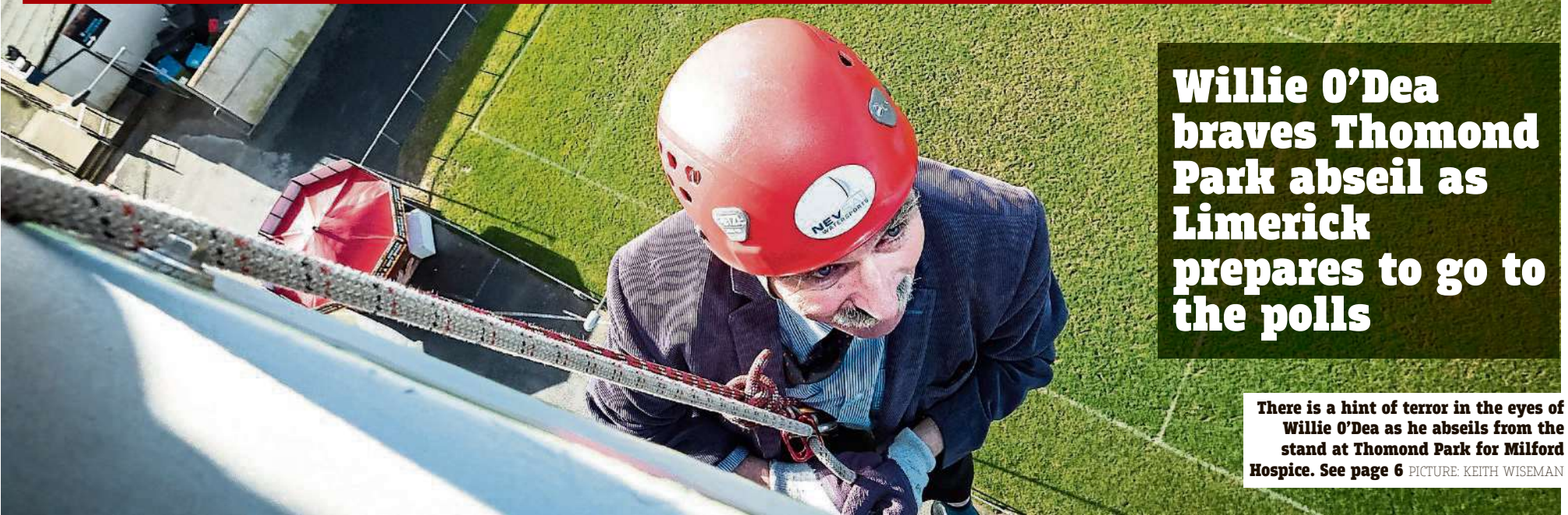


“I’M A POLITICIAN - GET ME OUT OF HERE”



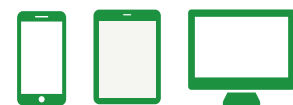
**Willie O’Dea
braves Thomond
Park abseil as
Limerick
prepares to go to
the polls**

There is a hint of terror in the eyes of Willie O’Dea as he abseils from the stand at Thomond Park for Milford Hospice. See page 6 PICTURE: KEITH WISEMAN

The Wednesday, February 5, 2020 Leader

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HEALTH Huge turnout in city for protest over UHL **P10**

PROPERTY We have some fantastic homes in our 12-page supplement **INSIDE**



SPORT Keith Earls returns to squad for Wales game as Murray set to win 80th cap **P47**



Martens win appeal against murder conviction P4

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Leading Off

Setting the agenda in Limerick



▲ GOOD WEEK
People power
 A huge crowd turned out to Saturday's health march and promised to take it to Dublin next



▼ BAD WEEK
Limerick city centre
 Two more businesses are going or have gone. The Shack Donuts is gone, Shoe Zone is closing down



☀ QUOTE OF THE WEEK
 "This has not been caused by a few boisterous students. This is a targeted campaign against me and is a scandalous situation in a democracy"
Willie O'Dea on dirty tricks, see p6

INSIDE THIS WEEK



NO NEED TO SWITCH TO SAVE

Liam Croke says mortgage savings could be at hand
 Page 22



DATE IDEAS FOR VALENTINE'S DAY

Patrick's advice for love fest
 Page 40

Recent death

HEALY Annette (nee O'Brien) Santa Maria, California. Formerly of Athlunkard Street and Corbally, Limerick.

Late of Limerick Shoes. February 1 2020, peacefully in California. Beloved wife of George, dearly loved mother of Elaine, John and Michael. Sadly missed by her loving grandchildren, brothers Brian and Pat, sisters Mary and Deirdre, extended family and friends. May she rest in peace. Funeral will take place in California.

People vent their anger during protest



Protesters holding some of the 92 flags at Saturdays demonstration to acknowledge the 92 patients who were treated on trolleys on January 6, which set another new overcrowding record nationally



WHAT WE THINK
EUGENE PHELAN
 LEADER EDITOR

IT was great to see so many people turn out for the hospital protest on Saturday. Whether it will make a difference remains to be seen, but at least it showed that the people of Limerick have had enough of the dreadful situation at University Hospital Limerick, where more than 1,200 people were on trolleys in January, again the worst in

the country.

And the mental health crisis was also quite rightly highlighted during the protest.

We are coming to the end of the general election campaign, with lots of promises of action from all sides, but the general public quite rightly remain sceptical.

A new 60-bed block is

promised for later this year and this will alleviate the situation, while probably not solving it. But what about the thousands who will be on trolleys in the coming months? Any interim measures to help them?

Lets hope whoever gets into power that we have a local minister who can try and address the issue, at Cabinet level.

WEBTOPTEN

1. **BREAKING:** Father and daughter win challenge against convictions for murder of Limerick man Jason Corbett
- 2 Green light for new tower on Limerick's riverside
- 3 No injuries reported in County Limerick crash
- 4 Schools across Limerick set to strike tomorrow over pay
- 5 Farmers clash in county Limerick court over cow that didn't live up to expectations



Bookie basher: Trainer Charles Byrnes

6 **WATCH:** Limerick trainer Charles Byrnes bashes bookies' with fourth Ladbrokes Hurdle win

7 Limerick lad Zach gets trial with English rugby giants but Munster remains the dream

8 Popular donut store shuts its doors in Limerick city

9 Gardai issue fines to motorists parking at busy bus stop in Limerick city

10 John Kiely allays fears about the fitness of Limerick hurling captain Declan Hannon



John Kiely: Hannon is fine

WEATHER FOR THE WEEK



WEDNESDAY
 Times of cloud and sun with temperature range of 5-9°C



THURSDAY
 Mostly cloudy with temperatures from 6-9°C



FRIDAY
 Rain in the afternoon. Low of 2°C and high of 11°C



SATURDAY
 Showers in the morning with rain in the p.m. High of 8°C



SUNDAY
 Breezy and wet in the morning but temperature climbing to 13°C



MONDAY
 Cooler with occasional rain. Temperature range 1-5°C

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MyLimerick

Dermot Clancy

Head chef, Harry's on the River, Absolute Hotel



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

The best days begin if I wake up before the kids. No really, the perfect day would be a quiet sunny Sunday morning walk with my wife and kids along the river to feed the ducks. Home then to cook a nice dinner and then relax for the evening at home. After a busy Friday and Saturday service in the kitchen, a Sunday off is for relaxing as much as possible.

What's your first Limerick memory?

I don't know what my earliest Limerick memory is but the ones that stand out from my childhood is going to the Milk Market with my father. We're a rugby house so later we would go to the Shannon match, back when Thomond Park was a couple of mounds of gravel and two pitches.

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

I love the walk along the river in Corbally, along the red path and on to the Shannon fields. I grew up playing along it and love that I live there now with my kids and they can enjoy it like I did growing up.

What about a favourite local walk or view?

I love any view of the city from a height, I love if I get a chance to get on the roof of the Absolute Hotel to look over the city, especially at night when the St. John's Cathedral is lit up. From the other side you can see over to Thomond Park, and over to King John's Castle and St Mary's Cathedral as well.

What do you think gives Limerick its unique identity?

It's the people, we can give out about Limerick but anyone who's not from Limerick can't. It's a small city in that

everyone knows everyone else, but we have big city thinking. I think we punch above our weight.

Do you have a favourite local restaurant?

I go through phases of liking places. I love an early lunch in The Buttery, a casual bite in Coqbull or Texas Steakhouse. But in the end, nothing beats a battered burger from Donkey Fords.

How would you describe the people of Limerick?

Depends on the weather, when the sun shines we are a happy bunch.

How important do you think sport is to Limerick?

It's a massive thing in Limerick, we have some top class sports facilities. I mentioned Thomond Park, but also the Gaelic Grounds, UL Sports Arena. There's a bit of everything sports-wise in Limerick. Many of the secondary schools have a big emphasis on sports which I think is great to get kids out and active. It helps build confidence and social skills also.

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

Another road to Corbally! I love living there but the traffic is a nightmare. If the road when ahead linking Coonagh to Ardnacrusha and on to UL it would be amazing.

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

What to do about the city centre is the biggest in my mind. Its half abandoned, shops open and close almost weekly, there's no draw to get people in there. We need to develop it into a proper city centre. At the moment all of the business are around the city.



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Limerick accounts for 3% of all .ie domains

DAVID HURLEY

david.hurley@limerickleader.ie

MORE than 1,300 dot-ie (.ie) websites and domains were registered by businesses and individuals in Limerick last year, new figures have revealed.

However, according to IE Domain Registry, the number of new .ie websites registered in Limerick during 2019 was down slightly compared to 2018.

At the end of 2019,

Limerick-registered domains and websites accounted for 2.88% of the more than 280,000 .ie domains.

While there was a 3.56% reduction in the number of registrations in Limerick during 2019, the number of new domains registered in Munster increased by 7.94% to 47,977.

The 2019 profile report shows .ie domains account for half of all domains registered in Ireland. A third of all domains are .com while

.uk domains account for 8% of all domains hosted in Ireland.

According to IE Domain Registry, the company that manages and maintains Ireland's country domain, 60.9% of the new domains registered last year were associated with companies and self-employed people compared to 36.8% with individuals.

David Curtin, chief executive of IE Domain Registry, says there was significant growth in the number of new .ie domains over the past

the past decade and that they are becoming increasingly important in the modern world.

"As Ireland becomes more globalised and the internet connects us to more international businesses and institutions, it's essential that our communities, be they parishes, villages, or towns in Limerick or elsewhere, have the means to identify themselves online as familiar, local, and Irish through the trusted .ie brand," he said.



IE Domain Registry

IE Domain Registry has published its 2019 profile report



Jason Corbett was found dead in his home in North Carolina in August 2015

Martens successfully challenge convictions

Appeal: Father and daughter face retrial for Jason killing

RYAN O'ROURKE

Ryan.orourke@limerickleader.ie

MOLLY Martens Corbett and her father Thomas Martens have won a challenge against their convictions for the murder of Limerick businessman Jason Corbett.

According to reports, they will now face a retrial.

The 39-year-old died in 2015, with the pair convicted almost three years ago of the second-degree murder of the Janesboro man at his home in North Carolina.

However, last January, lawyers for the pair claimed in North Carolina Court of Appeal that they were not treated to a fair trial. Prosecutors told their trial in 2017 that Tom, 68 and Molly, 34 beat the businessman and father of two to death as he lay asleep in bed.

Mr Martens, a former FBI agent, claimed he acted in self-defence and

alleged Mr Corbett had been attacking Ms Martens.

However, the Corbett family maintained that the Irish businessman was planning to bring his children back to his native Limerick.

According to RTE's Washington Correspondent, Brian O'Donovan, in their appeal, lawyers for the pair argued that the judge in the case had excluded key evidence that would have corroborated their clients' claims.

This included information which is alleged might have explained Thomas Martens' state of mind on the night of the murder.

It was also argued that statements Mr Corbett's children had given to social workers should have been allowed as evidence.

In its ruling, the North Carolina Court of Appeals said both defendants are entitled to a new

trial.

The ruling stated: "Due to a number of prejudicial errors apparent within the record, we reverse the judgments entered upon Defendants' convictions for second-degree murder and remand for a new trial."

A spokesperson for Jason Corbett's family said: "We are aware of the decision of the North Carolina Court of Appeals in relation to the retrial of Molly and Thomas Martens.

"We will not be commenting on the decision at this time."

Cllr Jerry O'Dea told the Limerick Leader that the Corbett family had the full support of Limerick Council.

"It is disappointing to hear. I don't know the full details of why a retrial has been granted, but Limerick will offer the same support to the Corbett family that was offered at the time of the incident."

Climate debate 'erupted' into 'shouting'

REBECCA LAFFAN

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LIMERICK'S election candidates took part in a "robust and lively debate" surrounding climate action, which reportedly "erupted" when the proposition of a rainbow coalition was mentioned.

Candidates4Climate, organised by Limerick's branches of climate action groups Extinction Rebellion Ireland and Fridays4Future took place in Central Buildings on Friday evening, and was moderated by Dr Conor Little, from the Department of Politics and Public Administration at the University of Limerick.

Speakers included Cllr Brian Leddin, candidate for the Green Party and Jan O'Sullivan, of Labour.

Jenny Blake of the Social Democrats couldn't attend due to a bereavement and was represented by Cllr Elisa O'Donovan, while Cllr Mary Cahillane of Solidarity was busy organising the health protest for Saturday, so Solidarity's position was outlined by a Mr Dominic Haugh, a history teacher from Shannon.

"Fianna Fáil, Fine Gael, Sinn Féin and all other candidates for Limerick City were invited but, notably, declined to attend or send a representative," continued the spokesperson.

"The organisers feel that this should be considered when voting for climate and

environmental issues.

"It was a robust and lively debate and although the speakers agreed on many points, the debate erupted towards the end when an audience member put it to the candidates and representatives that the four parties present should be working towards forming a rainbow coalition in the next government.

"This was received warmly by the audience but led to a shouting match amongst the panel. Cllr O'Donovan reported Ms Blake's enthusiasm for increased unity and collaboration amongst the Left in Ireland.

Both Labour and the Greens were supportive of the idea, but also highlighted the importance of cross-party action on climate, not only on the Left, but also between the Left and the Right, refusing to set out red lines for coalition negotiations until after the electorate had spoken.

"Solidarity took the completely opposite position, that they have ruled out allying themselves with any party that has not yet absolutely ruled out coalition with either Fianna Fáil or Fine Gael.

Extinction Rebellion Limerick and Fridays4Future Limerick thanked all the participants, the moderator and the audience, who filled an eighty-seater hall and "brought vital questions to the debate".



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Sinn Féin will stop the pension age increasing to 67

Sinn Féin passed legislation that will see an end of Insurance Rip Off



Photo: Mairéad McCreesh, 38 Goulanville Estate, Goulanville, Limerick

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ELECTION BRIEFS



Senator Kieran O'Donnell visited the school

'Action must be taken' for special school nurse

A LIMERICK city election candidate has said action "must be taken" on a "critical condition" affecting a special school.

From next September, St Vincent's Special School, Lisnagry has currently no commitment on having nursing support for pupils with medical needs in the school.

Limerick Senator Kieran O'Donnell met with the school principal on the matter and has followed up with the HSE and Minister for Health Simon Harris on this important issue.

"I met with principal Bridann O' Callaghan of St Vincent's Special School, Lisnagry when I visited the school," said Senator O'Donnell, "we discussed the situation unfolding where the school is facing the daunting prospect of having no nursing support from September 2020. The medical needs of many of the pupils attending St Vincent's make it imperative that they have a full-time dedicated nurse at the school.

"Arising from the meeting, I have spoken and written to the HSE as well as Minister Simon Harris and his officials requesting the provision of funding for a dedicated full-time nurse from next September for the school through East Limerick Children's Services. Minister Harris, his officials, and the HSE are actively looking into the matter.

"Action must be taken on this critical issue to provide certainty and alleviate the genuine worries of both parents and staff at St Vincent's special school for the well-being of all students needing nursing support and care from next September."

The school is Ireland's third-largest of its kind, with 117 pupils, five of whom have life-limiting conditions and require full-time nursing supports.

Garda probe into damage of veteran TD's election posters

Politics: Fianna Fail's Willie O'Dea says he's never known such a 'dirty' election campaign

NICK RABBITTS
nick@limerickleader.ie

GARDAI in Limerick have launched a probe into the alleged damage of Fianna Fail TD Willie O'Dea's election posters.

It comes as the candidate—who is widely tipped to top the poll locally on Saturday—said he has never experienced anything like the "dirty tricks" being played in the 2020 general election campaign.

As part of what he says is a "targetted campaign" against him, the veteran TD said his posters have been "torn down" and "defaced".

"I have met so many people at doors who have been told 'Willie is safe', 'Willie will top the poll' and 'Willie doesn't need your vote'. It's very disappointing that others in

the field are putting out this narrative. It's an age old political trick which is underhand! There is nothing certain in politics and for me to be elected, I need my supporters to come out and vote for me," he urged.

Mr O'Dea claimed dozens of his posters have been taken down throughout the three week campaign.

"I have also had posters defaced with libelous comments painted on them. This has not been caused by a few boisterous students. This is a targeted campaign against me and is a scandalous situation in a democracy," he said, "I have reported the matter to the gardai and I would appeal to members of the public to alert myself or gardai if they notice any suspicious activity at any of my posters."

Separately, Mr O'Dea headed to the summit of Thomond Park this Tuesday before abseiling down the home of Munster rugby.

Speaking to The Leader, he said it was a "hair-raising" experience, and one which he admits has been the scariest moment of the 2020 general election campaign so far.

He was raising money for Milford Hospice following a request from radio station Newstalk.

Limerick goes to the polls this Saturday, February 8.



Willie O'Dea abseiling off Thomond Park this Tuesday in aid of Milford, having been challenged by Newstalk

PICTURE: KEITH WISEMAN

Collins 'a voice for the future of Limerick'

FIANNA Fail leader Micheal Martin says there is no time to "hang around" on solving the problems related to University Hospital Limerick (UHL).

Just two days after thousands of people marched in protest at conditions in the Dooradoyle hospital, Mr Martin was in Limerick canvassing alongside both his party's candidates, Cllr James Collins and Willie O'Dea.

Asked about health, and the problems UHL is facing, Mr Martin said: "We can't hang around. We have an urgent programme for health. We're not going to wait 10 years for Slaintecare to be implemented. We are saying in terms of people waiting for operations, the treatment purchase fund will do an extra €100,000 through doubling the fund to take public patients off the waiting list. We'll put five million extra home care packages in. Why? Because one of the big problems in emergency departments is that people can't leave hospital when they've finished their care."

He said this measure will dramatically relieve the pressure on the emergency



Fianna Fail leader Micheal Martin pictured canvassing in Limerick city with general election candidates Cllr James Collins and Willie O'Dea PICTURE: DON MOLONEY

department in Dooradoyle.

"We need to equip our emergency departments. Limerick has been looking for an MRI machine for quite some time. We're promising an urgent equipment replacement programme in

year one to give the hospitals the vital machinery they need so they can diagnose faster and treat faster and also to hire professional nurses and medicare staff."

The Cork TD added he is confident with the correct

vote management, Cllr Collins can secure a berth in the 33rd Dail alongside perennial polltopper Mr O'Dea. "James has been a fantastic councillor, a fantastic mayor of the city and I think he's a voice for the

future of Limerick. He's very developmental in his outlook, and an extremely hard worker. Obviously, we must manage the vote here. Our challenge is to make sure we get an even break on the votes to get two seats."



UNRIVALLED COVERAGE OF GENERAL ELECTION 2020 IN LIMERICK

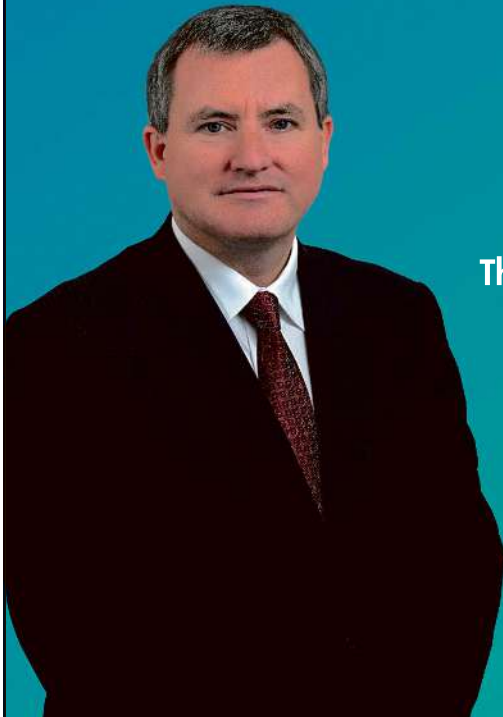
READ, WATCH AND LISTEN TO THE CANDIDATES IN LIMERICK CITY AND COUNTY ON WWW.LIMERICKLEADER.IE AS WE ENTER THE LAST FEW DAYS OF GENERAL ELECTION 2020. WE JOIN CANDIDATES ON THE CAMPAIGN TRAIL, INTERVIEW THEM FOR OUR SERIES OF ELECTION PODCASTS AND FIND OUT WHERE THEY STAND ON THE KEY ISSUES. ALSO, THERE WILL BE 10 PAGES OF COVERAGE IN THIS WEEKEND'S LIMERICK LEADER BROADSHEET. YOU WON'T FIND IT ANYWHERE ELSE



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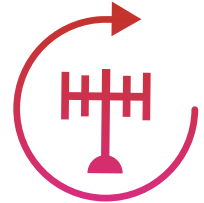
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The debate comes on foot of the representative bodies for the public higher education system calling for investment in higher education by the next Government PICTURE: ALAN PLACE

Candidates bid to resolve higher education 'crisis'

REBECCA LAFFAN

rebecca.laffan@limerickleader.ie

UNIVERSITY of Limerick hosted an election debate on the Future Funding of Higher Education, giving four of Limerick city's election candidates an opportunity to outline their policies for addressing what they have described as a "crisis" within the sector.

A 200-strong audience of UL students, staff and invited guests gathered for the debate on campus on Wednesday, January 29, which was moderated by Professor Stephen Kinsella.

Labour TD Jan O'Sullivan, Fine Gael Senator Maria Byrne, Green Party Councillor Brian Leddin and Aontú candidate Michael Ryan took part.

Jan O'Sullivan said: "I do believe there is a crisis in higher education. The Cassells Report still needs to be acted on and implemented. I think it's a disgrace that there's been no action, as I know the crisis has gotten worse. I believe there has to be more public funding, I don't believe there should be more pressure put on students and families. There's currently €1bn in the National Training Fund to be used as a source of funding."

The Labour TD also outlined her plans to improve workers rights in universities, inclusive access to higher education for all and adjusting the SUSI non-adjacent rate to 24km instead of 45km.

Senator Maria Byrne said: "As a government today we've invested €1.88 bn in terms of higher education, this went up 25 percent over four years. When we went into government the money wasn't there to invest, it's

beginning to come back. Now that our economy is coming back, there's a pledge for higher education funding."

Brian Leddin said: "Funding here has collapsed, we're spending €8,000 per student per annum at the moment, including student contribution. That's €3,000 less than the UK, who are about to double their investment. The Green Party policy is borrowed from central and northern Europe, where the investment is far greater than it is here. We believe in the power of public taxation to fund public services, we don't make an apology for that."

"There are people who cannot access third level education," he continued, "education is how people reach full potential, and if we create barriers to that then it's deeply unfair and widens the gap in our society."

Finally, Aontú's Michael Ryan described the lack of government funding in the sector as a "scandal on-par with other scandals in Irish society that the present parties have not tackled."

"I'd go further and say that they're still not getting the message that it's more than a scandal - it's an emergency, issues such as our hospitals and housing and certainly funding of third level."

He continued to say that the lack of funding is "fatally undermining" the contribution of Limerick's third-level institutions to society.

"We must prioritise the development and implementation of a long-term investment model," he added, "at least €100m every year for the next three years needs to be invested, of which Limerick should get a fifth."

Leo turns to economy as election nears end

Politics: Taoiseach highlights investment on the canvass at Crescent SC

NICK RABBITTS

nick@limerickleader.ie

AS the election campaign reaches the final furlong, Fine Gael appears to be switching to its old reliable of the economy.

Speaking in Limerick, its party leader and Taoiseach Leo Varadkar has warned that a return to a Fianna Fail government could collapse the economy, and put major capital projects like the M20 and the new 96-bed unit at UHL in doubt.

Just an hour after opposition leader Micheal Martin was pressing the flesh at the Crescent Shopping Centre on Monday, Mr Varadkar was attempting to do the same when he took to the canvass with his party's two candidates in the city, Senators Maria Byrne and Kieran O'Donnell.

Referencing a number of other capital projects, Mr Varadkar said: "We're making the right changes and if we keep the economy strong, we will see it through. There is a risk if we go back to Sinn Féin or Fianna Fail that the economy will go down again, these projects which should have been built years ago will be stalled again."

"That will be really bad news for the Mid-West."



Effe Ware of Dooradoyle took a selfie with Taoiseach Leo Varadkar during his visit to the Crescent Shopping Centre PICTURE: DAVE GAYNOR

His visit comes in the wake of a mass protest in the city on Saturday, where people demonstrated against the overcrowding at the emergency department in University Hospital Limerick. He appeared to rule out re-opening similar facilities in St John's Hospital,

Nenagh and Ennis.

"When it comes to where we should have our emergency departments, we always listen to the doctors, and the emergency department consultants. What they say to us is medicine has changed, and

the only way to provide top class medicine is in specialist centres. I think the mistake made here was to centralise everything in Limerick without providing adequate bed capacity in UHL."

The election takes place on Saturday.

Light rail discussed at hustings

FOUR of Limerick's general election candidates took part in a debate on active and sustainable travel, organised by three key Limerick organisations in the area of transport.

The hustings took place in the city's Central Buildings on Thursday, with Limerick Cycling Campaign, the Irish Pedestrian Network and Fix Limerick Bus inviting candidates to present their vision for the future of Limerick travel.

Sinn Féin TD Maurice Quinlivan was in attendance, along with Labour TD Jan O'Sullivan, Fianna Fáil councillor James Collins, and Green Party councillor Brian Leddin.

This event followed the recent Transport For



Candidates at the hustings

PICTURE: GARETH WILLIAMS

Limerick public meeting where over one hundred people attended presentations and discussions ahead of the upcoming Limerick Transport Strategy.

The debate featured topics such as improved pedestrian access to schools, upgrade of cycle lanes across the county,

a potential light rail system connecting major suburbs to the city, regulation and improvement of existing bus routes, and reducing the number of drivers on our roads.

"We essentially need to move away from car-centric infrastructure, the objective is to reduce the amount of people who drive and handing the space that they've occupied for so long over to active and sustainable transport modes, but ultimately that leads to very hard decisions. A policy shift is required, there's a fundamental flaw here in how we look at transport - it's 1950s stuff," said Brian Leddin.

This was agreed by James Collins, who said people

need to use more public transport systems and mentioned making use of existing underused rail lines to create a light rail system as a long-term solution to the issue.

Jan O'Sullivan reiterated this idea and urged that a citizens assembly is needed in Limerick to help put together a strategy to improve the current system.

Ideas such as park and ride facilities were proposed as practical solutions, with Maurice Quinlivan recognising that the city has a "massive problem" with its existing bus networks.

Questions were also put to the candidates by a number of children, with queries surrounding incineration and cycling facilities.

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O'DONOVAN**

VOTE 1 & 2 in order of preference



LEADER CRIME BRIEFS

BY DAVID HURLEY



Dash cam footage sought after city centre assault

Gardai attached to Henry Street are seeking witnesses following an assault in the city centre.

The alarm was raised at around 9.50pm last Thursday, January 30, when gardai received reports that a male was being assaulted in the Sarsfield Street area.

"This male was taken to hospital by ambulance and gardai are now looking for witnesses to the assault to come forward," explained Sergeant Ber Leetch.

While details of the man's injuries have not been disclosed, they were not life-threatening and he has since been discharged from



Gardai at Henry Street are investigating

hospital.

Investigating gardai have obtained CCTV from the area and they are also appealing to any drivers who have a dash cam on the vehicle and who were in the Sarsfield street area between 9.30pm and 10pm to come forward with the footage.

Henry Street garda station can be contacted at (061) 212400.

Thieves cycled off after grabbing woman's handbag

INVESTIGATIONS are underway after property was snatched from two young ladies during separate incidents in the city centre.

In the first incident, a young lady in her 20s was walking at Upper Glentworth Street at a round 10pm last Wednesday when her handbag was pulled from under her arm by a male who ran off with it.

In a separate incident, a lady – also aged in her 20s – was walking along Catherine Street just after midnight last Friday when two males on bicycles cycled up behind her, grabbed her bag and cycled off.

Consa and laptop stolen from unlocked vehicles

A CONSAW was stolen from a van was parked at a construction site in Garryowen.

According to gardaio the vehicle was not locked and when the owner returned, he discovered that his consaw had been taken.

"This could have been avoided if he had locked his van and checked that it was locked before he left it unattended," said Sergeant Ber Leetch.

Separately, a laptop was taken from an unlocked car which was parked on Exchange Street.

In that case the owner



Advice: Sgt Ber Leetch

was convinced that he had locked his car but he admitted that he had not checked the door handle and only relied on the flashing lights and clicking sounds.

"He now believes that he must have pressed the open button on his key and not the lock button which are very close together," explained Sgt Leetch.

Phone snatched on street

A YOUNG man has been arrested and charged after a phone was snatched from another man who was walking at Cruises Street late at night.

The victim, whose aged in his 40s, was targeted in the early hours of Friday morning. "He was actually on the phone and he possibly wasn't aware of who was around him or who was watching him," said a garda spokesperson.



Over 1,000 people from Limerick, Clare, Tipperary and Cork took to the streets to protest against UHL's overcrowding crisis. UHL was the most overcrowded hospital in January, according to new INMO figures PICTURE: BRENDAN GLEESON

Hospital campaign eyes 'mass' protest

March: Over 1,000 took to the streets of Limerick

FINTAN WALSH

fintan.walsh@limerickleader.ie

ORGANISERS of the weekend's major overcrowding protest in Limerick city are now looking to forge alliances across the country to start a "mass national demonstration".

More than 1,000 people from Limerick, Clare, Tipperary and Cork took to the streets on Saturday, to protest against University Hospital Limerick's worsening trolley crisis.

Organised by the Mid-West Hospitals Campaign, the demonstration saw a significant political attendance, by general election candidates and councillors from all over the Mid-West.

Delivering the first speech at the protest, former councillor, Ms Cahillane said that they will take the protest to Dublin if the Government

doesn't act on the health crisis.

Mid-West Hospitals Campaign spokesperson, Conor Reidy said they were pleased with the response, and thanked the gardai and traders "for allowing us the opportunity to make our voices heard in their city".

One of the key features of the protest was the waving of 92 numbered red flags, each representing the patients were on a trolley on January 6.

Another member of the campaign, Geraldine O'Keeffe, said that politicians "have failed us and continue to let us down".

"You will have a chance to have your say at the ballot box. If they want our votes they must come up with some strong and urgent solutions. The time for the 'no-quick-fix' excuse has passed. The fix must happen now. This campaign has had an overwhelmingly successful

beginning and will only grow stronger from here."

The Mid-West Hospitals Campaign is this week putting together a formal delegation from across the three affected regions.

The campaign will be demanding immediate meetings between this delegation and newly elected TDs across the three counties, as well as the new health minister.

The campaign says they expect that this will be the commencement of an ongoing dialogue that will end with the full and "final implementation of acceptable and humane emergency and mental health services in the Midwest".

There were 1,215 patients treated on a trolley in January, the worst ever January for any hospital since records began in 2006. This is a 25% increase on January 2019 figures, according to the INMO.

Drugs and cash seized in the city centre

A FILE is being prepared for the Director of Public Prosecutions following a significant drugs and cash seizure in the city centre, writes David Hurley.

The seizure was made at around 5pm last Wednesday after members of the Divisional Drugs Unit stopped

and searched a man who was walking at Upper William Street.

"He was brought to Henry Street garda station for the purpose of a search and was found to be in possession of €2,400 worth of suspected heroin that had been split into over 90 small bags, €100 worth

of suspected cocaine and €800 in cash," said a garda spokesperson.

The suspect, whose aged in his 40s, was arrested and detained for a number of hours before being released without charge.

The suspected drugs have been sent for analysis.

Frankie DALY

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Nicholas Street gets lick of paint

Community: Groups unite together to give medieval lane a big boost

NICK RABBITS
nick@limerickleader.ie

ONE of Limerick's best loved thoroughfares has enjoyed a much-needed facelift after the community came together to paint the street.

Eight groups of people, including the residents and traders in Nicholas Street teamed up to give the tourist street a lick of paint.

Now, new vibrant, bold colours and murals adorn the tall buildings along the medieval street.

"We want Nicholas Street to become the heartbeat of Limerick city in relation to tourism. We want to improve its attractiveness for people to live, to work and visit. This is all about neighbours coming together and working together," said Niall O'Callaghan, the chief executive of Shannon Heritage, which runs King John's Castle, which sits

proudly at the Thomond Bridge end of the historic area. The repainting of the street has been taking place across the last year under the leadership of St Mary's Cathedral Dean Niall Sloane.

The project won the best tourism building project in 2019 and was a finalist in the community and council awards for best community based initiative last month.

There was a real party atmosphere in Nicholas Street, as Munster legend Brendan Foley, the father of the late, great Anthony Foley, cut the ribbon on the new look street.

After this, there was a parade down Nicholas Street led by piper Capt Michael Egan, before over 150 local students sang for the residents, traders and guests.

Brendan said: "The street needed a bit of life back in it to make a connection between King John's Castle and St



Brendan Foley cuts the ribbon at the newly repainted Nicholas Street, watched by Dean Niall J Sloane and Mayor Michael Sheahan PICTURE: ADRIAN BUTLER

Mary's Cathedral. Tourists move along to this street, and I'd hope it will put a bit of life back here. It was vibrant here 40 years ago, and there's no reason it should not be the same again".

"You used to be able to get anything on this street, maybe barring a bag of coal. We've great memories of our youth here," said Brendan, who grew up on the Island.

Mayor Michael Sheahan

said: "Nicholas Street is one of Limerick's most historic streets. It leads people towards King John's Castle, one of our main attractions. Yet it was clear it was neglected down through the

years."

He said while "a lick of paint" sounds so simple, it's actually involved a lot of work behind the scenes.

"The Nicholas Street painting project was one of the single biggest most exciting community events to take place in Limerick in recent times. It included every section of the community around the medieval street, the local authority, the church, businesses, state agencies, tourist attractions, educational institutions and residents of the area. The power and determination of this community painted a street," the mayor added.

Dean Sloane added: "In essence, it brought a community together, and building community is a wonderful thing."

On what was a golden morning for the Nicholas Street community, Capt Egan led off a playing of Amhrán na bhFiann.

But pride of place of the final song went to the local anthem There is an Isle.

Willie

O'Dea



FIANNA Fáil
THE REPUBLICAN PARTY

James

Collins

Vótáil

1

*Please vote Willie O'Dea no.1 this Saturday.
I respectfully ask for you to continue
your preference for my colleague James
Collins and vote Collins no. 2.
Thank you for your support.*

Vótáil

2

BRIAN LEDDIN

LIMERICK CITY



VOTE #
1

A vote for Brian is a vote for:

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- Long term solutions to improve our health service
- A liveable city with excellent services
- A serious response to climate change
- Working with all parties to deliver the best for Limerick and Ireland

✉ brian.leddin@greenparty.ie [@BrianLeddin](https://twitter.com/BrianLeddin)
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James Collins

Vótáil
1

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Please Vote 2
Willie O'Dea



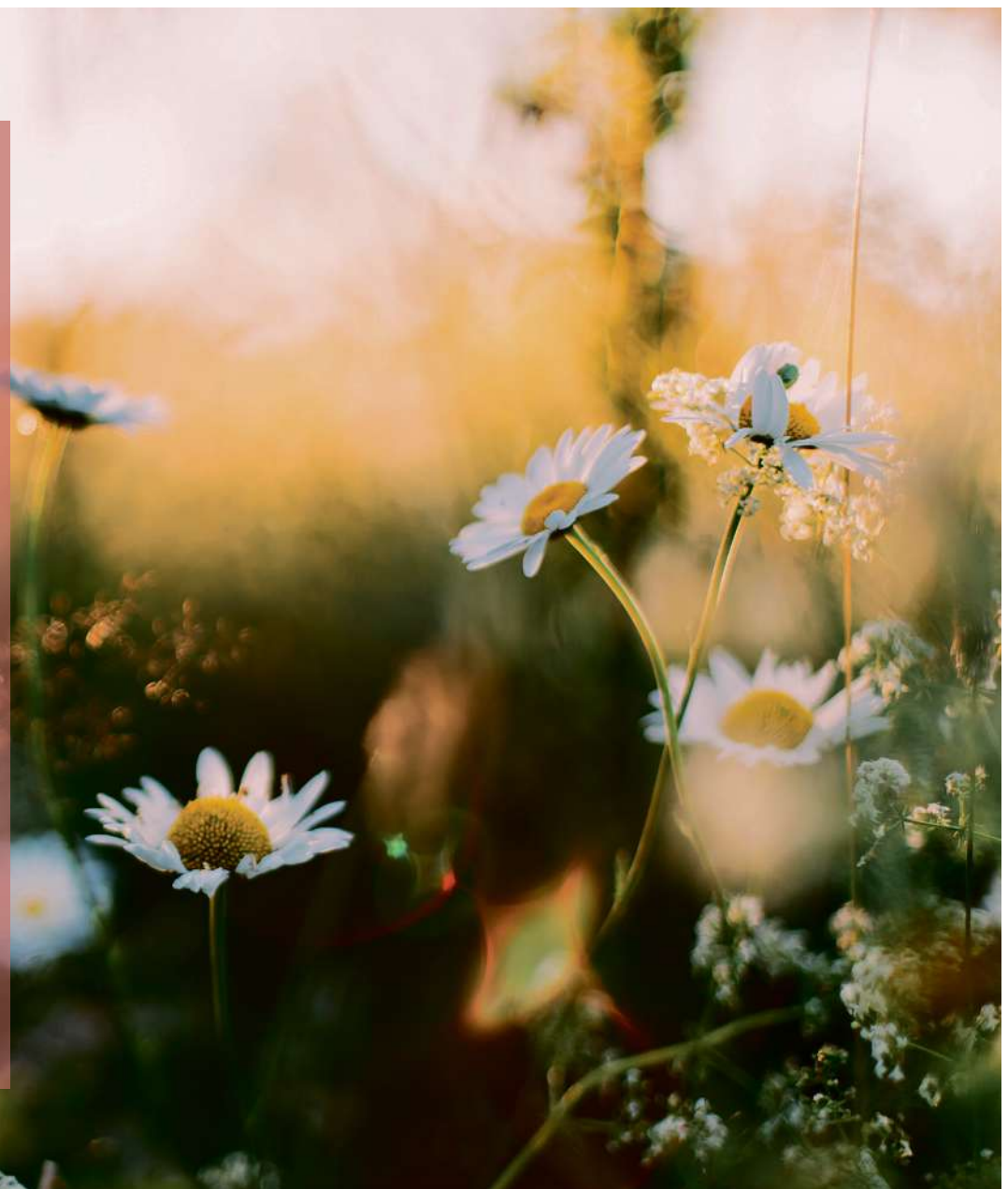
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LEADER BRIEFS

Climate keynote at LIT conference

THE UK's most prominent policy adviser and campaigner on the causes and consequences of climate change, acclaimed environmentalist Sir David King, will provide the keynote address at the inaugural Future Living Conference which will take place at LIT's Millennium Theatre this St Valentine's Day.

The conference designed to examine the sustainability challenges within business and industry, and provide solutions to business owners and employees, will include a series of speakers from the worlds of fashion, food and festivals.

The Future Living Conference will take place on February 14 from 1pm at the Millennium Theatre, LIT, Moylish Campus. Entry is free but booking is essential. More information and booking at thefutureliving.com

Actors wanted for Limerick sci-fi film

THE Abraham Project, a new Limerick based sci-fi TV show are looking for actors aged 18 and over from all ethnic backgrounds for various extra and featured roles including body doubles/stand ins over the next six months.

All roles are paid however actors must be available to travel to Limerick for costume fittings and specific shoot dates with early morning starts. For more information visit www.movieextras.ie.

Filming for the TV show will be based at Troy Studios in Castletroy.

'Gardening for Wildlife' set for Granary

THE U3A (University of the Third Age) are holding their next talk, "Gardening for Wildlife", on Wednesday, February 12 at 2.30pm in the Granary Library. It will be presented by John Breen and all are welcome.

Cost of policing final hits €21k

Hurling: Munster Council pays for 'non public' duties

DAVID HURLEY

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THE cost to the GAA of policing the Munster senior hurling final at LIT Gaelic Grounds last June was more than €21,000, it can be revealed.

Figures obtained by The Leader under the Freedom of Information Act show a total of €21,757 was paid by the Munster Council to An Garda Síochána for "non-public" duties associated with the Munster final between Limerick and Tipperary on June 30, 2019.

The Munster Council paid a further €28,800 to An Garda Síochána in relation to the round-robin fixtures of Limerick versus Cork on May 19 and Limerick versus Clare on June 9.

Two other fixtures at LIT Gaelic Grounds also feature in the list of top 10 events during 2019.

A total of €9,450 was paid by Cumann LuthChleas Gael for "non-public" duties associated with the All-Ireland senior football qualifier between Galway and Mayo on July 7 while €6,030 was paid in relation to All-Ireland under 20 hurling final between Cork and Tipperary on August 24.

Elsewhere, the figures show the biggest non GAA-related payment – €18,000 – was made by the organisers of the Great Limerick Run which took place over the May bank-holiday weekend.



The cost to the GAA of policing the 2019 Munster hurling final was €21,757

According to An Garda Síochána, significant payments were also received last year for non-public duties from Munster Rugby, Limerick Racecourse and the organisers of the Pig N Porter festival.

The only payment which was not sport-related was made by Cairde Two Films. The production company paid €2,581 to have a garda presence

on September 25 and 26 while filming on location in Limerick for an upcoming TV series.

Under Section 30 of the Garda Síochána Act 2005, "An Garda Síochána may provide and charge for police services for events on private property or in areas open to the public if it is in the public interest and consistent with the functions of An Garda Síochána".

Get the tips on Tidy Towns

COMMUNITY groups, organisations, and individuals who are looking to get a head start on the Tidy Towns competition should take heed of a free seminar which is being hosted by Limerick City and County Council.

Those interested are invited to attend Limerick's Annual Tidy Towns Seminar, which will be held in the Great National South Court Hotel, Raheen on Tuesday, February 11 at 6.15pm.

It is the 8th annual seminar which aims to support groups with their ongoing work in their Tidy Towns groups along with advice for their application for the 2020 competition.

Last year, 56 groups from across Limerick took part in Tidy Towns, with all groups who competed in 2018 seeing an increase in their marks in 2019.

Adare was once again named as Limerick's Tidiest Town closely followed by Galbally and Ardpatrick. Adare was awarded a Silver Medal, with Bronze Medals going to Ardpatrick, Galbally, Castleconnell, Newcastle West, and Limerick City. The Endeavour Award for Limerick went to Ballyagran.

Vicky's memoir voted book of the year

REBECCA LAFFAN

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VICKY Phelan's memoir about her remarkable personal story has been voted 2019's Irish book of the year.

Now officially the An Post Irish Book of the Year, *Overcoming* was co-written by Naomi Linehan, and tells the story of one of the biggest medical and political scandals of our times.

Vicky and 220 other women who were diagnosed with cervical cancer were not informed with the crucial information that a clinical audit had revised their earlier, negative smear tests in which their cancers could possibly have been preventable.

The An Post Irish Book of the Year 2019 was chosen by a public vote from the list of category winners announced at the recent An Post Irish Book Awards.

Previous winners of this esteemed award include *Notes to Self* by Emilie Pine, *Atlas of the Irish Revolution* by John Crowley, *Donal Ó Drisceoil,*



Vicky Phelan with the award

Mike Murphy and Dr. John Borgonovo, *Solar Bones* by Mike McCormack, *Asking for it* by Louise O'Neill, *Academy Street* by Mary Costello, *Staring at Lakes* by Michael Harding, *The Spinning Heart* by Donal Ryan and *Solace* by Belinda McKeon.

Vicky has become women's voice for justice on the issue due to her

system-changing activism. From a life-threatening accident in early adulthood through to motherhood, a battle with depression, her devastating later discovery that her cancer had returned in shocking circumstance and the enduring detective-like scrutiny of events that led the charge for her history-making legal action, *Overcoming* is an inspiring story of rare resilience and power.

Vicky Phelan says: "I'm truly honoured that my book *Overcoming* has been voted An Post Book of the Year. I could not have done this without my wonderful ghostwriter, Naomi Linehan, who brought life to my story on the page in a way that I did not think was possible. To my publisher, Hachette, thank you for taking a chance on me and to all the booksellers, thank you for championing my book. Finally, a huge thank you to the public, for whom I wrote this book, who supported and voted for me."

Maria Dickenson, chairperson of

the An Post Irish Book Awards, said: "The entire book trade rose to its feet for a lengthy and moving standing ovation when *Overcoming* won the RTE Listener's Choice award at the An Post Irish Book Awards. Vicky is an absolute inspiration and a powerful advocate for Irish women, and along with Naomi Linehan she has written a book that perfectly expresses her strength, her warmth and her legacy. A thoroughly deserving Book of the Year."

David McRedmond, CEO of An Post aid he was delighted that Vicky Phelan is the recipient of the An Post Book of the Year 2019 award for her autobiography *Overcoming*. "Readers have a unique relationship with writers but especially so with Vicky because of her personal courage in telling her story. As this award is a public vote, this truly demonstrates just how much Vicky's story resonated with readers across the country," he said.

The public vote was sponsored by National Book Tokens.

Special lectures make return

People's Museum: Series of talks back for springtime following winter success

THE SPRING programme of the Leonard Lectures series has been announced by the People's Museum of Limerick, after the success of the inaugural winter series.

This season's first speaker is Countess Dunraven, pictured, who will share the story of the Dunraven family in Adare and Wales on February 27.

Her lecture will be accompanied by original artefacts and manuscripts from the family's history, which will be in the museum for one night only.

The second lecture will be about the first professor of chemistry in the British Isles by Colm de Barra on March 27, and the last is on the legacy of Denis Leonard outside of Limerick City with Brian O'Carroll on April 23.

"We are so pleased to be able to give a platform to some of the most interesting and



important aspects of Limerick's history," said Dr Rose Anne White, manager and curator at the museum.

"Sparkling conversations arise after each talk, and this spring will be no different," she added. "This is also one of the ways we can bring life and light into the centre of Limerick City in the evenings, and we are thrilled to be able to contribute to that. Everyone is welcome here."

The Leonard Lectures are in memory of Denis Leonard, founder of Limerick Civic Trust, and a pioneering voice in Limerick's heritage, until his passing in 2009. These lectures are also a fundraiser for Limerick Civic Trust and their new project at No. 2 Pery Square – the People's Museum.

More information is available at www.peoplesmuseum.ie.

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Strength in Community

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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



Minerva is our first chosen pet this week. She is an adorable one-year-old Chihuahua who is great with people and loves other dogs. She is the perfect indoor dog. For more information on Minerva please visit the sanctuary any day from 12 noon until 3pm. Adoption fee is €150, each dog is neutered, wormed, vaccinated and microchipped.

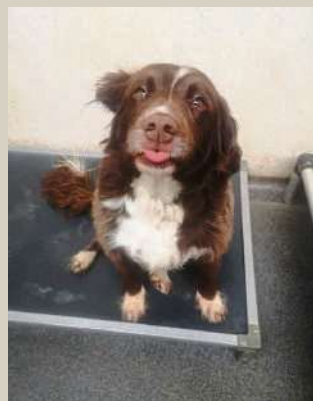
Ryan is a charming 8-month-old German shepherd mix. Ryan is great with other dogs but takes time to get to know and trust new people. Ryan is great on the lead and loves to sit on the couch with you. If you would like to come and meet Ryan, our sanctuary is open every day between 12 and 3pm.



Macey is an 11-year-old pointer mix looking for a loving home. She is a joy to be around and has lots of life left in her. Macey is great with other dogs and loves hanging out with people. She is house trained and lead trained. If you think you can give Macey her perfect retirement home, please come and visit her at the sanctuary. Our sanctuary is open every day between 12 and 3pm.

Maggie Mai loves to sing

Maggie Mai is a 7-year-old springer spaniel looking for a new home. Maggie Mai gets on well with other dogs, loves to go walking and being by your side. If you would like to come and meet Maggie Mai, our sanctuary is open every day between 12 and 3pm. To adopt you must have a fully enclosed garden and a suitable place to sleep.



Pat Fogarty presents Ciaran Carey of Cuan Mhuire with a cheque of €5,250, alongside Cllr Adam Teskey

Rotary Club raises €5000

PIETA House, Cuan Mhuire, Bruree and St Munchins Community Centre were guests of honour as the Limerick Thomond Rotary Club hosted a special lunch to formally present the €5,250 raised from the 2019 Remembrance Tree.

The funds raised in 2019 brings the total raised since 2009 to over €190,000. This presentation follows the commemorative Mass held at the

Augustinian Church for all the ribbons placed on the tree during the Christmas period.

Speaking at the lunch, Pat Fogarty, president of Limerick Thomond Rotary Club welcomed all attendees and in particular thanked Deputy Mayor, Cllr Adam Teskey for "his unqualified support for the Remembrance Tree project."

Teachers picket for end of pay gap

Education: Schools close as union members strike

REBECCA LAFFAN
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SCHOOLS and colleges across Limerick were closed this Tuesday as hundreds of teachers took to the picket line over pay inequality.

Members of the Teachers' Union of Ireland (TUI) took strike action over the failure to end a nine-year regime of pay discrimination, which the Union says risks causing 'irreparable damage' to the education system and the service to students.

The 24-hour strike affected many secondary schools in the county, as well as colleges of further and adult education and Institutes of Technology/Technological Universities.

The strike comes as a result of teachers who entered the profession since 2011 still being paid at a lower rate than their colleagues for carrying out the same work.

TUI area representative for Limerick city, Maura Carrol, who was picketing outside Limerick College of Further Education, said: "This has been a very long time coming. People are so enthusiastic in their support, I think, because it's dragged on for so long. People are frustrated and there are more and more teachers on the lesser-paid stream coming on every year so there needs to be an end to this soon."

"We haven't struck until now, and this is



Paul Maunsell, principal, Limerick College of Further Education, Hilary McCann, teacher and Maura Carroll, TUI representative

PICTURE: ADRIAN BUTLER

This has been a very long time coming

MAURA CARROL, TUI AREA REPRESENTATIVE FOR LIMERICK CITY

very important, we're at crisis point with recruitment and retention at the minute. We hope that whatever government we get next knows that we mean business, we're not going to take any more and it's time to put an end to the inequality."

Limerick City branch chair Colm Galvin said: "Schools are innovative in dealing with challenges and deficits in resources, but the current difficulties are unprecedented and risk causing irreparable damage to the education system."

"The only way to resolve these difficulties is to end the divisive, irresponsible and damaging practice of paying teacher colleagues different rates for carrying out the same work. Irrespective of how the new Government is constituted, a commitment to an immediate ending of pay discrimination must form part of its programme," he concluded.

CREAGH LANE ACTION GROUP

UP DATE ON THE REDRESS



Creagh Lane School, Bridge Street, Limerick



Willie O'Dea TD, who has been supporting the Creagh Lane Action Group from the beginning, thank you Willie.



We wish to thank Maurice Quinlivan TD for all his support over the years on this matter.



Members of the Creagh Lane Action Group with solicitor Ger O'Neill on the way to the Dail for the vote on the motion

A COURT OF HUMAN RIGHTS DECISION WENT IN OUR FAVOUR, NOVEMBER 2017.

A RETIRED HIGH COURT JUDGE REVIEWED THE DECISION FOR 12 MONTHS, AND RULED IN OUR FAVOUR.

3 MINISTERS FOR EDUCATION HAD THE PORTFOLIO AND STILL NO RESPONSE FROM REDRESS SCHEME OR FINE GAEL

The Fine Gael government has abandoned the Creagh Lane Action Group ignoring democracy, despite the fact we had a pedophile convicted in the courts of Limerick in 2009.

On the 29th August 2007 the pupils of Creagh Lane School 1967/68 went to Maystone Garda Station, made an official statement and so the investigation to discover the extent of the abuse in Creagh Lane School started. What was to be discovered was shocking, it is believed that approximately any number up to 50 boys could have been abused since going public the amount of men coming to members of the group in private is growing every day. The facts in this case are clear and have been proven right.

FACT 1: Taoiseach Leo Varadkar said on Tuesday 9th July 2019 time 19.59 on the floor of the Dail
"The government has failed at the time and, failed them a second time when it did not own up to its responsibility, the state will not fail them a third time."

FACT 2: Minister for Education, Joe McHugh said on 10th July 2019 time 17.26 on the floor of the Dail
"That the state scheme simply did not work and time is not on their side because they are in their 60's."

FACT 3: Pathway to Redress for victims of convicted child sexual abusers motion 4th July 2018
Vol. 971 no2 dail record.

The Fianna Fail motion brought by Willie O'Dea was won 84 votes to 44 votes, full attendance was recorded. Fine Gael universally voted against us, therefore NO Limerick Fine Gael TD voted in favour of us, neither did the Minister for Children Katherine Zappone, Michael Noonan, Patrick O'Donovan or Tom Neville. As the record shows minister Joe McHugh, Maria Bailey TD were appointed as tellers to count the votes.

FACT 4: Our trip to Brussels November 7, 2017 time 8.29

In November 2017 as a group we travel to the European Parliament a trip made possible by M.E.P. Liadh Ni Riada of Sinn Fein and deputy Maurice Quinlivan TD. The purpose of the visit was to meet and address as many M.E.P's from other countries and highlight the injustice our government has inflicting on us, but again the Fine Gael M.E.P. let us down, not one of them showed up. Mairead McGuinness sent a member of her staff to take notes afterwards.

A war of words broke out between McGuinness and Luke Ming Flanagan M.E.P. as to what was said but no support came our way. On our return home MEP Sean Kelly asked to meet us.

We travelled to Charleville to discuss our issue, but to no avail - M.E.P. Sean Kelly never got back to us. The main event was horrific, individual testimonials

given by each survivor and the pain and suffering the boys at 6, 7 and 8 years of age endured on a daily basis suffered in silence.

The sad thing is none of the government TDs that voted against the motion ever heard the boys story and never will.

FACT 5: As a group we have highlighted many true facts which can be proven and are on the record, all these facts are proof to the manor the Fine Gael government has treated survivors of child sex abuse from Limerick City. There is much more such as minister Charles Flanagan TD stated when in opposition, "it is a national disgrace the way the survivors of child sex abuse are been treated" but when he got in to government he voted against us by not turning up for the motion proposed by Depty O'Dea TD.

Minister Patrick O'Donovan TD has received two letters from our group, one on the 14th October 2019 and another on the 6th January 2020 and we didn't even receive an acknowledgement.

In the midst of the local election we wrote to many of the Fine Gael candidates and not one acknowledgement from the candidates or the party were received. It is quite clear the Fine Gael government both national and local are not prepared to support the sexually abused from Limerick City.

If Fine Gael local and national representatives are not prepared to represent us, we call on the people of Limerick City and County not to vote them back in.

ICHAS pledge to provide flexible and an affordable education

THE Irish College of Humanities and Applied Sciences (ICHAS) based in the Technology Park In Castletroy, specialises in the delivery of third-level programmes that are validated by QQI (Quality and Qualifications Ireland).

The core focus within the College is the education of professional practitioners in Caring Disciplines. All programmes at ICHAS are designed to be relevant and contemporary, ensuring both academic and occupational value – both nationally and internationally.

The College offers a range of QQI awarded Counselling Courses and Psychotherapy Courses, as well as Masters level programmes (Level 9 on the National Framework of Qualifications) in Leadership & Management Courses, and Childhood and Adolescent Studies as



The Irish College of Humanities and Applied Sciences is a third-level College based in the National Technology Park, Plassey

well as Clinical Supervision in Professional Practice at our campus in Limerick. We also offer programmes at our campus in Griffith College Dublin, and Wharton House Waterford.

We also work with a range of Service Providers such as Aiseiri Addiction

Treatment Services, HSE and Irish Foster Care Association to provide tailored Professional Development programmes and bespoke training.

See www.ichas.ie for further information or call us on 061 216288.

PROGRAMMES ON OFFER

NFQ level	Award Title
Level 7	BA in Counselling Skills and Psychotherapy Studies
	BA in Counselling Skills and Youth Studies
	BA in Counselling Skills and Addiction Studies
Level 8	BA Hons in Counselling and Psychotherapy
	BA Hons in Counselling and Youth Studies
	BA Hons in Counselling and Addiction Studies
Level 9	MA in Counselling and Psychotherapy
	MA in Cognitive Behaviour Therapy
	MA in Childhood and Adolescent Studies
	MA in Clinical Supervision in Professional Practice
	MA in Leadership and Management
	MA in Addiction Counselling



ICHAS

Irish College of Humanities & Applied Sciences

Level 7,8,9 QQI Programmes

Counselling Courses commencing September 2020

Level 7 & 8 Programmes

Level 7 – B.A in Counselling Skills and Psychotherapy Studies

Level 7 – B.A In Counselling and Youth Studies

Level 7 – B.A In Counselling Skills and Addiction Studies

Level 8 – B.A (Hons) In Counselling and Psychotherapy

Level 8 – B.A (Hons) In Counselling and Youth Studies

Level 8 – B.A (Hons) In Counselling and Addiction Studies

Level 9 – Masters Programmes

M.A in Counselling and Psychotherapy

M.A in Childhood and Adolescent Studies

M.A in Clinical Supervision in Professional Practice

M.A in Counselling and Pastoral Care

M.A in Leadership and Management

M.A in Cognitive Behavioural Therapy

M.A in Addiction Counselling

For further information please contact
info@ichas.ie or phone
061 216 288. Full details of the available
programmes on www.ichas.ie

NEXT OPEN DAY/EVENING

5th March 2020

5.30pm – 7.30pm

All Welcome

ICHAS, Walton House, Lonsdale Rd, National
Technology Park, Castletroy, Limerick



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.



Fostering inclusion through 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 Farcra Project, an Erasmus funded European Project with eight partners from four European countries (Ireland, Slovenia, Germany, Belgium & Portugal).

The project is focused in developing knowledge and skills in the 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.



It's been said that if your name is held in the hearts of others, you will never truly die.

When you set aside a gift of any size in your Will to Trócaire, your good and generous name will never die.

Every year after your passing, we'll honour your name in gratitude and love at a special Remembrance Mass where all faiths are welcome.

We'll keep your name safe and warm in our Books of Remembrance, too, where all the people who've loved you can come to see it.

Simple bequests of any size by Will are some of the greatest,

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For the relief your legacy will bring to people living in fear from poverty, injustice,

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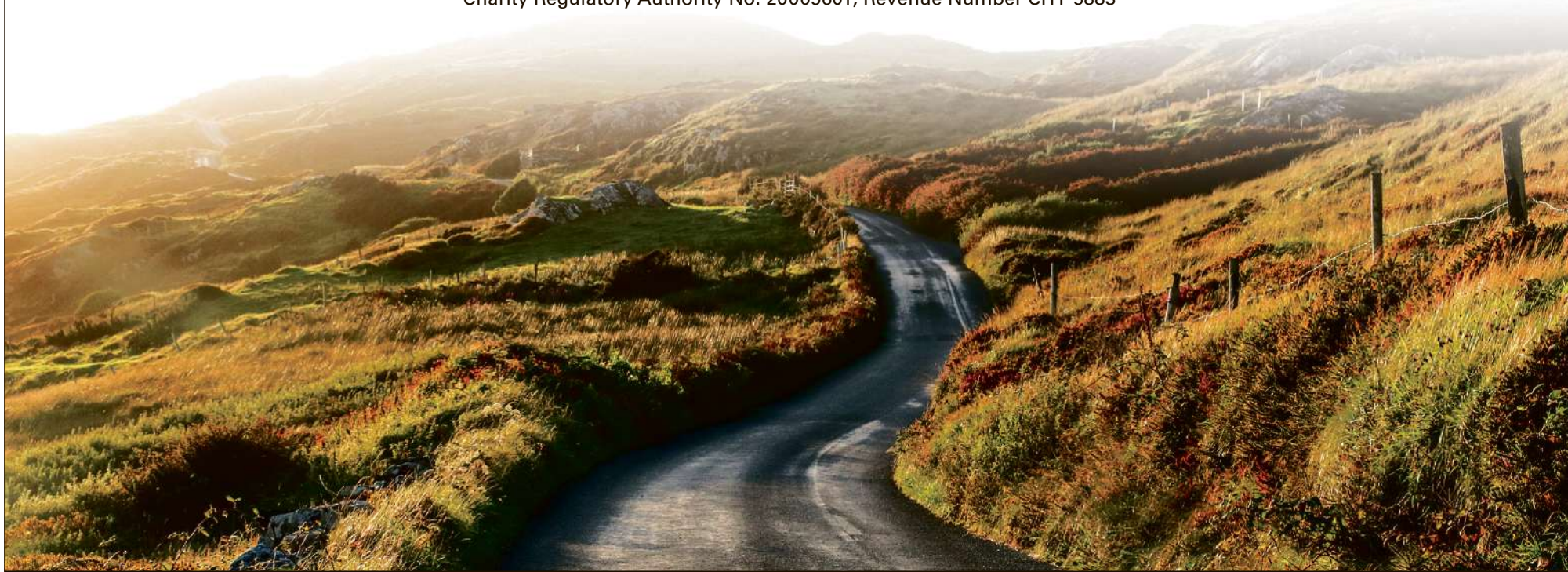
Request your free and confidential legacy planner from Trócaire today. Then bring the planner to your family solicitor for an open and honest conversation.

We'll remember your name.

Trócaire

To request your free legacy planner now, including bequest wording and a simple 4-step worksheet you can share privately with your solicitor, ring Grace Kelly on 01 629 3333, or email grace.kelly@trocaire.org

Charity Regulatory Authority No. 20009601; Revenue Number CHY 5883





Launch day! Nigel Dugdale, Jill Cousins, Hunt Museum, Celia Holman Lee, and Fergal Deegan, Limerick Leader, were among hundreds attending the new Brand Limerick unveiling at St Mary's Cathedral

Taste of our new brand

Limerick City and County Council unveiled, to great fanfare, its first ever brand to show off the region's globally competitive edge

Pictures: Adrian Butler



LEFT: Enjoying a cuppa before the grand unveiling: Aoife Madden, Limerick City and County Council, Claire Barry, Limerick and Clare Education and Training Board, and Sarah Newell, Limerick City and County Council

See our weekend edition for more coverage on the new brand

RIGHT: 'A new brand for Limerick', Carol Walsh and Patrina Hayes, Savoy Hotel, Altaf Khan, general manager, George Hotel and Ann Murray, Savoy



Young star, Amelia Hope Kirby, who stars in a special marketing advert for the new Brand Limerick project, is with her proud grandmother Ann Enright at the launch



Jessica Strong, from the Strand Hotel, showcasing some of the (locally sourced) treats on offer at the unveiling of the new brand

Candid Comment

By SPARTACUS

● IT seems everyone is tipping Willie O’Dea to easily top the poll in the general election in Limerick city.

He seems, according to the experts, to be the only candidate certain of his seat in Saturday’s election.

There is even talk or whispers that Willie could go close to the 19,000 he polled back in 2007.

And all this talk has Willie worried that people will think he is safe and won’t vote for him.

He sent out the following message to his followers by text.

“Many are saying that I do not need your vote. Ignore this underhand talk & please give me your No. 1 vote. Thank you - Willie O Dea TD.”

It will be fascinating to see how many votes the popular 68-year-old will get and even more how many number twos go to his running mate, James Collins.

● THE great thing about being a millionaire is you have friends everywhere and there is no problem getting tickets to All-Ireland finals, rugby matches and in the case of Declan Kelly, the Super Bowl.

Declan, who started his career as a journalist in the Nenagh Guardian, later went into PR selling his company for millions before moving to the United States where he has had a glittering career.

We will leave the rest to a report on the New York Post this week:

“There’s rich — and then there’s sleeping-at-the-Super Bowl rich. The guy caught on now-viral video snoozing at Sunday’s Super Bowl is a deep-pocketed Clinton family crony who once served as a US economic envoy to Northern Ireland — and apparently has no trouble dozing away in a seat worth thousands of dollars. As the hyped-up crowd around him jumped to its feet and roared wildly during the football championship,

Rip Van Winkle-like fan Declan Kelly, 51, sat in the back row of the coveted first tier of endzone seats at the Hard Rock Stadium in Miami with his legs crossed, hands folded and mouth open catching flies.”

Unfortunately for the brother of Labour TD Alan Kelly there is a video to go with the piece.

● ANOTHER reader was onto us this week about the magnificent Tait Clock opposite the Dominican Church.

The paper has, of course, highlighted the situation regarding the clock on numerous occasions.

“It is a joke,” said one caller. “They fixed three of the four faces of the clock. The one facing Pery Square, is hours out.

“But there is good news, when the hour goes forward at the end of March the other three will have the right time...they are an hour out at the moment.”

● HERE’S an interesting story from a friend who was buying a new laptop, after his computer gave up the ghost.

He went to one of the big stores in town...we won’t mention the name, and picked out a new one for the very good price of €300. He was delighted, until the store assistant came back to tell him they had none in stock.

She later told him the good news that there were plenty of the same make in their store in Tralee.

“Great, will you get it sent up to the store here in Limerick,” he asked.

“Sorry sir, we don’t do that,” she told him.

And she also told him they could not send the laptop by courier. He would have to travel to Tralee for it. “Really in this day and age, you have 15 laptops sitting in a store down the road and they wouldn’t sent them up.”

He went elsewhere to sort his problem.



Kerry Betts and Sarah Brady, UL, with Richard Lynch enjoying the launch of the new brand



Enjoying a modern vision in an historical surrounding, Martin O'Brien, Limerick Heritage and Dr Matthew Potter, Limerick Museum



Dr Pat Daly, CEO Limerick and City County Council and David Glass, M&C Saatchi, the organisation behind the major rebranding



Making Cents

LIAM CROKE

The Must-Read Guide To Saving Money

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

You may not have to look far to save on mortgage

The chances are good, that you spend very little time thinking about your mortgage. Which is strange because, if you have one, it's likely to be your biggest monthly outlay.

And if you don't know how healthy yours is, you could be paying thousands more in interest payments and more years paying it, than you need to.

We can become very complacent with our mortgage - a fact borne out in a study carried out by the Competition and Consumer Protection Commission (CCPC) which discovered that a little under 50% of mortgage holders knew what rate they were paying.

That's pretty shocking, because if you don't know what it is, you have no reference point to measure whether it's good or bad against. And no idea, whether you need to move providers or stay with your existing one and just get a better deal from them.

I was watching Operation Transformation recently, and thought losing weight and reducing your mortgage rate weren't that dissimilar, and we could learn some lessons from the leaders of the programme.

The first being how they begin their weight loss journey, and that's to stand on the weighing scales. It's their starting point and it should be yours as well. If you want to lose interest and loan repayments, you need to step up on the mortgage scale and weigh your interest rate.

Are you in the fit and normal range with a rate of between 2.3% and 3.2%, or is your mortgage mass index (MMI) in the overweight range which is above 3.2% but below 4%, or is it obese at a rate above 4%? Regardless of what range you fall into, now's the time to review your mortgage.

I heard a radio advert last week from a mortgage broker encouraging people to consider moving their mortgage to a different provider, something they would obviously help them with. In the advert they suggested the process was a very simple one which surprised me because, my experience of moving your mortgage from one lender to another is anything but.

That's not to say you shouldn't - it may make perfect sense, and you could have a very good experience if you do - but it's important to know what the process is like, what's involved, what the timeline involved from start to finish is etc.

According to the Central Bank, the number of mortgages being switched as a percentage of total outstanding

You needn't necessarily switch mortgage providers to save a lot of money



private dwelling mortgages is less than 1%. If it's very easy to move providers, why is this number so low?

There are a number of reasons why people see the move as a big complex undertaking, e.g. uncertainty over the savings achieved over the lifetime of their mortgage; time spent involved in the process, like gathering documents, getting their property revalued, employing a solicitor to deal with legal work and so on.

Regardless of whether it's easy or difficult moving lenders, it has the potential to save you thousands of euro and fast-track your ability to become mortgage-free and one you shouldn't discount. I believe your starting point about whether you should stay with your current provider or not, will come down to what they can offer you and how does that match against others?

Yes, you could trim your rate by moving lenders, but your existing lender could also help with some interest rate loss as well, particularly if your rate is a variable one.

If you're one of the c. 227,500 mortgage holders in Ireland who have a standard variable rate you are probably paying more than you need to. And you don't have to look past your existing lender because they probably have much better fixed or loan to value rates.

Let's take an example of one lender - Bank of Ireland. They have a standard variable rate of 4.50% if your loan to value is >80%. But they have a five year fixed offering of 3.90%. The difference in monthly repayments between both on a loan amount of €400,000 over a 25-year term is €205.

That's an annual net saving of €2,460. The difference in total interest paid back between both is €40,202.

“
Your existing lender could also help with some interest rate loss

DID YOU KNOW?

Elizabeth Warren one of the front runners in seeking the Democratic nomination to run against President Trump later this year, is a bit of a financial adviser. In 2005 she wrote a book called, All Your Worth: The Ultimate Lifetime Money Plan. I've read it and it's excellent.

If you didn't need that saving of €205, because you work a cash flow surplus each month, if the savings were applied as an overpayment each month, you would reduce the term on this mortgage by three years five months, reducing your interest payments a further €35,570.

By adopting this strategy, you are also reducing the effective rate of interest you are being charged to 3.35%.

So, you're not just reducing your mortgage rate by .60%, you're reducing it by 1.15%, and saving c. €75,772 in interest repayments in the process.

How long will it take to complete a form to move from a variable to a fixed rate and set up a standing order for that overpayment? I'd say about 15 minutes. It's really not difficult.

And if you can save €75,772 by doing something that takes 15 minutes, I think that's time well spent. You're saving €5,051 for every minute it takes you and if you can find a better return than that, please let me know.

There's potentially big savings up for grabs with your mortgage. Your starting point is knowing what your current rate is and seeing if it's fit for purpose or not? And is that purpose wanting to pay your mortgage off faster because of the lower rate, or is it because you need to relieve some cashflow pressure?

Your current lender maybe able to offer you a better rate that satisfies whatever your goal is, and when you know what it is, compare it against other lenders, and run the numbers. Unless there was a significant difference, I don't think you need to go to the trouble of moving lenders and all that's involved with that, but if there is and it's significant enough for you, then take action sooner rather than later.

ASK LIAM

Our personal finance expert answers your questions ...

Q: Liam, I'm 53 years old and I was recently diagnosed as suffering from Coeliac disease. I was told by my GP that I may be able to claim tax relief because of my condition. Is this correct?

A. Anyone who suffers from Coeliac or any other dietary condition (e.g. diabetes) that forces them into altering the type of food they purchase, can claim tax relief on the cost of food at a rate of 20%.

And I think if you ask someone who has been buying gluten free food, they'll tell you how expensive it is compared to food containing gluten, and how important this tax relief is. It probably doesn't even compensate what the difference is. I read one study which stated gluten free food products were 83% more expensive than regular products.

So, if you're weekly shopping bill once cost for example €80, it's likely to increase to c. €146 and you need to factor this into your monthly budget. By claiming 20% relief, you can reduce this new cost by €29. You're still going to be paying about 46% more than previously, so the tax relief doesn't compensate fully but it's something at least.

To claim it back, you need a letter from your GP or consultant, confirming you are a coeliac. When you submit a claim to Revenue, you can only claim for expenses you have receipts for. So, whenever you visit a shop, keep your receipts because you need to prove you purchased wheat free products.

And please make sure you avail of this tax relief. When you run the numbers, you can see from a financial perspective how important it is. The best and quickest way to make this claim is using Revenues online service, myaccount. When you enter the site, click on complete income tax return, and inside the tax credits section, you'll see health expenses', and this is where you insert your costs.

Recruitment

**Limerick Leader,
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Apply with CV to PO Box: RLI 3100096
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Invites applications from suitably qualified persons for the position of:

RELIGIOUS EDUCATION SECRETARY

This is a 2-year Fixed-Term Contract.

The purpose of this role is to assist the Archdiocese of Cashel & Emlly and its constituent parishes and agencies in the establishment of a Faith Development Service for primary schools and supporting parish based Sacramental preparation.

A detailed job description is available on <https://cashel-emly.ie/>

Closing date for applications by post or email, on or before 5 pm on **Friday 28th February 2020** to:

Archdiocese of Cashel & Emlly, Archbishop's House, Thurles, Co. Tipperary, E41 NY92
Or Email: office@cashel-emly.ie

Please note that incomplete or late applications will not be considered.

The Archdiocese of Cashel & Emlly is an equal opportunities employer. Canvassing will disqualify.

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An established West Limerick small business is looking to recruit an experienced

PART TIME ACCOUNTS AND PAYROLL ADMINISTRATOR

(approximately 24 hours per week), to join their team on a permanent basis.

Apply in confidence to: PO Box No. RLI 3100137
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OVERVIEW OF DUTIES

Processing Weekly Payroll

Preparation of various revenue returns

Debtor & Creditor Reconciliation

Processing of Purchase orders and sales invoices

Ad - Hoc tasks as required

REQUIREMENTS

Accounts Experience

Payroll Experience.

Experience in Microsoft office.



(Under the auspices of the Little Company of Mary) MILFORD CARE CENTRE, Limerick

If you **care** about what you do, come and do it with us, in Milford Care Centre

Milford Care Centre, working in partnership with the Health Service Executive, provides a comprehensive range of Specialist Palliative Care Services and Services for Older People throughout Counties Clare, Limerick and North Tipperary (Mid-West Region).



1. SOCIAL WORKER - Fixed term contract 18.5 hours per week until end of September 2020. Palliative Care and Bereavement Service

Requirements:

Essential qualifications:

- National Qualification in Social Work (NQSW) or Equivalent qualification, which must be approved by the National Social Work Qualifications Board and ongoing registration with CORU.
- Minimum of 3 years post qualification.
- The core activities of this service incorporate direct social work interventions and the provision of bereavement / spiritual care to patients and their loved ones.

The required relevant experience, skills and other qualifications required for this post are set out in the Person Specification details available online at: www.milfordcarecentre.ie

Informal enquires to: Noel Kennedy, Principal Social Worker, at 061 485862 or email N.Kennedy@milfordcc.ie

Job Descriptions and further details for this post is available from the Human Resources Department on 061-201708 or Milford Care Centre website www.milfordcarecentre.ie. Panels may be formed from which all future vacancies (permanent, fixed term and part-time posts) will be filled over the next 12 months.

Interested applicants should submit a letter of application, and an up to date Curriculum Vitae (unbound), including names, addresses and contact details of three referees not later than 1pm on **Monday 17th Feb 2020** to **Mr Declan Deegan, Head of Human Resources, Milford Care Centre, Castletroy, Limerick**. Short-listing will apply. Applications may also be emailed to recruitment@milfordcarecentre.ie



CIVIL/STRUCTURAL DESIGN ENGINEER

As part of the growing Design Team here at TLI Group we are seeking and experienced Civil/Structural Design Engineer to join the team here in our Tralee Head Office. The successful candidate will work under the direct supervision of a Senior Design Engineer.

Requirements

- Minimum degree qualified - Civil/Structural Engineering (NFQ Level 8)
- 0-5 years post graduate experience
- Relevant industry experience though not essential would be an advantage
- Strong technical and design ability is essential
- Strong IT Skills with knowledge of Excel & AutoCAD
- HSQE Officer

For further information and to apply, please visit our careers website for www.tli.ie/careers



Roads and transport key, says the Chamber

Election: Business group launches 'manifesto' ahead of polling

NICK RABBITTS
 nick@limerickleader.ie

WITH just days to go until the general election, the Limerick business community has put together a list of requests of the incoming government.

Among these are a call to fast-track the Northern Distributor Road, develop a reliable bus and cycle network, put more gardai into community policing, and establish a minister for city regions to ensure balanced regional development.

The most important of these priorities, Limerick Chamber chief executive Dee Ryan said, is to fast-track the Northern Distributor Road – approved in 2017 – in order to cut the delays of almost an hour for workers and students leaving the National Technology Park.

Chamber chief economist Dr Caitriona Cahill added: "In tandem with the Northern Distributor Road, Limerick needs a modern, regular rapid bus system connecting all of our county towns and suburbs with our centres of work and learning."

A minister to help progress city regions like Limerick, would the business group says, help that a "progressive urban agenda" takes place and ensure a focus is brought to developing a counter-balance to Dublin.

Dr Cahill added: "Urban place-making, the delivery of a suitable mix of housing and urgent climate action are essential for our next



government. Now is the time to bring a focus to these issues. Limerick is no different to the rest of the country with regional growth being linked to our attractiveness to foreign direct investment."

Meanwhile, William Street shoe shop owner Michael Gleeson has called on the new government to provide a subsidy for parking in city centres to cut the cost to the motorist.

"It would help bring people into all cities. Dublin is privileged to have the Dart and the Luas, whereas places like Limerick and Cork are suffering," Mr Gleeson argued.

Limerick Chamber chief executive Dee Ryan and chief economist Dr Caitriona Cahill have set out the business community's priorities for government following the general election

In the last year, he claimed 20 family businesses have closed in Limerick.

And to tackle this, he has called on local councillors to hold an emergency meeting.

"If these figures aren't alarming, nothing is. It's been caused by the development of out-of-town shopping in all regions. The planning to allow these developments was the death knell of retailing in the city centre. We cannot compete with free car parking," the businessman told Leader Business.

Limerick, and the rest of Ireland goes to the polls this Saturday, February 8.

Hannah to address Network

HANNAH Wrixon, who founded Get the Shifts is to be the keynote speaker at a special Network Limerick event in AIB's city branch later this month.

Ms Wrixon, whose company is an agency for the hospitality sector, will speak at the event, which kicks off at 6pm on Wednesday, February 19, 2020.

Sponsored by the lender, the event is free and open to all women in business, the professions and the arts in the Mid-West.



Hannah Wrixon, Get the Shifts

In her talk, Ms Wrixon will encourage women to put themselves out there more and take more risks.

A serial entrepreneur, Get the Shifts is Hannah's third business. She has over 20 years' experience working in temporary staffing sector and HR.

More information, call 087 6295323.

Supermac's charity boost

SUPERMACS customers across the country raised more than €50,000 for development charity Trocaire last year.

This figure was raised by a combination of donations at the 116 restaurants throughout the country as well as a gala dinner that was held in the Lough Rea Hotel and Spa before Christmas.

The cheque was presented by the company at an event in the Castletroy Park Hotel in Limerick, which is owned by Supermacs founder Pat McDonagh.

Mr McDonagh also operates the Castleoaks Hotel in Castleconnell, while there are 10 Supermacs branches across the city and suburbs.

Caoimhe de Barra, the chief executive of Trocaire said: "We are honoured to receive the support of Supermacs for many years."

Gold standard for Shannon Heritage

SHANNON Heritage has struck gold at the CIE's international annual awards.

Staff from the company, which is Shannon Group's tourism firm, travelled to Dublin's Christchurch cathedral for the annual awards.

There, they received the prestigious national heritage gold award of excellence, a prize given following votes from CIE Tours' international clients.

The prize was presented by the chief executive of CIE tours Elizabeth Crabill to Niall O'Callaghan, the managing director of Shannon Heritage.

The awards recognise the best hotels and attractions across Ireland and are based on feedback received from over 32,000 CIE customers throughout the year. Each of the CIE Tours International partners that qualified for an award, delivered an exceptional quality experience and welcome to visitors, achieving a customer satisfaction rating of over 92% in



Niall O'Callaghan, Shannon Heritage receiving a CIE award from Elizabeth Crabill, CEO, CIE Tours International

feedback.

The award comes in addition to the announcement that Shannon Heritage has been nominated in three categories at the 2020 EPA Digital Media Awards.

The categories are 'Best Integrated Digital Campaign'; 'Best Strategy' and 'Best Conversion Strategy'.

The awards recognise creativity and innovation across multiple areas including digital content creation, advertising and marketing, mobile media, social networking, app development, web design and development.

Mr O'Callaghan said: "This award is a great recognition of the commitment our staff at every attraction does every day to deliver an exceptional experience. It is particularly pleasing for our evening entertainment team who have been wooing crowds at our world famous banquets consistently year in year out.

"I am truly proud of this award, rated by CIE Tours International customers as the highest scoring of any attraction in Ireland, and testament to the investment we have made in customer service excellence."

Heartfelt cardio screening comes to Limerick

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


It can be brought to any location, including your workplace or organisation which makes it ideal for sports clubs, health centres etc. Screenings are carried out by a Healthstats certified technician and a full printout of the results are given on

the day. The procedure is non-invasive and completely pain-free. The cost of an individual BPro test is €50 per adult with a 10% discount (€90) for a couple. Heartfelt Cardio Screening will bring the BPro to the following:

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

Wednesday, March 11 - Radisson Blu Hotel, Ennis Road, Limerick

For further information or to make an appointment, please contact: Anna on 086 4135555 or Jimmy on 086 2566422 or see the website www.bproheartfeltcardioscreening.com




Did you know that 27 people die of a HEART ATTACK in Ireland every day?
There is now an alternative to an Angiogram!

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- Session lasts approx 30 mins

Radisson Blu Hotel, Ennis Road, Limerick
Wednesday 12th February and Wednesday 11th March 2020
Appointments available from 11am until late
Booking by appointment only €50 per person or €90 per couple

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St. Padre Pio Prayer Group



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at the Dominican Church (near Tait's Clock)

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Knock-umentary presented to the Pope

RYAN O'ROURKE

ryan.orourke@limerickleader.ie

A LIMERICK based charity has had a film about Knock presented to Pope Francis.

The film was directed and produced by Eternal Word Television Network (EWTN) Ireland, who have their headquarters in Limerick, for broadcast worldwide.

It was presented this week to Pope Francis in Rome. The historic presentation followed a screening of the film in the Vatican's private Filmoteca Cinema.

The docudrama, *Hope*, documents the 1879 Apparition at Knock, Ireland's national shrine. The film is the latest major television production by EWTN Ireland.

"We want to put Our Lady, our Blessed Mother, front of stage for the Irish people and the world as a beacon of hope. We want this film to be a message for people that there is hope." Aidan Gallagher, CEO of EWTN Ireland.

The production, which was filmed entirely on location in Ireland, had its first screening on Monday, January



Film Director Campbell Miller meets Pope Francis

27. The film was written, produced and directed for the global Catholic network EWTN by Campbell Miller.

Mr Gallagher added, "When Mary appeared at Knock in 1879, she brought light and hope to the Irish people, and she did so at a time of great darkness."

Campbell Miller said "It is an incredible honour for EWTN Ireland

to have the opportunity to meet the Holy Father and present him with the film. Having visited Knock during his visit to Ireland, he has a particular affection for our national Shrine."

In 2018 the director's last feature *Bravery Under Fire*, the *Life of Fr Willie Doyle*, was also screened in the Vatican, where Mr Miller also presented a copy of his film to His Holiness Pope Francis.

Breast cancer patients and survivors needed

REBECCA LAFFAN

rebecca.laffan@limerickleader.ie

RESEARCHERS at Lero, the Science Foundation Ireland Research Centre for Software, are looking for breast cancer patients and survivors to take part in a workshop at University of Limerick (UL) this weekend.

The workshop is funded through an Irish Cancer Society Research Engagement Award, and is focused around engaging breast cancer patients and survivors with current research being undertaken in the UL project **BREASTech: increasing physical activity levels in breast cancer patients through technology-enabled care.**

Research fellow Dr Michelle Norris of Lero at UL is looking for people who are willing to engage with the process and are



Lero is looking for volunteers this weekend and next

available to attend UL on the mornings of Saturday, February 8 and Saturday, February 22 for the half-day workshops.

"Breast cancer patients and survivors will explore their feelings and thoughts surrounding breast cancer, physical activity and technology, through photography using a method called **Photovoice**," she explained.

Participants will receive funding for travel costs, tea/coffee at break time, a light lunch and a piece of technology to support physical activity. Contact Michelle on 061 234158 or by email at



KEEP IT LOCAL!

Limerick businesses in the spotlight



Your dream wedding in Spain begins at Sunset Beach Club

IF you are dreaming of a romantic celebration on the shores of the Spanish Mediterranean, Sunset Beach Club may well be the venue for you! This Irish owned resort hotel boasts a spectacular seafront location, and a dedicated weddings department to ensure that everything runs smoothly from start to finish.

Furthermore, their Complete Wedding Packages include every little detail, and will be overseen by your personal planner, to leave you free to enjoy every minute of your Special Day.

Sunset Beach Club's wedding planners will be visiting Limerick on February 14 for free private



appointments with brides. This is the perfect opportunity to find out everything you need to know about getting married in Spain, and weddings at Sunset Beach Club... the perfect start to your romantic Valentine's weekend!

Contact weddings@sunsetbeachclub.com or call +34 952 579410 to make an

appointment.

Their Wedding Packages offer fantastic value, starting from €6,500 for 40 guests* (2021 prices), and include all your wedding day needs, from bridal hair & make-up, the ceremony itself (church wedding or seafront blessing), flowers, photography, and welcome cocktail reception, to a 3 course banquet with free-flowing wine (served in a private banquet room with stunning sea views), beer & soft drinks, wedding cake, DJ and everything in between!

The 4-star Sunset Beach Club hotel is located 20 minutes from Malaga airport, which has direct flights from Ireland, UK, and most European cities.

Trócaire's CEO thanks Limerick for their support

TRÓCAIRE'S CEO Caoimhe de Barra has thanked the people of Limerick for their support in 2019, stating the organisation has "incredible generous supporters who are committed to the work of the organisation".

Speaking about the impact that donations have around the world, Caoimhe said, "People living in communities we support are innocent people confronting the harsh realities of conflict, war, hunger and climate change. The support we have received in Limerick saves and changes lives - from families fleeing war in South Sudan and Syria, to farmers growing crops in the face of drought in Kenya and Malawi".

"With the daily news cycle we are so often confronted by messages of fear and anger" said Caoimhe, "however, it is important to remember that



Caoimhe de Barra Trócaire CEO

there is still reason and great need for hope, joy and love."

Caoimhe highlighted that the support Trócaire is able to provide for families and communities in the developing world is "a lifeline to millions of the world's poorest and most vulnerable people".

"Last year Trócaire's

programmes impacted the lives of 2.8 million people directly across 20 countries. This work could not happen without people from across county Limerick. We are grateful to have this support. It is something we will never take for granted. We work hard to put donations to their best use, reaching the most vulnerable to help change their lives."

Finally, Caoimhe acknowledged the support it receives from parishes across Limerick each year, particularly during the season of Lent, "we are supported by parishes all over Ireland who do tremendous work on our behalf every year. They are critical to our organisation and we appreciate the efforts parishes across Limerick make to remember communities in the developing world".

PROPERTY

Leader

HOME & INTERIORS

WEDNESDAY, FEBRUARY 5, 2020



Sandfield House is located on a site of circa 0.5 acre. The beautiful village of Adare is only three miles away while Limerick city is less than 10 miles away

'Castle' made for a king or a queen

AT A GLANCE

Location: Sandfield House, Castleroberts, Adare
Description: Four bedroom, detached house

Price: €595,000
Seller: John Giltinane
Contact: 061 605046



Sandfield House located in Castleroberts, Adare is a truly unique combination of location, family comfort and style.

This wonderful four-bedroomed family home, is located on a site of circa 0.5 acre and offers the astute

buyer the opportunity to avail of ample space, comfort and the tranquility of country living - all while being within easy access of the wonderful village of Adare and Limerick city.

This marvellous family home boasts spacious rooms for living, dining and entertaining with four

large bedrooms, all of which are ensuites.

In addition, there is a private staircase that leads to the main bedroom suite which consists of a large master bedroom with access to a balcony, a spacious dressing room with separate vanity unit, and seating area and a modern spacious ensuite bathroom with jacuzzi bath and shower fit for a king and queen.

The residence is modern in style and décor and the gardens are completely private with mature hedges trees and flower beds.

The residence is located on the main Woodlands Road, close to a host of sporting and recreational amenities.

The family home is also located close to the Woodlands House Hotel and Spa. The beautiful village of Adare is only three miles away and Limerick city is less than 10 miles.



This marvellous family home boasts spacious rooms for living, dining and entertaining

GVM Auctioneers

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Our Team: Tom Crosse,
Declan Barry, Richard Ryan,
John O'Connell
& Audrey Fitzgerald.



13 Coolbawn Meadows, Castleconnell, Co. Limerick



€250,000

If you are on the market for a family home then look no further. This 4 bedroom semi detached elegant property is situated in the popular development of Coolbawn Meadows and is tastefully presented to the market in turn key condition with an array of high quality finishing elements. All local amenities in the picturesque village of Castleconnell are within a stones throw from this property. Viewing will not disappoint. Contact John O'Connell on 087-6470746

Bilboa, Cappamore, Co. Limerick



BER D1 €325,000

A truly superb 4 bedroom detached "Trophy" residence standing on a spectacular Circa 0.5 st acre elevated site with a south west facing rear aspect capturing the afternoon and evening sun. This immaculately maintained family home has bright spacious and well proportioned living and bedroom accommodation and enjoys spectacular views of the surrounding countryside. Just 20 minutes drive from Limerick City and in close proximity to both Cappamore and Doon. Contact Tom Crosse on 087-2547717

25 Derryknockane Close, Ballycummin Village, Raheen, Limerick



BER C2 €425,000

GVM Auctioneers are delighted to introduce this magnificent extended 4 bedroom detached family home finished to a very high standard. This property is located in a small exclusive cul de sac of detached only houses and is adjacent to University Hospital, Raheen Industrial Estate, Schools, Shops, Public Transport and all other amenities. Must be seen to be fully appreciated. Viewing highly recommended. Contact Declan Barry on 087-2026886

1 Heatherdale, Monaleen, Limerick



BER B3 €435,000

Magnificent and beautifully presented 4 bedroom detached residence situated in this hugely sought after residential location in close proximity to University of Limerick, Plassey Technological Park, Primary and Secondary Schools, Shopping Centre, Cineplex, Hotels, Restaurants and an array of top class sporting amenities. This trophy home has been refurbished to the very highest standards in recent years offering very well proportioned living and bedroom accommodation. Mature North West facing rear gardens. Contact Tom Crosse on 087-2547717

1 Rhebogoe Road, Rhebogoe, Limerick



BER D2 €250,000

Spacious and ideally located four bedroom two storey detached residence located immediately adjacent to Parkway Shopping Centre, The University of Limerick, Plassey Technological Park, quality Primary and secondary Schools and an array of top class sporting amenities. The city centre is also just 5 minutes drive away. This sensibly priced home is ideal for owner occupiers or the investment market. Contact Declan Barry on 087-2026886

50 Brookville Avenue, Clareview, Limerick



€220,000

GVM Auctioneers are delighted to introduce 50 Brookville Avenue located in a mature tree lined street in this very popular residential suburb adjacent to schools, shopping centre, public transport and all local amenities. South facing rear garden and room to extend to the side if required (subject to planning permission). While in need of modernisation this is a great opportunity to acquire a family home in this popular area. Contact Declan Barry on 087-2026886

2 Caherdavin Cottages, Ennis Road, Limerick City



BER D2 €175,000

A fantastic opportunity to acquire a spacious two bedroom semi detached home located in a highly desirable location within walking distance to a range of major amenities including The Jetland Shopping Centre, Primary and Secondary Schools, Cineplex, and an array of top class sporting amenities including Na Piarasigh GAA Club, The Gaelic Grounds and Thomond Park. A huge feature with this property is the large south west facing rear garden which enjoys excellent vehicular and pedestrian access. Tarmac off street parking to the front. Bus stop nearby and easy access to an excellent local road network. Contact John O'Connell on 087-6470746

103 The Meadows, Murroe, Limerick



€200,000

GVM Auctioneers are delighted to introduce this spacious 4 bedroom semi detached home finished to a very high standard not overlooked front or rear with a south west facing rear garden. This is an ideal family home located in a popular mature residential development in the edge of Murroe Village. Viewing highly recommended. Contact Declan Barry on 087-2026886

10 Meadowlands Avenue, Old Cork Road, Old Singland Road, Limerick City



BER D1 €179,000

Deceptively spacious three bedroom semi detached house maintained in truly excellent decorative condition throughout and located in a mature residential suburb just 10 minutes drive south east of the city centre and within a short walk to all amenities. This superb home offers the discerning house hunter bright and spacious living and bedroom accommodation together with good size front and rear garden. Contact Declan Barry on 087-2026886

82 Garranbawn, Murroe, Co. Limerick



€179,000

GVM Auctioneers are delighted to introduce 82 Garranbawn, Murroe which is an extended three bedroom semi detached house in excellent decorative condition throughout offering spacious living accommodation making it an ideal family home. Very convenient location on the edge of Murroe Village and just 15 minutes drive to University of Limerick. Contact Declan Barry on 087-2026886

65 Glenree, Newport, Co. Tipperary



BER C1 €185,000

Beautifully presented four bedroom semi detached family home located in a popular residential development within walking distance to Newport Town which has a wide range of amenities such as Primary and Secondary School, Super Market, Post Office and Chemist. This property is situated in a cul de sac area of this estate and would make an ideal find for first time buyers. Contact John O'Connell on 087-6470746

55 Shannonvale, Old Cratloe Road, Caherdavin, Limerick



€205,000

A beautifully appointed three bedroom semi detached residence enjoying superb aspect with a south west facing rear garden. No 55 is located adjacent to Limerick Institute of Technology, Primary & Secondary Schools, Sporting landmarks such as Thomond Park and the Gaelic Grounds, and within striking distance to all local amenities including hotels, quality restaurants, Jetland Shopping Centre, public transport and a good local road network. Ideally suited to 1st time buyers or investors. Contact Declan Barry on 087-2026886

8 Churchfields, St. Patricks Road, Limerick



BER C3 €180,000

GVM welcome to the market this three bedroom semi detached residence located in a well established residential area within walking distance to a range of amenities and in close proximity to Limerick City. Viewing highly recommended. Contact John O'Connell on 087-6470746

94 Hilltop, St. Patricks Road, Limerick City.



€189,000

GVM Auctioneers are delighted to introduce to the market 94 Hilltop which is a hugely attractive three bedroom terraced home maintained in truly excellent decorative condition throughout. This superb home is located in a hugely popular and convenient residential area within 10 minutes walk of the city centre and just 3 kilometres from The University of Limerick. The area is very well serviced with schools and is within very easy reach of all the local shopping centres. Contact Declan Barry on 087-2026886

30 St. Laurence Park, Garryowen, Limerick City



€110,000

GVM Auctioneers present 30 St Laurence's Park to the open market. This is a three bedroom semi detached house located in a mature residential location adjacent to all amenities and within walking distance to the City Centre. Contact Declan Barry on 087-2026886

110 Glendale Lawn, Old Singland Road, Limerick



€215,000

GVM Auctioneers present 110 Glendale Lawn which is a spacious three bedroom home nicely positioned in a quiet cul de sac in this much sought after residential area. Childers Road Retail Park, University of Limerick, Parkway Shopping Centre and public transport are all conveniently located nearby. Easy access to City centre and motorway network. Contact Declan Barry on 087-2026886



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Space is no issue at Cluain Searbhóg



AT A GLANCE

Location: 'Cluain Searbhóg', Copay, Adare

Description: Six bedroom, detached House

Price: €785,000

Seller: Hanly Donnellan

Contact: 061 415505



entertainment all within walking distance this excellent home to bring up a family in.

The large family home has six bedrooms with built in wardrobes and bundles of space.

This home also boast a self-contained one bedroom apartment, which would be suitable as granny flat or au pair apartment to back of this property. Also outside are private mature gardens extending to 0.75 of an acre, with a decking area to front and sides, barbecue area, and a double-doored garage which is wired and shelved.

Viewing of this property with its southwest facing rear garden is a must.

Built in 1994, 'Cluain Searbhóg' is an elegant two storey home located just outside of Adare village.

This family home extends to 4,850 sq ft and is in excellent condition throughout.

With national schools, shopping, dining and



This family home outside of Adare village extends to 4,850 sq ft and is in excellent condition throughout

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6 Castlerock, Castleconnell, Co Limerick



Most attractive family home extending to c. 1080 sq ft and enjoying excellent location. Within minutes of Castleconnell with schools, shops, churches etc. Situated in a private cul de sac the property is not overlooked and has a large green to the front of the property. Ent hall, sitting room, kitchen/dining room, 3 beds, 3 baths. Private walled in garden at rear.

Price €210,000

Portane, Pallasgreen, Co Limerick



Attractive bungalow extending to c. 2000 sq ft. Enjoying an excellent location within minutes of Doon Village and 20 minutes to Tipperary and to Limerick. On a private mature site, the property has been tastefully extended and viewing is recommended.

Price €215,000

"Cluain Searbhog", Copay, Adare, Co Limerick



Built in 1994, this elegant two storey extends to 4850 sq ft. Located 1km from the picturesque village of Adare. This property is in excellent condition throughout. National schools, shopping, dining, entertainment are all within walking distance. Viewing of this property, with South west facing gardens at rear, is a must. There is also a self-contained one bedroomed apartment, which is suitable as granny flat or au pair apartment.

Price on Application

Ballyloundash, Herbertstown, Co Limerick



Four Bedroom superior bungalow which was constructed in 1991. Extending to 1425 sq ft, this bungalow has been modernised and renovated to a high standard. With South West facing gardens and panoramic views of the Galtee Mountains.

Price €245,000

32 Fitzhaven Square, South Circular Road, Limerick



Two bedroom superior first floor apartment in private gated complex. Enjoying an excellent location within easy walking distance of city centre and beside Mary Immaculate College, schools, secondary & primary all nearby. Extending to C.900 sq. ft. This property is in very good condition throughout. Management company in place with substantial sinking fund. Annual management €990 per annum.

Price €180,000

26 Glenstal Gate, Murroe, Co Limerick



Built in 2009, this semi-detached, two storey property, was finished to an exceptionally high standard and includes many extras and upgrades. To include, all internal doors, sanitary ware, shower, kitchen, water softener, flooring, gardens (front & rear). Within minutes' walk of National School & Village. Glenstal Abbey & Doon Secondary School are on the bus route. This property is in "Show House Standard".

Price €210,000

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Stroll to the city centre from this tastefully updated family home



Originally built in the 1960s, 32 Strandville Gardens has recently been beautifully renovated and modernised

AT A GLANCE

Location: 32 Strandville Gardens, O'Callaghan Strand
Description: Four-bedroom, semi-detached house
Price: €310,000
Seller: Rooney Auctioneers
Contact: 061 413511



Rooneys are delighted to present 32 Strandville Gardens to the market.

No 32 is a beautifully renovated and modernised 1960s semi-detached property of approximately 114.2m² (1229.13sqft) situated on a private cul-de-sac avenue in the residential estate of Strandville gardens.

This home is located just

off the much sought-after O'Callaghan Strand.

This turn-key property is situated within a short walk to Limerick city centre and all amenities such as church, shops, cafés, schools etc.

Downstairs there is a porch, modern spacious open plan kitchen/dining/living room with French doors to garden, utility, shower room, a bedroom and playroom.

Upstairs there are three bedrooms, a bathroom and large attic room. The private low maintenance garden to the rear are landscaped and laid out with a patio area with high private stone walls.

There is also a block built storage shed to the rear of the property. To the front is also a low maintenance garden and cobble locked driveway providing ample car parking.



Pull up stakes and land at the Paddocks



No 4 The Paddocks in Westbury is a ideal family home located close to a number of amenities including schools

AT A GLANCE

Location: 4 The Paddocks, Westbury, Corbally
Description: Three bedroom, semi-detached house
Price: €215,000
Seller: Rooney Auctioneers
Contact: 061 413511



Paddocks development in Westbury.

Number 4 The Paddocks is a fantastic home approximately 103.44m² (1,113.32sqft) and comprises of a living room, kitchen-diner area, playroom, three bedrooms and a large bathroom.

This home is in an excellent location being only a few minutes walk to local amenities including schools, shops, leisure facilities and bus stops.

No 4 The Paddocks is bright and spacious and is presented in great condition.

Outside there is a large rear private garden which is not overlooked.

To the front is a large double driveway. The property is alarmed and has stira stairs to the attic fitted. Block built in 1996 the family home has double glazed windows and gas fired central heating. Contact Rooney Auctioneers.



This spacious three bedroom home located on a quiet private cul-de-sac avenue in the well-established

**CORBALLY, CO CLARE**

BER D1

4 THE PADDOCKS, WESTBURY,

Spacious 3 bedroom home located on a quiet private cul-de-sac avenue. Approx. 103 sq.m. (1,113.32sqft). Hall, living room, kitchen-diner, playroom, 3 bedrooms and large bathroom. Excellent location - close to schools, shops, leisure facilities and bus stops. Bright & spacious property - presented in great condition. Large rear private garden - not overlooked. Alarm. Double glazed windows and gas fired central heating. BER No.101874873.

€215,000

Lisa Kearney 087 2633422

**ENNIS ROAD, LIMERICK**

32 STRANDVILLE GARDENS

Beautifully renovated & modernised 1960's property of approx. 114.2m2 (1229.13sqft) situated on a private cul-de-sac. Short walk to Limerick City Centre, shops, schools etc. Downstairs: Porch, modern spacious open plan kitchen/ dining/ living room with French doors to garden, utility, shower room, bedroom 1/ playroom. Upstairs: 3 bedrooms, bathroom, large attic room. Private landscaped low maintenance gardens to the rear. Block built storage shed to rear. GFCH. BER No. 107593337

€310,000

Lisa Kearney 087 2633422



BER D1

**NEWPORT, CO TIPPERARY**

BER D2

BALLYMACKEOGH

4 bedroom bungalow located just outside the village of Newport being only a 10 minute drive from Castletroy and easy access to the M7 motorway. In excellent condition. Hall, living room, kitchen-dining room, utility room, 4 bedrooms, ensuite & main bathroom. Very private site of approx. half an acre. OFCH. Large concrete paved yard to rear, tarmac avenue. BER No: 108861030

€250,000

Briain Considine 085 2894166

**ANNACOTTY, CO LIMERICK**

BER C2

52 ELM ROAD, RIVERBANK,

Fabulous 4 bed mid terraced property of approx. 122 sq.m. (1,314 sq.ft.) in showhouse condition with many upgraded features. Hall, open plan living/ dining/ kitchen. 4 bedrooms. 2 en suites. Main bathroom. South facing rear garden with large garden room. GFCH. New flooring/carpets, new kitchen, new front door. Close to Annacotty Village, UL, Troy studios, schools and shops etc. BER No. 109608794

€230,000

Peter Kearney 087 6488792

**CLAREVIEW, LIMERICK**

BER E2

13 BROOKVILLE GARDENS,

3 bedroom property located in a well established residential area - within walking distance to schools, Thomond Park, shops, LIT, Woodview Shopping Centre etc. This spacious house is approx. 1,262 sq/ft. (117 sq/m.). The accommodation consists of an "L" shaped open plan living-dining room, kitchen, Utility room, Main bathroom, 3 bedrooms, garage. OFCH with new boiler. Rear garden with lawn. BER No. 110034014

€220,000

Peter Kearney 087 6488792

**PENNYWELL, LIMERICK**

BER C3

15 THE GABLES,

3 bedroom semi detached house located just off the Pennywell Road close to the Limerick College of Art & Design, St. Johns Hospital & city centre. Approx. 94 sq.m. (1,012 sq.ft.) Hall, Living room, kitchen, 3 bedrooms, 2 bathrooms. The house has just been repainted and fitted with new carpets. It benefits from a gated entrance and secure parking. Management company in place. Electric storage heating. Patio area to rear. BER No. 101511731

€140,000

Peter Kearney 087 6488792

**SOUTH CIRC.RD, LIMERICK.**

BER B3

9 ALANDALE ORCHARD, ASHBOURNE AVE,

Stunning extended and extra spacious 3 storey 3/4 bedroom townhouse in turn key condition. Within strolling distance of the city centre, Mary Immaculate College, schools & a host of amenities. Hall, guest wc, large open plan extended kitchen /dining /living room, 2nd living room. 1st floor : 3 bright double bedrooms, ensuite & main bathroom. Top floor: large double room with ensuite off. Garden room to rear. Approx. 145.47 m² / 1566 sq.ft. GFCH. BER No.112830047.

€255,000

Lisa Kearney 087 2633422

**CASTLECONNELL, LIMERICK**

BER D1

DALY'S CROSS

Excellent presented 3 bed bungalow offering bright & spacious accommodation. Adjacent to Castleconnell village centre & also only 6 km from the University of Limerick, Plassey Technology Park etc. Ent Hall, Guest wc, Living Room/Kitchen/Dining, 3 Bedrooms, Bathroom. Gardens. Parking. OFCH. Offers in excess of €195,000. BER No. 100791490

€195,000

Peter Kearney 087 6488792

**FARRANSHONE, LIMERICK.**

BER E1

30 STENSON PARK

For sale - excellent investment property with tenants in situ. Rental income €1,500 per month. Hall, two living rooms, kitchen-diner, 3 bedrooms upstairs & main bathroom. The garage has been converted and extended to incorporate an additional two rooms and bathroom which are rented out separately to the main house. Enclosed maintenance free garden. BER No. 110238607

€240,000

Briain Considine 085 2894166

**CASTLETROY, LIMERICK.**

BER C2

"LISEAUX" GOLF LINK'S ROAD,

Substantial detached property extending over 267.03m²/ 2874.04sq.ft., situated on a private site of 0.5 acres of landscaped gardens with commanding panoramic views to the rear. Hall, guest wc, 3 reception rooms, kitchen/dining, utility, wet room, rear porch. 1st floor: 5 bedrooms, en suite, main bathroom. Large rear patio area. OFCH. 2 large garages/workshop. BER No.107500381

€650,000

Lisa Kearney 087 2633422

**BALLYNEETY ROAD, LIMERICK**

BER A3

ROS MÓR

New phase on release now: "The Avenue" with large west facing rear gardens. PRICES from €270,000 for 4 bed semi detached - 127 sq/m (1,367 sq/ft). Now includes tiling and laminate floor package. Help to buy scheme for qualifying first time buyers - rebate up to €13,500. Net Price: €256,500. SHOWHOUSE OPEN WEDNESDAYS FROM 6.00PM TO 7.00PM OR BY APPOINTMENT

€270,000

Briain Considine 085 2894166



€400,000

LIMERICK

3 & 4 BROAD STREET,

FOR SALE - 3 & 4 Broad Street - 3 storey building and site with development potential. Located within close proximity to the proposed Opera Centre Development. Could lend itself to a number of uses (Subject to planning permission). 3 Broad Street comprises of 3 floors of accommodation: reception area, treatment rooms, bathroom and living quarters on 2nd floor. 4 Broad Street currently laid out as 7 car parking spaces : planning has been granted to construct a 5 storey office/residential development. Price region for 3 & 4 Broad St (entire) - Excess of €400,000.

Gordon Kearney at Rooneys

**LIMERICK CITY CENTRE**

BER C2

4 & 5 MICHAEL STREET,

For sale - Two 4-storey terraced office buildings. Each property has its own front door on to Michael Street, reception area and office / meetings rooms on the ground floor & offices situated on each of the upper floors. Each building has an approximate net internal area of 2,500 sq.ft. providing a total of 5,000 sq.ft. over the two buildings. BER No.800696510

Gordon Kearney at Rooneys

MEET WHAT'S NEXT. DEALS DONE FOR 2019

LET - OFFICE



The Gardens International

LET - OFFICE



FF Offices Gardner House

SOLD - OFFICE



Unit 6&7, Plassey, Limerick

LET - OFFICE



Ground Floor Suite Dromore House, Shannon, Clare

SOLD - OFFICES



Theatre Court

SOLD - INDUSTRIAL



F Units Eastway BP, Limerick

SOLD - INDUSTRIAL



K1-K4 Eastway BP, Limerick

SOLD - INVESTMENTS



9,10,11 Main Street Killarney

SOLD - INVESTMENTS



69 O'Connell Street, Clonmel

SOLD - INVESTMENTS



Milano, Harveys Quay, Limerick

NEW OFFICE ADDRESS

3rd Floor Bedford Place,
Howley's Quay, Limerick

T: 061 418 111



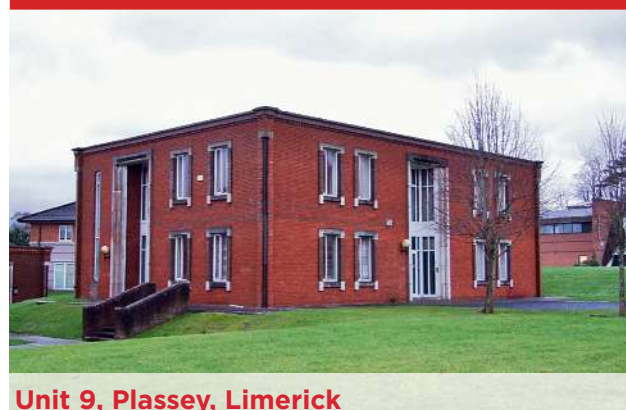
**CUSHMAN &
WAKEFIELD**

SOLD - LAND

Clonmacken Lands

SOLD - LAND

Greenpark Dock Road Lands

SOLD - OFFICE

Unit 9, Plassey, Limerick

LET - RETAIL

Market Square Newcastle West

SOLD - CAR PARK

Market Street Car Park

WE'VE MOVED OFFICE

JOHN BUCKLEY
Director
Head of Limerick

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061 418 111



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Associate Director
Agency & Advisory services

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DERMOT HUGHES
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061 418 111

Our entire team is fuelled by ideas, expertise and dedication across all service lines. We create real estate solutions to prepare our clients for what's next.

Every day we strengthen our ideas with actionable research and insights that can position any client in any sector for what's next.

Cushman & Wakefield's approach to valuation is based on a deep understanding of your properties.

We are focused on providing reliable valuations that not only stand up to scrutiny from all stakeholders but also give you confidence to make well-informed decisions on your real estate.

**NEW OFFICE ADDRESS**

Cushman & Wakefield
3rd Floor Bedford Place,
Howley's Quay,
Limerick

**OFFICE CONTACT**

061 418 111

Churchwood is above par in Monaleen



AT A GLANCE

Location: 1 Churchwood, Road, Monaleen
Description: Four bedroom, semi-detached house
Price: €400,000
Seller: Sherry FitzGerald Auctioneers
Contact: 061 418000



No 1 Churchwood is a beautifully appointed townhouse, offering three floors of superb accommodation at the heart of Monaleen.

This exceptional property will suit upsizing and downsizing buyers alike, providing flexible single-level living options, low maintenance exteriors and

incredible golf-side views.

It is within walking distance is an unrivalled selection of primary, secondary and third level institutions including Milford and Monaleen NS, Castletroy College and The University of Limerick Campus.

Also at your doorstep are a host of award-winning restaurants, hotels and speciality shops. The area offers a wealth of sporting facilities (Monaleen GAA/Tennis, UL Arena etc) childcare options, and playgrounds tailored to young families. The Churchwood residential development comprises of just four exclusive townhouses set into the perimeter of Castletroy Golf Club. The townhouses are

designed to maximise the benefit afforded by their unique setting, with elevated living space and balconies at first floor level; No 1 Churchwood offers a dual aspect viewpoint over the course from its rear and gable



Located near Monaleen Church and Castletroy Golf Club there is expected to be a very high level of interest for this exceptional home

end. Internally, the ground floor (laid in high-quality dark-wood flooring) comprises a family room or fourth bedroom toward the front of the property, accompanied by a

shower-room from the entrance hall. The rear of the ground floor offers a large ensuite bedroom, with French doors through to a landscaped rear garden. Each floor is smart-home enabled, offering voice/application

control over lighting and electrical systems. At first floor level, the principle reception room offers breath-taking uninterrupted views over the golf course, with French doors opening to a sundeck set over the rear garden. The living room is notably generous, spanning the width of the rear of the property. Spot lighting overhead compliments superb levels of natural light (the rear of the home is south-west facing). Past a guest bathroom from the hall, the kitchen/dining room is positioned to the front of the home. Fitted units house inset appliances, with high quality floor and splashback tiling.

The upper level of the home comprises two excellent double bedrooms, both offering exceptional ensuite bathrooms and built-in storage space. Each ensuite has been re-tiled to the highest standard, each fitted with generous shower units, large Velux windows and a full size bath in the rear bedroom. Both bedrooms are immaculately presented, with wood flooring throughout. We expect the very highest levels of interest in this exceptional property,

Prime location close to Mary I

AT A GLANCE

Location: 4 Alandale Close, South Circular Road
Description: Three bedroom, semi-detached house
Price: €225,000
Seller: Sherry FitzGerald Auctioneers
Contact: 061 418000



Sherry Fitzgerald are delighted to bring No 4 Alandale Close to the market.

This immaculate, deceptively spacious 3/4 bed semi-detached home is set within walking distance of Limerick city centre, Mary Immaculate College and the Crescent Shopping Centre – making it an ideal purchase for those seeking a very well located downsize option, starter home or investment property.

Alandale Close is situated just minutes from the recently completed Gardens International



development, set to house over 750 professional employees.

The property's entrance hall offers a cloakroom and guest bathroom, with access to a study/fourth bedroom toward the front of the home. The open-plan

kitchen/dining room is laid in tiled flooring, while set overlooking the exceptionally large private rear garden. The kitchen offers inset appliances, tiled flooring/splashbacks and spot lighting overhead. French doors open to a

warm and inviting living room toward the gable end of the home, complete with a feature gas-fireplace at its heart.

A second set of patio doors flood the room with natural light, while framing the views over the landscaped lawn and

mature planting at the property's rear.

On the first floor there are a total of three superb bedrooms (two very large double with one generous single room) in addition to a fully tiled main bathroom. The master bedroom is

complete with a fully equipped ensuite bathroom, laid in tiled flooring and fitted with a Triton power-shower.

All bedrooms offer excellent in-built storage space and are carpeted throughout.



A handful of Limerick's most renowned educational institutions are within minutes by car or on foot to 4 Alandale Close. Mary Immaculate College, The Model School, St Clement's College and Laurel Hill Secondary School are within a short commute

**BALLYCLOUGH
WOODCOTE**

€449,000



'Woodcote' is a magnificent family home situated on a mature and completely private west-facing site of circa half an acre in one of Limerick's prime residential addresses. The property boasts spacious accommodation and mature tree lined gardens. ACC: Ent hall, living, dining, Kitchen/b'fast, family, study, 4 double beds, ensuite, bath. 200 sq m / 2,153 sq ft approx. BER: 112734116.

CALL BRENDA MULCAHY 061 418000



**MONALEEN
CHURCHWOOD**

€400,000



No.1 is a beautifully appointed three/four bedroom townhouse offered over three floors at the heart of Monaleen. This exceptional property will suit upsizing and downsizing buyers alike, providing flexible single-level living options and incredible golf-side views. ACC: Ent hall, family/bed 4, bed 3/ reception, ensuite, w.c/shw rm, living, w.c., kitchen/dining, 2 beds, 2 ens. 165 sqm / 1,776 sqft approx. BER: 103483459

CALL FRANK LYDDY 061 418000



THERE'S SELLING PROPERTY AND THERE'S SELLING PROPERTY THE SHERRY FITZ WAY.



AILBHE O'MALLEY
Director



BRENDA MULCAHY
Associate Director



ORLA SHEEHAN
Negotiator



FRANK LYDDY
Negotiator



CLARE O'LOONEY
Residential Valuer



JIM KEANE
Financial Advisor



SEAN MCGEE
Negotiator

6 SHANNON STREET, LIMERICK T: 061 418 000 E: LIMERICK@SHERRYFITZ.IE



**BALLYSHEDDY
HILLCREST**

€375,000



An inviting family bungalow with fantastic living accommodation and beautiful gardens, located in the hugely desirable area of Ballysheedy. ACC: Hall, kitchen/dining, living, sun room, utility, 4 beds, ensuite, bath. 173 sq m / 1,862 sq ft approx. BER: 111506572

CALL SEAN MCGEE 061 418000



**CASTLETROY
CAISLEAN NA HABHANN**

€325,000



No.182 is a stunning A-rated family home, finished to show-house standard, incl underfloor heating and triple glazed windows. ACC: Hall, living, kitchen/dining, w.c., utility, 4 beds, 2 walk-in wardrobes, 2 en suites, bath. 149 sq m / 1,604 sq ft approx. BER: 108612516

CALL ORLA SHEEHAN 061 418000



**CASTLETROY
CAISLEAN NA HABHANN**

€299,000



No. 117 is an immaculate semi-detached family home in show house condition. ACC: Hall, 4 beds, living, bath, w.c., 2 ensuite. 147 sqm / 1,582 sqft approx BER: 112802111

CALL ORLA SHEEHAN 061 418000



**ANNACOTTY
GLENSIDE**

€275,000



No.142 is a superb family home situated in a mature, residential development, benefitting from a delightful south-west facing garden. Hall, living, kitchen/dining, guest wc, 4 beds, bath, ensuite. 112 sq m / 1,206 sq ft approx. BER: 112417431

CALL ORLA SHEEHAN 061 418000



**CASTLETROY
GOLF LINKS ROAD**

€225,000



No.6 Glanntan is a flawless semi-detached house in turn-key condition and ready for immediate occupation. ACC: Ent hall, living, Kitch/diner, w.c., 3 beds, ensuite, bath. 93 sqm / 1,001 sqft approx. BER: 112870068

CALL SEAN MCGEE 061 418000



**SOUTH CIRCULAR ROAD
ALANDALE CLOSE**

€225,000



No.4 is an immaculate, deceptively spacious 3 /4 bed semi-detached home is set within walking distance of Limerick City Centre, Mary Immaculate College and the Crescent Shopping Centre. ACC: Ent hall, w.c., study/bed 4, kitch/dining, living, 3 bed, ensuite, bath. 98 sqm / 1,055 sqft approx. BER: 112773668

CALL FRANK LYDDY 061 418000



**NORTH CIRCULAR ROAD
SUNVILLE LODGE**

€189,000



Prime corner site with full planning permission in place (granted 30th January 2017) for a contemporary detached residence spanning 2,200 Sq. Ft. Full planning pack, including elevations, drawings and floorplans are available at request.

CALL FRANK LYDDY 061418000

Branch out and discover Heatherdale

AT A GLANCE

Location: 1

Heatherdale,
Monaleen

Description: Four
bedroom, detached
house

Price: €435,000

Seller: GVM Auctioneer

Contact: 061 413522



secondary schools, the Castletroy Town Centre and an array of top-class sporting amenities. This superb home has been refurbished to the very highest standards in recent years offering very well proportioned living and bedroom accommodation.

Inside there is a spacious sitting room that features solid wood ash floors, bay window, fireplace with solid fuel stove and double doors that lead to a dining room.

The kitchen/dining room has a newly fitted Shrewsbury cream kitchen with generous floor and eye level presses and granite worktop. There is very useful utility room with generous presses. Also downstairs is a large family room / lounge with solid wood ash floor -

this bright and spacious room is to front of the house.

Upstairs is four large rooms and a family bathroom. Outside there is a mature northwest facing rear garden with attached garage.

DIRECTIONS

From Limerick proceed out the main Dublin Road turning right at the traffic lights in Castletroy. Proceed up the Golf Links Road and pass the Golf Club and take the next left (at bottom of the hill) for Monaleen. Drive for approximately 0.5 kilometres and this property is located on the left hand side of the road before the main entrance to Monaleen GAA Club. Alternatively just enter Eircode V94 X3PX on your mobile device.



This superb home has been refurbished to the very highest standards in recent years



Magnificent and beautifully presented, Number 1 Heatherdale is a four bedroom detached residence situated in a hugely sought after residential area.

Heatherdale is in close proximity to the University of Limerick, Plassey Technological Park, and a number of primary and

Create new family memories in Laught



AT A GLANCE

Location: Laught,
Lisnagry

Description: Four
bedroom, detached
house

Price: €350,000

Seller: GVM Auctioneer

Contact: 061 413522



There is also a sitting room with carpet floor that features an open fireplace.

The current playroom could be converted into an optional fifth bedroom. Other features inside include built-in wardrobes in most of the bedrooms.

While outside there is a spacious garage that already has three phase power and a loft space concerted.

Laught is located near Ahane NS. To see the property travel from Limerick and proceed out the Dublin Road to the Mick Mackey roundabout, take the second exit for Newport, proceed down the Newport road, take the first right. At Ahane school turn right and proceed for 500 metres. The property is located on the left hand side. GVM sign thereon.

GVM are introducing to market this well presented family home set on a mature 0.8 acre site.

Laught is conveniently located in a prime residential area just minutes away from a host of major amenities including The University of Limerick and Plassey Technological Park.

Inside this family home there is a large kitchen / dining room with fully fitted kitchen and a solid fuel stove with back boiler.



Laught in Lisnagry is a traditional family home that is ready to move into



Feng Shui your place this year

Ah.. Feng Shui you say? Feng Shui, also known as Chinese geomancy, is a traditional practice originating from Ancient China that aims to ensure that people live in harmony with their surroundings.

And although we might not have full control over all our surroundings, we do however, have full control over the furniture we choose to surround ourselves by. Below, EZ Living Furniture have put together simple tips on how to array our objects, space, and décor in order to achieve more harmony and balance in our life! Here's 3 EZ tips to get you started!

Start at the start!

Your front door is the entry point of energy, therefore you should start here when assessing your homes Feng Shui. In order to give your home the energy it deserves, make sure there is nothing accumulating at the front door like hurleys and football boots! The door doesn't need to be decoration free but the easier it is to access, the better the energy you will attract.



Feng shui is a traditional design practice which claims to use energy forces to harmonize individuals with their surrounding environment

Be selective about your selection (..of art!)

When our words fail, it is often our art that speaks for

us. When selecting artwork for your home make sure it is of positive nature. It is important to avoid art that may have negative

connotations or an upsetting history for you. It is also advised that you hang your artwork at either eye level or above. When our artwork is



hanging too low, this can often result in low energy or mood. It's also okay to take down art if it isn't serving its purpose like it once did. Onwards and upwards!

Command your bed, command your life!

We spend one third of our lives asleep and yet we don't give it the importance it both needs and deserves. According to Feng Shui principles, the bed is the most important piece of your furniture in your home as it represents you. The best

place you can position your bed is in the "commanding position". The commanding position results in your bed facing the door but not directly in line with it. In fact, your bed should be diagonal to the door. When you are in the commanding position, you are in command of your life. You are now giving yourself the power to receive positive opportunities and energy.

For more tips on how to transform your living space for 2020 simply see: www.ezlivingfurniture.ie

DNG

MICHAEL GILMARTIN

60 Pearse St., Nenagh,
Co. Tipperary
067-31569
info@gilmartinauctioneers.com

PSL No: 001810

BALLYCUDDYMORE HOUSE CARRIGATOHER, NENAGH, CO TIPPERARY E45XY13

YOUR MOVE OUR PEOPLE

DNG MICHAEL GILMARTIN



Ballycuddymore House is a unique family residence, measuring c.358sqm, nestled into the lush countryside just outside Nenagh. It is secluded from the road and offers quick access to the M7 motorway for Limerick, Shannon and Dublin (c.30km from Castletroy and c. 10mins drive from Ballina/Killaloe). This house has been recently extended and extensively refurbished offering contemporary living in an "old world" style residence. The accommodation consists of entrance hall, living room, kitchen, dining room, utility, wc, office, large master bedroom suite with walk in wardrobe and ornate ensuite bathroom. On the first floor are 5 bedrooms, 2 ensuite, a shower room and an entertainment gallery.

Outside, this property also boasts a delightful self contained 1 bedroom annex with a stunning modern wood external finish. Attached to this are stables and a tack room. There is also a detached hay/storage shed adjacent to a sand arena, all set on c. 1 acre site.

This a must view for any discerning purchaser seeking a quality countryside home. Please contact DNG Michael Gilmartin on 067 31569 for further information.

BER NO. 111514956

Price: €597500

YOUR MOVE OUR PEOPLE

DNG MICHAEL GILMARTIN

GLOBAL ADVISOR OF THE YEAR

- EG AWARDS 2019

Knight Frank



Existing Quarry of approx. 21 acres

Carrowclogh, Shanagolden, Co. Limerick

For Sale by Private Treaty

- Existing limestone quarry at established location.
- Strategically located within 30 minutes of Limerick City via the N69 and easily accessible to Cork via the N20.
- Viewing to be arranged through sales agent.
- Guide Price on application.

Agents: Evan Lonergan | Kieran Bray

01 634 2466

20-21 Upper Pembroke Street, Dublin 2

+353 1 634 2466

www.knightfrank.ie
PSR REG. NO. 001266

enquiries@ie.knightfrank.com



JOHN GILTINANE & ASSOCIATES

Licence Number 001474

Auctioneers and Valuers

SANDFIELD HOUSE, CASTLEROBERTS, ADARE, CO LIMERICK



Marvelous family home on site of c. 0.5 acres, boasts ample room for family living, dining, relaxing and entertaining. There are 4 large bedrooms - all ensuite- with the Master Bedroom connected to a large dressing room and bathroom. This residence is modern, stylish with quality finishes throughout. Mature gardens, and 5 minutes from Adare village. **Guide Price €595,000**

BROOKHAVEN HOUSE, FINNITERSTOWN, ADARE, CO LIMERICK



Wonderful 4 bed family home on c. 0.5 acre, located within minutes of Adare village, This residence is finished and presented in turn key condition- soft cream/grey colour palette throughout, new quality kitchen with white quartz worktops and island. Country setting with amazing views. **Guide Price €495,000**

COMMERCIAL UNIT TO RENT AT MAIN STREET, ADARE, CO LIMERICK



Prime Position Commercial Unit to Let- measuring circa 1000sq. ft. with street frontage onto the main thoroughfare of Adare Village, Co Limerick.

This ground floor Commercial unit, now trading as a Bistro/ Restaurant may also be suitable for other Commercial purposes. For further details, please contact John Giltinane & Associates at 061-605046 or by email.

KILTANNIN LODGE, ADARE, CO LIMERICK



3 Bed residence located close to Adare village on site of c. 0.5 acre surrounded by trees and mature planting. Ideal purchase for those looking for a family home. **Guide Price €155,000**

WISTERIA LODGE, CAPPANAHANE, GRANAGH, CO LIMERICK



Extremely attractive detached 2 bed residence, tastefully refurbished and presented, with exceptional gardens and landscaping. Located 5 minutes from Croom and 15 mins from NCW and Charleville. Viewing highly recommended. **Guide Price €220,000**

MULBERRY LODGE, COOLCAPPAGH, CO LIMERICK



Beautiful 3 bed family residence located at Coolcappagh village on c. 0.5 acre site. Property is beautifully presented, fully renovated and upgraded with quality finishes throughout. Viewing highly recommended **Guide Price €275,000**

SITE CIRCA 0.5 KILFINNY, ADARE, CO LIMERICK (UNRESTRICTED)



Telephone: (061) 605046
Mobile: (086) 857 4718
Email: info@adareproperties.com
Office: Main St., Adare, Co. Limerick. PSRA Licence No. 001474

Circa 0.5 acre site being sold. Located in the centre of Kilfinny village, Co Limerick- approx 10 minutes from Adare (Unrestricted Planning) **Guide Price €85,000**

AUCTION

**POST OFFICE
BUILDING
MAIN STREET
ADARE
CO LIMERICK
V94Y2V5**



Auction of a landmark building in a prime location, located in the centre of Adare village, Co Limerick, on busy Main Street beside pub/ restaurants, retail shops and boutiques.

This property is going to Auction on **Wednesday 26th February 2020**, venue Dunraven Arms Hotel, Adare, Co Limerick, 3.00pm. This is a 3 storey building and comprises; Commercial area, Kitchen/ Dining room, 2 double bedrooms, bathroom, Sitting room and back yard with rear access.

Contact John Giltinane & Associates 061-605046 or email info@adareproperties.com for details or appointment to view.

LAND FOR SALE - CIRCA 19 ACRES AT KYLETAUN, RATHKEALE, CO LIMERICK



Telephone: (061) 605046
Mobile: (086) 857 4718
Email: info@adareproperties.com
Office: Main St., Adare, Co. Limerick. PSRA Licence No. 001474

For Sale by Private Treaty, farmland measuring circa 19 acres at Kyletaun, Rathkeale, Co Limerick- just a 5 minute drive from Rathkeale town. Good quality Golden Vale land. This land comprising c. 19 acres is laid out in one block, the land is good quality Golden Vale land and was recently reseeded. **Guide Price €200,000**

DEVELOPMENT LAND FOR SALE - CIRCA 4.4 ACRES KILFINNY ADARE CO LIMERICK



Telephone: (061) 605046
Mobile: (086) 857 4718
Email: info@adareproperties.com
Office: Main St., Adare, Co. Limerick. PSRA Licence No. 001474

Opportunity to purchase development land c. 4.4 acres being sold Subject to Planning Permission for 4/5 houses. Unique opportunity for the buyer to attain land to build 4/5 residences in a wonderful community country setting, spacious modern residences situated on large sites while still within easy access of all local amenities. **Guide Price €275,000**



Adare Properties, Main Street, Adare, Co. Limerick,
Tel: 061 605 046 Mobile: 086 857 4718 Fax: 061 605 048
Web: www.adareproperties.com Email: info@adareproperties.com



ENTERTAINMENT

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

Paddy to perform new LP

FINTAN WALSH

fintan.walsh@limerickleader.ie

BALLINACURRA Road composer Paddy Mulcahy is to perform his most critically acclaimed album, *How To Disappear*, in an intimate live performance in Limerick city this Thursday.

Paddy, 27, will perform at the Record Room, of The Commercial on Catherine Street, in association with Creative Collaboration Limerick at 8.30pm with

tickets selling for €10.

The ambient-electronic album, released in November 2019, contains a number of scores that received praise from critics nationwide. The song namesake was ranked Limerick Leader's third best song of 2019, behind whenyoung's *Others* and King Pallas' *The Dead*.

The gig follows a special Q&A and interview session with Dwayne Woods of Butter Wouldn't Melt PR at Limerick School of Art and Design earlier in the day.



Limited tickets are available for the intimate gig in the Record Room on Thursday

Electronic Arts Festival bringing spectacular line-up to Limerick

LIMERICK will play centre stage to a world exclusive, brand-new electronic arts festival, with new dates and line-ups just having been announced.

LEAF is now set to take place from September 10 to 13, and will see leaders of the technological world join forces with pioneers of electronic music to entertain the masses.

With such a diverse line-up of world-renowned talent which encompasses music and experts at the top of their game, moving the festival to September has given LEAF the scope to expand and firmly put Limerick on the map for this international festival.

Modeselektor, with their trademark adventures of sound, bass and beats, are one of the most sought-after international acts and were announced as LEAF 2020 headliners in December. They will be joined at the Cleaves Factory courtyard by one of the godfathers of Electronic Music, the baron of Techno, Dave Clarke.

LEAF was conceived by trail blazing mid-west-based production company CWB and is supported by Limerick



LEAF is expected attract over 20,000 participants to a range of re-imagined city centre venues

City and County Council, Fáilte Ireland, IMRO, LIT and The University of Limerick.

Tickets are available through ticketmaster.ie and

leafo61.com.

For more information and full line-up of events and acts, please see www.leafo61.com

UPCOMING SHOWS



LIME TREE THEATRE

Lin' Dred Theatre presents

TRAD

Saturday, 8th February | 8pm

Tickets: €20/€18



CEOL CONNECTED IN ASSOCIATION WITH BELLTABLE PRESENTS

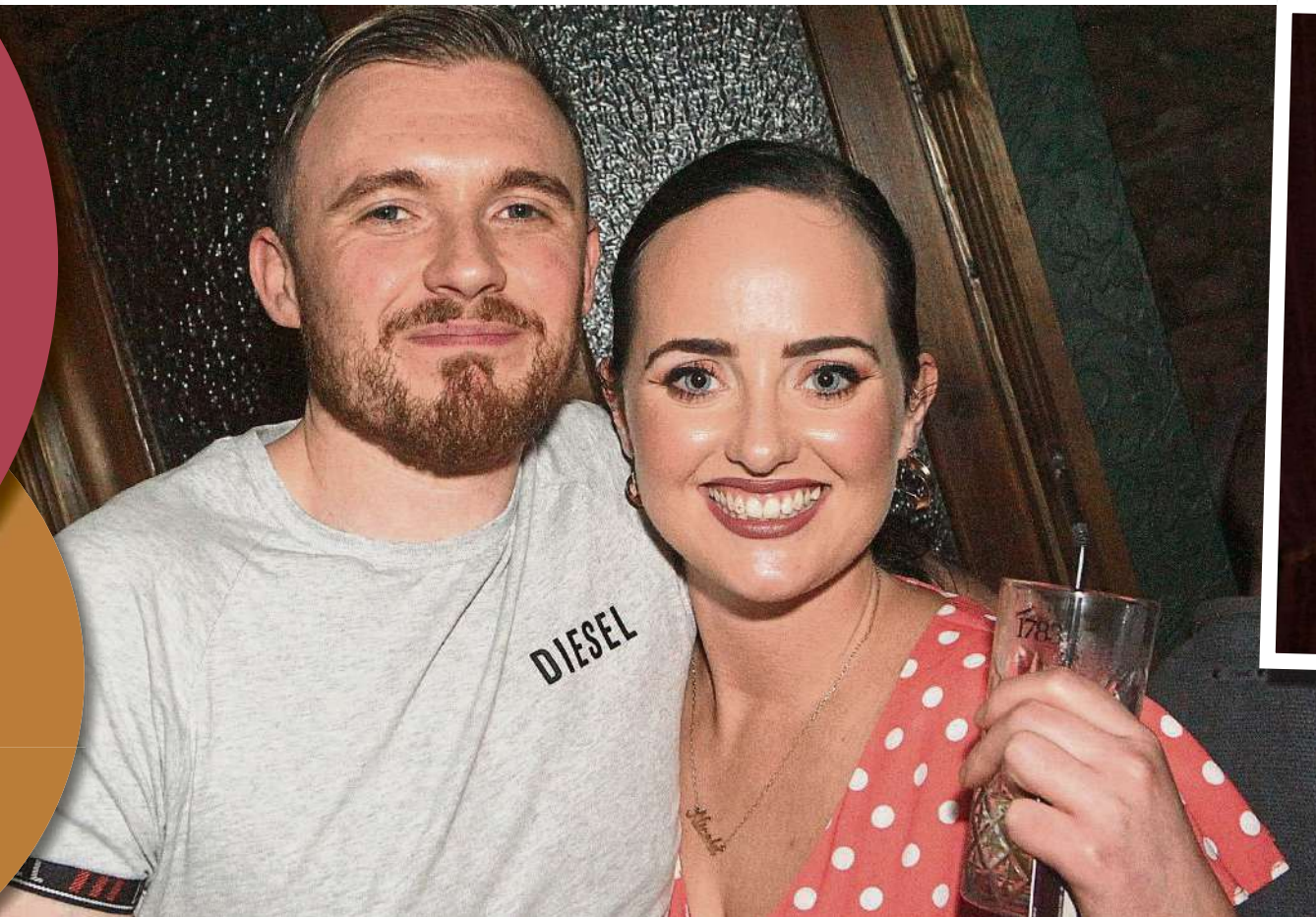
FAMILY SATURDAYS AT BELLTABLE IS BACK

Saturday 8th February 2020

Booking: limetreetheatre.ie | 061 953400

BIG NIGHT OUT @

GREAT WEEKEND AT THE COMMERCIAL, SAVOY HOTEL BAR



Dave Storan and Nicola Butler at The Commercial Bar PICTURES: DAVE GAYNOR



Natal O'Shaughnessy and Sarah Mitchell at The Commercial Bar



Mairead Nevin and Barry Kelly at The Commercial Bar



Colm O'Callaghan and Ger Lynch at The Commercial Bar



Fred and Catherine Aylmer at The Commercial Bar



Martha Ahern and Mark Barrett at the Savoy Hotel Bar



Kevin and Kate Moloney at the Savoy



Alison Flynn and Maria Killeen at the Savoy



Vickie Reale and Orla O'Sullivan at the Savoy Hotel Bar



John and Joan O'Leary at the Savoy Hotel Bar



Sinead and Mark Jennings at the Savoy Hotel Bar



Foil Arms And Hog are at the UCH this weekend

TWO cultured festivals hit Limerick this weekend - one in dance, the other a marvellous spread of activities for the ankle-biters in your life. Add in some great comedy, theatre and a free orchestral performance of Beethoven and you're not short of things to do in Limerick this weekend!

Thursday (Feb 6)

The **What Next** festival makes a very welcome return to **Dance Limerick** this weekend. Highlighting the best new dance talent that can be tempted to visit Limerick in return for a snack box and tub of gravy, the weekend kicks off on Thursday at 3pm in Ormston House with a free panel discussion on dance and climate action. That's followed at 6pm in the same spot with the festival launch, an informal evening of performances by people taking part in the festival (also free and there might be wine). Friday starts the full What Next experience, with a high-energy triple-bill of Looped, Restraint and Bolero in Dance Limerick at 7:30pm (tickets €14/€12). Saturday offers another triple bill performance, this time at 4:30pm (also €14/€12), including work inspired by circus acts. The free Céili Afro Dabke show closes out the festival at 8pm on Saturday. That's inspired by African and Palestinian dance, as well as old-fashioned Irish céili. Dance fusion tends to make all the constituent parts worth more, so don't miss that. Not just because it's free - I think it'll be absolutely wonderful.

Joanne McNally brings her Prosecco Express tour to **Dolan's Warehouse** this Thursday. Last year she packed out the Kasbah Social Club but her rising star in the world of Irish standup comedy puts her in the larger venue this year. This year's show centres around the terror of being buried with her mother if she doesn't find a husband. You're a strong independent woman who don't need no man nor to be quite so

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

self-deprecating, Joanne - getting married is for chumps and all the cool kids are getting cremated these days anyway. Doors at 7:30pm, tickets are €16.

Limerick's multi-instrumentalist sorcerer **Paddy Mulcahy** will be performing tracks from his new album *How To Disappear* in The Commercial's **Record Room** this Thursday night. More synths, tape machines and drums than you can possibly eat. Paddy's played both *Body & Soul* and *Electric Picnic* without making a big song & dance out of it (that's ambient electronica for you) and you shouldn't miss this show. Doors at 8:30pm, tickets are a tenner.

Friday (Feb 7)

Foil Arms And Hog are deservedly among the biggest names in Irish comedy (despite their entire name being only fourteen letters), churning out a non-stop mix of comedy sketches on Youtube over the past few years. They're at the **University Concert Hall** with their live show this Friday and Saturday. Like podcast tours, this is partly a chance for you to throw a few quid at those people you find funny on the Internet but, having caught their show last year, I very much recommend that you see this year's show if you can. They're undeniably hilarious. 8pm both

Comedian Joanne McNally is in Dolan's Warehouse on Thursday



THINGS WHAT ARE ON IN LIMERICK



ABOVE: The What Next festival is at Dance Limerick this weekend



RIGHT: Trad is at the Lime Tree this Saturday



The Tradoodle children's arts fest is at the Belltable this Saturday

nights, tickets are €28 / €25 concession.

The Slow Readers Club, Manchester's finest indie-rock band, are in **Dolan's Warehouse** this Friday night for a show rescheduled from November. Even by the standards of a city that has sent out more rock anthems than any other, TSRC do a mind-blowing live performance. Easily the gig of the week. Doors at 8pm, tickets are €17.

Saturday (February 8)

This Saturday, the **Belltable Tradoodle**, an entire morning and afternoon of creativity and entertainment for children. Kids can have a go at storytelling, singing, shadow puppetry, art and sean-nós dancing. Most of the workshops and sessions are €8 per child but there are two free events - Treetop Tunes at 12:30pm where children of all ages can join trad musicians to play some music or dance, and a Creative Creatures art event from 10am to 12:30pm where youngsters from 3 to 5 can take part in a gentle session to make their own piece of art with a treehouse theme. Of the non-free events, I recommend the shadow puppetry workshop at 11am and the foot-tapping, hip-shaking Ceol Connected show at 2pm (tickets for each are €8). As with all children's shows in Limerick, book early so you won't be disappointed.

Keith Barry - magician, hypnotist and self-described brain hacker - brings his Deception tour to the **South Court Hotel** this Saturday night. He promises that this will be his most daring and audacious show yet, which makes it sound like he's going to show a bit of

leg on stage. It's the perfect opportunity to have your watch stolen for entertainment or have your friend think they see a leprechaun for a laugh. 8pm, tickets are €34.

Livin Dred Theatre are in the **Lime Tree** this Saturday night with their revival production of *Trad*, Mark Doherty's play about a 100-year old man on a search to find his 70-year-old son, cajoling his ancient dad into joining the quest. You could slap an 'After Beckett' label on the poster for this play and it would seem perfectly appropriate. It's an absurdist tour through Irish yearning, stories and begrudgery, backed with a live guitar and fiddle score. The play had a very successful run last year at the Peacock and is heading back there in April, so catch it while it's on tour. 8pm, tickets are €20 / €18 concession.

Sunday (February 9)

The **Limerick Philharmonic Orchestra** are performing at **St Mary's Cathedral** this Sunday evening. You'll be presented with the delights of Beethoven's Leonore overture, followed by the marvellous first oboe concerto by Ludwig Lebrun, and finally finishing with Beethoven's slightly cheeky Second Symphony. The Second isn't Beethoven's finest symphony but it's definitely in the top eight of the nine he wrote. Certainly better than that kazoo minuet you half-composed in the shower last weekend. It starts at 6pm and it's a free gig with a retiring collection.

All weekend

Elliptical Affinities is at Limerick City Gallery until March, joined by extended exhibitions of *State Of Print* and the *Hollander Workshop* until the same date. All free to see. *Best Costume Goes To* is at the Hunt Museum until April 14 and will cost you €7.50.

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



A Day In My Shoes

Pat Clarke-Browne

IT trainer/humanist celebrant

Putting the 'can do' in 'I do'

What time do you get up?

For Weddings or Training in Limerick 7:30 but if I have to train in Dublin 5.30 am.

What is your normal breakfast?

Porridge to keep me going.

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

I don't really have time but I do try and get a walk in at the weekend.

You arrive at office at what time?

Most weddings are around 3p./ I'm there at least an hour beforehand for Training 9am normally.

What are your first duties?

For Weddings the Suit is

pressed and for Training Laptop checked and charged.

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

I don't drink Tea or Coffee but I like a Chai Latte when I'm on a long drive but mostly Water is what I stick to.

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

If I'm training I grab a sandwich. If I'm in Limerick I get something for myself and my wife Caroline from The Grove. Their vegetarian lasagne is awesome.

Do you have many meetings during the day?

I schedule meetings with couples during the week, some are in Limerick or else Galway or

Dublin. There would normally be two or three per day.

What time do you finish up at?

Training finishes at 4.30 normally and weddings can be earlier depending on start time.

Do you watch much television?

Yes, I'm normally on the laptop all evening with the TV on in the background.

Do you read the newspapers?

Yes, I get the local papers and the main Sunday papers as well.

What do you do to relax?

I love to get out and about with my camera and especially love travel photography for a break.

Are you able to leave the office behind?

For more details about Pat's humanist ceremonies see www.humanistcelebrant.ie

Not really! The phone is always nearby but my wife is very understanding.

What is a perfect work day?

I love weddings most of all nothing beats a nice sunny day and a drive to say Doolin or Kerry a lovely ceremony with lots of happy faces and another nice drive home. As I drive so much I do get to see loads of the beautiful scenery in Munster and beyond.

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

No I am a very calm person. In both my jobs a cool head is required. My job is to deal with any issue that may arise and adapt and cope so that everything runs smoothly.

INSIDE THIS WEEK



HALFWAY THERE!

Dr Eddie on tipping point of OT show
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DR MOM AND DR DAD

Taking care of sick little patients
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FASHION FROM THE STREET

Student Aishling spotted this week
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PATRICK'S PERFECT DATE

Date ideas for Valentine's Day
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Measuring up at the halfway point of OT



MENTAL HEALTH MATTERS DR EDDIE MURPHY

CLINICAL PSYCHOLOGIST
ADJUNCT ASSOCIATE PROFESSOR
UCD SCHOOL OF PSYCHOLOGY

HALF way there a lot done and a lot more to do! The weight loss is going well, nevertheless as I get to know the leaders more I can see areas that I can support when it comes to other aspects of life.

The 5km run in Phoenix Park fully booked out in an hour so I can't wait for that as it's so much fun and a great reward for the hard work of everybody doing Karl's couch to 5k.

Offaly has been a great host county with huge crowds coming out for the Ad Break Challenges. My home visits are in full flow and with the leaders, we have looked at issues that concern them and I have provided some tools to address grumpy days and unfulfilled lives.

Shane 29yrs - Steady - Lost 4 lbs

You have to admire Shane, I do. Not many 29-year-olds have four children, a house, a teaching job - which all equals a lot of responsibilities. What lies deep behind Shane's front is clouded by early experiences particularly his hospital experiences. I met with Shane and we explored the impact of his medical condition that started when he was 15. His bladder issues means he has to catheterise himself a number of times a day. Such was his response to this medical challenge that he had significant depression as a young man. Resilience, people and music pulled Shane through. Week on week he has slowly opened up regarding his vulnerabilities and what I see is great strength. What makes us vulnerable makes us human.

Lorraine 46yrs - Oops - Target 2lbs lost 1 lbs

Lorraine lost 1lb not 2lb, to be fair if you ever held a pound of butter then you will know that a



Resilience, people and music pulled Shane through

loss is a loss. This was also related to menstrual cycle issue. Lorraine child Moa has cystic fibrosis and she is an amazing girl who has attitude and a big personality just like her mammy. I love their relationship which is full of fun. Lorraine and Terry are busy working hard and often opposite times so their cross over time is limited. Lorraine is seeking more family time and more fun, she wants to live her best life amplified by her sister's early death. Time for Lorraine to knuckle down and get her week on week results. Eyes on the prize.

Barry 39yrs - Well done - Lost 4lbs

Barry has moved from the man flu to developing shin splints. So not much of a break for Barry. He has had advice from Dr Sumi to put ice on his shins. What emerged was that Barry of all the leaders had the lowest number of step counts on his Fitbit, he was averaging around 5,000-6,000 steps a day. Not good enough. A target of 10,000 a day is a reasonable target. It's one I try to hit myself. Karl upped Barry's target for 12,000 over the next week. I am interested in exploring how many "bad days" Barry gets per week/month. I want to work on targeting the thoughts and behaviours that can keep these "bad moods" around. My target for Barry is banishing "bad moods".

Andrea 31yrs - Best Girl in Class - Lost 3lbs



Tanya's confidence is growing and she is absolutely flourishing says Dr Eddie

Andrea has applied a scientific mind to her Operation Transformation journey. Week on week she is given a target and hits her target no fuss, just results and you can see those results, her skin and body shape - it's all changing for the better. Andrea's gets great support from her straight talking mum. I like her style of communication, often in Ireland we resort to nuance and talking around subjects and not directly communicating. Often it's better to be straight up. What's also really powerful is how Andrea's workplace has really embraced OT and doing walks and meal plans. I think employers can take note, and

many have, but don't wait for your employer, take on the responsibility yourself to make your workplace as healthy as possible.

Tanya 33yrs - Oops Again! - Lost 0lbs

Tanya lost 0lbs this week. Menstrual cycle explains all, as Tanya is giving it everything. She is going out on her "proper first date" with Mark so watch this space. Each week I can see Tanya confidence growing, she is absolutely flourishing. We saw Tanya with Mary her childhood friend, it says a lot to have and keep such good friends, it's says a lot about Tanya. So Tanya knuckle

down the Coke cravings are gone and produce the goods for next week, as you get fitter you effort need to intensify.

Well done to all our leaders. For all of our readers - stay the course you are half way there and plan a treat in four weeks time. Come up as and say hello at the 5k run! Time for me to get my runners on!

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

POSITIVE PARENTING

LOVE PARENTING 

Top Tips

Get ready for baby - daddies

WHILE women take the main stage in actually having the baby, the role of fathers-to-be is essential. Below are some tips to consider before the big day.

1. Listen.

Before labour commences, have a conversation with your partner about what kind of support she wants. Some women may want lots back-stroking; others want a more hands off approach. Remember, a woman reserves the right to change her mind!

2. Acknowledge and Express Your Own Feelings

Having a new baby is a life-changing event for both mothers and fathers, and you will have some big (sometimes scary!) feelings. Talk to your partner, a family member or friend about what you are feeling.

3. Take Care of the Practical Bits

This could be anything from emergency food runs to manning the text messages after baby is born.

4. Stay Calm

Step outside for a quick walk, practice some pregnancy breathing or ring a friend if you are starting to feel overwhelmed. Your partner will need you to be calm before and during labour.

5. Enjoy and Cuddle Your New Baby!

Enjoy those amazing first moments and make sure you get lots of skin-to-skin cuddles—it will be the start of one of the most amazing relationships of your life.



Being up over a few nights with a sick child can have the same affect as jet-lag, minus the cocktails and sunshine

Caring for those unwell people - big and small

IT started at 5am on Monday with 'I feel very hot'. The feverish nine-year-old was given Calpol, a hug and brought back to bed, while the toddler decided it was obviously getting up time.

Fast forward a couple of very busy days in work and we end up in a late-night, walk-in clinic where the doctor informs me that the little guy has a strep throat and is 'inevitably in a lot of pain'. Once he was dosed up and safely ensconced in bed, I spent the night berating myself for not paying enough attention, for being a working parent and for just about everything else I wasn't doing as a parent. Somewhere around dawn, I had an epiphany – children get sick, it happens. The

important thing is to nurse them and to mind ourselves as parents in the process. In a nutshell, less guilt and more self care.

Being up over a few nights with a sick child can have the same affect as jet-lag, minus the cocktails and sunshine. Your heart goes out to them because you can't make them feel instantly better with a hug and the regular household routine goes out the window. Who feels like cooking when appetites are dwindling so while the cooker is on strike, the washing machine is working over-time. Towels and bed clothes go on hot washes while you dream about throwing yourself into a hot shower. The thing is, all of those things can

wait. Focus on yourself and your child and, I promise, the world won't end.

Your child is probably lethargic from being unwell so take every opportunity to just snuggle together – in bed, on the couch while watching movies, anywhere that works. They need the attention (because illness makes us all needy) and you need the down-time. Stock up on smoothies and frozen ice pops to soothe sore throats and ensure hydration. In between doses of medicine, they can also feel like a much-needed little treat. Whether your child is 2 or 12, being unwell can make them clingy and a little demanding but try to respond without

smothering.

Remember, even babies can pick up on parental stress so try to keep calm.

While your inside voice may be screaming 'yes love, I would love to run downstairs to get you ANOTHER glass of water', the voice they hear needs to be soothing and reassuring.

Remember, children get sick, it happens.

This article was contributed by a member of Parenting Limerick. Parenting Limerick is a network of parenting and family support organisations. For more information on this and other topics go to www.loveparenting.ie.



HEALTHY LIVING

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Managing the herpes virus

WHEN your system is run down by stress or illness, your unwelcome tenant might also pop up its head.

The herpes virus, once contracted will never leave your system, just hide in the ganglions of your nervous system, waiting for the right conditions to show up as cold sores, shingles – even recurrent meningitis; that is inflammation of the membranes (meninges) surrounding your brain and spinal cord.

The herpes virus is a contagious virus that can be transmitted from person to person through direct

contact. Some people may never have a breakout but might be silent carriers. An estimated 69% of people under age 50 are carriers. Anyone can be infected at any age, women and those with a weakened immune system are more likely so.

Blistering sores are common sight of outbreaks – but not necessary at every time. Itching, burning and flu-like symptoms might be the only complaints. As for any viral infections, currently there is no cure for herpes. Antiviral medications can help people infected with the virus reduce the risk of



No cure: Long term the only solution to herpes is prevention of outbreaks, which should include lifestyle modifications and dietary changes

transmitting it to others. The medications also help to lower the intensity and frequency of outbreaks.

Long term, the only solution is prevention of outbreaks, which should include lifestyle

modifications and dietary changes. Stress and being run down are common triggers, so you need to learn stress relieving techniques and prioritise self-care. Avoid overwork – or manage your time better and don't

over-exercise. Make sure to get to bed early and turn off screens at least two hours beforehand. When you sleep your immune system can repair your body and fight infections.

The dietary solution is a bit tricky – especially if you are vegan. A healthy plant-based diet is rich in an amino acid called Arginine, which is great for the cardiovascular system, but it also feeds the herpes virus. Grains like wheat, oats, rice and nuts, seeds, beans contain a high ratio of this amino acid. Pork and chocolate have the same issue. Arginine must be way out-balanced by Lysine – another amino acid, which suppresses the virus. If you eat a very varied diet you have a better chance of getting it right. You cannot go wrong by filling up on vegetables and herbs first and foremost – these will reduce

inflammation and feed your good gut bacteria, which in turn strengthen your immune system. Choose more lysine-rich foods, such as fish, eggs, high-protein dairy products as quark, halloumi cheese, Greek yoghurt and plain whey protein powder.

You could also take L-lysine supplement daily, along with Zinc, Selenium, cod liver oil and probiotics. Your immune system need these nutrients to make natural killer cells which fights viruses and damaged cells. If you deal with a lot of stress, call upon some adaptogen herbs to help you cope better and relieve your immune system. One of the best herbs for this is Astragalus – the great immune and energy booster. As always, check for contraindications and find the root of your weakened immunity!

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Former Ireland and Munster rugby legend Brendan Foley cutting the tape on the revamped Nicholas Street. Those involved in the Nicholas Street Painting Project have over the past 12 months set about painting all of the buildings on the street. This communityled approach was supported with the help of traders and residents on the street. See story page 12

NICHOLAS STREET PAINTING PROJECT

Pictures: ADRIAN BUTLER



Niall O'Callaghan, managing director Shannon Heritage, Dean Niall Sloane, St Mary's Cathedral, Mayor Michael Sheahan and Michael Egan, Limerick City Pipe Band



Pupils from Gaelcholaiste Luimnigh at the opening of the Nicholas Street Project



Gaelcholaiste Luimnigh students Mary's Angels from St Mary's Cathedral, Sarah O'Connor, Emma O'Dwyer, James O'Connor, Rosa Maher, Molly Liston and Tony Bussoli



Members of St Mary's Parish Men's Shed singing on Nicholas Street



Athlunkard bridge on a recent cold and frosty morning taken by Brendan Collopy

Readers**Pictures**

WE LOVE TO RECEIVE PHOTOGRAPHS FROM OUR READERS, SO IF YOU'D LIKE TO FEATURE ON THIS PAGE, EMAIL YOUR SNAPS TO PHOTOS@LIMERICKLEADER.IE WITH READERS' PICTURES IN THE SUBJECT LINE



Eileen Clear, Sexton Street sent in this pic of a setting sun in Askeaton



Sun and shadows taken by Claire Waters



Gerard O'Flaherty snapped a frozen Corbally Baths while out on a morning walk



STYLE & FASHION

CELIA HOLMAN LEE

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Love is in the air this February

WEDDING fever seems to have gripped the country as every weekend there's a bridal fair on somewhere in Ireland.

Last Sunday was no exception when we headed to Racket Hall Hotel in Roscrea for their annual wedding fair. The bridalwear was absolutely beautiful.

As you can see from the photos, there was elegance and sophistication in abundance with ball gown wedding dresses featuring voluminous skirts in soft tulle and satin and of course my favourite - sweet and sparkly topped off with a cathedral veil. The cathedral veil is one of the key 2020 statements.

The mother-of-the-bride theme was fit and flatter so you can't go wrong. Beautiful dresses and jackets came in colours of gold, teal and creams. There were lots of three quarter length sleeves which I love, beaded detail and brocade fabrics which added the perfect finish to the outfit.

Topping it all off were the beautiful hats which are all available from Isobel Adare.



This baby pink ensemble which would be gorgeous for a guest at the wedding or mother-of-the-bride is from Isobel Boutique in Adare



This bridal dress with plunging neckline is from Eve's Bridal in Tullamore



Here's a very smart navy three-piece suit from Jim McLoughney Menswear in Nenagh



This collared red dress is from The Zip Yard in Nenagh

CELIA SPOTTED

Looking good out and about in Limerick

Name: Aishling Kelly
Occupation: Student
From: Limerick

Iwould describe my style as dressy casual. Being a student I'm in casual clothes most of the time. Comfort is essential for long days spent in the library. I really enjoy getting dressed up on the weekends. I love taking simple pieces and dressing them up or down depending on the occasion. My style inspiration is definitely Jodie Wood, she has such an effortless style and always looks amazing! My favourite places to shop are Zara, Mango and Spice Vintage in Limerick city.

AISHLING SAYS

Shoes: I bought these boots in Zara and to say I love them is an understatement. They are so comfortable and can be styled to suit any look.

Pants: These faux leather pants are from New Look. They are so versatile. I love pairing them with heels for a night out or trainers for a casual day time look. These pants are a staple item in my wardrobe.

Jacket: I adore this jacket from H&M! It gives such a casual feel to an otherwise dressy outfit. It's such a versatile piece and can be worn open for a casual look or buttoned up with a belt for a dressy feel. It is also extremely cosy which is a great benefit.



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

'Curated Ear' Piercing Lounge opens at Matthew Stephens

Matthew Stephens, Limerick's Largest Jewellers, is delighted to announce that the much anticipated Luxury Ear Piercing Lounge now open in store with 3 Amazing new "Curated Ear" brands Astrid & Miyu, Lavz and Maria Tash in the Fashion Level of the 3 Level store in Limerick.

A curated ear is having multiple ear piercings which have been carefully planned and styled to work together. Piercings are strategically placed on the ear, while jewels are expertly chosen to complement one another. With Thousands of different combinations available, these stylish and fashionable brands boasts an unrivalled selection that caters for an array of tastes and personality's.

With a dazzling selection of Barbells, Huggies, Hoops, Ear Cuffs, stacks and Cartilage earrings and a tempting array of new necklaces to choose from, the choice is endless and we just can't get enough of this hip and fashionable trend and look. The new collections are now beautifully displayed and available to view in the Fashion Level. Pop in-store to view the entire Ear Collection. Any of the friendly and helpful staff will be delighted to offer you a private consultation and to help you to style the perfect ear. It's quick, easy and painless (bar a slight pinch) and you have complete control over what styles or placement you want. What's more, the girls in Matthew Stephens couldn't be more helpful and professional; they guide you through the process patiently.



Mary Frost and Lea Costelloe of Matthew Stephens launch the new luxury Ear Piercing Lounge



Rebecca Gleeson and Isobel Cox of Matthew Stephens launch the new Astrid and Miyu counter in-store.

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MANABOUTTOWN

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Date ideas for Valentine's Day

Ah, Valentine's Day. A day that strikes fear in the hearts of men, single and spoken-for alike. If you're single, then Valentine's is a giant winged baby shooting sharpened arrows into your chest to remind you of just how single you are.

If you're in a relationship then Valentine's Day should be easy right? After all, the hard part - finding a partner to spend February 14th with - is done right? Not quite. The reality is panic gift buying, overpriced roses and reservations in the back corner of a restaurant at 11.30pm where the conversation is as dry as the heated up steak.

However, this year will be different. This year you'll have a plan. All the single fellas will have to wait another week but this week I'm going to help out to the boyfriends and the husbands with some dates ideas that are memorable and have just the right level of romance. Even if you're short on funds this year - and many are - there are loads of ways to make February 14th special without having to break the bank.

Book A Hotel Break

Let's begin with something that will cause some shrinkage to your bank balance - an escape to a boutique hotel. No Valentine's day was ever made worse by a king-sized bed, Egyptian cotton sheets, a minibar and someone else cleaning up after you. A get-away to a fancy hotel is a lovely treat for both of you and don't feel guilty about using the 'Do Not Disturb' sign either because you won't have



A special home-cooked meal can be so much more meaningful and romantic than going to an over-booked restaurant

one when you get home and the kids/neighbours/pets/postman needing a signature to start killing the mood again.

Take A Hike

Not what you want to hear if you're asking someone to spend Valentine's Day with you, I'll grant you, but if your significant other isn't into all the mushy stuff then a hike can be a great way to unplug from the world and unwind. Maybe you already have a favourite hiking spot where you live, or you might try some of the amazing hiking and mountain climbing spots all around Ireland. Either way, you'll be in good company.

Go Star Gazing

The night sky is not something you have to book in advance and it's big enough that you won't have to worry about bumping into someone with the same idea. You'll need cosy layers, a good location

(somewhere that's away from artificial light but not so secluded that your date starts to worry that they're about to be murdered) and something stiff. To drink. There's also an app you can download called 'Sky View' that will help you identify what you're looking up at. Of course, it's February in Ireland so if mother nature isn't in your favour then there are observatories and planetariums all around Ireland to fall back on. Hey, it worked for Ross Gellar.

Be A Tourist In Your Own Town

One for the couples who might be saving or might not be flush with funds. Many of us are guilty of overlooking the landmarks and tourist attractions in our own town. There must be landmarks and activities where you live that you've advised out-of-towners to visit having never been there yourself?

How many of you have never been to your local museum? Be a tourist in your own town and check off all those places that you've always been meaning to visit but kept putting off. Get into character by taking loads of pictures throughout the day.

Cook Dinner Together

A special home-cooked meal can be so much more meaningful and romantic than going to an over-booked restaurant. Want to make it interesting? Propose a cook-off. You both have to prepare the best or most inventive meal you're able to make, using only ingredients that are already in the house. No takeaways allowed and the loser does the washing up.

Make Something Together

For a really fun evening where time will fly by, pick a craft class and make something together. For Valentine's Day, a ceramics or pottery-making class is all kinds of sexy. Think about it - hands interlocking over wet clay while you sculpt something that both of you created. Even if the result is a mangled sugar bowl then so be it, it's your mangled sugar bowl. Don't feel like going all Demi and Patrick in Ghost? There are also painting classes, jigsaw making and even Lego building classes (yes, that's a real thing) so no matter what you decide to make or build, you'll have a romantic date and a souvenir to remember it by.



Make it special - most ladies care more about the effort than the actual gift or dating venue

Recreate Your First Date

Take it back to where it all started with a second take of your first date. Now obviously it helps if your first date was special and memorable. And, most importantly, that you remember it correctly and match the right first date with the right person. A trip down memory lane is always good to get the heartstrings going. Throw on the same clothes you wore (if they still fit), order the same food and the same bottle of wine and reminisce about what you were thinking that first time and how you'd never have imagined it would all work out so well. If the first date wasn't magical then recreate one of your favourite dates.

Maybe it's the first time you kissed or the restaurant where you celebrated becoming homeowners or expectant parents. Pick a date that's special to your history together and go back.

Make Beautiful Music Together

If packed restaurants aren't your thing then bring your date to a karaoke bar and belt out a few duets. Depending on which side of the X-Factor stage you'd be most likely to grace - the "it's four yeses" side or the "don't give up your day job" side - a shot of tequila or two beforehand may be needed. But it's attitude that counts, not talent, so grab your date, pick out some classic tunes and make the neighbourhood dogs howl for mercy.

Book A Spa Day

No matter how tough we men try to pretend we are, deep down we all love a bit of pampering. A spa day is a great Valentine's date because you're both relaxed, both indulged and both in a setting where there's zero pressure from the hustle and bustle of the outside world.

Couple's packages range from hours of massage treatments to dips in hydrotherapy pools to being horizontal in a scent-infused sauna.

Pull A Sickness

This year Valentine's Day falls on a Friday and well, that coronavirus thing is spreading so phone in sick to your respective jobs and enjoy some R&R together. Have breakfast in bed, maybe do a crossword together and then go see a matinee movie and remember why you fell in love.

Let No Plan Be Your Plan

Not literally, but if you don't like the pressure of planning the perfect Valentine's Day date then why not leave it all to chance. Pick a town or a city to go out in and let all of your decisions be determined by the flip of a coin.

Should we go left or right here? Should we go to this bar or that café? Italian food or Thai food? Ice cream or cake? Your fate is in the hands of the Gods. Just steer clear of airports and chapels.

Look of the Week

Sexton for Men/ Gatsby for Men

My look of the week is a wedding-ready look from Sexton for Men on Thomas St and Gatsby for Men in Newcastle West. Here, I'm wearing a mix and match Benetti three-piece suit with a Benetti shirt, tie and pocket square. My shoes are also from Benetti. Benetti are just one of the amazing suiting brands that Sexton's and Gatsby have in store so pop into the lads and check them out along with all the other amazing brands on offer. Photo by Paudie Bourke.





LOUISE LOVES

LOUISE CANTILLON

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Rogha na Seachtaine



TO DO:

Sewing Brunch @Copia Green

Sewing Brunch takes place at noon this Saturday - this special event requires nimble fingers and hungry bellies, as everyone will enjoy a delish brunch before setting to work on up skilling our sewing knowledge in the gorgeous surroundings of Copia Green. Tickets and more info @limerick.ie

TO LISTEN:

Track of the week

JyellowL has released his first single of 2020. 'No Rivals' is a transatlantic collaboration with rising US star MAC IRV. JyellowL says: "No Rivals' is a mentality that I embody in the sense that I am in constant competition with myself alone and no external counterparts. When Mac sent me his verse I immediately identified that we think the same in this regard and I came up with a fitting hook and verse to match his."



TO SEE:

Tony Cantwell @Dolans

Tony Cantwell lands at Dolan's on Thursday, February 20. Don't miss out on this internet sensation and funny man. Tony Cantwell takes his live show 'Pure Grá' to the stage next weekend! More info and tickets @dolans.ie



Geraldine Carton and Taz Kelleher and Grace Collier at the launch of Spicy Swap Shop & Sustainability Buzzers Social which take place this Saturday

Sustainable Fashion February

FAST fashion has become one of the biggest dangers to our environment. Topped only by oil, the fashion industry is contributing to major environmental destruction - mainly because consumers insist on buying so many clothes at such cheap prices! Millennial pioneers in combating fast fashion and glamorising sustainability are Geraldine Carton and Taz Kelleher founders of Sustainable Fashion Dublin!

Sustainable Fashion Dublin are linking up with the wonderful Grace Collier of Spice Vintage for an

evening of clothes-swapping, sustainability chats and all-round good vibes in her well known Limerick shop, SPICE Vintage!

Kicking off at 5pm this Saturday February 8, Geraldine and Taz, will take part in a live discussion with SPICE's Grace where the focus will be on the fun side of second-hand fashion, and the positive mental-wellbeing that living an incrementally more sustainable lifestyle brings about!

The ladies will be leading an all-inclusive, fully interactive panel chat.

Expect insights, information and lots of laughs on the night... and of course SHOPPING!

IF YOU'VE NEVER BEEN TO A SUSTAINABLE FASHION SWAP SHOP BEFORE, HERE'S HOW IT WORKS:

Bring your once-beloved clothes and swap them for some pre-loved garments for mega-cheap

Attendees are invited to bring up to 5 (max) pieces of clothing per person

Clothes will be checked at the door upon arrival so please make sure each item is clean, undamaged and in good-as-new condition

All clothes will be hung on rails with attendees being given the opportunity to peruse around the fashion delights and see what they'll want to grab later...

When organised, attendees will line-up in front of the rails and following a series of 3-2-1 countdowns, each person gets to pick one item at a time. After the third swapping round there will be a free-for-all, and then any clothes leftover will be brought to a local charity shop.

LOCATION: SPICE Vintage, Unit 1, Harvey's Quay, Riverview, Limerick

DATE: Saturday February 8

TIME: 5 - 7:30 pm
TICKETS: €15 and available on <https://www.tickettailor.com/events/sustainablefashiondublin>

Becky Hill At The Academy

Hot on the heels of releasing brand new single 'Better Off Without You' ft. Shift K3y, show-stopping vocalist and hit making songwriter Becky Hill announces a UK and Ireland headline tour for

autumn/ winter 2020. Tickets for Becky Hill's UK and Ireland Autumn/ Winter 2020 tour go on sale at 9am this Friday, February 7.

After an incredible 2019, Becky Hill is now the 2nd most listened to

British female artist on Spotify in the UK having notched up over a billion streams and 19 million+ Spotify monthly listeners. Her brand new single 'Better Off Without You', (written by Becky and produced by Shift K3y), is

the follow up to her certified silver Summer hit 'I Could Get Used To This' with Weiss.

Becky Hill will play The Academy on Thursday, November 12 with tickets from €25.50 on sale Friday, February 7 (9am)





I ♥ LIMERICK

RICHARD LYNCH

FOLLOW RICHARD

Facebook: Richard Lynch

Twitter: @richanthon

Web: www.richardknows.com

Email: Richard@ILoveLimerick.com



New Limerick Brand showcases 'Atlantic Edge, European Embrace'

LAST week, Limerick unveiled a first-ever Limerick brand positioning and international marketing campaign.

'Limerick: Atlantic Edge, European Embrace' became the first major branding of the city and county to promote it nationally and globally as a destination for inward industry investment, tourism, education and for people to live and work in.

Developed by M&C Saatchi, the new brand will internationalise Limerick, placing it on the global market so the world recognises its warmth and resilience.

The brand's creation also involved key inputs from members of the public and business community during early-stage focus groups with students of LIT's Limerick School of Art & Design. Local Limerick companies will work together to push this brand to the forefront of the marketing world.

A major multi-market campaign, 'Percentages', is a cornerstone of the programme which aims to quantify Limerick's combination of edginess and



Brand Ambassadors, Patricia Roberts, Louise Donlon, Dr. Sarah Brady, Richard Lynch and Fergal Deegan, Limerick Leader Commercial Director with Laura Ryan, Head of Marketing and Communications, Limerick City and County Council pictured at the launch of 'Limerick: Atlantic Edge, European Embrace'

PICTURE: ALAN PLACE

friendliness. The character and culture of Limerick will also be articulated through a

roll-out of Limerick 'heroes', which will see inspirational people tell their stories on

video and become faces of the campaign to amplify the sense of edge and embrace that typifies the city and county.

To broaden the brand's reach, a Brand Ambassador structure has been established. Each ambassador represents a different field, including Tourism (Patricia Roberts of No.1 Pery Square), Education (Dr. Sarah Brady of UL), Business (Mary McNamee of the Limerick Chamber), Media (Fergal Deegan of Limerick Leader), Culture (Louise Donlon of the Lime Tree Theatre and myself as Vertical Chair of the Local/Community Group.

I was honoured to be asked to be part of this team and was asked to choose three Community Brand Ambassadors to help me in my task and I am now working with three incredible women - Jayne

Foley, Founder of Fresh International Film Festival, Linda Ledger, Manager St Munchin's Community Centre and community activist Helen O'Donnell, co-founder of Team Limerick Cleanup. I hope all Limerick gets behind this new branding in the hope of internationalising Limerick and sharing our people with the world.

Laura Ryan, Limerick City and County Council Head of Marketing & Communications said, "A huge amount of work has gone into getting us here today but today is really just the start. We've captured the essence of Limerick and we now take that story to wherever we believe there are opportunities for Limerick. Today is a reflection of the new ambition that Limerick has. The brand reflects the confidence of a transformed

Limerick. A city that welcomes all, that has grit, determination and resilience in abundance and one that is at the world's most dynamic crossroads, where Europe and the Atlantic meets."

Mary Harris of M&C Saatchi added to this thought saying, "Atlantic Edge, European Embrace' immediately locates Limerick in the world and captures its grit, determination, and warmth. It also helps establish the City and County as the gateway to Ireland's premier tourist proposition - the Wild Atlantic Way whilst underlining Limerick's strong cultural links to Europe, both now and in the past."

Use the hashtags #Limerick, #LimerickEdgeEmbrace and #HowLimerick on social media to spread the word.



Richard Lynch, Vertical Chair of the Community Group for the new Limerick Brand pictured with Community Brand Ambassadors Jayne Foley, founder Fresh international Film Festival, Linda Ledger, Manager St Munchins Community Centre, and community activist Helen O'Donnell, co-founder of Team Limerick Clean-Up PICTURE: ANTHONY SHEEHAN/ILOVELIMERICK

THINGS I ♥ THIS WEEK

THIRD ANNUAL WHAT NEXT DANCE FESTIVAL

'What Next' dance festival lands in city

DIVE In, Discover Dance at the What Next Dance Festival happening February 6-8 at Dance Limerick.

Featuring exciting Triple Bill Performances, Off-site Pop-Up Dance, a Climate Action Dance Talk and Manifesto, the inclusive Céili Afro Dabke and more.

Now in its third year, What Next promotes dance discovery through live performances, professional workshops, talks, and other events.

Inspired by the impressive talent of rising dance artists from Limerick, Ireland and abroad, the festival encourages you to sample something different through its rich and accessible programme.

Local dance artists based

in Limerick, Cork, and Dublin join artists from Madrid, Columbia and France to perform in the city over the festival weekend.

Highlights include 2 Triple Bill Performances on the Friday and Saturday at Dance Limerick's unique venue, the 186-year-old St. John's church in John's Square (a deconsecrated church and now dedicated, modern dance venue).

Céili Afro Dabke will close the festival weekend, a world music céili featuring African dance, traditional Dabke dance from Palestine/Syria and the old-style Irish céili dances.

No previous dance experience required. What Next tickets are available from www.dancelimerick.ie.



What Next Dance Festival takes place Thursday, February 6 to Saturday, February 8

CAMERAS SET TO ROLL

Film in Limerick's 2020 vision

The Mid-West counties of Limerick, Clare and Tipperary is set to become a bigger hub for the screen industries in 2020 with the help of Film in Limerick.

The company's Regional Film Manager, Paul C. Ryan, hopes to emphasise the development of filmmaking infrastructure, nurturing homegrown talent.

With the success of Troy Studios, hundreds of jobs for residents have been generated. Ryan said: "Now, with Troy Studios, new tax credit increases, and a growing base of talented crew to support visiting productions, we expect even more films to come to the region to shoot as well as more films being made by local filmmakers." As well as visiting



Paul C. Ryan, Regional Film Manager at Film in Limerick and Michelle Brassil, Studio Manager at Troy Studios

PICTURE: BRIAN ARTHUR

productions, Ryan has ambitious plans to support local creatives to produce their own work and to see the region represented in more film and TV productions through new training and networking

events in the region and internationally.

Film in Limerick has launched a series of monthly meet-up events to bring together local aspiring filmmakers. See film.limerick.ie.



Pictured at the launch of the Hunt Museum Garden Project - Max Werz (Limerick Inside Out, U.I.), Tracey Gleeson (Senior Co-ordinator, Limerick Inside Out Programme, U.I.), Linda Hall (Communities and Outreach Coordinator, Hunt Museum), Rosemarie Noone (Business Developer, Hunt Museum), Anne Kinsella (Southside Women's Group), Des Kingston (winner of Supergarden 2017), Adam Teskey, (Deputy Mayor of the City and County of Limerick) and Helen O'Donnell (Team Limerick Clean-up)

PICTURE: KEITH WISEMAN

Hunt Museum looking for garden designer

THE Hunt Museum will take down the railings around the complex and create a public urban garden in the heart of Limerick city.

And there is an open invitation for a garden designer to design the new space for the museum in collaboration with them and the community. The prize for the winning designer is the full cost of delivering the garden, including design fees.

They will place some large scale

replicated museum objects in a newly designed, open garden.

The Garden needs to be easily maintained and accessible to all, designed with the community's ideas and thoughts in mind.

Designers will need to find space for the Museum in the Garden, to include the Garden Chess Set & 4 or 5 sculptures of museum objects.

Interested applicants are asked to submit their concepts online, up to

five finalists will then pitch their complete plan for the Hunt Museum in the Garden with budgets to the judging panel in March 2020.

The judges include Helen O'Donnell, Team Limerick Cleanup, Jill Cousins, CEO & Director of the Hunt Museum, Jim Prior, Des Kingston, winner of Supergarden 2017 and Michael Sheahan, Mayor of LC&C. The closing date is February 26, 2020. See www.Huntmuseum.com.

HEROES OF THE WEEK

People keeping Limerick Green!

LIMERICK'S green credentials deepened last week as it launched its European Green Leaf Year and announced a programme of events to mark the European Commission designation.

Twenty-six events and initiatives are scheduled in Limerick, which was awarded the designation along with Belgian city Mechelen, recognising its commitment to better environmental outcomes. The award was given to Limerick for its ability to act as a green ambassador along with its commitment to monitor air quality and improve noise levels in the city. In March, the theme for the 2020 St Patrick's Day Parade will also be 'Our Future is Green', focusing on environmental issues such as climate change.



European Green Leaf Team: Pat Stephens, Simon Jennings, Sinead McDonnell Environment Awareness & Education Officer LCCC, Sharon O'Regan, Environmental Technician LCCC, Karen Burke, LCCC, Anne Goggin, Green Leaf Project Team lead at Limerick City and County Council and Laura Ryan, Head of Communications/Marketing with Limerick City and County Council pictured as Limerick launches its programme for European Green Leaf Year 2020

PICTURE: DON MOLONEY

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

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Wanted. Any age, any condition. Parts, frames, anything considered. Old VW Vans & Cars also wanted. Call Frank 086 2381532 / 089 4618276

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

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SUGAR BEET and Straw for sale. Sugar Beet freshly harvested, no stones, can be washed and delivered. Winter & Spring Barley Straw, 4x4 Round bales, good quality. Contact 086 7365320

GERALDINES A.F.C.

WEEKLY LOTTO DRAW HELD ON 03/02/2020

This Week's Jackpot: €4,700
Numbers: 5-8-14-16

Lucky Dips: Dermot O'Hanlon c/o Dave Connolly; Mary Mullins c/o Paddy Mullins; Jodi c/o Joe O'Sullivan

Promoters Prizes: Dave Connolly & Jean McNamara

Next Week's Jackpot: €4,800

Next Draw: 10/02/2020

ST. MARY'S R.F.C.

Lotto Draw held
Monday 3rd February 2020

Winning Numbers: 1-5-8-16
No Jackpot Winner

Lucky Dips: Declan Sheehy c/o M Ryan; Patsy Ahern c/o F Ahern; Evan Hehir c/o D Frawley; Kay Kearney c/o Rashers

Jackpot €13,750

Next draw held in Rashers Bar

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IN MEMORIAM



† KENNEDY

(Sixth Anniversary)

Treasured memories of a loving Mother, grandmother, great grandmother and great great grandmother, Marie Kennedy, late of 31, Singland East, Garryowen, Limerick, who's Sixth Anniversary occurs on the 5th February R.I.P. Mass will be offered on Saturday 8th February at 6pm in St. Bridget's Church.

Also remembering our Dad Willie at this time.

We always idolised you Mam
We had an unbreakable bond
That we'll never get again
You weren't just our amazing mother

You were our true best friend
You were beautiful inside and out

Your love and guidance, so very hard to live without
We will never get over losing you

No matter how time goes by
You were and always will be
Our one true pride and joy
Always loved and remembered by your loving daughter Annette, son-in-law Kieran, granddaughter Michelle, grandson Stephen and Tiffany and great-grandson Alex

Precious people are very few
That is why there was only one of you

Nothing on earth can ever replace
The sound of your voice
Or the smile on your face
No verse, no tears can say how much

You are loved and missed
Always loved and remembered by your loving daughter May, son-in-law Bill and granddaughter Briana xx

I tried so hard to write these words
To say how much I miss you
The more I try the more I cry
Oh Mam how much I miss you
I speak your name with much pride
But tears and heartache I cannot hide

I want to tell you something
So there won't be any doubt
You're so wonderful to think of
But so hard to live without.
Next time we meet will be at Heaven's door
When I see you there I won't cry anymore

I will put my arms around you
And never leave you go.
Sadly missed and never forgotten from your loving daughter Barbara and son-in-law Paul xxx

You were one of the first to see me
And I was one of the last to see you
All my life I will remember
The special and wonderful Nana I had in you.
From the stars above
I know you are watching me
And it's to you I send all my hugs and love.

Lots of hugs and kisses Nana, your loving grandson Cillian xxx

IN MEMORIAM

Deep are the memories precious
they stay
No passing of time can take them away
They bring a smile sometimes a tear
But always a wish that you were still here
Sadly missed and never forgotten love always, your loving son Patrick

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 heart
You visit everyday
It's a special place for you alone
And there you will always stay
Sadly missed and never forgotten by your loving granddaughter Rebecca, partner George and great grandchildren Tori, Jodi, Lexi and Demi xxx

Special thoughts of you today
Hold memories no one can take away
Though from our lives you may be gone
Inside our hearts you still live on
Love and miss you always Nana xx from your loving granddaughter Jessica, partner Alan, great grandchildren Amber, AJ & Alfie XXX

You had a smile for everyone
You had a heart of gold
You left us sweetest memories
This world could ever hold
From your loving granddaughter Samantha, partner Tommy, great grandchildren Sophie and Callum xx

Each day we think about you
Each night we say a prayer
We ask God to look after you
With love and tender care
So meet us in our dreams
As often times you do
You always smile and whisper
Carry on I'm here with you.
For unknown to the world you walk by our sides
Ours was a love death could not divide.

You shared our joy, tears and sorrow
How we wish you were here
To share all our tomorrows
Sadly missed by your loving son Gerard, daughter-in-law Eda, granddaughters and partners, great granddaughters, great grandsons and great great grandson xxxx



Light a Candle...

A candle to remember, may it burn ever so bright

As we look to the heavens on this very night.

Beyond the stars, our dear loved ones soars

Embraced by their Savior on heaven's shores.

As the angels protect them and sing their sweet name

We honor their life with the glow of this flame.

So we light this candle for our loved ones tonight

As a symbol of our love and their eternal life.

IN MEMORIAM



† O'SULLIVAN

(Fourth Anniversary)

In loving memory of a dear mother and grandmother Carmel O'Sullivan, late of Castletroy View and Keyes Park who died on 7th February 2016. R.I.P. Mass will be offered on Saturday 8th February at 7pm in the Holy Family Parish Church, Southill.

A special smile, a special face
And in our hearts, a special place

Our memories we keep one by one
Things you've said, things you've done.

They bring a smile, sometimes a tear
But always a wish, that you were here.

You're not just a memory
Or part of the past
You're ours to remember
As long as life lasts
Sadly missed by your son Tom, daughter-in-law Pam and granddaughter Lily

Our lives go on without you
Though nothing is the same
We have to hide our heartache
When someone speaks your name

You did so many things for us
Your heart was kind and true
As long as we were happy
You were happy too.
Sadly missed by your daughter Irene, son-in-law Cormac, grandchildren Shane, Brendan and Kaydee

It doesn't take a special day,
To bring you to my mind,
For a day without a thought of you,
Is very hard to find.
From Harry, Paula, Robert and Hazel

The moment that you died,
My heart was torn in two,
One side filled with heartache,
The other died with you,
I often lie awake at night,
When the world is fast asleep,
And take a walk down memory lane,

With tears upon my cheek.
Remembering you is easy,
I do it everyday,
But missing you is heartache,
That never goes away.

I hold you tightly within my heart
And there you will remain
Until the joyous day arrives
That we will meet again.
Sadly missed by your loving daughters Carmel and Ann-Marie and granddaughters Emily, Caoimhe and Saoirse xx

Always smiling, happy and content,
Loved was my mother, wherever she went,
To a beautiful life, a sudden end,
She died too soon, everyone's friend.

From your son Seanie, Toni, grandchildren Donna, Jordan and Millar xx

THANKSGIVINGS

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

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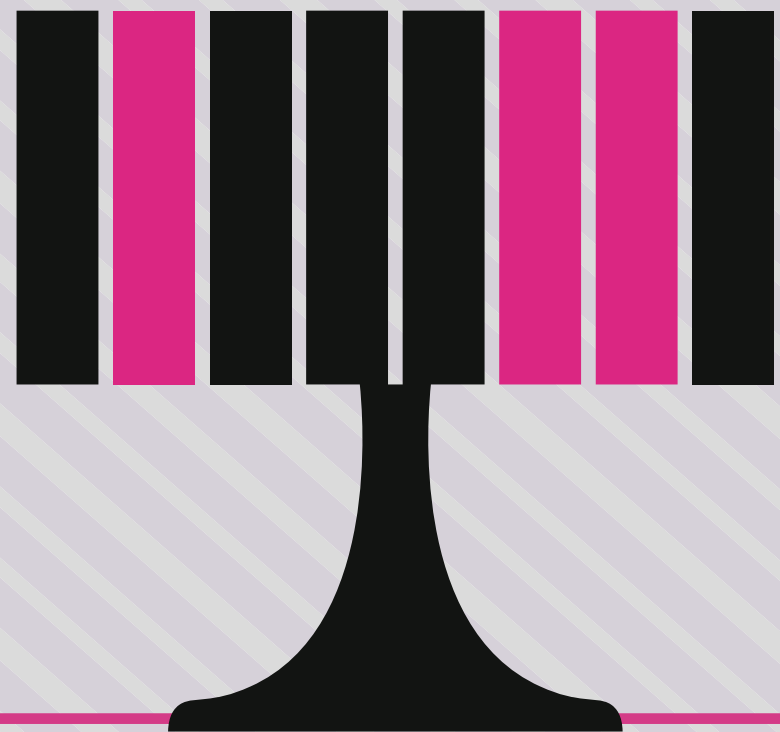
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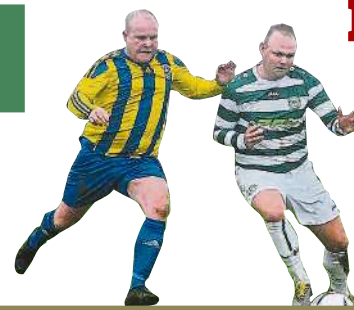
SPORT

Leader

LEAGUE ACTION RETURNS

Points up for grabs in Premier

For more see Page 49



Hero Selfie: Cian Hickey, aged 10, from Crecora, Co. Limerick gets a selfie with Aaron Gillane of Limerick after the Allianz Hurling League Division 1 Group A Round 2 match between Limerick and Galway at LIT Gaelic Grounds

PICTURE: DIARMUID GREENE/SPORTSFILE



Limerick's hurling league title defence gathers pace

Hurlers: John Kiely's unbeaten side prepare for three game run-in

JEROME O'CONNELL

jocConnell@limerickleader.ie

JOHN Kiely has welcomed a weekend free of competitive fare as a timely boost for the walking wounded in his Limerick senior hurling panel.

Limerick have won all five games in their 2020 season but are free from action this weekend ahead of another run of three games across three successive weekends to conclude the group stages of the Allianz Hurling League.

Defending champions Limerick are already nicely positioned to reach the knockout stages after wins over Tipperary and Galway.

But with games against Waterford, Cork and Westmeath to come in quick succession, Kiely is hoping to

be back to a full strength panel as soon as possible.

"It's a busy time and we will probably welcome this week to get some training done and to also try and fill the bench a bit more in terms of getting guys back onto the field," explained the Limerick manager.

Limerick have used 32 players in their five games to-date but Shane Dowling, Kyle Hayes, Peter Casey and Pat Ryan are yet to see action due to injury.

And captain Declan Hannon and fellow defender Richie English went off injured in Sunday's eight point win over Galway.

"We only had 24 players toggled out today because a lot of fellas had flu and fellas have a few niggly injuries and fellas have been playing Fitzgibbon

Cup for the last few weeks and the U21 championship has started in Limerick and the Freshers Championship has started and we have two in that with UL," outlined John Kiely.

However, he is optimistic that any new injuries aren't long-term.

"They are not serious," he said of Hannon and English being substituted on Sunday.

"Precaution more than anything. At this time of the year, if in doubt get them out because there are bigger games ahead and we have a panel available and fellas are mad for game time so often it's just a welcome opportunity to get other fellas on the pitch."

He explained: "They are all close but they have little niggly things - Kyle



Limerick football manager Billy Lee heads to Carlow

(Hayes) has a tendon thing in his ankle that is going to take a week or two to get right and then there are a couple like Pat Ryan, Shane Dowling and Peter Casey who will hopefully be coming in the next few weeks as well."

Next up for Limerick is a repeat of the 2019 Allianz Hurling League final against Waterford in the LIT Gaelic Grounds on Saturday February, followed by a February 23 trip to Pairc Ui Chaoimh and then a home game with Westmeath on March 1.

Meanwhile, the Limerick footballers are in Carlow this Sunday for their round three tie of the Allianz Football League. Division Four side Limerick, along with Sligo and Cork are the only teams in the league with 100% records.

Limerick have out their last two outings against Carlow and will need to maintain momentum for a promotion push in a fourth successive season in the basement division.

Six Nations

Earls returns to squad as Murray wins his 80th cap

COLM KINSSELLA

ckinsella@limerickleader.ie

MUNSTER'S Keith Earls returns to Ireland's matchday squad for Saturday's big Guinness Six Nations clash with Wales with fellow Limerick man Conor Murray set to win his 80th cap in the game.

Winger Earls is listed among the replacements for the second round clash with the Welsh at the Aviva Stadium. The game has a 2.15pm kick-off.

Thirty two-year-old Earls has recovered from a knee issue to take his place on the bench for the game.

Patrickswell man Conor Murray has again been given the nod at scrum-half ahead of Ulster's John Cooney.

Murray is one of four Munster players who will start the game for Ireland. Andy Farrell's line-up also includes Andrew Conway on the right wing, as well as two members of the back-row trio, Man of the Match in the win over Scotland, CJ Stander and flanker Peter O'Mahony.

Munster prop Dave Kilcoyne features again on the bench as he is set to recover from a head injury he picked up in the opening weekend win over Scotland.

IRELAND: Jordan Larmour, Andrew Conway, Robbie Henshaw, Bundee Aki, Jacob Stockdale, Johnny Sexton (capt), Conor Murray, Cian Healy, Rob Herring, Tadhg Furlong, Iain Henderson, James Ryan, Peter O'Mahony, Josh van der Flier, CJ Stander. **Replacements:** Ronan Kelleher, Dave Kilcoyne, Andrew Porter, Devin Toner, Max Deegan, John Cooney, Ross Byrne, Keith Earls.



Earls to start on the bench

SPORT
SNIPPETSLimerick players in
Irish Club XV

IRELAND Club XV Head Coach Gearoid Prendergast has made two changes to his starting line-up to face Scotland Club XV in the Club International Series decider at Energia Park this Friday (kick-off 5.45pm).

Matthew Byrne starts on the wing, having scored off the bench in last Friday's 39-17 win in Galashiels.

There's a rotation at hooker where Max Abbott comes in for Cork Constitution clubmate John Sutton. Abbott has three previous caps at this level against England Counties, France Fédérale and Scotland Club XV.

IRELAND CLUB XV: Jamie Heuston (Garryowen), Colm Hogan (Dublin University), Pa Ryan (Shannon), Bryan Fitzgerald (Garryowen), Matthew Byrne (Terenure College); James Taylor (UCC), Aran Hehir (Shannon); Conor Maguire (Old Wesley), Max Abbott (Cork Constitution), Andrew Keating (Garryowen), Brian Hayes (Cork Constitution), Alan Kennedy (Young Munster), Michael Melia (Terenure College), John Foley (Young Munster), Paul Derham (Old Wesley)

REPLACEMENTS: Adam Clarkin (Terenure College), Conor Bartley (Young Munster)*, Corrie Barrett (Garryowen), Peter Claffey (Terenure College), Ryan Murphy (UCC), Gerry Hurley (Cork Constitution), Gearoid Lyons (Clontarf)*, Sam Coghlan Murray (Terenure College)*.

*Denotes Uncapped

Byrnes bashes the
bookies

LIMERICK trainer Charles Byrnes was the toast of punters when landing his third successive win in the prized €150,000 Grade B Ladbrokes Hurdle at the Dublin Racing Festival at Leopardstown.

Ballingarry-based hurdler Byrnes saddled Thosedaysaregone to claim the big prize, the winner justifying plenty of market confidence in the process.

The Limerick trainer had taken the 2018 and 2019 renewals of the race with Off You Go and struck once again in the valuable two-mile event at the Foxrock venue on Saturday.

Available at 25-1 overnight with the bookies', Thosedaysaregone was sent off a 7-1 chance but looked to have plenty to do approaching the final flight of hurdles.

You Raised Me Up gained a narrow advantage on the run-in to gain a length-and-a-quarter success.

Limerick
camogie bid
for further
clarification

JEROME O'CONNELL
@JeromeSport

LIMERICK Camogie has vowed to seek clarification after the result of Sunday's Littlewoods Ireland League game with Tipperary was "reviewed" and ultimately changed.

At the final whistle in the LIT Gaelic Grounds, referee Andrew White confirmed it was a drawn match on a final scoreline of Limerick 1-7, Tipperary 0-10.

However, members of the Tipperary management, some in attendance in the Mackey Stand and members of the working media felt that Limerick had in fact lost by one point.

Later on Sunday night, the Camogie Association confirmed the result was being reviewed.

On Monday afternoon, they confirmed Tipperary as 0-10 to 1-6 winners in the round one game.

However, Limerick Camogie expressed extreme disappointment at the Camogie Association statement and have vowed to seek further clarification.

"Limerick Camogie Board, players and management are extremely disappointed to learn today that the Camogie Association had declared Tipperary as winners of yesterday's Littlewoods National League tie, 0-10 to 1-6," said a Limerick Camogie statement on Monday evening.

"We left the ground

yesterday having received confirmation from the referee that the game had ended in a draw. We are now looking further into the matter and will be seeking clarification as to how this decision was arrived at in due course," said the brief statement.

The Limerick statement came on foot of the brief statement from the national governing body.

"Upon review by the referee, in consultation with his umpires and match officials, of the scoring in yesterday's Littlewoods Ireland Camogie League Division 1 Group 2 fixture between Limerick v Tipperary we can now confirm the official match result as Limerick 1-6 Tipperary 0-10 resulting in a one point victory for Tipperary," said the Camogie Association statement.

"We would like to thank all involved for their patience regarding this matter," concluded the statement from the national body.

All agree that the game was level, 1-3 to 0-6 at half time so some error was made by the referee in the course of the second half, during which there was a long stoppage for an injury to Limerick goal scorer Rebecca Delee.

Away from the boardroom arguments, Limerick's next game in the Littlewoods Ireland Camogie League is a Sunday February 23 trip to Galway, who were 2019 league and championship winners.



Referee Andrew Larkin with Limerick's Muireann Creamer and Caoimhe Costello and Aoife McGrath and Cait Devane of Tipperary PICTURE: ©INPHO/LORRAINE O'SULLIVAN

8-Ball pool is racking up the numbers



U-18 Champion Brandon Fleming (Garryowen) and 13 year old Jack O'Brien (Rathkeale) U-18 Runner up at the recently held Limerick 8-Ball championships in Caherconlish

The recently held Limerick 8-Ball Pool Championships 2020, had 7 categories in all from Under 12's to Over 50's.

Pool is one of the

biggest growing sports both locally and nationally with a high volume of numbers now participating in events in Limerick

The Limerick 8-Ball

championships were recently held in Mulcahy's of Caherconlish and were kindly sponsored by Frank Hogan's Garage on the Dublin Road.

Junior Cup action hots up

THE Clayton Hotels Munster Schools Junior Cup continues this Wednesday with three Limerick schools facing crucial fixtures.

Árdscoil Ris will be looking to take the direct route into the semi-finals of the Junior Cup by beating Rockwell College in their second round fixture at Thomond Park, 2.30pm.

While victory for Árdscoil over their Tipperary rivals on Wednesday will see them advance to the semi-finals, the North Circular Road side

would also get a second chance to progress via a quarter-final as a result of their table topping performance in the round robin phase.

St Munchin's College are another Limerick side hoping to progress directly to the semi-finals of the Junior Cup on Wednesday as they face CBC, of Cork, at Musgrave Park, 2.30pm.

St Munchin's finished behind Árdscoil in second place in Group A and will also get a second chance to

progress to the semi-finals, via a quarter-final, if they suffer defeat on Wednesday

Another Limerick side, Castletroy College, who are in action in Cork on Wednesday, do not have the luxury of a second chance. Castletroy take on PBC in a knock-out tie at Musgrave Park, 12.30pm.

Meanwhile, Crescent College ensured their progress to the quarter-finals of the Junior Cup with a 27-12 victory over Bandon Grammar School at Thomond Park on Friday.



Crescent's Fionn Casserly slips through the Bandon defence

League action returns

PAT SHEEHAN
sport@limerickleader.ie

AFTER THE rough of tumble of Munster and FAI action over the last few weeks, it's a return to Premier League action this weekend for most of the top flight clubs. Leaders Fairview Rgs play in an outstanding Lawson Cup game which gives the opportunity to the chasing bunch to take advantage.

Ballynanty Rvs will take over top spot if they can beat Kilmallock in LIT. The sides met in the Tuohy Cup a couple of weeks back when Balla emerged victorious on a 2-0 scoreline. The Blues will know they didn't have things all their own way in that game and that Kilmallock posed them plenty of problems. That fact will probably help Balla as they will not be caught unaware.

A pint behind Balla with a game less played are Pike Rvs and they face a difficult game at home to a bang in from Regional Utd XI.

It remains to be seen how Pike react to last week's FAI defeat to Fairview Rgs but no doubt manager Robbie Williams will instil in his players that they still have much to play for.

Pike are unbeaten in the league going back to the middle of last season and will be looking to maintain that record.

Aisling Annacotty welcome Janesboro to Annacotty on Saturday evening. The home side will be using this game as preparation for their

upcoming Munster tie while Boro will be looking to bed in their latest additions.

Geraldines are at home to Nenagh again with one eye on upcoming Munster tie while Prospect Priory and Coonagh Utd meet in a relegation six pointer in Cals Park.

There is one game in the Lawson Cup when Fairview Rgs must get back to ground after their FAI win over Pike Rvs last weekend. They should be too strong for an Athlunkard Villa side who seem to be back in form.

It will give the League Leaders a chance to give a run to some of their less used players which should stand to them in a busy schedule ahead.

The Premier A League has some important games affecting the top of the table. Leaders Charleville face a rejuvenated Carew Park who will relish the opportunity of lowering the colours of the Cork side. Waiting for Charleville to slip up are Moyross who visit Cappamore and Newport in a home game with Corbally Utd.

Division 1A leaders Castle Rvs will be expected to take the spoils at home to Shelbourne while second placed Kilfrush face a sticky assignment away to Star Rvs.

Division 1B runaway leaders Regional Utd B will move another step towards the title if they can beat Glenview Rvs on Saturday evening.

Two Open Cup Quarter Finals are scheduled with Castle Utd hosting Parkville B and Knockainey B welcoming



Paddy O'Malley, Pike Rovers, in action against Eddie Byrnes, Fairview Rangers during last weekend's FAI Junior Cup clash

Wembley Rvs B to the county venue.

Inter County Youth Champions Limerick are in action on Friday evening when they host the Cork District League in Jackman Park at 7pm.

Limerick DL began the defence of their title with an emphatic 8-0 win over their Kerry counterparts thanks to

scores from Eoin Duff (3), Ben O'Shaughnessy (2), Jamie Griffin, Ethan O Sullivan and Ronan O'Dwyer.

Manager Martin Sugrue has named another strong squad and they deserve the support of the Limerick soccer going public.

THE FULL SQUAD IS: Sean Hamm (Aisling), Dylan O'Sullivan (Fairview), Scott Kirwin (Fairview), Shay McCarthy

(Fairview), Jake Dillon (Newport), Ethan O'Sullivan (Fairview), David Power (Hill Celtic), Cian Fitzgerald (Fairview), Joe Kavanagh (Charleville), Josh Shinnors (Fairview), Eoin Duff (Fairview), Sean Connolly (Fairview), Glen Kelly (Prospect), Eoghan Burke (Aisling), Jamie Griffin (Fairview), Ger Quaid (Aisling), Kane Connolly (Caherdavin), Aodh O'Hanluain (Aisling), Cian Lynch (Aisling), Sean Ezekannagha (Fairview)

FOR MORE SEE #LLSPORT

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
Charleville	14	9	1	4	28
Murroe	13	9	0	4	27
Moyross	12	8	3	1	27
Newport	12	7	3	2	24
Fairview Rgs B	13	6	3	4	21
Hill Celtic	13	5	3	5	18
Athlunkard Villa	11	5	1	5	16
Cappamore	12	5	0	7	15
Carew Park	13	4	3	6	15
Aisling Ann B	13	4	2	7	14
Holycross	12	2	0	10	6
Corbally Utd	12	0	3	9	3

DIVISION 1A	P	W	D	L	Pts
Castle Rvs	12	9	2	1	29
Kilfrush	12	9	1	2	28
Star Rvs	11	6	4	1	22
Hyde Rgs	11	7	0	4	21
Southend	11	7	0	4	21
Knockainey	12	6	0	6	18
Patrickswell	12	5	3	4	18
Ballylanders	12	5	2	5	17
Summerville Rvs	11	4	2	5	14
Geraldines B	12	3	1	8	10
Shelbourne	12	0	2	10	6
Granville Rgs	12	0	1	11	1

DIVISION 1B	P	W	D	L	Pts
Regional Utd B	13	10	3	0	33
Aisling Annacotty C	12	5	5	2	20
Parkville	11	6	2	3	20
Pallagreen	12	5	5	2	20
Glenview Rvs	13	5	3	5	18
Athlunkard Villa B	13	5	3	5	18
Mungret Reg	12	4	3	5	15
Caherdavin Celtic	13	3	5	5	14
Newport	13	3	2	8	11
Caledonians	13	3	2	8	11
Charleville	13	2	3	8	9

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 Rgs 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
Northside	11	9	0	2	27
Aisling Annacotty D	11	8	1	2	25
Parkville B	11	6	2	3	20
Fairview Rgs C	10	5	3	2	18
Brazuca United	11	4	3	4	15
Lisnagry	11	4	3	4	15
Kilfrush B	11	4	1	6	13
Coonagh Utd B	11	3	1	7	10
Coonagh Utd C	10	1	4	5	7
Abbey Rvs	11	0	2	9	2

JUNIOR SOCCER FIXTURES

FRIDAY FEB 7

INTER COUNTY YOUTH

Limerick DL v Cork League, 8.00, Jackman Park

SATURDAY DEC 8

PJ MATTHEWS PREMIER LEAGUE

Aisling Annacotty v Janesboro, 7.00, B Higgins

STA FURNITURE DIVISION 1B

Regional Utd B v Glenview Rvs, 7.00, Martin Monaghan

DIVISION 2B

Brazuca Utd v Kilfrush B, 7.00, T O'Sullivan

SUNDAY FEB 9

LAWSON CUP

Fairview Rgs v Athlunkard Villa, 11.00, A Hall

OPEN CUP QUARTER FINALS

Castle Utd v Parkville B, 2.00, T O'Sullivan
Knockainey B v Wembley Rvs B, 2.00, K McCormack

PJ MATTHEWS PREMIER LEAGUE

Pike Rvs v Regional Utd, 11.00, B Higgins
Prospect Priory v Coonagh Utd, 11.00, J McNamara
Ballynanty Rvs v Kilmallock, 11.00, K Gorman
Geraldines v Nenagh, 11.00, N Casey

MCGETTIGANS PREMIER A LEAGUE

Cappamore v Moyross, 11.00, R McCann
Holycross v Fairview Rgs B, 2.00, Newport v Corbally Utd, 11.00, D Power
Carew Park v Charleville, 11.00, G Clancy

MCGETTIGANS DIV 1A

Summerville Rvs v Hyde Rgs, 11.00, Martin Monaghan
Star Rvs v Kilfrush, 11.00, S Rooney
Knockainey v Geraldines B, 11.00, Mike Monahan

Southend v Ballylanders, 11.00, M Kennedy
Castle Rvs v Shelbourne, 11.00, J Rooney

STA FURNITURE DIVISION 1B

Parkville v Pallasgreen, LIT, 11.00, A Galvin

ALL TAN SUNBEDS DIV 2A

Caherconlish v Corbally Utd B, 2.00, M Murphy
Prospect Priory B v Hyde Rgs B, 2.00, L Somers
Murroe B v Janesboro B, 2.00, M Kennedy

DIVISION 2B LEAGUE

Lisnagry v Abbey Rvs, 11.00, K McCormack
Fairview Rgs C v Aisling Annacotty D, M Bourke

NICK GREEN DIV 3

Athlunkard Villa v Murroe C, 2.00, S Scully
Caledonians v Lisnagry B, 2.00, T Mannion

Nenagh B v Moyross B, 11.00 F O'Neill
Shelbourne B v Mungret Reg C, 11.00, T Joyce
Dromore Celtic v Newport C, 11.00, F O'Neill

BALON SPORT. U17 DIV 1

Aisling v Fairview Rgs, 2.00, G Clancy
Shelbourne v Corbally Utd, 2.00, N Casey

BALON SPORT. U17 DIV 2

Kilfrush v Aisling C, 2.00, J McNamara
Regional Utd v Castle Rvs, 2.00, M Kavanagh
Herbertstown v Newport, 2.00, S Rooney
Knockainey v Summerville Rvs, 2.00, R McCann

THURSDAY FEB 13

PREMIER A O'HALLORAN CUP Q-FINAL

Hill Celtic v Athlunkard Villa, 7.00, Jackman Park, R Broe

DIVISION 3	P	W	D	L	Pts
Moyross B	12	10	0	2	30
Caledonians B	12	8	0	4	24
Nenagh B	12	7	2	3	23
Mungret Reg C	11	6	2	3	20
Lisnagry B	11	6	2	3	20
Dromore Celtic	12	5	1	6	16
Newport	11	4	1	6	13
Shelbourne B	10	3	2	5	11
Athlunkard Villa C	12	2	0	10	6
Murroe C	11	1	0	10	3

#LLSport



ON THE BALL

“Limerick to the core...”

JEROME O'CONNELL

No need for a hurling sin-bin if rules applied

IT'S not just politicians that are currently on the canvass trail – there is a vote coming down the tracks for the next GAA President.

Well my support would go to whoever vows to disband all 'playing rules committees' in Croke Park.

There is a time and a place for change and new innovation but within sporting circles and especially the GAA, it appears that standing still for a little while is wrong.

Can they not just let hurling and Gaelic football mature under their current guise for a few years?

Debate still rages on the positives and negatives of the new 'Advanced Mark' in football and now the latest potential change is a sin-bin for hurling.

The introduction of the hurling sin-bin is one of a number of proposals the standing playing rules committee has put to Central Council for approval. Quite simply, it's time for the standing playing rules committee to sit down.

So the basis for the sin-bin would be the eradicate cynical fouling. Yes, cynical fouling is an increasing occurrence in hurling but for me the rules are there but the issue is that they are not

implemented to the letter of the law or on a consistent basis.

Hurling is a physical and abrasive game and common sense has to be applied by referees in varying situations but by and large I believe the rules of the game are sufficient if fully enforced by the referee, two sideline officials, a fourth official and four umpires.

I can hear the counter argument already – 'oh if the referee did that, there would be no one left on the pitch'. Well so be it, and I can tell you it would only happen once because players want to play not be sent off for two yellow cards or a straight red card.

Limerick hurling manager John Kiely gave his opinion to media after Sunday's Allianz Hurling League win over Galway.

"No way - the game is fine," said Kiely.

"The game is absolutely 100% fine - there is no body giving out about the game apart from one or two and they are going to be giving out anyway," added the Limerick manager.

His opinion will be supported by many but there will also be a broad chorus in favour of the sin-bin.

Debate is healthy in any walk of life and there are certainly enough media, pundits and sub-committees within GAA circles to keep this



Gaelic football referee Barry Cassidy shows the black card during a recent game. Does hurling need the same?

sin-bin proposal a hot topic for a while.

I'm a firm believer that respect for a referee is a key component in terms of the effectiveness of the rules. In this regard, I'm note one of the 78 motions to Annual Congress later this month pertains to just that.

Fair play to the Naomh Eanna club in Wexford who are proposing to limit two players per team with the right to

speak to a referee during games.

It appears anyone else that voices an opinion to the referee would be penalised with a free against them but I would like to see this a yellow card offence.

It's about giving protection and respect to the referee, which in turn affords the official, the time and confidence, to implement the rules that are already in situ.

DONN O'SULLIVAN

Striking a balance between winning and taking part

Trophies and medals for 'taking part' has never sat well with me.

Maybe it is my 'overly' competitive mentality, but there needs to be a balance struck somewhere, so that we can get a competitive edge, as well as keeping playing numbers up in sport.

This week I heard of a local sporting body who were thinking of asking teams to 'take it easy' when they went too far ahead in games.

At first, I was outraged. How are people meant to improve if they are not playing with or against the best teams.

Then I thought about it more. Where do we really want to go here? Do we want 5-10 kids from each sport making it to an elite level, or do we want thousands of kids, playing multiple sports and at the end of the day enjoying it.

There is massive pressure on kids to perform, but there is also massive pressure on the health system of this country due to a largely sedentary lifestyle.

There is a balance to be found where we can increase player numbers across all sports while allowing for those who are 'better' to play teams of their own level.

It is not going to be easy to find that balance, but in the long run, what do we really want?

Do we want healthy, well rounded kids, or a competitive few?

If we chase 'just' success, we end up leaving thousands behind.

Those would become lost to games, fun and in time, this World due to health issues.

Player retention is often a phrase used in coaching circle, but do we really mean it? Do we just want winners or a healthier society, there in lies the real balancing act.

COLM KINSELLA

Give club rugby a chance – you might just like what you see

AS a regular attendee at Energia All-Ireland League games for two decades now, it was fascinating to hear the comments of Ireland U20 head coach Noel McNamara in relation to the competition last weekend.

McNamara had just watched his Ireland U20 side get their Six Nations campaign off to the perfect start when securing a 38-26 bonus point win over Scotland at Musgrave Park on Friday night.

Afterwards McNamara was keen to stress the benefit his

players had enjoyed from being exposed to All-Ireland League rugby in recent times.

McNamara stressed: "Without it (the AIL), the 20s would be in serious strife. It's an absolutely fantastic competition for young players.

"You look at every single one of them out there and



Shannon's Pa Ryan

every one of them have already played consistently for their club from the game's budding young stars.

"And not just played, but performed. It's challenging playing with men, against men."

Regular attendees at club games would be quick to enthuse over the quality of fixtures.

Munster has smaller player numbers to work with compared to Leinster and doesn't have that depth of quality coming through the schools' system.

As a result, the need for that connection between the club and the professional game, not only needs to be recognised, but also enhanced.

The All-Ireland League resumes on Saturday February 15, you could do a lot worse than go along and support your club. You might just like what you see, plus it only costs a tenner to watch the stars at play.

COLM KINSELLA

Spurs look good bet to secure Champions League return

WITH runaway leaders Liverpool as short as 1/100 to win the Premier League title, the real interest over the remaining months in relation to the top end of the table is on which clubs will secure Champions League qualification.

Man City, now 250/1 to win the Premier League title, with 13 series

of fixtures to go, are long odds-on shots to secure Champions League qualification once again.

Third-placed Leicester, just two points behind City in the table, are available at 1/12 to qualify for Europe's premier club soccer competition.

The it starts to get interesting. Fourth-placed Chelsea are 4/9

shots to secure a top four finish, with fifth-placed Tottenham Hotspur available at 5/2.

Spurs trail Chelsea by four points in the table.

Both sides have been inconsistent this season.

Spurs will be boosted by their weekend win over Man City. A stand-out fixture in the race for a

top four finish will come on February 22 when Spurs visit Stamford Bridge to face Chelsea.

Mourinho's Spurs side cannot afford to lose there. A win would boost their top four hopes.

At 5/2, Spurs look a decent bet to finish ahead of Frank Lampard's Chelsea side.

For more see #LLSport



Come on you Spurs

IS THAT ON THE BOX?

Wednesday**SNOOKER**

WORLD GRAND PRIX
ITV4 1PM

CYCLING

TOUR DE VALENCIA
EUROSPORT 2PM

SOCCER

MOTHERWELL V CELTIC
BT SPORT 7.45PM

SOCCER

LAZIO V VERONA
PREMIER SPORT 7.45PM

SOCCER

SPURS V SOUTHAMPTON
BT SPORT 7.45PM

Thursday**GOLF**

HANDA VIC OPEN
SKY SPORTS 4AM

SNOOKER

WORLD GRAND PRIX
ITV 4 1PM

RUGBY LEAGUE

WOLVES V WIGAN
SKY SPORTS 7.45PM

GOLF

AT&T PEBBLE BEACH
SKY SPORTS 8PM

DARTS

PREMIER LEAGUE
SKY SPORTS 9PM

Friday**SUPER RUGBY**

BRUMBIES V REBELS
SKY SPORTS 8.15AM

SNOOKER

WORLD GRAND PRIX
ITV4 1PM

RUGBY UNION

SALE V SARACENS
BT SPORT 7PM

20S RUGBY

IRELAND V WALES
RTE 7PM

GOLF

AT&T PEBBLE BEACH
SKY SPORTS 8PM

Saturday

Ireland play Wales
at 2.15pm

**GOLF**

HANDA VIC OPEN
SKY SPORTS 2AM

TENNIS

MAHARASHTRA OPEN
AMAZON PRIME 5AM

RUGBY UNION

CHIEFS V CRUSADERS
SKY SPORTS 6AM

RUGBY UNION

WARATAHS V BLUES
SKY SPORTS 8.15AM

SOCCER

EVERTON V C PALACE
BT SPORT 12.30PM

SOCCER

WIGAN V PRESTON
CHANNEL

RUGBY UNION

IRELAND V WALES
VIRGIN/ITV 2.15PM

RUGBY UNION

STORMERS V BULLS
SKY SPORTS 3.15PM

RUGBY UNION

SOCTLAND V ENGLAND
VIRGIN/BBC ONE 4.45PM

SOCCER

TORINO V SAMPDORIA
PREMIER SPORT 5PM

SOCCER

NOTTS FOREST V LEEDS
SKY SPORTS 5.30PM

SOCCER

BRIGHTON V WATFORD
BT SPORT 5.30PM

GOLF

AT&T PEBBLE BEACH
SKY SPORTS 6PM

RUGBY UNION

JAGUARES V HURRICANES
SKY SPORTS 9.40PM

Sunday**SOCCER**

SHEFF UTD V BOURNMOUTH
BT SPORT 2PM

GAELIC FOOTBALL

MEATH V MAYO
TG4 ONLINE 2PM

GAELIC FOOTBALL

DONEGAL V GALWAY
TG4 2.30PM

GAELIC FOOTBALL

TYRONE V KERRY
TG4 2.30PM

RUGBY UNION

FRANCE V ITALY
VIRGN/BBC 3PM

SOCCER

MAN CITY V WEST HAM
SKY SPORTS 4.30PM

GOLF

AT&T PEBBLE BEACH
SKY SPORTS 6PM

Pebble Beach, the host course for the AT&T this week



Sean Mulkerin of Galway, right, and Jamie Brennan of Donegal meet on TG4 this Sunday afternoon

JOE MCKENNA'S

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Offers to expire March 1st.

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