

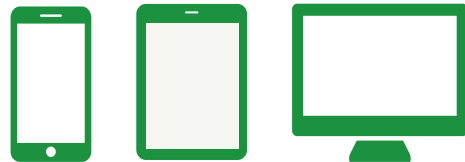
**UP NEXT:** Munster look to bounce back against Ulster **SPORT**



# The Wednesday, January 1, 2020 Leader

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**Calling all brides-to-be for the Mid-West Bridal Exhibition P5**



Limerick rang in the new year and new decade with a spectacular fireworks display over the River Shannon on Tuesday night. The family friendly event was a fitting finale to the Christmas festivities

**Ringling in the new decade!**  
**2020 starts off with a bang**

**AH HERE LADS**

Students cause €2,000 worth of damage during Christmas Day melee **P16**



**UP AND UP!**  
Limerick house prices continue to rise, despite overall national drop **Page 14**



**Racing festival** Over 40,000 at four day event **P6, 10 & Sport**

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# Leading Off

Setting the agenda in Limerick



**▲ GOOD WEEK**  
**Local pubs and retailers**  
 The festive period has seen a great buzz in the city with the sales and rugby matches adding to the general feel good vibe



**▼ BAD WEEK**  
**Giftworks customers**  
 Scores of customers were left out of pocket after the store at the Parkway Shopping Centre closed abruptly at Christmas



**☀️ QUOTE OF THE WEEK**  
 "The roar that greeted him over the line and the stampede of young and old, men and women that flocked to the winners' enclosure to applaud him was something to behold"  
**Jockey Patrick Mullins - see page 6**

**INSIDE THIS WEEK**



**STYLE AT THE RACES**  
 Most Stylish wins holiday  
 Page 10



**TAKE A BITE INTO 2020**  
 Try a traditional recipe  
 Pages 24-25



**PLENTY TO SEE AND DO**  
 What's On with Seamus Ryan  
 PAGE 32



**OH WHAT A YEAR!**  
 Richard Lynch's look back at 2019  
 Pages 44-45

## After the binge comes the resolutions...



Students from St Clement's School with Fr Seamus Enright and the Mayor of Limerick City and County, Michael Sheahan at the sleep-out to help raise funds for the Redemptorists Poor Appeal which helped deliver over 6,000 food hampers

**WHAT WE THINK**  
**EUGENE PHELAN**  
 LEADER EDITOR

It really is exhausting...and thanks be to God it is over. Yes, Christmas is great, but it goes on for so long. The shopping starts so early and you would think people were going to run out of food and drink such are the crowds queuing at the different supermarkets. But having said that, overall it is a great time of the year, a time when family

return home and a time to reflect on the year ahead. And yes commercialism is taking over and the meaning of Christmas is slowly being lost. But not by everybody. And it is heartening to see so many good things happening in Limerick, and the fact that people genuinely do care about homelessness, poverty and the plight of others.

So many good things happened in Limerick it is hard to chronicle them all. Again the Redemptorists, led by Fr Seamus Enright, along with the Society of St Vincent de Paul, did a magnificent job in delivering over 6,000 food parcels to families. Now it is time for the new year's resolutions. Best of luck with whatever goal you set for 2020!

**WEBTOPTEN**

1. Former Made in Chelsea star spends festive weekend in Adare Manor
2. Almost 450 homes planned for Limerick city site
3. Investigation underway after car crash involving garda vehicle in Limerick city
4. Limerick man appeals to public to help locate lost wedding ring
5. Angry customers still 'in the dark' after Limerick furniture store closure
6. Limerick motorist caught for 17th time with no insurance has 'no respect for the law'
7. Leinster's Sean enjoys bragging rights among Limerick's Cronin brothers at Thomond Park
8. Stolen SUV was 'deliberately reversed' at Limerick garda
9. Gardai hit County Limerick drug dealers where it hurts
10. Traffic delays as emergency services at scene of double car collision in County Limerick



**WEATHER FOR THE WEEK**



**WEDNESDAY**  
 Periods of clouds and good sunshine  
 - High of 10°C



**THURSDAY**  
 Showery day with a few breaks in the rain



**FRIDAY**  
 Mixed day with intervals of clouds and sunshine



**SATURDAY**  
 Generally dry day with times of clouds and sun  
 - High of 8°C



**SUNDAY**  
 The cloudiness continues but remaining mostly dry



**MONDAY**  
 Another cloudy day - like Sunday with a high of just 9°C



# MyLimerick

## Fiona Steed

Group Lead Allied Health UL Hospitals, former Irish rugby international, rugby analyst and coach, proud Tipperary woman, mother and wife

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

A perfect weekend would start with an early morning trip to the Milk Market on Saturday to pick up lots of bits and pieces, followed by lunch at home on the farm and going to watch Munster play in Thomond Park. I usually go to Mass with my mother-in-law Marie and kids on a Saturday night but this will be delayed 'til Sunday if Munster are playing. Most Sunday mornings are spent at Bruff Rugby Club coaching underage and home to a nice piece of slow cooked beef. If it's fresh in the afternoon we might go for a little cycle or walk in Glenstal.

### What's your first Limerick memory?

Going shopping in the Parkway and then the Crescent as a child. Such a big thrill coming from the countryside in Silvermines.

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

I love where I live in Cappamore, it's a great village with great people, who have welcomed me in, has great schools and sports facilities, and it's not too far away from Tipperary. I also love the Shannon Estuary drive along the N69.

### What about a favourite local walk or view?

I really love the Clare Glens, we go there a lot and it straddles the Tipperary Limerick border beautifully. The trees in Glenstal are fabulous in autumn too.

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

Like most counties it's the people who make them and I think the way Limerick is nestled in North Munster makes it special. It

has so many unique features but also is a gateway to The West.

### Do you have a favourite local restaurant?

I can rarely get himself [Lions, Ireland, Munster and Bruff legend John Hayes] away from the farm for a night out in Limerick but myself and a group of old Shannon buddies head into La Cucina Centro every now and then for fab food and great fun.

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

Open and welcoming and just a little bit bitter (when it comes to sport).

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

See above. I'm married to someone who still hasn't got over Tipperary winning the All-Irelands in 1989 and 1991 when he was in school in Doon. By the way there's nothing wrong with being a bit bitter around sport, it makes you stronger!!

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

I think the county is ever evolving as a place of tourism and growth and we are constantly finding new places to go walking, hiking etc There are two things for me as I see it and that's creating a vibrant city centre that will attract business and people, and as a parent of a young teenager I worry about having appropriate safe space for them to have fun and express themselves without undue inappropriate influences.

This is not unique to Limerick just front and centre of my mind presently.



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# FINUCANES



# Lisa Smith expected to be home for New Year's Day

**REBECCA LAFFAN**

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MEDIA gathered outside Limerick Prison this Tuesday as Lisa Smith, the accused ISIS member, was expected to be released.

The mother-of-one was due to be released from the jail on Mulgrave Street in Limerick city after being remanded there since December 4.

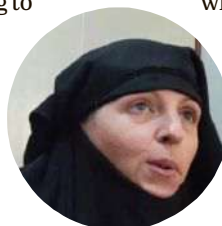
"She is expected to be released in the next hour," a source told The

Leader at the time of going to press this Tuesday evening.

She is due to appear before Dublin District Court on January 8.

The 37-year-old was not released in time to join her family and two-year-old daughter on Christmas Day, despite having her bail granted on December 19.

It is believed that this is because Paul Grimes (50s), a family friend



who put forward her bail money, was not allowed to act as the independent surety due to previous convictions.

It is believed that Mr Grimes has several convictions, with some going back 40 years, including an assault on the referee who allowed the controversial goal which cost Louth the 2010 Leinster Football Final.

Ms Smith, who denies the charges against her, had been held in a "specialist regime" in Limerick Prison since December 4.

The County Louth native was radicalised while in Ireland and travelled to Syria in 2015 to join the middle eastern terror group, ISIS.

The former soldier returned to Ireland on December 1 with her two-year-old daughter after she was located in a Syrian Refugee camp.

After questioning she was

charged with being a member of ISIS, and initially refused bail by the District Court. Her bail conditions include signing into a garda station twice daily, as well as having to remain indoors from 8pm until 7am the following day, while she also cannot leave the jurisdiction or apply for new travel documentation, after already having lost her passport.

She must provide gardaí with a contact phone number within 48 hours of taking up bail.

# Every rented home found to be 'non compliant'

**Failure rate:** 100% of rented homes fail council inspection

**DAVID HURLEY**

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EVERY privately rented home which was inspected in Limerick during 2018 was in breach of planning standards or regulations, it can be revealed.

Figures obtained under the Freedom of Information Act show 1,035 homes were inspected by Limerick City and County Council during the 12 month period.

A significant number of the properties which were inspected come under the Housing Assistance Payment (HAP) scheme while others come under the Rental Accommodation Scheme (RAS).

While the overall rate of non-compliance was 100%, multiple breaches of standards and regulations were found in some properties.

A summary of the figures, shows more than 6,200 individual breaches were detected across a variety of areas such as structure, heating, ventilation, refuse and food preparation.

The local authority has refused to disclose full details of the reports - citing the volume of documentation and the time it would take to retrieve the relevant reports.

A spokesperson for the council

also stated that any personal information relating to tenants, landlords and agents would have to be redacted from each report before it could be released.

Overall figures disclosed to The Leader show 1,021 of the breaches related to gas, oil or electricity installations while 1,010 related to structural issues. A further 1,020 of the breaches related to insufficient information about the rented property being provided, by the landlord, to the tenant.

By way of clarification, a spokesperson for the council's housing department said one issue which can often result in a property failing an inspection relates to the number and location of carbon monoxide alarms.

Regulations require that alarms should be located in every room that contains a heat-producing appliance and either inside or close to each bedroom.

The absence of an up-to-date copies of the Periodic Inspection Report relating to the electrical/gas/oil installations is also a common problem which can lead to a property failing an inspection.

Just 16 houses which had been found to be non-complaint became compliant during 2018.



## Aladdin drawing big crowds to UCH



**Lucy and Michael Lowe, Ballynanty all set for Aladdin at the University Concert Hall. It continues until Sunday January 5 next** PICTURE BRENDAN GLEESON





# Brides-to-be to flock to expo at UL

**Showcase:** Biggest Mid-West Bridal Exhibition yet to take place on January 11 & 12

**ÁINE FITZGERALD**

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INSPIRATIONAL tips and fresh ideas on what is making waves in the world of bridal fashion will feature at the Mid-West Bridal Exhibition on January 11 and 12 next.

The sports arena and exhibition hall at the University of Limerick will play host to the exhibition which is now in its 18th year and has

been a hugely successful wedding showcase.

This year, the organisers are offering a honeymoon giveaway in association with Melanie Cahill Travel Counsellor and a wedding dress giveaway in association with Finesse Bridal, who will be celebrating 20 years in business.

According to the organisers, the upcoming exhibition is proving to be the biggest yet "with amazing

exhibitors, prizes and giveaways".

Two fashion shows will take place daily covering fashion for brides, bridesmaids, grooms wear, mother-of-the-bride, hats and accessories as well as fashion for guest at the wedding with head turning hair styles, glowing makeup and unusual wedding bouquets.

The exhibition also includes hotels, reception venues, celebrants, beauty, make-up, bridal

wear, grooms wear, cakes and desserts, wedding cars, bridal designers, entertainment services, florists, hairdressers, honeymoon services, jewellers, photobooths, photographers and videographers, stationery, wedding gift items, wedding décor and planners – anything the bridal couple will need for their special day.

"We are very excited about the upcoming Mid-West Bridal

Exhibition. It is the biggest to date and has always been a hugely successful event. This is one of Ireland's largest and longest established wedding showcases catering for all aspects of planning for your perfect wedding," said organiser Ger Lee from HL Event Management.

The event will open its doors from 12pm to 6pm on both days with tickets available at the door.



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**Don't forget the Mid-West Bridal Exhibition at the UL Sports Arena on Saturday, January 11 and Sunday, January 12. Event organiser Celia Holman Lee is pictured with Beibhinn Haren ahead of the exhibition**





# Reality star's romantic getaway is Made in Limerick

**REBECCA LAFFAN**

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A FORMER Made in Chelsea star paid a visit to Limerick over the weekend, choosing none other than Limerick's Adare Manor as her lavish getaway.

Millie Mackintosh and her husband Hugo Taylor, who also featured on the Bafta-winning TV series, enjoyed one of their final festive retreats before the arrival of their first child in May next year.

The Instagram personality, who has over 1.3 million followers, documented her luxurious stay in the five-star hotel in a series of posts - including one of her showing off her baby bump.

The star captioned her post: 'Looking forward to #2020 #motherhood #babygirl #icantwaittoomeetyou.'

Millie, 30, announced the pregnancy last month, with the couple receiving a gift of a white bathrobe for their new arrival from



**Millie poses for her 1.3m followers on the manor's grounds**

the manor.

Millie's Instagram showed off the couple's stunning hotel room, complete with four-poster bed and Christmas tree, as well as their breakfasts of bacon and waffles.

The happy couple tied the knot in the summer of 2018, a year after Hugo proposed during a holiday to the Greek island of Mykonos.

The couple briefly dated when they starred in Made In Chelsea back in 2011 and reunited after Millie's split from her first husband, rapper Professor Green, in 2016.

Millie is the heiress of Quality Street chocolates, as her great-grandfather and great-Uncle Harold and Douglas

Mackintosh created the sweet company. It was rumored that the ex-Made in Chelsea star was assisting Meghan Markle with the planning of her Royal wedding to Prince Harry last year, as sources say the two have been friends for years. However, despite speculation that she would be a bridesmaid at the Windsor wedding, Millie wasn't invited to the day as it was rumored that Prince Harry discouraged from her attending.



**Left: Claire Lane, Mitchelstown, Ciara Lane, Aoife Finn, Pallasgreen, Edell and Fiona Moynihan, enjoying the races, as were above, Evie and Cathal O'Gorman**

# Just under 41,000 attend four day Limerick racing festival

**Greenmount, Patrickswell:** St Stephen's Day saw more patrons than Leopardstown

**EUGENE PHELAN**

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LIMERICK'S four day Mr Binman Racing Festival proved a huge success at Greenmount Park, Patrickswell, with the attendance up each day, compared to 2018.

And on day one, St Stephen's Day, general manager, Patrick O'Callaghan and staff were thrilled to see that they had an even bigger crowd than Leopardstown, with 14,106 attending in Limerick with 11,916 at the Dublin venue.

"The Grade 1 with Faugheen and Samcro was a big draw and made a huge difference," said the delighted general manager. And he cited the weather as another plus, an important factor.

This facility has all the comforts needed, no matter what the weather and the facilities were well able to handle the hungry and thirsty punters who revelled in the Christmas action with the highlight being the duel between two stars of the National Hunt scene, Faugheen and Samcro in the Grade 1 Matchbook Betting Exchange Novice chase worth €100,000 in prize money.

Faugheen's jockey Patrick Mullins who did a Frankie Dettori-style dismount, much to the delight of the crowd, was bowled over by the reception he and Faugheen received from a big crowd that turned up at the winners' enclosure.

"The roar that greeted him over the line and the stampede of young

and old, men and women that flocked to the winners' enclosure to applaud him was something to behold and a moment I will not forget," the top rider said afterwards.

"I've ridden favourites in Cheltenham to win but this was beyond that, above it. Something different. Something more," he enthused.

Day two saw 11,328 punters turn up, another increase on 2018 with 9,212 on day three and 6,295 on day four, all increases on the previous year, with a total of 40,941 in all attending.

This year, Limerick Racecourse committed to reduce waste drastically on site by using 'green' suppliers and compostable materials at the Mr Binman Christmas Racing



**I've ridden favourites in Cheltenham to win but this was beyond that**

**JOCKEY PATRICK MULLINS**

festival. Mr Binman provided clearly-signposted bins with compost and recycling facilities for all race-goers that attended the Limerick Christmas Racing Festival.

The good news is that even from initial numbers after racing finished on Sunday, there was a five-fold increase in recycling when compared to last year's festival.

"We wanted to show that sustainability can be part of festivals and public events, so Limerick hosted the first Green Racing Festival in Ireland this Christmas where plastics were no longer single use and there were facilities to recycle your waste properly at the racecourse. The increase in recycling year on year is phenomenal," stated Joe Cleary of Mr Binman.



## TOP EXHIBITORS INCLUDING:

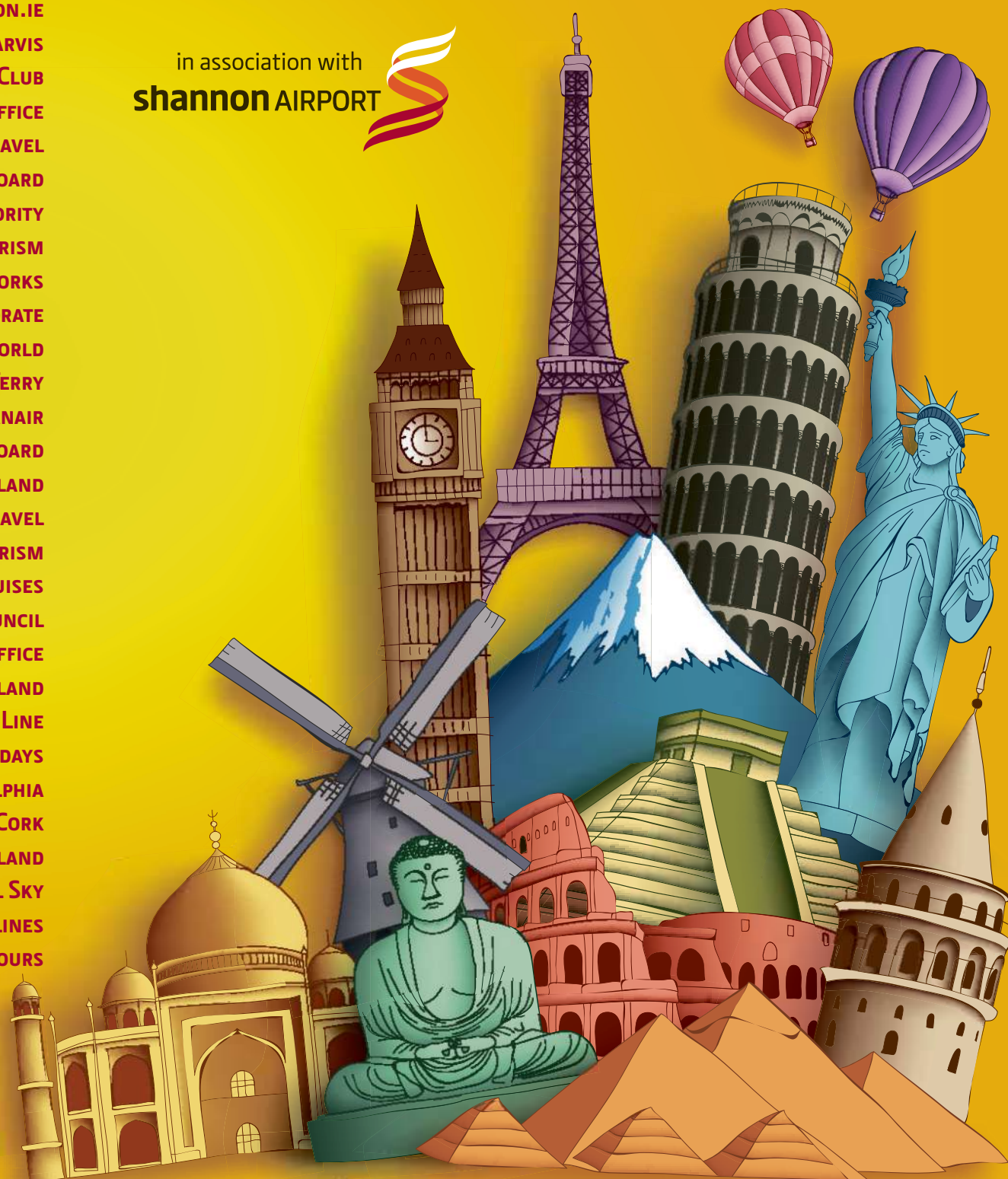
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 SHANDON TRAVEL  
 SHANNON HERITAGE & TOURISM  
 SILVERSEA CRUISES  
 SOUTH DUBLIN COUNTY COUNCIL  
 SPANISH TOURISM OFFICE  
 SPIKE ISLAND  
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# Troubled teenager assaulted workers at care centre

**Injuries:** Care worker has not returned to work after attack

DAVID HURLEY

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A JUVENILE offender who violently assaulted a number of workers while being detained at Coovagh House will be sentenced later in the year.

Jason Smith, 19, of no fixed abode has pleaded guilty to charges relating to four separate incidents which occurred on dates between December 2017 and March 2018.

During a sentencing hearing before Christmas, Detective Garda Eoghan McDonagh said the defendant, who is originally from County Louth, was being detained at Coovagh House, on the grounds of St Joseph's Hospital, on foot of a High Court Order.

"It is a special care unit which deals with juveniles who have difficulties," John O'Sullivan BL, prosecuting told Limerick Circuit Court.

In one incident on December 5, 2017, a care worker sustained soft tissue injuries when he was punched across the back of the

head while a second care worker was injured when he was struck while escorting Mr Smith to the bathroom.

Judge Martina Baxter was told that following the second incident, the defendant had to be restrained as he threatened to stab and kill the care worker.

The worker, Mr O'Sullivan said, underwent a CT scan following the assault and has not returned to work since.

Meanwhile, Mr Smith has also admitted assaulting a security guard on January 26, 2018.

Detective Garda McDonagh said the man was on duty near the entrance to St Joseph's Hospital, when he was confronted by Mr Smith who threatened him and struck him in the face.

The door of a the security cabin was also kicked in and a block was thrown through the window after the security guard retreated.

"It was extremely frightening," said Mr O'Sullivan who told the court that while the security guard sustained minor physical injuries, he was in fear of his life and



Jason Smith was being detained at Coovagh House at the time

continues to suffer from anxiety as a consequence of what happened.

The fourth assault happened on March 5, 2018.

On that date, Mr Smith grabbed a care worker by the arm and striking him three times. He also attempted to headbutt him and spat in his face.

Barrister Eimear Carey said her client experienced significant difficulties as a child and that he

suffers from anger management issues. She said he has been doing well in custody and that realises he has to change his behaviour going forward.

"It is a wake up call for him," she said urging the court to note Mr Smith's age.

Judge Baxter adjourned the matter to early February requesting details of where the defendant will live when released.

## First arrest in Rose murder probe

FINTAN WALSH

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THE PROCESS of the European arrest warrant, which is before the English courts, in relation to the murder of pensioner Rose Hanrahan, could take weeks, according to media reports.

Gardai last week confirmed that a person has been arrested in connection with the murder of the Limerick pensioner.

In an official statement

to the Leader last Friday afternoon, An Garda Siochana said: "Gardaí are aware that an individual has been arrested on a European Arrest Warrant. No further information is available at this time."

A senior officer in An Garda Siochana press office has confirmed this statement to be correct.

Rose Hanrahan, the 78-year-old widowed pensioner, was brutally murdered at her home on New Road, Thomondgate in the northside of Limerick city on December 14, 2017.

This is the first arrest in the major investigation which has been led by gardai at Mayorstone garda station.

The community of Thomondgate marked the second anniversary of Rose Hanrahan's death with an evening vigil outside her home on December 16.



Rose Hanrahan

## Teen robbed by culprit on bike

DAVID HURLEY

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A YOUNG man who was robbed while walking home following a night out has been threatened and warned not to contact gardai about the incident.

The victim's mobile phone and a small amount of change were taken by the culprit who claimed he was armed with a knife and would stab him.

Darragh Moore, 28, of Cosgrave Park, Moyross has pleaded guilty to a robbery charge relating to an incident on the Dock Road at around 6.30am on October 27, 2018.

During a sentencing hearing before Christmas, Detective Garda Cathal O'Sullivan said the

19-year-old victim was approached by the defendant who was riding a bicycle.

He told him to empty his pockets, he said he had a knife, he told barrister John O'Sullivan who added that the youth "was in great fear and dropped to his knees".

Judge Martina Baxter was told the injured party had eaten in a service station a short time earlier and that CCTV footage shows Mr Moore cycling and walking around the store "following the injured party".

Following his arrest, the defendant initially claimed he had found the phone and denied any involvement in the robbery. However, he admitted stealing a charity collection box from a



Limerick Courthouse, Mulgrave Street

premises in Thomondgate at around 8.30am on the same day.

Barrister Yvonne Quinn said her client - a father of six - is a chronic addict and has suffered a lot of tragedy in his life. She said Mr Moore has no history of violence and she asked the court to note that no knife was produced during the robbery.

While noting the submission that the defendant is now drug free, Judge Baxter expressed concern she was "being asked to rely on instructions".

Adjourning the matter for sentence, she requested a report from the governor of Limerick Prison and directed that Mr Moore provide regular urine samples for analysis

## Workplace accidents rise to more than 330

MORE than 300 workplace accidents occurred in Limerick during the first nine months of last year, writes David Hurley.

Figures released to The Leader under the Freedom of Information Act show a total 334 incidents were referred to the Health and Safety Authority between January 1 and September 30 2019.

According to the HSA, 324 of these were categorised as "non-fatal accidents" while ten were categorised as "dangerous occurrences".

There were no reports of any fatal workplace accidents in Limerick over

the nine-month period.

The HSA has refused to release further details - citing Section 37 (1) of the Freedom of Information Act.

"Having examined the records at issue, I am satisfied that the records (i.e. all reports relating to incidents) contain information of a personal nature and is therefore exempt under Section 37," stated Gemma Toal, FOI decision maker.

The location of the 334 incidents has not been disclosed and it's not know what action, if any, was taken by the HSA.





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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 &  
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Limerick Leader



### ANIMAL CHARITIES GET €76K OUT OF €3M

**Yvone Ellard**

We also need far better laws on animal welfare and to have them enforced. But the fact the government gives any money to animal welfare groups has to be commended, it doesn't happen in the UK for example. I'm sure the groups getting the money appreciate it as it's so hard for them to keep going doing the work they do while also having to fundraise.



**Chris Walsh**

It's positive news and should be welcomed.

**Tracy McNamara**

Those figures are disgraceful. No where close to what should be allocated.

### APPEAL TO HELP LOCATE WEDDING RING

**Sharon Culhane**

Hope you find it I'm not holy but when I go to work soon I will say a prayer in the church that you get it back



**Breda Clarke**

St Anthony trust me has been so good for me promise to donate good luck

**Marian O'Brien**

Hope u can find it

### ALMOST 450 HOMES PLANNED FOR LIMERICK CITY SITE

**Daniel O Hartaigh**

Change is good, and to the people complaining just walk down O Connell street any given day and you'll see how much something like this could make such a difference in many peoples lives. It'll ease the already overcrowded housing market, create jobs in the city.



**Graham Hickey**

Traffic is the biggest issue here. You can't get onto the Dublin Rd in the mornings as for the Corbally road side is a total disaster

### COUNCILLORS REPEAT CALL TO RECRUIT DIETITIAN TO SUPPORT LIMERICK DIABETES PATIENTS

**Pat Forster**

I am simply astounded that these essential services for diabetics are not already in place!



**Christine Gleeson**

In fairness regular visits to a dietician might solve alot of the hospital crisis issues were have in this country

**Mary Mollica**

I really like this councillor. She's new to politics and not jaded and actually seems to give a damn about her constituents. Thank you. As for the hospital, it gets worse every day.



**Gemma McDonagh (centre) who won first prize and walked away with a holiday for two people to Turkey, Alex Butler (left) came third, and Emma Perkins (right) came second** PICTURE: : DON MOLONEY

# Prizes galore for Most Stylish ladies

**Races:** Galway girl Gemma wins Turkish holiday

**REBECCA LAFFAN**

rebecca.laffan@limerickleader.ie

THE style stakes were high at Limerick Racecourse over the weekend as women gathered for the Sunway Holidays Most Stylish Ladies competition.

On Saturday, Gemma McDonagh from Headford in County Galway walked away with a holiday for two people to Kusadasi, Turkey including return flights, 20kg Luggage, Transfers and the services of a Sunway Representative in Resort.

Gemma wowed in a black and gold Zara shirt dress with puff sleeves from her own business, DressMeUp Rentals, in Galway.

A stunning Design by Shimmer headpiece from Jennifer's Hat Emporium completed Gemma's look along with black and gold Kurt Geiger heels and a vintage bag and gloves.

"I've been going to the Limerick races for years now, I've been in the top ten a few times but I've never won top prize - I'm absolutely delighted," said Gemma.

"I've the holiday booked already for the end of May, I'm going with my

daughter and we simply can't wait."

Speaking of how her ensemble caught the judge's eye, Gemma said: "I was told it was a favourite as I had mixed together some high street, high-end and DIY bits to create the entire outfit. I think it really stood out."

Emma Perkins from Knocklong, county Limerick came second, winning a luxury overnight stay for two people in a Junior Suite in The Savoy Hotel Limerick to include dinner and a bottle of Veuve Cliquot Champagne.

Emma wore a green dress from Phoenix V and a hat by Marc Millinery.

Alex Butler from Ballyedmond, county Cork came third, winning a VIP day at Limerick Racecourse for four people in 2019.

Alex wore a Umit Kutluk cream outfit with a headpiece by Marc Millinery.

Ten finalists each received a €100 voucher for Phoenix V Boutique located in Cork and Dublin.

The ten finalists included Siobhán Kennedy from Tournafulla, county Limerick, Móira O'Toole

from Kilkenny, Grace Flynn from Pallaskenry, Paula McCormack from Thurles, Donna Ollerenshaw from Tuam, county Galway, Mary Woulfe from Abbeyfeale, and Stacey O'Leary from Killarney.

All ladies who registered for the Sunway Holidays Most Stylish Ladies competition enjoyed a prosecco reception and had their image taken by the Ladies Day team.

Judge Stuart Montgomery of Stuart's Select Style said: "I had such a tough task narrowing down the top three from the 10 finalists, the style was amazing."

Sunway Holidays returned as title sponsor for the sixth year for the Sunway Holidays Most Stylish Lady competition.

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The site of the proposed development (in orange) at St Nessian's Road, Dooradoyle

## Concerned residents strongly oppose plan for 'monstrosity' on site adjacent to pub

**DAVID HURLEY**

david.hurley@limerickleader.ie

PLANNERS have expressed strong concerns about proposals to construct more than 50 apartments at a site next to the Unicorn pub in Dooradoyle.

Unicorn Bar & Restaurant Ltd is seeking permission for a 'Build to Rent' residential apartment scheme, that will have shared amenities.

The proposed development will incorporate eight studio apartments, 37 one-bedroom apartments and eight two-bedroom apartments set out across a single block ranging in height from four to nine stories.

There will also be a basement and underground car parking.

A dozen objections and submissions have been received and Limerick City and County Council has now requested further information from the applicant.

"The Planning Authority has very serious concerns that the proposed development as outlined is incongruous to the local area by reason of its height, scale and mass and would be detrimental to the character of the area and the amenity of neighbouring properties," states a letter sent by the council to the applicant.

Planners have highlighted a number of specific concerns and observations

and the applicant has been asked to submit a revised proposal in its response to the request for further information.

An Urban Design Statement has also been requested from the applicant as has a full Traffic and Transport Assessment and Road Safety Audit.

The applicant has also been advised to note and respond to the objections which have been received in relation to the proposed development.

In its submission, the Dooradoyle Estate and St Nessian's Park Residents Association expressed concerns about what it says is the "extremely high density" of accommodation units within the development. This, it submits, "will be detrimental to the residential amenity of the area for existing and new residents".

The Association has also raised concerns about the impact on traffic, the height of the proposed development and the lack of parking spaces for visitors.

In a separate objection, the Gouldavoher Residents Association describes the proposed development as a "monstrosity that is totally out of character with the development of the village and its residential area".

Several other individuals and families who live in the locality have also made written submissions to the council.

# Commissioner to seek support for new garda stations



Commissioner Drew Harris made his comments at a recent meeting of the Limerick Joint Policing Committee PICTURE: LIAM BURKE

## Population: Drew Harris says any new garda stations must 'fit into' Ireland 2040 plan

**DAVID HURLEY**

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THE garda commissioner says he is supportive of calls for new garda stations in areas of high-population growth such as Castletroy and Raheen.

However, Drew Harris says such projects take a considerable time to complete as there is a process to have them included in the capital budget.

At a meeting of the Limerick Joint Policing Committee, Commissioner Harris said existing population levels and expected growth are the key factors in deciding where any new stations are to be located.

"I'm very mindful of population growth and I'm very mindful that some towns, in particular, are expanding hugely," he said adding that a number of existing garda stations are no longer in the best locations.

The commissioner told the meeting the new capital plan will be rolled out in 2021 and



**The better the case that is made, the more we will get**

**COMMISSIONER DREW HARRIS**



that the process to identify the locations of new stations will begin shortly.

"We will start programming within the organisation and asking for, in effect, bids," he said adding that An Garda Síochána will also work closely with the Office of Public Works.

The internal process will see each garda division in the country submitting its requirements to the relevant assistant commissioner for consideration before final proposals are forwarded to Garda Headquarters.

While not giving guarantees, Mr Harris said any new stations in Limerick will have to "fit in" with the Ireland 2040 vision and will have to be supported by a business case.

"The better the case that is made, the more we will get from the overall capital pie," he said adding that any proposals will have to be ambitious and future-proofed.

"The population of small villages and towns have grown exponentially the last five to ten years and the population is set to grow even further over the next ten to 20 years so it would, at least, be nice to keep pace with that," said Commissioner Harris.

Currently, the only new garda station approved for the Limerick division is in Newcastle West while the refurbishment of Castleconnell garda station is a priority.

Members of the JPC agreed that they should be briefed on the process to secure new garda stations at their next meeting.



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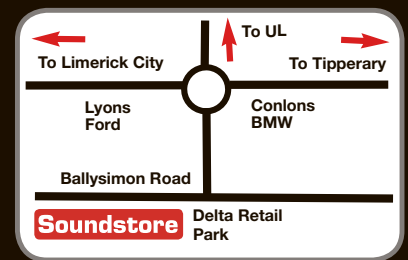
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## LEADER BRIEFS

## Recycle your Christmas waste

LIMERICK City and County Council is urging householders to reuse or repurpose as much of their Christmas waste as they can.

The council is encouraging members of the public to avail of the services which it provides in an effort to reduce the amount of waste going to landfill.

Household Christmas Trees can be brought, free of charge, to any of the three recycling amenity centres in Mungret, Kilmallock and Newcastle West while the local authority will be operating three additional one-day collection points for Christmas trees.

These will take place at Musgrave's Market Place Car Park, Park Road on Saturday, January 4; At Watch House Cross, Moyross on Friday, January 10 and at Our Lady of Lourdes Church, Childers Road on Saturday, January 11.

The trees will be shredded and used as bark mulch throughout the city and county by the Parks Department.

## Free admission to Holiday Show

AS the new year begins thoughts turn to holidays and the sun.

And if thinking of heading abroad the Holiday Show in the South Court Hotel on Saturday and Sunday January 11 and 12 is a must for you with free admission.

The show, run in association with Shannon Airport, returns for a fifth year in a new venue with exhibitors from across the globe, all under one roof with free admission.

Visitors will get the opportunity to secure show only holiday deals, receive expert advice from travel professionals and be in with a chance to win holiday prizes. Aer Lingus, Air Canada, American Airlines, Delta Air Lines, Ryanair and United Airlines who reach countries far and wide across the world will attend.

# Small delay to riverside plan

**Planning:** Decision due on tower in the coming weeks

**NICK RABBITTS**  
nick@limerickleader.ie

LIMERICK Council has requested the developers of a planned new riverside tower in the city to upgrade the lighting in part of a neighbouring street.

As revealed by our sister newspaper, the Limerick Leader, Kirkland Investments has returned to the table with revised plans for an office complex as part of a multi-million euro development at Bishop's Quay.

Original plans – unveiled in September 2016 – were for a 14-storey block, incorporating high-grade office space.

However, this has since been revised downward to seven-storeys.

Following the lodging of a planning application, the council has sought further information from the developer, in a move which delays the decision date, initially expected earlier this month.

As part of a three-page dossier of requests, council planners have stated that the public lighting in Henry Street from its junction with Lower Cecil Street to the end of the proposed property line should be upgraded at the same time as the development.

They are seeking revised planning details providing for the new lighting.

Meanwhile, the local authority has



**An early architectural impression of the proposed development, which has been halved in size since the initial impression above was submitted**

called on Kirkland Developments – headed by Rudi Butler, the son of former prominent city developer Robert Butler – to put together a revised maintenance plan and schedule.

“The applicant is also requested to set out the planning rationale for the reduction height of building permitted on site having regard to the policies set out on the Limerick City

Development Plan,” they added.

And a number of other changes to surrounding footpaths are also being sought for the application to proceed.

Sources close to the developer say, it will “set the standard” for building developments in Limerick, and deliver 100 construction jobs, and, in time, hundreds of permanent office positions.

## City and county house prices on rise, despite national drop

LIMERICK house prices have risen in 2019, despite average prices nationwide dropping for the first time since the crash.

The average price of a three-bedroom semi-detached house in Ireland has fallen in value by 0.6 percent, while prices are up 3.1 percent in Limerick city and 2.5 percent in the county, the Q4 Irish Independent REA Average House Price Index has found.

The average price of a family home in Ireland €234,704, while a similar home in county Limerick costs €165,000 and €205,000 in the city.

It was also found that a house took on average eight and a half weeks to sell in Limerick.

The survey concentrates on the sale price of Ireland's typical home type, the three-bed semi, giving an up-to-date picture of the second-hand property market across Ireland's towns and cities to the close



**House prices are on the rise**

of last week.

“Across the board, agents are reporting that the supply of finance to the market has decreased as banks use up their exceptions to the rules in the early part of the year,” said REA spokesperson Barry McDonald.

## Improved signage to help city tourists

**NEW**, improved signage to help tourists better find their way around the city are on the way this year.

It comes after Failte Ireland awarded council €500,000 in a grant to provide wayfinding signage across Limerick.

Now, the local authority is seeking a consultant to manage the preparation of a “wayfinding, orientation and interpretation strategy” for Limerick.

The strategy will include providing signs



**Welcome: Clr Daniel Butler**

for the full metropolitan area, and creating “distinct district” areas in the centre.

Fine Gael councillor Daniel Butler has welcomed the move.

He said: “It's been on the books for a while. It's taken on a new significance with the moving of the car park, things will start to happen soon. It's a big investment, and it's a big deal, and it is really important for our tourism offering.”

## Call for ban on cigarette machines

A Limerick Institute of Technology lecturer has called for a complete ban on cigarette vending machines in Ireland.

Dr Frank Houghton has challenged the government to follow the majority of its European neighbours and impose a complete ban on cigarette vending machines from hotels, bars, and other public places.

Dr Houghton said: “The Irish Government previously aimed to ban the sale of cigarettes from vending machines in both 2014 and 2016, a move that was never implemented.

“We are entering a new decade, so it is past time that the Government stood over its previous assertions and simply ban these machines,” he added.

“There is a marked decline in the amount of cash buyers in the market – down from 27% to 19% – and that is increasing the influence of the Central Bank's mortgage lending restrictions on the market.

“There seems to be a direct correlation between enquiry levels and the difficulty in obtaining mortgage approvals, and we have seen time taken to sell rise from five to seven weeks as the year has gone on,” he added.

“The second-hand market has become extremely price sensitive across the country and it is the areas with quality housing stock available for under €270,000 that are achieving highest growth.

“Once again there is a drop-off in viewings for four-bedroomed housing in certain areas where they are priced over €400,000, illustrating the influence of the Central Bank rules.”





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# Christmas ruined after Castletroy food fight

**RYAN O'ROURKE**

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A GROUP of Limerick students spoiled Christmas for staff at a service station after a food fight broke out in the early hours of Christmas morning, causing more than €2,000 worth of damage.

Around 100 students, who are believed to be secondary school students, had gathered at the Inver and Spar station on the Dublin Road on the night of Christmas

Eve.

The incident occurred after five or six individuals, who witnesses say appeared to be heavily intoxicated, then started a "food fight."

Staff, many of whom had young families, stayed in the shop until 6am to clean the shop.

Shane Gleeson, who owns the shop said he has never seen this kind of behaviour before.

"It was a food fight more than anything. They were throwing

wedges and chicken fillet rolls. There was an awful mess and a big clean up. It wasn't very nice for the staff to be cleaning that up on Christmas Eve," he told The Leader.

In a video that circulated on social media, the youths can be seen throwing various items of food at each other, including one youth who can be seen using a soup ladle to fire soup across the shop.

"Using CCTV we have identified the five or six who were the centre of it, and we know their parents.

We will have to repaint the walls, and we will be hoping that the parents will pay for that. But so far not one parent has come in to offer to pay," Mr Gleeson said.

"I would hope that the young men involved would have the character to come in and apologise to the staff that were affected. Criminal damage is being investigated by gardai. Criminal charges will be brought. It is the first time I have ever seen this behaviour," he added.



The staff of the shop stayed until 6am Christmas morning to clean



Ian Cleary from Tony Connolly's, helps Tadhg Bogan, Jack Scanlan, Rian Murphy and Eimhin Prendergast from Ennis Road with their purchases at the St Stephen's Day sales PICTURE: BRENDAN GLEESON

# The 'landscape' of sales has changed

**St Stephen's Day:** Black Friday sales have taken over

**RYAN O'ROURKE**

ryan.orourke@limerickleader.ie

"THE landscape of retail has changed. There are now as many sales from clicks as those on the bricks."

This is according to Noelle Connolly, from Connolly Man, who has noticed a shift in the number of people taking part in the post-Christmas sales.

"Generally it works out as about the same as last year. The average footfall was lower but the average spend was higher," said Ms Connolly.

"The Black Friday Dales have taken a lot of the frenzy out of the post-Christmas sales. The mayhem you used to see is gone. If you buy a jacket on sale in the Black Friday sales, you are not going to come in and buy it again in the January sales," she added.



Aoibheann Fleming helping Lisa Riordan with a bargain at Nevil's

The doors opened to shoppers at 11am at their Patrick Street shop.

"It is unfortunate that we have to open St Stephens Day, but you have to make hay while the sun shines. There is a wonderful cohort of customers that are passionate about buying in-store," Ms Connolly finished.

Friends Tadhg Bogan, Ennis Road, Jack Scanlan, Limerick, Rian

Murphy, Ennis Road and Eimhin Prendergast, also of Ennis Road were giving each other some honest opinions on potential purchases.

Ian Cleary who was going between manning the till and assisting customers described it as "tipping away nicely".

"There was a good rush this morning and it has been constant since we opened. Tommy Hilfiger has been good, wool coats have been good and jeans, Tommy and G-Star have all been selling very good. There is up to 30% and 50% off a lot of stock," Ian explained.

Nevil's Shoes on O'Connell Street also opened their doors at 11am but people had gathered outside at 10.55am.

"We have 20% off and 50% off some shoes," said floor manager Helen O'Sullivan. "Boots are the big seller. Flat boots more so than heels."

# City transport could get trackless plan

**NICK RABBITS**

nick@limerickleader.ie

A UNIVERSITY of Limerick (UL) graduate has produced a blueprint to introduce revolutionary new trackless trams on the city to Castletroy corridor.

Corbally man Fionan Coughlan, pictured, is to make a submission to the Limerick-Metropolitan Transport Strategy 2020, calling for the facility to eventually replace the delay-ridden 304 service - and then possibly extend it across the city.

Currently only in use in the Middle East, a trackless tram is considered as being a crossover between a conventional tram network, light rail and a bus service.

Unlike trams and light rail, there would be no need for overhead wires, with the electrical vehicles being powered by on-ground sensors.

"It's something which suits Limerick. It's not as expensive as light rail or trams like the Luas, which are so costly because you need to dig up roads to put down steel tracks and erect poles with electric cables," he said, "We don't have the patronage to be able to fund something as expensive as a Luas."

International business graduate Fionan pointed out the council is already planning a Quality Bus Corridor (QBC) between the city centre and UL, which is

hoped will improve bus times on the 304, as it will prohibit cars sharing lanes.

However, he believes the only way to inspire confidence around this is to introduce new trams in a bid to attract drivers out of their cars and onto a regular, scheduled tram service.

He has already held talks with local authority bosses on the scheme, and has sounded out several councillors.

"My vision is with this trackless team, people will be more willing and

supportive of giving road space to it

than a bus," he said,

pointing out its construction would dwarf the cost of

Dublin's Luas system.

A trackless tram system, he

pointed out, would also speed people getting off and on the vehicle, something which has been highlighted as a major problem on the 304.

"The perception of bus transport in Limerick has been and still is perceived to be a poor alternative to the car.

"Bus services in Limerick are generally regarded as a second class mode of transport with many people upgrading to a car as soon as they can afford to do so," he said.

Planning is ongoing for a tram network in Ireland's second city, Cork.

Fionan believes Adare's hosting of the Ryder Cup in 2026 provides a window of opportunity to develop transport locally.







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**ABOVE: New Year's Eve was also known as 'Oíche na Coda Móire - 'the night of the big portion'**  
**LEFT: People would gather around the hearth and remember years gone by on New Year's Eve.**

# Traditions and customs of New Year's Eve in Ireland year's ago

**L**ate on December 31 the perennial worries of getting transport home from house parties, pubs and restaurants will see many New Year's revelers make a hasty resolution that the following year they will definitely be staying at home.

For decade upon decade, especially in rural Ireland, New Year's Eve was about exactly that - staying in.

New Year was never truly a big thing in Ireland - especially for farming communities for who the fortunes of the crops were all important.

Irish New Year traditions in agricultural areas, such as they are, are all about the coming twelve months.

One belief was that no water could be drawn from the well after the sun went down on New Year's Eve.

All the water required needed to be inside the house before that and none of it could leave the house until the next day. Defying this belief meant that the family would be faced with a drought in the new year.

There was also a tradition that no money could be spent on New Year's Day. Nothing could be brought out of a home and anyone visiting should make sure they came bearing a gift. Giving something away meant giving your money away and surely no sensible person would do that.

The stroke of midnight on

December 31 carried traditions of its own. Being the first visitor to a house on New Year's Day was a popular custom but the warmth of your welcome was largely dependent on the colour of your hair.

Unless he arrived empty handed, a dark haired man would be greeted gladly because it was believed that he would bring plenty of good luck.

However, a red headed woman's arrival meant ill fortune even if her arms were weighed down with all the tokens of what was known as 'first footing' - bread and coal. Red haired females apparently tended to stay at home on New Year's Eve.

In fact to prevent bad luck, families sometimes sent out a dark haired member of the family immediately after midnight and had them walk back in through the door. All dark haired boys in the area would visit the houses and be welcomed with gifts of sweets or money.

Anything bad that happened on New Year's Eve was considered more significant the closer it was to midnight.

It was believed that there was only a certain amount of luck in the world and everything that could be done to claim a share of it had to be done.

Anything bad that happened on New Year's Eve was considered more significant the closer it was to midnight.

New Year's Eve was also known as "Oíche na Coda Móire," - 'the

night of the big portion' since people would eat a larger than normal meal to ensure food in plenty for the coming year. Another way of ensuring plenty was to make a cake which was then pounded against the door of the house three times while a prayer was said by the housewife.

This would chase the bad luck out of the house and invite the good spirits in. In other areas the man of the house would take three bites out of the cake and then throw it against the front door, in the name of the Trinity and banish hunger from the house. After this the family would then gather up the fragments of the cake and eat it.

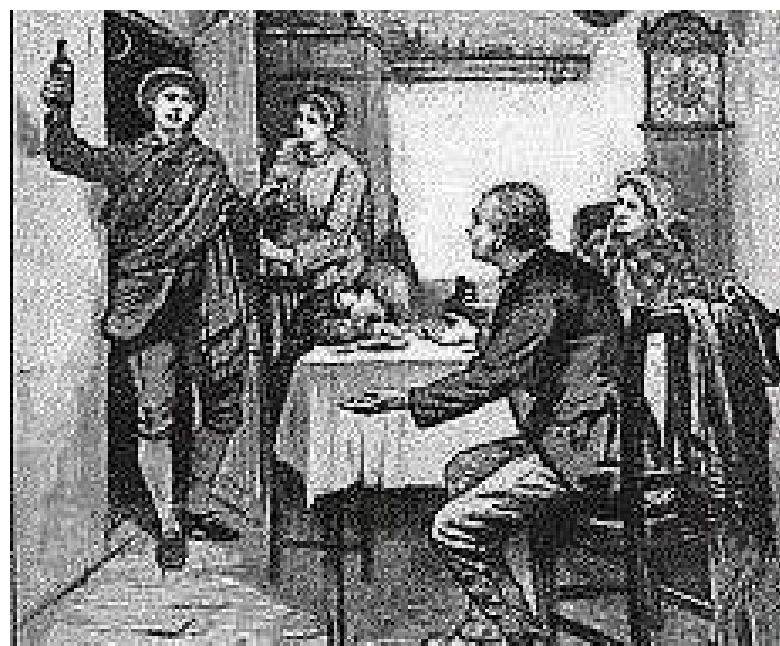
Many farmers repeated this ceremony at the door of the byre to ensure plentiful fodder for the cows.

People tried to ensure that no food was taken away from the house on New Year's Eve and beggars knew better than to approach a house looking for food.

Another New Year's Eve Irish tradition was that young girls put mistletoe under their pillows on New Year's Eve, in hopes of dreaming about their future husband.

On New Year's Eve night, families would remember those who has passed away that year before by setting a place for them at the dinner table and leaving the door unlatched.

Anyone entering the house after midnight by the front door would leave by the back door for good



**First footing was a New Year's Eve tradition in Ireland**

luck.

Well into the evening on New Year's Eve in Ireland there would always be a small group gathered around the fireplace, laughing and joking. Sooner or later, the conversation would turn to reminiscing about Ireland.

The old ones, well on their way with a few glasses of the hard stuff, would get all misty-eyed as they remembered times past and the stories would begin in the light of just the fire and candles burning in the windowsill.

There was also an Irish tradition

of predicting the political future of the country by checking which way the wind blows at midnight on New Year's Eve.

If the wind is from the west, there is a chance that good fortune will reign that year. If the wind is from the east, however, the British will prevail.

And, after the stroke of midnight the man of the house would recite the following verse: "May your nets always be full, Your pockets never empty, Your horse not cast a shoe, Nor the devil look at you In the coming year."





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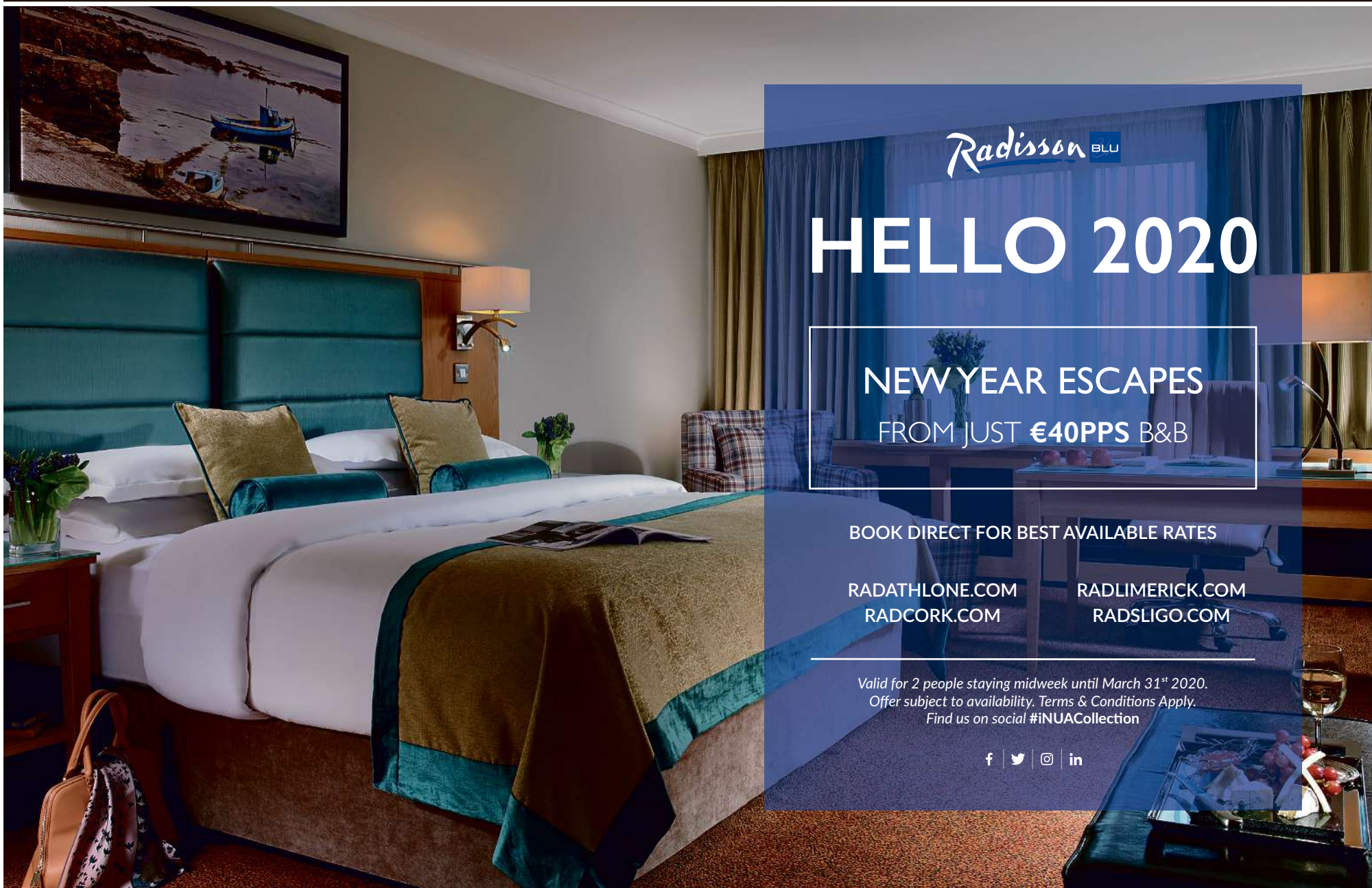


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Taking the plunge at the Christmas Day Swim at the Boat House at the University of Limerick

# Frosty dip for Christmas

Christmas Day Swim at the University of Limerick

**Pictures:** Brendan Gleeson

**Emma Doyle, Monaleen, Caoimhe Ryan, Annacotty and Chloe Tobin, Annacotty, warm up after finishing the Christmas Swim at UL**



**Criona Burns and her daughter, Kate Gleeson getting out of the water after the Christmas Swim**





**Brian Dillon, Ailbhne Dempsey, Kevin Dennehy, Aisling Armshaw, Mark Dennehy, John Ryan and Aoife McGuinness, after finishing the Christmas Swim**

# Candid Comment

By SPARTACUS

● IS there anything to be said for another Mass? There is nothing like Christmas to draw the crowds to a church. Spartacus knows of one person who hadn't been inside the walls of a church for a full 12 months, only to go twice in the past week - Christmas Eve and Christmas morning.

She loves the choir, she says. This writer went to a nine o'clock Mass in a county church on Christmas morning to find it only one third full.

Not one song was sung and the congregation found themselves back in their cars 36 minutes later. "Is there anything to be said for another Mass?" smiled one husband in jest to his wife, clearly chuffed at the simplicity of the occasion.

.....

● OMG - which to you of an older generation means Oh My God - was my reaction to the latest word to hit the headlines in the national newspapers.

It is 'selfitis'.

This is, I am told, an addiction to posting selfies.

Leading cosmetic surgeon, Dr Patrick Treacy says many of his clients are so obsessed with taking photos of themselves - and then editing them with filters and manipulation tools - that it is distorting their self image.

Borderline selfitis is taking three selfies a day without posting them; acute is posting three a day and chronic selfitis is posting six selfies a day.

I think these people have just too much time on their hands and need a real job.

.....

● YOU don't see too many electric scooters around Limerick, but there are a few.

I have noticed how some use footpaths, the other are on the roads.

I am told that legally they are an MPV, so you need tax and insurance, but of course you can't get tax and insurance as they are not legal on public

roads.

Now the electric scooter share service Lime - akin to the Coke a Cola bike scheme - is urging the government to legalise e-scooters in the Republic but only for use on roads and cycle lanes, and with a capped maximum speed of 25km per hour.

Lime, runs a shared e-scooters scheme in more than 40 cities globally, and it will be interesting to see if the government gives the go-ahead. Nice way to go to work, especially in the summer, hop on your e-scooter and avoid the traffic jams.

● BY all accounts restaurants and pubs in the city had a great Christmas, but some stories leave you wondering where society is going.

One well-known publican had a group in from what can be described as a very august institution.

"You would not believe it, they wrecked the place. Every decoration we put up was taken, they caused havoc. I don't know what it was all about, whether or not they were used to drinking, but there was no excuse for the carry on," one publican who contacted this paper explained.

Others have had their fill with groups wearing Christmas jumpers and doing the "12 pubs of Christmas."

"I just barred them all, by the time they got to my place most of them were drunk and falling around the place and annoying regulars," said another.

.....

● One of my least favourite post-Christmas traditions is now in full swing - the selling of presents gifted over the holiday period.

Across Facebook, you can see people selling their clothes, perfumes and gadgets that have recently been gifted. I can understand the fact that the presents may not have been to your liking, but at least have the decency not to plaster the fact across social media.



**John Murphy, Louise Murphy, Christy and Aisling Power and Cian Murphy all set for the Christmas Swim at UL**



**Brian Dillon Assumpta Park**



**Billy Cantillion all ready for the Christmas Swim**





# Hoteliers 'expecting a tough new year'

**Jobs:** Just one in five hotels plan to recruit more staff in New Year

**NICK RABBITTS**  
 nick@limerickleader.ie

ACCOMMODATION providers across Limerick are bracing themselves for a difficult 2020, according to the Irish Hotels Federation (IHF).

The Shannon branch of the industry body is reporting that only a third of local hotels are reporting a positive outlook for 2020, as the uncertainty over Brexit, and the high cost of doing business take their toll, leading to a slowdown in visitor growth.

Central Statistics Offices figures released nationally show just a 1.5% increase in overseas visitors to the end of November, compared to a 5.5% increase for the eleven month to end of November 2018.

Dermot Kelly, the chairman of the Shannon branch of the IHF says government must put more supports in place to assist tourism businesses.

He said: "We continue to face high costs of doing business, which have been compounded by the Government's decision to increase the tourism VAT in last year's Budget. The threat to businesses posed by escalating



insurances costs is well documented. Our members are also reporting significant pressure from rising local authority rates."

Seven in 10 hoteliers saw a fall-off in business from Great Britain, while over half reported a fall in business levels from Northern Ireland.

Mr Kelly added: "Tourism is a highly competitive business and these costs are making us less attractive as a destination. Decisive action is needed now to mitigate the impact this will have on tourism, especially the regions."

He pointed out that tourism in

**Dermot Kelly, Shannon Branch chairman of the Irish Hotels Federation, extreme left, pictured in 2017 with Brian Hanrahan, Mary Fitzgerald, Fitzgerald's Woodlands Hotel Adare, Nico Hernandez, John Gavin and Elaina Fitzgerald. Dermot is predicting a tough 2020 for hoteliers**

Limerick supports 11,500 jobs and contributes €327m to the local economy annually.

Elsewhere, with a slowdown in growth, hoteliers reported that just one in five hotels are planning to increase staffing levels over the next 12 months.

On a seasonal note, Christmas parties continue to be an important source of business for 60% of hotels nationally.

Of those, over a third reported an increase in business this festive season compared to 2018 with a similar number (32%) taking on additional staff for the Christmas period.

## Siobhan thanks fundraisers

THE chief executive of the humanitarian aid agency and Limerick native Siobhan Walsh has thanked those who took part in a charity event on Christmas Day.

Hundreds of people from across the county took part in the Goal mile on December 25, with events taking place at the Crecora GAA Pitch, the UL Arena, Ballybrown and Fedamore

The Goal mile is one of Ireland's largest and longest running fundraising events. Ms Walsh said: "I was



**Siobhan Walsh, Goal**

proud to see such a turnout from my home county. Thanks to GOAL Mile organisers in Limerick and around Ireland millions of euros have been raised to support Goal's work in the developing world since the first Goal Mile was staged in 1982."

She also praised Goal's agency staff.

## 'Milestone year for technology'

MANAGEMENT at Dell EMC in Raheen have predicted 2020 will be a "milestone" year for technology.

Sean O'Reilly, who is Dell's vice-president and Limerick site leader at the campus in Limerick, which employs 1,000 people, said: "The explosion in the growth of data and increasing computer power will result in emerging technologies becoming ever more evident in our everyday lives - from how we work and play, to how we do business in Ireland."

He said he is excited for the future of Dell's operation in the city, adding: "Our Innovation Lab in Limerick provides a critical AI and Internet of Things test-bed for businesses."

Mr O'Reilly also predicted the advent of fifth generation telephony technology will "completely change" the data game.

## Sisters' app: Huggs from 145 nations

WELL-WISHERS from 145 different countries used a telephone application developed in Limerick to send New Years greetings this week.

City based company Huggnote has developed musical huggs to send to friends and family around the world for free.

Founded by sisters Jacqui and Perry Meskell, Huggnote offers an alternative to texts or emojis - by allowing users to use the power of music to take their greetings to a new level. And it is free.

This New Years Eve, it was anticipated that countries from Angola to America used Huggnote to send a unique personalised message.

It's a major boost for the firm, which won the title of best emerging business at last year's Limerick Chamber Regional Business Awards.

"Nothing uplifts like music," says



**Huggnote founders Jacqui and Perry Meskell**

Jacqui, "It's such an easy way to make their day, no matter how far away they are."

One of the reasons the sisters believe Huggnote has done so well worldwide is because of how easy it is to use, with no need to download anything onto your phone.

Perry said: "Music releases the same happy hormones as a physical hug. Plus it's extremely emotional and a powerful rekindler of memories. So when you combine that with a heartfelt message, it's very special to receive. Many users tell us how they were moved to tears by their huggs."

She also acknowledged how loneliness is a major issue at this time of year.

Huggnote is currently raising pre-seed investment in order to develop the business further.





**Aisling Walsh, Mainister, Aoife Morrissey, Mungret, Laoise Carr, Ardnacrushna, Jo Burke, Crecora and Helena Dee, Dooradoyle**



**Alex Bulter, Middleton and Donna Ollerenshaw, Galway**

# CHRISTMAS RACING FESTIVAL AT THE LIMERICK RACECOURSE

**Pictures:** BRENDAN GLEESON



**Jennifer O'Carroll, Kiltely with Louise and Johnny Cogan, Kildare**



**Amy Collopy and Shauna Hughes, Rhebogoe**



**Anne Culhane, Croom with Liam and Natasha Lynch, Adare**



**Danielle Madden and Eoin O'Sullivan, Dooradoyle**



**Mgan Meaney, Sixmilebridge, Emma Kirwin, Lynwood Park and Sarah Hannigan, Aspel Gardens**



**Josette Hogan, Kay Fitzgerald and Maeve Egan, all from Sixmilebridge**



**John and Anne Garrett, Patrickswell**



# 20 New Year's Eve food traditions

## Poland

In Poland pickled herring is eaten at midnight to bring a year of prosperity and bounty.



## Greece

In Greece, vasilopita is a round coffee cake that's usually made with almonds and is traditionally baked with a coin inside of it. The coin is believed to bring good luck to the person who finds it.



## Japan

The Japanese eat toshikoshi soba at midnight on New Year's Eve – the long buckwheat noodles meant to symbolize a long life. Eaters aren't supposed to cut their noodles, but instead slurp them down whole.



## Mexico

In Mexico Rosca de reyes is bread baked in the shape of a ring and topped with candied fruit. It contains some sort of trinket, which is a symbol of luck for whomever uncovers it.



## Ireland

Some historians say that the Irish used to leave buttered bread on their doorsteps on New Year's Eve, which local children would then come and pick up.



## USA

In the southern states of the U.S.A one theory suggests that black eyed peas are considered lucky because they were the only crop not eaten by the Union soldiers during the Civil War, meaning that the peas were the only thing that kept the Confederate soldiers alive.



## Scandinavia

Often, the Swedish and the Norwegians place a single almond in their rice pudding; whoever finds it is supposed to be prosperous in the upcoming year.



## Argentina

In the hopes that it will help them keep their job or find a new, better job, Argentinians eat beans on New Year's Day.



## Korea

Eating this soup called tteokguk filled with rice cakes, meat, and vegetables is a group activity for Koreans, and is believed to give eaters good luck for the year ahead. Koreans also see the new year as a type of birthday celebration, so tteokguk is also said to grant everyone another year of age once eaten.



## Germany

Germans like to eat doughnuts known as Berliners (or Krapfen) around midnight on New Year's Eve. These doughnuts are topped with powdered sugar and usually filled with some sort of fruit jam, but on this occasion, many people play jokes on their guests and fill the doughnuts with mustard.





# from right around the world

## Iran

Faloodeh, a dessert made with vermicelli noodles and a sugary syrup, is made for multiple special occasions in Persia, one of them being Nowruz, the Persian New Year.



## Belarus

Unmarried women in Belarus use corn kernels to see who will get married first in the upcoming year. Each woman makes a pile of kernels in front of her before a rooster is set loose. It's said that whoever owns the pile that the rooster goes to first will be the first to marry.



## Holland

In Holland Oliebollen translates to oily balls; these treats are small balls of dough that have been fried, covered in powdered sugar, and stuffed with dried currants or raisins. According to legend, those who used to eat oliebolle would survive the wrath of Perchta, a Pagan goddess. Perchta's sword was said to slip off the stomachs of those who ate the greasy doughnuts.



## Scotland

Whiskey is a must during the Scottish new year – Hogmanay – which is celebrated on the night of January 1st. After toasting at midnight, "first footing" occurs, which is when neighbors bring food and drink to each others' homes.



## China

The dumplings eaten for the Chinese New Year – celebrated at the end of January – are known as jiaozi in Mandarin and are regarded as a symbol of wealth and longevity. It's common to shape the jiaozi in small circles, meant to resemble the shape of ingots, early Chinese money.



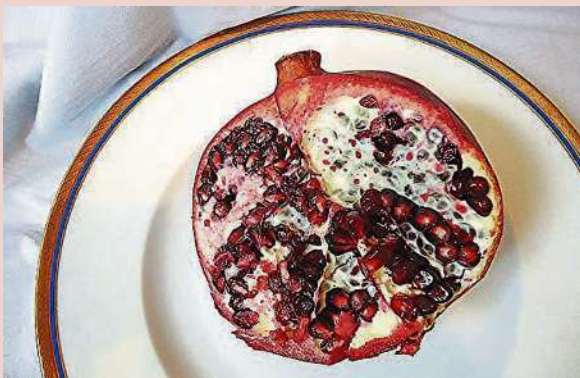
## Italy

Along with fish, Italians like to eat lentils during New Year's celebrations. Because they look similar to coins, the round seeds are said to symbolize good fortune and prosperity in the new year.



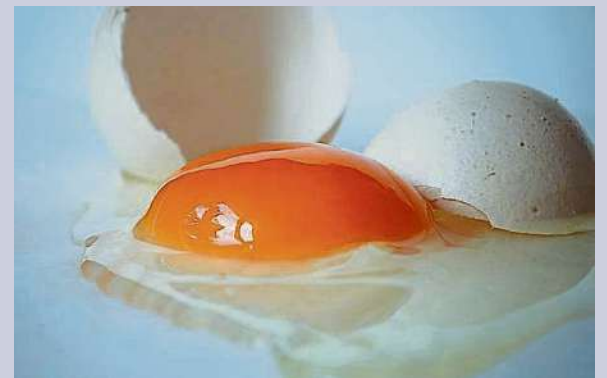
## Turkey

The Turkish eat pomegranates on New Year's Eve, which symbolize fertility and abundance for the upcoming year.



## El Salvador

A minute before midnight on New Year's Eve, those in El Salvador crack an egg into a glass of water. Once the clock strikes 12, everyone decides what their yolk looks like, which represents what the new year will bring.



## India

In India, New Year's Eve is celebrated in the spring with rice and lentils. Again, the lentils' coin-like shape represent future prosperity.



## Spain

As the clock strikes midnight on New Year's Eve, the Spanish quickly eat 12 grapes, one by one, which represent each month of the new year. Sweet grapes represent good months and sour represent bad.





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**Pictured at the Shannon Region Ambassador Awards 2019 in Dromoland Castle are Gillian Griffin, Adare Manor, Maria O’Gorman Skelly, The Strand Hotel and Anita Higgins and Michelle O’Brien from Adare Manor**



**Pictured at the Shannon Region Ambassador Awards 2019 in Dromoland Castle are Dr Colin Fitzpatrick, Lisa Kiely, Jane Toal and Professor Daniel Toal**



**Deirdre Ryan, Gwen Moore and Dr Anne O’Keefe from Mary Immaculate College and Dr Gerard Downes, University of Limerick enjoying the awards**

# SHANNON REGION AMBASSADOR AWARDS

**Pictures:** KATE DEVANEY/ILOVELIMERICK



**Pictured at the Shannon Region Ambassador Awards 2019 in Dromoland Castle are Anne Lewis and Professor Elfed Lewis**



**Dr Anna O’Keefe, Mary Immaculate College and Dr Gerard Downes, University of Limerick enjoying the awards**



**Jeannette Ferguson and Roisin Hayes from Mary Immaculate College**



**Ann Goggin and Diarmuid O’Leary pictured at the awards**



**Holly English, Shannon Region Conference and Sports Bureau, Sister Helen, the Children’s Grief Centre, and Karen Brosnahan, manager of Shannon Region Conference and Sports Bureau**



**Pictured at the Shannon Region Ambassador Awards 2019 in Dromoland Castle are David Ward and Tom Caffrey**



**Dr Una Bromell and Con Quigley enjoying the awards at Dromoland Castle**



**Dr Catherine Naughton and Brian Naughton attended the awards**



**Pictured at the Shannon Region Ambassador Awards 2019 in Dromoland Castle are Mary and Brendan O’Malley**



**Noreen and Noel O’Malley pictured at Dromoland Castle**



**Pictured at the awards are Ruth Vaughan and Carol Walsh, The Savoy Hotel**



**Dr Anca Minescu and Seamus Walsh attended the awards at Dromoland Castle**





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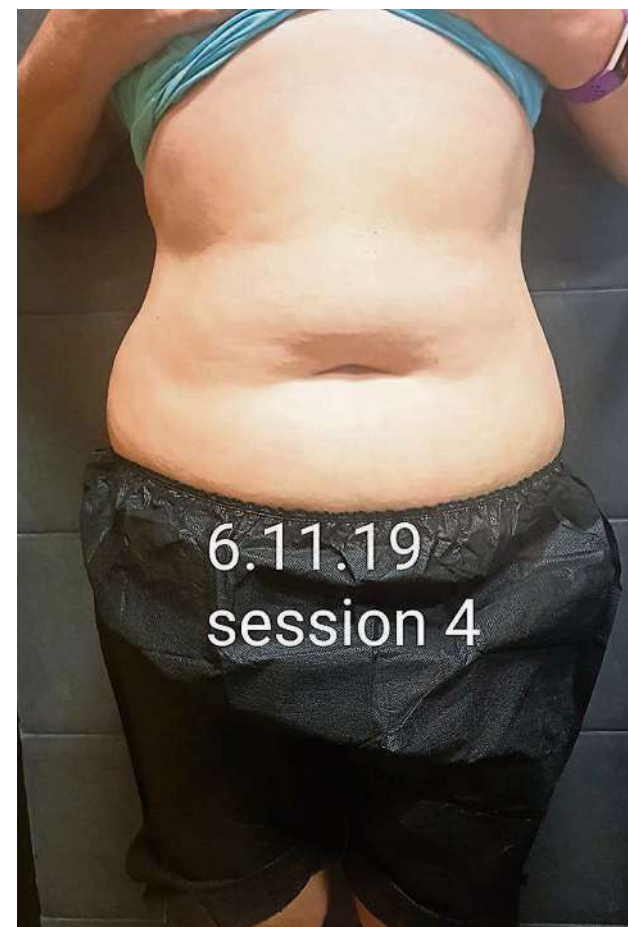
Ultrasound fat cavitation can be used on virtually any area of your body where you're carrying extra weight unlike liposuction, both Fat freezing and ultrasound fat cavitation doesn't require any surgical procedures. Cryolipolysis freezes the fat cell without damaging the surrounding

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# ENTERTAINMENT

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

## Heal Your Hole this January

**MIKE FINNERTY**

michael.finnerty@limerickleader.ie

AS a Cork woman, Norma Sheahan is no stranger to Limerick.

"My two sisters went to the University of Limerick, and my family would visit the Limerick racetrack fairly often," she said.

Sheahan was speaking to The Leader ahead of her new show, Heal Your Hole, which plays the Lime Tree Theatre on January 17.

Readers may be forgiven for thinking it's a very provocative title, where does it come from?

"It comes from when I was on Ireland's Fittest Family," she revealed.

"I fell off a container and on to my coccyx (tailbone) and Donncha O'Callaghan told me "to get up off your hole and get on with it!"

Sheahan was in rare form while chatting about her show, and promised a fun night out for Limerick audiences.

"I appreciate you have to get a babysitter, put aside a night, but in return, you'll get a great night out," she enthused. With the show tagline being "heal every hole in your life - one hole at a time!" Heal Your Hole may be the show audiences need heading into a new decade.

Its mix of comedy and pathos is sure to be one of the more memorable evenings in your winter calendar.

"Before the show, we have a questions box in the foyer, and during the show, I pick out questions and do a sort of Agony Aunt bit."

Owing to the script-free nature of that portion, it takes a seasoned comedian to weather the more obtuse questions - but Sheahan says "improvisation is my forte."

"I might get one or two stupid questions a night, but that's part of the fun of it!"

Sheahan is a veteran of the Irish culture scene, having acted in film



Heal Your Hole takes place at the Lime Tree on Friday, January 17 at 8pm

and television, and she said moving to stage is something "on her bucket list I wanted to check off," following the passing of her mother.

"At this stage, I have no fear and nothing to lose," she said.

"So I might as well try my hand at

a stage show."

Sheahan said for the show to fully ignite, a full house is optimal.

"I've been lucky enough to play in some of the biggest theatres in Ireland, including the Lime Tree, and the energy on stage is best when

there's a full house."

Don't let her down, Limerick.

Heal Your Hole takes place at the Lime Tree on Friday, January 17 at 8pm.

Tickets are from €13 on the Lime Tree website.

**THE DOLLS' COMPLAINTS**

BY KEEVA DELANEY

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# BIG NIGHT OUT @

DA VINCENZO FOOD AND WINE HALL IN THE GEORGE HOTEL  
PICTURES: DAVE GAYNOR



Cathy O'Flaherty, Eoin Curley and Regina McTigue at da Vincenzo Food and Wine Hall in the George Hotel



Michelle Gammell, Richard Meade and Edel Quigley at da Vincenzo Food and Wine Hall in the George Hotel



Cian Cavanagh and Ian Cooke also enjoyed the festive atmosphere and food in the George Hotel

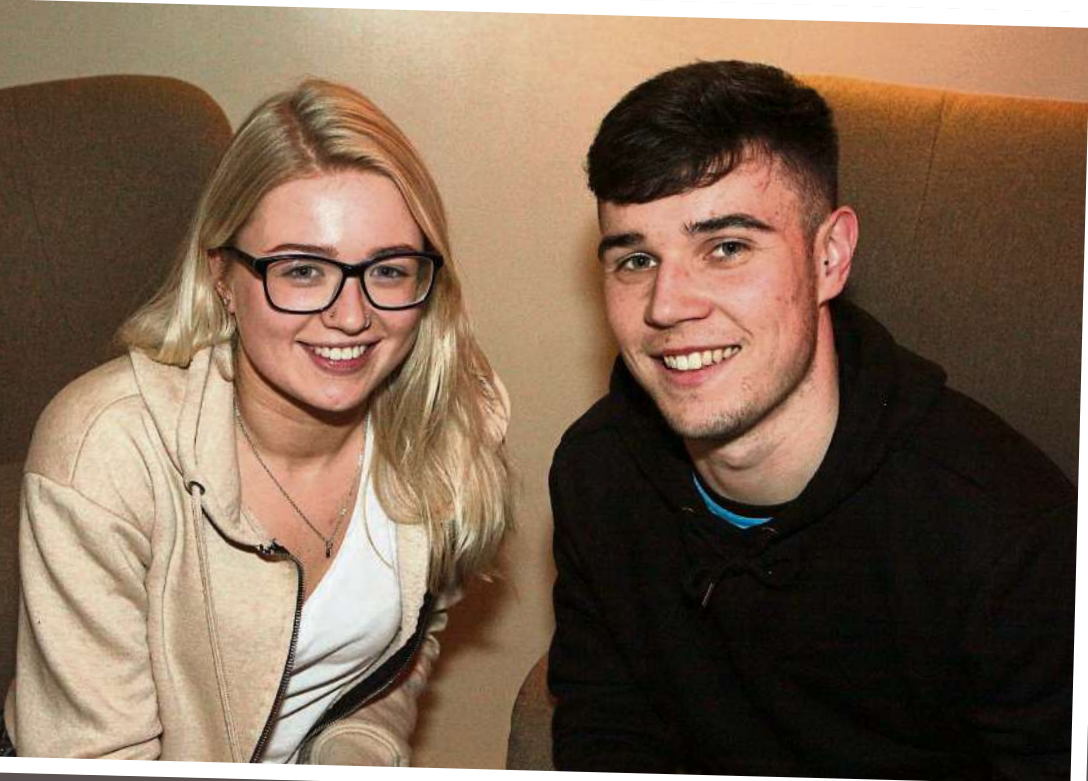


Seamus Quirke and Dermot O'Riordan also were at the George Hotel



Anita Lane and Elaine Rea





Hannah Mullane and Jake Loughran at da Vincenzo Food and Wine Hall in the George Hotel



John Butler and Sarah Daly at da Vincenzo Food and Wine Hall in the George Hotel



Liam Reilly and Emma O'Reilly



Dave O'Hora and Dylan O'Neill at da Vincenzo Food and Wine Hall in the George Hotel



David O'Connor and Jennifer O'Brien



Vera Saunders and Mary Daly



Elba Diaz and Alvaro Soriano





**Beauty And The Beast is at the Lime Tree this weekend**

# THINGS WHAT ARE ON IN LIMERICK



**Aladdin is at the University Concert Hall until this Sunday**

**H**APPY New Year! We've all made it through the joys and terrors of Christmas, we've survived the Krampus for another year and I'm guessing we're all currently 40% made of mince pie. If you're now feeling in any way guilty about dropping the cultural parts of your life in favour of rampant gluttony, this quietish weekend in Limerick can ease you into the new year with free storytime for the kids, the last of the Christmas pantos and some little-heard classical music on Sunday!

## Thursday (January 2)

**Children's storytime** is at the **Granary Library** this Thursday at 3:30pm. Aimed at kids between 3 and 6, it's the one show you can go to this week where falling asleep is a compliment. It's a free event.

We're coming to the end of panto season for another year. This weekend is your last chance to catch the outlandish antics, feisty dames and chances to scream "Look out behind you!" at performers who know full-well what's behind them.

Limerick Panto Society's **Beauty & The Beast** runs at the **Lime Tree Theatre** until Sunday. You know the story - a mopey hirsute gentleman hangs around in a castle, accompanied only by some talking cutlery, and persuades the world's worst father to sell a daughter into slavery as a live-in maid until she's firmly in the grip of Stockholm Syndrome and sees the hairy guy as dating material. Tale as old as time. 7:30pm on Thursday and Friday, midday and 4pm on Saturday and Sunday. Tickets are €20.50 for adults and €18.50 for children.

**Aladdin** is also running till Sunday at the **University Concert Hall**. The titular street rat is a young fella who can't stop rubbing his magical lamp, to the chagrin of his withered laundry-running mother, but finds a princess who's impressed by the size of his genie's powers. Shows are at 2pm and

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

6:30pm every day, except for Sunday's shows, which are at 1pm and 5:30pm. Tickets are €30 for adults and €25 for children.

Rounding out the Christmas season, this weekend is your last chance to enjoy the thrills and (more often) spills of ice-skating at **Limerick On Ice** in Arthur's Quay Park. It's open till this Sunday, before disappearing from our lives for another year. Tickets for an hour of skating are €17 for adults and €15, though if you pick out the 8pm sessions you can skate for an extra hour for free.

## Friday (January 3)

There's a special storytime for young people aged between 7 and 9 at the **Granary Library** this Friday at 3:30pm. It's a free event and you can expect the stories to be rather more sophisticated and dark than the ones at the usual library events

aimed at 3-6 year olds.

## Saturday (January 4)

**André Rieu** is implausibly popular among people of a certain age who like a wee smattering of classical music but don't want to take it too seriously. His concerts are explosive affairs of dancing, fireworks and a good hour of him waving at the audience and pointing at other people who do most of the heavy lifting. None of that is a crime. As he's hit 70 years of age, there are live screenings of his 70 Years Young concert taking over all three Limerick cinemas this Saturday, with encore screenings on Sunday. It's at the Omniplex in Dooradoyle, the Odeon in Castletroy and Vue on the Ennis Road, so you can pick the suburb that best suits your legs. The live screening is at 7pm on Saturday and all three cinemas

have an encore screening at 3pm on Sunday. Ticket prices are €20 at the Odeon, €22 at the Omniplex and €17.50 at Vue.

## Sunday (January 5)

There's a **Toy Fair** this Sunday at the **Castletroy Park Hotel**. It's rather aimed at the speciality collector, with dealers selling everything from dinky cars to hand-made wooden toys. Assuming that Santa brought the children plenty of DLC for their home console, you might be in need of some TLC. And if that comes in the form of a shiny boxed version of that fire engine you accidentally left in a hotel in Bristol on a family holiday when you were two (for example - it might not be a fire engine in your case), you might be in luck. Of course, you're really in luck if you have zero offspring and can spend all of your food

money and rent money on toys for yourself. It runs from 10:30am to 3:30pm and tickets are €5.

To celebrate Epiphany, sometimes called **Women's Christmas** or Little Christmas but - and I cannot stress this enough - never Little Women's Christmas, you have two Limerick options this Sunday for fancified tea and ridiculously small finger sandwiches. It's the perfect experience-style present for an aged relative who knows how to hold a teacup. You hold it by the handle - there you go, now you can all imbibe. The **Castletroy Park Hotel** will slide a three-tiered plate of pastries and a single-tiered glass of prosecco your way from 12:30pm till 3pm for €30 a head, while the Limerick Dragons breast cancer survivors paddling & aquatic group will serve you canapés and champagne in **House** between 3pm and 6pm for €25. If you really like tiny pastries you could go to both.

**Sagittarius Hiberniensis** is a new Limerick-based choir and they're hosting their launch concert at **St Mary's Cathedral** this Sunday at 5pm. Yes, it's a convoluted name, translating to The Irish (Male) Archer but all the best band names are taken. Except for "Hitler's Dog", which probably isn't the best name for a choir, though I hear it was a very forgiving dog. The choir is made up of teaching staff and former students of the Limerick School Of Music, as well as members of the St Mary's Cathedral Choir. Their repertoire will concentrate on sacred music, especially from the Baroque and Renaissance eras, and this Sunday's concert will include work by the very underappreciated Heinrich Schütz and Tomás Luis de Victoria. It's a free gig.

## 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.



**Screenings of André Rieu's 70 Years Young at cinemas this weekend**





Michelle Ryan, Jennifer, Summer, Molly McPhillips with Catherine Rayn, all set for Aladdin at the University Concert Hall

# ALADDIN AT THE UNIVERSITY CONCERT HALL

Pictures: BRENDAN GLEESON



Mary Kate, Chloe and Niamh Ryan, Ballina, enjoyed their outing at Aladdin over the holidays



The McMahon and Carswell families, Raheen, at Aladdin at the University Concert Hall



Oliver, Flynn, Vicki and Johnathan Morrissey, Scotland and Farranshane enjoying the panto



Ellen, Eoghan, Jack, Dan and Kevin Condon, Lisnagry, all set for Aladdin at the University Concert Hall



Paul, Gillian, Alex and Lucy Ryan, Newport



Jack Heffernan, Catherine Looby, Lucy, Siobhan and Darragh Heffernan, Tipperary Town were at the panto



The Fitzgerald family went to see Aladdin at University Concert Hall





Traditions such as watching *The Late Late Toy Show* together can create happy family memories

# Let's play and make memories that will last down the years



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

I love the *Late Late Toy Show*, and this year's was the best ever! I see it as part of the fabric of Ireland, cosy and warm.

The Toy Show creates family memories. Back in Laois when I was a young fella, we had a small bicycle shop so my dad was one of Santa's 'helpers' in Portarlinton. Every year, without fail, we

gathered for the Toy Show. And since my own family came along, Oisín (now 11 years old) and Darragh (who is nine), myself and my wife Carol all settle in to watch the goings on. Ryan always does an amazing opening number and the tone is set for the evening.

#### Tradition

How can you forge family

memories? It's not the 'big bang' events such as trips to Florida (I have never been), it's the way we connect with each other on a daily basis.

Family traditions become part of the 'language' of the family; they help keep us connected. They are an expression of unity that strengthen family bonds. They provide a sense of continuity and feelings of belonging.

Family traditions nurture and foster for children's stability and security, all supporting family wellbeing and emotional health.

Every year, *The Late Late Toy Show* offers us pure moments of shared joy. This year there was sadness, too, as Gay Byrne wasn't around. I think his spirit was there, however.

Fundamentally, the toys are just the props. The real magic dust of

*The Late Late Toy Show* is the ability to bring the nation's families together, and enhance our relationships and wellbeing.

You can use that opportunity to create other family traditions. You can use everyday routines such as bed time, taking a moment to talk, read, pray or snuggle up, or reflect on 'three good things' that happened today.

This 'Three Good Things' tradition helps children orientate towards a positive and grateful outlook. Positive psychology shows that grateful people tend to be happier, healthier and more fulfilled.

It's funny how your memory works. I remember my nanna in Waterford's brown bread had a particular taste, and how my nanny from Laois would sit in her chair... all these memories centred about

warmth, safety and nurturing.

As a parent, grandparent, uncle, or aunt, this is the key emotional experience you are trying to create for your children to thrive. Often we need an activity to connect — such as playing, sport, drawing, reading, etc. Now is the time to relax and allows your 'inner child' an out to play. This can be such an uplifting and positive experience. Go and play this Christmas.

**\* 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

LOVE PARENTING 

## Top Tips

### For managing screen time

IT'S the middle of the school holidays, and the lazy days are giving us a chance to rest and restore ourselves both physically and emotionally. With all that down time, however, children can get lost in screens for hours on end. Below are some tips for setting limits and balancing screen time with other fun activities.

#### 1. Set Clear Limits.

While normal routines will be relaxed over the holidays, it is still a good idea to talk to your child and agree reasonable amounts of screen time. Whole days devoted to screens will ultimately leave them grumpy and unsettled.

#### 2. Get stuck in to those Christmas books (or get to the library!).

The holiday period is a great time to read more to small children and to encourage older children to get engrossed in a favourite series of books. Holiday stories usually go down well. If you are going to relax bed time, let them stay up late reading as a treat rather than on the phone or tablet.



#### 3. Make sure they stay connected with friends in real life.

Instead of constantly messaging friends on social media, support your children to spend time with their friends over the holidays. Plan a special party at your house with your child or offer to drop older children and their friends to a special activity.

#### 4. Get outside.

We might all be fantasising about long duvet days where we don't have to be anywhere, but more than a day or so of this will start to wear on even the laziest soul. Build in some outside time and exercise every day. Encourage your child to head out for a neighbourhood soccer game or go to the forest for a family hike.



Changing how we think takes practice. Research tells us that a new habit takes between 21 and 60 days to really become a regular part of our lives

# Welcome 2020 as a 'good enough' parent

NOW that Christmas is over thoughts have turned to new year's resolutions. While pledges around healthier eating, starting savings accounts and getting more organised seem to top the polls, the energy behind them often dwindles as the dark days of January come and go.

There are some new habits that are a lot easier to maintain than enthusiasm for your new gym membership – habits that involve your mind set. Think about who you are as a parent/care giver and maybe start to think about little tweaks that you could make that would result in a happier and more confident you.

There are two major areas of worry in parenthood; the constant

worry about your child, twinned with the anxiety about whether you're doing a good job. Will that time I really lost my cool be etched on to my son's memory forever? Am I setting the right example for my teenage daughter around diet and body image? Will my children always remember that I forgot to buy Christmas pyjamas for the Toy Show? As parents, we always seem to find a stick to beat ourselves with! What we really need to focus on, however, is what we are good at. We need to bear in mind that fact that the perfect parent is a myth. Every parent does wonderful things for and with their children, and every parent drops the ball from time to time. Not only does that make us human but it models to our

children that mistakes are ok. It lets them see that perfection is a fallacy and that doing your best – being good enough – is what matters.

Changing how we think takes practice. Research tells us that a new habit takes between 21 and 60 days to really become a regular part of our lives. Start small. You might want to spend some more quality time with your child, for example, so this would involve a change to both of your routines. Maybe you could start to take a walk together two evenings a week after dinner and let it just become a part of your weekly routine from January onwards. Find yourself overwhelmed with weekly meal planning and shopping? You could include the whole family. On

Saturday morning you could all decide on the 'menu' for the week, which includes one favourite meal for each one of you. Your children feel included and heard, and you don't have to give so much head space to the age old 'what will I do for dinner' dilemma?

Let 2020 be the year where you accept and congratulate yourself for being a good enough parent... because good enough is exactly what your child needs.

**This article was contributed by a member of Parenting Limerick. Parenting Limerick is a network of parenting and family support organisations. For more information on this and other topics go to [www.loveparenting.ie](http://www.loveparenting.ie).**

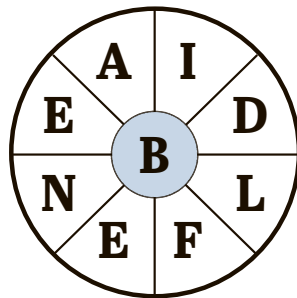


## SUDOKU

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

## 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:**  
15 words, average; 20 words, good; 25 words, very good; 30 or more, excellent.

## DOUBLE CROSSWORD

### Cryptic Clues:

#### Across

- They provide the spirit of progress (6,5)
- Chided a debater, perhaps (7)
- Many rows of birds (5)
- Fittingly test (3,2)
- Getting level? (7)
- Disturbance produced by a very loud fish (6)
- Probably promising (6)
- One of rank, perhaps (7)
- Colours paving stones (5)
- The way to defeat the East (5)
- A cross in Italy shows where a composer is buried (7)
- A gambler's faux pas? (7,4)

#### Down

- Is in good time but nearly loses a point (5)
- Type of building well-known in architectural circles? (7)
- Volume of business transactions (6)
- Pawnbroker, relatively speaking (5)
- My word! (7)
- Yet it might be something in concrete (8,3)
- An unfair comparison (2,4,2,3)
- A firmly established sports meeting? (7)
- Swarms over nests if disturbed (7)
- Small ruler comes from Borneo (6)
- Split caused when a hundred deserted (5)
- Positional defence (5)

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

### Quick Clues:

#### Across

- To be expected (11)
- Momentum (7)
- Frequently (5)
- Hair dye (5)
- Hell (7)
- Empty (6)
- Climbed (6)
- Prolonged (7)
- Urge (5)
- Heather (5)
- Briskly (7)
- Brilliant (11)

#### Down

- Mature (5)
- Slander (7)
- Of the universe (6)
- Haughty (5)
- Word for word (7)
- In disorder (11)
- Without emotion (2,4,5)
- Restrict (7)
- Made cold (7)
- Revolve (6)
- Vagrant (5)
- Heathen (5)

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.

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

## LAST WEEK'S SOLUTIONS

**DOUBLE CROSSWORD:**  
Cryptic: Across: 1 Demotion; 5 Sped; 9 Harp; 10 Striking; 11 Queen; 12 In state; 13 Senselessness; 18 Outright; 19 Meet; 20 Faction; 21 Denim; 22 Rude; 23 Remissly. Down: 2 Erasure; 3 Oppress; 4 Outside chance; 6 Private; 7 Degrees; 8 Misses; 13 Scoffer; 14 Noticed; 15 Elicit; 16 Numbers; 17 Special.

### SUDOKU:

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

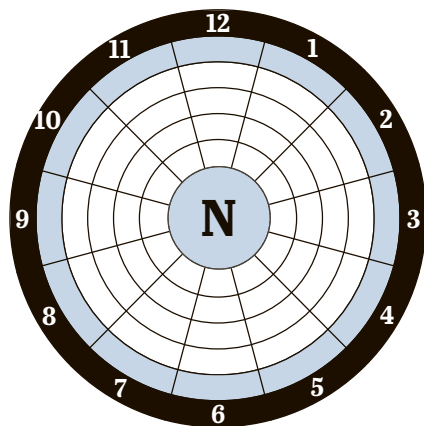
### CODEWORD:

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

**Quick:** Across: 1 Riff-raff; 5 Acid; 9 Disc; 10 Accident; 11 Silly; 12 Talents; 13 Play upon words; 18 Interest; 19 Thin; 20 Bondage; 21 Solid; 22 Elan; 23 Astonish. Down: 2 Initial; 3 Faculty; 4 Facetiousness; 6 Cleaner; 7 Detests; 8 Pillow; 13 Pliable; 14 Antenna; 15 Uproar; 16 Outworn; 17 Deities.

## CLOCKWORD

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



- Young cat
- Cricket side
- Wound
- Soothing preparation
- Farmer
- Plant
- Flag
- Foot complaint
- Area
- Choice
- Pillar
- Asian garment

## 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.

			32	11	10			13	33	
	17						15			12
25	14					13				
15				10			16			
	4			12			8		7	
	3				24		4			
13						18				
31						13				
									22	6
			7						6	
	23	13					23			
	14								7	
8					14				10	
				6				7		
29						11				
	12					9				

## SUDOKU

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

## LAST WEEK'S SOLUTIONS

**CLOCKWORD:**  
1 Hazard, 2 Extend, 3 Nursed, 4 Rotund, 5 Yelled, 6 Wicked, 7 Impend, 8 Needed, 9 Kicked, 10 Lizard, 11 Exited, 12 Reward.

### SUDOKU:

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

**CELEBRITY:** Henry Winkler.

**NINER:**  
MARIGOLDS.

### KAKURO:

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

### SPLIT DECISION:

S	C	R	U	B
I		O		L
Z	E	B	R	A
E		I		D
S	I	N	C	E

## 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:

- 3684125 gives sweet food;  
793628 gives seafood;  
3426 gives fatty food.

## SPLIT DECISION

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

S	A	D	H	O
V	I	T	E	S
O		L		A
W		R		X
D	O	I	P	E
T	R	O	V	S
E		E		F
U		L		I
D	A	L	N	S
M	O	R	L	Y





# HEALTHY LIVING

## EVA HILL HAMILTON

**CONTACT EVA**

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

## New year's resolution: self care

**T**HE dawn of a new year means an attempt for lifestyle changes for many.

I see clients with the same problem; they work around the clock all year and by the time of Christmas season they are exhausted and by January they are riddled with viruses and flare ups of their chronic conditions. Does this sound familiar? Are you a professional, a mother, a caregiver, a nurse? Maybe taking care of all the

above and your elderly parents at the same time? You don't get enough rest, don't exercise or eat well – tired yet cannot get a refreshing sleep?

Do you have trouble saying no; afraid of who's going to make things happen? You may often resist taking care of yourself first because you think it's "selfish". But prioritising your wellbeing actually gives you more energy for your caregiver roles and other



**Taking some time for yourself is one of the easiest new year's resolutions to make in 2020**

activities. Caring for others and ourselves are not mutually exclusive. It is not nice to have – it is essential! Do you remember how the flight attendant advises

putting your own oxygen mask on first, so you can in fact be better able to help others?

I know, I have been there; the last few years I took on

way too much. But thanks to my new year's resolution, this holiday season was a breeze! I finished all my tasks, hosted several dinners and had plenty of energy for everyone. What a difference! Why? I refused to work more than my fair share, insisted on having weekends and time off. I've prioritised sleep; I have been going to bed earlier, wearing earplugs and an eye mask every night, and I'll tell you that the greatly increased quality and quantity of my sleep has had a big impact on my ability to function better in all of my roles.

On top of these basics, what can you do to fill yourself up? That depends on what brings you joy. Everyone is different. For me, getting out on a hiking trail, soaking in a hot bath, losing myself in a good book, or connecting with friends all nourish me. Imagine what

you would do if you had an hour or an afternoon to yourself. Write a list of things that fill you up and decide to do one thing a week – even better, one thing a day. It's not decadent; it's vital to your sanity and your health!

I can nearly hear you say – yes that sounds lovely but I have no time... Well, people have time for what they make time for. It is a conscious decision. Take a look at where you might waste time – ask for help and utilize it when offered.

Write ME TIME into the calendar and stick to it. Exercise does not have to take hours either; fifteen minutes of high intensity interval training from the web will do plenty, especially in the morning – followed by a cold rinse and you'll be ready to take on the world. Eat well and mind yourself – your loved ones will benefit from you more.

**YOU DON'T  
HAVE TO GO FAST!**

**YOU JUST  
HAVE TO GO!  
Sunday May 3<sup>RD</sup> 2020**

**REGENERON  
GREAT LIMERICK RUN**

**WWW.GREATLIMERICKRUN.COM**







# STYLE & FASHION

**CELIA HOLMAN LEE**

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## Bridal bliss kicks off a new year

**T**HE traditional rule book when it comes to what to wear if you are one of the wedding party is long gone. The first rule is, there are no rules - only that the outfit suits your personality, figure and style.

The day of the stand-alone dress is almost gone, especially at this time of year. Wraps, jackets or coats are now an essential part of an outfit. Headpieces and hats are important to complete a look but just as important are shoes, jewellery and bags. If you are still looking for that fabulous dress one of my favourites is the fitted silhouette and Bardot neckline. It's a classic, timeless elegant look. Another of my favourites is the scalloped sweetheart neckline. It is sure to be a talking point at any wedding with a cascading tulle skirt with thin horsehair trim.

The wedding day is also a big day for mother of the bride/groom too. But, again, remember you are free to go as subtle or as bold as you choose.

Bridesmaids work hard and are key to the big day so it is only right that they get to look fabulous too. In relation to the groom, best man etc, again it's about suiting their personality. They can opt for the latest suiting styles or the more traditional looks.

For those in search of some inspiration then the Mid-West Bridal Exhibition at UL Sports Arena on Saturday, January 11 and Sunday, January 12 is a must! Doors open at 12 noon each day.

We look forward to seeing you all there!



**Ciara O'Halloran wows in a design from Virginia's Bridal at the launch of the Mid-West Bridal Exhibition**



**Oral Shiel models a stunning princess-style dress from Lilac Rose**



**Claudia Daly wears a beautiful fishtail dress from The Attic at the launch of the Mid-West Bridal Exhibition**



**Here's a stylish ensemble from Marion Murphy-Cooney which would be ideal for mother-of-the bride or groom**



# CELIA SPOTTED

## Looking good out and about in Limerick

**Name:** Emma Austin  
**Occupation:** Social Care student  
**From:** Shannon

**EMMA SAYS:**

**Top:** My top is from Zara and was at such a good price. The mesh sleeves are really in at the moment so I've been getting great wear out of it.

**Shorts:** I bought my shorts in Zara even though they weren't my size, I just couldn't leave them behind. I took them to Zip Yard alterations and they tailored them for me so they'd be the perfect fit. I love these because you can also dress them up with heels or if you wanted to go for a more casual look flat boots would be lovely with them too.

**Shoes:** My boots are from PrettyLittleThing, an online shop. These are known as sock boots and I find them so comfortable as the heel isn't too high. These boots can be worn dressed up or dressed down and go with almost everything in my wardrobe from dresses and skirts to jeans.



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



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# MANABOUTTOWN

## PATRICK M'CLOUGHNEY

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**Twitter:** @iammcloughney **Instagram:** iamcloughney

# My 2019 in review

**H**APPY New Year everyone! For my first column of 2020, I've decided to take a look back at my 2019. I want to do this for a couple of reasons.

Over the years it's been suggested to me several times that my weekly column should be more of a social diary than the current format of tackling a different topic in the main article every week. I've always resisted this because – A. My life isn't that exciting and B. It's already being done by others. When I look back on 2019 however, and more specifically when I look back at where I was and how I was feeling at the beginning of the year, I do think it's worth acknowledging some of the things that I have accomplished in the last year.

Please believe me when I tell you that this is by no means a humblebrag. In January I wrote articles like How To Be A Better You In 2019, Healthy Eating Tips For 2019, and How To Get Rid Of A Beer Gut. These were written as much for me as they were for you the reader. Fresh off the first Christmas with no surviving parents, I was not in a good place emotionally or – as you can tell from the beer gut article – physically and struggling with my mental health. On the advice of my girlfriend at that time, I wrote these articles as well as writing down my goals for the year ahead. While we're not together anymore, I do owe her a thank you as she gave me the push that I needed to lift myself out of my rut. I won't share my 2019 goals as they're very personal but with the exception of one or two that were made impossible by changing life circumstances, I'm happy to report that I achieved the majority of the goals I set for 2019.

My first big modelling assignment of 2019 was a shoot for Littlewoods Ireland in fitness gear to promote a healthy lifestyle.

While I was on board with the concept I was dreading the shoot as I was not in any kind of shape to be doing a fitness shoot. We shot the pictures in Go Gym and I hated posing as I was nearly 100 kg at the time. Seeing these photos pushed me to start working with Tom Ochocki from Perfect Line Coaching which was one of the best decisions I made all year so I guess it's an example of turning a negative into a positive. I'd done several shoots for Littlewoods before this and several more since but this is the only one I'm not proud of but I can look back at it as a starting point as things did get better.

February brought my biggest social media collaboration to date with the mobile phone company Huawei. I'd worked with big brands like Barker Shoes, Happy Socks, Jack and Jones and Selected Homme before this but this was by far my biggest partnership to date. I got to keep the phone too, which was nice.

In March I did some online content for Quigleys with my good friend Esme Wallace. I love these shots and I've re-used them for every dating related article that I've written since. Esme and I did a wedding shoot for Ballykealy House in Carlow in November so there was a happy ending to our pretend social media love story.

April brought more shoots for Littlewoods, Selected and Jack and Jones as well as a team-up with the Irish Independent's online blogging portal Creators.ie. I've been working with Creators ever since and I'm very proud to be part of their team of contributors. I also hosted the men's segment at Sinead O'Brien's workshop in Athlone. I've done everything from singing to trying on Spanx to being a blind date at Sinead's shows. They're always great fun and I never know what to expect.

Things really started to get busy

for me in May. I got the opportunity to shoot for the GANT website which was an amazing privilege. GANT are one of the biggest fashion brands in the world and this was a huge boost to my confidence. I also travelled to Kilkenny to judge the Miss Kilkenny and Miss Carlow pageants and to Thurles to judge Miss Tipperary. It was shortly after this that I was approached by the organisers of Miss Ireland about running the Miss Limerick and Miss Clare pageants going forward, an opportunity I felt was too good to turn down. I also had the chance to work with and promote two incredible charity initiatives – Darkness Into Light and The Green Ribbon Campaign.

In June I was invited to chat fashion and dating with Jenny Greene on 2FM. This was one of the highlights of my year and I'm so thankful to have been given this opportunity and to Jenny for making it so easy and making me so relaxed while I was on the air. June also saw me named an ambassador for the Pig N Porter festival, the highlight of the Limerick Summer social calendar. I got to do a second shoot for the GANT website in Killaloe with the incredibly talented Paudie Bourke.

In July I danced down the runway with Celia Holman Lee at the Oxendales Ireland A/W season launch. I also launched the Children's Grief Centre Pro-Am Qualifier at Adare Manor with Limerick Hurler Darragh O'Donovan and fulfilled my duties as an ambassador for the highly successful Pig N Porter festival. The undoubted highlight of July was the Miss Limerick and Miss Clare event held in Bar 101.

This was my first attempt at organising an event so I relied heavily on the expertise of my co-organiser James Hayes and our pageant guru Esme Wallace. We pulled it off on the night and crowned three amazing winners in



Patrick with his most stylish man award at the Hi Style Awards

Ciara O'Halloran, Emma Austin and Christina Alcazar Deverell.

In August I modelled for the Holman Lee Agency at the Rose of Tralee Fashion Show in front of thousands in the Dome in Tralee. I also got to do another sportswear shoot for Littlewoods. This time I was a lot more prepared thanks to Tom and it was a nice measuring stick to use to see how far I'd come since August. I also got to do a TV spot for Virgin Media with the lovely Nadine Reid on the sadly now defunct Xposé show.

At the Miss Ireland Final in September our amazing Miss Clare Emma Austin finished first runner up, our stunning Miss Limerick North Christina Alcazar Deverell finished second runner up and our inspirational Miss Limerick Ciara O'Halloran finished in the top eight and won Miss Sporting. While I had shoots and other events in September, they pale in comparison to the achievements of these three amazing women.

In October I travelled to Kilkenny for a fashion show hosted by Sonya Lennon in aid of Down Syndrome Ireland. I was also shortlisted for the Best Male Influencer of 2019 at the Beauty

Blog Awards but alas, I didn't bring home gold. I did win best dressed at the RSVP event in Dublin so I didn't leave October completely empty-handed.

In November I shot some online content for Selected, filmed a pilot for a web series called Open For Business and shot promotional material for the Crescent Shopping Centre. I rounded the year out by being crowned Ireland's most stylish man at the Hi Style Awards.

I do want to make it very clear that the aforementioned events are the highlights of my year and it is worth noting that there were also plenty of dark times – the breakup I mentioned, struggling with grief and feelings of depression and trying to get my confidence back to name but a few. I also want to make clear that I didn't write this in an attempt to show the world how great I think I am. I wrote this to show you that it's possible to bounce back. It may sound like a cliché but it's in the darkest nights that you see the stars. Don't lose faith and don't give up because there's a road going down the other side of every hill. Be patient, believe in yourself and set some achievable goals. Have a wonderful 2020!



Chatting with Jenny Greene on 2FM in June



My highlight of the summer was the Miss Limerick and Miss Clare event



Photoshoot for Gant in Killaloe





Jake Farrell, Dillon Lynch, Morgan Kavanagh and Kristin Harris, Caherconlish, all set for some skating at the ice rink

# LIMERICK ON ICE AT ARTHUR'S QUAY PARK

Pictures: BRENDAN GLEESON



Nessa, Rhona and Noaise Kelly, Nenagh, enjoying the ice rink



The crowds enjoying the ice rink over the holidays



Danielle Bynres and Pdraig Bulter, Tipperary Town



Seanie Hayes and Aisling Dillon, Parteen, enjoying the ice rink



Some skaters enjoying the fun at the ice rink



Rebecca and Keeley Reynolds, Hyde Road



Carmen Canales, Leah Galmego, Mira Golz and Carla Rodes





# LOUISE LOVES

## LOUISE CANTILLON

**CONTACT LOUISE**

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## Rogha na Seachtaine



### TO DO:

#### New Year's Resolution

However big or small, set yourself a goal for 2020! Kick off the New Year on a positive note and take on the roaring 20s with a game plan!



### TO LISTEN:

#### HIT 30 – Best of the Decade

Join me on Spin South West today as I look back at some of the biggest hits from the last decade! Some classics in the mix plus some one hit wonders I know you've forgotten! Tune in from 9am!

### TO SEE:

#### Qween @Dolans

Due to demand a second night has now been added! Qween's live two-hour production of Queen's greatest hits is not to be missed! Catch the ultimate tribute live at Dolans Warehouse tonight! More info @Dolans.ie.



# Ones to watch in 2020

IT'S that time of year again when we sit down together at Spin South West HQ and introduce you to some incredible artists to keep on your radar for 2020!

### LYRA

A perfect blend of dark electronic pop, LYRA's creativity manifests itself in songs, stories and art.

Her love of vocal talents such as Kate Bush, LykkeLi and Bat for Lashes is obvious: part vintage, part contemporary, she exudes a sense of being free from the constraints of time and era. LYRA's Rupert Christie (Kate Bush, Coldplay, Aurora) produced debut EP 'W.I.L.D.' was self-released to critical acclaim and has over a million streams on Spotify.

That EP led to sold-out shows in Ireland and London, festival dates at The Great Escape, Music Cork, Latitude and Electric Picnic.

### Inhaler

Robert Keating, Elijah Hewson and Ryan McMahon came together at school in Dublin, later to be joined by Josh Jenkinson.

While their friends sampled more contemporary pop flavours, they met in art class as 13-year-olds and soon initiated a sort of secret society that took in The Stone Roses, Joy Division, The Strokes, Depeche Mode, Interpol, Kings Of Leon, The Cure and more, a crash course in rhythmic swagger, brooding anthems and indie-rock riffs.

The next logical step for the teenagers was to go round each other's houses and play cover versions of their favourite songs. After that, it was writing their own. Inhaler was inevitable.

Following support slots with



**A trained dancer, and natural vocalist, Aimée has navigated the bumpy pop path to emerge as a confident songwriter**

Noel Gallagher's High-Flying Birds, Courteeners and DMAs, many of the shows on their recent headline tour across Ireland, UK and Europe in September were sold out.

### Aimée

A trained dancer, and natural vocalist, Aimée has navigated the bumpy pop path to emerge as a confident songwriter, and an artist who is –and sounds –completely in control of her creative vision. Inspired musically by 90s icons such as Christina Aguilera, and Britney Spears, Aimée grew up in Dublin listening –diligently– to every vocal run, every empowering lyric and pure pop melody that Aguilera, Spears and their peers were releasing.

Embracing the early 90s production style of Max Martin but coupling this with a love of current artists such as Ariana Grande, Charlie Puth and Demi Lovato, Aimée began working on her current material in early 2018.

### JC Stewart

Recently named as one of MTV's Ones To Watch for 2020, JC already has fans falling under his spell.

His previous single Pick Up Your Phone received support across Irish radio. He is set to release his debut EP The Wrong Ones on January 10.

JC has already earned himself some famous fans such as Lewis Capaldi and Niall Horan, having co-written Capaldi's hot song Hollywood plus a charismatic stage presence as evidenced by his headline tour next year including a date at Dublin's The Academy on May 27 and it is clear JC Stewart is poised to make a major breakthrough this year.

## Thank You!

From all the team at Spin South West, a massive THANK YOU for your support throughout 2019! We had a wonderful year with so many highlights. We are looking forward to a very busy and exciting 2020 and we can't wait for you to join in on the fun! Stay tuned for exciting gig announcements and special partnerships this year @spinsouthwest.com







Tom Russell took this bird's eye view of the LIT Gaelic Grounds with the help of a drone



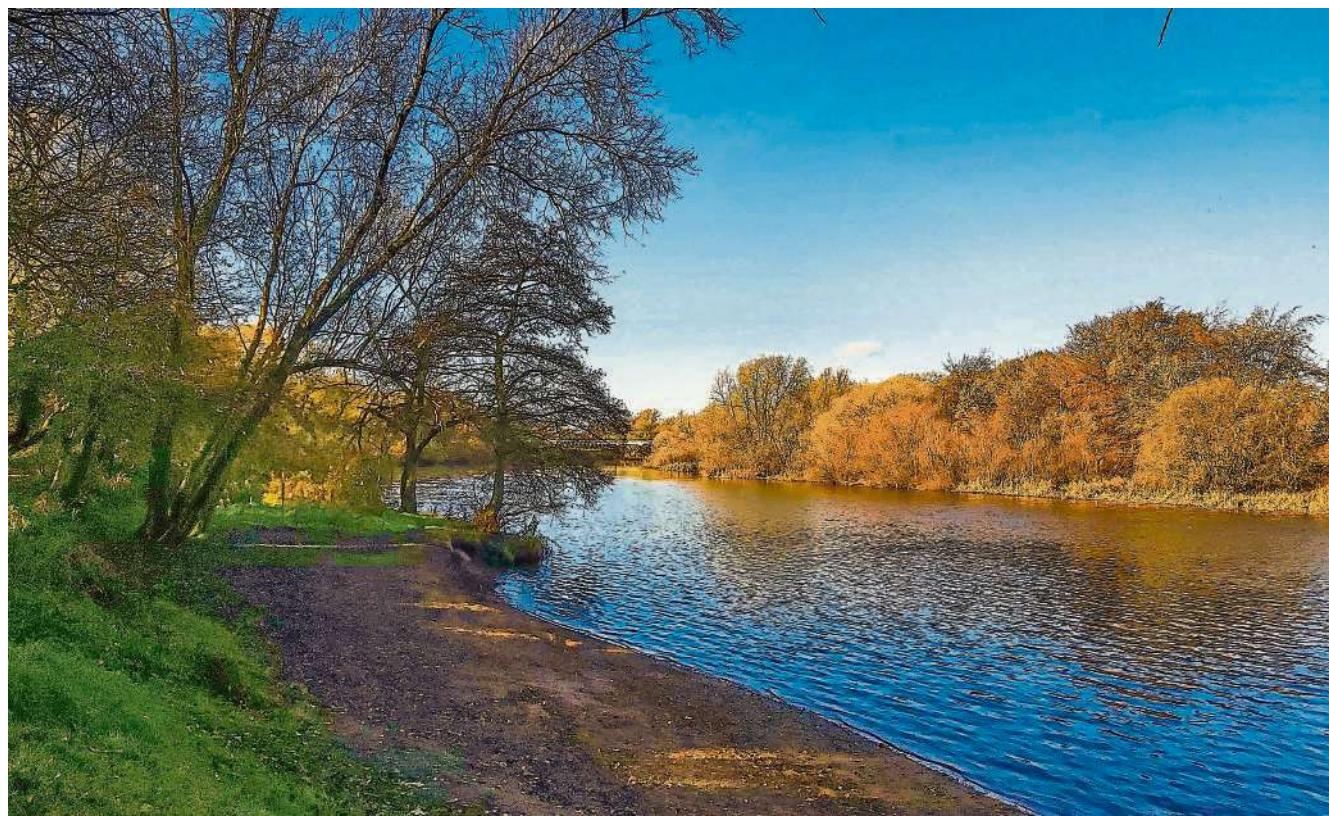
Claire Waters took this snap on a frosty evening

# Readers**Pictures**

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



The river path in Plassey taken by Denis Hickey



A beautiful sunny morning taken in Plassey by Denis Hickey





# I ♥ LIMERICK

## RICHARD LYNCH

### FOLLOW RICHARD

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# A look back at 2019

**W**HAT a year! Hoping 2020 is just as special and wishing you all the greatest success and happiness for the coming year. Here is a look back at some memorable moments from my past year:

### All-Ireland Hurling Champions named Limerick Persons of the Year

In February, the All-Ireland Limerick Senior Hurling champions were named Limerick Persons of the Year 2018 for bringing the Liam MacCarthy Cup back to the Treaty City and County for the first time in 45 years. Nearly 100,000 greeted the victorious team at their homecoming, while thousands more continued to celebrate as the players accompanied the cup on its travels to all corners of the county. At the gala event in the Clayton Hotel, Cervical Cancer campaigner Vicky Phelan was also honoured with a Special Achievement Award. Details of a new Limerick Hall of Fame were announced at the gala ceremony, with the late Cranberries lead singer Dolores O'Riordan being the first inductee. To see a video of the day go to [ilovelimerick.com](http://ilovelimerick.com) now!

### Ireland's Young Filmmaker of the Year Awards

In March, Ireland's Young Filmmaker of the Year 2019 announced its Senior and Junior winners at the Fresh International Film Festival at the Odeon in Castletroy.

Students from Clare who were part of the Sparks Film Group took home the title of Ireland's Young Junior Filmmaker of the Year 2019 for their short film 'CAT-astrophe', in which a strange cat is found and weird things begin to happen. Fourteen-year-old Sean Tracy from Ashford in Wicklow took home the title of Ireland's Young Senior Filmmaker of the Year 2019 for his short film 'Rue', a story about a boy who regrets his last words to his best



Richard, PRO of Limerick Pride pictured at the parade with Claire Culhane, his husband Hugo, Lisa Daly, Limerick Pride Chairperson and Limerick drag sensation Celine Picture: Dolf Patijn/ilovelimerick

friend. The closing date to submit a film for this year's competition is January 24. See [www.freshfilmfestival.net](http://www.freshfilmfestival.net).

### Team Limerick Clean-up celebrates 5 years!

In April on Good Friday, a record-breaking 21,000 volunteers took part in Team Limerick Clean-Up 5, Ireland's largest one-day tidy-up. Across hundreds of locations around Limerick city and county, teams of schoolchildren, businesses, residential groups, Tidy Towns and sports clubs came together to give their community a spring clean and make Limerick the tidiest and cleanest place in the country. Celebrating the milestone year for the much-loved community event, sponsor JP McManus and ambassador Paul O'Connell led the army of volunteers, who came from every town in Limerick and this year featured members



Richard pictured with Jayne Foley, founder of Fresh Film Festival, second place finalist Cal Arnold O'Driscoll, 16, from Dublin, winner of Ireland's Young Filmmaker of the Year 2019 Sean Treacy, 14, from Wicklow and third place finalist Milosh Hughes, 18, from Malahide, Dublin with comedian Pat Shortt PICTURE: ZOE CONWAY/ILOVELIMERICK

of the victorious All-Ireland Limerick hurling team, Munster rugby legends, community and residential groups, businesses, charities and local well-known faces. Watch a video of the day on [ilovelimerick.com](http://ilovelimerick.com) now.

### MEEC Conference 2019

### stresses the importance of Gender Equality

In April, at the University Concert Hall, The Midwest Empowerment and Equality Conference took place to empower, educate and encourage men and women both young and old to take better care of themselves.

The conference was organised and presented by Dr Mary Ryan, Consultant Endocrinologist, Bon Secours at Barrington's Limerick and Senior Lecturer at Graduate Entry Medical School (GEMS), University of Limerick. Mary educated the audience on the

importance of why empowerment is so important in both men and women.

Guest speakers included Professor Desmond Fitzgerald, President of the University of Limerick and Mary Harney, Chancellor of UL. Eight transition and fifth-year students from schools across the Mid West each gave five-minute presentations on the topics of empowerment and equality. Loved the event and hope it comes back for 2020!

### The Lavery and Osborne Exhibition

In May, I shot promotional photos with none other than Celia Holman Lee to promote a new exhibition Lavery and Osborne: Observing Life, that opened at the Hunt Museum in June and continued throughout the summer. Irish artists, Sir John Lavery and Walter Frederick Osborne were



both born in the mid-nineteenth century and these renowned artists lived parallel lives as Irish painters who travelled overseas to develop their artistic talent. The exhibition placed the two artists side by side, without other artists for the first time and it was a huge big deal for the Hunt Museum. Celia and I were thrilled to take part in promoting such an historic exhibition. To see a video go to [ilovelimerick.com](http://ilovelimerick.com) now!

#### #CALLITOUT Campaign calls out Homophobia, Biphobia and Transphobia

In June, the University of Limerick hosted an event for the Call it Out campaign, which is a joint initiative of Transgender Equality Network Ireland (TENI) and The Hate and Hostility Research Group at UL. The initiative aimed to highlight and address the harm caused by homophobia, biphobia, and transphobia in Ireland. Despite many positive changes in regards to LGBT+ rights and acceptance, UL found that the Irish underestimate the on-going problems. At the launch, I spoke about my own experiences of homophobia in my younger years and how that has affected me throughout my life. I felt so honoured to be asked to be part of such an important campaign. See [www.callitout.ie](http://www.callitout.ie).

#### Limerick shines for biggest Pride Parade ever!

In July, Limerick's biggest Pride parade ever took place as thousands of people of all ages lined the streets for Limerick's most splendid and colourful day celebrating lesbian, gay, bisexual and transgender culture. People travelled as far as the USA to celebrate this year's Festival which marked 50 anniversary the Stonewall Riots in New York and the birth of the LGBT Pride movement.

The annual parade celebrated its 13th year with an estimated 3,000 people and several corporate, voluntary and political organisations taking part. It was my 12th year involved in the organisation of the Festival and it just seems to be getting bigger and better every year. To say I am proud is an understatement! Looking forward to next year's Festival already! Watch a video of the day on [ilovelimerick.com](http://ilovelimerick.com).

#### Leanne and David's Wedding

In July, my baby Leanne Moore got married to David Behan, the love of her life in Marbella and it was the wedding of the century! I had an absolute ball and my legs were sore afterwards from all the dancing. I was



Richard pictured with nutritional therapist Olivia Beck, fitness expert Leanne Moore, style queen Celia Holman Lee, Dr Mary Ryan, consultant endocrinologist Bon Secours Hospital, Aoibhinn Garrihy, actress and founder of BEO, Mary Harney, chancellor of the University of Limerick, hockey player Sinead Loughran and Una Burns, head of policy and communications, Novas PICTURE: ZOE CONWAY/ILOVELIMERICK



Richard celebrating the 5th birthday of TLC with founders JP McManus, Paul O'Connell and Helen O'Donnell PICTURE: CONOR OWENS/ILOVELIMERICK



Richard Lynch pictured with members of Limerick Against Pollution at the March for Our Lives protest PICTURE: DOLF PATIN/ILOVELIMERICK



Richard pictured at Leanne's wedding with his husband Hugo, Claire Culhane, Dave and Leanne, Celia Holman Lee, Ger Lee and Sinead O'Brien



Richard and Celia promoting the Lavery and Osborne Exhibition PICTURE: DON MOLONEY



Richard at the launch of the Call IT Out campaign with Stephen O'Hare, Toni, Piotr Godzisz, Lambda Warsaw, Ellen Murray, Toni, Dr Jennifer Schweppe, HHRG UL, and Dr Amanda Haynes, UL



Richard with John Kiely, Limerick senior hurling manager, and retired Limerick senior hurler Paul Brown PICTURE: CONOR OWENS/ILOVELIMERICK

honoured to be her bridesman and the whole day was picture perfect. It was so much fun meeting all of David's Dublin crew and also hanging with the Limerick gang including Celia Holman Lee and Sinead O'Brien. Leanne and David, I could not be happier for both of you and love you lots. Congrats xxx

#### Leon's Lifeline - A Young Man's Only Chance

In August I started working with the amazing Deirdre MacMahon on the Leon's Lifeline campaign with the aim of raising €70,000 to send 22-year-old Leon O'Connor to Russia to receive treatment for Multiple Sclerosis.

The campaign was a huge success and Leon received his treatment this past November and I am thrilled to report that he is doing really well. Leon's mother

Valerie tells me, "I cannot thank the people of Limerick enough for all they did for my son. The outpouring of love was tremendous and exemplified the best of Limerick and I am forever indebted to all who donated to the cause." You can see a video about Leon on [ilovelimerick.com](http://ilovelimerick.com).

#### Limerick shows out to 'March for Our Lives'

In October, thousands of

Limerick citizens, businesses and politicians took to the streets, in protest of the Environmental Protection Agency's (EPA) decision to allow Irish Cement to burn 90,000 tonnes of waste in Mungret. The protest was organised by Limerick Against Pollution (LAP), a group of concerned residents who live near the Mungret plant.

There was not a clear path in sight as Limerick natives,

both young and old, lined the streets with signs and banners to show their anger at the EPA for granting Irish Cement permission to ditch fossil fuels in exchange for burning tyres and waste. Even with the rain pouring down, the turnout was amazing and showed the passion of the Limerick people shining through a desperate situation. To see a video of the day go to [ilovelimerick.com](http://ilovelimerick.com) now.



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## BREAKING NEWS

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# LIMERICK LEADER

## The Leader

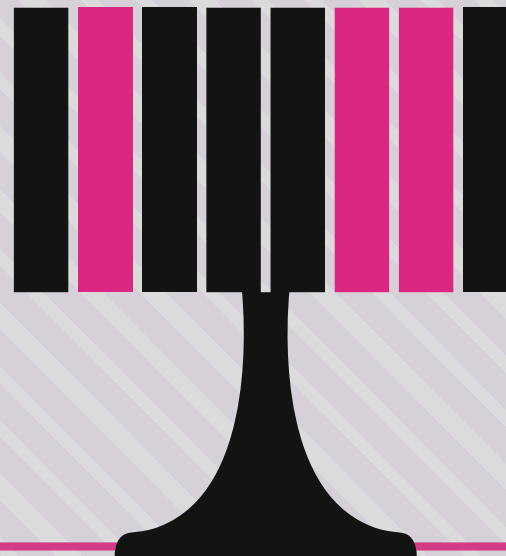
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# FAMILY ANNOUNCEMENTS

## IN MEMORIAM



### † MCNAMARA

(Third Anniversary)  
In loving memory of  
**Annette McNamara, late of**  
35 Creagh Ave, Kileely,  
Limerick who died 6th  
January 2017. Mass will be  
offered on Saturday 4th  
January at 7pm in St.

**Lelia's Church.**

Always smiling, happy and  
content,  
Loved and respected wherever  
she went;  
To a beautiful life a sudden end,  
But she died as she lived,  
everyone's friend.

Always loved and never  
forgotten by your husband  
Willie, family and relatives in  
Shannon. xx

Just like the sweetest rose  
Your petals fell too soon  
But the love you planted in our  
hearts

Will never cease to bloom  
May you always walk in sunshine  
And God's love around you grow  
For the happiness you gave to us  
No one will ever know.

From **Bernie and the**  
**O'Donnell's**  
With love



### † MOLONEY

(Seventh Anniversary)

**Treasured memories of**  
**Linda Moloney late of**  
**Sarsfield Ave, Garryowen**  
**whose anniversary occurs**  
**on 1st January. R.I.P.**  
**Masses Offered.**

You shared in all my ups and  
downs,

You helped me see them  
through;  
You made the bad times better,  
By the things you used to say  
and do.

You were someone I could talk  
to,  
On whom I could depend;  
You were more than just a wife,  
You were also my best friend,  
And so on this your anniversary,  
I long to let you know,  
How proud I am that you were  
mine,  
Because I loved you so.

Sadly missed by your loving  
husband Noel, Stephen &  
Family, Patrick & Family,  
David & Family and Jessica  
& Family.

Also remembered by Michael  
and Paddy Ryan

## IN MEMORIAM



### † O'DONNELL

(42nd Anniversary)

In loving memory of a dear  
mother **Catherine (Kitty)**  
**O'Donnell late of 13 St.**  
**Munchin's St, St. Mary's**  
**Park, Limerick who died**  
**on January 1st, 42nd**  
**anniversary. Masses**

**offered. Also remembering**  
**at this time our father**  
**Joseph O'Donnell, brother-**  
**in-law Joseph Slattery,**  
**brother-in-law Gerard**  
**Costelloe, uncle Thomas**  
**Cuddihy and nephew**  
**Joseph O'Donnell. Rest In**  
**Peace.**

The world is full of wonderful  
things,  
Beautiful flowers and butterfly  
wings,  
Thousands of birds weaving  
patterns in flight,  
Millions of stars decorating the  
night.

But if we search the whole  
world over, one shore to another,  
We will never find a treasure, as  
precious as our mother

**Deeply missed but never**  
**forgotten your sons Junior,**  
**Pa, David, Seamus, Anthony,**  
**Andrew, daughters Maryrose,**  
**Catherine, Phyllis, Linda,**  
**Ann, daughter-in-law, son-in-**  
**law, grandchildren, great-**  
**grandchildren.**

### † O'GRADY

(Seasonal Remembrance)  
In memory of our father Stephen  
O'Grady (late J & G Boyds and  
Kidds Restaurant), 10 Emly  
Place, Mary Street, Limerick  
died on 2nd January, 1952. His  
wife Kathleen (late Cleeves),  
died 4th February, 1989.

His son Stephen (late  
McMahon's and Coads Shoes),  
died 13th August, 1973. His  
daughters Margaret Helen (4  
months) Died 9th September  
1941 and Maura McMahon (late  
Clothing Factory and  
O'Donovan's), died 29th June,  
2002. Her husband Brendan  
(late De Beers), died 10th  
February, 2009.

His grandchildren, Baby Elaine,  
Died 27th November 1977 and  
grandson baby Michael, Died  
19th June 1988.

Masses offered.  
Always fondly remembered but  
Sadly missed at this time.  
(Inserted by the O'Grady  
family)

### Light A Candle...

A candle to remember,  
may it burn ever so bright  
As we look to the heavens  
on this very night.

Beyond the stars, our dear  
loved ones soars

Embraced by their Savior on  
heaven's shores.  
As the angels protect them and  
sing their sweet name

We honor their life with the glow  
of this flame.

So we light this candle for our  
loved ones tonight

As a symbol of our love and  
their eternal life.

## IN MEMORIAM



### † SHEEHAN

(12th Anniversary & 45th  
Birthday Remembrance)

In loving memory of John  
**"Rambo" Sheehan late of**  
**Pennywell Rd, Limerick**  
**whose 12th anniversary**  
**occurs on the 23rd**  
**December 2019. Also**  
**remembering John's 45th**  
**Birthday which occurs on**  
**the 22nd January 2020.**

**Masses have been offered**  
**for John's intentions.**

**Will those who think of**  
**John today,**

**A little prayer to Jesus say**

xxx

Deep in our hearts your  
memory is kept  
To love and cherish and  
never forget  
Words are few but thoughts  
are deep  
Memories of you we will  
always keep  
**Sadly missed and always**  
**remembered from your father**  
**Gerard**

The moment that you died John  
My heart was torn in two

One side filled with heartache  
The other died with you.  
I often lie awake at night  
When the world is fast asleep  
And take a walk down memory  
lane

With tears upon my cheeks.  
Remembering you is easy John  
I do it every day

But missing you is heartache  
That never goes away.  
I hold you tightly within my  
heart

And there you will remain  
Until the joyous day arrives  
That we will meet again.  
**Always loved and remembered**  
**from your heartbroken**  
**mother Carmel. Also**  
**remembering my mother**  
**Mary, my father Willie, my**  
**sisters Lilly and Esther, my**  
**brother John and my nephews**  
**William and David**

You went away so quietly John  
So as not to cause us pain  
But you will never be forgotten  
In our hearts you still remain  
Your wish today would be no  
fuss

Just to be remembered by all of  
us.

**Always remembered by your**  
**brother Jason, Aoife, nephews**  
**Evan and Tadgh**

## IN MEMORIAM

Although they say that passing  
time  
Can heal so many things  
It will never heal the heartache  
And the pain that Christmas  
brings,  
Because it brings back memories  
Of happy times with you  
Of all the fun and laughs we'd  
have  
And things we used to do.  
And oh to hug you once again  
And wish you all the best  
Instead of leaving these sad  
words

At this your place of rest.  
To thank you for the Christmass-  
es we shared

With one another  
And to tell you that you meant so  
much

And always will dear brother.  
Just one more greeting for today  
To place among the rest  
To wish you Happy Birthday  
John

And say you were the best xxx  
**Always loved and remembered**  
**from your sister Susan and**  
**your good friend James, your**  
**sister Katherine, your sister**  
**Joanne and husband Keith,**  
**your sister Marie and partner**  
**Eoin xxxx**

We're sending a dove to Heaven

With a parcel on its wings  
Be careful when you open it  
Its full of beautiful things  
Inside are 12 big kisses  
Wrapped in 12 big hugs

To say how much we miss you  
And send you all our love.

**Always loved and remembered**  
**from your nieces Shanon,**  
**April, Leah and Ava and**  
**from your nephews James,**  
**Evan, Tadgh, Thomas, Adam,**  
**Jonathan, Jack and Eoiny**  
**xxxxx**

We would also like to  
remember at this special time  
of year **Jimmy Williams and**  
**Nicky Lyons**  
**Will those who think of our**  
**loved ones today,**  
**A little prayer to Jesus say**  
**xxx**

Those we  
love,

We never  
lose,

For always  
they will be,

Loved,  
remembered,  
treasured

Always in  
our memory.

## IN MEMORIAM



### † WOODS

(Third Anniversary)

**With love, we remember a**  
**precious son, brother and**  
**uncle Damien Woods, late**  
**of San Damiano,**  
**Glenbrook, who died on**  
**January 2nd, 2017.**

**Masses offered**

This is for someone wonderful  
Who is loved as one could be  
For you were everything in our  
lives

You meant the world you see  
And sometimes life can be  
unkind

When hearts are torn in two  
But nothing could ever compare

To the pain of losing you  
But all the love you left behind  
Forever will live on

And so until we meet again  
Rest peacefully dear son

Our son, our sunshine

**Always on our minds, forever**  
**in our hearts from Mam and**  
**Dad xxx**

We never fail to think of you  
We never cease to care  
Oh what we'd give to come  
home

And see you sitting in your chair  
We miss your laugh that sound  
so dear

Your silly jokes and constant  
cheer

There's so much in life that's  
altered

And so much in life that's new  
But never in our lifetime  
Damien

Will there be another you  
**Love from your sister Simone**  
**and niece and goddaughter**  
**Grace xx**

You went away so quietly  
No time to say goodbye  
But brothers cannot be parted  
Precious memories never die  
**Your brother Killian xx**

Precious memories of a dear  
grandson Damien On his third  
anniversary

To know him was to love him  
Rest in Peace

**Sadly missed by his nana**  
**Breda, uncles, aunts and**  
**cousins x**



*Memories  
Live  
Forever*

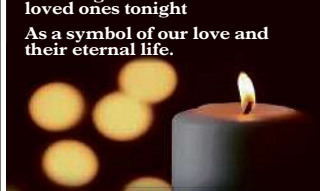
*A bouquet  
of beautiful  
memories,  
sprayed with a  
million tears,  
wishing God  
could have  
spared you,  
if just for a few  
more years.*

*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.*



*Your presence, love and kindness  
will forever be with us.  
Rest in Peace*





# LIMERICK LEADER

## The Leader

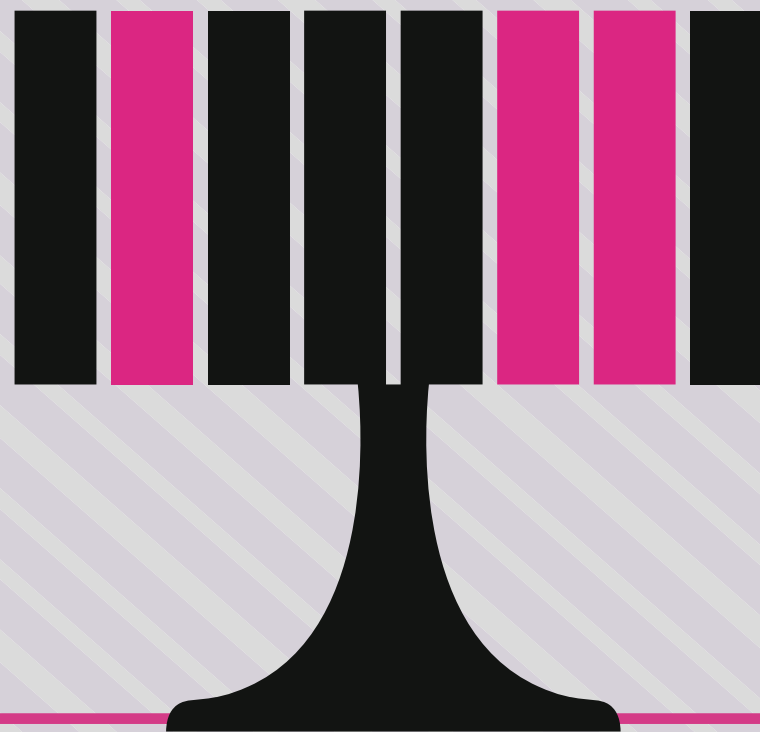
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# MOTORS

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## Style and substance

**Ford Focus ST:** Latest model blends track performance with everyday use

TRISH WHELAN  
www.CarAndTravel.ie

FORD Ireland say their Focus model is the best car they have ever made but here we're dealing with a different breed of Focus, developed by Ford Performance.

Motorists who like plenty of power in their car when they need it for a blast at weekends, but who also want a good family car for everyday use, can have the best of both worlds with the New Ford Focus ST which blends legitimate track-day performance and practical everyday usability. Luggage space is 541 litres with a full size spare and 575 with a skinny spare.

This nimble hot-hatchback is developed to be as comfortable as it is fun to drive with a very responsive steering system, fast acceleration and with class-leading roominess and excellent refinement of the standard Focus range but with an upscale interior that balances everyday practicality with a true sport driving experience.

The exterior differs from the standard model with special colours to show its strong styling. These include Ford Performance Blue and Orange Fury, alongside Frozen White, Magnetic grey, Race Red, Ruby Red and Shadow Black. You can opt for 18-inch Dark Sparkle and Magnetite Matt alloy wheel designs or a 19-inch wheel in Magnetite Matt as on my review car.

In addition to the sports steering wheel and the snug fitting Recaro sports seats, the interior boosts up the sporty atmosphere with an ST-embossed aluminium gear knob and scuff plates, alloy pedals, some metallic and satin silver decorative elements, and metal grey stitching for the seats, door inserts and centre console soft side pads.

Ford's new C2 platform is enhanced with unique suspension, braking and powertrain configurations for the most responsive and agile Focus ST driving experience ever - on the road or track. The Focus ST 2 has been enhanced with many advanced sports technologies for best-ever performance and agility.

Two series are offered: ST-2 and

ST-3 with a choice of petrol or diesel powertrains and hatchback or wagon bodystyles.

Standard items on the diesel ST-2 include 18-inch alloys with ST design, front lower grille, high gloss black; front and rear parking sensors; FordPass Connect; gauges integrated in a cluster 4.2-inch TFT colour screen; partial leather Recaro Performance seats. The ST-3 (from €43,253) adds 19-inch alloys, painted calipers; fixed full LED headlamps; a rear view camera, full leather Recaro seats; and power 4-way driver/passenger seats.

Ford's SYNC 3 connectivity system allows you control the radio, navigation and climate functions as well as connected smartphones using voice commands supported by an 8-inch colour touchscreen. The system is Apple CarPlay and Android Auto compatible. Ford PassConnect technology turns the car into a mobile WiFi hotspot with connectivity for up to 10 devices.

Power is from a 2.3-litre all-aluminium EcoBoost petrol engine with six-speed manual or a seven-speed automatic transmission (my review car). It is the most powerful engine ever offered for a Focus ST delivering 280hp and 420 Nm of torque with a sprint time of 0-100km/h in 5.7 seconds for the five-door model.

The powerful diesel 190hp 2.0 EcoBlue ST-2 (from €39,595) delivers peak power at 3,500 rpm and 400 Nm of torque between 2,000rpm and 3,000rpm. 0-100 takes 7.6 seconds. Combined fuel consumption is 7.9 L/100kms for the 2.3 litre engine; 4.8 L/100kms for the 2.0-litre version.

Selectable drive modes are a first for Focus ST. They are Slippery/Wet, Normal, Sport and Track.

I loved driving this car and found the six-speed manual gearbox to have a sportier feel with a short shift throw compared with the standard new Focus. It also delivered a feisty performance when it was safe to do so while being very well-mannered driving through towns and built-up areas. The fact that the ride height has been reduced by 10mm allows very



Selectable drive modes Slippery, Normal, Sport or Track are a first for Focus ST



efficient road-holding and response while the electric power assisted steering system is way faster than that in the standard Focus.

The ST is the first Ford front-wheel drive electronic limited-slip differential that improves traction and stability. Special Michelin Pilot Sport 4S

tyres are used.

Driver assist technologies include Active Park Assist 2 with Park-Out Assist, Adaptive Cruise Control, Auto High Beam, Blind Spot alert and Cross Traffic alert, Forward Collision Warning, front and rear sensors, a head-up display, Hill Launch Assist, Pre-Collision Braking/ with Pedestrian and

Cyclist Detection, a rear wide-view camera and a Wrong Way Alert.

My car also had a B&O PLAY Sound System, an electric parking brake, a hands-free tailgate, heated steering wheel, an openable panorama roof, a rotary gear shift dial, SYNC 3 with 8-inch touchscreen and a wireless charging pad.

Ford say this car is the most 'Jekyll and Hyde' yet, able to switch from refined tourer to focussed performance car at the push of a button.

The entry level Focus is from €23,365 (excluding delivery and related charges), my review car was €41,099 including some options like the Performance Pack at €1,500; Head-Up display (€530); rear wide-view camera (€100). The Ford Performance Blue exterior paint is another €1,500. These optional extras took the price of my car, as tested, to €44,729.

The new Focus ST is built at Ford's Saarlouis assembly plant in Germany following a €600 million investment.





## Five stars for safety for new Juke

**NISSAN'S** new generation Juke has been awarded a maximum five-star safety rating in the latest round of the Euro NCAP crash test programme making it one of the safest vehicles in the B-SUV segment, writes Trish Whelan.

Euro NCAP praised the car's strength and class-leading accident prevention technology.

The score for adult protection was 94pc and 85 pc for child

occupant protection placing it among the top performers in the small SUV class of 2019. Juke scored 81pc on cyclists and pedestrian protection tests.

A 73pc rating was applied to the level of Safety Assist technology available on the car.

First deliveries to customers have already started. Prices are from €21,995-€26,950.

## NEW SERVICE STATION

# New Texaco station officially opened

LIMERICK city has a new Texaco Parkway Service Station on the Dublin Road, writes Trish Whelan.

Parkway Service Station, a new Texaco-branded outlet, has been brought into operation by Valero Energy (Ireland), the company which markets Texaco brand fuel in Ireland.

Built on a high-profile site on the busy Dublin Road approach to Limerick, the Parkway outlet is said to be a model of 21st century service station design.

A core feature is a latest-generation SPAR convenience store.

The new Parkway Service Station is capable of fuelling up to 12 vehicles at any one time - with an off-island pump point for trucks - and has parking for up to 40 cars, opening 24-hours per day for 364 days a year.

Managed by Listowel-based H2 Group, whose managing director is Ballylongford-born Sean Heaphy, its opening has raised employment within



**Tom Naughton, Retail Sales Manager for Valero (Energy) Ireland Limited, and Sean Heaphy, managing director of H2 Group, at the Texaco Parkway Service Station**

H2 to over 360 persons in 12 locations across Kerry, Tipperary, Kildare, Dublin, Offaly, Limerick and Cork - the majority under the Texaco brand.

The outlet has already taken the Supreme National Winner's Award and a Forecourt of the Year (Large Category) Award at the recent Convenience Store Awards event in Dublin.

# LIMERICK LEADER

For news and reviews, go online and check out our new **MOTORS** section.

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





# SPORT

Leader



## HURLERS BACK IN ACTION

Limerick face Clare in league

For more see Page 52

Fortress Ravenhill awaits Munster Rugby this Friday night in what is a massive game for the away side



# Munster seek Ulster boost ahead of key trip to Paris

**Rugby:** Van Graan's charges look to bounce back after Leinster loss

COLM KINSELLA  
ckinsella@limerickleader.ie

MUNSTER seek a timely boost ahead of their crucial Heineken Champions Cup clash with Racing 92 in Paris when locking horns with Ulster in the Guinness Pro14 in Belfast on Friday night.

Munster's lead at the top of Conference B of the Guinness Pro14 was cut to a single point, following the province's sixth defeat in their last seven meetings with Leinster on Saturday.

Leinster's 13-6 success also ended Munster's 21-game unbeaten home run at Thomond Park.

This Friday night's clash with Ulster at Kingspan Stadium, the sides' final interprovincial derby of the Christmas and New Year's

period, kicks off at 7.35pm.

Munster look set to welcome back a number of Ireland internationals for the trip to Belfast. However, Johann van Graan is set to be without the likes of the rested CJ Stander, Chris Farrell and Jean Kleyn, who featured in the win over Connacht in Galway just before Christmas.

Johann van Graan said: "The guys who have had two weeks off were back on Monday. Obviously, a few played against Connacht, so they will only be back against Racing, so we will have a few guys back this week.

"Unfortunately, it looks like we will have more guys out than we will have back which in certain positions is key, but we will take our time, then reassess and take it from

there.

"Obviously Ulster is on fire at this stage, they haven't lost there for a very long time, so a nice challenge ahead."

Munster have a number of injury concerns ahead of their clash with Ulster who thumped Connacht in their most recent Pro14 fixture.

Hooker Kevin O'Byrne is to be assessed by the medical department for an ankle injury picked up in the defeat to Leinster.

Van Graan said: "Chris Cloete also took a shot, Tommy (O'Donnell) also has got a bit of tightness and then a lot of the guys who came off the field that finished it have a few bangs and bruises and we have a few games coming up, so a lot of guys have had a lot of minutes, so we also have to manage them, so a tricky



Munster's Johann van Graan welcomes back some stars

situation but that is rugby."

Fit-again out-half Joey Carbery made his first appearance off the bench in the defeat to Leinster.

Van Graan agreed that having Carbery back ahead of key PRO14 and Heineken Champions Cup games,

including the 'must-win' tie away to Racing 92 in Paris.

"He got on a bit earlier than we wanted. JJ (Hanrahan) was struggling with a stiff hammy, but I thought he did well.

"Obviously it was his first game back in a long time.

"I thought he read play pretty well, a few good kicks into the corner and one almost line-break, but it will take some time, but real positive to get him out onto the pitch and through 25 minutes of play, so from that perspective a real positive from our side."

Friday night's opponents Ulster go into this week's interprovincial derby on the back of an impressive bonus point win over Connacht at Kingspan Stadium on Friday night last.

## Soccer

### Sadness at passing of soccer star Matthews

COLM KINSELLA

ckinsella@limerickleader.ie

THE funeral took place earlier this week of legendary former League of Ireland medal winner with Limerick, Johnny Matthews.

Popular Coventry native Matthews passed away in Waterford at the age of 73 on Christmas Day.

Matthews initially came to Ireland to play with Waterford, where he also enjoyed huge success, before moving to Limerick in 1979.

The talented goalscorer made a total of 41 appearances for Limerick between '79 and 1981 and was a key member of their league winning side of 1979-1980.

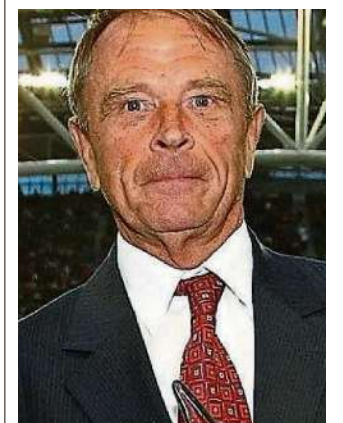
Johnny Matthews is regretted by his wife Mary Clare, daughters Jenny and Sarah, sister Gloria, extended family and friends.

Following Requiem Mass in the Church of the Holy Cross, Tramore on New Year's Eve, a private cremation took place in the Island Crematorium, Ringaskiddy.

The late Johnny Matthews won a record seven League of Ireland titles, including six with Waterford.

Matthews' 156 goals put him in the top 10 highest goal scorer in the history of the League of Ireland.

Matthews his final League of Ireland appearance as a player, for Newcastle West, in February 1987, against Derry at the Brandywell. He entered management with Newcastle West while still a player in 1986 before returning to Waterford to take the managerial reins.



The late Johnny Matthews



# Limerick hurlers and footballers can target early season final spots

**JEROME O'CONNELL**  
joconnell@limerickleader.ie

BOTH the Limerick hurlers and footballers have action in the opening week of the new year.

And, both inter-county teams could find themselves in early season provincial final action with victories in the coming days.

Billy Lee's senior footballers are first into action – they play Waterford in Fraher Field in Dungarvan this Thursday January 2 at 7.30.

After beating Clare on Sunday, Limerick know that another win will secure a McGrath Cup final spot on Saturday January 11 – most likely against Cork or Tipperary.

Limerick gave debuts to

Bob Childs, Darren O'Doherty and Ryan Glynn while there were inter-county returns for Danny Neville, Josh Ryan and Hugh Bourke in that 0-14 to 2-6 win over Clare.

Limerick will be bidding to repeat their 2017 McGrath Cup campaign when wins over Clare and Waterford advanced the men in green to a final – losing to Kerry.

Limerick are five-time McGrath Cup winners but haven't lifted the early season provincial football title since 2005.

Next Sunday (2pm) Limerick play their opening hurling game of 2020 – a Co-Op Superstores Munster League game against Clare in Sixmilebridge.

Victory will secure a Sunday January 12 final

against Cork – a sixth fifth final appearance in six years.

Limerick have won this title in 2015 and 2018 and also reached finals in 2016 and 2017.

Limerick beat Tipperary in round one pre-Christmas when debuts were given to Darren O'Connell, Brian Ryan, Brian O'Grady and Mark Quinlan.

Other newcomers that can feature against Clare are Patrickswell duo Jason Gillane and Josh Considine and Na Piarasigh's Jerome Boylan.

Both Limerick inter-county teams begin their Allianz League campaigns on Saturday January 25 – the hurlers away to Tipperary in Thurles and the footballers away to Waterford in Dungarvan.

## Youths chase inter county glory as Limerick's Premier league returns



**Dara Rainsford, Fairview Rangers, scores a penalty despite the efforts of Tommy Holland, Janesboro. This weekend, table toppers Fairview take on Geraldines**

THE LIMERICK DL Youth side also begin their quest to retain the Inter County Youth trophy on Sunday when they host the Kerry DL.

The sides met a couple of weeks back when weather conditions resulted in the game being called up with Limerick leading 2-0 after 50 minutes.

Manager Martin Sugrue will be hoping his side can repeat that the form that saw them Boss the Kingdom boys.

Along with the Kerry DL, Cork DL will make up the Group that Limerick need to progress from.

**LIMERICK'S HOPES WILL REST ON THE FOLLOWING SQUAD;** Sean Hamm (Aisling), Dylan O'Sullivan (Fairview), Scott Kirwin (Fairview), Shay McCarthy (Fairview), Jake Dillon (Newport), Ethan O'Sullivan (Fairview), David Power (Hill Celtic), Cian Fitzgerald (Fairview), Joe Kavanagh (Charleville), Ronan O'Dwyer (Aisling), Eoin Duff (Fairview), Sean Connolly (Fairview), Glen Kelly (Prospect), Eoghan Burke (Aisling), Jamie Griffin (Fairview), Get Quaid (Aisling), Kane Connolly (Caherdavin), Aodh O'Hanluain (Aisling), Ben O'Shaughnessy (Aisling), Sean Ezekannagha (Fairview)

There are a couple of games in the PJ Matthews Premier League that will have a huge bearing on the race for the title.

Leaders Fairview Rgs face a tough test when they make the short trip to the Garryowen Green to take on fellow challengers

Geraldines.

A win for Derek Hannon's men would see them go level on points with the 'View.

Geraldines have shown time and again they will make life difficult for the big guns visiting the Green.

A win for Fairview Rgs will make a huge statement and with Dermot Fitzgerald back in situ they will be further buoyed. Expect a cup style atmosphere.

Waiting for Fairview to slip up are Pike Rvs who are away to Aisling.

A win for Pike could see them take top spot which would be a huge boost going into FAI action the following weekend.

Another Premier tie sees Nenagh hosting Champions Janesboro, both sides hoping for a change in fortunes.

The Lawson Cup kicks off on Saturday evening with the remainder of the games fixed for Sunday.

The game of the round sees Division 1A leaders Kilfrush at home to Premier side Regional Utd in a second round game. While there is a two division gap between the sides, Regional would be well served to go into the tie prepared for a battle.

Kilfrush have got a lot of players back into the squad and will relish a shot at a big fish like Regional.

The Premier side however are in fine form too

and with the FAI a week later, there will be plenty of competition for places which should guard against complacency

The another second round tie Ballynanty Rovers host Carew Park in LIT.

A game that would have drawn the crowds a year ago takes on a different hue now with the visitors in a rebuilding phase facing a rampant Balla XI.

In-form side Charleville welcome high riding Division 1A side Castle Rvs while

Premier A leaders Moyross welcome Caledonians to the Northside.

Another side doing well in the second tier are Newport and they will be strongly fancied to advance at home to Abbey Rvs.

Division 2B promotion challengers Northside will test their strength at home to Premier A side Cappamore while Caherconlish, leading the way in Division 2A will be no pushovers at home to Premier A side Murroe.

Hyde Rgs will be looking to bounce back at home to Glenview Rvs and Lisnagry welcome an in-form Star Rvs XI.

In the Open Cup Coonagh B take on Kilmallock B for a place in the last four of the Open Cup.

For more see #LLSport

**Cillian Fahy, Limerick shoots for a point over Clare Defender, Eoghan Collins during Sunday's McGrath Cup final**



## 41,000 flock to Christmas Racing Festival

UP to 41,000 racegoers have flocked to the four-day Mr Binman Limerick Christmas Racing Festival at Greenmount Park.

An attendance of 6,295 was recorded on the final day of the National Hunt racing bonanza, December 20 which was Family Fun Day at Patrickswell. The figure was an increase of 200 on the

final day of the 2018 Festival.

St Stephen's Day attracted the biggest attendance of the week with 14,106 patrons passing through the turnstiles for what is traditionally the best attended day of the Festival.

Day four of the Mr Binman Limerick Christmas Racing Festival saw a popular local success as Rathkeale trainer

Eric McNamara saddled Northern Love to spring a 20/1 surprise in the concluding Irish Field Handicap Hurdle.

The four-year-old winner, ridden by Ryan Treacy, ran out a half a length winner of the 2m 3f contest in the colours of Kevin McNamee, who also bred Northern Love.

The Mr Binman Limerick Christmas Racing Festival is the biggest annual National Hunt meeting in Munster and this year's event is the first green racing festival where all involved have committed to reducing single use plastics.

The National Hunt fixture boasts a total of €575,000 in prize money, a 5% increase on 2018 levels.





# MONALEEN ROAD HURLING 2019



The start of Monaleen GAA Road Hurling with over 50 Teams taking part ALL PICTURE BRENDAN GLEESON



The First Team to take part in the Monaleen GAA Road Hurling



Leo Morrisson, aiming the sliotar for the Monaleen GAA Road Hurling



Fergal Kenzie, taking aim at the Monaleen GAA Road Hurling



Barry Kiely, Keenan and Jack Mullane with Rory Skelly, all set for Monaleen GAA Road Hurling



Carl and Robbie Swidger, getting ready for the Monaleen GAA Road Hurling



Keith Lawlor, Ulick Bourke, Dave and Maria Hennessy, Eoin Dwyer, Alan Walsh and Darell Smith, all set to take part the Monaleen GAA Road Hurling



Sarah and Barry Sullivan, Cathal and James Daly, Tony Kane and John Reill, all set for the Monaleen GAA Road Hurling



John O'Halloran, getting practice in before the Monaleen GAA Road Hurling



Jack Mullane, putting some practice before the Monaleen GAA Road Hurling



Carl and Robbie Swidger, getting ready for the Monaleen GAA Road Hurling



Rian Hurley, practicing before taking part in the Monaleen GAA Road Hurling



Finbarr Nash, taking for the sliotar at the Monaleen GAA Road Hurling



Noel Madden, watching his shot of the sliotar at the Monaleen GAA Road Hurling



Killian Mullane, hitting the sliotar at the Monaleen GAA Road Hurling



# ON THE BALL

“Limerick to the core...”

COLM KINSELLA

## Christmas Racing Festival proves a winner alright!

Racing At Limerick - 2019 Christmas Festival PICTURE: ALAIN BARR - 26.12.2019



THE biggest sporting event in Munster over the Christmas period took place in Patrickswell when Greenmount Park hosted the four-day Mr Binman Limerick Christmas Racing Festival.

Close on 41,000 racegoers passed through the turnstiles over the week, a very impressive figure.

The overall attendance figure was 500 up on the 2018 figure.

The attendance was no doubt helped by the favourable weather

which prevailed over the four days of the event.

The Festival continues to grow year on year. Seven years ago, the total prize fund for the fixture was €350,000. This year the four-day National Hunt horse racing bonanza boasted a total of €575,000 in prize money, a 5% increase on 2018 levels.

Equally, in 2012 the feature race on St Stephen's Day was the €37,500 Grade 2 Greenmount Park Chase. This year, the St Stephen's Day feature was the

Grade 1 €100,000 Matchbook Betting Exchange Novice Chase, the race having been upgraded to a Grade one in 2018.

One of the most interesting aspects from the week was the betting turnover figures from both the on-course layers and the Tote.

The figures show that on-course bookmaker turnover at Limerick Racecourse over the four days reached €777,180. The figure is a €34,000 increase on the total 12 months ago.

The total figure for Tote turnover was €540,533, slightly down on the 2018 figure.

If the betting turnover is a reflection on the state of the economy and on the amount of disposable income in the pockets of people heading into 2020 then the outlook looks pretty optimistic.

It is also interesting at a time when more and more people who like to have a bet on horse racing have access to an on-line betting account that the turnover for the on-course bookies' held up so well at Limerick.

JEROME O'CONNELL

## Leaving behind a decade of fond memories for Limerick GAA

AS we roll into a new decade this Wednesday, Limerick GAA supporters can look back on the decade 2010-19 with fond memories.

Year by year there were highlights – August 19 in 2018 of course the stand-out memory as Declan Hannon lifted the Liam MacCarthy Cup high in the Hogan Stand to end a 45-year wait for All-Ireland SHC honours.

It was a decade that started with much rancour in hurling circles with Justin McCarthy fielding an under-strength inter-county

senior hurling team.

But that year did see Limerick in a Munster SFC final and a Ladies Football League final – losing both.

Silverware in 2010 went to the Limerick footballers in the Division Four Allianz League final and to the ladies footballers in the All-Ireland junior championship.

In 2011, there was Division Two Allianz Hurling League success and an All-Ireland SFC quarter final appearance.

In 2012, the ladies football lost the Division Four League final.

The footballers again tasted

Division Four league success in 2013 but the headlines went to the Munster SHC and MHC winners. Limerick also won a Division Two camogie league title.

In 2014, Limerick retain the Munster MHC title and in Croke Park won an All-Ireland intermediate camogie title. Limerick also won an All-Ireland minor A camogie championship.

In 2015, the U21 hurlers were crowned All-Ireland champions in a year when Limerick lost a Ladies Football League final and also won the Munster Hurling League title.

Limerick ended a run of three league final defeats in Ladies Football in 2016.

Again it was U21 hurling dominating in 2017.

In 2018, hurling dominated with All-Ireland honours for John Kiely's men, who started the year as Munster League winners. The Limerick ladies footballers also enjoyed Croke Park success with a junior championship win.

Ending the decade was 2019 Allianz Hurling League success, another Munster SHC and a Munster MHC.

All in all, silverware most years and all enter the new decade full of optimism.

DONN O'SULLIVAN

## Limerick's 2020 sporting wish list

THIS time of year is always a time for reflection and planning ahead for what is to come in the New Year.

Even though some sporting season's cross between one year and another, the end of 2019 does allow time to look forward to what may lie ahead in 2020.

Normally at this time of the year, I would be 'wishing' to see Limerick win an All-Ireland hurling title.

Seeing as that is still in recent memory, then I won't be selfish and add that to my list, well not at the top anyway.

With the Limerick footballers getting off to a winning 2020 start on Sunday last against Clare, I hope that the new season brings the rewards that Billy Lee deserves for all his hard work. He stuck by his guns when others might not have and the fact he enters his fourth season at the helm speaks volumes about the character of the man. With a two tier championship now a reality, plus with a 'favourable' draw in the Munster football championship, 2020 could be a good year for the men in green and white.

On the soccer front, it goes without saying that 2020 is a vital year for senior soccer.

Limerick United are a group looking to field teams in underage and Women's leagues and that is to be commended. However we have been here before, so I just 'wish' that we get something different this time around.

This summer will also see Limerick's Roisin Upton have a shot at an Olympic medal as her hockey side travel to Tokyo for the 2020 games.

Upton and her team-mates were the team of 2019, so heres to another 12 months of success.

On a final 'wish' - I hope that the words of a young Limerick hurler, who penned an open letter, are heeded by all and change comes for him and others.



## COLM KINSELLA

## Mourinho's Spurs side can taste Emirates FA Cup success

If it's the first weekend in January then it must be the third round of the Emirates FA Cup.

The round of the Cup is traditionally the stage when 20 Premier League and 24 EFL Championship clubs begin their campaigns.

2019/2020 sees the staging of

the 139th edition of the oldest football tournament in the world.

As part of the Heads Up campaign, all 32 fixtures will kick off one minute late to encourage fans to think about looking after their mental health.

The TV highlights of this weekend's third round fixtures include Everton's trip to Anfield to

face Premier League leader on Sunday, January 5 at 4.01pm.

Arsenal's match with Championship side Leeds will also be broadcast on BBC One on Monday, January 6 at 7:56pm.

BT Sports televised fixtures include Manchester Utd's trip to Wolves on Saturday, 5.31pm and Tottenham Hotspurs' away date at

Middlesbrough on Sunday, 2.01pm.

Holders Man City top the betting market at odds of 13/5, with Liverpool next best at 6/1.

However, preference is for 7/1 shots Tottenham Hotspurs, third favourites in the betting. Spurs will look to overcome 'Boro' on Sunday to earn a fourth round place.



We think Jose can deliver the Cup

# IS THAT ON THE BOX?

## Wednesday

**SOCCER**  
BRIGHTON V CHELSEA  
BT SPORT 12.30PM

**SOCCER**  
NORWICH V C PALACE  
BT ESPN 5.30PM

**SOCCER**  
MAN CITY V EVERTON  
BT SPORT 5.30PM

**DARTS**  
WORLD DARTS CHAMPIONS  
SKY SPORTS 7PM

**SOCCER**  
ARSENAL V MAN UTD  
BT SPORT 8PM

## Thursday

**GREYHOUND**  
NEWCASTLE RACES  
GREYHOUND TV 6.20PM

**SOCCER**  
DERBY V BARNSELY  
SY SPORTS 7.45PM

**SOCCER**  
SWANSEA V CHARLTON  
SKY SPORTS 7.45PM

**SOCCER**  
LIVERPOOL V SHEFF UNITED  
BT SPORT 8PM

**GOLF**  
TOURNAMENT OF CHAMPS  
SKY SPORTS 11PM

## Friday

**CRICKET**  
S AFRICA V ENGLAND  
SKY SPORTS 8.30AM

**RUGBY UNION**  
ULSTER V MUNSTER  
EIR SPORT 7.35PM

**RUGBY UNION**  
CARDIFF V SCARLETS  
PREMIER SPORT 7.35PM

**RUGBY UNION**  
SALE V HARLEQUINS  
BT SPORT 7.45PM

**GOLF**  
TOURNAMENT OF CHAMPS  
SKY SPORTS 11PM

Munster and Ulster lock horns this Friday night in Ravenhill



## Saturday

FA Cup time, always a chance of a giant killing



**CRICKET**  
MELBOURNE V RENEGADES  
BT SPORT 8AM

**CRICKET**  
S AFRICA V ENGLAND  
SKY SPORTS 8.30AM

**SOCCER**  
VALENCIA V EIBAR  
PREMIER SPORT 12NOON

**SOCCER**  
ROCHDALE V NEWCASTLE  
BT SPORT 12.31PM

**RUGBY UNION**  
TREVISO V WARRIORS  
PREMIER SPORTS 1PM

**RUGBY UNION**  
DRAGONS V OSPREYS  
PREMIER SPORTS 3PM

**RUGBY UNION**  
ZEBRE V CHEETAHS  
PREMIER SPORTS 3PM

**RUGBY UNION**  
GLOUCESTER V BATH  
BT SPORT 3PM

**RUGBY UNION**  
LEINSTER V CONNACHT  
EIR SPORT 5.30PM

**SOCCER**  
WOLVES V MAN UTD  
BT SPORT 5.30PM

**RUGBY UNION**  
EDINBURGH V KINGS  
PREMIER SPORT 7.45PM

**NBA**  
CLIPPERS @ GRIZZLES  
SKY SPORTS 8.35PM

**HORSE RACING**  
GOLDEN GATE  
SKY SPORTS 8.45PM

**GOLF**  
TOURNAMENT OF CHAMPS  
SKY SPORTS 9PM

## Sunday

**CRICKET**  
S AFRICA V ENGLAND  
SKY SPORTS 8.30AM

**SOCCER**  
MIDDLESBORO V SPURS  
BT SPORT 2PM

**RUGBY UNION**  
WASPS V SAINTS  
BT SPORT 3PM

**SOCCER**  
LIVERPOOL V EVERTON  
BBC ONE 4PM

**SOCCER**  
GILLINGHAM V WEST HAM  
BT SPORT 6.16PM

**NBA**  
CLIPPERS @ KNICKS  
SKY SPORTS 8.35PM

**GOLF**  
TOURNAMENT OF CHAMPS  
SKY SPORTS 11PM



Jurgen Klopp faces his near neighbours Everton in the FA Cup on Sunday



# JANUARY SALE

Saturday 4th - Saturday 11th January 2020!

MATTRESSES  
from only  
**€99**

FLOORING  
from only  
**€6.99**

RECLINERS  
from only  
**€199**

## Jetta Fabric Suite



2 Seater  
WAS €849  
**€499**

3 Seater  
WAS €999  
**€599**

## Chelsea Dining Set (Includes bench & 4 Chairs)



\*Limited Stock  
WAS €799  
**€579**

Also available in cream

## Bray Fabric Suite



2 Seater  
WAS €799  
**€499**

3 Seater  
WAS €1099  
**€599**

Chair  
WAS €499  
**€299**

## Jazz 3 + 2 Seater Fabric Sofa



\*HALF PRICE  
WAS €2250  
**€1099**

## Dakota Fabric Corner Sofa



\*Limited Stock  
WAS €2179  
**€1195**

**FREE** Matching occasional chair when you purchase the Dakota Fabric Corner Sofa

## Monaco Occasional Chairs



\*HALF PRICE  
WAS €199  
**€99**