

**WELL  
DONE  
MUM!**



**Alannah one of 3,400 to be conferred in a busy week at University of Limerick**  
See page 10

Alannah McCreesh Mungret, who graduated with a Bachelor of Arts in Law and Accounting from the University of Limerick with her daughter Fia De Bhillis, 1½  
PICTURE: OISIN MCHUGH/TRUE MEDIA

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**SPORT** Semi-finals won't cut it for backs coach Larkham **P51**

**LOSING THE PLOT** Families of War of Independence heroes angry over grave neglect **P6**



**JOLLY GOOD SHOW** Up to 20,000 through gates made it the best Limerick Show in years **P16**



**Limerick's finest face off in Interservices Challenge **P18-19****

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# Leading Off

Setting the agenda in Limerick



▲ GOOD WEEK

**Green motorists**

Some €5m has been allocated to rolling out more e-car charging points for the country



▼ BAD WEEK

**Limerick FC**

It started so well against Sligo. 2-0 up in 10 minutes. Final score 6-2 and only 8 players left on the pitch



☀ QUOTE OF THE WEEK

"Most people say that's pretty good, (semi-finals) but it's not good enough for us so we're chasing the next level and I want to be part of that"  
**Stephen Larkham (see p51)**

INSIDE THIS WEEK



**GRACE AND FAVOUR**

Ballet school's 35th birthday  
Pages 22-23



**SEIGHIN'S TRUMP READ**

Ex-councillor on Greenland deal  
Page 4



**ARE YOU GOING OUT?**

Things What Are On  
PAGE 32



**FRESHERS' FASHION**

Patrick's college style tips  
Page 40

## Real concern as river incidents increase



Limerick Fire and Rescue service members in their custom made power boat specifically designed for use on the River Shannon. Sadly they have been very busy in recent times but along with volunteers are helping save lives



**WHAT WE THINK**  
**EUGENE PHELAN**

LEADER EDITOR

AS weeks go, the one gone by was a very sad few days by any standards.

We have had five reported incidents of people trying to enter the Shannon, with one young woman losing her life and a family left devastated. The latest incident was on Monday night. Miraculously, four were prevented from serious harm thanks to the public and wonderful emergency volunteers who

patrol the river banks, and professionals from the fire service, gardai and ambulance crews.

On Sunday night at very short notice a protest was organised outside City Hall which was attended by family members of those who have taken their lives and concerned citizens. I spoke to a number of people, at the protest, all of whom had similar stories and

complaints. They were, that the psychiatric services here are not adequate and that mentally ill people are being discharged hours after being admitted to hospital.

It is clear that some drastic action is needed and more support for these vulnerable people is needed to address the situation. And obviously the health services need the resources to help them take the action required.

**WEATHER FOR THE WEEK**



**WEDNESDAY**

A couple of showers between the sun. High of 18°C



**THURSDAY**

One or two showers again between sunny spells. 18°C high



**FRIDAY**

Intervals of cloud and sun with temperature peak of 17°C



**SATURDAY**

Mostly cloudy but a little rain and a temperature peak of 16°C



**SUNDAY**

Showery weather with the Mercury topping out at 16°C



**MONDAY**

Rain in the morning clearing away with a high of 16°C

**WEBTOP TEN**

1. Celebrations as Limerick Lotto syndicate collects its winnings
2. Irish weather forecast for the week ahead
3. New Irish pub a Limerick Haven in Alicante
4. Slot for Limerick Rose's appearance on Tralee stage revealed
5. Sadness in Limerick rugby circles at death of Jim Tydings
6. Limerick Fire Service dispatched to Kilmallock blaze



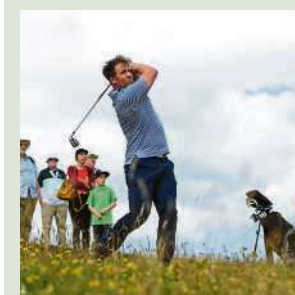
**Crime scene on William St**

7 Man in hospital after suspected stabbing in Limerick City

8 Victim of West Limerick farming accident named locally

9 Former Ireland rugby star picks Limerick's Adare Manor to pop the question!

10 Emergency services dispatched to river rescue in Limerick city



Luke Fitzgerald popped the question at Adare

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# MyLimerick

## Donnacha Hurley

General manager, Absolute Hotel



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

Wake up early, go for a nice run and maybe the kids will follow on their bikes and keep me motivated. If it's a Saturday morning we'd head into the market for a coffee from Harpers and a Pancake from Sebastian at Bon Appetite or the famous breakfast bap from Peter in Country Choice. Things can get hectic with work and study so to be able to spend time with my family is really important to me. An afternoon exploring with smiling tired faces at the end of a day is perfect.....that and a nice pint of Guinness and a bit of banter if at all possible!

### What's your first Limerick memory?

Going to the old milk market in the 80's with my dad really early on a Saturday morning to get the vegetables or a big sack of Kerr's Pink potatoes. I always remember the bustle of Limerick and trying to make sure I didn't get lost from my dad and there would always be a little treat at the end. It was always an adventure and a tradition I have with my own family to this day.

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

My favourite part of the city is the Milk Market on a Saturday morning. There is great energy and buzz about the place. I love bumping into people we know and the familiarisation of knowing some of the stall holders and seeing if there is anything new, like the brand new Soul Rolls Sushi in their really cool silver bullet.

### What about a favourite local walk or view?

Probably all around UL. It's such a great amenity to have on our doorstep and the upgraded cycle path goes from near the Absolute goes right into UL and it's a lovely walk/run/cycle. It's like being out in the countryside when you're just beside the city.

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

As clichéd as it sounds it's the people, the sport and the geography of our city that gives us our unique identity. All cities have their own distinctive architecture, commerce and

attractions & experiences but the true vibe and energy of the city is driven by its people.

### Do you have a favourite local restaurant?

Lots of favourites, so to eat through a day it's La Cucina in Castletroy for breakfast and the first coffee, the green onion or Kyoto Sushi for lunch and then the Curragower for dinner.....and Gusto Italia for a sneaky Gelato somewhere in-between.

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

Resilient & quick witted

### How important do you think sport is to Limerick?

Sport is critical to Limerick, but not just for the GAA, Rugby, Soccer team or any sport we follow but for what participation in sport can achieve in bringing communities together and allowing all individuals to push themselves to be better, stronger, fitter and happier.

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

Physical infrastructure, all around appropriate buildings and public spaces to deliver a vibrant compact city centre experience with transport links that work for all its citizens. Our city centre experience still has a long way to go and things are actually happening now with the Opera development and O'Connell street so we have to make the best of them for all citizens.

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

Probably issues around sociopolitics and bureaucracy. Does the right thing always get done, for the right reasons at the right time.. There is always to be a challenge in reaching consensus with different stakeholders but it is only by working together that we can achieve progression in all aspects of life for citizens. However on a more practical macro level the continued disproportionate focus on the development of Dublin infrastructure represents a significant barrier to balanced progress for the rest of the country, particularly those on the western seaboard.

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# Funding but no plans for e-car charge points

DAVID HURLEY

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LIMERICK City and County Council has welcomed the allocation of €5m in government funding for the roll-out of on-street charging points for electric vehicles.

However, no decision has been made in relation to the number of new charge points or where, in Limerick, they will be located.

Details of the funding, which

will be allocated to local authorities across the country, was announced by Minister Richard Bruton.

"We are investing in this network to give people confidence to make the switch (to electric cars). Now is the time to make the change. This network, along with the investment ESB are making in new high speed chargers and the renewal of existing chargers, is building a strong network that vehicle owners can trust," he said.

At present, there are less than

20 of on-street charging stations at locations across Limerick. Most are located in the city while there are also charging stations in Adare, Foynes, Newcastle West and Abbeyfeale.

A spokesperson for the Department of Communications, Climate Action and Environment says the installation of 1,000 new charge points will be supported over a five year period.

"The location for the new charge points has not yet been

determined. Under the support announced today, Local Authorities will identify the most suitable locations for installing these new charge points," she said.

"Limerick City and County Council welcomes the government's plans for the roll out of charging points for Electric Vehicles and will work with the department to develop a network of charging points across the city and county," said a council spokesperson.



The existing e-car charge point at Bedford Row PICTURE: ADRIAN BUTLER



Limerick Fire Service crew were dispatched to the scene of five river rescue operations in Limerick city from Thursday night to Monday night. The body of one woman, 25, was recovered in the city on Friday evening

## Spike in number of rescue operations

**Fatality:** Body of woman found in city after search

FINTAN WALSH

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IT WAS a busy week for the emergency services in recent days, as Limerick Fire Service and numerous volunteer groups were deployed to five separate river rescue incidents in Limerick over a five-day period.

On Friday morning, emergency services, including a Rescue 115 helicopter, were dispatched to the River Shannon after a 25-year-old woman was seen entering the river.

This sparked a major search from members of Limerick Marine Search and Rescue, the Irish Coastguard, Limerick Land Search as well as members of the fire brigade, who used the Fireswift rescue boat.

Her body was later discovered on Friday evening. Members of Limerick Marine Search and Rescue, supported by Rescue Helicopter 115,

made the tragic discovery that this evening.

The following evening on Saturday, it was reported that a young man threatened to enter the river.

At around 8.45pm, three units of the fire service were dispatched, with its Swift Water Rescue firefighters on board.

The fire rescue Boat FireSwift also swung into action, with three Swift Water Rescue technicians.

The emergency service arrived on the scene at approximately ten to nine, where they located the man entering the water.

Crew brought the man, understood to be aged in his late 20s or early 30s to shore, where he was treated by HSE paramedics and brought to

University Hospital Limerick.

On Sunday morning, a female was treated during a river rescue operation in Limerick city at around 4.05am, just hours after the previous incident.

On Sunday evening, it was reported that a man was saved by a passerby after entering the river in the city centre at around 6.30pm.

This Monday night, emergency services were dispatched to a river rescue incident in Limerick city. Limerick Fire Service was alerted a female seen entering the River Shannon at around 9.30pm. According to a source, firefighters entered the water and rescued the woman bringing her to safety, and was later brought to University Hospital Limerick.

**5**  
The number of river rescue operations in five days

## O' Ceallaigh Trumps up Greenland plan

NICK RABBITTS

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FORMER Sinn Fein councillor Seighin O Ceallaigh says Donald Trump has put together a "clever strategy" to buy Greenland.

And he predicted the American president will use the "art of the deal" to purchase some of the Danish territory.

Mr O Ceallaigh, who used to represent City East, pointed out that when the USA bought Alaska, it did not appear to have any significant value to anyone - rather the way many people feel about Greenland now.

Writing on his website, Mr O Ceallaigh sardonically links the degradation of the Arctic regions due to climate change to the potential emergence of the world's largest island as an area of strategic importance - to say nothing of the valuable natural resources potentially lying beneath the continuously thawing ground.

The rejection of Trump's offer by the Danish government has led to tensions between Washington and Copenhagen.

"The value of Greenland doesn't lie in its rugged landscape or minor economy, but in untapped resources and global domination," Mr O Ceallaigh wrote.

"Ever the businessman, Donald Trump sees an opportunity in making a lot of money from Greenland, and it seems to be correct. As the

ice begins to thaw around the Arctic it is exposing new lands that have probably never been seen by the human eye, and have never been explored for resources. It also exposes parts to the Arctic Ocean that have been unreachable for boats, apart from those specially designed to break through the ice," he said.

Although Denmark is refusing to sell, Mr O Ceallaigh feels there is room for "negotiation and bargaining".

"What could be a smart move would be to purchase the unpopulated part of the island, as this would still allow for resource exploration on land and sea, but not affect the local population," he said. "Purchasing the majority of the island could still prove profitable, but more importantly for the US over the potential for a military base. Greenland is over 3,000km closer to Moscow than New York City is to the Russian capital."

Finally, Mr O Ceallaigh, a historian, believes an East-West war "can never be completely dismissed".

"Greenland could play a key part in that war if it were to happen. It would also allow for a battleground for that war, as another Eastern Front would be disastrous for humanity," he said.

Denmark has rejected Mr Trump's offer, leading to the Commander in Chief to call off a planned state visit to the northern European nation early next month.

Despite its vast land mass, Greenland's population is just half the size of Limerick.





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## LEADER BRIEFS

## Comedian added to 'Wall of Fame'

THE family of the late comedian Brendan Grace has honoured one of his last wishes by having his photo installed in the Shannon Airport 'Wall of Fame'.

Mr Grace's wife Eileen, daughter Amanda, son-in-law Frank and grandson James (11) were on hand to unveil the photo in Shannon Airport.

The photo joins the airport 'Wall of Fame', which now comprises over 80 photos of some of the world's most famous personalities from stage and screen, as well as politicians and kings and queens from around the world who visited the airport over the last eight decades.

The 'Wall of Fame', which includes every US president since JFK, was installed in 2015 in the airport departures lounge.

The late comedian and his wife Eileen had been planning his addition to the gallery from as far back as early this year but his deteriorating health prevented it coming to fruition at the time.

## No changes to garda division

THE Limerick garda division will remain unchanged under the new operating model which has been unveiled by Commissioner Drew Harris.

While several divisions, such as Clare and Tipperary, are set to merge over the next five years, there will be no changes to the current boundaries of the Limerick division.

It's unclear if there will be any change in the number of personnel attached to the Limerick division under the plan.

## Ireland's biggest coffee morning

PEOPLE across Limerick are being urged to host a coffee morning on Thursday, September 19 to help raise funds for Milford Care Centre.

Register at [www.hospicecoffee.com](http://www.hospicecoffee.com) or by calling 1890 998 995. Hosts are provided with coffee, posters and invitations.

# Council criticised for lack of care of plot

**Mr St Lawrence Cemetery:** action plan is part of the overall works

EUGENE PHELAN

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FAMILY members of 19 fallen heroes killed during the War of Independence say that they are disappointed "that no work has taken place," despite promises by Limerick & City County Council

The plot which is the final resting place of republicans including murdered mayors George Clancy and Michael O'Callaghan along with Sean South "has fallen into disrepair and everyone is passing the buck when it comes to doing something about it".

That is the verdict of John Gerard Morgan, from Corbally, who for the past year has been trying to get the Republican plot at Mt St Lawrence cemetery cleaned up.

"It is in a terrible state, I have been trying to get something done and have been onto Willie O'Dea and the National Graves Association, but everyone is passing the buck, no one listens," said Mr Morgan.

However a spokesman for Limerick council said: "Limerick City and County Council has agreed to look into the work that needs to be carried out to at the site, given its historical nature and directives that must be followed in relation to habitats and other regulations.

The Council gave no timeframe for any of this work to be carried out, however.

"Limerick City and County



**Limerick City & County Council has agreed to look into the work that needs to be carried out at the Republican plot at Mt St Lawrence cemetery but has given no timeframe for any of this work to be carried out**

Council is looking at an action plan as part of the overall works programme for Mount St Lawrence Cemetery."

An arborist was commissioned to conduct a report on the condition of four Yew trees that surround the plot. The report confirmed the trees' good health and recommended they be topped, pruned and any foreign vegetation removed.

A final decision is to be made on whether to remove the existing Yew trees that surround the Republican Plot or as recommended top and

prune them, said the Council.

Deputy O' Dea said he is very disappointed no works have taken place. "Yes, I am disappointed, the Council promised to undertake works and maintenance last January, and I am surprised to hear this news," he said.

A relative of Mr Morgan's, Sean Hogan killed in Newcastle West in the Civil War in 1922 is one of the 19 fallen heroes buried in the plot. "The centenary is coming up in 1922, but it is in terrible disrepair

and no one wants to take responsibility," he said.

The memorial consists of a decorated Irish High Cross standing at 24 feet in hard grained Kilkenny limestone with kerbing.

Deputy O'Dea said that unfortunately the unkempt appearance of the plot gave the impression that the people of Limerick "have very little respect for our heritage and those that gave their lives during the struggle for independence".

## Gardai make renewed appeal for information over stabbing

GARDAI have renewed their appeal for information following a stabbing incident in the city centre at the weekend.

The alarm was raised at around 3.20pm on Sunday after gardai were alerted to an injured man who was lying on a footpath at Upper William Street.

"Gardai went to the scene and the ambulance was already there and they removed the man to hospital. Gardai were informed that the man had been stabbed a number of times," said Sergeant Ber Leetch.

Photographs of the injured man which have circulated online show him wearing a blood-stained shirt in the immediate aftermath of the incident.

While the man, who is aged in his mid-20s, sustained a number of injuries, none were life threatening and he has since been discharged from hospital.



**The scene of Sunday's stabbing incident at Upper William Street**

A large area of Upper William Street was cordoned off by gardai following Sunday's incident to facilitate technical examinations by members of the divisional scenes of crime unit.

"William Street is a very busy place

on a Sunday afternoon and gardai at Henry Street are investigating this assault and are asking anybody who was around that area between 3.15 and 3.45 to contact them if they saw this assault or know anything about it," said Sgt Leetch.

## No report for teen after crime spree

A PROBATION report is awaited regarding a teenager who has pleaded guilty to criminal damage charges relating to a crime rampage in the city centre, writes David Hurley.

The 17-year-old has admitted 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.

At a vacation sitting of Limerick Circuit Court, Judge Tom O'Donnell was told while the Probation Service has engaged with the teenager a report is not yet complete.



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Female councillors at a meeting in Limerick

PICTURE: LAURA O'LOUGHLIN

## Call for more women to get into politics

**MIKE FINNERTY**

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FEMALE Councillors from Limerick met last week to discuss the need for more women to get involved in local Government.

After the recent Local elections, eight women sit on Limerick City and County Council; that figure is 20% of the council's make-up.

To help address this lopsided representation and get more local women interested and engaged in local politics, Limerick Women's Network has developed a specific programme, Representing Women, that will allow women to learn more about the system before they commit to public representation roles.

Representing Women is a part-time free programme and open to all women across Limerick City and County.

"While volunteers in most organisations are predominantly women, men are at the top making decisions," said the Limerick Women's Network.

The councillors agreed that this dynamic needs to change, stating "policy is going to be affected if you don't have a female voice".

The women in the room had plenty advice to offer to woman who are considering putting themselves forward for a representative role.

"It's important for them to believe in themselves, start or join a local group or political party, and reach out to organisations such as NCCWN Limerick Women's Network."

The programme begins on Tuesday, September 24, at 10am in Fab Lab Patrick Street.

Email developmentworkerlink@gmail.com for more details which can also be found on their Facebook page NCCWN Limerick Womens Network.

# Collins: rental controls in Limerick are 'far too late'

**Housing:** Prices for tenants have shot up again in 12 months

**NICK RABBITS**

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METROPOLITAN district cathaoirleach James Collins believes private rental controls in the city have come far too late.

He was speaking after new information from rental and home ownership web site www.daft.ie that rental rates had jumped 10% year-on-year.

Cllr Collins believes landlords had already upped their rent ahead of the designation of the city as a Rent Pressure Zone, a measure which means charges for tenants rise a maximum of 4% in a year.

The City East electoral area was first with the controls, followed by the rest of the city - but the inclusion of the district containing Castletroy, Cllr Collins argues, gave suitable forewarning to

landlords to hike rents ahead of the legislation coming in for the whole city.

"When the entire Limerick Metropolitan Area was designated as a Rent Pressure Zone earlier this year, it was clear that the horse had already bolted, because landlords had already upped their rents, anticipating that a clampdown on rent hikes was coming.

"These latest figures from daft.ie prove dithering by a Dublin obsessed Housing Minister has cost Limerick renters dearly. In reality, renters are already paying €117 more per month on rent than 12 months ago," Cllr Collins said.

Telling renters their rates can only go up by 4% between now and 2021 is pointless, he added, because "those same renters have already had to hand over an extra €117 a month."

"I called for Limerick to be designated as a rent pressure zone in



Metropolitan Cathaoirleach Cllr James Collins

December 2016, when this Government first introduced them, but for some reason this Fine Gael government thought only the people of Dublin and Cork were paying exorbitant rents.

"It's simply unforgivable that Limerick had to wait more than two years as RPZ designations were extended to Wicklow, Meath, Kildare, Galway, and Louth but not to Ireland's third city."

Cllr Collins claimed since Fine Gael came to power in 2011, renters here have seen their monthly rent increase on average by €650 a month.

"That equates to the monthly repayments on a €100,000 mortgage. The next generation are being priced out of buying affordable homes, and forced into renting," he told The Leader, "This government's housing policy is failing."



The River Shannon, between Limerick and UL, is 'moderately littered' according to Ibal PICTURE: FLICKR/WILLIAM MURPHY

## Survey says Shannon at UL 'moderately littered'

THE RIVER Shannon by the University of Limerick is "moderately littered", according to a survey published this week.

The Irish Business Against Litter (Ibal) survey inspected 42 water bodies across the country, including popular beaches, harbours and rivers, and found that just 16% of waterways and coastal areas

were clean.

While the riverway in Limerick has received negative feedback from the survey, it is an improvement on last year's findings when it was given a "littered" status.

There are only seven waterways that are "clean to European norms", which include Salthill beach in Galway, Seapoint beach in

Dublin and the River Shannon in Leitrim.

In its inspection of Shannon in UL, An Taisce's environmental education unit said that much of the overall area was clean "but there was a wide variety of scattered single litter items - most notably in the hedgegrows, along the path and scatterings around beach

area. The overall impression was of a well-maintained environment. Anti-litter and dog foul signage would be good - particularly at the beach."

Ibal's Conor Horgan said that the survey is about protecting tourism and recreational assets, but equally about "global impact and our future".





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## Comments from online readers

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



### EMERGENCY SERVICES DISPATCHED TO RIVER RESCUE IN LIMERICK CITY

#### Joan O'Dea

Absolutely heartbreaking that there's no proper mental health service for anyone that needs it....and the main topic of conversation in limerick this week is deciding if limerick needs a beach!!! Great to see the priorities being sorted



#### Jacinta Kelly

The mental health issue is major in this city I recently attended hospital with somebody who was desperately looking for help and they had them waiting 8 hours..... they didn't care if they left while left waiting. They seen a doctor and referred to the mental health clinic ..... they were basically handed a SHEET of NUMBERS (which no person in that state of mind is gonna actually sit down and ring!) and then when you get to as far as ringing the numbers EVERYWHERE has MONTHS of waiting lists to be seen. It baffles me why a proper system can't be put in place. Major let down on our governments part ..... they know the numbers are soring through the roof ..... they're not oblivious to it. They make statistic reports every year for this reason ..... a waste of paper and money if u ask me.

#### Mary McNamara

So sad the river is calling to many your people today, and jan o Sullivan wants a beach she should be looking after mental health issues, another family upset today and there will be more if the mental health issues are not dealt with. Hope the young girl is ok bless her.

### SLOT FOR LIMERICK ROSE ON STAGE

#### Annemarie Hallinan

Best of luck to our limerick Rose i only half watched it is very out dated I tink and Daithi o shea sometimes pain n arse i didn't like his comments on d male rose escorts he was cut dem down he tink too much bout himself and think he king of kerry but his not i like some parts Daithi personality but he can b ott at times



#### Philip Seambar

What is the point of this show??

#### Claire Sadlier

Outdated nonsense

### LIMERICK TRAFFIC CHAOS TO REIGN THROUGH THE WEEK

#### Fiona Higgins

Brilliant news so start when the kids go back to school just to make it harder for people kids starting school for the first time and kids going to secondary school going to be late great work



#### David O'Sullivan

New plans on some of the roads are disgrace,why do the footpaths have to be so big at some junctions. Commencing road works the week the schools are back is just stupidity

#### Kathleen Lynch

If there is a serious accident on the roads of Limerick city after these new road 'improvements' the person who drew up the designs should be included in the law case. The top of mallow st and parnell street and where parnell st meets Thomas st and wickham st are only accidents waiting to happen.



Proud parents and friends taking pictures at the conferring ceremonies in University of Limerick this week

PICTURES: SEAN CURTIN/TRUE MEDIA

# Over 3,000 graduate at UL ceremonies

**Speech:** President calls on Government for support

#### FINTIAN WALSH

fintan.walsh@limerickleader.ie

THE GOVERNMENT has been urged to decide on how it will support the University of Limerick and the third level sector so that it can compete internationally and support local ambitions.

UL president, Dr Des Fitzgerald called on the Government to indicate this on the first day of week-long conferring ceremonies on Sunday.

The first ever cohort from the postgraduate diploma in school leadership were among the 230 conferred at UL on Sunday, and make up just a fraction of the 3,400 students set to graduate over the course of six days.

This Monday morning saw hundreds of students from the Faculty of Arts, Humanities and Social Sciences conferred at the University Concert Hall.

This Tuesday, hundreds of Kemmy Business School graduates were conferred, and science and engineering students are to graduate this Wednesday. Friday will mark the final day of conferrings at UL.

On Sunday, Dr Fitzgerald was joined by Minister of State at the Department of Education, Mary Mitchell O'Connor TD, in welcoming the inaugural graduating programme, describing it as "a ground breaking initiative and it sits comfortably with UL where innovation in education is in our DNA and where we create new models of



James Kearns, Limerick Fire and Rescue Service, graduated with a Bachelor of Arts on Management Practice, with his wife Emer O'Mahony

education and new tools to meet the challenges of a changing world.

"That change will begin with us here in UL. We will need to continue to invest – in physical assets, in our structures, in our personnel and our skills, most importantly we will continue to invest in our management and governance so that we can ensure that we are fit for purpose and that we can maintain the trust and support of our key stakeholders."

Dr Fitzgerald added that change will happen around UL, too.

"How will government decide to support the university sector and UL in the future so that it can continue to support the ambitions of the people

in the region and compete internationally in a rapidly changing world? What changes will be proposed to the legislation for the university sector and how will they impact on the hugely important principle of autonomy, a principle enshrined in the idea of a university since their establishment over 1,000 years ago – that universities should manage their own affairs so as to protect the principle of intellectual freedom, so that unfettered, they continue to shape and lead change in our country," he said on Sunday.

Dr Fitzgerald warned of the "destructive" nature of populism as "science, knowledge and expertise are increasingly mocked".



# 'Find someone to talk to if you are in distress'

**NICK RABBITTS**  
nick@limerickleader.ie

"IT'S okay not to be okay".

That's the message from metropolitan district leader, Cllr James Collins following a difficult weekend in Limerick in which at least four people entered the River Shannon in apparent suicide attempts.

The emergency services were dispatched along the river and recovered four people from the water, while one young lady tragically lost her life.

Cllr Collins said: "If you don't feel okay, there are people you can talk to, and there are people willing to listen, be it a friend, a member of your family, or some of the other fantastic organisations who are in Limerick," he said.

He added: "There's always someone out there willing to listen. We have some fantastic volunteer groups in Limerick which patrol the bridges of the Shannon trying to help people who are finding things

difficult and struggling with their mental health. If you find yourself in a situation where you feel you cannot cope, the first thing we'd always say is speak to somebody.."

He said no matter how bleak things might appear, there is always a better alternative to suicide.

"No matter how desperate you think things are, there are people out there to help you find your way. Most people in Limerick have been touched by the issue in some shape or fashion. Unfortunately people have stories they can relate to," he said, expressing condolences and solidarity to the families and friends of those people who did enter the river.

Following last weekend, patrols of the Shannon by the Limerick Treaty Suicide Prevention are to be increased from three nights a week up to seven.

Don't eve suffer in silence: for confidential support, please contact the Samaritans on freephone 116123. Pieta House is available at 061-484444 or www.pieta.ie.



The NTA says the new bus shelters will provide double the capacity

PICTURE: MICHAEL COWHEY

## Bus shelters to double capacity

THE National Transport Authority has moved to address concerns regarding the provision of bus shelters at the Crescent Shopping Centre in Dooradoyle, writes David Hurley

The bus shelter which was located on the shopping centre side of the road near Ballykeefe Roundabout was relocated to the

other side of the road last week – leaving commuters without any shelter at the bus stop on the outbound carriageway.

After their concerns were highlighted on social media, the NTA confirmed to The Leader that works are now underway to install two new bus shelters near the entrance to the Crescent

Shopping Centre.

A spokesperson said once the works are completed in the coming weeks, the capacity of the new shelters will be double what was there before.

The bus stops at the Crescent Shopping Centre are among the busiest and most used in Limerick.



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Education & Training Board

## Kilmallock Town Campus

Limerick and Clare Education and Training Board's Further Education and Training Centre, Kilmallock Town Campus is located on the Railway Road in Kilmallock.

The campus offers an exciting range of free full-time and part-time courses, from non-accredited to QQI Level 5 and 6 Major Awards.

Our courses are for you if you wish to return to education after a long absence, if you wish to up-skill in a new area or if you wish to gain qualifications for employment.



### Campus Open Day

Come to our Campus Open Day on Thursday 29th August from 10am to 1pm.



**Chat** with us over a coffee about our wide range of courses.



**Visit** our newly refurbished campus to learn about all our further education and training options.



**Meet** with our Guidance Counsellor and course tutors to explore the best opportunities for you.



**Register** for your chosen course on the day.

For more information on courses available in Kilmallock Town Campus call 063 202 46, email [fetkilmallock@lcteb.ie](mailto:fetkilmallock@lcteb.ie) or visit [www.learningandskills.ie](http://www.learningandskills.ie)

All courses are **FREE** of charge

Come and talk to us

### Full-Time Day Courses

These full-time courses are QQI Level 5 and 6 accredited and take place at our centre.

#### Courses on offer

- ✓ Information Processing
- ✓ Childcare
- ✓ eBusiness
- ✓ Healthcare

### Part-Time Day Courses

These part-time courses are both non-accredited and QQI Level 1-5, and take place at the centre and various community partner locations.

#### Courses on offer

- ✓ Arts and Crafts
- ✓ Gardening
- ✓ Health and Beauty
- ✓ Healthcare
- ✓ Healthy Cooking
- ✓ Mindfulness and Wellbeing
- ✓ Personal Development





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Do you work in the equine industry?

Would you like to further your qualifications to enhance your employment opportunities?

## Equestrian Traineeship

BHS Stage 2 - Complete Horsemanship



### Modules Include

- ▶ **Care:** A critical component in the early stages of a groom's career to qualify you to become a Stage 2 Foundation Groom.
- ▶ **Lunge:** This will assess your competence to lunge a horse for exercise.
- ▶ **Ride:** This will assess your competence in dressage, lateral work, show jumping 80cms in an arena and riding in a field.
- ▶ **Teach:** This will assess your ability as a teacher, working with riders of varying ages who are riding as a part of their leisure time.
- ▶ **Occupational First Aid:** This will assess CPR and defibrillator skills and management of common first aid situations.

### Course Aims

This course is to extend your qualifications with the British Horse Society, if you have already completed the BHS Ride Safe, BHS Stage 1 Care and BHS Stage 1 Ride awards. On completion of this course, learners will have the skills necessary to work in the equine industry as an assistant groom, work rider or riding instructor in an equestrian yard.

**Proposed Award:** BHS Stage 2 Ride, BHS Stage 2 Care, BHS Stage 2 Lunge, BHS Stage 2 Teach, Occupational First Aid (Cardiac First Response)

**Course Duration:** 21 weeks (full-time course)

**Proposed start date:** September 2019

**Location:** Adare, Co Limerick

**Cost:** This course is free of charge. Those in receipt of a Department of Employment Affairs and Social Protection payment may be eligible to receive a training allowance.

### Apply Today

Contact Mary on **061 487 997**, email: [fetraheen@lcteb.ie](mailto:fetraheen@lcteb.ie) or check out [learningandskills.ie](http://learningandskills.ie)

This provision is co-funded by the Government of Ireland and the European Social Fund as part of the ESF Programme for Employability, Inclusion and Learning 2014 -2020.



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## Pathway to Screen Production

### Course Aims

The film industry is experiencing significant growth in the Mid-West region, and there is a consequent demand for trained personnel. This course provides the ideal introduction to the film/TV industry and will prepare participants for the Passport to Production course.

The course will give an overview of the industry and the relevant departments within, with industry experts as guest speakers. The focus of the course is to build a team working ethos, with emphasis on problem-solving and collaboration.

This course is aimed at people in the Mid-West region who have no experience or training in the film/TV industry and are interested in seeing if this is a suitable career pathway.

**Proposed Award:** QQI Level 4 Minor Award in Teamworking and Safe Pass/Set Pass

**Start Date:** September 30th 2019

**Course Duration:** 6 weeks

**Location:** Further Education & Training Centre, Raheen Campus, Limerick

### Key Skills

- ▶ Develop creative and critical thinking from collective and individual problem-solving.
- ▶ Gain a knowledge of the roles in a screen production and the impact of each department.
- ▶ Develop communication and teamwork skills through participation in a range of industry specific case studies.
- ▶ Identify personal strengths and weaknesses as a member of a team.
- ▶ Identify personal strengths and weaknesses as a member of a team and assist in objective setting.
- ▶ Improve self-confidence, self-esteem and self-knowledge from working in teams.
- ▶ Gain an understanding of Health and Safety issues in the screen industry.

### Apply today

Contact Mary on **061 487 997**, email [fetraheen@lcteb.ie](mailto:fetraheen@lcteb.ie) or check out [www.learningandskills.ie](http://www.learningandskills.ie)

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# Raheen Campus

## Looking to gain a skill, re-skill or up-skill?

We offer an exciting choice of full-time Further Education and Training provision at Raheen Campus, as well as other locations in Limerick through our training partners.

### Full-Time Courses

| COURSE  | DURATION | START DATE     |
|---|----------|----------------|
| Equestrian Traineeship - Stage 2                                    | 21 weeks | 2nd Sept 2019  |
| Outdoor Learning and Employability Skills                           | 14 weeks | 9th Sept 2019  |
| Bus Driving - D Licence Code Y23                                    | 9 weeks  | 16th Sept 2019 |
| Manual and Computerised Payroll and Bookkeeping                     | 11 weeks | 16th Sept 2019 |
| Information and Communications Technology (QQI Major Level 4 Award) | 26 weeks | 16th Sept 2019 |
| Microsoft Office Specialist Programmes                              | 26 weeks | 23rd Sept 2019 |
| Pathway to Engineering  | 43 weeks | 23rd Sept 2019 |
| Healthcare Support Part 1   | 18 weeks | 23rd Sept 2019 |
| Warehouse Essentials  | 7 weeks  | 30th Sept 2019 |
| Warehouse Essentials - Newcastle West                               | 7 weeks  | 30th Sept 2019 |
| Construction Machinery CSCS   | 8 weeks  | 30th Sept 2019 |
| Certificate in Hairdressing Traineeship - L2                        | 32 weeks | 30th Sept 2019 |
| Pathway to Screen Production  | 6 weeks  | 30th Sept 2019 |
| Medical Administration  | 18 weeks | 30th Sept 2019 |
| Beauty Therapy Traineeship - L2                                     | 20 weeks | 7th Oct 2019   |
| Machine Tool Operations Traineeship                                 | 36 weeks | 7th Oct 2019   |
| Web Design with Adobe Dreamweaver                                   | 16 weeks | 14th Oct 2019  |
| Computer Aided Engineering (CNC) Traineeship                        | 42 weeks | 4th Nov 2019   |

**Courses are free of charge.**

Applicants in receipt of a Department of Employment Affairs and Social Protection payment may be eligible to receive a training allowance.

This provision is co-funded by the Government of Ireland and the European Social Fund as part of the ESF Programme for Employability, Inclusion and Learning 2014 -2020.



Ireland's European Structural and Investment Funds Programmes 2014-2020  
Co-funded by the Irish Government and the European Union



European Union  
Investing in Your Future  
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Apply today

Contact Mary on **061 487997**,  
email **fetraheen@lctb.ie**  
or check out **learningandskills.ie**



## LEADER CRIME BRIEFS

BY DAVID HURLEY



## Pensioner's bank card was used following hotel theft

A THIEF who stole a pensioner's bank card carried out several fraudulent transactions before the theft was reported.

The man, whose aged in his 70s, was socialising at a hotel last Thursday evening and only realised his card had been used when he was contacted by his bank the following morning.

"He received a call from the fraud section of his bank to say that his card had been used in a number of transactions. The gentleman had missed his wallet that morning but hadn't reported the loss to gardai or



**The man's bank card was stolen last Thursday**

the bank yet," said Sergeant Ber Leetch.

"It is vital to report the loss of your bank cards to your bank immediately, this gives them the chance to shut it down so no money can be taken from your account. Then report the loss to gardai and this gives us a chance of prosecuting a criminal if we find them in possession of your bank card," she added.

## Money stolen from parked van in middle of the day

A LARGE amount of cash was stolen from a parked van which the owner mistakenly believed was locked.

According to gardai, the incident happened in the Castletroy area shortly after 3pm last Thursday.

"Unfortunately he had left a large amount of cash in it so as he was walking away he looked back to check his van and saw a male reach into his van and take the cash. The van owner ran after this male but failed to catch him," said Sergeant Ber Leetch. "Your car or van is not definitely locked until you hear the click, see the lights flashing and pull the door handle," she added.

## Phone stolen from youth who handed it to thief

A MOBILE phone was stolen from a young man who was walking in the city centre earlier this week.

The 18-year-old was approached by another male in the Arthurs Quay Park area at around 8.30pm on Monday.

"He (the culprit) asked him for a loan of his phone to make a call. The 18-year-old obliged and handed over his phone and the male ran off with it," said divisional crime prevention officer Sergeant Ber Leetch.

"The advice is to keep your phone out of site and only use it if you are in a safe



**The culprit asked for the phone to make a call**

place, if that male hadn't seen the young man use his phone he wouldn't have approached him," she added.

Gardai at Henry Street are investigating the incident and anyone with information about what happened is asked to contact them at (061) 212400.

The youth was not physically injured.

## Parked car was not locked

A MOBILE phone was stolen from a car which was not locked when parked by its owner.

According to gardai, the vehicle was broken into in the Raheen area of the city at at 11.30am last Friday morning.

Gardai at Roxboro Road are investigating and are appealing to motorists to ensure their cars are properly locked when parked.

# Rovers return: City businessman steps in to donate trophy



**Phonsie O'Donnell and Kieran O'Donnell, brother of Mick O'Donnell flank Lenny Earls of Da Vinci Barbers, who has donated a new trophy to Ballynanty Rovers**

**Below: Conor Toomey and Jodie O'Donnell with the cup**

## Soccer: Kids to play for cup in memory of club stalwart

**NICK RABBITS**  
nick@limerickleader.ie

A SOCCER tournament in memory of a Ballynanty Rovers stalwart is set to be contested again after a businessman supplied a new trophy.

In July, The Leader reported on how the northside club was appealing for information on the long-lost Michael O'Donnell Cup, a trophy named after a man who tragically lost his life in the 1980s aged just 31.

Although the cup has not been recovered, city businessman Lenny Earls, of Da Vinci Barbers, very kindly presented the O'Donnell family with a brand new piece of silverware.

It means the Michael O'Donnell tournament will be resurrected, taking place next month at either under-12 or under-13 grade.

Janet Toomey, Michael's daughter said: "For myself and my family, my siblings, we are actually over the moon that it is going to be back up and running. My father was a die-hard Ballynanty Rovers man until his life was cut short tragically. Up until then, everything he did was for Ballynanty Rovers. It's a fantastic tribute to have him back up and running again."

Janet is also delighted the boss of Da Vinci Barbers in Thomas Street came on board.

"Leonard played previously in the

It's great our young children can play for something

**JEROME HENRY,**



tournament and received the cup from our late mother. So it's really fitting," she added.

Thomondgate man Jerome Henry, a member of the club said: "Michael played schoolboy football with us for 20 years and his family would know the club well. So it was a nice touch. It will help get this tradition back going. It's great our young children can play for something, and it's also nice to do something for the family."

Jerome says it's hoped to hold a match next month in Shelbourne Park, with the date set to be arranged.

The new Michael O'Donnell cup is slightly taller than the original which measured only three quarters of a foot, he added.

And the clubman remains convinced that the original trophy will eventually turn up.

"Of that, I have no doubt," he told The Leader.



# GONE MAD!! FOR AUGUST ONLY!

Over 65s get a **€25** one4 all voucher for getting their hearing checked.

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HEARING



Get your hearing checked by a qualified audiologist in a local clinic. Call our friendly Irish team today on **01 6978470** to book a FREE test!

**Terms & Conditions:** Offer applies to New Customers Only. Limited to 1 Voucher per Customer. Bookings to be made before August 31st 2019. Subject to availability.

## Local Limerick clinics

**Ashdown Medical Centre, Circular Rd, Limerick.**



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.
- Friendly and professional staff. For example; our audiologists are highly qualified (BSc or MSc degree)
- The best products. For example; the Evoke 440 is the World's first smart" hearing aid and probably the world's most advanced hearing aid.
- Excellent Customer Care. For example; We offer guaranteed satisfaction or your money back and 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.



# Massive crowd of up to 20,000 makes it the best show in years

**DONAL O'REGAN**

donal.oregan@limerickleader.ie

LIMERICK Show organisers say they endeavour to bring the city and county together and they managed that in spades at the Racecourse on Sunday.

Under blue skies up to 20,000 attended the 90th event. The crowd was almost double that of last year which was unluckily marred by heavy rain during one of the driest summers in decades.

The committee had a few aces up their sleeves this year. They dropped the price to €10, had a great line-up of live music, a fashion show and food experience to complement the traditional attractions of an agricultural show.

Mr Richard Kennedy, show chairman, said Sunday's Limerick Show with new music, food and fashion attractions is the way to go.

"People want to be entertained. Every section was successful. There is a lot of work gone into it. We have to get footfall for the stands to make money as well because they have to do well out of it because they won't come back otherwise. We had a difficult year last year, we had a bad day with the weather and it clashed with the Pope's visit.

"Today we had a fantastic crowd. I would like to thank all the people who supported us - stand holders,



Free children's entertainment including Giggles the clown, a unicorn and Spiderman went down a treat at Limerick Show PICTURE: MICHAEL COWHEY

competitors, attendees, all the volunteers who were on their feet all day and all our sponsors. There would be no show without sponsors," said Mr Kennedy, who also cited the Minister Michael

Ring's grant to shows.

"It is about repeating it now and making Limerick Show better again next year," he said.

Leo Walsh, show president, said it was fantastic to see the crowds

streaming in. He thanked the White family for giving them an extra field to use as a car-park.

"We're here to bring rural and urban people together. It is part of Limerick and I hope the next

generation come on behind us," said Mr Walsh.

Both men highlighted the link up the Mid-Western Cancer Foundation whose members were very visible and they look forward to making a donation to the charity.

The dog show is always one of the star attractions and up to 200 cute canines vied for prizes. Fodhla, a friendly four-year-old Collie, belonging to Siobhan Parker and Sean Sweeney, from Castletroy, was best in show.

Judges, Helen O'Donnell and Suzanne Kennedy had an impossible task to choose a winner but Fodhla's tricks made her stand out from the crowd. Suzanne explained that Fodhla can do twirls, high fives, and do figures of eight through her legs. Their dog is named after a goddess in Irish mythology.

It is the first time the couple decided to take part in the dog show in Limerick Show but it won't be their last.

"We have to defend our title next year," smiled Sean.

They were just two of the thousands who left Limerick Racecourse very happy after the best show in years. And the plan is to make it even better in 2020.

See weekend Leader for more stories and pictures



Best in show: Siobhan Parker and Sean Sweeney, Castletroy, and Fodhla PICTURE: BRENDAN GLEESON



Senator Kieran O'Donnell, Tom Crosse, GVM, Cllr Sarah Kiely and Cllr Dan McSweeney



Mayor Michael Sheahan, with David Fitzgerald and Leo Walsh



The Fitzpatrick family Kitty, Daragh and Michael



The live music and dancing was big hit





From left to right, Ken, mid-way through his world record bid, his joy at learning he had broken it, and celebrating afterwards PICTURES: ADRIAN BUTLER

# Brilliant Ken rows to World Record

**NICK RABBITS**  
nick@limerickleader.ie

LIMERICK has a brand new world record holder after an Ennis Road oarsman rowed 500m in just under a minute and a half.

Ken McDonald, 46, broke the record for his age category on a rowing machine set up inside his own club, Shannon

Rowing Club on Sarsfield Bridge.

He rowed 500 metres in one minute and 23 seconds, breaking the record held by an American competitor Dr Gary Homann by half-a-second. It had stood for seven years.

"I'm very happy with this. I pushed myself to break this record in the run-up to the

## 1m 23s

Ken's new World Record time to row 500m, edging out American Dr Gary Homann

World Masters Rowing Championship in Budapest this October," Ken told The Leader.

He has had his eye on breaking this record for a number of months.

"I have the national record for the hour, the 2k and the 1k and I had broken the Irish record for the 500 metre at the National Indoor Rowing

Championships in January. I was only 1.3 seconds off the World Record at that. That was after racing 1,000 metres that morning. It was in the back of my mind then that I could break the record," he said.

Ken trains six days a week, twice a day, including weightlifting, running and cycling, as well as taking to

the water with clubmates.

"I'm delighted with this record. It's not sunk in properly. But I've trained specifically for this for the last couple of months with the goal of breaking it. It's nice to do it in my own club, the Shannon Rowing Club," he added. "Rowing is quite intense, so you need to keep on the mark the whole time."

## Non-jury court will be used until removed by legislation - judge

A SENIOR judge has said the second Special Criminal court will be made "full use of" until it is removed by legislation, following weekend reports of its suspension amid falling case numbers, *write Alison O'Riordan and David Hurley.*

Several high profile criminals from Limerick have been prosecuted for gangland-related offences before the non-jury court since the law surrounding its use was changed in 2009 following the murder of Roy Collins.

In fact, his killers - Wayne Dundon, 41, of Lenihan Avenue, Prospect and Nathan Killeen, 29, of Hyde Road - are serving life sentences after they were convicted of murder following a trial at the Special Criminal Court in 2017.

Speaking during an unrelated bail hearing on Monday, Mr Justice Tony Hunt commented that newspaper reports at the weekend, which suggested the second Special Criminal Court would be suspended, was "news" to all of the judges in the non-jury court.

"As far as we are concerned, unless and until Court 2 is removed by legislation, we intend to make full use of it and we intend to give people the earliest possible trial date," he remarked.

It was reported in the Irish Times on Saturday that the second Special Criminal Court is to be wound down due to falling case numbers and that the changes were expected to come into effect at the start of 2020.

It was further reported that the Department of Justice had said that the backlog of cases, which resulted in a two-year wait time for a trial in 2016, had now been cleared.

The second Special Criminal Court came into existence on October 28, 2015 when seven judges were appointed to the new court.

It sat for the first time at the Criminal Courts of Justice in Dublin on May 6, 2016. The court, which is known as Special Criminal Court Number 2, deals with cases which are transferred to it by Special Criminal Court Number 1.



Team Ireland returns home from the World Transplant Games PICTURE: CONOR MCCABE

## Tervor's Transplant Games medals

LIMERICK was represented at the World Transplant Games in Newcastle last week, writes Mike Finnerty.

Limerick-born, Buckinghamshire UK resident Trevor Lynch took home two Bronze medals one in the 1500m race on Thursday and then followed up with a Bronze in the 800m on the final day of competition.

The Bone Marrow transplant recipient said, "Running with the Irish Transplant Team is such an honour, the team is one big family and I love it."

The Irish team took home 51 medals, which earned them a 11th place position on the leader board amongst 56 countries, with host nation Great Britain topping the table with 320 medals.



# Force for good: Interservices Challenge bringing the stars of the front line together

**Pictures:** DAVE GAYNOR

**Words:** KEVIN CORBETT

Limerick's finest were out in force at Sarsfield Barracks last Thursday for the fifth annual Interservices Challenge.

The Challenge, dreamed up five years ago by Sgt Major Stan Hurley, as part of the 75th anniversary celebrations of the 12th Battalion in Sarsfield Barracks pits the army's best against teams from the other uniformed services in the area - the gardai, fire service, airport police and the ambulance service.

But who would be the finest of all this year? The Leader went along to Sarsfield Barracks to watch the men and women of our front line services battle it out over a gruelling course devised by Corporal Mark Slattery of the 12th Battalion.

First we spoke to his namesake Commandant David Slattery, who explained the genesis and purpose of the competition.

"We're here today to mark the anniversary of the 12th Battalion in Sarsfield Barracks," explained the commandant, "and to do that, each year, we hold an interservices competition for all the uniformed services that operate in the Limerick area.

"They're here to compete and keep the links up in the Limerick area and Munster area, because traditionally we operate together at various times of the year and on various tasks given to us by government (President Trump at Shannon Airport being a good example) and those operations always run more smoothly when we know who we're talking to.

"So we come in for this competition. It's a bit of a challenge for everyone, it builds relationships and at the end of the day, the best Service goes home with the pride and the cup and we're here to keep that going."

Cpl Slattery wasn't messing around when it came to the course with feats of agility, strength stamina and focus pushing participants to the limit.

Ultimately, the army kept the cup at home, but only just.

"The 12th battalion team won," said



**Sgt Major Stan Hurley presenting the shield to the Army A Team, from left: Gerard McMamara, Darren Gogarty, Pierce Cunningham and Cathal Hanley winners of the Interservices Challenge 2019**

Cpl Slattery, "they set a really good time but the second garda team came out and actually beat them.

"However, when they went in to do the CPR leg of the course, they got a time penalty because their guy didn't quite keep the pressure up on the dummy for long enough and that's how they lost by two seconds."

Like the tight contests at the Galway Races, the draw proved crucial on the day, and the first garda team pulling number one drew ironic cheers in the briefing room and groans from the boys in blue. Going out later proved an advantage because as the day went on, competitors were able to strategise and rearrange teams to optimum effect.

Sgt Major Hurley tasked the corporal to organise the challenge this year and his course gave a nod to each of the uniformed services competing on the day, with Cpl Jamesie Farrell and Cpl Jimmy O'Donnell ably overseeing the action with him.

"It was my take on it this year," said Cpl Slattery, "you try to incorporate

everyone into it, what they do in their own work, so we ask everyone to bring in their own equipment.

"The paramedics volunteered their CPR machine, so I said 'brilliant, bring it in, we'll use it in lane three' and sure enough it made the difference on the day. The whole result came down to the CPR machine which was brilliant."

The afternoon was rounded off with the presentation of medals, a meal, and some socialising at the bar underlining the theme of camaraderie and co-operation amongst the uniformed services.

The Leader was invited to try out the course too, but having nearly gotten a hernia just looking at the action, we politely declined.

"Next year now, we're going to take it a bit further, I was talking to Frank Brown of the gardai and we're going to include breaching equipment and take it to another level," said Cpl Slattery, who invited the media to enter a team.

With that, it was time to make our escape.



**Heavy going: Philip Ollerenshaw, Shannon Airport Police and Ambulance Service carting an ammunition box loaded with around 25kg of rocks**



**Paul McNulty, from one of the Garda Teams competing in the Interservices Challenge 2019 at Sarsfield Barracks**



**Philip Casey from the second of the Army teams rolling up the fire hose at the Interservices Challenge**





**LEFT: Ryan Day of the second of the 12th Battalion teams pulling his weight for his side at Sarsfield Barracks 2019**

**ABOVE: Michael Fitzpatrick of the Gardai showing fierce determination to complete one of the demanding tasks**

**RIGHT: Kieran Malone, Shannon Airport Police and Fire Service giving it his all during the Interservices Challenge 2019**



**Gerard McNamara from one of the 12th Battalion teams leaps from the second of the container obstacles**



**Hilary Cleary, Shannon Airport Police and Fire Service, negotiates one of the tricky obstacles devised by Cpl Mark Slattery for the Interservices Challenge**



**Tyre-ing stuff! But Rebecca Rigney, National Ambulance Service, was more than equal to the task**



## 20 PICTURE ESSAY

**'Gaming, geeking and having fun!':** Jay McKeown, pictured with co-organisers Emily McKeown and Ciaran Santamaria, is dressed up as Iron Man. Emily was dressed as Kitana from Mortal Kombat, and Ciaran was Ganon from the Legend of Zelda!



# Omnicon fun hits the city

The South Court Hotel was a sea of wonderful colours and sound across the weekend as the Omnicon comic convention took place

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



**Jake Lane, Hillcroft Close**

**Birthdays boy!:** Jake marked his 12th birthday – and to celebrate he entered the cosplay competition as supervillain Mr Freeze from Batman. The youngster worked long and hard on his costume – and the effort clearly shows. He said: 'It took a lot of work'. Asked why he decided to enter, he said: 'It is fun!' Although Jake's mum insists he has lots of hair, all of this was hidden, as he had a bald cap on his head, coupled with some thick face paint!



**Mike and Oscar Sheehan and Caitlin Ryan Desmond, Corbally.**

**Clone:** Six-year-old Oscar was excited to be at Omnicon. He is dressed up as a Clone from Star Wars! Mike, meanwhile, attended Omnicon as his cousin is one of the organisers of the colourful event.



**Fionn Kelleher, Croom playing the Spraio virtual reality game**

**'Ten out of 10!':** Young Fionn gave this game maximum marks! Wearing just an eyemask, he was taken from the South Court Hotel to a devilish chamber, where zombies reign supreme!





### Fabulous costumes

**Stick-em up, buster!:** The Omnicon comic con festival at the South Court Hotel was a real feast for the eyes – with dozens of people dressing up as their comic heroes!

# Candid Comment

## By SPARTACUS

● **DETAILS** of Munster Rugby's Champions Cup fixtures during the upcoming season were confirmed in a low-key announcement last week. Spartacus was surprised to note that, unlike last season, none of the province's pool matches will be broadcast on free-to-air television. Given the recent launch of Sports Extra by Sky, it means those who want to watch the matches on BT Sport will have to pay to do so. However, with terrace tickets for the home fixtures costing just €20, it will be cheaper to head along!

● **ENVIRONMENT** Minister Richard Bruton announced on Monday that local authorities across the country would be tasked with rolling out 1,000 on-street charging points for electric cars. However, when Spartacus contacted Limerick City and County Council to get more details on the plan, none were forthcoming. It appears, someone forgot to pass on the message! Let's hope the roll-out of the charging points runs more smoothly.

● These are tense times for politicians with Brexit casting a cloud over everything - or being used as an excuse for anything, depending on your point of view.

Who knows when an election could be called so you'd better be seen to be looking after your own backyard - even if some words and actions might be against your better judgement.

Step forward Maria Byrne who has been complaining this week about Bus Eireann advertising its services from Limerick direct to Dublin Airport on a billboard locally.

This, she harrumphs, is "another nail in the coffin of Shannon Airport" and "should be removed immediately".

But what about the would-be tourists who want to fly from the,

literally dozens, of destinations that can be reached from Dublin and not Shannon? Do we all have to tailor our holidays to what Shannon Airport can offer?

Hopefully, the local airport's offering will grow in the years to come, because nothing beats flying out of Shannon for comfort and convenience, but often it just can't cater for what the public wants.

Hectoring Bus Eireann for advertising its services does nothing for Shannon.

● **AT a time when rents in Limerick city have risen by a bigger percentage than any other city in Ireland - 10.5% in the last year - and one local landlord is charging UL students €5.5k upfront for privately rented accommodation, the gold star for value for money this week goes to the German discount supermarket, Aldi.**

Aldi Ireland has revealed its bargain student living range just in time for college starting - and the one item everyone is talking about is their inflatable lounge set priced at €24.99. Easy to inflate, deflate and store the Ultra Lounge Chair comes with an Ottoman (footstool). Grant it, it may not arouse the memorable reaction of Joey and Chandler to their lazyboy recliner in Friends but Spartacus thinks there could be a fair few college assignments and more done on these Aldi superbuys. And when the hunger strikes there's the old student favourite, the sandwich maker, which is just €9.99 in the range. Oh the student life, eh!s

● **TIMING** is everything and it seems that the Council just got it wrong when starting roadworks on O'Connell Avenue this week.

It seems that they did not do their homework - pardon pun - to realise that schools were back a little early this year.



**A general view of people playing computer games at Omnicon**

**Gamers:** There was plenty of fun to be had with dozens of video games on offer at the festival



**Mathus Vilax, Castletroy and Fausto Maiandi from the city centre**

**Game players:** This pair were enjoying the comparatively low-tech board games on offer. Fausto, originally from Brazil, told us they are playing Deep Sea Adventure. "You have to be quick and make strategic moves," added Mathus.



**Kate O' Neill, Old Cork Road dressed as Cinderella**

**'I've always wanted to be a princess':** Kate loves dressing up. She said I've been cosplaying for the last five years, and I just love Disney and everything about Disney. I love princesses! Kate's fabulous frock was actually found while her Mum was on holiday in a sale!



# Alice's balanced philosophy key to unlocking joy of ballet

**Anniversary:** Limerick School of Ballet celebrates 35 years of instruction

JACQUELINE POWER

jacqueline.power@limerickleader.ie

**T**HIS September marks the 35th Anniversary of Limerick School of Ballet in Limerick Tutorial College, O'Connell Avenue, Limerick.

Over these 35 years, Alice Marshall, the school proprietor, has honed the talent of some of Limerick's finest ballet dancers and upon visiting the school this week and seeing the smiles across young girls' faces as they took position to pose for photographs, there is no doubt the school will continue to thrive for many more.

Alice, herself, a professional dancer, came to Limerick in 1984.

Originally from Bristol, Alice began her dance career in town-hall based classes before graduating to the local Royal Academy of Dance.

This is where Alice's love of dance began, under the watchful eye of tutor, Annette Adams. Alice revealed that she has learned a lot of teaching techniques from her time with Ms. Adams but has also developed her own, less strict philosophy.

Alice believes, along with the importance of posture and co-ordination in the dance, there must also be an element of enthusiasm and enjoyment included.



Alice Marshall giving instruction to her young pupils at the Limerick School of Ballet, which is celebrating 35 years of tutoring PICTURES: MICHAEL COWHEY

When Alice was 11, her family moved from Bristol to Gloucester. Showing much determination to continue her studies at the Royal

Academy, Alice made a 27 mile journey by bus every Wednesday back to Bristol.

She recalls fondly how her father, a lecturer in Bristol at

the time, used to collect her after class and bring her for tea and how they would recite poetry on the drive home, tired but happy.

Continuing her successful career as a dancer, Alice was accepted into the London School of Classical Ballet. Leaving home at the

tender age of 16, she was taken under the wings of well known British husband and wife ballet duo, Molly Lake and Travis Kemp.



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One of the youngest ballerinas at the school starting with the basics

Molly in her 90s and Travis in his 80s at the time, taught Alice to feel the soul and spirit of the dance, something Alice still takes with her today.

Alice spent the next four years in London, covering everything from the history of dance and anatomy to teaching and character and gained her diploma and teaching certificates in the London college.

After her graduation, Alice took a summer break in Bournemouth with her grandmother and while there, received a phone call from Travis Kemp who put her in touch with John O'Regan.

John, a colleague of Travis' in Sadliers Well Royal Ballet had opened a ballet school in Limerick and following a brief telephone conversation decided to hire the young teacher.

At the end of her year's contract, John decided to retire and offered Alice the opportunity to take over the school and so it began.

Over the 35 years, there has been an abundant amount of successful dancers come from the

Limerick School of Ballet.

Young dancers Claire Keating, Claire Ryan, Jillian Barry, Margaret O'Donoghue, Laura Cousineau and Robyn Cunneen are among those who have received accolades and success throughout their time in the school.

From prestigious awards, to travel opportunities to countries such as Russia and Canada, these young women can credit Alice Marshall Limerick School of Ballet for inspiring them to work hard and helping them to achieve their dreams.

That is not to mention, ballerina Kate Gleeson, who recently featured in the Limerick City of Culture advertising campaign.

The Limerick School of Ballet re-opens on Saturday, September 7.

Classes run from 3.30pm - 8.30pm on Monday, Tuesday, Wednesday and Thursday and all day Saturday.

For more information you can contact Alice Marshall on 087 9430802 or email alicemarshall67@gmail.com

You can also find the school on Facebook under 'Limerick School of Classical Ballet'.



The Limerick School of Ballet re-opens on Saturday, September 7. Classes run from 3.30pm - 8.30pm on Monday, Tuesday, Wednesday and Thursday and all day Saturday



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*Congratulations to Alice Marshall on the  
35th Anniversary of her School of Ballet,  
Judy and Margaret.*



# 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



The Limerick Animal Welfare Cattery is full of kittens looking for loving homes. From the ages of four months upward, we have a mixture of fun and friendly personalities. Adoption fee is €100 as each cat is neutered, wormed, vaccinated and litter trained. Visit the sanctuary from 12 noon until 3pm to meet our cats.

**Scooby** is a two-year-old terrier who loves comfort and company. He would suit a home as an only dog. He is house trained and lead trained. Scooby has a glowing personality and will make a fantastic pet. Visit Scooby at the sanctuary any day between 12 noon and 3pm.



Next is **Agatha**. Agatha is a stunning chihuahua mix about two-years-old. She is a little afraid at first but once she gets to know you, you are rewarded with her hugs and kisses. Agatha has a playful character and is happy playing with her toys. If you are interested in Agatha, visit her at our sanctuary between 12 and 3pm.

## Lonely Lincoln needs a home

**Lincoln** is a four-year-old male terrier mix. He loves everyone he meets and gets on well with other dogs. Visit Lincoln at the sanctuary any day from 12 noon until 3pm if you would like to give him the home he deserves. You must have a fully enclosed garden to adopt and he sleeps indoors.



**Roisin and her family receiving a royal welcome from the staff at the Woodlands House Hotel in Adare**

## Roisin receives royal treatment

**IN 2013, Roisin Tansey and her families life was changed after a freak accident.**

The accident left Roisin paralysed from the shoulders down.

Her mother Breda said "Roisin has amazed us all with her unbelievable positive attitude and her drive to live life to the very best of her ability."

On Sunday, The Share A Dream foundation treated Roisin, her sister,

and Breda to a day of luxury in Limerick.

The girls were treated to a stay at the 5-star Woodlands House Hotel in Adare, followed by a shopping spree and makeover at the Crescent Centre, with the day capped off with dinner in the award-winning Timmy Macs restaurant.

Monday saw the girls receive luxury treatment at the Reva Spa, before going home.

# Further info sought over 'stray balls'

**Planning:** Council has concerns over club's application

**DAVID HURLEY**  
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CLARE County Council has requested further information from Ballynanty Rovers soccer club in relation to its plans to develop new facilities on the outskirts of the city.

The planning authority has also expressed a view that the planning application is "premature" as the proposed route of the Northern Distributor Road will pass close to the 1.6 hectare site which the club acquired earlier this year.

While the design of the new road is at an advanced stage, a contractor has yet to be appointed and there is no indication as to when the works will commence.

Ballynanty Rovers, which was reconstituted during 2018, is seeking permission to carry out a major upgrade of its Bateman Park facilities at Knockalisheen, Meelick.

The proposed works will involve the construction of a new clubhouse and entrances as well as dressing rooms and a referee's room.

A full size pitch and all-weather training area are also proposed along with 59 car parking spaces.

**“**The existing facilities on the 1.6 hectares site are limited to a single full-size pitch, training area and running water. Unfortunately, the club does not enjoy the benefits of a clubhouse, changing rooms or car park facilities. In recent years, due to the absence of these facilities, all home matches have been scheduled on neighbouring facilities in LIT or Shelbourne Park,” stated the club in planning documents.

As previously revealed by the Leader, concerns have been expressed by Limerick City and County Council that 'stray balls' from the proposed facility could end up on the new Coonagh to Knockalisheen Road.

Correspondence sent to Clare County Council from consultant engineers Roughan & O'Donovan states. "The (planning) application does not give details of measures to prevent stray balls from entering the public road. In the interest of road safety this needs to be considered as the clearance between both of the pitches and road is limited".

Given the submission from Limerick City and County Council, planners in Clare have also requested that the applicant submits details of "measures to prevent stray balls from entering the public road" including whether or not existing fencing is to be replaced.

In correspondence sent to the applicant last week, Clare County Council also states it "considers that the proposed development may be premature pending the completion of proposed road realignment in the vicinity of the site."

**CLARE COUNTY COUNCIL PLANNERS**





# Making Cents

**LIAM CROKE**

The Must-Read Guide To Saving Money

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

## Mortgage lending rules: Just How much can you borrow?

I frequently get questions from people who have received mortgage approval but it's not enough for them, and they need more than what their lender is giving. They want to know what recourse they have, if any?

There are really three things you need to know about, and they are:

- the amount you are allowed to borrow

- the amount you need to personally contribute towards the purchase price

- and how much of an exemption banks are allowed to deviate from the baseline two rules I just referred to.

The above will be influenced by the type of borrower you are, so let's look at each in turn:

### FIRST TIME BUYER

#### How much can you borrow?

Three-and-half times your gross annual income. If, for example, you are a single applicant earning €50,000, you are allowed borrow €175,000.

If you are two first time buyers buying a property together and your combined income is €80,000, you'll qualify for €280,000.

#### How much do you need to contribute?

This is commonly known as the loan to value ratio. And for an FTB, the maximum amount you are allowed to borrow is 90% of the purchase price of a property. So, if the asking price of a property is €250,000, you need to come up with €25,000.

#### Exceptions

For an FTB, banks are allowed to lend more than the 3.5 times multiple to 20% of new applications. And last year 17% of mortgages to FTBs exceeded the normal loan to income limit.

They can also lend more than the

loan to value limit of 90%, where 5% of their new mortgages to FTB can have a deposit of less than 10%. But I wouldn't be holding my breath that they will grant this to you, because last year, they only exceeded the 90% threshold to <1% of their new mortgages. And in fairness, it seems they don't have to either, because the average loan to value last year for FTBs was 80%.

Typically you can only get one exception i.e. a higher income multiple or a higher loan to value ration - you can't have both.

#### How you can improve your chances of getting an exception

To improve your chances of getting a bank to increase the amount they will give you, you need to give them a good reason to do so, and demonstrating you have the ability to take on a loan of, say 3.9 times your income, is key.

And you can do this very simply.

If 3.9 times your income amounts to, for example €234,000, work out what the monthly cost of that is over, say, 30 years, at a rate of 6%. Banks will typically stress test the mortgage amount by this rate to ensure you have the ability to pay it in the event that rates increase and, you'll discover, that amounts to €1,403 per month. So, you need to present to a bank that you have been saving with, paying rent or a combination of both, for that amount for the past 6/12 months. If you do, your chances of getting that exception improve dramatically.

That's stage 1. If you can prove that, then great, but stage 2 is when a bank will look at your disposable income post mortgage repayments, and that has to meet certain amounts as well.

For example, after mortgage repayments are made, the amount they



### DID YOU KNOW?

Did you know Uber was inspired by a James Bond movie? The founders were watching Goldfinger and saw how Bond was tracking Auric Goldfinger's Rolls-Royce using an animated map installed in his Aston Martin and thought mmm that's interesting.... and the rest is history.

typically want to see left over for people is as follows:

#### Couple with dependents

If they have one child, €2,300 must be left in their account after all other expenses, like childcare, food, bills, etc. have been deducted.

#### Single with no dependents

Must have €1,400 left in their bank account after all other expenses and future mortgage repayments have been subtracted.

#### Single with dependants

Should have an extra €250 per dependant on top of disposable income.

### SECOND TIME BUYER

#### How much can you borrow?

3.5 times your gross annual income.

#### How much do you need to contribute?

You need to contribute a minimum of 20% towards the purchase. So, if the asking price of a property is €300,000, you need to come up with €60,000.

#### Exceptions

For a, second time buyer/mover, banks are allowed to lend more than the 3.5 times multiple to 10% of applications, and they can exceed the loan to value limit to 20% of new applications in any one calendar year.

### INVESTORS

#### How much can you borrow?

3.5 times your gross annual income. Other considerations like rental income may be considered, which would increase the amount you can borrow

#### How much do you need to contribute?

You need to contribute a minimum of 30% towards the purchase.

#### Exceptions

Banks can exceed the loan to income and loan to value limits, to 10% of new investor applications in a calendar year.

### ASK LIAM

Our personal finance expert answers your questions ...

**Q. I was wondering can I claim any tax refund on benefit in kind related to health insurance premiums paid for me by my employer? They have paid about €4,000 over the last three years. Is there any tax that can be claimed back regarding these payments?**

A. Yes, you can claim tax back on health insurance premiums made by an employer. When you pay for it yourself, tax relief is applied automatically, but there are certain situations where tax relief at source (TRS) does not apply, and one is when an employer pays the health insurance premiums on behalf of an employee and his or her dependents.

Because the employee has not benefited from the TRS arising on the premium paid by their employer, they are still entitled to the tax relief but in these circumstances, it is necessary for them to calculate the amount they are entitled to and make a claim themselves to Revenue.

As you have not benefited from any tax relief and have been charged BIK on the €4,000 payment, you could be entitled to a tax credit of €600.

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



The Strand Hotel's wedding showcase is set for September 22 with guest speakers from Irish wedding blogs: Bride To Be and FMN Make Up. Tickets are €35 and are available on Eventbrite.

Lisdoonvarna Matchmaking Festival 2019, five big matchmaking weekends and top bands at the Hydro and Imperial Hotels. September special offers available, book now to avail of special discounts.

Just one of the amazing specials available is the folk weekend special August 30 - 31, two nights B&B for €229 pps.



Your happily ever after begins here: Castletroy Park are planning their wedding showcase for September 5 from 5 to 9pm. Call them today 061 335566



# LEADER BUSINESS

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## World Cup warm-up event for kids charity

**Companies:** Plassey firm on Point for big event at Thomond Park

**NICK RABBITTS**  
 nick@limerickleader.ie

TWO Limerick tech companies have teamed up to raise money for needy children in the city.

Plassey-based automation company Action Point and computer firm Dell EMC, Raheen, will host a special warm-up event for the rugby world Cup next month.

The event takes place at the home of rugby in the city, Thomond Park, on September 12 at 7.30am.

It will bring stars from the rugby world together for breakfast, world cup predictions and some tales from behind the scenes.

Among the panel will be Grand Slam winner and professional referee Joy Neville along with Munster stars Tyler Bleyendaal, JJ Hanrahan and many more from the rugby world.

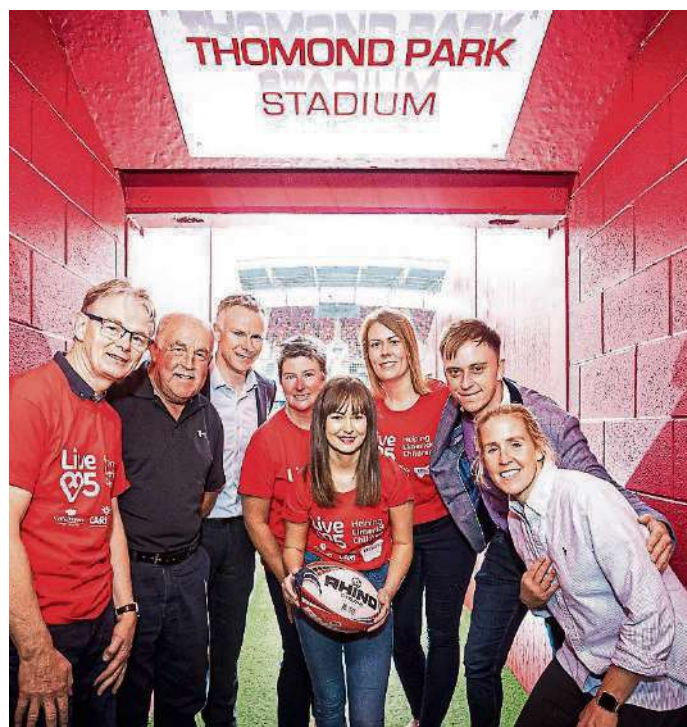
They will talk World Cup preparations, the challenges of

preparing for the big day while sharing some entertaining anecdotes along with predictions for Joe Schmidt's troops.

There will also be a data panel led by Pierre Visser, rugby technical consultant at Stats Perform where the focus will be on how sports tech and big data will play a major role in the upcoming World Cup.

The organisers have also said there are one or two big-name guests to be announced in the coming days.

Action Point chief executive David Jeffreys said: "We're delighted to be supporting the Live95 Helping Limerick Children initiative. These charities are providing amazing support to children in society who are most in need and this event is just our way of supporting their continued work. The goal now is to make sure we raise as much money as possible and I hope that we get the full support of businesses and people locally."



**Pictured at the launch of the World Cup warm-up event were, left to right, Vincent McCarthy of the Carri charity, Gerry Murray, David Jeffreys, Action Point, Terry Ring, Cliona's Foundation, Amanda Flannery, Live95FM, Catriona Morgan, Children's Grief Centre, Peter Hunt, Action Point and referee Joy Neville**

The Helping Limerick Children initiative sees a number of charities benefit, including Cliona's Foundation, based in Plassey.

Charity founder Brendan Ring said: "It's wonderful to have companies like Action Point and Dell EMC behind our Live95 Helping Limerick Children initiative. The stage is set and we have a fantastic event in the making and now we're hoping that the business community can support this great initiative along with any individual rugby fans who would like to soak up the pre-tournament atmosphere."

The event has already garnered significant interest and tables are selling fast.

A table of 10 costs €500 which includes a corporate branding and PR pack.

Individual tickets cost €50.  
 For more information, telephone 061-461900, or visit [www.live95fm.ie/worldcupwarmup](http://www.live95fm.ie/worldcupwarmup)

## Limerick vacancy rate rises

NEW figures from the GeoView Commercial Vacancy Report shows an increase in idle properties in the city.

The commercial vacancy rate for Limerick has risen to 15.3%, a rise of 0.2% from the same time period in 2018.

Newcastle West at 21.5% had the highest commercial vacancy rate in the county, while Abbeyfeale at 16.4% had the lowest commercial vacancy rate in the county.

Overall, 12.7% of the vacant properties in Limerick are food or accommodation-based.

Commenting on the report, with specific reference to the disproportionate level of economic activity in Dublin, Dara Keogh, CEO, of GeoDirectory, said, "The latest report shows that the east-west divide in commercial activity is widening and not closing."

Commercial activity in western counties could be vulnerable to the impact of Brexit, particularly as a result of currency volatility and reduced tourism.

## Mercosur stance welcomed

FIANNA Fail spokesperson on Foreign Affairs and Trade, Niall Collins TD, has welcomed the Taoiseach's stance regarding the Mercosur trade deal and its environmental implications.

"FF previously called for this Government to entirely rethink its approach to the Mercosur deal if it is serious about sustainability objectives in agriculture," stated Collins.

"In July Fianna Fáil raised the disastrous impact of increasing and deliberate deforestation in the Amazon in the context of the Mercosur deal."

The Mercosur deal would see nearly 100,000 tonnes of beef imported to the EU from Brazil per year, but this issue has raised concern among Irish farmers.

FF has called for a new impact assessment of the Mercosur deal on Ireland's economy.

## Tidy Towns award is shared in street

FOR the first time in its history, Limerick City Tidy Towns has given its monthly prize out to two neighbouring businesses.

The joint winners for August are Flannery's Bar and Hanley's Chemist, based at number 19 and 20 Shannon Street respectively.

Maura O'Neill said the judges decided to give the prize to the two businesses due to the work staff have done in overhauling the frontages.

"We simply couldn't choose between them so for the first time ever we are giving a joint monthly award. While both premises have always looked well and maintained their exteriors to a very high standard, the beautiful new paint work and exterior flowers have elevated that even further and they are now vibrant and striking, whilst still retaining their traditional



**Maura O'Neill with Kathleen Flannery, Phil Flannery Snr, Paul Flannery, plus Aine and Lorcan Brady, owners of Hanley's Chemist**

PICTURE: KATE DEVANEY/LOVELIMERICK

signage and appeal. So often, one neighbouring business can spoil the efforts of another, but in this case, they beautifully complement each other and are a huge asset to

Shannon Street in the heart of the city centre," she said.

Flannery's Bar is known by many across Limerick as a something of a hidden gem, celebrating its

50th year in business back in 2015.

It was established in 1965 by Phil Flannery.

Another family business, Hanley's Chemist was established over 60 years ago by Michael Hanley, and was taken over by Lorcan and Aine Brady earlier this year.

The two businesses become the eighth winners in 2019 of the monthly Tidy Towns award.

They join a number of other local firms including Bakehouse 22, The Glen Tavern and Mid-West Lighting in the winners enclosure.

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

Tidy Towns volunteers meet to clean the city streets at 6pm each Wednesday, outside the White House.



# Recruitment

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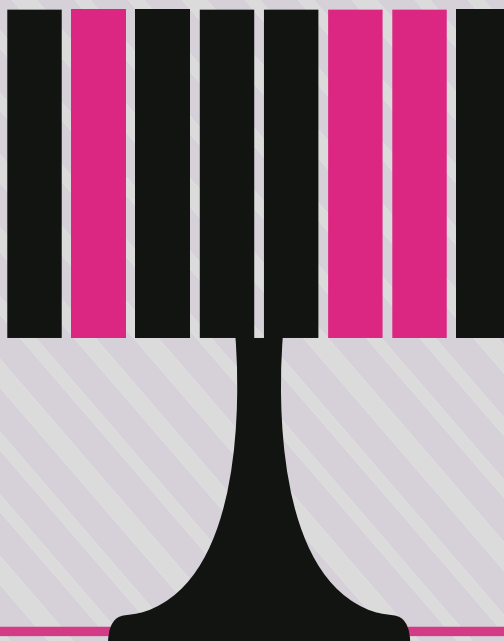
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# KEEP IT LOCAL!

Limerick businesses in the spotlight



## Hotelier promotes Limerick in Florida

RUTH Vaughan, Group Sales Manager at The Savoy Hotel in Limerick joined Tourism Ireland in Florida, for the annual Global Travel Marketplace (GTM) recently.

GTM Florida is a three-day event with a programme of bespoke one-to-one appointments and networking sessions. Tourism Ireland's sponsorship at GTM 2019 included a lunchtime presentation dedicated to the island of Ireland.

The event offered an excellent opportunity for Ruth representing the Savoy Hotel and Limerick to meet, and do business with top influential travel advisors from North America – ensuring that Limerick and the island of Ireland is 'top of mind' for them when recommending destinations to their clients.

According to Ruth



The Savoy's Ruth Vaughan who attended the GTM in Florida

Vaughan "Tourism Ireland has prioritised North America as a market which offers a strong return on investment, in terms of holiday visitors and expenditure. The most recent CSO figures, for

January-June, indicate growth of +9.1% in arrivals from North America which can only be positive for Limerick and the Wild Atlantic Way so we hope to see continued strong growth into 2020.



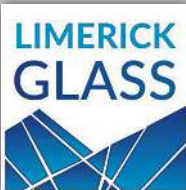
## SANTA CHILLING IN THE PARK

SANTA was seen chilling in the People's Park with the Clayton Hotel Limerick sales team recently. The man in the red suit and the Clayton Hotel staff were taking a break before the Christmas party rush. The Clayton has recently started taking bookings for their Christmas party nights which run from November 29 through December 21. Book now for the best nights. The Clayton sales elves can be contacted on 061 444105 or email [events.limerick@claytonhotels.com](mailto:events.limerick@claytonhotels.com)

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Discover Why



# ENTERTAINMENT

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

## The Gospel of Simon

Paul Simon's Graceland to be performed by critically-acclaimed gospel choir

**FINTIAN WASLH**

fintan.walsh@limerickleader.ie

AS THE festive summer season is coming to a close, Dolan's Warehouse will be hosting a must-see, upbeat performance by the London African Gospel Choir who will deliver their rendition of Paul Simon's Graceland.

Their Limerick debut, the choir will take to the stage on Thursday evening, with tickets on sale for the seated show at €30.

This Limerick show is part of the group's first ever Irish tour.

On the night the audience can expect unforgettable arrangements of Paul Simon songs such as "The Boy In The Bubble", "Diamonds On The Soles Of Her Shoes" and "You Can Call Me Al". The renowned choir frequently headline their own tours around the world, with dates regularly selling out, along with appearing on festival bills around the UK and Europe.

Visit Dolan's website for more information.



The London African Gospel Choir will perform Paul Simon's acclaimed Graceland at Dolan's Warehouse this Thursday

Special IFI screenings at Belltable

The IFI screenings at the Lime Tree Theatre have returned for the autumn/winter season, and will resume on Monday, September 9.

To keep up with demand, an extra screening has been added.

The traditional Monday at 8pm screening will still take place, and the extra screening will take place at 5.15pm, also on Monday.

Kicking off the season is Marianne and Leonard: Words Of Love, a documentary tracking Leonard Cohen's relationship with his Norwegian muse Marianne Ihlen in the 1960s.

The following week sees the acclaimed Irish documentary Gaza, documenting life in the Gaza Strip.

Tickets are €8 and are on sale at Lime Tree's website.

## Repealin' In The Years: Podcast recalls Repeal The 8th campaign

The 8th Amendment referendum was a pivotal moment in recent Irish history, and two people involved in the Limerick Together For Yes campaign documented their experiences in podcast form, writes Mike Finnerty.

The podcast released its final episode last week, with the episode recalling the day of the referendum result.

Together For Yurt was the creation of Jess Beeley and Dave Tobin, and they spoke to The Leader about their experiences.

"I think quite often in Irish social justice campaigns reporting and historical views of them tend to be very Dublin-centric," they stated.

"Focusing this podcast on the campaign through a Limerick lens was an important aspect of the project for us - very often these stories outside of the capital simply aren't heard."

The podcast featured a variety of guests who took part in the referendum campaign.

"We tried our best to have a representative



The Limerick Together For Yes campaigners in 2018. Together For Yurt recalls their experiences on the campaign trail.

cross-section of the Limerick Together For Yes campaigners and organisers but to be completely honest there were so many outstanding people involved we were spoiled for choice!" said the team.

Together For Yurt was somewhat of an emotional experience for the creative team.

"One of the best parts is to have something that we can play to our own daughters

when they are older. In a decade's time having the ability to sit them down and play them the words of the amazing Limerick women who quite literally changed our country is something special."

After the success of the podcast, they said "hopefully we'll be back with something in 2020."

Together For Yurt is available wherever you get podcasts.

## Brewing up a storm in Lisdoonvarna

LISDOONVARNA will be 'brewing up a storm' this year with 'The Stunning' set to headline the first big music weekend of the annual Matchmaking festival.

The band will play the marquee on Saturday, August 31.

Formed by brothers Joe and Steve Wall from Ennistymon over 30 years ago, the band became legendary for their energetic live performances and eclectic song catalogue.

This included the iconic anthem 'Brewing Up a Storm'.

Joining them on the bill at the 'Rock/Folk' weekend on the August 30/31 will be Limerick natives Hermitage Green, Dublin's Riptide Movement and All Folk'd Up.

Country music stars won't be disappointed either as the second weekend of the festival sees country music stars Derek Ryan, Mike Denver Cliona Hagan and Barry Kirwan return to take the stage on 6th and 7th September at the Marquee.

Marcus White, managing director of the White Hotel Group said: "The country music weekends have been a



The Stunning take to the stage on August 31 in Lisdoonvarna

huge success for Lisdoonvarna over the past few years. This year we are trying something new with the first ever 'Rock/Folk weekend' - there hasn't been anything like this in the village since the 'Lisdoonvarna folk festival' took place over 30 years ago."

"There has been a huge demand for tickets this year and we are advising people not to leave it to the last minute as they will be gone. Tickets are available locally at the Hydro hotel, the Spar Shop or at www.ticketmaster.ie" he added.

The Lisdoonvarna

matchmaking festival continues for the whole month of September, jam packed with music and dancing in all venues every day from 11am in the morning to late.

Now over 160 years old, the Lisdoonvarna matchmaking festival is one of Ireland's oldest festivals and takes place over a five week period. It attracts over 80,000 people from all over the world who come for the music, the dancing and to meet third generation matchmaker Willie Daly.

For more information on the festival go to www.matchmakerireland.com



# BIG NIGHT OUT @

**DOLAN'S, THE COMMERCIAL BAR  
PICTURES:  
DAVE GAYNOR**



Victoria Silickaite and Dáirine Marsh at Dolan's PICTURE BY DAVE GAYNOR



John Real and John Quill at Dolan's



Gitana and Mark Smith at Dolan's



Anne Flanagan and Mary Benson at The Commercial Bar

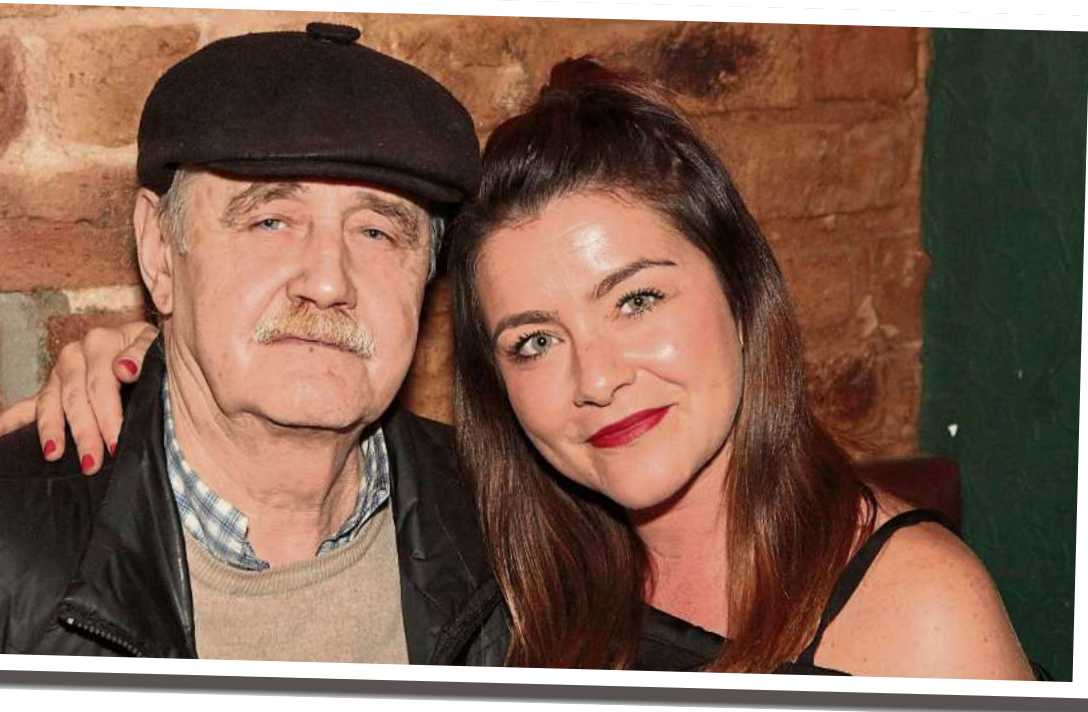


James Arnold, Ger Kiely and Jerry Browne at The Commercial Bar



Trudy Danneli and James McMahon at The Commercial Bar





**Joe Cleary and Eleshia Fahy at The Commercial Bar**



**Sabella Oberlander and Breda Lynch at The Commercial Bar**



**Karen O'Donnell and Kevin Donnelly at The Commercial Bar**



**Johnny Gale and Sharon Cavanagh at The Commercial Bar**



**Mike Henniger and Tom Reidy at Dolan's**



**Marianne O'Halloran, Dolores McMahon and Meghan Cleary at The Commercial Bar**





The London African Gospel Choir perform at Dolan's Warehouse this Thursday

**T**HIS weekend in Limerick offers the chance to engage yourself on music from gospel to metal with some techno on the side. You can also catch two provocative films, a night at the circus and the annual massive Milford Harvest Fair!

## Thursday (August 29)

**Circus Vegas** visits the Two Mile Inn on the Ennis Road this week for the last live theatrical and circus show before we all have to admit that it's Autumn. Relative newcomers on the Irish scene, only touring Ireland since 2001, they tend more towards theatrics than most of Ireland's sawdust and sand circuses but keep the solid base that you expect in any big top - acrobatics, juggling and clowning. Shows are at 3pm and 7:30pm every day except for the weekend shows, which are at 2pm and 5pm. All tickets are €10, apart from ringside seats, which are €15. You can also get 10% off for booking online.

Fancy some garden jazz? As part of their ongoing Hunt Thursday summer series, there's an early evening session of light jazz at the **Hunt Museum** this Thursday, taking over the café and the museum's garden. Drop in any time between 5:30pm and 7:30pm. You can listen to the jazz for free or pay €10 to also get a glass of wine and entry into the John Lavery & Walter Osborne exhibition. There's nothing quite as classy as imbibing wine and jazz while also taking in paintings by Ireland's most celebrated painter of pound notes. It's worth seeing the exhibition before it disappears in a month.

Gospel meets mbaqanga and zydeco this Thursday night in Dolan's Warehouse, as the **London African Gospel Choir** are in town to perform Paul Simon's Graceland album from beginning to finish. Commissioned by the ultra-trendy Jazz Café in Camden to perform the album for one performance in 2016, tickets for their London show sold out in record time so they've taken the show on the road. The

concert is an absolute must for those of us whose favourite record has long been the original Graceland, especially if you're completely certain that nobody will ever do a gospel arrangement of your second-favourite (Betty Boo's gloriously kitsch sophomore album *Grrr It's Betty Boo*, not that you asked). Doors open at 8pm for the fully-seated show, tickets are €33.

Limerick gets its own offshoot of Innsbruck's **Polit Film Fest** this week, with two of the festival's films being screened in the city. On Thursday, **Narrative 4** hosts Kelly Showker's *Slut Or Nut*, the story of Canadian activist Mandi Gray as she navigated victim-unfriendly academic and legal systems after her sexual assault. That's followed in **Fab Lab** on Friday by Montags In Dresden, Sabine Michel's hard-hitting and, frankly, quite disturbing documentary about three German far-right campaigners. As the Polit festival seeks to provoke discussion, they certainly achieve it with these two films. 8pm each night, tickets are €7 for each screening.

Crooner, showband leader and 1976 Eurovision contestant **Red Hurley** will be singing in the **Redemptorists** (Mount St Alphonsus Church, or "de fadders" if you're local) this Thursday. It's in aid of Clare's Wish Foundation, the Irish charity that provides wishes to adults diagnosed with terminal diseases. Clare's Wish is a wonderful charity, capable of granting any wish as long as it doesn't involve Liverpool winning a domestic league trophy, so this is well-worth supporting. You can look forward to a full night of spiritual hits. Doors at 8:30pm, tickets are €20.

## Friday (August 30)

It's metal night at **Costello's**

# THINGS WHAT ARE ON IN LIMERICK



Arts and crafts for children at the Hunt on Sunday



Sectile headline at Unleash The Horde in Costello's Milk Market Bar on Friday

**Milk Market Bar** this Friday night, with the latest instalment of their Unleash The Horde series of hard rock gigs. Headlining you'll find Dublin five-piece **Sectile**, whose sound centres on prog-metal but easily draws on all ends of the hard rock spectrum. They'll be supported by two Limerick thrash metal bands - the up-and-coming New Age Messiah and Imrama. Doors at 8:30pm, tickets are a fiver.

## Saturday (August 31)

**Tunnel Vision** podcast DJs are in **Pharmacia** this Saturday night for a hefty night of techno and jungle, accompanied by their trademark trippy visuals. Doors open at 10pm and you can look forward to a few solid hours of D&B and hardcore from Steve Wallek and KVN. Get there before 11pm and you can get in for free; it'll cost you a fiver after that.

## Sunday (September 1)

The annual **Milford Hospice Harvest Fair** takes place at the **UL Sports Arena** this Sunday. It's one of Limerick's biggest annual events, with over 20,000 people expected through the doors during the afternoon. They'll have the traditional wheel of fortune, stalls with everything from bric-a-brac to cake and a giant kids' fun zone. As all proceeds go to Milford Hospice, it's for a very worthy cause as well as lots of fun. It runs from 11am to 5pm and entry is free.

If you have younglings who fancy giving tennis a go, they can roll up to the **CIAC Tennis Club** in Rosbrien this Sunday for two hours of on-court activities. The free open day will give

children between 5 and 12 a chance to see if they fancy a life of hitting small balls over nets. The C and I in the name stand for "Catholic Institute" but that's largely a hangover from the days when people who believed in transubstantiation didn't have their own clubs outside of Sunday Mass and funerals. Adding tennis was a massive improvement. Open to all from midday to 2pm and they'll even supply a racket if you don't have one.

The monthly **kids' arts and crafts club** is at the **Hunt Museum** on Sunday. It's the

perfect chance to convince your small children to stop painting your walls and cutting your curtains, as they'll learn that nobody will scream at them for painting and cutting paper instead. As an extra bonus, they will be making a mess of someone else's room, so you won't have to clean up after them. Aimed at children between 4 and 8, it runs from 2:30pm to 4pm and will cost €3 per child.

## All weekend

The Forsaken On Calvary photo exhibition is at Limerick Museum until August 31. 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!



The Milford Harvest Fair is at the UL Sports Arena this Sunday



# FÉILE '19

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**INSIDE THIS WEEK**



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Tackling your little fussy eater  
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Village to honour late singer  
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**LIFELINE FOR LEON**  
MS patient needs to raise €70,000  
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# A Day In My Shoes

**Jane Neville**

Jane's Gems at the Milk Market

## Adding some glitz and glam to the Milk Market

**What time do you get up?**

I get up on a weekday at 8.30am and go into the office at 9.30. On Market days I get up at 7am and go into the Market for 8am.

**What is your normal breakfast?**

Freshly squeezed orange juice and a bowl of organic porridge.

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

I love to go after work to the Shelbourne Park for a walk. I try to do three laps a day. It is lovely to get some fresh air after being in the office all day.

**What time do you arrive at the office?**

I usually like to start by 9.30am.

**What are your first duties?**

I always check emails and phone messages and reply to them before starting on anything else.

I then go onto my suppliers websites and check for new beads and Swarovski crystals that they have just put online. I place all my orders on Monday to ensure that I receive my beads and findings by Wednesday. I spend Thursday and Friday making new jewellery and working on any repairs that I would have received on the previous Saturday.

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

I drink two teas and one coffee per day.

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

On Saturday when I am in the Milk Market I always go to Ma's Kitchen. I love the food and Jimmy and his staff are so nice. During the week when I get a chance I like to go to the local restaurants.

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

No as all my business is conducted either by phone, online or calling to my stall on Saturdays.



**What time do you finish up at?**

I normally would finish up around 5pm but coming up to festival times and Christmas I could be working until late in the evening.

**Do you watch much TV?**

I watch TV most evenings and I love to watch Netflix at the weekend.

**Do you read the newspapers?**

I like to read newspapers online and in print.

**What do you do to relax?**

I love meeting friends for lunch or afternoon coffee and I also love going to the cinema.

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

My jewellery business is always on my mind and even when I am watching TV I am looking at the jewellery that the presenters are wearing and getting new ideas. However I try to leave work behind in the evenings.

**What is a perfect work day?**

**Jane Neville, Jane's Gems pictured at her Milk Market stall on Saturday**

PICTURE: DAVE GAYNOR

A perfect day is when I create a new design for necklaces, earrings or bracelets and when I bring them to the Market that they sell that day. I also love when I repair a piece of jewellery for one of my customers and that when they see it they are delighted with the result.

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

I am generally very laid back and good humoured so I seldom lose the cool.



# The dark side of power and control



## MENTAL HEALTH MATTERS DR EDDIE MURPHY

CLINICAL PSYCHOLOGIST  
ADJUNCT ASSOCIATE PROFESSOR  
UCD SCHOOL OF PSYCHOLOGY

### Q HI DR EDDIE,

I am a married lady for over 20 years, throughout my marriage my husband is a touch controlling in respect to my socializing without him. I like to socialise with my sister, usually to concerts, we both are non-drinkers, a few years back he began to join us even if he didn't like the singer or even if he never heard of them.

Nine times out of ten he would be morose and once the evening was finished it was straight home we have to go. Recently he has started to resent my sister visiting our home, he puts himself into the middle of our conversations, but for the most part sits there non-speaking, mood getting darker with each passing second. By bedtime he is in another morose silent mood which lasts for days. I feel like I have done something wrong but before she called he was fine and sometimes next day he is fine.

If I ask why the mood he has no answer. Recently on two separate occasions he has made a social outing all about him, if he makes plans I have to adhere to them or live with silence for days. He had no intention of going out on the first occasion but behaved appallingly to my sister, very gruff and insulting. The second time was an festival show we always attend. It's a girlie day out and we end up visiting another sister who lives close by. This year he for some reason wanted to go - made a point of wanting to drive down with me and once the festival was over boycotted visiting my sister and wanted to head home. Again because I was going to be out without him and he in his warped mind imagined all sorts of temptations.

Again he was abrupt with my sister, she even hinted at staying away and not coming between us. This is exactly what he wants, to



## Domestic violence doesn't have to be physical abuse

isolate me so that if and when I go anywhere it is with him only.

Last Christmas and New Year he shut down in middle of family gathering and didn't speak again till January 3. After my birthday was met by ten days of silence, no apologies or no present or treat once silence lifted. He seems to wipe all these incidents from his mind but they keep happening and are more frequent and more prolonged. He is never going to change, has an awful temper and anger which flares up over even small things.

Mary, Cork

### HI MARY,

Mary I am saddened that the quality of life, the freedom to socialise, the joys in your life are just not there. In your email to me there was no sense of warmth, no mention that you ever loved this man or that you have children. If I were to wear a somewhat compassionate/clinical hat I might question if there is some depression present given these bouts of silence and irritability. However, I doubt it and I can tell you that past behaviour is the greater predictor of future behaviour.

However, I am weighted more to the fact that you are in an abusive relationship. To me the presence of jealousy, silence lasting days, gruff and insulting, anger - extreme passive aggressive, resentment, temper, flare-ups, controlling your



Emotional abuse can be a highly effective means of establishing a power imbalance within a relationship

relationships with your sister - these are your words Mary. If you think your husband will just change then I can't really see it happening. This leaves you with a number of options:

- \* Stay.
- \* Have an honest conversation (only if it's safe) about changing the situation and get couple counselling support
- \* Plan to separate - nothing rash planned.

Domestic violence doesn't have to be physical abuse. It's where one person uses abuse to control and assert power over their partner. In the majority of cases it is perpetrated by men and experienced by women. Any woman can be affected and it can happen in any home.

If this begins to form a consistent pattern and you feel afraid of your partner, then this in a sign of domestic violence. You may feel like you have no power over your life and that you are being controlled by your partner. Here are some warning signs below to help you make sense of your situation. Any one of the following signs is serious. You do not need to

experience several, or all of them for your relationship to be abusive.

In your relationship I see aspects of emotional abuse where there is highly effective means of establishing a power imbalance within a relationship. It is often unseen or intangible to those outside the relationship. Emotional abuse is as harmful as physical violence. It often involves threats and can include:

- \* You are afraid of your partner.
- \* You are constantly 'walking on eggshells' because of his mood swings.
- \* You spend your time working out what kind of mood he is in and the focus is always on his needs.
- \* He loses his temper easily and over minor things.
- \* He criticises your family and friends and/or makes it difficult for you to see them or talk to them on your own.
- \* He is jealous and accuses you of flirting and having affairs.
- \* Your needs are not considered important or are ignored, and he makes the decisions in the relationship.
- \* Being put down.
- \* Being constantly criticised.

\* Threats by the abuser to harm others or himself.

\* Never being left on their own; being accompanied to all outside activities.

\* You find it hard to get time on your own. When you do spend time away from him, he demands to know where you were and who you were with.

Mary if you or another reader is after reading this you think that you are, or might be, living in an abusive relationship then I recommend you contact Women's Aid [www.womensaid.ie](http://www.womensaid.ie) on their Helpline ]1800 341 900. The Helpline is open 24 hours a day, seven days a week. I encourage you to get good advice from Women's Aid or a GP/counsellor so you can reflect, think and plan your options. Keep safe, you deserve a life of peace, joy and growth.

-Dr Eddie.

\* 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



## Top Tips

### To enjoy the final days of summer

The light is starting to change, and "Where has the summer gone?" is rapidly replacing "What are you doing for the holidays?" in conversation. Below are some tips for ensuring that you and your children have some lovely memories of the summer months.

#### One fun thing per day

Try to do one fun thing every day (or a few times a week at least!) This could be an evening cycle, a picnic in the back garden, a late bedtime to star gaze—whatever it is, make it a bit of an occasion and take advantage of the long evenings

#### Make a memory box

Pull together a summer album or keepsake box—perhaps some photos of a special holiday moment or a new friend, seashells from the beach, a postcard from someone special, a recipe that you all enjoyed making together ...Be creative and ask your children to find an object that represents a happy memory

#### Final summer day out

Plan a Final Summer Day Out. This doesn't have to be Disneyland—part of the fun for kids is being part of the planning whether it is a day at the beach, an expedition up a mountain or even an exploration of familiar spaces (a trip on the Double-decker bus, anyone?). Again, your excitement and creativity is all you need to make it extra special.



keeping a close, positive connection with your teenager is important in keeping them safe and helping them to make positive choices. It will also make it easier to have meaningful conversations about more difficult topics such as alcohol or drug use or sexual behaviour

# Keeping the lines of communication open

In previous columns, we discussed how to avoid getting in to arguments with your teen and how to talk about challenging behaviour. This week, we focus on how to keep the lines of communication open.

In the midst of busy lives and the constant distractions of technology, we can easily become isolated from each other. We know, however, that keeping a close, positive connection with your teenager is important in keeping them safe and helping them to make positive choices. It will also make it easier to have meaningful conversations about more difficult topics such as alcohol or drug use or sexual behaviour.

- Size the moment. You don't

need to set aside a specific time to talk—look for those opportunities when you are naturally together such in the car or pottering around the kitchen

- Be positive and speak in a caring tone of voice. Express appreciation for something you have noticed about them and use positive language

- Actively Listen and engage. Try not to interrupt when your teen is speaking; let them express themselves fully and validate their feelings by saying things such as, "That must have made you feel (pleased, angry, frustrated)..."

- Use "I" messages when you respond. Begin with "I" and then

respectfully state how you feel and why you feel that way. ("I was worried when you didn't come home on time...I had no idea where you were) Be specific in what you want and don't assign blame. Avoid "You" messages ("You never come home on time, pick up your clothes, play with your sister, etc.)

- Ask open-ended questions, often and casually about things they are interested in: music, sports, friends, movies; what they enjoyed doing in the past week; what they think about current events. Ask about school—what they enjoy and what they find difficult. Ask about their friends and encourage positive friendships

- Respect their right to have a

different point of view, even if you disagree

- Encourage teens to tell you about problems they may be having without judging or lecturing

- Don't offer solutions unless they ask. Listen and ask what options they are considering; express confidence in their ability to find solutions. Let them know that you will share your views if asked.

Parenting Limerick is a network of parenting and family support organisations. For more information on this and other topics go to [www.lovenparenting.ie](http://www.lovenparenting.ie).





# HEALTHY LIVING

**EVA HILL HAMILTON**

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## Tackling little fussy eaters

It's time to go back to school - this can be stressful enough without lunch box and dinner struggles if your child is a fussy eater.

Neophobia: or fear of new foods can be more evident between the ages of two and six-years of age, and in particular, fruits and vegetables. Younger children have an instinctive preference for sweet and salty foods, and they have more taste buds than us adults with approximately 10,000 compared to our humble 5,000. This could explain why certain foods have a more profound taste

to children and with the decline in taste buds, some foods are more appetising to adults. Fussy eaters however can often have digestive difficulties early in life leading to fear of certain foods and often once this is sorted, children become more interested in trying new tastes. You can try chewy digestive enzyme supplements and a good diverse probiotic from your health store to assist digestion.

Healthy eating starts with shopping - if rubbish is not available in the house, good foods are the only choices. Shopping can be a fun and



**Young children have more taste buds than us adults with approximately 10,000 compared to our humble 5,000**

learning experience... ok yes, there can be tantrums. Your local store or market can be an exciting place to teach your children about food without the added pressure of eating anything. Show them whole foods

like vegetables, fruit, eggs, fresh fish, and whole wheat pasta. Explain what they are and why they're good for us - making them big and strong. Try a 'Pick a Colour' game. Allow them to choose a couple of new healthy items

per shopping trip as something new they would like to try.

Get them involved in the kitchen. If they help in the preparation and cooking - they will eat the foods, or at least they will want to taste it and become more open to trying new foods. Encourage them to set the table, call people to the table, mind the baking clock timer or a novel egg timer, wash and prepare salads or even grow sprouts and vegetables in pots.

Don't forget that children have smaller stomachs than adults, so try not to pile too much food onto your children's plates. Routine and regular mealtimes are important and can embed learning. When you find a

new nutritious food they love, serve this a few times during the week, then introduce

something new to go with their new favourite thing.

Fussy and picky eaters can be slow to eat and there can be a power struggle at

mealtimes. Be patient

and try not to hurry them as this can increase stress and put them off their food. Avoid liquids at mealtime that fills their stomachs and distractions, such as digital games and television. Remove left-over food from the table and offer it later when they say they're hungry. Never replace complex meals with treats and snacks. It is good if they experience hunger - it is the best sauce!

**DID YOU KNOW?**  
Kefir - a fermented drink originating from the Caucasian mountains contain a great diversity of beneficial microbes to tidy up a messy gut - add a little to yoghurt

Clare's Wish Foundation

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Spiritual Concert IN AID OF CLARE'S WISH FOUNDATION

# RED HURLEY

With Guests

Eugene Mc Carthy, Soprano Lorraine Galvin

## Thursday 29th August at 8:15pm

Tickets: €20 at church shop

Cliona's For families with a seriously sick child

## 12th ANNUAL Charity Cycle

**SATURDAY 31st August 2019**

**Cliona's Challenge Cycle** (over 18's only) **90km**  
€20 for Cycling Ireland Members  
€25 Non Members | LEAVING AT 10am

**Family | Leisure Cycle** **40km**  
€20 for Cycling Ireland Members  
€25 Non Members | LEAVING AT 10am  
€30 per family | LEAVING AT 10am

**Kiddies Cycle** **10km**  
€5 per child/€30 per family | LEAVING AT 9.45am  
Children must be accompanied by an adult.  
Registration from 8.30am for all cycles

Starting from Bruff Rugby Club, Kilballyowen, Bruff, Co. Limerick.

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CHILDREN'S GRIEF CENTRE Cliona's For families with a seriously sick child CARi





# STYLE & FASHION

**CELIA HOLMAN LEE**

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## Limerick style a real showstopper

**T**HERE was something for everyone - all ages, all sizes and all budgets at last weekend's Limerick Show at the racecourse in Patrickswell. City and county boutiques came together to showcase their autumn/winter collections. Ciara's Closet in Limerick showcased a magnificent red chiffon halter neck dress, ideal for the debs season or a black-tie wedding.

Showcasing from west Limerick was Bride's Boutique of Glin

featuring an autumn/winter wedding outfit by Veni Invantino which is perfect for that special occasion.

They also stock casual daywear, dresses, jackets and coats. From there the G Boutique and coffee bar in Newcastle West took to the stage with a magnificent mustard wool coat and beautiful mustard frill blouse and black culottes. The store is a great place to go for coffee and clothes, fashion and food. One of my favourites to showcase was Caroline Mitchell whose knitwear

is manufactured here in Limerick city and is one of the top knitwear designers in the country.

Rasperry Red fashions in Bruff showed a beautiful red coat dress by Kate Cooper which is a must for this autumn/winter. The store stocks a fabulous collection of casualwear, workwear and daywear. We really are blessed with the range of boutiques we have in Limerick city and county, and well done to all at Limerick Show for giving them the platform to showcase their stunning fashions!



Lorraine in an outfit from The G Boutique which is in the county town - Newcastle West



Laura O'Shea in an outfit from Rasburry Boutique in Bruff



This stunning pant suit turned heads at the show



Bevin wear a dress from Ciara's Closet



Fab in purple: Lorraine wearing a dress from Bride's Boutique in Glin



## CELIA SPOTTED

Looking good out and about in Limerick

**Name:** Sarah McTernan

**Occupation:** Singer songwriter/wedding ceremony singer and just ventured into the world of modelling with my first fashion last week!

**From:** I was born in Limerick where I lived the first few months of my life then we moved to Clare where I grew up. My parents live in Limerick. I have been living between Ennis and Limerick since I was 18 so I guess Clare but I feel very connected to Limerick.

I have always had a love for music from a young age. It started with traditional fiddle when I was in school. Denise Glass is one of the best violinists I have ever encountered so I learned so much from her. I was always too shy to sing in front of anyone! I used to sing in my bedroom for hours with a brush (mic) and dance around my room visualising what it would be like to perform or be a singer. In 2015 I asked one of my good friends Ronan Daly (from the band Switch) his advice on how to create a band and what to do! To which his response was an application for the Voice of Ireland.

I filled it out almost immediately and sent it but didn't say it to a soul - little did I know I'd reach the final. That was a big turning point for me. I gained a lot of experience and confidence from there and started to pursue music as a career. I had my beautiful daughter in 2016, so my entire focus was upon my daughter Mia. Mia is now 3 and I feel as she's getting a little bit older and more independent it's the right time to step back on the stage. The beginning of this year I said to myself - this is my year! I'm all about positive thoughts! A week later I received a call from RTE and from that I went on to represent Ireland in this year's Eurovision. However even though that's gone and past it's still my year, I'm writing music for release and really enjoying my wedding ceremony singing. I have even stepped out on the runway for my first fashion shoot last week with the fabulous Celia Holman Lee agency. I feel very blessed. I absolutely adore fashion. For



me it has to be wearable and comfortable for everyday and I love to go super glam for the stage when singing.

My style can vary from being super quirky with festival glam to sophisticated to just everyday casual culottes and a T-shirt. My favourite place to shop is the Crescent Shopping Centre. I always manage to get everything I need in there and more! And being a parent it's super handy especially having a smallie you only have so

much time before they get bored of shopping.

My go-to stylists on Instagram at the moment are Clementine Mac Niece, Aoife McNamara (designer) and Chloe Markham stylist. My absolute favourite festival stylist is Grainne Binns and Clara Belle, they're super quirky. Here I'm wearing my trusty River Island jeans and jacket. A Rixo shirt and my Penneys shoes and headband. You can't beat Penneys!

Bit of a Do

## The Shop for Children's Fashions

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Children's Occasion Wear Specialist's



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Arriving Daily  
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Timberland,  
Tutto Piccolo,  
Levis, Tuc Tuc,  
Mimpi, Mayoral,  
Little Darlings  
and Girandola.



New Born to  
14 years for Both  
Boys and Girls

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

[www.bitofadoboutique.com](http://www.bitofadoboutique.com)

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# MANABOUTTOWN

## PATRICK McLOUGHNEY

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# Style tips for Freshers

**G**REAT news - you're not in secondary school any more. Here marks the beginning of a journey of self discovery where you'll find out who you are and make countless mistakes along the way. Starting college marks the beginning of your adult life and independence. It's an exciting - and slightly scary - time in which, if all goes well, you should learn a lot about who you are, adopt political opinions, meet lots of interesting new people, get drunk a lot and learn how to make beans on toast. Oh and get a college education, don't forget about that bit.

Starting your first year usually brings about a great deal of change for students up and down the country. We've all been through it, most of you will be living away from home for the first time which means cooking for yourself, cleaning up after yourself and meeting people from places like Westport and Gort for the very first time. These are all life-changing moments and can be a little overwhelming when they all happen in a relatively short period of time.

One positive change that comes with starting college is that you no longer have to wear your god-awful school uniform anymore and you now get to pick your own clothes day in and day out without having to answer to your teachers or parents. With that new found independence comes new found pressure about what to wear. More and more young lads are taking an interest in their

style these days and want to keep up with the latest trends but are afraid of judgement or ridicule so they just try to blend in with the crowd. I die a little inside every time I see a group of six college students all with the same haircut wearing Vans, skinny O'Neills joggers and GAA zip ups.

With this in mind, here are some quick do's and don'ts when it comes to college clothing...

### DO...

#### REP YOUR COUNTY COLOURS

Wearing your county colours in your first few weeks of college is a handy way of getting to know new people as well as sounding out a few fellow countymen and women in the college. If you're a Tipperary man (or player) wear your county colours proudly because you feekin deserve to.

### DON'T...

#### ONLY REP YOUR COUNTY COLOURS

Especially if you play GAA. You don't have to be a billboard for the fact that you were a sub on the county minor team two years ago every time you walk across campus. It's ok to be passionate in your support for your county but don't let it become your whole style identity.

### DO...

#### INVEST IN A DECENT PAIR OF SHOES

Thankfully the student night clubs in Limerick do not enforce a no trainers rule but there is a line in the sand between fashion trainers and the scruffy runners you wear to

college every day. Your everyday runners or 'tackies' as they're called in Limerick will get you stopped by the bouncers.

### DON'T...

#### GO OVERBOARD

Unless you are prepared to go all the way with your smart or smart casual outfits then be conservative with your choice of fancy shoes. There's a popular meme that lists a stripy shirt, bootcut jeans, fancy shoes and a pint of Bulmers as a culchie nightclub starter kit. You don't want to be that guy so pick a pair of shoes that will match up with most outfits.

### DO...

#### EMBRACE SKINNY JEANS AND CHINOS

Slim and skinny jeans are no longer associated with Jedward and sissies, the taboo has been lifted and you're more likely to be laughed at for wearing baggy ill fitting pants than skinny jeans or chinos. Knee rips are all in at the moment but don't try DIY unless you know what you're doing.

### DON'T...

#### LIVE IN YOUR TRACKSUIT BOTTOMS

Like with your county colours, it's ok to wear a pair of casual tracksuit bottoms or a training top every once in a while, but you don't want to make it look like you only own one pair of pants.

### DO...

#### INVEST IN A FEW NICE HOODIES

Everyone needs a few good hoodies. They're easy to throw on when you're too hungover to dress yourself properly and they're cheaper than paying the heating bill in January and February when you need drinking money for RAG week.

### DON'T...

#### LET GIRLS STEAL THEM

Well not all of them anyway. The right girl might be worth sacrificing a hoody for.



Comfortable but smart sums up Patrick's Freshers recommended style

## Fragrance of the Week Yves Saint Laurent Y Live

A huge thank you to Roisin Tierney Crowe for sending the brand new fragrance from Yves Saint Laurent - Y LIVE - to review. Y LIVE is the third edition of the YSL Y Collection which began in 2017 with the first edition Yves Saint Laurent Y Eau de Toilette and was addressed to the generation Y, born in the 1980s and 1990s. This was followed by Yves Saint Laurent Y Eau de Parfum in 2018, as an intense version of the original. A recognizable, elegant combination of a black jacket and a



white t-shirt served as the fashion inspiration of the previous Y edition, reflecting a balance of power and freshness, while the new fragrance favours more intense, dynamic aromas, and a sleek black shirt. The fragrance is inspired by men on a journey of discovery,

looking for personal fulfilment. Yves Saint Laurent Y Live is available nationwide as a 60ml and 100ml Eau de Toilette. Beside the Eau de Toilette, the collection includes a 75ml Deodorant and a 200ml Shower Gel.

## Watch This Space Longines Conquest VHP

**MY watch of the week is the Conquest VHP by Longines from Keanes Jewellers. The Longines Conquest VHP (Very High Performance) really grabs one's attention. The brilliant technology, the high-end features, the gorgeous style, the extreme accuracy and the accessible price all add up to a winning combination. For me though, the true appeal of the VHP is its versatility. A steel bracelet and a neutral dial allow the watch to be worn in**

**any situation, with any outfit. The quartz engine and perpetual calendar will keep the watch perfectly sync-ed and set all the time. So this means that the VHP is your grab 'n' go timepiece. It's your default piece- the piece you rely on when you don't know what else to wear. The incredible VHP features, such as setting the time by the hour (without moving the**



**minutes) make it an ideal watch for travel. My initial appreciation for the Longines Conquest VHP. had nothing to do with the state-of-the-art movement. It had everything to do with the gorgeous brushed metal bracelet and large contemporary case. But on my huge wrist, the watch is perfect. Here, at last, a versatile watch, with neutral brushed metal finishing, and all for €1,460. Pop into Keanes and check out the Conquest VHP for yourself.**



**SUDOKU**

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

**DOUBLE CROSSWORD**

**Cryptic Clues:**

**Across**

- 7. Unconcealed statistics for well-known personalities (6,7)
- 8. Nervously tense, and I rest very badly (8)
- 9. To knit something of great value, we hear (4)
- 10. Unusually silent coves (6)
- 12. To specify what the zodiac will show, we hear (6)
- 14. To strive for higher things is a feature of the church (6)
- 16. Setting the bait for half an hour with fish around (6)
- 18 & 6Dn. It's bound to be one in four! (4,4)
- 20. He needs a different grade for capital cover (8)
- 22. Showed military courtesy and gave charitable gifts, one hears (9,4)

**Down**

- 1. Rifle parts showing the extremities of the target? (4-4)
- 2. Either unite or separate violently (6)
- 3. I study something of sacred esteem (4)
- 4. The return to calm weather is an unexpected advantage (8)
- 5. Disturbance caused by a strange cat, one hears (6)
- 6. See 18 Across
- 11. Notice an object boiling (8)
- 13. An arresting character in Paris (8)
- 15. Being mischievous, I'm getting ship wrecked (6)
- 17. Does he keep his accounts in a scrapbook? (6)
- 19. In time I revisited the country (4)
- 21. Sounds like a meadow on the sheltered side (4)

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| 7  |    |  |   |  |    |    |    |    |    |    |    |  |
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| 10 |    |  |   |  | 11 |    | 12 |    |    |    | 13 |  |
| 14 |    |  |   |  |    |    |    | 16 |    | 17 |    |  |
| 18 | 19 |  |   |  |    | 20 |    |    | 21 |    |    |  |
| 22 |    |  |   |  |    |    |    |    |    |    |    |  |

**Quick Clues:**

**Across**

- 7. Vicinity (13)
- 8. Disavowed (8)
- 9. Appellation (4)
- 10. From milk (6)
- 12. Score (6)
- 14. Go back (6)
- 16. Obscure (6)
- 18. Labour (4)
- 20. Sycophant (8)
- 22. Weatherman (13)

**Down**

- 1. Representative (8)
- 2. Appalled (6)
- 3. Adjoin (4)
- 4. Obsolete (8)
- 5. Risk (6)
- 6. Chamber (4)
- 11. Plot (8)
- 13. Discourse (8)
- 15. Maintenance (6)
- 17. Yield (6)
- 19. Finished (4)
- 21. Depend (4)

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

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

**CODEWORD**

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

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

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**LAST WEEK'S SOLUTIONS**

**DOUBLE CROSSWORD:**  
**Cryptic:** Across: 1 Acts; 8 Appreciate; 9 Interest; 10 Code; 12 Fenced; 14 Relish; 15 Tourer; 17 Furore; 18 Etui; 19 Perforce; 21 Stagnation; 22 Side.  
 Down: 2 Counted out; 3 Sage; 4 Append; 5 Better; 6 Circular; 7 Bede; 11 Distracted; 13 Carriage; 16 Repeat; 17 Fervid; 18 Erse; 20 Owns.

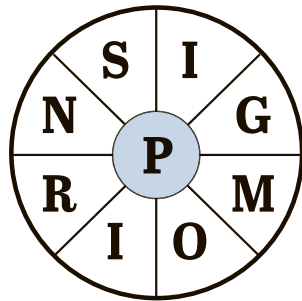
**SUDOKU:**  

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

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

**WORDWHEEL**

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

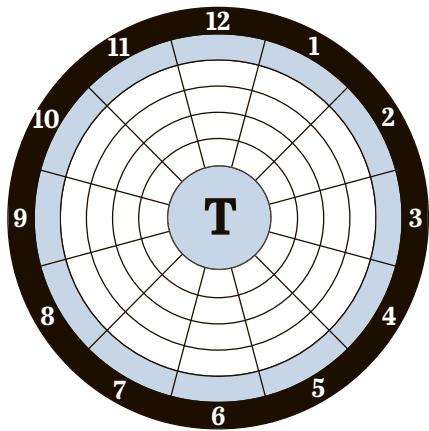


**How you rate:**

15 words, average; 20 words, good; 25 words, very good; 30 or more, excellent.

**CLOCKWORD**

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



- 1. Marsupial
- 2. Pollute
- 3. Finch
- 4. Lasso
- 5. Invertebrate
- 6. Specialist
- 7. Zero
- 8. Range
- 9. Mollusc
- 10. Choose
- 11. Article
- 12. Freshest

**NINER**

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

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

**THE CLUES:**

- 1723 gives food;
- 3954 gives a way to prepare food;
- 7846 gives something for cooking food.

**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.

|  |    |    |    |    |  |    |    |    |
|--|----|----|----|----|--|----|----|----|
|  |    |    | 9  | 19 |  | 9  | 28 |    |
|  | 7  | 13 |    | 45 |  | 10 |    | 4  |
|  | 32 |    |    |    |  | 14 |    |    |
|  | 8  |    | 3  |    |  | 9  |    |    |
|  |    |    |    |    |  | 13 |    |    |
|  | 7  | 20 |    |    |  | 9  |    |    |
|  | 5  |    |    | 17 |  | 11 |    |    |
|  | 15 |    |    | 17 |  | 11 |    | 9  |
|  |    |    | 17 |    |  |    |    | 13 |
|  |    | 12 |    | 17 |  | 15 |    |    |
|  |    |    | 6  |    |  | 6  |    | 5  |
|  |    |    | 16 |    |  | 9  |    |    |
|  |    | 28 |    |    |  |    |    | 10 |
|  | 10 |    |    |    |  |    |    | 7  |
|  | 14 |    |    |    |  |    |    | 4  |

**SPLIT DECISION**

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

|   |   |   |   |   |
|---|---|---|---|---|
| A | T | A | R | F |
| S | C | R | A | W |
| L |   | O |   | O |
| W |   | C |   | A |
| A | B | A | U | E |
| Y | D | O | T | T |
| R |   | R |   | E |
| M |   | S |   | S |
| P | O | N | P | R |
| M | U | T | O | N |

**SUDOKU**

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

**LAST WEEK'S SOLUTIONS**

**CLOCKWORD:**  
 1 Podium, 2 Random, 3 Embalm, 4 Fathom, 5 Anthem, 6 Bedlam, 7 System, 8 Phlegm, 9 Rhythm, 10 Osmium, 11 Unseam, 12 Tedium.

**SUDOKU:**  

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

**GROUP:** Prefab Sprout.  
**NINER:** DETACHING.

**KAKURO:**  

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

**SPLIT DECISION:**  

|   |   |   |   |   |
|---|---|---|---|---|
| C | H | A | R | T |
| H |   | L |   | H |
| A | P | P | L | E |
| O |   | H |   | S |
| S | H | A | K | E |





# LOUISE LOVES

## LOUISE CANTILLON

**CONTACT LOUISE**

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



## Rogha na Seachtaine



### TO DO:

Listowel Races – Ladies Day

Get the hat and gúna organised this week and mark Friday, September 13 off in the diary. Listowel Races Ladies Day is always a great day out!



### TO LISTEN:

Love Illusion

Tipp Native Pauric O'Meara is new to the Irish music scene, fresh off the back of his appearance on The Voice of Ireland; the past pupil of Mary I has decided to set his teaching post aside to focus on musical endeavours. His debut single 'Love Illusion' was released on August 23.

### TO SEE:

All-Ireland Football Final

Will the Dubs be the first team in history to win five in a row? Or will the Kingdom put a stop to their bid for glory? Due to be a cracker – Don't miss the excitement this Sunday RTE will be showing live coverage of the match with their build up starting at 2.15 pm on RTE 2.



Three Made by Music 2019 collaboration team

# Stellar line-up named for 'Made By Music' stage at EP

**T**HREE Ireland has unveiled the line-up for its 'Made by Music' stage, the newest addition to this year's Electric Picnic festival.

Featuring a diverse mixture of top up-and-coming Irish and International acts, the 'Made By Music' stage is not to be missed for music fans who want to discover and connect with their new favourite artists.

Among the talent taking to the Three 'Made by Music' stage, Saturday night will host a very special and unique performance from all six of the artists involved in this year's 'Made By Music' initiative. An early contender for one of the highlights of the weekend, David Kitt, Elaine Mai, Fehdah, Kean Kavanagh, Sorcha Richardson and Soulé will combine their collective talents for a never before seen performance which will include their smash hit collaborations "Follow the Sound"

## Three 'Made by Music' stage

### FRIDAY

18.00 – 18.30: Curtis Walsh  
18.55 – 19.35: Alex Gough  
20.05 – 20.45: Sports Team  
21.15 – 22.00: Serpentwithfeet  
22.30 – 23.15: Shura

### SATURDAY

13.30 – 14.00: Uly  
14.30 – 15.00: Rob De Boer  
15.30 – 16.00: Somebody's Child  
16.30 – 17.15: Working Men's Club  
17.45 – 18.25: Just Mustard  
18.50 – 19.30: The Scratch  
20.00 – 20.45: White Reaper

### 21.15 – 22.00: Easy Life

22.30 – 23.15: Three 'Made by Music' collaborations  
23.45 – 00.30: Jyellowl

### SUNDAY

14.00 – 14.30: Sinead O'Brien  
15.00 – 15.30: Yonaka  
16.00 – 16.40: PowPig  
17.00 – 17.40: Heavy Lungs  
18.00 – 18.45: Cassia  
19.15 – 20.00: Georgia  
20.30 – 21.15: Let's Eat Grandma  
21.45 – 22.30: Ider  
23.00 – 23.45: Kero Kero Bonito

and "Butterflies".

Electro-pop star Shura will headline Friday night and will be

preceded by avant garde vocalist and performance artist Serpentwithfeet, indie pioneers

Sports Team and rising Irish stars, Alex Gough - Waterford's latest rap sensation and 18-year-old singer-songwriter Curtis Walsh.

Joining the Three 'Made by Music' artists on Saturday is some of the best rising talent on the Irish music scene. Jyellowl - one of the stars of the Irish hip-hop scene, acoustic trad-metal fusionists The Scratch, Dundalk trip-hop band Just Mustard, indie rock/pop artist Somebody's Child, producer & songwriter Rob De Boer and multi-instrumentalist Uly.

Bringing the stage to a close on Sunday are Electro pop trio Kero Kero Bonito who be joined on the final day of the festival by post genre group Ider, experimental pop duo Let's Eat Grandma, Italian alt-pop singer Georgia, indie pop outfit Cassia and Bristol punk band Heavy Lungs. Limericks own PowPig, as well as Brighton rockers Yonaka and poet Sinead O'Brien completes Sunday's line-up.

## 'Dreams' Festival

DREAMS, the festival which will celebrate the life and music of Dolores O'Riordan, is set to showcase some of Limerick's finest musical acts this coming September 6, 7 and 8 in Bruff.

Among the line-up are ThemeTuneBoy (featuring Niall Quinn,

original vocalist with The Cranberry Saw Us), Protobaby, The Flag Listeners, Fox Jaw, Jenní, Parliament Square, Julianne Hennesly, Xero and Cruiser.

The weekend will boast five stages and local businesses including Clancy's bar will host intimate gigs with

renowned Irish musicians including Cillian O'Dalaigh and others.

The weekend will kick-off with a very special ceremony in the town's park which is set to be renamed the "Dolores O'Riordan Park". The renaming ceremony will be officiated by Rugby legend and Bruff native John 'The

Bull' Hayes and his wife, Fiona Steed. The ceremony is open to all and takes place on Friday September 6 at 7 pm.

For a full scheduled line up go to Facebook: Dreams Fest 19 or for enquiries contact

Dreamsfest19@gmail.com This is a non-ticketed Bruff Community Event.







Art Limerick display by local artists in Little Catherine Street Limerick taken by Sean Ryan



Sour puss: Snapped by Claire Waters

# Readers**Pictures**

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



Cara and Cailín O'Carroll finding hidden treasures on a walk in the city taken by Sara O'Carroll



Adare photographed by Michael Rama Walsh





# I ♥ LIMERICK

## RICHARD LYNCH

### FOLLOW RICHARD

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



# Leon's lifeline - A young man's only chance

**L** EON O'Connor, a 22-year-old animation student, is pleading to the public to help him raise €70,000 to receive treatment, as one last hope to return to his life before Multiple Sclerosis took over.

Leon said, "I was diagnosed three years ago. It is likely I've had MS since I was about ten-years-old and in the last year it's deteriorated rapidly, even in the last few weeks, it has gotten so much worse."

Valerie O'Connor, Leon's mother, and carer tells me, "The options available to

Leon to improve his condition are extremely limited in Ireland. But there is hope in the form of HSCT stem cell therapy. This type of treatment is not available for MS sufferers in Ireland, so we have decided to travel to a clinic in Russia where Leon can be treated."

HSCT stands for Hematopoietic Stem Cell Transplantation. While this is a severe therapy, the success rates are high and Leon's family has found a clinic with a good reputation. HSCT only has a chance of working up to a certain level of disability and Leon is almost at the cut-off point, so



Leon pictured with his mother Val PICTURE: RICHARD LYNCH/ILOVELIMERICK

he needs to get there as soon as possible.

Leon's quality of life is very poor compared to other 22-year-olds. He can't go anywhere alone and needs constant help in his everyday

tasks. This has also taken a huge toll on his family, both financially and emotionally.

To cover the costs of the therapy, travel, accommodation, and equipment, Leon needs to

raise €70,000. This will be done with your help by supporting the upcoming events Leon's family and friends are organising, and by donating to this campaign to raise this vital money.

Speaking about Stem Cell Treatment in Russia, Leon said, "Stem Cell Therapy isn't a guarantee but it's the best chance I have and it's my only lifeline." Donate at [gofundme.com/leons-lifeline](http://gofundme.com/leons-lifeline).

# Sarah Moore has the winning limerick!

AWARD-winning teacher and professor at UL is the author of this year's winning composition in the Bring Your Limericks to Limerick competition.

Sarah Moore is a UL professor and novelist, with her first novel 'Back to Blackbrick' being adapted to stage at the Edinburgh Festival and at the Arts Theatre in London's West End. The Limerick won Sarah not only the crown but the €500 cash prize. The winning Limerick is:

*While I fancy myself as a bard*

*Reciting a Limerick is hard  
This poem's a mouthful  
My talent so doubtful  
That I fear I'll be mentally scarred*

The event has attracted entries from all over the world from fans of the funny five-line poem. But why is the Limerick so popular and compelling for both the general public and writers alike? Festival director Lisa Gibbons

explains, "The delightful simplicity of the Limerick verse, with its five lines and an AABB rhyme scheme, has given it the moniker of 'the People's Poetry'. At its core lie's humour and a sense of the absurd, this is its defining feature and through which it has maintained its popularity. This and the playful subversiveness of the Limerick combine to make it an ideal vehicle for parody and mockery of modern society".



The three winners - Patrick McNamara 2nd runner-up; Clare Dollard 1st runner-up and crowned champion Limerick writer of 2019 Sarah Moore Fitzgerald (centre) who took the crown and the €500 cheque!



## THINGS I ♥ THIS WEEK



**Sinead Clohessy, Specsavers Limerick Store Director, Richard as The Emperor, Myles Breen as Widow Twankey and Sinead Hope, Director University Concert Hall promoting Specsavers UCH Panto Aladdin** PICTURE: SEAN CURTIN/TRUE MEDIA

### PANTO

## Aladdin flies in to UCH

SPECSAVERS Limerick has announced its title sponsorship of the eagerly awaited 2019 University Concert Hall and Robert C Kelly Panto, Aladdin.

“At Specsavers Limerick we see ourselves positioned in the heart of the local community when it comes to audio and visual healthcare. Our customers are all ages from young children to adults to senior citizens. For us the panto is therefore the perfect fit, as it has been bringing laughs and Christmas magic to young and old since its inception in 2012,” Sinead Clohessy, Specsavers Limerick Store director tells me.

The show features a host of your panto favourites with some exciting new cast members soon to be

announced! I am thrilled to be returning for my eight consecutive year, this time playing The Emperor alongside my good friend Myles Breen as Widow Twankey and Richie Hayes as Wishey Washey.

Featuring some of the funniest, wackiest characters in pantoland – Abanazer and the Genie to name but a few – Aladdin at UCH promises to transport you to a whole new world this Christmas!

The Specsavers Limerick panto is now the hottest ticket in town with all shows selling out in advance, so to grab the best seats, for the day that suits you, book now! Running Monday, December 16 until Sunday, January 5, 2020. See [www.UCH.ie](http://www.UCH.ie).



**Dolores pictured with her beloved mother Eileen**

## ‘Dreams’ Festival to celebrate Dolores’ life

**THE community of Bruff is coming together to celebrate the birthday and life of one of their own, Dolores O’Riordan.**

Dolores was the lead singer of The Cranberries, a prolific songwriter, and also enjoyed a hugely successful solo career in the early 2000s.

The festival, which is taking place on September 6-8, will showcase an eclectic mix of exciting artists. With a focus on original music, the festival will also host talks, community music gatherings, comedy, cabaret, and spoken word acts. The weekend

will boast 5 stages and local businesses will host intimate gigs with renowned Irish musicians.

Rainer Lindheim, Co-Promoter and Stage Event Manager and close friend of Dolores said, “We hope that this year’s event will be a seed-planter for an annual event to take place in Bruff the first weekend of every September. It’s spirit is to celebrate original artists music and in some way to help showcase their own dreams”.

Julianne Hennelly, Festival Coordinator, tells me, “As an artist

who works in the area of mental health I am honoured to be part of this project. Dolores has helped so many of us struggling with depression in Ireland and throughout the world, we want to celebrate her homeland which inspired her art and kind nature.”

This is a non-ticketed Bruff Community Event. For inquiries, please contact a member of Dreams Team via email: [dreamsfest19@gmail.com](mailto:dreamsfest19@gmail.com), or Sarah Jane at 0877659550 and Facebook: Dreams Festival Limerick.

### ENVIRONMENTAL PROJECT

## Businesses sign up for Refill.ie

SEVENTY Limerick city businesses have now signed up for the Refill.ie initiative with more expected to join in the coming months.

Limerick City and County Council is supporting the major voluntary environmental project, which aims to make Ireland a tap water refilling country. The initiative is encouraging the public to refill their reusable bottles for free from a commercial location.

Adam Teskey, Deputy Mayor of the City and County of Limerick commended Limerick City businesses for supporting the project saying “I’m delighted with the response of Limerick City Businesses to the Refill.ie initiative. This will help prevent plastic bottles from ending up as litter on our streets, waterways, and seas. It is a win-win for all involved.”



**Pictured are Deputy Mayor of the City and County of Limerick Cllr Adam Teskey with Amy English and Nadia Collins-Sakni, Environment Awareness, Urban & Rural Community Development Limerick City and County Council on Thomas Street** PICTURE: KEITH WISEMAN

Refill.ie have provided a Tap Map to find either participating local businesses pledging to give free, no quibble tap water refills in your reusable water bottle or local public mains water tap locations. Sinead McDonnell encourages all

businesses in towns and villages with Tidy Towns that have not signed up to do it either by contacting Refill.ie directly or by contacting Limerick City and County Council by phone on 061 557110 or 061 557108.

## HEROES OF THE WEEK

### Adare Manor Golf Club Committee



**Adare Manor Hotel and Golf Resort raised €15,595 through their Anthony Foley members and guest golf day which they donated to the Children’s Grief Centre, whose ambassador is Anthony’s wife Olive Foley, (second left) pictured here with Gabriel Cosgrave, Golf Club Committee, Pat Horgan, Men’s Captain 2019 Adare Manor Hotel and Golf Resort and Theresa Kavanagh, Children’s Grief Centre** PICTURE: KEITH WISEMAN.



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**171 PEUGEOT** partner van for sale 3 seater Irish from day 1 one owner 50000 miles van in perfect condition white. Blue tooth central locking etc price €9000. phone 0877730777

## DANCING

**DANCING** at the Social Club, Kilbrin, Kanturk, Friday 30th August Dermot Lyons Band. Friday 6th September Mike Condon Band. Dancing from 9pm - 11:30pm Phone 087 9735113.

## EDUCATION & TUITION

**ENGLISH GRINDS** for Junior Cert & Leaving Cert starting October. Taking bookings now. 087 1653245

## FARM & GARDEN

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Ballina / Killaloe area

Experience desirable  
Immediate start  
Good computer skills essential

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**SITUATIONS VACANT**  
Dr. C. Geaney, Croom looking for practice receptionist.

Good IT skills important. Contact: [drganeysec@gmail.com](mailto:drganeysec@gmail.com)

**SHUTTERING CARPENTERS** & steel fixers wanted for Limerick.

Contact Sean 0860485589 or send your CV to [tim@hamilton-french.com](mailto:tim@hamilton-french.com)

## SITUATIONS VACANT

**RECEPTIONIST / ADMINISTRATOR REQUIRED FOR BUSY GP PRACTICE**

Ballina / Killaloe area  
Experience desirable  
Immediate start  
Good computer skills essential  
Replies to Box number Rli 3071065

## THERAPISTS

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## WANTED

**PAIR OF ALL IRELAND** Football Tickets wanted. Stand tickets. Will collect. Cash payment. 087 6900151

## PUBLIC NOTICES

I, Peter O'Reilly of 14 Manor Court, Adare, Co. Limerick V94 X4C4 hereby give notice of my intention to make an application to a Superintendent of An Garda Siochána for a Certificate of Personal Fitness to hold a Bookmaker's Licence under the Betting Act 1931

## GERALDINES A.F.C.

WEEKLY LOTTO DRAW HELD ON 26/08/19

This Week's Jackpot: €2,400

Numbers: 3-4-22-27

Lucky Dips: Kay Hurley c/o Maggie O'Donnell, Paul Quin c/o James McNamara, Paddy Ryan c/o Mike Ryan

Promotors Prize: Dave Connolly, Joe O'Sullivan  
Next Week's Jackpot: €2,500  
Next Draw: 2/09/19

## ST. MARY'S R.F.C.

Lotto Draw held Monday 26th August 2019  
Winning Numbers: 3-5-8-16

No Jackpot Winner

Shane Cosgrove c/o C. Cosgrove; Ed & Phil c/o M Ryan; Jimmy Lyons c/o C Mullins; Stephanie Cahill c/o D Frawley

Draw will take place in Kinsella's  
Tuesday 3rd September  
Jackpot €10,450

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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 2 AND  
IN THE MATTER OF THE INTOXICATING LIQUOR ACTS 1833 - 2008  
NOTICE OF APPLICATION FOR A PUBLIC DANCING LICENCE

Applicant:-  
Flan Costello

TAKE NOTICE that Flan Costello of 4 Dominick Street, Limerick intends to apply to the Annual Licensing Court sitting at Limerick District Court, The Courthouse, Mulgrave Street, Limerick on the 26th day of September 2019 at 10.30 a.m. for the grant of a licence to use a particular place to wit Costello's Tavern, situate at 4-5 Dominick Street, Limerick in the Court Area and District aforesaid for public dancing.

Dated this 22nd day of August 2019.

Signed:

SWEENEY MCGANN,  
Solicitors for the Applicant,  
67, O'Connell Street,  
Limerick.

TO WHOM IT CONCERNS

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BIRTHDAY  
REMEMBRANCES

## † GOREY

(40th Birthday  
Remembrance)

We remember our dear son  
and brother Brian Gorey,  
late of 5, Devon Close,  
Castletroy View, whose  
40th birthday occurs on  
the 29th August 2019. Mass  
offered Thursday 29th  
August 5.45pm in St John's  
Cathedral

We cannot send a birthday card  
Your hand we cannot touch  
But God will take out greetings  
To the one we love so much  
Thinking of you on your  
birthday

With sadness in our hearts  
For a very special someone  
With whom we had to part  
**Happy birthday Brian love  
you and miss you  
always xxx Mam and Dad.**

Tears instead of wishes  
Flowers instead of cards  
You left us precious memories  
That will stay within our hearts  
**Your sister Lorraine and  
brother in law Jason.**

When this should be your  
special day  
With cards and presents too  
There is nothing now but  
memories  
With sadness through and  
through

To where you rest we wander  
It's where we feel most near  
We place flowers around you  
And whisper we're here  
**Your brother David and sister  
in law Paula**

Thinking of you on your  
birthday  
We talk of you still  
We haven't forgotten you  
And we never will  
**Majella, James and Darren.**



## 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.

## IN MEMORIAM

† MCKEVITT &  
MEEHAN

(4th Anniversary)

In loving memory of Robbie  
McKeivitt, late of Dublin  
and Limerick who passed  
away on the 30th August  
2015. Thomas Meehan (Snr)  
late of Kileely, who passed  
away on the 4th September  
2015.

Mass will be offered on  
September 1st in Moyross  
Church at 11am.

Death is a heartache no one can  
heal

Love is a memory no one can  
steel

Two people who made our lives  
complete

And please God some day again  
we'll meet

This week will always be full of  
sorrow

As we remember ye today  
Robbie and Dad

Forever and tomorrow the pain  
of losing you both

Will never go away

But the love we shared will  
always stay

Loved and missed every  
dayxxx

From your heartbroken  
family, Pauline, Darren,  
Jemma and Kate, Earrol,  
Aisling, Ruby and Leah,  
Lloyd, Marian, Rebecca,  
Sarah and Nathan, Gordon  
and Linda and all the  
Meehan Family

## THANKSGIVINGS

**GRATEFUL THANKS** to The  
Sacred Heart and Our Blessed  
Lady for all favours received  
and also thanks to St. Padre  
Pio, A. A. A. Saints. M.J.M.

**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. St Anthony Pray for  
us. M & G

## I'm Free

Don't grieve for me, for now I'm free;

I took His hand when I heard Him call;

I turned my back and left it all.

If my parting has left a void;

then fill it with remembered joy.

My life's been full, I savored much;

good friends, good times,

a loved one's touch.

A friendship shared, a laugh, a kiss;

ah yes, these things, I too, will miss.

Perhaps my time seemed all too brief;

don't lengthen it now with undue grief.

Lift up your hearts and share with me;

God wanted me now, He set me free.

## IN MEMORIAM



## † MCGRATH

(24th Anniversary)

In loving memory of Derek  
McGrath, late of 66  
Cosgrave Park, Moyross  
whose 24th anniversary  
occurs on the 3rd  
September.

Mass offered on Sunday 1st  
September in Corpus  
Christi Church, Moyross at  
11 o'clock

You had a smile for everyone

You had a heart of gold

You left the sweetest memories

This world could ever hold.

Will those who think of Derek

today

A little prayer to Jesus say.

Always remembered by your

family and friends.

A special tear fell today,

That no one else could see,

It was for a special nephew

Who meant the world to us.

We like to say many things,

But don't know where to start,

We only know we love you

From the bottom of our hearts.

Always remembered, never

forgotten by your aunts

Margaret, Angela and cousins

## † O'BRIEN

(17th Anniversary)

In loving memory of my  
wonderful sister, Madeline  
O'Brien (Nee Kennedy), late  
of Limerick and Shannon  
who died the 28th August  
2002. R.I.P. Masses offered.

Remembered with love today

and everyday

Will those who think of

Madeline today,

A little prayer to Jesus say.

Lovingly remembered by her

sister Cecilia, brother-in-law

Tom, nephews David, Shane,

Thomas and families

## If I Listen.....

If I listen really close

In the silence of the night

I hear your voice to comfort

me

And say that you're alright

But it's often hard to

understand

Why certain things must be

And the reasons why they

happen

Are so often hard to see

But I find comfort in the

knowledge

That God is always there

To keep the one I loved so

much

Forever in His care



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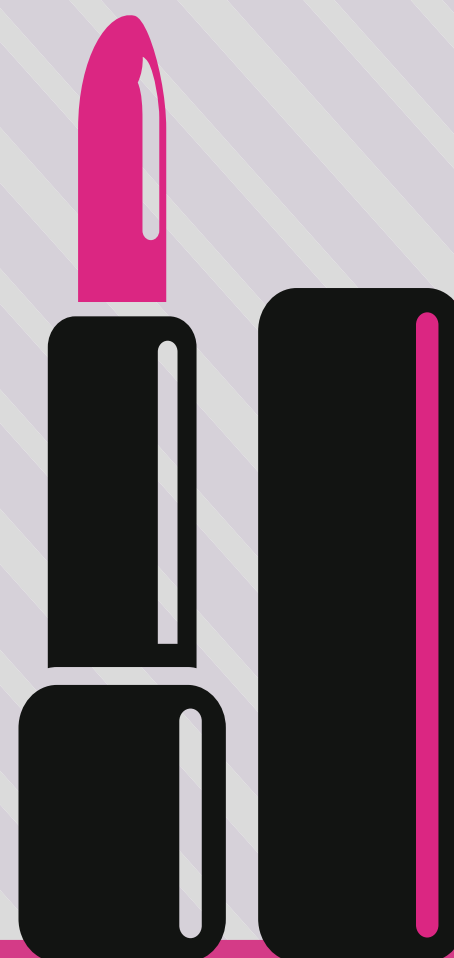
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## Sporty and seductive

**Mazda3:** Latest generation has raised the bar in a very competitive segment

TRISH WHELAN  
[www.CarAndTravel.ie](http://www.CarAndTravel.ie)

THE all-new Mazda3 hatchback is available in Mazda showrooms nationwide with a starting price of €26,295.

This nameplate has always been successful for the brand. Mazda Ireland say this new generation of the model has further raised the bar in this very competitive segment where rivals include the Ford Focus, Toyota Corolla, and VW Golf to mention just a few.

Two body styles are offered: Hatchback and Saloon; initially featuring two engines, the 2.0 Petrol Skyactiv-G and the 1.8 Diesel Skyactiv-D. A 2.0 Petrol Skyactiv-X will be added to the range later this year.

This new model has been completely redesigned and re-engineered.

Excellent build quality and engineering are a given with Mazda cars and this newbie is no exception. It underlines how Mazda don't just engineer cars to deliver high levels of quality and safety, but also make ones that are fun to drive. It is also one of the most stylish cars on our roads.

The 5-door hatchback's exterior styling is sporty, smooth and yes, rather seductive in that it was designed to give potential customers the "I want one" emotion when they see it. I believe they have got this design just right to appeal to those individuals or families who don't want a small sized SUV or Crossover but who want their car to make a stylish statement.

Mazda call the design a 'Soul of Motion', inspired design which eliminates unnecessary character lines instead relying on curved body panels. The Japanese designers set out to ensure that car and driver are in perfect harmony in their cars, and that the driver enjoys the fun of driving the car.



The all-new Mazda3 hatchback is available in showrooms nationwide with a starting price of €26,295

Dark metallic colouring and strong contouring of the signature wing and grille will distinguish it from the saloon model. While my car came in a gorgeous Snowflake White Pearl exterior, the red is also particularly striking.

The interior is a match for more premium cars. The cabin was dark with a dark roof and leather seats which were very comfy and offered good support. There's also good room in the rear.

The interior is high-end with comfy and supportive leather seats. I could get a good driving position with all the driver seat adjustments, but my front seat passenger wasn't quite as comfy as she found her headrest was tilting so far forward. Mazda says this is to ensure safety in

the event of a rear end collision.

A head-up display on the windscreen is a really useful feature as you see your current speed without taking your eyes off the road. I appreciated it in my new '3'

I loved the whole look of the dash - uncluttered and stylish.

Petrol engines include a 2.0 122hp and a 1.8 diesel with 116hp. My car was the 2.0 GT Sport Skyactiv-G version priced from €31,495. The is a very decent engine with good pulling power which handled well for me during my time with the car. It is matched to a user-friendly, and slick, 6-speed manual transmission that was a joy to use. The steering I found to be neither too light nor too direct so will suit most drivers. Annual road

tax is €200. Fuel efficiency is 6.3 L/100kms.

The Mazda3 has Mild Hybrid tech as standard in all petrol engines and cylinder-deactivation in the 2.0 petrol engine raising fuel economy.

A 'breakthrough' Skyactiv-X version will arrive later with a 2.0 178bhp engine that uses a world-first technology which burns less fuel than a conventional petrol engine, but makes more power, yet produces fewer emissions while providing better performance than a regular petrol engine. Should be interesting when it arrives.

The car comes with a huge amount of useful standard features including LED Headlights, Bluetooth & Mazda MZD Connect, Cruise Control, Emergency break



Interior of the new Mazda3

assist, EBD, a full complement of airbags; Isofix brackets, Hill Hold Assist, auto wipers, electronic handbrake, sat nav, a really good Blind Spot Monitor, an 8.8-inch colour centre console display and multimedia commander, 7-inch TFT Digital dashboard, Apple Car Play & Android Auto, Stability control, Lane Keeping Assist, Smart City Brake Support with pedestrian recognition, Rear Cross Traffic Alert, and ecall with GPS in case of an accident.

Upgrade features were the black leather interior, heated front seats, Signature LED daytime running lights, reversing camera, front parking sensors, CD player, 8-way power driver seat with memory function, steering wheel heater, rear privacy glass, Metallic paint, 18-inch grey alloy wheels, dual zone climate control, etc.

The new Mazda3 has been awarded a top five-star rating by Euro NCAP in its latest series of safety tests performing impressively in all four test categories. The suite of i-Activsense safety technologies include Smart City Brake Support which uses sensors to continually monitor the speed between you and obstacles in front, and the closing distance.

The hatch has a starting price of €26,295; the saloon from €28,715. All new Mazdas come with a three-year or 100,000km manufacturer warranty and three year European Roadside Assistance.



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# New car buyers deliver three best-sellers for Nissan brand

NEW car buyers have delivered three best-sellers for Nissan, namely Qashqai (best-selling crossover); LEAF (best-selling EV); and Micra (best-selling petrol car).

Nissan's Qashqai remains Ireland's best-selling crossover of all time with 3,590 new car buyers taking delivery of the car up to the end of July. Customers can choose from petrol and diesel engines across the entire Qashqai range. It is currently the best-selling car in counties Limerick, Dublin, Louth, Clare and Cavan.

Sales of electric vehicles in Ireland are up 195pc on last year with 2,689 units sold so far this year. Nissan's LEAF is the undisputed leader in this segment with 944 units sold which represents a 67pc increase in sales for the zero emissions car. LEAF has a spacious interior and ample boot space making it easy for families to make the switch to EV. The new 62 kWh LEAF



**Improvement on range: The new Nissan LEAF delivers up to 385kms on a single charge**

delivers up to 385 kms of zero emissions driving on a single charge.

Micra is the best-selling petrol car up to the end of July

with 2,320 units sold delivering a 13pc increase in sales.

James McCarthy, CEO of Nissan Ireland said: "Nissan

continues to pioneer the way with intelligent driving technologies which are transforming the way that drivers interact with their

car. Qashqai, LEAF and Micra have all proven to be real winners, increasing safety, control and comfort for drivers."

## FASTNEWS

### SAFETY APP

FaceItDown clocks up 22m driven kms

TOYOTA Ireland says more than 22 million kilometres have been driven by users of its FaceItDown app since the initiative was launched in August 2017.

If users leave their mobile phone screen down while using the app and driving, they gain points towards rewards which include discounts at Q-Park, a free hot drink at Circle K stores, or €50 off FBD car insurance.

Over 49,000 motorists have installed the app in the last two years.

### WEBSITE

Search history now on AudiCheck.ie

AUDI Ireland has launched a new website (AudiCheck.ie) which will let customers check their Audi car for any software update or product enhancements requirements. By just entering their registration number, customers will be notified of any software updates that can be fixed free of charge at their local authorised Audi dealer.

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# SPORT

Leader



**MIDWEEK  
ACTION**

Junior soccer  
season continues

**For more see page 53**



Munster senior coach Stephen Larkham during Munster Rugby squad training at the University of Limerick

## Larkham: 'I'm coming to Munster to make a change'

**Rugby:** Munster attack coach says making semi-finals not good enough

**COLM KINSELLA**  
sport@limerickleader.ie

MUNSTER'S attack coach Stephen Larkham says he will set about improving players' ability to make decisions and to ensure they take the right decision in his new role at the province.

Former Wallaby fly-half Larkham is in his second week at Munster as the province continues pre-season training ahead of the start of their Guinness PRO14 campaign in mid-September.

Asked what areas of Munster attack play he hopes to improve at a press briefing at UL this week, Larkham said: "There are things here in place that are working really well, so it's not about changing those, it's about

maintaining those.

"But there is a bit of detail lacking in those couple of games from last year and in my (job) interview process I identified a couple of areas where I felt the detail was lacking, in particular the use of skills with our forwards.

"So I really do want to make sure that from 1 to 15 across the park, or from 1 to 23, everybody who takes the field has the ability to make decisions and takes the right decisions."

Larkham said that one of the biggest challenges for him at Munster would be the change of environment for his family and the Irish weather.

"The challenge for me is probably with my family and the weather. That is probably going to be a bit of an issue.

"We have had some good weather over the last week and I believe there is a bit of good weather this week. But my family aren't over yet. They will come over on December 2. They are coming from mid-summer to mid-winter, so it is going to be a bit of a shock for them.

"There is that environment for me, then there is are totally different competitions over here. Well two competitions, playing Europe, PRO14, plus the Celtics (Cup) and club rugby and the academy players and all that sort of stuff. There is a real challenge to the length of the competitions, how we rotate the players and the conditions we have to play in.

"I'm coming in here to make a change, there's no doubt about that, the club is



**Former England No.10 Charlie Hodgson who was advising Munster this week in UL**

built around success and we're chasing that.

"We know the results from last year aren't good enough, semi-finals in both competitions. Most people say that's pretty good, but it's not good enough for us so we're chasing the next level

and I want to be part of that.

"There's a fair bit of development coming from the Southern Hemisphere having now been in the coaching game for, not that long, eight years you hear plenty of stories about how difficult the competition is up here. At some stage I wanted to get up here and experience it.

"It's going to take a little bit of time, so we're not being unrealistic about it, but there is a good base there already, I would say, in terms of points scored and the way that we've attacked.

"It's something that we'll chip away at."

Munster play their first pre-season fixture against London Irish at Musgrave Park on Friday, September 13 at 7.30pm.

### Darts

International stars set for a Limerick darts event

**JEROME O'CONNELL**  
jocconnell@limerickleader.ie

SOME of the biggest names in world darts are Limerick bound.

World No1 Michael Van Gerwen, five-time world champion Raymond Van Barneveld, Vincent Van deVoort and Robert Thorton all play in the Strand Hotel on Tuesday October 1 in a winner takes all 20k event.

The event is staged by Diamonds Promotions, who promise 'all the lights, giant screens, cameras and party atmosphere as witnessed on TV'.

The Limerick event is the first stop on a four date tour of Ireland that will also see events in Letterkenny, Castlebar and Sligo.

There is a VIP Gold package, commencing at 6pm, available that affords a chance to play in the practice area with the international stars and gain their personal tips and advice.

For the VIP Gold attendees there will be a mini tournament with each person getting to throw six darts and the top four scores will all get to play onstage at main event, complete with walk on music.

The main event gets underway at 8.30 and tickets range from €150 down to €25. Tickets and further information is available online at diamonds promotions.com



**Michael van Gerwen is on his way to Limerick City**



SPORT  
SNIPPETSBumper week for  
Limerick's Lee

Shanagolden's Chris Hayes had a big week in the saddle with a bounty of winners.

He teamed up with Noel Meade who is enjoying a fair run of form himself with his Flat string and looks to have a useful two-year-old on his hands in the shape of Helvic Dream which impressed when taking the 7f auction race at Roscommon on Monday.

Hayes' mount had previously shaped well in defeat at Down Royal and Galway and gained his reward in good style at odds of 11/4 on his third attempt.

Hayes landed a far bigger pot when teaming up with veteran trainer John Joe Walsh to win the €50,000 KWD Kingdom Gold Cup Handicap with the game Davids Charm.

The jockey had the well-supported 2/1 favourite in front over a furlong from home and the partnership was always holding the Dermot Weld-trained Dalton Highway on the run to the line.

## Island Swim

The 2019 Island Swim race will start at the Curragower Boat club a hidden gem in the city, on Saturday September 7 at 1pm.

The 3.5km swim goes up the Abbey river towards Baal's Bridge to Athlunkard Boat club, around the back of St Mary's Park to the weir under Thomand bridge and finishes at the Curragower boat club.

Afterwards all swimmers and helpers can head to the Cauldron Bar for some refreshment.

This year the race will be held without long serving Limerick swimming coach John Dempsey who sadly passed away last December, but it will be his birthday so we know he will be watching us

The swim spots are full already but the organisers would love to see people out watching and cheering the swimmers on.

Double for  
Limerick Golf Club

Limerick Golf Club did the double in Tramore on Sunday day as they added the AIG Senior Cup title to the AIG Barton Shield win they had on Saturday.

This is an amazing feat and to see more, read this Thursday's Leader.

# 'Blues' set for Galway test after Cup exit

COLM KINSELLA  
ckinsella@limerickleader.ie

LIMERICK FC make their latest trip into the west this Friday night when facing Galway Utd in the SSE Airtricity League First Division at Eamonn Deacy Park, 7.45pm.

Limerick were dumped out of the Extra.ie FAI Cup on Saturday night when suffering a 6-2 thumping at the hands of Premier Division Sligo Rovers at the Showgrounds.

A difficult night for the 'Blues' saw them finish with just eight players on the pitch after three players were red-carded, captain Shaun Kelly in the first half and Clyde O'Connell and former Sligo player Jason Hughes in the second half.

Afterwards Limerick FC manager Tommy Barrett said: "It is a difficult defeat to take considering we were two up.

"We started the game really well and we probably woke them up a bit by scoring too early!

"We came up with a plan to counter-attack and they were two fantastic finishes from Karl (O'Sullivan). He just needs to do that more often.

"But in fairness to Sligo they upped the tempo after we went two up and that did a lot of the damage," Barrett told the Airtricity League website.

Limerick have now just three First Division league fixtures remaining this

season.

Following Friday night's fixtures with Galway, Limerick host Wexford in their final home game of the season at the Markets Field on Friday, September 13, before facing off against high-flying Shelbourne in their final league outing of the season at Tolka Park on Saturday, September 21.

Limerick FC currently sit in sixth place in the First Division table, two places and 14 points clear of Friday's opponents Galway.

However, Limerick's league form has dipped in recent weeks as the Blues have picked up just one point from a possible 15 in their last five league outings.

That point, secured in a 1-1 draw with Athlone Town last time out, ended a four-game losing run for the Blues in the league.

Limerick have won just one of their last seven games in all competitions. In contrast, Galway will go into Friday's league game in upbeat mood on the back of their excellent Extra.ie FAI Cup second round victory over Premier Division Cork City at Eamonn Deacy Park.

Limerick FC boss Tommy Barrett revealed recently that the squad has reduced its number of weekly training sessions each week from five to two.

Barrett said it was difficult for the players to commit to five training sessions since they had gone back to amateur status.



Limerick's Robbie Williams takes possession of this loose ball ahead of Galway's Shane Doherty when the sides met two months ago

## Holder Munsters' face Nenagh as Crescent host Bruff in 'Charity' semis



Shannon's Jamie McGarry takes on the Old Crescent defence during his side's loss

**THE semi-finals of the Limerick Charity Cup kick-off on Thursday when holders Young Munster face Nenagh Ormond at Nenagh Ormond Park, 8pm. Nenagh Ormond**

**defeated UL-Bohs 26-16 in their quarter-final.**

**Meanwhile, the second semi-final in this season's Charity Cup will see surprise packets Bruff and Old Crescent face-off at Rosbrien on**

**Saturday, 2.30pm, Bruff shocked AIL Division 1A side Garryowen 6-5 in their quarter-final, while Old Crescent knocked Shannon out of the Cup on a 20-14 scoreline.**

## Club GAA scene taking shape

THE line-up for the knockouts stages of Bon Secours Hospital Limerick SHC will be finalised this weekend.

Patrickswell, Na Piarasigh, Doon and Kilmallock are all confirmed among the six positions at the business end of the championship. Monaleen, Ahane, Ballybrown and Murroe-Boher are all battling for the final two quarter final spots.

Patrickswell are guaranteed a direct route in

the semi finals and will be joined by either Na Piarasigh or Doon.

Kilmallock will fill one quarter final spot from Group A, along with the loser from Saturday's Na Piarasigh v Doon game.

In the quarter finals, Kilmallock and Na Piarasigh/Doon will play two teams from Group B - Monaleen, Ahane, Ballybrown or Murroe-Boher.

Last weekend the Irish Wire Products Limerick SFC

took shape - Adare and Oola booking semi final places. Oola await the quarter final between Fr Casey's face St Kierans, while back-to-back champions Adare will play Newcastle West or Ballysteen in the last four.

In the Limerick IFC, Cloughaun and Mungret have reached the semi finals. Cloughaun will play Gerald Griffins or Rathkeale in the last four, while Mungret await the quarter final between St Patricks and Galtee Gaels.



Monaleen's Dan Enright tackles Fr Casey's David Ward



# Premier League previews

**PAT SHEEHAN**  
sport@limerickleader.ie

TOMORROW'S series of games in round five of the Premier League throws up a beauty when Fairview Rangers host Pike Rovers at the Fairgreen.

No doubt fans of Janesboro and Ballynanty Rovers would not agree, but most people have this pair tagged as their favourites to win the Premier League this season.

While both started the season in flying form, they suffered a set back to bring them back to earth in recent games.

Pike Rovers retained the vast bulk of last season's squad and started the season with a 6-1 win over holders Janesboro. However they stumbled to a 2-2 draw against Geraldines in a later game.

Likewise Fairview's impressive start was halted when they came unstuck at home to a hard working Ballynanty Rvs XI who took the points in a 2-1 win.

Both rebounded well last weekend to get their march back on track. Pike Rovers beat Coonagh 4-0 while Fairview travelled to Nenagh and won 3-0.

The game will showcase the best of talent in local football and is well worth taking time out to have a look.

The exciting Fairview front runners including Darragh Rainsford and Ross Mann are up against Pat

Mullins and Wayne Colbert.

That in itself is an attraction but at the other end Dermot Fitzgerald, Mark Slattery and Paul Danaher face off against last season's top scorer Jonathan Grant and Eoin Hanrahan to further whet the appetite.

The middle of the park possibly pits Conor Kavanagh, Shane Walsh and Colin Daly against Jeffery Judge, Ger Barry and Adam Frahill but with such strong squads to pick from, this could be altered on the night.

Although winning the Lawson Cup last season, Fairview are hoping this could be the year they really turn things around at the club after a number barren years.

Tomorrow's game is the first real test of matching the better teams in the League.

The last time the sides met was in the Lawson Cup final in May when Fairview proved best.

Joint leaders with Pike Rvs are Ballynanty Rovers and they make the trip across town to take on Mungret Regional.

'Balla' have been using up their good luck charms this season needing later Adrian Power goals to draw with Kilmallock and beat Prospect Priory.

In between they defended stoutly and took their chances to defeat Fairview Rgs but they need to put away the chances they create if they hope to challenge for the title.

They are rumoured to be in the process of adding a



**Shane Dillon, Regional shoots at goal against Evan Moloney, Geraldines goalkeeper** PICTURE: KEITH WISEMAN

number of players to the squad which could have the desired effect.

They meet a Mungret side still adjusting to life in the top flight. They posted their first win of the season last week when they beat Prospect but had the misfortune to meet 'Boro in the next game.

Janesboro have re-acted well to the news that Shane Clarke is to leave the club and they posted a 2-0 win over Mungret on Sunday.

The addition of Pat McDonagh from Regional will have boosted the squad. Tomorrow they face a Geraldines XI still smarting from a surprising 4-1 defeat at home to Regional on Sunday.

The 'Dines' took the field lethargically on Sunday and a repeat of that will serve up a similar result this time out.

However, as the Candy-stripes have shown when focused they can match the best.

Following the loss of virtually a whole team, many people thought Regional Utd would struggle this season but thus far they have raised a few eyebrows with a number of superb displays that sees them lie just behind the leaders.

Tomorrow they host Kilmallock in Dooradoyle and another three pointer is not out of the question. The addition of former Charleville striker Shane Dillon and Paul Sheahan as well as former youth player Paudie Hartigan has given them lightning pace up front so the visitors could be in for a tough time.

With the news of Shane Clarke arrival Aisling Annacotty would have been forgiven for a slight distraction but they picked up a welcome win over Kilmallock last weekend.

On Thursday they host Coonagh Utd, a team who have been very unlucky on a number of occasions this season.

The final game sees Prospect Priory host Nenagh AFC in Cals Park. Prospect suffered the heartbreak of a last minute defeat to Balla last weekend and is sure to have taken a toll.

It remains to be seen how they react but visitors Nenagh will be only concerned of their own fate following a number of defeats.

## JUNIOR SOCCER

| PREMIER DIVISION  | P | W | D | L | Pts |
|-------------------|---|---|---|---|-----|
| Pike Rovers       | 4 | 3 | 1 | 0 | 10  |
| Ballynanty Rovers | 4 | 3 | 1 | 0 | 10  |
| Fairview Rgs      | 4 | 3 | 0 | 1 | 9   |
| Regional Utd      | 4 | 3 | 0 | 1 | 9   |
| Janesboro         | 4 | 3 | 0 | 1 | 9   |
| Geraldines        | 4 | 2 | 1 | 1 | 7   |
| Nenagh AFC        | 4 | 2 | 0 | 2 | 6   |
| Aisling Annacotty | 4 | 1 | 0 | 3 | 3   |
| Mungret Reg       | 4 | 1 | 0 | 3 | 3   |
| Coonagh Utd       | 4 | 0 | 1 | 3 | 1   |
| Prospect Priory   | 4 | 0 | 1 | 3 | 1   |
| Kilmallock        | 4 | 0 | 1 | 3 | 1   |

| PREMIER A LEAGUE | P | W | D | L | Pts |
|------------------|---|---|---|---|-----|
| Murroe           | 4 | 4 | 0 | 0 | 12  |
| Fairview Rgs B   | 4 | 3 | 1 | 0 | 10  |
| Cappamore        | 4 | 3 | 0 | 1 | 9   |
| Newport          | 4 | 2 | 1 | 1 | 7   |
| Moyross          | 3 | 2 | 1 | 0 | 7   |
| Charleville      | 4 | 2 | 0 | 2 | 6   |
| Athlunkard Villa | 3 | 2 | 0 | 1 | 6   |
| Hill Celtic      | 4 | 1 | 2 | 1 | 5   |
| Holycross        | 4 | 1 | 0 | 3 | 3   |
| Aisling Ann B    | 4 | 0 | 1 | 3 | 1   |
| Carew Park       | 4 | 0 | 0 | 4 | 0   |
| Corbally Utd     | 4 | 0 | 0 | 4 | 0   |

| DIVISION 1A     | P | W | D | L | Pts |
|-----------------|---|---|---|---|-----|
| Castle Rvs      | 2 | 2 | 0 | 0 | 6   |
| Geraldines B    | 2 | 2 | 0 | 0 | 6   |
| Patrickswell    | 2 | 1 | 1 | 0 | 4   |
| Knockainey      | 1 | 1 | 0 | 0 | 4   |
| Kilfrush        | 2 | 1 | 0 | 1 | 3   |
| Star Rvs        | 1 | 1 | 0 | 0 | 3   |
| Southend        | 2 | 1 | 0 | 1 | 3   |
| Ballylanders    | 1 | 0 | 1 | 0 | 1   |
| Hyde Rgs        | 1 | 0 | 0 | 1 | 0   |
| Summerville Rvs | 2 | 0 | 0 | 2 | 0   |
| Shelbourne      | 2 | 0 | 0 | 2 | 0   |
| Granville Rgs   | 2 | 0 | 0 | 2 | 0   |

| DIVISION 1B         | P | W | D | L | Pts |
|---------------------|---|---|---|---|-----|
| Athlunkard Villa B  | 4 | 3 | 1 | 0 | 10  |
| Regional Utd B      | 4 | 3 | 1 | 0 | 10  |
| Mungret Reg         | 3 | 3 | 0 | 0 | 9   |
| Parkville           | 3 | 2 | 1 | 0 | 7   |
| Pallagreen          | 4 | 1 | 2 | 1 | 5   |
| Caherdavin Celtic   | 4 | 1 | 1 | 2 | 4   |
| Glenview Rvs        | 4 | 1 | 1 | 2 | 4   |
| Newport             | 3 | 1 | 0 | 2 | 3   |
| Aisling Annacotty C | 3 | 0 | 2 | 1 | 2   |
| Caledonians         | 4 | 0 | 1 | 3 | 1   |
| Charleville         | 4 | 0 | 0 | 4 | 0   |

| DIVISION 2A       | P | W | D | L | Pts |
|-------------------|---|---|---|---|-----|
| Caherconlish      | 2 | 2 | 0 | 0 | 6   |
| Kilmallock B      | 2 | 1 | 1 | 0 | 4   |
| Meanus            | 2 | 1 | 1 | 0 | 4   |
| Wembley Rvs       | 2 | 1 | 1 | 0 | 4   |
| Herbertstown      | 2 | 1 | 0 | 1 | 3   |
| Janesboro B       | 2 | 1 | 0 | 1 | 3   |
| Castle Utd        | 2 | 1 | 0 | 1 | 3   |
| Murroe B          | 2 | 1 | 0 | 1 | 3   |
| Prospect Priory B | 2 | 0 | 1 | 1 | 1   |
| Hyde Rgs B        | 2 | 0 | 1 | 1 | 1   |
| Knockainey B      | 2 | 0 | 1 | 1 | 1   |
| Corbally Utd B    | 2 | 0 | 0 | 2 | 0   |

| DIVISION 2B         | P | W | D | L | Pts |
|---------------------|---|---|---|---|-----|
| Northside           | 4 | 4 | 0 | 0 | 12  |
| Fairview Rgs C      | 4 | 3 | 1 | 0 | 10  |
| Aisling Annacotty D | 4 | 3 | 1 | 0 | 10  |
| Kilfrush B          | 4 | 2 | 0 | 2 | 6   |
| Brazuca United      | 4 | 1 | 1 | 2 | 4   |
| Parkville B         | 3 | 1 | 1 | 1 | 4   |
| Lisnagry            | 4 | 1 | 1 | 2 | 4   |
| Coonagh Utd B       | 3 | 0 | 1 | 2 | 1   |
| Coonagh Utd C       | 4 | 0 | 1 | 3 | 1   |
| Abbey Rvs           | 4 | 0 | 1 | 3 | 1   |

## JUNIOR SOCCER FIXTURES

### WEDNESDAY AUG 28

(All games kick off 6.30pm)

#### DIV 1A LEAGUE

Geraldines v Shelbourne, G Clancy  
Ballylanders v Kilfrush, B Higgins  
Granville Rgs v Hyde Rgs, J Rooney  
Castle Rvs v Star Rvs, Mike Monahan  
Patrickswell v Knockainey, LT, A Whelan  
Summerville Rvs v Southend, A Galvin

#### DIV 2A LEAGUE

Janesboro v Meanus, J Curran  
Kilmallock v Hyde Rgs, M Murphy  
Herbertstown v Corbally Utd, G Collopy  
Murroe v Wembley Rvs, S Rooney  
Prospect v Castle Utd, M artin  
Monaghan  
Caherconlish v Knockainey, D Downing

#### DIV 2B LEAGUE

Kilfrush v Coonagh, E Kenny

#### YOUTH DIV ONE

Aisling B v Caherdavin, K Gorman  
Kilfrush v Aisling A, R McCann  
Fairview Rgs v Charleville, D Power

### THURSDAY AUG 29

(All games kick off 6.30pm)

### PREMIER LEAGUE

Mungret Reg v Ballynanty Rovers, K Gorman  
Janesboro v Geraldines, D Power  
Prospect Priory v Nenagh AFC, B Higgins  
Regional Utd v Kilmallock, N Casey  
Fairview Rgs v Pike Rovers, J McNamara, R Broe, A Galvin  
Aisling Annacotty v Coonagh Utd, R McCann

### DIV 2B LEAGUE

Coonagh Utd C v Lisnagry, P O'Brien  
Brazuca v Fairview Rgs, UL, K McCormack  
Northside v Aisling, S Scully  
Parkville v Abbey Rvs, J Clancy

### FRIDAY AUG 30

(All games kick off 6.30pm)

#### DIV 3A

Athlunkard Villa v Caledonians, S Scully  
Nenagh v Murroe, F O'Neill  
Shelbourne v Lisnagry, M Blake  
Dromore v Moyross, J Clancy  
Newport v Mungret Reg C, K McCormack

#### YOUTH DIV TWO

Aisling C v Geraldines, M Kennedy  
Mungret Reg v Shelbourne, D Downing  
Carew Park v Corbally Utd, Mike Monahan

### SATURDAY AUG 31

#### PREMIER A LEAGUE

Fairview Rgs v Murroe, D Power  
Corbally Utd v Moyross, G Clancy  
Newport v Carew Park, J McNamara  
Holycross v Aisling Annacotty, B Higgins  
Hill Celtic v Athlunkard Villa, R Broe

#### DIVISION 1A

Shelbourne v Ballylanders, A Galvin  
Geraldines v Granville, S Rooney  
Kilfrush v Castle Rvs, M Kavanagh  
Hyde Rgs v Patrickswell, Mike Monahan  
Star Rvs v Summerville Rvs, Martin Monaghan  
Knockainey v Southend, M Murphy

#### DIVISION 1B

Pallasgreen v Charleville, D Broughton  
Athlunkard Villa v Newport, M Bourke  
Aisling v Regional Utd, A Whelan  
Glenview v Mungret Reg, D Downing  
Parkville v Caledonians, J Rooney

### SUNDAY SEPT 1

#### PREMIER LEAGUE

Geraldines v Mungret Reg, 10.30, B Higgins  
Nenagh v Ballynanty Rvs, 10.30, R Broe  
Kilmallock v Janesboro, 10.30, J McNamara  
Pike Rvs v Prospect, 10.30, R Peiper  
Coonagh Utd v Regional Utd, 10.30, N Casey  
Aisling Annacotty v Fairview Rgs, 10.30, D Power

#### DIV 2A

Meanus v Kilmallock, 10.30, M Murphy  
Janesboro v Herbertstown, 10.30, J Rooney  
Hyde Rgs v Murroe, 10.30, M Cuddihy  
Wembley Rvs v Caherconlish, 10.30, D Downing  
Castle Utd v Knockainey, 10.30, M Kennedy  
Prospect v Corbally Utd, 2.00, Mike Monahan

#### DIV 2B

Lisnagry v Kilfrush, 10.30, E Kenny  
Aisling v Coonagh C, 10.30, K McCormack  
Abbey Rvs v Brazuca, 10.30, M Bourke

Parkville v Northside, 10.30, J Clancy  
Fairview Rgs C v Coonagh Utd C, 2.00, P O'Brien

#### UNDER 17 DIV ONE

Shelbourne v Newport, 2.00, N Casey  
Fairview Rgs v Carew Park, 2.00, J McNamara  
Corbally Utd A v Aisling A, 2.00, R Broe

#### UNDER 17 DIV TWO

Regional Utd v Knockainey, 2.00, A Whelan  
Summerville Rvs v Aisling C, 2.00, A Galvin  
Corbally Utd v Herbertstown, 2.00, Martin Monahan  
Castle Rvs v Kilfrush, 2.00, S Rooney

| DIVISION 3A        | P | W | D | L | Pts |
|--------------------|---|---|---|---|-----|
| Dromore Celtic     | 2 | 2 | 0 | 0 | 6   |
| Moyross B          | 2 | 2 | 0 | 0 | 6   |
| Caledonians B      | 2 | 2 | 0 | 0 | 6   |
| Mungret Reg C      | 2 | 1 | 0 | 1 | 3   |
| Nenagh B           | 2 | 1 | 0 | 1 | 3   |
| Shelbourne B       | 2 | 1 | 0 | 1 | 3   |
| Lisnagry B         | 2 | 1 | 0 | 1 | 3   |
| Newport            | 2 | 0 | 0 | 2 | 0   |
| Athlunkard Villa C | 2 | 0 | 0 | 2 | 0   |
| Murroe C           | 2 | 0 | 0 | 2 | 0   |



# ON THE BALL

“Limerick to the core...”

JEROME O'CONNELL

## 77 hurlers in this decade for Limerick

WITH the decade nearing an end a look back through the statistics turns up a total of 77 hurlers that played senior inter-county championship hurling for Limerick across the last 10 years.

Just three players – Nickie Quaid, Graeme Mulcahy and Paul Browne – span the decade as part of the 2010 Justin McCarthy panel and part of the 2019 John Kiely panel.

The number of 77 hurlers is probably higher than most decades due to '2010'. With the services of many unavailable that year, the Justin McCarthy led management used 24 players in the championship defeats to Cork and Offaly with less than 10 featuring again for Limerick in the following years.

Aside from 2010, there are almost two distinct panels across the decade – 2011-2015 and 2016-2019.

A new-look panel was set in motion in 2011 with additions in 2012 and those years laid the foundations for the 2013 Munster SHC title and back-to-back

All-Ireland SHC semi finals in 2013 and '14. Indeed in the years 2013 and 2014 just one player made their championship debut in each year with the panel very much settled.

Manager TJ Ryan started to 'freshen' up the panel in 2015 and 2016 with 13 new faces and John Kiely continued that in 2017 with seven players getting their championship debut.

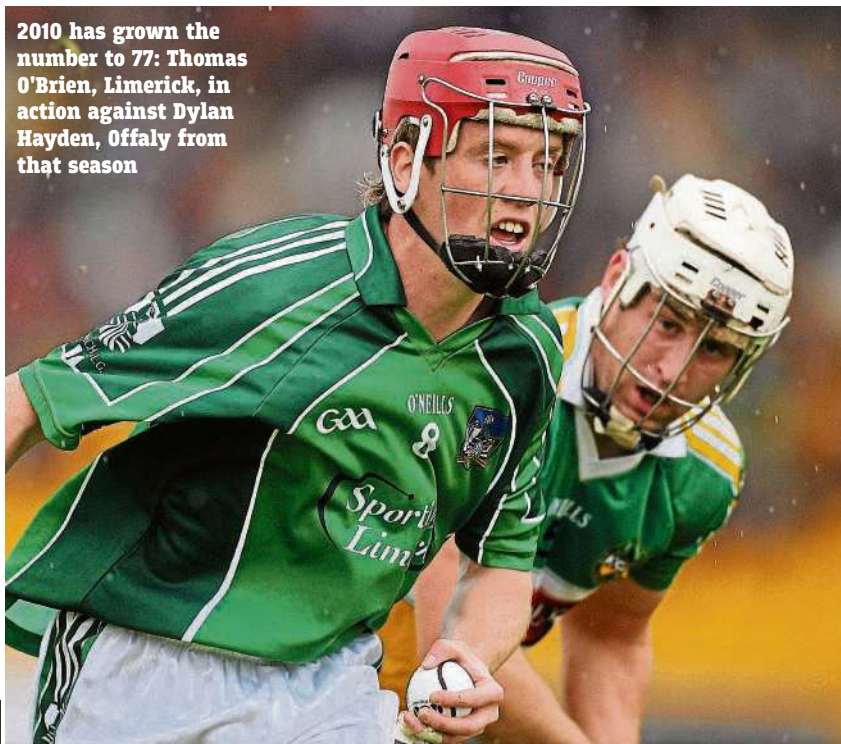
Like the silverware winning year of 2013, Limerick had a settled look in the 2018 All-Ireland success with just three newcomers and this year the Munster SHC title saw just another two championship debuts.

Across the list of 77 players, a total of 28 clubs are represented with Na Piarsaigh leading the way with 12 different players – double that of Kilmallock and Doon.

Knockainey, Cappamore and Mungret are the three clubs riding highest in the Limerick club scene that haven't had any player get Munster or All-Ireland SHC match time between 2010-19.

A look through the list reveals eight sets of brothers (Breen, Dempsey, Casey, O'Brien, Morrissey, Tobin, Hayes and Quaid).

2010 has grown the number to 77: Thomas O'Brien, Limerick, in action against Dylan Hayden, Offaly from that season



There are also six players that have also played senior championship football for Limerick – Mark O'Riordan, Stephen Lucey, James Ryan, Lorcan O'Dwyer, Stephen Walsh and Gearoid Hegarty. But 2011 was the last time Limerick had a dual player come championship time.

It was a decade with five different managers – Justin McCarthy, Donal O'Grady, John Allen, TJ Ryan and John Kiely. A decade with seven different captains – Bryan O'Sullivan, Gavin O'Mahony, David Breen, Donal O'Grady, Nickie Quaid, James Ryan and Declan Hannon.

And most importantly, it was a decade with one All-Ireland SHC, two Munster SHC titles, one Division One Allianz League title, one Division Two Leagues. Not bad for a 10 year period where Limerick spent eight years in the second tier of the Allianz League.

**LIST:** David Breen, James O'Brien, Kevin Downes, Shane Dowling, Cathall King, Adrian Breen, Alan Dempsey, Mike Casey, David Dempsey, Peter Casey,

William O'Donoghue, Conor Boylan (all Na Piarsaigh), Bryan O'Sullivan, Graeme Mulcahy, Gavin O'Mahony, Paudie O'Brien, Barry Hennessy, Paddy O'Loughlin (all Kilmallock), Denis Moloney, Micheal Ryan, Richie English, Darragh O'Donovan, Pat Ryan, Barry Murphy (all Doon), Thomas O'Brien, Seanie O'Brien, Cian Lynch, Diarmaid Byrnes, Aaron Gillane (all Patrickswell), Tadhg Flynn, Niall Moran, Dan Morrissey, Tom Morrissey (all Ahane), Michael Noonan, Wayne McNamara, Declan Hannon, John Fitzgibbon (all Adare), Shane O'Neill, Anthony Owens, Tom Ryan, Barry Nash (all South Liberties), Paudie McNamara, Seamus Hickey, Seanie Tobin, Pat Tobin (all Murroe-Boher), Richie McKeogh, Cian Hayes, Kyle Hayes (all Kildimo-Pallaskerry), Mark O'Riordan, Stephen Lucey, Conor Allis (all Croom), Kieran O'Rourke, Shaun Riordan, James O'Brien (all Bruree), Paul Browne and Sean Finn (both Bruff), Sean Herlihy and Daniel Moore (Monagea), Peter Russell and Brian Geary (both Monaleen), James Ryan and Donie Ryan (both Garryspillane), Damien Reale and Aaron Murphy (both Hospital-Herbertstown), Nickie Quaid and Tommy Quaid (both Effin), Andrew Brennan (Caherline), Lorcan O'Dwyer (Pallasgreen), Cathal Mullane (Killeedy), Alan O'Connor (Ballybrown), Tom Condon (Knockaderry), Donal O'Grady (Granagh-Ballingarry), Richie McCarthy (Blackrock), Stephen Walsh (Glenroe), David Reidy (Dromin-Athlacc), Gearoid Hegarty (St Patricks), Seamus Flanagan (Feohanagh-Castlemahon).

COLM KINSELLA

What's the future for senior soccer?

LIMERICK FC fans checking in on how the side were getting on in the early stages of Saturday night's Extra.ie FAI Cup last 16 tie with Sligo Rovers could hardly believe their eyes.

Un-fancied Limerick took an early 2-0 lead thanks to two splendid goals from Karl O'Sullivan. A big Cup upset looked on the cards at the Showgrounds.

But by half-time the complexion of the game had changed. Both sides had a man dismissed and Sligo turned things round to lead 3-2.

By full-time, the 'Bit O'Red' led 6-2 and Limerick were down to eight players with two more sendings off.

A sorry end to a night which had promised much. The defeat leaves Limerick looking forward to the end of the season. There are now just three league games remaining.

A difficult season has seen several experienced players leave in the transfer window, with the squad now training just twice a week.

Something has to change for next season as the club cannot continue to exist as it is right now.

However, is there an appetite for senior soccer in the city? Just 227 turned out for the last home league game.

DONN O'SULLIVAN

## Squad dynamic more important than the Wales result this week

Ireland take on Wales this Saturday at 2.30pm, with the result being the least of their many, growing, worries.

Ireland's loss to England last weekend will soon be forgotten in the annals of history, but the impact it has on the Ireland squad in the coming week is going to define this current generation of players.

Once again Ireland are staring down the barrel of a World Cup, where they might just have mistimed their preparations. Just like 2007, 2011 and 2015,

Ireland are entering a World Cup with a predictable style of play and a predictable starting XV.

Joe Schmidt's time as Ireland coach will not be tainted by a poor World Cup performance, it could very well be defined by it.

As the New Zealander leaves these shores, he will not want to be remembered as the coach who could not get across the line that is a World Cup quarter final.

Ireland, had they won on Saturday, would have been ranked as World number one.

These are the fine margins of



professional sport. However, with the squad being named next week, there is a distinct lack of 'bolters' with arguably 13 of the starting 15 easy to name.

With a loss like England under your belt, the front line players will want to play again, to prove themselves.

But what of the 15 or so, who are second choice in Joe's eyes? Following a 57-15 defeat, there should be no 'second choices'

Spots on the plane should be up for grabs like never before. Sadly, that is not the case.

Schmidt, to his credit, has always been a safe coach. Relying on his team leaders to get him out of trouble when needed.

However, when your starters don't perform, yet they remain on the side, the squad dynamic is in danger.

To keep a squad of 30 men happy, everyone must feel like they have a chance to play, or at the very least, the ones in possession of the jersey are playing so well, that there is no question about selection. Much like those aforementioned tournaments, Ireland are facing into a loss of form at the wrong time. Question now is ill Joe be brave enough to make the changes?



**COLM KINSELLA**

# In-form Halep can add US Open crown to Wimbledon title

**T**HE final tennis Grand Slam of the year, the US Open is underway in New York this week.

In the women's competition, Serena Williams is renewing her quest for her record-equalling 24th Grand Slam singles title in Flushing Meadows.

Thirty seven-year-old Williams

has reached three Grand Slam finals since returning from maternity leave last year, but lost all three deciders.

Williams began the week as the 5/1 favourite to land the title in New York. She has already won a hugely impressive six US Open singles titles.

Next best in the betting market

is Ashleigh Barty and Simona Halep, both on offer at 7/1.

Halep is the current Wimbledon champion is at the peak of her powers. Crucially for her prospects of adding the US Open title to her list of honours, Halep has a draw she can ease into.

Halep has two Grand Slam wins under her belt with her wins at the

2018 French Open and Wimbledon in July.

Halep defeated Serena Williams in the final at Wimbledon this year and will look to take another step towards a career Grand Slam with a victory in new York.

Halep is a decent bet to prevail. For more see #LLSport



**Simona Halep**



## Wednesday

**TENNIS**  
US OPEN  
AMAZON PRIME 4PM

**SOCCER**  
LINCOLN V EVERTON  
SKY SPORTS 7.45PM

**SOCCER**  
NICE V MARSEILLE  
BT ESPN 8PM

**SOCCER**  
AJAX V APOEL  
BT SPORT 8PM

**BASEBALL**  
PRIATES @ PHILLIES  
BT SPORT 11PM

## Thursday

**GOLF**  
OMEGA MASTERS  
SKY SPORTS 10.30AM

**TENNIS**  
US OPEN  
AMAZON PRIME 4PM

**ATHLETICS**  
DIAMOND LEAGUE  
EUROSPORT 7PM

**BASEBALL**  
RAYS @ ASTROS  
BT ESPN 7.10PM

**SOCCER**  
WOLVES V TORINO  
PREMIER SPORT 7.45PM

## Friday

**GOLF**  
OMEGA MASTERS  
SKY SPORTS 10.30AM

**TENNIS**  
US OPEN  
AMAZON PRIME 4PM

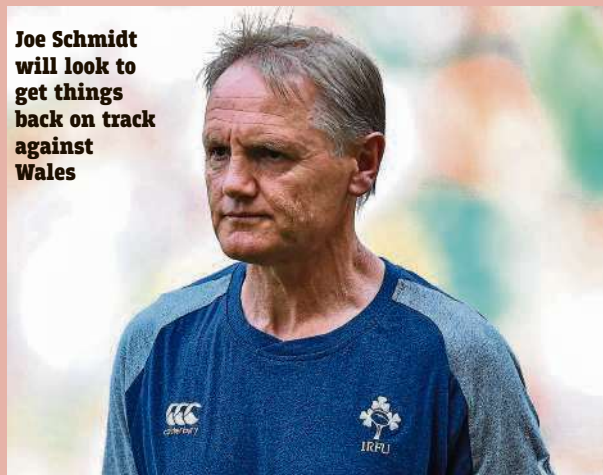
**SOCCER**  
CARDIFF V FULHAM  
SKY SPORTS 7.45PM

**RUGBY UNION**  
FRANCE V ITALY  
CHANNEL

**GOLF**  
PORTLAND CLASSIC  
SKY SPORTS 11.30PM

## Saturday

**Joe Schmidt will look to get things back on track against Wales**



**RUGBY UNION**  
NORTHLAND V HAWKES B  
SKY SPORTS 6AM

**RUGBY UNION**  
WAIKATO V AUCKLAND  
SKY SPORTS 8.35AM

**GOLF**  
OMEGA MASTERS  
SKY SPORTS 10.30AM

**SOCCER**  
SOUTHAMPTON V MAN U  
BT SPORTS 12.30PM

**SOCCER**  
BRISTOL V MIDDLESBRO  
SKY SPORTS 12.30PM

**FORMULA 1**  
BELGIAN GP PRACTICE  
SKY SPORTS F1 2PM

**RUGBY UNION**  
WALES V IRELAND  
CHANNEL 4 2.45PM

**CRICKET**  
WEST INDIES V INDIA  
SKY SPORTS 3.30PM

**TENNIS**  
US OPEN  
AMAZON PRIME 4PM

**RUGBY UNION**  
GEORGIA V SCOTLAND  
PREMIER SPORT 5PM

**RUGBY LEAGUE**  
DRAGONS V HULL KR  
SKY SPORTS 5PM

**SOCCER**  
BURNLEY V LIVERPOOL  
SKY SPORTS 5.30PM

**SOCCER**  
JUVENTUS V NAPOLI  
PREMIER SPORT 7.45PM

**GOLF**  
PORTLAND CLASSIC  
SKY SPORTS 11.30PM

## Sunday

**RUGBY UNION**  
N HARBOUR V BAY OF P  
SKY SPORTS 3AM

**RUGBY UNION**  
TARANAKI V TASMAN  
SKY SPORTS 5.35AM

**RUGBY UNION**  
JAPAN V SOUTH AFRICA  
EUROSPORT 1 11.15AM

**GAELIC FOOTBALL**  
CORK V GALWAY  
TG4 1PM

**GAELIC FOOTBALL**  
DUBLIN V KERRY  
SKY SPORTS 3.30PM

**TENNIS**  
US OPEN  
AMAZON PRIME 4PM

**SOCCER**  
ARSENAL V SPURS  
SKY SPORTS 4.30PM



**Drive for five: Stephen Cluxton will lead Dublin as they case history**

**Game, set and match: The US Open will be live on Amazon Prime**







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