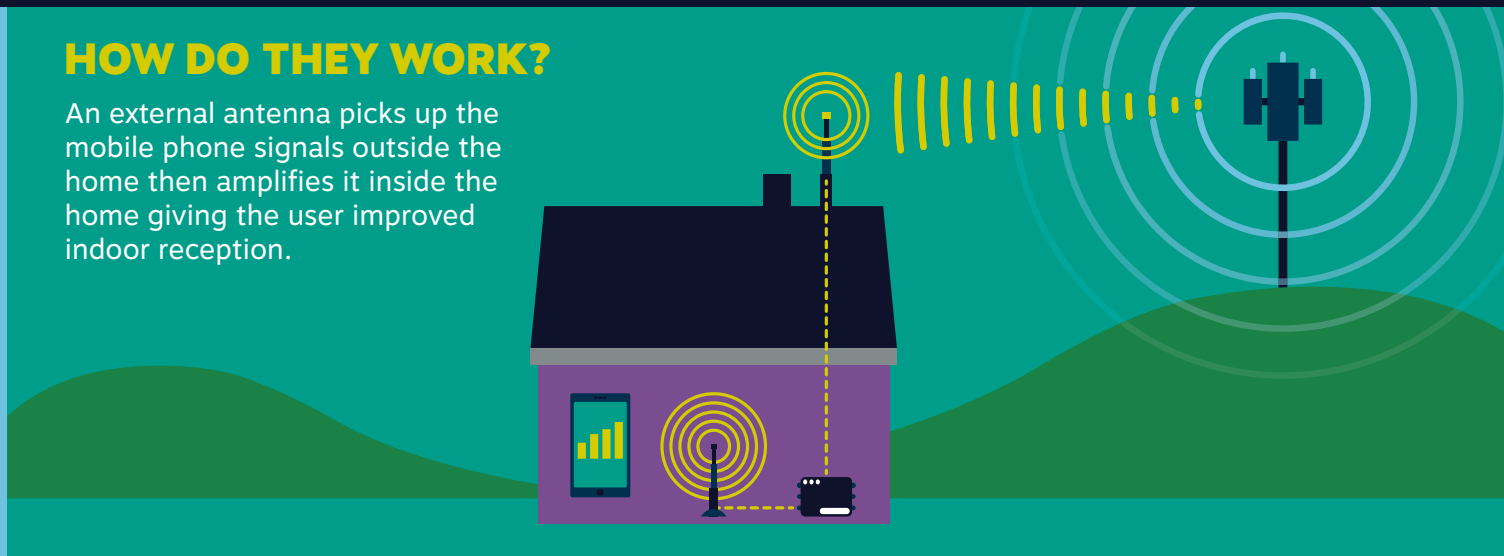


These devices are ideal for people with poor indoor reception. Poor indoor signal is caused by many factors, including the type of insulation used in the home.

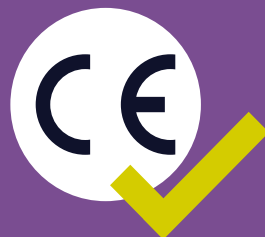


HOW DO THEY WORK?

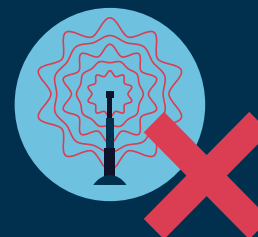
An external antenna picks up the mobile phone signals outside the home then amplifies it inside the home giving the user improved indoor reception.



Only repeaters that comply with ComReg's standards and carry the CE and EU quality standard mark are permitted.



Illegal devices that do not meet these conditions can cause interference to the mobile network and even other consumer devices.



ComReg strongly recommends and advises having a professional installer conduct the installation.



For further information on repeaters and suppliers please see comreg.ie/repeaters



Comments from online readers

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



SADNESS AS LIMERICK'S WINDMILL PUB CEASES TRADING

Liam Bedford

Was a great pub years ago. A steady decline in quality over the years but saw it coming. Hopefully someone will take the lease and run it properly. Needed a clean up in every aspect but the staff were lovely. Always a laugh with them. Hope they are looked after too.



Michael Kearney

Had some great nights there after Quarry Players rehearsals and plays.

David Toomey

Spent many good days with the Cecilian musicals society. Sad day

SADNESS AS LIMERICK LEADER STALWART GERRY MCCARTHY PASSES AWAY

Nick Hogan

A gentleman and a great manager who always had the respect of his players. Thanks for everything Gerry R.I.P.



Lynda Kavanagh

So sad to hear of the passing of Gerry he was the nicest man you could ever meet. RIP & condolences to Anne and family

FIANCEE OF KEVIN SHEEHY PAYS EMOTIONAL TRIBUTE AT LATE BOXER'S FUNERAL

Myra O Muirghesa

I pray that God will grant his loved ones the strength to try to carry on and to help them to come to terms with their unbearable loss, RIP young man



Tom Ha

My condolences to the family and may God bring you comfort & peace

Madeline McInerney

It's so sad. Im thinking of his family all week, can't get it out of my mind such a nice lad trying to do well for himself and his little family taken like that its heartbreaking god love him

M20 DEBATE REFUELS LIMERICK DISCOURSE

Billy Madden

Isn't it hilarious to watch the Fine Gael election hopefuls failing over each other to blame anyone but Fine Gael for failure to deliver the M20 due to massive overspends on the National Children's Hospital and Rural Broadband.



Aileen O'Connor

Eamon Ryan would want us to cycle from Limerick to Cork and back again. He lives in Dublin. True Dub, no Earth,y idea of country living.

Mike McLoughlin

Whatever about economic reasons, the reason we want the road is safety. The current route has claimed far too many lives, it is not fit for purpose.



Sending the flag off to Ella, Limerick Spurs supporters from left to right: Joshua Killing, vice chairman, Nick Rabbitts, Limerick Leader, Alan English, Iconic Newspapers, Kevin Corbett, Limerick Leader, Ryan O'Rourke, Limerick Leader and Paddy Hartnett, chairman, Limerick Spurs supporters club PICTURE: ADRIAN BUTLER
Inset, Ella receives her package on her 17th birthday

Local Spurs fans give Ella the nod

Soccer: Youngster's honorary membership of club

NICK RABBITTS nick@limerickleader.ie

KIND-hearted soccer supporters in Limerick have given a girl with Down Syndrome who was mocked by cruel internet trolls a birthday gift to remember.

The Limerick Spurs supporters club have officially made Ella Markham an honorary member of the group. It comes with the newly founded alliance of members supporting English Premier League side Tottenham Hotspur set to meet in the coming weeks ahead of the big kick-off in August.

A goodie-bag containing an Irish flag – signed by all club members – a Limerick Spurs biro, a Spurs rucksack and a birthday card landed on Ella's doorstep in Oxfordshire, England, in time for her 17th birthday.

Club chairman Paddy Hartnett, who has supported Tottenham Hotspur for over 40 years, said as soon as he became aware of the appalling online bullying of the youngster at the end of the last football season, it was a “no-brainer” to bring her into the group.

“Spurs fans have really taken Ella to their hearts, so it was only right we did something to honour her here in Ireland,” he said.

In the hours after Tottenham Hotspur's first defeat at their new stadium to arch-rivals West Ham United, Neil had posted a video of Ella dancing to the sound of a live band in the concourse area, making the point that sometimes soccer is not the most important thing.

Sadly, he received around 150 horrific messages from vile internet trolls, a story which made national and international headlines.

After this, Paddy made contact with Ella's father Neil to offer her honorary membership, something he was delighted to accept.

He revealed he has turned down many other “lavish” gifts, including free holidays from people in the wake of Ella's horrific experience.

But as the gift from Shannonside came from the heart, he could not reject it.

“When you get offers which are for things that money can't buy – just nice gestures like what Paddy sent over, that's amazing. That means more to me than a lot of the lavish things that people offered me,” he told The Leader. “It came from a lovely genuine group of people who I have never met before, but I hope to meet soon.”

To join up, telephone 086-3019408/ Alternatively, look up ‘Limerick Spurs’ on Facebook.

Welcome for regional transport strategy

Fine Gael Senator for Limerick, Maria Byrne, has welcomed confirmation from the Minister for Transport, Tourism and Sport, Shane Ross that the National Transport Authority are working with Limerick City and County Council and Clare County Council to

develop the Limerick Shannon Transport Strategy.

Senator Byrne said: “If Limerick is to be a real counterbalance to Dublin a functioning public transport system in the city is needed along with increased connectivity between Limerick and Shannon Airport.

“I am delighted the NTA has had the foresight to include Shannon with Limerick in developing this strategy and that both local authorities are working together with the NTA on developing this strategy. Shannon Airport is a key economic driver for the Mid-West.

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- The best products. For example; the Evoke 440 is the World's first smart" hearing aid and probably the world's most advanced hearing aid.
- Excellent Customer Care. For example; We offer guaranteed satisfaction or your money back and 4years Free follow ups.

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

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

Micheal O'Coinin

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

LEADER CRIME BRIEFS

BY DAVID HURLEY



Gardai issue warning over personal loan scams

Garda John Finnerty has warned that in Limerick recently a number of people have fallen victim to 'personal loan scams'.

The victims applied online to a bogus website and were asked to pay an upfront fee to receive a guaranteed loan.

They paid this fee and only realised that the website was bogus when they received no correspondence ever again, said Garda Finnerty.

If you are looking to borrow money from an online loan company please check the Central Bank Register, he advised.



Garda John Finnerty

The Central Bank of Ireland's Register contains individual registers for all financial service providers regulated by the Central Bank of Ireland.

To be 100% certain that the loan company that you want to deal with is legitimate only deal with a high street bank or your local Credit Union, concluded the garda.

Burglars kicked in door of house in early evening

Gardai are appealing for witnesses after a brazen break-in at a house in Castletroy last Thursday evening.

At around 5.40pm, a white van pulled up outside a house at Bru Na Gruadan in Castletroy. Two males and a female got out of the van and kicked in the front door of the property. They searched the house quickly before leaving. They did not take anything from the house.

"We are appealing for witnesses to this burglary. There would have been many people around this area at 5.40pm last Thursday. Please get in touch with Henry Street garda station at 061 212400," asked Garda Finnerty.

Elderly woman conned in shopping centre car park

An elderly lady was parking her car at the Ennis Road Retail Park last Thursday around midday.

A man approached her about buying some household items at a huge discount. The elderly lady felt coerced into buying the items. She handed over a €20 note expecting to receive her change back in exchange for the goods. The man then ran off with the €20 note.

"The description we have of the thief is that he was approximately 30 years old, had a Northern Irish accent, had light brown hair



The incident occurred at Ennis Road Retail car park

combed over and wore a blue checked shirt," said Garda John Finnerty.

"Mayorstone gardai are investigating and can be contacted at 061 456980.

"Following from this incident we are advising everyone not to engage with strangers who offer items for sale that you know or suspect are not legitimate."

Bikes stolen in Caherdavin

Two bicycles were stolen from a shed at the rear of a house at Glenmore Road in Caherdavin between 1am and 6am last Saturday.

One of the bicycles was a black crossway while the other one was a grey Apollo. If you were around the Glenmore Road area of Caherdavin in the early hours of last Saturday morning and saw two youths on bicycles, it may have been the stolen items. Contact Mayorstone at 061-456980

Ballynanty Rovers appeal for return of long-lost youth cup



Thomond Park played host to a night of celebration for top local soccer side Ballynanty Rovers last year, as they unveiled plans to purchase Bateman Park. Ray O'Halloran addressed the audience PICTURE: BRENDAN GLEESON

Club: Northside outfit looking to restart tournament

NICK RABBITS
nick@limerickleader.ie

A NORTHSIDE soccer club has appealed for information on a long-lost junior trophy, last contested in the early 1990s.

Ballynanty Rovers are seeking to regain the Michael O'Donnell trophy, with member Jerome Henry, Thomondgate, believing a club member may have it and has just forgotten about it.

"We don't know who won it last or where it has been. We would be very grateful and love to have the cup returned," he said.

"I believe one of our own might have it. I think we were the last to win it in our own tournament which we used to run every year. Someone might have it in the shed or something and just forgotten about it. But we'd like them to hand it back, it's important to us," he said.

The trophy itself is small, he said, measuring only three-quarters of a foot.

But they would like to bring back the Michael O'Donnell tournament to be contested in pre-season for schoolboy soccer sides in Limerick.

The trophy was named after Ballynanty Rovers man Michael O'Donnell, who sadly died in a car accident in the 1980s aged just 31 years.

Jerome said: "It would be nice to have it. It



Jerome Henry, third from left, supporting Ballynanty Rovers in their FAI Junior Cup win over Collinstown FC in 2014 PICTURE: CONOR WYSE

Someone might just have it in the shed and forgotten about it

JEROME HENRY

was the O'Donnell family and Ballynanty who bought the trophy. Michael O'Donnell played with Ballynanty all his life. He was involved in a tragic accident, he was killed in a car crash. He was aged just 31 or 32 at the time. He had a big family and all of them were Ballynanty Rovers people."

He said Ballynanty Rovers will re-run the tournament one Saturday before the regular season commences, alongside another tournament in honour of fellow club stalwart Tony McMahon, who died in 2012.

If you have any information on the trophy, please telephone Jerome at 087-7915677.

Alternatively, you can look up Ballynanty Rovers on Facebook.



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Councillor says transport strategy is months away

Delay: Collins calls for 'urgency' in bringing plan forward

RYAN O'ROURKE

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THE new Metropolitan Area Transport Strategy for the Limerick Shannon Metropolitan Area is still months away from being ready to put to the public, according to Councillor James Collins.

Cllr James Collins has criticised lengthy delays in the development of Limerick's transport strategy

A draft strategy for public consultation will not be available until January 2020 - 15 months after the process began, said the former Mayor.

"I asked Limerick Council for an update on Limerick's Transport

Strategy because of growing public concern over the operation of bus services in Limerick, and the lack of progress on pedestrianisation and park and ride facilities," Cllr Collins said.

"So much of what we can do to improve public transport and the flow of traffic through Limerick city and suburbs is dependant on other agencies - the National Transport Authority and Bus Eireann for example - and the finalisation of a draft plan covering transport in Shannon and Limerick for the next 20 years," he added.

Cllr Collins called for some 'urgency' in the process of the project.

"Following a question I put before a



Cllr James Collins has criticised lengthy delays in the development of

meeting of Limerick City and Council on Monday, I was informed that the new Metropolitan Area Transport Strategy for the Limerick Shannon Metropolitan Area (LSMATS) is still months away from being ready to put to the public," Cllr Collins said.

"I have now been informed that it will be August or September of this year before there is any consultation with stakeholders and after this a draft strategy will be prepared for public consultation in January 2020, after which the strategy will be completed by Q2 2020, which in reality means the end of June 2020 at the earliest," he finished.

Daly to step into Murray shoes for interim

THERE were words of praise and standing ovations for Conn Murray this Monday at what was his last meeting as chief executive of Limerick City and County Council, writes Norma Prendiville.

Mr Murray, who took up the position seven years ago, is due to retire from local government after 40 years next month.

The current deputy chief executive, Dr Pat Daly, will take over the position until the job is advertised, if it is. Much depends on how quickly the elected mayor position becomes a reality.

"We wish you well in taking the hot seat," Fine Gael leader John Sheahan told Dr Daly who is currently responsible for economic development.

But it was really Conn Murray's day as the leaders of all the parties praised the vision, leadership and new investment he had brought to Limerick during the past seven years.

The tributes were led by Deputy Mayor Adam Teskey who said Mr Murray had led the amalgamation of the two councils and he was one of the "key architects of the incredible economic renaissance" of Limerick.

Cllr Kieran O'Hanlon, on behalf of the Fianna Fail party, said Limerick was fortunate to have had somebody of Conn's calibre, a man with management skills to lead a team, and a strong team player.

Cllr Joe Leddin Labour said Mr Murray was always fair and above all pragmatic.

In his farewell speech, Mr Murray said that change is not something that comes easily but is inevitable. "While change is inevitable, progress is not."

Progress needs determination and leadership and the council in facing its challenges and making bold and brave decisions had demonstrated those qualities, he said.

"There have been tough times, even dark times but these disappear in the light of the achievements we have made," he continued.

He paid tribute to council staff and to his executive colleagues whose support had never wavered and said it had been a privilege to make a career in the public service.

"I am delighted Dr Pat Daly will be stepping into these shoes," he added.



Members of Southill Active Age Group on a visit to Limerick Prison PICTURE: ADRIAN BUTLER

Women of Limerick Prison showcase their skills

LIMERICK PRISON'S female wing opened its doors to the public for the first time ever last Thursday, July 4.

Over 15 women from Southill Active Age Group were present at the event, which showcased the skills developed by the prison's female inmates.

Attendees were treated to nail-painting, hair styling and massages and facials provided by the females of the wing.

Governor of Limerick Prison, Mark Kennedy said, "Events like this provide an opportunity to showcase the talents of the prisoners that we have and it also

gives the community back something from the Irish Prison Service."

Assistant Governor Theresa Beirne says: "We received very positive feedback from the Active Age Group."

"It is hoped to work on this event and create future events that involve the community where a lot of the females are from," Ms Beirne continued.

"It was important for them to have a sense of ownership of the project. They really enjoyed it and were very thankful to the group that came in."

Meanwhile, Mary O'Hare, who

works with Limerick Social Service Council, Southill Dining Club and Active Retired in Southill, said, "It's wonderful, I think the best form of restorative justice you can ever have is bringing people into the prison and completing an activity with them.

"It gives everyone a whole new perspective on prison," Mary added.

"It's great to keep up their social skills, especially when visitations are limited. It's great that they can still have social interactions with people they don't know and there's no

discrimination."

Amanda Ryan, who teaches hairdressing and beauty within the prison said, "They're so excited. I think it's really lovely for their self-esteem. It's about being able to say to them 'well done, you've done a great job'. Many have never heard something like that."

Finally Anita Dooley, Head Teacher added: "You can see the girls blossoming, and you can see their personalities, it builds their confidence that's been knocked all their lives. It's important that we affirm everything they do, it's all about positive reinforcement."



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Intreo Office Limerick paves way for autism awareness

Open for business: Sensory room facility opens to public

REBECCA LAFFAN

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LIMERICK'S Department of Social Protection Office has become Ireland's first public services building to facilitate clients on the autism spectrum.

A special sensory room has been created thanks to the generosity of staff in the Dominic Street building, and is available on request for clients with autism or related issues such as anxiety.

The creation of the first-of-its-kind facility was made possible by the generosity and goodwill of staff members working within the Limerick branch, who are encouraging other public services buildings to follow suit.

Denise Houlihan, higher executive officer at the Limerick office says: "Every single member of staff was on board, they were full of goodwill and enthusiasm. There hasn't been a smidgeon of negativity about it. They want to help, and make things better for people."

The idea for the room came to Denise in the autumn upon noticing

how some clients struggle with over-stimulation during appointments.

"We have a few clients who are on the spectrum, and they really struggle when they come in here. It's a big, loud, bright and noisy office and they're being bombarded by a lot of visual information and verbal information," says Denise.

"It's a lot for a neurotypical person to process, I can't imagine how distressing it must be for somebody with autism. I really felt we could be doing more for these people. So I suggested the creation of the room, where it would be calm and quiet and we could slow the process down."

In what was very much a joint effort among staff, the room was pieced together over the course of a few months, with the result being a quiet, calm room with wheelchair access fit with dimming-lights and various other calming objects.

Fellow staff member Helen Mulqueen, Intreo office manager adds: "Every member of staff knows someone on the spectrum and were able to empathise with the whole



Denise Houlihan, HEO and Helen Mulqueen, Intreo office manager, in the new sensory room at the Department of Social Protection's Limerick office on Dominic Street, which is now open to clients on the autism spectrum

project."

"My biggest fear is that someone could walk into the office and just walk back out without accessing the supports they're entitled to," said Denise, "these are the people who fall through the cracks."

"People with autism have huge potential, they have so much to offer. They're the troubleshooters and the inventors, the future-proofers. We just need to make a few tiny accommodations to make things run more smoothly for them so they can thrive."

The Limerick department are also working with the Social Inclusion and Community Activation Programme, and will host special meetings and interviews for their clients on a monthly basis in the new facility.

All staff in the office have received training on how best to assist those on the autism spectrum, with Helen adding: "anyone who's meeting the public should do the training, it's fantastic."

"We'd like to let the public know that we're open for business for our

clients on the spectrum, and they will be treated with respect and discretion. They are welcome and we're here for them."

To avail of the service, clients can contact the office and state that access to the room for an appointment would be preferred, and staff can meet said clients at the entrance to the office.

Denise said: "There is a saying that goes 'if you get it right for the person with autism, you get it right for everyone', and that's what we're trying to do."

Bastille Day event at the castle

MIKE FINNERTY

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LIMERICK will celebrate Bastille Day and commemorate its historic Wild Geese links with France at a free event on Sunday, July 14 at King John's Castle.

The celebration will feature free family entertainment, a free tour of the castle, displays in the courtyard, musical performances and a talk on The Flight of the Wild Geese.

Members of the public, and particularly those from the French community living in Limerick, are invited to attend the event which takes place from 1-5pm at King John's Castle on France's national day.

From 1-2pm, there will

be medieval displays in the courtyard and face painting for children taking place.

This will be followed by a parade of En Garde, dressed as 18th century soldiers of the Légion irlandaise, members of the French Foreign Legion Association of Ireland and members of the Irish Defence Forces as well as Limerick's Boherbuoy Band.

Both the Irish and French flags will then be raised with performances of both national anthems.

The term Wild Geese had been used to describe those Irish serving in European armies since the 16th century.

The historical episode known as the Flight of the Wild



Mayor of Limerick: Michael Sheahan

Geese refers to the 12,000 Irish Jacobite soldiers, who left Ireland for France as agreed in the Treaty of Limerick in 1691 ending the Williamite War in Ireland.

The Wild Geese were incorporated into the French Army in 1692.

Mayor of the City and County of Limerick Michael Sheahan said: "One of my priorities when I was elected mayor was to honour the diaspora who have left Limerick."

"I called for a Wild Geese Festival to remember them and their contribution - I'm delighted that the celebration around Bastille Day is taking place," he added.

Shannon celebrates 80 years of flights

SHANNON Airport will this Thursday celebrate 80 years as the centrepiece and driver of the regional economy as it marks the landing of its first passenger aircraft way back on July 11, 1939.

Some 80 years ago to the day a Belgian airliner - tri-motor Sabena Davao Marchetti S-73 - landed on the newly opened Rineanna airfield and gave lift-off to what would soon after become known as Shannon Airport and an economic transformation of a region.

Fast forward the 80 years and Shannon Airport is today Ireland's second-largest

long-haul airport.

It is the only one outside the capital offering direct flights to all key Irish markets - the UK, European mainland and US.

Shannon Group's economic impact sees it generate €3.6 billion in GVA for the Irish economy each year and contributes €1.15 billion annually in tax revenue to the Exchequer.

All of this grew from what is by today's standards a very modest arrival of eight passengers and crew but by 1930s standards a moment of wonder in rural west of Ireland.

Collins warns about housing list

Vacant properties: 'Much more needs to be done' to bring houses back to use

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IT will take more than 20 years to clear Limerick's housing waiting list at the current pace, Fianna Fail's Cllr James Collins has warned.

"There are only 109 social houses planned for completion in 2019," he said. "But there are 2,432 on the council's housing waiting list." Meanwhile, the council has 221 vacant and unoccupied houses on its books.

"I'm informed that void properties typically take 28 and a half weeks before they are returned for occupation," Cllr Collins said following this Monday's full meeting of Limerick City and County Council.

"The Council has introduced a fast-track pilot project to try and speed up the return of these properties for occupation and aims to return the properties for occupation in batches of 30 at a time. But much more needs to be done to speed up the return of these houses so we



Cllr James Collins wants swifter action on houses

can get people off the waiting list and into homes," the City West councillor and Fianna Fail general election candidate said.

A report presented to Monday's meeting showed that for the first five months

of 2019, the council allocated a total of 75 properties. The report also shows that at the end of May there were 53 families in temporary accommodation: 70 adults and 92 children. In addition, 120 people were in hostel accommodation.

"The figures released to me today show that it will take more than 20 years at the current rate of delivery to clear the housing waiting lists," Cllr Collins added. "And that's a best case scenario if no-one joined the waiting list from today.

"I have been informed by the Council executive that 109 new social housing units will be delivered in 2019, including 92 in the Metropolitan District, six in the Cappamore/Kilmallock Municipal District and 11 in the Newcastle West Municipal District," he continued. "It is obvious to all of us that this level of delivery barely scratches the surface of the problem.

"Obviously there are other ways that the council can reduce the housing waiting list - through Housing

Assistance Payments (HAP) subsidising people who are renting; or through buying houses. But it is much more economical for central government to fund local authorities to develop social and affordable housing on their own land banks, instead of paying millions in HAP payments which essentially just subsidise landlords in the private sector," Cllr Collins added.

This would he said complement the process of speeding up the turn-around of empty houses.

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Heartfelt screening clinics at the Radisson Blu Hotel

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

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The procedure is non-invasive and completely pain-free. The information provided by our BPro screenings can help doctors decide whether more invasive investigations are required thereby saving patients further unnecessary trauma.

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Contact Anna on 0864135555 or Jimmy on 0862566422. Email heartfeltcardioscreening@gmail.com or visit the website www.bproheartfeltcardioscreening.com



Zimmer employees ahead of the charity cycle in aid of the Saoirse Foundation and Bumbleance, the children's national ambulance service

Zimmer Biomet hit the road for charity

ZIMMER Biomet, a global leader in healthcare, organised a second cycle in aid of charity between its two plants in Shannon and Galway - a distance of over 83km.


Over 40 employees took to the road to raise funds for The Saoirse Foundation, BUMBLEance Children's National Ambulance

service.

Last year, the Zimmer Biomet team raised over €10,000, with funds assigned to services in Limerick and Clare, allowing sick children in the region to travel from their homes to hospitals, hospices, treatment centres and respite centres nationwide.

"I would like to pay warm tribute to our employees, who have given their time to train and participate in our plant-to-plant event. They are true ambassadors for our company's values and I am proud of their civic spirit," said Claude Costelloe, GM of Zimmer Biomet Ireland.

**PRIDE
PREPARED TO
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COLOUR INTO
LIMERICK
THIS WEEK.
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LYNCH P52-53**



Did you know that 27 people die of a HEART ATTACK in Ireland every day?
There is now an alternative to an Angiogram!


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Wednesday 17th July - Radisson Blu Hotel, Limerick
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Appointments available from 11am until late

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Can Save your Life

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



Deano a 2-year-old Chihuahua is looking for a new home. Deano is a shy little guy who has lots of love to give. He gets on with other dogs and loves to have human company. Adoption fee is €150 he will be neutered, wormed, vaccinated and microchipped before leaving and a home check applies

Boots a 4-year-old male terrier is looking for a home. Boots gets on well with other dogs, loves to play and enjoys going for walks and meeting people. For information on Boots, phone us on 0876371044 or visit the sanctuary any day from 12 noon until 3pm. Adoption fee is €150, each dog is neutered, wormed, and microchipped.



Next is Coco. Coco is an approximately five-month-old black and white female cat. She is a friendly girl looking for her own home. Adoption fee is €100 each cat is neutered, wormed and vaccinated before leaving the sanctuary. For more information phone the cattery on 087 2295669.

Friendly and sociable kitty

Finally **Graham** is looking for a home. An adorable white and black fluffy male. He is very friendly and social. Adoption fee is €100 each cat is neutered, wormed and vaccinated. The sanctuary is open to visitors every day from 12 noon until 3pm if you would like to come and see all cats and kittens looking for homes.



Nadia Collins-Sakni, Amy English, Michelle Normyle, Melanie Lennon, Tony and Niall Deegan and Fiona McKeon, joined Deputy Mayor Adam Teskey in launching the initiative PICTURE: KEITH WISEMAN

Businesses tap into refill initiative

Limerick City and County Council is supporting a voluntary environmental project, Refill.ie, which aims to turn Ireland towards tap water and away from the plastic-bottled alternative.

Refill.ie hopes to prevent plastic waste by reducing the amount of single use drinking water plastic bottles we consume in Ireland.

Eleven businesses in Limerick have

already signed up.

The initiative is available at the following locations in Limerick - Sean & Sons Bar, Adare; Lucy Erridge, Adare; FabLab, Rutland Street; Butler's Café, Crescent SC; Bakehouse 22; St. Mary's Aid Youth Centre Cafe; King John's Castle Café; Nelly's Corner; The Absolute Hotel; Abbey River Coffee Shop and the Tait House

Maternity strategy boost for women

Health: Four-year plan to benefit staff and mums

FINTAN WALSH

fintan.walsh@limerickleader.ie

WOMEN in Limerick and across the Mid-West will soon be able to avail of special community and outreach maternity services, as part of the UL Hospitals Group's four-year strategy.

The group's Nursing and Midwifery Strategic Plan 2019-2022 was launched at University Hospital Limerick last week.

Chief director of nursing and midwifery, Margaret Gleeson said that the strategy provides a framework for each of the 1,715 nurses and midwives to reach their full potential while driving improvements in patient care.

"We are very fortunate to have such high calibre of experienced nurses and midwives working across the UL Hospitals Group," she said.

"The strategic plan will provide the direction to assist with making the group an attractive place to work, fulfil professional development and support nurses, midwives and healthcare assistants in providing high quality, evidence-based care for our patients and mothers," Ms Gleeson said.

The new strategy forms part of the Government's 10-year Slaintecare programme. "Our strategic plan sets our priorities to continually improve our services. As we move forward, we will continue to focus



The UL Hospitals Group launched its new four-year strategy for maternity services at a launch at UHL last week



"We are very fortunate to have such high calibre of experienced nurses and midwives"

on developing our nursing and midwifery profession. We will strengthen our collaborations with our academic partners at both undergraduate and post graduate level and with our colleagues in the Community Health Organisation to advance integrated care models," she added.

Margaret Quigley, director of midwifery, University Maternity Hospital Limerick, said integrated care models would also be essential to developing maternity services in the Mid-West in the coming years.

She said that its five-step plan over the next four years will include the rolling out of a community midwifery integrated service, comprising outreach antenatal clinics, postnatal early transfer home service, domiciliary care in and outside of hospital "and other elements of choice for women".

Limerick's Newspaper since 1889

LIMERICK LEADER

WE ARE

MOVING

Please come see us
in our new offices

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Limerick**

(we are not going far,
only around the corner)

From Monday 15th July



Look what's cooking!: Luke Osborne, who chairs the local community council, with Ger Doran and Lesley Caldwell. Luke says: 'What's the best way to get people out? To hold a barbecue! People love food, and they love company'

Newest city community

The housing scheme at old the Tait Clothing Factory is open just 18 months – but a close group with great spirit has developed

Pictures: Gareth Williams **Words:** Nick Rabbitts



John and JJ Carroll of O'Malley Park

'I'm supporting the in-laws':

John attended the barbecue with his five month old son JJ, who was full of smiles. John came to the barbecue to support his in-laws – his mother-in-law Linda and father-in-law Mike. 'It's been a brilliant day apart from the weather', he said amid a small shower coming from the sky

David McMahon, Tait Mews, Delia Finucane, Tait Court, Harry Bedford and Dave Conway, both Tait Mews

'We are very lucky to have a house here':

The former clothing factory, which closed in 1975, lay idle until 2016 when work began on the new social housing scheme. It now has 81 homes, as well as a community centre. David said: 'It's great being part of the community, the people are great, and it's nice to see the children getting involved. We are very lucky to have a house here'



Former councillor John Loftus, who lives in the estate

'The best thing the council has ever done': John had a butterfly design painted on his face. He says he feels proud to have been part of a council which delivered this project. 'We have built houses, we have given people a home', he said.



Luke Osborne, Michael O' Connor, Mark Quinlivan, Ger Doran, Lesley Caldwell, Tony Murphy and John Loftus, Tait Community Committee

Historic: Area's first community council

Candid Comment

By SPARTACUS

● Questioning the sentences handed down at times in Limerick courts can seem a fruitless diversion.

No two cases are the same, for a variety of reasons and there are a range of considerations judges have to take into account that the public is often unaware of.

That said, Spartacus can't help but feel aghast at the light treatment afforded an offender who broke into a woman's house late one night after a party, removed his clothes and got into bed beside the victim before putting his hands down her underwear.

At that point she awoke and screamed him out of the house. It was a terrifying, invasive offence. A serious sexual assault like this would surely earn prison time. Well, you would think so, but no. The defendant got an 18-month suspended sentence.

The judge went on to say the victim "did nothing wrong and that it was the accused who had committed the crime".

What prompted this statement is not known, but it was followed with, "I hope she is able to draw a line under matters and put it behind her."

If only this advice and not the light sentence were the only thing wrong here.

Sexual aggression against women is rife in society and when sentences like these are handed down in the circuit court, it is little wonder women are reluctant to report offences.

Here's hoping the DPP gets involved and appeals the leniency of the sentence and so send a proper message to those who would behave like the above defendant.

● The streets of Limerick on a summer evening feels anti-climatic.

Compare it to other cities like Galway and Dublin where the streets are thriving with people just as the sun goes down.

Walking down Cruises Street at dusk could leave you mistaken for thinking you're starring

in your own version of 28 Days Later.

Look at Shop Street in Galway - you can grab a pizza, get ice-cream, go to the sea and hang with weird-looking birds.

Best you can hope for on a Limerick summer night is that the ice cream machine in McDonald's might be working and the 304 is behaving itself.

● THE National Lottery revealed this week that Limerick is the third luckiest county for prizes according to an elaborate statistical analysis that Spartacus is still wrapping its head around.

Luckless in Limerick Spartacus would like to point out two things: our office syndicate hasn't won a single bob and sure wouldn't it be better 115 people in Limerick won €1 million than one person winning €115 million. But we guess the later wouldn't sell many lotto tickets.

● ON a night out over the weekend, Spartacus, who was joined by a friend, decided to try a watering hole which was off their usual beaten track. The club, an upper class venue, was fairly dead for a late Friday night. However, Spartacus decided they would stay for their drinks and took a seat in one of the dozen or so vacant booths.

Shortly after they were met by a member of staff, who informed them the booth in which they sat was reserved. No big deal, it would be rude to take another man's seat. However, shortly after they were shepherded from said booth to another, they were accosted once again. A separate member of staff informed Spartacus that this booth was reserved for those who wanted bottle service.

If Spartacus had wanted to go for a stroll, he probably would have chosen the boardwalk and not the inside of a nightclub. It goes to show that class and not image fill a club.



Fourteen-month-old Mark McNamara, Edward Street.

'A messy baby is a happy baby': Baby Mark McNamara enjoys what remains of an ice-cream. His mum Rachel O'Connor said: 'It's lovely living here.'



Charlie Stokes, Calvin Bourke, Mark Benjavs, Kenyin Quinn, Josh O'Loughlin, Jake Meehan, Sean Broderick and Robbie Carey, Edward Street.

Facepaint time! Josh, who is turning nine in a month, was painted as Spiderman. Nine-year-old Kenyin also had a colourful decoration on his face - that of an Avenger!



Bonny Hanley, Upper Carey's Road, Willie O Dea TD and Marie Ryan

Sharing a laugh: Willie O'Dea was having a great time. He said: 'This is a lovely little community. In fairness to the council, they have provided all the facilities here. Everyone is looked after from the young to the old'



Aaron and Tony Massey, Corbally



Oisin and P.J. Byrne, Castleconnell

Out & About

CASTLE OAKS HOTEL FAMILY FUN DAY

Pictures: DAVE GAYNOR



Bernie Little, Ballina, and Anita Canty, Boher



Eoin (Rocky) O'Shea and Erin Hartigan, Castleconnell



Joe and Jennifer O'Gorman, Rhebogoe



Ava Moran-Canner, Sofia Pop and Daniella Daroczi, Nenagh



Russell, Joshua, Sinead and Alana Carne, Dooradoyle



LEFT: Alisha Elliman, Fairgreen, Sarah Kennedy, Sixmilebridge, and Macie Begley, Janesboro

ABOVE: Arlo Foley and Sandra Hedigan, Castletroy

RIGHT: Laura Horniak, Castleconnell, and novelty balloon shaper Michael Lynch, Killarney, at the family fun day outside Castle Oaks House Hotel, Castleconnell



Odhran and Eoin Little, Ballina



Amelia and Natasha Keehan, Southill



Dominic, Aoibhinn and Yvonne McArthur, O'Briensbridge



There was lots of fun for all at the family fun day



Making Cents

LIAM CROKE

The Must-Read Guide To Saving Money

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

Keep things simple to win at the game of finances

What I've found in my 30 years working in the financial services sector, when it comes to financial advice it doesn't have to be over complicated to be effective. In fact, sometimes, the less said the better.

It's what's contained in those words that's important. I remember when I was younger and playing soccer, my late Uncle Gerry (McCarthy) was the manager of a team I was playing for. His advice to each of us was very simple – be better than the guy marking you.

That was it, and if enough of us were better than our opposite number, chances were we'd win the game. And he was right. It only took seven words from Gerry and we all understood and knew exactly what we had to do.

Gerry knew that soccer at its core was a simple game, and maybe he found this out from his time playing in England with Charlton Athletic, and with Limerick and Waterford when he was home in Ireland.

Gerry would tell me that before a match would start, the team would ask the manager, "What's the plan boss?"

And the reply that came was: "Put the ball in the net more times than them."

That was it. Not much else was needed to be said. He also knew that it's people that make things complicated, not the game itself. Sure, you have to complement the instructions given by putting strategies in place, analysing the opposition etc. Of course you do, but if you over-complicate things, and nobody knows what they should be doing, then you're in trouble – and the exact same principles apply to money.

So, if I'm the manager of a team who

want to win the game of personal finance, I'm going to take a leaf out of my Uncle Gerry's book, and use as few words as possible in my pep talk.

Okay, team, this is what you have to do, any questions, or you're unclear about anything, just ask:

1. Live on less than what you make.
2. Invest the difference.
3. Invest as much money as early and as often as you can.
4. Set small goals along the way towards reaching bigger ones and push as quickly as you can to reach them.
5. Don't just have one source of income, have multiple ones.
6. Time is more valuable than money – don't waste it. You can get back money, you can't get back time.
7. Figure out ways to earn more money rather than simply focusing on ways to save it.
8. The more money you make, the more you can invest.
9. Every €1 you invest today is worth hours, if not days. Because the more you save today, the more time it buys you in the future.
10. The more expensive your lifestyle is, the longer you're going to have to work for.
11. Being frugal isn't being cheap – it's just not wasting your money on things you don't need.
12. When investing in anything, don't start off by asking how can I make loads of money? Your starting point is making sure you don't end up losing any.
13. Don't be financially dependent on anyone, ever.
14. Avoid credit card debt like the plague.
15. Spend your surplus money on



His advice to each of us was very simple – be better than the guy marking you



DID YOU KNOW?

In Australia, torn money is valued by the percentage of the banknote remaining. Half of a \$20 bill is valued at \$10. Banknotes must be greater than 20% of the original size to have any value. If a banknote is 80% or greater in size it is worth the full value.

experiences rather than on things.

16. Don't increase your spending just because you got a raise.

17. Have a rainy day fund – it's going to rain.

18. Never take a job just because of the money. Consider it, but don't let it be your determining factor.

19. One extra mortgage payment every year, shortens the term by years.

20. The more things you own, the more they own you.

21. Pay yourself first and save 10% of every pay cheque.

22. Invest in yourself.

23. Sale items don't save you money – don't buy it and you'll get a 100% discount.

24. Don't spend money you don't have.

25. Have more money in your account, than is hanging in your wardrobe.

26. The best time to start saving is now.

27. Never put all your eggs in one basket – diversify.

28. Investing works for you, debt works against you.

29. Contribute to a pension scheme.

30. Protect yourself and get insured.

31. Run your finances, like you'd run a business.

32. Don't take financial advice from amateurs.

33. Know what taking on debt means and understand fully what you are signing up to.

34. It's not how much money you make, it's how much you keep

35. Don't take out a mortgage for more than 20 years.

Dedicated to the late Gerry McCarthy

ASK LIAM

Our personal finance expert answers your questions ...

Q: I'm 55, self-employed and have a mortgage that's going to run until I'm 65. I was thinking of making lump sum lodgements against it, so it's cleared when I'm 60. To do this, I'm going to have to pay myself an additional income each year from the business. Is this the right thing to do? Is there another way?

A: There absolutely is and it has the ability to save you thousands of euro.

If you take money out of the business, it's treated as additional income and you'll have to pay income tax, PRSI and USC.

So, if you take an additional, say, €10k each year and use it towards your mortgage, assuming you pay tax at the higher rate, it's costing you about €20k.

Rather than doing this, you could divert the money into your pension instead. And the reason you should do this, is because you can take 25% of the value of your fund tax free when you retire your fund.

The company is making contributions on your behalf and receiving tax relief for doing so in the process, and you're going to take 25% of the value of your fund which, depending on what you have and will have saved when your 60, could reduce or clear your mortgage in full.

SHOP LOCAL: GOOD DEALS AVAILABLE IN LIMERICK THIS WEEK

Looking to get away this summer? Well look no further because The Rose Hotel in Tralee are offering a two night package for two adults and two children, breakfast each morning, family pass to the Aqua Dome and much more all just from €380. Book online at www.therosehotel.com or call 066 7199100 for more information.



Summer sale now on with the 20% off at Trinity City Hotel - Sister hotel to Limerick Strand Hotel. Located in the heart of Dublin



City, walking distance to Grafton St, Temple Bar, The 3 Arena & Bord Gais Energy Theatre. Book by July 21 for stays by March 31, 2020. T&Cs Apply. Subject to Availability - New bookings only. Book Now on 01 648 1000 or email: reservations@trinitycityhotel.com

Enjoy a summer break and explore the coasts of Mayo, Galway and Sligo on the Wild Atlantic Way. Stay at The McWilliam Park Hotel and enjoy luxury and style with this superb offer, two nights B&B plus one dinner from €365. To book call 094 9378000 or email info@mcwilliamparkhotel.ie





Sadness as Windmill Pub ceases trading

Trade: Prominent hostelry's closure 'highlights issues sector is facing'

NICK RABBITTS
 nick@limerickleader.ie

THERE is sadness in the city following the sudden closure of a prominent local pub.

The final pints were pulled at the Windmill Pub in Henry Street on Saturday night before it ceased trading on Sunday.

It has been a fixture on the street for decades. But, a sign placed at the entrance this week has confirmed it is closed "for reorganisation".

It is coupled with a To Let sign.

A source close to the business says: "It will re-open as soon as we can find someone to take it on. We are just looking for someone to relet it to. New tenants. Hopefully it will be open again very shortly."

They added there has been significant interest in taking the business on, but acknowledged "It's early days".

"It's a top class location, and a top class premises. It's a nicely laid out pub,

with nice little corners," they added.

The closure of the pub once again highlights the

issues that particular sector is facing, with lifestyle changes, and stricter drink-driving laws hitting publicans.

Metropolitan district leader Cllr James Collins, who is a publican himself, said: "A lot of pubs, both city and rural have become quieter, particularly in 2019. There are a lot of factors which are changing people's habits and lifestyle habits. People are not going to the pub as often as they did in the past."

He said he is disappointed at the closure of the Windmill Pub, particularly as Willie Sexton's pub



CLOSED: The final pints were pulled at the Windmill Pub on Saturday evening

LEFT: The sign on the door on the Windmill

PICTURES ADRIAN BUTLER



opposite had only recently re-opened.

"I thought we were turning the corner in terms of the bar trade in the city at least. Obviously, the Windmill was not able to sustain it," he said.

Another publican who serves in the metropolitan district, Independent councillor Fergus Kilcoyne added: "What is happening in the pub trade, and it's detrimental to our business. People who do go out, and they do the right thing by getting a taxi home are being caught the following morning going to work, or going to the hospital.

"A customer of mine in Patrickswell was caught on Christmas morning after coming out of the Redemptorists Church."

He starkly predicted that in the next decade, at least 50% of rural pubs may close.

Chamber chief executive Dee Ryan said: "I'm sorry to hear the sad news, and again, they were members of the trading community in Limerick City, and I'd wish them the best with any future endeavours."

Munster hunt for new CEO

THE Irish Rugby Football Union (IRFU) is seeking to appoint a new chief executive of Munster Rugby.

A job advert for the high-profile role appeared in national newspapers across the weekend with that person to succeed Garret Fitzgerald, who stepped down last year.

Currently, Cork man Philip Quinn holds the role on an interim basis.

The job advert states the new chief executive's key focus will be to provide



Interim chief executive Philip Quinn

leadership and direction in the management of all aspects of both professional and domestic rugby across the province.

The new chief executive will develop and oversee the implementation of strategic plans and programmes in the areas of professional rugby, domestic rugby, commercial and marketing.

Savoy trade mission

THE group sales manager of the Savoy Hotel took part in a trade mission to China.

Ruth Vaughan, who heads up the city centre's only five star hotel was part of the programme, which targeted top Chinese travel agents and tour operators through workshops and networking events.

They were based in the cities of Guangzhou, Chengdu, Shanghai and Beijing.

Ms Vaughan said: "The Savoy Hotel Limerick were delighted to participate in the recent Tourism Ireland 2019 sales mission to China. China is an important emerging travel market and with the introduction of direct flights to Dublin and the British Irish visa scheme this offers us a real opportunity to grow this market over the coming years."

Firms are sent to Coventry conference

MANAGEMENT from nine companies and organisations from across Limerick were in attendance at a high-profile conference in the British city of Coventry.

The business people attended the Manufacturing Technology Centre (MTC) in the city in the English West Midlands for the launch of the British Embassy-led programme Joining the Dots.

The local organisations included Abbey Moulding Contractors, Confirm Centre and STL Logistics.

Also present were Limerick City and County Council, the University of Limerick and the Action Plan for Jobs.

As part of the launch, a report was published containing a series of recommendations focused on building links between the British city and the Mid-West region.

Attendees heard from Mike Cantwell, Innovate Limerick, who



Mike Cantwell, Innovate Limerick spoke at the event

spoke on doing business in the two regions.

"This event provided companies from the Mid West with a great opportunity to connect with other like-minded

companies in West Midlands region of the UK. The networking that surrounded the event was constant and I am certain that many of the contacts made will translate to additional business opportunities for both regions. I would like to thank the British Ambassador and his team for an extremely well run event and look forward to working with them on future Joining the Dots events."

Launching the report, the British Ambassador to Ireland, Robin Barnett, said that the large Irish delegation shows the strong appetite for economic cooperation and partnership.

Mr Barnett continued: "The South west of Ireland is a region with an exciting future and the strength and quality of the delegation is a testament to the appetite for this initiative. I am delighted that in addition to a strong Cork contingent, we are welcoming senior business and government representatives from Limerick."



Taking part in the FAI Summer Camp at Aisling Annacotty with Emma Donoghue were the youngest group, the under 6s

Out & About

FAI SOCCER CAMP AT AISLING ANNACOTTY

Pictures: MICHAEL COWHEY



Coach Tony O'Grady poses for a picture with members of the Under 9/10 group



The under 8s group pictured with their coach Terry O'Meara





LEFT: Taking part in the FAI Summer Camp at Aisling Annacotty, James O'Connor with the Under 9s
 PICTURE MICHAEL COWHEY.

ABOVE: A race for the ball

RIGHT: Jason O Connor, FAI Officer with his son James, coach, and Jack



Left: Bobby O'Meara with some of the 7-8 squad

Right: Under 13s with coach Darren Egan



Recruitment

Limerick Leader,
54 O'Connell Street,
Limerick

Email: advertising@
limerickleader.ie

Web: www.limerickleader.ie

Call: 061 214531/545/ 500



N.O.R.T.H.S.T.A.R.
Family Support Project

The Northstar Family Support Project provides a non-judgmental, confidential support structure to families who have been adversely affected by a family member's addiction to drugs or alcohol. The project does this through offering a range of services including peer led support groups, one to one confidential support, information, stress management, counselling, outreach, training and holistic therapies.

The Northstar Family Support Project CLG now seek to employ:

Coordinator

The successful candidate will have:

Knowledge and experience of the community and voluntary sector (minimum 5 years)

Knowledge and experience of working with families and communities experiencing social isolation and living in disadvantage

At least one-year experience supervising staff

A relevant 3rd level academic / educational qualification

2 years' experience of managing projects

Networking skills and ability to work with a range of voluntary and statutory agencies

Experience and skills in group facilitation

Experience of sourcing funding and compiling funding applications

Excellent communication and presentation skills

This position is being offered on a fulltime permanent basis subject to continued funding.

For informal enquires contact Chairperson Julie McKenna on 083 1791499

For a recruitment pack please go to www.activelink.ie/content/vacancies/community/45431

All completed applications should be sent to recruitment@northsidefrc.ie. For application enquiries

please contact Recruitment Administrator, David O'Mahony, Northside FRC on 061 326623.

Closing date is strictly 26th July at 12pm. | Application Shortlisting is 26th July at 2pm

Interviews will be held on 30th July 2019

Funded through the HSE by the Mid West Regional Drugs Task Force

The Northstar Family Support Project is an equal opportunities employer

PIPELIFE

Pipes for life

Position: Technical Sales Representative

Pipelife Ireland, part of Pipelife International, one of Europe's leading manufacturers of Plastic pipe systems is looking for a Technical Sales Representative in the Limerick Area with an Engineering/ Construction background.

Pipelife Ireland is the manufacturer of "QUAL-PEX", Ireland's leading Plumbing & Heating pipe. Along with QUAL-PEX, Pipelife Ireland's product portfolio also includes, pipe, fittings, underfloor Heating, heatpumps and other associated Plumbing & Heating products.

The role will entail presenting Pipelife Ireland's product range to Plumbers, Specifiers, Architects and Consultants, as well as supporting the commercial sales team in a technical capacity.

The candidate will preferably have sales experience in the area of plastic pipe systems for plumbing & heating applications, and must have experience of sales into the construction sector.

An in-depth knowledge of plumbing & heating technologies, standards and work practices is essential.

Excellent communication skills and ability to engage with customers at all levels is essential as sales calls will vary from building site calls to consulting Engineers and specifiers. The candidate must demonstrate an outgoing personality, be self-motivating and be eager to learn.

The position is very much target driven with generous basic salary.

A company car, laptop, mobile and generous pension plan is also provided.

Candidate must have:

- Full clean drivers Licence
- Sales Experience in the Heating & Plumbing industry
- Excellent Computer Skills • Admirable interpersonal skills
- Team player • Optimistic to learn new skills
- Natural desire to succeed • Portray a professional image at all times
- Strong work ethic
- Computer Aided Design an advantage but not essential

Position: Full Time.

Salary: DOE plus target driven bonus plus pension.

Company car, laptop and mobile phone provided.

Please send your C.V to the following Address: Michael Geary,
Technical Sales Manager, Pipelife Limited, Whites Cross, Cork.
Email: michael.geary@pipelife.com



Ready-mix Concrete Co-Ordinator/ Dispatcher Required

Job Type: Full-time

Job Description

Duties would include:

- Co-ordinate dispatch of products
- Develop schedules for product deliveries
- Accepting orders, payments, queries and requests from customers
- Data entry of customers' orders on system
- Working as part of a team

Candidates must have:

- Excellent computer, verbal and written skills
- Knowledge of ready-mix concrete batching and the construction industry
- Ability to use own initiative and work in high pressure environment
- Must have attention to detail
- Good work ethic is essential

CV's via email_only_info@oconnellquarries.com



Chartered Accountants

59, Clare, Street, Limerick • ph: 061 310177

Accounts Senior Accounting Technician

Marsden & Co, Chartered Accountants are seeking to appoint an Accounts Senior to work with a varied portfolio of clients.

Applicants should be qualified or part-qualified and have a broad experience of work in an accountancy practice.

We are also seeking to appoint an Accounting Technician or part-qualified individual with a minimum of 2 year's experience of working in an accountancy practice.

Applicants should have a high level of numerical accuracy and attention to detail, and have the ability to work on their own initiative.

Salary is dependent on experience.

Please forward a copy of your C.V. for the above positions
to colinm@marsden.co

LIMERICK LEADER

The
Leader

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YOUR LOCAL NEWSPAPER?

73%

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SHOP FOR **FURNITURE**
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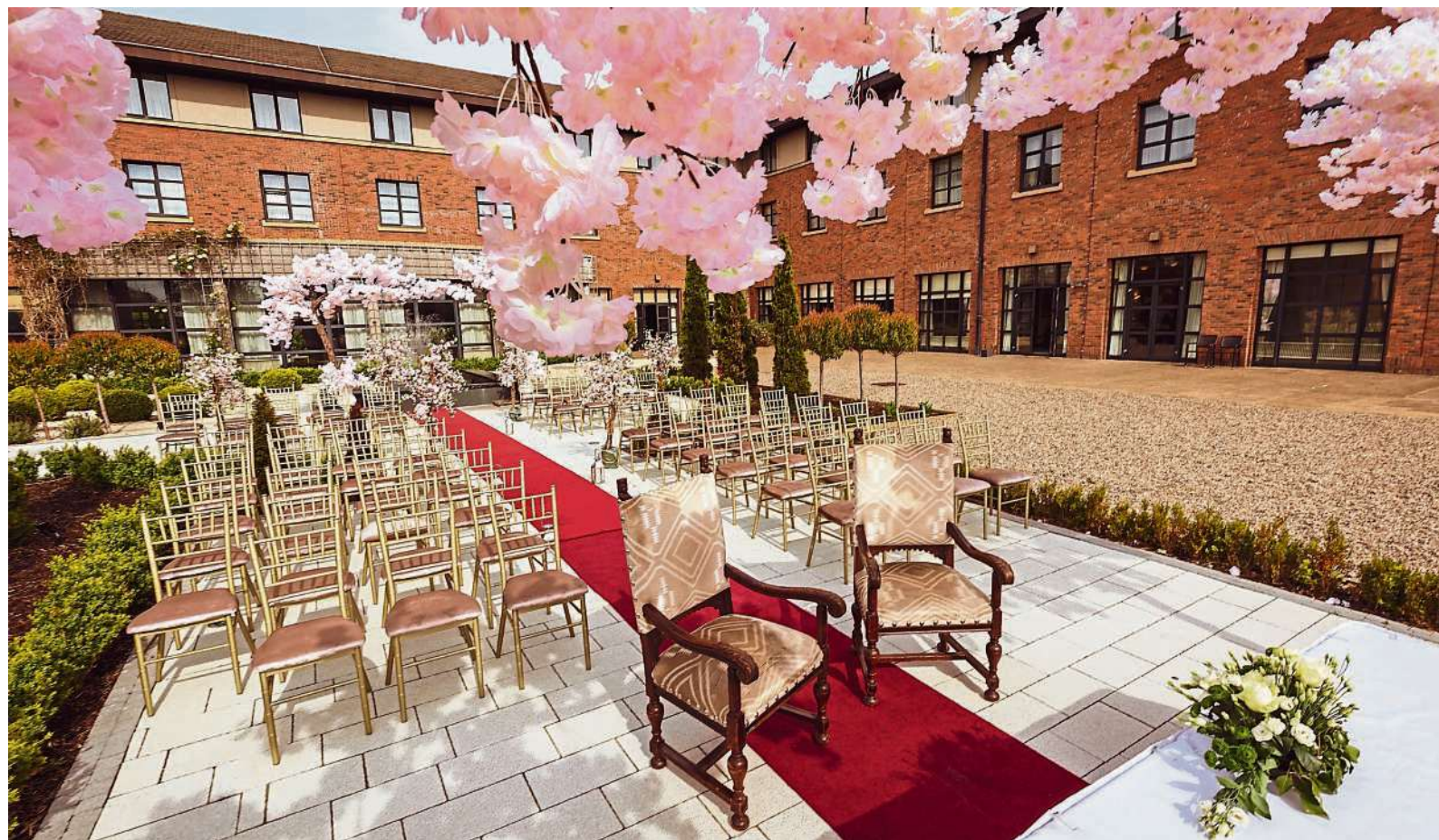
EXPERIENCE timeless perfection at the Castletroy Park Hotel on your wedding day.

A wedding is a very important day in the lives of a couple and is the first day of a long and happy life together, which makes choosing the venue all the more important. First impressions last a life time; hence the beautifully ornate new front gardens as well as the courtyard complete with water feature, perfect for summer weddings or even as the space to host your civil ceremony.

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imagined and more.

The team at Castletroy Park Hotel would be delighted to meet with you, show you around the

venue and walk you through the wedding planning process. The next Wedding Showcase takes place from 5pm on Thursday, July 25. To

book an appointment to meet the team and take a look around, call 061 335566 or email sales@castletroypark.ie.

Limerick and District Credit Union joins Metamo

LIMERICK and District Credit Union is one of 16 of Ireland's largest credit unions which have announced a €10m collaboration with Irish-based, international financial technology company Fexco in the formation of a new joint venture to be named Metamo.

Metamo is a 50/50 joint venture between the 16 investing credit unions incorporated under the name MetaCU and Fexco, one of Ireland's largest financial services companies. MetaCU credit unions represent over 480,000 members from across the country - including 27,000 from Limerick and District Credit Union - and combined assets of over €3billion (c.19% of the sector).

The primary objective of Metamo is to support credit union viability and sustainability through the provision of a more complete and modernised suite of financial products including enhanced lending capabilities. Metamo is also uniquely positioned to develop



Caroline Long CEO Limerick & District Credit Union pictured with Joe O'Toole CEO Metamo and Dennis McCarthy CEO Fexco at the launch

more efficient operating systems for Limerick and District in areas like process improvement, risk management and technology delivery.

Caroline Long, CEO of Limerick and District Credit Union said,

"This is an exciting day for Limerick and District Credit Union which I am convinced will allow us to provide an improved service and set of products to our members. Limerick and District Credit Union is an integral part of several

communities around Limerick City and becoming part of the Metamo joint venture will mean we can modernise to keep pace with other financial service providers."

Speaking about the launch of Metamo, Minister for Finance Paschal Donohoe TD, commented, "Credit unions hold a unique and special standing as one of the most trusted brands in the country. They continue to provide invaluable services to local communities promoting financial inclusion.

"I am delighted to see collaboration within the sector that will support its continued viability and sustainability. Members of all credit unions stand to benefit from the enhanced products and services, more efficient operations and improved service delivery that Metamo will provide.

"Collaborative efforts for the sector can come in many forms and I am encouraged by, and supportive of, the many projects designed to drive the sector forward, including

the venture being launched by Metamo. I would like to congratulate the credit unions and Fexco on this initiative and to wish them every success into the future."

The initial focus of the venture is on collaboration between Fexco and the investing credit unions to identify and develop products and solutions required by members. Metamo will offer these solutions to all other credit unions in the country who are not part of the joint venture in order to sustain the continued development of the sector."

Metamo is based in Kerry with offices in Dublin. The company is currently actively recruiting its senior management team having appointed Neil Hosty as CEO in 2019. Neil has over 20 years' experience in the financial services sector and has held various senior executive positions in the Irish and US banking sectors.

More information is available at www.metamo.ie

Get September off to a great start with Kilmartin

KILMARTIN Educational Services have a range of study packages on offer to suit everyone's needs this September!

These include the yearly study package, Saturday package, Sunday package and weekend package!

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Need to brush up on certain topics in different subjects? Their grinds are the perfect option!

The highly anticipated grinds schedules have gone live and are available on kes.ie!

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Revise vital exam topics with some of Ireland's top teachers and feel prepared for examination year with their August Courses and Intensive Christmas and Easter Revision Courses!

PS: There are a limited number of places remaining on scheduled study skills seminars this September.

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There are a limited number of places remaining on scheduled study skills seminars in September

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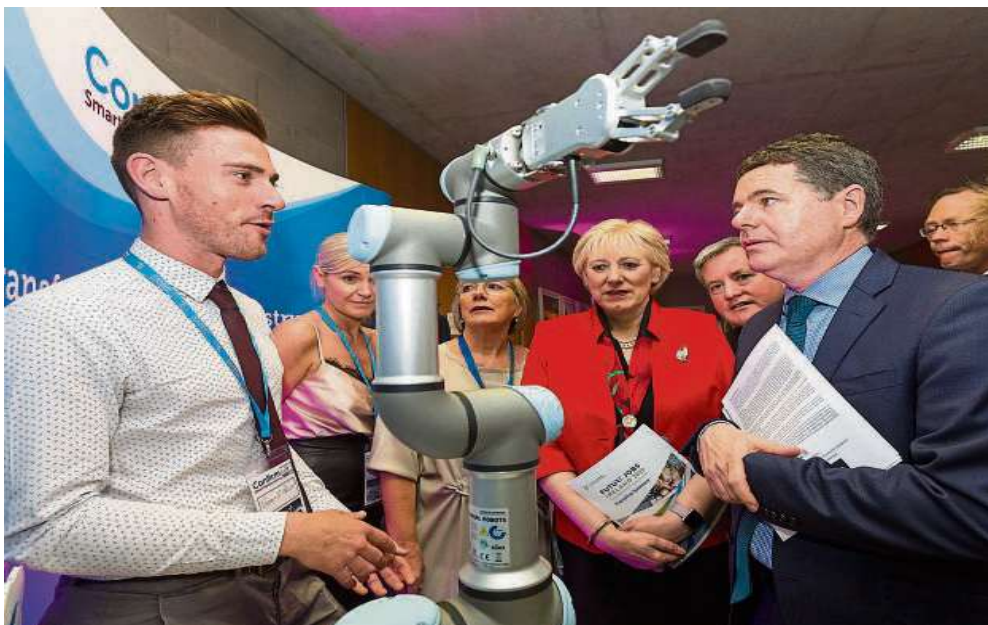
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Sean O'Brien, Confirm, with Ministers Heather Humphreys, TD and Paschal Donohoe who along with Minister of State Patrick O'Donovan were visiting UL to take part in a conference on the impact of technological change on Irish businesses

MINISTERS PASCHAL DONOHOE, HEATHER HUMPHREYS AND PATRICK O'DONOVAN VISIT UL

Pictures: OISIN MCHUGH



Heather Humphreys, TD, Minister for Business, Enterprise and Innovation and Ray O'Brien, Bernal Institute, in the Analog Devices building



The ministers on a tour of the Analog Devices building



Minister Humphreys addresses the attendance



Patrick O'Donovan, TD, Minister of State for Finance and Public Expenditure & Reform, Prof Edmond Magner, Dean of the Faculty of Science and Engineering, Heather Humphreys, TD, Minister for Business, Enterprise and Innovation, Jon O'Halloran, Bernal Institute, Ciaran Seoighe, Deputy Director General of SFI, Paschal Donohoe, TD, Minister for Finance and Public Expenditure & Reform, Luuk van der Wielen, Bernal Institute and Dr Puneet Saidha, VP Research at the Analog Devices building at the University of Limerick



Minister Humphreys and Darragh Mullins, Lero NUIG



The ministers examining research in Nexus



Nuala Duggan, Flora Neugent, Margaret Hilliard, Eileen Sparling, Noreen O'Brien, director of nursing, Mags Healy and Peg McDonnell soaking up the sun at the mid-summer barbecue at The Park Nursing Home, Castletroy

Out & About

THE PARK NURSING HOME MID-SUMMER BBQ

Pictures: DERMOT LYNCH



Kevin and Marion Moloney having a chat



Care assistant Amanda Keane with resident, Mary T McNamara



Claire Reidy dancing with Noreen O'Brien, director of nursing



Sisters, Marie McGrath, Susan Dillon and Betty Mulcahy with Carmel O'Carroll, co-ordinator



Care assistant Holly Leen with resident, Kitty Ryan



LEFT: Margaret Moloney and Rita Ledwith

ABOVE: Tony, Frank and Brian Carroll

RIGHT: Joanne and Christopher Reidy



Eamonn Cashell, Nuala Rushe, Anne Cashell Mercy O'Callaghan and Pat Cashell



Irish dancer, Clodagh Healy, entertaining the residents



Kathleen Ryan, Vishnu Ks, Amanda Keane, Noreen O'Brien, director of nursing, Sylvia Clohessy, healthcare assistant and Carmel O'Carroll, co-ordinator



Noreen O'Mahony, Alice O'Brien and Breda Micks



Batty O'Callaghan, Maura Kiely, Margaret Meehan and Deirdre O'Sullivan



Marian Whelan - Lowe, Drombanna inspecting the stunning artwork

Out & About

NEW ART EXHIBITION AT THE DOORADOYLE LIBRARY

Pictures: GARETH WILLIAMS



Artists Lynda Ryan, Paul Weerasekera and Kathy Tiernan having a chat while enjoying the exhibition



Bernie Moloney, Raheen and Marie Barry, Castletroy.



LEFT: Suzi O' Brien, Mungret, Eukaria O' Grady, Ballinacurra and Greg Ryan, Thomondgate

ABOVE: Daniel, Amy and Mike Ryan, South Circular Road

RIGHT: Artists Frank Bouchier, Ashbourne Avenue and Seamus Casey, Fedamore



A general view of the Art Exhibition at Dooradoyle Library



Artist Kathy Tiernan, Grange and Maura O' Neill, Dooradoyle.



Margaret Krakcsik at the Southill Active Age Group Trip to Salthill



Gretta and Lucy Webb enjoying the sunshine on the trip to the Galway resort

SOUTHILL ACTIVE AGE GROUP TRIP TO SALTHILL



Mary Crawford and Kathleen Benson pictured on the trip



Agnes Griffin, Mag Carey and Helen Lowe



Annie Kelly and Patricia Daly



Denise Hannon enjoying the trip to Salthill

ENTERTAINMENT

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

Emma's biggest home gig

AWARD-winning Caherdavin singer-songwriter Emma Langford will headline her largest hometown concert this weekend to mark the end of her debut album tour.

The 29-year-old will bring an orchestra-like line-up to the stage at the annual Limerick Summer Music event at Rosbrien Pavillion, Old Crescent this Friday evening, and will perform – for the first time ever – her 2017 debut full-length album with a full band.

This comes after the release of her music video for her new single, Goodbye Hawaii, which forms part of her second album Casting Light which will be soon released.

Tickets are now on sale online for €20 and can be purchased via Eventbrite. Show starts at 8pm.



The San Jose Wind Symphony take to the stage at UCH

San Jose group prepares to blow you away at UCH

THE San Jose Wind Symphony are playing at the University Concert Hall on Thursday, July 11.

The San Jose Wind Symphony (SJWS) is the West Coast's premier wind symphony, providing high-quality musical performances for audiences of all ages. SJWS performs six to nine concerts a year at venues throughout the San Francisco Bay Area. Each

concert is a mixture of contemporary, classical and popular works for wind ensemble or symphonic band.

In its 61-year history, SJWS has earned a worldwide reputation for entertaining programs and superb musicianship. SJWS is an all-volunteer ensemble composed of approximately 55 woodwind, brass and percussion performers. The

group rehearses once a week for two and a half hours; a typical concert requires six weeks of rehearsals. Although most SJWS members have day jobs in Silicon Valley, the group still achieves a consistently high level of musicianship.

Tickets are from €5 and can be booked via www.uch.ie.

Musical conductor is Edward C. Harris.

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BIG NIGHT OUT @

VENUES: DOLAN'S & THE COMMERCIAL
PICTURES: DAVE GAYNOR



Nicola Sheahan, Ger O'Neill and Cecilia O'Dea at the Commercial Bar



Alex Querol and Cathal Clohessy at the Commercial Bar



Susan Walker, Emily Lehr and Gerlisa Garrett at Dolan's



Maria Nehme-O'Neill and Warren O'Neill at the Commercial Bar



Rebecca Thompson, Daniel Boyce and Liz Baker at Dolan's



Lisa Gold and Ben Brinner at Dolan's



Austin Dennany and Ailish Drake at the Commercial Bar



Meaghan Haughian and Filimina Nic Chonmara at Dolan's



Lukas McIlhane, Sarah McHale and Caoilte Morrison at Dolan's



Judi Agenjo and Fernando Carranza at the Glen Tavern



Trish Danaher and Patricia Quigley at Dolan's



Donal Cahill and Caitriona Dineen at the Commercial Bar



Judith Hill, Nicola McMahon and Conor Hourigan at the Commercial Bar



Mikaela Davis is Upstairs in Dolan's this Thursday

PICTURE: JACALYN MEYVIS

FOLK music takes centre-stage in Limerick this weekend, with great and very-affordable gigs from Emma Langford and Mikaela Davis. Don't miss those. Plus there's one-on-one combat and a good theatre night in the county and a moving sea of rainbows in the city. We're not short of colour this weekend!

Thursday (July 11)

The **San Jose Wind Symphony** pride themselves on being the US west coast's finest wind symphony orchestra and with over six decades of practicing, who can argue with them. They're in the **University Concert Hall** this Thursday for a double-header gig with Limerick's Boherbuoy Brass & Reed Band, offering you more Gershwin and Corigliano tunes than you probably normally take in during a week of Thursdays. Turn up with a violin under your arm and you will be chased from the building and covered in tar. It starts at 8pm and tickets are a pocket-friendly €10 / €7 concession.

It isn't often that you see the harp used in a folk-pop setting, but Rochester singer-songwriter **Mikaela Davis** is set to blow your mind this Thursday **Upstairs in Dolan's** as she takes the typically-delicate instrument and uses it like a rhythm guitar. Not literally - she doesn't pick it up and strum it like an annoying geezer at a 2am party. That would be weird. She's rather a fabulous singer and I thoroughly recommend this gig. 8pm, tickets are just a tenner.

Friday (July 12)

Limerick's best folk artist **Emma Langford** headlines a gig in the Rosbrien Pavilion at **Old Crescent RFC** this Friday night, playing her Quiet Giant album in full for the first time in front of a live audience. You'll also hear Goodbye Hawaii, her Weimar-infused summer single from her forthcoming second

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

album. It's been a busy year for the Caherdavin singer, with a European tour under her belt and upcoming US dates. Friday night is also her best chance to confirm once and for all in front of a Limerick audience that she is not three short people stacked on top of each other in a trench coat. She'll be supported by violinist duo Lucia & Maria and the Soul & Body Dance Quartet. This is the gig that you shouldn't miss this weekend. Doors at 8pm, tickets are €20.

My Aunt Bee, at **Friars' Gate Theatre** in Kilmallock this Friday, is a two-hander comedy play featuring Seamus O'Rourke as Myles McBarn, the sort of Irishman who has never learned how to cook or clean because he's always had his mother or wife to do those things for him. As they've both rather rudely died, he's now firmly in mourning and is slowly starving in a mountain of his own debris. Enter Bairbre NiChaoimh as his Aunt Bee, a hundred years of age, 82 years living in the US and ridiculously Americanised. Bee spends most of the play helping Myles to find the fridge and a decent bottle of vodka but ultimately, as these things typically go, they find themselves. Awwww. 8pm, tickets are €15 / €12 concession.

Saturday (July 13)

If there's one thing we all learned from Harry Potter, it's that nobody should be forced to live in a closet. This week is **Limerick Pride**, the weekend when everyone's a little bit gay, except for people who live in Roscommon and South Leitrim. The annual **Pride Parade** runs through the city this Saturday to bring some much-needed colour and theatrics to our urban environment. It will set off from City Hall at 2:30pm and shoot up O'Connell Street and

down Henry Street, finishing with an afternoon garden party at the Hunt Museum. Yes, they'll have a bouncy castle. Free entry.

It's been rather a while since anyone took the time to have a fight to the death in Kilmallock but that's all due to change this Saturday. The **Battle Of Kilmallock** is a medieval combat re-enactment event taking place on the newly-opened **Western Wall Walk** in the county Limerick town, with

warriors in armour beating the living hell out of each other until one survives to rule them all. It's all in good fun, obviously, and nobody is going to die but the close combat will be very serious. You can also take in medieval crafts and an era-appropriate market. It runs from 11am till 5pm, tickets are €10 for adults and free for under-15s.

Ru Paul's Drag Race star **Jujubee** headlines the Pride Climax party this Saturday night at **Dolan's**.



Drag Race star Jujubee is at the Pride Climax Party on Saturday



ABOVE: My Aunt Bee is at Friars' Gate this Friday



RIGHT: Emma Langford headlines at the Rosbrien Pavilion on Friday



The San Jose Wind Symphony play the UCH this Thursday

Three floors will be packed with colour and vibrancy until 2am. As this year is the 50th anniversary of the pitched street battles that began the Pride movement, it's perfectly OK to throw yourself around the dance floor, though you will probably be asked to leave if you bring a brick to throw. Limerick Pride is nowhere near as big or as corporate as the Dublin event but it's always fab to see the local LGBTQ community doing their bit. More pride, less prejudice... as Jane Austen definitely didn't write. Doors at 8:30pm, tickets are €15.

Sunday (July 14)

The **St Mary's Community Fest & Regatta** takes place this Sunday afternoon at **St Mary's Community Centre** on d'Island. As well as the regatta, it'll include music from the St Mary's Fife & Drum Band, kayaking from Get West, a bungee trampoline and a dog show. A festival isn't a festival without a dog show. It runs from 1pm to 6pm and it's a free event.

It's **Bastille Day** this Sunday, the annual celebration of the day in 1789 when French people stormed a castle for fun and profit. **King John's Castle** is hosting a Bastille Day celebration this Sunday, with family entertainment and overdone military cosplay. It runs from 1pm to 5pm and normal admission applies, but if you turn up at the door between 1pm and 2pm you can get in for free.

All weekend

The Limerick Ceramic Artists exhibition at the Belltable runs till July 30. Veil, by Robert P Ryan, is at the Limerick Museum until 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

Sefik Dikyar

Baklava To Die For at the Milk Market

Market's Middle East flavour

What time do you get up?

On market days I get up at 4am. I like to get an early start. During the week I usually get up at 7am.

What is your normal breakfast?

Goats cheese, tomatoes, black olives, cucumbers, mixed herbs and two cups of black tea. I buy all of these at Limerick's Milk Market.

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

On market days I usually don't walk etc because it's a long working day, however I walk a lot the rest of the week.

What time do you arrive at the office?

I'm usually into the market by 5am.

What are your first duties?

Firstly I clean my stall before

unloading my goods. I then set up my cold pressed juicer and I chop some fruit ready for juicing. Most people who come to my stall come for my speciality, which is Baklava. My selling point is Baklava to Die For. I've never had any customers who disagreed afterwards, or died! Baklava is filo pastry filled with chopped nuts and soaked in honey. It's a dessert which, like everything else on my stall, gives you a taste of the Middle East. You'll find lots of authentic Middle Eastern tastes on my stall, everything from tea and coffee to herb and spice selections.

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

Being Turkish, I love black tea. I typically drink 8 to 10 cups a day on a day off from work. I rarely drink coffee. I sell a range of freshly pressed fruit juices on my stall, so I will often have a

fruit juice instead of a tea or coffee.

What is your normal lunch? Do you have a favourite place?

I don't eat lunch much as I eat quite a large breakfast. If I feel hungry I will have some melon or mixed nuts. I also work part time in East Room Restaurant in UL and their food is delicious, especially the freshly baked brown bread or fish dishes.

Do you have many meetings during the day?

I meet suppliers once or twice a week. I bake at home and usually keep any customer meetings for Saturday.

What time do you finish up at?

I'm normally finished selling by 3pm and spend an hour cleaning up after that.

Do you watch much TV?

Sefik Dikyar with his daughter, Leyla, at their busy Milk Market stall

I love football and am a big Fenerbahce fan as are my kids, Leyla and Robert. If we can watch their games online we do. Other than that I don't watch much TV.

Do you read the newspapers?

Yes I read the local newspapers. It's a great way to keep up to date with what's happening around the city and to hear of any upcoming events or markets.

What do you do to relax?

I love to cook, go for a walk with my family or watch football.

Are you able to leave the office behind?

Yes I usually aim to bake baklava on the same days each week and try to work similar hours in the restaurant where possible to leave time off before market days.

INSIDE THIS WEEK



AND THE WINNER IS...

Beauties to battle for pageant title
PAGE 47



COOL LOOKS FOR SUMMER

Oxendales' latest collection arrives
PAGE 48



ON THE RIGHT TRACK

Ballyhoura Trails App launched
PAGE 51



LIMERICK HAS GOT PRIDE

Richard previews this week's events
PAGES 52-53

Insights on vulnerability from the therapy chair



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

THE therapy room is a unique space. My room is comfortable and has a comfy chair with some cushions.

Mary comes in and takes off her coat, which is like her coat of armour. Once it's taken off, she allows herself to relax and offload.

Sean, a young man comes in, crashes into the chair, exhales, and holds on to and squeezes the cushions as he talks.

If children over the age of six come into the room, I teach them draughts. Modern children are so used to screen time, the draughts game always works as an engagement process. During this time of 'playing' we get the opportunity to explore what's going on — and then that's when I look for solutions.

VULNERABILITY & ACCEPTANCE

Vulnerability and acceptance are two key areas in life that we all have to work on. In life, vulnerability is often seen as a negative.

Some people openly cry when upset. Take Joan, who I meet recently. She was recounting a frequent situation in her relationship.

"I want to talk to my partner," she told me. "I really need to tell him he is upsetting me. I cry when I try to give him this message and instead he sabotages me by saying 'there you go you are crying again'."

We worked on how best she could give a message while being upset.

She needs to be able to say: "Even though I am upset and crying, what I am saying is important. You need to..."

This is a key skill if your vulnerability is being used against you.

Over the years on RTÉ's Operation Transformation I have come to appreciate the leaders for how they allow us into their lives and for how they show their vulnerability. I think that to get to a place of new strength, we need to allow ourselves to be vulnerable.

Most of us have vulnerabilities — in fact, I believe we all have.

In true relationships, we open up and let others know our vulnerabilities. This is a big part of the connecting and bonding



Over the years on RTÉ's Operation Transformation I have come to appreciate the leaders for how they allow us into their lives and for how they show their vulnerability

process. A tension exists between this vulnerability and how we are taught to show the opposite — namely become guarded and immune to the slings and arrows of life. Could it be that how we approach vulnerability is an unhelpful mindset? Could we be setting ourselves and our children up for even bigger falls?

Vulnerability is part of the human experience. Many times we look for it in others and deny it within ourselves.

Our vulnerabilities, known or unknown to us, amplify our hurts, heartbreaks and setbacks.

If we didn't have these experiences, then where are we with experiencing the joys and happiness of life? Vulnerability is part of our human experience and that is also our strength.

Embracing vulnerability is what boxer Muhammad Ali taught us — how we can be both strong and vulnerable. Embracing vulnerability rather than fighting against it allows for those with emotional struggles to tackle their difficulties in a different way.

Stephen Russell, the author, noted that "vulnerability is the only authentic state. Being vulnerable means being open, for wounding, but also for pleasure. Being open to the wounds of life means also being open to the bounty and beauty".

FIVE REASONS WHY EMBRACING VULNERABILITY MATTERS

1. Embracing vulnerability



Learn to embrace your vulnerabilities PICTURE: FILE PHOTO VIA PIXABAY

makes you more authentic and truthful with yourself and others

2. Embracing vulnerability takes you out of the safe comfort zone into that space when magic happens — hence our growth is deeper

3. Embracing vulnerability allows you to connect on a more authentic level with yourself and others.

This bonding enhances connection and relationships. It allows us to love deeper

4. Embracing vulnerability

enhances your romantic and sexual relationships are you are more emotionally available

5. Embracing vulnerability moves you from 'human doing' to 'human being' — thereby promoting your wellbeing.

Therapists rightly say that before we remove a defence we need to replace it with healthier actions. The challenge for all of us is to identify our true vulnerabilities and find acceptance of the stuff that we are avoiding because we fear or don't know how to change

or face it.

Finally, don't let your vulnerability be used against you. You are at your greatest when vulnerable. It's a measure of your courage.

*** 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/>**



Claire Waters took this picture of the Shannon on a warm summer's evening



Claire Waters snapped her very happy pup Hugo on a walk in Plassey

Readers**Pictures**

WE LOVE TO RECEIVE PHOTOGRAPHS FROM OUR READERS, SO IF YOU'D LIKE TO FEATURE ON THIS PAGE, EMAIL YOUR SNAPS TO NEWS@LIMERICKLEADER.IE WITH READERS' PICTURES IN THE SUBJECT LINE



Pauline Lane sent in this fab photo of a summer sunset over Limerick city



Denis Hickey's picture from Croom last Wednesday evening

POSITIVE PARENTING



Top Tips

For Teaching Your Teen to Manage their Money

Whether your teen is earning some extra money this summer through a part-time time job or getting some pocket money for doing odd jobs around the house, it is never too early to start teaching them the value of money.

Help them learn from their mistakes

Try to resist the urge to bail out your teen every time they make a mistake. If they spend too much on something they regret, help them to start saving again.

Go to the Local Credit Union Together

And set up an account. Encourage them to save regularly—no matter how small the amount.

Help them set goals

Talk about what is important to them and how they can save for it. Whether they want a new phone, an adventure abroad or a new guitar, setting goals will help to keep them motivated.

Set a good example

It almost always comes back to this with parenting: the best way to ensure that your child can manage money is by showing them. Try planning and shopping together for the family meals for a week within a specific budget or set up a family coin jar to save for something special at the end of the summer. Let them see that you budget and save.



Top tips for children with autism and their families this summer

THE summer holidays have arrived! Many families are looking forward to the move away from routine and consistency that school provides. As schedules are interrupted and routines broken, families of children and young people with autism can find it challenging. Each child has unique strengths and needs. With a little preparation, holiday stress can be reduced. Here are some practical tips on supporting children and young persons with autism who are facing changes in routines during the summer break.

Preparation is crucial for children and young people with autism. When a new event or outing is coming up, you can:

Use a calendar

A visual aid showing when an event is scheduled can be used to prepare your child. It is important not to plan too much in advance. For some children, a few days' notice makes all the difference. For others, a few hours' notice is required. Either way,

talking about an upcoming event in advance greatly reduces anxiety, and supports the transition to a new environment.

Use visual aids

These can support communication regarding routines. You can use them in your own home or when planning trips outside the home. Depending on your child, visuals can include drawings, photographs, and pictures on phones. It is important to consider your child's attention to detail, as the picture you use might be different to the actual place, which can cause upset.

Tell a story

Developing social stories can assist your child's understanding, and prepare them for an upcoming event or outing.

If visitors are calling to the home or if you plan to go visiting other people's homes, you can:

Show photos in advance of relatives

and visitors who will be calling in during the holidays.

If your child struggles in noisy or busy environments, find a quiet go-to place within your home or wherever you are visiting.

Have games, activities or favourite toys on hand.

Prior to visitors calling in, consider possible triggers to a meltdown. Some of these can be sharing of toys, other children using their belongings, and noise levels. Preparing for such situations can reduce anxiety for your child.

Having to interact with visitors might lead to meltdowns. When visitors are coming to the home, it is sometimes best to allow your child to follow their own lead.

If you are flying abroad for holidays, you can:

Have your child's favourite foods, books or toys available during the flight.

Check if your airport has a Special Assistance Programme. Many Irish

airports have developed visual schedules on their websites, and have special assisted processes to support the transition through the airport.

The key message is: plan in advance. Preparation is key to success during the holiday season. Remember the words: First, Next, Finished. These provide a structure and sequence to activities. Identify your child's triggers and prepare a plan, should your child experience a meltdown or a sensory overload. Check Autism parent forums on Facebook and Irish Autism websites for Autism-friendly days at various locations around town. Finally, focus on the successes, and celebrate them!

This article was contributed by a member of Parenting Limerick. Parenting Limerick is a network of parenting and family support organisations. For more information on this and other topics of to www.asiam.ie or www.loveparenting.ie.



HEALTHY LIVING

EVA HILL HAMILTON

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Jazz up fish

DESPITE living on an island, many Irish people don't eat enough fish. Unlike a gentlemen I have met this week at my favourite fish monger - Sadlier's. Johnny brought him to my attention, suggesting I should write an article about him.

Well advanced in his age he did not show it - in fact his skin would be envied by many younger generations and he was in great health. This gentlemen from North county Cork eats fish like the Japanese do - every day. Sometimes more than once a day, and has done all his life.

Everyone knows we should eat more fish, but even those who like the taste barely meet the minimum

three times per week recommendations - mostly claiming it is boring or the smell is too strong. Well, the secret is just like with chicken - you need to get the freshest fish that does not smell strong so go to a good fish monger and then jazz it up with a variety of sauces and pestos to make it more exciting.

Oily fish needs a fresh sauce to cut that heavy taste - think mackerel and capers, tuna with fresh Mexican tomato salsa, or a lovely lemon-garlic-sumac salmon. White fish - especially cod and hake need a taste boost which you can achieve by fresh herb pestos; just blend your favorite herb with olive oil, salt and a little garlic if you dare and top the fish

with it after steaming.

In fact, the more variety of herbs you use, the better it is for your gut microbes. Try basil today, coriander with parsley and mint tomorrow, a classic Italian rosemary-thyme-oregano next.

I like to jazz up my vegetables to accompany my fish and made quite a variety in the last years. Here are two you could try:

CAULIFLOWER TABBOULEH

Blitz a head of cauliflower in the food processor to make "couscous". Half a large head will do per person. Heat a little olive oil with ½ tsp turmeric, add a finely chopped red onion until soft. Mix in the cauliflower, season and slowly heat it through under the lid - add a splash of water to prevent it burning. In the meantime, chop ½ a cucumber, a good handful of cherry tomatoes

into small cubes, zest and juice a lemon, chop a good handful of each parsley, coriander and mint - mix it all into the warm cauli-couscous and serve immediately.

The cauli-couscous also works with Indian curry spices and lots of fresh coriander instead.

BROCCOLI ALL' ARRABBIATA

To make the sauce chop or process three tomatoes per person, finely chop 1 small onion, 1 red chili - deseeded and 1 garlic clove. Heat the onion and chili on little olive oil, add garlic, tomato and season. Cover and simmer until well boiled through and the tomato fell apart. Remove from the heat and add a good handful of chopped parsley. Steam tender stem broccoli - about 150g per person, season and serve with the arrabbiata sauce on top.



Tabbouleh is a vegetarian salad originating from Lebanon

LIMERICK LEADER

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www.limerickleader.ie





MANABOUTTOWN

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Beauties to battle for Miss Limerick and Miss Clare titles

THE launch for the Miss Limerick and Miss Clare 2019 pageants took place in 101 Limerick on O'Connell Street last week and showcased the amazing talent people can expect from the upcoming competitions.

As some of you may already know, I am part of the new creative team behind this event along with James Hayes – the owner of Blue Streak Events and former Miss Sunday World, Esme Manseragh Wallace. This is the first time in 30 years that Miss Limerick is being run by a different group of people, and we want to bring something different to the table this year. We've introduced live social media elements; vlogs and we've abolished any height requirement. We want this to be the most engaging and inclusive Miss Limerick and Miss Ireland heat that has ever been put on!

The Miss Limerick pageant has acted as one of the main events of the summer social calendar for over three decades and it's our aim to make the event even bigger and better than ever in the years to come. This year also marks the return of the Miss Clare competition for the first time in three years. The winners of Miss Limerick 2019 and Miss Clare 2019 will move forward to the final of Miss Ireland 2019 in The Helix, Dublin in September.

Open to girls aged 17 to 24, the Miss Ireland competition was established in 1947 and is one of



Contestants take a group picture outside 101 Limerick PICTURE: RORY O'CONNOR

the world's longest running beauty contests. The pageant judges its contestants not only on beauty but also on other important traits such as interview skills, charity work, talent, health and fitness and appropriate social media skills. The competition aims to build confidence and self-esteem in its contestants and has acted as a launching pad for many successful, empowering Irish women including Holly Carpenter, Aoife Walsh, Sarah

Morrissey, Andrea Roche, Amanda Brunner, Michelle Rocca and the 2003 Miss World winner, Rosanna Davison.

The competition has also brought success to many of the pageant's finalists who have gone on to have huge success in modelling, entertainment, and social media such as Shauna Lindsay, Niamh Cullen, Lauren Guilfoyle, and Niamh de Brun.

Last year's winner of the Miss Limerick competition was

Beibhinn Haren who helped fundraise for LauraLynn Children's Hospice by holding a coffee afternoon and bucket collection that raised €1,300 for the charity.

The Miss Limerick and Miss Clare 2019 contest will be taking place at 8pm in Opium Nightclub downstairs in 101 Limerick on Thursday, July 18. Our MC for the evening will be former Miss Clare Lauren Guilfoyle and I can now reveal for the first time the names

of our esteemed panel of judges. First up is Limerick's own social media superstar Sinead O'Brien. Sinead will be joined by the reigning Mr Ireland Wayne Walsh and the reigning Miss Ireland Aoife O'Sullivan. Rounding out the panel is Showbiz editor for RSVP magazine and The Irish Daily Mirror – Mikie O'Loughlin. Admission is €20 per person. For further information contact Patrick, James and Esme at misslimerickofficial@hotmail.com



Patrick pictured with Wellen Santos at the launch night for the Miss Limerick and Miss Clare 2019 pageants



Meghan Philips, Aimee Quirke, Sarah Jane Nolan, Christina Alcazar, Sarah O'Leary and Maeve Leahy at the launch



Event organisers Patrick McLoughney, Esme Wallace and James Hayes PICTURE: PAUDIE BOURKE PHOTOGRAPHY



STYLE & FASHION

CELIA HOLMAN LEE

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Oxendales' cool looks for summer

OXENDALES hosted their Summer Fashion, Home and Living Showcase in the Iveagh Suite at the Iveagh Garden Hotel, providing a cool and colourful escape for guests on what was one of the warmest days of the year to date!

Featuring their hottest summer fashion for men and women alongside collections from their home and living ranges, the showcase gave a flavour of the extensive offering from the home of Oxendales.

Yours truly was MC for the event and DJ Calvin James was on the decks. The showcase featured everything from citrus holiday essentials to sequined evening looks, alongside a sneak peek of what's to come for autumn winter 2019.

Guests were treated to an array of sumptuous canapés and prosecco on arrival.

Guests included Xpose's presenter Nadine Reid, stylists Cathy O'Connor, Corina Gaffey, and Lorna Duffy, actress Jenny Dixon, TV personality Roz Flanagan, Avila Lipsett and model Sarah McGovern.



I was joined by my daughter-in-law Asta Lee and my daughter Cecile Lee Coveney at the showcase. Cecile and I went all white/off-white while Asta went for a splash of summer colour in tangerine



Sarah McGovern models an off-the-shoulder green summer dress at the Oxendales showcase PICTURES: BRIAN MCEVOY



Green and lemon work so well together as you can see from this skirt and top combo modelled by Corina



Sarah McGovern takes to the catwalk in a cool jersey dress at the Oxendales summer fashion event

CELIA SPOTTED

Looking good out and about in Limerick

Name: Claire Culhane
Occupation: Mother-of-five
From: Castletroy

I would describe my style as elegant and on trend. I love to be casual and comfortable by day but love to be dressed up by night or special occasions. I love going to the gym, walking the dogs and love a good book. I love the style of Celia Holman Lee who epitomises a stylish Limerick woman and I have always loved Gwen Stefani and Kylie Minogue. They are both huge style inspirations for me, and in my age group, and I identify with their style choices. On social media, I follow Limerick lady Louise Cooney She is going places! I also love watching Zoella with my 14 year old daughter Grace. I love to shop at Brown Thomas, Isobel Boutique in Adare and love a good bargain so I'm a big fan of TK Maxx.

CLAIRE SAYS

Dress: My dress is from Nicholas and I bought it online. It was light and comfortable to wear in Marbella for Leanne Moore's wedding. It was also colourful and bright and a great summer look.

Shoes: The shoes are Gianvito Rossi and I wore them as they are a classic nude ankle strap sandal that goes with everything and were a great investment piece.

Sunglasses: The glasses are Gucci and they are so glam and fun and inspired by Elton John!

Bag: The bag is Mulberry and I love it because its cross body and it is versatile with any look.

Picture: Dermot Culhane



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

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Eileen Costello, Caroline Morgan and Mary Fitzgerald, Woodlands Hotel, Adare, pictured at a dinner to mark the 30th anniversary of the opening of the The Foynes Flying Boat and Maritime Museum

FOYNES FLYING BOAT & MARITIME MUSEUM 30TH ANNIVERSARY DINNER

Pictures: DON MOLONEY



Jenny Dixon and Deputy Tom Neville pictured at a dinner to mark the 30th anniversary of the opening of the The Foynes Flying Boat and Maritime Museum



Philip Hughes, IAA, Ralph and Geraldine James with Tony Merrigan pictured at the dinner



Cllr Bridie Collins, Cllr Richard O'Donoghue and Cllr Olivia O'Sullivan at the dinner



Museum Director Margaret O'Shaughnessy pictured with Iseult and Bryan Murphy, Adare, at the dinner



Anne Nolan pictured with Brian Geoghegan and Brigadier General Rory O'Connell, GOC Aircorp



Robin Barnett, British Ambassador to Ireland, Senator Maria Byrne and Former Minister Jimmy Deenihan



Plunkett Hayes, John Clarke and Brian Cullen, chairman of The Foynes Flying Boat and Maritime Museum



LOUISE LOVES

LOUISE CANTILLON

CONTACT LOUISE

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Rogha na Seachtaine



TO DO: Pig'n'Porter!

It's happening this weekend Pig'n'Porter returns at Old Crescent RFC and the University of Limerick. One of the Limerick's biggest events this summer. More info and last minute tickets at www.pignporter.com



TO LISTEN: Track of the week

Newcomer Irish indie/electro-pop producer, singer and songwriter Dashoda has released his single "In Between." Gavin MacDermott seeks to make sense of the world and his place in it amidst frantic layers of synths, tropical sound waves and mandolin.

TO SEE Live at the Castle

Much loved Irish group Bell X1 Play live at King John's Castle next Saturday, July 20. I'm very excited about their incredible support act, electro-folk duo 'Saint Sister'. One of Ireland's rising talents, the girls play a mix of soulful vocal harmonies, dreamy synth and electro-acoustic harp. More details on www.dolans.ie



'Appy trails with the new Ballyhoura digital guide

BALLYHOURA Country is delighted to officially launch an exciting new addition to its famous looped walks.

Now walkers, hikers, scramblers and adventurers can use the Ballyhoura Trails Guide App to navigate the area and keep up to date on everything Ballyhoura related.

Famed for its beauty and wild places, Ballyhoura Country provides the perfect setting for an action-packed activity-based holiday; the opportunity to stroll through medieval history or unwind alongside its riverbanks. Stretching from North Limerick, east to County Tipperary and south to North Cork, Ballyhoura Country encompasses 11 looped walks that provide all levels of challenges and spectacular scenery for hikers.

The Ballyhoura Trails Guide App is intended to highlight to visitors the breadth of what Ballyhoura Country has to offer.

The app will allow visitors to Ballyhoura Country instantly find what is in their vicinity, the range of walks on offer and describe, in real time, distances between them and the start point of their chosen trail.

Designed to make exploring Ballyhoura Country a breeze by taking the pain out of planning, facilitating Sunday drives and visitors from abroad ensuring you don't miss a thing.



Jessica O'Keefe, outdoor recreation specialist, demonstrates how to use the Ballyhoura Trails Guide app

PICTURE: CIAN REINHARDT

The user can choose a Ballyhoura Country loop walk to explore based on distance, difficulty or your current location.

There are 11 walks ranging in distance from 5km to 18km. These walks vary from easy strolls to challenging hikes through sandy roadways, woodland trails and forest paths.

Learn about local heritage and

folklore in areas of Cork and Limerick, which your chosen trail, passes through.

The Ballyhoura Trails Guide App is available on the play store for android and IOS. The app is available in four languages including English, Spanish, German and French making it accessible to visitors from across the globe.

Designed to function well even

when you find yourself in a spot with weak Internet access, just be sure to download the app before you hit the trails.

The app was developed by Black Bear Software and is supported by Coillte, Fáilte Ireland, Sport Ireland Trails, Ballyhoura Development CLG, The Depart of Arts, Heritage, Rural and Gaeltacht Affairs and Leave No Trace.

Gaelcholaiste Cill Churnáin

LAST week over 160 students attended Gaelcholaiste Cill Churnain, Irish Language Summer Camp in Kilmorran Co Limerick. Students travelled from around the county to embrace their Irish culture and heritage and most importantly language!

The Gaeltacht experience serves students from as young as four years old and promotes the use of Irish through education, sport and music! Students learn Irish every morning in a classroom setting and each afternoon they enjoy

a variety of activities off site. Such as surfing, baking, mini golf, and a trip to Ballyhass Activity Centre!

Students took part in a "Ceili beo" on Wednesday evening in Kilmorran Community Centre dancing a variety of Irish sets and polkas!

The week ended on a high when all Ireland Hurling winning corner back and All Star Richie English presented students with awards of excellence at the camps closing ceremony! A sister camp will run in Ballyheigue this week! Comhghairdeachas ollmhór to all involved!



Cappagh NS was awarded the Gerard McDonnell Perpetual Shield by Catherine Cantillon, Martha Lynch (Gerard McDonnell's sister) and Richie English at the Gaelcholaiste Cill Churnáin awards day in Kilmorran Community Hall

PICTURE: DAVE GAYNOR



I ♥ LIMERICK

RICHARD LYNCH

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Twitter: @richanthon

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Email: Richard@ILoveLimerick.com



Limerick has got Pride!

LIMERICK LGBTQ Pride Festival 2019 runs all this week with the Pride Parade taking place Saturday, July 13.

Limerick has a thriving LGBT community working together and with other organisations to progress gay rights and culture in the city and county.

The highlight of the year is the annual Limerick LGBT Pride festival. For Limerick LGBT who identify as Lesbian, Gay, Bisexual and Transgender this is an amazing occasion as everyone walks with Pride up O'Connell Street accompanied by their loved ones, family and friends as the lovely people of Limerick cheer from the sidelines.

As the festival has grown, so too has the support from the civic authorities, the public and our regional LGBTQ community. I am working closely with this year's Pride committee and we are deeply grateful for this support from everybody locally, nationally and internationally.

Beginning in 2001, the festival started humbly when community stalwarts Paddy Doyle and Nicole Dunphy organised the first festival of celebration with their events in both Cosmo and Yum Yum Niteclub. Every year since, the festival has grown into what we have come to enjoy today.

The festival began its now-annual Pride Parade in 2007, attracting crowds of several hundred people as we marched down O'Connell Street. This was the first year that Out In UL, the University of Limerick's LGBT society took part and they put together the first float of the festival.

We continued to expand the Limerick LGBT Festival in 2008 when it went mainstream and that was the year I produced the festival and it made it a week-long event. It was also the birth of ILoveLimerick.com as the festival was called that year to make it integrative and inclusive for all community groups regardless of their



Pictured celebrating this week's Limerick Pride Festival are Noah Monet, Karma Monet, Richard Lynch, PRO Limerick Pride, Lisa Daly, Chairperson of Limerick Pride and Destiny Fairchild PICTURE: DOLF PATIJN/ILOVELIMERICK

sexual orientation with an emphasis on music, art, theatre and culture.

Alternative Miss Ireland Ms. Sheila Fitzpatrick along with her partner Madonna Lucia became the first Grand Marshals for the parade and led us down O'Connell Street and back to Leamy House on Hartstonge Street where we tea-danced with Myles Breen.

The parade also included delegations from the leading trade unions and LGBT



This year's Grand Marshall is Moninne Griffith, executive director of BeLong To Youth Services

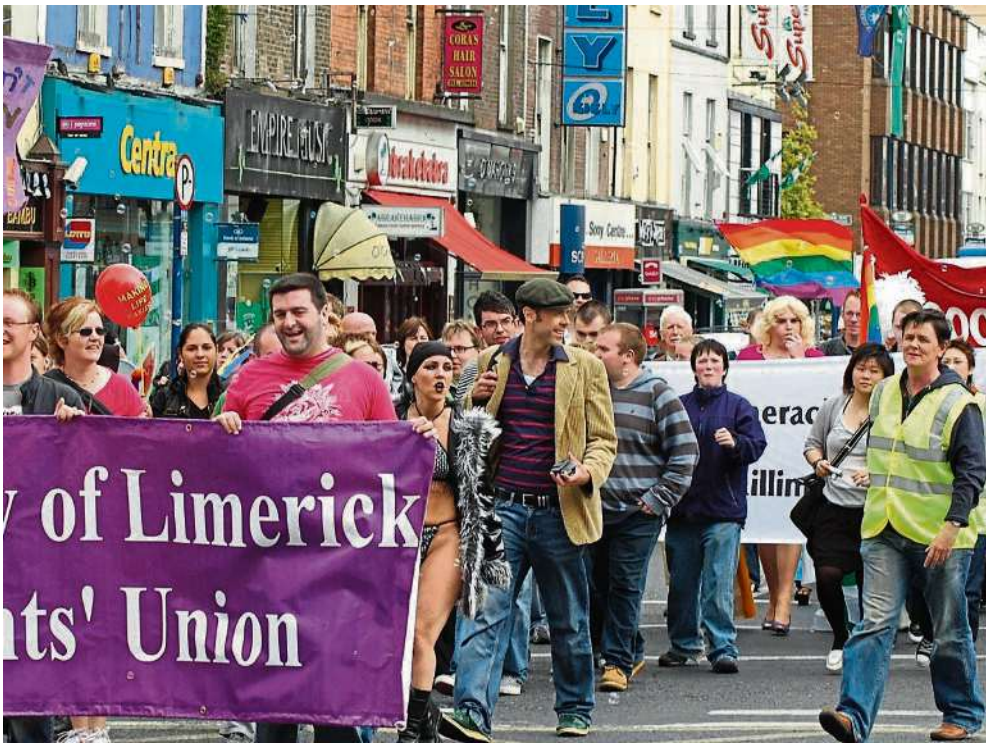
campaign for Marriage Equality. This was also the first year that the national 300ft Pride Flag was unfurled down O'Connell Street and carried by those who marched.

2009 was another special landmark year as the bridges on the approach to the city raised the Pride flag over the river Shannon with the support of Limerick City Council and in 2011 we celebrated a Decade of Pride in Limerick.

In 2012 I had the honour of being the Grand Marshall as I had just won Limerick Person of the Year and I was the first out gay man to do so. I was given the honour for a second time last year in 2018 in honour of I Love Limerick's 10th anniversary. My mam and dad were so proud and came to the parade with me every year when they were alive so it meant a lot to me.

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 to Sunday, July 14 with the parade on Saturday, July 13. There is something for everyone culminating in the annual Pride Parade and the PrideFest party directly after the Parade at the Hunt Museum. We want to welcome everyone to join us in celebrating LGBTQ culture in Limerick and



Richard marching in Limerick's first Pride Parade in 2007 PICTURE: EAMON MCCARTHY

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. After spending eight years as director of Marriage Equality, a single-issue organisation working for,



Richard pictured with his beloved parents Eric and Florence at Limerick Pride Parade PICTURE: DAVID WOODLAND/ILOVELIMERICK

and historically achieving, equality for same-sex couples in Ireland in 2015.

Moninne tells me, "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 LGBTI+ community who took a stand for LGBTI+ equality in New York and by activists all over the world, including Ireland who still fights for LGBTI+ equality today. I am proud as Grand Marshall of Limerick Parade



In 2008 Richard produced Limerick Pride 2008 and assorted well known Limerick faces such as Leanne Moore and Myles Breen gathered to show their support PICTURE: CORMAC BYRNE

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 for all our LGBTI+ communities."

This year's Pride will have an educational aspect. Support meetings will be held during the week for youth, adult and trans groups. GOSHH, 18 Davis Street will provide Rapid HIV testing at different points in the week. Call GOSHH at 061 314354 or email info@goshh.ie for more information.

A full line-up for Pride week can be found at www.LimerickPride.ie with updates at www.facebook.com/LimerickPride



Richard as Grand Marshall in 2018 pictured with his niece Lucy and nephew Ryan getting ready to set off in the parade PICTURE: DOLF PATIJN/ILOVELIMERICK

Things I love this Week

ON Friday, July 12, **Limerick Pride Youth Party** takes place at Lava Javas Youth Cafe, Lower Glentworth Street from 6-9pm. Presented by Limerick Youth Service & GOSHH, young people (14-19yrs) from Limerick and beyond are invited to enjoy music and meet new people. The team will also be preparing for Limerick's Pride Parade which takes place the following day.

Also on Friday, **'T'was the night before Pride'**, a free entry traditional pre-pride party with guest DJs and camp classics will take place at Mickey Martin's from 9pm-1am.

On Saturday, July 13, the **Limerick Pride Parade** will bring some extra colour and music to Limerick City Centre, gathering at City Hall at 1.30pm the parade will make its way at 2.30pm sharp up O'Connell Street, across Mallow



Rupaul's Dragrace queen, Jujubee will headline the **Pride Climax Party** on Saturday, July 13

Street to Henry Street, past Arthur's Quay Park 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. This is a free family-friendly

event with a free bouncing castle for kids, cone van, cafe and bar on site, live music from Cork duo Sparkle, with plenty of entertainment.

That night after **Pridefest**, for the first time in Limerick, a Rupaul's Dragrace queen, **Jujubee** 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 Deway. 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.



The Limerick Pride flag being carried down O'Connell Street. This year's Parade gathers at 1.30pm at City Hall and leaves at 2.30pm this Saturday, July 13 PICTURE: DOLF PATIJN/ILOVELIMERICK

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BIRTHDAY
REMEMBRANCES

† POWER

(34th Birthday
Remembrance)

In loving memory of a dear son, brother, nephew and friend Jeffrey Power, late of 41 Roundwood Estate, Limerick whose birthday occurs on 11th July. Mass offered on Thursday July 11th at 10am in Our Lady of Lourdes Church.

Put your arms around Jeffrey,
Lord,
Don't leave him on his own,
For today is his birthday,
And we know he can't come home.
Your resting place we visit,
Flowers we place with care,
But no one knows the heartache,
As we turn and leave you there.
Quietly today your memory we treasure,
Loving you always, forgetting you never;
No length of time can take away our thoughts

Of you from day to day.
Happy Birthday Jeff. Love you and miss you from Mam and Dad, brother Gary, Carmel and nephew Chad, Dermot, Ursula and family, Majella, Mike and family, Linda, Mike and family, Tony, Ann and family, Judy and Pat, Verner Theresa and family, Ann and family, Breda Junior and family. xxx

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.AP



IN MEMORIAM

† GRAY,
WILLIAMS &
O'SULLIVAN18th and 8th Anniversaries
& Birthday Remembrance

In loving memory of Patrick Gray late of 52, Clarina Avenue, Weston, whose anniversary occurred on Tuesday 9th July 2019. My brother Johnny Williams, late of Fairview Crescent Garyowen, whose anniversary occurs on Wednesday 10th July 2019 and remembering him also on his birthday which occurs on 11th August and also my partner Michael O'Sullivan, late of 2 Colbert Terrace, Abbeyfeale whose birthday occurs on Friday 13th July. Rest in Peace. Mass offered.

Will those who think of them today,
A little prayer to Jesus say.
Always remembered and never forgotten by long life friend, sister and partner Theresa Williams Kennedy, Marie Murphy and Michael Hartnett.



† RYAN

(16th Anniversary)

In loving memory of John Ryan, late of 68 Lee Estate, Island Road, Limerick who died on July 7, 2003.

Masses offered

A sudden call from God on high
You had no time to say goodbye
Without farewell you left us all
But memories of you will always keep
Today your memory is quietly kept
No need for words I will never forget
Deep in our hearts you will always stay
Loved and remembered everyday
Will those who think of Johnny today

A little prayer to Jesus say
Sadly missed always John,
Tricia and family

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Close up on the new Corolla

Toyota Corolla: Smart new look, agile handling and plenty power make great appeal

TRISH WHELAN

www.CarAndTravel.ie

THE world's best-selling car nameplate has extended its family in Europe to include the Corolla Hatchback, Saloon, and Touring Sports.

This marks a return of the Corolla name to the hatchback which had been sold as Auris in European markets since 2007.

As a by the way, Corolla was the best selling car in Ireland in May.

Following the brand's decision in 2018 to cease production of diesel passenger cars, Corolla is the fourth model in the 2019 Toyota's self-charging hybrid campaign.

It is built on the car maker's New Global Architecture and is offered with a 1.8 petrol-electric output of 122hp. Toyota Ireland predicts that 90pc of Corolla sales this year will be hybrid.

The electric motor powers the car on starting off. In cruise the system seamlessly switches power sources, and for when full acceleration is needed, for overtaking, for instance, the engine and motor work together to give that extra boost. The battery recharges during deceleration. As with all hybrids, automatic shifting is part of the tech.

The exterior styling in my five-door review hatchback looked really well in two-tone red body and black roof. Inside, Toyota has worked some magic in presenting a very pleasing environment. Quality materials are evident and you'll appreciate the lovely sweep of the dash towards the centre, the large stand-alone screen on the centre console, and the trim strip across the top of the dash which also curves along the doors. All in all, a very good look.

Everything is within easy reach, with steering wheel mounted remote switches for infotainment and audio controls. I liked the colourful graphics of the main instrument cluster, with traditional circular speed and revs dials on either side of the secondary



The new Toyota Corolla Hatchback is priced from €24,380

information of current driving mode, average fuel consumption and range. A digital speed readout was almost at my eye level which makes it easier to keep eyes on the road ahead.

There's plenty of front passenger legroom, but if there's a tall person in front, rear legroom is scarce, if adequate behind someone less tall. Seats are comfortable and give nice support to your back. There are two moveable front armrests and a number of good storage areas. A deep boot offers 361 litres of luggage capacity. The battery is under the rear seats and doesn't intrude into cargo space. There is a sealant puncture repair kit below the boot floor.

On the go you can choose between EV, Normal, Eco and Sport drive modes. I used Normal for the first few days, then switched to



Toyota claims the new Touch multimedia system includes 'everything from maps and music to cables and cash'

Sport for an even livelier drive experience. Eco reduces throttle response for maximum fuel return, EV mode runs the car on the electric motor alone at low speeds and for short distances and is useful to reduce noise late at night in residential areas. A B-mode provides engine braking on steep

descents. The car can do 0-100km/h in 10.9 seconds.

My review Luna Sport comes with Toyota Safety Sense 2 array of safety features, 17-inch alloys, heated door mirrors, LED daytime running lights, front fog lamps, rear privacy glass, cruise control, the 8-inch Toyota Touch multimedia

system, a good rear view camera, dual-zone climate control and leather steering wheel.

On the road, the Corolla felt very responsive with plenty of power on tap. It was also agile and very easy to park even in a tight spot. I also enjoyed the car's direct steering which suited me perfectly. The cabin was quiet with hardly any noise coming through. Whatever, it works.

I enjoyed the driving experience of the hatchback, to the point I returned the car to Toyota with a sense of reluctance.

You can get into a Corolla Hatchback from €24,380. Four grades are offered - Aura, Luna, Luna Sport and Sol. My review car was priced from €28,995. Annual road tax is €180. Official fuel consumption is 4.5 L/100kms combined under the WLTP regime.



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Impressive: Q7 is top of the line

Audi Q7: Lands later this year

THE new Audi Q7 will be launched here later in the year with seven seats and a striking new visual design with clear SUV characteristics, and top of the line connectivity, writes *Trish Whelan*.

All engines are matched to an eight-speed tiptronic and permanent all-wheel-drive. Two engines will be offered at launch followed shortly afterwards by a plug-in hybrid model.

The car has now grown to 5,063 millimetres long; luggage capacity varies between 865L and 2,050L, depending on if used as a five-seater or with all seats in use.

An electric tailgate is standard; foot-activated gesture control is an option.

The premium SUV features the new design of the Q family. Key features are its excellent comfort and spaciousness, Mild Hybrid Technology, the digital operating concept, and the optional HD Matrix LED headlights including laser light. The MMI navigation system delivers top-of-the-range connectivity with a Wi-Fi hotspot, natural voice control and the extensive Audi connect portfolio which ranges from traffic information online, navigation with Google Earth and hybrid radio. Audi's digital virtual cockpit, and the optional head-up display, are features.

In addition to the optimised all-wheel steering



Comfort and spaciousness: The Audi Q7 is the ultimate family vehicle

that allows the rear wheels to turn as much as five degrees in the opposite direction, there's the option of electromechanical active roll stabilisation. Adjustable stabilisers reduce the body movements on uneven roads when driving in a straight line.

Audi say the Q7 is manoeuvrable, precise and agile in urban traffic and on hairpin bends and behaves as

a highly comfortable, poised touring SUV with excellent ride comfort on motorways, particularly in conjunction with the adaptive air suspension. It also provides variable ground clearance and prepares the car with its standard quattro drive for terrain off the beaten track. The offroad mode can be selected via the standard Audi drive select dynamic handling system with its

seven profiles. Air suspension is standard on all Q7 models.

Audi says the car is particularly striking in S line guise which includes the slightly firmer adaptive air suspension sport which lowers the ride height by 15mm compared with the regular air suspension system.

Prices will be announced closer to launch.

FASTNEWS

LYONS OF LIMERICK

Commercial sales specialist appointed

AFTER 30 years on the road from Loop Head to Limerick and every place in-between, Rory Flynn (*pictured*) decided two years ago to park his Transit for the final time.

After a near lifetime of wholesaling to shopkeepers in Clare, he decided to enter the motor trade.

Rory has a keen interest in all sports having played many and varied games over the years, unfortunately particularly because of time constraints due to work and family commitments, participation is a rare good walk.

In his role as a commercial sales specialist Rory is eager to speak to those business owners and managers who simply don't have the time to find a suitable vehicle for their work needs.

To that end Rory will come visit any potential customer and offer a bespoke service on behalf of Lyons of Limerick.



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SPORT

Leader



RAHM ROCKS TO OPEN WIN

Lahinch steals the show at Irish Open

For more see Page 60

'No walk in the park' says Gillane of SHC semi final



In attendance at the GAA Hurling All Ireland Senior Championship Series National Launch at King's John's Castle in Limerick are, from left, Kevin Foley of Wexford, Brendan Maher of Tipperary, Aaron Gillane of Limerick, Seamus Harnedy of Cork and Joe Phelan of Laois PICTURE: BRENDAN MORAN/SPORTSFILE

JEROME O'CONNELL

joconnell@limerickleader.ie

LIMERICK will learn their All-Ireland SHC semi final opponents this Sunday.

Regardless of the opposition, Limerick star Aaron Gillane is warning of "no walk in the park".

The Patrickswell man represented Limerick at the launch of the All-Ireland SHC series this Tuesday. As Liam MacCarthy Cup holders, Limerick hosted the event in Mungret GAA grounds.

Limerick will play Cork, Kilkenny or perhaps Laois in the Saturday July 27 semi final in Croke Park at 6pm.

"The quarter finals this weekend and the semi finals to follow I'm sure there won't be much in them - we have to brace ourselves for that because it will be no walk in

the park whomever we are playing," insists Aaron Gillane.

Limerick's top scorer has no preference of semi final opponents.

"It doesn't bother me to be honest - I am just happy we have got this far. Whoever we get, hopefully we can topple them but we won't be looking too far forward," said Gillane.

Limerick are now one win from back-to-back All-Ireland SHC final appearances for the first time since 1973/74.

At the end of the month, Limerick will appear in successive semi finals for just the second time ever.

"When you set out at the start of the year with all the tough training, you are working so hard and the reward is to get to Croke Park," said Gillane.

And, the target is to reach back-to-back finals for the first time since 1973/74.

"We have one foot there now and we want to push on and put in a good display for ourselves come July 27. There is still loads to do - there is still a long time to go yet," he warned.

"We have the next two to three weeks to get ourselves in good shape and really attack the semi final."

Gillane insists that Limerick are going to rest on their Munster title success.

"The management team aren't foolish or either are the players and no one was over the top in the celebrations - we are only mid-way through the year. Munster is done and dusted now until next year so we are looking forward to the All-Ireland semi final in two or three weeks."

Limerick go back to Croke Park as All-Ireland, Munster and League champions - the first time in 82 years.

"I think it means a lot to the people of Limerick to have the three major trophies here at once. I suppose you have to celebrate these achievements because they don't come around too often but at the same time you don't want to go over the top - we had a day or two to remember what we were after doing but after that you would be mad to get back training and kick on again."

He added: "You play to win - I don't see what you would play something not to win. We didn't come back and sit down at the start of the year and say we are going to win this, this and this - we take every match as it comes and we just try win every match

and kick on from there and hopefully it leads you to a good place".

Would Gillane have taken an All-Ireland SHC semi final spot last January?

"I would have taken that of course but it is nice to come along the way and win the League and Munster - you try and win as much as you can, when you can because you play this game to win."

In 2018 Limerick played Carlow before the quarter final v Kilkenny, but went the direct route this season.

"Last year the extra match helped us so I can't fault the route we went last year. I am not sure it will make much of a difference because I am sure we will have plenty in-house matches and they are just as competitive as an All-Ireland quarter final," said Gillane.

Golf

More stars confirmed for JP's ProAm

LEADER REPORTER

sport@limerickleader.ie

WITH just a year to go to the 2020 version of the JP McManus ProAm, the tournament organisers have announced four more stars that will tee it up at the famous Limerick course.

Joining the already confirmed stars such as Tiger Woods and Phil Mickelson will be Dustin Johnson, Matt Kuchar, Rafa Cabrera-Bello and Graeme McDowell.

Johnson is the current number two golfer in the World, second only to Brooks Koepka. Matt Kuchar, also an American Ryder Cup star is currently number 13 in the World, boasting an impressive 9 US Tour wins.

The American duo will be joined European stars Rafa Cabrera-Bello and Graeme McDowell. Cabrera-Bello, the 35 year old Spanish star, has won five times on the European Tour and is sure to attract large galleries in Adare.

Another crowd favourite is Ireland's Graeme McDowell. The Northern Irish major winner is 39 now and joined the tour back in 2002. The University of Alabama graduate is from Portrush, the home of this year's Open Championship.

Once again, charitable organisations in the Mid-West will benefit from the Pro-Am, with millions raised since the event was first held in 1990.

Pro-Am ticket caps are currently priced at €50, which admits holders to both days of the tournament.

Tickets for the 2020 JP McManus Pro-Am are on sale from jpmcmanusproam.com

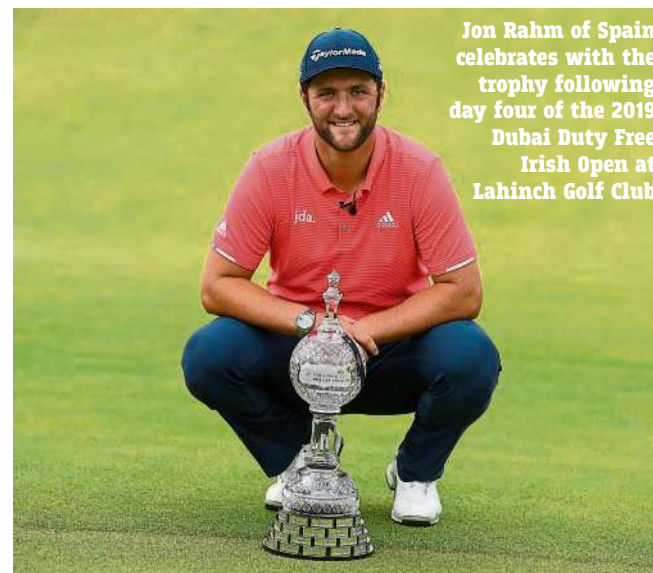


Dustin Johnson set for Adare

DUBAI DUTY FREE IRISH OPEN GOLF



Shane Lowry, right, of Ireland with Limerick hurler Cian Lynch, centre, and Clare hurler Shane O'Donnell during the Pro-Am round ahead of the Dubai Duty Free Irish Open at Lahinch Golf Club



Jon Rahm of Spain celebrates with the trophy following day four of the 2019 Dubai Duty Free Irish Open at Lahinch Golf Club

Rahm wins his second Irish Open at Lahinch GC



All smiles: Jon Rahm of Spain and tournament host Paul McGinley, right, with the trophy following his victory on day four of the 2019 Dubai Duty Free Irish Open



Jon Rahm and his fiancée Kelley Cahill with the trophy following his victory



Former Leinster and Ireland rugby player Shane Byrne left, with Former Munster and Ireland rugby player Keith Wood during the Pro-Am



Keeping score: Gerry, right, and Noel Clancy, from Limerick, during day one of the 2019 Dubai Duty Free Irish Open at Lahinch Golf Club



One Direction: Niall Horan pictured on the Pro - Am day of the European Tour Irish Open in Lahinch Golf Club



Irish businessman and racehorse owner JP McManus, left, with Robert Karlsson of Sweden during the Pro-Am

JON RAHM was crowned the champion of the 2019 Dubai Duty Free Irish Open in Lahinch Golf Club, following a thrilling final day of action at the stunning Co. Clare venue.

The Spaniard shot a 62, much to the excitement of the 20,477 sell out crowd who attended on final day. A total of 86,793 spectators attended the exciting tournament over the five-day event which was hosted by Paul McGinley.

This is the fifth year that Dubai Duty Free has been the title sponsor of Ireland's biggest sporting event, and the world's largest airport retailer have committed to backing the tournament until 2022.

Speaking after the final presentation was made on the 18th green Executive Vice Chairman and CEO of Dubai Duty Free, Colm McLoughlin, said;

"That was another fantastic edition of the Dubai Duty Free Irish Open, and Jon Rahm is a worthy winner. I would like to thank the people of Co. Clare for their warmth, hospitality and engagement in this tournament which we are delighted to call The Dubai Duty Free Irish Open.

"This has been a wonderful week of sport, festivity and fun, there were massive crowds and a fantastic atmosphere both at the golf and in the village. Coming to this part of the world is like a homecoming for our operation as Shannon Duty Free was the very first Duty

Free in the world, so County Clare has a very special place in our hearts.

"I would also like to thank and congratulate Paul McGinley, Lahinch Golf Club, the European Tour, Clare County Council, the local community and all who worked so hard and partnered with us to make this tournament so special."

The 2019 Dubai Duty Free Irish Open got off to a spectacular start on Wednesday as stars of the celebrity and sporting world played in the Dubai Duty Free Irish Open Pro-Am competition which kicked off the tournament. A total of 50 teams played the stunning Lahinch Golf Course, in Co. Clare.

Well-known faces spotted on the course were Niall Horan, former Taoiseach Enda Kenny, actor James Nesbitt, former Boyzone star, Keith Duffy and Brian McFadden formerly of Westlife.

Sports stars who played included All-Ireland winning Limerick hurler, Cian Lynch, Kerry footballers Tomás Ó Sé and Kieran Donaghy, Clare hurler, Shane O'Donnell, Joe Canning, Davy Fitzgerald, Olympic silver medallist, John Treacy, rugby players Paul O'Connell, Shane Byrne, Keith Wood, and Luke Fitzgerald, and horse racing legends Ruby Walsh and AP McCoy.

For more see #LLSport

**SPORT
SNIPPETS****PODCAST**

There is no Limerick Leader Sports Podcast this week as the Limerick Leader is on the move. (Just next door)

Make sure to keep an eye on social media using #LLSport to see when we are back.

**Report shows
Horse Racing's
value to Mid-West**

The horse breeding and racing industries generate an economic return of almost €110 million per annum in counties Limerick and Clare, and support over 1,200 jobs.

These are the headline findings of a new Regional Economic Impact Study conducted by Horse Racing Ireland and Deloitte, which is published this week and highlights the economic reach of the industry in the Mid West.

The Breeding sector is the primary contributor to the direct economic impact of the industry in the region.

More than 400 breeders are registered in Limerick and Clare with a broodmare population of approximately 830.

There are around 40 trainers in the region with some of the best-known being Cheltenham Festival and Royal Ascot winning trainer Charles Byrnes, Enda Bolger, Eric McNamara, Richard O'Brien and Brian McMahon.

Point-to-pointing is particularly strong in Limerick and Clare with Patrick Hasset and John Gleeson among the best-known handlers.

Limerick racecourse, just outside Patrickswell, is a hugely popular facility, and staged the first Grade 1 race in its history last December.

The track hosts one of its biggest meetings of the summer this Saturday, when the Galway Races Galway Plate Trial Handicap Chase takes place.

**Lee wins in
Tipperary**

Billy Lee was the big winner on the Flat at Tipperary on Thursday where he took the Listed Coolmore US Navy Flag Tipperary Stakes on the visiting Strive For Glory. Backed into 9/4 favourite, he accounted for the Joseph O'Brien-trained Air Force Jet by three parts of a length.

Fifth plays sixth as Limerick FC travel to Bray

ANDREW CUNNEEN
SPORT@LIMERICKLEADER.IE

LIMERICK FC TRAVEL to the seaside to tackle Bray Wanderers on Friday night as they look to hang onto the sides in the playoff positions.

Tommy Barrett's charges have overachieved considerably this season, given both the resources at hand and the turmoil off the field. They sit just three points off the top four.

'The Blues' will make the familiar trip up the M7, but in an unfamiliar state. For what is potentially the first time in the club's history, Limerick will possess a fully amateur squad, after the last professional at the club, Tommy Holland, departed last week.

With no professionals left on their books, it means that the PFAI can have little to no involvement in Limerick's affairs, as they have done in previous years when trouble has arisen.

But while they may not be professional on their deals, they certainly are professional in terms of their

performances and their manager will be hoping that continues this week, as their slim playoff hopes remain for now.

Into the third series of games, these teams have faced off twice already, with Bray and Limerick claiming a win apiece.

Joe Doyle and Paul Keegan scored the goals that handed the Wicklow club all three points back in March, while a late Shaun Kelly strike won the day for Limerick only two months ago.

Despite recent departures, Limerick will go into this game with a clean bill of health after Shaun Kelly overcame an illness to set up Kieran Hanlon in their 3-1 win over Longford last Friday night.

Goals are still tricky for them to come by, as their 22-goal tally is the third-lowest in the division – only behind Galway (20) and basement side Wexford (16). However, they have been able to rely on their sturdy defence to land them points.

Kick-off at the Carlisle Grounds in scheduled for 7.45pm.

#LLSport



Under the watchful eye of his manager, Tommy Barrett, Limerick FC's captain Shaun Kelly takes on the Longford defence

Limerick handed tough away draw to Cobh in FAI Cup first round



In attendance at the FAI Cup draw on Monday were, from left, Garrett Brennan, Group Digital Editor, Extra.ie, Stephen Kenny, Republic of Ireland U21 Manager, Noel Mooney, FAI General Manager for Football Services and Partnerships and Donal Conway, FAI President

LIMERICK FC face an away trip to Cobh Wanderers in the opening round of the FAI Senior Cup.

The tie, to be played on the weekend of August 11, will be played at the home of the Munster Premier League side, Oldchurch Park.

The current holders of the Cup are Dundalk who defeated Cork City in last season's final.

DRAW IN FULL:

UCD v Letterkenny Rovers
Shamrock Rovers v Finn Harps
St. Patrick's Athletic v Bray Wanderers
Cobh Wanderers v Limerick

Maynooth University Town v Waterford
Lucan United v Killester Donnyrne
Bohemians v Shelbourne
Cabinteely v Cork City
Cobh Ramblers v Dundalk
Crumlin United v Malahide United
Collinstown v Galway United
Longford Town v Athlone Town
Glebe North v Sligo Rovers
Derry City v Wexford
St. Michael's v Glengad United
Drogheda United v Avondale United

Home tie for Ladies Football

THE Limerick Ladies Footballers play in LIT Gaelic Grounds this Saturday for the first time since 2016.

The 2018 All-Ireland junior champions play Kildare in the opening round of the 2019 All-Ireland Intermediate Championship at 2pm.

Limerick have three group games but will be away to Down and Sligo in the next two games.

All-Ireland junior champions in Croke Park last

Summer, John Ryan's Limerick will be looking to regroup after losing both games in the Munster IFC to Clare and Tipperary.

It's going to be a busy weekend of championship action for Limerick's three dual players. Rebecca Delee, Roisin Ambrose and Niamh Ryan are all likely starters for both the Limerick ladies football and camogie teams that have games this weekend.

On Sunday (2.30) in Kenny

Park in Athenry, Limerick play Galway in their rescheduled All Ireland Senior Camogie Championship. The game was postponed last Saturday after members of Declan Nash's side took ill.

Limerick have beaten Offaly and Wexford in the opening rounds of the camogie championship. Limerick are all but guaranteed a quarter final spot but after Galway still have to play Kilkenny.



The Limerick camogie bench during their clash with Wexford

ON THE BALL

“Limerick to the core...”

DONN O'SULLIVAN

Limerick FC manager Tommy Barrett who has performed so well under difficult circumstances



Barrett has been the constant amid the chaos

The title of a recent column I wrote was 'Success is different things to different people' The piece about mainly about Jurgen Klopp, but in essence it can be applied to anyone in sport.

The piece was published the week before the Champions League final and it was based on the opinion that Liverpool had to win that final for their season to have been deemed a success.

There are different expectations with different teams and success is often measured by just trophies. That is how I

measure success, but that is a personal opinion.

The piece then got me thinking. Who out there, in the World of sport is a success, but may not have the silverware to match.

My thoughts wandered from Eddie Brennan at Laois, to Andy Friend at Connacht, to Billy Lee with the Limerick footballers. However the one person who is doing a stellar job, very much under the radar, is Limerick FC's Tommy Barrett.

The Limerick FC coach was appointed in January 2018. Over a year on from that press conference

in UL, Barrett has seen his side relegated from the Premier Division. He has seen the club move from a professional outfit to an amateur one and he has seen most of his top players head for the exit door.

Amid the utter chaos that is Limerick FC, there has been one constant. Tommy Barrett.

The manager has carried himself with such poise and honesty that I feel he should be getting more credit than he is currently being afforded.

This week Robert Reid, a football journalist and technical

analyst, published a graph based on the expected points (24) and the actual points (32) Limerick FC have from their opening 19 games.

Even the stats prove that Barrett is overachieving. This feat is made all the more remarkable when you look at the players that have left the club in recent weeks, Connor Ellis and William Fitzgerald.

Losing Shane Duggan at the start of the season was also another blow. The captain was a strong voice in the dressing room and they are not easily replaced.

Against the backdrop of losing players, losing a captain, losing full

time players, players (rightly) threatening strike action and dwindling home attendances (due to off field issues disenfranchising the fans) Barrett has kept the show on the road with hard work, a love for the job and his club and the honesty that only comes from a situation like this.

Yes there are plaudits for the winners of trophies, but sometimes we have to look outside the box (myself included) to see that success might just be the same for Klopp winning the Champions League, as it is for Barrett get his team out every week.

JEROME O'CONNELL

Semi final fixture not ideal for all but Limerick fans wont be found wanting

A Saturday 6pm fixture isn't ideal in Croke Park for Limerick's All-Ireland SHC semi-final.

The great benefit of stand-alone hurling semi finals is that they are unlikely to be 82,000 sell-outs and therefore tickets will be available and both family and group ticket offers will go on sale next week.

But a 6pm throw-in has raised eyebrows – especially among those that were hoping to bring young kids to Dublin for the July 27 semi final.

The reality is, families are most

unlikely to be able to attend an All-Ireland final so the semi final is a big opportunity.

Transport concerns and the late start have added logistic concerns for families. The last train out of Dublin appears to be 9pm but perhaps Irish Rail may yet facilitate

Throw in time not ideal for Limerick fans in Croke



supporters with a special train when the semi final opponents are confirmed.

The Limerick minors will of course provide the curtain-raiser at 4pm so plenty to look forward to for those from Shannonside.

An afternoon start to the senior tie might appeal more to those from Limerick

but that too brings it's own difficulties in a busy Dublin on Saturday afternoon – of course television scheduling most likely had an input too.

All that said, we are in no position in Limerick to take success for granted and I've no doubt the green army will be in Croke Park in large numbers.

Time after time Limerick have spoken of the value of their big support and especially when it comes to Croke Park and with extra time on the opposition, I'm sure hotels have been

snapped up already by those in green.

Limerick will be playing in back-to-back All-Ireland SHC semi finals for just the second time ever and bidding to reach back-to-back finals for the first time since 1973-74.

Limerick are two wins away from retaining the Liam MacCarthy Cup title for the first time ever and just as the players and management will do their utmost, I'm sure the supporters will so likewise regardless of the 6pm start.

DONN O'SULLIVAN

Limerick remain favourites for back to back hurling titles

The heroics of the Laois hurlers last weekend may have changed the prices for this season's All-Ireland hurling crown, but there remains only one clear favourite. Limerick.

John Kiely's men await the winners of Cork and Kilkenny (and Laois if the men from the midlands were to upset

Tipperary) in the semi final on Saturday July 27 and the champions are now priced up at 5/4 to win their second Liam MacCarthy Cup in a row.

Laois' hurlers have moved from 2,500/1 into 80/1, however the real 'winners' last weekend in the betting were Tipperary.

Liam Sheedy's beaten Munster

finalists are now the second favourites for the All-Ireland at 15-8.

The Premier men are all but guaranteed to defeat Laois, setting up a semi final date with Wexford on Sunday July 28.

The 'yellow bellies' are priced up at 9/1, fourth in the betting behind the three Munster sides.

Cork, third in the betting at 13-2 are priced ahead of their opponents this weekend Kilkenny, with the 'Cats' at 11/1.

With only six sides remaining, we have certainly reached the business end of the season, with value to be had in the coming weeks on a match by match basis. The bookies though, see only one winner.



Limerick - Favourites to win again

IS THAT ON THE BOX?

Wednesday

TENNIS
WIMBLEDON
BBC1 11AM

RUGBY LEAGUE
NSW V QUEENSLAND
SKY SPORTS 11.10AM

CYCLING
TOUR DE FRANCE
ITV 4/EUROSPORT 12.25PM

SOCCER
SENEGAL V BENIN
EUROSPORT 5PM

SOCCER
NIGERIA V SOUTH AFRICA
EUROSPORT 8PM

Thursday

GOLF
SCOTTISH OPEN
SKY SPORTS 10.30AM

CRICKET
AUSTRALIA V ENGLAND
SKY SPORTS 10.30AM

TENNIS
WIMBLEDON
BBC1 11AM

CYCLING
TOUR DE FRANCE
EUROSPORT 12.25PM

GOLF
JOHN DEERE CLASSIC
SKY SPORTS 6.30PM

Friday

GOLF
SCOTTISH OPEN
SKY SPORTS 10.30AM

CYCLING
TOUR DE FRANCE
EUROSPORT 10.35AM

TENNIS
WIMBLEDON
BBC1 11AM

GOLF
JOHN DEERE CLASSIC
SKY SPORTS 6.30PM

SOCCER
HEARTS V DUNDEE UTD
BT SPORTS 1 7.45PM

Saturday

The Tour De France continues apace



RUGBY LEAGUE
RABBITHOVS V SEA EAGLES
SKY SPORTS 6AM

TENNIS
WIMBLEDON
BBC1 11AM

CYCLING
TOUR DE FRANCE
EUROSPORT 11.25AM

HORSE RACING
ASCOT
ITV1 1.45PM

HORSE RACING
NEWMARKET
ITV1 1.50PM

HORSE RACING
CHESTER
SKY SPORTS 2PM

SOCCER
ST PATS V CHELSEA
CHELSEA TV 2PM

FORMULA 1
BRITISH GP QUALIFYING
SKY SPORTS 2PM

HORSE RACING
YORK
ITV1 2PM

GOLF
SCOTTISH OPEN
SKY SPORTS 3PM

NETBALL
ENGLAND V SCOTLAND
SKY SPORTS 3PM

GAELIC FOOTBALL
TYRONE V ROSCOMMON
SKY SPORTS 5PM

GOLF
JOHN DEERE CLASSIC
SKY SPORTS 6PM

GAELIC FOOTBALL
DUBLIN V CORK
SKY SPORTS 7PM

Sunday

TENNIS
WIMBLEDON
BBC1 11AM

GOLF
SCOTTISH OPEN
SKY SPORTS 12NOON

GAELIC FOOTBALL
DONEGAL V MEATH
SKY SPORTS 2PM

HURLING
CORK V KILKENNY
RTE 2 2PM

GAELIC FOOTBALL
KERRY V MAYO
RTE 1 4PM

HURLING
LAOIS V TIPPERARY
RTE 2 4PM

GOLF
JOHN DEERE CLASSIC
SKY SPORTS 6PM

The second week of Wimbledon will see the silerware handed out, should the rain stay away



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