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Mia Tindley with Marta the Elf
during the Shannon Airport
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PICTURE: ARTHUR ELLIS

The Leader

Wednesday, December 4, 2019

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MENTAL HEALTH Ciaran
Carey on
suicide,
reaching out
and recovery
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HOUSE PROUD TV show's call
out for trades to help Amy **P16**



GIVING BACK
Sarah Corbett
Lynch hopes
her book will
help others to
cope with loss
P18



**Hanrahan: we have to thrive
on responsibility Sport**

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LeadingOff

Setting the agenda in Limerick



▲ GOOD WEEK
Sarah Corbett Lynch
Daughter of the late Jason Corbett, Sarah published her first book and it was on the Late Late Toy Show



▼ BAD WEEK
UHL
The shocking picture of Ann Talty, 90, bent over in pain in the ED, once more highlighted the UHL crisis



☀️ QUOTE OF THE WEEK
"In a city of plenty, children go to school hungry every morning and, as Christmas approaches, some older people will have to decide between whether to have something to eat or lighting a fire"
Fr Seamus Enright - see page 4

INSIDE THIS WEEK



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Liam Croke on FIRE concept
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Traders irate at lack of lighting
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Greg's new girlfriend?
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LATE HOURS SOUGHT
Extension quest for rugby games
PAGE 6

Ann's shocking case: Enough is enough!



In agony waiting on a bed: Retired shopkeeper Ann Talty, one of the thousands who have had to suffer on trolleys at UHL



WHAT WE THINK
EUGENE PHELAN
LEADER EDITOR

IT can't be easy for the family of a loved one to go public, when their mother is lying in pain on a hospital trolley. So well done to Trish Talty for contacting the Limerick Leader, and her mum Ann, for going public and highlighting her plight last week. Ninety-year-old Ann, suffering from a back fracture waited for two days in agony at UHL hospital,

Dooradoyle before she was transferred to St John's. The photos would tug at the heart strings of even the most heartless person. Most of the national newspapers followed up with the Irish Independent giving it a huge splash on the front page. But why has it got to the stage that people have to contact newspapers to highlight this dreadful situation?

Former Finance Minister Michael Noonan has done more than anyone to improve the facilities at UHL, but it is quite clear since Limerick lost its voice in Cabinet, we, and indeed the whole Mid-West, has lost out. History sadly shows this is how politics works, and it is clear that constituencies without a Cabinet voice are well down the pecking order.

WEATHER FOR THE WEEK



WEDNESDAY
Times of cloud and sun with a temperature peak of 10°C



THURSDAY
Generally overcast with temperatures climbing to 12°C



FRIDAY
A couple of showers with temperature peak of 12°C



SATURDAY
Mostly cloudy, top temperature 11°C and a low of 6°C



SUNDAY
A little rain in the afternoon and colder with a high of 8°C



MONDAY
Partly sunny today but cool with a peak of just 7°C

WEBTOPTEN

1. Researchers find Limerick city is most deprived in country
2. Firefighters and paramedics attend scene of medical emergency in Limerick city
- 3 'We all loved him': Funeral arrangements announced for father-of-two killed in Limerick crash



Sarah Carey with daughters, Sorcha and Tara

- 4 BUSINESS PROFILE: New generation follows last as sisters do it for themselves at Limerick beauty parlour
- 5 Irish weather forecast for the week ahead
- 6 Boil water notice issued for community in Limerick
- 7 Ban for uninsured teenager doing 155km/h on Limerick road
- 8 BREAKING: Disruption at Shannon Airport following closure of runway
- 9 Munster coach van Graan says 'player safety paramount' after goalpost padding lifting incidents
- 10 Open verdict returned from Limerick river death inquest



Johann Van Graan, story number 9

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MyLimerick

Saoirse Exton

Climate change activist

What's your first Limerick memory?

When I was seven years old, I bought a journal from Eason in town and decided it was going to be my diary. My two brothers were busking below in the Limerick Milk Market and I remember sitting on top, sipping on a cup of dairy-free hot chocolate (I used to have an allergy to cow's milk) from Pónaire (now Harper's), wrapped under my father's jacket, while writing my first diary entry ever. I eventually joined my brothers, maybe a year or so later, me playing the fiddle alongside a flute and another fiddle, which eventually became an uilleann pipes set.

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

I love Catherine Street because of all the cool shops it has on it. It's so beautiful, especially when you reach the Georgian Quarter and it reminds me of Limerick's rich history. I also love Lucky Lane and ever since I was small I've always wanted to buy either a jewellery box or a writing table from there, despite my lack of space in my room or money. I also love the smell of Silke's stationery shop and The Commercial looks really cool and is super cosy.

What about a favourite local walk or view?

It may be a bit clichéd but I absolutely love the view from around Curragower House, especially at night time, when the whole city is alight. I always like to imagine Limerick before it even became a settlement, and the Viking longboats that would have rowed up the river all those years ago. Standing across from King John's Castle I feel like I have deep roots in Limerick and I love the history associated with it.

What do you think gives Limerick its unique identity?

I think it's unique because of the strong culture we have for such a small city. I love the festivals and the music and sights of Limerick, and all the different kinds of people and the rowing clubs that you see going up and down the river. It is a very beautiful city, and I really don't think it is appreciated as much as it should be. I also think that Limerick waiters are the nicest waiters on the planet! You can always have a good chat with someone in a shop or a café, especially like the Story Café on Denmark Street where they make

some of the best hot chocolate.

Do you have a favourite local restaurant?

I definitely have more than one favourite restaurant. For pizza, I love Papa's on Denmark Street, which also makes really good chicken salads. For Asian food, I absolutely love the Phad Thai at Aroi Asian

Street Food. For Mexican, I love Boojum, especially their tacos, burritos and churros! For some good local food, on Saturdays, I always get a locally sourced breakfast bap from Jill in Country Choice in the Limerick Milk Market. And for a buffet, who doesn't love Jasmine Palace!

How would you describe the people of Limerick?

I think the people of Limerick are some of the friendliest on the planet, as mentioned earlier. I've never been to a place where I've felt like I belonged so much! There's always someone who you can talk to about anything, whether it's activism, science, art or literature. I love all the nooks and crannies where people are doing their jobs, but where they'll still have a cuppa with you, or just a little laugh, like Duo on Denmark Street, where they have the coolest renewable stuff, and where I always browse when I'm about with friends.

How important do you think sport is to Limerick?

Personally, I'm not a huge fan of sport, but I also know that sport in Limerick gives people a huge amount of pride for their city and their county. I remember August 2018, I think it was, when the Limerick Hurlers won the All-Ireland Senior Hurling Championships (their first win since 1973) and the feeling around Limerick was one of rejoicing and happiness. It was great to be a part of that.

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

As a climate activist, of course there are a lot of things I'd change in Limerick in the renewable sense. There are many issues we have here, whether we like it or not, that need to be addressed. I think one of my number one priorities would be not letting the incinerator go ahead in Limerick. I know it has been allowed already, but I feel like it's the government ignoring the will of the people. Remember, 6,000 people came out in October and yet nothing was said! That makes me very annoyed. We have to think about the health of the people number one.

'Curated Ear' Piercing Lounge opens at Matthew Stephens

Matthew Stephens, Limerick's Largest Jewellers, is delighted to announce that the much anticipated Luxury Ear Piercing Lounge now open in store with 3 Amazing new "Curated Ear" brands Astrid & Miyu, Lavz and Maria Tash in the Fashion Level of the 3 Level store in Limerick.

A curated ear is having multiple ear piercings which have been carefully planned and styled to work together. Piercings are strategically placed on the ear, while jewels are expertly chosen to complement one another. With Thousands of different combinations available, these stylish and fashionable brands boasts an unrivalled selection that caters for an array of tastes and personality's.

With a dazzling selection of Barbells, Huggies, Hoops, Ear Cuffs, stacks and Cartilage earrings and a tempting array of new necklaces to choose from, the choice is endless and we just can't get enough of this hip and fashionable trend and look. The new collections are now beautifully displayed and available to view in the Fashion Level. Pop in-store to view the entire Ear Collection. Any of the friendly and helpful staff will be delighted to offer you a private consultation and to help you to style the perfect ear. It's quick, easy and painless (bar a slight pinch) and you have complete control over what styles or placement you want. What's more, the girls in Matthew Stephens couldn't be more helpful and professional; they guide you through the process patiently.



Mary Frost and Lea Costelloe of Matthew Stephens launch the new luxury Ear Piercing Lounge



Rebecca Gleeson and Isobel Cox of Matthew Stephens launch the new Astrid and Miyu counter in-store.

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Woman was found dead on couch at home

DAVID HURLEY

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A VERDICT of misadventure was recorded at the inquest of a middle-aged woman who died after consuming a toxic amount of alcohol.

The body of the 57-year-old was discovered slumped on the couch at her home on the southside of the city earlier this year – a number of days after she was last seen by her partner.

Limerick Coroner's Court was told when the man became concerned about the woman, he contacted a neighbour who had a spare key to her home.

The neighbour told gardai, the house was locked and that the radio was on when she called to the house to check on the woman.

She had no pulse and her arms were stiff and she was pronounced dead a short time later.

Consultant Pathologist, Dr Terezia Laszlo said a post mortem

examination carried out at University Hospital Limerick showed there was a very high level of alcohol in the deceased's system.

She said there was evidence the woman had choked on some of her stomach contents and that the cause of death was sudden cardiorespiratory failure secondary to toxic levels of alcohol.

The woman's partner told the inquest she had been prescribed a new medication a number of months before her death and that

she regularly complained it did not agree with her.

After he asked if this could have been a factor in her death, Dr Laszlo confirmed there was prescribed medication in her system but that she did not believe it had caused her death.

She added that the woman's heart was in good condition and that she did not have a heart attack.

In the circumstances, Coroner John McNamara said a verdict of misadventure was appropriate.



Coroner John McNamara recorded a misadventure verdict



Caroline Curley, LCCC, Dr Pat Daly, chief executive, LCCC; Tim O'Connor, Chairman; Mayor Michael Sheahan; Minister of State John Paul Phelan and Barry Quinlan, Department of Housing, Planning and Local Government PICTURE: LIAM BURKE

Vote to elect mayor to take place in 2021

Plebiscite: New implementation advisory group meets

DAVID HURLEY

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THE minister with responsibility for local government reform says he's committed to ensuring the first vote for a directly elected mayor of Limerick takes place in 2021.

It follows the plebiscite in May which was passed by voters in Limerick by a margin of 52.4% (38,122) to 47.6% (34,573).

John Paul Phelan was speaking at the launch of the implementation advisory group which met for the first time on Monday.

The group will be chaired by Killeedy native Tim O'Connor while other members include Dr Pat Daly, chief executive of Limerick City and Council, Mayor Michael Sheahan and Dee Ryan, chief executive of Limerick Chamber.

"Limerick is a place that has transformed dramatically over the

last decade and perhaps it should be no surprise to people like me from outside that Limerick is the one that's leading the way in terms of reform and will be the first place to have a directly elected mayor and I just want to tell the people of Limerick that ye have made the decision to go this direction and it's up to people like me to ensure the decision is delivered," Mr Phelan told The Leader.

The implementation advisory group is due to complete its report by next June while it's hoped the required legislation will be enacted by the end of 2020.

"It is incredibly important to be getting the committee up and running and to start work and to actually implement the decision that the people of Limerick city and county made to have a directly elected executive mayor. It's an opportunity to change local

government in Ireland – not just in Limerick city and county but potentially everywhere else because if we make a success of this it will be followed everywhere," said UL academic and former Mayor of Limerick, Dr Diarmuid Scully, who is a member of the Group.

Tim O'Connor, a career diplomat who served as secretary general to President Mary McAleese, says the work of the implementation advisory group over the coming months will be important in ensuring the result of the plebiscite is enacted.

"The key point is that mandate comes directly from the people and building on the success of the Limerick city and county because the county is going to be very heavily involved and I think is a great opportunity to build on that success and drive forward to the next stage," he said.

Redemptorists rally to raise €200,000

"IN A city of plenty, children go to school hungry every morning and, as Christmas approaches, some older people will have to decide between whether to have something to eat or lighting a fire."

This is the message from Fr Seamus Enright of the Redemptorists, who commented on how things are getting worse for some people.

Fr Enright has a tough challenge ahead of him, as the Redemptorists attempt to raise €200,000 between now and Christmas, in order to fund this year's Christmas Hampers.

"We have ordered the food, so we are trusting on the generosity of the people of Limerick," said Fr Enright.

They began their Annual Christmas Hamper Appeal campaign with a launch in St Clement's College last Thursday morning, which was attended by staff and students of the school.

Fr Enright hopes to distribute an amazing 6,000 hampers, along with the help of Novas, Mid-West Simon Community, local groups and a host of discrete volunteers.

"We are hoping, working with Saint Vincent de Paul and 30 other organisations, to distribute 6,000 hampers across the city and county. This will cost in the region of €200,000 so between now and Christmas we need to raise that €200,000," said Fr

Enright.

Last year Novas worked with more families than ever before. They helped a staggering 274 families and 592 children, who were homeless or at risk of homelessness.

Mid-West Simon reports a significant weekly increase in the numbers attending their food bank, with a noteworthy increase in the number of families looking for help.

Niall O'Sullivan, proprietor of O'Sullivan's Pharmacies, said that he was honoured to be associated with the Redemptorist Christmas Hamper Appeal and to officially launch this year's appeal.

"It is important that the business community supports ventures like this, Mr O'Sullivan said. People will be able to donate to the Christmas Hamper Appeal at any branch of O'Sullivan's Pharmacy," said Mr O'Sullivan.

Pat Talty, principal of St Clement's, remarked that St Clement's College has been supporting the Christmas Hamper Appeal since it was launched in 1972.

"Students bring donations of food to school, which are placed in the Crib at the Redemptorists. Transition Year students help pack hampers. An important aspect of Catholic education is helping students develop a social conscience," said Mr Talty.



Pat Talty, Niall O'Sullivan and Therese Delaney with Fr Seamus Enright, left, of the Redemptorists



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MORE FOR YOU





A garda using the new speed camera on the N21

Dozens of drivers caught speeding

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DOZENS of motorists were caught speeding on the main Limerick to Adare road during a garda operation earlier this week.

Members of the divisional Roads Policing Unit, have revealed that 36 vehicles were detected travelling at speeds in excess of 100km/h on Monday afternoon.

While some motorists were travelling slightly over the limit, a number of vehicles were clocked travelling at speeds in excess of 130km/h.

Those caught were issued with fixed charged penalty notices and the drivers will receive penalty points if they pay the fine or are convicted in court.

A new state-of-the-art speed camera, which was recently rolled out in the Limerick division, was used during the operation which focused on a stretch of the N21 between Patrickswell and Adare village – after the end point of the M20 motorway.

The new digital camera is capable of tracking vehicles as they are travelling and a colour image of both the vehicle and the driver is generated in cases where a speeding offence is detected.

There are just a handful of the cameras being used across the country with one allocated to the Limerick division.

Gardai say one motorist who was detected travelling at 145km/h on Monday was transporting a three-year-old child who was not properly strapped in. According to a post on social media, the child was not strapped into their child seat while the seat was also not secured properly.

The driver was given a lesson on how to correctly fit a child's car seat.

Research sheds light on national hate crimes

UL: 'Ireland, and it's police, are wilfully ignoring racial profiling'

REBECCA LAFFAN

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A REPORT published by University of Limerick researchers has shown that Ireland is failing to meet its obligations in relation to hate crime.

The Hate and Hostility Research Group (HHRG) at UL was asked by the Coalition Against Hate Crime to write an alternative report for the UN Committee on the Elimination of All Forms of Racial Discrimination (CERD) on the issue of hate crime and related matters.

Presenting to the committee on its findings this Monday morning, December 2, at the United Nations in Geneva, the HHRG, led by Dr Jennifer Schweppe and Dr Amanda Haynes of UL, along with Dr Sindy Joyce, say that a majority of previous recommendations by the committee have not been implemented by the Irish State.

Dr Sindy Joyce stated: "Ireland, and its police, are wilfully ignoring racial profiling, which is highlighted in the fact that children as young as four years of age were entered onto the Garda

Pulse system and given criminal tag numbers."

Dr Amanda Haynes added: "These hearings give us an important opportunity to highlight the policy vacuum in Ireland with respect to hate crime."

The report examined four specific issues and presented findings and summary recommendations for each.

Firstly, the researchers found that it was not clear how many convictions there have been under the Prohibition of Incitement to Hatred Act 1989, and that civil society organisations, academics and practitioners have described the act as ineffective and that the Irish Law Reform Commission considers the Act to be ineffectual in combatting online hate speech.

Issue two relates to data indicating that a majority of victims of hate crime in Ireland do not report to the police, and that the hate element of a crime is often 'disappeared' through the criminal process due to a lack of training and the absence of legislation.

The third issue relates to lack of data



Dr Sindy Joyce presented the findings earlier this week

and laws surrounding racial profiling, and how there is no evidence that members of An Garda Síochána have received training in relation to racial profiling.

Issue four examines training in the criminal justice process and showed that there are only 247 Ethnic Liaison Officers available across the State, and the new Garda Diversity and Inclusion Strategy omits any reference, or commitment, to the role.

In 12 of 13 previous recommendations made by CERD to the State in previous concluding observations, the report finds that there they have either not been followed, or there is no available evidence to show that they have been followed or if they have been implemented or not.

Dr Schweppe said: "The State has had hate crime and hate speech under review for nearly two decades, without action. The Committee has chosen hate crime and incitement to hatred as two issues it specifically wants the State to address and we look forward to having a discussion with the Committee on these issues."

Publican makes pitch for Munster extension

PUBLICANS across Limerick are hoping for success on and off the pitch over the festive period as Munster face two crucial matches at Thomond Park.

Local publican Thomas O'Sullivan, an executive member of the Licensed Vintners Association, is to seek an exemption for a special event which, if granted, will allow all pubs in the greater city area to remain open until 2am following this Saturday's Munster v Saracens Champions Cup match and the Munster v Leinster PRO 14 match on December 28.

The application, which has been lodged by Sweeney McGann solicitors under the provisions of the Intoxicating Liquor Act 2000, will be made later this week.



Conor Murray is tackled by Saracens' Alex Lozowski during last season's Champions Cup semi final at the Ricoh Arena in Coventry. The sides will meet again at Thomond Park on Saturday PHOTO: BRENDAN MORAN/SPORTSFILE



Make Christmas at Jetland

Friday 6th – Sunday 8th December

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City traders say 'let there be light'

Christmas lights: Catherine Street business owners not happy over being kept in the dark

KEVIN CORBETT

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It's beginning to look a lot like Christmas, except on Limerick's Catherine Street, that is.

The owners of a number of businesses in the area are irate that Limerick City and County Council has not provided Christmas lights for the street.

The group comprising everything from multinational coffee chains to one-man operations signed a petition which they sent to the local authority. But that, along with numerous other representations on the issue to the council, has received only one response.

That being: Catherine Street is a side street, and as such, does not get lit up by the local authority at Christmas.

The shop owners point out however, that other side streets in the city, namely Thomas Street and Little Catherine Street have been given Council lights.

Brian Halpin of La Fromagerie cheese shop told The Leader, "We're paying tens of thousands in rates between us and we're getting nothing, not a single bulb.

"Thomas Street and even Little Catherine Street have been blessed with the council's attention but Catherine Street and its environs get the short end of the stick," he added.

Catherine Street is referenced in Limerick's 2030 strategy as one of Limerick's "main streets", which along with O'Connell Street and Henry Street, is to "be transformed". It is also prominently referenced as part of the fashion quarter on the Council's own website highlighting Limerick's shopping attractions.

Mr Halpin said, "Retailers rely on this time of year to significantly increase their annual takings and any measure to enhance this is very welcome.

"Any shop owner will tell you that Limerick city centre is slowly dying with more shops closing by the week as the council appears to be asleep at the wheel.

"Apparently, lights on O'Connell street, a few token side streets and a mediocre tree is the only gift that hard pressed businesses in Limerick city centre are getting this year."

Limerick City and County Council had not responded to a request for comment by the time of going to press.



Brian Halpin, La Fromagerie, is flanked by Brian Kiely and Pat Franklin, of Pat Franklin Shoe Repair. Catherine Street is in the dark, but in the background, Thomas Street and Little Catherine Street are lit up PIC: ADRIAN BUTLER

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Wall of honour for brave gardai

Plaques: Eighteen recipients of Scott Medals are celebrated at Henry Street station

DAVID HURLEY

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SPECIAL plaques have been unveiled to honour gardai from the Limerick garda division who have received Scott Medals for exceptional bravery during their careers.

Since 1980, a total of 18 gardai – of various rank – have been awarded Scott Medals. Each of the recipients have served in the Limerick division at some point in their careers.

The plaques and photographs which have been installed at the parade room at Henry Street garda station, were the brainchild of retired garda Sean Brennan who, along with two colleagues, was awarded a Scott Medal for his role in apprehending a man who was armed with a dagger and shotgun in Carew Park in 1996.

“The encouragement and support which I received was terrific, the project was started some years ago and it’s great to see such a great turnout here,” he said at the unveiling ceremony.

Retired detective Ben O’Sullivan, who was awarded two gold Scott Medals during his 37-year

career, said the unveiling of the plaques was a bittersweet occasion.

“It’s a mixture of emotion and rejoicing and joy. I’m proud to see my photographs on the wall here but I’m humbled as well to be honest with you, because the day I joined An Garda Síochána, I certainly wasn’t chasing Scott Medals,” said Ben who was critically injured in Adare in June 1996 on the same day his colleague Detective Garda Jerry McCabe was killed.

The head of the Limerick garda division, Chief Superintendent Gerard Roche, paid tribute to each of the Scott Medal recipients during the unveiling ceremony.

“It’s a wonderful occasion and it’s great to see all of the retired members here and some serving members as well who have received Scott Medals for their acts of bravery since the 1980s. It’s important that we don’t forget the people who have done us proud in the job and we have people on that wall who are now deceased and gone and who have died in the course of duty and I think it’s very important that we always remember them and always honour them and this wall of honour will always be here,” he told The Leader.



Chief Superintendent Gerard Roche and retired garda Sean Brennan at Henry Street garda station where the plaques were unveiled. Sean Brennan was awarded a Scott Medal in 1988 PICTURE: GARETH WILLIAMS

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LEADER CRIME BRIEFS

BY DAVID HURLEY



Pensioner targeted by thief while doing her groceries

GARDAI are warning festive shoppers to avoid carrying large amounts of cash in wallets or bags between now and Christmas.

It follows in incident last Thursday during which an elderly woman was targeted by thieves while she was doing her groceries at a large supermarket.

According to gardai, the woman whose aged in her 70s, had her handbag on the shopping trolley while she was in the store.

However, when she arrived at the till and went to pay for her groceries she realised it was gone.

“At this time of the year



Don't carry large amounts of cash this Christmas

thieves know that there is a lot of cash about and they look out for vulnerable and distracted people,” warned divisional crime prevention officer Sergeant Ber Leetch.

The advice of gardai to shoppers is to only carry small amounts of cash in their handbags or wallets over the Christmas period and or to use debit or credit cards where possible.

Good Samaritan targeted by thief following good deed

GARDAI are seeking information after a woman who gave €20 to a man who claimed he was homeless and needed money for hostel was the victim of a distraction theft.

The woman was walking at Roxboro Road when two males approached her and asked her for money.

“She handed one of them €20 and while she was distracted by him the other male took her purse from her handbag. She only realised that her purse was gone when the males had walked away,” said Sgt Ber Leetch.

“It's better not to engage with people unless you know them, keep walking,” she added.

Warning as online padlock is reproduced by criminals

GARDAI are warning those who shop online that some criminals are now capable of reproducing the little padlock icon which appears on the address bar of internet browsers.

“This icon was always an indication of the safety and security of the website that you were in,” said Sergeant Ber Leetch.

“The advice from gardai is to make other checks on websites you intend using so that you can be absolutely sure of the company's bona fides and that your banking details are safe and secure,” she added.



Criminals are reproducing the padlock icon on sites

Online shoppers are also being urged to only buy goods and services from established retailers or websites.

Where possible, secure payment apps or programmes such as Paypal should be used reducing the need to supply payment details to several different sites.

Cyclist stole purse from bag

A YOUNG lady had her purse stolen as she was helping a friend who fell while on a night out.

The 18-year-old was walking at Robert Street at around 11.20pm last Thursday when the incident happened.

According to gardai while she was helping her friend a young male in his teens cycled by, picked her purse from her handbag and cycled off.

Eiffel for you: New girlfriend is Greg's type on paper



The pair posted similar pictures of their Parisian date to their Instagram, which led to fans speculating about their romance, which has since been confirmed by an inside source to the couple

Romance: Greg has found love off the island with Emma

REBECCA LAFFAN

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ROMANCE rumours surrounding Greg O'Shea have been confirmed – and it looks like the Corbally man has met his match in a fellow athlete.

The Irish 7s player has moved on after he called it quits with fellow Love Island winner Amber Gill in September after five weeks of dating.

Greg posted a picture of himself enjoying a romantic meal in Paris on Instagram last weekend, prompting speculation as to who was joining him on his fine dining night out.

Fans were quick to spot the set up in front of the Eiffel Tower in the post looked identical to that in a photo posted by athlete Emma Canning.

The social media platform was awash with rumours of Greg's new romance with the Scottish model and heptathlete, who captioned her photo of the date: "Spending my weekend eating good food and making the best memories... So in love with this city."

A source confirmed to the MailOnline that 22-year-old Emma and Greg are currently seeing each other and that she is exactly his type both on and off paper.

"Greg and Emma have been dating for a few weeks now," the source said.

"He's in Paris with Emma at the moment



Emma is undeniably Greg's type, she's an athlete and model

MAILONLINE

ANONYMOUS SOURCE

and they've been having a fun time exploring the city together.

“Emma is undeniably Greg's type, she's an athlete and model, absolutely gorgeous and prefers to be out of the spotlight.”

Emma, who, like Greg, holds a degree in law, has been living in Paris for the last little while.

She graduated from Srathclyde University but has been pursuing a career in sport, specialising in the high jump, long jump and 100-metre hurdles.

Emma has represented the UK in many competitions and won the 2015 England U20 Outdoor Heptathlon Championships.

Moreover, Greg isn't the first rugby player Emma has dated, as she split from Scottish Rugby player Finn Russell earlier this year.

Though yet to be confirmed by the couple, there is already speculation surrounding whether the long-distance relationship will last.

It was revealed that part of the reason the Limerick man and Amber split was that he was living in Dublin while she was pursuing her career in the UK.

This has led to fans questioning will history repeat itself as Greg trains in the capital with the Rugby 7s.

The team is currently in Dubai for the World Series, with trips to Australia, New Zealand, Canada, and Hong Kong lined up over the next few months.

Meanwhile, Greg's former flame Amber Gill was in need of “a bit of spiritual positivity this Sunday,” as she revealed on her Instagram.

Could this be in response to Greg's latest relationship revelation?

CRESCENT SHOPPING CENTRE

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OPENING HOURS START
THIS WEEKEND!**

**Saturday 7th
9.30am - 7pm**

**Sunday 8th
11am - 7pm**

**Monday 9th - Friday 13th
9.30am - 9pm**

*The
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VISIT
THE
Santa
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OPEN DAILY
OUTSIDE CITY MALL
ENTRANCE

Hurling legend talks suicide and recovery

Haven Hub: New charity opens doors in city centre

FINTAN WALSH
fintan.walsh@limerickleader.ie

LIMERICK hurling legend Ciaran Carey has revealed he contemplated suicide, during a powerful speech he delivered last Friday evening.

The three-time All-Star hurler, 49, delivered a passionate speech about his experience with addiction and mental health at the launch of the Haven Hub in the city.

The Haven Hub is supported by a range of local agencies and services for peer support and suicide prevention, launched at its new base at Limerick Social Services Centre on Henry Street.

The guest speaker, who qualified with a diploma in psychotherapy in 2018, opened up about experiencing mental health difficulties when he was just seven or eight years of age.

"I think it was in senior infants, and a teacher made a

remark to me. I think she said: 'You'll end up sweeping the streets of Patrickswell'.

"And I believed that lie for years, and I brought that on with me throughout my secondary. Of course I wanted to go to college, but I believed I wasn't academically good enough to go to college," he said, adding that he went to college as a mature student.

He said that it was only until eight or nine years ago that he started to "come to grips with life and tapping into fulfilling my own potential as a human being and it is because I am well and emotionally well and I am spiritually well, and I was all the opposite for years".

During his moving speech, he spoke about his battle with suicidal ideation and how he overcame it by seeking help.

"Did I play with the idea of suicide myself? I did. And thankfully I didn't follow through.



Former Limerick hurling star Ciaran Carey

"What would have prevented me? I suppose, thinking of my two kids, number one, and eventually I reached out for a bit of help.

"Reaching out for help sounds so simple, but when you're in the depths of depression and a black hole and you still have the shovel in your hand and the hole is getting deeper, it's a very brave and courageous thing to do."

He said he went back to college and received his diploma in psychotherapy.

He told the audience working with Novas was a "great introduction" to addiction and suicide.

"It isn't easy to come out the other side. It takes a lot of self-care and a lot of work that I continued through myself."

Before finishing his speech he said: "Everybody has the potential, if they don't look after themselves, to be addicted or go down the wrong path."

Sales of new cars drop to six year low as focus for dealers switches to 2020

DAVID HURLEY
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THE number of new cars registered in Limerick last month dropped to a six-year low, new figures have revealed.

According to the Society of the Irish Motor Industry (SIMI), just 19 cars were sold in Limerick during November – the lowest for any month since November 2013 when 18 new cars were registered.

According to the figures, a total of 3,874 new cars have been registered in Limerick between since the beginning of the year – down 10.3% when compared to the 4,319 during all of 2018.

The figures, which have just been published, suggest 2019 could be the worst 12 months for dealers in Limerick since 2014, when a total of 3,311 cars were registered for the first time.

"New car registrations are down 7% (nationally) on 2018, underlining what has been a disappointing year for the Irish motor industry. For the second consecutive year, used car imports have exceed 100,000, which is having a dampening impact on new car sales. With the 201 registration plate on the horizon, focus has already turned to January. With generous incentives for customers to buy a new car across all brands and across all market segments, members are hopeful for the busy start to 2020," said Brian Cooke, director general SIMI.

According to the latest SIMI figures, Toyota Corolla (169), Nissan Qashqai (167), Ford Focus (144), Ford Kuga (142) and Hyundai Tucson (123) are the five most popular make and model of car sold in Limerick so far in 2019.



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Open Monday to Saturday 9.30am - 5pm



Disability Services
Life With No Limits



Emma the Elf leads two of the lucky passengers in a dance around the departures lounge prior to boarding one of the Santa flights PICTURE: ARTHUR ELLIS

Santa takes flight over Shannon

SHANNON Airport played host to a VIP last weekend. Over 2,000 lucky children and their parents got to meet the big man himself, 15,000ft above sea-level, as the annual Santa Flights took to the skies.

Families from all four provinces descended on the airport over the weekend to board the most magical

flight of the year.

"It's brilliant fun and the noise is deafening," said airport Managing Director Andrew Murphy.

"The children are already well buzzed by all the fun and games and when Santa arrives on board high up in the skies, the reaction is fantastic," added Mr Murphy.

FESTIVE PARKING IN LIMERICK

With over 9,000 on and off-street parking spaces available in Limerick City, there is more reason than ever to shop in the city centre this Christmas!



FREE PARK & STRIDE 9 AM - 9 PM

Cleeve's, O'Callaghan Strand	06 - 31 Dec.
Council Car Park, via Nicholas St.	07 & 08, 14 & 15, 21 & 22, & 24 Dec.
Irish Rail Depot, Roxboro Road	07 & 08, 14 - 24 Dec.

CITY CENTRE ON-STREET PARKING
FREE after 5.30pm daily. Always free on Sundays.

PARK & RIDE 9 AM - 9 PM
07 & 08, 14 & 15, 21 & 22 Dec.

PARKING:	PUBLIC TRANSPORT LINK TO CITY CENTRE:
The South Court Hotel, Raheen	Opposite St. Nessian's Church: Bus Éireann 304/304A
University of Limerick, Castletroy	The Stables: Bus Éireann 304/304A Dublin Coach 307/308

ABBEYFEALE, KILMALLOCK & NEWCASTLE WEST First hour FREE between 9.30am - 5.30pm.
Additional 2 hours FREE On-Street Parking from 2.30pm daily 07 - 31 Dec.

To find out more check Limerick.ie/Christmas



TV show to make a house a home again for Amy

DIY SOS: Community rallies together for Annacotty girl

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A PROJECT set to transform the life and home of a young Limerick teenager is calling on the community to pitch in their efforts for the worthy cause.

Thirteen-year-old Amy Mulcahy is set to have her Annacotty family home revamped with the help of RTÉ's DIY SOS – The Big Build early next year.

The Mulcahy's will be the second family to feature on the formerly UK-based show, which will be presented by Baz Ashmawy.

In February this year, Amy was involved in an accident with her local rowing club, when her boat overturned suddenly and she became trapped underwater for several minutes.

While Amy had been resuscitated, she had suffered cardiac arrest, had severe brain damage and her family were given little hope of her recovery.

Doctors informed the family that Amy would never see, speak or

walk again.

Though devastated, Amy's mother Sharon knew in her heart that her little girl would prove them all wrong – and she did.

In just nine months Amy has regained her sight and her speech. She is determined to walk, though she lost some use of her limbs from the waist down and now uses a wheelchair.

The teenager has recently returned to her Limerick home after undergoing rehabilitation treatment in Temple Street and National Rehabilitation Hospital.

Though delighted to be home, the house which Amy shares with her mother, older brother Calum and his toddler twins is simply not suitable for any of Amy's needs.

As she can't access the upstairs of the house, the family sitting room has had to become Amy's bedroom, and she is currently without access to a bathroom.

Amy's parents and all the family desperately want Amy to have the space to live with dignity at home and try to continue her rehabilitation, but right now they



Amy Mulcahy, who has relied on a wheelchair for mobility since her rowing accident in February with her parents Mark and Sharon



feel the house is making that impossible and further disabling her.

The family's hopes are for a small extension to the back of the house to try and give Amy some dignity with a downstairs bedroom and wet room – and of course an accessible space where she can also have her privacy when needed.

The show is calling on the invaluable help of trades and suppliers in the community, in the county of Limerick, and right around Munster and Ireland to come together to make this happen.

To get involved, please email your details to diysoslimerick@motive.ie or call 01 5313306 to register for a Trades Day which will held in Annacotty on January 15 (location yet to be confirmed).

The build itself will take place between February 11 – 20.

DIY SOS's Sharon Newman said: "It's a mammoth challenge we have ahead trying to 'rally the troops' so to speak, as the programme is all about community spirit and getting all those involved who will donate materials and products to make this house a home again for Amy."

Michael Moore protege seeks film funds

MIKE FINNERTY
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A DOCUMENTARY filmmaker, who has worked for firebrand Oscar-winner Michael Moore, is taking the spirit of documentary filmmaking to Askeaton.

Mary Catherine Brouder is making a film centering around the Geoghegan family and the health issues they have endured and is seeking to raise funds using the crowdfunding website Kickstarter.

A Price Worth Paying focuses on how the Irish government allegedly ignored health claims made by farmers Pat and Nuala Geoghegan from Askeaton.

Brouder said that the government considered the

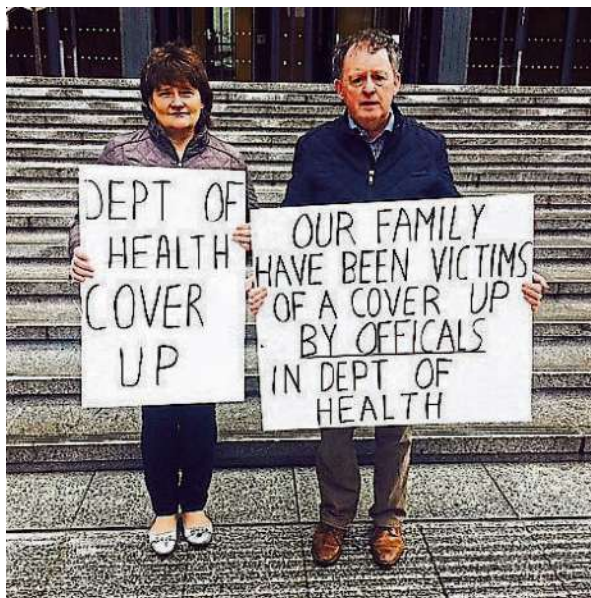
health of the Geoghegan's "a price worth paying for economic growth."

"Human beings should not be treated the way the Geoghegan family were treated," said Ms Brouder.

The American-Irish citizen has an interest in social affairs, with her first independent film exploring the murder of Limerick priest Kevin Roche in Kenya.

Brouder is looking for \$10,000 – or just over €9,000 – to complete the project, with the funds raised on Kickstarter going towards helping the film see the light of day.

The Geoghegans protesting at the Department of Health



Appeal to drivers to lock delivery vans

GARDAI are appealing to couriers and postmen to ensure their vehicles are locked when making deliveries,

"Following Black Friday and Cyber Monday, it is a busy time and drivers and rushing in and out of houses and not always locking their vans," said crime prevention officer, Sergeant Ber Leetch. In one recent incident, cash was stolen from a delivery van after it was left unlocked for a moment while a package was delivered in the middle of the day.

"Always lock your vehicle and always remove anything

of value from it," said Sgt Leetch who is also appealing to car owners not to keep presents in the boot of their cars in the run up to Christmas.

"The car boot is not a safe place to hide special Christmas surprises in. A lot of people don't lock their cars and have forgotten to bring gifts bought during the day into the house at night and they have been stolen. Also if you do have your Christmas tree up already don't be tempted to put presents under the tree if they can be seen from a window," said Sgt Leetch.



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Evening and Part-Time Courses

COURSE	DURATION	START DATE
Reception and Frontline Office Skills	10 weeks	21st Jan 2020
ECDL Version 6	14 Weeks	21st Jan 2020
Woodwork	10 weeks	21st Jan 2020
Door Security Procedures	6 Weeks	21st Jan 2020
Computer Basics Equal Skills	5 weeks	21st Jan 2020
Training Needs Identification and Design	10 weeks	21st Jan 2020
Supervisory Management	10 weeks	28th Jan 2020
Good Manufacturing Practice	8 weeks	28th Jan 2020
Introduction to CAD Parametric Modelling	10 weeks	28th Jan 2020
First Aid Responder	4 weeks	28th Jan 2020
Palliative Care Support (Part-Time Day)	5 weeks	29th Jan 2020
Healthcare Support- Infection Prevention and Control (Part-Time Day)	5 weeks	30th Jan 2020
Care Support (Part-Time Day)	5 weeks	31st Jan 2020
Healthcare Support- Teamworking (Part-Time Day)	5 weeks	17th Feb 2020
Safety and Health at Work	5 weeks	18th Feb 2020

Our evening and part-time courses are free to persons in receipt of a Department of Employment Affairs and Social Protection payment. If you are working and looking to up-skill we offer fee reductions and exemptions under our Skills to Advance programme.

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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PET RESCUE



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

Looking for a new home



Charlie is a one-year-old little Yorkie looking for a loving home. He is very sweet and loves having company. He gets on with most other dogs. Charlie is looking for an indoor home where he can be spoiled and treated as part of the family. If you can give Charlie the perfect home, visit him at the sanctuary any day from 12noon until 3pm. Our adoption fee is €150.

Limerick Animal Welfare has many kittens in need of loving homes. **Anthony** is a stunning white and ginger five-month-old kitten. He is very friendly and will fit into any home. For more information on Anthony or any of our kittens, please visit our cattery in Kilfinane any day between 12pm and 3pm. Adoption fee is €100.



Agatha is looking for a loving home. She is great with other dogs and keeps herself entertained with her toys. She is a little shy at first until she knows and trusts. It won't be long until she will be on your lap giving kisses. A home with no young children would suit Agatha. For more information on Agatha, please visit her at the sanctuary between 12 noon and 3pm.

Chester for Christmas

Chester is a six-year-old Jack Russell terrier. Chester had a bad start in life and is looking for a home who can give him the love he deserves and the time to adjust. Chester is a friendly little guy and will reward you with his trust. Our adoption fee is €150, each dog is neutered, wormed, vaccinated and microchipped.



At the Christmas Fair were LIT students, Grace Kennedy and Emily Karema with Prof Vincent Cunnane, LIT President

College students raise €40,000

STUDENTS from the Limerick Institute of Technology have shown their dedication to the community over the past 10 years, by raising over €40,000 for local charities.

Over the past decade students in the Faculty of Business and Humanities at LIT have raised over €40,000 for local charities through a marketing and enterprise programme that culminates

in an annual Christmas market involving students from LIT's Moylish, Thurles and Ennis Campuses.

Marketlink is an active programme on the first year of the Marketing and Management Degree programme. It allows students to develop and market their own business idea, with all profits going to charities chosen by the students.

Sarah hopes to help others with book

'Inspirational': The daughter of murdered Jason Corbett writes book on coping

REBECCA LAFFAN
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SARAH Corbett Lynch, the daughter of Jason Corbett who was murdered in 2015, has launched a book which aims to help other children cope with challenges in their lives.

The 13-year-old celebrated the release of her book, *Noodle Loses Dad*, this Monday night in O'Mahony's bookshop in the city with friends, family and many community members.

The young author said that the self-affirming book, which is the first installment of the *Boogawooga* series, is about her own life experiences and aims to "help other children in what they're going through".

"I know when I was going difficult times I found that reading other people's stories really helped me," added Sarah, whose father was murdered in the United States in 2015 when she was eight years old, and whose mother died when she was just an infant.

The book, which is aimed at children aged 3-12 got a mention by Ryan Tubridy on the *Late Late Toy Show* during the weekend - much to



Sarah Corbett Lynch at the launch of her book *Noodle Loses Dad* with Ralph Riegel and Sr Helen Culhane in O'Mahony's Bookshop PICTURE: DAVE GAYNOR

the surprise of young Sarah and her family.

"I just started bawling my eyes out," she laughed.

Sarah's aunt, Tracey Corbett Lynch, whom Sarah and her 15-year-old brother Jack live with here in Limerick said that the experience surrounding the book launch has been "surreal".

"She is really inspirational," added Tracey about her niece, "she just

lights up our lives.

"She sees writing the book as an opportunity to reach out to other kids and provide comfort to them," she continued, "and it opened up a conversation with her family.

"She had already written the stories - she just wanted to get them out there."

The book is available in O'Mahony's and the Crescent book shop now.




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Remembering loved ones this Christmas: Hundreds are tying special yellow ribbons for those who won't be with them this Christmas, with proceeds being donated to three charities; St Munchin's Community Centre, Pieta House and Cuan Mhuire

Tie a ribbon for charity

Local charities benefit as hundreds pay tribute to loved ones ahead of Christmas at Thomond Rotary Club remembrance tree

Pictures: Brendan Gleeson **Words:** Fintan Walsh



Deputy Mayor Adam Teskey and Tom Neville TD, officially opening the Limerick Thomond Rotary Club Remembrance Tree with Pat Fogarty, Johnny Togher, Pieta House, Linda Ledger and Ger Lynch at Bedford Row

Linda: "We are very lucky that the Rotary club picked us to be one of their charities. We needed new gas for the building, and it will cost us €5,000 for the gas. "It's a fabulous cause...it's lovely, and it's a win-win. The people who come in and put the name on, feel good. We're feeling great doing it and we get a big benefit."

Fergal Quinlivan, Ryan Kelly, Mia and Pat Fogarty, president of Thomond Rotary Club

Pat Fogarty: "We are here today for our annual remembrance tree. This is our first day opening it today, we are here right up until the 22nd of December. We have three good charities on board this year, and they all benefit from it. Every time someone puts a ribbon on the tree, all those ribbons are taken to a Mass in the Augustinians on January 3, and everyone is remembered."



TD Tom Neville remembers loved ones ahead of the Christmas holidays

Deputy Neville: "I think it's a great idea, and I know they have been running it since 2009, raised over €170,000 since then. It's a nice way of remembering loved ones."



The Limerick Gospel Choir brought some Christmas cheer to Bedford Row during the launch of the Thomod Rotary Club's remembrance tree at the weekend

Candid Comment

By SPARTACUS

● THE Taoiseach, Leo Varadkar made a rare visit to Limerick on Friday...but hardly anyone knew he was here, bar a group of farmers attending the AGM of the ICMSA in the South Court hotel.

When the Limerick Leader heard he was due in town, not one, but two emails, were dispatched to see if he would have a few minutes for a quick interview.

There was not even a reply or some excuse that he was too busy.

Among the issues the paper were going to raise was the situation at UHL.

A photograph used on the front of the Limerick Leader of 90-year-old Ann Talty, from Raheen leaning over on a trolley in the overcrowded emergency department at UHL got a lot of subsequent traction, and ended up on the front of the Irish Independent and other papers some days later.

The situation in Limerick is quite shocking, by far the worst overcrowding of any hospital in Ireland, and while Fine Gael election candidates Kieran O'Donnell and Maria Byrne, have been pushing for action to improve the situation at the hospital, unless something happens soon it will affect their vote in the General Election expected to take place next year.

The Taoiseach's office can ignore the Limerick Leader, but they won't be able to ignore the voters' anger at the next election.

● There is a lot of talk these days about 'influencers' on social media and how if you want anything sold or picked up you need their star power to get the message across.

In truth, most of them are of niche interest and their influence is fleeting. But Ciaran Carey, now, there is an influencer.

The former Limerick hurling star gave a powerful speech about

mental health at the launch of the Haven Hub last week - about being aware of your mental health, working to keep it positive. He spoke candidly of his own struggles, how early they started, how they nearly lead him down the road to suicide.

Reaching out for help, he said, is essential, but he did not dismiss it as easy to do. He knows that it isn't and he was sure to praise that self-preserving act as "brave". It is not necessarily easy, but it makes such a difference.

When you consider the influence Ciaran Carey would have, specifically on men aged anywhere from 30 to 90 - the very cohort who find it most difficult to ask for help - then what he had to say is hugely important.

Visit limerickleader.ie to view Fintan Walsh's video of the speech and share it as widely as you can.

At a time when so many are suffering from poor mental health, often with tragic outcomes, it is very important that Ciaran's message gets the biggest audience possible.

● THERE were bizarre scenes outside the Dáil this Tuesday when scores of angry pensioners set up camp and played a game of bingo to protest at new gambling laws.

The legislation would put a cap on prize money of 50 per cent of a bingo hall's takings on a night - a sharp drop from current prize rates of between 75 and 85 per cent. Limerick people love their bingo - this is reflected in the fact that Pery's Bingo located in Parnell Plaza Entertainment Venue run bingo sessions six nights a week.

While it shouldn't be all about the prize money, there is no doubt that many people play it in the hope of walking away with a nice pot of gold. Cap it at 65 per cent and let the ladies and gents continue with their bingo lingo.



Freya Fitzgerald and Sinead Gilligan, from Limerick city, were among hundreds to gather by the Thomond Rotary Club remembrance tree on Saturday



Don Reddan and John Kelly, attending and supporting the Limerick Thomond Rotary Club Remembrance Tree launch at Bedford Row



James Shivnan, Tom Neville TD, Pat Kearney and Ger Lynch, at the blood pressure clinic

James: "It can be quite an emotional thing. There's a bit of a connection to someone who has passed away mightn't be around, and for us it is a nice project."

Castletroy ETSS plans revealed

Education: Sports facilities feature prominently

The Limerick Leader can exclusively reveal artist's impressions of the new Educate Together Secondary School in Castletroy.

The school which is being built off the Tipperary roundabout opposite Northern Trust will be open by September 2021 and should reach full capacity by 2024.

The artist's impressions reveal extensive sports facilities and parking with a large drop down area to the front.

Limerick's newest secondary school will boast almost 60 classrooms, a large outdoor learning courtyard, plus a sports hall with a state-of-the-art fitness suite.

And, in a first for schools in Limerick, gender-neutral toilets will be fitted on each of the complex's three floors.

A planning application has been submitted shortly for the €19m scheme which will deliver 100 jobs, and provide space for 1,000 students by 2024.

Principal Eoin Shinnars said it will be "dynamic, bright and colourful" and promised "a fine building".



Sports facilities feature prominently in the drawings

The Educate Together secondary school - the first of its kind in the city - will comprise a u-shaped building, which at its heart will have a landscaped courtyard with 70 to 80 square metres.



The substantial building makes good provision for traffic management in a busy area

Simulated terrorist attack at university

Training:

Paramedic students took part in the drill

RYAN O'ROURKE

Ryan.orourke@limerickleader.ie

HAZMAT suits, Fire Service and Ambulance personnel, along with the Shannon-based Rescue 115 helicopter were all on-site at the University of Limerick, as a simulated 'terrorist scenario' took place on the grounds of the college.

The victims of the attack were loaded onto the rescue helicopter as a major operation by paramedic students swung into action. The trainee paramedics, joined by nursing and medical students, took part in the large outdoor exercise on Friday afternoon.

The "terrorist" was removed from the car by fire service personnel wearing chemical suits, with fears of contaminants built into the exercise.

Frank Keane, Senior Clinical Teaching Fellow on the BSc in Paramedic Studies, explained that the outdoor exercise featured a "terrorist scenario".

"We have a specific way of teaching that involves the concept of problem-based learning," he explained of the



The 'terrorist' involved in the simulated attack is detained by individuals in protective clothing, in order to practice for a potential chemical attack. Inset, pictured left: A student simulates reassuring an injured baby while bottom right an adult gets treated

course, which was the first undergraduate paramedic programme in the country when it was launched in 2016.

"We wanted something that would be of value to the students and one of the areas they have to be conversant with is a paramedic response

to a major incident. This is a terrorist scenario, where someone has driven a car at speed into a crowd of people before crashing it. There was a contaminant in the car and we are mimicking the actual response to this situation."

A total of 29 students on the BSc in Paramedic Studies

responded to the simulated major terrorist event.

"The students had five patients in really bad shape and had to prioritise one of them to go on the helicopter, so that requires a judgment call. It is about preparing students to face this kind of situation in real life," said Mr

Keane.

There were upwards of 20 patients with a field hospital erected.

"There is triage being done on the patients to determine who needs treatment. We have the fire brigade and the helicopter is arriving - it is good practice

for a real incident, we are dealing with patients in a realistic setting. It gives us that real-world experience, you can only learn so much in a classroom," said first-year paramedic student Ella Daly, 20, from Tramore.

A staged press conference featuring Journalism

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BY KEEVA DELANEY

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How to set 'fire' to your finances and retire early

Did you know, if you save 5% of your annual income, you will have to work for the next 66 years before you've saved enough money to allow you stop working?

Did you know, if you saved 65% of your annual income each year for the next 10, you could retire from work permanently?

There are those who know exactly that, and who save those amounts and are part of a community known as FIRE i.e. Financial Independence Retire Early.

The basic premise behind the concept is, achieving a state where you have enough resources to live off, that allow you to stop working, if that's what you choose to do.

The amount of money you've saved, is enough to meet your outgoings and you don't therefore have to rely on traditional sources of income any more i.e. earned income from employment.

People who buy into this concept, adopt a seriously frugal lifestyle so they can retire in their 30s, 40s and 50s, and they do so for a number of reasons i.e. they want to travel, pursue different projects, be activate when they're physically able to etc.

There are lots of reasons why someone would like to achieve FIRE, and too many to mention here, but the most popular reason I've discovered is people don't like that daily grind of work and all the hours it takes from them.

Any FIRE enthusiast will tell you, the key to success isn't earning more - although it helps - the critical ingredient to achieving that state of FIRE is spending as little of your income as possible - that's the big sacrifice that's required. The lower their expenses, the more they can save and invest, the quicker it will grow and the faster they can reach financial independence. And most people pursuing FIRE focus on "the big three": housing, transportation (inclusive of loan repayments) and food.

So, how do you figure out what your FIRE number is?

You have to do some number crunching.

The key multiple that you need to focus on is 25 times the amount you'll spend each year. Once you've got that, and you withdraw 4% per year, you should never run out of money.

So, if you think you'll need €2,500 per month, then you need to accumulate a fund of €750,000.

But maybe you continue to work, and you earn €1,200 per month, now your target fund becomes €390,000.



You mightn't go from saving 5% of your salary to 50% overnight, but an initial target of 20% is doable

There isn't a one-size-fits all number with FIRE either.

There is a Lean FIRE where the individual lives on a very small amount each year, typically less than €35,000. And there are the Barista FIREs who are not quite there in the savings department but need a part time job to make ends meet, and then there are the Fat FIRE's who aim to accrue enough savings to generate an annual income in excess of €90,000.

Regardless of what category, they fit into, the key to why they achieve FIRE is because they are very disciplined, and goal-orientated. They don't focus on what they have to sacrifice right now i.e. less holidays, less eating out, driving an old car etc. Instead, they get focused on the outcome and the positive things the sacrifices they are making now will give them in the future.

There's no doubt that if you want to save 50% or 60% of your salary, the idea of cutting back on expenses will seem a big, if not impossible task. Depending on where you live, whether you have rent or mortgage repayments, how much you earn etc. will influence how much you can save, and it mightn't be very much and nowhere near what's required.

So maybe you're not and never will be a member of the FIRE club, because you don't meet their membership criteria, but there are other clubs you could be a member of, and they'll let you in, and maybe the name of the club is Fire...ish

One of the conditions of entry into this club, is you have to look at reducing

“**The key to why they achieve FIRE is they are very disciplined, and goal-orientated**”

DID YOU KNOW?

Prior to Jeff Bezos' €38bn settlement with wife Mackenzie, the costliest known divorce took place in 1999, when art dealer Alec Wildenstein divorced his wife of 21 years, Jocelyn. She was awarded a lump sum of \$2.5 billion along with \$100 million every year for the following 13, making a total payment of \$3.8 billion.

your expenses and save more each month. And you're also going to always avoid high interest debt.

And while membership doesn't state you have to watch every cent you spend each month, you need to have an idea of what you're spending your money on because you need to be able to identify where you can find those extra euros that can be applied to savings.

I think the chances are good you'll find expenses that can be classified as low hanging fruit i.e. you can reduce that particular expenditure very easily without it having much impact on your quality of life. And start with your largest expenditures before you start cutting back on the daily lattes.

You may not be able to go from saving 5% to 50% of your income overnight, but you might target saving 20% of your income. And if you're able to reduce your outgoings and or increase your income and use the savings to boost the amount you save by, it means you'll be able to retire 15 years earlier, for every extra 10% you save.

If you can adopt the mindset that you're cutting back to have more, you'll be able to make those small changes quite easily which will propel your finances forward giving you options you thought you'd never have in the future.

I think if we adopt some of the FIRE principles to our own finances our financial lives would improve no end. And pursuing a state of financial independence is an objective, I think we all should have, the speed at which we get there and the choices we make along the way are up to us.

ASK LIAM

Our personal finance expert answers your questions ...

Q: I'm being made redundant and receiving a severance package of €95,000. I understand I should sign on to protect my PRSI contributions and will get a payment for a number of months. What do I need to do to keep my stamps going if I don't return to work, after any benefits stop?

A: The day after you've officially left your employer, you should apply for job seekers benefit, but it will be nine weeks before you see the first payment because your redundancy is > €90,000.

If you've made in excess of 260 PRSI contributions, you'll be entitled to it for nine months in the amount of €203 per week. Applying for this payment maintains your PRSI contribution record which is important in keeping up your average annual and total contributions for the state contributory pension.

So, the first nine months you're fine, but if you don't return to work after the nine months elapse, you can make voluntary payments provided that, at that stage, you've made a minimum of 520 PRSI contributions.

It's important you consider making them because they maintain your social insurance record and are likely to help you qualify for higher payments in the future i.e. the state contributory pension.

The cost of making voluntary contributions is linked to what PRSI class you previously paid. If you paid PRSI at Class A, which is the rate most people fall into, then your contribution rate is 6.6% of your reckonable income in the previous tax year, which is subject to a minimum annual payment of €500.

You can pay voluntary contributions by cheque, banker's draft or standing order.

Your contribution can be paid as a lump sum before the end of the contribution year or by quarterly or half-yearly instalments during the contribution year. And you must pay the full contribution for a year no later than five months after the end of the year in which the payment is due.

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Cloud Cards reaches for sky

Deal: Software company founded by two local brothers

NICK RABBITTS
 nick@limerickleader.ie

HENRY Street-based aviation software company Cloud Cards is reaching for the sky after signing a multi-million euro deal with a Canadian company.

Cloudcards, which was founded by brothers Brian and Barry Fitzgerald is to supply CAE Parc Aviation with its aircraft transition and inspection tool Cards.

Cards is a cloud-based software platform that has been successfully deployed in over 300 aircraft transition projects worldwide to manage the delivery and redelivery of leased aircraft, as well as inspection and maintenance projects.

It is designed to simplify the management of complex aviation assets, offering both remote and on-site auditing capabilities of aircraft documentation as well as

physical aircraft inspection via its mobile application.

Speaking of the partnership, Cloudcards chief executive Bill Blake said: "It is a massive endorsement for Cloudcards to be chosen to partner with CAE Parc Aviation, a highly reputable company and one that recognises the importance of innovative solutions in the ever-evolving aircraft leasing industry. This partnership will help expand our global footprint further and build on a very successful 12 months for the company."

Following an extensive review of providers to improve efficiencies across aircraft transition, CAE Parc Aviation's technical services division selected Cloudcards CARDS system.

Cloudcards was established in 2013 and recently opened offices in Dublin.

The past year has been its most



Bill Blake, the chief executive of Cloudcards and Don Salmon, head of aircraft leasing services in CAE Parc Aviation at the signing of the partnership agreement

successful yet as it capitalises on the growing aircraft leasing business.

The company is currently closing its second funding round, details for which will be announced in the New Year.

Meanwhile, CAE Parc Aviation has offices in Dublin, Singapore, the United States, Japan, Vietnam and China.

Its technical services division specialises in supporting the full aircraft lifecycle, from aircraft build and delivery to operation and transition.

"We are delighted to partner with Cloudcards who have a solid reputation in the industry and a solution that meets our needs and those of our customers, while

dramatically reducing the cost of aircraft asset management," said Don Salmon, the head of aircraft leasing services in CAE Parc Aviation.

"Not only is CARDS easily adopted but it can be used worldwide in any jurisdiction and covers all aspects of an aircraft transition process," he added.

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Christmas decorations have begun to appear at the Milk Market

Christmas countdown at the Milk Market

THE Limerick Milk Market has unveiled its Christmas programme for 2019, writes Nick Rabbitts.

The covered market will have a range of traditional daytime Christmas markets serving festive foods, along with some special once-off Christmas "fringe" events.

These include a Christmas art fair on Sunday, December 8, as well as a craft fair run by Transition Year students from across the city on Friday, December 13.

The following day, Santa Claus will visit the market on its busiest day, while there are

further craft fairs on December 15.

This will feature up to 50 handmade craft, fashion, artists, horticulture, photographers and much more to give that someone special a unique Limerick gift.

Five days before Christmas, there will be an eclectic mix of seasonal food, Christmas crafts, choirs and festive fun!

And in the countdown to the day itself, food markets will be in the facility.

Throughout December at the Market, you can also post letters to the North Pole where Santa will hopefully give them a read!

Look the part and gift like the Gods with Hugh Campbell

The season of sequins and soirées is officially upon us. Now is the time to glam up for Christmas and the stylists at Hugh Campbell Hair Group are waiting to work their magic on you.

Our expertly trained Cut and Colour specialists create head-turning styles at any time of year, but with everyone shifting into celebration gear, you will want to be in the festive spirit and party-ready well into the new year. 'Tis the season to be fabulous after all!

So don't let your hair fall flat in the midst of the Christmas chaos; appointments are filling fast at all four Limerick salons so book early to get your preferred stylist and day.

Call us or pop in to book at Melo Yelo, Cats Hair Studio, Marbles Hair and Beauty, Cruises Street or Marbles Castletroy or book online at www.hughcampbellhairgroup.com.

But it's never just yourself you have to think about at Christmas, is it?

The new year generally sees frenzied decluttering and the passing on of unwanted Christmas gifts. If you want to ensure that your gift-giving etiquette is as stylish and savvy as you are, look no further than the Hugh Campbell Hair Group's festive offerings.

While the four Limerick salons carry luxury professional haircare products all year around, the



Great gift ideas from Hugh Campbell Hair Group

ante is certainly upped at Christmas when beautifully packaged gift sets and styling tools glisten.

A gift-card for one of the salons is more than a present, it's an experience.

Think of your new-mom friend, who has had no time to herself since her little one arrived.

You're not just giving her a

gift card – you're encouraging her to take some time out for herself, to delight in being pampered. Your niece who is the typically broke student? Give her the gift of feeling fresh and funky, to wash away the exhaustion of Christmas exams and seasonal partying.

Or what about your significant other who,

despite being brilliant at everything else, has never quite mastered gift-buying. Pop a HCHG gift card on your wish list and you'll both enjoy the present swapping this year.

For those who prefer the kind of present that can be boxed up and put under the tree, there is a wide range of branded, lush hair products. In gift sets, products are bundled which makes them better value than when sold individually – beautifully presented packaging and boxes is an added bonus. The Redken or Moroccan Oil sets, for example, are high performance products that also happen to be very Insta-worthy. If you want to give someone the gift of

at-home styling, the GhD range of stylers is sure to impress. This year's Limited Edition Royal Dynasty Christmas collection is adorned in a stunning rose gold finish surely the crowning glory of gifting this season.

The holidays are a time of great tradition, celebration and joy at the Hugh Campbell Hair Group. We want to inspire you to celebrate in style, so why not make visiting one of our Limerick salons part of your Christmas tradition whether it be for your Christmas cut and colour or to purchase a gift card. Discover our full range of gift ideas or book online at www.hughcampbellhairgroup.com

Quality kidswear brand NAME IT opens its doors

DANISH kidswear brand NAME IT opens its doors in Crescent Shopping Centre. Just in time for the festive season customers will be able to shop the beautiful winter 2019 collection for boys and girls aged 0-12 years.

For the launch day there are exclusive opening offers of 25% off everything with special offers on specific styles up to 50% off also available.

For more than 30 years the Danish fashion brand has

created fun, affordable fashion for children aged 0-12 years old. NAME IT are up-to-date with current fashion trends, which is translated through innovative design and product development, always keeping comfort, safety and quality in mind. NAME IT is the brand for fun-loving children who want to let fashion be a part of their play.

Visit the NAME IT store in Crescent Shopping Centre to discover the full collection.



Pictured at the opening of NAME IT at the Crescent Shopping Centre were Celia Holman Lee cutting the ribbon, Claire Kelly, Alanna Plekkenpol, Daniele Holond, manager and Emma O'Riordan PICTURE MICHAEL COWHEY

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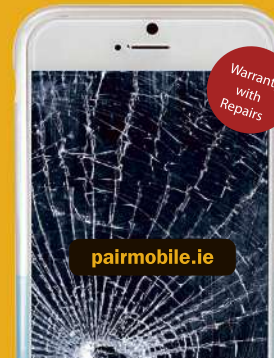
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KEEP IT LOCAL!

Limerick businesses in the spotlight



Unity CU improves its facilities with big refurbishment at Castleconnell



Unity Credit Unions members are in for more upgrades. With the recently redesigned office in Ballynanty, Unity Credit Union has once again brought the credit union experience to a greater level with the newly refurbished office in Castleconnell.

At present Unity Credit Union has 16,500 members that they serve, and they wish to ensure each member has a positive experience when entering any of their three offices located at Athlunkard Street, Ballynanty and Castleconnell.

One of the key ingredients of a credit union is that we meet their members unlike many other financial institutions.

In Ireland, credit unions are more important and relevant than ever. There are now 3.6 million credit union members on the island of Ireland, benefiting from €4.9 billion in loans.

Lending by credit unions nationally is up by 7.2%



Pictured at the Unity Credit Union Castleconnell were staff and board members Martha Healy, Frank Ryan, Pat Hayes, Sheila Culhane, Kate Reardon, Sally Madden, Laura O'Dea, and Pat Owens PICTURES: MICHAEL COWHEY

year-on-year, as members continue to benefit from affordable and flexible

lending terms and conditions. Unity Credit Unions is an

ethical, not-for-profit lender that continue to provide effective and viable

alternatives to financial institutions which operate for profit. Unity Credit

Union genuinely care about their members and put them at the heart of everything they do.

It's no surprise that Irish credit unions have won the national customer experience award, CX Award, for a record-breaking five consecutive years. They are the only organisations in the world to have achieved this award.

Speaking about the newly refurbished office, Pat Owens CEO Unity Credit Union said: "Unity Credit Union is delighted to be in a position to increase the member experience in Castleconnell with the refurbished office. The members in Castleconnell and its community are what make this credit union the success story it is today. One of the main objectives of a credit union is to support local and we hope this investment will be the start of things to come in Castleconnell.

Pat continued: Unity Credit Union has been proudly serving the community for nearly 60 years. and with this investment we will continue to do so well into the future.



Martha Healy, Operations Manager; Frank Ryan, board member, Pat Hayes, chairman, and Pat Owens, CEO



At present Unity Credit Union currently has 16,500 members



A welcome awaits at Unity Credit Union



Sheila Culhane, Kate Reardon and Sally Madden



Spiderman entertains in departures during the Shannon Airport Santa Flights 2019. Over 2,000 lucky children and their parents got to meet Santa Claus 5,000ft above sea-level as the annual Santa Flights took to the skies



Taking a spin in Santa's sleigh are Harry Barron, Ennis, Fionan Gormley, Ennis, Rosaleen O'Connor, Ennis, Maria Harper, Annacotty, Chloe Harper, Annacotty and Marie Barron, Ennis

Out & About

SANTA FLIGHTS AT SHANNON AIRPORT

Pictures: ARTHUR ELLIS



Chief Snowman Alabaster Snowman with Katie McGrath (4) Luke McGrath (2) and their mum Mary Ita McGrath from Pallasgreen



Emma the Elf starts the departure line during the Shannon Airport Santa Flights



All set for take off are L-R Eabha Fanning (5) from Shannon, Jennifer Moloney, Gouldavoher, Tracy Moloney, Gouldavoher, and Aj Fanning (7) Shannon on the apron during the Shannon Airport Santa Flights 2019



Emma the Elf leading some of the lucky Santa flight passengers on a dance around arrivals



Two-year-old Raymie Ryan, Meelick with his mum Millena



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The staff of St Munchin's Community Centre, helping out at the Limerick Thomond Rotary Club Remembrance Tree Launch



Out & About

LIMERICK THOMOND ROTARY CLUB REMEMBRANCE TREE LAUNCH

Pictures: BRENDAN GLEESON



Ger Lynch, Dr Kevin Kelleher and Dr Tom McDonnell at the launch



Freya Fitzgerald and Sinead Gilligan, Limerick City



Mary Duffy and Rose Joyce, attending and supporting the Limerick Thomond Rotary Club Remembrance Tree launch



Theresa O'Brien and Joanna Sheehan, fundraising for different Charities at the Limerick Thomond Rotary Club Remembrance Tree Launch at Bedford Row



Don Reddan and John Kelly, attending and supporting the Limerick Thomond Rotary Club Remembrance Tree Launch at Bedford Row



Said Kamel, remembering loved ones at the Limerick Thomond Rotary Club Remembrance Tree Launch at Bedford Row



Fergal Quinlivan, Ryan Kelly, Mia and Pat Fogarty



The volunteers with the Deputy Mayor of Limerick, Adam Teskey and Tom Neville TD attending the Limerick Thomond Rotary Club Remembrance Tree launch at Bedford Row



Ger Lynch, Tom Neville TD, Noreen Stokes, Adam Teskey and Pat Kearney



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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.





Jade, James and Barry McKeown, Granville, meeting Santa at the Parkway Shopping Centre

Out & About

SANTA CLAUS ARRIVES AT THE PARKWAY SHOPPING CENTRE

Pictures: BRENDAN GLEESON



AJ Barrett, Fiona Barrett, Kyron Tully, John Tully and Donna Leo, waiting for Santa



Santa arriving to the Parkway Shopping Centre



Lucas Jones, Newport, meeting Santa when he arrived at the Parkway Shopping Centre



Lloyds Pharmacy staff, welcoming Santa



Santa arriving to the Parkway Shopping Centre



Crystal Devereux Browne, Ballincurra Weston, meeting Santa



LEFT: Santa arriving at the Parkway Shopping Centre to a big welcome
 PICTURE BRENDAN GLEESON

ABOVE: Roger Beck, manager of the Parkway meeting Santa and Mrs Claus

RIGHT: Catherine Williams, Nicole Collopy, LJ Williams and Caroline Collopy, Garryowen, waiting for Santa to arrive



Paschal Gavin with Giggles and Jacko the Elves



Jessie and Elaine Purcell, Old Singland Road



Sarah Corbett Lynch at the launch of her book *Noodle Loses Dad* with journalist Ralph Riegel and Sr Helen Culhane in O'Mahony's Bookshop. See page 18 for story

SARAH CORBETT LYNCH BOOK LAUNCH

Pictures: DAVE GAYNOR



Sarah Corbett Lynch at the launch of her book *Noodle Loses Dad* with Jack Corbett Lynch, Dean Lynch, Kelly Fitzgerald and Adam Lynch in O'Mahony's Bookshop



Denise, Michaela and Niall Deegan, Roundwood and Tracey Lynch, Raheen



Caitlin Dillon, Janesboro and Audrey Constable, Glenbrook



Kathryn and Lucy Hayes, Kayleigh McMahon and Katie Keogh, Raheen at the launch of Sarah Corbett Lynch's book *Noodle Loses Dad*



Roisin Smart, Raheen, Mary Doyle, Castletroy and Orla McCarthy, Kilmallock



Sophia Di Battista and Bethany Pym, Castletroy



Sarah Corbett Lynch at the launch of her book *Noodle Loses Dad* in O'Mahony's Bookshop



Maureen Deegan, Annacotty with Mairead, Saoirse and Olivia Griffin, Ennis

ENTERTAINMENT

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

Wild night at the Market

Dublin pop-rock four-piece Wild Youth to perform at Live at the Big Top

FINTAN WALSH
fintan.walsh@limerickleader.ie

DUBLIN pop-rockers Wild Youth will entertain the masses at Live At The Big Top this weekend.

The four-piece outfit will perform at the Milk Market venue this Friday, with doors opening at 7pm. Tickets for the show are selling at €22.

This gig follows the success of their EP The Last Goodbye and their Electric Picnic and sold-out Longitude Festival performances. They previously supported Westlife at two sold-out shows in Croke Park

In addition to a string of live shows, their outrageously catchy song 'Can't Move On' has earned them over 2 million streams and was the most played Irish song on Irish radio in 2018.



Tickets are still going for the Wild Youth gig at Live at the Big Top at the Milk Market this Friday evening

Dolans announce major gig

ONE of the world's most successful and rock bands, Grammy Award-winning The National, will perform in Limerick city this summer, Dolans Presents has announced.

The Ohio act, critically-acclaimed for their sensational records Boxer, High Violet, and Grammy-winning Sleep Well Beast, has been announced as first act to perform at the second annual Live at the Docklands series on June 7, 2020. Live at the Docklands 2020 will also mark Dolans 25 years of delivering quality live performances in Limerick.

Promoter Neil Dolan said securing The National "is a major coup for us and we are looking forward to playing host to what is truly a phenomenal live act". Tickets go on sale at 9am Friday.

DOLANS PRESENTS

RESTAURANT & LIVE MUSIC VENUE | 3-4 DOCK ROAD, LIMERICK
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LIVE MUSIC VENUE OF THE YEAR
OVERALL NATIONAL WINNER 2014

DOLANS WAREHOUSE
3-4 DOCK ROAD, LIMERICK
FRI DECEMBER 13TH 2019

Tickets: €11 from dolans.ie / €15 on the door
Doors: 9pm | Over 18s only | I.D. required | R.O.A.R.

DOLANS WAREHOUSE
3-4 DOCK ROAD, LIMERICK
SUN DECEMBER 15TH 2019

Tickets: €20 + BF from dolans.ie & Ticketmaster
Doors: 8pm | Over 18s only | I.D. required | R.O.A.R.

DOLANS WAREHOUSE
3-4 DOCK ROAD, LIMERICK
THU DECEMBER 19TH 2019

Tickets: €18 + BF from dolans.ie & Ticketmaster
Doors: 8pm | Over 18s only | I.D. required | R.O.A.R.

DOLANS WAREHOUSE
3-4 DOCK ROAD, LIMERICK
SAT DECEMBER 21ST 2019

Tickets: €20 incl. BF from dolans.ie & Ticketmaster
Doors: 8pm | Over 18s only | I.D. required | R.O.A.R.

DOLANS WAREHOUSE
3-4 DOCK ROAD, LIMERICK
SUN DECEMBER 22ND 2019

Tickets: €27.50 + BF from dolans.ie & Ticketmaster
Doors: 8pm | Over 18s only | I.D. required | R.O.A.R.

DOLANS WAREHOUSE
3-4 DOCK ROAD, LIMERICK
SUN DECEMBER 29TH 2019

Tickets: €20 + BF from dolans.ie & Ticketmaster
Doors: 8pm | Over 18s only | I.D. required | R.O.A.R.

DOLANS WAREHOUSE
3-4 DOCK ROAD, LIMERICK
MON DECEMBER 30TH 2019

Tickets: €22 + BF from dolans.ie & Ticketmaster
Doors: 8pm | Over 18s only | I.D. required | R.O.A.R.

DOLANS WAREHOUSE
3-4 DOCK ROAD, LIMERICK
THU JANUARY 30TH 2020

Tickets: €23 + BF from dolans.ie & Ticketmaster
Doors: 7:30pm | Show: 8pm | Over 18s only | I.D. required

UNIVERSITY OF LIMERICK CONCERT HALL
THU JANUARY 30TH 2020

Tickets: €30 + BF from UCH.ie, dolans.ie & Ticketmaster
Doors: 7:30pm | Show: 8pm | Over 18s only | I.D. required

LIME TREE THEATRE
MARY IMMACULATE COLLEGE, LIMERICK
SAT MAY 2ND 2020

Tickets: €35 + BF from dolans.ie & Ticketmaster
Doors: 7:30pm | Show: 8pm | Over 18s only

LIVE AT THE DOCKLANDS
DOCK ROAD, LIMERICK
SUN JUNE 7TH 2020

Tickets: €58 from dolans.ie & Ticketmaster
Doors: 7pm | Over 18s only | I.D. required | R.O.A.R.

LIME TREE THEATRE
MARY IMMACULATE COLLEGE, LIMERICK
FRI JUNE 19TH 2020

Tickets: €33 + BF from dolans.ie & Ticketmaster
Doors: 7:30pm | Show: 8pm | Over 18s only | R.O.A.R.

ALL SHOWS ARE OVER 18'S ONLY (UNLESS STATED OTHERWISE) | I.D. REQUIRED | R.O.A.R.

BIG NIGHT OUT @

PRE-CHRISTMAS DRINKS AT SMYTH'S BAR AND DOLAN'S



Lucy Lenihan and Claire Daly at Smyth's Bar PICTURES: DAVE GAYNOR



Rebecca McGuinness, Danni Reidy and Aoife Dunlea at Smyth's Bar



Josh Demarco and Jake Hayes at Dolan's



Saoirse Kirby and Meg Kelleher at Smyth's



Rebecca O'Sullivan, Aoife Ryan, Tuesday Costello and Calin Costello at Smyth's Bar



Aaron Carty and Brandon Duffy at Smyth's



Erica Cook, Mitch Woodruff and Amy Quill at Dolan's



Siobhan Hanrahan and Amy Egan at Dolan's



Sorcha Brennan and Aoife Duffy at Smyth's



Mairead Brosnan and Dearbhaile Roe at Smyth's



Joanne Coote and Carolione O'Connor at Dolan's



Emily Counihan and Eoin O'Doherty at Smyth's

ON SALE NOW

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University Concert Hall, Limerick

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Irish Independent

Live 95



Ballet Ireland bring *Swan Lake* to the Lime Tree this weekend

THINGS WHAT ARE ON IN LIMERICK



Wild Youth are Live at the Big Top in the Milk Market on Friday



Free performances by Limerick Youth Dance and 2nd Hand Drills this weekend

CHRISTMAS is coming and the goose is getting... I don't want to say "fat" so let's just say that the goose is eating well and wants for nothing. This weekend in Limerick is packed with so many events that the city's nightlife would be booming all year long if they weren't forced together in December. Ballet, dance, thunderous live music and a sassy Christmas drag night make this weekend one of the biggest you'll see in Limerick all year!

Thursday (Dec 5)

Limerick Youth Dance and 2nd Hand Drills are combining their forces for a free live music and dance performance at **Dance Limerick** this Thursday at 8pm. You can expect plenty of accomplished and cheeky dance, backed by plenty of foot-tapping percussion. If going through the welcoming doors of Dance Limerick is too much for you, you can catch the same performance on Cruises Street on Saturday at 3:30pm. We don't often get free dance shows in Limerick, so more power to their elbows. And to their feet, obviously, as they're dancers. Both performances are free, though they'll take donations, as they're dancers, not idiots.

Former Irish rugby coach **Joe Schmidt** is at the **University Concert Hall** this Thursday evening to discuss his life and career. Obviously he'll be happy to chat about the three Six Nations championships Ireland won in his period as coach and, despite the local audience, will definitely bring up his Heineken Cup wins with Leinster. There also might be some mention of that game against Japan. 8pm and tickets are an eye-watering €50, though you get a free copy of his new book with that.

Friday (December 6)

Wild Youth are Live At The Big Top in the **Milk Market** this Friday night. This time last year I described them as "up and

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

coming" and the Dublin four-piece are still up and coming, though they've since supported Westlife in two sold-out shows at Croke Park and taken to the main stage at Electric Picnic.

Their guitar and percussion driven sound isn't exactly pushing back the frontiers of modern rock music but their sound is catchy and they do a great live show. And that's pretty much all you want from an outdoor gig. Gates at 7pm, tickets are €25.

Ballet makes a triumphant return to Limerick this weekend, with two performances of **Swan Lake** at the **Lime Tree Theatre** by **Ballet Ireland**. It's arguably the world's best ballet, a tale of love, betrayal, heartache and a woman forced by an evil genie to live as a swan by day. As you do. Ballet is usually a time for everyone to dress up well and look their best, though I have to confess that the last time I went to the ballet I wore a hoodie and shorts, as I'm not classy. *Swan Lake* is a much darker tale than usual Christmas favourite *The Nutcracker* but it's still highly suitable for slightly older children. 8pm Friday and Saturday, tickets are

€25 / €20 concession / €85 for a family of four.

Southill Community Drama Group are in the **Belltable** this Friday and Saturday with **For The Love And Honour**, a comic night set during the Leaving Cert in the 1970s. It's at 8pm each night and tickets are €7.

Saturday (Dec 7)

Swingers, jivers and people who like

standing next to the wall waiting to be asked to dance: your ship comes into Limerick this Saturday. **The Gaff** are hosting a **60s Dance Night** at **St John's Pavilion** where you can experience all the joys and fun of the dance halls of yore. The nostalgic evening will be fronted by jive band **Tony And The Bluffers** and you'll be expected to dance your heart out until your shoe leather is completely worn away. It kicks off at 5pm, tickets are €5 for adults and just €2 for children.

Limerick Choral Union are performing Handel's *Messiah* at the **University Concert Hall** this Saturday night. In the rest of the world, the *Messiah* is an Easter performance, despite having next-to-no plot and more key changes than a jailer in an infinitely-sized prison, but in Limerick it has become a Christmas favourite because LCU perform it every two years. They always manage to give a spectacular rendition of the oratorio and you should definitely experience it at least once. Pro tip: it's customary to stand for the Hallelujah Chorus, so as soon as everyone starts standing up, that's your cue. Unless it's over, then that's your cue to go home. 8pm, tickets are €25 / €22 concession.

Today FM's Dec Pierce brings his **Block Rockin' Beats**



Blindboy's Podcast Tour is back in Dolan's this Sunday

show to **Dolan's Warehouse** this Saturday night. He'll be joined by the energetic **Hit Machine Drummers**, whose job it is to tear the building from its foundations. All the biggest dance hits of the past 20 years, backed by the loudest percussion you'll hear this side of Sunday. You're just in time to grab a few late tickets if you get booking right now. Doors at 11:30pm, tickets are €15.

Sunday (December 8)

Blindboy Boatclub brings his podcast tour back to **Dolan's Warehouse** this Sunday night. He currently has over a million regular listeners to his weekly meanderings and is consistently in the top 10 of Irish podcasts so this is your chance to see one live. Podcast tours are odd things - you're not really getting all that much more than you would from just listening to it on your phone but it's a handy way to handsomely tip someone whose podcast you really like. Doors at 7:30pm, tickets are €28.

Christmas is a time for pudding and presents and being unduly sarcastic to the person sitting next to you. You'll get at least one of those at the **Holly Jolly Christmas Drag Show** this Sunday night in **Opium** at **101 O'Connell Street**.

They promise a jam-packed night of entertainment, though they missed a trick by not specifying what sort of jam. Hopefully damson jam, as that's the best one. Doors at 8:30pm and tickets are a tenner, with all proceeds going to GOSHH.

All weekend

The **Meruna** exhibition is at **CB1** until this Sunday. **Limerick Printmakers' Winter Fair** is at the **Belltable** until December 17. The **Hughie O'Donoghue** exhibition is at the **Hunt Museum** until January 26. The four exhibitions at **Limerick City Gallery** run until January 26. All free to see.

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

LEADER LIFE

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

A Day In My Shoes

Anne Maria Moore

Owner and proprietor of Beech Lodge and Ennis Road Care Facilities

Helping others is its own reward

What time do you get up?

I wake up every morning at 7am.

What is your normal breakfast?

A bowl of porridge mixed with berries sets me up for the day.

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

After work I try to fit in a jog or a swim.

You arrive at office at what time?

I'm usually at one of the Care Facilities by 9am, although I'll have been answering my emails well before that.

What are your first duties?

The first thing I do is say hello to the residents and meet anyone who has been newly admitted. Then I'll meet the management team for a briefing.

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

I'd definitely have three cups - it's my weakness.

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

The chefs at our facilities are top notch so I eat in work during the week. I love a long lunch with friends at the weekends though.

Do you have many meetings during the day?

I have a packed schedule, which varies all the time. I generally catch staff members for a quick catch up as I see them during the day.

What time do you finish up at?

I could be on-site as late as 8pm then go home and answer the emails from the day.

Do you watch much television?

No, I don't have the time.

Do you read the newspapers?

Yes, when I can. I love to take the time over the weekend papers.

What do you do to relax?

I'm so busy that I find taking time with the family recharges me and seeing friends is a priority when I can.

Are you able to leave the office



behind?

I try my best as I have amazing management teams in both facilities, but not always.

What is a perfect work day?

Every day is different in my line of work, but the best days

are days that are calm in our Care Facilities and I have the time to spend with the residents and their families. I think of them all as family and if they are happy so am I.

Anne Maria Moore of Beech Lodge and Ennis Road Care Facilities

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

I rarely lose my cool, every problem has a solution and there is great learning to be done from mistakes but I can't stand inefficiency.

INSIDE THIS WEEK



BRUSH THOSE CHOMPERS

Encouraging kids to brush their teeth
PAGE 43



'TIS THE SEASON TO PARTY

Fab style from Newcastle West
PAGE 46



FRAGRANCE GIFT GUIDE

Patrick on the perfect men's gift
PAGE 48



DECEMBER RESOLUTIONS

Louise is making some changes
PAGE 52

The psychological impact of Huntington's Disease



MENTAL HEALTH MATTERS DR EDDIE MURPHY

CLINICAL PSYCHOLOGIST
ADJUNCT ASSOCIATE PROFESSOR
UCD SCHOOL OF PSYCHOLOGY

MY first career was as a general nurse and I remember nursing a man with Huntington's Disease in the UK.

I had little understanding of the disease, but was always curious and aware of the ripple effect and the immense anxiety that it provokes. Nursing this man always stuck with me. A diagnosis of Huntington's Disease (HD) is a devastating experience.

Huntington's Disease Robs The Individual of the Self

Huntington's Disease is a relatively rare, degenerative disease of the brain first described by George Huntington in 1872. Symptoms affect motor ability, such as the sufferer's posture, uncontrolled voluntary and involuntary movements, sustained muscular contractions, and difficulties with speech and swallowing.

There are also behavioural and emotional symptoms, such as anxiety, depression, irritability, outbursts of anger, OCD and sleep disturbance; and cognition issues, including the gradual impairment of comprehension, reasoning, concentration and memory.

Huntington's Disease (HD) robs the individual of the self through impairments which vary from person to person and at different stages of the illness.

Life expectancy is approximately 20 years after onset of the disease. In the later stage of HD people will need support in all aspects of living.

Genetics

Each naturally-conceived child of an affected parent has a 50% chance of inheriting the illness. Approximately 750 people in Ireland live with HD with a further 3,000 at risk.

Symptoms usually start between 35 and fifty years old. About 5-10% of people have symptoms before age 20 (Juvenile HD) and 10% have a late onset after 60 years of age.

The Huntington's Disease Association of Ireland offers information and support to people impacted by Huntington's Disease: National helpline 1800 393939, www.huntingtons.ie.



You cannot underestimate the power when, in crisis, of talking

New Diagnosis

For families living with this hereditary disease, a new diagnosis is heart-breaking regardless of its reoccurrence. In families with no previous history, the diagnosis seems impossible to comprehend and accept.

This transpired for a client I will call Anne, who was pregnant with her third child when her husband's mother was diagnosed unexpectedly.

When Anne's husband received his predictive test result three years later, their young family faced a stark reality.

"Prior to his test I was shocked by sudden, out-of-character changes in his behaviour. My once considerate and loving husband appeared self-centred and illogical at a time when our young children required priority. The diagnosis was hard hitting but looking back there were signs before this test result."

Anne's Story

Initially Anne and her husband needed time to process the diagnosis and the implications for their children, all under 10 years of age.

"We contacted the Huntington's Association and got as much information as we could. Informing yourself correctly is essential. Next began the process of dealing with shock and grief: denial, lots of anger, bargaining, depression, taking time to come to terms with it allowed us to move forward. A ball of emotions. Meeting other families through HD Association events was educational, helpful and empowering and also gave us a feeling that we were not alone.

"You cannot underestimate the power when, in crisis, of talking and being with people who are



A diagnosis of Huntington's Disease in the family can be a serious shock PICTURE: PIXABAY

thinking your thoughts, feeling your feelings and living a life similar to yours.

"People who are further along the HD road offer advice and wisdom. The Association also informs and guides you about access to services you will need."

You are not alone

A few dedicated health

professionals in Ireland are liaising with international experts to enhance care and progress research here.

Hope is critical and this research and help will assist.

Bloomfield Hospital Services, a charity, (www.bloomfield.ie) offer a multi-disciplinary care service.

If you have concerns, contact the Huntington's Disease

Association of Ireland, www.huntingtons.ie. National helpline 1800 393939

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

POSITIVE PARENTING



Top Tips

Encouraging kids to brush their teeth

Do you suffer daily battles trying to get your children to brush their teeth? If so, these tips might help!

Allow children some choice

Giving children choices lets them feel like they are in control and they are more likely to comply. In this situation children could simply choose their own toothbrush!

Give clear instructions

Make sure children know exactly what they need to do and how to do it. Brushing teeth can mean one thing to a parent and a completely different thing to a child. They need to be told each of the different steps involved in order to complete the task effectively. Parents should also take the time to explain to children why it is important to brush their teeth.

Model how to do it

Brush your own teeth with them. They will enjoy spending this time with you but it also gives you the opportunity to show them each of the steps involved.

Make it fun

Children are much more likely to complete a task if it's fun. Turn it into a game or have a song that plays while they are brushing their teeth.

Praise! Praise! Praise!

Notice the beautiful clean teeth once your child is finished! Use lots of praise, smiles and hugs.



Try to turn problem solving into a game and make it fun

Problem solving: It's a life skill for your child

SOLVING problems is such an important life skill and one that we are constantly striving to perfect throughout life. As parents, we can sometimes take this responsibility out of our children's hands. Sometimes it seems easier to solve their problems for them. We can feel like it's our job, our responsibility. It helps them and makes their lives easier and often our own lives are simpler if we just do it ourselves. But this is not always the best option for our children and it is important that they learn and practice problem solving skills from a young age so that they can become confident in their ability to solve problems throughout their lives.

So how can parents help their

children learn this vital life skill? Try to turn problem solving into a game and make it fun. Your children could become "detectives" trying to solve their problems. When your child has a problem help them to generate lots of ideas about what they could do so that they have a number of choices. Make it personal for them if you can. Ask them if they have ever had a problem like this before and what they did then or maybe their friend had a similar experience, what did they do?

Allow them the time to explore each solution. For example they could act it out for you or draw pictures. It doesn't have to be complicated – just ask them to show you. This process helps

children to have an awareness of the possible consequences of each solution. When exploring possible solutions help your child to figure out which might be the best one by asking them is it fair? Is it safe? Does it lead to good feelings?

Investigate the feelings that each solution generates with them. Naming feelings is important for children so that they can learn to self regulate and learn better responses.

Prepare your children for the possibility that their solution might not work. Ask them what they will do next if it doesn't.

The best way to teach our children these skills is to model them. Talk through the process of solving some of your own problems

aloud. Include the steps of generating ideas, exploring which one would be best, considering feelings and planning for the possibility that your first solution might not work.

Use stories, puppets, drawing and role play so that children can learn this skill and practice it over and over, enabling them to refine and perfect their problem solving abilities.

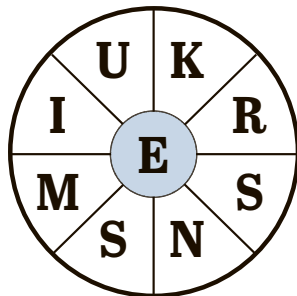
This article was contributed by a member of Parenting Limerick. Parenting Limerick is a network of parenting and family support organisations. For more information on this and other topics go to www.loveparenting.ie.

SUDOKU

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

WORDWHEEL

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



How you rate:
20 words, average; 30 words, good;
40 words, very good; 50 or more,
excellent.

DOUBLE CROSSWORD

Cryptic Clues:

Across

- The third month's show of disgruntlement perhaps (7,5)
- It's a beast to turn (5)
- Shed to become lighter (5)
- Presumably the pilot would rather have cream without it (3)
- Is she relatively shy? (9)
- A severe trial or a bargain (6)
- Bird takes article from planet-dweller (6)
- Pursue to the end and succeed on leaving (6,3)
- Some selfish little thing (3)
- Mediterranean island in Africa privately owned (5)
- Make a general concession? (5)
- It certainly helps when the wicked get nothing (3,2,3,4)

Down

- No place for a private secretary! (6,6)
- The girl of the night before (3)
- The autocrat in the party ran things his way (6)
- The helper is an idiot to sit awkwardly by a worker (9)
- The ailment presumably calling for heat treatment (5)
- Suitable place for those game for open-air drama? (7,5)
- Horse finds '7 Across' has a different tail (5)
- He finds resemblances from nostalgia (9)
- What the doctor will do worth looking forward to! (5)
- Looked for sound type (6)
- Part of the jacket measures 50-20-50 (5)
- Copy father getting up early initially (3)

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

Quick Clues:

Across

- Submission (12)
- Bit (5)
- Clear (5)
- Look at (3)
- Unremembered (9)
- Make certain (6)
- Blight (6)
- Privacy (9)
- Melody (3)
- Musical drama (5)
- Dye (5)
- Impervious (12)

Down

- Fear (12)
- Fury (3)
- Clippers (6)
- Bang (9)
- Map (5)
- Irrefutable (12)
- Squeeze (5)
- Lucky (9)
- Cover (5)
- Heavenly (6)
- Best part (5)
- Ban (3)

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

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

CODEWORD

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

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

LAST WEEK'S SOLUTIONS

DOUBLE CROSSWORD:
Cryptic: Across: 4 Lash out; 8 Elope; 9 Minimum; 10 Geyser; 11 Aneled; 12 Transept; 18 Abdicate; 20 Give up; 21 Snores; 22 Elastic; 23 Grocer; 24 Seepage.
Down: 1 Weights; 2 Holy war; 3 Sewers; 5 Agitated; 6 Heifer; 7 Usurer; 13 Elapsing; 14 Barrack; 15 Measure; 16 Gillie; 17 Lets up; 19 Ignore.

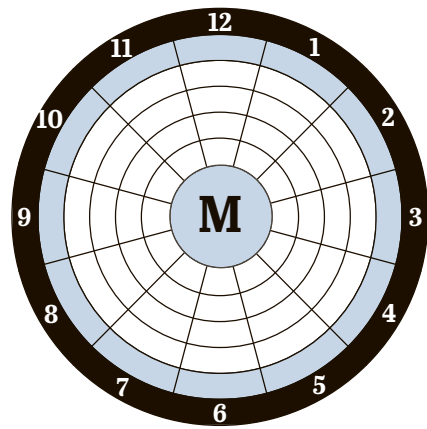
Quick: Across: 4 Respite; 8 Edible; 9 Skilled; 10 Repeal; 11 Nettle; 12 Intrepid; 18 Overturn; 20 Decent; 21 Handle; 22 Capital; 23 Flanks; 24 Rejects.
Down: 1 Refrain; 2 Dispute; 3 Please; 5 Enkindle; 6 Polite; 7 Treble; 13 Protract; 14 Burdens; 15 Incense; 16 Decade; 17 Device; 19 Really.

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

WORD WHEEL:
ASSUAGING.

CLOCKWORD

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



- Confusion
- Glowing
- Beat
- Soft mineral
- Weak
- Incendiary substance
- Discarded cargo
- In flower
- Improve
- Prey
- Tell
- Brook

KAKURO

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

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

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

				7		9				5		26	
			12						7				
			25						23				
		12					13						7
15						5					6		
	12					7					13		
				24		20					8		
		8					20						
							19						
				28									
			20										
		27											
10									28			22	7
						12					10		
14						9					10		
		4								15			
		8								15			

SPLIT DECISION

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

L	A	R	K	E
B	O	O	G	S
E		E		S
L		A		H
A	R	A	P	E
T	U	I	S	S
X		V		D
M		S		F
S	O	E	T	S
D	E	A	M	D

SUDOKU

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

LAST WEEK'S SOLUTIONS

CLOCKWORD:
1 Inmate, 2 Attire, 3 Notice, 4 Mousse, 5 Canine, 6 Cheese, 7 Urbane, 8 Lustre, 9 Little, 10 Ornate, 11 Cheque, 12 Humble.

CELEBRITY: Ian McCulloch.

NINER:
MENDACITY.

SUDOKU:

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

KAKURO:

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

SPLIT DECISION:

R	A	T	E	S
O		H		O
B	R	O	W	N
E		S		G
S	E	E	D	S

NINER

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

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

THE CLUES:

- 357458 gives a snake;
591237 gives a rodent;
6113 gives a bird.



AGNIESZKA'S AESTHETICS

AGNIESZKA ORŁOWSKA



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



Deck the halls this Christmas: Elena Galinovska, Aoife McGarry, Renaissance Skin Products; Agnieszka Orłowska, Dr Rinat Sitanovich, plastic surgeon and Sile Lorigan, skin therapist at Purebeau Aesthetic Clinic PICTURE: ADRIAN BUTLER

What about a beauty voucher for Christmas?

IT'S that time of year again and choosing the right gift for our loved ones can sometimes be difficult. Ideally we would give inspired and thoughtful presents to our nearest and dearest but

unfortunately it seldom works out like that.

This is why gift vouchers were invented - a recent survey showed that over 70 percent of people who received a gift voucher favoured this over a standard

present.

The reason is that people prefer to choose their own gifts.

A Christmas gift in the form of a beauty voucher is a great solution for the late shoppers or those who don't

have time to walk around the shops in search of gifts.

A beauty voucher can cover many areas such as a spa, facials, manicures etc... and is a great gift not only for women but also men.

These type of gifts are increasingly being bought by women for their partners.

People can sometimes feel they might offend their loved ones if they get them a beauty voucher. I have experience where customers enquire about purchasing a voucher as a present but are concerned it might upset the recipient. The answer is the voucher doesn't have to be specific to any treatment. You might as well choose a voucher for a given amount

and let them choose what they would like. People like to come in and chat about what treatments are available and generally speaking they tend to top up their voucher.

Spa vouchers are very popular. They are a modern, sophisticated and original gift that have many unique features. Most importantly, they can offer great variety (if we are aren't quite sure what preference our loved ones might like). They can include any SPA treatment or even a package of treatments. They can be for the individual or a couple. It is enough to buy a valuable voucher for a certain amount, affordable to us, in order to give the

other person a chance to make a choice. The beautiful setting of the gift also increases its value making it luxurious, tasteful and more charming.

A gift voucher can be a form of offering unusual and unforgettable experiences, making its real value difficult to estimate. This form of gift has the possibility to be remembered longer than a traditional gift.

**Recently new laws relating to gift vouchers have been enforced under The Consumer Protection Act 2019. Among the changes is a gift voucher cannot have an expiry date less than 5 years from the date it was purchased.*



STYLE & FASHION

CELIA HOLMAN LEE

CONTACT CELIA

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

'Tis the season for Christmas parties

IT was lights, camera, action when boutiques from Newcastle West and the surrounding area took part in a spectacular gala fashion show in the Longcourt Hotel.

There was a great range of looks in daywear, evening wear and occasional wear. This season's most coveted party separates came by way of super cool looks in coats, knitwear, trousers and of course dresses which will certainly take you from desk to dancing.

There were lots of trousers on the catwalk. The trousers were both polished and effortless and could be teamed with either knitwear or a festive top.

Undoubtedly the look of the night both on and off the catwalk was the sequin dress and sequin top. The men's fashions on the night could be described as colourful, visionary and certainly on trend.

There were lots of Christmas accessories including bags, faux fur wraps, hats and jewellery.

So don't forget the great shopping boutiques in the county this Christmas!



This outfit from Annette's boutique in Adare oozes class



This glitzy gold wrap-around dress from the G Boutique is a festive winner!



No girl's wardrobe is complete without some sparkles and this little number from Ela Maria in Newcastle West will have you covered for the Christmas and New Year's party season



This electric blue ensemble from Virgo Boutique was a winner on the catwalk



I always think stripes can look so sophisticated and this outfit from Joanne's would be a gorgeous choice for Christmas day!

CELIA SPOTTED

Looking good out and about in Limerick

Name: Leah Moore Hogan
Occupation: Apprentice hairdresser at Marbles on Cruises Street
From: Caherdavin

Working in the hairdressing industry there is a huge emphasis on keeping up with the latest fashion and trends! Also working in the city centre gives me access to all the shops in town. My biggest influence would have to be Ellie Kelly as she's down-to-earth and keeps her style super affordable and also Rosie Connolly. As a mother-of-two she still takes the time out to stay stylish!

LEAH SAYS

Top: Stradivarius polo necks have to be my favourite for this time of year because they're so cosy but stylish at the same time.

Trousers: My leather trousers are from Penneys. I love these because they're super affordable and they can be for day or night wear depending on how you style them

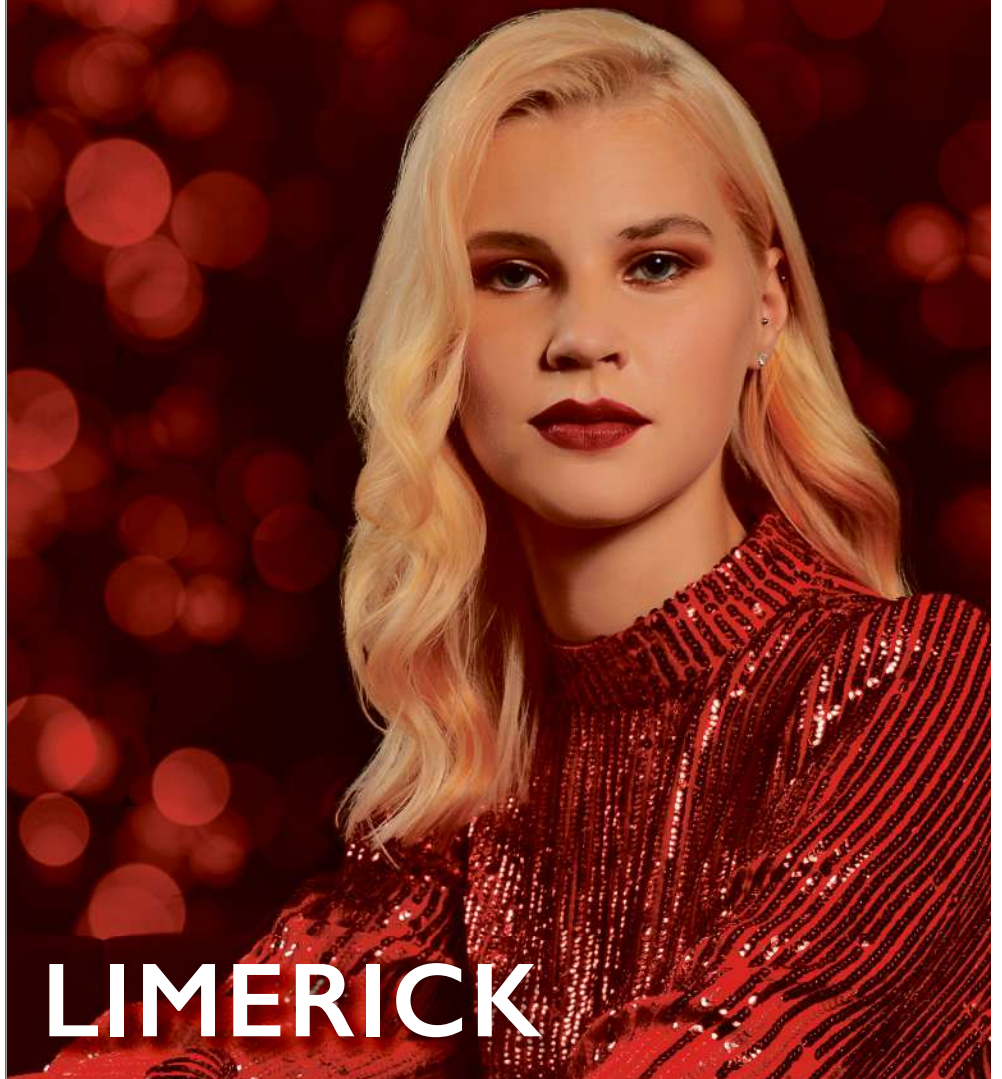
Shoes: My Converse shoes from Schuh should be a staple piece in every wardrobe. They are definitely comfy for the type of work I do.

Jewellery: My jewellery is from Penneys. I always have to finish a look with a little gold!



HUGH CAMPBELL
HAIR GROUP

MERRY
Christmas



LIMERICK

Book your
christmas appointment

cats arthurs quay 061 318777

marbles castletroy 061 331633

melo yelo shannon st 061 314553

colour zone cruises st 061 410955

marbles Hair & Beauty cruises st 061 410955

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

www.hughcampbellhairgroup.com





MANABOUTTOWN

PATRICK McLOUGHNEY

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A men's fragrance gift guide

OVER the last couple of weeks, I gave you all some Christmas gift ideas for the men in your lives and for the most part, it was warmly received. One point that I made however, did attract quite a bit of negative feedback from some female readers.

The offending line is as follows... "People often fall into the trap of buying a man the aftershave they like the smell of, rather than thinking of what the guy likes himself. Don't do this lest you want it gathering dust in his bathroom cabinet, or worse – regifted".

A fair comment, or so I thought! One reader wrote: "no way am I buying him the aftershave he likes, it's rotten and I'm the one who has to smell him". Another wrote: "my husband hasn't a clue so his deodorant and aftershave have to be approved by me" and another wrote "my boyfriend knows nothing about fashion so he wants my help picking clothes and aftershave". You get the idea.

Every man wants to smell nice. The problem is, "nice" is the most subjective idea in the English language. One person's oud is another's sweaty socks. But all is not lost. I'll grant you that some guys are still wearing the deodorant gift set they got from their granny at age 14, and others are wearing so much cologne that they could knock out a baby elephant so there are guys who need help. Christmas is the perfect opportunity to pick up a fantastic fragrance for a man, so to help everybody out, I've put together a Christmas gift guide of the best fragrances and colognes for men.

Yves Saint Laurent Y

YSL Y was launched in 2017 and takes inspiration the iconic Yves Saint Laurent white t-shirt and black jacket. Y represents a balance between freshness and strength. Like a crisp white t-shirt, notes of bergamot, sage and ginger offer a sharp juicy freshness to challenge convention and exceed expectations. At its base, soft notes of balsam fir, cedarwood and marine ambergris embody the subtle power of a tailored black jacket that is distinguished, chic and powerful. Y by Yves Saint Laurent is an authentic, masculine and bold creation that I can't get enough of. RRP €88.

Ralph Lauren Polo Red Rush

A new interpretation of the long-celebrated Polo Red scent,



Every man wants to smell nice. The problem is, "nice" is the most subjective idea in the English language

Polo Red Rush is designed to energize with an instant infusion of freshness driven by red mandarin. A blast of fresh mint elevates the scent to a new level of intensity. A bold surge of red coffee, fine-tuned with cedarwood, finishes this refined fragrance. Polo Red Rush is a playful, casual scent that is more versatile than the other Reds and works well for any occasion. RRP €62.

Acqua Di Parma Colonia Pura

Colonia Pura is appealingly fresh, sensual, smells good on men of all ages, and is undoubtedly a celebration of Acqua di Parma's age-old tradition of sophisticated perfume production. Just like the original Colonia, Colonia Pura captures the culture, joy and warmth of the Italian way of life in a bottle. It's a floral woody musk, it's top notes are orange and bergamot, the middle notes are coriander, jasmine sambac and narcissus and the base notes are white musk, cedar and patchouli. RRP €110.

Spirit Of The Brave by Diesel

Diesel Spirit Of The Brave is the

latest flanker of the line's first edition Only The Brave, launched in 2009. The fragrance arrives in a

bottle of the same shape as the previous editions, in the shape of a squeezed fist, this time in lacquered black with details in gold. The fist symbolizes strength, self-confidence and bravery. The fragrance composition is based on a fresh and green start of bergamot and galbanum, followed by aromatic-woody shades of cypress and fir, drowned in a resinous-almondy blend of labdanum and tonka in the base notes. RRP €54.

Boss Bottled Infinite by Hugo Boss

Boss Bottled Infinite describes itself as an energizing and sensual perfume that combines the freshness of citrus notes and the intensity of aromatic, woody notes. It has an aroma highlighted by a bouquet of fragrant green, woody and herbal scented tones that will bring a natural, stimulating and uplifting perfumed sensation. Examining it closer once applied you will notice a lingering quality of softer fragranced aromatic, sweet and warm spicy hints that hide an essence of soft, fresh and exotic feelings. Plus, the face of the marketing campaign is Chris Hemsworth so if it's good enough for Thor... RRP €62.

Mont Blanc Explorer

Montblanc Explorer is described as an irresistible call to adventure. It opens with a lot of Orpur bergamot and pink pepper. What the pink pepper does is to provide a herbal contrast to the sparkle of the bergamot making for

a tart green top accord. The green is intensified with the Orpur vetiver along with sage in the heart. The base is woody ambrox and the altered version of patchouli that is akigalawood. This is perfect for guys who are looking for an office-ready fragrance that will turn heads for the right reasons. RRP €62.

Spicebomb Night Vision

A new version of the iconic masculine scent Spicebomb (launched in 2012), Spicebomb Night Vision features an oriental-fougere composition created by Firmenich perfumers Nathalie Lorson and Pierre Negrin. It includes top notes of green cardamom, green mandarin, grapefruit, and Granny Smith apple. The heart notes are black chilli, black pepper, clove, nutmeg, sage, and geranium. The base notes are roasted almonds, tonka bean absolute, and woody notes. RRP €85.

Giorgio Armani Acqua di Gio

There is no doubt that the original Acqua di Gio is one of the all-time great men's fragrances. Inspired by the fresh sea, warm sun and the richness of the earth, this aquatic, aromatic fragrance opens with a splash of fresh calabrian bergamot, neroli and green tangerine. Light, aquatic nuances mix with jasmine petal, crisp rock rose, rosemary, fruity persimmon and warm Indonesian patchouli to create a masculine scent that is both fresh and sensual. Natural and authentic, it is the perfect fragrance gift. RRP €84.

Tommy For Men by Tommy Hilfiger

For someone masculine, fresh and affordable, Tommy For Men cologne is an excellent choice. Tommy take an original approach to freshness with a blend of tangy citrus accords and cool herbal notes, evoking the invigorating purity of fresh air and rain. RRP €30.

Creed Aventus

The GOAT of men's fragrances. The one you'll buy if you really really love him. An exceptional fragrance, full of energy and dynamism – Creed has top notes of pineapple, blackcurrant, apple and bergamot.

The heart notes are a deep, heady combination of peppery rose, birch, jasmine and patchouli. It's base is oakmoss, ambergris and a light dusting of vanilla to add the finishing touch of masculinity. RRP €300.

And Finally...

Most Stylish Man of 2019

As some of you might already have seen or heard, last week I was crowned the 'Most Stylish Man of 2019' at the Hi Style Awards. I'd just like to say thank you for all the lovely messages and well wishes I've received since winning and for all the support I receive from readers whenever I meet them in the street or on a night out. It means a lot to hear that people appreciate what you do and while it's lovely to pick up awards and acknowledgements, your continued support means so much more. Thank you from the bottom of my heart.





A CUT ABOVE

CYRIL MORGAN

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Christmas at Cyril Morgan Hair

CHRISTMAS is fast approaching! Can you believe it? We're so excited to be celebrating our first Christmas in Cyril Morgan Hair, and we would like to wish all of our amazing clients a very happy Christmas! We look forward to welcoming old and new clients to the salon in the New Year!

Christmas is definitely one of my favourite times of the year. Everyone is in such good form, and you can feel the buzz around town and the fever building as the big day approaches. But of course, preparation is key. Many of you are probably already finding you are busy running around getting the house ready, buying the presents, visiting relatives; the list goes on! It's hard to find time for yourself at this time of year, but don't fear, we have you covered! Take a break for yourself and come to the salon for some 'me-time'. We have the prosecco flowing and the Baileys coffees and mince pies readily available! My one word of advice would be to make sure to allow yourself adequate time in the salon to allow yourself to enjoy and relax and get away from the hustle and bustle for a few hours.

Another thing I love about this time of the year is the Christmas parties! Luckily for me, I don't have to worry about my hair for these events, but for my clients, it's a different story. For party hair appointments I would always recommend booking in as soon as possible, as it is a hectic time of the year. If you come in with a picture of your outfit, your stylist will give you advice on what style will complement your look. If you are planning on wearing your hair up, my top tip is to ensure washing your



The staff at Cyril Morgan Hair getting ready for a busy holiday season

hair the night before, as day-old hair is better for creating glam updos. The most popular party looks this season are deep side partings, messy wrapped ponytails with an added accessory such as a bow, beautiful waves and of course a classic cut and colour, which we specialise in!

This Christmas, you can also pick up your gifts in the salon. We have some gorgeous Redken and Moroccan oil gift sets available, as well as a selection of flat irons and curling tongs. However, we also know how hair products can be a very personal choice, so we are offering bespoke product sets for Christmas, where you can choose your loved one's favourite products, and we'll make up a custom-made gift set for them. And last but not least, we have our Cyril Morgan Hair Gift Cards. Personally, I think our gift cards are the gift that keeps on giving. When the Christmas festivities have died down, it's such a lovely treat to be able to come in and get your hair done and feel fabulous going into the new year.

We are so delighted to announce that our chosen Christmas charity this year is Limerick Autism Group. The charity provides socially inclusive activities for people with autism and their families. These activities include autism-specific camps, weekly movement groups and psychotherapy counselling. The organisation is entirely voluntary and currently provides activities to over 250 families and receive no state funding. They depend on the generosity of the public and corporate donations. To raise funds for the charity, we are holding a raffle in the salon with a fantastic hamper full of luxury products up for grabs. Tickets are available now at the salon reception and thank you in advance for giving what you can to this worthwhile cause. For more information on Limerick Autism Group, please visit www.lag.ie

To make your Christmas hair appointment, please call us on 061-315 750 or book online at www.cyrilmorgan.ie

Meet My Team

Alanna Rigney

Alanna is the newest addition to the Cyril Morgan Team, and it's safe to say she settled in amazingly! Alanna is an absolute wiz at styling and up-styling and is always bringing some fun and enthusiasm to the salon floor

Favourite Thing About Being a Hairdresser

"I love styling hair and creating up-styles for clients going on a night out or to a formal occasion."

Top Hair Tip

"Always use a heat protection product before using straighteners or curling tongs to prevent hair damage."

Favourite Product

"My favourite product is Moroccan Oil Texture Spray. It creates an amazing, textured look, without feeling sticky and allows hair to move."



The Cyril Morgan Hair gift card is the perfect stocking filler this Christmas



I ♥ LIMERICK

RICHARD LYNCH

FOLLOW RICHARD

Facebook: Richard Lynch
Twitter: @richanthon

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



Help Will raise funds for gender affirmation surgery

TRANSGENDER man, Will Keohane who is from Castletroy has reached out to the public for help in a bid to raise enough funds to go to Toronto for gender affirmation surgery.

Will who is a student at the University of Limerick announced his true identity to family over 18 months ago and has been actively transitioning for the past year.

Due to the long waiting periods and systematic barriers in Ireland's health care system, Will has received much of his care to date in the UK but in order to take the next steps in his journey, he will need to go further afield.

Since, unlike so many other trans Irish, going to Poland alone isn't an option for Will, he has no choice but to go to family and friends in Toronto where he can receive the surgery he needs.

The cost of top surgery in Canada, including flights, is over €10,000 so Will has set up a Go Fund Me page in the hopes you might be interested in helping his cause. So far over 150 people have donated and Will has raised €4,000.



Coming out has been the hardest thing I've ever faced

This has not been any easy experience for Will. "Coming out has been the hardest thing I've ever faced. There were many times over the last year where I did not think I could do this. I considered, several times, giving up; going back to feeling uncomfortable every time someone called my name, every time I entered a bathroom, every time I spoke. But I did it. And I'm doing it. And wow, it is terrifying. And amazing," Will tells me.

Speaking of the donations to date, Will says: "I cannot believe it. The outpouring of support from people in Limerick has been incredible. I am so proud to call this city my hometown."

Please consider sharing or donating to help someone from our city who needs your support:
www.gofundme.com/f/willo39s-top-surgery-fund.



Will pictured at the University of Limerick PICTURE: KATE DEVANEY/ILOVELIMERICK

Exploring art and identity with the Three Muses

AN INNOVATIVE arts programme for primary schools has been launched bringing together three Limerick cultural institutions: The Hunt Museum, Limerick City Gallery of Art and Limerick Museum.

Pupils from schools across Limerick will discover the three collections through workshops and activities,

developing their confidence and understanding in visual art, while exploring the theme of identity across the collections.

The programme also includes one-off events such as children-led tours of the collections, training sessions for teachers and a summer showcase.

It is extremely important that young people feel

welcomed into these institutions and learn to appreciate the wonderful art and displays within their walls.

There will be a small fee per pupil to cover delivery costs. Primary schools can book for Spring and Summer terms 2020 by contacting The Hunt Museum on 061 490081 or bookings@huntmuseum.com.



The 'Three Muses' programme was launched at the Hunt Museum

PICTURE: BRUNA VAZ MATTOS/ILOVELIMERICK

THINGS I ♥ THIS WEEK

INAUGURAL DOLORES O'RIORDAN MUSIC

Emma lands first-ever Dolores music bursary

LIMERICK

singer-songwriter Emma Langford has become the first Limerick musician to be awarded the inaugural Dolores O'Riordan Music Bursary, receiving €4,000.

The bursary was launched this year after being set up by Dolores' family, with help from Limerick City and County Council.

The winner is picked out of numerous applicants and the award aims to help Limerick musicians with their career, such as producing music videos, recording, publicity and more.

Emma Langford is a folk singer from Caherdavin, who launched her career back in 2016 and since then, has risen to international recognition, appearing at the Snug Stage at Milwaukee Irish Fest back in August.

Emma commented on the award, saying, "I still don't really know what to say, except that I'm grateful and really humbled to be the first recipient of this award which will help me to finish work on my second album and start working toward my next one."

The award will be put towards funding her second album, which is due for release next year, along with



Emma Langford

PICTURE: KELLYN BOWLER

contributing to costs for her upcoming music video and support the writing for the next record. Emma released her first album, 'The Quiet Giant', back in 2017.

Two other bursaries were also announced, both in the area of film and both worth €8,000.

Crude Media has been awarded one of the bursaries to make their short film 'Imbas Forosnai', directed by Shane Serrano and featuring local spoken word artist Shane Davis.

Award-winning freelance filmmaker Grace Quilligan has also been awarded to help fund her film 'In Memoriam'. See www.emmalangfordmusic.com



Pictured at the new garden centre are Jose Wanderley, Angela Gleeson, and Coilin Fisher, Enable Ireland

PICTURE: KATE DEVANEY/ILOVELIMERICK

Enable Ireland Garden Centre

Enable Ireland has recently opened a brand-new Garden & Gift Store on Honan's Quay in Limerick City, next to their existing Enable Ireland charity shop.

The site was previously owned by Roches Stores but has been vacant for 13 years, leaving it in bad condition. However, due to the generosity and help of locals, the site is now decorated with beautiful flower beds and purple fences.

Pat McDonnell Paints supplied the paint for the fences and railings, along

with the raised flower beds. Creative Design Limerick provided the centre with stone for the raised flower beds, while Provincial Floor Coverings Limited gave the centre grass. On top of this, Lemonfield pottery power-washed the site, and chemically cleaned a previously unused green shed.

The new Garden Centre is in a wide, open area with also space for parking. The centre provides nice garden goods, homeware, gifts, and even Christmas Trees!

The Enable Ireland shop is located

right beside the centre and accepts donations of unwanted items to be resold or recycled. They love to receive donations of clean clothing, shoes and accessories, ornaments, towels and linen, crockery, cutlery and glassware, collectibles and antiques, DVDs and mobile phones.

Coilin Fisher, Supply Chain Manager of Enable Ireland, said, "We are delighted to be opened. It was a real derelict site when we took it over, but we couldn't be happier with the outcome".

TOURISM INITIATIVE

Wild Atlantic Way gateway launched

At a recent meeting at The Savoy Hotel between Failte Ireland, Limerick City and County Council and the wider members of the Limerick tourism industry, Limerick was identified as a Wild Atlantic Way Gateway.

Limerick City was chosen as one of two pilot towns/cities to test the Wild Atlantic Way Gateway concept alongside Killarney over a three-year period. The Limerick Wild Atlantic Way Gateway Strategy will be finalised later this year, with recommendations and actions for local industry from 2020 - 2022.

This is a huge opportunity for Limerick to realise its full tourism potential and position itself as a vibrant, must-see destination. With its close proximity to the Wild



Members of Limerick City and County Council and the Limerick tourism industry pictured at the Savoy Hotel

Atlantic Way route and a wealth of world-class attractions, built heritage and amazing food

experiences, Limerick has so much to offer visitors and is the perfect base for touring the region.

HEROES OF THE WEEK

The Hayes Family

THE Hayes family from Shanagolden are brightening up Christmas this year with 200,000 lights at their home.

The display, which started in 1997 has grown to become one of the largest displays of Christmas lights in Limerick. The display, which is made up of LED lights includes pieces such as Santa's Sleigh, complete with its own runway, a carousel, a hot air balloon, and a car that features 7,500 individual lights.

Cormac Hayes operates the spectacle and the lights are a family tradition, with Cormac's late father doing a similar event back in the 2000s. Money raised is donated to the Milford Hospital and the Children's Ark at the University Hospital Limerick. The



Cormac Hayes and his mam Mary PICTURE: MARIE KEATING

charities are linked to Cormac who tells me: "My dad had a connection with Milford, and my little brother passed away at the Children's

Ark Unit."

Well done to the Hayes family and I hope you all have a lovely Christmas.



LOUISE LOVES

LOUISE CANTILLON

CONTACT LOUISE

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



Rogha na Seachtaine

TO DO:

Limerick on Ice

RETURNING to Arthurs Quay Park this December! Get

your skates on and enjoy some festive fun with family and friends. Tickets reservations and rates @limerickonice.com



TO LISTEN:

Track of the week

ROFI James - Love Shot: The fifth independent release from the Galway pop/rock group - Ronan Flaherty, Jamie Murray, Joseph Flaherty and Derek EllardAKA "Rofi James" have been gathering a strong following in the West of Ireland and further afield after the success of debut singles 'Fool For Your Love', 'Open Eyes' (with Best Single nominations) and follow up singles 'Reason' and 'I Tried'. Give them a stream this week!

TO SEE:

Wild Youth - Live at the Big Top

FRIDAY, December 6: Continuing on from the massive success of Wild Youth's EP 'The Last Goodbye', which debuted at #5 in the Irish Albums Charts, the Dublin pop-rock superstars have recently shared the stage with the likes of Mumford & Sons and Dermot Kennedy at this year's Malahide Castle, and Clean Bandit and Jax Jones at Sea Sessions. Don't miss them rock out in Limerick City!

My December Resolutions

JANUARY marks the start of a new decade - 2020 is a fresh start and a new beginning in many ways! However, in the hustle and bustle of the festive season we often forget to acknowledge December as a new month and a new opportunity to better ourselves.

The festive season can consume us and often sees us prioritising materialistic things. This December, I am making five small conscious attempts to give back. Here is what I am going to do:

Shop sustainably

As a lover of all things fashion, this area is often my downfall; I love the thrill of having new glam for festive nights out! This Christmas I am making sustainable choices shopping second hand and thrift shopping in vintage stores! In a world of fast fashion and climate crisis this is the very least we can do. Also - nothing beats the satisfaction of finding a gem at a fraction of its original price.

Support Local

Every €10 spent locally on Irish products generates more than €40 of benefit to the local community in terms of employment! While online shopping is a resource for many buyers, the importance of quality, traceability and value-for-money of Irish products should be remembered. Supporting local businesses means you are supporting the 'home-grown' team and helping to keep the local economy moving!

Recycle

Ireland is expected to generate 83,000 tonnes of packaging waste this Christmas that is equivalent to the combined packaging waste of 176,000 people or the volumes of packaging waste both Galway and Limerick cities would produce in a



Shop local: Every €10 spent locally on Irish products generates more than €40 of benefit to the local community in terms of employment!

year. (Repak.ie) Be the change this Christmas and make a conscious effort to avoid unnecessary landfill. Recycle all rubbish where possible from cardboard, to plastic to electrical items - see a comprehensive list of recycling guidelines on @repak.ie.

Make a charitable donation

Everyday in Ireland there are thousands of people working hard for those less fortunate, often their

services are a lifeline at Christmas time. From the shoebox campaign to giving blood, or donating old clothes/ toys to charity - every little helps this Christmas.

Make time to talk!

Christmas can be lonely for those who have lost a loved one or who are going through the breakdown of a relationship. People often feel isolated during the most hyped time of the year! Social media portraits a

curated version of "the most wonderful time of the year" however, more often than not this is only an illusion of perfection. Reach out to friends, family and loved ones this Christmas and arrange a date for a phone free catch up - the art of conversation a force to be reckoned with. If you're feeling lonely talk to someone here are some useful links; reachout.com; jigsaw.ie; spunout.ie; childline.ie. Contact the Samaritans at 061 412 111.

Christmas Racing Returns!

A day at the races has fast become a festive tradition in the Irish sporting calendar.

What better excuse to don the new Christmas clobber and head out with friends.

The Mr Binman Christmas Racing Festival, takes place at Limerick Racecourse, Patrickswell from

December 26-29.

The annual festival attracts punters from all over Ireland. Stephen's Day racing is always a treat, I highly recommend you schedule a visit to Greenmount Park for excellent racing action and plenty of entertainment off track this Christmas!

Festive highlights include Sunway Holidays

Festive Most Stylish competition and Family Fun Day featuring a host of free entertainment for young and old. An added bonus is the complimentary bus service available to punters operating to and from Limerick city centre throughout the festival. More info @limerickraces.ie





Jane Earley, Eimear Shinners, Kiara Quane and Margaret McDonnell, Skin 26



Attending the Thanksgiving event at Skin 26, Catherine Street, were Denise O' Malley, city centre and Cait Earley, owner

Out & About

THANKSGIVING EVENT AT SKIN 26, CATHERINE STREET

Pictures: GARETH WILLIAMS



Joan Harris McComiskey, Rhebogoe and Stephanie Enright, Woodlawn at the event



Jane Earley and Kiara Quane, Skin 26



Catherine, Cait and Jane Earley, Skin 26



Veronica Benn and Lillian Gibbs, Gretta Gibbs



Trish O' Halloran, Sixmilebridge, Elaine Shanahan and Catherine Alfred



Margaret McDonnell, Skin 26, and Sarah Keane, Meelick



Alison and Paul Ryan, Kilbane

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PUBLIC SECTOR

PIPE FITTERS, Welders & Construction workers wanted for Limerick City. All certs have to be up to date, fire watching course is a must for Construction workers Send your CV to tim@hamiltonfrench.com or tel Tim 087 1650527

CARS FOR SALE

2013 MERCEDES E220
CDI, SE Auto, 44k mls, white with black leather, 15 month warranty, €17,950. Tel: 086 0237611

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SEASONED FIREWOOD
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APT TO let in Charleville town & room to let in separate apt. 086 9373169

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CANNOT GET FINANCE NEED TRANSPORT Why not lease Car (Automatic & Manual Available) & Van for as little as €65 per week. 086 9373169

ACCOMMODATION

TWO ROOMS to let in 3 bed semi in Raheen. 089 2453211

Richmond R.F.C.

Development Fund Weekly Lotto

This weeks lucky numbers 8-9-18-20
Jackpot €4,600

Date: 28th November 2019

4 x Lucky Dip @ 25 each: John Quinn c/o club; F. Sheehan c/o G. O'Driscoll; B. Flanagan c/o J. Hinchy; Dylan Murphy c/o club

Next weeks Jackpot: €4,700
Next draw held 5th December 19

ST. MARY'S R.F.C.

Lotto Draw held Monday 2nd December 2019
Winning Numbers: 4-6-20-22
No Jackpot Winner
Lucky Dips: MayLinda Ryan c/o C Mullins; John Guerin c/o M Ryan; Paul McGrath c/o M Ryan; Maeve Kerley c/o T. Kerley

Jackpot €12,550
Next draw held Katie Daly's Bar
Voucher Winners: Dolores McNamara c/o E Sheehan; M. Portley c/o Portleys; Evan Mulcahy c/o Rashers

GERALDINES A.F.C.

WEEKLY LOTTO DRAW HELD ON 02/12/19

This Week's Jackpot: €3,800
Numbers: 7-8-14-20

Lucky Dips: Conor/Grace c/o Chris Massey; Christy Lyons c/o Mike Ryan; Ken Murphy c/o Square Bar; Greta Dean c/o Dave Connolly

Promoters Prizes: Mike Ryan & Maggie O'Donnell

Next Week's Jackpot: €3,900
Next Draw: 09/12/19

PLANNING NOTICES

APPLICATION TO PLANNING AUTHORITY

Limerick City and County Council: We, MyMedical Urgent Care Centre Limited intend to apply to Limerick City & County Council for planning permission for a change of use of existing retail premises (formerly know as Ivan's Shop) to new use as Health & Wellbeing Centre with minor injuries / illness clinic at junction of Ennis Road / Clonmacken Road, Caherdavin (Eircode: V94 AW64). The planning application may be inspected or purchased at a fee not exceeding the reasonable cost of making a copy, at the offices of the Planning Authority, Limerick City & County Council Offices, Dooradoyle Road, Limerick during its public opening hours and a submission or observation in relation to the application may be made to the Authority in writing on payment of the prescribed fee within the period of 5 weeks beginning on the date of receipt by the Authority of the application.

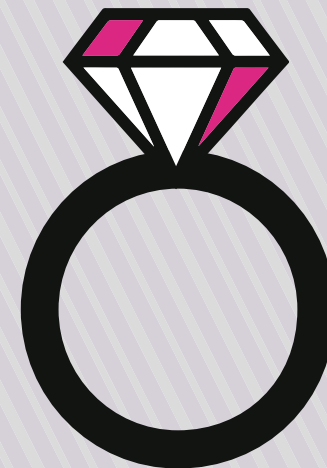
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FAMILY ANNOUNCEMENTS

IN MEMORIAM



† BYRNE

(Eleventh Anniversary)
In loving memory of a dear wife, mother and grandmother Annette Byrne (nee Meehan) late of Carew Park, Limerick whose anniversary occurs on the 7th December. Mass will be offered on Saturday 7th at 7pm in the Holy Family Parish Church, Southill.

I lost my life's companion
 A life liked to my own
 And day by day I think of you
 As I walk through life alone.
 Those left behind are good and kind
 But no one replaces you
All my love your heartbroken husband Pa xxx

Mam
 Time cannot dim the face we loved
 The memory of your smile
 The countless things you did for us
 To make our lives worthwhile
 Now your task is over
 We long to let you know
 How proud we are that you were ours
 Because we loved you so
 You always had a smile to share
 Love to give and time to care
 Always willing, helpful and kind
 What beautiful memories you left behind
All my love, Miriam, Ger and family

I wish I could see you Mam
 On this your special day
 I hold you close within my heart
 There you shall remain
 Until the day comes when we meet again.
 As I think of you on your anniversary
 And tears begin to flow
 How I love and miss you
 No one will ever know
Miss you always, love you forever Kim and Jonathan xxx

If tears could wash away your pain
 We would not feel such hurt again
 The heartbreak felt since you've been gone
 We wouldn't wish on anyone
 But today's your anniversary, so we've got to be brave
 And accept God's taken what He first gave
Remembering you on your anniversary Mam, Patrick and Bid

Another Leaf Has Fallen

Another leaf has fallen,
 another soul has gone.
 But still we have God's promises,
 in every robin's song.
 For he is in His heaven,
 and though He takes away,
 He always leaves to mortals,
 the bright sun's kindly ray.
 He leaves the fragrant blossoms,
 and lovely forest, green.
 And gives us new found comfort,
 when we on Him will lean.

IN MEMORIAM

Mam another year and you're not here
 God knows how I miss you
 I look for you every where
 Tears fall freely from my eyes, a river filled with grief
 The only comfort is that you're free from pain
 And to us, to me, that is such a relief
 I miss our special chats and walking in your door
 I would give the world to see you once more
 I still go to your home but it still hurts
 My eyes search for you, I miss your presence
 Your big big smile and the way you laugh
 No one can ever replace my mother that I have
 I know I will get to hold you close
 When time is right we will meet up above
 We will once more walk together in the light
 It's an image Mam I think of morning, noon, night
 The years we had together were precious but few
 But I continue to love you, as you know I do
 Christmas is coming, our special time of year
 I'll go to you Mam, in my heart held so dear
 Sleep and rest now Mam as you're free from pain
 What I have lost has been Heaven's gain
From your loving son Douglas, Sarah and family

Mom I still see your face before me
 Your voice I long to hear
 I miss and love you dearly
 God knows I wish you were here.
 Tears fall freely from my eyes
 Like a river, filled with grief
 My only comfort now is that
 From pain, you've found relief.
Missing and loving you always Mam, love Pauline, Chris and kids xxx

Every day in some small way
 Memories of you come my way
 Though absent you are always near
 Still missed, still loved and always near
Love you forever Mam, Adrian and KellieAnn xxx

You were so very special and had the nicest ways
 You did your very best in life and never asked for praise.
 Remembering you is easy, I do it every day
 But losing you is the heartache
 That never goes away
 You had a smile for everyone
 You had a heart of gold
 You left the sweetest memories
 This world could ever hold.
Love and miss you more every year mam, love Stephen, Ciara, Stephen and Ellie xxx

Mam
 We think of you always
 We talk about you still
 You have not been forgotten
 And know you never will
 We hold you in our hearts
 And there you shall remain
 To walk with us throughout our lives
 Until we meet again.
Always loved, your son Anthony and Andrea xxx

IN MEMORIAM

Today is our Nana's anniversary
 And memories are so sad
 Of a wonderful Nana
 We loved and wished we still had
Lots of love Nana, Amanda, Gerard, Wayne, Alex, Laura, Amie, Paige, Jack, Shauna, Patrick, Dylan, Tiana, Crystal, Apryl, Ryan, Trudy, Alanah, Lilly, Ruby, Abbigail, C.J., Stephen, Ellie and Emilia, your two great grandchildren Lee-Jay and Rylie xxx

To Annette
 A little tribute small and tender
 To a friend I will always remember
 No matter how I spend my day
 No matter what I do
 Before I close my eyes at night
 I will always think of you
Sadly missed by your best friend Angela

My sister Annette
 November comes with sad regret
 The day, the month, we won't forget
 Silently and sadly came the call
 Without farewell you left us all.
 No matter how life changes,
 No matter what we do
 A special place within our hearts
 Is always kept for you Annette
Sadly missed by Pauline and family and all the Meehans

The Hand of God



*Though today, you walk in sorrow
 You will not be alone.*

*There is One whose loving wisdom
 Is far greater than our own.*

*Put your trusting hand in His,
 As a little child would do
 And He like a loving father
 Will guide and comfort you!*

*Day by day, there will come to you
 New faith, new hope, new light.
 You'll find that stars unseen by day,
 Shine through the darkest night*

*And though your heart is longing,
 For the dear one who's at rest.
 You'll know before the journey's end,
 That God's dear ways are best!*

IN MEMORIAM



† CONSIDINE

(38th Anniversary)
In loving memory of a dear Husband, father, grandfather and great grandfather Michael Considine late of 15 Galvone Road, Kennedy Park, Limerick who died 7th of December 1981. R.I.P.

To my precious husband
 Mere words cannot begin
 To tell you how I feel
 You were the one thing in my life
 I could count on to be real.
 We had our ups and downs
 But whenever we're apart
 I still get an empty feeling
 Deep inside my heart
 We stood the test of time
 We walked the narrow road
 And at the end of every day
 It's you I want to hold.
 I'm proud to be your wife
 I'm proud to be your friend
 And if given the choice
 I'd do it all again.
 I love you.
Sadly missed by your loving wife Phyllis, family and friends xxx

Happy Anniversary to a special Dad
 I hide my tears when I say your name
 But the pain in my heart is still the same
 Although I smile and seem carefree
 There is no one who misses you more than me.
Sadly missed by your loving daughter Lorraine xxx son Noel xxx

Grandad,
 If we could write a story
 It would be the greatest ever told
 Of a kind and loving Grandad
 Who had a heart of gold.
 We could write a million pages
 But still be unable to say
 Just how much we miss you
 And wishing you were here
 We're hurt but won't be sad
 Because you'll send us down the answers
 And you'll always be our Grandad
Sadly missed by your loving granddaughter Savannah, grandson Jamie and great grandchildren McKenzie and Faith xxx

Dad, your memory is precious,
 and never grows old
 It's locked in our hearts in letters of gold.
 Your presence we miss, and memories we treasure
 Loving you always, forgetting you never
Always remembered and sadly missed by your sons John and Donal xxx

There is a lonely feeling in my heart
 An ache I can't explain
 There is a picture of my loving Dad
 Locked in a golden frame.
 Of all the gifts in life
 However great or small
 To have you for my father
 Was the greatest gift of all.
Sadly missed by your loving daughter Cora, son-in-law Pat, grandchildren and great grandchildren.
P.S. Look after little A.J. xxx Happy Christmas xxxxx

IN MEMORIAM



† KEANE

(34th Anniversary)
In loving memory of our dear mother, grandmother and great-grandmother, Teresa (Biddy) Keane, late of 25 St. Munchin's Street, St. Mary's Park, Limerick who was called to Heaven on December 6, 1985. Rest in Peace. Masses offered.

34 years have passed already
 We cannot believe it's true
 We thought about you lots today
 But then we always do
 We wander to your graveside
 And place your flowers with care
 But no one knows the heartache
 As we turn and leave you there
 You went from us so suddenly
 You did not say goodbye
 You left us here behind you
 To grieve and wonder why
 It broke our hearts to lose you
 But you did not go alone
 For part of us went with you
 The day God called you home.
 Our hearts are full of memories
 With pride we speak your name
 Though life goes on without you
 It will never be the same
 There is nothing now but memories
 With sadness through and through
 To where you rest we wander
 It's where we feel most near
 We place flowers around you
 and whisper we are here.
Always remembered and never forgotten by your loving sons, daughters, sons-in-law, daughters-in-law, grandchildren and great grandchildren.



IN MEMORIAM



† O'CONNELL

(Eighth Anniversary)
In loving memory of a dear father, grandfather and great-grandfather Peter (Nuxer) O'Connell, late of 34 Island Rd who passed away the 9th December 2011. R.I.P. Mass offered on Saturday 7th December at 7.30pm in St. Mary's Church.

We think of you in silence Dad
 We often speak your name
 But all that's left are memories and a photo in a frame
 The parting was so sudden Dad
 we often wonder why
 The saddest part of all, you never said goodbye
 Time may hide dad but the sadness is the smile that hides the tears

But precious memories hold you close despite the passing years
 Sometimes when we are sad and lonely and everything goes wrong
 We seem to hear you whisper dad "cheer up and carry on"
 Your life was one of kindly deeds a helping hand for others needs

Sincere and true in heart and mind
 Beautiful memories left behind
 Will those who think of you Dad today

A little prayer to Jesus say
Sadly missed by your son John, daughters Marie Teresa, Andrea and Vanessa, sons in law, daughter in law, grandchildren and great grandchildren

A smile for all, a heart of gold
 One of the best this world could hold
 Never selfish, always kind
 These are the memories you left behind
From your friend Frankie xx

In Memoriam Booking Deadlines

Thurs 19th at 12pm for Mon 23rd

Wednesday 25th NO EDITION

Fri 20th at 12pm for Sat 28th

Mon 23rd at 12pm for Mon 30th

Mon 30th at 12pm for Wed 1st Jan

Mon 30th at 12pm for Sat 4th Jan



IN MEMORIAM



† O'CONNOR
(31st & 14th Anniversaries)

In loving memory of my dearest parents, Patrick and Angela O'Connor late of 11 Bishop Street, Limerick, who died on November 28, 1988 and September 14, 1988 and a dear brother, Donel O'Connor, late of 11 Abbey Lane, Limerick who died on November 17, 2005.

No longer in our lives to share But in my heart you are always there.

In heaven you rest, no worry, no pain;

In God's own home, we will meet again.

Loved and missed everyday. Sadly missed by you loving daughter Pat, grandchildren Joe, Patrick and Yvonne.

IN MEMORIAM



† O'DONNELL

(Sixth Anniversary)

In loving memory of Christopher James O'Donnell, late of 13 Creagh Ave, Kileely, Limerick City whose 6th anniversary occurs 3rd December 2019. Anniversary Mass at 7pm in St. Lelia's Church, Kileely Road, Limerick on Saturday 7th December 2019.

Goodnight, God Bless Without your kind and gentle smile

And sweet familiar face A treasured life is missing And the world's a sadder place You lived your life so graciously You always did your best And now you're with the Angels And it's time for you to rest.

As peace surround you everywhere

In Heavenly skies above Here on earth you're deeply missed

And thought about with love. We see the stars at night time Shining bright and clear

And as we say goodnight, God bless,

We know that you will hear.

Deeply loved and missed by your wife Bernie, sons, daughters, sons-in-law, daughters-in-law, grandchildren, great grandchildren, nieces, nephews, cousins and extended family.

Never more than a thought away You meant so very much to us But nothing we can say Can tell of the love

That is in our hearts today **So sadly missed by your brothers, sisters, brothers-in-law, sisters-in-law, families, cousins and friends in Limerick, Shannon and London**

There is no parting from those we love,

No distance can divide, For today in Memory's garden, We will walk side by side. Each dawning day a thought of him,

At eventide a prayer, In the heart that loved him **Always loved and remembered by The McNamara family and also from his family in Shannon xx**

IN MEMORIAM



† O'DONNELL

(Ninth Anniversary)

In loving memory of a loving son, brother, uncle, nephew and cousin Joseph O'Donnell, late of 49 St. Ita Street, St. Mary's Park, Limerick. Mass offered in St. Mary's Church on Saturday 7th December at 7:30pm.

Our son Joseph It has been 9 years Joe Since you were taken from us son

9 years of deep regret A sons love is special, a gift beyond compare

You only know the meaning when he is no longer there

A special time, a special face, a special son we can not replace

With an aching heart we whispered low

We love you Joe and miss you so

A date that is filled with sadness, returns to us today

To mark that day you left us in such a sad way

In thoughts we see you just the same

With love and pride we speak your name

Sunshine passes, shadows fall But love and memories outlast them all

Our lives go on son, but things are not the same

It's hard to hide the sadness when someone speaks your name

No longer in our lives to share But in our hearts you are always there

We miss you so much son, your heartbroken Mom and Dad xxxxxxxx

As kids we fought, we laughed, we cried

We shared our dreams, plans and some secrets too

All the memories we share is what bonds me and you

You are my one and only brother, not by choice

But I could not have chosen a better bro

You were the best **YNWA love and miss you always bro, love Pa and Nic and girls xxxxxx**

My godfather cuz You went away so suddenly

We didn't get to say goodbye But cuz I know you're the brightest star in the sky

I love and miss you loads, love your god-daughter Ailish xxx

Joe If I could write a book

It would be called ..Laughter Because of all the good times we had together

You had a smile for all to see But in my heart your memories are kept xx

Miss you truly, Posh, auntie Annette

Cousin Joe Deep are the memories, precious they stay

No passing of time can take them away

Deeply missed, cousins Maria, Kevin, Denise and families x

IN MEMORIAM

No farewells were spoken We did not say goodbye You were gone before we knew it Only God knows why **From your sister Valerie, Matt and Kids xxx**

Forgive me, Lord, if I still cry I never wanted my brother to die. With a broken heart I whisper low,

I love you, Joe and miss you so. I keep my memories one by one - Things you've said & things you've done;

They bring a smile, often a tear For my older brother I miss so dear.

Lots of love Jen and Tuddy

Mammy tells us stories Of how things used to be - How in every situation Something funny you would see.

Mammy says you're our Guardian Angel

And because we're still small You'll be there to watch over us

Even when we grow tall. **From your nephews Jamie, Calum, Darragh and niece Sarah**

Twinkle twinkle our shining star Up in Heaven is where you are

We miss you so, and always will Until we get to meet you beyond the winds

Love forever and always uncle Joe from Ariel and Melody xxxxxx

Bro, the day you left, the snow fell heavy

But nothing as heavy as my heart Since you had to go, my heart has been left broken

But the memories I treasure dearly

Are in the tears that still flow If only I could have one more chance

To see your face once more Or to hear your voice one final time

Just like it was before No matter how long the time, It feels just like yesterday

When you left this world But now you're free x

Your heartbroken baby sis Donna and Conor xxxxxxxx

Although you have gone We will always be together

And your spirit will live on In each one of us forever

We know you would be here today

If only you were allowed to stay But God had another plan

He said come my child, I need a happy man.

You used to love to sing and dance

Unfortunately you weren't given much chance

Not nearly enough as you really should

But for this world you were much too good.

Another year, another tear Just for you Joe

Love and miss you more and more with each passing year love.

Loved and missed always from your aunty D'ethel and Patrick xxxxx

No longer in our lives to share But in my heart you are always there.

In heaven you rest, no worry, no pain;

In God's own home, we will meet again.

Sadly missed by your cousin Michelle, Ruben and Brian

IN MEMORIAM



† REDDAN

(19th Anniversary)

In loving memory of my dear brother John Reddan, late of 24 Ballynanty Road, Ballynanty, Limerick who died on 5th December 2000. R.I.P

There were no goodbyes when you fell asleep Our memories of you we will always keep

Quietly today your memory is kept

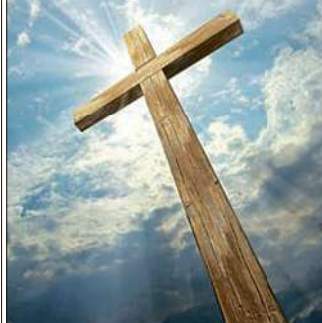
No need for words we will never forget.

Always remembered by his sister Margaret, brother in law Martin and family

THANKSGIVINGS

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

The Hand of God



Though today, you walk in sorrow You will not be alone. There is One whose loving wisdom Is far greater than our own.

Put your trusting hand in His, As a little child would do And He like a loving father Will guide and comfort you!

Day by day, there will come to you New faith, new hope, new light. You'll find that stars unseen by day, Shine through the darkest night

And though your heart is longing, For the dear one who's at rest. You'll know before the journey's end, That God's dear ways are best!

IN MEMORIAM BOOKING DEADLINES

Thurs 19th at 12pm for Mon 23rd

Wed 25th NO EDITION

Fri 20th at 12pm for Sat 28th

Mon 23rd at 12pm for Mon 30th

Mon 30th at 12pm for Wed 1st Jan

Mon 30th at 12pm for Sat 4th Jan

Life is but a stopping place

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.

Another Leaf Has Fallen

Another leaf has fallen, another soul has gone. But still we have God's promises, in every robin's song, For he is in His heaven, and though He takes away, He always leaves to mortals, the bright sun's kindly ray. He leaves the fragrant blossoms, and lovely forest, green. And gives us new found comfort, when we on Him will lean.



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Electric pony show



Ford's first all-electric vehicle the Mustang Mach-E was officially unveiled at the Los Angeles car show

Mustang Mach-E: Ford brings its sporty pony car into the electric age

TRISH WHELAN

www.CarAndTravel.ie

FOR the first time in 55 years, Ford is expanding its Mustang line-up with the all-electric Mustang Mach-E, joining the Mustang sports coupe, convertible and special editions.

Ford expects that the development of its first dedicated all-electric car will counter falling sales of the Mustang and similar sport coupes in the US.

This is a sleek, beautiful SUV

that delivers spirited ride and handling, with state-of-the-art connected vehicle technology.

When it arrives in late 2020, Mustang Mach-E will be available with standard and extended-range battery options with either rear-wheel drive or all-wheel drive powered by permanent magnet motors. Equipped with an extended range battery and rear-wheel drive, Mustang Mach-E will have a pure-electric driving range of up to 600kms (more than 370 miles) according to WLTP. In

extended range all-wheel drive configurations, it is targeting 337hp and 565 Nm of torque.

Ford will also offer a special performance version, Mustang Mach-E GT, aiming for a blistering 0-100km/h time of less than five seconds as well as an estimated 465hp and 830 Nm of torque.

President, Ford of Europe, Stuart Rowley, says, "The Mustang Mach-E is one of the most exciting vehicles Ford has ever produced." It has three drive modes - Whisper, Engage and Unbridled.



The new Mustang Mach E has a huge 15.5-inch touchscreen interface, similar to the panel you'll find in Tesla's electric cars



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For more information or to book a test drive contact:

Limerick Motor Centre

Tipperary Road, Limerick, Co. Limerick

P: 061 417 141 E: info@limerickmotorcentre.ie

Martin O'Mara 086 8517305

Robert O'Mara 087 9926367

Gerry O'Brien 086 2766267

Noel O'Callaghan 087 4119393

Kieran Curtin 087 6302055



¹ The Hyundai 5-Year Unlimited Mileage Warranty applies only to Hyundai vehicles that have been originally sold by an authorised Hyundai dealer to an end-customer, as set out in the terms and conditions of the warranty booklet. Local terms and conditions apply. Contact your official Hyundai dealer for further information. ² 8 Years or 160,000 km warranty on vehicle battery unit. Local terms and conditions apply. Contact your official Hyundai dealer for further information. Models shown for illustrative purposes. Tucson: Co2 183 g/km. Fuel consumption 4.9L per 100 km. KONA-Hybrid: Co2 122g/km. Fuel consumption combined 5.4 l/100km.

SPORT

Leader



CHASING THE BULLSEYE

O'Connor set for 'Ally Pally' test

For more see page 60



Munster's JJ Hanrahan makes a desperate bid to reach the tryline in his side's Heineken Champions Cup Pool 4 fixture with Racing 92 at Thomond Park last month. Munster go head-to-head with champions Saracens in a crucial Heineken Champions Cup Round 3 fixture at Thomond Park this Saturday, 5.30pm

'You have to thrive on the responsibility' - Hanrahan

Rugby: Munster host champs Saracens in crunch European Cup clash

COLM KINSSELLA
ckinsella@limerickleader.ie

MUNSTER out-half JJ Hanrahan insists that is the opportunity to land a match winning drop goal against Saracens mammoth Heineken Champions Cup clash with Saracens arises, he won't shy away from it.

Hanrahan was off target with a drop goal attempt late on in their Champions Cup Pool 4 fixture with Racing 92 last month in an otherwise excellent display from the talented playmaker.

Munster host holders Saracens in the first of two crucial back-to-back fixtures at Thomond Park this Saturday, 5.30pm.

Looking back on that late drop goal attempt against Racing 92, Hanrahan said this

week: "Obviously I was massively disappointed. You can't tiptoe around it. Of course you are disappointed if you get that opportunity as a number ten. That's what you pride yourself on.

"As a younger child growing up you always want those winning opportunities. But the thing about rugby and the thing about life in general if one opportunity is going to hamper for you for the rest of your life then you are going to fail pretty quickly.

"You have got to be able to get back on the horse. I came back in Monday morning and went on to Edinburgh.

"It is obviously a disappointing thing. You get back to training, go through your processes and you start repping it again, the next time an opportunity comes

you don't shy away for it and you go for it again."

Asked if he would do anything differently if he had the occasion back again, the out-half replied: "Kick it over!"

With Ireland out-half Joey Carbery looking set to be sidelined for Munster until the end of the month with an ankle injury and New Zealander Tyler Bleyendaal ruled out for some time with neck stiffness, Hanrahan is set to steer the province through the crucial fixtures with Premiership champions Sarries'.

Asked about the staying relaxed ahead of crucial fixtures like Saturday's Round 3 clash which is set to be a sell-out at Thomond Park, Hanrahan revealed: "I'm usually worse at the start



Munster's Dan Goggin fends Jackson Wray, of Saracens, in last season's Champions Cup

of the week and I get better as the week goes on.

"It's when you don't have a plan you are 'oh, what's going to happen here', then you start to meet with the coaches, sit down with a plan for the week. When you start integrating a plan you start

building confidence from that. Like anything when you look at the bigger picture, it can be overwhelming, but then when you start breaking it down and making a plan you kind of settle in to it.

"Then from Wednesday afternoon on it is really down to individuals getting themselves ready.

"It's horrible when lads get injuries and we don't need that or want that in a squad but yeah the responsibility comes on and I think you have to kinda thrive on that responsibility."

Munster sit joint top of Pool 4 of the Heineken Champions Cup along with Racing 92 on seven points. Saracens, who Munster face at Allianz Park on Saturday, December 14, 3pm, are in third spot on five points.

Cross Country

O'Donoghue competes in Europeans in Portugal

COLM KINSSELLA
ckinsella@limerickleader.ie

LIMERICK athlete Amy O'Donoghue will represent Ireland at the European Cross Country Championships in Portugal this weekend.

O'Donoghue has been named on the Ireland mixed relay team which competes in Lisbon on this Sunday December 8.

Twenty five-year-old O'Donoghue runs for Emerald AC.

The Ireland mixed relay team also includes John Travers (Donore Harriers AC), Luke McCann (Dublin City Harriers AC) and Nadia Power (Dublin City Harriers AC). The event will be televised live on RTE TV.

Amy O'Donoghue represented Ireland in the 1500m at the European Athletics Team Championships First League in August.

The talented athlete finished third in the women's 1500m at the Irish Life Health National Athletics Championships in Morton Stadium earlier that month in a time of 4:32:27.

O'Donoghue was also a member of the Ireland Athletics team which competed in Dynamic New Athletics at the European Games in Minsk.

Meanwhile, Limerick athlete Ciara Neville, also of Emerald AC, won the Inspirational Performance of the Year on Irish Soil award at National Athletics Awards in Dublin last week.



Amy O'Donoghue, of Emerald AC, competes at the European Cross Country Championships

SPORT
SNIPPETS

World title bid

LIMERICK man William O'Connor will begin his glory bid at the PDC World Darts Championship in London in two weeks' time.

Cappamore man O'Connor is due to face Finland's Marko Kantele in the opening round of the 2019/2020 William Hill World Darts Championship at the Alexandra Palace on Monday, December 16.

O'Connor's match is the second one up in that day's evening session which begins at 7pm.

Should he come through that match successfully, 33-year-old O'Connor will be back in action on Thursday, December 19 against back-to-back Grand Slam of Darts champion Gerwyn Price, of Wales, in the second round of the championships.

Double for O'Connor

LIMERICK amateur rider Aine O'Connor notched up the first double of her career at the big two-day Fairyhouse Winter Festival on Saturday.

Talented Askeaton rider O'Connor was again seen to great effect when partnering Demi Plie to success in the mares' handicap chase for trainer Padraig Roche.

Sent off a 10/1 chance, she was well on top when left clear two out and came home a four-length winner from 7/4 favourite Moskovite.

Winner Demi Plie carries the famous green and gold colours of Limerick owner JP McManus.

UL to host
Inclusion Games

THE Mid West Vision Sports Inclusion Games takes place this Thursday December 5 at the University of Limerick (UL) Sports Centre.

Vision Sports Ireland and the National Council for the Blind of Ireland (NCBI) are encouraging children, with or without a vision impairment, to participate in the forthcoming Inclusion Games at UL.

The event will bring able-bodied and vision impaired people together for a day of sport and friendship building, with specific emphasis on people aged under 25.

For further information contact Alex Whelan on 0858500193

U21 football
to conclude
Limerick
GAA season

JEROME O'CONNELL
@JeromeSport

THREE championship titles remain up for grabs as Limerick GAA bids to complete its 2019 club calendar before Christmas.

All three grades in the county U21 football championship are now down to the knockout stages.

In the Premier U21 football championship six clubs are battling for the title.

Both quarter finals are set for Friday December 13.

Champions Newcastle West are still in the hunt to retain their crown - they face 2017 champions Adare in their quarter final in Mick Neville Park in Rathkeale.

In the other quarter final Fr Caseys of Abbeyfeale play Galbally in Kilbreedy.

City sides Monaleen and Na Piarasigh have both advanced directly to the semi final after topping their respective groups.

Three years ago at minor level Monaleen were crowned champions and they await Fr Caseys or Galbally, who were minor A champions three years ago.

The semi finals are set for Friday December 13 with Na Piarasigh to play Newcastle West or Adare.

Newcastle West have won three of the last five U21 county titles, with Adare collecting the other two titles.

In the U21 A championship, East

winner Oola or Ballybricken-Bohermore will play Bruff-Banogue in one semi final, while Kildimo-Pallaskenry will play Shannon Gaels in the other semi final - both on Wednesday December 11.

In the county U21 B semi finals, on Sunday December 15, Daithi Brudairs play city champions Crecora or Cloughaun and south winners Ballylanders or Killacolla Gaels will play east winners Kiltely-Dromkeen or Pallasgreen.

Elsewhere, there was victory for five Limerick hurlers in Team 2018 in the PwC All-Star Hurling exhibition in Abu Dhabi.

The 2018 team were 9-16 to 8-9 winners over their 2019 counterparts at Zayed Sport City in the United Arab Emirates during a five-day PwC All-Star hurling tour.

Dan Morrissey, Declan Hannon, Graeme Mulcahy, Sean Finn and Cian Lynch all played in the black of the 2018 All-Stars and accounted for 4-4 of the 9-16 winning tally for a side managed by former Cork manager John Meyler.

All five will be part of Limerick plans when the 2020 inter-county season commences for the Limerick hurlers on December 20.

A Christmas week Co-Op Superstores Munster Hurling League game with All-Ireland SHC winners Tipperary kick-starts the new season for John Kiely's side on Friday December 20 in LIT Gaelic Grounds at 7.30.



Limerick and Ahane hurler Dan Morrissey in action during the All-Star exhibition game in Abu Dhabi

Castletroy host Crescent in final group
game of new-look Schools Junior Cup

Alex Finn, of St Munchin's College, is tackled by Joe Costelloe, of Ardscoil Ris, in their Clayton Hotels Munster Schools Junior Cup at Ardscoil Ris on Friday PICTURE: GARETH WILLIAMS

THE final group game of the new-look Clayton Hotels Munster Schools Junior Cup takes place today, Wednesday, December 4, when Castletroy College host local rivals Crescent

College Comprehensive at Castletroy College, 2.30pm.

Castletroy are looking for their first win of the round robin series, while Crescent College secured victory over another

Limerick side, St Munchin's College in their opening fixture.

The knock-out stages of the new-look Junior Cup, which sees teams divided into two groups begins in the New Year.

AIL clubs face crucial games

COLM KINSELLA
ckinsella@limerickleader.ie

THE penultimate round of energia All-Ireland League fixtures prior to the Christmas break take place this Saturday for Limerick's six senior rugby clubs.

In Division 1A, in-form Garryowen host UCC at Dooradoyle, 2.30pm. The 'Light Blues' made it four wins on the bounce in the AILs top flight when scoring an impressive bonus point win over Terenure College at Lakelands on Saturday last.

The result saw Conan Doyle's charge move up to a lofty third place in the AIL 1A table.

Meanwhile, Young Munster, following precious back-to-back league wins make the long trip to Ballymacarn Park this Saturday to take on basement side Ballynahinch.

Munsters' scored a timely 28-24 bonus point win over Dublin University at Clifford Park on Saturday to move up to sixth place in the 1A table.

In Division 1B this

Saturday, sixth-placed Shannon will look to get back to winning ways at Thomond Park's back pitch when hosting St Mary's College. The game kicks-off at the earlier time of 1.30pm.

In Division 2A, Old Crescent, fresh from their 43-17 thumping of Ballymena at Rosbrien, make the short trip to Nenagh Ormond, while basement side UL-Bohs face a crucial relegation clash with second-from-bottom Dolphin at UL. In Division 2C, Bruff travel to Clonmel.



Young Munster's Evan O'Gorman makes a break during their All-Ireland League Division 1A clash with Dublin University

District set for crucial fixture

PAT SHEEHAN
sport@limerickleader.ie

LIMERICK DL, current holders of the Oscar Traynor Trophy, put their crown on the line on Sunday when they visit the Kerry DL in the final game of their four-team Group.

Retaining the title was Limerick's goal and things seemed to be going to plan when they won their opening game against a very good Clare DL XI.

Goals from Conor Ellis and Clyde O'Connell sealed a 2-1 win that day. Their second game however was a different matter.

On a miserable night for the District League they were well and truly walloped by their neighbours in the Desmond League.

Manager John Grehan will no doubt be making his players aware that a repeat performance will see them bow out of the National tournament.

With speedsters like Conor Ellis, Adrian Power and James Fitzgerald, to name a few, quick ball to our frontrunners is of the essence but against the Desmond League we insisted on a slow keep possession approach that failed to deliver any positive results.

The squad to take on the Kerry side is Gary Neville, Pat Mullins, Shane Walsh, Keith Mawdsley, Colin Daly, AJ O'Connor, Clyde O'Connell, John Mullane, Danny O'Neill, Michael Guerin, Conor Ellis, Kieran Hanlon, Adrian Power, Shane Clarke, Thomas Clarke, James Fitzgerald, Ross Mann, Stephen Bradley,



Limerick DLs Conor Ellis in action against Clare League

Dermot Fitzgerald and Evan Moloney.

At the same time and place against the same opposition, the Limerick Youth side also begin their quest to retain the Inter County Youth trophy.

Manager Martin Sugrue has shown his expertise at this level and has assembled a very strong squad to do battle.

Along with the Kerry DL, Cor DL will make up the Group that Limerick need to progress from.

Limerick's hopes will rest on the following squad; Sean Hamm (Aisling), Dylan O'Sullivan (Fairview), Scott Kirwin (Fairview), Shay McCarthy (Fairview), Jake Dillon (Newport), Ethan O'Sullivan (Fairview), David Power (Hill Celtic), Cian Fitzgerald (Fairview), Joe Kavanagh (Charleville), Ronan O'Dwyer (Aisling), Eoin Duff (Fairview), Sean Connolly (Fairview), Glen Kelly (Prospect), Eoghan Burke (Aisling), Jamie Griffin (Fairview), Ger Quaid (Aisling), Kane Connolly (Caherdavin), Josh Shinnors (Fairview), Ben O'Shaughnessy (Aisling),

Caimin Ayers (Aisling).

In other youth games, Cappamore face a daunting trip to Donegal to meet Carndonagh in the FAI Youth Cup while in the Munster Youth Cup Caherdavin take on Murroe at the Greenhills.

In McGettigans Premier A League, Newport, following their exit from the FAI Junior Cup, must refocus on League matters when they host an in-form Aisling B side.

Charleville's promotion hopes will be tested when they host Hill Celtic while Cappamore meet Athlunkard Villa, both needing full points to get their campaign back on track.

Fairview Rgs recorded a superb 5-0 win over Moyross last weekend and will be favoured to add to their points haul when they host Corbally Utd.

McGettigans Div 1A is turning into a ding-dong battle with half the teams in the League genuine contenders for promotion.

On Sunday, leader Castle Utd welcome Knockainey while second placed Kilfrush face fellow challengers Hyde Rgs.

Granville Rgs welcome a bang in-form Star Rvs side and another side in full flow, Southend welcome Shelbourne to Southill.

The Open Cup continues apace with the pick of the bunch being Castle Utd v Northside, Lisnagry v Wembley Rvs and Knockainey B v Moyross B.

Tomorrow evening (Thursday) The Tuohy Cup continues when Prospect Priory and Nenagh do battle at 7pm in Jackman Park.



Fairview Rangers' James Fitzgerald races down the wing during his side's impressive 9-0 fifth round FAI Junior Cup victory over Castleview, of Cork, at the Fairgreen PICTURE: DERMOT LYNCH

J.J. Bowles

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ON THE BALL

“Limerick to the core...”

JEROME O'CONNELL

My Limerick club senior football Team of the Decade

WITH the county U21 football championships nearing an end, it's time to look back at the club game in Limerick over the last decade.

Last month I selected a Limerick SHC Team of the Decade and now it's the turn of a Limerick SFC Team of the Decade.

Aside from the 2010 provincial final appearance and the 2011 run to the All-Ireland SFC quarter final against Kerry in Croke Park, it's been a decade without many championship highs for Limerick as an inter-county side. The entire decade was played in the bottom two tiers of the Allianz League with Division Four title wins in Croke Park in 2010 and '13.

But this Team of the Decade selection is based solely on performances in the Limerick club senior football championship.

Noteworthy too that not a single Limerick SFC winner progressed to win a game in the provincial club championship this decade.

There were 10 Limerick SFC titles won since 2010 – Monaleen (3), Dromcollogher-Broadford, Adare and Newcastle West two each and one for Ballylanders.

A look at the varying county final pairing it shows that Newcastle West played in five

finals, Monaleen and Drom-Broadford (4), Adare (3), Ballylanders (2) and one each for St Patricks and Oola.

Across the last 10 years 17 different clubs played senior club football in Limerick. Seven clubs are every present – Newcastle West, Monaleen, Drom-Broadford, Ballylanders, Fr Caseys, Ballysteen and St Kierans.

Both Adare and St Patricks missed just one season from the 10 years.

My Limerick SFC Team of the Decade includes players from eight clubs – Adare the only club that also had a player on the my senior club hurling team.

Newcastle West and Drom-Broadford lead the way with three players each.

Monaleen, Adare, Ballylanders, St Kierans, Ballysteen and St Patricks are also represented.

Where possible, players are selected in positions that they played in and longevity was a big consideration given it's the Team of the Decade.

My selection is largely one to spark debate and I've no doubt there are players who have sparkled in recent seasons that will leave a huge legacy but aren't included here and some that dominated in



Eight different clubs have been included in a Limerick SFC Team of the Decade selection

the previous decade and didn't feature strongly into the past 10 years.

Inter-county goalkeeper Donal O'Sullivan of Monaleen is selected between the posts. It appears a role that many clubs have changed throughout the last 10 years with other like Declan O'Connor (Ballylanders) and John Joe Sheehy (Newcastle West) mainstays for their clubs.

In the full back line are Mike O'Keeffe, Garrett Noonan and David Connolly.

Finbarr Nash (Monaleen), Lorcan O'Dwyer (Pallasgreen), Shane Gallagher (Ballysteen), Paudie McCarthy (St Kierans) are among some of the other options for this line of defence.

In the half back line, selected are

Johnny McCarthy, Iain Corbett and Stephen Fox.

Pa Rahanan (Ballysteen), Stephen Walsh (Ballylanders), John Riordan (Fr Caseys), Cillian Fahy (Drom-Broadford), Stephen Nix (Newcastle West) and Oran Collins (Adare) others that impressed in the half back line.

In midfield Darragh Treacy (St Kierans), Barry Fitzpatrick (Monaleen), Mike McMahon (Newcastle West), James Ryan (Galbally) and Johnny Murphy (Ballylanders) were prominent players.

My half forward line is Hugh Bourke, Stephen Kelly and Derry McCarthy.

Thomas Quilligan (Newcastle West), Patrick Donnelly (Drom-Broadford), John Mullane

(St Patricks) and Mikey Lyons (Adare) are others that were vital to their respective teams.

In my inside line of attack are the trio of Ger Collins, Danny Neville and Jimmy Barry Murphy.

Among the others that would have been worthy of inclusion in the full forward line are Ray Lynch (Drom-Broadford), Jamie Lee (Newcastle West), Kieran O'Callaghan (Ballylanders) and Eoin Hanrahan (St Patricks).

TEAM: Donal O'Sullivan (Monaleen); Mike O'Keeffe (Newcastle West), Garrett Noonan (Drom-Broadford), Dave Connolly (Adare); Johnny McCarthy (St Kierans), Iain Corbett (Newcastle West), Stephen Fox (Ballylanders); Seanie Buckley (Drom-Broadford), Gearoid Hegarty (St Patricks); Hugh Bourke (Adare), Stephen Kelly (Newcastle West), Derry McCarthy (Drom-Broadford); Ger Collins (Monaleen), Danny Neville (Ballysteen), Jimmy Barry Murphy (Ballylanders).

COLM KINSELLA

Bizarre sight of Munster's goalpost padding being lifted in Pro14 showdown

ONE of the most bizarre incidents I have seen on a rugby pitch in well over 30 years watching the game occurred at Musgrave Park on Friday night.

A young Munster side was pounding away at the Edinburgh try-line in the 35th minute of the game in a bid to score a try and wipe out their seven-point deficit.

While the vast majority of the Edinburgh players defended their line in the regular fashion, two players, on different occasions, opted to lift the protective padding

around the goalposts into the air in a desperate attempt to prevent Munster from scoring against the padding.

Munster did eventually score a try, but their stand-in captain Jack O'Donoghue brought the matter of lifting the padding to the attention of Italian



referee Marius Mitrea who let Edinburgh off with just a warning. It was a strange sight indeed, and surely raised health and safety issues.

Afterwards Munster head refereed to an incident in a previous rugby match where a yellow and straight penalty try was awarded in the case of a player lifting the padding off the ground in an attempt to stop the opposition from scoring a try.

The Munster boss said that player safety remains

paramount in the game and he is 100% correct in that view.

Surely referee Mitrea should have taken a stricter view of what went on in Cork on Friday night last. Thankfully no Munster player collided with the unprotected goalpost on this occasion.

Lucky - yes this time, but smart play on the part of the Scottish side - definitely not.

You would expect that any similar incident in the future won't be dealt with as leniently by a match official.

COLM KINSELLA

Politologue can edge out 'Defi' in Tingle Creek showpiece

ONE of the biggest pre-Christmas highlights on UK racing's jumps calendar take place this Saturday at Sandown with the staging of the Betfair Tingle Creek Chase.

The race is steeped in history, the race, boasting an impressive list of champions with the likes of Desert Orchid, Moscow Flyer,

Kauto Star, Sprinter Sacre and Sire De Grugy taking their place on the roll of honour.

The event was first run in 1979, and named in honour of Tingle Creek, a popular jumps racehorse in the 1970s. Altior won The Betfair Tingle Creek Chase 12 months ago.

The betting market for this Saturday's renewal of the big race

is headed by winner of the JLT Novices' Chase at the Cheltenham Festival back in March, Defi Du Seuil at odds of 13/8.

Next best in the market is Irish raider and 2016 winner of the race Un de Sceaux who finished runner-up to Altior in the two mile contest 12 months ago.

The Willie Mullinas trained Un

de Sceaux, a winner of the Boylesports Champion Chase at Punchestown last April, is a 3/1 shot. However, preference in the contest is for 2017 Tingle Creek winner, the 11/2 shot Politologue, trained by Paul Nicholls, who lost out by just a length and a quarter to race favourite Defi Du Seuil last time out at Cheltenham.



Paul Nicholls saddles Politologue in Saturday's Tingle Creek at Sandown

IS THAT ON THE BOX?

Wednesday

GOLF
HERO WORLD CHALLENGE
SKY SPORTS GOLF 6PM

SNOOKER
UK CHAMPIONSHIPS
BBC 2, EUROSPORT 1, 1PM

SOCCER
PREMIER LEAGUE
LIVERPOOL V EVERTON,
PREMIER SPORTS 1, 8.15PM

SOCCER
PREMIER LEAGUE
MAN UTD V SPURS
PREMIER SPORTS 2

SOCCER
LIGUE 1
TOULOUSE V MONACO,
BT SPORT 1, 6PM

Thursday

GOLF
AUSTRALIAN OPEN
SKY SPORTS GOLF, 6.30AM

GOLF
HERO WORLD CHALLENGE
SKY SPORTS GOLF, 6PM

SNOOKER
UK CHAMPIONSHIP
BBC 2, EUROSPORT 1, 1PM

SOCCER
PREMIER LEAGUE
ARSENAL V BRIGHTON,
PREMIER SPORTS 1, 8.15PM;
SHEFF UTD V NEWCASTLE
UTD, PREMIER SPORTS 2

SOCCER
CAGLIARI V SAMPDORIA
BT SPORT 1, 8PM

Friday

GOLF
AUSTRALIAN OPEN
SKY SPORTS GOLF, 6.30AM

GOLF
HERO WORLD CHALLENGE
SKY SPORTS GOLF, 3PM

RUGBY
CHAMPIONS CUP, BATH V
CLERMONT, BT SPORT 2, 7PM

SNOOKER
UK CHAMPIONSHIP
BBC 2, EUROSPORT 1, 1PM

SOCCER
SKY BET CHAMPIONSHIP
MILLWALL V NOTTS FOREST
SKY SPORTS MAIN EVENT,
7PM

Saturday

BASKETBALL
NBA, NUGGETS @ CELTICS
SKY SPORTS ARENA, 1AM

GOLF
AUSTRALIAN OPEN
SKY SPORTS GOLF, 6AM

SOCCER
EVERTON V CHELSEA
BT SPORT 1, 12NOON

RUGBY
CHAMPIONS CUP:
NORTHAMPTON V LEINSTER
VIRGIN MEDIA 1, 12.30PM

HORSE RACING
SANDOWN, TINGLE CREEK
ITV 4, 1.15PM

RUGBY
CHAMPIONS CUP
ULSTER V HARLEQUINS,
3.15PM, BT SPORT 2;
MUNSTER V SARACENS
5.30PM, BT SPORT 2

SNOOKER
UK CHAMPIONSHIP
BBC 1, 1.15-4.30PM, BBC 2
4.30-5.30, 7-10PM

GOLF
HERO WORLD CHALLENGE
SKY SPORTS GOLF, 3PM

SOCCER
PREMIER LEAGUE
MAN CITY V MAN UTD
SKY SPORTS PREMIER
LEAGUE, 5PM

BASKETBALL
NBA, PELICANS V
MAVERICKS
SKY SPORTS ARENA, 7PM

BOXING
ANTHONY JOSHUA V ANDY
RUIZ
SKY BOX OFFICE, 9.30PM

SOCCER
HUDDERSFIELD V LEEDS
SKY SPORTS, 12 NOON

Sunday

GOLF
AUSTRALIAN OPEN
SKY SPORTS GOLF, 6AM

ATHLETICS
EUROPEAN CROSS-COUNTRY
RTE 2, 12NOON

RUGBY
CHAMPIONS CUP:
GLOUCESTER V CONNACHT
BT SPORT 2, 12.30PM

SNOOKER
UK CHAMPIONSHIP FINAL
BBC 2, 1PM AND 7PM

SOCCER
ASTON VILLA V LEICESTER,
2PM; BRIGHTON V WOLVES,
4.30PM, SKY SPORTS, 1PM

GAA
LEINSTER CLUB FOOTBALL
FINAL: ÉIRE ÓG V
BALLYBODEN
TG 4, 1.30PM



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Eoin Barry.**
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