

Sport: Limerick and Cork do battle in both codes for Munster honours



The Leader

Wednesday, January 8, 2020

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Mid-West Bridal fair set to be biggest and best yet P16-17



UHL IN CRISIS



Ambulances outside the emergency department in a week in which UHL broke its own record for the number of patients on trolleys. See pages 2, 8 and 23



CARS Focus on 2020 as new car sales hit five-year low **P5**



RETAIL Danish home store Jysk to open in city location **P22**

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LeadingOff

Setting the agenda in Limerick



▲ GOOD WEEK

Community groups
Over €150k was divvied up between community groups and projects around Limerick



▼ BAD WEEK

UHL
UHL again has the dubious distinction of most patients on trolleys, breaking its own record with 92



☀ QUOTE OF THE WEEK

"Harris is living in cloud cuckoo land if he thinks this is progress."
Deputy Maurice Quinlivan on the national trolley figure total for 2019. See page 8

INSIDE THIS WEEK



GARDA'S APP IDEA

Helping keep kids safe online
Page 22



NEGLECTED ANIMALS

'Bones of horses everywhere'
Page 12



FLOOD DEFENCES

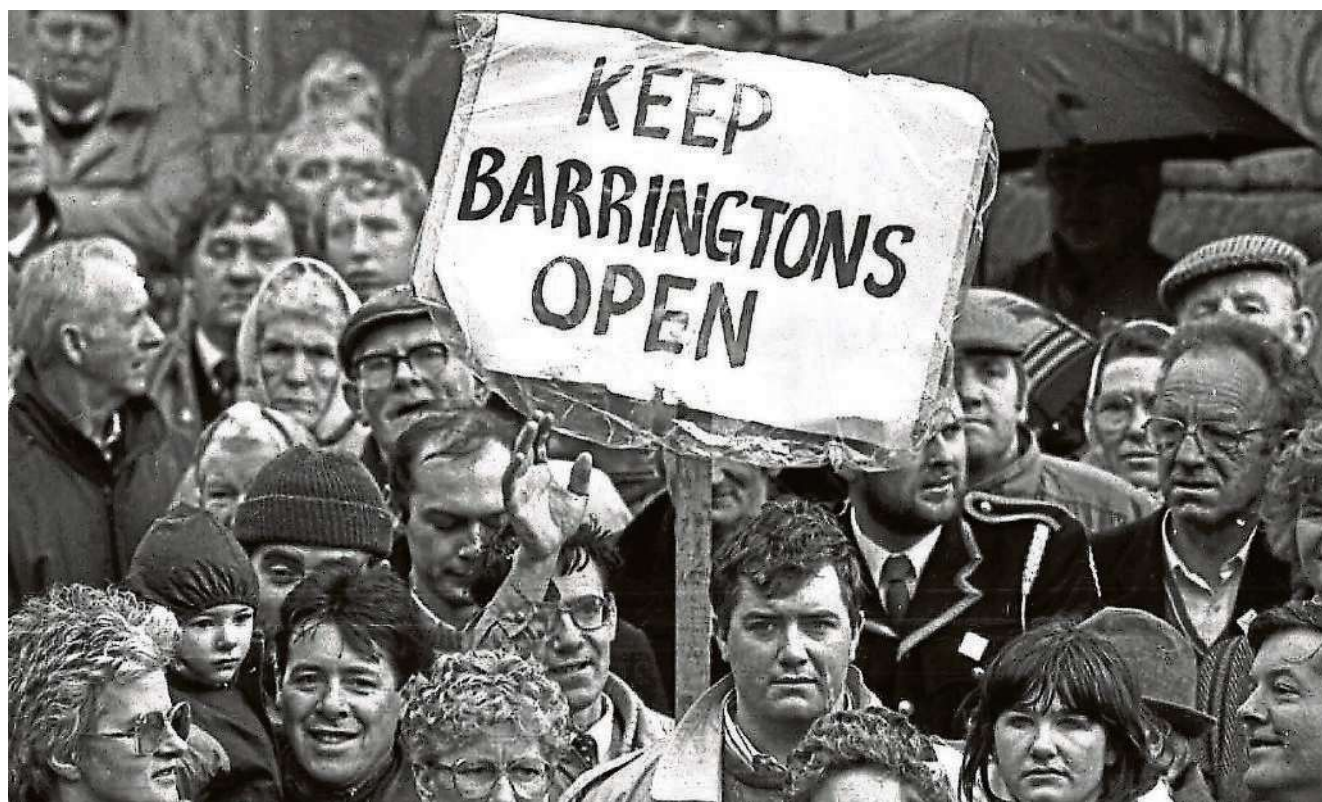
Planning goes in for measures
PAGE 4



PROCEEDINGS WITHDRAWN

Council drops caravan case
Page 5

We are all to blame over crisis at UHL



Over 20,000 people took part in the Barringtons Hospital closure protest in December 1987. Today the health situation in Limerick is far far worse with people waiting for days on trolleys in the hope of getting a simple bed



WHAT WE THINK
EUGENE PHELAN

LEADER EDITOR

WHILE we can all complain as much as we like about the dreadful situation at UHL, we the people of Limerick have to take a lot of the blame as well.

Why? Because we are far too tolerant.

We are listening to promises for far too long when immediate action is needed to help alleviate, if not solve the problem.

I remember as a young

journalist the huge controversy over the closure of Barringtons as a public Hospital in 1988. Twenty thousand people took to the streets in anger.

If a protest was organised tomorrow, how many would turn up? Not a lot.

One was held last May when only 300 took part. The situation today is much worse than the Barringtons era;

people are dying on hospital trolleys and are being treated in an inhumane fashion. It is third world stuff and our politicians have left us all down.

What can we do? Well we can annoy every politician that we meet. And while Fine Gael will take the brunt of the abuse, all parties that have been in power are equally to blame.

WEBTOPTEN

1. Danish retailer JYSK to open first store in Limerick
2. Road closure following 'serious' collision
3. Cyclist knocked down in Limerick during early morning accident
4. Total ban on visitors in place at University Hospital Limerick
5. University of Limerick confirms senior appointment, below



6. Funeral arrangements announced for motorcyclist killed in Limerick collision
7. Reports: Ciaran Carey to depart Patrickswell role
8. Gardai appeal for dashcam footage after van driver dies in Kerry collision
9. Potential delay for new Limerick school as council expresses concerns over traffic
10. Christmas Day arrests in Limerick for drink driving



Ciaran Carey quits role at Patrickswell, see no. 7

WEATHER FOR THE WEEK



WEDNESDAY
Cloudy and cooler than recent days with temperature peak of 8°C



THURSDAY
Periods of rain with the mercury climbing to just 9°C



FRIDAY
Mostly cloudy with some rain and temperature peak of 10°C



SATURDAY
Set to be a wet one with rain all day and a high of 12°C



SUNDAY
Shower in the morning, clearing with a peak of 7°C



MONDAY
Mostly cloudy with a little rain and temperature peak of 9°C

MyLimerick

JP Dillon

Live 95 presenter



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

My idea of a perfect day in Limerick would be to have the sun shining and me taking a walk through my old neighbourhood along Clancy Strand and Thomondgate.

This is where I grew up and, in my opinion, it is not only one of the most historic parts of Limerick but it is also very beautiful with the Shannon River, the Treaty Stone and King John's Castle creating a postcard-like scene.

What is your first memory of Limerick?

One of my favourite childhood memories is my Dad taking my brother Pat and I to The Markets Field on Sunday afternoons to watch the Limerick soccer team in action.

Back then it was the highlight of the week as there was little or no soccer on TV. The ground was always full and the atmosphere always amazing. We got to witness great legendary players like the late Joe O'Mahony and Tony Meaney.

Who can ever forget such greats as Kevin Fitzpatrick, Des Kennedy, Pat Nolan and Al Finucane to name but a few.

What is your favourite part of the county or neighbouring area?

One of my favourite places of all is Killaloe. Just to stand back and admire its incredible scenery and breathtaking views. That was the main reason I had my wedding reception there in 1995.

What is your favourite local walk or view and why?

I find myself going back to Thomondgate again for this one. It's a place that is very close to my heart. A view which will stay with me forever is the one I had from my bedroom window when I was a boy.

I could see St Munchin's Church, the Treaty Stone and at night the lights were dancing on the Shannon River in front of King John's Castle. It's a view that has stayed in my memory forever.

What gives Limerick its unique identity?

I think a lot of things give Limerick its unique identity. For a start the people of Limerick – you can go just about anywhere in the world and you'll know when you meet someone from Limerick with a greeting such as 'aboy the kiiid!' or 'How's it goin Morris'.

Also, Limerick is steeped in music from famous showbands to wonderful songwriters and bands like The Cranberries putting us on a world stage not to mention how we stand head and shoulders and go toe-to-toe with the best on the sports field.

How would you describe the people of Limerick?

Limerick people are the very best and they are the salt of the earth. In my lifetime I have seen the people of Limerick getting behind a lot of fundraising for various charities and clubs.

They are a very caring people – both in the city and county – and it has always been my experience that Limerick people, if they can afford it, would give you their last bob to help you out.

What is the biggest challenge facing Limerick as we begin 2020 and a new decade?

"I think there are a number of challenges facing Limerick in the times we live in. I would like to see more help available for mental health issues.

The overcrowding situation at University Hospital Limerick has to be sorted somehow as it is not right as we enter a new decade that people have to spend time on hospital trolleys in such big numbers.

I would love to see Thomond Park and The LIT Gaelic Grounds being used again to bring the big music stars to play in Limerick. We have these great stadiums that could more than accommodate big gigs and, of course, bring much needed business into the city.

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Planning application made for flood defences

Environment: Almost six years since devastating incident

NICK RABBITS

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ALMOST six years after the extensive flooding in the King's Island area of Limerick city, an application for flood defences has finally been made.

The Leader can this week reveal that the local authority has applied to An Bord Pleanála for flood defences around the King's Island, a move welcomed by local councillor John Costelloe, who described it as "vitally important to the community".

It was way back in February 2014 when unprecedented flooding hit the community after high tides caused massive damage to homes and property in the greater Kings Island area.

It saw the army called in, scores of people evacuated from their homes, with many people close to the Shannon seeing their home and possessions destroyed.

Since then, sandbags have been piled up around the estate – but Cllr Costelloe says locals still live on their nerve.

"The simple fact is, the waiting is killing the residents at the moment. People are wondering when it's going to commence. The bank is still deteriorating, and people are very frustrated. We need work to commence as soon as we can. It's very hard going," he said.

Despite promises from the government at the time, it's only now a formal application has been made to the national planning authority.

These plans have been put together by Arup Consultant Engineers, and will see the area split up into two areas on the north and south of the estate, which will see different developments.

In its submission to An Bord Pleanála, the council wrote: "A major improvement to the existing temporary flood defences is required around the entire island to reduce the frequency of extreme events which inundate the island."

Flood Cell A includes the northern, more residential and agricultural part of the King's Island which currently already



On the morning of the flooding, Mike Coady, his son Eoin and horse Peg became the heroes of the hour after they rescued up to 300 people from their submerged homes PICTURE: SEAN CURTIN

benefits from a level of flood protection.

While Flood Cell B covers the southern and more commercial part of King's Island.

It will be this area which will consist mainly of new flood walls, many of which will include glazed flood defence elements,

constructed on top of the historic quay walls, which will be carefully repaired and strengthened.

Cllr Costelloe added: "Why it's taken so long, I do not know. Too much red tape yet again. They have the funding, let them put their money where their mouth is and get moving."

"We need to see work commence as soon as possible. I feel residents have been very tolerant. They've been stuck in limbo since 2014," he added.

An Bord Pleanála is scheduled to make a decision on the flood walls project by mid-way through June this year.

Homeless numbers probably higher: SF

NICK RABBITS

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THE number of people classified as homeless in Limerick has risen month-on-month.

Some 290 people are now considered as being homeless in the city and county, new figures from the Department of Housing, Planning and Local Government reveal.

But Sinn Féin councillor Sharon Benson believes this number could be a lot higher, and accused Housing Minister Eoghan Murphy of "manipulating the figures".

She said: "There are 102 families in emergency accommodation in Limerick. What the council say is these

people have their own front door.

"The own front door policy means that those 33 families in the Maldron Hub in emergency accommodation are no longer considered homeless. But they are homeless. There are other people in the student villages who are also homeless, they don't have washing facilities within their apartments. But they are not considered from these figures."

"The minister needs to realise the extent of the situation. I think he is completely out of touch with reality. We have a full scale emergency – not a crisis, a full scale emergency," she said.

The department's figures



Cllr Sharon Benson: 'Government manipulating figures'

relate to the week commencing November 18.

They show that in Limerick and Clare, 76 families are homeless. There are 140 dependent children region-wide, the figures add.

Across Limerick and Clare, a total of 369 adults are classified as homeless, 222 male and 147 female.

Cllr Benson's party colleague, Deputy Maurice Quinlivan added: "I genuinely believe this government is ideologically opposed to building houses. They'll build a few, but show me any homes built in Limerick which have had any impact. The projects done have been in the pipeline for years," he added.

Gardaí probe reported shooting

LIMERICK Gardaí are investigating following reports of shots being fired on Lenihan Avenue in the city at approximately 8pm on last Saturday evening, writes *Rebecca Laffan*.

No injuries were reported and the scene was preserved while a technical examination was carried out.

No arrests have been made and investigations are still ongoing.



Court proceedings over unauthorised caravan withdrawn by council

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LEGAL proceedings relating to an unauthorised caravan have been struck out.

Limerick City and County Council had initiated the proceedings against Samantha Casey-Faulkner over her failure to comply with an enforcement notice requiring her to move the caravan.

During a court hearing before Christmas, solicitor Will Leahy said the caravan had been parked up at Toppins Field near the John Carew Link Road at Rathbane for a number of months.

Barrister Liam Carroll said his client, who has an address at Star Court, Carew Park, could not afford to keep paying for private hotel accommodation and would have to move back into the

caravan as she had nowhere else to go.

Mr Will Leahy said the defendant was allocated a three-bedroom house in a private estate on the northside of the city last July and that she "abandoned it three weeks later".

He said houses are at a premium at present and he confirmed Ms Casey-Faulkner would not be eligible for housing assistance for a year in accordance with council policy.

"She chose to go, the house was allocated to somebody else," he said adding the prosecution before the court was about the unauthorised caravan and not the defendant's housing needs.

During a review of the matter last Friday, he told Judge John King the matter had been resolved.



The caravan at the centre of the proceedings had been located near Toppins Field. It has since been removed

Focus on 2020 as new car sales drop to five-year low

EVS: Big increase in the number of hybrids and electric cars

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THE number of new cars registered in Limerick during 2019 dropped to a five-year low, new figures have confirmed

According to the Society of the Irish Motor Industry (SIMI), 3,883 new cars were sold in Limerick last year – the lowest for any year since 2014 when 3,314 new cars were registered.

According to the figures, the number of new cars sold during 2019 was 10.16%

less than in 2018 when 4,322 cars were registered for the first time.

"2019 was a disappointing year for new car sales in Ireland. This decline is in part is attributable to the record levels of used imports, which for a second consecutive year exceeded 100,000, having a dampening impact on new car sales. 2020 marks the start of the new 201 sales period with the Industry firmly focused on January and on the first quarter which is the key selling period. The new car market continues to be hugely competitive with



The focus has switched to 201-registrations

generous incentives to buy a new car across all brands and all market segments," said Brian Cooke, SIMI director general.

According to the SIMI figures, Toyota Corolla (169), Nissan Qashqai (167), Ford Kuga (146), Ford Focus (144), and Hyundai Tucson (123) were the five most popular make and model of car sold in Limerick during 2019.

A total of 84 electric cars were sold in Limerick last year with a further 339 petrol electric and 31 petrol/plug-in electric hybrid

Drivers test positive for cannabis

TWO drivers who tested positive for cannabis following separate incidents at the weekend are facing prosecution and a possible 12-month disqualification, writes David Hurley.

According to gardai, one of the drivers was arrested after emergency services responded to a road collision on the southside of the city on Saturday night.

The second driver was arrested later on the same night after they were caught speeding.

It is alleged that driver was travelling at 113km/h in a 80km/h zone.

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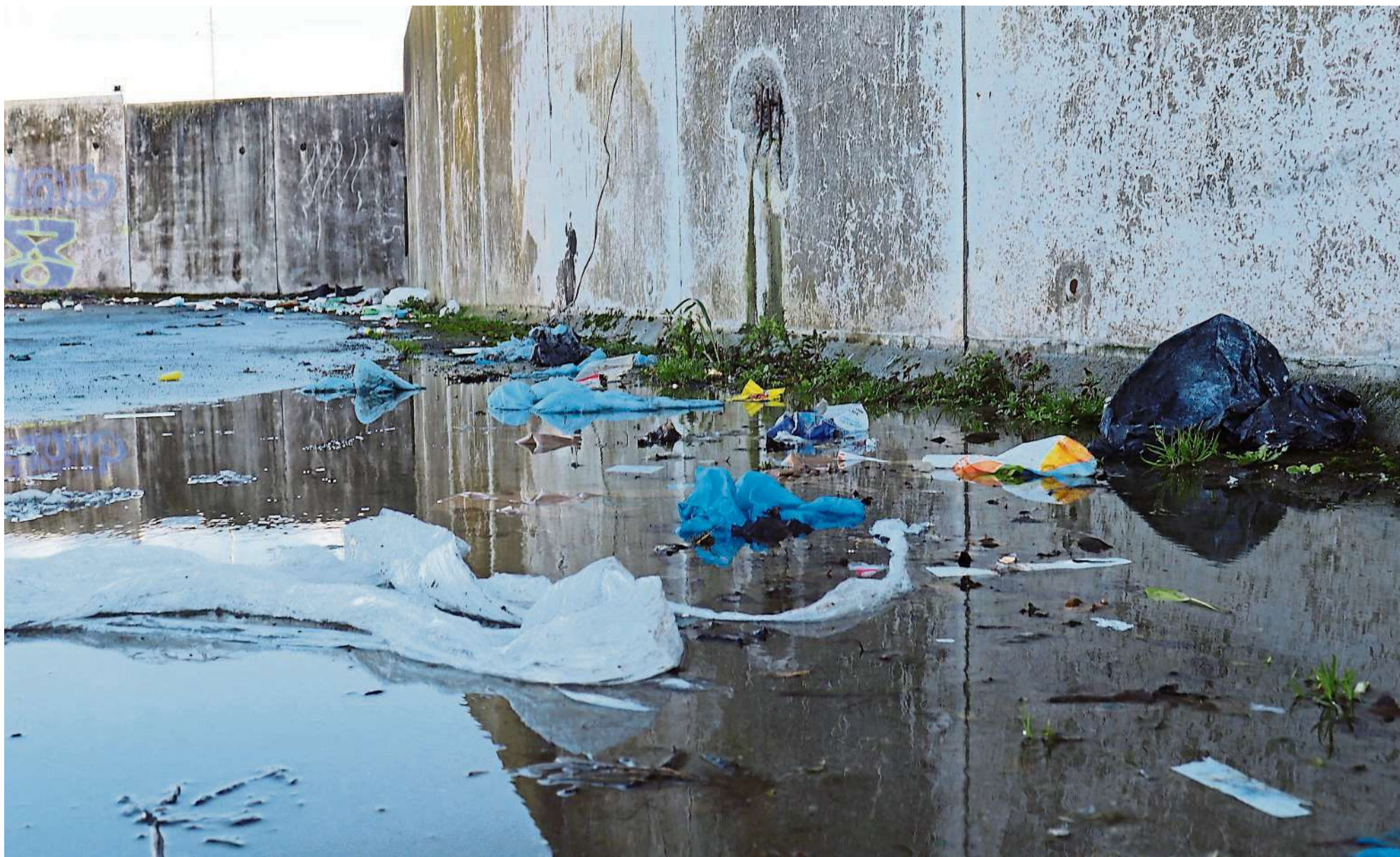
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When photographer Mike Cowhey visited Galvone on Monday this is one of the areas he photographed. It had previously been in a far worse condition

Limerick's litter problem revealed in annual report

'Shocking state': City upholds 'clean' status, yet rubbish 'blackspots' still remain

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LIMERICK'S city centre has reclaimed its clean status in a recent litter survey, though some areas have been described as being in a "shocking state" with litter "blackspots" identified in areas.

In the Irish Business Against Litter (IBAL) report published this weekend, Limerick took the 24th spot in the ranking of 40 towns and cities.

The An Taisce report for Limerick city identified "two litter blackspots", one located at Cecil Street and another in an area on Ellen Street.

The report stated that these two areas "let down an otherwise excellent result for Limerick City, which regains its 'clean' status."

"Many of the riverside sites were not just good with regard to litter but also very well presented and maintained e.g. Bishop's Quay, Honan's Quay and Clancy Strand," it

was added, "they were not just good with regard to litter but also exceptionally well presented and maintained."

King John's Castle, Roches Street and William Street all got top marks, though Clare Street was described as "seriously littered."

The report for Galvone stated: "We continue to see a gradual improvement in Galvone generally. Galvone Road was much improved on previous IBAL litter surveys."

The residential area of O'Malley Park was said to be "somewhat improved, but still littered."

In addition, Kennedy Park was said to be "very good", though Galvone Business Park/Industrial Estate was deemed "a litter blackspot" due to the dumping at the end of the estate.

"It was in a shocking state, and this has been highlighted before. Where does responsibility for this area lie as the remainder of the estate was generally good with regard to litter?"

it was asked in the report.

The recycling facility at Roxboro Shopping Centre was also described as "a very poor site" in the report, with it being added that "it wasn't just casually littered, but subject to dumping."

It was also added that the facility was "no stranger to this very poor ranking."

Chewing gum was "very pronounced" in many areas of the city centre and riverside sites, it was also noted in the report.

In response to the results, Mayor Michael Sheahan said: "I would like to commend the staff of Limerick City and County Council, community groups, residents' associations and individual volunteers for their hard work and commitment to keeping Limerick clean. It is disappointing though to see that their fellow citizens feel they have the right to discard their rubbish indiscriminately. Littering affects us all but it seems that it is being

“It wasn't just casually littered, but subject to dumping.”

ROXBORO RECYCLING UNIT



committed by a small portion of the population. I would appeal to those to help keep their communities and Limerick litter free and dispose of their rubbish in a proper manner."

"I would also like to appeal to property owners to make sure their areas are clean and litter-free. It doesn't cost a lot in terms of money or time to clean up but the overall benefit for Limerick is invaluable."

Kilkenny topped the litter rankings for a record fourth time, having last won in 2014.

The report showed that the past decade has brought a 13 percent reduction in litter levels in our city centres, while litter in towns has remained constant over the same period.

IBAL has been surveying disadvantaged city areas over the past five years but has seen little reduction in litter over the period.

Sweet wrappers, chewing gum and cigarette butts remain the most common forms of litter on streets.

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Man, 54, dies in serious motorcycle collision in county

REBECCA LAFFAN

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A MAN in his fifties lost his life following a collision between his motorbike, a van, and another motorbike, in a weekend accident.

Maurice Fehilly, 54, from Seskin, Kilsheelan in Tipperary, was pronounced dead at the scene of the fatal collision near Dromkeen on Saturday, January 4.

It is believed his friend

was the rider of the other motorcycle involved.

It is also understood that the van in question was involved in a collision with a car as it traveled towards Limerick, resulting in the van moving to the other side of the road where the two motorbikes collided with it as they traveled in the Tipperary direction.

Units from Cappamore Fire Station were in

attendance at the scene, as well as gardai and ambulance crew.

The road was closed pending an examination by Forensic Collision Investigators, with local diversions are in place.

The Clonmel native is to be laid to rest this Wednesday, with the father of three described as a "beloved husband and devoted father."

Gardaí are appealing for anyone with information, particularly any road users who may have camera footage traveling on the N24 between Limerick and Tipperary before 5pm, to come forward.

Anyone with information is asked to contact Bruff Garda Station on 061 382940, the Garda Confidential Line on 1800 666 111, or any garda station.



Clonmel native Maurice Fehilly was tragically killed in a motorcycle accident last weekend in Dromkeen



Dozens of infuriated customers were left thousands of euro out of pocket after the owner of a city furniture store, Giftworks, closed up just days before Christmas

Refund holds hope for many customers

Giftworks: Progress made, yet many still out of pocket

FINTIAN WALSH

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A WOMAN affected by the abrupt closure of a Limerick store, which left dozens thousands of euro out of pocket before Christmas, has been told she is to be refunded.

Giftworks furniture store at Parkway Shopping Centre shut its doors, leaving many frustrated and heartbroken customers without gifts for loved ones at Christmas.

While around 10 customers later were able to get some of their orders from a container at a location in Clare on Christmas Eve, many have been left "in the dark" ever since the closure.

However, Limerick mum Amyrose Fitzpatrick has told the Leader that she has been told she is being refunded €130 for a dressing table, for which she paid using PayPal.

Speaking to the Leader this weekend, she said: "When I found out the shop closed down and I wouldn't be getting the dresser I ordered, I opened a dispute with Giftworks through PayPal.

"I told them I never received the goods I ordered, they took about seven days to get back to me with an update, but I checked the status of it today again and it's being fully refunded back to my card," she said, adding that she should be refunded within three working days.

It is understood a number of customers paid for goods through PayPal online. However, The Leader understands that many customers still have to receive refunds for goods they purchased and never received.

A spokesperson for An

€130

The amount being refunded to one Limerick customer

Garda Siochana confirmed that they have received a number of complaints "regarding a business not providing goods that had been paid for.

"Gardai are carrying out enquiries to establish if there is any criminal element in relation to this or whether it is a civil matter."

More than 20 people have contacted the Limerick Leader after Giftworks furniture store in the Parkway Shopping Centre closed, many of whom are from Clare, Tipperary and Cork.

Two customers had ordered benches for the graves of their parents.

Since the news of the closure, The Leader has made numerous attempts to contact the owner, 34-year-old David Rowan from Ennis.

Limerick TD urges Harris to visit UHL

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LIMERICK TD Maurice Quinlivan has said the Health Minister is "living in cloud cuckoo land", and needs to come to Limerick to see the current overcrowding situation in University Hospital Limerick for himself.

Deputy Quinlivan's call comes as 92 people lay on trolleys at University Hospital Limerick this Monday morning – an all-time record high for any hospital in the State.

The Sinn Féin TD said:

"This morning (Monday) 92 people have been recorded on hospital trolleys in UHL.

"This is the highest number ever recorded in the state and it is a damning indictment of Fine Gael's health policies.

"For perspective, that's the same number of people packed into UHL on trolleys, as there are beds in Croom and Ennis hospitals combined," he added, "it's absolutely scandalous."

"These aren't just statistics, these are real people in need of urgent medical care.

"The personal stories I am hearing every day from patients, and from families of loved ones are absolutely heart-breaking.

"Minister Harris needs to get his head out of the sand, and travel to Limerick to meet with these people," he continued, adding that he

"needs to hear first-hand the desperate and tragic stories of people in Limerick who are really suffering due to this outrageous overcrowding."

"We need urgent action now, not the usual spin and empty words from the Minister.

"Minister Harris's comments suggesting he is now delivering a quality health service for Limerick and the mid-west is absolutely laughable.

"Someone should probably inform Minister Harris that his two immediate predecessors

were also Fine Gael Ministers; Taoiseach Leo Varadkar and

Senator James Reilly; and while we knew they didn't

deliver for the mid-west, it's refreshing to see he now agrees.

"The health system in the mid-west has never been in such a bad state. In 2019 UHL had the highest number of patients ever recorded on trolleys in a single hospital, 13,941. A scandalous statistic," he added.

"Harris is living in cloud cuckooland if he thinks this is progress," he

continued, "people in Limerick are literally afraid of attending our main hospital due to the dangerous overcrowding. Fine Gael's health policy has been a catastrophic failure for Limerick and the mid-west

"It's an outrageous situation which has been escalating in the last few years."





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or check out learningandskills.ie

Comments from online readers

What you're saying about stories on **limerickleader.ie** and our social media platforms



WHEN ADARE MANOR WAS NEARLY SOLD 'FOR A SONG' TO THE STATE

Pat Hennessy

Can you imagine the debt that would have got us into, costing billions in overrun budgets and it would probably now be a hostel for refugees.



Edmond Nolan

Government would of ruined its better the way it is now

E.J. Murray

The place would have been well wrecked by now had the "State" got its greasy hands on it.

LIMERICK REACH FINAL FOLLOWING WIN OVER CLARE IN MUNSTER SENIOR HURLING LEAGUE

James Moloney

David reidy 1-12! What a performance. Well done lads



Eileen Breen

I don't suppose they would do our football team a favour and play McGrath cup final and hurling final as a double header.

DANISH RETAILER JYSK TO OPEN FIRST STORE IN LIMERICK

Nadine Elizabeth

We'll deffo have to take a shopping trip down to Limerick now :D



Catherine Ryan

Nowhere near as good as Ikea but still looking forward to this

Jane Bourke-Sheehan

The next best thing to IKEA I can't believe it

Nathan Guerin

Just what we needed another furniture and bed shop

TOTAL BAN ON VISITORS IN PLACE AT UNIVERSITY HOSPITAL LIMERICK

Graham McNicholas

Would a news team be allowed in to show how bad it is. I would not think so. General election coming enough said.



Cleo O'Mahony

This makes me mad... thinking of the elderly ppl in there that have no one and rely on visitors to get them through the day... x

Cionnaith Ó Conalláin

The idocy of some people is unbelievable. If there's a flu outbreak in the hospital of course they're gonna stop people visiting. Do people want vulnerable patients to get sick?



Tom Ryan and Brian Hanly, joint owners of Ryans Centra in Askeaton with staff PICTURE: ALAN PLACE/MAC INNES PHOTOGRAPHY

Winning €1m ticket is sold in Askeaton

Revealed: Local shop hopes for a local winner

REBECCA LAFFAN
rebecca.laffan@limerickleader.ie

THE WINNING ticket which has made one lucky person the first millionaire of the new decade was purchased in a West Limerick shop.

Locals of Askeaton in have been urged to check their National Lottery Christmas Millionaire Raffle tickets after it was announced that the winning €1 million top prize ticket was sold at Ryan's Centra for New Year's Eve draw.

The winning Millionaire Raffle ticket number 010661 was sold on Sunday, November 24, and the National Lottery has also confirmed that it is still waiting to hear from the winning ticket holder.

Co-owner of Ryan's Centra store

in Askeaton, Brian Hanly said: "We can't believe this! What a great way to start 2020 for one of our customers. We were just told the good news this morning and we really hope it's a local."

"There has been no speculation as to who the winner may be just yet, so over the next few days, we will be ensuring that all of customers check their tickets to see if they are the winner of the €1 million prize."

A spokesperson for the National Lottery added: "We are calling on all of our players in Limerick to carefully check their Millionaire Raffle tickets to see if they are the big winner of the €1 million prize."

"The winning raffle ticket was sold way back on Sunday 24th November so it really was a case of the

early bird getting the worm! There is a possibility that the ticket may have been a present so if you received a Millionaire Raffle ticket as a Christmas gift, make sure you check it carefully and if you are the winner, contact the National Lottery prize claims team and we will arrange for you to come and collect your prize."

With a total of 6,009 players winning prizes of between €500 and €1 million in the New Year's Eve draw, the National Lottery today reminded people to check their raffle numbers to see if they have scooped a windfall.

Players can check their tickets at www.lottery.ie to see if they have won one of the 6,005 other cash prizes, including one of three prizes of €100,000.

Prize Bond win in Limerick with €50k

LIMERICK Prize Bond holders are being urged to check their tickets as €50,000 has been won by a lucky someone in the county.

The Prize Bond Star Prize goes to lucky number AAX 674811, and the bond was purchased in 2015.

The announcement comes hot on the heels of a €1m National Lottery win, with the winning ticket purchased in Ryan's Centra in Askeaton.

There were over 5,000 prizes awarded in this week's Prize Bond Draw, amounting to over €314,000.

In addition to a €1 million prize awarded on the last weekly draw of June and December, there are weekly draws where the top prize is €50,000.

Other cash prizes awarded each week include 10 of €1,000 and 10 of €500.

Prize Bonds are a State Savings

product which, instead of paying interest, offers bond holders the chance to win cash prizes every week.

All winnings are tax-free, and Prize Bonds can be cashed in at any time after the minimum holding period of three months. Prize Bonds can be purchased by Direct Debit, online at www.StateSavings.ie, by telephone on 1850 30 50 60 or at your local Post Office.

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LEADER CRIME BRIEFS

BY DAVID HURLEY



Thief grabbed pensioner's handbag and cycled off

INFORMATION is being sought after a pensioner's handbag was snatched from her as she was walking home at the weekend.

According to gardai, the incident happened at Synge Avenue, John Carew Park, at around 9.30pm last Friday.

A youth cycled past the woman, who is aged in her 70s, and a moment later he cycled by her again and grabbed her handbag before cycling off.

While the elderly woman was not physically injured during the incident, she was upset afterwards.

"The lady was not injured but she was very shocked.



Sergeant Ber Leetch is appealing for witnesses

She is now without the contents of her bag which includes her mobile phone, her purse which held cash and various cards," said divisional crime prevention officer, Sergeant Ber Leetch who is appealing for information.

"If anybody saw this incident or knows anything about it could they contact Roxboro Road garda station."

Handbag stolen from parked car as owner collected food

GARDAI are investigating the theft of a handbag from a car which was parked outside a fast-food premises while the owner was inside getting food.

According to investigating gardai, the woman left her car unlocked which allowed an opportunist thief to gain access to the vehicle.

"These thieves are incredibly fast so don't give them the opportunity, secure your car before you leave it and remove anything of value from it," said Sergeant Ber Leetch who added there were a number of other similar incidents over the past week.

Warning as counterfeit notes offered as payment

GARDAI are warning retailers and other businesses that several counterfeit notes have been seized at locations in the city in recent days.

There are reports that counterfeit €20 notes have been handed into shops, bars and fast food outlets around Limerick.

"There were two attempts made by young males to purchase an item of small value with a counterfeit €20 note but in both cases the shop assistant was quick enough to refuse to accept the note," said crime prevention



Counterfeit €20 notes are in circulation

officer Sergeant Ber Leetch.

In a separate incident, gardai on routine patrol seized a number of counterfeit notes when they stopped and searched a young man while on routine patrol.

"So while some of these notes are now out of circulation, retailers must always be on the lookout for dud notes," added Sgt Leetch.

Key was left in parked car

A CAR was stolen from a hospital car park after the owner left the keys inside the vehicle.

"The owner of the car had arranged for another person to collect the car and instead of locking it up safely and bringing the key with him, he decided to leave the keys in the car. An opportunist thief saw his chance and took the car," said a garda spokesperson.

'There are bones of horses scattered everywhere'



Pictures taken by Deel Animal Action Group show a number of horses in the field in Rathkeale currently being fed by the volunteer organisation. Below: The carcass of a horse which was found in the field

Neglect: Appeal to rescue West Limerick horses

REBECCA LAFFAN
rebecca.laffan@limerickleader.ie

A LIMERICK animal action group have appealed to the Department of Agriculture for help in the rescuing of neglected horses from a field in West Limerick.

Last week, Deel Animal Action Group, together with emergency services were alerted to the discovery of a number of severely malnourished and dead horses in a field in Rathkeale, where one horse was rescued from a ravine.

A vet from the Department of Agriculture was also present later on that day, with the department subsequently launching an investigation into the matter, with an order being served on the owners of the horses and field they were found in.

Upon revisiting the location on Thursday, January 2, the volunteer group has stated that "it was abundantly clear that the horses had not been fed and still had no proper water supply".

Volunteers from the group have been visiting the location and feeding the animals for numerous days.

In a Facebook post, the group said: "How long do these horses have to wait before action is taken? The field is a burial ground for horses, there are bones of horses scattered everywhere and even more disturbingly, we

It was abundantly clear that the horses had not been fed

DEEL ANIMAL ACTION GROUP



came across the leg and hoof of a pony in the muck. It still had hair and flesh on it. What in the name of God happened to this poor horse? The dead bodies of the other two ponies are still in the field being heavily scavenged.

"It is an absolute disgrace what's going on. We had organised, on Monday, rescue back up for 10 horses and had transport at the ready. The local gardai were happy to assist. But the Department decided, in their wisdom, that the horses should stay put and either starve to death at the hands of their indifferent owners or fall down a ravine and break their necks."

A garda spokesperson said: "On Monday, December 30, 2019 at approximately 10am, Gardai were called following reports of two dead horses in a field in Rathkeale, County Limerick.

"One horse was also observed trapped in a ravine and was rescued by Gardai and Fire Services. The Department of Agriculture were notified. Enquiries are ongoing."

A Department of Agriculture spokesperson stated that on Monday, January 30, the department vet found the horses "to be in reasonable condition and not in need of immediate attention".

"Notices were posted at the site requiring that feed and water be supplied to the animals and that they comply with EU identification regulations.

"A Department veterinary inspector official visited the site again on January 6. There are currently three horses remaining at the site in good condition with adequate feed. The remaining animals were found to be in reasonable condition and not in need of immediate attention."

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End partition says Quinlivan

RYAN O'ROURKE

Ryan.orourke@limerickleader.ie

FIANNA Fáil and Fine Gael must end their satisfaction with partition and go for a united Ireland, according to Maurice Quinlivan,

The Sinn Féin TD for Limerick has called upon Fianna Fáil and Fine Gael to take part in a real discussion on how a United Ireland can be formed.

Speaking at the annual Seán Sabhat commemoration in Limerick, Mr Quinlivan said: "Seán Sabhat was a man who thought deeply about Ireland and its future. He was particularly interested in the social, economic and cultural development of the country and its people.

"He could see clearly the terrible damage that partition had caused to Ireland and that the 26 County State was far from being the Republic as envisaged in the 1916 Proclamation and the Democratic Programme of the First Dáil.

"As we stand on the threshold of another decade, one thing that stands out is the challenge and dangers posed by Britain's imminent departure from the European Union.

Mr Quinlivan claims that one obvious solution to Brexit is for this island is the ending of partition.

"It is interesting to see how the southern establishment have reacted to the growing prospect of a United Ireland. In particular Fianna Fáil - the self-styled Republican Party - have made it clear that they don't even want to talk about unity and that the very idea fills them with dread.

"Indeed, it is very clear that the whole of the political establishment in the 26 Counties have been more than satisfied with the partitionist status-quo, and that if they had their way they would prefer it to continue forever. But unfortunately for them, the future may have other ideas.

Mr Quinlivan says that the electorate will have a choice to make in the coming months. "We can continue with the failed policies that have marked the past decade in terms of housing, health, employment rights, climate change and general quality of life; or we can embrace the vision of a new and better future."

Over €150k awarded to worthy Limerick projects

Funding: Facilities to be improved in disadvantaged areas

REBECCA LAFFAN

rebecca.laffan@limerickleader.ie

OVER 30 community projects in Limerick have been granted government funding amounting to €152,942.

A total of 31 projects across county Limerick have been selected among 2,106 projects nationwide that have been allocated €4,524,124 by the Department of Rural and Community Development's Community Enhancement Programme (CEP).

Eight projects have been granted €10,000 or more, including Killacholiathan Cemetery in Broadford which received €10,209.

Limerick's Senator Kieran O'Donnell said: "This funding for 31 local community projects will benefit the people who need it most here in Limerick.

"The Community Enhancement Programme provides capital grants to

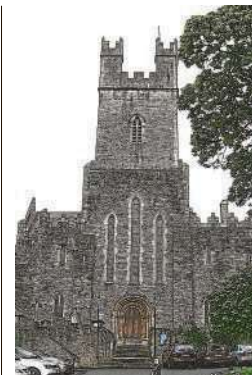
community groups to help them to enhance facilities in disadvantaged communities," he added, "it supports a range of activities in all areas of communities, such as childcare groups, playgrounds, recreational groups, sports grounds, landscaping, and supporting the elderly."

Limerick Minister and Fine Gael TD, Patrick O'Donovan has said he is "delighted" with the announcement.

"Over the last few years I have worked very successfully with Michael Ring in ensuring that we get the maximum amount of money for communities across Limerick, and this announcement is yet another example of this," said the junior minister.

"I am going to continue to work with him and my other colleagues in Government to ensure the maximum amount of money possible comes to Co. Limerick."

Announcing the funding, the Minister for Rural and Community



St Mary's Cathedral was given €9500 PICTURE: ADRIAN BUTLER

Development, Michael Ring, said: "Having allocated over €4.5 million under the Community Enhancement Programme in 2019, I am delighted to confirm that more than 2,000 projects are set to benefit from it. A relatively small amount of money can go a long way and this investment will greatly benefit local community projects throughout the country.

"Typical enhancements under the Programme include the renovation of community centres and community amenities, improvements to town parks and common areas and spaces and the purchase of equipment which is used to benefit the community.

"The Programme has also supported energy-efficient upgrades, developing community gardens, provision of defibrillators, CCTV, and sports and IT equipment," he concluded.

The CEP is targeted towards enhancing facilities in disadvantaged communities.

Remembrance Tree raises €190,000 since 2009



Charolette O'Mara, Limerick, looks over the Remembrance Tree Ribbons - organised by the Limerick Thomond Rotary Club PICTURE: BRENDAN GLEESON

THE Limerick Thomond Rotary Club's Remembrance Tree has raised over €190,000 for charity since 2009, it has been revealed.

The Remembrance Tree was on Bedford Row prior and after Christmas with thousands of ribbons placed

upon it, remembering loved ones who have passed away.

Four local organisations were nominated to benefit from the voluntary donations received this year - Pieta House, Cuan Mhuire Bruree, St Munchins Community Centre and Limerick

Thomond Rotary Club.

Each of the organisations were well represented by a host of volunteers who fundraised

"As president I would like to thank the members of Limerick Thomond Rotary Club and in particular Ger

Lynch, our club Community Chair, and the extended friends and family of all Rotarians who helped and supported this year's Tree., said Pat Fogarty, president of the club, founded in 1984 with the motto, Service above Self.



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This year's bridal exhibition

Two-day wedding spectacular to feature even more fashion shows and wedding exhibitors in 18th year

UNIVERSITY of Limerick Sports Arena & Exhibition Hall will host the most talked about wedding exhibition, the Mid-West Bridal Exhibition 2020, which will take place on Saturday, January 11 2020 and Sunday, January 12 2020.

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

This year, the organisers of the Bridal Exhibition are thrilled to offer 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.

The Mid-West Bridal Exhibition is now in its 18th year and has been a hugely successful wedding showcase, which is proving to be the biggest yet with amazing exhibitors, prizes and giveaways.

The Holman Lee Agency team will give you gorgeous inspirational ideas, making waves in the world of bridal fashion, with two fashion shows daily, covering bridal, bridesmaids, grooms wear, mother-of-the-bride, hats and accessories and guest at the wedding with head turning hair styles, glowing make up and unusual wedding bouquets.

The exhibition 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, photo booths, 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 this year's Mid-West Bridal Exhibition which is being held in the fabulous UL Sports Arena, Castletroy Limerick on 11th and 12th January 2020,” said Ger Lee from HL Event Management.

“It is the biggest show to date and has always been a hugely successful event for us.

“This is one of Ireland's largest and longest established Wedding Showcases catering for all aspects of planning your perfect wedding” said organiser Mr Lee.

Follow the show on Facebook and Instagram for more updates and competitions.

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2020

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will be the biggest one yet!



Above: The finest in bridal fashion will be on show at the exhibition to be held this weekend at the University of Limerick Sports Arena & Exhibition Hall

Left: Celia Holman Lee pictured promoting the event with model Beibhinn Haren. There will be two fashion shows daily



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Long-running festival: Mary and Brendan O'Malley, North Circular Road and Marie Hackett, Limerick Literary Festival committee member at the launch of the Limerick Literary Festival, which celebrates its 36th anniversary this year

Celebrating 'imagination'

It's the theme of this year's Limerick Literary Festival, held in honour of Kate O'Brien, launched this Monday in the city

Pictures: Dave Gaynor **Words:** Rebecca Laffan



Linda Reale-Horvat, Ennis Road and Patricia Moxon-Browne, Killaloe

Linda: "I think it's a wonderful festival with wonderful speakers, and I like to support it as much as I can. We come from such a culturally rich city - it's great!"

Patricia: "I think it's wonderful that Limerick supports this type of event and the themes chosen are always just fantastic. I also really enjoy the mix of music and debate and discussion that it brings every year. Limerick itself is a really literary city, creative writing is really thriving."

Sharon Kiely, The Belltable and Ella Daly, producer of the Limerick Literary Festival

Ella: "It's such an exciting event in the city, as the festival has grown over the past 30 years or so it's really found its place in literary festivals nationally. The committee are so skilled and so passionate and as soon as one festival closes we start talking about the next one! As part of the theme, this year we looked at programming not just traditional journeys but journeys of internal life, it's really lovely."



Jenny Traynor and Emer Casey, Dance Limerick

Jenny: "We're thrilled to be involved this year as a host venue, this is our first year taking part and it's very exciting. I've attended various events in this festival over the years and it's great that we're directly taking part this year."



Bill Whelan and Eileen O'Connor

Bill: "The theme presents a very good opportunity for talks and it's fantastic to see Kate O'Brien's work as a jumping-off point for the imagination."

Candid Comment

By SPARTACUS

● **MAYBE** someone can tell us here in The Leader, has Limerick City Council changed the type of paper used on parking discs?

Have you, like so many people we have been speaking to, had difficulty scratching the date, time and so on, when using parking discs?

One businessman who has been using discs for years was infuriated to find he got a ticket because he did not scratch his ticket sufficiently. Yes, this is true, and there's more to come on this one!

● **WELL** it is all over officially...yes I am talking about the Christmas season.

It is amazing how in such a short period of time the Christmas season has gone from two weeks to close to a six week season. Yes it is that long.

Talking to people in the pub trade and restaurant business, they were saying that some Christmas parties are held in November.

"We have bookings for next year already and yes, there are some for late November," said one publican who also serves food.

At least there is a small stretch in the evenings as the long dark winter days start to diminish...but we probably have one or two storms to endure yet before we enter the summer period.

● **WITH** a general election expected by May, this is a very worrying time for a number of political parties as they try to adhere to the Electoral Political Funding Bill.

This new law will see political parties like Fianna Fail, Fine Gael and Labour lose half of their central exchequer funding unless female candidates make up for 30 per cent of the entire national ticket.

In 2018 political parties got just under €6 million in funding with Fianna Fail and Fine Gael getting over €1 million each. It seems that some of the parties are having problems making the 30 per cent including Fianna Fail.

So if you are a bright (you don't have to be very bright) why not contact FF or FG headquarters...you never know they might welcome you with open arms.

● **WHILE** the majority of us are glad to get back to reality following what seems like a never ending holiday season there is one major drawback, the traffic.

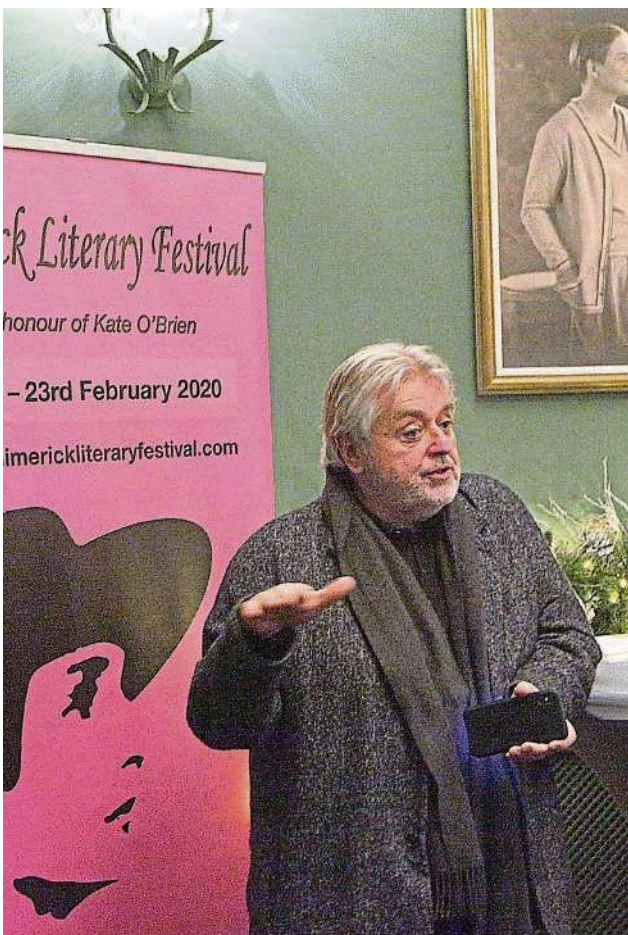
On New Year's Day last week, it took one commuter, namely Spartacus, 29 minutes to travel some 21 miles from a county town into the city centre. Fast forward five days later and the same journey took 47 minutes. And there is still a sense that not all commuters are back on the road yet. There is something so sweet about having the open road almost to yourself on a dark winter's morning. Roll on the Easter and summer break for a less stressful commute to work!

● **IT'S** that time of year when we all vow to become newer, better versions of ourselves, start eating healthier and going to the gym to tone the excess flab.

Any of us who have set foot inside a gym are familiar with that sense of dread and feeling of inferiority.

What a surprise it was then to read a tweet by former Munster player Duncan Casey on Sunday when he stated: "Went to the gym after a 5 month break yesterday. Much clearer why people get anxious about going for the first time, or after a break. It felt weird being there, having trained weekly for 14 years. If you know someone nervous about going, offer to join them and show the ropes."

It is hard to believe that a man who has spent much of his adult life in a professional fitness set-up could understand the fear the rest of us mere mortals feel. His sentiments certainly struck a chord with the public with the tweet getting over 450 likes.



Bill Whelan speaking at the launch

A celebration: The annual festival began in 1984 to mark the tenth anniversary of the death of Limerick-born Kate O'Brien, and continues to celebrate her life and work with visitors attending from all over the world.



Siobhan Bergin and Ger Sweeney, Ennis

Official opening: This year's festival officially opens on Friday, February 21 at 6pm in the Dance Limerick Space in St John's Church. It will be opened by Vicky Phelan and followed by a musical interlude by the Irish National Opera.



John McKechnie, Lemonfields and Kieran Beville, Shelbourne Park

Kieran: "I'm delighted to be here, it's thrilling and I'm glad it's continuing. I go to the On The Nail poetry readings here in the city very often."

PET RESCUE



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

Looking for a new home



This gorgeous boy is named Wilbur, Wilbur is two years old and is the most friendly boy, who loves his walks and is great on the lead.

Wilbur is great with other dogs and would make the most wonderful companion dog.

Please come and meet Wilbur any day between 12 noon and 3pm.

Next we have Oscar a beautiful, friendly male Yorkshire Terrier. Oscar is two years old and is very friendly.

Oscar would be a lovely companion pet, he gets on well with other dogs and is good on the lead for his walks.



Next is Jojo a female collie jrt mix puppy. She is friendly and sociable and gets along well with other dogs.

Jojo will be a medium size dog when fully grown. Jojo would suit all types of home.



Placid Arthur a pure pet

The last little pet is Arthur a seven month old JRT. Arthur has a placid, calm temperament and would suit all types of home.

Adoption fee is €150 and a fully enclosed garden is required to adopt from LAW and a home check applies.



Jamie Morrissey of Eriemuaysiam lands a body shot on his opponent during his fight on Unforgiven III

Muay Thai fight offers title shot

FRESH off the momentum of their show last August, Eriemuaysiam, the pride of Limerick's Muay Thai boxing scene is hosting its fourth pro show, Unforgiven IV.

The fight will take place in the Strand Hotel on January 25. Boasting an International Sport Kickboxing Association (ISKA) Irish Lightweight title shot as the main event, Unforgiven

IV is set to blow all other fight cards out of the water, boast organisers.

Eriemuaysiam (EMS) was established by Rob NG, and it introduced Limerick to Muay Thai.

"Most people would think this is a good time to take a holiday, but this just shows the mindset our fighters have," coach NG said when discussing his busy gym just days after Christmas.

Deegan will get Creative in Dublin

Pastures new:

"I will miss Limerick," says Sheila

RYAN O'ROURKE

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LIMERICK'S Culture and Arts Officer, Sheila Deegan, will be looking at pastures new as she makes a move to Dublin to work on Creative Ireland.

"I have been offered a secondment to the Department of Culture, Heritage and the Gaeltacht to work on Creative Ireland, an ambitious all-of-Government five-year policy initiative from 2017 to 2022 to put creativity at the centre of public policy," said Sheila.

"This is an exciting opportunity for me to work with central government and to bring my knowledge and influence to this important national policy initiative. I am flattered to have been considered the right person to take on this opportunity and welcome the challenge of a new adventure," she added.



Sheila Deegan, former Culture and Arts Officer, Limerick and her mum Patsy

Creative Ireland aligns initiatives across Government, local authorities, state agencies, organisations and with individuals in support of the programme's vision. It encourages, facilitates and supports initiatives that enable access to and participation in creativity to sustain wellbeing for all.

"I will be working with the Director of the Creative Ireland Programme to help deliver the programme over the next three years, which will specifically be looking at the legacy of Creative Ireland in Local

Authorities after 2022," said Sheila.

The Arts officer expressed her excitement at the fresh challenges that the new role will bring but says she will miss Limerick.

"I'm very excited to take up both this interesting and challenging role and to be part of the Creative Ireland team as it reaches its mid-way point in the delivery of its strategy.

"I will miss Limerick. I was born and raised here, and all the opportunities presented to me in my life have been fulfilled here," she added.



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 t 061 214596
 m 087 6615151
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Garda's idea aims to keep young 'Appy and content

Online: Son of local businessman's bid for 'safe haven' phone app

NICK RABBITTS
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THE son of a well-known Limerick businessman is seeking to raise €75,000 for a potentially life-saving smartphone app.

Former Villiers School student Robin Grace, a garda based in Clare, has launched an online fundraiser to develop his social network app.

Codenamed ME, the safety-first app aims to support young social media users by prompting them to connect to the people that care about them most in the time of need.

Robin, whose father Pat ran a hugely popular fast food restaurant in the 1980s, said the aim of the app is to provide a toolkit for youngsters to engage with if they experience difficulty online.

"We are trying to empower young people to make better decisions, to link in with family and friends and get the support they need to build up confidence and resilience. You don't

need 5,000 followers on Snapchat or Facebook or Instagram to keep us safe. All we really need is five good friends," he added.

It will send prompts encouraging young people to connect with their real-life support network or an offline activity they enjoy.

Robin, a former youth worker, said: "We're good at telling people not to go online. But young people want to be online and they need to be online. They need to be on social media. We can't control the internet as much as we'd like to, and many are trying. When you can't control a situation, you can't control who is going to contact our young people, who is going to connect with you on social media. All you can do is learn how to respond to it."

The garda, who is based in Kilrush, grew up in Ballina, and studied at St Michael's National School in the city.

He's also taken part in the Limerick Institute of Technology's new frontiers programme, which is aimed at supporting the next generation of



Developer: Robin Grace, who is a garda in Kilrush

entrepreneurs.

Robin is seeking to raise €75,000, which he acknowledges sounds like a lot – but he wants to make sure there are no glitches in the app before it goes live.

"The app is at the early stage. I've put my own funds into it to get it to this point. To get it built out, I need to get it to €75,000. There would be no subscription fee, no download fee. But I'd need a runway of a year to maintain the app, which will be €500 a month. What I don't want is for a young person using the platform and for something to go wrong, and me not to have the funds to fix it," he explained.

Eventually, he hopes the app will pay for itself through companies and schools taking out subscriptions – but he maintains it will always be free at the point of use for youngsters.

The app had a positive response when Robin launched it at his alma mater – so much so, thousands of people had shared it by the same night.

For more information, and to invest, check out www.meapp.ie

Thomond tourism conference

THE challenges facing Ireland's tourism industry will underpin a major event at Thomond Park later this month.

On Thursday, January 23 next, the home of Munster Rugby will play host to the Tourism Space Live.

It's a one-day event for tourism leaders and entrepreneurs and will include sessions on business, self-empowerment, professional development and sustainability.



Speaker: Mary Fitzgerald, Woodlands House Hotel

Now in its second year, the event is hosted by tourism facilitator and clarity coach Tina O'Dwyer.

Speakers include travel writer Pol O'Conghaile, celebrity chef Catherine Fulvio and Mary Fitzgerald, proprietor of Fitzgerald's Woodlands House Hotel in Adare. More information: 087-9693076.

Aldi staff put down roots

LOCAL staff at discount retailer Aldi have planted 16,000 trees to launch the firm's commitment to planting 100,000 new shrubs over the next five years.

Workers joined Minister of State for Finance, Public Expenditure and Reform Patrick O'Donovan for the plantation.

Speaking at the event, Limerick TD Mr O'Donovan said he was delighted to be invited.

"The Government has recently laid out its priorities under the Climate Change Agenda. This includes a major emphasis on planting millions of trees across the country. It is important that companies and individuals play their part to help reduce the amount of carbon we emit, so this initiative by Aldi is very welcome."

It's hoped the plantation 150 tonnes of carbon dioxide over 15 years.

Jysk the third Danish retailer for city

DANISH furniture retailer Jysk is to open a new store in Limerick later this year as part of a major expansion of its operations in Ireland, writes David Hurley.

The company, which opened its first Irish store in Naas in April 2019, already operates in four other locations: Drogheda, Navan, Portlaoise and Youghal.

Around 25 people will be employed at its new Limerick store which will open at the Parkway Retail Park in the city on March 26. A new store will open in Waterford next month.

"The appetite for JYSK in Ireland continues to grow, and we continue to receive a warm welcome and a great response to our offering. Our goal is to establish new JYSK locations in towns and cities all over Ireland, so we can contribute to the local economy, especially in smaller



communities where our job creation will be extremely valuable," said Roni Tuominen, country manager at JYSK Ireland.

Founded in Denmark in 1979 by Lars Larsen, JYSK's Scandinavian design ethic and stylish approach to interiors has made the brand known and loved across the world.

Over the past four decades, JYSK has expanded to 51 countries, with more than 2,700 stores worldwide employing 23,000 people.

It has a global turnover of more than €3.5 billion.

Jysk will become the third high-profile Danish retailer to open in Limerick following in the footsteps of Sostrene Greene in Bedford Row, and Tiger, which opened in Cruises Street.

Jysk is set to open in the Parkway Retail Park in March

Visitor ban in UHL in efforts to control influenza levels

REBECCA LAFFAN

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A BAN on visitors at University Hospital Limerick was issued at the start of the week as the hospital manages high volumes of patients with influenza.

The announcement came this Monday as trolley figures reached an all-time high with 92 people awaiting a bed in the hospital's emergency department.

"As flu can be carried in to the

hospital, it is necessary with immediate effect to impose these strict visitor restrictions," said a UHL spokesperson, "we apologise for any inconvenience or anxiety the restrictions may cause patients and their loved ones.

"However, these measures are being taken in the interests of patient safety and we appeal to the public for their co-operation at this time.

"The only exceptions to the visiting ban are people visiting

patients who are at end-of-life, critically ill and confused patients (e.g. dementia). Parents visiting paediatric patients are also exempt."

The visiting ban includes the emergency department at UHL and with the exception of patients in the above categories.

Members of the public are reminded not to bring children on visits anywhere in the hospital.

"Infection prevention and control measures are in place and

every effort is being made to manage and contain the spread of the flu," added the spokesperson, "however such is the volume of patients with flu and flu-like symptoms, we are cohorting these patients where no isolation facilities are available."

The predominant strain of the flu in UHL is influenza A, with UHL stating that "a small number of patients have become seriously ill, including some who have required treatment in the intensive care

unit. This peak in flu activity coincides with what is traditionally a busy New Year period in our hospitals.

"This demonstrates how serious flu can be and we are encouraging members of the public, especially those in at-risk groups, to get the flu vaccine if they have not already done so."

People with flu-like symptoms are advised to contact their GP by phone in the first instance and avoid presenting at the ED at UHL.



Left: University Hospital Limerick, where 92 people awaited a bed this Monday. Above: Ann Talty, 90, who spent two days on a trolley in UHL when levels reached their previous high last November, with 85 patients on trolleys

UHL trolley figures reach record-breaking levels

Trolley crisis: Public urged to 'consider all care options' before attending UHL

REBECCA LAFFAN

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TROLLEY figures have hit record-levels as more than 90 patients were waiting for a bed in University Hospital Limerick this Monday.

According to the Irish Nurses and Midwives Organisation (INMO), 92 people were on trolleys in UHL this Monday, a day which saw 760 admitted patients go without beds in hospitals across the country – the worst-ever figure since records began. The figure for Tuesday was 75 at UHL.

The previous worst-ever day was March 12, 2018 during the Beast from the East, when 714 patients went without beds nationally, while UHL's previous highest figure was 85 on November 25, 2019.

As a result of the high number of patients on trolleys, members of the public are being asked to consider all their care options before presenting

to the hospital's emergency department. "We are appealing in particular to people with flu-like symptoms to phone their GP in the first instance and avoid visiting the ED unless necessary," said a UHL spokesperson.

"We regret that any patient, especially the elderly, has to wait on a trolley for admission. This is not the level of service we wish to provide but we want to reassure the public that every effort is made to move patients to a bed as soon as possible and that they continue to receive expert medical care while they wait.

"We urge the public to keep the ED for emergencies only; a place where priority is given to the seriously injured and ill and those whose lives may be at risk. Anyone else will likely face a long wait, and should first consider all the care options available to them in their own communities, their family doctors, out-of-hours GP services, or ask their local pharmacies for advice."

Local Injury Units (LIUs) at Ennis and Nenagh Hospitals (8am-8pm daily), and St John's Hospital (8am-6pm, Monday to Friday) have been suggested as an option for treatment of broken bones, dislocations, sprains, strains, wounds, scalds and minor burns.

"However, if you are seriously injured or ill or are worried your life is at risk the ED will assess and treat you as a priority," it added.

In line with the UL Hospitals Group/HSE MidWest Community Healthcare Winter Plan 2019/2020, elective surgery has been significantly reduced for the first two weeks of January.

"This is in order to help us better manage the surge in emergency admissions due to flu and other winter illnesses at this time of year. All surge capacity is open at UHL and we are currently identifying patients suitable for transfer/discharge as part of a range of escalation measures. Additional surge capacity



This must be treated as a national emergency

JAN O'SULLIVAN, TD ON TWITTER

(@JANOSULLIVANTD)



has also been opened in Ennis and in Nenagh Hospital," said the spokesperson.

"Measures being taken to relieve pressure on the ED and as part of our escalation policy also include the transfer of appropriate patients to community care settings and maximising access to homecare packages and transition care; working closely with Community Intervention Teams to provide antibiotics and other appropriate care in a patient's home or care facility and communication with GPs to ensure patients are referred to ED only where appropriate.

"Despite these measures, inpatient bed capacity at UHL remains a challenge, and in the longer term, work on the €19.5m 60-bed block is well underway, and these beds are expected to be operational in Q4 2020. In addition, progression of the 96-bed block remains a major priority for UL Hospitals Group management."

School faces delays amid transport concerns

CONSTRUCTION of Limerick's newest secondary school could be set for delay after Limerick City and County Council raised concerns over transport to the site.

The city's first Educate Together Secondary School – catering for 1,000 students – is planned for a site near the Groody Roundabout in Castletroy.

The local authority has now sought further information relating to the proposed traffic management plan for the site, where around 100 people will be employed.

The €19m project will boast almost 60 classrooms, a large outdoor learning courtyard, plus a sports hall with a state-of-the-art fitness suite.

But council planners have now written to the Department of Education and Skills seeking more information on the project.

And, according to planning files, there have also been a number of submissions including from FixLimerickBus expressing concern about the lack of public transport to and from the site.

Tom Dowling, a spokesperson for the group said there needs to be a bus service at least every 15 minutes to serve the area.

"The Dublin Road/Groody Road roundabout is gridlocked at peak morning times, with at least a further 1,000 jobs confirmed to be created in Castletroy over the next 12 months. This will further add to traffic congestion on Groody Road along with the Ballysimon Road, currently choked with both car and HGV traffic for long stretches of the day," he said.

Another person concerned with the scheme criticised a statement from the department in its planning documents that students could walk safely to school along the Bloodmill Road.

These suggestions, he said, are "just wrong and extremely dangerous".

"The current road is not fit for purpose as is, and without significant investment in a road with segregated cycle lanes and footpaths with lighting, this planning should be refused," they said.

The school has been contacted for comment.

Local tributes to superstar Larry

Legend: Friends and colleagues mourn death of RTÉ DJ

DAVID HURLEY
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LIMERICK broadcasters Michael McNamara and Will Leahy have paid tribute to the legendary DJ Larry Gogan who died this Tuesday at the age of 81.

Mr McNamara, known in broadcasting circles as Micky Mac, first met Larry Gogan when he joined RTÉ 2FM in May 1979 while Will Leahy worked with him for more than two decades – initially at RTÉ 2FM and more recently at digital station RTÉ Gold.

"He was a wonderful man and he had a very simple approach to broadcasting. On the very first day that I met him, he said 'come on we'll have a coffee' and he said to me 'I'm going to give you a couple of tips' and he said to me 'keep it simple – talk to one listener at a time, don't be talking to them all and get your place names right'. He said the greatest insult to people is to name their town or village or incorrectly," said Mr McNamara who told The Leader that Larry Gogan was a genuine superstar in Ireland during the 1980s and 1990s.

"When we arrived into any town or city in the Roadcaster the place would come to a standstill as everyone knew who he was because he was on national radio and that's all there was at that time – I don't think we will see that kind of superstar ever again," he added.



Larry Gogan with Michael McNamara at the RTÉ Radio Centre in January 2019

Will Leahy, who first met Larry Gogan while on a family holiday in the Algarve when he was 15 years old, says he was a consummate professional who was universally liked by everyone who knew him.

"In the media industry, there are a lot of serpents and a lot of snakes and there are very few people who you could point to and say 'there isn't a bad thing to be said about them' but

Larry Gogan is the one person who nobody could say a bad thing about," said Will who presents the Breakfast Show on RTÉ Gold.

"He was a consummate professional who was always there hours before his show was due to be broadcast. Larry was very old school – he would write out everything before he said it and he would rehearse before he said it," he added.

Milford Hospice fun run back for eighth consecutive year

IF your post-Christmas diet hasn't really taken off, why not write January off and start again in February with a 10km fun run?

Thousands of people are expected to take part in the Milford Hospice 10km Run/Walk, which is now in its eighth year, and taking place at the University of Limerick.

Unlike previous years, the event kicks off at midday, and is being backed by Irish World Cup hockey hero Roisin Upton.

It's one of Milford Hospice's main fundraisers of the year, with the event open to runners and walkers of all levels and abilities.

And proceeds will go directly to supporting the work of Milford Hospice in the region.

Charity chief executive Pat Quinlan said: "This event has become a popular sporting and fun activity with participant levels growing on an annual basis. Last year we saw record



Sean O'Reilly, Dell EMC, Roisin Upton, Mike King, Dell EMC, Siobhan Berkery and Pat Quinlan, Milford Care Centre chief executive PICTURE: KEITH WISEMAN

numbers with over 2,300 people taking part, which is truly amazing."

Raheen technology firm Dell EMC has also been confirmed as the event's main sponsor.

Early-bird registration is now

open, with a fee of €20.

Participants can register on www.milfordcarecentre.ie.

Alternatively, call the charity's fundraising department at 061-485860.



The scene of the accident

Cyclist recovers following accident

A CYCLIST is recovering after he was knocked down early on Tuesday morning, writes David Hurley.

There were lengthy delays for a number of hours following the incident which occurred near the Tipperary Road roundabout shortly before 8am.

According to a number of eyewitnesses, the cyclist was struck by another vehicle as it approached the roundabout.

Weather conditions were dark and wet at the time.

Paramedics from the National Ambulance Service attended the scene as did gardai from Henry Street who are investigating the circumstances of the accident.

The cyclist's injuries are not believed to be life-threatening.

Great deals at Holiday Show this weekend

ONCE only deals and free holidays abroad will be part of the draw to The Holiday Show which takes place in the South Court Hotel, Raheen on this Saturday and Sunday January 11 and 12.

And to make things better entry to the show is free to everyone with ample parking available.

Entry to the event, run in association with Shannon Airport, is at 11am each day and continues until 5pm.

The Holiday Show gives you an opportunity to explore hundreds of countries, research different types of holiday packages you may have never thought possible, all while receiving one-to-one guidance from experienced and knowledgeable tourism experts. www.holidayshow.ie

THE DOLLS' COMPLAINTS

BY KEEVA DELANEY

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KEEP IT LOCAL!

Limerick businesses in the spotlight



Refresh your home with a half price sale bargain from DFS



Refresh your home with half price festive deals from the DFS Winter Sale.

With 2020 just underway, now is the perfect time to refresh your living room with a stylish new look - take advantage of the DFS Winter Sale with up to 50% off stylish, handmade-to-order sofas.

If you're looking for ultimate comfort, the Zouk is the perfect choice, with its soft upholstery and generous proportions, there's room for the whole family.

Available in a choice of 16 colours and light or dark feet.

Event price €1,029, saving €1,030. After event prices apply from February 25.

The Garcia sofa is the perfect sofa to curl up in front of a Christmas film. 100% leather available in three colours and with a choice of light or dark feet.

Event price €1,029, saving €1,030.

Channel the Danish trend of

Hygge and create a stylish and comfortable look with the Croyde, to bring neutral Scandi style to your home. Available in a choice of 12 colours and light or dark feet.

Event price €899, saving €900.

The Artisan sofa delivers classic style, with its traditional curved arms, button back detailing and deep-seated cushions.

Available in a choice of 25 colours and light or dark feet.

Event price €779, saving €780.

The Vickson is ideal for compact spaces, offering a sleek, modern look.

Available in a choice of 16 colours, and black, dark or light feet.

Event price €519, saving €520.

The Zinc's smooth angled arms and button back cushions create the ultimate stylish look.

Available in a choice of 41 colours, and black, dark or light feet.

Event price €1,049, saving €1,149.

Top: The Zouk, softly upholstered, has room for the whole family. Below, embrace the Danish Hygge concept with the the Croyde, which is available in 12 colours. DFS in Limerick are based on the Ballysimon road



The Garcia sofa is the perfect sofa to curl up in front of the telly. It is 100% leather available in three colours and with a choice of light or dark feet.



KEEP IT LOCAL!

Limerick businesses in the spotlight



Avail of affordable cardio screening with Heartfelt

Heartfelt Cardio Screening is coming to your area soon, with the revolutionary BPro pulse wave analysis device, providing affordable and accurate heart and artery screenings. The BPro device is a completely mobile test kit, comprising a wrist sensor and a laptop.

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Screenings are carried out by a Healthstats certified technician and a full printout of the results are given on the day. The procedure is non-invasive and completely pain-free.

The information provided by our BPro screenings can help doctors decide whether more invasive investigations are required thereby saving patients further unnecessary trauma.

Our BPro heart screening is a major advance in science for monitoring the cardiovascular health of people without the need for invasive and traumatic procedures.

The BPro and A-Pulse Casp was developed by Healthstats in Singapore and can calculate a person's Central Aortic Systolic Pressure (CASP) (blood pressure closest to the heart) accurately and

non-invasively. The A-Pulse has been validated in clinical trials to have an accuracy of 99.17%, as compared to the angiogram.

The BPro Cardio Pulse-Wave screening measures the aortic pressure as well as the flexibility of your arteries.

BPro Technology has been validated by the Association of Advancement of Medical Instrumentation (AAMI) and the European Society of Hypertension as well as the National

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The cost of an individual BPro test is €50 per adult with a 10% discount (€90) for a couple. There is also a 20% discount for groups of 12 or more people e.g. Sports Clubs, Credit Unions etc.

Heartfelt Cardio Screening will bring the BPro to the following

venues during the next few weeks:

Thursday 9th January - Loughrea Hotel and Spa, Co Galway

Thursday 16th January - Radisson Blu Hotel, Ennis Road, Limerick

Thursday 23rd January - Rivercourt Hotel, Kilkenny City

Thursday 30th January - Clonmel Park Hotel, Clonmel

Thursday 6th February - Park Hotel, Dungarvan, Co Waterford

Wednesday 12th February - Radisson Blu Hotel, Ennis Road,

Limerick
Thursday 20th February - Rivercourt Hotel, Kilkenny City
Thursday 27th February - Clonmel Park Hotel, Clonmel


For further information or to make an appointment, please contact: Anna on 0864135555 or Jimmy on 0862566422

Email: heartfeltcardioscreening@gmail.com

Visit the website on www.bproheartfeltcardioscreening.com



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Radisson Blu Hotel, Ennis Road, Limerick
Thursday 16th January and Wednesday 12th February 2020

Appointments available from 11am until late
Booking by appointment only €50 per person or €90 per couple

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To book an appointment or for further information call Anna on 086 413 5555 or Jimmy on 086 2566 422
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Bakers Road, Charleville, Co. Cork

Website: www.stjosephsfoundation.ie

St. Joseph's Foundation is a voluntary organisation providing comprehensive services for people with intellectual disabilities. Founded in 1968 the Foundation has grown through continuously responding to the needs of people with intellectual disabilities and their families. The Foundation presently provides early intervention, pre-school, school, adult day services, residential, respite care, elder care and home support in the North Cork and South West Limerick region. We have day services in Charleville, Mallow, Mitchelstown and Liskennett with residential services in Co Limerick: Ballylanders, Croom, Ballyagran, Bruree, Kilmallock, Dromcollogher and in Co Cork: Charleville, Dromina, Newtownshandrum, Buttevant and Newmarket.

Applications are invited for the following posts:-

CARE ASSISTANTS (maximum 39 hours per week)

DAY/RESIDENTIAL SERVICES

Permanent Posts Full time, Part time & Relief

The ideal candidates will have:

- Experience of working with children/adults in the field of intellectual disability some of whom may present with behaviour which challenges.
- A relevant qualification, QQ1 Level 5 Healthcare Course (desirable).
- A high degree of flexibility and the ability to work as part of a team.

Informal enquiries to Ms. Catherine O'Connell, Head of Client Services – 087 8541630

Notes:

- Department of Health & Children Salary Scales of 1/04/2017 apply.
- A full Irish/EU Driving Licence is a requirement for the posts.
- Panels of suitably qualified persons may be formed from which further vacancies may be filled.

Please forward Curriculum Vitae to hhealy@Stjosephsfoundation.ie

by Friday 24th of January 2020

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ENTERTAINMENT

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

Des on funny side of loss

"I know her first question would be 'Your father got a show – how come I didn't get one?'"

RYAN O'ROURKE

Ryan.orourke@limerickleader.ie

DES Bishop will be honoring his mother at the University Concert Hall in March, as he performs material from his tour - Mia Mamma.

Speaking about his tour, which will stop in Limerick on March 14, Des said: "I am often asked 'where do you get your material from?' The truth is really that I try to see the funny in everything. My mother died in March 2019 and of course, it was sad and grief can be tough sometimes but I saw a lot of funny in that too.

"Since death comes to us all and grief is something most of us will experience I thought there must be plenty of people who would like that funny to be shared. Also, I did a show about my Dad being sick back in 2010 and I couldn't face my mother in the afterlife because I know her first question would be "your Father got a show, how come I didn't get one?"

"I think it's tougher to lose your mum. My Dad was the best supporting actor. My mother was the actress in a leading role. You are never ready when the star of the show dies. So this is a show about my mother. It's a show about motherhood and sacrifice, anxiety and grief, the mistakes you make as a mother and a son and the hard road to forgiveness and finally it's about loss, grief and the chaos that surrounds it."



Des Bishop will play the UCH on March 14. Inset the poster for the new show, featuring Des' mother

Third annual Metis Music for Mental Health gig at Dolan's

A FUNDRAISING gig which promotes up and coming talent, and raises funds and awareness around mental health issues returns to Limerick this Friday.

For the third year in a row, the Metis Ireland organised Music for Mental Health concert will take place at Dolan's Warehouse, with doors opening at 8pm.

Among the artists taking part this year are 20-year-old Katie Gallagher, award-winning country singer Clodagh Lawlor and singer and dancer Dora Gola.

And John Kelly will be putting together a 15-strong Limerick Jazz ensemble for

one night only.

The event, organised by businessman Karl Daly, will as usual raise money for Pieta House and the Limerick Suicide Watch.

But this year, a third charity will also benefit in the form of Adapt House, which supports women who have been subject to domestic violence.

Karl said: "Originally, it was only going to be one-off gig. But because it worked so well, it was so popular, we kept going with it. We did it again last year, and are doing it again this year.

"The main thing is to raise mental health awareness.

Everyone is struggling these days, some a lot more than others. We are trying to eliminate the stigma, and get people talking about it, and get people to be more conscious of people when they are around. For friends, family and workmates, to keep an eye out for one another," he told The Leader.

The other side of the event, Karl added, is about giving young and upcoming acts a platform to show off their talents.

"All the artists we've had in the last few years have been new ones trying to make it. We've had Emma Langford in the past, Shane

Serrano and Foxjaw. This year, we have country artist Clodagh Lawlor, who won the Best Young Artists in a Late Late Show poll recently. So that will be quite exciting," he explained.

The reason Adapt House was picked as the third sponsor, the businessman added, is because of the hugely important work the charity does in supporting ladies who have been abused – something which affects their mental health.

Music for Mental Health tickets are available on the door, priced €25. Alternatively, call 086-2602326 to buy in advance.



Karl Daly: "The main thing is to raise mental health awareness. Everyone is struggling these days"

BIG NIGHT OUT @

THE SAVOY AND GEORGE HOTELS
PICTURES:
DAVE GAYNOR



Bridget O'Sullivan, Joanne Foster and Deirdre O'Sullivan at Da Vincenzo Food and Wine Hall in the George Hotel



Kieran Killeen and Edel Vaughan at Da Vincenzo Food and Wine Hall in the George Hotel



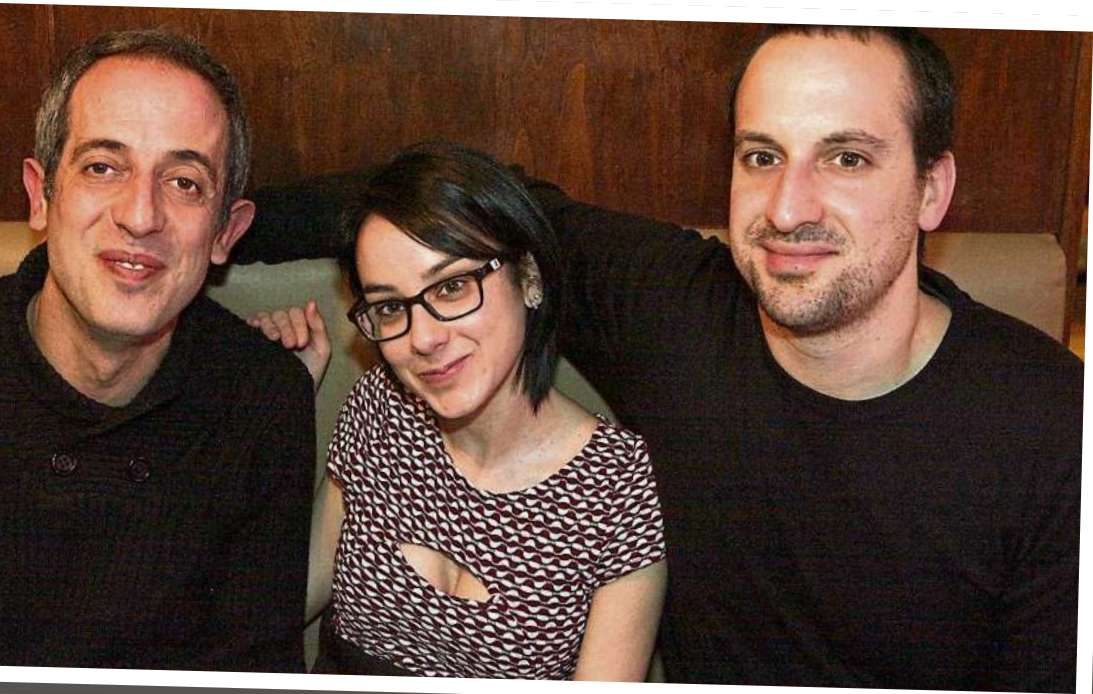
Nan Pattamang, Mayya Sakkhaphrom and Anna Katmanee at Da Vincenzo Food and Wine Hall in the George Hotel



Alekhya Podili and Naomi Harris at Da Vincenzo Food and Wine Hall in the George Hotel



Avril Crosse and Sharon Ryan at Da Vincenzo Food and Wine Hall in the George Hotel



Gabriela Izzo, Martella Urigu and Andrea Pianu at Da Vincenzo Food and Wine Hall in the George Hotel



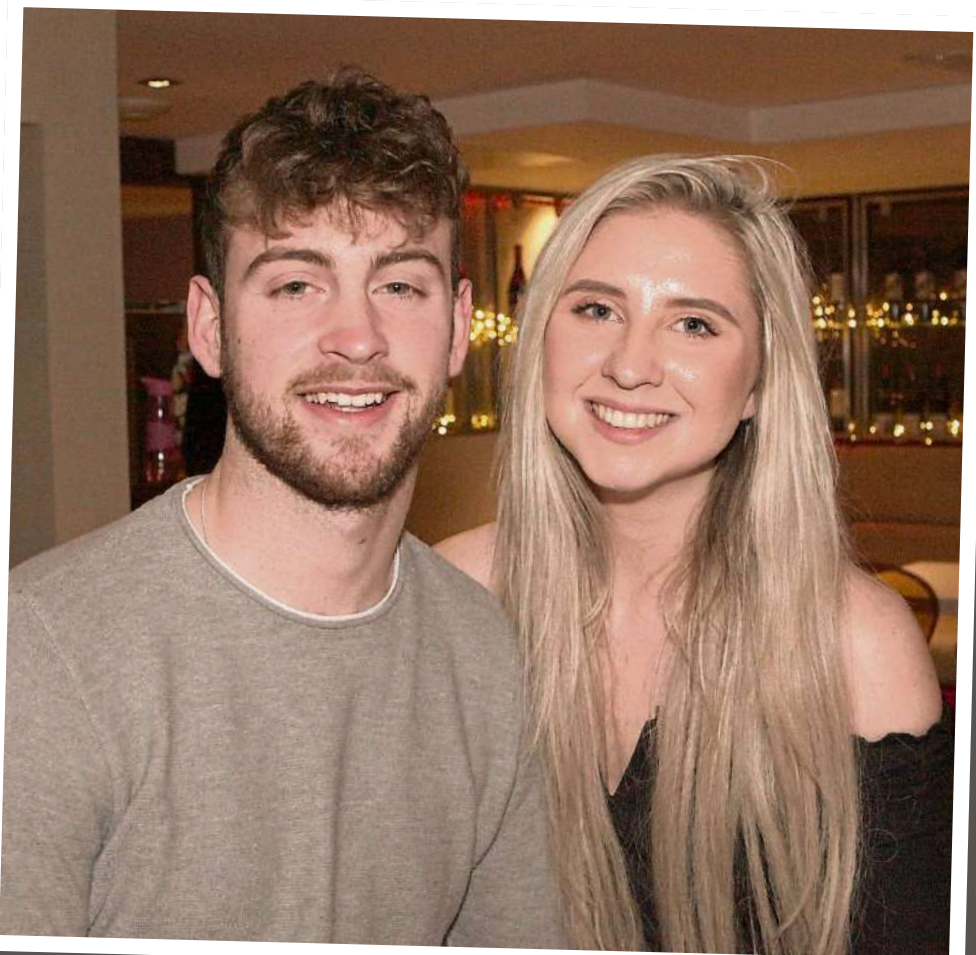
Michelle and John Monghan at the Savoy Hotel Bar



Jasmine O'Donovan and Eoin Kelly at the Savoy Hotel Bar



Grace and Kenneth Deegan at the Savoy Hotel Bar



Darragh Carroll and Rachel Crean at Da Vincenzo Food and Wine Hall in the George Hotel



Marie Murphy and Alec Sandys at the Savoy Hotel Bar



Try out for Dance Limerick this Saturday afternoon

THINGS WHAT ARE ON IN LIMERICK



Catch A Wilde Fan this Thursday in No. 2 Pery Square



Mike Denver keeps it country in the Woodlands

This weekend in Limerick serves up a platter of live music, literary evenings, sales pitches and a chance to become a rising young dance star.

Yes, the New Year hangover recovery means a lot of this week's events are small-scale, but small only in size, not in ambition. There's plenty to keep you entertained!

Thursday (January 9)

Limerick Writers' Centre host their monthly **On The Nail** literary evening at the **People's Museum of Limerick** this Thursday evening. This month's event is all about the poetry of Oscar Wilde, with guest star **Myles Breen** performing excerpts from his one man show **A Wilde Fan**, which you might (and should) have caught at the Belltable in November.

It will be followed by the traditional open-mic session, which is the perfect chance for you to regale the assembled masses with your thousand-line tribute poem to Oscar Wilde's story about the supercilious and self-proclaimed remarkable rocket. It starts at 8pm and it's a free event.

Limerick rapper **Hazey Haze** kicks off his **Is Mise** tour in **Pharmacia** this Thursday night with a listening party for his new album.

He's rather cheekily subtitled his trip around Ireland as "The Whore On Tour" and as he's worked with ten producers to make the album, maybe the tagline is fair.

Hazey is at the core of the Limerick hip-hop and rap scene, is one of the best artists working with PX Music and has released a string of singles that confirms Limerick's place as the most vibrant city in Ireland when it comes to cutting-edge music.

It's a free show, with the album's first play followed by some

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

commentary and discussion. Doors at 8:30pm and you shouldn't miss it.

Friday (January 10)

Metis Music For Mental Health gathers some of Ireland's best music artists to **Dolan's Warehouse** this Friday in a benefit night for **Pieta House**, **Limerick Suicide Watch** and **Adapt House**.

Clare singer **Clodagh Lawlor** - winner of last year's **Late Late Show Search For A Country Star** competition - is headlining.

You'll also see a performance by Longford's **Katie Gallagher**, probably the closest thing Ireland currently has to **Joni Mitchell**.

As well as the top pairing, there are very welcome doses of **Dora Gola**, **the Lost Boys**, **the Limerick Jazz Workshop big band**, **Stray Saints** and **Weenz**.

Last year's show was solidly sold-out so you're advised to get your ticket early. It starts at 8pm and, with some serious sponsorship from Limerick businesses, tickets are €25. All proceeds from the gig go directly to the three charities.

Saturday (January 11)

Mary Immaculate College is hosting an Open Day for prospective students this Saturday. Campus tours, information stands and course talks will run throughout the morning to give you an idea of whether studying arts, education or theatre studies is something you'd like to do to set yourself up for a lifetime of pointing at things while putting on your clearest voice.

The world definitely needs more good actors. It runs from 10am to 1pm - check out micopenday.ie for full details.

The Holiday Show, at the South

Court Hotel this Saturday and Sunday, is two days of airlines and travel professionals exhibiting their wares and trying to persuade you to pack your bags and get out of Dodge for a few days.

Now, you might be thinking that this event is mainly aimed at people who still haven't discovered the Internet... and you might have a point there.

But if you're the sort of person who likes to talk to another person rather than a screen before flinging half your yearly earnings at the promise of some much-needed sun, this weekend event was made for you. 11am to 5pm both days and it's free entry.

So you think you can dance? Auditions to join **Limerick Youth Dance Company** are at **Dance Limerick** this Saturday afternoon, when you can strut your stuff and move your legs, all with a view to

getting into the city's only dance company specifically aimed at young people between ages 11 and 22.

Pretty much all dance styles are welcome, especially hip-hop, ballet and contemporary.

You will definitely need to have some experience - it's a dance company, not a day care centre - but LYDC look like they're going places, so this is your chance to get in on the ground floor. 3pm and it won't cost you anything but time - contact rachel.sheil86@gmail.com to book your audition slot.

Sunday (January 12)

Féile Luimnigh is a rather wonderful annual competition in Limerick that promotes the Irish language and culture through speech, drama and instrumental music.



Clodagh Lawlor is among a host of acts performing at the **Metis Music for Mental Health** gig in **Dolan's** this Friday

There's never any issue with turning up to the competition heats but then you end up sitting through swathes of plucky individuals who need more practice, and I say that as someone who was appalling with a tin whistle.

This Sunday in **St Mary's Cathedral** you can catch the **Féile Luimnigh** instrumental prizewinners' concert, featuring the very best competitors from the 2019 competition.

Plenty of piano, strings, woodwind and brass, all carefully selected by judges last year, so you can be sure that you won't have to sit through a single performance from someone who should have taken up a different instrument. 5pm, tickets are €10 for adults and €5 for children.

Irish country music is a curious beast, as can be attested by anyone who's ever found themselves on a bus for two hours of Shannonside Northern Sound's nightly country show, where playing **Hit The Diff** twice every hour is apparently compulsory.

Your own personal testimony might be different. **Mike Denver** is one of the biggest stars of the country & Irish scene, having carved out ten albums in a land that has never seen a single pickup truck.

This Sunday night he's at the **Woodlands House Hotel** in Adare, where dancing is compulsory, cowboy boots are optional and ten-gallon hats are best left at reception. If Irish country is your scene, this is a can't-miss event. Doors at 8:30pm, tickets are €15.

All weekend

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

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



A Day In My Shoes

Krystal Murphy

Award Winning Senior Hair Stylist based at Nevaeh Salon, Little Ellen Street

'I feel you have to have a bit of fun during the day'

What time do you get up?

I get up most mornings at 6.30a.m., but I must admit that it is so hard to leave the cozy bed these cold winter mornings.

What is your normal breakfast?

I love a nice cup of coffee first thing, and then it's usually porridge or Weetabix.

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

I try to get to the gym after work, or if I can't make it then I go on my days off.

You arrive at office at what time?

I'm at the salon for 8:30am.

What are your first duties?

My first task of the day is to set up my equipment. After that I usually fold the fresh towels and make sure the salon is ready for a busy day ahead.

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

Coffee is my weakness, I usually drink about three cups a day. I just love a cuppa!

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

Lunch varies every day. Most days I bring my lunch, but I do love a sandwich from Bean a Tí. One of my favourite parts of the day is visiting Duo for my morning coffee. It's an incredible shop with so many hidden gems, and their coffee is amazing.

Do you have many meetings during the day?

I'm recently self-employed, and I attend more meetings now than ever before. I'm always on the lookout for the very best for my clients, so I often meet suppliers to source the highest quality and most innovative products. On top of that, I'm always doing courses. I believe to be amongst the best in my industry, you have to be committed to constantly learning. I am always investing in training and love mastering new techniques.

What time do you finish up at?

Depending on the day, I finish anywhere between 6pm and 8pm.

Do you watch much television?

It's rare I watch TV, but I do like a good reality show every now and again.

Do you read the newspapers?

Krystal Murphy: 'I feel it's so important to be positive and kind as we never know what difficulties anyone may be facing'

I am an avid reader of the Limerick Leader. We are so lucky in Limerick to have a regional newspaper, and it's such a valuable source of information on everything that is happening in Limerick. I think it's so important to support our local newspaper.

What do you do to relax?

To relax I listen to music and chill out with my two dogs and my partner.

Are you able to leave the office behind?

I can leave the salon behind, but sometimes it takes a while to unwind from a busy day.

What is a perfect work day?

My perfect day at work is making all of my clients look and feel amazing. I just love the atmosphere in our salon. We have the best laughs, I feel you have to have a bit of fun during the day.

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

In my 20 years hairdressing I've never lost my cool. I have wonderful clients and work colleagues and we spend most of our time laughing. I feel it's so important to be positive and kind as we never know what difficulties anyone may be facing.

INSIDE THIS WEEK



PRESS THE PAUSE BUTTON

Enjoy the present with your kids
PAGE 34



EAT YOUR WAY TO HEALTH!

Eva Hill on getting back on track
PAGE 35



LOVE ISLAND HERE WE COME

Louise anticipates winter version
PAGE 42



TURNING OVER NEW LEAF

Richard can't wait for new festival
PAGES 44-45

POSITIVE PARENTING



Top Tips

For Helping your Teen Stay Healthy

Provide Lots of Healthy Food and Snacks.

Many teenagers have voracious appetites—it may feel like a full time job keeping them fed. If you have lots of filling, healthy snacks on hand (think fruit, cut up vegetables, hummus and pita, wholegrain bagels and peanut butter, wholegrain pasta with tomato sauce), they will be more likely to reach for these than fill up on junk

Get Active Together.

If your teens see you leading a healthy, active lifestyle, they will be more likely to follow suit. Ask your teen to join you on an evening walk—they might surprise you and actually come, and this can be a great way to connect

Communicate and Share Information.

Many parents find it challenging to discuss some issues, such as sex and drug and alcohol misuse, with their teens. The reality is that teens who can communicate openly and honestly with their parents about these issues tend to make better, healthier choices. So, get in the habit of talking about these issues openly and honestly.

Help Them Build Resilience.

Teenagers are under a lot of pressure from school, friends, social media, etc., and many teenagers are struggling with mental health issues such as anxiety and depression. Developing positive coping strategies can help teenagers manage these pressures and improve their overall well-being. Explore things like exercise, diet, meditation, yoga, breathing, mindfulness, etc. with your child and help them find a strategy that works for them.



Giving yourself time to pause, to enjoy the moment rather than worrying about all the moments to come

Sometimes you need to press the pause button

Do you ever find yourself on the way to collect the children from school or driving home from work with the endless tick, tick, tick of your endless to do list churning through your mind—what you need to do, what you need to get, where you need to be churning over in your mind?

Have you ever found yourself trying to make it through the list before you can finally, finally sit down and relax for a few minutes? And, then, well, it's time to get to bed!

Parenting requires us to multi-task like we have never multi-tasked before and, sometimes, it can become all about getting things done rather than enjoying what we are doing.

Many parenting guides use some variation on the idea of "Pressing the Pause" button. This means when we find ourselves

reacting to our children with anger, frustration or simple exhaustion, that we take a moment before we respond. This might mean just taking a few deep breaths; it might mean walking in to another room for a few minutes; or, if emotions are running really high, it might mean deciding to address the issue at a later time or date.

It involves acknowledging our own emotions, taking the time to think about how we are feeling and recognising that reacting in anger or frustration won't help us or our child. Taking this time allows us to calm down and react with the love and patience that we and our children need.

This idea can be applied to many situations—not just when your teenager comes home later again or when your toddler hops out of bed for the 15th time in a row. It can be useful when that list starts to tick,

tick, in your mind on your way to collect the children. Instead of thinking; "We need to get to soccer, then to music class, ugh, I forgot to bring the raffle tickets, what will we make for dinner, the kitchen is a disaster, lunches need to be done, where is that Irish book...", press the pause button, take a few deep breaths and stay in the moment. Let yourself find a moment of enjoyment—if you're in the car alone, put on your favourite music. If you're with the kids, find a crowd-pleaser and all belt along.

If you're trying to get the dinner ready, while making lunches and keeping little ones happy and entertained while underfoot, and the chaos threatens to become overwhelming, try pressing the pause button. Give yourself a moment, acknowledge that this is a lot to manage and let yourself relax. Think about something positive in

the moment--share a joke with the children, give them a hug, savour what you are cooking...whatever you need to do to make this moment enjoyable.

That list will still be there, and there will still be moments when everyone flies out the door with breakfast half eaten and books forgotten.

Giving yourself time to pause, to enjoy this moment rather than worrying about all the moments to come, however, can make a big difference in how everyone in the family reacts to stress and let you all enjoy your time together.

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.



HEALTHY LIVING

EVA HILL HAMILTON

CONTACT EVA

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

Eating well to help get back on track

Are you just back to work? Tired early mornings, afternoon dips, struggling through each day and praying for the weekend?

During holidays we tend to stay up late, eat the wrong kinds of foods, and drink much more alcohol than normally – at the end we feel more tired than before the holidays. Try to re-establish a routine and support your body to help to get back on track.

Try to eat early dinners and a good breakfast in the morning. Throughout the day eat very regularly, focusing on your meals and chew well to help absorption of the essential nutrients. Have easily digested foods including lots of vegetables, they always help to take the load off your digestive system. Avoid refined carbohydrates like white bread and sweets along with stimulants which will give you an instant boost,



Brazil nuts are great to help your overworked liver recover

followed by a big dip in energy levels and mood. Include protein of some sort in every meal and snack to balance your blood sugar levels. Good protein sources are eggs, fish, lean meat, beans, nuts, ground seeds or their butters and quinoa. Protein helps to slow down

the absorption of natural sugars – giving you longer lasting energy and helping your mood also. Blood sugar imbalances also interfere with your sleeping hormone; Melatonin, so you cannot get a refreshing good night sleep. After the merry holidays your liver needs support also.

Too much processed foods and alcohol interfere with liver function, which can also lead to groggy mornings and fatigue. Cruciferous vegetables, Brazil nuts, eggs, beans, olive oil and the yellow spice – turmeric are great supports for your filtration system. You might even want to take a detox herb mix including Milk thistle, Dandelion, Artichoke and drink green tea. Plenty of antioxidants can revive your whole body – you find these in colourful fruits, vegetables, herbs and spices – the more colours the better. Drink plenty of water to flush your cells – dehydration can affect energy levels and concentration.

Essential fats have been long known to help uplift your mood. Include oily fish in your diet ideally three times a week, steamed to keep the healing sensitive oils intact. Snack on nuts or

seed butters on oat cakes with sliced apple or banana. Add avocado to your salads or replace butter/mayonnaise with mashed avocado or home-made guacamole. Don't be afraid of essential fats, they will not pile weight on you – quite the opposite! Coconut oil especially has a metabolism boosting - energising effect.

Make time for gentle exercise and relaxation techniques. Both have been shown to increase serotonin and dopamine – our happy hormones. A positive attitude always helps to get through tough times. Smiling and laughing – even with no reason, sends messages to the brain to make happy hormones. Think of all the lovely days you had and start planning your next holiday to keep you cheerful. Be thankful for the small things every day and you will see the light at the end of the tunnel.

JANUARY SALE

4th - 11th January 2020

Carpets from only €4.99 PSY	Mattresses from only €99	Recliners from only €199	Wood Flooring from only €6.99 PSY
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2 Seater
WAS €849
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Chair
WAS €499
€299

Dakota Fabric Corner Sofa



Limited Stock
WAS €2179
€1195

FREE Matching occasional chair when you purchase the Dakota Fabric Corner Sofa



Dominic Harmon's picture of Lough Gur on a lovely clear day



Mary Hannon took this picture in Ballybunion on New Year's Day

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 WITH READERS' PICTURES IN THE SUBJECT LINE



Noel Kelly captured a vivid sunset at the weekend near Plassey



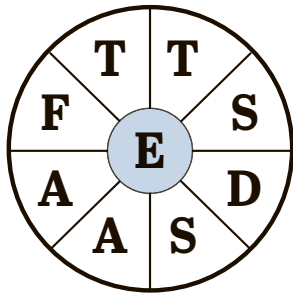
Eileen Clear's view of the Clayton Hotel across the river

SUDOKU

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

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

1. Get down - from this perhaps! (4)
3. No danger signal (3,5)
8. Vessel for refuse (4)
9. Badly violated a joint (8)
11. It's bound to appeal to the less affluent (5,7)
13. Win, possibly earned (6)
14. One who minds is easily hurt (6)
17. Far better than other door-to-door salesmen? (7,5)
20. Net value in its final form (8)
21. Forget I'm about to reverse (4)
22. Each person in it has some very onerous duties (8)
23. Nothing to the German, though it's his border (4)

Down

1. A number expelled are downcast (8)
2. Make an effort to study with care (7)
4. They're known for insurance, in the main (6)
5. Keep arguing - like Mrs Sprat did! (4,3,3)
6. Time to finish is what poets may need (5)
7. Depend on entirely? Not half! (4)
10. It seems a family man appears in a strange play (10)
12. Wrong director still has to be paid (8)
15. Imagined me in terror (7)
16. Filter the air (6)
18. About the first in that place (5)
19. Piece of ice destined to give way (4)

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

Quick Clues:

Across

1. Masculine (4)
3. Mix (8)
8. Storm (4)
9. Ailment (8)
11. Go-between (12)
13. Attic (6)
14. Writer (6)
17. Teacher (12)
20. Reversed (8)
21. Harvest (4)
22. Led (8)
23. Spot of soot (4)

Down

1. Wedding (8)
2. Barge (7)
4. Supposed (10)
5. Countrified (10)
6. Beneath (5)
7. Challenge (4)
10. Uncertain (10)
12. Effete (8)
15. Meantime (7)
16. Maintain (6)
18. Light boat (5)
19. Lash (4)

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.

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

LAST WEEK'S SOLUTIONS

DOUBLE CROSSWORD:
Cryptic: Across: 1 Petrol pumps; 9 Berated; 10 Crows; 11 Try on; 12 Evening; 13 Affray; 15 Likely; 18 Taxicab; 20 Flags; 22 Route; 23 Rossini; 24 Betting slip.
Down: 2 Early; 3 Rotunda; 4 Ledger; 5 Uncle; 6 Promise; 7 Abstract art; 8 As ugly as sin; 14 Fixture; 16 Infests; 17 Oberon; 19 Cleft; 21 Alibi.

Quick: Across: 1 Predictable; 9 Impetus; 10 Often; 11 Henna; 12 Inferno; 13 Vacate; 15 Scaled; 18 Lengthy; 20 Impel; 22 Erica; 23 Allegro; 24 Resplendent.
Down: 2 Ripen; 3 Detract; 4 Cosmic; 5 Aloof; 6 Literal; 7 Dishevelled; 8 In cold blood; 14 Confine; 16 Chilled; 17 Gyrate; 19 Tramp; 21 Pagan.

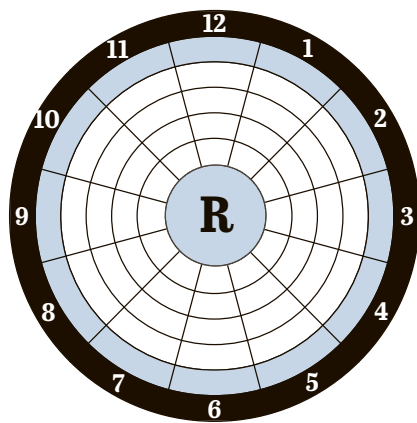
SUDOKU:
9 5 6 2 7 4 3 1 8
2 1 7 6 8 3 5 4 9
3 4 8 5 9 1 7 2 6
6 7 1 3 4 9 2 8 5
5 2 9 1 6 8 4 7 3
8 3 4 7 5 2 6 9 1
4 6 5 9 1 7 8 3 2
1 8 2 4 3 5 9 6 7
7 9 3 8 2 6 1 5 4

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

WORDWHEEL:
DEFINABLE.

CLOCKWORD

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



- | | |
|------------------------|-----------------|
| 1. Tremble | 7. Reply |
| 2. Protective covering | 8. Parent |
| 3. Pencil rubber | 9. Digit |
| 4. Christian festival | 10. Thief |
| 5. Weapon | 11. Proofreader |
| 6. Big cat | 12. Wail |

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.

		12		17			5		15	16				
	8						19							
	9					26							19	7
		16				11				14				
		13					9							
	16								12				11	
	8						8			12			9	
							10			8				
						20								
						11							33	7
		7						8					12	
		10											6	
	8									13				
						10								
	20											13		7
							8	14	13					
						25							10	
						12								

SPLIT DECISION

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

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

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:

- 75129** gives a dog;
48837 gives a worm;
68237 gives a fish.

SUDOKU

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

LAST WEEK'S SOLUTIONS

CLOCKWORD:
1 Kitten, 2 Eleven, 3 Lesion, 4 Lotion, 5 Yeoman, 6 Lichen, 7 Ensign, 8 Bunion, 9 Region, 10 Option, 11 Column, 12 Kaftan.

CELEBRITY: Kelly Le Brock.

NINER:
DESULTORY.

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

KAKURO:

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

SPLIT DECISION:

V	I	D	E	O
O	R	A		
T	R	I	P	S
E	L	I		
D	O	L	L	S



Josh St John, Colette Cowan with Patrica and Niall O'Meara at the Casino Royale night in the Savoy Hotel



Out & About

MUNSTER HEART FOUNDATION CASINO ROYALE NIGHT AT THE SAVOY HOTEL

Pictures: KEITH WISEMAN



John and Noreen Hayden also supported the event



Elmagh and Yvonne Kiernan at the function in the Savoy



Tom and Simone Jones at the fundraiser in the Savoy Hotel



Christine Mullins with Liam and Anne Keehan



Brendan Hoolan and Dr Mary Ryan also attended



LEFT: The Savoy Hotel Limerick hosted the Munster Heart Foundation, Casino Royale Night on New Years Eve. The organising committee included, Professor Thomas Kiernan, Barry Long, Edel Wyse, Liam Keehan and Dr Samer Arnous
PICTURE: KEITH WISEMAN

ABOVE: Mike Bourke and Bronwyn Power recently announced their engagement

RIGHT: Austin and Jessica Stack



Donal and Marie Stephens, Gerry and Noelle Clancy with Ronan and Anne Brannigan



Dr Abid and Dr Nazima Hussaini, Aneela Akram, Saira Ndeem, Akram Chaudhry and Dr Talat Nadeem



Dr Thomas & Dr Rachael Kiernan with Jockoline and Dr Samer Arnous



STYLE & FASHION

CELIA HOLMAN LEE

CONTACT CELIA

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

Aisle see you at the bridal fair!

WEDDINGS can be such a whirlwind at times so finding that special dress for the bride, bridesmaids, mother of the bride/groom and the suit for the groom can be a daunting task.

Tying the knot is one of the most special moments of your life especially when choosing the dress. A dress with floral detail is always a classic style.

If you are looking for a dress that offers a twist, then bows are one option. They need to be big and bold whether on the front, back or side as they ooze Hollywood

glamour.

Some advice for mother of the bride - make sure it fits and flatters!

Like so much in modern weddings today, anything goes, but for me, in terms of bridal fashion for 2020, you can't beat a chic dress. It is perfect for the new season's weddings and could be reworked for different occasions.

Getting suited and booted for himself can be daunting too. With so many styles to choose from, it can be quite a challenge to know where to start. The double breasted vintage style is really making a comeback along with the

slim fit three-piece suit, which seems to be more popular. Opting for different types of texture such as wool, tweed and velvet will add great style for the big day.

Jewel tones are perfect for the bridesmaids with everything from fuchsia pink gowns to deeper claret and burgundy tones proving very popular.

For everything to help you plan for that perfect wedding, why not visit the Mid West Bridal Exhibition at the UL Sports Arena Limerick this Saturday, and Sunday.

Doors open at 12 noon.
Look forward to seeing you all.



Timmie models a steel grey suit from Connolly Formal in Limerick



Laura models an eye-catching creation by Caroline Mitchell and beautiful hat by milliner Aoife Harrison



Orla models a dress from Finesse Bridal in Listowel which is the perfect balance between fitted and flowing

CELIA SPOTTED

Looking good out
and about in Limerick

Name: Laura Guilfoyle
Occupation: Primary teaching student MIC
From: Meelick
Influencers: Roz Purcell and Louise Cooney.
Roz is wonderful because she inspires women to embrace their natural beauty. She promotes body confidence and acceptance and encourages women to not compare themselves to others. I have a soft spot for Louise as she too is from Limerick. She also has great style and styling tips. My favourite shops are Zara and River Island, and I love taking trips up to Kildare Village.

LAURA SAYS

Dress: I bought this dress in River Island before Christmas and I love it. It's a handy dress to have because you could wear this dress to the movies with runners and a cardi, or, you could dress it up for dinner and drinks with heels or heeled boots and a leather jacket like I have here.

Boots: These are my favourite boots at the minute. They are a great height at three inches. They also have a bow which makes them a little unique and eye-catching.

Jacket: Everyone needs a leather jacket in their wardrobe. I got this one in River Island. It can give an edgy vibe to an otherwise girly outfit, which I love.

Bag: This is such a versatile bag. It's Carvela. I love the gold chain on the bag because it feels very luxurious. The neutral tones- pale pink, mint, black and snake print- means you can wear this with so many different outfits. I find that accessories, especially bags, can really pull together or update an outfit.



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OFF**

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MAKING
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FABRICS**

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in the Limerick Leader every Thursday**

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LOUISE CANTILLON

CONTACT LOUISE

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



Rogha na Seachtaine



TO DO:

Play Beat The Blues on Spin

Play beat the blues everyday this week on Fully Charged from 7am. Your chance to win tickets to some of the biggest and best gigs of the year! Tune in to Ed and Valerie for more @spinsouthwest.com



TO LISTEN:

Track of the week

Somebody's Child has come a long way in just over a year. What was originally supposed to be a project for the young Dubliner to write for other artists has now developed into a solo effort. Love That Sound is the artist's fifth single release with vintage hip-hop feel, mixed with soul in parts and his indie pop roots and an electrifying chorus.

TO SEE:

Munster Hurling League final

Limerick advanced to a Munster Senior Hurling



League decider against Cork this weekend after an eight-point victory over Clare. The final takes place on Sunday, January 12. Venue and time TBC.

Irish acts on Coachella bill, but no female headliners

Rage against the Machine, Frank Ocean and Travis Scott will headline the famous Coachella festival this year!

The full line-up for Coachella 2020 has been announced and the festival in California has taken a slight rap-metal edge this year, with artists such as 21 Savage, DaBaby and Megan Thee Stallion hitting up the stages over the week in April.

Surprisingly no female acts are set to headline which has proven disappointing to many, with fans praising festivals like Glastonbury for their continuous effort to book female headliners!

Festival-goers will see performances from Calvin Harris, Lana Del Rey, Charli XCX, Big Sean, and Carly Rae Jepsen, with Coachella taking place over two weekends in April: from Friday, 10 - Sunday, 12 and Friday, 17 - Sunday 19 April.

The first weekend is already sold out, and only limited tickets are available for the second weekend!

The festival has become one of the coolest places to jet off to, taking place in The Empire Polo Club in Indio, California, in the Coachella Valley in the Colorado Desert; the festival has gained global fame on social networks for its star studded list of attendees and insta worthy fashion!

Bloggers, social influencers and celebs alike set the bar for a year of festival fashion! Coachella always proves to be a top trend when it's rocks around!

This year we are very excited to keep you up to date on Spin South



Fontaines DC, top, and The Murder Capital, above, will be flying the flag for Ireland at the world famous Coachella in April

West! We are also very excited to have live links there this year to keep us up to date on all the Coachella fun!

Flying the flag for Ireland, Dublin groups Fontaines D.C. and The Murder Capital will take to the stage on Saturday April 11 as well as Saturday April 18.

Fontaines D.C. rose to fame in 2019, with their pop rock swag and raw performance style. Their debut studio album, Dogrel, was released last April went on to be named Album of the Year by BBC Radio 6 Music and was nominated for a Mercury Prize!

Check out the full Coachella line up and stay tunes for updates @spinsouthwest.com

'Maura' Love Island on the way

The hit series that dominated our news feeds this summer, Love Island (winter edition) kicks off this Sunday and the excitement is real!

The last series saw three Irish contestants make headlines and of course our very own Limerick man Greg O'Shea leaving the villa as the series champion!

Irish woman Laura Whitmore takes the reins as host following Caroline Flack's decision to step down from the role.

With Laura Whitmore in the

driving seat the show is guaranteed to be extra entertaining as her boyfriend Ian Sterling is the voice of the series, which takes the show's theme of romantic relationships to a whole new level!

We're hosting an exclusive launch party in 101 O'Connell Street this Sunday January 12 to mark the occasion and kick off the series in style.

You can win tickets all this week on Spin south West! Tune in daily from 11am to win a place on the guest list.





John, Stella, Ava, Lilly-Mae and Mikey Gleeson, Kilcornan enjoying the ice rink at Arthurs Quay Park. The ice rink closed at the weekend after a very busy Christmas season

CELEBRATING THE NEW YEAR AT THE ICE RINK

Pictures: BRENDAN GLEESON



Caroline and Darragh Fenton, Kilmallock



Ava O'Halloran, Clare, Emma Crosse, Rhebogue and Chloe McDonagh



Laura Ginty and Nessa Hanly



Philip Mulcahy, Natalie, Rian and Liam Moloney, Corbally



Roisin and Muiris Thompson, Birr enjoyed the visit to Limerick



Cara and Lilly Costelloe, Murroe



Peter and Conor McCarthy enjoyed a visit to the ice rink



Liadan, Edward and Muireann Kennedy, Tipperary Town



I ♥ LIMERICK

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Email: Richard@ILoveLimerick.com



Limerick turns over a new LEAF with electronic-focused festival

Limerick will take centre stage this year with a brand-new festival announced for March.

LEAF 2020 will attract over 20,000 participants to a range of reimagined city centre venues from March 5 to 8, 2020.

LEAF 2020 will welcome internationally renowned music artists, leaders in social media innovation, E-Sports stars, and innovators in tech for a world-first event showcasing electronic arts, the intersection of technology and artistic expression.

With the ambitious festival fast approaching, LEAF has just announced some more exciting news for the much-anticipated Festival. German electronic music duo Digitalism will be making an appearance during the festival, giving an exclusive Irish show, with the band has performed at the likes of Coachella and Fuji Rocks.

Dave Clarke, the Baron of Techno and the titan of electronic music will also be performing on the night.

Sunday, March 8 will see the first LEAF Family Rave at the LEAF pop-up warehouse with Ireland's festival rave favourites King Kong

Company.

The first headline act for the new Limerick Electronic Arts Festival has been revealed to be Berlin electronic techno duo MODESELEKTOR.

Intersection is a business and creative symposium taking place on Friday, March 6 at the new warehouse space at the LCFE campus. With keynote interviews and panels on topics such as 'A Digital First Society' and speakers from Facebook, LEGO and the EU amongst others.

Resident futurist Anne Lise Kjaer will curate this world-first event – a renowned Ted speaker, entrepreneur her mission is to inspire new thinking and changemaker culture across generations.

The old Cleeve's Factory situated on O'Callaghan Strand will transform into an urban festival setting, with cutting edge installations, events and workshops.

From Thursday to Sunday, music fans will be entertained by some of the world's best electronic artists, digital artists, and visionaries.

Tickets for the Electronic Carnival at LEAF are available on Ticketmaster. For a full listing of events go to www.Leaf061.com



At the LEAF 2020 launch were Sheila Deegan, Limerick City and County Council, Joe Clarke, LEAF promoter, Con Murphy, Digicontainer, Dr Loic Guyon, Honorary Consul of France, Anne Lise Kjaer, Kjaer Global, and Paul Boland, LEAF producer

PICTURE: ELYSHA FOLAN/ILOVELIMERICK

AED to prove critical tool for Limerick Suicide Watch

Limerick Suicide Watch has placed an AED at St. Michael's Rowing Club for use by their patrols and members of the public in the event of an emergency.

The AED (Automated External Defibrillator) will prove to be a great asset to both Limerick Suicide Watch and the people of Limerick city.

Limerick Suicide Watch First-Aid officer, Sean Lyons said, "Time is vital when it comes to a cardiac arrest and

71% of out of hospital cardiac arrests in Ireland occur in an urban area.

"Therefore it is important for Limerick Suicide Watch volunteers to have quick access to AEDs should they be required".

The AED is available to the public 24/7 365 days of the year. Simply ring 999, state the Eircode of the AED's location and the Call Handler will provide you with the access code.

The Eircode for the AED's

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

Sean concluded, "Placing the AED at St Michael's is also a great way for us to say thank you and to give back to the fantastic people of Limerick who always are so generous in their support of us".



Pictured are members of Limerick Suicide Watch and members of St. Michael's Rowing Club with the new AED

THINGS I ♥ THIS WEEK

CHARITY

Quiz raises €2k for worthy project

Ingenium Training and Consulting supported the Northstar Family Support Project by organising a pub quiz at Flannery's pub and raising just under €2,000.

North Star Family Support Project was developed as a community response to the negative effects drug use has had on families living in the Northside of Limerick city. The night was a huge

success, with the support being so immense that extra quiz tables had to be added.

Joe Slattery, Northstar Family Project Co-ordinator said: "We help families that are affected by a loved one's substance abuse in a caring environment, where families can come in to get the supports they need to help them live day to day."

Well done to all at Ingenium.



Julie Doyle, Ingenium, Janna Gasanova, Ingenium, and Joe Slattery, Northstar Family Project

PICTURE: KATE DEVANEY/ILOVELIMERICK

ENTERTAINMENT

Copper Face Jacks set for UCH debut

The smash-hit Copper Face Jacks: The Musical comes to Limerick for the first time this summer following triumphant runs at the Olympia in both 2018 and 2019.

Packed full of craic, huge laughs, Culchies (ahem!), Dubs, lots of shifting and an incredible cast, Copper Face Jacks: The Musical, is set to be the summer sensation of the county!

The musical is a love story set on the eve of a Dublin v Kerry All Ireland Final, when a sweet Kerry girl ends up falling head over her sensible, flat shoes for the Captain of the Dublin football team – Gino Wildes.

Having received standing ovations, rave reviews and wall-to-wall belly laughs at its shenanigans for its previous two runs, now it's time for Limerick audiences to laugh out loud as they see if love



Johnny Ward

really can conquer all as the young sweethearts face cultural and linguistic hurdles on their road to happiness and Croker!

Starring Johnny Ward (Fair City, Dancing with the Stars and as Abanazar in the UCH Panto Aladdin) as Gino Wildes and Rachel O'Connell (The Young Offenders and as the Genie also in Aladdin) as Lucelita.

Opening at University Concert Hall for a strictly limited run from June 30 until July, tickets are priced from €30 and are on sale now at the UCH box office at 061 331549. Not to be missed!



Petrina Hayes: 'an incredible opportunity to ensure that likeminded women are given the chance to shine in their careers'

Petrina takes the reins at business group

Network Ireland Limerick, the forum for women in business, the professions and the arts, has elected Petrina Hayes as president for 2020. The marketing manager at the Savoy Hotel was presented with the chain of office by outgoing president Catriona O'Donoghue. Caragh O'Shea, COS Events, has been confirmed as

Vice President of for the year.

Speaking about her appointment, Petrina said: "For me, the presidency is an incredible opportunity to ensure that likeminded women are given the chance to shine in their careers and step out of their comfort zone. After joining the Network six years ago I gained an incredibly supportive network of women who have been

there to share in both the challenges and successes of my own career journey."

As president, Petrina will represent Limerick at National Executive meetings and overseeing the smooth running of monthly events locally.

Looking forward to her year, Petrina tells me, "she looks forward to doing Limerick proud!" Congrats Petrina!

Limerick's Live 95fm

HERO OF THE WEEK

At the start of 2019, Limerick's Live 95 set out to raise €95,000 for three fantastic children's charities. Under the Live95 Helping Limerick Children initiative, Cliona's Foundation, Children's Grief Centre and CARI all benefited! Massive thank you to the people and business of Limerick who helped them throughout the year to make this happen! Congrats to all involved!



*Love to all,
Richard x*



The crew of Live95 Helping Limerick Children initiative pictured with representatives of the charities Cliona's Foundation, Children's Grief Centre and CARI

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

PUBLIC SECTOR

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

SITUATIONS VACANT

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position in Clarina (087) 6785997
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WANTED

WANTED: OLD Irish Banknotes. £1= €1 Cash Paid. Old Irish Half Crown Coins. €1 each Paid. Pre 1944 Irish Florin Coins €1 each Paid. Irish Pound Coins 70 cent Each Paid. Irish Fifty Pence Coins 35 cent Each Paid. Old War/Old GAA Medals. Old Postcards. Old GAA Match Programmes. All Old Banknotes/ Coins. Gold. Silver. Euro 5Cent/ 2 Cent/1 Cent Coins. Old Irish History/Motoring Books. Cash Paid. Ph: Colman 087-2035809

MEN SEEKING WOMEN

A GENTLEMAN with no strings attached, likes country western music and all sports on TV wants to meet nice, kind lady, age group 30-42 for romance and relationship. Only genuine replies to Box Number 3096494 c/o Limerick Leader, 29 Glentworth Street, Limerick

GERALDINES A.F.C.

WEEKLY LOTTO DRAW HELD ON 06/01/20

This Week's Jackpot: €4,300
Numbers: 1-2-14-26

Lucky Dips: Micheal Hartnett c/o Dave Connolly; Bridie O'Sullivan c/o Joe O'Sullivan; Paul Mason c/o Jimmy McCarthy

Promoters Prizes: PRO & Susan O'Neill

Next Week's Jackpot: €4,400

Next Draw: 13/01/20

GERALDINES A.F.C.

WEEKLY LOTTO DRAW HELD ON 23/12/19

This Week's Jackpot: €4,100
Numbers: 14-18-19-26

Lucky Dips: Tom Sheedy c/o Jean McNamara; Mary Lipper c/o Jean McNamara; Fran Hedderman c/o Mike Ryan; Jean McNamara c/o club

Promoters Prizes: Dave Connolly & Jean McNamara

Next Week's Jackpot: €4,200

Next Draw: 30/12/19

GERALDINES A.F.C.

WEEKLY LOTTO DRAW HELD ON 30/12/19

This Week's Jackpot: €4,200
Numbers: 13-15-16-17

Lucky Dips: Ken Murphy c/o Jimmy McCarthy; Shane Mooney c/o Dave Connolly; Sheila Doyle c/o club

Promoters Prizes: James McNamara & Jean McNamara

Next Week's Jackpot: €4,300

Next Draw: 05/01/20

Richmond R.F.C.
Development Fund Weekly Lotto

This weeks lucky numbers 3-7-14-16

Jackpot €600

Date: 27th December 2019

4 x Lucky Dip @ 25 each: Alan Kidney c/o club; Emer Kidney c/o club; Pat Sheehan c/o Halpin's; E O'Flynn c/o J Hinchy

Next weeks Jackpot: €700

Next draw held 2nd January 2020

Richmond R.F.C.
Development Fund Weekly Lotto

This weeks lucky numbers 5-9-15-21

Jackpot €700

Date: 2nd January 2020

4 x Lucky Dip @ 25 each: A Tobin c/o Claughaun Bar; Glenn Barry c/o D Barry; Brian Hanley c/o Underage; Kieran Doyle c/o Joe

Next weeks Jackpot: €800

Next draw held 9th January 2020

ST. MARY'S R.F.C.

Lotto Draw held Monday 23rd December 2019

Winning Numbers: 16-18-19-24
No Jackpot Winner

Lucky Dips: Kaiden Stewart c/o C McNamara; Philip McNamara c/o C McNamara; Matthew Quane c/o C Cosgrove; Conor Radcliffe c/o Radcliffe's Bar

Jackpot €13,000
Next draw held Larkin's Bar

ST. MARY'S R.F.C.

Lotto Draw held Monday 6th January 2020

Winning Numbers: 2-7-24-22
No Jackpot Winner

Lucky Dips: Tommy Monahan c/o J O'Dwyer; Andrew & Tom Pearse c/o Mall Bar; Ger Reddan c/o Rashers; Margaret Gully c/o C Cosgrove

Jackpot €13,150
Next draw held Radcliffe's Bar

PLANNING NOTICES

APPLICATION TO PLANNING AUTHORITY

Limerick City and County Council: Permission sought by Brenda Lynch & Felix O'Neill to retain front porch, side extension and vehicular entrance at "St Margarets", Island Road, Limerick. The planning application may be inspected or purchased at a fee not exceeding the reasonable cost of making a copy, at the offices of the Planning Authority, Limerick City & County Council Offices, Dooradoyle Road, Limerick, V94 WV78 during its public opening hours and a submission or observation in relation to the application may be made to the Authority in writing on payment of the prescribed fee within the period of 5 weeks beginning on the date of receipt by the Authority of the application

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BIRTHDAY
REMEMBRANCES

† KELLY

(Birthday Remembrance)
In loving memory of a
loving son, brother,
grandson, nephew and
cousin Baby Stephen Kelly,
late of Shannon, whose
birthday occurs today.
Gathering at grave for
prayers.

A birthday wish for you today,
I miss you more than words can
say;

The pain and tears I try to hide,
Though my heart is broken deep
inside,

I sent a dove to Heaven Stephen,
With a parcel on its wings,
You'll love it when you open it
It's full of beautiful things.

Inside are a million kisses,
Wrapped up in a million hugs,
Wishing you a happy birthday
Stephen,
And sending all my love.
Happy 10th Birthday son,
love always Mammy and
Daddy xxxx

Today is your birthday,
And the memories are so sad,
Of a brother we loved,
And wished that we still had,
They say it's a beautiful journey,
From the old world to the new,
Someday we'll make that
journey, Stephen,
Just to be with you
Love you always, your
brothers and sister xx

Time passes memories stay,
Never forgotten especially today,
I will never forget you Stephen
I won't even try,

I miss you more as time goes by,
My life goes on without you,
But things are not the same,
It's hard to hide the heartache,
When someone speaks your
name,
No matter how life changes,
No matter what I do,
A special place within my heart,
Is always kept for you.
Always loved and remembered
by Grandad Noel xx

No Birthday cards can I send
For there is no address
Just a beautiful garden
Where my special nephew rests.
Of all the gifts in life
However great or small,
To have you as my nephew Ste-
phen

Was the greatest gift of all
They say there is a reason
They say that time will heal
But neither time nor reason
Will change the way I feel
For no one knows the heartache
That lies behind my smile
No one knows how many times
I have broken down and cried
I want to tell you something
So there won't be any doubt
You are so wonderful to think of
But so hard to live without
Always loved and remembered
by Auntie Niamh and Bill xxx

BIRTHDAY
REMEMBRANCES

The heartache and the sadness
Might not always show,
People say it lessens

How little do they know?
They say I have my memories
But they just don't understand,
I cannot kiss a memories face
Or hold a memories hand.
On the outside it seems I'm healing
But God if they could see inside,
The pain and the sadness of losing
you

Hasn't changed since the day you
died,
But when I'm sad and lonely
And everything goes wrong,
I seem to hear you whisper,
Cheer up and carry on.
Stephen you were so special
What more can I say
Except I wish with all my heart
That you were here today.
Always missed and never
forgotten by aunt Mary xxx

Mammy tells us stories
Of how things used to be
How in every situation
Something funny you would see.
Mammy says you're our Guardian
Angel

And because we are still small
You'll be there to watch over us
Even when we grow tall.
Always missed and never
forgotten by your three
cousins Jason, Denika and
baby Ian xxx



How do I write on paper,
The feeling I have inside,
From a heartbroken Auntie who has
missed you since you died,
My heart still aches with sadness,
My secret tears still flow,
For what it meant to lose you,
No one will ever know,
Call his name out softly, Lord,
And when he looks your way,
Tell him that I love and miss him
every day.

If Heaven had a number
I would call you on the phone
To wish you Happy Birthday
And ask you to come home.
A kiss blown up to the sky so blue -
Catch it, Stephen,
it's just for you.
Happy 10th Birthday Baby
Love from Aunt Hayley
and MJ xx

A million tear stained kisses,
We send especially to you,
Because today's your birthday,
And we're really missing you.
Happy Birthday Stephen
Love Nana Bonnie & Sadie xx

There is a star in heaven,
So bright for all to see,
The star is my cousin,
Who is watching over me,
Time slips by and life goes on,
But from our hearts you are never
gone,

Little angels up above,
Give our Stephen a great big hug.
Happy 10th Birthday Stephen,
love Barbara and Paige

A little lamb too sweet and pure,
Upon this earth to roam,
An angel came so silently,
And took our dear child home.
Happy 10th Birthday Stephen,
love Marion and kids

BIRTHDAY
REMEMBRANCES

We still miss you so much, Ste-
phen
And however hard we try,
There is always that part of us,
That cannot say goodbye,
Because we hope that you still
know,

We miss you more and more than
any words can show.
We can't believe nine years have
passed

Since we saw your smiling face;
You were so very special, Ste-
phen
No one can take your place.
With broken hearts we whisper
low,
God bless you, Stephen, we love
you so.

Love and miss you always
uncle Mickey, Lydia, Kayla,
Luke and baby Lee xxx

We cannot wrap a present,
We have no balloons to blow;
We cannot hang banners
As we wish to do
But all your friends in Heaven
Know how much we care
And how we wish we could come
To the party planned up there.
Happy birthday little man,
love Stephen, Caroline,
Ella, Sarah, Mary and
Stephen J xxx

Meet me in my dreams, Stephen
And talk to me once more;
Ease the everlasting pain
That makes my heart so sore
And when I reach the golden gate
Where life is free from pain,
I will put my arms around you,
Stephen

And never let you go again.
It was a sudden parting,
Too bitter to forget;
Those who loved you dearly,
Are the ones who can't forget.
We often sit and think of you,
And think of how you died
To think you could not say good-
bye,
Before you closed your eyes.
Miss and love you always
from your uncle Martin,
Claire Kingston and Harley
xx

THANKSGIVINGS

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

NOVENA to the Sacred Heart.
Dear Heart of Jesus, in the
past I have asked for many
favours. This time I ask you
this very special one (mention
favour). Take it dear Jesus and
place it within your broken
heart where your holy Father
sees it. Then in His merciful
eyes it will become your
favour, not mine. Amen. Say
prayer for 3 days. Promise
publication and favour will be
granted. M.J.M.

GRATEFUL THANKS to the Sacred
Heart, our Blessed Lady and St
Joseph for all favours received.
Also thanks to St. Padre Pio,
A.O.D



When someone
you love becomes
a memory, the
memory becomes
a treasure.

Author Unknown

BIRTHDAY
REMEMBRANCES

† SEAN LYNCH

(94th Birthday
Remembrance)

In loving memory of Sean
Lynch late of Galvone
Road, Kennedy Park,
Limerick whose birthday
falls on the

9th January, 2020.
A HURLERS PRAYER
Grant me O' Lord a hurlers skill
With strength of arm and speed
of limb

Unerring eye for the flying ball
And courage to match them
whate'er befall

May my stroke be steady and
my aim be true
My actions manly, my misses
few

No matter what way the game
may go
May I rest friendship with every
foe

When the final whistle for me
has blown
And I stand at last before God's
Judgement Throne

May the great Referee when he
calls my name say
You hurled like a man, you
played the game

From your son Gus, grandson
Jason and Vanessa, grandson
Darren and Danielle,
granddaughter Mary and
Kenneth and great-
grandchildren Abbey, Ruby,
D.J., Dan, Ricky, Dion and
Stella. Sadly missed by your
son William Lynch, wife
Mary, Janet, Derek, Alex,
Darragh and Eva



† STORAN

(49th Birthday
Remembrance)

**Birthday Remembrance of
Patrick Storan, late of
Brother Russell House and
formerly of 8 Raheen
Square, Ballinacurra
Weston whose birthday
occurred on 4th January.**

If only we could see you
For just a minute or two
You could tell us if you're happy
And we would be happy too.
We would put our arms around
you

And kiss your smiling face
And the pieces of our broken
hearts

Would fall back into place.
Happy Heavenly Birthday,
from all your family.
Sadly missed, never forgotten
xxx



IN MEMORIAM

† HANRAHAN

(32nd & 31st Anniversaries)

In loving memory of our
mother

Elizabeth (Liz-Jane)
Hanrahan,
late of 26 St. Oliver
Plunkett Street,
St. Mary's Park, Limerick
City, who died on 10th
January 1988,

also our beloved brother
Nicholas Hanrahan,
late of 26 St. Oliver
Plunkett Street,
St. Mary's Park, Limerick
City and Acton, London,
who died on 22nd January,
1989.

Will those who think
of them today,
A little prayer to Jesus say.
Sadly missed by Paddy, John
Joe and Betty.

† FITZGERALD &
MOLONEY

(5th & 7th Anniversaries)

In loving memory of a dear
mother Mary Fitzgerald,

late of 1 Island View
Terrace, Kings Island
whose fifth anniversary
occurs on the 10th January
2020, also remembering
her daughter Linda
Moloney, late of Sarsfield
Ave, Garryown whose
seventh anniversary

occurred on January 1st
Time passes memories stay,
Never forgotten especially
today,

We will never forget you Mam
and Linda,

We miss ye more as time goes
by,

Our lives go on without ye
But things are not the same,
It's hard to hide the heartache,
When someone speaks yere
names,

No matter how life changes,
No matter what we do,
A special place within our
hearts,

Is always kept for ye
Sadly missed never forgotten
by your loving sons and
brothers Robert and John,
daughter & sister-in-law
Catherine, granddaughter
and niece Caroline, great-
grandchildren and
grandnieces and
grandnephews
Sadly missed and never
forgotten by your daughter
Sandra, her husband John
and niece and nephews

*Another Leaf
Has Fallen*

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

IN MEMORIAM



† O'DONOGHUE

(Second Anniversary)

In loving memory of a
wonderful husband and
father Michael
O'Donoghue, late of
Lenihan Ave, Prospect,
whose second anniversary
occurs on 15th January.
Mass will be offered on
Saturday 11th January in
the Dominican Church at
1pm.

Mike my love
I hide my tears when I say your
name

But the pain in my heart is still
the same
Although I smile and seem
carefree

There is no one who misses you
more than me xxx
Love you always Mike, your
loving wife Teresa

Dad
Silent tears still fall, that others
do not see

They fall for my beautiful Dad
Who meant the world to me xxx
Your loving son Michael

Brother
Time slips by and life goes on
But from our hearts you are
never gone
We think about you always
We talk about you too
We have so many memories
But we wish we still had you
xxx

Sadly missed by your sisters
Mary, Rita, Nuala, Pauline
and Bernie, brothers Patrick
and Peter, sisters-in-law and
brothers-in-law

Will those who think of Mike
today

A little prayer to Jesus say xxx
Sadly missed by Dolores,
James and family

Gone are the days,
we used to share,
But in our hearts
you are always there.
Love your sister-in-law
Carolyn & nephew Jamie

Time passes,
Memories stay,
Silently remembered everyday.
Love your sister-in-law Breda,
Domo & Family

Today your memory is quietly
kept

No need for words we will never
forget

Each one of us in our own way
Have special thoughts of you
today

Deep in our hearts you will
always stay
Loved and remembered, every
day

Sadly missed and always
remembered by Precious and
family.
Also remembering his
brothers Frank and Tom

There is a face we will remember
A voice we will always recall
Memories to cherish forever
Of Uncle Michael who is so dear
to us all

Sadly missed and always
remembered from Samantha,
Kevin and boys

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Latest generation Golf on the way this March

Volkswagen's new generation Golf has been awarded a top five-star rating in the EuroNCAP crash test programme, writes Trish Whelan.

The Golf scored 95pc for adult occupant protection, 89pc for child protection and 76pc for pedestrian and cyclist protection.

For the first time in the model the car has standard Lane Assist and Front Assist. The car brakes automatically in dangerous situations - even at very low speeds in the city and now includes Cyclist Monitoring, swerve support and a braking when turning function.

The EuroNCAP rating gave the Golf a 78pc score in the Safety Assist category.

In Ireland, one in five 'A' segment hatchbacks on our roads is a Golf. The Ireland trim for the new Golf 8 will be: Golf, Life, Style, R-Line. Eight versions will be available but the key engine for Ireland is expected to be the 1.0 TSI 110hp Evo; the key diesel will be the 2.0 TDI with 115hp.

This latest Golf will arrive here in March 2020.



The new Golf has been awarded a top five-star rating in the EuroNCAP crash test programme

201 OFFERS

All-electric Opel coming

LT_Opel's '201' offers are now available at all Opel dealers nationwide, writes Trish Whelan.

The German manufacturer is set to launch its first all-electric vehicle, the Corsa e, and its first Hybrid PHEV engine in the Grandland X Hybrid 4.

Opel has dramatically increased engine efficiency in other models in its range such as the Astra.

Corsa is available at 3.9pc APR on both PCP and Hire purchase agreements. The Insignia is offered at 3.9pc on PCP and opc on hire purchase agreements.

Astra, Crossland X and Grandland X models are all available with opc APR on both PCP and hire purchase agreements with a €3,000 scrappage allowance.

Opel hopes to build its LCV market share for its LCV range in 2020. The Opel Combo Cargo, (Ireland's shared Van of the Year award 2020) is available at opc APR on hire purchase agreements with a €3,000 scrappage allowance and a 5-year warranty as is the medium sized Vivaro van and the largest van in the Opel range, Movano but it gets a €5,000 scrappage

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The Mercedes GLE Coupe has a powerful appearance accentuated by contoured body lines

GLE shakes up SUV market

Sleek: Coupe blends sportiness and elegance with engineering of large premium SUV

TRISH WHELAN

www.CarandTravel.ie

Mercedes-Benz will introduce some 22 new models on to the Irish market in the coming year.

The German carmaker has unveiled one model that will be amongst its new arrivals - a new GLE Coupe whose introduction is accompanied by an ultra-sporty stablemate, a Mercedes-AMG GLE 53 4MATIC+ version.

Currently accounting for around one-third of Mercedes-Benz sales, SUVs are of increasing importance to them with a global customer base of over six million owners spread across an eight model range that includes GLA, GLB, GLC, GLC Coupe, GLE, GLE Coupe, GLS and the G-Class itself.

Coming to Ireland early

next year, the GLE Coupe blends the sportiness and elegance of a coupe with the engineering of a large premium SUV.

The car is now longer and wider than before with a wheelbase 20mm greater.

Muscular where it needs to be, the GLE Coupe has a powerful appearance accentuated by contoured body lines. It sports the familiar diamond radiator grille with single horizontal louvre and headlamps featuring full-LED technology as standard.

Inside it shares many common features with other models in the brand's new premium-SUV family. A strikingly shaped instrument panel - the upper surface is covered in man-made leather as standard - and two large 12.3-inch/31.2cm screens that seamlessly flow into the door



The strikingly shaped instrument panel is topped in leather and boasts two large screens

trim. Sports seats are standard as in a new sports steering wheel. It also has the latest generation 'Mercedes me' and MBUX infotainment system with voice control features and a range of

comfort options and apps.

The four-door coupe offers more room than its predecessor with comfortable space for five adults. Its entrance dimension has been enlarged

by 35mm and its interior stowage space increased to 40 litres. All-round visibility has also been improved.

At 655 litres, boot space is very generous with folding rear seats that increase it to a best-in-segment capacity of 1790 litres, around 70 litres more than before. Its loading sill is higher than on conventional SUVs.

At launch, two powerful six-cylinder diesel engines will be available - a 350d 272hp with 600Nm torque, and a 400d 330hp with a huge 700Nm torque. Combined fuel consumption is 8.0-7.5 litres/100km and combined CO₂ emissions are 212-197g/km. A 300d will follow at a later date.

Petrol version available at launch will be the Mercedes-AMG GLE 53 4MATIC+ Coupe with combined fuel consumption

of 9.3 L/100km and CO₂ emissions of 212g/km. Preparations are also under way for a 350de plug-in-hybrid version. In both models, engines comply with Euro 6d standard. Transmission is 9G TRONIC automatic in both cases.

The new GLE Coupe comes with a host of optional extras, comfort elements, vehicle safety and driver assistance features in what Ciaran Allen, sales manager for Mercedes-Benz passenger cars in Ireland says: 'is a model that matches the emotive appeal of a sporty and elegant coupe to the imposing power of an off-road vehicle'.

The focus in Ireland is expected to be the 350d model. Prices and specifications will be announced closer to launch but 'will be competitive'.

SPORT

Leader



REBELS ON THE DOUBLE

Gaelic Grounds to host two finals

For more see Page 52

Munster will have to do without Joey Carbery for this weekend's Champions Cup meeting with Racing 92 in Paris



Munster face must-win tie with Racing in Paris

Rugby: Injured Carbery vows to get back playing 'better than ever'

COLM KINSELLA
sport@limerickleader.ie

MISFIRING Munster face a make-or-break Heineken Champions Cup pool fixture with Racing 92 in Paris this Sunday, 3.15pm Irish time.

Six points behind Sunday's opponents Racing 92 and just one ahead of Saracens in Pool 4, Munster, who have won just two of their last seven games, must win at the La Defense Arena to retain control of their own destiny.

Munster's final pool fixture is a home game with the struggling Ospreys at Thomond Park on Sunday, January 19 at 1pm.

French Top 14 side Racing 92 secured a 21-21 draw with

Munster at Thomond Park in their pool fixture in November. Racing have lost just one of their last 13 pool fixtures in the Champions Cup.

Munster were dealt a major blow ahead of their trip to Paris this weekend with confirmation that Ireland out-half Joey Carbery has been ruled out of the game with a wrist ligament injury which will require surgery.

Munster confirmed on Monday night that Carbery suffered the injury in his first start for the province this season against Ulster in Belfast on Friday night.

Twenty four-year-old Carbery admitted that 'devastation doesn't even describe' how he is feeling

with confirmation he requires the wrist surgery.

In a post on Instagram, Carbery revealed that it had been a 'tough couple of months physically and mentally' due to injury.

However, the resilient Ireland international vowed to be back playing soon 'better than ever' after his latest injury setback.

Hamstring and more recently ankle issues had restricted Carbery to just four appearances for Munster since January of last year, and just eight games, including four as a replacement, for province and country since last February.

With New Zealand out-half Tyler Bleyendaal

sidelined at present, Munster will be hoping that JJ Hanrahan can shake off a hamstring injury in time to feature against Racing 92 this weekend.

The province reported this week that Hanrahan is 'rehabbing well' from the injury he sustained against Leinster at the end of last month.

Should Hanrahan be unavailable this weekend, then Munster's option at out-half would include deploying Rory Scannell in the role or giving a first Champions Cup start to 20-year-old Academy play-maker Ben Healy.

Munster are also sweating on the fitness of Andrew Conway, having come off at

half time in Belfast with a neck injury, while lock Fineen Wycherley failed a HIA in that game and will follow return-to-play protocol.

Munster will be without Ireland international Tadhg Beirne for the game as he has undergone surgery last week on an ankle injury.

Racing 92s squad for Sunday's crucial Round 5 clash includes former Munster second-row Donnacha Ryan, although another former star for the province, Simon Zebo, is ruled out through injury.

Former Munster scrum-half, Limerick man Mike Prendergast, is the current backs and attack coach with the French side.

Racing

Big win for Limerick's O'Connor at Fairyhouse

LEADER REPORTER
sport@limerickleader.ie

ASKEATON amateur rider Aine O'Connor and Curragh trainer Edward Harty were successful in the ladies' handicap hurdle at Fairyhouse on New Year's Day.

They landed the spoils with the JP McManus-owned 9/2 chance Spruced Up which edged clear before the final flight to beat Comporta by 18 lengths.

Conor McNamara rode his second winner for Gavin Cromwell in the space of three days and had his claim reduced to 5lbs when taking the ITM Stallion Trail January 10 & 11 Handicap Chase on Bidy The Boss. Owned by the Kilbriens Syndicate, the 7/1 chance was another determined winner, making all the running to score by half a length from the Gordon Elliott-trained Cheb De Kerviniou.

Envoi Allen was the star of the show at a packed Naas Racecourse on Sunday as Gordon Elliott's star novice hurdler stayed unbeaten in the Grade 1 Lawlor's Of Naas Novice Hurdle.

The red hot 1/4 favourite took his tally to seven wins from as many outings on his first try at two and a half miles. The Davy Russell-ridden gelding was given a good test by the front running Elixir D'ainay but from before the last there was only going to be one winner as the favourite pulled away to score by three and a half lengths.

Afterwards Gordon Elliott reported that his third winner of this race in the last four years would get entries at next month's Dublin Racing Festival at Leopardstown but that he may head straight to Cheltenham where his target has yet to be decided.



Aine O'Connor

SPORT
SNIPPETS

Fixture delay

Limerick's meeting with Tipperary in the Munster U20 football championship has been delayed by a week.

The tie will now take place at the LIT Gaelic Grounds on Wednesday February 19, with a 7pm throw in.

The winners of the game will face Kerry, at home, on February 26.

The change was approved following confirmation that the All-Ireland Under 20 Football Semi-Finals will take place on St. Patrick's Day.

The later start will allow more time for Post Primary Schools and Third Level Colleges fixtures to be completed.

See the updated Munster Under 20 Football fixture list at munstergaa.ie

Junior Cup Draw

THE draws for the next round of the Bank of Ireland Munster Junior Cup and Bank of Ireland Munster Junior Bowl have been made.

The fixtures are set to take place on Sunday, January 26.

Bank of Ireland Munster Junior Cup
Bruff v Dungarvan,
Kilballyowen Park, 2pm;
Charleville v Dolphin,
Charleville, 2pm;

Killorglin v Kanturk,
Killorglin, 2pm;
Kinsale v Fethard,
Kinsale, 2pm;

Mitchelstown v Cashel,
Mitchelstown, 2pm;

Muskerry v St Mary's,
Ballyanly, 2pm;
Nenagh Ormond v Old
Christians, Nenagh, 2pm;

Old Crescent v Bantry
Bay, Rosbrien, 2pm;
Scariff v Ennis, Scariff,
2pm;

Tralee v Fermoy, Tralee,
2pm;

UL-Bohemian v
Thurles, Annacotty, 2pm;
Waterford City v
Ballincollig, Waterford,
2pm;

Bank of Ireland
Munster Junior Bowl
Cobh Pirates v
Dunmanway, Cobh, 2pm;
Douglas-Carrigaline v
Clonmel, Wilton,
2pm; Killarney v Sunday's
Well, Killarney, 2pm;

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Double header for Limerick versus Cork

LEADER REPORTER

sport@limerickleader.ie

THE LIT Gaelic Grounds will play host to a final double header this Saturday night, January 11, as Cork and Limerick do battle for the McGrath Cup in football and the Co-Op Senior hurling league.

The Limerick city venue will expect a huge crowd, with the Limerick footballers tie with Cork, a curtain raiser at 5.30pm.

The much anticipated second game will see the near neighbours meet in the Co-Op Superstores senior hurling league final at 7.30pm.

The full details of the games are listed below, with penalty shout outs to decide the winners should both finish level after normal time.

The Limerick hurlers booked their place in the Munster Hurling League final thanks to a 1-27 to 1-19 win over Clare in Sixmilebridge on Sunday afternoon.

Limerick looked the much sharper side and John Kiely's charges opened up a nine-point advantage midway through the opening half.

Limerick are hoping to add to their previous wins of the Munster Hurling League which saw the Shannonsiders win the title in 2015 and 2018. Limerick also reached the final in 2016 and 2017.

Despite having a strong

breeze in the first half, Clare recorded a total of eight wides compared to three from Limerick.

Limerick used to breeze to their advantage in the second half and took a stronghold on the game. Graeme Mulcahy made an immediate impact and was through on goal moments after his introduction. His effort was blocked but Reidy took full advantage to find the back of the net in the 56th minute. Aaron Shanagher grabbed a goal back for Clare but Limerick held out to win by eight points - 1-27 to 1-19. Following next Sunday's final attentions will turn to the start of the Allianz Hurling League where a trip to Thurles to play Tipperary awaits on Saturday, January 25.

Meanwhile the Limerick footballers booked their place in the McGrath Cup football final with a 2-10 to 0-10 win over Waterford on Thursday evening.

It's 2007 since Limerick last met Cork in a McGrath Cup final - Limerick are winners of the early season provincial competition on five occasions but the last title was in 2005.

SATURDAY JAN 11

MCGRATH CUP FOOTBALL FINAL

Cork v Limerick at 5:30pm
Referee: Brendan Griffin (Kerry)
Penalty shoot-out in the event of a draw after normal time

CO-OP SUPERSTORES MUNSTER HURLING LEAGUE FINAL

Cork v Limerick at 7:30pm
Referee: Kevin Jordan (Tipperary)



The LIT Gaelic Grounds will be expecting a big crowd on Saturday night for what should be an entertaining double header

Reports suggest Ciaran Carey to leave managerial role at Patrickswell

Reports this week are suggesting Ciaran Carey has left his role as Patrickswell manager



CIARAN Carey looks set to leave his role as manager of the Limerick Senior hurling champions Patrickswell.

The former Limerick centre back is believed to have informed the club last week that he will not be seeking another year at the helm.

Carey led the 'Well' to their first county title since 2016, just three months ago,

sending the Limerick city divisional side to the top of the roll of honour, above Ahane, on 20 titles.

Carey's county final win over Na Piarasigh set up a Munster club semi final meeting with Ballygunner of Waterford back in November.

The tie, which Patrickswell lost by eight points, could very well be

Carey's last game in charge of his own club, in what was his second stint as manager.

Carey was recently linked with the vacant Galway senior hurling job which was eventually filled by fellow Limerick manager Shane O'Neill.

Patrickswell GAA club were unavailable for comment when contacted by Leader Sport.

AIL action back after break

THE Energia All-Ireland League resumes this Saturday after the Christmas and New Year's break with Limerick's six senior clubs facing crucial fixtures.

This weekend's games are the reverse fixtures from the most recent round of matches before the festive break.

In Division 1A, second-placed Garryowen host UCD, while Young Munster travel to Cork Con.

Garryowen picked up two bonus points in their narrow

25-24 defeat to UCD in the top flight at Belfield before Christmas. That defeat ended the 'Light Blues' five-game winning run in Division 1A, during which team the Dooradoyle side has soared up the table.

Young Munster will be facing Cork Con for the third time in a short number of weeks when travelling to Leaside this weekend. Munsters' suffered a frustrating 16-15 loss to Con in the AIL in early December ending the Greenfield side's

three-game winning league run.

A week later, Munsters' lost out to Cork Con' in the Munster Senior Cup final at Musgrave Park.

In 1B on Saturday, seven-placed Shannon entertain Highfield at Thomond Park, while in Division 2A, UL-Bohs, in eighth, host Cashel and fourth-placed Old Crescent travel to Buccaneers.

In Division 2C, sixth-placed Bruff are on the road to Tullamore.



Derek Corcoran, Young Munsters is tackled by Val McDermott, Old Crescent in the Charity Cup in Rosbrien. Both side are back in AIL action on Saturday PICTURE BRENDAN GLEESON

Local sides in FAI action

PAT SHEEHAN
sport@limerickleader.ie

LIMERICK'S four remaining hopefuls in the FAI Junior Cup are in action this weekend vying for a place in the last 16 of the elusive tournament.

Eight time winners of the competition, Fairview Rgs are the only local side favoured with home advantage when they welcome Leinster Senior League side St John Bosco.

Fairview had the perfect preparation with a 3-0 win over Geraldines on Sunday. It was a business-like display by the Blues and a clean sheet allied to no injuries will have pleased Jason Purcell and Stewart Fitzgerald even further.

The Dublin side lie mid-table in their second tier League but will prove a stubborn side and Fairview should take nothing for granted.

If Fairview opt to use their speedy front men with early ball they should prove too strong for their opponents.

Pike Rvs, the last Limerick side to bring the trophy to Limerick in 2011 travel to take on an unknown quantity in Suncroft FC.

The Kildare side lead the way in their Premier League and will relish a pop off one of the favourites of the competition.

Pike have been in tremendous form and a 1-0 win over Aisling was the latest addition to the plus column.

Although they needed a last gasp save from Gary Neville to ensure it was three points on Sunday, manager Robbie Williams will hardly

be grumbling.

They have the experience in the side to progress but must guard against the enthusiasm of the new kids on the block.

Much has been made of the treatment handed down to Regional Utd in last year's competition but equally noteworthy is the way the club have rebuilt the side this season.

They beat Kilfrush in the Lawson on Sunday with just two players who started against Sheriff YC last season. On Sunday they face the most difficult ask when they visit the competition favourites Usher Celtic.

Not alone Regional Utd, feel they were wronged last year and hopefully they can carry that chip on their shoulder into Sunday's tie.

Limerick's final hope is Coonagh Utd and they are first up on Saturday evening with a trip to meet Crumlin Utd. Coonagh accounted for another Dublin side, Finglas in the previous round in a dramatic game that required penalties to separate the sides.

Crumlin Utd, one of the top Junior outfits in the Leinster Senior League, take on a Coonagh Utd side who seem to be saving their best for cup fare as hopes are high they can pull another big one out of the bag.

One game in the Lawson Cup called off last weekend as a mark of respect to Hyde Rgs founding member Paddy Moore is rescheduled for Sunday when Glenview travel to Hyde Road.

There are two game fixed in the PJ Matthews Premier League. Ballynanty Rvs will be looking to regain second spot when they visit



Clyde O'Connell, Fairview Rangers, being watched closely by Ian Collins, Geraldines, when the two sides met in the league on Sunday. This weekend Fairview host St John Bosco in the FAI Junior Cup

Janesboro. This game a year ago would have brought out the crowds but the Champions have been having a miserable season and manager Shane O'Hanlon is left trying to settle the ship. I have no doubt they will bounce back, sooner rather than later, but in the meantime must endure. They host a Ballynanty Rvs side full

of goals with an eye on the League title.

Different fortunes for Geraldines and Nenagh last weekend prior to their meeting in Garryowen on Sunday. 'Dines went down at home to fellow challengers Fairview while Nenagh eased their relegation worries with a 6-2 win over 'Boro.

In the McGettigans

Premier A League the top game sees leaders Moyross welcome Newport for what should be a cracking tie.

In-form Charleville will be waiting to take advantage in Moyross slip when they visit Murroe.

A key game in the battle for the Ken Griffin Construction U18 Div 1 League sees Charleville at home to Fairview Rgs.

JUNIOR SOCCER

PREMIER DIVISION	P	W	D	L	Pts
Fairview Rgs	11	8	2	1	26
Pike Rovers	10	7	3	0	24
Ballynanty Rvs	10	7	1	2	22
Geraldines	11	6	2	3	20
Regional Utd	10	6	0	4	18
Aisling Annacotty	11	5	1	5	16
Mungret Reg	11	5	1	5	16
Janesboro	10	5	1	4	16
Nenagh AFC	11	3	0	8	9
Kilmallock	11	2	1	8	7
Coonagh Utd	11	1	3	7	6
Prospect Priory	11	1	1	9	4

PREMIER A LEAGUE	P	W	D	L	Pts
Moyross	11	8	2	1	26
Charleville	12	8	1	3	25
Newport	11	7	2	2	23
Fairview Rgs B	12	6	3	3	21
Murroe	11	7	0	4	21
Hill Celtic	12	5	3	4	21
Cappamore	11	5	0	6	15
Athlunkard Villa	10	4	1	5	13
Aisling Ann B	12	4	1	7	13
Carew Park	11	2	3	6	9
Holycross	11	2	0	9	6
Corbally Utd	12	0	3	9	3

DIVISION 1A	P	W	D	L	Pts
Kilfrush	11	8	1	2	25
Castle Rvs	10	7	2	1	23
Southend	10	7	0	3	21
Hyde Rgs	10	6	0	4	18
Star Rvs	9	5	3	1	18
Patrickswell	10	5	2	3	17
Knockainey	10	5	0	5	15
Summerville Rvs	10	3	2	5	11
Ballylanders	10	3	2	5	11
Geraldines B	10	3	1	6	10
Shelbourne	10	0	2	8	2
Granville Rgs	10	0	1	9	1

DIVISION 1B	P	W	D	L	Pts
Regional Utd B	10	7	3	0	24
Aisling Annacotty C	12	5	5	2	20
Parkville	11	6	2	3	20
Pallagreen	11	5	4	2	19
Athlunkard Villa B	12	5	3	4	18
Glenview Rvs	11	5	2	4	17
Caherdavin Celtic	11	3	4	4	13
Mungret Reg	10	3	3	4	12
Newport	11	3	2	6	11
Caledonians	11	2	1	8	7
Charleville	12	1	3	8	6

DIVISION 2A	P	W	D	L	Pts
Caherconlish	10	9	1	0	28
Kilmallock B	11	8	3	0	27
Wembley Rvs	11	8	2	1	26
Janesboro B	10	7	0	3	21
Meanus	9	5	1	3	16
Castle Utd	10	5	1	4	16
Hyde Rgs B	10	4	2	4	14
Murroe B	10	4	0	6	12
Corbally Utd B	10	3	2	5	11
Prospect Priory B	9	2	2	5	8
Knockainey B	10	2	1	7	7
Herbertstown	10	1	1	8	4

DIVISION 2B	P	W	D	L	Pts
Aisling Annacotty D	10	8	1	1	25
Northside	10	8	0	2	24
Fairview Rgs C	9	5	2	2	17
Brazuca United	10	4	3	3	15
Lisnagry	10	4	2	4	14
Kilfrush B	10	4	1	5	13
Parkville B	8	3	2	3	11
Coonagh Utd B	8	2	1	5	7
Coonagh Utd C	9	1	3	5	6
Abbey Rvs	10	0	1	9	1

JUNIOR SOCCER FIXTURES

SATURDAY JAN 11

FAI JUNIOR CUP

Crumlin Utd v Coonagh Utd, 2.00, Astro

STA FURNITURE DIVISION 1B

Regional Utd B v Caherdavin, 7.00, G Collopy

KEN GRIFFIN CONSTRUCTION U18 DIV 1

Aisling A v Kilfrush, 7.00, A Hall
Charleville v Fairview Rgs, 7.00, D Power

SUNDAY JAN 12

FAI JUNIOR CUP

Fairview Rgs v St John Bosco, 2.00, R Broe, J McNamara, Martin Monaghan
Usher Celtic v Regional Utd, 2.00, Suncroft FC v Pike Rvs, 2.00

LAWSON CUP

Hyde Rgs v Glenview Rvs, 11.00, F O'Neill

PJ MATTHEWS PREMIER LEAGUE

Janesboro v Ballynanty Rvs, 11.00, D Power
Geraldines v Nenagh, 11.00, R McCann

MCGETTIGANS PREMIER A LEAGUE

Cappamore v Athlunkard Villa, 11.00, J McNamara
Carew Park v Holycross, 11.00, A Hall
Moyross v Newport B, 11.00, B Higgins
Murroe v Charleville, 11.00, K Gorman

MCGETTIGANS DIV 1A

Shelbourne v Knockainey, 11.00, S Rooney
Summerville Rvs v Patrickswell, 11.00, Martin Monaghan
Granville Rgs v Ballylanders, 11.00, G Collopy
Geraldines v Summerville Rvs, 2.00, S Rooney

STA FURNITURE DIVISION 1B

Mungret Ref v Caledonians, 11.00, M Kennedy

ALL TAN SUNBEDS DIV 2A

Meanus v Caherdavin, 11.00, Mike Monahan
Kilmallock v Corbally Utd, 11.00, M Murphy
Prospect Priory v Knockainey, 2.00, J Rooney
Murroe v Castle Utd, 2.00, Martin Murphy
Janesboro v Hyde Rgs, 2.00, M Kennedy

EDEN HAIR SALON DIV 2B

Fairview Rgs v Lisnagry, 11.00, PJ Walsh
Parkville v Brazuca, 11.00, M Bourke
Abbey Rvs v Coonagh C, 2.00, S Scully
Aisling D v Coonagh B, 2.00, A Walsh

NICK GREEN DIV 3

Murroe v Mungret Reg C, 11.00, K McCormack
Lisnagry v Moyross, 11.00, J Clancy
Shelbourne v Athlunkard Villa C, 2.00, L

Somers
Caledonians v Newport, 2.00, K McCormack

KEN GRIFFIN CONSTRUCTION U18 DIV 1

Caherdavin v Aisling B, 2.00, G Clancy

BALON SPORT. U18 DIV 2

Corbally Utd v Murroe, 2.00, A Galvin

BALON SPORT. U17 DIV 2

Herbertstown v Kilfrush, 2.00, T O'Sullivan
Summerville Rvs v Regional Utd, 2.00, T Joyce
Newport v Knockainey, 2.00, T Mannion

THURSDAY JAN 16

TUOHY CUP

Fairview Rgs v Aisling Annacotty, 7.00, Jackman Park, R McCann, D Power, B Higgins

DIVISION 3A	P	W	D	L	Pts
Moyross B	9	8	0	1	24
Nenagh B	10	5	2	3	17
Lisnagry B	9	5	2	2	17
Dromore Celtic	10	5	1	4	16
Caledonians B	8	5	0	3	15
Mungret Reg C	8	4	2	2	14
Newport	8	3	1	4	10
Shelbourne B	8	2	2	4	8
Athlunkard Villa C	9	1	0	8	3
Murroe C	7	0	0	7	0

See
#LLSport
for more

ON THE BALL

“Limerick to the core...”

DONN O'SULLIVAN

‘Comparison is the thief of joy’



Ross Molony speaks to his Leinster team-mates during the Guinness PRO14 Round 10 match between Leinster and Connacht at the RDS Arena

Comparison Is the Thief of Joy according to deceased US President Theodore Roosevelt.

He argued that comparing your work, your life, or whatever else, to someone else, will only serve to make you unhappy.

There is real truth in that statement and social media wasn't even invented when he said it.

The words should also ring true for Munster Rugby fans. Looking up the M7 at Leinster is tough at the best of times, but this season, with the men from the east being unbeaten, it is getting harder to watch.

The issue for Munster fans though, is that they should not be comparing themselves to their old rivals. There is no comparison.

Munster can not, will not and have never been able, to compete with the numbers of people playing rugby in Leinster. There are just more people there.

What the 2006 and 2008 teams showed Munster was that there is talent in the province, they just need to be managed correctly. (Plus Leinster didn't really get their act together until 2009)

Munster fans should be shining a light on player participation numbers in their own province and

how the professional game board of Munster are continually having to recruit in Leinster, (Andrew Conway, Felix Jones, Niall Ronan, Jordan Coughlan, James Hart, Nick McCarthy, Conor Oliver, Jeremy Loughman and Joey Carbery, to name but a few) and why they need to sign Snyman and D'Allende for next season.

A lot has been written about Munster's depth in certain positions, but more should be made about the pathway being blocked for those who are good enough to wear the red jersey.

Take Keynan Knox. A project player who has now been capped at

senior level. A good player, someone who should, one day, play for Ireland. I've no issue with that. But what about Colm Skehan (Young Munster) Andrew Keating (Garryowen) or Tony Cusack (Shannon) who have all played for several seasons in the All-Ireland league. Have they been looked at? Would they be able to play for Munster, much like John Hayes did? Of course they are.

Take Neil Cronin. The stand out player in the All-Ireland league for seasons on end. He has finally gotten his chance, but the IRFU want Nick McCarthy in front of him and Munster wanted Alby

Mathewson.

So, when a young fella picks up a ball in Leinster, be it in Blackrock or Tullow, he knows that he can play for Leinster. There is a straight line there, a pathway. (To use IRFU jargon)

What of the kids in Munster? Can they see the same pathway? Can Craig Casey see it? Can Calvin Nash and Dan Goggin see it?

I think the pathway is there, but Munster Rugby gives off the impression, at times, that they are just waiting for someone else to come along. The hashtag states, MunsterStartsHere, but where will it finish? For now, well behind Leinster it seems.

COLM KINSELLA

Limerick club rugby could badly do with winning an AIL title

THE Energia All-Ireland League resumes this weekend after the Christmas and New Year's break.

The round of fixtures clashes with Round 5 of the Heineken Champions Cup.

At least from the point of view of local Limerick clubs hosting AIL games this Saturday at 2.30pm, Munster do not play until Sunday at 3.15pm Irish time in Paris against Racing 92, so attendance figures at the club games this weekend should not be impacted. It is so difficult for clubs to

drum up support for home fixtures when competing against the juggernaut that is the professional game.

The standard of club rugby is extremely high – as evidenced with the fact that several club players have managed to make an instant impact when propelled into the provincial set-ups.

These players who have cut their teeth in the All-Ireland League are able to hold their own in Pro 14



games at least.

As the second half of the regular season begins this weekend, Limerick's six senior clubs have plenty to play for.

In Division 1A, Garryowen sit in a lofty second place in the table and are well positioned to make a strong bid for a play-off position.

Also in Division 1A, seventh-placed Young Munster travel to Leaside to face high-flying Cork Con. Munsters' are just three points off the play-off places.

It is now 11 years since a Limerick club claimed the All-Ireland league title, with Shannon's dramatic final win of 2009 after extra-time the last time club rugby's most coveted prize rested on Shannonside.

There had been five Limerick successes in the AIL over the previous decade to that Shannon success.

The landscape has changed so much since, with the rise of Cork Con and the fact that four Dublin clubs have won the title since that Shannon success.

COLM KINSELLA

Serena can claim 24th Grand Slam title in Melbourne

TENNIS' first Grand Slam of 2020 begins later this month with the staging of the 115th Australian Open in Melbourne.

The event is set to take place against the backdrop of the bush fires which have been sweeping large sections of the country.

Australian Open 2020 will see the sport's top men and women

players competing at Melbourne Park from January 20 to February 2.

In the women's singles, then 36-year-old Serena Williams claimed her 23rd Grand Slam title at Melbourne Park in January 2017.

Williams' victory, which was achieved over her sister Venus, put her just one major shy of Margaret

Court's all-time haul of 24 Grand Slam titles.

In the intervening time, Serena Williams has given birth to her first daughter Olympia.

Now, at 38, Williams returns to the 2020 Australian Open still chasing Court's record of Grand Slam wins.

The American, a seven-time

Australian Open winner, has played and lost four Grand Slam finals since returning from her maternity leave.

The faster surface and conditions set to prevail in Melbourne should assist Williams in her bid to claim the title. The 11 to 2 favourite is a decent bet to succeed.



Our tip: Serena Williams



Wednesday

TENNIS

ATP CUP 2020
AMAZON PRIME 9AM

DARTS

BDO WORLD CHAMPIONS
EUROSPORT 1PM

HORSE RACING

LUDLOW
RACING TV 1.15PM

SKIING

MADONNA DI CAMPIGLIO
EUROSPORT 4.30PM

SOCCER

LEICESTER V ASTON VILLA
SKY SPORTS 8PM

Thursday

SOCCER

MELBOURNE V CANBERRA
BT SPORT 8.30AM

CRICKET

HEAT V HURRICANES
SKY SPORTS 10AM

GOLF

SOUTH AFRICAN OPEN
SKY SPORTS 10AM

HORSE RACING

LEICESTER
ITV4 12.55PM

HORSE RACING

CHELMSFORD
RACING TV 4PM

Friday

SOCCER

JETS V SYDNEY FC
BT SPORT 8.30AM

GOLF

SOUTH AFRICAN OPEN
SKY SPORTS 10AM

RUGBY UNION

BATH V HARLEQUINS
BT SPORT 7.45PM

RUGBY UNION

LA ROCHELLE V SALE
BT SPORT 7.45PM

SOCCER

SHEFF UTD V WEST HAM
SKY SPORTS 8PM

Saturday

Lamar Jackson will be looking to reach the championship game this weekend



NBA

LA CLIPPERS V WARRIORS
SKY SPORTS 3.35AM

GOLF

SOUTH AFRICA OPEN
SKY SPORTS 10AM

SOCCER

BRENTFORD V QPR
SKY SPORTS 12.30PM

SOCCER

C PALACE V ARSENAL
BT SPORT 12.30PM

RUGBY UNION

OSPREYS V SARACENS
BT SPORT 2/C4/VIRGIN 1PM

RUGBY UNION

CLERMONT V ULSTER
BT SPORT 1PM

RUGBY UNION

CONNACHT V TOULOUSE
BT SPORT 3.15PM

SOCCER

LAZIO V NAPOLI
PREMIER SPORT 5PM

SOCCER

SPURS V LIVERPOOL
SKY SPORTS 5.30PM

RUGBY UNION

GLOUCESTER V MONTPELIER
BT SPORT 5.30PM

SOCCER

INTER V ATALANTA
PREMIER SPORT 7.45PM

RUGBY UNION

SCARLETS V TOULON
S4C 8PM

NFL

VIKINGS V 49ERS
SKY SPORTS 9.30PM

NFL

RAVENS V TITANS
SKY SPORTS 1.15AM

Sunday

GOLF

SOUTH AFRICAN OPEN
SKY SPORTS 10AM

RUGBY UNION

SAINTS V TREVISO
BT SPORT 1PM

RUGBY UNION

LEINSTER V LYON
BT SPORTS 3 1PM

SOCCER

BOURNEMOUTH V WATFORD
SKY SPORTS 2PM

RUGBY UNION

LEICESTER V CARDIFF
BT SPORT 3.15PM

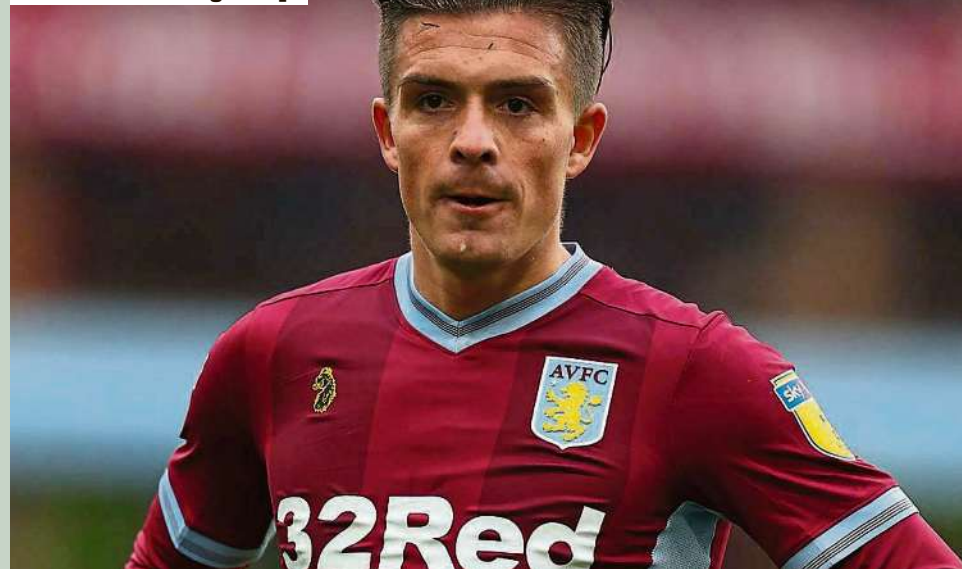
RUGBY UNION

RACING 92 V MUNSTER
BT SPORT 1 3.15PM

SOCCER

ASTON VILLA V MAN CITY
SKY SPORT 4.30PM

Aston Villa's Jack Grealish will be hoping to reach Wembley when his side face Leicester in the League Cup



Donnacha Ryan and Simon Zebo will host Munster

I AM
TOUGH
I AM
STRONG
I CAN
RUN THIS!

Sunday May 3rd 2020



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