‘IT’S NOT A CRISIS, IT’S AN EMERGENCY’

Protesters call for urgent action on mental health services - P8

Protesters at City Hall calling for improved mental health services in Limerick
PICTURE: ADRIAN BUTLER

The Leader

Wednesday, September 18, 2019

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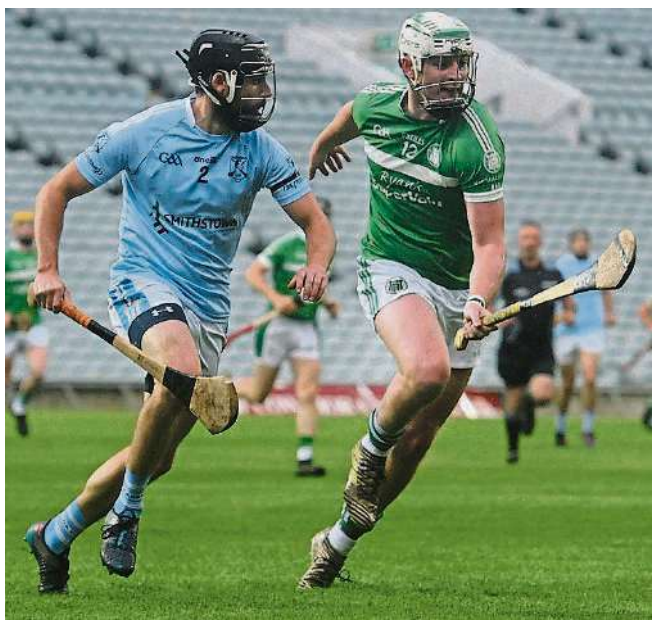

SPORT Hurling championship double-header preview **P39**

PROPERTY If you’re in the market for a home you have to see our 12-page special **INSIDE**

PROPERTY
Leader
HOME & INTERIORS
Dooley’s serves up an ace of a rural residence

STREET LIFE Decision on O’Connell St plan deferred to allow public submissions be assessed **P8**

Thousands urge RTE bosses to save Lyric FM from dead air **P6**

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LeadingOff

Setting the agenda in Limerick

▲ GOOD WEEK

Culture lovers

It's Culture Night this Friday and venues all over the city are opening their doors for free. Dive in!

▼ BAD WEEK

Keith Earls

The Munster winger has lost the race to be fit in time for Ireland's World Cup opener against Scotland

QUOTE OF THE WEEK

"We are no longer in a mental health crisis, we are in a mental health emergency"

Cllr John Costelloe

There is a time for action - but not yet

An artist's impression of the plans for O'Connell Sttreet as proposed by Limerick City and County Council

WHATWETHINK

KEVIN CORBETT

THE LEADER

It's no secret that the machinations of local government in Limerick are a turn-off for most people.

Attitudes typically vary between indifference and cynicism, with the perception that councillors don't do much of use.

Actually, sometimes, when they're doing nothing, they're actually doing something important.

Like this Monday when elected representatives were expected to vote on the council's €9m plans for O'Connell Street, just days after public submissions on the project closed.

Rather than allow the council railroad their plans through, councillors chose to do nothing - for now.

It was proposed by Cllr Daniel Butler to defer the vote for another two weeks to allow as, he said, "in-depth analysis of the submissions".

It may be decades before we get another chance to remodel O'Connell Street and if anything is going to save Limerick city centre, it's people, not cars. Sadly, the current plan prioritises traffic over people; hopefully councillors will see this and push for a bolder plan.

WEATHERFORTHEWEEK

WEDNESDAY
Some sunny spells today with temperature peak of 19°c

THURSDAY
Plenty of sunshine and temperatures a balmy 21°c

FRIDAY
More fine sunny spells with temperatures peaking at 20°c

SATURDAY
Clouds and sun with the odd shower and a peak of 20°c

SUNDAY
Partly sunny with showers around also and a high of 19°c

MONDAY
Becoming wetter with showers in the morning. Peak of 18°c

INSIDE THIS WEEK

FLOODING INQUIRY
OPW asked to meet Council
Page 4

ADAMS' IRA 'LIES'
SF leader called out on IRA
Page 16

A CUT ABOVE
Meet our new columnist Cyril Morgan
PAGE 26

WATCH IT MATE
How to pick the right watch
Page 29

WEBTOPTEN

1. Homeless family camp out near Limerick's North Circular Road

2 Young woman left 'threatened and intimidated' after her car was vandalised in County Limerick town

3 Woman accused of theft banned from shopping centres in Limerick

4 'Limerick is a beautiful city but something's very, very wrong"

Stacey Dineen shared her experience (Story No.4)

5 Accusations and envy led to assault by Limerick woman of her one-time friend

6 Limerick motorists face bans for drink-driving and drug-driving offences

7 BREAKING: Winter vomiting outbreak at Limerick hospital

8 Protest after spike in apparent suicide attempts in Limerick

9 €500 penalty and probation act over environmental infraction in Limerick village

10 Man accused of attempting to rob woman's handbag on Limerick street

See story No. 6

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MyLimerick

Kieran Daly

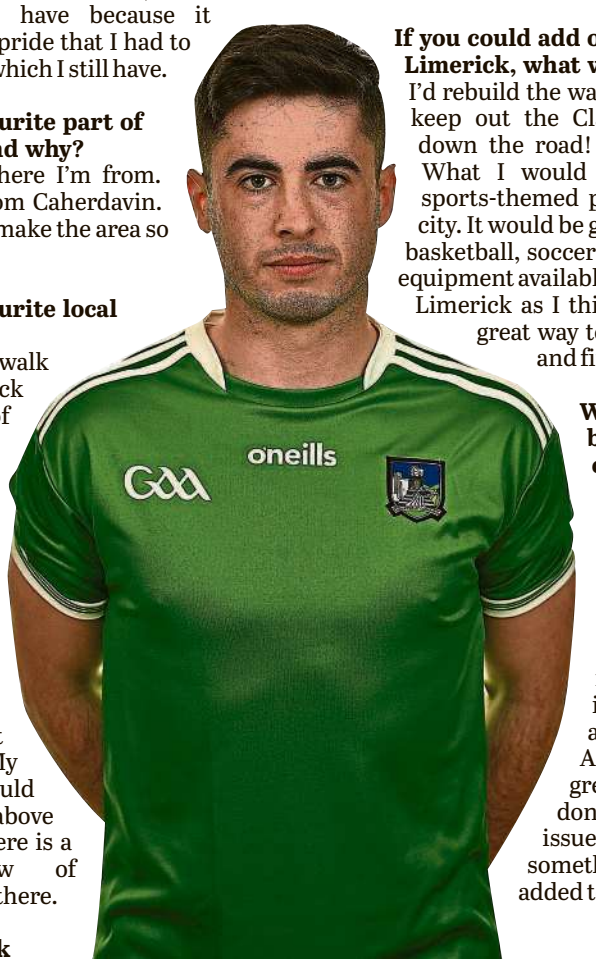
Limerick and Na Piarsaigh footballer

What is your idea of a perfect day, or a perfect weekend in Limerick?
A perfect day for me would start off by taking my dog Milo for a walk around Caherdavin in the morning. If I wasn't training, studying or working I'd probably end up going down to my local GAA club, Na Piarsaigh, for a puck or kick around. I find that it's a great way to unwind and gather my thoughts after a busy week. Afterwards I'd meet up with friends for a chat and have the craic. Any day I get to do all that is a perfect day for me.

What's your first Limerick memory?
My first Limerick memory would have been as a six-year-old attending the 2003 Munster Football final in Killarney. I've attended many games but that one stands out in my mind for a variety of reasons. Both of my parents are from Kerry so whenever they play against each other, there would be a bit of friendly banter in the house to put it mildly! That weekend in 2003 was my first experience of it and I loved every minute of it. I recall staying upstairs in my uncle's pub in Curran's, just outside Castleisland, the night before the match. I wore my Limerick jersey with great pride into the pub and when the local men at the bar saw me with it they had a few words to say! They tried to persuade me to wear a Kerry jersey to the match but I politely refused. I also recall playing a game of football with my cousins that night where I was Limerick and they were Kerry. Needless to say Limerick won that night in Curran's, but we were not so lucky the following day. Although Limerick lost, they gave a great performance that day and they definitely inspired me to want to play for Limerick. I remember watching the game from behind the goals holding the programme and my purple ticket with my dad and I remember being happy to be there with him. There is actually a photo of my sister, her friend and I on the field after the game which made the front page of the 'Limerick Evening Echo' the next day. Looking back on it now, I feel it's a great memory to have because it reminds me of the pride that I had to be from Limerick, which I still have.

What is your favourite part of the city/county and why?
Caherdavin. It's where I'm from. I'm proud to be from Caherdavin. It's the people that make the area so great.

What is your favourite local walk or view?
My favourite local walk would be at the back of the University of Limerick track which goes from there to the Absolute Hotel in town. I used to run for Emerald Athletics Club in my teenage years and we ran along that path every Sunday morning. It brings back great memories. My favourite view would be at the 'golf ball' above Cratloe Woods. There is a magnificent view of Limerick city from there.



What do you think gives Limerick its unique identity?
I think it's the hardworking and passionate attitude of the people. A wise Limerick man once said 'you get out of it what you put into it, it's like a walk of life'. I feel the people of Limerick live by that saying in everything we do.

Do you have a favourite local restaurant?
I wouldn't have any that I could say is my favourite, but Lana, Bobby Byrne's and the Greenhills would be my top three. Tommy Grimes senior is a chef in the Greenhills and he does an unreal Sunday roast!

How would you describe the people of Limerick?
Hardworking, passionate and supportive. This was clearly seen when the pitches in Na Piarsaigh flooded recently. The support the club received from other clubs, be it other GAA clubs, rugby clubs, soccer clubs offering the use of their facilities in our time of need was fantastic. It made me realise that Limerick people are great to give support when it is needed most.

How important do you think sports and the arts are to Limerick?
I think they are very important to Limerick. The hurlers winning the All-Ireland last year gave the county a massive boost. Hearing 'Dreams' by the Cranberries in Croke Park after the final whistle sent shivers down my spine. Munster winning the Heineken Cup in the noughties had a similar effect. The city was in lockdown for days on both occasions! I love the Riverfest weekend too. Seeing everyone on the streets watching the firework display and seeing a concert in King John's castle is a joy to behold. I'm looking forward to the Ryder Cup in 2026 also. That will provide Limerick with a massive economic boost and it will give us a chance to showcase to the world what a great city we have.

If you could add one amenity to Limerick, what would it be?
I'd rebuild the walls of Limerick to keep out the Clare people from down the road! I'm only joking. What I would like to see are sports-themed parks around the city. It would be great if there were basketball, soccer courts or fitness equipment available in parks around Limerick as I think it would be a great way to promote health and fitness.

What's the biggest challenge facing the county and city today?
Providing support for young people who are suffering with mental health issues and addictions. Although there is great work being done regarding this issue, it is always something that can be added to and built upon.

Son jailed for tenth breach of barring order

DAVID HURLEY
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A DRUG addict who breached a barring order taken out by his mother on ten separate occasions has been sentenced to three months' imprisonment.

The 36-year-old, who can't be identified for legal reasons, pleaded guilty to an offence under the provisions of the Domestic Violence Act relating to an incident earlier this month.

Limerick District Court was told the defendant was extremely drunk when arrested shortly before midnight after he attempted to gain access to his mother's home.

The man, who has more than 150 previous convictions, has breached the order on nine other occasions since 2016.

Solicitor Sabina Hegerty said her client's addiction difficulties have worsened in recent years and that they have often gotten the better of him.

"He accepts he needs to sort his life out," she said adding he is engaging with the various services in prison.

Judge Marian O'Leary was told the defendant and his mother are in regular contact on the phone and that neither realised the barring order meant there should be no contact at all.

Having considered the matter, Judge O'Leary said the defendant's attitude towards the order is a concern.

"You seem to continue to breach it, I have no choice but to impose a custodial sentence," she said as she imposed a three month prison sentence.

The defendant received a consecutive three month prison sentence for a separate trespassing offence while a concurrent two month sentence was imposed in relation to a theft offence.

"I hope you get the help you require," said Judge O'Leary.

Limerick Courthouse

Batten down the hatches: flooding caused chaos in the Coonagh area last month PICTURE: BRENDAN GLEESON

OPW asked to appear at council meeting

Flooding: Families still yet to move back into homes

NICK RABBITTS AT CITY HALL
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THE OFFICE of Public Works (OPW) has been invited to appear before the next meeting of Limerick's metropolitan district, over the flooding chaos on the city northside.

A number of families had to be moved from their homes last month when the Shannon burst its banks following the collapse of a sluice outfall in Coonagh, combined with heavy rainfall and high tides. It also caused significant damage to Na Piarsaigh's pitches, which had only recently been made available for use following a €1m fundraising drive.

At this month's meeting, members expressed anger, most notably newly-elected Fine Gael councillor Olivia O'Sullivan, who said the OPW had not treated residents with "the proper respect" after they called the Friday night of the flooding to raise concerns.

"These residents knew something was happening that would be detrimental to their homes. The proper respect was not shown to these residents. These people went to sleep that night fearful of waking up stranded or even worse. We need to ask the question of those people we rely on to provide a response," she said.

Cllr O'Sullivan also questioned the effectiveness of the council's emergency telephone response after city official Triona Daly said while most calls were answered quickly, there were a number which took up to five minutes.

"Waiting for five minutes on the phone is too long when water is surging up to your door. It's not the first time this has happened in Coonagh. People are sitting ducks, they are very worried."

Fellow northside councillor Kieran O'Hanlon said: "Residents knew on Friday night when they saw the water rising up. It's so sad this has happened – and It's because of incompetence. I know many residents tried to contact the OPW and could not get through."

This, he said, is because the government office closes at 5pm.

Due to this, he suggested a senior local authority official be ready to at least speak to councillors as "we are the first line of defence".

Labour councillor Conor Sheehan argued the OPW only addressed the issue after local Senator Kieran O'Donnell contacted the Minister re, Kevin 'Boxer' Moran. "There is something dysfunctional there."

Green councillor Brian Leddin said: "It appears the ball was dropped. I'd like to know what oversight there is on this."

The council's manager in the metropolitan district Kieran Lehane said he would be meeting the OPW this week, and he would extend an invite to them to address their next meeting on October 21.

€1m invested by Na Piarsaigh in the new pitches at Elm Drive

Alleged racial incident at UL condemned

MIKE FINNERTY
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AN ALLEGED incident of racial abuse took place last Thursday at the University of Limerick.

The incident was swiftly condemned by UL Student Life, who stated "our campus is proudly diverse and inclusive of students from all backgrounds."

"As an island of a 'thousand welcomes' UL applies the same mantra to every student that passes through its front gates," the statement read.

"Racism and all other forms of abuse causes harm to those people at whom they are directly targeted, and undermine our campus community," the statement said.

A spokesperson for UL added: "University of Limerick condemns any kind of racial abuse or threatening and discriminatory behaviour."

An Gardaí Síochána said at the time of going to press said they had received no reports of a racial incident at the University last Thursday.

Speaking to The Leader, Third-Year UL Journalism student Zoha Khan spoke of her experiences with racial abuse she has suffered since moving to Ireland from Pakistan with her family aged 12.

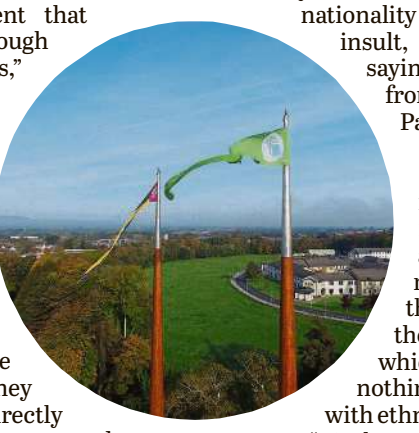
"UL is the only place in Ireland where I walk into a room and no one stares at me because I'm brown," she stated.

"However, that doesn't change some people's attitudes towards me," she noted.

She recalled an incident at UL where her Pakistani roots were mocked and used against her.

Khan recalls a specific incident that happened to her while she was a first year student on-campus at the university.

"They used my nationality as an insult, as if saying 'you're from Pakistan' somehow made me inferior and made them win the debate which had nothing to do with ethnicity.



"It's the racists who always ask and feel the need to mention race again and again," she added.

Discussing the incident, said to have allegedly taken place last week at UL, Khan said "catcalling and throwing racial slurs at a young woman walking home alone in darkness is downright disgusting".

"Some people may not consider it to be a big deal but what if the next time a situation like this occurs, these men decide to get physical?"

"With their backward and racist mentality there is nothing stopping them," she noted.

"If this issue isn't dealt with, how am I, or any woman of colour in UL, meant to feel safe?"

Prisoner had phone to keep in touch with his family

DAVID HURLEY
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AN INMATE who was caught with a mobile phone while in custody at Limerick Prison has avoided any additional jail time.

Jack Finucane, 31, who has an address at O'Malley Park, Southill pleaded guilty, at Limerick District Court, to having the device on January 7, last.

Inspector Liz Kennedy told Judge Marian O'Leary the black and white phone, which was less than three inches long, was recovered after it was detected during a routine search for electronic devices.

Following the discovery, gardai were alerted by the prison authorities and it was later established there was a working sim card in the device.

Mr Finucane, who has a number of previous convictions, is currently serving a lengthy prison sentence relating to a robbery offence in Castletroy more than two years ago.

He was sentenced at Limerick Circuit Court, in May 2018, to six years' imprisonment with the final two suspended.

Solicitor Sarah Ryan said her client, who co-operated with prison officers and gardai, had the phone to keep in contact with members of his family as he was to be transferred to the Midlands Prison in Portlaoise.

She said this would have created some hardship for him and his family who live in Limerick and who are used to the procedures at Limerick Prison.

Having considered the matter, Judge O'Leary imposed a one month prison sentence.

However given Mr Finucane's plea and his expected release date, she directed that the sentence be served concurrently to the sentence he is currently serving.

The phone has been forfeited to the State.

"We are no longer in a mental health crisis, we are in a mental health emergency. Mental health is not from nine to five. It's 24/7, seven days a week and 365 days a year. The services are not working for the needs of our citizens"
CLLR JOHN COSTELLOE - P8

Good luck Adare

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Bikes and pedestrians rule the roost on Sunday

KEVIN CORBETT
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The vote on O'Connell Street's future may have been deferred for a couple of weeks, but people can get a small taste of what it would be like without vehicles this Sunday when the Council hosts a car-free day on the main thoroughfare.

The local authority is promising a "feast of family fun activities" this Sunday, when traffic will be blocked from 2-4pm between the William Street and Roches Street junctions on O'Connell Street as part of European Mobility Week 2019.

Residents and businesses are being encouraged to come out and support the initiative on the city's main street which will be pedestrian/ cyclist only. Street entertainment and fun and games are promised.

At the same time, the Council, in partnership with Limerick Cycling Campaign is hosting an event called a 'cyclovia'.

A cyclovia is a Spanish word meaning 'cycleway'. During Cyclovia anyone can bike, walk, skate and participate in activities right in the middle of the street.

A circular Limerick city centre route will be open to all walkers, cyclists, scooters and rollerbladers, with restrictions placed on motor vehicles.

The route begins on O'Connell Street, down Bedford Row, along the quays to Shannon Bridge, over Condell Road before turning right onto Shelbourne Road.

It then proceeds along O'Callaghan and Clancy Strands before turning right over Thomond Bridge, down Nicholas Street, right onto Bridge Street, continuing over Mathew Bridge before turning right onto Francis Street, through Arthur's Quay Park, under Sarsfield Bridge and returning to Bedford Row and O'Connell Street.

There will be traffic restrictions in place along the route.

Join the cyclovia in Limerick city this Sunday afternoon

An RTE Prime Time feature stated that the national broadcaster was 'considering the future' of Lyric FM', prompting widespread shock among staff, Limerick, and members of the arts and culture world nationwide and internationally

'Music lovers would be lost without it'

Making waves: Thousands urge RTE to save Lyric FM

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THOUSANDS of people have signed a petition addressed to RTE director general, Dee Forbes, urging the national broadcaster to save Limerick-based Lyric FM from shutting down.

On Thursday night's televised programme, it said that RTE is "considering the future of Lyric FM", news of which has prompted widespread shock across Limerick and the national and international arts community.

Among the many artists showing support for Ireland's only culture and arts radio station, Uruguayan composer Jose Serebrier took to social media and has described the idea of shutting its doors as a "crime".

"The crime of stopping Lyric FM seems unbelievable and irresponsible. It would create a vacuum that would harm the future cultural progress of Ireland," he said on Twitter this week.

RTE Lyric presenters have also taken to social media to urge members of the public to show their support.

Meanwhile, Labour TD Jan O'Sullivan told the Limerick Leader that she has tabled parliamentary questions to Ministers Richard Bruton and Josepha Madigan, urging them to intervene in the situation.

Mary Ellen McGuirk, from Donegal, set up a public Uplift survey, calling on Ms Forbes to prevent the closure of the Cornmarket Square studio.

Speaking about the petition, which has garnered more than 2,250 signatures, Ms McGuirk said "so many musicians and music lovers would be lost" without Lyric FM.

According to RTE's annual report in 2018, RTE Lyric FM cost €6.6m of the organisation's total €391.m budget.

RTE Lyric also makes up 1.9% of Irish radio listeners. It also employs around 20 Limerick staff, of RTE's some-1,800 staff nationwide.

In a statement to the Limerick Leader, RTE said: "RTÉ remains committed to meeting the ever-changing needs of Irish audiences and to securing the future of public service media in Irish life. We are mindful of RTÉ's central role in reflecting who we are as a people and a nation and where we are going, a role that is more important now than ever. However, with commercial revenues and public funding both significantly below what is needed to operate the organisation in its current form, it is no longer possible to continue as we are."

Call for young and old to support climate strikes

MIKE FINNERTY
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THE Irish branch of Parents for Future, Tuistí don Todhchaí, is calling upon everyone: old, young and in-between, "to come out in support of young people" at the next big Global Climate Strike this Friday, September 20.

The Tuistí don Todhchaí climate action parents group was formed following a meeting of minds between Ellen Hegarty and Miriam Gormally, both of whom had come out in support of their children at the Dáil school strikes in April of this year.

Ellen Hegarty, the groups founder and parent at Scoil Lorcáin, Dublin stated; "In August 2018 Greta Thunberg sat down to protest. Her personal strike against government inaction on climate justice struck a chord with young people all over the planet."

But this problem should not sit on the shoulders of our youth.

"We all need to take a stand, show them we are listening and to impress upon our governments that they need to act and act now.

"You are never too small to make a difference."

The Limerick protest will take place at 1pm this Friday at Arthur's Quay Park.

The outbreak occurred at St Camillus

11 with symptoms of winter vomiting bug

THERE ARE two confirmed cases of the winter vomiting bug at a Limerick city hospital following an outbreak this week.

According to the HSE, 11 have presented with symptoms, nine of which are patients and two staff members.

In a statement this Monday morning, the HSE said that visiting restrictions have been imposed at St Camillus Hospital, Shelbourne Road.

The outbreak occurred in the rehab unit at the hospital, which mainly treats elderly patients.

"All infection control measures are in place and the outbreak is being managed. In the interests of patient safety and in line with infection control procedures, there will be restricted visiting permitted at the hospital," a spokesperson said.

The HSE said that it regrets this inconvenience but would like to thank patients and the public for their cooperation.

Any queries regarding visiting should be made directly to 061-483612.

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

Start Date: September 30th 2019

Course Duration: 6 weeks

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

Key Skills

- Develop creative and critical thinking from collective and individual problem-solving.
- Gain a knowledge of the roles in a screen production and the impact of each department.
- Develop communication and teamwork skills through participation in a range of industry specific case studies.
- Identify personal strengths and weaknesses as a member of a team.
- Identify personal strengths and weaknesses as a member of a team and assist in objective setting.
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This provision is co-funded by the Government of Ireland and the European Social Fund as part of the ESF Programme for Employability, Inclusion and Learning 2014 -2020.

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What is a Traineeship?

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Course Duration
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Start Date:
Monday 7th October, 2019

Modules include:
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- Manicure and Pedicure
- Skincare and Eye Treatments
- Waxing
- Professional Conduct and Business Awareness

Venue:
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Funding call: UL President Dr. Des Fitzgerald

UL chief calls for funding increase

MIKE FINNERTY
michael.finnerty@limerickleader.ie

THERE have been calls to increase Government funding to third-level institutions after the latest figures show UL's position in the Times Higher Education rankings has remained static.

In a post on Twitter after the latest rankings were published, University of Limerick President Dr. Des Fitzgerald said, "A decade ago, Ireland had two universities in the top 100, but no more.

"There has been a 30% drop in state funding despite growing student numbers in UL and elsewhere."

Dr. Fitzgerald has said that UL needs to have a roadmap for how they are going to develop the college to reach the "very stretching" target that the Government has of a 30% increase in the number of university students.

A spokesperson for UL said, "For us, that would mean that by 2030 we would have another 5,000 students, bringing us up to 20,000 students.

"That has to be funded, we have to be able to expand facilities, but we need to be able to hire more staff and develop new technologies for delivering courses.

"We have had a 30% drop in funding since 2008, and we've made that up by bringing in more postgraduates, more international students and having more commercial activity."

In a statement, The Irish Universities Association said, "The positions in the rankings system reflects the reduction in Government funding over a decade for student tuition. Universities have worked exceptionally hard to plug the gaps, but the competition isn't standing still."

Decision on €9m street revitalisation deferred

Remodel: Public invited to present to reconvened meeting

NICK RABBITTS AT CITY HALL
nick@limerickleader.ie

COUNCILLORS have delayed making a decision on the €9m proposals to transform Limerick's main thoroughfare until the end of the month.

At this Monday morning's metropolitan district meeting, members were asked to approve a part eight application to change the layout of O'Connell Street.

A blueprint presented by council designers show there will be a reduction in the width of the two traffic lanes on the stretch between the Denmark and Cecil Street junction, with a resultant increase in footpath widths.

One of the southbound private vehicle lanes in O'Connell Street will be replaced with a southbound bus lane on the stretch between William Street and Cecil Street.

Meanwhile, a shared surface is being proposed from north of Denmark Street to south of Roches Street. A shared surface is being planned outside the International Rugby Experience, which is currently in the process of being developed.

Last week, it emerged that the Limerick Chamber was urging councillors to back the move.

But at the meeting, councillors unanimously agreed a two week delay on making a decision, with a special meeting set for Monday, September 30.

Fine Gael's Cllr Daniel Butler said: "This is to allow for an in-depth analysis of the submissions made over the period of the consultation."

Having a special meeting, he said, "will give the item enough time so we can adequately debate it".

"It is a plan which is going to change the face of Limerick city centre, and we need to give it due attention," he said.

Cllr Butler acknowledged that not everyone is going to be happy with the final design.

Cllr Daniel Butler

"There are competing needs, so we are going to have to find some kind of compromise along the way," he said.

Meanwhile Cllr James Collins has invited interest groups and individuals who had made public submissions to make a presentation at the September 30 meeting.

"The original proposals were a fudge in my view and will do little to inspire the public or the traders," said Cllr Collins.

"I think it's possible to revise the proposals to give more priority to pedestrians and the development of the public realm in the heart of the city, even if we initially do this on a trial basis for a two-year period."

The plans needed to complement the city's tourism and transport strategies, he added.

Interested parties can email him at james@jamescollins.ie if they wish to present at the meeting.

Jasmin and Chantelle Johnson, St Mary's Park, Jessica Fitzgerald, Thomondgate, and Erica and Rita Johnson, St Mary's Park, at the protest
PICTURE: ADRIAN BUTLER

Protest after spike in Limerick suicide attempts

COUNCIL bosses are going to sit down with the suicide prevention taskforce following a spike in the number of river rescues in Limerick, writes Nick Rabbitts.

At this Monday's local authority meeting, members passed a motion unanimously from Sinn Fein councillor John Costelloe to set up a task force to "respond to the serious concerns regarding mental health and suicide" in the city.

There was a huge attendance from people who have lost loved ones to suicide, as well as a newly set up local campaign for better mental health provision.

Amid standing room only, many carried banners reading 'real justice for mental health', as well as holding pictures of people's loved ones.

People unable to access the Chamber due to space restrictions peered in from the window, holding up banners for the councillors to see.

Cllr Costelloe said: "We are no longer in a mental health crisis, we are in a mental health emergency.

"Mental health is not from nine to five. It's 24/7, seven days a week and 365 days a year. The services are not working for the needs of our citizens," he said.

At an emotionally charged meeting, there were many interjections from the audience, with some criticism of Social Democrats councillor Elisa O'Donovan.

The City West councillor said she could not support the motion laid down by Cllr Costelloe, because there were already task forces in place.

Instead, city official Seamus O'Connor pledged to work with this task force.

There was nothing but praise for the members of the public bereaved by suicide, who attended the meeting.

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CULTURE NIGHT

HERITAGE

Culture Night at King John's Castle	King John's Castle, Nicholas Street	5pm-8pm
A Walk Among the Marks Surrounding King John's Castle	Starts: Bard of Thomond Statue, Nicholas Street	6pm-7.15pm
North Munster Freemasons	North Munster Masonic Centre, Castle Street	5pm-10pm
Limerick's Military Tradition	Glazed Street, Limerick City and County Council, Merchant's Quay	6pm-9pm
1,000 Years of Maritime History in Limerick City	Starts: The Wild Geese Fountain, Limerick City and Council, Merchant's Quay	5.30pm-6.30pm
Limerick Museum Late Opening and Guided Tour	Old Franciscan Friary, Henry Street	5pm-8pm (Guided Tour 6.30pm)
Limerick Soviet 100: Exhibition, art & talks on Limerick General Strike of 1919	The Gaff, 37 Cecil Street	6pm-9pm
Four Castles of Limerick	Meet on the pavement outside St John's Cathedral	5pm-6.30pm
Sarsfield Barracks Museum and Walking Tour	Sarsfield Barracks, Prospect Hill	4.30pm - 6.30pm (Tours at 4.30pm & 5.30pm)
Tour of St. John's Cathedral	Cathedral Place	6.30pm-7pm
Harvesting the Hedgerows	The Milk Market	8pm-8.30pm
200 Years: A brief history of a Public House	Mickey Martins Pub, Augustinian Lane, Thomas Street	5pm – late

CHILDREN & FAMILY

Pigtown Pig Parade	Bedford Row	6.45pm-7.15pm
Pigtown Comes to the Milk Market	The Milk Market	5pm-8pm
The Culture of Food	The Hunt Museum, The Custom House, Rutland Street	5pm-12am
Chris Bullzini, the Ropewalker	Arthur's Quay Park	7pm – 10pm
Blacksmith Demonstrations	Arthur's Quay Park	7pm – 10pm
Open House Limerick	Fab Lab, Rutland Street	6pm-9pm
Children's Speakers Corner	Limerick City and County Council, Merchant's Quay	6.30pm-7.30pm
Abbey River Coffee Culture Night	Potato Market, Merchant Quay	5pm-10pm
Behind Closed Doors @ Henry Street Garda Station	Henry Street	5pm-9pm (Tours every half hour)
Experiment/Learn/Print with Limerick Printmakers	Limerick Printmakers, Bridgeland House, 3 John's Square	5pm-7pm, 7.15pm-9pm
Jazz at Limerick Youth Theatre	The Basement, 73 O'Connell Street	5.15pm-5.30pm, 5.45pm-6pm, 6.15pm-6.30pm
Continuing a Caring Tradition - Learn How to Save a Life	St. John's House, 7a Davis Street	5pm-8pm
Culture Night at Headway	9-11 Upper William Street Limerick	5pm-8pm
Culture Night at Mary Immaculate College	Mary Immaculate College, South Circular Road	5pm-8pm
Rinnce, Rannta agus Scéalaiocht / Dance, Rhymes and Storytime	Mary Immaculate College, South Circular Road	5pm-6pm
McCarthy's Circus Bar Travelling Exhibition	Parkway Shopping Centre	12pm-9pm
Ballyneety Men's Shed	Ballyneety Men's Shed, Courthouse, Ballyneety	7.30pm - 11pm
Tráthnóna Chultiúr	Old Library, Kildimo	2.30pm-5pm

ART & DESIGN

Culture Night at LSAD	Limerick School of Art and Design, Clare Street	6pm-9pm
Ask Not What Culture Can Do For You, But What You Can Do For Culture	Gallery Interlude, Lucky Lane, 9¾ Catherine Street	7pm-9pm
+CxC Engage - Best Bits	Fab Lab, Rutland Street	1pm-3pm, 3.30pm-5pm, 5.30pm-7pm
Sediment by Mariele Neudecker	Limerick City Gallery of Art, Pery Square	4pm-9pm
Open Studio at spacecraft Artists' Studios	Unit 6, Mungret Court, (off Mungret Street, behind the Milk Market)	5pm-7pm

ART & DESIGN

Altered Spaces: Ce/ART	Bank of Ireland Workbench, 125 O'Connell Street	5pm-9pm
Drawing Exhibition by Maurice Quillinan	Narrative4, 58 O'Connell Street	5pm-10pm
Made in Limerick	17 Thomas Street	6pm-9pm
Limerick Art Society Autumn Exhibition	Central Buildings, O'Connell Street	4pm-10pm
Annemarie Bourke Art Exhibition	Art Gallery, 98 O'Connell Street	5pm-10pm
'Heterotopia' Exhibition by Sheila Richardson	Limerick Museum, Henry Street	5pm-9pm
Art Talks	Jean Ryan's Art Studio & Gallery, Liddy Street	6pm-9pm
Free Market/ Grey Heron Media	Kilmallock Library, Friars' Gate Theatre & various locations, Kilmallock	6pm-10pm
Creating with Design and Craft Adare	Adare village	4pm-8pm
'Ocean Rhythms' - Paintings and Music to Soothe the Soul	Red Door Gallery, The Square, Newcastle West	8pm-9pm

FILM & THEATRE

Culture Night Youth Film Squad	Limerick City & County	6pm-10pm
Kilmallock - As it Lives and Breathes	Friarsgate Theatre, Kilmallock	9pm-10pm

POETRY & WRITING

Limerick Literary Festival - Kate O'Brien Reading	No. 1 Pery Square Hotel, 1 Pery Square	7pm-8pm
Literature in Translation	Quay Books, Arthur's Quay Shopping Centre	7pm-9pm
Fourfront Poets present 'Once Upon October'	Granary Library, Michael Street	6.30pm-7.30pm

MUSIC & DANCE

Taste of Trad	University Concert Hall, University of Limerick	1pm-2pm
The Big Limerick Céilí	Dance Limerick, St. John's Church, John's Square	6pm-9pm
Piano at the Station	Colbert Station, Parnell Street	7pm-9pm
Opera Delights	St. Mary's Cathedral, Bridge Street	7pm-8pm
Weep You No More	People's Museum, No. 2 Pery Square	6pm-7pm
Limerick Jazz Big Band	Dolan's, Dock Road	5pm-7pm
Evening of Traditional Music, Song and Dance	St John's Brass and Reed Band-Room, 2 Garryowen Road, Garryowen	7.30pm-9.30pm
A Night of Music with the Boherbuoy Brass and Reed Band	Thomas Street (O'Connell Street Adjacent)	6.30pm-8pm
Choir Night with Limerick Choral Union & Polish University Choir	St. Michael's Church, Denmark Street	8pm-9pm
Limerick School of Music Open Rehearsal & Staff Concert	Limerick School of Music, Mulgrave Street, Limerick	6.30pm-7pm, 7.30pm-8.30pm
Prima Volta Presents: Jar Jar Jr & Jus'Me	The Record Room, The Commercial, 46-47 Catherine Street	9pm-late
Organ Recital	St John's Cathedral, Cathedral Place	7pm-8pm (Guided Tour 6.30pm)
061 Tait House	Tait House Community Enterprise, Tait House, Collins Avenue, Roxboro Road	7pm-9pm
Rambling House	Kilmurry Arts & Heritage Centre, Kilmurry	7pm-8pm
Woven	See www.culturenight.ie for details	7pm-8pm
Oíche Cheoil sa Chistin / A Night of Music & Song in the Kitchen	Conradh na Gaeilge, Halla Íde, 18 Thomas Street	7pm-9pm
Culture 101	101 O'Connell Street	10pm-12pm
Traditional Music and Dance at the Locke Bar	The Locke Bar, 3 George's Quay	5pm-7pm, 9pm-12am
Traditional Irish Music Session	Dolans Pub & Restaurant, 3-4 Dock Road	9pm-10pm
Old Chapel Rooms Kilfinane Variety Night	Old Chapel Rooms, Kilfinane	8pm-10pm
Culture Night at the Rambling Inn	The Ramble Inn Bar, Church Street, Abbeyfeale	9.30pm-11pm
Scoraíocht	Glórach Theatre, Abbeyfeale Glenbrohane Community Hall, Glenbrohane, Garryspillane, Kilmallock	8pm-10pm
The Glen Gathering		8pm-10pm

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School teams up with pros for a Winter's Tale

Arts: Christmas musical will have an environmental theme

NICK RABBITTS
nick@limerickleader.ie

IT may still be over three months to Christmas, but students at Limerick's newest school are preparing for their festive show.

On Wednesday, December 4, the entire school population of the new Limerick Educate Together Secondary School in Castletroy will be part of a production of a Winter's Tale.

They will perform alongside some big local musical stars like Emma Langford and Jean McGlynn at the University Concert Hall.

And tickets are on sale now.

School principal Eoin Shinners said the show will be "a real mix of theatre, drama, music and dance".

"It picks up on the success of last year's concert which ran over two nights in the Kilmurry Heritage Centre and was sold out. It was a huge success. We felt as a start-up school, we should focus on the creative arts. Our students come with lots of different interests, backgrounds and skills. It's a wonderful medium where all students get the chance to express themselves on stage," Mr Shinners told The Leader.

Some of the students who will tread the boards, with chairman of the Educate Together school Maria Harper and principal Eoin Shinners

A recurring theme throughout the play will be the need to be kinder to the environment, with students performing songs and dance routines which will reflect this.

"In our own school, we are placing a huge focus on becoming a single-use plastic free school this year. It's part of our ethos and vision to educate our students to be respectful of the environment," he explained.

Mr Shinners approached a number of stars including the aforementioned Emma Langford and Jean McGlynn personally.

Also taking part will be local soprano Jean Wallace, and singer/songwriters Ger O'Donnell, Trevor O Seasnain and Norma Lowney, plus pianist Michael Young and other special guests.

"We haven't had to ask many artists twice. They're delighted to be associated with the school and support the students first and foremost to put on the best possible show we can. I think having professional artists on board is a testament to our school and what we stand for," the principal added.

To buy tickets, visit www.uch.ie, or call 061-331549.

Caught with cocaine leaving drug house

A MAN who was caught with a small quantity of cocaine after he was seen leaving a known drug house on the northside of the city has been told he will avoid a criminal conviction if he completes a residential treatment programme, *writes David Hurley.*

Shane O'Malley, 39, of Castle Gardens, Bunratty, County Clare, was prosecuted before Limerick District Court following a detection at Watch House Cross on July 31, 2018.

Solicitor John Herbert

Sergeant Michelle Leahy said the drugs, worth around €20, were found in a plastic lunchbox after the vehicle Mr O'Malley was travelling in was stopped and searched. It was accepted they were for personal use.

Solicitor John Herbert said his client – a qualified mechanic – is addicted to heroin but is currently on a methadone programme and is doing well.

He said Mr O'Malley's ability to function when under the influence of drugs is "seriously affected" and that he is a "gentle soul" and easy to deal with when sober.

Noting that the defendant hopes to enter a residential treatment programme before Christmas, Judge Marian O'Leary agreed to adjourn the matter for review early next year.

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LEADER CRIME BRIEFS
BY DAVID HURLEY

Woman confronted burglar who found key in her car

A WOMAN was confronted by a burglar after he found the key to her home when searching her car which was parked outside.

The shocking incident happened at around 10.30pm at night when the woman, whose aged in her 40s, was in her bedroom.

"She heard a sound and a male walked into her bedroom. She confronted him and he ran away," said crime prevention officer Sergeant Ber Leetch.

"It was subsequently discovered by gardai that this male had searched her unlocked car which was parked on the street. The thief found a door key, took a chance and used it to open the front door of this lady's house," she added.

The culprit found the house key in a parked car

Gardai say the incident should act as a warning to homeowners and that they should store spare keys in safe and secure locations.

"It's no harm to take time to consider the security of your car and home," said Sgt Leetch.

Appeal following assault outside Limerick fire station

Gardai at Roxboro Road are appealing for information after a man sustained a broken arm when he was assaulted outside Limerick Fire Station at Mulgrave Street.

The incident happened directly across the road from Limerick Courthouse at around 1.30pm last Wednesday – September 11.

"A male was assaulted by another male and this resulted in a broken arm. That area of Limerick city is very busy with cars and pedestrians and gardai at Henry Street are asking for any witnesses to this assault to contact them on (061) 212400," said Sgt Ber Leetch.

Cash, phones and laptops stolen from unlocked cars

GARDAI are appealing to motorists to ensure their cars are properly locked when they are parked.

There were a number of thefts from cars over the past week cars with five of them having been unlocked.

A car was left unlocked for a brief time on Denmark Street while the owner went into a shop and their laptop was taken. A car was left unlocked in Rathbane overnight and two mobile phones were taken. A car was left unlocked on the Ennis Road and a small amount of cash was taken. A van was left unlocked in Ballyclough and tools were taken while a laptop, iPad and cash were stolen from a car which was parked in Farranshone.

Sergeant Ber Leetch says cars should be locked

"It seems very obvious to me that you should always lock your car but I'm afraid the message still hasn't been received by some people," said crime prevention officer Sergeant Ber Leetch.

Thief used dog flap at shed

A LARGE quantity of expensive tools were stolen from a garden shed after a thief climbed through a trap door which is used by the owner's dog.

The incident happened in the early hours of last Sunday at the house which is located on the Ennis Road.

According to gardai, CCTV shows the culprit climbing out of the trap door with the tools which were later recovered.

Gerard Walsh, Garvey's SuperValu and Superintendent Dermot O'Connor with 2018 award winners Sarah McDarby, Sean Byrnes and Erin Barrett PICTURE: MICHAEL COWHEY.

Search is underway for amazing youths

Awards: Nominations open for sixth garda awards

DAVID HURLEY
david.hurley@limerickleader.ie

NOMINATIONS are being sought for the sixth annual Limerick Garda Youth Awards.

This year's awards aim to honour young people – aged between 13 and 21 - who have made a significant contribution to the community in which they live.

Awards will be presented to nominees from each of the four garda districts in the division - Limerick city north (Henry Street), Limerick city south (Roxboro Road), Newcastle West and Bruff.

And, as happened for the first time last year, each of the award recipients will be considered for inclusion in next year's National Garda Youth Awards.

"It never ceases to amaze us the standard and quality of the nominees that are made and it is fitting that 43 people to date have won awards across the division," said Superintendent Dermot O'Connor.

"We would encourage anybody to nominate any young person who they believe deserves to be considered for an award and it is literally open to any person – no matter who it is – to be nominated," he added.

The Limerick awards, which are sponsored by Garvey's Centra and SuperValu, will be presented at a gala event at the Woodlands House Hotel, Adare, on November 21, next.

"It's incredible when you read through the stories and see what the young people have been doing, last year the awards were unbelievable – there were actually people who didn't get awards who put in some serious work," said Gerard Walsh, manager of Garvey's SuperValu, Corbally.

A number of last year's recipients – Sean Bynes from Pallasgreen and TY students from Ardscoil Mhuire, Corbally – received awards at this year's National Garda Youth Awards.

Nomination forms can be obtained from any garda station in Limerick and can also be downloaded from the garda website or from www.garveygroup.ie.

The closing date for receipt of nominations is Friday, October 25.

Jail for uninsured driver who was banned

A MOTORIST who was caught driving while disqualified has been sentenced to six months' imprisonment, *writes David Hurley*.

Eugene Nevin, aged 38, who has an address at Collins Avenue, Kincora Park, Southill, pleaded guilty to a number of offences relating to a detection at Clonlong at 11.10pm on January 11, last.

Limerick District Court was told the defendant, who has six previous convictions for driving without insurance, was serving a six-year disqualification on the date he was stopped.

Mr Nevin has a total of 94 previous convictions including for drink-driving and careless driving offences.

Solicitor Sarah Ryan said her client is a "very nice person when sober" but is "like a different person" when he takes drugs.

She said the defendant was aware he was not insured but decided to drive as one of his children needed to be brought to Dublin for a medical appointment.

"He could have been stopped anywhere between Dublin and Limerick," she said.

Judge Mary Cashin said the repeated offending of the defendant was of grave concern to the court.

"Clearly he not learning from any of this," commented the judge saying she could not accede to Ms Ryan's plea not to jail Mr Nevin.

"It would be neglectful if I didn't impose a prison sentence," she said.

In addition to the six month prison sentence, she imposed a five-year disqualfication and a €250 fine for driving without a licence.

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‘I'll probably get shot for saying it...’

BBC: Corbally man claims Adams' IRA involvement

REBECCA LAFFAN
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A LIMERICK man who was an original founding member of the Provisional IRA has described Gerry Adams' claims to have no involvement with the organisation as “a lie”.

During an interview with BBC Spotlight, Des Long, who hails from Corbally, said that Gerry Adams attended meetings of the organisation's ruling executive as “chairman of the army council”.

The veteran republican's claims feature in part two of the BBC series Spotlight on The Troubles: A Secret History, which details the IRA's actions during the 1970s, which aired on Tuesday night, September 17.

“The chairman of the army council would turn up to the executive meetings,” said Des, “we were meeting at least every four months.”

When asked who the chairman was, he replied: “Gerry Adams”.

The former Sinn Féin president has always maintained he was never in the IRA, and when this was put to Mr Long, he replied: “I sat opposite him at meetings. This lie he comes out with, he was never in the IRA, that's a lie.

“I'll probably get shot for saying it, but I'm saying it.”"

Des Long claimed on BBC's Spotlight that Gerry Adams' denial of IRA involvement was a lie

Mr Long reportedly fell out with Mr Adams in 1986 as part of a wider split within republicanism.

Sinn Fein's Conor Murphy has dismissed the comments by Mr Long, who he labelled as a “bitter opponent of Gerry Adams for 35 years (who) would have regarded (Adams) as a traitor”.

“The allegations have been made over the years and have been consistently denied,” Mr Murphy recently told BBC Radio Ulster's Good Morning Ulster programme.

“You have to look at the people who are making the allegations to see what their motivation is.”

The seven-part BBC series is said to feature “previously unseen footage and new discoveries around the secret talks between the government and the IRA about British withdrawal, including interviews with the people who were there.

“Were the talks a serious offer or an attempt to weaken the IRA by dragging them into protracted negotiations?” a synopsis of the series, which airs on BBC One Northern Ireland, asked.

Padre Pio relics in Raheen hotel

MIKE FINNERTY
michael.finnerty@limerickleader.ie

To celebrate the feast day of Padre Pio on September 23, relics belonging to the Saint will be displayed in the South Court Hotel in Raheen next Monday from 7pm.

The Italian Saint and stigmatist passed away on September 23, 1968, and after being made a saint by Pope John Paul II in 2002, the day of his death was designated as a feast day.

The stigmata, corresponding to Christ's crucifixion wounds, first appeared on Padre Pio in September 1918 and lasted until the end of his life.

They didn't deteriorate, nor did they heal, and the blood from them was said to smell of perfume, which is often referred to as the “odour of sanctity”.

Speaking to the Leader, organiser Fergal Golden said that there are number of relics touched, worn, and blessed by Padre Pio on display.

According to Mr Golden, there are three distinctions of relics. First-class relics are parts of the Saint's body, so a mitten that was worn on his left hand, and a heart bandage when he bled from a side wound are on display.

Second-class relics are items worn by a Saint, such as a Habit, and third-class relics are items touched by a Saint.

A glove as worn by Padre Pio

Mr Golden said that Padre Pio helped him in 2001 when he was very ill, he returned to his faith when he was blessed with his glove, and felt a “great warmth” run through him.

The glove will be among the relics on show next Monday night.

Mr Golden stated that the exhibition is being held amid the backdrop of the recent mental health problems in the city, which he says are “out of control.”

“We're putting on this service next Monday night to tell the young people of our city that help and hope is out there.

“This event is to honour Padre Pio, and pray for those suffering from illness.”

Candid Comment

By SPARTACUS

● The Positive City Exchange project which has the noble aim of finding solutions to tackle the climate change crisis gets underway this week in Limerick in a seemingly low-key manner.

It's looking for volunteers to go on a mapping project around Limerick's Georgian core laneways, seeking, and I quote “the hidden treasures that can be uncovered”.

No doubt they'll see some interesting things, but it would be a stretch to call them treasures.

Mostly it will be either bins or rubbish, dog, and sometimes human faeces, drunks, drug paraphernalia and general dereliction.

The aim, they say, is to work together to solve problems or to create a new vision. A new vision would be great, but will the problems be solved or the group's proposals be shelved? You'd bet on the latter

. . . . .

● Even in a city that has the unfortunate distinction of Ireland's highest suicide rate per capita, it has been a harrowing few weeks.

There has been a startling number of suicides, suicide attempts and river rescues since the turn of September and the focus has fallen on mental health services in Limerick.

There has been criticism of the difficulty vulnerable people face accessing services and this Monday a protest took place at City Hall to shine a light on the issue.

Surely however, they were in the wrong place.

What can the council do about mental health services? Protesters, and there were lots of them, should have pitched up at the HSE offices in Catherine Street instead. That's where the decisions are made and given the number of people who turned out, they could have shut the street down, which might have made the HSE sit up and take notice. Instead, the health service employees enjoyed a comfortable distance from the outrage, which was released on Merchant's Quay. Out of sight, out of mind...

. . . . .

● VIDEO may have killed the radio star, according to The Buggles, but it seems RTE's poor financial status is killing off classical and jazz music in Ireland, as RTE is considering Lyric FM's future.

For the younger Spartacus readers who are completely oblivious, somewhere beyond the western walls of the Icon nightclub, one of Lyric's many talented presenters and producers is playing a bit of Duke, some Mozart, or even some modern folk tunes.

If RTÉ decide to close this studio, it means there will be no radio outlet in the country with a regular schedule for classical music, jazz, folk and world music. That's hundreds of years of culture decadently being flushed down the drain, with many rising musicians in this field missing out on radio opportunities. Perhaps RTE could chisel away at top paid talent instead of taking a sledgehammer to a whole section of entertainment?

. . . . .

● Senator Maria Byrne has been burning the midnight oil, it appears, since her arrival in Japan for the Parliamentary World Cup.

That's judging by the timing of an email which dropped into Spartacus' inbox earlier this week.

The email which had a subject line of “Limerick to share €171,321 in Sláintecare funding for Mental Health Project - Senator Maria Byrne (FG)” arrived at 3.45pm on Monday which, given the time difference, is 11.45pm Japanese time.

Fair play to Maria for beating the jetlag and keeping an eye on things back home.

Jack Spratt's

Congratulations to Norwich City
on their great victory against Man City from all at
Jack Spratt's Master Buthchers,
Roxboro Road.

"Your a quiet man now Tim!!!"

Jack Spratt's: Because Only The Best is Good Enough
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- Personalised photo mugs – ONLY €8 one day only
- FREE photo with each frame purchased
- And lots more

Making Cents

LIAM CROKE

The Must-Read Guide To Saving Money

Email: Liam@harmonics.ie **Twitter:** @liam_croke **Linkedin:** liamcroke **Facebook:** liam.croke.96

Track spending and boost saving

Spending more than you should is an easy thing to do. What's difficult is identifying those areas you are overspending on.

And if you don't operate a budget or even the most basic of monthly tracking systems, it makes that process of tracking the areas you're overspending very difficult to identify. You begin to assume, for example it's utility bills, when it's actually food.

You then spend time and energy trying to reduce utility bills, and even if you do, the savings might be small, and now you're even more confused, because the following month you see no improvement in your finances.

Our perceptions and realities can be poles apart, and unless you put some effort into tracking your monthly spend, it's going to be difficult to identify the areas you need to be mindful of.

I'm conscious that most people don't like doing that, so with that in mind, I'm going to help and give you the eight areas where people tend to overspend, and what strategies they employ that help them to reduce their outlay.

Here are the first four with the remaining four to follow next week.

FOOD

The rule of thumb on the amount you should be spending on food each month, which includes groceries, takeaways, lunch at work, drinking at weekends, lunches, breakfast and coffees is between 15% and 20% of your net monthly income.

So, why not multiply your net monthly income by 20%, and dedicate that sum towards all those areas that fall under food. At the end of the month, if you're under this amount then great, and if not, at least you know the amount your spending is appropriate to your situation and you can move on to another area.

If savings are to be found here, they are likely to be found shopping at a different store. We've all seen the TV campaign being run by one outlet, showing how much people are saving when they shop at their store, and if correct, the savings are significant. So, it might be worth giving it a try.

Do you really need that upgrade this year?

> **Our perceptions and realities can be poles apart**

INSURANCES

This is an area I always find people overspend, but it's an area they largely ignore because they believe their costs can't be reduced. My experience says they can, and it's an area they should pay more attention to, because the savings are permanent and happen every month without any effort from you.

A client of mine reduced the cost of a life assurance policy from €93 to €31 per month. The great thing about reducing a fixed expense like this one, was that saving of €62 was going to happen every month automatically, he didn't have to do anything more.

When you reduce a fixed expense life insurance premiums, the only effort required is making that switch in the first place; after that the savings are permanent and require no further effort. That suggests you're looking at reducing your monthly outlay, focus on those fixed expenses first.

TRANSPORT

According to the last household budgeting survey carried out by the CSO, our second biggest outlay each week is transportation costs. We spend more in this category than we do on food, and probably understandable with the costs associated with parking, car loan repayments, insurance premiums, high cost of fuel, and people having longer commutes because they can't afford housing closer to where they work.

It's a bit of a catch 22 situation, and it is what is, but methods that can work for people in spending less in this regard, are car-pooling, using public transport, cycling to work, buying cheaper cars with lower monthly repayments so something to give further thought to.

TECHNOLOGY

This is an area I'm encountering much more frequently when analysing people's monthly spend.

I'm surprised by the amount people are spending upgrading or buying new gadgets, because it's quite high. I think they are as well, because it's much more than they had thought or realised.

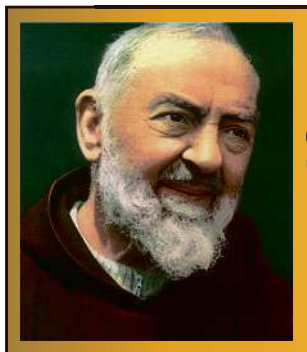
Some people I've met, have very expensive phones, tablets, PCs etc. but have nothing set aside in the event of emergencies and as a result are literally days away from running out of money if they lost their job, weren't able to work due to an accident or illness.

Technology is constantly changing and if you want to keep up with it, it's pretty much impossible unless you are willing to shell out big money.

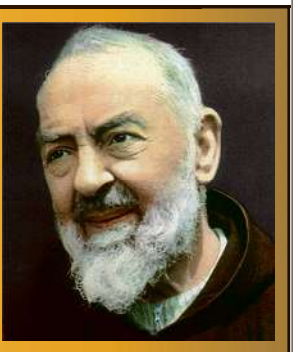
So, rather than upgrading your phone every 12 months, commit to ding it every 24 months instead, and if technology is your thing, you need to build an amount you can afford to spend each month/quarter.

DID YOU KNOW?

A gentleman after closing his account with Wachovia Bank, received a letter soon after from them, advising his account was overdrawn by $211,010,028, 257,303.00 ($211 trillion) When he questioned the bank about the obvious error, they told him they used his account number as his outstanding balance by mistake!



The Life of St. Padre Pio



will be shown on DVD
in the South Court Hotel,
Dooradoyle, Limerick City

on Monday, 23rd September 2019

(The Feast Day of St. Padre Pio)
from 7pm to 9pm
Followed by the Holy Rosary

One of the Mittens worn by St. Padre Pio will be there for veneration along with the Heart Bandage and a piece of his Habit and Cord.

VENERATION OF ST. PADRE PIO'S RELICS WILL BE AFTER HOLY ROSARY

All are Welcome!

For more information contact Fergal on
(087) 7505858

ASK LIAM

Our personal finance expert answers your questions ...

Q: We're a one income family with three kids. And it's a struggle to make ends meet every month. Is there any support we could avail of? Someone mentioned to me about a family income supplement but not sure whether we'd qualify?

A: The income supplement you refer to, is now known as the working family payment.

And it works by giving a tax-free payment each week, to people on low incomes who have at least one child who normally lives with them and is financially dependent on them.

The payment is linked to the number of children you have, and the income you are in receipt of.

If your income is less than the income limit for the size of your family, you receive a payment of 60% of the difference.

If you have three children, in order to qualify your weekly earned income must be less than €723.

So, if, for example your net weekly income is €550, the amount you would qualify for, is €104. And how that's worked out is €723 - €550 = €173 x 60% = €103.80 (the payment is rounded up to the nearest euro)

In order to apply for this payment, you need to complete a WFP application form, which can be found online, at an Intreo centre or at a social welfare office.

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Bulk collection day: **A Bobcat forklift removes some of the bulky items which were dropped off at the civic amenity site in Mungret on Saturday afternoon**

Bulk, bulk and away

A Bulk Collection Day took place at the weekend in Mungret, Newcastle West and Kilmallock. The Leader went along
Pictures: Dave Gaynor **Words:** David Hurley

Keelan and Gez Prior, Kilfinny Adare

Gez: "I needed to get rid of the sofa and I decided to cut it up and bring it down. It's fantastic, it's a brilliant idea and it's great that everyone's doing it."

Sinead McDonnell, Limerick City and County Council

Sinead:"It gives us an illustration of what might be expected from other similar events and we will have to look at the figures, it's been hugely successful and we are delighted."

Fiona Butler, Raheen (left)

Fiona: "We are aftering doing up a few rooms in the house and we had these items in our sheds, if it wasn't for today they would still be in the shed."

Jamie McNamara, Robert Slater and Darragh O'Gorman, Fedamore (right)

Jamie: "We are getting rid of a couch that was lying inside in the shed for a while. I think it's great, it stops people from dumping illegally on the side of the road and helps keep them nice and tidy. It's a great initiative"

Keith Daly, Monaleen

Keith: "I have a number of things which have been around the house for three or four years. I heard about it through Facebook, it is a good idea because there is no other way of getting rid of the stuff, if they do it again I will definitely avail of it."

Eugene Davitt and Romano Strydom, Ardnacrusha

Eugene: "The couch has seen better days and we were saying it had to go and when we got an opportunity to get rid of it we said we would take it. It's a great opportunity to get rid of it which we mightn't have gotten otherwise. I recycle all the time but the facility over in Musgraves (Park Road) was very handy for smaller stuff - coming down here you have to accumulate it and keep it in a corner and then come down here."

Recruitment

SMITH DEMOLITION

ACCOUNTS/ OFFICE ADMINISTRATOR

Smith Demolition, a demolition and environmental contracting specialist, are now recruiting an Accounts/Office Administrator with experience in payroll using Thesaurus or similar, accounts management using Sage 50 Accounts and also with experience in office administration including record keeping, management systems, statutory returns and administration tasks as required by the company operations.

Reporting to the Office Manager and the Managing Director the successful candidate must be capable of working on their own initiative, have good attention to detail and possess good organisational skills.

The hours for this position are flexible for the right candidate and salary will be commensurate with suitable experience. The position will be based at our head office, located in Newcastle West, Co. Limerick

Apply in writing only to the Office Manager at **info@smithdemolition.ie**

The Palladio Door Collection

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Qualified Mechanical Fitter / Fabricator

Role is full-time permanent

Based at our workshop facility in Unit 2, Castlemungret, Limerick

Apply by post, or email to hr@conwayengineering.ie, with contact details, date of qualification and list of places previously employed

LIMERICK LEADER The Leader

WHY ADVERTISE IN YOUR **LOCAL NEWSPAPER?**

82%

OF OUR READERS LIKE TO UNDERTAKE **ENTERTAINMENT** ACTIVITIES IN THEIR LOCAL TOWN

Limerick Leader and The Leader have **129,509* readers** each week.

For all your advertising needs call **061 214500** or e-mail **advertising@limerickleader.ie**

www.limerickleader.ie has over 1 million monthly online users each month

DATASOURCE: Local Ireland/Mediaforce Ireland Shopping Survey December 2016.*READ/JNRS Millard Brown 2016

Robert Cussen & Son, Solicitors of Newcastle West, Co. Limerick are seeking a

Locum Solicitor

for a period of six months commencing in early November 2019 to cover a maternity leave.

The ideal candidate should have a minimum of three years experience in general practice and the terms are flexible.

It may suit a candidate who is seeking to work 3/4 days per week.

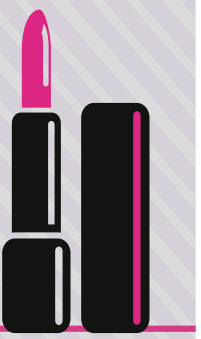
If you wish to apply for this position, please E-mail a CV and cover letter to **info@robertcussen.ie**

LIMERICK LEADER The Leader

WHY ADVERTISE IN YOUR **LOCAL NEWSPAPER?**

92%

OF OUR READERS GET THEIR **HAIR AND MAKEUP** TREATMENTS IN THEIR HOME TOWN



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SUBLIME
Hair & Beauty Lounge

Sublime 1st birthday in Aid of Now I Lay Me down to Sleep

What's on....

Saturday 21st September

9am Coffee morning
11am Complimentary Hair or Beauty treatment
12pm Live Music and Bucket collection sponsored by The StillHouse bar on Thomas Street

THE STILL HOUSE

Free facepainting for kids once donation has been made
Complimentary blowdry to nilmdts parents
Goodie bags

3pm Raffle prizes that were generously donated from local businesses in Limerick to everyone who generously donate
You can also donate to our GoFundMe page that is located on Sublime Hair & Beauty Lounge Facebook page.

nilmdts
Now I Lay Me Down to Sleep
Infant Remembrance Photography

Butterfly Ball 2019

SATURDAY 5TH OCTOBER

Radisson Blu Hotel and Spa,
Ennis Road, Limerick

TICKET PRICE €100

Tickets available on line
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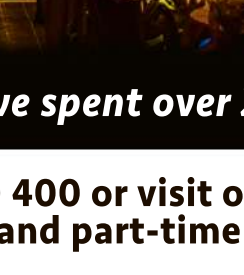
Prices Includes:

- Prosecco reception with the Dolmen String Quartet
- Professional Photo by Michael Martin Photography
- 4 Course Meal
- Entertainment from HIYA Events
- Music by The News with DJ James Sexton to follow

Dress Code:
Black Tie



Auction, raffle and spot prizes on the night

All proceeds are used to enhance the Mid-Western Cancer Centre, Limerick.

MID-WESTERN CANCER FOUNDATION
Limerick - Clare - Tipperary

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WEDNESDAY, SEPTEMBER 18, 2019

Dooley's serves up an ace of a rural residence

Derrynane: You will 'love' this home with its own tennis court

AT A GLANCE
Location: Derrynane, House Athlacca, Kilmallock
Description: Five bedroom, detached house
Price: €385,000
Seller: Dooley Group
Contact: 061 385852

DOOLEY Auctioneers are delighted to offer this immaculate two-storey residence for sale.

A few minutes' drive from the village of Athlacca this superb home has everything to offer any discerning buyer with many superb features.

Derrynane boast such extras as recess lighting in the hall/living room and sitting room, understairs storage, landscaped lawns, mature trees with a sweeping driveway, tennis court, patio area and brick paving to mention but a few. The property has been totally renovated this year to a very high specification.

The towns of Kilmallock and Bruff are only a 10-minute commute away, while Charleville is 15 minutes and Limerick city is 25 minutes' drive away and Shannon Airport is a mere 40 minutes away.

Inside Derrynane features five bedrooms with a converted attic and landing.

Outside there is a separate self-contained building with kitchen, dining area , shower room and maisonette. This separate building is located next to the tennis court.

Derrynane is a home that must be viewed to be appreciated.

Derrynane House features landscaped lawns and a tennis court

FEATURED PROPERTIES THIS WEEK

Ballybunion site P3

Mayorstone P4

Ballyclough P6

Ennis Road P8

GVM Auctioneers

PSRA Licence No. 002030 ipav

www.gvm.ie

GVM AUCTIONEERS

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

Ballyvoneen, Landscape, Pallasgreen, Co. Limerick

AUCTION

BER F €150,000

For Sale by Public Auction (on the instructions of the owners) Prime four bedroom bungalow residence on circa 0.56 acre site conveniently located on the main Limerick to Tipperary Road. This property is situated within a short distance to a range of amenities such as The University of Limerick, Plassey Technological Park. Auction on Thursday 26th September at 3pm on our Limerick City Auction Rooms, 25/26 Glentworth Street, Limerick (Unless previously sold). Solicitor :- PA Martin, 11 Hartstonge Street, Limerick. Contact John O Connell on 087-6470746

178 Shannonvale, Caherdavin, Limerick

€215,000

GVM Auctioneers introduce to the market 178 Shannonvale which is a 3 bedroom semi-detached home in absolutely pristine condition throughout. Conveniently adjacent to all amenities including Limerick Institute of Technology and easy access to motorway network. This is and ideal family home. Viewing highly recommended. Contact Declan Barry on 087-2026886

34 Milltown Manor, Monaleen, Castletroy, Limerick

BER C3 €420,000

A truly magnificent 4 bedroom detached residence maintained in superb condition throughout and situated in this exclusive and limited development of upmarket detached homes. No 34 sits on a bright pleasant site in a quiet sul de sac with a south facing rear aspect capturing the hugely valuable afternoon and evening sun. This wonderful location is unrivalled enjoying proximity to The University of Limerick, Plassey Technological Park, Castletroy Golf Club, excellent quality Primary & Secondary Schools and an array of wonderful sporting amenities. Inspection of this hugely attractive property is very highly recommended.

15 Newtown Mews, Annacotty, Co. Limerick

€225,000

GVM Auctioneers are pleased to introduce to the market this spacious 3 bedroom duplex located in a small exclusive development with a designated car parking space. Adjacent to Plassey Technological, University of Limerick, Schools, Shopping Centre and public transport. Large enclosed communal green area. Fantastic location. Viewing highly recommended. Contact Declan Barry on 087-2026886

85 The Fairways, Monaleen, Castletroy, Limerick

BER D1 €400,000

Magnificent and extended 5 bedroom detached residence situated in this hugely sought after residential location in close proximity to University of Limerick, Plassey Technological Park, Primary and Secondary Schools, Shopping Centre, Cineplex, Hotels, Restaurants and an array of top class sporting amenities. This superb home nestles in a leafy mature and private cul de sac location, and offers discerning purchasers well proportioned living and bedroom accommodation. Mature south facing rear gardens. Inspection of this high class and superb home is very highly recommended.

4 Oakfield, Monaleen, Castletroy, Limerick

€395,000

Announcing new to the market this immaculately maintained family home located in one of Limericks most sought after locations in Monaleen. No 4 is positioned in the periphery of this beautiful development of all detached homes and enjoys the benefit of a walled in south west facing rear garden capturing the afternoon and evening sun. Local amenities include The University of Limerick, Plassey Technological Park, Castletroy Shopping Centres, Cineplex, Excellent restaurants and an array of sporting facilities and local recreation park which is a huge attraction in the area. The local Primary and Secondary Schools are both just 5 minutes walk away. Inspection of this truly superb home is very highly recommended.

35 University Court, Castletroy, Limerick

€190,000

A very well maintained 3 bedroom first floor apartment situated in this much sought after location in very close proximity to University of Limerick, Plassey Technological Park, Shops, Restaurants, Primary and Secondary Schools and an array of quality sporting facilities and clubs. This is an ideal opportunity to acquire a good quality, bright and spacious apartment ideal for an owner occupier, professional or indeed a prudent investor. Good parking in the forecourt. Well run management company. Highly desirable location. Immediate inspection is very highly recommended. Can be sold inclusive of all furniture (if required)

43 Salmon Weir, Annacotty, Limerick

BER C3 €320,000

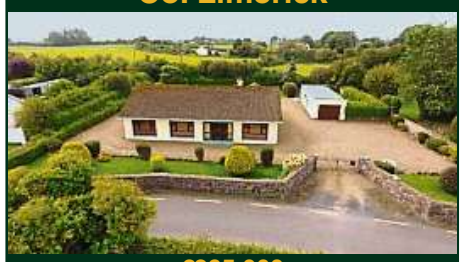
GVM Auctioneers are delighted to offer this four bedroom detached house with spacious living accommodation located in this very popular and much sought development residential development located within Annacotty Village and walking distance of all local amenities. Primary/secondary schools, University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

Tobernea, Effin, Kilmallock, Co. Limerick. V35 N603

BER D1 €235,000

Deceptively spacious 4 bedroom bungalow situated within 3 KM of the popular town of Kilmallock. The residence rests on a C. 1 St. Acre landscaped mature site. Accommodation comprises of; hall, sittingroom, kitchen, utility, 4 bedrooms, bathroom and guest toilet. Large Detached Workshop / Garage. Viewing of this magnificent family home comes highly recommended. Contact Richard Ryan on 087 8067772.

Upper Coonagh, Coonagh, Co. Limerick



€295,000

GVM introduce to the market this beautifully presented four bedroom bungalow standing on a prominently positioned site conveniently located in this hugely popular popular residential area on the western outskirts of Limerick City. The property is deceptively spacious and has huge potential. Nearby local amenities include The Jetland Shoping Centre, good quality Primary & Secondary Schools, Hotels, Restaurants and an array of quality sporting amenities including Thomond Park & The Gaelic Grounds. Inspection of this quality home is very highly recommended. Contact Tom Crosse on 087-2547717

Beechfield, Monaleen, Limerick

BER A2 €325,000

BEECHFIELD GROVE, MONALEEN, CASTLETROY, LIMERICK. SHOW HOME ON VIEW THIS SUNDAY SEPTEMBER 22nd 2PM to 4PM

A superior residential development of luxury detached homes in Monaleen, Castletroy, Limerick.

Developer: Ballymount Properties Limited, Dublin 12.

Sole Selling: Agents GVM Auctioneers 25/26 Glentworth Street, Limerick.

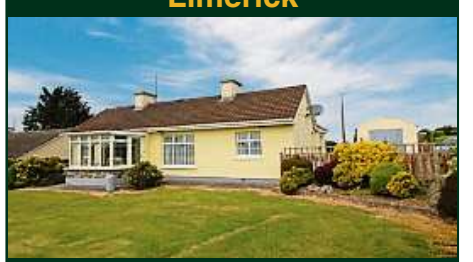
Solicitors: Hogan, Dowling, Mcnamara, Castletroy House, Dublin Road, Limerick Telephone 061 501100

Ardkilmartin, Kilmallock, Co. Limerick. V35 X206

BER G €160,000

Charming 3 bedroom dormer style residence situated within 1 KM of the popular town of Kilmallock. The residence rests on a C. 0.5 St. Acre landscaped mature site. Accommodation comprises of; hall, sittingroom, dining-area, kitchen, 3 bedrooms, wet-room and guest toilet. Workshop / Garage. Viewing of this magnificent family home comes highly recommended. Contact Richard Ryan on 087 8067772.

Loughill West, Loughill, Co. Limerick



€210,000

Spacious three bedroom bungalow on a large mature site on the edge of Loughill Village just 10 minutes from Tarbert and 40 minutes to Limerick. Large detached garage ideal for storage or as a workshop. Good condition throughout. Contact Declan Barry on 087-2026886

Creche Facility At Woodfield Grove, Killeline, Newcastle West, Co. Limerick

€325,000

Modern and well laid out Creche facility extending to circa 7,900 sq ft over two floors together with an extensive and well laid out set down and parking area.

Outside play and recreation area matted and enclosed. This facility in currently let at an annual rent of € 39,000 p/a. Please note the tenant is unaffected by the sale. Ideal investment opportunity with some growth potential. Inspection very highly recommended.

Contact Tom Crosse on 087-2547717

LIMERICK OFFICE: Tel: (061) 413522 • Email: limerick@gvm.ie | KILMALLOCK OFFICE: Tel: (063) 98555 • Email: kilmallock@gvm.ie

Site is ready to commence building

AT A GLANCE

Location: Church Road, Ballybunion
Description: Site for Sale
Price: €125,000
Seller: Charles O'Brien Auctioneers
Contact: 069 79931

Location, location, location: The site at Church Road, Ballybunion is in an excellent location within a short stroll of the sea

Charles O'Brien Auctioneers in Newcastle West have brought to market a 0.125 acre site for sale in Ballybunion.

The site on Church Road has full planning permission which was granted in November of 2018 for a 2,368 sq ft dwelling consisting of a basement, ground floor and first floor. There is over four years' planning remaining on the site. It is a modern day design property and is serviced by mains water and sewerage with ESB on site.

The finished property will obtain an 'A' rated BER energy rating with air/water heating system. It has the added advantage that the existing dilapidated dwelling house has been demolished and the site has been cleared. The site is completely enclosed and ready to commence building.

Family comes first in Mayorstone

AT A GLANCE

Location: Laverna, 56 Mayorstone Drive, Ennis Road
Description: Three bedroom, semi detached house
Price: €230,000
Seller: Rooney Auctioneers
Contact: 061 413511

A wonderful opportunity has come up to own a family home in a prime location at 56 Mayorstone Drive.

This home occupies a generous corner site at the junction of the Shelbourne Road and Mayorstone Drive.

It has exceptional amenities on its doorstep with Shelbourne Park and the playground there being across the road and a selection of excellent primary and secondary schools being within walking distance including: JFK Memorial School, Salesians, Ardscoil Ris and Villiers.

Also Limerick Institute of Technology and Thomond Park are also very close by. The accommodation comprises three bedrooms, living room, dining room, kitchen, WC and shower room.

The south-westerly aspect ensures the house is light filled and this is also enhanced by the bright and neutral decor throughout.

The substantial garden to the front and side of the property may be suitable for an extension to the house (subject to planning permission).

Viewing is highly recommended.

56 Mayorstone Drive is located on a corner site with plenty of room for an extension

Refurbished home is a just stroll away from the city centre

AT A GLANCE

Location: 20 Keeper View, Athlunkard Street, Limerick city
Description: Four bedroom, semi-detached house
Price: €275,000
Seller: Rooney Auctioneer
Contact: 061 413511

Rooney Auctioneers has recently listed 20 Keeper View which is a fantastic three-storey property in turn key condition.

Keeper View is decorated to a very high standard and would make an ideal starter home or investment property.

The home within a five minute walk of the city centre boasts many design features.

This beautiful newly refurbished property comprises hallway, living room, kitchen/dining room, four bedrooms and two bathrooms.

The property has a private, not overlooked garden/patio to the rear, a garage which is wired and side access.

The home is approximately 131 sq.m. (1,306 sq ft) and has beautifully maintained its original features with a modern refurbishment resulting in a superb property.

Keeper View also has a variety of amenities nearby including schools, shops, sporting and leisure facilities.

Located on King's Island this home is a stone's throw away from the city centre

ATHLUNKARD ST, LIMERICK

BER E1

20 KEEPER VIEW

Fantastic 3 storey property in turn key condition - decorated to a very high standard. Located just a five minute walk to the city centre & schools, shops, sporting and leisure facilities nearby. Hall, living room, kitchen/dining room, 4 bedrooms, 2 bathrooms. Private, not overlooked garden/patio to rear. Garage. Side access. Approx. 121 sq.m. (1,306 sq.ft.). The property has beautifully maintained its original features with a modern refurbishment resulting in a superb property.

€275,000 **Peter Kearney 087 6488792**

BALLINACURRA ROAD, LIMERICK

BER F

GURTEEN NURSERIES

Very private property consisting of 2/3 reception rooms, kitchen/ diner, 3/4 bedrooms & bathroom. Large private site of approx. 0.5 acres accessed through double gates off the main Ballinacurra Rd leading to a gravel driveway up to the property & gardens. Outhouses, glass houses, store houses and sheds. Although in need of some upgrading, Gurteen Nurseries would make a superb residential home whilst also offering development /renovation potential giving the purchaser a unique chance to develop/bespoke their own property. Overall: 121 sq.m. (1,308sq.ft). BER NO.112533401.

€300,000 **Lisa Kearney 087 2633422**

Rooney

ENNIS ROAD, LIMERICK

BER E2

"LAVERNA", 56 MAYORSTONE DRIVE

Family home in a prime location occupying a generous corner site. Walking distance to schools including JFK & Salesians; Limerick Institute of Technology & Thomond Park close by. Living room, dining room, kitchen, 3 bedrooms, wc & shower room. The south-westerly aspect ensures the house is light filled. Substantial gardens. Newly fitted gas boiler. BER No. 112558119.

€230,000 **Briain Considine 085 2894166**

DOORADOYLE, LIMERICK

BER D1

4 KILLARD, KILTERAGH

3 bedroom property of approx. 124 sq.m. (1,335 sq.ft.) situated in a cul de sac – walking distance to schools, the Crescent Shopping Centre, sports and leisure facilities etc. Hall, guest wc, living room, kitchen/dining, 3 bedrooms & main bathroom. The accommodation has been enhanced by two additional rooms and a bathroom in the converted attic. Generous rear garden. GFCH.BER NO.105429971

€220,000 **Briain Considine 085 289 4166**

KILCORNAN, CO LIMERICK.

BER C1

CRAGREAGH,

Super family home in an excellent location only 15 minutes drive from Limerick City. Approx. 1,934 sq/ft (179 sq/m). In excellent condition throughout. Hall, living room, open plan kitchen with French doors to the garden, dining room, conservatory, 5/6 bedrooms & bathroom. The 0.5 acre site (approx.) is impressively landscaped and includes extensive patio, manicured lawns and shrubberies. BER No. 112566682

€285,000 **Peter Kearney 087 6488792**

DOORADOYLE, LIMERICK.

BER C3

15 ASHGROVE, GLENCAIRIN,

3/4 bedroom semi-detached residence of approx. 119 sq.m. / 1,288 sq ft. close to Raheen Business Park, schools & shops etc. Hall, living room, kitchen with patio doors onto large decking & south facing garden, utility, bedroom/playroom, en-suite. Upstairs: 3 bedrooms, ensuite & main bathroom. GFCH. The property benefits from a corner site giving extra space to the gardens. BER No. 1065 04202

€250,000 **Peter Kearney 087 6488792**

CASTLETROY, LIMERICK

BER C3

105 ELM PARK AVENUE,

Five bedroom semi detached property of approx. 98 sq.m. (1,052 sq.ft) located directly opposite the University of Limerick. Currently rented with tenants in situ with annual rent of €22,000 per annum. Sitting room, kitchen/dining, 2 shower rooms, 5 bedrooms (2 downstairs, 3 upstairs). Off-street driveway to the front and a good sized private rear garden. GFCH – boiler only 6 months old. BER No. 106523186.

€195,000 **Peter Kearney 087 6488792**

ENNIS ROAD, LIMERICK

BER E1

7 MAYORSTONE PK, SHELBOURNE RD

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

€260,000 **Briain Considine 085 2894166**

BALLINACURRA, LIMERICK

BER C3

2 LIFFORD AVENUE

Newly refurbished charming period property - in turn key condition. Bright entrance hall, front reception room, open plan kitchen/ diningroom, 3 bedrooms and a bathroom. Private rear garden - not overlooked. Side access. GFCH. Double glazed upvc windows. The property has beautifully maintained its original features with a modern refurbishment resulting in a superb period property. BER No.109801167

€265,000 **Lisa Kearney 087 2633422**

ENNIS ROAD, LIMERICK

BER G

17 ROCKSPRING GARDENS, BELFIELD,

3 bed property situated in a private cul-de-sac in an established residential avenue off the Ennis Road. No 17 Rockspring boasts 2 reception rooms, extended kitchen/diningroom, 3 bedrooms, large attic room, utility room with shower room off and main bathroom. OFCH. Double glazed Upvc windows & wood windows. Garage. Lawn to rear. BER No.111433520

€255,000 **Lisa Kearney 087 2633422**

HELP TO BUY SCHEME - CEASES END OF 2019

BER A3

ROS MOR, BALLYNEETY ROAD, LIMERICK

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

Briain Considine 085 2894166

PALLASKENRY, CO LIMERICK

BER B2

NEW DEVELOPMENT - COPSEWOOD COURT

4 bedroom house of approx. 135 sq/m (1,453 sq/ft) - PRICE: €289,500 & 5 bedroom house of approx166 sq/m (1,786 sq/ft) - PRICE: €309,500 - Rooney Auctioneers are delighted to announce the launch of this exclusive development. Spacious houses, traditional block built homes, highly insulated. The Help To Buy Scheme is available to qualifying first time buyers. BOOK NOW– HELP TO BUY SCHEME due to expire at the end of this year - Rebate of min €14,475.

Briain Considine 085 2894166

CASTLETROY

BER A3

KYLEMORE

SHOWHOUSE OPEN WEDNESDAY 18TH SEPTEMBER 2019 FROM 5 – 6.30PM. Launch of new phase of 4 bedroom semi-detached (1,665 sq.ft.) properties now available. Ready for occupation in 4 weeks. New style and specification. New block built homes. HTB REBATE UP TO €16,450 Available to qualifying first time buyer which is deductible from 10% deposit on signing contract.

Semi-detached house

LIMERICK

LOUGHILL, CO LIMERICK

Exclusive residential development site of approx. 1.54 hectares (3.80 acres) located in the village of Loughill, Co. Limerick. Elevated position with spectacular views of the Shannon estuary & surrounding countryside. The site comes with planning permission for site development works & outline permission for 9 no. serviced sites.

€280,000 **Briain Considine 085 289 4166**

Avondale is a little slice of heaven

The home at Avondale Drive is perfect with large bright rooms and a very cleverly designed layout

AT A GLANCE
Location: 3 Avondale Drive, Greystones, Ennis Road
Description: Four bedroom, semi detached house
Price: €250,000
Seller: John Giltinane
Contact: 061 605046

Avondale Drive offers a unique opportunity for those looking for a family home with an additional opportunity to rent the self-contained attached apartment to supplement mortgage payments or income.

This is a wonderful, spacious, two storey residence located conveniently close to the Ennis Road and all its amenities including schools, shops, restaurants, Thomond Park, LIT GAA Grounds, Jetland Shopping Centre, etc.

The accommodation is perfect with large bright rooms and a very cleverly designed layout and is presented in turnkey condition.

This residence boasts, two reception rooms with a marble fireplace in each room, quality fitted Shaker style kitchen, bright dining room extension added to the main sitting room with beautiful views to the mature trees in the back garden.

The residence is set on an elevated site making the most of its south facing aspect, off street parking, front and large back garden, with easy access for young families to a local green play area.

The house has an adjoining self contained apartment - ideal as additional accommodation or to use as a rental for extra income.

Accommodation includes entrance hallway, TV/study room, sitting/dining room, reception room, kitchen, bathroom, four bedrooms, downstairs bathroom, and family bathroom.

This property would be an ideal purchase for those looking for a starter family home close to Limerick city, while being within easy access of a host of sporting and recreational amenities in the Ennis Road area.

Fantastic for a growing family

AT A GLANCE
Location: Glenlara Ballyclough
Description: Four bedroom, detached house
Price: Price On Application
Seller: Rea O'Connor Murphy
Contact: 061 279300

REA O'Connor Murphy are delighted to introduce "Glenlara" to the market. A truly wonderful detached family home standing on a most impressive private site of circa three acres.

One acre surrounds the home and the additional two acres are overlooking the front and side, bordered by hedging, fencing and mature trees. Accessed by a gravel drive encompassing the house, it boasts ample car parking and gardens with a detached block built garage with space for two cars and a further store room.

Glenlara is set back in a secluded cul de sac in the highly regarded and ever popular residential address of Ballyclough. This is a fantastic home for any family wishing to up-size with endless scope and potential and presents a blank canvas and an opportunity for one to modernise to their own requirements and taste while enjoying all the attributes to become a superior family home.

Internally accommodation briefly comprises: a spacious hallway, to the right is a dual aspect formal living/dining room with feature marble fireplace, to the left is a comfortable family room also with a marble fireplace and double doors leading to the kitchen area and utility room with access to the rear garden. Off the hallway is the guest wc and study.

Upstairs is further enhanced by the spacious landing area, leading on to four bedrooms enjoying excellent views of the surrounding gardens. Two bedrooms have an en-suite with the main family bathroom completing the accommodation.

Rarely does an opportunity present itself to acquire a property such as this, offering the perfect balance of location, rural living with Limerick City just a short drive away.

Viewing is highly recommended to appreciate this great opportunity to purchase a home with exceptional potential in a much sought after residential area.

Glenlara is set back in a secluded cul de sac in the highly regarded area of Ballyclough

JOHN GILTINANE & ASSOCIATES

Licence Number: 001474

Auctioneers and Valuers

3 AVONDALE DRIVE, GREYSTONES, ENNIS ROAD, LIMERICK

Guide Price €250,000
Beautiful spacious 4 bed family residence, with a self contained apartment attached with bright living spaces, 2 reception rooms, Excellent location close to Ennis Road and all local schools, shopping centre, Thomond Park, and LIT GAA Grounds.

WISTERIA LODGE, CAPPANAHANE, GRANAGH, CO LIMERICK

Guide Price €220,000
Exceptional 2 bed residence and gardens Wisteria Lodge is an extremely attractive detached residence which has been tastefully refurbished by its present owners and extended to c.87 sq m. On inspection of this special home viewers will be instantly attracted to it's privacy, its spectacular gardens and landscaping and the quality of the accommodation on offer.

DREHIDTRASNA LODGE, ADARE, CO LIMERICK

Guide Price €349,000
This is a rare opportunity to acquire a substantial family residence located just 5 minutes from the beautiful village of Adare, This 2 storey 3 bed residence is situated on a large site of circa 0.5 acre surrounded by trees, and mature planting, . There is also a large 2 storey double garage, built separately to the main residence, which could be converted for additional office space.

33 ABBEYVIEW ADARE, CO LIMERICK

Guide Price €249,000
3 bed semi-detached family residence with an integrated garage located in the heart of Adare village, close to all local amenities including primary schools, supermarket, shops, etc. This residence built in the mid 1970's is part of a delightful estate and the residence is presented in very good condition, with mature gardens, and planting, and would suit those looking for a spacious family home in the centre of Adare.

FAIRFIELD HOUSE, BALLINAMONA, CURRAGHCHASE, ADARE, CO LIMERICK

Guide Price €299,000
This spacious 4 Bed architecturally designed family home on circa 2 acres, adjacent to Curraghchase National Park. An ideal family home for those seeking space, comfort and style while also having the option of a separate living area (fully independent apartment) Split level gardens and separate paddock and shed.

5 BLACKTHORNS, CHURCH ROAD, RAHEEN, LIMERICK

Guide Price €249,000
Excellent location - spacious and modern 3 bed family home, with garage, gardens and off street parking conveniently located close to all local amenities in Raheen/Dooradoyle.

SUNVALE, BALLYWILLIAM, RATHKEALE, CO LIMERICK

Guide Price €249,000
This residence is a very impressive 4 bed family home on c. 0.5 acre site; offering ideal family living with spacious rooms throughout and many fine features including an exceptional kitchen living dining room.

16 BEECHWOOD DRIVE, BALLINGARRY, CO LIMERICK

Guide Price €149,000.00
Wonderful, spacious, 2 storey 3 bed family residence located in Ballingarry village, close to all its amenities - schools, shops, restaurants (The Mustard Seed Restarant) etc.

FARM AUCTION

AUCTION 1

Circa 78 acres at Kilderry, Meanus, County Limerick
This farm which is of good quality land, is laid out in 6 fields, serviced by internal farm roadways and also a water system.
Date of Auction- Wed 16th October 2019
Dunraven Arms Hotel- 3pm
Solicitor- Fergal McNamara- Hogan, Dowling, McNamara Solicitors

Auction 2

Circa 37 acres at Cloongownagh, Kilmoreen, Adare, Co Limerick
These lands range from top quality land to rough grazing grounds and are located a short distance from Adare village and from Kildimo, Co Limerick.
Date of the Auction- Wed 23rd October 2019
Dunraven Arms Hotel - 3pm
Solicitor - Deirdre Doogan, PG McMahon Solicitors, Newcastlewest

Irish Land Sales-
01-5241645 / 061-513750
John Giltinane 086-8574718 • www.irishlandsales.ie

daft.ie myhome.ie

Adare Properties, Killarney Road, Adare, Co. Limerick,
Tel: 061 605 046 Mobile: 086 857 4718 Fax: 061 605 048
Web: www.adareproperties.com Email: info@adareproperties.com

ipav BONDED MEMBER

‘Tirowen’ is located on the much admired Ennis Road which is one of Limerick’s most sought after addresses

Modern twist on a classic home

Cream of the crop: Ennis Rd property is close to city but has a large private garden

AT A GLANCE

Location: Tirowen, Ennis Road, Limerick city
Description: Four bedroom, detached house
Price: €800,000
Seller: Sherry Fitzgerald
Contact: 061 418000

Sherry FitzGerald are delighted to bring ‘Tirowen’ to the market. This is a very fine and distinguished family home (built c 1942) which has been extended and fully refurbished under architect’s supervision in recent years. The property now offers a beautifully proportioned interior with rooms that flow together to create a family home that is truly second to none.

‘Tirowen’ is located on the much admired Ennis Road which is one of Limerick’s most sought after addresses. Only a short walk from the city centre there are a wealth of amenities on your doorstep including Limerick Lawn Tennis Club, the riverfront with its associated walks and sporting facilities, and the array of restaurants and bars in the city centre itself.

There is also a selection of highly regarded schools both primary and secondary within walking distance including JFK, Educate Together, Villiers School and just slightly further afield Laurel Hill secondary school and Mary Immaculate College. The property is also ideally situated within easy access of the M7 network which provides convenient access to Dublin, Galway, Shannon airport or Cork.

‘Tirowen’ itself is set on a private site screened from the road behind electric gates. The property is detached and is surrounded by mature and tastefully planted flowering trees and shrubs with excellent off street parking, a patio area designed to maximise the evening sun and a large storage shed.

Internally the accommodation is presented in very tasteful tones throughout with high quality fixtures and fittings and great attention to detail which sets this very special family home apart from the norm. Features including polished timber flooring, open fireplaces in the open plan reception rooms and timber panelling through the hall stairs and landing are just some of the attractions that will appeal to the new buyers.

Built in 1942 Tirowen was extended and fully refurbished under architect’s supervision

The entrance hallway with timber flooring and feature window overlooking the side garden and cloakroom opens into the study positioned at the front of the house.

This room has a feature bay window and an open fireplace.

Also off the hallway there is a cosy family sitting room which opens into a large fully fitted kitchen/dining room which in turn opens into both the living room and TV room. All of these rooms are tastefully proportioned and offer great space whether individually as cosy family living spaces or for entertaining on a more formal scale. There is plenty of natural light as these rooms are overlooking the back, side and front gardens and there are open fireplaces in both the living room and TV rooms.

A well fitted utility room with door to the outside and a guest w.c. completes the accommodation at ground level.

Upstairs the accommodation does not disappoint. The master bedroom with large fully fitted dressing room and ensuite shower room is all you could wish for. A bright airy space with plenty of storage and modern sanitary fittings it is sure to appeal to even the most discerning buyer.

There are three further double bedrooms, two of which have built-in wardrobes, all of which are flooded with natural light. A large fully tiled family bathroom completes the accommodation in what is truly one of the best family homes to come to the market in Limerick city this year. Viewing is highly recommended without delay.

ENNIS ROAD
TIROWEN

€800,000

A very fine and distinguished family home (built circa 1942) which has been extended and fully refurbished in recent years. The property, which is located on the much admired Ennis Road, now offers a beautifully proportioned interior with rooms that flow together to create a family home that is truly second to none. Hall, study/drawing room, cloakroom, kitchen/dining, living room, TV room, family room, 4 bedrooms, family bathroom. 236 sq m / 2,540 sq ft approx. BER: 112559901

CALL AILBHE O'MALLEY ON 061 418000

BER B3

SOUTH CIRCULAR ROAD
COURTBRACK TERRACE

€350,000

A bright, spacious & beautifully presented semi-detached property with a mature, south facing rear garden, set in one of Limerick's finest locations. The property has been fully renovated & refurbished and is tastefully presented in stylish, neutral tones throughout, giving the purchaser a fantastic turnkey option. Hall, living room, kitchen/dining, utility, 3 bedrooms, wc, main bath. 111 sq m / 1195 sq ft approx. BER: 102001112

CALL SEAN MCGEE ON 061 418000

BER C1

THERE'S SELLING PROPERTY AND THERE'S SELLING PROPERTY THE SHERRY FITZ WAY.

AILBHE O'MALLEY
Director

BRENDA MULCAHY
Associate Director

ORLA SHEEHAN
Negotiator

FRANK LYDDY
Negotiator

CLARE O'LOONEY
Residential Valuer

JIM KEANE
Financial Advisor

SEAN MCGEE
Negotiator

Sherry FitzGerald

6 SHANNON STREET, LIMERICK T: 061 418 000 E: LIMERICK@SHERRYFITZ.IE

CRATLOE
WOODCOCK HILL

€465,000

A truly stunning detached family residence, set on an elevated 1-acre site. The property is finished to a very high standard throughout and boasts bright, well-proportioned accommodation along with ample parking and a lovely manicured lawn area with shrubs. Hall, living, kitchen/dining, utility, guest wc, 4 bedrooms (1 ensuite), main bath. 230 sq m / 2476 sq ft approx. BER: 112414925

CALL ORLA SHEEHAN ON 061 418000

BER C1

BARRINGTONS BRIDGE
CLONKEEN

€389,000

An inviting family home situated on an exceptionally private and mature site accessed through electric gates. This four-bedroom bungalow sits proudly on manicured grounds and is surrounded by mature trees and planting - offering a peaceful, rural setting just minutes outside Limerick city. Hall, living, 3/4 bedrooms, study/bed 4, kitchen/dining, 2 x utility room, guest w.c. main bath, master ensuite. 208 sq m / 2,239 sq ft approx. BER: 112514815

CALL SEAN MCGEE ON 061 418000

BER C1

CLONMACKEN
KNOCKLYON

€225,000

A stylish, modern end of terraced home situated in the highly sought development of Knocklyon. The property has been well maintained and comes to the market in 'turn key' condition. Hall, guest wc, living room, kitchen/dining, 3 bedrooms (2 double, 1 ensuite), main bath. 91 sq m / 980 sq ft approx. BER: 101193035

CALL ORLA SHEEHAN ON 061 418000

BER C3

N. CIRCULAR ROAD
BARRINGTON COURT

€320,000

Exceptional penthouse offering spacious & beautifully appointed accommodation within a secure complex at the heart of one of Limerick's most desirable areas. Entrance hall, kitchen/dining/living room, balcony, 2 bedrooms (2 double, 1 ensuite), main bath. 94 sq m / 1012 sq ft approx. BER: 104546866

CALL FRANK LYDDY ON 061 418000

BER C2

FR. RUSSELL ROAD
CLUAIN DUBH

€225,000

An exceptionally well finished family home offering superb accommodation, excellent positioning within the development and a generous private rear garden. Hall, guest wc, living room, kitchen/dining, 3 bedrooms (2 double, 1 ensuite), main bath. 99 sq m / 1,066 sq ft approx. BER: 112517602

CALL FRANK LYDDY ON 061 418000

BER C2

LORD EDWARD ST
212 THE PARK

€120,000

A bright and spacious two-bedroom apartment ideally located in the city centre with views of the park behind. Hall, kitchen/dining/living, 2 double bedrooms, ensuite, main bathroom, hot-press. 66 sq m / 710 sq ft approx. BER: 107645251

CALL SEAN MCGEE ON 061 418000

BER C1

HOME&INTERIORS

MAKE THE MOST OF YOUR HOME WITH ADVICE FROM ALL THE EXPERTS

This majestic bedframe, Isdore lamp and reflection locker set is now available from EZ Living Furniture

Wake me up, when September ends!

Don't sleep on the deals at EZ Living this autumn

September can often be described as the month of madness.

The children are going back to school, the evenings are getting that bit shorter, the traffic is getting a lot more heavy and, more often than not, so are the bags under our eyes!

As much as we love new beginnings, September can often take a huge toll on both our bodies and our sleep.

So EZ Living Furniture has come up with five EZ tips to help you strive in September!

Ready to get started? Then let's go!

CREATE CONSISTENCY!

Routine is going to be your best friend for the month of September. In order to make the most of your sleep pattern, fall asleep and wake up at the same time each day. As much as we hate to admit it, we are all creatures of habit. After some time, creating consistency will result in you waking up mere seconds before your alarm. It's amazing what the body and mind can accomplish if given routine. Try it for yourself!

BLOCK THE CLOCK!

It's natural to wake up during the night from time to time, but what's not natural is the pressure we put on ourselves to fall back asleep after observing the clock. Before falling asleep place your phone or alarm clock in a place that's not easily accessible. Save yourself the panic of a countdown every time you wake up and let your body ease itself back to sleep naturally!

SAY NO TO STIMULANTS!

You'd be surprised how much of an effect a simple "evening coffee" can have on your sleep. Having any form of caffeine, or energy drinks have a direct effect on both your nervous system and body leading to increased alertness and restlessness. I know you're tired but you'll pay for it the next day!

BREATHE IN, SLEEP OUT!

A simple deep breathing exercise before bed will help you relax as well as letting your body know it's time to sleep.

TURN OFF TABLETS!

Unlike smart phones and electronic devices, we cannot be switched on and off. Give yourself the time to recharge by switching off all distractions!

And if all else fails, wake us up, when September ends!

Work from home in style with Sliderobes

DID you know that by 2020, it is predicted that 50% of the Irish workforce will be able to work remotely and from home?

This explains the increased demand for home offices and the need to have a space that is multifunctional for living and working from home.

The main hurdle when considering a home office is space, but it does not need to take up an entire room. If you have a spare room or an unused corner within a living area or bedroom, Sliderobes can show you a number of stylishly clever ways to introduce a comfortable and practical space with home office storage designed just for you.

Get inspiration for your home office at www.sliderobes.ie

Awkward spaces such as alcoves and sloped ceilings in our homes are often ignored as they aren't easy to place furniture in. Unused alcove landings and halls lend themselves well to a snug home office or work station. Sliderobes design fitted furniture exactly to your room specifications - no matter its shape or size. An unused alcove could be turned into a fitted office desk with shelves and storage to suit your exact needs without taking up too much of your room.

Sliding doors have many advantages over hinged doors. Sliding doors are ideal for saving space in a home office area.

Hinged doors require more space to open out, but Sliding doors open and close within the space of the storage unit and have a professional yet chic look. They can even be designed floor to ceiling to maximise your space.

For more inspiration, check out www.sliderobes.ie or order a sliderobes brochure for some amazing ideas.

An tSeirbhís Náisiúnta Tástála Carranna
National Car Testing Service

DEVELOPMENT LAND & BUILDING REQUIREMENT

Applus have successfully renewed the contract for NCT vehicle inspection nationwide and are now expanding!

We are currently seeking opportunities in the locations outlined below and require sites or existing premises to meet our requirements:

LOCATIONS:
- Dublin - North, South and South West
- Kerry - Killarney Area
- Cork - North East (Fermoy) and South/South West
- Limerick - North
- Clifden
- Cavan

REQUIREMENTS:
- Serviced zoned sites extending from 0.5 to 1.5 acres which are suitable for industrial development

OR
- Existing buildings of approx. 4,000 to 15,000 sq. ft. on sites of 0.5 to 1.5 acres

We invite you to submit full Property details including available site information, location and maps by post or email to: **By post:** Property Dept, Applus Car Testing Service Ltd, 3026 Lake drive, Naas Road, Dublin 24
E-mail: propertytemp@applus.com

REWRITING THE RULES IN WARDROBE DESIGN

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40 BELLEVUE COURT, FR RUSSELL RD

4 bed detached house on corner site

Accommodation: Entrance hall/ Living room / open plan fitted kitchen – dining area / Utility room / Guest toilet / Sitting room. Upstairs there are 4 bedrooms/ 1 en suite / Main bathroom Other features: GFCH / double glazed windows / Walled garden to the front/ Two gated side entrances/ Enclosed south facing garden to the rear / This property is impeccably kept both inside and out. Located in a much sought after estate located just off the Father Russell Road. This property has an abundance of amenities on its doorstep. Viewing of this well maintained family home is a must.

CASTLE LODGE, CASTLEROBERTS, ADARE

4 bed detached property in prime location

Accommodation: Entrance hall / Large open plan fitted kitchen / dining / Utility room/ Playroom - could be used as a 5th bedroom / Large living room / Main bathroom / 4 double bedrooms/ 1 en suite Other features: OFCH / double glazed windows / Mains water / Septic tank / Large detached garage / This property is accessed by a walled gated entrance and electrified gates/ Landscaped gardens / Tarmac drive / This property is situated in a much sought after area and easy access to all major roads. Viewing comes highly recommended.

BERKELEY LODGE, STATION ROAD, ADARE

7 bed detached property currently trading as a Bed & Breakfast in one of Irelands most sought after Tourist Towns

Accommodation: Hall / reception area/ Lounge/ Conservatory / Family room / Fitted kitchen / Utility room / Shower, toilet & whb / 7 double bedrooms / 5 en suites / Main bathroom Other: OFCH / double glazed windows / External Laundry room/ Drive to the front with parking for 5 cars. Paved rear garden. This property is situated in the world renowned Adare Village which was named a Heritage Town by the Irish Government and is renowned as being one of the most picturesque villages in Ireland. Viewing on this exceptional property is advised.

THORNBROOK, WESTBURY

Substantial 4 bed detached property

Accommodation: Entrance hall / Guest toilet / Living room / Formal dining room / Fitted kitchen / Utility room / Sitting room First floor: 4 double bedrooms / 1 en suite / Main bathroom Other: GFCH & double glazed windows / Long paved drive with ample parking and garden to the front. / Walled garden to the rear / 2 gated pedestrian side entrances / This property is located within a small exclusive development of detached houses and boasts ample living space throughout / 1,769 sq ft / Viewing of this well presented family home comes highly recommended.

BALLYVAREEN, KILDIMO

Newly revamped 3 bed semi detached property

Accommodation: Entrance hall, / Newly fitted kitchen – dining area / Living room / Main bathroom / 3 bedrooms / Other: This property has been completely revamped from top to bottom i.e. new windows, doors, radiators, kitchen, bathroom etc. / Whilst this property is well laid out, there is ample room for expansion to the rear. Block built shed / Large wrap around driveway / Viewing of this well presented family home comes highly recommended & is strictly by appointment only.

BALLINGARRY, GARRYSPILLANE

Detached property standing on 0.64 of an acre

Accommodation: Entrance hall / Living room / Large open plan kitchen / dining area / Double bedroom / Main bathroom / Upstairs there are 2 double bedrooms / Large attic room which could be converted / Other: This property has been completely renovated i.e. rewired, re-plumbed, insulated, all new PVC windows and doors installed throughout / OFCH / Large steel-tech shed/ This property is finished to a very high specification, viewing of the charming property is a must. Located just off the main Limerick to Mitchelstown Road (R513)

OATFIELD, SIXMILEBRIDGE

Purpose built architecturally designed house boast ample living space throughout and is standing on just over 1 acre of an elevated site with spectacular views of the surrounding countryside.

Accommodation: Entrance hall / Living room / Extra large fitted kitchen / Utility room / Guest toilet / Boiler room / Study which could be used as a 5th bedroom. Upstairs: 4 large double bedrooms. 3 En suite bathrooms. Substantial main bathroom. Stira leading to attic which has velux windows installed. Other: This property extends to just over 3,600 square feet. Accessed via a long gravel drive and standing on an elevated 1 acre site. OFCH & DG windows. This property boasts ample living space throughout and is finished to a very high standard. Viewing is advised.

'THE BUNGALOW' ROOTIAGH, PATRICKSWELL

3 bed detached bungalow standing on 0.42 of an acre site

Accommodation: Entrance hall / Lounge / Dining room / Extended fitted kitchen / Utility room / Guest toilet / 3 double bedrooms / 1 en suite / Main bathroom / Other: OFCH / Walled gated entrance / Ample parking / This property is standing on 0.42 of an acre site / Excellent location, only a 6 kilometer drive from Limerick city / This property also benefits from having a host of amenities on its doorstep i.e. Raheen Industrial Estate, UHL, Crescent Shopping, Schools etc. and enjoys easy access to all major roads. Viewing comes highly recommended.

'JASMINE', ASHBOURNE AVENUE, SOUTH CIRCULAR ROAD

2 bed detached bungalow in much sought after area

Accommodation: Entrance hall / Living room / Open plan fitted kitchen / dining area / 2 large double bedrooms/ Main bathroom / Other: GFCH & double glazed windows / Driveway & walled garden to the front / Walled garden to the rear with room for expansion if desired / This property boasts many features synonymous with its era including high ceilings / Viewing of this centrally located family home is an absolute must / Location, Location, Location...

82 THE FORTS, DOORADOYLE

Impressive 3/4 bed family home

Accommodation: Entrance hall / Guest toilet / Living room / Large open plan fitted kitchen / dining area / Utility room / Additional sitting room which could be used as a fourth bedroom / First floor: 3 double bedrooms/ 1 en suite / Main bathroom Other: GFCH / DG windows / House alarmed / Garden and tarmac driveway to the front / Gated pedestrian side entrance/ Walled garden to rear / This property is very well laid out and boasts ample living space (1,304 sq ft) Located in a much sought after estate with an abundance of amenities on its doorstep. Viewing of this well presented property comes highly recommended.

ARD AULINN, MUNGRET

Substatial 4 bed detached property

Accommodation: Entrance hall / Guest toilet / Lounge / fitted kitchen open plan to dining area / small conservatory / Utility room / Family room / Upstairs: 4 double bedrooms / 2 en suites / Main bathroom / Other: DG windows / GFCH / Tarmac drive / Walled rear garden / This property is tastefully decorated and in exceptional condition throughout. Boasting ample living space throughout, this property is sure to appeal a wide range of buyers. Situated in a much sought after area and surrounded by an abundance of amenities

GREANEY CLOSE, RAHEEN

Impressive 4 bed semi detached within walking distance of UHL

Accommodation: Entrance porch / Inner hall / Sitting room / Separate living room /Large open plan fitted kitchen / dining area, / Play / Utility room / Shower, toilet & Whb, First floor: 3 double bedrooms / 1 medium sized bed room / Main bathroom / Attic suitable for conversion. Other : OFCH & PVC windows / Walled south facing rear garden / Property insulated / Walled drive to the front / This property has been renovated from top to bottom / This property is situated in a prime location – Viewing comes highly recommended

GLENANAAR AVENUE, WOODVIEW

Extended 3 bed semi detached located within a well established estate

Accommodation: Entrance hall / Sitting room / Living room / Fitted kitchen / Separate dining room / Utility room / Upstairs: There are 3 bedrooms – 2 double / 1 single / Main bathroom / Other: OFCH / DG Windows / Gardens front and rear / Located within walking distance of L.I.T and a host of local amenities / Viewing is advised.

THE NURSERIES, MULCAIR DRIVE, ANNACOTTY

Impressive 4 bed detached property located at the end of a cul de sac

Accommodation: Impressive entrance hall leading to a large open plan bespoke living room/ Feature curved staircase / Sitting room / Large fitted kitchen / Formal dining area / Utility room / Guest toilet / Upstairs: 4 double bedrooms / 2 en suites/ 1 walk in wardrobe/ Main bathroom/ Other: Zoned GFCH / DG windows /Gravel drive & garden to the front/ Enclosed garden to the rear / This property is finished to a very high specification and enjoys all modern day conveniences. Located in a much sought after area within close proximity to UL, Annacotty Business Park, Primary & Secondary schools & much more.

BALLYFOOKEEN, BRUREE

5 bed detached property standing on 0.74 of an acre site

Accommodation: Entrance hall / Sitting room / Large fitted kitchen / dining area / 4 double bedrooms / Main bathroom / Large garage under roof of house which is suitable for conversion / Granny flat: Open plan kitchen / dining / living room with open fire / Double bedroom / Shower, toilet & whb. Other: OFCH / DG windows / Gravel wrap around drive / Enclosed manicured gardens / Block built shed / Constructed in 1992, viewing of this well maintained home comes highly recommended.

MARIAN PARK, PATRICKSWELL

3 bed semi detached property with ample room for expansion

Accommodation: Entrance hall / Living room / Open plan kitchen / dining room / Upstairs: 3 bedrooms / 2 double / 1 single/ Main bathroom Other: Solid fuel central heating / double glazed windows /. Walled garden to the front with large cobble lock driveway / Ample parking / Extra large garden to the rear with shed in same. There is ample room for expansion if desired.

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ENTERTAINMENT

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

Festival set to bring people home

I.NY annual festival will share Limerick's relationship with New York 'one story at a time'

REBECCA LAFFAN
rebecca.laffan@limerickleader.ie

A SPECIAL festival that explores the strong links between Limerick and New York has made it's comeback for the third year running, and is set to bring even more events and people to the city.

The I.NY Festival has officially launched its 2019 programme, and will once again feature a diverse line-up of events and attendees from across the globe.

This year's festival will take place from October 16 to 20 and features guests such as actor/writer Malachy McCourt and Irish fiddler Martin Hayes.

"To get to the third year is definitely a mark for us, the continuing interest in the idea is really encouraging," said I.NY Festival founder and director David O'Donovan, "people are enjoying the idea and that's really important."

The I.NY Project explores and celebrates the unique relationship between Ireland and New York, "one story at a time" through a range of events. Other attendees include Limerick-born Booker Prize-nominated author Kevin Barry, WearingIrish founder and Siegel+Gale Global CMO Margaret Molloy and broadcaster John Kelly.

I.NY has partnered with many organisations, including Shannon Heritage, with managing director Niall O'Callaghan saying: "We are delighted to be part of the I.NY Festival, it's very much within our core target market so there's a massive symmetry between our missions and values in fostering US-Ireland relations, building communities, and developing Limerick's cultural scene."

The annual festival is anchor event within Fáilte Ireland's Global Irish Festival Series, with Silvia Guglielmini of Fáilte Ireland welcoming the collaboration: "The aim is to engage with the global Irish, our diaspora, and to extend an invitation to visit and reconnect with their county of origin and reconnect with places, people and culture in Limerick."

The festival recently launched its programme of events for next month PHOTO:PRESS 22

FÉILE '19
SEMPLE STADIUM
THURLES

FRIDAY
SEPTEMBER 20
LATE NIGHT DJ SET
WITH MICKY MAC
RETURN OF THE
SILENT DISCO

SINÉAD O'CONNOR
PERFORMING HER OWN MUSIC
AND THE SONGBOOK OF SHANE MACGOWAN WITH SPECIAL GUESTS
HORSLIPS • THE STUNNING
WENDY JAMES • ELEANOR MCEVOY
THE FRANK & WALTERS • PICTUREHOUSE

SATURDAY
SEPTEMBER 21
LATE NIGHT DJ SET
WITH WILL LEAHY
RETURN OF THE
SILENT DISCO

SULTANS OF PING
THERAPY? • EMF
THE FAT LADY SINGS
THIN LIZZY'S BRIAN DOWNEY'S ALIVE & DANGEROUS PLUS ERIC BELL & GUESTS
JERRY FISH • MUNDY
SOMETHING HAPPENS

THIS FRIDAY & SATURDAY
MAIN STAGE STARTS: 4PM
TICKETS ON THE DOOR

FOOD FOR LIFE –
CURATED BY TWO MICHELIN
STAR CHEF KEVIN THORNTON
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THE 2 JOHNNIES & PAUL COLLINS
FÉILE FRINGE ACROSS THE TOWN
TILL LATE ON BOTH NIGHTS
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UPCOMING SHOWS

LIME TREE THEATRE
WET PAINT
Written by and starring Shane Casey
Suitable for age 12+
Thursday, 26th Sep | 8pm
Tickets: €20/€18

BELLTABLE
Multi Story Theatre Company presents
MEDEA
Friday, 27th Sep | 8pm (preview)
Saturday, 28th Sep | 8pm
Tickets: €18/€16/€15 (preview)

Booking: limetreetheatre.ie | 061 953400

THINGS #8 WHAT ARE ON IN LIMERICK

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

Culture Night takes over Limerick city and county this Friday

Cloudbusting is in Dolan's Warehouse this Friday

IT'S CULTURE NIGHT in the city and county this Friday, with more events than you can shake a stack of sticks at.

That's not the only thing on offer this weekend, though - there are some great music gigs, multilingual theatre and a street party on O'Connell Street this Sunday.

Strap yourself in this weekend - it's going to be a fabulous ride.

Thursday (Sept 19)

Cork singer-songwriter **Barry Wilson** brings his unique blend of jazz, funk and light hip-hop to the Commercial's **Record Room** this Thursday night. It's the first chance you'll have to hear some tracks from his debut album Portrait. Based on the personnel involved and hearing some of his collaborations over the past few years, you'd be a fool to miss this gig. He'll be supported by Limerick's Laura Duff, who would be worth the price of the ticket on her own. Doors at 8:30pm, tickets are €7.

Friday (Sept 20)

This Friday is **Culture Night** in Limerick, the wonderful annual evening when cultural venues throw open their doors to the public, non-cultural spots scramble to mount events that can fit in the fancy booklet and crowds of people visit the city at night for a change. The theme for the evening is 'Wrap Up In Culture', which sounds like there's a secret event where you make a condom out of a pot of yogurt. There are over 70 free events in the city and county - far too many to include here - so you should pick up the Culture Night booklet and start making a plan. Here are some of the events I particularly recommend:

The **Hunt Museum** is the behemoth of Limerick's Culture night every year and it's knocking it out of the park this Friday. Apart from the usual Hunt activities of kids' arts & crafts, music and dancing, they're hosting a Culture Of Food night from 5pm. Professional chefs will be cooking recipes submitted by the public (I don't know if this means coddle will be served but we can hope) and you can also try a historical cooking objects tour. Eating the food will cost you a fiver but you can definitely smell it for free.

Put on your dancing shoes for the giant céilí at **Dance Limerick** between 6pm and 9pm. You'll be shown the steps so you don't embarrass yourself too much. This is perfect first date material.

Limerick Printmakers on John's Square have four hours of printmaking workshops from 5pm to 9pm. Children and adults from 5pm till 7pm, adults-only at 7:15pm. It's the perfect opportunity to get your hands covered in ink and take home what you create.

It takes a brave person to schedule a paid gig opposite Culture Night but this Friday night you can experience **Cloudbusting**: The Music Of Kate Bush in **Dolan's Warehouse**. Yes, it's a tribute act. Of sorts. Singer Mandy Watson makes a point of not trying to sing like Kate Bush on stage but manages to bring something new to the interpretation, while still offering up the full Kate Bush experience. Definitely worth catching. Doors at 7:30pm, tickets are €21.

If you're a fan of Chopin (and apart from tuberculosis, that should be everyone), Latvian pianist **Santa Ignace** will be playing all the Chopin you can possibly eat this Friday night at the **Belltable**. She's won more awards than a piano has keys and this is a must for fans of all things classical. 8pm, tickets are €18. As it's Culture Night, you can avail of a buy one get one free offer, so your ticket will be €9 if you have a piano-loving friend.

Saturday (Sept 21)

Mary Black is at the **Lime Tree Theatre** on Saturday night, playing songs from her 30-year back catalogue. The folk singer has been stunningly popular in Ireland since leaving trad band De Danann 30 years ago and will be promoting her forthcoming album Mary Black Orchestrated - her best songs reinterpreted with backing music from the RTE National Symphony Orchestra. The orchestra will not be in Limerick on Saturday as travelling outside the M50 seems to be beyond them but, honestly, it's a better gig without the distraction of strings. Doors 8pm, tickets are €35.

The annual **Polish Arts Festival** kicks off this week and you can see the first big event of the festival this Saturday night at the **Belltable**. The headline performance of the night is Justyna Cwojdzinska's Julia, a theatre piece about one woman's life story through rejection, breakdown and recovery. It's a bilingual show in Polish and English. You'll also be treated to a performance by Fantasmagoria Dance Theatre and some improv. It runs from 8pm to 11pm - definitely giving you bang for your buck - and tickets are €20.

What do you get if you take an electric fiddle and combine it with loop pedals and synths to make house music? A prescription from your doctor and a request to come back for a future assessment at some undefined time due to ridiculously long waiting lists, that's what. You also get **Daithí**, the electro music producer who has a fixation with traditional Irish culture. He's in **Dolan's Warehouse** this Saturday night, taking the next step on his musical journey that will presumably end up with sean-nós hip-hop becoming acceptable in modern society. Doors at 9pm, tickets are a tenner.

This Sunday is **Car Free Day**, probably the closest thing Ireland has to Yom Kippur. To celebrate the future world where nobody will be able to afford a car, you can check out **Cyclovia** in the city centre. It's a teasing sample of what O'Connell Street could be like with pedestrianisation, featuring a street party between Roches Street and William Street, and a circular city route from Thomond Bridge to Shannon Bridge where cars will be banned for the afternoon. It runs from 2 to 4pm.

Santa Ignace plays Chopin in the Belltable on Friday

All weekend

Lucky Lane hosts Contact Studios' Ask Not What Culture Can Do For You But What You Can Do For Culture from Friday to Monday this weekend. Sheila Richardson's Hetertopias exhibition is at Limerick Museum till September 27. Mariele Neudecker's Sediment exhibition is at the Limerick City Gallery until November 17. All 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!

FREE MARKET
19TH–30TH SEPTEMBER
IS COMING
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TO TOWN
KILMALLOCK, CO. LIMERICK

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— Join a town walking tour
— Pick up a free newspaper
— Browse old photos of your town
— Take a townie scavenger hunt
— Chat with our 'shopkeepers'
— Share your stories about your town

'Free Market' is an architecture exhibition and programme of events celebrating, exploring and re-imagining the vital role of Ireland's small town market places.

'Free Market' was the Irish Pavilion at the 16th International Architecture Exhibition – La Biennale di Venezia 2018 – where it won widespread acclaim for its exploration of the unique identity of Irish rural towns. Now this ambitious exhibition travels to four towns in Ireland to continue the discussion about the challenges facing our rural towns.

FIND OUT MORE DETAILS ABOUT OUR EXHIBITION & EVENTS PROGRAMME AT
FREE-MARKET.IE INSTAGRAM.COM/FREEMARKET TWITTER.COM/FREEMARKET

LEADER LIFE

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

A Day In My Shoes

Derek Dundon

Sterling Silver and Fashion Jewellery Manager at Keanes

Meet Limerick's Mr Brightside

What time do you get up?
At 5:50am when going to the gym or 7 am on a non-gym day.

What is your normal breakfast?
Usually toast with peanut butter, sliced banana and cinnamon, it's delish.

Do you go for a walk or to the gym before/after the office?
Go to the gym before work, it's great for the body and mind.

You arrive at office at what time?
At 8:45am.

What are your first duties?
To help get our sparkling diamonds out on our window display for all to see.

How many cups of coffee/tea would you drink a day?
One cup of coffee and about two or three-ish cups of tea.

What is normal lunch - do you have a favourite place?
I would generally have lunch and a catch up with my colleagues in the kitchen at work and then might go for a stroll around the city.

What time do you finish up at?
I would finish at 5:45 pm.

Do you watch much TV?
A little, mainly Netflix.

Do you read the newspapers?
I sure do, generally the Limerick Leader, the Limerick Post, and the Observer, the majority I read is online.

What do you do to relax?
Head to the gym, arts and crafts, swimming and photography.

Are you able to leave the office behind?
Definitely, you have to, otherwise your days will just run into each other. It's easier said than done, I know some people will say, but I feel that you have to be able to separate work from home for your own mindset.

'Always take a positive from a negative' says Derek Dundon at Keanes Jewellers

PICTURE: ADRIAN BUTLER

What is a perfect work day?
Everyday is a perfect work day, no day is ever the same in our line of work. I hear some brilliant stories from our customers, and I am always honoured in playing a small part in their lives when they decide to purchase an item and look to myself and my colleagues for assistance and guidance.

Do you ever lose 'the cool' and if so what would make you annoyed?
To be honest I don't, my wife says that I am so laid back that I'm almost horizontal, ha, ha - just kidding. I always take a positive from a negative; I'd rather be happy than angry.

INSIDE THIS WEEK

CYRIL IS 'A CUT ABOVE'
Salon owner begins new column
PAGE 26

IS IT 'TIME' TO UPGRADE?
Read Patrick's guide to watches
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GET AUTUMN READY
Celia attends seasonal workshop
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CULTURE NIGHT SPECIAL
Sarah McTernan to perform at Tait
PAGE 35

A CUT ABOVE

CYRIL MORGAN

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Facebook: @cyrilmorganhair **Instagram:** @cyrilmorganhair **Phone:** 061 315 750

Passion and pride in a new salon experience

Cyril Morgan Hair is located at Riverside, Mount Kenneth Place on the Dock Road

WELCOME to my brand new column everybody! My name is Cyril Morgan and I'm the proud owner of Cyril Morgan Hair, Limerick city's new salon experience.

I'll be sharing my thoughts fortnightly on everything hair related and offering advice and valuable information on everything from hair loss to choosing the right products and everything in between.

First off, I think it's only right I fill you in on Cyril Morgan Hair. I opened the salon four months ago on Limerick's Riverside and I am loving every minute since. Opening my own salon in Limerick has always been a dream of mine, and one that I have finally achieved after more than 30 years in the hairdressing industry.

As some of you may know, I worked as a hairdresser in Limerick City for 33 years, before moving to Dubai two and a half years ago. During my time in Dubai, I was busy running my salon Ted Morgan Hair with my brother Damian, as well as working as a L'Oréal Educator in the Gulf region. Being an educator with L'Oréal allowed me to travel all around the UAE region, teaching in places like Abu Dhabi, Oman, Kuwait and, of course, Dubai to name a few. I also had the opportunity to work as a Dyson Hair Ambassador, as well as regularly conduct grooming workshops for Emirates at their Aviation Training College.

Although my time in Dubai was great, there was always something missing. It wasn't home.

The concept for Cyril Morgan Hair was born through a desire to create a brand new salon and client experience in Limerick city. When people visit a hair salon, they automatically expect fantastic colour and styling, however, I think the salon experience is enhanced and elevated through the little things outside of this.

Cyril says that attention to detail and making your salon experience memorable are his top priorities

In my salon, I take pride in our attention to detail to making your salon experience memorable, relaxing and, of course, luxurious. We make the whole process simple, from being able to make your appointment online to ensuring that you receive proper advice on how to care for your hair at home. My carefully selected team specialise in bespoke cutting and colour techniques, and ensure that each look is tailored for you, focusing on suitability, manageability and of course that it's going to look fantastic! They work with your face shape as the canvas and create the perfect frame to compliment. When you go home, we want you to be able to easily recreate the style, so we will always advise you on the right products and we're very lucky to be associated with L'Oréal and Redken.

In terms of decor, I wanted the salon to stand out and be a space full of fun and colourful details. I have used bright colours throughout our branding and salon space, as well as filling the space with quirky and bespoke features. I wanted Cyril Morgan Hair to inspire both relaxation and creativity, and I think we managed to strike a good balance between the two!

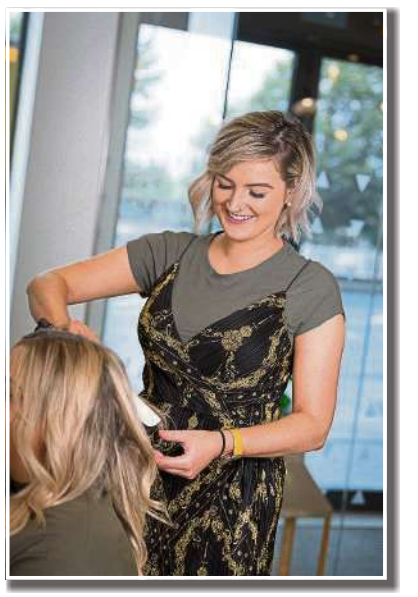
I always get asked what keeps me so passionate about the hairdressing industry after all of these years. I always say without fail that the biggest compliment for me as a hairdresser is when someone stops one of my clients on the street and asks them where they got their hair done.

The buzz that gives me is incomparable, and keeps my passion alive. It cements the fact that each client that walks into my salon is the most important person in the room.

Make sure to check out my next column, where I'll be chatting about hair loss and our salon's private area Inner Space.

Meet My Team

Niamh Whelan - Stylist



Niamh is the ultimate all-rounder, specialising in precision cutting, styling, braiding and has recently added colour to her belt!

Favourite thing about being a hairdresser

'No two days are the same being a hairdresser, and I absolutely love that! Style and trends are always changing and everyone that visits the salon has their own take on them. I love tailoring looks to show off a client's unique style, and there's nothing better than seeing a smile on my client's face when they see the finished look!'

Top hair tip

'Product is your best friend! Be it from your shampoo and conditioner to the products you use during and after styling, good, high quality products can really make a difference. In the salon we use L'Oréal and Redken products to help us achieve amazing hair!'

Favourite Product

'Redken Iron Shape 11. It works as a primer on the hair and protects it from heat. It also works as a brilliant holding spray that locks in hold and shine.'

HEALTHY LIVING

EVA HILL HAMILTON

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

Apple cider vinegar's amazing properties

VINEGAR has many uses besides sharpening up salads. The cheaper ones are great to soak vegetables in them or use as antimicrobial cleaners around the house, adding extra shine to glasses and windows.

Apple cider vinegar, when used as a rinse, will make your hair feel smooth and shiny, and provide a bit of extra clarification to remove oil and dirt. It balances your hair's pH, which helps seal the cuticle and make the hair smoother. It can also help with dandruff, clear away greasy build-up, and soothe itchiness and irritation of the scalp. Simply mix a tablespoon or two in a glass of water, and rinse your hair with it at the end of your bath. Make sure to rinse it out well afterwards, or your hair might feel a little crunchy.

Apple cider vinegar has been used in DIY beauty recipes for centuries and has many other uses

It is also beneficial for your skin, inside and out. Some intensive detox therapies can bring on the worsening of acne at the beginning. As your body releases toxins from your blood and tissue, some toxins make their exits through the skin in the form of pimples, rashes and other angry red eruptions. You can use apple cider vinegar as an astringent, by soaking a washcloth/cotton pad in diluted apple cider vinegar and applying it to your face. It's amazing how smooth your skin feels after application, it tightens and plumps it a bit, and can help reduce or minimize the appearance of wrinkles and fine lines.

Now the real good stuff, the raw, organic, unfiltered apple cider vinegar internally has many healing properties. You should see some strand-like sediment floating at the bottom. It's called "the mother," and it contains raw enzymes and gut-friendly bacteria that promote healing. Thanks to this "mother", apple cider vinegar lowers glucose levels, and may be helpful for diabetics. It has also been touted as a weight-loss aid, as it is said to help you feel fuller and eat less.

DID YOU KNOW?
Dating back 5000BC from the Babylonians to the Aryans, the soured apple wine recipe was passed to the Greeks and Romans and people started developing apple cider vinegar as a by-product to their soured apple wines

It is the best digestive support throughout the festive season. The enzymes in apple cider vinegar promote the growth of healthy bacteria in the gut, and can help regulate the acidity of the bowel flora - inhibiting yeasts and bad bacteria to overgrow and improve nutrient absorption. It is best if one tablespoon is taken 20 minutes before all three main meals in a glass of water to boost digestion, unless you have active stomach ulcers. In this way, apple cider vinegar can be very helpful in reducing gas and bloating. It can also help prevent and ameliorate symptoms of heartburn. Take a dose as soon as you feel heartburn symptoms coming on - but it is best prevented by taking it before meals.

You can find many different brands in health stores, but my favorites are form Thalli Foods; infused with rose and elderflower. You may find them on www.thallifoods.com

One Hearing Test 4 All Over 65 Year Olds in Limerick

Blackberry Hearing giving a free One4All gift card worth €25 to every over 65 year old in Limerick that comes in to them for a hearing test

Did you know that one third of Irish people suffer from a significant deterioration in their hearing by the time the reach the age of 65? A recent study also showed that Ireland topped the list for putting off treatment, despite the links between hearing loss and other conditions including blood pressure, stroke, diabetes, and dementia.

September is National Deaf Awareness Month and in order to encourage more people to get a hearing test done, Blackberry Hearing will be giving a free One4All gift card worth €25 to every over 65 year old in Donegal that comes in to them for a hearing test this month. So not only is the test itself free, but the person will also receive a One4All voucher simply for getting their own hearing checked.

Speaking about this, Matthew Gleeson, from Blackberry Hearing said "As we get older many of us will experience a gradual deterioration in our hearing. It is important for us to raise awareness of the importance, especially for those over 65, of getting their hearing checked. Research has shown that hearing loss can be linked to other serious conditions.

"That's why we are offering a One4All voucher in order to encourage everyone over 65 to come in for a hearing test, where we will show them just how simple the test is and how easy the problem can often be solved with a discreet, smart hearing aid. Then of course if your hearing is fine you've got a One4All voucher as well as invaluable peace of mind."

Blackberry Hearing is an Irish company which has been providing the most advanced and discreet, smart hearing aids at the best prices for the past five years. Blackberry Hearing has more than 50 clinic locations nationwide, all of which offer free hearing tests carried out by qualified audiologists.

Blackberry Hearing can also carry out hearing tests in the comfort and privacy of your own home. Having determined your specific hearing difficulties, the audiologist can pick the perfect hearing aid for you, adjust it to sit comfortably behind your ear and programme it specially to fit your particular hearing loss. This in-home service Blackberry Hearing offer is ideal for elderly parents, relatives or friends who find it hard to make their way to an audiologist's clinic by themselves. Customers who have hearing loss that warrants hearing aids can be programmed and fitted on the day and walk away with them!

www.blackberryhearing.com

BIG NIGHT OUT @

LIBRARY LOUNGE AT THE SAVOY HOTEL

David Irwin performing in the Library Lounge at the Savoy Hotel last Saturday evening PICTURES: DAVE GAYNOR

Kristin and Dean May in the Savoy Bar

Sonia Mulligan and Marguerita Moran in the Savoy Bar

Ciara Buckley and Josh Cahill in the Savoy Bar

Marie and Hugh Gorman

Fionnuala Carroll, Katherine Brennan and Jenny Banks in the Savoy Bar

Dhaval and Mary Vithalani in the Savoy

Eukaria O'Grady and Lyn O'Leary

Carol and Michael Foley

MANABOUTTOWN

PATRICK McLOUGHNEY

CONTACT PATRICK
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Twitter: @iammcloughney **Instagram:** iammcloughney

How to choose the right watch

IF you're in the market for a new watch, or thinking about making your first grown-up watch purchase but you don't really know what to look for well... you should have been paying attention to my 'watch of the week' segments over the last three years.

If you haven't or you're new to Man About Town well then I present to you a simple guide to men's watches. From the pros and cons of different mechanisms to the various styles of men's watches, here I'll cover the basics of everything you'll need to know about choosing and wearing a men's wristwatch that will reflect your personality and compliment your style.

MOVEMENT

Let's begin with movement. When you begin to get familiar with the wonderful world of watches, one term that's going to come up a lot is "movement".

A watch's movement is fundamental in how it works and how it keeps time. There are many types of watch movements, but generally speaking, they fall under two categories – mechanical and quartz.

MECHANICAL

A mainspring – a coiled mental wire – that's wound by hand powers the movement of a mechanical watch. Once wound, the mainspring slowly and evenly unwinds, causing the second hand to move in a smooth sweeping motion around the watch face. The longer the watch's mainspring, the longer its power reserve, and the longer you can go between windings. For many watch aficionados, mechanical movement represents tradition, refinement, craftsmanship and an appreciation of history.

PROS
- No need for batteries
- Smooth movement
- Has character

CONS
- Requires a lot of winding
- Sensitive to a lot of environmental factors
- Not as accurate
- Very expensive

QUARTZ

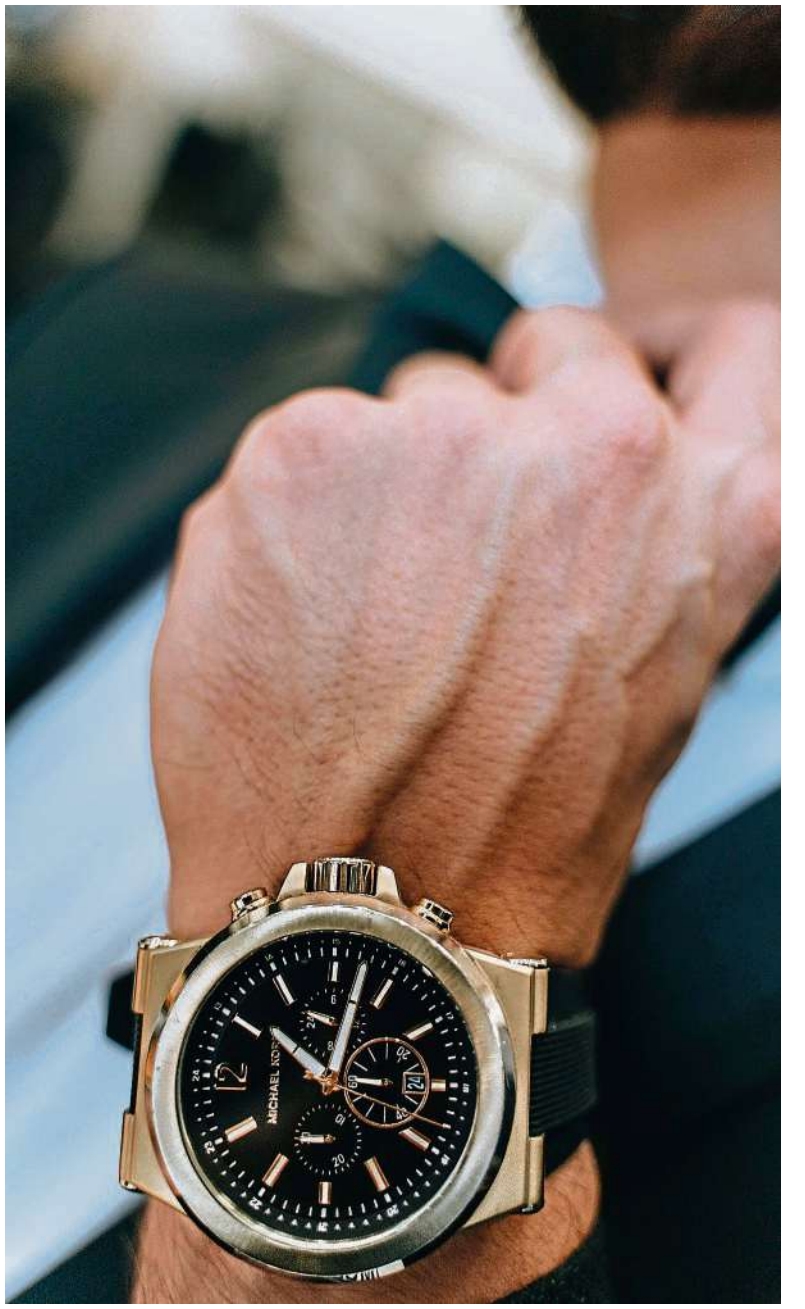
Most average Joes (like myself) will be wearing a quartz watch on their wrist as they read this. There's a good reason for that. Quartz watches are highly accurate and very affordable. Rather than a wound mainspring, a quartz movement watch is powered by a small battery. The battery sends electricity through a small quartz crystal, causing the crystal to vibrate. The vibrations are measured by a circuit, which converts them into a pulse, which then moves the second hand on the watch. The use of electric pulses gives quartz watches a distinct 'tick tick tick' movement that's not quite as smooth as that of a mechanical watch. Because quartz watches are battery powered and have fewer moving parts, they're far more accurate and can withstand the elements better than a mechanical movement watch. This is the reason that most sports watches use quartz movement.

PROS
- Highly accurate
- Much less maintenance
- Highly durable
- Very affordable

CONS
- Staggered movement
- Lacks the charm and character of mechanical watches.

CHRONOGRAPHS

Your basic wristwatch should tell you the time. But many modern watches come with little extras called "complications". Watch complications include calendars, moon phases, alarms and power reserve indicators. And then there's the chronograph, which is a separate and independent time system, which acts as a stopwatch. Most chronographs consist of three small dials within the dial of the watch. On the side of the watch, you'll find two buttons: one to start and stop the chronograph and one to reset it. On some watches, a chronograph is paired with a tachymeter – a scale around the rim of the watch which can be used to calculate things like speed, distance travelled or fuel consumption. The number of complications on your watch is a matter of taste and preference. Dressier watches tend to be more minimalist and have fewer complications.



Is it time to up your watch game?

HAND SIZE

One more thing to consider when choosing the watch for you is how well proportioned the watch is to your hand and wrist. If it's way too big for your wrist, it will stick out look garish.

If it's too small you'll look like you're wearing a ladies watch. As a general rule, if the circumference of your wrist is 6 to 7 inches then you'll need a watch that has a case diameter of 38-42 mm.

If your wrist is bigger than 7 inches then go with a case that's 44-46 mm wide.

You can get the measuring tape out if you wish but really, the best way to figure out if a watch is proportionate to your hand is to try it on and see how it looks and feels on the wrist.

Miss Ireland 2019

Wonder Women personified

MISS Ireland 2019 took place in the Helix in Dublin this past week and what an amazing event it was.

All three of our Limerick and Clare girls finished in the top 8 and two finished in the top three. Since the event people have been congratulating me on how our Miss Limerick ladies fared at the grand final and while it's nice to hear I can honestly say on behalf of the entire team at Miss Limerick that the entirety of credit goes to the three amazing people who represented Limerick and Clare last Saturday night. Miss Limerick Ciara O'Halloran is Wonder Woman personified. A star athlete who is as caring, inclusive and wise as she is beautiful. Ciara is an amazing role model for young women and deserves all the success that she has worked so hard for.

Miss Clare Emma Austin came the first runner up. Emma's kind heart and warm personality shine through her beautiful and ever-present smile. Emma is a credit to her wonderful family and her county and has done everyone so proud. And finally, our Miss 101/Miss Limerick North Christina Alcazar Deverell who finished the second runner up. Christina's striking beauty and incredible talent come with a shy, humble, sweet and sincere personality that will make the success she's about to have even sweeter as no one is more deserving.

Three cheers to these three amazing stars who shone brightly on the biggest stage.

STYLE&FASHION

CELIA HOLMAN LEE

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Workshop kicks off autumn style

IT'S time to return to the classics. Autumn is a season for elegant looks and that was the case when it came to the MaxMara workshop last weekend in Brown Thomas Limerick.

BT Limerick recently celebrated its 20th birthday and the MaxMara event was just one of many that are coming up at the fashion oasis.

The looks that were showcased at the workshop flattered every age and body shape - which makes these looks timeless for your wardrobe staple.

The colour palette ranged from tans to camels with vibrant colours including mustard and grape stole the show.

I have worked with MaxMara in Brown Thomas Limerick for a number of seasons but this seasons collection including MaxMara weekend, MaxMara studio and MaxMara takes autumn fashion to a new level.

Terrific trench coats from the MaxMara workshop at Brown Thomas

Another smart look from the MaxMara workshop

XCelia Holman Lee wrapped up well for autumn

Muted greens and browns are a hit for this season

CELIA SPOTTED
Looking good out and about in Limerick

Name: Asta Lee
Occupation: Director and agent at Holman Lee Agency
From: Athlacca

Attending the National Ploughing Championships, Asta, who is originally from Kaunas, Lithuania, but has been living in Limerick for the last 17 years, is no stranger to fashion.

All throughout her childhood she watched her granny sow, knit and crochet accessories and clothes, and her mother picking patterns from fashion magazines, and getting the outfits tailor made by a family seamstress.

When Asta moved to Limerick she started modelling with the Holman Lee Agency and then joined the family business soon after. Asta says she gets her style inspiration from watching people on the street and at fashion events, boutique owners, a few of the social influencers and fashion magazines. She maintains that her personal style is also influenced by the different cultures she was exposed to growing up.

Asta loves versatility in clothes and she much prefers sustainable fashion to fast fashion, as she cares for the environment, she also believes in shopping locally and investing in clothes that will stand the test of time. Whether she buys her clothes in high street shops or independent boutiques.

ASTA SAYS

Outfit: I put this look together last minute, but I had all the items in wardrobe already. My white cotton shirt with a detachable collar was from Aisling Maher Boutique in Adare; my blue knit is from Naoise, which is the new range at Shaws. The skirt is Rixo which I bought a few seasons ago in Brown Thomas Limerick and the black belt was a gift.

Accessories: For a casual look I keep the accessorising to a minimum. I have my little pearl earrings on, which was a gift from my parents. My hand bag is from Michael Korrs range in Brown Thomas Limerick. And my sunglasses are by Radley which I picked up at a bargain price from TK Maxx.

Shoes: I loved these cowboy-style inspired shoe boots which have a comfortable block heal and can be worn in summer or winter by adding black tights, both with skirts and trousers, so again very versatile.

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

MARBLES
COLOUR ZONE
HUGHCAMPBELL HAIR GROUP

OUR AUTUMN
Colour Trends

Branch Out
It's all about richness & shine. Brunettes opt for a lavish chocolate base with caramel tones. This injection of colour against the darker base really sets this colour apart from other brunettes, a must-have look.

Sunflower Autumn Breeze
A warm honey blonde with glimmers of lighter, creamy hues to add depth & dimension to the hair. Perfect for blondes wanting to give their hair a fresh look for the new season.

Falling Leaves
Infusing auburn and copper hues into your hair colour is the perfect way to transform your look for the A/W months. Results in a striking natural 'falling leaf' shade. The ultimate classic look for A/W.

Burly Wood Fields
Re-ignite your hair colour this Autumn with luxurious golden highlights. Incorporate these beautiful tones into darker blonde shades to illuminate your look through the dark winter months.

Autumn offer at Marbles Colour Zone...
Bring this voucher to your next colour appointment & receive a free Smartbond Treatment worth €20.
*Offer ends 31/10/19

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More queries from our beautiful readers

FOLLOWING on from last week's column I had many queries from readers so I decided I would do another Questions & Answers column this week.

Please keep those questions coming in but please remember it's important to tell me your age as that can have a bearing on my answer.

Question

A lady in her 40s asked me: I was recently in Turkey and had a botox procedure done. I wanted to smooth the area surrounding my lips as I had deep lines that I wasn't happy with. As a result I can't move my upper lip at all. Is this something you have heard of before?

I was speaking with a friend when I came home and she knows somebody who had the same procedure done but with fillers.

Can you tell me what's the difference between botox and fillers. I know the botox isn't permanent but how long will it take to wear off?

Answer

I'm sure you did your research before you had the procedure but it's always important to ask these questions before rather than after.

For the vertical lines surrounding the lips, (sometimes called lip lines or lipstick lines), the recommended procedure is dermal fillers.

Dermal fillers add the volume and fullness whilst botox relaxes the muscles.

Using botox on the upper lip area can cause a fixed "gummy" smile. This is a smile that shows an excessive amount of gum under the upper lip. By injecting botox into the strong muscle this pulls the lip up and can weaken these muscles. Though we can still smile of course!

It's possible that too much botox was used or it was injected into the wrong place. The effects from botox can last from three to six months.

Question

A 25 year old lady asked me: For a long time I've been thinking of having both lip filler and lip semi permanent make up. My question is what should I do first ?

Answer

That's a good question. I would recommended doing the semi-permanent make up before you think of getting fillers. Semi permanent make-up can give the appearance of fuller lips and the result might be the look you wanted with fillers. If not, then you can always enquire into having the fillers done once the lips are healed.

Question

A lady in her 30s asked me: I had semi-permanent make-up done on my eyebrows in Thailand 10 years ago and they are still not faded. Can they be redone now?

Answer

This is probably one of the most frequent questions I hear. Every week I have consultations with clients who want to cover their old permanent make up. Most times it's possible to proceed and the results are amazing but unfortunately there are a few cases where only laser tattoo removal will work.

Laser tattoo removal is required in the following situations:

If the colour is still very intensive many years after the procedure. This means that tattoo ink was used and not SMPU pigment.

When the shape is wrong and it's too thick. It's easier to cover if it's too thin but there's nothing we can do if it's too thick.

When there's scar tissue, especially after microblading - if the practitioner has gone too deep with the blade.

Question

A 20 year old lady asked me: I was wondering if I had semi permanent make-up done on my eyebrows will it remove all of my natural hair?

Answer

The quick answer here is... Of course not.

There are two types of clients.

Those with natural hair and those without natural hair on their eyebrows.

For those with natural hair a technician will draw the eyebrow and if needed will do traditional eyebrow shaping, tweezing only the "baby hairs" to get the best result.

Question

A gentleman asked me: Is it a good idea to buy someone a voucher for an aesthetic procedure?

Answer

Yes it is, but only if we know the person well and we are sure this is something they would want.

Otherwise the situation may be uncomfortable...

LOUISELOVES

LOUISE CANTILLON

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SPIN SOUTHWEST

Rogha na Seachtaine

TO DO:

Culture Night

Now in its fourteenth year, Culture Night returns on Friday, September 20. Brilliant venues and public spaces across Limerick open their doors to host a programme of free late-night entertainment, as part of an all-island celebration of arts, heritage and culture. More info @limerick.ie

TO LISTEN:

Track of the week

SAARLOOS - 'Fiesty': I must admit I am late to this party, Dublin's SAARLOOS's new single "Feisty" is the perfect feel good bop! The pop tune is a sing along sensation and will have you singing along all day.

TO SEE:

National Ploughing Championships

The annual agricultural spectacle takes over Ballintrane, Fenagh, Co. Carlow this year. Always a sight to behold, get the wellies out and soak up some farming fun!

Limerick's Mental Health Week chance to reflect

NOW in its 15th year, Limerick Mental Health Week (LMHW) returns this October with a vibrant programme of events that promote positive mental health in Limerick and the surrounding areas.

The calendar for 2019 includes public talks, music concerts, mindfulness and art workshops, sports, family friendly events and much more.

I am delighted to be an ambassador for the week and along with my colleagues on Spin South West have an opportunity to promote positive mental health! The week provides the perfect forum to generate discussion, reduce stigma and help to bring mental health into everyday conversations, while promoting the wide range of supports and services which are available within the local community.

Annual World Mental Health Day is marked on October 10 coinciding with LMHW. The theme for LMHW 2019 is Suicide Prevention, which aims to promote supports available around the subject of suicide prevention and spreading awareness of what you can do to help yourself and those in your community.

The opening night of LMHW will be on Friday, October 4, at 6pm in The Hunt Museum. Mayor of Limerick City and County Michael Sheahan will officially open the week's activities alongside invited speakers, organisers and friends of LMHW. This event is open to the public and all are welcome.

Limerick Mental Health Week ambassador and best-selling author Róisin Murphy and I at the launch of LMHW 2019

I am most excited for "Light up the River', happening on Thursday October 10 at 6pm,a touching event where specially illuminated boats make their way up the River Shannon at dusk in this beautiful procession. The public is encouraged to watch on from Thomond, Sarsfield and Shannon bridges lighting up the river using phones or torches. All welcome, wrap up warm!

There will be a family fun day on Saturday, October 5, on Bedford Row, an afternoon of inclusive activities, face painting and fun for all ages. Join in from 12pm-4pm.

Enjoy "An Evening with Arnold Thomas Fanning', the author of 'Mind on Fire: A Memoir of Madness and Recover'. He will discuss his personal story and experiences behind the book with University of Limerick Sociology Professor, Eoin Devereux. The talk will be followed by a Q & A with the audience. The event takes place on Monday October 7 at the University of Limerick. Booking required through limerickmentalhealth.ie.

LMHW finishes with a wonderful Limerick Choir Night at St. Mary's Cathedral on Friday October 11 at 7:30pm. For more information on the events, organisations involved, contact or visit: limerickmentalhealth.ie

For more keep an eye on social media @LimerickMHA and use the hashtag #LimerickMHW

Garda Youth Awards 2019

THE 6th Annual Limerick Garda Youth Awards was launched at Henry Street Garda Station. Chief Superintendent Gerry Roche launched the awards assisted by youth prize winners Sean Byrnes who won both a Limerick and National award in 2018, and Ard Scoil Mhuire 6th year students Erin Barrett and Sarah McDarby who were also National winners for their project on 'Sexting, Get the message # keepitpg'.

The awards in association with Garveys, SuperValu Corbally and Centra Newcastle West are designed to acknowledge the volunteering activities of young people living within the Limerick Garda Division between the ages of 13 years and 21 years. They also acknowledge the endeavours of young people that have faced and overcome challenges in their life.

For more information or to nominate a youth in your community or school, pick up an application in your local Garda station or find out more on Garda.ie.

The Limerick Garda Youth award ceremony will take place at Woodlands House Hotel on Thursday November 21 while the national awards will be presented on April 25 2020.

Spin's Anto Harte and Cathal Frawley with Garda Youth Awardees Sean Byrne, Érin Barrett and Sarah McDarby

I ♥ LIMERICK

RICHARD LYNCH

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Email: Richard@ILoveLimerick.com

Bedford Row Family Project to celebrate 20th anniversary

THE Bedford Row Family Project is celebrating 20 years of supporting families affected by imprisonment.

They will be holding a three-day celebration to mark the occasion from September 25 to September 27.

The Bedford Row Family Project supports families of prisoners, both when they are in and out of prison. They work with all generations to try to break the cycle of involvement in crime.

Tracie Tobin, chairperson of the Bedford Row family project and principal of St. Michael's infant school, tells me, "It's not just a particular part of the community but it's all the community together. It's the extended family, it's prisoners in Limerick prison and I think that's really important to have a cohesive approach."

The first day marking the anniversary will be Wednesday, September 25, with a formal gathering of funders and board members. This will be followed by an open mic session and poetry reading the next day on Thursday, September 26, with the theme being 'Anxiety'.

The final day will be Friday, September 27, with a tea party for service users and a walk from the new bridge to Sarsfield Bridge, symbolising that Bedford Row is the bridge between the family member on the inside and the family member on the outside.

Ger Lynch is a Bedford Row Family Project service-user who struggled in his past with drugs and crime, first trying heroin when he was 18 years old. Now, he is a reformed addict studying in the University of Limerick who promotes drug awareness and support across Limerick City and he was awarded Limerick Person of the Month October 2018 for his work. He credits his amazing recovery to all the Limerick organisations that helped him, in particular, the Bedford Row Family Project.

Ger said, "They've helped me through my hard times, having been in prison myself, having been through addiction. I get my therapy here in Bedford Row, it gives me a place to speak to somebody so I know I'm not alone." See www.bedfordrow.ie. for more information.

Richard pictured at the Bedford Row Family Project for the launch of their 20th anniversary celebration with Bernie O'Grady, social worker, Eugene Stephens, psychotherapist, Ger Lynch, service user, Brian McNulty, counsellor and Rachel Woodfell, LIT student placement (back row), Tracie Tobin, chairperson, Helena O'Connell, service user, Alison Curtin, project administrator PICTURE: BRUNA VAZ MATTOS/ILOVELIMERICK

Limerick Mental Health Week

NOW in its 15th year, Limerick Mental Health Week (LMHW) returns this October with a vibrant programme of events that promotes positive mental health in Limerick.

LMHW aims to highlight the serious topic of mental health in an open, engaging and encouraging way. The week will provide a forum to generate discussion and reduce stigma. The week also promotes a wide range of supports that are available within the local community.

The week marks the yearly World Mental Health Day on October 10, run by the World Mental Health Federation. Each year LMHW reflects the chosen theme of the day, for 2019 it is Suicide Prevention.

The Opening Night of LMHW will be on Friday, October 4 at 6 pm in The Hunt Museum. Mayor of Limerick Michael Sheahan will officially open the week's activities. Light Up the River, is happening on Thursday, October 10, at 6pm, has quickly become the most popular event. The annual family fun day on Saturday, October 5, on Bedford Row is an afternoon of inclusive activities, face painting and fun for all ages. An Evening with Arnold Thomas Fanning will discuss his personal story and experiences behind his book. The event takes place on Monday, October 7, at the University of Limerick. LMHW finishes with a wonderful Limerick Choir Night at St. Mary's Cathedral on Friday, October 11 at 7:30pm.

Limerick Mental Health Week brings the people of Limerick together with organisations, businesses and more importantly, each other. See www.limerickmentalhealth.ie.

Richard pictured at the Hunt Museum for the press launch of Limerick Mental Health Week 2019 with Mary Collins, a volunteer with Grow, Lucy O'Hara, Limerick Suicide Watch, Claire Flynn, Limerick Mental Health Association and Catherine Slater, Director of Limerick Samaritans PICTURE: BRUNA VAZ MATTOS/ILOVELIMERICK

THINGS I ❤ THIS WEEK

CULTURE NIGHT

Rediscover Limerick on a special night

CULTURE Night 2019 takes place on Friday, September 20, with venues and public spaces across Limerick opening their doors to host a programme of free late-night creativity and entertainment.

Sheila Deegan, Culture and Arts Officer with Limerick City and County Council, said, "Culture Night is always great fun and offers the perfect opportunity to showcase the wealth of art culture that Limerick has to offer. It is a night to celebrate the cultural, artistic and creative communities of our region".

One of the key aspects of Culture Night is that events are free of charge to ensure that activities and venues are accessible to all members of the public and to help encourage new audiences to engage.

From daredevil high wire circus acts, to getting a look inside Henry Street Garda Station, Culture Night Limerick has amazing and exciting events all waiting to be unwrapped, along with the Pigtown Parade.

The amazing Sarah McTernan is performing at Tait House

061 Recordings, a growing music project located in Limerick City will also be hosting a concert on the night at Tait House Community Enterprise at 7 pm. The acts performing on the night are all Limerick natives and will feature Cat Reynolds, Casey Jean Dillon, Robert O'Doherty and Eurovision and Voice of Ireland finalist Sarah McTernan. See www.culturenight.ie/events/limerick.

Back row: Gordon Daly, Limerick City and County Council, Pat Daly, CEO of Limerick City and County Council, John Moran, Chair of the Hunt Museum, Laura Ryan, Limerick City and County Council, Cllr James Collins and Kerstin Mey, UL. Front, Sheila Deegan, Limerick City and County Council and Jill Cousins, director, The Hunt Museum PICTURE: PAUL MULLINS

European Expo 2020 starting in Limerick

LIMERICK Council, educational and cultural institutions and local businesses are creating a European Expo 2020 starting in Limerick. The European Expo 2020 is a unique exploration of the importance of the European Union to its people and vice versa. Over 2020, it will showcase Irish and other EU cultures.

It takes the form of exhibitions to educate us about the work of the EU institutions. At its heart is an exhibition from the European Investment Bank Art Collection, called Belonging.

There are several partners committed to bringing events under the European Expo banner: St. Mary's Cathedral staging Ode to Joy, the European Anthem and a celebration of the birth of Beethoven and much more. It is a call out to future generations to look towards Europe and find ways of solving global issues. European Expo 2020 is a fantastic expression of who we are and we would encourage everyone to get involved. Limerick is going to lead the way in finding solutions for Europe.

POLISH ARTS FESTIVAL

Polish contribution to be explored

THE Polish Arts Festival is celebrating 12 years in Limerick and aims to promote the different facets of the Pole abroad as a worker, an artist, a member of the local community and a contributor to European cultural heritage.

The Festival is back this year with a list of various events taking place over a two-week period. This year's festival theme is Identity and opens on Thursday, September 19, at 6pm in The Hunt Museum.

On Culture Night, Friday, September 20 at 5.30pm, a Design Your Own Brooch workshop by a Polish designer Iwona Bielwaska, takes place at the Hunt Museum, followed by a fashion show of her collection at 7 pm.

Afterwards, a concert with the Limerick Choral Union and Polish IMU choir from Sc Supsk is taking place at 8 pm at St. Michael's Church.

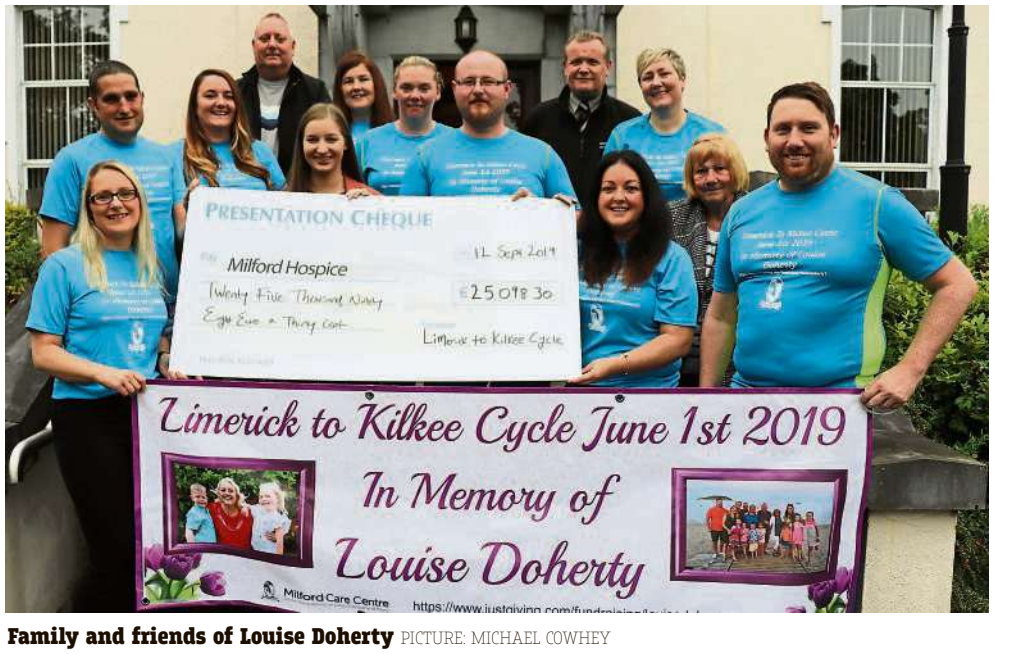
The Polish Arts Festival 2019 presents Julia on Saturday, September 21 at The Belltable

On Saturday 21, the festival presents 'Julia' from 8pm – 9pm at the Belltable. This is a night of performance, theatre, dance, and improvisation. The Festival continues on Thursday, September 26, in The Hunt Museum at 6pm with Simon Thompson presenting Lifted Up.

Friday, September 27, the Old Quarter House, Little Ellen Street hosts Poetry Night with three beautiful Polish writers and poets at 7 pm.

The All About My Mother Project takes place in The Hunt Museum on Saturday, October 5, at 2 pm facilitated by Dr. Anca Minescu.

On Sunday, October 6, Ewa KotuCa offers the In Search of Self dance therapy workshop from 12 pm – 3 pm in The Old Quarter House. Full line up at www.polishartsfestival.ie.



Family and friends of Louise Doherty PICTURE: MICHAEL COWHEY

HEROES OF THE WEEK

Friends of Louise Doherty

THE annual Milford to Kilkee Cycle took place last June in honour of Louise Doherty. The family of Louise took part in the 95km cycle, donating over €25,000 raised by the cycle to Milford Hospice in Castletroy. Louise was a mother of two who was battling with cancer and benefitted from the services that Milford Hospice provided, before her death last year. Well done to all involved. Thinking of you all.

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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.

EDUCATION & TUITION

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WANTED: GOLD, Silver. All Old Banknotes/ Coins. Old Medals/Badges. Old Metal/Zippo Lighters. CD's, Old GAA Match Programmes. Old GAA Magazines. Old Postcards, Action Figures. Books on: Irish War/Irish History. Diecast Model Cars/Buses. Guitars. Banjos. Violins. Waterford Crystal, Old Telephones/ Binoculars. Old Signs/ Tins. Cash Paid. Ph: Colman 087-2035809

PUBLIC NOTICES

AN CHUIRT DUICHE
(THE DISTRICT COURT)
DISTRICT COURT AREA OF LIMERICK
DISTRICT NUMBER 13
LICENSING IRELAND ACTS 1833-2013
LICENSING IRELAND ACTS 1883 SECTION 6
AS AMENDED BY SUBSTITUTION IN THE FIRST SCHEDULE
TO THE COURTS NO. 2 ACT 1986
INTOXICATING LIQUOR ACT, 1960 SECTION 29
DISTRICT COURT RULES 1997 ORDER 79
SO MEAN LIMITED
Applicant

TAKE NOTICE that So Mean Limited having it's registered office 1 Meadowlawn Park, Meadowlawn, Raheen, Limerick hereby applies to the Annual Licensing Court sitting at the Courthouse, Mulgrave Street, Limerick on the 26th day of September 2019 at 10.30 am for a Certificate by way of a transfer entitling the Applicant to receive an Ordinary Publicans Licence in respect of the premises known as The Lone Wolf formerly known as Molly Malone's situate at 3-4 Ellen Street in the City of Limerick in Court Area and District aforesaid and heretofore licensed in the name of Sunfield Properties Limited.
Dated this 12th day of September 2019
Signed:
Sweeney McGann
Solicitors for the Applicant
67 O'Connell Street
Limerick.
TO WHOM IT MAY CONCERN

PUBLIC NOTICES

AN CHUIRT CHUARDA
(THE CIRCUIT COURT)
SOUTH WESTERN CIRCUIT COUNTY OF LIMERICK
In the Matter of the Licensing Acts, 1833-2010
and in particular in the Matter of the Courts
(Supplemental Provisions) Act 1961
Section 24 and the Licensing (Ireland) Act 1902
Section 2 as amended by the Intoxicating Liquor Act 1960 Section 23
and in Matter of an Application by
JASON ENRIGHT

TAKE NOTICE that Jason Enright of 45 Revington Park, North Circular Road, Limerick intends to apply to the Circuit Court sitting at the Courthouse, Mulgrave Street, in the City of Limerick at 10.30 a.m. in the forenoon on 24th of October 2019 or on such day thereafter as the application may be taken in its order in the Court list for such Certificate as is mentioned in Section 5 of the Licensing (Ireland) Act, 1833 enabling it to obtain an Excise Licence (Ordinary Publican's Licence) to sell intoxicating liquor for consumption on and off the premises known as The Geraldine Bar, 1 Lower Gerald Griffin Street, in the City of Limerick in which the said Applicant is the holder of the lowest estate of the property.
Dated this 12th day of September 2019.
Signed:
Sweeney McGann
Solicitors for the Applicant
67 O'Connell Street
Limerick.
TO WHOM IT MAY CONCERN

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GERALDINES A.F.C.

WEEKLY LOTTO DRAW HELD ON 16/09/19

This Week's Jackpot: €2,700
Numbers: 1-8-27-28

Lucky Dips: The Mullins family c/o Paddy Mullins, D Benson c/o Laura McMahon, Alan Rice c/o Dave Connolly
Promotors Prize: Dave Connolly & Jean McMamara
Next Week's Jackpot: €2,800

Next Draw: 23/09/19

ST. MARY'S R.F.C.

Lotto Draw held Monday 16th September 2019
Winning Numbers: 6-20-22-23

No Jackpot Winner

Dermot Finnan c/o Larkins, Geraldine Nicolas c/o C Mullins, Teresa O'Brien c/o B O'Brien. Kayleigh O'Dwyer c/o Jim O'Dwyer Draw will take place in Radcliffe Cowheys Bar
Jackpot €10,900

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FAMILY ANNOUNCEMENTS

BIRTHDAY REMEMBRANCES

† MASON

(First Anniversary)

In loving memory of Johnny Mason, late of 15 Talbot Ave, Prospect, Limerick whose first anniversary occurred September 15th. Masses offered

Deep are the memories,
Precious they stay,
And time and no-one,
Can take them away.

Sadly missed by your niece Martha, husband Dermot and family

† O'SULLIVAN

(Birthday Remembrance)

In loving memory of a dear mother and grandmother Carmel O'Sullivan, late of Castletroy View and Keyes Park whose birthday occurs September 20th

Put your arms around her Lord
Don't leave her on her own
For today is mams birthday
Her fourth away from home
Sadly missed and always loved, your son Tom, Pam and Lily.

Our lives go on without you
Though nothing is the same
We have to hide our heartache
When someone speaks your name
You did so many things for us
Your heart was kind and true
As long as we were happy
You were happy too.
Sadly missed by your daughter Irene, son-in-law Cormac, grandchildren Shane, Brendan and Kaydee

A birthday wish we send today
But not on a card in the usual way
But written in gold on a cloud above
And sent to you with all our love.
From Harry, Paula, Robert and Hazel

Those we love,

We never lose,

For always they will be,

Loved, remembered, treasured

Always in our memory.

BIRTHDAY REMEMBRANCES

† QUINN

(93rd Birthday Remembrance)

In loving memory of a dear mother, grandmother, great grandmother and great great grandmother Bridget Quinn, late of 20, Shanabooley Rd, Ballynanty, whose 93rd birthday occurs on 23rd September 2019. Mass offered

When happy thoughts turn to sadness
And laughter turns to tears,
It's because we want to be with you
On your birthday Mama dear.
Today tomorrow all whole lives through
We will always love and remember you
From your loving sons Philip and John, Matthew, partner and family; Michael, partner and family; James, partner and family; Joe, wife and family; daughters Noreen and family; son in law Pat and family; Breda and family; Lilly, Michael and family; Kathleen, John and family; Theresa, Martin and family and Anna, Alan and family xx

If Heaven had a number
I would call you on the phone
To wish you Happy birthday
And ask you to come home.
We know you're in a special place
Where angels always sing,
Where joy and love & peace are yours
Until we meet again.
Happy 93rd Birthday from Philip, John and Matthew

No Birthday cards can I send
For there is no address
Just a beautiful garden
Where my special mother rests.
Of all the gifts in life
However great or small,
To have you as my mother
was the greatest gift of all
Happy 93rd Birthday Mam from Teresa, Martin and family

A birthday wish for you today,
We miss you more than words can say;
The pain and tears we try to hide,
Though our hearts are broken deep inside,
No cards to send or gifts to give,
But you'll have our hearts as long as we live.
Happy 93rd Birthday Mam from Noreen and family

Today is your birthday,
And the memories are so sad,
Of a mother we loved,
And wished that we still had,
They say it's a beautiful journey,
From the old world to the new,
Someday we'll make that journey Mam
Just to be with you.
Happy Birthday from Lilly, Michael and family

BIRTHDAY REMEMBRANCES

There is a beautiful path, In a wonderful land,
Where God and mam walk hand in hand,
How lucky is God to have such a treasure,
Take care of her Lord, Forever and ever.
With broken hearts, We whisper low,
Happy 93rd Birthday Mam We miss you so.
Happy birthday from Anna, Alan and family xxx

No Birthday cards can I send
For there is no address -
Just a beautiful garden
Where my special mother rests.
Of all the gifts in life
However great or small,
To have you as my mother
Was the greatest gift of all
Happy birthday Mam, love from Kathleen, John and family xx

Today is your birthday,
And the memories are so sad,
Of a Mother we loved,
And wished that we still had,
They say it's a beautiful journey,
From the old world to the new,
Someday we'll make that journey too
Just to be with you.
If Heaven had a number
I would call you on the phone
To wish you Happy 93rd Birthday
And ask you to come home.
Happy 93rd Birthday Mam
Sadly missed by your loving son Joe, daughter-in-law Mary, grandchildren and great grandchildren

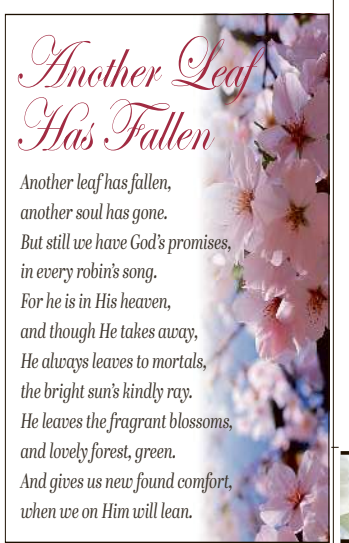
IN MEMORIAM

† CONWAY

(13th Anniversary)

In loving memory of a dear mother Angela Conway late of Fatima, Corbally Road, Limerick, who died on September 19, 2006. Rest in Peace. Also remembering her on her 100th birthday which occurred recently

Mam our hearts still ache in sadness
And secret tears still flow
What it meant to lose you
No one will ever know
Sadly missed by your son Frank, daughter-in-law Lily, grandchildren and great-grandchildren



IN MEMORIAM

† KIELY

(7th Anniversary)

In loving memory of a dear Father, grandfather and Great grandfather Patrick Kiely, late of Hyde Road, whose anniversary occurs 23rd September. R.I.P. Mass offered on Saturday Sept 21st at 6pm in Our lady of Lourdes Church

To all the world I'm coping and fine when people ask
But if they could see my broken heart
They would know it's just a mask
For I often lie awake at night
When the world is fast asleep
And think about the Dad I lost
With tears upon my cheeks
So I hide my heartache with a smile
And make no outward show
For what it meant to loose you Dad
Only I will ever know
Also remembering my Mam, Eileen, From your daughter Rose, and son in law Mike.

If memories bring us closer
We are never far apart
For you are always with us
In our thoughts and in our hearts
From your grandson Robert and Nichola.

Gentle Jesus up above
Give me great grandad all my love
From your great granddaughter Ella x

Another month, another year
Another smile, another tear
Another winter, a summer too
But there will never be another you
From your granddaughters Ciara, Michelle and Niamh.

The sun does not shine so brightly now
The sky is not so blue
Because it is such a different world
Since we shared our lives with you
You left us as you loved us
Quietly and without fuss
And on the day you left us dad
You took a part of us
A wonderful Dad, a special friend
Caring and giving to the very end
Dad rest in peace on your 7th anniversary away from home Say hello to Mam and Mike. Love you always dad, your loving daughter Christine, great grandson Michael xxx

Granda PA
You were always there when we needed you
No task to great or small
With a loving heart And willing hands
For us you did it all
So rest in peace dear Granda
And thanks for all you've done
We pray that God has given you the crown you've truly won
You were a true gentleman Granda, and never will be forgotten. Miss you loads, missed everyday by your loving grandchildren Michael, Stephen, Eileen

IN MEMORIAM

Forget you Dad I never will
For in my heart I love you still
For every thought there is a tear
For my dad we lost and loved so dear
Sadly missed by your daughter Kathleen, Patrick and familes

Thank you dad for the years we shared
The love you gave and the way you cared
You left a place no one can fill
We love you dad and always will
You had a smile to share
Time to give and time to care
Someone to talk to
kind and true
One in million that was you
Sadly missed by your loving son Joe, Fiona, grandchildren Sarah, Dean, Jason, Jeffrey, and great grandson Cian

† O'DWYER

(21st Anniversary)

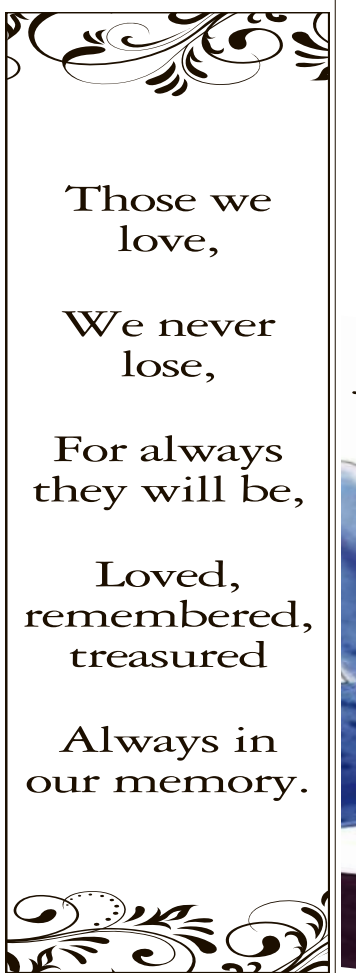
In loving memory of Christopher O'Dwyer, late of O'Malley Park, whose 21st anniversary occurs on September 21.

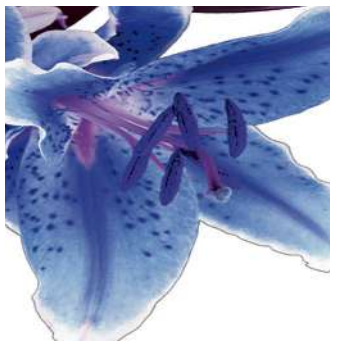
Will those who think of him today,
A little prayer to Jesus say.

Sadly missed by Anne, Alison, Christopher, Deirdre, Jamie, grandson Jake, granddaughter Amy and grandson Freddie xxxxxxxx

THANKSGIVINGS

GRATEFUL THANKS to The Sacred Heart and Our Blessed Lady for all favours received and also thanks to St. Padre Pio, A. A. A. A. Saints. M.J.M.



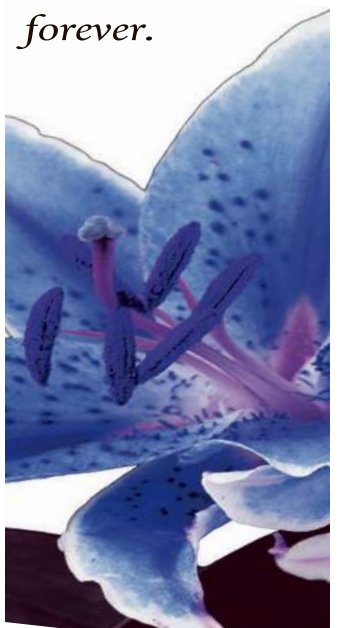


Memories Live Forever

A bouquet of beautiful memories, sprayed with a million tears, wishing God could have spared you, if just for a few more years.

It does not take a special day, for us to think of you, each Mass we hear, each prayer we say,is offered up for you.

We cannot bring the old days back, when we were all together, our family chain is broken now, but memories live forever.



FAMILY ANNOUNCEMENTS

IN MEMORIAM

† REILLY

Eleventh Anniversary & 61st Birthday Remembrance

Cherished memories always and today of a wonderful husband Michael Reilly, late of 18 Lenihan Avenue, Prospect (and Armagh), whose eleventh Anniversary occurs on September 21, also his birthday occurs on the same day. Rest in Peace. Mass offered in Our Lady of Lourdes Church on 21st September at 6pm. Also remembering my dad Patrick, mam Eileen, Mike's dad Mick, his mam Margo, his sister Yvonne and nephew Jason at this time.

I lost my life's companion,
A life linked with my own.
Day by day I yearn for you,
As I walk through life alone.
The house you left is lonely,
And I am lonely too,
Those left behind are good and kind,
But my heart aches for you,
You were someone I could talk to,
On whom I could depend,
You were more than just a husband,
You were also my best friend.
If tears were a stairway to Heaven,
And memories a lane,
I'd climb each stair to Heaven
And take you home again.
Happy 61st Birthday Mike
Love you always, your heartbroken wife Christina.

Dear Dad it's your 61st Birthday,
And we want you to know,
You're with us in spirit wherever we go,
Once a year we got a chance,
To wish you a birthday cheer,
But this year it's different Dad,
Because you are not here.
You were an exceptional man,
So strong and so wise,
And also very funny,
You were more than just a father,
You were also our best friend,
And so on this your 61st birthday,
And eleven years away from home,
We long to let you know,
How proud we are to be your children,
Because we miss and love you so.
Happy Birthday Dad. Missed so dearly every day, your heartbroken daughter Eileen and son Stephen. Thinking of you Granda Pa. Also thinking of my grandmother Margo, Happy 81st Birthday

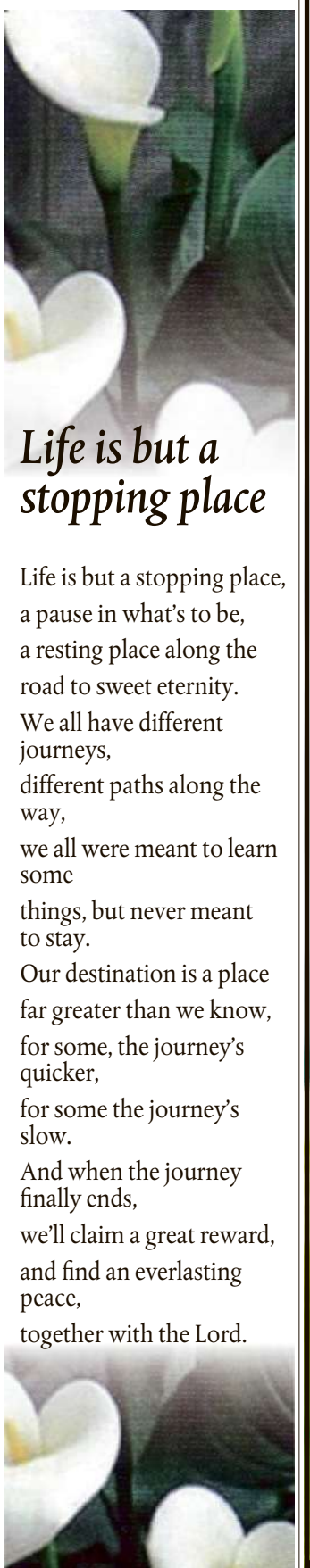
Forget you Dad, I never will
For in my heart, I love you still
For every thought there is a tear
For a dad I lost a loved so dear
Sadly missed by your son Michael, daughter in law Priscilla, grandkids Michael and Amy "Happy 61st Birthday Dad"

Ours is just a simple prayer
That God will keep you in his care
Happy 61st Birthday from the Kiely family

IN MEMORIAM

Brother and Uncle
Inside our hearts are aching
It never seems to end
Your leaving has left sadness
That never seems to end
Love from Josepha, Graig, John, Stacey, Clement, Logan, Letisha, Jaydeyn, Baby Brooklyn, Margo Mae and Skye and families xx
Remembering my mother and father, my sister Yvonne, Jason nd Mr Kiely at this time

The world is full of wonderful things,
Beautiful flowers and butterfly wings,
Thousands of birds weaving patterns in flight,
Millions of stars decorating the night.
But if we search the whole world over,
One shore to another,
We will never find a treasure,
As precious as our brother in law Mike
Sadly missed by Rose, Mike and family



Life is but a stopping place,
a pause in what's to be,
a resting place along the
road to sweet eternity.
We all have different journeys,
different paths along the way,
we all were meant to learn some
things, but never meant to stay.
Our destination is a place
far greater than we know,
for some, the journey's quicker,
for some the journey's slow.
And when the journey finally ends,
we'll claim a great reward,
and find an everlasting peace,
together with the Lord.

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SPORT Leader

CUP FEVER HITS TOWN

Munster Junior tops the agenda

For more see Page 41

Hurling rivals in semi final double bill

Cathall King, Na Piarsaigh, in action against Robbie Egan, Kilmallock when the two sides met back in August. They meet again this weekend in the Bon Secours county senior hurling semi-final

GAA: Top four tiers of Limerick hurling championships take shape

JEROME O'CONNELL
joconnell@limerickleader.ie

THE final four in the race for the Bon Secours Hospital Limerick SFC remains unchanged for a third successive season.

THE LIT Gaelic Grounds hosts a semi final double-header this Sunday and there is a familiar look to the schedule – Na Piarsaigh v Kilmallock and Patrickswell v Doon the exact same pairings as 12-months ago.

The line-up is now almost compete for the knockout stages in the top four tiers of the Limerick club hurling championship.

The last four is now known in the SHC, Premier IHC and IHC.

On Sunday in the senior semi finals, Doon and Patrickswell meet at 2pm.

Twelve months ago, Doon defeated 'The Well' to reach their third ever county senior final. The east Limerick men will be without long-term injured Barry Murphy while opponents Patrickswell are hoping that star forward Aaron Gillane will line out after injury.

When Doon and Patrickswell met in round one of this season's championship in April, The Well were 1-13 to 0-10 winners.

The second game has a 3.45 start and it's the third semi final meeting between Na Piarsaigh and Kilmallock in five years.

The Caherdavin men are chasing a hat-trick of titles but are without Shane Dowling for the remainder of the season.

When Na Piarsaigh and Kilmallock met earlier in the competition, the city men were 6-15 to 2-11 winners.

Both Sunday's senior semi finals will get deferred coverage on TG4.

In the Premier IHC, Kildimo-Pallaskenry, Mungret and Bruff all return to the semi finals, which they also reached last year. The newcomers are Blackrock.

The semi finals take place on Saturday in Kilmallock - Kildimo-Pallaskenry v Bruff at 3.45 and Mungret v Blackrock at 2pm.

In the Limerick IHC, Glenroe and Croom are semi finalists like they were last year.

Glenroe meet Na Piarsaigh's second string, while Croom play Newcastle West.

In the fourth tier of the championship, Kilmallock, Killeedy, Caherline and Ballybricken-Bohermore are all to return to the quarter final stage - all four games to be played on September 28.

The progress of the Doon and Mungret hurlers to semi finals next weekend has seen changes to the football line-up. The Oola v St Kierans SFC semi final is now on Friday September 27 in LIT Gaelic Grounds at 7.30pm and the Mungret v Galtee Gaels IFC semi final is now on Saturday September 28 in Kilmallock at 3.30pm.

The first of the Irish Wire Products Limerick SFC semi finals is next Sunday September 22 - Adare v Newcastle West in Mick Neville Park at 6.15pm.

Adare are bidding to become the first club to reach three successive finals since Claughaun 1988-90, while their ultimate aim is to emulate the Treaty Sarsfields hat-trick of 1973-75.

The first of the Griffin Coaches Limerick IFC semi finals is also next Sunday - Claughaun v Gerald Griffins in Mick Neville Park at 4.30pm. Claughaun are attempting to reach a first intermediate final since 2015 when they lost to Oola.

Rugby News

Munster eye Galway trip before start of PRO14

COLM KINSELLA
CKINSELLA@limerickleader.ie

MUNSTER face their final pre-season friendly fixture before the start of the Guinness PRO 14 season when travelling to Galway this Saturday to take on Connacht at the Sportsground, 3pm.

Johann van Graan's charges open their PRO14 season against the Dragons at Thomond Park on Saturday week, September 28 at 3pm.

Munster thumped London Irish 45-5, running in seven tries at Musgrave Park on Friday night, before an official attendance of 5,678.

Centre Dan Goggin grabbed a brace of tries - one in either half, while full-back Mike Haley, JJ Hanrahan, hooker Diarmuid Barron, hugely impressive number eight Jack O'Sullivan on his senior debut, and winger Liam Coombes also dotted down.

Afterwards Munster back-row Fineen Wycherley said: "We don't want to get too far ahead of ourselves after London Irish. It was the first game of the season.

"Obviously they played a completely different team at half-time. I thought the lads who came on for us in the second half were exceptional.

"Connacht in Galway, is the main focus now. The competition for places in the squad is extraordinary, more lads putting their hands up for selection for upcoming games."

For more on Munster Rugby and news on Limerick players at the World Cup, see www.limerickleader.ie

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SPORT SNIPPETS

GUI agree new handicaps for 2020

The governing bodies of amateur golf in Ireland, England, Scotland and Wales have this week announced that they have signed the licence for the new World Handicap System (WHS) which will come into operation on November 2, 2020.

The current Golf Handicapping System maintained by CONGU will be replaced by WHS which will unify the six different handicapping structures currently in operation throughout the world of golf.

For the first time, handicap systems worldwide will be substituted by a global system where golfers will obtain and maintain a handicap and use this on any course around the world.

New York hurling banquet

LIMERICK GAA are to host a banquet in New York to coincide November's Hurling Classic in the home of New York Mets baseball.

On November 16, Limerick will defend the title won in Boston last year when they face opposition from Tipperary, Kilkenny and Wexford.

The newly formed Club Limerick New York will host an event in Rosie O'Grady's on November 15.

Tickets are $125 per person and $1,250 per table which includes dinner and open bar.

Further information on the banquet event by email to club limerick new york @gmail.com

MMA loss in London

ALL didn't go to plan for Limerick female MMA fighter Catherine Costigan when she made her return to the octagon on Saturday.

The 39 year old fought on the KSW 50 card against Poland's Aleksandra Rola in London's SSE Arena but the referee stopped the contest in round two.

Costigan hadn't been inside the cage for competitive action in almost 18-months and this comeback fight saw her opponent Rola finish the bout with a series unanswered knees and elbows against the cage.

Rola had weighed in six pounds heavier than her Limerick city opponent.

'Saturday will be a big relief' - Barrett

COLM KINSELLA
ckinsella@limerickleader.ie

THE curtain comes down on Limerick FC's hugely difficult season this Saturday night when the 'Blues' face champions Shelbourne in their final SSE Airtricity League First Division fixture at Tolka Park, 7.45pm.

Limerick FC manager Tommy Barrett this week admitted that he will be relieved to see the back of a difficult season.

The High Court confirmed the appointment of an examiner to Limerick FC in recent days.

Munster Football Club Limited, which trades as Limerick FC, had petitioned to the court to place the company in examinership, on the grounds that if certain steps were taken it could survive as a going concern.

The application was opposed by Revenue Commissioners, which is a creditor of the company.

Limerick FCs debts are estimated to be approximately €490,000.

Tommy Barrett revealed this week that he had strongly considered stepping down from his position in June.

"Ya, it will be a relief when the season ends on Saturday night. I was half tempted to go in June.

"The players wanted to stay on and we were going all right. That competitive streak stays in there.

"You think you might get to fourth and the players were (thinking) the same.

"I knew the situation wasn't right and it was a similar situation to last year (budget cuts) and I was wondering whether I would go or stay.

"I don't like walking away from something. In hindsight maybe I should have. But yes, the final whistle on Saturday night will be a relief."

Barrett said it was embarrassing that Limerick FC midfielder Sean Russell had been forced to fundraise in order to pay for a knee operation. Russell injured his knee earlier this season in a 2-0 win over Athlone Town.

Limerick supporters brought in €4,150 in a fundraising drive for his first bout of surgery, but a bill of €1,400 from that operation remains unpaid. Russell can't start the next stage of his recovery until that's dealt with.

Posting on social media, Russell said that 'five months after receiving a career-threatening injury I find myself still waiting on surgery with no help from my club or the FAI.'

Barrett said: "It's not right. I said that from the start. I have been trying to work with the club, working with LIFT (Limerick Independent Football Trust) who have been brilliant in helping to get the funding as well for the first operation.

"It shouldn't happen ever in any club. It is a source of embarrassment for me as much as anyone else.

"It should never come to organising a fundraiser, but I will help out as much as I can with it."

Limerick's Darren Murphy is first to the ball against Shelbourne when the two met in June. Murphy has left the club this week for Ringmahon Rangers

Four Limerick clubs target semi-final places in the Munster Senior Cup

Action from UL Bohemian versus Sundays Well on Saturday in Annacotty
PICTURE: COLM KINSELLA

FOUR Limerick sides will be looking to book places in the semi-finals of this season's Bank of Ireland Munster Senior Cup when the quarter-finals are down for decision on this Friday night and Saturday afternoon.

Friday night's action sees All-Ireland League Division 1B side Shannon take on local rivals Young Munster from Division 1A at Thomond Park, 8pm. Also on Friday UL-Bohemian host Cashel at UL, 8pm.

Saturday's action features the meeting of holders Cork Constitution and Garryowen at Temple Hill, 2.30pm. The game is a repeat of last year's final which resulted in victory for the Leesiders.

Ladies Football finals day

THERE is a triple-header of Limerick Ladies Football Championship finals this Saturday in Bruff.

The action gets underway at 12noon when Adare and Fr Caseys meet in the county junior final.

While this is a first ever championship final for Adare, Fr Caseys of Abbeyfeale are back in the decider that they lost to Old Mill this time last year.

These sides met earlier in the group stages of the championship and the Abbeyfeale side were 6-13 to 3-9 winners.

At 2pm is the county senior final between champions Monagea and St Ailbes – both sides go in search of a third county senior title.

East Limerick side St Ailbes previously won back-to-back senior titles in 2011 and 2012.

On Saturday, Monagea appear in a third successive senior final - losing in 2017 to Ballylanders and then defeating the same outfit to win the title last year to add to their 2014 win.

Saturday's finals day concludes with the 4pm intermediate final between Mungret St Pauls and Old Mill.

Just twelve months after winning the junior title, west Limerick outfit Old Mill bid to continue their promotion push into the top flight.

Mungret St Pauls have three senior titles 1992, 1994 and 2013 in their roll of honour, and last won this intermediate title in 2011.

Mungret St Pauls Ladies Football team pictured ahead of this Saturday's County Football finals day in Bruff

Cup action on the agenda

PAT SHEEHAN
sport@limerickleader.ie

Ballynanty's Adrian Power concentrates on possession during his side's meeting with Pike Rovers on Sunday morning

AFTER a busy month that saw most clubs play seven or eight League games, it is the turn of the Munster Junior Cup this weekend with some exciting games on offer.

Topping the bill is the clash of Premier Champions Janesboro and Fairview Rgs in Pearse Stadium. Much has been made of the changes in 'Boro' over the last few weeks.

Stripped of several of last year's League and Oscar Traynor winning side, the loss of stalwarts Shane and Thomas Clarke and Aidan Ryan from the management team were further blows.

To their credit they have regrouped with a young squad and knowing manager Shane O'Hanlon it will not be long before they are back to the summit.

On Sunday they host a Fairview Rgs side who are tagged by many as favourites to dislodge the Fran Mullally Trophy from Pearse Stadium.

The 'Blues' are currently joint second in the table but have still to gel as a unit in the manner expected. They have the individuals and no doubt will get the right mix. Janesboro will be hoping it's not this weekend.

Another game worth a visit is the local derby between Mungret Regional and Regional Utd. The sides met earlier in a league game when Regional took the bragging rights with a 1-0 win.

Like Janesboro, Regional were decimated with close season defections but shrugged it off to have a great start to the season. They slipped a few points in the last couple of games. This coincided with an injury to Kieran O'Connell so the Dooradoyle side will have fingers crossed that he makes a quick return.

On the flip side Mungret had a slow start, partly due to a number of players absent, but have shown a huge improvement in recent games.

I watched them beat Geraldines and was impressed with their direct style. This has all the ingredients of a thriller.

Pike Rvs, last season's Munster Junior Cup runners up, start their campaign against Cals in Rathuard. Pike are in great form which does not bode well for a very young Cals XI.

Joint second placed Geraldines take on Wembley Rovers in a game that in days of old would have drawn the crowds to Garryowen.

Wembley's rebuilding continues but may not be enough to deal with a rampant 'Dines'

Aisling Annacotty A will be expected to continue on their merry way when they host Division 3A side Moyross Utd B. The Northsiders have a squad filled with stars of yesteryear, all still well able to perform at this level. They may find the young and buzzing Aisling youngsters too quick however.

Ballynanty Rovers, after a couple of close defeats, will be looking to get back to winning ways when they welcome Pallas United and Nenagh would also welcome a change in fortunes when they host Premier A side Corbally Utd.

Prospect Priory face a tricky assignment at home to Cappamore Celtic. The county side started the season in fine form but a 5-0 defeat last weekend to Fairview B. Prospect also suffered a 5-0 defeat last weekend but all reports suggest they were much better than the result suggests.

Patrickswell FC host Coonagh Utd A and will relish the opportunity to test their progress against a Premier side.

Coonagh have settled well in the top flight and form suggests they will be too strong but should warn against complacency.

Of the other ties the clash of Charleville and Moyross Utd A looks best while Newport Town v Hill Celtic also pits two old rivals against each other in a game that usually throws up plenty of goals.

The Munster Youth Cup also kicks off on Sunday. Division 1 leaders Fairview Rgs welcome second tier side Shelbourne to the Fairgreen.

Shels are an exciting young side but might find the power of Eoin Duff and Co., too much.

Second placed Charleville host third placed Aisling Annacotty A. Depending on availability this game could go either way while Caherdavin Celtic v Mungret Regional and Aisling Annacotty B v Murroe AFC make up the youth schedule.

JUNIOR SOCCER FIXTURES

SATURDAY SEPT 21

MUNSTER JUNIOR CUP 1ST ROUND
Charleville v Moyross Utd A, 7.00, R McCann
Aisling Annacotty A v Moyross Utd B, 7.00, S Rooney
Regional United B v Dromore Celtic, 7.00, A Galvin

SUNDAY SEPT 22

MUNSTER JUNIOR CUP 1ST ROUND
Caledonians v Pike Rovers, 10.30, J Clancy
Geraldines v Wembley Rovers, 10.30, M Kennedy
Newport Town v Hill Celtic, 10.30, B Higgins
Athlunkard Villa B v Lisnagry, 10.30, J Rooney
Nenagh FC v Corbally Utd, 10.30, Mike Monahan
Ballynanty Rovers v Pallas United, 10.30, R Broe
Brazuca v Kilfrush Crusaders, 10.30, UL Astro, M Bourke
Knockainey v Summerville Rovers, 10.30, M Murphy
Patrickswell FC v Coonagh Utd A, 10.30, A Galvin
Janesboro v Fairview Rangers A, 10.30, Andy Hall, D Power, S Rooney
Meanus v Athlunkard Villa A, 10.30, A Walsh
Mungret Reg A v Regional Utd A, 10.30, J McNamara, G Clancy, Martin Monaghan
Aisling Annacotty B v Coonagh Utd B, 2.30, M Kennedy
Mungret Regional B v Parkville Utd A, 2.30, F O'Neill
Parkville Utd B v Herbertstown, 2.30, S Scully
Prospect Priory v Cappamore Celtic, 2.30, R Broe
Northside Legacy v Coonagh Utd C, 2.30, T Joyce
Shelbourne A v Carew Park AFC, 2.30, G Clancy
Star Rovers v Murroe AFC, 2.30, Martin Monaghan

MUNSTER YOUTH CUP
Caherdavin Celtic v Mungret Regional, 2.30, P O'Brien
Aisling Annacotty B v Murroe AFC, 2.30, K McCormack
Charleville v Aisling Annacotty A, 2.30, T O'Sullivan
Fairview Rangers v Shelbourne, 2.30, M Blake

THURSDAY SEPT 26

TUOHY CUP
Aisling Annacotty v Geraldines, 7.00, Jackman Park, D Power, A Hall, B Higgins

DIVISION 3A	P	W	D	L	Pts
Moyross B	5	5	0	0	15
Dromore Celtic	5	4	0	1	12
Caledonians B	4	3	0	1	9
Shelbourne B	5	2	1	2	7
Nenagh B	5	2	1	2	7
Mungret Reg C	4	2	1	1	7
Lisnagry B	4	2	0	2	6
Athlunkard Villa C	4	1	0	3	3
Newport	5	0	1	4	1
Murroe C	5	0	0	5	0

#LLSport

JUNIOR SOCCER

PREMIER DIVISION	P	W	D	L	Pts
Pike Rovers	8	6	2	0	18
Fairview Rgs	8	5	2	1	17
Geraldines	8	5	2	1	17
Ballynanty Rovers	8	5	1	2	16
Regional Utd	8	5	0	3	15
Aisling Annacotty	8	4	1	3	13
Janesboro	8	4	1	3	13
Mungret Reg	8	3	0	5	9
Coonagh Utd	8	1	3	4	6
Nenagh AFC	8	2	0	6	6
Prospect Priory	8	1	1	6	4
Kilmallock	8	0	1	7	1

PREMIER A LEAGUE	P	W	D	L	Pts
Moyross	7	6	1	0	19
Fairview Rgs B	8	5	2	1	17
Cappamore	7	5	0	2	15
Murroe	8	5	0	3	15
Newport	8	4	2	2	14
Charleville	7	4	1	2	13
Athlunkard Villa	7	3	1	3	10
Hill Celtic	7	2	2	3	8
Aisling Ann B	7	2	1	4	7
Holycross	8	2	0	6	6
Carew Park	8	2	0	6	6
Corbally Utd	8	0	0	8	0

DIVISION 1A	P	W	D	L	Pts
Castle Rvs	6	4	2	0	14
Hyde Rgs	5	4	0	1	12
Patrickswell	6	3	2	1	11
Kilfrush	6	3	1	2	10
Geraldines B	6	3	1	2	10
Knockainey	5	3	0	2	9
Southend	6	3	0	3	9
Ballylanders	5	2	1	2	7
Star Rvs	5	1	3	1	6
Summerville Rvs	6	1	1	4	4
Shelbourne	6	0	2	4	2
Granville Rgs	6	0	1	5	1

DIVISION 1B	P	W	D	L	Pts
Regional Utd B	8	5	3	0	18
Athlunkard Villa B	6	4	2	0	14
Glenview Rvs	8	4	2	2	14
Parkville	7	4	2	1	14
Mungret Reg	7	3	2	2	11
Aisling Annacotty C	6	1	4	1	7
Caherdavin Celtic	6	1	3	2	6
Pallagreen	5	1	2	2	5
Newport	7	1	1	5	4
Caledonians	6	1	1	4	4
Charleville	6	0	0	6	0

DIVISION 2A	P	W	D	L	Pts
Caherconlish	6	6	0	0	18
Kilmallock B	5	4	1	0	13
Janesboro B	5	4	0	1	12
Wembley Rvs	5	3	1	1	10
Castle Utd	5	3	0	2	9
Murroe B	6	3	0	3	9
Meanus	5	2	1	2	7
Corbally Utd B	6	1	2	3	5
Herbertstown	4	1	1	2	4
Prospect Priory B	6	0	2	4	2
Hyde Rgs B	5	0	1	4	1
Knockainey B	6	0	1	5	1

DIVISION 2B	P	W	D	L	Pts
Aisling Annacotty D	7	6	1	0	19
Fairview Rgs C	8	5	2	1	17
Northside	7	5	0	2	15
Brazuca United	8	4	2	2	14
Parkville B	7	3	2	2	11
Kilfrush B	8	3	1	4	10
Lisnagry	7	2	1	4	7
Coonagh Utd C	8	1	3	4	6
Coonagh Utd B	6	1	1	4	4
Abbey Rvs	8	0	1	7	1

ON THE BALL

"Limerick to the core..."

JEROME O'CONNELL

Tier 2 football for Limerick in new-look All-Ireland

ONLY time travel would really help me to decide one way or another on the proposal for a tiered football championship.

There is no doubting the pros and cons but what is paramount is that real debate ensues for the next month before the Special Congress takes place in Cork's Parc Uí Chaoimh on October 19.

Purely from the Limerick level, clubs will want their chance to voice opinions and that will most likely come at the October County Board meeting on October 7.

What would be noteworthy would be a vote from the Limerick senior football panel.

Let's be honest, the proposals matter little to the leading Gaelic Football counties, so when surveying opinion, it's those of the lesser lights that really matter.

So what's on the table.....

Under this proposal the provincial championships will be played as present.

The All-Ireland SFC Qualifiers will be open to teams from Allianz League Divisions 1 and 2 and any Division 3 or 4 teams who qualify for their provincial final.

Basically barring two league promotions, Limerick can only enter the Sam Maguire race by reaching the Munster SFC final.

After the provincial championships, it is then proposed to introduce a new straight knockout Tier 2 Championship for all Division 3 and 4 teams that do not reach their provincial finals.

At present this list would be Limerick, Cork, Tipperary, Down, Derry, Wexford, Offaly, Sligo, Antrim, Louth, Longford, Offaly, Wicklow, Leitrim, Waterford and London.

With 16 teams that is four rounds of action and with Croke Park semi finals and finals promised – Limerick could therefore be two wins away from a championship appearance in GAA Headquarters.

"A range of marketing and promotional supports will be committed to the new competition and a planned increase in TV coverage," promised this week's press release from Croke Park.

Herein lies one of the worries for many – essentially that the new Tier 2 Championship would be cast aside similar to the coverage of the Joe McDonagh Cup. The reality is that the new Tier 2 Championship would run alongside the closing stages of the race for the Sam Maguire title.

On the positive side – the provincial championships remain in situ, all teams are involved in the Sam Maguire campaign from the outset and there is a further emphasis placed on the status of the Allianz Football League.

Of course, proper debate and research and particularly listening to those from the Division 3 and Division 4 counties, would perhaps have seen a different proposal.

Alas that didn't happen so just one proposal will be on the table next month when a Special Congress convenes in Cork.

There is plenty room for improvement but it could be a starting point and it's not like the GAA don't make some little tweak to the structures every second year anyway so alterations are possible down the road.

As a starter, the Tier 2 champions should be guaranteed entry into the Tier 1 championship the following year.

So is it a yes or no from me – inventing time travel aside, I go with a hesitant yes as a starting point for change and not the final destination.

For more see #LLSport

Five alive oh: Could Dublin's latest All-Ireland win be the last in a single tier format?

COLM KINSELLA

Tackle technique must be spot on

THE second year of findings from the Irish Rugby Injury Surveillance (IRIS) research project released by the IRFU and the University of Limerick provides plenty food for thought.

One of the most striking results of the survey is just how important being able to use correct tackle technique in the sport has become.

IRIS research records the incidence, type, nature and severity of both match and training injuries occurring across the amateur game in Ireland.

The majority of male training injuries are a result of tackling and contact drills

It found that in the case of senior club injury events, 59% of match and training injuries are as a result of the tackle. Some 48% of tackle related injuries sustained by the ball carrier while 52% of tackle related injuries sustained by the tackler.

Coaching proper tackle technique from the time young boys and girls take up rugby is crucial. If the players can learn correct technique at a young age, it will stay with them for the remainder of their playing careers.

Of course, there will be times when they are tackling somebody significantly bigger than them physically and there is a danger they may not be able to execute a textbook tackle in these circumstances, but knowing how to tackle reduces the risk of being injured.

Calvin Nash in action on Friday night for Munster

DONN O'SULLIVAN

Time for GAA to look at 'collective bargaining agreement'

This week the GAA have announced plans for a two tier football championship.

There will be thousands of column inches on same and there will be people for and against.

However, the GAA are missing a trick in terms of their overall structure.

Dublin's fifth win in a row last Saturday highlighted the dominance that the capital side possess on and off the field.

Dublin are worried about Dublin and that is their right.

Sadly, the GAA have decided to focus too much on the cash cow that is the 'Dubs' and the rest of the competition are suffering.

There is a simple answer to save the GAA, in both hurling and football.

It is time for the GAA to look at a collective bargaining agreement.

The NFL Collective Bargaining Agreement (CBA) is a labour agreement between the National Football League Players Association (NFLPA) or the GPA in this case and National Football League (NFL) team owners, or the GAA on this island.

The labour agreement classifies distribution of league revenues, sets health and safety standards and establishes benefits, including pensions and medical benefits, for all players in the NFL.

The system would be revolutionary for the GAA. All funds collected would be distributed between 32 counties (34 teams) evenly, no exceptions.

Those counties that promote both codes would get more, while the attendances at all games would benefit every single county.

It would be a tide of cash raising all boats, but do the GAA want that.

COLM KINSELLA

Springboks' speedster Cheslin Kolbe can be big in Japan

THE long wait for rugby fans finally comes to an end this Friday when the 2019 Rugby World Cup kicks-off in Japan when the host nation take on Russia, 11.45am Irish time.

It's hardly the most exciting of opening fixtures. The serious action in terms of two potential winners facing off kicks-off on Saturday morning when heavyweights New Zealand take on South Africa in a fixture which carries a huge amount of interest from an Irish point of view.

New Zealand kick off the competition as 11/8 favourites to claim another World Cup title, while South Africa are 4/1 joint second favourites with England.

For punters who want to have an interest in every one of a certain nation's game, then having an interest bet on which player will finish top try scorer at the end of the tournament it worth an interest.

All-Black Sevu Reece tops the market at 7/1, but preference is for South African flyer Cheslin Kolbe at 10/1, one of just three recognised wingers the Boks' have taken to Japan.

Twenty five-year-old Kolbe has been hugely impressive in the French Top 14 since joining Toulouse in 2017.

Kolbe has scored five tries in six starts for the Springboks. One to watch in the coming weeks.

South Africa's Cheslin Kolbe in action for his club Toulouse

Wednesday

TENNIS
MOSELLE OPEN
AMAZON PRIME 1PM

SOCCER
OLYMPIAKOS V SPURS
BT SPORT 5.55PM

SOCCER
PSG V REAL MADRID
BT SPORT 8PM

SOCCER
ATH MADRID V JUVENTUS
BT SPORT 8PM

SOCCER
SHAKHTAR V MAN CITY
BT SPORT 8PM

Thursday

GOLF
BMW PGA
SKY SPORTS 10AM

SOCCER
FRANKFURT V ARSENAL
BT SPORT 5.55PM

SOCCER
MAN UTD V FC ASTANA
BT SPORT 8PM

SOCCER
WOLVES V BRAGA
BT SPORT 8PM

SOCCER
RANGERS V FEYENORD
BT SPORTS 8PM

Here we go: The 2019 Rugby World Cup kicks off this Friday

Friday

RUGBY WORLD CUP
JAPAN V RUSSIA
ITV/EIR SPORT 11.45AM

BASEBALL
CARDINALS V CUBS
BT ESPN 7.20PM

RUGBY UNION
HARLEQUINS V BRISTOL
BT SPORTS 7.45PM

RUGBY LEAGUE
WIGAN V SALFROD
SKY SPORTS 7.45PM

SOCCER
S'HAMPTON V B'MOUTH
SKY SPORTS 8PM

Saturday

Harry Kane and his Spurs side are at Leicester

RUGBY WORLD CUP
AUSTRALIA V FIJI
ITV/EIR SPORT 5.45AM

AUSSIE RULES
COLLINGWOOD V GWS
BT ESPN 7.35AM

RUGBY WORLD CUP
FRANCE V ARGENTINA
ITV/EIR SPORT 8.15AM

RUGBY UNION
N HARBOUR V OTAGO
SKY SPORTS 8.35AM

RUGBY WORLD CUP
N ZEALAND V S AFRICA
TIV/EIR SPORT 10.45AM

RUGBY LEAGUE
MELBOURNE V EELS
SKY SPORTS 10.50AM

GOLF
BMW PGA
SKY SPORTS 12NOON

SOCCER
LEEDS V DERBY
SKY SPORTS 12.30PM

SOCCER
LEICESTER V SPURS
BT SPORT 12.30PM

TENNIS
MOSELLE OPEN
AMAZON PRIME 1PM

HORSE RACING
GOWRAN PARK
RACING TV 2PM

RUGBY UNION
EXETER V BATH
BT SPORT 3PM

SOCCER
NEWCASTLE V BRIGHTON
SKY SPORTS 5.30PM

GOLF
SANDERSON FARMS
SKY SPORTS 8PM

Sunday

RUGBY WORLD CUP
ITALY V NAMIBIA
ITV/EIR SPORT 6.15AM

RUGBY WORLD CUP
IRELAND V SCOTLAND
RTE/EIR SPORT 8.45AM

RUGBY WORLD CUP
ENGLAND V TONGA
ITV/EIR SPORT 11AM

SOCCER
WEST HAM V MAN UTD
SKY SPORT 2PM

SOCCER
CHELSEA V LIVERPOOL
SKY SPORTS 4.30PM

NFL
NFL REDZONE
SKY SPORTS MIX 6PM

SOCCER
SEVILLA V REAL MADRID
PREMIER SPORT 8PM

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