

MASS EXODUS TO CROKER FOR 'CAT FIGHT'

Fans urged to get behind the boys in green in title defence bid - see p4

Laura Mansbridge of the Holman Lee model agency supporting the Limerick hurlers ahead of this Saturday's big match
PICTURE: MICHAEL COWHEY

The Leader

Wednesday, July 24, 2019

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GOOD TO SEE YOU Hero reunited with man he saved in '60s **P12**

THE ONE THAT I WANT (TO MEET) Celia meets Grease star Olivia Newtown-John **P14**



TIME WAITS FOR NO-ONE Except on Tait's Clock, which has been stopped for two months **P6**



Musical keeps Frank in Limerick's memory **P8**

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Setting the agenda in Limerick



▲ GOOD WEEK

The Council

All its hard work building up Riverfest was rewarded with two gongs at the Event Industry awards



▼ BAD WEEK

Limerick FC

Defeat at home to Drogheda left the Blues facing a real scrap to make the promotion playoffs



☀ QUOTE OF THE WEEK

"They are a danger to themselves. A danger to the residents and a danger to young children, who may be in the area."
Cllr Joe Leddin on scrambler bike riders

INSIDE THIS WEEK



ANGER OVER PARKING

Harsher fines mooted
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FOUR YEAR SENTENCE

Man sexually assaulted niece
Page 4



SMART MOVE

Super leaves Henry Street
PAGE 14



GHANA PROJECT

Volunteer team's effort
Page 16

Surprise at objections to new development



The architect's impression of the student accommodation and medical centre at Hassett's Cross



WHAT WE THINK
EUGENE PHELAN

LEADER EDITOR

I MUST say I was surprised with the amount of opposition on social media to plans for the development of a six-storey student complex adjacent to Thomond Park.

The site at the old Hassett's Pub has been derelict for many years and one would have thought that the plans would have been welcomed.

I recall former Finance Minister Michael Noonan

warning some years back on the damage groups and individuals can cause through objections.

But then again, people are entitled to their views and to object. The Hassett's Cross development would see 31 student units and would contain 143 bed spaces in total, with a medical centre beside the site.

It is being described as a

six-storey monstrosity resulting in residents losing their privacy.

Communication is key and let's hope the developers and locals can sit down and meet over the coming weeks and allay any fears they have regarding the project.

People have to ask themselves would they like a derelict site or this major development.

WEBTOPTEN

1. Limerick takeaway ordered to close following HSE inspection
2. Man hospitalised after stabbing in Limerick city
3. Irish weather forecast for the week ahead
4. Over €2,700 worth of clothes stolen from Limerick department store
5. Gardai at scene of road traffic collision near Limerick city retail park



6. Armed gardai 'raided' apartment after Limerick city stabbing

7. County Limerick stud farm continues to attract interest of international set

8. 'Limerick' farmer behind best fillet steak in the world is revealed

9. Sexual assault of girl by her godfather was like 'explosives being detonated' in family

10. End of an era: Limerick village shop closes doors for the final time



No. 8: Beef farmer John Ivory and family

WEATHER FOR THE WEEK



WEDNESDAY

Mostly cloudy with a thunderstorm possible



THURSDAY

A couple of thunderstorms with temperature peak of 21°C



FRIDAY

A couple of thunderstorms. Cooler with a peak of 17°C



SATURDAY

Partly sunny with a stray shower and a peak of 19°C



SUNDAY

Some rain in the morning clearing and a high of 19°C



MONDAY

Afternoon rain with temperatures peaking at 19°C

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MyLimerick

Sarah Jane Hennelly

Social Democrat



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

For me, the perfect day is about spending time with the people I love. I am lucky to have some wonderful friends in Limerick. I would spend the day catching up with people, heading to the market in the morning, seeing old faces and hearing the news. I love a good fry in O'Connor's then heading up to Little Catherine street, having a coffee in Melt, sitting outside and chatting. On a fine day, a walk along the river and through the People's Park is as nice as you'll find. For the evening, ideally there'd be a gig on - either in Dolan's or the Commercial and after everyone to Costello's. Some of the best times I've had in Limerick have been in Costello's, so it would be remiss of me to leave it out.

What's your first Limerick memory?

My first memory is coming to Limerick from Mayo in the early 2000s. My brother, Rob, was playing in the Kennedy Cup in UL and my older sister, Julianne, was studying Fashion in LSAD. I was in awe of UL, I just wanted to be there. I absolutely loved the city, having had some great nights with my sister and her friends in it. When it came to the time, I put UL down as my first choice and I've been here ever since.

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

I love Castleconnell. It's a beautiful little village, the ideal balance between rural and urban - a lovely pace of life.

What about a favourite local walk or view?

The view from the top of the Strand Hotel is incredible. I could look at it all day. Being able to see the change from old town to new, from the Island Field to O'Connell Avenue, it's an incredible sight.

What do you think gives Limerick its unique identity?

There are an enormous amount of successful, talented and unique people from Limerick who have made a massive impact across arts, politics, culture - people like Richard Harris,

Jim Kemmy, Dolores O'Riordan, Paul O'Connell and the Rubberbandits. The common theme across most people whose career expanded beyond the city is how much they talk about home, how much it shaped them and how important it is to them. That is rare, in my opinion, and it a testament to the kind of place Limerick is.

Do you have a favourite local restaurant?

The Absolute Hotel restaurant has the most tastiest food. I keep it as a special treat for myself but really, we are spoilt for choice for good food in the city at the moment.

How would you describe the people of Limerick?

I just find Limerick people very funny, good-natured, open-minded, blunt, gritty and irreverent. As a Mayo woman who now calls Limerick home, I still love these traits. They're uniquely Limerick.

How important do you think sport is to Limerick?

It's clearly a cultural stronghold in our city. Rightly so. It's central to our reputation, but it's also crucial in our communities at a grassroots level. It runs far deeper than the physical spectacle that is Thomond Park stadium. Boxing and martial arts are huge in the city. We've some incredible athletes - men and women - competing nationally and internationally. We should be very proud our ongoing legacy in sport.

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

We need a youth hostel and low-cost accommodation for visitors and tourists. We are the only major city without that.

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

I feel like Limerick has always gotten the short end of the stick when it comes to reputation and prominence. Much of that comes down to national media's representation of the city. I think it is too easy for a Dublin-based media to portray Limerick as a dangerous or troubled city.

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Four year sentence for sexually assaulting niece in bed

DAVID HURLEY

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A MAN who sexually assaulted his niece in her bed following a night out has been jailed for four years.

The 46-year-old was found guilty earlier this year of the single charge which related to an incident at his home in November 2016.

The offence happened in a town outside of Limerick and the man, who was working in Limerick city at the time, was suspended

from his job shortly after a formal complaint was made.

Judge Thomas Teehan was told the defendant had been socialising with other family members in the town where he was living and that he left before 2am and walked home. After the babysitter left, he entered the bedroom where his goddaughter was sleeping and sexually assaulted her.

The victim, who was aged 10 at the time, disclosed what happened to her mother later in the night.



The sentencing hearing took place in Clonmel Courthouse

In a victim impact statement, her mother said the incident had a devastating impact on her daughter and her family. "She was a very happy and fun-loving child who loved music and singing," she

said adding she became physically and emotionally distressed following the assault.

During a sentencing hearing in Clonmel on Monday, Colman Cody SC reiterated that his client "does not accept" the jury's verdict.

A lengthy psychiatric report was submitted to the court and Mr Cody said it showed the defendant has been diagnosed with a depressive disorder.

He said his client's marriage ended following the incident and

that he has not had any contact with his two sons since the verdict was handed down in January.

Imposing sentence, Judge Teehan accepted the man has no previous convictions and that he faces an uncertain future when released from prison. He said the offence was at the higher end of the middle range of seriousness.

He imposed a seven year prison sentence, suspending the final three years. He directed that the man's job not be published.



The mayor of Limerick has called on the city to go-green ahead of the All-Ireland semi-final in Croke Park against Kilkenny PICTURES: PRESS22 & SEAN CURTIN/TRUEMEDIA

Over 50,000 tickets sold for big hurling match in Croke

GAA: Tens of thousands will travel in hope we can slay the Cats in semi-final

NICK RABBITTS

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WHILE initial ticket sales were slow, it was confirmed late this Tuesday that over 50,000 tickets have been sold for Limerick's All-Ireland hurling semi-final in Croke Park on Saturday night.

Limerick's hurlers face Kilkenny, with a 6pm throw-in at GAA headquarters, with the county's minors facing the same opposition for their 4pm semi-final.

There are expected to be up to 60,000 in attendance at Croke Park on Saturday evening, with 50,000 tickets already sold as of this Tuesday afternoon.

The minor and senior games are both on television, with pubs across the city and county expecting huge crowds in to view both games.

Ahead of the game, Mayor of Limerick, Cllr Michael Sheahan has urged business owners across the county to 'go green' to give our

hurling stars an extra lift.

"I'd like to wish John and the team all the best of luck. I'm appealing to businesses all over the city and the county to show their colours on their business premises. The Limerick people were very slow to put their colours up outside their premises, even during last year's All-Ireland success. I'm asking Limerick businesses to go green outside their premises," he told The Leader.

Cllr Sheahan added he is "tremendously proud" of John Kiely's charges, who are bidding to make it back-to-back All-Ireland final titles.

"I'm so proud these lads have come this distance so far, and take all the trophies on offer since the All-Ireland final last year. I'm very proud of the way they have conducted themselves and represented our county and city throughout the year," he said.

And, he argued that the panel is stronger this year than it was last.

"The bar has been lifted. I think he

has great depth in the panel. I think he has more of an equality of ability within the panel in that the lads who are coming on are every bit as good as the lads coming off. He has depth and ability in numbers this year," Mayor Sheahan added, "They are all really good lads."

If Limerick get past the Cats on Saturday night, they will face either Tipperary - who they beat in the Munster final - or Wexford, who are arguably this year's surprise package.

Their semi-final is on Sunday, with All-Ireland final day on Sunday, August 18.

Last year, the Treaty men needed extra-time to get past Cork. A similar scenario this Saturday may see tens of thousands of Limerick fans racing to get the last scheduled train from Heuston, which leaves at 9pm.

With this in mind, Irish Rail last week confirmed it will be laying on an additional service at 9:10 to ferry supporters home.



I'm appealing to businesses to show their colours

MAYOR MICHAEL SHEAHAN



The last scheduled Bus Eireann coach service leaves Busaras at 8.30pm - but the national bus firm is laying on a special service at 9pm.

JJKavanagh is running a special service direct to Croke Park. Post-match it leaves the venue at 8.45pm

And Dublin Coach, which operates services up to 11.45pm from the capital back to Limerick will be adding extra capacity.

Fans are advised to book their travel online as soon as possible - or telephone the relevant travel company.

Tickets are still available to buy from www.tickets.ie, plus selected Centra and Supervalu branches. They are priced from €35 for Hill 16 tickets to €50 for seats in the stands.

For supporters who cannot attend, the senior clash will air on RTE Two, with the minors appearing on TG4. For more, see the sport section of The Leader.



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Microsoft Office Specialist Programme	26 weeks	9th Sept 2019
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Information and Communications Technology	26 weeks	16th Sept 2019
Medical Administration	39 weeks	30th Sept 2019
Web Design with Adobe Dreamweaver	16 weeks	14th Oct 2019
Outdoor Learning and Employability Skills	14 weeks	9th Sept 2019
Warehouse Essentials	7 weeks	23rd Sept 2019
Warehouse Essentials - Newcastle West	7 weeks	23rd Sept 2019
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Time stands still as Tait's Clock comes to a halt

EUGENE PHELAN

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THE famous saying that Time and tide wait for no man, doesn't apply to one part of Limerick city.

For time is standing still at Baker Place, next to the Dominican Church for the past two months. It is 4.30pm all day every day.

"Tait's Clock stopped working about two months ago. I rang the Council to tell them weeks ago, but nothing has happened," one local

who lives in the vicinity of the Gothic-styled clock which is one of the most well known landmarks in Limerick city.

"The last time it broke some years ago they had to bring a specialist guy in from London, so I hope that this guy arrives before Brexit, or it might never be fixed," added the caller.

The famous clock which dates back to 1867 was designed by one William Edward Corbett with an acknowledgement to the design of

Big Ben in London.

The clock standing at 65 feet tall was paid for by public subscription to honour Alderman Peter Tait, the Scottish entrepreneur who owned the nearby Tait factory, now of course closed, but on the site of the Tait Business Centre.

The area around the clock was paved some years ago by Limerick City Council and it is one of the first sights many people visiting Limerick see after the disembark from buses and trains at Colbert

Station.

Peter Tait moved to Limerick from the Shetland Islands in the early 1840s and built up a famous textile business that traded all over the world. Tait's factory was made famous by the fact that it supplied over 50,000 uniforms for the Confederate Army during the American Civil War. They also are said to have exported jackets, trousers, caps, shirts, blankets, boots, stockings and even haversacks to the Confederates.



It's 4.30pm all day every day at Tait's Clock on Baker Place



Emergency services attending the scene of the incident on Lower Mallow Street PICTURE: ADRIAN BUTLER

Suspect in hospital following stabbing

Incident: Victim suffered a number of stab wounds

RYAN O'ROURKE

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A man who was arrested following a stabbing in Limerick city has been hospitalised himself following the incident.

The victim in his 20s, who suffered a number of stab wounds in a city centre apartment on Monday afternoon, is still being treated at University Hospital Limerick.

The violent incident happened at an apartment at the Riverpoint complex on Bishop's Quay, near Lower Mallow Street at 3.49pm.

According to sources, the man in his 20s suffered a number of stab wounds to his abdomen and his shoulder. It is understood that the man walked to a nearby business in an attempt to get assistance.

Emergency services were later flagged down and the man was treated at the scene on Lower Mallow Street.

Speaking to the Limerick Leader, a number of shocked onlookers described how the man was visibly in pain while walking to the business.

Members of the public came to the aid of the injured party before he

was treated by paramedics.

According to sources, after the alarm was raised, gardai including the armed support unit rushed to the scene where the incident allegedly occurred and "raided" the apartment.

The suspect, believed to be in his 30s, fled the scene but was apprehended a short time later on the Dock Road.

The suspect is currently being detained by gardai under Section 4 - Criminal Justice Act 1984. Gardai have said that investigations are ongoing.

Greg's fleeting visit home for family funeral

REBECCA LAFFAN

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GREG O'Shea's first weekend in the Love Island villa can only be described as a rollercoaster of emotions.

The 24-year-old Corbally rugby pro has become a firm favourite among his fellow Islanders and viewers of the hit series of the summer, and is besotted with Amber Gill, who chose Greg in Friday night's recoupling.

However, behind the idyllic scenes from the Majorcan villa, Greg and his family are coping with the recent loss of Greg's grandmother, Monica Ho, who passed away on Friday night, July 19.

Greg's father Niall revealed to Live95fm's Joe Nash that Greg was flown out by ITV for the funeral, which took place on Monday, July 22.

"He's a very good family man, and his mother wanted to make sure he was there as himself and his nan got on well together," said Niall.

"In fairness to ITV, they were very helpful and they organised for Greg to fly out to pay his condolences."

Niall told of how his son was flown out "in the darkness of night" with two staff members, and wasn't allowed to talk about the show. The funeral, which was a private family function, took place in Dublin on Monday, with Greg flying in that morning and leaving shortly after proceedings.

Though Niall said his son's

visit was "really sad in a way", he expressed his gratitude to the ITV producers who were accommodating to the O'Shea family during their bereavement and provided the contestant with a grievance counsellor.

"ITV have been very good to the family, from day one they were very respectful and responsive," he said.

Niall revealed how Greg was informed of the passing of his maternal grandmother on Sunday evening after filming, and doesn't expect there to be any mention of it on the show.

Having spoken to his son at the funeral, Niall, who hasn't had any

contact with

Greg since he

entered the

villa early

last week

said that

the

contestants

are

"definitely

living in

their own

bubble" and

are cut-off

from the outside

world.

The show, which is in its final few episodes, will end on July 29 where a winning couple will be chosen for the £50k prize.

Greg originally took things slow with Amber, but Sunday night's show saw the Sevens player seal the deal with a kiss before main competition Michael, Amber's ex, was voted out of the show.

Before leaving the villa, Michael gave Amber and Greg his blessing, saying: "It's the right time to go. I see how happy he makes you and it makes me happy seeing you happy. I didn't quite see it but now I see it more and it makes me happy."



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LEADER BRIEFS

56 patients on trolleys at UHL

ACCORDING to figures published by the Irish Nurses and Midwives Organisation on Tuesday morning, there were 56 patients being treated on trolleys in the emergency department and on additional trolleys or beds in the wards at University Hospital Limerick. This was the highest level of overcrowding in the country, ahead of University Hospital Galway which had 50 patients on trolleys, and Cork University Hospital Limerick with 42 patients.

Hundreds expected for Leader Charity cycle

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.

Function to honour CEO

A RECEPTION to honour Conn Murray, Chief Executive of Limerick City and County Council has been organised for August 14.

A reception is being held to recognise his contribution to Limerick and celebrate his 40 years in local government.

Ryan's Centra wins award

RYAN'S Centra in Lower William Street, Limerick, was recently recognised for its excellence in the field of hygiene and food safety within its businesses, and received a distinguished award at the 2019 Centra Food Quality Awards. A total of 13 Centra stores in Limerick won Q Mark for Hygiene & Food Safety Level 3 Emerald awards.

Musical keeps Frank in Limerick's memory

Ten years on: Angela's Ashes premier marks poignant anniversary

REBECCA LAFFAN

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ANGELA'S Ashes, The Musical kicked off over the weekend at the Lime Tree theatre, drawing in huge crowds to relive the iconic story as told by Frank McCourt.

Fittingly, the premier also served as an ode to the late Frank, who passed away exactly ten years ago to the date, on July 19, 2009.

The remaining McCourt men, Frank's brother Malachy, Malachy's son Conor and his two young children visited Limerick over the weekend, and paid a visit to the show.

Conor described how sentimental it was being present at the premier of the musical, produced by Pat Moylan Productions, exactly ten years after the death of his uncle.

"They asked me to say a few words at the end of the show," he explained, "so I got up, and of course the first thing I said was that ten years ago that night, I was sitting spending my last minutes with Frank in the hospice. I actually got a bit choked up and my son gave me a great hug and the whole place fell apart.

"To me, Frank was my fellow civil servant. I was working for the NYPD and he was a schoolteacher, so we had that bond. We both worked for New York City, and were both looking forward to our pension," he laughs.

However, he jokes that being



Una Heaton and Conor McCourt with his father Malachy and children Cole and Gus PICTURE: MICHAEL COWHEY

nephew to Teacher Man Frank wasn't always easy: "When I went to highschool, Frank taught there. There was a lot of competition because all the girls were in love with him and not me."

"They thought he was so cute," he chuckled, "even back then he had the charm, and the wit and the goodlooks and the way about him that everyone loved.

"I think it wasn't only Franks writing that was so powerful, it was the way he was. He was so easy to talk to, he was warm and also sharp. He was the complete package, and the world was ready to accept somebody like him, it was the right place and right time.

Conor remarks on how his two boys, aged just seven and nine, remind the family of a young

Frank and Malachy: "The boys are eighteen months apart, and they're very much like Frank and Malachy.

"My younger guy is a little bit bold, and the older one is more cerebral and I think that Frank as a child had a lot of responsibilities on his shoulders, and had to take care of the family.

"The dynamic is the same, they love each other."

More than 250 new Hap tenancies set up in 2019

MORE than 250 new housing assistance payment (Hap) tenancies have been set up in the first half of 2019, new figures show.

Data released to members of the metropolitan district reveal that some 257 of these types of rents have gone forward between January and June.

Hap is a scheme which sees the local authority subsidise rent for those on lower incomes or claiming benefits.

The data was released by housing boss Rob Lowth to metropolitan district leader Cllr James Collins at the monthly meeting.

He was seeking a detailed listing of all Hap payments made from council to renters since its introduction in early 2017.

He wanted a breakdown in each of the three metropolitan districts, and the number of properties covered by this.

In response, Mr Lowth said further information would take a longer period of time to prepare.



Question: Cllr James Collins PICTURE: KEITH WISEMAN

"Housing Support Services does not have this level of financial data available locally. This is due to payments being processed by the Hp Shared Service Centre. They have agreed to support our request, but have indicated it will take a number of weeks to prepare the data prepared," he said.

Cllr Collins accused government of "encouraging more landlords", leading to high rents.

The recent introduction of the Rent Pressure Zone, which means rates for tenants cannot go up by more than 4% annually is "like governing after the horse has bolted and you're trying to close the stable door."

Council identifies seven housing sites

LIMERICK City and County Council has identified seven key sites to deliver affordable housing including cost-rental.

The Department of Housing is currently assessing the possibility of these and is expected to reply to the local authority in the coming months.

The news, in a written response from Aoife Duke, came following a council question from Labour's Conor Sheehan at this month's metropolitan district meeting.

A cost rental scheme is effectively affordable, high-quality rental accommodation provided by the state or local authorities. It's called cost rental because the rent is used to cover the cost of constructing the accommodation over the life of a long-term building loan.

Cllr Sheehan believes such a

scheme would work ideally at the former Guinness site in Upper Carey's Road.

"We own that site and have been sitting on it for a number of years. It should be developed for public housing. In particular, it would be ideal for cost rental," he said.

However, the City North member is concerned Limerick council may try and sell the site.

He pointed out previous attempts to sell council land in the city – the former Tait Clothing Factory was due to be sold the ESF for €3.5m in 2008.

However, following a council backlash from the old City Council this did not happen.

Now, the site is home to the city's newest community in Tait Court.

At least 6,000 affordable homes are planned for the next two years nationally.

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'A DANGER TO RESIDENTS': CALLS TO BAN SCRAMBLER BIKES IN LIMERICK CITY

Denis Maher

There should be a motocross track built for these kids and proper training given it would keep them out of trouble, there are tracks in cork and dublin but nothing in the Limerick-Clare area



Sean MacBineid

Plenty of space available away from residential areas that could be used but again ICC dragging behind as usual. The people using the bikes would upkeep the area being used by them given the chance maybe have a sit down with them and get something in place problem solved

CALL FOR ELECTION POSTER REVIEW IN LIMERICK

Raili D'Anjou

What kills me most about election posters is that they are not biodegradable despite having only a few weeks worth of use so our elected representatives are willing to spend thousands of euro to pollute the earth for their own vanity project. Just Facebook spam us all. At least that's more environmentally friendly.



John Savage

A complete ban on all posters, end of story.

APPLICATION FOR MAJOR STUDENT ACCOMMODATION IN LIMERICK CITY 'INCOMPLETE'

Mark O'Brien

Nothing will ever get developed in this city every time an application goes in people are lodging ridiculous objections! 6 stories is not high and if we want to ensure we provide accommodation for all in order for the city to grow and not cause huge traffic problems going in and out what we need is higher rise accommodation in an around the city center so people don't have to drive to get into the city better for environment and better for traffic congestion and enjoyment of city !! We really need to do something about our planning laws in Ireland because it seems everybody wants development and progress so long as it's not near them!



TD CALLS FOR CLARITY ON LIMERICK-CORK MOTORWAY ROUTE AS PEOPLE ARE IN 'LIMBO'

Damien Cahill

Needs to be on the west side so more people are nearer a motorway. Building it to Cahir leaves the rest of us having to deal with crap roads forever



David O'Sullivan

Wexford bypass got approved cos it links to Dublin, therefore benefiting the capital. The fact Limerick and cork won't benefit Dublin is a main reason why it's put off.

Paul Flynn

Ridiculous! Just get on with it! They built a by pass in Wexford at a cost of 400 million! Build it before it will cost 2 Billion!

www.limerickleader.ie
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 Limerick_Leader



Barnardos Limerick volunteer drive

Barnardos Ambassador, Joy Neville has launched a call for volunteers in Limerick for their National Collection Day, kindly supported by Dell, on September 13. For more information, email buckets@barnardos.ie or call 01-7080418

War on poor parking practices declared

Enforcement: Councillor wants fine level increased

NICK RABBITS

nick@limerickleader.ie

NEWLY elected Social Democrats councillor Elisa O'Donovan has declared war on people who park inconsiderately across the city.

Cllr O'Donovan, a former brain injury co-ordinator at the Headway charity, is furious at motorists parking on footpaths and in bus stops.

She feels behavioural change is not getting through to people – and the time has come to “start penalising people more”.

“It's horrible, but we need to do this as a society. It's the only way which we are going to move forward,” the City West member said.

In a question put at this month's

metropolitan district meeting, Cllr O'Donovan asked what the local authority is doing to take on these “poor parking practices”.

“I have worked with people who are wheelchair users or who have limited mobility and they literally cannot access the pavement,” said the councillor.

“Buses cannot pull into bus stops – people cannot access them from the pavement because of parking in stops. Every time you go past a bus stop, there's normally a car placed there,” she told The Leader.

In a written response, Kieran Lehane, the council's manager in the metropolitan area stated: “Where the traffic warden encounters an illegally parked vehicle, it is immediately issued with a fine.

“In addition, the council has introduced colour-coded tarmac to more clearly identify bus stops in the core business district and improve public transport,” he added.

“On a more general issue of poor parking practices, the council's traffic wardens issue fines for parking on double yellow lines, pedestrian crossings and parking within five metres of a junction.

“It's important to note that An Garda Síochána are very active in relation to all of the above offences and work collaboratively with the council on enforcement,” he added.

Cllr O'Donovan believes behavioural change is “not getting through to people,” hence the need for an increase in the number, and monetary value of fines issued.

Need for cycle network claims Councillor

SINN Fein Councillor Sharon Benson has called on Limerick City and County Council to fund an integrated cycle network for Limerick.

With budget season around the corner, Cllr. Benson has pledged Sinn Fein's full support for a “radical” Cycling Network Development Plan that would “dramatically improve” cycling access and safety throughout the

city.

“To date, Limerick is the only major city in Ireland without a Cycling Plan,” Benson remarked.

“What we have seen all too often is piecemeal developments that amount to not much more than a painted line on a roadway.

“These are not cycling lanes, they are sticking plaster solutions that do nothing to encourage cycling in our city centre. Cycling needs to be safe

and separate from cars, trucks and buses,” she stated.

The councillor for Northside concluded, “For too long cycling has been treated as an afterthought when it comes to city planning.

“This new council needs to ensure cycling is put at the centre of our city's new transport plan. If the political will is there we can transform our city centre within the next five years.”

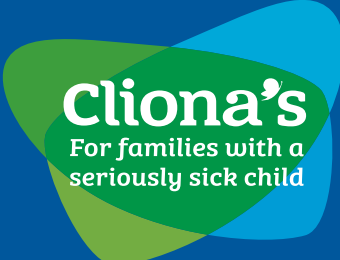


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Computer Applications	10 Weeks	10th Sept 2019
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LEADER CRIME BRIEFS

BY DAVID HURLEY



Two suspects arrested over late-night burglary in city

TWO suspected burglars are facing prosecution after they were arrested following a break-in on the northside of the city.

According to investigating gardai, the alarm was raised shortly after midnight on July 19 when the occupant of a house in the Thomondgate area was alerted to two intruders in his home.

"Having received a description of the suspects involved, gardai apprehended them a short distance from the scene and they were arrested on suspicion of burglary," said Garda Eoghan Linnane.



The suspects were detained at Henry Street station

Following their arrest, the suspects were brought to Henry Street garda station where they were detained and processed.

An investigation file is being prepared for the Director of Public Prosecutions in relation to the matter.

Gardai at Mayorstone are investigating and can be contacted at (061) 456980.

Gardai seek to locate 'gold' getaway car used by suspect

GARDAI are seeking to locate a car which may be linked to an incident of criminal damage in the Westbury estate.

The gold-coloured Nissan Almera was observed a short time after another car was damaged.

The incident happened at around 7.30am last Wednesday and according to gardai, the car was being driven by a man who was wearing dark clothing.

"We believe that the male driving this Nissan Almera was the culprit for the damage caused. As this is a very distinctive vehicle, due to its unusual colour, someone may have observed it in the Westbury area," said a garda spokesperson.

Don't post holiday status updates online while away

GARDAI are renewing their appeal to holiday-makers to be vigilant when using social media this summer.

"If you are going on holiday and your home is going to be vacant, be mindful of what you post on social media," said Garda Eoghan Linnane.

"Even if you have enabled strict privacy settings, your holiday plans could be shared with unscrupulous people," he added.

Where possible, gardai say people should not post status updates about their holidays while away and they should not post



Gardai say you should not post updates on holidays

details of their travel plans.

Measures should also be made to ensure that homes do not look vacant while the occupants are on holidays.

"Ask a trusted neighbour or family member to conduct frequent checks of the property at different times of the day to note any signs of trespassing or interference," said Garda Linnane.

Random act of vandalism

INFORMATION is being sought following what gardai believe was a random case of vandalism at the weekend.

According to gardai, a car which was parked in Croom village was damaged by three males who struck the vehicle with iron bars.

The incident happened at around 7.50pm on Saturday last – July 20 – and witnesses are asked to come forward.

Michael and Míceál meet 56 years after a dramatic rescue



'It happened just there': American, Michael Downes, right was reunited with Míceál Mulcahy, who rescued him from certain drowning at the canal near Clare Street back in 1963

Canal rescue: Man travels from US to express his thanks

RYAN O'ROURKE
X@limerickleaderie

"I REMEMBER it like it was yesterday. I can still see the bottom off the canal, the chain hanging off the wall, the garbage at the bottom. I got really calm and thought that was it and then all of a sudden somehow I was pulled out of the water," said Michael Downes, from New Jersey.

Michael was seven-years-old when he was saved from certain death after Limerick man Míceál Mulcahy dived into the canal to rescue him.

The year was 1963 and Micheal had been staying with relatives in Grattan Place. He and some friends were playing by the edge of the canal near Clare Street when the young American, who was unable to swim at the time, toppled head first into the water after getting too close to the edge.

Without a moment's hesitation, Míceál dived fully clothed and brought the child to the edge of the canal.

"It took my 56 years to come back and thank you, but here I am. Thank you," said Michael, who had made the trip from America for this very special reunion.

The pair met at Míceál's home in Parteen. "You haven't changed a bit," said Míceál jokingly.

"My memory of it is this. No one went in,



It took me 56 years to come back and thank you, but here I am. Thank you, MICHAEL DOWNES



they were screaming get a rope, get this and get that. There was no sign of you. The water was a little clearer back then, so I remember going in and going down and spotting you on the floor. You were that close to being gone," said Míceál, recounting his memories of the day," said Míceál.

"Once I lifted you off the ground, I got my shoulders underneath you and up. I was screaming for a rope or a life bar or something. And that was it, I never saw you again. By the time I got up and out of the canal, you were gone.

"I was left inside. Everyone took the young lad and left me there. One of my friends came back and said Míceál are you alright. I'm far from it I said, get me the ropes," added Míceál, laughing at the memory.

The two men agreed that Michael had been moments from death when he was pulled from the water.

"I got real calm, I got real calm and I accepted it I guess," said Micheal.

"You were just spewing out water and everything. I was just screaming for someone to throw you a rope. When they did, I wrapped it around you and they lifted you out," Míceál said. "I was born and raised beside that canal, that's where I learned to swim. So I was at home," he finished.

After being treated by paramedics, Michael returned home to his grandparents and his parents, Michael and Phyllis Downes. He mentioned nothing of his near drowning, and his did not know anything about it until they read it in the paper, the Limerick Chronicle, the next day.

"As you can imagine all hell broke loose," said Carmel O' Malley, Michael's cousin.

Do you feel left out of the conversation?

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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.

57,000 kids waiting on hospital appointments

MIKE FINNERTY

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OVER 57,000 children are currently waiting for outpatient appointments in Ireland.

Statistics from the June National Treatment Purchase Fund reveal that nearly 20,000 children have waited for over 12 months to receive an outpatient consultation – an increase from 4,976 in May 2016, when the current administration came into

power.

Further statistics show that 11,929 children have waited for over 18 months to receive an outpatient consultation.

These figures were lambasted by Fianna Fail Deputy Niall Collins TD, who said “Four years ago Leo Varadkar promised that no-one would wait more than 18 months for an outpatient appointment. Today, 11,929 have been waiting since at least December 2017.

“Fine Gael’s only response is to

attempt to stabilise a situation that is already critical.”

Collins also criticised Minister For Health Simon Harris for his handling of the situation.

“You might think that these waiting lists would generate a sense of



urgency from the Minister for Health. However, his goal for the year is to ‘stabilise’ them.

“In other words, no improvement on the shocking increases he has allowed to happen on his watch. There

has been a 21-fold increase in the number of children waiting 18 months since Simon Harris became Minister,” the Fianna Fail TD told The Leader.

“There are also 2,319 waiting as long to see an ophthalmologist. Who knows what long-term problems these children will face as a result of such long waits?”

With no sign of an improvement to the trolley crisis at the University Hospital Limerick health is set to top the political agenda over the next 12 months.

Smart move as Derek is Tipp-bound

Promotion: Limerick native set to take up new garda role

DAVID HURLEY

david.hurley@limerickleader.ie

ONE of the most senior garda officers in the Limerick division is set to take up a new role in County Tipperary next week.

Superintendent Derek Smart is set to be appointed as Chief Superintendent for the Tipperary Division.

Currently attached to Henry Street garda station in Limerick, Supt Smart was named on the garda promotion panel following an internal competition which concluded late last year.

While the Limerick native has spent most of his career based in Limerick, he has also served in County Clare and County Cork.

He will be based in Thurles once he takes up his new role.

During his time at Henry Street,



Supt Smart has overseen a number of high-profile investigations in what is one of the busiest garda districts in the country.

While no official announcement has been made by An Garda Síochána, The Leader understands that Superintendent Brian Sugrue will take over responsibility for the Henry Street garda district following the departure of Supt Smart.

Meanwhile, it is expected that Superintendent Dermot O’Connor who transferred from Limerick to Kells, County Meath following his promotion earlier this year will take up duty as head of the Roxboro Road garda district as part of the management reshuffle.

Prior to his promotion in March, Supt O’Connor was an inspector attached to Henry Street garda station.



The Leader’s fashion columnist Celia Holman Lee and Olivia Newton John in Newbridge, County Kildare

Our Celia meets ‘70s icon

SHE’S the one that we want!

Our esteemed fashion columnist, Celia Holman Lee, met Grease star Olivia Newton-John at an event in Newbridge, Co. Kildare.

The English-born Australian singer and actress shot to global stardom for her star role as Sandy in the immortal 1978 film Grease, and was nominated for a Golden Globe for her efforts, as well as singing on the films best-selling soundtrack.

Speaking to The Leader about her chat with Ms. Newton-John, Celia revealed

that she still looks “sensational” at 70 years of age.

Celia told us that the star believes that the “Limerick accent is beautiful.”

“Meeting Olivia

Newton-John was one of the highlights of my career – it was so great to have met her as she was so kind and gracious” said Celia.

“She told me that she actually had to be sewn into those leather trousers at the end of Grease!”

Olivia Newton John was in Kildare to launch a display of her

most iconic outfits – including her famous skin-tight leather trousers and jacket worn in the final number of Grease – which are due to go to auction this November to raise funds for the Olivia Newton-John Cancer Wellness and Research Centre.

The outfit is expected to go at least \$100,000 dollars, or €89,000, which it goes to auction in November.

The various items will go on display at The Museum of Style Icons in Newbridge before they go under the hammer on November 1 and 2.

Garda in accidental shooting incident

AN INVESTIGATION has been launched into an incident in which a garda accidentally shot himself in the foot in Limerick.

It is understood the garda has since undergone emergency surgery. The incident is believed to have occurred in the city.

While it could not be confirmed it is understood that the incident happened when the garda was in a car. Forensic officers recovered and removed the spent shell for

technical examination.

A spokesperson for the Garda Síochána Ombudsman Commission confirmed that GSOC received a s102 referral in relation to the incident. “Section 102 of the Garda Síochána Act 2005 provides for independent investigation of any matter that appears to indicate that the conduct of a member of the Garda Síochána may have resulted in the death of, or serious harm to, a person.”



Win

Two tickets to Saturday's All-Ireland Semi final between Limerick and Kilkenny with thanks to the GAA.

To enter, simply Email sport@limerickleader.ie
Using #LLSport in the subject line.

Please give details of your name, address and telephone number so that we can contact the winners by Friday morning of this week.

One entry per person only.



PET RESCUE



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

Looking for a new home



Martin is a three-year-old Springer spaniel looking for a new home. He is a sweet and loyal boy who loves company from people and other dogs. He loves going for walks and is lead trained and house trained. Visit the sanctuary between 12 and 3pm or call 0876371044. Adoption fee is €150, each dog is neutered, wormed, vaccinated and microchipped.

Andy is a lovable two-year-old Labrador mix. He gets on very well with other dogs and adores humans. He is playful and has a great personality. He will make a great pet. For more information on Andy, visit the sanctuary between 12 and 3pm or phone us on 0876371044. Adoption fee is €150. A home check applies.



Maggie is a four-year-old terrier mix waiting for her own home. She is a sweet and affectionate girl, who would just love a lap to lay on. Maggie is great with other dogs and walks well on the lead. For more information on Maggie, visit the sanctuary between 12 and 3pm or phone us on 0876371044. Adoption fee is €150. A home check applies.

Cute kittens need a home

The sanctuary is currently housing over 100 kittens. We neuter, worm and vaccinate each cat/kitten. They are all litter trained. Adoption fee is €100.

For more information please phone our cattery on 0872295669 or visit the sanctuary from 12 noon until 3pm.



Staff from Limerick City and County Council and Grooveyard events celebrate Riverfest's award PICTURE: ALAN PLACE

Riverfest makes splash at awards

RIVERFEST has won the top prize at the Event Industry Awards.

Riverfest, which broke records in 2019 with more than 120,000 people enjoying Ireland's premier May Bank Holiday festival, beat off competition from festivals and other events across the country including Pope Francis' Visit to Ireland, the New Year's Eve Festival in Dublin and Seafest to win the awards.

Riverfest won 'Best Live Event' and the overall prize of 'Best Event'.

Welcoming the accolades Sheila Deegan, Culture & Arts Officer with Limerick City and County Council said: "The increased investment by the elected members has ensured the development of Riverfest into a national event of scale. The presence of Fidget Feet gave a real spectacle feeling to proceedings."

Mission successful for ULHG volunteers

Life-saving: Limerick team share their vital skills in Africa

REBECCA LAFFAN
rebecca.laffan@limerickleader.ie

A TEAM from UL Hospitals Group (ULHG) and University of Limerick (UL) has returned from Ghana having completed its three-year plan to establish a programme of emergency care skills.

The team of 11 people provided training for healthcare workers in community health facilities and hospitals in the remote upper west region of the African nation in a project called Learning for Lives Ghana (Lfl Ghana).

Lfl Ghana has provided 240 people with basic life-saving skills, and delivered specialist instruction in hand hygiene, sepsis, physiotherapy, nutrition and neonatal care, both in the community and to hospital staff.

The team has also created a local training cohort ensuring continuity and sustainability of training and paving the way for a positive transformation of healthcare standards for 1m residents in communities throughout the Upper West.

Noreen Spillane, chief operations officer of ULHG said: "Humanitarian volunteering is a key part of the



Members of the ULHG and UL team pictured with locals in the upper west region of Ghana

Group's strategy, establishing links with the developing world in a sustainable, targeted and meaningful way. The project in Ghana realises this key strategic objective and we are very proud of the team's achievements to date in Ghana."

Katie Sheehan, assistant director of nursing at Croom Orthopaedic Hospital, who has been with Lfl Ghana since its inception, admitted that she was unprepared for how swiftly the local CHPS workers would take charge of the training

programme.

"I never thought we would get quite so far, so soon. The eight Super Trainers have made a huge difference. They were delivering programmes and supervising trainees with only minimal input from us. We independently validated their testing, and our marks were identical to theirs," she explained.

Yvonne Young (ADON & Lead for Sepsis, ULHG), agreed: "It shows what can happen when you empower people and give them a chance."



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Out&About

Ciara confirms her family pedigree with Miss Limerick victory

Words: Mike Finnerty

Pictures: Gareth Williams

WHEN it comes to winning pedigree in the Miss Limerick beauty pageant there is no family better than the O'Hallorans.

Ciara O'Halloran, 23, from Raheen was crowned Miss Limerick 2019 last Thursday night at an event hosted at 101 on O'Connell Street.

To be crowned Miss Limerick has been a dream of Ciara's from a young age as her grandmother Ann O'Halloran was the 1963 Miss Limerick and her auntie Anne O'Halloran also won Miss Limerick in 1990.

Ciara is a Technology Management graduate student at the University of Limerick and is very passionate about pursuing a career in engineering.

When asked to describe herself, she presented herself with poise and tact, saying: "I was the only girl who graduated out of my class. I'd love to follow up with that and lead girls into engineering because it's a male-dominated job."

When she found out she won, Ciara admitted she "couldn't stop crying" and it was "all very emotional" as her friend, Emma Austin, was crowned Miss Clare on the same night.

Ciara revealed she's currently keeping her tiara "on the mantelpiece, but my niece keeps stealing it and pretending she's a princess!"

Ciara is currently preparing for Miss



Miss 101 Limerick Christina Alcazar Deverell, Miss Limerick 2019 Ciara O'Halloran and Miss Clare 2019 Emma Austin

Ireland in Dublin, so in preparation she's "resting well, and doing charity work in the meantime."

Ciara is a member of Shannon Rugby Club, and was sponsored at Thursday's event by Lucy Erridge's shop in Adare.

Last year's winner of the Miss Limerick competition was Beibhinn Haren, who helped fundraise for Laura

Lynn Children's Hospice by holding a coffee afternoon and bucket collection.

The event organised by The Leader columnist Patrick McLoughney was hosted by former Miss Clare Lauren Guilfoyle and judged by influencer Sinead O'Brien, Miss Ireland 2018 Aoife O'Sullivan, Mr Ireland 2018 Wayne Walsh and RSVP magazine showbiz editor Mikie O'Loughlin.



Sandra and Evana Lyons, Bruff also attended the event



Kelly McGowan and Susan Clarke, Newcastle West



Elaine and Donogh Earlie, Raheen



LEFT Miss Clare 2019 Emma Austin, Miss 101 Limerick Christina Alcazar Deverell, Miss Limerick 2019 Ciara O'Halloran and Miss BeLimitless, Katie Woods

ABOVE: Maura and Laura Enright, Castletroy

RIGHT: Caroline Daly, Croom and Bridget Purcell, Clarina



Patrick, Kitty and Patrick Fitzgerald, Foynes



Kathleen Mooney and Ann Barry, Pallaskenry



Pauline, Denis and Kellie Enright, Foynes



Wioleta Jezierska, Tomasz Kamrowski, Mirela and Paulina Kamrowska and Emer Cooke, Corbally



Karen O' Connor, Lilly Hannon and Mary O' Regan, Broadford



Prickly competition: Evan McNamara with his cake, Spikey the hedgehog, also present, Sharon Etokhana and Ciara O'Looney

The Sellors Bake-off

Employees of Sellors Solicitors Limerick put their baking skills to the test as a fundraiser for St Gabriel's school.

Pictures: Adrian Butler **Words:** Rebecca Laffan



Stephen Keogh, managing partner, Sellors, Miriam O'Connor, partner, Kate Sheahan, St Gabriel's and Ian Sheehy, partner

'Fun'-draising: Kate Sheahan from St Gabriel's said: "This is a wonderful opportunity to come in and visit Sellors today, and for them to nominate us as their charity partner for Ready Sellors Bake. It really puts the fun in fundraising. Sellors have been good to us for a long time with various fundraisers and support and we're really grateful to them."

Maire O'Leary, CEO, St Gabriel's, Kate Sheahan, fundraiser, St Gabriel's and Éanna Bane and Derek Walsh, organisers of the Ready Sellors Bake event

First-timer: Éanna Bane said: "I'm not an avid baker, this is the first time I've ever baked - my mother was on speed dial yesterday evening while I was baking!"

Support: Maire O'Leary, CEO at St Gabriel's said: "This company are always supportive of us and this is the first time we've met all the staff in Sellors. The standard of baking is excellent."



Anna Dwane helping Derek Walsh light up his cake

Sparks will fly: "We've supported St Gabriel's for a number of years and we're just blown away by the work that they do, it's an invaluable service for the kids and families," says employee Derek.



Diarmuid McIntyre showing his rice crispy buns to Amy Walton and Pamela Price

Can't beat a classic:

Diarmuid played it safe with his baking creation.

Candid Comment

By SPARTACUS

● Spartacus is deeply concerned with Limerick's growing love for Love Island. Never has a show been so far reaching into the lives of those who choose not to watch it. There is no getting away from it, they even have infiltrated Spartacus' beloved world of confectionery goods, with Love Island-themed ice cream. There is no escape. Spartacus is desperate. When will it end?

● WE see that there has been a call by some councillors to ban the use of scrambler bikes in the city area.

People riding these bikes, including some children on smaller scramblers have been blamed for destroying sporting fields and parks.

It was one of the items raised during the recent local elections with particular problems in the Janesboro/Roxboro areas.

This matter was raised at a local council meeting last week, but no mention at all of children as young as six and seven using young Shetland ponies around town with sulkies or improvised carts.

"The press need to highlight this and the gardai need to take action, every day you see these children out on the main roads with their ponies. It will be all fine until there is a serious accident. They are too young to be out on the roads," one caller told *The Leader*.

● Limerick senior soccer is not in a good place at the moment and the team were beaten 4-1 at home to Drogheda.

One supporter who contacted Spartacus was not at all happy with a section of the supporters. "Why did everyone feel the need to leave as soon as Drogheda's fourth goal went in?" he asked.

"What was so important that supporters couldn't wait another five minutes and see the team off the

pitch? It's not like RTE had a good film on or there was good drying out Friday evening. That's the time to show your support to your local team. You have no right to complain if the club falls on hard times and behaviour like this happens," was this person's particular viewpoint.

● THE pages of this Wednesday morning's national newspapers are dominated by Boris Johnson's election as leader of the British Conservative party – and by extension Prime Minister.

Never one to miss a local angle, Spartacus has discovered an, albeit quite tenuous link, between the Treaty City and the new Tory leader.

In 2016, the former journalist put his no doubt strong literary skills to use when he wrote a rude five-line limerick about Turkish president Recep Tayyip Erdoğan's questionable extra-curricular antics.

He won £1,000 into the bargain, as he triumphed in the *Spectator* magazine's 'President Erdoğan offensive poetry competition'.

We won't publish the limerick here, being a family newspaper and all that.

But thinking of words to rhyme with Turkey's capital Ankara won't need too much imagination.

● Spartacus got a right ole giggle on Monday morning on hearing the story of the Limerick pub which snubbed Shane Lowry, albeit unintentionally.

Last year a snug in a local watering hole was adorned with a fabulous portrait of the Offaly man only to be covered over by the Limerick hurlers after their All-Ireland win. "Anyone got paint remover?" quipped one of those downing a pint after Lowry sunk his putt on the 18th on Sunday evening to be crowned British Open Champion.



Gillian Butler and Jack Clear

On a roll: Gillian samples some of Jack's homemade swiss roll, which scored fifth place in the tough competition which saw the amateur bakers compete for the Ready Sellers Bake apron.



Aoibheann Meaney with Spikey the hedgehog

Too cute to eat: Baked by Ronan Hynes, Spikey "the hedgehog litigator" placed second, and scored well for creativity. Like any good litigator, Spikey was "tough on the outside, soft on the inside."



Emilia Krawczynska, Caroline Meaney and Ian Sheehy enjoyed their cake

Happy judges: The baked goods were each presented anonymously for voting under the following criteria: taste, presentation, and creativity and originality.

UL expands family's archive in memory of WWI soldier

Noonan Collection: Murroe family donates newspaper

FINTAN WALSH
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THE FAMILY of a County Limerick soldier killed in the first World War has added to a special archive collection at University of Limerick in memory of the young man.

Thomas Noonan, 23, who grew up in Barrington's Bridge, which connects the parishes of Murroe-Boher and Ahane, Castleconnell and Montpelier, joined a number of his relatives in emigrating to Sydney, Australia, in May 1914.

Within a number of months, Thomas enlisted as a private in the Australian Imperial Expeditionary Force, and was killed on the front line during the Gallipoli campaign on August 9, 1915.

The memory of the young private has since been immortalised in the unique Noonan Collection in UL's special collections and archives in the Glucksman Library, offering a "window to the past".

The Noonan Collection already

contained the soldier's diaries from the trenches, military medals and the so-called Widow's Penny memorial plaque received by his family.

And this week, the Noonan family has donated an original copy of a 1915 edition of the Sydney Herald newspaper, which contains a feature on the County Limerick man, who was educated at Murroe national school and was an apprentice at McBirney's Drapery Emporium in the city.

Donating the new historical piece to the collection, Thomas' nephew Michael Noonan said that the family was "so proud" of the fallen soldier.

The Murroe man said that letters of his, written when he was just 21, were in an envelope in a press at his County Limerick home for 80 years. Michael said that his writing was "ahead of his time".

"I visited his grave three years ago there and walked in the water where he landed. I used to look at the letters every so often when I was young, and the medals and diaries. I took an interest from



Kay Blake (Thomas Noonan's niece), Michael Noonan (Noonan's grandnephew), Michael Noonan Snr (Noonan's nephew) and Breda Lyne (Noonan's niece) with the special collection

there," he added.

Ken Bergin, head of Special Collections and Archives at UL, said: "The Special Collections and Archives department at the Glucksman Library is delighted to acquire this recent addition to the

Noonan collection, further complementing its other WWI holdings which include the papers of the Armstrong family in Co Tipperary.

"We are very grateful to the Noonan family for their donation,

and look forward to sharing their family history with our researchers," he added.

Asked if he hoped students and researchers would study the collection, Mr Noonan said: "I would like to think someone would, yes."

Home help a 'postcode lottery'

REBECCA LAFFAN
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A LIMERICK city TD has criticised the practice of freezing the home support service after observing recent waiting list information.

Sinn Féin TD Maurice Quinlivan's concerns come as a result of waiting lists growing by nearly 600 people between April and May this year.

Figures released to Sinn Féin by the HSE have shown that as of 31 May 2019, there were 6,819 people were waiting for funding for a home support service.

"This number has soared by 581 since I previously received the same data from the HSE in March. The sole reason for this

increase has been the freezing of the home help service by the HSE," Deputy Quinlivan added.

"The people on this list are entitled to this service - they have been assessed and approved for home support, but they cannot be facilitated because of the freeze in the service.

The HSE Home Support Service aims to support the elderly population in remaining in their own homes for as long as possible and to support informal carers. The service is free and is available to people aged 65 or over who may need support to continue living at home or to return home following a hospital stay.

"The system is a complete



TD Maurice Quinlivan has criticised HSE's home support service

postcode lottery," added the TD, "the county or area where you live defines whether you can get the service or if you join a waiting list of hundreds. It is one of the best value-for-money services in the health service. Properly funding it saves millions by keeping people in their homes and out of hospitals or nursing homes.

"It is not possible for the government or the HSE to stand over undermining this service - they have essentially pulled down the shutters on the service and stuck a closed until further notice sign outside. But this is an invaluable health service, and through their actions they are denying people care."

Emergency services attend barn fire

EMERGENCY services were at the scene of a fire close to Mungret College on the outskirts of Limerick city this Tuesday.

It is understood that the fire is on nearby farmland behind Mungret College and adjacent to Limerick City East Educate Together.

Limerick Fire Service dispatched three units to the scene at around 3.20pm, with two members of An Garda Síochána also present.

One person told the Limerick Leader that they "heard a bang" and saw smoke coming from the site

before alerting the emergency services.

The fire, which was promptly controlled and cleared by emergency services, did not affect those in the nearby grounds of Mungret College, and no injuries were reported.

Surrounding buildings within proximity to the fire, Limerick Christian Centre Mungret, The Milk Thistle restaurant, Mungret Community College and the nearby playground were unaffected.

The owner of the barn was not present at the incident.



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MC Donn O'Sullivan, Andrew Conway, Tommy O'Donnell, Richie Ryan Principal Castleconnell National School, Pat McDonagh sponsor and CJ Stander at the fundraiser for Castleconnell NS titled "An evening with CJ Stander, Andrew Conway and Tommy O'Donnell" at Castle Oaks House Hotel.

Out & About

AN EVENING WITH MUNSTER STARS IN AID OF CASTLECONNELL NATIONAL SCHOOL

Pictures: KIERAN RYAN-BENSON



Pat McDonagh owner of the Castle Oaks House Hotel with Michael O'Dwyer Castleconnell, Senator Maria Byrne and Tom McNamera, Ballysheedy



Colin McNamara Annacotty, Jeff Bray Annacotty and Jim McDonagh Thornfield



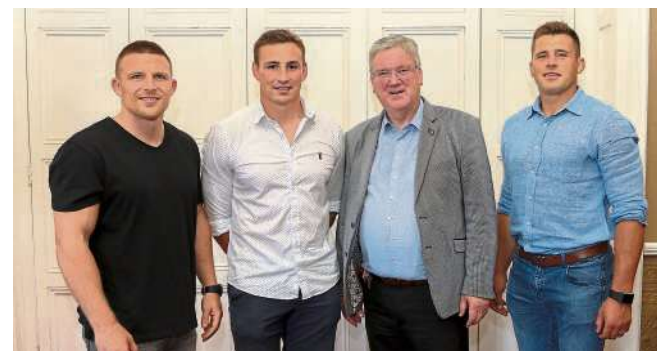
Andrew Conwaym Tommy O'Donnell and CJ Stander



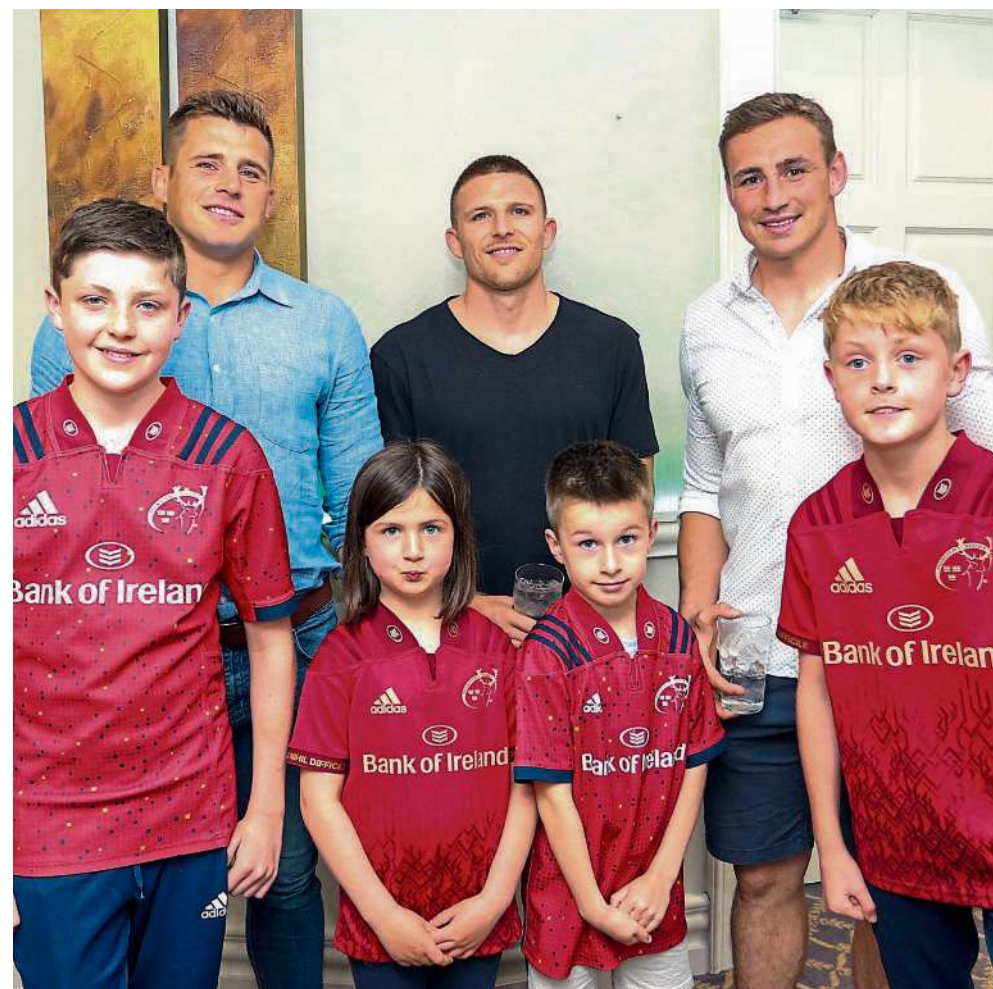
CJ Stander, Andrew Conway and Tommy O'Donnell with Vinny and Aga O'Donnell Kilfinane



Tommy O'Donnell, Minister Patrick O'Donovan, CJ Stander, Senator Maria Byrne and Andrew Conway



Andrew Conway and Tommy O'Donnell and CJ Stander with main sponsor Pat McDonagh



LEFT: CJ Stander answering the opening question from MC Donn O'Sullivan with, Andrew Conway and Tommy O'Donnell

ABOVE: CJ Stander, Andrew Conway and Tommy O'Donnell with Matthew Browne Parteen, Conor and Rachel Browne Creora and Joe Browne Patreen

RIGHT: CJ Stander, Andrew Conway and Tommy O'Donnell with Mary Lynch Ballyneety welcoming Riverbook Nursing Home Residents Patricia McDermot, Jerry Coffey and Declan Loughnane



Phelim Macken Limerick Sports Partnership, Enda and Edmond Carroll O'Briensbridge



The Players with young fans on the night who posed for photos and autographs



Tommy O'Donnell presenting Pat McDonagh with the signed Ireland Jersey he bid for in the silent auction, with Andrew Conway and CJ Stander presenting a signed Munster Jersey



Making Cents

LIAM CROKE

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Flight delays and your rights

DID you know, in 2018 about 32% of all flights from Shannon Airport were delayed. And in Dublin the figure was 30%. That's according to data compiled, by UK based aviation analytics firm, OAG.

The most punctual airport last year was Cork, where 81% of flights arrived or departed on time.

We've all probably experienced such a delay, but do we know what our rights are if a flight was delayed or cancelled?

At a very basic level, you are entitled to be told by the carrier what your entitlements are, and they will differ depending on the length of the delay. If you are flying from an EU airport on any airline or from a non-EU country into an EU airport on an EU based airline, then you are protected under what is referred to as the Denied Boarding regulation.

This means the airline must compensate you if your delay goes beyond a certain point, for example:

- * If your flight is delayed by two hours or more you must be offered a free meal (usually given in the form of a voucher) drinks, two free telephone calls and the cost incurred if you have to send emails or faxes (If your airline is unable, for whatever reason to provide these to you at the time, they will reimburse you at a later date so it's important, you keep all receipts for proof of expenditure)

- * Where a stay of one or more nights becomes necessary, passengers must also be offered hotel accommodation and transport between the airport and the place of accommodation;

- * If the flight is delayed by at least five hours, you can opt for a full reimbursement of the cost of your ticket. Once the refund is accepted and issued the airline has no further duty of care with you. However, if you

have already started your journey and the purpose of your intended travel plan is no longer attainable i.e. the flight that was delayed was a connecting flight (e.g connecting flight missed as a result of the delay of a flight in your itinerary) you are entitled to a return flight to your original point of departure at no extra cost.

So, what happens if your flight is cancelled?

The general rule is that if you are told that your flight is being cancelled at least two weeks before the scheduled time of departure, the airline is not required to pay any compensation. They are however required to offer you:

- * an alternative flight at the earliest opportunity or at a later date of your choice subject to the availability of seats; or

- * a full refund of the ticket.

If you have been given between two weeks and seven days' notice, the airline must offer a choice between:

- * an alternative flight departing not more than two hours before your original departure time and allowing arrival at your final destination within four hours of the original scheduled time of arrival; or

- * a full refund of the ticket.

And if you are given less than seven days' notice the airline has to offer you the choice between:

- * an alternative flight departing not more than one hour before your original departure time and allowing arrival within two hours of the original scheduled time of arrival; or

- * a full refund of the ticket.

If the alternative flight offered is not suitable to you and you decide to make your own arrangements and book a flight with another airline, you may not be entitled to seek a refund



The most punctual airport last year was Cork, where 81% of flights arrived or departed on time



DID YOU KNOW?

Louis Chevrolet, the founder of Chevrolet died bankrupt and penniless, working as a mechanic for the company he started.

of alternative travel expenses. And similarly, you may not be able to claim additional expenses if that subsequent flight is cancelled and you miss a connecting flight, which was booked separately.

If you are entitled to compensation the amount you are entitled to will depend on the distance of the flight and the reason why the flight was cancelled in the first place.

If the airline can prove that the cancellation was caused by an extraordinary circumstance which could not have been avoided after all reasonable measures were taken, then no compensation is payable. Examples of what are deemed to be extraordinary include bad weather, political unrest, a security threat, unexpected flight safety shortcomings, air traffic control restrictions or strikes that affect the operation of the flight.

DISTANCE MATTERS

The distance of your flight will determine the amount of compensation you are due, and the amounts and distances are:

- * 1500km or less the amount payable is €250

- * 1500km – 3500km and all EU flights over 3500km the amount payable is €400

- * 3500km or more the amount payable is €600.

If an airline can offer rerouting to the final destination that does not exceed:

- * more than two hours for flights less than 1500km

- * three hours or less for flights between 1500km and 3500km; and

- * four hours or less for flights over 3500km

- * The compensation will be reduced by 50%.

ASK LIAM

Our personal finance expert answers your questions ...

Q. I worked in the UK for a number of years, and I'm not sure if I qualify for a pension from my time there, and if I did, how much it would be. Any help would be much appreciated.

A. The amount you can expect to receive from your time in the UK is determined in the same way as it is in Ireland, and this is by reference to the amount of national insurance related payments (the equivalent of our PRSI contributions) made. You need a minimum of 10 years NI contributions to qualify for the new UK State Pension.

The UK pension is currently £164.35 per week and the entitlement will be paid in proportion to your years of NI payments. If, for example someone had 14 years' NI payment's, they could expect to be in receipt of c. £65.74 (£164.35/35x14) and someone with 10 years' service £46.96.

If you did work in the UK, and you wanted to enquire what you are entitled to, I believe your next steps are to contact the UK authorities to find out (a) how much you will be entitled to and or (b) how much you need to contribute to buy additional years if you currently fall short of the 10 years minimum requirement.

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Further reductions on all summer stock at Ken Sexton on Thomas St, all major brands available (061) 411 366



Stay at The McWilliam Park Hotel and enjoy luxury and style with this superb offer, 2 Nights B&B plus 1 Dinner from €365. To book call 094 9378000 or email info@mcwilliamparkhotel.ie



The Rose Hotel in Tralee is offering a two night package for two adults and two children, breakfast each morning, family pass to the Aqua Dome and much more all just from €380. Book at www.therosehotel.com or call 0667199100 for.





KEEP IT LOCAL!

Limerick businesses in the spotlight



Park your bike in peace at the Parkway

Parkway Shopping Centre is delighted to announce the arrival of Cyc-Lok bicycle storage system.

Cyc-Lok Ltd, is a Kildare based Irish owned company that has designed and produced this award-winning product and service.

Cyc-Lok is an on demand, short term bike parking system which allows cyclists the facility to park their bikes in a locker, ensuring that their bikes and belongings will be secure and dry until they return.

Cyclists can choose to park their bikes for as long as they wish and only pay for the time they use.

Access to the lockers and payment is completed through the app, the cost is just €1 per hour, €2 for up to three hours and €3 for three to 12 hours. To use simply download the Cyc-Lok app to

your phone and enter your details. Booking and payment is instant via the app.

Roger Beck, shopping centre manager in Parkway said: "We are delighted to have Cyc-Lok here in Parkway Shopping Centre. This is one of Cyc-Lok's first public installations outside Dublin and is part of Parkway's ongoing program in support of a cleaner environment."

Stephen Murphy, CEO, from Cyc-Lok Ltd, commented: "We are very pleased to start the roll out of our Cyc-Lok bicycle lockers around Ireland with this installation in Parkway Shopping Centre, and we know that Limerick cyclists will quickly appreciate the benefits of Cyc-Lok. We look forward to many more installations in the area in the near future".



Parkway Shopping Centre manager Roger Beck showing the new Cyc Lok bike lockers at the centre

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'Things are riskier today than yesterday'

Politics: Fears for business as Johnson set to lead Great Britain

NICK RABBITTS

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"THINGS are riskier today than they were yesterday".

The reaction of Kemmy Business School economist Dr Stephen Kinsella to the news that Boris Johnson is set to become the new British Prime Minister.

The former journalist beat his Conservative leadership rival Jeremy Hunt comfortably by almost two-to-one in the leadership race.

Although the arch-Brexitite's election was almost certain, there are now huge fears of Britain leaving the European Union without a deal on October 31.

"The biggest problem we are going to have in Limerick is protecting our agri-food market and our financial services. We are strong on agri-food and financial services. But all of these businesses are risked by Brexit fundamentally. It's a risk not just for Limerick, but for the Mid-West and the

entire country," Dr Kinsella said.

He said if companies were not prepared for a No-Deal Brexit, they need to be now, as it is riskier than ever.

"No-one really knows what form it will take. The most likely thing at the end of October is another extension. But you never know. The one thing we can look on is his [Boris Johnson's] record as foreign secretary which was an unmitigated disaster. Ineffectual is the nicest word you can use for it. Ultimately, he may prove to be just as ineffectual as a prime minister," the economist told Leader Business.

For his part, Mr Johnson pledged to have Brexit completed by October 31.

Many companies which have a base in Limerick are exposed to the British market.

It's unclear the impact any



The new prime minister of Britain, Boris Johnson

Below: Dr Stephen Kinsella: The biggest problem we are going to have in Limerick is protecting our agri-food market and our financial services



No Deal Brexit may have.

But local businesswoman Helen O'Donnell believes any hard Brexit could copperfasten its employment base here.

She said: "I'd be confident having these companies in Limerick and Ireland is a good thing, as they would now have a very secure European base, and this brings certainty for them. Perhaps we will be the market depending on what happens with Brexit, but this uncertainty is not good for business."

Dr Kinsella predicted that the former London mayor could be the "shortest lived prime minister in British history". This is a role he takes over from Theresa May this Wednesday morning.

Ms O'Donnell said: "You have to wonder where things are going in England. Things like this are happening all over the world, but it's very concerning when it is so close to us and we have all that uncertainty. It's bound to impact on our economy."

Shannon company recruiting

SHANNON-based company Modular Automation is recruiting and has a number of new positions.

They range from apprentices to junior and senior engineers. These work on challenging, bespoke, innovative projects for leading manufacturers.

They explore and apply new and emerging technologies; testing, trialling and honing new ways of thinking.

Employing over 150 people, Modular continues



Don Foyne, Modular Automation

PICTURE: EAMON WARD

to grow quickly with an enviable talent pool at its offices in Smithstown. Their teamwork with the latest technologies such as Collaborative Robots, Autonomous Intelligent Vehicles, 3D vision systems and data analytics help shape the future of automation.

More at:

modular-global.com/careers

Hotel rates increase

ACCOUNTANCY practice Crowe has launched the 24th edition of its annual hotel survey.

It shows that increased profits and average room rates have been recorded across the south-west region, which incorporates Limerick.

The average price of a room here is now €107.80 a night.

Room occupancy locally is, on average, 71.3% per night.

However, insurance costs are rising at twice the rate of hotel growth across the nation.

Aiden Murphy, Crowe, said: "2018 has marked a turning point for the industry as the sector recorded the lowest level of profit growth in seven years, impacted by increased costs especially across payroll, utilities and insurance."

Coffee shop wins Tidy Towns award

A COFFEE shop beside the Potato Market has won the Limerick City Tidy Towns award this month.

Abbey River Coffee at Matthew Bridge, Merchant's Quay won the award for July, with Tidy Towns volunteers particularly impressed with the way the company has upcycled existing furniture, and used understated signage on the historic building.

Maura O'Neill, Limerick Tidy Towns said: "This quaint little coffee shop makes the absolute most of this small scenic space attached to the Potato Market on Mathew Bridge over the Abbey River, while of course maintaining the historic integrity of this beautiful stone building with understated signage and floral arrangements on the exterior. They have also created a cosy outside seating area in the Potato Market, using upcycled furniture and plants which is a great amenity to have in this area. From



Maura O'Neill with owners Fiona McKeon and Cristy Tinkler

PICTURE: CONOR OWENS/ILOVELIMERICK

an environmental perspective, all their cups are fully biodegradable and they also encourage the use of reusable cups by all customers to save on waste."

First opened in December 2017,

Abbey River Coffee is a family run, independent coffee shop.

The firm becomes Limerick City Tidy Towns' seventh winner for 2019, following Mint Boutique in January, Bakehouse 22 in February, Midwest Lighting in March, The Glen Tavern in April, Alexandra Dental Clinic in May and Thai Angel Massage in June.

All monthly winners will be in with the chance of winning this year's overall prize at their annual event to be held early in 2020.

If you wish to volunteer with Limerick City Tidy Towns they meet every Sunday morning at 11am at the corner of Thomas Street and O'Connell Street, and on Wednesday evenings at 6pm outside the White House during summer months. For further details you can like them on Facebook, follow them on Twitter, check their website www.limericktidytown.com or email limericktidytowns@gmail.com



KEEP IT LOCAL!

Limerick businesses in the spotlight



The Strand welcomed Santa Claus and Limerick senior hurling captain, Declan Hannon to officially kick-off the party season. Pictured are, Tom Flavin, executive chef, Kelly Wallace, Christmas coordinator, James Sexton, HIYA, Santa, Declan Hannon, Maria O'Gorman Skelly, director of sales and marketing, and Stephen O'Connor, general manager PICTURE: ALAN PLACE

Strand looks ahead to the festive season

Christmas: Hotel's party packages launched

GENERAL Manager of The Strand Hotel, Stephen O'Connor welcomed Santa Claus and Limerick's senior hurling captain, Declan Hannon to officially kick-off the party season at the award-winning Limerick hotel.

Thankfully they both had a chance to take some time out of their busy schedules to enjoy the local hospitality and some well-deserved sunshine!

"With the summer well underway, it's time to look forward to some festive cheer. Our Christmas Party nights draw a huge local and national crowd, so it's time to start making decisions about how you're going to be celebrating the party season.

"If you're looking for great Christmas Party Night food matched with a cracking atmosphere, then you can't beat a party night at The Strand!

"Our continued partnership with James Sexton of HIYA Events has helped ensure that the party nights are a great success every year but two of our party nights are booked up already so don't miss your chance to book in!

"Our decorations, including 45 sparkling Christmas trees, provide

the perfect backdrop for each festive gathering" said general manager, Stephen O'Connor.

Limerick Strand has a huge array of Christmas and New Year offers from the amazing Christmas Party Nights to Festive Dining and Afternoon Tea menus to Christmas and New Year Residential programmes.

With a dedicated welcoming Christmas Team, Limerick Strand is the perfect venue to entertain, catch-up with family and friends and also a great place to spend Christmas Day itself!

From only €399 per person sharing you can escape the dreaded cleaning and washing-up and check-in on Christmas Eve for two nights and enjoy a most magical Christmas stay experience.

Non-residents can also join in the Festive Fun with Christmas Eve and Christmas Day dining and entertainment packages available. Limited availability so pre-booking in advance is essential.

Executive head chef, Tom Flavin and his culinary team pride themselves in serving the finest quality of Irish and international cuisine, with an emphasis on fresh,



Santa, Declan, Stephen and James with some sample menus and mince pies looking ahead to the festive season

seasonal produce with all the food traceable and where possible with an emphasis on using locally produced products.

With incredible conference and banqueting facilities, the Limerick Strand is the preferred venue for weddings, events and meetings.

The Energize Health Centre is the top spot in Limerick to boost your fitness levels or simply enjoy laid-back leisure. Energize boasts not one but four pools, including a 20 metre swimming pool, sauna and jacuzzi. For details on Christmas and New Year packages with full prices see

www.strandhotellimerick.ie/Christmas_Packages.html. Or contact the hotel on 353 61 421800 www.strandhotellimerick.ie



Who ate all the pies? Not Declan Hannon anyway

Recruitment

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Banogue National School

Banogue, Croom, Co. Limerick, Roll No., 07222G
invites applications for the post of

PART-TIME SCHOOL SECRETARY

The post is for 9hrs per week. Banogue N.S. is a co-educational, Catholic primary school under the Patronage of Bishop of Limerick. Previous experience in a school setting would be desirable along with knowledge of GDPR & data protection requirements; familiarity with school systems i.e. Aladdin, POD and OLCS systems and with the management of school finances. Please forward Letter of Application, CV, and Name, role and contact details for a minimum of 2 referees by post to Chairperson, Banogue N.S by August 1st. Appointment is subject to current Vetting requirements. Please mark envelope clearly as 'Secretary Application'

Smart Electronics is a leading contract manufacturing company based in Shannon, Co. Clare. Established in 2006 the company has grown significantly over recent years. We manufacture high quality printed circuit board assemblies and box build units for a diverse customer base within industries such as Medical, Telecoms, Power, Security, Agricultural and IoT.

Production Supervisor

Due to continued growth and expansion we are seeking a Production Supervisor to join our Operations team. This is a dynamic role suited to an individual with strong interpersonal skills and an ability to multitask effectively.

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- Knowledge of quality and compliance systems
- Strong organisational and problem solving skills

Interested applicants should forward their CV to hr@smartelectronics.ie

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NENAGH CREDIT UNION

is now inviting applications for the following position:

CHIEF EXECUTIVE OFFICER (CEO)

Nenagh Credit Union is a progressive, modern financial services provider, with over 15,000 members and boasts total assets of over €67 million and is based in Nenagh, Co. Tipperary. Nenagh's vision is to provide for the financial needs of members in a co-operative and professional manner. Our core value is to serve our members and the community, whilst striving to maintain the highest professional standards.

This is a unique opportunity to join a dynamic and progressive financial institution and to shape the future success and strategy of Nenagh Credit Union.

Principal responsibilities of the Role:

The CEO will report to the Board of Directors and will be primarily responsible for the management and operation of Nenagh Credit Union's business objectives. The successful candidate will have drive and ambition to develop the business. He/She will be a confident, committed and ethical individual with the ability to operate with the utmost integrity.

Key Responsibilities:

- Prepare and propose to the Board of Directors for debate, scrutiny and approval, strategies for the strategic plan
- Develop and implement the strategic and business objectives as articulated in the strategic plan
- Effective development and motivation of staff who continue to contribute to the growth and performance of Nenagh Credit Union
- Full compliance with all legal and regulatory requirements including the areas of risk, data protection, money laundering, employment law and health and safety
- Ensure high quality internal controls to safeguard the assets of the members of Nenagh Credit Union
- Oversee the performance of Nenagh Credit Union to maximise financial return and service to members
- Accurate presentation & reporting of financial accounts to the Board
- Assist the Board in formulating and reviewing policies for all aspects of the business
- Lead the planning, implementation and creative development of all marketing and growth strategies
- Devise and manage targets and performance standards for all employees and key areas of the business plan

The successful candidate should have the following:

- Experience in leading and managing a diverse workforce
- A strong financial services background with a forward-looking and growth mind-set
- Exceptional people management and motivational skills
- Demonstrated capabilities in business improvements and change management
- Appropriate third level degree or equivalent experience
- Outstanding communication and interpersonal skills
- Highly member-focused with an emphasis on delivery and growth
- Comprehensive knowledge of and experience in technology development

How to Apply:

Applications including CV and cover letter by hard copy only
addressed marked

**'Private & Confidential – Ref CEO 2019', Chair, Nenagh Credit Union Limited,
Kickham St, Nenagh, Co. Tipperary**

**Closing Date for receipt of applications is 4 pm on
Friday 2nd August 2019**

Short listing may apply and assessment will be done on the basis of the
information provided in the application

*Nenagh Credit Union Ltd is an Equal Opportunities Employer
Canvassing will disqualify*



The Children in Kitchen after finishing their food they cooked with Cllr Sarah Kiely at the Summer Camps for Children in the Hospitality Campus, Roxboro Centre

Out & About

SUMMER CAMPS FOR CHILDREN AT THE HOSPITALITY CAMPUS, ROXBORO CENTRE

Pictures: BRENDAN GLEESON



Brooke Roche, Croidhia Hassett and Eve McLoughlin



Niamh Buckley, Cllr Sarah Kiely and Eithne Costelloe presents Croidhia Hassett with her certificate



Niamh Buckley, Cllr Sarah Kiely and Eithne Costelloe with the children holding their Certificates



Niamh Buckley, Cllr Sarah Kiely and Eithne Costelloe presents Eve McLoughlin with her certificate



Niamh Buckley, Cllr Sarah Kiely and Eithne Costelloe presents Masha Zhallerkevich with her certificate



Maebh Ahern and Sarah Ryan, taking part in the Summer Camps



LEFT: Eithne Costelloe, Cllr Sarah Kiely and Niamh Buckley at the Summer Camps for Children in the Hospitality Campus, Roxboro Centre, sponsored by Uncle Ben's Rice

ABOVE: Ria Mcloughlin, Siithmi Sebastian and Marsha Zhalnerkevich

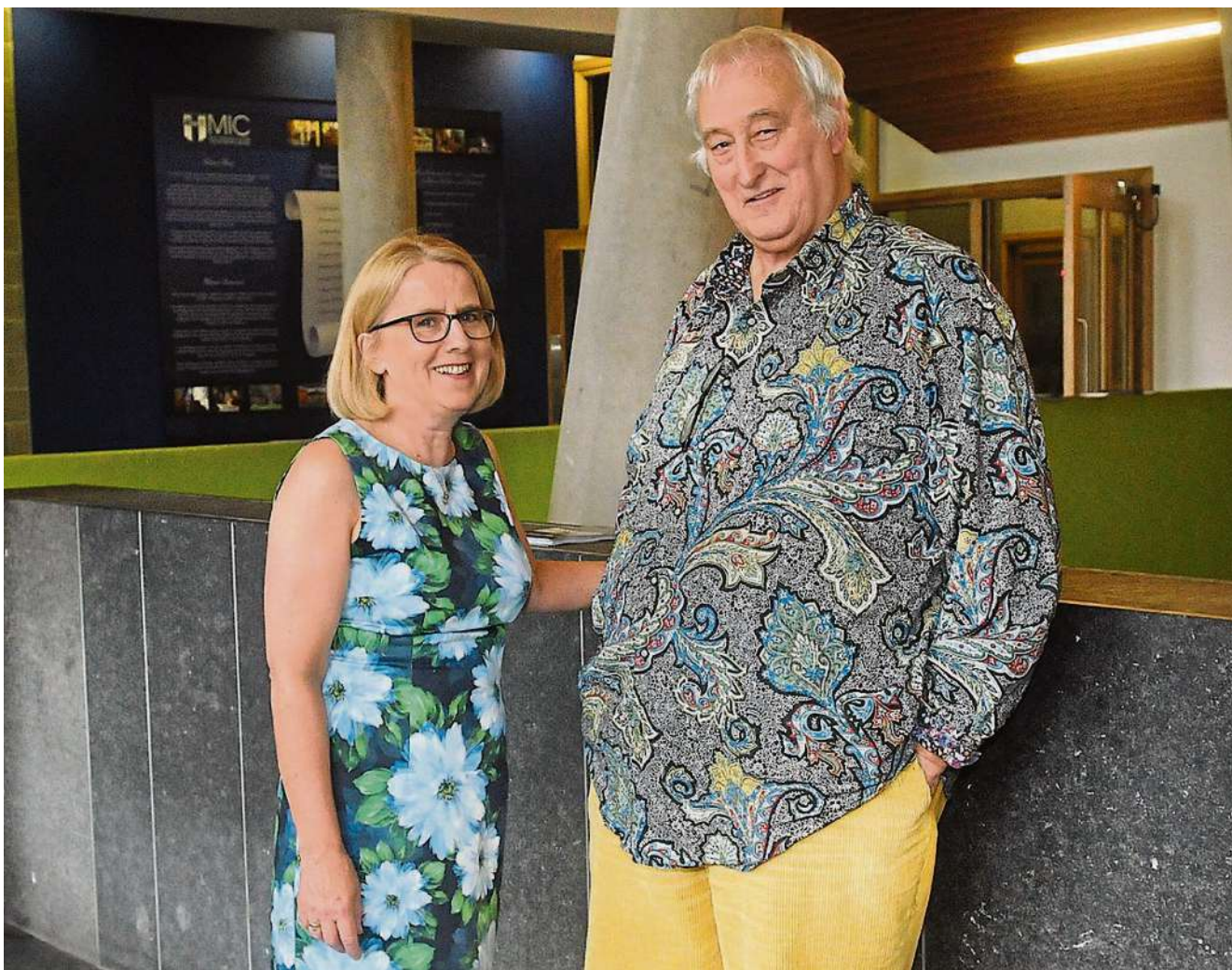
RIGHT: Niamh Buckley, Cllr Sarah Kiely and Eithne Costelloe presents Brooke Roche with her certificate



Niamh Buckley, Cllr Sarah Kiely and Eithne Costelloe presents Maebh Ahern with her certificate



Seadna Ryan, Alex Ryan, Sean Riordan and Oisin Houlihan/Barboza, attending the Summer Camps for Children in the Hospitality Campus, Roxboro Centre



Pictured at *Angela's Ashes - The Musical* in The Lime Tree Theatre were Louise Donlan, Lime Tree Theatre and Ossie Kilkenny, Troy Studios. The smash-hit musical has returned to Limerick for 11 performances only, running until Saturday, July 27

Out & About

ANGELA'S ASHES - THE MUSICAL AT THE LIME TREE THEATRE

Pictures: GARETH WILLIAMS



Ann Crowe, Ballysheedy and Kathleen Flannery, Hyde Road



Liz and Michael Keane, Pallaskenry at the musical



Mick and Helen Barry, North Circular Road



LEFT: Conor, Malachy, Diana, Gus and Cole McCourt

ABOVE: Daniel Hayes, Croagh and Phoebe Neville, Askeaton

RIGHT: Honor McCarthy and Mirian Murray, Askeaton posed for The Leader photographer



Claudia and Michael Oziak, Sixmilebridge



Lelia and Eoin Kelly, Lelia Street enjoying the evening



Anne Madden and Colette Hartley, Castleconnell



ABOVE: Pictured at the Limerick Shannon Rotary president's handover evening at the Greenhills Hotel are members of the Limerick Shannon Rotary Club, Patrique Murphy, Ger Kerins and Mary McNeice O'Regan
RIGHT: New president of Limerick Shannon Rotary, Daphne Greene



LIMERICK SHANNON ROTARY CLUB PRESIDENCY HANDOVER

Pictures: ADRIAN BUTLER



Jim O'Donnell, out going president of Limerick Shannon Rotary with Ailish Shortt, Ennis Road



President of Limerick Shannon Rotary, Daphne Greene with Brian Greene, Maree Smyth and Hugh Greene



Members of the Limerick Shannon Rotary Club, Con O'Regan, Joe Lynam and Kevin Kelleher



Jim O'Donnell, out going president with new president of Limerick Shannon Rotary, Daphne Greene

ENTERTAINMENT

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

Praise for musical's return

WITH LESS than a week before Angela's Ashes The Musical leaves the stage at the Lime Tree Theatre, there has already been widespread praise for the show which made its return for the first time since July 2017.

The critically-acclaimed show, directed by Thom Sutherland, adapted by Paul Hurt with musical arrangement by Adam Howell, kicked off last Thursday and runs until this Saturday evening.

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

In an interview with the Limerick Leader, Mr Sutherland said that there are "many plans for it to go on". For more info, visit www.limetreetheatre.ie.



WWN to play at Lime Tree

THE beloved 'news' outlet Waterford Whispers News is bringing its brand of irreverent humour to Limerick.

Waterford Whispers News Live will take place on Friday, November 8 at the Lime Tree Theatre.



The show stars Amy Be Bhrún and Damian Kearney and is directed by Barry Murphy of Après Match.

Complete with video reports, in-studio interviews and spoof adverts, the show will have you questioning every news report you watch.

Tickets are €27 and are on sale from the Lime Tree's website.



Roisín Burke, star of the one-act play *The Pitch*

Weird Gravy to add flavour to Limerick's culture scene

WEIRD GRAVY is the newest addition to Limerick's burgeoning theatre scene, writes Mike Finnerty.

A new theatre collective based in Limerick Weird Gravy was founded by Mary Immaculate College students Emily Waters, Luke Frawley and Brendan Moore.

They are staging two new one-act plays in The Record Room at The Commercial this Friday July 26 and Saturday 27 at 8pm.

With this weekend's inaugural performance, they aim to utilise the company as a platform for local artists to showcase their work.

The Pitch by Dr David Clare, starring Roisín Burke, is a high energy sales pitch from a self-educated businesswoman.

Her pitch is full of elongated sentences full of words she only half understands and quickly descends into disaster.

Kebabs and Hookers by Shane O'Neill, starring Ronan Deegan, follows the story of a man attempting to escape to escape his fiancée by spending his weekends in a kebab shop.

The story follows the man's interior monologue as he comes to grips with his own flaws and shortcomings.

Tickets are €8 or €5 (Student/OAP/Unwaged), and are available on the door on the night.

Walking on Cars to perform Live at the Big Top

DOLAN'S Presents have announced that indie favourites Walking On Cars will perform in Limerick ahead of the major event organiser's 25th birthday celebrations next year, writes Mike Finnerty.

The gig will take place this December at Big Top, and is set to take place just before Christmas, on Friday, December 20.

Dolan's is celebrating its 25th year of existence in 2020, and this is the first in a wave of events to celebrate the landmark year.

Walking On Cars hail from Dingle, county Kerry, and the five-piece band have gone from strength to strength ever since winning the Red Bull Bedroom Jam competition in 2012.

Their 2015 single *Speeding Cars* became a top 20 chart hit across Europe, their most recent album debuted at number two in the Irish album charts, and recently headlined a sold-out 12,000 capacity gig at the Irish Independent Park in Cork, with support from upcoming star Tom Walker and Scottish chart sensation Lewis Capaldi.



Walking On Cars set for the Big Top

Announcing the show, Neil Dolan said: "Dolans are delighted to welcome Walking On Cars back to Limerick.

"Their recent festival performances, upcoming tour and the launch of the new album has confirmed the band as one of Ireland's best musical exports.

"We look forward to another spectacular night at Limerick's Big Top venue this December."

Walking on Cars have sold hundreds of thousands of tickets since coming to

prominence.

They have reached arena level at home and sold out tours across Europe, as well as playing the main stages of some of the biggest festivals out there, including Isle of Wight, Rock Werchter, Rock Am Ring and Electric Picnic in 2017.

Tickets for Walking on Cars Live at the Big Top in Limerick on December 20 go on sale this Friday (July 26) at 9am.

Tickets can be purchased online from www.dolans.ie

BIG NIGHT OUT @

**DOLAN'S & THE GEORGE HOTEL
PICTURES:
DAVE GAYNOR**



Laura Ryan, Marian Roche and Tracey Moloney at Dolan's



Carmel and Nuala Lynch at Dolan's



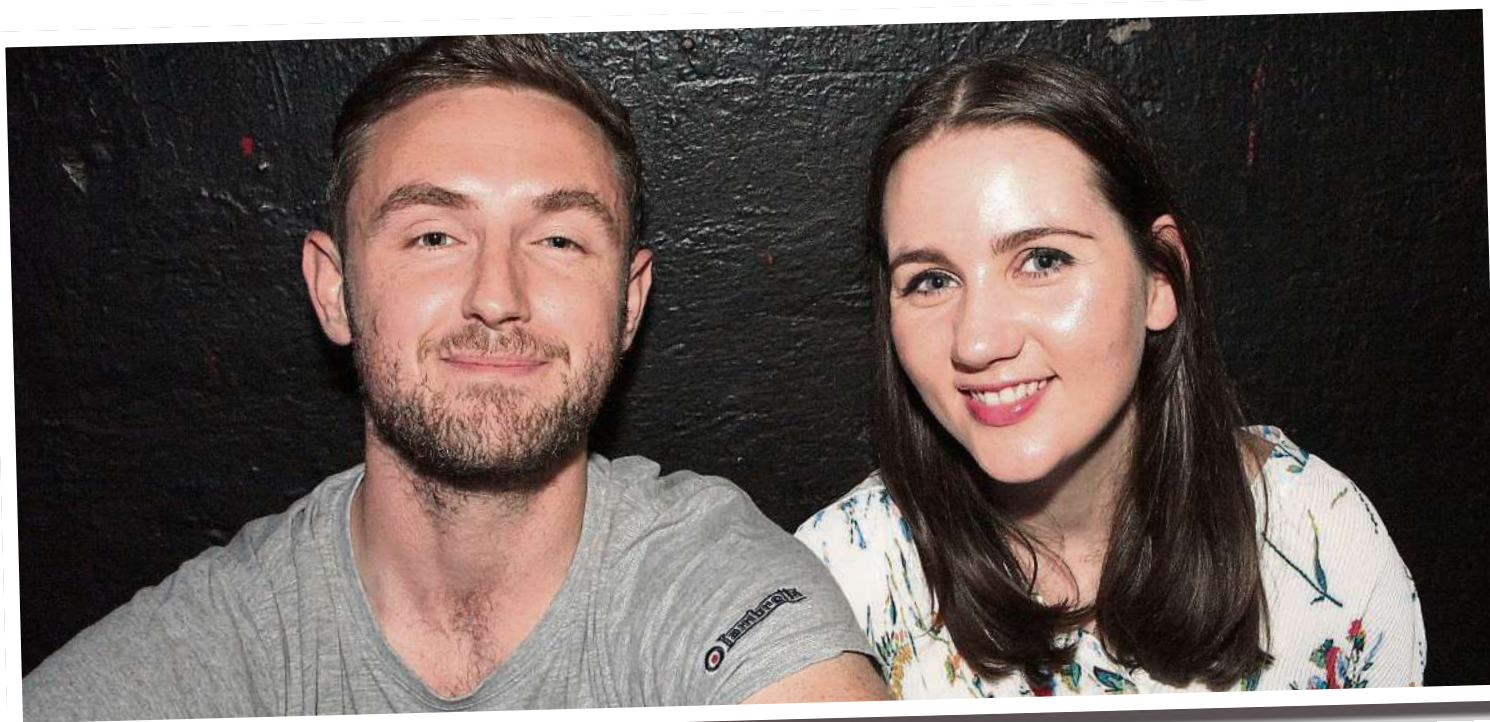
John and Joy O'Brien at Dolan's



Helen and Terry Carroll at Da Vincenzo Food and Wine Hall in the George Hotel



John Sheridan and Catriona Condon at Da Vincenzo Food and Wine Hall, George Hotel



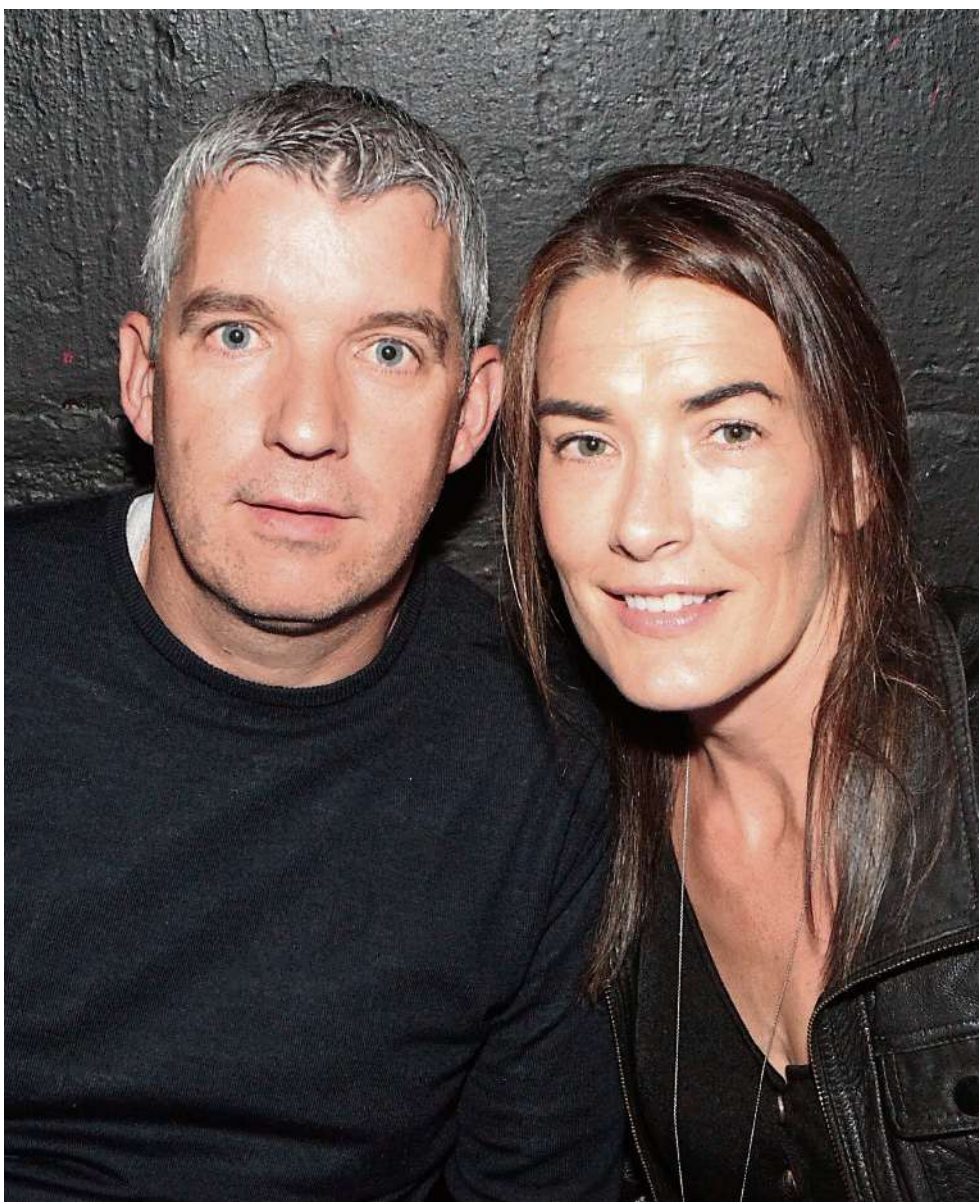
Mark Menton and Jenny Gannon at Dolan's



Grace Roberts, Tony Storan and Margie Storan at Dolan's



Ann Walker, Siobhan Barry and Helen O'Connell at Da Vincenzo Food and Wine Hall in the George Hotel



Michael and Niamh Crimmins at Dolan's



Mary Kate Hammond and Cliona Collins at Dolan's



Amy Fitzgerald, Grace Courtney and Gemma Cowen at Da Vincenzo Food and Wine Hall in the George Hotel



Chris and Mairead Carr at Dolan's



Alan Byrne and Eamonn Byrne at Dolan's



Evgenia Sizmina performs a free show at Dance Limerick this Thursday as part of her Percolate residency

This weekend is the last blast before Limerick enters the early August period where gigs are few, theatre is non-existent and entertainment is elsewhere.

Yes, the final trumpet is about to sound before the fortnight we can call The Deadening, but this weekend you can see some great dance, a band festival, the final week of Limerick's rainiest musical and some fab music gigs!

Thursday (July 25)

Russian dancer and choreographer **Evgenia Sizmina** is presenting a work-in-progress sharing at **Dance Limerick** this Thursday. It's part of her Percolate Residency in Limerick and will be a very informal event.

As it is also a free show, it's the perfect chance to drop into the Dance Limerick performance space and to decide whether you're up for seeing more formal events at the venue.

You will need to book in advance for the 6pm show by emailing info@dancelimerick.ie and the price of an email stamp is all it will cost you to go.

Angela's Ashes: The Musical continues its run at the **Lime Tree Theatre** until this Saturday before travelling to infect the people of Belfast, Dublin and Cork.

So far, zero audience members have contracted a respiratory disease, though most performances have ended with audiences standing and hollering in unison.

Limerick has so few of its stories told on stage, so it's a pleasure to see the difficult days of living in the city presented with such panache.

Yes, it's Whinging In The Rain, but you can't beat a good song about rampant misery.

Tickets from this Thursday to Saturday will cost you €40 / €31 concession for the 8pm shows and there's also a Saturday 2pm matinee that you can see for €30. If you're part of the minority

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

that isn't pushed about seeing Limerick's hurling semi-final against Kilkenny this weekend, the Saturday shows are your best chance to avoid it. It's always nice to have options.

Friday (July 26)

Vibraphone fans: your ship sails into Limerick this Friday. **Tony Miceli** and **David Friedman** are two of the finest vibraphonists on the grungy jazz vibraphone scene and have perfected the art of hitting metal poles to make sounds to a point where if you hand them a hammer, all they see is a musical instrument.

Presented by Limerick Jazz, the free gig starts at 1pm at **Limerick City Gallery**.

You'll be violently ejected from the building if you call it a xylophone - there are Very Important Differences between the two instruments - so bear that in mind when you're sitting down.

There are certain Limerick summer customs that we all observe.

Carrying an umbrella on a sunny day in case it rains in a few minutes; asking who's going to Kilkee; forgetting to wear shirts in polite company, that sort of thing.

The summer **Hermitage Green** gig is fast becoming an annual Limerick fixture and the folk-rock quintet are back in **King John's Castle** for two shows this weekend to keep the canicular tradition going.

They'll be very ably supported by **Ham Sandwich**, **Moxie** and **Sean O'Meara**. Tickets for the Saturday night show have long sold out but you can still pick up a €33 ticket for Friday. Gates at 7pm.

The **Irish Youth Wind Ensemble** are performing at the **University Concert Hall** this Friday night.

As the 70-strong orchestra specifically seeks out pieces of music that are composed for wind ensembles by lesser-known composers, they'll be performing pieces by Philip Sparke and Martin Ellerby to raise your musical education.

Don't worry though - they'll also be playing chunks of Gershwin's **Porgy And Bess**, which, if anything, is overperformed. Doors at 7:30pm, tickets are €20 / €10 concession.

Weird Gravy Theatre Co is a new Limerick theatre company that aims to highlight the work of local theatre artists.

They're in **The Commercial's Record Room** this Friday and Saturday for their first performance, a double-header of **David Clare's The Pitch** and **Shane O'Neill's Kebabs And Hookers**. Doors at 8pm each night, tickets are a very pocket-friendly €8 / €5 concession.

THINGS WHAT ARE ON IN LIMERICK

Anyone going to Kilkee? **Hermitage Green** headline at **King John's Castle** this Friday and Saturday



The Celtic Horizon Band Festival hits the city this weekend

Saturday (July 27)

It's marching band season in Limerick this weekend, as the first **Celtic Horizon Band Festival** hits the city.

Some of the world's best marching bands will be making their way across UL's **Living Bridge** on Saturday afternoon at 3pm to see which of them is best at playing and walking at the same time.

As someone who can't walk through the streets and play **Candy Crush** at the same time without being beeped at, I'm forever impressed with people who can do two things at once.

The inner city isn't being neglected, as the bands will be performing a free concert in **Arthur's Quay Park** on Saturday from 6pm to 8pm.

You'll miss out on the simultaneous walking but the

audience will get to play a part in deciding which band is best.

DIY LK present a solid night of indie music this Saturday night at **Pharmacia**.

Prolific twisted pop artist **Myles Manley** flies in from Sligo to headline. He'll be supported by **King Pallas** - last seen at the Limerick City All-In weekender - and the highly-talented **Kayleigh O'Brien**.

Doors at 9pm and tickets are the customary DIY LK price of a fiver.

Sunday (July 28)

The final **Art Limerick** summer outdoor exhibition for this year takes place in **Little Catherine Street** this Sunday.

For five weeks Limerick artists have battled sun, rain, bursts of biblical hail and the occasional throng of people to keep their work on display and for sale.

Over 30 artists will have their work on display and, even if you're not buying, it's a great way to brighten up your Sunday afternoon.

If you are buying, prices range from the high end all the way down to about a tenner for some decent prints.

Something for every price range. It will run from 11am till 4pm.

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. It's the last weekend to catch both of these.

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!



Angela's Ashes is at the Lime Tree Theatre until this Saturday

PICTURE: PATRICK REDMOND

LEADER LIFE

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



A Day In My Shoes

Chloe Markham

Freelance fashion Stylist

You need to switch off and be present in your personal life

What time do you get up?

Although I work for myself I like to stick to a routine and get up at 7:30am each morning.

What is your normal breakfast?

I usually eat a late breakfast which mainly consists of an omelette or natural yoghurt with granola and fruit is my favourite!

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

I really enjoy working out for both its physical and mental benefits and do so 4-5 days a week before I start my day, it makes me feel positive and motivated for the day ahead.

You arrive at the office at

what time?

My day is never really the same which I love, I can be on location for a job or with a client. Days where admin needs to take place I start as soon as I can, as I feel most productive in the morning. My working hours are very flexible.

What are your first duties?

Usually I have a to-do list which I will work through and each task I can tick off makes me happier than you realise (I love a list lol) emails are normally a big part of this list.

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

I strangely have never had a cup of tea (bar herbal teas) before and I only got into coffee this year, max would be two a

day.

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

I usually just look for anything with goats cheese. I love a really fresh salad sounds boring if done right its the best!

The green room cafe at Springfield Castle in Dromcolougher West Limerick was probably my favourite lunch since moving back from London. Staff, atmosphere, surroundings and importantly the food was amazing - everyone needs to try!

Do you have many meetings during the day?

I can have a lot of meetings for the week but try plan them for the same day if I can.

They can be time consuming

Chloe Markham: ideal work day is styling a photoshoot or event as it allows her to be very hands on and creative

but an important part of business I guess.

What time do you finish up at?

This also depends on what I am working on, if its an admin day I try to keep it to normal office hours.

Other jobs like speaking at events, working with clients, styling a shoot etc just depends on the task at hand and how long it takes to complete.

Do you watch much television?

No I really don't, especially in summer months. At the moment I have fallen into the Love island trap and watch that and The Late Late Show but outside of that, I don't watch any soaps. Once the winter months arrive, I will probably get into a Netflix series again.

Do you read the newspapers?

I don't buy them routinely but I do read them a lot, I like to keep up to date with local events, so I do chose what sections interest me personally.

What do you do to relax?

I love being outside sitting in the garden with music on. I have done meditation and it really is incredibly relaxing but the hardest part is keeping it up.

I also love to just chill on the couch with a glass of wine and watch The Late late Show, that's great lol!

Are you able to leave the office behind?

Yes, I think you need to be able to switch off and be present in your personal life outside of work demands.

I recently went on honeymoon and left the office well and truly behind, it was great.

What is a perfect work day?

My ideal work day is styling a photoshoot or event as it allows me to be very hands on and creative.

I love working with clients for personal shopping or style consultations, knowing people trust my advice and seeing them happy in my suggestions after appointments or shopping trips is such a great feeling.

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

I would like to consider myself a laid back person but naturally I get frustrated at times. I think time wasting is something that annoys me.

If I spend time planning and researching for a specific project, putting my energy into it and then it falls through it can be frustrating but I understand it comes with the job.

I don't tend to lose "the cool" as I know its a pointless waste of my energy, so I try to move on and focus on something else.

INSIDE THIS WEEK



'KNOCKAN' MY SOCKS OFF!

Louise Loves at Knockanstockan
PAGE 51



POSITIVE PARENTING

Importance of a supportive partner
PAGE 44



BEACH READY ON THE INSIDE

Eva Hill on soaking up the sun
PAGE 45



WONDER WOMEN

Miss Clare & Limerick
PAGE 47

Our internal compass - personal values



MENTAL HEALTH MATTERS DR EDDIE MURPHY

CLINICAL PSYCHOLOGIST
ADJUNCT ASSOCIATE PROFESSOR
UCD SCHOOL OF PSYCHOLOGY

VALUES play a significant role in our wellbeing. What are values? Our personal values are a set of beliefs and qualities that we strive to live by. They are key qualities and psychological concepts that are deeply important to us and our sense of the world.

When we live in accordance with our values, what we do and how we do things match the internal qualities that are most important to us.

POSITIVE PSYCHOLOGY

Among the constant stress and activities in our daily lives it is easy to lose track of what we truly care about and value. Identifying and working to further incorporate personal values into our lives can not only be fulfilling but also deepen our sense of purpose and meaning. Prof Martin Seligman known as the father of positive psychology talks about a life of pleasure, meaning and engagement. Indeed if you are a regular reader of my column you will know that I see engagement as a dynamo that constantly replenishes our wellbeing.

VALUES & HAPPINESS

When our behaviour is consistent with our values, we feel contentment, satisfaction, 'flow', happiness and internal strength. When our behaviour is misaligned with our values, we feel lethargic, purposeless, depressed, frustrated and even angry. We might also experience uncomfortable or 'negative' feelings when our values are quashed by external situations

or people.

THE IMPORTANCE OF VALUES

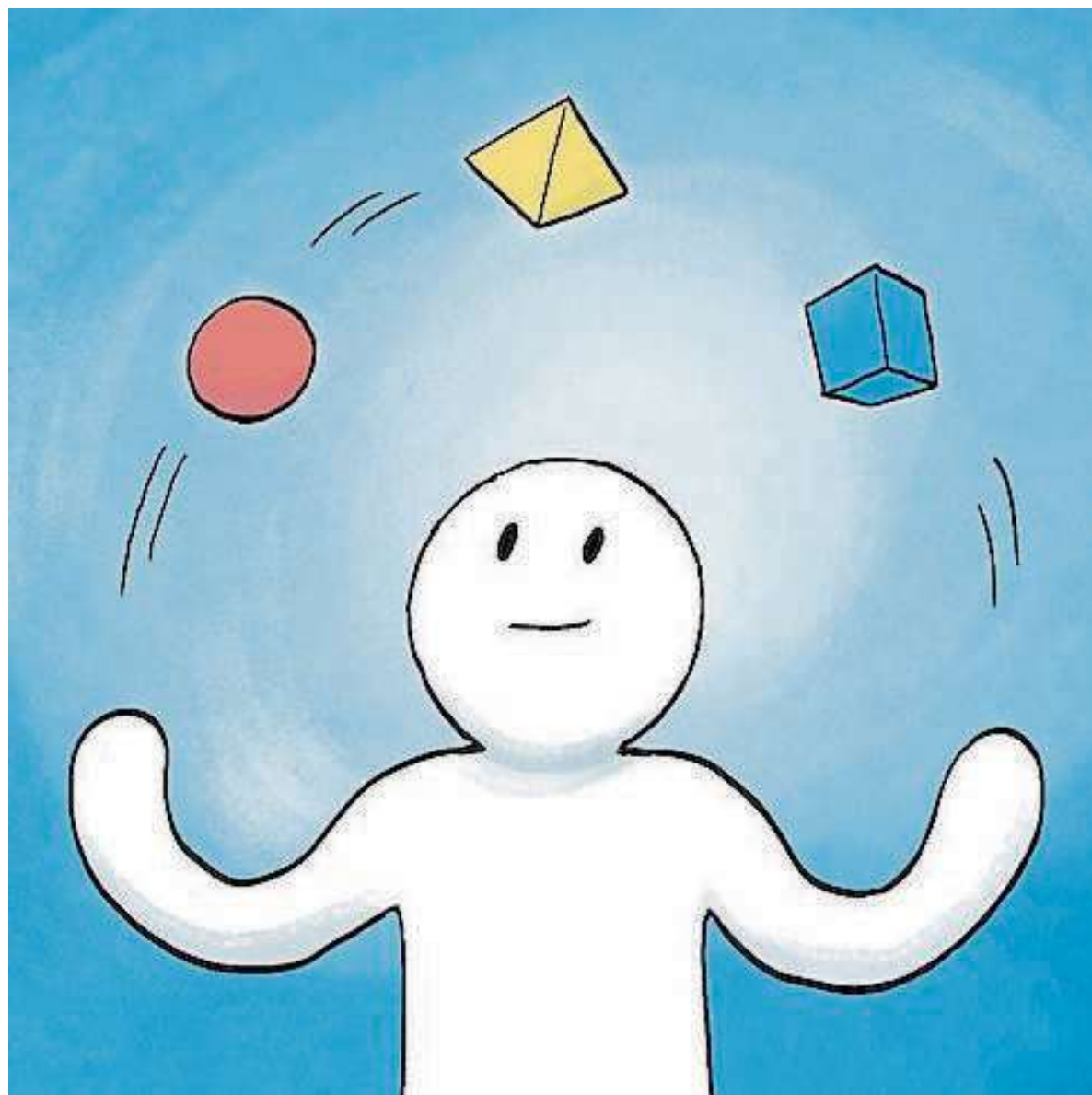
Why are values important? Our values are an internal compass that guide our direction in life. That's why it's so important to be aware of what they are and use them to make key decisions. Values arise influenced by our social background, family, birth order, generational factors, and genetic inheritance, to mention just a few contributing factors. Values serve as your personal guide, acting as a garda, judge and doctor, psychologist and social worker.

Psychologist Steven Hayes describes values as "chosen life directions" that are "vitalising, uplifting, and empowering". A value is not merely a goal, but can be thought of as a continuous process, direction, and way of living that helps direct us toward various goals and live a meaningful life.

IDENTIFYING YOUR VALUES

Time now for you to do a bit of work. This always reminds me of what I say to clients in the therapy room "change doesn't happen in the hour in here, it happens by incorporating that learning and bringing it through for the rest of the week and its helped by homework. I always give homework!"

Here's yours. There are various ways to identify your personal values including choosing which domains or areas in your life are most important to you, and specifically what you value within each domain. Which areas of your life and how many you choose can vary. They can include



A value is not merely a goal, but can be thought of as a continuous process, direction, and way of living that helps direct us toward various goals and live a meaningful life

relationships, work/career achievement, parenting, self-care (health, leisure, etc.), spirituality, community involvement, and education/learning.

FINDING YOUR VALUES

* Take some time to reflect deeply on what areas of your life and ways of living give you the most meaning, interest and sense of fulfilment.

* Pick an area relationships, work/career achievement, parenting, self-care (health, leisure, etc.), spirituality, community involvement, and education/learning.

* Next, closely and honestly examine how present this value is expressed in your current life, including daily activities, lifestyle and relationships.

* Begin to brainstorm and list any concrete ways that you can

make your chosen value more prevalent in your life. These do not need to be major life changes but can be small actions or activities. For example, if you value spending time with your family, perhaps making an effort to have family dinner together at the table 3 times a week, or play or read a bed time story to your children every other night.

* Imagine that you're 80 years old. You're in good health and have fulfilled your life dreams and goals. Your family and friends are planning a testimonial party for you. Your childhood best friend has been asked to write and read a tribute to you.

* Write the tribute that you'd want that friend to write about you. It may be short, long, nostalgic, humorous, biographical, or visionary, but it must be responsible. It must capture the

spirit and essence of the ideal life you hoped to have lived to.

* As you write this tribute refer to the list of values. Incorporate the essence of these values into the story you convey. You might find that the Life values best describe the end-state you are striving for and values best describe the means by which the end-state will be achieved. Be as realistic, specific—and as honest as possible.

EYES OPEN

Going through life without a sense of our key values is like walking into a store and buying a new pair of shoes with our eyes closed: chances are they'll be the wrong size, the wrong style, and not at all what we wanted. Equally, we end up with a life that doesn't suit us, leaves us feeling uncomfortable, dissatisfied, awkward (even in pain), and a life that's more something that just happened to us, rather than something we consciously chose.

Discovering our core values is one of the first and most important steps involved in living authentically. Find your values and re-find your purpose in life.

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

Pick Your Values

Acceptance	Conformity	Friendship	Loyalty	Respect
Accomplishment	Connection	Fun	Maturity	Responsibility
Adaptability	Consciousness	Generosity	Meaning	Security
Affection	Control	Gratitude	Obedience	Self-control
Altruism	Conviction	Growth	Open-mindedness	Selflessness
Ambition	Courage	Health	Optimism	Self-reliance
Assertiveness	Creativity	Honesty	Passion	Self-respect
Awareness	Curiosity	Imagination	Peace	Sensitivity
Beauty	Daring	Independence	Power	Sensuality
Brilliance	Decisiveness	Individuality	Practicality	Strength
Certainty	Discipline	Influence	Rationality	Trust
Challenge	Empathy	Integrity	Realism	Truth
Change	Enthusiasm	Intellect	Reflection	Unity
Clarity	Fairness	Intimacy	Reliability	Warmth
Commitment	Family	Introspection	Reputation	
Community	Fearlessness	Intuition	Resilience	
Compassion	Flexibility	Justice	Resourcefulness	
Confidence	Freedom	Kindness		



Catch of the day: Claire Waters snapped this fisherman while on a walk in Plassey



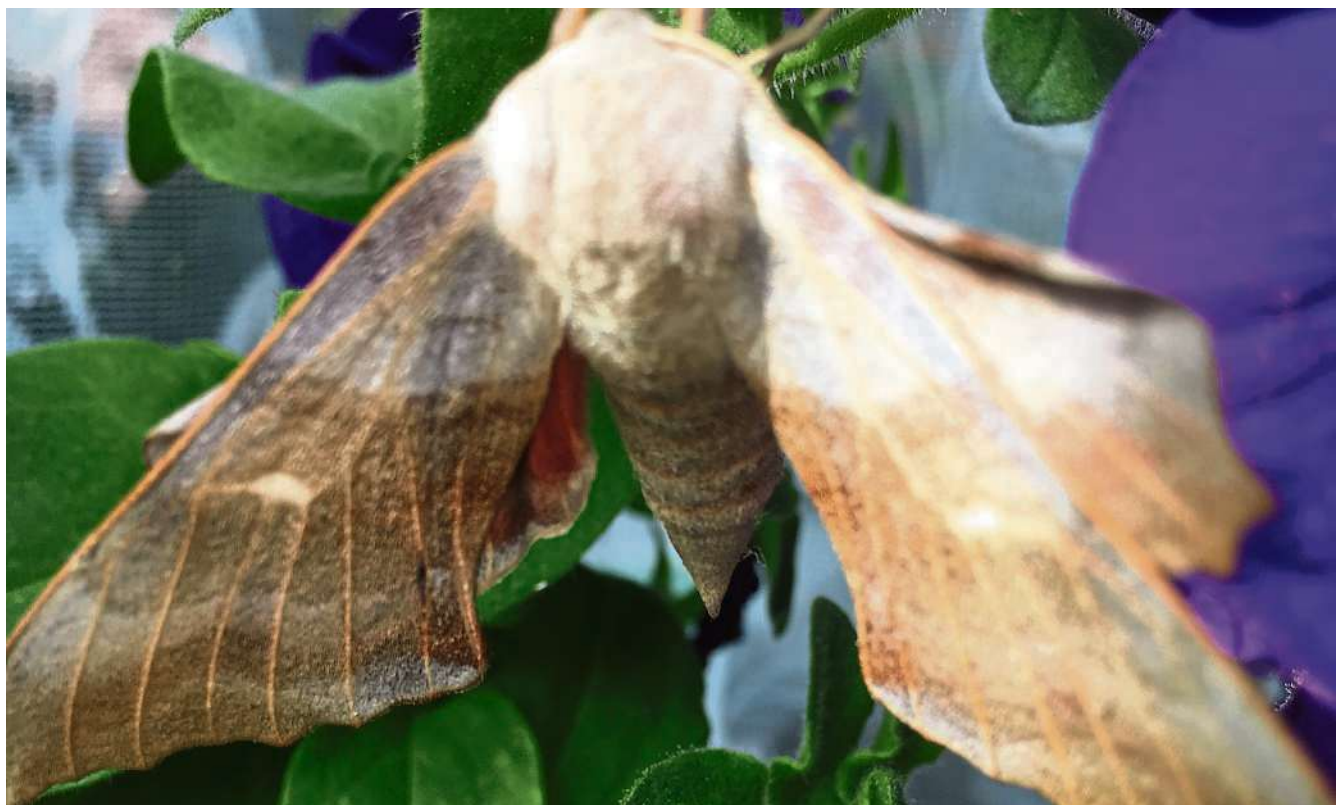
Another fantastic shot from Claire Waters

Readers**Pictures**

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



Swan Lake: Michael Sheehan snapped this happy family enjoying summer's day out



Michael Sheehan found this alien-looking creature in his garden. Turns out it is a hawk moth

POSITIVE PARENTING

LOVE PARENTING 

Top Tips

For parental self care

While parenting is the most rewarding the job, inevitably there are times when you feel over-worked and under-valued. Some things to bear in mind to keep those times to a minimum.

Cut yourself some slack

Remember, the 'perfect parent' doesn't exist. Be a good enough parent for your child – that's all they need.

Don't hold it all in

Let your partner, family or friends know when you need some help. Whether its support, advice or babysitting, ask. The fastest way to get over-whelmed is to fall into the 'I must do it all' mind set.

Try not to compare

This applies to yourself or your children. Yes, your colleague might have glossy hair and children who are in bed every night by 8pm but she might be exhausted and her children may refuse to eat anything that resembles a vegetable. We all have our battles.

Double up where you can

A walk by yourself gives you some head space and some cardio, elevating your mood and heart rate at the same time. That's some TLC for your mental and physical health.

Be a great role model

Your children will only learn the value of taking personal time and space when it's something you attach a value to. Lead the way!



Breastfeeding might be all new to you but the payoff is tremendous so invest some time and thought into supporting its ongoing success

The importance of supportive partners

The benefits of breastfeeding are both immediate and lifelong – it provides on-tap nutrition as and when baby needs it and creates the building blocks of brain development and immunity that will carry your child through life. The fact that something is natural doesn't mean that it comes naturally or is easy and breastfeeding is no exception.

It takes practice and persistence and, more importantly, it takes support. If your partner, friend or relative is breastfeeding, there are a few things that you can do to make things a little easier for her.

Some of these tips are also worth bearing in mind when you're sitting beside a breast-feeding mom in a

café.

Sometimes all she might need is an understanding smile or a nod (rather than the downcast eye because you think looking in her direction could be perceived as creepy or rude!).

It's worth having a discussion before the baby arrives about what the expectations are.

If your partner intends to breastfeed, she will be doing all the night feeds to begin with so talk about what you can do. By bathing baby every evening, for example, you will have some one-on-one time with them and your partner can take a nap.

Plans made in advance usually run more smoothly than those

made during periods of major changes and sleep deprivation! After baby has fed, if he needs to be winded or changed, that could be where you offer to step in. Never under-estimate the value of doing what seems like a mundane task or enabling your partner to have free hands, even if only for a few minutes. Acknowledge that it's a tough job but she's doing it brilliantly. It may seem like a moot point but when you're bleary-eyed from tiredness and your body feels like it belongs to someone else, the smallest amount of praise can really spur you on.

Have a think about the physical things you can stay on top of for your partner or friend too. Keep her

topped up with fresh water (think hangover thirst on a hot day – that's how much hydration a breastfeeding mom requires), healthy snacks, comfortable pillows and within reach of TV remotes, books etc. Look up what you don't understand – a quick google search can often yield a new insight when you or your partner are feeling a little overwhelmed.

Breastfeeding might all be new to you but the payoff is tremendous so invest some time and thought into supporting its ongoing success.

For quality-assured information on breastfeeding, log on to www.loveparenting.ie or www.breastfeeding.ie





HEALTHY LIVING

EVA HILL HAMILTON

CONTACT EVA

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How to get beach-ready on the inside

With schools out for the summer, many families are planning a sun holiday to get away from this lovely Irish weather.

Travelling, as pleasant and adventurous as it may be, can also bring unpleasant symptoms, especially if you visit more tropical countries. Get your body in fighting shape well in advance to be able to deal with the unknown attackers.

Probiotic (beneficial)

bacteria are especially important in great diversity (the more types the better) to save you from intruders getting into your digestive system through water, fresh fruits and vegetables.

Probiotics also support your immunity to fight viruses and calm allergies such as hay fever. Make sure you get a strong and sturdy supplement that does not need refrigeration and take it for two weeks before and all through your holiday. You



Eating chard gives your skin a naturally healthy glow

could also prop your system with other immune supporting foods, such as red onions, garlic, ginger, shitake mushrooms, pumpkin seeds, Brazil nuts, pecans and antioxidant-rich fresh and frozen dark berries, Goji berries, fresh herbs and vegetables.

One family of antioxidants is especially

important for skin protection on sun holidays, namely the carotenoids. They are effective at preventing UV-light photo-oxidation of the lipids in your skin – and the back of your eye, the macula. UV radiation from sunlight is the most potent risk factor in skin cancer pathogenesis as well as age-related macular

degeneration. So, the carotenoids work as “internal sunscreen”, protecting your skin and your eye sight whilst not interfering with Vitamin D production as the SPF creams do.

Always take carotenoids in combination instead of just the single Beta carotene supplements, as they work in synergy and recycle each other when used up in a battle with free radicals. In nature, you always find them grouped up in foods, such as the bright orange deep red and green coloured fruits and vegetables: apricots, carrots, sweet potatoes, cherries, peppers, cabbage, spinach, and fresh herbs, etc. One of the most carotenoid packed vegetable is chard; in fact, if you eat lots of it, chard gives your skin a natural sun-kissed glow.

Another antioxidant, closely related to but even

stronger than the carotenoids is called Astaxanthin and it is found naturally in wild pink salmon, prawns and algae. It not only act as UV light protector, but regulates our own antioxidant enzymes production through the Nrf2 pathway, protecting all our cells – including our eyes from damage by the sun or our inflammatory processes.

In general, and to avoid prickly heat rash, stay out of the sun midday. If you are prone to skin rashes, nettles and vitamin C are wonderful to rid the body of histamine and calm the skin. Make a lovely cold lemonade out of four nettle tea bags, a litre of hot water and the juice of ½ a lemon, enjoy it cool all through the day. Avoid using chemicals and perfume on your skin as these can aggravate the condition; chose natural organic SPF creams from health stores.

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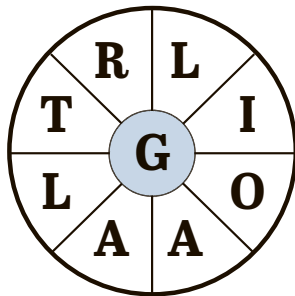
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SUDOKU

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

WORDWHEEL

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



How you rate:

8 words, average; 12 words, good; 16 words, very good; 20 or more, excellent.

DOUBLE CROSSWORD

Cryptic Clues:

Across

- Dexterity and wit could be stinging? (9)
- Some reticent people don't find it easy to break (3)
- Seasonable food for the diver to be on before take-off (6-5)
- Met rash rodent (7)
- He gives some blood on ordination (5)
- Year books are non-U as far as historical records go (6)
- The result of firing into the air? (6)
- Stray wood-god (5)
- 100 go on disorganised ramble and climb with difficulty (7)
- When depressed, movement is quicker (11)
- A number go back into the snare (3)
- Recovery near the end of the side (9)

Down

- Lands on paper, perhaps (3)
- Principle adopted by egghead in flimsy home (5)
- Go on board and get me back part of a tree (6)
- Rise when place for spectators has been built (5,2)
- Suitable clothing for those who customarily don't walk? (6-5)
- No greater power-producer is made (9)
- Make a formal protest at Reno terms (11)
- The way the chief speaks gives grave indication (9)
- All, I cry, can be songlike (7)
- At the heart of the process, item in sale turns out to be American cat (6)
- Clothes horse causes a bit of unfair, erratic judgement (5)
- It may appear crude at first, but it reduces friction (3)

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

Quick Clues:

Across

- Impotent (9)
- Born (3)
- Clear (11)
- Touch upon (7)
- Compact (5)
- Summary (6)
- Fleet (6)
- Stinks (5)
- Cupboard (7)
- Misdeed (11)
- Wonder (3)
- Inactive (9)

Down

- Scull (3)
- Ascended (5)
- Rubber (6)
- Refuge (7)
- Making entire (11)
- Bargain (9)
- Arrested (11)
- Unbiased (9)
- Abuses (7)
- Prohibited (6)
- Grieve (5)
- Automobile (3)

To hear any crossword solution or the full solutions call 0905 789 4251. Calls cost 80p per minute plus your network access charge. SP: Spoke, 0333 202 3390.

For four extra letter codeword clues, call 0901 293 5251. Calls cost £1 plus your network access charge. SP: Spoke, 0333 202 3390.

CODEWORD

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

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

LAST WEEK'S SOLUTIONS

DOUBLE CROSSWORD:
Cryptic: Across: 1 Realms; 4 Stupor; 9 Meteorologist; 10 Request; 11 Orate; 12 Heady; 14 Steep; 18 Evens; 19 Elegant; 21 Mild and bitter; 22 Turner; 23 Seared.
Down: 1 Remark; 2 Antique dealer; 3 Moose; 5 Took out; 6 Private matter; 7 Rather; 8 Costs; 13 Disease; 15 Hermit; 16 Needs; 17 Stored; 20 Exile.

SUDOKU:

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

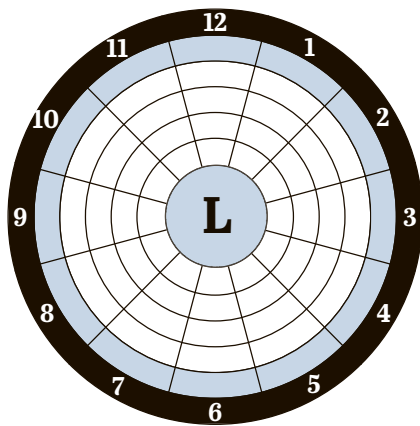
Quick: Across: 1 Maiden; 4 Across; 9 Superabundant; 10 Aviator; 11 Inane; 12 Steep; 14 Weigh; 18 Gaffe; 19 Classic; 21 Again and again; 22 Tattle; 23 Remedy.
Down: 1 Mishap; 2 In point of fact; 3 Egret; 5 Connive; 6 On a large scale; 7 Settee; 8 Abort; 13 Eternal; 15 Aghast; 16 Scent; 17 Scanty; 20 Aware.

CODEWORD:

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

CLOCKWORD

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



- Remember
- Trying experience
- Cask
- Tooth-covering
- Sale of goods
- Hand tool
- Firearm
- Yearly
- Bay tree
- Human
- Involve
- Formal act

NINER

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

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

THE CLUES:

- 34768 gives a herb;
213459 gives snack food;
3867348 gives a seafood dish.

KAKURO

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

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

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

	5	33		9	15	12				
11				22				7		
8				17					19	10
	9			12						
7				8				16		8
19						17		6		
13				9				11		
				3				16		
				20						
	7					6				7
11								3		
14						15				
				11						
20						10	14	5		9
										8
				13						
										9

SPLIT DECISION

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

S	N	U	S	K
P	L	T	C	H
E		H		L
P		S		I
S	L	A	R	S
C	H	O	W	T
A		R		T
Z		G		F
S	A	E	G	Y
N	E	N	D	S

SUDOKU

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

LAST WEEK'S SOLUTIONS

CLOCKWORD:
1 Orator, 2 Zephyr, 3 Zither, 4 Yonder, 5 Oyster, 6 Shiver, 7 Banner, 8 Ostler, 9 Uproar, 10 Robber, 11 Number, 12 Easier.

CELEBRITY: Ozzy Osbourne.

NINER:
HAILSTONE.

KAKURO:

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

SUDOKU:

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

SPLIT DECISION:

P	A	N	I	C
I		Y		A
V	A	L	E	T
O		O		C
T	E	N	T	H



MAN ABOUT TOWN

PATRICK McLOUGHNEY

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Email: patmcloughney@hotmail.com

Twitter: @iammcloughney Instagram: iammcloughney

Wonder women own room at 101

The Miss Limerick pageant has been as one of the main events of the city's summer social calendar for over three decades and this year's contest was no exception.

This year at the Opium Nightclub at 101 Limerick marked the return of the Miss Clare competition for the first time in three years, with the winners going forward straight to the Miss Ireland Final in September.

MC for the event was former Miss Clare Lauren Guilfoyle who now works as a physiotherapist, sports journalist and social media personality

There were three overall winners of the night. Emma Austin was crowned Miss Clare 2019, Christina Alcazar Deverell won Miss 101 Limerick and finally, Ciara O'Halloran was named Miss Limerick 2019.

Ciara, 23, from Raheen, Limerick is a Technology Management Graduate student at the University of Limerick and is very passionate about pursuing a career in engineering.

Ciara has represented Ireland in Basketball and Tag Rugby on numerous occasions and is currently playing a high level of rugby. Being crowned Miss Limerick has been a dream of Ciara's from a young age as her grandmother was the 1963 Miss Limerick and her aunt also won Miss Limerick in 1990.

Christina, 20, from Castleconnell was born and raised in Ireland to a Spanish dad and an Irish mum. She is currently studying journalism and new media in the University of Limerick and dreams of writing for a fashion magazine or working in PR for a fashion house or beauty brand.

She hopes to use her platform as a Miss Ireland finalist to become an ambassador for anti-bullying and mental health as she thinks it's important to educate kids about their mental well-being from a young age, preparing them with coping skills if they ever were to suffer with their mental health.

Emma, 20, from Shannon Co. Clare is a social care student at Limerick Institute of Technology. She is currently working in Northside Family Resource Centre in the youth department as an after school worker and summer camp leader. She is extremely delighted



Top: Miss Clare 2019 Emma Austin, Miss 101 Limerick Christina Alcazar Deverell, Miss Limerick 2019 Ciara O'Halloran, Miss BeLimitless.ie Katie Woods
Above: A group shot of all the fabulous contestants



Event organiser Patrick McLoughney, Caroline Wallace and Siobhan Quinn from event sponsor The Zipyard, Mr Ireland Wayne Walsh

to have won the title of Miss Clare and looks forward to representing the Banner in the Miss Ireland competition in September. As Miss Clare, Emma wants to use her platform to work with local charities in Co. Clare along with trying to promote the importance of volunteering and giving something back to her local community.

We also decided to award a fourth prize, Miss BeLimitless, to acknowledge the bravery of one of the contestants.

The fearless Katie Woods, 22, from Ennis took the title of Miss BeLimitless.ie.

During her interview with Lauren, Katie courageously told of her own personal struggle with mental health. Katie is the first amputee to ever compete in a beauty pageant in Ireland.

The winners of Miss Limerick, Miss Clare and Miss 101 Limerick will compete in the final of Miss Ireland 2019 in The Helix in Dublin in September. Open to girls aged 17 to 24, the Miss Ireland competition was established in 1947 and is one of the world's longest-running beauty contests. The pageant judges its contestants not only on beauty but also on other important traits such as interview skills, charity work, talent, health and fitness and appropriate social media skills.

The competition aims to build confidence and self-esteem in its contestants and has acted as a launching pad for many successful, empowering Irish women including Holly Carpenter, Aoife Walsh, Sarah Morrissey, Andrea Roche, Amanda Bruncker, Michelle Rocca and the 2003 Miss World

winner, Rosanna Davison.

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

This year, for the first time, the show had a new creative team running the competition including yours truly, former Miss Sunday World and Miss Tipperary Esme Mansergh Wallace and owner of Blue Streak Events, James Hayes.

James and his team are launching a new website in September, which will be a mental health resource for students called BeLimitless.ie.

There were four judges on the night including Limerick's own social media superstar, Sinead O'Brien, Miss Ireland 2018 Aoife O'Sullivan, Mr Ireland 2018 Wayne Walsh and RSVP Magazine showbiz editor Mikie O'Loughlin.

We are delighted with how the event went and the response and feedback we've gotten from the contestants, their families and everyone who attended.

We had a very short window to make this happen so the pressure was on but with the event management experience and expertise of James, the Miss Ireland experience of Esme and my own knowledge of the modelling and entertainment industry we managed to put on a show that did justice to the Herculean effort put in by all involved.

On behalf of the team behind Miss Limerick and Miss Clare I

would like to thank all of the amazing sponsors for all of their support on this year's double final.

Thank you to Caroline and Siobhan from The Zipyard for being the title sponsors of Miss Limerick and Miss Clare.

Thank you to Tony, Lenny and all the team at 101 Limerick, the official venue partner to the Miss Limerick & Miss Clare final, launch and after-party.

Thank you to the gorgeous Leanne Moore and all the team at Go Gym Limerick and the lovely Michelle O'Brien from Alexandra Dental for sponsoring our prizes for the winners.

Thank you to all the team at Blue Streak Events for their tireless efforts in editing and producing our social media content. To The Limerick City Hotel, The Sports Factory, & Killaloe River Cruises, thank you for your continued support as commercial partners of our event.

A huge thank you to The Beauty Atelier - Sarah Morris-Dineen for acting as make-up artist for the event and to Shear Creations by Stacey Collins for acting as hairstylist.

Thank you to our amazing photographer Paudie Bourke and our Videographer Dylan Reid.

Finally, thank you to the 2018 Miss Limerick Beibhinn Haren. Beibhinn helped raise €1300 for LauraLynn Children's Hospice and has been a credit to her county during her year as Miss Limerick. We would like to wish Beibhinn every success with all of her future endeavours.

Normal Man About Town



STYLE & FASHION

CELIA HOLMAN LEE

CONTACT CELIA

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Unlock the right combination

OXENDALES.ie showcased the perfect style combination for this time of year at a recent fashion and style talk in the Westbury Hotel Dublin.

Their designs make a real statement no matter what the

occasion with eye-catching dresses in stretch jersey for easy fit with beautiful workmanship in sequins to both front and back.

When it comes to summer dressing and how to do it right, have a look at this pinstripe trouser suit - the jacket is the perfect

throw-on this season and the pinstripe trousers can be themed with a black leather jacket.

Why not look and feel amazing this season in a dress - these two particular dresses pictured will work for day and evening thanks to the wonderful prints and style.



Oxendales always has a great variety of lively prints which look splendid in the summer



The jacket here is the perfect throw-on this season and the pinstripe trousers can be themed with a black leather jacket



Green is a great colour on Irish skin tones and Oxendales are right on trend here with their sleeve and strap shoulder detail



There is a beautiful romantic vibe to this pale blue dress with vintage-inspired beading detail from Oxendales.ie

CELIA SPOTTED

Looking good out and about in Limerick

Name: Siobhan Burke
Occupation: Primary school teacher
From: Tralee but spent many years living in Limerick and now living in Kildare

I lived in Limerick for years while studying in Mary Immaculate College. I worked in Limerick as a teacher and as a model for the Holman Lee Agency. I loved shopping in the city centre in places like Brown Thomas, Penneys, River Island and New Look. I modelled for many stores in the Crescent Shopping Centre with Celia Holman Lee and found it to be a great spot for shopping also. I follow Holly Willoughby, Vogue Williams and Louise Cooney on Instagram and my style crush is Meghan Markle.

CELIA SAYS

Skirt: Siobhan's leopard print skirt is from H&M and it's absolutely to die for! Many people can be a little nervous about leopard print but Siobhan gives a great lesson in how to wear it well - keep everything else in your outfit simple!

Blouse: The delicate neck detail on this black blouse from Dunnes Stores is beautifully understated.

Blazer: This black blazer from Dunnes Stores is a great buy and can be worn over and over again!

Shoes: Every lady should have a pair of nude stilettos in her wardrobe. A pair like these from Dune London are great to elongate the leg!

Bag: The great thing about this handbag from Kate Spade is it is both stylish and functional. It would look great at a business meeting or lunch with friends!



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

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AGNIESZKA'S AESTHETICS

AGNIESZKA ORŁOWSKA



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

What aesthetic treatments can you have while you're pregnant?

Pregnancy is both an exciting and emotional time as expectant mothers prepare themselves physically and mentally for the birth of their baby.

Most women still want to look and feel their best while they are expecting, but at the same time would not want to jeopardise the health of their growing baby.

Some women will have been undergoing regular aesthetic treatments like botulinum toxic or dermal fillers before pregnancy and will want to know what procedures they can safely continue to have.

Although many pregnant women request this therapy, the safety of botulinum toxin A in pregnancy is a controversial topic.

There have been no scientific studies conducted to effectively assess whether the use of this substance is safe for the baby.

There have been multiple reports of botulinum toxin being used in pregnant women unknowingly for other medical procedures.

The majority of these cases resulted in no harm to the mother or growing baby.

However, should you decide to pursue this therapy during pregnancy, you should really discuss it with your doctor.

WHAT IF THE PRACTITIONER IS NOT AWARE THAT THE PATIENT IS PREGNANT?

Practitioners may inadvertently perform procedures on a patient during the first trimester, before the patient herself is even aware of the pregnancy. Or a patient may choose

not to reveal her pregnancy to the practitioner. These scenarios highlight the importance of carrying out a thorough consultation with patients before every treatment, even if the patient is a regular customer. Patient circumstances are constantly changing and practitioners need to be aware of this in order to select patients and advise them appropriately.

DERMAL FILLERS AND PREGNANCY

Fillers basically do what they sound like they do. A substance, usually hyaluronic acid (most common), collagen, or fat is injected into the area of wrinkles.

The substance helps smooth out the texture of the skin and reduce the appearance of any unwanted lines and indentations.

All of the methods for reducing wrinkles have one thing in common: they are all temporary and more often than not, you have to get more treatments to keep your skin looking healthy and fresh!

Unfortunately, due to the lack of medical studies on the effects of fillers, it's advisable to leave this treatment until after your pregnancy.

However, there are some things you can do starting today to ensure your skin keeps looking great!

LIFESTYLE FOR HEALTHIER FACIAL SKIN

1. Protect your skin from the sun.
2. Eat a balanced diet.
3. Drink a minimum 2 litres of water

4. Obviously no smoking!
5. Relax - manage your stress

There are lots of things you can do to make yourself feel better about your new body.

It's good to be active...small exercise.

Treat yourself, it feels great to spoil yourself every now and then.

A nice facial can be welcome but make sure to let the aesthetician know you're pregnant (if it's not obvious of course).

Most facials are safe during pregnancy but products containing retinoids are not, so skip them until baby is born.

When pregnant you don't want to raise your body temperature for more than 10 minutes so it's best to avoid spa treatments such as saunas, steam rooms and hot tubs.

After the first trimester you'll be happy to hear that massages are considered safe but once again make the massage therapist aware that you're pregnant as some oils might not be suitable and some aromas can trigger nausea.

Due to an increase in vitamins and minerals and hormonal changes fingernails and toenails grow faster during a pregnancy so it's good to know that manicures and pedicures are completely safe during pregnancy.

It is the most beautiful time in a woman's life when she's pregnant.

It can be a challenging nine months but ultimately the prize at the end of it all makes it worth every minute....



Always inform your beauty therapist if you're pregnant - it is not always apparent and for some treatments it's best to wait until after you have given birth



LOUISE LOVES

LOUISE CANTILLON

CONTACT LOUISE

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



Rogha na Seachtaine



TO DO:

Love Island Spinale

It's taken over our lives for the last eight weeks! The ITV hit series Love Island is coming to an end this Monday and of course we want to mark it in style! Win tickets to Spin South West's exclusive SPINALE all this week! More details on spinsouthwest.com



TO LISTEN:

Track of the week

Out this Friday July 25, "Distance" sees the elusive newcomer embark on his latest adventure; grounded in his indie-rock roots, his stadium-sized sound envelops you from the very first drum hit. His distinctive vocal timbre, combined with his honest song writing, Somebody's Child is soon to rise to the very top of the pile.

TO SEE:

Limerick v Kilkenny

Limerick Senior Hurlers take on Kilkenny in what's sure to be an epic battle! It's all or nothing now for our Treaty men! Will we be heading to Croke Park on August 18? Sunday's clash will tell all!



'Stockan knockin' it out of the park for entertainment

A hidden gem on the Irish festival calendar, KnockanStockan returned to the beautiful Blessington Lakes last weekend!

With options of weekend camping tickets, and day tickets the choice was yours when it came to soaking up the festivities!

I decided to head up on Saturday and as expected it did not fail to impress!

The festival prides itself in promoting independent Irish music and musicians – allowing them to showcase their very best and most creative work in a festival environment!

Here are some of the artists I saw performing live on Saturday. Each amazingly gifted, eccentric and wonderful.

I urge you to check them out and don't forget to support our very talented homegrown talent!

JUNIOR BROTHER

Chosen as one of RTÉ's Rising Irish Stars of 2018, Junior Brother is an alternative Folk singer from Co. Kerry, Ireland, playing sometimes humorous, sometimes thrilling tunes.

JB's poetic flair for telling strange stories, poetic and mysterious, is topped off with unbelievable beats on Guitar and Foot Tambourine accompaniment.

Influenced by his upbringing in rural Ireland, JB is relatable and brilliant!



Knockanstockan was a treasure trove of independent Irish acts in a super setting near Blessington Lakes at the weekend

BICURIOS

Bicurious are Gavin Purcell and Taran Plouzané; a loud, instrumental and experimental two-piece from Dublin, and Brest, France.

Well-known for their crazy live shows which feature mosh pits, head-banging, riff sing-a-longs.

The lads have a steadfast fan base across the country!

Their energy and excitement on the stage is infectious!

JINX LENNON

Punk poet and urban author from Louth, Jinx Lennon has been on the scene for almost 20 years, he has released eight albums!

His rap-like vocal style sees him write and rap about political and social problems at home and abroad! His lyrics are evocative and sometimes outrageous but always capped off with humour and wit! A sight to behold live in concert!

MANGOX MATHMAN

Dublin's Mango & MathMan are two leading figures in the new wave of exciting Irish urban music.

They have been making music together for many years as part of The Animators collective, but since 2016 have focused solely on collaborative projects between themselves.

Their dedicated approach to innovating established genres such as grime, rave and Hip Hop have given them a unique sound that blends rave culture and Dublin life like no other.

Style and class at pageant

Last Thursday I was delighted to be invited to the final selection of Miss Limerick and Miss Clare in Opium nightclub, Limerick!

MC'd by Clare lady Lauren Guilfoyle, the night was a mix of style and class! The stunning and confident contestants modelled their beautiful dresses and shared insights into their lives and goals with us!

Four beautiful winners were crowned on the night as 20-year-old Emma Austin, was crowned Miss Clare, 20-year-old student Christina Alcazar Deverell, won Miss 101 Limerick.

The courageous and beautiful Katie Woods took the special title of Miss BeLimitless.ie. and finally 23 year old engineer Ciara O Halloran was crowned Miss Limerick 2019 and will go on to compete in the final of Miss Ireland in Dublin this September!

The pageant was judged by a panel of four that included reigning Miss Ireland Aoife O'Sullivan, Sinead O'Brien, Social Media Influencer, Wayne Walsh, Mr Ireland 2018 and Mikie O'Loughlin, RSVP Showbiz Editor.



Miss 101 Limerick Christina Alcazar Deverell, Miss Limerick 2019 Ciara O'Halloran and Miss Clare 2019 Emma Austin



I ♥ LIMERICK

RICHARD LYNCH

FOLLOW RICHARD

Facebook: Richard Lynch
Twitter: @richanthon

Web: www.richardknows.com
Email: Richard@ILoveLimerick.com



South Africa tag team gets taste of Limerick ahead of world cup

The South African Tag rugby team were in Limerick recently, to explore the city and play tag rugby ahead of the 2021 Tag Rugby World Cup.

The University of Limerick is set to host the 2021 World Cup, with the South African team making an early trip to have a chance to experience the world-class facilities.

The visit was organised by the Shannon Region Conference and Sports Bureau, who joined the visiting team on their tour around Limerick City.

The visitors stayed on campus at UL and were given guided tours of the state-of-the-art facilities and playing fields, which will be made available to them during the World Cup.

Karen Brosnahan, of the Shannon Region Conference and Sports Bureau, said, "The purpose of the promotional site visit was to give them an insight into what they can expect when they visit Limerick in 2021."

Acclaimed local chef Tom Flavin of the Limerick Strand

Hotel gave the group a talk about the local organic food movement.

Later Dan Murphy, from Global Village Tours and band member of Hermitage Green, brought the group for a walking tour about the history of Limerick, before on to King John's Castle for an interactive tour.

The group later toured Treaty City Brewery where they were treated to a beer tasting.

The event will see 3,000 plus tag rugby players from well over 20 countries and their entourage travel to the Treaty City in August 2021.

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.

ell done to all involved in bringing this event to Limerick!

See www.conferenceandsportsbureau.com for more information.



Pictured on the Limerick city site visit for the Tag Rugby World Cup event coming to the University of Limerick in 2021 were the South African tag rugby team with Dan Murphy, Global Village Tours, Karen Brosnahan, General Manager of Shannon Region Conference & Sports Bureau, and Holly English, Shannon Region Conference & Sports Bureau

PICTURE: CONOR OWENS/ILOVELIMERICK.

UL launches rainbow housing option for LGBT students

Campus Life Services, who provide on-campus accommodation at the University of Limerick, will now give the option for students to apply for rainbow housing when submitting an application for one of the seven residences, which accommodate over 2,800 students.

Rainbow housing is for students who wish to live together in a house/apartment that supports the lesbian, gay, bisexual, transgender, queer, questioning, intersex and allied community at the University of Limerick.

Campus Life Services village

manager Carol-Jane Shanley spearheaded the initiative that has already received nearly 200 applications from over 30 different countries for the upcoming academic year.

Ms. Shanley said, "Campus Life Services has long been committed to providing the best student living experience for students at the University of Limerick.

"It is with this intention of providing a secure, safe living environment for all residents that we came up with the programme."

UL is the first university in Ireland and the second across

the UK and Ireland to provide rainbow housing for its students living on campus.

Organisations that have pledged to support the initiative include Limerick Pride and GOSHH (Gender, Orientation, Sexual Health, HIV) Limerick.

Dr. Amanda Haynes, co-director of UL's Hate and Hostility Research Group, said, "UL will be enriched by the presence on campus of a resource that encourages all of our LGBT students and allies to be active, critical, political, disruptive and constructive contributors to our collective campus life."



The village management team supporting the launch of the Rainbow Housing initiative by Campus Life Services PICTURE: LIAM BURKE/PRESS 22

THINGS I ♥ THIS WEEK

MISS LIMERICK AND CLARE

Congrats to beauty pageant winners

Last Thursday the final of Miss Limerick and Miss Clare 2019 took place at 101 Limerick.

The Miss Limerick pageant has acted as one of the main events of the summer social calendar for over three decades. This year marked the return of the Miss Clare competition for the first time in three years, with the winner also going forward to the Miss Ireland Final.

There were three winners of the night. Emma Austin, 20-year-old School Worker at Northside Family Resource Centre

was crowned Miss Clare, Christina Alcazar Deverell, a 20-year-old student won Miss 101 Limerick and finally, Ciara O'Halloran, 23-year-old engineer graduate was named Miss Limerick. All three winners will compete in the final of Miss Ireland 2019 in The Helix in Dublin in September.

The event organisers decided to make a fourth prize, Miss BeLimitless, to acknowledge the bravery of one of the contestants. The fearless Katie Woods took the title of Miss BeLimitless.ie. Congrats to all!



Emma Austin, Christina Alcazar Deverell, Ciara O'Halloran, and Katie Woods

PICTURE: CONOR OWENS/ILOVELIMERICK

HERITAGE

Limerick Lace added to national inventory of cultural heritage

The enduring legacy and importance of Limerick Lace was recognised by the Government last week with the confirmation that Limerick Lace is set to be included in a national inventory of our important cultural heritage.

Dr Matthew Potter, Curator Limerick Museum, travelled to Dublin last Thursday for the launch of the National Inventory of Intangible Cultural Heritage which recognises Limerick Lace as an item of huge cultural importance that has been passed from generation to generation.

Dr Mathew Potter said: "We're delighted with this honour for one of Ireland's original international brands."

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.

As one of Ireland's original and most enduring international brands, Limerick Lace is 190 years old this year, with Florence Vere O'Brien during her prolific era central to reviving and promoting the brand over a 40-year period between 1883 and 1922.



Veronica Rowe with Cllr Gerald Mitchell and Dr Matthew Potter

To honour her memory and the influence she had on the lace industry in Limerick and beyond, Florence's granddaughter Veronica Rowe kindly agreed to donate her beautiful collection of ornate, delicate lace to the Limerick Museum. See limericklace.ie.



The Live 95 crew at the launch of the Women's Mini Marathon at the Strand Hotel. The race, now in its 21st year, will see up to 3,000 taking part to raise funds for local and national charities on September 29 PICTURE: MARIE HOURIGAN/ILOVELIMERICK

Women's mini-marathon celebrates its 21st

The Cook Medical Women's Mini Marathon 2019 was launched recently at The Strand Hotel.

Now in its 21st year, up to 3,000 participants from all over Ireland are expected to take part.

The event kicks off at 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 Mid-West and nationwide.

The route starts and finishes at the University of Limerick. This event has become a household event as women run or walk while some push their babies in their buggies.

"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, Cook Medical Race Champion, and director of Ethics & Compliance, EMEA, at Cook Medical.

"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."

For info visit limerickminimarathon.com.

Legend Joy launches Barnardos appeal

HERO OF THE WEEK

Right: Joy Neville, Barnardos Ambassador with Maisie Meehan, age 6 and Yousaf Ramay, age 7 at the Limerick Volunteer Drive for Barnardos at the Dell Technologies in the Raheen Business Park



Last week rugby star and Barnardos Ambassador Joy Neville launched the local volunteer drive for Barnardos in Limerick. Well done Joy ya legend!

The children's charity, who work with more than 17,600 children each year needs valuable volunteers for their National Collection Day which is taking place on Friday, September 13. People are welcome to lend a hand between 8am - 9pm for any two hour shift. In just two hours, each volunteer can raise up to €100 for vulnerable children in their community. To volunteer on Friday September 13 please call 01-7080418. For more information, email buckets@barnardos.ie.



Love
to all,
Richard x

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 Jackpot €2,700
 Date: 18th July 2019

4 x Lucky Dip @ 25 each: John Humphries c/o Connie, James Flannery c/o Flannery's Bar, Kieran Considine c/o Club, Andy Sheehan c/o Joe

Next draw will be held in The Clubhouse 25th July 2019
 €2,800

GERALDINES A.F.C.
 WEEKLY LOTTO DRAW HELD ON 22/07/19

This Week's Jackpot: €1900
 No's: 2-10-14-28

Lucky Dips: Jill Mullins c/o Paddy Mullins, Martin & Ken c/o Martin Byrnes, Aisling Reale c/o Padraig Reale Next Week's Jackpot €2000 Draw held 29/07/2019

Promotors Prize Dave Connolly, Billy Gough Next Week's Jackpot: €2000

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FAMILY ANNOUNCEMENTS

BIRTHDAY REMEMBRANCES



† HAPPY 80TH BIRTHDAY DAD.

He was a Dad so very rare,
Content in his home and
always there,
On earth he toiled,
In Heaven he rests,
God bless you Dad,
You were the best.
Softly on that Monday
morning,
You heard a gentle call,
You took the hand God
offered you,
And quietly left us all.
For the rest of our lives
We will miss you Dad,
Our secret tears still flow,
Oh, how we really loved you,
No one will ever know.
We miss your smile, your
joking ways,
We miss the things, you used
to say,
And when old times we do
recall,
It's then we miss you most of
all.
You were always there when
we needed you,
No task too great or small,
With loving heart and willing
hands,
For us you did it all.
So rest in peace, dear father,
And thanks for all you've
done,
We pray that God has given
you,
The crown you've truly won.
**Sadly missed from your
daughters Mary, Tina,
Jenny, Audrey son's Wacker
(Pat) Tommy, wife Eileen,
sons in law Jason, Alan,
grandkids, great
grandkids brothers and
sisters.**



Those we love,

We never lose,

For always they will be,

*Loved, remembered,
treasured*

Always in our memory.

IN MEMORIAM



† DUHIG

(11th Anniversary & Birthday
Remembrance)

**In loving memory of
Martin Duhig, late of 95 St.
Ita's Street, St. Mary's
Park, Limerick who died
on 28th July 2008 and
whose 62nd birthday
occurred on 14th July.
Mass offered on Saturday
July 27th at 7.30pm in St
Marys Church**

Eleven years have passed
already,
We cannot believe it's true.
We hold our memories within
our hearts,
There you shall remain,
To walk with us throughout our
lives,
Until we meet again,
So Rest in Peace
**From your son David, wife
Jackie and kids**

I won't forget you
As I get older Dad
I know you are resting
On my shoulder stay with me
As I go through life
And I will pray to you every
night
**Always loved and remembered
by your loving son Dylan xxx**

Martin,
I was thinking of you today
And feeling very low
When suddenly a beautiful but-
terfly
Came in my window
It came and it sat by me
And a peaceful feeling filled the
room
And when it was time for it to go
It took away all my gloom
As it flew up towards the sky
It's beautiful colourful wings
shone
As if to say, even though you
can't see me
From you I'm never gone
**Always loved and missed by
your sister Teresa, brother in
law Jimmy, Michelle and Billy**

Happy 62nd Birthday Martin
62 Hugs and kisses are sent
To Martin in heaven above
And 62 big bright balloons
We'll send, filled with all our love
62 wonderful memories we'll
share

On this his very special day
And make 62 wishes that he was
still here
On his 62nd Birthday
**Loved and remembered today
and always by all his family
and wide circle of friends**

Softly the leaves of memories fall
Gently we gather and treasure
them all

A thought a prayer, are all we
can give
These you will have as long as
we live

**Remembered today and
always by Jacq and family.**

IN MEMORIAM

A golden chain called family
Linked us all together,
Although that chain is broken
now,
You're in our thoughts forever.
We shared so much together,
Laughter, joy and tears.
For us who taught so much of
you,
They were the happiest years.
**Too dearly loved to ever be
forgotten by you brother
Julian, sister-in-law Hillary,
Sarah, Robert, Simon, Craig
and grandnieces Kaylee and
Avah**

We thought of you with love
today
But that is nothing new,
We thought of you yesterday
And the day before that two. We
think of you in silence
We often speak your name.
All we have are memories
And your picture in a golden
frame.
**Always remembered by your
loving brother Peter,
Courtney and Martin.**

If only we could see you
For just a minute or two,
You could tell us if you're happy
And we'd be happy too.
We would put our arms around
you
And kiss your smiling face,
And the pieces of our broken
hearts
Would fall back into place.
**Too dearly loved to be
forgotten by your brother
Johnny, sister-in-law Susan,
Evan, Kyle and Martine**

Time may heal the sadness,
Like the smile that hides the
tears,
But precious memories hold you
close
And will throughout the years.
No matter how I spend the day
No matter what I do,
Before I close my eyes each night
I always think of you.
**Always loved and remembered
by your brother William,
sister-in-law Hilda, Niall,
Aisling and Jemma.**

I think of you in silence,
I often speak your name,
All I have are memories
And a picture in a frame.
Your memory is our keepsake
With which I'll never part,
God has you in his keeping,
I have you in my heart
**Always loved and remembered
by your brother Paul**

Loving you is easy we do it every
day,
Missing you is a heartache
That never goes away.
So on this your anniversary
We'll walk down memory lane,
And wish with all our hearts
That you were here again.
**Remembered and never
forgotten by your loving
brother Gerard, partner
Aisling, Danchelle and Keelan**

Heavy are our hearts today,
Memories bring you back once
more,
To the happy times that you were
with you,

To the happy days of yore.
We miss you in so many ways,
We miss the things you used to
say,

And when old times we do recall,
It's then we miss you most of all.
**Too dearly loved to be
forgotten by Annette and
Johnny, Noreen and Gerry
and families.**

IN MEMORIAM

A TRIBUTE TO MY BROTHER
A special tear fell today
That no one else could see
It was for a special brother
That meant so much to me
There's much in life that's new
But never in a million years
Will there be another brother
In all the world like you
**Always loved and remembered
by your brother Andrew and
Catherine, Ellen and Oran**

Its lonely here without you
We miss you more each day,
For life is not the same to us,
Since you were called away.
You left us so quietly,
Your final thoughts unknown.
But you left us with memories
We are proud to call our own.
**Remembered and never
forgotten by Peter Mac, and
all your
workmates in Mount St.
Oliver Cemetery and Mount
St. Lawrence Cemetery.**

Wonderful memories woven in
gold,
This is a picture I tenderly hold,
Deep in my heart, a memory is
kept,
To love, to cherish, never to for-
get.
I did not see you close your eyes
Or hear you last faint sigh.
I only heard that you were gone
Too late to say goodbye.
**Always loved and remembered
by Geraldine Keogh and the
Keogh family.**

The day God called you, Martin,
And beckoned you to His side,
Great pains were felt
Many tears were cried.
Behind, you left us so sad
With memories of good times
That once we had.
We feel you are still around us;
You are always on our mind
And when we talk about you,
It is always of happy times.
**From his loving cousin Pa,
Ber and all the family.**

You went away so quietly
So as not to cause us pain,
But you will never be forgotten
In our hearts you will remain.
Sadly missed Miriam.

We often sit & think of you
And think of how you died -
To think you could not say good-
bye
Before you closed your eyes.
**Sadly missed and never
forgotten from your good
friends Paddy John Olivia
and family**

*"Please God, Take this cloud
of darkness away.
Shine your light upon me.
Give me the
courage and strength to start
to feel the joy in my life
again."*



IN MEMORIAM



† HAYES

(24th Anniversary)

**In loving memory of
Clement Hayes, late of 23
Donoughmore Crescent,
Kincora Park, Southill,
who died on 25th July, 1995.
R.I.P. Also remembering
our brother Clemy Hayes
whose 58th Birthday**

occurs on August 5th
The midnight stars are shining
On a grave not far away
Where we laid a loving father
Twenty four ago today
Dad, it's hard to believe
Twenty four years have passed
Since that sad day we saw you
last.
Your happy face went out that
door,
Your loving smile we saw no
more.
We didn't get to say goodbye
Just thinking of that makes us
cry.
We miss our talks, your morning
cheer;
If we had one wish,
It would be to have you here.
Just one more kiss, just one
more smile,
Just one last hug, would make it
all worthwhile.
We miss you, Dad and love you
so
It breaks our hearts, knowing we
have to let you go.

**Always missed and
remembered by your loving
daughter Helen,
grandchildren and great
grandchildren, your daughter
Margaret, husband Pat and
grandchildren, your daughter
Colette and grandson Aaron,
your son Calvin daughter in
law Sandra, Calvin and
Stevie, daughter Lorraine and
granddaughter Shauna xx**

Just like the sweetest rose,
Your petals fell too soon,
But the love you planted in our
hearts,
Will never cease to bloom.
May you always walk in sun-
shine,
And God's love around you grow,
For the happiness you gave to us,
No-one will ever know.

**From your daughter Maisie,
Robert and Grandchildren**

My father was so special
I valued him with pride;
I never knew how special
Until the night he died.

**From Evie, Grandchildren
and Great Grandchildren**

IN MEMORIAM



† HEALY

(26th Anniversary)

**In loving memory of a dear
and loving mother, Mary
Margaret Healy, 10 Hyde
Road, Prospect Limerick
City who died on the 26th
July 1993. R.I.P. May Jesus
have mercy on her soul.
Mass offered.**

You'll never be forgotten Mam
that simply cannot be as long as
I am living I'll carry you with
me.

Softly tucked within my heart
your light will always shine.
A glowing ember never stilled
throughout the end of time no
matter what the future brings or
what may lie ahead I know that
you walk with me along this
path I tread.

So rest my beautiful mother be
at peace and let your soul fly
free. When it's my time I'll be
there for all eternity.

The hope and love you instilled
in me will never fade away. This
month is filled with sadness,
returns to us today to mark the
day you left us Mam in such a
sudden way.

So much in life is altered so
much in life is new but the one
thing that never changes is our
love and thoughts of you. Love
you Nana I always will.

**Sadly missed and never
forgotten by your loving
daughter Ann, son in law
Christy, Grandson Jeffery
and partner Edel xxx**

I'm Free

*Don't grieve for me, for now I'm free;
I took His hand when I heard Him call;
I turned my back and left it all.
If my parting has left a void;
then fill it with remembered joy.
My life's been full, I savored much;
good friends, good times,
a loved one's touch.
A friendship shared, a laugh, a kiss;
ah yes, these things, I too, will miss.
Perhaps my time seemed all too brief;
don't lengthen it now with undue grief.
Lift up your hearts and share with me;
God wanted me now, He set me free.*



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Rest in Peace



IN MEMORIAM



† MCNAMARA

(Second Anniversary)
In loving memory of a dear son, brother, father and uncle Michael McNamara, late of 69 Shanabooley Road, Ballynanty Beg, Limerick, whose second anniversary occurs July 24th.

Two years ago today Michael it's hard to believe
 Two years have passed
 Since that sad day I saw you last.

Your happy face went out that door,
 Your loving smile I saw no more.

I didn't get to say goodbye
 Just thinking of that makes me cry.

I miss our talks, your morning cheer;

If I had one wish,
 It would be to have you here.
 Just one more kiss, just one more smile,

Just one last hug, would make it all worthwhile.

I miss you, Michael and love you so
 It breaks my heart, knowing I have to let you go.

A special smile, a special face,
 And in our hearts a special place,

Our memories we keep one by one,
 Things you've said and things you done

They bring a smile sometimes a tear,
 But always a wish that you were here

Love from your father Paddy xxx

MOTHER AND SON.
 I would give my life to have you back, said his Mum

I know you would, said her son.
 I cry each night for you, said his Mum

And I catch all of your tears said her son

I pray for the day that I can see you again, said his Mum

Close your eyes and you can see me, said her son.....

You are the first person who loved me,

and you are the first person I loved.

You were always there when I needed you,

and you always knew when I needed a hug.

I am here for you now, mum In your heart and in your soul.

I did not take your heart with me

instead I left mine with you to hold.

One day I will take your hand and lead you to paradise,

but until then my beautiful mother,

when you want to see me you only need to close your eyes.

ALways loved and remembered by your loving mother Pauline xx

IN MEMORIAM

There is a path of beautiful memories,

From here to heaven above,
 That keeps us very close to you,
 And it's called the path of love,
 Your shadow walks beside us,

Forever at our sides,
 It's always there to guide us,
 Ever since the day you died,
 Oh angels take this message,

To dear Michael up above,
 Tell him we really miss him,
 And give him all our love.

Love your brother Christy, Edel, Courtney, Levi and Taylor

I lost a brother with a heart of gold

How much we miss him can never be told

Gentle Jesus up above Give Michael all our love

Love from your sister Tanya, your brother in law Paddy your nieces and nephews xx

So glad we got the opportunity to get to know each other

Rest in peace Michael

Love your brother Darren xx

I think of things you used to say

And all that you would do,
 At some point every single day,
 My thoughts will turn to you.

To lose you was a bitter wrench
 The pain cut to my core.

I cried until my tears ran out
 And then I cried some more.

This wouldn't be your wish for me

That I'd be forever sad
 So I try to remind myself
 Of the happy times we had.

I know I can't be with you now
 And you can't be with me.
 But safe inside my heart you'll stay

That's where you'll always be.

Always loved and remembered from your loving sister Denise and niece Chelsea. Also thinking of my brother David at this time. Y.N.W.A.

Friend
 You meant so much to all of us
 You were special and that's no lie

You brightened up the darkest days
 and the cloudiest sky
 Your smile alone warmed hearts

Mikey
 Your laugh was like music to hear

We would give absolutely everything Mikey
 To have you well and standing near

Missed forever our friend
Anthony - Mossey Sleep tight

No farewells were spoken,
 We did not say goodbye;
 You were gone before we knew it
 - And only God knows why.

From your daughter Kelly

If only I could see you
 For just a minute or two,
 You would tell me if you're happy

And I would be happy too.
 I'd put my arms around you
 And kiss your smiling face
 And the pieces of my broken heart

Would fall back into place.

Love and miss you always my auld pal Ash xx

If I could have a life time wish,
 A dream that could come true,
 I'd pray to God with all my heart
 For another day with you.
 From your mate Kenneth

IN MEMORIAM



† WALSH

(4th Anniversary)

In loving memory of a dear father and grandfather Seanie Walsh, late of Carew Park, Limerick who died on 23rd July, 2015. Mass offered.

Dad

It's 4 long years that you left my life

You flew away to heaven to be with your son and wife

I used to walk in the door and see you sitting there

A smile in your weak blue eyes and silver in your hair.

But then you started to get sick and before I knew that was it

I tried my best not to cry
 It's hard to say your last goodbye.

I sit and wonder even now if you are up there looking down

I wish I could see you and have you here

My shining light to block my fear

But you are with me, this I know

for from my heart you will never go.

Always loved never forgotten your daughter Martina, Gay, Nigel & Patrick xxxx

Granda

A beautiful memory deeper than gold

Of a Grandfather whose worth can never be told

There is a place within my heart no one can fill

I love and miss you Granda and I always will

Always loved, never forgotten Jonathan & Magie

The years have slipped so quickly by, but treasured memories never die.

A silent thought, a quiet prayer
 For a special person in God's care.

Missed always, Jimmy

Granda

A tribute of love
 To my Granda so dear

So close in my heart, each day of the year

Deep in my heart your memory is kept

To love, to cherish and never forget.

Always loved, never forgotten Chantelle & Colm

Dad

Today recalls the memory
 Of a loved one gone to rest
 And those who think of him today are those who loved him best.

The flowers we lay upon Dad's grave

May wither and decay
 But the love for Dad
 Who lies beneath, will never fade away

Always loved, never forgotten George, Jean, Stephan & Olivia xxx

IN MEMORIAM

Dad

Those special memories of you
 Will always make me smile
 If only I could have you back for just a little while

Then we could sit and talk again
 Just like we used to do

You always meant so much to me
 And always will do too.

The fact that you're no longer here

Will always cause me pain
 But you're forever in my heart

Until we meet again
Always loved, never forgotten John, Carol, Shane, Chloe, Leah, Christopher xxxx

Granda

I know we are all feeling a little bit sad,

That we have lost our Granda, our friend and our Dad.

Together we have cried an ocean of tears

As we feel so empty and hold many fears.

Thinking back now, I really must say

I feel lucky and privileged to have known Granda to this day

For in my life you have played a special part

The memories I will treasure and hold close to my heart.

Love and miss you always Ciara, Kevin, Tammie-lee, Kevin Jnr. xxxxx

Granda

No length of time can take away
 Our thoughts of you from day to day

Time slips by and life goes on
 But from our hearts Granda
 You are never gone

Loved always, never forgotten Dean & Jake

Grandfather

Throughout the years you've always been,

A wonderful man to me
 When I was small you took the time to bounce me on your knee.

As I grew older, you were there
 I only had to call

I knew that I could count on you
 You'd never let me fall.

So many hard times in my life
 You've helped to get me through

I'm so glad God gave me a Grandfather as special as you.

Love and miss you always pops. Love your granddaughter Stacey & Great-Granddaughter Shauna Emma Abbie Alesha Lynn & Latoya xxxxxx

THANKSGIVINGS

ASK ST. CLARE for 3 favours, 1 business, 2 impossible. Say 9 Hail Marys for 9 days. Pray whether you believe or not.

Publish on the ninth day. May the Sacred Heart of Jesus be praised, adored today and every day. Request will be granted, no matter how impossible it seems. Publication must be promised. Sacred Heart of Jesus be praised, adored and glorified, today, forever and always. DL

NOVENA TO THE SACRED HEART

Dear Heart of Jesus, in the past I have asked for many favours.

This time I ask you this very special one (mention favour). Take it dear Jesus and place it within your broken heart where your holy Father sees it.

Then in His merciful eyes it will become your favour, not mine. Amen. Say prayer for 3 days. Promise publication and favour will be granted.DL

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New RAV 4 goes totally green

TRISH WHELAN
www.CarAndTravel.ie

TOYOTA'S RAV4 family crossover is now offered solely with hybrid technology.

The car was one of a number of new self-charging hybrid cars (with Corolla and Camry), which have landed on our shores from last January.

The RAV 4 has been a big success since then with a huge demand from both retail and fleet customers. Drivers looking to make the switch from diesel to the more environmentally and economically friendly hybrid are finding it quite affordable to do so as buyers enjoy a lower monthly payment for a hybrid over a petrol.

Like PHEVs, hybrids are a half way measure to going full electric. They have different characteristics from conventional cars. RAV4's system combines a 2.5L petrol engine, CVT automatic transmission, a battery pack and an electric motor to give 218bhp in 2WD. The AWD provides 222hp from this system.

Toyota say this new generation of self-charging hybrid vehicles are more fuel efficient resulting in a significant reduction in NOX and CO2 emissions. "On average, hybrid drivers spend up to 60pc of their travel time in full EV mode. There's no requirement for the car to be plugged in which means that there is no infrastructure investment needed and with fewer engine parts to maintain - no clutch, alternator or starter motors - hybrid vehicles are the ideal solutions."

My car was in an attractive Tokyo red exterior colour with a contrasting dark interior which looked well.

While still retaining its rugged good looks, the RAV4 is a good choice for a family.

The car is wider and longer with a longer wheelbase than before offering good space and comfortable cabin for five adults. There's huge head and leg space behind even for someone seated directly behind a 6.2" person in



Toyota estimates fuel economy for the 2019 RAV4 Hybrid will be 39 mpg combined

front. The person in the rear middle seat, though, will have to contend with the highish tunnel which restricts legroom somewhat.

This extra space is combined with an increased luggage capacity of up to 542 litres. The boot floor is high and you'll find a spare tyre below. The hybrid battery is mounted under the rear seats allowing for the extra boot space.

Five grades are: Aura (€35,900), Luna (€37,590), Sol (€39,590), Sport (€41,590) and Platinum (€43,000). Prices exclude metallic paint and dealer delivery related charges.

The entry level Luna comes well specced with Toyota Safety Sense 2, smart entry, a power back door, front & rear parking sensors, heated door mirrors, LED

headlamps/rear lights, front fogs, 17-inch alloys, roof rails, a temporary spare wheel. This spec gets an 8-inch touch system and a 7-inch TFT information screen, dual zone climate control, Hill Start Assist, Electric parking brake with hold.

Toyota Safety Sense 2 is standard on all new RAV4s. It includes a Pre-Collision System with pedestrian and cyclist detection (new); Road Sign assist, Adaptive Cruise Control etc.

As you move up the spec includes 18-inch alloys, rear privacy glass, heated front seats, sat nav, leather seats for the Sol. Sport adds a bi-tone roof, projector LED headlamps, driver power seat slide and height adjuster and lumbar

support and a paddle shift on the steering wheel. The Platinum trim adds Blind Spot Monitor, Rear Cross Traffic Alert, leather trim, driver seat memory, and a heated steering wheel.

In looks, the RAV4 takes some of its front style cues from the hugely successful CH-R, with a stronger look and more presence. The car is lower and wider with a longer wheelbase than the previous generation model which allows for improved accommodation for passengers. The whole ambience of the cabin was nicely upmarket; seats were comfy and provided good support to my lower back which is important to me, my driver's seat came with manual adjustments.

While the instruments are

bright and clear and user friendly, I found it quite a complicated procedure to pair my mobile phone with the car's Bluetooth system. Obviously when you get the hang of it, you'll only have to do it the once.

Getting ready for the 'off' when the 'READY' indicator turns on in the instrument panel, the hybrid system will operate normally. In EV mode the electric power is supplied by the hybrid battery and only the electric motor is used to drive the car. This mode allows you to drive in a residential area early in the morning or late at night without fear of waking the neighbours.

Drive modes are Eco, Normal and Sport. Eco is suitable for driving to improve fuel economy by more smoothly generating torque in response to accelerator pedal operations; Normal is for your usual driving while Sport controls the steering feeling and hybrid system to create an acceleration response suitable for sporty driving, for when crisp handling is needed such as when driving on mountain roads.

I really enjoyed driving this big hybrid car. A very smooth drive offering driving pleasure and quite a premium feel. With hybrids there is good acceleration when you press the pedal. The car takes 8.4s to go from 0-100km/h, maximum torque is 221Nm (FWD). On returning the RAV4 to Toyota, the trip computer showed a reading of 5.9 L/100kms.

Combined fuel consumption is from 5.6 L/100kms (WLTP). Annual road tax is just €190. Towing capacity is 800kg (FWD). Towing capacities are 800kg (FWD)

A family car requires a fair amount of onboard storage and the RAV4 provides decent door bins, glovebox with an over shelf, cup holders and a storage area under the front armrest.

A big plus for me was that the slim A-Pillars and side mirror mountings didn't combine to block out my view of pavement kerbs as happens in many other crossovers & SUVs. So full marks for this to Toyota for this. All Toyota passenger cars come standard with 3 years' servicing.



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SUV range drives sales increase

TRISH WHELAN
www.CarAndTravel.ie

SEAT Ireland has enjoyed an increase of almost 9pc in sales for the first half of the year compared to the same period last year cementing its position as one of the fastest growing car brands in Ireland holding 3.4pc of the current market compared to 2.9pc in the first half of 2018.

Driving SEAT's success is its wide range of models that suit all audiences from the young and fun Ibiza right up to the new family-friendly 7-seat SUV, the Tarraco. Their SUV range accounted for 60pc of all sales during the first six months of 2019. The SUV range comprises Ateca, Tarraco and the brand's best seller Arona. Voted Ireland's Small Crossover of the year in 2019, Arona accounts for 30pc of overall sales year to date, an increase of 71pc compared to 2018 sales results.

New retailer appointments in the strategic urban areas of Dublin, Cork, Galway and Limerick have also contributed towards SEAT's success as have the rest of their well-established and



SEAT's Ateca, Tarraco and Arona (pictured) accounted for 60pc of all sales during the first six months of 2019 for the company

committed network.

Commenting Niall Phillips, brand director at

SEAT Ireland said: "As we reflected on these great results for the first half of the

year, we can confidently see the impact the brand is having in the Irish market as

SEAT becomes a first choice in the SUV market for many Irish motorists."

FASTNEWS

AI TECHNOLOGY

Car tech senses when you are tired

JAGUAR Land Rover is developing new artificial intelligence (AI) technology to better understand changes in a driver's mood while behind the wheel and adjust cabin settings to improve driver wellbeing.

The technology uses a driver-facing camera and biometric sensing to monitor and evaluate the driver's mood and adapt a host of cabin features, including the heating, ventilation and air conditioning system, media and ambient lighting. The settings will be altered in response to the driver's facial expressions to help tackle stress. Reports suggest 74pc of us admit to feeling stressed or overwhelmed every day. In time, the system will learn a driver's preference and make adjustments.

JLR is also trialling similar technology for rear passengers with a camera mounted in the headrest. If the system detects signs of tiredness, it could dim the lights, tint the windows and raise the temperature in the back to help a person seated there to get to sleep.

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SPORT

Leader

LAST CHANCE FOR THE BLUES

Playoff spot on line for Limerick FC

See Page 61



Up for grabs: Aaron Gillane of Limerick handpasses the ball, under pressure from Kilkenny players, from left, Paul Murphy, Enda Morrissey, and Tommy Walsh when the sides met in the league this season. On Saturday a place in the All-Ireland final is up for grabs between the rivals

Limerick won't be caught catnapping insists Gillane

GAA: Kilkenny stand in way of another All-Ireland final appearance

JEROME O'CONNELL
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"WE are all just delighted to be living our dreams at the moment, beams Aaron Gillane ahead of Limerick's All-Ireland SHC semi final with Kilkenny.

On Saturday Limerick play in successive Croke Park semi finals for just the second time and Gillane and Co are bidding to reach back-to-back All-Ireland SHC final for the first time since 1973-74.

Gillane stresses that Limerick won't be taking anything for granted against Brian Cody's Kilkenny.

"We won't be looking past this semi final and we can't afford to - if they get a hint of complacency from us, we will be wiped out. There is no

point looking past July 27 and we won't," insisted Gillane.

Limerick are back in Croke Park, where the last two visits saw the green and white heroes lift All-Ireland and League honours.

"It's something to look forward to and it is the pinnacle and where you want to be playing when you are growing up and it's where everyone strives to be from when you are five or six," said the Patrickswell star.

Gillane believes Limerick have improved since 2018.

"I think we would be failing ourselves if we weren't improving in every match we play - even after every training session when you sit down there are things to work on and after every game there are even more things to work on."

He explained: "You always want to be improving - if you are doing the same thing in every match, you are going to become a one-trick pony so you need to mix it up a little. It's not about hitting the ball in high and hope for the best - you have to be making the clever run and mix it up a bit".

The free-taker insists there is no secret to the success under John Kiely.

"You can never work hard enough," said Gillane.

"I think we have brought it up another notch this year. It's the easiest thing you can do - work hard. You are guaranteed that you can go out and work hard whereas you might not score five or six points but if you put your mind to it, you can go out and work hard and hopefully be

rewarded for that at the end of the game. That's our motto," outlined Gillane, who has scored 2-40 enroute to the All-Ireland semi final.

The Limerick star is loud in praise of the role played by coach Paul Kinnerk.

"We are lucky to be playing in an era where we have Paul as a coach. He is the best that I have ever come across and I would say that I could talk for the rest of the boys in that too. He is unreal and I can't talk highly enough of him - he puts so much time and effort into studying games and making up new drills for training. He loves it but I guess he has to because he puts so much time into it," said Gillane of the Monaleen man.

On Saturday Kinnerk, Gillane and Limerick bid to repeat last year's

championship win over Kilkenny and reach the August 18 All-Ireland final against Wexford or Tipperary.

Limerick's team will be named after training on Thursday evening with Barry Murphy the only member of the 37-man panel not available for selection.

Saturday's game has a 6pm start and will be live on both RTE and Sky Sports.

The curtain-raiser is also between Limerick and Kilkenny in the All-Ireland minor hurling semi final. This game has a 4pm start and is live on TG4.

Tickets remain on sale in Centra and SuperValu shops and online - tickets will also be available to purchase outside the ground on Saturday.

Rugby News

Four players are added to Munster's Academy

COLM KINSELLA
sport@limerickleader.ie

FOUR players have been added to the Greencore Munster Rugby Academy ahead of the start of 2019/20 season.

The Year One recruits include Shannon RFCs Jake Flannery, Paddy Kelly, of Young Munster, John Hodnett (UCC) and Eoin O'Connor (Waterpark).

Four Academy players have already joined the senior ranks this summer with Gavin Coombes (back-row forward/Young Munster), Craig Casey (scrum-half/Shannon), Shane Daly (centre/Cork Constitution) and Sean O'Connor (lock/Garryowen) all promoted.

James McCarthy was released from the Academy at the end of last season.

Meanwhile, the date, venue and kick-off times have been confirmed for Munster A's three home fixtures in the Celtic Cup competition which kicks-off next month.

Along with Munster, the competition features development squads from Connacht, Leinster, Ulster, Blues, Dragons, Scarlets and the Ospreys.

Munster A's Celtic Cup fixtures begins with a home date with the Ospreys at Musgrave Park on Friday, August 23 at 7.30pm.

Munster A's second home game will be against great rivals Leinster A at Musgrave Park on Friday, September 6, also 7.30pm, before completing their home fixtures in the competition against Cardiff Blues two weeks' later on Friday, September 20, 6pm.

Three players went on to represent Munster in the Guinness PRO14 after featuring in the Celtic Cup last season - Alex McHenry, Liam Coombes and Diarmuid Barron.

Members of Ireland's U20's squad that achieved a Six Nations Grand Slam featured prominently for Munster in the Celtic Cup at the start of last season.

For more see #LLSport

60 SPORT BALLINACURRA GAELS CUL CAMP



Patrick Dwan with the under 6's



Kieran Day and Peter O'Grady with the under 10's



Alleyes on the ball



Jim Gibb with Garry McCarthy at the Summer Camp



Michele Barrett with the under 8's



Cul Camp buddies Corey Walker and Sean McGrath



Aisling Kennedy with the under 12's

McCormack pays tribute to Sheehy following win on Leaside

LIMERICK'S Graham McCormack took his fight record to 5-0 last weekend in Cork with a hard battling win over Reyhan Todorov. The euphoric reaction to 'G-Train's' win was quickly brought to an end however as the fighter paid tribute to his friend Kevin Sheehy.

Immediately after the fight McCormack spoke to Irish Boxing.com referencing his friend who died so suddenly just a few short weeks ago.

"I just want to dedicate this win to Kevin Sheehy and his memory" McCormack opened with.

"I know that might not be much when you think about what has happened, but that win was for him. For his memory, his family and the people of Limerick. It's a horrific things to happen and it's been horrific for the Limerick boxing community. It's been horrific for the city, the boxing community as a whole and it's just so tragic. I was talking to his father today and look I just want to say that win was for his memory."

McCormack's words, so eloquently put, highlights the character of the fighter, clear for all to see both inside and outside the ring.

"I am tough as nails, so anyone that gets in there with me will be in a fight – and I believe anyone. And against anyone I will do what it takes to win.

"I love it to be honest. Look when I turned over I didn't do it with a big reputation behind me. I wasn't this amazing amateur, but I love this game. I am tough, I am gritty, I like to throw punches and I think I am in entertaining fights" he confirmed.

The win was McCormack's first stoppage victory. The Limerick fighter now wants a bout against fellow light middleweight Cillian Reardon.

Reardon is the current strength and conditioning coach with Leinster Rugby, so a bout between these two rivals is sure to attract large interest.

We wait in hope.

'Blues' face Cobh test as play-off hopes fade

COLM KINSELLA
ckinsella@limerickleader.ie

LIMERICK FC will look to re-ignite their fading promotion play-off hopes this Friday night when Cobh Ramblers visit the Markets Field for a crucial fixture in the SSE Airtricity League First Division, 7.45pm.

Limerick currently sit in sixth place in the First Division table, a full seven points behind fourth-placed Cabinteely. There are now just six rounds of First Division fixtures to be played.

Friday night's opponents Cobh sit one place and nine points behind Limerick in the table.

Tommy Barrett's Limerick side suffered a disappointing 4-1 defeat to second-placed Drogheda Utd at the Markets Field before an official attendance of just 321 paying customers.

Limerick led at the break through a Clyde O'Connell header. However, 'Drogs' hit back with four second half goals to consign the Blues to their second home league defeat of the season.

Three of Limerick's six remaining league fixtures will be at home, with the other three games on the road before the regular season ends in September.

Limerick FC manager Tommy Barrett admits his side are facing a tough task to get back into the promotion play-off race, but they are determined to keep fighting

for every point.

Barrett said: "We'll keep going, Drogheda play Cabinteely this week and if we beat Cobh it could be down to seven points – you never know. It will be really difficult for us (to finish in the top four), but we'll keep plugging away"

While Barrett remained optimistic about his sides chances, he was also aware of the difficulty of task ahead. "We'd have to beat Cobh, Cabinteely and Wexford and we'd have to get something out Galway and Shelbourne away."

Limerick FC will hope that the attendance increases on the disappointing turnout for the visit of Drogs last Friday night.

Barrett added: "You saw we played really well (v Drogheda). I'm disappointed with the crowd, particularly when you see Galway hosting Shelbourne in their last home match and they got 816, even though they are bottom of the league. We were in fourth place and played Longford and again against Drogheda we only got 300-400."

While Limerick harbour slender hopes of getting back into the promotion play-off picture, the Shannonsiders also have an FAI Cup campaign to look forward to.

Limerick will travel to St Colman's Park for a second round FAI Cup meeting with Munster Senior League side Cobh Wanderers on Friday, August 9 at 7pm.



Shane Tracy slips in behind the Drogheda defence during their meeting on Friday night

Limerick trio set for basketball's European Championship finals



Sophie Moore who is going to Bulgaria to play in the under 16 European basketball championships is pictured alongside Ronan Cregan and Nathan Moore, who will be going to Bulgaria to play in the under 18 European basketball championships

THREE Limerick teenagers are bound for the European Basketball Championship.

Among the trio are brother and sister Nathan and Sophie Moore.

Limerick Lions star players Ronan Cregan and Nathan Moore fly out to Oredea in Romania to play in the U18 FIBA European Championships in later this month.

Both of these young men have enjoyed incredible success with this Irish team in the past number of weeks

with three tournament victories already under their belts by winning the Cherbourg International Tournament in June followed up by winning the Dussmann International Tournament in Luxembourg and then just last weekend winning the Frank and Honest three day International series against Norway.

In mid-August, Nathan's younger sister, Sophie Moore who plays club basketball with St Colms, is a member of

the U16 Ireland Womens team that takes part in the U16 FIBA European Championships in Sofia in Bulgaria.

Sophie has played several International games as part of the team's preparation and will be heading to Germany in a couple of weeks hoping to build on their successes to date.

Sophie and her Irish team mates collected the runners up trophy at the recent Dussman Tournament in Luxembourg with great wins over Croatia and Luxembourg.

Camogie girls get TV deal

LIMERICK'S All-Ireland camogie championship quarter final is set for live television coverage.

For the first time in 14 seasons Limerick play in the knockout stages of the championship – a Saturday August 3 tie against Tipperary in Semple Stadium in Thurles at 5.30.

The Limerick-Tipperary game is the opening game of a quarter final double-header - Galway play Waterford at 7.15

Both games will be live on RTE television.

Declan Nash's team beat Wexford and Offaly but lost to Galway and Kilkenny in the group phase.

"It means everything to this group, they're an exceptional group. It's been 14 years since we were in the knockout stage," said Declan Nash.

"The majority of this group won't even remember, because they're between 19 and 22 years old. It is where they deserve to be, it is great for Limerick Camogie to have Championship Camogie in

August," said Declan Nash.

Elsewhere, Limerick's Ladies Football team look set for a relegation battle.

Back-to-back defeats in the TG All-Ireland Intermediate Championship mean that John Ryan's side look set to be involved in a relegation play-off unless they can earn a big win over Sligo.

The make or break tie for the 2018 All-Ireland junior champions takes place on Sunday (2pm) in Kilcoyne Park in Tubbercurry.



Kilkenny's Michelle Quilty and Marian Quaid of Limerick
Picture: ©INPHO/Lorraine O'Sullivan

ON THE BALL

“Limerick to the core...”

COLM KINSELLA

Lowry's Open win helps golf to shed stuffy image

WALKING along the high dunes looking down over Lahinch's fourth fairway – the famed Klondyke hole – during the opening round of the recent Irish Open, a middle-aged woman took a call on her mobile phone.

She was far enough away from the play not to be noticed by the marquee threeball making their way up the fairway to play their blind second shots into the par four on day one of the Irish Open.

Shane Lowry, Tommy Fleetwood and Russell Knox strode purposefully along the manicured fairway.

From her lofty perch high above the players, the woman whispered into her phone. “Hi Mary, I'm at the golf in Lahinch,” she mumbled excitedly. There's a huge crowd here – ‘tis just like being at a hurling match!”

Her sense of excitement was palpable.

Not sure if Tommy Fleetwood or Russell Knox have ever been to a hurling match, but the new Open champion Shane Lowry certainly has attended many over the years.

If Open runner-up Fleetwood and Knox took the time to closely observe the vast galleries in Lahinch, they couldn't have been but taken with the number of

spectators wearing inter-county and club GAA jerseys and half zip tops.

GAA merchandise is big business. It was the same at Royal Portrush over the weekend, a high number of golf fans sporting GAA jerseys and polo shirts.

Sure, the jerseys provide a sense of identity and pride in where you're from. But they are also a clear indicator that golf has lost much of the ‘stuffy’, somewhat ‘elitist’ image that surrounded the game for many decades.

For decades in Ireland golf was seen as the preserve of the professional classes. They made up the vast majority of the membership of most golf clubs around the country.

But the make-up of the memberships of clubs has changed dramatically in recent decades. It is a game played by all classes of people. Golf is now more affordable than ever. Club subscriptions offer good value if you have the time to play the game a couple of times week.

Shane Lowry's victory is a massive boost for the game of golf in Ireland. People can relate to him. He is affable and care-free. His Open Championship success was a victory for an ‘ordinary guy’, albeit

Champion Golfer of the year Shane Lowry



with a huge amount of natural talent.

No doubt every golf club in every town and city in Ireland this week is full of aspiring juniors dreaming of emulating Lowry's success at Royal Portrush on Sunday, lining up putts on practice greens and dreaming they have it to win the Claret Jug.

Major glory is actually possible. The Offaly man plays the game his own way, blessed with a wonderful touch around the greens.

His short game is to die for. His swing may not be textbook perfect, but it is hugely effective. And golf is not about ‘how’, it's all about ‘how many.’

The manner in which he has transformed in fortunes from crying in the car park in Carnoustie after his opening round at the 2018 Open at Carnoustie to lifting the Claret Jug on Sunday is remarkable.

Twelve months ago, 32-year-old Lowry had sacked his long-time caddie Dermot Byrne following an opening round 74 and went on to miss the cut for the fourth year in succession. Lowry frankly admitted that his golf wasn't his friend at the time.

Irish golf received a massive shot in the arm last weekend. Lowry's success should inspire a generation. For more see #LLSport

JEROME O'CONNELL

Nervous more than excited this time round

IT'S always great to see Limerick back in Croke Park.

Even better when it's the business end of the championship.

Twelve months ago Limerick hurling on was a magical mystery tour and all jumped aboard without a care in the world. Carried on a wave of emotion throughout one of the great hurling championships, no one knew of the final destination nor were they overly burdened by expectation.

This time round, all feels a little different, a bit more real, if you like.

The carefree ambivalence of 2018 is replaced by expectation.

John Kiely and his players perhaps can live in their ‘bubble’ but for most Limerick hurling supporters their eyes are on silverware and nothing else.

Three years into his tenure as manager John Kiely has always stressed a ‘one game at a time mantra’ and that will stand to Limerick this weekend. There is no doubting the players appear to enjoy the taste of success just as much as supporters but semi finals can be tricky to manoeuvre.

That's not to mention the extremely poor record of Munster champions at the semi final stage – 14. All-Ireland semi final appearances, direct from the provincial final, and just four wins across the last two decades.

Funny thing is, it's that very statistic that could actually be the motivation needed by Limerick.

This group of players simply love a challenge and tearing up the record books and if they bring the performance levels of the Clare, Waterford or Tipperary games to Croke Park on Saturday I have no doubt they will conquer the Kilkenny challenge and move within a win of retaining the Liam MacCarthy Cup.

For more see #LLSport

DONN O'SULLIVAN

South Africa's form will dictate Ireland's World Cup journey

The first game of the Rugby World Cup is now less than 60 days away.

Ireland will open their campaign against Scotland on September 21.

The schedule is hectic, with (potentially) seven games in seven weeks required to win it all.

Ireland are expected to navigate the Pool stage with relative ‘ease’

Wins over Scotland, Japan, Russia and Samoa would guarantee Ireland top spot and a meeting with the second placed side from Pool B containing New

Zealand, Italy, South Africa and Canada.

Barring a complete shock, the top two spots in that Pool will be filled by South Africa and New Zealand.

The ‘All-Blacks’ are favourites for the World Cup, so they ‘should’ win that one.

This leaves Ireland facing



South Africa in the quarter final on the weekend of October 19.

Munster fans will recognise familiar faces on the South African sidelines as Rassie Erasmus, Jacques Nienaber and Aled Walters have taken over the reins of the ‘Bokke’

The ‘Erasmus effect’ is already bearing fruit and the

Springboks have even changed their selection policy to suit their World Cup plans.

The men in (darker) green will be bursting at the seams with talent from all over Europe and from Super Rugby as they chase their third World Cup crown.

Some might say they will be ‘waiting in the long grass’ for Ireland, but by the time this South Africa team arrive in Japan, it won't be waiting in the long grass, it will have trampled a large path to the quarter finals. Remember, if they beat the AB's, we get them...

COLM KINSELLA

Pylonthe pressure can claim Galway Plate

THE mammoth seven-day Galway summer racing festival gets underway at Ballybrit next Monday, July 29.

Prize money for the landmark 150th Festival has been boosted to a record-breaking level in Galway to over €2.3 million, an increase of €250,000 on last year.

With fifty-two races over the

seven days, each day offers a minimum prize fund of €120,000 for the feature race.

The coveted thetote.com Galway Plate off at 7.20pm on Wednesday, July 31 a race synonymous with Galway. The prize fund for the race is €300,000.

Black Corton and Bryony Frost will bid to give top English trainer

Paul Nicholls a second win in the Plate, one of seven British-trained entries in the race, including the Dan Skelton's Azzuri, owned by the Irish-based The Blind Squirrels. Syndicate.

A winner last year with Clarcam and with Lord Scoundrel in 2016, Gordon Elliott made 13 entries, headed by Mengli Khan, who

showed up well over fences at Cheltenham, Aintree and Fairyhouse.

However, preference is for Pylonthe pressure, representing Willie Mullins.

The 14/1 shot finished second in the Mayo National at Ballinrobe last time out and is a solid each way bet.



Galway Races is the place to be

IS THAT ON THE BOX?

Wednesday

TENNIS

HAMBURG
AMAZON PRIME 11AM

CYCLING

TOUR DE FRANCE
ITV4 EUROSPORT 11.40AM

CRICKET

ENGLAND V IRELAND
SKY SPORTS 11.30AM

SOCCER

JUVENTUS V INTER
PREMIER SPORTS 12.30AM

BASEBALL

RED SOX @ RAYS
BT ESPN 5.10PM

Thursday

GOLF

THE EVIAN CHAMPIONSHIP
SKY SPORTS 10AM

CRICKET

ENGLAND V IRELAND
SKY SPORTS 11.40AM

SOCCER

SPURS V MAN UTD
MUTV 12.30PM

GOLF

ST JUDE'S CLASSIC
SKY SPORTS 7PM

SOCCER

WOLVES V CRUSADERS
PREMIER SPORTS 7.45PM

Friday

GOLF

THE EVIAN CHAMPIONSHIP
SKY SPORTS 10AM

CRICKET

ENGLAND V IRELAND
SKY SPORTS 11.40AM

CYCLING

TOUR DE FRANCE
EUROSPORT ITV 1PM

GOLF

THE SENIOR OPEN
SKY SPORTS 1PM

GOLF

ST JUDES CLASSIC
SKY SPORTS 7PM

Saturday



Cody's Cats are on the prowl, can they get back to the All-Ireland final?

RUGBY UNION

NEW ZEALAND V S AFRICA
SKY SPORTS 8.35AM

RUGBY UNION

AUSTRALIA V ARGENTINA
SKY SPORTS 10.45AM

GOLF

THE EVIAN CHAMPIONSHIP
SKY SPORTS 11AM

CRICKET

ENGLAND V IRELAND
SKY SPORTS 11.40AM

CYCLING

TOUR DE FRANCE
SKY SPORTS 1PM

RUGBY LEAGUE

WARRINGTON V HULL
BBC ONE 2PM

GOLF

THE SENIOR OPEN
SKY SPORTS 2.30PM

MINOR HURLING

KILKENNY V LIMERICK
TG4 4PM

RUGBY UNION

W PROVINCE V LIONS
SKY SPORTS 4.15PM

RUGBY LEAGUE

ST HELENS V HALIFAX
BBC 2 4.30PM

TENNIS

PALERMO 2019
BT SPORTS 5.30PM

SENIOR HURLING

LIMERICK V KILKENNY
SKY SPORTS/RTE 6PM

DARTS

WORLD MATCHPLAY
SKY SPORTS 7PM

GOLF

ST JUDES CLASSIC
SKY SPORTS 7PM

Sunday

GOLF

THE EVIAN CHAMPIONSHIP
SKY SPORTS 11AM

CRICKET

ENGLAND V IRELAND
SKY SPORTS 11.40AM

MINOR HURLING

WEXFORD V GALWAY
TG4 1.30PM

GOLF

THE SENIOR OPEN
SKY SPORTS 2.30PM

SENIOR HURLING

WEXFORD V TIPPERARY
SKY SPORTS/RTE 5.30PM

SOCCER

LIVERPOOL V NAPOLI
LFCTV 5PM

CYCLING

TOUR DE FRANCE
ITV/EUROSPORT 5.30PM



Paul Pogba will be in action for Manchester Utd against Spurs on Thursday



Seamus Callanan of Tipp

Limerick's Newspaper since 1889

LIMERICK LEADER

**WE HAVE
MOVED
AROUND
THE
CORNER**



**to 29 Glentworth Street, Limerick
and Please come see us
in our new offices**