

# RUGBY EXPERIENCE SET FOR NEXT PHASE



Clear out of site in sight and building soon to commence - See page 6

Thomas O' Kelly, JP McManus and Paul Foley at the site of the International Rugby Experience on O'Connell St this Tuesday  
PICTURE MICHAEL COWHEY

# The Leader

Wednesday, August 7, 2019

**FREE**

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**HE'S COMING HOME!** Love Island star returns **P4**

**FAIR PLAY** the 34th edition of the Milford Harvest Fair is set for UL in September **P5**



**MUNGRET MUSIC FESTIVAL** We look ahead to the event of the summer **P22-25**



**Champ Conlan pays tribute to late Limerick boxer Sport**

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# LeadingOff

Setting the agenda in Limerick



**▲ GOOD WEEK**

**CJ & Jean Marie Stander**  
The Munster star and wife Jean Marie welcomed their first child, a baby girl named Everli, to the world



**▼ BAD WEEK**

**Rory Scannell**  
The Munster centre didn't make the cut when the Ireland World Cup squad was announced



**☀ QUOTE OF THE WEEK**

"It's a shameful indictment of this government and their failed policies."  
**Deputy Maurice Quinlivan on overcrowding figures for July. See page 6**

**INSIDE THIS WEEK**



**QUESTIONS OVER IVAN'S**

Shop fails to open  
Page 26



**ASSAULT PUT ON WEB**

Footage posted on Facebook  
Page 8



**HOUSE 'NEGLECTED'**

Anger in Kennedy Park  
PAGES 12



**PIPE BOMB IN BIN**

Man in court over device  
Page

# Tragic drugs death mars music festival



An aerial shot from the Independence festival which was attended by 15,000 people at the weekend, but which will be sadly remembered for the death of a 19-year-old from Clonmel who died after taking either ecstasy or MDMA



**WHAT WE THINK**

**EUGENE PHELAN**

LEADER EDITOR

SOCIETY has changed dramatically in the past 30 years or so and while alcohol was the main substance used by people to chill out and enjoy themselves in the 80's and 90's that has all changed now.

In the intervening years illegal drugs - cannabis, ecstasy, cocaine and others - have become the main release valve for many people, though

alcohol remains popular.

Music festivals and drugs seem to go hand in hand and it was so sad to read at the weekend how a teenager who attended the Independence festival in Mitchelstown died after he took either ecstasy or MDMA.

What was supposed to be a fun weekend turned out to be a complete tragedy, and something really the

organisers of such events can do little about.

Our thoughts and prayers go out to the family of the 19-year-old who died after being rushed to hospital.

A lot is being done in schools to educate young people on the dangers of alcohol and other drugs, but clearly more needs to be done. This tragedy should be a wake up call for all.

**WEBTOPTEN**

1. Limerick parents hold birthday party for daughter who would have turned 16
2. Limerick family to star in Aldi ad campaign
3. Footage of Limerick assault victim uploaded to Facebook following violent attack
4. Family of autistic man from Limerick are 'desperate for help'
5. SLIDESHOW: Limerick hurler lands short of All-Ireland Poc Fada title on Cooley Mountains



**Copper was stolen from the Dunraven Arms**

6. Suspended sentence for robbing copper from county Limerick hotel

7. New plans for Limerick city's main street described as a 'fudge'

8. The what, when and where of Limerick's Greg O'Shea's homecoming

9. Penalty points and fine for 'ambulance chaser' stopped in Limerick village

10. Limerick driver banned and fined for road offences



He's coming home!

**WEATHER FOR THE WEEK**



**WEDNESDAY**

A couple of showers with temperature peak a balmy 20°C



**THURSDAY**

A passing afternoon shower with a peak of 22°C



**FRIDAY**

Periods of rain with a high of 20°C



**SATURDAY**

Clouds and sun with a few showers and a high of 17°C



**SUNDAY**

A little rain in the morning clearing with a high of 17°C



**MONDAY**

A few showers around with temperature peak of 17°C

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# MyLimerick

## Dr Rose Anne White

Curator, Limerick People's Museum



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

A morning spent going through the wonderful collections of artefacts related to Limerick's history that people have donated to Limerick Civic Trust for the new People's Museum of Limerick, followed by a packed lunch in a sunny People's Park right across the road, before an afternoon spent putting together an exhibition with the team in the museum building at No. 2 Pery Square. An ideal day would end with sushi for dinner at Taikichi, and a play at the Belltable.

### What's your first Limerick memory?

Learning to swim in the river under the footbridge in Castleconnell. My grandfather was stationed in Castleconnell during the Emergency, and while he was working on building that bridge, he met a local girl and ended up staying!

### What's your favourite local walk or view?

I love strolling around King's Island with friends and family - there is so much history packed into the web of streets there. From listening to a lunchtime concert in St Mary's Cathedral to climbing towers and turrets with my two small boys in King John's Castle, or taking a walking tour from The Bishop's Palace if I have visitors staying. Another favourite spot in King's Island is Fanning's Castle, the ruins of the last remaining of the fortified townhouses that once formed the streets of a very different Limerick, which is fascinating to imagine.

### What do you think gives Limerick its unique identity?

It's true that Limerick is unique, and nowhere more so than in her streets. The tall townhouses and blocks that were planned by engineers from Italy and Ireland, and commissioned by tradespeople and merchants, have a very different flavour to other Georgian cities. They are the product of mixing entrepreneurship with hard work and ideas from abroad, and make for an eclectic and really interesting town.

### Favourite local restaurant?

It was the Underdog on Thomas St before it closed recently! It is a real loss to the city to not have a dedicated veggie café, especially with the Old Fire Station café closing around the same time. I hope that another opens soon. In the meantime, chips from Donkey Ford's are always amazing!

### How would you describe the people of Limerick?

Curious about its past, and ambitious for its future! There's been an enormous swell of goodwill and support for our experiment here in No.2 Pery Square. We're looking forward to opening the museum later in the summer, and telling some interesting stories about Limerick and its people.

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

Limerick has a rich tradition of culture and it's one of the things I want to bring to life in the People's Museum over the next few years. One of our opening exhibitions is about Limerick's sporting heritage, and sport has found itself in the middle of wider political and social changes in the city at different times. The arts are critical to our city's past and future: they allow us to tell our stories, reflect on their meaning, and look at life afresh. We are looking forward to hosting artists of every type in No. 2 Pery Square - from painters to musicians to theatrical performances.

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

There are no statues of real women in Limerick whatsoever. Not a single one (there are two of figurative women), even though there are so many extraordinary women who came from Limerick. We should be using our civic space to commemorate and celebrate the contributions of women like Kate O'Brien, Kathleen Clarke, Dolores O'Riordan, Catherine Hayes, Lola Montez, Dodo Reddan, Mary O'Donovan, or Mary Heath. Our young girls need to see themselves reflected in who is celebrated by the city.

### What's the biggest challenge facing the city and county today?

Limerick has wonderful built heritage, which it struggles to maintain. The historic buildings which make up the fabric of our city are often difficult and complicated for people to buy or conserve. Schemes addressing this seem to be few and far between, and the result is a town centre that is empty after six o'clock in the evening. I would like to see joined-up communication between the different lists that deal with derelict housing, vacant housing, protected structures, and the inventory of architectural heritage. Wouldn't it be marvellous to see more families living in our beautiful townhouses?

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OF THE



Limerick's Greg O'Shea and Amber Gill won over the public in the Love Island final, scoring almost 50% of public votes. The couple beat Molly-Mae and Tommy Fury to the title, who scored 26% of votes, with Longford's Maura Higgins placing fourth

# Greg set to feel the love as he returns home to Limerick

**Homecoming:** Corbally man touches down at Shannon Airport after Island win

REBECCA LAFFAN

rebecca.laffan@limerickleader.ie

LIMERICK man of the moment Greg O'Shea is set to make his return home today, Wednesday, August 7 for the first time since his Love Island success.

The 24-year-old Corbally man was voted winner of the series last week in a nail biting series finale which saw himself and Amber Gill walk away with £50k between them.

After more than a week of media commitments with Love Island producers and ITV, the Sevens player is returning home to a life which will definitely be a little different to how it was before.

However, those handling Greg's homecoming say life may be getting back to normal quite quickly for the Love Island winner, who competed on the show during his downtime from the Sevens team.

"He's a professional athlete, he's returning to his studies and

preseason soon so those type of personal appearances won't be something we're pursuing because of the reputational challenges it poses," said David McHugh of Line Up Sports.

David added that due to time constraints, no formal appearance has been scheduled for Greg in his home city of Limerick, but is "totally open to doing something with the public soon."

Ahead of landing in Shannon Airport this Wednesday morning, Greg spent time with Amber's family in Newcastle last week, with the couple seemingly inseparable in the wake of their win.

The two spent Amber's 22nd birthday together, with Greg sharing a photo of the pair on Instagram, captioned: "Massive happy birthday to this amazing woman, she really is a 10/10. So lucky to have met her and can't wait to get her to Ireland."

During Sunday night's Love Island Reunion show, Amber stunned

viewers by revealing she'd move to Ireland for the relationship.

Host Caroline Flack grilled the new couple about living in separate countries, and asked how they would overcome the obstacle.

"It's not a problem at the moment as we're both so busy," Greg said, "plus, there are planes every hour - it's really not a big thing for us."

"Yeah, it doesn't take long to get there, but I could always move to Ireland," Amber announced.

This Tuesday the couple were grilled further on their relationship, and were asked about their "exclusively dating" tag.

"We're exclusively dating, but we're not official yet," Amber explained on Loose Women.

"You have to remember we only met each other for the first time on July 15," added Greg, with Amber admitting that Greg "hasn't asked (her) yet" about going official.

"We're definitely going in the right direction," he said. "I can definitely

**“We're definitely going in the right direction”**  
GREG O'SHEA



see us getting there, but we haven't known each other a full month yet."

"She needs to meet my friends and family.... I've met her family and friends - absolutely lovely people, really welcoming - but she hasn't met any of my friends yet."

"I do feel like I've grown quite a lot and I feel like with everything that happened it made us appreciate Greg a lot more," said Amber, who was previously linked with Michael on the show.

Now with over a million Instagram followers, Greg, along with many other contestants on the show, are set to rake in seven-figure sums in the coming months.

According to reality TV experts, Greg stands a huge chance of banking €1m in earnings from promotional work, such as sponsored Instagram posts and public appearances.

Greg is set to return to the Irish Sevens team later this month for the preseason ahead of their Olympic qualifier next year.



Joe Murphy, chairperson of the Harvest Fair Committee and Chairperson of the board of Milford Care Centre and Pat Quinlan, chief executive, Milford Care Centre celebrate the launch of the Milford Hospice Harvest Fair 2019 with Anne Marie Hayes and Melissa Purcell, Milford Care Centre fundraising department, Jacko the Clown, Mickey Mouse and local children PICTURE: KEITH WISEMAN

# Milford Harvest Fair returns to grounds of UL for 34th edition

**Charity:** Perennially popular event set for University of Limerick on September 1

**NICK RABBITS**  
nick@limerickleader

THE countdown to the annual Milford Hospice Harvest fair is now under way, with the popular event set for Sunday, September 1 at the University of Limerick.

The charity's main fundraiser of the year, thousands of people are expected to attend the event, which kicks off at 11am.

Now in its 34th year, the Harvest Fair has raised millions of euro for Milford Hospice, which provides convalescent care to patients across the region.

The launch of the event took place last Thursday in Milford Hospice itself, with the chairman of the board Joe Murphy praising the dedication of the team which works behind the scenes to deliver the event.

"The Milford Harvest Fair, which is a free of charge event, is so traditional in nature. That's

what makes it the success it has become," he said.

"It's a day out for families, where the adults can ponder and select their bargain purchases and the children can be equally entertained scanning the toys on offer and partaking in the great entertainment on site throughout the day," he said.

Mr Murphy said it's an event for everybody, young and old.

"The range of stalls this year will include books, toys and a host of miscellaneous goods, including handbags and scarves for the ladies; this was such a success last year that we just had to include it again this year.

"It's simply a fun day out for the family and all are welcome," he added.

Milford Hospice chief executive Pat Quinlan added: "We could not achieve the level of fundraising we do without the volunteers; they complement the work of our wonderful

in-house team and give of their time so generously and effortlessly. Fundraising is a very important element of our work as all the monies raised go towards the provision of our much-needed specialist hospice services across the Mid-West."

A call for donations for the event is now open – donations of items for the stalls will be accepted between Monday, August 19 and Thursday, August 29.

Books, however, will be accepted for just one week, until Friday, August 23.

All items should be delivered to the goods acceptance area in Milford Care Centre located at the bottom of the car park. Directional signs will indicate the exact location on site. Donations of new and used items for the perennial favourite, the Wheel of Fortune, are also being sought. For more information, telephone 061-485800.

## Live 95 retains top spot as 60% of adults tune in weekly

LIVE 95 has maintained its market leading position in Limerick, the latest radio listenership figures have confirmed.

According to the official Ipsos/MRBI JNLR figures, almost 100,000 people tune into the radio station every week, which equates to over 60% of the available audience across the city and county.

The figures, which have just been published cover the 12 months to the end of July 2019.

"The power of radio really is amazing

with over 80% of Limerick listeners tuning into a radio station every day of the week. At Live 95, we're delighted to play our part in contributing to the radio that local listeners enjoy and we're grateful that so many find a home with their local station. We've a really dedicated team here who work incredibly hard to deliver the best service to listeners and advertisers and I want to thank them for their dedication and commitment to the radio station", said Live 95's Station Director, Joe Nash.

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# Quinlivan slams July's ED overcrowding

**RYAN O'ROURKE**

Ryan.orourke@limerickleader.ie

UNIVERSITY Hospital Limerick has admitted that its 455 inpatient beds is not sufficient for the needs of the Mid-West region.

July 2019 was an especially busy month for the Emergency Department at University Hospital Limerick, due to a marked surge in presentations, and reductions in access to transitional care and home care package funding, which

led to an increase in delayed discharges.

"It's regrettable that any patient experiences long waits in the ED, and UL Hospitals Group has apologised for the distress and inconvenience that such extended waiting times have caused for patients and their loved ones," said a hospital spokesman.

"Bed capacity at UHL remains considerably below that of comparable hospitals in Ireland. 455 inpatient beds is not sufficient

for the needs of the Mid-West region," the spokesperson added.

Sinn Féin TD Maurice Quinlivan said figures from the INMO are yet more proof of the failed health policy of Fine Gael.

"To have 1,293 people on trolleys in one month in the summer, is truly shocking and it's a shameful indictment of this government and their failed policies. To put this number of 1,293 into context – in 2007 just 18 people were recorded on trolleys at University Hospital

Limerick in the month of July."

Deputy Quinlivan claims it's hard to believe it has been 'allowed to get this bad'. "Since Fine Gael came to power in 2011, the number of people on trolleys at UHL in July has escalated from 238 to 1,293 – an outrageous increase of over 440%." He called on the Health Minister to visit UHL and sit down with elected representatives, nurses, staff and patients to hear their stories first hand and listen to constructive solutions.



**Deputy Quinlivan claims that it's hard to believe it has been 'allowed**



**Work on clearing the site for the International Rugby Experience on O'Connell Street is expected to be completed in the next 10 days** PICTURE: MICHAEL COWHEY

# JP checks progress of €10m rugby museum

**Tourism:** High hopes new attraction can draw 100,000

**NICK RABBITTS**

nick@limerickleader.ie

THE multi-million euro International Rugby Museum continues to take shape, with its benefactor JP McManus paying a visit to the site this week.

The businessman was present to witness the ongoing work at the junction of Cecil Street and O'Connell Street, the site of the €10m visitor attraction. It's expected to open in 2021.

Many passers-by wished Mr

McManus the best as along with Paul Foley, he watched workmen complete the demolition of the site.

It is understood that work on clearing the site will be complete in the next 10 days, at which time they can start building Limerick's latest visitor attraction which is expected to draw 100,000 visitors a year.

The reason this particular site was chosen is to "help bring life and regeneration" to the city centre.

And there is confidence the early targets of 100,000 visitors a year can be easily met. Event

Communications London, which was involved in the Titanic visitor centre in Belfast along with the National Army Museum in London and Van Gogh Experience in Amsterdam has won the contract to work on the project.

It will be a family attraction that will last about 90 minutes with a number of digital galleries looking at moments in rugby, players, teams, history and great moments in rugby

There will be civic spaces and meeting rooms in the centre to allow local groups to run events.

# Safety fear as kids jump from cliffs at Kilkee

**NICK RABBITTS**

nick@limerickleader.ie

YOUNGSTERS jumping from high off the cliffs at Kilkee are risking life and limb, and are being warned that they are taking great risks by their actions.

Teenagers are leaping from approximately 80-foot high into the sea at the Clare resort.

And local Fianna Fail councillor Cillian Murphy, said one miss-step, and they are risking "a permanent life-changing injury at best, a funeral at worst."

"One hundred people can do it, and 100 people can be fine. But it's the 101st who might have the issue. I just think some parents don't realise what their kids are doing, and this is why we put the video up," said the councillor, who is the co-founder of Loop Head Tourism and a pub owner in the town.

He feels jumping from cliffs, to the sea bed, which can be raked with dangerous rocks underneath the water, is a new phenomenon with children previously going to designated spots to dive in the area.

"The reality is, one slip and they are dead or in a wheelchair for the rest of their lives or in a coma the rest of their lives. The rescue services would have to climb down and pick a body out of a water, putting their lives at risk too."

Cllr Murphy said that

younger children might copycat what older teens are doing on the cliff head, with their bodies not as able to cope with any damage caused.

"What do we do if we get a 11 or 12-year-old starting to do it and their bodies aren't able to cope with that stress. Look, it's just not a good thing," he added.

The message needs go out that jumping from the cliffs is an "uncool" thing to do, he said, "So kids look at it, and think: it's fine, I don't need to do that."



Cllr Murphy said leaping from such a height is "just human nature" for some people.

"Some people would drive a motorbike at 50 miles an hour, and there can be another who would drive it at 150 miles per hour. There are people who enjoy the thrill, get the adrenaline rush. It's one of the problems here," he added.

Charlie Glynn, from the Kilrush lifeboat station, said the water is not particularly accessible if a rescue is needed.

He said the behaviour seen on video was "particularly dangerous", adding: "If you're jumping in straight after someone, the water and area beneath you can change so quickly so it's extremely dangerous. In Kilkee you are at the mercy of the Atlantic swell." There are designated diving spaces elsewhere in Kilkee.

# Shop windows smashed by teen

**Guilty:** 17-year-old admits criminal damage

**DAVID HURLEY**  
david.hurley@limerickleader.ie

A TEENAGER has pleaded guilty to criminal damage charges relating to a crime rampage in the city centre earlier this year.

The 17-year-old, who cannot be named because of his age, has pleaded guilty to multiple charges relating to offences which took place on February 1.

Thousands of euro worth of damage was caused when several large shop windows at Cruises Street were damaged when they were struck and kicked.

The criminal damage charges before the court relate to three stores – Eason, Three and River Island

The defendant, who was 16 at



**The window at River Island**

the time, has also pleaded to a number of charges relating to the theft of a number of different cars.

Those offences all occurred in Castletroy area of the city on dates in February.

While the defendant initially appeared before the Children's Court after he was charged, the Director of Public Prosecutions subsequently directed that the

matter should proceed on indictment before the circuit court.

A book of evidence was completed and served on the defendant in recent days and he appeared before Limerick Circuit Court prior to the summer vacation.

After John O'Sullivan BL, prosecuting, confirmed the guilty pleas were acceptable to the State, barrister Liam Carroll pointed out that a probation report must be prepared before his client can be sentenced.

Judge Tom O'Donnell noted this and he formally requested that such a report be prepared.

Because of the defendant's age, the matter was adjourned to a vacation sitting of Limerick Circuit Court later this month.



**Cannonball last came to Limerick in 2017 to record crowds and now the supercar spectacle is set to roll back into town on Friday, September 7**

## Cannonball cars to stop in Limerick

**RYAN O'ROURKE**  
ryan.orourke@limerickleader.ie

CANNONBALL 2019 will be coming to Limerick on Saturday, September 7, as the official route confirms the supercar spectacle will park up in the Treaty City for a lunch stop.

The lunch stop will take place at the Radisson Hotel at 2pm.

In July there was a smaller Retro Cannonball event which brought classic cars to the stunning driving routes around Limerick, but now the super cars are ready to make an entrance once again. Thousands will line the roads from home and abroad

to see the spectacle and enjoy this free family event in aid of the Irish Cancer Society.

Cannonball, fuelled by milesPlus from Circle K, will start at Malahide in Dublin this year on September 6, at 10.30am and then blaze a trail through Cork, Kerry, Limerick, Mayo, Sligo, Meath and Offaly.

Fans will meet the drivers and celebrities and get an up close and personal with the world's top mark cars such as McLaren, Lamborghini, Ferrari, Aston Martin, Porsche, Maserati, Rolls Royce and Bentley.

The benefit to the Irish economy and host towns of this event is estimated at €2,567,000 per year.

Over 200,000 people will line the streets all over Ireland for Cannonball and the event has already raised €1,016,000 for Irish charities.

This year, the charity benefactor is the Irish Cancer Society. The charity funds lifesaving cancer research and a range of free support services for people affected by cancer.

Spectators will enjoy the unique festival atmosphere that Cannonball is renowned for.

## Treatment of cancer patients

RECENT statistics show 40,000 treatments for cancer-related illnesses were undertaken at the Mater Private Hospitals in 2018, including the group's Limerick facility.

The data comes as the Mater Private Healthcare Group reports ever increasing patient attendances and treatment numbers in its 2018 Annual Review.

The 2018 Annual Review highlights some of the key services, initiatives and achievements across the Group's healthcare facilities in Dublin, Cork, Limerick and Clatterbridge in 2018.

The Mater Private Mid-Western Radiation Oncology Centre in Limerick treats patients from all over the Mid-Western Region, and throughout 2018, the centre experienced a 14% increase in patient referrals to a service that was "already almost at capacity."

"We continually strive to ensure access to care, but the growth in referrals put us under pressure to achieve this goal," says the report, "Through the dedication of the team and revised working practices, the working day was extended to deliver services from 8am to 10pm."

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## LEADER BRIEFS

## Drugs and cash seized in raids

THREE women and a man who were arrested following a significant drugs and cash seizure have been released without charge.

Quantities of heroin, cocaine, cannabis and prescription tablets were seized during a number of searches last Friday which were carried out as part of an ongoing operation targeting criminality in the Saint Mary's Park area.

A significant sum of cash and high-value jewellery were also recovered during the searches which involved members of the divisional drugs unit and the Criminal Assets Bureau (CAB).

A 23-year-old man and two women, aged 27 and 44, were arrested at the scene while a third woman – aged in her 20s – was arrested during a follow-up operation.

All four have since been released without charge and a file is to be prepared for the Director of Public Prosecutions.

## New charity shop for children

THE National Council for the Blind Ireland (NCBI) has announced it's to open Munster's only dedicated children's charity shop in Limerick city centre.

Located at William Street, it says the store is geared for all you need for your young family. It stocks quality pre-loved clothes, cots, buggies and toys and is always looking for donations of such items – provided they are in good condition.

## Council advises of road works

LIMERICK City and County Council is advising motorists and road users that road works will continue at Plassey Park Road, Castletroy, adjacent to University of Limerick East Gate Entrance until Friday, August 9.

In a public notice, the local authority says the works involve the upgrading of traffic signal apparatus and that delays can be expected – especially at peak times.

# Footage of assault victim posted online

**Facebook:** Video of injured man was uploaded to social media by culprit

DAVID HURLEY

david.hurley@limerickleader.ie

A MAN who posted footage of another man on social media minutes after he attacked him at a laneway in the city centre has been jailed for two years.

Imposing sentence, Judge Tom O'Donnell said the recording and posting of the footage of the injured man on Facebook was an "alarming" aspect to the case.

Rafael Golek, 27, who has an address at Carrig Midhe, Corbally had pleaded guilty to assaulting the 66-year-old causing him harm on May 12, 2018.

During a sentencing hearing, Detective Garda Colum O'Shea said gardai only became aware of the assault after they were contacted by medical personnel at University Hospital Limerick.

The victim, he said, sustained a number of facial fractures as well as a swollen eye in the attack which happened at Ersons Lane, between Catherine Street and Anne Street in the early evening.

The detective said the victim, a Polish national, had been approached by Mr Golek and another man from behind and that he was kicked and punched several times.

The victim told gardai he recognised Mr Golek and that after he was knocked to the ground both assailants began to insult him in Polish while recording the exchange



The assault happened at Ersons Lane in the city centre PICTURE: ADRIAN BUTLER

on a phone.

"It's part of the modern-day world, it was a very calculated decision – he wanted to share his suffering on Facebook," commented Judge O'Donnell.

Barrister David McHugh said his client had been approached by a woman earlier in the day and that she "poisoned his mind" towards the victim.

He said based on information given to him, he sought out the victim and attacked him. "It was out of a mistaken sense of loyalty to his friend," he said adding he did not know if the information was true or false.

John O'Sullivan BL, prosecuting, said Mr Golek is facing extradition back to Poland when released from prison as he fled the country in 2012

midway through a prison sentence which he was serving at the time.

Imposing sentence, Judge O'Donnell said what happened was very nasty. "It was a gratuitous assault in broad daylight," he said adding the level of violence used and the injuries sustained were aggravating factors.

He imposed a two year prison sentence which he backdated to August 12, 2018.

## Garda patrol car 'rammed' during high-speed pursuit

A MAN has admitted deliberately ramming a garda patrol car during a high-speed pursuit in the city last year, writes David Hurley.

When arraigned at Limerick Circuit Court, Jimmy Harty, 43, of Sycamore Drive, Newbridge, County Kildare, pleaded guilty to a number of charges relating to an incident which happened in the early hours of November 16, 2018.

The charges on the indictment include endangerment, criminal damage and dangerous driving.

After his client formally pleaded guilty, Mark Nicholas SC requested that a psychological assessment be carried out saying such a report "would not go astray" and would be of benefit to the court.

Previously, Limerick District Court was told it is the State case that while on patrol at Childers Road at around 2.30am, gardai encountered a high-powered Audi A3 car which was



Limerick Courthouse, Mulgrave Street

being driven by Mr Harty.

Detective Garda Dean Landers said the defendant increased his speed when he saw gardai and that he attempted to avoid them resulting in a high speed pursuit taking place.

During the pursuit, the Audi A3

entered the car park of Our Lady of Lourdes church where the defendant reversed at the patrol car having first come to a complete stop.

During a bail application, the detective said two of his colleagues, who were armed, were approaching the car on foot when he reversed.

"He reversed at speed narrowly avoiding my colleagues. He hit the (patrol) car," he said adding it will be further alleged Mr Harty then fled from the car park by driving over a grassed area.

The pursuit continued along Rosbrien Road, through Punch's Cross and onto Courtbrack Avenue where the Audi came to a stop after it struck a roundabout and collided with an electricity pole.

Mr Harty, who was previously refused bail in the district court, has been remanded in continuing custody pending a sentencing hearing in December.

## Preclearance celebration at Shannon

SHANNON Group's airport company, Shannon International Airport is celebrating the 10th anniversary of the introduction of US preclearance services at Shannon.

First established at the airport on August Bank Holiday weekend 2009, Shannon was the first airport in Europe and the Middle East to offer US preclearance services.

This allows passengers bound for the US to preclear agriculture, customs and immigration controls at Shannon and arrive in the US as a domestic passenger.

This removes any further processing stateside and saves them considerable time as a result in particular for onward connections.





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	Healthcare Support- Care Support (Part-time Day)	5 Weeks	5th Sept 2019	Computer Basics- Equal Skills	5 Weeks	3rd Sept 2019
	Healthcare Support- Teamworking (Part-time Day)	5 Weeks	23rd Sept 2019	Computer Applications	10 Weeks	10th Sept 2019
	Safety and Health at Work	5 Weeks	10th Sept 2019	CAD 2D	10 Weeks	3rd Sept 2019
	Reception and Frontline Office Skills	10 Weeks	3rd Sept 2019	Good Manufacturing Practice	8 Weeks	24th Sept 2019
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- 8th August** ..... Kids Summer Disco

*All events : 12pm-3pm*



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## LEADER CRIME BRIEFS

BY DAVID HURLEY



## Bogus tradesman targets woman aged in her 80s

AN ELDERLY woman was duped out of €50 in cash by a bogus caller who approached her and offered to do some work in her garden.

According to gardai, the incident happened at a house in Prospect this day last week (Wednesday).

“At around lunchtime, a male called to the house and a lady in her 80s answered the door. He offered to do some work in her garden, the lady agreed to this and he asked for €50 in payment. Unfortunately, the lady handed over the money before the work was done and the male ran off,”



**Advice:**  
Sergeant Ber Leetch

said Sergeant Ber Leetch. “When it comes to bogus callers the first rule is not to open your door unless you know the person who is outside. Then you won’t have to engage with a person who may be trying to take advantage of you. Never agree to let a random caller do work for you. Always use workers that have come recommended,” she added.

## Gardai issue warning as garden sheds are targeted

GARDAI are warning that a number of sheds and containers storing tools and gardening equipment have been broken into recently.

“Sometimes they were easy to get access to because the lock and bolt on the door wasn’t of a good standard. When you’re buying a new lock and bolt consider the value of the property that you’re protecting and then pay approximately 10% of that value on a good quality locking device,” said crime prevention officer Sergeant Ber Leetch who warned that opportunist thieves are always on the lookout for an open window or door.

## Appeal to young men to use their brains not fists

GARDAI are urging people to be careful when out socialising at night.

The appeal follows a number of separate assaults in the city centre during which a number of young men sustained serious injuries.

Crime Prevention Office Sergeant Ber Leetch says gardai recently launched a ‘Use your brains not your fist’ campaign to tackle these type of assaults.

“The campaign informs the public generally about the consequences of assaulting another person - these are they



**A poster for the garda campaign**

could lose their job, lose their ability to travel and even go to jail. It also reminds people of the potentially devastating physical and mental impact of assaults on a victim,” she said.

Gardai say you should never attempt to reason with drunk or aggressive people and that you should walk away and look for help.

## Thief broke into parked car

GARDA say a number of parked cars were broken into over the past week.

In one case the window was left down and the thief reached in and stole a handbag and in another case the owner had locked and secured his car but left his wallet in plain view. “The thief smashed the window and took off with the wallet,” said Sgt Ber Leetch.

# Jailed for robbing teenager who was crossing the road



**Michael McCarthy, who has more than 100 previous convictions, pleaded guilty at Limerick Circuit Court**

## Charity: Culprit has raised money for good causes in jail

DAVID HURLEY

david.hurley@limerickleader.ie

A RECOVERING drug addict who threatened a teenager after grabbing him by the throat has been jailed for three years.

Michael McCarthy, 30, of Kilmurray View Halting Site, Castletroy, had pleaded guilty to robbery relating to an incident in Castletroy in the early hours of October 2, last.

Garda John Sheahan told Limerick Circuit Court the 18-year-old victim was crossing the road near the Kilmurray Roundabout at around 4.15am when a car “suddenly stopped and pulled up” nearby.

The driver – Mr McCarthy – got out of the vehicle and ran towards him before grabbing him by the throat. A blonde woman who was also in the car threatened the teen who was fearful he would be assaulted.

Garda Sheahan told John O’Sullivan BL, prosecuting, the culprit searched his pockets and stole an iPhone, a wallet containing €10 in cash, an ATM card and a set of keys.

As they fled a number of minutes later, the victim noted the registration of the car before flagging down a taxi and raising the alarm.

Having been alerted, gardai met with the victim and the taxi driver at a nearby service station. The taxi driver told gardai he had observed Michael McCarthy driving a similar vehicle at the service station a short time



**It was not executed with any great degree of efficiency**

**BARRISTER BRIAN MCINERNEY, BELOW**



earlier.

Judge Tom O’Donnell was told gardai then travelled to Kilmurray View Halting Site where they encountered the culprits who were in the car which was parked up.

While they attempted to run away, both were apprehended and property belonging to the teenager was recovered from the car.

While Mr McCarthy, who has more than 100 previous convictions, made “some admissions” following his arrest, he denied using any force towards the victim.

He was also disqualified from driving for ten years at the time.

Brian McInerney BL said his client was very intoxicated on the night and that the incident was spontaneous rather than pre-planned.

“It was not executed with any great degree of efficiency,” he said, adding Mr McCarthy’s memory of what happened is “patchy”.

The barrister said his client is doing well in prison and has completed a number of charity events while in custody.

Imposing sentence, Judge O’Donnell said he was very impressed that he is making “very good use of his time” in prison and that he is now drug-free.

However, he said the way in which the victim was targeted was an aggravating factor as was his previous record.

“Opportunistic robbery of this nature are all too prevalent in society – people are entitled to be protected,” he said.

He imposed a four-year prison sentence, suspending the final 12 months.

Mr McCarthy must engage with the Probation Service for 12 months following his release from prison.



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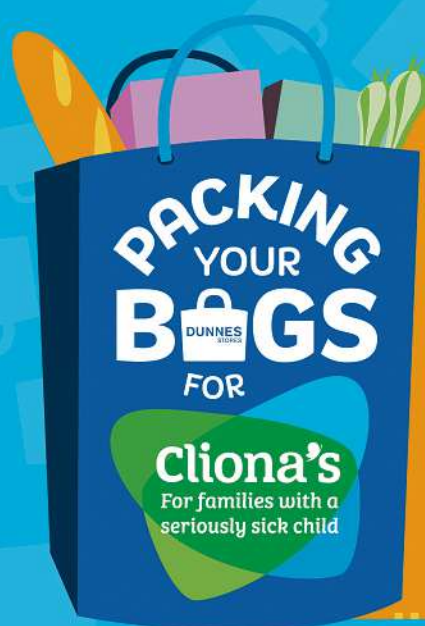
## VACANT ROOMS FOR RENT REQUIRED

Campus Life Services is a University company which manages student accommodation, catering, and retail services on campus at University of Limerick. As part of the UL Accommodation Service we provide details of properties and rooms available for rent off campus for current and prospective UL students.

In order to assist students arriving to UL this September we are seeking homeowners who have a vacant room/rooms to let in the area to contact us and register your property on our off campus student accommodation website.

To register a room or digs accommodation, you can do so on [www.accommodation.ul.ie/accommodation](http://www.accommodation.ul.ie/accommodation).

**Contact: UL Accommodation Service, University of Limerick, 061 202331 or email [accommodation@ul.ie](mailto:accommodation@ul.ie)**



## VOLUNTEERS NEEDED!

**Our National Bag Packing Day is a nationwide fundraising initiative that will take place in 84 Dunnes Stores outlets across Ireland.**

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**SATURDAY 31<sup>ST</sup> AUGUST**  
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**SATURDAY 31<sup>ST</sup> AUGUST**  
Ennis  
Shannon

## Comments from online readers

What you're saying about stories on [limerickleader.ie](http://limerickleader.ie) and our social media platforms



### SUSPENDED SENTENCE FOR ROBBING COPPER FROM COUNTY LIMERICK HOTEL

**John Anderson**

Oh well..plus ca change..



**Ted Murray**

The Irish legal system should have a warning label on it that reads "May Contain Nuts" to cover the people who hand out suspended sentences to serial offenders.

**Aidan Ryan**

Suspended sentence with 120 previous convictions??? It's time our shameful judiciary were suspended from their fat paying jobs.

**Grainne Ryan**

Why suspended sentence???

### UHL TOPS LIST IN WORST EVER JULY FOR ED OVERCROWDING

**Chris Walsh**

No issues with people waiting on trolleys in Dublin, the problem is people in Limerick are badly represented by their politicians.



**David O'Sullivan**

I'm sure some of the patients could easily be treated at a clinic & may not need hospital care

### NEW PLANS FOR LIMERICK CITY'S MAIN STREET DESCRIBED AS 'A FUDGE'

**Nora-Mary Ryan-Doyle**

The city is bad now but it will be finished altogether if this goes ahead. A total waste of money that could be used elsewhere.



**Paul Flynn**

Dont worry! They will be talking about doing all this for another 20 years. All talk and plans! Nothing ever gets done.

**Michael Christopher**

They done all this pedestrianisation outside the train station and all it done was bring unwelcome individuals up around there and they moved the taxi rank over beside the pub away from the station.. some designers involved in that, what

### FAMILY OF AUTISTIC MAN FROM LIMERICK 'DESPERATE FOR HELP'

**Ken O'Brien**

Tragic that HSE trot out GDPR as an excuse. Lets all click like for Autism Awareness Day and do f@\$kall else while those who need a service fall through the cracks.



**Kathleen Fitzgerald**

I'm a bit puzzled by this article - the man has been described as a vulnerable person so living with family surely would be better than in a shelter yet he is refusing this option, I wonder if his family home could be made more autism-friendly would that make a difference to his situation

**Bernadette Ryan**

His poor mother must be so worried about him.



Tom Dillon, pictured outside the home in Kennedy Park which is completely overgrown PICTURE: MICHAEL COWHEY

# Anger at overgrown home on southside

**Community:** Neighbour claims house left to ruin

**NICK RABBITTS**

[nick@limerickleader.ie](mailto:nick@limerickleader.ie)

A KENNEDY Park man is furious with the local authority, who he claims have let a house go to "rack and ruin" since purchasing it two years ago.

Number 15 Larch Court in the southside estate has become derelict since the sad death of its former occupant in 2017.

Tom Dillon, who has been living next door for two years, claims the council bought the property, but have not done anything with it.

"It's been left idle despite numerous emails to them. At the moment, it's overgrown. There are three-foot high weeds front and back.

There is a rear extension and a kitchen extension at the back. You can't even see the landing windows. It's constantly overflowing. The overflow pipe is constantly bursting which is causing the internal ceiling to collapse. The last time I heard, the council sent out assessors. They said because the ceiling had collapsed they are going to take down the whole back kitchen," Mr Dillon said.

No work was required when the previous owner left the home, Mr Dillon said.

"All you had to do is open up the front door and hang up your coat. The lady who was in it kept it immaculate," he told The Leader.

And, he claims the home has attracted mice.

"We haven't had any in the house, but we're afraid to open the downstairs and upstairs windows. The neighbour the other side has spotted mice running around. It's just a bloody eyesore," he added.

With tens of thousands on the housing waiting list, homeowner Mr Dillon says it is "ridiculous" that one unit is being left alone like this.

"It makes no sense, I feel very angry. It's a shame to see it go down. Especially with the way the lady kept it. She was meticulous with the house, absolutely meticulous," he added.

The Leader has contacted City and County Council for comment but there was no reply at time of going to press.

## Youth organisations set for funding boost

LIMERICK youth organisations are set to benefit from €71,400 in funding, Fine Gael Senator Maria Byrne has revealed.

"I am delighted that four organisations in Limerick will benefit from this new funding. Limerick City Drug Education and Prevention Service, Limerick Youth Service, Limerick Scout County and St Augustins have all benefited under

this allocation. These youth organisations have essential programmes supporting young people to develop skills, gain new experiences and build self-confidence."

"The Youth Officer in the Limerick and Clare Education and Training Board does great work in supporting local youth projects and assist in the design of the scheme and

administration of funding.

"As in previous years I am confident these grants will assist in improving the quality of the services to the benefit of young people involved.

"The provision of these grants underpins this Government's continued commitment to enhance the quality of youth services which add such value to our communities," Senator Byrne added.

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#### Local Limerick clinics

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Blackberry Hearing is Ireland's favourite hearing aid company! Who says so? Hundreds of our customers have taken the time to post positive comments on Facebook describing the life changing impact of Blackberry Hearing's aids. These validated testimonials may be viewed at [www.blackberryhearing.com/testimonials](http://www.blackberryhearing.com/testimonials).

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

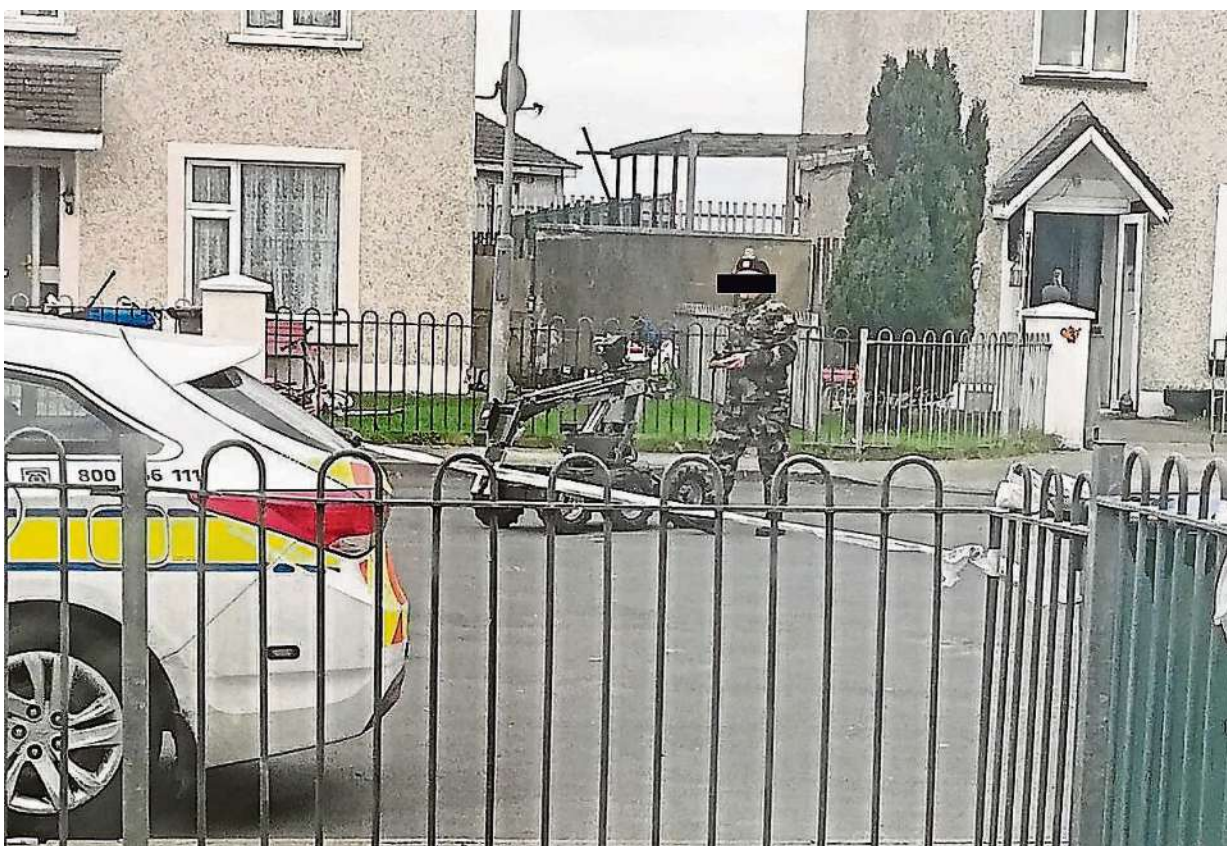
- Transparent and affordable pricing. All prices and grant details are shared with you before you visit the clinic and prices start at an incredible €499 per aid with the grant.
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- The best products. For example; the Evoke 440 is the World's first smart"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

The customer comment below is an example of the 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."**

*Michael O'Coinin*

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



A Defence Forces EOD team attended the scene in Moyross

# Pipe bomb discovered inside wheelie bin

**Custody:** Suspect refuse bail following garda objection

**DAVID HURLEY**  
david.hurley@limerickleader.ie

A MAN who is charged in connection with the discovery of a pipe bomb at a house in the city earlier this year has been refused bail.

Anthony McNamara, 34, of Ballygrennan Close, Moyross faces a single charge, under the provisions of the Explosive Substances Act, in relation to the discovery of the device on February 14, last.

It is alleged the improvised device, which was subsequently found to be viable, was discovered in a wheelie bin outside the defendant's home at around 9.30am.

Opposing a bail application, Detective Garda Declan O'Halloran said the device, which was made safe

by a Defence Forces EOD team, consisted of a metal pipe which was sealed at each end and which had been filled with ballbearings and components from fireworks.

A number of homes in the Moyross area were evacuated as a precaution following the discovery of the pipe bomb in February.

During the bail application, Detective Garda O'Halloran told John O'Sullivan BL, prosecuting, it is a serious case and that he believes there is a strong case against the defendant.

He also expressed concerns that Mr McNamara would not comply with conditions if released on bail.

Earlier this year, the Director of Public Prosecutions directed that the matter should proceed on

indictment and the case came before Limerick Circuit Court before the summer vacation after a book of evidence was completed and served on Mr McNamara.

Barrister Eimear Carey, instructed by solicitor John Herbert, said her client was anxious to secure bail and that he was willing to abide by any conditions imposed by the court if released.

Having considered the garda objection and noting the provisions which are set out in the Bail Act, Judge Tom O'Donnell said he was refusing bail as he had some concerns.

The defendant was remanded in custody pending his appearance before the court again later in the year.

# Stats show 262 are homeless in Limerick

**MIKE FINNERTY**  
michael.finnerty@limerickleader.ie

The latest figures have shown that 262 people are currently homeless in Limerick. Figures for June 2019 show that there is still much work to be done in combating Ireland's homelessness crisis.

The current figure of homeless people in Ireland is 10,172 people, which is a drop from 10,253 in June 2018.

Seventy five families in the Mid-West Region are currently without a home.

A total of 953 children in 437 families are currently homeless nationwide.

Focus Ireland said that any monthly drop in the numbers is "good news as it means less families, children and individuals are suffering the trauma of being homeless."

However, the overall trend is up as there has been a 28% rise in the number homeless in the last two years from 7,941 in June 2017 to 10,172 last month.

"Policies such as rapid rehousing, Homeless HAP, linkages to local communities and the availability of child support workers have all worked well in Dublin," said Mike Allen, Director of Advocacy at Focus Ireland.

"Reviewing these policies and applying them outside the Dublin area will not only help hundreds of families it will avoid wasteful use of

resources"

"Focus Ireland firmly believes that this balanced approach would allow the Government to take the decisions it has shied away from for several years. This includes actively building social housing, taxing those who hoard building land and better protecting the

rights of tenants facing eviction.

"We also need the Government to set a cast-iron deadline that no family or individuals should be homeless for longer than six months and to put a specific family homelessness strategy in place to deal more effectively with this deepening crisis."

With the Dail set to come back after it's summer recess and winter rapidly approaching, Allen has implored those in political office to act and be more proactive in combating the ever-evolving crisis.

"We must always remember that although homelessness is a problem that can be solved, it is wrecking and damaging the lives of over 10,000 people in our country."

"There is real danger that human stories get lost behind the numbers - in particular during the summer months when the politicians are on holidays and people are enjoying the good weather."

However, there is no holiday or break from the almost constant stress for the over 10,000 people who are homeless."



# Limerick's people pen poem Limerick Is

**MIKE FINNERTY**  
michael.finnerty@limerickleader.ie

WRITERS in Limerick have pooled together their collective creative masses to pen a poem celebrating their city.

The new poem is called Limerick Is.

Limerick Is was conceived during the Limerick Writing Centre's "April Is Poetry Month" festivities.

The words, phrases and lines

were unveiled and presented to the Mayor of Limerick, Cllr. Michael Sheahan last week, by Limerick's Poet Laureate, John W. Sexton.

Sexton compiled the poem from over 10 A4 pages of submissions received in April.

Before reading the poem Sexton explained his rational and method he used to write the final poem.

"Success in creating a crowd-sourced poem will always depend on the quality of the source material, but the problem for me

was that there was so much material to choose from and only room for a fraction of it.

Once I made my final choices, which still amounted to several pages more than I could use, I then went about finding connections between phrases so that I could order the lines into coherent verses. What resulted is, I think, a very good poem. Through the voices of its people, the city found its voice."

As well as gracing the wall of the

Mayor's office, the poem has also been turned into a postcard.

A total of 5000 postcards will now be distributed to hotels and tourist spots in the region, where visitors can pick them up free of charge and send greetings from Limerick.

Mayor Sheahan praised the Limerick Writers' Centre for their ongoing contribution to the cultural life of Limerick, especially their literary activities, and wished them success in securing future



An tóllamh (poet laureate) John W. Sexton (left) and Oran Ryan from the Limerick Writers' Centre with Mayor of Limerick Cllr. Michael Sheahan at a ceremony in City Hall



  
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Wednesday 14th Aug	Scramble Team of Four <i>Any Combination</i>
Thursday 15th Aug	Team of Four <i>Any Combination</i>
Friday 16th Aug	Singles Stableford <i>Ladies &amp; Gents Open Singles</i>
Sunday 18th Aug	Champagne Scramble <i>Any Combination</i>

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problems as a shoe that is too small.

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- Coláiste Chiaráin
- Villiers
- Castletroy College
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- Ard Scoil Mhuire, Corbally
- Crescent Comprehensive
- St. Mary's Newport
- Thomond Community College
- Ardscoil Rís (School Jackets Now In Stock)
- Coláiste na Trocaire, Rathkeale  
(Special Offer - Crested Pullover and skirt were €49.99 NOW €25 each)
- Mercy Mounthawk, Tralee

### PRIMARY

- Model
- Scoil Ide
- Milford
- Gaelscoil Chaladh an Treoigh
- Bilboa
- Monaleen
- Scoil Mháthair Dé
- St. Gabriel's
- Donoughmore
- Kildimo
- Kilcornan
- Doon Primary
- St. Patricks
- Sean Trad, Adare

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# PET RESCUE



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

## Looking for a new home



**Tina is a stunning 3 month old tortie kitten looking for a loving home. Tina loves attention and will make a fantastic pet. For more information on Tina, please visit the cattery in Kilfinane between 12 noon and 3 pm. Adoption fee is €100, each cat is neutered, wormed, vaccinated and litter trained.**

**Gerry is an adorable tabby kitten only 2 months old. Gerry is so lovable and has an outgoing personality. For more information on Gerry, please visit the cattery in Kilfinane between 12 noon and 3 pm. Adoption fee is €100, each cat is neutered, wormed, vaccinated and litter trained.**



**Hachi is looking for a happy retirement home. She is 8 years old and has lots of life left in her. She likes to play and enjoys having company. She is lead trained and house trained. If you are interested in Hachi please visit her at the sanctuary between 12 noon and 3pm. Adoption fee is €150, each dog is neutered, wormed, vaccinated and microchipped. A home check is carried out.**

## A home for bubbly Bryan

**Bryan is a bubbly yorkie mix male about 7 years old. Bryan gets on well with other dogs and loves going out for walks. Bryan is a fantastic pet who is just waiting for a home. If you are interested in Bryan come visit him at the sanctuary between 12 noon and 3pm.**



Michael Quinlivan presenting his latest cheque to Paul Clement, Irish Cancer Society

## Michael presents latest cheque

**Michael Quinlivan is one of the great unsung heroes of charity fundraising in Limerick.**

**Recently he presented a cheque for €9,420, proceeds from his Daffodil Day fundraising 2019 to Paul Clement, support services officer, Irish Cancer Society.**

**This was the largest amount Michael has raised in his 31 years fundraising for**

**Daffodil Day. To date he has raised €137,920, for which the Irish Cancer Society are extremely grateful.**

**Daffodil Day is the largest single fund-raising activity of the Irish Cancer Society is the annual Daffodil Day.**

**It is responsible for 12% of all income generated by the Irish Cancer Society. Mr Quinlivan thanked all those who contributed.**

# Counting beans - what's in your cup

**UL:** Studies zero in on the perfect cup of coffee

**RYAN O'ROURKE**  
ryan.orourke@limerickleader.ie

ALFRED Renyi once said, "a mathematician is a device for turning coffee into theorems", but for the mathematicians at the University of Limerick, the goal is to turn theorems into coffee, the perfect cup of coffee to be exact.

Billions of people around the world start every day with a cup of the black stuff, but few would ever take the time to think about the science behind the drink.

However, for a team of researchers at UL this is exactly what they have done, showing that mathematical models could help to brew the perfect cup of coffee.

Dr Kevin Moroney and Dr Ken O'Connell of UL's Bernal institute have just published research in a prominent international journal that looks at the maths behind brewing coffee.

Dr Moroney, the lead-author on the paper says that baristas and manufacturers should use the "modelling to target and ensure that you can, as much as possible, repeatedly get the quality coffee that you are looking for".

"When people are measuring the quality of coffee brews they measure two things - the strength of the coffee, and that is just the amount of soluble material in the drink - and then they measure the amount of material that has been extracted from the dry coffee.



Mathematical models could help to brew the perfect cup of coffee

**“**  
**A mathematician is a device for turning coffee into theorems**  
**ALFRED RÉNYI.**

"The problem with how they measure it is that it is just an average measurement - when they estimate the extraction level, they assume it is uniform across the whole coffee bed. So with this paper, what we are looking at is we were modelling the flow within the coffee bed to try and capture non-uniform extraction."

The end goal of the research is to create a mathematical set of equations to predict the quality of brewed coffee, based on the properties of coffee grounds, water used and brewing settings, Dr Moroney says.

This would, in turn, allow coffee manufacturers to develop machines that brew that elusive perfect cup of coffee.



# Making Cents

**LIAM CROKE**

The Must-Read Guide To Saving Money

Email: [Liam@harmonics.ie](mailto:Liam@harmonics.ie) Twitter: @liam\_croke LinkedIn: liamcroke Facebook: liam.croke.96

## Compound interest can make you a millionaire

Most people understand the concept of compound interest. At a basic level, it's where you get interest on your interest.

However, I would suggest the majority don't appreciate how powerful it is and are not taking advantage of something that doesn't discriminate and is available to everyone.

Warren Buffet knows all about CI and attributes his wealth to lucky genes and compound interest.

Others like him liken CI to making money in their sleep. They believe that they're waking up wealthier than they when they went to bed and it's all down to compound interest

And you don't have to earn big money for it to make an impact. That's just a myth. Believe me when I say, CI has the ability to turn people earning average incomes into millionaires.

CI can turn a modest amount into a massive one. When you add patience, perseverance, time and compound interest together, the result catapults your finances to another level.

Let me show you how this works in practice. If you saved €1,500 per month for 22 years, and your account earned an average annual return of 8%, in 22 years' time you'd have €1,000,000 sitting in your account.

What percentage of that amount would have been interest? That is, interest earned over and above the amount you put in? 63%. Incredible isn't it?

Your contribution was €396,000 and the interest earned was €686,350.

I appreciate saving €1,500 per month is a big ask for most people, but what if I

told you if you saved €300 per month for nine years and then stopped and never contributed another cent, you'd end up with a fund amounting to €1,863,287.

CI has the ability to turn a total contribution of €28,800 into €1.8m, but the caveat is starting early and getting an annual return of 7%.

If, at age 19, you started saving €300 each month, stopped when you were 27, at 65 you'd have €1,863,287 sitting in your account. That's a return of 6,370%.

The lessons learned here are the importance of saving early and letting compound interest do the rest for you because it will add more to your account than you're ever likely to. In this instance, when that 19-year-old reaches 53, there will be c. €60,000 being added to their account every year in interest, and by the time they reach 60, €100,000 in interest will be added, all without them contributing a single cent of their own money.

Of course, what goes hand in hand with CI is risk. You're not going to see the impact of CI if your savings are earning 1% per year, which is about all you'll earn for money on deposit with banks at the moment.

For CI to take hold, you need to be earning 7% or 8% and you're not going to achieve that unless you introduce some element of risk to your savings.

When people think of risk, they instinctively think of losing money, which turns them off. But unless you take some, and the level of risk doesn't have to be great either, you are fighting a tough battle. It's like running a marathon with army boots on carrying a backpack full of rocks.

And there are so many accounts

“**CI has the ability to turn a total contribution of €28,800 into €1.8m, but the caveat is starting early and getting an annual return of 7%**



### DID YOU KNOW?

Did you know, c. 40,000 homes in Ireland are still in negative equity.

available that cater for everyone's risk profile. One client of mine was extremely risk adverse and wanted zero risk with any of her savings.

But when I pointed out to her that by leaving her money on deposit in a bank, she was actually losing money because when you factored in the interest rate she was earning, applied DIRT tax and accounted for inflation, she was earning a negative amount and wasn't protecting her savings at all. When we looked at the opportunity lost by not investing in other accounts, and seeing what CI could do for her, it was that aha moment for her to do something about it.

She has introduced a small element of risk to her savings, an amount she is very comfortable with, and since she did, she hasn't looked back. She sleeps soundly knowing her savings now earn about 12 times more than they did.

You need to look beyond the short term and get comfortable with taking on a level of risk you are happy with, and when you do and let compounding get to work, the rewards you'll reap in the future are great. Compound interest won't make you a millionaire overnight. It can take years, even decades of hard work, sacrifice and patience before you see progress but if you have time on your side, what do you care?

I met one man recently who has a very comfortable standard of living and he knows the decisions he made when he was much younger i.e. saving and understanding CI, led directly to the situation he finds himself in today.

Stick with it and the hard work and consistency will pay off, he told me. That's great advice.

### ASK LIAM

Our personal finance expert answers your questions ...

**Q: The site where I am working is to close in 2020. At that stage I will be due roughly five years of the redundancy package, but I was made redundant previously in 2014 and want to know the implications of that. Will I get taxed highly on this as I was previously made redundant?**

A: There are three exceptions used when calculating the amount of tax you are liable to pay, all of which reduce the rate of tax on an ex-gratia lump sum redundancy.

The first is a basic exemption which is €765 for every year of completed service plus €10,160.

The second is an additional €10,000 on top of the basic exemption amount, but this is based on you not having made any other claim in respect of a lump sum in the previous 10 tax years - which rules you out.

The third is the Standard Capital Superannuation Benefit (SCSB) and can be used if it gives an amount greater than either basic or increased exemption. The formula for SCSB is arrived at taking your average annual earnings over the previous three years and multiplying it by the number of years' service and dividing by 15.

So, your tax would be calculated on either the Basic Exemption or the SCSB - whichever is higher.

## SHOP LOCAL: GOOD DEALS AVAILABLE IN LIMERICK THIS WEEK

Mike O'Connell, 9 Catherine Street, Limerick is gearing up with back-to-school with incredible deals. All CBS jumpers are now only €20 and all back to school uniforms are now in stock. Call today 061 412091.



Gemma's School Specialists, Henry Street, has all schools catered for and are now taking deposits taken on all uniforms. Late openings August 22, 23, 29 and 30. Open Sunday, August 11, 18 and 25 from 2 - 6pm. Ring 061 410344 for more details.



Young Gleeson Shoes, William Street, are open this Sunday August 11, 18 and 25 from 1-5pm. Ring 061 467796 for any questions from Limerick's shoe fitting experts.



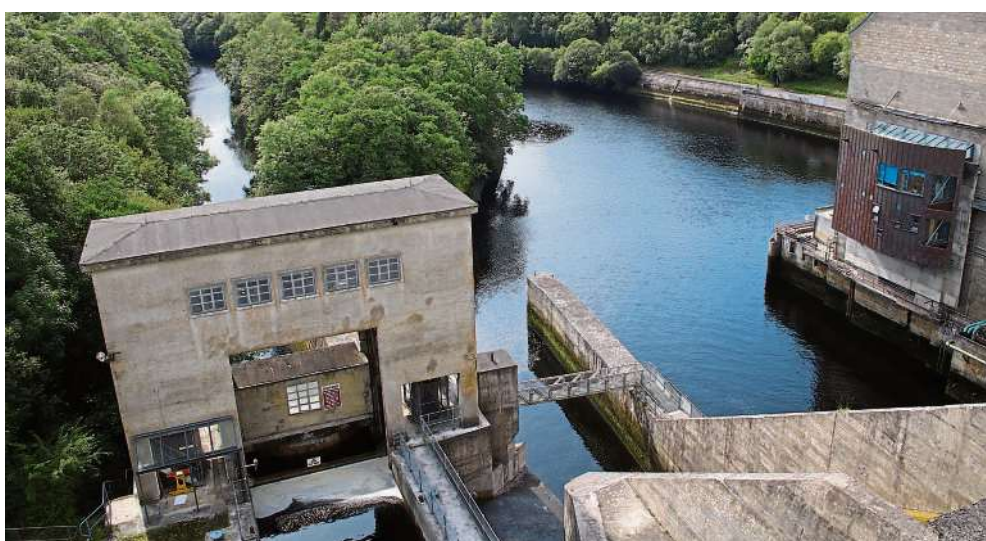


**Sinead Cleary, originally from Kilmallock: with her eight-year-old niece Ava** 'Ava loves figuring out how things work so I said I would bring her,' smiled Sinead

# Ardnacrusha experience

The free tours of the ESB station at Ardnacrusha are once again proving to be popular with visitors this summer

**Pictures:** Adrian Butler **Words:** Nick Rabbitts



## Lock-ed up

**Beautiful view:** Those who took part in the free tour were rewarded with amazing scenes of Limerick city in one direction and up-stream Shannon in the other. There was even a boat passing through the lock on the tour – something the guides told us doesn't always happen!

## Carmel Shaw and Jimmy Doyle, Shannon

**A summer on the Shannon:** Having visited the Shannon pot, where the mighty river begins all the way up in Co Cavan, Carmel and Jimmy then made it their mission to see as many of the "highlights" of what is the longest waterway in Britain. Jimmy, an engineer by trade, was looking forward to having a look around what he described as an "iconic place" which has been running since the 1920s.



**Danny and seven-year-old Oliver O'Sullivan, Foynes**

**Having a great time:** 'It is interesting to see what is here and how it works,' said Danny



**Gearoid, Fianna, Emmett and Mary Elizabeth Slowley and Noreen Curtis, Raheen**

**Relative bliss:** Noreen, who visited Ardnacrusha once before, brought her family to see it!

# Candid Comment

By SPARTACUS

● **JUDGING** by the number of people greeting him on O'Connell Street this Tuesday, there is no doubt that if JP McManus was to run for directly elected mayor of Limerick he would romp into office. JP was visiting the site of the Rugby Experience on the corner of O'Connell Street and Cecil Street on Tuesday afternoon when he phones in The Leader office started hopping. "Great photo to be had, the one and only JP McManus is down outside the site with Paul Foley at the site," said one caller. The ever alert photographer Mike Cowhey was quickly at the scene and snapped JP and his team outside the site.

The good news is that the demolition work on the old Fine's Jewellers and the adjoining buildings will be cleared in the next 10 days or so.

● **DO** you remember the days when television was free?

Granted there was not the amount of coverage of sport and news as there is today, but you really appreciated what you got, even if it was on a old black and white set. Which is why a story in the memories section of the weekend Leader caught our eye. It was from 20 years ago and read:

"Irish Multichannel explained this week why Limerick subscribers to Sky Sports are to pay more. For those who subscribe to all three channels, the monthly charge will now be £15.49, or £185.88 for the year. The increase is reportedly due to rising licensing fees imposed by the Rupert Murdoch owned BSkyB network."

Now 20 years ago they were paying £185 old pounds for the year for sky and the channels. You would be lucky to get two months out of it now.

● Talking to a friend who enjoyed a few days at Galway Races. Even if you are not interested in horse racing it is one of the great

summer sporting events that has a great tradition.

One of the funnier stories, which show how things have changed was relayed by my friend.

"We were hungry and went looking for food, just a burger and chip.

"We saw the sign for the restaurant and there appeared to be a very big queue. But as we got there we noticed that the queue was for an attraction next to the food. There were about 80 to 100 people queueing to have a selfie taken in front of a sign #Galway Races.

"I couldn't believe it, it just goes to show how times are changing. Everyone at the races wanted a selfie to put on social media, to let everyone know they made it to the races."

● **AS** the country mourns yet another young life lost needlessly to drugs, Spartacus calls for more education surrounding the issue.

Just as the preaching of sexual abstinence did little to tackle teen pregnancy and rising STD rates, the mentality of "just say no" towards drugs will have little effect on those who, due to youth and inexperience, feel as though they will live forever.

● SPARTACUS is extremely proud of a young Limerick girl, who is slowly taking over the world with her campaigning for climate change. Saoirse Exton, who's only fourteen, has embarked on a trip to Switzerland with her friends and fellow activists Caitlin and Róisín Ní Chaoidealbháin to attend a global meeting with like-minded folk.

The Limerick teenagers have protested outside Limerick's 2030 building every Friday for the past few months, and Spartacus wouldn't usually condone skipping school, but admires the perseverance and commitment made by these young people.

Spartacus would like to let the inspiring young trio know that their efforts have not gone unnoticed.



**Tour guides, Emily Lester and Sarah Redmond**

**'The evolution of the station':** Emily said: "The tours cover the history of the station from 1923 up to the present day. At one point, this station was providing electricity for the whole country. So we look at what it gave back to people."



**Cathal, Conor, Peggy, Claire and John Murnane, Bruff.**

**An afternoon well-spent:** Speaking after the tour, Conor, 7, grinned: "The tour was good. I saw a diving suit, it was interesting!"



**Niamh, Beibhinn and Donnacha Madden, Ennis**

**Fun:** Water day out it was for this family from Ennis as they enjoyed witnessing the history of the production of power from the Ardnacrusha station.

Get tickets at  
[www.mungretmusicfestival.com](http://www.mungretmusicfestival.com)

# MUNGRET MUSIC FESTIVAL

Saturday, August 24th & Sunday, August 25th

## Mungret Music back with a bang



Mungret St Paul's GAA club are delighted to announce the return of Mungret Music Festival for the fourth year running.

With a stunning line up of 12 bands over two days, MMF 2019 will round off your summer with a weekend to remember. Since the return of the Festival in 2016 after an almost 30-year break we have welcomed top Irish artists including Nathan Cater, Hermitage Green and Hot House Flowers. Last year saw the excellent The Stunning for a second time as well as the brilliant Aslan. MMF 2019 is even bigger and better as Mungret St. Paul's GAA Community Centre welcomes 12 artists on the final weekend of the summer.

Gates open on Saturday August 24 at 3pm and Limerick's own Tiny Giants get proceedings going at 3.30pm. The Giants have a huge following locally and have been our ever present 'house band' since 2016. The superb Paddy Casey will keep us rocking as he entertains from 5pm belting out tracks from his new album 'The Secret Life' as well as international hits such as 'Saints

and Sinners'. From 6.30pm Cork soulster Brian Dedy takes over and 'Clap Both My Hands' will surely have you dancing in this fabulous open air venue.

Our star-studded line up continues into the night with legendary Irish bands of the 90s and noughties - Something Happens from 8pm, and The 4 of Us from 9.40pm to keep you rocking into the night.

Hits such as 'Parachute' and 'Hello, Hello, Hello, will fill the air followed by the 4ofUs with the classic 'Mary' and 'Drag My Bad Name Down'.

Just when you start to think you can't take anymore Tiny Giants will close the night on our intimate bar side stage!

With an eight-lane professional bar and select food offerings, the festival atmosphere will be in full swing and Mungret will rock the night away with these top Irish artists.

Check out our Facebook page at Mungret Community Music Festival and read the fabulous reviews from 2016-2018; you will not be disappointed. In fact you will

be looking forward to 2020 and visiting us again.

As the dust settles following our unbelievable Saturday line-up we bring the decibels down for a music-filled Sunday afternoon with an emphasis on family fun for all ages, gates opening at 12.30pm. Our musical line-up is headlined by Irish Country superstars like the magnificent Derek Ryan (6.40pm), and Cliona Hagan (5pm). Fresh from Ireland's Dancing with the Stars, Cliona along with others will provide super country music fare. These top acts are preceded at 1pm with the Ryan Turner Band supported by Olivia Douglas, Stuart Moyles and local newcomers Cailini Lua. At 3.20pm the excellent contemporary Irish Folk Band - All Folk'd Up, will have you well warmed up for our headline acts. Throughout the day there will be games and activities to engage the children, along with our fantastic selection of food and drink for all tastes.

Check out our fantastic line-up on our Facebook page on Mungret Community MUSIC Festival and [mungretmusicfestival.com](http://mungretmusicfestival.com)

## Nineties heroes to the '4' on Saturday

THE 4 OF US are one of the most acclaimed bands in Ireland, having been a steadfast part of Irish music history for 30 years.

Blending contemporary roots with rock, the award-winning band was formed by brothers Brendan and Declan Murphy from the border town of Newry in Northern Ireland.

Their unique sound has garnered a large and loyal fan base and an enviable catalogue of timeless songs, including numerous Top 20 Irish albums and hit singles. Regulars on Irish radio playlists, their music has also been featured on American, UK, and Irish TV and film soundtracks.

THE 4 OF US shot to early fame towards the end of 1989 with their debut Songs for the Tempted, which featured the massive hits Mary and Drag My Bad Name Down.

They are currently enjoying more chart success with the chart topping Feile Classical The Live album and have just returned from a sold out UK tour with folk legends Fairport Convention.

Sugar Island, their latest critically acclaimed album explores the Murphy brothers' early years growing up in a border town during the height of the troubles in Northern Ireland.

The 4 Of Us are legends of the Irish music scene



Get tickets at  
www.mungretmusicfestival.com

# MUNGRET MUSIC FESTIVAL

Saturday, August 24th & Sunday, August 25th

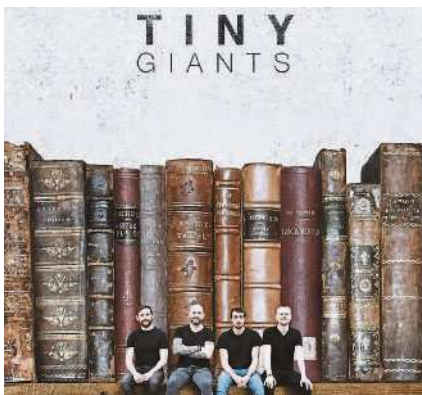
## Something tells us you won't want to miss this

Something Happens raised the roof at their brilliant live show in 2016, so we had to bring them back to the Spiegeltent for 2018! Legends of the late 80s Irish music scene, Something Happens were one of the Irish bands of the period who trail-blazed a commercial path across the country and beyond. While not recording anymore (singer Tom Dunne is a well-known radio presenter) they still play live to their adoring fan base. With a catalogue of hit singles at their disposal, the Something Happens! live show is an unmissable trip down memory lane. Something Happens were an Irish pop-rock band whose

heyday was the late 1980s – early 1990s. An earlier incarnation of the band was called 'The Dazzmen' and was fronted by singer Martin Lynch who left the band and became the frontman for another early 1980s Dublin band The Cracker Factory. After Lynch's departure the band recruited vocalist Tom Dunne and became Something Happens. The band's line-up comprised Tom Dunne (vocals), Ray Harman (guitar), Alan Byrne (Bass) and Eamonn Ryan (Drums). They shot to prominence with the single Burn Clear which was featured on the soundtrack of the 1988 Irish movie The Courier.



### LOCAL FAVOURITES TO GET SHOW ON THE ROAD



Tiny giants are a four-piece party band based in Limerick city. They are renowned for their high energy shows, four part harmony coupled with a unique twist on all the classics both old and new.



Brian Deady's gospel influences make him sound more Deep South than south of Ireland

## Soul star Deady a must-see in Mungret

Brian Deady had been something of a well kept secret at home in Ireland until his song Clap Both My Hands became one of the most played Irish songs of 2016 and reached No 1 in the Spotify UK Viral charts.

His recent single Get on My Knees has also featured in the hit American TV show Lucifer.

Conjuring up strong gospel influences, at times the Irishman sounds more like he was raised in the Deep

South than as one of 10 kids in Cork and his rich, soulful voice comes with a contemporary R&B edge.

Here is an artist you can believe in and connect with. In a world where authenticity counts for so much, you'll hear that Brian means and feels every word.

Deady is currently working on new music and videos - due out later this year. Check him out from 6.30 on Saturday evening.

## Songsmith Paddy Casey a big draw

Paddy Casey got his first guitar at the age of 11 and wasted little time sharing his talent with the public.

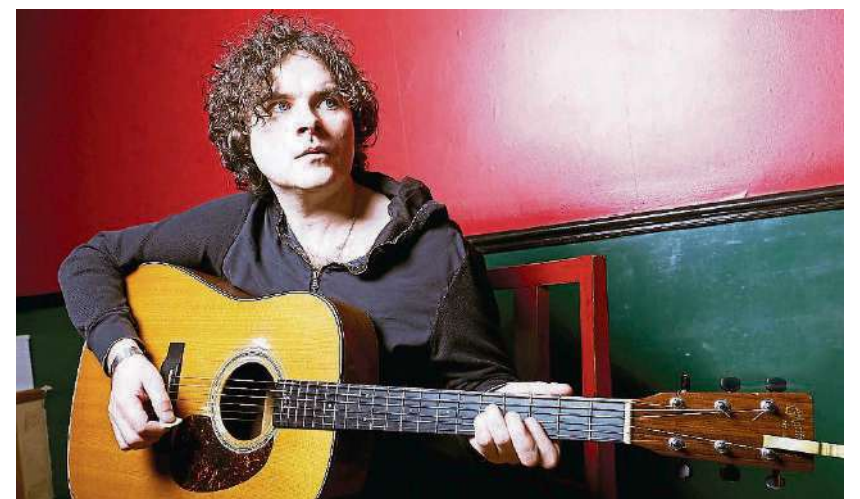
The Dubliner hit the streets busking and gigging and by the tender age of 24 was something of a veteran.

By that stage he had been approached by an A&R scout from Sony by the name of Hugh Murray, who got some demo money together for him.

In about three days in Sun studios, Dublin Paddy worked with Pat Donne, recording 11 songs, signed with Sony and released the demos as an album - 'Amen (So Be It)' in 1999.

He was immediately noticed and went on tour with huge acts like The Pretenders, R.E.M, Ian Brown, Blondie and Tracy Chapman.

His follow up in 2003, Living went on to become one of the biggest selling albums in Ireland



ever (about 15 times platinum) and led to supporting slots with U2 and Pearl Jam.

Further albums Addicted to Company and The Secret Life of have copperfastened Paddy's reputation as an outstanding songwriter and he is set to be a

huge draw on the Saturday evening of the Mungret Music festival.

Be sure to check him out for yourself, especially with new material from this year's new including singles Everything Must Change & Turn This Ship Around.

Get tickets at  
www.mungretmusicfestival.com

# MUNGRET MUSIC FESTIVAL

Saturday, August 24th & Sunday, August 25th

See p23 for line-up on Saturday

## Keeping it country on the Sunday

**Fun for all:** Country music and craic

After Saturday's legends of Irish rock and pop it's the turn of the country kings and queens on Sunday at Mungret Music Festival to provide the soundtrack to a family fun day.

Fresh from the final of the popular show Dancing With The Stars on RTE 1, Cliona Hagan has released her latest single 'Get Your Redneck On' and launched her brand new band with Top Bill headline slots at many of the country's biggest summer festivals.

Awarded Female Vocalist of the Year at the Sunday World Awards for the third year running (2017, 2018, 2019), it has been an amazing couple of years for Cliona filled with awards nights, summer festivals, dances and concerts.

The Tyrone songbird will soon hit the road once again, as she prepares for her 'Dance On' concert tour in the Autumn - bringing her first headline show to theatre venues across Ireland.

After a run of sell-out concerts across Ireland, and headline performances at Festivals up and down the country, Derek Ryan can add the Mungret Music Festival on Sunday August 25 to his

overflowing summer schedule.

Derek has already had one of his best summer's ever, barnstorming Ireland at a rate not even

Usain Bolt could

match. Appearing at the country's leading festivals as well as undertaking his annual acoustic summer session intimate gigs. Derek's sell out shows have been electric, energising many villages and towns nationwide.

Although only halfway through the summer of 2019, his journey continues into mainland Europe for three shows in France

and Denmark in the coming weeks.

Also on Sunday there is the unique stylings of Folk-Rock group All Folk'd Up to look forward to.

All Folk'd Up offers fans an eclectic mix of classic sounds from Folk and Rock music traditions, whilst sprinkling their own unique, modern twist. Fans of the 5-piece band have

become accustomed to hearing their bouncing melodies, enticing lyrical stories and jaw-dropping banjo progressions. With punchy bass lines and fantastic harmonies, you're going to love All Folk'd Up.

### Sunday is family fun day

**This year on Sunday MMF is introducing its Family Fun Day. The event is designed to be suitable for all the family, young and old. All activities on site are free of charge. You can bring your own picnic to enjoy or use the also the option of food offers onsite.**

**The family fun event offers an amazing day of dancing and craic for all the family with**

**some of the country's best loved performers including Derek Ryan and Cliona Hagan**

**For the children there is a great programme of activities line-up that will keep them entertained for the day including: Face painting; Penalty shoot out; Inflatable games; Rounders; Hurling & Football games; Long Puck; Cross Bar Challenge**



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## MIKE O'CONNELL

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# MUNGRET MUSIC FESTIVAL

Saturday, August 24th & Sunday, August 25th



Some of the biggest names in hurling including Aaron Gillane, Brendan Maher and Seamus Harnedy and GAA president John Horan pictured with some stars of the future at Mungret St Paul's

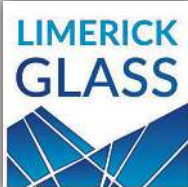
## Mungret St Paul's development vision

In 2017 Mungret St Paul's GAA Club purchased 16 acres of land adjacent to the club from Limerick City and County Council. Our goal was to meet the increasing training, playing and social needs of our club and community. After extensive consultation with our membership a plan was drawn up which we believed would meet our future needs. Our master plan consists of developing two new senior pitches; expanding our existing sand-based training area; an artificial training surface; expanding parking facilities; building a new clubhouse with dressing rooms,

meeting rooms, shop, sports hall and bar and function room. This will be a phased development with the immediate goal of developing a new senior pitch. As a club we recognise these are big plans but ones which are in time achievable with the support of our membership and community. Central to the success of our future development is Mungret Music Festival. The management committee encourage all our members, their families and friends to get behind MMF, purchase your tickets and come join us for a great weekend of music and fun and make this festival as successful as the last three.



Mungret St Paul's officials showing the club's plans to GAA president John Horan



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# Questions as landmark shop does not open

**Retail:** Ivan's deli and store in city 'closed 'til further notice'

**NICK RABBITTS**  
 nick@limerickleader.ie

A LANDMARK northside shop did not open for business this Tuesday, prompting concern among members of the public.

'Closed until further notice' signs were erected at Ivan's store and delicatessen at the Caherdavin Cross on the Ennis Road, prompting more questions than answers.

While its future is uncertain, some locals are hoping the closure is being facilitated to allow renovations take place.

Attempts by Leader Business to contact the company were unsuccessful, so exactly what is happening with the shop is uncertain.

The popular store and bakery, formerly owned by the late Ivan Cremins, only re-opened in 2015 after it was closed at the start of the previous year.

Now housing a restaurant as well as the bakery producing the kind of cakes the business is famous for, many people in Caherdavin were left hoping it is just a temporary closure, not least for the 30 or so staff who work there.

Caherdavin-based Fine Gael councillor Olivia O'Sullivan said: "When Ivan's closed the last time, there was an outcry. It's an institution here. It's part of the community."

Meanwhile, northside activist and Fianna Fail local election candidate Pat O'Neill added: "It's a landmark. From the community's perspective, Ivan's has



been there for years. It has served the community well. It's synonymous with Caherdavin really. That cross is Caherdavin Cross, but it really became known as Ivan's Cross. That will tell you how the name became so linked with the area."

Green Party councillor Brian Leddin said: "It's a landmark establishment, only re-opened a few years ago which was positive. So we just hope that

**Ivan's store was not open this Tuesday morning** PICTURES: ADRIAN BUTLER

everything is OK, and the closure is temporary."

Ivan's closed after 38 years trading on the northside in January 2014. But it re-opened under new management the following year after a €200,000 fit-out as a bakery, deli and cafe.

Previous owner Mr Cremin's son Christian is employed in the business, the lease for which was taken up by DK Walshe Restaurants.

## Employee award for Debbie

A FRONT office supervisor at a top Limerick hotel has won a prestigious employee award.

Debbie Foley, who works at the Radisson Blu Hotel and Spa at the Ennis Road was voted as employee of the year throughout the iNua group, which operates the brand in Ireland.

Only recently promoted to the role, Ms Foley was crowned winner at a summer celebration lunch at Dublin's Dax restaurant, having only joined the



**Award:**  
**Radisson Hotel Limerick**

company a year ago from the Hospitality, Education and Training Centre in Roxboro.

Her general manager Brian Harrington said: "Debbie's performance has been consistent since she started with us just over a year ago. She came highly recommended to us. Debbie has great potential and thoroughly deserves this."

## Rosemary represents in Dublin

A LIMERICK businesswoman has been announced as a retail ambassador for a natural food festival taking place next month.

Rosemarie Bennis of Sonas Health Foods in Newcastle West, is the ambassador for Vitality 2019.

It is a festival and celebration of natural health, wellbeing and fitness taking place in Dublin's RDS. It will bring together leading Irish and international experts in natural health, nutrition, wellbeing, fitness, and sustainability, including Ms Bennis.

Alan McGrath, Health Stores Ireland, said: "Vitality 2019 is a wonderful opportunity to celebrate the natural health industry in Ireland and bring the collective wealth of knowledge of our health stores to a wider audience."

## Have your say on next food strategy

SENATOR Kieran O'Donnell has called on the people of Limerick to have their say on Ireland's next agri-food strategy.

A consultation on Food Wise is under way. The current strategy is in place up to 2025, with preparations already beginning on the new blueprint going to 2030.

Mr O'Donnell said input from farmers, food producers plus small to medium sized enterprises including retailers and restaurateurs are important.

"The Food Wise 2025 progress report shows that Irish agri-food exports have increased by 73% since 2009. This is phenomenal growth in what has been a difficult decade for Ireland since the economic crash. Agri-food has been the backbone of Ireland's recovery, and farmers and food producers in Limerick have played their part in that," he explained.

Agriculture Minister Michael Creed



**Senator Kieran O'Donnell and Minister Michael Creed** PICTURE: DAVE GAYNOR

added: "While Food Wise has been instrumental in providing a framework for the sustainable growth of the sector, like all strategic plans, it must evolve and respond to rapidly changing

circumstances. We are facing new challenges, in particular the uncertainty posed by the possibility of a no-deal Brexit, as well as the need for the sector to contribute effectively to climate action. There are also new and emerging opportunities for the sector, for example, in the bio-economy. While we are embarking on this policy process against a background of considerable change and uncertainty, for example in relation to Brexit and CAP reform, that uncertainty makes it more important than ever that we come together to agree a coherent plan for the sector to 2030."

The public consultation is open until October 1.

It will have two elements – a public consultation document and an online survey.

For more information on the consultation, you can contact the department at 01-6072000.



# KEEP IT LOCAL!

Limerick businesses in the spotlight



## Tidy up this summer with Sliderobes

**FIVE decluttering tips from Sliderobes to keep on top of family life and your home this summer:**

\* Re-evaluate your storage at home. Have you maximised all available space?

\* If you buy something new, throw or give away something old.

\* A quick tidy at the end of each day will set you up with a clear head for the next day.

\* A weekly clean will keep your home sparkling fresh and free from clutter as before you clean, any clutter will be put in its place or removed.

\* Enjoy inviting people round more. Entertaining guests will automatically make you want to keep your house cleaning routine in order.

At Sliderobes Limerick, we will help you add style and invaluable storage to your home with a unique Sliderobes wardrobe solution. Visit our showroom to see and feel the quality of our storage systems.

During summertime, our homes become a little more cluttered than usual as we organise our wardrobes for holidays, entertain children who are off school and spend more time at home.



Chris and Lynsey bedroom suite by Sliderobes

Clutter can take over if we don't keep on top of it, and nobody likes the idea of a friend or relative calling round when the home doesn't feel perfect. Avoid the embarrassment by knowing you have a place for everything by maximising your space and room for storage.

### MAKE YOUR BEDROOM A HAVEN

Don't let clutter build up in the bedroom. Fitted wardrobes will create more purposeful storage for your clothes and free up more floor space. Made-to-measure sliding

doors are a fantastic space saving bedroom solution as they don't open out into the room. Hanging rails, drawers, pull-out shoe racks and other wardrobe accessories all add to the luxury and practicality of a Sliderobes wardrobe, making it easy for you to declutter and organise your clothes each season.

Awkward angles, sloping ceilings and chimney breasts are space challenges for many rooms. Sliderobes made-to-measure furniture makes sure no area like this is wasted. Our Limerick designers will design a wardrobe

that is floor-to-ceiling and wall-to-wall. This will maximise every inch of space, so no other furniture is needed, apart from your bed and bedside. This minimalist approach helps create a tranquil, relaxing bedroom environment.

### STARTING A NEW CHAPTER

This year, we have seen a lot of families invest more in their home than opt to move. Homes are full of memories and milestones, whether it's a little one getting ready to start primary school or your eldest preparing to move out for university. A son or daughter flying the nest allows you to get back into their bedroom to declutter and make home improvements.

Create a guest bedroom or multifunctional space that is still somewhere for them to come home to, yet more functional for you. A Sliderobes bedroom wardrobe and home office could be designed to give you more space for storage and also provide a productive area to work when they bring university work home.

### MAXIMISE THE SPACE YOU HAVE

Space is crucial, especially when there are more people at home at

the same time. Tidy, organised areas won't make everyone feel like they are living on top of each other. In living spaces, odd bits of furniture won't hide away all the games, magazines and remotes left on sofas and coffee tables. A fitted Sliderobes TV and media storage unit with shelving and drawers can be designed to suit your interior style and provide your family with ample storage.

The rise of digital media has made us more efficient with technology and should allow us to be more efficient with our space. Declutter old CDs, DVDs and books to make room for other items. Just keep your favourites! Decorative accessories are important in making your home feel less cluttered. Store less on shelves, for example, one or two picture frames make your space feel homely and trigger good memories.

### VISIT SLIDEROBES

To find out more, order our new inspirational brochure online. Visit the Sliderobes Limerick showroom at Unit 3 Riverside Business Park, Dock Road, V94 FYY6 or book your free home design appointment by calling 061 210606. Visit [Sliderobes.com](http://Sliderobes.com) for more

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Due to continued expansion, Limerick Packaging are recruiting for an experienced articulated lorry driver. The role requires a combination of driving, multi-drop deliveries of pallets and some manual work.

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Conor Hogan, Limerick Packaging, Eastlink Business Park, Ballysimon Road, Limerick.

Email: [chogan@lmpkpg.ie](mailto:chogan@lmpkpg.ie)

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## BREAKING NEWS

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# LIMERICK LEADER

## The Leader

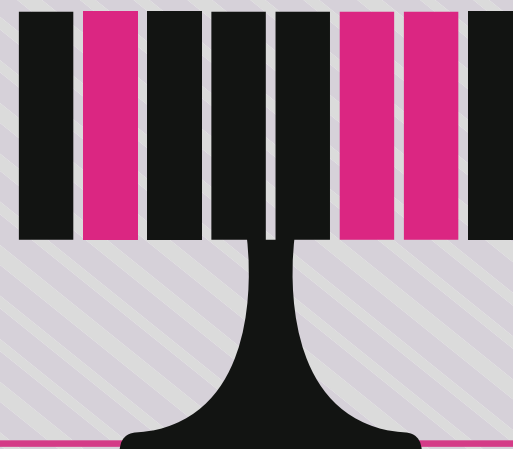
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# ENTERTAINMENT

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

## Seoda Shows this Saturday

**THE Seoda Shows Summer Party is one of the highlights in the Irish indie calendar, and this year is no exception, writes Mike Finnerty.**

Having played host to the likes of Fontaines DC, Joe Jackson and Rusangano Family over the years, organisers of this year's event have worked hard to secure some more of the Irish music scene's finest - and it's safe to say they succeeded.

This year's line-up includes Limerick's resident firebrand group PowPig, psychedelic messrs The Altered Company, the Berlin-based Candice Gordon, noise rockers The Claque, Dublin rockers Silverbacks, Kilkenny alt-rockers The Wha with songsmith Paddy Hanna serving as the night's special guest.

The Thin Air aptly stated "this year's line-up is a thing of beauty."

Seoda Shows tends to book left-of-field and alternative artists, acts that will intrigue and make an impact on an audience, and may not necessarily be heard on daytime radio or in the charts.

Speaking in 2018, organiser John Hennessy said: "Seoda Shows is not the airport novel - it is the one that somebody recommended to you."

This year's installment takes place at Dolan's this Saturday night.

Tickets are a steal at €10, and the night kicks off at 6pm.

The evening is the perfect antidote to the likes of Lewis Capaldi or Ed Sheeran, and promises to be the event of the year for the Limerick indie scene.



Limerick group PowPig will take to the Dolan's stage for this year's Seoda Shows Summer Party this Saturday



Sehr Gut: Cologne's finest set for Limerick visit

## Chamber Philharmonia Cologne in Limerick

LIMERICK is getting a touch of German class next week, writes Mike Finnerty.

The Chamber Philharmonia Cologne are making their return to Ireland, with a stop in St. Mary's Cathedral on Thursday, August 15.

The show is titled "Classics From Germany" and promises to transport audience members to the land of Beethoven, Bach and Stockhausen.

"The objective is simple - we want to inspire as many people as possible across all generations to enjoy classical music," goes their maxim.

The collective are partnered with another of Germany's finest exports; Mercedes-Benz.

Since 2009, they have been outfitted with a luxury tour bus from the car-maker, and the ensemble regularly perform for guests of the company at the Mercedes-Benz Centre in Cologne.

The group plays the works of Vivaldi, Mozart, Paganini, and Saint-Saens, and the multifaceted composition of the ensemble provides every member of the ensemble with the opportunity to perform as a soloist. The permanently expanding

repertoire of the Chamber Philharmonia Cologne consists primarily of hand-picked pieces.

"This mix of carefully-curated music promises diversity of the very highest order, without us having to preach to the audience in the process," according to the group.

"Music is for entertainment and not for instruction."

For tickets, visit [uch.ie](http://uch.ie) or contact 061331549, tickets are €20 for adults, 17 for seniors/pensioners and 12 Euro for students and children.

The show begins at 8pm.

## Trad supergroup pencil in September date

FOUR of the biggest names in trad music will play Limerick's Limetree Theatre this September 18, writes Mike Finnerty.

Tara Breen (fiddle), Laoise Kelly (harp), Josephine Marsh (accordion) and singer Nell Ní Chróinín have been thrilling audiences worldwide for years.

The trad supergroup have played for the likes of Queen Elizabeth and Barack Obama, and have collaborated with Christy Moore and Kate Bush.

These artists have a quiet authority that comes with true mastery and understanding of their music and heritage.

Their Limerick stop comes as part of their 11-date Irish tour, as well as a

concert in London.

The ensemble will lead the audience through a programme of traditional tunes and songs, and for good measure, also play a new Music Network composition by Josephine, a gifted tunesmith.

Music Network brings together four leading traditional musicians to pool their considerable talents, and the results are even greater than the sum of the parts.

Described as "a warm and intimate conversation of equals", the ensemble will bring the very finest trad music has to offer to the Limerick masses.

Tickets are €18 and are available from the Belltable website, or on 061953400.



Trad musicians Laoise Kelly, Nell Ní Chróinín, Tara Breen and Josephine Marsh will play the Belltable next month

# BIG NIGHT OUT @

THE COMMERCIAL BAR & GLEN TAVERN PICTURES: DAVE GAYNOR



Betsa Aragoza, Baran Solomaz and Sheila Pereira at the Wednesday Latino Club in The Commercial Bar



Alvaro Ramirez and Monika Lomotowska at the Wednesday Latino Club in The Commercial Bar



Amy Ryan and Sarah Hayes also at The Commercial Bar



Jeovany Cuesta and Kenny Gonzalez at the Wednesday Latino Club, Commercial Bar



Paulina Pielichowska and Amy O'Carroll at Latino Club in The Commercial Bar



Laura Carmello, Nina Gonzxalez Blodau and Maria Jose Ocete at the Wednesday Latino Club in The Commercial Bar



Grace and Shauna O'Mahony and Michi Roche at The Commercial Bar



Esther Badia and Kelin Lerner at the Wednesday Latino Club in The Commercial Bar



Diego Teodoro and Brenno Mongero at the Wednesday Latino Club in The Commercial Bar



Aoife Hayes and Patricia O'Brien at the Wednesday Latino Club in the Commercial Bar



Carla Varela and Sergio Valverde at the Glen Tavern



Leticia Rigo, Raquel Falcao and Liviv Falcao at the Wednesday Latino Club in The Commercial Bar



Catch Miriam Lambert's *Three Little Pigs* at Friars' Gate in Kilmallock on Saturday afternoon

# THINGS WHAT ARE ON IN LIMERICK



The Altered Hours headline the Seoda Summer Party at Dolans this Saturday PICTURE: IZABELA SZCZUTKOWSKA



Ciaran O'Sullivan's exhibition is at Lucky Lane this weekend

**T**HIS weekend in Limerick offers a slate of comedy, indie music and circus. You can also paint your pet in public or try your hand at churn racing. It's the wonderfully wacky world of Limerick in August!

## Thursday (August 8)

If you feel like doing the most middle-class thing possible (no, not managing to buy a house), the **Hunt Museum** has you covered this Thursday. **Pet Plein Air** is an art evening where you will be handed an easel, a canvas and paint, all so that you can paint your pet in the Hunt garden. It's open to all - from professional to optimistically incompetent - and runs from 5pm to 8pm. It will cost you €15 as an adult or €5 as a child.

Singer-songwriter **Tiz McNamara** plays the **Stormy Teacup** this Thursday, zooming into Limerick after performances at Indiependence last weekend and in Whelan's on Tuesday. Forced to abandon his nascent drumming career after dropping a piano on his foot (I am not making this up), these days he plays the guitar. Rather successfully, as it happens - he's racked up millions of plays on Spotify for his R&B-tinged folk music. If you're into sad music for happy people, you can't miss this show. 8pm, tickets are a tenner.

## Friday (August 9)

**Contact Studios** are back with another quick Gallery Interlude exhibition this weekend, as usual at **Lucky Lane** on Catherine Street. Through My Eyes is by Louth artist Ciaran O'Sullivan, who combines portrait-painting with experimental expressionism. His work is experimental enough to catch your eye in a good way but still recognisable to everyone as art. Definitely worth catching. You can see it from 7 to 9pm on Friday, 11am to 5pm on Saturday, 2pm to 4pm on Sunday and 11am to 3pm on Monday. Probably best if you don't sit there for the entirety of its run, as that would be weird. Free to see,

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

though if you turn up with a fistful of cash you can take your favourite painting home. No artist has ever refused cold hard cash.

It's standup comedy night at The Commercial's **Record Room** this Friday, with **Mic Drop Comedy** dropping seven funny people on to the stage and hoping that some of them will make you burst your guts. Headlining you'll find Seamus Stackpoole, who's performed at the Edinburgh Fringe and made it out alive, and Kevin Larney, who makes a point of saying that he's never won any awards for his comedy but at least nobody's died as a result of it. Doors open at 8:30pm and tickets are just a fiver, meaning that each comedian will cost you just 71 cents. That's a bargain.

## Saturday (August 10)

Puppeteer Miriam Lambert is at **Friar's Gate** in Kilmallock this Saturday afternoon with **The Three Little Pigs**. It's the tale of three young lads - pigs, as it happens - who are eager to find somewhere to live and have no interest in co-living as they're adults and need their own kitchen. Stuck for a few quid, they try their own hands at construction, with hilarious and near-fatal results when they're preyed upon by a Big Bad Wolf. Ms Lambert is one of the famous puppeteering Lamberts, the closest thing Ireland has to a puppet mafia, and her shows are always worth seeing. 3pm, tickets are €7.

Doubling its population for one weekend a year, the village of **Strand** is hosting its annual **Strand Harvest Festival** this weekend. Saturday's events begin at 7pm and include road hurling and churn racing. Both of those are exactly what they sound like - turn-based hurling on the road and competitive running with a milk churn. Sunday is a more traditional

affair, with a vintage car and tractor run at 1pm, followed at 3pm by Eamon de Valera's nightly dream - dancing at the crossroads. If one burst of churn racing wasn't enough for you, the Grand Final of the best churn-racers will be on Sunday at 7pm. All free, though they will be collecting for Pieta House and the Crumlin Children's Hospital.

If you're in **Cappamore** this weekend, this is your best chance to

fulfil your life-long dream of running away from your life of bean counting to join the world of clowning. **Circus Gerbola** are at the town's sports field with three shows - 5pm on Friday and 2pm and 5pm on Sunday. Tickets range from €10 to €18 and, while they're not currently looking for any extra clowns, if you turn up with a big red nose they can't really turn you away from your life's desire.

Running parallel to the circus visiting Cappamore, **McCarthy's Circus Bar** exhibition is also at the

**Tiz McNamara** plays the **Stormy Teacup** on **Thursday**

town's sports field all weekend. The travelling show of circus posters and memorabilia gives an insight into the history of nomadic circus performers in Ireland and is being accompanied by a contemporary art exhibition by 12 artists from east county Limerick. It will be open from 11am till 8pm on both Saturday and Sunday and it's free.

Seoda Shows are hosting their summer party at **Dolan's Warehouse** this Saturday night, with **The Altered Hours** headlining. The Cork quintet have a superb sound, ramming together psychedelia and post-punk to the point where you'll start to wonder why everybody else isn't doing it. Highly recommended. They'll be supported by Candice Gordon, The Claque, Silverbacks and PowPig. It's the best indie lineup you will see in Limerick all summer - possibly all year - and this is easily the gig you shouldn't miss this weekend. Doors at 6pm, tickets are a tenner.

## Sunday (August 11)

There's a **Record and CD Fair** taking over the **Milk Market** this Sunday. In a world of digital downloads and hard drives that can store millions of songs, it's almost quaint to hanker for a record that stores just 10, despite being the size of a coffee table. Turn up early so you don't miss out on the only available copy of the record you really need. 11am to 4pm and entry is free.

## All weekend

The three summer exhibitions at Limerick City Gallery run till August 25. The Forsaken On Calvary photo exhibition is at Limerick City Museum until August 31. All free to visit. Tickets are €10 for the Lavery & Osborne: Observing Life exhibition at the Hunt Museum, which runs till September 30.

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





# LEADER LIFE

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



## A Day In My Shoes

**Lisa Kearney**

Rooney Auctioneers

# Opening doors in Limerick

### What time do you get up?

I get up at 7am or just after.

### What is your normal breakfast?

Breakfast is a cup of green tea and either porridge with blueberries or bran/muesli.

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

Yes, every morning to the park with my dogs and Katherine, my partner.

### You arrive at the office at what time?

Physically, at 9am usually, if not before, but I would have been responding to emails, calls etc from early morning.

### What are your first duties?

Always on duty when it's your own business but checking on appointments that are set up for the day, be they house

viewings or inspections, emails and voicemails.

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

Four to five cups of green tea and two cups of coffee, usually.

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

I have lunch on the go or at home to catch up on home jobs as I am at work every day - depending on time and appointments.

### Do you have many meetings during the day?

I'm on the road usually all day showing and inspecting properties, we have staff weekly meetings early morning and then I would have clients' meetings throughout the day also. Varies from week to week!

### What time do you finish up

### at?

Differs each day depending on appointments, a lot of which take place in the evenings to accommodate people who wish to see houses but are working also.

### Do you watch much television?

When on my own no, not really, but with my partner, yes.

### Do you read the newspapers?

Yes to catch up on all news especially property-related.

### What do you do to relax?

Spend time with my partner, my dogs and my family and friends who are all very important to me. Walking with my dogs and my mum also and watching rugby.

### Are you able to leave the office behind?

**Lisa Kearney:**  
"Seeing people moving in to their new home is always a great day!"

Don't get a chance to really. When it's your own business you are always on, but my family who I work with and my work colleagues are a great support.

### What is a perfect work day?

A busy day is always the perfect day. Meeting new people and helping people in every way I can to make the experience easier for them whether that is selling their home or buying their home. Seeing people moving in to their new home is always a great day!

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

Rarely, thankfully - my training as a psychotherapist certainly helps! If I was to pick something it would be rudeness and lack of respect - no need for it at any time

## INSIDE THIS WEEK



### CHAMPION'S ATTITUDE

Dr Eddie on a wining mentality  
PAGE 34



### PICTURE PERFECT

Agnieszka's guide to procedure planning  
PAGE 36



### OFF TO THE RACES!

Celia Spotted was up in Galway  
PAGE 41



### ALL IN THE SUIT THAT YOU WEAR

Patrick's tips for tailor perfect suits  
PAGE 42

# Champion Shane an inspiration to everyone



## MENTAL HEALTH MATTERS DR EDDIE MURPHY

CLINICAL PSYCHOLOGIST  
ADJUNCT ASSOCIATE PROFESSOR  
UCD SCHOOL OF PSYCHOLOGY

Many stories have been written about Shane Lowry the Irish golfer who recently won the British Open.

It was a remarkable achievement and whether you are into sports or not there are so many life lessons that Shane Lowry can teach us all.

For non-sports people (my wife Carol is one) many explanations are required and regularly.

I am the opposite, I love all sports. Now back to Shane!

### DEDICATION & PRACTICE

Shane Lowry's overnight success was years in the making. Thousands of hours of practice in hail, rain and shine were required to produce the performance of a life-time.

I really admire athletes, musicians, scientists – anyone who achieves a significant breakthrough from all their efforts. It really inspires.

The key word here is perseverance, it's a self-discipline that is in short supply, yet is one of the best

### INSPIRATION & MODESTY

Shane wondered would he be "good enough" to win the Open.

A normal doubt he was able to park during the competition.

It's his modesty that stands out – a man from the heartlands of Ireland, Clara County Offaly.

Unlike many superstars whose ego is bigger than their ability, Shane is a passionate man grounded by his family and community.

### COACH

He is a master golfer and like all elite players - in tennis, golf or whatever - Shane has a coach.

Now this is important, I believe that we all need wise people in our



**I love the fact that he can talk about the challenges and dark days particularly on those days of greatest joy. His capacity to talk about vulnerability makes him even stronger, in my mind**

lives. I believe that we need to have wise people in our children's lives.

Sometimes when the parental voice is rejected the grandparent, uncle, aunt can be the wise person.

Plug wise people in the different parts of your life – work, and relationships. Wisdom can keep us all grounded.

### FAMILY & VULNERABILITY

He spoke about his vulnerability, as he faced over 10,000 in his village.

"You think this is what it's all about, but it's not

"There were many nights when I cried myself to sleep asking was I good enough to make it, wondering should I continue."

He would talk about how the Lowrys are "an emotional family" "We would cry at anything."

I love the fact that he can talk



**Shane's sense of perspective, his ability to talk openly about vulnerability and his capacity to accept the wisdom of others make him an inspirational sports star**

about the challenges and dark days particularly on those days of greatest joy.

His capacity to talk about vulnerability makes him even stronger, in my mind.

Yet the night before the win when he was six shots ahead, there was great pressure; would he throw it away under the pressure?

He said on that night regardless of what would happen as long as his wife Wendy & daughter Iris (2) were waiting for him, that was what was important.

This is called perspective. Wouldn't it be brilliant if we could bring perspective into our lives during the crunch times?

This demonstrates that Shane Lowry has great emotional intelligence.

### INSPIRATION

He has lifted the mood of the midlands, raised the mood of the nation and he deserves to savour his victory as the champion golfer.

Yet when Shane was asked what inspired him, it was his two sisters

in law, Melissa who had a kidney transplant and her sister Alison who donated the kidney.

So many true heroes in Shane's life.

Shane Lowry ..... Class

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

# POSITIVE PARENTING

LOVE PARENTING 

## Top Tips

### For toys to support Language and Learning

As thoughts slowly start to shift from holiday to school, it may be tempting to try to ensure your pre-schooler has mastery over their numbers and letters. Small children, however, learn best by playing.

#### Traditional

Traditional toys such as blocks, dolls, musical instruments, cars/trains, shape-sorters and other low-tech toys get children and parents talking, singing, playing and interacting together. These all help build foundational communication skills.

#### Sensory

Water toys, musical instruments, bubbles, play dough, and sand toys promote the sensory development of touch, sight, sound, taste, smell.

#### Family fun

Board games and conversation-based question games can be enjoyed together as a family.

#### Creativity and language

Doctor's sets, tea sets, costumes and other dress-up accessories allow children to use their imaginations and foster creativity. Their language skills expand too as they make up conversations, tell stories and take turns.

#### Building

Building, construction and craft toys or sets help children of all ages to develop fine motor skills.

#### Colouring

Crayons, colouring pencils, colouring books and other writing supplies are loved by all children, but also help build their literacy skills.

#### Puzzles

Puzzles and jigsaws which range from basic to complex encourages team working and conversation as well as analytical and problem-solving skills.

#### Books

The love of reading is the one of the best presents you can ever give a child.



**There is so much hype around the exam that it can seem like a make or break situation. It really isn't, but for a young person it may be difficult to see this. Understand this and recognise the importance of it to them, while supporting them to see that there will be many more opportunities in life**

# The results are back...now what?

Leaving Cert season has come and gone again, and the results are out next Tuesday August 13.

The usual images of jubilation were caught on camera, and proud parents shared the results on social media. There have been great achievements by many young people who have worked extremely hard, and these achievements deserve to be enjoyed and celebrated.

The other side, however, is that many young people were disappointed by the results for a range of reasons—they may have just missed the needed points for the course they really want, they may have not done well at all for a whole host of reasons or they may just feel they don't quite measure up to their peers. So, whether you are celebrating or commiserating in your house, below are some

ideas on how to support your teen as they cope with their results and start to make really big plans about their future.

#### KEEP IT IN PERSPECTIVE

There is so much hype around the exam that it can seem like a make or break situation. It really isn't, but for a young person it may be difficult to see this. Understand this and recognise the importance of it to them, while supporting them to see that there will be many more opportunities in their lives.

#### MANAGE YOUR OWN ANXIETY

From their very first steps to their final flight from the nest, parents have been willing their child to do well. We want to see them happy and successful, and, when they stumble (as they will all do at some stage), it can be very difficult for parents to cope. Try not to convey your worry or

disappointment to your son or daughter; they will pick up on it and it will only increase their own anxiety.

#### TEACH RESILIENCE

As adults, we all know that the times when we struggled or failed were the times that we really learned things about ourselves and how the world works. Many young people don't have the life experience to see this yet, but you can help them to deal with their disappointment in positive ways and find the learning in their experience.

#### EXPLORE OPTIONS

Help your son or daughter to explore a range of options and help them see that they do have time to think and plan. They might find an unexpected path that they really enjoy.

#### AVOID COMPARISON

This is really difficult as so many people will be asking and interested, but try to focus only on your son or daughter. Help them to see that others are on different paths and they only have control over their own.

#### COMMUNICATE

We know that many young people are suffering from anxiety, and stressful situations such as the leaving cert and third level offers can be particularly difficult. Even if your son or daughter doesn't want to talk, find ways to let them know that you are there and try to spend time with them. Don't make the focus of everything on the exams—watch a movie; bake some bread; go for a walk. Find other thing to talk about.



# AGNIESZKA'S AESTHETICS

**AGNIESZKA ORŁOWSKA**



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

## Why you need a treatment plan in aesthetic procedures

**I**n a previous column I wrote that when taking the first step in aesthetic procedures a thorough consultation with your practitioner is vital in order to create your own personal treatment plan.

The main objective of every new patient consultation is to develop a treatment plan that works specifically for them.

I have been asked many times "What exactly is a treatment plan and why is it needed?"

My first question in every consultation is to ask my client to look in the mirror and tell me what their main concern is. What is it they would like to achieve.

Generally speaking most people are concerned about the ageing process and would like to look more fresh and natural.

Many times what the individual sees is not always where the problem lies.

Often I ask if they want me to tell them the solution to their concerns or do they want to hear what I see?

For a treatment plan we need to look deeper. We need to understand their skin and anatomy. For example, if they are concerned that they look tired, you may be able to provide a plan to lift or contour the eye area, while

also offering skin rejuvenation treatments to revive a dull complexion. A holistic, long-term strategy will achieve a more natural and even result, and it encourages people to embrace regular touch-ups, tweaks, and interventions to maintain their youthful appearance.

I always like to compare a treatment plan to somebody going to the gym.... to see any benefits it's not enough that you go just once.

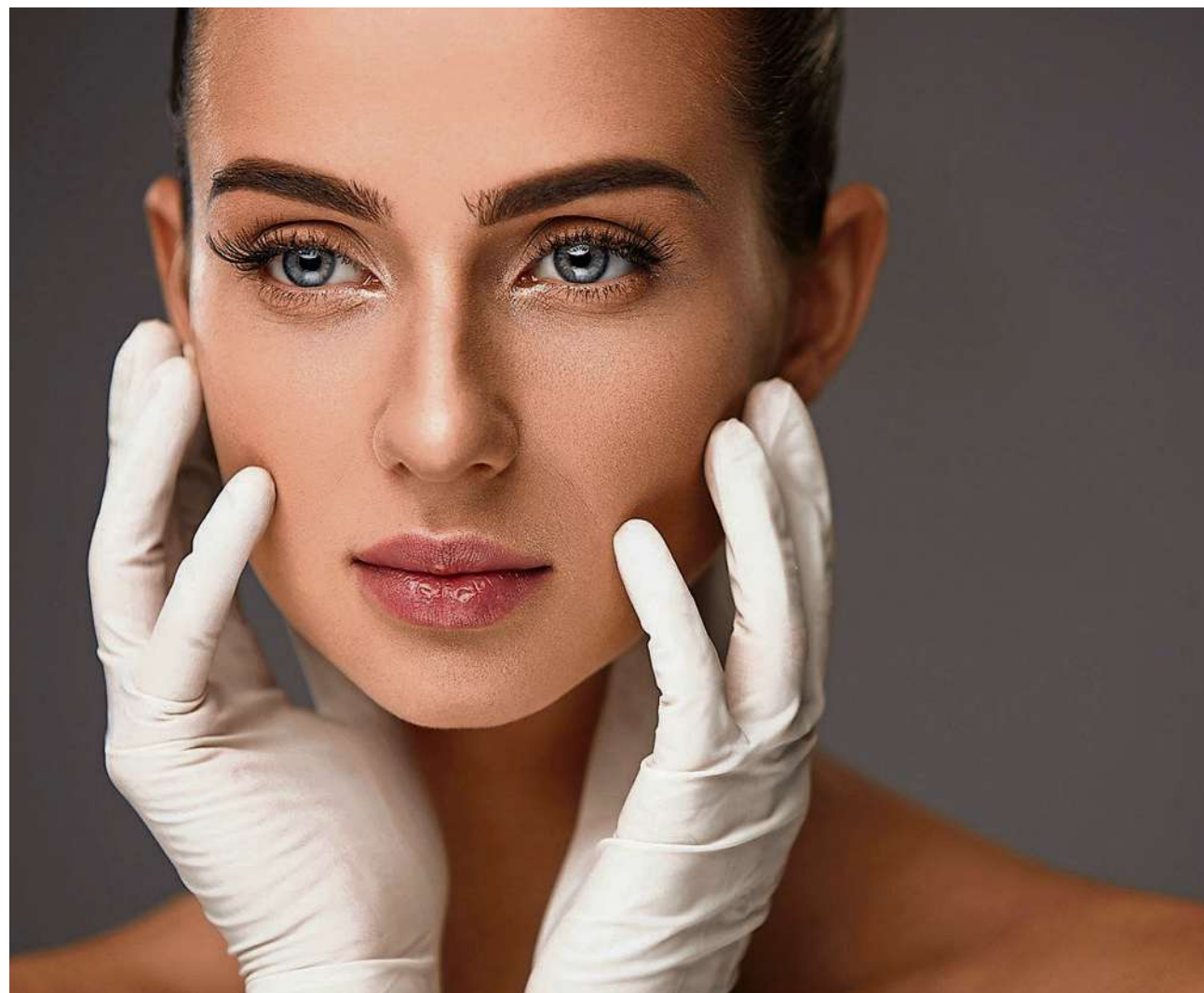
From an aesthetic point of view a cosmetic regime and balanced diet are also important factors.

Nearly 40% of clients during consultation disclose they don't use SPF cream during the day. Around 20% are not drinking enough water & have unhealthy diets.

Considering all of these factors it's very important that the client understands that one procedure cannot "fix" all of their problems.

All treatments plans are individual to each persons needs and can vary from minor short term procedures to something longer lasting involving regular visits over a period of time.

The main objective of every new patient consultation is to develop a treatment plan that works specifically for them.



### Frown Lines

Soften Frown Lines in the Glabellar Area

### Brow

Create a brow lift and open up the eye

### Crow's Feet

Smoothed skin around the eye area

### Above the Lips

Smooth a "Gummy Smile"

### Jowl Area

Stop sagging jawline

### Excessive Under Arm Sweating

Stop under arm sweating

### Forehead

Soften Horizontal forehead lines

### Eye Area

To open the eyes and soften fine lines under the eye

### Nose Area

Diminish the "Bunny Lines"

### Check Area

Add volume to areas affected by age and gravity

### Vertical Lip Lines

Reduce the appearance of vertical lines above the lip or "Smoker's Lines"

### Corners of the Mouth

Correct the downturned corners of the mouth

**Areas a practitioner will focus on during a consultation**





# HEALTHY LIVING

**EVA HILL HAMILTON**

**CONTACT EVA**

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

## Know your producers – Crawford’s Farm

**T**IME and again I write about the importance of not just what you eat, but the quality of that food. You are what you eat – and the same can be said about your food. The health of the animals based on the health of the plants they eat and the plants’ on the health of the soil. There’s something comforting in knowing where the ingredients on your plate originated, providing assurance that you are feeding yourself and your family the best nourishment possible.

The Farmer’s Markets, Farm shops and Co-Op movements in Ireland have done their part to encourage the purchase of fresh seasonal ingredients produced by local growers and farmers who are doing things the old-fashioned way; producing ingredients with love, devotion and dedication to farming and livestock husbandry.

True farm to fork eating is back again, and I love to spend Saturday morning on the market, getting to know these wonderful producers



**Crawford’s Farm milk comes from a small herd of Shorthorns in Cloughjordan. Pictured above is Mimi at the Milk Market**

and their passion for their stock.

I meet Mimi, the lovely lady from Crawford’s Farm (www.crawfordsfarm.ie) - a small, certified organic farm nestled in north Tipperary, that operates a diverse, holistic farming system

integrating environmental stewardship with humane animal husbandry. All their animals are raised on pasture in rotations to mimic natural systems and are fed the grains grown on their farm. The entire holding is certified organic, which

means there are no pesticides or herbicides used and everything is free of artificial antibiotics, hormones and GMOs - the way nature intended!

Her chickens are the best you ever taste and she offers fresh and frozen meats, but I’m most excited about her raw dairy products. I have written numerous articles about how ideally dairy should only be consumed in this unaltered form, as pasteurisation and homogenisation can turn this “healing white blood” and “stem cell food” as some refer to it, to something that is difficult to digest and highly allergenic.

But not all raw milk is created equal. Milk that is

intended to be consumed raw should be produced to much higher standards than milk destined for pasteurisation. This distinction is a crucial one. Crawford’s Farm holds a HACCP cert (Hazard Analysis and Critical Control Points - a systematic preventive approach to food safety) for raw milk production and take a multi-faceted approach to ensure the health and well-being of those who consume it.

They deliver to certain markets and shops in most counties; such as selected Dunnes Stores and health food shops, the Milk Market in Limerick and drop-off points, such as in Urlingford in Co Kilkenny.

**DID YOU KNOW?**  
Raw milk has 60 plus enzymes to support digestion and it is one of the best sources of amino acids to produce glutathione - our master antioxidant enzyme

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A summers evening at Athlunkard Bridge by Brian Roche



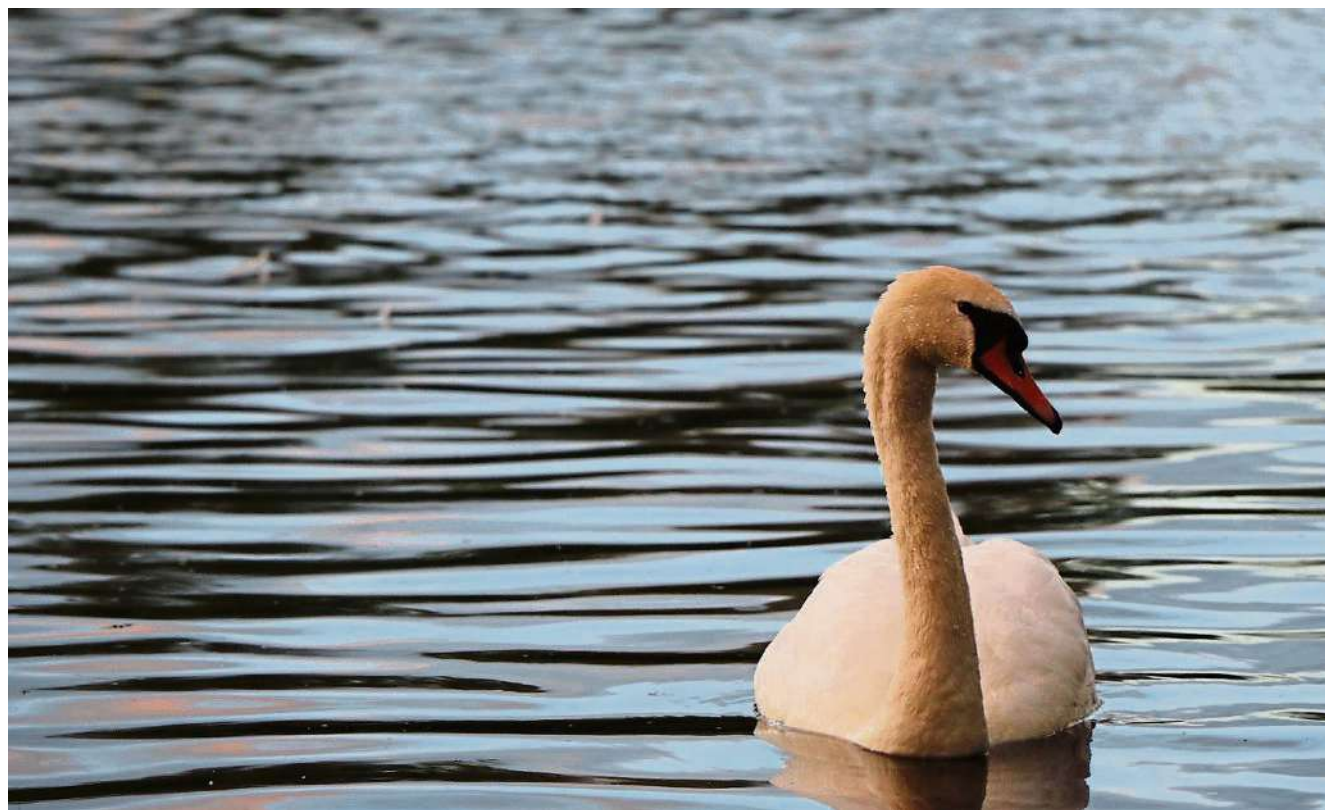
Claire Waters captured this resting butterfly

# 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](mailto:NEWS@LIMERICKLEADER.IE) WITH READERS' PICTURES IN THE SUBJECT LINE**



A summery snap from Claire Waters



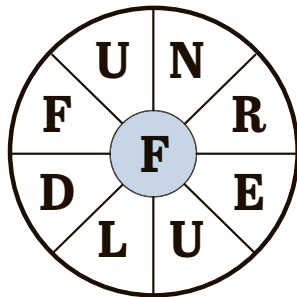
Another great snap at the river from Brian Roche

SUDOKU

9x9 grid for Sudoku puzzle

WORDWHEEL

You have 10 mins to find as many words as possible using the letters in the wheel.



How you rate: 8 words, average; 12 words, good; 16 words, very good; 20 or more, excellent.

DOUBLE CROSSWORD

Cryptic Clues:

Across

- 7. Leap into crypt (5)
8. Are in it to show no movement at all (7)
9. Shyness to do duty again? (7)
10. Work for net profit? (5)
12. Inform on bereaved woman - her husband's away (5,5)
15. Slight difference after dark shows plant could be deadly (10)
18. Put off some undetermined matters (5)
19. Rope for the artist (7)
21. Extreme grammatical timing (7)
22. Easily carried illumination (5)

Down

- 1. Went too far round the bend, and landed upside-down (10)
2. Welcome visitor was suspected by the sound of it (5)
3. Deserts rising performer who is brilliant (4)
4. Sundry people who take the plunge (6)
5. The elite were in debt and provided with lodging (8)
6. Runs aground, using bits of wire (7)
11. Cause of the medium's depression? (3,7)
13. Shy when it comes to bedtime? (8)
14. Excite by hiding it in precious stone (7)
16. How semi-mishap to writer could occur (6)
17. Point reached in theatrical profession (5)
20. Lies about Capri, for example (4)

Double crossword grid with numbered squares

Quick Clues:

Across

- 7. Excessive (5)
8. Liken (7)
9. Foot pedal (7)
10. Smallest (5)
12. Specific (10)
15. Inability (10)
18. Dally (5)
19. Curtail (7)
21. Defect (7)
22. Fruit (5)

Down

- 1. Became numerous (10)
2. Viper (5)
3. Transmit (4)
4. Stress (6)
5. Inferred (8)
6. Efficient (7)
11. Menaced (10)
13. Suffocation (8)
14. Applaud (7)
16. Alter (6)
17. Adroit (5)
20. Genuine (4)

To hear any crossword solution or the full solutions call 0905 789 425. Calls cost 80p per minute plus your network access charge. SP: Spoke, 0333 202 3390.

For four extra letter codeword clues, call 0901 293 525. 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.

Codeword grid with numbers and letters O, L, O

13x13 grid for Codeword puzzle

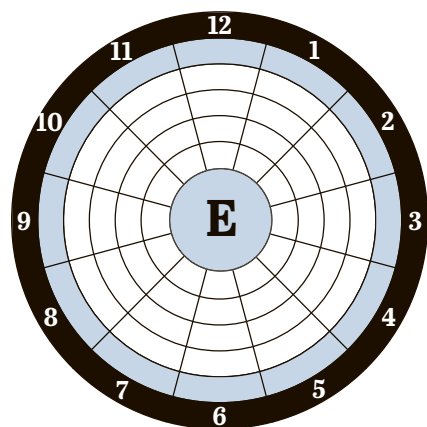
LAST WEEK'S SOLUTIONS

DOUBLE CROSSWORD: Cryptic: Across: 1 Smartness; 8 Ice; 9 Springboard; 11 Hamster; 12 Donor; 13 Annals; 15 Upshot; 17 Satyr; 18 Clamber; 20 Accelerator; 22 Net; 23 Laterally. Down: 2 Map; 3 Tenet; 4 Embark; 5 Stand up; 6 Riding habit; 7 Generator; 10 Remonstrate; 11 Headstone; 14 Lyrical; 16 Ocelot; 19 Airer; 21 Oil.

Quick: Across: 1 Powerless; 8 Nee; 9 Transparent; 11 Impinge; 12 Tight; 13 Precis; 15 Armada; 17 Reeks; 18 Armoire; 20 Delinquency; 22 Awe; 23 Sedentary. Down: 2 Oar; 3 Risen; 4 Eraser; 5 Shelter; 6 Integration; 7 Negotiate; 10 Apprehended; 11 Impartial; 14 Insults; 16 Banned; 19 Mourn; 21 Car.

CLOCKWORD

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



- 1. Buccaneer
2. Stick
3. Referee
4. Small
5. Observe
6. Hinder
7. Fortress
8. Obstacle
9. Fruit
10. Hate
11. Recess
12. Safe

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.

1x9 grid for Niner puzzle

THE CLUES:

- 9318 gives something to wear;
1824 gives something to wear;
52346789 gives a tailor.

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.

Kakuro grid with numbers in shaded squares

SPLIT DECISION

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

Split Decision grid with letters in squares

SUDOKU

9x9 grid for Sudoku puzzle

LAST WEEK'S SOLUTIONS

CLOCKWORD: 1 Recall, 2 Ordeal, 3 Barrel, 4 Enamel, 5 Retail, 6 Trowel, 7 Pistol, 8 Annual, 9 Laurel, 10 Mortal, 11 Entail, 12 Ritual.

CELEBRITY: Robert Palmer.

NINER: ANCHOVIES.

KAKURO:

Kakuro solution grid

SUDOKU:

Sudoku solution grid

SPLIT DECISION:

Split Decision solution grid: P L U C K, E S I, C H A R T, A G T, N E E D Y



# STYLE & FASHION

**CELIA HOLMAN LEE**

**CONTACT CELIA**

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

## Summer fun under the Galway sun

**T**HE Galway Races has maintained its reputation when it comes to the fashion stakes. It was certainly a case of hats ruling the day or even week with an array of stunning headpieces in wonderful bursts of colour.

Another big fashion statement was the jumpsuit and trouser suit with both appearing to be the outfit of choice among many of the fashionistas. But of course the dress was top of the list with so many others. If you are still looking for fashion tips for the rest of the racing season then look no further than the hugely successful ladies day at the Dublin Horse Show. The show of course runs until this Sunday.

I always know in advance when I am going racing, so I always start with my main outfit and I build my shoes, bag and hat around that. The hat is extremely important so make sure that it sits properly on your head and is well secured and you feel confident whatever the weather.

When looking for the dress or jumpsuit, make sure you know



**Winner of the best dressed competition Siobhan Cody Gaule from Kilkenny wore a striking yellow and purple ensemble while Barry O'Connor from Barna donned an eye-catching plaid suit at Ballybrit**

your body shape and whatever your choice it will look good on you from the get go. Bags can be a very attractive accessory so be careful that it works in scale with what you are wearing, and of course when it

comes to shoes, make sure that you can walk in them for hours on end otherwise if they are uncomfortable it can throw your posture.



**Karen Dunne from Sligo was a well-deserved finalist in the best dressed lady competition at Ballybrit, wowing in a white jumpsuit with red headpiece** PICTURES: ANDREW DOWNES, XPOSURE



**Lorraine Morgan from Athenry wore a stylish dark blue long sleeved dress at Ballybrit**



**Here's a summer stunner: Celene Brennan from Claremorris, Co Mayo went for a gorgeous layered look**



## CELIA SPOTTED

Looking good out  
and about in Limerick

**Name:** Angela Mullins  
**Occupation:** Stay at home mum  
**From:** Living in Gort, Co Galway and originally from Co Clare

**M**y favourite stores are Cos, Whistles, Maje, Sandro and Zara. I love Cos because the style is simple with classic shapes and the quality is always good. They always add something quirky like a double zip at the back of a dress. My style icon is Olivia Palermo and I follow her on social media along with Sarah Jessica Parker, Anine Bing and Simple Styling. I follow mostly fashion on social media and these ladies are doing what my style is all about. Dressing over 40 is never easy and these ladies are doing it flawlessly!

### ANGELA SAYS

**Dress:** This dress is from Cos at Brown Thomas. I chose the dress because it is super comfortable and has pockets.

**Hat:** The hat is by Brid O'Driscoll Millinery. I picked the pink headpiece because I love colour clashing.

**Sandals:** The sandals are from Dunnes Stores. The nude sandal I think keeps the outfit fresh and less formal.

**Bag:** I borrowed this bag from a good friend. I like the way it picks up the colour of the dress while also introducing some new shades



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



## 12<sup>th</sup> ANNUAL Charity Cycle

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# MANABOUTTOWN

**PATRICK McLOUGHNEY**

**CONTACT PATRICK**

**Email:** patmcloughney@hotmail.com

**Twitter:** @iammcloughney **Instagram:** iammcloughney

## Dress to impress: Tailor your suit

**E**VEN though I've been out of the "rag trade" for nearly 18 months now, I'm still contacted by friends and social media followers regularly who are looking for fashion tips/style advice or in some cases, wanting to make a personal shopper appointment. The topic of most interest or concern always seems to be suiting.

Most guys would freely admit that they have no idea how to discern a proper fit or how to work with a tailor to ensure a perfect fit. It shouldn't come as a surprise until I starting selling suits for a living I really hadn't much of a clue about these things myself. Few young men ever have the need for a suit before they leave college, and even then, their suits are likely to be €150 student race day specials, with "tailoring" meaning hemming the trousers. Really, the truth is you don't know how much you don't know until you know. So, to all those friends and followers who want to know what they're doing when it comes to getting suiting right, here are the tailoring basics you need to know.

The first piece of advice I give everyone is to shop in actual men's suiting store. You'd think this would be obvious, but apparently, it's not. While the cheap and cheerful shiny blue three-piece will get the job done when you're a broke student, once you graduate and start adulting, the perception of your suiting game will change very dramatically. Cheap suits are very easy to spot. Elements such as frayed buttonholes, poor stitching, plastic buttons, polyester lining and glued interlining will very quickly reveal the fact that you purchased your suit in the same store that you picked up your skin tight neon pink tank top and ripped skinny jeans. The person interviewing you for your grown-up job will see this. So will the people who invited you to the full wedding and paid for a place for you there. Having a "zero f\*\*ks given" attitude doesn't play as well once you leave college, trust me on this one.

In order to find quality men's suits, blazers and trousers, you need to start in a quality men's clothing store. Work with people who know men's fashion and are educated on how a suit should fit. A good suit salesman should care more about getting the look and fit

perfect, than making you part with your hard-earned cash. Professionalism and attention to detail lead to happy customers and repeat business. These are the qualities that define a good menswear store.

### Fitting & Adjusting Your Suit

The first step in fitting a suit is trying on the jacket and trousers, ideally over a formal shirt (the one you wear to work – not a going out shirt or a polo/tee) and while wearing a pair of dress shoes. If you're heading to a menswear store to buy a suit, it's good to wear appropriate clothing that will ensure you end up with a perfect fit. If a dress shirt and shoes aren't accessible to you then the store will most likely be able to provide them for the purpose of the fitting (while hoping you'll also buy the shirt and shoes). It does help to bring the shoes you'll be wearing with the suit so that the pants can be adjusted to the precise length that's appropriate.

Off the rack, suits are measured by the wearer's chest and come in three different dimensions: short, regular and long. It's important to understand your basic measurement so that you have a starting point that will require the least amount of tailoring around your frame. If you don't already know this measurement then ask the salesperson to measure your

chest and then try on the jacket that best matches this measurement as well as one size up and one size down to ensure you're starting with the right fit.

### What To Look For THE JACKET

Your first impression will tell a lot when you try on a suit jacket. Is it pulling as you try to button it, indicating it's too small, or are you swimming in loose fabric? There are limits to how much a suit can be tailored to either let out or take in fabric along the seams, so try to get the jacket as close to the right size as possible. If your size isn't in stock then ask them to order it in. Don't settle for the wrong size because you like the colour/pattern/brand etc.

### SHOULDERS

The edge of the padding in the shoulders of the jacket should not extend beyond your actual shoulders. If it does, then the jacket is too big.

### CHEST

You shouldn't feel any restriction of movement across your chest or back or any pulling from armpit to armpit. If you do then the jacket is too small and you need to go a size up. The chest section of the jacket should rest flat across your chest. If there are any balloons of fabric or bulges then the



jacket is either too large or needs to be adjusted.

### NECK

The mirrors in the fitting room will need to assist you here. Look at how the fabric lies from the base of your neck down to your shoulder blades. There shouldn't be any rolls or bulges of fabric along the base of your neck. If there is, it needs to be tailored.

### WAIST

Many off the rack suit jackets will not be tapered around the waist, so if this is something you want then it'll need to be adjusted by a tailor.

### SLEEVES

The sleeves should break at the wrist and allow for a little bit of shirt cuff to show. As you get used to suit shopping, you'll become more familiar with your own tailoring specifics and find it easier to judge what needs to be adjusted. My personal preference is for the jacket to break above the wrist so that you can see my watch and or cufflinks.

### The Trousers

#### RISE

The rise of a trouser is the distance between the waistband and the crotch. Different men are proportioned differently, so some will require a low rise and some will need high-waisted trousers. If you usually wear low-rise trousers and the trousers you're trying on are sitting above the navel, you're got problems. There's very little a tailor can do to adjust the rise, so if it's not right, it's probably best to pick a different suit.

#### WAIST

The waistband should fit comfortably but not tightly. If it's too tight, it will pull and stretch the fabric below it and look sloppy and ill-fitting.

#### SEAT

The seat should follow the contours of your own bum. You shouldn't get a wedgie nor should you look like your wearing an adult diaper. If it droops, get it taken in. If it's too tight, have it let out.

#### LENGTH

There are two things to consider when determining how to hem your trousers – length and cuff. Regarding length, my personal preference is for the trousers to break on the top of my shoes – because I like to wear funky socks – but others prefer a full break or no break at all. It's a personal preference but please make sure that there's no bunching of fabric over the shoes. Regarding cuffs, if the trousers are pleated, then cuff them, if the trousers have a flat front, then don't.

Putting on a good suit is transformative. Your shoulders are broadened, your lines look longer and leaner and your waist looks trimmer. The key to all this getting the right suit and having it properly tailored. Some menswear stores will have their own in house tailor and will charge you for the extra work. Some will note the adjustments and send your newly acquired clothing out to a tailor for you.

In truth, if you really want to get the tailoring perfect then you should really take the bull by the horns and go to a tailor yourself. I have all my tailoring and alterations done by The Zipyard because they're excellent and because I know that the person taking the measurements will be looking after the alternations and not trying to work off someone else's pinning. They also know my measurements and know my preferences as well as I do. If you really want to step your style game up, then the best piece of advice I can give is to make friends with a tailor.

## Watch This Space

### Tissot T-Race Cycling watch

**My watch of the week is the Tissot T-Race Cycling watch from Keanes Jewellers.**

**The Tissot T-Race Cycling celebrates the Swiss watch brands passion for cycling and is a must-have for all cycling enthusiasts! This sporty watch features many details inspired by racing bikes and there are several choices of colours. The pushers look and operate like brake levers. Two large luminous hands, along with a colour-coordinated, "T"-tipped chronograph seconds hand, sweep across the**



**tricomplex grey dial, with counters at 3, 6, and 9 o'clock and a date window at 4:00.**

**Inside the 100-meter water-resistant case is a Swiss quartz movement powering the time, date, and stopwatch functions. Of course, if the owner is into the racing aspect of cycling, the chronograph can be used in conjunction with the tachymeter scale to measure speeds. In keeping with Tissot's well-earned rep for value in the Swiss-made category, the T-Race Cycling retails at Keanes for a very reasonable €490.**



# LOUISE LOVES

## LOUISE CANTILLON

CONTACT LOUISE

Facebook: @LaoisDeCantalun Email: louise.cantillon@spinsouthwest Instagram: louise\_cantillon



## Rogha na Seachtaine



### TO DO:

Soul Roll Sushi @ Milk Market

The latest addition to Limerick's Milk Market, a snazzy silver truck serving a choice of Sushi rolls or bowls! Very cool and very tasty, Soul Roll is an exciting new trader- I recommend you check them out!

### TO LISTEN:

Track of the week

Sara Ryan: 'Bright Blue Screens' - Single Release, August 12, 2019 available on Spotify. 'Bright Blue Screens' is the new single taken from the forthcoming debut album, 'Breathe' by Cork singer Sara Ryan. Evocative vocals and raw lyricism this track delves into the violent world of social media and mobile phone addiction in 'Bright Blue Screens'.



### TO SEE:

Revival Festival in Listowel

August 9- 10; Listowel: Sharon Shannon, Mundy, Sinead O'Connor, Finbar Furey... A celebration of the best in trad Ireland has to offer. Revival festival will be a lot of fun! I have tickets up for grabs on Spin Hits every day this week! Tune in to win!



# Another 'Indie-credible' weekend in Mitchelstown

**C**ELEBRATING its tenth year at Deer Farm in Mitchelstown. One of Ireland's festival success stories over the last decade, INDIE has grown over the years from its initial three thousand capacity into a fully-fledged summer spectacular attracting over 15,000 people.

I took in the festivities on Friday and as expected, it rocked!

Indie has always been a great supporter of up and coming Irish artists, and right across the weekend line up some of the best existing and rising stars could be seen! As well as our homegrown talent, the festival attracts some of the world's biggest stars! Headline acts included Lewis Capaldi, Bastille, Cat Fish and the Bottlemen and Biffy Clyro!

I was very lucky to catch up with some of the artists back stage before and after their sets, I have recorded some very cool interviews that I am excited to share with you on Spin South West this week! Arriving to Indie Friday afternoon I did my best to squeeze as many acts as possible into my schedule. The first set I watched was from the incredibly talented Irish pop star LAOISE. I have been following LAOISE over the last year and for a 22-year-old college graduate from Galway, it's safe to say the music world is her oyster. Performing at Lollapalooza in September and following that with a headline gig in London. LAOISE is one to watch for 2020!

Norwegian beauty, singer and songwriter Dagny took to the mainstage at 8pm! This was my first



Spin South West team at Indie: Caitlin Griffin, myself, Valerie Wheeler, Nelius Stackpoole and Tuathla Lucey

time seeing Dagny live but as expected she did not disappoint! Her set included lots of new music, I loved her latest release "Hit your heart", but the biggest reaction came when she belted out her smash hit "Love you like that".

Lewis Capaldi, was next to the stage, again this was my first time seeing the Glaswegian live! I had managed to catch him for a brief chat before his set and as expected the funny man was hilarious and

completely laidback when it came to discussing his set, but as always he blew the crowd away with his incredible vocals and sing-a-long ballads!

The night was topped off in style with a simply flawless performance from Bastille!

The indie rock/pop group fronted by lead vocalist Dan Smith captivated us with their smash hits and powerful ballads, leaving everyone wanting more.



I met Lewis Capaldi backstage at Independence on Friday

## Love Island Spinale

THE television series that dominated our lives for eight weeks came to an unexpectedly special end last week!

Little did we think when we threw our Spin South west launch party at the beginning of June that we would be back in 101 O'Connell Street cheering for a Limerick man to win the title! Greg O Shea entered the love island villa only two weeks before the finale.

He stole the heart of Amber Gill and I think it's fair to say he won the public over too with his genuine charm and likeability!

To mark the finale, Spin South West threw an exclusive Love Island "SPINALE" in 101 O'Connell street. Over 150 lovely listeners joined us in celebrating the unique victory for Limerick on the night.

The party was love island themed and

included a special "Greg" cocktail for all of our guests!

The ITV smash hit series catapults Greg and Amber to new heights, between public appearances and fashion deals the pair are rumoured to earn a six figure sum each this year!

We wish Greg every success, and are very proud to be represented by one of Limerick's finest!

Roll on the homecoming!



Greg gets a hug from his mum after winning the big event



Strike a pose! Kiera Moten, Caherdavin, Martina Quilligan, Thomondgate and Karly Slattery, Shannon

# Out & About

## LIMERICK CITY TROPHY DAY DANCE COMPETITION AT THE SOUTH COURT HOTEL

Pictures: GARETH WILLIAMS



Taylor Clancy, Eadaoin Harrington, Kayla Clancy and Lily O' Byrne, KNS Dance School



Arianna McCarthy, Ellie Moroney, Chantelle Hogan and Alana O' Sullivan, Eilish McCarthy Dance School



Eva Keating Byrnes, Ali Lynch and Natalie McCarthy, Rathkeale looked the part in their colourful ensembles



Hayleigh McMarlow, Castletroy and Sean Byrnes, Thomondgate were all smiles at the event



**LEFT: Attending the Limerick City Trophy Day dance competition at the South Court Hotel were Flawless School of Dance**

**ABOVE: A happy bunch from KNS Dance School**

**RIGHT: Jemma Fitzgerald and Sophia McCarthy, Rathkeale**



**Molly Murphy, Caherdavin, Kacey May, Moyross and Emily Quinn, Clonlara posed for a photo**



**Caoimhe Falvey, Moyross and Norrita Quilligan, Thomondgate practicing their moves**

# Classifieds

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**BREAKING NEWS**

Contact **061 214500**

**LIMERICK LEADER**  
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**GERALDINES A.F.C.**  
 WEEKLY LOTTO DRAW HELD ON 05/08/19

This Week's Jackpot: €2,100  
 No's: 1-6-12-22

Lucky Dips: Catherine Gough c/o club; Melissa Bowman c/o Dave Connolly; Kieran O'Doherty c/o Laura Mulqueen  
 Promoters Prize: Rose Nugent & Paddy Mullins

Next Week's Jackpot: €2,200  
 Next Draw: 12/09/19

**YOUNG MUNSTER RFC**  
 No Jackpot Winner

Next week's Jackpot remains at €10,000 and the Rollover balance is: €5400

Lucky dip winners of €40 Mary Mac c/o Tom Monahan, Trisha Coombs c/o Harry Brazier, Gabriel c/o Tom Monahan, Fin Fielding c/o Club  
 Promoter's Prize: John Purcell €40

The numbers drawn: 13-17-19-20  
 As always, thank you for your support.

**Richmond R.F.C.**  
 Development Fund Weekly Lotto  
 This weeks lucky numbers 15-18-19-24  
 Jackpot €2,900  
 Date: 1st August 2019

4 x Lucky Dip @ 25 each: Ray Calvert c/o Claughaun Bar, Dolores Gallagher c/o, Linda Garvey c/o club, Ger Fitz c/o Flannerys Bar  
 Next draw will be held in The Clubhouse 8th August 2019  
 €3000

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# Classifieds

## PUBLIC NOTICES

### AN CHUIRT DUICHE (THE DISTRICT COURT)

District Court Area of Limerick District No.13

**PUBLIC DANCE HALLS ACT, 1935 SECTION 2 (OR) 8 (2)**

**NOTICE OF APPLICATION FOR A PUBLIC DANCING LICENCE**

**APPLICANT:** Market Alley Bars Limited t/a The Old Quarter Pub

**PREMISES:** Little Ellen Street, Limerick

**TAKE NOTICE** that Market Alley Bars Limited having its registered office at Little Ellen Street in the City of Limerick intends to apply to the District Court sitting at the Annual Licensing Court at the Courthouse, Mulgrave Street in the City of Limerick on Thursday the **26th day of September 2019 at 10.30am for the grant of a Licence to use a particular place; TO WIT; The Old Quarter Pub**, Little Ellen Street, Limerick, in the City of Limerick in the Court Area and District aforesaid, for public dancing.

Signed:

McMahon O'Brien Tynan Solicitors,  
Mill House, Henry Street, Limerick.

## PUBLIC NOTICES

### AN CHUIRT DUICHE (THE DISTRICT COURT)

District Court Area of Limerick District No.13

**PUBLIC DANCE HALLS ACT, 1935 SECTION 2 (OR) 8 (2)**

**NOTICE OF APPLICATION FOR A PUBLIC DANCING LICENCE**

**APPLICANT:** Daphne Green nominee for Unicorn Bars and Restaurants Limited

**PREMISES:** The Unicorn, St. Nessian's Road, Dooradoyle, Limerick

**TAKE NOTICE** that Daphne Green nominee for Unicorn Bars and Restaurants Limited having its registered office at Greenhill's Hotel and Leisure Centre, Ennis Road in the City of Limerick intends to apply to the District Court sitting at the Courthouse Mulgrave Street in the City of Limerick on Thursday the **26th September 2019 at 10.30am for the grant of a Licence to use a particular place; TO WIT; The Unicorn**, St. Nessian's Road, Dooradoyle, Limerick in the Court Area and District aforesaid, for public dancing.

Signed:

McMahon O'Brien Tynan Solicitors,  
Mill House, Henry Street, Limerick.

## PUBLIC NOTICES

### AN CHUIRT DUICHE (THE DISTRICT COURT)

District Court Area of Limerick  
District No.13

**PUBLIC DANCE HALLS ACT, 1935 SECTION 2 (OR) 8 (2)**

**NOTICE OF APPLICATION FOR A PUBLIC DANCING LICENCE**

**APPLICANT:** Bryan Green and Company Limited t/a  
The Greenhills Hotel

**PREMISES:** The Greenhills Hotel Conference & Leisure Centre,  
Ennis Road, Limerick

**TAKE NOTICE** that Bryan Green and Company Limited t/a The Greenhills Hotel, having its registered office at Hotel Greenhills, Limerick intends to apply to the District Court sitting at the Courthouse Mulgrave Street in the City of Limerick on the **26th September 2019 at 10.30am** for the grant of a Licence to use a particular place; **TO WIT; The Greenhills Hotel Conference & Leisure Centre, Ennis Road, Limerick** in the Court Area and District aforesaid, for public dancing.

Signed:

McMahon O'Brien Tynan Solicitors,  
Mill House, Henry Street, Limerick.

## PUBLIC NOTICES

### AN CHUIRT DUICHE (THE DISTRICT COURT) District Court Area of Limerick District No. 13

**IN THE MATTER OF THE PUBLIC DANCE HALLS ACT 1939 SECTION II AND  
IN THE MATTER OF THE INTOXICATING LIQUOR ACTS 1833 - 2008  
NOTICE OF APPLICATION FOR A PUBLIC DANCING LICENCE**

**Applicant:**

**CARRICKHILL INVESTMENTS LIMITED**

**TAKE NOTICE** that Carrickhill Investments Limited having its registered office at 1 Mulgrave Street, in the City of Limerick, intends to apply to the Annual Licensing Court at Limerick District Court, Mulgrave Street, Limerick on Thursday the 26th day of September 2019 at 10.30 a.m. for the grant of a licence to keep in use a certain place to wit The Horse & Hound, situate at Mulgrave Street and Cathedral Place, in the City of Limerick, in Court Area and District Aforesaid for public dancing and other entertainment of the like kind. Dated the 1st day of August 2019.

Signed:

Sweeney McGann  
Solicitors for the Applicant  
67 O'Connell Street  
Limerick.

TO WHOM IT CONCERNS

## PUBLIC NOTICES

### AN CHUIRT DUICHE (THE DISTRICT COURT) District Court Area of Limerick District No. 13

**IN THE MATTER OF THE PUBLIC DANCE HALLS ACT 1939 SECTION II AND  
IN THE MATTER OF THE INTOXICATING LIQUOR ACTS 1833 - 2008.  
NOTICE OF APPLICATION FOR A PUBLIC DANCING LICENCE**

**Applicant:**

**KILMURRAY LODGE HOTEL LIMITED**

**TAKE NOTICE** that Kilmurray Lodge Hotel Limited having its registered office at Kilmurry, Castletroy, in the City of Limerick, intends to apply to the Annual Licensing Court at Limerick District Court, Mulgrave Street, Limerick on Thursday the 26th day of September 2019 at 10.30 a.m. for the grant of a Licence to keep in use a certain place to wit Kilmurry Lodge Hotel situate at Kilmurry, Castletroy, in the City of Limerick, in Court Area and District Aforesaid for public dancing and other entertainment of the like kind.

Dated the 31st day of July 2019.

Signed:

Sweeney McGann  
Solicitors for the Applicant  
67 O'Connell Street  
Limerick

TO WHOM IT MAY CONCERN

## PUBLIC NOTICES

### AN CHUIRT DUICHE (THE DISTRICT COURT) District Court Area Of Limerick District No. 13

**IN THE MATTER OF THE PUBLIC DANCE HALLS ACT 1935 SECTION 2 AND  
IN THE MATTER OF THE INTOXICATING LIQUOR ACTS 1833 - 2008  
NOTICE OF APPLICATION FOR A PUBLIC DANCING LICENCE**

**Applicant:**

**PERYGLEN LIMITED**

**TAKE NOTICE** that Peryglen Limited having its registered office at 43, Brighton Square, Dublin 6 intends to apply to the Annual Licensing Court at Limerick District Court, Mulgrave Street, Limerick on Thursday the 26th day of September 2019 at 10.30 a.m. for the grant of a licence to keep in use a certain place to wit Pery's Hotel situate at 13-17 Glentworth Street and 28-29 Catherine Street in the City of Limerick in the Court Area and District aforesaid for public dancing.

Dated this 31st day of July 2019.

Signed

SWEENEY McGANN,  
Solicitors for the Applicant,  
67, O'Connell Street,  
LIMERICK.

TO WHOM IT CONCERNS

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## PUBLIC NOTICES

### AN CHUIRT DUICHE (THE DISTRICT COURT) DISTRICT COURT AREA OF LIMERICK DISTRICT NUMBER 13

**IN THE MATTER OF THE PUBLIC DANCE HALLS ACT 1935 SECTION II AND  
IN THE MATTER OF THE INTOXICATING LIQUOR ACTS 1833 - 2008  
NOTICE OF APPLICATION FOR A PUBLIC DANCING LICENCE**

**Applicant:**

**NANCY BLAKES LIMITED**

**TAKE NOTICE** that Nancy Blakes Limited having its registered office at 19 Upper Denmark Street, in the City of Limerick, intends to apply to the Annual Licensing Court at Limerick District Court, Mulgrave Street, Limerick on Thursday the 26th day of September 2019 at 10.30 a.m. for the grant of a licence to keep in use a certain place to wit Nancy Blakes situate at 19 Upper Denmark Street, in the City of Limerick, in Court Area and District Aforesaid for public dancing and other entertainment of the like kind.

Dated the 1st day of August 2019.

Signed:

Sweeney McGann  
Solicitors for the Applicant  
67 O'Connell Street  
Limerick

TO WHOM IT MAY CONCERN

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**BIRTHDAY REMEMBRANCES**



**† O'BRIEN**  
(23rd Birthday Remembrance)

In loving memory of a dear daughter, **Joanne O'Brien, late of 33 Shanabooley Road, Ballynanty, whose 22nd birthday occurs on 11th August.**

Mass offered in St Munchin's Church on Sunday August 11th at 11.30a.m.

Joanne was a flower, too fair for earth,

Just lent to us for a while. God marked her when he gave her birth,

And took her with a smile. We sit beside your graveside, And softly speak your name, And pray to God, That we could have you back again.

If only we could see you, For just a minute or two, You could tell us if you're happy,

And we would be happy too. We'd put our arms around you, And kiss your smiling face, And the pieces of our broken hearts,

Would fall back into place. Wrap Your arms around Joanne, Lord,

Don't leave her on her own, For today is her 23rd birthday And we know she can't come home.

For it does not take your birthday For us to think of you, Because we never stop thinking of you.

We are sending to Heaven on the wings of a dove, Birthday wishes, hugs and kisses For our daughter up above. **Happy 23rd Birthday Joanne, love Mam, Dad XXXX Happy Birthday, love you always, Biddy.**

**P.s give both Nanas a kiss XXXX**

No last words were spoken, You never said goodbye; You were gone before we knew And only God knows why. **Happy 23rd Birthday, love from Dean, Niamh and Lisa xx**

Friend You left this world so quickly, I still wonder why, For the saddest part of all my friend,

We never said goodbye. **Love from your friend Kayleigh, Jonathan and Kyle xxx.**

When someone you love becomes a memory, the memory becomes a treasure.

AUTHOR UNKNOWN

**BIRTHDAY REMEMBRANCES**

If Heaven had a number I would call you on the phone To wish you HAPPY BIRTHDAY And ask you to come home. A kiss blown up to the sky so blue - Catch it, Joanne, it's just for you. **HAPPY BIRTHDAY. From Judy, Eamon & family. Give Nana & Grandad a kiss from us xx**

A birthday wish we send today But not on a card in the usual way But written in gold on a cloud above And sent to you with all our love. **From John & Family**

We cannot wrap a present, We have no balloons to blow; We cannot hang banners As we wish to do - But all your friends in Heaven Know how much we care And how we wish we could come To the party planned up there. **Deirdre, Andrew & Family. Give Nana & Grandad a kiss from us xx**

A birthday wish for you today, We miss you more than words can say; We have sent a dove to heaven, With a parcel on its wings, Please be careful when you open it - It's full of beautiful things. **Maria & Jonathan. Give Nana & Grandad a kiss from us xx**



The day God called you, Joanne, And beckoned you to His side, Great pains were felt, And many tears were cried. Behind you, us so sad With memories of good times, That once we had.

We feel you'd still around us, You are always on our mind, And when we talk about you, It is always of happy times. We hold you close within our hearts, And there you shall remain, To walk with us throughout our lives,

Until we meet again. **Happy 23rd Birthday Loving you today and always, Joanne - love, Jacqueline; Dermot, Marlow and Hollie. P.S. Give Nana a kiss for us. xxxxxxxxxxxxxxxxx**

Somewhere beyond the sunset, Where loved ones never die, You sleep in a beautiful garden, Beneath a golden sky. Though Heaven and earth divide us, Joanne,

We are never far apart, For you are always in our thoughts, And forever in our hearts. No matter how we spend our day, Or whatever we do, No morning dawns or night returns, Without a thought of you. **Love and miss you, Happy 23rd Birthday Joanne - Uncle Marlow and Michelle. xxx**

May the wind of love blow gently And whisper in your ear, How much we love and miss you, Joanne, As it dawns another year. **Love from your cousins Sophie; Michelle; Megan, Shane, Jack and Alex**

**IN MEMORIAM**



**† O'DONNELL**  
(Fifth Anniversary)  
In loving memory of **Peter O'Donnell, late of 24 New Road, Kileely, Limerick City who died 11th August 2014. Anniversary Mass will be offered at 7pm in St. Lelia's Church on Saturday 10th August 2019.**

Remember Special people always will be, Ingrained in our hearts and memory. Look through the tears, the sorrow, the pain, Reflect on the thoughts you want to retain. Remember the love, the warm embrace, Remember the touch, the smiling face. Remember the person so gentle and kind, Who always was caring in action and mind. Always remember, never forget, People live in our hearts, And if you remember the person within, Their spirit will never depart. **Always loved and remembered by your Mother, Brothers, Sisters, Brothers-in-law, Sisters-in-law, Nieces, Nephews, grand-nieces, grand-nephews, extended family and friends.**

Never more than a thought away You meant so much to us But nothing we can say Can tell of the love That is in our hearts today **With love from your aunts, uncles, their families cousins and friends in Limerick Shannon and London.**

We remember you today Peter, Your beautiful smile, your witty sense of humour And most of all your kindness and respect for others. You are missed each and every day For you were someone special Who meant more than words can say.

**Love and miss you always pal. From Teresa, Lofty, Emma and Jodie XXX**

There is an open gateway To which we all will go, Leading to a radiant light Where flowers bloom and grow. You have gone through this gateway To happiness and rest To live in God's protective arms And be forever blessed. **Sadly missed and Always remembered by The McNamara family xx**

**IN MEMORIAM**



**† MCNAMARA**  
(Seventh Anniversary)  
In loving memory of **Esther McNamara (nee Cronin), late of 45, Wellfield, Garryowen, who died on August 12th, 2012.**

Sweet is the sleep that heals all pain I would not wake you to suffer again God took your hand, we had to part He eased your pain, but broke our hearts No matter how life changes No matter what we do We will always feel blessed and honoured To have had a mother like you. **Love you always your son Gerard, daughter in law Majella, your grandsons, Keith, Darren, Craig, and great granddaughters xxx**

**THANKSGIVINGS**

**GREATFUL THANKS** to The Sacred Heart and Our Blessed Lady for all favours received and also thanks to St. Padre Pio. C.D.

**NOVENA TO THE SACRED HEART**  
Dear Heart of Jesus in the past I have asked for many favours. This time I ask you for this special favour (mention it). Take it dear Heart of Jesus and place it within your broken heart where your Father sees it. Then, in his merciful eyes it will become your favour not mine. Say this prayer for three days promise publication and favour will be granted.

**GRATEFUL THANKS** to The Sacred Heart and Our Blessed Lady for all favours received and also thanks to St. Padre Pio. M.J.M; A.A.A.A.S.

**NOVENA TO THE SACRED HEART**  
Dear Heart of Jesus, in the past I have asked for many favours. This time I ask you this very special one (mention favour). Take it dear Jesus and place it within your broken heart where your holy Father sees it. Then in His merciful eyes it will become your favour, not mine. Amen. Say prayer for 3 days. Promise publication and favour will be granted. M.J.M



*Safely Home*

I am home in heaven, dear ones; oh, so happy and so bright! There is a perfect joy and beauty in the everlasting light. All the pain and grief is over, every restless tossing passed; I am now at peace forever, safely home in heaven at last. There is work still waiting for you, so you must not idly stand, do it now, while life remaineth - you shall rest in God's own land. When that work is all completed, He will gently call you home; oh, the rapture of that meeting oh, the joy to see you come!

**THANKSGIVINGS**

**PRAYER TO THE BLESSED VIRGIN**  
(never known to fail) O most beautiful flower of Mount Carmel, fruitful vine, splendour of heaven, Blessed mother of the son of god, Immaculate Virgin please assist me in this my necessity. O Star of the Sea help me and me herein you are my mother. O Holy Mary Mother of God, Queen of Heaven and Earth I humbly beseech you from the bottom of my heart to succour me in my necessity (make request). there are none that can withstand your power. O Mary conceived without sin pray for us who have recourse to thee (3 times). Thank you for your mercy towards me and mine. Amen. This prayer must be said for 3 days and after this request will be granted. Prayer must be published. Very grateful, thanks. PMI



*Light a Candle...*

*A candle to remember, may it burn ever so bright  
As we look to the heavens on this very night.  
Beyond the stars, our dear loved ones soars  
Embraced by their Savior on heaven's shores.  
As the angels protect them  
and sing their sweet name  
We honor their life with the glow of this flame.  
So we light this candle for our loved ones tonight  
As a symbol of our love and their eternal life.*

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Numerous body changes give the Mercedes A Class a larger and a more energetic look particularly evident in its more sloping bonnet and lower more angular headlights

## Merc play for young market

**A Class:** More units sold in four months this year than in any full sale year of the last 10

**TRISH WHELAN**  
trish.irishcar@gmail.com

The New 'all grown up' Mercedes-Benz A-Class Saloon, the entry level car in the brand's range, went on sale here in April and is rapidly establishing itself as a go-to premium car. Its launch is part of an 11-model introduction by the premium car-maker for 2019.

The model is available as a five-door hatch or as a saloon with a decent boot.

New Generation Compact Cars (NGCCs) like this account for 30pc of Mercedes-Benz overall sales, or almost one in three in Ireland. They have opened up Mercedes-Benz to an ever increasing younger

customer base, attracting a body of owners some 13 years younger, on average, than those of earlier A-Class models. Female buyers now account for 58pc of A-Class sales.

This year, Mercedes-Benz sold more A-Class cars from January to April (400 units) than it did in any full year sales in the last 10 years.

This is really good looking car, viewed from every angle.

Numerous body changes give it a larger and a more energetic look, particularly evident in its more sloping bonnet and lower, more angular headlights. Better

visibility, easier rear seat access, and a 29-litres larger luggage compartment (420 litres) are some of the design improvements, along

with a more spacious interior boasting more front and rear headroom, shoulder room and elbowroom.

Interior styling in new Mercedes cars is now top notch.

Seats were really comfy and supported us well and looked very stylish in Artico leather/Dinamica microfibre upholstery with sporty red stitching. However, my tall front passenger felt his legroom was compromised somewhat by the straight across design of the bottom line of the dash.

That aside, the dash, as in the hatchback version, is a work of art. A new screen and control-and-display system stretches across half the dash and

appears to 'float' in a visually three-dimensional way. It's a very striking looking, and certainly appeals to the younger tech-savvy generation. All the info you need is contained in both screens encased in piano black shiny trim which can reflect your fingers when driving.

A huge plus, though, is the MBUX system. Using touch screen, touch pad and touch button technology, this system brings intelligent voice control, natural speech recognition and augmented reality features that assist the driver in many ways.

You say 'Hey Mercedes' and 'she' will ask you what you require - from 'turn up the heat' to playing your favourite music, or locating the nearest restaurant or petrol station.

I found that, on the whole, it works very well if your demands are clear and concise. No fudging.

Trims are Style, Progressive and AMG; prices are from €31,400 to €38,500.

Features on my A200 AMG Line included 18-inch AMG 5-twin spoke light alloys, multifunction leather sport steering wheel, AMG bodystyling/sports pedals etc, Dynamic select, front brake callipers with the Mercedes-Benz logo, heated front seats, LED High Performance headlamps, a lowered comfort suspension, the luxury sports seats, MBUX multimedia system, a reversing camera, Bluetooth, Cruise Control, automatic climate control etc.

AUDI



The Q3 Sportback will arrive in October

## Audi has compact crossover on way

A first compact Crossover from Audi will arrive here in October in the form of a coupe-type version of the Q3, called the Q3 Sportback, writes Trish Whelan.

A lower roofline, muscular body and a spoiler provide a visual that looks longer than the standard Q3. The lower roof also gives the front view of a much lower, wider car.

Power will be a 230hp 2.0 petrol and a 2.0 150hp diesel. Shortly after launch it will also be available as a manual transmission with a quattro drive. Additional engines will follow later. It will have a sport suspension, progressive steering and Audi drive select as standard.

Prices will be announced closer to launch.

# Longer range option for top selling EV Nissan Leaf

**Style:** ten colours including two-tone body-roof choice

Nissan Ireland has added a new longer range option to its Leaf electric car range, writes Trish Whelan.

The 62kWh variant offers up to 385kms on a single charge. The rated power output is 217hp.

With prices starting from €37,840, this version is available to order in two grades, SV Premium and SVE.

The wide range of Nissan connectivity technologies comes as standard, along with a new NissanConnect Services app that can send navigation routes from their smartphone to the car. The system features TomTom LIVE premium traffic and route optimisation as well as the inbuilt Online Map Update facility and Chargers Location functionality.

Features include the unique e-Pedal which allows drivers to start, accelerate and decelerate to a complete stop using only one pedal. I've tried it, and you quickly get used to gauging stopping distances, using just the one pedal. The car is also equipped with ProPILOT Park which parks the car automatically and with ease. These driver aids are designed



Nissan Leaf: The 62kWh variant offers up to 385kms on a single charge.

to enhance the driver's safety, comfort and control on the road. Other technologies are Intelligent Emergency Braking with Pedestrian Recognition, Intelligent Trace Control, Moving Object Detection, front and rear parking sensors, around view monitor, 17-inch alloys, privacy glass, LED Daytime Running Lights.

The range-topping SVE 62kWh Leaf is available from €40,500. Additional technologies include ProPilot, Bose Audio System, heated steering wheel/seats front and rear. Ten body colours are offered with seven two-tone body and roof colour combinations. Leaf is Ireland's best-selling electric vehicle, and the top-selling EV in the world.

## LIMERICK LEADER

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# SPORT

Leader



## SOCCER STARS DISPLAY SKILLS

Coonagh hosts FAI  
Summer Camp

See page 52



Limericks's Niamh Mulcahy races clear of Eibhlis McDonald, of Tipperary, in their Liberty Insurance All-Ireland senior camogie championship quarter-final at Semple Stadium, Thurles on Saturday night. The game ended in a 1-10 to 1-5 defeat for the Limerick side PICTURE: ©INPHO/OISIN KENIRY

# Limerick colleagues collide as club hurling hots up

**GAA:** County SHC returns after the four month inter-county break

**JEROME O'CONNELL**  
joconnell@limerickleader.ie

INTER-COUNTY friends become club foes as the Limerick club hurling championship resumes this weekend after a four month break.

There are six games down for decision in the Bon Secours Hospital Limerick SHC with the headline fixture the clash of back-to-back champions Na Piarasaigh and recent winners Kilmallock – a repeat of the 2017 county final.

The sides have won eight of the last nine Daly Cup titles and meet on Thursday evening in the LIT Gaelic Grounds.

Now managed by former Tipperary hurling manager Michael Ryan, Na Piarasaigh will be able to call upon seven

members of John Kiely's inter-county panel; Mike and Peter Casey, William O'Donoghue, Shane Dowling, Conor Boylan, David Dempsey and Kevin Downes. They also have three hurlers on Billy Lee's inter-county football panel this Summer; Ronan Lynch, Kieran Daly and Gordan Brown.

The Caherdavin men won one and lost one of their opening round games in April when they weren't able to call upon the services of Brown, Adrian Breen and Jerome Boylan among others.

Kilmallock, managed by former Limerick football manager John Brudair and coached by Fitzgibbon Cup winning manager Jamie Wall, were champions last in 2014. They had five on the county panel this Summer with Graeme Mulchay their

leading light.

While the Thursday fixture may capture the imagination of the public the most important fixture could be Saturday's tie between Adare and Doon in Kilmallock.

2018 finalists Doon will be without injured county star Barry Murphy for the remainder of the championship but will be able to call upon Darragh O'Donovan, Richie English and Pat Ryan. This trio and others are also part of the Oola team that has won four games out of four in the Limerick SFC.

Saturday's opponents Adare are like Oola - unbeaten in the Limerick SFC. The Adare hurlers will be able to call upon Limerick captain Declan Hannon - their only inter-county panelist.



**Former Tipperary manager Michael Ryan is in charge of Na Piarasaigh in 2019**

With most tipping Na Piarasaigh, Kilmallock and Patrickswell to fill three of the four places in the knockout stages, this Adare-Doon game could go a long way towards determining who else advances beyond the group

phase.

The third and final game in this group is top v bottom - Patrickswell v South Liberties. The Ciaran Carey managed Patrickswell have the only 100% record in the championship and with Aaron Gillane, Cian Lynch and Diarmaid Byrnes in their ranks will be favoured to remain unbeaten against Barry Nash and his Liberties' colleagues.

In Group Two, all three teams have points on the board after the games back in April.

On Saturday, in Cappamore it's the Dan and Tom Morrissey led Ahane against Garryspillane.

On Sunday, table-toppers Monaleen play Knockainey in Cloughaun and in Bruff, Murroe-Boher clash with Ballybrown.

## Soccer News

Blues look to get back on track in FAI Cup tie

**COLM KINSELLA**  
sport@limerickleader.ie

LIMERICK FC will switch their focus to the FAI Cup this Friday night in their wake of their disappointing defeat to Cabinteely in the SSE Airtricity League First Division at Stradbroom.

Tommy Barrett's charges suffered a 3-0 defeat to promotion play-off chasing Cabinteely on Friday night, the Blues fourth successive league defeat.

The loss ends Limerick's slim hopes of securing a promotion play-off spot. The Shannonsiders sit in sixth place in the First Division table, 11 points behind fourth-placed Cabinteely.

The Blues now have just four league games remaining.

Two first half goals from Robert Manley in the fourth and 32nd minutes helped Cabinteely into a significant 2-0 half-time lead at Stradbroom.

When Keith Dalton added Cabo's third goal of the night just four minutes after the restart, the result was no longer in doubt.

Limerick also had Tomas O'Connor sent off in the second half.

The Blues must now regroup for this Friday night's big Extra.ie FAI Cup fixture with Munster Senior League side Cobh Wanderers at St Colman's Park. Kick-off is at 7pm.

Limerick then host Athlone Town in the league on Friday, August 16.



**Limerick FC kick-off their Extra.ie FAI Cup campaign away to Cobh Wanderers on Friday at St Colman's Park**

# 52 SPORT PICTURE SPECIAL AT FAI SUMMER CAMP AT COONAGH



Emma O'Donoghue pictured with the U7s group at the FAI Summer Camp at Coonagh United



Jay Hickey pictured with the Under 10s at the FAI Summer Camp in Coonagh



Darren Egan pictured with the Under 13's group at the FAI Summer Camp at Coonagh United



The Under 11's at the Coonagh Summer Camp pictured with Kelvin Reynolds PICTURE: MIKE COWHEY



Jade O'Connor pictured with the under 7's enjoying the FAI Summer Camp at Coonagh



Budding young soccer stars showcase their skills at the FAI Summer Camp at Coonagh



Jason O'Connor and Tracey Lyttle, of the FAI, at the FAI Summer Camp PICTURE: MIKE COWHEY



All eyes on the ball at the FAI Summer Camp at Coonagh PICTURE: MIKE COWHEY

**JUNIOR SOCCER****LDMC PREVIEW**

AFTER an eventful 2018/19 season we are all geared off to kick off a new campaign on Tuesday next, August 13, with all teams still high with anticipation and confidence.

Highlights from last season locally included Limerick, represented by Janesboro, won the Oscar Traynor Trophy for the first time in over 20 years.

Martin Sugrue led the Limerick Youth side to National success also when the LDL captured the Inter County Youth side.

Janesboro won their third Premier League title in a row.

Looking forward to the new season we have a new format for the Premier League wherein after one round of games, the League will split into two groups of six teams each of whom will then play each other twice. The winners will come from the top group while the two sides propping up the second group will be relegated.

The idea is to stop the facile victories the top teams were recording over teams lower in the league.

**(All games kick-off 6.30)**

**TUESDAY, AUGUST 13****Premier League**

Kilmallock v Ballynantly Rovers; Nenagh AFC v Geraldines

**Premier A League**

Murroe v Athlunkard Villa; Hill Celtic v Charleville; Cappamore v Aisling Ann B; Holycross v Carew Park; Newport v Moyross; Corbally Utd v Fairview Rgs B

**WEDNESDAY, AUGUST 14****Division 1B League**

Caledonians v Mungret Reg; Aisling Annacotty C v Glenview Rvs; Regional Utd B v Newport; Pallasgreen v Athlunkard Villa B; Charleville v Caherdavin Celtic

**Division 2A League**

Meanus v Wembley Rvs; Castle Utd v Corbally Utd B; Knockainey B v Hyde Rgs B; Caherconlish v Janesboro B; Prospect Priory B v Kilmallock B; Murroe B v Herbertstown

**THURSDAY, AUGUST 15****Premier League**

Mungret Reg v Fairview Rgs; Aisling Annacotty v Regional Utd; Coonagh Utd v Prospect Priory; Pike Rovers v Janesboro

**Division 2B League**

Kilfrush B v Brazuca United; Abbey Rvs v Coonagh Utd C; Aisling Annacotty D v Coonagh Utd B; Fairview Rgs C v Lisnagry; Lisnagry v Fairview Rgs C

# 'Sky is the limit' for Limerick Camogie

**JEROME O'CONNELL**  
jconnell@limerickleader.ie

"I think the sky is the limit for them" said manager Declan Nash after Limerick played in the knockout stages of the All-Ireland Senior Camogie Championship for the first time in 14 years.

Limerick lost to Tipperary 1-10 to 1-5 in Saturday's quarter final in Thurles but Nash is content that progress was made in 2019.

"We have to look at the positive side of the year and with this bunch of girls, the talent is there and they are young - they are an exceptional bunch and I just said to them that I don't think in the rest of my days I don't think I will work with a bunch as committed, dedicated and driven and as passionate as this group," outlined Nash.

"It's championship knockout stage at senior grade and it's a steep learning curve if you are not used to being there. They will regroup and bounce back and hopefully start to get used to being there," explained the manager after the championship exit.

It was a championship where Limerick beat Wexford and Offaly but lost to Galway, Kilkenny and Tipperary.

"On a day like today we are bitterly disappointed but you have to look at the progress overall. We have improved massively since November when we started. When we set out our mantra was to take

it week by week and performance by performance and don't focus too far ahead and I think we have done that. I think our championship performances have been quite steady bar against a phenomenal Kilkenny outfit when they had six forwards on fire and today when our second half performance was a little flat," said the manager.

"I have been saying for the last few weeks that the more you are exposed to this environment and to that intensity, the more you are exposed to that level of pressure and to that level of cuteness from Tipperary, the more you adapt. These girls adapt on their feet, Tuesday, Thursday, Sunday week-in, week-out and have adapted massively this year and they is plenty more in this bunch," said Nash.

Nash spoke with media after addressing his panel of players in the Semple Stadium dressing room.

"I am hugely proud of the girls - that first half performance was probably the best that I have seen from this group of girls but it's just unfortunate that we weren't able to match it in the second half. It's probably one of the worst places in the world on a day like today with the result the way it has gone," he said of the losing dressing room.

"We just didn't get out of the blocks at all in the second half - one score in almost the complete second half tells its own story," he sighed.



Limericks's Rebecca Delee is tackled by Caoimhe Burke, of Tipperary, during their All-Ireland quarter-final clash

## Conlan dedicates win to Limerick family



Michael Conlan with the WBA and WBO Inter-Continental Featherweight title belts after defeating Diego Alberto Ruiz at Falls Park in Belfast on Saturday night

**MICHAEL** Conlan has dedicated his latest professional boxing win in Belfast to the family of the late Limerick boxer Kevin Sheehy.

Conlan made it 12 successive wins as a professional at a sold-out Falls Park when scoring a ninth-round stoppage win over Argentinian Diego Alberto Ruiz in front of 10,000 fans on Saturday night.

After the fight which brings Conlan closer to a World title shot, the former two-time Olympian dedicated his win in the 10-round featherweight contest to Kevin Sheehy.

Talented boxer Sheehy was killed when he was struck by a car on the Hyde Road in the city at the start of July.

Speaking in the ring Conlan said: "I want to

dedicate this fight to a family whose son called Kevin Sheehy, a young Irish boxer who was killed in Limerick recently and his daughter was just born yesterday, who he will not see grow up, so I want to dedicate this fight to them and I want to dedicate these shorts to the family, so that's for them and all my love. Thank you."

## Trio lead Limerick SFC race

THREE sides have booked their place in the knockout stages of the Irish Wire Products Limerick SFC with a game to spare.

Three-in-a-row seeking Adare, Newcastle West and Oola all maintained their 100% record over the August Bank Holiday week with a fourth straight win.

Adare are guaranteed a semi final spot.

Four wins from four means Newcastle West join Adare and Oola in the knockout stages ahead of the final round of games.

There were also wins for Fr Caseys and Ballylanders.

Newcastle West's now play Oola in the final round with the winner into the semi final and the loser going the quarter final route.

The other quarter finalist in this group could come from the winner of the final round group game between St Kierans and Galbally. Na Piarsaigh could also get into the mix if they and Galbally both win their final games - that would mean a three way tie between St Kierans, Galbally and Na Piarsaigh

with scoring difference deciding who advances.

At the other end of the table the losing side between Na Piarsaigh and Dromcollogher-Broadford will play St Senans in the relegation play-off.

In the other group Adare are through while and St Senans are guaranteed to be in the relegation play-off.

Fr Caseys, Ballysteen, Ballylanders and Monaleen are battling for the two quarter final spots. Fr Caseys and Ballysteen have progress in their own hands.



Na Piarsaigh's Tommy Grimes looks to get past Newcastle West's Michael O'Leary in their Co SFC clash at Askeaton

# ON THE BALL

“Limerick to the core...”

COLM KINSELLA

## Naming rights issue remains a thorny one

As a new rugby season comes more into focus with Munster's club and provincial sides all back in pre-season training for some time, the issue of the province potentially selling the naming rights to Thomond Park has raised its head once more.

There appears to be three different schools of thinking on the issue right now, one group vehemently opposed to the idea of selling the naming rights to the iconic venue, another in favour, pointing out to the financial benefits that any deal would have for a province which could do with the revenue, and a third camp which is undecided on the matter, appreciating where both of the other two schools of thought are coming from.

Speaking prior to the IRFU's AGM last month, union CEO Philip Browne indicated that Munster Rugby is still exploring the possibility of selling the naming rights for Thomond Park.

Browne admitted that it's much easier to sell naming rights for a new stadium than it is for a stadium that's already there.

When the Limerick Leader spoke to industry sources on the matter some time back, they estimated that Munster could have made €750,000 per annum from any naming rights deal for Thomond Park at the height of the economic boom.

However, the estimated asking price is now said to be closer to €350,000 per annum as a result of the economic downturn.

Given that Limerick and the Munster region has seen something of an upturn in economic fortunes in more recent times, the asking price today for any potential company interested in acquiring the naming rights to the stadium could perhaps be closer to €500,000 per annum.

Munster could go the route of looking to sell the naming rights to the East or West Stands at the venue which would bring in some much-needed cash.

Munster did announce the sale of the naming rights to Musgrave Park, now Irish Independent Park, on a 10-year basis in 2014.

The ground at Ballyphehane was purchased by the Munster Branch of the IRFU in 1938 and opened two



Thomond Park Stadium which was redeveloped in 2008. Munster Rugby continues to look at the possibility of selling the naming rights to the venue. However, a section of Munster supporters is strongly opposed to the idea

years later. It has been home to the Dolphin and Sundays Well clubs since then.

The venue, aside from hosting hundreds of major representative, club and schools games, has staged some of Munster's most memorable fixtures, including a 3-3 draw with the All Blacks. Munster defeated Australia three times. Just like Thomond Park, the Cork venue has a proud history.

Thomond Park is synonymous with Limerick and is a venue renowned all over the rugby world.

Those who grew up in the shadow of the stadium and those who

attended fixtures at the venue down through the decades hold a great fondness for it. The stadium means a lot to them.

Would retaining the name 'Thomond Park' in the title should the naming rights be sold at some stage in the future appease these supporters, eg the 'Joe Bloggs Thomond Park Stadium'? It may appease some, but certainly not all of them. On the flip side, the revenue from any deal would be welcomed by the province.

At their June AGM, Munster Rugby revealed that the province is on course to break even next year

after announcing that the province expects to maintain its cash-flow deficit under €1million for the year ending June 30, 2019.

Despite having employed a consultant to explore selling the naming rights in 2016, Munster Rugby has not yet found naming rights partners.

It's more than 10 years now since the redeveloped stadium opened in November 2008. The sale of the naming rights still appears some way off.

Munster supporters will continue to watch any developments very closely.

JEROME O'CONNELL

## Not all decisions of the referee can be wrong - time for a silent sideline

MATCH officials have been under the microscope in recent weeks after some high profile errors in the All-Ireland GAA Championships.

But that doesn't mean all decisions are wrong!

The club football and hurling championship is now two weeks back in Limerick and standing on the sideline one would wonder why anyone would take up refereeing.

Two initial observations.

Firstly, too many substitutes, members of management and club officials are getting onto the sideline and then for all in unison to challenge every single is simply

not right.

Secondly, it is imperative that a referee also has neutral linesmen and umpires.

Back to the action and I've attended games where some teams appear to have spent more time practicing their catcalls of the match referees than perfecting the skills of the game.

Surely every single decision of



the referee from start to finish cannot be wrong!

Let's be honest, by challenging every decision, surely it lessens the chances of the referee actually accepting he was wrong if an error is made at some point.

And, by focusing so much on the referee, management surely can't be giving the necessary attention to what is most important - their team and

indeed the opposition.

Of course an incorrect call from a referee is frustrating and can unfortunately have an impact on a game and indeed a season.

But what of the incorrect decisions by a player or member of management - we all make errors and taking ownership of those errors could be a good starting point rather than spending 60-minutes venting at the referee.

Some counties now have a 'silent sideline' initiative at some underage levels in Bord na nOg.

There is one designated

member of management from each team allowed issue instructions to the players and all other members of management, parents and supporters stay silent and let the players get on with the game.

Scores and positive play from both sides is encouraged and applauded. Criticism of players, referees and opponents is not tolerated.

I'm not suggesting a 'silent sideline' at adult level - albeit it could be an interesting experiment!

But the benefits for children are wide-ranging and could be something to explore.

**COLM KINSELLA**

## The 'Well have the quality to claim Limerick hurling title

**F**OLLOWING Limerick's exit from the All-Ireland hurling series with their semi-final defeat to Kilkenny, the hurling focus switches back to the local hurling championship this week.

Teams had played two rounds of the county senior hurling championship prior to the break as the provincial and All-Ireland

championships took centre stage.

Defending champions Na Piarsaigh, who won one of their opening two games in the championship's round robin series lead the way in the betting market at odds of 8/11 despite losing one of their two opening group fixtures. Na Piarsaigh return to action this Thursday night with a

mouth-watering tie against another of the fancied sides to win the competition this autumn, Kilmallock, who have recorded a win and a draw in their two opening fixtures. Thursday night's game between these two keen rivals at the LIT Gaelic Grounds, 7.30pm, is a crucial fixture for both sides. Meanwhile, Group 1 table

toppers Patrickswell resume their championship campaign in a meeting with South Liberties at Cloughaun at 6pm on Saturday. Currently available at odds of 11/4, the 'Well are sure to be strong contenders again this year and led by the likes of Cian Lynch, Aaron Gillane and Diarmaid Byrnes, have enough talent to regain the title.



**Limerick's Aaron Gillane will be key figure for Patrickswell in the Co SHC**

# IS THAT ON THE BOX?

**Wednesday****SOCCER**

UEFA EUROPA LEAGUE 3RD QUALIFYING ROUND, SLOVAN BRATISLAVA V DUNDALK  
EIRSPORT 1, 7.10PM

**CYCLING**

TOUR OF POLAND, STAGE 5,  
EUROSPORT 1, 2.15PM

**SNOOKER**

DAQING INTERNATIONAL CHAMPIONSHIP, EUROSPORT 2, 6.25AM

**GAA**

KERRY V DUBLIN, 2001, SFC,  
TG4, 7.30PM

**Thursday****SOCCER**

BARCELONA V NAPOLI,  
PRE-SEASON FRIENDLY  
PREMIER SPORTS, 12.35AM

**GOLF**

NORTHERN TRUST OPEN  
FROM JERSEY CITY  
SKY SPORTS GOLF, 7PM

**SNOOKER**

DAQING INTERNATIONAL CHAMPIONSHIP, EUROSPORT 2, 6.25AM

**CYCLING**

TOUR OF POLAND, STAGE 6,  
EUROSPORT 1, 5PM

**Friday****EQUESTRIAN**

RDS DUBLIN HORSE SHOW  
RTE2, 1.45PM

**CYCLING**

TOUR OF POLAND, FINAL  
STAGE  
EUROSPORT 1, 2PM

**SOCCER**

PREMIER LEAGUE:  
LIVERPOOL V NORWICH  
SKY SPORTS PREMIER  
LEAGUE, 7PM

**GOLF**

NORTHERN TRUST OPEN  
FROM LIBERTY NATIONAL  
GOLF CLUB,  
SKY SPORTS GOLF, 7PM

**Saturday****SNOOKER**

DAQING INTERNATIONAL CHAMPIONSHIP, EUROSPORT 2, 5.55AM

**DARTS**

BRISBANE DARTS MASTERS  
EIRSPORT 1, 10AM

**RUGBY**

AUSTRALIA V NEW ZEALAND, RUGBY CHAMPIONSHIP  
SKY SPORTS ACTION, 10AM

**SOCCER**

SCOTTISH PREMIERSHIP,  
MOTHERWELL V CELTIC  
SKY SPORTS FOOTBALL, 11AM

**SOCCER**

PREMIER LEAGUE, WEST  
HAM V MAN CITY,  
BT SPORT 1, 12.30PM

**SOCCER**

ENGLISH CHAMPIONSHIP  
LEEDS UTD V NOTTS FOREST,

SKY SPORTS MAIN EVENT,  
12NOON

**HORSE RACING**

ASCOT, INCLUDING THE  
SHERGAR CUP, ITV 4,  
12.45PM

**GAA**

LADIES GAELIC FOOTBALL  
ALL-IRELAND 1/4 FINAL,  
MAYO V ARMAGH,  
TG4, 12.45PM

**RUGBY**

WORLD CUP WARM-UP  
IRELAND V ITALY  
RTE 2, 1.30PM

**GAA**

ALL-IRELAND SENIOR  
FOOTBALL SEMI-FINAL,  
DUBLIN V MAYO  
RTE 2, 4.15PM

**SOCCER**

PREMIER LEAGUE, SPURS V  
VILLA, SKY SPORTS, 5PM

**Sunday****SOCCER**

PREMIER LEAGUE,  
NEWCASTLE UTD V  
ARSENAL, 2PM; MAN UTD V  
CHELSEA, 4.30PM  
SS PREMIER LEAGUE, 1PM

**GAELIC GAMES**

ALL-IRELAND SENIOR  
FOOTBALL SEMI-FINAL:  
KERRY V TYRONE, RTE2,  
2.30PM

**RUGBY**

WORLD CUP WARM-UP:  
ENGLAND V WALES, SKY  
SPORTS ACTION, 2PM

**GOLF**

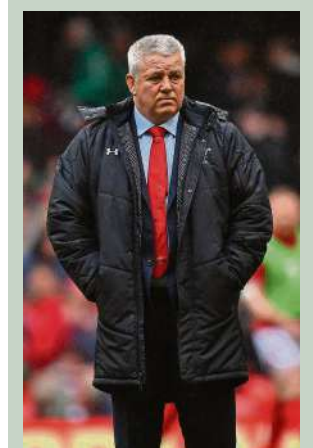
NORTHERN TRUST OPEN  
SKY SPORTS GOLF, 5PM

**GOLF**

WOMEN'S SCOTTISH OPEN  
SKY SPORTS GOLF, 1.30PM

**SOCCER**

LIGUE 1: PSG V NIMES  
BT SPORT 1, 7.45PM





# MUNGRET MUSIC FESTIVAL

## 24 - 25 AUGUST

**SAT** THE 4 OF US, SOMETHING HAPPENS  
TINY GIANTS, PADDY CASEY AND  
BRIAN DEADY  
*Strictly over 18 event*

**SUN** DEREK RYAN, CLIONA HAGAN,  
RYAN TURNER BAND,  
OLIVIA DOUGLAS, STUART MOYLES,  
ALL FOLK'D UP AND CAILÍNÍ LUA  
*Family Friendly Fun Day*

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