

LIGHTS, CAMERA, ACTION!

Films shortlisted for the Fresh International Film festival final will be announced at the conclusion of each regional heat and will be screened in Limerick from March 23 to 28. Story P 13

PICTURE: DERMOT CULHANE



Awards to be dished out in Castletroy on March 25 and 26 during Fresh festival

The Leader

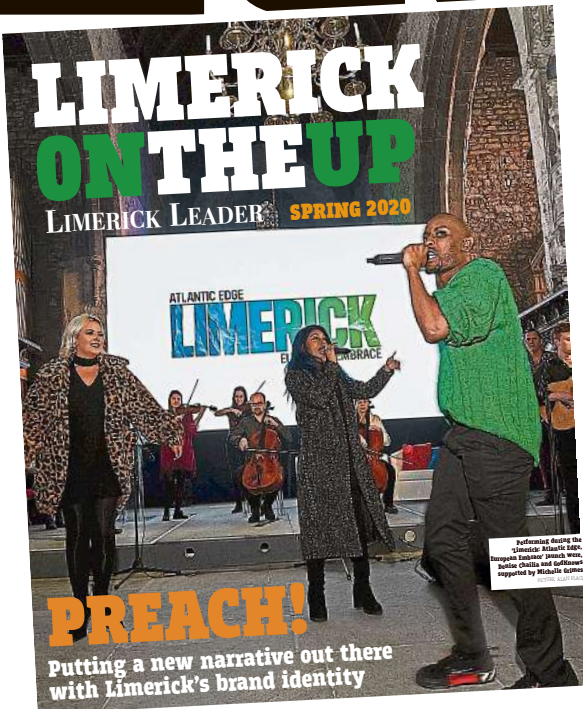
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LIMERICK ON THE UP 28-page special supplement **Inside**

GET ON THE BUS Council and garda initiative is set to give a lift to communities in Limerick **P4**



SPORT Joey Carbery blow for Munster ahead of league clash with Scarlets **P48**



Little Noah to be guest of honour at the Aras P6



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Leading Off

Setting the agenda in Limerick



▲ GOOD WEEK

Limerick hurlers
Nothing like going down to Cork and beating the rebels in their own back yard for two more league points



▼ BAD WEEK

Flood risks
Between tides, rain and ESB management of the river, people vulnerable to flooding are nervous



☀️ QUOTE OF THE WEEK

"Why go to a courtroom? Why not sit down in the community and talk to us?"
St Munchin's boxing club's Pat O'Halloran on court action taken by Catholic church over building access

INSIDE THIS WEEK



LIAM CROKE ON FINANCE

Why your home is not an asset
Page 23



RALLY TO THE CAUSE

SF TD hopes for Limerick rally
Page 6



HOUSE TO A HOME

Amy's joy at DIY SOS
PAGE 10



FUN THIS WEEKEND

Things what are on in Limerick
Page 30

Here's praying that the virus stays away



The Chinese built two hospitals in two weeks after the outbreak of the coronavirus. But is our health system ready to deal with an outbreak?



WHAT WE THINK
EUGENE PHELAN

LEADER EDITOR

THE world, I don't have to tell you, is a strange place. With volatile world leaders literally anything could happen at any time.

And while many have been worrying about the threat of flooding and the setting up of a new government, the next week or so will tell a lot about the threat of the coronavirus and the consequences it will have for us here in Ireland.

When the deadly

infectious virus broke out in China we had great sympathy and indeed admiration for how the Chinese built hospitals in days and did everything to stop the spread of the disease that worldwide has seen over 2,600 deaths. Now confirmation that seven people have died in Italy from the coronavirus has really got us worried. And quite rightly so. It is getting closer and closer with Spain and other

countries confirming outbreaks. While initial thoughts are about cancellation of travel plans and matches, it could have far more serious consequences.

And are we ready to deal with it, if it comes? Judging by how our health system has been run, you would have to be worried. But let's hope that it can be quickly contained in Europe and not arrive at our doorsteps.

WEATHER FOR THE WEEK



WEDNESDAY
Partly sunny and chilly with a couple of showers
-High of 7°C



THURSDAY
Chilly with some sunshine giving way to clouds



FRIDAY
Cloudy with a couple of showers - Overnight low of 2°C



SATURDAY
Periods of clouds and sun with a couple of showers; chilly



SUNDAY
Rather cloudy with a few shower possible - High of 8°C



MONDAY
Bit of snow and rain in the morning, followed by showers

WEBTOPTEN

1. BREAKING: Met Éireann issues snow/ice warning for Limerick
- 2 Man killed in Clare road crash named locally
- 3 Limerick priest seeks court order as dispute with boxing club heats up
- 4 Gardai seek help in locating missing Limerick teenager (see below)



- 5 Limerick hurlers jet out for week-long warm weather training camp
- 6 Hundreds of University of Limerick students limited to new 'cramped' shared bedroom option
- 7 Limerick retailers warned following increase in detections of 'movie money'
- 8 Gardai seek help in locating car following Limerick burglary
- 9 Limerick man was 'like a rabbit in the headlights' after being stopped by gardai
- 10 Limerick teenager jailed for six and a half years over series of robberies



A large amount of 'movie money' is in circulation

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MyLimerick

Professor Helen Kelly-Holmes

Executive Dean and Chair in Applied Languages, Faculty of Arts, Humanities and Social Sciences at University of Limerick



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

Saturday morning breakfast in town – there are so many places to choose from. A recent discovery, thanks to my daughter, is Rift. Then a trip to the Milk Market. I love to do the shops as well – Flax in Bloom is a particular favourite and of course O'Mahony's – and a cup of coffee and cake in Bean an Ti or Findlaters.

Sunday morning walking the Three Bridges with our two dogs followed by coffee in the yard of Jack Monday's, enjoying the sound of the river. Music is a big part of my life, so a concert in St. Mary's or on very special weekends playing with UL Orchestra or singing with Limerick Choral Union.

What's your first Limerick memory?

We moved from Cork in the September that I started junior infants in the Salesians, Fernbank. I remember some sort of games day or picnic in one of the fields by the river, which is probably the Condell Road now, shortly after that. My memory is of long grass and a lovely warm early autumn day.

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

One of the privileges of my job is that I travel a lot, but I am always struck by how lovely Limerick is when I return – green countryside and fresh, clean air. I probably have a West Limerick orientation; I love Adare and Curraghchase and am very fond of the Shannon Estuary.

What about a favourite local walk or view?

The Clare Glens is our favourite family walk - I know it is only just in Limerick! My late father-in-law painted the map that is on display at the entrance, so it has a personal connection for us also. The best view of the city is definitely from the top of the Dunnes Stores car park on Howley's Quay – the whole of the city is laid out before you with the hills framing it.

What do you think gives Limerick its unique identity?

I work in linguistics, so I would have to say

the accent and the local vocabulary – it is full of wit and poetry.

The location on the Shannon – the river is really at its most beautiful passing through the city and it is such a key part of the place. It is great that we have turned back to it more over the last few years.

And music is a core part of Limerick's identity – choirs, bands, musical theatre. It is easy to get involved but the standard achieved is really high. That is something very special to be proud of.

Do you have a favourite local restaurant?

Lots! We have a great selection of restaurants in the city. I worked in Birmingham for about ten years and used to love the Balti Indian food there, but the Mogul Emperor on Sarsfield Street and the Curry House in the South Court Hotel are definitely up there. I also love the Cornstore, French Table, Freddie's, and for a special treat the Blue Door in Adare.

How would you describe the people of Limerick?

Sound out!

How important do you think sport is to Limerick?

Sport is hugely important in Limerick. I love hurling and rugby, so Limerick is perfect for me. Sport is a huge force for good in Limerick and I hope that we soon have some resolution on the situation with Limerick FC.

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

I really hate to see all the empty premises in the city. It would be great to have more people living in the city centre and using it. We should also be able to create a much better public transport system and we still have a lot of inequality and disadvantage.

However, I think that all of these are challenges that communities everywhere are facing too – it is important to look outside of Limerick as well and work with others, we have a lot in common and we can deal with these challenges together.



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Limerick man honoured by cancer society

RYAN O'ROURKE

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A LIMERICK man who has dedicated his medical research to treating an incurable form of cancer was among the winners at the Irish Cancer Society Research Awards last week.

John Daly, a native of Raheen who now resides in the Co Clare village, took the honours for the coveted title of PhD Researcher of the Year at the annual awards

showcase.

He achieved this for his studies into combating Multiple Myeloma; a type of blood cancer for which there is currently no cure. He is currently doing his PhD in NUIG.

A past winner of a biomedical research scholarship from the Irish Cancer Society, Daly's team has focused on a type of immune cell called Natural Killer cells that normally destroy cancer cells, but are unable to detect those of Multiple Myeloma.

Daly and his colleagues are attempting to find ways of boosting these Natural Killer cells so that they can successfully detect and destroy Multiple Myeloma cells, in a development that would revolutionise treatment for the disease.

Commenting on his award, Daly said: "I'm absolutely delighted, a lot of hard work has gone into this so far, not just from me but everyone in my group, and particularly my supervisor and co-supervisor, Prof

Michael O'Dwyer and Dr Mattias Carlsten."

"Things like this are really encouraging and motivating for the next couple of years as we try to move our research on."

Irish Cancer Society Head of Research Dr Robert O'Connor congratulated Daly on his award: "We're delighted that such a dedicated and talented cancer researcher has won the award this year against stiff competition from so many other worthy candidates."



John Daly with ICS Head of Research Dr Robert O'Connor



Insp Ollie Kennedy told members of the joint policing committee that the free 15-seater bus service will be a 'perfect opportunity' to engage with young people and to help 'break down barriers' between gardai and the community

Gardai and council launch bus service

Break down barriers: Free service will arrive in May

FINTAN WALSH

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THERE has been a warm welcome for a new community minibus that will be launched by An Garda Síochána and Limerick City and County Council this May.

The joint-funded 15-seater bus, which is hoped to be used by a variety of community groups young and old, across the city and county, will be manned by a member of the gardai.

The bus, which will become part of the garda fleet, will be a free service that will bring groups to and from outings and functions.

Speaking at a joint policing committee last week, Inspector Ollie Kennedy, of Roxboro Road garda station, said it is a "perfect opportunity engage with younger

people in a proactive manner" and to "break down barriers".

Chief superintendent Gerard Roche said he was delighted with the new initiative.

"Schools, elderly groups, youth clubs and sports clubs are just some of the groups that will benefit. Providing this service will give us a great opportunity to enhance our existing strong links within the community."

Gordon Daly, director of Community Development with Limerick City and County Council said: "The community are the big winners here particularly those most vulnerable in the city and county. The new community bus will allow numerous communities and individuals across Limerick to remain connected and provide a safe

much needed support for the young and old. The Council is very happy to work with An Garda Síochána to provide this service.

"The project will deliver on fostering a culture of social inclusion and the creation of a worthwhile project of civic and community value in both the City and the County. The project shows the value of working collaboratively and once again highlights the close working relationship between the Council and the Gardai for the betterment of the community as a whole."

Fianna Fail TD Niall Collins asked Insp Kennedy if a group wanted to visit him in the Dail or if a retirement group wanted to visit the Aras, could the bus be used. Insp Kennedy told Deputy Collins that they could look into it.

Bishop urges people to 'care for our planet'

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THE Bishop of Limerick Brendan Leahy has asked that Lent be used as a commitment to care for our planet.

Speaking ahead of the beginning of Lent on Ash Wednesday, Bishop Leahy urged the public to "live Lent" this year with "our common home" as motivation.

In a pastoral letter, which will be read at Masses across the diocese at the weekend, Bishop Leahy makes reference to comments made by Pope Francis in a recently released Netflix documentary.

"Pope Francis doesn't mince his words when he says 'if you ask me who is the poorest of the poorest of the poor, I would say Mother Earth. We have plundered her. We have abused her.' A decade or more ago, Pope Francis would have been seen as an alarmist but the reality of where we are today is that popular opinion the world over agrees," he writes.

Bishop Leahy also notes how climate change is now being discussed by ordinary people across the globe.

"In the past year, Greta Thunberg has captured imaginations and minds. Not just her. Many young people, including across our diocese, have expressed their concern over what is happening our planet. They are really

concerned about the world they are inheriting from previous generations. In schools across the Diocese children are enthusiastic about the Green Flag awards. Young adults are searching for new ways to save our planet. There are young leaders on the environment emerging, brave and outspoken. It is important for those of us who are a little order to recognise that young people have the antennae of the future."

He continued, "At times we might feel the crisis needs a greater response than anything we can do personally. Yet simple steps can make a difference



such as avoiding the use of plastic and paper, reducing water consumption, separating refuse, cooking only what can reasonably be consumed, showing care for other living beings, planting trees, turning off unnecessary lights. I would ask that this Lent, people look deeper into their own responsibilities."

Citing the three traditional ways of "living Lent" – prayer, fasting and almsgiving – Bishop Leahy said there are numerous options for people to consider.

"In terms of fasting, this year we can recognise that this is not just about giving up some food. It is about how we live moderation in general. Life is more than simply accumulating things and pleasures," he writes.



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Hourigan draws on comparisons with city

NICK RABBITTS
at Leinster House

NEWLY elected Green Party TD Neasa Hourigan says the problems facing her constituents in Dublin Central are arguably the same as the ones she encountered in Limerick.

Ms Hourigan, who grew up in Limerick's North Circular Road, won a seat in Dublin Central, outpolling the Finance Minister Pascal Donohoe en route to Dail

Eireann.

She was joined at the gates of Dail Eireann by her father, the former mayor of Limerick Michael Hourigan, his wife Pat and her husband Colin Dolan.

Speaking to The Leader, Ms Hourigan said the issues she faced on the doorstep are similar to those in Limerick.

"It's north inner city Dublin and I think some of the issues that I am aware of growing up in Limerick are things that affect Dublin

Central too. There are housing issues, there is pressure on services. There's an understanding and empathy. We are not so far away from each other Limerick and Dublin," she said.

Mr Hourigan said: "It's a very special day for us as a family, especially for Neasa. It's a huge thing to be a member of Dail Eireann. There are a huge number who try. It just shows what a job of work she has done. We are thrilled and over the moon for her today."

Ms Hourigan's father was in local politics for 20 years, being elected on four separate occasions before bowing out ahead of last summer's local elections.

Asked what advice he'd give his daughter, the former Fine Gael man said: "Politics is a difficult game enough. You have to work very hard with your communities in particular. If you take on board the issues of the day, both locally and nationally, that will see you do a good job at the end of the day."



Neasa Hourigan with her proud parents, the former mayor of Limerick Micheal Hourigan and his wife Pat PICTURE: MICHAEL COWHEY



Pictured on the first day of the Dail, Mary Lou McDonald and Pearse Doherty with Maurice and Sue Quinlivan

PICTURE: MICHAEL COWHEY

Quinlivan hopes SF event happens here

Politics: Party rallies support with public meetings

NICK RABBITTS
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LIMERICK'S Sinn Fein TD Maurice Quinlivan says he hopes the party will hold a rally in either Limerick or the Mid-West region in the near future.

Up to 1,000 people were at the party's first public rally in Cork this Monday, as it tries to drum up support to get into government.

Over the next fortnight, further meetings are planned for Dublin, Galway, Cavan and Newry – but Limerick has not been chosen as an initial location, despite Mr Quinlivan's resounding success here.

Two weeks ago, he topped the poll with almost 2,000 votes to spare.

Speaking to The Leader, however, Mr Quinlivan said he hopes this region will at least play host to a meeting in the weeks to come.

"People are interested to see what is going on, and how the government is being formed. We had a lot of people who didn't vote before, who engaged with the political process in the last number of weeks. Thousands of people have joined the party. It's very very positive from our point of view," he said.

He repeated his assertion that Fine Gael should not form part of the next government – despite Taoiseach Leo Varadkar and Micheal Martin sitting down for exploratory talks this Tuesday.

"People voted for change. Nobody can quantify what that means. But what it did mean is that Fine Gael wouldn't be a part of the next government. Whatever way you look at it, that's what people voted for. They rejected Fine Gael over the last number of years. The main reason was due to the housing crisis, and the trolley crisis we have in the city, and

people felt they were getting up in the morning, going to work, and seeing no real benefit," he added.

Sinn Fein's public meetings have prompted a backlash from Fine Gael ministers in particular – but this is something Mr Quinlivan dismissed as "nonsense" and "bonkers".

"We've always done public meetings. We've always spoken to our members and supporters. I think maybe a lot of parties are fearful in public rallies that they wouldn't get the numbers we get. We are not interested in numbers though. We are interested in sitting down and hearing what people have to say. That's what we drew our manifesto from. That's what these public meetings are about. I've think they've lost the run of themselves. It's a public meeting, they are publicly advertised. It's open to everybody. Anyone can come. I don't know what they are worried about to," he said.

O'Donnell delighted to return to Dail

NICK RABBITTS
at Leinster House

ONE man who was grinning from ear to ear outside Leinster House was Fine Gael TD Kieran O'Donnell, who was returned to the Dail after a four year absence.

Mr O'Donnell was joined by wife Phil and a variety of supporters, and has pledged to "put Limerick first" in the 33rd Dail.

"I'm delighted to be here. It's a proud and historic day. I'm delighted to be given the endorsement of Limerick City people to work once again for them in Dail Eireann. It's about grinding solutions and I'm delighted to be here to ensure the Limerick City constituency continues to get the priority it deserves," he told The Leader.

His three big priorities for the new Dail are pushing for the Limerick to Cork motorway, pressurising for developing the 60-bed block at University Hospital Limerick, and campaigning for extra garda resources.

Whether he will be doing that from government or opposition remains to be

seen, with Mr O'Donnell trotting out the party line of saying Fine Gael is ready to return to opposition.

However, with talks this week between Fianna Fail's Micheal Martin and his own party leader Leo Varadkar that could change.

"It's incumbent upon the two parties who got the highest number of votes, the highest number of seats to put a government together. The electorate are looking for change. We have always looked to work in the national interest, but the situation is the action is now with the two main parties after this election in terms of the seats and number of votes," he said.

Whether he ends up on the government or opposition benches, Mr O'Donnell is just glad to be back after being eliminated in 2016 in difficult circumstances.

"Limerick City are my people, it's where I reside. I represent the interests of all the people of Limerick and North Tipperary. This is where we make decisions which impact people's lives," he concluded.



Kieran O'Donnell and his wife Phil outside Leinster House PICTURE: MICHAEL COWHEY



Left: Paul O'Connell, with Laura and Kate O' Driscoll at the TLC6 launch showing how much rubbish was gathered in previous TLCs

Right: O'Connell and GAA president John Horan with children from Kildimo Pallaskenry and St Patrick's at the launch

PICTURES: DON MOLONEY



Call-out issued for volunteers to sign up to TLC6 ASAP

Deadline: Just over four weeks remain to register for the clean-up

ÁINE FITZGERALD

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WITH the clock ticking towards the deadline to take part in TLC6, groups and individuals across the city are being urged to sign up ASAP.

The closing date for registration for the sixth edition of Team Limerick Clean-Up (TLC), is just over four weeks away, on Friday, March 27.

The big clean-up will take place on Good Friday, April 10, across Limerick city and county. Celebrating another great year for the much-loved community event, volunteers are urged to sign up early at www.teamlimerickcleanup.ie and join the 20,000+ volunteers expected to once again show their support for their locality.

This year organisers produced a window sticker specifically for primary schools all around Limerick which they displayed in their schools to show support for the event. Alongside this a competition was organised for primary school classes asking them to name the boy and girl on the sticker and the class were asked to explain in one line what they think the meaning of Team Limerick Clean-Up is.

Prizes included arts and craft vouchers up to the value of €500. Some of the entries included: Team Limerick Clean-Up means teamwork and co-operation while having pride in our place and keeping it tidy. Team Limerick Clean-Up is a group of community-spirited people working together to prove that the proverb, Ní Neart go curle Chéile, really does come true!



It is very evident how much pride our passionate Limerick people have for their county and the environment

JP MCMANUS, TLC SPONSOR

Since its inception in 2015 TLC has seen over 400 tonnes of litter gathered from the streets by volunteers and event partner Mr Binman. Last year's record-breaking participation figures exceeded 20,000 volunteers, with over 600 groups from across the county.

JP McManus, Team Limerick Clean-Up sponsor reflected on the last five years: "It is very evident how much pride our passionate Limerick people have for their county and the environment. Team Limerick Clean-Up has come a long way since the early days and is now very much in the minds of volunteers year-round."

Team Limerick Clean-Up is an initiative sponsored by the JP McManus Benevolent Fund and supported by Limerick City and County Council. Endorsed by Paul O'Connell, the official partners include Mr Binman, The Limerick Leader, the Limerick Post and Limerick's Live 95FM. Register: www.teamlimerickcleanup.ie

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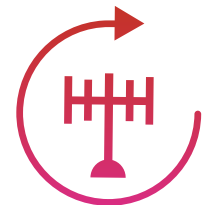
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Little Noah to meet 'Miggle D Giggles' at Áras an Uachtaráin

RYAN O'ROURKE

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LIMERICK'S littlest Garda, Noah Quish, will be the guest of honour at Áras an Uachtaráin this Saturday, as he pays a visit to Michael D Higgins.

Noah will be one of a number of children who travel up to Dublin with Rare Ireland, a charity organisation for children with rare conditions and their families.

Going with Noah will be his mother Una, father John Joe and his sister Leah.

"It will be a great day out. It is part of Rare Ireland, there was a few picked to meet the president, and Noah was one of them. Everyone thinks I'm joking because I kept it quiet for ages. I knew the tickets were in the post, but I said I won't believe until I see it," said Una.

"I watched him on Tommy Tiernan and he has a great sense of humour. I wasn't expecting that. I think it is really nice for us anyway to host kind of a party for the kids. It's because it is rare disease day on February 29," she added.

To get Una accustomed to Ireland's head of state, Una has got a teddy of Michael D Higgins for Noah, with the teddy being christened Miggle D Giggles.

"Noah will just go with the flow. When he sees the dogs, I'm sure he will love it. I bought him a little Teddy. A Miggle D Giggles one, to get him used to seeing the president. I'm hoping Leah won't call him Miggles above."

Noah, who was born with a hole in his heart and has since been diagnosed with severe scoliosis, captured the hearts of Limerick

when he was pictured in garda uniform at the Little Heart Warriors Day Out in May of last year.

The brave two-year-old, whose parents Una and John Joe are from Ballylanders, was welcomed to Henry Street by Chief Superintendent Gerry Roche and Supt Derek Smart.

It all began at the weekend when the charity - Little Hearts Warriors - had a get together in Shay Kinsella's Dreamland.

Noah - who is battling serious illness and has had numerous life-saving surgeries - loves An Garda Síochána.

Previously, Una has described Noah as a "miracle".

"He was diagnosed with a heart condition, severe obstructive laryngomalacia which is a blockage of the airway so it closed when he tried to breathe, severe sleep apnoea, rare chromosome deletion and now has scoliosis," said Una.

Noah had open heart surgery at four months old. Two weeks later airway surgery was performed and Noah will require more surgery in the future.

He is still tube fed and on continuous positive airway pressure at night as there is a chance he wouldn't wake up, said Una.

"He has a Jack and Jill nurse minding him once a week and had numerous nurses at home keeping an eye on him. He will have a full-body cast put on in a few weeks for his scoliosis and will have to have a peg inserted in a few months for feeding as he can't eat," said Una.



Garda Elaine Cusack, Garda Shane Thornton and Sgt Shane Davern with Noah Quish after being presented with his Garda Uniform. PICTURE BRENDAN GLEESON



Little Noah with his teddy 'Miggle D Giggles'

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LIMERICK LABOUR STALWART REFLECTS ON TWO DECADES IN DAIL AS SHE BOWS OUT

Ron Kirwan

Well done Jan. Despite the unfair comments, you always did your best for your constituents and Limerick. People are slow to give any credit to politicians these days but the voters backed Jan and appreciated her work for two decades. She did great work on regenerating social housing in the city. And, while there are plenty of comments about the shortage of housing, people don't seem to realise how hard it is to get things done on the merry go round operated by the Irish civil service



James Coll

Labour are history. Jan you were a disgrace to see all the homes boarded up during your time as minister for housing. Shame on Labour they were more blueshirt than the blueshirts.

Tributes to Mike Powell, who died in accident

Suzanne Keane

Absolutely devastating news. Mike was such a lovely guy, thinking of Jane & his children, Mary, Eamon, Jenny and all Mikes family & friends at this tragic time. Xx



Anne O'Dwyer O'Connell

R.I.P. Mike, you were one of the good ones, you will be sorely missed. Sincere condolences to all his family

CALL FOR LIMERICK PEOPLE TO INFLUENCE DESIGN OF MAJOR CITY DEVELOPMENT

Stiofan O Cathasaigh

They cant even get the bicycle paths right outside the station jesus christ if they do anymore 'developments' on parnell street they'll turn it into a hole in the ground, also the shops on the street leave alot to be desired if their to compliment such a development dodgy phone shops all over the place & barber shops on every corner not exactly an enticing street to create such a development that whole street needs to be sorted out...



Man from Japan

A mini holiday parks like in longford with a shopping facility office space apartments enclosed in a dome

LIMERICK COUNCIL CLOSES COAT RACK THAT WAS RUN IN AID OF THE HOMELESS

Mark Carey

A rather simple solution to this could be to ask the enable charity shop directly across the road from the park if they would house coats for the homeless and let people take them from there in stead. They'd be dried, cleaned and would further increase donations to the store so they'd have other products to sell.



Carrie Benson

I passed this coat shelter at least twice a week since it went up in October and it was always tidy and well maintained. Audrey Ryan had been doing an amazing job not just recently but for the past four years. Many vulnerable people benefited from it and that was this fantastic lady's intention. Why all of a sudden have the council taken an issue with it?? It is an absolute disgrace



Baz Ashmawy with Sharon and Amy Mulcahy at the big reveal last Thursday, after over a hundred local tradespeople spent nine days renovating their Glenside home in Newtown, Annacotty PICTURE: ADRIAN BUTLER

RTÉ makes a house into home for Amy

DIY SOS: New home revealed to family in need

REBECCA LAFFAN

rebecca.laffan@limerickleader.ie

A LIMERICK family's house has finally become a home, thanks to a huge community effort driven by RTÉ's DIY SOS: The Big Build.

Over nine days, countless tradespeople volunteered their time and tools to renovate the home of 13-year-old Amy Mulcahy, who was involved in an accident this time last year which left her dependent on the use of a wheelchair.

Last Thursday afternoon, hundreds of locals, family, and friends gathered outside the Mulcahy home in Glenside, Annacotty for the grand reveal.

Presenter Baz Ashmawy spoke to the crowd, thanking them for their

support and hard work - as did Amy and her mum Sharon.

The Mulcahy's are the second family to feature on the formerly UK-based show, which is set to be aired later in the year.

In February 2019, Amy was involved in an accident with her local rowing club, when her boat overturned suddenly and she became trapped underwater for several minutes.

While Amy had been resuscitated, she had suffered cardiac arrest, had severe brain damage and her family were given little hope of her recovery.

Doctors informed the family that Amy would never see, speak or walk again.

Nine months after the incident,

Amy had regained her sight and her speech. She is determined to walk, though she lost some use of her limbs from the waist down and now uses a wheelchair.

The teenager returned to her Limerick home in November after undergoing rehabilitation treatment in Temple Street and National Rehabilitation Hospital. Though delighted to be home, her house was no longer fit for her needs.

As she can't access the upstairs of the house, the family sitting room became Amy's bedroom, and she was without ready access to a bathroom. The new home now has an extension, with added features such as an open-plan downstairs area to help Amy's recovery.

Limerick's pair of community award winners

GROUPS from across Limerick have been announced as winners at this year's All Ireland Community and Council Awards. The ceremony presented by IPB Insurance and LAMA took place on Saturday, February 15, in Croke Park Stadium, Dublin.

The prestigious awards recognise and celebrate community groups and councils working together across Ireland.

They highlight the extraordinary work carried out within communities and reward unsung heroes for the phenomenal

contribution they make throughout the year.

Now in its 14th year, winners from Limerick include The Bingo Wings Project, which won the Best Arts/Culture award and St Gabriels Orthotic Services, which won the best Best Social Enterprise award.

St. Patrick's



WEEKEND UNLOCKED

Sat 14th March @ 8am - 3pm

Tue 17th March @ 11am - 3pm



Enjoy a fun-filled weekend with food,
family and friends at Limerick Milk Market!



Saturday 14th March

Famous Food Market St. Patrick's Edition

- Best of local Artisan Producers with St. Patrick's themed offering
- Freshest Organic and Artisan Produce
- Up to 60 stalls/ 80 traders of all kinds
- Handmade Local Crafts
- Traditional Irish Music
- Family Friendly
- Going Green Cooking Demo

Tuesday 17th March

St Patricks Day Unlocked Family Funday
with Art Limerick and Get West

- Limerick Art Group of 40 local artists
- Giant Kids Games with Get West
- Live Music
- Free Entry
- Delicious Brunch Offers



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LEADER CRIME BRIEFS

BY DAVID HURLEY



Security conscious dwellers warned about new scam

GARDAI have moved to alert householders to a new scam which has been reported across Munster.

According to crime prevention officer Sergeant Ber Leetch, a lone male calls to homes and claims he is selling a security system, such as CCTV cameras or an alarm.

After agreeing a sale price with the householder, the man then asks for payment.

"People are asked to pay by credit card and to put their four digit PIN into what they believe is a hand held credit card device like we see in a restaurant," said



Sgt Ber Leetch says people should be vigilant

Sgt Leetch.

"Unfortunately what follows is the homeowner gets a call from their bank to say there is unusual activity on their account. It is only at this stage the person checks their credit card to discover that they don't have their own but somebody else's. In other words the seller has left the house with the credit card and the PIN," she added.

Farm yard theft thwarted by actions of alert neighbour

GARDAI believe the actions of an alert neighbour prevented the theft of tools from a farm yard in Bruree.

According to Sergeant Ber Leetch, the farmer was alerted after he received a late-night call from a neighbour to say that a jeep was in his farm yard and that the occupants were acting suspiciously.

"By the time the farmer arrived the jeep was gone but he discovered that his horse box had been loaded with his tools from his shed which had been broken into," she said adding that the registration number of the horse box had been removed and that it was ready to be driven away.

Detections of movie money sparks garda warning

BUSINESSES and retailers are being urged to be vigilant following a significant increase in the detection of novelty Euro notes - particularly those used as movie props.

According to gardai and the Revenue Commissioners, the notes are often marked as "movie money" or "prop money" and bear a strong resemblance to genuine notes.

However, they do not contain any of the usual security features.

Revenue Officers have seized notes with a value of



Many of the seized notes are clearly marked

€430,895 in recent mail centre detections and it is known that attempts have been made to use such notes at locations in Limerick in recent months.

"Business owners should ensure staff members handling cash are alerted to watch out for these fraudulent notes," said a garda spokesperson.

Reminder for dog owners

GARDAI are warning dog owners of their legal obligations.

In addition to being licenced, all dogs must be under the effective control of their owner or another responsible person.

The microchipping of dogs has been compulsory since 2015 and all dogs must wear a collar that bears the name and the address of the owner at all times.

Students demand UL stops increase of student numbers



The photo above was widely circulated on social media this weekend, and is allegedly of the new proposed shared bedroom option rolled out by UL to combat increase in demand on its campus accommodation

UL: Students to be limited to shared bedroom option

REBECCA LAFFAN

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UNIVERSITY of Limerick students have expressed their concern and frustration regarding a new accommodation policy announced by the third-level institute.

The new policy states that rooms in UL's student accommodation for the 2020/2021 academic year are only available to incoming first-years, international students, and existing students who have lived in the accommodation for the duration of their studies.

The updated policy, revealed last Friday to students, also states that students progressing into 2nd and 3rd year this September can only apply for the new shared/twin bedroom option recently rolled out by UL in response to "unprecedented demand for accommodation from UL Students" in 2019.

Meanwhile, students progressing into their final year of study can apply for single bedrooms, though also have to have lived in one of UL's residences for the past three years.

The shared bedroom option is now also mandatory for single-semester rents.

Last week, the Limerick Leader reported that accommodation rates in UL's on-campus accommodation increased by 38.75 percent in four years.

UL's student's union, UL Student

“It is very clear that there is not enough room for students”
UL STUDENT LIFE

Life, released a statement this Monday afternoon on behalf of the university's students regarding the new policy, which they claim "is not acceptable".

The union has demanded that UL "stops all plans to increase the student population until adequate infrastructure and services are in place to cater for the 16,300 students currently enrolled in UL".

"It is very clear that there is not enough accommodation for students at the University of Limerick, with solutions such as the doubling up of rooms being proposed. This solution does not solve the problem, as these rooms were never designed for two students."

The newly-implemented shared/twin room option is said to add 630 beds to the 2,850 already available in UL's on-campus residences of Dromroe, Troy, Cappavilla and Thomond, with six-bed units being increased to eight-beds.

Photographs that are allegedly of the shared/twin rooms were circulated across Twitter over the weekend, with almost 1000 students having signed a petition against the move by UL.

A UL spokesperson said: "A shared (twin room) option in UL's on-campus accommodation is being introduced in an attempt to meet unprecedented demand in the shortest possible timeframe amid a national housing crisis.

"Wider development plans are currently under consideration for new-build on-campus accommodation, however this will take some time to bring to fruition. The twin room option deals with the supply deficit while also providing an affordable option."



Limerick heat of film awards set to kick off

REBECCA LAFFAN

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FILMS created by young Limerick filmmakers are set to be screened for the Regional Heat of a national awards ceremony.

Ireland's Young Filmmaker of the Year 2020 received a record number of entries this year with over 1,700 submissions made.

The Fresh screening panel has now viewed all submissions and has selected films by young

filmmakers from Limerick to screen at the Regional Heat in the Belltable Arts Centre on Friday, March 6.

The regionals heats are also taking place all this week in Leinster, Dublin, Cork, and Galway.

Films shortlisted for the final will be announced at the conclusion of each regional heat and will be screened at Fresh International Film Festival 2020 in Limerick from March 23 to 28 and Ireland's Young Filmmaker of the

Year Awards will be presented on March 25 and 26 during the Festival, at the Odeon, Castletroy, Limerick.

Now in its 24th year, Fresh International Film Festival encourages young people from Ireland and overseas, aged 7 to 18 years, to create, exhibit and share films.

The Festival provides an opportunity for these young filmmakers to have their work seen on a cinema screen for the first

time and to compete for the title of Ireland's Young Filmmaker of the Year.

Jayne Foley, Fresh International Film Festival Director commented: "Fresh International Film Festival is all about encouraging young people to tell their stories through film. Fresh is an international event and we are now seeing films made by young people from Iran, China, the USA, Korea and all over Europe. This is so exciting."



Over 1,700 submissions were made to this year's awards



Christine Mulligan, Maynooth University, Chloe Moyles, Niamh Lussion, Sarah Moran and Maria Walsh MEP. Back, from left: Peadar Gardiner, Mindspace Mayo, Dean Kenny and Dr Sharyn Byrne, psychologist, HSE MICHAEL MCLAUGHLIN

Resource's solidarity With kids and teens

Help: New project aids young whose parents struggle

LEADER REPORTER

news@limerickleader.ie

A UNIQUE online resource to aid children and teenagers in helping parents who have mental health issues is now available to young people locally.

The With Project, of Wellness in the Home, has been developed under the guidance of people who share the experience of living in families where mental illness is part of everyday life. International figures suggest 68% of women and 57% of men with mental health difficulties are parents.

Up to 20% of children and young people will have parents who struggle with their mental health either occasionally or on a daily basis.

The With Project, which has been shortlisted for the HSE 2020 Health Service Excellence Awards, was first developed by Dr Sharyn Byrne, a

senior clinical psychologist in Castlebar.

She collaborated with the Mayo Child and Adolescent Healyh Services, Mindspace Mayo and Comhairle na nÓg.

"At least 10-15% of children and young people will experience parental Mental Health at some point in their young lives," says Dr Byrne.

"All the research points to the protective nature of information for this cohort.

"It helps them to understand what it is they're experiencing, how they are not causal and therefore prevents them from internalising the distress and affecting their developing self-concepts," she added.

Dr Byrne found there were very few resources nationally, hence the idea to develop an online resource for children and young people who live with the daily (or occasional)

impacts of parental Mental Health distress.

"The result is that we now have a much-needed young person's guide to parental mental health," Dr Byrne continues.

"And we have established this in conjunction with a group of young people who were enthusiastic about helping.

"As a clinician with Cahms for almost seven years, I work with children and young people on a daily basis that experience mental health distress," Dr Byrne added.

Dr Byrne adds that, typically, young children use their parents and guardians as secure bases from which they can enter the world and return to if the world gets too challenging.

The With project is an easily accessible, informational forum.

More information at <https://www.mindspacemayo.ie/WITH/index.html>

Martens' retrial is challenged

REBECCA LAFFAN

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MOLLY Martens and her father Tom are to remain in prison while a challenge is prepared by US prosecutors to the retrial of the two, who have been convicted of the murder of Limerick man Jason Corbett.

The challenge was granted by the North Carolina Supreme Court, with the 34-year-old and 78-year-old set to remain imprisoned in the state.

North Carolina Attorney General Josh Stein indicated last week that a formal stay would be sought to the decision by the Court of Appeal to order a retrial of the former FBI agent and his daughter over the killing of the Irish businessman, aged 39, in August 2015.

The pair have been in prison since August 2017 after being convicted of second-degree murder of the Limerick widower at his home outside Winston-Salem.

The two were sentenced to 20-25 years in prison for the murder of the father of two, who, a murder trial heard, had been savagely beaten to death with a metal baseball bat and a heavy concrete brick.

Tom Martens, a retired FBI agent, claimed he acted in self-defence and alleged Mr Corbett had been attacking his second wife, Molly, who is Mr Martens' daughter.

However, Jason's family maintained that the Irish businessman was planning to bring his children back to his native Limerick amid increasing concerns over his wife's mental health problems.

Jason's family also claim that not once during the five-week trial did Tom or Molly Martens offer any evidence of abusive behaviour by Jason prior to August 2, 2015 - when they say he was drugged and beaten to death.

Mr Corbett's family here in Limerick had been left devastated by the Court of Appeal ruling, and said that the actions of Molly Martens and Tom Martens "orphaned Jason's children."

"All of these facts remain the same. Jason is dead. We hope, trust and pray that the North Carolina Supreme Court will now see that justice is upheld," they added.

This Monday, North Carolina Supreme Court confirmed that a stay has been granted on the Court of Appeal order pending a full challenge to the Court of Appeal decision - with a Supreme Court hearing not expected until 2021. The Martens would have been able to apply for release from prison within a matter of weeks if the challenge not been signalled, or if the stay on the Court of Appeal order had not been consented to.





LEADER BRIEFS

Support Lollipop day

The public in Limerick have been asked to support the Oesophageal Cancer Fund to mark 19th annual Lollipop Day on this Friday and Saturday February 28 and 29.

Cancer survival rates for oesophageal Cancer have shown a 50% improvement figure in Ireland, in the last two decades.

Oesophageal Cancer Fund (OCF) is reminding the public of the importance of recognising the early symptoms of this cancer and how vital early diagnosis can be.

These symptoms include difficulty swallowing food, persistent acid indigestion, heartburn or reflux.

Limerick's Tesco stores raise €124k

TESCO stores in Limerick have raised €124,880.12 over the course of their five-year partnership with CHI at Temple Street.

The funds raised to date have helped the hospital to buy over 270 pieces of vital medical equipment for patients including ultrasound scanners, patient monitors and respiratory equipment. In April 2019 in one day alone, Tesco colleagues and customers in Limerick raised €5,151.32 in aid of Temple Street as part of their annual Great Irish Bake initiative.

These funds specifically helped Temple Street to purchase specialised Ophthalmology YAG Laser which is used to improve a patient's vision after cataract surgery.

LIMRUCK: History of Limerick Club Rugby

The People's Museum of Limerick has issued a request to see any old club rugby items. "LIMRUCK: A History of Limerick Club Rugby" will launch soon. Get in touch with your old club rugby artifacts by emailing roseanne@limerickcivictrust.ie

Person of Year to be revealed

Awards: One outstanding nominee to take top honour

ÁINE FITZGERALD

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AN INDIVIDUAL or team from a group of 12 "outstanding nominees" will be named the Limerick Person of the Year 2019, this Thursday.

The 12 monthly award recipients were honoured during 2019 for a broad range of accomplishments. They include talented artists from the world of film, journalism and art, individuals who have spearheaded hard-hitting campaigns for the betterment of society, and young people who have seen Limerick make the headlines thanks to their extraordinary feats. The overall winner will be revealed at a lunchtime ceremony at the Clayton hotel.

Eugene Phelan, managing editor of the Limerick Leader said that the awards are "an excellent way to recognise a distinguished group of people".

"It is an opportunity to raise a toast to the individuals and groups who did Limerick proud on the local, national and indeed international stage," said Mr Phelan.

The awards ceremony will be compered by RTE's Lorcan Murray.

The monthly nominees include John Shinnors, artist; Malachy Browne, New York Times journalist and Emmy Award recipient; The Crafty Angels, community fundraisers; students of Ardscoil Mhuire, Corbally who started a



The Limerick hurlers were named the Persons of the Year for 2018. The Person of the Year for 2019 will be announced this Thursday at the Clayton hotel

PICTURE: ALAN PLACE

sexting awareness campaign; Sean Byrnes, campaigner; Saoirse Exton, climate change activist; the Adare Manor team who secured the venue for the 2026 Ryder Cup; Sinéad Flanagan, the 2019 International Rose of Tralee; Greg O'Shea, winner of Love Island 2019; Max Dennison, special effects artist and Emmy Award recipient; Róisín Upton, Irish international hockey player; and

Sarah Corbett Lynch, children's author.

The awards are proudly sponsored each year by the Limerick Leader, media agency Southern, and the Clayton Hotel.

See the weekend editions of the Limerick Leader, and follow us online for the announcement of Person of the Year on Thursday at www.limerickleader.ie.

SEAI awards to be held in Limerick

FOURTEEN schools are set to compete at the regional final of the Sustainable Energy Authority of Ireland's (SEAI) One Good Idea Regional Final in Limerick next week

The regional final of the SEAI's One Good Idea competition will take place on Tuesday, February 25, in the Omniplex Cinema Limerick, in Dooradoyle.

The final will run from 9:30am to 3:00pm. The primary school final will take place from 9:30am to 11:30am and the post-primary final will take place from 1:00pm to 3:00pm.

The SEAI One Good Idea Competition encourages students, their families and communities to take individual and collective responsibility for tackling climate change. Finalists have created a one-minute film and campaign to inspire people to save energy and reduce CO2 emissions.

They will see their film on the big screen and present their campaign to a panel of judges. Regional winners will then compete at the National Final in Dublin in on Thursday, April 23.

Family's 2,500 sandbags to battle flood

DONAL O'REGAN

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"WE'RE holding on," said Ger Enright who has seen all this before at his home in Mountshannon Road, Lisnagry.

He and his family are fighting against the rising flood waters that have been creeping up for days. And the Enrights have had huge support from friends and neighbours to fill and then build a wall of sandbags around their house.

"Big-time. On Sunday, there were about 25 there to give us a hand. There was a good few neighbours, a lot of my son's friends and my friends. We were at it all day. There are about 2,500 sandbags gone around the house," said Ger, who thanked each and everyone for their help.

The completed the moat just in time as currently Ger says he needs a tractor to get in and out of their house.

"We have two pumps. The water is



Friends and neighbours of Ger Enright filling sandbags at his home

all around the house. At the moment we're holding on. It is not as high as the last time but that doesn't mean it is not going to go there yet," said Ger, who was speaking on Monday evening.

On Monday, the ESB increased the

discharge level to 345 cumecs at Parteen Weir. They predict a discharge into the original River Shannon ranging between 345 and 400 cumecs will be necessary at the Parteen Weir over the next five days.

The proximity to the flooded

Mulcair combines to leave hundreds of acres under water in the Mountshannon Road area.

Meanwhile Limerick City and County Council has said its staff will continue its round-the-clock monitoring of water levels along the River Shannon catchment area as the threat of flooding continues.

Lands are already under water in Montpelier, Castleconnell, Annacotty, and the Mountshannon area of Lisnagry with forecasters predicting higher water levels in the next few days.

Eleven pumps, a boom and sandbags have been deployed to the areas most at risk of flooding, with Defence Force personnel supporting the work of Council staff and the Civil Defence.

Protective walls using sandbags have been built at some of the most vulnerable locations liable to flooding.

There are no indications that other areas of Limerick prone to flooding will be affected at this time.

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Rory Best urges Limerick people not to take their hearing for granted

SPECSAVERS Audiologists' ambassador Rory Best is encouraging people in Limerick to take a proactive approach to hearing health and take advantage of the technology and expertise at Specsavers Limerick stores.

Research recently commissioned by Specsavers* reveals that just over half of adults (51%) in Munster regularly worry about losing their hearing, yet only 21% of people would act quickly (within a week) if they noticed a change in their hearing.

Many people are unaware that hearing loss is very common and affects people of all ages. It often progresses slowly, meaning it frequently goes unnoticed and can take up to 10 years before the problem is identified. Specsavers Limerick stores recommends that anyone who has any hearing



Gillian Fitzgerald, Manager and Mike Greaney, Manager at Specsavers, Cruises Street PICTURE: BRENDAN GLEESON

difficulties or concerns, should have their hearing checked.

Audiologist at Specsavers Limerick stores, Bryan

O'Connor, comments: 'Like all parts of our body, our ears are susceptible to deterioration and ageing, which is why it's important



Rory Best being unveiled as ambassador for Specsavers Audiologists' 'Don't Suffer in Silence' campaign PICTURE: INPHO/DAN SHERIDAN

to get regular hearing checks. It's essential to keep on top of it as suffering can be prevented. At Specsavers, we are dedicated to raising awareness of the importance of regular hearing checks as no one should suffer in silence. It's so important for people to start speaking and acting on their hearing symptoms.'

Specsavers Limerick stores provide free three-minute hearing checks, with no need to book an appointment. This check

lets customers know whether they would benefit from a full hearing test, which takes about an hour. The stores' comprehensive hearing service includes impartial and expert advice, fitting and aftercare.

For more information on the audiology services available at Specsavers Limerick stores, pop into Castletroy Shopping Centre, Cruises Street or Crescent Centre or visit [specsavers.ie/stores/castletroy-hearing/](https://www.specsavers.ie/stores/castletroy-hearing/)

[specsavers.ie/stores/limerickcruisesstreet-hearing/](https://www.specsavers.ie/stores/limerickcruisesstreet-hearing/)
[specsavers.ie/stores/limerickcrescent-hearing](https://www.specsavers.ie/stores/limerickcrescent-hearing/)

**The nationally representative survey was conducted in March 2019 by Empathy Research through an online omnibus survey. A sample size of 1,000 was achieved with quotas set on gender, age, social class and region to achieve a sample aligned with national population.*



Bryan O'Connor, RHAD, Hearcare Director at Specsavers, Cruises Street PICTURE: BRENDAN GLEESON



Mike Greaney, Manager at Specsavers, Cruises Street PICTURE: BRENDAN GLEESON

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(Sound good?)

Book a free hearing check at [specsavers.ie/hearing](https://www.specsavers.ie/hearing)

Castletroy Castletroy Shopping Centre Tel 061 516 480

Limerick 13a Cruises Street Tel 061 312 811

Limerick Crescent Shopping Centre Tel 061 302 120



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



Mr Waggy is a super friendly 2 year old boy looking for a loving home. He is great with people and other dogs. He is a fantastic family pet and will fit right into any home. For more information on Mr Waggy, please phone us on 0876371044 or visit the sanctuary between 12 noon and 3pm. Adoption fee is €150.

Buddy is a quiet 7 year old yorkie looking for a loving place to call home. He would be happy to relax on the sofa with you. He is good with other dogs and will do well in any home. For more information on Buddy, please phone us on 0876371044 or visit the sanctuary between 12 noon and 3pm.



Leroy is a 2 year old tabby and white cat looking for a new home. He is very friendly and loves cuddle. If you can give Leroy the home he deserves come and visit him at the sanctuary any day between 12 noon and 3pm. Adoption fee is €100 as each cat is neutered, wormed and vaccinated.

'All round a fantastic pet'

Dexter is a little shy at first but doesn't take him long to know his surroundings. He is friendly and is all round a fantastic pet. For more information on Dexter, please visit the sanctuary between 12 noon and 3pm, we are open 7 days a week. Adoption fee is €100 as we neuter, worm and fully vaccinate each cat before going to a new home.



Denise and Bill Whelan (sponsors), Vivienne McKechnie, Limerick Literary Festival, Declan Meade (accepting on behalf of Nicole Flattery), Sarah Davis Goff and Anne Griffin

Show them a good time – Nicole Flattery

NICOLE Flattery's book, *Show them a Good Time*, took home the sixth Annual Kate O'Brien Award for a debut book from a female Irish writer.

Nicole was awarded the last Sunday, February 23.

The award this year comes with a prize fund sponsored by Riverdance Composer Bill Whelan and his wife Denise.

This is the first time a cash prize has been sponsored for the Kate

O'Brien Award in a commitment of €2,000 for the next three years by the Whelans.

Speaking about the decision to award the prize to Ms Flattery Vivienne McKechnie, chair of the reader's panel of the Limerick Literary Festival commented, "Nicole Flattery's debut collection is clever, strange, funny and cryptic, filled with characters verging on despair, madness, psychosis. But filled with humour, compassion, and surprise. A

brilliant and unforgettable debut."

The other nominees were Sarah Davis Goff, Anne Griffin and Lucy Sweeney Byrne.

The Kate O'Brien Award was established in 2015 by the organising committee of the Limerick Literary Festival in honour of Kate O'Brien to celebrate Irish Women's Writing in memory of Kate O'Brien. It is an honorary award presented to the best debut novel/short story collection by an Irish female author.

Call for improved buses to Mungret

Transport: Only four return services a day to estate

NICK RABBITS
nick@limerickleader.ie

CITY West councillor Dan McSweeney has called for improved bus connections between Mungret, Ballybrown and Clarina.

At present, just four return services operate along this corridor, in spite of the fact Mungret is one of the fastest growing parts of the city.

At the travel and transportation strategic policy committee, Cllr McSweeney saw a motion passed calling on Limerick City and County Council to engage with the National Transport Authority (NTA) seeking improved connections for these areas.

Speaking at the meeting, the Fine Gael man said: "At present there are four services serving Clarina to Limerick City Monday to Friday with the first commencing at 8am and last at 5:15pm, with this falling to two on a Saturday and one on a Sunday. Upon your return from Limerick City you have four bus services commencing at 1:35pm with the last



Mungret has grown over the last number of years with additional housing



service at 5:40pm and similarly these services reduce to two on a Saturday and one on a Sunday."

A major issue around these buses, Cllr McSweeney says is timing, with many students travelling to secondary schools needing to stay late, and in turn those working in the city centre unable to use public transport due to there being no later bus route.

There have been suggestions in the past that Bus Eireann would extend its 301 bus route from the Fr Russell Road to cover Mungret. But these plans failed to materialise.

"Mungret has grown over the last number of years with additional housing and new schools and these plans have still not materialised. The improvement of the Clarina bus service will be able to work hand in hand with the provision of improved bus services for Mungret," he added.

Cllr McSweeney did welcome the news council is engaging with the NTA, and has also praised the fact Mungret, Ballybrown, Clarina and Patrickswell are being included in the Limerick-Shannon Metropolitan Area Strategy. "In the past even though these areas are in the metropolitan area, they have been excluded from plans involving city centre," he added.



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Chy Reg 18127



Organisers: Ted Jennings, IT arbitrator, Paul Carey, tournament director, Gary Graham, founder and Diarmuid Scully, committee member on the second day of the festival, described by grand master Nigel Short as the “Rolls Royce of chess weekenders”

Chess mates at festival

There was a big attendance at the 27th Bunratty International Chess Festival as world-class players tackled beginners at this unique event

Pictures: Dave Gaynor **Words:** Nick Rabbitts



Michael Scully, Lynwood Park

Chess flair: You'd think 15-year-old Michael would have got his grá for the game from his father Diarmuid, who is a key figure in the organisation of the annual tournament. That's not the case, though. "It started with his grandfather Cyril Cleary, who would have been a famous chess player. He would have first learnt from him. But he and his brother have been coming out here for a long time. My eldest brother was involved in the organising committee and he got them interested. And Michael loves this – it's like his Christmas," says Diarmuid.



Diana Mirza, Raheen

High-profile: Eighteen-year-old Diana was one of the most locally high-profile players taking part in the tournament in Bunratty. She has already won a wide variety of tournaments at junior level. In 2017, she took home the title in the World Schools Under-17 chess championship after an all-conquering display in Romania, where her parents hail from.



Philip Foenander of Corbally

Sheer concentration: Contenders at the 27th Bunratty International Chess festival in the Bunratty Castle Hotel were not to be disturbed mid-game!



Chess table

Contest: It was all action in the main hall of the Bunratty Castle Hotel as the masters and challengers games took place on the Saturday afternoon

Candid Comment

By SPARTACUS

● A letter from a concerned elderly gentleman from Raheen this week shows that people are now really getting concerned about the possibilities of a coronavirus outbreak here, after seven deaths in Italy.

“No one really cared when it was in China, but now the panic buttons are starting to be pressed. Lord help us and save us if it comes here. How could you have any faith in the health system, they can't run it as it is, and if this comes where will they find the beds to isolate people?” he asks.

“And are ye there in the Leader asking any questions about what is going to happen here, if someone in Limerick gets the coronavirus,” he asked.

Our health correspondent Fintan Walsh is on it, I am told, so keep reading our paper and watch online for updates.

were looking for, after bringing in U2's Bono and Paul O'Connell, to try and inspire them before the big game against England last weekend.

There was lots of publicity about the contribution of the two celebrities, prior to the game, but they can hardly be blamed for Ireland's no show.

Interestingly, Paulie is doing extremely well on the commentary front, along with his former team mate Alan Quinlan, not to mention Keith Wood.

Quinlan the former Shannon, Munster and Irish star was on commentary duties for Virgin Media Sport at the weekend while Paulie was equally impressive with the BBC.

Good to see the TV bosses across the water appreciating top analysis from Munster and Irish stars of the past.

● Sticking to the coronavirus, officially known as COVID-19, don't panic and believe half the rubbish you read on the internet.

There is an excellent explanation on the virus on the RTE website which may allay the fears of many, regarding different aspects of the virus.

An interesting point to remember is that HSE says you cannot get coronavirus from packages or food that has come from China or elsewhere.

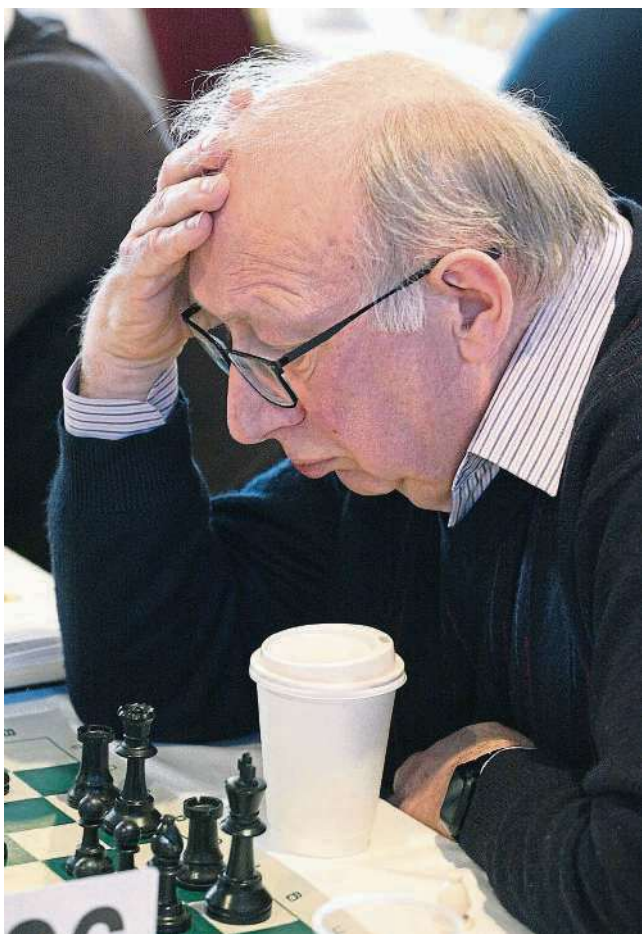
There is no evidence that animals or animal products legally imported into the EU are a health risk.

You do not need a face mask if you feel well and have no symptoms. Still, there are some other steps you can take to protect yourself. You are advised to wash your hands properly and regularly, and cover your mouth and nose with a tissue when you cough and sneeze.

● Ireland's rugby team did not find what they

● Following the University of Limerick's decision to double up on rooms, Spartacus feels it is about time they change the logo from a deer to a tin of sardines. With students expected to live as close as a flea in a blanket, the animals on Noah's Ark wouldn't be jealous of the shared space.

● GARDAI and the local authority have teamed up to provide a new 15-seater community bus, it was announced on Friday. During a sitting of the joint policing committee, Deputy Niall Collins asked the gardai would a retirement community, hypothetically, be allowed to use the bus to visit him in the Dail. They can look into it, was the response. Nice idea, but I reckon people will be calling up Richard O'Donoghue instead to arrive at Leinster House with prestige in his 1959 Plymouth.



Ray O'Brien, Ardnacrusha in the middle of a game

Trailblazers: As well as being a top chess tournament, the team behind the competition were one of the first in the world to have a web site dedicated to it - www.bunrattychess.com was opened in 1996



International chess master Richard Bates from Britain, and Elisabeth Paecht, international chess master woman grand master

History maker: Elisabeth is the highest ranked female player to ever compete at the Bunratty Chess Festival. She came within a whisker of winning, losing by just half-a-point to Nigel Short, whose now won Bunratty three times.



Ashay Ranade and Robert Fortune in the middle of a game

Live to the world: A number of the high-profile matches at the Bunratty International Chess Festival were streamed online, move by move, for enthusiasts to watch at www.bunrattychess.com



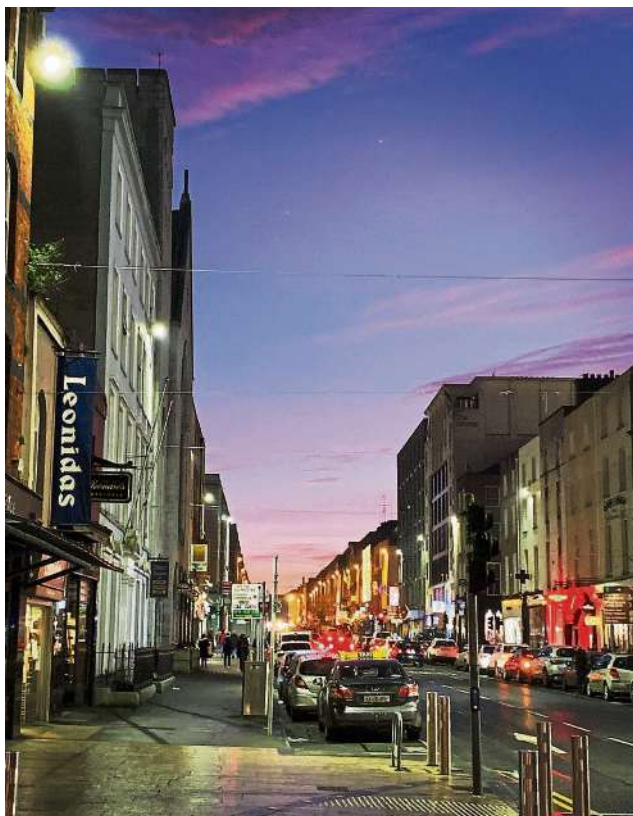
Grace O'Brien captured this winter sunrise under Athlunkard Bridge,



Gull attack: Gerard Greaney captured 2 these seagulls in mid-flight

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



Bright lights of Limerick city taken by Tanya Carney



John Power, Crecora sent in this snap of St Nicholas' Church, Adare



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Why your home is not an asset

I was re-reading Robert Kiyosaki's, classic Rich Dad Poor Dad recently, and what struck me again, was one of the comments Mr Kiyosaki made in the book, when it was first released back in 1997.

It was hugely controversial at the time primarily because Kiyosaki was saying things that differed from what were long held implicit beliefs, primarily espoused and encouraged by banks who had a vested interest in getting people to think a particular way.

What made them and others, including publishers particularly uncomfortable (Kiyosaki ended up self-publishing the book) was his assertion, that your family home was not an asset. He said, it was actually a liability and one of the biggest you'll ever have.

It just so happened that shortly after I finished reading the book, I met with a new client who was based in Dublin. She had a mortgage in the amount of €850,000 and was paying back €4,030 per month, which between her and her husbands' income they could afford.

Very quickly after she told me the amount she owed and what her monthly repayment was, she said the value of the property was about €1.2m which I think gave her comfort because she knew she owed a lot, and that was fine. But without wanting to burst her bubble, the value of her property didn't matter much if she was never going to sell it. And for her, she said this was her forever home. She'd never sell it, and it would be her home for as long as she was alive.

I thought after meeting her, that anyone who believes their home is an asset or an investment, like this lady thought her home was, need to maybe read Kiyosaki's book because he was right back then and he's right now.

It doesn't really matter what the value of your home is, unless you sell it. Of course, it matters when it comes to being able to move and having enough equity, and the lower your loan to value the better the interest rate you can secure. But if you're not planning on moving anytime soon or ever, it doesn't matter whether it's worth €10 million or €10 thousand.

But let's say your property does increase in value, and you want to cash in, what then?

Where are you going to live now?

The only instance when this doesn't matter is when you are trading down to a smaller less expensive house, moving back to a parents or in-law's house, or moving to a rented property. If neither apply, and you want to realise any gain in valuation increases, you have to find another property to live in and sell your existing one.

A real investment is one where you have control over when you can buy and



Liam says that people should not consider their family home as an investment. A real investment is one where you have control over when you can buy and sell it

sell it. Examples of this would be shares or investments you've made. You can decide to take the increase almost immediately. When it comes to your primary residence, it's different. If your house has increased significantly in value, and you want to capitalise on its appreciation and take the equity out of the house, it's not that easy or quick. The process of selling a property can be quite time consuming, and very disruptive because people will want to view it etc. but you'll have to find a property to move into, and will the asking price of other properties have gone up as much as yours has?

Back to what Robert Kiyosaki said all those years ago.

The reason he said your primary residence is not an asset was because the definition of what an asset is, is something that puts money into your account and anything that takes it out is a liability. So, clearly your family home is a liability because if you have a mortgage, that's taking money out of your account every month. And even if you don't, it's still costing you money by way of property tax, insurance, maintenance costs etc.

A property you use as your primary residence, generates no cash flow unless you're making money from it. And that can come in the form of renting out a room or where you operate a business from the property.

When people look at the increase in the value of their property, they also seem to forget the mortgage repayments made, property taxes paid, insurance, renovations and so on. These are expenses which come at a cost, and over the course of a number of years,



It doesn't really matter what the value of your home is, unless you sell it

DID YOU KNOW?

Gunther III, a German shepherd inherited \$80 million when his owner, Austrian Countess Carlotta Liebenstein, died in 1991. Unfortunately, Gunther III died only a month after he received the inheritance, but all was not lost, the \$80m was passed to Gunther IV, one of his pups.

they can run into thousands of Euros.

Other investment classes don't typically require the kind of on-going cash inputs that your home does, which again is to emphasise that it's not an investment in the true sense of the word. This is referred to the opportunity cost of home ownership which is money spent on a property that can't be used for any other purpose or used to invest.

For example, if you bought a property for €250,000, and 10 years' later it's worth €400,000, you might think a great investment. But if you run the numbers, and calculate how much you spent on mortgage repayments, insurance, maintenance etc. the return isn't as much as you think it is.

No doubt, it's great to have made €150,000 more than what you paid for it, but unless you bought the property for cash, you probably spent more on the property than you made in profit over those years, and if that happened with any other investment, you'd be fairly disappointed with the return.

The point, of this article, is not to discourage you from buying a property that becomes your family home, it's the opposite in fact. When you buy a property, you are effectively paying rent to yourself, which is good because it's money you won't have to pay when you retired, you're prepaying it now.

The moral of this story is, when you're buying a property, don't buy it thinking it's an investment for the future, because it's not, it's your home. And don't lose sight of the very basic reason you're buying it in the first place which is, to provide shelter to you and, your family.

ASK LIAM

Our personal finance expert answers your questions ...

Q: Liam, I set up a pension a number of years ago with Irish Life and the retirement age was set at 60. I'll reach that age in November, but I'm not ready to do anything with this policy as I'm working and plan on continuing to work until I'm 65. The amount in this fund is about €25,000 and I don't consider it my real pension as I have other funds in place. Do I have to take activate this policy when I'm 60?

A. You can extend the maturity date of your pension with Irish Life beyond the age of 60.

In fact, you can extend it beyond the age of 65 and not take benefits from it until you're 75, if you wanted to. And if you don't need the money, I would suggest you leave it where it is, as it continues to grow tax free within the fund.

If you don't contact Irish Life, they're likely to transfer your money into a cash fund, which is fine, but it will just sit there earning nothing. In fact, when you apply their annual management charge of 0.75% along with the return which is likely to be negative, you'll end up losing money.

So, I would recommend you contact Irish Life and advise them you don't plan on activating the fund when you're 60. You're not sure when you're going to activate it but when you do, you'll let them know. And rather than having your money transferred to a cash fund, tell them you'd like to continue invested in the same fund you're currently in, that is assuming you're happy with it and continues to match your risk profile. Or you want to transfer it into any of their other funds of which there is about 40 to choose from.

When you do activate this fund, I would suggest you take 25% of it tax free and the balance can be taken either as (a) a taxable lump sum assuming you have other pension funds which have a locked minimum amount of €63,500 or you have an annual income > €12,700 per year or (b) it's transferred to an Approved Retirement Fund. Depending on the amounts, I would probably take a taxable lump sum rather than receive a small amount from it every year, especially if doesn't form a major part of your income in retirement.



Yes Realli! Brothers secure €1m investment

Growth: Property web site developers hope to create 10 jobs

NICK RABBITTS
 nick@limerickleader.ie

TWO entrepreneurs from Limerick have seen their company pile up investment worth €1m for their high-potential start-up business.

Brothers Conor and Hugo Mahony, from Limerick's North Circular Road, have been making a splash in Dublin after seeing their company Realli secure the cash injection from a coalition of groups including Enterprise Ireland and Kellysan Enterprises.

It now means the pair will be able to create 10 new positions in their firm over the next year.

Realli is an Irish property portal with a focus on delivering lead generation products for agents, developers and banks.

Set up as a competitor to www.daft.ie and www.myhome.ie, the company began life advertising new home developments exclusively.

But now it is broadening its

marketplace with the addition of second hand homes and rental schemes.

Speaking to Leader Business, 26-year-old Conor said: "We are a challenger portal. We've made a name for ourselves through innovation and fresh thinking. The goal of the company is to create a better user experience and develop products which are hugely beneficial."

The firm, which Conor runs with brother Hugo, 30, is based in Dogpatch Labs, a co-working space in Dublin 1.

"We've always loved property and browsing property. We felt there was a gap in the market to create a more innovative product than the current portals which are existing in Ireland."

In the latest boost, the firm secured €200,000 from Enterprise Ireland, a figure which brings the total investment to €1m.

Conor adds: "It's massive in terms of our product and its development. We intend to use a significant portion of the

Conor and Hugo Mahony from the North Circular Road, who have founded Realli, set up to compete with myhome.ie and daft.ie



investment to invest in product development such as hiring new developers and designers."

Company managing director and co-founder Hugo added: "Securing Enterprise Ireland funding represents a tremendous boost for the future growth of the company. We know customer expectations rightly always increase and this is why we believe this space could still benefit from both innovation and a focus on improving the user experience."

Commenting on its investment in Realli, Enda McDonnell, the manager of fintech at Enterprise Ireland said: "Realli is one of the high-potential start-ups featuring at this year's Enterprise Ireland start-up showcase, and we are delighted to support the company's global ambition as it innovates, grows and takes its business globally."

Indeed, while Realli is only available in Ireland, it's hoped the firm will grow on a global scale.

Bridge to Teneo takeover

TENEQ, the global chief executive advisory firm has acquired Bridge PR, headed by former journalist Eugene Hogan.

Bridge was founded by the former Irish Independent mid-western correspondent back in 2011 and provides a wide range of strategic communications and content creation services working with leading regional, national and international organisations.

Declan Kelly, chairman and chief executive of Teneo



Bridge PR founder Eugene Hogan

said: "We are delighted to have Eugene and his team join as we continue to expand our service offering to meet client needs."

Mr Hogan said: "Joining Teneo will enable us to scale our operations and deepen resources for the growing portfolio of clients we have developed."

Contest for social funding

APPLICATIONS are now open for a fund which aims to help social enterprises in Limerick tackle important issues through entrepreneurship and trading.

The Social Innovation Fund Ireland, or Sifi, has put out an open call for projects under its Social Enterprise Development Fund strand.

Sifi was set up by the government to find and back innovative solutions to critical social issues around the country.

It was established to fill the gap on funding innovation in the non-profit sector. Just as innovation is important to economic growth, we believe that innovation is crucial to solving Ireland's social problems.

For more information, visit www.socialinnovation.ie

Teckro puts monthly prize in the Bank

THE founders of a technology company which has transformed a landmark city centre building have been given a monthly Tidy Towns award.

Teckro, based in the former National Irish Bank complex at the junction of O'Connell Street and Mallow Street, has won the second Tidy Towns award for 2020.

Established in 2015, the company exists to provide simple solutions to clinical research.

Limerick Tidy Towns were impressed at the way its bosses have lovingly restored the front of the building, which was also home to a once-popular pub.

Maura O'Neill, Tidy Towns said: "Constructed in 1839, The Bank Building has long been considered an iconic landmark property on O'Connell Street. Originally serving as a financial institution, the property experienced a number of changes of ownership



Maura O'Neill, Limerick City Tidy Towns and John Sexton, Teckro PICTURE: ANTHONY SHEEHAN/ILOVELIMERICK

throughout its history, including the Bank Bar and restaurant which operated successfully from 1998 to 2010, but always retained its original exterior and signage. In 2015, the building was

converted to office space designed by Tullio Orlandi Design, for the headquarters of Teckro. With it being a protected structure, the exterior remained virtually unchanged but the interior has been adapted into a modern, contemporary working environment."

Teckro management has also restored the wrought iron black railings outside to fully bring the building back to its former glory – earning them a monthly prize.

Teckro has users in more than 80 countries, and employs more than 130 staff across its global headquarters in Limerick, its engineering hub in Dublin and its US base in Nashville, Tennessee. About 90 people are employed in Ireland, with the remainder overseas. For more information.

The Bank building is the second Tidy Towns winner for 2020, following the Cornstore Restaurant in Thomas Street in January.

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Susan Walsh

St. Gabriel's, Dooradoyle, Limerick

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Deirdre McGrath and Stephanie Guinane, AIB at the Network Ireland event



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LIMERICK ON THE UP

LIMERICK LEADER **SPRING 2020**



Performing during the 'Limerick: Atlantic Edge, European Embrace' launch were, Denise Chailia and GodKnows supported by Michelle Grimes
PICTURE: ALAN PLACE

PREACH!

Putting a new narrative out there with Limerick's brand identity

Also: ■ AI education at UL ■ No bit parts in model business ■ Your say in Limerick city's future ■ Tackling a pressing global issue

Limerick edging closer to embracing its full potential

WELCOME to the Spring 2020 edition of Limerick On The Up.

Since last year's publication we have had another interesting 12 months in which Limerick has edged closer to embracing its full potential.

Possibly the most exciting news was University of Limerick's commitment to a city centre campus.

In one fell swoop, one of the most maligned vacant retail premises - the Dunnes Stores site on Sarsfield Street - was given a future and the university made its strongest commitment yet to a city centre which has never really felt its full benefit.

This could be the single most important thing to happen to the city in a generation and along with the ambitious plans of Limerick Twenty Thirty to revitalise large and derelict sites, signalled great hope for the future.

In these pages you can read a pitch by John Moran and Sean Golden of the Land Development Agency for you to have your say on what is potentially an even bigger more transformative project that seeks to address the current defining issue in Irish life - housing.

There exists, we hope, an opportunity to plan a new urban community that serves the needs of everyone and sets a higher standard of city living - one in which the car is not king.

We also turn our focus on Brand Limerick - edge and embrace - and how Limerick City and County Council plans to transform perceptions of Limerick domestically and abroad.

To convey to the world what we know and love about Limerick.

All that, and a focus on successful Limerick businesses and education institutions, such as UL's fascinating exploration of AI learning.

These are exciting times for Limerick, a feeling of action and being shaken from torpor. Things don't always move as quickly as people imagine they might, but the ambition is there and there are solid plans afoot. Time for Limerick to embrace its destiny

Kevin Corbett

Ambition to embrace a new path for Limerick

Brand new day: We speak to CEO of Limerick City and County Council **Dr Pat Daly** about the new brand identity being put out to the world

Why did Limerick need to formulate a new brand?

We can put it simply in five words, to "get people talking about Limerick". The creation of the Limerick brand is a major statement of our ambition here, showing that we are fully confident about our proposition, our offering and our ability to compete in the international marketplace. We created a brand that would turn heads and let us be part of the conversation, wherever the opportunity arises, be it at home or abroad.

When was the decision made to go ahead with this initiative?

The decision to go ahead with this initiative was taken in mid 2018. We had just finished the relaunch of our digital platform Limerick.ie curating great online content about Limerick and this was the next step to develop a compelling brand identity for the city and county.

Who is this rebranding primarily aimed at?

This is a brand that represents Limerick. We want the people who live, work and study across Limerick to understand what we're doing and become its champions. Specifically we are targeting key business sectors, to encourage companies to invest in Limerick. We need tourists, domestic and international, to visit Limerick. Limerick's education offer is superb, so we'll be helping our third level institutions to target students in key markets, as well as the people who influence their decision where to study. We also know that attracting the right talent, individuals and families, to Limerick helps drive economic growth and creates a virtuous circle that benefits everybody. So the quality of life that's possible in Limerick if you relocate here is something we'll be promoting very strongly too.

How is the branding being rolled out? Will we see much evidence of it in Limerick?

We have launched an extensive local, national and international advertising campaign featuring radio, print, digital and OOH (billboards)



Before we embarked upon this process we conducted a reputational analysis, where we discovered that the perception of Limerick wasn't negative it was that there was no perception of Limerick at all! We needed to change this

DR PAT DALY

nationwide, including at Shannon and Dublin Airports to really put Limerick up in lights. Aside from our advertising campaign you will see many examples of it right around Limerick. It has been very exciting to see the ways in which different stakeholders from right across the community have adopted it and embraced it and are using it across their social media, print collateral, signage etc.

What have been the main challenges in this project?

We understood the enormity of the project and the hugely beneficial impact it could have on Limerick and its people from the get-go, so we underwent a very comprehensive programme of stakeholder engagement and research, including focus groups, workshop sessions, questionnaires and interviews to ensure we got this right. We've brought our stakeholders along with us at every stage of the brand's journey and have taken perhaps a non-traditional approach in setting up a Brand Ambassador structure. This has made



Dr Pat Daly, CEO Limerick and City County Council and David Glass, M&C Saatchi, whose company delivered the brand at the launch event in St Mary's Cathedral PICTURE: ADRIAN BUTLER



Main picture: Brand ambassadors, Patricia Roberts, Louise Donlon, Dr. Sarah Brady, Richard Lynch and Fergal Deegan with Laura Ryan, Head of Marketing and Communications, Limerick City and County Council pictured at the launch of 'Limerick: Atlantic Edge, European Embrace'

Top right: Jessica Strong, Strand Hotel, offering a taste of Limerick at the launch in St Mary's

Above right: Emma Langford singing the Cranberries Dreams accompanied by the Laurel Hill Coláiste choir

PICTURES: ALAN PLACE



it a more involved, longer process but ultimately it had given the brand more depth, richness and credibility as a result.

Did you learn anything new or unexpected about Limerick? Do you look at it in a different light yourself now?

Before we embarked upon this process we conducted a reputational analysis, where we discovered that the perception of Limerick wasn't negative it was that there was no perception of Limerick at all! We needed to change this. Limerick now has a sharper way to focus its message – as a destination with an edge – and the advantages this gives people who know about it. And as a city and county, with a location that offers unique benefits and as a place that embraces the world, not least, post Brexit as the third largest native English speaking city in the EU.

What can Limerick people do to help promote the brand?

Whether you are part of Limerick through your blood or through your

passion, whether you live within county lines or feel connected to them, we want to showcase Limerick to the world and demonstrate our strength when we unite behind an idea. We know social media connects globally, so the more Limerick content is shared the bigger our stage grows. Use the hashtags #Limerick, #LimerickEdgeEmbrace and #HowLimerick so that we can see how far we can go together. We want to build a rich depth of content around the Limerick brand so we would ask that you share your Limerick stories, what makes it special and how your own story adds to our Edge and Embrace.

What must come from this for it to be classified as a success? Do you have any targets in mind?

There are hard and soft measures, many long-term and some more immediate. At the broadest level, we will track new commercial investments, as well as visitor and student numbers and in other ways to monitor economic activity. It is hard to

isolate the effect of marketing and publicity given the range of other factors in play. So we will also measure response rates online, as well as business development support requests and other data points.

The campaign is about reputation. So once the brand has bedded down, we will conduct a follow up study to our initial reputational analysis.

We will also be tracking the levels of take up within Limerick itself and how the new identity works to bring city and county together.

How has it been received so far, in your opinion?

It has been received extremely positively. It's clear people recognise the need for Limerick to elevate itself internationally and have really embraced the brand. It was tremendous to see such huge levels of support at our launch here in Limerick and at our New York launch at the Irish Consulate last week too.

Gardens International has been completed, but what is the next

landmark project to a) be started; b) be completed that will give physical expression to Limerick's progressive new identity? Is there a timeline for such a project?

"The Opera Site is the next project set to commence and we currently await the outcome of An Bord Pleanála's planning decision.

The project, which will be the single biggest transformational project for Limerick in decades, will require a six year build programme and will commence, planning allowing, in Q4 of this year.

There is also tremendous excitement around the announcement by UL to develop a city centre campus, a familiar component of edgy, progressive and successful European cities.

Limerick will benefit hugely from the university's presence in the city centre and the influx of thousands of students and the impact of both of these projects cannot be overestimated."

See page 4 for more on Limerick's new brand identity



Pathway to leading new brand

Revival: Council's marketing boss Laura Ryan on our new brand

FINTAN WALSH
fintan.walsh@limerickleader.ie

WHEN LAURA Ryan entered the world of public relations in Limerick, it was somewhat of a baptism of fire.

Lehman Brothers had crashed, spawning the abyssal spiral that was the global financial crash, and it was not long before this calamity took its toll on Limerick.

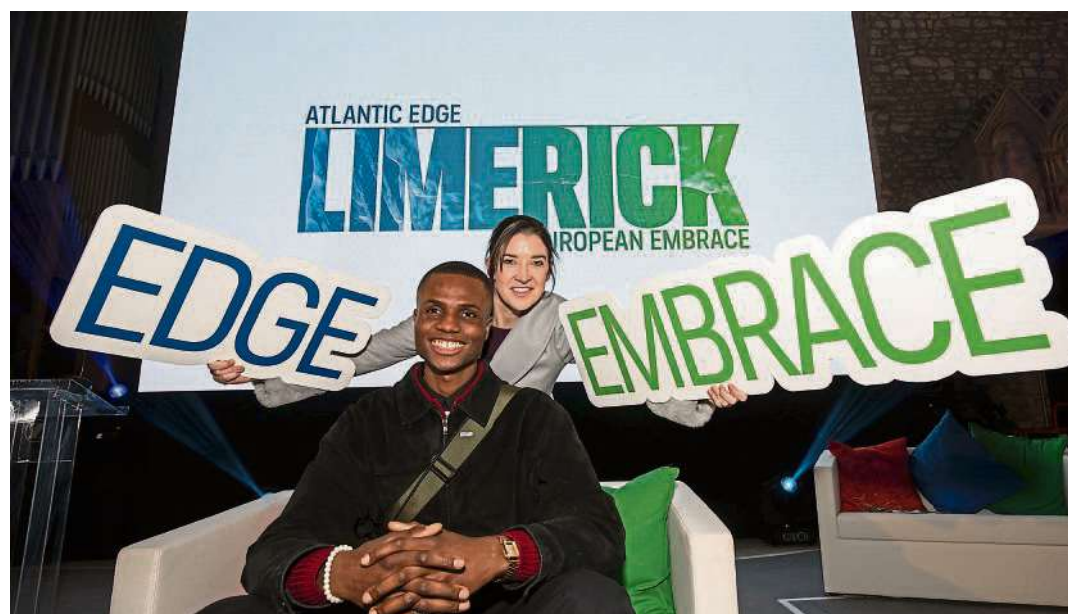
Then came the "Darkest Day", the shedding of almost 2,000 jobs at Dell, causing a chain reaction of gloom across the Mid-West region.

The end of the so-called Celtic Tiger wasn't the only hurdle that Laura had to surmount, as the city had only been recently mourning the murder of Shane Geoghegan, a symbol of the trauma inflicted on Limerick by ruthless mobsters.

So how do you promote your hometown when it becomes swallowed up in heartbreak?

For Laura, who is Limerick City and County Council's head of communications and marketing, it was about going to the drawing board and devising a way to reimagine Limerick, and not just for the locals, but for those with negative or no thoughts on the Treaty City.

Years before the launch of the



much-celebrated Brand Limerick, there were a few significant tasks to tackle. For example, she said there was a "huge issue" whenever you Googled Limerick.

"The image of the city was particularly a massive thing. That's why we concentrated on Limerick.ie, and building up content. Good trusted content on Limerick. We didn't have a massive budget, so that's where we started," Laura says.

The website was the first major project after being appointed the region's marketing chief in 2016.

Then came the planning for Limerick's first major brand as a globally competitive city. And one of the first aspects of the three-year prep work was a reputation audit, whereby they visited

Laura Ryan (top picture, seated right) speaks about the lead up to the Brand Limerick campaign. The new brand, which took 18 months to devise, was launched at St Mary's Cathedral

Above: Brand ambassadors, Farouk Alao and Dr. Nora Patten

PICTURES: ALAN PLACE

other parts of Ireland to learn about their perceptions of Limerick.

"Armed with that information, we realised that people didn't think about Limerick at all. Some people did and there was a lot of positive association with UL and Munster Rugby."

There were some negative associations with Limerick, while some never thought of visiting Limerick. An eye-opener, she says.

It was not long after this when the tender process for Brand Limerick was launched. And in September 2018, advertising gurus M&C Saatchi were charged with leading the creation of Limerick's new marketing campaign, which took around 18 months to devise.

Then came the slick, abstract brand launched on January 30.

"It's very hard to get something to say a lot with very little. Especially about a brand that is an umbrella brand," she says, adding that unlike Cork, Limerick will have the one umbrella brand that will cater for three main audiences: investment, tourism, and education/relocation.

And with a new brand to promote a growing Limerick, comes responsibility to maintain that growth. So what is the council doing for that?

"The council has a new corporate plan. The new development plan is happening at the moment, and the consultation is going out for that.

"And for me, it's important that the brand is an attitudinal brand. I feel that the lens of the brand needs to be in everything we do. It needs to be reflected in our corporate plan. It needs to be reflected in our development plan," she explains.

But the main emphasis on the new campaign is that it should not be seen as a council initiative, rather one driven by the community.

Businesses that benefit from the tourism sector are also adapting to the brand. For example, Treaty City Brewery have rebranded with their own Edge and Embrace drinks, while a number of hotels are giving their own websites a facelift to reflect the vision.

And now that Limerick's image has transformed following the European Capital of Culture bid and 2014 designation, Laura Ryan is confident that there is strong momentum for the region's biggest ever marketing campaign.



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Dr Pepijn van de Ven and Professor John Nelson, course directors MSc in Artificial Intelligence at UL

PICTURE: SEAN CURTIN/TRUE MEDIA

THE FUTURE OF LEARNING IN UL

The way forward: Always a pioneer on innovation and education, University of Limerick is genuinely leading the way on the delivery of education in Artificial Intelligence (AI)

Technology is having an impact on education, particularly in delivery and the methods of teaching.

While human contact remains the primary focus, in a small number of niche courses, a new method of delivery is proving wildly successful.

Speaking recently about the future of higher-level education, University of Limerick president Dr Des Fitzgerald offered his thinking on the transformation of education that is already taking place.

“So I break it down into two things; it is going to be content – the content is going to be different; and then it’s going to be delivery, it is going to be delivered in a different way,” he explained.

“I think it is going to be more experiential and we do that here at UL, the co-op programme ensures the students experience the workplace and experience working with other people, and develop other skills besides their educational skills,” explained Dr Fitzgerald.

“I think that it will be more problem-based. We have done that on a couple of occasions, a couple of our programmes here, particularly in our medical school and it works

well,” he added.

UL has always been a pioneer on innovation and education, but is genuinely leading the way on the delivery of education in Artificial Intelligence (AI).

In September 2018, following a demand from industry and specifically from the IDA that feared a looming skills crisis in AI that could affect Ireland’s ability to both attract foreign direct investment and retain it, a new All-Ireland Masters in AI began at UL.

Funded by ICT Skillnet, the part-time, two year MSc had an initial enrolment of 100 students. Uniquely in an Irish context, it offers a certificate in AI that works as a fast-track introductory course, allowing those without a specific background in the discipline a grounding as they move on to the masters.

Now in its second year, there are surgeons, accountants, designers, PhD students and some educated just to Leaving Certificate standard on the course that was designed with crucial input from industry.

Professor John Nelson of the Department of Electronic and Computer Engineering (ECE) at UL spotted the opportunity and enlisted a team from ECE, the

Department of Computer Science and Information Systems and the Kemmy Business School to win the contract for the new masters.

This cross-faculty support and emphasis on industry has been central to its success.

“The first thing that was formed was an industry board – industry reps from right across Microsoft, IBM, Google, SMEs – a whole host of about 18 partners, who defined the course and what they thought was interesting,” explains John, the first course director on the programme.

“What was different about this was that it was a dedicated, AI-specific course,” he adds, noting that there was “huge demand” with



You really put the student in the driving seat and they determine, to a large extent, where they are going

PEPIJN VAN DE VEN

400 applications in the first year.

“It was a very successful first year. I am pretty sure that we are the only programme that has developed from scratch. And the industry board, to a large extent, decided what we were going to teach,” adds Pepijn van de Ven, a senior lecturer in the ECE department, who took over from John as course director in 2019.

The key aspect was the decision to offer the course fully online. Using a forum and moderator system successfully developed with help from academics at the Kemmy Business School, the students must engage with their peers in order to learn. The results have been staggering.

“We flipped the idea of a face to face delivery, as we are used to doing it, with lectures, tutorials and labs, to this idea of online delivery, which is completely different,” explains Pepijn, whose own research interests are in the fields of artificial intelligence and machine learning.

“You really put the student in the driving seat and they determine, to a large extent, where they are going,” he adds.

The students work on problem-solving – so-called ‘E-tivities’ – and must discuss the tasks with their peers. They are marked on their engagement as well as the solution and are graded on feedback. They meet directly as a group once or twice a semester – but other than that, work online.

“There is massive learning in that, because your peers can give you a different insight and often understand what you don’t,” explains Pepijn.

The course is now one of Skillnet’s most successful and UL has separately approved a full-time masters that will start in September, which will be different in its delivery. Graduates will end up working in the automotive industry, on medical, finance and general computing applications, as well as in natural language processing fields – the Alexas of the future.

The part-time programme, intended for those in employment, offers specific evidence of the “future of learning”, as Pepijn describes it.

“I say we are in the Wild West – it is very interesting, because we are prospecting, we are looking for gold here,” he explains.

“I think it is the future of learning – this method of delivery specifically. We should get out of this whole idea that we are teaching, we become facilitators of learning and you actually see that you learn an awful lot yourself along the way.

“We do everything online these days, but not learning, not actually collaborating and that is what this system of forums and moderators allows us to do,” he adds.

For more information, see <https://www.ul.ie/gps/artificial-intelligence-msc>.



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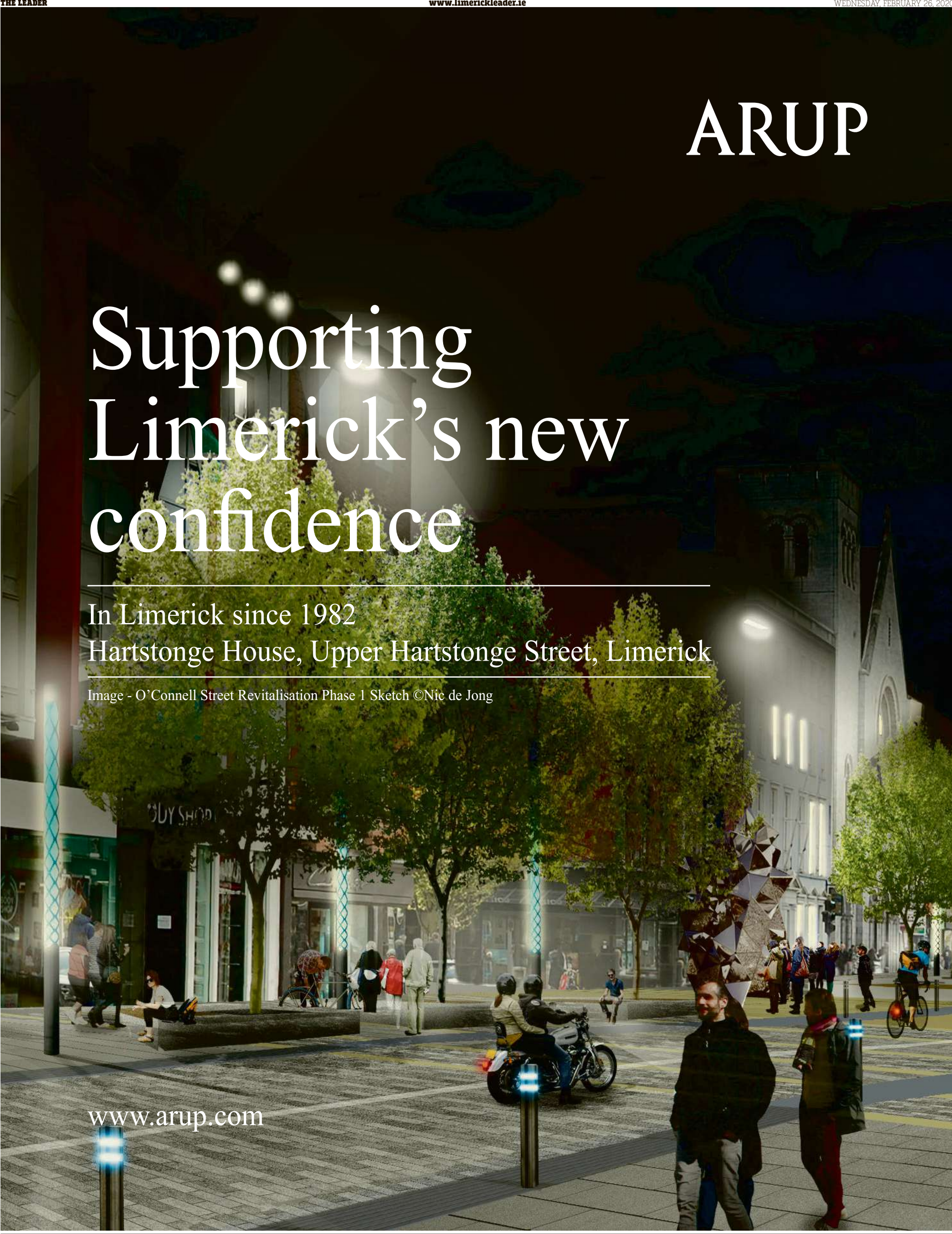
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Hartstonge House, Upper Hartstonge Street, Limerick

Image - O'Connell Street Revitalisation Phase 1 Sketch ©Nic de Jong

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The Absolute Hotel has forged a reputation for excellence with its business-friendly environment

Situated on the edge of our city centre, the Absolute Hotel epitomises the unique embrace you feel as a visitor to Limerick.

When the Absolute Hotel opened its doors in 2007, it is fair to say it was a less auspicious time for Limerick.

The world was bracing for an economic meltdown for one, and Limerick itself was taking a good look at itself with the need for progress and change pressing.

Fast forward a dozen years and the success, ambition and vision of Limerick has been reflected by the hotel along the Abbey river bank.

In November of last year the Absolute took the prize for best hospitality and retail business at the Limerick Chamber Regional Business Awards for the second time in four years.

It was also a finalist in the 'Business & Conference Hotel of the Year' at the Irish Hotel Awards in 2019.

It's no coincidence, then, that many of the blue chip FDI companies that have made their base in the region in the past decade, as well as scores of our local SMEs, have availed themselves of the top class facilities in the Absolute Hotel.

The business-friendly atmosphere has been fostered from the early days of the hotel hosting the Limerick open coffee meet-up where all things technology is discussed, as well as Limerick Business Network events.

In tandem with that the Absolute has been listed as the number one hotel in Limerick on TripAdvisor since 2016, as well as

being ranked in the top 15 in the country - the only Limerick hotel to achieve those heights.

This ranking is based on reviews submitted by guests on TripAdvisor in 2018 and 2019, with the top 1% of hotels then being rated. It is this emphasis on the guest experience to which sales and marketing manager Melanie Lennon attributes the hotel's success.

"What makes the hotel great is not tangible but it is the atmosphere that is created by the team of the Absolute Hotel.

"Friendly, personable and helpful team members are all the things that make a hotel successful and separates us from the competition."

The team keep the cogs of the hotel operation going, she says.

"What guests see and



Best hospitality and retail winner at the Limerick Chamber Business awards in 2019, the Absolute Hotel welcomes you to Limerick

experience on the outside is backed by a team that is hard working yet has a lot of fun and shares a mutual respect that makes the running of a hotel appear seamless.

"From the moment the guest steps foot in the hotel to the moment they leave, it is clear the building is alive with people."

The modern, stylish interior of the Absolute Hotel has complemented this personal

touch, and is being continually upgraded and refined.

The relaunched Harrys on the River restaurant being the latest example of same.

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Finalist 'Ireland's Business & Conference Hotel' - Gold Medal Awards 2019

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From the Shire... to Limerick!

Sculpture: From humble Hobbit beginnings to a one-of-a-kind studio

REBECCA LAFFAN

rebecca.laffan@limerickleader.ie

FAKE bodies, guns, and mythical creatures - this really isn't your average Limerick business.

Odyssey Studios, based in Corcanree Business Park on the Dock Road is a prop-making and large sculptural company that caters for the cinema industry.

CEO and sculptor Mark Maher first developed the business after his handmade miniatures were used in The Hobbit films, before moving on to work on films such as Alice in Wonderland and Penny Dredful to name but a few.

Mark was approached to set up shop here in Limerick in recent years, with the idea already in his head to set up a studio in Wicklow.

"It came down to Troy Studios being based here, that's the kind of company that's a support net for a business like ours. We're currently working on a show being filmed there, we do a lot of bits and pieces there, it's great.

Set up last year, Mark says the Limerick studio is a "nice unit - it's definitely not your normal workshop".

"Our main thing is to really take on as many local people as possible and train them up here," Mark explains, "we're



running courses here now as well during the summer on make-up prosthetics, prop-making, miniatures and stuff like that. It's very exciting to be able to do that.

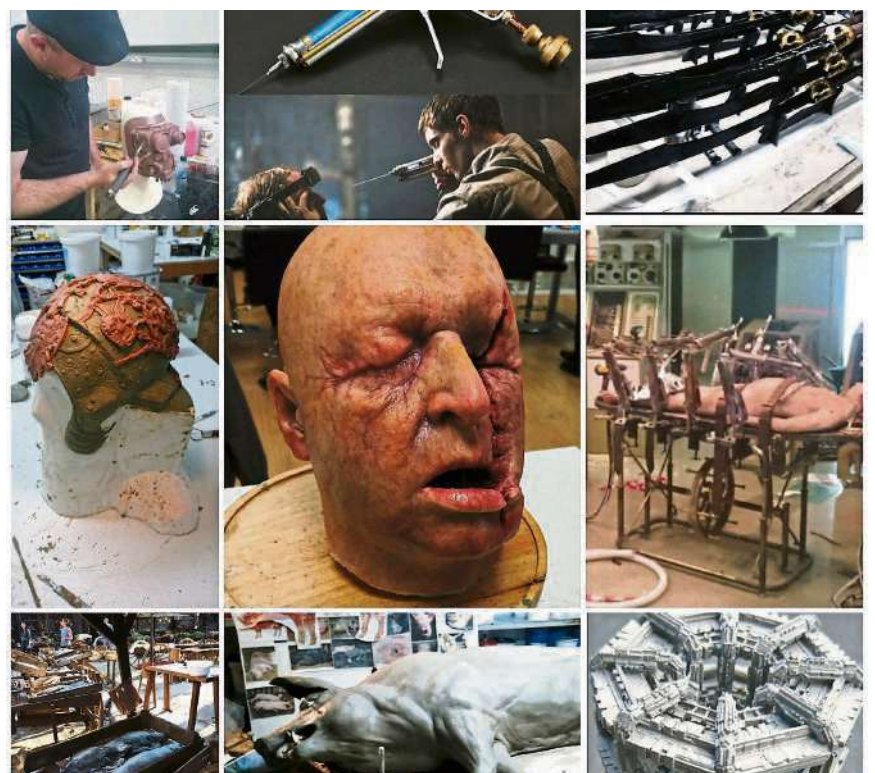
"But all this really wouldn't really have happened without Eamon Ryan and Chris Clancy from Limerick Enterprise Office. They really played a pivotal role in our set-up here. If it wasn't for them, I don't think we'd be here actually.

"They have hugely supported our business, because when you're setting up a business, especially a prop-making business, it's huge outgoings really

Top: a scene from The Hobbit in which Mark's work was first used

Above left: Mark Maher

Above right: examples of Mark's work in modelling



because of the machines that we need.

Mark points out that to be next door to the United Kingdom and anywhere in Europe, and to stand shoulder to shoulder with that competition, the machines that he needed were of the high-end variety and LEO helped with the funding for those machines.

"They also help just to set up and to start up here and get advice for Limerick, and the surrounding area as well as who we should be talking to and introductions and stuff like that. They're brilliant for us.

"Right now we're setting up a

website, and they've been a huge help with that financially," he continued, "it's really good because in a business, it's just money out the door. As quick as it comes in it goes out. And in order for us to be able to stay here, we need the support of Limerick and all around.

"We've been outsourcing a lot of our metalwork and carpentry work here in Limerick.

"We've been using the skills of local people for the business, so we have an input in the area as well. So it's not just all about taking, we give back as much as we can. So that's brilliant."

CRESCENT WELCOMES SUPERSTORES AND NEW RETAILERS

Munster's largest shopping destination, the Crescent Shopping Centre, Limerick, has undergone extensive refurbishment and extension works in recent years with continued investment to enhance the shopping experience, and placing Crescent Shopping Centre firmly on the map as Munster's premier shopping destination.

A further significant investment in 2020 will also see the addition of popular South African restaurant chain Nandos, along with a Community Room which will be available to the public to use for community events.

The Centre over the past few years has enticed numerous Irish & International fashion retailers to the Centre with some of retails top brands, plus an extensive new 8,000 sq. ft. superstore & one million euro investment from Intersport Elverys along with a new 8,000 sq. ft. flagship store for Lifestyle Sports further enhancing the retail offering from the Centre.

These fantastic additions add to the already exceptionally strong offering of retailers such as H&M, Zara, Next, River Island, Shaws Department Stores, Superdry, GAP along with a weekly Farmers Market on Fridays, a playground, drop in crèche and free parking enhancing convenience & choice for shoppers.



CRESCENT SHOPPING CENTRE



All we want for Colbert is...



An aerial view of Colbert Station and some of the land that is mooted for high density development under the LDA's plans. Submissions are open until February 28

Future living:
John Moran and
Sean Golden of
 the Land
 Development
 Agency present
 their vision of
 the kind of
 Limerick they
 would like to see
 by 2040

Have you thought about what Limerick you would like to see by 2040? As two Limerick natives we have our own ideas.

We want to see a sustainable city doubling in scale or even more with people living in new and existing communities with thriving walkable neighbourhoods developing in a way which integrates well with each other. We want to see homes and not just "units".

As part of our work in the Land Development Agency (LDA) we want though to hear your views.

The Colbert Station development, which was recently announced, will see multibillion-euro investments right in the city centre, adding new housing, offices, educational, health and other social services and amenities.

What exactly should be built there?



LDA chairman John Moran and CEO John Coleman pictured in the Hunt Museum, Limerick

PICTURE: KIERAN RYAN-BENSON

Houses or apartments, new train stations, bike lanes, a new hospital, schools, football fields, outdoor climbing wall, graffiti park, children's farm, a new museum or cinemas, cars or no cars, skyscrapers, six-storey buildings or semi-detached housing or all of the above?

PUBLIC CONSULTATIONS SHOULD BE TWO-WAY FLOWS

The LDA, in its national remit, wants to do things differently. By incorporating

public engagement from the get-go we want to encourage greater collaboration in developing our cities.

But we need people to speak up if they want to influence the design.

The deadline for the first part of the public consultation for the 50-hectares study area around Colbert Station is fast approaching.

The views from the public consultation will shape the design review process which, as a precursor to a master plan, will act as a high-level

analysis of what the site could look like in the future.

The LDA and its partners at Limerick City and County Council, the HSE and CIÉ have wondered if a transformative, walkable, affordable 21st Century neighbourhood could be developed in the heart of Limerick City where people can live, work and socialise. Is this what the people of



Continued on p14

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All we want for Colbert is...



Above, members of the Land Development Agency Board pictured at CBS Limerick when the €2bn development for that district was first mooted PICTURE: KIERAN RYAN-BENSON

Below: Lorcan O'Connor, CEO CIE, John Coleman, CEO LDA, Vincent Murray, director Economic Development LCCC and Joe Hoare, assistant national director HSE estates pictured in City Hall, last month as The Land Development Agency (LDA), Limerick City and County Council (LCCC), the HSE and CIE signed a Memorandum of Understanding for the creation and implementation of a master-plan for a brownfield mixed-use site in excess of 50 hectares at the Colbert Station area PICTURE: BRIAN ARTHUR

Continued from p12

Limerick themselves want for current and new residents?

A PLACE FOR STARTER HOMES BEFORE MOVING SOMEWHERE ELSE, OR A HOME FOR LIFE?

Should we plan for rapid growth in population (50,000+ by 2040) and should we also adjust for Limerick's rapidly changing demographics?

According to the Higher Education Authority (HEA), the number of full-time students in Limerick has grown by approximately 3,800 from 2011 to 2017. This could grow by another 4,500 by as early as 2024 if the same growth rate is applied.

What type of accommodation and communities should be built for part-time and full-time students? What models of homes, facilities and transport infrastructure? Should we plan for this in the Colbert area or just provide transport links to other areas of the city?

What can we do to encourage our students to live in Limerick long after they have finished their studies?

If we take a wider look at the Mid-West region with data from the CSO, people in the Mid-West are living longer - which is good news. Looking at demographics out to 2036, in the Mid-West people aged 65 and over are expected to increase by almost 50,000, with over 85s expected to increase by 12,000. Limerick is no exception.

What should we plan for better age-friendly accommodation with services within walking distance? There must be a better answer than right-sizing to a nursing home.

ISN'T IT ABOUT TIME WE DISRUPT THE



HOUSING MIX AND LIVED MORE SUSTAINABLY?

To remain resilient in the face of climate change imperatives, Limerick could be a real 21st Century city with 300,000 inhabitants within the existing city footprint. But what would this mix look like?

Since independence, Ireland has a history of building housing estates in suburbs or one-off housing surrounding cities rather than high density homes in the city centre. Limerick started even earlier than that once the development of Georgian Limerick was aborted with low density housing close to the city centre. This means unhealthy increased reliance on cars and long and frustrating commutes for people on their way to work and dropping children to school.

Is Limerick ready to lead by challenging these norms and supporting high quality density in the city centre, following the success of European examples such as Copenhagen, Amsterdam and Barcelona?

From the 2016 census almost one quarter (23.5%) of Irish households were single person households. Three-bedroom houses do not cater well for these people. Examining the social housing list for Limerick City and County in 2019, 50.2% of people on the waiting list are single person applicants.

Can we recommend high-quality apartments that would use our city centre's limited space more effectively than three-bedroom houses can?

IS TRANSIT ORIENTED DEVELOPMENT (TOD) THE ANSWER?

TOD involves developing vibrant, compact and liveable neighbourhoods where people can walk between their homes, their workplace and their social activities and benefit from high quality public transport.

A good example of TOD is one where inhabitants aren't laden with the expense and need of having a car. The AA says the average annual cost of running a family car is

almost €11,000.

Is Limerick supportive of the idea of developing neighbourhoods where inhabitants don't need a car?

What facilities are required in Limerick to make TOD a success? How can better public transport play a role? Is it time for Limerick to invest in a suburban rail system or will protected cycle lanes work in the interim?

THE CASE FOR COMMUNITY, SCALE AND AMBITION

Great cities comprise interconnected neighbourhoods, each with its own distinct vibe and feel.

What do we need to do to build a sustainable affordable community for Colbert? A site of this size requires expanding our thinking and ambition to achieve a scale of development like when Robert Pery developed Newtown Pery's Georgian quarter.

What do Limerick's ambitious inhabitants see in the new neighbourhood? What does community look like to you? What should this site have? How should the neighbourhood interact with the older neighbourhoods which surround it? And with the villages and towns in the rest of the county and the Mid-West?

In short, we need your help to imagine what people should see as they arrive by bus or train to Colbert Station and when they step outside into this new Limerick.

We want to put forward the right ideas when we are asked next month - so please give us your views and help us to design and build the right kind of city centre that will serve us all for generations to come.

The public consultation is open until 5pm on the 28th of February. Email submissions of 500 words or less should be sent to limerick.colbert@lda.ie

OSS makes 'safe space' work for you

The phone rings: "We've had an accident...Can you help us?"

"Thankfully we don't get this call very often, but it has happened, and it is a very sobering experience," says Ned O'Dwyer, managing director of OSS.

O'Dwyer Safety Services Ltd, known as OSS, have been providing health and safety services to Limerick's business community, and nationwide, for 20 years.

Limerick has seen a lot of change in that time and OSS is proud to have been a respected service provider to many established organisations and institutions while also supporting many new and developing SMEs across the whole business spectrum.

"We are also proud to have been involved in several key local construction projects during that period including the Limerick Main Tunnel, Regeneron's construction projects, Limerick City and County Council housing refurbishment, the Gaelic Grounds refurbishment, Munster Rugby Centre of Excellence, the New Limerick Courthouse, Thomond Park



Health and safety is still seen by some as a paperwork burden, but, approached correctly, as by OSS, it puts the focus on people

redevelopment and Limerick's Ring Road," says Mr O'Dwyer.

Reflecting on the maturity and the development of Limerick's business safety culture, he adds, "We recognise that some organisations have thoroughly embraced managing their health and safety risks and made major improvements, whilst others still have an attitude that health and safety is "not a priority" and that it will all be

grand... until something goes wrong!

"Health and Safety is often seen just as a paperwork burden and, while it can be if not approached correctly, the focus of any effective health and safety management must first and foremost be about the people at work."

The Health and Safety Authority's vision of "healthy, safe and productive lives and enterprises" is a shared vision that OSS hopes all Limerick businesses adopt.

managing these dangers effectively and efficiently in your workplace?

"Providing practical work processes and training helps develop employees' personal skills that can be applied not just in the workplace but also in everyday life."

Most of us know of someone with a "bad back" or a "workplace injury" and how it has affected their everyday enjoyment of life. Prevention is always better than cure. Providing your employees with hands-on health and safety tools and training such as work planning, the safe use of work equipment, task-specific manual handling, the know-how to implement emergency plans, applying first aid techniques and reporting and communicating dangers in the workplace are all the basic tools to promote workplace behaviours that reduce everyday risks to employees.

Regular health and safety consultation with your workforce and planning together how to best manage the dangers at work is common sense, but how many organisations actually

incorporate this common-sense process into everyday work practices?

Fortunately, if your business is not currently top of the class in health and safety and might need some support or improvements, OSS is ready and willing to assist. Getting practical health and safety advice is an essential part of every successful business and OSS is committed to providing our clients with workable, professional health and safety resources that are designed to meet their specific business needs.

Not sure where to start or what you need? Call or email OSS to book a safety consultation and join the growing list of Limerick businesses striving for Health and Safety excellence.

OSS, Unit H2, Eastway Business Park, Ballysimon Rd, Limerick V94 WC64 T: 061 422207; M: 087 6162564; E: info@oss ltd.ie; Web: www.oss ltd.ie



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- IOSH Managing Safely
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- Construction Project Safety • Safety Officers • Safety Advisors
- Safety Audits • Site Inspections • PSCS/PSDP Roles • Method Statements



Giving life to vision for Limerick

A time of great opportunity for Limerick that Limerick Twenty Thirty is determined to make the most of

If 'start as you mean to go on' is the barometer for Limerick Twenty Thirty – or LTT as it's becoming known as – then the city and region's future is being sculptured very finely based on evidence so far from this fledgling company.

It's still just over three years since this special purpose vehicle was created by Limerick City and County Council to revitalise disused but pivotal and high-potential commercial sites.

But in that time, it has not alone made the progress it said it would but it's done so to a standard that is giving the city and region a new edge in a competitive market place for investment.

The Gardens International project is the flag bearer not just for LTT but for the city and region in terms of this new standard.

Built to 'LEED Gold' standards – a benchmark for sustainability globally – the 100,000 sq. ft Gardens International was completed and in the spring after an 18-month build and by year-end it had already claimed top national

architecture awards.

Top of these was the 'Design Project of the Year' at the KPMG Irish Independent Property Industry Excellent Awards 2019 in December, just a day before it won the 'Architectural Project of the Year' at the Irish Building & Design Awards 2019. Those awards came hot on the heels of Gardens International's success in the Royal Institute of the Architects of Ireland (RIAI) annual awards, where it won the 'New Build Workplace' category in May.

Gardens International is by no means the sum total of LTT's activity. Last year it procured consultants to assist in its development of the Cleeves Riverside Quarter – an iconic site of approximately 10 acres located on the northern bank of the River Shannon in Limerick City Centre. The Opera Site planning application was lodged and a decision is eagerly awaited. LTT also continued its work on master-planning the 60-acre Mungret residential site, which will comprise 250 housing units in phase 1 and up to 850 in total.

Troy studio, another LTT project, is already completed and evidence of the innovative approach LTT has to these sites, with the establishment there of a new knowledge base for the film industry in Limerick, currently employing over 500 employees.

Said David Conway, CEO of LTT: "Last year was an exciting year for us. We were



Gardens International has represented a positive start to the work of Limerick Twenty Thirty

only three years into our existence and we had our first major build completed. We set out to develop it to a really high standard so that we could attract top companies to it and the signs are on; last month global leader in regional aircraft leasing NAC officially opened its new offices there.

"Our next major build will be the

Opera Site, which will be the single biggest single commercial project ever undertaken in Limerick. We will develop that to the same high standards as Gardens. That's the ambition we have for Limerick. It's a time of great opportunity for Limerick and we're determined to make the most of it."



LIMERICK TWENTY THIRTY



TRANSFORMING LIMERICK

Gardens International, Opera, Cleeves, Mungret, Troy Studios

MIC's key role in Limerick's success

Mary Immaculate College (MIC) occupies a unique position in the third-level landscape, boasting a 94pc student retention rate, reflecting MIC's innovative and vibrant community, distinguished by highly responsive student support services and excellence in learning and research.

Now a multi-campus institute MIC's over 5,000 students, across the Faculty of Arts and Faculty of Education, enjoy conveniently located campuses in the heart of Limerick City and Thurles town.

As an influential Higher Education Institution in Limerick and the region, MIC is a key member of the implementation group of the Mid West Enterprise Plan and steering group of the Mid West Regional Skills Forum.

As such it is keenly aware of the requirements for development of enterprise in the region.

MIC works to deepen linkages and further develop collaboration between public and private sector



Its vibrant Limerick city campus is one factor in MIC's high student retention rate, alongside strong student support and excellence in learning and research

bodies in the region, between enterprise and the education sector, delivering the skills agenda for Limerick and the wider region.

According to Dr. Maeve Liston, Director of Enterprise and Community Engagement, "MIC is committed to growing and intensifying our links with enterprise and industry and all other education providers both nationally

and regionally in building the skills needs required at all levels.

"Educational providers in the region and within the Mid-West Regional Cluster have expertise in a variety of different sectoral niches and through working together are making a significant impact in the area of skills needs and shortages."

Further details available at www.mic.ie

Keep it under control with Trackplan

Trackplan Software, providers of CAFM (Computer Assisted Facilities Management Software), achieved another milestone in its swift rise, taking the "Innovation in Technology and Systems – Providers" category at the annual Facilities Management Awards in Dublin recently.

The judging panel, consisting of eight experienced professionals from organisations including Arup, The Bar of Ireland, Dalata Hotel Group, JLL and LinkedIn, was impressed with the progress Trackplan has made since winning Start up of the Year in Limerick in 2017 and 2018 with Enterprise Ireland and the Local Enterprise Office.

Trackplan based at the Harnett Centre, LIT, is another successful graduate of the New Frontiers Programme and now has clients from across the World including:

- the Australian Open,
- Talleys, largest food producer in New Zealand



Mark Cochrane, Trackplan

- Cumberland Farms in USA with over 500 food retail stores
- Individual Restaurants with 50+ upmarket restaurants in UK.

The software helps organisations manage their reactive and planned maintenances, their engineers, contractors, buildings and assets.

Differentiating features include their three mobile apps for managers, contractors and clients and the electronic forms allowing users to design their own forms for inspections, meter readings, surveys etc.

See www.fmawards.ie/shortlist and www.trackplanfm.com

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- M Ed in Leadership of Wellbeing in Education
- M Ed in Educational Leadership and Management
- M Oid san Oideachas Lán-Ghaeilge agus Gaeltachta
- MA in Education and the Arts (META)
- MA in Education and Well-being of the Older Person
- MA in STEM Education
- MA in Music Education
- Graduate Diploma / M Ed in Adult and Further Education
- Graduate Diploma / M Ed in Information and Communication Technologies in Primary Education
- Graduate Diploma / M Ed in Special Education Needs
- Graduate Certificate / Diploma / M Ed in Professional Studies in Education
- Graduate Certificate/Graduate Diploma/M Ed in Middle Leadership and Mentoring in Primary and Post-Primary Settings
- Graduate Certificate in Autism Studies

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- Structured PhD in Contemporary Irish Studies
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- MA sa Ghaeilge
- MA in History
- MA in Local History (with UL)
- MA in Media Studies
- MA in Modern English Literature
- MA in German Language and Culture in Europe
- Graduate Certificate/MA in Christian Leadership in Education

PHD & MA BY RESEARCH AND THESIS IN THE FOLLOWING LIBERAL ARTS DEPARTMENTS

Drama and Theatre Studies; English Language & Literature; French Studies; Gaelige; German Studies; Geography; History; Mathematics and Computer Studies; Media & Communication Studies; Music; Philosophy; Psychology; Theology and Religious Studies.



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www.mic.ie

Major investment sees Cube offer full package

Cube now offers clients full turnkey solution to printing and packaging needs

KEVIN CORBETT

kevin.corbett@limerickleader.ie

Gaining an edge in business is more than just spotting an opportunity and making a bold investment, it's about timing too.

Following a substantial investment by his business Cube in cutting edge printing technology, Brendan Ring received a large order from a company supplying surgical masks to the international market, which has exploded due to the Coronavirus.

It was a timely reminder of the influence of global events on local businesses too, Brendan reflected, speaking to Limerick On The Up, when he revealed some €750,000 had been laid out to expand the packaging division at Cube.

Having handled the design and pre-press of packaging products before, they had previously been outsourcing the rest of the job for completion. But that has changed.

"We bought two new pieces of kit, worth around three quarters of a million euro and we have taken on four new people," Brendan said this week.

"What the machines do is they die cut that printed image for a carton or sleeve or outer packaging, and then fold and glue the item to make a finished product."

What previously was being outsourced, primarily to Dublin where the main finishing houses are, is now all done in-house

"We noticed a niche in the market because here in Limerick and the Mid-West area there wasn't anyone doing what we're now doing - providing that full turnkey solution for the packaging industry.

"Also we realised you lose a bit of control when you send something out, from a quality point of view. Being able to meet delivery times is another factor."

So the company spoke to a few of its customers, told them it was making a big investment and wanted their support and has received a positive response.

As of January, the orders started rolling in.

Given the size of the investment in the Easy Matrix Die Cutter and a Diana Go Folding and Gluing Line, there is a long way to go but the immediate response has been



most encouraging.

The misfortune of a global medical alert has played its part in that.

"We had been talking to a company about doing their packaging for quite a while," says Brendan, "and they had a big surge in demand for their masks because of the outbreak of the Coronavirus, so we got a substantial number of orders from them in the new year to keep up with their production."

"Even though they had a primary supplier, we were glad to be able to come in and support the upturn in their business and work with them going forward."

"But that demand came purely speculatively even though we had been speaking to them, opportunistically, I suppose, on the back of the outbreak."

Cube has been on the go since 1996 and grown to around 40 people. Four more have been taken on following this new investment and Brendan is hopeful it will lead to further employment.

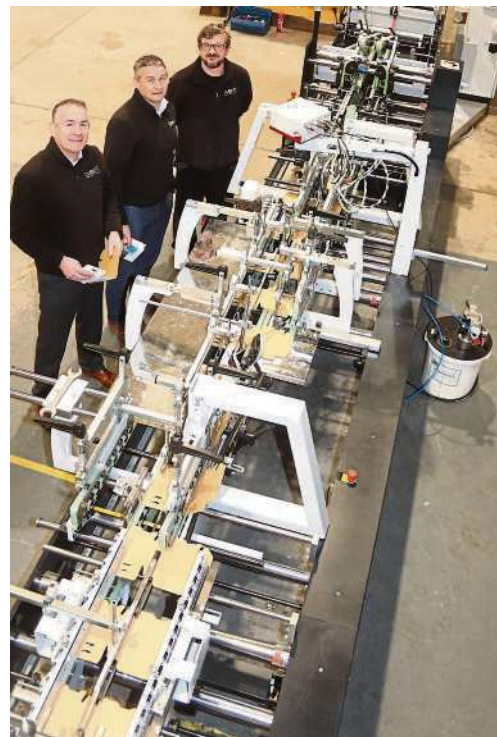
"This is a great addition to our company because it provides the complete supply chain solution for our customers. What you notice in the packaging market is lead times are very long."

"The guy that needs short runs, tens and twenty thousands of units can't get them on time - they're probably waiting 12 to 16 weeks. There is a lot being imported from China and the Far East to service this, but now we can say that here in Limerick there is a real solution to this."

"In our experience in the industry, there is a big issue

Above and right Brenda Ring and TJ Ryan, Cube Printing show off the company's new equipment, which has enabled them to take their offering to a whole new level. Also pictured right is Less Szafran of Cube

PICTURES: MICHAEL COWHEY



Now we're able to say you can get cartons on short runs when you need them, on time and for a very competitive price

BRENDAN RING

about minimum order quantities, quick turnaround and on-time delivery and we've got that reputation from our past experience in printing to provide for that.

"Now we're able to say you can get cartons on short runs when you need them, on time and for a very competitive price, you don't need to be holding large volumes of stock or having long lead times coming in outside of Ireland, that's the niche we're going after."

"Embracing the new technology at the cutting edge of printing is an important part of that and we're looking to do as much business with Limerick as possible."

Call for social entrepreneurs in Limerick to pitch for share of €3.2m fund

Applications are now open for a fund, which can help social enterprises in Limerick to tackle important social issues through entrepreneurship and trading.

The Social Innovation Fund Ireland (SIFI) has an open call out for projects at present under its Social Enterprise Development Fund strand.

A €3.2 million fund, which will be delivered over four years: 2018 - 2022.

The objective of the fund is to find and back social enterprises that add to the social and economic fabric of their community by way of social impact.

The applicant must be a social enterprise with a not-for-profit legal form. Social enterprises are defined as organisations that:

- Have a clear social mission and make a social impact

- Generate income from goods or services

- Reinvest any surplus into achieving their mission

- Are separate from government or state agencies

In 2020, the Fund offers up to 16 awardees a) cash grants and b) places on the accelerator programme

The Fund will support up to 16 social enterprises with cash grants and a place on the Accelerator Programme.

- Two social enterprises will receive a cash grant of €50,000 each

- Two social enterprises will receive a cash grant of €30,000 each

- Two social enterprises will receive a cash grant of €20,000 each

- Up to ten social enterprises will receive a cash grant of €10,000 each

All successful applicants will win a place on Ireland's only National Accelerator Programme specifically designed for social enterprises.

The Accelerator Programme is designed to equip the social enterprises with the tools and techniques to expand their business skills and deepen their impact within their communities and across the country.

It provides training from best-in-class experts across the private, non-profit and public sector. Training is provided across a range of functions including strategic planning, impact measurement, finance management, governance, business modelling, pitching, storytelling and more.

The Accelerator Programme also includes the financing of business and mentoring supports tailored to the needs of each organisation, such as market research, marketing plans and online impact strategies.

For those social enterprises that are unsuccessful The Genesis Programme will provide support to social enterprises who do not receive a cash grant. The attendees for the programme will be selected across Ireland, ensuring that the Social Enterprise Development Fund offers support to social enterprises in every Local Authority area.

For more information about the Social Innovation Fund Ireland in general and the specific funds that are currently accepting applications, visit socialinnovation.ie.

WINDOW OF OPPORTUNITY

Right at home: How Edwards Lifesciences settled on Limerick and made itself part of the community

One of the high points of the last 12 months was the announcement by US medical technology firm, Edwards Lifesciences that it was to invest €160 million in a new technology plant in Limerick.

Apart from creating 600 jobs, this development will position the Castletroy-based facility as part of the organisation's international manufacturing network.

General manager of the local plant, Nathan Tenzer outlined to Limerick On The Up the appeal of locating their headquarters here.

Mr Tenzer, who has worked with Edwards Lifesciences for more than 17 years, says that many factors were taken into consideration when selecting the location of the plant.

"We weigh multiple factors, such as a site that will allow us to produce close to where products are utilised, a location that offers advantages for our supply chain, and a good academic infrastructure.

"Limerick offers us all of these, but most importantly, it allows us access to a highly-talented workforce," he points out.

"The people who make these technologies need to have a high level of care and diligence, and in this context, the level of education and training in Ireland is very attractive, and that is a major reason why we selected the Mid-West location."

Headquartered in California, USA, and employing more than 14,000 people internationally, Edwards Lifesciences is the global leader in patient-focused innovations for structural heart disease and critical care monitoring.

"We manufacture minimally invasive heart valve repair and replacement technologies," says Mr Tenzer.

"These technologies mean that fewer people need to have major surgery, which has a hugely beneficial impact on the quality of life of patients."



Main picture and above: Volunteers from Edwards Lifesciences at work in local GAA clubs. The company encourages employees to participate in charitable work in the community

PICTURES: DIARMUID GREENE

Edwards Lifesciences - key facts

■ €160m investment in technology plant in Limerick

■ Set to create a total of 600 jobs once fully operational in 2021

■ Currently employs approximately 90 people in the Mid-West

■ Edwards Lifesciences is

over 60 years old, celebrating the 60th anniversary in 2018

■ Edwards Lifesciences continues to lead the field of tissue replacement heart valves and repair products and advanced hemodynamic monitoring, which have helped treat and manage more than 2 million patients worldwide



Nathan Tenzer, general manager: Limerick maintains the connectedness people value in a smaller community

Edwards currently employs approximately 90 people in the Mid-West, with the workforce expected to grow ahead of the new plant's completion in 2021.

"This is an exciting time to be a part of the Edwards team in Ireland," he adds, highlighting the fast pace at which the organisation is growing worldwide and the opportunities provided to its employees.

"We are building a state-of-the-art facility that will house some of the most exciting technologies in the industry," he continued.

Since establishing a presence in the mid-West, Edwards Lifesciences have actively engaged with the local communities both in Clare, where they have an initial site in Shannon, and in Limerick.

"Playing an impactful role in the communities where we live and work is hugely important to Edwards.

"We encourage all of our employees to participate in charitable work and to do what they can to support initiatives that are important to them."

Edwards have built a strong relationship with the GAA since arriving in the mid-West having identified four GAA clubs in the region and donating €10,000 to each.

Mr Tenzer is passionate about Limerick: "Limerick seems to have everything, while still maintaining the connectedness that people really value in a smaller community."

"I think we are going to see major development in Limerick over the coming years and we are excited to be a part of it."



Regeneron, Ireland's leading biotechnology company, donated €20,000 worth of food and household goods to four Limerick based non-profit organisations - Novas, Peter McVerry Trust, Mid-West Simon Community and Focus Ireland. Pictured are Theresa Shanahan, Peter McVerry Trust, Catriona Collins, Simona Coppola, John Tornsley, Pat Wixted, Robert Healy, Shane O'Grady, Pat O'Donnell, Jack Kissane, Regeneron and Marie O'Mahony, Peter McVerry Trust

Regeneron's community spirit

Part of Limerick life:

As well as financial contributions to local good causes, Regeneron staff donate countless volunteer hours in Limerick each year

Regeneron, Ireland's leading biotechnology company, donated €20,000 worth of food and household goods to four Limerick based non-profit organisations - Novas, Peter McVerry Trust, Mid-West Simon Community and Focus Ireland.

The much-needed supplies were purchased by Regeneron and delivered by employee volunteers on Friday, January 31, to help the charities at a time of year when donations are traditionally at their lowest.

The donations were based on the specific needs of each charity.

Peter McVerry Trust and Mid-West Simon Community received both food and supplies of cleaning goods and hygiene products. Peter McVerry Trust will use the goods to support their recently housed service users and

the donation to the Mid-West Simon Community will be distributed via their weekly food bank to their community clients and to families currently living in their emergency family hub.

Novas received a month's supply of meat for its kitchen staff to prepare nutritious meals for 40 clients living in Novas' McGarry House and 30 clients living in their night shelter. Regeneron also provided non-perishable and frozen food that will be distributed through Novas' family service.

In December, Regeneron supported Focus Ireland's annual Christmas lunch event, which catered for 60 people, and has in this instance provided over 40 different household items to be used at the organisation's family emergency hub, ranging from 128 bottles of washing-up liquid to 108 tubs of baby formula.

Speaking about the charitable donations, Niall O'Leary, vice president and Site Head IOPS, Regeneron, said; "Regeneron is committed to the local communities in the region. In addition to our company's financial contributions, our people work tirelessly throughout the year volunteering for local charities, schools and community programmes."



Conor Leahy, Mid-West Simon Community, Carmel Clancy and Claire Brooks, Regeneron



Pat Breen, Minister of State for Trade, Employment, Business, EU Digital Single Market and Data Protection pictured at the official opening of the new offices of Azpiral in The National Technology Park in November. Also pictured were John Ryan, financial director, Ann Slattery, senior development advisor, Enterprise Ireland. Richard Gubbins, CEO of Azpiral, Kevin Nolan, sales director and staff of Azpiral PICTURES: DON MOLONEY

Taking customer service to new heights online

Clicks and coupons: Loyalty software company, Azpiral, is firmly grounded in Limerick as they go for growth in European markets

Azpiral is an Irish software company, located in Limerick, specialising in loyalty programme software. All aspects of Digital Customer Engagement are managed through Azpiral's integrated loyalty platform, AzpiralPRO.

Founded in 2005 by Richard Gubbins, Kevin Nolan and John Ryan the company has grown from strength to strength working in the forecourt and convenience, pharmacy and B2B sector.

Recently the company has been successful in acquiring high-profile brands in the forecourt and convenience sector in European markets. Major fuel group AVIA Netherlands, which is part wider group AVIA International, is their latest client. AVIA Netherlands loyalty programme ViaAVIA launched in November and so far, has over 30,000 registered members.

As well as growing their impressive client list and continuing to develop the capabilities of their integrated loyalty platform, AzpiralPRO, Azpiral recently opened their new offices in The National Technology Park, Castletroy.

Azpiral has a vibrant workforce made up of software developers, quality assurance, marketing, sales, account management, admin



Minister of State Pat Breen speaking with Ann Slattery, senior development advisor, Enterprise Ireland and Richard Gubbins, CEO of Azpiral

and contact centre teams.

Azpiral's move to their new office space is yet another sign of progress for the company. The new office space is a hub for collaborative thinking and innovation. Its open-plan layout leads to better communication within the company. The offices are designed in branded colours and the Azpiral logo is featured throughout the offices giving a strong branded message to employees and visitors to the offices.

Speaking about the new Azpiral offices Richard Gubbins, CEO of Azpiral said, "It's a great honour to officially open our new offices. This is another milestone in our company's progression which is a result of the collaborative work which goes on every day between our great employees

and great customers. This new space embodies our brand identity and ethos."

Ann Slattery, Senior Development Advisor, Enterprise Ireland said, "Enterprise Ireland's mission is to partner with innovative Irish businesses looking to scale internationally. Azpiral is a great example of an Irish internationally traded services company with global ambition, competing and winning sustained business in overseas markets. Enterprise Ireland looks forward to continuing to support Azpiral's growth ambitions as they expand their footprint in the Eurozone and beyond, strengthening their customer base internationally and continuing to sustain and create jobs here in the Limerick region."



Powering Digital Customer Engagement

Azpiral, creators of Ireland's leading integrated loyalty platform, AzpiralPRO, bridges the gap between online and in-store customer experience, gives businesses a clear understanding of their customer's behaviour and connects brands to their most loyal customers.

Interested in a demo of the AzpiralPRO, contact azpiral:

e: info@azpiral.com

w: azpiral.com

t: +353 61 633 355



More than a sporting chance of a great career if you give engineering a try

Showcase: Shannon Airport the venue for Limerick For Engineering expo where a world of opportunity awaits students and apprentices

Engineering is for everybody and manufacturing and engineering companies are a huge source of employment and career options in the mid-west region.

Limerick for Engineering, a consortium of engineering companies and education providers, is presenting an interactive showcase in Shannon Airport next week.

The free event, now in its fifth year, encourages students to take up engineering as a career - through third level studies or via the apprenticeship route.

By visiting the showcase students will be able to participate in autonomous vehicle demonstrations, bridge building, robotics, aviation design, welding and medical device design.

Engineers and apprentices will be on hand to demonstrate the new technologies, to advise on career options and to enable interactive, hands on participation on engineering projects.

Keith Greville, associate director, ARUP commented, "Engineering is an exciting career, providing opportunities to travel internationally, rewarding employment, continuous development and a chance to make a difference in the world.

"As a civil engineer myself I have had the opportunity to travel the world and work on some major engineering projects and I'm delighted to get involved with the #LimerickForEngineering objective of attracting more young boys and girls into this wide and varied profession."

Keith's ARUP colleague, Limerick hurler Graeme Mulcahy, is a project manager on some of the company's major engineering jobs.

Along with his team mates he is delighted to get behind Limerick for Engineering this year and encourage budding engineers from all backgrounds to get along to the showcase.

Graeme is recommending that everyone goes to visit and partake in the Engineering Demonstration PODs which are new to the showcase this year.

The PODs allow attendees to get hands-on experience and learning to truly understand what all the different types of engineers in the



Pictured above on a break from training at UL to help launch the Limerick for Engineering interactive Showcase were, from left Laura Willis, UL Engineering Student and Intern at ARUP, Daniel Daly, Structural Engineer at ARUP, Munster squad members - Jack O'Donoghue, Niall Scannell & Billy Holland (Mechanical Engineer) with Keith Greville, Associate Director at ARUP



Right: Graeme Mulcahy, Kilmallock, Keith Greville, Civil Engineer with ARUP, Jerome Boylan, Na Piarasigh and Paddy O'Loughlin, Kilmallock lending their support to Limerick for Engineering Showcase which takes place on March 5

world do.

According to Graeme, "Jerome and Paddy were so impressed with what is planned for Shannon Airport that both are considering changing careers!"

This year's event should be particularly interesting with the introduction of the Engineering Demonstration PODs that will allow students get a real interactive feel for the world of engineering.

There should be something for everyone as the PODs will cover Autonomous Vehicles, Robotics, Civil & Environmental Engineering, Aeronautical & Mechanical Engineering and Medical Devices."

Jack O'Donoghue from Munster Rugby (a qualified Chemical Engineer) said, "We have a few engineers on the team, good on their feet and good to think outside the box, that kind of thing is needed in problem solving and how to overcome our opponents.

"We would encourage students and their families to attend the Limerick for Engineering Showcase Event to learn more about engineering. Their goal of attracting young people into this profession can only be positive for the region and we in Munster rugby support that."

The Limerick for Engineering Showcase is a free event, open to all curious about a career in engineering. It takes place in the departure lounge of Shannon Airport on Thursday March 5 from 5.30pm to 8.30pm.

There will be over 50 local engineering and manufacturing companies along with education providers on hand to give advice and guidance on anyone interested in a career as an Engineer and all the exciting opportunities that exist locally.

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Limerick on the up: monthly highlights of the past year

January



LIMERICK's hotel sector enjoyed a massive 119% growth in 2018, a conference in the city was told - the highest growth rate nationally. Business in Limerick from the North American market also shot up 257%.

February



Regeneron announced plans to pump another €200m into its operation in the Raheen Business Park. Niall O'Leary, manager of the vast Limerick plant, which lies on the former Dell factory site, revealed the firm is planning to expand by 240,000 square feet, or 50%.

March



Limerick City and County Council formally announced its intention this month to seek approval to start work on the €180m Project Opera scheme. The application went straight to An Bord Pleanála due to its strategic importance.

April



Global leader in medical technology innovations, Edwards Lifesciences Corporation announced it is to invest €160m into the construction of a medical technology plant in Limerick city. It projected the creation of around 600 jobs once the facility is opened in 2021.

May



After a vigorous campaign, Limerick passes a plebiscite to have a directly elected mayor, elections for which are slated to be held by 2022. The elected official it is hoped will give Limerick top level access at government level and allow the city to take control of its own destiny.

June



Limerick hurlers followed up their Allianz league over Waterford by trouncing Tipperary in the Munster final. The boys in green now held all three of hurling's major trophies

July



Limerick got an unexpected publicity boost when Greg O'Shea from Corbally won the hugely popular reality TV show Love Island. The rugby sevens international swooped in on the last couple of weeks and took the prize and with his charm helped put Limerick on the map.

August



More priceless PR for Limerick in the shape of Adare Manor's announcement as the host venue for the 2026 Ryder Cup - one of the world's biggest sporting events. We also won the Rose of Tralee!

September



The first esports research lab in Ireland opened at Lero, the Irish software research centre in UL tapping into the booming online gaming phenomenon.

October



Finance Minister Paschal Donohoe's Budget for 2020 included a boost for Shannon Airport, with the base set to benefit from a route development fund.

November



UL launched its strategic plan announcing the creation of 330 additional jobs and the recruitment of further 4,000 students in the coming five years. Plans for its city centre campus were also unveiled

December



After huge local pressure, RTÉ deferred its decision on the relocation of its Lyric FM studios from Limerick, following a request by the Government.

Making waves in water innovation

Over €2m has been invested in R&D at its Limerick base as **Central Solutions** takes on one of the world's pressing questions

The data on water scarcity continues to be sobering and the drought conditions of 2018 has brought this issue into stark relief.

But Ireland is not alone in facing this challenge. The UN estimates that water demand will outstrip supply globally by 2030.

Central Solutions is actively addressing this challenge at both national and international levels by leading world-class R&D initiatives and developing innovative water stewardship programmes and tools to deliver a sustainable water future for all.

The company originally started out as a high-end programme development and delivery partner for corporates and public agencies in the areas of Digital Business, Operational Excellence and Sustainability.

But over the last 10 years, the team has focused on the delivery of corporate water stewardship products and services on the back of a greater than €2 million investment in advanced R&D at its Limerick base.

"Limerick has been part of the Central Solutions success story since the firm opened its headquarters in the National Technology Park in 2004."

That's according to the firm's CEO Ken Stockil, who has overseen this transformation at the company which culminated in the recent launch of its new Integrated Water Management Service, the 'SmartWater.ie™ Platform', to the Irish industrial water sector.

A key ingredient of Central Solutions' success to-date has been its collaborations and partnerships with both national and international stakeholders including Irish Water, the Environmental Protection Agency (EPA), EWS,



We have devised, developed and started to deliver a series of national support programmes including the Irish Water 'Certified Water Steward Training Programme' which will be launched nationally early this year

**KEN STOCKIL, CEO
CENTRAL SOLUTIONS**



AWS, Bord Iascaigh Mhara, SEAI and the Large Water Users Community of Practice.

"We have devised, developed and started to deliver a series of national support programmes including the Irish Water 'Certified Water Steward Training Programme' which will be launched nationally early this year".

The team has also secured EPA Research Funding for a large-scale Industrial Water 4.0 project with multinational partners in Ireland and Germany. "This comes at an exciting time in the company's development and is a strong endorsement of our growing reputation as one of Europe's leading corporate water stewardship firms."

All of these initiatives have been years in the making, are anchored in extensive R&D and form the platform for significant growth of the Limerick company over the next three years, "as we scale up these national programmes with our partner organisations and replicate the success internationally".

Mr. Stockil went on to highlight that further expansion is on the horizon and the company is 'hiring for a variety of professional positions in Water, Research Consulting and Training".

"We can see why Ireland's third-largest city is such an attractive destination for professionals. With a shift towards positive work-life balance and quality of life, and an average commute time of under 25 minutes, Limerick has so much to offer. All of the conveniences of a large city, whilst being the gateway to the stunning Wild Atlantic Way."

For more information, see www.central-solutions.com/careers.

Join Our Team

Current Opportunities:

- Industrial Water Specialist
- Training Services Manager
- Business & Technology Consultant



Central Solutions
lead. learn. sustain.

www.central-solutions.com/careers



Doody's enterprising business boost

Support: Family outfit has felt benefit of Local Enterprise Office's expertise

RYAN O'ROURKE

Ryan.orourke@limerickleader.ie

A FAMILY run business in West Limerick has been enjoying the benefits of some government support through the advice and influence of the Local Enterprise Office.

Doody Engineering, based in Abbeyfeale, have used the funds and mentorship available to expand their business.

"It is a family-run business. We have been open for 40 years. It would have been general Ironwork and agricultural trailers, that would have been what the company, which my father set up, started as," said Chris Doody.

"The problem with that kind of work is it would often have been seasonal. So that led us on into moving towards working with Kostal, and those kind of places. Moving from agriculture, coming into the industrial and manufacturing industries," he added.

The business, which has six employees, used the Business Expansion grant made available to them to expand the company.

"Bernie Moloney from the Enterprise Board arranged a meeting. She called out to the workshop just to touch base with us really, and to see where we are at. She did a business analysis with us, to get into the nitty-gritty of what supports we had, where we were going, what was our medium-term and long term strategies.

"We got an expansion grant to buy the new machinery. So we were able to buy a new CNC milling machine which has let us go and reach out, to diversify our range of services to not just fabrication. We can now go for the precision engineering work."

However, it wasn't just funding that was a benefit to Chris and his team, who were also introduced to the LEAN programme, which was run by John O'hanahan.

"They set us up with marketing mentors to



Above: Paul, Matt and Chris Doody pictured at their premises in Abbeyfeale



Left: Hard at work in the Doody's workshop

PICTURES: MICHAEL COWHEY

increase sales. They also got us on the LEAN programme. The LEAN programme looks at how to make improvements in your business on everything from how the whole floor is laid out, and just make it more efficient.

"But also the business side of things, how you quote jobs, how you track your jobs and all this other stuff.

"It's been fantastic. You know I think when they reach out to you like that. We've been so used to being here on our own, doing our thing, we don't really get a chance to kind of get the head out of water or do a self-assessment."

The company has felt the benefits first hand, and Chris says that in the future this growth could lead to more employment in the area. "Now that we have got the help from the enterprise board, we will expand our range of services, and we can try even down the road to expand and employ more people."

Onwards and upwards for legal firm Sellors

IT'S been a busy year for Sellors Solicitors, with the firm having just completed the finalities of its merger into one office in Glentworth Street - with staff also landing a high-profile title.

And 2020 is already looking positive for the company, with a further acquisition, that of McMahon English Solicitors now confirmed.

Managing partner Stephen Keogh said, "The firm is built around four pillars: private client; commercial; litigation and commercial properties.

"We've built the company around these four pillars by making sure we have expertise in these areas. By

putting in the expert solicitors in each areas, we differentiate ourselves from other firms.

"You know you're dealing with someone who is practicing in a certain area every day of the week."

It was 2015 when Sellors merged with FB Keating, and Mr Keogh said almost five years later, things are starting to come together.

"The big achievement for us internally was the merger project we put together in 2015 was very much a five-year plan. But actually what happened in 2019 was it all started to come together. It's like as if we knew we had to climb a mountain. In 2019, it finally started to feel like we

Pictured at a fundraising coffee morning were Stephen Keogh, managing partner, Sellors, Miriam O'Connor, partner, Kate Sheahan, St Gabriel's and Ian Sheehy, partner



were getting the wins, it was starting to work for us."

Now, Sellors has 40 staff in a converted Georgian building in Glentworth Street, something Mr Keogh admitted was a culture

change for some staff.

"But it's worked really well. We've seen people are collaborating more, communicating more. That's worked well," he added.

From an external point of

view, Sellors' win in the Munster Law Firm of the Year award stands out.

Mr Keogh said: "For the company and the people here, it has been absolutely fantastic. When we decided to set about this project, a big group of people in the firm jumped on the train so to speak and came with us. It was a big ask and a difficult journey - a lot of late nights. At times, we stopped and asked where we were going. But when you get awarded, it's a way of showing all the work has paid off."

Sellors Solicitors has, this year, also secured the key Q9000 quality mark, another big achievement, according to the managing partner.

As for 2020, Mr Keogh said the goals are to continue to strengthen the firm's presence in the Limerick and Mid-Western market.

Mr Keogh is building a company with that vital mix of youth and experience.

"One thing unique about us is we are embracing technology and while we are investing in our young solicitors, we absolutely respect the older generation. We have former partners who have retired and are consultants with us. The solicitors joining us from McMahon English are at the end of their careers. But they bring with them a huge amount of expertise," he concluded.

Oifig Fiontair Áitiúil Luimneach

Local Enterprise Office Limerick

Local Enterprise Office 

Making It Happen

Are you thinking of starting a new business or seeking to grow your business in 2020?

WE'RE READY IF YOU ARE

To contact your Local Enterprise Office;

Telephone 061 557499



Pre-Start

Start

Grow

LocalEnterprise.ie/Limerick
Making It Happen

SUPPORTS FOR SMALL BUSINESSES

The Local Enterprise Office Limerick provides a range of financial supports designed to assist with the establishment and or growth of small scale businesses in Limerick city and County such as:

Financial Incentives:

For Manufacturing and or Internationally Traded Services:

- Priming Grants for business start-ups up to 18 months
- Business Expansion Grants for businesses established over 18 months
- Feasibility/Innovation Grants to undertake Market Research
- Agile Innovation Fund to develop innovation in businesses

Other Funding:

- Technical Assistance for Micro Exporters' Grant to explore and develop new markets
- Online Trading Voucher to develop business website or digital marketing strategy

Loan Schemes:

- Microfinance Loans (through Microfinance Ireland) a loan for small business of between €2,000 and €25,000
- Brexit Loan Scheme provides affordable financing to businesses that are either currently impacted by Brexit or will be in the future

Training and Mentoring Supports:

- Training Programme for Start-ups, Established and Growing Businesses
- One to one mentoring programme tailored to suit individual business needs
- Business Advice Clinics

ENTERTAINMENT

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

Night at the opera

Irish National Opera presents a special performance of Hansel and Gretel

FINTAN WALSH

fintanwalsh@limerickleader.ie

ONE OF the greatest operas about children will take to the stage at the Lime Tree Theatre this weekend.

The operatic rendition of Hansel and Gretel, first brought to the world by Engelbert Humperdinck, will take place at the Mary Immaculate College venue this Saturday at 8pm.

Tickets are on sale at €30 on www.limetreetheatre.ie.

Trouble at home. Two hungry children lost in a haunted forest. The lure of a gingerbread house. The frightening hocus pocus of the predatory Witch. And the smarts of the children who triumph in the end. All wrapped up in the delicious sound world of Engelbert Humperdinck's operatic masterpiece.



Raymond Keane plays The Watchman in Hansel and Gretel this Saturday at the Lime Tree Theatre

Murphy's hometown premiere

A LIMERICK-based director has expressed his delight at the upcoming hometown premiere of his new full-length horror.

The Perished, directed by Paddy Murphy, will be screened at the Odeon cinema in Castletroy on March 13 at 9.20pm, with tickets on sale for €6.

Starring Courtney McKeon, Fiach Kunz, Paul Fitzgerald and Lisa Tyrrell, The Perished centres around a young Irish woman who finds herself dealing with an unwanted pregnancy, her subsequent abortion, and the consequences of a judgmental society.

Paddy, who runs city-based production company Celtic Badger Media, said "it means so much to me to finally be screening [the film] locally".

Huge coup as Big Top secures Stone Roses frontman for May

THE FRONTMAN of one of the UK's biggest ever bands, Stone Roses, is to headline Live At The Big Top in Limerick city this May, Dolans Presents has announced this Tuesday.

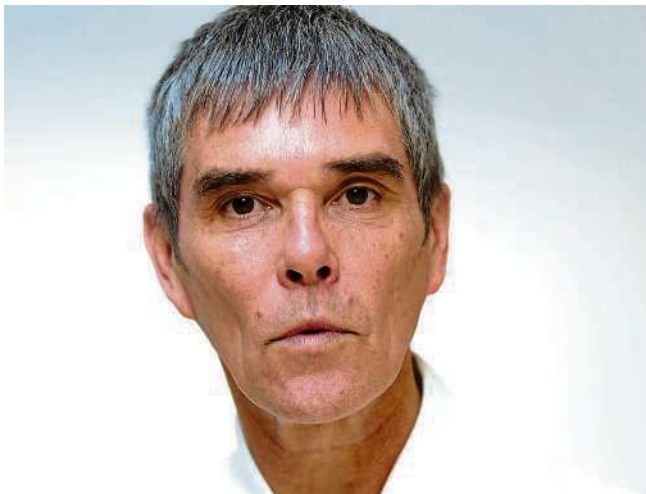
Ian Brown, who led one of the most revered British bands in the 1980s and 1990s, will perform a solo show at the Milk Market venue on May 14.

Tickets for the major event go on sale on Friday at 9am, and can be purchased at www.dolans.ie.

Brown launched his solo career in 1998 with his platinum-selling album, Unfinished Monkey Business. The album was recorded with the help of ex-Roses replacement guitarist Aziz Ibrahim, but spotlighted a more emotionally diverse approach to music-making. Brown has released six solo albums and fourteen UK Top 40 singles.

He has sold out seven UK tours and appeared three times at the Glastonbury Festival, including headlining the Other Stage in 2005.

He has appeared five times at V Festival since



Stone Roses' Ian Brown is to headline his solo show at Dolans Presents' Live At The Big Top on May 14

1998, along with regular appearances at T in the Park and Oxegen festivals, and played the Move festival in 2002 at Old Trafford Cricket Ground as well as two tours of Australia in 2006 and 2008.

The excellent follow-up, Golden Greats, arrived in late 1999, and Music of the Spheres followed in 2001. In 2003, Brown had a cameo in the third Harry Potter film, Harry Potter and the Prisoner of Azkaban. The next

year Brown released Solarized, his most varied and politically charged record to date. He worked with hip-hop producer Emile & an alternative supergroup (featuring Steve Jones, Paul Cook, and Paul Ryder) for 2007's The World Is Yours.

On the 25th October 2018, Ian released his first solo material in 9 years with the single 'First World Problems'. His seventh studio album, the critically acclaimed, Top 5 hit 'Ripples' followed on 1 February 2019.

LIME TREE THEATRE

CATHERINE YOUNG DANCE PRESENTS
STATE OF EXCEPTION
Wednesday, 26th February | 8pm
Tickets: €18/€16

IRISH NATIONAL OPERA PRESENTS
HANSEL AND GRETEL
Saturday, 29th February | 8pm
Tickets: €30/€27

BELL TABLE ARTS HUB @660CS

BELLTABLE SHOWS

THE 10 DARK SECRETS OF 1798
Thursday, 27th February | 8pm
Tickets: €15

MAURA LAVERTY THIS WAS YOUR LIFE
Saturday, 29th February | 8pm
Tickets: €18/€16

Booking: limetreetheatre.ie | 061 953400

BIG NIGHT OUT @

DOLAN'S PICTURES: DAVE GAYNOR



John Ryan, James O'Meara and Tommy Kennedy enjoying a night out at Dolan's



Paul Doyle and Richie Phelan



Claire Flannery and Brian Horgan



Raychel O'Keeffe and Daire Mulhern at Dolan's



Deirdre and James Daly at Dolan's



Kelly Kapur and Dwight Shrute at Dolan's



Niamh Keaveny, Rachel Coady and Eibhe Murray at Dolan's



Dean Madden and Leah Morgan at Dolan's



Peadar Collins and Jula Leonam at Dolan's



Laurence Hogan and Brid Foley at Dolan's



Conor O'Keefe and Roisin Faherty enjoying a night out at Dolan's



Laura McNamara and Sean Heffernan



Sleeping Beauty is at the UCH this Thursday

THIS weekend in Limerick you can indulge in the high arts of opera and ballet, lose yourself in a choral weekend, find yourself through a festival of politics and ideas, discover someone else through theatre and then mosh it all away with one of the finest indie bands to visit Limerick in months. It's a packed weekend ahead!

Thursday (Feb 27)

There was a time when Russia planned on conquering the world through missiles, communism and ballet. These days it's just ballet - and election interference - and you can see plenty of Russian ballet this Thursday at the **University Concert Hall**, as the **Royal Moscow Ballet** will be performing **Sleeping Beauty**. Now, obviously the "royal" in the company's name is there mainly to make it fancy, as the Royal Moscow Ballet has been in existence only since 2002, a solid 80 years after the last member of the Russian royal family met their end thanks to a hail of revolutionary bullets. The company has a fairly solid pedigree, though, so you're assured that Tchaikovsky's classic tale of a teenager oversleeping will be a joy for fans of all things ballet. 8pm, tickets are €33.50 / €30.50 concession, and if you're happy to sit in the balcony you can get your ticket for €26.

The **Limerick Spring Festival of Politics & Ideas** is back in the city this weekend, offering three days of workshops, talks and entertainment, all centred around politics and society. You can see the full lineup of events at limerickspring.com and I very much recommend the highlights - Paddy Cullivan's hilarious **Ten Dark Secrets of 1798** at the **Belltable** on Thursday at 8pm (tickets €15), the **Our House** housing panel discussion in **Shannon Rowing Club** on Friday at 7pm (tickets €10) and the free exhibition of **Alan Kinsella's election ephemera** in **Ormston House** at 6pm on Saturday.

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

Andrew Maxwell, renowned for his rapier-sharp comedic social commentary, brings his Reality tour to **Dolan's Warehouse** this Thursday night. His unassuming approach to stage comedy enables him to tackle subjects other comedians skirt away from and his shows are always worth every penny of the ticket price. That will be two thousand pennies this Thursday, as tickets are €20. The show begins at 8pm.

Friday (February 28)

The **2020 Limerick Choral Festival** kicks off on Friday night at 8pm in **St Joseph's Church** with a concert featuring Aoide Voices, the County Limerick Youth Choir and Limerick Chamber Choir. Saturday is the festival's competition

day, with 58 choirs hoping that they'll do well and that other singers will fluff a few notes. I suggest that you don't miss the gospel and sacred music competitions, at **St Michael's Church** on Saturday at 2pm. If one session isn't enough, you can add the church choirs competition at the **Augustinians** at 7pm on Saturday. All events are free to see except for the Friday evening concert, which will cost you €15 / €10 concession.

Jon Kenny is at the **Glórach Theatre** in Abbeyfeale this Friday night with **Crowman**, Katie Holly's play about Dan Lonergan - farmer, thinker and hater of crows. As I caught it when it was in the Belltable last November, I'm happy to tell you that Jon Kenny gave the finest stage performance of any play I saw in Limerick last year and you should run rather than walk to get tickets for this show. It's a wonderful tale of anguish and humour in equal measure and I cannot recommend it enough. 8pm, tickets are €20.

LETSS Rock Dolan's is a fundraising night for Limerick Educate Together Secondary School in **Dolan's Warehouse** this Friday. It features a packed lineup of some of Limerick's best music acts, including **Hedfuzy**, **Fergal Nash** and the **O'Malleys**. Doors at 8pm and tickets are a tenner.

Saturday (Feb 29)

The **Irish National Opera** are at the **Lime Tree Theatre** this Saturday night with **Hansel & Gretel**, Engelbert Humperdinck's marvellous opera about two lost children. Every once in a while, the INO like to throw traditional operatic settings out the window, so this performance is set in a dank underfunded hotel rather than the usual forest setting. The undertone is very much a statement on families being forced to live in hotels, though all the arias are the same as usual and, yes, of course there's still a witch and a gingerbread house. The opera is written about children rather than for children, but if your child is up for a little bit of terror, it's very suitable for them as well. The show begins at 8pm and tickets are €30 / €27 concession. There's also a pre-show talk with members of the cast and crew at 7pm, free to all ticket-holders.



Maura Laverty - This Was Your Life is at the Belltable

THINGS WHAT ARE ON IN LIMERICK



ABOVE: Blossoms play Dolan's Warehouse on Sunday

RIGHT: Andrew Maxwell is in Dolan's Warehouse on Thursday

PICTURE: STEVE ULLATHORNE



Hansel & Gretel is in the Lime Tree on Saturday night

Maura Laverty was one of Ireland's most celebrated writers in the 1940s. These days she's far less-known, partly because Ireland had the nasty habit of banning her novels almost as soon as they were published. This Saturday night, the **Belltable** hosts **Maura Laverty: This Was Your Life**, a play about her rather fascinating journey from broadcaster to novelist to queen of the Irish cooking scene to becoming Ireland's radio agony aunt for thirty years. Starring Bairbre Ní Chaoimh, there's plenty of light wit laced through this play, there might be cake and you'll also get to see an omelette cooked live on stage. Definitely worth seeing. 8pm, tickets are €18 / €16 concession.

Sunday (March 1)

Mancunian pop-rockers **Blossoms** very deservedly hit the top of the UK charts a few weeks ago with their third album, **Foolish Loving Spaces**, a blistering return to form after their slightly-derivative second record. They're one of the most exciting bands on the British indie scene, as comfortable crafting a sound around synths as they are laying guitar riffs to make crowd-pleasing anthems, and you can catch them in **Dolan's Warehouse** this Sunday night. They'll be supported by up-and-comers **The Lanthams** from Wigan. Easily the gig you shouldn't miss this weekend. Doors at 7:30pm, tickets are €26.

All weekend

Elliptical Affinities is at **Limerick City Gallery** until March 22, joined by extended exhibitions of **State Of Print** and the **Hollander Workshop** until the same date. **Meandering Inklings** is the latest Gallery Interlude at Lucky Lane, open from 7pm this Friday until Monday. 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 Columnnists

A Day In My Shoes

Eoin Joyce

Principal Solicitor, Joyce & Co Solicitors

Immigration expert Eoin helps people start their new lives

What time do you get up?
6am.

What is your normal breakfast?

Porridge, fish oils, orange juice and coffee.

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

Gym before work. Great way to start the work day at 100%.

You arrive at office at what time?

7.45am.

What are your first duties?

I check my list of tasks which I set out the evening before on my phone diary and take care firstly of those that are urgent. I then like to open the post when it comes in around 8.15am and distribute the post to various members of our team as they arrive in the door.

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

Two coffees and two teas.

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

I like to move around different spots. Fish is probably my favourite. Steak or pizza on a Friday often.

Do you have many meetings during the day?

Yes. Usually between 5 and 8 meetings per day.

What time do you finish up at?

It depends on the day and on what deadlines and obligations I have. On average around 6.30pm.

Do you watch much television?

Yes. I love watching sports and various series on Netflix.

Do you read the newspapers?

Yes. I read newspapers both online and in hard copy.

What do you do to relax?

I like to go for dinner, walks, cinema and spending time with family and friends.

Are you able to leave the office behind?

Not really. With the type of



work we do in immigration law, I am very conscious that peoples immigration status in the country depends on our work. From that point of view, the wheels are always turning on how various applications can be maximised.

What is a perfect work day?

Receiving successful results for clients is the best feeling we get. Also, providing advice that puts people in a position whereby they know the path they should take with regard to their immigration status, having come into us with uncertainty.

Do you ever lose 'the cool' and

Immigration solicitor Eoin Joyce says that receiving successful results for his clients is the best feeling

if so what would make you annoyed?

Delays in the processing of some types of applications. While it is understandable due to limited manpower perhaps, I appreciate the hardship it can place on applicants who are waiting for their life changing result.

INSIDE THIS WEEK



INCHING CLOSE TO THE END

OT show nears final weigh-in
PAGE 32



FIT YOU EQUALS FIT BABY

Nuturing healthy parenting habits
PAGE 33



SPRING IS IN THE AIR

Show stoppers for next season
PAGE 36



LUKE'S VIDEO GOES VIRAL

Renewed interest in bullying message
PAGE 40

Leaders get back on target with the end in their sights



MENTAL HEALTH MATTERS DR EDDIE MURPHY

Clinical Psychologist
Adjunct Associate Professor
UCD School of Psychology

THE 5k run and the grand finale is in sight but there is still more work to do as we take a look inside Operation Transformation on Week 7.

Week 6 was a bummer with four out of five leaders not hitting their weight targets. Week 7 changed that story, with five incredible weigh-ins. Well done all.

We decamped from the Tullamore Harriers Club and the County of Offaly after being shown excellent hospitality and a spirit of fun and sport.

Given that this week was 'blackout' week, where the leaders didn't have access to their food plans from the OT app, all the leaders did very well.

Shane, 29yrs – Reconnected – Target 3lbs Lost 6 lbs

Shane has rebounded. When I first met Shane he was disconnected from his family and busy with the distractions of life, attending everyone's else's needs and not his own.

He wasn't a runner and declared his concerns at the weigh-in that he couldn't breathe when running.

Karl Henry put his hand out and guaranteed to Shane that he would run the full 5 km and not walk one step. Shane is still in disbelief.

For the first time Shane wasn't scared during the weigh-in.

Over the past week he went swimming a number of times. This was an important breakthrough for a man who skips every opportunity to swim. It's pure avoidance as he is concerned about what other people would think.

I hear this a lot in the therapy room. People don't spend a lot of time thinking about others as they are more concerned about themselves.

Another amazing week of inner growth for Shane.

Lorraine, 46yrs – Oh Yes! – Target 2lbs, lost 3 lbs

During Lorraine's OT journey there has been a cycle of her hitting her target, then not hitting her target, which resulted in Karl Henry visiting her to do an intense session after which Lorraine came back and hit her target again.

So Lorraine needs to keep Karl on speed dial!

This was as emotional week as



My measures of success are healing and flourishing. I can see that Lorraine has done both

it's the anniversary of the death of Lorraine's sister Roisin, who lost her life too soon due to cancer.

Lorraine has a great attitude I believe, and she can see many ways of measuring success, not only on the scales.

My measures of success are healing and flourishing. I can see that Lorraine has done both. In fact, on the hours of sleep that Lorraine gets she is a pocket dynamo.

Kathryn is going to run with Lorraine on the 5k so the competition is hotting up!

Barry and Andrea – Grateful

Thankfully Barry and Andrea walked away from aquaplaning on the motorway back to Cork the previous week with minimal injuries. It could have been so much worse and being grateful and thankful is the order of the day. Given that they were naturally shook up, rest was the top priority for them.

A graduated walking program was introduced with no resistance sessions and only 30mins walking was prescribed.

They were both very nervous of not hitting their targets, but their weight loss demonstrates how their portion sizes were much too large pre OT and also how incredible registered dietician Aoife Hearne's food plan is, as Barry lost 5lbs and Andrea lost 4lbs. Not bad for sitting and resting!

On the upcoming 5km, Aoife is going to stride out with this incredible Cork couple.

After such a critical incident our minds and body can respond in many different ways. In particular we can get flashbacks and nightmares, avoid certain activities i.e. driving, and emotionally we can experience fear, loss, anxiety and anger, plus the adrenaline stays in



Operation Transformation leader Shane, pictured with show host Kathryn Thomas, had another incredible week of personal growth, according to expert Dr Eddie Murphy

our system for a while.

The value of walking and talking is critical to discharge these emotions.

Tanya, 33yrs – A Runner – Target 2lbs, Lost 3lbs

Tanya is shrinking in front of us every week. On week one all I could see was a woman bloated from drinking 12 cans of coke a day; a person who was in a bubble in her life. In this bubble she was protected by her wonderful partner Terry and by her older siblings.

Tanya rarely felt her power as an

independent, inspiring women.

She went running on her own and tested herself, pushed herself and proved that she can do it. From sedentary to a runner.

I am running with Tanya for the 5k and there is a bit of a competition this year between the runners, so I hope to power on with Tanya so that we cross the line first. Karl won't like that!

Tanya, like many of us at a turning point on the road, might be tempted to settle for mediocrity. We must continue pushing ourselves outside the comfort zone; after all,

it's when you do this that the magic happens.

So it's been an amazing year with brilliant leaders. Only one more week left, what can I say.

I will report on all the inspiring inside stories, from fashion to running, next week.

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

POSITIVE PARENTING



Top Tips

Promoting Infant Mental Health

BABIES can experience very strong emotions long before they have the words to describe them so it is really important that have parents and caregivers who can respond to these feelings:

Contact

Take the time to connect with your baby by talking, kissing and smiling as much as you can. Your voice and touch act as an incredible anchor for their sense of security and attachment.

Respond

Respond to your baby when she is unsettled. There is no such thing as spoiling a baby – you are helping her to return to a calm emotional state which is really important for teaching her coping skills later on.

Non-verbal language

Speak your baby's (non-verbal) language; Looking away and small blinks, for example, may indicate that she needs a rest so try to respond with a cuddle and lay her down for a nap.

Routine

Babies thrive on routine so try to make sure that your interactions with her are nurturing and predictable – kisses on the toes during nappy changes, a lullaby before bed etc.

Lovin feeling

Remember that as a parent, you don't have to be perfect – babies just need their parents to be good enough to meet their needs and love them.



There is evidence to show that the best way we can ensure that our children are happy and healthy is to mind our own health and happiness

Nurturing your child's health starts with your own

WE all know the feeling—you're multi-tasking furiously between dinner, homework, activities, bedtime...then, finally, quiet descends in the household, and you have a moment to yourself ...and, then you fall asleep.

As parents, we can be pulled in hundreds of directions on a daily basis as we try to meet the needs of those around us.

Most of us have become accustomed to battling through after sleepless nights, eating on the run and scheduling our social activities once everyone else's calendar is set.

There is evidence that shows that best way we can ensure that our children are happy and healthy is to mind our own health and

happiness. This doesn't mean exotic holidays, expensive spa treatments or a lot of time away from your children. It does mean finding some time to devote to yourself—the time to nourish your body with healthy food, the time for an activity that makes you smile, the time to meet with friends.

Below are some ideas... Just making one small change can make a difference.

1. Connect

Whether it's a quiet cup of tea with a neighbour or a long walk with your partner, take the time to connect with those around you. These connections are essential to health and happiness.

2. Be Active

Getting plenty of exercise, whether it is a gentle walk, a swim or a hard-core gym workout, really does provide a lift to your mood as well as making your body stronger and healthier. Plus, it gives you more energy for all of that juggling!

3. Take Notice

Sometimes, the days can rush by in a blur of just getting things done. Take some time to be still, take a deep breath and notice the sounds, smells and sights around you.

4. Keep Learning

We never lose sense of satisfaction that learning a new skill brings. So, sign up for that

cookery course, learn a new language or even pick up the hurley and practice along with the children.

5. Give

This can be as simple as bringing a colleague a cup of tea when they are in the midst of a deadline or getting involved in a community clean-up project.

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



HEALTHY LIVING

EVA HILL HAMILTON

CONTACT EVA

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Getting to the root of those SIBO pains

HAVE you been diagnosed with SIBO? Then you are one of the “luckier of the lot” who have been given a more specific answer and probably a partial solution to their digestive discomforts.

SIBO stands for Small Intestinal Bacterial Overgrowth – it is not an infection, but the normal bacteria get to the wrong place and over proliferate to produce the uncomfortable symptoms of bloating, pain,

abnormal bowel movements and even anxiety and depression. You might have had the diagnosis of IBS with the same symptoms. In fact, an estimated 70% of IBS patients have SIBO with elevated hydrogen and / or methane gas when examined with the right test.

SIBO can result from eating a typical sugary - milky Western diet full of snacks - or failure of the gastric acid barrier either due to stress or medications; like antacids or reduced bile secretions in



SIBO can result from eating a typical sugary - milky Western diet PICTURE: PIXABAY

your liver – gallbladder. SIBO can also be the result of failure of neurological issues within the gut; problems with the migrating motor complex that orchestrate small intestinal motility, leading to constipation and the bacteria normally

residing in the large intestine to make its way to the small intestine. Anatomic alterations, or impairment of systemic and local immunity may also play a role - therefore thorough investigation is recommended.

The hydrogen breath test is an established non-invasive way for assessing malabsorption of sugars in the small intestine – this is what gastroenterologists order in hospitals to diagnose SIBO. However, there are patients who can suffer from the same spectrum of digestive issues but who produce little or no hydrogen, instead producing relatively large amounts of methane. These patients will avoid detection with the traditional hospital breath test for malabsorption based on hydrogen detection; therefore, several false negatives would be expected.

The current management strategies for SIBO centre on antibiotics and maybe elimination diets. The FODMAPs diet may provide symptom relief short term as it removes certain fermentable fibres from the intestine but excluding

healthy foods will lead to long term complications – including the reduction in beneficial bacteria that are necessary for immune health. Antibiotics also create a reduction in diversity of your microbes for months – even years, which in turn will affect your overall health.

As always, the underlining imbalances need to be addressed, otherwise the bacteria can overgrow again. Individualized investigations and tailored dietary changes, stratified herbal remedies and lifestyle modification strategies may bring long-lasting results. In my clinic I use private functional tests to allow for a better understanding of your underlying imbalances, then tailor an action plan which best suits you. Don't hesitate to contact me for more details and to find Your root to better health.

LIMERICK TWENTY THIRTY



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STYLE & FASHION

CELIA HOLMAN LEE

CONTACT CELIA

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Spring is in the air - and runway

SPRING fashion is certainly not lacking in colour, sometimes you need to break out of the winter wardrobe of dull colours.

We can't seem to get enough of 60s and 70s-style this season. With the weather we are having it's no surprise that the trench coat look seems to be huge again for the next few months. Pastel hues are still enjoying a spike in popularity but none are more popular than pink and lilac. Other highlights to note for spring are florals but this time the floral print is tropical. Good old classic tailoring has made a comeback especially in dresses and trouser suits which I am loving, breeding a new lease of life into our wardrobes.

Evening wear has vibrant colour prints and draping fabrics. For those of us who loved the mini dress, it is great to see it being a big trend for spring, after being so popular in the autumn. I am asked a lot where to find spring fashion pieces and wardrobe essentials with timeless functionality. I would say look no further than our boutiques and stores in the city.

These looks were showcased at the recent Fashion in the Palace fashion show in the Strand hotel, Limerick.



Walk the walk in these too fab creations from Gretta Gibbs



I'm struggling to find words for how much I adore these two ensembles from Marion Murphy Cooney - so fresh and fabulous!



For debs, weddings or award nights, you are sure to find that dress of your dreams in Be Fabulous - just look at these two divine gowns!



If you've a party coming up then this black puff shoulder dress with floral detail from The Ivory Closet is perfection!

CELIA SPOTTED

Looking good out
and about in Limerick

Name: Katerina Naumava
Occupation: Manager at Health and Vitality Shop, accountant, homeopath and a busy mum of four kids.
From: Lived in Raheen for years but recently moved to Cork

I am trying to follow a healthy lifestyle. Having a busy life I love to shop for good quality items which will last. Zara, Tommy Hilfiger and Oxendales are my go-to shops where good quality is always guaranteed. I like the style of Gwyneth Paltrow, she is very feminine and always looks healthy. My style depends on my mood but my favourite item in my wardrobe are denim jeans. I really love the versatility of denim outfits and they never go out of fashion. I am in love with the jacket in this photo as you can put it over any dress or skirt and look stylish.

CELIA SAYS

Jacket: I can see why Katerina is in love with this denim jacket, it's very cool and youthful. Denim always adds a subtle edge to an outfit.

Dress: A printed maxi dress is one of the most versatile pieces you can have in your wardrobe. The print on this dress is really stunning, and the peachy pink colour adds a beautiful touch of femininity.

Boots: Every girl should have a pair of black ankle boots in your wardrobe. You can team them with so many outfits to dress up a look without being too dressy.



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



MANABOUTTOWN

PATRICK McLOUGHNEY

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What to wear to wedding afters

WEDDING style used to be easy. You wore your best suit, you got a bit drunk and then you sent your suit to dry cleaners and had it ready for its next outing.

These days weddings can be casual, smart-casual, beach-casual, formal, semi-formal, black-tie, white-tie or (heaven forbid) themed. As confusing as that may be, it's arguably even more confusing to figure out what to wear if you're only invited to the afters of a wedding. If you're only going to half the wedding do you only make half the effort?

Well no, not really but your saving grace is that by missing all the pomp and pageantry of the actual ceremony, you can afford to have fun with your style.

Fun does not mean funny though and you mustn't treat an afters invite as an opportunity for style rebellion. There still needs to be a degree of sobriety to your outfit, even if there's no sobriety to be found by the end of the night.



You mustn't treat an afters invite as an opportunity for style rebellion

Know Your Dress Code

The invitation is likely to give you some clues as to what is appropriate to wear as an afters-only guest. It might be specific or unhelpfully vague or it might contain no information on dress code whatsoever. The latter may require you to do some research and ask someone who's going to the full wedding as to what the appropriate attire is. The reason for this is that even though you are not attending the ceremony, you must still respect the bride and groom and stay within the dress code parameters that they have set. You aren't

obliged to adhere to the same dress standards as guests who've been invited to the full wedding, but at the same time, it's not the time or the place to peacock either. Other things to consider are the time of year and the location of the nuptials. A cream linen suit with no tie is perfect for the afters of a summer wedding or a beach wedding but it won't play as well in a country hotel in March. If the happy couple has booked somewhere off the beaten track for their reception then you can lean more towards casual than tailoring.

What To Wear

Let me begin by saying that it's perfectly acceptable to wear a suit to the afters of a wedding. A well-fitting suit will serve you for a range of social occasions, especially if it's in a versatile colour like navy or grey. Even if it's your work suit, you can easily jazz it up with subtle details like a striped shirt, a knitted tie, a colourful handkerchief, a smart-looking watch and some polished derbies. It's the little things that make all the difference.

You don't need to wear a full suit to the afters of a wedding so I really wouldn't go buying one especially for it but if you do want to go out and buy one then go for something that you'll get plenty of wear out of and that you could also wear as separates.

Relax Your Tailoring

Given that you won't attending the more formal ceremonies during the day, you're really aren't required to go fully formal in the evening so while you might still choose to wear a suit, you can relax things a little and opt for a knitted polo shirt or a grandfather collared shirt rather than a dress shirt and a tie. This will transform your tailored look and instantly give it a stylish laid-back edge while removing any 'business' connotations or stuffiness that the suit might otherwise have.

Separates Are Smart

A great way to look smart without looking business-like is to wear separates. That is a blazer with a miss-matching pair of trousers. Worn well, there's no better way to look the part as an afters wedding guest. Smart separates allow a degree of



Classy but casual: A well-fitting suit will serve you for a range of social occasions

creativity that a regular two-piece suit doesn't. Classic combinations include navy worn with a lighter blue or neutrals like brown and beige. Because it's a more dressed down look than a traditional suit, separates wear well with t-shirts and knits, if you really want to go for a relaxed look.

Key Pieces

A simple navy or grey suit in a lightweight wool will suit most wedding parties, year-round. It's formal enough for any occasion and light enough to withstand the heat of a drunken dance-off.

You don't have to wear a tie, but if you do consider something more interesting than the standard workfare – a knitted tie is always a great option.

White shirts tend to look too much like workwear so look to something warmer and brighter like a sky blue, a pale pink or a pinstripe to lift your presentation while also looking elegant. If it's a very casual affair then you can

ditch the traditional button-up altogether and wear something more relaxed and comfortable. A roll neck looks refined with a suit in winter while an open collar shirt plays well with linen for summer weddings. Knitted polos and tees are very casual but can work if styled correctly. The rule of thumb is to stick to plain neutral colours in tonal shades that play well with your suit.

It's hard to go wrong with smart black shoes (unless you're wearing a suit in a very light shade) as they bring an air of formality. Dark brown will also work well with most things but err on the side of dressy rather than casual. Trainers, boat shoes, Toms etc are not appropriate.

Don't be afraid to accessorise with a nice watch, a colourful pocket square, a tie pin or some nice cuff links as a wedding reception is still an excuse to dress up nicely. Just don't go too Pitti Uomo as you don't want to upstage the groom.

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

CONTACT LOUISE

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Rogha na Seachtaine

TO DO:

Andrew Maxwell
@Dolans

Thursday, February 27 at 7pm: Fresh from his stint in the I'm a Celeb jungle, the comic renowned for his cutting edge



comedy and intrepid social commentary Andrew Maxwell treats Limerick to his brand new show 'All Talk'. Tickets and more details @dolans.ie

TO LISTEN:

Track of the week

SIIGHTS

'Better Now': SIIGHTS return with third release



'Better Now' from their self-titled debut EP. The Duo co-wrote the track with songwriter/producer Emi Dragoi who reached out to them to collaborate after hearing their music. Emi has worked with superstars such as Sasha Sloan, Meghan Trainor, G -Eazy & Lennon Stella.

TO SEE:

Planet Earth
@St Mary's

A replica of Planet Earth is coming to Limerick this March. Gaia, a touring artwork by Luke Jerram, is coming to Limerick as part of Limerick's St. Patrick's Festival. The stunning replica of Planet Earth, created using 120dpi detailed NASA imagery of the Earth's surface, will be open to the public from March 15 - 22 at St Mary's Cathedral.



Irish language tech event to take off at Shannon Airport

Over 400 young people expected to attend the national Tech Féile showcase and awards event on Wednesday, March 4

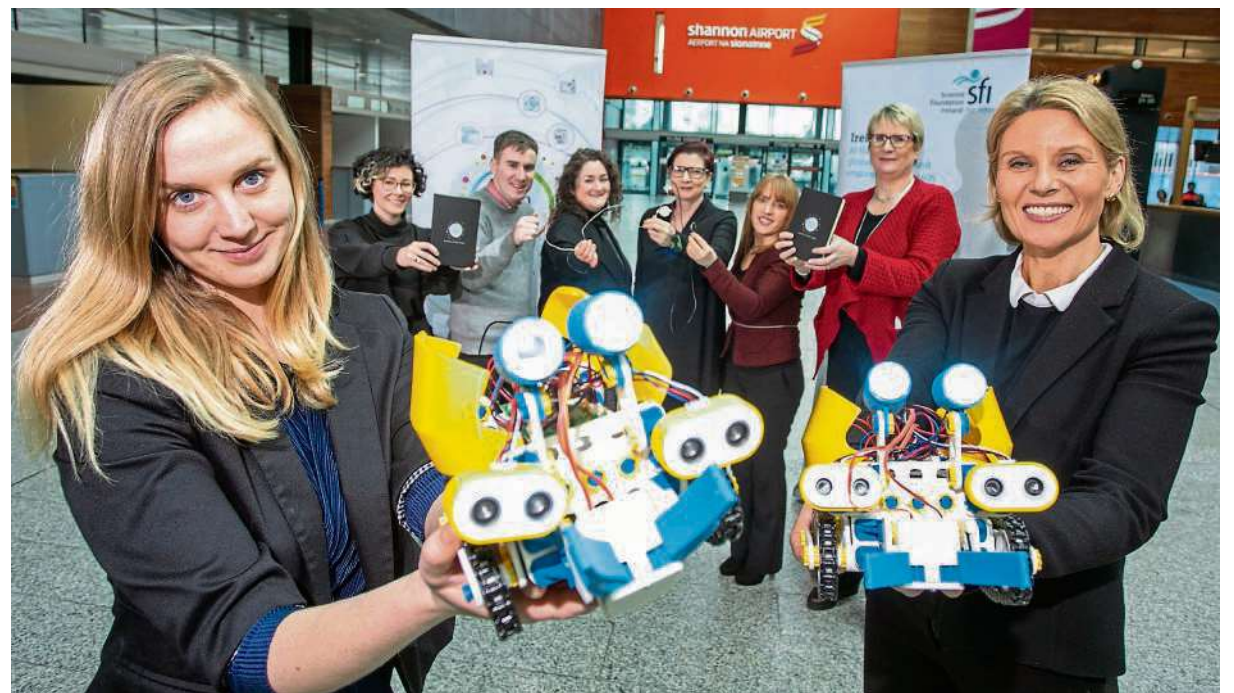
IRELAND'S largest Irish language tech event, Tech Féile showcases young people's achievements in inventive Science, Technology, Engineering, Arts and Maths (STEAM).

Activities will see students exhibit their work and take part in interactive workshops as well as being inspired by guest speakers and live performances.

I am excited to announce that I will share the stage with Micheál O'Ciaraigh from TG4 as MC for the event! Across the day there will be 35 workshops offering the students the opportunity to learn first-hand from creative industries representatives who will be present on March 4.

Revealing details of the event, Séamus Ó Fátharta, Clár TechSpace Coordinator, Camara Education Ireland said: "Camara Ireland are delighted to be holding the biggest ever technology event as Gaeilge in Shannon Airport. An initiative of the national TechSpace programme, Tech Féile is going from strength to strength and all due to the passionate educators and young people driving it forward. The programme wouldn't be possible without the support of the Department of Culture, Heritage and the Gaeltacht, and the Science Foundation Ireland. Special thanks to Shannon Airport for hosting and sponsoring the event."

TG4 will host a weather workshop complete with green screen, Shannon Airport will host an aviation workshop, Radio Rí Rá



Pictured launching the event at Shannon Airport were Jen Hesnan (front left), National Tech Space Programme Manager CAMARA and Rachael Leahy (front right) Shannon Group Company Secretary and Head of Legal

PICTURE: ARTHUR ELLIS

will offer students a hands-on approach to podcast creation. One of the fun points of the Tech Féile day will be an attempt to break the Guinness World Record for the world's largest buzz wire! A buzz wire is a steady hand game that is well known to many as a tabletop amusement. Measuring over 17 metres long, the giant buzz kit is currently under construction and will feature as a centre-piece at Tech Féile.

Speaking ahead of the festival,

Tech Féile funder 'Science Foundation Ireland' representative Cathy Foley, Senior Executive, Education and Public Engagement said: "This event is a creative and innovative way to engage and inspire young people from the Gaeltacht regions to learn more about STEM and the applications of STEM in real life from social media and digital media to music to saving lives and detecting crime. Tech Féile is part of the STEM as Gaeilge agus Cant project, the largest funded

project to date under the SFI Discover Programme. I look forward to seeing the students work exhibited and I might even have a go on the 17 metre buzz wire!"

Kindly hosting Tech Féile on the day, Shannon Airport provides an inspirational location, offering students a chance to see first-hand the benefits of STEAM in a professional setting and the many career opportunities in this field. More info @techspace.ie. I look forward to seeing you there!

Kodaline add three extra dates

DUE to phenomenal demand, Kodaline have added three extra dates at The Olympia Theatre, having sold out their first three Dublin shows last week. Tickets for extra shows June 2, 3 and 5 are on sale now at Ticketmaster.

The band commented: "We are so excited to be heading back to the Olympia Theatre for a very intimate run of shows! This venue holds a very special place in our hearts and we want to

make these nights one to remember! Can't wait to see you all there"

'Wherever You Are' is Kodaline's first release since their 2018 album 'Politics of Living'. The track, together with its heart-rending video, has quickly exceeded 8 million streams.

A new chapter in the band's phenomenally successful career is underway.





I ♥ LIMERICK

RICHARD LYNCH

FOLLOW RICHARD

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Email: Richard@ILoveLimerick.com



Luke's 'Create No Hate' video goes viral after Flack's passing

Seventeen-year-old Limerick teenager Luke Culhane's anti-bullying video 'Create No Hate' has gone viral again, four years after its initial release. Luke re-shared his Sky News interview, following the sudden death of Caroline Flack.

Luke initially released the video to fight against cyberbullying after being bullied online.

'Create No Hate', which got global attention and success in 2016 and had already racked up over 1 million views on YouTube, has gained almost an additional 100,000 views. It's obvious the message of Luke's video is more resonant than ever after Caroline Flack's tragic suicide.

Last week, Luke shared an old interview Sky News did with him four years ago on his campaign's Facebook page to mark the four year anniversary of the interview and that video has also received an extra 135,000 new views.

Luke discussed his video's recent surge in popularity in relation to Caroline Flack saying; "The things said in the 'Create No Hate' video and the interview are still relevant today. Everything about cyberbullying is still the same as it was four years ago. The 'Create No Hate' and the Sky News interview reflect that because



Young filmmaker Luke Culhane pictured at the Treaty Stone. PICTURE: DERMOT CULHANE

cyberbullying is still a huge threat."

Caroline Flack, a well-known British presenter died on Saturday,

February 15 after taking her own life. A petition called Caroline's Law began following her death to prevent the media and

paparazzi from exploiting celebrities and affecting their personal lives. Over one million people have signed the petition and plan on

sending it to Parliament as a proposal for enactment.

Luke has won many accolades including Limerick Person of the Year



Luke in a still from his film Create No Hate



Caroline Flack

in 2016, Young Person of the Year in 2016 by French newspaper Mon Quotidien and was chosen as the Grand Marshall for Limerick's 2017 St. Patrick's Day Parade. He has also done interviews with worldwide news and media channels including BBC, MTV, Fox and RTE as a result of the viral success of the Create No Hate project.

Luke said, "I was very thankful that my message was getting out there. People need to stop being unkind to each other online as actions have consequences. We all need to be a little more mindful and create love not hate when using the internet."

Laurel Hill Fashion Show

THE Laurel Hill Schools Parents Advisory Council are delighted to announce the Annual Gala Fashion Show, will take place on Thursday, March 5 at 7:30pm at The Strand Hotel.

Forty students from 5th year will join models from the Holman Lee Agency on the runway to show the best

of Limerick's boutiques. The show has been running for over 40 years and is the largest fashion show in Munster. Celia Holman Lee said: "This year's show will be so special as the school itself celebrates 200 years. It will be a night of celebration, fashion and glamour." The funds raised

are used for the benefit of present and future generations of Laurel Hill Secondary School and Laurel Hill Colaiste School students. Tickets are priced at €15 and are available from both schools which can be contacted on 061 323636 / 319383 or from members of the Parents Council.



Celia pictured at the launch of the fashion show with models and staff from Laurel Hill.

PICTURE: BETH PYM/ILOVELIMERICK

THINGS I ♥ THIS WEEK

LET'S CELEBRATE INTERNATIONAL WOMEN'S DAY!

Afternoon Tea for Novas at The Savoy

THE Savoy Hotel is hosting a Novas International Women's Day Celebration in aid of Novas in Limerick with Sparkling Afternoon Tea to be hosted in the hotel restaurant on Friday, March 6 at 3pm.

The afternoon is packed with treats and talented guests. Attendees will enjoy a Prosecco reception, afternoon tea, and some wonderful raffle prizes. Entertainment will be provided by special guest and critically acclaimed Limerick musician, Emma Langford.

Una Burns, Novas Head of Policy and Communications encourages people to come

along and enjoy the occasion while raising vital funds for homeless women in Limerick saying, "Novas provides services for people who are homeless or at risk of homelessness. Working with families, children and single adults who are disadvantaged or socially excluded, it offers client-centered services and promotes social justice."

This event is an ideal occasion for people to celebrate International Women's Day with family, friends, and colleagues." Tickets cost €45 and can be booked on Eventbrite, at Nova's Head Office, or directly from the Savoy Hotel.



Carol Walsh, Group Sales Executive Savoy Hotel, Una Burns, Head of Policy and Communications Novas and singer-songwriter Emma Langford pictured at the launch of the Novas International Women's Day event

CHILDREN'S GRIEF CENTRE

Fundraising lunch at Adare Manor

A FUNDRAISING lunch celebrating inspirational females from the region takes place at Adare Manor on Sunday, March 8 in honour of International Women's Day.

The event is a key fundraiser for the Children's Grief Centre, which supports children and young people aged 4 to 18 who have been affected by loss through bereavement, separation or divorce. The Children's Grief Centre provides a safe, non-judgmental environment where grieving children and teenagers can express what they feel and learn that they are not alone after experiencing loss. All services are free of charge to children and young people.

At the lunch, female leaders such as designer Louise Kennedy, writer and



Olive Foley, Ciara McCullough and Karina Morgan pictured at the launch of the Adare Manor International Women's Day event PICTURE: BRENDAN GLEESON

broadcaster Sinéad Burke, and women's health advocate and author Vicky Phelan will give attendees an insight into what contributed to their successes.

The event begins with a drinks reception at 1.30pm followed by lunch in Adare Manor's Grand Ballroom



Richard pictured with Phil Deegan, Clionas Foundation, model Claudia Daly, Terry Ring, co-founder of Cliona's Foundation and Michael Phelan, Limerick Wedding Professionals PICTURE: DERMOT CULHANE

Wedding Fayre supports Cliona's Foundation

LIMERICK Wedding Professionals are holding their 'Exclusive Wedding Fayre' at the Fitzgerald's Woodlands House Hotel in Adare on Sunday, March 8 from noon until 4pm to celebrate International Women's Day.

The event will offer a network of the best of the best in terms of local wedding suppliers.

I will be the MC for the event and all funds raised from the event will go towards the Cliona's Foundation, an Irish charity that provides financial

assistance to families with critically ill children.

This will be a free event with no charge at the door but people can donate whatever they wish on the day with all proceeds going to the charity! See you there!



Hurler Shane Dowling (centre) pictured at the launch with some of the cyclists taking part in the Limerick to Lourdes Charity Cycle 2020 PICTURE: BETH PYM/ILOVELIMERICK

HEROES OF THE WEEK

Limerick Lourdes Charity Cyclists

A TEAM of cycling enthusiasts will be taking part in the Limerick Lourdes Charity Cycle 2020, cycling from Nantes to Lourdes in aid of Cliona's Foundation and the Limerick Lourdes Invalid Fund this coming

Summer.

This will be the fifth year of the cycling fundraiser, taking place from Thursday, June 11 to Thursday, June 18 and the route will travel 850km, which the cyclists aim to complete in 6 days.

The team will be made up of 25 cyclists, both male and female with a support team of six additional cyclists. The dedicated team has raised an amazing €250,000 since the first cycle. Congrats and well done to all involved!

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Lotto Draw held Monday 24th February 2020

Winning Numbers: 9-10-17-25
No Jackpot Winner

Lucky Dips: Andy O'Reilly c/o C. Devaney; Marie Murphy c/o Radcliffes; Margaret Kinsella c/o Kinsella's; Jack Cosgrove c/o C. Cosgrove

Jackpot €14,200
Next draw held in Larkin's Bar

GERALDINES A.F.C.

WEEKLY LOTTO DRAW HELD ON 24/02/2020

This Week's Jackpot: €5,000
Numbers: 1-20-22-23

Lucky Dips: Ken / Martin c/o Jerry O'Dea's; Kayla O'Connor c/o Christy O'Connor; Donal Hanley c/o Dave Connolly

Promoters Prizes: Dave Connolly & Sheila Doyle

Next Week's Jackpot: €5,100

Next Draw: 02/03/2020

BREAKING NEWS

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The Leader

PLANNING NOTICES

APPLICATION TO PLANNING AUTHORITY

Limerick City & County Council: We, Alison and Frank O'Donoghue intend to apply to the above named authority for planning permission for the construction of a two storey dwelling house, new entrance and all associated ancillary site works at Farranshone Road, Limerick. The planning application may be inspected or purchased at a fee not exceeding the reasonable cost of making a copy, at the offices of the Planning Authority during its public opening hours and a submission or observation in relation to the application may be made to the Authority in writing on payment of the prescribed fee within the period of 5 weeks beginning on the date of receipt by the authority of the application.

PLANNING NOTICES

APPLICATION TO PLANNING AUTHORITY

Limerick City & County Council: I Bart O'Halloran seeks planning permission from Limerick City and County Council for the Construction of a 42m2 single-story extension to rear of existing dwelling of a Granny flat along with all ancillary site works at 12 Rhebogae Meadows, Dublin Road, Limerick V94 23Y. The planning application may be inspected or purchased at a fee not exceeding the reasonable cost of making a copy, at the offices of the Planning Authority during its public opening hours and a submission or observation in relation to the application may be made to the Authority in writing on payment of the prescribed fee within the period of 5 weeks beginning on the date of receipt by the authority of the application.

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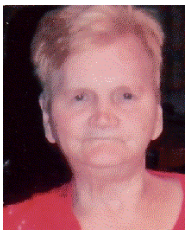
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FAMILY ANNOUNCEMENTS

IN MEMORIAM



† COADY

(Eighth Anniversary)

In loving memory of our dear mother and grandmother Phyllis Coady whose eighth anniversary occurs on February 28th. Masses offered.

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

But if we search the whole world over, one shore to another,
We will never find a treasure, as precious as our mother
Deeply missed and never forgotten by your daughter Margaret, daughter Geraldine, son-in-law Anthony, grandson James and partner Stacey, granddaughter Stacey and partner Ronan, and great granddaughters Brooke and Zoe and great grandson James xxx

MAM

It does not need this special day
To bring you to our minds
For days without the thought of you

Are very hard to find
Our hearts still ache with sadness
And many tears still flow
What is meant to lose you
No one will ever know
To hold you close within our hearts
And there you shall remain
To walk with us throughout our lives
Until we meet again
Love you so much
Mind Dad
Kisses to both of ye
Always in my heart your loving daughter Eileen, husband Billy and son Shane xxx

MAM

Today your memory is quietly kept
No words are needed we will never forget
Each of us in our own way
Have a special thought for you today
Loving son Johnny

IN MEMORIAM



† O'CARROLL, QUINLIVAN AND SWEENEY

(31st, 68th, 35th and 28th Anniversaries)

In loving memory of a dear dad Michael O'Carroll, whose anniversary occurs on March 1 and his sons Michael, Francis and Charlie and daughter Pauline. Also remembering a dear niece, Jacinta Quinlivan, whose anniversary occurs on February 27 and a dear nephew Alan Sweeney, whose anniversary occurs on July 1. Also thinking of a dear nephew Trevor Corbett on his 8th anniversary. Mass offered on Saturday 29th February at 7.30pm in St. Mary's Church. Rest in Peace.

Today we light a candle and say a special prayer

We take a trip down memory lane

And know that you are there
This is your anniversary
You would not want a fuss
Just to be remembered and a prayer from all of us
From your loving daughter Eileen and son-in-law Mick.

A golden chain called family linked us altogether
Although that chain is broken now

You're in our hearts forever
We shared so much together,
laughter joy and tears
For us who thought the world of you
They were the happiest years
So on this your anniversary
As we walk down memory lane
We are wishing with all our hearts

We could have those times again
From your loving daughter Joan and son in law Billy

Yere life was short my darling nephews and niece
Peaceful be ye rest
We thought we loved ye most of all
But Jesus loved ye best
Sadly missed from yere aunt Eileen and Mick.

IN MEMORIAM



† O'DONOGHUE



O'Donoghue

(20th and 50th Anniversaries)

In loving memory of our parents Paddy and Anne O'Donoghue, late of Lenihan Ave, Prospect. Paddy whose 20th Anniversary occurs 5th March and Annie whose 50th Anniversary occurs 14th September, Our brother Michael whose 2nd anniversary occurred on the 15th January. Our brother Frank whose 13th Anniversary occurs 30th April and our brother Tom whose 33rd Anniversary occurs on 10th June. R.I.P. Masses offered. xxx

Happy memories keep forever
Of days when we were all together
Each of us in our own way
Have special thoughts of you today.

To us you were so special
What more is there to say
Except to wish with all our hearts
That you were here today.
Sadly missed by Mary, Rita, Nuala, Pauline and Bernie, Patrick and Peter, sons-in-law, daughters-in-law and extended family xxx

IN MEMORIAM



† DUHIG

(34th Anniversary)

In loving memory of Willie Duhig, late of 143 Saint Munchin's Street, Saint Mary's Park, who died on February 26, 1986. Mass will be offered on Saturday 29th February at 7.30pm in St. Mary's Church.

You never looked for praise Dad
You were never one to boast
You spent your whole life working

For those you loved the most.
You were the strength within our family through all the storms in life

With loving arms that held us, in times of stress and joy
Our hearts are full of memories
Dad

With pride we speak your name
Though life goes on without you
It will never be the same
Of all the gifts in life, however great or small

To have you as our father, was the greatest gift of them all.
Always loved and dearly remembered by his daughter and son-in-law, sons and daughters-in-law/ partners and all his grandchildren, great-grandchildren family and friends.



IN MEMORIAM



† POWER

(16th Anniversary)

In loving memory of a wonderful daughter, mother, sister, grandmother and aunt Caroline Power, late of 264 O'Malley Park, who died on the 26th February 2004.

A light from our lives has gone
Caroline

A voice we loved is still
A place is vacant within our hearts

Which never can be filled.
A bouquet of beautiful memories
Sprayed with a million tears
We wish God could have spared you

If just for a few more years.
We hold you close within our hearts

And there you will remain
To walk with us throughout our lives

Until we meet again.
Always loved and never forgotten, your heartbroken mother Teresa, sisters Mary, Michelle and Tracey, brother Kevin, nieces and nephews xxx

I see your face before me
Your voice I long to hear
I miss and love you dearly
I wish you still were here
Tears from my eyes fall freely
Like a river filled with grief
My only comfort now, is that from pain, you've found relief.
Loved always your daughter Lisa, Paddy and grandkids

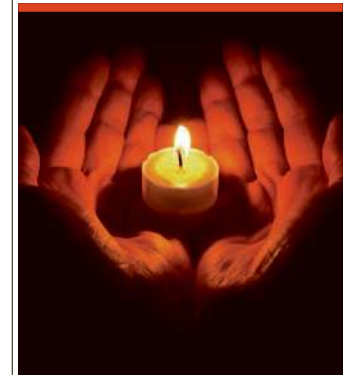
Mam,
Your life was a blessing, your memory a treasure
You are loved beyond words and missed beyond measure
Your sons Shane and Jonathan and grandkids

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.

THANKSGIVINGS

THE MIRACULOUS Prayer, Dear Heart of Jesus, in the past I have asked for many favours. This time I ask you for this special favour (mention it). Take it dear Heart of Jesus and place it within your broken heart where your Father sees it. Then, in his merciful eyes it will become your favour not mine. Say this prayer for three days, promise publication and favour will be granted. Never known to fail. Grateful thanks to St. Anthony and St. Joseph. P.McI.



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.



Safely Home



I am home in heaven, dear ones;
oh, so happy and so bright!
There is a perfect joy and
beauty in the everlasting light.
All the pain and grief is over,
every restless tossing passed;
I am now at peace forever,
safely home in heaven at last.
There is work still waiting for you,
so you must not idly stand,
do it now, while life remaineth-
you shall rest in God's own land.
When that work is all completed,
He will gently call you home;
oh, the rapture of that meeting
oh, the joy to see you come!

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TRISH WHELAN
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NISSAN'S Juke has grown into a bigger, sportier, athletic coupe-crossover and is now on sale in the brand's dealerships nationwide.

The first of the model, launched a decade ago, went on to sell close to 10,000 units in Ireland and 1.5 million around the world, carving a new niche for compact crossover SUVs which has been widely copied ever since. With its muscular look, the car looked as if it was on steroids and was aptly described as 'a rowdy little brother to the Qashqai'. It went on to win Continental Irish Car of the Year.

The second generation of the model arrived in summer 2014.

At last week's press launch of the third generation model, Nissan Juke specialist Jamie O'Connor said it is one of the most important for Nissan Ireland in quite some time.

This new version, he said, is larger and more rigid than before while being 6pc lighter improving fuel efficiency, cornering ability and crash performance. The wheelbase has been increased more than the length of the car giving more boot space now at 422 litres which is 68 litres more than the previous model, and providing more rear knee room as well as twice Old Juke's head room thanks to a lower rear floor.

Juke retains its iconic design features including the signature circular headlamps which now feature a Y-shaped LED signature. LED lights are now standard front and rear - rear ones are split in two which enables the increased boot opening for easier loading of items.

The inside has also been transformed with more comfort, style, extra space, and has a more upmarket quality. New soft-touch materials on the dashboard, door trim and footwells help give a more premium feel.

Monoform seats are now standard on both front seats and contribute to the sporty design while improving spinal support.

New Juke gets headrest speakers on both front seats, a unique 360 deg acoustic experience for both the driver and passenger controlled via a 'floating' 8-inch infotainment display providing easy access to the NissanConnect service.

This Juke has the most advanced infotainment system ever fitted to a Nissan. Over-the-air updates and connected services make this the most connected Nissan ever. It includes integration of smartphones, an app to control and monitor the vehicle, and in-car Wi-Fi for data-hungry passengers.

The NissanConnect infotainment systems allows you to use Apple CarPlay or Android



Song & dance

Nissan Juke: Fourth generation is all grown up

The new Nissan Juke is 6pc lighter which improves fuel efficiency, cornering ability and crash performance

Auto to mirror your favourite smartphone apps on the touch screen display.

Nissan Help with Remote Control Services allows you to work the horn and lights remotely. Drivers can also access TomTom Maps & Live Traffic if not using the phone's navigation. The Juke's Google Assistant compatibility offers a wide range of commands, including the ability for drivers to send destinations to the car's navigation system by talking to their smart device.

You can even check if your car is locked, or not, and lock it from a distance, or check where the car is parked. You can ask the Google Assistant to alert you if the car, driven by a young person with your consent and covered by your insurance, has reached a speed of 120km/h and you can then set the speed control you want with this function.

Just a 1.0L 3-cylinder turbo petrol with 117hp and 180Nm of torque is offered - an increase of 2hp over the previous model's 1.6L unit. It offers efficiency and a good responsive performance. The engine is matched to a 6-speed manual transmission or, for the first time, an advanced new



The 2020 Nissan Juke starts at €21,995

7-speed dual-clutch transmission (DCT automatic). Fuel economy is quoted at achieving 6.0/100kms; Co2 is 135-143g/km Co2 (WLTP) and annual road tax €190-€200.

Safety features include Intelligent Emergency Braking with Pedestrian and cyclist recognition, Intelligent Cruise Control, Traffic sign recognition, Lane Intervention, Rear cross

traffic alert, and Blind spot intervention.

Driving cars at the launch, I noticed how wing mirrors have been moved on the doors and this together with the thinner A-Pillars improves visibility especially when turning. This is helped further at night by the standard LED headlamps.

The new car is also a lot quieter

on the road with improved noise insulation and the use of thicker windscreen glass.

Five grades are offered: XE (from €21,995), SV (from €23,650), SV Premium (from €24,650), SVE (from €26,950) and N-Design (from €26,950 for 20 personalisation options). Prices do not include dealer delivery and related charges but are VAT inclusive.

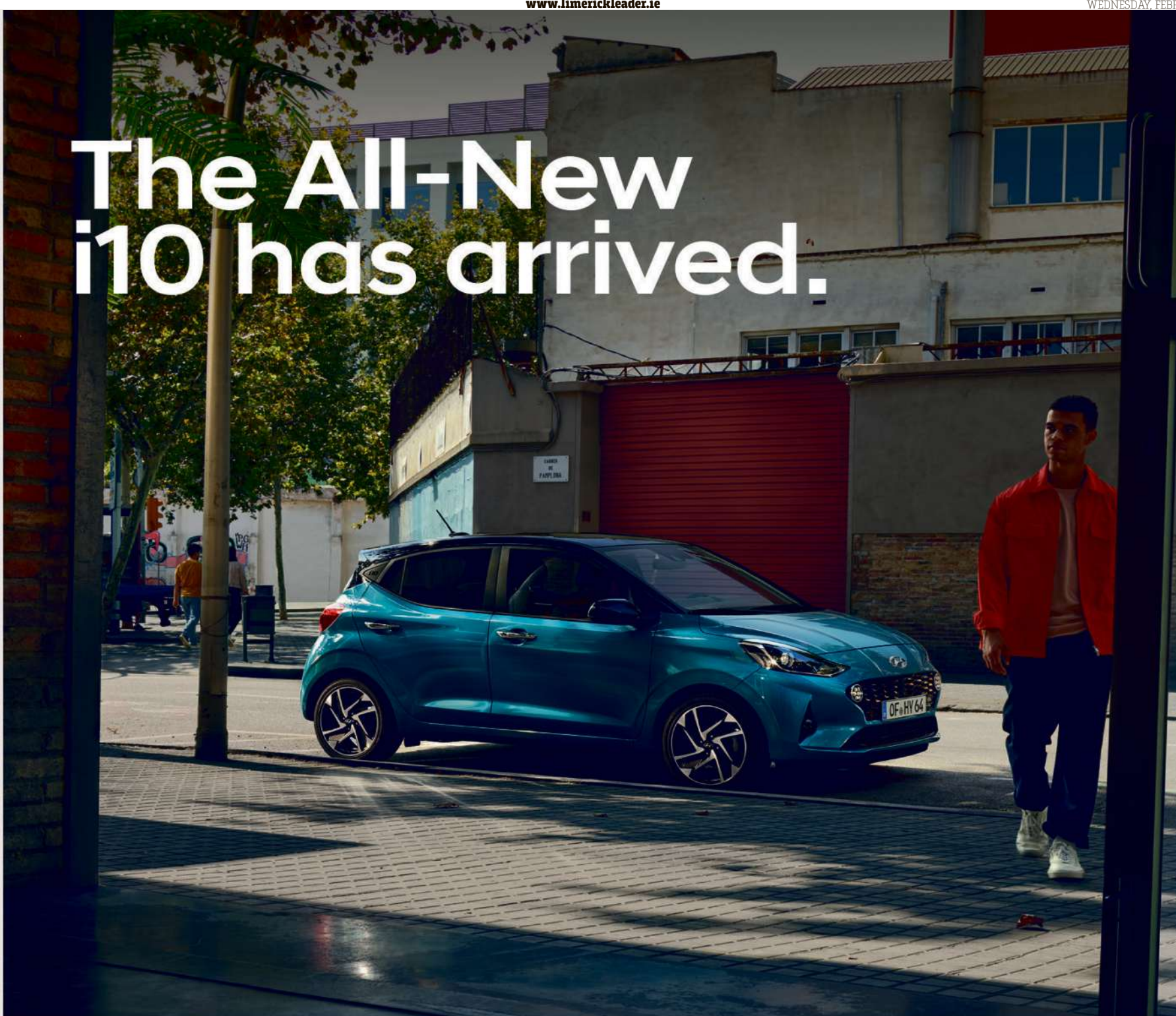
The SVE is all about offering the various technologies. The SVE DCT auto gets the full ProPilot function (€29,000). This helps by semi autonomously keeping the car in lane and keeping a constant, safe distance from other cars, even in slow-moving traffic.

The N-Design (from €26,950) gives customers full access to 20 colour combinations to personalise their car.

Juke has been awarded a maximum five star safety rating from EuroNCAP and is produced at Nissan's manufacturing plant in Sunderland, UK.

Juke has over 20 rivals which include Renault Captur, Ford Puma, VW T-Roc, SEAT Arona, Hyundai Kona, VW T-Cross, Toyota C-HR, Peugeot 2008, Fiat 500X, Mazda CX3, Jeep Renegade, and Kia Stonic.

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SPORT

Leader

**LIMERICK YOUTHS
TOP THE BILL**

Full Junior soccer
weekend preview

For more see Page 49



The Magician: Cian Lynch of Limerick in action against Robert Downey of Cork in Pairc Ui Chaoimh last weekend



Limerick warm-up for Westmeath in Portugal

GAA: Hurlers and footballers remain unbeaten in Allianz Leagues

JEROME O'CONNELL
joconnell@limerickleader.ie

THE Limerick hurlers are due back into Ireland just 24-hours before Sunday's Allianz League tie with Westmeath.

John Kiely, his management and panel of players departed on Monday morning for a warm weather training camp in Portugal.

After Sunday's Allianz Hurling League win over Cork, Limerick journeyed to Dublin and flew out Monday morning for the five night break.

In the previous three years of John Kiely's tenure as manager, Limerick have used Johnstown House Hotel And Spa in Enfield, Co Meath and Fota Island in Cobh, Co Cork for weekend training camps

during the season but they haven't been aboard for training purposes.

Sunday (2pm) in the LIT Gaelic Grounds, will be just the fourth league meeting of the Limerick and Westmeath across the last 40 years.

There was a Division Two league meeting in 2011 when Nickie Quaid and Graeme Mulcahy were in the Limerick team but it's 1986 since the counties last met in the top flight of the league.

When the sides met in 1995 it was one of the first competitive starts for John Kiely with the Limerick senior hurlers.

"There is plenty for us to go away with and work on for this week and hopefully we can get a little more fluency in the games in the coming weeks and try to get those last

few points we need to try and qualify for the knockout stages," said the Limerick manager after Sunday's win over Cork.

"We are quite happy with games every week but it's just a pity that the weather gods aren't playing along with us. It's been really bad for the last few weeks and it's not looking any better for the next 10 days and next weekend is looking ropery as well. It's the time of the year and sometimes you get a good run at it and another you don't - we are quite happy playing week-in, week-out and I am sure every other player in the country is the same," said Kiely of the Westmeath game and the rearranged Waterford game, which looks set for March 8.

He added: "I don't think there is very much room for



Limerick are top of Division four in the national league

manoeuvre now - that's the only thing".

Limerick now have one foot in the knockout stages.

"We are just taking it one game at a time to be honest and trying to maximise as much out of each week along

the way and if performances are good enough to get results, well and good and so far it has been but that's not to say it will always. We have a lot of work still to do and there are so many aspects of the game today (Cork) that we would not be happy with - obviously conceding two goals we wouldn't be happy with, and the fact that our intensity dropped off at the start of the second half," outlined Kiely.

Meanwhile, promotion is on the minds of the Limerick footballers. Billy Lee' unbeaten side play away to Antrim in O'Cathain Park, Portlengone.

A fifth straight win could see Limerick promoted with two games (Sligo and Wexford) still to come in Division Four.

Soccer News

Limerick's Treaty Utd kick-off with Wexford tie

COLM KINSELLA

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LIMERICK'S Treaty United are gearing up to face Wexford Youths in their first game of the new Women's National League season on March 22.

Treaty United have been handed a bye in the opening round of fixtures in the Women's National League which take place on the weekend of March 14-15.

As a result, the Limerick side will kick off their campaign a week later in the nine-team division when Wexford Youths visit the Markets Field on Sunday, March 22 at 2pm.

Treaty United's second fixture will see the Dave Rooney-managed side make the trip to Tolka Park to face Shelbourne on Saturday, March 28 at 2pm.

Manager Rooney said a top four finish, behind Peamount, Shelbourne and Wexford, is a realistic ambition for 'Treaty' this season.

"Fourth place is top of the table for us. That is where we are aiming.

"There is no reason why we cannot be competitive. We improved on our points total last year from year one and we are looking to do same again this year. We are a very, very young squad and are building from bottom up.

"We are going to have a very, very strong club in the next couple of years when all of these girls come of age. It is important we nurture the talent that is coming through within the region."



Treaty United Women's manager Dave Rooney

SPORT
SNIPPETSSuccess for
Limerick jockeys

Conor McNamara notched up his first winner for champion trainer Willie Mullins at Punchestown on Tuesday.

The pair landed the €100,000 Grand National Trial Handicap chase with 14/1 chance Ifyoucatchmenow which got up in the dying strides to win from the Mags Mullins-trained Augusta Gold.

The narrow winner is unlikely to get into the Irish Grand National itself and the champion trainer is already eyeing up a race on the final day of the Punchestown festival for the seven-year-old.

It was a second valuable handicap chase success for the young Rathkeale conditional rider in recent weeks, coming soon after his Joan & Dan Moore Memorable Handicap Chase win on Charlie Stout at Fairyhouse.

Meanwhile Oola jockey Cathal Landers won the 3m handicap hurdle on the Martin Hassett-trained Mary Frances at Punchestown on Wednesday.

On the heavy going, she raced to a four- and three-quarter length win over outsider Blast Of Koeman to give Landers his seventh win of the season.

To keep the good week going for Limerick, Billy Lee and David Marnane took the opening division of the 7f handicap at Dundalk on Friday night where Poet's Pride beat Denis Hogan's Mulzamm by half a length at odds of 9/2.

It was a fourth winner of the New Year for the jockey.

Podcast

Episode Four of the Limerick Leader Sport Podcast is now live on our site and on Spotify. Make sure to give it a listen and leave us know your thoughts by rating the podcast or using #LLSport on social media.

Eagles flying high

Limerick Sport Eagles continued their recent excellent run with an 84 – 73 win over Ulster Elks at UL Sport Arena on Saturday night. The Eagles went undefeated during January culminating in the Men's Division 1 coach of the month award for Head Coach Matthew Hall.

Carbery blow for Munster ahead of Scarlets tie

LEADER REPORTER

sport@limerickleader.ie

The Munster squad were dealt an injury blow this week as they started their preparations for Saturday's vital Guinness PRO14 clash against Scarlets at Thomond Park (5pm Live on TG4 and Eir Sport).

The pre-match narrative has been over shadowed by the latest injury update on Joey Carbery.

According to Munster Rugby, "While rehabbing from his current wrist injury, Joey Carbery attended an ankle specialist last week who advised a further surgery. As Carbery is already undergoing rehabilitation for a wrist injury, it was decided to go ahead with the elective procedure on his ankle"

Carbery, who injured his ankle playing for Ireland, has struggled with injury since his move to the Southern province back in 2018.

The former Leinster out-half has only managed 103 minutes of action this season. A full 80 against Ulster and 23 off the bench against Leinster.

With no return date scheduled, it looks as if JJ Hanrahan will be the sole senior out half left on the roster, following Tyler Bleyendaal's neck injury.

In some good news for Munster fans, with no 6

Nations action this weekend, Chris Farrell and Jack O'Donoghue have been released from the Ireland camp and are training with the squad, while Niall Scannell and Shane Daly have undergone scans following Friday night's game against Zebre.

Shannon RFC's Craig Casey departed in the second half of Friday night's game due to a hand injury but an x-ray ruled out any fracture and he trained with the squad yesterday.

Those continuing to rehab and unavailable this weekend are: Jean Kleyn (neck), Rhys Marshall (knee), Joey Carbery (wrist/ankle), Tadhg Beirne (ankle), Brian Scott (foot), Tyler Bleyendaal (neck).

Munster are currently second, three points behind Edinburgh.

Meanwhile, former Munster scrum-half Alby Mathewson is set to return to Ireland this summer.

Ulster Rugby confirmed on Tuesday that All-Black scrum half, Mathewson, has signed a one-year contract which will see him join the club in July 2020.

Mathewson, who won the first of his five New Zealand caps in 2010, returned home to Australia in December 2019 after a hugely successful 15-month stint with Munster Rugby.

Munster Rugby are unable to give a return date for Joey Carbery as the Irish out half had ankle surgery this week



Limerick derby tops the bill in round fourteen of Energia All-Ireland league



Young Munster winger Derek Corcoran gets to grips with Garryowen winger Tommy O'Hora when the two sides met in November. Friday night sees the two old rivals meet at 8pm

DOORADOYLE at 8pm on Friday night is the place to be this weekend for rugby fans.

Limerick's top two sides, Garryowen and Young Munsters, meet in round 14 of the All-Ireland league with both chasing top four play off spots.

Second placed Garryowen are hot favourites for this one, having already defeated the 'Cookies' in the previous meeting in November.

With kick off at 8pm, there is sure to be a large crowd in attendance.

Also on Friday night, UL Bohemian travel to Nenagh Ormond, while Saturday sees Limerick's three other sides on the road.

Shannon are away in the City of Armagh, Old Crescent travel to Queens, while Bruff face table topping Skerries.

St Munchin's chase final spot

ST MUNCHIN'S College will look to book a place in this season's Clayton Hotels Munster Schools Senior Cup final when facing PBC, of Cork, in their semi-final showdown this Wednesday.

St Munchin's will be aiming to secure a first Senior Cup final appearance since 2012 when tackling Pres' at Musgrave Park on Wednesday, February 26, 2pm.

Successive wins over local rivals Ardscoil Ris and Castletroy College have

secured St Munchin's place in this week's semi-final.

St Munchin's have a very young squad this year with only a handful of U19 players involved. The Corbally side's squad is backboned by members of the 2017 Munster Schools Junior Cup winning side.

St Munchin's, who had Alexander Wood, son of former Munster, Ireland and Lions hooker Keith Wood at out-half, edged past Castletroy College 27-24 in an exciting quarter-final clash

which produced seven tries at the Markets Field earlier this month. Hooker Jack Devanny, wingers Conor O'Shaughnessy and James O'Brien and prop Kean Sheehy all dotted down for St Munchin's, while Wood added seven points with the boot.

See limerickleader.ie for match reports on the two Clayton Hotels Munster Schools Junior Cup quarter-finals between Crescent College Comprehensive and Rockwell College as well as St Munchin's College and PBC which took place on Tuesday



St Munchin's Alexander Wood will look to lead his side into a Munster Senior Cup final this week

Youths take centre stage

PAT SHEEHAN
sport@limerickleader.ie

ON SUNDAY Limerick are in action in the Inter County Youth Trophy when they host their Clare neighbours in the quarter finals of the competition.

As holders, Limerick will carry the unenviable favourites tag into the fray but manager Martin Sugrue will be clever enough to keep his side grounded and aware of the test facing them.

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.

They followed up with a 3-1 win over Cork to top their group. Eoin Duff, Jake Dillon and Jamie Griffin netted for Limerick.

Limerick have the players to progress to the last four and so hopes are high of retaining the trophy.

On Saturday, Regional Utd B travel to take on St Michaels in the Munster Junior Cup.

Following the exit of their A team in the same competition last weekend, the 'Bees' would love to claim bragging rights with their club mates.

However they face, in St Michaels, the best team in the country last year and to expect them to topple the holders is a bit too much of an

ask. That said they will neither roll over and hope to make a contest of it.

There is one back game in the Lawson Cup and on Sunday morning as Fairview Rgs A welcome Athlunkard Villa to the Fairgreen.

Fairview are on the crest of a wave and while Villa are renowned for toppling Premier sides, I think Sunday could show why the Blues are top of the Premier League.

With Fairview Rgs in Lawson Cup action, the chasing pack have the opportunity to close the gap in the PJ Matthews Premier League or even overtake the leaders if they win on Sunday.

Topping the bill is the clash of Pike Rvs and Regional Utd at the Pike Club.

Regional were disappointed to exit the MFA Cup last weekend at home to Cork side Coachford. At the same time Pike Rvs were progressing courtesy of a 5-1 win over Geraldines.

Regional, if they hope to bother the Pike rearguard, need to ditch their slow build up style. The pace they possess should be their weapon against the meanest defence in the League.

Pike recovered well from their FAI defeat and are now determined to finish the season with a flourish.

Geraldines take on Nenagh and Aisling host Janesboro in mid table games

Barry Hartnett, Geraldines, in action against Eoin Hanrahan, Pike Rovers



that will have little bearing on either end of the table

Ballynanty Rvs will be expected to beat Kilmallock and take over top spot in the Premier League.

The 'Blues' will be itching to get back to action and they meet a Kilmallock side who have improved considerably since Niall O'Riordan took the reins

Prospect Priory meet Coonagh Utd in a game of vital importance at the other end of the table.

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. Holycross v Fairview Rgs B makes up the schedule.

In an exciting promotion battle in McGettigans Div 1A leaders Castle Rvs will be favoured to beat Shelbourne to stay ahead of Kilfrush who face a tough test in Lee Estate versus Star Rvs.

Summerville Rvs v Hyde Rgs and Southend will be hoping for a slip up by the top two when they face Summerville and Ballylanders respectively.

The top of the table in Division 2B is bound to have a different look after the weekend with two huge games. Lisnagry will be expected to win at home to

Abbey Rvs while Fairview Rgs C take on Aisling Annacotty D.

Two quarter finals of the Open Cup are listed for decision. Castle Utd welcome Parkville B and Knockainey B host Wembley Rvs B.

Tomorrow (Thursday) the first of the Tuohy Cup Semi finals throws up a mouth watering clash between Pike Rvs and Fairview Rgs. The sides did battle a couple of weeks back in the FAI Junior Cup when Fairview, thanks to a Robbie Kelleher deflected goal, edged the game 1-0.

Expect it to be equally tight as there is nothing to choose between the side.

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

JUNIOR FIXTURES

THURSDAY FEB 27

TUOHY CUP SEMI FINAL

Pike Rvs v Fairview Rgs, A Hall, N Casey, B Higgins

SATURDAY FEB 29

MUNSTER JUNIOR CUP

St Michaels v Regional Utd B, 3.00

UNDER 17 DIV ONE

Aisling Annacotty v Cappamore, 7.00, J McNamara

UNDER 17 DIV TWO

Regional Utd v Castle Rvs, 7.00, D Downing

SUNDAY MARCH 1

INTER COUNTY YOUTH

Limerick DL v Clare DL, 2.00

LAWSON CUP

Fairview Rgs A v Athlunkard Villa, 11.00, A Hall

OPEN CUP QUARTER FINALS

Castle Utd v Parkville B, 11.00, T O'Sullivan
Knockainey B v Wembley Rvs B, 11.00, M Bourke

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, LIT, 11.00, K Gorman
Geraldines v Nenagh, 11.00, N Casey
Aisling v Janesboro, 11.00, R Broe

MCGETTIGANS PREMIER A LEAGUE

Cappamore v Moyross, 11.00, R McCann
Holycross v Fairview Rgs B, 11.00, D Power
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, M Murphy
Southend v Ballylanders, 11.00, M Kennedy
Castle Rvs v Shelbourne, 11.00, J Rooney
Knockainey v Geraldines, 2.00, M Kennedy

STA FURNITURE DIVISION 1B

Parkville v Pallasgreen, LIT, 11.00, A Galvin

ALL TAN SUNBEDS DIV 2A

Caherconlish v Corbally Utd B, 2.00, G Collopy

Hyde Rgs B v Prospect B, 2.00, M Kavanagh
Murroe B v Janesboro B, 11.00, Mike Monahan

STA FURNITURE DIVISION 1B

Parkville v Patrickswell, LIT, 11.00, A Galvin

ALL TAN SUNBEDS DIV 2A

Caherconlish v Corbally Utd B, 2.00, G Collopy
Hyde Rgs B v Prospect B, 2.00, M Kavanagh
Murroe B v Janesboro B, 11.00, Mike Monahan
Division 2B
Lisnagry v Abbey Rvs, 2.00, K McCormack
Fairview Rgs C v Aisling Annacotty D, 2.00, L Somers

NICK GREEN DIV 3

Athlunkard Villa v Murroe C, 11.00, S Scully
Caledonians v Lisnagry B, 11.00, T Mannion
Nenagh B v Moyross B, 2.00, F O'Neill
Shelbourne B v Mungret Reg C, 11.00, T Joyce
Dromore Celtic v Newport C, 11.00, A Walsh

UNDER 17 DIV ONE

Shelbourne v Corbally Utd, 2.00, R Broe

UNDER 17 DIV TWO

Kilfrush v Aisling Annacotty, Elton, 2.00, M Murphy
Herbertstown v Newport, 2.00, S Rooney
Knockainey v Summerville, 2.00, P O'Brien

THURSDAY MARCH 5

Hill Celtic v Athlunkard Villa, 7.00, R Broe
Athlunkard Villa B v Regional B,

SCHOOLBOY SOCCER FIXTURES

SATURDAY FEB 29

U 13 REGIONS CUP Q-FINAL
Killarney Ath v Aisling/Annacotty2pm

U 13 PREMIER LEAGUE

Mungret/Reg A v Caherdavin Celtic11am
Regional Utd A v Corbally Utd A11am
Pike Rvs A v Shelbourne11am

U 13 DIV 1 LEAGUE

Fairview Rgs A v Aisling/Annac B11am
Regional Utd B v Ballynanty Rvs12.30pm
Granville Rgs v Bridge Celtic 11am

U 13 DIV 2 LEAGUE

Aisling/Annac C v Mungret/Reg B11am
Geraldines v Summerville Rvs11am

U 13 DIV 3 LEAGUE

Corbally Utd B v Parkville11am

U 15 PREMIER LEAGUE

Mungret/Reg A v Fairview Rgs A11am
Regional Utd A v Pike Rvs A12.30pm
Newport Town A v Aisling/Annac A11am

U 15 DIV 1 LEAGUE

Fairview Rgs B v Aisling/Annac B12.30pm
Ballynanty Rvs v Caherdavin Cel A11am
Corbally Utd A v Regional Utd B12.30pm
Parkville v Carew Park11am

U 15 DIV 2 LEAGUE

Geraldines v Newport Town B11am
Aisling/Annacotty C v Mungret/Reg B2.30pm

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

ON THE BALL

“Limerick to the core...”

DONN O'SULLIVAN

We've come a long way from the salt in the sugar bowl



The new Pairc Ui Chaoimh, where sugar and salt may never meet

When I was a young buck, the excitement of being told you had a ticket for the big game was quickly dampened by the realisation you were going to have to pack the lunch box for the trip.

There was massive pressure. Tea-bags, milk, (in several water tight soda stream bottles) rolls, ham, lettuce, butter, (spread from the fridge into a container so it would be soft by the time you hit the road), biscuits, (custard creams, bourbon creams and sometimes a mini mars bar)

Spoons, knives, napkins, slices of bread for the post match nibble, mustard (posh), sugar and salt.

All of this had to be packed into the largest Tupperware box in the house.

A 'weathered' container which carried all the stains of past tea bag drops, milk leaks and corners littered with crumb fragments.

This box was famous in our house. It was not to be forgotten. It was ahead of jerseys, umbrellas, changes of clothes, the Sunday papers and even the car keys when it came to a checklist of what needed to be packed.

It went everywhere. Thurles, Killarney, Gaelic Grounds (yes we packed a lunch for a game 20 minutes away) and on its most famous trip of all, Cork.

Now, growing up in a house with a

sports mad Corkman as a father, trips to Cork were more important than any other. They were trips 'home'

There were several seasons where, due to open draws and things not going their way, that this young hurling fan never saw Limerick in the flesh.

The trips to Cork were to watch Ger Cunningham, Tomas Mulcahy, Jimmy Barry-Murphy, John Fitzgibbon, Kevin Hennessy and John Fenton.

The teams they faced, normally Tipperary, were laden down with talent such as Bobby Ryan, Pat Fox and Nicky English.

With all the games that we went to in Cork, Munster finals, replays,

league finals, epic battles one and all to a young fan, the most remembered episode, over 20 years later, is when there was a 'Tupperware box malfunction'

You see, someone, (to this day a matter of great dispute) managed to put salt in the sugar bowl.

Now, the first cup of tea was fine, the problem came for the second and subsequent cups of tea. The blame game began on Centre Park road in Cork and continues to this day.

On Sunday, as I looked out over the new Pairc Ui Chaoimh from a spacious press box, enjoying a half time chicken goujon, wedges, with the salt and sugar safely in their own sachets, I thought, we've come a long way.

JEROME O'CONNELL

The Cian Lynch - audacious skill from Limerick hurling star

It wasn't the first time and it won't be the last that Cian Lynch left sports fans speechless with his silky skills.

The stopwatch just passed 31-minutes in Limerick's Allianz Hurling League tie with Cork when Lynch left all in Pairc Ui Chaoimh rubbing their eyes in disbelief as the midfield magician tapped his hurley off the grounded sliotar to flick it backwards between his legs and he then grabbed possession behind his back as he swiveled his feet to move clear of a crowd of players.

An audacious flick that many may just about attempt in the back garden or on the training ground but to have the presence of mind, confidence and talent to do so in the heat of battle, just demonstrates the sheer brilliance of the Patrickswell man.

So we now have 'The Cian Lynch'.



Star man: Cian Lynch is surrounded at the final whistle

Be it league or championship and in the colours of club, college or county, Lynch is always a joy to behold - lighting up games with his box of tricks that make him the current poster boy for the game of hurling.

Quite simply, we in Limerick are lucky to currently have a star that young

hurlers across Ireland aspire to be.

But more importantly - Lynch is not just a show-man, he is the ultimate team player.

Lynch doesn't delve into his box of tricks to garner acclaim, he does so because in that moment he believes it is his best chance to win possession.

And, more often than not it's 'dirty ball' that he wins with his skill-set and a work-rate that is second to none.

While there is more to come from Lynch, the rest of us, are off to attempt 'The Cian Lynch'.



Does the ban on heading of footballs go too far?

COLM KINSELLA

Does new heading ban go far enough?

THE decision in the UK this week whereby children aged 11 and under will no longer be taught to head footballs during training in England, Scotland and Northern Ireland gives plenty of food for thought.

The new guidelines for coaches also puts limits on how much heading older children should do.

It follows Glasgow University research that showed former footballers were three-and-a-half times more likely to die from brain disease.

The guidance will affect training only.

Headers will gradually get more frequent in training, for example under-12 teams will be limited to one session a month with a maximum of five headers, while under-13 age groups will have one session a week.

Back home the FAI said this week that it will monitor the effect of the new ruling in the UK.

Interestingly, a similar stance on banning the heading of the ball, that also includes restrictions during matches, has been in place in the US since 2015.

The rule change there came after a number of coaches and parents took legal action against the US Soccer Federation.

Should the ban on children aged 11 and under heading the ball in training not be extended to actual games as well? Surely, it's only a matter of time before the ban comes in here too.

COLM KINSELLA

Horschel has good each way prospects at the 'Honda'

THE PGA Tour is in Florida this week as the prestigious Honda Classic takes centre stage at the PGA National Golf Club at Palm Beach Gardens, Florida.

Twelve months ago, Keith Mitchell made the biggest putt of his professional career when holing a 15-footer on his final hole

to claim the title.

A star studded field – featuring six of the top 20 in the world – will tee it up in the 72-hole event beginning this Thursday.

The entry list includes World No 2 Brooks Koepka, Open Champion Shane Lowry and several more of the world's elite golfers, including Justin Rose,

Tommy Fleetwood, Louis Oosthuizen, Rickie Fowler, Lee Westwood, Ian Poulter as well as two more Irish golfers in Graeme McDowell and 2015 Honda Classic champion Padraig Harrington.

Koepka is the bookies' favourite to claim the title on Sunday at odds of 11/1, with Tommy Fleetwood and Rickie Fowler next best at 12/1.

Our preference is for Billy Horschel, the Florida native who finished tied ninth in the WGC event in Mexico last weekend.

Horschel, who has recorded five wins on the PGA Tour, is a decent each-way option at 22/1.

Crucially, Horschel has a good record around PGA National, finishing fourth there in 2017.



IS THAT ON THE BOX?

Editor Note: This is not a full list of games, for a full list see broadcasters schedule

Wednesday**SNOOKER**

PLAYERS CHAMPIONSHIPS
ITV4 1PM

CYCLING

TRACK WORLD CHAMPS
EUROSPORT 5.30PM

SOCCER

MIDDLESBORO V LEEDS
SKY SPORTS 7.45PM

SOCCER

LYON V JUVENTUS
BT SPORT 8PM

SOCCER

REAL MADRID V MAN CITY
BT SPORT 8PM

Thursday**GOLF**

OMAN OPEN
SKY SPORTS 6.30AM

TENNIS

DOHA 2020
AMAZON PRIME 1PM

GOLF

HONDA CLASSIC
SKY SPORT 7PM

SOCCER

MAN UTD V CLUB BRUGGE
VIRGIN/BT SPORT 8PM

SOCCER

CELTIC V COPENHAGEN
VIRGIN/BT SPORT 8PM

Friday**RUGBY UNION**

HIGHLANDERS V REBELS
SKY SPORTS 6AM

GOLF

OMAN OPEN
SKY SPORTS 6.30AM

GOLF

HONDA CLASSIC
SKY SPORTS 7PM

RUGBY UNION

GLOUCESTER V SALE
BT SPORT 7.45PM

RUGBY UNION

NORWICH V LEICESTER
SKY SPORTS 8PM

Saturday

Calvin Nash will be hoping his Munster side can down the Scarlets

**RUGBY UNION**

HURRICANES V SUNWOLVES
SKY SPORTS 3.45AM

GOLF

OMAN OPEN
SKY SPORTS 8AM

RUGBY UNION

REDS V SHARKS
SKY SPORTS 8.15AM

SOCCER

BRIGHTON V C PALACE
BT SPORT 12.30PM

RUGBY UNION

STORMERS V BLUES
SKY SPORTS 1PM

RUGBY UNION

SAINTS V SARACENS
BT SPORT 3PM

RUGBY UNION

BENNETON V ULSTER
PREMIER SPORT 3PM

RUGBY UNION

MUNSTER V SCARLETS
EIR SPORT/TG4 5PM

SOCCER

WATFORD V LIVERPOOL
SKY SPORTS 5.30PM

SOCCER

HEARTS V RANGERS
PREMIER SPORT 5.30PM

GOLF

HONDA CLASSIC
SKY SPORTS 6PM

GAELIC GAMES

TYRONE V DUBLIN
EIR SPORT 7.15PM

GAELIC GAMES

MAYO V KERRY
EIR SPORT/RTE 7.15PM

CRICKET

NEW ZEALAND V INDIA
SKY SPORTS 10.30PM

Sunday**GOLF**

OMAN OPEN
SKY SPORTS 6AM

RUGBY UNION

KINGS V CONNACHT
EIR SPORT 1PM

HURLING

TIPPERARY V WATERFORD
TG4 2PM LIVE

HURLING

GALWAY V CORK
TG4 2PM (DEFERRED)

GAELIC FOOTBALL

DONEGAL V MONAGHAN
TG4 2PM (DEFERRED)

SOCCER

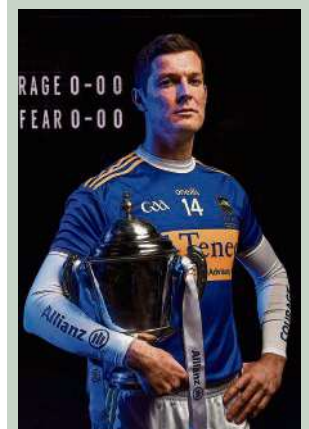
ST JOHNSTONE V CELTIC
PREMIER SPORT 3PM

SOCCER

ASTON VILLA V MAN CITY
SKY SPORTS 4.30PM



Nemanja Matic of Manchester United will look to get his side through the last 32 of the Europa League this Thursday night as they host Club Brugge



Seamus Callanan will be live on TG4 with Tipp this Sunday at 2pm



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