

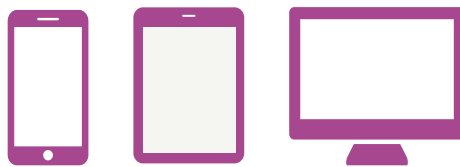
OPERATION: Will crowdfunds for a life-changing procedure **P10**



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DEVELOPMENT

€60m plans to transform derelict site to be submitted to council **P10**



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RAID Valuable stock taken as Brown Thomas burgled **P10**

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Leading Off

Setting the agenda in Limerick



▲ GOOD WEEK
Castletroy
Ambitious plans for the redevelopment of the former Horizon Mall will be submitted this week



▼ BAD WEEK
Brown Thomas
Limerick's premier department store suffered a break-in on Monday with €20k of goods stolen



QUOTE OF THE WEEK
"It's been a moving experience and the outpouring of support has been fantastic"
Will Keohane on crowdfunding for gender affirmation surgery. See story page 10

INSIDE THIS WEEK



TOURISM BOOST

€14m of Failte Ireland funding
Page 4



CAMERAS INSTALLED

City district welcomes CCTV
Page 8



€60M PLAN ON HORIZON

Project to be developed
PAGE 10



TERROR SUSPECT

Lisa Smith in local prison
Page 14

Support your own and shop local...



WHAT WE THINK
EUGENE PHELAN
LEADER EDITOR

THE next few weeks are crucial for many local businesses, and can make or break their year.

But talking to people in the retail, pub and restaurant sectors, most seem to be doing very well, with many reporting "plenty of money in circulation."

Traditionally, December 8, the Feast of the Immaculate Conception, was when the Christmas shopping began in earnest with hordes of people coming from county Limerick to the city to do their festive shopping.



Retail therapy: Follow in young Marie O'Connor's footsteps and shop local in the city centre over the festive season

But this has all changed. The Christmas lights were turned on back on November 17...a little too early for my liking, but business is business and the Christmas season is starting earlier every year.

And as you read through this special Christmas edition of our free paper, you will see adverts from many stores in the city.

The advent of shopping online is a big threat to traditional retail, so it is important to support local business.

There is a great buzz in the city centre at present with offices holding Christmas parties and families coming in to shop, dine, ice-skate and to visit different churches to say a prayer.

So when you're tempted to press the purchase button on your phone or laptop this Christmas, please remember, if we want a thriving city centre, we have to keep it local!

WEBTOPTEN

1. €60m development on horizon for former eyesore site in Limerick
- 2 Limerick mum pays back €22,000 in dole she 'would have got otherwise'
- 3 Woman with €300 worth of stolen goods in foil-lined bag arrested in Limerick city
- 4 Property worth more than €20,000 stolen during burglary at Limerick store
- 5 County Limerick takeaway owner fined over ESB meter being tampered with
- 6 Limerick student proves age no barrier to success and eyes return to classroom
- 7 Limerick families in the running for national 'Most Christmassy Home' title
- 8 Limerick charity calls for 'immediate closure' of Mount Trenchard Direct Provision Centre
- 9 Young man who was speeding in Limerick village banned for two years
- 10 Rathkeale father and son land big winner in Cork



WEATHER FOR THE WEEK



WEDNESDAY

Cold all day with peak temperature of just 6°C. Also showery



FRIDAY

Windy once more with a few showers and a peak of 7°C



SUNDAY

A couple of showers around with a peak of 6°C and low of 0°C



THURSDAY

Windy with rain at times but warmer than Wednesday with 9°C peak



SATURDAY

Partly sunny with the odd shower and cool again with a high of only 6°C



MONDAY

Times of cloud and sun and cooler than ever with 5°C peak

CONGRATULATIONS

Congratulations to Gillian Ryan who has won a €100 voucher for Lidl just in time for Christmas courtesy of the Lidl Elves Nick, Holly, twins, Eddie and Eve and your favourite local newspaper, The Leader

MORE FOR YOU

MyLimerick

Breandán MacGabhann

Geoscientist and UL lecturer

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

A perfect weekend would start with a gig in Dolans or Pharmacia on Friday night. Saturday morning in the Milk Market - a crêpe from Bon Appétit for breakfast, a hot spiced apple juice from The Green Apron, and just chatting with everyone - it feels like the entire city passes through, it's the place for the weekly catch-up, and I love it. Browsing around town for the afternoon, maybe pick up a book in O'Mahony's, a hurling match in the Gaelic Grounds or a Munster game would be ideal, then catching up with friends over a few pints in the Commercial or JJ Bowles. A relaxed Sunday brunch in The Good Room in Adare followed by a nice walk somewhere like Curraghchase Forest Park would round it off beautifully.

What's your first Limerick memory?

Strictly speaking my first memory would be playing in softball (that's amateur baseball) tournaments in the summers in UL. My longest relationship also started here. But the one I'll tell you about is from when I applied for my current job at Mary Immaculate College. I haven't told this story to anyone in the college! I was working in England at the time, at a university in Liverpool. I was editing and rewriting the application up to the last minute. I really wanted the job, and I started panicking that the English postal service wouldn't get the application here on time. So I made a snap decision, walked downstairs, got in my car, and drove from Liverpool to Holyhead. I arrived about midnight, parked the car there, got on the next ferry overnight to Dublin, then a 6am green bus to Limerick, and delivered the application by hand. When I stepped off the coach in Arthur's Quay, it was a beautiful sunny morning. I walked through the park, up to the edge of the water, and the view of the river and castle was just beautiful. It felt like I'd come home for the first time. I ended up using the photo I took that morning on my election leaflets!

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

The Gaelic Grounds! I grew up in Belfast with the GAA - Saturdays playing for the club (Éire Óg Derriaghy, Dad was the club chairman for a bit), Sundays in Casement Park for Antrim matches, and of course the annual trips to Croke Park, starting when I was four years old. I still have all the old tickets, and my U12 and U14 medals. After years living in Britain, being able to go to the league and championship matches here regularly is pure heaven. You just can't beat a senior hurling Championship match, and we get the best here.

What about a favourite local walk or view?

I love the water, so anywhere along the Shannon. I love walking along the boardwalk at Clancy Strand, and through the Westfield wetlands. The river path out past UL is so beautiful, and that's my daily commute on the bike when I'm working at UL. There's so much history there too - especially past UL, where you have the Black Castle, and the old iron bridge over the Mulcair. Or further out the coast, around Foynes, where you can imagine the flying boats landing.

How would you describe the people of Limerick?

There's a lot of resilience - there's no doubt Limerick has had some tough times, but



people here seem determined to make the best of any situation, like there's never any question of giving up in the face of adversity. There's definitely a lot of passion - you can see that most clearly in sport and music, but there's people here who are passionate about everything from politics, the history and architecture of the city, the environment, farming and food, to the Makers night in the Fab Lab. I think that passion permeates almost everything in Limerick, and I've never really felt the same sense anywhere else. Of course a lot of that passion is directed at Limerick itself, there's a lot of pride in the city and county, and I think that's what leads to so many groups like Liveable Limerick, the cycle campaign, #FixLimerickBus, the Pedestrian Network, LAP, the Georgian Society, Thomond Historical Society, and to places like the People's Museum - people here want to celebrate the shared history and culture, and are passionate about making Limerick even better. And while it's a stereotypical Irish thing, I think Limerick really is such a welcoming place - it really didn't take me long to settle in after I'd moved here.

How important do you think sport is to Limerick?

Oh, it's everything. I mean, you can see the passion most clearly on a Championship hurling or Munster Rugby weekend, but that's only when it's most visible, that passion is always there. You can see that in all the people coming out to help with the teams at U10, U12 and so on. And it extends to every sport. I swear, if you put a Chinese table tennis championship on the TV in a pub in Limerick, you'd have someone yelling from the back to turn it up.

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

Transport. The city's roads are full, there's just not enough space for everyone to drive to work. It's not just the city centre either, some evenings it can take nearly an hour to get off campus by car at UL. We shouldn't need to be spending hours every day just travelling to and from work. A car should not be a compulsory price of entrance to society.

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Destination Limerick: City gets Failte boost

NICK RABBITTS

nick@limerickleader.ie

LIMERICK City is to be allocated €500,000 by tourism agency Failte Ireland to develop its potential as a so-called destination town.

The massive project will see tourism clusters developed throughout the city.

It will focus on moving visitors between the Georgian and medieval quarter, and will introduce trail spurs such as the three bridges experience, each recounting Limerick's rich history.

It can also be put towards food and craft markets, areas for city centre events, public art displays as well as orientation and signage to help visitors explore the heritage.

The draw-down of the funding takes place from January, and has

been welcomed by Senator Maria Byrne.

She said: "The profile of Limerick was greatly enhanced by the very successful year of being the City of Culture in 2014. The new scheme will provide €500,000 to Limerick City and County Council to enhance public spaces in Limerick in a way that will engage tourists and enhance their experience."

She added: "Limerick is a great example of a sporting city and Thomond Park; the Gaelic Grounds and UL's Sporting Campus are famous across Ireland as symbols of our city."

"It is my hope, however, that the council can consider using this funding towards the marketing and promotion of the Medieval Quarter. The Medieval Quarter is the city's



Jewel in the crown: Limerick's main tourist attraction King John's Castle PICTURE: ADRIAN BUTLER

biggest untapped resource in terms of attracting tourists to Limerick City. Limerick City and County Council need to do more to promote and market the area to tourists especially considering the significant investment it has made here in recent years."

Failte Ireland chief executive Paul Kelly added: "The towns which reap the greatest benefits from tourism and schemes like Destination Towns are those where all local tourism players work together - from local authorities and businesses to the communities

themselves, each complementing another's efforts to create a full and appealing offering for their area.

"A core focus of Fáilte Ireland's work is to drive a greater regional spread of visitors and revenue across the country," he added in a statement released this Monday.

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Medical research advances in city

€12.75m: Ribbon cut on Clinical Education & Research Centre

RYAN O'ROURKE

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Limerick achieved a significant milestone in medical research this week with the ribbon cut on the €12.75m Clinical Education and Research Centre (CERC) at University Hospital Limerick (UHL).

Minister of State for Mental Health and Older People, Mr Jim Daly TD attended the grounds of UHL to officially open two flagship projects on the hospital campus CERC and the Health Sciences Academy (HSA).

The academy is a three-way partnership between UL Hospitals Group, University of Limerick (UL), and HSE Mid-West Community Healthcare which has the aim of becoming a "global standard-bearer for improving patient care through medical research, education and clinical and community-based practice".

Ahead of the opening, Minister Daly stated: "It is vital that we look to

encourage and support innovation, collaboration and integration in healthcare. The development of the Clinical Education and Research Centre alongside the Health Sciences Academy, are significant initiatives in this regard, that will greatly benefit the Mid-West region and help improve patient care."

The CERC, a €12.75m facility developed in partnership between UL Hospitals Group and -UL, and co-funded by the HSE and UL, is a four-storey building that accommodates and supports the educational, training and research needs of the UL Hospitals Group medical community, and the UL Graduate Entry Medical School (GEMS).

With a 150-seat lecture theatre and tutorial rooms, the CERC also has a library, offices for academic, administrative and technical support staff, research facilities, and a dedicated research area for the UL Health Research Institute.

The CERC building hosts the Health Science Academy which will attempt to establish the Irish Mid-West as "a global exemplar of hospital and community-based health services that are driven by education, research, and innovation and shaped by the needs of patients".

The academy intends to "harness the energies" of all three bodies, including UL's Health Research Institute and its Clinical Research Support Unit with



their focus on research projects that aim to enhance people's health and wellbeing and transform the health environment for the population.

The population of the catchment area of UL Hospitals Group and HSE Mid-West Community Healthcare is some 385,000 residents of Counties Limerick, Clare, and Tipperary.

The Academy's undergraduate and postgraduate programmes will develop students' clinical and research skills.

Above: Prof Paul Burke, Dr Rose Galvin, Prof Rachel Msetfi and Dr Eoin Noctor at the opening of the Clinical Education & Research Centre

Right: Mr Jim Daly TD, Minister of State for Mental Health and Older People and Prof Paul Burke



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MORE FOR YOU





Second MRI scanner to tackle waiting lists

RYAN O'ROURKE

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A SECOND available MRI scanner will help tackle long-term waiting lists, Senator Maria Byrne said this week.

The Fine Gael senator who is running in the next General election welcomed the installation of a second MRI scanner at University Hospital Limerick (UHL), which was delivered to UHL on Sunday, following

confirmation by the Minister for Health, Simon Harris.

It is expected that UHL patients will be able to avail of the new temporary MRI scanner unit during the week starting on Monday, December 16.

"This is a much-welcomed development," said Senator Byrne.

The new MRI scanner service will operate Monday to Friday, from 8.30 to 5pm.

The new service is being operated by Alliance Medical

Diagnostic Imaging Ltd for two years. There will be the option for an extension by a further two years if needed, according to Senator Byrne.

The service will provide an estimated 4,500 MRI scans each year.

According to Senator Byrne the modular unit is a temporary solution as the Health Service Executive (HSE) awaits planning permission for an extension of the Radiology Department at UHL to

include a permanent second MRI unit. "I am looking forward to a long-term solution being put in place to alleviate such issues," added Ms Byrne.

"A second MRI unit has been prioritised by the HSE to progress to design stage in 2020. However, this will take a number of years to deliver.

"I am delighted to announce that the modular MRI service will address this capacity deficit in the meantime."



Sen Byrne: second MRI will help tackle long-term waiting lists

CCTV fitted two years after murder of Rose, 78

Campaign: State-of-art cameras

NICK RABBITS

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ALMOST two years to the week that pensioner Rose Hanrahan was murdered, state-of-the-art CCTV has been installed in her community.

Limerick was left in shock in December 2017 when pensioner Rose Hanrahan was found strangled to death at her home in the New Road, Thomondgate.

Now, following a sustained campaign from local Sinn Fein councillor John Costelloe, closed circuit television (CCTV) has been installed at New Road in Thomondgate and nearby O'Dwyer's Villas.

Cllr Costelloe said: "I welcome the fact it's installed. Residents in the area approached me and wanted to see this happen. Most areas are looking for cameras and it's all down to funding."

"These are 360 degree cameras, monitored from Moyross. We had a tour of the facilities up there. It's a state of the art network. I'm delighted they are up and running," the northside member added.

He said: "Many Thomondgate residents are elderly. It's nice for them to feel safe in their homes. If there are cameras there, there must be follow-up if anything happens in terms of prosecution."

While Ms Hanrahan's killer remains at large two years on - with many believing he had fled to Eastern Europe - Cllr Costelloe believes had CCTV been in place at the time, there may have been different results.



Cllr John Costelloe pictured beside the CCTV with Niall Cantillon, Moyross

Seventy-eight year old Rose was discovered by relatives in her bungalow at New Road, Thomondgate on December 15, 2017.

She was killed, gardai believe, during a botched attempted robbery, when her killer broke in after following her home from a shopping trip.

Gardai are continuing to investigate the matter.

A Christmas fairytale all set to hit northside estate



Community garda and Tipperary All-Ireland hurling winning star, Padraic Maher, school principal Tiernan O'Neill, Alan Daly, Grinch, Willie O'Dea, Jamie Daly, Cllr Frankie Daly, Tommy Daly, and community garda Alison O'Connell all getting ready for Sunday's big event in Moyross this Sunday PICTURE: MICHAEL COWHEY

NICK RABBITS

nick@limerickleader.ie

DREAMY festive seasons have often been in short supply in Moyross in recent years.

But this Sunday afternoon, a Christmas fairytale is set to take place in the community garden in the northside estate.

Between 1pm and 5pm, an area lovingly restored by locals, will play host to live music, face-painting, food, drink and other fun activities.

There will be a visit from Santa Claus, Mrs Claus - and not forgetting the big bad Grinch.

And so kids in the area do not forget the true meaning of the season, the Monks of Moyross will be providing a walk through of the greatest story ever told.

Alan Daly, the co-organiser of the event - which is being sponsored by a number of firms including Roadbridge and Daly's Car

Sales - said: "It's for the kids, for the community, for people outside to come in and see what Moyross is all about. There will be free presents on the day, a free Santa, a photographer, live music. It's going to be brilliant for the kids and parents as well."

He wants to see children from all sides of Limerick attend.

At the event, there will also be a chance for children to try some hurling, following comments by Corpus Christi principal Tiernan O'Neill that the game is not widespread enough in the community.

"This will give us a wonderful opportunity to promote it right on the doorstep of the school," he said.

Moyross-based community garda and Tipperary All-Ireland winner Padraic Maher is affectionately known as "the hurler" in the parish. "It would be great if we can get the support to have kids

involved. It's been a big part of my life and I can see how it benefits kids from five or six years up to when they finish school."

The event is being supported by Deputy Willie O'Dea and Independent councillor Frankie Daly.

Asked if he will be dressing up as Father Christmas on Sunday, the mustachioed polltopper said: "I'll reserve my position on that."

"I have had a long-running battle with mainly the Dublin media, who like to portray the negative side of Limerick.

"But this event is rooted in the local community. It's going to be a fantastic day. I think anyone with time to spare should head to Moyross."

Cllr Daly added: "I'm really looking forward to this event. For the children, for Santa to come to Limerick, for Moyross to showcase all the positive stuff here."

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BT broken into with over €20k of goods stolen

GARDAI are investigating the theft of a significant quantity of goods from a flagship store in Limerick city centre.

The burglary occurred at Brown Thomas, O'Connell Street, at around 3am on Monday.

Investigating gardai say the culprits gained access to the premises by smashing a side door.

Once inside, they stole a significant quantity of property – worth in excess of €20,000. It's understood extensive damage was also caused inside the store.

CCTV footage is being examined by gardai and the store has been examined by members of the divisional scenes of crime unit.

No arrests have been made and anyone with information is asked to contact Henry Street garda station at (061) 212400.

Relief for bingo players

BINGO goers breathed a sigh of relief last week, as proposed legislation - described as being potentially "chaotic" to the hobby - was amended in the Dail.

The Ceann Comhairle allowed Sinn Féin to propose a verbal amendment to the bill and it was accepted by and the Minister of State at the Department of Justice, which will now see the bill progress to the Seanad.

"There was a very organised lobby by the commercial bingo operators against this bill, but the main objection being put forward was that there was a cap of 50% of takings at any licensed bingo game being allocated to prizes," said Deputy Maurice Quinlivan.

"The amendment changed that 50% to 75%, leaving it at the discretion of the operators as to how much they give as prizes" said the Limerick City TD.



Fears of 'false dawns' on the Horizon

THERE has been guarded optimism regarding the new €60m plan for the Horizon Mall site on the Dublin Road, which was announced earlier this week.

Paul Keller, a former Limerick City and County Councillor lives in the shadow of the Horizon Mall site, which is currently being demolished. He says that the general feeling of the locals is positive, but with an air of caution, as they have had a number of "false dawns" before.

"We have been at this crossroads before, said Mr Keller, resident of the area for the past 18 years, witnessing the rise and now the fall of the semi-built "eyesore" which stood on the site. "Anything is better than what was there," he added.

Senator Maria Byrne says she is



happy to see the Davy Real Estate proposal for the Horizon Mall site on the Dublin Road take a step forward.

"This is very welcome news, and marks a vital step in realising the full potential of the

Horizon Mall site," said Senator Byrne.

However, she warned that Davy Real Estates need to consult local residents on their plans: "I have written to Davy Real Estate and asked them to host a consultation

Images released earlier this week by Limerick Leader show plans for the former Horizon Mall site, which is currently being demolished. The new development will bring residential units, a hotel, office space and community amenities such as a 2.8 acre

evening on their plans for Singland residents."

The development will bring 245 residential units, a 152-bedroom hotel, and over 100,000 square feet of office accommodation. It will also include two drive-thru restaurants, a service station, a building with a creche, community facilities, a multi-use games area as well as a 2.8 acre park.

Where there's a Will, there's always a way

Fundraiser: Transgender Limerick man raising €10k for his surgery

REBECCA LAFFAN

rebecca.laffan@limerickleader.ie

A YOUNG Limerick man has proved the power of the internet by launching a special fundraiser - the response of which he said has been "emotionally overwhelming".

Will Keohane from Castletroy decided to come out as transgender last month to the wider public in a bid to raise funds for gender affirmation surgery, something which is not currently available in Ireland.

So far, the 23-year-old has raised almost €8,000 of his €10,000 target for top surgery in Canada, a reconstructive surgery performed on the chest for those who wish to alter their overall appearance.

"Obviously I did not want to have to put myself in a position where I had to go so public to fundraise and put myself in a position where potentially I'm vulnerable to any



Will is a UL psychology graduate

kind of negative backlash," said Will, who has been trying to secure medical help in Ireland for the past year since coming out to his close friends and family 18 months ago.

"Nobody really wants to talk publicly about healthcare, their experiences in hospitals or with doctors - especially when it's

something so personal and took me a long time to come out about. I would not have chosen to come out so publicly recently if I didn't have to fundraise for my own surgery.

"That being said, the response has been truly incredible - I get messages on a daily basis from people I've never met," he explained.

"It's been a moving experience and the outpouring of support has been fantastic. It's very emotionally overwhelming, I'm trying to thank everyone because times are tough, money's tight at this time of the year and people are still willing to help me out. I want everyone to know just how thankful I am for their support."

Will plans to travel to Toronto for the surgery early next year, a location he chose after months of research, and will stay with relatives during his two-week recovery.

"The surgery is expensive and no surgeon in Ireland will do the procedure, even though it is essentially a double mastectomy, which no surgeons have an issue with performing.

"Really the only option is to go abroad, but it's important to note that when you go abroad for major operation where your body is healing and you need time to recover, you need social support and people around you to help you and take care of you.

"When Irish people are being forced to go abroad, their healing is impacted and their bodies are going to respond to the lack of social support.

"It's putting the lives of Irish trans people at risk when we send them abroad and that's super serious."

To help Will on his transitional journey, go to www.gofundme.com to donate

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LEADER CRIME BRIEFS

BY DAVID HURLEY



Man robbed at knifepoint near maternity hospital

GARDAI are appealing for information following a knife robbery near University Maternity Hospital Limerick.

According to gardai, a man was approached by two males at around 9pm last Wednesday as he was walking near a green area at Bellfield Gardens, at the side of the hospital.

"One of the thieves brandished a knife and threatened him. He handed over a small sum of cash and they two left on foot and ran towards the Ennis Road," said Garda John Finnerty who said it was a terrifying ordeal for the victim.



The incident happened near UMHL on the Ennis Road

While there is no detailed description of the culprits, anyone who was in the area and who saw anything unusual is asked to come forward.

"If you were anywhere near Bellfield Gardens or the Ennis Road area and seen these two thieves or have any other information then we would like to hear from you," he said.

Large quantity of jewellery stolen during NCR burglary

A LARGE quantity of jewellery and several electronic items were stolen during a recent burglary at North Circular Road.

According to gardai, the house at New Westfields was broken into sometime between 7.30pm and 9.30pm on Wednesday, November 27.

"The thief forced the patio door to enter the house. The thief ransacked each room and stole a large quantity of jewellery, an Apple watch and an iPad", said a garda spokesperson.

Gardai at Mayorstone Park are investigating and can be contacted at (061) 456980.

Homeowners urged to leave fake presents under tree

GARDAI are advising homeowners not to leave valuable presents under their Christmas trees – particularly if they can be seen from outside.

Gardai say Christmas trees can be a focal point for thieves and burglars over the festive season.

"They're looking for valuables. They're looking for quick sells, quick transitions. So the likes of phones, laptops, electronic devices," said a gardai spokesperson who noted that many Christmas presents will be accompanied by gift



Don't leave presents under the Christmas tree

receipts.

One option is to hide valuable presents in a safe place and to leave fake presents under the Christmas tree.

"If you don't have confidence that your house is secure you shouldn't be leaving valuables under the tree," said a garda spokesperson.

Random attack on house

INFORMATION is being sought following what gardai believe was a random act of violence in the Garryowen area.

A rock was thrown through the window of a house at Sarsfield Avenue at around 10pm last Friday.

"If you witnessed this incident or have any information which you think could be relevant, then please contact Henry Street garda station," said Garda John Finnerty.

Operator of medical centre fined €5,000

Planning dispute: Walk-in clinic is unauthorised

DAVID HURLEY

david.hurley@limerickleader.ie

THE operator of an unauthorised walk-in medical centre near University Hospital Limerick has been fined €5,000 for failing to comply with an enforcement notice which dates back more than three years.

Limerick City and County Council had initiated legal proceedings against Cabhru Leat Teoranta in relation to the walk-in medical centre which is located at 14 St Nessian's Park, St Nessian's Road, Dooradoyle.

The enforcement proceedings, under the Planning and Development Act, were initiated in August 2016 and the matter first came before Limerick District Court

the following April.

Seeking to have the matter finalised, solicitor Will Leahy said the case had been before the court on nine separate occasions and that there was no sign of the long-running dispute being resolved.

He told Judge Marian O'Leary the medical centre has no planning permission and that the local authority continues to receive complaints about illegal parking.

Solicitor Kevin Sherry said his client has been operating the walk-in medical centre for more than four years and he submitted there has been "no adverse affect in the area" during that time.

He said a retention application was lodged in recent weeks and he requested an adjournment of the

case to allow that application to be determined.

Mr Sherry added there appears to be a difference of opinion between the council's rates department and its planning department as to the nature of the premises.

A director of the company, he said, is currently living in Eastern Europe where he is receiving medical treatment for a serious illness.

Opposing the application for an adjournment, Mr Leahy said the premises is unauthorised and that the local authorities costs relating to the case were almost €4,000.

In addition to the fine she awarded Limerick City and County Council its costs.

Recognisance were fixed in the event of an appeal being lodged.



Photographs of the Toyota Dyna pick-up truck were submitted to the court

Owner of pick-up truck fined over waste

THE registered owner of a pick-up truck has been fined €500 for failing to confirm where waste which was being transported on the truck had come from, writes David Hurley.

Darren Mason of Oliver Plunkett Street, St Mary's Park was before Limerick District Court over his failure to comply with a statutory notice under the provisions of the Waste Management Act.

Environmental Inspector Michael Walsh said while on duty at Oliver Plunkett Street on June 6, 2018, he observed waste being transported on a blue Toyota Dyna

pick-up truck.

He said the notice required Mr Mason to advise the local authority of the source and destination of the waste as well as the disposal method.

"It has not been complied with," he said.

Photographs submitted to Judge Marian O'Leary show the waste consisted of pieces of furniture and other household waste.

Barrister Liam Carroll told the court that while the vehicle is registered in his client's name, he does not own it or drive it as he is currently disqualified.

"He should have responded (to the council), another individual controls and uses the vehicle," he said adding his client in on social welfare.

Noting the submission, solicitor Will Leahy said it is an offence for the owner of a vehicle to allow waste to be transported by a third party and he said he was aware Mr Mason owns a number of vehicles which are being "closely watched".

The defendant was ordered to pay the costs of Limerick City and County Council which totalled €962.50.



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Limerick TD warns renters of Dáil vote

A LIMERICK city TD has expressed his disappointment that the motion of no confidence in Eoghan Murphy was defeated narrowly in the Dáil.

Deputy Maurice Quinlivan said it was a "total joke" that Fianna Fáil abstained in this crucial vote, given the seriousness of the housing crisis in Limerick and across the State, and that "the dogs in the street can see the Minister for Housing is the wrong person for this job".

Speaking from Leinster House, Mr Quinlivan said: "This is bad news for renters, for first-time buyers, for adult children living in their parents' home and for people living in emergency accommodation, as this housing crisis is set to continue with Fine Gael in charge.

"With rents at an all-time high, the number of people in homelessness breaking a new record, and three generations of the same family packed into the same house.

"We need a change of government urgently. We need a new radical approach," he concluded.

Lisa Smith in Limerick Prison

Single cell: Mother-of-one is under a 'special regime'

RYAN O'ROURKE

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LISA Smith, who is charged with membership of a terrorist group, is currently being held in Limerick Prison, The Leader can confirm.

The 37-year-old from County Louth was deported, along with her two-year-old daughter, from Turkey last Sunday.

It is claimed that Ms Smith was radicalised while in Ireland and travelled to Syria in 2015 to join the middle eastern terror group, ISIS.

A source from the prison confirmed to The Leader that Ms Smith is being held in a single cell in the prison.

If convicted, she faces a maximum 10-year sentence.

Limerick Prison currently holds 37 female prisoners, including two under "special regime".

A senior security source confirmed that one of the two prisoners being held in the prison is under a special regime due to being a member of a "specialist organisation."

"They are entitled to all of the services. But you just have to be mindful, from a security aspect, of what they are charged with. We just have to be mindful of the regime that we have them on," the source added. "We have to go on the Mission Statement that is safe and secure custody for everyone - the safety of



Lisa Smith is currently being held in limerick Prison.

the prisoners and the safety of the staff. We have to look at the secrecy surrounding them, the nature of the charges and all that."

The prisoner deemed to be a higher risk, or at higher risk would be kept separate from other prisoners. This is done at a case by case basis.

Ms Smith has a charge against her that states that between October 28,

2015 and December 1 this year, at a location outside of the State, she did commit an act that, if committed in the State would constitute an offence under Section 21 of the Offences Against the State Act, as amended by Section 5 of the Criminal Justice (Terrorist Offences) Act 2005.

The offence is under Section 6 (1) (b) (i) and 7 (2) of the Criminal Justice (Terrorism Offences) Act 2005.



LIT sharing in tech funding

LIT gets share of €26m tech funding

LIMERICK Institute of Technology (LIT) has been allocated over €400,000 in technology funding.

The news was confirmed by Fine Gael Seanad Spokesperson on Education and Skills Senator Maria Byrne, who announced that €406,520 was received by LIT under the government's Regional Technology Clustering Fund.

Twelve successful applicants representing academic institutions from all regions have secured funding for their projects amounting to €46 million in total.

Senator Byrne said: "The Regional Technology Clustering Fund is the first annual competitive fund of its kind.

"It provides a platform for engagement between enterprise and regionally-based academic institutions - the Institutes of Technology (IoT) and Technological Universities (TU) - in order to drive productivity and competitiveness.

"The fund aligns with the Government's Future Jobs Ireland which prioritises clustering and builds on regional strengths to support the expansion of Irish exporting businesses.

"It is really positive for Limerick that LIT is to be part of this fund.

"The projects will support and activate clustering in several sectors - furniture manufacturing, marine, connected health, Industry 4.0, construction, advanced manufacturing, cyber security, engineering, BioEconomy, MedTech and AgriTech."

Minister Heather Humphreys TD said: "Strengthening collaboration between industry leaders and Higher Education Institutions is a key priority as we work to ensure we have balanced regional development."

Riverside city defibrillator installed

A LIFE-saving device has been installed in the city, and is set to aid in the work of a vital Limerick organisation.

Limerick Suicide Watch have placed an AED (Automated External Defibrillator) at St Michael's Rowing Club, described as "a huge asset to both Limerick Suicide Watch and the People of Limerick" by a LSW spokesperson.

"An AED is a life-saving piece of equipment that should be used when someone is in cardiac arrest," said LSW first aid officer Sean Lyons.

"Time is vital when it comes to a cardiac arrest and 71% of out of hospital cardiac arrests in Ireland occur in an urban area, therefore, it is important for Limerick Suicide Watch volunteers to have quick access to AED's should they



Members of Limerick Suicide Watch with the new AED at St Michael's Rowing Club

be required," it was added.

An AED is already carried with the bike and foot patrols and the St Michael's AED brings to three the number of AEDs

available to LSW while on patrol.

"Placing the AED at St Michael's is also a great way for us to say thank you and to give back to the fantastic

people of Limerick who always are so generous in their support of us."

The AED is available to the public 24/7 365 days of the year.

It is registered with the National Ambulance Service and is stored in a cabinet that requires an access code.

The code for the cabinet can be obtained from the 999 call handler. Simply ring 999, state the Eircode of the AED's location and the Call Handler will provide you with the access code.

The Eircode for the AED's location is written on the outside of the AED Cabinet. The AED is equipped with adult and pediatric pads as well as accompanying kit required for the correct preparation of chest and CPR.

"We would like to say a big thank you to St Michael's Rowing Club for their continuous support and fundraising during the Urban Run this summer," the LSW spokesperson added.

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North Tipperary Development Company is a local development company responsible for the delivery of a range of rural enterprise, social inclusion, and community development initiatives in the Tipperary North County area.

The purpose of NTDC is "to act as a voluntary, non-profit making, private limited company with a mission to promote social inclusion, to promote economic development, increase employment and enterprise opportunities and promote wider participation in voluntary activity for the people of the area".

The Roscrea Youth Service is comprised of:

Roscrea Youth Project (TYFS)

RAY Project (IYJS)

The Eisteacht Counselling Service

The RAY Project works with young people aged 8 – 18 years. The aim of this Project is to divert young people, who have been referred due to anti-social behaviour and or criminal activity, away from such activity and life-style and into diversionary activities. This project is funded through the Department of Justice and Equality and by the European Social Fund 2014 – 2020 through the Irish Youth Justice Service in conjunction with An Garda Síochána

The Roscrea Youth Project works with young people aged 10 – 24 who are marginalised, disadvantaged or vulnerable. The Roscrea Youth Project is a Targeted Youth Funding Scheme project, which is a new youth scheme funded by the DCYA and administered by Tipperary ETB.

The Eisteacht Project is a new Pilot Initiative to provide a STEP UP and STEP Down Support, along with Counselling to young people in Roscrea. The Project will also develop and delivery wellness programmes in the Community. This Project is funded through Tipperary County Council

The Roscrea Youth Service invite applications for the following fixed term positions:

PROJECT LEAD – Roscrea Youth Service – Full-Time

YOUTH JUSTICE WORKER – RAY Garda Youth Diversion Project – Part-Time

For job description and application form please email: receptionho@ntdc.ie

Closing date for applications is 20th December at 5pm. Garda Vetting applies to these posts



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SHOP, EAT, DRINK, LAUGH IN LIMERICK THIS FESTIVE SEASON

Editor's message

Come to town and feel the buzz for yourself

It's Christmas in Limerick and it's the most wonderful time of the year.

There is so much to see and do in town as the season gets into full swing whether it's pantos, shows, Christmas markets or the annual institution that is the racing festival, Limerick has so much to offer.

The bars and restaurants have a wonderful buzz right now with Christmas parties every day of the week adding to the festive atmosphere.

For those in the retail business it is the most important time of the year.

The retail environment is incredibly competitive and these days, retailers in Limerick are not just competing with out of town shopping centres or even the likes of Cork and Dublin.

Online shopping is the chief rival it seems and retailers have had to adapt to answer that challenge by offering a more personal experience.

Limerick can be proud of the choice its city centre offers - from the biggest and best department stores, to the independent boutiques and family businesses that have been around for generations, to the quirky side street outlets.

They are all there in our compact city centre and when the shopping gets too much, the array of cafes, pubs and restaurants for you to rest up and refuel is without equal in the entire region.

There are numerous park and ride and park and stride facilities this year including from UL, and the South Court and also Cleeve's to help beat the traffic.

So whatever you are after this Christmas, come to Limerick city to find it and support local - you won't be disappointed.



There was a tremendous atmosphere at the switching on of the Christmas lights performed by Rose of Tralee Sinead Flanagan. Limerick city is full of attractions for shopping, eating and making merry this Christmas, so come on in

PICTURE: BRIAN ARTHUR

Get offline and shop out and about

Retail: Support local business by shopping in the city this season

REBECCA LAFFAN
rebecca.laffan@limerickleader.ie

SHOPPERS are being encouraged to "spend in town and not online" this Christmas by taking advantage of Limerick city's huge retail offering.

Chamber CEO, Dee Ryan is encouraging Limerick people to wrap up and flock to the shop-lined streets to support the revitalisation of Limerick city centre by choosing gifts from local retailers.

"Switch off the device, throw on your winter best and hit the town this weekend to do your Christmas shopping," Dee said. "You'll be demonstrating your support of local producers and for the hundreds of people employed in retail in Limerick.

"In addition, you will be playing your part in helping to develop a thriving urban centre.

"Economically successful regions have 'super-cities' at their core," she explained, "Limerick city must succeed in order for the wider Mid West region to achieve its full potential."

"Talent recruitment and retention is one of the biggest challenges for my members," she added.

"If we want to attract the best quality jobs and workers to the area we need a city offering and Limerick has a compelling urban story to tell."

"Retail animates our towns and cities, it provides the day-to-day hustle and bustle that helps make our urban centres feel alive, so it is particularly important at this time of year when most people will spend money on gifts, that we choose to support the families in our communities who earn their living from retail."

Chamber members report that upwards of 30% of their overall revenue is taken during the six weeks of Christmas, with Black Friday



Chamber CEO Dee Ryan

turning into the starting point for the peak sale season.

Commenting on the difference between a virtual shopping experience and going into a bricks and mortar business, Dee continued: "There is plenty of parking on street, in car parks and in the newly opened park and stride sites, it has never been easier to get into town and soak up the Christmassy atmosphere.

"You are almost guaranteed to bump into

someone you haven't seen in a while, which might turn into catching up over a festive coffee or a bite to eat - it's a very social time of year."

The city is well and truly in the festive spirit, with Christmas at the Urban Garden right outside Penneys already a hub of activity with Santa's snow-topped cabin by Matthew Stephens Jewellers, Toots the Train, festive music and the Santa Sleigh selfie spot all waiting under the twinkling lights of Limerick's 35ft Christmas tree.

The Eight Days of Christmas at Limerick Milk Market is a sure way to get some presents sorted for the big day, with a range of themed markets, handmade crafts and gifts, seasonal foods, local fashion and festive fun.

Throughout December, there will be a special Santa letter service, and a visit from the man himself on Saturday, December 14.

Local artisan traders will also showcase wonderful handmade crafts, art and seasonal treats to get shoppers into the Christmas spirit on Limerick's Cruises Street over the festive period.

Mayor of the City and County of Limerick Cllr Michael Sheahan said: "I always remember making the annual trip to Limerick city for Christmas when I was young, and then the magic of Christmas and atmosphere in the city with my children and now my grandchildren. Limerick is a place for everyone at Christmas and I would encourage everyone near and far to experience it for themselves."

Parking in the city centre is available on-street and in multi-storey car parks. Download the Limerick e-parking app, or pay by phone or disc. On-street car parking is free after 5.30pm daily and is always free on Sundays.

See limerick.ie

Variety of festive Autism-friendly events in city

REBECCA LAFFAN

rebecca.laffan@limerickleader.ie

VENUES across Limerick are pulling out all the stops to create the best environment and experiences for every child this Christmas season with a number of special activities taking place for people with Autism Spectrum Difference.

Little Tiny Christmas at the Belltable, on Thursday, December 12 is a magical and calming world of sensory experiences and beautiful live singing designed especially for children under five with complex needs. Each child can bring one adult guest with them to this playful and gentle show which takes place at 10am, 11am, 12pm.

Audience capacity is very limited, so please book early to avoid disappointment.

Special sensory-friendly shows of this year's pantos are available this festive season. A tale as old as time – the important message in *Beauty and The Beast* is never to judge the book by its cover. See the dedicated showing of *Beauty and the Beast* in the Lime Tree Theatre on Monday, December 20 at 4pm, and *Aladdin* at University Concert Hall on Friday, January 3, at 2pm.

Every day the library is open Watch House Cross Community Library Sensory Room was designed to help individuals with sensory impairments, learning and development difficulties and those on the Autism spectrum. The Sensory Room can

Christmas can be a difficult time for families of people with Autism

KEITH ENRIGHT, FOUNDER OF THE LIMERICK AUTISM GROUP

be booked for 30-minute sessions by contacting Watch House Cross Library at 061-557726.

The Parkway Retail Park is Ireland's first Autism and sensory-friendly shopping area designed to make shopping and store visits easier for people with Autism and other sensory difficulties with designated car parking spaces outside stores and specific tills in place to avoid queuing and to allow for an easier exit.

Supervalu Castletroy also provides Autism-friendly shopping each Tuesday evening between 7 and 9pm when the store incorporates sensory-friendly measures such as dimming the lights, cutting the music, and turning off any loudspeaker announcements during these autism-friendly shopping times.

Shannon Airport is making traveling for Christmas as easy and stress-free as possible with their purpose-built sensory room available in the departures lounge for passengers involved with their special assistance programme.



Watch House Cross Community Library Sensory Room has a range of stimuli, and is available for use by children, teens and adults with Autism, sensory impairments, special needs and learning and development difficulties PICTURE: BRIAN ARTHUR

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Get into the outlet for city's best value

Originally established in the early '90s as a pop-up shop at the end of each fashion season, Tony Connolly opened his first "Sale Shop" outlet as a permanent store back in 2008. Celebrating its 11th Christmas trading in Limerick city, the sale shop represents value at its best in menswear.

The original business model consisted of older and oddment stock from the regular Connolly outlets in Limerick and Clonmel. These days the offering has been advanced in terms of value and selection, offering heavily discounted branded merchandise for half its retail value. This has extended to include manufacturer samples, end of lines and wholesaler deals. Its Limericks best kept secret! The Connolly guarantee of quality, value and service is as important on slashed prices as it is on our premium Christmas collections in our regular stores. Derek Ryan and his team are on hand to assist. Now taking deposits for Christmas. Thanking our loyal customers and wishing all a very happy Christmas.

Christmas all wrapped up at Connolly Man

City institution: Decades of expertise make for a superior shopping experience at a legendary Limerick retailer

BUYING for the man in your life has never been so simple!

Celebrating our 49th year in the city, Connolly's can guarantee the quality and value of our premium Christmas 2019 collections.

While you may be familiar with the majority of prestigious brands in our stores, we have added some superb ranges this year which represent exceptional value.

To ensure an enjoyable shopping experience with us, and avoid disappointment Christmas morning, take note of his sizes prior to setting off on your shopping trip.

Team up with a member of our staff and choose together. We are familiar with every nook and cranny in the store and may find what you are looking for, even if you cannot. Let us do the work - that's what we're here for! We look forward to being of service and are excited to introduce our new Tommy Hilfiger Store in Patrick Street. Browse the bargain rails of our OUTLET in Bedford Row where the Connolly Service and Quality promise is never compromised.

Consider a classic wool coat or winter jacket for the gift that keeps on giving or visit our CHAPPS store to browse the Tommy Bowe and Superdry Collections. Hot this Christmas are printed shirts with subtle details,



Happy Christmas from everyone at Connolly Man, your No.1 choice for the man in your life. And the boy in your life is catered for too. Communion stock is coming in now to Connolly Formal



knitwear with points of difference, smarter denim, and on trend tailored sports jackets. Quilted Down Filled Jackets are back on trend and available from many brands this season. We have a strong accessories offering in store ranging from gloves, hats and

scarves to leather belts and wallets, we are Munster's largest stockists of the Secrid collection - the Patent Card protectors, our number one Christmas gift idea and bestselling accessory starting at €29.95.

Any budget and taste can

be covered by a gift voucher. They can be redeemed at any of our fashion stores in Limerick or Clonmel and refreshingly have no use-by date!

Secure your preferences and sizes now by leaving a small deposit. We would then be delighted to hold the goods for you right up to Christmas Eve.

Not into festive wrapping? Complimentary Gift Boxes available with every purchase.

Everyone in Connolly's would like to take this opportunity to thank our loyal customers for their support for 49 fantastic years in the city and to wish you a very happy Christmas and a prosperous 2020.

Connolly Formal makes your special occasion just that - special!



Connolly Formal, Limerick and Clonmel has always been synonymous with quality dress hire because we appreciate that special occasions are just that...special!

Our guarantee is, and always has been, to source and carry only the finest quality garments. We have been in business for over 49 years

and in that time we believe we have justly earned a reputation for providing our customers with excellent value, unrivalled variety and expert service. Experience

Counts! Our Communion Collection 2020 has started to arrive, so come in and check out our line for your special young man.



FORMAL WEAR PARTNERS TO MUNSTER RUGBY

Happy Christmas

THE BRIGHTEST BRANDS:

- Andre
- Benetti
- Bruhl
- Bugatti
- Calvin Klein
- Casa Moda
- Dockers
- Falabella
- Gilt Edge
- G-Star
- Helly Hansen
- Jack Wills
- Jockey
- Jupiter
- Kellerman
- Levis
- Magee
- Marc Darcy
- Mustang
- Petrol
- Pre End
- Redmond
- Remus Umo
- Rockport
- Rosselini
- Scott
- Secrid Wallets
- Skopes
- Sunwill
- Superdry
- Tommy Bowe
- Tommy Hilfiger
- Tommy Jeans
- Tricot Marine
- Venti
- Wrangler
- XV Kings

MUNSTER'S
PREMIER
MENSWEAR GROUP

Chapps
Connolly
man

Patrick Street & Crescent SC,
Limerick; O'Connell St, Clonmel

Connolly
formal

WEDDING & BLACK-TIE
SPECIALISTS

Patrick Street, Limerick
& O'Connell St, Clonmel

Connolly
collections

Crescent Shopping Centre,
Limerick

Outlet Store

Bedford Row &
Crescent Shopping Centre,
Limerick



Find us on
Facebook



Take refuge from the rush and get all you need in Ryan's Centra

Ryan's Centra offers a wide range of healthy choices and a choice of firm favourites in a relaxed retail setting

HAPPY Christmas to all our customers, from Ryan's Centra William Street and O'Connell Street, Limerick.

We pride ourselves on providing fresh and interesting food throughout the day from breakfast right through to the evening.

From the wings and ribs bar to the burrito bar you are guaranteed a food offering which stands above other local competitive offers.

Breakfast

Get your freshly made porridge with a choice of toppings or have your eggs cooked the way you like them.

Coffee

Our new coffee brand Frank & Honest is fast becoming the most popular brand in Ireland. We have self-service bean to cup machines in both stores with the addition of a barista counter in O'Connell Street.

Here, you'll be greeted by one of our friendly baristas who will make your coffee to your liking.

Why not try one of our special seasonal offerings over the festive period –

gingerbread latte, white hot chocolate or spiced apple winter tea?

Healthy choices

We are very aware of the modern tastes of our customers and their need for a healthier option.

Our range of quality soups and salads ensure you get a satisfying meal at a modest price.

Now available in our O'Connell Street store – The Green Kitchen. This will make eating healthily even easier at Centra!

Off Licence

Our off licence has some great offers this Christmas – from premium craft beers to the perfect bottle of wine. We are open until 11pm so you will never be stuck.

Seating Area

We have seating areas in both stores for you to enjoy your purchase. Tired after your day of shopping? Take a break from the Christmas rush and relax in our bright and inviting store.

We look forward to seeing you over the festive season and into 2020.



There is a great variety of food choices available in Ryan's Centra stores and whether you want to grab a few things or do a big shop it has great value throughout the store. Ryan's have everything from breakfast to lunch and Frank & Honest coffee



*Been there,
done that?
Not until you've
tried this!*



FRANK AND HONEST
GOURMET COFFEE COMPANY

HAVE YOU TRIED

**THE
GREEN
KITCHEN**



Centra
Ryan's • O'Connell St
William Street



Make it Texas Steakout for a rootin'-tootin' time

LOCATED at No. 116 O'Connell Street, the Texas Steakout occupies a special place at the heart of the city. This family favourite restaurant serves only good, honest, hearty food. Established almost 29 years ago, it has remained one of the top favourites on the Limerick dining scene.

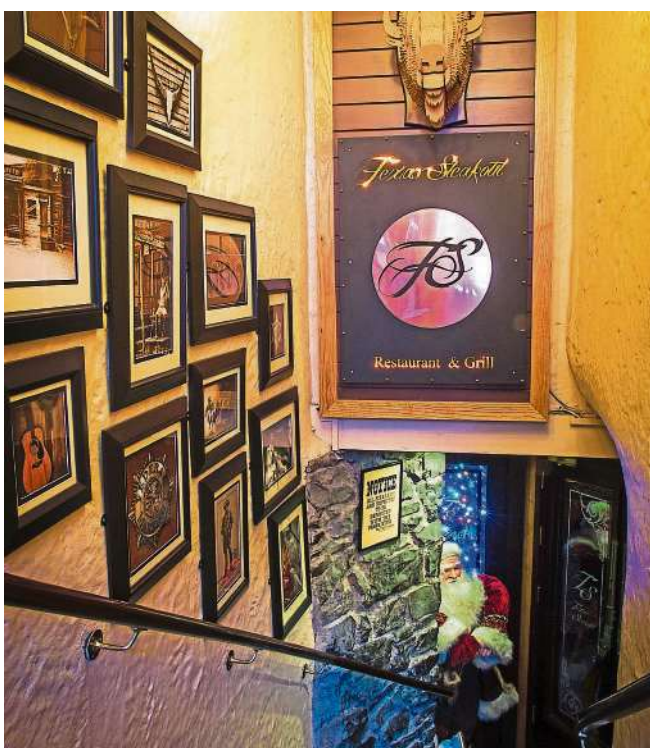
Booking is always advised, such is the demand for the restaurants Wild West ambience, excellent service and terrific food. Open seven days a week, for lunch and dinner tables and special occasions. Tel. 061-410350,

'From the very start we wanted to make the restaurant homely and comfortable', says manager Mike Ryan. 'So the use of more recipes from 'grandmother's kitchen' was a better option than food that people at that time were then unfamiliar with.'

For working professionals, this beautifully fitted out restaurant really understands the art of a quick, wholesome lunch served to order. The Steakout welcomes people from all walks of life and invites them to use the space as a meeting place. 'We cater for all varied tastes, not just for meat lovers. We also have an excellent choice of chicken, vegetarian and fish dishes. And then there is our Mexican menu - the likes of which you would have to travel to Central America to get anything better!'



For a true taste of Tex-Mex make it Texas Steakout this Christmas



Texas Steakout

RESTAURANT

GIFT CARDS

Online @ Texassteakout.ie
Phone @ 061 410 350
Collect @ 116 O Connell Street



Out and About at the All-New Matthew Stephens Fashion Level

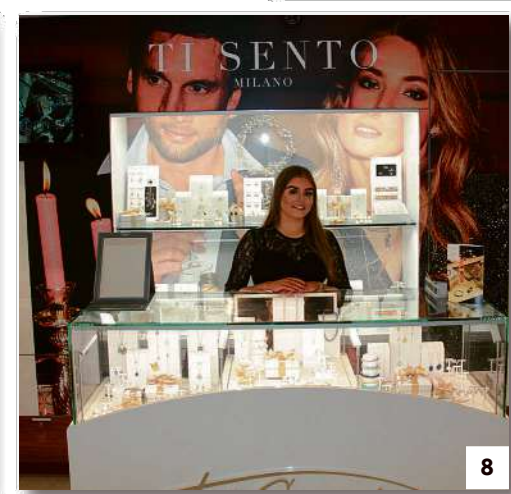
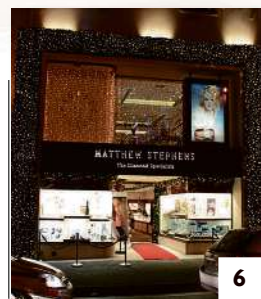


There was lots of Glitz and Glamour as Matthew Stephens launched the All-New Fashion level. The recently Renovated Fashion level is now the only store in Ireland to house all the top brands under one roof such as; Swarovski, Thomas Sabo, Ti Sento, Carat, Alex & Ani, Bronzallure along with the newly opened Luxury Ear Piercing & Styling Lounge with 3 amazing new "Curated Ear" Brands; Astrid & Miyu, Lavz and Maria Tash in the Fashion Level of the 3 level store in Limerick.

Pick up a beautiful pair of sparkling earrings absolutely free with every purchase over €100 this Christmas. Offer only available while stocks last so don't miss out. Check out Matthew Stephens Facebook and Instagram for further offers, promotions and exclusive invitations to special events.

Pictured at the event were:

- 1) Zoe King Thomas Sabo brand ambassador launching the new 2020 range.
- 2) Rebecca Gleeson launching Bridal & Occasion Wear.
- 3) Rebecca Gleeson & Isobel Cox launch the new Curated Ear brand Astid & Miyu Collection in-store.
- 4) Mary Frost and Lea Costelloe launch the new Luxury Ear Piercing and Styling Lounge at Matthew Stephens.
- 5) Isobel Cox at the Swarovski boutique on the Fashion Level.
- 6) Matthew Stephens Jewellers - sparkles for Christmas.
- 7) Mary Frost launches the amazing new Curated Ear & Layering brand Lavz Collection in-store.
- 8) Lea Costelloe launches Ti Sento 2020 Collection.
- 9) Rebecca Gleeson and Chelsey Travers launch the Harry Potter range with Alex and Ani.
- 10) Rebecca Gleeson launching The Vintage Collection of Rare Gold Treasures from the past - exclusive to Matthew Stephens, Limerick.
- 11) Lea Costelloe and Nadine Smyth at the Carat Boutique - exclusive to The Fashion Level at Matthew Stephens.





CASTLETROY PARK
HOTEL & LEISURE CLUB
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Christmas VOUCHERS

BED & BREAKFAST FOR TWO FROM **€149**

AFTERNOON TEA FOR TWO **€51.90**

BEAUTY TREATMENTS FROM **€20**

DINNER FOR TWO **€72**

Monetary Vouchers available to use in all six Só Hotels.

Buy online on www.sohotels.ie and get them emailed to you in minutes!





Cahills reputation as a tea emporium is well established, owner Eleanor has visited many of the plantations herself, but there is much more to this Limerick institution. See for yourself

Support Local Business this Christmas



Limerick Chamber
Advancing business together

W: www.limerickchamber.ie

P: 061 415180

E: info@limerickchamber.ie

Cahills is an Aladdin's Cave of men's gifts

Evolution: Limerick institution has changed with the times, but at its own pace and you should make your leisurely way down there too this Christmas!

Cahills, 47 Wickham St., is like a new jewel to be discovered in an old setting.

The old snuff and tobacco factory has been serving the people of Limerick since 1870 and holds a special place in the hearts of many.

In recent years, the shop has changed. It is now an Aladdin's cave for men and tea drinkers.

Cahills now carries a terrific range of men's gifts - leather goods, bags and wallets, cuff links, hip flasks, Swiss army and Leather man, Peterson pipes, Cuban cigars, Zippo lighters, bracelets and shaving gear - ranging from the old Taylors range of cream, soaps and razors.

It also has the best of products for hair and beard care and between now and Christmas, is promoting a range of wonderful products.

The 'Neuu' range of men's skincare which is made from seaweed harvested in Co. Clare and developed in the University of Limerick.

Cahills has also built up the largest and best loose tea collection in Ireland sourced from tea gardens and plantations, some of which owner, Eleanor, has visited.

These give Limerick people an opportunity to enjoy the best quality loose tea and of course, Cahills, suggests that you make a pot of tea, sit down, relax and enjoy it.

"We are in an active campaign to stop the habit of running around with a tea bag in a mug. Where are we going in such a hurry?" they ask.

"We have a great selection of teapots and vintage tea cups, ideal for gifts."

Cahills has seen many changes in its long history of 150 years.

"The best advice we can give is take your



The 'Neuu' range of men's skincare which is made from seaweed harvested in Co. Clare and developed in the University of Limerick.

time, whether it's the time spent shaving in the morning or taking time out for a pot of tea, and as we approach Christmas, let us help you choose a thoughtful gift for the man in your life."

Cahill's shop - Like stepping back in time.
47 Wickham Street, Limerick. 061 311 821

LIMERICK
& ENNIS



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FILLING FAST
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NOW!

CHRISTMAS

REVISION
COURSES

at JULIE'S
2019



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www.kes.ie



Weight Watchers coaches enjoying Christmas festivities at the group's Limerick Christmas party. Weight Watchers would like to wish happy Christmas to all its members. For information regarding workshops contact 01 8703900 or Eileen 086 2570812 or visit their website www.ww.ie

WEIGHT WATCHERS CHRISTMAS PARTY

Pictures: GARETH WILLIAMS



Attending the Weight Watchers Ireland Christmas party at the Strand Hotel were Grace Dowling and Joyce Piggott, Weight Watchers Ireland



Allison Moore, Fiona O' Sullivan, Anne Kerins, Ann Keane, Marian Marren and Martina Sherran, Weight Watchers Ireland



Enjoying the party: Marie Ryan, Grace Dowling, Joyce Piggott, Siobhan O'Reilly, Mags Savage Bell, Eileen Nyham, Noreen Day, Mary Mahony, Stephanie Smith, Karen Naughton and Helen Corridan



Give the Gift of Luxury with a Limerick Strand Hotel Gift Voucher and and bring a smile to your loved ones face this Christmas. Choose Monetary Vouchers from €25.00 or give the gift of one of our Experience Vouchers. Experiences include

Afternoon Tea for Two
Dinner for Two
Sunday Lunch for Two
Energize Health Club Membership

Vouchers can be purchased online or from hotel reception

Call 061 421800 or shop online at www.strandlimerick.ie



Limerick
Strand Hotel



Give the gift of luxury this Christmas

Strand Hotel: Be it food or leisure let Limerick's premier hotel cater for you this Christmas

Give the gift of luxury this year, place a Limerick Strand Hotel Gift Card under the tree and bring a smile to your loved ones face.

The Limerick Strand Hotel offer a range of experience vouchers.

For the foodie in your life purchase "Dinner for two" in the award winning AA rosette river restaurant, were celebrated executive Chef Tom Flavin & his wonderful team of chefs focus on surpassing the expectations of our guests by using the freshest local ingredients where possible in all our dishes.

Expertly prepared then served simply and fresh, you can really Taste the Place.

We are fortunate to be living right in the middle of the Wild Atlantic Way and in the heart of the Golden Vale with some of the best raw ingredients in the world and a great larder for our kitchen team.

Enjoy the very best views from the Terrace Bar & Restaurant in the heart of Limerick City with glass walls overlooking the River Shannon

For the perfect girly afternoon out treat your loved one to a "Limerick Afternoon Tea Experience" Voucher.



Keeping Limerick central to this bespoke Afternoon Tea experience, Tom Flavin has produced his own traditional Limerick toffee, inspired by Limerick's famous and much loved "Cleeve's Toffee" a condensed milk product.

In addition Tom has called upon his local food suppliers creating a delicious menu with local producers

Or for a family afternoon out a voucher for our highly popular "Sunday Lunch Buffet" is the ideal treat!

Maybe its time for New Year you! Why not Give them the gift of feeling great with

an Energize Health Club membership voucher.

Monetary Value vouchers are also available from just €25 to use against a luxurious overnight stay in one of our new refurbished bedrooms

All of our gift vouchers can be purchased online at www.strandlimerick.ie.

Downloaded instantly to be presented as the perfect gift. Alternately gift vouchers can be purchased at hotel reception – presented in a tasteful gift box and bag



**Top: Enjoy one of our elegant corner suites
Above: Food heaven with dinner at our River restaurant or Limerick afternoon tea
Right: Feel the health buzz at Energize**



Stylish ladies can win holiday in the sun at Limerick Race meet

REBECCA LAFFAN

rebecca.laffan@limerickleader.ie

SUNNY weather is definitely on the horizon this chilly winter for one lucky winner, as Sunway Holidays returns as title sponsor for the sixth year for the Sunway Holidays Most Stylish Lady competition.

This year's event takes place on Saturday, December 28 at Limerick Racecourse, where The Most Stylish Lady will walk away with a holiday for two people to Turkey.

Mary Denton, CEO of Sunway Holidays said: "We are delighted to be sponsoring the Most Stylish Ladies

competition at the Limerick Races again this December. We have seen some outstanding entries over the past few years and look forward to seeing the glamour and style again this year. Best of luck everyone!"

Second prize is a luxury overnight stay for two people in a Junior Suite in The Savoy Hotel Limerick to include dinner and a bottle of Veuve Cliquot Champagne, while third prize is a VIP day at the races for four people to include lunch at Limerick Racecourse.

The ten finalists of the competition will each receive a €50 voucher for the stylish Phoenix V Boutique.

Judge Stuart

40k expected attendees for annual four day festival



Judging this year's competition is Stuart Montgomery, who is well known on the fashion circuit

Montgomery commented: "I'm thrilled to be involved, I know exactly what to expect and I cannot wait to see the style on the day.

"In terms of what I'll be looking for on the day and given the time of year, I'll be looking for weather-appropriate outfits and a

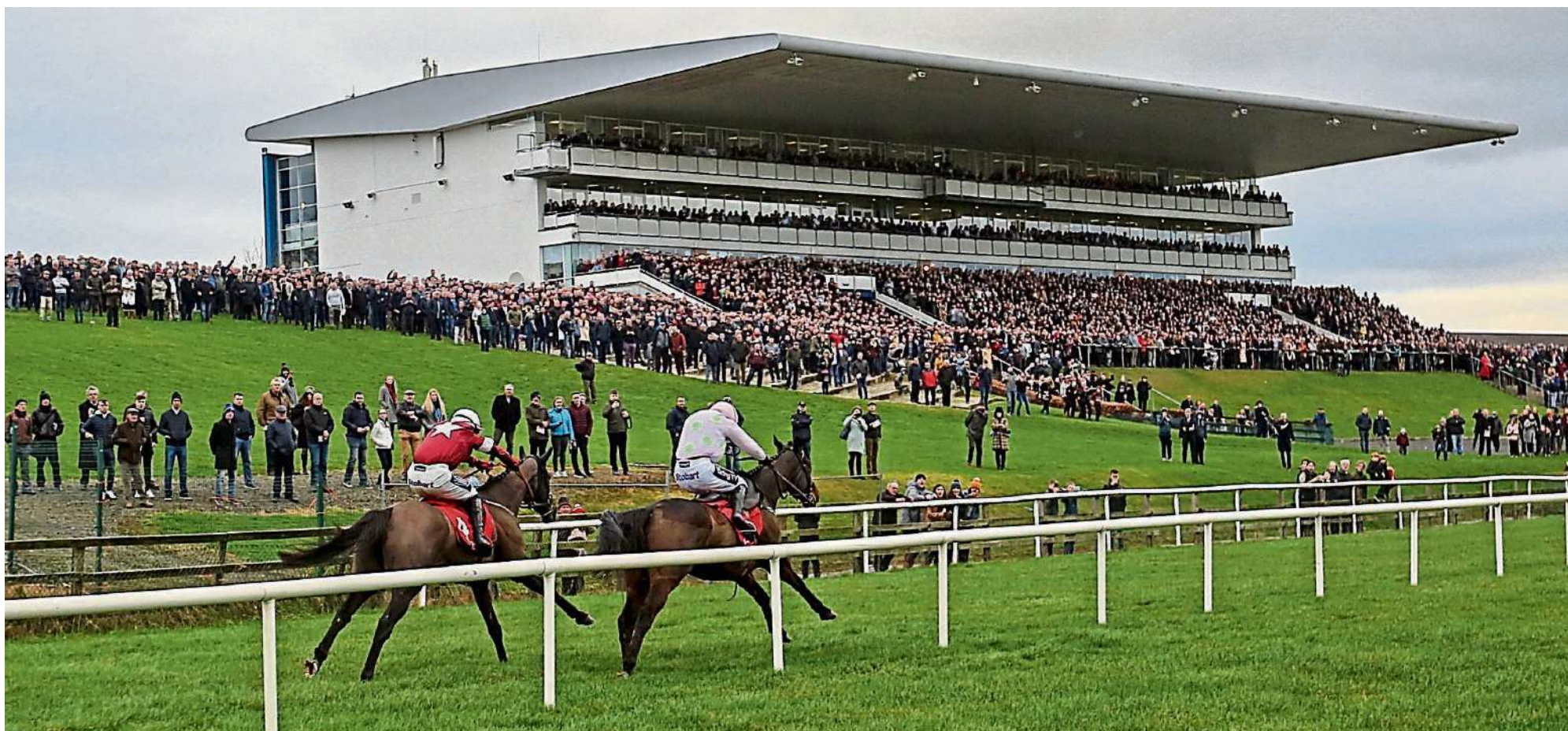
head to toe look with a sense of individual style."

"All ladies are welcome to register for the competition on the day between 12:30pm and 2pm and they will have their image taken by the Ladies Day team and enjoy a complimentary glass of prosecco."

The event takes place on day three of the annual Mr Binman Christmas Racing Festival which runs from December 26-29.

General admission is €15 per person on the day.

Please visit www.limerickraces.ie.





Be safe and secure this Christmas

For nearly seven decades Ryan's Locksmiths has been the first choice provider of 24hr locksmith services for home owners and businesses in the Midwest.

A family business, it is led by William and Carmel Ryan, Joe Ryan and Sinead Wallace, with full time locksmiths Joe Hastings, Kevin Bourke, Denis O'Connell and Michael Fitzgerald. Our combined experience and training allow us to provide a skilled and professional workshop as well as a comprehensive and fast call-out service. All our locksmith engineers are extensively trained and security vetted, each carrying ID badges at all times.

Such is the expertise of the company, director William Ryan is a well respected security consultant and regularly gives advice on the security measures, that a company or individual can take in order to prevent burglaries.

He attends commercial and domestic properties and

advises on security needs for doors and windows. William also provides forensic locksmith services for insurance, legal and law enforcement agencies.

Ryans services include:

24hr Locksmiths

- Key Cutting
- Locks fitted, repaired and upgraded
- Emergency lock-out service
- Lock cylinder changes rim cylinders or euro cylinder

Locksmith Services - For Your Business

Electrical and mechanical access control systems

Security surveys and consultancy

Master Key Systems

Keyed Alike Systems

Locksmith Services - For Your Home

- 5/3 Point multi point locks to suit wooden, aluminium and uPVC windows and doors
- Patio door locks, French door locks, Sliding door locks, Mortice locks, Yale locks

Fitting of Yale type locks to Munster Joinery doors Auto Locksmiths - 24hr emergency service

- Car, motorcycle and truck keys cut and programmed
- Ignition key replacements for auto keys such as transponder keys, chip keys, remote keys
- Key programming
- Roadside assistance - car keys can be cut to code on the roadside

Safe Engineers - For Home & Business

- Cash & Valuable Safes supplied and fitted
- Fire-rated safes and more
- Safe opening service

When you want a reliable locksmith in the midwest that offers security lock and key services such as duplicating keys, assisting in lost key situations, as well as offering 24 hour emergency locksmith services, and other related services be sure to go with the professionals you can rely on.

Ryan's Locksmiths is available 24 hours a day, 7 days a week to protect your home and business.



Ryan's Locksmiths on William Street offer a wide range of security services, delivered by highly skilled security-vetted staff with a wealth of experience

Ryan's Locksmiths

FAMILY RUN BUSINESS SECURING THE MIDWEST SINCE 1948

24 HOUR SERVICE

- CAR KEYS CUT & PROGRAMMED
- CAR REMOTES REPAIRED
- BREAK SECURE CYLINDERS SUPPLIED & FITTED

Call in and talk to one of our locksmiths for advice on your security needs.

7 Upper William Street, Limerick

Tel. 061 - 414173

Email sales@ryanslocksmiths.com

www.ryanslocksmiths.com



Wishing all our customers a Merry Christmas and a Happy New Year.

Limerick Sports Store - in the game for 80 years

IN the game for nearly 80 years Limerick Sports Store has a great line out.

Limerick Sports Store has long been established as one of the leading sports shops in the region.

Since it opened its doors in 1940 Limerick Sports Store has been a family friendly shop catering for the needs of the sporting fraternity.

Renowned especially for its selection of GAA gear for nearly every county, Limerick Sports Store has a vast range of jerseys, squad tops, skinny pants and much more.

For the runner/triathlete in your life pop in store for some expert advice on your choice of footwear, swimwear, goggles etc.

Also new for Christmas we have a fantastic selection of Limerick GAA jackets and we also have the rebounder



Limerick Sports Store, William Street is the one stop stop for all things GAA

hurling skills net available as featured on the Late Late Toy Show.

There are many more items in store to make the

festive season that bit more special call in today to our store on 10 William Street, Limerick or call us on telephone 061 415647.



Christy wearing a Limerick hurling jacket and Eoin wearing a Limerick crew neck top. They are standing beside a rebounder hurling skill net



Christy is wearing a Limerick soft shell jacket and holding a O'Neill's Limerick gear bag



Sarah wearing a Limerick pink jacket and holding a Cooper helmet



Eoin Wearing a khaki green squad top and holding an O'Neill's All-Ireland Football

LIMERICK SPORTS STORE
"FEELING FIT, LOOKING GOOD"

IDEAL CHRISTMAS GIFTS



Cooper Helmets SK100 SK109 New Limerick GAA Clothing in Stock



Eoin wearing new Limerick khaki squad top



REBOUNDER Hurling Skills Net Now in Stock



Christy showing Limerick soft shell jacket and Limerick GAA bag



Large selection of New Balance available

ALSO STOCKIST OF

- TITLEIST PRO V GOLF BALLS • CULTEC HURLEYS • SPEEDO SWIM WEAR • LIMERICK, CLARE, TIPPERARY GEAR BAGS

GIFT VOUCHERS AVAILABLE

T: 061 415647 A: 10 William Street, Limerick E: limericksports@outlook.com

Open Every Sunday from now until Christmas 12pm to 5pm



SHANNON FURNITURE AND CARPETS LTD

30/31 Upper William St. Limerick

Ph. 061 - 413 433

Fx. 061 - 413 860

Email: shannon.furniture@gmail.com

*Wishing all of
our Customers
a very*

*Happy Christmas
and a
Happy New Year!
Looking forward
to seeing you all
in 2020!*



YOU'LL BE FLOORED BY THE VALUE AT SHANNON FURNITURE AND CARPETS

With nearly half a century of serving the people of Limerick behind it, Shannon Furniture and Carpets can be relied upon for experience, know-how and value for money. A family run business for over 50 years, it stocks flooring, furniture, and bedding by all major suppliers and specialises in Irish-made mattresses. It offers free delivery and measuring service and has a dedicated and experienced team of floor covering fitters of carpets, vinyls and timber flooring. We have the largest collection of Carpet and Vinyl rolls in stock. We are open Monday to Saturday 9am to 5.30pm through lunch. Come on in and say hello!



The safe way to shed some light

Mid December was traditionally the time to deck the halls with boughs of holly but now we seem to be yearning for the twinkly lights earlier and earlier each year.

Our fondness for letting our festive spirit soar carries through to some pretty amazing décor and lighting displays all over the country.

Christmas lights range from modest displays to show good cheer to gazillion-bulb light-appaloosas that draw attention from near and far - some for charity, of course.

Irish lighting experts Solus have some top tips to help your festive display dazzle in the safest and most energy efficient way.

1. SAFETY FIRST

A&E departments are filled with homeowners who lose fights with their Christmas lights, suffer electric shocks or cause fire

hazzards.

To avoid the Christmas black and blues, take extra care over the Christmas period with any festive light displays.

2. TAKE THE DAY OFF

Don't turn on the Christmas lights during the day, it is a waste of energy and electricity and no one can really enjoy looking at the lights during the day.

3. TREE LIGHTS ON - ROOM LIGHTS OFF

When the tree is lit, there is no need to have other lights on. Save energy & enhance the festive atmosphere.

4. USE TIMERS

You can buy timers now for electric lights. They simply plug into a socket and then you plug your lights into them and set the timer to come on and off

5. DON'T OVERLOAD

Never overload an extension lead by plugging in appliances that together will exceed the maximum current rating stated for the extension lead.

This could cause the plug in the wall socket to overheat and possibly cause a fire.

6. STICK AROUND

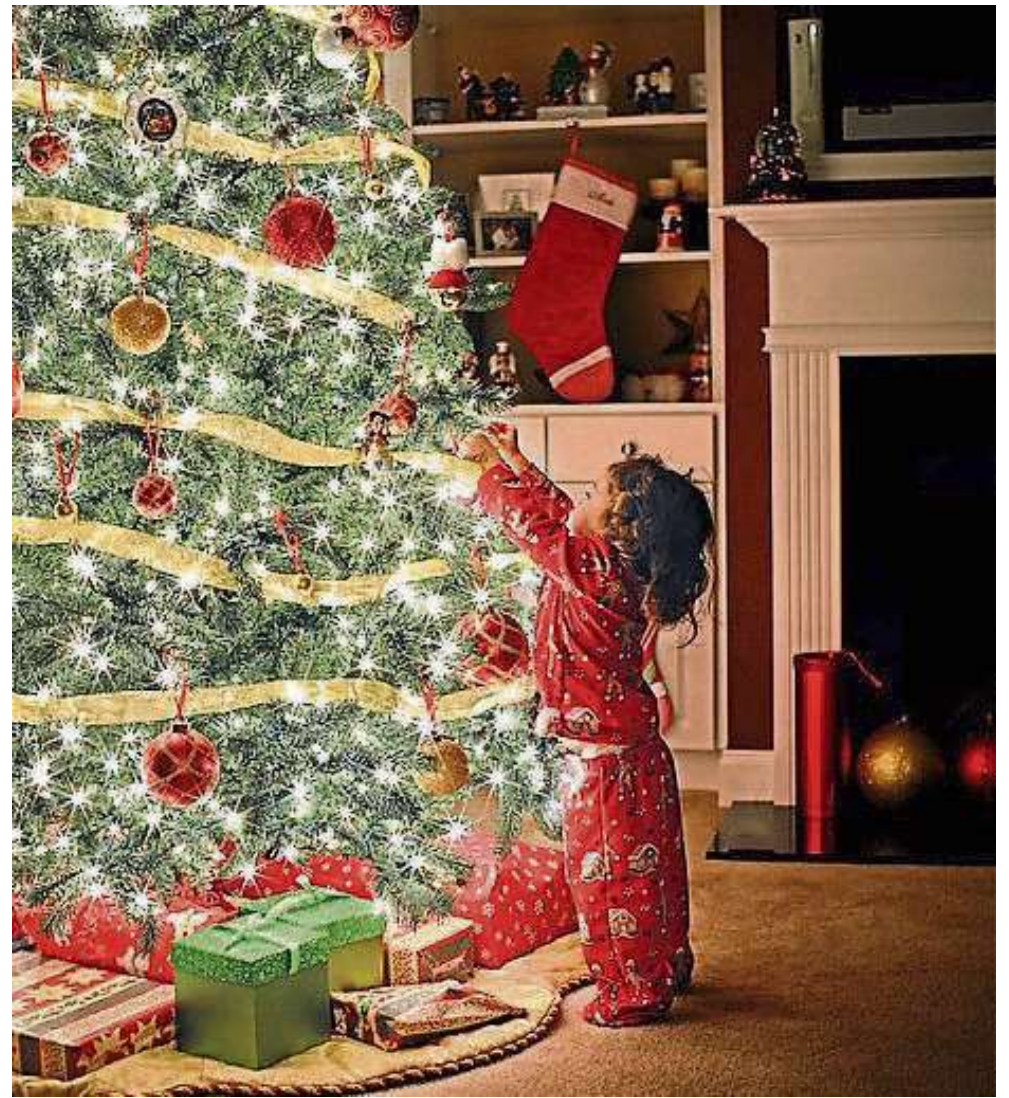
Never leave lights turned on while unattended. Always turn off the lights before you leave the house and when going to bed.

7. STORE CHRISTMAS LIGHTS IN A BALL

It sounds counterintuitive, but the best way to store lights is to ball them up.

Wrap five times in one direction, then turn the ball 90 degrees and repeat.

Store your light balls in cardboard boxes, rather than in plastic bags: Cardboard absorbs residual moisture and extends the life of your lights.



Follow our tips for safe and efficient lighting this Christmas



THANKS A MILL! GET PARTY READY AT THE MILL STUDIO

We here at the Mill Studio, Upper William Street, are an Alfaparf Care Ambassador salon.

We specialise in prescribing you with the best care range for your hair and scalp. Colour-wise, we are a Wella Colourist salon and have a wide range of colour services.

You are always welcome to call in for a free consultation.

Don't forget to book your appointment for the Christmas season. Whether for a pop of colour, a trim or upstyle/curly blowdry, call us on 061 413366. Your style will be anything but run of the mill at the Mill!

MILL HAIR SALON

18 UPPER WILLIAM STREET, LIMERICK.

WE SPECIALISE IN ALL ASPECTS OF HAIRDRESSING



Mary O'Neill, Proprietor



Ger Robinson, Stylist



Mary Malone, Stylist

Wishing all of our Clients a Happy Christmas and Prosperous New Year

Gift vouchers & Christmas gift sets available.

Book now for your Christmas party night out

061 413366

Open: Tues-Sat 9am-5.30pm and Fridays until 7pm.

Free 1 hour parking. Free Wifi.



Carmen Canales, Leah Galmego, Mira Golz and Carla Rodes, all smiles at Limerick On Ice
PICTURES: BRENDAN GLEESON



Amy and Paul Lowry enjoying the ice rink on Arthur's Quay

ENJOYING LIMERICK ON ICE AT ARTHUR'S QUAY

Pictures: BRENDAN GLEESON

THE DOLLS' COMPLAINTS
BY KEEVA DELANEY

Available from Dunnes Stores Nationwide
and online at www.dunnesstores.com

Get your copy at the
PARKWAY, JETLAND,
HARVEY'S QUAY and
CHILDERS ROAD
stores Limerick.

ON SALE €8

Cliona's
For families with a seriously sick child

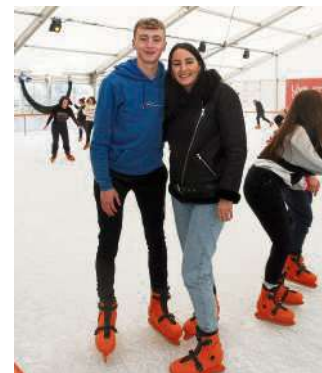
All proceeds from the sale of this book will go directly to Cliona's, for families with a seriously sick child.



Getting around with the help of hte seals at the rink on Arthur's Quay



Sarah Vaughan and Pdraig Russell at the rink



Kai Joyce and Sarah Power enjoying the skating



Mohammed Alhjni and Ahmed Alfoori



The perfect fit for Christmas

At The Zip Yard Limerick we are experts in providing the tailoring you need to be red carpet ready this festive season.

We understand clothes and body shapes better than anyone else and we know just how to achieve the perfect fit for you and your wardrobe this winter.

Whether it's taking in your new coat, adding

embellishment to a plain dress, tailoring that suit, altering that little sequin number or dry cleaning last year's tuxedo, we've got you covered.

We will ensure you stand out from the crowd at your office party, Christmas Eve drinks or going to that winter wedding this season.

As Ireland's award-winning, high-street

alteration service we can restyle, refit and repair a tired wardrobe giving it a new lease of life for a fraction of the cost of a complete overhaul.

From evening dresses, to winter jackets or skirts, our experienced team of seamstresses and tailors at The Zip Yard will work their magic. The Zip Yard, as seen on RTE's Today, TV3's XPOSE & Ireland AM.



Mend that favourite outfit at Zip Yard, Thomas Street this holiday season



Dry Cleaning Offers

- 2** Day Dresses Cleaned **ONLY €25**
- 4** Garments Cleaned **ONLY €25**
(Excludes coats & dresses)
- 2** Coats Cleaned **ONLY €25**
- 5** Shirts Cleaned **ONLY €12**

15 Thomas Street, Limerick.
T: 061 481676 www.thezipyard.ie



Terms & conditions apply.

Dry Cleaning to keep you Gleaming this Christmas!

Not only are we experts in providing the alterations you need to be red carpet ready this festive season, but did you know we also offer amazing deals on Dry Cleaning? Leave it to us to have you looking absolutely pristine in your winter wardrobe. Whether it's that sequined dress that needs to be freshened up or your woollen winter coat that needs some special care, we've got it covered at The Zip Yard.

We will ensure you stand out from the crowd at your office party, Christmas eve drinks, that New Year's Eve celebration or those fabulous winter weddings. Pop in to us early this year and we'll make sure all you have to worry about is having a great time. As seen on RTE's Today show, Virgin Media's Ireland AM & XPOSE, The Zip Yard are Ireland's award winning high street alterations specialists and we love every BODY.



Look Great, Feel Fantastic

Perfect for Partywear alterations.



Yule love us, because we love every **BODY**

15 Thomas Street Limerick
limerick@thezipyard.ie
www.thezipyard.ie
Phone: 061 481676



As seen on TV3's XPOSE, AM & RTE's today Show



Castletroy joins the Coqbull crew

On the rise: The latest addition to the Cornstore group offers great dining options for the festive season

The Cornstore Group has added another string to its bow in Limerick with the opening of Coqbull in the Castletroy Shopping Centre.

The burgeoning casual dining scene prompted the group to branch out in Castletroy and the new outlet has proven a big hit.

Stretching over two floors, the new premises has combined the old industrial feel with a cool and funky interior look.

On the menu they are concentrating on serving delicious burgers, pasta, stone baked pizza, salads etc served with a host on interesting accompaniments and of course Coqbull Coqtails.

The group now has five restaurants in Munster, three of which are located in Limerick.

Cornstore Restaurant on Thomas Street is now 11 years old and their sister restaurant on the same Street will be celebrating four years soon.

The Coqbull brand is going from strength to



Coqbull Castletroy has combined the old industrial feel with a cool and funky interior look

strength with the Thomas Street restaurant thriving and its newly opened sister branch in Castletroy proving immensely popular.

Both restaurants are open seven days for lunch and dinner with a fabulous selection of Christmas Party menus.

They offer 20% back for yourself when you purchase Gift Vouchers.

Spend €100 on Cornstore Gift Vouchers and receive a €20 voucher back for yourself or get a €10 Coqbull Voucher when you spend €50 on Coqbull Gift Vouchers this Christmas.

Bookings phone Cornstore 061 609000 or limerick@cornstore.com

Coqbull Limerick City phone 061 311011 or limerick@coqbull.com

Coqbull Castletroy phone 061 333 050 or castletroy@coqbull.com

CORNSTORE

Our gift to you this Christmas

€20 Voucher

Get a €20 Voucher back for yourself when you spend €100 on Gift Vouchers!

Thomas Street, Limerick | 061 609 000 | limerick@cornstore.com

COQBULL VOUCHER

IDEAL STOCKING FILLER

Get a €10 Voucher back when you spend €50 on a Coqbull Gift Voucher

LIMERICK CITY
061 311 011
limerick@coqbull.com

CASTLETROY
061 333 050
castletroy@coqbull.com

SEXTON

FOR • MEN

Your Ideal Christmas Gift

OPEN SUNDAYS
12.30PM - 5.30PM

Gatsby
For Men

THOMAS STREET, LIMERICK
TEL: 061-411366

MAIDEN STREET, NEWCASTLE WEST
TEL: 069-78336



Serving Limerick for over 60 years

WE at JJ Kenneally's would like to wish all our loyal and new customers a very healthy and happy Christmas.

We have been serving the people of Limerick, Clare, Tipperary and surrounding areas since 1959.

We stock a wide range of silver, gold and diamond jewellery along with well-known reliable watch brands including Citizen, Dalton, Festina, Lars Larsen, Rotary, Raymond Weil, Seiko, Telstar, 88 Rue du Rhone and many more - something to suit everyone's budget.

Our selection of engagement rings will accommodate your personal style and budget whether you want a traditional style solitaire or three stone diamond ring to a more modern design or perhaps something a little more unique.

Our in-house workshop offers a quick, reliable service on all your jewellery and watch repairs and all your engraving needs with very competitive prices.

We look forward to seeing you all soon!

-JJ Kenneally and Staff



Popping the question this Christmas or New Year? JJ Kenneally & Sons has a wide range of beautiful engagement rings

J.J. KENNEALLY & SONS

Celebrating 60 Years In Business



A Family Tradition in Jewellery Since 1959

45 Wickham Street, Limerick (061) 416 704

BE FABULOUS THIS CHRISTMAS

Every lady wants to look her best for a special occasion and Be Fabulous on Catherine Street has you covered this festive season with a great selection of cocktail dresses for your office party!



BE FABULOUS



Ooh la la: Give a treat from the continent with something special from La Fromagerie on Catherine Street



Brian Halpin of La Fromagerie is very happy to be celebrating his third Christmas as Limerick's only cheese shop!

74 Catherine St, Limerick

087 670 8613



**DEBS / EVENING /
BRIDESMAID /
COCKTAIL DRESSES And
Also DAY DRESSES, COATS,
SHOES, BAGS & JEWELLERY**

9A Catherine St. Limerick

061 - 310 731



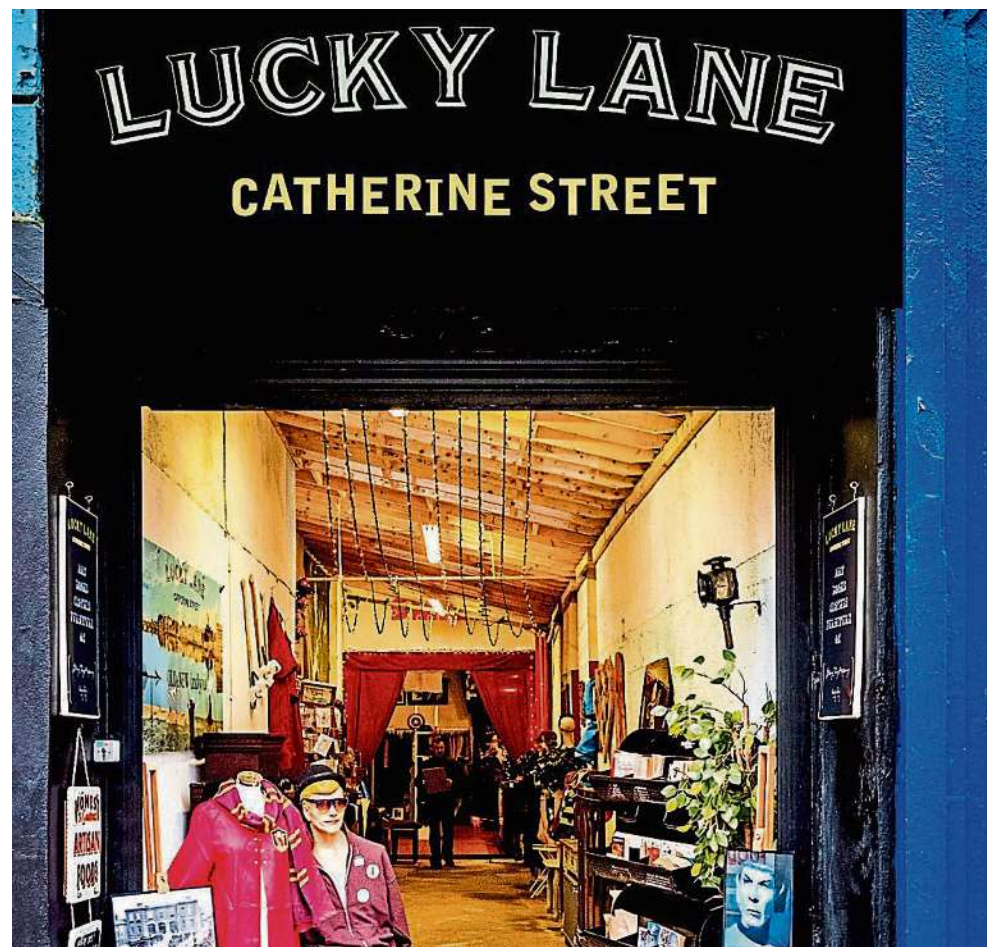
befabulouslimerick



LUCKY LANE

CATHERINE STREET

Gifts, presents and much more..



Lucky Lane on Catherine Street is great spot for those one of a kind gifts

Find a true vintage treasure at Lucky Lane this Christmas

RIGHT in the heart of the Fashion Quarter sits Limerick's hippest variety store - Lucky Lane - which is now celebrating its seventh Christmas.

Word of mouth has propelled this quirky shop of marvels to the top of TripAdvisor's recommendations as an attraction in itself.

For a one of a kind gift for a special someone, or you want to finally treat yourself this year, look no further than this Catherine Street hideaway.

Vintage clothing, books, comics, vinyls, handmade soaps, Edwardian furniture, original artworks and an exhausting list of unusual products are dotted about the store.

Owners Mark Sheehan and David Irwin never reveal their sources but they've been known to scour auctions, vintage fairs, estate sales and other obscure outlets to curate a fascinating array of items for your perusal.

Their message: Don't leave it all to the multinationals - buy local.



Lucky Lane is a real Aladdin's cave of vintage treasures



Mike O'Connell Menswear on Catherine Street is one of the mainstays of Limerick city centre, now into its fourth decade. Check out a wide range of stylish brands in the city store

First name for style in city is Mike O'Connell Menswear

Great range is still expanding

THIS Christmas when you need to find that perfect gift for the men in your life Mike O'Connells Menswear is the place to shop.

Mike O'Connell Menswear is now into its fourth decade and the collection of quality men's clothing brands keeps on growing.

There is an array of choice in this independent men's store no matter what your interest. Be it business or casual this excellent store will not be found wanting.

This store boasts some of the best quality menswear collections in town including Fynch Hatton, Casa Moda,

Bruhl, Bugatti, Meyer and Remus Uomo.

This Christmas as a little gift to their ever supportive customers O'Connell's menswear is offering up to 30 percent off suits in the store. Mike O'Connell's is fast becoming a hub for all Limericks suiting needs.

With top brands like Magee, Douglas, Herbie Frogg and Daniel Grahame the choice is endless. Also Mike O'Connell's is one of Limerick's leading suppliers of Remus Uomo the Menswear brand of the year.

So with this incredible gift of up to 30 percent off suits this Christmas treat yourself

to that well deserved early Christmas present, to ensure you look smart over the festive season.

So whether you're thinking of getting a simple present like a quirky pair of socks, a Douglas wool and cashmere coat, a pair of Meyer chinos or that sleek Remus Uomo slim suit, call into Mike O'Connell's Menswear for their excellent quality and service. Finally, Donall and all the staff at Mike O'Connell's Menswear would like to thank all their loyal customers for all the memories over the last 30 years and wish all of you a Happy Christmas.

MIKE O'CONNELL

Menswear Dress Hire Est. d 1986

BRÜHL
bugatti
MEYER
CASA MODA
REMUS UOMO
FYNCH-HATTON
DOUGLAS®

Venti
Wrangler
MAGEE
1866

J

JACQUES BRITT

Happy Christmas

9 Catherine Street, Limerick.

Tel: 061 412091 | Mob: 086 2437069

Email: info@mikeoconnells.com

Web: www.mikeoconnells.com

**Christmas
Opening Hours**

All Sundays in December
12:30 - 5pm



The COMMERCIAL

46/47 CATHERINE ST.

OH THE WEATHER OUTSIDE
IS FRIGHTFUL ...BUT THE COMMERCIAL
IS SO DELIGHTFUL;
AND SINCE ITS THE BEST PLACE TO GO...
LET IT FLOW, LET IT FLOW, LET IT FLOW...

MERRY CHRISTMAS

FROM EVERYONE AT THE COMMERCIAL

The Commercial
COME VISIT OUR
SANTA'S GROTTTO



SUNDAY 15TH. DEC. 3-6PM.
FOLLOWED BY MUSIC FROM 'WE SHOT JR'.

PROCEEDS IN AID OF
MILFORD CARE CENTRE



Savour the atmosphere of the season in The Commercial

WITH its dark wooden floors, it intimate candle-lit snugs and blazing wood burning stove. The Commercial is an excellent choice when it comes to a warm spot to relax for this seasons long cold nights. If its charm, character and atmosphere

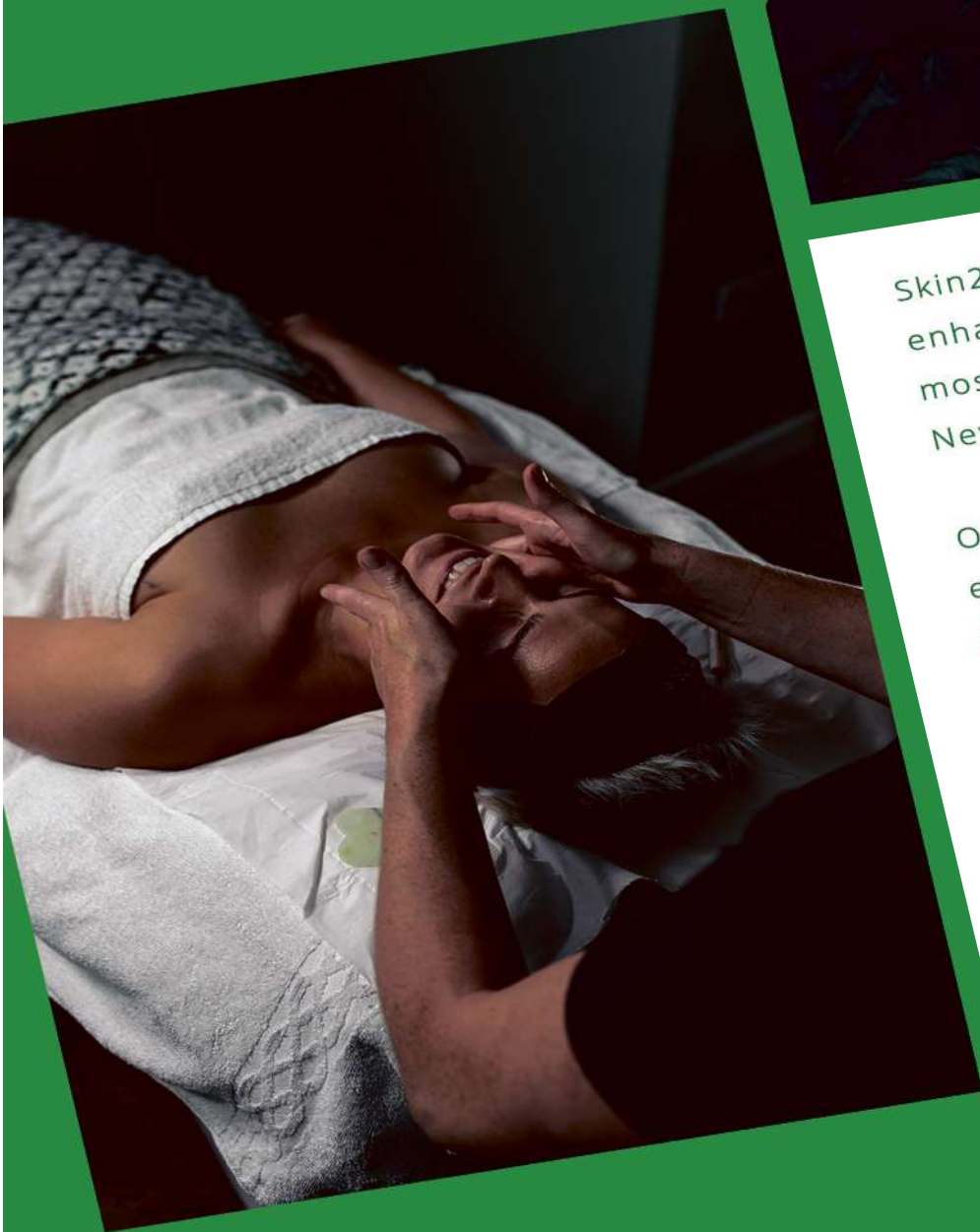
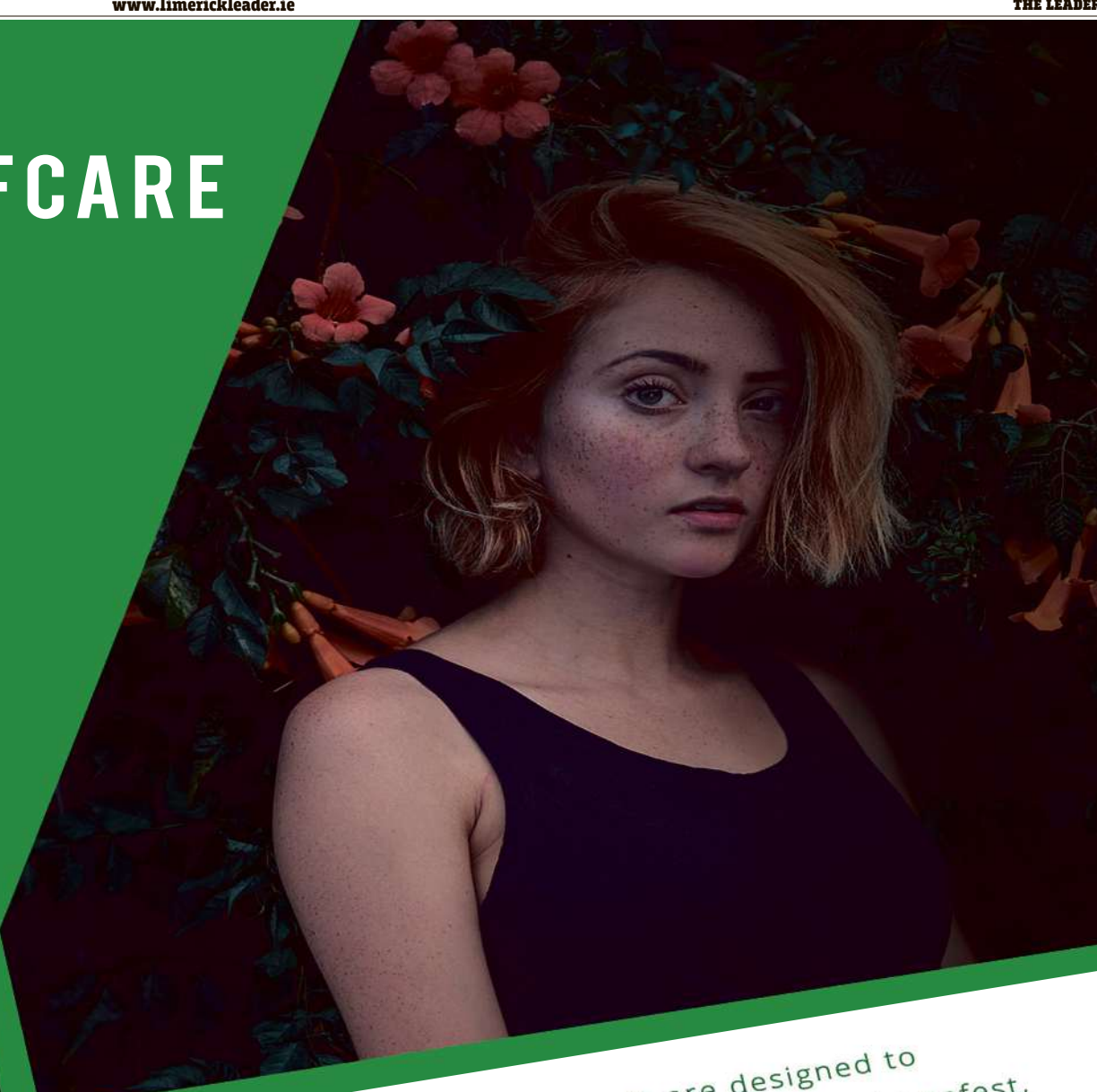
you're looking for, then look no further.

This elegant, rustic, softly-lit bar situated in Georgian Limerick on Catherine Street serves a smashing hot toddy, a mean toastie and soup and the creamiest pint around!



HOLISTIC SELFCARE

VITAMIN INFUSIONS
 MICRONEEDLING
 FACIAL REFLEXOLOGY
 CRYSTAL GUASHA
 LED MASK
 MESOTHERAPY
 'NON-SURGICAL FACELIFT'



Skin26 holistic beauty treatments are designed to enhance your natural beauty's essence using the safest, most advanced approach available on the market. Never compromising your skins health.

Our holistic skin specialists provide education and experience on what we believe are the most progressive yet lovingly active treatments.

Book a complimentary Skin Analysis with one of our specialists today; this takes about 45 minutes where we will use ancient eastern methods ie. face mapping, to get to the root of your concerns. This includes cleansing and vitamin application.

Self care comes first.



www.osmosisskincare.eu

Book online at skin26.com
 or download our App Skin26

60, Catherine St. | (061) 596 688 | [skin26limerick](https://www.facebook.com/skin26limerick) | skin26.com



JASMINE PALACE

Buffet

LUNCH

Available Daily from 12pm - 4.30pm

MONDAY - FRIDAY €14⁹⁹

SATURDAY €16⁹⁹

SUNDAY €24⁹⁹

DINNER

Available Daily from 4.30pm - Late

MON - THURS €22⁹⁹

FRI - SUN €24⁹⁹

Set Dinner

4 COURSE CHRISTMAS MENU

Available Daily from 5pm - Late

MON - THURS €32⁹⁹

FRI - SUN €34⁹⁹

BOOK ONLINE
@ JASMINEPALACE.IE

OR CALL US
☎ 061-412484



DECEMBER

1st - 23rd | OPEN AS NORMAL

24th | 12pm - 7pm

25th & 26th | CLOSED

CHRISTMAS OPENING

27th & 30th | OPEN AS NORMAL

31st NYE | 12pm - 12am



MARCOPOLO

east meets west

Gift
Now



EXTRA 20%
ON ALL PURCHASES

APPLY

DINING HOURS

AS NORMAL
12pm - 10pm

JANUARY

1st (BANK HOLIDAY) | 12pm - 8pm
2nd | BACK TO NORMAL

Lunch

Available Daily from 12pm - 5pm

MONDAY - FRIDAY

2 COURSE €14⁹⁹

SATURDAY

2 COURSE €17⁹⁹

SUNDAY

3 COURSE LUNCH €23⁹⁹

Dinner

Available Daily from 5pm - Late

MONDAY - THURSDAY

4 COURSE €32⁹⁹

FRIDAY - SUNDAY

4 COURSE €34⁹⁹

BOOK ONLINE
@ MARCOPOLO.IE

OR CALL US
☎ 061-412 888



Suit yourself at Limerick's best formal wear store

Esquire: Five years running the wedding suit store of the year and with new Communion suit range in stock now

ESQUIRE Formal Wear on 8 Roches Street Limerick is the place to go to fit out men and boys when a formal occasion comes around.

Clothing and accessories can be bought or hired and Esquire can supply suits for grooms and their party, wedding guests, black tie, funerals, fashion, work, debs, communions and confirmations.

Finding a nice suit is easy, making sure it fits correctly is more difficult and this is where Esquire over achieve

In November Brides of Limerick voted Esquire best wedding suit store 2019. We



have now won this award five consecutive years

Esquire is now taking wedding bookings for 2020, with a 20% discount if you book before year end.

During December, the shop will be launching a new range of Communion suits for 2020 season.

These suits will be exclusive to Esquire and much more colourful than the traditional navy, grey and blue

Opening hours: Monday to Saturday, 9am to 5.30pm, Sunday 12pm to 5pm.

Closed December 25 and 26 only for Christmas.



Esquire is your one stop shop for formal wear in Limerick

QESQUIRE

Formal Menswear Hire and Sales

8 Roches Street, Limerick

T: 061 412010

W: www.esqformal.ie E: info@esqformal.ie

Monday to Saturday 9am to 5:30pm

Sunday open 12pm to 5pm

SALE NOW ON



2020 Communion & Wedding Suits Now In Stock Now Taking Deposits



Voted best suit supplier 2015, 2016, 2017, 2018 & 2019 at Brides Of Limerick Industry Awards

Find us on Facebook

Esquire Formal Menswear



TALE AS OLD AS TIME...



The Lime Tree Theatre invites you to be their guest this holiday season

"WHAT'S the difference between a panto and other stage shows?" asks Tony Cusack as he relays our question.

"The fourth wall is down."

Having worked in theatre since the 1980s, Tony Cusack knows a thing or two about keeping audiences on their toes.

"We reference our friends Boris and Donald, as well as songs by contemporary artists like Lady Gaga and Pink to tie it into modern times" he explains.

Cusack says the audience's

familiarity with such a famous property as Beauty and the Beast can work to his advantage, and the familiarity can be channeled on stage.

"It's the classic panto thing of having the audience shout 'BEHIND YOU!' or having actors play off the energy of the audience and really run with a line," he explains.

"For example, if an audience member goes up to go to the toilet, The Dame (played by Cusack's brother Tim) will interact with them."

So, how does directing your brother work?

"There is an element of sibling rivalry," jokes Tony, "but we've worked together on plays before; and he's a great presence to have around."

Tony says "this play wouldn't be taking place without the support of the Crescent; they've been really supportive."

Beauty and the Beast runs from December 27 to January 5 at the Lime Tree Theatre, with a sensory show on December 30.



FAMILY MATTERS FOR OVER 100 YEARS AT WIDDESS FITZGIBBON PHARMACY

Widdess Fitzgibbon Pharmacy is one of Limerick's oldest family-run pharmacies, established in 1904 and still going strong. The pharmacy's motto is 'Families serving families', which it has been doing for over 100 years. Bargain lovers are reminded to check out great in-store Christmas deals throughout the month of December



Pooch Pamper Hampers Available in Store

Call us today
55 Roches Street, Limerick
061 414 061

Widdess Fitzgibbon Pharmacy


55 Roches Street, Limerick • Tel: 061 414 061

The staff of Widdess Fitzgibbon Pharmacy would like to wish all of our customers old and new a Merry Christmas and a Prosperous New Year! We would also like to thank you for all of your support throughout the year.

This year we have a wide range of Christmas gifts to suit all tastes and budgets!

Bargain lovers can check out our Fiver Friday Christmas Deals available throughout December!

As one of Limerick's oldest chemist shop our staff have over 100 yrs combined experience. We have served the families of Limerick City and surrounding counties for over 60 yrs. With a wide range of medicinal products for both animal and human needs. Families serving families is our motto.

Like us on Facebook at [facebook](https://www.facebook.com/widdessfitzgibbon)  www.facebook.com/widdessfitzgibbon and keep an eye out for some fabulous Christmas competitions and offers coming up throughout December!





FREE bus service
to and from
Limerick city

Mr. Binman Christmas Racing Festival

26th – 29th December

*4 days of exhilarating racing action
plus lots more, including...*

Sunway Holidays Ladies Day

Saturday 28th December

- ★ Sun holiday in Turkey to be won!
- ★ Processo and mince pie reception for all ladies to enjoy
- ★ Ladies Day judge - Stuart Montgomery
- ★ General admission tickets only €15
- ★ First race at 12.25pm

Festive Family Fun Day

Sunday 29th December

- ★ Free admission and entertainment for children
- ★ Entertainment provided by Giggles and team
- ★ First race at 12pm
- ★ Special Online Offer – 2 adults for only €20!



Mr. **BINMAN**

T: 061 320000 | www.limerickraces.ie

#greenracingfestival



LIMERICK
RACECOURSE

Specsavers



Specsavers Limerick, experts in eye and ear care for 27 years

SPECSAVERS Limerick stores, located at Cruises Street, Crescent Shopping Centre and Castletroy, are run by store directors Sinead Clohessy, Anne Power and John Harrington. Together, along with their team of experienced optometrists, audiologists and trained customer service staff, the team have proudly and passionately served the people of Limerick for almost three decades.

Speaking about their business, store director Sinead Clohessy commented, "We are proud to serve the people of Limerick with the very best in eye and ear care and are very appreciative of our customers from Limerick and surrounding counties for supporting us for the last 27 years. Across our three stores we employ 80 people in Limerick and offer a great place to work environment. We look forward to continuing to grow and improve our business to provide the best possible service and technology for our local customers."

With the importance of regular eye and ear checks and an understanding that it is more than just a sight or hearing test, Sinead, Anne and John continue to place an unrivalled focus on continued professional development and technological advancement. Specsavers stores in Limerick offer an unparalleled optical and hearing service that cater for all sectors of the market; from kids to the fashion-conscious male and female glasses wearer, those seeking glasses for work or other lifestyle purposes, as well as contact lens and hearing aid wearers, to ensure customers receive the best possible care and advice for all their optical and hearing needs.

OCT Technology

Specsavers stores in Limerick have invested in the Optical Coherence Tomography (OCT) machine, a cutting-edge piece of equipment, usually found in hospital eye departments. It is used for a variety of functions including screening and management of conditions such as age-related macular degeneration, glaucoma and diabetic retinopathy. The OCT scan costs just €25 and is in addition to a thorough eye test, during which the optometrist uses a range of clinical tests and procedures to measure the quality of someone's vision, the health of their eyes and how well they work together.

See for Free at Specsavers Limerick Stores

At Specsavers, anyone who has been employed or self-employed in Ireland for two years, is entitled to a



Sinead Clohessy, Retail Director; John Harrington, Ophthalmic Director, and Anne Power, Retail Director.

free eye test as well as a free pair of glasses or contribution to specs under the PRSI scheme by the Department of Social Protection. Those eligible for the benefit will receive a voucher towards the cost of new glasses to the value of €42.37. However, Specsavers Limerick is making all glasses in the €59 range available to those who qualify for the scheme at no extra cost, giving customers even greater choice when it comes to choosing their new frames. Customers can also put their PRSI benefit towards the cost of glasses in the €89 range and above.

Fashion & Specsavers

Specsavers Limerick stores boast an impressive selection of

frames from top designers and house the virtual try-on technology, Frame Styler, ensuring customers choose the perfect pair of specs to suit their face shape and overall style. Balmain, MARC JACOBS, Lyle & Scott, Kylie Minogue, Karen Millen and Love Moschino are some of the names you might recognise from the fashion pages of glossy magazines, together with the just-launched Orla Kiely collection – all available at Specsavers stores across Limerick.

Own your town / community work

Specsavers Limerick is always eager to give back to the community in which it operates and is no stranger to raising funds for both national and local charities. This

year saw Specsavers Audiologists announce their continued support of Beaumont Hospital in a bid to raise vital funds for the hospital's Cochlear Implant Department.

Specsavers Limerick's very own store director, Sinead Clohessy visited the Indian city of Kolkata on a week-long aid mission with charity partner The Hope Foundation for the second year in a row, providing vital eye care in the street and slum communities.

Over 1,500 eye tests were carried out with over 1,200 glasses dispensed to those in need.

As a local professional healthcare provider, Specsavers Limerick were delighted to be able to give back to the community in Limerick as the title sponsor of the

2019 University Concert Hall, Limerick Panto, Aladdin. The panto created a little bit of magic for those in Limerick and further afield to enjoy at Christmas with family and friends.

Online Bookings

In addition to booking appointments over the phone or in store at Specsavers Cruises Street / Crescent Shopping Centre / Castletroy Shopping Centre, customers can now book their appointments online at either at www.specsavers.ie/book/limerickcruisesstreet / www.specsavers.ie/book/limerickcrescent or www.specsavers.ie/book/castletroy.

Hearcare

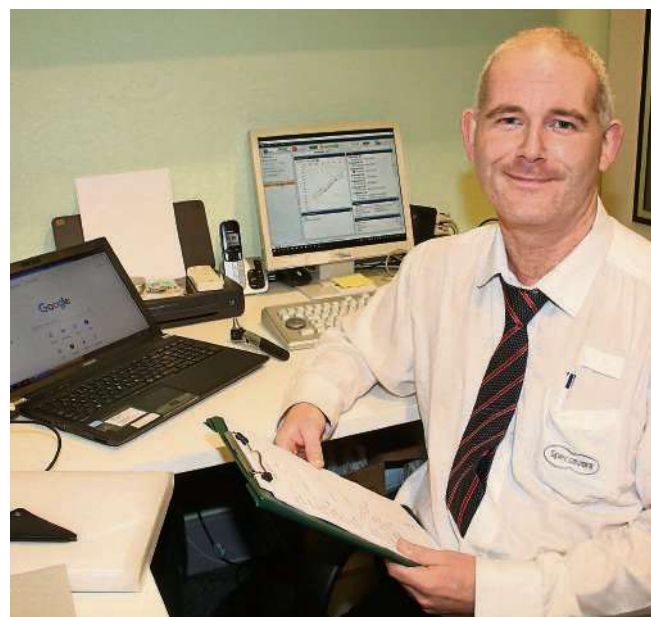
Specsavers stores in Limerick also offer hearing services to the local community, in addition to being experts in eyecare, led by audiologist Bryan O'Connor. Bryan, together with his professional audiology team, are on-hand to take care of the people of Limerick's hearing health. Specsavers Limerick stores boast dedicated hearing rooms, complete with a soundproof room to ensure the most accurate results when conducting hearing tests.



Limerick 13 Cruises Street. Tel 061 312 811
Limerick Crescent Shopping Centre. Tel 061 302 120
Castletroy Shopping Centre. Tel 061 516 480



Specsavers keep an eye on a great Christmas



Specsavers at the Crescent Shopping Centre





Call into any of Limerick's three Specsavers locations this holiday season for a full check up on your eyes and ears. See www.specsavers.ie for more details



Specsavers city centre location on Cruises Street



Specsavers at the Castletroy Town Centre

Our most advanced eye exam has landed

Introducing OCT scans, hospital-grade technology now available in store. Using light waves, they create a detailed 3D image of your eye that could help us detect treatable eye conditions up to four years earlier. It only takes a few seconds and allows us to look deeper into your eyes than we ever have before.

Search Specsavers OCT to find out more

Book an eye test at [specsavers.ie](https://www.specsavers.ie)

Castletroy Castletroy Shopping Centre Tel 061 516 480

Limerick 13a Cruises Street Tel 061 312 811

Limerick Crescent Shopping Centre Tel 061 302 120





Craftmanship and friendly service at Mallow Street Shoe Repair

Tom Kelly, right and Pat O'Carroll of Mallow Street Shoe Repairs offer a personal service and excellent craftsmanship which can give a much liked pair of shoes a new lease of life. A key cutting service is also second to none with every type of house or car key catered for and ready to go in no time at all. Tom and Pat are looking forward to seeing regular customers and new visitors to the shop during the festive season.

Mallow Street
Shoe Repairs

Tel: (085) 7248748

**Modern Car
Keys Cut -
All Models**



Coloured & Novelty House Keys



**Opening Times:
Mon - Sat
9am - 5:45pm**

Ladies & Gents

Leather & Rubber Shoe & Boots
Cowboy Boots, Hunting Boots
Full Soles & Half Soles

Ladies Boots Stretched,
Lowered & Levelled for comfort

Zips put in Chaps & Fashion Boots

We would like to wish the people of Limerick a Merry Christmas and Happy New Year.





Rift the Number 1 coffee connoisseurs

RIFT coffee is a local specialty coffee shop specialising on quality. We will be open seven days a week up to Christmas eve.

We have an excellent selection of retail coffee gear to help stock those Christmas stockings.

We also have a fine selection of wine to take home for the festive season. At Rift we also have hampers stuffed with all your Christmas needs for the coffee lover, wine and food lover or as a nice option for staff gifts in your office.

Pop round to speak to us to help you with your Christmas shopping needs and to keep you caffeinated during this busy season.

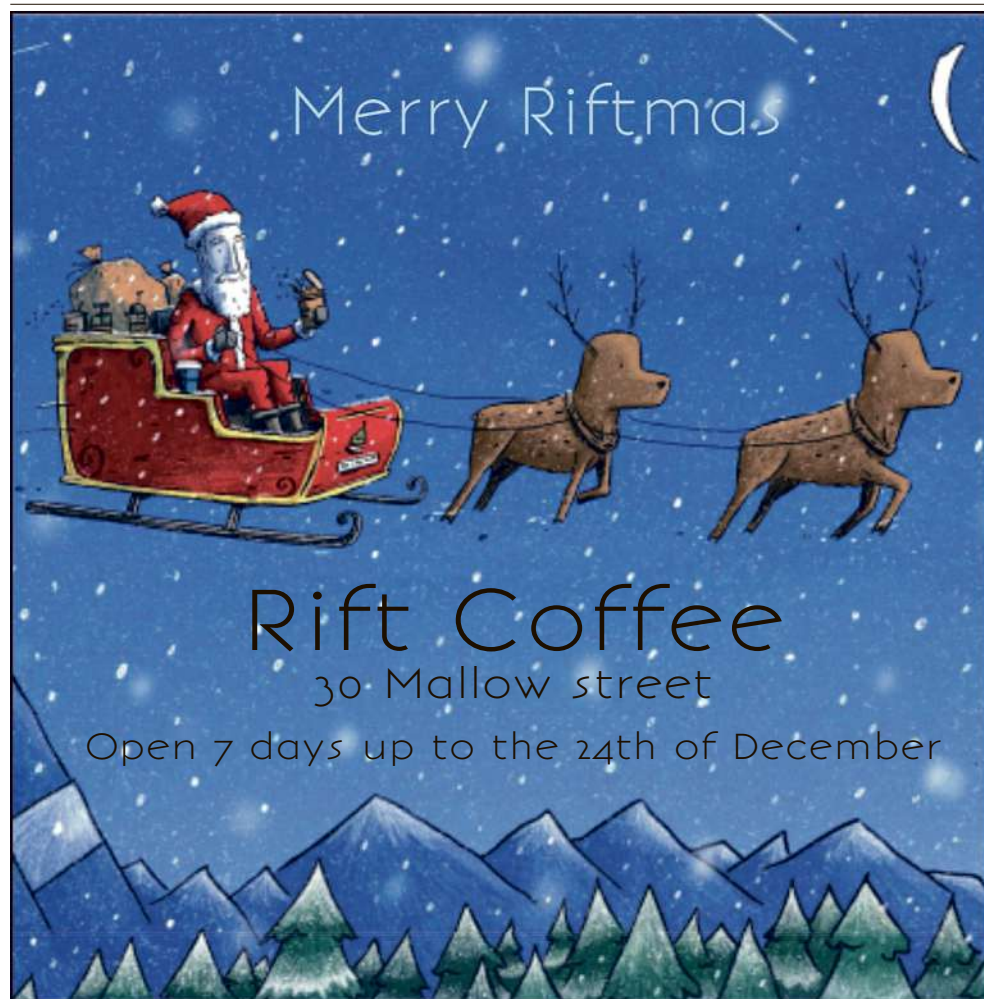
Merry Riftmas.



Keep the coffee-olic happy on your list with a treat from Rift Coffee at 30 Mallow Street



Merry Riftmas



Rift Coffee
30 Mallow street
Open 7 days up to the 24th of December

Pop round to speak to us to help you with your Christmas shopping needs and to keep you caffeinated during this busy season.

Merry Riftmas

ALADDIN'S MAGICAL CARPET RIDE



Everyone's favourite panto is back as The Specsavers, Limerick Panto Aladdin lands at the University Concert Hall from December 16 to January 5. Pictured above is Hayley Jo Murphy who plays Jasmine in the panto



Red, white or sparkling, there is a fabulous choice of wine in Mike O'Mara's Mallow Street shop and some other delicious gourmet items to complement them too

Make Christmas special with a trip to the Wine Buff

Fine wine and much more besides await in the wonderful restored Georgian premises on Limerick city's Mallow Street

Nothing says Christmas like relaxing with friends and family in front of a roaring fire with a gorgeous glass of wine in your hand.

With that in mind, there would be no better time to call in on the Wine Buff on Mallow Street to stock up for the season.

You can choose from a variety of whites, reds and sparkling wines at the popular Limerick store

Staff at the Wine Buff, located in a beautifully restored Georgian building on the corner of Pery Square and Mallow Street, can tell you everything that you ever wanted to know about wine but were afraid to ask.

The Wine Buff also sells a fantastic selection of wines

from all over the world.

Owner, Mike O'Mara, would be delighted to welcome you to his shop, whether you are looking for a single bottle of wine or wines for a special occasion of any size or type.

Mike, a former hooker (with Old Crescent Rugby Club), took ownership of the Mallow Street shop in November 2004. Mike has an immense personality and a repertoire of rugby stories and jokes guaranteed to entertain. Mike has been on many fact finding missions to our growers over in France and has a particular fondness for Bordeaux wines.

The wines are carefully chosen and prices start from a very reasonable €11.99 so

great quality does not have to cost the earth.

There is always a friendly staff member on hand to ask for advice if you wish.

Stock includes wine from all over the world, champagne, wine gifts/accessories, Port, hand-made chocolates, Wilde Irish Chocolates, Anam Coffee from the Burren, olive oil and chutneys.

With Christmas coming The Wine Buff is the ideal place for the perfect Christmas gift.

Or indeed if you just want a good wine to treat the family on Christmas day then The Wine Buff will help you choose the perfect one for you and yours!



Christmas Gift Selections



DECEMBER OPENING HOURS

**MONDAY-SATURDAY
10.30-7.00PM & SUNDAY 1.00-5.30 PM**

17 Upper Mallow Street, Limerick
+353 61 313394, +353 87 2795764
 mike.omara@thewinebuff.com
 www.thewinebuff.com



Time to renew and rejuvenate yourself at the Otto Clinic

THE Otto Clinic is an award-winning aesthetics clinic - we specialise in aesthetic treatments for anti-aging skincare and skin rejuvenation. Voted one of the top skin clinics in Ireland by Goss.ie.

The Otto Clinic is one of Ireland's leading aesthetic clinics with over 14 years' experience in skin rejuvenation and anti-aging aesthetic treatments.

Winner of the Whatclinic Patient Service Award 2018 and the Phorest Client Experience Award 2018, The Otto Clinic pioneered the introduction of skin rejuvenation techniques such as Platelet Rich Plasma Therapy to Ireland in 2005.

We specialise in non-surgical cosmetic and laser treatments to provide our patients with anti-aging skincare and skin rejuvenation. Our anti-aging aesthetic treatments include:

* Ultherapy - Ultrasound Skin Treatment for Face, Neck & Chest Lifts

* Platelet Rich Plasma Therapy for Skin Rejuvenation

* Injectable Anti-Wrinkle Treatments

* Laser Hair Removal

* Cosmetic Laser Treatments for Permanent Removal of Veins and Pigmentation

* Hair Transplants

The Otto Clinic has set the standard in non-surgical cosmetic treatments and aesthetic clinics since our inception in 2005.

We constantly carry out research in aesthetics and dermatology so that we can offer the very best non-invasive treatments, using only the latest FDA approved devices, and guide our patients through, often life-changing transformations, with sound advice and excellent after-care.

CELIA LOVES ULTHERAPY

"Ultherapy® lifts, sculpts and tightens skin from the inside out -

without surgery and with minimal downtime.

It's the only non-invasive procedure that is FDA-cleared and EU CE mark certified procedure to lift the upper and lower face, under the chin, neck and on the eyebrow as well as improve the appearance of lines and wrinkles on the décolletage.

We use micro-focused ultrasound energy to boost the regenerative process within the skin enabling it to kick start production of wonderful, fresh, new collagen and elastin.


The ultimate effects of this treatment are that skin tissue is repaired and tightened. This scientifically proven treatment dramatically improves the texture and quality of skin giving a visibly lifted, younger looking appearance. This treatment is loved by celebrities all over including Jennifer Anniston and of course our very own Celia-Holeman Lee who has had the treatment in our clinic.



Limerick's style guru Celia Holman Lee loves Otto Clinic

THE OTTO CLINIC

Exclusive 5* Private Skin and Laser Clinic

Delighted to announce the arrival of  Ultherapy to Limerick



CELIA LOVES ULTHERAPY

Revive your collagen
and elastin naturally and
nonsurgically with
Ultherapy

CELIA HOLMAN-LEE
Actual Ultherapy Patient

Introducing  Ultherapy

Non surgical treatment

To lift and tighten the face, neck and de'colletage.

Improves lines and wrinkles, collagen boosting treatment,
for a fresher look from your brow to your chest.

Endorsed by Celia Holman – Lee.

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THE OTTO CLINIC



The Otto Clinic
No 3 Pery Square, Limerick
www.theottoclinic.ie





MANABOUTTOWN

PATRICK McLOUGHNEY

CONTACT PATRICK

Email: patmcloughney@hotmail.com

Twitter: @iammcloughney Instagram: iammcloughney

Every outfit you'll need this Christmas

THE onset of the festive season brings with it nights out, days spent in shops and the occasional novelty jumper. Many of these yearly rituals are unavoidable so you might as well look your best while you're doing it. This year for my Christmas Style Guide I've teamed up with Brown Thomas Menswear and modelling our selection box of style is Diarmuid Whelan from the Brown Thomas Limerick store.

12 Pubs

Or work Christmas drinks. The only person worse than the overly excited friend or colleague that's forcing everyone to wear wacky Christmas jumpers is the miserable old git that refuses to take part. Don't be that guy unless you want to be visited by three ghosts during the night. Spend a little bit more and pick up a Christmas jumper that's made from 100% wool as the cheaper ones tend to be made from polyester, which puts the 'sweat' in sweater. As far as picking one goes, my advice would be to pick a design that subtly festive rather than going full Buddy The Elf, so you can still enjoy its warming properties well into the new year. This Ted Baker festive sweater that Diarmuid is modelling lands right in that sweet spot. The jumper costs €140, his Levis Skinny jeans



Dress to impress with a smart casual look for New Year's Eve

cost €90 and his Kurt Geiger trainers cost €80.

Christmas Shopping

If you do all your Christmas shopping online then you are free to do it in your underwear and skip ahead. If not, chances are you'll need something smart, comfortable and warm to survive the busy shops in December. Look to the athleisure trend and pair a well-cut overcoat with some tapered joggers and comfortable trainers. You'll look presentable and stay comfortable while you're lugging those Brown Thomas bags

back to the car. Diarmuid is wearing a Paul Smith overcoat (€475), a Paul Smith scarf (€85), a Kenzo sweatshirt (€205), Ralph Lauren Polo tapered joggers (€109) and Kurt Geiger trainers (€80).

Christmas Eve

If you're headed to the pub or Midnight Mass, just wear what you'd normally wear. A nice sweater and comfortable jeans are a good place to start. Layer up with a nice waxed or quilted jacket and enjoy the choir singing Silent Night or the drunk people singing Fairytale of New York, depending on the venue. Diarmuid is wearing a Barbour waxed jacket (€255), a Ralph Lauren Polo button-up shirt (€109), a Ralph Lauren Polo crew neck (€145), Diesel slim fit jeans (€140) and Barbour chukka boots (€179).

Christmas Day

There are plenty of mornings in the year when it's acceptable to stay in your pyjamas. But not Christmas morning, make the effort. Put on a nice shirt and trousers and get to tearing wrapping paper. Last summer people really started to realize that a statement shirt was a very simple way to dress up. The summer months were all about Hawaiian prints but in winter your go-to is contrasting colours. Button the collar all the way to the top pre-Christmas dinner before relaxing to give your gullet some



Diarmuid is all ready for a drinks party. The jumper costs €140, his Levis Skinny jeans cost €90 and his Kurt Geiger trainers cost €80

room after dinner. Diarmuid is wearing a Hugo Boss Black patterned shirt (€139), Boss slim fit chinos (€129) and Barker shoes (€230).

St Stephen's Day

The 26th is a day to get out of the house. You've probably spent the last 24 to 36 hours sat beside the fire or eating so a walk or an adventure is a good idea. It's winter out there so stick on a Parka or a Puffer jacket and take the warmth with you. Diarmuid is wearing a Canada Goose Ventoux Parka (€850), a Ted Baker sweater (€130), dark wash Diesel jeans (€140) and Timberland waterproof boots (€200).

New Year's Eve

With the main event out the

way, that just leaves the annual disappointment that is New Year's Eve. Yeah, I said it. You need to have fun (even if you're really, really over Christmas) and are expected to rock up to a party looking the best you have all year. Rather than being kettled into a pen with 10,000 others to watch fireworks, get yourself a house party invitation, which will also make it far easier to select which style move to pull. Unless said house is Downton Abbey, swerve anything too formal such as a blazer. Diarmuid's New Year's Eve outfit is Boss Black gilet (€199) a white Boss shirt (€99), a camel Boss jumper (€129), Boss slim fit jeans (€129) and Barbour chukka boots (€179). And while you're in Brown Thomas don't forget to pick up a little bit of the bubbly. Till next year.....



Make the effort for Christmas Day



Going for a walk on Stephen's Day?



A sweater and comfortable jeans are a must for Christmas Eve



Comfort clothes for around the house for the holidays



Senator's season's greetings

Senator Maria Byrne wishes all her constituents a Merry Christmas and a Happy New Year and pledges to continue to work tirelessly for Limerick in the coming year.



The Bike Shop on O'Connell Avenue will be open on Sundays for the month of December

On your bike to top cycle shop

THE Bike Shop has been opening in Limerick for over 25 years. Offering the best in bicycles, accessories and servicing, it has built an enviable reputation for quality and customer service.

No matter what kind of bike you are looking for, the Bike Shop is confident that it can meet your needs

with a great range of road, off road and hybrid bikes. There is also a great selection of accessories, from turbo trainers to bicycle pumps to clothing to children's carts. Why not visit the Bike Shop now at the popular store on O'Connell Avenue. Open Sundays in December from 10.30am to 5.30pm.

FINE GAEL 



Christmas Coffee Morning

IN AID OF RAPE CRISIS MIDWEST

* Friday December 13th

* From 10.30am

* 94 Henry Street
(located beside the Old Shannon Arms Hotel)

Hosted by

Senator Maria

BYRNE

For more info



Phone: 061 469590 · Mobile: 086 830 0951 · Email: maria.byrne@oireachtas.ie · Web: www.mariabyrnefg.ie



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A range of AMP BMX Bikes available



Full Range of Turbo Training TACX Accessories Available



GIFT VOUCHERS AVAILABLE

The Bike Shop, O'Connell Ave. Limerick • 061315 900



Three generations, from left, Paul and Phil Flannery with Niall O'Shea PICTURE: ADRIAN BUTLER

Old world charm, modern hospitality

Warm welcome awaits at Flannery's, a traditional bar with a forward-looking philosophy

STEP into one of Limerick's best kept secrets at Flannery's Bar on Shannon Street, with its traditional pub facade of red wood and gold lettering.

Proprietor Paul Flannery and his staff treat every customer as if they were regulars, inviting them to have a pint in the comfortable and relaxed atmosphere of this cosy pub.

Flannery's is located directly opposite the entrance of the George Boutique Hotel and just off O'Connell Street. It would be easy to overlook this small bar, but the big welcoming smiles from behind the counter make it a must visit and not to be missed.

This is a superb location in which to bask in all things in Limerick and Munster. Stories, yarns and general banter are a common theme here on a daily basis. You would be educated on the most unusual topics but also entertained by the joviality of the many welcoming conversations you may come across.

With strong connections to Ahane GAA through Paul's wife Elaine - the granddaughter of one of

Limerick and Ahane finest hurlers, the great Mick Mackey - it is also a good spot to watch all the GAA action as well as rugby, horse racing or the many big fight boxing matches which are shown weekly.

On Sundays, a local trad band entertain, with foot stomping traditional music from 6pm to late.

Thursdays and Fridays offer a modern twist to music with some of the finest musicians Limerick has produced over the past 50 decades.

If you are looking for a quality quick lunch on the go during your Christmas shopping outing, why not drop in and try out the new light lunch menu. A range of freshly made soups with freshly baked sour-dough bread which is baked fresh every morning will definitely not disappoint.

Choose from one of the following new additions to dampen any hunger pains; A delicious variety of pies, baked fresh each day, the understated baked potato which is filled with your choice of toppings or the Nordic flat bread vegetarian option is full of flavours and not to be missed.



Food, drink, music sport and banter; All you could want in a Limerick bar in Flannery's of Shannon Street



IDEAL MEETING
PLACE TO CATCH UP
WITH FRIENDS
AND FAMILY

CELEBRATING
**OVER 54
YEARS**

IN BUSINESS 1965~2019
PROUDLY SERVING THE
PEOPLE OF LIMERICK
AND MUNSTER



ARE YOU OUT SHOPPING?
GOING FOR DINNER?
OUT ON THE TOWN?

*Choose Flannerys As
Your Meeting Spot*



LARGE SELECTION
OF PREMIUM IRISH
WHISKEYS TO
CHOOSE FROM

TRAD MUSIC
EVERY SUNDAY
FROM 6PM - 9PM

OPEN MIC NIGHT
THURSDAY NIGHT
FROM 9PM
ALL MUSICIANS
WELCOME

**Wishing all our customers and friends a very
Merry Christmas and peaceful New Year**



A pub with history: They have been pulling pints in Myles Breen's since 1802 and top notch they are too in a pub that is a city institution

A great pub steeped in history

MYLES Breen's Select Bar has stood at 18, Shannon Street in Limerick city since 1802. Since the early Nineteenth Century its façade has witnessed disparate archetypes of traffic, not just humans but from horsedrawn wagons to the contemporary motorcar.

Nonetheless, one thing which has survived to remain the same is

its establishment as a public house and as an institution of Munster rugby.

This pub is situated on a street which links Limerick's city centre with the majestic River Shannon. It's neighbouring sites include the place where the world famous Shakespearean actress Ada Rehan was born, or two doors down at the

spot where Adam Clayton called 'the exact point of becoming U2' occurred on March 18, 1978 when the band, performing as U2 for the very first time, won the Limerick Civic Week Pop Group '78 competition.

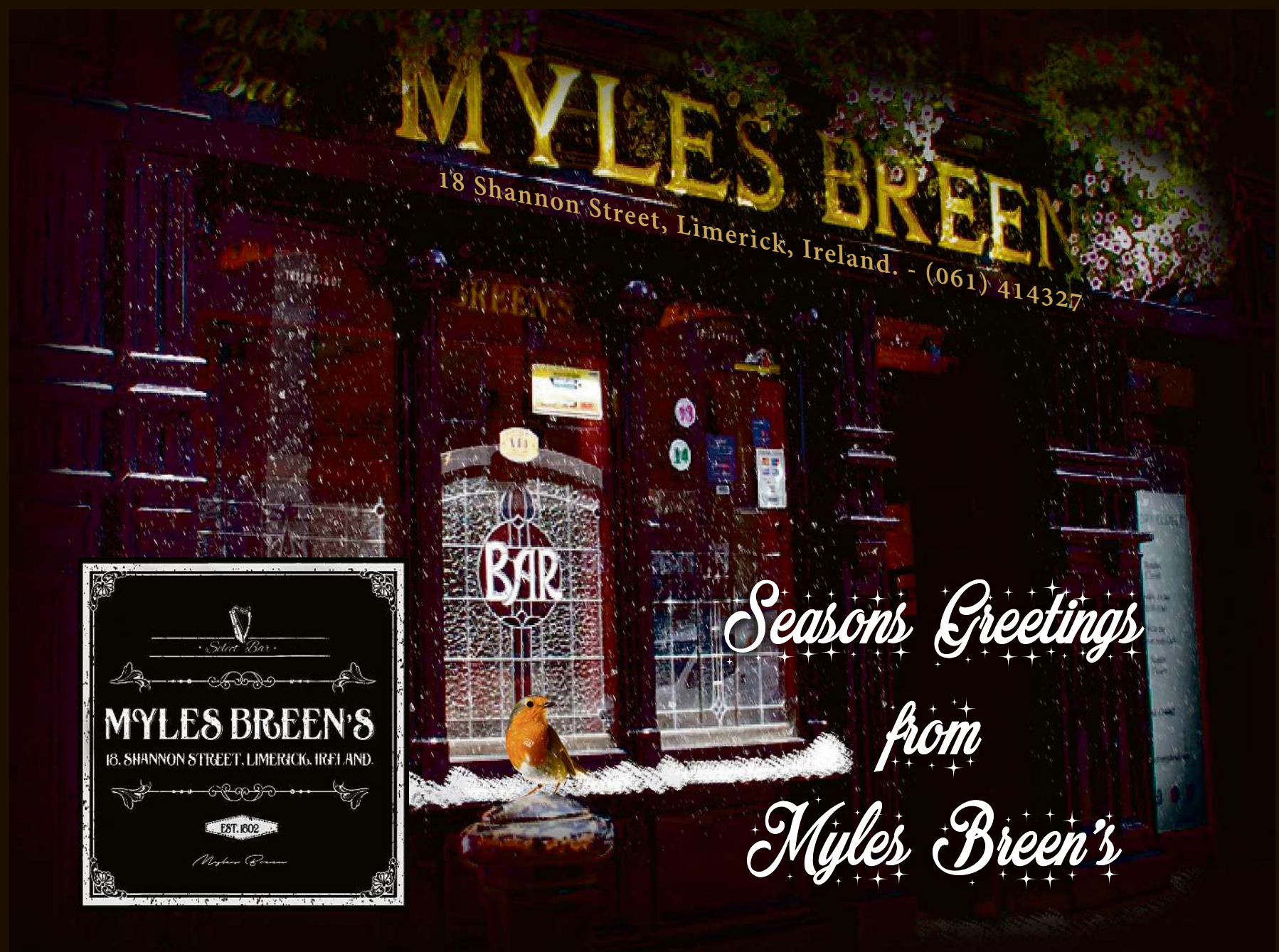
Myles Breen's interior lends itself to be split into three sections; a top section, middle and bottom.

Its snug and amiable atmosphere is created by a combination of contrasting factors: good staff, patterned upholstery, polished mahogany and of course, the red relief wallpaper littered with a framed gallery of precursory sporting events.

When sport is not on the television, the only friendly music

that can be heard is the art of conversation, sounding from mouths and lingering on the ears of each of its customers. It caters for clientele of all ages.

With fantastic porter for a fair price, Myles Breen's and its staff continue to facilitate an efficient service between its pints and its punters.



Season's Greetings
from
Myles Breen's

*M*yles Breen's Bar sits welcomingly on Shannon Street in the heart of Limerick City. One thing which has stood the test of time is its' establishment as a public house and as an institution of Munster rugby. During this holiday season, we invite you to come and enjoy our snug and amiable atmosphere littered with a framed gallery of historic sporting events. Relax and unwind this festive season in the art of conversation with family and friends - old and new!

*Myles Breen's would like to wish all of its' customers
 a Happy Christmas and a prosperous New Year!*

SANTA ARRIVING AT THE PARKWAY SHOPPING CENTRE

Pictures: BRENDAN GLEESON



Jessie and Elaine Purcell, Old Singland Road, welcoming Santa to the Parkway SC



Catherine Williams, Nicole Collopy, LJ Williams and Caroline Collopy at Parkway SC



Santa with Crystal Devereux Browne



Lucas Jones meeting Santa



Roger Beck, Manager of the Parkway Shopping Centre welcoming Santa and Mrs Claus

WHERE

Christmas Memories

BEGIN







WWW.PARKWAYSVC.COM





The Shelbourne, Hair, Beauty, Nails and Barber Shop, Shelbourne Road

Established Beauty Salon welcomes new barber shop on Shelbourne Road

THE beginning of December saw Shelbourne Hair & Beauty welcome DJ'S Barber Shop on board. Barbers Jonathan and David have joined with Eleanor, Angela and Irena of Shelbourne Hair and Beauty to offer their customers a wide variety of services.

Located on Shelbourne Road, Limerick and with over 10 years in business, Shelbourne Hair and Beauty are going from strength to strength in catering for all your beauty needs. As stockists of Nia and Guinot skincare range and Keaun hair products, their experienced staff can offer you the very best in hair, beauty, make up, lashes and nails. Onsite parking is also available for clients.

Avail now of their Christmas Gift Vouchers:

Purchase a voucher worth €50, receive €10 free or a voucher worth €100, receive €20 free.

For more information, contact Shelbourne Hair & Beauty on 061 582 415 or 086 105 2394

Also with many years experience in all aspects of mens and boys haircuts, fades and shaves, David and Jonathan are offering haircuts for just €9, with 10% discount for students.

To book an appointment, contact DJ'S Barbers Shop on 085 774 3172.



Eleanor Moore and Celia O'Grady at the Shelbourne, Hair, Beauty, Nails and Barber Shop open night PICTURES: DAVE GAYNOR



Aaron Grant, Annacotty and Ross Brosnan, St Mary's Park at the Shelbourne, Hair, Beauty, Nails and Barber Shop open night



Eimear Condon, Monaleen and Kay O'Connell, Landsdowne Park at the Shelbourne, Hair, Beauty, Nails and Barber Shop

Shelbourne
Hair & Beauty



Contact
Eleanor, Angela
& Irena
on 061 - 582 415
086 1052394



FOR ALL YOUR BEAUTY NEEDS

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PERMANENT MAKE UP

ALSO AVAILABLE

Late Nights on

Wednesday, Thursday & Friday



Introducing a NEW family, friendly Barber Shop in Limerick City, on the Shelbourne Road.

We Welcome you to D.J's Barbers

From your **TRADITIONAL HAIRCUTS** and **BEARD TRIMS** to today's **MODERN STYLES**, we meet all your needs

SPECIAL STUDENT OFFER
10% OFF
WITH VALID I.D. CARD



085 - 774 3172

Shelbourne Road, Limerick City





Taste a pizza the action at Joes

Food and fun:

The best pizzas in Limerick, a covered courtyard and live music. What more could you want?

Cobblestone Joes has smoothly brought a piece of Limerick architectural heritage into the modern era and become one of Limerick's favourite bars in the process.

Inside this rustic cottage-like pub is where you will find the remnants of the pre-existing cobblestone floor that lends itself to the name.

With a blazing fire and covered courtyard, Cobblestone Joes ('Cobbles') makes for a comfortable hideout no matter the weather - bright, yet cosy.

The picnic benches and glass roof in particular, give the space a unique 'secret garden' atmosphere.

Cobbles' menu features items such as goujons, a bucket of wings and even pancakes.

You can also tuck into one of their menu wraps or hot panini sandwiches or create your own.

Salads are prepared fresh and the lasagne is as delicious as it gets.

However, you can't talk about food at Cobblestone Joe's without mentioning their award-winning Italian pizzas.



Offering freshly baked to order pizzas from the classic pepperoni to more exotic options, such as curry pizza or even their special 'all day breakfast' pizza, Cobblestone Joes can boast it was recently awarded the 'Best Pizza in Limerick' title on the popular tourism and consumer website Irelandbeforeyoudie.com

Furthermore, Cobbles' really comes to life every Friday and Saturday night to the pulsating sounds of live music -

whether you're after contemporary music or an energetic rock band - with its impressive stage and immersive sound system the bar is consistently abuzz with a vibrant mix of visitors of all kinds.

And their drinks list is extensive with everything from Jameson to the freshest local brews or foreign beers and spirits.

All being said, with its warm atmosphere and team of friendly staff, 'Cobbles' is the perfect place to unwind or get your party on!

There is a real secret garden atmosphere in Cobblestone Joes covered courtyard, where you can enjoy Limerick's finest pizzas





Happy Christmas to our Customers from All at Cobblestone Joes

**Pop in over the
festive season for
more Pizza,
more Beer and
lots more
Christmas cheer!!**



🌿 Live Music Venue 🌿 Fresh Pizzas

🌿 Heated Courtyard

🌿 Great Atmosphere



**11 Little Ellen Street,
Limerick.**

061 414840 

**Merry
Christmas**



Christmas at the Milk Market

THE Milk Market are excited to announce the Christmas at the Limerick Milk Market series 2019.

This year's series includes a range of traditional day time Christmas markets of festive foods, mixed with some special once-off Christmas events. There are some early December Xmas fringe events including: Sunday, December 8 with a Christmas Art Fair with the main series featuring TY Enterprise Market on December 13, LSW Santa at the Market on December 14 and a craft fair on December 15, with a five day run into Christmas Eve Friday, December 20 to Tuesday Xmas Eve to finish out the series," said David Fitzgerald, Limerick Milk Market manager.

Friday, December 13 will feature a Christmas Transition Year Enterprise Market in partnership with Local Enterprise Office (LEO) Limerick and WizzKids.ie from 10am to 3pm with up to sixty second level local school teams showcasing the latest in student innovation projects with prizes for the best product/project team.

Also featuring festive music and many local craft/food vendors. There are multiple generous sponsored prizes worth over €1,000 courtesy of event sponsor MAST.ie including Best Innovation, Best Student Business Team and Best Student Display.

Saturday, December 14 we have the Famous Food Market Christmas Edition from 8am to 3pm with Christmas stockings full of seasonal cuisine and treats from your local food producers. Christmas turkey orders, minced pies, puddings, Christmas hams chestnuts, brandy butter, Christmas deserts and baked goodies and least not forget some good old sprouts from our seasoned vegetable traders will be at the ready for all to enjoy and savour!

The Milk Market will also have an extra special Santa this year on Saturday, December 14 for you to get your picture with, 100% of the money raised will be donated to help fund Limerick's own heroes at Limerick Suicide Watch (LSW) with the kind assistance of Lyons of Limerick Ford who have sponsored the Xmas series since 2016.

Sunday, December 15 will feature a Christmas Craft Fair from 11am to 4pm with up to 50 handmade craft, fashion, artists, horticulture, photographers and much more to give that someone



The most wonderful time of the year: Plenty to eat, see and do at the Milk Market this Christmas



One of the festive hampers available at the Milk Market

special the best gift of all. A unique gift of Limerick making!

Friday, December 20 the market will host an eclectic mix of seasonal food, Christmas crafts, choirs and festive fun! Best of all it is all free and entry is from 10am to 3pm.

Saturday, December 22; Sunday, December 23; Monday, December 23 and Tuesday, December 24 the Milk Market have the Final Famous Food Markets Christmas Edition from 8am to 3pm.

While on Saturday and Sunday, finishing on Tuesday



Scenes from a busy Milk Market

Christmas Eve the market will open from 8am to 2pm with Christmas stockings full of seasonal cuisine and treats from your local food producers. Stock up on Christmas farmers' produce and artisan delights.

Over the months of December you can also post

your Santa letter in the Milk Market outside Country Choice/Bon Appetit and place a Christmas decoration message on the tree outside Harpers Café and Wilde Irish Chocolates with special prizes from the four shops above to those who participate.

Deck yourself out in with some vintage and boutique fashion across the Edge, and Vito shops, dazzle a loved one with a unique Christmas craft for the gift store at the market and enjoy some of the fine cafes and restraints at the Milk Market this Christmas.

VITO

VINTAGE

CLOTHING BOUTIQUE

Milk Market Limerick



OPEN DAILY
IN DECEMBER

Vintage Faux Fur Coats | Leather Bags | Dresses | Knitwear



@VITOVINTAGESTYLE

Tel: 086 822 5961



8 Days of CHRISTMAS AT THE MILK MARKET



13 TY Student Enterprise Market
10am - 2pm

14 Seasonal Food & Charity Santa
8am - 3pm

15 Christmas Craft Fair
11am - 4pm

20 Christmas Market
10am - 2pm

21-23 Christmas Market
8am - 3pm

24 Christmas Eve Market
8am - 2pm



Sponsored by



LYONS
OF LIMERICK

milkmarketlimerick.ie

Eat, drink and be merry this Christmas at Parnell Plaza



When the shopping gets too much this Christmas in Limerick city centre, take time out at the Parnell Plaza. The versatile entertainment venue houses a variety of entertaining activities all under the one roof. Have a coffee and cake at Vero café. Fancy your luck with the slots? Then check out the Timeout Gaming Arcade. If you'd like a pint or a hot whiskey to chase off the cold, then the famous Charlie St. George Pub is ready with a warm welcome. Have fun and maybe win a few quid at Pery's Bingo, or try your luck at the Timeout Casino and Card Club. There is genuinely something for everyone this Christmas at the Parnell Plaza, opposite Colbert Station on Parnell Street, so drop in and see for yourself. Finally we'd like to wish all our customers a merry Christmas and a happy and prosperous new year.

PERY'S BINGO

WHAT'S ON THIS CHRISTMAS

Monday 2nd & 16th December

ONLY €3.50 HALF PRICE BINGO!

For Your Single Early & Main Books

Tuesday 10th & 17th December

PLAY FOR JUST €3

with 39 Chances to Win

€2700 TO BE WON

Parnell Plaza Entertainment Venue, 43 Parnell Street, Limerick. Opposite Colbert Train & Bus Station

BeGambleAware

PERY'S BINGO

WHAT'S ON THIS CHRISTMAS

Thursday 12th & 19th December

LUCKY 7

€7 FOR YOUR SINGLE EARLY AND MAIN BOOKS

CHECK ON ANY NUMBER ENDING WITH 7 FOR A BONUS €70

EVERY SUNDAY FREE EARLY BOOK

PLAYED AT 7.45pm

Parnell Plaza Entertainment Venue, 43 Parnell Street, Limerick. Opposite Colbert Train & Bus Station

BeGambleAware

PERY'S BINGO

WHAT'S ON THIS CHRISTMAS

Saturday 21st December

PARTY NIGHT

FREE TEA or COFFEE FREE GAME

FREE LADIES PURSE TO ALL

2x€50 3x€20 9x€10 20x€5

SOME PURSES WILL CONTAIN CASH PRIZES

FRIDAY 13th December

FREE BINGO FOR ALL UP TO €5000

NO VOUCHERS REQUIRED TO BE WON

Double Books €5 Double Prize Money

Tablets from €30 Double Prize Money

APPLIES TO SINGLE, EARLY AND MAIN BOOK

Parnell Plaza Entertainment Venue, 43 Parnell Street, Limerick. Opposite Colbert Train & Bus Station

BeGambleAware



Garvey's is 'Best in fresh'

Garvey's SuperValu Corbally: Local shop wins 'Best In Fresh Supermarket In Ireland' & Retail Excellence Awards National Supermarket of the Year 2020

LIMERICK Retailer, Garveys SuperValu, Corbally has been honoured with Excellence in Retailing & Supermarket of the Year.

The Retail Excellence company involves 2,000 leading retail companies who operate in the Irish Market. Garveys SuperValu, Corbally has been listed in the Top 30 stores of 2020 in amongst top retailers such as Brown Thomas, Shaws, Caseys Furniture and Hook and Ladder. To have won National Supermarket of the Year is an outstanding achievement for the store and showcases the hard work and dedication from the team.

Garvey's SuperValu has an array of awards to be very proud of such as Retail Excellence, Best In Fresh and SuperValu Store of the Year, not to mention being a finalist in Off Licence of the Year.

Winning the national award for excellence in fresh food retailing at the annual 'Best In Fresh' Awards. These prestigious awards are in their thirteenth year and are organised by Checkout Magazine.

'Best In Fresh' was established to recognise excellence in fresh food retailing and every year, it attracts entrants from across the Irish food retail sector including multiples, symbols, discounters and non-affiliated retailers. The awards recognise retailers who have attained particularly high standards across a range of categories, including fruit and veg, fresh meat and fish, bakery and dairy.

There was stiff competition in the supermarket category, but the Garvey's SuperValu store in Corbally beat stores from across the country to receive the award for excellence in fresh food retailing at the awards ceremony, which took place at the InterContinental Hotel, Dublin.

Selecting Garvey's SuperValu in Corbally as winners in the Excellence in Fresh Food Retailing in the Supermarket category, the 'Best In Fresh' judges said, "Garvey's SuperValu Corbally was victorious in this category because of its ability to deliver a consistent quality offering across the entire store, as



Award winning team: Jennifer Noonan, Siobhan Rice, Amanda Walsh, Evan O'Brien, Sonia O'Brien, Gerard Walsh, Andrew Barrett, Claire Relihan and Amy Flanagan at Garvey's SuperValue, Grove Island PICTURES: DAVE GAYNOR



Julia and Ofir Butler, Mungret Street



Adam, Riley and Maria Montana, Shannon Banks



Denise and Bertie Clancy, Westbury

well as its development of innovative new concepts. This store really raised the bar."

Accepting the award, Gerard Walsh Store Manager in Garvey's Corbally paid tribute to the Corbally staff and said that the prize was acknowledgement of the team's commitment to excellence in fresh food retailing.

"This year, the competition was intense across all categories, but

what really helped us stand out from the crowd and eventually win this award was our team's commitment to excellence in fresh food retailing. We are honoured to win this award, which recognises the fact that the Corbally team continues to deliver to the highest standards in food retail to the people of Limerick" Mr Walsh said. Speaking after the awards ceremony at the InterContinental Hotel in Dublin,

Ian Allen, Sales Director, SuperValu congratulated Garvey's Corbally for their award win, commenting, "The 'Best In Fresh' Awards set the standard for all Irish food retailers to aspire to, and this year Garvey's SuperValu in Corbally has shown that when it comes to excellence in fresh food retailing, it is a real leader having previously won SuperValu Store of the Year in February. Given the competition it faced, the store's

win is particularly impressive, and I would like to congratulate everyone at the store for this achievement."

Also receiving the National Supermarket of the Year award in a ceremony in Killarney Store manager Gerard Walsh stated that – "This award is testimony to the staff & management for all their hard work for the last 12 months, Gerard also thanked all customers who make this store what it is."



Rio Tier, Caherdavin and Teresa Tier, Corbally



Geraldine, Deirdre and Harry Murphy, Clancy Strand



James, Shay, Amelia, James, Sara and Caelan Reilly, Dooradovle



Manish and Ishaan Sharma, Lower Gerald Griffin Street



RETAIL EXCELLENCE AWARDS

WINNER NATIONAL SUPERMARKET OF THE YEAR 2020



HALF PRICE TURKEY



When it's got to be 100% IRISH TURKEY — It's got to be SuperValu

SuperValu Real Rewards

HALF PRICE
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Top tips for a sustainable Christmas

Academics at UCC Environmental Research Institute (ERI), have come together to dream of a green Christmas, **writes Eoin Hahessy**

1 BUY A REAL CHRISTMAS TREE!

Given that it involves cutting down trees, this might at first sound counter-intuitive as a sustainability measure. After all, you could re-use a fake tree year after year, sparing a tree every time. But that would be the wrong way to look at it because your plastic tree will eventually end up in landfill, whereas if demand for real trees continues then they will keep being replanted. (Dr Markus Eichhorn, School of Biological, Ecological, Earth and Environmental Sciences)

2 GIVE THE GIFT OF A PLANT

Now is a good time of year to take cuttings from your house plants and pot them up as gifts for your nearest and dearest. It's easy to take cuttings from many succulents, spider plants or Christmas Cactus and pop

them into some peat-free compost in a recycled or re-usable plant pot. Alternatively, mid-winter is a good time to plant a deciduous tree outside in Ireland as it will need the full spring season to develop a decent root-system for the drier months. – (Dr Eoin Lettice, Plant Scientist at the School of Biological, Earth and Environmental Sciences (BEES) and the Environmental Research Institute (ERI) at UCC)

3 MAKE YOUR OWN CRACKERS

15 million crackers will be pulled in Ireland over Christmas, contributing further plastic waste. Maybe consider making your own home-made Christmas crackers with recyclable materials (and better jokes). (Dr Tom Reed, Senior Lecturer in Zoology, School of Biological, Earth and



Getting a real Christmas tree might sound counter-intuitive as a sustainable measure, but it is better not to add to the plastic in the world, and your reusable one will eventually have to be dumped after all...

Environmental Sciences (BEES), UCC)

4 CHESTNUTS ROASTING ON A...

If you've been burning coal, peat or wood in your living

room fire, then you have been very naughty indeed. Domestic Solid Fuel burning is one of the largest sources of air pollution in Ireland. Your fire is not only harmful to you in your own house, but also to your neighbours, because 90% of the smoke and chemical fumes end up next door. Burning coal, wood and peat is especially harmful to asthmatics, the young, the old, people with existing heart conditions and the pregnant. And just think what it does to poor old Santa when he tries to deliver your fantastic presents down the chimney. We can only hope that he has good medical insurance! To keep Santa (and us) healthy, wherever you live in Ireland, then put some solar panels on your roof, insulate your homes better and install a heat pump. – (John Sodeau, Emeritus Professor of Chemistry, UCC)

5 BE A SUSTAINABLE FOODIE

Try to resist buying enough food to feed an army, as much of this will probably end up as waste – instead, try a 'refuse, reuse, rot' approach to your food shopping. Refuse to overbuy, reuse all leftovers and rot or compost what's left. Planning ahead by ordering your fruit and vegetables through a local box scheme, enjoy some social festivities and visit your local farmers market, or buy in bulk (plastic-free, of course!) and batch cook so that you've more time to enjoy family traditions. (Dr Claire O'Neill and Professor Mary McCarthy, UCC CUBS)

6 DON'T FIGHT AT THE DINNER TABLE!

The Christmas family get

together is famed for its fights and fall-outs - all that food, mulled wine, and being cooped up for one day with your nearest and dearest can prove too much. We are always advised to avoid talking about religion and politics at the dinner table. Likewise, if climate change is an issue that raises some hackles at the Christmas dinner table, and one that you feel strongly about, we would recommend that you listen as much as you talk, avoid reciting too many climate change facts, and connect the issue to everyday life such as that local cycle path that could be extended to the community school. Of course, try to avoid gloom and doom and focus on the positive benefits of climate action - it is Christmas after all! – (Dr Paul Bolger, Manager of the Environmental Research Institute, UCC)

7 LEAVE THE DOOR OPEN FOR SANTA

An open fireplace with a chimney is very handy for Santa but he can also choose to come in the door if you decide to install an efficient stove or upgrade your heating system. Burning a fuel like coal in your fireplace over the winter produces about 1 tonne of Carbon Dioxide (a heat-trapping gas). This is similar to a person taking a return flight to New York. Heat-trapping gasses are causing our climate to change in ways that are not good so trying to reduce our emissions is the perfect gift for the planet! (Dr Paul Deane, Energy Policy and Modelling Group, MaREI Centre)

8 THINK ELECTRIC

Christmas can be when we mull buying a new car for next year. So look at the electric options, you can now choose from battery-electric vehicles (BEV) to plug-in hybrid-electric vehicles (PHEV) to hybrid-electric vehicles (HEV). BEVs have a motor tax of €120. A HEV, such as the Toyota Corolla, costs about 7c/km and comes with a motor tax of €170.

9 AVOID THE PLASTIC!

Earlier this year UCC researchers found plastic 2,100m under the sea off Co Kerry coast. When buying presents look at their plastic wrapping, try to avoid toys or other gifts that would increase the amount of plastic waste you generate. Why not replace the glossy, non-recycled paper wrapping with recycled paper? Whenever possible try to buy your gifts and food from local sources and in family-owned shops, to promote local communities and also reduce the carbon footprint of transporting things all over the world. Nowadays we all enjoy internet shopping, but one should take this time of the year to reflect on the environmental and social costs of big online retailers (Dr Rossana Henriques, Senior Lecturer in Plant Genetics at the School of BEES, UCC)

10 THINK OF THE BIRDS!

Climate change is occurring so fast that common birds such as magpies cannot adapt and are at the risk of extinction. This Christmas leave the gift of water and the correct food out for our feathered friends.



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ENTERTAINMENT

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

Christmas show at Belltable

'Twas The Night Before Christmas is "perfect antidote to Christmas chaos" says director

MIKE FINNERTY

michael.finnerty@limerickleader.ie

THE Christmas season can be stressful for everyone; thankfully, 'Twas The Night Before Christmas is here to help soothe your seasonal stress.

Following sold-out runs in 2013 and 2014, the bilingual show is playing Limerick's Belltable Theatre this weekend, with shows on Friday, December 13 and a family show on Saturday, December 14.

Director Marc Mac Lochlainn says the show has "something for everyone" and said the show is "the perfect antidote to all the chaos surrounding Christmas."

"'Twas The Night Before Christmas has layers to it," but at the same time, Mac Lochlainn and his creative team strived to "make it as interesting as possible" for audiences.

The show is in both English and

Irish, features original live music and puppetry, along with a heartwarming story surrounding an Irish community during the era of rural electrification in 1940's Ireland.

"We like to give the audience a chance to breathe," said Mac Lochlainn, "because it can't be high energy all the time."

Mr Mac Lochlainn was a teacher in a past life, and said his experiences in the classroom have helped when swapped for the confines of the stage.

"They key for a show like this is to make it as entertaining as possible; I like to believe we have."

'Twas The Night Before Christmas runs at the Belltable Theatre this Friday and Saturday, with shows at 10am and 12am on Friday for schools, and a special family show at 2:30pm on Saturday. Some tickets are still available.



'Twas The Night Before Christmas is at the Lime Tree this Saturday PICTURE: ANITA MURPHY



Ready to rock: Hermitage Green will play as part of the Dockland Concerts next June

Hometown heroes Hermitage Green to rock Limerick next June

HERMITAGE Green have been announced as the second act for the Live At The Docklands series of concerts for 2020.

The Limerick band will play the specially erected marquee stage on Saturday June 6, 2020, with the news coming hot on the heels of last week's big announcement of American indie rock icons The National playing the venue on June 7,

A taste of the new album came in October via the

single, 'All In All', a song dealing with the theme of loss.

"If you're lucky enough to be alive," the band explained, "one of the few absolutes in life is you will most likely lose something at some point that means a lot to you. It's a track about allowing yourself to acknowledge the depth of that loss, and in doing so recover from it."

Hermitage Green are recognised as one of the most popular bands to emerge from

Limerick, having formed in 2010. They have a big local and national following.

The Limerick band has made a significant impact on the Irish music scene with their first full-length album, released via the SONY Ireland label, and their last EP, 2017's Gold And Rust, was produced by Grammy-award winner Matt Lawrence, known for his work with Adele and Mumford And Sons.

Tickets on sale this Friday.

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Joxer Daly Esq is in the Belltable this Friday

THERE'S a complete feast of music on offer this weekend in Limerick, with everything from tender classical to punk. You can also grab some great children's theatre, revisit the biggest conniver you ever came across in your Leaving Cert and see the Milk Market kick onto festive mode for Christmas!

Thursday (Dec 12)

Tyrone-born, Limerick-adopted songstress **Kathleen Turner** launches her debut album in **Dolan's Warehouse** this Thursday night, twisting folk and soul around each other like some sort of latter-day whirligig witch. The record's title track, Like A Lion, features her doing her own backing vocals so you can probably look forward to some impressive stage bilocation on Thursday. I would happily recommend this as your gig of the week based solely on Ms Turner's ridiculously-talented performance but, as she'll also be supported by the Limerick Leader's 2019 song of the year award-winner King Pallas, there is no better way to spend your time and money this weekend. Doors at 8pm, tickets are €16.

Friday (December 13)

Limerick Milk Market kicks off its **8 Days Of Christmas** festive celebration this Friday with the Transition Year Student Enterprise Market from 10am till 2pm. They'll follow that on Saturday with the seasonal food market, featuring Santa, and the Christmas craft fair on Sunday. As usual with the market, it will cost you nothing to turn up and smell things. The nice thing about having eight days of Christmas, as opposed to the traditional twelve, is that you can skip the massive expense of ladies dancing, lords a-leaping, pipers piping and drummers drumming. A simple partridge in a pear tree should be a good enough gift for anyone this holiday season.

A House Full Of Flies is a

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

weekend exhibition of work by artist Stephen Murphy at **Lucky Lane**. Part of the regular Gallery Interlude series of exhibitions by Contact Studios, it opens at 7pm on Friday and runs till Monday. If you turn up to the opening, you'll also be handed a copy of a mothballed visual arts report from Limerick's City of Culture. There are few things more enjoyable than artists getting feisty. Free to see.

Joxer Daly is well-known to anyone who's done the Leaving Cert as Captain Boyle's snivelling enabler friend in Sean O'Casey's **Juno And The Paycock**. **Joxer Daly Esq.** at the **Belltable** this Friday, takes that beloved chancer and sets him centre-stage in his own play, where he can tell his full story for you to believe or not. As I caught the play last year in Bewley's Theatre Café, I'll tell you in advance that the play works much better if you assume that Joxer is spoofing you to get some sympathy. Actor Phelim Drew manages to exceed the limitations of the play's script and gives a wonderful

performance as the title character. 8pm, tickets are €18 / €16 concession.

The **Irish Chamber Orchestra** take over **St Mary's Cathedral** this Friday for Arias & Advent, a night of Christmas carols and classical favourites. You'll hear the soothing Albinoni's Adagio In G Minor (completely composed by Remi Giazotto - Albinoni doesn't deserve credit for something he didn't write), Elgar's wonderful Serenade for Strings in E Minor and some overly-religious music by Handel. 8pm, tickets are €25, €5 for children.

If you've somehow never heard of **Hannah Williams**, you've been missing out. You've definitely heard her music - she's the voice you hear sampled throughout Jay-Z's 4:44. Yes, that's Hannah Williams. She's **Upstairs in Dolan's** this Friday night with her band The Affirmations, visiting Limerick on her 50 Foot Women tour. 50 foot women are normally things to be terrified of - they're either frighteningly tall, knocking

over buildings in their wake, or they have 50 legs to go with those 50 feet, which is even more terrifying - but this Friday you can expect a solid night of R&B and soul. Doors at 9pm, tickets are €20.

Saturday (Dec 14)

Branar Téatar do Pháistí are in the **Lime Tree Theatre** this Saturday with 'Twas the Night Before Christmas, a festive tale for anyone aged over five. Set in the small town of Ballybrack, the show is built around the true joys of winterval: community, family and being able to sit down and do nothing for a while. There's lots of music, puppetry, laughter and a very special dog. I will solidly recommend any show that has an energetic puppet dog. This is a great way to spend an afternoon with the kids this Saturday - you will not be disappointed. 2:30pm, tickets are €8.

Multi-instrumentalist singer-songwriter **Lisa Canny** is in **Dolan's Warehouse** on Saturday. She brings a vibrant energy to her

folk performances, injecting a touch of rock and roll into, of all instruments, the harp. She's also possibly the only person alive who can attempt rap and hip-hop while playing the banjo and have an audience glad to hear it. That's partly because she's the winner of seven All-Ireland titles for the harp and banjo. Normally the banjo shouldn't be encouraged in polite society but she's doing a great job in repairing the instrument's credibility. Doors at 8pm, tickets are €12.

Limerick's favourite punk band **PowPig** are headlining at **Pharmacia** this Saturday night. It's been a busy autumn for the local foursome, appearing at the Jerry Fish Electric Sideshow at Electric Picnic and supporting Girl Band in Vicar Street a fortnight ago.

This is their first appearance on a Limerick stage since their EP launch in April and as tickets are just a fiver, you can expect a packed room.

They'll be supported by the slightly more sedate Doubting from Dublin and Limerick's Echo Gardens. Doors at 9pm.

Sunday (December 15)

Singer-songwriter **David Keenan** is in **Dolan's Warehouse** this Sunday night. The blurb for the show announces that he "curates a body of work which is steeped in the poetic tradition of old but delivered in such a way that is entirely his own". That's nice. PR speak. He sounds like a young Tim Buckley. That'll do. 8pm, tickets are €20.

All weekend

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!

THINGS WHAT ARE ON IN LIMERICK

#8



ABOVE: Hannah Williams & The Affirmations are in Dolan's on Friday

BELOW: Kathleen Turner launches her debut album in Dolan's this Thursday

PICTURE: DEIRDRE POWER



PowPig play Pharmacia this Saturday

PICTURE: AARON CORR

BIG NIGHT OUT @

AT THE JAZZ FROM THE HUB SESSION UPSTAIRS AT DOLAN'S



Casey Codavin, Brian McMahon and Vincent McMahon at the Jazz from the Hub session Upstairs at Dolan's PICTURES: DAVE GAYNOR



Danny Lundy and Steve Hanks at the Jazz from the Hub



Michelle Mulcahy and Ciara Wall at the Jazz



Jamie Lundy and Ray Murphy at Dolan's



Maria and Jim Doolan at the Jazz



Darragh Kelly, Saoirse Belmour and Caleb Murray at the Jazz from the Hub session



Nigel Geraghty and Oisín Boyde



Romany Van Son and Geraldine O'Sullivan



Helen and Ines Hasenfuss

It's time to think big with Big Hairy Audacious Goals!



MENTAL HEALTH MATTERS DR EDDIE MURPHY

CLINICAL PSYCHOLOGIST
ADJUNCT ASSOCIATE PROFESSOR
UCD SCHOOL OF PSYCHOLOGY

IRELAND needs to think big. Our population is increasing and I personally welcome the diversity. However it's time to get planning.

Business and some political leaders like their 'BHAGs', their Big Hairy Audacious Goals.

The phrase was originally coined by James Collins and Jerry Porras in their book, *Built to Last: Successful Habits of Visionary Companies*.

Essentially, it involves setting a clear, definable target and going for it. The needs to be a stretch to take you out of your comfort zone, where it's out of reach but not out of sight.

BHAG encourages businesses to define visionary goals that are more strategic and emotionally compelling. They are in effect long term goals. I learnt something from my MBA in UCD Smurfit Business school!

Examples of BHAGs include:

- US President John F Kennedy: "Land a man on the moon by the end of this decade (the 60s) and return him safely"

- Bill Gates of Microsoft: "A computer on every desk and in every home"

Vision and leadership create optimism and positivity. Our political leaders could take note here!

However, for me, this notion of BHAG is not just the preserve of big business or government.

This brilliant concept can be adapted for our personal lives. We all need a Big Hairy Audacious Goal in our life. This goal can be achieved by consistently working outside of a comfort zone and displaying commitment and confidence.

BHAGs are bigger, bolder and more powerful than regular medium and short term goals.

"Out of reach but not out of sight" — I like this notion when it comes to identifying your BHAG. True vision is a balance between these two ideas. If you cannot picture or imagine achieving your vision, no matter how hard you try, it is likely that it's 'out of sight' or that it doesn't fit your passions, purpose, values and beliefs.

On the other hand, a vision that is easily achieved and can simply be grasped tomorrow, within the



BHAGs are bigger, bolder and more powerful than regular medium and short term goals

next month, or next year, is not really a vision. Your vision needs to be a future-oriented goal that is exciting, inspiring, motivating and challenges you to achieve more and to push yourself beyond your comfort zone.

I believe the bruising encounter with the aftermath of the Celtic Tiger has offered a rebalancing of what a true personal BHAG would look like.

Indeed, I think your BHAG needs to be rooted in your core values or your core purpose as a person. This takes you to the heart of the matter.

For me standing for the Seanad NUI panel back in 2016 was a way to express a vision of a society where wellbeing is fundamental to our actions — in housing, health, tackling inequality and homelessness while promoting positive mental health and suicide prevention which are immediately accessible, comprehensive and compassionate.

Examples of personal BHAGs may include:

- Having a positive relationship with your children for life

- To be happy, authentic and real

- Completing a marathon or Ironman or other fitness goals

- To live by the sea or in a particular location

- To be debt free

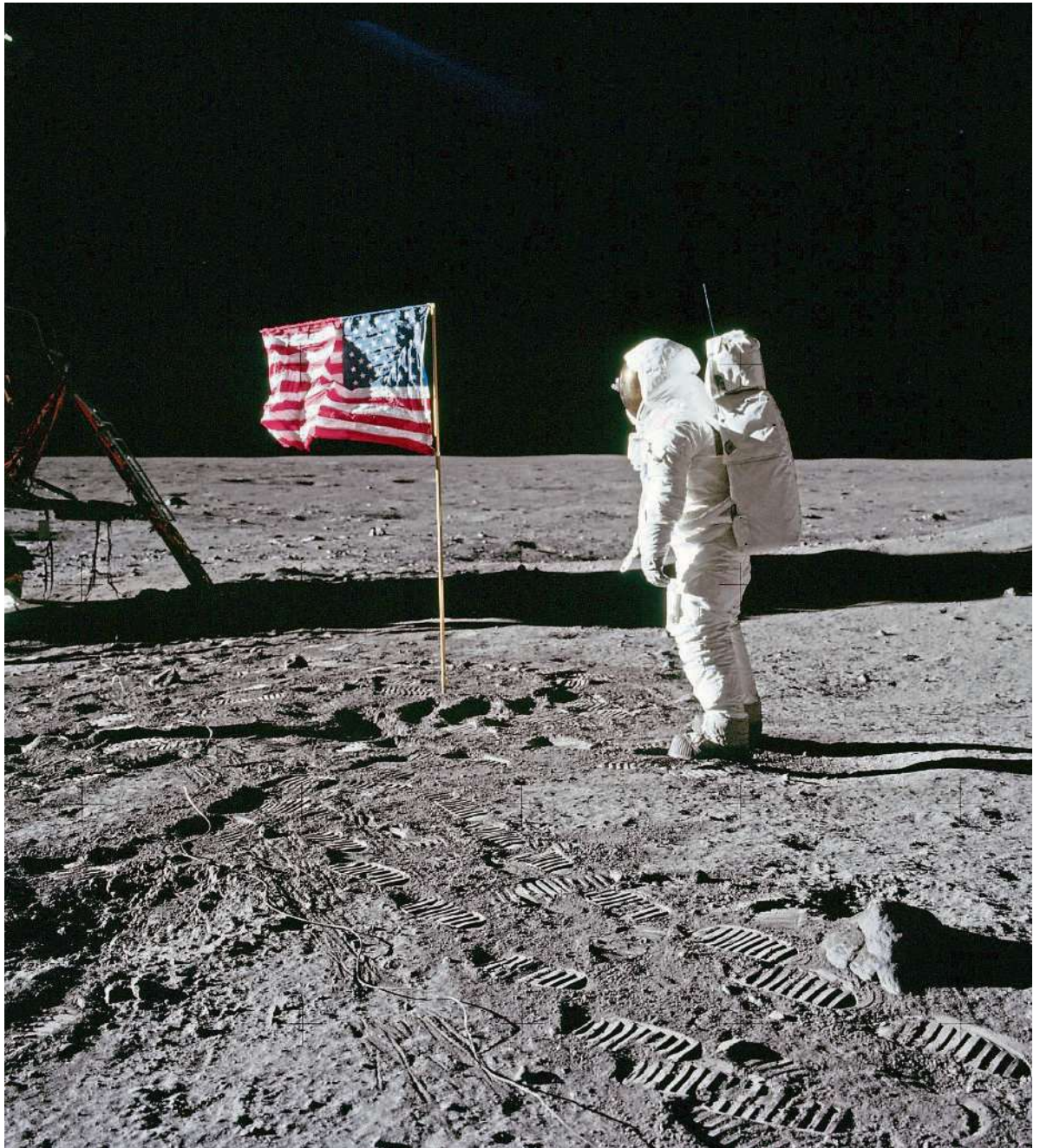
- To establish financial goals for retirement

- To attain educational goals — a degree, a Masters, a Doctorate

- Seeing your grandchildren born

- Being self-employed and being a leader in a field

- Learning a new language and living in that country



The 1969 Moon Landing was the coming to fruition of President John F Kennedy's Big Hairy Audacious Goal — to land an astronaut and get them home safely

- Starting a charity that accords your core values

One BHAG that I like is for you to become your real self. That's the person you always wanted to be: positive and confident, unconcerned about the opinions of others, comfortable in your own skin, at peace.

OK, time for some work — think now a big, hairy, audacious goal that you might want to pursue now or later.

Use these questions to figure out whether your big hairy audacious goal is worth it:

- How important is the goal to you?

- Does this goal fit with your passions?

- How beneficial would its substantial achievement be to yourself, your family, friends, and society?

- How likely are you to achieve

the goal, at least in substantial measure?

- If you fail, how big a price would you pay? What's the worst outcome that realistically could occur and is there a way to reduce the risk while still allowing for the benefits?

Right, you have identified your BHAG and challenged yourself to go for it — now it's time to progress it. Your next challenge is to list out five milestones for your goal. These might be five steps you need to take in order to reach your goal, or intermediate goals to reach between now and the end of the year.

Write your first five small steps toward achieving it. Baby steps can make even scary goals less so.

Building your BHAG on your strengths is a great starting point to personal growth. Your strengths are a mixture of your talents, skills and knowledge. We all have

resilience and personal resources. Using your strengths will help you get to your BHAG as you will engage with energy and engagement.

Achievers spend most of their time using their strengths. They focus on developing strengths and managing weaknesses. They may not have more strengths than the average person, but they have learned to utilise them better and to apply them to their BHAG.

You too can achieve your BHAG. Fire up your creativity and passion and remember the journey needs to be as enjoyable as the arrival. I invite you and Ireland to Dream Big!

* 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/>



I ♥ LIMERICK

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Sarah Corbett Lynch launches book to help young people

DAUGHTER of late Limerick man, Jason Corbett has launched her debut book titled 'Noodle Loses Dad' as part of her 'Boogawooga' last week at O'Mahony's Booksellers.

Thirteen-year-old Sarah Corbett has written a collection of children's self-help books that deal with grief and how to process it. She has just launched the first book of the 'Boogawooga' series inspired by a funny mimic her late father Jason would perform for her and Jack, up until his tragic death. She hopes to continue the series.

Sarah, along with her older brother Jack, had to deal with grief at a very young age due to the death of their mother from a fatal asthma attack. Jack was two years old, while Sarah was only 12 weeks old. This was followed by the tragic death of their father, Jason Corbett, a few years later.

Sarah, who was eight years old when her father passed, tells me, "So, some

kids have a really gentle fun life. For some of us, we are not so lucky. Mine was kind of not so cool. My birth Mom died when I was 12 weeks old. When I was four, I went to live in America with my Dad to start a new life for us. My Dad was the most important person in my life all my life. He died suddenly when I was just 8 years old and my brother was 10."

Sarah, who has performed for the Voice UK judges and dreams of being an actor, says that reading about other people's hard times makes her "feel less alone". This inspired her to write her own story.

Aimed at kids between 3 and 10, the books will be Sarah's own experiences but told through the characters in the book, and will give a positive look at family life and loss.

Sarah hopes through her books that she can help other children find the courage to be themselves, to process their own challenges to find hope and happiness again as she did. Congrats Sarah ya legend! See www.sarahcorbettlynch.com.



Sarah Corbett Lynch pictured at her book launch PICTURE: KATE DEVANEY/ILOVELIMERICK

Limerick Thomond Rotary Remembrance Tree

THE annual Limerick Thomond Rotary Remembrance Tree was officially launched last week. Located at the junction of Bedford Row and O'Connell St., the Remembrance Tree runs until Saturday, December 22 from 10.30am to 5pm each day.

Limerick Thomond Rotary is providing a wonderful opportunity for citizens and visitors to remember their loved ones who are no longer with us at this special time. The public will have the opportunity to

be involved in this project by writing the name of the person they wish to be remembered on a ribbon which will be put on the Remembrance Tree. The tree will become a sea of yellow with thousands of ribbons fixed to its structure and it is expected that during this period over 20,000 names will be remembered on the tree.

Voluntary donations will go towards organisations; Pieta House, Cuan Mhuire Addiction Treatment Services and St. Munchin's

Community Centre and virtual ribbons can be bought online to help. With over €170,000 raised over the last ten years, this is a much valued and needed initiative to support the worthwhile activities of these three deserving charities.

Ger Lynch, Community Chair, said, "All these organisations are most deserving of support and representatives of each will be in attendance daily to encourage participation by all in this unique event in our festive calendar".



Volunteers and charity representatives with the Deputy Mayor of Limerick, Adam Teskey and Tom Neville TD attending the Limerick Thomond Rotary Club Remembrance Tree launch at Bedford Row PICTURE: BRENDAN GLEESON.

THINGS I ♥ THIS WEEK

FESTIVE BITES

Christmas at the Milk Market

THE Limerick Milk Market is the place to be this Christmas with a range of fairs and activities from Friday, December 13 to December, 24.

Friday, December 13 will feature a Christmas Transition Year Enterprise Market in partnership with Local Enterprise Office (LEO) Limerick and WizzKids.ie from 10 am to 3pm.

Saturday, December 14 they have the Famous Food Market Christmas Edition 8 am to 3 pm with Christmas stockings full of seasonal cuisine and an extra special visit from Santa in aid of Limerick Suicide Watch.

Sunday, December 15 will feature a Christmas Craft Fair 11am to 4pm with up to 50 Handmade Crafts, Fashion, Artists, Horticulture, Photographers and much more to give that someone special the best gift of all.

Friday, December 20 they have an eclectic mix of Seasonal Food, Christmas Crafts, Choirs and Festive Fun! Best of all there is Free Entry from 10 am to 3 pm.

Saturday 21 to Tuesday 24 they have the Final Famous Food Markets, Christmas Edition from 8 am to 3 pm on Saturday, Sunday and Monday finishing on Tuesday's Christmas Eve from 8am to 2pm with



Limerick Milk Market is the place to be this Christmas with a range of fairs and activities from Friday, December 13 to December, 24.

Christmas stockings full of seasonal cuisine and treats from your local food producers.

"This year we have a range of traditional day time

Christmas Markets of festive foods mixed with some special one-off Christmas events," said David Fitzgerald, Limerick Milk Market Manager.



Richie Hayes back in Limerick for the Aladdin panto

Richie Hayes returns to Limerick panto Aladdin

Richie Hayes is a jack of all trades in the entertainment industry having spent 20 years working professionally in Pantoland, appearing on shows like Mrs. Browns Boys and The Voice of Ireland and running his variety Show with wife Erica in Florida. This Christmas you can expect to see Richie back in Limerick to return to his iconic role of Wishy Washy in the UCH Specsavers panto Aladdin running until January 5, 2020.

Richie was first introduced to the world of entertainment when at only 10-years-old he was chosen to perform in Yanomamo, a production set up by Sting for the Amazon rainforest and its indigenous people.

After this, his love for entertainment grew and grew and he joined the Waterford panto society. By the time he was 18 he started auditioning for West End productions such as 'Oliver' but due to his

short stature, struggled to get roles.

"I auditioned in front of Cameron Mackintosh and Andrew Lloyd Webber (Phantom of the Opera) many times but it just never worked out for me. I was always tipping away with panto and that's when I decided panto is my niche and I thought let's concentrate on that", says Richie.

As the years have passed Richie has also got more involved in the production of the panto.

Twenty years later and he has never looked back, "I absolutely love panto, it's like a drug to me. It kills me because it's such a tough gig to do because your energy needs to be so high all the time and I'm not getting any younger, each year gets a little more physically demanding to do it, but I love it".

Aladdin runs from December 16 until January 5, 2020, and you can get tickets at www.UCH.ie.

CASINO ROYALE

Munster Heart Foundation fundraiser

The Munster Heart Foundation fundraiser 'Casino Royale' is taking place at The Savoy Hotel, Limerick on New Year's Eve from 8pm.

They expect it to be a highlight of the social calendar in the city and are continuing to raise funds for an Intracardiac Echocardiography machine with a target of €120,000. This machine will be a great addition to the already world-class facility and services offered by the Cardiac services in UHL.

Tickets for the event are €100 per person and include champagne on arrival, 5-star buffet, 4 bars and 3 floors, including 80's music with RTE Lyrics, Lorcan Murray. All proceeds from this event go towards cardiology services for the Midwest. Contact on 086 8216762 or email: munsterheart@gmail.com for tickets.



Pictured at the 'Casino Royale' launch at the Savoy Hotel were, Chris Walshe, DJ, Nina Smalle, HiYa Entertainment, Lorcan Murray, DJ, Damian Harnett, General Manager Savoy Hotel and James Sexton, HiYa Entertainment PICTURE: KEITH WISEMAN

HERO OF THE WEEK

Ciara McCullough

Ciara McCullough is about to run nearly 1,000 km over two months across the Wild Atlantic Way to try and raise €150,000 for the Children's Grief Centre in Limerick. Having lost her dad to suicide and having suffered depression herself for years Ciara wants to help other kids going through grief. She is also asking runners across the county to run with her virtually.

It's never been done in Ireland before where counties run against each other virtually so it will be a bit of a groundbreaking challenge overall. Well done Ciara! To donate go to beyonddefeat.ie/donate.



Ciara McCullough



Oliver Sears, Oliver Sears Gallery, Dublin, Hughie O'Donoghue, artist and Naomi O'Nolan, head of Collections and Exhibitions, The Hunt Museum, Limerick

HUGHIE O'DONOGHUE'S TIME, TIDE AND THE MEMORY OF THE HOUSE EXHIBITION OPENING

Pictures: KEITH WISEMAN



Artist, Hughie O'Donoghue explains the paintings at the exhibition opening at the Hunt Museum



Derek Cahill and Judith Hill at the exhibition opening



Hughie O'Donoghue, artist and Joe Fanning



Hughie O'Donoghue explains the paintings



The Polish Arts Festival artistic director, Justyna Cwojdzicka and chair of the Hunt Museum board, John Moran



The attendees listen on as artist, Hughie O'Donoghue explains the paintings at the exhibition opening



Professor Michael Casey, Dr Mary Honan and William Ryan



Derek Cahill and Judith Hill discussing the exhibition

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PUBLIC NOTICES

To Superintendent Garda Siochana
Take notice that I, the undersigned am applying for Renewal of Personal Fitness Certificate, Course Only
David Coleman,
Murgasty, Tipperary

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

SITUATIONS VACANT

DAIRY FARM Assistant required for Ballydoorty Farm, Castlemahon, Co. Limerick, 39 hpw @ €22k. Contact: paula@migrant.ie

WANTED

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ST. MARY'S R.F.C.
Lotto Draw held Monday 9th December 2019
Winning Numbers: 1-2-14-26
No Jackpot Winner
Lucky Dips: Mildred Cahill c/o D Frawley;
Mark Hanley c/o J Hurley; Sam Beecher c/o M Ryan; Fiadh Hehir c/o D Frawley
Jackpot €12,700
Next draw held Kinsella's Bar
Voucher Winners: Liz Ryan c/o M Ryan; Greg O'Halloran c/o C Mullins; Denise O'Connell c/o D Hayes

GERALDINES A.F.C.
WEEKLY LOTTO DRAW HELD ON 09/12/19
This Week's Jackpot: €3,900
Numbers: 3-15-19-22
Lucky Dips: Jaxon c/o James McNamara; Pat Carmody c/o Dave Connolly; Dean / Walton c/o Dave Connolly; Ger Fitzgerald c/o club
Promoters Prizes: Dave Connolly & Billy Gough
Next Week's Jackpot: €4,000
Next Draw: 15/12/19

BREAKING NEWS
Contact 061 214500
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PLANNING NOTICES

APPLICATION TO PLANNING AUTHORITY

Limerick City and County Council: I, Health Service Executive, intend to apply to the above-named authority for retention permission for alterations and permission for proposed changes and completion of works relating to the previously permitted development reference 18-627 (The development of a four storey plus rooftop plantroom extension to the existing hospital to provide a 60-bed ward block along with minor adjustments to the adjacent hospital buildings and associated site works and site services together with development of 20 public car parking spaces and associated boundary screening) at the University Hospital Limerick Campus, St. Nessian's Road, Dooradoyle, Limerick. The application site is located within an Architectural Conservation Area and there is an existing Protected Structure on the Hospital Campus (Hospital Chapel RPS S.E.30). No works are proposed to the Protected Structure as part of this application. The alterations to be retained comprise minor revisions to the building plan setting out further to additional site survey information. The revisions result in a final gross internal area of 5334 sqm compared to the previously granted floor area of 5353sqm. The proposed changes to previously permitted development will include:
Increase in the L4 main roof parapet level by 360mm, and increase in the L5 stair 2 lift core roof parapet level by 1240mm;
Relocation of an external double-glazed aluminium screen from the north elevation to the west elevation at stair 2 lift core, the omission of 4 no windows on the west elevation at stair 1 core;
Reconfiguration of external louvers and external plant room access doors to the north, south and east elevations all at level L0;
Minor reconfiguration of the main L4 main roof screen enclosure, the provision of photovoltaic panels and low level ducts at the L4 main roof, the provision of perimeter safety rails and external maintenance stairs to the L4 main roof and L5 stair 2 lift core roof.
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.

BREAKING NEWS
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FAMILY ANNOUNCEMENTS

IN MEMORIAM



† COUGHLAN

(36th Anniversary)
In loving memory of **Nora Coughlan**, late of 35, Assumpta Park, Limerick, whose anniversary occurs on 12th December. Masses offered. Also remembering the deceased members of the Coughlan family at this time and also remembering **Owen Madigan** at this time. We heard your voice in the wind today mam
And I turned to see your face
The warmth of the wind caressed us
As we stood silently in place we felt your touch in the sun today
As it's warmth filled the sky
We closed our eyes Mam
And out spirit soared high
We saw your face Mam in the window pane
As we watched the falling rain
It seemed as each raindrop fell
Mam
It quietly said your name
We hold you close in our hearts today
It makes us feel complete
You may have died
But your not gone Mam
You will always be part of us
Sadly missed by your sons Pat, Eugene, Edmond, Billy and Michael xx

Mam
There is a little gate marked private
That leads into our hearts
Behind that gates are memories
Mam
From which we will never part
Till the roses lose their fragrance
Till the heather sheds it's dew
Until we leave this world behind
We will never stop loving you
Love from your daughters Jacqueline, Joan and Esther



Light a Candle...

A candle to remember, may it burn ever so bright
As we look to the heavens on this very night.
Beyond the stars, our dear loved ones soars
Embraced by their Savior on heaven's shores.
As the angels protect them
and sing their sweet name
We honor their life with the glow of this flame.
So we light this candle for our loved ones tonight
As a symbol of our love and their eternal life.

IN MEMORIAM



† LISTON

(32nd Anniversary)
In loving memory of a dear daughter and sister, **Anita Liston (nee Hartigan)**, late of 342 O'Malley Park, Limerick, who died 14th December 1987.
Aged 31 years.
Also our granddaughter **Laura Liston, who died 29th November 1987. Rest in Peace.**
Also remembering my husband **Pat** and son **Pa Jnr**, my two sisters and three brothers at this time.
Somewhere beyond the sunset where loved ones never die
you sleep in a beautiful garden beneath a golden sky
Though Heaven and earth divide us
we are never far apart
for you are always in our thoughts
and forever in our hearts
Sadly missed by your loving Mam, brothers, sisters, nieces and nephews



† LYDDY

(Tenth anniversary)
In loving memory of **Dr. Margaret Lyddy (née O'Leary), Ballinacurra, Limerick who passed away on 14th December 2009. Remembered as a loving wife to Frank (Muintir na Tíre), nach maireann.**

As secretary of the Limerick University Project Committee, she was a tireless campaigner for the founding of the University of Limerick.

Inár gcroíthe anois agus i gcónaí. Déirdre, Fionnuala, Máire, Aidan, Niamh



Those we love,
We never lose,
For always they will be,
Loved, remembered,
treasured
Always in our memory.

IN MEMORIAM



† MCCARTHY

(37th Anniversary)
In loving memory of our brothers, **Tommy and Sammy McCarthy**, whose anniversary occurs on December 12, late of 12 Colmcille Street, Saint Mary's Park.

As we prepare for Christmas
Our thoughts will be of you.

You always made our Christmasses
The happiest we ever knew.
We'll try our best to celebrate
The birth of Christ our King
But in our hearts we realise
We've lost our everything.
No presents to give you
No wishes sincere
Only the heartache
Of not having you near.
Did the sun shine a little brighter
Was the sky a deeper blue
Or was it just a better world
When we shared our lives with both of you.
So many things have happened
Since you were called away
So many things to share with you
Had you been left to stay.
So when we shed a secret tear
And often breathe a sigh
Forgive us for we miss you more
As another Christmas Day goes by.

Sadly missed and lovingly remembered by your brother John, Tricia and family xx

They say that hearts
Don't really break
Dear Lord that is not true
The day you took our dear brothers Sammy and Tommy our hearts just broke in two.
A beautiful nature A heart of gold
Yer loss to us can never be told
We hold our tears
When we speak yer names
But the ache in our hearts will always remain
No words we write will ever say how much we miss ye day by day.
Simple words but very true
We will always love and remember ye.
Gentle Jesus up above
Give our dear brothers Sammy and Tommy
A great big hug.
I thought of ye today but that is nothing new
I thought about ye yesterday and the days before that too
I think of ye in silence
I often speak yer name
All I have are memories
And yer picture in a frame
Yer memory is a keepsake
From which i'll never part
God has you in his arms
I have you in my heart
Sadly missed by your sisters Nora, Teresa, Dina, Bernadette and extended family

As we opened our eyes this morning,
We looked to the Heavens above
We whispered happy anniversary
And send you all our love.
Yere hands we cannot touch
But God will take our greetings
To the ones we loved so much
Always missed and loved by nephews **Christopher, Jonathan**, nieces **Caroline, Tina, Geraldine, Laura and Rita xx**

IN MEMORIAM



† MCNAMARA

(21st Anniversary)
In loving memory of **Thomas (Nommie) McNamara**, late of 21 Lee Estate, Island Road, whose 21st Anniversary occurs on December 15. Masses offered.

We hold our tears when we speak your name
But the ache in our hearts will always remain
No words we write will ever say
How much we miss you day by day.
Simple words but very true
We will always love and remember you.
Gentle Jesus up above
Give our father all our love.
Happy Christmass.
Sadly missed by your wife Mary, sons, daughters, grandchildren, great grandchildren, brothers-in-law and sisters-in-law. Also thinking of my Mam, Dad, brothers, sister and granddaughter Niamh at this time. Happy Christmas xxx

To my Dad who I love and miss so so much xx
God knows how much I miss you
Never shall your memory fade
Loving thoughts shall ever wander
To the spot where you are now laid
Though absent you are always near
Still missed and loved, always dear.
Gone are the days we used to share
But in my heart you are always there
The gates of memory will never close
I miss you more than anyone knows.
With tender love and deep regret
I love you Dad and I will never forget.
From your loving daughter Lorraine, grandsons Niall and Thomas, and great grandkids xxxxx



† STORAN

(Christmas Remembrance)
Christmas Remembrance of our dear parents Evelyn and Gerard Storan. Also our brother Patrick who died recently. Also Henry Healy, also the Griffin family and John Ryan
Happy Christmas to all
Love from the Storan family

IN MEMORIAM



† O'BRIEN

(Second Anniversary & Birthday Remembrance)
In loving memory of a dear cousin **Rose O'Brien**, late of Rosbrien, Limerick whose anniversary and birthday occurs on December 15th.
Rest in Peace.

No Birthday cards can I send
For there is no address
Just a beautiful garden
Where my special cousin rests.
Of all the gifts in life
However great or small,
To have you as my cousin Rose
Was the greatest gift of all
From your cousin Anthony, Michael and Bradley
The autumn leaves are ending in the valley
And now the time has come
For me to say goodbye
But like the rose that comes back in the Spring time
You will come back to bring the Summer to my heart
Til the white rose blooms again
You must leave me, leave me lonely
So goodbye my love, til then
Til the white rose blooms again.
Love your pal Eleanor and family xxx

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!*

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Thurs 19th at 12pm for Mon 23rd

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Mon 30th at 12pm for Sat 4th Jan

SPORT

Leader

**MID SEASON
BREAK**

Cup action
bookends 2019

For more see Page 29



Back to back: Richard Barrington of Saracens is tackled by James Cronin of Munster during the Heineken Champions Cup Pool 4 Round 3 match between Munster and Saracens at Thomond Park. The two sides meet again on Saturday at 3pm in London's Allianz Arena



'They can play whomever they want, we'll see them Saturday'

Saracens Test: Munster are relishing the challenge of London visit

DONN O'SULLIVAN
sport@limerickleader.ie

THIS week's Munster Rugby press conference was dominated by the potential make up of Saracens team for this Saturday's 3pm meeting in the Champions Cup.

Much was made of Saracens' decision to leave their frontline internationals at home ahead of last weekend's 10-3 win for Munster at Thomond Park and once more attention has turned to who will line up in Black this weekend.

"They can play whomever they want and we'll see them Saturday" was one thought from Munster's James Cronin.

The loosehead prop was attempting to return focus to

his side and what they have to this weekend to go back to back against the European and English Premiership champions.

"We missed a few opportunities last weeknd. Maybe two or three. We know they are a quality outfit. Over there this week we know we can't miss those opportunities and still win. The onus is on us as a group to get better and convert those chances" he added.

Munster's head coach Johann van Graan is expecting to name a similar strength side to the won that claimed four match points on Saturday.

"We took quiet a few knocks over the weekend. It was because of the weather and there were a lot of

collisions, especially around maul, scrum, tackle and breakdown. A lot of things went on, especially in the tackle. So a lot of guys took knocks, to the head, neck and shoulders. We foresee though that everyone involved last weekend will be available"

Also available this week is South African born backrow Chris Cloete who has returned from a head injury. There is still no return date for long standing injuries such as Tyler Bleyendaal (neck), Dave Kilcoyne (calf) or Joey Carbery (ankle).

With mixed news on the injury front, Munster also have the issue of Arno Botha's red card hanging over them.

The number was issued with a red card during his

club's Heineken Champions Cup, Round 3 match against Saracens at Thomond Park.

Botha was sent off by the referee, Romain Poite, in the 81st minute of the match for striking the Saracens replacement, Nick Tompkins, with his arm in contravention of Law 9.12.

Dan White (England), Chair, Frank Hadden (Scotland) and Marcello d'Orey (Portugal) have been appointed as the independent Disciplinary Committee for the hearing which will take place at the London office of Bird & Bird LLP on Wednesday, December 11.

Sanctions for foul play, relating to striking with the arm carries a sanction scale of - Low End: 2 weeks;

Mid-range: 6 weeks; Top end: 10 to 52 weeks.

Should Botha miss out, van Graan admits that the 6-2 forward split on the bench, which has served his side well this season, might need to be rethought this weekend.

"Every week we look at what lies ahead. It has certainly worked for us thus far. You have to look at the possible weather conditions, the pitch, the opposition. We will make that call closer to the game. The biggest difference for us this week is the surface. They have only lost once there in Europe, so we know what to expect" finished the head coach.

Munster's game with Saracens is live on BT Sport on Saturday at 3pm, while it is also on radio on Live95.

GAA

Election time
for County
Board of
Limerick GAA

JEROME O'CONNELL
joconnell@limerickleader.ie

THE make-up of the top table of Limerick GAA will be completed next Monday night at the County Board Annual Convention in the Woodlands House Hotel.

There will be two elections - for the role of Central Council delegate and the two Munster Council delegate positions.

All other officers were returned unopposed.

The five year rule means four officers had to depart their roles - Central Council delegate Denis Holmes, Munster Council delegate Frank Reidy, Development Officer Seamus Twomey and Coaching and Games Officer Mike Cunningham.

All four were nominated for new roles.

Denis Holmes (Oola) is the new Coaching and Games Officer after being nominated unopposed for the vacant position.

That leaves the Central Council and Munster Council delegate roles to be filled.

Paul Foley (Patrickswell) and Frank Reidy (Feohanagh-Castlemahon) are both nominated for the one Central Council role. Foley opted not to continue in his Munster Council position to contest the Central Council role, while Reidy departed his Munster Council role due to the five year rule.

There are four standing for election for two Munster Council delegate positions - Seamus Twomey (Croom), Mike Cunningham (Killeedy), former Bord na nOg chairman Denis Carroll (South Liberties), and former treasurer Donal Morrissey (Ahane).



The Limerick GAA convention takes place on Monday night

CHARTERED ACCOUNTANTS SOCIETY - WOMEN IN SPORT



Niamh Briggs, Eimear Considine, Rebecca Delee and Roisin Upton at the Chartered Accountants Mid West Society Annual Christmas Dinner at the Savoy Hotel on Thursday evening
PICTURE: EAMON WARD



Clodagh Cahill, Ambassador for Community Crisis Response Team and Mobile Suicide Intervention Team speaking at the Chartered Accountants Mid West Society Christmas Dinner



Conal O'Halloran, CAI National President, and Margaret Ryan, Chairperson Chartered Accountants Mid West Society



Conal O'Halloran, CAI National President, speaking at the Chartered Accountants Mid West Society Annual Christmas Dinner at the Savoy Hotel on Thursday evening



Eimear Considine, Rebecca Delee, Niamh Briggs, Conal O'Halloran, CAI National President, Pat O'Neill, CAI Vice President, Margaret Ryan, Chairperson Chartered Accountants Mid West Society, Roisin Upton and Donn O'Sullivan, Limerick Leader, at the Chartered Accountants Mid West Society Annual Christmas Dinner at the Savoy Hotel last Thursday evening

All-Limerick junior cup clash the highlight

PAT SHEEHAN
sport@limerickleader.ie

WITH the Christmas break pending there are a few outstanding games to clear up before the festivities begin.

Highlight of the weekend is the outstanding FAI Junior Cup game when Pike Rovers host Newcastle West Town on Sunday afternoon in Crossagalla.

Neither team had a game at the weekend, although Pike Rovers will have the chance to shake out the cobwebs with a Tuohy Cup game tonight (Wednesday).

The 'Hoops' are many people's favourites to challenge the St Michaels and Sheriff's in this tears campaign and deservedly carry the tag.

Manager Robbie Williams has only been used against Ballynanty Rvs in the last round so we assume he will be on the field again and his experience adds hugely to the Pike cause.

He was superb last time out and combined with Pat Mullins forms a formidable central defence.

Newcastle West Town have only played three League games, losing once and winning twice plus the obvious wins that saw them reach this stage of the National competition.

With Regional, Coonagh and Fairview already through hopes are high that we may have four teams in the last 32.

There are two games in the Munster Youth Cup with Caherdavin Celtic hosting Murroe while on Saturday evening Charleville welcome Fairview Rangers for what promises to be a cracking tie.

Aisling are favoured with

Fran Munsterberg, Nenagh, in action against Ian Maher, Prospect Priory during the Tuohy Cup last week



home advantage against Cregmore/ClareGalway in the FAI Under 17 Cup.

There are two games in the PJ Matthews Premier League both having a huge impact on the top of the table.

Leaders Fairview face a tricky task against neighbours Geraldines in Garryowen.

Fairview Rangers have been playing well but will be aware that form goes out the door in a local derby.

If the 'Blues' should slip up then second placed

Ballynanty Rovers will take top spot if they can beat Janesboro in Pearse Stadium.

The sides met a few weeks back in the Tuohy Cup when a five goal blast from top scorer Conor Ellis saw Balla ease to victory.

A vital game in the promotion battle from McGettigans Premier A League sees Moyross hosting Newport.

A win for the Tipperary side would see them join Moyross at the top of the table so it's all to play for. Moyross

suffered their first League defeat last time out to Fairview B and they will be anxious to get back to winning ways but Newport will be no pushovers.

Athlunkard and Murroe meet, both looking to get back into contention.

McGettigans Div 1A has another couple of games that has a bearing on the promotion race.

Leaders Castle Rvs welcome Geraldines looking to keep up their good run while second placed Kilfrush face a tricky assignment at

Patrickswell.

The Open Cup is proving highly entertaining this year to date and we have another three games penciled in for this weekend.

Northside host Parkville B, Lisnagry and Wembley Rvs try again after last week's tie was called off with Rovers holding a 3-1 lead, and Aisling D v Coonagh B makes up the list, 7.00L Somers

Tonight (Wednesday) Pike Rovers take on Nenagh AFC at 7.00pm in Jackman Park for a place in the semi finals of the Tuohy Cup.

JUNIOR SOCCER

PREMIER DIVISION	P	W	D	L	Pts
Fairview Rgs	10	7	2	1	23
Ballynanty Rovers	10	7	1	2	22
Pike Rovers	9	6	3	0	21
Geraldines	10	6	2	2	20
Regional Utd	10	6	0	4	18
Aisling Annacotty	10	5	1	4	16
Mungret Reg	11	5	1	5	16
Janesboro	9	5	1	3	16
Kilmallock	11	2	1	8	7
Coonagh Utd	11	1	3	7	6
Nenagh AFC	10	2	0	8	6
Prospect Priory	11	1	1	9	4

PREMIER A LEAGUE	P	W	D	L	Pts
Moyross	11	8	2	1	26
Charleville	12	8	1	3	25
Newport	11	7	2	2	23
Fairview Rgs B	12	6	3	3	21
Murroe	11	7	0	4	21
Hill Celtic	12	5	3	4	21
Cappamore	10	5	0	5	15
Athlunkard Villa	10	4	1	5	13
Aisling Ann B	11	3	2	6	11
Carew Park	11	2	3	6	9
Holycross	11	2	0	9	6
Corbally Utd	12	0	3	9	3

DIVISION 1A	P	W	D	L	Pts
Castle Rvs	10	7	2	1	23
Kilfrush	10	7	1	2	22
Southend	10	7	0	3	21
Hyde Rgs	10	6	0	4	18
Star Rvs	9	5	3	1	18
Patrickswell	9	5	2	2	17
Knockainey	10	5	0	5	15
Summerville Rvs	10	3	2	5	11
Ballylanders	10	3	2	5	11
Geraldines B	10	3	1	6	10
Shelbourne	10	0	2	8	2
Granville Rgs	10	0	1	9	1

DIVISION 1B	P	W	D	L	Pts
Regional Utd B	10	7	3	0	24
Aisling Annacotty C	12	5	5	2	20
Parkville	11	6	2	3	20
Pallagreen	11	5	4	2	19
Athlunkard Villa B	11	5	3	3	18
Glenview Rvs	11	5	2	4	17
Caherdavin Celtic	11	3	4	4	13
Mungret Reg	10	3	3	4	12
Newport	11	3	2	6	11
Caledonians	11	2	1	8	7
Charleville	11	0	3	8	3

DIVISION 2A	P	W	D	L	Pts
Caherconlish	10	9	1	0	28
Kilmallock B	11	8	3	0	27
Wembley Rvs	11	8	2	1	26
Janesboro B	10	7	0	3	21
Meanus	9	5	1	3	16
Castle Utd	10	5	1	4	16
Hyde Rgs B	10	4	2	4	14
Murroe B	10	4	0	6	12
Corbally Utd B	10	3	2	5	11
Prospect Priory B	9	2	2	5	8
Knockainey B	10	2	1	7	7
Herbertstown	22	1	1	20	4

DIVISION 2B	P	W	D	L	Pts
Aisling Annacotty D	10	8	1	1	25
Northside	10	8	0	2	24
Fairview Rgs C	9	5	2	2	17
Brazuca United	10	4	3	3	15
Lisnagry	10	4	2	4	14
Kilfrush B	10	4	1	5	13
Parkville B	8	3	2	3	11
Coonagh Utd B	8	2	1	5	7
Coonagh Utd C	9	1	3	5	6
Abbey Rvs	10	0	1	9	1

JUNIOR SOCCER FIXTURES

SATURDAY, DEC 14

Munster Youth Cup

Charleville v Fairview Rgs, 7.00, R Broe

Open Cup

Aisling D v Coonagh B, 7.00L Somers

Munster Youth Cup

Caherdavin Celtic v Murroe, 2.00, K Gorman

FAI Under 17 Cup

Aisling v Cregmore, 2.00, J McNamara, A Galvin, R Broe

PJ Matthews Premier League

Geraldines v Fairview Rgs, 11.00, N Casey
Janesboro v Ballynanty Rvs, 11.00, A Hall

McGettigans Premier A League

Athlunkard v Murroe, 11.00, D Power

Aisling v Cappamore, 11.00, R Broe
Moyross v Newport, 11.00, B Higgins

McGettigans Division 1A

Shelbourne v Knockainey, 11.00, Martin Monaghan; Patrickswell v Kilfrush, 11.00, Castle Rvs v Geraldines, 11.00,

STA Furniture Division 1B

Newport v Regional Utd, 11.00, G Collopy
Pallas v Glenview Rvs, 11.00, Mike Monahan
Charleville v Athlunkard Villa, 11.00, M Kavanagh

All Tan Sunbeds Division 2A

Prospect v Meanus, 11.00, J Rooney

Eden Hair Salon Division 2B

Parkville B v Coonagh B, 11.00, J Clancy

Nick Green Division 3

Murroe v Shelbourne, 11.00, K McCormack

Open Cup

Northside v Parkville B, 11.00, M Bourke
Lisnagry v Wembley Rvs, 11.00, P O'Brien

Balon Sport. U17 Division 2

Herbertstown v Kilfrush, 2.00, S Rooney

DIVISION 3A	P	W	D	L	Pts
Moyross B	9	8	0	1	24
Nenagh B	10	5	2	3	17
Lisnagry B	9	5	2	2	17
Dromore Celtic	10	5	1	4	16
Caledonians B	8	5	0	3	15
Mungret Reg C	8	4	2	2	14
Newport	8	3	1	4	10
Shelbourne B	8	2	2	4	8
Athlunkard Villa C	9	1	0	8	3
Murroe C	7	0	0	7	0

SUNDAY, DEC 15

FAI Junior Cup

Pike Rvs v Newcastle West Rovers, 2.00, R McCann, B Higgins, A Hall

ON THE BALL

“Limerick to the core...”

JEROME O'CONNELL

A decade of Camogie and Ladies Football

AFTER compiling the Limerick club hurling and football teams of the decade in this column in recent times I was challenged to do likewise for camogie and ladies football.

Just like Santa, I enlisted the help of some elves with a greater experience than me in the respective codes.

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 the previous decade and didn't feature strongly into the past 10 years.

Dymphna O'Brien is the only player selected on both Team of the Decades.

CAMOGIE

It was a decade that saw Limerick camogie promoted back up into the senior ranks with a Croke Park All-Ireland intermediate title win in 2014.

The year previous Limerick lost the same final to Galway in a year

that also saw a Division Two league title won.

The promotion up senior was timely with a 2014 All-Ireland minor A title win – three years after an All-Ireland minor B title.

Up senior, Limerick made a breakthrough in 2019 when reaching the knockout stages for the first time in 15 years.

On the club scene, five different clubs won county senior camogie championship titles across the decade; 2010-'19.

Granagh-Ballingarry lead the way with six titles; including a 5-in-a-row from 2013-17. Ahane won in 2018, while there was a title each for Ballygran and Killeedy at the start of the decade, with Newcastle West winning in 2019.

This Limerick Camogie Team of the Decade contains players from nine different clubs. Ahane and Granagh-Ballingarry lead the way with three players each. Newcastle West and Killeedy have two representatives, while there is one each for Cappamore, Bruff, Knockaderry, Adare and Galbally.

TEAM: Síle Moynihan (Ahane); Fiona Hickey (Granagh-Ballingarry), Michelle Casey (Killeedy), Muireann Creamer (Cappamore); Mairead Ryan (Galbally), Sarah Carey (Granagh-Ballingarry), Judith Mulcahy (Ahane); Karen O'Leary (Newcastle West), Rebecca Delee (Newcastle West); Caoimhe Costelloe (Adare), Mary



Dual star: Dymphna O'Brien, Limerick makes both Limerick camogie and Ladies football teams of the decade

O'Callaghan (Bruff), Niamh Mulcahy (Ahane); Deborah Murphy (Knockaderry), Aoife Sheehan (Granagh-Ballingarry), Dymphna O'Brien (Killeedy).

LADIES FOOTBALL

It was a 10 year period that saw Limerick win silverware in Croke Park at the beginning and end of the decade.

In both the 2010 and 2018 All-Ireland junior championship finals, Limerick defeated Louth.

While Limerick did earn promotion into the intermediate ranks, most of the decade was played in the junior grade.

In league football, Limerick

spent most of the decade in Division Four – reaching four finals 2010 (lost to Leitrim), 2020 (lost to Longford), 2015 (lost to Offaly) and 2016 (beat Antrim).

On the club scene, there were five county senior ladies football champions – Ballylanders and St Ailbes leading the way with three titles each. Monagea won two crowns, while there was a win each for Athea and Mungret at the beginning of the decade.

This Limerick Ladies Football Team of the decade contains players from nine different clubs – Mungret lead the way with four players. St Ailbes have three

representatives and Feohanagh-Castlemahon have two. There is one player selected from each of Monagea, Ballylanders Gerald Griffins, Old Mill, Fr Caseys and Murroe-Boher.

TEAM: Martina Giltenane (Mungret St Pauls); Emma McGuire (St Ailbes), Alva Neary (Old Mill), Kristine Reidy (Feohanagh-Castlemahon); Olivia Giltenane (Mungret St Pauls), Yvette Moynihan (Mungret St Pauls), Cathy Mee (Ballylanders); Janet Garvey (Fr Caseys), Loretta Hanley (Feohanagh-Castlemahon); Stephanie Carroll (St Ailbes), Niamh Richardson (Murroe-Boher), Mairead Kavanagh (St Ailbes); Marie Curtin (Mungret St Pauls), Catriona Davis (Monagea), Dymphna O'Brien (Gerald Griffins)

DONN O'SULLIVAN

FAI problems could provide platform for new look organisation, if allowed

In Ancient Greek folklore, a phoenix is a long-lived bird that cyclically regenerates or is otherwise born again.

Associated with the sun, a phoenix obtains new life by arising from the ashes of its predecessor. The phoenix dies in a show of flames and combustion.

Watching on last week as the FAI died in a show of flames, one had to scratch ones head several times to even try and begin to understand the magnitude of the despair Irish soccer now finds itself in.

Soccer is Ireland's most played

team sport. How on earth has the association in charge of managing that got it so wrong?

There will be millions of column inches written about that specific topic in the weeks, months and years to come. Where did it all go wrong could very well end up being the FAI's new motto.

However, when looking at the details of the association's debt, coupled with high powered resignations, one has to try and take some positives.

Firstly, the government has



The FAI press conference last week where debts were revealed to all in attendance

agreed to keep funding coming for the grass roots of the game.

Even if I don't agree with the way they plan to distribute the funds, through a third party, I do think it is a step in the right direction.

The biggest positive for me, in terms of the FAI, is that soccer fans from all over Ireland have been given the opportunity to change their governing body for the better.

It is not something that every GAA, Rugby or Athletics fan is going to get to do, so those involved in soccer should see the coming months as an opportunity to effect change.

If, as a soccer player, administrator or indeed fan, you can make your voice heard

more than ever now.

It all starts at your club. If you are not happy with how that is being run, try and make a change there. Get on the committee, get involved if you are not already and move from there.

The same goes for those on regional boards and in elected positions. If someone isn't doing their job properly, then do something about it.

When this FAI 'bird' is re-born it is up to every soccer stakeholder to make sure it is fit for purpose and can fly, unhindered by its past.

DONN O'SULLIVAN

Eyes turn to 2020 as new hurling season comes into view

The 2020 hurling season throws in on Sunday. Yes, this Sunday.

All-Ireland champions Tipperary will be clapped onto the field in MacDonagh Park Nenagh on Sunday by Clare as the Co-Op Superstore sponsored Munster hurling league kicks off the new season.

With beanie hats, gilet jackets, wet gear and jerseys all on the list for Santa Claus, few will be looking beyond the Christmas dinner at this point, but few might have one eye on next season's championship, especially if there is money to be made.

The bookmakers have champions Tipperary at 3/1 to

retain the Liam MacCarthy cup, while 2018 champions Limerick are priced up as second favourites at 7/2.

Beaten finalists from 2018, Galway, under the guidance of Limerick's Shane O'Neill, are third favourites to return to the promised land at 9/2.

Kilkenny, a side never to be

written off, are 11/2, with the 'Rebels' of Cork at 6/1.

The 'Banner men' of Clare are at 12/1, priced the same as Davy Fitzgerald's Wexford.

The 'Deise' men are outside bets at 25/1 while the ever improving Dublin are 25/1 also. Whether it is too early to think about it all, remember, the best value will be had before the New Year.



Tipperary captain Séamus Callanan kisses the Liam MacCarthy cup before lifting it in the Hogan Stand

IS THAT ON THE BOX?

Wednesday

SOCCER

AL-SADD V HIENGHENE
BBCI 5.30PM

SOCCER

DINAMO ZAGREB V MAN C
BT SPORT 5.55PM

SOCCER

CLUB BRUGGE V R MADRID
BT SPORT 8PM

SOCCER

B MUNICH V SPURS
BT SPORT 10PM

GOLF

PRESIDENTS CUP
SKY SPORTS 10PM

Thursday

SNOOKER

SCOTTISH OPEN
EUROSPORT 12.45PM

SOCCER

CFR CLUJ V CELTIC
BT SPORT 5.55PM

SOCCER

STANDARD V ARSENAL
BT SPORT 6PM

SOCCER

RANGERS V YOUNG BOYS
BT SPORT 8PM

SOCCER

MAN UTD V AZ ALKMAAR
BT SPORT 8PM

Friday

HORSE RACING

DUNDALK
RACING TV 5.15PM

DARTS

WORLD CHAMPIONSHIPS
SKY SPORTS 7PM

RUGBY UNION

HARLEQUINS V ULSTER
BT SPORT 7.45PM

RUGBY UNION

RACING 92 V OSPREYS
BT SPORT 7.45PM

GOLF

PRESIDENTS CUP
SKY SPORTS 8PM

Saturday



Tadhg Beirne of Munster is tackled by Alex Lozowski of Saracens. The two sides meet again on Saturday at 3pm

HORSE RACING

FAIRYHOUSE
RACING TV 11.50AM

SOCCER

BIRMINGHAM V WBA
SKY SPORTS 12.30PM

SOCCER

LIVERPOOL V WATFORD
BT SPORT 12.30PM

DARTS

WORLD CHAMPIONSHIPS
SKY SPORTS 12.30PM

RUGBY UNION

CONNACHT V GLOUCESTER
BT SPORTS 12.45PM

RUGBY UNION

TREVISO V LYON
BT SPORT 12.45PM

SOCCER

AL-HILAL V SPORT TUNIS
BBCI 2PM

RUGBY UNION

MONTPELIER V TOULOUSE
BT SPORT 3PM

RUGBY UNION

SARACENS V MUNSTER
BT SPORT 3PM

GOLF

QBE SHOOTOUT
SKY SPORTS 5PM

RUGBY UNION

GLASGOW V LA ROCHELLE
BT SPORTS 5.15PM

RUGBY UNION

LEINSTER V NORTHAMPTON
BT SPORT/VIRGIN/C4 5.15PM

SOCCER

SAINTS V WEST HAM
SKY SPORTS 5.30PM

GOLF

PRESIDENTS CUP
SKY SPORTS 8PM

Sunday

DARTS

WORLD CHAMPIONSHIP
SKY SPORTS 12.30PM

RUGBY UNION

EXETER V SALE SHARKS
BT SPORT 1PM

SOCCER

MAN UTD V EVERTON
SKY SPORTS 2PM

SOCCER

JUVENTUS V UDINESE
PREMIER SPORT 2PM

RUGBY UNION

CLERMONT V BATH
BT SPORT 3.15PM

SOCCER

ARSENAL V MAN CITY
SKY SPORTS 4.30PM

GOLF

PRESIDENTS CUP
SKY SPORTS 5PM

Michael van Gerwen will face Jelle Klaasen or Kevin Burness at the World Championship of Darts which begins this week



Ole Gunnar Solskjaer's Man Utd host Everton on Sky Sports at 2pm



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