



**CRUNCH TIME:** Munster face busy Christmas schedule **SPORT**

# The Wednesday, December 18, 2019 Leader

**FREE**

FIRST FOR LOCAL NEWS  
ACROSS ALL PLATFORMS, 24-7

[www.limerickleader.ie](http://www.limerickleader.ie)



**€25 OFF AT DUNNES STORES**  
FOR EVERY READER WHEN YOU SPEND €100 **VOUCHER INSIDE**

The curtain rises on Limerick Panto Society's production of *Beauty and the Beast* at The Lime Tree Theatre on December 27 and runs until January 5. For bookings see [www.limetreetheatre.ie](http://www.limetreetheatre.ie)



## 'Tale as old as time' Panto season begins in Limerick

Beauty and the Beast takes to the Lime Tree stage



**Redemptorist Sleep Out raises awareness and vital funds P14**

**JUSTICE FOR ROSE** TD says 'substantial progress' made in probe into murder of pensioner **P16**



**SAVE OUR SOCCER** Minister Ross asked to intervene in FC saga **P10**

ALEX FINDLATER  
- & COMPANY LTD -

Christmas  
at Alex

109 O'Connell Street, Limerick City



## Book Your Christmas Party!

For Reservations

061 516 450 | [info@alexfindlaterandco.ie](mailto:info@alexfindlaterandco.ie)



**The Leader**  
**CONTACT US**  
**NEWSDESK**  
 061-214503  
 news@limerickleader.ie

**ADVERTISING**  
 061 214521  
 and 061 214525

**SWITCHBOARD**  
 Call us on  
**061-214500**  
 29 Glentworth Street,  
 Limerick

# Leading Off

Setting the agenda in Limerick



**▲ GOOD WEEK**  
**Musician Emma Langford**  
 Emma, the first recipient of The Dolores O'Riordan Music Bursary was presented with the award by Dolores' mum Eileen



**▼ BAD WEEK**  
**Munster Rugby**  
 The province's prospects in the Champions Cup were dealt a blow following a 15-6 defeat to Saracens



**☀️ QUOTE OF THE WEEK**  
 During my week in Kolkata I have seen how HOPE are giving vulnerable children an opportunity, through education and protection, to lift themselves out of the poverty - **Sinéad Flanagan**

**INSIDE THIS WEEK**



**FELIX ON BODHRÁN**  
 Special guest rejoins Hermitage Green  
 Page 12



**SANTA IN MOYROSS**  
 Delmege Park's special visitor  
 PAGES 20-21

## Don't forget the elderly



**WHAT WE THINK**  
**EUGENE PHEALAN**  
 LEADER EDITOR

WITH so much happening at Christmas time, it is easy for us to forget the real meaning of Christmas and just eat, drink and be merry to excess.

And without trying to sound pious, if you want to do something truly meaningful and feel better for it, visit an elderly neighbour or relative this Christmas.

One of the saddest stories in our paper in recent weeks was the report from an inquest hearing of a man whose decomposed body was found at his home shortly before Christmas last year. He had been dead for several weeks.

Many elderly people dread this time of the year; especially those living on their own, with the radio and



**Joan Lyons, Eleanor Murphy, Catherine Bourke and Geraldine Rice remembering their friend and neighbour Rose Hanrahan at the candlelit vigil on Monday night outside her home in Thomondgate** PICTURE: BRENDAN GLEESON

television their main companion.

Sadly, this week marked the second anniversary of the

murder of 78-year-old Rose Hanrahan in her home in Thomondgate.

It was heartening to see

the neighbours, friends and family attend a special vigil on Monday to mark the anniversary and show that

she has not been forgotten. Let's hope that those responsible are brought to justice.

**ACM Community Centre**  
 SHANNON | CASTLECONNELL | MONTPPELLIER  
 A place for all

### Restaurant/Café Management Operation - Expression of Interest

**ACM Community Development Society Limited is currently refurbishing Shannon House in the centre of Castleconnell village and once completed, it will be utilised as a community centre and restaurant/café for Castleconnell village and surrounding area. We are looking for expressions of interest from individuals, companies and/or organisations to operate the (fully equipped) restaurant/café.**

You can download a copy of the Expression of Interest form from our website [www.castleconnell.ie](http://www.castleconnell.ie) or request a copy by phoning 061 372750 or by emailing [acm@castleconnell.ie](mailto:acm@castleconnell.ie).

The completed Expression of Interest Form should be submitted by post to: Ms. Breda Casey, Chairperson, ACM Community Development Society Ltd, 14 - 15 Castle Street, Castleconnell, Co. Limerick or emailed to [info@castleconnell.ie](mailto:info@castleconnell.ie).

**The response should be marked as 'Expression of Interest' and received on or before 3rd January 2020.**

**WEBTOPTEN**

1. Pregnant woman accused of holding Limerick Council to ransom
2. Three units of fire service battle house fire in Limerick

3. Limerick Greyhound Racing Track Ltd files for voluntary liquidation
4. WATCH: Cyclist confronts motorists who park in cycle-lane in Limerick city

5. Limerick man, 56, was dead at home for weeks, inquest told
6. County Limerick road reopens after crash
7. Out in the Open: Violence in North Kerry

8. Pallas Foods to invest €2.5m in Limerick facility
9. Draws made for 2020 Limerick club hurling and football championships
10. Met Éireann issues status yellow wind warning

**WEATHER FOR THE WEEK**



**WEDNESDAY**  
 Wild, wet and windy day with a high of 10°C



**THURSDAY**  
 Partial sunshine turning colder but settled - high of 9°C



**FRIDAY**  
 Mostly cloudy with a couple of showers - High of just 8°C



**SATURDAY**  
 Bit of a wash-out with on and off periods of rain - high of 8°C



**SUNDAY**  
 Mainly cloudy; a morning shower in spots followed by a little rain



**MONDAY**  
 Intervals of clouds and sunshine with a couple of showers



# MyLimerick

**Jim O'Farrell**

Artist

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

After my usual breakfast of porridge, fruit, eggs and tomatoes with my wife, Ailish, my perfect day would include a morning in my studio where I'm currently working on a set of illustrations. After lunch, I would enjoy meeting my friends at the Hedge School Cottage in Newtown, Clarina, not far from where I live. To finish the perfect day, I would join with my fellow choir members in our local church as we prepare for the Christmas season.

**What's your first Limerick memory?**

Walking down from my childhood home in Old Park Road, Corbally, with my father, Martin, to the Shannon Fields where he taught me how to swim.

**What's your favourite part of the city (or county) and why?**

You don't know your Limerick unless you have taken in the view of the lower Shannon from Newtown Hill in Clarina and then taken a stroll down to see the Sailor's Haggard and the Hedge School Cottage at the bottom of the hill.

**What about a favourite walk or view?**

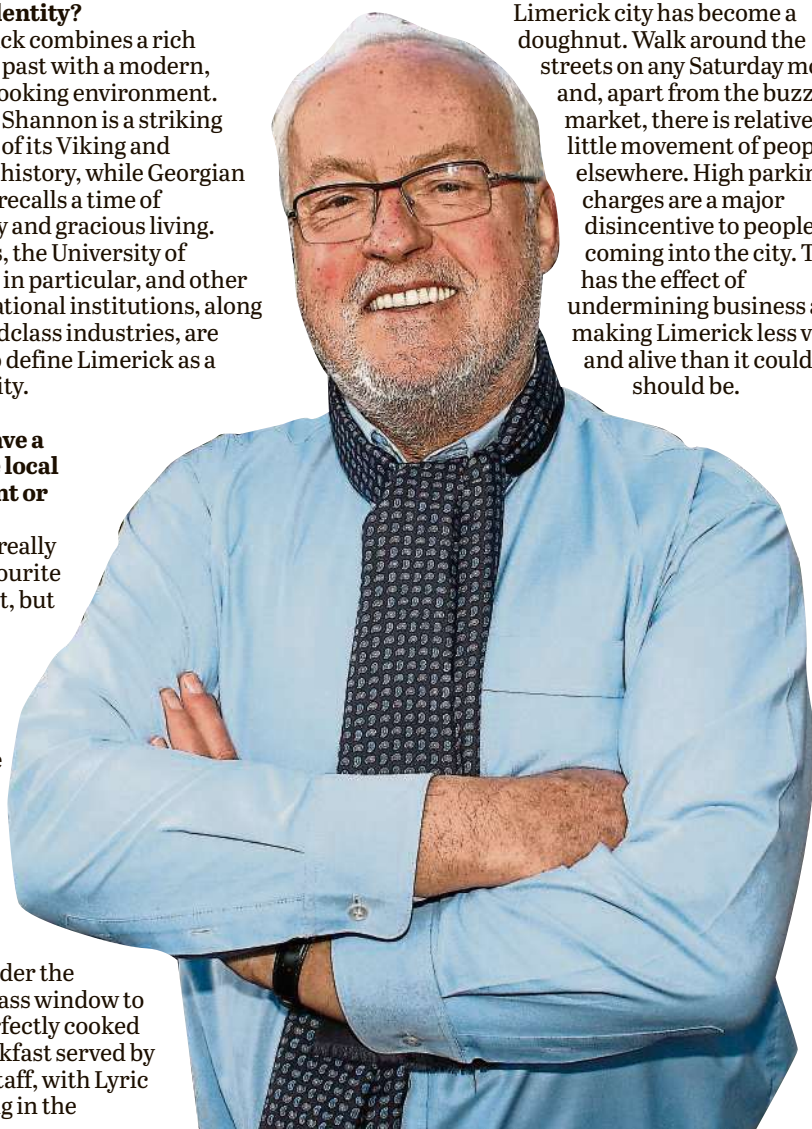
As an artist, I think there can be nothing more beautiful in Limerick city than the view from Clancy Strand taking in the Currogher Falls at low tide and looking over at King John's Castle with the Clare hills in the background. The light on this scene after a heavy shower of rain is something that always delights me.

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

Limerick combines a rich historical past with a modern, forward-looking environment. The River Shannon is a striking reminder of its Viking and maritime history, while Georgian Limerick recalls a time of prosperity and gracious living. Nowadays, the University of Limerick, in particular, and other fine educational institutions, along with worldclass industries, are helping to define Limerick as a modern city.

**Do you have a favourite local restaurant or pub?**

I don't really have a favourite restaurant, but I always enjoyed going to Greene's of Little Catherine Street on a Saturday morning. I would head up the stairs and sit under the stained glass window to have a perfectly cooked Irish breakfast served by friendly staff, with Lyric FM playing in the



background.

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

"I never saw a greater number of kind, pleasing, clever-looking faces among any set of people," was William Thackeray's view on a visit to Limerick. That about sums it up! In my experience, Limerick people have wide-ranging qualities, from being sports mad enthusiasts to ardent music lovers. They are what makes Limerick the lively, interesting city it is.

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

Sport is hugely important in Limerick. Just look at the magnificent Thomond Park and the resurgence of hurling in both city and county. Many in my own family have been involved in sport down through the years. My uncle Paddy O'Farrell was national champion in the pole-vault and hurdles, while another uncle, John O, was honorary secretary of Shannon RFC for over 50 years. I enjoyed being a member of St Munchin's senior rugby team in the late 60s and then as a player with Shannon alongside my school friend and, later, mayor of Limerick, Thady Coughlan.

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

In recent years, there has been a concerted effort to turn Limerick to the river. I would like to see further development in this area.

**What's the biggest challenge facing the city (or county) today?**

Limerick city has become a doughnut. Walk around the streets on any Saturday morning and, apart from the buzz at the market, there is relatively little movement of people elsewhere. High parking charges are a major disincentive to people coming into the city. This has the effect of undermining business and making Limerick less vibrant and alive than it could and should be.

# EAR Piercing LOUNGE



# MARIA TASH



# LAVZ



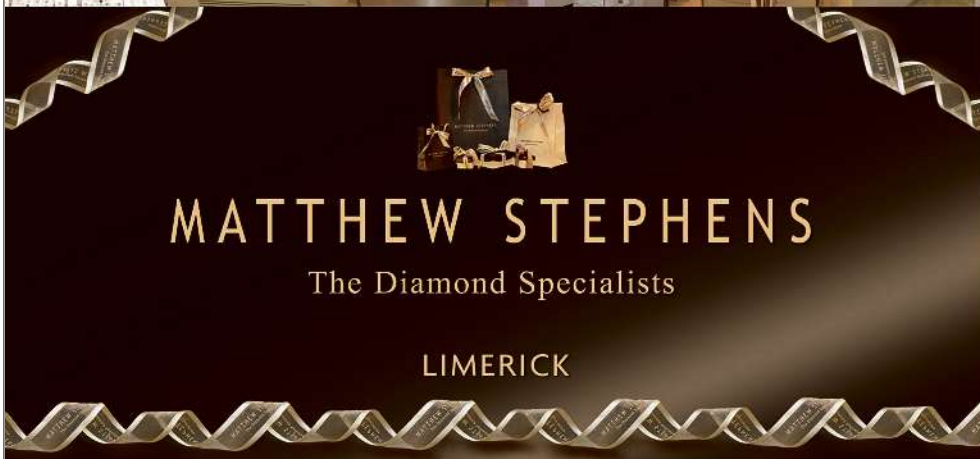
# ASTRID & MIYU



# MATTHEW STEPHENS

The Diamond Specialists

LIMERICK







# Coroner says suicide verdicts are important

**DAVID HURLEY**

david.hurley@limerickleader.ie

THE Coroner for Limerick says it would be wrong of him not to return verdicts of suicide and to do so would be a disservice to those who have taken their own lives.

John McNamara made his comments following the inquest of a man who drowned after he entered the river Shannon earlier this year.

While members of the man's

family accepted the facts surrounding his death, they commented that he did not want to die and was planning for the future. "He wouldn't have killed himself," said one relative.

Mr McNamara noted the family's views but said a verdict of suicide was appropriate in the circumstances.

He accepted there is a presumption in law against a verdict of suicide and that the evidence to support such a verdict

must be compelling.

In the specific case, he noted that gardai had obtained CCTV footage showing the 41-year-old entering the water.

He told the man's relatives that it is important for "statistical reasons" that verdicts of suicide are recorded by coroners across the country.

He said suicide is a problem in Limerick and across the country and that the statistics will influence and inform various State

agencies who have been tasked with dealing with the issue.

"If we were to rule them (and record other verdicts) there would be no suicides in the country," he said the only other option was an 'open verdict'.

Mr McNamara said it is incumbent on everyone to do what they can to reduce the number of suicides in Ireland.

"If we don't face it down, we are doing the people who died a disservice," he stated.



Coroner John McNamara PICTURE:

BRENDAN GLEESON

# Cyclist abused for confronting motorists

**Motorist parked in cycle lane: 'I don't give a s\*\*\*'**

**RYAN O'ROURKE**

Ryan.orourke@limerickleader.ie

"I DON'T give a s\*\*\* was the reply Aidan Hogan received when he told a motorist that he might be killed due to the driver blocking the cycle lane, forcing him to cycle out into traffic.

"When you say to someone that you are worried that you might be killed and they say that they don't care, it's not something you hear in such explicit terms every day," said Aidan

Aidan took to Twitter to share a video that showcases the obstacles that cyclists face while navigating the city. In the video, he comes across a number of cars that are blocking the cycle lane outside Colbert Station.

"When I got to the section directly outside Colbert Station there was a car parked in the cycle lane blocking my path which meant I had to move out into general traffic with the increased risk that goes with that," said Aidan.

In the video, Aidan speaks to the drivers of two of the cars informing them that they are parked in the cycle lane. When speaking to the second driver, Aidan can be heard telling the driver that he could be killed as he pulls out into traffic, to which they reply "I don't give a s\*\*\*". The motorist also tells Aidan: "We have to stop somewhere, blame the corporation."

"One thing I want to make sure you include is that it is my experience that the majority of drivers are considerate and accommodating to cyclists and I did not want a narrative of 'cyclists versus motorists' applied to this issue. The bigger issue is the proper prioritisation, planning, and design of cycling infrastructure in the city and the proper enforcement of traffic and parking rules.

"The powers that be in the city and nationally need to prioritise investment in cycling infrastructure. Currently, any such investment appears to be a box-ticking exercise with



Aidan Hogan has called for improvements in cycling infrastructure in Limerick

piecemeal infrastructure being built in an ad-hoc manner. There needs to be a change of mindset in political and county council executives that prioritise active travel and public transport and reduces the dominance of private cars."

Despite occurrences such as this, Aidan says that he will

continue to cycle.

"Taking up cycling has been a hugely positive change since I started six months ago. Although I have to put up with a variation of this kind of thing most days, the physical and mental health benefits far outweigh the downsides and I've no intention of stopping cycling anytime soon."

# No progress on incineration ban just yet

**REBECCA LAFFAN**

rebecca.laffan@limerickleader.ie

THE INCINERATION ban proposed by Limerick City and County Council has been hindered by regional and national policy, a situation which has been described as "an erosion of public democracy," by a council member.

At the recent Meeting of the Economic Development, Enterprise and Planning SPC, an update was given to the committee on the progress of the Regional Spatial and Economic Strategy (RSES), a 12-year plan which was unveiled earlier this year.

During the discussion, it was remarked how the councils submission to amend the strategy to include an incineration ban in the county was rejected by the Mid West Regional Authority.

"All along we've been told that we can't propose a ban on incineration in our local planning documents as it has to be consistent with regional and national planning documents," said Cllr James Collins to the Limerick Leader last week.

"When we now try and modify the County Development Plan, it won't be consistent with RSES which they didn't allow us to make a submission to," he added, "they didn't agree with it."

Amendments can only be made to the current County

Development Plan if it is brought forward by chief executive Pat Daly and voted on by councillors.

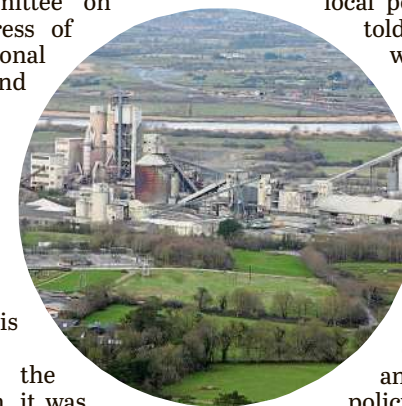
"Thousands of Limerick people took to the streets to protest against incineration, the vast majority of councillors are against it - as are the public who are asking us as councillors and their public representatives what are we doing about this, they're asking why this is allowed.

"When we try and change local policy we are told we can't as we need to comply with national policy. But then when we're asked for our submissions on national and regional policy it's rejected. It's being imposed upon us and we're not being allowed to change it. It's an erosion of public democracy.

"The council, when we challenge them on why they granted planning permission for the incinerator in Mungret they said they had no choice and that their application complies with the policies as written at the time. So we said we would change those policies but now we're being prevented from doing that.

"It's very frustrating," he added, "Limerick people are not going to tolerate an incinerator at the edge of their city, it's outrageous."

The overarching purpose of the RSES is to support the programme for change set out in Project Ireland 2040.







MORE FOR EVERYONE THIS CHRISTMAS

WWW.LIDL.IE

# CHRISTMAS Dinner



Bally Manor FRESH IRISH WHOLE TURKEY  
3Kg | 1Kg = 3.00

FROM

€8.99

Fresh Irish Turkeys on sale 20th December



HURRY, IN-STORE NOW

SEE ONLINE FOR MORE STYLES

Deluxe IRISH STUFFED CARVERY LEG OF LAMB  
1.5-1.7Kg | 1Kg = 13.99



ONLY!

€13.99

Per Kg



Deluxe IRISH CHEESE HAMPER  
1.12Kg | 1Kg = 10.62



Festive Savings!

WAS €17.99

€11.89



Deluxe CHOCOLATE & CHERRY MERINGUE WREATH  
467g | 1Kg = 17.11



ONLY!

€7.99

Christmas crackers SPECIAL OFFERS!  
CHECK IN-STORE FOR OUR ONE DAY ONLY OFFERS!



Check out www.lidl.ie

WHILE STOCKS LAST!

These products are planned carefully to ensure full availability. Despite this however, they may sell out quicker than expected. Prices correct at time of print. See in-store for latest offers. Photography shows serving suggestions & are demonstrative only. All offers apply to the Republic of Ireland only.

MORE FOR YOU







Full Range of **"BERG GO CARTS"**  
& Accessories Available  
Large Selection of 2020 Kids & Adult Bikes Available

### TREK

A Large Selection of  
TREK Mountain Bikes



### BERGO GO CARTS

Passenger Seat



**FREE**

### BMX

A range of AMP  
BMX Bikes



Full Range of  
Turbo Training TACX  
Accessories



**GIFT VOUCHERS AVAILABLE**

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

COIS SIONNA  
CREDIT UNION



Credit Union Car Loan

PCP Contract



201 RATE  
**3.9%**  
CAR LOAN



COIS SIONNA  
CREDIT UNION

| AMOUNT BORROWED | TERM    | INTEREST RATE | APR   | COST OF CREDIT |
|-----------------|---------|---------------|-------|----------------|
| €10,000         | 5 Years | 3.9%          | 3.96% | €1,006.28      |

- ✓ Applicable for 201 Registration Cars Only
- ✓ Draw Down in Jan/Feb/Mar 2020
- ✓ Maximum term of 5 years

**€42.35**  
PER WEEK

ASKEATON, Co Limerick T: 061-392237 E: info@coissionnacu.ie  
GLIN, Co Limerick T: 068 34512 www.coissionnacu.ie

All loans subject to approval. T&Cs apply. WARNING: If you do not meet the repayments on your loan, your account will go into arrears. This may affect your credit rating which may limit your ability to access credit in the future. Credit Unions in the Republic of Ireland are regulated by the Central Bank of Ireland.



## Magic of Christmas in Limerick

**SHARE A Dream's** Dreamland gave 60 physically disabled children across Limerick a Christmas to remember.

On December 12, they had a Christmas wish like no other granted.

Santa Claus, Mrs Claus, and the Elves travelled from the North Pole to Limerick to set up a fully inclusive and accessible grotto and a Christmas experience.

Despite having two major break-ins at Dreamland causing thousands of euros of damage Share a Dream "continued doing what we do best" said Shay Kinsella, founder of Share A Dream.

"We brought a little magic and something special into the hearts of hundreds of very sick and physically disabled children."



Veronica and Shaye Collins at Magic of Christmas

## Sinéad moved by special Kolkata trip

**Volunteer:** Rose of Tralee spreads HOPE

**REBECCA LAFFAN**

rebecca.laffan@limerickleader.ie

THE 2019 International Rose of Tralee, Sinéad Flanagan is taking to her new role with all the compassion and humanity one expects from the holder of the title.

Last month, like her Rose predecessors, Sinéad took her first overseas trip to Kolkata (formerly Calcutta) to visit HOPE's projects with street and slum children.

There she witnessed the shocking conditions endured by Kolkata's most vulnerable children, those who live in the slums, dumps and streets of India's second-most populous city.

Speaking about the most difficult experience of her trip to Kolkata, Sinéad says that accompanying the night ambulance was upsetting and it struck her that all that is different between us is where we were born and appealed to people to remember the forgotten street children of Kolkata this Christmas.

"During my week in Kolkata I have seen how HOPE are giving vulnerable children an opportunity, through education and protection, to lift themselves out of the poverty that they were born into," Sinéad said.

"It is a great privilege to get to witness this incredible work first-hand and to meet the other volunteers from Specsavers and The Law Society of Ireland".

HOPE Honorary Director, Maureen Forrest, said: "These are the forgotten



Sinéad Flanagan in Kolkata, India

children, born into a world of dire poverty. As people like Sinéad give just a little of their time, skills, knowledge, wisdom, compassion, wealth and love, the world becomes a better place."

Over the coming weeks HOPE will be encouraging people to buy a Gift of HOPE, download or purchase their new album, Friends of HOPE, or donate to help continue the work in Kolkata for Christmas.

See www.giftsofhope.ie



# CRESCENT SHOPPING CENTRE

## EXTENDED OPENING HOURS

Wed. 18<sup>th</sup> - Sat. 21<sup>st</sup> Dec.

**9.30am - 9pm**

Sunday 22<sup>nd</sup> Dec.

**10am - 8pm**

Monday 23<sup>rd</sup> Dec.

**9am - 9.30pm**

CHRISTMAS EVE

**9am - 5pm**

CHRISTMAS DAY CLOSED

**SALE STARTS!**

ST. STEPHEN'S DAY 10AM - 6PM

*The  
Centre of  
Christmas*



VISIT  
THE  
*Santa*  
STATION

**OPEN DAILY**  
OUTSIDE CITY MALL  
ENTRANCE





Thousands of cars are targeted by thieves

DAVID HURLEY

david.hurley@limerickleader.ie

**MORE than 2,300 thefts from cars were reported in Limerick over the past three years, new figures have revealed.**

**Gardai have launched a new Park Smart initiative in an effort to reduce the number of parked cars which are being broken into across the country.**

**Figures released on Monday show that between January 2016 and the end of last month, 2,329 thefts from cars were reported in the Limerick division.**

**This is the highest for any garda division outside Dublin and represents around 5% of the national total.**

**The analysis also shows that the most common location for these thefts are in driveways, and that the most common times are between 12 midnight and 6am.**

**“What is happening now is criminals will go around areas like housing estates and streets where lots of cars are parked up and they will try every car door because they know we are leaving some of them unlocked. Let’s not make it easy for these criminals, make sure to lock you vehicle every time,” said crime prevention officer James O’Donovan.**

**Gardai say valuable property should not be left in cars which should be parked in a secure, well-lit location. Keys should also be kept safe and out of sight.**

# Commissioner anxious to reduce courthouse numbers

**Security:** Talks underway to enable gardai to return to core duties

DAVID HURLEY

david.hurley@limerickleader.ie

THE Garda Commissioner has confirmed efforts are underway to reduce the number of gardai who are required to carry out security duties at Limerick Courthouse.

Since the new complex opened at Mulgrave Street, gardai have been deployed to perform non-core duties such as manning the custody suite.

A number of politicians have highlighted the matter in recent months after official figures from Department of Justice confirmed that up to 21 gardai can be deployed at the courthouse at any one time



**Garda Commissioner Drew Harris wants to reduce the number of gardai on duty at Limerick Courthouse**

depending on the number of courts which are sitting.

Responding to questions at a meeting of the Limerick Joint

Policing Committee, Drew Harris said it is an issue and that talks are underway with a number of State agencies in the hope of returning some of the gardai to core duties.

“It’s a specific project, we are working with the both the Department of Justice and the Department of the Taoiseach in terms of delivery of that but we have to find an alternative means and the Courts Service have to work with us to find an alternative means of securing the courts that everybody is content with,” he said.

While no timescale has been agreed, Commissioner Harris has indicated there is unlikely to be

change over the next 12 months.

He said the current situation evolved as it was “just convenient” but that it cannot continue indefinitely.

Members of the JPC were told somebody will have to pay for the security and that several options are on the table.

“There are a number of alternatives and I wouldn’t want to say it’s this or it’s that and, indeed, it’s for the Courts Service to determine what is the best way of taking this forward together with ourselves.”

Some members of the JPC noted that a private security firm is contracted at the Criminal Courts of Justice in Dublin.



## JIM SHERIDAN MASTERCLASS

**BUDDING filmmakers from Fresh Film received a masterclass from Irish directing icon Jim Sheridan. The six-time Oscar nominee gave the next wave of young Irish filmmakers crucial advice about the art of filmmaking. The event is a forerunner to the Fresh Film Festival, which takes place in Limerick from March 23-28**

## Council takes court action over €14k in unpaid rates

LIMERICK City and County Council has secured judgments against a number of companies over the non-payment of thousands of euro in commercial rates, writes David Hurley.

Proceedings relating to three different companies were before Judge Mary Cashin at a sitting of Limerick District Court.

In each case, evidence was given by a rates collector as to the amount of money which is outstanding.

Judge Cashin was also told that in each case demands for payment have remained unpaid for several months.

Judgments totalling almost €14,400 were granted with the local authority also being awarded its costs and expenses.

A total of 20 rates prosecutions against more than a dozen companies and individuals were before the court with the majority being adjourned until early in the new year.

## Limerick Prison inmates have Free Voices with book

REBECCA LAFFAN

rebecca.laffan@limerickleader.ie

A BOOK of stories and poems all written by inmates of Limerick Prison has been launched and is available to the public.

Free Voices is a special anthology of creative writing, and was published in collaboration with Limerick Writers Centre (LWC).

The book, available from the Centre, builds on the success of Voices from The Cave, which was created in a partnership between LWC and the Mid-West Regional Drugs and Alcohol Forum.

The finished product is a result of workshops that took place in the prison last year, with the prison’s English teacher Janet Fulop saying: “It was absolutely brilliant, everyone loved it and people who thought they weren’t a bit creative were all of a sudden creating beautiful short stories and poems, it was wonderful.

“As a result they were thrilled to believe they would be in print, they never thought that was possible.”

LWC director, Dominic Taylor, said: “We are launching what I believe to be an important book, possibly for some of us, for the first

time we can see the raw reality, the underside of the lives of some of the writers in here.

“I believe that it is important to bring together the individual voices that make up this anthology, as it makes visible what was previously unrecognised.”

The book launch, held on Friday, December 13, also saw the donation of various other handmade crafts by inmates to worthy causes such as Limerick Animal Welfare, Milford Hospice and Crumlin Children’s Hospital, which also received painted ceramic hearts.

One inmate, who made multiple

quilts to donate, said: “when I came in here first I couldn’t thread a machine, now I could spend five or six hours at the machine. These charities, especially Limerick Animal Welfare, are charities that I’ve always supported - even outside these walls. I try to do one thing every year for them.”

Head teacher Anita Dooley, said: “There’s an awful perception that when someone comes into prison, that’s it - he’s on the wrong road. But us teachers recognise potential, and recognise talents that they didn’t know they even had and make them feel good about themselves.”



**Dominick Taylor and Theresa Beirne, assistant governor at the launch** PICTURE: BRENDAN GLEESON





# Get your Claus into these great deals.

# TESCO

*Every little helps*

**From €7**

**BORD BIA QUALITY ASSURANCE SCHEME ORIGIN-IRELAND**

Tesco Fresh Irish Christmas Hams - in store now

**3kg Fresh Irish Turkey (Serves 6)**

**From €9**

**BORD BIA QUALITY ASSURANCE SCHEME ORIGIN-IRELAND**

Tesco Fresh Irish Christmas Turkeys - in store now

**49c each**

Tesco Red Cabbage / Parsnips 500g / Swede / Carrots 1kg / Honeydew Melon / Brussels Sprouts 49c each

**Any 2 for €5**

Mix & Match

Selected Tesco Party Food Range Any 2 for €5

**Any 3 for €10**

Mix & Match

Selected Cheese Range Any 3 for €10

**€7.50 each**

Coca-Cola 20x330ml / 7UP Free, Coca-Cola Zero, Diet Coke, Club Zero, Pepsi Max 24x330ml €7.50 each

**Any 3 for €10**

Mix & Match

Maltesers Truffles 200g / KitKat Senses 200g / Celebrations Pouch 400g / Aero Bliss 142g Any 3 for €10

**€5 each**

Selected Lindt 200g €5 each

**€14 each**

Budweiser 20x300ml / Stella 20x284ml / Carlsberg 20x300ml / Molson 20x330ml €14 each

**25% off ALL Wine & Champagne\***

€8 each or **€6** with 25% offer\*

€8 each or **€6** with 25% offer\*

€10 each or **€7.50** with 25% offer\*

\*Buy any 6 bottles of Wine or Champagne and get 25% off



Shop in-store or online at [Tesco.ie](http://Tesco.ie)



Offers valid until 21/12/19 unless otherwise stated. See in-store for details. Images for illustrative purposes only. Subject to availability.

Get more from your shopping with Clubcard - scan yours today.







## Comments from online readers

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



### CYCLIST CONFRONTS MOTORISTS WHO PARK IN CYCLE-LANE IN LIMERICK CITY

#### Sheila Garvey

Those drivers are frankly being irresponsible. And not taking responsibility for what they are doing (tisnt the corporation driving yer car). You can't say "cyclists do this, so a driver can do that" or vice versa. I have gripes myself with cyclists, particularly cycling beside each other and flying across on pedestrian crossings. But this isn't the gripe here. It's about inconsiderate /irresponsible motorists this time. And rightfully so.



#### Gary Kirwan

It's a bit silly to do this but people should be more cautious. Everyone needs to try a bit more cyclists and drivers. Can't we all unite against the real enemy PEDESTRIANS

### PREGNANT WOMAN ACCUSED OF HOLDING LIMERICK COUNCIL TO RANSOM

#### Sheila Garvey

She had been given a house and had to leave over her behavior, she is paying privately for a hotel, I'd be giving accommodation to one of the thousands of families left homeless due to no fault of there own, she should have been delighted to get a house



#### John Holmes

Remove the caravan if it's parked illegally, that will solve the problem.

### WATCH: FRIENDS AND FAMILY OF ROSE HANRAHAN SING A BEAUTIFUL RENDITION OF SILENT NIGHT TO HONOUR THE LATE LIMERICK WOMAN

#### Deirdre O'Grady

Rip dear Lady justice will be done



#### Deborah Gorey

So so Sad Rip Rose always in our hearts and prayers such a lovely women

#### Patsy Naughton

Disgraceful no one caught

#### Geraldine McManus

So sad

### COAT SHARING INITIATIVE RETURNS TO PARK IN LIMERICK

#### Dorothy Stokes-Cleary

I think it is a fabulous initiative but I pass by it most days and see coats left on the ground, which means in the current weather conditions they get wet and are left useless.



#### Christina Tulk

This is a bad idea as the clothes get destroyed with the weather. Hand your unused coats into a charity shop, or homeless shelter. I have often bought a coat and left the one I was wearing in the shop

#### Denise Higgins

A lovely gesture & a great idea that they're under a covering.

[www.limerickleader.ie](http://www.limerickleader.ie)  
[www.facebook.com/LimerickLeader](https://www.facebook.com/LimerickLeader)  
 Limerick Leader



Former Limerick FC striker Connor Ellis in action for the Super Blues last year. There will be no senior soccer in the city next season PICTURE: KIERAN RYAN-BENSON

# Ross urged to save senior soccer in city

**Sport:** Task force call to help bring soccer back

#### NICK RABBITS AT CITY HALL

[nick@limerickleader.ie](mailto:nick@limerickleader.ie)

SPORTS Minister Shane Ross has been asked to intervene urgently to save senior soccer in Limerick.

At this month's metropolitan district meeting, an emergency motion from Fianna Fail councillor Jerry O'Dea, calling on Mr Ross to act was passed unanimously.

It follows the devastating news last week that Limerick FC is to be wound up and will not compete in division one in the upcoming season.

It comes after the club's holding company failed to come out of an examinership process and ran out of time to source new investors.

At the metropolitan district meeting, members requested the council's chief executive Dr Pat Daly to contact Mr Ross asking him to "explore ways to ensure the continuance of senior football in

Limerick".

The motion also instructed the chief executive to reach out to local businesses, the Market's Field stadium and the wider footballing family to convene a task force.

Cllr O'Dea said: "Since its inception in 1937, Limerick has always fielded a team in the League of Ireland. For the third city of Ireland and a city just this week again labelled Ireland's Sporting Capital by Roisin Upton, it's unthinkable that we as a council would stand by without taking immediate action."

Metropolitan leader, Cllr James Collins added: "It's unthinkable that Limerick does not have a senior football team. If this was a Dublin club, the Minister would have intervened straight away. There is great support for a team in Limerick."

Cllr Daniel Butler, Fine Gael added: "Limerick is a proud soccer

city. It's the volunteers I feel most aggrieved for as well as the supporters who gave the team great support through lean times like this. Football is the lifeblood of the city. The removal of senior football tears the heart out of the city."

"The standard of footballer here in the city is incredible. To see footballers playing professionally outside Limerick is incredible. But we are now in a situation where we are looking at years of recovery," he added.

However, Mayor Michael Sheahan, while welcoming the sentiment of the motion, insisted: "It's not the ministers job to protect every club in difficulty, every club that goes into liquidation."

But Cllr O'Dea retorted: "It's unthinkable this situation has come about. We owe it to the city and the youth of the city to make this happen."

## Metro councillors call for €12.30 living wage

METROPOLITAN councillors have unanimously called on government to introduce a €12.30 living wage in 2020.

A motion passed at this month's council meeting by Sinn Fein's John Costelloe will see the local authority lobby the government to introduce this, with appropriate legal protections for small firms which can show they cannot afford to pay this.

The northside councillor's motion received cross party backing, including from Mayor Michael Sheahan, who said: "So many people's disposable income is spent on staying alive. It's high-time we looked at this."

Cllr Conor Sheehan also backed the call, saying it was his Labour colleague Ged Nash who set up the low-pay commission when the party was in government.

Cllr Costelloe said: "I believe every worker across Ireland should be paid at least enough for their labour for them to be able to achieve a minimum acceptable standard of living. A national living wage act should be introduced urgently."

He argued this wage could also save the state a big sum in the working family payment scheme, as well as have a positive tax take impact.



# Billy Kelleher

MEP for Ireland South

*"Beannachtaí na Nollag agus Athbhliain faoi mhaise do chuile duine."*

Keeping Ireland at the heart of Europe



renew europe.



Tel: +353 87 336 6421

Email: [constituency@billykelleher.ie](mailto:constituency@billykelleher.ie)



Happy Christmas and a Prosperous New Year

from

Cathaoirleach Cllr. Joe Carroll,  
the Assembly Members and Staff



- regional economic and spatial planning
- the management of European Regional Development Funding
- development implementation and promotion of regional development policy and activities
- acting as the national contact point for EU-funded transnational programmes
- The Assembly coordinates actions to support effectiveness in Local Government and public services

For information on the Southern & Eastern Regional Programme 14-20, EU programmes or regional planning, contact us:

Assembly House, O'Connell Street, Waterford  
Tel: +353 51 860 700  
[info@southernassembly.ie](mailto:info@southernassembly.ie) [www.southernassembly.ie](http://www.southernassembly.ie)



#euinmyregion



# LIMERICK'S BIGGEST SALE

Samsung 55" Smart 4k TV



**55" SCREEN**  
**UHD 4K**

SAVE **€200**

RRP €679  
SALE PRICE **€479**

Belling Twin Cavity Ceramic Cooker



SAVE **€150**

**6 ONLY**

RRP €519  
SALE PRICE **€369**

Whirlpool Induction Glass-Ceramic Hob



**FREE POTS**

SAVE **€150**

RRP €499  
SALE PRICE **€349**

Miele C3 Vacuum Cleaner



SAVE **€130**

**15 ONLY**

RRP €299  
SALE PRICE **€169**

Belling American side by side Fridgefreezer



SAVE **€400**

**6 ONLY**

RRP €999  
SALE PRICE **€599**

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

Store Wide Sale Deals



Local Irish Business  
60 Years in Limerick

**STARTS FRIDAY 27TH DEC AT 11AM**

\* all prices cash & carry

Ballysimon Rd Limerick MON TO SAT 9.30 - 6 PM TEL 061-469467

# FINUCANES



## LEADER CRIME BRIEFS

BY DAVID HURLEY



## Cash and phone stolen in four-minute burglary

GARDAI are investigating the theft of a mobile phone and a quantity of cash from a commercial premises in the city centre.

The property was stolen after the premises at Bedford Row was broken into last Thursday shortly after 7.15pm.

"Two thieves forced open the back door, one of them stayed at the back door and acted as a look out while his fellow accomplice forced his way inside," said Garda John Finnerty of Bruff garda station.

While gardai have established this burglary was carried out in just



**Gardai at Henry Street are investigating**

four minutes between 7.17pm and 7.21pm, there is no description of the culprits.

"If you have any information on this crime, no matter how insignificant you may think it is, then please contact the gardai at Henry Street station," said Garda Finnerty.

They can be contacted at (061) 212400.

## Motorists urged not to drink and drive this Christmas

GARDAI are renewing their appeal to motorists not to drink and drive over the festive period.

There have been dozens of arrests across Limerick since the beginning of the month and several motorists are facing prosecution for drink-driving and drug driving having been found to be over the limit.

"To all persons driving throughout the Christmas period, please be responsible and safe. Do not put yourselves or other road users at risk. Operate within the applicable speed limits and never drive under the influence of alcohol or drugs," said Garda John Finnerty.

## Consaws stolen from truck which was parked at house

GARDAI are investigating the theft of two consaws from a truck which was parked outside a house in Dooradoyle.

According to gardai, the owner of an orange Iveco lorry parked the vehicle at midnight last Wednesday at Tara Crea, Kilteragh.

"The following morning at 7.45am he went out to his truck and noticed that two consaws had been stolen. The thief had forced open the passenger door during the night and had stolen the items," said Garda John Finnerty.

"If you were anywhere



**Gardai John Finnerty say information is being sought**

around Tara Crea housing estate between 12 midnight and 7.45am last Thursday and noticed any suspicious activity or anything out of the normal, then we would like to hear from you," he added.

Gardai at Roxboro Road are investigating the incident and can be contacted at (061) 214340.

## Warning about quad bikes

GARDAI have issued an appeal to parents not to buy their children quad bikes or scramblers for Christmas.

"In the last few years, there have been a number of people killed or injured in collisions involving a quad bike or a scrambler. Most of these incidents involved children under 18 years of age. These vehicles are unsuitable for children and young teenagers," said a garda spokesperson.



## Hermitage Green - The bands all here

HERMITAGE GREEN had a special reunion with their former bandmate, Felix Jones, (third from left) as they gathered in one of their old haunts, the Curragower Bar over the weekend. Felix, like Hermitage Green's Barry Murphy, is a former Munster Rugby star. He was forced to retire from rugby due to a neck injury but instead pursued a career in coaching. Once on the bodhrán, Felix left his position in the band behind him in pursuit of a World Cup medal in a coaching role with the South African National Team. He brought this back with him to the Curragower Bar

## Therapy dog Bonnie makes her rounds

## MIKE FINNERTY

michael.finnerty@limerickleader.ie

ONE very special four-legged visitor is raising spirits at University Hospital Limerick.

Eight-year-old labrador Bonnie is a therapy dog who has been a regular visitor to the paediatric unit at UHL for the past two years, visiting and playing with young inpatients and day patients, and brightening the day for those at Children's Ark.

Her handler and owner is Emma Hogan, who works at UHL.

Hogan is a lifelong animal lover who saw her voluntary work with Irish Therapy Dogs as a way of "giving something back".

"The children are here as inpatients, or they might be coming in for day treatments, either of which can involve a lot of waiting and sitting around, which can be difficult for a child. But when they see Bonnie,



**Emma Hogan and Bonnie met young Isaac O'Meara from Adare**

their eyes just light up," Hogan explained.

"It's incredible what dogs can achieve, and the connections they make."

"Bonnie is very good with children who have learning disabilities or autism, and those who may never talk. When they see Bonnie, you can see a flicker of

recognition and a smile, and it's amazing to witness," she said.

"It's one of the best things we've done here. Bonnie makes such a huge difference to everybody in the Children's Ark when she and Emma come in for their visits," said Kris Buckley, the Senior Play Specialist at Children's Ark.

"It's incredible the benefits that assistance dogs can bring. There is a girl here who suffers from anxiety, and she has an assistance dog. She came in for an EEG, and she just froze when the staff went to place the stickers on her. But the dog went up against the bed and buried his head into the girl's lap, and she calmed right down. The staff, who were then able to complete the EEG, had never seen anything like it before and were completely amazed," Kris said.

"Bonnie brightens everyones day," she added.

## SVP marks 'most worrying time of the year'

'IT'S the Most Worrying Time of the Year,' is both the title and message of this year's St Vincent de Paul campaign (SVP). The drive will run until the end of 2019.

During this brief period of six weeks, some 70% of annual donations that SVP will be

received. Micheal O'Muirheartaigh was joined by members from the eight areas in the Midwest Region as they turned out at the Kilmurry Lodge Hotel to launch the campaign on Thursday, November 21.

Mr O'Muirheartaigh complimented members for their

work of service in assisting those in need.

He spoke of the importance of telling the society's story so that the public knows of the variety of work that members engage within assisting people in all of our communities.



# FESTIVE FUN IN LIMERICK

TUE  
**31**  
DEC  
7 PM

FREE  
FAMILY  
FUN



Subject to change in the event of extreme weather

## NEW YEAR'S EVE FIREWORKS

Viewing points: Clancy's Strand & Sarsfield Bridge  
In association with King John's Castle  
[Limerick.ie/Christmas](http://Limerick.ie/Christmas)

### IT'S PANTO TIME!



#### ALADDIN

Mon 16 Dec – Sun 05 Jan  
University Concert Hall  
[www.uch.ie](http://www.uch.ie)



#### BEAUTY & THE BEAST

Fri 27 Dec – Sun 05 Jan  
Lime Tree Theatre  
[www.limetreetheatre.ie](http://www.limetreetheatre.ie)

### SPORTING SEASON!



#### CHRISTMAS RACING FESTIVAL



Thu 26 - Sun 29 Dec  
Limerick Racecourse  
[www.limerickraces.ie](http://www.limerickraces.ie)




#### MUNSTER V LEINSTER

Sat 28 Dec | 6pm  
Thomond Park Stadium  
[www.munsterrugby.ie](http://www.munsterrugby.ie)

For festive updates follow  
[Limerick.ie/Christmas](http://Limerick.ie/Christmas)

 /christmasinlimerick  
 @christmasinlimerick

 @XmasLimerick  
#ChristmasInLimerick







# Hardy bunch brace the cold for annual sleep out to help the poor

**RYAN O'ROURKE**

Ryan.orourke@limerickleader.ie

"THERE are people who have to do this every night," said Fr Seamus Enright, referring to the Redemptorist annual SleepOut, which aims to raise funds for their Christmas Hamper Appeal.

The seven hardy individuals who spent the night in a tent on the corner of O'Connell Street and Thomas Street, had to face near freezing conditions and horrid rain.

"Even the cold during the day, just standing out in the streets, gave you a slight idea of what is like to be living out there. It was very tough for those who slept out for the night. The rain got into the tent meaning they couldn't. It gave them an idea of what it is like to live like that, but only the slightest idea. There are people who have to do this every night," said Fr Enright.

"It was bleak night, so it was tough for those who stayed out overnight. I wasn't one of them, I was lucky and took the day shifts. There was a lot of good conversation and a lot of generosity from passers-by," he added.

The money will go towards the Christmas Hamper Appeal, with the Redemptorists setting a massive goal of €200,000. "We have been so busy, we haven't had the chance to count the money, and rain got into the buckets so we couldn't use the counting machines. This means we don't have a figure yet, but I am confident, the people were generous," said Fr



**Niall Kerins and James O'Brien from St Clements College lend a hand raising money for the Redemptorist Sleep Out** PICTURES: KEITH WISEMAN

Enright.

Fr Enright hopes to distribute an amazing 6,000 hampers across the city and county, along with the help of Novas, Mid-West Simon

Community, local groups and a host of discrete volunteers. "We are hoping, working with Saint Vincent de Paul and 30 other organisations to distribute 6,000 hampers across

the city and county. This will cost in the region of €200,000 so between now and Christmas we need to raise that €200,000," said Fr Enright.

Last year Novas worked with

more families than ever before, helping 274 families and 592 children, who were homeless or at risk of homelessness over the last 12 months.



**Fr Seamus Enright with the Mayor of Limerick City and County, Michael Sheahan on O'Connell Street with the boy's choir from St Clements College**



**Frances Murphy, teacher at St Clements College with pupils Beneli Plaento and Brandon Shine along with Fr Seamus Enright**



**Nuala Foley and Kay Shine donate to one of the St Clements**



**Joanna Beehan and Frances Murphy with Mayor Sheahan**



**Matthew Rice and Sebastian Zabre from St Clements School,**



# Christmas Masses

## Christmas Eve – Tuesday December 24th

Mass at 8am and 10am. Church closes at 6pm  
Carol Service at 11.30pm. Midnight Mass at 12am

## Christmas Day – Wednesday December 25th

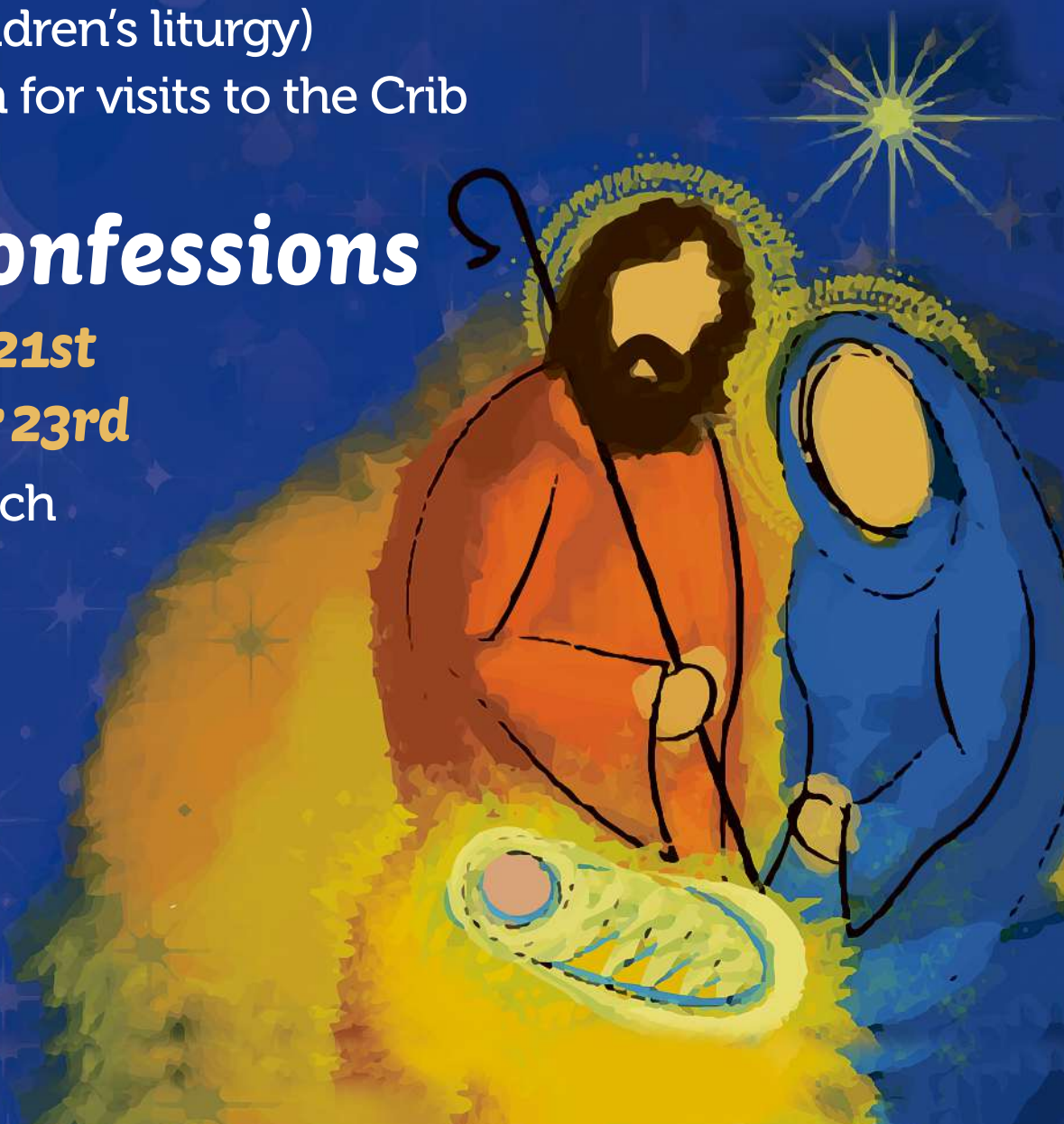
Mass at 8am, 10am (congregational singing)  
12 noon (choir and children's liturgy)  
Church open until 9pm for visits to the Crib

# Christmas Confessions

## Saturday December 21st & Monday December 23rd

Confession in the Church  
10.30am to 7.15pm

**Christmas Eve**  
10.30am to 6pm



# Christmas

## AT THE REDEMPTORISTS



# PET RESCUE



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

## Looking for a new home



Ariel is a sweet 6-year-old terrier with the waggiest tail. She is a little shy at first but is brimming with love to give. Ariel deserves a 5 star home and will fit right in to any family. For more information on Ariel come and visit her any day at the sanctuary in Kilfinane, we are open daily from 12 until 3pm.

Mike is a friendly wired hair terrier found near the sanctuary. He gets on well with other dogs and loves all people. For more information on Mike, come and visit him at the sanctuary in Kilfinane and talk to staff. Our adoption fee is €150 which covers the cost of neutering, worming, vaccinations and microchipping.



Millie is a super-friendly and affectionate 7 month old cat. She is curious and loves to cuddle up with you. To meet Millie, come and visit our cattery in Kilfinane between 12 noon and 3pm. Our adoption fee for our cats is €100 which covers the cost of neutering, worming and vaccinations. There is no home check required for adopting a cat.

## Playful Jane is a little rogue

Three-month-old kitten Jane is looking for a loving home. She is a playful rogue and will make a great pet in any home. For more information on Jane, please visit the cattery in kilfinane and talk with staff. Our adoption fee for our cats is €100 which covers the cost of neutering, worming and vaccinations.



# Progress made in city murder probe



Canon Donal McNamara, speaking at the Candle Vigil for Rose Hanrahan in Thomondgate

## Vigil: Neighbours gather to pray for murder victim

**RYAN O'ROUR**  
X@limerickleader.ie

GARDAI have confirmed that 'substantial progress' has been made into the investigation into the murder of Rose Hanrahan, who's life was brutally taken in her home two years ago.

A garda source also confirmed that they were at a critical stage of the investigation.

The news comes after a vigil was held on Monday night to honour the second anniversary of Rose's passing.

Speaking at the vigil, Willie O'Dea TD complimented the gardai investigating the murder.

"I want to compliment the Garda Síochána on the way they have pursued their investigation. My understanding is that they have made very substantial progress and ultimately there will be a successful prosecution," said Mr O'Dea.

"Rose and her husband Michael were great friends of mine. I had many a cup of tea at their house," she added.

A softly sung rendition of Silent Night could be heard echoing through the candle-lit streets of New Road, Thomondgate, where Rose had lived. The choir, who had gathered despite the cold, was made up of the family, friends, and neighbours of the late Limerick woman.

Cllr John Costelloe was also present at the vigil. "We are here tonight to remember Rose, two years after her brutal murder. It was wonderful to see such a wonderful gathering of her friends and neighbours. People are anxious and they're nervous. We need closure



Daisy Bulter, remembering Rose Hanrahan at the Candle Vigil

“It was only right to keep her memory in our thoughts”  
**PAT MURPHY, FRIEND**

on this, and we need anyone with any information, no matter how insignificant it is. We need justice.”

“There is a due process and we do appreciate that it takes time. We are hoping that the conviction will be soon, and I am very confident in local gardai in the pursuit of this killer or killers.

Pat Murphy, a friend of Rose said: “I am a neighbour and friend of the family. Rose and her late husband were good friends of mine, they were good friends to everyone. It was only right we keep her memory in our thoughts. “What happened two years ago shouldn't be befalling anyone, so in respect to Rose and her late husband Mike, this is the least we can do.





FORMAL WEAR PARTNERS TO MUNSTER RUGBY

WISHING  
ALL OUR  
CUSTOMERS  
A VERY

# Merry Christmas

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  
Tricot Marine  
Venti  
Wrangler  
XV Kings

• QUALITY • VALUE • SERVICE

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



# ALL DINING & BEDROOM REDUCED



HUDSON OAK EXT DINING TABLE (120/165CM)  
RRP €899 **NOW €449**  
HUDSON DINING CHAIR RRP €179 **NOW €109**



MILA SOLID OAK DINING TABLE (180CM)  
RRP €999 **NOW €649**  
BRADLEY DINING CHAIR RRP €199 **NOW €119**



ARNO SMOKED OAK DINING TABLE (200CM)  
RRP €999 **NOW €499**  
OTTOWA FLAT BENCH RRP €289 **NOW €179**



HAYLEY OAK 4FT6 BEDFRAME  
RRP €549 **NOW €299**



VANCOUVER 4FT6 BEDFRAME  
RRP €739 **NOW €329**



ROSEY 5FT BEDFRAME  
RRP €879 **NOW €499**

# ALL MATTRESSES REDUCED



ASHFORD 4FT6 MATTRESS  
**NOW ONLY €299**

**FREE DELIVERY**  
**FREE DISPOSAL**

---

ON MATTRESSES OVER **€399**

---

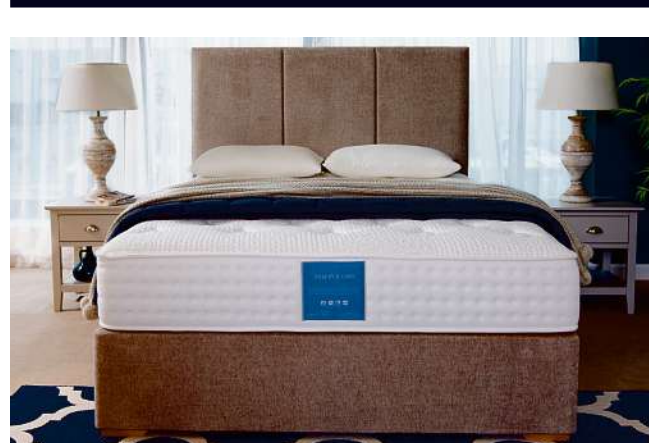
D'arcy & Galvin **KING KOIL**  
RESPA **ODEAREST** **K** COLLECTION



POSTURE SUPERBE POCKET 4FT6 MATTRESS  
RRP €1299 **NOW €599**



CLIFDEN 4FT6 MATTRESS  
**NOW ONLY €299**



BILLIONAIRE 4FT6 MATTRESS  
RRP €1099 **NOW €699**



GRAND ROYALE 4FT6 MATTRESS  
RRP €1999 **NOW €999**

# 20% OFF ALL ACCESSORIES - MIRRORS, LAMPS & RUGS



# EZ LIVING *Winter* SALE

**START ST STEPHEN'S DAY**

**CITY EAST RETAIL PARK & BALLYSIMON ROAD AT 12PM**



HARPER SILVER 3 SEATER SOFA  
RRP €799 **NOW €399**



BELLINI 3 SEATER SOFA  
RRP €1299 **NOW €549**



NAVONA 3 SEATER RECLINER  
RRP €2199 **NOW €959**



DARWIN 3 SEATER CHAISE  
RRP €1999 **NOW €1099**



DAZZLE 2.5 SEATER SOFA  
RRP €1499 **NOW €699**



LAUREN 3 SEATER SOFA  
RRP €1899 **NOW €999**

**EVERYTHING REDUCED**

Ballysimon Road  
City East Retail Park  
Kilkenny Retail Park  
Poppyfield Retail Park, Clonmel  
Tullamore Retail Park

**Limerick**  
**Limerick**  
**Kilkenny**  
**Tipperary**  
**Offaly**

**NOW OPEN** Naas Road, Woodies  
Tallaght Retail Park  
Fonthill Retail Park  
Airside Retail Park, Swords  
Blanchardstown Retail Park

**Dublin**  
**Dublin**  
**Dublin**  
**Dublin**  
**Dublin**

Terryland Retail Park  
Outlet Store, Liosban Ind Est  
Sligo Retail Park  
Breaffy Road, Castlebar  
[www.ezlivingfurniture.ie](http://www.ezlivingfurniture.ie)

**Galway**  
**Galway**  
**Sligo**  
**Mayo**  
**Online**



Tel: 0818 22272





The Daly family were thrilled to meet Santa and his helpers

# SANTA VISITING DELMEGE PARK, MOYROSS

Pictures: BRENDAN GLEESON



How happy was Neala Noonan to meet the man in red?



The Stanners family got the traditional festive photo with the man himself



Chloe and Niall Cleary posed for this great photo with the man in red





**William, Jake and Emma Meehan posing with Santa, his helper and some gifts**



**Jeff and Scott O'Donnell with Cllr Frankie Daly, Santa and friends**



**Winnie, Lilly Mai and Sean Ryan, meeting Santa**



**Kenneth, Mairead, Joey and Ken Griffin**



**Marcus, Mark and Emily Begley enjoying the festive fun**



**Merry Christmas! Cllr Frankie Daly welcoming Santa to Delmege Park, Moyross**

# Candid Comment

By SPARTACUS

● LIMERICK Council and the gardai announced a much-touted Open City campaign in an attempt to ease traffic disruption in Limerick this Christmas season, and make the city more accessible for pedestrians.

The campaign is also part of the Council's so-called "zero tolerance" on illegal parking in bus lanes and on double yellow lines.

Now that we've had a few months of it, Spartacus can find a historical event to compare it to - The Vietnam War.

The campaign has achieved somewhere between "sweet feck" and "all" and has somehow made matters worse.

If you hadn't heard of the campaign, you'd be forgiven for thinking it's business as usual in Limerick city, where safe non-obstructive parking is more of a suggestion than anything palpable.

● IS it only me, or have you dear readers noticed the lack of taste to so many "fresh products" sold in our supermarkets.

I was wondering why the tomatoes I bought were only just over 30 cent, but found out when I tasted them...or didn't, they were so watery and flavourless.

I have found the same with beetroot and other veg and fruits.

As they say you get what you pay for!

● WELL, well, well. While rumours abound in political circles that some TDs are getting ready to put a no confidence motion in the Dail on Health Minister Simon Harris in the new year, the said Mr Harris was all guns blazing in the Dail last week.

And his fury was aimed at consultants at UHL who he attacked with the venom of a scorpion.

Minister Harris attacked the work practices of specialists at UHL, blaming the plight of a 90-year-old elderly woman as "a disgrace."

The Irish Independent say this was in reference to

Ann Talty, whose plight was first highlighted in the Limerick Leader some weeks back, and later followed up by other papers including the Irish Independent. Minister Harris said consultants in Limerick needed to get into their cars and visit smaller hospitals, presumably Ennis, Nenagh and others.

"I have no confidence in some of the work practices of consultants, none, absolutely none," he said.

So while all the squabbling continues as to who is to blame over the fiasco at UHL, the number of patients on trolleys continues to rocket to all-time high levels.

● Unemployed and looking for a job that pays fairly well, has some risks, but not that many?

Well why not become a burglar?

I mean why wouldn't you, with the amount of silly people making it so easy for people who want to steal.

The latest stats show that almost a third of vehicles that were broken into outside their owner's homes over the past four years were left unlocked.

Please, the job of the gardai is hard enough without inviting criminals to easy loot.

Since January 2016 some €30 million worth of cash, tools, electronics, jewellery and sunglasses were taken from a total of 46,582 vehicles across the country.

In 8,157 of these incidents at least one of the doors of the vehicle had been left unlocked according to the Garda Analysis Service.

● This final paragraph gives Spartacus the chance to have one last 'crib' in 2019. This week we learned that most Christmas nativity scenes currently on view are wrong, with Mary, Joseph, baby Jesus, the shepherds, angels and three kings all appearing way before time, according to a senior cleric's December letter.





The Ursula Stokes agency held its annual Christmas Charity Family Fashion Show in association with Headway at the Castletroy Park Hotel, with style in abundance, featuring many of the Mid-West leading fashion houses modelled by the Ursula Stokes Agency. Along with high street fashions for teenagers and children modelled by the teens, Pre-Teen Clubs and Club Pitter Patter from the junior section of the agency. Pictured were Ursula Stokes with Club Pitter Patter members Olivia and Milana in outfits Helen's Kidswear

## URSULA STOKES AGENCY CHRISTMAS FASHION SHOW

Pictures: GARETH WILLIAMS



Teen models Erica, Ciara and Ellen in outfits from Cinderella Boutique and Quiz



Ursula Stokes with Pre-Teen members Aoife, Farrah and Megan in outfits from Next and Penneys



Trevor Bermingham with Ursula Stokes



Models Emanuella and Arabella modelling dresses from the White Feather Boutique



Ursula Stokes with Club Pitter Patter members Olivia and Milana in outfits from Helen's Kidswear



Ursula Stokes with Helen McCarthy, Sweet Times Party and Event Display specialists



Rebecca modelling an evening gown from Cinderella Boutique, Thomas Street



WHERE

# Christmas Memories

BEGIN



**Parkway**  
Shopping Centre



WWW.PARKWAYSC.COM

**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

**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

**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 TO BE WON**

NO VOUCHERS REQUIRED

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





Sarsfield Credit Union customers Austin, Gillian and Imogen Mellotte putting in their voting card for the Sarsfield Charity Partner 2020 competition. Also present, Ken Ellis of Sarsfield CU

PICTURE: ADRIAN BUTLER

# Sarsfield Credit Union ready to decide on new charity partner

A LOCAL charity is set for a year-long boost as the Sarsfield Credit Union seeks a 'partner' for 2020.

The Credit Union, based at the junction of Glentworth Street and Catherine Street has picked three charities, and over the last few weeks, has been asking its members which one should

become the member's partner for the New Year.

They are addiction charity Saoirse, Dochas Mid-West autism support, and Limerick's Gateway to Education which provides school books and clothes at cut price to struggling families.

Members of the Credit Union, visiting its premises in the old

Stone Jug building have been voting for one of these three groups.

The charity receiving the most votes - to be revealed later this week - will receive a cheque for €1,000 and year-long promotion and support from Sarsfield Credit Union.

The other two will receive €250

each.

It's the third year in a row the credit union has run a contest like this, and Patrick Flaherty, sales and marketing manager, says it is all about celebrating the great work local charities do.

"This is all about giving coverage to local charities for the most part in the run up to

Christmas. We'd hope everyone could take a step-back over Christmas and, read about these charities, and see what's happening with them on the ground locally," he explained.

The winning charity will receive media promotion from the Credit Union through 2020, with staff also fundraising.



## Charity Partner 2020



## LIMERICK'S GATEWAY TO EDUCATION

# 'This would be a lovely early Christmas gift'

A PRIZE from the Sarsfield Credit Union would be like "a lovely early Christmas present" to Limerick's Gateway to Education, which provides a vital service across the city.

Founder of the charity Suzanne Roche said the charity, which has its main base in Wickham Street is "highly dependent on donations".

Gateway to Education offers three projects, it's main one being a charity shop based in the city centre.

This provides donated schoolbooks at a nominal fees to parents in order to keep the cost of starting school to a minimum.

There is also a homework club in Aisling Annacotty helping 11 children from the surrounding areas, while the charity also supports people with a disability by offering in-house training to avail of more job opportunities.

Asked what a gift of €1,000 would mean, Suzanne said: "It would be



**Suzanne Roche heads up Limerick's Gateway to Education** PICTURE: MICHAEL COWHEY

amazing. We find it tough to get funding through applications. Even though we tick all the boxes, there is less money available. I just gave a talk in the University of Limerick with the Disability Federation of Ireland last week, because

we work with Headway, people who are referred to us. In order to keep the project going, we have a lot of overheads. Our main source of income is from the shop."

"We are highly dependent on donations," she concluded.

## DOCHAS

# Prize would work wonders for Dochas

THE prize of €1,000 would work wonders for city charity Dochas, which provides a supportive environment for youngsters with autism.

Deirdre Power manages their centre in Parnell Street, which has been renovated to provide a sensory room, and a safe play area for kids with the condition.

It's a far cry from the advent of the charity around a kitchen table in 1997.

"There's definitely lots of things the money could be spent on. The publicity will be fantastic, as it raises the awareness in the public mind around autism. The more people are aware of autism, and what it is, the less it impacts on the general public. One of the things parents struggle with is that their children are overstimulated. Bringing them to shopping centres and places like this can be tough for them, with the noise and the lights. The city at Christmas can be difficult, as they get sensory overload," Deirdre explained.

Dochas runs social clubs for children with autism, catering for 80 youngsters, with 77 on a waiting list.

At present, these set-ups



**Deirdre Power in the sensory room at Dochas's centre in Parnell Street** PICTURE: MICHAEL COWHEY

run Mondays, Tuesdays and Saturdays in the morning.

Securing more funding will, Deirdre said, help Dochas to deliver more.

"Dochas is a big space. It gives children an opportunity to interact

socially and potentially make friends within the environment. It's the space to do that.

We are cognisant of all the sensory issues which come with autism," she concluded.

## SAOIRSE

# Donation 'essential' for city addiction charity

ANY donation from the Sarsfield Credit Union would be "essential" to maintaining the service of Saoirse, which operates in Davis Street.

That's according to Alan Galvin, the manager of the addiction treatment centre.

"What we provide is a non-residential day treatment service in relation to drugs, alcohol or gambling. We do that by

providing one-to-one counselling. We have harm reduction and abstinence programme, and we also have family programmes. The services provided are confidential and free. There are no costs associated with using Saoirse," he explained.

Saoirse is not fully funded, meaning private fundraising initiatives are essential for the charity.

"We have to partake in fundraising ourselves. So any money would be more than welcome in maintaining our service and even getting the exposure through the article itself.

"We're always hopeful," Alan added.

He also welcomed the fact staff at Sarsfield Credit Union picked Saoirse as a contender for its charity of the year.



**Addiction counsellors, Aidan Mangan, Zoe Taylor, Alan Galvin and Fiona O'Brien at Saoirse**

PICTURE: ADRIAN BUTLER



# Charity Partner 2020





# Making Cents

**LIAM CROKE**

The Must-Read Guide To Saving Money

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

## The 10 best financial books I read this year

As we get closer to the end of a year, I always like to share with people the books I've read and really enjoyed over the past 12 months. And maybe one of them might be worth a read over the Christmas period, or one could be a good gift if you're stuck for an idea for someone.

It's a privilege writing for you every week and I hope you found my articles enjoyable and helpful during the year. And I'd like to take this opportunity to wish you all a very happy Christmas and best wishes for the New Year.

### Playing with FIRE – Scott Rieckens

A successful entrepreneur living in Southern California, Scott Rieckens had built a dream life: a happy marriage, a two-year-old daughter, membership to a boat club, and a BMW in the driveway.

But underneath the surface, he was creatively stifled, depressed, and overworked trying to help pay for his family's beach-town lifestyle. Then one day, Scott listened to a podcast interview that changed his life. Five months later, he had quit his job, convinced his family to leave their home, and cut their expenses in half.

This book shows you how Scott and his family devote everything to FIRE, a subculture obsessed with maximizing wealth and happiness.

### Financial Freedom – Grant Sabatier

In 2010, 24-year old Grant Sabatier woke up to find he had \$2.26 in his bank account. Five years later, he had a net worth of over \$1.25 million.

His book is a step-by-step path to make more money in less time, so you have more time for the things you love.

### AgeProof: Living Longer Without Running Out of Money or Breaking a Hip – Jean Chatzky & Michael Roizen

All the money in the world doesn't mean a thing if we can't get out of bed. And the healthiest body in the world won't stay that way if we're frazzled about five figures worth of debt, so the objective of the book is to safeguard your finances in much the same way as you stay healthy, and if you do both concurrently, your golden years really will be golden.

### Alchemy, the surprising power of ideas that don't make sense – Rory Sutherland

Rory Sutherland is the Ogilvy advertising legend whose TED Talks have been viewed nearly 7 million times. In this, his first book he blends



Scott Rieckens in *Playing with FIRE*: The Documentary which came out this year as well

cutting-edge behavioural science, jaw-dropping stories and a touch of branding magic, on his mission to turn us all into idea alchemists.

### Time and how to spend it (the 7 rules for richer, happier days) – James Wallman

Bestselling author, James Wallman investigates the persistent problem of wasted, unfulfilling time, and finds a powerful answer — a revolutionary approach to life based on the latest scientific discoveries. At its heart is the inspiring revelation that, when you play by the new rules, you can actively choose better experiences.

### The Bullet Journal Method – Ryder Carroll

The Bullet Journal Method is about much more than organizing your notes and to-do lists. It's about what Carroll calls "intentional living:" weeding out distractions and focusing your time and energy in pursuit of what's truly meaningful, in both your work and your personal life.

### The Inner Game of Tennis – W. Timothy Gallwey

Probably my favourite book of the year.

You don't have to have ever held a tennis racket in your hand for you to read this book. If you've ever hindered your performance at anything i.e. sport or work or relationships, by doing all the wrong things i.e. trying too hard, criticizing yourself, always trying to correct things, but the end result is never performing any better, then this



**Then one day, Scott listened to a podcast interview that changed his life**

### DID YOU KNOW?

In 1927 Santa received his very own pilot's licence from the Department of Commerce in the USA. Assistant Secretary for Aeronautics, William P. MacCracken, presented Santa with his licence along with airway maps and assurances that lights would be illuminating the skies on Christmas eve.

book will help, because it will help change your state of mind.

### Everyday Millionaires – Chris Hogan

The book is based on the largest every study carried out on 10,000 millionaires.

In it, Hogan shows us how ordinary people built extraordinary wealth, and how we can too. He shows how millionaires live on less than they make, avoid debt, invest, are disciplined etc. but what's very revealing is that building wealth has almost nothing to do with your income or background.

### Your Money or Your Life – Vicki Robin

An absolute classic and I think the best way to describe this book, is by sharing a testimonial from someone who has read the book, and the impact it made on them:

I could and will read and re-read this book, not for its literary value but for its simple explanations of concrete ways to observe your own connection with the material world. Whether or not you fully practice its program, it is the sanest and most convincing account of financial matters I've ever read.

### The Stress Solution – Dr. Rangan Chatterjee

Dr. Chatterjee wrote this book because it's thought that between 60% and 80% of GP consultations are related to stress. He's seen first-hand how stress affects his patients and has found simple but effective methods in the way we approach our body, mind, relationships and purpose can lead us to lead more fulfilled and calmer lives.

### ASK LIAM

Our personal finance expert answers your questions ...

**Q: I've been looking at my credit card, which I have through my bank (Permanent TSB).**

**I've found that the interest rate on it is nearly 50% higher than what is offered by Ulster Bank for their Black credit card (22.53% vs 16.1%).**

**The UB card offers 0% interest for 6 months and 0% interest on balance transfers for 12 months.**

**I would have a balance transfer of approximately €750 if I switched in the coming weeks.**

**I'm trying to be as sensible as possible, because I normally don't rack up this much on my card, but I treated myself to something last month for which I hadn't budgeted...!**

**Since it may take me another month or two to clear, I'd like to be saving interest where possible, as well as having lower costs in the longer term. Liam, would you be able to give me some advice please?**

A. Thank you for your question, and the saving you will achieve if you switch to the lower rate with UB is about €13.88 each month.

And how I arrived at this amount is as follows:

22.53% (Interest Rate)/365 (number of days in year) = 0.0617% (daily rate charged)

When you multiply the amount owing by the daily interest rate, it amounts to €0.46 i.e. €750 x 0.0617%.

And when you multiply the daily interest rate charge by the amount of days in the month, you get €13.88 (€0.46 x 30 = €13.88).

I hope that answers your question and regardless of whether the saving is significant or not, moving to a provider with a lower rate is always the right thing to do in the short and long term.





## NCTS REQUIRE A VEHICLE INSPECTOR IN ABBEYFEALE TEST CENTRE

The National Car Testing Service Limited is currently recruiting for a Vehicle Inspector on a permanent contract. This role requires flexibility as you must work evenings and weekends (Wednesday – Sunday).

Full clean driving licence essential.

If you are interested, please send your CV along with a cover letter and a copy of your National Craft Certificate in Motor Mechanics (or equivalent to Level 6 as per the National Framework of Qualifications) and driving licence to:

**HR Dept, Applus Car Testing Service Ltd., 3026 Lake Drive, Citywest Business Campus, Naas Road, Dublin 24** (Please be advised that applications will not be processed without the required documentation)

**Closing date for applications is 03<sup>rd</sup> January 2020**

*NCTS is an equal opportunities employer*

# Recruitment

## LOOKING TO HIRE?

REACH OVER **129,509**  
 POTENTIAL APPLICANTS  
 WITH A PRINT ADVERT  
 ON OUR **JOBS PAGE.**

For more details contact  
**061 214500**

Limerick's Newspaper since 1889  
**LIMERICK LEADER**

The Leader

[www.limerickleader.ie](http://www.limerickleader.ie)



AGRICULTURE AND FOOD DEVELOPMENT AUTHORITY

## Career Opportunity at Teagasc

Teagasc is the Agriculture and Food Development Authority in Ireland. Its mission is to support science-based innovation in the agri-food sector and the broader bio-economy that will underpin profitability, competitiveness and sustainability.

Teagasc is now recruiting to fill the following permanent vacancy in our Teagasc Advisory Office, Killarney, Co. Kerry

### Administration Officer, Grade 2 (Ref: 47)

The successful candidate will be required to assist and support the Regional Manager, Staff Officer & Advisors in administering and prioritising the general clerical duties of the Teagasc Advisory office.

#### How to Apply:

For further information and to apply for this position, please visit [www.teagasc.ie/careers](http://www.teagasc.ie/careers).

The closing date for this position is Wednesday 8th January 2020 at 12 noon.

Applications received after this time will not be considered.

Teagasc is an equal opportunities employer. As part of Teagasc Gender and Diversity strategies, Teagasc welcomes a balanced pool of applicants. Canvassing will disqualify.

A panel will be formed from which future vacancies in the region may also be filled.

**NOVAS**  
 Housing | Health | Recovery

## ASSISTANT ACCOUNTANT - LIMERICK CITY

Arlington Novas Ireland CLG (Novas) are currently looking for an Assistant Accountant for a full time permanent position in Limerick City.

Novas is a national voluntary organisation and Approved Housing Body working with families, children and single adults who are disadvantaged and socially excluded; primarily those who are homeless or at risk of being homeless.

The Assistant Accountant will be responsible for administrating and maintaining all aspects in support of the finance function.

Reporting to the Head of Finance you will be involved in all aspects of the Finance Department.

#### Duties and Responsibilities (not exhaustive) will include the following:

- Management and maintenance of rent control system.
- Accounts payable and receivable, invoice matching and processing.
- Bank and cash management.
- Preparation of budgets and monthly management accounts.
- Assistance in the year end audit.
- Other ad-hoc accounts duties.

#### Education and skills required:

- Qualified Accountant.
- Up to 2 years' experience in a similar role.
- Previous experience in the charity sector or public sector would be an advantage.
- Excellent interpersonal & communication skills.
- Flexible, dependable, self-motivated and able to work as part of a team.
- Previous experience of Salesforce and TAS Books would be an advantage.

**Salary: (€36,100 with company pension and death in service benefit)**

Find more about this job and how to apply at <http://www.novas.ie/work-with-us> or contact Alicja Feret, HR Administrator at [recruitment@novas.ie](mailto:recruitment@novas.ie) or

**061 370325**

Closing Date for receipt of completed application forms is 11th January 2020



BROTHERS OF CHARITY SERVICES IRELAND CLARE

The Brothers of Charity Services Ireland Clare is a community based, person centred organisation focussing on the needs and abilities of children and adults with intellectual disabilities. The vision of the organisation is to support people with intellectual disabilities to achieve a full and valued life in their community. We wish to recruit an innovative and proactive person, who will relish the opportunity to assist implement this vision.

## REGIONAL MANAGER (Ref: 45/19)

### Permanent Full-Time

### Location: Ennis

Working to shape a better future and make a positive difference to the people we support, we need you to manage the exciting challenges ahead of us in order to realise our vision.

You will need to be a strategic leader to develop, implement and manage change and support individualised services within identified service areas.

Finding innovative solutions, managing competing priorities, working decisively and flexibly will be part of this role.

An integral part of this position will require excellent communication, motivational and influencing skills and your ability to build relationships with your team at all levels.

You will bring to the role a track record in developing structures that support the organization with innovation and change.

Further details available on [www.irishjobs.ie](http://www.irishjobs.ie)

Online Applications (only) via [www.irishjobs.ie](http://www.irishjobs.ie) or by forwarding Curriculum Vitae to [hr@clare.brothersofcharity.ie](mailto:hr@clare.brothersofcharity.ie)

Please specify on the Email Subject Line the Reference Number of the Post you are applying for.

**Closing Date:- Midnight, Thursday, 9th January, 2020**

Candidates will be shortlisted for interview based on the information contained in their Curriculum Vitae

#### SHORTLISTING MAY APPLY

- PANELS MAY BE FORMED • CANVASSING WILL DISQUALIFY
- EQUAL OPPORTUNITIES EMPLOYER





# JASMINE PALACE

## *Buffet*

### LUNCH

Available Daily from 12pm - 4.30pm

MONDAY - FRIDAY €14.<sup>99</sup>

SATURDAY €16.<sup>99</sup>

SUNDAY €24.<sup>99</sup>

### DINNER

Available Daily from 4.30pm - Late

MON - THURS €22.<sup>99</sup>

FRI - SUN €24.<sup>99</sup>

## *Set Dinner*

### 4 COURSE CHRISTMAS MENU

Available Daily from 5pm - Late

MON - THURS €32.<sup>99</sup>

FRI - SUN €34.<sup>99</sup>

BOOK ONLINE  
🖱️ [JASMINEPALACE.IE](http://JASMINEPALACE.IE)

OR CALL US  
☎️ 061-412484



T&C'S

### DECEMBER

1<sup>ST</sup>-23<sup>RD</sup> | OPEN AS NORMAL

24<sup>TH</sup> | 12PM - 7PM

25<sup>TH</sup> & 26<sup>TH</sup> | CLOSED

### CHRISTMAS OF

27<sup>TH</sup> & 30<sup>TH</sup> | O

31<sup>ST</sup> NYE |





*Gift  
Now*



**EXTRA 20%**  
CARD PURCHASES

APPLY

**OPENING HOURS**

OPEN AS NORMAL  
12 PM - 10 PM

**JANUARY**  
1<sup>ST</sup> (BANK HOL) | 1 PM - 8 PM  
2<sup>ND</sup> | BACK TO NORMAL

**MARCOPOLO**  
east meets west

*Lunch*

Available Daily from 12pm - 5pm

MONDAY - FRIDAY  
2 COURSE €14.<sup>99</sup>

SATURDAY  
2 COURSE €17.<sup>99</sup>

SUNDAY  
3 COURSE LUNCH €23.<sup>99</sup>

*Dinner*

Available Daily from 5pm - Late

MONDAY - THURSDAY  
4 COURSE €32.<sup>99</sup>

FRIDAY - SUNDAY  
4 COURSE €34.<sup>99</sup>

BOOK ONLINE  
➤ MARCOPOLO.IE

OR CALL US  
☎ 061-412 888





# JASMINE PALACE

## *Buffet*

### LUNCH

Available Daily from 12pm - 4.30pm

MONDAY - FRIDAY €14.<sup>99</sup>

SATURDAY €16.<sup>99</sup>

SUNDAY €24.<sup>99</sup>

### DINNER

Available Daily from 4.30pm - Late

MON - THURS €22.<sup>99</sup>

FRI - SUN €24.<sup>99</sup>

## *Set Dinner*

### 4 COURSE CHRISTMAS MENU

Available Daily from 5pm - Late

MON - THURS €32.<sup>99</sup>

FRI - SUN €34.<sup>99</sup>

BOOK ONLINE  
🖱️ [JASMINEPALACE.IE](http://JASMINEPALACE.IE)

OR CALL US  
☎️ 061-412484



T&C'S

### DECEMBER

1<sup>ST</sup>-23<sup>RD</sup> | OPEN AS NORMAL

24<sup>TH</sup> | 12PM - 7PM

25<sup>TH</sup> & 26<sup>TH</sup> | CLOSED

### CHRISTMAS OF

27<sup>TH</sup> & 30<sup>TH</sup> | O

31<sup>ST</sup> NYE |





*Gift  
You*



**EXTRA 20%**  
CARD PURCHASES

APPLY

**OPENING HOURS**

OPEN AS NORMAL  
12 PM - 10 PM

**JANUARY**  
1<sup>ST</sup> (BANK HOL) | 1 PM - 8 PM  
2<sup>ND</sup> | BACK TO NORMAL

**MARCOPOLO**  
east meets west

*Lunch*

Available Daily from 12pm - 5pm

MONDAY - FRIDAY  
2 COURSE €14.<sup>99</sup>

SATURDAY  
2 COURSE €17.<sup>99</sup>

SUNDAY  
3 COURSE LUNCH €23.<sup>99</sup>

*Dinner*

Available Daily from 5pm - Late

MONDAY - THURSDAY  
4 COURSE €32.<sup>99</sup>

FRIDAY - SUNDAY  
4 COURSE €34.<sup>99</sup>

BOOK ONLINE  
➤ MARCOPOLO.IE

OR CALL US  
☎ 061-412 888



# Laboratory to provide med tech services

**Investment:** Thomondgate company set for growth after fresh expansion

**NICK RABBITS**  
nick@limerickleader.ie

A NORTHSIDE science firm has announced a major new investment, which will make it stand out from the rest.

BHP Laboratories, based in Thomondgate, has become the only facility of its kind in Ireland to offer a complete elemental impurities testing service for the medical technology sector.

The new facility was opened by Clare TD Pat Breen, the Minister for Trade, Employment, Business, the EU Digital Single Market and Data Protection.

Dervla Purcell, laboratory manager at the firm said: "Our customers within the pharmaceutical and medical device industries are regulated by very strict quality control requirements and want to work with accredited and approved laboratories. They also want to reduce lead times for testing. Our investment comes on the back of



**BHP staff Dervla Purcell, Gavin Duffy, Lorraine Mason and Niall Purcell with Minister Pat Breen**

significant growth in the number of customers looking for our services in the past few years."

Mr Breen added: "BHP's investment and expansion will potentially pave the way for even greater levels of regional development and that aligns with a critically

important element of our Future Jobs agenda."

BHP provides measuring, testing and analysing services to numerous industries across Ireland and Britain.

A family firm, it has 55 people on its books in the city.

# Restaurant wins prize

LIMERICK City Tidy Towns has presented its final monthly award for the year to Alex Findlater and Co for the exterior of its premises on the main thoroughfare.

Owners of the premises, opened last year, have worked with designers Time4Lights with Maura O'Neill, Tidy Towns saying "they have managed to perfectly combine warm traditional welcoming Christmas lights and décor with a thoroughly modern and contemporary feel.

"Since opening, Alex Findlater has been a huge asset to the main thoroughfare, bringing a high-quality offering which was much needed in such a prominent location, covering 18,000 square foot on the ground floor of the George Hotel. Of course, while this award is particularly for their Christmas decor, we are also



**Staff being presented with the award by Maura O'Neill, Limerick City Tidy Towns**

delighted with how consistently well the property looks all year round, with beautiful signage and impeccably clean windows and paintwork," Maura added.

INFERNO LIFE

20TH OF DECEMBER

8PM - 11PM

**SOLD OUT!**

4 AREAS • 3 DJs • 1 LIVE BAND

MUNSTER'S BIGGEST  
5TH YEAR, TV &  
3RD YEAR DISCO!

## A NOTE FOR PARENTS & GUARDIANS

We try to run and promote the safest possible events but unfortunately it is getting more difficult with the influence of alcohol.

Please note that our events are STRICTLY no alcohol events.

We will not admit or condone the use of alcohol at the events.

Searches will be carried out where necessary on entry.

Anyone caught with alcohol or under the influence of alcohol will be refused entry.

We work closely with An Garda Siochana and will report any necessary incidents to them.

Parents please try to drop off attendees and supervise before the event so alcohol cannot be taken before entry.

We can only supervise attendees on the premises of the event, please collect attendees after the event which will deter the use of alcohol.

We would like to thank everyone for their support and vigilance in this matter.





Bord Oideachais & Oiliúna  
**LUIMNIGH & AN CHLÁIR**  
**LIMERICK & CLARE**  
Education & Training Board



# Raheen Campus

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

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

### Evening and Part-time Courses

| COURSE   | DURATION | START DATE    |
|--|----------|---------------|
| Reception and Frontline Office Skills                                | 10 weeks | 21st Jan 2020 |
| ECDL Version 6   | 14 Weeks | 21st Jan 2020 |
| Door Security Procedures   | 6 Weeks  | 21st Jan 2020 |
| Computer Basics Equal Skills   | 5 weeks  | 21st Jan 2020 |
| Training Needs Identification and Design                             | 10 weeks | 21st Jan 2020 |
| Care Support (Part-Time Day)   | 5 weeks  | 27th Jan 2020 |
| Supervisory Management   | 10 weeks | 28th Jan 2020 |
| Introduction to CAD Parametric Modelling                             | 10 weeks | 28th Jan 2020 |
| First Aid Responder  | 4 weeks  | 28th Jan 2020 |
| Palliative Care Support (Part-Time Day)                              | 5 weeks  | 29th Jan 2020 |
| Healthcare Support- Infection Prevention and Control (Part-Time Day) | 5 weeks  | 29th Jan 2020 |
| Good Manufacturing Practice  | 8 weeks  | 4th Feb 2020  |
| Healthcare Support- Teamworking (Part-Time Day)                      | 5 weeks  | 17th Feb 2020 |
| Safety and Health at Work (Part-Time Day)                            | 5 weeks  | 18th Feb 2020 |

### Courses are free of charge

### #FindTheBestInYou

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

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



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



European Union  
Investing in Your Future  
European Social Fund

Apply today

Contact Pádraig on **061 487985**,  
email [fetraheen@lctb.ie](mailto:fetraheen@lctb.ie)  
or check out [learningandskills.ie](http://learningandskills.ie)



**BUY** the Way  
KEEP IT **LOCAL**

# Advertise Your Business Here

for as little as €30 per week

For more information please call (061) 214500

**PAIR**  
BUY • SELL • REPAIR

## PHONE REPAIRS

30 Minute **Screen Replacement\***  
**Water damage** treatment  
**Covers and accessories**



Warranty with Repairs

pairmobile.ie

Pair Mobile | Unit 24A Crescent Shopping Centre | Limerick  
We are open everyday  
\*T&Cs apply



**prooc**  
The Urban Co-op  
Food & Craft Market on  
Sunday 22/12/2019 from 11am to 4pm  
Food tastings from local suppliers included

### Holiday Period Opening Hours

|                           |           |                          |           |
|---------------------------|-----------|--------------------------|-----------|
| Monday 23/12/2019         | 9.30-6.00 | Saturday 28/12/2019      | 9.30-5.00 |
| Christmas Eve 24/12/2019  | 9.00-3.00 | Sunday 29/12/2019        | Closed    |
| Christmas Day 25/12/2019  | Closed    | Monday 30/12/2019        | 9.30-6.00 |
| St Stevens Day 26/12/2019 | Closed    | Tuesday 31/12/2019       | 9.30-3.00 |
| Friday 27/12/2019         | 9.30-6.00 | New Years Day 01/01/2020 | Closed    |



At 8 Eastway Business Park, Ballysimon Road, Limerick  
**061-294 289**



## ANNACOTTY FARM SHOP FRESH & FROZEN FOODS

YOUR ONE STOP SHOP FOR ALL YOUR CHRISTMAS FARE

Ready to eat Chicken & Mushroom Vol au vent sauce

Fresh Turkeys, Hams, Duck, Salmon

Prepared Fresh Vegetables & Potatoes

Wide selection of Fish Products  
Prawns, Smoked Salmon etc

Selection of Desserts,  
Finger Food & Breads

Cooked Matured on the Bone Rib of Beef

Add us on Facebook and Snapchat....

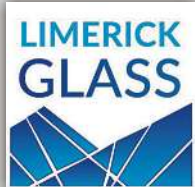
Annacotty Business Park V94 E6VH  
2 Minutes from Finnegan's pub just off the Dublin Road Ph: 061-358994

ANNACOTTY FARM SHOP WARMLY INVITES YOU

**CHRISTMAS 2019 HOURS**

|                      |            |
|----------------------|------------|
| Wed 18th - Fri 20th  | 9am to 6pm |
| Sat 21st             | 9am - 5pm  |
| Sun 22nd             | 9am - 5pm  |
| Mon 23rd             | 8am - 6pm  |
| Tues 24th            | 8am - 3pm  |
| Wed 25th - Fri 27th  | Closed     |
| Sat 28th             | 9am - 5pm  |
| Sun 29th             | Closed     |
| Mon 30th             | 9am - 6pm  |
| Tues 31st            | 9am - 3pm  |
| Wed 1st 2020         | Closed     |
| Thurs 2nd to Fri 3rd | 9am - 6pm  |
| Sat 4th              | 9am - 5pm  |

With such a wide selection why not call out to see what's on offer



**Atlas Avenue,  
Dock Road,  
Limerick.**

www.LimerickGlass.com  
**061 410829**



We've got the cutting edge!!  
We specialise in Doors, Glass, Splashbacks, Mirror and Windows.

## Do You Suffer With Back Pain?

Contact Pain Relief Limerick Today to see how we can help you get free from Back Pain without needing Medication or Doctors Appointments

FREE Consultation and FREE Back Pain Report for all Limerick Leader readers

**061 276 410**

paudie@painrelieflimerick.ie



**Pain Relief Limerick**  
Physical Therapy & Sports Injury Clinic

## Euroblinds Ltd

Limericks Oldest Blind Company

**Celebrating  
44 YEARS**

Domestic Commercial School  
Venetian Wood Venetian Roller Vertical Velux Blinds

**15% off roller** and **30% off wood**

Free estimates and fitting within 15 mile radius of Limerick City  
Family Run Business

Moloneys Yard, Little Gerald Griffin St. Limerick  
E: euroblinds@gmail.com | www.euroblinds.ie  
Tel: 061 410088

## Portable Units for Sale or Rent



Office units, Toilet blocks, Canteen units, Drying rooms and Storage units of various sizes available.

Contact Nicky  
**087 412 0452**



**Thaithara**  
THAI MASSAGE & SPA

- Body Massage • Back, Shoulder, Neck & Head
- Aromatherapy • Facial Treatments
- Traditional Thai Massage • Foot Treatments

30 Mins - €30 | 60 Mins - €50  
90 Mins - €75 | 150 Mins - €120



OPEN 7 DAYS 11AM - 9PM  
63 CATHERINE STREET, LIMERICK  
(ACROSS FROM FINE WINES AND ABOVE AROMA CAFE)

T: 087 361 3254



**To Have Your  
Business  
Featured Here**

**Contact  
Advertising on**

**061 214500**



# ENTERTAINMENT

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

## Richard Harris' TG4 doc

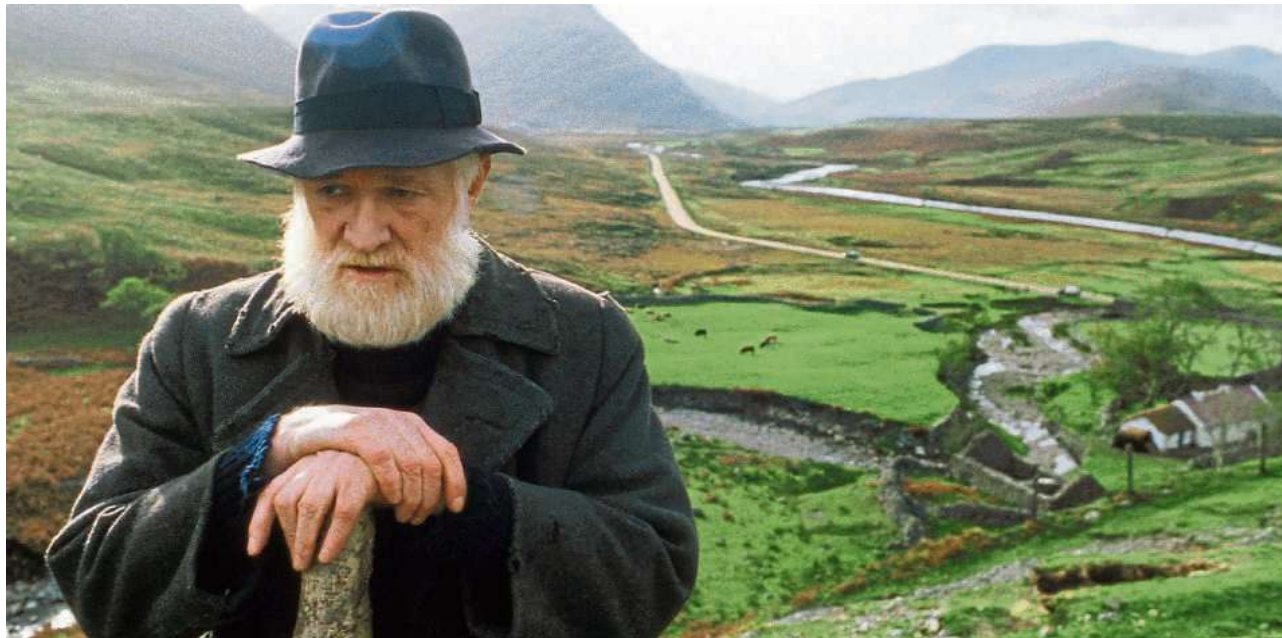
Documentary about legendary Limerick actor to air on New Year's Day

**MIKE FINNERTY**  
news@limerickleader.ie

LIMERICK'S proudest acting son is the focus of a new documentary that will air on TG4 on New Year's Day.

Fear Darb Ainm Harris (A Man Called Harris) features interviews with Hollywood heavyweights such as Clint Eastwood, Ridley Scott, Robert Duvall, and Jim Sheridan, as they recall their experiences with the Limerick native, and his exploits on and off the silver screen.

For the first time ever, the Dearg Films documentary will explore a rich life in detail, with the documentary being packed with drama, intrigue, fun and hilarious stories, and is one television event you won't want to miss this Christmas.



Richard Harris who starred as the Bull McCabe in *The Field*. Harris is the focus of a TG4 documentary on New Year's Day

Delorentos rock out at Dolan's

DELORENTOS, one of the 2000's biggest indie success stories are celebrating the 10th birthday of their biggest hit, S.E.C.R.E.T, and to cap off celebrations, have pencilled in a gig in Dolan's this Thursday.

The show promises to be an opportunity to grab a first listen of some of the new songs the band have been working on in 2019, as well as a chance to hear reworkings of old indie favourites and some forgotten cult classics along the way.

With five top 10 studio albums under their belts, the band say they're "still chomping at the bit and looking for the next challenge."

Doors are from 8pm and tickets are available from €18 and Ticketmaster.



Limerick-bound: Country music superstar Mike Denver

## Mike Denver gig this January at the University Concert Hall

MIKE Denver, one of Ireland's most acclaimed live acts and country stars, has pencilled in a show at the University Concert Hall for March 7.

Affectionately known as the 'Galway Boy', the singer is coming off his latest hit album *Workin' Man*, adding to his oeuvre of 15 albums and five DVDS.

Backed by a band comprising some of Ireland's top musicians, the showman presents a two-and-a-half-hour high energy show, which features all his hits including *Tommy K*, *Wasn't That A Party*, *Galway Girl*, *Blow Away*, as well as renditions of standards from the 60's and 70's.

Denver will be joined on the

night by special guests Philomena Begley and Ray Lynam, in what promises to be the country event of the year, and a highlight of any country music fan's calendar for 2020.

The show kicks off at 8pm on Saturday, March 7 at the UCH.

Tickets, from €32.50, are available on 061-331549.

**UCH CONCERT HALL LIMERICK**

**SATURDAY MARCH 7TH 8PM**

**TICKETS €30 Box Office Tel 061-331549**

**Online UCH.IE**



# BIG NIGHT OUT @

AN EVENING AT BAR ALEKA IN ALEX FINDLATER'S



Linda Doherty, Phil Sweeney, Marie McDonnell and Nicole O'Dirscoll, at an evening at Alex Findlater & Co, O'Connell Street  
PICTURES BRENDAN GLEESON



Lisa Morris and Shelia McGrath, Knockainey



Alan Buckley and Aevann Upton, Castleconnell



Virginia Behan, Castletroy and Katie Ward, Meelick,



Angela Murphy, Carmel Gleeson, Margaret Hartnett, Maureen O'Donnell, Knockainey



Liam O'Brien, entertaining at an Evening at Findlaters



Stephanie Moane, Parteen, Karen Sugrue, Woodview and Simone Enright, Shannonvale



Mary Begley, Sharon Collopy and Caroline Price



Mags Noonan, Sarah Dunworth, Lisa Morris, Shelia McGrath, Marie O'Leary and Joan Bynre, Knockainey





# NESSAN

## PRIVATE & COMMERCIAL TUITION

*Your Key To Safe Motoring*



### Lessons available in School Car, Own Car, Jeep & Trailer, Coaches, Rigid & Artic

### 17 Lower Hartstonge Street, Limerick

### 061 317122 | [bookings@nessan.ie](mailto:bookings@nessan.ie)

### [www.nessan.ie](http://www.nessan.ie)







Paddy Dennehy is Upstairs in Dolans this Friday

# THINGS WHAT ARE ON IN LIMERICK



ABOVE: Aladdin kicks off panto season at the UCH this week



RIGHT: Fehdah plays the Record Room this Friday



Delorentos are in

**T**RADITIONALLY in December, Jack Frost starts nipping at your nose. Apparently he's been taking his job very seriously after dark over the past few days but this pre-Christmas weekend offers a full slate of heart-warming (and nose-warming) events to send you into the holidays with your eyes all aglow from seeing some goodies before the city closes down for the holidays!

## Thursday (Dec 19)

Panto season kicks off with **Aladdin** at the **University Concert Hall** this Thursday. It's the tale of a young scamp who's happy to help out his widowed mother in her laundry until he finds himself a magical lamp and gets notions of grandeur. If everyone had a magical lamp we probably wouldn't have a housing crisis. Johnny Ward of Fair City will be starring as resident baddie magician Abanazer and Dayl Cronin returns to the Limerick panto stage as Aladdin. As usual with this panto, the real star of the show is the Widow Twankey, who will be played by the inimitable and unflappable Myles Breen. Adult tickets range from €27.50 to €30 and children's tickets are between €22.50 and €25. There are two shows at 2pm and 6:30pm most days until January 6.

Alt rockers **Delorentos** are in **Dolan's Warehouse** this Thursday night. Their sixth album *True Surrender*, released last year, was something of a wonderful departure from the band, preventing their new record from sounding exactly the same as their previous five. Their 2019 winter tour centres around their song *S.E.C.R.E.T.*, recorded for the second of those five albums, so you can expect a full set of the guitar-driven rock that drove the band for their first ten years. Nostalgia's in to the point where we're all getting excited over a new *Top Gun* movie, so best of luck to them. 8pm, tickets are €20.

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

## Friday (December 20)

**Winter Wonderland** is a multicultural festive celebration for teenagers at **Dance Limerick** this Friday afternoon. Driven and programmed by a group of Limerick-based creative young people, the event will include Asian dance, contemporary music, a short drama piece, henna tattooing and plenty of food. It's open to any teenagers under 18 and is free. It will run from 1pm to 3pm.

Limerick singer-songwriter **Paddy Dennehy** is **Upstairs in Dolan's** this Friday night. If you've been paying any attention at all to the Irish music scene in recent years you can't have missed his slow quiet rise to the pinnacle of this island's folk-soul scene. His summer single *Strange Wings* picked up a lot of attention and his latest (*Snow Song*) deserves to be put on the list of 2019's better songs. Doors at 8pm, tickets are €13 in advance or €15 on the door.

The **Comhar Vocal Ensemble** honour the sacred parts of Christmas this Friday in **St Mary's Cathedral** with their performance of *O Magnum Mysterium*, a choral piece which celebrates the mystery of how Jesus could have been born in a stable (no room at the inn, innit). They'll also be

performing some Rachmaninoff, Britten and traditional carols. It starts at 8pm and entry is free.

**Talos** is back in **Dolan's Warehouse** on Friday night. The

Aladdin kicks off panto season at the UCH this week

Cork musician has built up a deservedly-acclaimed reputation over the past few years for his simple but beautifully dreamlike electronic sound and the only thing stopping this gig selling out is the sold-out *Walking On Cars* gig in the Milk Market. He'll be supported by **Sacred Animals** and **Paddy Mulcahy**. This is the Limerick gig you shouldn't miss this week. Doors at 9pm, tickets are €20.

The **Record Room** flicks into futuristic Afro-soul mode this Friday, as multi-instrumentalist **Fehdah** pays her first visit to Limerick. She's easily one of Ireland's most talented R&B and electro artists. If you had to pick one person who is the Irish Erykah Badu, it would be her. By day she teaches astrophysics (really - I'm not making this up) and by night she mixes soul music and beats like nobody else you've ever heard.

She'll be supported by the always-able **Peter Curtin** and **Bill Baramus**. Doors at 9:30pm, tickets are €10 / €7 concession.

## Saturday (Dec 21)

The **Gaff** - one of Limerick's most important artist-driven theatre resources - is hosting a fundraising Christmas flea market at their **Cecil Street** base this Saturday and Sunday from midday to 5pm. Free entry and, as with all flea markets, you don't know what you might end up bring home. Except for fleas. It's a flea market, after all.

Christmas isn't Christmas without funky choirs strutting their stuff and this Saturday you can catch the **Troubletones Show Choir** mixing it up with the **Rolling Tones Rock Choir** at the **Castle Oaks Hotel** in Castleconnell. The two choirs will be joined by the **Singing Sensations** from St

Vincent's Special School and accompanied by pianist **Irina Dernova**. It's in aid of the **Hope Foundation's** work in Kolkata, so you can have a good time and feel like you're doing some good. 7:30pm, tickets are €12 for adults and €8 for children.

Experimental trad quintet **Beoga** are set to take **Dolan's Warehouse** by storm this Saturday night. What they're currently experimenting with is straightforward contemporary pop - their new single *Make A Mark* is a collaboration with **Ryan McMullan**, birthing the sort of semi-introspective woohoo-style anthem that tends to do well with Irish audiences. They haven't abandoned their trad roots for the chart success shilling though, thankfully, and they remain the closest thing Ireland has to a spiritual successor to the **Chieftains**. They do a stunning live show so you shouldn't miss this. Doors at 8pm, tickets are €20.

## Sunday (Dec 22)

**Declan O'Rourke** is on a short national tour around Ireland, taking in all the major urban centres except for Dublin. That's four venues if you're counting, plus **Tralee** because a true folk singer can't go on tour without taking in **Siamsa Tire**. He's in **Dolan's Warehouse** this Sunday night, where he'll be singing songs from his six-album back catalogue and some new material. It's worth going to a **Declan O'Rourke** gig just to hear the stories about the songs - the music is an added bonus. 8pm, tickets are €29.50.

## All weekend

The **Hughie O'Donoghue** exhibition is at the **Hunt Museum** until January 26. The four exhibitions at **Limerick City Gallery** run until January 26. All free to see.

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





# LEADER LIFE

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



## A Day In My Shoes

**Nell Stritch**

Owner of Pressed Flowers by Nell

# A rose by any other name

### What time do you get up?

I wake most mornings at 7am but at the weekends I would have more of a rest.

### What is your normal breakfast?

I love fruit and yogurt first thing or eggs and toast followed by a cup of tea when I get into town.

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

I used to go to the gym a lot but now I go to yoga, swim, cycle and go to some classes in the Strand hotel after work.

### You arrive at the office at what time?

I work by appointments which means I could start at 9 and finish around 4 or 5. Or I would start later and finish at 7, depending on what suits my

customers.

### What are your first duties?

The first thing I do is check on all the lovely bouquets I have in my flower press to make sure they are doing ok. I then check my social media and follow up on any enquirers I got over night.

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

I would easily have 4 or 5 cups of tea, earl grey is my favourite.

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

I try to bring my own lunch as I love cooking but if I don't my favourite is The Grove or The Buttery.

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

Some days I have more than others. Monday would be the busiest day as I meet lots of brides after their weekend wedding. The rest of the week is busy too but if I don't have a meeting I am still working on bouquets in the studio.

### What time do you finish up at?

I try to finish at 5 or 6 but work later if needed.

### Do you watch much TV?

I don't but I would watch a movie or two during the week.

### Do you read the news paper?

Yes, I love reading the news paper and seeing what's going on in Limerick.

### What do you do to relax?

I love going for a hike on the weekends, meditating, yoga,

### Nell Stritch with one her creations from Pressed Flowers By Nell

PICTURE: ADRIAN BUTLER

spending time with my family or a night out with all my best friends.

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

I used to find it difficult when I first opened but now I definitely am, thankfully.

### What is a perfect work day?

I am lucky that I love my job so much that most days in the studio are wonderful. My favourite day is when I have a few brides, some of who are dropping off their wedding bouquet to be pressed and some collecting their pressed bouquet framed. It's a fabulous feeling to help them cherish such a special bouquet forever.

### Do you ever loose the cool?

I'd like to think I don't but maybe I do sometimes.

## INSIDE THIS WEEK



### PEACE AND HARMONY

Dr Eddie on the best gift ever  
PAGE 38



### 'LIDL' BIT OF CHRISTMAS

Cookie recipe sure to go down a treat  
PAGE 41



### DUNNES DO IT RIGHT

Celia on the new fashionistas' mecca  
PAGE 42



### HAPPY BIRTHDAY!

Dolans celebrate 25 wonderful years  
PAGE 45





Be kind to each other this Christmas: Helping each other with even small domestic tasks, is a way of understanding another's struggle, minimise blame

# The greatest gift: Peace and harmony this Christmas



**MENTAL HEALTH MATTERS**  
**DR EDDIE MURPHY**  
 CLINICAL PSYCHOLOGIST  
 ADJUNCT ASSOCIATE PROFESSOR  
 UCD SCHOOL OF PSYCHOLOGY

LET'S face it, Christmas is wonderful but there are times during Christmas where there is conflict associated with family dynamics, financial pressures, toxic expectations, fuelled often by alcohol. So if we are going to have a peaceful Christmas what strategies can you use; here's my top five tips for Christmas peace and harmony...

**1. Acceptance** – accepting and tolerating differences is essential in every relationship. Couples need to learn to regularly take time to put themselves in the other's shoes, respect their differences and think about what makes the

other person happy in order to strengthen the relationship. Even when it comes to discussing difficult topics like children's gifts, parenting styles, family of origin pressures – eg Christmas at home or in family in laws!

**2. Find the third path** – it's all too common for couples to squabble over how Christmas 'should be', linked to their own experiences as children. For example, for one partner, presents need to be opened on Christmas Eve for other's on Christmas morning. Couples need to negotiate these emotionally charged 'family of origin' cultural differences and, ideally, carve out

their own 'couple way' of celebrating Christmas by creating a third way that is about their relationship and their new family. So get working on creating your very own Christmas traditions – eg try walk, jog or run the GOAL mile Christmas morning details for your local GOAL mile [www.goal.ie](http://www.goal.ie).

**3. Practice teamwork** – everyday stresses stack-up within everyone especially in the run-up to Christmas, The Murphy's are doing a bit of renovation and hoping to be in by Christmas so I understand even more stress this year! Consequently it's helpful for partners to get to know not only feelings of stress mounting up within themselves, but also in their partners. Helping each other with even small domestic tasks, is a way of understanding another's struggle, minimise blame and create more time to relax, with a shared sense of accomplishment.

**4. Two powerful words** – despite the length of a relationship, saying 'love you' and 'thank you' is really important. Some couples assume the other knows they are grateful, but 'thank you' is a



**Regular 'Love you' sprinkles magic into the relationship ensuring its not all about kids but about the adults as well**

magical phrase that can unlock important feelings of validation and prevents feelings of being taken for granted and creating resentment. It creates a benign cycle between partners, encouraging 'the giver' to repeat a generous act – even if it is just unloading the dishwasher or making a cup of tea in the morning. Regular 'Love you' sprinkles magic into the relationship ensuring its not all about kids but about the

adults as well.

**5. Play together** – laughing and 'playing' has all kinds of health benefits, from easing stress, countering depression and boosting positive mood: it releases hormones that can increase our sense of wellbeing. Research reveals that most people look for a good sense of humour in their ideal mate and sharing a sense of what's funny affirms an intimate relationship – so watch a funny film together and dust off those long-neglected board games to lighten the mood and increase a sense of pleasure in life and each other. Bring your inner child out to play.

So this Christmas may I wish you a peaceful one and you have health, peace and joy with many moments of pleasure meaning and play

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



# POSITIVE PARENTING



## Top Tips

### To build self-esteem

#### 1. Empower your child to manage difficulties

Children feel "effective" when they see that good things come from efforts like trying hard, getting close to a goal, or making progress. You can help your child to feel empowered by coaching their problem-solving abilities. Brainstorming and role plays are techniques that helps children think about new possibilities and gives them a chance to practice their problem-solving skills.

#### 2. Monitor self-talk

We often tend to be our own worst critics. Children are no exception. Take notice of how your child talks about themselves. Is it overly negative? If so, they may need help in reframing how they talk to themselves. Teach your children to quietly tell themselves thoughts that help them gain control over or put the situation in perspective such as "I can handle this" or "With more practise, I'll get it".

#### 3. Provide them with acceptance, love, and security

Children who feel accepted tend to have more secure self-esteem. Several research studies have shown that the parent-child relationship is amongst the most significant indicators of self-esteem. Children are more likely to accept themselves if those that are closest to provide them with unconditional acceptance.



Children who receive praise from their parents develop higher and more secure self-esteem

# Building self-esteem through love and praise

SELF-esteem is how we feel about ourselves. It is personal, it is relational, and it begins in early childhood. As we move through life, school, social activities, personal characteristics, and interactions within the family all shape our sense of self. Positive praise, especially in relation to a child's intrinsic characteristics and efforts, is one of the most effective tools to build their self-esteem.

As children learn about the world, they tend to accept without question most of what they are told about themselves. Developing self-esteem from an early age is important - so a child can draw on this as they grow older.

Usually, we talk about 'high' or 'low' self-esteem. In children, high self-esteem is typically associated with positive attitudes and

behaviours, such as happiness, the ability to make friends, ability to overcome difficulties, and positive self-beliefs. In contrast, low self-esteem is usually recognised by a tendency to focus on weaknesses or mistakes, difficulty in recognising positive self-attributes, and blaming oneself for difficulties or failures.

When children receive frequent positive messages from their parents, they are more likely to internalise this form of thinking and use it to strengthen their own confidence. Praise needs to be specific and meaningful. Empty praise does not help, as children won't internalise it.

Self-esteem can also be 'secure' or 'fragile.' Individuals with secure self-esteem genuinely like and value themselves for who they are, rather than for their talents or

accomplishments. These children also tend to recognise both their strengths and weaknesses, are more socially confident, and manage to 'bounce-back' from failures. On the other hand, fragile self-esteem is based on achievements: 'what I do,' rather than 'who I am'. Children with fragile self-esteem tend to seek constant validation, often boasting or exaggerating their achievements. That is why parents can often misinterpret this kind of behaviour as high self-esteem. But beneath the surface, children might be experiencing difficulty accepting their weaknesses, may tend to blame others for failures, and may not respond well to criticism.

Children who receive praise from their parents develop higher and more secure self-esteem.

Notice unique, intrinsic, positive characteristics about your child, and tell them. This means the wonderful personality traits that make them who they are, such as kindness or a good sense of humour. Praise their efforts, not just their successes. That way, children understand that it is ok to fail, and they should be proud for trying, regardless of the outcomes.

**This article was contributed by Megan McGinley, Assistant Psychologist, HSE Child and Family Primary Care Psychology Services. HSE Psychology Services are a member of Parenting Limerick, a network of parenting and family support organisations. For more information on this and other topics go to [www.loveparenting.ie](http://www.loveparenting.ie).**

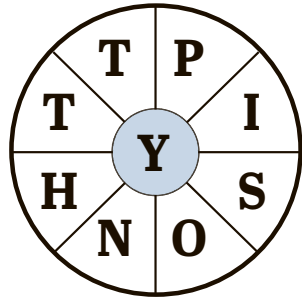


**SUDOKU**

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

**WORDWHEEL**

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



**How you rate:**

8 words, average; 12 words, good; 16 words, very good; 20 or more, excellent.

**DOUBLE CROSSWORD**

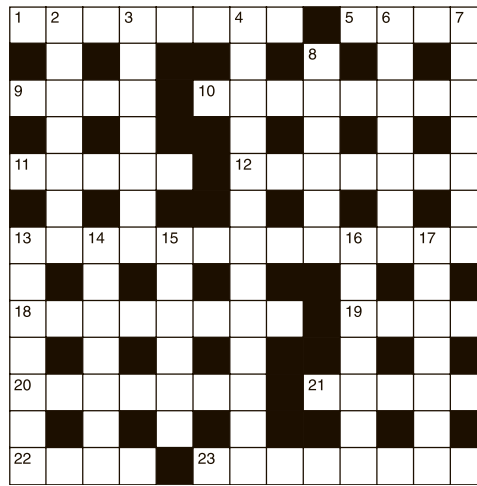
**Cryptic Clues:**

**Across**

- 1. Mooted in downward movement (8)
- 5. Some reckless pedestrians were in a hurry (4)
- 9. Instrument not quite razor-edged (4)
- 10. Industrial action that is sure to be noticed (8)
- 11. It could be tricky for her playing in clubs (5)
- 12. Belonging to country with all due ceremony (2,5)
- 13. The stupidity of having no feelings? (1,3)
- 18. Not in but not left completely (8)
- 19. Come together in some ethereal way (4)
- 20. Clique make loud gesture (7)
- 21. Material taken from the ground is put back (5)
- 22. Was sorry, we hear, for being impolite (4)
- 23. Trust spinster content in negligence (8)

**Down**

- 2. Deletion is certain after a period of time (7)
- 3. Burden journalists with work (7)
- 4. Opportunity to be in the open air is a remote possibility (7,6)
- 6. Soldier never seen in public? (7)
- 7. Do they indicate how hot-headed the scholar is? (7)
- 8. Finds it lonely without girls? (6)
- 13. He jeers when head of school gets money box (7)
- 14. Observed the cake was plain on top (7)
- 15. Draw out some philatelic items (6)
- 16. How many have an anaesthetic effect? (7)
- 17. This place is extraordinary (7)



**Quick Clues:**

**Across**

- 1. Rabble (4-4)
- 5. Sour (4)
- 9. Record (4)
- 10. Mishap (8)
- 11. Inane (5)
- 12. Special gifts (7)
- 13. Pun (4,4,5)
- 18. Curiosity (8)
- 19. Slender (4)
- 20. Slavery (7)
- 21. Dense (5)
- 22. Vivacity (4)
- 23. Amaze (8)

**Down**

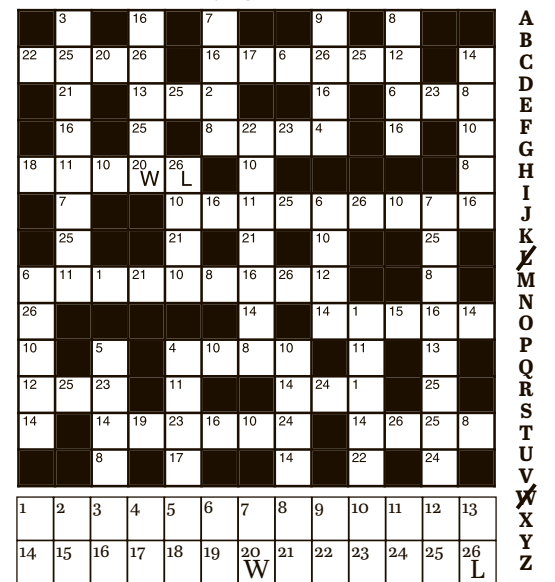
- 2. Beginning (7)
- 3. Ability (7)
- 4. Wit (1,3)
- 6. Detergent (7)
- 7. Loathes (7)
- 8. Head cushion (6)
- 13. Flexible (7)
- 14. Feeler (7)
- 15. Tumult (6)
- 16. Obsolete (7)
- 17. Gods (7)

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

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

**CODEWORD**

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



**LAST WEEK'S SOLUTIONS**

**DOUBLE CROSSWORD:**  
**Cryptic:** Across: 1 In debt; 4 Proper; 9 Second opinion; 10 Clothed; 11 Brace; 12 Board; 14 Sweet; 18 Armed; 19 Expense; 21 Dissertations; 22 Recess; 23 Greens. Down: 1 Insect; 2 Doctor of music; 3 Bench; 5 Rainbow; 6 Private income; 7 Ranger; 8 Bonds; 13 Redress; 15 Madder; 16 Jetty; 17 Versus; 20 Peter.

**SUDOKU:**

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

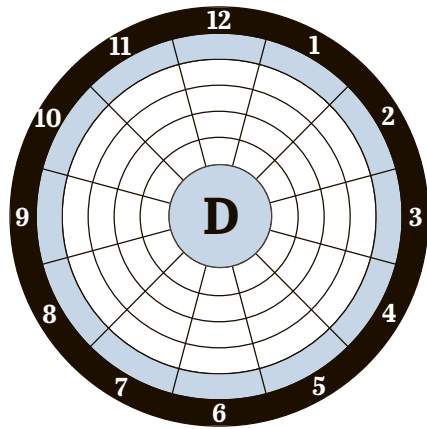
**CODEWORD:**

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

**WORD WHEEL:**  
 TRANSLATE.

**CLOCKWORD**

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



- 1. Danger
- 2. Stretch
- 3. Tended
- 4. Plump
- 5. Shouted
- 6. Evil
- 7. Be imminent
- 8. Required
- 9. Hit with the foot
- 10. Reptile
- 11. Left
- 12. Profit

**NINER**

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

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

**THE CLUES:**

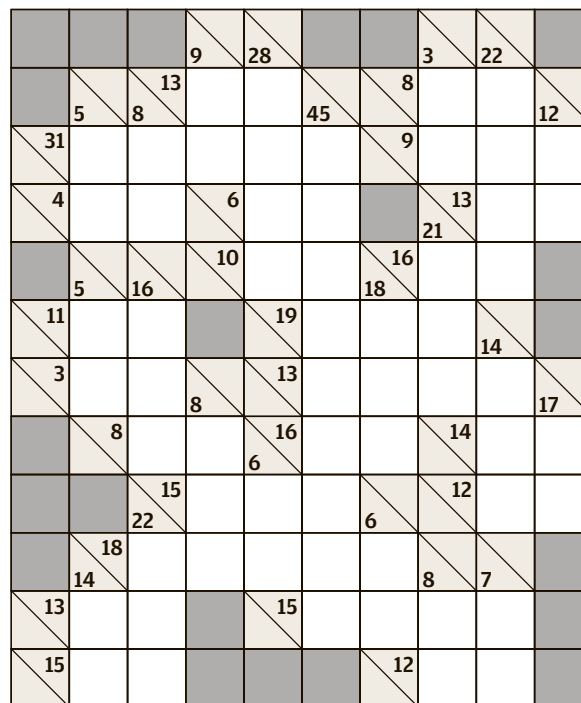
- 9216929 gives food;
- 92728 gives food;
- 53477 gives a way to cook food.

**KAKURO**

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

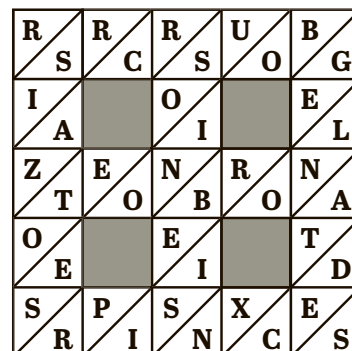
Each horizontal block of squares must add up to the number in the shaded square to its left, and each vertical block must add up to the number in the shaded square above it.

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



**SPLIT DECISION**

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



**SUDOKU**

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

**LAST WEEK'S SOLUTIONS**

**CLOCKWORD:**

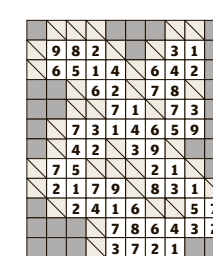
1 Bucket, 2 Urgent, 3 Secret, 4 Turbot, 5 Expert, 6 Relent, 7 Knight, 8 Eldest, 9 Abrupt, 10 Throat, 11 Object, 12 Nought.

CELEBRITY: Buster Keaton.

**NINER:**

CLERKSHIP.

**KAKURO:**



**SUDOKU:**

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

**SPLIT DECISION:**

|   |   |   |   |   |
|---|---|---|---|---|
| P | L | A | N | T |
| A |   | U |   | H |
| R | A | D | I | O |
| K |   | I |   | R |
| S | A | T | I | N |





# HEALTHY LIVING

## EVA HILL HAMILTON

**CONTACT EVA**

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

## Christmas energy balls

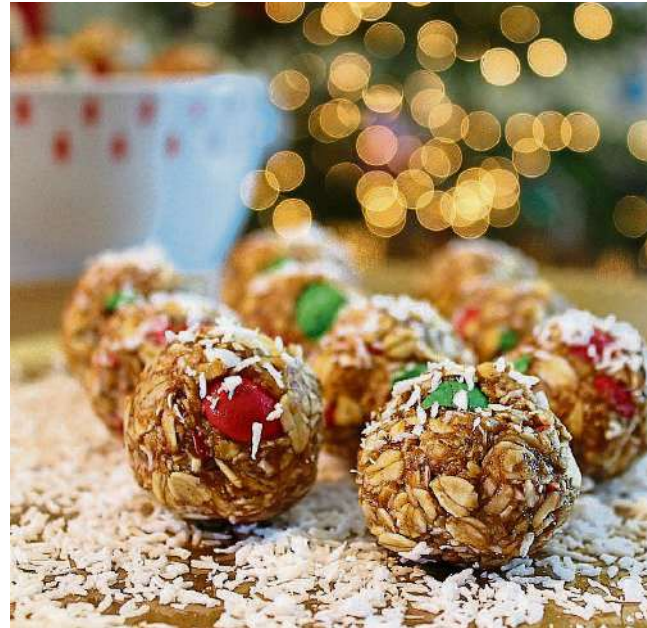
DECEMBER brought lovely crisp, cold weather, the decorations popped up in the neighbourhood and the choir concerts – it is really beginning to look a lot like Christmas.

However, instead of joy, gratitude, quiet reflection on the year and the real reason for the season so many people find the holiday season overwhelming. High stress of financial or family issues, the pressure of targets at work, overeating on processed foods and sugary selection boxes are for many what represents the

end of the year.

It is hard to stay healthy when our immune system is suppressed by stress hormones and sugar – each on its own would be enough to open the way for viruses, but the two together is really detrimental. With a few simple steps and having healthy option emergency snacks you can greatly strengthen your body while gratitude and focusing on love paint the holidays bright.

Start the day with a heavy, balanced breakfast such as an omelette or egg muffins and keep to regular



**It only takes a few simple ingredients to make these tasty energy balls**

mealtimes to balance blood sugar levels – this will make it easier to say no to those

treats hanging around your workplace. Avoid sugar as much as possible, create your

own treats of nuts and dried fruits or bake cookies and banana bread with a mix of almond flour in the dough, sweeten with a mix of stevia and erythritol.

Make sure you eat healthy fats and cholesterol – these are your friend, not foe. Emerging evidence show that populations with high fat and cholesterol rich foods such as eggs and lamb have lower risk of cardiovascular disease. Low fat diets, processed foods, vegetable oils and sugar are what lead to blood vessel damage, not fat and cholesterol.

On the other hand, cholesterol is needed to repair the body and provide hormone balance – without it your adrenals and sex hormones will suffer.

Take time for self-care and calming exercises. A simple breathing technique you can do anywhere, anytime can calm down your

stress hormones, whilst doing what you love, feeling gratitude activate your healing mechanisms.

Mind yourself first to be able to mind others or give your best at work.

### Christmas Spice Energy Balls

- \* 200g dates
- \* 220g mixed nuts and/or seeds (walnuts, pecans, cashews, pumpkin seeds)
- \* 3 tbsp coconut oil
- \* 1 tsp mixed spice
- \* Raw cacao powder to coat

Blend the nuts and seeds in a food processor until finely ground and set aside. Process the dried fruits and while the blades running slowly pour in the melted oil, spice mix and the ground nuts. It will start to clump together.

Form walnut-sized balls of the mixture and roll them in cacao powder. Chill for an hour and enjoy on the go.

## These chocolate chip cookies will go down a treat this Christmas

### Cook's notes

Once you roll the dough into parchment feel free to freeze this and then you can use whenever you need it, or make an extra batch for the freezer. Do not over mix the mix as this will warm the ingredients and lead to flat cookies.

### Makes: 20

### Ingredients:

- 100g unsalted butter (room temperature)
- 100g light brown sugar
- 100g caster sugar
- 1 free range egg
- 1 tsp vanilla extract
- 275g plain flour
- 1/2 tsp baking powder
- 1/2 tsp sea salt
- 100g milk chocolate, roughly chopped
- 50g dark chocolate, roughly

chopped

- 50g white chocolate, roughly chopped

### Method:

- Preheat the oven to 200°C (180°C fan oven)
- Beat the butter and both sugars together in a stand alone mixer until incorporated but don't mix too much, add the egg and vanilla and beat again. Combine the flour, baking powder and salt in a small bowl and add to the mixer, beat together and then stir through the chocolate.
- Place the mix in the refrigerator for at least 30 minutes. Remove and scoop out 20 even sized pieces onto two large baking trays lined with parchment paper as you go, spacing adequately apart as they do spread a little.
- Bake in a preheated oven for 12-14 minutes. Allow to cool for five minutes on the trays before transferring to cooling racks to cool completely.







# STYLE & FASHION

## CELIA HOLMAN LEE

**CONTACT CELIA**

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



Dress to impress with this gorgeous dress from Dunnes Stores at the Jetland Shopping Centre PICTURES: KEITH WISEMAN

# A new mecca for fashionistas

**D**UNNES Stores at the Jetland has become a mecca for fashionistas with some of the top Irish designers all under the one roof.

You can feast your eyes on Paul Costelloe's new collection of pure cashmere knitwear in classic colours which are perfect for the Christmas season.

Other collections include

Lennon/Courtney with their shimmer and shine at every turn in the form of a beautiful sequin top.

They also feature tailored separates and black denim turn ups for a chic look and maximum impact. Carolyn Donnelly's beautiful styled leather coat will add a luxurious look to any of your outfits over the festive season and beyond.

Savida ticks all the right boxes when it comes to some great seasonal looks - the sequin fabric coat can be worn as a dress or over black skinny jeans or else team it with a pair of statement heels and earrings for a festive night out.

Gallery from Dunnes Stores showcased an exquisite top which was styled with a feminine floral print and paired with a bomber jacket for a modern look.



Here is a very stylish and practical ensemble for Christmas Day from the fashion show at Dunnes



This week in particular we've felt a real bite in the air so here's a cosy outfit which will keep you warm while looking on-trend



This stunning piece can be worn either as a dress or coat. It's available from Dunnes Stores Jetland SC



## CELIA SPOTTED

Looking good out  
and about in Limerick

**Name:** Áine Dwan  
**Occupation:** Student  
**From:** Ballina, Co Tipperary

**B**eing a student, I'm generally in comfy clothes most of the time! I study in London and I am constantly flying over and back so comfort is essential for me. On the weekends I like to dress up when I'm heading out. I love Rosie Connolly's style because she can dress up and dress down so well - I think she always looks amazing.

### ÁINE SAYS

**Shoes:** My boots are from Dunnes Stores. These have a little heel and are so comfortable. I wear them with so many things.

**Trousers:** These are my favourite pair of black trousers, also from Dunnes! You can't go wrong with a pair of nice trousers that you can dress up or wear with trainers!

**Jacket:** This jacket is also a dress and it's my favourite piece in my wardrobe right now. I actually bought this jacket/dress for my Christmas party and I plan to wear it with a black sandal. I love how I can wear it with these trousers during the day also so I can get loads of wear out of it! This is from the Savida collection in Dunnes Stores.



# Amazing END OF YEAR SALE



Saturday 28th  
December

10am - 5pm

*No Appointment Required*

**Up to 80% off**

**Wedding Dresses &  
Accessories**

**AIBHEIL OF ADARE**

Co. Limerick V94 XF68

TEL. 061 396026

Join us on Facebook [www.facebook.com/AibheilofAdare](http://www.facebook.com/AibheilofAdare)

Visit our always updated website [www.adarebridal.ie](http://www.adarebridal.ie)

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





# LOUISE LOVES

## LOUISE CANTILLON

CONTACT LOUISE

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



## Rogha na Seachtaine

### TO DO:

#### Spin Hits Live

Join me and the Spin South West team this Friday, December 20. We are broadcasting live from Bank of Ireland's workbench space on Bedford Row,



Friday from 11am. We have lots of very cool prizes to giveaway and special guest calling in to say hello!

### TO LISTEN:

#### Track of the week

Hudson-Taylor: Still glowing from the success



of recent single 'Back To You', brothers Harry and Alfie Hudson-Taylor get ready to warm up winter with the release of a brand new Christmas song. Recorded in America and Dublin with Grammy-nominated US producer John Rausch - best known for his work with Taylor Swift and Birdy - 'How I Know It's Christmas' is that rare thing: a new Christmas song that feels like an instant festive classic.

### TO SEE:

#### NYE Fireworks

Celebrate the arrival of a new decade on the banks of the Shannon-



Wrap up warm and find yourself a spot on Thomond or Sarsfield Bridge and welcome in 2020 under a spectacular display of fireworks! Activity is scheduled for 7PM - more info @limerick.ie

# Support local this Christmas

WITH only days remaining until Christmas, the last minute rush for gifts is in full swing! This Christmas I urge you to shop local and give a little bit of Limerick this Christmas.

For the last number of weeks I have teamed up with Christmas in Limerick and Limerick City and Council to compile a "gift guide" highlighting some of the quirky, cute and special Christmas gifts available in our city.

Limerick is home to an eclectic array of locally owned stores, unique boutiques, and gift shops filled with handmade treasures waiting to be discovered.

So why not make it your go-to destination for your Christmas shopping as you look for that something special for someone special. Shopping in Limerick offers the chance to soak up the festive atmosphere under the city's lights, and, with a choice of free festive on and off-street parking options available throughout December, there is more reason than ever to shop local this Christmas.

With so much happening this Christmas in Limerick, a fabulous winter wardrobe is essential, and whether you are searching for the perfect party dress, festive fascinator or Santa socks, Limerick's stores have it all.

For the wow factor visit one of County Limerick's popular boutiques in Adare and Newcastle West, or treat yourself to something special by a local fashion designer at one of the city's many unique boutiques.

For an eco-friendly gift, explore Limerick's quirky thrift stores selling vintage clothing, crafts and upcycled furniture or stop by one of



Entertainment O'Connell Street for the turning on of the city's Christmas lights PICTURE: BRIAN ARTHUR

the many festive markets and fairs taking place throughout Limerick in the lead up to Christmas.

To make Christmas in Limerick even more accessible, hundreds of additional free car parking spaces are being provided with Park & Strides and Park & Rides available around the city.

#### Free Park & Stride (9am to 9pm)

Cleeve's Site, O'Callaghan Strand until December 31, inclusive. Limerick City and County Council Car Park, via Nicholas Street on 14 & 15 and 22 & 22 and 24 of December inclusive.

Irish Rail Depot, Roxboro Road

open this Saturday December 14 until Christmas Eve (inclusive)

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.

## Longitude sells out!

LONGITUDE 2020 returns to Marlay Park, Dublin on July 3 - 5. The three day music festival sold out within minutes on Friday.

With a stellar line including some of the hottest names in urban and hip hop Longitude has set the bar higher than ever before.

Headliners include; A\$AP Rocky, Kendrick Lamar and Tyler The Creator. Also on the schedule, Aitch, Playboi

Carti, DaBaby, Lil Tecca, Mabel, Charli XCX, JAY1, EarthGang, Pop Smoke, IDK and SantiHus, AJ Tracey and Young Thug will also be playing in Marlay Park this Summer.

Tickets are currently sold out, but keep an eye on Spin South West on air and on social for special Longitude giveaways closer to the date!

We are SO excited for Longitude 2020!



Longitude is a real hidden gem on Irish festivals scene





Valerie, Mick, Sarah and Neil Dolan celebrating 25 years in business at the Dock Road venue



Fergal Deegan, Commercial Director of the Limerick Leader presents Mick Dolan with the front page featuring Dolans from a 12 page supplement from the weekend Limerick Leader with Valerie, Sarah and Neill Dolan, at the 25 year celebration event for the live music venue

# DOLANS CELEBRATING 25 YEARS!

**Pictures:** BRENDAN GLEESON



Meghann Scully, Carragh O'Shea, Valerie Dolan, Catriona O'Donoghue, president of Network Limerick and Lisa Tracey at Dolan's 25 years party



Dorothy Nevin with Nick and Karen Speed Andrews



Ken O'Dea, Karl Spain with Terry O'Connell



Richard Markham, Elaika Byigoyne and Sean Hamilton



Colman Fox and Padraig Hastings



Nuala McGann, Naomi O'Nolan and Eithne Murphy



Pat Daly, Limerick County Council, Ger Lee and Mick Dolan



Ian, Mary and Sean Hamilton with Amy van Kuyk attending Dolan's party





# I ♥ LIMERICK

## RICHARD LYNCH

### FOLLOW RICHARD

Facebook: Richard Lynch  
Twitter: @richanthon

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



# Twelve million reasons to toast our ambassadors at awards

THE Shannon Region Conference and Sports Bureau in partnership with Failte Ireland held the 2019 Conference Ambassador Awards at Dromoland Castle recently. Over 30 Ambassadors from Clare and Limerick were recognised, including representatives from UL, LIT, Mary Immaculate College and corporate companies in the Midwest.

The event has become a bi-annual fixture in the Bureau's calendar as it continues to recognise the value of local ambassadors in attracting large conferences and events to the region. This year's awardees contributed to an economic impact of €12 million.

Karen Brosnahan, Manager of Shannon Region Conference and Sports Bureau was the Master of Ceremonies while Tony Brazil, Bureau Chairman, and Paul Mockler Head of Commercial Development Failte Ireland bestowed the awards.

Some notable events recognised on the night include Tag Rugby World



**We are delighted with the growing interest in the Ambassador programme due to its continued success in the region**

Cup 2021 (x 2000 participants), IEEE oceans 2023 (x 1000 delegates) and Prader Willi Syndrome Association International Conference 2021 (600 delegates). Shannon Region Conference and Sports Bureau work in partnership with the presidents and conference office in UL, MIC, and LIT and with the Meet in Ireland Team in Failte Ireland to support the



**Pictured at the Shannon Region Ambassador Awards are Professor Eugene Wall, Mary Immaculate College, and Professor Vincent Cunnane, LIT (back) with Dr. Puneet Saidha, UL, Ciara Gallagher, Failte Ireland, Karen Brosnahan, Shannon Region Conference Sports Bureau, and Tony Brazil, Limerick Travel (front)** PICTURE: KATE DEVANEY/LOVELIMERICK

regions, wonderful ambassadors.

The Children's Grief Centre were also award winners on the night. They won it for their Children and Loss conference 2019, which

was held in the Limerick Institute of Technology last June.

Speaking of the success of the event and the Shannon Regions relationship with Failte Ireland, Karen

Brosnahan, said, "We are delighted with the growing interest in the Ambassador programme due to its continued success in the region. This event is our way of recognising the extensive

efforts of our Ambassadors who bid for and win lucrative business tourism for the region with our supports and that of Failte Ireland." See [www.conferenceandsportsbureau.com](http://www.conferenceandsportsbureau.com).

## Fresh Film's 'Hothouse' with guest director Jim Sheridan

LAST week, Fresh Film's recent 'Hothouse' masterclass, hosted in conjunction with RTE was a huge success with Irish playwright, screenwriter, film director, and producer, Jim Sheridan as the guest director.

Fresh Film is an advocate for young filmmakers year-round and encourages young people to make films by hosting the annual Fresh International Film Festival which incorporates Ireland's Young Filmmaker of the Year Awards.

The focal point of Fresh

Film's year is the film competition, Ireland's Young Filmmaker of the Year Awards which is held annually and allows for Fresh to present the title 'Ireland's Young Filmmaker of the Year' to one deserving young filmmaker. Fresh International Film Festival 2020 takes place in Limerick from March 23 - 28, 2020 and is open to young people from 7-18 years of age.

Fresh International Film Festival is in its 24th year running, and its prime focus is to encourage young people to make films by running a

number of initiatives such as Hothouses in collaboration with RTE throughout the year. The 'Hothouse' masterclass is essentially talent development that brings together talented young filmmakers and pairs them with established filmmakers to enhance their development and links to the film industry.

This year, the 6-time-Academy-Award nominee, Jim Sheridan graced the RTE studios to give Fresh Film's Young filmmakers a very special 'Hothouse' masterclass.



Fresh Film was thrilled to have such a critically acclaimed filmmaker feature at their event with founder, Jayne Foley saying, "Jim Sheridan is an icon of Irish

cinema and we are delighted that he is sharing his knowledge with young filmmakers who are beginning their own exciting journey in the film industry."

Entries for Ireland's Young Filmmaker of the Year 2020 close Friday, January 24. For more information on how to enter visit [www.freshfilmfestival.com](http://www.freshfilmfestival.com).

**Film director Jim Sheridan, Sean Treacy, Ireland's Young Filmmaker of the Year 2019, Jayne Foley, founder of Fresh International Film Festival and young filmmaker Cal Arnold pictured at RTE for Fresh Film's recent 'Hothouse' masterclass**

PICTURE: PETE MOLES



## THINGS I ♥ THIS WEEK

### DOLORES O'RIORDAN BURSARY

## Emma Langford wins first-ever arts award

THE mother of Cranberries frontwoman Dolores O'Riordan has presented another Limerick singer/songwriter with the first-ever Dolores O'Riordan music bursary established in memory of her late daughter.

Eileen O'Riordan was the guest of honour as Limerick City and County Council presented a number of bursaries to artists including one to Emma Langford, who is the first person to be awarded The Dolores O'Riordan Music Bursary Award.

The award was established in October following discussions between the local authority and the O'Riordan family as to how best to honour and commemorate Dolores. It was agreed that The Dolores O'Riordan Music Bursary would be established to support a Limerick professional musician to develop their career.

Since first bursting onto the scene in 2016 Emma has hardly taken her foot off the pedal, with an eye-watering ever-growing tour schedule and frequent collaborations up her sleeve. The artist has received consistent praise from national and international media and



Mayor Michael Sheahan and Eileen O'Riordan present The Dolores O'Riordan Music Bursary Award 2019 to singer-songwriter Emma Langford PICTURE: LIAM BURKE/PRESS 22

audiences alike.

In total, 11 bursaries were presented by the Mayor of the City and County of Limerick Cllr Michael Sheahan.

Limerick has outstanding artistic talent and these bursaries are designed by Limerick City and County Council and approved by the elected members to ensure that creative people continue to live and work in Limerick and showcase their creativity to the world and providing them with opportunities to connect locally and internationally through their work. Congrats to all.



Val, Mick, Sarah, and Neill Dolan pictured celebrating at Dolan's Warehouse PICTURE: KATE DEVANEY/ILOVELIMERICK

## Dolan's celebrates 25 years rockin' Limerick

Last week, one of Limerick's most beloved pubs Dolans, located on the Dock Road in Limerick celebrated 25 years in style.

Mick and Valerie Dolan first opened Dolan's Pub 25 years ago with the intention of creating a traditional Irish music pub with live music every night. Since then, it has expanded into a Warehouse hosting top international musicians, the brand 'Dolan Presents' bringing live acts to the Milk Market and most recently

adding, Live at the Docklands concert series. Having hosted acts such as Mumford and Sons, Franz Ferdinand, The Waterboys, Chic, and Kasabian, Gavin James, and many others, Dolans has become a household name in the Irish music scene.

Bressie from The Blizzards, recalls Dolan's being the first show they ever sold out, Finbar Furey praises not only Dolan's music but also, it's pints and 'Riptide Movement' refer to a visit to Dolan's as "like you're calling around

to your uncle and aunt's house for dinner."

Councillor Daniel Butler has one exceptionally special memory of Dolans- proposing to his, now wife, Tania on stage at a Hynoptic Brass Ensemble gig!

And in the words of Mick Dolan himself: "If the next 25 years are as good as what went before, we are in for one hell of a journey." Congrats to Val, Mick, Neill, and Sarah and all at Dolan's.

### LITERARY MEMORABILIA

## McCourt Collection to remain in city

THE McCourt family have announced that the Frank McCourt collection will stay in Limerick. Comprising a number of key artifacts from the life and work of the acclaimed author of Angela's Ashes, the collection has been transferred to the People's Museum of Limerick, at 2 Pery Square, where it will soon be on display to the public. Discussing the move, David O'Brien of Limerick Civic Trust said: "Following in-depth and prolonged discussions, we are delighted to announce that Frank McCourt's artifacts will remain in Limerick, right around the corner from its old home in Leamy House."

Ellen McCourt, Frank's widow, said: "I am delighted to have found an alternative home for the McCourt collection in Limerick. We had known for at least six months that the Frank McCourt Museum at Leamy House was due to close at the end of October, and very much wanted the personal items to remain in Limerick. I can't thank Una Heaton enough for creating a lively, interactive exhibition highlighting Frank's childhood in Limerick for the last decade and we are very sad to see it come to



Richard pictured with Ellen McCourt and Una Heaton PICTURE: ILOVELIMERICK

an end. Her energy and vision created a truly unique, intimate, and personal museum experience for visitors from around the world. Limerick Civic Trust, who runs the People's Museum of Limerick, will integrate Frank's items into the larger story of the city in the last century." The new Frank McCourt exhibition at the People's Museum will launch in the New Year. See [www.Peoplesmuseum.ie](http://www.Peoplesmuseum.ie)

## HERO OF THE WEEK

### Sinéad Flanagan

THE International Rose of Tralee for 2019 Sinéad Flanagan is taking to her role as Rose of Tralee with all the compassion and humanity one expects from the winner of the title.

In November, like her Rose predecessors, Sinéad took her first overseas trip to Kolkata (formerly Calcutta) to visit the HOPE Foundations projects with street and slum children. "During my week in Kolkata, I have seen how HOPE are giving vulnerable children an opportunity, through education and protection, to lift themselves out of the poverty that they were born into. It is a great privilege to get to witness this incredible work first-hand and to meet the other volunteers from Specsavers and The Law Society of Ireland." Congrats Sinead and well done!



Sinéad pictured in Kolkata



# Classifieds

**Limerick Leader**  
29, Glentworth Street  
Limerick

**Deadlines:**  
**Classified Display & Lineage**  
Monday 2:00pm  
**Family Announcements & Bereavements**  
Monday 2:00pm  
**Motoring/Property/Jobs**  
Monday 2:00pm  
Pay by credit /debit card or cash.  
All major credit/debit cards accepted.

**Email Us:**

**Private Advertising:** advertising@limerickleader.ie **Jobs:** advertising@limerickleader.ie **Family Announcements:** advertising@limerickleader.ie

A complete version of our Terms & Conditions can be found online at [www.limerickleader.ie](http://www.limerickleader.ie)

**TURF AND TIMBER**

**SEASONED FIREWOOD** for sale. Can be delivered. Contact Barry Grace 086 6082336

**HAY SILAGE & STRAW**

**LARGE QUANTITIES** of Top Quality Hay, Haylage and Silage for sale. Adare area. Delivered if required. 087 6862977

**MOTORCYCLES WANTED**

**OLD MOTORCYCLES** Wanted. Any age, any condition. Parts, frames, anything considered. Call Frank 086 2381532 / 089 4618276

**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**

**BARBER - FULL-TIME** position in Clarina (087) 6785997

**BREAKING NEWS**

Contact **061 214500**



[www.limerickleader.ie](http://www.limerickleader.ie)

**WANTED**

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

**Richmond R.F.C.**  
Development Fund Weekly Lotto

**This weeks lucky numbers 2-5-20-24**  
Jackpot €4,800  
Date: 12th December 2019  
**ONE WINNER: R POWER C/O J. HINCHY**  
Next weeks Jackpot: €500  
Next draw held 19th December 19

**GERALDINES A.F.C.**

**WEEKLY LOTTO DRAW HELD ON 16/12/19**  
This Week's Jackpot: €4,000  
Numbers: 10-21-24-28  
Lucky Dips: Breda Neville c/o Padraig Reale; Bridie McNamara c/o PRO; Bernadette Waters c/o PRO; Niamh Cahill c/o Padraig Reale  
Promoters Prizes: Dave Connolly & Kevin O'Callaghan  
Next Week's Jackpot: €4,100  
Next Draw: 23/12/19

**ST. MARY'S R.F.C.**

Lotto Draw held Monday 16th December 2019  
Winning Numbers: 5-12-14-23  
No Jackpot Winner  
Lucky Dips: Dermot Lyons c/o M Lyons; Tommy Monahan c/o J O'Dwyer; Owen Tierney c/o club; Sandra Guerin c/o M Ryan  
Jackpot €12,850  
Next draw held Cowhey's Bar  
Voucher Winners: Mary Ahern c/o J Hurley; John Hinchy c/o Rashers; John McNamara c/o J Hurley

**PLANNING NOTICES**

**APPLICATION TO PLANNING AUTHORITY**

Limerick City and County Council: I, Nicola and Larry Breen intend to apply to the above named authority for planning permission for first floor extension to South Elevation and ground floor extension to rear of the property (west elevation) Plus conversion of existing attic space at No 12 Southville Gardens Ballinacurragh, Limerick. The planning application may be inspected or purchased at a fee not exceeding the reasonable cost of making a copy, at the offices of the Planning Authority, Limerick City & County Council Offices, Dooradoyle Road, Limerick during its public opening hours and a submission or observation in relation to the application may be made to the Authority in writing on payment of the prescribed fee within the period of 5 weeks beginning on the date of receipt by the Authority of the application.

**PLANNING NOTICES**

**APPLICATION TO PLANNING AUTHORITY**

Limerick City and County Council: We, Emma & Paraic Barry intend to apply to Limerick City & County Council for planning permission for the construction of a new single-storey extension to the side, front and rear of the existing house to include the removal of the existing single storey garage to the side of the existing house and existing shed and boiler house to the rear of the existing house and all ancillary site works at 18 Coolrairie Estate, Mayorstone, Limerick. The planning application may be inspected or purchased at a fee not exceeding the reasonable cost of making a copy, at the offices of the Planning Authority, Limerick City & County Council Offices, Dooradoyle Road, Limerick during its public opening hours and a submission or observation in relation to the application may be made to the Authority in writing on payment of the prescribed fee within the period of 5 weeks beginning on the date of receipt by the Authority of the application.

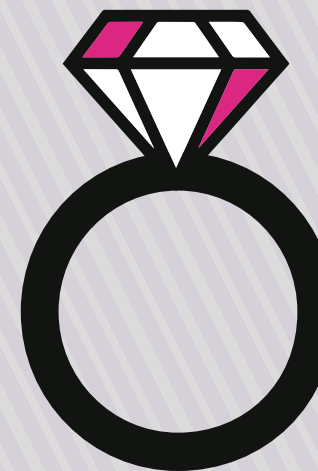
**LIMERICK LEADER**

**The Leader**

**WHY ADVERTISE IN YOUR LOCAL NEWSPAPER?**

**85%**

**OF OUR READERS CHOOSE THEIR LOCAL TOWN FOR PURCHASING JEWELLERY**



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

For all your advertising needs call **061 214500** or e-mail [advertising@limerickleader.ie](mailto:advertising@limerickleader.ie)

[www.limerickleader.ie](http://www.limerickleader.ie) has over 1 million monthly online users each month

**TAYLOR'S RUBBISH REMOVAL**  
For all types of Rubbish Removal  
**Don't Lift It, We'll Shift It!!!**  
No job too big or small  
Free Quotes



- EARTH • RUBBLE • GARAGE • HOUSE
  - GARDEN & SHED • BULKY FURNITURE
  - OFFICE/ATTICS CLEARED ETC
- Call anytime 085 212 2058 | 061 467703  
Permit No: NWCPO-09-05617-02  
Fully Insured and Licensed  
Receipts Available



# FAMILY ANNOUNCEMENTS

## IN MEMORIAM



### † BUTTERFIELD

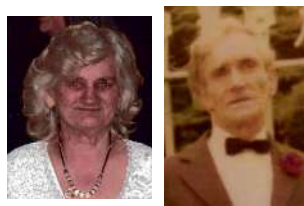
(Christmas Remembrance)  
**Christmas Remembrance  
for friends, Tom and Ger  
Butterfield.**

O Holy Night, the stars shine  
bright,  
We look up and think of you at  
night;  
With a glass in hand, and a tear  
in eye,  
We'll raise a toast towards the  
sky.

Another year has come and  
gone,  
And as friends that's all year  
long  
So Tom, so to end,  
Our buddy, our mate,  
You will be forever be called  
our friend.

**Remembered always by Pat  
and Margaret Foley; Martin  
and Carol Collins.**

## IN MEMORIAM



### † O'BRIEN

(Christmas Remembrance)  
**Christmas Remembrance  
of our dear parents  
Maureen and James  
O'Brien, late of 76 St.  
Munchin's Street, St.  
Mary's Park, Limerick.**

You brought us so lovingly  
With so much love & care  
You set a fine example  
And you were always there.  
Why we were asked one question  
Why we thought the world of  
you  
We would give a million  
answers

And each one would be true.  
**Happy Christmas from your  
loving daughter Josephine,  
son James, grandchildren  
Gordan, John, Wayne,  
William and William, great  
grandchildren and brothers  
John and Martin.**

**Also remembering my  
daughter Olivia, our aunts  
Nellie Stokes, Phyllis and  
Kathleen, our uncles Tadhy  
and Willie and also Christy  
Carroll at this time.**

## THANKSGIVINGS

**NOVENA TO** Saint Martha. St.  
Martha, I resort to thee and to  
thy petition and faith, I offer  
up to thee this light which I  
shall burn every Tuesday for  
nine Tuesdays. Comfort me in  
all my difficulties through the  
great favour thou didst enjoy  
when Our Saviour lodged in  
thy house. I beseech thee to  
have definite pity in regard to  
the favour I ask (mention  
favour). Intercede for my fami-  
ly that we may always be pro-  
vided for in all our necessities.  
I ask thee St. Martha to over-  
come the dragon which  
though didst cast at thy feet.  
One Our Father and three Hail  
Mary's and a Glory Be Amen;  
and a lighted candle every  
Tuesday and the above prayer  
made known with the inten-  
tions of spreading devotion to  
St. Martha. M.M.

## NOVENA TO ST. JUDE

Most Holy Apostle, St. Jude,  
faithful servant and friend of  
Jesus, the Church honours and  
invokes you universally, as  
the patron of hopeless cases,  
of things almost despaired of.  
Pray for me, I am so helpless  
and alone. Make use I implore,  
you, of that particular privi-  
lege given to you, to bring vis-  
ible and speedy help where  
help is almost despaired of.  
Come to my assistance in this  
great need, that I may receive  
the consolation and help of  
Heaven in all my necessities,  
tribulations and sufferings,  
particularly, (here make your  
request) and that I may praise  
God with you and all the elect  
forever, I promise O Blessed St.  
Jude, to be ever mindful of  
this great you as my special  
and powerful patron, and to  
gratefully encourage devotion  
to you. P.O.C

## IN MEMORIAM



### † REDDAN

(Fourth Anniversary)  
**In loving memory of a  
wonderful mother and  
grandmother Mary Reddan  
(nee Mason), late of Cregan  
Ave, Kileely, who died 16th  
December 2015. Mass  
offered.**

I once had something special  
that money could not buy  
I had a special mother but I had  
to say goodbye

If I were asked one question  
Why I thought the world of you  
I could give a million answers  
And they all would be true  
The heartache and the sadness  
May not always show  
People say it lessens, how little  
do they know? Meet me in my  
dreams and talk to me once more

And ease the everlasting pain  
that makes my heart so sore  
The road without you is so long  
A tear for every mile  
But I know when I reach the end  
You will be waiting for me with  
a smile

Your needs in life were simple  
Your love for your family true  
As long as we were happy you  
were be happy too  
You taught us many things in  
life, always good and true  
But you never told us how to  
cope

With the pain of loosing you  
Deep in our hearts your memory  
is kept

We love you to dearly to ever  
forget  
You gave us many things in life  
Gifts both great and small  
But most of all you gave us your  
love

The greatest gift of all  
**Dearly loved, sadly missed  
your loving daughter Rosie  
and granddaughter Natalie  
and grandson Jason xxx**

The heartache and the sadness  
might not always show,  
People say it lessens how little do  
they know?

They say I have my memories  
but they just don't understand,  
I cannot kiss a memories face or  
hold a memories hand.  
On the outside it seems I'm heal-  
ing but God if they could see  
inside,

The pain and the sadness of los-  
ing you hasn't changed since the  
day you died,

But when I'm sad and lonely and  
everything goes wrong,  
I seem to hear you whisper,  
Cheer up and carry on.

Mam you were so special what  
more can I say  
Except I wish with all my heart  
that you were here today.

**Sadly missed by your  
daughter Deirdre, Alan and  
grandsons Alan and Wayne  
and great granddaughter Faye  
xx**

**Happy Christmas xx**

## 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.

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

## IN MEMORIAM

Mam, it's hard to believe  
Four years have passed  
Since that sad day I saw you last.  
Your happy face went out that  
door,  
Your loving smile I saw no more.  
I didn't get to say goodbye  
Just thinking of that makes me  
cry.

I miss our talks, your morning  
cheer;  
If I had one wish,  
It would be to have you here.  
Just one more kiss, just one more  
smile,  
Just one last hug, would make it  
all worthwhile.

I miss you, Mam and love you so  
It breaks my heart, knowing I  
have to let you go.  
**Sadly missed by your  
heartbroken daughter Majella  
xx**

Time may dim the face we loved  
The memory of your smile  
The countless things you did for  
us

To make our lives worthwhile  
Now your task is over  
We long to let you know  
How proud we are that you are  
ours

Because we loved you so  
You always had a smile to share  
Love to give and time to care  
Always willing, helpful and kind  
What beautiful memories you left  
behind

**Dearly loved, sadly missed by  
your son Anthony (Harry)  
and partner Marion**

I lost a mother with a heart of  
gold  
How much I miss her can never  
be told

She shared my troubles and  
helped me along  
If I follow her footsteps I'll never  
go wrong

She was mother so very rare  
Content in her home and always  
there

On earth she (the boss) toiled  
In heaven she rests  
God bless you Mam you were the  
best.

**Loved and missed and never  
forgotten by your loving son  
Mark, Hayley, grandchildren  
Kiera, Alannah, Marky, Zara  
and Kalynn xxx**

Thinking of Harry, Mary and  
Dean at this time  
Happy Christmas xx

How do I write on paper,  
The feeling I have inside,  
From a heartbroken sister,  
Who has missed you since you  
died,

My heart still aches with sadness,  
My secret tears still flow,  
For what it meant to lose you,  
No one will ever know,  
Call Mary's name out softly,  
Lord,

And when Mary looks your way,  
Tell Mary that I love and miss  
Mary every day.

**Sadly missed by your loving  
sister Bridget and family xx**

## IN MEMORIAM



### † WILLIAMS

(26th Anniversary)  
**In loving memory of a  
loving mother,  
Bridget (Peggy) Williams,  
nee Hennessy,**

**late of 3 Sean Heuston  
Place, Limerick and  
O'Hallaron's Range,  
Garryowen, Limerick  
whose 26th anniversary  
occurs on Saturday 21st  
December, 2019.**

**R.I.P. Mass offered.**  
A snowflake fell from Heaven,  
The day my mother died;  
The angels came to greet her,  
To welcome inside.  
The sky filled up with music,  
Like I never heard before;  
When my mother reached God's  
Kingdom,

The angels closed the door.  
**Always remembered and  
never forgotten by your loving  
daughter, Theresa Williams  
Kennedy and your  
granddaughter Edel and  
Michael Hartnett xx**

## Memories Live Forever

*A bouquet of beautiful  
memories,  
sprayed with a million tears,  
wishing God could  
have spared you,  
if just for a few more years.  
It does not take a special day,  
for us to think of you,  
each Mass we hear,  
each prayer we say,  
is offered up for you.  
We cannot bring the  
old days back,  
when we were all together,  
our family chain is  
broken now,  
but memories  
live forever.*

## IN MEMORIAM



### † WILLIAMS, KENNEDY, O'SULLIVAN, GRAY, O'NEILL

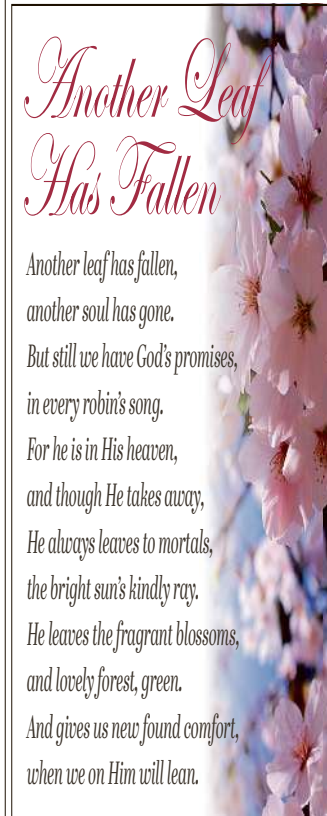


Christmas Remembrances

**In loving memory of dear my  
parents, Thomas and Bridget  
Williams, late of 3 Sean  
Heuston Place, Limerick, also  
remembering my husband  
William Joseph Kennedy, my  
partner Michael O'Sullivan, my  
friend Patrick Gray and my  
cousin Sean O'Neill all at this  
time R.I.P**

Happy Christmas to ye all up  
above  
All I can send ye is all my love.

**Always remembered by your  
loving daughter, wife, partner,  
friend and cousin Theresa  
Williams Kennedy,  
remembered by big Edel and  
family. Also remembering my  
sisters, my brothers, my  
nieces, my nephews,  
grandnieces, grandnephews  
and all the baby angels and all  
my friends at this time.**



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



### † KEANE

(Christmas Remembrance  
& 34th Anniversary)

**In loving memory of a dear  
husband, father and  
grandfather,  
Willie Keane,  
late of 14 Yeats Avenue,  
Kincora Park, Southill,  
who died in December 1985.**

**Rest in Peace.  
84th Birthday occurs on  
January 4th.  
Masses offered,  
Also remembering his  
daughters Geraldine &  
Catherine who are very  
sadly missed at this time.**

The things we feel most deeply,  
Are the hardest things to say,  
But we, your family love you,  
In a very special way.  
Our grief is not engraved in gold  
or hung for all to see  
It's just engraved within our  
hearts for us alone to see.  
We want to tell you something,  
So there won't be any doubt:  
You're so wonderful to think of,  
Willie but so hard to do without.  
We cannot bring the old days  
back, when we were all  
together;  
The family chain is broken now,  
But memories live forever.  
We hide our heartache with a  
smile and make no outward  
show,  
For what it meant to lose you,  
Willie, only we will ever know.  
Gentle Jesus up above,  
Give our granda all our love.  
Memories of the way we were.

**Sadly missed by your loving  
wife, Geraldine; sons;  
daughters; daughters-in-law;  
sons-in-law; grandchildren  
and great-grandchildren.**



*Footprints in  
the sand*



*A year in one bundle,  
Get it now in stores near you!*



*Sporting Success*  
PAGES 81-87

9 772563 551006 95  
AN ANNUAL PUBLICATION  
RRP €3.95

**LIMERICK**  
*2019*  
**ANNUAL**

LIMERICKLEADER.IE  
Limerick's Newspaper since 1893  
**LIMERICK LEADER**



**The Limerick Christmas Annual is  
the *ultimate* gift this Christmas!**



# SPORT

## Leader



## BACK IN THE GREEN

Hurlers begin 2020 season

For more see Page 52

Conor Fitzgerald of Connacht is tackled by Rory Scannell of Munster during the Pre-Season Friendly match in September. The two sides meet in Pro14 action on Saturday at 5.15pm



# Munster begin key festive clashes with Connacht tie

**Rugby:** Much-changed Munster set for top-of-table Pro14 showdown

COLM KINSELLA  
sport@limerickleader.ie

MUNSTER head into the West this weekend for a crucial Guinness PRO14 date with Connacht, the first of three big interprovincial fixtures over the Christmas and New Year period.

Munster's look set to field a much-changed side for Saturday's clash with Connacht at the Sportsground, 5.15pm, to the one which lost out to Saracens in a bruising Heineken Champions Cup pool fixture at Allianz Park.

With Ireland's World Cup players required to rest for two consecutive weekends over the upcoming Christmas and New Year's run of inter-provincial

derbies, Munster look set to be much-changed for their games with Connacht and Leinster, while fielding a strong line-up for the make-or-break Heineken Champions Cup away date with Racing 92.

Munster confirmed this week that captain Peter O'Mahony, who was ruled out of Saturday's defeat to Saracens during the warm-up, sustained a low grade abductor injury.

Tadhg Beirne, who sustained an ankle fracture in the opening ten minutes, now requires surgery, and is facing several months on the sidelines.

John Ryan was forced off with a calf strain in the opening half against Sarries', and the prop will undergo his rehabilitation with the

medical department, while winger Andrew Conway departed for a HIA in the second half, and will follow return to play protocols.

Of more positive news to Munster, loosehead props Dave Kilcoyne (calf) and Jeremy Loughman (ankle) are returning to squad training this week, the province confirmed.

Saturday's derby in Galway is a crucial Pro 14 fixture for Munster. The winner of this clash could well be sitting atop Conference B come the end of the weekend.

Just a point currently separates first-placed Munster from second-placed Connacht and in a conference where there are just four points between the top four, every game counts. Connacht come into

Saturday's game on an back of a thrilling come-from-behind home victory over Gloucester Rugby in the Heineken Champions Cup last weekend.

Andy Friend's side boast an excellent home record as their Pro14 loss to Leinster earlier this season is their only home loss in any competition since January.

Connacht have won three of their last five meetings with Munster at The Sportsground.

Munster have won just one of their last four matches in all tournaments, a 10-3 success at home to Saracens in Round 3 of the European Champions Cup.

Connacht Rugby confirmed this week that they will be installing additional temporary

terracing in the Sportsground for this weekend's interprovincial fixture.

Connacht say the decision has been taken due to the high volume of ticket sales and will increase the capacity to a maximum of 8,129.

Meanwhile, 12 Munster players, Joey Carbery, Andrew Conway, Keith Earls, Chris Farrell, Mike Haley, Dave Kilcoyne, Jean Kleyn, Conor Murray, Peter O'Mahony, Niall Scannell, Rory Scannell and CJ Stander, have been included in a 45-strong squad announced by new Ireland head coach Andy Farrell for a 24-hour mid-season gathering at the IRFU's High Performance Centre on Sunday, December 22 and Monday, December 23.

## World Darts

O'Connor: 'I'm going to be a lot better against Price'

COLM KINSELLA  
ckinsella@limerickleader.ie

LIMERICK'S William O'Connor will bid to secure a place in the third round of the 2019/2020 William Hill World Darts Championship in London this Thursday evening.

Cappamore man O'Connor will take on world number three Gerwyn Price, of Wales, at the Alexandra Palace.

Thirty three-year-old O'Connor breezed past the experienced Marko Kantele, of Finland, 3-0, in their opening round match on Monday.

Despite not being at his best, O'Connor managed to land six 180s.

Afterwards the Limerick man wasn't happy with his display, but insisted he will turn in an improved display against back-to-back Grand Slam of Darts champion Price.

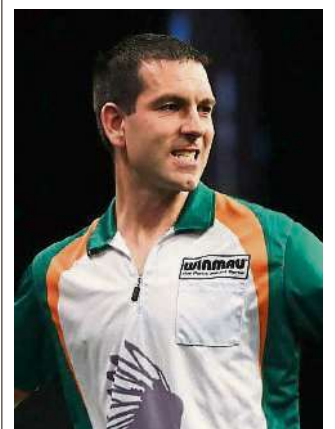
O'Connor said: "I played absolutely rubbish.

"It is not going to be hard to play better the next day. It is not going to be hard to top that. That wasn't good.

"I will be looking to improve on my scoring and my doubles.

"I don't care who I got next, it is what it is. I am going in there and I can tell you I am not going to play like that. Whatever Gerwyn throws at me, he is going to get it back, I can guarantee you that."

The PDC World Darts Championships is live on Sky Sports TV.



The Magpie is back in action on Thursday night



# Limerick hurlers in pre-Christmas cracker

**JEROME O'CONNELL**

joconnell@limerickleader.ie

FIVE months after All-Ireland SHC semi final heartbreak against Kilkenny, the Limerick senior hurlers return to competitive action this Friday night.

All-Ireland winners Tipperary come to town for a December 20 Co-Op Superstores Munster Hurling League game in the LIT Gaelic Grounds to kick-off Limerick's 2020 inter-county hurling season.

Liam Sheedy's Premier

County have already played a game in the early season provincial competition – losing 2-17 to 1-19 to Clare on Sunday in Nenagh.

Tipperary started just three of their All-Ireland final team against Clare and will most likely experiment again against Limerick on Friday – throw-in at 7.30.

Limerick and Tipperary met in this competition on December 14 of last year – a crowd of 3,224 attended in the Gaelic Grounds in what was a first game as All-Ireland champions for the men in

green and white. The men in blue and gold were 4-14 to 2-17 winners.

With a number of players carrying injuries and others getting an extended break, Limerick will field an experimental team on Friday.

Limerick are yet to make public their 2020 panel, but a number of newcomers could be set for debuts with Jason Gillane and Josh Considine (Patrickswell), Brian Ryan (South Liberties), Darren O'Connell (Kildimo-Pallaskenry), Brian

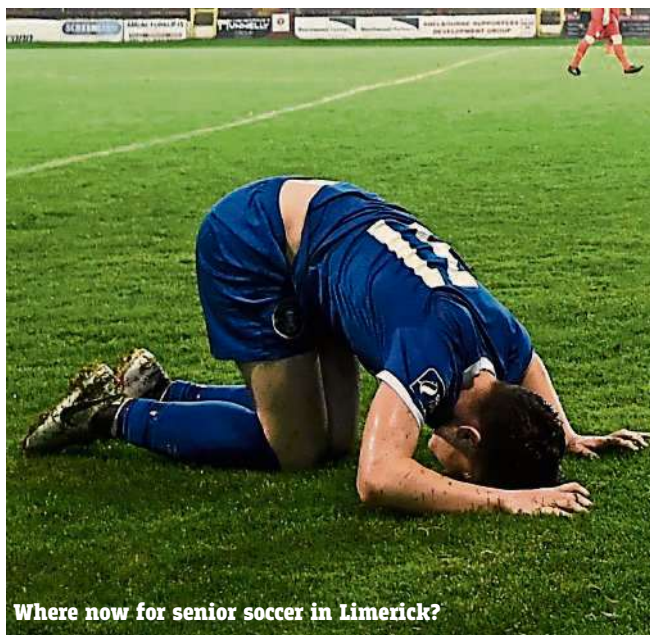
O'Grady (Kilteely-Dromkeen) and Mark Quinlan (Garryspillane) all training at present with John Kiely's inter-county panel.

Limerick's Co-Op Superstores Munster Hurling League campaign will also include a Sunday January 5 trip to Sixmilebridge to play Clare.

Meanwhile, Billy Lee's Limerick footballers open their 2020 season with a Sunday December 29 McGrath Cup tie against Clare in Mick Neville Park in Rathkeale.



**Dan Morrissey in action against Séamus Callanan and Jason Forde of Tipperary when the sides met in June**



**Where now for senior soccer in Limerick?**

## Support sought for Limerick's plight

INDEPENDENT councillor Frankie Daly is seeking to have an urgent meeting with Sports Minister Shane Ross to help establish a structure which would lead to the regeneration of senior soccer in Limerick city.

Limerick FC looks set to face liquidation after an examiner recommended an end to court protection for the club last week.

The company behind Limerick FC, Munster Football Club Limited, entered examinership in September with debts of approximately €490,000.

The removal of court protection brought an end to the examinership process. The next step is expected to be the appointment of a liquidator.

It now looks increasingly likely that Limerick will be without a senior team in the SSE Airtricity League for 2020.

Cllr Frankie Daly revealed in a Facebook post that he has written to Sports Minister Ross seeking an urgent meeting in relation to Limerick FC's plight.

Cllr Daly wrote: "I would like to meet urgently for the

purpose of establishing a structure which would lead to the regeneration of senior soccer in Limerick City.

"The good news to date is that I am getting tremendous encouragement from people in all corners of Limerick City and County.

"I am eager to progress this for the people of Limerick."

Cllr Daly also revealed that a 'very positive' meeting with representatives from the Limerick FC Academy, Limerick FC Womens team, the FAI and the Limerick FC senior side from last season

was held this week with a view to 'putting an in-term committee together to help retain Senior soccer, and underage and women's teams structures in Limerick and for the Mid West Region.

Meanwhile, Limerick Senator Maria Byrne indicated she planned to raise Limerick FC's plight in the Seanad this week.

Senator Byrne said soccer is the biggest participation sport in Limerick city and it was vital 'we do our utmost to keep senior soccer alive via a sustainable future-proof club'.

## Fairview sit atop the tree for Christmas

**PAT SHEEHAN**

sport@limerickleader.ie

THE CHRISTMAS break is considered the half way stage for most of the League races across the various Divisions in the Limerick District League and it is usually a good indicator of where the silverware will go come season's end.

For six of the last seven seasons, the team leading the Premier League (and indeed most other Divisions) at Christmas went on to be crowned champions.

That may be a good omen for Jason Purcell and Stewart Fitzgerald, whose Fairview side lead the way by a point, but the duo are savvy enough to know that there is a lot more football to be played before anyone will take anything for granted.

With the negative vibes emitting from the FAI and

Limerick FC's demise it is good to see that the Limerick Junior Soccer continues to prove one of the most competitive in the country.

In reality Fairview will battle it out with Ballynanty Rvs and Pike Rvs for the Fran Mullally Trophy.

That is to take nothing away from the superb season to date for Geraldines and Regional Utd but you feel they may find the going tougher as the fixtures pile up.

Fairview gave notice last year that things were starting to kick in and they finished the season by capturing the Lawson Cup.

They signed cleverly in the off season and the new additions have gelled in well.

The doubt surrounding Dermot Fitzgerald's eligibility has gladly been put to rest and his return will boost the side further.

A point behind Fairview lie Ballynanty Rvs who also have improved significantly on last season.

The addition of striker Conor Ellis has been a massive boost with the striker scoring in 12 of his 13 appearances hitting 32 goals in the process.

With so many new players being added to the fold, finding the right balance is the biggest problem facing manager Donal Magee.

They need to figure out their strongest starting XI and build around that as the pressure of the chasing trio means a couple of bad results could end a team's interest.

Pike Rovers, a point further back have been superb this season, three draws their only blips.

They have not lost a League match since April 2018, an incredible record, and have been in fine form.

Manager Robbie Williams has added numbers to the squad, an issue that affected the side over the last couple of seasons, and they are going to be hard to stop.

Geraldines regrouped over the Summer and have been a revelation. The return of Danny O'Neill was a master stroke while Kevin Barry is averaging a goal a game.

Likewise Regional United. Having lost most of their squad from last season, they were tipped by many to be candidates for relegation but the Dooradoyle club rebuild a neat side and they are playing some superb football.

Aisling have grabbed the headlines this season with the sensational signing of Shane Clarke. The legendary striker, tempted by the offer of a coaching role, has bedded in with his new team mates seamlessly averaging a goal per game.

Level on points with Aisling are Mungret and Janesboro. Mungret Reg are

enjoying life in the top flight and play a breezy attacking style of play which is a breath of fresh air.

After a number of years when they were the best in town, Janesboro are going through a painful rebuilding exercise.

They lost the bulk of last season's title winning squad and manager Shane O'Hanlon is forced to call on all his experience to get the side through this. This is only a blip for Boro who no doubt will be back among the top guns in short time.

The two relegation spots will be fought out between four sides, Kilmallock, Nenagh, Coonagh and Prospect. All four are capable of getting wins along the way do the respective games between the quartet will prove decisive.

We made a disappointing exit at the first hurdle in our defence of the Oscar Traynor Trophy but hopes

are high that we can compensate with success at FAI and MFA level.

In the FAI Junior Cup, Limerick's hopes lie on the shoulders of Pike Rvs, Fairview Rgs, Regional Utd and Coonagh Utd.

Limerick's representatives in the Munster Junior Cup will be Cappamore, Regional Utd A and Regional Utd B, Aisling Annacotty, Pike Rvs, Geraldines and either Fairview Rgs or Athlunkard Villa.

In the lower Divisions there are some great contests going on and I recommend to anyone who restricts their viewing to the Premier League to branch out. While the standard may not be as high, the commitment and exciting will compensate.

We would like to wish a Merry Christmas to all in the soccer world and look forward to the return on January 5th.





  
**FREE bus service**  
 to and from  
 Limerick city

# Mr. Binman Christmas Racing Festival

26<sup>th</sup> – 29<sup>th</sup> December



## FESTIVAL HIGHLIGHTS

- ★ 7 National Hunt races each day
- ★ Wine and dine in style in the Panoramic Restaurant
- ★ Children under 12 go FREE
- ★ Group rates available on [www.limerickraces.ie](http://www.limerickraces.ie)
- ★ Sun holiday to be won on Ladies Day Saturday 28<sup>th</sup>
- ★ FREE Family Fun Day on Sunday 29<sup>th</sup>
- ★ Tiny Giants live after racing 26<sup>th</sup> and 27<sup>th</sup>
- ★ DJ after racing on 28<sup>th</sup> and 29<sup>th</sup>

T: 061 320000 | [www.limerickraces.ie](http://www.limerickraces.ie)  
 #greenracingfestival

*Mr.* **BINMAN**





# ON THE BALL

“Limerick to the core...”

COLM KINSELLA

## The rivalry endures no matter what the line-ups

MUNSTER'S big Guinness Pro14 interprovincial clash with Leinster at Thomond Park on December 28 is one of the traditional highlights on the local sporting calendar over the festive period.

The 'sold out' signs are already up at Thomond Park for the big derby showdown.

Indeed, match tickets for the Round 9 clash were completely snapped up three weeks in advance of the Christmas clash.

Additional goal-line seating has been installed for the Interprovincial derby to increase the capacity to a record-equalling 26,267.

In recent days it has emerged that Munster will be without their frontline Ireland international stars for the visit of reigning Pro14 champions Leinster on Limerick on December 28.

It is not the first time it's happened. However, last season both provinces fielded pretty much full strength sides at Thomond Park for their now traditional Christmas showdown and the game turned into a feisty affair with Munster emerging victorious on a 26-17 scoreline.

It was only the second time in nine meetings that Munster had

managed to turn over their arch rivals in a competitive fixture. Since then, of course, Leinster regained the bragging rights when the provinces faced-off in the semi-final of the Guinness Pro 14 at the RDS.

Munster also ran out 34-24 winners in Limerick in 2017, a victory lit up by Jordan Larmour's stunning solo try.

Twelve months earlier in 2016, Munster defeated an under-strength Leinster 29-17 at Thomond Park to extend their lead at the top of the then Guinness PRO12 to five points.

The IRFU's player welfare programme has prevented the provinces from fielding the vast majority of their Ireland internationals in several of the big interprovincial fixtures over the Festive period.

In recent seasons, the provinces, when given the option, have tended to field their strongest possible line-ups for their home fixtures over the Christmas and New Year's period and mix and match then for the away games.

Munster's schedule of interprovincial fixtures over the coming weekends see Johann van Graan's side lock horns with Connacht in Galway this Saturday,



Peter O'Mahony of Munster in action against Robbie Henshaw of Leinster back in 2017. Both sides will be devoid of their 'big names' but fans won't mind

5.15pm, before that home clash with Leinster on December 28 and finally a date with Ulster in Belfast on Friday, January 3.

Ireland's World Cup players are required to rest for two consecutive weekends over the upcoming festive run of inter-provincial derbies.

As a result, Munster look set to be minus their Ireland stars who featured at the World Cup against both Connacht and Leinster.

Such a scenario would allow Munster field a strong line-up for the New Year's away date with Ulster which comes just nine days before the province's crucial Heineken

Champions Cup clash with Racing 92 in Paris.

So how do Munster fans who bought tickets for the Leinster game on December 28 and now know that the home side will not be at full strength for the game feel? Do they feel short-changed?

History has suggested that there is a chance Munster will not be at full strength for this game given when it falls on the fixture list.

For a good chunk of supporters it is all about the result and the opportunity to put one over on their greatest rivals.

JEROME O'CONNELL

Club GAA silence is not so golden

It appears all is rosy in Limerick GAA County Board circles...

This week's Annual Convention of Limerick GAA brought 206 delegates to the Woodlands House Hotel.

An end of year meeting that lasted two hours and yet incredibly just one delegate asked a question.

So is it safe to say this is a massive vote of confidence in the workings of Limerick County Board!

Reports from the chairman, secretary and treasurer and just one delegate had an issue – former Limerick GAA treasurer Owen Hayes (St Kierans) with a query during the financial report.

There are 69 clubs in Limerick and all had received the 189-page convention booklet six days ahead of the meeting, so it appears all were happy with the contents.

218 were entitled to attend the meeting – Cloughaun were the only club in Limerick without a delegate in attendance.

Perhaps all is rosy in Limerick GAA circles but surely there were issues that popped up during the season that clubs wanted to air.

If there were issues that trouble supporters well the onus is on them to raise these with their clubs and in turn ensure that the club raise the issue with the County Board.

Supporters or clubs complaining about decision-makers must realise that the holding those in power to account can start at the bottom.

DONN O'SULLIVAN

Community will decide if there is an appetite for senior soccer

The news last week that the company behind Limerick FC went into liquidation and the end was nigh for the football club came as no surprise.

Attempts to save Limerick FC, as we knew it, were unsuccessful and the club went to the wall.

There was much anger on Shannonside last week and rightly so. Limerick FC holds a special place in people's hearts and the wrong doings of successive owners over the years has eroded much of the goodwill attached to what was once a strong brand.

Limerick FC is no more, as we know, but a new football club could emerge in the City.

It will be up to the community at large as to whether that is a viable option or not.

Loyal fans will want a club.

Players will want to play for a club too.

However the



ill-will towards senior soccer in Limerick, particularly from businesses left with debts, will be the tougher nut to crack.

A League of Ireland club, with debts of over 400,000 has surely 'pissed' people off no end.

Can those bridges be mended, even if the people knocking on doors for funding have changed.

'Senior soccer' is the brand that is tarnished at present. It is not an irreversible mission, but it won't be the fans, the players or councillors that will support a new look Limerick FC in the city, it will be the wider community.

Can Limerick FC, or whatever they want to be called, spring from the ruins of what has gone before? Yes, of course. It has in the past.

Can a new look club flourish in a city that adores its sporting heroes? Of course it can? All it will take is trust and time. Something senior soccer only has one of, at the moment.



John Cregan begins his third year as Limerick chairman



**COLM KINSELLA**

Nathan Aspinall has class to hit bullseye at 'Ally Pally'

THE PDC William Hill World Darts Championship continues until New Year's Day and the event held at London's Alexandra Palace has become a key feature of Christmas viewing for sports fans.

Darts' biggest event sees 96 players competing across 28 sessions of action from December

13-January 1 for The Sid Waddell Trophy and stg£2.5million in prize money.

The tournament's popularity is heightened by Sky Sports' comprehensive coverage during the festive period.

The winner of the tournament will pocket stg£500,000, while the runner-up receives stg£200,000.

A stg£100,000 bonus is on offer for any player who hits two nine-dart finishes in the tournament.

There is plenty of Irish interest in the tournament with no fewer than eight players from the island stepping up to the oche.

Unsurprisingly, Dutch maestro Michael van Gerwen is the bookies'

favourite to land the title at odds of 11/10, followed by Welshman Gerwyn Price at 9/2 and Peter Wright at 12/1.

However, at odds of 25/1 this week, Nathan Aspinall, who is in second round action on Friday evening, is a sporting each way option to land the title.

For more, see #LLSport



We think Aspinall can win it all....



**Wednesday**

**DARTS**

PDC WORLD CHAMPIONSHIP SKY SPORTS 12.30PM

**SOCCER**

MONTERREY V LIVERPOOL BBC2 5.30PM

**SOCCER**

BARCELONA V R MADRID PREMIER SPORT 7PM

**SOCCER**

HEARTS V CELTIC BT SPORT 7.45PM

**SOCCER**

OXFORD V MAN CITY SKY SPORTS 7.45PM

Wednesday sees El Clasico take centre



**Thursday**

**CRICKET**

MELBOURNE V SYDNEY BT SPORT 8AM

**SOCCER**

MELBOURNE V PERTH BT SPORT 8.30AM

**SNOWBOARDING**

CAREZZA OPEN BT SPORT 8.30AM

**DARTS**

PDC WORLD CHAMPIONSHIP SKY SPORTS 12.30PM

**BOXING**

RIAKPORHE V MASSEY SKY SPORTS 7PM

**Friday**

**DARTS**

PDC WORLD CHAMPIONSHIP SKY SPORTS 12.30PM

**RUGBY UNION**

LEINSTER V ULSTER PREMIER SPORT 7.35PM

**RUGBY UNION**

GLOUCESTER V WORCESTER BT SPORT 7.45PM

**SOCCER**

MIDDLEBORO V STOKE SKY SPORTS 7.45PM

**SOCCER**

HIBS V RANGERS BT SPORT 7.45PM

**Saturday**

Set your recording devices for some Saturday night football



**SOCCER**

MALLORCA V SEVILLA PREMIER SPORT 12NOON

**SOCCER**

CARDIFF V PRESTON SKY SPORTS 12.30PM

**SOCCER**

EVERTON V ARSENAL BT SPORT 12.30PM

**RUGBY UNION**

EALING V NEWCASTLE SKY SPORTS 3PM

**RUGBY UNION**

LEICESTER V EXETER BT SPORT 3PM

**RUGBY UNION**

DRAGONS V SCARLETS S4C 5.15PM

**RUGBY UNION**

CONNACHT V MUNSTER TG4 5.15PM

**SOCCER**

SOLIHULL V BARROW BT SPORT 5.20PM

**SOCCER**

MAN CITY V LEICESTER SKY SPORTS 5.30PM

**RUGBY UNION**

GLASGOW V EDINBURGH PREMIER SPORT 5.45PM

**AMERICAN FOOTBALL**

TEXANS @ BUCCANEERS SKY SPORTS 6PM

**RUGBY UNION**

OSPREYS V CARDIFF PREMIER SPORTS 7.35PM

**AMERICAN FOOTBALL**

BILLS @ PATRIOTS SKY SPORTS 9.30PM

**BASKETBALL**

HORNETS @ JAZZ SKY SPORTS 10PM

**Sunday**

**DARTS**

PDC WORLD CHAMPIONSHIP SKY SPORTS 12.30PM

**SOCCER**

WATFORD V MAN UTD SKY SPORTS 2PM

**RUGBY UNION**

LONDON IRISH V BATH BT SPORT 3PM

**SOCCER**

SPURS V CHELSEA SKY SPORTS 4.30PM

**AMERICAN FOOTBALL**

NFL REDZONE SKY SPORTS 6PM

**SOCCER**

REAL MADRID V AT BILBAO PREMIER SPORT 8PM

**BASKETBALL**

RAPTORS @ MAVERICKS SKY SPORTS 8.35PM



Jose Mourinho hosts his old side Chelsea in the Premier League





# ALLENS

est. 1948

Your home and gift store



TIPPERARY  
CRYSTAL  
GIFTS FROM THE HEART



## JEWELLERY

UP TO 50% OFF



## CHRISTMAS

UP TO 40% OFF



## CANDLES

UP TO 40% OFF

**athlone**  
8 Church Street  
0906 472 826

**carlow**  
19-21 Castle Street  
059 913 1160

**kilkenny**  
94-95 High Street  
056 772 2258

**limerick gift**  
68 William Street  
061 467 170

**limerick interiors**  
19 William Street  
061 310 748

# www.allens.ie

follow us on facebook

