

LIMERICK'S GREG DREAMING OF MAURA ON **LOVE** **ISLAND**



Rugby star enters the villa on hit TV show - See page 6

Shannon RFC and Ireland Sevens international Greg O'Shea reckons he'll hit it off with star of the show Maura Higgins from Longford

The Wednesday, July 17, 2019 Leader

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UP AND RUNNING Women's mini marathon launched **P4**

PROPERTY See properties from the city, county and the coast in our special supplement **Inside**



NEW RECRUIT Limerick's 'littlest garda' gets special uniform from the local force **P16**



Blues welcome Drogheda to city for crucial clash P53

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Leading Off

Setting the agenda in Limerick



▲ GOOD WEEK
Greg O'Shea
 The Limerick man and Ireland 7s star has reached a whole new audience - on Love Island!



▼ BAD WEEK
UHL
 Breaking the national record in July for people being treated on trolleys is an unwanted distinction



☀ QUOTE OF THE WEEK
 "It's not about being LGBT, it's not about being gay - this is about equal human rights for everybody."
Richard Lynch, Pride Limerick PRO

INSIDE THIS WEEK



LOUISE'S TOP FIVE
 Best music festivals
 Page 51



LOOK AFTER YOURSELF
 Parental self care essential
 Page 44



LIMERICK PAIR JAILED
 Prison for gun offence
 PAGE 17



FRIEND OF EVERYONE
 Tributes to Brendan Grace
 Page 7

Still first with the news 130 years later



This fine bunch of gentlemen were part of the Limerick Leader staff back in 1902



WHAT WE THINK
EUGENE PHELAN
 LEADER EDITOR

CLEARING desks and finding old photos from the past this week further underlined to me the great history of the Limerick Leader.

The paper was founded in 1889 and, this week, we moved a stone's throw away from our O'Connell Street base, around the corner to 29 Glentworth Street.

One of the photos uncovered was that of the

Limerick Leader team in 1902, with what was common place in those days, a male-dominated operation.

There have been great changes since the halcyon days of printing with hot metal, to the computer age that has totally changed the industry.

The method of getting news to the people of Limerick may have changed,

but the job of keeping people informed is essentially the same. Our papers and website continue to thrive with the online operation breaking new records with over one million page views every week, by far the biggest of any provincial paper in the country. Call in and say hello at our new base on Glentworth Street opposite The White House Bar.

WEATHER FOR THE WEEK



WEDNESDAY
 Mainly cloudy with a few showers and a high of 19°C



THURSDAY
 Clouds and sun with a shower and a high of 19°C



FRIDAY
 Periods of rain with temperatures peaking at 18°C



SATURDAY
 Cloudy with a shower or two and a high of 20°C



SUNDAY
 Mostly cloudy with a little rain - temperature high of 20°C



MONDAY
 Rain becoming more persistent with a high of 20°C

WEBTOPTEN

1. Fixture and ticket details for Limerick v Kilkenny All-Ireland hurling semi-final
2. IDA seeks order to move caravans off Limerick site
3. Former England star hits the greens with his woods in Adare
4. Gardai in Limerick appeal for whereabouts of missing man
5. Limerick Golf Course attracted some famous faces over the weekend



Sergio and Angela Garcia and their baby

6. Limerick rugby player enters the Love Island villa - and his heart is set on Maura
7. Limerick men jailed for gun plot to endanger life
8. Local opposition as six-storey student hall planned for Limerick's northside
9. County Limerick minister dismisses rumours that a roundabout won't go ahead
10. WATCH: Limerick hurler stars in new All-Ireland hurling promo video



Tom Morrissey

limerickleader.ie
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MyLimerick

Jo Slade
Poet and painter

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

First, I wake and rise. I like to rise early, in the quiet morning. The sky is blue, my garden is filled with light. It can be any season since every season has its particular beauty. I can see and hear the birds. I sit at my table and write whatever comes into my head.

Later, I go up to my attic studio with a strong coffee and engage with a piece of art I'm working on. In the afternoon I walk, alone or with family or friends. Most precious time is any time among family and friends. The day ends as the sun goes down with a glass of chilled white wine and the ongoing conversation about words and images, beauty and hope.

What's your first Limerick memory?

Standing outside the family home in Lanahrone Avenue, Corbally, watching the removers deliver our furniture to our new home in Ireland. We'd just moved to Limerick from England. My father had always wanted to live in Ireland and his new position in Shannon Airport made that possible. Both my parents lived abroad and had travelled widely during World War II, this had a huge influence on our family. It both enhanced and unsettled our adjustment to our new home place. Limerick was a very different society in the late 50s, it was difficult to integrate and people lacked empathy with immigrants. Thankfully, things have changed a lot and we are much more aware of the importance of empathy with the many diverse people and cultures that have added so much to the culture and economy of our city. These people help us to redefine what it means to be a Limerick person: someone open to difference and change, with a wide vision.

What's your favourite part of the city (or county) and why?

I love to walk the Shannon Fields in Corbally, the beautiful river accompanies you as you walk, it snakes its way through the landscape. The fields look different every day, the sky is wide like a bowl above you, you can see Keeper Hill in the distance and the wild life of the river and fields is always captivating. The walk continues out to the University of Limerick, by Limerick's lovely canals, which could do with some TLC. This area is one of Limerick's most important natural amenities providing a habitat for all kinds of insects. As we are now aware, 40% of insect species are declining and this will undoubtedly influence the planet's ecosystems.

What about a favourite walk or view?

My favourite view? My



granddaughter's face, she throws her unique light on everything and it always brightens my view.

What do you think gives Limerick its unique identity?

The people give the city its unique identity. Their humour and authenticity, their enthusiasm and resourcefulness, their passion...these qualities create an edginess that contribute to its vibrant artistic and social life. It's an ancient city with a wonderful, historic past. It is one of the most westerly cities in Europe built on the Shannon Estuary, the river brings life and takes life. Limerick is a city of spires and bells, of gulls and crows, of ancient ghosts that wander its rifts and stills. All of this combines to form a unique identity.

Do you have a favourite local restaurant or pub?

I love Olios's in Little Catherine Street for a relaxed coffee with friends and Tom Collins' pub in Cecil Street for a drink. Dolan's Warehouse on the Dock Road is a lively bar and restaurant and a brilliant venue for live music events. I've eaten in quite a few restaurants in Limerick and all are good, for different reasons, but Bella Italia Thomas Street make the best minestrone soup, great on a cold day.

How would you describe the people of Limerick?

Authentic. Enthusiastic. Sarcastic. Humorous. Creative. Circumspect. Kind.

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

A state-of-the-art Arts Centre. A beautiful building that looks onto the river with dance and theatre spaces, studios, exhibition space, a communication and design space, cafes, reading rooms, a restaurant...etc The arts humanise us, the arts teach us to empathise, to give expression to our curiosity about life and its meaning. Art gives us hope and feeds imagination. We have the rugby and GAA stadiums, why can't we have a wonderful arts centre that reflects the inherent creativity of Limerick people?

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

The development of a wide and inclusive vision for the city. A vision that includes the marginalised and people from diverse cultures and backgrounds. These people enhance our city, they bring alternative ways of seeing and understanding. Limerick can become a model city that provides for all its citizens in a generous and open way.

FRONT PAGES OF THE PAST

14 YEARS AGO
JULY 23, 2005

Red Tape Holds Up Suburbs Takeover, was the lead story in the paper 14 years ago.

"Because of red tape the Minister for the Environment, Dick Roche will not receive a proposal to enlarge the Limerick city boundary until mid-Autumn-

a year after the report was made public. There were two striking photos; one with Prince Philip who honoured brilliant 20-year-old Limeick student David Valelly, and the other of the Irish slimmer of the year pictured eating an apple in the city. He was in Limerick, giving advice after he lost six stone slimming.



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LCCR 'could come off air' if no home is found

NICK RABBITS AT CITY HALL

nick@limerickleader.ie

METROPOLITAN council manager Kieran Lehane says he will intervene personally to try and secure a premises for Limerick City Community Radio (LCCR).

It comes after Labour councillor Conor Sheehan saw a notice of motion passed at this month's metropolitan meeting urging the local authority to make space available for the station, which has

to leave its current base at Sexton Street by the end of July.

Cllr Sheehan, a former volunteer with LCCR, said: "They have been passed from pillar to post and are still looking for their forever home. Limerick Council has a number of vacant buildings which would be suitable for LCCR. They are not asking for much – they need a wheelchair accessible room within the metropolitan area."

He was supported by Fine Gael

councillor Sarah Kiely, who also volunteers at the station.

The station is in the process of renewing its application with the Broadcasting Authority of Ireland (BAI), something Cllr Kiely said could be thrown into jeopardy.

"Unless we get a premises, there is a possibility we will have to stop broadcasting. This will affect the BAI licence application. They are going to find it hard to get a licence if they come off the air. It's a matter of urgency – if we go off the air,

we'll be off for a long to come," she told the meeting.

In a written response, community director Seamus O'Connor said an audit is under-way for facilities for community groups.

However, members argued time is off the essence here – and the point was made that this issue has been raised at council several times before.

It was on this basis Mr Lehane decided to intervene.



Former community radio volunteer Cllr Conor Sheehan



Celebrating the launch of the Cook Medical Women's Mini Marathon at the Strand Hotel, Limerick were Angela Moloney, Cook Medical, Mayor of the City and County of Limerick, Michael Sheahan and Laura Ryan, Limerick City and County Council

Thousands expected for Mini Marathon

Women's Mini Marathon: Celebrates 21st birthday

RYAN O'ROURKE

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AROUND 3,000 people are expected to take part in this year's Cook Medical Women's Mini Marathon.

This year marks the events 21st birthday, as well as being the fourth consecutive year of Cook Medical's title sponsorship, with further sponsorship confirmed until 2021.

Angela Moloney, director of Ethics & Compliance, EMEA, at Cook Medical said: "We're proud to be part of such a long-standing event that celebrates the women of Limerick and encourages people to improve their health and fitness.

"We are trying to get as many women as possible out on that road on September 29. Hopefully we will have close to 3,000, but I am hoping we will break the 3,000 mark this year. With all the branding we have on offer this year, I think we might do

it," Ms Moloney added.

The event kicks off at 12 noon on Sunday, September 29 at the University of Limerick Sports Arena.

Participants of all ages will run, jog, or walk the 5 km and 10 km courses while raising funds for personally chosen charities in Limerick, the Midwest and nationwide.

Race Director John Cleary said:

"I have been involved over the last six or seven years. It is an iconic event now for Limerick. We will have around 3,000 participants. So it's a huge event for the local charities. It has gone from strength to strength. The 21st year of this event is a significant milestone.

"We are looking

forward to seeing women of all ages and abilities taking part on Sunday September 29."

To register for the Cook Medical Women's Mini Marathon, visit limerickminimarathon.com

"At Cook Medical, patient care, health and wellness are at the core of all of our work. To maintain good health and a balanced lifestyle that incorporates regular exercise is

important, and we're delighted to support and encourage general fitness and well-being among the local community and beyond," said Angela Moloney

"We're proud to be part of such a long-standing event that celebrates the women of Limerick and encourages people to improve their health and fitness," she added.

3,000 people are expected to take part this year's event

Mayor of Clare takes swipe at Shannon Group

REBECCA LAFFAN

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THE MAYOR of Clare has launched a scathing attack on Shannon Airport for its no show at the Irish Open Golf in Lahinch saying it was a "gigantic missed marketing opportunity."

The Meelick councillor Cathal Crowe has also hit out at the airport for not being invited to their 80th birthday celebrations.

Cllr Crowe delivered a speech at a special council meeting this week in which he critiqued the Shannon Group, stating that it "must do better to improve its working relationship with this County Council."

Mary Considine, Acting CEO of Shannon Group was in attendance at the meeting, held at 3pm, this Monday July 15. The Fianna Fáil councillor said an estimated 500 million people all over the world "had their eyes fixed on Lahinch" during the Irish Open describing the event as "very much open, fertile ground for Shannon Airport to market itself as the gateway airport to the West of Ireland."

"But low and behold, Shannon Airport had no presence at Lahinch during the Irish Open the airport only posted one lack-lustre tweet about the event that got 10 likes and 3 retweets."

"This will go down as a gigantic missed marketing opportunity for our local

Airport."

The mayor also commented that the airport's "marketing infrastructure" doesn't exist", adding: "signage for the airport is limited and promotional billboards can only be found in a 10 mile radius of the airport."

"American travel agents are perpetually pushing the case for flying into Dublin. The mantra very much seems to be – 'Fly into Dublin and get the bus to Clare and the



western part of Ireland". What

is Shannon doing to combat this?" he asked of the Shannon Group.

The irate councillor described his disappointment at not being invited to the airport's

80th anniversary event.

"It was disappointing that the airport held a significant event just last week to mark the 80th anniversary of its operations and didn't invite the Chief Executive Pat Dowling, Cllr. Gerry Flynn (Chairman of the Shannon District) or myself, as Mayor of Clare, to attend."

On the topic of funding, Cllr Crowe stated that he believes that the government are letting down Shannon.

"Our government can and should weigh-in financially behind Shannon but instead they leave it to the airport to self-finance the essential upgrading of its runway and construction of flood defences," he said at the special meeting.

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Everything you need to know about Greg

REBECCA LAFFAN

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LIMERICK BORN and bred Greg O'Shea has joined the villa, and here's everything you need to know about the man who is taking time off the rugby pitch to play a different kind of field.

The 24-year-old was a pupil at Scoil Ide, Corbally, before attending Crescent College Comprehensive, playing rugby in both schools.

His passion and flair for the sport was undoubtedly passed down from his father's family, who he has described as being "fanatical Shannon RFC people", with Greg himself playing for the club from the young age of seven.

Having joined the Munster Rugby Academy aged 18 in 2013, Greg had already represented the team as an U-18 player, as well as playing for Ireland U-18 for two years.

Greg studied law in the University of Limerick during his time at the academy, with hopes of becoming a solicitor upon retirement.

Greg suffered a severe injury to his Achilles after falling off a bicycle in Montauk, New York in



Greg has played rugby for his province and country

2015 - an injury which he was told would set him back a year.

Despite this, the Munster Academy gave the then-20 year old another shot, and extended his contract by another year, though his chances for playing senior were dashed.

However, all was not lost for Greg - the IRFU reached out to him about joining their Sevens programme not too long after this set-back, and he jumped at the chance.

The team finished third at the Rugby Europe Olympic Qualifier in France over the weekend, meaning the team are set to go into the World Repechage Qualifier next year - the winner of which will take the final spot at the Olympics.

Greg is expected to return to the rugby field in late August.



The 24-year-old joined the Love Island villa in Majorca on Tuesday night after playing in an Olympic qualifier at the weekend. The Limerick man has already spoken of his attraction to the Irish star of the show Maura Higgins saying 'she's very naturally funny and she's gorgeous'

Limerick's Greg lands on the Love Island villa

Love Island: Corbally man has sights (and heart) set on Maura

REBECCA LAFFAN

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A LIMERICK man has entered the Love Island villa - and he's set his sights on the one and only Maura.

Greg O'Shea is one of the show's latest contestants looking for love, and says he expects to "hit it off straight away" with the Longford model.

The 24-year-old professional rugby player, who entered the villa in Majorca on Tuesday night, said "Irish people bring a different edge to the villa."

When asked who he has his eye on, the former Munster Academy player said: "I need to get in the villa and see what the story is and who is good craic!"

"I'd say me and Maura will hit it off straight away, being two Irish people and she's hilarious. She's very naturally funny and she's gorgeous as well so you never

know."

Speaking to The Leader this Tuesday, Greg's dad Niall says his son originally applied for the show as a "prank or a dare" between friends, and declined offers to go on the show until he finished up with the Sevens team.

"I was hoping to get phone calls about the Sevens team - not about my son going on Love Island," he laughed.

"I don't know how he'll get on, I've never watched it so it'll be a first for me," Niall said, "I guess it depends on how it is portrayed, you just don't know."

Greg's father added: "We had a bit of a crash course on Love Island last night, who is who and who is with who and all that."

Speaking of the other contestants in the villa, older sister Laura said: "They all seem lovely, Maura seems like a bit of craic. We'll just have to see - there's a lot of



I'd say me and Maura will hit it off straight away, being two Irish people and she's hilarious.

GREG O'SHEA

women in there and he's not afraid to put himself out there."

Laura described the shock that has come as a result of her youngest sibling's sudden rise to TV stardom: "He's the baby of the house, big and bold but yes - he's the baby. A lot of people thought it was a joke, to be fair. When we saw his phone was off we realised it was real."

Overnight on Monday, Greg had gained over 18k Instagram followers since the announcement was made.

The full-time Irish Sevens player has been single for the past year after coming out of a serious relationship and is hoping to get his faith in love restored again. He said: "I've always been a one girl kind of guy... If I see a girl I tend to fall for her hard. Hopefully that can happen again. After my last relationship I lost my faith in love so hopefully going into the villa can get my belief in love back."

'He was a friend of everybody'

Tributes: Grace was considered a 'local' in his adopted home

REBECCA LAFFAN
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THE RECENT passing of comedian Brendan Grace has been met with "shock" from the locals of Killaloe, which was just across the bridge from his adopted home of Ballina for a number of years.

The Dublin-born entertainer passed away from a short

illness aged 68 on July 10, and had been in hospital in recent weeks receiving treatment for pneumonia, while also receiving care and treatment for cancer.

Brendan owned the Brendan Grace Pub which was located on Main Street in Killaloe for several years, before closing for business in 2011.

Though run by daughter

Amanda and her husband, Brendan himself was a familiar and welcome figure in the village.

"He was a very prominent person on the street - but he was a friend of everybody in Killaloe," a local has said.

"People here are shocked, everyone in Killaloe would have known him, he was a friendly man," they added, "he shopped locally, got

his hair cut in the local barbers - he was a local."

Pat Reddan, who owns Reddans Pub which neighboured Breandan's own pub when it was up and running recalls Brendan fondly: "He was a great character, and always had great things to say about everyone. He was always telling jokes, the craic would be had when he was around you know?"



The late Brendan Grace

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Fergal Deegan, thanking everyone for taking part in the Limerick Leader Cycle to Kilkee in 2018

Leader Cycle proving popular

OVER one hundred cyclists from all over Limerick are expected to take part in the annual Limerick Leader Charity cycle.

The cycle will go from Limerick to Kilkee. It will start at 9.30am on Saturday, September 7.

Registration at the Clayton Hotel from 8.30am. The registration fee is €40 with sponsorship cards also

available.

If participants raise over €200, their B&B stay will be covered.

The route is as follows: Clayton Hotel - Dock Road N69 - Mungret Village - Clarina - Kildimo - Askeaton - Foynes (stop for refreshments) Glin - Tarbert - Ferry Crossing to Killimer - Killimer - Kilrush - Moyasta - Lisdeen (Group Stop) - Kilkee -

Kilkee Bay Hotel, Finish.

This year, the cycle will raise funds for the Limerick Lourdes Invalid Fund and Cliona's Foundation.

The cycle also includes a marshaled route with motorbike outriders, first aid ambulance, and a bike mechanic service will be available.

Government has yet to allocate homes funding

Housing: Minister slammed over 'scandalous' delay to money

NICK RABBITS AT CITY HALL
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THE Department of Housing has not yet released money to Limerick Council to help with the redevelopment of empty houses this year.

It emerged at this month's metropolitan district meeting that, despite it being more than mid-way through 2019, its funding to repair and make derelict homes suitable for habitation again had not yet been received from government.

Limerick City and County Council is looking for €1.6m to tackle some of the 110 vacant properties across Limerick to make them available to people on the housing waiting list.

The news, disclosed by metropolitan manager Kieran Lehane, was described as "scandalous" and "shocking by councillors".

"I'm shocked by this," said Sinn Féin councillor John Costelloe.

Fianna Fail councillor Kieran O'Hanlon added: "It's scandalous the department has not allocated funding. We hear Minister [Eoghan] Murphy when we can find him, and he tells us we have loads of money. But the department is sitting on its ass here. It's disgraceful."

He also slammed Mr Murphy for seemingly blaming local authorities for low progress in building houses - when his own department has not provided funding for repair work.

The news of the funding delay came off the back of a motion from Labour councillor Joe Leddin, who called for the council to employ suitable qualified tradespeople to speed along the completion of maintenance works in council-owned homes.

"I have come across a number of

homes owned by the council, and they have been left idle for 12 months and counting. We are consistently dependent on private trades people. When I came on to the council, we had local trades people. Now we are dependent on private contractors who are often too busy," he said, "It's an appalling indictment from the council nothing is happening."

In response, Mr Lehane said the authority is trying to prioritise a faster turnaround of properties.

Tackling voids - which are vacant houses in need of repair - takes time, he said and requires a lot of investment.

He admitted he gets frustrated because in the past he could deal with housing matters at a local level - now most applications need to be done on a national basis.

Frustration: Kieran Lehane, Limerick Council

PICTURE: KIERAN RYAN-BENSON



Support Milford Hospice Harvest Fair 2019

REBECCA LAFFAN

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Milford Care Centre is inviting the communities of Clare, Limerick and North Tipperary to attend this year's Harvest Fair, on Sunday, September 1 at the University of Limerick.

This September's fair marks the 34th year of this popular charity fundraiser, which attracts huge public support annually.

Proceeds will be used to support Milford's comprehensive specialist hospice services, both within the Mid-West's new and enhanced state-of-the-art hospice in-patient facility at Milford or its well-known community and home care services operating from bases in Limerick, Ennis, Newcastle West, Nenagh and Thurles.

Milford Hospice Chief Executive, Pat Quinlan, has urged the public of all ages to attend, stating: "The services provided by Milford are very much person centred and last year we cared for over 1,700 individual palliative patients from across the mid west and also supported many families at a very difficult and challenging time in their lives.

"Our aim at all times is to deliver services of the highest quality to the people of the mid west, which is no less than they deserve. The new hospice in-patient unit has been in operation for over a year and during that period we have witnessed a significant increase in bed occupancy levels so, therefore, the need to actively fundraise remains a priority.

"In this context fundraising events such as the Harvest Fair play a pivotal role in supporting the continuation and development of much needed specialist hospice services," Pat added.

Full details of the Milford Hospice Harvest Fair programme will be announced shortly, but key elements of this year's event will see many stalls, while patrons can also enjoy perennial favourites such as the wheel of fortune, childrens' fun activities, food court, and live music.

Call 061485859 for more info.



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By order of the Minister for Housing, the Local Electoral Areas (LEAs) of Limerick City North and Limerick City West were designated Rent Pressure Zones, under S24(a) of the Residential Tenancies Act 2004.



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Comments from online readers

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



UHL IN CLEAR CRISIS SAYS O'SULLIVAN AFTER WEEK OF MAJOR OVERCROWDING

Myra O Muirgheasa

Her memory is very short, it was only a few weeks back Jan o sullivan and willie o dea sat on the fence re no confidence vote in Simon Harris!!!!!! That's where her voice should have been



Nick Roche

The blame games go on and still it's happening but hey don't worry the beds are on the way sometime next year or maybe the year after what a joke

Noreen McNamara

Did she come out of a coma

LOCAL OPPOSITION AS SIX-STORY STUDENT ACCOMMODATION BLOCK PLANNED FOR CITY

Foncie Meehan

Don't see the issue with it, what kind of an objection is elderly in the area??? Isn't there elderly in all areas??? Students from LIT need accommodation why not here!



Amanda Wiper

Place is an eyesore and would take thousands and a lot of effort to make it a viable business. Knock it and do a student village - probably the best use of good land near the city centre.

LIMERICK MAN ENTERS LOVE ISLAND VILLA AND HIS HEART IS SET ON MAURA

Dave Stack

Apparently he was seen over the weekend getting the green bus with a load of penny's bags. Best of luck kid



Brian O'Connor

hoping to get his faith in love restored again* on love island oh ya for sure

Jamie Fitzgrade

Any chance of a Tsunami lads. Like actual one

Liam Hoare

Will start watching it now

MUNSTER RUGBY CONFIRM PRE-SEASON FRIENDLY WITH LONDON IRISH

Billy Madden

Munster Rugby has provided some fantastic role models over the years and has always been very cognisant of how their actions impact on their community and particularly young people. That is why it is so disappointing to see them entertaining London Irish and providing a possible platform for the rehabilitation and return of an individual to these shores who, to put it mildly, is a poor role model.



Tara O'Shea Robinson

Very, very disappointing move by Munster. This makes me wonder what thought they have for their supporters, especially women - who were horrified by the outright misogyny displayed by Jackson and co. Not much by the looks of it.



Florence Vere O'Brien's granddaughter Veronica Rowe donates a collection of Limerick Lace to the Limerick Museum. Photographed at a reception to mark the family's donation in the Hunt Museum were Prof Vincent Cunnane, LIT president, Veronica Rowe, Gilbert Little and Dr Matthew Potter, Limerick Museum PICTURE: KEITH WISEMAN

National credit is L-Ace for the city

Lace: Heritage production added to cultural register

NICK RABBITTS

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LIMERICK lace is to be included in a national inventory of Ireland's important cultural heritage.

This week, the National Inventory of Intangible Cultural Heritage will be launched in Dublin – and Limerick lace will be included as an item of huge cultural importance which has been passed down from generation to generation.

Dr Matthew Potter, curator of Limerick City Museum will represent Shannonside in Dublin this Thursday at the launch of the scheme.

He said: "We're delighted with this honour for one of Ireland's original international brands. Successful

applicants to the national inventory may also consider seeking nomination by the State for inscription on the Unesco representative list of the Intangible Cultural Heritage of Humanity, to which the State is entitled to make one nomination every year so hopefully Limerick Lace may become Unesco recognised in the years ahead."

Only a small number of other Irish items have made the list so far – including Uilleann piping, hurling and Irish harping - so it's a big coup according to Dr Potter.

It's been an eventful month for Limerick Lace as the official handover of the iconic Florence Vere O'Brien collection to Limerick Museum also took place.

The handover, which took place at the Hunt Museum, was attended by Dr Potter as well as Deputy Mayor of Limerick City and County, Cllr Gerard Mitchell and Veronica Rowe, the granddaughter of Florence.

Limerick lace marks its 190th anniversary this year. Dr Potter added that the collection is as rare as it is beautiful.

"It is a wonderful privilege to accept this wonderful collection, generously donated by Veronica Rowe in honour of her grandmother Florence Vere O'Brien, whose contribution to the lace industry is immeasurable."

The collection is one of the largest in private ownership. It consists of 52 pieces of lace, 109 lace patterns, one sample book and six certificates.

Retrofitting talk for homes and businesses

AN information session about retrofitting houses and businesses will take place on Tuesday, July 23.

The event is being hosted by Tait House Community Enterprise, working in collaboration with the Tipperary Energy Agency.

This information session comes

on the back of the recent Climate Action Plan which was announced by government last month.

The retrofitting delivery model will group retro fits together, support the leverage of smart finance and ensure easy pay-back methods to fast track delivery of the

Government's ambitious targets – one of which is the installation of 400,000 heat pumps in existing buildings by 2030.

This event is free to attend and takes place at Tait House Community Enterprise, Collins Avenue on July 23 at 6.30pm.

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LEADER CRIME BRIEFS

BY DAVID HURLEY



Four males flee scene of burglary in Monaleen area

GARDAI have launched an investigation into a burglary in which a "large quantity of jewellery" was stolen from the house in Limerick city on Friday morning.

On the morning of July 12, at around 11.30am, an unoccupied home in Monaleen was broken into.

Garda Eoghan Linnane, of Henry Street garda station, said that a large quantity of jewellery was stolen from the house.

"Witnesses observed a grey Audi estate car leaving the scene with four males on board shortly after the break in. It was travelling in the direction of the Dublin Road



Four men fled the scene of the burglary on Friday

from the Monaleen Road area of Castletroy.

"Gardai believe the registration plates on this vehicle were cloned. The registration plate was a 2007 County Laois registered Audi. Again anybody with any further information is asked to contact Gardai at Henry Street Garda Station on 061-212400," he said this week.

Man suspected of burglary in city wore high-vis jacket

A MAN suspected of breaking into a house on Father Russell Road last week was wearing a high-vis jacket with "Gas Media Reading", gardai have said.

Garda Eoghan Linnane, of Henry Street, said that when a homeowner found their house burgled after the alarm had been activated between 7.30am and 11.10am on Friday.

Entry and exit was gained through the front window.

The suspect is described as being between the age of 30 and 40 years old, tight fair hair, heavy in build with sallow skin." Anyone with information is encouraged to contact Roxboro Road on 061-214340.

Gardai issue warning over cash scammer in shops

GARDAI have issued a warning to shop assistants in Limerick city over scammers who attempt to siphon cash while changing notes at the counter.

Gardai at Roxboro Road and Henry Street have launched an investigation into two incidents at a store in Dooradoyle and a shop in the city centre.

The customer with a large quantity of €20 bank notes requests that the shop assistant change the cash to €50 notes. The shop assistant then counts out the money and hands it to the customer. The



Gardai have issued a warning to businesses

customer will then change their mind when the money is handed to them and use a distraction tactic with the shop assistant. They hand the money back to the shop assistant, get the cash that they originally handed in back, but syphon some of the €50 notes they were handed and quickly place the stolen cash in their pocket.

Bogus tradesmen advice

GARDAI have issued advice to members of the public who may be contacted by bogus tradesmen offering to do work on their homes. Inform them that they never employ "cold callers" and ask for a sales brochure or documentation to help verify their service as credible. Never leave strangers, even bona fide workers, unsupervised in your home. For more advice, visit Limerick Leader website.

Limerick GAA make history marching in Pride Parade



Over 3000 people lined the sunny streets of Limerick city in what was the largest Pride parade on-record, in a colourful celebration of LGBT culture PHOTO: BRENDAN GLEESON

PRIDE: Thousands take to the streets in Limerick city

REBECCA LAFFAN
rebecca.laffan@limerickleader.ie

LIMERICK'S biggest Pride Parade on-record took place on Saturday with Limerick GAA showing support for the LGBT community..

This was Limerick's 12th annual Pride Parade with the Limerick county GAA board making history with participation for the first time.

Paul Foley, Munster GAA council delegate says: "We're delighted to be here. There are LGBT members in every club in Limerick, in every club in Ireland.

"We're here to show solidarity, and to show that we care," Paul continued, "there are young people who are just trying to come to terms with that in every club, and we want to say that we understand, and above all it's a gesture of inclusion."

Three thousand people of all ages lined the streets in what was Limerick's most colourful and jubilant parade to date, celebrating lesbian, gay bisexual and transgender (LGBT) culture.

"The parade keeps on getting bigger every year," said I Love Limerick's and Limerick Pride PRO Richard Lynch, "our theme this year is Limerick World Pride."

"This year is the 50th anniversary of Stonewall, so it's an especially special year."

"We're not just marching for people in



We're here to show solidarity, and to show that we care

PAUL FOLEY,
MUNSTER GAA



Ireland, we're marching for people all around the world who don't have the rights that we do in Ireland and as long as people don't have those rights.

"I think it's very important that we have a pride parade," he added.

"It's not about being LGBT, it's not about being gay – this is about equal human rights for everybody."

"So much work goes into putting this together, there's an amazing committee and Lisa Daly, the chair person of Limerick Pride worked her ass off all year round to bring this to the people of Limerick and we're extremely proud," Richard said.

Among attendees were Fianna Fail's Niall Collins and fellow party members, who said: "We're delighted to be here again, we've come here every year since it started in Limerick."

"It's driving on from the marriage equality vote, which was such a progressive step that the country took at the time. So many people are getting involved, and I really am enthused by it. It's great to see everyone here being happy in the sunshine."

The Grand Marshall of this year's spectacular parade was Moninne Griffith, of the 'Belong to Youth services' group, which played an active role in the marriage equality campaign in 2015.

Councillor Olivia O'Sullivan said it was a "privilege" to assume the duties of deputy mayor on the day, and Tweeted: "It was surely the biggest Pride parade here yet and a fantastic day full of colour and fun."

The parade left City Hall at around 2:30pm, and spilled onto O'Connell Street before turning back down towards the quays.

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Limerick auctioneer looks pretty in pink at the races

Twilight Races: Jean bags top prize for best-dressed

REBECCA LAFFAN

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THE sun was scorching and the ladies were stunning as big crowds enjoyed the penultimate Crescent Shopping Centre Twilight Most Stylish Lady competition which took place on Saturday afternoon last at Limerick Racecourse.

Abbeyfeale auctioneer Jean Leahy was the unanimous winner with her show-stopping pink ensemble.

Jean looked stunning in a pale pink Karen Millen dress which she purchased at Brown Thomas, Limerick and a beautiful beaded headpiece complete with pink and pheasant feathers by Siobhan Boyce Millinery, Newcastle West, Co Limerick.

Jean completed her look with cerise shoes and matching bag from Minx & Wildpair in Tralee, Co Kerry.

Jean won a €250 gift voucher from the Crescent Shopping Centre and a Seksy rose gold plated watch from Neville Jewellers.

The Crescent Shopping Centre



Melissa Carthy and Mary Smyth who also took part

is one of Ireland's leading retail destinations and it is the largest shopping centre in Ireland outside of Dublin.

The Crescent Shopping Centre features 90 outlets including big brand and independent stores such as Zara, Selected, Swarovski, Superdry, GAP Outlet to name a few, a 12 screen Omniplex cinema, numerous eateries, a drop-in crèche and much more.

All ladies who entered the competition enjoyed a Prosecco reception and had their picture taken by the Ladies Day team.

The final Crescent Shopping Centre Twilight Most Stylish competition takes place on Thursday July 25.



Jean Leahy was the unanimous winner of the Crescent Shopping Centre Most Stylish prize PHOTO: ALAN PLACE

Limerick's crowded classroom problem

RYAN O'ROURKE

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NEARLY two thirds of Limerick pupils are in classes of 25 or more, with Irish primary school pupils being educated in some of the most crowded classrooms in Europe.

Students, who are between four and twelve-years-old, are in classes with an average of 24.3 pupils, according to the Irish Independent.

This is far above the EU average of 20 and 21 across the developed world.

The UK is the only EU country with larger primary classes.

Some 63.2% of primary pupils in Limerick are in above-average size classes of 25 or more, the 13th highest in the country.

The most affected are pupils living in the outskirts of Dublin and in the commuter belt counties of Kildare, Meath, Carlow and Kilkenny, which have all experienced a population explosion.

According to data released by the Department of Education, 347,524 of 555,319 pupils enrolled in the school last year were in classes of 25 or more.

This includes 109,614 in classes of 30 or higher and 288 of those in classes of 40 or more.

The figures show improvement on average class sizes of 24.9 in 2015/16.

Tunnel's subsidy falls as traffic rises

THE firm operating the €800m Limerick Tunnel suffered a fall of 26pc in its operating profits of €6.36m last year, partly due to drop in payments by State agency Transport Infrastructure Ireland (TII).

Figures filed by Directroute Ltd show that money paid from TII dropped by 27pc last year, from €8.1m to €5.9m. This includes operating payments and traffic guarantee payments, according to media reports this week.

State funding fell as traffic increased, with income

originating from toll fees growing by 5pc, from €14.9m to €15.9m - or €43,651 a day in 2018.

The firm's total revenues, made up of toll income and TII payments, decreased by 5pc, from €23m to €21.83m.

TII's traffic guarantee payments dropped from €4.1m to €3.9m. There was also a drop-off in operational payments by 50pc, from €4m to €1.99m.

The traffic guarantee payments are made when daily traffic volumes are below 23,000. This was put in place to attract companies to bid to build the scheme.

Stranded cruiser rescued on lake

LEADER REPORTER

news@limerickleader.ie

Lough Derg RNLI was called into action on Sunday evening to go to the assistance of six people, four adults and two young children, on a 35ft cruiser aground inside the Mountaineer Buoy at Ryan's Point, on the eastern shore of Lough Derg.

Once the lifeboat rounded the Mountaineer Buoy, a lifeboat crew took soundings from the bow, whilst another checked depths on the navigation charts.

When the lifeboat came alongside, crew established that all people on board the casualty vessel were safe and unharmed and wearing their lifejackets. Two RNLI volunteers were

transferred to the cruiser and, once satisfied that the vessel was not holed, set up for a tow.

The lifeboat took the vessel off the rocks and out into safe water, where an RNLI volunteer ensured that the drives, steering and rudder were in good working order.

Once the cruiser was safely under way and making way to their next harbour, the lifeboat returned to Station.

Peter Kennedy, Deputy Launching Authority at Lough Derg RNLI advises boat users 'to plan your passage and pay close attention to the navigational buoys that mark safe water on the lake'. T

he lifeboat was ready for service again at 10.12pm



The crew approaching the stranded cruiser

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LEADER BRIEFS

High trolley count in UHL

Hospital Limerick remains the busiest in the country following a week of major overcrowding. Last week, there were 365 patients being treated on trolleys between Monday and Friday, according to daily figures published by the Irish Nurses and Midwives Organisation. On Thursday, UHL had equaled the national record as there were 81 patients being treated on trolleys. While the numbers have since dipped, overcrowding remains considerably high this week, with 60 patients on trolleys on Monday and 54 patients on Tuesday.

World Tag rugby bosses visit city

International Tag Federation (ITF) representatives paid a flying visit to Limerick at the weekend to get a real taste of what the city will have to offer as hosts of the Tag World Cup in August 2021.

Limerick was announced as the winner of the bid to host the Tag World Cup last February, making it the first northern hemisphere host of the epic sports event. A joint bid led by the UL Conference and Sports Campus and the Irish Tag Rugby Association supported by Shannon Region Conference and Sports Bureau, Fáilte Ireland and Limerick City and County Council was successful in winning the event for Limerick, which will see 3,000 plus tag rugby players from well over 20 countries and their entourage come here. The event is expected to deliver a minimum €5m boost for the Limerick economy and 20,000 bed nights over its four days, with many participants travelling from the Southern Hemisphere and teams expected to travel to Ireland for up to three weeks in advance of the competition.

The Board of the ITF, together with South African TAG representatives, paid a site visit to ULand other attractions in Limerick on the city's special 'tag' weekend, the Pig'n'Porter festival.



Garda Elaine Cusack, Garda Shane Thorton and Sgt Shane Davern with Noah Quish after he was presented with his Garda uniform PICTURE: BRENDAN GLEESON

Limerick's littlest garda gets his brand new uniform

Star: Two-year-old Noah Quish has become a star amongst members of the Limerick gardai

RYAN O'ROURKE

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LIMERICK'S littlest garda, two-year-old Noah Quish, was the centre of attention as he received his garda uniform.

Noah received the uniform ahead of his graduation in October, after he was named a garda recruit in May.

Noah, who was born with a hole in his heart and has since been diagnosed with severe scoliosis, captured the hearts of Limerick when he was pictured in garda uniform at the Little Heart Warriors Day Out in May.

Superintendent Derek Smart, of Henry Street Garda Station also invited Noah and his family to Henry Street for a visit, where they rolled out the red carpet.

Noah got to pet Caesar, one of the canines in the Garda Dog Unit, and got to sit up on a motorbike thanks to the Traffic Corps.

Noah's mother, Una Quish, was over the moon with how the gardai have treated her son.

"They have just been fantastic, I really can't thank them enough. They have really been great," said Una.

To go with his uniform, Una also got Noah a police bike, fully equipped with sirens and lights.

"I got it for him to go with his new outfit. He loves it, we will never get him off of it," said Una.

Una has now set up a fundraiser to



Left: Noah with Garda Elaine Cusack at home in Castletroy

PICTURE BRENDAN GLEESON

help with the costs of Noah's medical care.

"I decided to set up a donation page for Noah as people said they wanted to help out and asked if we had a page setup to donate. The money will be used to help Noah's recovery and to travel to his numerous appointments. Noah has long term medical conditions which require long term care," said Una.

Last month, Una received the devastating news that Noah will likely pass away prematurely.

"We don't really know the specifics, but we do know that he will pass prematurely. Because he has so much going on, that his life will be shortened. It was a bit of a shock, we got the news in letter. I guess we always knew but I was just in denial," said Una.

So far, Noah's fundraiser has raised over €600. Una took the time to thank those who have already helped.

"We are very grateful. Any support will be welcome and it will all be going towards little Noah. Right now, we just need to think of his future," Una said.

Those who want to donate can do so via Facebook or GoFundMe.

Duo jailed for gun plot to endanger life

Court: 21 years for 'carefully planned operation' in city

EON REYNOLDS
news@limerickleader.ie

TWO Limerick men have received sentences totaling 21 years at the Special Criminal Court after armed gardai stopped them in a car and found a loaded handgun, a petrol canister, latex gloves, clothes and cocaine.

Justice Tara Burns, presiding, on Monday, said the two men were part of a "carefully planned operation" and the handgun was loaded with eight rounds, one of which was in the breach ready for immediate use.

She said the court does not know what the ultimate plan was but, she added: "That doesn't take away from the very serious nature of the offence."

John O'Donoghue, 29, with an address at Cliona Park, Moyross, Limerick and



The two men were accused of having a semi-automatic gun

Paul Whelan, 25, of Dalglish Park, also in Moyross, Limerick, were found guilty earlier this year by the non-jury, three-judge court of possession of a 9mm Colt, semi-automatic pistol with intent to endanger life at Park Road, Limerick on July 30, 2018.

Following sentencing members of the convicted

men's families cried as they hugged them before they were led away by prison officers.

Detective Garda Donnacha Coakley told prosecution counsel Dominic McGinn SC on Monday that O'Donoghue has 13 previous convictions including an incident in September 2006 when he

threw a petrol bomb at a car which had two children, aged four and six, inside.

Det Gda Coakley said Whelan has 14 previous convictions for public order offences, criminal damage, arson and disorderly conduct.

Justice Burns, sitting with Judge Flann Brennan and Judge Patricia Ryan, set the headline sentence for each man at 12 years and, after considering the mitigating circumstances, jailed O'Donoghue for 11 years and Whelan for ten years and six months.

The sentences are backdated to July 13, 2018 when both men went into custody. In respect of the lesser charges of possession of a firearm and ammunition in suspicious circumstances she imposed a five year sentence for each man.



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Maggie is an adorable four-year-old terrier mix. She is very sweet, loves attention and is good with other dogs. Maggie enjoys walks and goes well on the lead. If you are interested in giving Maggie, come visit at the sanctuary any day from 12 noon until 3pm. Adoption fee is €150, each dog is neutered, wormed, and microchipped.



Lisa is a three-month-old ginger and white kitten looking for a home. Please phone our cat unit on 0872295669 for more information. Adoption fee is €100, each cat is neutered, wormed and vaccinated.

Lovely Ellie needs a home

Finally we have Ellie. Ellie is a three-month-old black and white kitten looking for a loving home. For more information on our kittens please phone our cat unit on 0872295669 or visit the sanctuary any day from 12 noon until 3pm. Each cat is neutered, wormed and vaccinated. Adoption fee is €100.



Over 160 people turned out for a peaceful protest against greyhound racing on the Dock road near the stadium.

Limerick greyhound racing protest

A PROTEST took place in Limerick city on the evening of July 11 in response to a TV programme aired in previous weeks which unveiled extremely poor practices within the greyhound industry.

The RTÉ Investigates programme, which aired on June 26 shed light on mistreatment of thousands of dogs and highlighted knackereries across the country, with dogs culled for as little as

10 euro in some reported cases.

The Irish Greyhound Board, which is based on the Dock Road, have strongly condemned the practices.

"There were most certainly more protesters than customers," said Ban Greyhound Racing Limerick, who organised the event, "well done and thank you to everyone that attended and all our four legged friends."

Janesboro native gets top MIC job

Mary Immaculate College: New Department Head

RYAN O'ROURKE
Ryan.orourke@limerickleader.ie

A LIMERICK city native, Dr Johanna Fitzgerald, has recently been announced as the incoming Head of the Department of Educational Psychology, Inclusive and Special Education (EPISE) at Mary Immaculate College (MIC).

Hailing from Janesboro, Dr Fitzgerald joined six colleagues in the Department of Special Education at MIC in 2011 as a lecturer in inclusive and special education.

Since then the department has gone through a period of expansion and now counts 19 members. Its expansion serves to highlight the contributions made by MIC lecturers to the fields of Educational Psychology, Inclusive and Special Education and the increasing importance of these areas of study in the education of children and young people.

Speaking about her recent appointment Dr Fitzgerald said, "I am deeply honoured and humbled to accept this position. I am grateful to the College for the opportunity and am blessed to work with such an amazing and dynamic team of colleagues. I owe a special debt of gratitude to Dr Patsy Daly, the outgoing Head of Department, who has been an inspirational leader, mentor and colleague."

Dr Fitzgerald's distinguished career in education has led her from Limerick to

“
I am deeply honoured and humbled to accept this position.”

DR JOHANNA FITZGERALD



London and back to Limerick again. Through her work she has fostered close relationships with schools and organisations, both nationally and internationally.

Having attended Our Lady Queen of Peace NS and Presentation Secondary School in Limerick city, Dr Fitzgerald then went on to study at UCC where she graduated from in 1996.

She then travelled to London where she spent a number of years working as a post-primary teacher, special education teacher, a Head of Department and Special Educational Needs Coordinator (SENCO).

In 2003 Dr Fitzgerald returned to her native Limerick city and worked as a special education teacher in Castletroy College for a number of years before being seconded to the Special Education Support Service (now NCSE - National Council for Special Education) as an Assistant National Coordinator.

Dr Fitzgerald is currently leading a research and knowledge exchange initiative with Limerick and Clare ETB which supports schools to develop schoolwide strategic approaches to inclusive and special education.

Other research carried out by Dr Fitzgerald has highlighted the role of the SENCO, the teacher tasked with coordinating provision for learners with special educational needs, and she continues to advocate for recognition of the role.

Dr Fitzgerald also provides outreach support to schools and leadership teams through her work with the Joint Managerial Body and the Education and Training Board of Ireland.

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

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

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

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

Micheal O'Coinin

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



Carla Heeran with Deputy Mayor Olivia O'Sullivan and Senator Maria Byrne

All smiles: Cllr Olivia O'Sullivan said: "It was a privilege to assume the duties of deputy mayor today at the Limerick Pride Parade, it was surely the biggest Pride parade here yet and a fantastic day full of colour and fun in Limerick city."

Limerick Pride 2019

Limerick city just about burst with Pride at the weekend for the colourful annual parade.

Pictures: Brendan Gleeson **Words:** Rebecca Laffan

Maurice Quinlivan TD, Paul Foley, Limerick GAA and Niall Collins TD

An act of solidarity: "We're delighted to be here. There are LGBT members in every club in Limerick, in every club in Ireland. We're here to show solidarity, and to show that we care," said Paul Foley, Munster GAA council delegate.

A first for everything: The plan for Limerick GAA to take part was decided at a recent County Board meeting. This was the first time Limerick GAA County Board took part in the annual parade.



Ruby Hale and Marjorie Rene

Five colours in her hair: Friends Ruby and Marjorie went all out for the occasion, sporting rainbow eyeshadow and colourful nails, as well as donning Pride flags for the 12th annual parade in the city.



Pre-parade scenes at City Hall

A river of colour: Over 3,000 people filled the streets of Limerick city, as well as this impressive 100-foot rainbow flag

Candid Comment

By SPARTACUS

● Spartacus was getting the messages at the weekend when I noticed a number of men who thought our mini heat wave was the prefect opportunity to show off their hairy bellies and terrible tattoos. For the love of God - keep your shirts on lads! The Chinese city of Jinan recently made headlines around the world when they banned men from going topless. While Spartacus rarely agrees with official Chinese State policies I think this is one we can all get onboard with. It's William Street not Miami Beach, fellas. But wait, what about the ladies and the way they dress you say? Well... when Spartacus sees their first completely topless lady on the streets of Limerick we will do the right thing and tell them to go home and put a shirt on.

● LIMERICK seems to be making capital gains at the expense of Dublin, in terms of culture this August Bank Holiday weekend.

Spartacus came across a gentleman who was heading to Dublin to house-sit for a friend early next month.

And he was shocked at the lack of cultural activities in the Fair City compared to the Treaty City

● GIVEN the traditional politics of Fine Gael and Labour, Spartacus witnessed an interesting volte-face at this month's council meeting.

Members were asked to respond to plans to allow a tranche of small companies to move into the Galvone Industrial Estate, in a move which will see jobs created.

But Fine Gael members - with the exception of Mayor Michael Sheahan - sought to delay the proposals until the autumn time, so they could discover more information.

It was a surprising approach from the self-styled party of business - and made even more so by the intervention of Labour's

Joe Leddin, who urged councillors to "drive forward" with the proposals.

"We should be putting our arms around these companies," said Labour's standard bearer in City West. "It's laughable that we would question people who are creating jobs."

● AS we get older, we tend to get less offended at not being invited to someone's birthday party. It's fair to be somewhat disgruntled if you've been excluded from the work party, but it's every person's right to chop someone from their birthday guest list.

But in Shannon Airport's case, it might have been a wise move to invite a couple of diplomatic friends to their recent 80th birthday celebrations. You know, people like the Mayor of Clare -- the First Citizen.

At a special meeting held at Shannon Airport, Mayor Cathal Crowe, the Meelick councillor, was a bit taken aback by the lack of an invite for him, Clare County Council chief executive Pat Dowling and Cllr Gerry Flynn, chairperson of the Shannon District.

● IT is one of the most iconic landmarks in Limerick, passed by thousands each day, but it seems the public have not noticed what's up with Tait's clock.

It's sick, very sick...in fact in ain't working at all. "It stopped working about seven weeks ago and it seems no one has noticed at all," said one caller to this paper.

"I know that the last time, they, (Limerick City & County Council), had to bring in someone from London to fix it, so it maybe a cost issue. Anyway it ain't working and not one seems to care," the caller added.

Well, we here at The Leader will ring the Council and tell them the news and hopefully time will move on again for Tait's clock!



Lara Horton and Timmy Murphy

Feathers and all: Lara and Timmy were all smiles at City Hall just before the parade set off at approximately 2:30pm on Saturday. Lara's colourful ensemble blended in with the rest of the colourful crowd!



Derek Daly, Niall Collins TD and Donnacha Maguire

Party at the parade: Niall Collins and fellow Fianna Fail party members were in attendance, saying: "We're delighted to be here again, we've come here every year since it started in Limerick. It's great to see everyone happy in the sunshine."



The Grand Marshal, Moninne Griffiths

Smile and wave: The CEO of Belong To Youth Services was this year's grand marshal, leading the 3,000-strong parade down O'Connell Street



Liam Keehan, Bill Hanly, Geraldine Clancy and Anne Keehan enjoying the concert

Out & About

EMMA LANGFORD GIG AT OLD CRESCENT RUGBY CLUB

Pictures: DAVE GAYNOR



Phil and Senator Kieran O'Donnell, Monaleen and Maureen Delaney, Ballysteen



Eleanora Hogan, Senator Maria Byrne and Annmarie Ryan, Murroe



Christine Gaffney, North Circular Road and Lottie Wilson, Ballinasloe



Sarah Bararo, Castletroy with Martin Kenny and Orla O'Sullivan, Dooradoyle



Lucia McPartlin, Ballina and Maria Ryan, Pallasgreen performing



Lenka Fairy and Paddy de las Pampas, Ennis



LEFT: Emma Langford performing on stage

ABOVE: Eva Birdthistle and Simon Thompson, Annacotty

RIGHT: Ronan Brady, Athlone and Aisling Ní Cheallaigh, Dublin at the Emma Langford concert during the Limerick Summer Music event at the Rosbrien Pavillion at Old Crescent Rugby club



Mark Cockrane and Catherine Collins, South Circular Road



Eugene and Edel O'Shea, Mayorstone



Steve Langford, Ballincollig and Barbara Langford, Mallow



Clare Langford, London, Hannah Leacy, Dungarvan and Jean Langford, Caherdavin



Hannah Fitzgerald, Cork and Alec Brown, Castletroy



Making Cents

LIAM CROKE

The Must-Read Guide To Saving Money

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

A retirement fit for purpose

DID you know, the world's centenarian population is expected to grow eight-fold by 2050.

That's according to a Pew Research Centre report carried out by the United Nations. And did you know, a couple who are both 65 years old, one of them has a 50% chance of living until they are 92.

Fewer people are smoking, cancer related deaths are reducing, and medical breakthroughs are helping to extend people's lives.

What that means from a financial perspective, is that we better make sure our retirement plans are in order. We'd better plan for the worst and have a strategy in place, which guarantees there's no chance we'll ever run out of money.

And achieving that outcome will be dependent on (a) how much we spend every year and (b) how our retirement fund is invested.

The two go hand in hand and are inextricably linked.

We tend to dismiss how long we might live for, it's something we don't even want to think about, so people coming close to retirement, don't look beyond the year or two that immediately follows, which is not good.

We worry more about dying early in retirement, rather than living longer.

And yes, we've heard of people who die soon after they retire, but the pre-retirement health status of retirees is the most significant factor of how long a person will live after they retire, not just because they've stopped working.

The risk of dying soon into retirement is greater among retirees who have a history of medical issues, than those who don't - retiring isn't the kiss of death we think it is.

In fact, a study carried out by the



Golden years: Chances are good that you'll live into your 90s, so make sure your finances will be alive as long as you are

University of Amsterdam in 2017, suggested that retiring early can actually lengthen your life, not cut it short.

They found that civil servants over the age of 54, were 42% less likely to die over the subsequent five years, than those who continued working.

WHY?

You are less stressed, have more time to invest in your health, you sleep better, you exercise more, and you go to your Doctor more often.

So, how can you make sure, you can make your money last forever?

One of the ways, can be found in a study carried out in an academic paper known as the Trinity Study.

The authors of the paper looked at the performance of the stock market over a 71 year period, and analysed how long your money would last based on (a) how your retirement fund was divided up i.e. amount in equities, bonds, cash etc.

- commonly known as asset allocation, and (b) what your withdrawal rate was i.e. the amount you withdrew from the fund every year.

The authors analysed how likely it was, that your money would last for 30 years based on these two factors, and they chose a 30 year period because the life expectancy of someone retiring aged between 62 and 65 at the time of the study, meant 30 years was as long as you needed your money to last for.

The study back tested rolling periods of 15, 20, 25 and 30 year periods, and the results were incredibly insightful for a number of reasons, but the big one for me, is how important your fund is structured after you retire.

The study blows that myth that as you get older, the amount you invest in equities has to stop or reduce significantly. The advice given to retirees and one they instinctively believe themselves, is now they are retired, they should adopt a much more conservative approach to investing because they want to protect their fund.

And I get why they feel this way but let me present you with some facts based on what this study found, because I'm hoping it might alter your way of thinking.

Adopting this mindset and approach, rather than protecting and prolonging your fund, you are doing the opposite. You are in fact putting your fund at risk and shortening how long it will last for.

If you retire at 65 and put 100% of your fund into cash and bonds, which are very low risk and safe investments, and you withdraw 4% from it every year, you only have a 19% chance of outliving it, if you live to 95.

I don't know about you, but I

don't like those odds. I want to live as long as I can without fear of ever running out of money, so how do I increase my odds where the chances that my fund will outlive me is 100%?

And the answer is how you structure your fund.

Assuming you take 4% of the fund each year, you must invest in equities. You can't ignore them, you just can't. The factual evidence is overwhelming and anyone who tells you differently doesn't know what they're talking about.

If you have at least 25% of equities in your portfolio and withdraw no more than 4% of your portfolio each year, you have a 96% chance that your portfolio will last 25 years. The % increases when your portfolio has a bigger equity content.

It's good to put those %'s alongside each other over a 30 year period, so we can compare them, and hopefully blow that myth apart, that reducing your risk profile as your get older is the correct thing to do;

■ 100% invested in cash/bonds - likelihood of surviving 30 years is 19%

■ 50% equities/50% cash & bonds - likelihood of surviving 30 years is 95%

■ 75% equities/25% cash & bonds - likelihood of surviving 30 years is 100%

What you have control over, is how your fund is structured in retirement, and how much you withdraw from it each year. What you have no control over is how long you'll live for, but I would hope for the best and plan for the best. Data would suggest the chances are good that you'll live into your 90s, so make sure your finances will be alive as long as you are.

ASK LIAM

Our personal finance expert answers your questions ...

Q: Liam, I have inherited money from my late parent's estate, and would like to give my wife some money from it, so she can invest it, or do whatever she wants with it. Can I do this without her having to pay any tax?

A. Yes, you can. Since the January 31, 1990, gifts between spouses have not been liable to gift tax (Capital Acquisition Tax) so you could give her as much as you like and as often as you like and no tax liability on yours or her part will arise.



DID YOU KNOW?

IKEA is legally a non-profit organisation, a designation which dramatically reduces its tax burden. Ingvar Kamprad the founder of IKEA created the philanthropic Stichting Ingka Foundation whose mission was to "further the advancement of interior design."

SHOP LOCAL: GOOD DEALS AVAILABLE IN LIMERICK THIS WEEK

Enjoy a summer break and explore the coasts of Mayo, Galway and Sligo on the Wild Atlantic Way. Stay at The McWilliam Park Hotel, Claremorris 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



Experience timeless perfection at Castletroy Park Hotel, visit our wedding showcase on Thursday, July 25 from 5-9 to see what we have available for you, Call us today 061 335566



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Councillors accused of 'stymieing' jobs plans

Southside: Heated debate on plans for the Galvone Industrial Estate

NICK RABBITTS
 at City Hall

LIMERICK councillors have been accused of "prevaricating" over plans which could bring dozens of new jobs to one of the most disadvantaged areas of the city.

At this month's metropolitan meeting, members were asked to note proposals to dispose of four parcels of land in the Galvone Industrial Estate, just outside Southill.

Three were for small enterprises to move into: the area's former boxing club is planned to be taken over by Airmount Engineering, while Tait House hope to take over the former Advanced Heating and Plumbing factory, with another green space

earmarked for Limerick City Build.

However, councillors were left unhappy at what they thought was a lack of information on these projects. But some spoke up, and urged the plans to go forward.

Speaking of the Airmount Engineering proposal at the boxing club, Jayne Leahy, the head of property services at Limerick Council said: "The development of this part of the estate will enhance the area, and I know the company is hopeful of a lot of employment. Airmount is run by two people from the Southill area. They already employ 20 people and are committed to employing more from the local area."

She said a rigorous

procedure had been gone through with all the companies, with one key measure being how quickly they might be able to develop, to stop them hoarding the land.

Metropolitan chair James Collins said: "Members want more detail on this process. It seems we have weighted each bid on a different number of facets."

City East Fine Gael councillor Sarah Kiely added: "There is not enough information. I would like to see more upfront, transparent information."

However, her party colleague, Mayor Michael Sheahan said: "Jobs are at stake here. This company has a track record and we are prevaricating. If another company comes in, will they want to go through

these jigs and reels?"

He was supported by Labour councillor Joe Leddin, who was supportive of Limerick City Build, a company headed by Corbally businessman Ray O'Halloran.

"Limerick City Build is a not for profit company tasked with dealing with some of the most marginalised groups in the city. For years we have been crying to get people in. What are we at this morning?"

He accused Fine Gael - with the exception of Mayor Sheahan - of "stymieing" the process.

"It sends such a bad signal to other companies," he added.

However, Cllr Kiely said: "The fact of the matter is there is no information

around this. I do not think we are kicking the can down the road - I think we are doing our job as local councillors."

Cllr Leddin pointed out the unemployment rate is 19% on the southside, against just five per cent nationally - and these roles could be vital.

But Cllr Kiely hit back, saying: "I do not need to be told about the deprivation in the area. I live in the area and volunteer in the area and am part of many community groups. The issue is not with the companies - it's with the lack of information."

The council executive will provide more information, before a decision is made on the plans at September's full meeting.



A number of small companies have expressed an interest in moving onto the Galvone Industrial Estate

Action Point helps GAA

PLASSEY-based technology firm Action Point has unveiled a new digital scoreboard at the home of Clonlara GAA Club.

Following a Clare Cup fixture, Action Point co-founders David Jeffreys and John Savage joined club chairman, All-Star hurler Colm Honan, and the Clonlara Senior hurling team to launch the state-of-the-art equipment.

Mr Jeffreys said: "We're delighted to play a small part in the continued



'Delighted': David Jeffreys PICTURE: ADRIAN BUTLER

development of Clonlara GAA club, which is a cornerstone of the local community. This brand-new digital scoreboard is a fantastic resource and we hope the club will benefit from its use for many years to come."

Mr Honan thanked Action Point, the club's key sponsor, for its continued support.

Savoy ready for China

FAILTE Ireland is working with a number of tourism businesses including the Savoy Hotel to help increase the number of visits from Chinese tourists.

The Savoy is taking part in the Get China Ready programme, a Failte Ireland backed scheme developed in tandem with Tourism Ireland and Tourism Northern Ireland.

The programme provides tourism businesses with insights into the Chinese visitor and how to meet their cultural service and culinary needs, as well as in-depth knowledge on routes to market to support businesses to win trade from the Chinese market.

Eight Irish tourism businesses including the Savoy Hotel have been awarded the China Ready certification award after successfully completing the programme.

New campaign to help firms recruit

THE Limerick Chamber has launched a new campaign and a web site to help companies fill posts in the Mid-West region.

Named 'Move Mid-West' the campaign and web site were unveiled at an event held by the Chamber in Dublin city centre, entitled Let's talk tech.

This was attended by representatives of large multi-national employers in Clare, Limerick and Tipperary looking to fill posts locally.

The campaign comes in response to the 1,012 vacancies currently in the Mid-West.

More than 630 of these are in science, technology, education and maths progressions, with 631 in engineering, pharmaceutical and science roles.

Among the major international companies looking to recruit candidates in the Mid-West are Johnson & Johnson, Northern Trust, Analog



Chamber CEO Dee Ryan, John O'Dea, Tech Ireland and Jess Kelly, Newstalk PICTURE: RAPAL KOSTRZEWA

Devices, BD and 4Site in Limerick, JLR in Shannon and First Data in Nenagh.

Chamber chief executive Dee Ryan said: "Economically, we have rebounded brilliantly in the region over recent years

and the reason for launching this campaign and website is to make sure that, as we grow, we send the message loud and clear that we have these posts and that this region is a fantastic place to live, work and play in."

She added: "We have what we consider to be an unbeatable mix here. We have exciting jobs with leading global brands based here; the region offers a brilliant life-style, including a vibrant culture, places to go and see, the Wild Atlantic Way, an international airport at Shannon Airport and then, on top of all of that, there's the affordability piece, which is a real strength for us."

Chris Foley, who moved to Limerick to work with Johnson and Johnson said: "There's less hustle and bustle here. We have sandy beaches, fabulous bars and restaurants along the river.

"And with the people being so friendly, it's easy to see why the Mid-West is attractive."

Recruitment

**Limerick Leader,
54 O'Connell Street,
Limerick**

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Web: www.limerickleader.ie

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St. Gabriel's School Transport Department has a vacancy for a part-time

SCHOOL BUS ESCORT

The School Bus Escort role is to provide any necessary assistance to ensure students safety and overall comfort during travel to and from school.

It is desirable that the applicant has:

- Experience of working with children with disabilities
- A First Aid qualification
- Training in Epilepsy Awareness and the administration of Rescue Medication
- The successful candidate must be willing to undertake further training as required
- This post is subject to References, Garda vetting and pre-employment medical

Application forms for this position are available from reception2@stgabriels.ie • Tel 061302733
 Informal Enquiries welcome: Mary Caffrey - 087 9723792
 Closing date for application is Wednesday 31st July at 5pm
 St. Gabriel's is an equal opportunities employer



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Email CV & Cover letter to fogartys@lifepharmacy.ie



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- Core Optimisation are an Award Winning Digital marketing agency based in Shannon and are looking for a Digital Account Manager to join our team.
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The Northstar 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

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Check out our **motor section** www.limerickleader.ie



Make memories to last a lifetime

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.

Once inside you will find a bespoke design entailing luscious carpets, striking colours and intricate wood panelling, combining to

create distinct elements of sophistication and modern chic, all superbly complemented by the essential warm welcome and excellent cuisine and service delivered to every guest.

The ballroom can host weddings of up to 300 guests comfortably and with 107 bedrooms and the new suites adjacent to the hotel, your guests can be hosted overnight too so they can relax and enjoy the celebrations all night.

Castletroy Park Hotel is the proud winner of Hotel Wedding Venue of the Year Limerick and Wedding Co-ordinator of the Year with Brides of Limerick as well as Best Limerick

Wedding Venue at the WeddingDates.ie Awards in 2018, and it's easy to see why.

The dedicated wedding team work closely with the bride and groom through every step of the way to ensure their day is exactly as they 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.



The Castletroy Park Hotel's Wedding Showcase will take place from 5pm on Thursday, July 25

Do you have the right chemistry for Eurofins BPT



Eurofins currently employs over 250 people in Dungarvan

MAJOR Waterford employer, Eurofins Biopharma Product Testing (BPT) is currently recruiting highly skilled scientific people with cGMP experience to join their team across a number of departments including Microbiology, Pharmaceutical Chemistry, Biochemistry and their bespoke Professional Scientific Services (PSS) programme.

Eurofins BPT in Ireland and UK is growing rapidly. It currently employs over 250 people at its

facility in Dungarvan, and a further 250 employees are based at client sites in Ireland and UK through its award-winning PSS programme. The company is actively recruiting talent to join its workforce both in Dungarvan and at sites across Ireland and UK.

Speaking recently, Eurofins BPT Managing Director Carmel Fitzpatrick said: "We work with many of the top global biopharmaceutical companies, and our success is attributable

mostly to the excellent commitment and technical capability of our people. Above all, our workforce is passionate about delivering a world class service to our customers and ultimately the patients we serve. The work we do makes a difference to lives and we encourage everyone to play their part. Developing our employees so they can flourish in an environment that values and encourages scientific curiosity and excellence is key to our continued

success."

Eurofins BPT in Dungarvan is a member of Eurofins BioPharma Product Testing Group — the largest network of harmonised bio/pharmaceutical GMP product testing laboratories worldwide. Its parent company, Eurofins Scientific employs over 45,000 staff in over 800 laboratories across 47 countries.

If you'd like to join the Eurofins team, visit: careers.eurofins.com/ie.

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HOME & INTERIORS

WEDNESDAY, JULY 17, 2019



Modern masterpiece

Open-plan living: 1970s bungalow transformed into modern five-bed family home in Cratloe

AT A GLANCE

Location: Carrig, Portdrine, Cratloe, Co Clare

Description: Five bedroom, detached house

Price: €650,000

Seller: Sherry FitzGerald

Contact: 061 418000



Nestled on a carefully sculpted, south-facing site just 15 minutes outside Limerick city, Carrig, Portdrine, is perhaps one of the most strikingly beautiful properties currently on the market in the south-west of Ireland.

Retaining only a shadow of its former self (a small section of the original front wall),

what was a traditional 1970s bungalow was razed and in its place a breath-taking yet remarkably understated home which is more worthy of the site it commands was built.

Carrig's elevated, gently sloping 0.4-acre grounds offer a panoramic viewpoint toward the River Shannon and its lower estuary, dotted with ancient points of interest such as Battle Island and Carrigogunnell Castle. The property is situated at the heart of Portdrine, a small hamlet positioned just a kilometre north of the Limerick/Clare border. The townland is conveniently located just 15 minutes from Limerick city centre, seamlessly connected via the N18 to the M7 (Dublin), M18 (Ennis, Galway) and M20

(Adare, Cork). Shannon Airport is an exceptionally short commute - just a 15-minute drive by car, worth noting for frequent flyers based anywhere in Ireland or the UK. Local schools include the highly regarded Villiers Secondary School, Ardscoil Ris and JFK Memorial School. The University of Limerick is also within a 20-minute drive.

Entering the grounds via its gated entrance, the north facing front of the property is characterised by its low lying, wide-fronted design - interceded with long narrow windows and a zinc-clad porch entrance. Internally, large-format Italian porcelain tiles flow from the porch through the entrance hall, and on to the heart of the home; the open-plan kitchen,

dining and living space. The vaulted ceiling and its skylights combine with floor-to-ceiling triple glazed windows to flood the house with natural light, while framing the vista to the south. The kitchen itself is a SieMatic, handle-less design, integrated with concealed, state-of-the-art Miele appliances. A Corian Island worktop subtly divides the kitchen from the dining area, whilst housing large, sliding storage units, a stainless-steel sink and Quooker tap. Finer details include shadow-gap skirting and a minimalist picture rail, facilitating easily interchangeable artwork.

The living and dining spaces open to a Kilkenny limestone patio via a sliding floor-to-ceiling glass door.

Forming a semi-courtyard, the terrace provides a private suntrap and entertainment area during the summer months. The overhead larch-clad soffit is designed to regulate solar gain, providing a heatshield during high-summer, without hindering valuable low-lying sun during the winter months. The grounds are framed on two sides by a Liscannor cut-stone wall, while mature hedging to the east and south of the site form a natural sill to the views beyond.

Re-entering the house and continuing toward the west-wing, a generous walk-in pantry is set to the right. To the left, the family room or fifth bedroom is purposely versatile, complete with a large walk-in

store/wardrobe. The guest WC is set beyond, offering one of three walk-in rain showers. A boot room provides side access to the garden.

At the opposing side of the house are four distinct bedrooms, one of which is in use as a home office.

Opposite the front porch entrance is a study/ double bedroom.

Floor-to-ceiling south facing windows maximise the southerly view, as they do in the adjacent master suite. Both the ensuite and main bathroom are fitted with matching walk-in rain showers, heated towel rails and sanitary ware by Laufen & hansgrohe. Toward the front of the house, two further double bedrooms complete the accommodation.



Height of modern living: An abundance of light and space gives Carrig in Portdrine a metropolis feel in the Clare countryside

Four bedroomed family home at Mount Russell

AT A GLANCE

Location: 7 Mount Russell, Fr Russell Road, Dooradoyle

Description: Four bedroom, detached house

Price: €355,000

Seller: Rooney Auctioneers

Contact: 061 413511



The property includes a lawn area to the rear

Rooney Auctioneers are pleased to present to the market this spacious four bedroom detached residence located in the private estate of Mount Russell on the Fr Russell Road.

No 7 which measures approximately 148.17 sqm or 1595 sq ft is superbly located and is within easy walking distance to all local amenities ie Crescent Shopping Centre, schools etc.

The property has been recently redecorated and comprises an entrance hallway, guest WC, living

room, dining room, large open plan kitchen/diner, utility and study/playroom. Upstairs there are four bedrooms, ensuite bathroom and main bathroom.

To the rear is a large lawn area. The property has dual side access and rear access also.

To the front there is a large

double driveway.

No 7 is situated in a cul-de-sac avenue of residential homes.

This super property is an ideal home in a highly desirable and sought-after mature residential location. Viewing is highly recommended of this substantial family home.



No 7 Mount Russell on Fr Russell Road has recently been redecorated

Characterful period property at New Street



AT A GLANCE

Location: 1 Mount Park, New Street, Limerick city

Description: Three bedroom semi-detached home

Price: €240,000

Seller: Rooney Auctioneers

Contact: 061 413511



property a 1 Mount Park will create a lot of interest from people who want to enter the property market or move home.

It is located in a superb residential area and Rooney Auctioneers have been appointed the selling agent.

The location is very convenient with a host of various amenities nearby including schools, Mary Immaculate College, and sporting and leisure

facilities. It is within easy walking distance of Limerick city and the Crescent Shopping Centre.

This well-maintained and extended property consists of a beautiful bright entrance hall with original door, two bright reception rooms, open plan kitchen/diningroom, three bedrooms and two bathrooms.

To the rear of the property there are three storage sheds giving ample storage. The

property also benefits from side access and rear pedestrian access.

There is also a front driveway giving secure off street parking. The property has maintained many original features coupled with modernisation resulting in a superb characterful period property. The property enjoys double glazed uPvc windows and gas fired central heating. Viewing is highly recommended.

NEW Street is a mature excellent location in Limerick city and this

The property has maintained many original features coupled with modernisation resulting in a superb characterful period property


DOORADOYLE, LIMERICK **BER D1**
7 MOUNT RUSSELL, FR. RUSSELL ROAD

Spacious 4 bedroom detached residence - recently redecorated. Hall, guest wc, living room, diningroom, open plan kitchen/diner, utility & study/playroom. Upstairs: 4 bedrooms, ensuite & main bathroom. Large lawn area to rear, dual side access and rear access. GFCH. This super property is an ideal home in a highly desirable and sought after mature residential location. BER No. 112289715

€355,000 Lisa Kearney 087 2633422

LIMERICK CITY **BER G**
1 MOUNT PARK, NEW STREET

Well maintained & extended property comprising: hall with original door, 2 reception rooms, open plan kitchen/diningroom, 3 bedrooms, 2 bathrooms. Side access, rear pedestrian access, Storage sheds to rear. The property has maintained many original features coupled with modernisation resulting in a superb characterful period property. GFCH. Very convenient location close to schools, Mary Immaculate College etc. BER No. 112396924

€240,000 Lisa Kearney 087 2633422

DOORADOYLE, LIMERICK **BER C2**
21A ABBEY COURT, FR. RUSSELL ROAD

Stylishly decorated house in excellent condition throughout with high level of finish. Hall, sitting room, kitchen/dining room with custom built Irish oak fitted units, utility, guest wc, office/study, 3 bedrooms, ensuite & main bathroom. Mature landscaped gardens, side entrance. Close to an abundance of amenities i.e. Crescent Shopping Centre, GFCH. BER No. 102911054.

€315,000 Brian Considine 085 2894166

Rooney


PALLASKENRY, CO LIMERICK **BER B2**
NEW DEVELOPMENT - COPSEWOOD COURT

4 bedroom house of approx. 135 sq/m (1,453 sq/ft) - PRICE: €289,500 & 5 bedroom house of approx 166 sq/m (1,786 sq/ft) - PRICE: €309,500 - Rooney Auctioneers are delighted to announce the launch of this exclusive development. These spacious houses are traditional block built homes which are highly insulated. The Help To Buy Scheme is available to qualifying first time buyers. Approx. 900m from the village of Pallaskenry in an attractive rural setting. **BOOK NOW - HELP TO BUY SCHEME** due to expire at the end of this year - Rebate of min €14,475.

Brian Considine 085 2894166

ENNIS ROAD, LIMERICK **BER C3**
10 LANSDOWNE TERRACE

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

€610,000 Lisa Kearney 087 2633422

CRECORA, CO LIMERICK **BER B3**
BALLYREGAN

Substantial 3 storey turn-key property extending over 459.58m² (4,946.45 sq.ft.) situated on a private site of 1.70 acres of landscaped gardens. Hall, guest wc, office/study, 3 reception rooms, sun room, kitchen/dining, pantry, utility, shower room. 1st floor: 5 bedrooms, 2 en suites, main bathroom. 2nd floor: 2 bedrooms. Detached garage. OFCH. BER No. 111807590.

€685,000 Lisa Kearney 087 2633422

DOORADOYLE, LIMERICK **BER C2**
"AUTUMN LODGE"

Substantial detached property extending over 264.76m²/ 2852.19sqft. Situated on a private site of 0.52 acres of landscaped gardens. Hall, office/study, 3 reception rooms, open plan kitchen/dining/living room. utility, guest wc, 4 bedrooms. 2 en suites. Main bathroom. OFCH. This outstanding property has been maintained and decorated to an exceptionally high standard - recently upgraded - new double & triple glazed windows, insulation and décor. BER 112340682

€635,000 Lisa Kearney - 087 2633422

HELP TO BUY SCHEME - CEASES END OF 2019 **BER A3**
ROS MOR, BALLYNEETY ROAD, LIMERICK

PLEASE NOTE :THE HELP TO BUY SCHEME FOR QUALIFYING PURCHASERS WILL CEASE THIS YEAR - 2019. Only 1 of our extra spacious 4 bed semi-detached houses remains. Price €265,000. HTB rebate €13,250. Actual price €251,750. Can you afford to lose €13,250? Best value new homes in Limerick city - **DON'T LOSE OUT!**

Brian Considine 085 2894166

ENNIS ROAD, LIMERICK **BER E1**
7 MAYORSTONE PK, SHELBOURNE RD

Detached house on an elevated position which gives it a unique outlook and combined with rear vehicular access for off street parking makes this property a rare find. Approx. 98 sq/m. (1,054 sq/ft) comprising: 3 good sized bedrooms, 2 reception rooms, kitchen, utility, bathroom & separate wc. Spacious back garden. OFCH. Well maintained - excellent condition. BER No: 112224993

€260,000 Brian Considine 085 2894166

DOORADOYLE, LIMERICK **BER C3**
27 CLUAIN DUBH, FR RUSSELL ROAD,

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

€220,000 Brian Considine 085 2894166

LIMERICK CITY **BER C2**
112 GLENBROOK, OLD SINGLAND ROAD

Semi-detached home located close to Childers Road Retail Park/UL etc. Hall, living room, kitchen-dining room, utility, guest wc, 3 bedrooms, ensuite, main bathroom & garage. The property is maintained in good condition throughout. Enclosed rear garden & side entrance. GFCH. It has the benefit of being situated on the last avenue and overlooks Granville football field. BER No. 107818965

€205,000 Brian Considine 085 289 4166

CASTLETROY, LIMERICK **BER C1**
267 BRU NA GRUADAN

Spacious 3 bedroom property located just a short distance from all local amenities such as Castletroy Shopping Centre, the University of Limerick etc. The accommodation comprises of an entrance hallway with wc, living room, large kitchen-diner, Playroom/ Study room, 3 bedrooms upstairs one of which is ensuite and main bathroom. GFCH.

€210,000 Peter Kearney 087 6488792

CASTLETROY, LIMERICK **BER D2**
17 OAKFIELD, MONALEEN

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

€390,000 Lisa Kearney 087 2633422

ENNIS, CO CLARE **BER G**
UNIT 3 QUIN ROAD BUSINESS PARK

Investment Property for sale - Tenants not affected. Mid Terraced retail warehouse with accommodation on ground and first floor. Currently occupied by two different Tenants. Total passing rent €36,000 per annum. We have been informed that the ground floor is approximately 4,000ft² and the first floor is approximately 3,881 ft². BER No.800699126

€350,000 Contact Rooney's 061 413511

LIMERICK CITY **BER D1**
7TH FLOOR RIVERPOINT

Office suite for sale (Tenant not affected) of approx. 239.68m² (2,579 sq.ft.). Situated on 7th Floor of landmark building in Limerick city centre with 4 car parking spaces. Generating an annual rent of €38,680 p.a. (excluding VAT). Well fitted premises. Excellent opportunity to acquire a modern purpose built office suite as an investment property. Price region: €420,000 (exclusive of VAT - if applicable.) BER No.800579500.

Rooney's 061 413511

Ideal starter property for first time buyer

AT A GLANCE

Location: 28 Cluain Dubh, Fr Russell Road, Raheen

Description: Three bedroom, semi detached home

Price: €225,000

Seller: Sherry FitzGerald

Contact: 061 418000



looking to take their first step onto the property ladder, offering notable value for money vs comparable new build homes in the same locality.

Cluain Dubh is an idyllic, family-oriented development serviced by excellent residential amenities in its surrounding area. The development is located adjacent to the Racefield Shopping Centre, which offers a Spar supermarket, a selection of restaurants, a pharmacy, dentist and master-butchers. The area is within immediate walking distance of St Nessan's National School, LET National School, and Limerick's newest secondary school - Mungret Community College. Crescent Comprehensive College and St Paul's National School are also just minutes by car.

No 28 offers a double driveway to its front, bordered by decorative planting and timber fencing toward the gable wall. The property's entrance hall is laid in wood flooring, and decorated in a bright, warm colour palette typical of the rest of the home. The guest WC is positioned to the front of the hall, and is fitted with high quality faucets and stylishly presented. To the left of the hall is the living room, decorated in a bright, neutral colour palette at the walls and cornicing, complimented by further wood flooring below. An impressive gas feature fireplace sits at the centre of the room, while the front window overlooks open green space beyond the property's driveway.

Through French doors from the living room is the



Cluain Dubh, Fr Russell Road offers notable value for money when you compare it to new build homes in the same locality

open-plan kitchen/dining room. The fully tiled fitted kitchen houses inset appliances throughout, including an in-built gas hob and convection oven. A sliding patio door opens to the rear patio and beautifully landscaped garden. Perfectly presented, the west-facing garden is hemmed by an attractive, original stone wall at its rear in addition to a

mature treeline, affording plenty of privacy. A second slabbed patio area is set toward the treeline, adjacent to the timber garden shed.

On the first-floor there are 3 excellent bedrooms (2 double, 1 ensuite), in addition to a tiled and fully equipped main bath (power showers in both ensuite and main). Both the stairs and landing are fully carpeted, while each

bedroom offers wood flooring and generous in-built storage space. Each bedroom offers attractive elevated views toward open green space to the front and mature growth to the rear. The attic space is partially floored and accessible via a Stira staircase from the landing.

Viewing comes highly recommended.

CREGGAUN NA HILLA, CLARECASTLE,

Park View & Fort View.

New Development by M.Fitzgibbon Contractors Ltd.



€232,500

BER A3

Qualifies for up to €11,625 in the "Help to Buy" Scheme.



BER A3

€212,500



- Superb design with spacious layout.
- Stylish, modern kitchens, Wardrobes, Flooring and Tiled Bathrooms.
- Energy Efficient Design with running reduction costs.
- Exceptional Quality Finish Inside and Out by M.Fitzgibbon Developers Ltd.
- Outstanding location within minutes drive of the M17 and M18.
- Air to Water Heat Pump, Underfloor Heating and Multi Fuel Inset Stove.
- Part L Compliant with an A3 BER rating.



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086 250 4671 & 065 682 9481 email: info@helengallery.ie PSRA Licence No. 002433

68 Parnell Street, Ennis, Co. Co. Clare.

**CRATLOE
PORTDRINE****€650,000**

Architecturally redesigned and rebuilt to the passive house 'Enerphit' standard in 2015, this contemporary, energy efficient, south facing, single level property offers spacious, functional and flexible accommodation amounting to 227sq m (2443 sq ft). Porch, entrance hall, living/dining/kitchen, 5 bedrooms, main bath, ensuite, guest wc, utility, boot room, pantry. 227 sq m / 2,443 sq ft approx. BER: 103405809

CALL FRANK LYDDY ON 061 418000

BER A2

**ANNACOTTY
BLOOMFIELD****€289,000**

A very impressive 5-bed end of terraced home situated in the highly sought development of Bloomfield. Spread over three floors, the property is stylish and modern, with well proportioned rooms and a beautifully landscaped rear garden with a south west aspect. Entrance hall, living room, kitchen/dining, family room/bedroom 5, guest wc, main bath, 4 bedrooms (3 double, 1 single), 2 ensuite, hot press. 130 sq m / 1,399 sq ft approx. BER: 112415062

CALL ORLA SHEEHAN ON 061 418000

BER C1

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

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FitzGerald****FATHER RUSSELL ROAD
CLUAIN DUBH****€225,000**

An exceptionally well finished 3-bed family home set at the heart of one of Raheen's most popular residential developments. Immaculately presented, the property offers superb accommodation on both floors and meticulously landscaped gardens to its front and rear. Entrance hall, guest wc, living room, kitchen/dining, 3 bedrooms (2 double, 1 ensuite), main bath. 99 sq m / 1,066 sq ft approx. BER: 102872470

CALL FRANK LYDDY ON 061 418000

BER C2

**ADARE
KILGOBBIN****€270,000**

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

CALL SEAN MCGEE ON 061 418000

BER D1

**CASTLETROY
NEWTOWN ROAD****€499,000**

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

CALL FRANK LYDDY ON 061 418 000

BER C3

**ENNIS ROAD
ASHBROOK CRESCENT****€299,000**

Ideally positioned in a quiet residential cul de sac of a mature estate, this superb 4-bed home is finished to show-house standard. Hall, living room, kitchen/dining, 4 double bedrooms, 3 bathrooms. 123.7 sq m / 1,332 sq ft approx. BER: 105626030

CALL SEAN MCGEE ON 061 418000

BER D1

**ANNACOTTY
GLENSIDE****€275,000**

A superb family home situated in a mature, residential development which benefits from a delightful south west facing garden. Living, kitchen/dining, guest wc, 4 beds, bath & ensuite. 112 sq m / 1,206 sq ft approx. BER: 112417431

CALL ORLA SHEEHAN ON 061 418000

BER C3

**CASTLETROY
WHITETHORNS****€180,000**

A well maintained 4-bed first floor duplex located in a popular development in Castletroy. Hall, 4 double bedrooms, 1 bathroom, kitchen, living/dining, hotpress. 101.5 sq m / 1,093 sq ft approx. BER: 110320819

CALL SEAN MCGEE ON 061 418000

BER C3

**MUNGRET
QUINNS CROSS****€399,000**

Development land with full planning permission for three detached houses measuring a total of 2000 sq ft. in the extremely desirable area of Mungret. .71 acres / .29 hectares, with one access point from the road.

CALL ORLA SHEEHAN ON 061 418000

BER EXEMPT

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

6 SHANNON STREET, LIMERICK T: 061 418 000

Summer success for Munster Property Auction

THE Munster Property Auction held its latest public auction event on Thursday July 11 in The Rochestown Park Hotel.

A wide range of family homes, builders' projects, public houses and land was offered for sale from around the province at the most recent event.

The summer months are traditionally the busiest time of year for property transactions and the Munster auction team was expecting some competitive bidding at its latest auction event. The team was not left disappointed as the majority of the lots offered sold at the auction last week.

The auction company has an impressive 90% success rate so far this year and with two further upcoming auction events the team will be looking for the high success rate to continue.

Back to July 11, where first

up for the auction team was an ideally located, end of terrace building in Limerick City. The property at 9 Upper Gerald Griffin Street was offered to the market in partnership with Rooney Auctioneers at bids over €45,000. With an excellent location within walking distance of the city, the property attracted a number of potential buyers and competitive bidding. While the property is in need of total refurbishment it offers an excellent opportunity for the right buyer and sold for €77,000.

Also sold in partnership with Rooney Auctioneers was a townhouse that overlooks the River Shannon, located next to King John's Castle. The property will require renovation works but there were a number of keen local buyers in attendance on Thursday hoping to secure this well-located property.

After some brisk bidding was sold for €110,000.

Two large industrial units in Thomondgate Enterprise Centre were sold in partnership with Brian Lohan Auctioneers. Both units are currently tenanted and the vendor for these properties accepted a bid of €72,000, which was made on www.munsterpropertyauction.ie prior to last Thursday's live event.

Elsewhere in Kerry, a fine three-bed detached family home was successfully sold in partnership with Horgan Properties. Ballyline West, Ballylongford was again subject to strong interest in the lead up to the auction and the vendor accepted a bid of €145,000 prior to the live auction event. While in Schull, Co. Cork, The Waterside Bar & Restaurant was offered for sale in partnership with James Lyons O'Keeffe Auctioneers.



SOLD: Unit 4 & 5 Thomondgate Enterprise Centre



SOLD: 3 Castle Street went for €110,000



SOLD: 3 Aherlow Woods, Co Tipperary

The property benefits from a seven day licence and three overhead apartments and was subject to strong interest in the lead up to the public auction. After over a dozen bids the property sold under the hammer for €230,000.

The final lot of the event was an attractive 3-bed residence in Tipperary. 3 Aherlow Woods sold in partnership with P.J.

Broderick & Co. Auctioneers and it proved to be the most popular lot of the event. Bids came forward briskly with several parties raising their paddles, as well as per registered phone bidders. The auction team really had saved the best for last and after 44 bids, which opened at €60,000 the hammer came down to a bid of €121,000 to a delighted bidder in the room.

The Munster Property Auction is now welcoming entries for its upcoming online auction, taking place on August 29, as well as its next public auction on September 26. To discuss selling your property by auction or to arrange a free valuation, call the auction team on 021 234 9696 or see www.munsterpropertyauction.ie.

Enjoy your uninterrupted views of Kilkee Beach

AT A GLANCE

Location: 3 Marine Parade, West End, Kilkee

Description: Four-bedroom, semi detached bungalow

Price: €395,000

Seller: Sherry Fitzgerald McMahon

Contact: 065 6867866



The sea views from 3 Marine Parade are second to none



Sherry Fitzgerald McMahon is delighted to introduce to the market, this fabulous 4 bedroom residence. Situated on a large (c.28 acre) site on Kilkee's Marine Parade, the sea views from this residence are second to none.

Internally, the property is deceptively spacious with well proportioned accommodation. It comprises an entrance hall, dining room, kitchen, living room, four bedrooms and a bathroom.

The entire front of the property enjoys uninterrupted sea views with Kilkee Beach situated across the road from this fine home. Externally, the front

garden is in lawn with shrubbery beds.

The property has the benefit of a very large back garden that is in lawn with a paved driveway and parking area with vehicular access to the rear. There is also a dwelling in the back garden that is in need of substantial renovation.

Due to the size and location of the property, its breath-taking sea views and its close proximity to local amenities and other local tourist attractions it would make an ideal residence or family holiday home.

Viewing of this superb property is highly recommended.

Architecturally-designed home right on the Wild Atlantic Way

AT A GLANCE

Location: Waltons Quarry, West End, Kilkee

Description: Five-bedroom, detached home

Price: €850,000

Seller: Sherry Fitzgerald McMahon

Contact: 065 6867866



Your new home at the beach: Waltons Quarry, Kilkee

THIS remarkable residence is situated on an unrivalled, elevated c. 0.75 acre site in Kilkee's famous West End on the Wild Atlantic Way, 15 minutes drive from Doonbeg Golf Course and one hour from Shannon Airport. The breathtaking sea views on offer over Moore Bay and the broader Atlantic Ocean are second to none and must be viewed to be truly appreciated.

Architecturally designed and constructed in 2001, this unique home is the epitome of luxury living. The property comprises 375 sq. m. (3,929 sq. ft.), laid out over three floors. Internally, the house has been completed to a very

high standard and every opportunity to take advantage of the panoramic views on offer has certainly been taken.

Accommodation comprises an open plan kitchen/living and dining area, sitting room, an office, five bedrooms, a games room, utility room and basement along with a fantastic roof-top deck area overlooking Moore Bay and the broader Atlantic Ocean. The property has oil-fired central heating (OFCH) for radiators, hot water supply and an underfloor heating system, with each room having zone controlled options.

Externally, the grounds are bounded by stone walls and hedging and are landscaped with low maintenance coastal shrubs with railway sleepers and a frog-pond. Gravel pathways and a paved driveway ensure easy maintenance. A galvanised spiral staircase leads directly to the roof-top deck where there is excellent space for al fresco dining, relaxing and taking in the marvelous panoramic views.

Due to its size, location, finish and stunning views, - this property would make an incredible family or holiday home or an investment property for executive short-term lettings.

GVM Auctioneers

PSRA Licence No. 002030 ipav
www.gvm.ie



Our Team: Tom Crosse,
Declan Barry, Richard Ryan,
John O'Connell
& Audrey Fitzgerald.



Spring Lodge, Kilfinane, Co. Limerick.



€265,000

Idyllic Estate boasting an impressive Period Residence, standing on Circa 10 st acres of rolling parkland. For Sale by Public Auction in our Limerick City Auction Rooms on Wednesday 31st July 2019 (Unless previously sold). Majestic two storey over basement period residence with enormous character. Residence extends to Circa 3,000 sq.ft of well laid out bright spacious well proportioned accommodation. Full details contact Tom Crosse on 087-2547717 or Richard Ryan on 087-806772

10 The Hawthorns, Castletroy, Limerick



BER D1

€269,000

Spacious 6 bedroom semi detached house located in a small cul de sac development opposite Castletroy Shopping Centre and just a short walk from The University of Limerick and Plassey Technological Park. Primary and Secondary Schools and all other amenities including public transport are located conveniently nearby. Ideal family home or investment property. Contact Declan Barry on 087-6470746

1 Newtown Mews, Annacotty, Co. Limerick



€195,000

GVM Auctioneers are delighted to introduce this magnificent ground floor two bedroom apartment within walking distance to all amenities including public transport. Located in a small exclusive development with designated car park space this property is ideal for those seeking to downsize, first time buyers or investors. Adjacent to Plassey Technological Park, University of Limerick and easy access to motorway network. Viewing highly recommended. Contact Declan Barry on 087-2026886

45 Ballinacurra Gardens, Ballinacurra, Limerick



BER E1

€190,000

GVM present to the market this exceptional 3 bedroom semi detached family home in turnkey condition. This property is beautifully positioned in a quiet cul de sac and is in walking distance to a wide wide range of amenities. Viewing high recommended. Contact John O'Connell on 087-6470746

12 Herbert Grove, Castletroy View, Limerick



GVM Auctioneers present 12 Herbert Grove which is a two bedroom townhouse beautifully maintained and decorated throughout and located in a much sought after residential development. It is conveniently located adjacent to schools shopping centre and all other amenities including public transport. Viewing highly recommended. Contact Declan Barry on 087-2026886

Wellview, Marian Drive, Roxboro, Limerick.



€155,000

GVM Auctioneers introduce Wellview, Marian Avenue which is a rare opportunity to acquire a detached bungalow in this much sought after residential area with walking distance to the city centre and all its amenities. Deceptively spacious with off street parking with garden front and rear. Needs modernisation. Contact Declan Barry on 087-2026886

3 Elm Park, Ennis Road, Limerick



€225,000

GVM Auctioneers are delighted to introduce to the market No. 3 Elm Park, Ennis Road. This property is a spacious three bedroom townhouse with a very private southwest facing rear garden backing onto Limerick Lawn Tennis Club. This is an ideal opportunity to acquire a property in this very much sought after residential location. Ideal for 1st time buyers or those seeking to downsize. Contact Declan Barry on 087-2026886

111 Elm Park Avenue, Castletroy, Limerick



BER D2

€185,000

This five bedroom and two bathroom makes this property an ideal investment opportunity located adjacent to the University of Limerick. Available with students for next term if required. Two minute walk to University of Limerick. Very popular location with students. Viewing recommended. Contact Declan Barry on 087-2026886

23 Hillcroft, St. Patricks Road, Limerick.



BER C3

€235,000

GVM Auctioneers introduce 23 Hillcroft which is a spacious 4 bedroom detached family home located in a mature residential development adjacent to all amenities and just a short walk from Limerick City Centre. The University of Limerick is approximately 3 kilometres and public transport is available close by. Excellent condition throughout. Contact Declan Barry on 087-2026886

78 Cragaun, Fr. Russell Road, Raheen, Limerick



BER B3

€295,000

GVM Auctioneers introduce to the market this spacious 4 bedroom semi detached extended family house in excellent decorative condition throughout. This is a perfect opportunity to acquire a spacious home in close proximity to schools, University Hospital, Shopping Centre and all other amenities including public transport. Easy access to motorway network. Contact Declan Barry on 087-2026886

7 Keane Street, Pennywell, Limerick



BER G

€100,000

Extended three bedroom end of terrace property with large private rear garden in very popular convenient location within walking distance to the city centre and all other amenities such as schools, shops, public transport are all on the doorstep. This dwelling is in need of modernisation but is ideally suited to 1st time buyers. Viewing highly recommended. Contact Declan Barry on 087-2026886

43 Bru na Ghrudain, Castletroy, Limerick



BER C2

€195,000

GVM introduce to the market this conveniently located 5 bedroom terraced property within walking distance of the University of Limerick. This is an ideal investment opportunity and has recently been repainted and new carpets fitted throughout. Viewing comes highly recommended. Contact John O'Connell on 087-6470746

Derrymagna, Montpelier, Castleconnell, Limerick



€165,000

GVM presents to the market this exceptional three bedroom detached extended residence standing a large landscaped site with huge potential to extend. This property is situated just 15 minutes drive from the University of Limerick and Plassey Technological Park, and just 5 minutes drive to both Killaloe and The Motorway. Viewing of this sensibly priced home is very highly recommended. Contact John O'Connell on 087-6470746

Hillview, Knockenagh, Boher, Co. Limerick



€290,000

GVM Auctioneers are delighted to introduce this bright an spacious home standing on a large mature site with a south west facing aspect. This is a very much sought after location within a 15 minute drive to Limerick City Centre and only 10 minutes drive to The University of Limerick. Easy access to motorway. Viewing very highly recommended. Contact Declan Barry on 087-2026886

43 Salmon Weir, Annacotty, Limerick



BER C3

€320,000

GVM Auctioneers are delighted to offer this four bedroom detached house with spacious living accommodation located in this very popular and much sought development residential development located within Annacotty Village and walking distance of all local amenities. Primary/secondary schools, University of Limerick and Plassey Technological Park and public transport are all adjacent. South facing rear garden. Not overlooked front and rear. Contact Declan Barry on 087-2026886

Abington, Murroe, Co. Limerick



€390,000

GVM Auctioneers are delighted to bring to the market this beautifully spacious 4 bedroom family home located in Abington just outside Murroe Village. This property has all the advantages of rural life but is within a short distance to The University of Limerick, Motorway network and the convenience of Murroe Village with shops, schools, Glenstal Abbey and all other amenities on your doorstep. Viewing highly recommended. Contact Declan Barry on 087-2026886



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- Full details on the bid process are available in the property data room at www.clonmackenlimerick.com

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ENTERTAINMENT

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

Musical returns to Lime Tree

THE SENSATIONAL musical adaptation of Frank McCourt's iconic memoir *Angela's Ashes* will this week return to Limerick for the first time since its premiere in 2017.

Angela's Ashes, The Musical returns to the Lime Tree Theatre, Mary Immaculate College, for 11 performances only, and kicks off this Thursday evening.

Produced by Pat Moylan, the critically acclaimed musical stars Jacinta Whyte and Eoin Cannon.

The show, which broke box office records back in 2017, will take place between July 18 and July 27, with matinee shows on July 20 and July 27. Tickets for the show range from €26 to €40.

For more information, visit www.limetreetheatre.ie.



Feile 19 set for 'special' weekend

ORGANISERS of the annual Tipp Classical event have announced that the major festival will now be named as Feile 19.

Featuring an extensive line-up of established chart-topping musicians at the Big Gig at Semple Stadium, Feile 19 will take place in Thurles between September 20 and September 22.

Festival curator Tom Dunne has said that this year's event will be "special".

Feile 19 will also celebrate the annual Culture Night, and will offer a gourmet food curated by celebrity chef Kevin Thornton, and a host of beverage options.



Irish Youth Wind Ensemble as they bring their national tour to UCH on Friday, July 26

Irish Youth Wind Ensemble to play gig at UCH on July 26th

OVER 70 of Ireland's finest young wind, brass and percussion players have been selected to play in this year's Irish Youth Wind Ensemble as they bring their national tour to University Concert Hall on Friday, July 26.

Artistic director for the group Ronan O'Reilly says "The music programme has been selected to demonstrate the technical and musical abilities of some

of Ireland's finest young wind, brass and percussion instrumentalists from which they will reap a great educational appreciation for this medium."

O'Reilly serves as the director of the Artane School of Music, and guest conductor on the night will be Dr Ken Dye, director of Bands at the University of Norte Dame in Indiana.

Molly Burke, a flautist

from Cork, is performing with the Irish Youth Wind Ensemble for her fifth year.

Speaking about why she returns to IYWE each year, she said, "IYWE has definitely helped mould me into the musician I am today."

Tickets are €20 / €10 concession and are on sale now from uch.ie or by calling 061 331 549 (University Concert Hall) and will also be available on the door.

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BIG NIGHT OUT @

CORPORATE NIGHT AT THE CLAYTON
PICTURES:
DAVE GAYNOR



Meghann Scully, Aine Quinn and Siobhan Patrick at the Corporate eveing in the Clayton Hotel



Mary Duggan and Catherine Coughlan also enjoyed the night at the Clayton Hotel



Barbara Walsh, Margaret McInerney and Trish Kennedy



Nuzia Radogna having fun in the Clayton



Karen and Chloe Gough



Mary Claire Harper, Valerie Riordan and Ita Magner enjoyed the corporate night at the Clayton Hotel



Pamela Begley, Suzanne Begley and Nancy Begley all enjoyed the night out at the Clayton



Linda Fitzgerald and Caroline Rafter



Eugene and Denise King and Cathal Costigan (as Francis Brennan) who entertained guests



Maeve Lavin, Lynn O'Doherty and Margaret Power



Elaine Ryan, sales and marketing manager, Clayton Hotel and Michael Sheahan, Mayor of Limerick and County



Giovanni Maione, Francesco Ricapito and Isabell Schildt



Angela's Ashes returns to the Lime Tree Theatre this weekend

PICTURE: PATRICK REDMOND

THE rain in Limerick hopefully falls mainly on the stage this weekend, as Angela's Ashes returns to the Lime Tree Theatre. Add in two of Ireland's finest live music acts, the best band that ever came out of Jamaica and a full day dedicated to cows and all things agricultural and there's plenty for everyone in Limerick this weekend!

Thursday (July 18)

You can take in a full evening of traditional games at the **Hunt Museum** this Thursday. **Game Fest** will see the innards of the museum transformed into a game zone, where you can pick the board game of your choice to play. Bring a friend and you won't feel awkward.

You can also try some croquet or boules in the garden outside. They'll provide croquet mallets, though if you want to be really classy you could just bring your own flamingo. It runs from 5pm till 8pm and will cost you a fiver, which also includes entry to everything except the Lavery/Osborne exhibition.

Life can't have been easy growing up in Limerick in the 1930s. Poverty, lots of rain, the Catholic Church hovering over you in case you as much as looked at yourself... and the possibility that someone would eventually write a cheeky-chappy musical extravaganza about your Gavroche-style life. **Angela's Ashes The Musical** is back in the **Lime Tree Theatre** this weekend for its third visit to our fair city and will run for 11 performances from this Thursday to next Saturday week.

Like all the classic musicals - Les Miserables, Cats, Matilda - it's the story of someone in a miserable existence, willing to do anything to escape as long as it involves a lot of singing. Poverty, pestilence and precipitation - what's not to like? Tickets are moving as quickly as impoverished children after a coal truck, so book early. 8pm each

THINGS WHAT ARE ON IN LIMERICK

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

night, tickets will cost you €36 / €31 concession this week before prices go up for next week's shows. You can also see a matinee this Saturday for €26.

Ska fans are in for one of the biggest treats of the year this Thursday, as Jamaican ska kings **The Skatalites** are set to hit **Dolan's Warehouse**. The band has been on the go for 55 years, so they've had quite a few personnel changes in the past five decades, with Doreen Shaffer remaining as the only original member. Somehow, despite the group being the first modern real-world test of the Ship of Theseus Paradox, they've retained all the live energy that brought them thundering into the world music scene in the mid-60s with their wonderfully jubilant cover of The Guns Of Navarone. You definitely won't be disappointed if you catch this gig. Doreen Shaffer is 79, so grab the show while you can. Doors at 8pm, tickets are €25.

Friday (July 19)

The poets and performers of **Stanzas** are back in **Ormston House** this Friday for a one-off night of spoken-word performances and poetry. It's been a very quiet year for the Stanzas crew and months since they've managed to gather their flock together for a celebration of words - one of the few resources the planet will never run out of - but they're back in their old home to celebrate their fifth anniversary of being one of Limerick's best outlets for the young and not-so-young who like to write.

As usual, the night will include an open mic where almost anyone can step up and rattle off the series of words burning a hole in their brain. 7pm and, as always

with Stanzas nights, it's free.

Mick Flannery's sixth album rather deservedly shot to number one in the Irish charts as soon as it was released last week. Not all heroes wear capes but keeping Westlife away from the coveted top slot should at least earn the Blarney singer-songwriter a garden party invite to Áras an Uachtaráin. He's kicking off a national tour this Friday night in **Dolan's Warehouse** before plying his wares around the country, followed by a mini-tour of the US at the end of the summer. As he's one of Ireland's finest folk-rock singers, I thoroughly recommend this show - it's the Limerick gig you shouldn't miss this week. Doors at

8pm, tickets are €25.

Saturday (July 20)

It's hard to believe that **Bell X1** have been on the road for 20 years.

Four Choice Music nominations but somehow zero wins later, they're live in **King John's Castle** this Saturday night. Flock was one of the finest alt-rock albums ever to grace an Irish CD collection and it's worth getting to their gig just to hear that delicious brief pause towards the end of Rocky Took A Lover. Calling Bell X1 'reliable' might make them sound rather boring but they're anything but. And they are stunningly reliable, every live show worth seeing. They'll be supported by Saint Sister, who have their own headline show in Limerick in mid-September. Gates

LEFT: Dolan's hosts Mick Flannery this Friday

BELOW: Ska kings Skatalites are in Dolan's this Thursday



open at 7pm. Tickets are a little pricey at €42 but that's the cost of getting two of Ireland's best live acts to Limerick.

Sunday (July 21)

The **Newcastle West Agricultural Show** takes place this Sunday in **Castlemahon**. One of Ireland's largest agri shows, it's been on the go since 1918 so they must be doing something right. You'll be able to see a wild bird display, showjumping, a small farm animal section and, of course, the bonny baby competition. It's never too early to start your child on a road to thinking they're not good-looking enough. They'll also have a magic show, an all-day family treasure hunt and a vintage car run. If you happen to have a cow at home, you can enter it into one of the prettiest cow competitions. It runs from 10am to 5pm, entry is €10 for adults and free for children.

Closing out your weekend with a bang, Limerick's **Shardborne** headline a night of prog-metal at **Pharmacia** this Sunday. Support comes from Zombie Picnic and Hedfuzy. Doors at 9pm, tickets are a fiver.

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!

Bell X1 play **King John's Castle** this Saturday night

A Day In My Shoes

Andrea Della Greca

Moca Food & Wine stall at the Milk Market

Taste of Italy at the market

What time do you get up?

I usually get up at 5.30am on Saturday's for the Market, Monday to Friday around 8am.

What is your normal breakfast?

My breakfast is a cup of hot milk and Italian cookies, didn't change since I was 5.

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

My work is very physical, I do deliveries during the week, lifting 25kg bags of flour and many more heavy goods all day long. It really destroys me, it's my free gym as I call it. On Sundays, I always go for a walk with my wife and daughter around our estate and if the weather is good it really is the best part of my week.

What time do you arrive at the office?

I usually arrive at the market around 6.30, it only takes 10min driving from home, I am quite lucky to be living in Limerick city.

What are your first duties?

As soon as I arrive I start preparing the stall. First I set up the display with all my dry products, divided by size and type, everything placed on top of a table cloth of burlap fabric. I love this material because it reminds me of the market back home in Tuscany.

Around 8am, I place all the cheeses and cold cuts on the wooden board and I start making the famous cannoli, a variant of the typical sweet delicatessen from Sicily. It's a cylindrical fried pastry shell filled with Ricotta cheese, sugar and dark chocolate

Finally at 10am, I start preparing the Italian Panini's with Buffalo Mozzarella and a selection of Cod Cuts, garnished with extra virgin olive oil and sundried tomatoes, the perfect way to start the day.

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

I usually drink no more than one coffee a day, espresso during the afternoon, a Latte in the morning.

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

I eat my own food, a sandwich with Parma Ham is my favourite.



Do you have many meetings during the day?

I take care of the logistic side of the company, we supply our products all over the West so I am always around with the van but if I meet one of my clients during deliveries we always talk about new products, new recipes or chat a simple chat.

What time do you finish up at?

If you work for yourself there is always something to do, so you need to give yourself a time limit, usually it's when I finish the deliveries around 6.30/7pm. It's a long day but a big improvement from the long shifts I was doing in the last 10 years where I was working in restaurants and hotels in Europe and Dubai till late at night.

Having a family isn't easy if you never see them, so I decided to reinvent myself and start over with this new adventure of running an Italian food Import in Ireland.

Having the opportunity to promote Italian food culture in Limerick thanks to the Milk Market gives me the chance to share my passion for food with other food lovers looking to recreate recipes they tried in Italy, and seeing their smiles the following week while they show me pictures of the dish they made is priceless.

Do you watch much TV?

I never watch TV, usually I watch Movies on Netflix from my Laptop. I like to pick what I'd like to watch instead of relying on the TV channel.

Do you read newspapers?

Driving all day it's easy to listen to the radio, I love listening to The Last Word with Matt Cooper on Today FM.

What do you do to relax?

I love reading books on my Kindle or watching a documentary.

Andrea Della Greca, pictured with Jessica Mangione, at the Moca Food & Wine stall, every Saturday in the Milk Market

Are you able to leave the office behind?

As soon as I come back home in the evening, I completely forget about work, my thoughts are all for my family.

What is a perfect work day?

My perfect work day is waking up early, do the deliveries on time without finding any traffic jams and be home at 5.30pm in time for preparing dinner for my wife, Lina, and two and a half year old daughter, Malaika, so we can play all evening and after her bedtime watch a movie with my wife.

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

I hardly lose my cool while working, because driving so many kilometres a week I need to be focused and calm. I am a really relaxed person that likes to keep everything under control even my stress levels.

INSIDE THIS WEEK



MIND, BODY AND SPIRIT

Eva explores triangle of health
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Louise's top picks for the summer
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LIMERICK HAS PRIDE

Richard Lynch at the Pride festival
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You can't do everything: Running at full stream all the time will eventually catch-up with you

Minding your battery life



MENTAL HEALTH MATTERS

DR EDDIE MURPHY

CLINICAL PSYCHOLOGIST
ADJUNCT ASSOCIATE PROFESSOR
UCD SCHOOL OF PSYCHOLOGY

IS your battery full on Monday, depleting by Wednesday and empty Thursday and Friday. Why do we take more care to power our phones and not ourselves?

We've all been there, when you think your phone has been charging all night, only to find you hadn't flicked on the power. You immediately accept it's not going to function, or you'll have pretty limited usage until your next charging opportunity. Yet when it comes to our bodies we push on, potentially until stress, exhaustion, or being burnt out occurs.

I am convinced that people who are continually in stress / overwork mode by choice or by "you have to

get on with it" will eventually succumb. Illness will always catch up and then the person is forced to reprioritised.

What if it didn't have to be this way?

What if we are able to manage our energy levels so that we can thrive rather than survive?

TOP 5 TIPS TO KEEPING THE BATTERY TOPPED UP!

Sleep: Sleep is the quickest win to your emotional health and a fully charged battery. Ireland is a totally sleep deprived nation. In general we are not getting to bed early enough or getting enough of good quality sleep. Too often the mobile phone is brought into the bedroom. Invest in an old-fashioned alarm clock.

Exercise: As paradoxical as it sounds the more you exercise the more energy you actually self-generate. Often the issue is motivation, or planning the right time to do activity.

For me I know it's about doing it with people, I am a poor trainer on my own, but when I get out with the athletic club jogging around the chat and social element keeps me going.

Savour moments - Be Mindful: Each morning when you wake up (before you check your phone!), notice your breath and take two or three long deep breaths in and out. Throughout your day, do this whenever you think of it. It calms down the fight or flight stress response and allows the adrenaline to drain from the body, thus not wearing the body out as much.

A real to-do list: Making an unrealistic list of everything you have to get done in one day and then attempting to reach those goals will lead to huge frustration and a feeling of failure.

This also wears down the 'battery'. Make a list that is realistic and therefore you will feel you have set and reached some if not all of



Yet when it comes to our bodies we push on, potentially until stress, exhaustion, or being burnt out occurs

your goals in that day as best you can. This will not only conserve your battery life, it will actually give you some energy!

Call in help: If you are struggling admit it. It's okay - we all struggle. Why is it that we feel we must wear the 'mask of perfection' and never admit we are struggling?!

If you feel overwhelmed, share it with a family, colleague or friend. You would be amazed at how much better you will feel if you face the problem and amazed at how much energy you will save from this issue just being addressed. When asked

for help I know few people who say no, and if they do then are they really your friend.

CHECK-IN WITH YOURSELF

Remember, your battery life is your life and you only have one of those!

We are what we do on a daily basis so check-in with yourself right now on what it is you do and if you need to add or subtract from it, then that could make all the difference to keeping your battery life a little healthier than usual.

We all want to do a lot in our lives, yet our bodies and brains, only have a finite daily resource. So, as you stick your phone on charge for the night (ideally not right under your pillow), just remember to keep an eye on your own battery life too.

Lao Tzu — "The flame that burns twice as bright, burns half as long."

*** 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/>**

POSITIVE PARENTING

LOVE PARENTING 

Top Tips

For Keeping Boredom at Bay

While children look forward to the long summer break with great excitement, the reality can sometimes lead to the dreaded complaint—'I'm Bored!' Here are a few tips to help you cope.

1. Embrace It!

Evidence suggests that boredom can be good for children. It allows them time to think, to become comfortable in their own company and to use their creativity.

2. Plan a joint project.

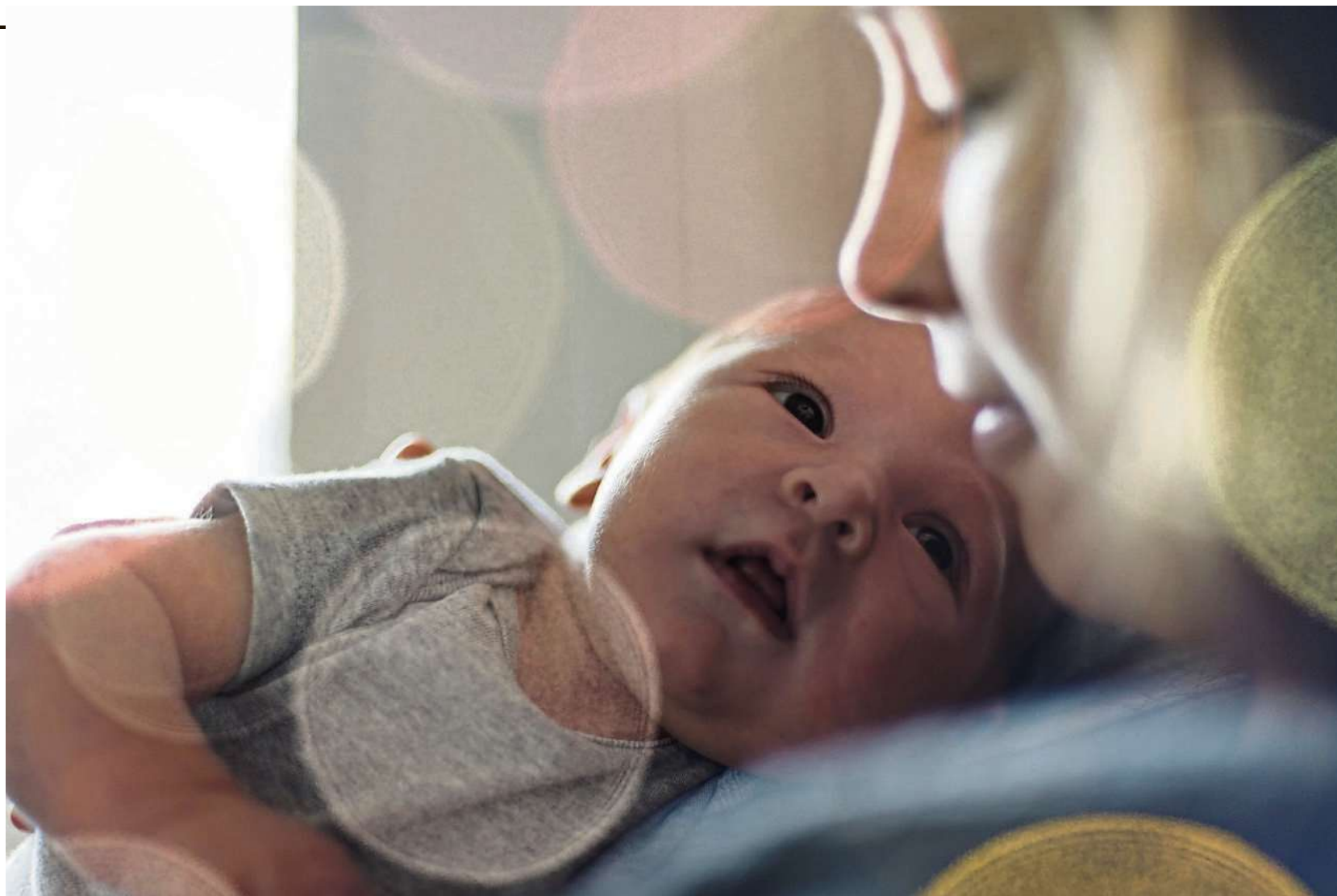
This can be a great time to nurture your child's interests and spend some fun time together. Think about planting a garden; reading their favourite series of books; or restoring an old piece of furniture. The possibilities are endless!

3. Plan a few special days.

We all need something to look forward to—whether it is a holiday in the sun or a picnic and play at the local park with their friends. Getting them involved in the planning will keep them busy and make it even more special.

4. Give them some responsibility.

Whatever their age, children can take some role in helping out around the house. It teaches responsibility, and it shows them that they are an important member of the family. Whether it is setting the table, unloading the dishwasher or cutting the grass, give them a job that is theirs.



Losing ourselves completely in family life isn't good for us or our families—you still need to be you

Self Care—What's That?

If you have ever read parenting books or web-sites (including our own loveparenting.ie) or done a parenting programme, you will know that one of the key messages to support positive parenting is that parents need to find time to look after themselves if in order to be able to meet the needs of their children. We know that it is so much more difficult to parent when we are tired, stressed out, worried or anxious about something. We also know that losing ourselves completely in family life isn't good for us or our families—you still need to be you.

You may have read suggestions to go for a walk, take a bath, go out with your friend, etc, and these are all good suggestions that can help us take care of ourselves. But, many parents, on reading these suggestions might think: "A bath—great! As soon as I close the door I will have a little audience splashing and playing with the

bubbles. That sounds relaxing!" Or, "A night out—yes, lovely, but after finding a babysitter, paying for a taxi in to town, having a meal or a drink—I would be less stressed out about time and money if I just stay home!"

So, given that most of us have limited time and budgets, how do we prioritise caring, really caring, for ourselves?

PRIORITISE AND PLAN.

If this is going to happen, you really need to commit to setting aside some time for yourself. Put it in the diary and plan how you are going to have this time. Make sure you have a concrete plan—a vague notion of doing some exercise or call an old friend sometime next week will likely not happen. Plan to meet a friend for coffee on Tuesday at 5; plan to go for a walk on Monday and

Wednesday after the children are in bed.

Start Small. Facebook and Instagram can convince us that everyone else is out there "living their best life" all the time and having non-stop fun. The reality, of course, is that everyone has their challenges and struggles. You may not be able to schedule a spa weekend with the girls, but that's okay. Find an hour at home to read a book; do a health and beauty routine; do some stretches and yoga—whatever it is that connects you to yourself.

SILENCE THE INNER CRITIC; RE-SET YOUR INNER VOICE.

Many of us, caught up in the whirlwind of everyday life, can be really hard on ourselves. It can be easy to focus on the things that go wrong and take responsibility for everything. You can only do your

best, and having an inner voice that is full of kindness and gentleness (think how you would speak to a much loved friend or family member) can make a big difference.

REACH OUT.

Many of us are reluctant to ask for help or even let others know that we are struggling. Reaching out to friends, families and neighbours can really help—you might arrange to meet up with a neighbour for a walk or swap babysitting duties. Most people are willing to help if we can find it within us to ask. If they're not, recognise that they may have their own struggles. If you find that you are really struggling and need a bit of extra support, there are a range of service and supports available. See www.loveparenting.ie for details.



HEALTHY LIVING

EVA HILL HAMILTON

CONTACT EVA

Facebook: @evahillnutrition **Web:** www.evahillnutrition.com **Email:** info@evahillnutrition.com

The triangle of optimum health

I was asked to give a talk to a corporate company last week on wellbeing and preventing chronic disease.

I chose to speak about the triangle of optimum health, because, no matter what illness someone is struggling with, it needs to be tackled at all angles: body, mind and spirit.

There is overwhelming evidence that suggests that degenerative diseases are the results of the combination of genetic predisposition and environment, with the emphasis on the latter. In cancer, for example, stress, environmental toxins and nutrient deficiencies undermine the immune system and allow mutated cells to go unchecked, which

leads to uncontrolled growth in a genetically predisposed individual.

It is important to reduce the burden on our body to support medical treatments – addressing all elements of our life: body, mind and spirit for best results. You cannot support only one element of this triangle and expect to heal. You can have the best diet, but if you are stressed, if you constantly feel and speak negative, or if you try to fill the void of spirituality with drugs, alcohol or comfort eating – these will keep you in that vicious circle of inflammation and oxidative stress.

Diet is the base stone of healing – we are after all what we eat. But how you eat and



Body, mind and spirit go hand-and-hand for our health

how you absorb your nutrients are just as important as what you eat. Mindfulness practiced at mealtimes, focusing on and enjoying the meal, chewing properly can greatly increase the amount of nutrients absorbed and reduce putrefaction in the gut. Beneficial bacteria not only assist digestion, but send

messages to our immune system, constantly adapting it to the internal environment therefore, they should be topped up daily with fermented foods and/or supplements.

The timing of your meals is also crucial. Regular fasts – whether done twice a week or overnight, can reboot our immune system and assist healing. The best example of

this is obesity, diabetes and metabolic syndrome. Simply by restricting the time that we feed, allowing the body to repair at night, insulin resistance and fat storage can be reversed!

Man-made chemicals also carry messages to our DNA, unfortunately only damaging ones. Couple that up with a sluggish liver detoxification – such as the genetic Gilbert's syndrome – and you have a higher incidence of mental health disorders and hormonal cancers. Remove chemicals from your body and your house. Use organic foods where possible, avoid

DID YOU KNOW?
 Repetitive prayer, meditation and mindfulness alter gene expression and result in positive physiological changes

plastic containers and cellophane. Use natural cosmetics and cleaning products.

A peaceful and determined mind is the difference between losing or winning the battle. Stress and worry weaken the immune system and feeds inflammation, preventing your healing.

Deep breathing exercises, mindfulness, emotional freedom techniques can help to overcome stress. Visualisation is very successful also, think and see yourself healthy! Force yourself to think and speak only positive! Connecting to a greater force can give us greater strength. Prayer and meditation can heal a broken soul and get us through the toughest hours.

LIMERICK LEADER

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

www.limerickleader.ie



MAN ABOUT TOWN

PATRICK McLOUGHNEY

CONTACT PATRICK

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Twitter: @iammcloughney Instagram: iammcloughney

And the title goes to...

This week's Man About Town is dedicated to the amazing young women that will be competing for the Miss Limerick and Miss Clare title on Thursday in Opium Limerick. Normal service will resume next week



Megan Flanagan, 21

Student Nurse

Sponsor: P.J. Flanagan Hurleys

Tell me something unusual about yourself?

"Something unusual about myself is that I am ambidextrous. I mainly write with my left hand, but I can also write with my right hand and often did so in school when my left hand got tired! I used to play camogie with my left hand on the top of the hurley, but my right side was my good side!"



Chloe Lynch, 25

Market Manager of Keanes Jewellers

SSponsor: Keanes Jewellers

Who inspires you most?

"My nan. She is the strongest person I have ever met. She is beautiful on the inside and out. She has raised me to be who I am today, thought me all the life lessons I need, and I am so very grateful for everything she has thought me to date. She picks me up when I am down and she motivates me every day to be a better version of myself than I was yesterday."



Marta Kamrowska, 18

Hotel Receptionist

Sponsor: Radisson Blu Hotel

Why do you think you should become the next Miss Limerick?

"I wouldn't describe myself as a typical girl, I am a very chatty person and often described myself to have a contagious smile. I am very much a people's person and I love interacting with others. Becoming Miss Limerick would boost my confidence which will help me with my future goals."



Danielle Lyons, 25

Dental Nurse

Sponsor: Luscious Locks By Leon

What is your life's ambition?

"Right now my life's ambition is just to be happy and take each day as it comes and every opportunity along with it. Hard work and perseverance will get me to where I need to be wherever that may be."



Natalie O'Regan, 25

Student

Sponsor: The Country Store, The Hummingbird Cafe, CBS

Tell us something unusual about yourself?

"I think to be a woman within the STEM (Science, Technology, Engineering and Maths) sector is something unusual. Although there are women in this sector, it's still very much a male-dominated community and I would like to encourage more girls to become part of it."



Louisa Dempsey, 21

Makeup Artist

Sponsor: Ciara's Closet

What is your most embarrassing moment?

"Growing up I was always interested in modelling, and when modelling and grooming classes presented themselves in a town near to me I knew I had to go. When the chance came for me to be a part of my very first fashion show I couldn't contain my excitement. So much so that when it came to my very first runway, I tripped and stumbled up the runway"



Kyla McGowan, 18

Student Nurse

Sponsor: Dani's Closet

What is your life's ambition?

"I would absolutely love to be either a barrister or a solicitor specialising in human rights and criminal justice. I would also love to continue my modelling career and get involved in mental health charities as this is something I'm passionate about."



Christina Alcazar Deverell, 20

Student

Sponsor: DANI

Why do you think you should become the next Miss Limerick?

"I personally think it would be an incredible opportunity to represent Limerick on a national stage. A lot of people don't know enough about our amazing county and all it has to offer. I think I could have the potential if I was to win Miss Limerick to also bring awareness to the causes that matter most to me. Through being Miss Limerick that would obviously give me a great platform. I also think I would hopefully be able to do my county proud and represent Limerick to the best of my ability"



Catherine Earlie, 21

Trainee Solicitor

Sponsor: Paulina Eyelash Academy

Tell me something unusual about yourself?

"I've played the guitar for the past six years. I played the lead in my school's musical for three years in a row and I sang and played guitar in three talent shows. Singing is a passion of mine and music brought me out of my shell in school. I wouldn't be the same person I am today without it."

Ciara O'Halloran, 23

Graduate Engineer

Sponsor: Lucy Erridge Adare

Tell me something unusual about yourself?

"I've travelled to 20 different countries, I love travelling. I've travelled to represent Ireland playing sport, I've travelling which friend and also travelled solo which I found was great for my own independence and confidence. With all these travelling experiences I have grown a strong passion for helping the environment as an individual as I have seen first hand how difficult it is in some countries as they do not have alternative resources."



Clodagh Cahill, 26

Graphic Designer

Sponsor: Dani's Closet & Showroom

Who inspires you most?

"It sounds super cheesy but the person who inspires me most is myself. When I think back on the difficult start I had in life with no support system and how I had to put myself through college and do everything for myself at such a young age I wonder where I found the strength to keep going, but I did and I came out the other end smiling and stronger than ever so any time I have a bad day I think back on all the bad days I thought I would never get through and it encourages me to pick myself up, dust myself off and keep moving forward."



Emma Austin, 20

After School Worker & Model

Sponsor: Ciara's Closet

Who inspires you most?

"Women like Jameela Jamil, Michelle Obama or Ellen DeGeneres are people that inspire me constantly as they work hard to teach others to be better people and are always inspiring younger people to love themselves for who they are. The people that also inspire me the most are the amazing people that I am lucky enough to be surrounded by like my Nan and my mam. They are the strongest, kindest and most selfless women I know. They have thought me so much and have shaped me into who I am today".



Katie Woods, 22

Mid West Action Panalist

Sponsor: Supermacs

Why do you think you should become the next Miss Limerick?

"I believe I should become the next miss Limerick because I know how to bring about change and I have the motivation to do it I just need the platform to aid me. Miss Ireland inspires me. So many powerful women started out by becoming miss Limerick etc. Miss Limerick is the stepping stone to creating something incredible. I know I can create that."



Niamh Bateman, 25

Client Manager

Sponsor: The Sports Factory

Who inspires you most?

"My father most definitely is the person who inspires me the most in life. He has raised five of us single-handedly along with running his own dairy farm."



Joyce Ryan, 19

Waitress

Sponsor: Oola Furniture & Flooring

What is your most embarrassing moment?

"Well, I have many haha! But I have to say the time I burped in my 5th class crush's face tops them all."



Rebecca Enright, 20

Student

Sponsor: Foynes Flying Boat Museum

What is your life's ambition?

"More than anything, all I have ever wanted is to be healthy and happy. We spend our lives heavily involved in everything and forget to look after our own health & happiness."



Claudia Daly, 19

Hotel Receptionist

Sponsor: Killaloe River Cruises

Who inspires you the most?

"My Grandad is my true inspiration in life. He has taught me to never doubt myself and always push myself to achieve my goals. He has so much wisdom and I would be lost without him."



STYLE & FASHION

CELIA HOLMAN LEE

CONTACT CELIA

Facebook: celiadolmanlee **Web:** www.holmanlee.ie **Email:** celia@holmanlee.ie

Hats off to the amazing fashion

I ALWAYS feel that hats and fascinators complete a look. And here in Limerick we have a range of shops and stores to choose from to find your perfect headpiece.

When choosing a hat it's important to take a few things into consideration: make sure that it is sitting comfortably on your head and the hairstyle you have chosen works with it so that you can enjoy the day without any mishaps.

Antoinette's Hats and Accessories on Foxes Bow has beautiful hats for any outfit. In these photos Antoinette themed her hats with beautiful looks from Dani's Closet. Whether at home or abroad these dresses will suit any occasion. There are more gorgeous designs from Caroline Mitchell and Sinead's in Annacotty, one of the top destinations for mother-of-the-bride/groom.

Of course footwear is important and Nevil's Shoes in O'Connell Street have such a variety of shoes which are suitable for any occasion.



I'm dressed in fashion from Sinead's Boutique while the models are dressed in Dani's Closet, Caroline Mitchell and also Sinead's Boutique



Here's a stunning head-to-toe ensemble from Sinead's Boutique in Annacotty, ideal for any big function this summer



Laura Mansbridge wows in this fresh summer look including hat from Antoinette's hats, dress from Dani's Closet, and shoes and bag from Nevil's Shoes



Siobhan Burke wears a stunning pastel pink ensemble from Sinead's Boutique in Annacotty

CELIA SPOTTED

Looking good out and about in Limerick

Name: Tara O'Sullivan
Occupation: Analyst, UHL Hospital Group
From: Patrickswell

At her recent May wedding to Benjamin Finnan at Kilkenny's 5-Star Mount Juliet Estate, Limerick native, Tara O'Sullivan's self-styled look gave a vintage touch to traditional black-tie, with antique jewellery. In terms of fashion, Tara is a huge fan of Zara. She says they always have an incredible range - perfect for mixing classics with streetwear. Tara also loves to shop online at Revolve as she feels their clothing is so casual and on-trend and absolutely ideal for finding outfits for weekends away or nights out. Tara is inspired by Olivia Palermo's style. She has always admired her taste in high-end, modern couture and confidence to wear daring, unique pieces. Most of all though it's her versatility, and constant way of finding new looks. In fact, the ponytail she wore for her wedding day was the inspiration for Tara's bridesmaids' ponytails for her own wedding!

TARA SAYS

Dress: I chose a guipure lace and crêpe wedding dress. It featured a V-neckline bodice in guipure lace with crêpe piping around neckline and armholes, finished with a fabric belt at the waist. I discovered my dress in Aibheal of Adare bridal wear, and fell in love!

Jewellery: To balance the minimalist style of my dress, I wanted jewellery that gave character and personality to my look. I added a set of statement, black stone, vintage earrings that I found in Azure, a jeweller in Cork.

Shoes: My shoes were from LK Bennett and I purchased them in Brown Thomas in Limerick. I went for a chunky sandal perfect for walking up the grassy aisle.



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



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What is the fibroblast treatment?

RECENTLY I met a lady who has loose skin around the eye area. She doesn't like to use any injectable procedures and asked what were the alternatives. I was happy to educate her about the fibroblast, a non-invasive cosmetic treatment that uses plasma to reduce the volume of excess skin.

WHAT IS THE FIBROBLAST TREATMENT?

Fibroblast treatment is the newest non-invasive face lift procedure bridging a gap between the beauty and medical industry. The tip of a hand-held device creates a plasma flash to shrink excess skin, bags and wrinkles and lifts the skin around the treated area with instant results similar to that of traditional surgery. The treatment can only be performed by a certified technician.

WHAT AREAS ARE POPULAR TO HAVE TREATED BY FIBROBLAST?

Some of the most popular Fibroblast applications include:

- * Eyelid lifting/tightening
- * Wrinkle reduction
- * Neck tightening
- * Reduction of the upper lip wrinkles
- * Stretch marks and scars

HOW DOES IT WORK?

Plasma - an ionised gas is produced from the tip of the fibroblast device. This creates a flash which evaporates superficially on the skin creating a tiny dot. A technician will continue to strategically place tiny little dots around the procedure area - this is only on the surface of the skin causing it to retract. It works by shrinking and shortening the skin fibres which in turn lift and tighten the skin. Results are noticeable right away although it takes 2-4 weeks for full effect to be visible. The elasticity of the skin is improved and a distinctive tightening is made possible.

HOW TO PREPARE FOR A TREATMENT?

The only major requirement prior to treatment is that the skin is not tanned. You would need to avoid the sun completely



Anyone interested in a Fibroblast procedure is required to have face-to-face consultation

for three months prior and three months post treatment. It is also advisable not to apply any cosmetics before a procedure.

IS A CONSULTATION REQUIRED?

Absolutely. Anyone interested in a Fibroblast procedure is required to have face-to-face consultation. Careful assessment by a specialist will ensure right treatment plan.

HOW LONG IS THE TREATMENT?

It is advisable to allow two hours from start to finish. This includes a thorough consultation followed by the application of a numbing cream to the treatment area to help minimise any discomfort.

The procedure itself takes between 15-30 minutes depending on the size of area that's being treated.

DOES THE TREATMENT HURT?

As mentioned by applying a numbing cream prior to commencing of the treatment there little to no pain or discomfort during the procedure.

WHAT TO EXPECT IMMEDIATELY AFTER THE TREATMENT?

Following treatment it is normal to have some swelling. This can be significant around the eyes

and can last for several days. Crusting will develop over the treated area.

These will usually be brown or black on the surface of the skin and will flake off over the following days. It is strongly advised not to pick these scabs as this may lead to scarring or infection.

Occasionally the treatment area may become a little weepy, this is part of the normal healing process and will improve with time.

It is also important to note that everyone's healing time is different, sensitivity and redness can last for up to six months.

ARE THERE ANY SPECIFIC AFTER-CARE RECOMMENDATIONS?

Yes. It is very important to follow the after-care recommendations. Carbon crusts CANNOT be scratched or removed. Skin is dried by dabbing with a clean lint-free cloth.

It is essential to keep the treatment area clean, dry and protected.

It is advisable that you do not apply moisturisers until all the scabs have fallen off.

It is important that you wear sunscreen after

treatment and avoid sunbeds for at least 3 months.

Aftercare balm should be reapplied to the area for up to seven days. Sports, swimming and sauna are not permitted until crusts fall off - this should happen within seven days of procedure.

Healing skin should be protected from direct sun exposure with SPF50 cream. Continuous SPF must be worn every day for at least 6 months.

HOW MANY TREATMENTS ARE REQUIRED?

In some cases just one treatment may be sufficient. Many of the treatments will depend on the size of the treated area and the client's desired results. If an additional treatment is required to achieve optimum results, they will have to wait 12 weeks after their 1st treatment.

HOW LONG WILL RESULTS LAST?

The treatment should last at least two-five years however many lifestyle factors will contribute to how long the results actually last and as everyone knows we cannot physically stop the aging process.



Before and after photo post-treatment



LOUISE LOVES

LOUISE CANTILLON

CONTACT LOUISE

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



Rogha na Seachtaine



TO DO:

Fire up the BBQ

Nothing says summer like dining al fresco! Make the most of the good weather and head outdoors at dinnertime if not at home then find yourself a nice outdoor spot in one of Limerick's many restaurant terraces!



TO LISTEN:

Ed Sheeran No.6

His fourth studio album released last Friday. A mix of hip-hop, grime, love ballads and latino beats this album has it all. Featuring guest appearances from artists like Justin Bieber, Eminem, 50 Cent and Cardi B is an album that keeps on giving!

TO SEE:

Open training

The Irish Rugby team will hold an open training session at Thomond Park on Friday, July 19 as part of their Rugby World Cup 2019 preparations. A limited number of tickets have been made available to the public. Ahead of the Rugby World Cup, Ireland will play at the Aviva Stadium in two Guinness Summer Series fixtures firstly against Italy (August 10) and then Wales (Sept 7).



Festival season in full swing!

IT'S the height of summer and if anyone knows how to throw a summer festival- it's the Irish! Right across the country music, arts and entertainment festivals are in full swing. If you are yet to get involved in the festivities, rest assured it is not too late. Here is a list of five of my favourite festivals happening in the coming weeks. From wild and wonderful to craic agus ceol, you are guaranteed to find something that sparks your interest!

KnockanStockan

July 19-21:
Blessington Lakes, Co Wicklow;
€65-€155:
Knockanstockan.ie

On the shores of the Blessington lakes, this site of unparalleled beauty becomes a playground of electricity as musicians, artists, revellers come together to celebrate the very best in modern Irish culture. A truly diverse and eclectic line-up and a sense of wonder, freedom and genuine goodwill make KnockanStockan THE place to discover independent music and art in Ireland.

Indiependence

August 2-4:
Mitchelstown €109- €189:
indiependencefestival.com

This year INDIE celebrates its tenth year at Deer Farm. One of Ireland's festival success stories over the last decade, INDIE has grown over the years from its initial three thousand capacity into a fully-fledged summer spectacular with up to 15,000 people expected this August. Bastille, Lewis Capaldi and Biffy Clyro are all headline acts!



Scottish rockers Biffy Clyro will headline this year's Indiependence festival in Mitchelstown

Revival Festival Listowel

August 9-10:
Listowel, Co.Kerry; €35
revivalfestival.ie

The festival is transforms the square in Listowel creating a carnival atmosphere throughout the town! Headliners include The Coronas and Sharon Shannon.

Fleadh Cheoil na hÉireann

August 11th-18th:
Drogheda, Co Louth:

fleadhcheoil.ie

Making its way to Ireland's Ancient East for first time in many years to celebrate Irish tradition through music, song, dance and Irish language, The Fleadh is the pivotal event in every Traditional Irish Musician's annual calendar! This August marks the first time in many years that it will be held on the east coast. Approx 400,000 people are expected to visit the region for the weeklong festival.

Electric Picnic

August 30-September 1: Stradbally Hall, Co Laois; €95-€205:
Electricpicnic.ie

The stalwart of the Irish festival scene EP never disappoints. Sold out since December, the Picnic holds onto its title as the most in-demand music festival in Ireland. While headliners the Strokes, the 1975, Florence and the Machine and Hozier have their draw, the teen sensation Billie Eilish is the act everyone actually wants to see!

Pig'n'Porter Perfection!

THE world's largest and best tag rugby sporting festival was held in Limerick last weekend. Celebrating its 18th year in the Treaty the event was bigger and better than ever! Old Crescent RFC, in association with TagRugby.ie, hosted the Pig'n' Porter Festival at its grounds in Rosbrien, Limerick, and UL on Saturday and we at Spin South West were very proud to be official radio partners with the event!

Over 120 tag rugby teams took part in the

games with participants travelling from far and wide. Teams from across Ireland and the UK, and for the first South Africa went head to head on the day!

Not just for taggers activities ran from day to night with the Marquee at Old Crescent RFC transforming into a jam-packed venue with live music from The Brightsides!

Partying continued until the early hours of Sunday morning. Well done to all involved.



The Spin South West crew pictured with the tag rugby team Freudian Slips and Richie Clifford at UL for Pig'n'Porter



I ♥ LIMERICK

RICHARD LYNCH

FOLLOW RICHARD

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Limerick shines for biggest Pride Parade ever!



Richard PRO of Limerick Pride pictured at the parade with his bestie Claire Culhane, his husband Hugo, Lisa Daly, Chairperson of Limerick Pride and Limerick drag sensation Celine PICTURE: DOLF PATIJN/ILOVELIMERICK

LIMERICK'S biggest Pride parade ever took place last Saturday as thousands of people of all ages lined the streets for Limerick's most splendid and colourful day celebrating lesbian, gay, bisexual and transgender culture.

People travelled as far as the USA to celebrate this year's Festival which marked 50 anniversary the Stonewall Riots in New York and the birth of the LGBT Pride movement.

The annual parade celebrated its 13th year with an estimated 3,000 people and several corporate, voluntary and political organisations taking part.

The parade keeps on getting bigger every year and is the culmination of a week of Pride events in the city. The parades over the years have marked a number of campaigning milestones, including marriage equality in 2015 and the continued pursuit of equal rights for all LGBT groups including the rights to have children and inheritance rights. Our theme this year was Limerick World Pride, as we were marching not just for people in Ireland, but for people all around the world

who don't have the rights that we do in Ireland. We wanted to highlight human rights for all, in particular for the rights of LGBT individuals who continue to be persecuted in some countries throughout the world for their beliefs and sexual orientation. This is about equal human rights for everybody as we are a global LGBT family.

The Grand Marshall of the Parade was Moninne Griffith, CEO of Belong To Youth Services. Moninne played an active role in the marriage equality campaign in 2015.

"The Pride Parade is about celebrating how far we have come here, celebrating the milestones like marriage equality and gender recognition, but also recognising that we still have a lot of work to do to ensure LGBT people in Limerick and the rest of Ireland feel visible, valued and included," Monnie told me.

Among those marching were the Limerick county GAA board - the first county GAA group to take part.

The parade travelled through the city's O'Connell and Henry streets before culminating in Pridefest, a free family fun day at the Hunt Museum on the



Richard pictured with Parade Grand Marshall Moninne Griffith (second from right), her wife Clodagh and daughter Edie PICTURE: ZOE CONWAY/ILOVELIMERICK

Shannon river quayside. Celia Holman Lee came for a visit to Pridefest to show her support and it made my day! That evening Dolan's held

the annual Climax Party which was completely sold out with performances by Eurovision sensation Sarah McTernan, Limerick

singer-songwriter Michelle Grimes and RuPaul's Drag Race star Jujubee. What a wonderful Pride! All the hard work was worth it! Well



Richard pictured with Celia at Pridefest PICTURE: DOLF PATIJN/ILOVELIMERICK



Richard pictured with RuPaul's Drag Race star Jujubee PICTURE: ZOE CONWAY/ILOVELIMERICK

done and thanks to all who supported it and worked behind the scenes as it takes a village! Looking forward to next years already!

THINGS I ♥ THIS WEEK

GOLDEN OPPORTUNITY

Limerick Going for Gold launched

LAST week, Deputy Mayor of Limerick City and County Council Cllr Gerald Mitchell and Gerry Boland of the JP McManus Charitable Foundation launched the Limerick Going for Gold competition for 2019 in Kiltleely.

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, 50% funded by

Bloom, Champions Category, Residential Areas, Endeavour Award, Reuse Award and the Best Front Garden Category.

Gerry Boland from the JP McManus Charitable Foundation explained: "I am delighted with the longevity of Limerick Going for Gold. It is wonderful to see and hear the contribution it has made to the environment by helping communities to help themselves towards a cleaner, brighter place and that it also incorporates pollinator friendly planting. I can



John McCarthy, Kiltleely Tidy Towns, Deputy Mayor Ger Mitchell, Gerry Boland, JP McManus Charitable Foundation, Roger Beck, Parkway Shopping Centre, Thady Hunt, Athea Tidy Towns and Helen O'Donnell, Chair City Centre Tidy Towns pictured at the launch of Limerick Going For Gold 2019 in Kiltleely

PICTURE: BRIAN ARTHUR

Limerick City and County Council and 50% funded by JP McManus Charitable foundation already this year. 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.

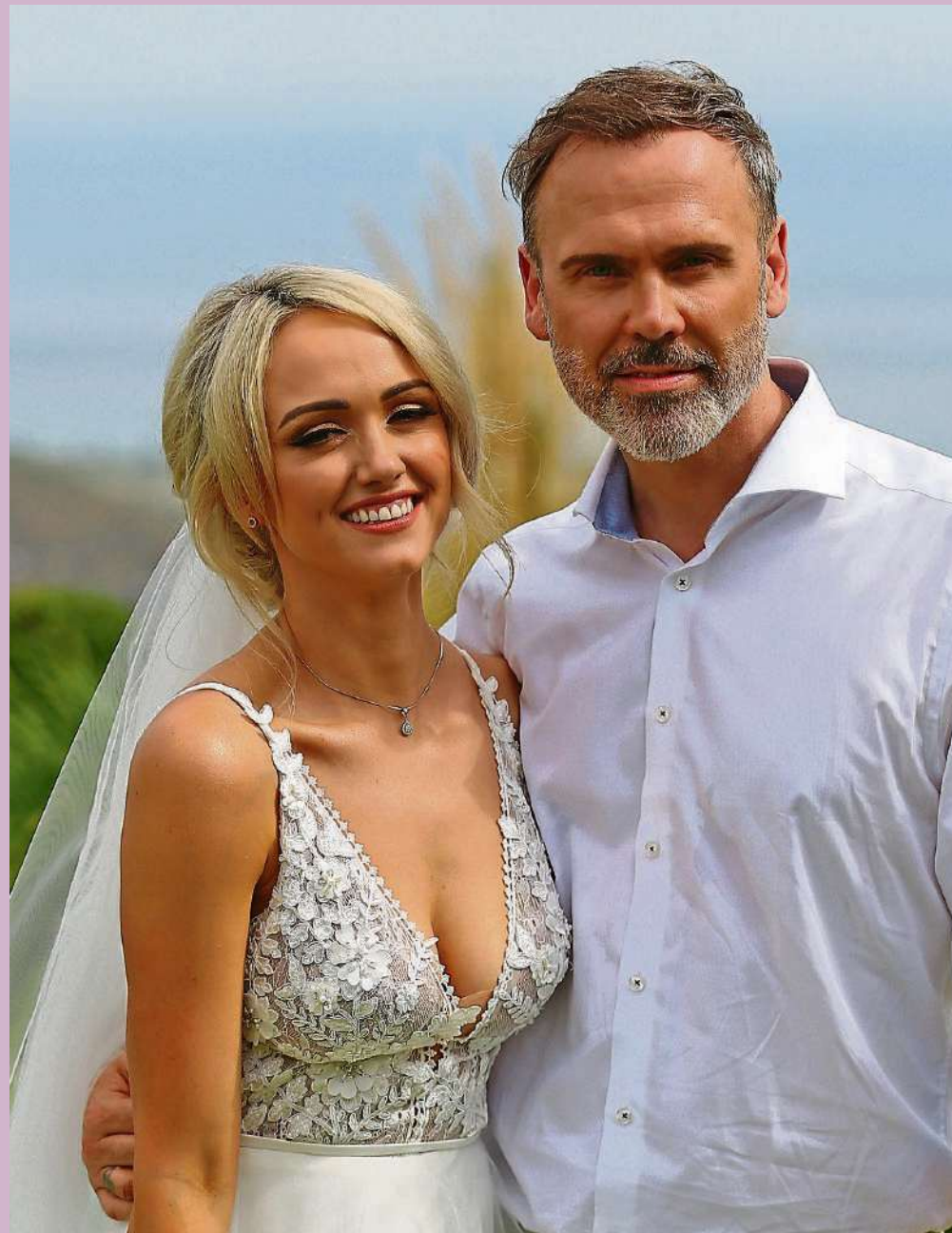
This year the competition has had a mini overhaul following consultation with groups over the winter period. Over €60,000 will be distributed over six Categories in this year's competition -

Tidy Towns Category, Limerick Bee Friendly in

confirm that over €60,000 will be distributed in prizes this year with a top prize of €10,000 in the Tidy Towns Category and €5,000 in the Limerick 'Bee Friendly' in Bloom Category."

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.

Leanne's and David's wedding



Richard and Leanne pictured at the wedding PICTURE: DERMOT CULHANE

Last week, my baby Leanne Moore got married to David Behan, the love of her life in Marbella and it was the wedding of the century! I had an absolute ball and my legs were sore afterwards from all the dancing. I was honoured to be her Bridesman and the whole day was picture perfect. It was so much fun meeting all of David's Dublin crew and also hanging with the Limerick gang including Celia Holman Lee and Sinead O'Brien. Leanne and David, I could not be happier for both of you and love you lots. Congrats xxx

HERO OF THE WEEK

Karen Brosnahan

Karen Brosnahan the manager of the Shannon Region Sports and Conference Bureau does amazing work promoting the Shannon Region as a location for business and sports tourism. The Bureau offers an entirely free service to event organisers and local ambassadors to help increase the Clare and Limerick regions share of the lucrative international business and sports tourism market. Every year the Bureau helps fund the Limerick Pride Festivals flags on all the Limerick bridges and has been a huge supporter of the festival over the years. Karen thanks so much for your annual support. It has been invaluable to the Festival! Love Richard x



Richard pictured with Karen Brosnahan of the Shannon Conference and Sports Bureau and her sons Fionn and Sean at the Pride Parade PICTURE: ZOE CONWAY/ILOVELIMERICK

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GERALDINES A.F.C.

WEEKLY LOTTO DRAW HELD ON 15/07/19

This Week's Jackpot: €1800
No's: 2-3-22-26

Lucky Dips: Kathleen Halvey c/o James McNamara, Sean O'Callaghan c/o Kevin O'Callaghan, Declan Clancy c/o James McNamara
Next Week's Jackpot €1900 Draw held 22/07/2019
Promotors Prize Mike Ryan Rose Nugent Next Week's Jackpot: €1900

ST. MARY'S R.F.C.

Lotto Draw held Monday 15th July 2019
Winning Numbers: 3-7-24-28
No Jackpot Winner
Brian Conway c/o T Kerley, Teresa O'Brien c/o B O'Brien, Mildred Cahill c/o D Frawley, Gerry Barry c/o J Hurpey
Draw will take place in Radcliffes Bar jackpot €9550

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Notice is hereby given, that an Annual General Meeting of "Ballynanty Rovers AFC" will be held at the St. Munchin's Community Centre, Kileely, Limerick at 7.30pm on Wednesday July 24th. All members are asked to attend.

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PROPERTY MAINTENANCE Cleaning driveways, conservatories, fascia, soffit, gutters, roof moss removal. Painting and Decorating. Free Quotation
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PART-TIME child-minder wanted for 3 children in Glin area to start from September. Contact 0874130485

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REMEMBRANCES

† RYAN

(80th Birthday
Remembrance)

In loving memory of a dear uncle Timmy Ryan late of 30, Cregan Ave, Kileely, who birthday occurs on the 24th July.

Also remembering Johnny and Bridget Ryan whose anniversaries occur at this time.

A tribute of love to a brother so dear
So close to our hearts
Each day of the year
Deep in our thoughts
Your memory is kept
To love and to cherish and never forget

Sadly missed and always remembered by your loving sisters, brothers nephew and nieces.xxxx

IN MEMORIAM



† FITZGERALD

(27th Anniversary)

In loving memory of our dear mother Eileen Fitzgerald, late of 10 Garryglass Avenue, Ballinacurra Weston, who died July 18, 1992. Rest in Peace. Mass will be offered.

Your needs in life were simple,
Your love for your family true,
As long as we were happy,
You were happy too,
You taught us many things in life,

Always good and true,
But you never told us how to cope,

With the pain of losing you,
Today we bring you flowers,
Sprinkled with our tears,
For you are still a part of us,
In spite of passing years.

Always remembered by your loving daughter Catherine, grandchildren Noel Michael and Tracey, your daughter Claire, your grandson John, Catherine and great grandchildren

Also thinking of our sister Ann and brothers John, Martin and Michael at this time.

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.S.

IN MEMORIAM



† HANNAN

(8th Anniversary)

In loving memory of a dear mother, grand mother and great grandmother Veronica (Theresa)

Hannan, late of 12 Greenmount Ave, Ballinacurra Weston,

Limerick who died on 14th July 2011. Mass offered. Also remembering our father Dad William at this time.

Sweet is the sleep that heals all pain,
I would not wake you to suffer again,
God took your hand, we had to part,

He eased your pain, but broke our hearts,
No matter how life changes Mam,

No matter what we do,
We will always feel blessed and honoured,
To have had a Mam like you.

Always remembered by your loving sons, daughters, grandchildren and great grandchildren xxxx



† O'NEILL

(Third Anniversary)

In loving memory of our dear mother, grandmother and great-grandmother.

Kathleen O'Neill (nee Keegan), late of 102

Donoughmore Crescent Kincora Park, Limerick whose 3rd anniversary occurs on July 26th.

Mass offered July 20th at 7pm at Holy Family Parish Church South Hill.

July is here with sad regret,
The day, the month we won't forget.

Silently, sadly, came a call,
Without farewell you left us all.
No matter how life changes,
No matter what we do,
A special place within our hearts,

Is always kept for you.
Life goes on without you Mam
But things are not the same
It's hard to hide the heartache,
When someone speaks your name.

From your loving sons, daughters, grandchildren, great-grandson, sons-in-law, daughters-in-law, sisters, brothers, sisters-in-law, brother-in-law, nieces, nephews, family and friends.

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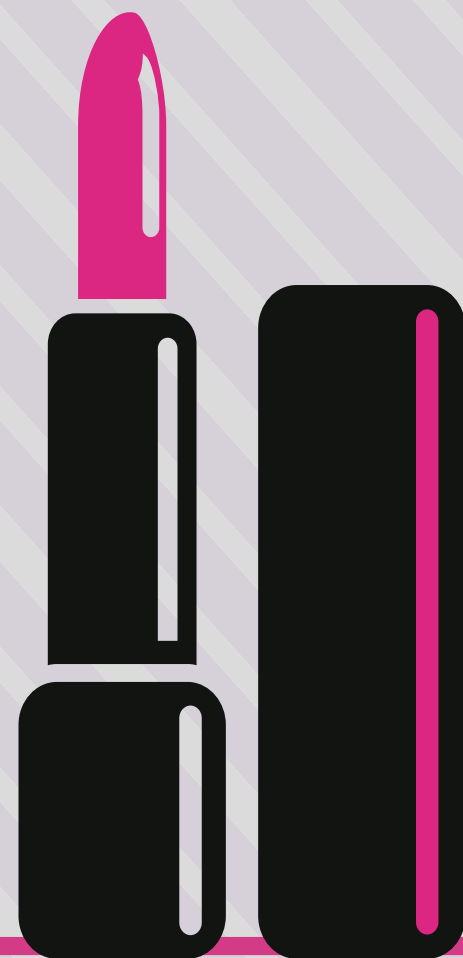
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Pictured at the presentation of the Irish Van of the Year category awards are: Jason Byrne of Mitsubishi Ireland; Anthony Conlon, Irish Van of the Year Committee; Tom Dennigan, Continental Tyres Ireland; Jarlath Sweeney, Irish Van of the Year Committee; and Fergus Conheady, Mercedes Benz Ireland

Judges decide on top van

Van of the Year: Outlander PHEV and X-Class models drive home with top prizes

TRISH WHELAN
www.CarAndTravel.ie

THE Mitsubishi Outlander PHEV Business and Mercedes Benz X-Class have been named Category Winners of the Irish Van of the Year 2019 in association with Continental Tyres.

The Irish Van of the Year awards are voted upon by a jury of Ireland's most experienced light commercial vehicle journalists.

In deciding on these category

winners, the Irish Van of the Year committee members took into account such attributes as load capacity, reliability, overall versatility, cost of ownership and driving comfort.

Presenting the awards to Jason Byrne of Mitsubishi Ireland, and Fergus Conheady, Mercedes Benz Ireland; Tom Dennigan of awards sponsor Continental Tyres Ireland commented: "In today's tough commercial vehicle market, these two vehicles have

been singled out by the Irish Van of the Year experts. I am sure that these awards will be a huge bonus to the winning vehicles as we enter the 192 registration market."

Anthony Conlon, Irish Van of the Year committee member, said: "In assessing candidates for the Irish Van of the Year category awards, our jurors pay close attention to how the vehicles meet the particular requirements of the Irish market - that is why

these recommendations are so useful to Irish van / commercial drivers and fleet managers".

Jarlath Sweeney, Irish Van of the Year committee member, added, "For both of these category awards, there was an extremely strong field of contenders and it is interesting to see the Mitsubishi Outlander PHEV Business come out on top - plug in hybrid vehicles and, indeed, full electric commercial vehicles are becoming more and more popular

as they help companies and public bodies meet their commitments in relation to reducing emissions from their business fleets".

The Commercial SUV and Pick Up of the Year titles are category awards under the umbrella of the annual Irish Van of the Year awards, in association with Continental Tyres.

The overall Irish Van of the Year award for 2019 was won by the Mercedes Benz Sprinter.



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Renault hopes to 'Captur' new drivers

TRISH WHELAN
www.CarAndTravel.ie

RENAULT'S Captur small SUV is one of the most easily recognisable cars on our roads.

In a sector that has become extremely competitive, New Captur has now reinvented itself without losing the unique identity that made the original such a success.

It is now more grown-up than ever with an even stronger SUV identity.

Next year, it will become the first model in its class to be offered with a plug-in hybrid engine, E-TECH Plug-in, designed to appeal to customers where the car will be the household's only vehicle delivering the longest driving range in electric mode and 'the best all-round performance for a plug-in hybrid model'.

In total, Renault has registered over 150 patents for the E-TECH Plug-in engine fitted to the new Captur. It will be capable of driving up to 45kms in pure electric mode. The electric part of the drivetrain is linked to a new and reworked 1.6L petrol engine. Customers are supplied with a Mode



Captur is one of the key models in the French car maker's Drive the Future (2017-2022) strategic plan as it is sold on every continent and will also be manufactured in China, a key market for Renault

2-compatible charging plug for domestic sockets and a Mode 3 plug for charging stations. Petrol engines include a TCe 100 (1.0L), TCe 130 (1.3L), TCe 155 (1.3 155hp). The two diesels are a Blue 1.5L with 95hp and 115hp.

Customers have a choice

of manual or EDC seven-speed gearboxes.

The new model is also longer than before and comes with a higher waistline. It is also lighter, stronger and safer than its predecessor. Built on the new CMF-B platform, also used by the

New Clio and which is designed from the outset to accommodate an electric powertrain and the latest electronic architecture, it also offers the possibility to integrate new technologies that meet the market's needs.

In appearance, the front gets a wider grille, an expressive front bumper that features two wide air deflectors in front of the wheel arches that help limit turbulence and reduce aerodynamic drag; helping to further improve fuel

consumption. As standard, 100pc LED headlamps are fitted across the range.

With the increased length, this new model is roomier and more practical than before. Boot capacity has been increased by 81L to 536L.

Renault claim the interior sets new standards for the class. The entire passenger area has seen improvements in quality and comfort rivalling models from the class above with its high-grade materials, soft coverings for the dashboard, door panels, fittings and a new seat design.

Like the New Clio, the New Captur gets the 'Smart Cockpit' layout which features the optional 9.3-inch infotainment screen, the biggest in its class. It gives easy access to the connected Renault Easy Link multimedia system, navigation and infotainment services etc. A TFT digital screen replaces the traditional analogue instrument cluster.

Captur has sold 1.2 million units since its launch in 2013, rapidly becoming the best selling model in its class across Europe.

New faces for mature carmaker

Mercedes GLC SUV arrives:
Fifth new model announced

TRISH WHELAN
www.CarAndTravel.ie

THE pace of new models from Mercedes-Benz is nothing short of breathtaking.

So far this year, five new models have already arrived here - B-Class, A-Class Saloon, GLE, CLA and now the GLC - with seven more wholly new and face-lifted models yet to come before year-end, many bearing the youthful appeal that is now a hallmark of Mercedes-Benz production.

Amongst them will be the latest GLC Coupe and AMG variants plus a mid-range trio of SUVs modelled to an extent on the larger new GLE which arrived here only weeks ago. Those to come include a new V-Class, GLS, EQC, CLA

Shooting Brake and new GLB 7-seater which arrives in October.

The new face-lifted GLC is now arriving in dealer showrooms. First introduced in 2015, it is a model that occupies a pivotal position within a seven-strong family of Mercedes-Benz SUVs of which more than five million have been delivered to customers worldwide.

This latest GLC comes with a new range of engines, pioneering technologies, a state-of-the-art infotainment system with larger touch-screen displays and enhanced connectivity. A sporty design gives it a distinctive appeal, reflected in sculpted surfaces, chrome



The new face-lifted GLC is now arriving in dealer showrooms

elements running from front to rear, redesigned headlamps with standard-fit LED high-performance lights, a heavily contoured twin-louvre diamond lattice grille, and in aerodynamic 17-20 inch wheels.

Interior fitments include MBUX multimedia system and 'Hey Mercedes' whose functions expand with each model introduction. In the new GLC, an array of intuitive and operating features includes multimedia displays and augmented reality navigation can be managed by a combination of finger touch, hand movement and

voice control. For drivers with big distances to cover, one optional feature is a comfort control system that helps drivers and passengers arrive relaxed after a long journey.

Driver assistance systems include distance, brake and steer assist gestures with automatic speed monitoring; an exit warning that alerts driver and passengers from opening a door when an overtaking vehicle is approaching; an emergency corridor function that helps drivers maintain course and avoid unintentional lane changing.

Other features and specs are standard-fit keyless-go start function, 9G-TRONIC automatic transmission and a wide choice of on/off-road drive modes, dynamic body control suspension and drive settings, parking, blind spot, trailer manoeuvring and hook-up assists.

The range includes a GLC Coupe and a Mercedes-AMG 63 4MATIC model with AMG-specific performance, design and specs - the new GLC comes equipped with next generation four-cylinder petrol and diesel engines with more to follow later in the year.

FASTNEWS

KIA

XCEED is the new urban crossover

THE Kia XCEED is a new urban crossover utility vehicle (CUV) from Kia Motors which combines compact SUV practicality with the sporty packaging and the sporty handling of a hatchback.

XCEED will go on sale in Ireland towards the end of September with a Plug-in Hybrid variant following in early 2020.

Competing in the C-segment, it is the latest addition to the Kia portfolio and takes the Ceed model family in a new direction.

OPEL

Gowan Group acquire Opel Ireland

GOWAN Group, the family owned holding company, has announced an agreement with Opel Automobile GmbH to acquire Opel Ireland. The conclusion of the transaction is subject to Irish CCPC approval.

On completion, Gowan Group will be Opel's wholesale import partner in Ireland.

SPORT

Leader



HOME COMFORTS FOR 'BLUES'

Limerick FC host Drogheda United

See Page 53 for more

Cat call: TJ Reid of Kilkenny in action against Sean Finn, Dan Morrissey, 7, and Diarmaid Byrnes of Limerick when the sides met last year in July. The two powerhouses will meet in this season's semi final on Saturday July 27 at 6pm



'Exceptional' Limerick in semi final with Kilkenny

GAA: The 'Cats' stand between champions and the All-Ireland final

JEROME O'CONNELL
joconnell@limerickleader.ie

LIMERICK have been heralded as the "best team in the country" by Kilkenny manager Brian Cody!

The long serving Kilkenny hurling supremo described Limerick's form as "exceptional" after the Leinster side confirmed their spot against Limerick in the All-Ireland SHC semi finals.

On Saturday July 27, at 6pm, Limerick and Kilkenny will meet in a Croke Park semi final with an August 18 All-Ireland final spot the prize on offer.

"It is a from the frying pan into the fire job," said Cody after Kilkenny had six points to spare over Cork in their quarter final.

"We are in the semi final and we are very happy to be there but we are acutely aware that we are playing the best team in the country – they were the best team in the country last year because they won the All-Ireland final and they are the best team in the country even more so now because they followed up by winning the league and their form the last day was exceptional," outlined Cody.

"They are everybody's strong favourite to come out on top, not only the next day but with eventual honours and that's a terrific challenge for us to be facing," added the long serving Kilkenny manager.

After struggling with injuries earlier in the season Kilkenny are close to a full

strength panel for the semi final with Cillian Buckley and Walter Walsh nearing full fitness after run-outs in their quarter final.

"They're serious, serious players, obviously we know that. But again, the application of our players right throughout the field and again the team, and obviously the panel and the players coming in off the bench, it's just a whole heroic effort from everybody," said Cody in praise of his players.

Limerick report no injury worries ahead of the semi final. John Kiely has a 37-man panel at present and while Barry Murphy and Richie McCarthy are long term absentees, all others are in full training at present. Limerick have used 25

different players in their five game run to the semi final.

On July 27, Limerick and Kilkenny will meet for a third successive season in senior championship hurling – the Shannonsiders winning a quarter final tie last Summer in Thurles, while The Cats were qualifier winners in Nowlan Park in 2017.

The first All-Ireland semi final meeting of the sides since 2014 will be live on RTE and Sky Sports – goalkeeper Nickie Quaid, captain Declan Hannon and corner forward Graeme Mulcahy started five years ago and are likely to be the only survivors in the starting line-up.

Tickets for the semi final went on sale this Monday in Centra and SuperValu shops and online at www.tickets.ie

Stand tickets cost €50, while Dineen Hill 16 tickets cost €35. Juvenile stand tickets cost €5.

Limerick will be attempting to reach back-to-back All-Ireland senior finals for the first time since 1973-74.

The Croke Park curtain-raiser at 4pm will be Limerick's All-Ireland minor hurling semi final against Galway or Kilkenny – this game will be live on TG4.

It's 1940 since Limerick last appeared in both the All-Ireland minor and senior finals in Croke Park on the same day.

The other semi final between Tipperary and Wexford has a 3.30 start on Sunday July 28.

Rugby

Munster confirm London Irish friendly

LEADER REPORTER
sport@limerickleader.ie

MUNSTER Rugby have confirmed a pre-season friendly with London Irish.

The game will take place at Irish Independent Park in the Keary's Renault Challenge on Friday, September 13 at 7.30pm.

The game will see former Munster Head Coach Declan Kidney return to Cork for the second year in a row.

As Munster and London Irish meet for the ninth time in 12 seasons, London Irish Director of Rugby Kidney will come to Ireland with a squad that added star names Paddy Jackson and Sean O'Brien during the Summer.

Former international Jackson joined from Perpignan while O'Brien switched from Leinster.

The teams will compete for the Jack Wakefield Memorial Trophy, which is contested every time London Irish play an Irish province in a challenge match. The trophy is named in honour of a young London Irish supporter who passed away in 2005.

The game will form part of Munster's preparations for the upcoming campaign with the Guinness PRO14 season starting later than usual this year due to the Rugby World Cup.

Munster face Connacht at the Sportsground the following week with a 3pm kick-off on Saturday, September 21.



Jean Kleyn rises highest during last season's meeting with London Irish. The two meet again in September

CAREW PARK FC SOCCER CAMP



Coaches and players at the Carew Park FAI summer camp



James O'Connor with the under 8's



Action from the under 14's



Emma Donoghue with the under 12's



The under 14's at the Carew Park FAI summer camp



Karen O' Callaghan, Jason O' Connor, and James Mc Carthy



Buddies at the FAI soccer camp at Carew Park



All in for the ball in the air

**SPORT
SNIPPETS****Fourth spot for
Limerick's Neville**

Limerick's Ciara Neville missed out on a European U23 Bronze medal by just .24 of a second in this evening's 4x100m relay in Sweden.

Joined by Molly Scott, Sharlene Mawdsley and Gina Akpe-Moses, Ireland were beaten into bronze by Poland finishing in a time of 44.32 from lane one.

The event, held in Gavle, was won by Germany in a time of 43.45, ahead of France in second place on a time of 43.82.

**Cathal 'Landers'
win in Cork**

Ola jockey Cathal Landers was first off the mark at Cork on Friday, as the Padraig Mullins-owned Rip Rocks Paddy Ok took the four-year-old maiden hurdle.

Trained by Andy Slattery, the 7/1 shot readily overturned 5/4 favourite Fightfortheroses, running on strongly to the line to score by six-and-a-half lengths.

**Limerick Rowers
are off to Glasgow**

In what is fast becoming a golden period for Limerick rowing, it has been confirmed that 11 local members of the rowing community will be travelling to the Home Internationals, taking place in Glasgow on July 27.

In the senior mens event Conor Mulready from Castleconnell BC has been selected on the Sculling squad, while Clara O'Brien from ULRC will join Sorcha O'Donnell from NUIG BC in the Senior women's sweep.

Limerick representation is even more in number in the Junior squads. A sign of things to come no doubt.

Eabha Benson from SMRC has been named in the Women's Sculling team while Cormac Feely and Calum Nolan (Both Castleconnell) have been selected alongside Ronan O'Gorman and Diarmuid Hartney (both SMRC) in the Junior Men's Sweep team.

In the Junior Women's Sweep team, Megan O'Byrne and Ellen Murphy (both SMRC) are named on the Women's Sweep Junior squad where they will be joined by cox Caireann Rose O'Gorman and team coach Aidan McEvoy (both SMRC).

For more see #LLSport

Limerick FC to host 'Drogs' in crucial tie

ANDREW CUNNEEN
sport@limericksport.ie

LIMERICK FC FACE a crucial fixture when they welcome Drogheda United to the Markets Field on Friday night.

With just seven games remaining in the SSE Airtricity League First Division, it's make or break for 'The Blues' as they try to sneak into the playoff spots by leapfrogging the teams above them, including this week's opponents.

Tommy Barrett's charges currently sit fifth in the table, just four points of Cabinteely in fourth, while 'Drogs' maintain a further two-point cushion.

But Barrett is realistic and knows how difficult it may be to try and cling onto the better resourced clubs ahead of them, as he continues to blood more and more young players into the senior setup due to budgetary restriction.

Limerick have won two, lost two and drawn one of their last five games but did fall in their previous outing to Bray Wanderers.

Paul Keegan scored the only goal of the game, from the penalty spot, on the stroke of half-time. While the scoreline suggests a close tie, in truth, it wasn't.

Former Blue Killian Cantwell saw red just five minutes into the second half, and Limerick barely threatened for the remaining 40 minutes of the half.

This is the reality of the

situation Tommy Barrett faces now, and while no further exits are expected from his playing squad, there's even less likely to be any incomings.

With a paper-thin squad and mounting injuries, the sides that take to the field will only get younger on average as the weeks go by – and the fixtures aren't getting any easier, as this week's opponents Drogheda are in a rich vein of form, winning seven of their last nine games in the league.

The sides' previous meeting in United Park back in May was action-packed, as Sean Brennan netted a hat-trick, including a brace of penalties.

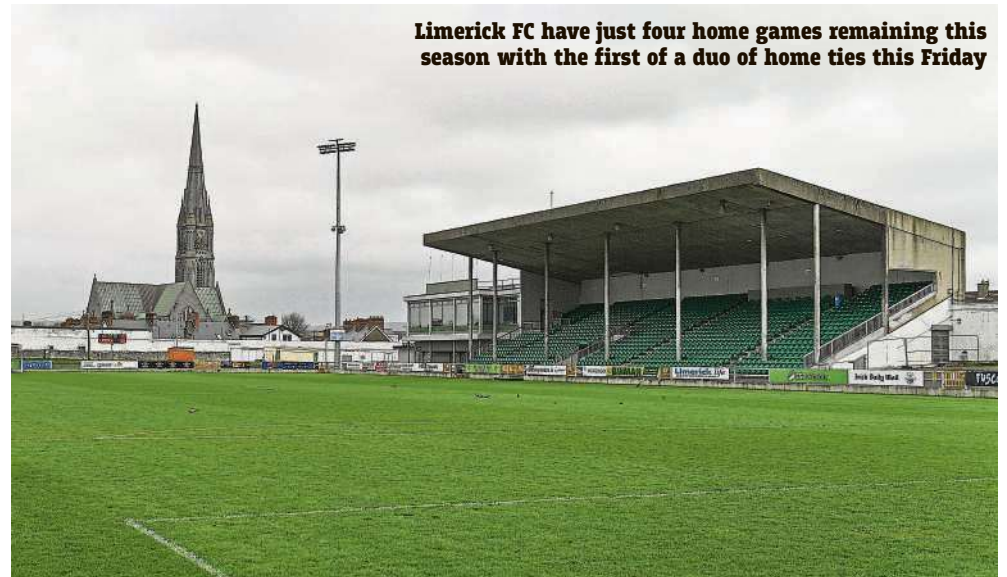
Darren Murphy scored a penalty of his own, before Adam Foley notched his first senior goal for the club late on. An equaliser was just out of their reach, but they did have better success earlier in the campaign.

Back in March, Limerick held Drogheda to a scoreless draw – one of only two occasions this season that a side have kept a home clean sheet against them.

However, that XI will be much-changed come Friday and Limerick will go into this game as big underdogs.

The game is scheduled for a 7.45pm kickoff at the Markets Field.

For a full match report on this game, please see www.limerickleader.ie on Friday night at the final whistle or see #LLSport



Limerick FC have just four home games remaining this season with the first of a duo of home ties this Friday

Boxer Casey to represent Ireland at soccer World Cup in Cardiff



David McPhillips, CSMT, Myles Casey, Ireland and the FAI's Jason O'Connor pictured ahead of Myles' participation in the homeless World Cup

LIMERICK'S Myles Casey will represent Ireland in the upcoming Homeless World Cup.

The event, taking place in Cardiff from July 27 to August 3 is in its 17th season.

Casey's selection sees Limerick now boast six players in the last seven seasons to compete for Ireland.

Casey, more famous for

his prowess in the squared circle of boxing, is another product of the Limerick street league which is run by Jason O'Connor of the FAI, Dave McPhillips of the Community Substance misuse team and is ably assisted by Adrian Power.

Power, who was captain of the Irish team at the World Cup in 2016 is a huge asset to the street league and has been an example of how

football can have a positive affect on people's lives.

This year's Homeless World Cup in Cardiff will welcome 64 teams from around the world.

The Men's/Mixed competition will welcome 48 teams competing for six separate trophies, while the Women's competition will see 16 teams playing for two trophies.

For more see #LLSport

Camogie side seek progress

LIMERICK will hope to confirm their place in the knockout stages of the Liberty Insurance All-Ireland senior camogie championship this Saturday.

Not since 2005 have Limerick reached the business end of the championship and Declan Nash's side are primed to end a 14 year wait this weekend.

Limerick travel to play Kilkenny on Saturday in the knowledge that victory would see the girls in green into a semi final or quarter final.

Defeat and victory for Galway over Wexford would also see Limerick into the August 3-4 quarter finals – Tipperary and Waterford the likely opponents.

After opening rounds wins over Offaly and Wexford, Saturday will see Limerick play two games in six days – losing last Sunday to Galway 2-12 to 1-10.

Kilkenny are unbeaten – defeating Galway, Wexford and Offaly.

When Limerick and Kilkenny met in the league

back on February 24, a late scoring run saw the black and amber earn a 1-12 to 0-14 win.

Also next weekend, it's round two of the TG4 All-Ireland intermediate ladies football championship – Limerick away to Down on Sunday (1pm) in St Marys GAA grounds, Burren.

Both lost in round one and with the bottom team in the four team group into a relegation play-off, victory on Sunday will be vital.

Last Saturday Limerick lost to Kildare 3-15 to 3-5.



Limerick's Niamh Ryan attempts a block on this shot by Kildare's Aoife Rattigan

ON THE BALL

“Limerick to the core...”

JEROME O'CONNELL

Hard work needed to implement new Football Report

IT took almost a year but the Limerick Football Review Committee report was made public in the past week.

The blueprint for the future of Limerick Football is a 24-page document with 18 recommendations.

I have long felt that the report should have been completed more expediently but when it comes to Limerick football it is certainly best to adopt an attitude of leaving the past in the past and building for the future.

On the field of play there were some welcome green shoots at minor, U20 and senior level throughout 2019 and this report can supplement that wave of positivity.

There are a number of key recommendations in the report – the appointment of a full-time Development Officer, the rebranding of the old Football Board as a Football Development Committee and the establishment of an Emerging Talent Squad.

The report of course is not all about the inter-county game, with plenty of club games development

suggestions and recommendations relating to primary, secondary and third level education as well as the Underage Academy set-up.

All merited and well thought out.

Like all reports, it needs to be transferred from paper into reality.

The club has been issued to all clubs and will be debated at the September County Board meeting. I wonder how many clubs will actually discuss the contents at a committee meeting?

While discussing the report at club level may not appear to be a make or break scenario but it is vital that as many football interested people as possible get involved. It simply cannot be left to the Football Development Committee and indeed it is their job to ensure they spread their wings to all corners of the county.

The imminent appointment of a full-time Football Development Officer will also be key to this quest – keeping Limerick Football on the agenda at all the varying levels.

While the report is to be voted upon at the September County Board meeting, some



Tommy McDaniel of Westmeath in action against Gordon Brown of Limerick when the two sides met this summer in the championship

recommendations have already been taken on board and implemented.

One such move was to set-up a work group to appoint all inter-county football managements and they have got straight down to work with the 2020 minor football management already in place in a most welcome and timely manner.

Hopefully they will continue to work so diligently and confirm a senior management set-up before the local club championships are too far progressed.

Of the key recommendations, I like the idea of an Emerging Talent Squad. It's very evident that Limerick club footballers are not ready to make an immediate step

up into senior inter-county football. It may be possible in counties where the club game and coaching at club level is of a high stand but not so in Limerick.

The aim of this new squad is to bridge the gap from the underage system up to adult inter-county level with on-going coaching and strength and conditioning.

There is no doubting this report is a positive for Limerick Football. Quite simply, it needs to be a launch-pad for the future because any further backward steps are not worth considering.

Limerick Football need positivity, promotion and progress to capture the minds of footballers, young and old, across the county.

With that in mind, it was

disappointing this week to see finals scheduled in four divisions in the County Football League and no promotion of such from those in officialdom.

Limerick's County Leagues, in hurling and football, have long lacked any stature and scheduling a final without any attempt to promote same doesn't help. Playing and indeed winning on the football field has to be rewarded if others are to follow.

'If you build it, they will come' said a Kevin Costner character in the 1990s movie Field of Dreams.

In term of this well thought out report, it has to be start for Limerick football and the future will only come blossom with continuous hard work.

DONN O'SULLIVAN

Media in danger of double standards following Morgan's World Cup win

The country that gave Cricket to the World has finally been crowned the champions.

England's World Cup win last Sunday afternoon was one of the highlights of the sporting year to date. It was incredible drama, well worth a look if you have not seen the highlights.

The win, England's first, sees them complete the trio of World titles. They are the first country to win the soccer, rugby union and cricket World Cup. Granted they did invent all three sports, but it is a feat to be heralded all the same.

The captain of the England team was Eoin Morgan. The left handed batsman is a native of Rush in Co. Dublin and had represented Ireland before switching to England in 2009.

Morgan made his decision to leave Ireland on the grounds that Ireland were not a full test cricket side



Eoin Morgan

and he wanted to play, then, at the highest level.

For someone who has captained England since 2018 and always wanted to play for England, the fact he is now a World Champion should have brought kudos and praise from all quarters of Ireland.

I was mistaken. It seems that Morgan's decision to leave

Ireland has not sat well with those in the media.

Several people called for Morgan to be automatically considered for Ireland's Sports Star of the year. However this was met with a massive negative reaction on social media.

The fact Morgan did not stick with Ireland is one issue, turning your back on the person because they play for someone else is another.

When rugby and soccer players come to Ireland from another country, sometimes

because they could not get on their own teams, they are heralded as heroes and are (rightly) made most welcome.

So why does this not apply to Eoin Morgan? Why is it that he is not the same as Cascarino, Houghton, Aldridge, etc.

Why is there such a double standard at play when a person, born in Ireland, wants to perform at the highest level?

Of course Morgan should be on the STOTY list, he will be on the one in his 'new home' after all, so why not here, at home?

DONN O'SULLIVAN

Each way is better value for Open Championship 2019

Those that bet regularly, particularly on golf, know that the best value can be achieved before the tournament even begins on a Thursday.

Granted there is a large field to pick from before the cut, but with bookies offering odds as far back as 10th spot, it is always a good idea to get in early and enjoy watching

your 'tip' negotiate the links of Royal Portrush.

The usual names top the list of betting odds with Rory McIlroy leading the way at 8/1. Masters champion and fan favourite Tiger Woods is noted at 16/1, while World number one Brooks Koepka is slated in at odds of 9/1.

Irish Open champion and a fan

of the links, Jon Rahm is listed at 14/1 to do a unique 'island of Ireland' double, while another Irish man at home amongst the sand dunes, Shane Lowry, is listed at 45/1 to win the 148th running of the famous event.

One could wait for the cut on Friday night to part with your well earned cash, but the places on

offer could come down to four or five.

For those who like to put a euro or two down on the long shots, 2001 champion David Duval is listed at 1000/1, while 1996 champion Tom Lehman is also a rank outsider at 1000s.

Our tip this weekend is for Tommy Fleetwood at 25/1, E/W.

Our tip for the Open, Tommy Fleetwood



IS THAT ON THE BOX?

Wednesday**SOCCER**

WOLVES V NEWCASTLE
SKY SPORTS 11AM

SOCCER

MAN UTD V LEEDS
MUTV 12NOON

CYCLING

TOUR DE FRANCE
EUROSPORT/ITV 1PM

SOCCER

MAN CITY V WEST HAM
SKY SPORTS 1.30PM

SOCCER

BRAVES AT BREWERS
BT ESPN 7.10PM

Thursday**GOLF**

THE OPEN CHAMPIONSHIP
SKY SPORTS 6.30AM

TENNIS

BUCHAREST OPEN
BT SPORT 12NOON

CYCLING

TOUR DE FRANCE
EUROSPORT/ITV 1PM

SOCCER

ABERDEEN V ROPS
PREMIER SPORTS 5PM

RUGBY LEAGUE

WIGAN V WAKEFIELD
SKY SPORTS 7.45PM

Friday**GOLF**

THE OPEN CHAMPIONSHIP
SKY SPORTS 6.30AM

CYCLING

TOUR DE FRANCE
EUROSPORT/ITV 1PM

RUGBY UNION

GRIQUAS V PUMAS
SKY SPORTS 5PM

SOCCER

MOTHERWELL V MORTON
BT SPORT 1 7.45PM

SOCCER

SENEGAL V ALGERIA
EUROSPORT 8PM

Saturday

TJ Perenara of New Zealand will be back in Rugby Championship action this weekend

**SOCCER**

LIVERPOOL V DORTMUND
LFC TV 1AM

GOLF

THE OPEN CHAMPIONSHIP
SKY SPORTS 6.30AM

RUGBY LEAGUE

COWBOYS V RABBITOHS
SKY SPORTS 10.35AM

CYCLING

TOUR DE FRANCE
EUROSPORT/ITV 1PM

RUGBY UNION

S AFRICA V AUSTRALIA
SKY SPORTS 4PM

Gaelic Football

CORK V TYRONE
SKY SPORTS 5PM

Gaelic Football

DUBLIN V ROSCOMMON
SKY SPORTS 7PM

RUGBY UNION

ARGENTINA V N ZEALAND
SKY SPORTS 7PM

DARTS

WORLD MATCH PLAY
SKY SPORTS 8PM

SOCCER

BENFICA V GUADALAJARA
PREMIER SPORT 9PM

BOXING

WHYTE V RIVAS
SKY SPORTS BOX 10PM

SOCCER

ARSENAL V FIORENTINA
PREMIER SPORT 11PM

Sunday**GOLF**

THE OPEN CHAMPIONSHIP
SKY SPORTS 6.30AM

CYCLING

TOUR DE FRANCE
EUROSPORT/ITV 11AM

SOCCER

JUVENTUS V SPURS
PREMIER SPORT 12.30PM

Gaelic Football

MAYO V MEATH
RTE 2PM

SOCCER

ST JOHNSTONE V ROSS CO
BT SPORT 1 3PM

Gaelic Football

KERRY V DONEGAL
RTE 4PM

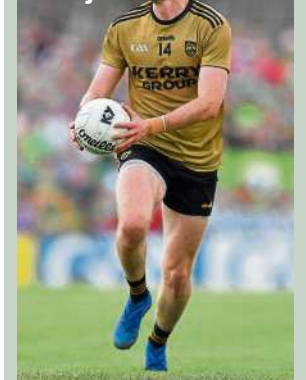
SOCCER

LIVERPOOL V SEVILLA
LFC TV 11PM

On the prowl: Tiger Woods will tie it up at Royal Portrush this Thursday in the Open



Kerry's Paul Geaney





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