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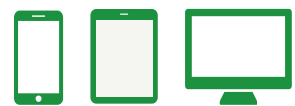
From left: Deputy Maurice Quinlivan, SF, Deputy Jan O'Sullivan, Labour, and Senator Maria Byrne, Fine Gael get their posters up following the announcement of the date for the general election. See page 11 for more PICTURES: ADRIAN BUTLER

The Leader

Wednesday, January 15, 2020

FREE

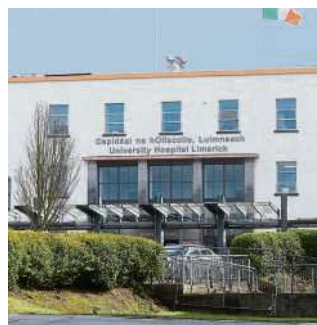
FIRST FOR LOCAL NEWS ACROSS ALL PLATFORMS, 24-7



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PROTEST Call goes out for rally to highlight poor state of health services in Limerick **P6**



CRIME Five held after searches in wake of violent incident **P4**



WILDLIFE Swan had to be saved from strangulation after catching neck in plastic **P5**



United we stand: 'ground-up' reboot of Limerick soccer Sport

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Leading Off

Setting the agenda in Limerick



▲ GOOD WEEK

Limerick GAA

The hurlers and footballers won early season Munster honours, both beating Cork on Saturday



▼ BAD WEEK

Retail

Another long-standing name in the Limerick retail landscape has gone with the closure of Swamp



☀ QUOTE OF THE WEEK

"Only for the work of voluntary groups like tidy towns, An Taisce and Team Limerick Clean-up we would be wading in our own waste"

Cllr Sean Hartigan on littering. P5

INSIDE THIS WEEK



FINANCIAL GOALS

Liam Croke on how to proceed
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O'SULLIVAN'S PITCH

Limerick FC boss in court action
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LATE MUSIC STALWART

Sadness at Harry's passing
PAGE 20



BUILDINGS STRATEGY

Cllr calls for the right height
Page 21

Show your anger by attending protest



Out of respect for Ann Talty, pictured, and the many others like her who have endured dreadful conditions at the emergency department at University Hospital Limerick make sure you join the protest on Saturday, February 1. The protest is assembling at St John's Hospital, Limerick at 1pm and marching to Bedford Row in the city centre



WHAT WE THINK
AINE FITZGERALD

THE LEADER

absence of any major protest movement on this crucial issue has been quite alarming.

A crowd estimated to be around 300 people marched on the local HSE offices in Limerick last May but other than that there has been little in the way of public outcry.

On February 1 next, the Mid-West Hospital Campaign, supported by the Stand Up for Mental Health

group, is set to host the largest public action the region has seen since the water protests.

Groups from across Munster are set to converge on the city demanding an immediate end to the intolerable conditions affecting both patients and staff at the hospital.

So instead of giving out about the conditions on social media or to your

neighbour, shopkeeper or friend here is an opportunity to voice your anger in a manner that will be noticed.

This protest would also benefit greatly from the attendance of some big hitters in the world of politics, business, sport and media to ensure we get the word out that Limerick has truly had enough.

Let's make this protest count!

WEATHER FOR THE WEEK



WEDNESDAY

Partly sunny with showers around and temperature range of 4-8°C



THURSDAY

Somewhat breezy with rain around. Temperatures from 2-9°C



FRIDAY

A couple of showers, clearing. Temperatures from 0-7°C



SATURDAY

Cool, with times of clouds and sun. Temperature range of 0-6°C



SUNDAY

Mostly cloudy but staying dry. Temperatures from 4-9°C



MONDAY

Overcast again and cool with temperatures from 2-8°C

WEBTOP TEN

1. Storm Brendan: Trampoline blocks Limerick motorway
2. Limerick businessman receives parking ticket for not properly scratching disc
3. Storm Brendan shatters door of Limerick shop
4. TV show calls on Limerick to help transform the home and life of Amy
5. Five arrested following violent incident in Limerick city



There was great interest in this prolific bull

6. Bull bought by Limerick man has over €1 million in semen sales
7. Thousands without power in Limerick as Storm Brendan batters the country
8. Caution advised as Storm Brendan arrives in Limerick
9. Emergency services deployed as Storm Brendan blows signage off Limerick business premises
10. Met Eireann updates orange weather warning as Storm Brendan approaches Limerick



Video of the rogue trampoline went viral

limerickleader.ie
The No 1 Source of Local News Online

MyLimerick

Hazy Haze

Rapper



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

The perfect day/weekend in Limerick for me would be what I do most days, head to the Island Field to see friends and family and just relax and write (ye probably can't do this) or seeing some live music bands/open mic etc in one of the many venues in town. There's always something on.

What's your first Limerick memory?

All of my memories are of Limerick as I've never really left but if I had a favourite first it would be winning the GAA final in the Gaelic grounds in school. 'Twas tear-jerking, if I may say so. Apart from that there's other memory's that are not so nice.

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

My favourite part of Limerick is all along the Shannon, Banks/Canals/Bridges etc I was reared on an island surrounded by the Shannon so I find it homey to myself even though I've lost so many family members and friends due to suicide. It's still my favourite part of Limerick, Unfortunately.

What do you think gives Limerick its unique identity?

I think it's the struggle and the bad name that we've carried for so long that stands to us. We know what being looked down on feels like, being nicknamed Stab City and being ignored by the government when it comes to mental health. Limerick will always stand as one. We're the proud Irish and we know what we deserve as there's more talent in this county than there is in the country. Fact!

Do you have a favourite local restaurant?

Stix Restaurant on Nicholas St, Island field

spot. Best grub in town. Ask anyone that has been there, from tourists that travel from all over to see King John's Castle next door, to lads you'd see on the paper or in a Paul Williams Crime Lord book enjoying the lovely food Of Stix side by side.

How would you describe the people of Limerick?

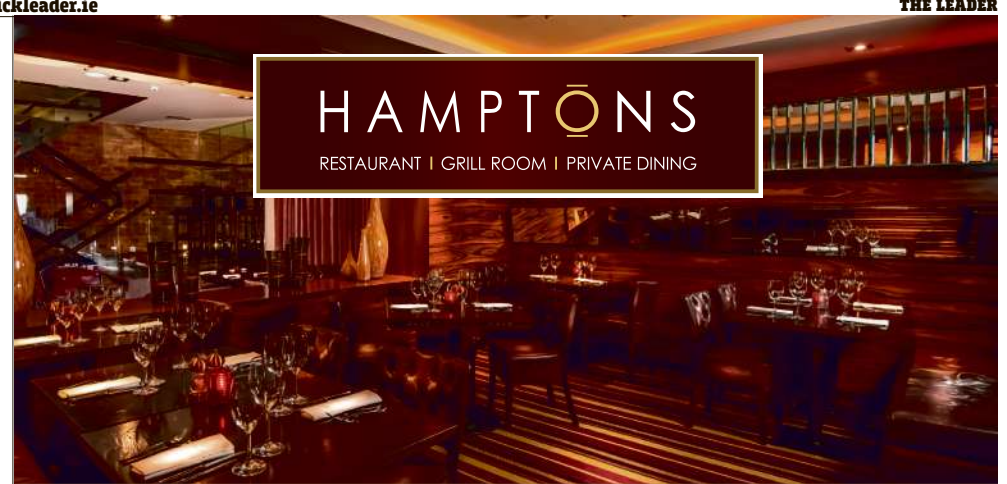
The people of Limerick are like characters from a book you couldn't write in a million lifetimes. Limerick people are unique to me, they just have that different mindset of *We are all in this together*. Honestly I've never met anyone outside of Limerick with a heart as big as one from there. Fact!

How important do you think sport is to Limerick?

Sports is one of the most important parts of Limerick from rugby/ football/ GAA/boxing, etc it's all we had growing up. It's the only thing that kept us off the roads as kids, kept us from getting into trouble. Me, I'm not much of a sport player, but it's a massive part of Limerick and we need more resources for it also because it's still all that the young people have today.

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

As everyone in the country knows Limerick's biggest problem facing it today and for a long time is suicide. We're the highest-rated for suicide in the whole country; that can't change unless there's help given. To be honest, I'm tired of writing songs about family and friends in the river. It's become a norm when a body is lost; if I'm been honest I don't think we even hear the helicopter anymore. But as Limerick people what do we still do? Stand proud because we know our time is coming.



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Three firearms seized during garda searches

DAVID HURLEY

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THREE suspected firearms were recovered this Tuesday by gardai investigating a violent disorder incident on the southside of the city earlier this month.

The weapons were located during searches of an area of open ground in the Galvone area.

The searches were carried out by gardai who were assisted by specialist members of the Defence

Forces from Limerick and Cork.

A number of people, who were armed with a variety of improvised weapons, were involved in the incident which occurred at Lenihan Avenue, Prospect at around 4.30pm on January 4, last.

Having been alerted to the disturbance, a full scale investigation was launched by gardai.

This investigation culminated in a number of searches being carried out on the southside of the

city on Tuesday morning.

A juvenile and four males, aged between 19 and 45, were arrested and taken to Roxboro Road and Henry Street garda stations where they were detained under the provisions of Section 4 of the Criminal Justice Act 1984.

"This operation is being carried out by detectives from Roxboro Road with the assistance of uniformed gardai, the divisional search team, Roads Policing Unit, and Armed Support Unit," said a

garda spokesperson.

Gardai believe the violent incident may be linked to a shooting incident which occurred in the same area later on the same date.

However, Tuesday's arrests were not connected to that investigation.

Those arrested remained in custody at the time of going to press.

The suspected firearms have been sent for technical analysis.



Searches were carried out by gardai and members of the Defence Forces



Elena Sivakova and Amantha Grabovska appeared before Limerick District Court

Review after theft of goods worth €5,200

Prosecution: Two women accused of multiple offences

DAVID HURLEY

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GARDAI are to carry out a full review of the investigation into a spate of shoplifting offences during which property worth more than €5,000 was stolen on a single day.

Two women have each been charged with multiple theft charges relating to offences which are alleged to have occurred on December 9, 2019.

When Elena Sivakova, 26, of Dun Na Hinse, Lahinch Road, Ennis and Amantha Grabovska, 18, of the same address first appeared before Limerick District Court on December 11, it was stated the matter was to proceed summarily before the district court.

The case was due to be finalised earlier this month but when called Sergeant Sean Murray said a detective superintendent had

directed that a "full review" of the investigation file should be carried out.

He said the previous indication that the matter was to be finalised before the district court was "on hold" pending the conclusion of the review and the completion of a file for the Director of Public Prosecutions.

Solicitor Sarah Ryan confirmed she had been officially informed of the review in advance of the court hearing and she did not oppose an application for an adjournment to March.

It is alleged the defendants targeted a number of stores across Limerick and stole a variety of property.

The charges relate to the theft of sportswear, worth €1,130 from Lifestyle

Sports, Childers Road; clothing worth €393 from Next, Childers Road; clothing worth €246 from Oasis at Brown Thomas; LOL Surprise accessories worth €182 from Gamestop, William Street, home decorations worth €406 from Harry Cory, clothes worth €1,502 from Dorothy Perkins and perfumes worth €1,348 from Debenhams.

Both are also accused of possession of a tinfoil-lined bag at Debenhams on the same date while Ms Grabovska is charged with possession of a jacket which had been stolen from River Island at Cruises Street.

Both women, who are from the Czech Republic, were remanded on bail subject to a number of conditions.

17
The number of charges brought in the case

Senator blames FF for current trolley crisis

FINTIAN WALSH

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GOVERNMENT senator Maria Byrne has placed the blame on Fianna Fail for University Hospital Limerick's record-breaking overcrowding crisis.

Last week saw UHL set a new record with 92 patients on trolleys, seven higher than the previous record which was set by UHL in late November.

And Senator Byrne has said that the recent overcrowding figures show "that it was a reckless decision by Fianna Fail" to shut down the emergency departments in St John's, Ennis and Nenagh in 2009.

Sen Byrne made the comments in a statement commending frontline staff at UHL, while welcoming the announcement the design stage of the 96-bed unit at the hospital.

While the UL Hospitals Group is looking to deliver a €19.5m 60-bed block at the end of 2020, there is no estimated time of delivery for the 96-bed block, which will cost an estimated €25m.

The former mayor was first elected to the Seanead in 2016, and is running in the general election for Fine Gael, which has been in Government since February 2011.

"The HSE need to take their fingers out of their ears and act with a sense of urgency to address the issues that are leading to so many

people from across the Mid-West waiting to access the excellent treatment that is available in UHL.

"It is unacceptable that even with a €24million investment in a new ED for UHL the HSE allows the overcrowding to continue year after year.

"I have received confirmation from the Minister for Health Simon Harris that the 96-bed block at UHL provided for in the HSE's 2019 Capital Plan is to

progress to the design stage which is a step in the right direction," she stated this week.

Sen Byrne has also criticised the decisions "made centrally in

Dublin by people that have no idea about the reality of the situation on the ground"

"However, UHL needs more beds and more staff immediately to tackle the overcrowding within the ED. St John's Hospital, Ennis and Nenagh need to be utilised where possible. The lack of urgency coming from the HSE to address the overcrowding is reprehensible.

"I want the HSE to put a team together to drive the recruitment of vacancies that currently exist within the UL Hospitals Group forward and to assist wherever possible to help retain consultants, doctors and nurses working within the group."

There were 51 on trolleys this Tuesday.



Six-pack plastic found on swan

Pollution: Councillor hits out at littering

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A SWAN was seen suffering with a plastic six-pack ring wrapped around its neck, a direct result of illegal dumping in County Limerick.

The elegant bird was seen with the ring tightly noosed around its neck in Castleconnell at the weekend.

The creature was spotted by local photographer Shane O'Brien, who shared the photos with Green Party councillor Sean Hartigan, who has been on a mission to locate the swan.

Condemning the issue of litter, Cllr Hartigan said on Facebook that plastic "causes many wildlife fatalities every year."

"He has a plastic six pack ring on his neck. Litter doesn't just look bad, it kills wild and domestic animals through ingestion, strangulation and by preventing them from feeding."



Cllr Sean Hartigan: littering causes wildlife fatalities

Animals being strangled and distressed by pollution and litter is a serious issue affecting marine and fluvial wildlife across the globe.

It has become more prevalent in ocean wildlife, with large and endangered sea creatures ingesting plastic waste and dying as a result.

Speaking to the Leader, Cllr Hartigan said: "Littering and illegal dumping is an issue I have

to deal with on a daily basis.

"Only for the work of voluntary groups like tidy towns, An Taisce and Team Limerick Clean-up we would be wading in our own waste.

"The council needs to take back control of waste disposal and provide everyone with a bin and provide more litter bins on streets and in parks.

"It could be funded through property tax and would ensure every household had a bin. I will do my best to catch the swan tomorrow and cut off the plastic.

"He has a plastic six pack ring on his neck. Litter doesn't just look bad, it kills wild and domestic animals through ingestion, strangulation and by preventing them from feeding."

Cllr Hartigan is one of two of Limerick's first ever Green Party councillors, and represents City East. Since the discovery on Saturday, the swan has yet to be seen.



The swan was spotted in County Limerick on Saturday PICTURE: SHANE O'BRIEN

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Willie O'Dea: traditional retail is under pressure

Fresh blow as Swamp sinks

RYAN O'ROURKE & NICK RABBITTS

THE retail landscape in Limerick has suffered another blow with the closure of a flagship women's clothing store.

The shutters have fallen at Swamp's branch in the Crescent Shopping Centre.

It's understood around 10 staff are affected by the move.

The closure has come about as a result of the ill health of Swamp's managing director and difficult trading conditions.

Managers were called to a meeting in Cork on Friday, and informed of the decision to close immediately.

Stores in Cork, Galway, Waterford, Athlone, and Tralee will also close.

In a notice posted on social media on Friday night, the company thanked its customers for their support and loyalty over the years.

A statement from the company said: "To all our wonderful customers. Today has been a sad day. We sincerely thank all our loyal customers and wish them well in the future.

"Swamp's shops in Cork, Limerick, Athlone, Tralee, Galway, and Waterford will close this evening."

Any queries with regards to vouchers can be sent to customerservice@swamp-fashion.com.

It is just one of many blows over the past year for the beleaguered retail sector, with outlets mainly closing in the city centre, particularly concentrated around the Cruises Street area.

Local TD Willie O'Dea said it's devastating news: "It is a tragedy. Traditional retail is under pressure from online shopping like never before."

He offered to help any workers affected with claiming their welfare entitlements.

Protest on overcrowding crisis on election week

Trolleys: Major demonstration to take place in the city centre

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A MAJOR protest against University Hospital Limerick's overcrowding crisis is to take place in the heart of Limerick city one week ahead of next month's snap election.

Led by the fledgling lobby group, Mid-West Hospital Campaign, the protest will take place on Saturday, February 1, in response to the record-breaking levels of patients on trolleys at the Dooradoyle hospital.

The Enough Is Enough protest is likely to be the biggest one of its kind since March 2016, when around 300 people took part in a demonstration outside UHL.

A decision to hold the protest comes just days after UHL set a new record for highest level of overcrowding when there were 92 patients on trolleys, less than two months after it had set the previous record of 85.

It also came after a Limerick Leader story about a patient who was found dead with a suspected broken neck in the emergency department last month.

The lobby group, which will be supported by the Stand Up For Mental Health Group, said that it expects to be "the largest public action the region has seen since the water protests" of 2015 and 2016. The water charge protests represented a significant movement ahead of the 2016 general elections.

Mid-West Hospital Campaign Limerick spokesperson, Mary Cahillane said the conditions at UHL are "not acceptable and it must not continue".

"We have had enough. Ninety-two patients on trolleys at UHL last week broke all national records again. UHL is consistently the most overcrowded hospital in the country. People of all ages, particularly the elderly, are in need of care but are terrified to attend the hospital.

"Patients languish on trolleys, sometimes for days, not getting the care they deserve. Healthcare teams in every category in the hospital are severely diminished due to under-resourcing and are, as a consequence, faced with inhumane levels of pressure from the beginning to the end of their shift."



UHL had 322 patients on trolleys last week, INMO figures show

The former councillor said they want the matter to be declared a national emergency, and has called for a special taskforce to be established to tackle the problem.

A 2015, a special emergency department taskforce of nationwide specialists and experts was set up while Leo Varadkar was Minister for Health.

Separately, UL Hospitals Group also has an emergency care committee to manage all things in relation to the emergency department at UHL. The protest will start at St John's Hospital at 1pm, and will make its way to Bedford Row in the city centre.

"We are asking for a massive turnout to end the healthcare emergency in Limerick, Clare and Tipperary."

There will be a number of guest speakers on the day, including Limerick Leader editor, Eugene Phelan. In its own Enough Is Enough campaign, launched in April 2019, the newspaper has highlighted the overcrowding crisis on a weekly basis and will do so until the opening of the 60-bed unit and when the Government makes efforts to tackle the crisis.

Greg gives away his gear for Australia

GREG O'Shea is giving away his Love Island memorabilia to help the victims of the Australian bush fire.

The Love Island winner took to his Instagram account to announce that he's auctioning off his personalised water bottle, a washbag, two signed hats and a pair of sunglasses. Greg will also do a second giveaway of his Ireland 7s World Series jersey that he wore on his debut.

To be in with a chance of winning one of these items, all you have to do is donate to the GoFundme page that Greg has set up for the Australian Red Cross, with the link being in his bio.

They then have to comment under this post that they have donated and which item they would prefer.

All money raised will be donated to the Australian Red Cross to help the victims of the bushfires.



Greg O'Shea is donating his Love Island gear, as well as a signed jersey, to aid those affected by the Australian bushfires

In the Instagram video, Greg says: "So, you must be aware by now of the unprecedented damage going on in Australia from the bushfires - there is devastating damage all over the country, so we all around the world have to help.

"What I'm going to do, it's only small; I'm going to

give two giveaways.

"The first one is a Love Island one with my water bottle and my washbag, two hats and a pair of Polaroid Love Island sunglasses and the second giveaway is an Irish rugby 7s jersey signed by the entire team that I actually wore on my debut for the World Series."





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LEADER BRIEFS

Speech writing competition

NEXT Monday, January 20, is the final date for students to enter a competition which brings with it a prize of a trip to Sweden.

ActionAid is encouraging students in the city to enter the contest, which asks them to write stories analysing and highlighting the links between climate change and women's rights.

It's open to all secondary school students aged between 14 and 17.

For more information on the competition visit <https://actionaid.ie>.

LCCR gets 2020 go-ahead

LIMERICK City Community Radio (LCCR) has been informed by the Broadcasting Authority of Ireland that it has been granted its sixth 100-day pilot sound broadcasting licence to commence January 18, 2020.

LCCR is Limerick's first and only non-profit community station that is entirely community-run through volunteers. Anyone wishing to get involved can contact the station by email on volunteer@lccr.ie or by phone on 061 590999 during business hours and all day on weekends.

Green Schools and Irish Water host workshop

An Taisce's Green-Schools programme recently teamed up with Irish Water for a workshop in the Absolute Hotel in Limerick to support schools working to gain a Green Flag under the water theme.

These free water workshops are fun, interactive days where students learn about water conservation, take part in experiments, hear from an Irish Water engineer and design their Green-Schools action plan.

The workshop was attended by Green-Schools from Limerick, Clare and Tipperary working towards their Water flag.

Limerick set for new €2bn neighbourhood

Colbert Station: The site will provide homes for up to 10,000 people

RYAN O'ROURKE

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A €2 billion scheme to create a city centre urban neighbourhood in Limerick has been set in motion after the Land Development Agency (LDA) put forward the plans for the site.

The LDA, along with Limerick City and County Council, the HSE and CIE, signed a memorandum of understanding to create a master plan for the site located behind Limerick's Colbert train station.

The site, which extends to 50 hectares, will provide accommodation for up to 10,000 people as well as office and leisure space. The expected cost per unit will be around €200,000, bringing the total residential value of the development to about €2 billion.

It was also announced that David Browne, former President of the Royal Institute of the Architects of Ireland and director at one of Ireland's leading firms of architects (RKD), has been appointed chair of the design panel.

Chairman of the LDA, John Moran, said: "The initiative at Colbert Station represents a significant step forward for us in delivering on our nationwide remit to help harness the growth potential of cities throughout Ireland," said Mr Moran.

"I am thrilled to see such ambition coming from our own team, the other



The site, which extends to 50 hectares is located behind Limerick's Colbert train station

stakeholders and signatories to embark on a project of this scale.

"Its city centre location at Limerick's main regional and intercity transport hub will show the value of and deliver a very desirable 'transit-oriented development'.

"That form of development will be the key for the future to fostering cohesion and sustainable living in this new local community. Healthy

living without car dependency can now become a reality for thousands of new residents in Limerick," he added.

John Coleman, CEO of the LDA, said: "The area at Colbert Station provides the scale required to deliver transformative redevelopment projects which are at the core of the LDA's mandate. The LDA is an agency with a national remit and the signing

of this Memorandum of Understanding represents a significant step forward for the LDA's footprint in cities outside Dublin.

"The collaboration provided by stakeholders to date bodes well for the advancement of a sustainable, compact and affordable development for Limerick City centred around the existing rail and bus hub."

The Last Tackle with Limerick duo Greg and Muireann

LIMERICK DUO Greg O'Shea and Muireann O'Connell have landed themselves an exciting new opportunity as they are set to host a TV show together.

Greg, who won last year's Love Island, will team up with TV presenter Muireann for a brand new rugby-based show on Virgin Media One.

The show, titled The Late Tackle, will focus on rugby and will air at the end of January ahead of the Guinness Six Nations which will also be broadcast on the station.

Virgin Media announced details of the show last Thursday at the launch of its spring schedule. The show will be in addition to the station's Six Nations coverage.

Greg, who was named in the Ireland squad for the World Sevens Series as they strive to reach the 2020 Olympics, recently co-presented the RTÉ 2FM Breakfast Show alongside



Greg will present The Late Tackle alongside Muireann O'Connell

Doireann Garrihy.

The Love Island winner also made the headlines last week by giving away his Love Island memorabilia to aid the efforts in fighting the Australian bush fires. The reality star took to Instagram to share the news that he's

auctioning off his personalised water bottle, his washbag, two signed hats and a pair of sunglasses.

Muireann, who left her role in Today FM in July of last year, still presents the Six O'Clock Show with Martin King.

Disqualified driver facing prosecution

A DISQUALIFIED motorist has been caught driving in Limerick twice since the beginning of the year, writes David Hurley.

Gardai have revealed the driver was stopped while behind the wheel of two different vehicles – both of which have been seized.

On the first occasion, he was detected driving at 140km/h on the M7 motorway in wet conditions. He was stopped a second time at a routine checkpoint less than two weeks later.

According to gardai, a number of fines have been issued and the motorist is also facing prosecution before the district court where he faces the possibility of a further disqualification or prison sentence.

ADAM'S Est. 1887

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Limerick City January 30th



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We want to hear from you

The Land Development Agency in partnership with Limerick City and County Council, ClÉ and the HSE will begin the design review stage for the development of a brownfield mixed-use 50 hectare site at Colbert Station, Limerick over the coming weeks.

The design review process, a precursor to a master-plan, will evaluate the potential for the site to deliver on desired outcomes and provide a high-level vision of what the development could comprise.

We want to know what the public would like to see from the development. All local agencies, groups and individuals are encouraged to engage in this round of the public consultation process. It is anticipated that there will be further opportunity for public consultation as the site proceeds through its different development phases. The main themes emerging from this round of the consultation process will inform the design review panel as they are forming their key design concepts.

Deadline: 5pm Friday 28th of February 2020

Criteria: Submissions must be 500 words or less

Email submissions to limerick.colbert@lda.ie



Ghníomhaireacht Forbartha Talún
Land Development Agency



Comments from online readers

LL

Limerick Leader



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

BREAKING: LIMERICK TO GO TO POLLS ON FEBRUARY 8 AS TAOISEACH SETS DATE FOR GENERAL ELECTION



Noel Martin

It Won't make any difference who gets voted in there is no unity amongst the people everyone is trying to fight their own corner looking after themselves that's how governments win using a divide and conquer strategy.

Helene Sciascia

Why Saturday? It has always been during the week. Schools would hold them. You can be sure this is in Leo's interest not ours.

TV SHOW CALLS ON LIMERICK TO HELP TRANSFORM THE HOME AND LIFE OF AMY



Maura Tynan

Such a wonderful group of people. We saw a miracle happen before our eyes when they worked locally for a young family... Best of luck to all involved....

Barbara Clinton

Hopefully it will make a huge difference to Amy & give her a better quality life.

STORM BRENDAN: TRAMPOLINE BLOCKS LIMERICK MOTORWAY



Ciara Argue

Not the best place for kids to be trampolining. Thank god no one injured

EJ Murray

This is such a regular occurrence, they should mention the possibility of fallen trees, powerlines, and random trampolines in the weather reports.

Eiméad Ó Cionnaith

Surely you can bounce around it

Frank Chezenko

I'd say the drivers were hopping mad.

LIMERICK BUSINESSMAN RECEIVES PARKING TICKET FOR NOT PROPERLY SCRATCHING DISC



Angela Butler

If you were at the receiving end of a €40 parking fine for having incorrectly scratched the disc you'd be annoyed as well. It happened to me. I wrote to the council and went in person to their office but all to no avail. The woman to whom I was making the appeal in the Co. Council office didn't show me any mercy either. It's no wonder the city centre is dying and businesses are closing.

Ami Power

Limerick have a great app for parking, the discs are so old fashioned. If u park anywhere in limerick or clare regularly then you should be using the app.



John Deignan with the sign which was removed by the fire service. PICTURE: MICHAEL COWHEY

Storm in a teacup as Brendan passes

Trampoline: Footage from motorway goes viral

DAVID HURLEY

david.hurley@limerickleader.ie

WHILE Limerick avoided the worst of Storm Brendan, there was a number of incidents that could have led to serious injury being caused.

Footage of cars trying to avoid a trampoline which blew onto the M7 motorway near junction 28 (Castletroy/Castleconnell) has gone viral since it was posted on social media on Monday morning.

"We were on our way back home to Limerick and just as we were approaching the slip off to Limerick city had to brake suddenly, along with others," said Michael Finnan who posted the footage.

Elsewhere, two units of Limerick Fire and Rescue were deployed to a premises at O'Connell Avenue after signage had to be removed because of the high winds.

Such was his concern, John Deignan – owner of John Deignan Menswear – contacted the emergency services after he realised the aluminium signage at the front of the premises had come loose.

"Basically, I heard crashing and noises outside which was something else and when I was coming back in I noticed the sign was moving and it was literally moving from right to left," John told the Limerick Leader.

"When I saw it, I was afraid of my life it would come down because something that size would do a lot of



Above: the rogue trampoline. below, the smashed door at Leavy's



damage if it came down," he added.

Footage of a glass door smashing at Leavys shoes, O'Connell Street has also gone viral since it was posted on social media.

In the short clip, the door can be

seen swinging in the wind before smashing.

"Shattering Storm Brendan Destruction Thankfully no people or shoes were harmed," joked the company.

While thousands of homes, businesses and farms were without power for a number of hours power was fully restored across Limerick last on Monday night.

Limerick City and County Council says there were no major incidents and that high tides during Storm Brendan did not create any problems.

The next storm is the season, whenever it arrives, will be Ciara.

It's Saturday: first weekend Dail election for a century

NICK RABBITTS
nick@limerickleader.ie

THE life of the 32nd Dail has come to an end this week after An Taoiseach Leo Varadkar formally set the wheels in motion for a general election.

Limerick, and the rest of Ireland will go to the polls on Saturday, February 8, the first time there has been a Dail election at the weekend since the founding one way back in 1918.

Locally, there are fears of a low turnout with many rugby fans travelling to the Ireland v Wales Six Nations match at the Aviva Stadium. Added to this is the fact,

Four
The number of seats available in Limerick City

highlighted nationally, that the updated electoral register does not become valid each year until after February 15.

The move could potentially exclude people from voting.

In the Limerick City constituency, there are four seats up for grabs, with ten candidates already declared.

They are: Maurice Quinlivan (Sinn Fein), Jan O'Sullivan (Labour), Willie O'Dea and Cllr James Collins (both Fianna Fail), Senators Kieran O'Donnell and Maria Byrne (both Fine Gael), Cllr Brian Leddin (Green Party), Michael Ryan (Aontu), Cllr Frankie Daly



At the ready: Senator Kieran O'Donnell and his team began to erect posters this Tuesday PICTURE: ADRIAN BUTLER

(Independent) and Jenny Blake (Social Democrats). More candidates are likely to declare in the coming days.

There are currently 74,394 people eligible to vote in the city area, and 68,596 in the County area. However, these figures are based on

the voter eligibility for the last council elections.

Unlike these, the City constituency includes parts of South East Clare and North Tipperary. And there are fewer people eligible to vote in the election for the lower house.

In the Limerick constituency, five are declared: Niall Collins (Fianna Fail), Tom Neville and Patrick O'Donovan (both Fine Gael), Claire Keating (Green Party), and Cllr Richard O'Donoghue (Independent). Seighin O Ceallaigh is set to run for Sinn Fein.



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LEADER CRIME BRIEFS

BY DAVID HURLEY



Spare key was used during burglary at apartment

GARDAI are advising those in rental accommodation to make sure they know who has keys to the property.

It follows an incident in the city centre during which property was stolen from an apartment which had been locked by the occupant.

“He left for a short time but is adamant that he locked his door securely. When he returned his door was still locked but some property had been taken from his apartment. There was no sign of a break-in so it’s obvious that a spare key must have been used,” said divisional crime prevention officer Sergeant Ber Leetch.



Sergeant Ber Leetch says renters should be vigilant

Gardai say the incident should act as a warning to those in rented accommodation and particularly to those who are moving accommodation.

“It’s vital that you know if you are in possession of all of the keys to your apartment or house. Sometimes previous occupants may not have handed back all of the keys,” she said.

Phone stolen from truck which was left unlocked

GARDAI are investigating the theft of a mobile phone from a truck which was parked outside a house in the city.

“The driver left his truck to call to a house, he was only gone a moment. As he was walking back to his truck he saw a young male run off and then he discovered that his mobile phone was gone,” said divisional crime prevention officer Sergeant Ber Leetch.

“He had left the truck unlocked and his phone on the dashboard. Any vehicle must be locked no matter how short a time you are leaving it for and any valuable property must be taken with you,” added the spokesperson.

Gardai appeal to males to uses their brains not fists

GARDAI have launched a public safety campaign which, it’s hoped, will reduce the number of late-night assaults.

The ‘Use Your Brain Not Your Fists’ campaign appeals to young males to think of the consequences for themselves and others of being involved in assaults.

“Unfortunately garda statistics show that there is a rise in assaults in the last number of years and that this is in line with the rise in the night-time economy. These assaults typically take place in and around public places like streets,



The public safety campaign is ongoing

roads, pubs and hotels, between 8pm and 5am at the weekend,” said Sergeant Ber Leetch.

“The basic advice is never attempt to reason with drunk or aggressive people. Walk away and look for help. Planning is key to having a good night out so arrange transport to and from your event in advance,” she added.

Handbag stolen from car

GARDAI are investigating the theft of a handbag from a car which was parked in a Limerick village.

The incident happened in Kilfinane at 4.30pm on Saturday shortly after a woman has put groceries in the boot of her car. As she was about to drive off, she realised her boot was open and as she went to close it she saw a male running from her car with her bag and getting into another car.

Car wash in hot water over workers

Court: Company prosecuted over illegal employees

DAVID HURLEY

david.hurley@limerickleader.ie

THE operator of a car wash on the Dock Road was fined €500 after it admitted employing a number of workers who were not entitled to work at the premises.

Super Car Wash Limited was prosecuted before Limerick District Court relating to a detection on April 10, 2019.

Conor McAllister, an inspector with the Workplace Relations Commission, told State Solicitor Aileen Mee that when he called to the car wash on April 10, 2019 he observed a number of employees who were washing and cleaning cars.

He told Judge Marian O’Leary he made further inquiries and established that one of the workers did not have a work permit while a second was the subject of a deportation order



It was just a matter of not crossing the t’s or dotting the i’s

and has since been deported.

A third worker was an asylum seeker who did not have permission to work at the time.

Mr McAllister told the court that he informed the company of his findings and that when he returned to the car wash a number of weeks later – on May 2 – everything was in order.

A director of the company was present in court for the hearing and a solicitor stated that his client had been “under pressure to get workers” at the time as a number of other employees had left in the preceding weeks.

He said the company was not disputing the facts of the case and was holding its hands up and accepting responsibility.

“It was just a matter of not crossing the t’s or dotting the i’s,” he said adding that the company is a “very conscientious employer generally” and that all matters have been regularised.

The books are in order regarding all the current employees.

Noting the evidence of Mr McAllister that there have been no further issues and that all matters have been rectified, Judge O’Leary recorded a conviction and imposed a €500 fine.

ANGELA’S LAST ABSEIL RAISES €26,000



Abseilers and supporters joined Angela Collins O’Mahony and her family at The Hunt Museum

PICTURE: LIAM BURKE/PRESS 22

ANGELA Collins, of Collins Steeplejacks has raised nearly €26,000 for charity in what will be her last ever abseil. The money raised will go to two charities, The Redemptorist Christmas Hamper Appeal and the Children’s Grief Centre which helps children who experience trauma from death,

separation or divorce of a loved one.

The fundraiser, called Abseiling with Angela, saw participants abseil off the side of Thomond Park. Collins Steeplejacks sponsored the room at Thomond Park, as well as providing food, posters, printing, flags, and signs, as they were celebrating 50 years in business

and chose this charity event to mark the 50th anniversary.

Angela began as a secretary to a local steeplejack company in Limerick. When her employer died suddenly, Angela’s entrepreneurial spirit arose and she created a company that would endure to the present day.

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Sunday May 3rd 2020



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NIGHT CLASSES

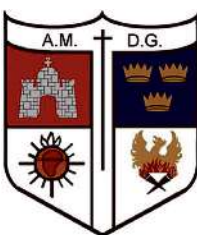
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Adult Education

Phone: 061- 302354

Email: adulthood@crecentsj.com

Website: www.crescentsj.com/adult-education/



SPRING 2020 PROGRAMME

Monday Classes (starts Monday 20th JANUARY 2020)

Course Details	Cost	Time	Weeks
M1 BRIDGE (BEGINNERS)	€100	8.15-09.45pm	8 weeks
M2 BRIDGE (IMPROVERS)	€100	6.45-08.15pm	8 weeks
M3 CALLIGRAPHY (INTRODUCTION)	€120	7.00-09.00pm	8 weeks
M4 COOKERY FOR MEN	€120	7.00-09.00pm	8 weeks
M5 CREATIVE WRITING	€120	7.00-09.00pm	8 weeks
M6 DIGITAL SKILLS FOR CITIZENS -call (061) 302354 to book a place T&C apply	Free to over 45'S	7.00-09.30pm	4 weeks
M7 DRAMA SKILLS	€100	7.30-09.00pm	8 weeks
M8 FLOWER ARRANGING	€120	7.00-09.00pm	8 weeks
M9 FRENCH (Beginners)	€100	7.00-08.30pm	8 weeks
M10 GUITAR (Beginners)	€100	7.00-08.30pm	8 weeks
M11 GUITAR (CONTINUATION)	€100	8.30-10.00pm	8 weeks
M12 IRISH LANGUAGE & CULTURE	€90	6.30-07.30pm	8 weeks
M13 JAPANESE LANGUAGE AND CULTURE	€100	7.00-08.30pm	8 weeks
M14 SPANISH (BEGINNERS)	€100	7.00-08.30pm	8 weeks
M15 SPANISH (CONTINUATION)	€90	8.30-09.30pm	8 weeks
M16 SOCIAL DANCING FOR FUN	€120 per couple	7.00-08.30pm	8 weeks
M17 TIN WHISTLE: (BEGINNERS)	€80	6.30-07.30pm	8 weeks
M18 TIN WHISTLE: (CONTINUATION)	€80	7.30-08.30pm	8 weeks
M19 WOODCARVING	€120	7.00-09.00pm	8 weeks
M20 WOODWORK/JOINERY	€120	7.00-09.00pm	8 weeks
M21 ZUMBA	€80	8.00-09.00pm	8 weeks
T5 GREEK AND ROMAN CIVILISATIONS **CHANGED TO MONDAY NIGHT**	€100	7.00-08.30pm	8 weeks

Tuesday Classes (starts Tuesday 21st JANUARY 2020)

T1 COOKERY FOR ALL GRADES	€120	7.00-09.00pm	8 weeks
T2 DIGITAL PHOTOGRAPHY	€120	7.00-09.00pm	8 weeks
T3 DOG GROOMING ***STARTS FEB 4TH***	€90	7.00-09.00pm	4 weeks
T4 ENGLISH AS A FOREIGN LANGUAGE	€90	7.00-08.00pm	8 weeks
T5 GREEK AND ROMAN CIVILISATIONS **CHANGED TO MONDAY NIGHT**	€100	7.00-08.30pm	8 weeks
T6 LIFE COACHING	€150	7.00-08.30pm	8 weeks
T7 MAKEUP COURSE (SELF APPLICATION)	€120	7.00-09.00pm	8 weeks
T8 PAINTING	€120	7.30-09.30pm	8 weeks
T9 PUBLISH YOUR OWN EBOOK	€90	7.00-09.00pm	4 weeks
T10 SCREENWRITING FUNDAMENTALS **STARTS FEB 18th**	€100	7.00-09.00pm	5 weeks
T11 SEWING (BEGINNERS)	€150	7.00-09.30pm	8 weeks
T12 SPANISH (ADVANCED)	€90	8.00-09.00pm	8 weeks
T13 UKULELE (BEGINNERS)	€80	7.00-08.00pm	8 weeks
T14 UKULELE (CONTINUATION)	€80	8.00-09.00pm	8 weeks
T15 YOGA FOR ALL	€100	6.15-07.30pm	8 weeks

OTHER COURSES:

for information and booking go to: www.forustraining.ie

Level 6 Special Needs Assisting €480 8 week course -
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Level 5 Challenging Behaviour €380 7 week course -
one evening per week - (day & date TBC)

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Doon showcasing the benefits of social farming

Social Farming is the therapeutic use of farming practices which provide health, social, educational and/or vocational supports to people at risk of social exclusion and rural isolation.

People with intellectual disabilities, individuals struggling with mental health problems, early school-leavers or the long-term unemployed get to spend time in a relaxed outdoor working environment, helping with integration and rehabilitation by creating a social support system for the community.

Last Tuesday at Doon Social Farm a group gathered as part of The Farcura Project, an Erasmus-funded European Project with eight partners from five European countries (Ireland, Slovenia, Germany, Belgium and Portugal). The project is focused on developing knowledge and skills in the



The European group at Doon for the social farming demonstration

area of social farming.

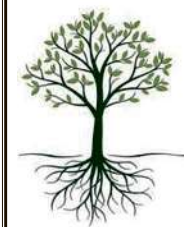
They presented their own unique projects from around Europe highlighting the wide range of benefits from health and wellbeing to education, practical skills, social inclusion, personal development team work and self-esteem.

Doon Social Farm is located on the grounds of the former St Joseph's Girls secondary school/boarding school, convent and dairy farm. It consists of 33 acres and various buildings, which underwent redevelopment in Autumn 2018.

The Social Farm began

delivering its services in April 2019 and is currently in conversion to Organic Status.

It was great to have this gathering and sharing of knowledge of experiences, supporting this wonderful work being done on many farms across Europe.



Doon
Social Farm
Ballyhoura Rural Services

Local Training Initiative 

QQI Level 4 Major Award in Horticulture
Starting Feb - Aug 2020



This 31 week full time course will cover modules such as growing vegetables and fruit, safe horticulture practices and personal development.

Enrolling Now!!!

Entry Requirements:

- Applicants must be between the ages of 18 - 35 years old.
- Priority will be given to participants that are unemployed and not in full time education and those on disability payments.

Participants in receipt of a Department of Social Protection payment may be entitled to payment whilst attending the course.

For more information or to register contact:

Contact Maura/Deirdre on: 061 380808/085 8618993

E: manager@ballyhouraruralservices.org

This project is supported by the Department of Rural and Community Development and Pobal through the Community Services Programme.   

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Computer Basics Equal Skills	5 weeks	21st Jan 2020
Training Needs Identification and Design	10 weeks	21st Jan 2020
Care Support (Part-Time Day)	5 weeks	27th Jan 2020
Supervisory Management	10 weeks	28th Jan 2020
Introduction to CAD Parametric Modelling	10 weeks	28th Jan 2020
First Aid Responder	4 weeks	28th Jan 2020
Palliative Care Support (Part-Time Day)	5 weeks	29th Jan 2020
Healthcare Support- Infection Prevention and Control (Part-Time Day)	5 weeks	29th Jan 2020
Good Manufacturing Practice	8 weeks	4th Feb 2020
Healthcare Support- Teamworking (Part-Time Day)	5 weeks	17th Feb 2020
Safety and Health at Work (Part-Time Day)	5 weeks	18th Feb 2020

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5.30pm - 7.30pm

Don't worry if you can't make it at this time, give us a call on 061216288 or call into the college which is open between 9am to 5pm. Monday to Saturday during term time. You can find our programmes on www.ichas.ie.

Our team will be available to meet with you and answer any questions you might have.

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Pat and Jane O'Sullivan with Ivan Beacon, Aer Lingus

Pat: We are looking at the cruises. We have done all the flights so we are getting to an age that we are looking at cruises now.

A look at where to go

People from across Limerick and further afield followed their travel dreams to The Holiday Show in the South Court Hotel

Pictures: Brendan Gleeson **Words:** Ryan O'Rourke



John Booty chats with Mike Hynes, Monaleen, at the Wendy Wu Tours stand at The Holiday Show

Mike: I would definitely have an interest in traveling to Asia, in particular Cambodia and Vietnam. I would just like to see it. I have been to Asia before and I've heard great things about Cambodia and Vietnam, so I want to go and see them myself.



Catherine Lavery, Causeway Coastal Route, attending The Holiday Show at the South Court Hotel

Catherine: We are having an excellent day. We have lots of people interested in going to Northern Ireland from Limerick. And now, they are going for longer, instead of just the weekend.



Tryphena Cross, The Las Vegas Convention and Visitors Authority explaining the Vegas experience to Chris O'Sullivan, Fitzpatrick's Hotel, New York

Chris: Well I am the general manager of The Fitzpatrick Hotel in New York. It's really good here today. It is the first time I have come down south, to do a little work closer to home.

Candid Comment

By SPARTACUS

● SPARTACUS is very glad to see the University of Limerick make a move towards addressing the lack of accommodation for its rising student numbers.

However, Spartacus isn't quite so sure about the recent announcement of shared bedrooms being introduced to combat the issue, and hates to admit that it feels like a rushed solution to a problem that has been getting worse year-on-year for many of its students.

In total, 630 beds will be added into rooms originally built for one occupant which Spartacus can only hope won't be too much of a tight squeeze for the students in question.

● SPARTACUS's eye was drawn to an ad for an event taking place in Limerick next month called Enlightened Relationships.

The event we're told is "designed to help anyone who is looking to improve their relationships, not just as a couple but also as an individual".

It's being hosted by a husband and wife.

You'd wonder sometimes how marriages and relationships lasted at all in the old days when things were thrashed out at the kitchen table or whispered in the confessional.

Whatever works for you I guess!

and the system is centralised in Dublin, but it's the Government who are in control of the system. Spartacus is very confused. We reckon we'll be seeing more of this kind of back-and-forth finger-pointing over the next few weeks.

● SPARTACUS is starting to lose patience waiting for the "auld stretch" in the evenings. It has been cold and dark for too long now. Wake me up when January ends.

.. AND so after almost four years of new politics in Ireland, the flame has finally gone out on the 32nd Dail.

As you wake up to read this newspaper, the streets of Limerick will no doubt be full of election posters, with the countdown to polling day, Saturday, February 8 now under way. While would-be Dail candidates may come across frosty receptions on the doorsteps, it's likely to be replicated between rivals on the streets.

The agent for one candidate only this Tuesday quipped that he was expecting "plenty of semi-awkward encounters" bumping into other candidates in the three-and-a-half weeks to come. Let the battle commence!

● Speaking of the election, the date has raised eyebrows among many. Traditionally, the people of Ireland go to the polls on a week day, with only one general election – the first Dail count way back in 1918 – taking place on a Saturday.

Taoiseach Leo Varadkar says he hopes the date will make it more convenient for parents to vote – as well as students and those working away from home. A cynic might suggest he's hoping for a lower turnout in some areas, with a big Six Nations rugby match the same day.



Isabel Harrison from Shannon Airport with Maureen Ledwith attending The Holiday Show at the Southcourt Hotel

Isabel: We are promoting all things travel out of Shannon. There are airline operators, tour operators, cruises.



Chris Rowley, Catherine Carroll and Liam Monagher, Shannon Heritage

Chris: We have an annual pass on offer. That's for the whole year which goes through all of our sites including King John's Castle.



Shelia Brazil, Jayne O'Shea, and Avril Riordain, chatting with Norma Hogan and Isabella Hart

Norma: We are trying to book our summer holidays. We want to go anywhere hot - Spain, Portugal or Greece. I've been to Spain before, but never Portugal.

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



Poppy is a 6 month old Maltese cross poodle. She is a little shy at first but very friendly once she feels comfortable. She needs basic puppy training and will make a wonderful pet.

Visit the sanctuary in Kilfinane to meet Poppy.

A home check is carried out and the adoption fee is €150 which covers neuter, worming, vaccines and microchip.

Wilbur is a 3 year old male terrier who is looking for a place to call home.

Wilbur is very friendly, he loves people and gets on well with other dogs.

Visit the sanctuary in Kilfinane to meet Wilbur. You require a secured garden and the dog must sleep in the family home.



Ariel is a sweet 6 year old terrier with the waggiest tail. She is a little shy at first but is brimming with love to give.

Ariel deserves a 5 star home and will fit right in to any family.

For more information on Ariel come and visit her any day at the sanctuary in Kilfinane, we are open daily from 12 until 3.

Sociable Missy

Missy is looking for her forever home. Missy is house trained, lead trained and gets on great with other dogs.

She is deaf and knows how to communicate.

Missy is a great family pet and will fit in to any home.

We carry out a home inspection to ensure your home meet our requirements.



'A huge part of the city's musical fabric'

Tributes: Sadness at death of popular Southill drummer

NICK RABBITTS
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ST John's and Downtown Dixieland Band stalwart Harry Hockedy, who died this week, has been remembered as "a huge part of the musical fabric" of Limerick.

Drummer Harry, who was aged in his late 70s, passed away following a short illness, sparking sadness among Limerick's musical fraternity.

At his funeral Mass in the Holy Family Church, Southill, this Tuesday, members of the Downtown Dixieland Band, which he helped found with John Doyle, played a few tunes in his memory.

John, who was also a conductor to Harry in the St John's Brass and Reed Band, said: "You ask anyone involved in music in Limerick, they'd know who Harry was. He packed a lot into his life. He would be well-known in musical circles across Limerick."

John described his friend of over 30 years as being "very knowledgeable, infuriating at



He was a real showman when he was behind the drums

TRIBUTE TO THE LATE HARRY HOCKEDY



times, and a bit of a rogue really".

"He had a rounded knowledge of lots of things. He was extremely well versed in lots of topics. But above everything else, and I'm sure friend or foe would say this, he was an excellent musician."

John recalled how Harry was really keen to pass on his knowledge to the next generation.

"When we finished a gig, or started a gig, somebody would be up asking Harry about the drums. Harry would gladly launch into an explanation, forgetting the fact we were due to start or go home, and he had a full kit of drums to take down!"

Harry latterly lived in Keyes Park. He was married to Ita, who died last year.

This, John said, really took its toll on him.

"But he was a real showman when he was behind the drums. He'll be sorely missed. We are going to miss him terribly, and our main thoughts go out to his six children and the rest of his family."

He is deeply regretted by his sons Alan, Johnny and Derek, as well as daughters Jennifer, Deirdre and Marion.

He is survived by 10 grandchildren, and one great-grandchild, as well as brothers, sisters, nieces, nephews, all other relatives and a large circle of friends.

May he rest in peace.



Senator Paul Gavan, school secretary Catriona O'Connell and Maurice Quinlivan TD at the picket line at Gaelscoil Castletroy

Sinn Fein supports secretaries strike

SINN Fein will offer the full support of their party to school secretaries who have taken industrial action, Senator Paul Gavan has said.

Speaking after visiting the picket line at Gaelscoil Castletroy in Limerick, the Sinn Fein Senator said: "School secretaries are invaluable members of our schools and our communities, often working above and beyond their job requirements.

"They work on the front line and are the first port of call for parents and students. Without them, our

schools would simply not function. I want to put on record that they have the full support of myself and Sinn Féin."

Senator Gavan claims this dispute centres on the fact that the majority of school secretaries, over three thousand, earn as little as €13,000 a year with irregular, short-term contracts and no pay during summer holidays or school breaks.

This is compounded by the inequality that persists between them and the few hundred school

secretaries who are paid directly by the Department of Education with starting salaries of €24,000.

"Secretaries have low pay, no holiday pay, no sick pay, no real job security, certainly no occupational pensions, and no access to public service salary scales.

"The public service should be a leader in providing fair pay and conditions for employees, but school secretaries have fallen through the cracks."

Limerick sweeps up awards at BTYS

A TOTAL of eight awards were won by Limerick students as they showed their excellence and scientific talent at the BT Young Scientist and Technology Exhibition.

The young scientists who are students at Ardscoil Ris and Castletroy College in the city environs, Hazelwood College, Dromcollogher, Salesian Secondary College, Pallaskenry, and Mungret Community College, impressed the judges and won awards in the Technology, Social and Behavioural Sciences and Chemical, Physical and Mathematical Sciences categories. A total number of 30 projects represented Limerick at the exhibition this year.

Cathal O'Mara and James O'Malley, both aged 13, are first-year

students at Castletroy College. They came runners-up in the group award for their project entitled, Bin Buddy – A SMART Sorting Bin. The students were in the technology category at junior level.

Orna Collins, also from Castletroy College, came second in the Chemical, Physical and Mathematical Junior Individual awards for her project, A Plastic for Our Planet – Toward a Sustainable Biodegradable.

Caitlin Talbot from Mungret Community College, came third place in the Social and Behavioural Junior Individual category for her project, To investigate the attitudes of Irish Secondary School students towards global catastrophes.



Shay Walsh, managing director of BT Ireland and Minister for Education and Skills Joe McHugh TD present the BT Young Scientist and Technology Exhibition Group runners-up award to Cathal O'Mara and James O'Malley of Castletroy College

Call for tall building plan

Building: Green councillor wants construction controls

NICK RABBITS
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NORTHSIDE councillor Brian Leddin has called for a strategy which could identify parts of the city where tall buildings could be built.

Councillor Leddin, who is running for the Green Party in the upcoming General Election, said while many would be aghast at the idea of tall buildings, many can "provide density and contribute to the compact growth of the city centre."

"But," he added, "We need to strategically consider which locations are suitable for such buildings, rather than dotting them around the city without regard to sensible planning principles and the architectural context."

Cllr Leddin pointed out that many local authorities in Britain have such strategies, and if Limerick were to follow suit, it would offer developers an element of certainty.

At present, the only high-rise developments



Cllr Brian Leddin

planned for the city centre are in Project Opera, and at Bishop's Quay. Both are office developments.

There are some housing developments planned on the edge of the city which would entail apartment blocks if they get planning permission.

Already there are some high-rise housing developments in the city, including along the riversides and in the Mount Kennett Place area.

Cllr Leddin said: "We need to give certainty to

developers, heritage groups, and other interested parties by considering where it is appropriate to have taller buildings. A lack of a clear policy means that every proposal is contested and this is resulting in delays."

"My own view is that we should protect the streetscape of the Georgian and Medieval areas of the city, and restrict taller buildings to the riverfront and perhaps former industrial sites like the lands around Colbert Station earmarked by the Land Development Agency", he added, "but ultimately this decision is best made by experts in partnership with robust public consultation and the various heritage groups in the city."

Brent Council in North-West London, a borough which includes Wembley Stadium and Wembley Arena, are one of the local authorities cross-channel which is planning a tall building strategy.

Water supply upgrade for inner-city area

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IRISH Water is working in partnership with Limerick City and County Council to provide a more secure and reliable water supply in the Barrington Street area of Limerick city centre with the replacement of old water mains in the area.

Over 400 metres of old water mains will be replaced between the Barrington Street and Quinlan Street junction, up Barrington Street, looping around Pery Street and returning to the Upper Hartstonge Street and O'Connell Street junction.

The old pipes will be replaced with modern, high-density polyethylene (plastic) pipes which will lead to a big reduction in the likelihood of bursts and water outages.

The project will also involve laying new water service connections from the public water main in the road to customers' property boundaries and connecting it to the customers' water supply.

Where the existing service connections on the public side are lead these will be replaced as part of this improvement work.

This work, which is part of Irish Water's national Leakage Reduction Programme, is due to get underway on the week of January 13 and is expected to be completed before March.

"As they get older, some pipes have a high

level of leakage as well as being subject to frequent bursts," said Gerry O'Donnell, Leakage Reduction Programme Regional Lead, Irish Water.

"Replacing these old, damaged pipes will ensure a more reliable and resilient water supply for the area. The new water mains and service connections will reduce the instances of bursts and water outages. These improvements to the water network are essential in providing a safe, secure and reliable water supply which will in turn facilitate ongoing growth and development locally."

The work is being carried out by Shareridge Ltd in partnership with Limerick City and County Council on behalf of Irish Water.

Barrington Street will be restricted to one lane for the duration of the works with no access from O'Connell Avenue.

There will be no vehicular access to Barrington Street from Newenham Street.

Vehicles wishing to access Barrington Street will do so via a diversion from Hartstonge Street/Pery Square where traffic will flow back to O'Connell Avenue.

Public transport is re-routed through Hartstonge Street in place of Barrington Street for the duration of the works.

The work may involve some short-term water shut-offs and the project team will ensure that customers are given a minimum of 48 hours' notice prior to any planned water shut-offs.





Making Cents

LIAM CROKE

The Must-Read Guide To Saving Money

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

Break down your financial resolutions to reach goals

With the New Year firmly under way, I thought it would be helpful to map out the year ahead with some suggestions that may help improve your finances in 2020.

So, in this two-part feature, I'm going to give you a month-by-month guide with some ideas about what you should be doing in the year ahead. And please feel free to tackle them in any order that works best for you.

JANUARY

This is the month when people make resolutions and goals about what they would like to achieve in the year ahead. However, the mistake they make and the reason why their goals don't materialise I believe, are because of two things (a) they are too vague with what they want and (b) there is a lack of awareness of what their starting point is.

And on that last point, my advice is not to rush into making resolutions without first giving them some thought. Your starting point therefore is to look at what you did in 2019.

You've got to know what you're up against and identify the mistakes you made in 2019 before you can make the necessary adjustments to ensure you hit those goals in the year ahead.

You need to have the data about where your money is going, available. When you do, you can then make what changes are necessary and begin to intentionally redirect money away from areas you may be overspending on, to areas that are more meaningful to you.

FEBRUARY

This is the month, I think people should be setting their financial goals.

If for example you want to save more money next year, it's not enough just to say you want that to happen, it's much too vague.

You need to say something like this: On the December 12, 2020 I'm going to have €5,000 in my account.

You now have a specific amount set, within a clearly defined time frame that you can measure progress against.

If you set yourself a big goal like saving for a deposit on a house, I would recommend you break that



Liam's month by month guide will give you the road map to achieving your financial goals



You've got to know what you're up against and identify the mistakes you made in 2019

DID YOU KNOW?

Since 1833 the Dow Jones has returned an average gain of 6% in presidential election years.

goal down into a series of much smaller goals, which will help you reach that bigger goal. Setting yourself one goal of saving €30,000 can seem overwhelming but setting yourself 100 goals of saving €300 every month may not be.

MARCH

This is the month, I'd like you to check in with your partner and have that chat about your finances.

Obviously, Valentines' Day falls in February, and talking about money isn't very romantic so I would recommend you stay loved

up in February and set aside some time in March instead.

You need to tell your partner about how you feel about their saving and spending habits. Are they spending too much? Too little? Share with them in a non-judgemental way what you're feeling, what worries you, what you think they should be doing etc.

Do you know what your partner's financial goals are? Do you know what yours are? Have you ever told them? If you haven't, now is the time to have that chat.

APRIL

There is never a bad time to create and follow a monthly budget. If you do, it will be one of the best things you do in 2020.

If you want to make progress and get your finances under control, a budget could be the key to achieving both. I meet people all the time who make a lot of money but they're struggling every month. It's not the amount they earn that's the problem, it's how they manage it.

But when they commit to starting a budget and more importantly, commit to sticking to one, things begin to change and make much more sense in a short period of time, and they can see what the problem was and what they need to do.

There are many different tools available to create your spending

plan e.g. write it down, use an excel spreadsheet or use an online tool. I personally like using an excel doc. It's easy to record, easy to follow and easy to see which areas you are doing well in and which you need to pay more attention to.

MAY

Make this the month you commit to (a) stop adding to your existing debt and (b) start destroying what debt you already have.

Debt is the biggest enemy to wealth creation. It impacts your monthly cash flow and takes away funds that could be applied to other areas of your finances, so the quicker you are debt-free the better.

The big advantage to getting out of debt is not the interest saving - yes that's an excellent consequence - but for me it's being able to use that money you'd otherwise be making towards loan repayments, and applying it to other areas of your finances like investments, savings, overpayments on a mortgage, children's education, your pension fund etc.

JUNE

This month I want you to do two things: (1) look at your savings rate and see if it can be increased and (2) assess your emergency fund.

Ideally, you should be saving at least 10% of your income which is separate to whatever you're contributing to your pension each month.

If you're struggling to save anything at all, rather than focusing on 10%, focus on 1% or 2% and gradually increase your savings rate over time. To help identify how much you can save and where it will come from, record what you spend your money on over a 60 or 90-day period and that will give you a good idea of those areas you could reduce your expenditure in.

In relation to your emergency fund, now is the time to check in and see if the amount you have saved is adequate. Unexpected expenses occur all the time and you need to be prepared for them regardless of what age you are or what income you earn.

Holding somewhere between three and six months of your net monthly income is a good number to aim for. Next week, I will continue with months July to December.

ASK LIAM

Our personal finance expert answers your questions ...

Q: Last year, I invested into a low risk pension fund with a risk rating of 3. It performed fine, but some of my work colleagues were in a risk rating 4 fund and made much more than I did. I don't want to make the same mistake this year, so I'm thinking of moving everything into a higher risk fund, what do you think?

A: The signs for 2020 are reasonably good and in a couple of weeks' time I'll be giving you my predictions for the year ahead.

But despite that, you need to be cautious as well. If you feel you want to increase your exposure to a higher risk fund, I believe a good play when choosing to transfer all or a specific amount from your current fund, the strategy most investors adopt is to increase their equity holdings to a half way point, which is somewhere between the maximum amount they would hold in equities and what their average exposure is.

Let me explain.

The typical equity holding for a fund with a risk profile 3 is about 40%. A fund with a risk rating of 4 holds c. 60% in equities and a risk rating 5 is 79%.

So, if you wanted to increase your exposure to a risk rating 4, the amount you should transfer over is 10% of your current fund i.e. 50% of the difference between what you currently hold in equities and the up-lifted amount.

If the value of your fund was for example, €100,000, then you should transfer €10,000 to a fund with a risk rating of 4 and leave €90,000 where it is.

If you wanted to move some of your fund up to a risk rating 5, then your midway point between your current holding and a risk rating 5 is 19.5% (79% - 40% x 50%) so you should transfer over €19,500 and keep €80,500 in the fund with the risk rating of 3.

Extra 630 on-campus beds

Accommodation: Shared bedrooms introduced to 'meet growing demand' for UL students

REBECCA LAFFAN

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UNIVERSITY of Limerick is to add hundreds of extra beds to its on-campus accommodation to meet growing demand and to provide a more affordable option for students.

UL has announced it will introduce a shared accommodation (twin room) option which will add 630 extra beds to its existing on-campus accommodation offering in time for the new academic year this coming September.

"With the growth in student numbers and following a detailed review of different options and a survey of student requirements, we

are planning to develop shared accommodation for students," explained UL President Dr Des Fitzgerald.

"Existing campus accommodation bedrooms will be retrofit as twin rooms rather than single rooms with the upgrade to be completed for next September, adding hundreds of new beds to those already provided in our six student villages. This will add another 630 beds to the 2,850 already available in our on-campus residences," Dr Fitzgerald added.

UL has experienced phenomenal growth in the past 12 years, with an almost 50% increase in student numbers from 11,500 to 16,300 in 2019. The University has consistently acted to adapt to this



More than 600 extra beds will be available this coming September

and to address future growth in providing modern spaces for education and research and further accommodation for students.

Michael Foley, chief operations

officer at Campus Life Services, which manages UL's accommodation offering, said: "We encountered significant demand for on campus accommodation in August 2019 which made it particularly challenging for both students and parents in the search for accommodation options at the beginning of term.

"In light of this demand and expected further growth at the university we will create twin bed options in existing accommodation on campus for September 2020. This will help to address the challenge on supply of accommodation in the short term but also provides a more affordable cost option for parents with twin room costs ranging from under

€3,000 to €4,250 per person which includes utilities and UL Sport membership," he added.

In spring 2019, UL's Campus Accommodation was ranked number one in Ireland for both accommodation quality and cost in the 'I-Graduate' international student barometer survey.

Last year also marked the completion of a €20m four-year refurbishment programme which significantly increased the standard of on-campus residences.

Rental fees for UL on-campus accommodation include full utility costs as well as full membership to the UL Sports Arena gym facilities, bedding, and access to free campus residence events as part of the Campus Life programme.

Woman killed in crash named

THE ELDERLY woman killed in last Friday's road traffic collision in West Clare has been named locally as grandmother Maureen O'Connell from Limerick city.

Maureen, aged in her 70s, and from the Ennis Road, tragically died after her car collided with a truck on the N68 Kilrush to Ennis Road at around 4pm.

The mum-of-three, originally from Tipperary Town and formerly of Gullivan Kennedy Insurance, was pronounced dead at the scene and was taken to University Hospital Limerick where a post-mortem was later carried out.

The road was closed off for technical examinations to take place.

"Gardai are appealing for anyone with information, particularly any road users travelling in the area at the time of the collision who may have camera footage to contact Kilrush Garda station on 065 9080550, the Garda confidential line on 1800 666 111 or any Garda Station," a garda spokesperson said.

Maureen will be laid to rest this Wednesday at Castlemungret Cemetery.

Limerick FC takes High Court action against FAI in row over 2020 licence

AODHAN O'FAOLAIN

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LIMERICK FC has launched High Court proceedings against the Football Association of Ireland over what the soccer club claims is its exclusion from participating in the League of Ireland.

The club brought proceedings against the FAI over the association's alleged failure to invite Limerick to submit an application for a licence to allow it to play in the League of Ireland First Division during the 2020 season.

Limerick, which late last year was the subject of a failed examinership process, claims the FAI is bound under its own rules to invite the club to submit an application.

Limerick claims the FAI has refused to do so, which has the effect of excluding it from competing in this season's First Division.

In addition, it claims that the FAI has allowed Shamrock Rovers B team to enter a team in the First Division, which the other clubs in the division are all opposed to.

It claims the decision to allow Shamrock Rovers second team take part is wrongful because it was taken by the FAI's board and National League Executive Committee and not by the FAI Club Licensing Bodies.

The court heard that the FAI in correspondence with the club never said that it was unwilling to allow Limerick FC to apply for a licence. However, the club says the deadlines were only missed due to certain "illegitimate demands" from the FAI.

In its proceedings, Munster Football Club Limited, represented by Frank Callanan SC, instructed by solicitor Ger O'Neill, seeks various orders against the FAI.



In a sworn statement Limerick FC chairman Pat O'Sullivan said that his relationship with the FAI had steadily declined over the course of 2019

The orders include an injunction requiring the FAI to take all necessary steps to permit Limerick FC to submit an application for a licence allowing it play in the 2020 League of Ireland First Division.

It also seeks injunctions preventing the FAI from excluding it from the League of Ireland, and restraining it from allocating any of

the club's assets, including its underage academy, to any other party.

It further seeks injunctions preventing the FAI from granting a licence allowing any third party to play in the 2020 First Division instead of Limerick FC until the FAI has complied with its obligations under the association's rules and

regulations.

On Monday, Ms Justice Leonie Reynolds, on an ex-parte basis, granted the club permission to serve short notice of the proceedings on the FAI.

The judge also agreed with counsel that Shamrock Rovers FC should be formally be made aware of the proceedings.



Crowe: 'No answer from Minister on Molex'

Redundancies: Many Limerick people to be affected by job losses

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THE Mayor of Clare, Cllr Cathal Crowe has criticised Finance Minister Paschal Donohoe for not responding to his call to support Molex workers.

The Meelick man, who is running in the Clare constituency in the general election, had written to Mr Donohoe seeking his department to put in place European funding to help up to 500 workers - including many Limerick people- who are facing redundancy as the electronic parts supplier winds down its operation in Shannon.

However, he says the Minister for Finance has yet to answer the letter.

"I asked Minister Donohoe to give serious consideration to preparing an application to the European Globalisation Fund so that workers facing redundancy at Avara, Molex and Roche can be financially supported in the difficult months ahead. Beyond acknowledging receipt of my email Minister Donohoe's office never responded to the salient points that I raised," Cllr Crowe said in a statement.

European Globalisation Funding was put in place for Dell workers who lost their jobs between 2009 and 2010.

It could be used for a variety of measures, including retraining, the development of new enterprises, and back to education allowances.

However, the scheme was criticised, with many people claiming it was difficult to access the funding.

2020 is set to be a difficult year in the Banner County, with at least 700 staff



losing their jobs, the lion's share at Molex, Roche and Avara. It's understood at least half the staff at Molex would commute from Limerick.

Cllr Crowe said: "This could end up being even higher when other smaller industries in the supply chain are factored for. The combined job losses will have a major, unprecedented impact, on the Clare economy. The European Union's Globalisation Adjustment Fund may be an appropriate mechanism through which the redundant workers can be

Mayor Cathal Crowe wrote to Finance Minister Paschal Donohoe requesting help for Molex staff PICTURE: EAMON WARD

supported. A decade ago the European Globalisation Fund successfully paved the way for those laid off at Dell's Limerick plant to retrain and return to employment. The fund enabled others to set up their own businesses."

In a statement, the Department of Finance said they did respond to Cllr Crowe informing him it's a matter for the Education Minister Joe McHugh.

It passed on his correspondence to Mr McHugh for his further attention on the matter.

Bill-ection for Cook's Doherty

THE Irish Medtech Association, the Ibec group representing the medical technology sector, has announced Cook Medical's Bill Doherty has been elected to its board.

Mr Doherty, who is the firm's executive vice-president for Europe, the Middle East and Africa, is now on the top table at the European trade association for the medtech industry.

Mr Doherty said: "As a long-serving board member of the Irish Medtech



Bill Doherty, Cook Medical

Association, I'm delighted to be given this opportunity to represent the Irish medtech industry in Europe. Ireland has emerged as a global medtech hub, in order to ensure that we continue to deliver life-changing solutions for patients we must explore new ways to support innovation and the growth of this industry."

Emerald Aerospace is flying

AN Upper Mallow Street company has benefitted from a six-figure boost.

Emerald Aerospace Group is flying to further success after being given €350,450 under the Enterprise Cluster Scheme.

The group is a cluster of 14 indigenous manufacturing companies, brought together in early 2017, with the specific purpose of enhancing Aerospace manufacturing export revenues and growing aerospace business in Ireland.

The grant, which came as part of a call under the Regional Enterprise Development Fund, was welcomed by Senator Kieran O'Donnell.

"The fund is designed to support projects that support job creation and I am delighted to see our local area and wider Mid-West benefit in this way," he said.

Plassey firm to help world's poorest

A PLASSEY technical firm has partnered with a local charity to raise money for some of the poorest children in the world.

Open access internet provider Enet, based in the National Technology Park, has linked up with the Hope Foundation to raise more than €70,000 for street children in Calcutta, India.

The two year partnership will see the company - which employs 130 people - host a series of fundraisers to support healthcare, counselling and education services in India.

All monies raised will support the running of a boys' home in Kolkata. The funding will be directly targeted to the Punorjibon ('New Beginnings') Rehabilitation Home, which caters for solvent-addicted children, many of whom have been victims of daily torture, domestic violence, or been abandoned. In response, the home provides education, healthcare and



Partnership: Peter McCarthy, Enet and Maureen Forest, the Hope Foundation

nutrition services to the boys in its care, as well as vocational training - with the ultimate aim of rehabilitating and then reintegrating the boys into mainstream society.

Limerick woman Maureen Forrest, the founder and honorary director of the Hope Foundation, said: "Every euro and cent raised will be targeted at the running of the Punorjibon Rehabilitation Home and will allow us to be there for children who need it, when they need it the most. On the back of this partnership, we're looking forward to delivering high impact services that provide education, healthcare and nutrition and we are confident that this will go a long way to reintegrating the boys into mainstream society, giving them an opportunity to create a sustainable and joyful future."

The Enet Group comprises of Enet, Ireland's largest wholesale, open-access network provider, as well as AirSpeed Telecom, a leading provider of high-performance telecommunications products and services to enterprise, public sector and medium sized businesses.

Laurel Hill hosting lunch in Strand to celebrate FCJ bicentenary



Past and present staff and students of Laurel Hill Secondary School gather together to launch the celebrations of the FCJ Bicentenary. Come join them in their celebrations on Sunday, January 26 in The Strand Hotel, for a Prosecco reception and three course meal. Tickets available from the school website

PICTURE: MICHAEL COWHEY.

92 patients on trolleys at UHL ED
ENOUGH IS ENOUGH !

**MID-WEST HOSPITAL CAMPAIGN
PROTEST MARCH**

**FOR
PROPER**

HEALTHCARE



**SATURDAY FEBRUARY 1st
ASSEMBLE 1pm AT
ST. JOHN'S HOSPITAL, LIMERICK
MARCH TO BEDFORD ROW**

**SUPPORTED BY
STAND UP FOR MENTAL HEALTH LIMERICK**

THE DOLLS' COMPLAINTS

BY KEEVA DELANEY

Available from Dunnes Stores Nationwide
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stores Limerick.



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



Irene Hehir, Women's League Limerick Utd, Tommy Barrett, academy manager, and Conn Murray, interim chairman, Limerick Utd pictured at the launch PICTURES: ARTHUR ELLIS



Dave Mahedy and Billy Barrett, Limerick United at the launch of Limerick United in the Castletroy Park Hotel

Out & About

LAUNCH OF LIMERICK UNITED FOOTBALL CLUB

Pictures: DAVE GAYNOR



Denis Hynes, FAI development officer, County Clare and Ursula Scully, North Tipperary School Childrens League



Sean O'Brien, commercial manager, Limerick United, John Fennessy, secretary of Limerick United, Irene Hehir, Limerick U-17 girls' manager, Conn Murray, chairman of Limerick United, Trevor Moroney, vice chairman of Limerick United, and Tommy Barrett, Limerick United at the launch of Limerick United in the Castletroy Park Hotel



Barry McGann, FAI development officer, Limerick, and Trevor Lovell, FAI at the launch of Limerick United in the Castletroy Park Hotel



KEEP IT LOCAL!

Limerick businesses in the spotlight



Free Dinner Trust online thanks to AGENT Digital

THE Free Dinner Trust which provides a free dinner service to around 100 people in Limerick each Sunday, is now online with its new website which can be found on www.freedinnertrust.ie.

The primary function of The Free Dinner Trust is to provide free meals on Sundays (and certain public holidays, including Christmas Day) to those disadvantaged by homelessness and poverty within the city of Limerick and its environs.

The Trust is a warmly hospitable, inclusive community acknowledging the differing circumstances, preferences and abilities of individuals.

The Trust provides opportunities for, and encourages, all individuals within the Free Dinner Trust community to flourish, with particular concern for those who are disadvantaged. Modelling a caring family, interchangeability of roles as volunteer and diner is encouraged through respectful encounter and relationship as equals.

Leading Limerick digital agency AGENT Digital have supported the Free Dinner Trust by creating and hosting the www.freedinnertrust.ie trust website. AGENT Digital MD Kevin Meaney comments: "It is an honour for me and the team here at AGENT Digital to have the opportunity to support the Free Dinner Trust which provides an

incredible service to Limerick city".

Gordon Milne, Treasurer of The Free Dinner Trust highlights "All the trustees are very grateful to Kevin and the AGENT Digital team for generously donating their services in creating and supporting the Trust's website which is helping us to engage with the Free Dinner Trust community and attract new volunteers."

The service operates out of Limerick Youth Service café in Glentworth Street, and so far has gained more than 50 volunteers 10-12 of whom help out each week.

The Trust receives funding from many sources (see www.freedinnertrust.ie) including The Redemptorist Poor Campaign and the JP McManus Charitable Foundation.

Anyone who would like to volunteer their time to support the Free Dinner Trust can contact the Trust through the Trust's website at the following address www.freedinnertrust.ie.

AGENT Digital is an award winning digital agency based in Limerick city for over 12 years. AGENT Digital provide a full range of digital services including Website Design & Development, Website Hosting & Maintenance and Digital Marketing services which include Search Engine Optimisation (SEO). You can visit the AGENT Digital website on the following link: <https://agentdigital.ie/>



Gordon Milne and Shirley Shorten of the Free Dinner Trust with AGENT Digital MD Kevin Meaney pictured outside the Limerick Youth Centre at the launch of the Free Dinner Trust website

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ENTERTAINMENT

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

Cafe singalong for Dolores

A SPECIAL event paying tribute to the late rockstar Dolores O'Riordan will take place in the city centre this Wednesday evening, to mark the second anniversary of her death.

Piani Luimni will present a special listening party and singalong at the Bowes Ryan cafe at Arthur's Quay shopping centre between 5pm and 7pm.

During the special commemorative event, audiences will get an opportunity to listen to the Cranberries' Grammy-nominated *In The End*, released this April.

This November, the band, which has sold over 40 million records, was nominated for their Grammy award in the Best Rock Album category.

The ceremony takes place

on January 27.

The event is supported by the Limerick Arts Office and Creative Ireland.

"The Bowes Ryan cafe will be open for nibbles and dribbles. The Shannon will be in the window looking noble and glorious as usual. We will have the album cranked. We will have guitars, voices, mics and PA to singalong. And we will create a space for to gather and remember her," organiser Mark O'Connor said this week.

Limerick City and County Council and the O'Riordan family launched the inaugural Dolores O'Riordan music bursary, which was awarded to Caherdavin singer-songwriter Emma Langford.

The award is worth €4,000.



The tribute event for the late Dolores O'Riordan takes place this Wednesday

Poetry to make welcome return to the White House this month

FOR the first time in more than three years, poetry is to make a return to the White House.

There was upset back in 2016 when the famous weekly poetry revival finished when the pub was sold, with the Glentworth Street premises' new owners deciding against holding a poetry night.

These weekly events did survive initially in Tom and Jerry's Pub, and then at Brendan O'Brien's pub in Roches Street.

While events will continue there, there will be a launch of a new poetry book in the White House, with Tom McCarthy, the man who kept the revival alive following the retirement of its founder, the late Barney Sheehan putting his collection on show.

The event is being organised by the Limerick Writers' Centre.

Dominic Taylor, its director said: "It was in 1954 that the poet Desmond O'Grady first began a weekly poetry reading in the White House, aided and abetted by the then proprietor Ita Fitzgibbon, whose name can still be seen over the pub on



Tom McCarthy, who took over the running of the weekly poetry sessions from the late Barney Sheehan, left

the O'Connell street side. This began an association with the arts, and literature in particular, that continued through the decades. Many famous writers have visited the pub including the war poet Robert Graves and author Frank McCourt being among the many notable visitors."

"After many years and many owners since the 1950s, Barney Sheehan in 2013 revived the weekly poetry gatherings. In the process he revolutionised

the poetry scene in Limerick, and in Ireland also.

"His introduction of an open-mic for anyone who had a poem they wanted to recite changed the poetry scene from being an enclosed, private occasion for the few, to the domain of the man," he added.

Tom is dedicating his new book to the late Barney, who died in 2018, and he hopes all those who have read a poem at the weekly session will turn up, recite and remember his old friend.

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METIS MUSIC FOR MENTAL HEALTH AT DOLAN'S WAREHOUSE



Helena Hanrahan, Lucy O'Hara and Sarah Counihan at the Metis Music for Mental Health event in Dolan's Warehouse

PICTURES: DAVE GAYNOR



Alex and Denise Dunne at the Metis Music for Mental Health event in Dolan's Warehouse



Gary Dwyer and Marcella McGrath attending the event



Michael Meleady and Donal O'Keeffe



Ger Meehan and Mike O'Hara at the Metis Music for Mental Health event in Dolan's Warehouse



Phil and Fergal Deegan enjoying the event at Dolan's Warehouse



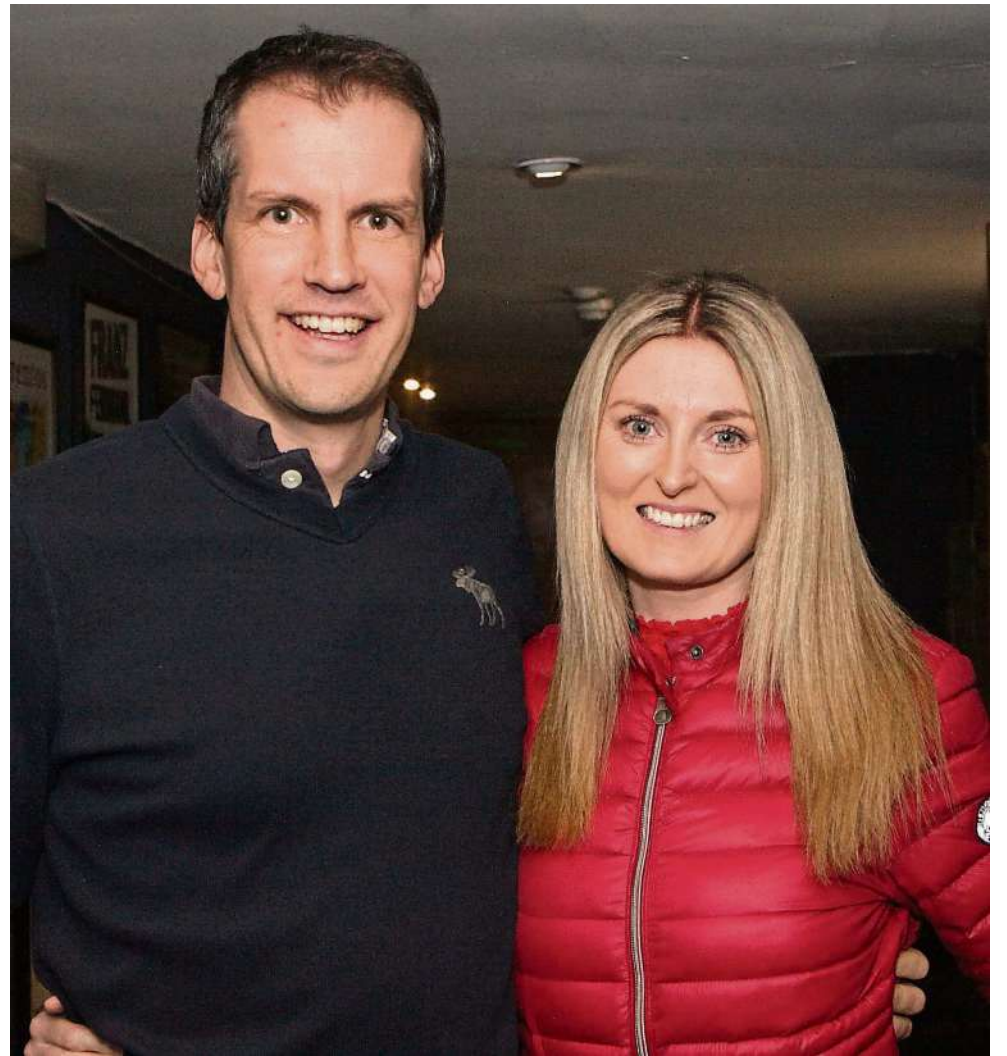
Alan Flynn and Peter Corbett supporting the event



Laura Mannix and Molly Cantwell at the Metis Music for Mental Health event in Dolan's Warehouse



Fiona Hayes and Colin Scanlan



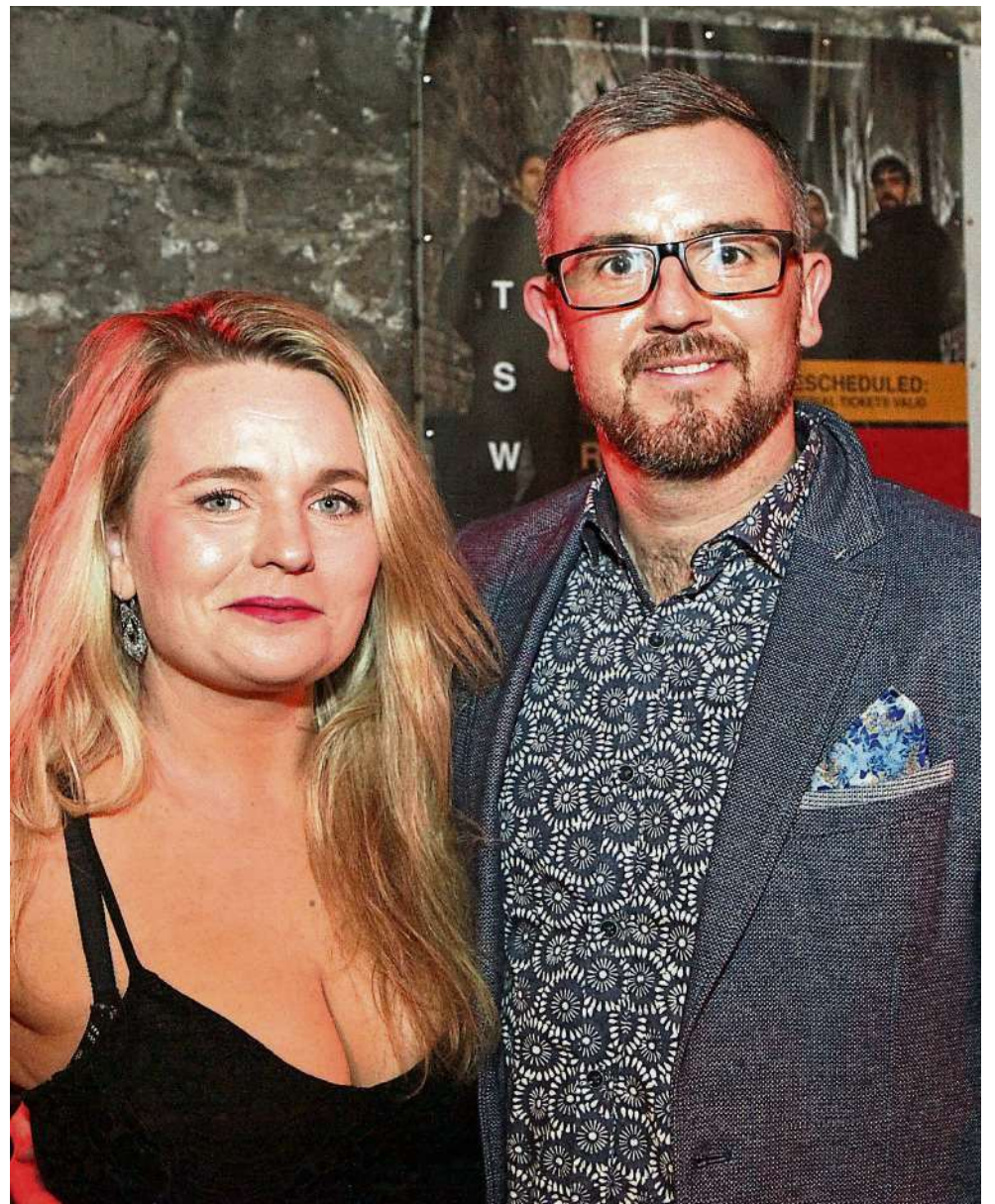
Sean Óg and Elva O Conaire supporting the event



Paul Meeneghan and Mary McNamee at the Metis Music for Mental Health event in Dolan's



Rose and Margaret Daly enjoying the event at Dolans



Fiona Hayes and Colin Scanlan at the Metis for Mental Health event in Dolan's Warehouse



Alexandra and Arthur Slowinski at the Metis Music for Mental Health event in Dolan's Warehouse



Amanda Smith and Matt Ring at the Metis Music for Mental Health event in Dolan's Warehouse



The High Kings play the UCH this Friday

Puppets, country music and opera are among this weekend's highlights in Limerick.

You can also see two great comedy shows, revisit the music that made your grandparents sweat and catch one of the few decent tribute bands on the Irish music circuit.

There's lots of variety this weekend!

Thursday (January 16)

The Three Amigos are at the University Concert Hall this Thursday night. Jimmy Buckley, Robert Mizzell and Patrick Feeney have all had very successful solo careers on the Irish country music scene and a few times a year combine their forces to perform a concert that's half-country, half-comedy. You can expect a full night of laughter and both of the country music songs you like. There are very few tickets left for this show, so if you've a hankering to see it, get your ticket as soon as you can. 8pm, tickets are €32.50.

Friars' Gate Theatre in Kilmallock is screening Irene's Ghost this Thursday, part of the First Fortnight mental health festival.

The documentary is the story of a film-maker on a quest to find out more about his mother, who died when he was just three and was never mentioned by his family.

It's not the heaviest-hitting of documentaries but is a wistfully wonderful watch. As Philip Larkin wrote, your parents may make bits of you, but sometimes they don't mean to. 8pm, tickets are €7.

Friday (January 17)

Portland soprano Nicole Hanig is in St Mary's Cathedral this Friday to perform songs inspired by social justice themes.

Wandering In This Place is a concert that will presumably

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

highlight the history of feminism, class struggle, race battles and forced emigration. You probably wouldn't get that in a Catholic church.

In any case, you're assured of some decent classical music.

Dr Hanig will be accompanied by members of Limerick's Opera Workshop ensemble, so you know it's going to be classy.

It starts at 6pm and it's a free gig with a retiring collection, which means you can leave a few quid on the way out but nobody's going to burn you if you don't.

People who allow RTE in their house will know Cork comedian Norma Sheahan from every Irish sitcom in the past 10 years, as well as a frequently comic appearance on Ireland's Fittest Family.

She's in the Belltable this Friday with her new comedy show, Heal Your Hole.

You're probably waiting for me to rise to the bait of the show's title. I'm not going to do that. As I've recently returned to my yoga class and one of the poses is to heal your hole in order to, well, heal your hole, I'm not in any position to laugh at healing any hole.

The show starts at 8pm and tickets are €15 / €13 concession.

The High Kings are bringing their Irish folk 'n' roll show to the University Concert Hall stage on Friday night.

They play 13 different instruments between them, usually not at the same time, making them like Prince... but with folk music and with four people.

One of those instruments is the banjo, so this is your legal warning that if you go to this gig you will be exposed to the sound of the banjo and there is no comeback.

They've had yet another personnel change since they last played Limerick, losing George Murphy and gaining Laois

musician Paul O'Brien, so the reformed quartet will be very eager to show that they're still the stars of Irish balladeering. 8pm, tickets are €33.

There's a full weekend of country music at the Woodlands House Hotel in Adare this weekend, kicking off on Friday night with Gerry Guthrie, who's battled fierce competition to become the finest Irish country singer to emerge from county Mayo.

I can't name any others, so I assume he killed all the challengers.

He'll be followed on Saturday night by a double-header of Ciaran Rosney and Stuart Moyles, with the weekend coming to a dramatic pickup-stealing close on Sunday with Derek Ryan. All shows start at 8:30pm and tickets

for each night are €15.

Saturday (January 18)

Puppeteer Miriam Lambert is at the Belltable this Saturday afternoon with The Three Little Pigs.

Mammy Pig has raised three fine piglets, all of whom take out loans from the bank to build the houses of their dreams.

Unfortunately, two of them are persuaded by rogue builders that they can get crappy houses made of straw and sticks past the local planning board - and if that wasn't enough to curl your toes, there's a big bad wolf on the prowl.

He's probably working for the planning board, so he's not all bad, but in this story he is.

Lots of fun for children aged three and above and they'll learn something about decent construction



Above: Three Little Pigs is in the Belltable on Saturday, while Norma Sheahan plays there on Friday



The Three Amigos are at the University Concert Hall this Thursday night

while they're there. 2:30pm, tickets are €8.

Neil Delamere is making people laugh in the University Concert Hall on Saturday night.

In his 2011 TV show 'The Only Viking In The Village', it was revealed that his ancestors poured urine on their clothes.

With a pedigree like that, he'd be a shoo-in for the 2020 US presidential election. But in the meantime he's got a comedy gig to do. It starts at 8pm and tickets are €25.

Thin Az Lizzy play Dolan's Warehouse this Saturday night.

Tribute acts don't usually make it into this column but they're really fricking good and, as Thin Lizzy's Philo has been dead for 34 years now, you can't fault them for doing what they do. Doors at 9pm, tickets are €15.

Sunday (January 19)

It's showband night at the University Concert Hall this Sunday, with stars of the pre-disco swinging set lining up to remind you of the era when Ireland hadn't yet embraced proper rock & roll.

Red Hurley, Linda Martin and Shaun O'Dowd are headlining Reeling In The Showband Years, the annual tour that will presumably continue until time takes its inevitable toll and they all shuffle off to the great no-alcohol dance hall in the sky.

Ronan Collins compères, as usual, and will insist on singing Joe Dolan songs in his own style. There are worse hobbies, in fairness. 8pm, tickets are €30 / €28 concession.

All weekend

The Hughie O'Donoghue exhibition is at the Hunt Museum until January 26.

The four exhibitions at Limerick City Gallery run until January 26. All free to see.

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



LEADER LIFE

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

'I love what I do so it never feels like a chore'

What time do you get up?

I'm really not a morning person so I'll usually hit the snooze button a couple of times before I get up. Generally I'm up at around 7.30am during the week but I love a nice lie in at the weekend.

What is your normal breakfast?

If I get up in time to have breakfast I'll make a bowl of porridge and a cup of tea to start the day.

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

I've just signed up to a new Pilates class so I'm really looking forward to getting back into that. Also, now that I'm working out in UCH I have no excuse not to go for a walk around the campus after work. It really is beautiful all year round so I'm going to try to take full advantage of that!

You arrive at the office at what time?

I usually arrive in at around 8.45am but it all depends on the traffic!

What are your first duties?

I'll have a quick look through my emails to start with. Then I'll check social media and answer any enquires about shows. I'll have a look through our daily sales report and see how ticket sales are going and what I might need to focus on in the coming days.

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

I'd usually have three or four cups of tea a day. I very rarely drink coffee unless it's a particularly long day.

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

There are so many great options on campus so we are very lucky. I'll generally grab a soup or sandwich in Allegro which is located in the Concert Hall. Although one of my new year's resolutions is to bring my lunch in to work. So far I've managed to do that once....it's only week 2 of January!

Do you have many meetings during the day?

It really depends on what's going on. We try to keep meetings to a minimum and keep them efficient as everyone is so busy. I'd maybe have one meeting a day but we are a close-knit team so we are constantly in touch



A Day In My Shoes

Claire Howard

Marketing and sales manager UCH

throughout the week.

What time do you finish up at?

Again this varies day to day. If we have a show on at night time I'll sometimes stay back to capture some content for our social channels. It's always lovely to meet patrons coming through the doors to a show and to experience the buzz around the Concert Hall pre show. When there is no show on I try to leave the office by 6.30pm.

Do you watch much television?

Very little television unless it's Room to Improve although I'm

sure I'll get hooked on Love Island again this season. Mostly I'd watch something on Netflix.

Do you read newspapers?

Yes, we get a delivery of local newspapers into the office every week and I love flicking through them to see what's going on in Limerick.

What do you do to relax?

I love reading so generally I'll finish my day by reading a good book. On a Friday night I like curling up on the couch with a glass of red wine and watching a movie with my husband.

Are you able to leave the

Claire: The buzz pre show in the Concert Hall is always brilliant

office behind?

With social media being such a large part of my job there is a tendency to always be checking in but I love what I do so it never feels like a chore.

What is a perfect work day?

My favourite days are the days we have a show on. The buzz pre show in the Concert Hall is always brilliant and the new bar in the atrium creates a really lovely atmosphere. Panto season has just finished but those shows really were the best. To see the kids all so excited, all dressed up, singing and dancing along is pure magic! The atmosphere was electric.

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

No, I'm pretty level headed and try to take things in my stride as much as I can.

INSIDE THIS WEEK



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Group support to help with baby
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JANUARY BLUES

Patrick with tips to beat the blues
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BRIDAL EXHIBITION

Best looks from weekend event
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Meet our brave new leaders on OT 2020



MENTAL HEALTH MATTERS

DR EDDIE MURPHY

CLINICAL PSYCHOLOGIST
ADJUNCT ASSOCIATE PROFESSOR
UCD SCHOOL OF PSYCHOLOGY

Operation Transformation has a new home in the middle of Ireland in Tullamore, Co Offaly and it's all very exciting.

As a Midlander, it's great to bring the excitement and wellbeing message of Operation Transformation (OT) from this often overlooked and beautiful region.

It's early days yet for our leaders and it's going to take me a number of weeks to get "under the hood" and figure out truly what's going on.

Saying that, my clinical intuition is in overdrive picking up on some early areas of gains for our leaders.

Let's meet the leaders.

LORRAINE 46YRS - CAVAN - STARTING WEIGHT 12ST 5LBS

Lorraine is a barber and business woman who has lost her way. She is our lightest and oldest leader.

With her partner Terry she has two wonderful children Mia and the energetic toddler Jodie. She is the classic "Pear Shape".

Lorraine has the oldest metabolic age of 61 which reflects the ratio of muscle/fat in the body.

The aim for Operation Transformation is a 10% weight loss.

As a former marathon runner who has raised thousands for Cystic Fibrosis Ireland Lorraine will succeed.

She introduced me to a new word a "Foosie" which is a Cavan word for a treat. Too many chocolate treats is Lorraine's downfall. Lorraine has work to do on her poor body image. I think I will be working in that area!

SHANE 29YRS - LOUGHREY, GALWAY - STARTING WEIGHT 20ST 7LB

Busy, busy, busy Shane. I can't



It's early days yet for our leaders and it's going to take me a number of weeks to get "under the hood" and figure out truly what's going on

keep up! Let me enlighten you. He is a teacher, a musical theatre director doing shows all over the country and a dad to four children.

He is a classic apple shape, like myself, where our weight is carried in the abdomen which carries a higher cardiac risk. He is a classic dashboard diner.

I have a massive level of curiosity regarding Shane as anyone watching his life would wonder how he can stretch the laws of physics and make time! I have great admiration for Shane; the courage he showed stepping out in front of the nation was epic.

BARRY 39YRS - CORK - STARTING WEIGHT 29ST 4LBS

Barry is big in all ways. A chartered physiotherapist, a rugby player, he comes in at 6ft 7inches.

Barry is married to Andrea and they are our first OT couple. Of Barry's 29 stone odd he has, wait for it, 16 stone 12 lb is muscle.

As OT is all about sustainable weight loss and given this amount of muscle which has a higher metabolic rate, Aoife has increased his portions. So as a rule of thumb



Barry and Andrea are the first ever couple to appear together on Operation Transformation

if you are over 23 stone follow Barry's plan.

Poor Barry's reports already indicate that he is hungry; I have never heard of an OT leader hungry. I suppose it's all about recalibration. I have challenged Barry to give up vaping.

Bottom line OT is all about wellness and increasingly the evidence against vaping is emerging.

ANDREA 31YRS - CORK - STARTING WEIGHT 21ST 2LBS

Andrea is a senior scientist in a pharmaceutical company. I think Andrea's biggest issue is eating similar sized portions to Barry's.

It's important that Andrea doesn't compare her weight loss

journey to Barry's - after all men have the advantage of testosterone when it comes to losing weight.

They are a lovely couple, who are six months married and plan to have a child. As I explore driven Andrea I want to understand is she driven for herself or to please others?

TANYA 33YRS - CORK - STARTING WEIGHT 14ST 11LBS

Tanya, a care worker and mum to four children, Abbie 16, Rian 10, Mark 5, and Odhran 1, is a busy lady. I suspect there are confidence and self-esteem issues.

The biggest first hurdle is that Tanya is a Coca Cola addict drinking 10-12 cans per day, waking up at night to drink Coke, planning

purchases so she never runs short, a slab of 24 cans every two days.

This is going to be a such a tough week for Tanya, the withdrawal, and craving. Even the thought of it from Tanya coming in on the first weight in was over whelming.

Fingers cross for Tanya; if she cracks this is she well on the way.

Our Leaders are so brave. It is through their lives that they offer us all, including myself, insights into making changes that enhance our health and wellbeing.

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



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Best way to fight the flu this winter

I am surrounded with sickness these days more than ever.

Wherever I go, people complain of terrible chest tearing coughs, sore throats, aches and pains that are incredibly hard to shift, and the hospitals are crammed worse than ever.

Looking back on the past few years, the flu seems to be harder and harder to beat - and that is because the virus is well able to mutate to make it harder for our immune

system to beat it - which also seems to be the problem behind vaccinations not always delivering the expected effects.

Influenza, commonly known as 'the flu', is a highly contagious viral infection of the respiratory tract. It affects all age groups, though kids tend to get it more often than adults.

The flu is often confused with the common cold, but flu symptoms usually are more severe than the typical



The flu can knock out the hardiest of individuals and can lead to more serious illnesses, like pneumonia

sneezing and stuffiness of a cold. Symptoms, which usually begin about two days after exposure to the virus, can include: fever, chills, headache, muscle aches, dizziness, weakness, loss of appetite, upper respiratory complaints, including the

ears. Small children and infants with the flu also may seem fussy suddenly or just "not look right".

After five days, fever and other symptoms have usually disappeared, but a cough and weakness may continue.

All symptoms are usually

gone within a week or two. The weaker your immune system is, the longer it takes to get over it.

However, it's important to treat the flu seriously because it can lead to pneumonia and other life-threatening complications, particularly in infants, senior citizens, and people with long-term health problems. And if we don't allow ourselves time to recover fully, it may linger on for months or cause further complications.

Once you have caught the flu, all you can do is support your immune system by getting plenty of bed rest, keep yourself warm, sweat as much as possible by taking hot baths before going to bed and taking home made remedies.

It is best not to eat at all, but drink nourishing bone broth made of any bones, soup vegetables, herbs,

onion, garlic and ginger. Drinking this throughout the day along with hot ginger-licorice tea with fresh lemon juice will support your healing the best.

Take also Vitamin C with Zinc every 2-3 hours, Echinacea drops or elderberry three times a day, cod liver oil and a diverse probiotic to help build your white blood cell army.

Once you start to recover - and if you are blessed enough not to have caught the virus, make sure to avoid anything that weakens the immune system; sugar and processed foods, alcohol, stress and lack of sleep. Shiitake, a medicinal mushroom, is one of the best to help support the nervous system and modulate the immune response to fight viruses. Eat fermented foods, vegetables and oily fish to keep your body in top fighting form.

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POSITIVE PARENTING

LOVE PARENTING 

Top Tips

For Getting Outside for Some Winter Fun

It's cold, windy and often rainy, but there are still lots of fun ways to get out, get active and have fun as a family!

1. Make sure everyone has warm, waterproof gear to hand, so when the mood strikes you, you can head out without too much hassle
2. Keep it simple—a bike ride, a visit to a playground (which are often much quieter at this time of year so children can run around more freely), walks around town to find landmarks, can be lots of fun and don't require much planning.
3. Think Spring! Start to look for the emerging snowdrops, crocuses, frog spawn, returning birds, etc—pick a favourite spot and check back on a regular basis for signs of new life. Bring a camera or drawing book along and create a nature journal
4. Have something warm and tasty ready for when you return home—a warm bowl of soup or a cup of hot chocolate will warm up both body and soul after your wintery adventures.



Parent & baby/toddler groups are a lifeline

The expectations and realities of parenthood can be quite different. Plans for maternity or parental leave usually include leisurely days where yourself and your sleepy newborn will finally have the time to catch up with friends, household projects and all those other things that have been on the long finger for so long. There will be, without a doubt, plenty of those lazy, hazy days. There are also other days; the ones where a shower is like a gift from the gods and getting dressed feels like a major achievement. You realise that time isn't your own because there's a new (tiny) sheriff in town and that you haven't had a conversation with a grown-up all day. This is where a local Parent and Baby/Toddler group can throw you

a lifeline.

As the name suggests, these groups benefit both parent/carer and child. While your baby or toddler has an opportunity to interact with babies of similar age and developmental stage, you can enjoy a chat with other parents/carers and pick up some very helpful information and tips from that peer group, as well as from the group leader. They provide a weekly space that has a subtle structure – for example, free play, craft activity, tidy-up, snack, story and song – and which allows both you and your child to meet friends, explore new things and learn.

The group provides a weekly window, usually for 60-90 minutes, where you can meet with others

who understand exactly where you are at this particular point of parenthood. Suggestions for dealing with sleepless nights, easing the pain of teething, sibling rivalry and finding time for yourself are generally always points of discussion.

The sessions also provide a great opportunity to see developmental milestones in action. Your baby, for example, might be a newborn but there may be a mom with a three-month old in the group, or a dad with a nine month-old who is crawling.

It's fascinating to see what lies ahead and again, to pick up some ideas from other parents/carers.

For some parents, grandparents and carers, the weekly catch-up and

opportunity to learn about play or language development is enough.

For others, the understated hand-holding and support makes them that bit more confident in their parenting role. Which ever you are, it doesn't matter; if you are caring for a baby or toddler, these groups are a welcoming and supportive place for you.

This article was contributed by a member of Parenting Limerick. Parenting Limerick is a network of parenting and family support organisations.

For a full listing of parent baby and toddler groups go to www.loveparenting.ie/

baby-toddler-groups or contact Limerick Childcare Committee www.limerickchildcare.ie

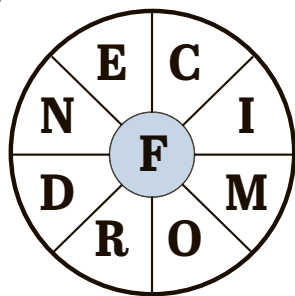


SUDOKU

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

WORDWHEEL

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



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

DOUBLE CROSSWORD

Cryptic Clues:

Across

- Private coach has to remain outside, according to the law (9)
- Not a good man, we hear, in the church (4)
- The best astronomy student? (4,5)
- They may be male birds or hens perhaps (6)
- Employing a rousing finale (5)
- Unhappy time for a bull (5)
- A great sea power (4)
- Thus America produced a great composer (5)
- They may be fast, but only without running (4)
- It comes from a bird and sounds inexpensive (5)
- Sharply inclined to be exorbitant (5)
- She may have to raise the issue (6)
- River rose perhaps - to fill it? (9)
- One has a lot of fun with it! (4)
- A fresh run on the daily presses (9)

Down

- In the team as an extra occupation (2,3,4)
- Musical pieces start openly but not exactly sure later (9)
- Adds up the drinks (4)
- Weeds are found in the back street (5)
- He's out of form (6)
- Close in an attack (4)
- Cheap cuts? (5)
- Appropriate (5)
- Help the dealer? (4,1,4)
- Mince meat Peter finds neither hot nor cold (9)
- Man of many parts (5)
- Accentuate, in a manner of speaking (6)
- Young swimmer in wild revel (5)
- You might say it when offering a gift, or present (4)
- Pronouncedly mean manner (4)

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			
27												

Quick Clues:

Across

- Helplessness (9)
- Space (4)
- Monetary (9)
- Students' residence (6)
- Feeling (5)
- Taut (5)
- Box (4)
- Attain (5)
- Society (4)
- Correct (5)
- Close together (5)
- Flowing (6)
- Tasty (9)
- Couple (4)
- Verbosity (9)

Down

- Designer (9)
- Agreement (9)
- Post (4)
- Speechify (5)
- Surplus (6)
- Applaud (4)
- Not so many (5)
- Disreputable (5)
- Short-lived (9)
- Pillagers (9)
- Pulls (5)
- After (6)
- Rule (5)
- Nothing (4)
- Ado (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.

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

LAST WEEK'S SOLUTIONS

DOUBLE CROSSWORD:
Cryptic: Across: 1 Duck; 3 All clear; 8 Junk; 9 Dove tail; 11 Cheap edition; 13 Endear; 14 Tender; 17 Streets ahead; 20 Eventual; 21 Omit; 22 Everyone; 23 Oder.
Down: 1 Dejected; 2 Contend; 4 Lloyds; 5 Chew the fat; 6 Erato; 7 Rely; 10 Apparently; 12 Creditor; 15 Dreamed; 16 Strain; 18 There; 19 Cede.

Quick: Across: 1 Male; 3 Compound; 8 Rage; 9 Disorder; 11 Intermediary; 13 Garret; 14 Scribe; 17 Schoolmaster; 20 Honoured; 21 Crop; 22 Preceded; 23 Smut.
Down: 1 Marriage; 2 Lighter; 4 Opined; 5 Provincial; 6 Under; 7 Dare; 10 Irresolute; 12 Decrepit; 15 Interim; 16 Allege; 18 Canoe; 19 Whip.

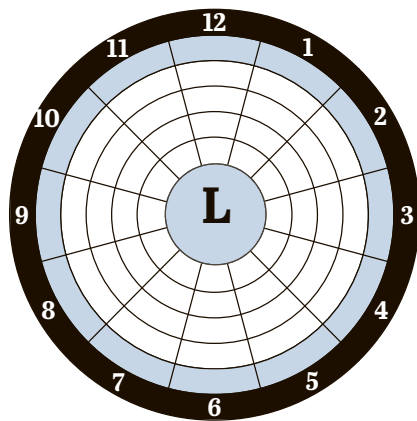
SUDOKU:
9 5 7 3 2 1 8 4 6
1 8 4 9 5 6 7 2 3
3 6 2 8 7 4 5 9 1
5 4 9 7 3 8 6 1 2
7 2 1 6 4 5 9 3 8
8 3 6 1 9 2 4 7 5
6 9 8 4 1 3 2 5 7
4 1 5 2 8 7 3 6 9
2 7 3 5 6 9 1 8 4

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

WORD WHEEL:
STEADFAST.

CLOCKWORD

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



- Fuel
- Regretful
- Infuse
- Warm-blooded animal
- Attack
- Fatal
- Spade
- Force
- Remember
- Tooth covering
- Cunning
- Human

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:

- 67559** gives a royal person;
3298 gives a royal person;
152453 gives a medical person.

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	6					15	21		
			10					11					
		14					13					16	
	10					10							
	14				11			14					
	13				7			15					
			30	8				9					
		13				6							
						20							
			29										
		18											
	10							22		19	15		
	10					13				12			
	9					6				14			
			5							6			
		4					22						
							9						
		12											

SPLIT DECISION

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

L	W	R	P	A	S	F	H	K
O				P	W			E
A								O
S	R	E	M	A	V	L	E	L
T				R	P			N
E								P
E	S	V	X	T	N	E	S	

SUDOKU

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

LAST WEEK'S SOLUTIONS

CLOCKWORD:
1 Shiver; 2 Armour; 3 Eraser; 4 Easter; 5 Dagger; 6 Jaguar; 7 Answer; 8 Father; 9 Finger; 10 Robber; 11 Editor; 12 Yammer.

CELEBRITY: Saeed Jaffrey.

NINER:
UNCLOTHED.

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

KAKURO:

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

SPLIT DECISION:

P	R	I	S	M
H		R		E
A	V	O	I	D
S		N		A
E	A	S	E	L



Aishling Casey, weddings manager, The Strand Hotel and Edel Casey and Mossie Bunyn, Ennis, at the Mid West Bridal Exhibition in the UL Sport Arena

Out & About

MID-WEST BRIDAL EXHIBITION IN UL ARENA

Pictures: DAVE GAYNOR



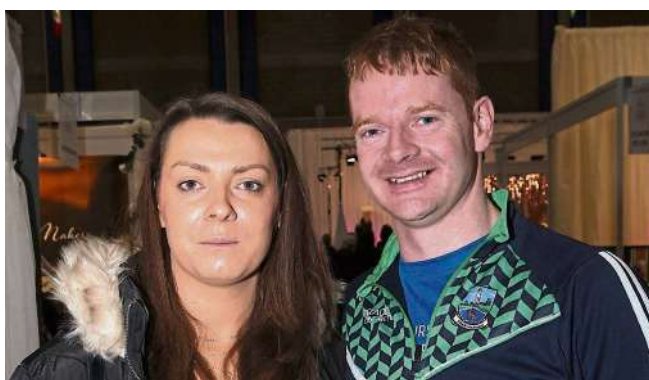
Kieran Boland and Lisa Lambert, Martinstown enjoying the Mid West Bridal Exhibition in the UL Sport Arena



Debora Lima and Denis Fahey, Caherconlish attended the exhibition



Chris Keating and Aileen Cowhey, Dooradoyle at the Mid West Bridal Exhibition in the UL Sport Arena



Clare Ryan, Caherdavin and David Grimes, Ballysheedy at the Mid West Bridal Exhibition in the UL Sport Arena



Nandeeta Heetun, Shannon and Peter Dunne, Adare, were among the crowds at the two-day exhibition



A pose for the romantics at the Mid West Bridal Exhibition in the UL Sport Arena



LEFT: The finale of one of the fashion shows at the Mid West Bridal Exhibition in the UL Sport Arena

ABOVE: Catriona Meade, Sapphire Millinery and Leanne Moloney, Pallaskenry at the Mid West Bridal Exhibition in the UL Sport Arena

RIGHT: A mother-of-the-bride outfit from the 2020 collection at Sinead's Boutique, Annacotty



Noelle Clancy, Sinead's Boutique, Annacotty and Maria O'Sullivan, Newcastle West at the Mid West Bridal Exhibition in the UL Sport Arena



Celia Holman Lee and Sharon McMeel at the Mid West Bridal Exhibition in the UL Sport Arena



Mary Cooper, Ennis Bridal and Lisa Farrell, Coolmeen, Kildysart at the Mid West Bridal Exhibition in the UL Sport



Chris Keating and Aileen Cowhey, Dooradoyle at the Mid West Bridal Exhibition in the UL Sport Arena



Grace Sheedy, Beauty Atelier chatting with Anita Pollard and Noel Foy, Pallaskenry at the Mid West Bridal Exhibition in the UL Sport Arena



STYLE & FASHION

CELIA HOLMAN LEE

CONTACT CELIA

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

Happy ever after at bridal fair

IT was a case of happy ever after when the shutters came down on the Mid West Bridal Exhibition 2020 with brides-to-be and grooms-to-be getting access to everything they need to know for their big day.

Over two days - Saturday and Sunday - the UL Sports Arena and Exhibition Hall played host to scores of happy couples and their family and friends.

The importance of attention to

detail was a key aspect of the wedding fair which showed how little touches here and there can make your day unique. There was a glorious selection of bridal dresses from some of our top bridal shops in the city and county. From tremendous trains and striking bows to elegant lace appliqué and notched necklines, every detail was aimed to astound the fashion forward bride-to-be. Fit and flatter was the look for mother-of-the-bride/groom in A-line dresses with

flattering necklines as well as super fitting taffeta and brocade in beautiful styles. Another key look for mother-of-the-bride/groom were knits from our own Caroline Mitchell. Hats played a big part with some fabulous milliners showcasing. There were lots of grooms-to-be in attendance and they were not disappointed with some smashing styles such as tuxedos and black tie suits which are not just for parties and evening soirées.



Three stunning dresses from de Stafford Bridal in Nenagh in satin, tulle and lace and all with fabulous cathedral veils, one of the big statements for 2020! PICTURES: DAVE GAYNOR



A beautiful wedding dress from Ennis Bridal at the Mid West Bridal Exhibition in the UL Sport Arena



This is a gorgeous mother-of-the-bride/groom look in steel grey with sculptured batwing sleeve and sequin detail throughout, from Oxendales.ie.



Don't be afraid to go for something a little different on your big day! This blush sweetheart neckline wedding dress with floral motif detail and cathedral veil from Lilac Rose Limerick went down a treat at the Mid West Bridal Exhibition

CELIA SPOTTED

Looking good out and about in Limerick

Name: Timmie Murphy
Occupation: Account manager/ model
From: Ennis

My style icon is Jared Leto. I love Jared's over the top outfits like his crazy looks at award ceremonies such as the Met Ball. He has a fearless sense of style and isn't afraid to turn heads. My favourite stores are Topman, Bershka, Tailor of Blue and Camden Square

TIMMIE SAYS

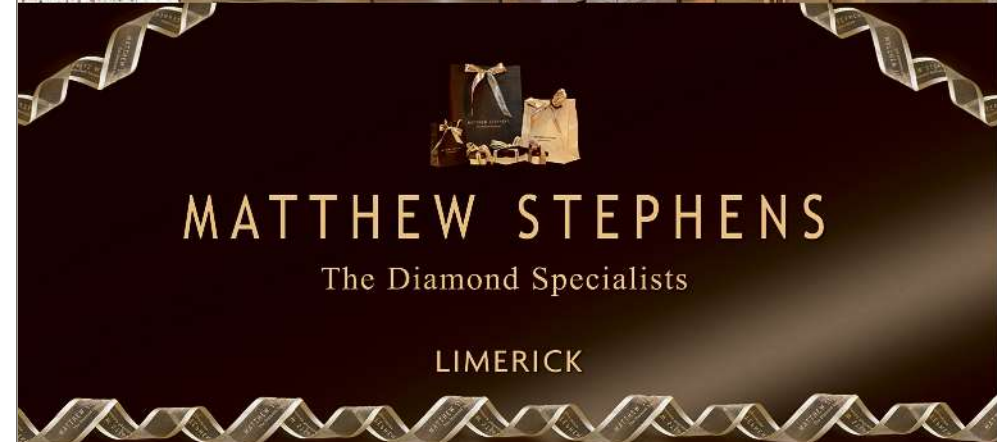
Jacket: This jacket is one of my favourite purchases from last year. It is from River Island and is perfect for winter and cold weather. It is lined completely with faux fur and it is so warm and comfortable. Faux fur collaring is so on trend right now. I get asked about this Harrington-style jacket a lot even by strangers on the street.

T-shirt: My black T-shirt is a basic tight fitting black tee from Zara. I often wear blocked colours as it gives me a more defined sleek look. Basic tees are perfect for my body shape and sit well under this jacket.

Scarf: When I wear a basic tee I usually layer it with a scarf for something extra. I got my scarf in Penneys which has a great selection of men's scarves for winter and lighter patterned scarves for warmer weather.

Jeans: My jeans are from River Island and are the super skinny fit. I only wear River Island or Topman jeans as they have the best fits on the high street. I only wear skinny jeans which are very on trend now.

Trainers: My trainers are from New Balance from Life Style Sports. I love New Balance as they have the best colours which you can pick and choose for a particular outfit and are so comfortable to wear.



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



MANABOUTTOWN

PATRICK McLOUGHNEY

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Twitter: @iammcloughney Instagram: iammcloughney

How to beat the January blues

The third Monday of January has been awarded the title of Blue Monday. This gloomy title is given due to a combination of post-Christmas blues, short days, cold dark nights and unpaid credit card bills.

Apparently, a university professor managed to precisely calculate the most depressing day of the year using factors such as weather conditions, debt level, time since Christmas, time since failing our new year resolutions, low motivational levels and the feeling of a need to take action. Long story short: January kind of sucks.

So to lift my mood and hopefully yours, I've compiled a little list of tips that will help us to keep the January blues at bay.

EVOLUTION IS BETTER THAN RESOLUTION

I have a big problem with New Year resolutions because they usually involve listing what you don't like about yourself. Rather than focusing on your perceived weaknesses and how you propose to fix them, focus on your strengths and how you can use them to live a happier and more fulfilling life. Don't know what your strengths are? You can ask people you trust to tell you what they think your strengths are. Pick five people who know you well and you trust to be honest with you. Or, you can cheat and go to www.viacharacter.org and take a free test that will identify your character strengths. Then, every day, pick one strength and try to use it in your daily life. Research shows that applying your character strengths in your day-to-day life will improve your mood and chase the blues away.

HELP OTHERS AND HELP YOURSELF

A personal goal of mine for 2020 is to do something charitable every month because in helping others, we help ourselves to feel better. I should preface this by saying that I am neither virtue signalling or looking for praise here, but last week I sold a very valuable Boda Skins leather jacket to one of my Instagram followers and donated the money to The World Wildlife Funds Australian Bushfire Emergency fund and Australian Red Cross. With money being tight because of the time of year, this I felt was the least I could do and I felt better for doing it. Getting involved in charity work, or fundraising, or a community project or even just being kind and helpful to someone you know is good for the mood and good for the soul. Helping others will put your own troubles and concerns into perspective and give you a more positive outlook on life.

LEAVE YOUR DESK AT LUNCHTIME

In January, many people feel like the fun is over and that winter will never be over. This is when Seasonal Affective Disorder (SAD) can creep in. The January blues are compounded by the lack of daylight. When we're going to work in the morning, it's dark. When we're leaving work in the evening, it's dark. Daylight lifts your mood, even when it's not sunny, so make sure to leave your office at lunchtime and go outside for some fresh air and some daylight.

LOOK FORWARD TO SOMETHING

Having something to look forward to can help lift you out of your January slump. While I'm all for Dry-January (because I'm broke and I've put on some festive timber)

I also know the value of 'rosy prospecting'. Anticipation of happiness is often as good as or greater than the happiness experienced so book a spa treatment or a trip away (if funds are tight then Booking.com offer a 'pay later' option), sign up to a night course or organise a meal with friends on payday and notice how much better it makes you feel.

HAVE AN ATTITUDE OF GRATITUDE

January is a good time to focus on what you have, rather than what you don't have. Instead of thinking of all the obstacles in your way, focus on the good things and good people in your life. Taking time to be grateful and notice simple pleasures will give you a more positive attitude and make you more resilient. Taking stock of the good people in your life will strengthen relationships and will help to reduce stress.

GET SOME EXERCISE

During the winter months, people are often less motivated to exercise, but it's very important to stay active if you want to boost your mood. Exercise reduces stress hormone levels and will give you a clear head and more upbeat outlook. It also helps you to sleep more deeply, making you better prepared for the day ahead. Even if it's just a quick walk at lunchtime, get up and get outside, preferably somewhere where there's green.

TRY TO EAT RIGHT

When I sit into my car on a Sunday evening, the Google Maps app on my phone automatically tells me the distance to the Chicken Hut. That should tell you how my diet has been going over Christmas. But



Patrick has a list of tips to keep the January blues at bay

now is the time to get back on the wagon. Eating foods that promote serotonin (the 'happy hormone') production can help to drive away those January blues. Winter can leave you craving starchy carbs and while they are an important part of any diet, it's important to strike a balance. If, like me, you need to snack then use foods like bananas, walnuts and tomatoes; they all help your body to produce serotonin and lift your mood.

BE KIND TO YOURSELF

Don't beat yourself up if you break your new year diet resolutions. The most important thing is to be kind to yourself and to not look at unwanted behaviour as failure. Instead, focus on the progress you're making. If you've cut down on drink/cigarettes/chocolate/takeaways then give yourself some credit. Eating one chocolate is better than eating the whole bag or box and it's a step in the right direction. When you stop putting pressure on yourself, you can achieve so much more. Embrace failure and mindfully understand what triggered you into going back the old behaviour of reaching for that drink/cigarette/sweet or whatever. Were you tired, stressed or just hungry? And how can you react differently next time? Understanding your triggers and

cultivating a growth mindset will stand to you long after the month on the calendar has changed.

TAKE A BREAK FROM SOCIAL MEDIA

Being constantly connected to smart technology can have a negative impact on your mood. Taking a break from your phone in the evenings can be key to beating the January blues. Avoid social media for two hours before you go to bed at night.

Instead, read a book, listen to music or have a relaxing bath. A good wind-down routine will help to reduce anxiety and allow your mind to relax and help you get a better night's sleep.

CONNECT WITH PEOPLE

It can be very easy to isolate yourself when you are feeling low, which is why it's more important than ever at this time of year to stay in regular contact with your close friends and family. If you're struggling with your mental health then January and the January blues can seem never-ending. If this is the case then please do reach out and ask for help.

Talk to a friend, a loved one or a counsellor. Counselling can really help with feelings of depression, anxiety or stress. Please know that you're never alone.

(Dedicated to the late Natalie Katilius)

Watch This Space

Rolex 'Pepsi' reincarnation improves core virtues of classic watch

My watch of the week is the Rolex GMT Master II "Pepsi" watch.

Coke or Pepsi? It's a matter of taste, some say, and individual tastes always differ. But there's only one right answer if you're talking about the Rolex GMT-Master. Although Rolex made a

version that had a GMT bezel in red and black, called "Coke," the first GMT-Master from 1955 bore the red-and-blue scale for the 24-hour display and was nicknamed "Pepsi." The new Pepsi GMT-Master II represents the reincarnation of the classic in its original form. The

greatest advantage for the wearer of the new Pepsi model is the increased power reserve. Instead of two days, the watch provides almost three full days of uninterrupted power.

Rolex has also improved the calibre consistently in the core virtues of

accuracy, longevity, and sturdiness. Decorations are present, like a sunburst finish, but there is no hand-applied engraving. The new movement can also be identified by a detail on the dial: a tiny Rolex crown is placed between the two words "Swiss Made" at the dial's

edge. At €8,650 the steel GMT-Master II Pepsi is placed in the mid-level price range. There are more economical manufacture alternatives with a second-time zone, as well as more expensive ones, but with regard to value retention, hardly anyone can compete with Rolex.





LOUISE LOVES

LOUISE CANTILLON

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Rogha na Seachtaine



TO DO:

Saturday brekkie at Milk Market

An unrivaled weekend breakfast experience! Treat yourself to some of the best in local and fresh produce this weekend at The Milk Market opened Saturdays from 8am.



TO LISTEN:

Track of the week

Westport musician Uppbeat has joined forces with Irish producer John Gibbons for his debut single. The singer said that "this song marks the start of a new chapter and a new sound ... I'm no longer specifically a hip hop artist, I'm just an artist and I will make that more clear as the year goes on."

TO SEE:

Norma Sheahan at the Belltable

This Friday get set for some hilarious comedy. Norma



Sheahan promises to heal every hole in your life, one laugh at a time! More info email boxoffice@limetreetheatre.ie

New year, new music! Check out January jams

Last Friday was one of the busiest on the music calendar for new music with new releases dropping throughout the day! Here are some of our favourite fresh bops.

KODALINE - WHEREVER YOU ARE

Set to release their fourth studio album later this year, the Dublin pop band dropped their new single on Friday. According to singer Steve Garrigan, Wherever You Are "is about loved ones staying in your heart and mind even when they're not with you."

PICTURE THIS - WINONA RYDER

Another love song from Picture This. The upbeat jam is about falling in love says front man Ryan Hennessey; "Someone can unexpectedly walk into your life and



turn it upside down in the best way through grace, beauty, and recklessness," he says.

"Winona Ryder is a celebration of the nervousness and edginess bestowed on you by someone you are in awe of."

AIMMÉ - DON'T CALL ME PRETTY

Her latest release, Don't Call Me Pretty showcases the Dublin singer's limitless range and silky

agility that powerfully asserts her as "more than just what meets the eye".

Against the synth pop chords and pulsing bass, Aimée clearly recognises her own self-worth and asks to be valued for her talents and qualities, rather than the way she looks.

This single rejects the importance placed upon conventionally accepted elements of beauty and beckons for alternative aspects of a person to be commended first, as we have much more than just our physical appearances to be proud of.

ALEX GOUGH - FOOL

Up and coming Waterford multi-instrumentalist Alex Gough bounced into the Irish music scene last year with tracks like Breakfast. The confident performer is back

with a new release for 2020 saying: "FOOL was a spontaneous creation. Sparked while scrolling through different plug ins and sample packs, and coming across one that caught my attention straight away."

ALICIA KEYS - UNDERDOG

Back with a brand new single, co-penned with Ed Sheeran and co-produced with Johnny McDaid, the catchy anthem is about encouraging underdogs to "rise up!"

BECKY HILL - BETTER OFF WITHOUT YOU

First previewed in September 2019 on Becky Hill's Instagram story the collaboration with Shift K3Y dropped on Friday!

Better Off without You tells a heartfelt tale of a determined young woman who is searching for herself inside her partner.

Hooked! Love Island returns to our screens

Love Island Winter edition is back and we are hooked already!

On Sunday we kicked off the series in style with a special launch party with Nevil's Shoes at 101 O'Connell Street, Limerick.

We were joined on the night by special guest and former Love Island USA contestant Cormac Murphy!

Cormac shared his Love Island experience with us and chatted about the highs and lows of life in the villa!

Keep up to date on Love Island gossip daily on air and on social @spinsouthwest



Right: here I am with Cormac Murphy - who was a contestant on last year's Love Island USA - at the Spin South West Love Island launch party



Leah Treacy and Aileen Treacy pictured attending the Mary Immaculate College Open Day in Limerick on Saturday



Out & About

MARY IMMACULATE COLLEGE OPEN DAY

Pictures: BRIAN ARTHUR



Charlotte Butler and Lorna Rowlanda from Newport and Kate Phelan at the open day



Aoife Fahy, Emma Van and Jack Donlon attending the open day



Eugene O' Brien, Mary Immaculate College with Karen and Laura Daly



LEFT: MIC students Caitriona Creedon, Valerie Kyne, Sarah Cooney and Kate Flynn ABOVE; Christine, Eve and Michael Mullins having a look around the campus



Euacharia, Laura and Eamonn Kennelly attending the open day



Ann Marie Callanan and Liam McDonagh



Izabela Pich, Erica Pich and Leslaw Garbanowski



Gemma Walsh getting an insight into the college from Paula Hourigan of MIC



Lisha O Sullivan, MIC, chatting with Sarah Heffernan and Anisha Heffernan

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Richmond R.F.C.

Development Fund Weekly Lotto

This weeks lucky numbers 8-11-21-24

Jackpot €800

Date: 2nd January 2020

4 x Lucky Dip @ 25 each: D McMahon c/o Connie; M Clancy c/o G O'Driscoll; S Gallagher c/o J Hinchy; B Hanley c/o J Hinchy

Next weeks Jackpot: €900

Next draw held 16th January 2020 in Clubhouse

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WEEKLY LOTTO DRAW HELD ON 13/01/2020

This Week's Jackpot: €4,400
Numbers: 1-4-16-17

Lucky Dips: Paddy O'Sullivan c/o Dave Connolly; Pat Flannery c/o PRO; Evan/Martin c/o Martin Bynes

Promoters Prizes: Jimmy McCarthy & Kevin O'Callaghan

Next Week's Jackpot: €4,500

Next Draw: 20/01/2020

ST. MARY'S R.F.C.

Lotto Draw held
Monday 13th January 2020

Winning Numbers: 2-13-18-19
No Jackpot Winner

Lucky Dips: Emily Mullins c/o C Mullins; Jimmy Lyons c/o C Mullins; Bob Ryan c/o D Hayes; Mark Hanley c/o J Hurley

Jackpot €13,300
Next draw held Cowhey's Bar

PUBLIC NOTICES

AN CHUIRT DUICHE (THE DISTRICT COURT)

DISTRICT COURT AREA OF LIMERICK

DISTRICT NUMBER 13

The Gaming and Lotteries Act, 1956, Section 15

APPLICATION FOR A CERTIFICATE

Marine Pine Limited T/A Time Out Arcade

Applicant

TAKE NOTICE that the above named Applicant of 43 Parnell Street, Limerick, will apply to the District Court sitting at Mulgrave Street, Limerick, on Thursday 13th day of February 2020 at 10.30 a.m. for a Certificate under Section 15 of the Gaming and Lotteries Act, 1956 (No. 2 of 1956) authorising the issue of a License permitting gaming at an amusement hall or funfair known as Time Out Arcade at 42-43 Parnell Street, Limerick, in the said Court Area.

The number and kinds of games proposed to be carried out are as follows:-
- assorted video games, amusement games, sports, t.v., coffee / tea bar, music.

AND FURTHER TAKE NOTICE that the Applicant will rely on the following matters in support of the Application:-

- The Applicant is not disqualified by Section 8 of the said Act from the promotion of gaming under Section 6 or Section 7 thereof;
- Gaming shall not be carried on at the said amusement hall other than in accordance with the license on foot hereof and during normal hours;
- Gaming carried out in the said amusement hall shall be restricted to the following kinds of gaming, to wit 50 Bally type fruit machines and 100 video type gaming machines and 50 other assorted gaming machines which shall be subject to the following provisions:
 - the stake in each game shall not be more than three cent for each player;
 - no player under 16 years of age shall be permitted to play;
 - no player may win more than the value of sixty three cent in each game; and
 - neither taking part in nor the result of a game shall entitle the player to take part in any other game or lottery or otherwise to receive or be eligible to compete for any money or money's worth.

Dated this 13th day of January 2020.

Signed:

Sweeney McGann
Solicitors for the Applicant
67 O'Connell Street
Limerick

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FAMILY ANNOUNCEMENTS

IN MEMORIAM



† FITZPATRICK

(31st Anniversary)

In loving memory of our dear dad, grandad and great grandad Michael Fitzpatrick, late of 9 Yeats Avenue, Kincora Park, who died on January 16th 1989. Aged 62 years.

Mass offered.

Dad, it never takes a special day, to bring you to our minds, because you are thought of by us at so many different times.

While today we think of your passing, you just went on ahead of us all, back with Mam who was not long gone. Dad, we feel wronged to have been without you for so long, 31 years you haven't been here, but yet at times we know you're here. We have all felt you close, in times of sadness it was you who wiped our tears, in times of celebration we swear we see you sitting proudly there. That's how you did things, quietly and making no fuss, what you did every day can't be forgotten, as it was all for us. We had the best father ever in this world, this is so true, he lived, worked and wanted nothing for himself at all. When quickly, suddenly he got his Heavenly call, faced it with such dignity in your home where you wanted to be, in the heart of our family. Rest easy Dad and you know how much we care, you are alive within each of us and in our morales that you put there. Loved, missed and forever grateful you were our Dad.

Always in our hearts Dad, from your sons Denis and Michael, daughters Noreen, Breda, Marytina, Pauline, Caroline and their families.

THANKSGIVINGS

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. D.L.

ASK ST. CLARE for 3 favours, 1 business, 2 impossible. Say 9 Hail Marys for 9 days. Pray whether you believe or not. Publish on the ninth day. May the Sacred Heart of Jesus be praised, adored today and every day. Request will be granted, no matter how impossible it seems. Publication must be promised. Sacred Heart of Jesus be praised, adored and glorified, today, forever and always. D.L.

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.

IN MEMORIAM



† JOHNSON

(Second Anniversary)

In loving memory of a dear mother and grandmother Roseann Johnson, late of Lenihan Ave, Prospect, Limerick whose second anniversary occurs on January 18th.

Mass will be offered on Saturday 18th in the Dominican Church at 1pm

It's been a lonely time without you,

And nothing is the same -
All we have are memories,
And your picture in a frame.
You hold a spot deep in our hearts,

Where the sun will always shine,
For there will never be another to me,

Like that wonderful Mam of mine -
God bless you, Mam.

Love from your son Keith, granddaughters Sasha and Cassie xxx

Thinking of the happy days,
We shared when I was small,
Always brightens up my day,
In the nicest way of all,
Memories are something no one can steal,
Death is a heartache no one can heal.

Love you always Nana, love from Tori, Reece-James and boyfriend Reece

Mam, you brought love, laughter & happiness

Into our lives, we think of you every day

And miss your smile, kindness & hugs

We will always love you
And never forget you
Always thinking of you
Missing you & loving you.

Love from Helena, grandsons Leon and Jay

No-one knew her but to love her,
No-one named her but in praise.
Always remembered by Maca

In remembrance of Roseann Johnson at this time.
From Michael and Tommy

IN MEMORIAM



† MASON

(16th Anniversary)

In loving memory of a dear father, John (Jackie) Mason, late of 18 Sean Heuston Place, Limerick, who died on January 16, 2004. Mass offered.

The years are passing quickly,
But still we don't forget,
The times we spent together,
Always with love, never regret.
It was sad the day you left us,
We were very much aware,
The presence shown by all your friends by the congregation there.

Deep in our hearts you will always stay, loved and prayed for every day.
A Mass and a prayer are all we can give, these you will have as long as we live.

Missed today and every day. Love always, Jackie, Dermot, Marlow and Hollie. xxxxx

We cannot bring the old days back

When we were all together,
But memories keep us close to you,

And memories last forever.
Sadly missed, Brian, Margaret, Dean and Niamh.

It does not take a special day
To bring you back to my mind
A day without a thought of you
Is very hard to find.

You never failed to do your best,
Your heart was true and tender,
You simply lived for those you loved,
and those you loved remember.

Missed always, love Richard.

Today your memory is quietly kept,
no need for words, we will never forget,
Each one of us in our own way,
has special thoughts of you today.

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

Sadly missed, the O'Brien family.

IN MEMORIAM



† MASON

(16th Anniversary)

In loving memory of a dear father and grandfather, John (Jackie) Mason, late of 18 Sean Heuston Place, Limerick, who died on January 16, 2004. Rest in Peace. Mass will be offered on Thursday January 16th, at 5.45pm in St. John's Cathedral.

Mind Gary for us Dada

We can only have one father,
Patient, kind and true;
No other friend in all the world
Will be the same as you.

When other friends forsake you,
To your father you would turn
For all his loving kindness,
He asked nothing in return.

As we look upon his picture,
Sweet memories we recall,
Of a face so full of sunshine,
And a smile for one and all.
Sweet Jesus, take this message

To our father up above
Tell him how we miss him
And give him all our love.
We wished upon a star last night,

We doubt it will come true,
What we asked for was an hour,
To sit and talk to you.

When the emptiness of missing you

Is more that we can bear,
We whisper, Dad, I love you,
And always find you there.
For in our world of memories,
You fill our heart with pride;

We'll never walk alone, Dad -
You always seemed a part of us,
That would always carry on.

Your life was seldom easy,
You gave us the very best;
Now, Dad, you sit back,

And enjoy your well earned rest.
From sons Michael, John and Pa, daughters Mena and Maureen, sons in law, daughters in law and all your nieces and nephews.



IN MEMORIAM

We once had someone special
No millions could buy
We had a loving granda
But had to say goodbye.
Our hearts are full of memories
With pride we speak your name,
And your picture in a frame.
Your resting place we visit,
Flowers placed with care,
But no one knows the heartache
When we turn to leave you there.
Never more than a thought away,
Loved and remembered every day.

Sadly missed by all your grandchildren, Cathal, Daniel, Jack, James, Juliet, Suevanna, Anthony, Shannon, Shane, Stephaine, Christina, Martin and Sophie

Up in a cloud written in gold,
Is all of my love for you to hold;
A kiss blown up to the sky so blue

Catch it, Grandad, it's just for you.

I am doing my best,
I hope you can see,
To be a good grandson,
And make you proud of me.

From your grandson, Denis, girlfriend Kim and great grandchildren Denis, Blake, Charlie and Philip

A kiss blown to the sky so blue
Catch it, Great-grandad, it's just for you.

From your great-grandchildren Aoife, Sophie and Colm

A daily thought, a silent tear,
A constant wish that you were here.

From your grandson Daniel, great grandchildren Scott and Daniel

We lost a brother,
With a heart of gold.
How much we miss him,
Can never be told.

He shared our troubles,
And helped us along.
If we follow his footsteps,
We'll never go wrong.

We miss him from his fireside chair,
His gathering love was always there.

Sadly missed by your sisters Bernie, Peggy and Bridget; brothers Noel, Fonnice and Gerard, sisters-in-law, brothers-in-law, nieces and nephews.

From your grandsons Michael, John and Pa, daughters Mena and Maureen, sons in law, daughters in law and all your nieces and nephews.



† MOLONEY

(32nd Anniversary)

In loving memory of our dear mother Mary (Babs) Moloney late of 26, Hyde Road Prospect, Limerick who died on January 15th 1988. R.I.P. Masses offered.

Of all the gifts in life, however great or small

To have you for our mother was the greatest gift of all
We think of you as living
In the hearts of those you touched

Someone loved is never lost
And you were love so much.
Your memory is precious and never grows old

It's locked in our hearts in letters of gold.

Forever loved and remembered by your loving family

IN MEMORIAM



† O'CONNOR

(42nd Anniversary)

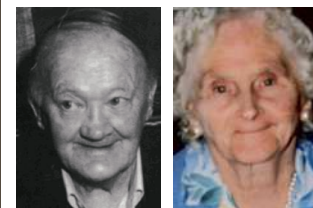
In loving memory of Paul O'Connor, who died on

January 14, 1978, late of Cosgrove Park, Moyross.

Missed in the morning of every day,
Missed in the evening as night slips away,

Missed for a million and one little things,
Around every corner a memory clings.

Forever in our thoughts, your loving wife Ann and all the Family.



† RYAN

(32nd and 25th Anniversaries)

In loving memory of my darling Mam and Dad, Nora and Patrick Ryan, late of 45, Ballyclough Avenue Ballinacurra Weston Limerick. Dad who died on 27th December 1987 and Mam who died on January 25th, 1995. Rest in Peace, Mass offered.

For the rest of our lives
We will miss you both
Our secret tears will flow
How we really loved you
No one will ever know
At night the silent stars look down

On a grave not far from here
Where sleeps our parents we can't forget

And will always love so dear
Sadly missed by your loving son George, daughter in law Marion, grandchildren Orla and Niall and great granddaughter Lauren

I'm Free

*Don't grieve for me, for now I'm free;
I took His hand when I heard Him call;
I turned my back and left it all.*

*If my parting has left a void;
then fill it with remembered joy.*

*My life's been full, I savored much;
good friends, good times,
a loved one's touch.*

*A friendship shared, a laugh, a kiss;
ah yes, these things, I too, will miss.*

*Perhaps my time seemed all too brief;
don't lengthen it now with undue grief.*

*Lift up your hearts and share with me;
God wanted me now, He set me free.*

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IN MEMORIAM



† SHEEHY

(9th Anniversary)

In loving memory of a dear husband, father, grandfather, great-grandfather, brother and uncle Mickey Sheehy late of St. Mary's Park, whose anniversary occurs on January 17th.

It's so strange that those in need and those we love best, are just the ones God called away and took them home to rest.

But every time I think of Dad I seem to hear God say: "Have faith and trust my promise You'll meet again some day"

Sadly missed by your son Sean, Rose, Dani and Skye xxx

Dad
There are moments in my life I will always remember Not because they were important But because you were there. Could you come back and stay a while

I want to hear your voice and see you smile I want to hold you tight and never let you go To tell you how much I love you And miss you every day
Love always your daughter Marie and son-in-law Joe xx

Granda
A heart can feel so many things That words can never say The sadness that this day brings will never go away. There is a corner in our hearts you visit every day It's a special place for you alone And there you will always stay.
Always loved your granddaughters Natalie, Antoinette, Ashling, grandsons Thomas, Joseph, partners and great grandchildren xx

Those we love remain with us For love itself lives on And cherished memories never fade

Even when our loved one's gone Those we love can never be More than a thought apart For as long as there is memory They'll always live on in our hearts

Sadly missed and always loved from your son Joe, wife Irene and grandchildren xxx

Dad
They say there is a reason they say that time will heal but neither time nor reason will change how I feel For no one knows the heartache that lies within my smile no one knows how many times I have broken down and cried We want to tell you something Dad

so there won't be any doubt you are so wonderful to think of but so hard to be without
Sadly missed your Daughter Caroline, Son Jason, Grandson John, Tara & Dennis xx

IN MEMORIAM

If only we could see you For just a minute or two, You would tell us if you're happy And we would be happy too. We'd put our arms around you And kiss your smiling face And the pieces of our broken heart

Would fall back into place.
Remembering our loving brother, from sisters Mary and Madge, brothers Harry, Tony, Joe, Jimmy and Ally, brother-in-law, sisters-in-law, nieces and nephews



Life is but a stopping place

Life is but a stopping place, a pause in what's to be, a resting place along the road to sweet eternity.

We all have different journeys, different paths along the way, we all were meant to learn some things, but never meant to stay.

Our destination is a place far greater than we know, for some, the journey's quicker, for some the journey's slow.

And when the journey finally ends, we'll claim a great reward, and find an everlasting peace, together with the Lord.



Miss Me

When I come to the end of the road and the sun has set for me, I want no rites in a gloom-filled room.

Why cry for a soul set free!

Miss me a little, but not too long, and not with your head bowed low.

Remember the love that we once shared, miss me but let me go. For this journey we all must take, and each must go alone.

It's all part of the Master plan, a step on the road to home.

When you are lonely and sick of heart, go to the friends we know and bury your sorrows in doing good deeds. Miss me, but let me go.



Renault aims to 'Captur' your heart again

Second generation: French crossover arrives this week

The second generation of the Renault Captur will arrive in Renault dealerships this week priced from €21,995-€31,445, writes *Trish Whelan*.

Captur, launched in 2013 and has been the most successful compact SUV ever in Ireland with almost 10,000 registrations to date.

Renault say the new model is 110mm longer than before offering more interior and boot space, is more versatile and more refined with a range of ADAS and EasyLife features.

The Advanced Driver Assistance Systems (ADAS) available on the model fall into three categories: Driving, Parking and Safety. Together, they form the Renault EASY DRIVE system. Their settings are easy to adjust from the Renault EASY LINK multimedia system touchscreen.

Three trims are offered - Play, Iconic and S-Edition. All versions include 17-inch wheels, multimedia

touchscreen with Apple CarPlay and Android Auto, full LED lights and Automatic Climate Control.

Customers can choose from eleven exterior colours and four roof finishes, offering a total of 90 colour combinations.

Engines are the TC3 100 (€200 road tax) and 130 with manual transmission; TCe 130 EDC and 155 EDC (€270 road tax); dCi diesel 95/115 with manual transmission (€190 and €200 road tax), and the EDC 115 version (€190 road tax).

The price walk from the Petrol TCe 100 to diesel (dCi 95) is €2,000; from Play to Iconic trim is €1,650; and from Iconic to S-Edition is €2,000.

New Captur has been awarded the maximum 5-star Euro NCAP safety test rating.

There are a total of 90 colour combinations between body and roof in the new Captur



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This special edition features new Deep Laguna metallic body paint, unique seat and soft top roof designs

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TRISH WHELAN
www.carandtravel.ie

MINI Ireland is introducing a special edition Convertible model, the MINI Sidewalk Convertible.

The high-spec model is a limited edition with just 150 available for UK and Irish customers.

This special edition features new Deep Laguna metallic body paint, unique seat and soft top roof designs, Harmon Kardon Hi-Fi and Head-Up Display as standard.

The convertible is supplied exclusively with a

192hp Cooper S powertrain featuring MINI TwinPower Turbo technology and a 7-speed Steptronic transmission with double clutch and steering wheel paddles, enabling fast and smooth gear shifts.

Combined fuel consumption is 6.7-5.5l/100kms, CO₂ emissions are 152-125g/km.

The Arrow design soft top roof can be opened or closed electronically in 18 seconds. The car also has new 17-inch light-alloy Scissor Spoke 2-tone wheels, a new seat design with special seat badging and contrasting

seams in Petrol and Energetic Yellow colours. The new dashboard fascia is Piano Black with accents in Petrol and Silver.

Standard items include a Navigation Plus Pack featuring an 8.8-inch touch screen display, Satellite Navigation, Wireless Charging and Amazon Alexa functionality and three driving modes. A wind deflector is also included.

The MINI Sidewalk Convertible is available to order now from €47,840 at Irish MINI retailers, with production starting from March.



An overview of the luxurious interior in the Mini Cooper Convertible

SPORT

Leader



MUNSTER JUNIOR CUP

Two sides look to 'out of town'

For more see Page 53

Con Murray, Interim Chairman Limerick Utd,
Irene Hehir, Womens League Limerick Utd and
Tommy Barrett, Academy Manager

PICTURE: ARTHUR ELLIS



'I'm not bringing any baggage' - Conn Murray

Soccer: League of Ireland soccer in Limerick to get 'bottom-up' reboot

COLM KINSELLA
ckinsella@limerickleader.ie

INTERIM Chairman of Limerick United, Conn Murray has insisted that the newly formed club will not be hampered by a hangover from the financial problems experienced by Limerick FC in recent seasons.

When entering the examinership process last September, Munster Football Club Limited, which trades as Limerick FC, had debts of approximately €490,000.

The examinership process to try to keep the Limerick FC trading company afloat ended unsuccessfully last month when court protection was removed.

The FAI confirmed on Monday that the recently

formed Limerick United had now been accepted into the SSE Airtricity under-age leagues for 2020.

The new club will have teams in the SSE Airtricity U-13, U-15, U-17 & U-19 leagues and the proposal was accepted by the National League Executive Committee, and ratified by the FAI board.

Limerick United, who are in the process of incorporating the company, will also compete in the Womens National League and the U17 girls league.

Limerick United hope to return to senior SSE Airtricity League football in 2021.

Asked if he was concerned of the new club might suffer from a public hangover as a

result of the financial issues experienced by Limerick FC, recently retired CEO of Limerick City and County Council Murray said: "I am not bringing any baggage, I don't have any. I am here to unite and I mean that in every sense and I will be reaching out to those who may have had their challenges in the past, but this is a new opportunity.

"This is something which is very clean, it is going to be transparent, we will talk to you whenever you want about what we are doing and how we are doing it.

"Already businesses have approached me in order to support and help us from a financial perspective, so in that regard I don't see the hangover, nor do I have time for it."

Among those who also attended Monday's launch of Limerick United at the Castletroy Park Hotel were Limerick United Vice-Chairman Trevor Moroney, Club Secretary John Fennessy, Sean O'Brien, who will take charge of the club's Commercial Development, the club's Academy Manager Tommy Barrett and Irene Hehir, who represented Limerick United's Womens and U17 teams.

It is estimated that the cost of running four sides in the SSE Airtricity Under-Age leagues in 2020 will be of the order of €100,000.

Limerick United are to hold player assessments for their U13, U15, U17 and U19 sides this weekend at UL.

Limerick FC Women are have Open Training sessions for the U17 WNL Squad. Contact Manager Irene Hehir via email at irenemhehir@gmail.com for details.

Irene Hehir told THE launch that it would have been an 'absolute tragedy' if Limerick did not have any Womens' National League football in 2020.

Irene Hehir said: "From the our side of the football we are absolutely delighted to be hugely involved in the talks that have been going on. At no time were we left in the dark about anything that has been happening, the lads have been hugely supportive of women's football in the city and region."

For more see #LLSport

Rugby

Earls pleas for Munster fans to be patient

COLM KINSELLA
ckinsella@limerickleader.ie

FLYING Munster winger Keith Earls believes the province's supporters need to stop comparing the current side to the one which won two Heineken Cups in 2006 and 2008.

Munster's hopes of qualifying for the knock-out stages of this season's Heineken Champions Cup are hanging by a thread after their weekend defeat to Racing 92 in Paris.

Munster host the Ospreys in their final Pool 4 fixture at Thomond Park this Sunday, 1pm, needing a bonus point win and a number of results elsewhere to go in their favour, including a Racing 92 victory away at Saracens.

Speaking ahead of Sunday's game, Earls said "Over the Christmas we probably did embarrass ourselves up in Ulster by our performance. Leinster are Leinster, they are a quality side.

"Losing at home is very disappointing, but the weekend (v Racing 92), in it for 71 minutes we handled the game a bit better if one or two decisions went our way then it would be a different story.

"But with Munster we are just not used to losing three in a row. People just need to stop comparing us to the old Munster as well.

"Everyone needs patience because it takes some teams a full season to bed into new coaching and a new philosophy and that is not an excuse but that is the reality of it, that people are very impatient."



Keith Earls asks for patience

SPORT
SNIPPETSLimerick's Ryan
gets Ireland call

TALENTED Limerick teenager John Ryan has been included in the 20-strong Rep of Ireland U16 squad for a friendly tournament in Turkey this week.

The Under-16 side will face Tanzania in their opening game this Wednesday in the Aegean Cup, before facing hosts Turkey and Kosovo and later competing in a play-off game on Tuesday, January 21.

Castletroy's John Ryan has already featured for the Rep of Ireland this season in the Victory Shield competition in Wales.

Castletroy College student Ryan made nine appearances for the Rep of Ireland U-15s last season, since making his debut for the side in Poland last November.

In addition, he has featured in another double header away to Cyprus and a four-team tournament in Spain against the host nation, Holland and Hungary, the latter as captain of his country, as well as back-to-back fixtures against the Czech Republic in April.

Ryan initially played his schoolboy soccer locally with Aisling Annacotty.

In 2017, he joined St Kevin's Boys, of Dublin. At the start of last year, the highly rated teenager signed for Shamrock Rovers.

The versatile Ryan, who also played GAA with Monaleen, is a past pupil of Milford NS and Gaelscoil Castletroy.

Limerick's
McNamara lands
25th win

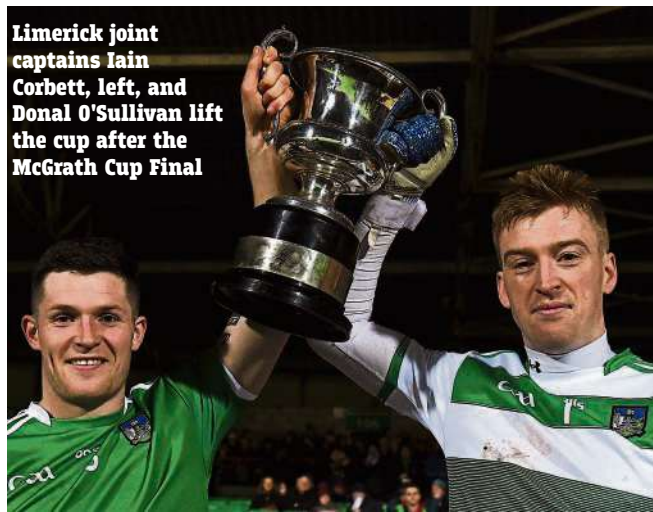
Conor McNamara recorded his 25th career success when partnering the Gavin Cromwell-trained Wolf Prince to win the conditions' hurdle at Fairyhouse on Saturday. Owned by Patrick Sheanon, the four-year-old was recording his second win when getting the better of the James Nash-trained Hammersmith to score by a length and a quarter under the Rathkeale conditional.

The 9/10 winning favourite could well be on the Cheltenham trail with the Fred Winter Handicap Hurdle a likely festival target.

For more Sports news see limerickleader.ie

Limerick
injury
concerns
for league

Limerick joint captains Iain Corbett, left, and Donal O'Sullivan lift the cup after the McGrath Cup Final



BOTH the Limerick hurlers and footballers are sweating on key players ahead of the start of the Allianz Leagues.

Limerick GAA scored a double success over Cork last weekend to win the Co-Op Superstores Munster Hurling League and the McGrath Cup football title.

Attention now turns to the Saturday January 25 start to the league when John Kiely's defending champions travel to Thurles to play Tipperary and Billy Lee's footballers are in Dungarvan to face Waterford.

2018 All-Ireland SHC winning captain Declan Hannon is among those yet to see action for the hurlers in 2020. The centre back has rested a groin strain in recent weeks but is back in full training, along with William O'Donoghue. Others like Nickie Quaid, Peter Casey and Kyle Hayes are yet to make their seasonal

reappearance in the green of Limerick.

Attackers Shane Dowling and Pat Ryan will miss the entire Allianz Hurling League through injury.

The county football team are also without a number of regulars at present – defenders Sean O'Dea, Colm McSweeney and Gordan Brown and forwards Peter Nash and Mike Fitzgibbon among those not to play in the three game run to the McGrath Cup title.

Both Limerick inter-county teams have a number of players involved in the varying Third Level GAA Championships at present and will hope to avoid any serious injury.

The big tie next weekend is a local derby in the Fitzgibbon Cup when Mary Immaculate College entertain LIT at 1.30 on Sunday. UL are also at home – playing Trinity at 3.00.

All season cranks up gear

FOUR Limerick sides recorded precious weekend wins as the Energia All-Ireland League resumed after the Festive break.

In Division 1A, second-placed Garryowen boosted their top four play-off hopes after securing a convincing 40-14 bonus point win over UCD at Dooradoyle.

Munster players Alex Wootton and Diarmuid Barron scored a brace of tries each for the 'Light Blues'.

Also in the top flight,

Young Munster remain in seventh place in the table, just three points clear of the bottom three sides, after suffering an 18-3 reverse at the hands of Cork Constitution.

In Division 1B, Shannon scored an emphatic 31-13 bonus point victory over high-flying Highfield on Thomond Park's back pitch to boost their promotion play-off hopes. Fifth-placed Shannon are just one point off the play-off places.

It was a good day for the

Munster Darts double for Limerick sides



Members of the Limerick Mens Darts team celebrate their success at the Muster Darts Inter County Challenge which took place at the Tracey's West county Hotel in Ennis

THE Limerick Mens and Ladies Darts teams are celebrating double success at the recent Munster Darts Inter County Challenge in Ennis.

The Mens team defeated Cork 7-4 in their final after overcoming Waterford in the semi-final, while the

Ladies team defeated Kerry 4-2 in their decider. The men's team will defend the West Coast Challenge title that they won in Sligo last year later this month, while the women's team is also competing in the West Coast challenge and All-Ireland events.

The successful mens team was managed by Martin Sheehan, while the team consisted of Michael Flynn, Kieran Moloney (Captain), Podge Balfe, Connie Finnan, Daithi Wroe, Fergus Burke, Jason Bolger, Darrell Hodgson, Dave Murphy, Dan Ward, Willie O'Toole, John Hourigan, John Devlin, Tadhg Carroll, Stephen Liston, Gerry Bourke. The Limerick Ladies team comprised of manager Joe O'Connor, Karen Murphy, Susan Quinlaven, Annette Quinlaven, Nora Maloney, Elma Barry, Marie O'Halloran, Beverley Mulberry.



The Limerick Ladies team which won the Muster Darts Inter County Challenge at Tracey's West County Hotel in Ennis, Co Clare, to complete a famous double for the Limerick Ennis



Shannon's Jamie McGarry forces his way past the Highfield defenders to score his second try PICTURE: DERMOT LYNCH

Limerick sides competing in Division 2A.

Newly crowned Limerick Charity Cup champions Old Crescent sit third, after edging past Buccaneers 12-10 at Dubarry Park.

Also in 2A, resilient UL-Bohemian recorded a precious 28-24 bonus point success over Cashel at ULs North Campus to move up to seventh place.

Finally, in 2C, ninth-placed Bruff suffered a frustrating 13-3 defeat to Tullamore in Spollanstown

Munster Junior cup time

PAT SHEEHAN

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THERE ARE two games scheduled in the Munster Junior Cup this weekend.

Fairview Rgs take on Athlunkard Villa with the winners moving onto the open draw phase of the competition where they will host Clonmel.

Fairview have been on a roll of late and form suggests they should continue in the same vein come Sunday.

Villa will no doubt put up a good challenge but with the form Ross Mann and Jeffery Judge are showing, it's hard to look beyond the Blues.

In the 4th Round Cappamore welcome Regional Utd A vying for a place in the last 16 of the competition. Cappamore's form has been poor of late and they take on a Regional Utd XI smarting after a 5-3 defeat to Usher Celtic in the FAI Junior Cup last week. I expect the Premier side to bounce back this weekend.

The Lawson Cup is the main action of the weekend with several exciting games on offer.

Top game looks like the clash of Aisling Annacotty and high-flying Premier A side Charleville.

Two of the youngest squads in the Leagues are sure to produce an exciting game.

Whether the Cork side have the wherewithal to contain Shane Clarke and Co. remains to be seen.

Two of the top Premier A sides meet in the Mungret Reg v Moyross tie where goals aplenty are likely while Corbally Utd welcome Geraldines to Athlunkard.

Kilmallock will be favoured in the local derby at Holycross while Prospect



Fairview's Jeffrey Judge gets the ball away during last weekend's meeting with St John Bosco in the FAI Junior Cup

would be well advised to guard against complacency when they host Parkville. The Division 1B side are playing well and the goal threat of Craig Madigan gives them a chance.

There is one all-Premier game when Coonagh Utd welcome Nenagh. Coonagh exited the FAI Junior Cup, going down to Crumlin Utd last Saturday. With their precarious position in the Premier League, that is their main focus, which means they can go into this tie with no pressure.

Nenagh have been showing signs of a big

improvement of late so they will fancy their chances.

Pike Rvs reached the last 16 of the FAI Junior Cup last Sunday when they defeated Kildare side Suncroft. By their own admission they were below par on the day so they will use Sunday's game to get the basics back in order which could make it a long day for opposition Pallasgreen.

Janesboro were unfortunate in the league game with Ballynanty Rvs last Sunday when a late own goal deprived them of a point. On Sunday they should get back

to winning ways at home to Castle Utd.

Newport v Northside, Meanus v Wembley Rvs, Patrickswell v Caherdavin Celtic and Knockainey v Star Rvs make up the list.

The Premier A O'Halloran Cup kicks off when Hill Celtic host Aisling B and in the League Fairview Rgs take on Carew Park.

In McGettigans Div 1A Castle Rvs will return to the top of the table if they can take full points at home to Geraldines while Hyde Rvs can revive their promotion hopes if they beat

Summerville Rvs in Portland.

In Division 1B Regional B can extend their lead at the top of the table if they can beat Newport while Fairview C will be looking to close the gap on leaders Aisling and Northside when they visit Coonagh Utd C.

Tomorrow evening (Thursday) Fairview Rgs and Aisling Annacotty battle it out for a place in the semi-finals of the Tuohy Cup. With two attacking sides patrons can be assured of an exciting affair. Kick off time is 7.00pm.

JUNIOR SOCCER

PREMIER DIVISION	P	W	D	L	Pts
Fairview Rgs	11	8	2	1	26
Ballynanty Rovers	11	8	1	2	25
Pike Rovers	10	7	3	0	24
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	11	5	1	5	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	13	8	1	4	25
Murroe	12	8	0	4	24
Newport	11	7	2	2	23
Fairview Rgs B	12	6	3	3	21
Hill Celtic	12	5	3	4	21
Cappamore	11	5	0	6	15
Aisling Ann B	12	4	2	6	14
Athlunkard Villa	10	4	1	5	13
Carew Park	12	3	3	6	12
Holycross	12	2	0	10	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
Star Rvs	10	5	4	1	19
Hyde Rvs	10	6	0	4	18
Knockainey	11	6	0	5	18
Patrickswell	10	4	3	3	15
Ballylanders	11	4	2	5	14
Summerville Rvs	11	4	2	5	14
Geraldines B	11	3	1	7	10
Shelbourne	11	0	2	9	2
Granville Rgs	11	0	1	10	1

DIVISION 1B	P	W	D	L	Pts
Regional Utd B	10	7	3	0	24
Aisling Annacotty C	12	5	5	2	20
Parkville	11	6	2	3	20
Pallagreen	11	5	4	2	19
Athlunkard Villa B	11	5	3	3	18
Glenview Rvs	11	5	2	4	17
Caherdavin Celtic	11	3	4	4	13
Mungret Reg	11	3	3	5	12
Newport	11	3	2	6	11
Caledonians	12	3	1	8	10
Charleville	11	0	3	8	3

DIVISION 2A	P	W	D	L	Pts
Caherconlish	11	10	1	0	31
Kilmallock B	12	9	3	0	30
Wembley Rvs	11	8	2	1	26
Janesboro B	11	8	0	3	24
Castle Utd	11	6	1	4	19
Meanus	10	5	1	4	16

Hyde Rvs B	11	4	2	5	14
Murroe B	11	4	0	7	12
Prospect Priory B	10	3	2	5	11
Corbally Utd B	11	3	2	6	11
Knockainey B	11	2	1	8	7
Herbertstown	22	1	1	20	4

DIVISION 2B	P	W	D	L	Pts
Aisling Annacotty D	11	8	1	2	25
Northside	10	8	0	2	24
Fairview Rgs C	10	5	3	2	18
Brazuca United	11	4	3	4	15
Lisnagry	11	4	3	4	15
Parkville B	9	4	2	3	14
Kilfrush B	10	4	1	5	13
Coonagh Utd B	9	3	1	5	10
Coonagh Utd C	9	1	3	5	6
Abbey Rvs	10	0	1	9	1

JUNIOR SOCCER FIXTURES

THURSDAY JAN 16

TUOHY CUP

Fairview Rgs v Aisling Annacotty, 7.00, Jackman Park, R McCann, D Power, B Higgins

SATURDAY JAN 18

LAWSON CUP

Aisling Annacotty v Charleville 2pm

GER RYAN YOUTH CUP

Charleville v Mungret Reg, 7.00, J McNamara

SUNDAY JAN 19

MFA CUP

Fairview Rgs v Athlunkard Villa, 2.00, D Power

Cappamore v Regional Utd A, 2.00, J McNamara, G Clancy, A Galvin

LAWSON CUP

Newport v Northside, 11.00, A Hall
Mungret Reg v Moyross, 11.00, Martin Monaghan
Meanus v Wembley Rvs, 11.00, Mike Monahan
Corbally Utd v Geraldines, 11.00, K Gorman
Coonagh Utd v Nenagh, 11.00, N Casey
Holycross v Kilmallock, 2.00, R Broe
Prospect v Parkville, 11.00, G Clancy
Knockainey v Star Rvs, 11.00, M Kennedy
Patrickswell v Caherdavin Celtic, 2.00, LIT, Martin Monaghan
Pike Rvs v Pallagreen, 11.00, B Higgins
Janesboro v Castle Utd, 11.00, G Collopy

PREMIER A CUP

Hill Celtic v Aisling B, 2.00, B Higgins

MCGETTIGANS PREMIER A LEAGUE

Fairview Rgs v Carew Park, 11.00, R Broe

MCGETTIGANS DIV 1A

Summerville Rvs v Hyde Rvs, 11.00, A Galvin
Castle Rvs v Geraldines, 2.00, J Rooney

STA FURNITURE DIVISION 1B

Newport v Regional Utd B, 2.00, M Kennedy

EDEN HAIR SALON DIV 2B

Parkville v Coonagh Utd B, 2.00, LIT
Grass, L Somers
Coonagh Utd C v Fairview Rgs C, 2.00, F O'Neill

NICK GREEN DIV 3

Athlunkard Villa v Nenagh, UL Astro, T Joyce
Shelbourne v Caledonians, 11.00, S Scully
Prospect v Murroe C, 11.00, M Bourke
Newport v Lisnagry, 2.00, K McCormack
Mungret Reg C v Moyross, 2.00, J Clancy

GER RYAN YOUTH CUP

Shelbourne v Fairview Rgs, 2.00, N Casey
Murroe v Corbally Utd, 2.00, A Hall

THURSDAY JAN 22

TUOHY CUP SEMI FINAL

Kilmallock v Ballynanty Rvs, 7.00, Jackman Park, K Gorman, D Power, S Rooney

DIVISION 3	P	W	D	L	Pts
Moyross B	10	9	0	1	27
Caledonians B	9	6	0	3	18
Mungret Reg C	9	5	2	2	17
Nenagh B	10	5	2	3	17
Lisnagry B	10	5	2	3	17
Dromore Celtic	10	5	1	4	16
Newport	9	3	1	5	10
Shelbourne B	9	2	2	5	8
Athlunkard Villa C	10	2	0	8	6
Murroe C	8	0	0	8	0

#LLSport for more

ON THE BALL

“Limerick to the core...”

JEROME O'CONNELL

Limerick GAA silverware is ideal 2020 kick-start

ALL going well Limerick GAA's two trophies in January will only be a footnote to a successful season by the end of 2020.

Last Saturday was the first time that Limerick won both provincial early season competitions and while the double success for the county hurlers and footballers was an ideal start to the new inter-county season, it was just that – the start to the new season.

John Kiely's hurlers and Billy Lee's footballers will be judged on championship and league results but in terms of preparing for bigger tests ahead of the Co-Op Superstores Munster Hurling League and the McGrath Cup football titles were most welcome.

For both inter-county teams the 2020 record reads three games and three wins – the first time since the 2017 Allianz League that the footballers have won three-in-a-row.

While the trophies will ensure the confidence of the players is high ahead of the Allianz League start on Saturday January 25, from a management point of view the three games provided an ideal opportunity to give game time to some new faces and others that were on the fringes during the

2019 championship.

In the wins over Clare, Waterford and Cork the Limerick footballers used 27 different players – Bob Childs (Galtee Gaels), Darren O'Doherty (Newcastle West), Ryan Glynn (Bruff) and Gerard Stack (Gerald Griffins) all making their first senior appearances.

On top of that 27, there is a list of six regulars who are carrying injuries and weren't considered for selection. Nineteen different clubs had players who saw action as Limerick won a first McGrath Cup since 2005.

For the first time in his four seasons as manager Billy Lee has genuine selection options in most sectors of the field – especially when all are fully fit.

The hurling stats show that 29 players saw game time in their wins over Tipperary, Clare and Cork – Darren O'Connell (Kildimo-Pallaskenry), Brian Ryan (South Liberties), Brian O'Grady (Kilteely-Dromkeen), Josh Considine (Patrickswell), Mark Quinlan (Garryspillane) and Jerome Boylan (Na Piarasigh) all making their first senior appearances.

That list of 29 hurlers represents 15 different clubs and



Limerick captain Cian Lynch lifts the cup after the Co-Op Superstores Munster Hurling League Final match between Limerick and Cork at LIT Gaelic Grounds

is compiled without any game time for regulars like Nickie Quaid, Declan Hannon, William O'Donoghue, Peter Casey, Kyle Hayes and long-term injured duo Shane Dowling and Pat Ryan.

Limerick used 25 hurlers during the 2019 championship and eight of those are yet to feature in 2020 so John Kiely just like Billy Lee is clearly working towards expanding his options.

Both county teams begin their Allianz League campaign on Saturday January 25 – the hurlers in Thurles to play Tipperary at 5.15 and

the footballers in Dungarvan to play Waterford at 7.00.

For all the kudos from the attendance of over 5,000 in the LIT Gaelic Grounds last Saturday with the double success over Cork, I would swap for a double win on January 25 to kick-start the season in earnest.

The hurlers set out on their title defence bidding to retain the title for the first time in 35 years. For the footballers, their target has to be to try and force themselves into the promotion race in Division Four for the first time since relegation to the basement division in 2016.

DONN O'SULLIVAN

Coaching the coaches, the way forward for all

This week the Camogie Association launched a new female coaching and mentorship initiative, the M.N.A. Programme, in partnership with Sport Ireland's Women in Sport Policy.

The M.N.A. Programme will primarily look at the development of female mentors and coaches within clubs around the country and the 2020 programme will offer places to 100 Clubs to take part.

This is an initiative to be applauded, as coaches and mentors are the foundation of any club and the key to securing the future of a sport.

The Camogie association will benefit from this programme for years to come and it is something other sports should be encouraged to copy.

This week Limerick United are valiantly attempting to revive senior soccer in Limerick and they too are looking to build from the ground up.

Every successful organisation is either built on a foundation of volunteerism or is funded by a super rich benefactor.

When money cannot be guaranteed, the best process is to improve those around you and encourage more to take part. Well done to the Camogie Association.

COLM KINSELLA

Munster fans must be patient as 'perfect storm' hinders progress

THE sense of disappointment which has hung over Limerick since Sunday evening following Munster's defeat to Racing 92 in Paris has been palpable.

The players' honesty of effort wasn't doubted for one second by Munster's fans who dared to dream for more than 70 minutes of Sunday's clash.

However, the real live prospect – bar a set of unlikely results this weekend – of the province not reaching the quarter-finals of the Champions Cup is a tough one

take, especially at a time when neighbours Leinster are dismissing all before them.

The optimism of the early months of the season, where Munster won games consistently in the Pro14 and played an attractive style, has disappeared with the run of just two wins in the last eight fixtures.

In many ways this Champions Cup campaign has seen Munster trying to weather the almost 'perfect storm'. Twelve key members of the squad were on World Cup duty during those early

months of the season. They were playing 'catch up' with new senior coach Stephen Larkham and forwards coach Graham Rowntree when reintroduced into the squad before the start of Europe in November.

What could be termed Munster's 'first XV' has only played five games together.

The province has lost big game players in Tadhg Beirne and Joey Carbery to unfortunate injuries.

The Champions Cup draw was tough with both Racing 92 and Saracens. Yes, Munster know home fixtures are non negotiable and drawing at home to Racing was a big blow to their prospects

of qualifying. They also coughed up a great opportunity to collect a precious losing bonus point at Allianz Park against Saracens.

If Munster fail to qualify this weekend - and they may yet pull off another 'Great Escape', but should they fail to advance, then the Guinness Pro14 will be a hard sell to the province's 'floating' support. Munster fans need to be patient.

Give the new-look coaching ticket a chance to prove itself next season, helped by it being a non-World Cup year. And Munster are due a break with injuries.



M.N.A. an initiative to be applauded in Camogie

COLM KINSELLA

Lowry good each way bet to prevail again in Abu Dhabi

THE Abu Dhabi HSBC Championship boasted one of the strongest fields on the European Tour last year, and this week's renewal will be even stronger.

Defending champion at the Abu Dhabi HSBC Championship is Irishman Shane Lowry.

The Offaly golfer will return to

the site of his first Rolex Series win, when he tees it up this week. Lowry birdied the final hole at Abu Dhabi Golf Club to triumph in what turned out to be a pivotal week in his career. He later went on to win his first Major, the Open Championship.

Four-time Major Champion Koepka joins Lowry in the field

along with other top-ranked Americans Patrick Cantlay and Bryson DeChambeau.

Tommy Fleetwood, Bernd Wiesberger, Danny Willett, Lee Westwood and Rafa Cabrera Bello are among the other top names who will tee it up in Abu Dhabi from Thursday.

American Cantlay is the

bookies' favourite to land the title at 8/1, with Fleetwood next best at 10/1.

However, at odds of 18/1, defending champion Lowry is a decent each-way bet to prevail at Abu Dhabi Golf Club, especially in the wake of his second place finish in Hong Kong at the weekend when he carded a final round of 64.



Our tip this week, Shane Lowry

IS THAT ON THE BOX?

Wednesday

SNOOKER

MASTERS 2020
BBC2 1PM

CRICKET

WEST INDIES V IRELAND
SKY SPORTS 5PM

SOCCER

AC MILAN V SPAL
BT SPORT 1 5PM

SOCCER

JUVENTUS V UDINESE
BT SPORT 7.45PM

SOCCER

MAN UTD V WOLVES
BT SPORT 7.45PM

Thursday

GOLF

ABU DHABI CHAMPS
SKY SPORTS 3.30AM

GOLF

SINGAPORE OPEN
FREESPORTS 7AM

SNOOKER

MASTERS 2020
BBC2 1PM

GOLF

DESERT CLASSIC
SKY SPORTS 8PM

SOCCER

PARMA V ROMA
BT SPORT 8.15PM

Friday

GOLF

ABU DHABI CHAMPS
SKY SPORTS 7AM

SNOOKER

MASTERS 2020
BBC2 1PM

GOLF

DESERT CLASSIC
SKY SPORT 4PM

SOCCER

FULHAM V MIDDLESBORO
SKY SPORTS 7.45PM

GOLF

DRAGONS V ENISEI
S4C 8PM

Saturday



Andrew Porter of Leinster in action against Nacho Brex of Benetton when the sides met in round one, they meet against this weekend in Italy in the final round

GOLF

ABU DHABI CHAMPS
SKY SPORTS 8AM

SOCCER

WATFORD V SPURS
BT SPORT 12.30PM

RUGBY UNION

LYON V NORTHAMPTON
BT SPORT 1PM

RUGBY UNION

BENETTON V LEINSTER
BT SPORT 1PM

SNOOKER

MASTERS 2020
BBC2 1.15PM

RUGBY UNION

ULSTER V BATH
BT SPORT 2 3.15PM

RUGBY UNION

HARLEQUINS V CLERMONT
BT SPORT/C4 3.15PM

SOCCER

PARTICK V CELTIC
PREMIER SPORT 5.30PM

SOCCER

NEWCASTLE V CHELSEA
SKY SPORTS 5.30PM

RUGBY UNION

EXETER V LA ROCHELLE
BT SPORT 5.30PM

RUGBY UNION

SALE V GLASGOW
BT SPORT 5.30PM

GOLF

DIAMOND RESPORTS
SKY SPORTS 7PM

SOCCER

NAPOLI V FIORENTINA
PREMIER SPORT 7.45PM

BASKETBALL

PELICANS V CLIPPERS
SKY SPORTS 8.35PM

Sunday

GOLF

ABU DHABI CHAMPS
SKY SPORTS 7AM

SOCCER

NOTTS FOREST V LUTON
SKY SPORTS 12NOON

RUGBY UNION

SARACENS V RACING 92
BT SPORT 1PM

RUGBY UNION

MUNSTER V OSPREYS
BT SPORT 1PM

SOCCER

BURNLEY V LEICESTER
SKY SPORTS 2PM

SOCCER

LIVERPOOL V MAN UTD
SKY SPORTS 4.30PM

NFL

PACKERS @ 49ERS
SKY SPORTS 11.40PM



Liverpool and Man Utd battle in the game of the day on Sunday



Kevin O'Brien of Ireland will feature against the West Indies this weekend

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