

The Leader

Wednesday, September 11, 2019

FREE

FIRST FOR LOCAL NEWS
ACROSS ALL PLATFORMS,
24-7



limerickleader.ie



Jean Tierney with partner Paddy Lyons and baby Brayden at home this week. The Operation Transformation star speaks exclusively to The Leader inside PICTURE: MICHAEL COWHEY

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OT'S
JEAN
AND HER
PARTNER
PADDY**



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OT'S JEAN AND PADDY WELCOME BABY BRAYDEN

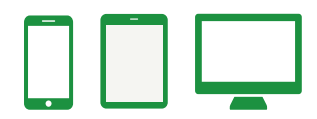
Operation Transformation star Jean Tierney and partner Paddy Lyons pose with their baby boy Brayden who was born at University Maternity Hospital Limerick. See page 6 PICTURE: MICHAEL COWHEY

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DUMPING Warrant issued, but council pays removal bill **P8**

SPORT We speak to the young scrum half who is looking to take the next step **P49**



CRIME Car was repeatedly reversed at speed at the front of a house in the city **P4**



Greg on Amber split and new gig on the airwaves P13

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Deaths

O'BRIEN Rev Gerard Parish Priest (Retired) of St Agatha's Parish, Kingston upon Thames, London, UK and formerly of Limerick - passed away peacefully in London on August 22, 2019. Beloved son of the late Thomas & Margaret O'Brien and dearest brother of Philomena (Bonnewitz), Breda (O'Dwyer), Betty (Daly), Tony, Sheila (McCloskey) and Rose. Sadly missed by his brothers-in-law, sisters-in-law, nephews, nieces, grandnephews, grandnieces, relatives, the Bishop and clergy of Southwark Diocese and his many friends. Rest in Peace. Reposing at Griffin's Funeral Home, John's Gate on Thursday, September 12, from 5pm. Removal at 6.30pm to St John's Cathedral. Funeral on Friday, September 13 after 11am Mass to Mount St Lawrence Cemetery.

O'SULLIVAN - Gerry (St. Laurence Park, Greenhill, Limerick) September 9th 2019 (Peacefully) at University Hospital, Limerick. (Late of Clover Meats, Raychem & Limerick Civic Trust) Beloved husband of the late Carmel. Very deeply regretted by his loving daughters Alexis & Camille, sons Shane, Adam, Aaron, Nathan & Jordan, grandchildren Hazel & Abbie, sister Nancy, other relatives & a large circle of friends. May He Rest in Peace.

Reposing at Cross' Funeral Home, Gerald Griffin Street, Wednesday (September 11th) from 5pm to 6.30pm, with removal afterwards to St. John's Cathedral. Requiem Mass Thursday (September 12th) at 11am with funeral afterwards to Mount St. Lawrence (extension) Cemetery. House private please.

Leading Off

Setting the agenda in Limerick



▲ GOOD WEEK

Greg O'Shea
 During his appearance on the Late Late Show, Greg announced his new gig with 2FM



▼ BAD WEEK

Amber Gill
 Greg's Love Island co-winner was left deflated after they broke up. Was it by text? He says no



☀️ QUOTE OF THE WEEK

"It (the break-up) was over a long time, it wasn't just over one text. I'm mad about her and I hope she is mad about me."
Greg on the break-up with Amber

Senior soccer badly needs a new investor



Happier times: Limerick FC chairman, Pat O'Sullivan, extreme right with former Limerick soccer player and rugby legend Tony Ward and former Limerick Chamber of Commerce boss, James Ring promoting Limerick a few years back



WHAT WE THINK
EUGENE PHELAN

LEADER EDITOR

ONE of my earliest memories as a teen was going to the Markets Field, to watch League of Ireland games. What great times they were and what brilliant players Limerick had over the years. The atmosphere was always electric and I particularly loved the games against Waterford or Shamrock Rovers who had

great stars in Johnny Matthews and Mick Leech. Limerick of course had so many stars of their own from Kevin Fitzpatrick, Al Finucane, the late Joe O'Mahoney, Pat Nolan, along with Des Kennedy who scored home and away against Real Madrid not to forget, Eoin Hand who led us to a league title. So, for me and so many

sports fans it is sad to see that Limerick FC are going into examinership. Let's hope that current chairman, Pat O'Sullivan is able to hand over the control of the football club to a new investor. Hurling, rugby and other sports are thriving and the local junior league is very strong, so it would be great to see a new investor reviving senior soccer.

WEBTOPTEN

1. Body of young woman recovered in County Limerick
2. Concern grows in Limerick as 'dispute' escalates
- 3 'Serious fish kill' in County Limerick started in Cork farm'
- 4 Rock was allegedly thrown at car in Limerick by man on horseback



Michael Ryan, below

- 5 Limerick school principal set to run in next general election
- 6 Live TV confirmed for Limerick club hurling championship games
- 7 Munster Rugby to bring in second row as World Cup cover
- 8 Car seized in Limerick city had no tax, no insurance and no NCT
- 9 Serial offender stole razor blades worth nearly €800 in Limerick
- 10 Weather forecast: Possible highs of 20 degrees with chance of ex-tropical storm Gabrielle



Ex-storm Gabrielle could hit Limerick on Thursday

WEATHER FOR THE WEEK



WEDNESDAY
 A morning shower in spots but otherwise clear. 17°C peak



THURSDAY
 The tailend of Gabrielle may bring heavy showers



FRIDAY
 Sunshine with cloudy spells and temperature high of 17°C



SATURDAY
 Sunny and dry with temperatures reaching 19°C



SUNDAY
 Mostly cloudy but warmer than previous days with 21°C peak



MONDAY
 Sunnier than Sunday with temperature peak of 19°C

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MyLimerick

Eoghan Mulcahy

Limerick's young entrepreneur finalist



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

It wouldn't be a stereotypical perfect day! However, my perfect day would start with a little bit of a late start followed by a good coffee. I'd enjoy going down and training with my hurling team (as long as there wasn't too much hard physical conditioning work involved!) After that I'd go for a walk in around the city and finishing off with going for a meal in any of the brilliant restaurants in town.

What's your first Limerick memory?

One of my earliest memories would be heading down to my GAA club Mungret St. Pauls learning to play hurling and football. The GAA is a terrific organisation for young people to be involved in exciting sports that are so ingrained in our national identity.

What is your favourite local walk or view?

I often go for a walk by the river, starting at the University of Limerick boat club and heading in towards the city. The walkway is well maintained and there's lots of scenic views and nature to be enjoyed.

Do you have a favourite local restaurant?

The carriage house in Adare is probably my favourite restaurant in Limerick. I went there recently for a meal after graduating from college and they really do pull out all the stops!

What do you think gives Limerick its unique identity?

The river Shannon flowing through the heart of the city is one of the most iconic sights in Limerick. We're sometimes referred to as the Shannonsiders and the river is inherently linked to our identity. In a way the river is both a blessing and a curse with so much tragedy taking place there over the years. We at Deepseek are endeavouring to develop useful technology, to provide support to all the fantastic groups such as the Limerick marine search and rescue, Coast guard, Limerick Suicide Watch and the emergency services who do incredible work trying to keep the people of Limerick safe.

What is the biggest challenge facing the

county and city today?

Limerick is currently flying high and it's fantastic to see. I think the challenge will be to continue building on all the positive aspects surrounding our county. We have award winning universities on our doorstep which produce top class graduates each year. We should strive to show that Limerick is the ideal place to start a career for young people coming out of college. The individual challenge for every Limerick person is to find a way to give back to Limerick in any small way, be it starting a local business, contributing to the local economy or volunteering for a local organisation. The Local Enterprise Office in Limerick are absolutely outstanding in terms of helping in every possible way when starting out on a business journey so if you want to take the plunge they should be your first port of call!

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

The people of Limerick are extremely expressive and we channel this through the mediums of sports music and art. We're incredibly lucky to have music venues like King John's castle and Dolan's to name but a few where fantastic acts from far and wide come to play. In terms of sport, I'll be biased and say that we have the best supporters in the country! It was clear to see the boost that the Limerick senior hurling team gave the county over the last number of seasons. It's brilliant for all the people of Limerick to feel a part of the journey and to get behind and support all our teams.

How would you describe the people of Limerick?

Charismatic, energetic and passionate!

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

I think we are extremely lucky with the different types of amenities we have at our disposal in Limerick, however, I feel the link with the immediate suburbs and especially rural areas is not always well served. A park and ride hub for these areas whereby people could park their cars in a secure car park and take some mode of public transport into the city centre would solve this problem and bring more business to the city.

See page 24



Community Participation Events

Let's create a new community to drive innovation! +CityxChange (Positive City Exchange) wants to create a community of individuals, groups, businesses and agencies who are looking at ways to develop smarter cities that are open and accessible for all. We are all about the positives. Working together to solve problems or to create a new vision. The overarching aim is to develop a series of demonstration projects on how to become a smart positive energy city for all together, through citizen engagement.

As part of the +CityxChange EU project a series of Community Participation events are taking place around specific topics on collective thinking and action.

Week 1 - Limerick Laneways - 16th to 21st Sept 2019

All events take place at Fab Lab Limerick, 6-7 Rutland Street, Limerick V94 D896
Registration for all events is through www.limerick.ie/CityxChange

Monday 16th Sept:

Community Mapping Laneways

We are looking for enthusiastic and positive people as this workshop concentrates on mapping the Georgian Neighbourhood Lanes around the city centre. Participants will be invited to walk around mapping the laneways before returning to base and comparing results.

🕒 11am to 1pm

+Limerick Partner: 'Space Engagers'

Tuesday 17th Sept:

'Community Review - Sharing Laneways'

This workshop centres on the idea of sharing in the Georgian Neighbourhood Laneways. 'Why do we share? What do we share? What are the benefits/ drawbacks of sharing? We will be looking for your feedback and suggestions as you are taken on a guided tour around the laneways.

🕒 2 - 5pm

+Limerick Partner: 'Space Engagers'

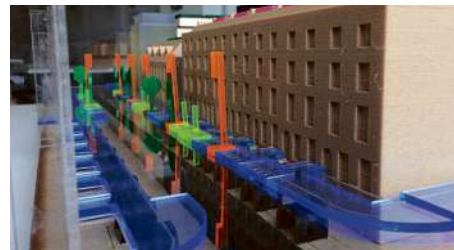
Wednesday 18th Sept:

Innovative Solutions to Fire Safety problems in Historic Buildings

Bringing Georgian buildings up to present-day codes and standards has always been an expensive and time-consuming task. Working with Limerick City and County Council, Enterprise Ireland and Dublin City Council, the winners of the Small Business Innovation Research (SBIR) competition will be announced. The competition was aimed at developing new solutions to adapting historic buildings to fire safety standards. You will meet the winners and learn more about the project

🕒 11am - 12pm

+Limerick Partner: Limerick City and County Council



Thursday 19th Sept:

Citizen Sensing Lab

Learn how to make and use DIT (do-it-together) sensors and technology to monitor our environment. This will be an ongoing series of workshops to introduce, develop and create a local community. Everybody is welcome and no previous experience on electronics or sensors is required.

🕒 7.30 - 9.30pm

+Limerick Partner: Colaborativa.eu

Friday 20th Sept:

Exploring Georgian Limerick Tour

See the way design and architecture is being used to make Limerick a more liveable, sustainable city! Starting with a story-telling session through digital and architectural models, followed by a guided tour of outstanding architecture in Limerick City. In conjunction with Open House Limerick and students of the School of Architecture at UL

🕒 1 - 3pm

+Limerick Partner: University of Limerick

Co-Design Workshop

Help us develop future visions of a sustainable city by taking part in this interactive workshop - put together different scenarios, determine the growth and adaptability of your city block with the aid of 3D models and your imagination!

🕒 3.30 - 5pm

+Limerick Partner: University of Limerick

CityEngage 'Student Perspective'

Join the conversation! - Students from UL give us the benefit of their recent work in participatory mapping, co-design and public engagement, in an open discussion on the evolution of Limerick towards a shared and sustainable built environment.

🕒 5.30 - 7pm

+Limerick Partner: University of Limerick

'The Best Bits' for Culture Night

As part of Culture Night 2019, +CityxChange is hosting a night of fun activities around ideas for a positive energy city. Using Virtual Reality, 3D printing, 3D scanning and laser cutting, adults and children will be able to come and share ideas about what they would like in their city (oh and have some fun and food too!)

🕒 6pm till late

+Limerick Partner: +CxC partners

Saturday 21st Sept:

Creative Play: Imagining Future Limerick

Calling all 5 to 10 year olds! We are looking for your ideas about your city. Using different types of materials from cardboard and styrofoam to conductive paint, textiles and electronics, children will work together on different scenarios to create a model for a green, efficient and people-friendly Limerick. All children must be accompanied by an adult.

🕒 11am - 1.30pm

+Limerick Partner: University of Limerick



This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 824260.



LEADER NEWS BULLETIN

COURT

Man accused of attempting to rob woman's handbag

DIRECTIONS are to be sought in the case of a man who is accused of attempting to rob a woman as she was walking in the city centre.

Dean Gardiner, 31, who has an address at Salvia Court, Keyes Park appeared before Limerick District Court (pictured) after he was charged with attempted robbery relating to an incident at Mallow Street on September 3.

Garda Aishling O'Sullivan told Judge Mary Cashin the defendant made no reply when he was formally charged in connection with the incident which happened at around 5.30pm.



It is alleged Mr Gardiner, who was arrested around 10 minutes later, approached the woman from behind and attempted to steal her handbag before fleeing. The woman was not injured.

Having been informed there will be a garda objection to bail, Judge Cashin adjourned the matter to later this week when, it's expected, a formal application will be made.

Noting that Mr Gardiner suffers from health problems, she directed that he receive all necessary medical treatment and attention while in custody.

Community

Polish library set to open in Limerick this month

THERE is good news for the members of the Polish community in Limerick, as the opening of a Polish library is set to take place later this month.

The library will be officially opened on September 26 at 6pm. The library premises will be set in Unit B 11 John's Street, Limerick City. All are welcome to attend.

This Polish library is an entirely private Polish community initiative that came to life thanks to many Polish people living locally and thanks to private sponsors.

There is a large Polish community Limerick. As of 2016, according to statistics from the CSO, the Polish population in the city and suburbs consisted of approximately 4,100 people. This makes up 4.5% of the population.

INVESTIGATION

Two gardai assigned to view seized CCTV footage

TWO gardai have been assigned to view almost six months of footage from a CCTV system which was seized from a house in the city earlier this year.

The domestic system was seized in June during a garda operation targeting organised criminality in the region.

The owners of the property – a husband and wife – have now initiated court proceedings to get the hard drive returned to them.

At Limerick District Court, Inspector Liam Wallace said while there is no garda objection to the Police Property Application, more



time is needed before the hard drive can be returned. "There is a very very significant volume of CCTV," he said telling Judge Marian

O'Leary that two garda members have been assigned to view the footage.

Solicitor Sarah Ryan said her client's are anxious to get the hard drive back as the CCTV system at their home cannot work without it.

Judge O'Leary adjourned the matter to later this month requesting that detailed evidence be available on the next day to confirm the progress of the garda investigation.



Limerick hurling star Lynch helped launch the Raheen/Dooradoyle Men's Shed Golf classic

Men's Shed set for golf classic

THE Raheen/Dooradoyle Men's Shed, which is inching closer to opening its own facility in the suburbs, will hold its annual golf classic later this month.

On Friday, September 27 at Limerick Golf Club, the group's major fundraiser will tee off.

Helping to get the countdown to the event under way this week was Limerick's hurler of the year Cian Lynch.

He's pictured with Jim Harold, golf chairman, sponsor Brian Geary, Joe Foster, Denis Ryan, Ger Lalor, Sean Dalton, Kevin Fitzpatrick, of Brian Geary Car Sales and Pat O'Riordan, golf secretary. Men and women are welcome to take part in the event.

For more information, call Jimmy Harold 087-9171139 or Pat O'Riordan 087-2380102.

Car was repeatedly reversed at house

Court: Suspect refused bail after garda objection

DAVID HURLEY
david.hurley@limerickleader.ie

A FILE is to be prepared for the Director of Public Prosecutions following an incident during which a car was repeatedly reversed at speed into the front of a house on the northside of the city.

Investigating gardai believe the incident, which happened earlier this month, is connected to a dispute which has erupted in recent weeks between a number of families in the Moyross and Ballynanty areas.

A young man who was arrested last week was refused bail when he was brought before a special court in Killmallock at the weekend after he was charged in connection with the incident which happened on September 2.

Anthony Moran, 24, who has an address at Delmege Park, Moyross faces criminal damage and burglary charges.

Opposing bail during Saturday's court evening, Garda Neasa Ni Chearnaigh said at around 10.30pm on September 2, a black vehicle was reversed at speed multiple times into the front of a house in Dalgaish Park, Moyross.

While there were no injuries, significant damage was caused to the porch, front door and sitting room window of the property.

It is alleged that Mr Moran was one of the occupants of the car which was driven away



Anthony Moran appeared before Killmallock Court



and later set alight at an area of open ground on the outskirts of Moyross.

Garda Ni Chearnaigh said it is the State case that Mr Moran can be tracked on CCTV to the area where the car was burnt out and that he is "clearly identifiable" as one of the men who set the car on fire.

Judge Marian O'Leary was told the burglary charge relates to a second incident which happened at the same house in Dalgaish Park a number of hours later.

At around 1am on September 3, gardai were contacted after a number of men were seen loading electrical items from the house, including a flat screen television, into a silver Opel Astra which was parked outside.

The car was subsequently intercepted by gardai at Cliona Park, Moyross and it is alleged that CCTV from the area captures Mr Moran and shows him putting the TV into the car.

Gardai opposed bail expressing concerns that Mr Moran would continue to engage in criminality if released and that he would not abide by conditions imposed by the court.

Concerns were also expressed about the recent escalation in the dispute with fears there could be further serious incidents.

Having considered the bail application, which was made by solicitor Sarah Ryan, Judge Marian O'Leary said she had some concerns and was refusing bail.

Mr Moran was remanded in custody pending further directions from the Director or Public Prosecutions.

The burned-out car has been technically examined and gardai at Mayorstone station say their investigations into both incidents are continuing.



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Body of young woman recovered

THE BODY of a young woman was recovered in County Limerick this Tuesday morning.

Emergency services were alerted to the discovery of a body in the Annacotty area shortly before 7am on Tuesday.

The 21-year-old was understood to be a student in Limerick.

Limerick Fire and Rescue Service dispatched three units to the scene at 6.59am and returned to base after 9am.

Gardai at Henry Street are treating the death as a personal tragedy.

If you have been affected by this story, there are a number of helpful services you can contact Samaritans helpline at 116 123 (free) / 087 2609090 (text); Pieta House at 061 484 444 / 1800 247 247 (free); Aware Helpline on 1800 804 848 (free); Grow on 1890 474 474; or the emergency services at 112 or 999.

Northside urban run returns

FOR the seventh year in a row, hundreds of runners will pound the northside streets in aid of a very good cause.

The St Michael's Rowing Club Urban Run returns on Sunday, October 6, at 1pm.

And it's hoped that up to 700 people will take part in the event, which will raise money both for the rowing club and Limerick Suicide Watch, which provides support patrols along the banks of the Shannon.

While the event will be formally launched next Monday night, club members are already on the look out for people to take part, with it being €20 to enter.

For more information and to take part, visit www.smrc.ie/urbanrun.

Alternatively, call 061-325264.

Life transformation on the way for Jean and Paddy with baby

It's a boy: 'He's perfect, we're blessed with him.'

REBECCA LAFFAN

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A LIMERICK woman who bravely shared her story on national television earlier this year, has given birth to a healthy baby boy.

Jean Tierney, who hails from Bruff, left the RTE show Operation Transformation in January after falling pregnant with her son Brayden, who was born last Wednesday, September 4, weighing 8lbs.

Jean captured the hearts of the nation after she shared her journey through an ectopic pregnancy, a miscarriage and the loss of her baby daughter Sloane last year.

"We were obviously in a whirlwind because we were in the middle of Operation Transformation and then we found out we were pregnant and we were like 'oh God what do we do' and obviously it was very early in the pregnancy," Jean said.

"But we had talked about things quite openly and, I suppose, there's nothing to be ashamed of, we were pregnant and it was something joyous and we chose as a couple that the right thing to do was to share the reason we were leaving the show.

"You don't know what way it was going to go, you're so nervous," she added.

"We've been through what we've been through, and we've stuck together through it. It's made us a lot



Jean Tierney with partner Paddy and baby Brayden. PHOTO: MIKE COWHEY

stronger and being able to talk about what we have been through is good and it's helped other people to speak up and that's good too.

"You always wish that you'd get to this point but you never know if you actually will, so to have him home with us here is absolutely fantastic," she said, "it's surreal, we keep staring at him, it's brilliant.

"He's perfect, we're blessed with

him. Everything is worth it."

Jean had previously stated she would rejoin the show once she could, but has no immediate plans to do so.

"I'm delighted I did it and it got us through a part of our lives that was quite tough, but right now we have everything we need," she added.

"It's nice to be able to close the door and hide away for a while and enjoy being in our little bubble."

Vicky Phelan to discuss life before and after diagnosis

DR VICKY Phelan, the woman who has been influencing a seminal reform in cervical cancer treatment and awareness in Ireland, will share her story as part of a nationwide book launch in Limerick city at the end of this month.

The Annacotty mother-of-two was awarded a €2.1m settlement in April 2018 after taking a High Court case against a United States laboratory, after she wasn't informed of an incorrect smear test in 2011 until 2017.

Since her court case, Dr Phelan has become the leading voice and advocate for the 221 women were diagnosed with cervical cancer, having previously received incorrect results from a smear test.

Her campaigning led to the Scally Review, a root and branch investigation into Cervical Check in Ireland.

Her new memoir, *Overcoming*,



Vicky's new book *Overcoming* will be in all Eason stores this Thursday

which will be available in Eason book stores this Thursday, details her life before and since her terminal cancer diagnosis and legal battle - from depression, motherhood and recovering from a serious car accident.

To promote her new book, Vicky will visit the Castletroy Park Hotel, and will be in conversation with RTE broadcaster Rachel English on September 29 at 2.30pm.

She is a recipient of an honorary doctorate at University of Limerick.



Property price study results

'Minimal change' to property prices

REBECCA LAFFAN

rebecca.laffan@limerickleader.ie

LATEST statistics show that property prices in Limerick saw "minimal change" during the first half of this year.

The findings were detailed in the most recent Residential Property Price Barometer by the Institute of Professional Auctioneers and Valuers (IPAV), which was launched earlier this week.

Figures show that the cost of a two-bed apartment in Limerick saw an increase of 0.88 percent in the first six months of 2019, while semi-detached three-bedroom houses also saw an increase with prices rising by 1.12 percent.

Meanwhile, a four-bed semi-detached home saw a price decrease of 0.47 percent in the region, with a nationwide decrease of 1.68 percent occurring for these types of homes in comparison with the previous six months.

While house prices in a majority of locations have dropped slightly across the country, apartment prices in most areas have increased on average by 1.35 percent.

The study also found, when compared with the previous six months, there has been a drop of 1.34 percent for three-bed semi-detached homes and a drop of 1.68 percent for four-bed semi-detached homes.

IPAV Chief Executive Pat Davitt said: "In some areas the difference is substantial.

"The factor that led to the quick ramping up of prices is the same one that is now prompting would-be buyers to hold back," he added.

WRAP UP IN CULTURE



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& Contae **Luimnigh**
Limerick City
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Clár Éire Ildánach
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Council pays the bill to remove illegal rubbish

DAVID HURLEY

david.hurley@limerickleader.ie

LIMERICK City and County Council spent more than €1,000 removing household rubbish which was dumped outside a vacant house on the southside of the city.

Anthony Clarke of 104 Donoughmore Crescent, Kincora Park, Southill is being prosecuted by the local authority in relation to a detection which was made at an adjoining house – 103 Donoughmore Crescent – on January 10, last.

Litter warden Paul McAnaspie told Limerick District Court that Mr Clarke was “given an opportunity” to clean up the site after material connected to him was found during an inspection of the rubbish.

He was also issued with a

fixed charge penalty notice which has not been paid.

Mr McAnaspie told Judge Marian O’Leary the defendant initially indicated he needed some time to get the money required to carry out the necessary work but that there has been no contact since.

The local authority subsequently retained contractors and the rubbish was removed at a cost of €1,016.

Judge O’Leary noted there is now a tenant residing at 103 Donoughmore Crescent and there have been no recent complaints of littering.

Having viewed photographs of the rubbish and noting Mr Clarke’s non-attendance in court, Judge O’Leary issued a warrant for his arrest.



Photographs of the rubbish were submitted as evidence during the proceedings at Limerick District Court

Social media outrage over dumping welcomed

Anger: Council says social media posts will encourage reporting

DAVID HURLEY

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LIMERICK City and County Council’s environment awareness and education officer has applauded those who recently took to social media to highlight incidents of illegal dumping.

Photographs of furniture which was dumped illegally at Park Road and Mallow Street sparked outrage last week as did CCTV footage of a man who can be seen dumping a bag of rubbish at a laneway in the city centre.

The local authority’s Sinead McDonnell says the posts generated significant outrage across Limerick.

“The sense of outrage, which is echoed within the council, will get more to begin reporting and more people to say it’s just not okay,” she said.

“All of those people dumping, somebody knows them – their friends, their acquaintances, their colleagues, their sisters, fathers, brothers, mothers, the uncles and aunts – they are connected to somebody who is outraged and it is that kind of social non-acceptance of that type of behaviour that’s going to eventually help solve it,” she told Limerick Today on Live 95.

A spokesperson for the council has confirmed it is aware of the recent



Photographs of these two chairs at Mallow Street were posted online

incidents of dumping.

Ms McDonnell says it’s important that incidents of illegally dumping are reported to the council and that those who make contact provide as much information as possible.

“If you have something like a vehicle registration, the time, the date, the place that is very very important to let us know from the point of view of investigating.

“These cases are always investigated but they don’t always make it through to fines being issued or a prosecution taking place but people do work very hard to try and track down who is responsible,” she said.

TD says touting bill in limbo

MAURICE Quinlivan, Sinn Féin TD for Limerick City, has lambasted the Fine Gael Government for leaving his proposed ticket-touting legislation on ice.

Deputy Quinlivan’s legislation was put forward to the Dáil in March 2017, aimed at stopping ticket touting and introducing consumer protection for events that require tickets.

“Over a year ago Minister Heather Humphreys said the cabinet had signed off on legislation to ban the issue of ticket touting,” stated the Sinn Féin TD.

“But where is it? We have seen no legislation since, no details at all in fact, all while sporting and music fans continued to get ripped off by ticket touts.

“At every opportunity Fine Gael sought to delay my Bill, first, by introducing an amendment that delayed it for nine months, and most recently refusing to issue a money message for it to proceed to the next legislative stage.

“They have effectively killed this bill - they clearly have no interest in solving the problem,” concluded Deputy Quinlivan.

Community Environment Action Fund is up for grabs

LIMERICK City and County Council is inviting applications for grants under the Community Environment Action Fund, writes David Hurley.

Any individual or organisation which has a project or initiative that could help to increase awareness of environmental issues locally or that could help their community to become more sustainable can apply for funding.

The initiative, which is overseen nationally by the Department of Communications, Climate Action and Environment promotes sustainable development by assisting small scale, non-profit environmental projects at local level.

“Potential projects should be in line with national environmental policies on areas such as waste, biodiversity,

climate change, air, noise, water or sustainable development,” said a spokesperson for Limerick City and County Council which is administering and co-funding the scheme.

Last year, funding of €36,000 was allocated to 48 different projects in Limerick.

These included a school garden with a biodiversity/pollinator focus, a puppet show

on waste and recycling and River Shannon Bottle Nose Dolphin Oil Spill Response Training.

Application forms for funding are available at www.limerick.ie with a deadline of Friday, September 27.

Priority will be given to projects relating to climate and biodiversity. Funding can also be supplemented by other sources such as the private sector.



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BODY OF YOUNG WOMAN RECOVERED IN COUNTY LIMERICK

Valerie Ryan

It is so sad that this seems to be becoming a normal regular occurrence in today's world! I'm sure every parent must be in absolute fear for their children.. Genuine heartfelt condolences to the poor family left behind.. RIP angel..



Moira O'Mahoney

Oh dear god someone needs to act because the amount of young people of late that have died is frightening

Eliza Halpin Liddy

So sad it's absolutely heartbreaking how many are lost in this way

WEATHER -POSSIBLE HIGHS OF 20° WITH CHANCE OF EX-TROPICAL STORM GABRIELLE

Leanne Reddan

Grand, get out the wellies and the bikini just in case



Marie Allen

Deirdre, Shave de legs and hit ballybunion

Philip Glasheen

Well done Mr Weatherman, we might have a few more bbq's

SIGI MURRIHY PACKING UP JOY IN LIMERICK FOR DEPRIVED CHILDREN

Johnny Andrews

Thank you Sigi for being such a generous lady and bringing such joy and love to those less fortunate than most people we know. May The Lord Bless you, Your Family and your work



Eileen O'Connor

Well done. What a lovely, kind lady you are, and these will make such a difference to many children at Christmas time. God bless you!

Claire-Lise Mottaz Pentony

Zigi, you are a great and kind lady. So full of energy and always doing something useful

LIMERICK SCHOOL PRINCIPAL TO RUN IN NEXT GENERAL ELECTION

Ciara Miller Johnston

An awful party that would have mass made mandatory and call for a reopening of the Magdalen Laundries. How archaic. Luckily Ireland has proven in recent years to be a far kinder place



Julie Sheehan

One of the hardest working people I have ever had the privilege of knowing. Knows exactly what is happening on the ground...if he puts into politics the 24/7 he puts into the children in his school... he will be a massive asset to Limerick!

John Doyle

He deserves a chance can't be any worse than the likes of Jan and Micheal noonan

Directions awaited in city murder case

Court: Accused appears via video-link from prison

DAVID HURLEY

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DIRECTIONS are still awaited in the case of a man who is accused of murdering Limerick boxer Kevin Sheehy.

Logan Jackson, 29, who has an address at Longford Road, Coventry, England, is accused of murdering the 20-year-old at Hyde Road, Ballinacurra Weston earlier this year.

Mr Sheehy, who was from John Carew Park, Southill, died from injuries he sustained when he was struck by a black Mitsubishi SUV during the early hours of July 1.

While the incident was originally treated as a hit and run, a murder investigation was subsequently



Defendant: Logan Jackson

launched.

The defendant who was arrested and charged a number of days after the killing has appeared in court a number of times since for procedural reasons.

During a short hearing, Sergeant Michelle Leahy requested a further adjournment of the case saying directions are "still awaited" from the Director of Public Prosecutions.

Solicitor John Herbert noted this and confirmed there was consent to the matter being adjourned to early next month.

Mr Jackson, who appeared via video-link from Limerick Prison, was remanded in continuing custody until October 1 for directions.

The defendant only spoke to confirm he could see and hear the court proceedings.

Gardai say their investigations into Mr Sheehy's murder are ongoing and that a file will be prepared for the Director of Public Prosecutions.



Daniel Braddish has admitted robbing more than €400 from Bar One Racing, William Street on April 8

Guilty plea following armed robbery at city bookmakers

A MAN has admitted robbing more than €400 in cash after jumping the counter at a bookmakers' premises in the city centre, writes David Hurley.

Daniel Braddish, 43, of St Munchin's Street, St Mary's Park, has pleaded guilty to a number of charges relating to an incident at Bar One Racing, William Street on April 8.

Limerick District Court was previously told the defendant was armed with a garden shears and that he threatened staff members when he entered the premises at around 6.45pm.

It is the State case that he can be seen on CCTV footage from the area swapping clothes with another man shortly before the robbery took place.

That man has also been charged and is before the courts.

While traumatised, none of the staff at the bookmakers premises were physically injured during the incident.

During a review of the case, Judge Mary Cashin was told the Director of Public Prosecutions has directed trial on indictment at the circuit court and that Mr Braddish wished to enter a 'signed plea'.

When asked to confirm this by Judge Marian O'Leary, the defendant replied "guilty yeah".

After noting this, Judge O'Leary remanded Mr Braddish in continuing custody pending his appearance before Limerick Circuit Court next month.

Once the defendant formally confirms his guilty plea, a date will be set to hear evidence and impose sentence.

Rebellion to tackle climate change

A SERIES of first-of-its-kind events will take place in Limerick over the coming weeks to encourage locals to get involved and help stop the current climate crisis.

The Limerick Branch of Extinction Rebellion, an international movement that uses non-violent civil disobedience to achieve radical change in order to minimise the risk of human extinction and ecological collapse, are to host a number free of public talks and training sessions in the near future.

The first event will be a public talk this Thursday September 12, followed by a strike in support of the Global Climate Strike on September 20 in Arthurs Quay Park.

A free non-violent direct action training will be also provided on September 28, from 11am to 4pm in Ormston House.

Chairperson of Extinction Rebellion Limerick Rebellion, Geraldine Exton, said: "As our teenagers and young people have led the way, we in Limerick feel it's time to stand up and do what we can to send out the message that enough is enough." See Extinction Rebellion Limerick on Facebook or email XRLimerick@gmail.com.



DRIVING IN STYLE FROM RACES

James Barry Motors is sponsoring the best dressed lady competition at Limerick Racecourse on October 13. First prize is use of a SEAT Ibiza for a year. Announcing details of the competition were models from the Holman Lee Agency, Eva Dunne and Lorraine Turner with beauty and fashion journalist Triona McCarthy judge of 2019 Best Dressed Lady competition PICTURE: ALAN PLACE



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LEADER CRIME BRIEFS

BY DAVID HURLEY



Gardai appeal following burglary at fun centre

GARDAI have renewed their appeal for information following a burglary at the Dreamland fun centre in Castletroy last week.

Gardai at Henry Street are investigating the break-in at the centre which is especially for children with special needs.

"It is located at Park Point which is just off the Dublin Road. We believe that the burglary happened between 8.15 and 8.30pm. It's still bright at that time in the evening and gardai are appealing to anybody who may have been driving or walking in that general area to please contact them," said



Extensive damage was caused at Dreamland

Sergeant Ber Leetch.

Extensive damage was caused at the premises which is operated by the Share a Dream Foundation. A quantity of cash was also stolen by the culprits and a Gofundme page has been set up to recoup the stolen money

Gardai at Henry Street station can be contacted at (061) 212400.

Garda warning for students as Freshers' week kicks off

GARDAI are appealing to students not to lose control while celebrating Freshers' week.

A specific garda operation has been rolled out this week and a number of students have already been issued with on-the-spot fines for littering and consuming alcohol in public.

"Freshers' week and freshers' parties have become part of the third level experience but previous years have shown gardai that the behaviour of some students can run out of control," said Sergeant Ber Leetch who is appealing to students to take care.

Valuable property should be marked to deter thieves

GARDAI are appealing members of the public to mark any valuable property they own in an effort to deter thieves from taking it.

Marking property will also make it easier for gardai to return it if it is stolen.

"One of our greatest challenges is to return stolen property to its rightful owner. Everybody thinks that they can identify their own property but it's not as simple as that," said divisional crime prevention officer, Sergeant Ber Leetch.

"It is very important to



Advice: Sergeant Ber Leetch

record details of, and to mark, your valuable property. Marked property is less desirable to burglars as it is harder for them to sell on. Marked property is more likely to be returned to its owner," she added.

Details such as serial numbers or distinctive features should also be recorded and kept safe.

Culture Night at Henry Street

HENRY Street garda station will open its doors to the public for Culture Night on Friday, September 20.

However, given the expected demand on the night those who want to see behind the scenes at the garda station must book their visit in advance.

To do so, email henrystreet.sergeants@garda.ie or phone (061) 212442.

Rock was allegedly thrown at car by man on horseback



A file photograph of Michael Stanners who has been charged with criminal damage offences following an incident in Moyross earlier this month

Dispute: Gardai allege incident is connected to row

DAVID HURLEY

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A MOYROSS man who is accused of smashing the rear window of a parked car while riding bareback on a horse has been ordered to stay away from the northside of the city.

Michael Stanners, 37, who has an address at Pineview Gardens, Moyross, has been charged with criminal damage relating to an incident outside a house in Delmege Park, Moyross, on September 1.

At Limerick District Court, Detective Garda Eoghan McDonagh said it will be alleged the defendant called to the house on horseback at around 4pm with the intention of confronting the occupants about an incident which occurred sometime earlier.

He said a verbal altercation then took place between the defendant and the occupants of the house and that as he was leaving Mr Stanners threw a rock at the Volkswagen Passat - smashing one of the windows.

It is alleged that around €500 worth of damage was caused to the vehicle.

Opposing bail - under the provisions of the Bail Act - Detective Garda McDonagh said it will be alleged the defendant can be identified on CCTV from the area and that he made certain admissions when questioned by gardai.

He told Judge Mary Cashin, gardai believe



He gave a full explanation to gardai

SOLICITOR SARAH RYAN, BELOW



the incident was linked to a dispute between a number of families on the northside of Limerick city which has erupted in recent weeks.

The detective expressed concern there could be a further escalation of tensions and that Mr Stanners would reoffend if released on bail.

He also expressed concerns that potential witnesses could be intimidated.

Solicitor Sarah Ryan said her client had "given a full explanation" to gardai following his arrest and that he was willing to abide by any bail conditions which were imposed by the court.

While noting the garda concerns, Judge Cashin said she was willing to grant bail subject to a number of conditions including the lodging of a €250 cash bond.

Mr Stanners has agreed to live with a relative in a village in North Cork and to stay out of the Moyross and Ballynanty areas of Limerick except when collecting his social welfare once a week.

He must sign on daily at a garda station in County Cork and obey a nightly curfew as a condition of his bail.

Mr Stanners has also been ordered not to have any contact with members of a named family and to have his mobile phone turned on and charged at all times.

Investigations are continuing and the matter was adjourned to early November as a file is currently being prepared for the Director of Public Prosecutions.

It's understood Mr Stanners may also face prosecution, under Control of Horses bye laws, in relation to the horse which he is alleged to have been riding.

Go up the hill for Jack and Jill this autumn

MIKE FINNERTY

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THE people of Limerick have been challenged to “go up the hill for Jack and Jill” this September and October.

The charitable foundation, which provides vital home nursing and in-home respite services for seriously-ill children, has supported 41 families in the city and county since 2015.

The fundraising challenge has

its sights set on raising €75,000 through hill walks, of many varieties and degrees of difficulty, taking place across the country from September 22.

The Limerick event will take place from the Boat Club at the University of Limerick on Sunday, October 6, at 11.30am, where participants will have a choice of a three or five-kilometre route.

People interested have the option of joining this organised

event or they can get creative and choose an endeavour of their own by organising a DIY challenge with friends or colleagues.

This can be sauntering up a local hill, climbing the office steps, abseiling a local landmark, surfing the crest of a wave, whatever springs to mind.

“Whether it’s one person or 100 people signing up, it really is the taking part that counts,” said Margaret Naughton of Jack and Jill Children’s Foundation

for Limerick, Clare and Tipperary.

The “Up the Hill for Jack & Jill” challenge is open to all ages and fitness levels

People can register their support for just €16 at www.jackandjill.ie – equivalent to the cost of one hour of home nursing care.

Once signed up, they will receive a fundraising pack full of goodies, including a menu of ideas, posters, balloons and stickers.



Noah Quish and Munster's Rhys Marshall PICTURE: LIAM BURKE PRESS 22



In happier times: Greg and Amber after winning Love Island during the summer PICTURE: MATT PROST/ITV

Romance on the rocks for Greg and Amber

Amber: ‘I was just expecting him to be a bit different’

REBECCA LAFFAN

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GREG O’SHEA has moved further away from the limelight and further into the spotlight in recent days following his split from fellow Love Island winner Amber Gill, with speculation about the sudden break-up still rife.

News of the split broke on Friday last, just hours before the pair were due to feature on the Late Late Show, with it being revealed that the 24-year-old Limerick man had apparently broken up with Amber via text message.

Despite the rumours being defused by Greg himself on the show later that evening, without Amber in attendance, the 22-year-old Newcastle beautician has since stated that the 39-day relationship had indeed ended via text.

“From my point of view, I still

wanted to make it work,” she said as she broke her silence on the break-up earlier this week on chat show Loose Women.

“There was a call a few days before, just chatting, not specifically to do with that and then definitely on that day it was a text,” she continued, “I was just like, ‘oh I’m going to have to give up if you don’t put the effort in,’ and then he was really like ‘ok.’”

“I was just expecting him to be a bit different,” she added.

The pair, who met in July on the reality TV show and went on to share the £50k prizemoney, were reunited in recent weeks in Ireland and had both stated they aimed to make their relationship work despite the distance and work commitments.

Greg had stated on the Late Late Show, which featured fellow Islanders Maura Higgins and beau Curtis Pritchard, that the relationship had ended “over a

couple of days and over phone calls..the whole thing about a text isn’t true - people just want to sell stories”.

Greg implored, “You need to be realistic about the situation,” describing how their busy schedules made maintaining the relationship an issue.

“We’re kind of being realistic about the situation and protecting our careers. That’s where we are at the moment.”

Greg still spoke fondly of Amber, adding she “deserves everything that’s coming her way. She’s amazing”.

The Corbally man is set to join Doireann Garrihy on the 2FM Breakfast show while regular presenter Eoghan McDermott is away doing voiceover work for Love Island Australia in Fiji.

Greg is joining the show for nine weeks from Monday, September 23.

Bridges walk returns to put spotlight on breast cancer

The 3 for 3 bridge walk in aid of breast cancer awareness returns this year after a successful debut last October.

The walk in aid of the local Symptomatic Breast Cancer Unit, UHL takes place on Sunday, October 6, at 3pm.

A scenic 3km trek, it will start at Bedford Row and incorporate the three bridges of Limerick.

3 for 3 are has secured Pinery as the anchor sponsor for this event, as well as Scanlons Pharmacy and Hook & Ladder.

Caroline Moloney, breast cancer survivor said, “Following last year’s success raising over €12,000 for the clinic we are calling on the people of Limerick and beyond to support this fantastic cause once again and give back to our local clinic.

“We would like to thank all our sponsors who have come on board to make this event possible again this year”.

Professor Shona Tormey, Consultant Breast and General Surgeon in the Symptomatic Breast Cancer Unit, UHL, said, “Breast cancer is common, and one in nine women will develop it in

their lifetime.

“The commonest risk factors are female gender and increasing age.

“Incidence increases after 50 years. Family history can increase risk; however, most breast cancer is not inherited.

She continued, “Being breast aware means knowing what is normal for you, checking your breasts at regular intervals, and discussing your concerns with your GP if you are concerned about symptoms or findings.

“Your GP will refer you to a symptomatic breast unit if appropriate. Triple assessment is performed at the clinic if necessary with clinical review, mammogram, ultrasound and biopsies performed in the clinic.

Prof Tormey added that means of reducing risk from breast cancer include maintaining a healthy weight, reducing alcohol consumption, not smoking, and breastfeeding.

Registration is €10, register online at hookandladder.ie, pop into any Hook & Ladder Café or call 061-413778.



Promoting the 3 for 3 were Anne Deignan, Sarah Moloney, Anne Merrigan, Professor Shona Tormey, Gerry Burke, Caroline Moloney, David Slattery and Alison O'Mahony

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Spin the winter days away with Energize's new classes

RYAN O'ROURKE

Ryan.orourke@limerickleader.ie

WITH the days getting shorter and the nights getting colder, people may find it a struggle to keep up with the same level of fitness they enjoyed over the summer months.

However, James Doran, Energize Club Manager, at the Strand Hotel, might just have the answer with the clubs, new fitness classes.

"The spinning classes are a new addition to the club. Our membership has quite a big base, 1,200 members, so we are looking to offer another stream of classes. The classes will consist of eight per class. We have two different rates, a member rate, and a non-member rate. You don't have to be a member to sign up," said Mr Doran.

"We get people of different ages, from people who are 16

right up to people in their 70's. Spin classes help with cardiovascular fitness, leg strength, a lot of people who would come in may have lower back issues and they find impact activities quite stressful, so it would be good for them as well," he added.

The club is in the city centre, so it is the perfect location for those who might want to call in during their lunch break. Anyone interested is invited to call in for a test run.

"Coming into the winter, it is perfect for those who might enjoy a walk in the evening, or enjoy cycling, and can't because of the weather. There will be flyers going out in the next week or so, and there is a free pass on the flyer. We do advise that you book in advance. We will be going online, with a booking system in the next few weeks. So people can book online."

Classes consist of two Spin

classes on a Monday, with one at 7am and one at 7pm. There will be three classes on a Tuesday, with one Spin and Abs class at 9.15am, one Express Spin class at 1.15pm and on Spin class at 7pm. Wednesday will have one Spin class at 7am. Thursday will have three classes, with two Express Spin classes at 9.15am and 1.15 pm and a Spin class at 7pm. On Friday, there will be two classes, with one Spin and Abs class at 1.15pm and the other being a Spin class at 5.30pm.

Energize are offering full membership for a year at €600, for six months at €350 and three months €225. Student membership is €375 for the year, €250 for six months and €175 for three months. Senior citizen's membership comes in at €470 for the year, €275 for six months and €150 for three months. Spin classes are €5 per class for members and €8 per class for nonmembers.



ABOVE RIGHT: James Doran, club manager testing out the new equipment

PICTURES: ADRIAN BUTLER

BELOW LEFT: Meet the team - Jason Sheahan, Daniel Hamborsky, Roisin Willis, Niamh McWalter, Mark Reidy and James Doran



"Coming into the winter, it is perfect for those who might enjoy a walk in the evening, or enjoy cycling, and can't because of the weather.

**JAMES DORAN,
MANAGER**

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Recidivist jailed for multiple theft offences

Sentence: Suspended prison term is activated

DAVID HURLEY
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A man who committed multiple theft offences less than six months after he received a suspended prison sentence has been jailed for ten months.

John Sheehan, 23, who has an address at Parkview, Lord Edward Street, Limerick pleaded guilty to charges relating to several incidents which happened on dates late last year and earlier this year.

Sergeant Michelle Leahy told Limerick District Court that Mr Sheehan stole 19 bottles of vodka worth €304 from Lidl on the Ennis Road on August 7, 2018 and that he stole a 43-inch television worth €400 from the Tesco store at Coonagh on September 25, 2018.

He stole Adidas runners worth €80 from Lifestyle Sports, Childers Road, the following day while on September 29, 2018 he stole a variety of knives and pots worth €77 from the Iceland store at Watch House Cross.

Most of the stolen property, Sgt Leahy said, was never recovered and the defendant was subsequently identified as a suspect on CCTV.

Mr Sheehan who received a suspended prison sentence in January of this year for similar offences also admitted stealing around €300 worth of household items from The Range at Limerick One Retail Park on August 7, 2019.

He was also convicted of theft offences when he appeared before Nenagh District Court in August.

Solicitor Darach McCarthy said his client, who has 25 previous convictions, had “lost his mind” after he began “self-prescribing” having been diagnosed with anxiety-related issues.

He said his client – a father of two – is on medication and had been doing well but only recently entered what he called a “spiral of recidivism” after his relationship with his former partner broke down.

“The offences occurred in blocks,” he said adding they were committed to fund his habit.

After Judge Marian O’Leary (pictured) noted that property worth almost €1,300 had been stolen, Mr McCarthy said his client would not be in a position to pay compensation.

“He apologises,” said Mr McCarthy, adding he is doing well in prison and hopes to re-engage with his family when released.

Having considered the matter, Judge O’Leary imposed consecutive prison sentences totalling seven months’ imprisonment.

She also fined Mr Sheehan €300 over his non-appearance in court on three separate occasions over the last 18 months.

Following a separate hearing a number of days later, Judge O’Leary activated a three-month suspended prison sentence which was imposed in January.

She directed that the sentence, which related to separate theft matters, be served consecutively to the seven month sentence.

Mr Sheehan has waived his right to appeal the sentences.



Deputy Maurice Quinlivan wrote to Minister for Health Simon Harris last week

Minister urged to explain crisis

FINTAN WALSH
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A LETTER has been issued to the Minister for Health Simon Harris, seeking answers to “outrageous” levels of overcrowding at University Hospital Limerick.

This week has seen major levels of overcrowding, nearing record highs, with 76 patients being treated on a trolley on Tuesday morning, and 64 patients on a trolley on Monday.

The national record for the number of patients on trolleys is 81, which was reached twice in 2019 by UHL.

In a statement on Friday, Deputy Maurice Quinlivan said that Minister Harris “made his secret dash in and out of Limerick” on August 21 “but there hasn’t been a peep from him since about how he intends to deal with the crisis that has overwhelmed our local hospital”.

Minister Harris inspected UHL on August 21 when there were more than 70 patients on trolleys.

“This situation cannot continue. I dread to think how bad the overcrowding will be in the winter if this is the situation in the summer.

“I have also sought answers from the

Minister for Health on why graduating nurses and midwives have not been offered employment here in Limerick.

“A number of graduates have contacted me, concerned and upset, that they will not be able to work in the hospital where they trained and one that is close to their community,” Deputy Quinlivan said.

The Sinn Fein TD also sought assurances over Western Building System’s contract to construct the 60-bed block at UHL, which is due to be fully operational in late 2020.

He said he won’t be holding his breath for a response.

Community unites to take on trolley crisis in Mid-West

FINTAN WALSH
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AN ALLIANCE of politicians, trade unions, community groups and members of the public will unite in an attempt to improve healthcare services in the Mid-West region.

The Mid-West Hospital Campaign will convene its first meeting this Wednesday night at the Mechanics Institute on Hartstonge Street in Limerick city at 8pm.

The campaign is calling for an end to overcrowding at University Hospital Limerick, the reversal of cuts to services, and the reopening of the emergency departments at Ennis, Nenagh and St John’s Hospital.

Limerick campaign member and former councillor, Mary Cahillane Vally said that University Hospital Limerick “is consistently the most overcrowded hospital in the country. The volume of people affected is increasing with each year that passes”.

“Throughout the summer months there have been repeated calls for the general public to refrain from using the A&E unless absolutely necessary, this is not acceptable.”

The campaign comprises community groups, Sinn Fein, Labour, Solidarity, independents, Siptu, Foras and trades councils in the Mid-West. People can follow the campaign on Facebook and Twitter on the handle - @hospitalmidwest

Medical Cannabis symposium to spark up debate at UL

MIKE FINNERTY
michael.finnerty@limerickleader.ie

THE University of Limerick is to host a symposium on medical cannabis.

The event, which is sold out, will take place in the Analog Devices building at the University on September 21, and will be streamed online.

Alicia Maher who is co-organising the event and is a P.h.D student in the university said, “I have first hand experience on the potential and benefits of medical cannabis. At this conference I want to share my experience on how medicinal Cannabis has made a significant difference to my life.

“Now that the law has changed for the better, we need to tell the government that we want those that suffer from chronic pain to be included in the forthcoming medical cannabis Access Programme.”

People Before Profit TD Gino Kenny is co-organising the event, and said that liberalising Ireland’s cannabis laws is a huge policy issue for him.

“The majority of countries in the EU and Canada have liberalised their cannabis laws to great effect. We still have a lot of work to do in Ireland but we’ve achieved a lot even in three years,” stated Deputy Kenny.

Interest mounts in lead up to auction

Munster Property Auction: Limerick properties to go under the hammer on September 26

WITH the Munster Property Auction fast approaching on September 26, the upcoming properties are seeing increased levels of viewings and interest.

Patrick Convey of the The Munster Property Auction said: "September tends to be a very busy time in property sales with buyers settling back after the summer months and they want to find a suitable property. We find this is an excellent time of year for sales of family homes and investment properties. There is still time to enter properties into our September auction and we encourage properties owners to make contact with the us to arrange for an initial valuation."



401 Richmond Court would make an ideal city centre home or excellent investment property



Ridge Cottage, Tuogh



There is full FPP at the Tiernahilla site in Ballingarry

401 Richmond Court, Dock Road, Limerick city

Offered at bids over €86,000 in partnership with Rooney Auctioneers This two bedroom apartment is conveniently located in the city centre. The apartment is on the 4th floor of the building. There is a

management company in place, with a current fee of €1,570 per annum which includes parking space for one car in the adjacent multi-storey car park, refuse and block insurance.

Ridge Cottage, Tuogh, Adare

Offered at bids over €96,000 in partnership with Rowan Fitzgerald Auctioneers - a two bedroom cottage situated on approx. 0.25 acre site. This cottage is full of character and is in need of modernisation, so will ideally suit those who like a

project.

Tiernahilla, Ballingarry

Offered at bids above €75,000 in partnership with West Property Group: Approximately one acre residential development site with full planning

permission for a detached family residence, measuring at approximately 2,550 sq ft, together with a detached shed with large plot of ground to the rear of the site.

Contact The Munster Property Auction on 021 234 9696 to arrange for a free

property valuation or for a property viewing, visit www.munsterpropertyauction.ie. Next public auction: September 26, The Rochestown Park Hotel, Douglas, Co Cork. Registration starts at 6.30pm.



THE MUNSTER PROPERTY AUCTION

Next Auction
Rochestown Park Hotel
Cork
From 6.30pm

26th Sept

021 234 9696
www.munsterpropertyauction.ie

30 Glen Court, Emly, Tipperary
BER B3

DNG
Start Bid+ €45,000
• 3 Bed Semi Detached
• Pristine Condition
• Great Location
Call 021 234 9696

St Judes, Corbally, Limerick
BER G

Rooney
Start Bid+ €225,000
• 5 Bed Semi-Detached
• Sought After Location
• Refurbishment Needed
Call 021 234 9696

401 Richmond Court, Dock Road, Limerick
BER C2

Brian LOHAN
Start Bid+ €86,000
• 2 Bed Apartment
• Convenient Location
• Includes 1 Parking Space
Call 021 234 9696

Development Lands, Foynes, Limerick
Exempt

WEST
Start Bid+ €110,000
• Prime Development Site x2
• FPP - 28 Bedroom Hotel
• FPP - 38 Dwellings
Call 021 234 9696

Hills Lane, Milltown Malbay, Clare
BER D2

Brian LOHAN
Start Bid+ €157,000
• 4 Bed End of Terrace
• 3 Bed Mid Terraced Mews
• Good Condition Throughout
Call 021 234 9696

Ridge Cottage, Tuogh, Adare, Limerick
BER G

Fitzgerald
Start Bid+ €96,000
• 2 Bed Cottage
• In Need of Modernisation
• Approx. 0.25 Acre Site
Call 021 234 9696

37 Templegreen, Newcastle West, Limerick
BER E1

DNG
Start Bid+ €45,000
• 2 Bed Apartment
• Town Centre Location
• Rented of €400 p/m
Call 021 234 9696

Caherbarnagh, Liscannor, Clare
EXEMPT

Streets Ahead Properties
Start Bid+ €140,000
• C. 28.83 Acres/Argi. Land
• Ample Road Frontage
• Liscannor Bay Views
Call 021 234 9696

Tiernahilla, Ballingarry, Limerick
BER G

WEST
Start Bid+ €65,000
• Residential Develop. Site
• FPP for Detached House
• Convenient location
Call 021 234 9696

Knockane Road, Newcastle West, Limerick
BER F

WEST
Start Bid+ €72,000
• 4 Bed Terraced House
• Close to Local Amenities
• Needs Modernisation
Call 021 234 9696

Call us today on **021 234 9696** to speak to one of our qualified auction consultants and arrange a free valuation of your property





Jasmine Dillon-O'Carroll, Carew Park; Naomi Purcell, Southill; Nathan McLaren, Lynwood Park; Allannah Purcell, Southill and Shannon Dundon, Southill at the St John's Ambulance cadet open night

Shannon Dundon: I'm hoping to learn something new. I will most likely join.

St John cadet open night

Potential new recruits get a look behind the scenes at the Cadet Open Night with St John Ambulance

Pictures:Dave Gaynor **Words:**Ryan O'Rourke



Instructors lining up at the St John Ambulance new cadet open night

Clara Dillon, Rathbane; Ellie Higgins, Patrickswell; Eva Bennett- Hanley, Castleconnell; Shauna Power, Moyross and Leona Purcell, Southill at the St John Ambulance new cadet open night

Leona: I'm hoping to learn about what they do here. I think I will join after. I would like to do medicine in the future.



Aoife Benson- Hannon, Castletroy, Laurie Murnane, Castletroy and Caoimhe Duffy, Castletroy at the St John Ambulance new cadet open night

Laurie: I'm getting a bandage wrapped around me to stop the bleeding



Yvonne O'Sullivan, Cappamore, Hazel Dignam, Castletroy and Caoimhe Duffy, Castletroy at the St John Ambulance new cadet open night

Yvonne: They are just learning the compressions for CPR.



Fionn McInerney-Garry, Castleconnell, Fares Sultan, Dooradoyle and Ciara Murnane, Lough Gur at the St John Ambulance new cadet open night

Ciara: We are doing haemorrhage control. His leg is bleeding, so we have to put pressure on the wound and bandage it up.



Sean Ryan, Ballynanty, Paul Duggan, Mungret, Lauren O'Mara, Whitegate, County Clare, Wayne Ryan-Johnson, Mungret and Dylan Carmody, Mountpellier at the St John Ambulance new cadet open night

Dylan: My mother told me about this, and said I should go. I'm hoping I will learn some stuff here.



Lauren Cosgrove, Hyde Road, Abbi Flanagan, Glasgow Park, Neena Cullen and Maeve O'Dea, Tipperary Town and Kiera O'Sullivan, Old Cratloe Road at the St John Ambulance new cadet open night

Candid Comment

By SPARTACUS

● Spartacus is once again, getting complaints about the bus service in Limerick and particularly the 304 bus route, which links Raheen to UL, via Limerick city centre.

The service it appears was unprepared for the return of the students, and the small progressions that were seen before the summer break are long gone, we have been told.

We have received lots of complaints again from students and indeed members of the general public, and we are not sure if it is because students returned to college this week.

However, the most vocal one this week was from a person who was going from Castletroy to the city centre on Tuesday morning.

“On Tuesday morning I was getting the 8.15 morning bus from Castletroy to the city. I am not sure where the fault lies but I did not get into the city until 9.30am. It is only a two mile journey, this is crazy, and something will have to be done.”

In fairness to the bus service, traffic is extremely heavy, and we are not sure the exact reason for this week's log jam, and if it will continue.

● THE Irish Rugby team flew out to Japan this week as they get ready to take part in the World Cup with the first game against Scotland on Sunday September 22 at 8.45am Irish time.

Spartacus was extremely jealous the other day when in a local pub, at lunchtime, he heard a number of local gents talking about their plans to head over to The Land of the Rising Sun. One had to be totally intrigued, by how they could afford the trip; how their employers and loved ones will leave them off, because the talk was to stay for seven weeks.

And one showed his latest app on his phone for the trip. “When I want to order something in a bar or restaurant, I just talk

into the phone, and play the translation for the waiter or barman. There is no way I am going to get my beer order wrong.”

Jealous, jealous, totally jealous.

● The mention of the word parasite is enough to make any of us sit up and take notice.

So it was no great surprise that all the national media outlets went big this week with the story that over 100,000 people in Ireland are at risk of infection from a bug in the water supply.

Cryptosporidium was found in 25 public water supplies last year, up from 17 cases in 2017.

Water with persistent pesticide problems included supplies in Abbeyfeale and Newcastle West, but it seems it is OK in other parts of Limerick.

The parasite can cause serious gastrointestinal illness...not very pleasant.

● IT'S hard to go anywhere these days without hearing Brexit brought up in any way, shape or form as bitter divisions reign in Britain over Europe.

The European Union, which is the largest peace project ever developed, is now, sadly, causing immense discord among our nearest neighbours, with real fears of civil unrest. So it is nice to see the positive role that the EU has played will be highlighted at a European Expo in Limerick early next year.

Launched this week in the Hunt Museum, the festival will be an unashamed celebration of all things European, and will highlight the good things the European Union has brought to Limerick and Ireland.

As the chairman of the Hunt Museum John Moran noted this week: “The EU has been a force for development here in Limerick, but also across Europe, of a new shared community, not just a common market but the guardian of peace and European values.”

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



Grace is a beautiful four-month-old white kitten. She is shy but friendly and longing for a home to call her own. Visit Grace at the sanctuary any day from 12 noon until 3pm. Adoption fee is €100, each cat is neutered, wormed and vaccinated.

Romeo is an adorable black and white kitten. He is mischievous and playful. Visit Romeo at the sanctuary any day from 12 noon until 3pm. Adoption fee is €100, each cat is neutered, wormed and vaccinated.



Scooby is looking for a home. Scooby isn't fond of other dogs so a home where he is the only pet. He is a lovable friendly guy, he loves attention and is great on the lead and is house trained. Visit the sanctuary between 12 noon and 3pm to meet Scooby and discuss with staff about adoption. A fully enclosed garden is required and a home check applies. Adoption fee is €150.

Stan is such a brilliant dog

Stan is looking for his forever home. He is a two-year-old terrier mix and is a little shy at first but does not take long for him to warm up to you. Stan is a brilliant dog and will make a lovely family pet. The sanctuary is open every day from 12 noon until 3pm if you would like to meet him or phone us on 0876371044 for more details.



Johnny Moore, Graham Vickerage, Henry Hyder-Smith and Dan Thomas pose as the Spice Girls at the Cannonball Run

Cannonball draws car-crazy crowds

SOME thought US President, Donal Trump was back in Ireland, but it was just a very good impersonator, that turned up as high-performance cars rolled into Limerick as part of Cannonball Ireland at the weekend.

The motorcade saw top car brands including Porche, , Rolls Royce and Bentley cars hit the streets as part of a major fundraiser for the Irish Cancer

Society. Cannonball is the largest organised road trip in Europe. The event has already raised €1,016,000 for Irish charities and, this year, the official charity of Cannonball will be The Irish Cancer Society which funds lifesaving cancer research and a range of free support services for people affected by cancer. The event was held at the Radisson Blu Hotel in the Ennis Road.

Treatment in Russia a lifeline for Leon

Fundraiser: €70k needed for student's stem-cell procedure

NICK RABBITTS
nick@limerickleader.ie

PEOPLE from across Limerick have come together to raise funds for local animation student Leon O'Connor, who needs to raise €70,000 to receive vital stem-cell treatment in Russia.

A number of events are taking place in the coming weeks to support the city man, whose secondary progressive multiple sclerosis is affecting his life severely.

Stem-cell treatment in Russia, he said is "the best chance I have".

"It's my only lifeline," 22-year-old Leon added.

Leon's Lifeline has been set up by his mother, the well-known local food writer Valerie and Leon's friends.

It was officially launched on the top floor of the Limerick Strand Hotel.

The first event will see celebrity chef Rachel Allen will be leading one of the first events by holding a 'Cooking Demo with Rachel Allen' on Wednesday, September 25 at 6.30pm at the Limerick Strand Hotel, with Rachel kindly donating her time to entertain Limerick audiences.

The night in the Strand will kick off with a wine reception where audience members can place bids on prizes in a silent auction. Local chef and food ambassador Tom Flavin will

It's my only lifeline

22-YEAR-OLD LEON O'CONNOR, PICTURED BELOW, SPEAKS ON HIS TREATMENT



kick off the proceedings with a cooking demonstration of some of his much-loved dishes. Rachel will then take centre stage to entertain everyone with a demonstration of some delicious autumn dishes. Two lucky participants will win the prize of getting to enjoy the prepared dishes as they are made.

Acclaimed Limerick photographer Tarmo Tullit will also be on-site shooting portraits with all proceeds also going to Leon's cause to help to save the health of this vibrant young Limerick man.

There will be a collection at the Urban Co-op on Saturday, September 14 with a portion of the day's profits being donated to Leon's Lifeline. The Urban Co-Op is the first co-operative grocery store in Limerick, producing organic foods.

Bobby Byrne's pub is holding a Table Quiz Fundraiser on Tuesday, September 19 from 9pm to 11pm with teams of four costing €40.

The annual Kingdom Comic Fest on Saturday, October 5 at the Brandon Hotel, in Tralee, have kindly chosen Leon's Lifeline as its charity of choice. Kingdom Comic Fest is a convention that features comic books, writers, artists, crafters, vendors, gaming, panels, workshops, cosplay, and vendor.

Also coming up in October is the Limerick Rowing Club's table quiz at Flannery's Pub on Wednesday, October 16, a Family Fun Day at the Limerick Milk Market on Friday, October 20 and 'The Gathering Games Day' on Saturday, October 26 at Thomond Park featuring a collection of games and events, ranging from role-playing and game tournaments. Proceeds will be kindly be donated to Leon's Lifeline. To donate visit gofundme.com/f/leons-lifeline.

LEADER NEWS BULLETIN

Energy efficiency

Three schools to receive share of €25m funding

LIMERICK is to share €25m funding to make educational services more energy efficient, a Fine Gael Senator has confirmed.

Seanad spokesperson on Education and Skills, Senator Maria Byrne, FG has welcomed the inclusion of three Limerick educational applicants in the Government's €25m SEAI Communities grant scheme.

Successful educational project applicants in Limerick include Our Lady of Lourdes Community Services Group, Caherconlish National School and three Limerick and Clare Training Board (LCETB) Training Centre.

Upgrades will include funding for energy-saving lighting, pumps, roof and wall insulation, heating controls, windows and doors, and solar PV



Senator Byrne has welcomed the news

panels.

"My colleague the Minister for Communications, Climate Action and Environment, Richard Bruton, has announced 57 successful applicants to the SEAI Communities grant scheme," she said.

"The grant funding will help deliver energy upgrades to these educational buildings which will lead to lower energy bills, reduced emissions and warmer, healthier facilities.

"This is an important and innovative step in helping us reach our targets under the Climate Action Plan," she added

New LIT campus

Call for LIT Coonagh bus route

FINE Gael Senator Maria Byrne has called for a new bus route to connect the city centre and LIT's new Coonagh campus.

"It makes sense for a city bus service to operate between the city centre and the new LIT Coonagh Campus as 800 staff and students are expected to make by the end of the academic year," said Senator Byrne.

"The improvement of Limerick's public transport is a bread-and-butter issue that I have been pursuing for some time and I hope that the NTA introduce these services."



Maria Byrne in LIT



Freshers Week is well underway as this picture of early morning revelers gathering outside The Moose Bar on Cathedral Place demonstrates

Gardai issue warning to students

STUDENTS in Limerick have been warned by gardai not to 'ruin their college years before they have even started' as they prepare to increase patrols and hand out fines this Freshers Week. The warning comes from divisional crime prevention officer Sergeant Ber Leetch.

"Freshers week and fresher's parties have become part of the third level experience but

previous years have shown gardai that the behaviour of some students can run out of control. This year there is a policing plan in operation which includes extra patrols in Castletroy and the city centre. Council Byelaws are also being enforced and tickets have already been issued by gardai to students for littering

"Students are urged to not

ruin their college years before they have even started. The last thing they want is an assault charge or possession of drugs charge which can mean you can't go to Australia or Canada. One final thing, Freshers, enjoy yourself, take care of yourself, your friends and your property but respect the residents and your neighbours," said Sergeant Leetch.

City expo to celebrate all things European

NICK RABBITTS
nick@limerickleader.ie

LIMERICK is to host an unashamed celebration of our European identity next year.

Limerick City and County Council, educational and cultural Institutions and local businesses are creating a European Expo 2020 starting on Shannonside.

It's being billed as a unique exploration of the importance of the European Union (EU) to its people and vice versa. Through 2020, it will showcase Irish and other EU cultures, through education, entertainment and information.

It will take the form of exhibitions to highlight the work of the EU institutions, debates about the big issues facing the EU and this corner of the continent.

There will also be fun participatory events highlighting the common



Hunt Museum chairman John Moran, Jill Cousins, Hunt Museum, Cllr James Collins, Kerstin Mey, VP academic affairs and student engagement, UL PICTURE: PAUL MULLINS

ties which bind Europe together.

At its heart will be an exhibition from the European Investment Bank Art Collection, called Belonging, to be based in venues across the city and curated by the Hunt Museum.

The bells of St Mary's Cathedral will ring out the gorgeous European anthem Ode to Joy, while the Kemmy Business School and the University of Limerick will run an exhibition on the policies and institutions of the European Union, which of course is at the centre of

global news headlines right now.

There will be street parties from all our Limerick's European communities and much much more.

Metropolitan district leader James Collins, who attended the launch of the Expo at the Hunt Museum said: "We believe it is important to show, not just tell, what the EU has done and is doing for you."

Hunt Museum chairman John Moran said: "The EU has been a force for development here in Limerick, but also across Europe, of a new shared community, not just a common market but the guardian of peace and European values."

He said he wants 2020 in Limerick to be "a contemporary, people-focused, voyage of exploration through media like art, education, politics, culture and even sport."

Rockwell College
Cashel, Co. Tipperary.



OPEN DAY
Saturday, September 28th 11am
Boarding and day-boarding facilities for boys and girls

- Over 150 years of top academic standards in the Spiritan tradition
- 32% of our LC candidates achieved 500 points or higher
- Extensive range of subjects at Junior & Senior level
- Outstanding facilities
- Five-day and seven-day boarding available

VIEW THE COLLEGE AND BOARDING RESIDENCE WITH OUR PUPILS AND STAFF

PRINCIPAL'S ADDRESS 11.15AM

PARENTS & PROSPECTIVE PUPILS WELCOME



Customers enjoyed an Open Day in McMahon's, Dock Road, Limerick where a number of building suppliers and specialist were on hand to answer questions

MCMAHON'S CUSTOMERS OPEN DAY



Greg Duffy and Gary Connole from Tec7 on hand to answer questions from customers



Paul Brennan from IKO Leadax the roofing specialists at the open day



Stephen Hoary and Richard Llewellyn from Rockwool



Pádraig Ryan with all the latest power tools from Makita



Mayor Michael Sheahan with Clive Long, branch manager and staff at the McMahon's Customers Open Day



Making Cents

LIAM CROKE

The Must-Read Guide To Saving Money

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

Four tips to smooth out your mortgage application

Getting your finances in shape for a mortgage application is important so I'm going to look at what you can do to increase your chances of success.

1. PERMANENCY OF EMPLOYMENT

Banks want to lend to people who are in full time, permanent employment who have completed their probationary period.

They look really favourably on applicants who have been with their current employer for at least two years. It's not essential or a must, but a good employer and a stable work history, does give them comfort. So, if you are thinking of switching jobs and buying a property, then maybe think again until you have got your mortgage in place, and a property bought. If you move jobs, even to one where your income is higher, you'll probably still have to go through a probationary period which could last six or 12 months which could delay your house purchase.

If you're working and in contract employment, without question this makes it more difficult to secure a mortgage. A lender will always think the worst – what if their contract is not renewed, how will, they be able to pay their mortgage? So, they tend to be more cautious with people who are in contract positions but that's not to say they won't lend to them either.

I spoke with one lender this week and enquired as to their policy on mortgage applications for people in contract employment. Their response was that applications will be assessed on a case by case basis, where the stability of employment of the applicant

and their future job prospects has been established. Ideally, they want to see applicants who are on contract working in growth sectors, a history of contract renewal, professional qualifications and good prospects of alternative employment at a similar salary level, in the same line of work.

2. SUFFICIENT SAVINGS

Banks like to see a gradual build-up of savings over time.

What gives them great comfort is, if the amount you were saving each month was the same as your future mortgage repayments. It won't be a shock to your system when your mortgage draws down, because you will have been saving/paying rent, for the equivalent of what your new mortgage is costing you. This - demonstrating an ability to repay through savings and or the amount you are paying in rent each month - is vital.

So, if you are looking at properties where the mortgage costs c. €1,500 each month, then prove you will be able to repay this amount by saving that amount each month or prove via bank statements that you are paying that amount each month in rent.

3. MAINTAIN GOOD ACCOUNTS

Banks will forensically go through your current accounts, line by line.

If you are constantly in overdraft each month, or you have nothing left over, or you have referral fees being applied, they are big red flags and your chances of securing a mortgage, regardless of how much income or savings you have, are greatly reduced.

A bank will ask for at least six months' current account statements, so

Banks like to see a gradual build-up of savings over time



DID YOU KNOW?

The most expensive natural disaster ever, was the 2011 Tohoku earthquake and tsunami. The cost of the damage it inflicted, amounted to c. €453 billion, in today's money.

present them with statements where there is a consistent credit balance at all times.

If you have money in a credit union for example, and you are going to use some towards your deposit, it might be worth diverting some into your current account, so when you're presenting statements, they show a healthy surplus of say €3,000 every month. And that €3,000 is the money you transferred from your credit union account. You may still have nothing left over at the end of the month, but that buffer of €3,000 you lodged looks as if you have.

4. GET YOUR DOCUMENTS TOGETHER AND IN ORDER

Without doubt, there is a lot of paperwork to gather and a lot of forms to fill out, but to help create a good impression, come prepared and don't make an application without having everything you've been asked for.

If you make an application and you provide two pay slips, when you were asked for three or giving five months of bank statements instead of six, is incredibly annoying to a lender. So, whatever they ask you for, give them.

Don't annoy an underwriter by making them work to find bank statements or having them put statement pages in the correct date order etc - make it easy for them. Give them a folder with all the forms requested in the correct order and consider dividing it into different sections i.e. have one divider marked income and in it have your salary certificate, your P60s and payslips, and then have another divider marked bank statements and so on.

ASK LIAM

Our personal finance expert answers your questions ...

Q: When I retired, because I didn't have a certain amount of income each year, I had to put part of my pension fund into an AMRF which I have limited access to. I was told by an ex-colleague, I might be able to get access to it now, but I'm not sure how or why?

A: At retirement if you didn't have a guaranteed source of income greater than €12,700, you had to put €63,500 of your pension fund into an Approved Minimum Retirement Fund (AMRF).

Previously you could only access the growth on your AMRF, with no access to the capital until you reached 75, but that was relaxed in 2015, when annual withdrawals of 4% were allowed.

Anyway, with the increase in the state pension, which came into effect in March of this year, if you qualified for the maximum pension of €248.30, your income exceeds the previous benchmark of €12,700.

If this applies to you, you can convert your AMRF to an ARF which allows access to more than a 4% annual withdrawal, or you can access the full amount right away, subject to tax.

Contact your pension provider, give them evidence that your income is now > €12,700 (pension payslip) and get your money out of an AMRF and into an ARF.

SHOP LOCAL: GOOD DEALS AVAILABLE IN LIMERICK THIS WEEK

Energize @ The Strand Hotel are running a great offer just as schools are getting back in. Join Energize today and receive a €50 discount on a 9-month membership get one month FREE! Call 061 421850 for more details.



Dunraven Arms Health & Leisure Centre, Adare have superb value on new memberships! Just some of the offers include; annual adult just €275, annual over 60s just €250. For more information and to find out about all the offers available call 061 605995.



72 HOUR SALE from September 13-15 will take place at City Tiles and Bathrooms. The massive bathroom bonanza will see great deals and giveaways. Do not miss out, this is the biggest giveaway yet. Unbeatable and unbelievable value this weekend only. Unit 3, Eastpoint Retail Park, Ballysimon Road, Limerick. Telephone: 061 439640.





Life-saving kit could seal deal for Eoghan, 22

Enterprise: Clarina businessman in young entrepreneur final

NICK RABBITTS
nick@limerickleader.ie

A LIMERICK businessman who has designed a potentially life-saving piece of kit is in the running to be named Ireland's Best Young Entrepreneur (IBYE) for 2019.

Eoghan Mulcahy, 22, will represent Limerick and the region in the national final of IBYE for 2019 in the best idea category this weekend.

Codenamed Deepseek, his concept uses the power of artificial intelligence to automate rescue missions using unmanned robotic systems.

Eoghan, who is originally from Clarina, along with the 23 other finalists across three categories met with Minister for Business, Enterprise and Innovation, Heather Humphreys, and junior business minister, the Clare TD Pat Breen at government buildings in the lead up to the national final.

The final takes place this Sunday at Google's headquarters on Dublin's docklands, which also played host to a pitch training day.

Limerick's head of enterprise Eamon Ryan said: "Eoghan has been an exceptional entrepreneur to work with right through the IBYE process. He has an excellent attitude to furthering his business and that makes our job a lot easier."

"He is a credit to Limerick and a further example of how the entrepreneurial spirit is alive and well in the region. We wish him the very best of luck in the national final and we look forward to continuing to work with him



beyond to help him grow his business."

Other finalists in this year's IBYE programme include a recent BBC Dragons' Den participant, a serial entrepreneur bringing shopping from your phone to your door, a 19-year-old whose skills learned in Transition Year now sees her employ 23 people, an entrepreneur using plant based nutrition to combat MS and diabetes and a young woman who is revolutionising the methods by which horses are bred.

They are competing for a

Limerick's representative in the IBYE Final Eoghan Mulcahy (centre) meeting Martin Corry, Enterprise Ireland; Enterprise Minister Heather Humphreys; junior business minister Pat Breen and Oisín Geoghegan, Local Enterprise Offices, ahead of the event

€100,000 fund across the three categories.

The winner of the best business idea will receive a €15,000 investment with the runner up securing a €5,000 investment. The best start-up business and best established business winners will receive a €25,000 investment each with the runners up in those categories receiving a €5,000 investment, while the 2019 Ireland's Best Young Entrepreneur selected from the three category winners will receive an additional €20,000 investment.

Business light burning

MORE than half of 10 and 11-year-old children in Limerick have aspirations to become entrepreneurs in the future.

That's according to a major survey carried out this week by Tweak who surveyed the youngsters after they completed the Junior Entrepreneur programme in their schools.

Some 60% of girls across 26 counties surveyed indicated that they would choose entrepreneurship as their career, according to the



Student Jack O'Dwyer with Cllr James Collins

study, with 53% of boys saying likewise.

The survey is one of the largest ever known to have been undertaken in Irish Primary schools. Children wrote their responses on their Junior Entrepreneur Class workbooks. The programme saw children mentored by entrepreneurs from their own areas.

Wellbeing in the workplace

THE Shannon Chamber is to host an evening seminar dedicated to the topic of health and wellbeing in the workplace.

The event, at Ei Electronics in the Shannon Free Zone takes place between 6pm and 8pm on Tuesday, September 19.

It will include a keynote address by author and doctor Harry Barry, an experienced commentator in mental health.

The event has been organised to encourage employers and employees to attend and encourage them to put health and wellbeing centre stage when implementing corporate policies and procedures.

Other speakers include Dr Deirdre Smithwick, consultant psychiatrist and director of mental health services at the HSE, and Employability Clare executive Helen McQuillan.

City law firm shortlisted for top prize

ONE of Limerick's leading law firms has been shortlisted for a prestigious award.

Holmes O'Malley Sexton, which is based in Henry Street, is in the running for the Chambers Ireland Corporate Social Responsibility awards for 2019.

The winners of this will be announced at a gala event in Dublin's Clayton Hotel on September 19.

The company has been shortlisted in the community programme category for its innovative Transition Year programme which take place through the Limerick branch of the company.

The Chambers Ireland CSR Awards were established in 2004 to recognise the work being carried out by Irish and multinational companies to improve the lives of their employees and their communities and to celebrate best practice in Corporate Social Responsibility throughout Ireland.

Since 2017, Holmes O'Malley Sexton



Transition year students at Holmes O'Malley Sexton's offices in Henry Street

has provided a twice yearly structured week-long Transition Year (TY) programme which is open to all schools in the Limerick area.

Within the week, it welcomes 20

students to experience a week in the life of a busy law firm, where the students take part in a range of activities including a visit to the courthouse, learning about human rights through a street law style module, taking part in a mock trial, learning about the different legal career opportunities and much more.

HR manager Margaret McNerney said: "The students taking part in our programmes should be commended on their enthusiasm and interest in taking part. They showed fantastic skill and personal and professional growth throughout the programmes and conducted themselves to a very high standard and I would also like to thank my colleagues in our Limerick office who gave so freely of their time to support what will potentially be the next generation of law professionals."

Holmes O'Malley Sexton also provides third level scholarships.

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Applications should be made in writing setting out your qualification and experience, together with a statement of relevance and suitability of your application to the advertised position. Applications are to be combined in one document and emailed (not posted) to info@hraplanning.ie prior to 12.00pm on Friday September 19th 2019. Further information and a full job description can be obtained from www.hraplanning.ie

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KEEP IT LOCAL!

Limerick businesses in the spotlight



Imagine delivers on high-speed broadband promise for Limerick

RURAL homes and businesses in Limerick are among the first to benefit from a €300m high-speed broadband investment by Imagine.

Limerick is one of the counties to benefit the most from the roll-out and people can check their coverage at www.imagine.ie or call 1800 938 999. The company has now started on phase two to deliver high-speed broadband to over 1.1 million premises by June 2020.

Imagine Commercial Director Brian O'Donohoe said: "Dedicated 5G Fixed Broadband is a game changer in the delivery of reliable high-speed broadband and this combined with the benefit of lower housing costs can have a huge impact for rural areas seeking to attract or retain numbers in local communities".

This means that reliable high-speed broadband of 150Mbps is now available to over 800,000 homes and businesses across 31,000 rural townlands. This is welcome news for people in regional and rural areas who have been waiting for the upgrade of copper to fibre. The great news for rural dwellers is that Imagine's network covers 234,000 homes and businesses in some of the most remote and rural areas across the country. So, where there was previously no planned commercial investment by any other operators, people can now connect to high-speed broadband this week.

Homes and businesses in rural areas across the county, from Askeaton to Kilmallock and from Abbeyfeale to Hospital, can now join the

thousands who are now connected. This means that rural homes and businesses that were facing the prospect of having to wait years will now be among the first in the country to benefit from high-speed broadband.

Announcing the completion of phase one of the rollout of its national broadband network, Imagine also confirmed that it is on schedule to extend coverage to over 1.1 million premises by June 2020. So, if people or businesses are not yet in coverage then they can register on www.imagine.ie

Removing the need to bring fibre to every premise and without the need for cables and ducting, Imagine Broadband's network can now quickly extend high-speed broadband services even in more rural areas.



CUP STOPS AT KILMARTINS

Julie Kilmartin and pupils with the European Champions League Cup which called to Kilmartins Education Centre last Friday

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ENTERTAINMENT

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

Two friends to stage one-act play

MIKE FINNERTY

michael.finnerty@limerickleader.ie

TWO long-time friends have joined forces to produce a one-act play.

Catherine Beary and Nicola Watson have been close friends for over 13 years, and at the end of September, their one-act play *Nicola* will be staged in Limerick.

Nicola is about a group of middle aged friends meeting for lunch, an incident happens which forces them to own up to some uncomfortable truths.

"It is a dark, poignant, funny and ultimately uplifting play poking midlife in the gut," said writer Catherine.

Beary who lives near Pallasgreen and got the writing bug after attending creative writing classes at

the University of Limerick.

Speaking to *The Leader*, lead actress Nicola discussed the complexities of playing six different characters.

"In the play, I play myself, and strangely, that is the hardest role to play."

Switching between six different characters would be a tall order for any actor, but the University of Birmingham graduate says that the switch is relatively easy.

"When I switch characters, they might have a hat or a jacket on, so in my mind, it's easier to differentiate between the roles."

Nicola will be staged on September 26, 27 and 28 at *The Commerical* on Catherine Street, and tickets can be bought by ringing Catherine on 083 1981503.



Catherine Beary and Nicola Watson at the launch of their play *Nicola*, which takes to the stage at *The Commerical* later this month. PICTURE: MICHAEL COWHEY

O'Connor previews Féile 19 act

AHEAD of her much-anticipated headline performance at FÉILE '19 in Thurles on September 20-21, Sinéad O'Connor performed two songs from her repertoire on the first Late Late Show of the season last Friday; including a mesmerising rendition of Shane MacGowan's *Rainy Night in Soho* with the Irish Chamber Orchestra. This was Sinéad's first TV appearance for five years, ahead of her only Irish festival appearance this year at FÉILE '19.

O'Connor will be treating festival goers to a very special once-off performance celebrating the music of Shane MacGowan during FÉILE '19.



Rock And Roll Queen: Amanda Palmer sets gig at UCH in support of new album

Alternative rock queen Amanda Palmer to play UCH concert

ONE of rock music's most critically beloved artists has pencilled in a date at the University Concert Hall, writes Mike Finnerty.

Amanda Palmer is currently on a world tour to promote her new album, *There Will Be No Intermission*, and will play the UCH on Sunday, October 27.

Known for her take-no-prisoners approach to her music and publicity,

Palmer has ascended to the rank of one of music's premiere provocateurs.

Discussing her new album, Palmer saidm "I've never been nervous about releasing a record before, but this one is different. The rise of global fascism alongside the spreading fire of #MeToo has forged a louder megaphone for all women, and we're all seeing that radical truth is infectious. I

feel more urgency than ever to share the naked truth of my experiences."

"Most of these songs were exercises in survival," says Palmer. "This isn't really the record that I was planning to make. But loss and death kept happening in real-time, and these songs became my therapeutic arsenal of tools for making sense of it all.

Tickets are €25 and are available on www.uch.ie

FÉILE '19

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DOLAN'S AND COBBLESTONE JOE'S PICTURES: DAVE GAYNOR



Katie Morrison, Nina Duffeck and Aysha McCoy at Dolan's PICTURE BY DAVE GAYNOR



Martina Keane, Perarse Ryan, Celia Hannon and Clare Conway at Cobblestone Joe's



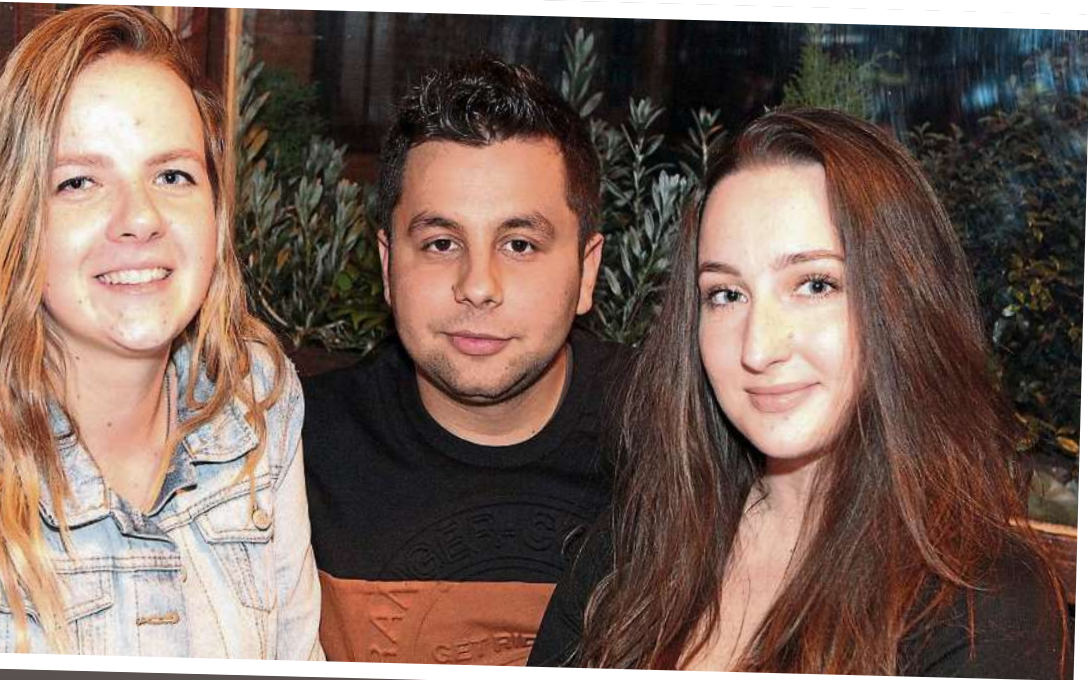
Sinead McDermott, Pdraig Doran and Andelain Keane at Cobblestone Joe's



Cian O'Dalaigh and Ronan Dooley at Cobblestone Joe's



Karen Whelan and Leanne Fitzsimons at Cobblestone Joe's



Erika Vandalauskaite, Alex Farkas and Goda Venclovaviciute at Cobblestone Joe's



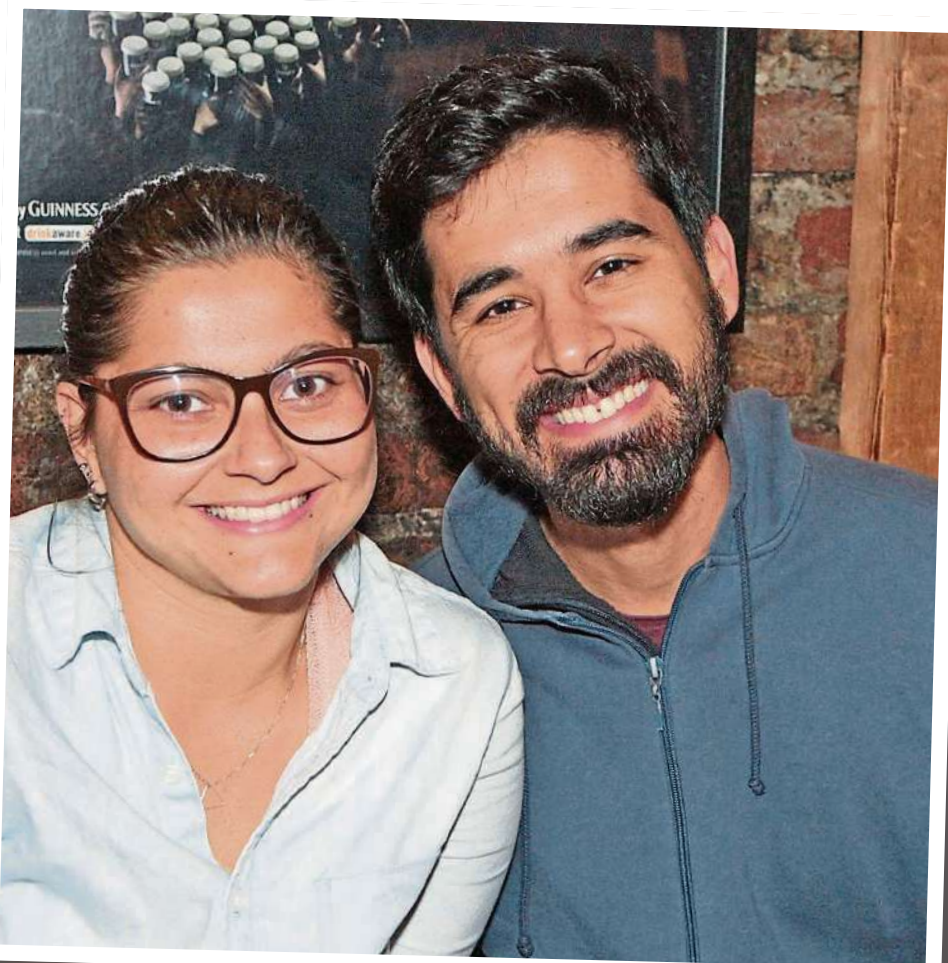
David Doran and John Fitzgerald at Cobblestone Joe's



Shauna Plunkett and Amy Keane at Cobblestone Joe's



Shane Galvin, Michaela Healy and Antone Hanley at Cobblestone Joe's



Maria Zilda and Pedro Hermes at Cobblestone Joe's



Megan McGuinn and Aisling Kiely-Maher at Cobblestone Joe's



Fidget Feet's Bingo Wings is at the Lime Tree this weekend

THINGS WHAT ARE ON IN LIMERICK



ABOVE: Oneday is at the Belltable this Thursday



RIGHT: Tommy Tiernan is at the UCH for two nights this weekend

PICTURE: COLM HOGAN



Saint Sister play Dolan's Warehouse on Saturday

THIS coming weekend in Limerick is so packed with great events that it's impossible to include all of them. Experimental theatre, spectacular aerial dance and the world's best bassist in the city will have you juggling your timetable just to have a chance to make the lot!

And a special welcome to all the new students in Limerick this week. Visit the city, enjoy it, and if you're looking to wear a traffic cone as a hat, check out the king's ransom of cones on Parnell Street near the train station. You're welcome.

Thursday (Sept 12)

Oneday, at the **Belltable** for one night this Thursday, is a theatre piece probing what happened on a single day in 2012 and how the media covered it. It's written by Dick Walsh, who's built up a deserved reputation for writing probing experimental theatre about the world and how we perceive it, and co-produced by Pan Pan Theatre, who make left-of-field shows like nobody else in the business. The last time I saw a Pan Pan performance, I ended up standing on the Abbey Theatre's main stage during the show, looking out at the auditorium. I can promise you that it will be in your face and weird and will make you think. And isn't that exactly why theatre exists? Never miss a Pan Pan show when it comes to town - you shouldn't miss this. 8pm, tickets are €18 / €16 concession.

Singer-songwriter **Emma Langford** makes a trip to west Limerick on Thursday night, taking to the stage at the **Glórach Theatre** in Abbeyfeale. After her summer tour of the US and Europe this year, it's a real pleasure to see Limerick's finest folk singer doing an intimate gig in her home county. And with her second album on the way, you might be lucky enough to hear a few sneaky tracks from it. This is easily the best

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

entertainment to be had in the west of the county this weekend. 8pm, tickets are €10.

Peter Hook is in **Dolan's Warehouse** this Thursday night with his band **The Light**, formed when he decided that he and fellow **New Order** founder **Bernard Sumner** couldn't stand to be in the same room as each other. He'll be playing music from **New Order's Technique** and **Republic** albums, which I'd class as being at the shallow end of the pool when it comes to the group's career, though I'm sure someone will eventually shout at me across a crowded room that I'm wrong. You can also look forward to an opening set of nothing but **Joy Division** music. **Peter Hook** is probably the greatest bassist on the face of the planet and has been in two of the best bands the world has ever seen, so this is a must for any fans of 80s synth. Doors at 7:30pm, tickets are €24.50

Friday

(Sept 13)

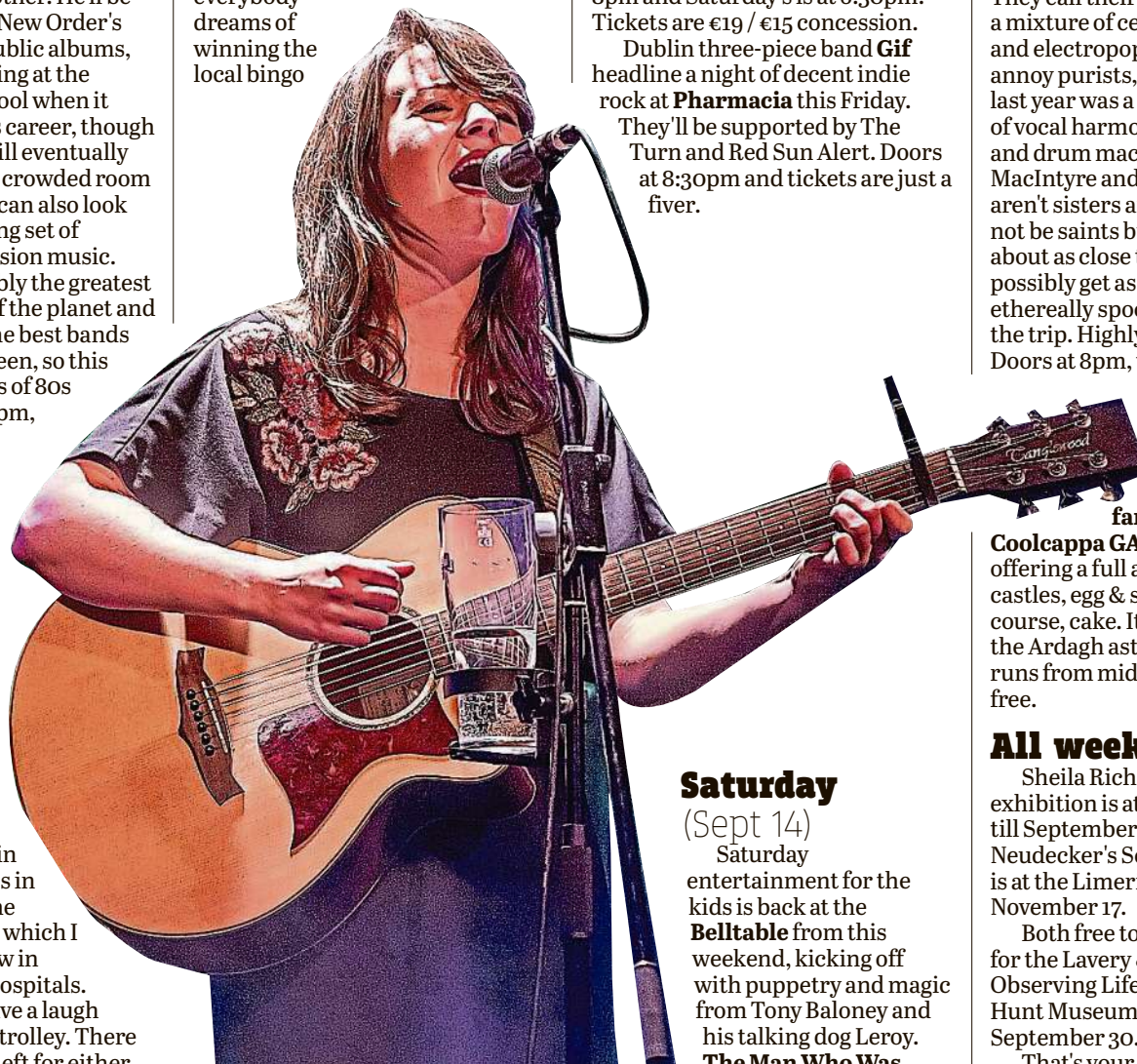
Tommy Tiernan brings his **Paddy Crazy Horse** tour back to Limerick this Friday and Saturday, with two shows at the **University Concert Hall**. Ireland's favourite comedian has been in Limerick more times in the past year than the **Minister for Health**, which I think means he's now in charge of our local hospitals. You might as well have a laugh while you're on that trolley. There are very few tickets left for either show and the only tickets left are singleton seats so if you're thinking

of a TT date night, best if you bring someone you don't want to sit next to. 8pm each night, tickets are €30.

Fidget Feet Dance Company are at the **Lime Tree Theatre** this Saturday and Sunday with their new show **Bingo Wings**. Sure, there's a narrative - the show is based in 1974 in a small town where everybody dreams of winning the local bingo

jackpot. But that's not why you'll want to go. You will want to see this show because it blends circus and aerial dance in the trademark **Fidget Feet** way that has made them the country's go-to aerial squad for everything from the **Edinburgh Fringe** to **Dublin's St Patrick's Day**. Friday's show is at 8pm and Saturday's is at 6:30pm. Tickets are €19 / €15 concession.

Dublin three-piece band **Gif** headline a night of decent indie rock at **Pharmacia** this Friday. They'll be supported by **The Turn** and **Red Sun Alert**. Doors at 8:30pm and tickets are just a fiver.



Emma Langford is in Abbeyfeale's Glórach Theatre on Thursday PICTURE: ZYANYA LORENZO

who visits a small town entirely populated by stage illusionists, teaching them to throw aside their cynicism as there really is a thing called magic. It's based on the rather wonderful 1966 children's book of the same title by **Paul Gallico**, usually better known for having also written **The Poseidon Adventure**. The show is aimed at 4 to 10 year olds, starts at 2:30pm and tickets are €8.

Saint Sister play **Dolan's Warehouse** this Saturday night. They call their music "atmosfolk" - a mixture of celtic harp, folk music and electropop - and while it might annoy purists, their debut album last year was a wonderful blending of vocal harmonies, harp music and drum machines. **Morgan MacIntyre** and **Gemma Doherty** aren't sisters and they may or may not be saints but their music is about as close to heaven as you can possibly get as long as you want an ethereally spooky soundtrack for the trip. Highly recommended. Doors at 8pm, tickets are €20.

Sunday

(Sept 15)

There's a family fun day at

Coolcappa GAA Field this Sunday, offering a full afternoon of bouncy castles, egg & spoon racing and, of course, cake. It's a fundraiser for the **Ardagh astro-turf pitch fund**. It runs from midday on and entry is free.

All weekend

Sheila Richardson's Heterotopias exhibition is at **Limerick Museum** till September 27. **Mariele Neudecker's Sediment** exhibition is at the **Limerick City Gallery** until November 17.

Both free to see. 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!

Saturday

(Sept 14)

Saturday entertainment for the kids is back at the **Belltable** from this weekend, kicking off with puppetry and magic from **Tony Baloney** and his talking dog **Leroy**. **The Man Who Was Magic** is a fantasy tale about a real magician

A Day In My Shoes

John Daly

Professional musician - Limerick Jazz Society

Time and precision - putting the beat in the jazz festival

What time do you get up?

Normally 9 or 9.30am unless I have had a late gig.

What is your normal breakfast?

Cereal, orange juice, real simple.

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

I swim three or four times a week, walk and cycle as much as possible.

You arrive at office at what time?

Office for me is between home and teaching, I teach a few days a week from 3 to 8.30pm.

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

Not a coffee drinker, never was, one cup of tea sometimes, but mostly water or juice.

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

I try to eat well most days, there's always a day here and there when I will be in a hurry somewhere and make do with a sandwich. I can go for hours without food never really bothered me, when I eat I am not a person who works with clocks (lunchtime, dinner etc) I eat when I feel hungry.

Do you have a favourite place?

Not particularly, I like all food except Italian, never a lover of pasta and pizza. Give me a good stew or homemade stir fry any day.

Do you have many meetings during the day?

Yes when I am organising our jazz festival that takes up a lot of time when it gets nearer, last weekend of September, as in right now, lol.

What time do you finish up at?

Most days around 9.30pm. I still practice a lot, it's important to me, got to keep ahead of the game when your a professional musician.

Do you watch much television?

I like to watch a good film or



documentary also a big sports person, love soccer, rugby, GAA, athletics, boxing, etc. I don't like horse or dog racing or cricket (too boring).

Do you read the newspapers?

Yes, first pages I look at are the entertainment section. I read the paper from back to front. I like to do it that way.

What do you do to relax?

TV, read a book, practice (occasionally take my wife to dinner ... I'm dead). I like fixing things when I think they can be fixed - also love DIY which I have

done a lot of over the years.

Are you able to leave the office behind?

Yes, definitely when I finish I shut it out till next day.

What is a perfect work day?

On my days off I get up around 9am have a swim then have a leisurely breakfast, do some housework (yes, I'm a house husband, sometimes my wife works half days so I have the duties list...) Then I'll practice for a bit, maybe read a book for an hour or so. I find the day passes quite quickly. When

The Limerick Jazz Festival takes place from

Thursday, September 26 to Sunday, September 29

I'm home I usually prepare dinner, then practice a bit more if I get the urge, finally watch some TV together...

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

My wife says everything does, lol. I am fairly laid back in general. By nature I'm a very organised individual. I always like to see things through. When I ask people to do things and they're not done, that is what I hate but I've learned over the years, losing the cool achieves very little.

INSIDE THIS WEEK



PARENTAL ATTACHMENT

Dr Eddie on key 'building block' PAGE 32



MACULAR DEGENERATION

Eva highlights AMD awareness week PAGE 35



DOES THE SHOES FIT?

Patrick's guide to footwear PAGE 38



CHEERS & CHATS FOR CHARITY

Beauty and mental health talk PAGE 40

How parental attachment affects our adult lives



MENTAL HEALTH MATTERS DR EDDIE MURPHY

CLINICAL PSYCHOLOGIST
ADJUNCT ASSOCIATE PROFESSOR
UCD SCHOOL OF PSYCHOLOGY

WHEN it comes to how we relate to each other, and how we operate in the world, the role of attachment cannot be underestimated.

Indeed, I firmly believe that attachment is the most important building block that underpins and explains relationships. With the recent exposures of issues associated with crèche provision in Ireland, we can see some of the dangers that occur when profit becomes the most important motive for some childcare providers.

The quality of relationships and attachments formed are reduced as infants and children are seen merely as economic units.

Of course, this problem relates to a minority of crèches. Nevertheless until we truly value childcare workers and reward them appropriately, more of these scenarios will happen.

PIONEERS

The work of John Bowlby and Mary Ainsworth during the 20th century is critical to our understanding of attachment.

Bowlby identified that infants and children are primed to develop attachments with their primary caregivers in the first years of life. The infant must develop a relationship with at least one parent to facilitate their successful social and emotional development, and in particular for learning how to regulate their feelings. This person is known as the primary attachment figure.

In the presence of a sensitive and responsive parent, the infant will use the latter as a "safe base" from which to explore.

ADULT ATTACHMENT

Over time our understanding of attachment has now evolved; not only is it reflective of children's experiences but of how these templates influence our adult relationships.

Often in therapy work, we focus on how clients can attain deeper connection, meaning, and passion in adult relationships by working to heal early attachment wounds or disruptions.

HEAL NOT CURE

Many people who experience



It makes us think our mental health is akin to a light switch – it's either on or off. I believe that if we think in terms of healing, not curing, then we are more open to possibilities

mental health difficulties often ask me, when talking about their challenges, if trauma be cured. Can depression be cured, or can anxiety be cured?

While I have sympathy with this view, it's such a reductive way to look at human nature. It makes us think our mental health is akin to a light switch — it's either on or off. I believe that if we think in terms of healing, not curing, then we are more open to possibilities.

HARDWIRED TO HEAL

We are all inherently hardwired to heal — we have an innate ability to overcome the effects of trauma and unleash the core aliveness we all possess.

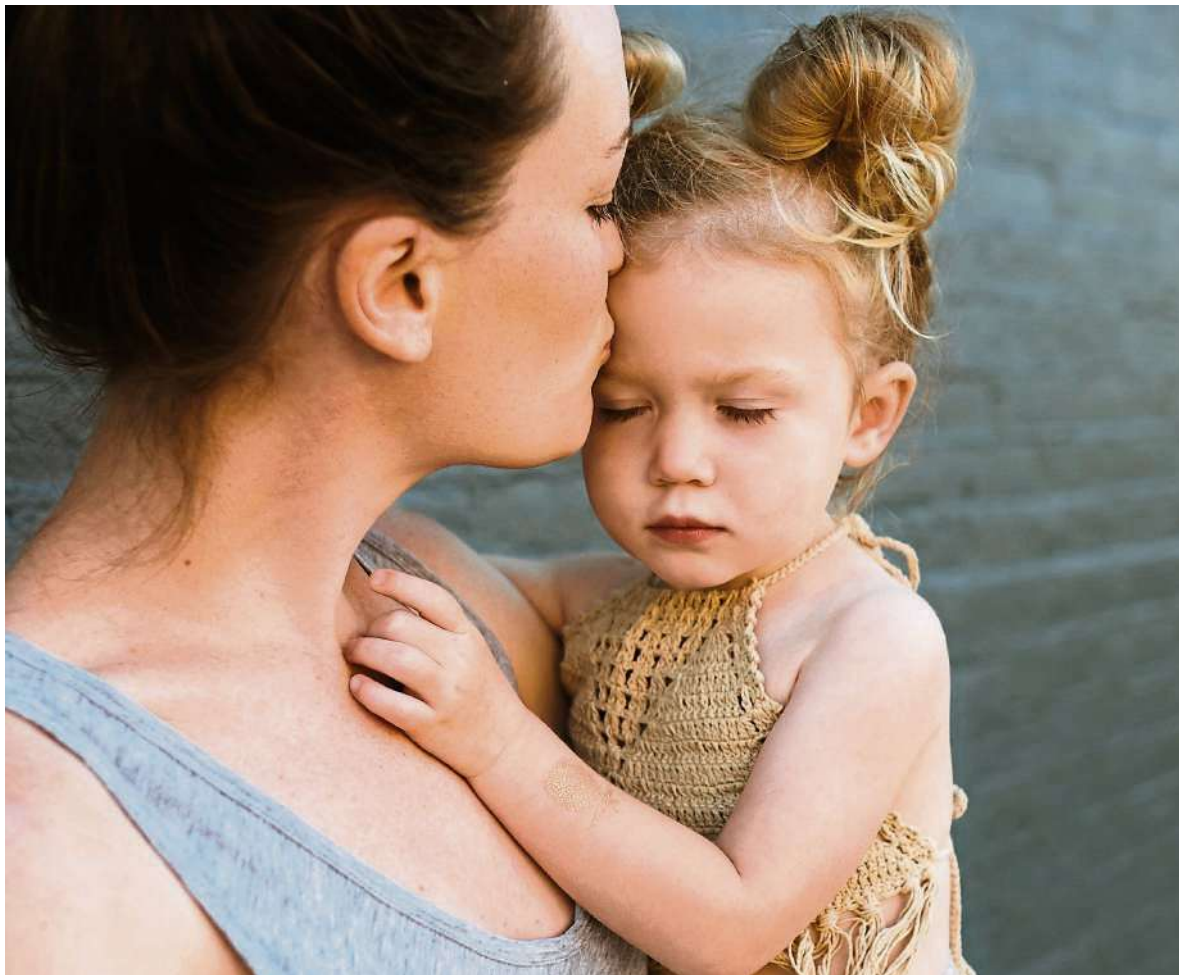
We have the capacity, in relationships, to developing trust and closeness and develop secure adult relationships, and not get caught up in destructive repeated relationships patterns.

WHICH ADULT RELATIONSHIP PATTERN DO YOU HAVE?

Listed below are some common traits for those with different attachment styles:

Secure Attachment Style:

- * Capable of sending, and receiving, healthy expressions of intimacy.
- * Capable of drawing healthy, appropriate and reasonable boundaries when required.
- * Feels secure being alone as well as with a companion.
- * Tends to have a positive view of relationships and personal



Infants and children are primed to develop attachments with their primary caregivers in the first years of life

PICTURE: FILE PHOTOGRAPH VIA PIXABAY

interactions.

- * Discusses issues to solve problems, rather than to attack a person.
- * Has high resilience, and is capable of grieving, learning, and moving on.

Anxious-Preoccupied Attachment Style:

- * Is inclined to feel more nervous and less secure about relationships in general, and romantic relationships in particular.
- * Is inclined to have many stressors in relationships, based on both real and imagined happenings. These stressors can manifest themselves through a variety of possible issues such as neediness, possessiveness, jealousy, control, mood swings, oversensitivity, obsessiveness, etc.
- * Is reluctant to give people the benefit of the doubt, and has a tendency towards automatic negative thinking when interpreting others' intentions, words, and actions.
- * Requires constant validation to feel secure and accepted.
- * Responds negatively when not provided with regular positive reinforcement.
- * Is drama oriented. Constantly working on (sometimes inventing) relationship issues in order to seek validation, reassurance, and

acceptance. Some feel more comfortable with stormy relationships than calm and peaceful ones.

- * Dislikes being without company. Struggles being by oneself.
- * Has a history of emotionally turbulent relationships.

Dismissive-Avoidant Attachment Style

- * Is highly self-directed and self-sufficient. Independent behaviourally and emotionally.
- * Avoids true intimacy, which makes one vulnerable, and may subject the Dismissive-Avoidant to emotional obligations.
- * Desires freedom physically and emotionally ("No one puts a collar on me"). Pushes away those who get too close ("I need room to breathe").
- * Other priorities in life often supersede a romantic relationship, such as work, social life, personal projects and passions, travel, fun, etc. In these situations, the partner is frequently excluded, or holds only a marginal presence.
- * Many have commitment issues. Some prefer to be single than to settle down. Even in committed relationships, they prize autonomy above much else.
- * May have many acquaintances, but few truly close relationships.

Fearful-Avoidant Attachment Style

- * This style is often associated with highly challenging life experiences such as grief, abandonment and abuse.
- * They desire but simultaneously resist intimacy, and there is much inner conflict.
- * They struggle with having confidence in and relying on others.
- * They experience a lot of fear, physically and/or emotionally, in loving, intimate situations.
- * They are suspicious of others' intentions, words, and actions.
- * They push people away and have few genuinely close relationships.

I hope this exploration of adult attachment has helped you generate some self-awareness.

It's with willingness to grow, and for some the courage to seek professional help when needed, are some of the crucial elements in forming healthy adult relationships.

*** 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



Encouragement versus praise

IN most parenting literature today, you will find the words 'encouragement' and 'praise' together, as if they were the same thing. Rudolf Dreikurs, a pioneer of democratic parenting, says they are not. It is an area of parenting that is worth some reflection.

Encouragement is about creating 'courage'. It also creates self-belief and allows others to see their own strengths. This in turn leads to high self-esteem - the ability to believe that we have what it takes to achieve what we want.

We know from experience the results of encouraging children to try something. When we say things like, "Go ahead, give it a go" and the child gives it a go, we say "Well done, at least you tried it". The result doesn't matter - it is the effort that is being recognised. This is the crucial difference between encouragement and praise.

Praise, on the other hand, is intended to raise self-esteem but often has the opposite effect. Praise can create 'praise junkies', that is, children who depend on other people to feel good about themselves. Without praise, a child might think they are not good enough.

There can be unintended results from some forms of praise that can have far reaching effects on confidence and self-esteem. The type of praise that can create problems is evaluative praise, that which evaluates a person, or a child.

Praise is often given from 'one who knows' to 'one who doesn't know', e.g., "you set the table very nicely" (judging the way it was done = praise) instead of "I saw how careful you were with the glasses" or "thanks for your help" (observing the effort = encouragement). Praise comes from the superior position of a parent or a teacher, to what is seen as an inferior one, of child or pupil. Praise often judges a successful result but can miss the effort that was put in.

When we praise, it is our thoughts and opinions we are



Praise can create 'praise junkies', that is, children who depend on other people to feel good about themselves

giving. When we encourage, we are motivating others to think for themselves and to approve of themselves, not depending on others for approval.

Encouragement accepts imperfections and likes people to keep trying.

Encouragement puts the courage into children to just try, because it only focusses on effort. It accepts the child as they are. Encouragement allows for mistakes as part of the learning. It also knows that a child wants to belong and be accepted into society,

that as parents we do not need to make them comply. Simply by using encouragement, and other positive parenting techniques children will adapt and conform because it is in their own interest.

This article was contributed by Marian Clarke, Community and

Family Support Worker with Ballyhoura Development CLG, a member of Parenting Limerick. Parenting Limerick is a network of parenting and family support organisations. For more information on this and other topics go to www.loveparenting.ie.

Top Tips

For differences between encouragement and praise

ENCOURAGEMENT

An attitude of belief in the child: "I believe in you. I believe you can do it"

Addresses the effort: "Well

done, good effort"

Emphasises effort and improvement: "I saw how careful you were doing that job!"

May be given during a task: "I

see you are trying your best!"

Shows acceptance: "Thank You!"

Fosters independence: "You tried, and that is fine!"

Allows self-evaluation: "What do you think?"

Creates self-esteem and self-confidence: "How do you think it went?" "Are you happy with how you did?"

EVALUATIVE PRAISE

A verbal reward for the child: "You are a great boy, you did it!"

Centred on the person: "Good Girl for doing that"

Creates superior/inferior mentality: "You are the best!"

Job must be well done/completed: "Perfect!" "You did it!"

Is judgmental: "It's spotless!"

Fosters dependence: "You did a good job but it could be better. Here, I'll show you!"

Emphasises other people's opinions: "I think you are right/wrong"

Develops self-consciousness and dependence on other's opinion: "What do other people think of me?"



HEALTHY LIVING

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AMD awareness week

Age-related Macular Degeneration (AMD) Awareness Week is from September 7 to 15.

AMD is the leading cause of vision loss in the middle-aged and elderly. It blurs the sharp, central vision you need for reading, watching TV, driving, and so on. It does not affect peripheral vision and does not cause any pain. The first thing sufferers seem to notice is difficulty recognising faces, whilst lines that are straight normally, such as door or picture frames, seem wobbly.

The macula is located in

DID YOU KNOW?
Of those aged over 60, it is estimated that 25% have some degree of visual loss due to AMD

the centre of the retina, the light-sensitive tissue at the back of the eye. The retina converts light into electrical signals and sends these to the brain. It

is the macular region of the retina which is responsible for detailed vision and colour perception. There are two types of the AMD, what they call Dry and Wet.

Dry AMD is more common (not to be confused with dry eye syndrome, which affects the front of the eye), it develops gradually over time and usually causes a mild to moderate loss of vision. Drusen, or small fatty

deposits accumulate at the central part of the retina in the tissues beneath the macula, leading to thinning and drying. It generally affects both eyes, but vision can be lost in one eye more quickly while the other eye seems unaffected.

Dry AMD may eventually turn into WET, which is more serious and the risk of severe sight loss is much greater. It is caused by the growth of abnormal blood vessels under the macula. These abnormal vessels leak fluid and blood into the tissue at the back of the eye, causing a blister to form in the retina. The resulting scar tissue leads first to distortion and eventually to loss of central vision. Wet AMD can rapidly damage the macula and



AMD blurs the sharp, central vision you need for reading, watching TV or driving

result in a very quick loss of central vision.

While there are some drug advancements for the wet type; blocking the growth of blood vessel growth, there is no proven

medical therapy for dry AMD. Prevention is currently the only solution and always a better option. If you know that diet and lifestyle factors are the contributors for the development of AMD, it is

reasonable to conclude that improving these areas would be beneficial in the long run.

It is interesting to note that certain antioxidants are concentrated in the macula, protecting it from the light. These are termed "macular pigments" and include Lutein, Zeaxanthin and the most powerful Astaxanthin. Where do we find these antioxidants?

In strong colored fruits (dark berries), vegetables (especially dark green ones like kale) and seafood (salmon, trout and shrimp). Beta carotene from yellow and orange coloured plants and the active form of Vitamin A (retinol) from organic butter, oily fish and liver are also crucial for eye health in general, with zinc as a necessary co-factor for any processes involving these nutrients. Together they protect and contribute to the normal function of the eye.

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STYLE & FASHION

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Fresh fashion for the season ahead

WHERE does the summer go? There is something incredible about the feeling of a fresh start in fashion and September is a great month to start anew!

This week I am concentrating on how to refresh your wardrobe from daywear to eveningwear. There was excellent inspiration at the Rose of Tralee fashion show which was held in the Dome with an audience of 2,000 people and a crew of 30 people from the Holman Lee Agency. It was a pleasure to have Limerick city and county boutiques participating in what is the biggest autumn/winter fashion show in Ireland.

The trends included classic tailored suits that are nipped in at the waist with oversized shoulders and relaxed trousers. Also showcased were shimmering sequin dresses and bejewelled headpieces but of course it was the daywear that caught my eye in terms of wearability of what was showcased on the catwalk. You can take your pick when it comes to occasional wear and we in Limerick city and county have some of the best boutiques to choose from.



Here's two stunning ensembles from Isobel boutique, Adare which ooze elegance PICTURES BY KALINA ANDERSON FOR ILOVELIMERICK 2019



This one-shoulder green dress is from The Ivory Closet



Annette's boutique in Adare showcased some stunning fashion on the catwalk in the Dome



Black is very much back judging by these three dresses from Lady Penelope in Adare

CELIA SPOTTED

Looking good out and about in Limerick

Name: Yolanda Lowry Coffey

Occupation: Business manager for exciting new dental company launching soon in Ireland...watch this space! Part-time model with Celia Holman Lee for a lot of years now...!6! They have been 16 very quick but amazing years where I met some of the best people that I still hold close relationships with today.

From: I lived in Galway until I was 17 then spent almost 14 years in Limerick and now I'm settled in Dublin for the past six years. I love Limerick. Some of my closest friends are in Limerick so I try to get down for a night out every now and then.

My three go-to stores for a quick fashion fix are Zara, H&M and New Look - you can't beat them, Zara especially but the only problem is everyone has the same pieces from Zara so it's hard to be unique. That's why I like to mix it up a bit! Lately I've been doing a lot of buying and selling on Depop. I love boho chic looks like flowy maxi dresses.

YOLANDA SAYS

Top: My top is from Zara. I love the puff sleeves and lace detail. I immediately feel dressed up when I wear this top.

Skirt: My skirt is from New Look. I love this skirt because it has pockets and you can dress it up or down.

Shoes: My shoes are from Aldo. I adore these strappy nude lace-up shoes. I have wore them to death - they go with everything and are so comfy. They're starting to fall apart but I'm not ready to part with them just yet.

Accessories: My hair band is good old Penneys! My earrings are Aldo. My hand bag is DKNY from Brown Thomas. This is a great bag as it can be used as crossbody or clutch and the colour is versatile so it goes with everything.



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

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MANABOUTTOWN

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Top tips in selecting shoes for your outfit

THE rules of footwear, like most things in menswear, have grown less rigid in recent years. These days you can wear trainers with a suit and Oxfords with jeans. But the real key to matching your shoes to your outfit is getting your colours right.

As with everything else you wear, nailing colour combos is both the easiest and the hardest thing about putting together an outfit. It's very easy to play it safe – black shoes with black trousers, brown shoes with tan chinos etc – and never put a foot wrong (pun intended). But that can get very boring, very fast and unless you only ever intend to wear a couple of colours of trousers, you'd need to invest in a rainbow of footwear options to keep things interesting. Thus, footwear should be treated as an integral part of your wardrobe. For any footwear novices out there, here are some basic tips to help guide your shoe selections.

THE BASICS

Before breaking things down by colour, here are some hard and fast

rules that should make things a little easier to follow.

First of all, smart shoes and trainers obey different rules. A white pair of smart shoes would look very weird, but clean white trainers will work with pretty much anything. If you're wearing something bright on your feet, then try to anchor them by wearing neutrals elsewhere. Bold shoes won't make much of a statement if you're wearing a shirt covered in pineapples and palm trees. Generally, though, darker tones are more versatile than lighter and a hell of a lot smarter. Block colours are also smarter than anything multicoloured. And finally, it doesn't really matter what colour your shoes are if they're dirty and/or scuffed. Cleaning and preservation products aren't just a gimmick and are definitely worth investing in. For your smart shoes, find a polish that matches the colour, or a neutral polish and keep them in good nick.

TRAINERS

As long as they're completely clean, free of brand logos and made from leather, white minimalist

trainers can be worn with just about anything (within reason, of course; probably best not to wear to them to a job interview for an accountancy firm). Clean white trainers will work with pretty much any suit – although you're probably better off swapping the shirt and tie for a polo or a roll neck – and look great with jeans. Same goes for chinos, shorts, joggers; pretty much whatever you're having, white trainers will work. The only problem with white trainers is keeping that way. Box-fresh will work with anything, tatty and stained won't. As already advised, prep them with Crep spray and treat stains as soon as they happen with wipes. Try to avoid washing machines and definitely don't put them in a tumble dryer.

Colourful trainers are less versatile than their angelic brethren. In truth, they only really work with neutrals. Because they're so casual, you're better off sticking to jeans or joggers and letting the shoes do the talking.

BLACK SHOES

In most circumstances, black shoes are the smartest option available. A pair of black Oxfords are probably the most dressed up shoe you'll ever need but they limit what other clothes you can wear with them. They'll look great with a suit, but try wearing them with jeans or joggers and you'll look like a secondary school student who forgot it was a non-uniform day. Black shoes should be your go-to for tailoring, whether it be a special 'black-tie' occasion or simply a formal work shoe. Casual wear is a lot trickier though. If you're going to wear black shoes with chinos then go for something less formal like a Derby or a Chelsea Boot. If you're into wearing colourful chinos, then the sudden shift to black can feel a little jarring. Losing the socks and rolling your trousers will soften the severity but you're really better off picking an alternative shoe colour.



Don't put a foot wrong with Patrick's shoe guide below

Unless you intend to start a post-punk indie garage band, then avoid black shoes with jeans at all costs.

BROWN SHOES

The number of different shades available means that there's a brown shoe that will work with almost any outfit, bar the most formal of occasions; even the most expensive pair of brown shoes you can buy won't fly with a tux. The lighter the shade, the more relaxed the look, particularly if you add detail. Brown Oxfords are much more formal than brown brogues for example. On the casual side of the coin, brown can be your go-to for chinos. They'll work with pretty much any colour of chino but be mindful not to match colours too closely. You'll want a shade or two in the difference so you don't look like you're wearing part of a onesie. Brown footwear works great with denim, but again, make sure you step down to a less formal style like a brogue or a boot. Darker Browns work particularly well with indigo jeans.

TAN SHOES

Tan is the most casual shade of brown you can wear and works best for more relaxed styles like derbies or loafers. In more formal settings, tan shoes can have a 'look-at-me' effect, which is fine if that's what you're going for but that can sometimes be counterproductive.

NEVER wear tan shoes to a job interview though. Tan works jeans and chinos of any colour and can lighten up a look by adding some colour. Tan shoes have gotten a bad rap in recent years but they can still add to a suit or a casual outfit so long as you stay on the browner side of tan and avoid the bright orange variations.

BURGUNDY/OXBLOOD SHOES

Burgundy or Oxblood shoes can almost be considered neutral. They work in much the same manner as brown just they're just that little bit ... bolder. While they do work well with tailoring, it's still much easier to pull off burgundy if you dress them down a little. They're also particularly good at making work-wear wedding appropriate by adding a dash of personality.

BLUE/NAVY SHOES

Blue shoes are becoming more and more common these days. For smarter looks, they can seem a little peacocky so again I'd advise erring on the side of casual. Blue is a great way of adding some personality to an outfit. Blue suede is an Elvis-approved way to add a little depth to a look that seems considered rather than flashy. So long as you don't try to dress them up too far, blue suede shoes will work with tailoring (except for black), jeans of all shades and chinos of any colour.

Look of the Week

Connolly Man

My look of the week is from Connolly Man on Patrick St and Chapps in the Crescent Shopping Centre. Here, I'm wearing a Torre Milan Taupe Donegal Tweed three-piece suit, A Remus slim fit shirt, a Remus tie and Benetti shoes. Torre, Remus and Benetti are just some of the amazing suiting brands you'll find in Connolly Man along with Douglas, Magee and Skopes, just to name a few. Pop into Dave and check out the amazing range for yourself. Photo by Paudie Bourke.



And Finally... Miss Ireland Final

I'd like to wish the very best of luck to the fabulous Miss Limerick Ciara O'Halloran, the stunning Miss Clare Emma Austin and the beautiful Miss Limerick North/Miss 101 Limerick Christina Alcazar Deverell in the final of Miss Ireland 2019 this Saturday in the Helix in Dublin. These three amazing young ladies recently held a charity fundraiser called 'Cheers & Chats For Charity' in Opium nightclub where they raised over €1,400 for the Variety Ireland children's charity. On behalf of myself, the directors of the Miss Limerick and Miss Clare pageant and everyone here at the Limerick Leader, good luck and bring home the crown.





AGNIESZKA'S AESTHETICS

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

Your beauty questions answered

I've had a number of interesting questions from readers which I would like to share with you this week

Question

A 76-year-old lady asked me the following: I would like to have semi-permanent make-up done on my eyebrows but I'm not sure is it possible at my age? I'm also a little worried if it would suit me.

Answer

When it comes to SPMU Makeup, age does not really matter but you do have to be over 18. My oldest client was 86 years old! However, you cannot have SMPU if you have any of the following conditions:

- * You have diabetes
- * You are pregnant or breastfeeding
- * You have glaucoma or taking blood thinning medicines (e.g., aspirin, warfarin)
- * You have skin diseases such as psoriasis or eczema on the area to be treated
- * You have transmittable blood conditions like HIV or Hepatitis
- * You have a haemophilia

- * You have healing disorders or uncontrolled high blood pressure
- * You are on any skin medication such as Accutane or steroids
- * You undergoing radiotherapy or chemotherapy (consult your doctor)

- * You have epilepsy
- * You have a pacemaker or major heart problems
- * You had Botox in the past one month

A good consultation will precede the treatment. Your therapist will draw the shape and recommend a colour pigment. It's also important when choosing your technician to see a portfolio of their previous SPMU work on eyebrows.

Question

A 27-year-old lady asked me: I would like to get filler in my lips and it will be my first time. How will I know how much filler I should have?

Answer

The best answer to this question (which I have heard many times) is to take it slowly. You can always get fillers topped up. A lot will be determined by your natural lip shape and also your expectations. But my advice would be to take small steps. When it comes to fillers I have met many people with overly filled lips who regret they didn't take their time. Some practitioners will allow you to use half a syringe and come back a couple of weeks later for the rest if you decide that's what you want.

Question

A 19-year-old lady asked me: Is it important at my age to know my skin type? If so, why?

Answer

It's quite simple, once you know the characteristics of your skin you'll have an understanding of your skin type and you can begin to choose products that work



Areas a practitioner will focus on during a consultation

for you. Most skincare products state what skin type they're good for. Your skin doesn't stay the same forever. Although your skin type is mainly down to genetics, everything from the seasons, your environment, and your hormones can affect it. If you have oily skin now, you might not forever, so it's good to always reassess your skin every 6/12 months to see if you need to try something new.

Question

A lady in her 40's asked me: I'm starting to feel self-conscious about growing old... I've started to notice all of my wrinkles, I look tired all the time.. I don't know where to start ...

Answer

This is something I hear frequently, so I always recommend the most important first step is a good consultation with a professional practitioner. It's important to have a good connection with the person

providing your treatment. It's essential that you feel comfortable and there is trust. If you have these components in place you will get the results you are looking for.

Question

A lady asked me: I often hear that I should use SPF cream every day but I don't really know why?

Answer

You might think the only damage that the sun can do to your skin is burn it, but the truth is, it's literally destroying your skin. Even the UVA rays that penetrate through a window damage collagen, which leads to deep wrinkles and sagging skin - if this isn't the best reason to wear sunscreen, I don't know what is!

There are two types of Ultra Violet rays, UVA & UVB. You need to protect your skin from both. UVB is what causes sunburn, skin discoloration and skin cancer, and this is what SPF

protects against. Then there are UVA rays, which are considered even more dangerous as these penetrate deeper into your skin and cause long-term damage, like wrinkles, sagging skin, the destruction of collagen, and skin cancer. These can penetrate through cloud and glass, which is why you should wear SPF every day.

Question

A 39-year-old man asked me: I was considering to have a botox procedure, how long would it take to notice the results?

Answer

Most patients begin to notice the effects three to five days after their procedure, with full results becoming visible after 14 days. When injected for cosmetic purposes, Botox lasts four to six months on average, but you can expect the effects of your first treatment to wear off faster.

Please email me if you have any questions.





LOUISE LOVES

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Rogha na Seachtaine



TO DO:

Milkshake Day – on September 12

Any excuse for treating a sweet tooth! Mark International Milkshake Day this Friday and indulge in your favourite shake! I've got to recommend the Choc Malt at Rockin' Joes!



TO LISTEN:

Track of the week

Taylor Swift – LOVER: An album I can't take off repeat! Swift's seventh studio album includes 18 tracks, one better than the next! Treat your ears and add this record to your playlist!

TO SEE:

All-Ireland Football Final

After an epic battle Kerry take on the Dubs again in the bid for Sam McGuire.



The replay promises to be even more exciting. Keep up to date on Spin South West's Twitter for live interviews and match day updates.

Cheers and Chats for Charity

LAST Thursday I was delighted to MC the fantastic 'Cheers and Chats for Charity' event at 101 O'Connell Street. Miss Limerick Ciara O'Halloran, Miss Limerick North Christina Alcazar and Miss Clare Emma Austin successfully joined forces to organise their special event.

The occasion was planned and set in motion as part of their beauty with a purpose mission as Miss Ireland ambassadors. The ladies organised a night of glamour and beauty while promoting mental health awareness and well being.

The night kicked off in song with a wonderful performance from Miss Limerick North Christina Alcazar. This was followed by a fashion show; models were friends of the girls that had taken part in the Miss Limerick/Clare selections earlier this year. Models showcased beautiful pieces from local brands and shops including Dani's Closet and Showroom, AOIFE by Aoife Mc Namara, Connolly's Menswear and Esquire Menswear. My co-MC on the night and fellow The Leader columnist Patrick McLoughney brought us up to date on what's HOT in men's fashion as well as some top tips on styling your occasion wear!

The fashion show was followed by a discussion panel hosted by Sean McCarthy who was joined by special guests, journalist and author of Broken Love Meghann Scully, Sean Daly founder of the Pink Pinkie Project. Both guests spoke passionately and evocatively about mental health and dealing with grief.

All funds raised were donated directly to Variety Children's Charity, a non profit children's charity helping disabled and disadvantaged children. The charity



Miss Limerick Ciara O' Halloran, Miss Limerick North Christina Alcazar and Miss Clare Emma Austin Organisers of Cheers and Chats for Charity event

partnered with Miss Ireland this year and contestants from all across the country were tasked with raising money in their desired way. It is unusual that contestants come together but I think Miss Limerick, Miss Limerick North and Miss Clare proved that there most certainly is strength in unity!

The night was a huge success with the girls raising €1,400 which will be donated to children in Limerick and Clare regions.

The girls will proudly represent their counties in the Helix in Dublin this weekend for the Miss Ireland final. Follow their journeys on Instagram @missirelandorg



Meghann Scully, Patrick McLoughney and myself at Cheers and Chats for Charity event

I'm a Celeb Limerick GAA Fundraiser

I AM both terrified and excited about this - Limerick GAA last week launched their fundraiser with a difference. 'I'm a Celeb Get Me out of Here' will take place on Friday September 27, 2019, in the South Court Hotel at 7.15pm.

I will be a contestant on the night and proudly represent my drawn sponsors, The Hurlers Bar in Castletroy.

The event is very like

the ITV Show, with two teams (Team Snake Rock & Team Croc Creek) competing against each other for King/Queen of the Jungle. The teams are challenged to collect stars and overcoming their greatest fears of the Jungle! Twenty four contestants become camp mates for the night and will be put to the test by taking part in a variety of Bush Tucker Trials. Who can survive the Hell

Holes, bugs and snakes and devour gourmet critters to overcome a series of spine tingling and tension filled trials to beat their opponents, and be crowned King/Queen of the Jungle?

This event is being organised to raise finances that will go towards the overall support of Limerick Hurling & Football teams in 2019/20. More info @limerickgaa.ie



Myself, 'Sylvester the snake' and Declan Hannon at I'm a Celeb launch night



Diana Dowling sent in this fabulous picture of the river Shannon with Sarsfield Bridge in the background



Red Admiral Butterfly. Sean Ryan says that is the first one he has seen in his garden since 2010

Readers**Pictures**

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



Clare Dollard captured show 'Facetime' in the People's Park



Busy bee: Claire Waters snapped this little pollinator



I ♥ LIMERICK

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Limerick offers 22-year-old MS sufferer Leon O'Connor a lifeline

THE community of Limerick have come together to raise funds for Leon O'Connor, who needs to raise €70,000 to receive vital stem-cell treatment in Russia, his only hope to return to his life before it was ravaged by the effects of MS.

Leon said, "Stem-cell therapy isn't a guarantee but it's the best chance I have. It's my only lifeline."

The launch of the Leon's Lifeline Fundraising campaign took place last week at the Limerick Strand Hotel to announce all the upcoming fundraising events taking place in support of Leon and his family.

Irish celebrity chef Rachel Allen will be leading one of the first events by holding a 'Cooking Demo with Rachel Allen' on Wednesday, September 25 at 6.30pm at the Limerick Strand Hotel, with Rachel kindly donating her time to entertain Limerick audiences.

The night in the Strand will kick off with a wine reception where audience members can place bids on some amazing prizes in our silent auction. Local chef and food ambassador Tom Flavin will kick off the proceedings along with acclaimed



Leon O'Connor PICTURE: RICHARD LYNCH/ILOVELIMERICK

Limerick photographer Tarmo Tulit doing portraits on the night.

There is a collection at the Urban Co-op on Saturday, September 14 with a portion of the day's profits being donated to Leon's Lifeline, a quiz at Bobby Byrne's on Tuesday, September 19, the Limerick Rowing Club's Table Quiz at Flannery's Pub on Wednesday, October 16, a Family Fun Day at the Limerick Milk Market on Friday, October 20 and 'The Gathering Games Day' on Saturday, October 26 at Thomond Park.

Valerie O'Connor, Leon's mother and carer said; "We are giving people a chance to give back. We are also trying to create awareness".

For more information email leonslifeline@gmail.com and to donate visit gofundme.com/f/leonslifeline.



Richard pictured at the launch of the Leons Lifeline fundraising campaign are Deirdre MacMahon, Leons Lifeline, Eithne O'Connor, Leon's grandmother, Saoirse O'Connor, Leon's brother and Valerie O'Connor, Leon's mother PICTURE: ZOE CONWAY/ILOVELIMERICK

Limerick Councillors highlight representation in local Government

LAST month saw the meeting of Limerick women councillors to highlight the representation of women in local government and the need for more women to enter similar representative roles.

With only eight female Councillors in Limerick city and county compared to 32 men, the representation of women in the Limerick Council is at just 20%.

NCCWN Limerick Women's Network, who facilitated the meeting, felt this was something that should be highlighted and examined.

A central objective of the meeting was to create new links between female Councillors and discuss why they decided to run for a position on local council, along with exploring some of the barriers they faced. Throughout the

gathering, Councillors spoke candidly about their roles and representing the people of Limerick. While all agreed that balancing home and work life could be challenging, "it requires dedication, hard work and commitment", they strongly emphasised how rewarding being a Councillor was to them.

During the meeting, the Councillors highlighted

some of the barrier's women face when attempting to get into politics, including the 5 C's - Confidence, Childcare, Cash, Candidate Selection and Culture. NCCWN have set-up a programme to ensure women know about the commitment for public representation roles called Representing Women and are urging women to come forward and join the programme.



Councillor Elena Secas LAB, Cllr Sharon Benson SF, Cllr Catherine Slattery FF, Cllr Elisa O'Donovan SD, Cllr Bridie Collins FF and Cllr Sarah Kiely FG PICTURE: LAURA O'LOUGHLIN

THINGS I ♥ THIS WEEK

SHADES OF HEALING ACUPUNCTURE

Traditional Chinese medicine comes to Limerick

SHADES of Healing Acupuncture is an energy balancing clinic, specialising in Traditional Chinese Medicine run by Eleinor Reidy Barry, helping to treat many everyday conditions such as allergies, back pain and chronic fatigue.

Eleinor had an opportunity to move to China and lived in Shanghai for three years with her family. During Eleinor's time in China, she had the opportunity to shadow Masters and Specialists of TCM in Private and Public Hospitals throughout Shanghai on a daily basis, observing learning and practising the ancient and modern knowledge and techniques of Traditional Chinese Medicine.

Since returning from China, Eleinor is continuing her studies, recently completing Cosmetic Acupuncture with the College of Medical Acupuncture and Traditional Chinese Medicine.



Richard having his treatment with Eleinor at Shades of Healing Acupuncture

PICTURE: BRUNA VAZ MATTOS/ILOVELIMERICK

Eleinor provides a range of treatments including, Acupuncture, Cupping, Moxibustion and more. Eleinor's clinic is nestled under the shade of a very large horse chestnut tree in her garden in Cloonlusk, Doon, Co. Limerick and I went to her treatments for a health issue I was having and it did me the world of good! Congrats on your new business Eleinor and thank you so much helping me to heal. See shadesofhealingacupuncture.ie.

EUROPEAN NETWORK AGAINST RACISM

Roadshow on Racism

LAST week, a National Roadshow on Racism took place at Doras Luimni to capture experiences of racism and public views on what the government can do to prevent it. The Roadshow is run by European Network Against Racism (ENAR) Ireland, who will be reporting stories from around Ireland to a United Nations hearing in Geneva later on this year.

Limerick residents were invited to take part

in the Roadshow and contribute their stories about inclusion in education, health, housing and community relations.

The two-hour consultation heard from people who were affected by racism and racist discrimination, from those who have been combating racism and discrimination, and who have knowledge about and experience of the barriers faced by people affected by racism.



Cllr Daniel Butler pictured at National Roadshow on Racism PICTURE: BRUNA VAZ MATTOS/ILOVELIMERICK



Pictured at Tait House - Minister Bruton (centre) with Tracey Lynch, CEO Tait House and Helen O'Donnell, Limerick Tidy Towns PICTURE: RICHARD LYNCH/ILOVELIMERICK

New Climate Action Plan 2030 launched

MINISTER Richard Bruton was joined by a panel of officials to discuss with the public the new Climate Action Plan for 2030 in Tait House Community Enterprise last Friday.

The Climate Action Plan that has been launched by the Government and aims to reduce waste and fossil fuel consumption by 2030.

The discussion regarding this new plan aimed to personally address the public on their concerns for the local area, and how we can take action.

Richard Bruton, Minister for Communications, Climate Action and

Environment, said, "We've just put in place a climate action plan which is the first time we have a coherent government plan with a strong implementation".

Some of the concerns that were raised by the public were the potential danger posed by the Irish Cement Industry, the huge consumption of packaging and subsequent waste in the country, the complicated and costly process of applying for solar panels and much more. This was followed by a second event in which Minister Richard

Bruton went to the Georgian House for the launch of the +CityxChange EU programme.

Parts of Georgian Limerick have been chosen to pilot this new climate change initiative about how old buildings can be upgraded to produce more energy than they consume.

Limerick city along with Trondheim in Norway are the two cities chosen to lead the new +CityxChange programme which is designed to show the rest of Europe how to dramatically reduce the carbon footprint of urban areas.

HEROES OF THE WEEK

Limerick Suicide Watch

Limerick Suicide Watch has developed an App for Members of the public to access various mental health services in just a few clicks.

Organisations featured on the app include Pieta House, Grow, Samaritans and more. It was developed to provide an easier way for families and persons in distress to access the services required within a matter of seconds.

The app was initially set up to aid in setting up nightly patrols ran by Limerick Suicide Watch but has now been developed even further for public use. It is going to be updated on a frequent basis with local event details.

Limerick Suicide Watch's main focus is to keep a watch over the river, and identify and provide support to those in distress and is in need of aid. Congrats to all involved!



Limerick Suicide Watch members Geraldine Keyes, Kaoife McElligot, Rebecca Hally and Christy Keyes PICTURE: SHANE MCGRATH/ILOVELIMERICK

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EDUCATION & TUITION

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DANCING

DANCING IN The Social Club, Kilbrin, Kanturk, Friday 6th September, Mike Condon. Friday 13th September Ui Bhriain. Friday 20th September Pat Costello. Dancing 9pm-11:30pm Phone 087 9735113.

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PLANNING NOTICES

APPLICATION TO PLANNING AUTHORITY

Limerick City and County Council: I, Ciara Boomsma intend to apply to Limerick City & County Council for planning permission for change of use of adjoining rear garage to domestic use and addition of first floor bedroom above existing garage at No 37 St. Joseph Street, Limerick.

The planning application may be inspected or purchased at a fee not exceeding the reasonable cost of making a copy, at the offices of the Planning Authority, Limerick City & County Council Offices, Dooradoyle Road, Limerick during its public opening hours and a submission or observation in relation to the application may be made to the Authority in writing on payment of the prescribed fee within the period of 5 weeks beginning on the date of receipt by the Authority of the application.

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:-
So Mean Limited

TAKE NOTICE that So Mean Limited having its registered office 1 Meadowlawn Park, Meadowlawn, Raheen, Limerick intends to apply to the Annual Licensing Court at Limerick District Court, Mulgrave Street, Limerick on Thursday the 26th day of September 2019 at 10.30 a.m. for the grant of a Licence to keep in use a certain place to wit The Lone Wolf formerly known as Molly Malone's situate at 3-4 Ellen Street in the City of Limerick in the Court Area and District aforesaid for public dancing.

Dated this 10th day of September 2019.

Signed:

Sweeney McGann
Solicitors for the Applicant
67 O'Connell Street
Limerick.

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HOUSEKEEPER

WANTED Excellent terms for the right person. Ballyclough area, 1 mile from Raheen Church. Own transport and non-smoker. Contact 087-1234922

GERALDINES A.F.C.

WEEKLY LOTTO DRAW HELD ON 09/09/19

This Week's Jackpot: €2,600

Numbers: 7-11-25-28

Lucky Dips: Pat Kennelly c/o Dave Connolly; K Toomey c/o The Moose Bar; Christina Murphy c/o Maggie O'Donnell

Promotors Prize: Dave Connolly & Kevin O'Callaghan

Next Week's Jackpot: €2,700

Next Draw: 16/09/19

Richmond R.F.C.

Development Fund Weekly Lotto
This weeks lucky numbers 2-8-9-12

Jackpot €3,400

Date: 5th September 2019

4 x Lucky Dip @ 25 each: M O'Neill c/o G O'Donnell, John Tobin c/o Connie, B Hanley c/o J Hinchy, P Griffin c/o J Hinchy

Next draw will be held in

The Clubhouse 12th September 2019

Next weeks Jackpot: €3,500

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FAMILY ANNOUNCEMENTS

BIRTHDAY REMEMBRANCES



† BROSAN
Birthday Remembrance of a dear mother, grandmother, sister, Mary Brosnan (nee Donnellan) late of Garryowen whose birthday occurs on the 15th of September.
 Miss you everyday Mam Love you more than words can say
 Lord pick a bunch of flowers and place them in my mam's hands
 Tell her they're from me
Happy birthday Mam, from your loving daughter Julieann, husband Mike.
 Lord give our Nan a kiss from us all
 And tell her we love and miss her so much
From your grandchildren Robert, Chloe, Shania, Steven, Owen, Tiffany and Sean xxxxxx



† MOORE
 (57th Birthday Remembrance)
In loving memory of Jackie Moore, late of 29, Abbey Ave, Irish Estates Corbally, whose birthday occurs on September 11th
 We lost our life's companion, A life linked with our own; Day by day we yearn for you, As we walk through life alone. The house you left is lonely, And we are lonely too Those left behind are good and kind,
 But our hearts aches for you You were someone we could talk to,
 On whom we could depend; You were more than just our brother
 You were also our best friend. If tears were a stairway to Heaven,
 And memories were a lane, We'd climb each stair to Heaven, And take you home again.
Loving you always thinking of you today and everyday from your sister Marie, brothers Noel, David and Joe and children Patrick and Carly.

"The person who allows love to conquer hate is not weak. He or she is very strong and is a beacon of hope for all of us."

IN MEMORIAM



† DUHIG
 (33rd Anniversary)
In loving memory of Kathleen Duhig, late of 143 St. Munchin Street, St. Mary's Park, Limerick, who died on September 10, 1986. Mass offered.
 We're thinking of you today Mam, but that is nothing new We thought of you yesterday And we'll think of you tomorrow too
 You're missed so very much Mam, more than words could say
 Not just on your anniversary but every single day
 As we look upon your picture, sweet memories we recall Of a heart so full of love and a smile for one and all.
 So Angels please take this message
 To our dear mother up above And tell her how much we miss her,
 And give her all our love.
Always loved and never forgotten by Teresa, Julian, Peter, Johnny, William, Paul, Andrew and Gerard, son-in-law, daughters-in-law/partners, grandchildren and great grandchildren, relatives and friends.

† HANRAHAN
 (33rd Anniversary)
In loving memory of our dear father James Hanrahan (Murty King) late of 26 St. Oliver Plunkett Street, St. Mary's Park, Limerick City who died on 13th September 1986.
 Will those who think of him today,
 A little prayer to Jesus say.
Sadly missed by Paddy, John Joe, Betty and Gabrielle.



† MADIGAN
 (27th Anniversary)
In loving memory of our uncle Thomas Madigan, late of 1, Cregan Ave, Kileely who died September 9th, 1992. Rest In Peace. Mass offered.
 Our hearts are full of memories We treasure them with care To us you were so special Tom What more is there to say. We'll light your anniversary candle
 And say a special prayer We know that you will hear it And remember we still care.
Love always from your loving family

IN MEMORIAM

† MCINERNEY
 (21st Anniversary)
In loving memory of Marie McInerney, late of 11 Ballygrennan Road, Ballynanty Beg, Limerick who died on September 14th, 1998. R.I.P. Mass will be offered up on Saturday morning 14th September, at 10am in St John's Cathedral.
 There were no goodbyes, When you fell asleep; Our memories of you We will always keep.
 Quietly today your memory is kept
 No need for words, We will never forget.
Sadly missed and never forgotten by best friends, Anne and Terry Punch; also Gerard, Brian, Paul, Maurice, Catherine and Mary.



† MYLES
 (Third & 19th Anniversaries)
In loving memory of a dear mother and father, grandparents and sister, Catherine and Eamonn Myles, whose anniversaries occur 14th September and 12th October.
Also remembering Mam's uncle, Liam Quinn
 A beautiful nature, a heart of gold
 Your loss to us can never be told We hold our tears when we speak your name
 But the ache in our hearts always remains.
 No matter how I spend my day, No matter what we do Before we close our eyes at night
 We always think of you.
Always loved and remembered, your loving daughter Nuala, sons Eddie, James, Dermot and Gerard, son-in-law and daughters-in-law.

If I could write a story Nana It would be the greatest story ever told
 Of a kind, funny and loving Nana
 Who had a heart of gold. We love and miss you always Nana
Always loved from your grandchildren Christopher, Natasha, Chloe, Thomas, Conor, Nathan, Sarah, Andrew, Jack, Jake and Jessica and granddaughter-in-law Jenny

Our hearts still ache with sadness
 Many tears still flow
 What it meant to lose you
 No one will ever know
 We hold you close within our hearts
 And there you will remain
 To walk with us throughout our lives
 Until we meet again.
Loved always your sisters Margaret, Ethel, Pauline, Trica, Nuala and your brothers Michael, Patrick, Jimmy and Liam, sisters-in-law, brothers-in-law, nieces and nephews

IN MEMORIAM

A smile for all, a heart of gold - One of the best this world could hold.
 Never selfish, always kind
 These are the memories you left behind.
Always loved and never forgotten by your god son Seamus

† STANLEY
 (49th Anniversary)
In loving memory of my dear father, Edward Stanley, late of 12, Ballygrennan Road, Ballynanty Beg, Limerick, who died September 9, 1970. Rest in Peace.
Mass was offered up at 10am on Monday 9th September in St. John's Cathedral.
 I tried so hard to write these words
 To say how much I miss you; The more I try, the more I cry, Oh, Dad, how much I miss you.
 Little did I know that day That sorrow was so near;
 No last farewells were spoken, No time to say goodbye - You were gone before I knew
 And only God knows why. At night when all is silent And sleep forsakes my eyes, My thoughts are on a lonely grave
 Where my dear father lies. We wander to your graveside, Dad,
 Flowers we arrange with care; It breaks our hearts when we turn away
 And leave you lying there. When nights are long and friends are few,
 I sit alone and think of you; All my life I will miss you
 As the years come and go, But in my heart you will live forever
 Because I love you so. You have crossed a flowing river
 To a shore that's always green - Each day I long to see you
 But the river flows between.
Always remembered by your loving daughter, Anne; son-in-law, Terry; grandchildren, Gerard, Brian, Paul, Maurice, Catherine and Mary.

IN MEMORIAM



† STEWART
 (4th and 33rd Anniversaries)
In loving memory of our beautiful parents James and Phyllis Stewart of late of 69, St. Munchin's Street, St Marys Park. Mam who passed away on 12th September 2015 and Dad who passed away on 5th September 1986. Also remembering our wonderful sister Helen Colbert (nee Stewart), whose birthday occurs on September 21st, xxx.
Mass offered in St. Mary's Church Athlunkard St, Saturday 14th September at 7.30pm
 No matter how life changes No matter what will be
 We never go to sleep at night Without a thought of ye
 Our hearts are full of memories We treasure them with care
 But we didn't want to loose ye
 It always seems unfair
 To us you were so special
 What more is there to say
 We only wish with all our hearts
 That ye were here today
 In God's own care ye rest above
 And in our hearts ye rest with love
 Never more than a thought away
 Loved and remembered everyday
Sadly missed and never forgotten by your loving family, Serena and Don, Pat and Helen, Jimmy and Helen, Martin and Annette, Bobby and Jacinta, Noel and Brenda, Eddie and Valerie and your grandchildren, great grandchildren and great great grandchildren.

THANKSGIVINGS

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. D.L.

ASK ST. CLARE for 3 favours, 1 business, 2 impossible. Say 9 Hail Marys for 9 days. Pray whether you believe or not. Publish on the ninth day. May the Sacred Heart of Jesus be praised, adored today and every day. Request will be granted, no matter how impossible it seems. Publication must be promised. Sacred Heart of Jesus be praised, adored and glorified, today, forever and always. D.L.

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. C.P.

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. C.P.

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.

GRATEFUL THANKS to the Sacred Heart, our Blessed Lady and St. Joseph for all favours received. Also thanks to St. Padre Pio, A.O.D

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 My life's been full, I savored much;
 good friends, good times,
 a loved one's touch.
 A friendship shared, a laugh, a kiss;
 ah yes, these things, I too, will miss.
 Perhaps my time seemed all too brief;
 don't lengthen it now with undue grief.
 Lift up your hearts and share with me;
 God wanted me now, He set me free.*

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The Mercedes-Benz EQC will have a combined power consumption of 22.2 kWh/100km, zero emissions and a range of over 450kms on a single charge

Mercedes launch first electric car

Luxury car maker takes aims at eco-friendly market

TRISH WHELAN

www.CarAndTravel.ie

MERCEDES-Benz has introduced its first electric passenger car named EQC, aimed at January 2020 sales.

It comes some 130 years after Karl Benz introduced the world to motoring.

EQC is the first of a family of electric-powered vehicles being launched by luxury carmaker over the next two years. The design of this mid-sized SUV is inspired by the brand's latest GLC model.

Classed as a 'crossover SUV, with its extended roofline, window layout and low waistline, EQC is positioned between a conventional SUV and an SUV Coupe.

The car, introduced to the Irish market last week ahead of its Q4 sales launch, will have a combined power consumption of 22.2 kWh/100km, zero emissions and a range of over 450kms on a single charge.

It will be marketed through a small, geographically selected body of dealers recruited from the brand's wider dealer network.

Sales will start in earnest during Q4 ahead of the 2020 registrations period and after technical staff have completed training and familiarisation processes.

However, it is quite pricey and out of the reach of most car owners.

Heading the model offering will be an EQC 400 4-Matic, 300Kw/408hp model priced from €89,450 - some €3,445 and €10,800 lower than its two main rivals. While very well specced, it can be further enhanced with an AMG

exterior (bringing the price to €91,897), AMG Electric Art Interior (€92,713) and with full AMG Exterior and Interior fitments (€93,546).

Partnering its introduction will be a fully specified EQC 'Edition 1886' version - a model some believe will become a collectors' item. Listed at €105,882, its purchase price reduces by €10,000 to €95,882 when SEAI grant and VRT tax rebate are deducted. The car is finished in 'metallic, high-tech silver' and furnished with 1886 adornments, the Edition 1886 model recalls the year in which Karl Benz brought motoring to the world with his famed Benz Patent Motorwagen invention.

Designers have given the car a distinctive and avant-garde electric look reflected in its silver finish, sweeping grille and sporty, stretched silhouette with a flowing transition from front to rear. The front has a large black-panel surface and torch-like, fibre optic daytime running lamps.

The interior is quiet and comes with innovative design inspired by the world of consumer electronics. Driver and passengers will be cosseted in classic Mercedes level of luxury, comfort and technology and will be impressed by the overall sense of silence and 'rocket-like' power and acceleration. The car can sprint from 0-100kms in 5.1 seconds.

The brand claims a permanent all-wheel-drive system guarantees dynamic high-level performance.

The car has a low centre of gravity thanks to the floor-level positioning of the battery and power drives. A pre-climatisation feature means no scraping ice in winter and no perspiration in summer.

Its powerful electric drive system is driven by two electric motors mounted at each axle, front and rear, whose system output can be increased thanks to scalable battery components. Standard battery power is 80kWh. Power output is 408/765Nm. There's an 8-year 160,000kms factory guarantee on the battery.

A standard home charging system, a grant-supported overnight charging 'wallbox' system, or a fast, rapid-charging system can charge the battery from 10 to 80pc in 40 minutes. You can



Fast for an electric: The EQC can sprint from 0-100kms in 5.1 seconds

also recoup battery charge using gearshift paddles located behind the steering wheel.

A trailer coupling is available on request.

Standard items include the brand's BMUX multimedia system and 'Hey Mercedes' driver assist and command features. These functions include a display of range, charge status and energy flow and other new driving assistance systems that include new tailback management functions.

Speaking at the EQC launch in Palmerstown House Hotel outside Naas, Ciaran Allen, sales manager for Mercedes passenger cars in Ireland, said 'EQC will be a trailblazer for what will be a growing family of all-electric vehicles from Mercedes-Benz under its EQ branding'.

Other models in a 10-car pipeline scheduled to launch here between now and 2022 are an EQV personnel carrier, EQA, EQB, EQS and EQE models based on their current petrol-diesel equivalents, as well as others yet to be announced.

Mercedes-Benz here expect to sell around 60 or so in a full year.

For prospective customers, demonstration drives will be available over the remaining months of 2019 as a model is available for test drives at dealerships.

EQ (electric intelligence) is a stand-alone, independently-operated division within the Daimler organisation alongside, though separate from Mercedes-Benz, Mercedes AMG and the Maybach division.

We enjoyed a short test run in the EQC at launch and enjoyed its almost supercar acceleration in a very refined manner.

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Mitsubishi hope Irish sales 'pick-up' with L200

TRISH WHELAN
www.CarAndTravel.ie

THE sixth generation of the Mitsubishi L200 has gone on sale here at a starting price of €35,000 for the entry Business grade.

This five-seater comes with a new engine, a range of new driver assist technologies, and a completely new styling to give it an edgy presence.

The Irish distributors are aiming to return the model to the top three position in Irish pickup sales.

The new 2.2 turbocharged diesel has the same 150hp power as the older 2.4 and complies with the very latest EU emissions regulations under WLTP. The Superselect AWD offers four settings to deal with different terrains and an optional electromagnetic rear differential lock is available on all grades sold in Ireland. The addition of an Off-Road Mode improves vehicle traction by selecting between Gravel, Mud/Snow, Sand or Rock settings.



The all-new Mitsubishi L200 is priced from €35,000

Bed interior length is 1,520mm; GVW 2,920-3,110kg; Payload 950-1,080kg; Towing capacity with brake is 3,100kg; without brake 750kgs.

The best selling L200 is likely to be the Intense grade priced at €37,850 for the manual and €39,950 for the version with the new 6-speed

automatic with Sport mode that optimises gear ratios improving fuel economy and engine quietness.

It comes with a revitalised design and is available in three trims, Business (Manual), Intense (Manual or Automatic) and Instyle (Automatic).

The new Instyle grade includes leather seat trim

and other extras at €41,935.

This new model gets a big array of standard equipment as well as numerous top safety features and is 40mm higher than the outgoing model which has been on sale here since 2016.

L200 celebrated its 40th birthday last year and is produced by Mitsubishi Motors (Thailand) Co Ltd.

AMATEUR GOLF TOURNAMENT



GUI National Coach, Neil Manchip; Thorsten Godulla, Director, Audi Ireland; winners Mark Fitzgerald and Seamus Lyons; Audi Cork ambassador and former Ireland rugby international Peter Stringer, and Eddie Lonergan (adjudicator)

Limerick golfers lift Audi's Quattro Cup

SEAMUS Lyons and Mark Fitzgerald from Limerick were announced as champions of the 2019 Audi Ireland Quattro Cup as they topped the leader board at the national final held on 22 August at Powerscourt Hotel & Golf Club in Co Wicklow, writes Trish Whelan.

The Quattro Cup is one of the biggest amateur golf tournaments in Ireland with 828 players competing in eight regional events to reach

this year's national final.

The national final saw the six highest ranking pairs from eight regional qualifying heats tee off in the Irish final. Having won the competition, Seamus and Mark have now been invited to represent Ireland at the Audi Quattro Cup world final in Kitzbuhel, Austria from 22-26 September.

The pair qualified from the Audi Limerick heat with a final score of 43 points.

LIMERICK LEADER

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

www.limerickleader.ie



SPORT

Leader



TOP TWO TO MEET SUNDAY

Pike Rovers and Ballynanty clash

For more see page 51



Craig Casey is delighted to be able to pull on the famous Munster jersey

'The Munster deal is a dream come true' - Casey

Rugby: U20 Grand Slam winner set to feature against 'Irish' on Friday

COLM KINSELLA
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EXCITING Munster scrum-half Craig Casey said he has dreamed about playing for the province since the age of four when he was the team mascot at Thomond Park.

The highly rated 20-year-old scrum-half, who was a key member of Ireland's U20s Grand Slam winning side last season, made his senior Munster debut against Connacht last April.

And the Shannon clubman is set to feature for Munster in their opening pre-season fixture against London Irish at Musgrave Park this Friday night, 7.30pm.

Casey, who has signed a development contract with Munster this season, will

advance to a full contract at the beginning of the 2020/2021 season.

Speaking at Munster's press briefing at their High Performance Centre in UL this week, Casey said he first dreamed about playing for Munster when he was just four years of age.

"I was delighted obviously with the contract offer from Munster. It is something you dream of, since I was four when I was the mascot in Thomond Park with Axel (Anthony Foley), so it was a dream come true really.

"Look, I am just looking to make the most of it over the next two years and hopefully drive on.

"I'm fitting in well in pre-season so far. I came in late after the Junior World Cup, we got three weeks off,

so I came in, in week three of pre-season and all the senior players have been so welcoming.

"I wasn't expecting to fit in so easy and they have all been really helpful with any questions that I have had.

"There has been a lot of youngsters involved in pre-season with us, the whole Academy has been training with us and the other lads have been stepping up in leadership roles as well, it has been seamless, really.

Casey, who is 5' 5" in height, says he has learned a great deal from training alongside the established scrum-halves in the Munster senior squad, especially All-Black Alby Mathewson.

"They have all been really helpful. I am trying to be a sponge around them,



Jed Holloway, Waratahs, will join Munster on a short terms deal

especially Alby (Mathewson), he is so experienced, there is so much to learn from him, so if I am a sponge around him, I will learn a lot, also the other nines, Neil (Cronin), Nick (McCarthy) and Staffs (Jack Stafford)."

Casey is looking forward

to getting an opportunity to don the red of Munster in their upcoming pre-season friendlies. Following Friday's clash with 'Irish' in Cork, Munster face Connacht in Galway on September 21.

"The next few weeks there should be opportunities really, so I am really looking forward to that. If you are given an opportunity I got to take it, so I hope to take any opportunities with two hands and drive on."

Meanwhile, Munster confirmed the short-term signing of 26-year-old Australian forward Jed Holloway, who can play in the second row or back-row, from the Waratahs this week.

For more on Munster Rugby see www.limerickleader.ie or use #LLSport

GAA

Limerick SHC semi final line-up to be completed

JEROME O'CONNELL
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AHANE and Ballybrown bid to defy the odds in the quarter finals of the Bon Secours Hospital Limerick SHC this Sunday.

The LIT Gaelic Grounds hosts a quarter final double-header with Kilmallock and Doon the favourites to reach the semi finals.

Ahane and Kilmallock play at 2pm, while at 3.45 is the meeting of Ballybrown and Doon.

Back-to-back champions Na Piarsaigh await in the September 21 semi finals for either Ahane or Kilmallock.

The Castleconnell side, powered by Dan and Tom Morrissey and Niall Moran, are bidding to reach a first semi final since 2014.

Kilmallock were champions last in 2014 but year-after-year have reached the knockout stages.

Patrickswell await either Ballybrown or Doon in the semi finals.

Doon were beaten county finalists last year, while Ballybrown were 2016 beaten finalists.

These sides are meeting for the fifth successive year with the east Limerick side winning three of the recent meetings.

At the other end of the championship, Monaleen have opted not to play in the County Cup.

Adare and Garryspillane meet in the semi final on Friday (8pm) in Staker Wallace GAA grounds with Murroe-Boher awaiting in the final.



James Hall, Ballybrown, in action against Killian Enright, Ahane

SPORT
SNIPPETS

Ryan steps down

JOHN Ryan has stepped down as Limerick Ladies Football manager.

His departure was confirmed this Monday afternoon by a Limerick Ladies Football Association statement.

This time last year Ryan led Limerick to the All-Ireland Junior Ladies Football Championship title in Croke Park.

The final win over Louth earned Limerick promotion up into the intermediate ranks. However Limerick found the step-up tough this season and were relegated back down to the junior ranks.

"Limerick LGFA wish to thank you for your service, for the tireless work put in by you, your management team, and the players, and for being part of the amazing year in sport that was Limerick 2018," said the statement confirming the John Ryan departure.

"Your work as a manager, and as an ambassador for the game, went above and beyond anything that could have been asked of him, and it is with regret that we accept your stepping down. We wish you the best of luck in all your future endeavours"

Donovan to fight
in Belfast

Former OLL St Saviour's fighter Paddy Donovan will make his professional debut on October 11 in the Ulster Hall, Belfast.

No opponent has been confirmed for the bout, but Limerick fight fans will be expected to travel in large numbers to witness one of Ireland's most skillful fighters enter the professional ring for the first time.

Trained by former World Champions Andy Lee, Donovan took to Facebook this week to confirm the fight.

"Glad To Announce I Will Be Starting Of My Professional Career On October 11th. Where I Will Be Making My Debut In Ulster Hall, Belfast" he added.

Hockey Success

On Sunday September 8, 70 kids and 10 coaches came together for what was the very first training session for Castletroy Hockey Club!

A huge congratulations to the coaches, many whom took part in their very first hockey training.

Examiner meets with Limerick FC officials

COLM KINSELLA
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THE interim examiner appointed to Limerick FC in the High Court is meeting with club representatives and players this week, the Limerick Leader has learned.

The interim examiner's role is to put together a scheme of arrangement with the club's creditors, and if fresh investment in the League of Ireland First Division side can be secured.

The court heard that there have been four, including one formal, expressions of interest by potential investors in Limerick FC, which has debts of about €490,000.

The appointment of the interim examiner was made after the High Court heard that an independent expert had stated that Munster Football Club Limited, which trades as Limerick FC, has a reasonable prospect of survival as a going concern if certain steps are taken.

Separately, Gardai carried out searches at Hogan Park last week as part of allegations into match-fixing.

Details of the searches, which were led by members of the Garda National Economic Crime Bureau (GNECB), were confirmed on Tuesday evening of last week.

Meanwhile, the FAI also confirmed last week that it is investigating unusual betting

patterns around Limerick FC's recent FAI Cup game away to Sligo Rovers.

Limerick FC face Wexford in their final SSE Airtricity League First Division home game of the season at the Markets Field this Friday night, 7.45pm.

Manager Tommy Barrett said he did not wish to comment on the on-going investigations of alleged match-fixing or on the recent appointment of the interim examiner to the club.

Barrett did admit: "It is not a great environment for anyone to be in at the moment.

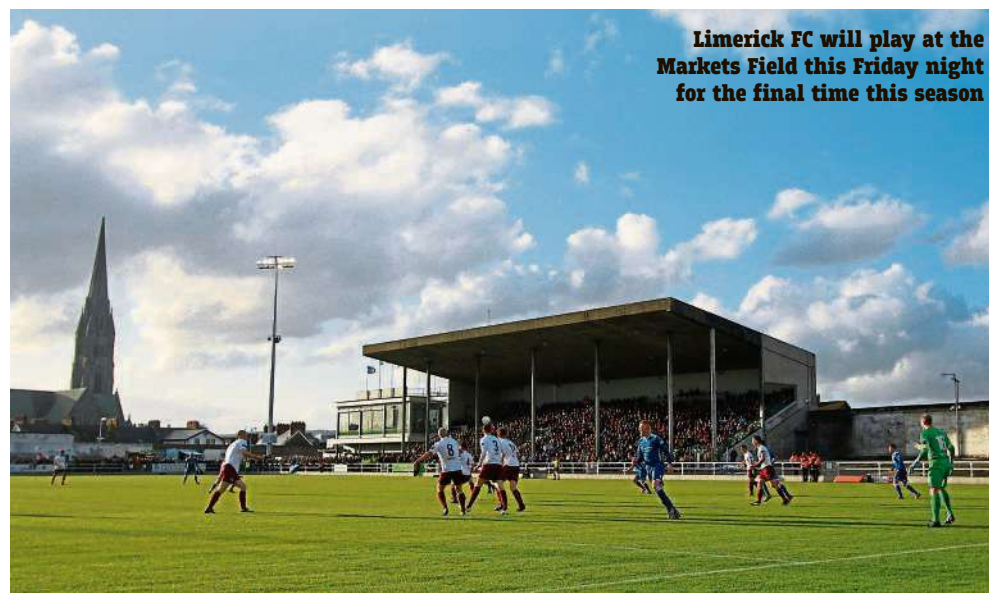
"We are down to the bare bones player wise for Friday night's game. We have four players suspended and a couple of more players carrying niggly injuries.

"We had 16 or 17 players involved in the Sligo game. Out of that 17, four are suspended for Friday and we have lads carrying knocks.

"We will be doing our utmost to see the season out as best we can."

Limerick FC finish their First Division season by playing three games in eight days. Following Friday's game with Wexford, the Blues will take on Galway Utd in their rearranged game at Deacy Park on Monday night, 7.45pm.

Limerick complete their programme of SSE Airtricity League First Division fixtures against Shelbourne at Tolka Park on Saturday, September 21.



Limerick FC will play at the Markets Field this Friday night for the final time this season

Three Limerick sides in Munster Senior Cup second round action this weekend



Senior Cup time: Old Crescent's Shane Mullally slips past this tackle by Shannon's Jamie McGarry when the sides met in the Charity Cup. Old Crescent are back in Senior Cup action this Friday night at home

THREE Limerick sides are in second round action in the Bank of Ireland Munster Senior Cup this week.

The action kicks-off on Friday night when Limerick Charity Cup

finalists Old Crescent host Cashel at Rosbrien at 8pm.

There are two Limerick clubs in Munster Senior Cup action on Saturday. UL-Bohemian, fresh

from their weekend win away to Midleton, host Sunday's Well at Annacotty, 2.30pm.

Also on Saturday, Shannon make the trip to Musgrave Park to face Dolphin, 2.30pm.

Final heartbreak for Limerick

LIMERICK'S All-Ireland camogie finalists have bright futures according to coach Shane O'Neill.

The Limerick juniors fell three points short of championship glory on Sunday in Croke Park but the team coach is confident they it won't be the last tilt at glory for the girls.

"It's all part of the development and we will take it on board," said Shane O'Neill.

"Grace Lee is our oldest player at 24/25 - Kerry are a

little bit more mature and physical. We had a lot of young girls there and they are light and got blown off the ball at times but look this is a development process. We are a young team and we said to them going out that this is all part of their development and hopefully they will progress and we might be here again next year or they might be playing with the seniors," outlined O'Neill.

"We took over the minors and there are 11 of them on the panel and six of them

started - one on every line of the pitch. There is a lot of development and they have come on a long way. At the start of the year we didn't know how we would do with the minors and they got all the way to an All-Ireland final and with the juniors we got to another All-Ireland final - although bitterly disappointed we will go again," said O'Neill after the 0-11 to 0-8 loss to Kerry in the Liberty Insurance All-Ireland Premier Junior Championship final.



Kerry's Julianne O'Keeffe with Aoife Coughlan of Limerick during the All-Ireland final this weekend

Top two to meet Sunday



Sliding in: Ross Mann, Fairview is challenged by Jason Ross, Janesboro when the two sides met on Sunday morning

PICTURE: KEITH WISEMAN

PAT SHEEHAN
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EACH WEEK we seem to have a top of the table clash in the Premier League and this week is no different.

At the time of writing there are two teams still unbeaten; Ballynanty Rvs and Pike Rvs and the pair meet in LIT on Sunday morning.

Results don't lie as these are the two form sides, promising a treat for the large crowd sure to attend.

Pike took over top spot due to Balla's inactivity at the weekend, putting five past Nenagh without reply. Colin Daly was back to his best for the tie chipping in with a hat trick.

When he is buzzing there

are few sides capable of keeping him under wraps. Conor Kavanagh and Shane Walsh have also been prominent for the Hoops in the first month of the season.

The addition of Conor Ellis to the 'Blues' squad provided the one thing they were lacking in their first few games. Two hat tricks in his first two games tells its own story.

The form of Ken Meehan and Darragh Hughes at the other end gives the perfect balance. With the result likely to play a big part on the title race expect nothing to be given up lightly.

Third placed Regional Utd welcome fourth placed Fairview Rgs with both looking to keep pace with the leading pair.

Regional bounced back

with a win over Prospect last weekend and looked in good shape. Their visitors huffed and puffed their way to victory over Janesboro and no doubt Jason Purcell and Stewart Fitzgerald will be looking for a marked improvement this time out.

A win for Geraldines against Kilmallock will spring them right back into contention. Dropping a two-goal lead to Coonagh last weekend will have hurt Derek Hannon's men.

Coonagh will look to build on that result when they visit Champions, Janesboro. Shane O'Hanlon's side have taken a few blows but there's plenty of life still in the side.

In the bottom half of the table Mungret Reg host Nenagh looking for a second win and Prospect host a

much-strengthened Aisling Annacotty XI.

The Premier A League is already proving a tight affair and Sunday's fixtures will hardly leave us any wiser afterwards.

Leaders Moyross, the only unbeaten team in the league will put their record on the line when they visit Hill Celtic.

Second placed Cappamore welcome fourth placed Fairview Rgs B in the game of the day while joint second Murroe also face a difficult tie away to neighbours Newport.

Athlunkard Villa and Charleville have a game less played so are well in the hunt but must win in their games with Carew Park and Aisling B respectively.

Division 1A is also proving

a fiercely competitive League to date. After a couple of tough seasons it's good to see Castle Rvs back in the winning frame. They lead the way by three points from Geraldines and Patrickswell.

They meet the latter on Sunday in what should be a cracking game.

Geraldines will be hoping for a 'Well win as they have the chance to go joint top if they beat Knockainey.

Hyde Rgs are in good form and are expected to keep their good run going at home to Shelbourne while Kilfrush take on Star Rvs in the remaining 1A tie.

For more see #LLSport on social media channels such as Facebook, Twitter and Instagram.

JUNIOR SOCCER

PREMIER DIVISION	P	W	D	L	Pts
Pike Rovers	7	5	2	0	17
Ballynanty Rovers	6	5	1	0	16
Regional Utd	7	5	0	2	15
Fairview Rgs	7	4	2	1	14
Geraldines	7	4	2	1	14
Janesboro	7	4	0	3	12
Aisling Annacotty	6	2	1	3	7
Mungret Reg	7	2	0	5	6
Nenagh AFC	7	2	0	5	6
Coonagh Utd	7	1	2	4	5
Prospect Priory	7	1	1	5	4
Kilmallock	7	0	1	6	1

PREMIER A LEAGUE	P	W	D	L	Pts
Moyross	6	5	1	0	16
Cappamore	6	5	0	1	15
Murroe	7	5	0	2	15
Fairview Rgs B	7	4	2	1	14
Newport	7	3	2	2	11
Charleville	6	3	1	2	10
Athlunkard Villa	6	3	1	2	10
Hill Celtic	6	2	2	2	8
Aisling Ann B	6	2	1	3	7
Holycross	7	1	0	6	3
Carew Park	7	1	0	6	3
Corbally Utd	7	0	0	7	0

DIVISION 1A	P	W	D	L	Pts
Castle Rvs	5	4	1	0	13
Patrickswell	5	3	1	1	10
Geraldines B	5	3	1	1	10
Hyde Rgs	4	3	0	1	9
Kilfrush	5	3	0	2	9
Southend	5	3	0	2	9
Knockainey	4	2	0	2	6
Star Rvs	4	1	2	1	5
Ballylanders	4	1	1	2	4
Shelbourne	5	0	2	3	2
Summerville Rvs	5	0	1	4	1
Granville Rgs	5	0	1	4	1

DIVISION 1B	P	W	D	L	Pts
Regional Utd B	7	4	3	0	15
Athlunkard Villa B	6	4	2	0	14
Glenview Rvs	7	4	1	2	13
Parkville	6	3	2	1	11
Mungret Reg	6	3	1	2	10
Aisling Annacotty C	5	1	3	1	6
Caherdavin Celtic	5	1	2	2	5
Pallagreen	5	1	2	2	5
Newport	6	1	1	4	4
Caledonians	6	1	1	4	4
Charleville	5	0	0	5	0

DIVISION 2A	P	W	D	L	Pts
Caherconlish	5	5	0	0	15
Kilmallock B	5	4	1	0	13
Wembley Rvs	5	3	1	1	10
Janesboro B	4	3	0	1	9
Castle Utd	5	3	0	2	9
Meanus	5	2	1	2	7
Murroe B	5	2	0	3	6
Corbally Utd B	5	1	2	2	5
Herbertstown	4	1	1	2	4
Prospect Priory B	5	0	2	3	2
Hyde Rgs B	5	0	1	4	1
Knockainey B	5	0	1	4	1

DIVISION 2B	P	W	D	L	Pts
Aisling Annacotty D	6	5	1	0	16
Northside	7	5	0	2	15
Fairview Rgs C	7	4	2	1	14
Brazuca United	7	4	1	2	13
Kilfrush B	7	3	1	3	10
Parkville B	6	2	2	2	8
Lisnagry	6	2	1	3	7
Coonagh Utd C	7	1	2	4	5
Coonagh Utd B	6	1	1	4	4
Abbey Rvs	7	0	1	6	1

JUNIOR SOCCER FIXTURES

THURSDAY SEPT 12

UNDER 17 DIV ONE

Aisling B v Aisling A, 6.30, J McNamara

SATURDAY SEPT 14

DIV PREMIER A

Charleville v Aisling B, 7.00, D Power

DIVISION 2B

Aisling D v Kilfrush, 7.00, J Clancy
Brazuca v Coonagh Utd C, 7.00, F O'Neill

DIV 3A

Athlunkard Villa v Lisnagry B, 7.00, UL, L Somers

SUNDAY SEPT 15

PREMIER LEAGUE

Mungret Reg v Nenagh, 10.30, J McNamara
Geraldines v Kilmallock, 10.30, R Broe
Ballynanty Rvs v Pike Rvs, 10.30, B Higgins, S Rooney, D Power
Janesboro v Coonagh Utd, 10.30, K Gorman
Prospect v Aisling Annacotty, 10.30, R McCann
Regional Utd v Fairview Rgs, 10.30, N Casey

PREMIER A LEAGUE

Newport v Murroe, 2.00, J McNamara
Holycross v Corbally Utd, 2.00, R Broe
Cappamore v Fairview Rgs B, 2.00, G Clancy
Hill Celtic v Moyross, 10.30, G Clancy
Athlunkard Villa v Carew Park, 2.00, B Higgins

DIV 1A

Hyde Rgs v Shelbourne, 10.30, Martin Monaghan
Kilfrush v Star Rvs, 10.30, M Kennedy
Geraldines B v Knockainey, 2.00, S Rooney
Ballylanders v Southend, 10.30, M Murphy
Granville Rgs v Summerville Rvs, 2.00, A Galvin
Castle Rvs v Patrickswell, 10.30, D Downing

DIV 1B

Charleville V Regional, 2.00, M Kennedy
Glenview V Caherdavin, 2.00, J Rooney
Pallasgreen v Caledonians, 10.30, J Rooney
Parkville v Newport B, 2.00, Martin Monaghan
Aisling C v Mungret Reg, 2.00, M Murphy

DIV 2A

Meanus v Hyde Rgs B, 10.30, A Galvin
Corbally Utd B v Janesboro B, 10.30, J Clancy
Knockainey B v Murroe B, A Walsh
Caherconlish v Prospect Priory B, 2.00, T O'Sullivan

DIVISION 2B

Abbey Rvs v Fairview Rgs C, 10.30, K McCormack
Parkville v Lisnagry B, 10.30, P O'Brien
Northside v Coonagh Utd C, 10.30, M Bourke
MURROE v Moyross, 2.00, A Walsh
Caledonians v Mungret, 10.30, S Scully
Nenagh v Newport C, 2.00, F O'Neill
Shelbourne v Dromore Celtic, LPYMA, T Joyce

YOUTH DIV ONE

Aisling B v Charleville, Kilonan, 2.00, R

McCann
Aisling A v Fairview Rgs, 2.00, Astro, K Gorman
Caherdavin v Kilfrush, 2.00, N Casey

YOUTH DIV TWO

Aisling C v Shelbourne, 2.00, P O'Brien

DIVISION 3A	P	W	D	L	Pts
Moyross B	4	4	0	0	12
Caledonians B	4	3	0	1	9
Dromore Celtic	4	3	0	1	9
Shelbourne B	4	2	1	1	7
Mungret Reg C	4	2	1	1	7
Nenagh B	4	2	0	2	6
Lisnagry B	4	2	0	2	6
Athlunkard Villa C	4	1	0	3	3
Newport	4	0	0	4	0
Murroe C	4	0	0	4	0

COLM KINSELLA

Ravenhill can land big Kerry National prize at Listowel

THE €200,000 Guinness Kerry National is the highlight of this week's big Listowel Harvest Racing Festival in north Kerry.

The showpiece Grade A contest over three miles is run off on Wednesday, September 11, at 4.15pm, and boasts the biggest prize fund of the week.

A really exciting renewal of the Guinness Kerry National 12 months ago saw the 6/1 shot, Snow Falcon claim the spoils with Jonathan Moore on board.

Trained by Noel Meade, Snow Falcon came home by a short-head from the Willie Mullins trained Saturnas under Paul Townsend. This was the first time Noel Meade

won the Kerry National.

The betting for the 2019 renewal of the Kerry National is headed by the Enda Bolger-trained 7/2 shot Movewiththetimes, which carries the famed green and gold hoop colours of JP McManus.

7/2 is a short price in a very competitive race, so preference is for the Gordon Elliott-trained

Ravenhill, who is a good each-way bet at odds of 10/1.

Ravenhill finished a creditable fifth in the Galway Plate last time out, while the nine-year-old was an impressive winner in Limerick before that.

This year's Listowel Races, which continues until Saturday, is celebrating 161 years of racing.



Listowel is the place to be this week

IS THAT ON THE BOX?

Wednesday

TENNIS

JAPAN OPEN
BT SPORT 8AM

CYCLING

TOUR OF BRITAIN
ITV 4 10.45AM

CYCLING

VUELTA A ESPANA
EUROSPORT 1.45PM

HORSE RACING

LISTOWEL RACES
TG4 1.55PM

SOCCER

MAN C LEGENDS V PREMIER
SKY SPORTS 7PM

Thursday

GOLF

KLM OPEN
SKY SPORTS 10.30AM

CYCLING

VUELTA A ESPANA
SKY SPORTS 10.30AM

CYCLING

TOUR OF BRITAIN
ITV4 12.45PM

HORSE RACING

LISTOWEL RACES
TG4 1.55PM

BASEBALL

DIAMONDBACKS V METS
BT ESPN 6.10PM

Friday

RUGBY UNION

N'LAND V CANTERBURY
SKY SPORTS 8.35AM

GOLF

KLM OPEN
SKY SPORTS 12NOON

HORSE RACING

LISTOWEL RACES
RACING TV 2PM

GOLF

BREENBRIER CLASSIC
SKY SPORTS 7PM

SOCCER

ARBROATH V PATRICK
BBC SCOTLAND 7PM

Saturday



Here we go again: Stephen O'Brien of Kerry in action against Paddy Small, left, and Ciarán Kilkenny of Dublin. The much anticipated replay is this Saturday at 6pm

RUGBY UNION

TARANAKI V B OF PLENTY
SKY SPORTS 3.35AM

RUGBY UNION

S'LAND V MANAWATU
SKY SPORTS 6AM

RUGBY UNION

COUNTIES V AUCKLAND
SKY SPORTS 8.35AM

CRICKET

ENGLAND V AUSTRALIA
SKY SPORTS 11AM

SOCCER

HAMILTON V CELTIC
BT SPORT 12NOON

GOLF

KLM OPEN
SKY SPORTS 12.30AM

SOCCER

FULHAM V WEST BROM
SKY SPORTS 12.30PM

SOCCER

LIVERPOOL V NEWCASTLE
BT SPORT 1 12.30PM

SOCCER

WREXHAM V SUTTON UTD
BT SPORT 1 5.20PM

SOCCER

NORWICH V MAN CITY
SKY SPORTS 5.30PM

GAELIC GAMES

KERRY V DUBLIN
RTE/SKY SPORTS 6PM

SOCCER

INTER V UDINESE
PREMIER SPORT 7.45PM

GOLF

BREENBRIER CLASSIC
SKY SPORTS 8PM

BASEBALL

BRAVES @ NATIONALS
BT SPORT 9PM

Sunday

GOLF

SOLHEIM CUP
SKY SPORTS 10.30AM

GOLF

KLM OPEN
SKY SPORTS 12NOON

SOCCER

HUDDERSFIELD V SHEFF W
SKY SPORTS 12NOON

SOCCER

B'MOUTH V EVERTON
SKY SPORTS 2PM

SOCCER

WATFORD V ARSENAL
SKY SPORTS 4.30PM

SOCCER

ROMA V SASSUOLO
PREMIER SPORT 5PM

GOLF

BREENBRIER CLASSIC
SKY SPORTS 8PM



Mattéo Guendouzi

The VUELTA A ESPANA continues this week on our screens



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Now €269

**Fia 600 2 Drawer
Wall Unit & Basin**
Was €499
Now €399

**Cavan Callacata
60x20 Wall Tiles &
45x45 Floor
Tiles All
Now €16.95 YD2**

**City Delia 1700
Freestanding Bath**
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Now €929

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Now €279

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