

# ST PATRICK'S DAY LIKE NO OTHER



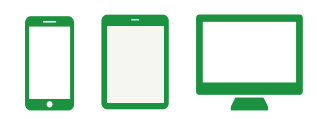
**Main streets cleared but communities around Limerick hold their own social distancing parties and keep the spirits up - See inside**

Lynsey Power Edwards on O'Connell Street this St Patrick's Day as the message on social distancing takes hold  
PICTURE: MICHAEL COWHEY

# The Wednesday, March 18, 2020 Leader

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**COMMUNITY** Limerick improvises to celebrate St Patrick's Day **P6**

**PROPERTY** If you are in the market for a new home, check out our supplement **INSIDE**



**SPORT** Limerick GAA confirms that games for April are to be postponed **P45**



**City club's permission to build new facility P13**

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# LeadingOff

Setting the agenda in Limerick



**▲ GOOD WEEK**  
**Community spirit**  
 The Covid-19 crisis is bringing people's goodness to the surface. There are examples everywhere!



**▼ BAD WEEK**  
**House parties**  
 Quite a few people were not getting the message about social distancing. Let's hope that changes



**☀ QUOTE OF THE WEEK**  
 "I expect it to be at least mid-June before we return and after this pandemic hopefully peaks. We are facing the single biggest health crisis in living memory"  
**Dr Des Fitzgerald, UL president**

**INSIDE THIS WEEK**



**PROTECT THE VULNERABLE**  
 Those at risk from Covid-19  
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**INQUEST ADJOURNED**  
 City man murdered  
 Page 12



**MANAGING CASH FLOW**  
 Liam Croke's budget advice  
 PAGE 17



**BURSARIES FROM LIT**  
 Students get help  
 Page 38-39

## Time for us all to be responsible citizens



**Leading the charge: Well done to UL president Dr Des Fitzgerald on taking action on highlighting the need for people to change their behaviour regarding the spread of coronavirus**



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

IN times of crisis, we need leaders at both local and national level, and I say well done to UL president Dr Des Fitzgerald for taking action on the coronavirus.  
 So many people, including journalists like myself, have no real idea what is going on, but we need to listen to people like Dr Fitzgerald, a cardiologist and former professor of molecular medicine at UCD.

"These are extraordinary times. We are facing the single biggest health crisis in living memory...I am deeply concerned that people are not fully realising the severity of the situation and so are not changing their behaviour quickly enough," said Dr Fitzgerald. He has been in contact with TDs, business people, media and civic leaders, looking for a change in people's behaviour.

Do we have to wait until UHL is full of people dying, before we realise we have to self isolate as much as possible?  
 Behind the scenes I know that the HSE is leading Local Coordination Group meetings and that Chief Supt Gerry Roche is in charge of the major emergency team. Let's try and make their job as easy as possible in these very hard times.

**WEBTOPTEN**

1. 50 over 450 US planes carrying weapons landed in Shannon Airport in 2019
2. 54 new cases of coronavirus in Ireland
3. Two Limerick city hotels announce plans for full and part closure
4. Major Limerick shopping centre observing normal trading hours
5. Teenager dies following crash near Limerick
6. Trolley figures hit record low at University Hospital Limerick as urgent call goes out for volunteers
7. Major Limerick hotel announces it is closing due to Covid-19
8. UL could become field hospital to help fight Covid-19 which won't peak until June, says president
9. Road closure near Limerick village following collision between truck and car
10. An Post announces special coronavirus arrangements for social welfare



**Road close after collision and oil spillage (No. 9)**

**WEATHER FOR THE WEEK**



**WEDNESDAY**  
 Cloudy and chilly with temperature range of 0-8°C



**THURSDAY**  
 Periods of clouds and sun but cold with temperature range of -2 to 9°C



**FRIDAY**  
 Mostly cloudy with temperature range from 2 to 9°C



**SATURDAY**  
 Mainly cloudy with a little rain and temperatures from 2-9°C



**SUNDAY**  
 Mainly cloudy with a top temperature of 10°C



**MONDAY**  
 Low clouds all day with temperature range of 3-10°C

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# MyLimerick

## Willzee

Rapper



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

For me a perfect day in Limerick is taking a walk through the Mount School (Mary I campus) as it was my old primary school and has a lovely walk surrounding it. I then take to the back streets to feel the remaining sense of history and see some of the unique quotes or characters found there.

### What's your first Limerick memory?

It would have been going to the greyhound stadium as a young kid with my family, it was enjoyable for all ages and having grown up in a home with greyhounds and seen my mama along with other dog owners provide great care in the lines of protein measures and daily walks made me want to own a dog and one day race it, which a few years later I did and continue to do.

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

It has to be the Limerick rap scene. Although not a location it is a place of freedom and care mixed with adrenaline and togetherness. There is unity like no other. Family values.

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

My favourite outside that stated already, would be Clare Street canal, formerly The Crew Bridge, it was the home to some of my family when they would camp alongside the canal years ago, singing songs and telling tales by the campfire. Outside the history value, it's just a pleasant walkway that goes as far as the UL campus.

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

The people in Limerick are those who make it unique in itself. If you have time go to Gleeson's Spar in the middle of town, grab a

nice meal and sit outside, you will be sure to witness many things unique.

### Do you have a favourite local restaurant?

The Curragower Bar and Restaurant, without a doubt. Being a man of chicken, one of my best mates recommended we try their wings and let's just say, there's no going elsewhere. Once you try them you will understand, along with the friendly bar staff and a nice view from the balcony, it's all you could need.

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

The people here are pleasant and mostly caring, there is a sense of pain still lurking in the background but I feel we are moving towards happier times and that energy can be felt, which is great all round.

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

Sport is massive to Limerick, all aspects of it. Although not a hardcore GAA fan myself, I do take interest in the Limerick boxers and they are phenomenal. Lee Reeves, now professional, climbing the global ranks with an unbeaten record, Paddy Donovan, now pro, Graham McCormack's unbeaten and Myles Casey claiming numerous titles. There is definitely a future world champ in the making.

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

Homelessness is the biggest problem I think these days. I hear of so many parents are in hotel rooms with their kids day in and day out which can't be good for their mental health or for the kids. It is basically institutionalising them. In a sense, they are confined to one room and some families in these "hubs" have five or six in the one room. Alongside hygiene there are multiple other issues and illnesses than could stem from this.



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# Quinlivan: Government must support workers

FAMILIES and workers must be supported through this public health emergency, Sinn Féin's Maurice Quinlivan TD has said.

According to Deputy Quinlivan, Sinn Féin have been in contact with government departments and various sectors on measures needed to support and assist families, workers and businesses during this public health emergency brought about by the coronavirus outbreak.

"There is huge uncertainty

across society as people begin to come to terms with and plan for the emergency measures introduced on Thursday. It is essential that the government acts quickly to support families, workers and businesses. People are deeply worried that they will not be able to cope financially," Deputy Quinlivan said.

"We have been in contact with government departments on the issues requiring immediate attention, including legislation

which may need to be passed at the next Dáil sitting. The social welfare system will have to adapt quickly to support families and workers where job losses, loss of hours or sickness occur. Illness benefit is an important part of this, but it is only one part of what must be a comprehensive welfare response."

Deputy Quinlivan has said that parents, who are out of work due to school and creche closures, must be supported.

"Parents may be forced out of

paid employment to care for children for the duration of the public health emergency.

"These parents must be supported, not penalised. Families and workers must be protected against rent increases and evictions. A mortgage holiday must be provided for, as must an urgent prohibition on utility disconnections such as gas and electricity. The childcare needs of frontline healthcare workers must be met as a matter of urgency."



Deputy Quinlivan has said that parents, who are out of work due to



Production has temporarily halted at Troy Studios of sci-fi epic Foundation

## Production comes to halt at Troy Studios

**Delayed:** Filming of Foundation halts effecting 300 people

**RYAN O'ROURKE**

ryan.orourke@limerickleader.ie

APPLE TV's new adaptation of sci-fi epic Foundation, which was being filmed in Castletroy, has halted production due to the Coronavirus.

Around 300 people were working on the project. The filming of the ten-episode series, which is based on Isaac Asimov's books, has been taking place at the expansive Troy Studios.

The writer and executive producer of Foundation is Blade and Batman Begins producer David Goyer, along with Asimov's daughter, Robyn Asimov.

Chernobyl and Mad Men actor Jared Harris and The Hobbit star Lee Pace are starring in the series, which is said to be the largest-scale production ever filmed in Ireland.

The story centers on a group that become exiled and want to save a Galactic Empire from destruction.

Last week Lee Pace posted on Twitter about how he was enjoying the scenery in and around Limerick.

The series was expected to be streamed next Autumn.

Previously, an open casting call for a movie being produced by Troy Studios has been cancelled over coronavirus fears.

The casting call for extras was due

to be held at the Metropole Hotel, Cork on Tuesday, March 10.

In a statement from MovieExtras.ie, a spokesperson said: "As a precautionary measure due to COVID-19, we have decided to cancel the Open Casting for Film Extras for the Sci-fi Production shooting in Troy Studios and surrounding areas. It was scheduled to take place on Tuesday 10th March at The Metropole Hotel, Cork.

It was announced previously that production would not be affected, however, this has now changed.

Previously, Troy Studios produced Nightflyers, which was filmed on location.

## Hotels close down as Covid-19 bites

**LEADER REPORTERS**

news@limerickleader.ie

HOTELS across Limerick have joined pubs, clubs and some restaurants in shutting down due to Covid-19.

With people following medical advice to remain at home where possible, many hotel managers have decided to either close the hotel down, or have it open on a strict basis to guests only.

This Tuesday, it was confirmed The George Hotel, The Savoy Hotel and Alex Findlater and Co restaurant, which between them employ 290 people, will close to the public until Sunday, March 29.

Meanwhile, the Limerick City Hotel remains open to guests. But McGettigan's Bar and Restaurant on the same site in Mallow Street is closed.

The Absolute Hotel closed to the public on Tuesday, but remain open offering limited service to existing guests, while No. 1 Pery Square is to close altogether for two weeks.

The Maldron Hotel is open, but only for residents, as is the Limerick Strand Hotel.

However, the Clayton Hotel as of this Tuesday lunchtime, remained open generally, although the leisure centre had closed.

Pery Hotel in Glentworth Street shut its doors until Sunday, March 29.

While the Travelodge branch at Castletroy is

closing until this date, the budget hotel's outlet on the city's northside at Coonagh remains open.

In Adare, the Fitzgerald Woodlands House Hotel is closed. Meanwhile, Adare Manor confirmed they have decided to temporarily and voluntarily close the resort to protect their team and their families, guests and the local community of Adare against the ongoing spread of the Coronavirus.

Ronan Branigan, the general manager of the Savoy Group, said: "In the interests of the health and safety of our staff and customers, we are going to meet

out staff today. We are going to temporarily close all our outlets until March 29 which is the government advice in relation to this outbreak."

"We operate in a business which would find it hard to institute social distancing," he added.

Mr Branigan said it's hoped to keep Da Vincenzo's open at the George Hotel for an hour each day, for hotel workers both in the Savoy Group and across the city.

"We don't want people to congregate in big numbers, but if they feel they want to come in and catch up, we are going to offer staff food in 12pm to 1pm each day. We'll also extend that to any hotel staff around the city who would like to have a hot meal," he added.



# Traders show their true colours



**Aileen McDermott, Jane Conlon and Nina Gray of Sodalicious, who made the decision to close because of the Coronavirus are donating food to the Simon Community** PICTURE: ADRIAN BUTLER

## Business: Help given to those most in need

**NICK RABBITS**

nick@limerickleader.ie

TRADERS across Limerick have shown their true colours, with many affording donations to communities in need across the city.

Sodalicious cafe owner Jane Conlon has made a significant food gift to the Mid-West Simon Community, which supports homeless and vulnerable people.

And the newly opened Spitjack's restaurant, and the Buttery in Bedford Row have given food to St Munchin's Community Centre, which delivers meals on wheels to the elderly across Limerick.

Jane Conlon, proprietor of Sodalicious, which is at the junction of Henry Street and Lower Cecil Street, said she would not have been able to sleep at night if she had not donated perishable food to the Simon community.

"I had a cold room full of perishable foods. So we decided to turn them into goods to donate to the vulnerable and homeless, whoever the Mid-West Simon Community chooses," she explained, "I turned a whole load of chickens into a beautiful chicken casserole. We made potted food, and soup as well."

Ms Conlon, who has lived in

Limerick for 20 years, said: "I would have been awake at night having thoughts about not giving enough food out. I've given staff food, and they've all gone home with boxes. But the other stuff, I couldn't have slept if I didn't do anything with it."

She thinks when life returns to some sense of normality after this outbreak, Ireland will be a much kinder society.

"I think when this is all over, people are going to be better for it, I really do. I think it is the making of our society. There will be huge acts of kindness and love shown throughout the following weeks, months and possibly years," the businesswoman added.

Meanwhile, with people being urged to self-isolate to delay the spread of the flu-like disease, St Munchin's Community Centre in Kileely is stepping up its meals-on-wheels service.

But, its manager Linda Ledger has revealed, due to the fact the centre as a whole is closed for public safety reasons, it has left a hole in their finances, which the hairdresser, cafe, photographer and other social enterprises would have brought in.

With 26 people employed, it has presented a big problem to the centre boss.

The businesses stepping in

has proven to be vital, Linda added.

"Spitjacks gave us in some of their food and the Buttery gave us some of theirs. It was really nice of them," she said, "It was items like bread, cream and fruitcake. Our local pub, Kinsella's have also helped. They always come up with something."

A GoFundMe internet-based fundraiser has also been launched to help the Meals on Wheels service, and has seen €610 raised as of this Tuesday afternoon.

St Munchin's Community Centre staff are working with the HSE to identify those who need the meals on wheels the most at this time.

"At the moment, we are doing our traditional deliveries for the over-65s, but we don't know what will happen next. We have our state-of-the-art kitchen, we have three chefs and four vans on the road," she added.

Lessons were learnt from the flooding which hit much of the northside in 2014, Linda said.

To check out the GoFundMe, check out [https://www.gofundme.com/f/help-fund-meals-amp-wheels-st-munchino39s-cc?utm\\_source=customer&utm\\_medium=copy\\_link&utm\\_campaign=p\\_cf+share-flow-1](https://www.gofundme.com/f/help-fund-meals-amp-wheels-st-munchino39s-cc?utm_source=customer&utm_medium=copy_link&utm_campaign=p_cf+share-flow-1).

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# Estate goes green for unique St Patrick's bash

**NICK RABBITTS**

nick@limerickleader.ie

ALTHOUGH the city-wide St Patrick's Day celebrations were called off due to coronavirus, smaller parties were held across Limerick.

At the Grange in Raheen, parents and children decorated their windows, and got together on the dot of three this Tuesday afternoon to say hello and mark our national holiday – while of course keeping a safe distance from one another.

It was the brainchild of Marlene Brosnan, who sent a message around to her neighbours to see if they could come together.

"We wanted to let the children know that although we are keeping a social distance with one another that it's okay. We are in this together. It's given us a nice distraction for the last 24 hours."

Her neighbour Margaret O'Connor added: "We might not be able to go to a St Patrick's Day parade today, but we can still decorate our homes."

"What's great about all this is it has given the kids something to do today, to focus on. Our house was up

since nine o'clock this morning painting and colouring. We hadn't been able to prepare for St Patrick's Day, we had other things on our mind," she added.

Phil McNamara added: "I find with all the trouble and worries, it's great we've all come together to celebrate St Patrick's Day, to put on a bit of green, and basically, be normal – albeit with a bit of social distancing!"

Sounding a defiant note, she added: "We will prevail. As our president said, we will get through this."

Sarah Corbett-Lynch, 13, said she would normally see her friends and neighbours in the Grange every day, but due to this outbreak, it's the first time she has met them in a week.

Her friend Alva Duffy, 11, said: "Normally, we would be freezing cold standing in O'Connell Street at the parade. But today, we are just outside playing football. It's a bit better!"

Elsewhere, there was a huge community car parade around Annacotty and Monaleen to mark St Patrick's Day. And other communities across the city also joined in the fun!



Eoin, Alex, Ciara and Kate Conway were smiles in The Grange, Raheen on St Patrick's Day PICTURE: BRENDAN GLEESON

# University of Limerick plan for Covid-19 field hospitals

**Covid-19:** Action needed and by remaining apart, we stand together, says UL president

**REBECCA LAFFAN**

rebecca.laffan@limerickleader.ie

A FIELD hospital for coronavirus patients is "likely" to be set up in University of Limerick in the near future, it was announced this week.

The revelation was made by the university's president Dr Des Fitzgerald this week when he said that he expects it will be mid-June before the campus reopens to staff and students.

"UL is closed in the first instance until March 29. Let me be clear; I expect it to be at least mid-June before we return and after this pandemic hopefully peaks," he stated.

"It is likely before then that UL will play host to a field hospital as our frontline health services are potentially overwhelmed."

Dr Fitzgerald also stated that on-campus accommodation could be used as isolation units.

We are currently working with the

HSE to develop more sophisticated systems of contact tracing, with the inclusion of testing. This is further to the change in testing criteria in recent days.

"We are also working on a process of using mobile phone geolocation data to map individuals who may have come into contact with an individual with a positive diagnosis."

Dr Fitzgerald, a cardiologist and former Professor of Molecular Medicine at UCD and Chief Academic Officer of the Ireland East Hospital Group, is mounting a campaign over social and traditional media to alert people up to the severity of the COVID-19 crisis and to reinforce the absolute necessity for immediate widespread adoption of social distancing.

The UL president has been in contact with TDs, senior business people, media and civic leaders to ask them to join him in calling for the community of Limerick city and county to change their behaviour

now and save lives.

"These are extraordinary times. We are facing the single biggest health crisis in living memory," Dr Fitzgerald said.

"I am deeply concerned that people are not fully realising the severity of the situation and so are not changing their behaviour quickly enough.

"The government and health authorities are doing everything they can and those at the front line facing COVID-19 Coronavirus are performing incredible work.

"Those that are dealing directly with this crisis don't have the luxury to self-isolate and reduce their personal contact - we owe it to those at the coalface to do everything we can to buy them enough time to deal with this crisis," he continued.

"We have a small window of time right now where we can really have an influence over how bad this gets. We still have a chance to flatten out the curve of this deadly virus and help to



**None of us has ever faced anything like this in our lifetimes**

UL PRESIDENT



interrupt its march but we need to act now.

"I am deeply concerned that people are not fully realising the severity of the situation and so are not changing their behaviour quickly enough," he added.

"People must take personal responsibility to try and slow down this virus and try to save lives.

"What you do now will have an impact long into the future. We owe it to the sisters, daughters, husbands, wives, brothers and sons, mothers and fathers placing themselves in the way of this virus that is already spreading through our community.

"We must take action and by remaining apart, we stand together."

Meanwhile, Mary Immaculate College has undertaken measures to make unoccupied student accommodation available for the purpose of a field hospital, should the need arise, it was announced this Monday by its president, Professor Eugene Wall.

# Bishop: Attending some funerals 'enters realms of recklessness'

**Coronavirus crisis** Do not attend funerals unless they are immediate relatives or very close friends

BISHOP of Limerick Brendan Leahy has appealed to people not to attend funerals unless they are immediate relatives or particularly close friends.

Doing otherwise would, he said, would be reckless.

"No one should attend funerals unless they are immediate relatives or very particular friends. While I do, of course, understand the desire of others to attend, to do so if not members of immediate family or a very particular friend could enter into the realms of recklessness.

"And, of course, in keeping to the HSE advice, there should be no hand-shaking or hugs regardless. Social distancing must be observed now as difficult as that is. Once this crisis has passed, and it will pass, another ceremony can be arranged for all those who should not now

attend.

"They can then gather and pay their respects in that great Irish way and let the family know they share their loss. In the meantime, phone-calls, texts and social media can be used to convey support at this very difficult and extraordinary time."

Bishop Leahy also confirmed that all Masses - not just Sunday Masses - will no longer be held in public until further notice.

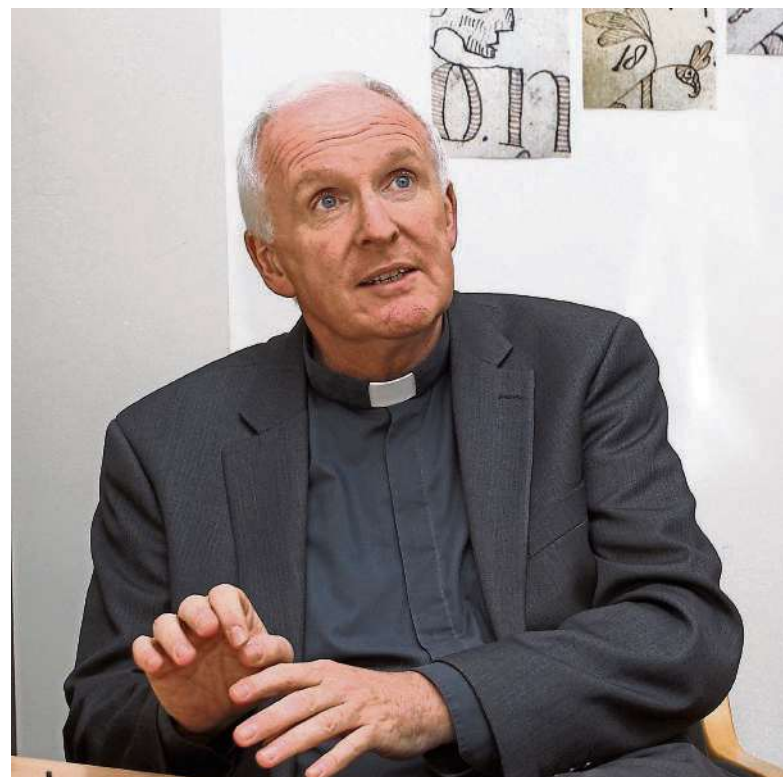
"A great saying found in all religions tells us: 'Do onto others as you would want done onto you'. It's the Golden Rule and its application is never more timely than in the face of the radical measures we have to take in stopping the spread of the coronavirus. What we can and ought to do is take responsibility. And we need to start by reviewing

our lifestyle completely for the coming weeks in light of the Golden Rule.

"For the sake of a few weeks, we need to make sacrifices. Of course, we are afraid of cutting back in business and services; that's completely understandable but we are at a point where it is now so evident that if we don't take short-term sacrifice, we will hurt long term. We will hurt economically but we will hurt from a health perspective. And people will die."

Bishop Leahy has said that we cannot wait for a government workplace shut down and, must instead, take responsibility on ourselves.

The stakes are, he said, too high with people's lives on the line and the health system unable to



**Bishop of Limerick Brendan Leahy has been a strong voice for his diocese**

withstand the pressures. So, it is clear that we, as a public, cannot afford to be nonchalant about social gatherings any more, Bishop Leahy said.

"While the Government hasn't yet called for a lockdown, could we not already voluntarily do our part to effectively, as much as we can, reduce our interactions with one another. Ireland is known for its

good social cohesion. This is a unique, unprecedented crisis calling for us like never before to pull together to stop the virus spreading."

See <http://www.limerickcathedral.com/live-stream/> for Masses at 10am and 5.45pm Wednesday to Friday; 10am and 6pm on Saturday; 8am, 10.30am, noon and 7pm on Sunday.

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One of the new garda vehicles

## Garda roll out 210 new vehicles

AN GARDA Síochána is in the process of hiring up to 210 vehicles to provide additional mobility to stations nationwide to provide increased community support and community engagement across the country.

Speaking this week Deputy Commissioner Twomey stated: "As a community at this time we need more than ever to support the most vulnerable in our society, particularly our elderly and isolated. An Garda Síochána has always worked closely with our communities and we continue to do so in these extraordinary times".

An Garda Síochána continue to urge families, neighbours and community groups to engage with people in line with social distancing guidelines.

As an organisation, Gardaí across the country are being asked to actively identify those persons most at need, particularly those with limited local family or social support. In these cases An Garda Síochána will assist.

These 'contingency' vehicles will be used to maintain personal interactions and where needed to assist and support people, which may include collecting medical prescriptions, attending hospital appointments and other supports they may need. They are not 'primary response vehicles'.

An Garda Síochána will also use these opportunities to link identified people into local, national and state services where appropriate.

Any person with these concerns for themselves or for a neighbour should contact their local Garda station, Contact details, including email contact, for all Garda stations can be found on the Garda website or in any phonebook.

# Stay indoors and protect the vulnerable like Noah

**In danger:** Those who are immunocompromised are at risk

**RYAN O'ROURKE**

Ryan.orourke@limerickleader.ie

AS MANY across the county settle into a routine of homebound isolation and remote work, it can be important to remember why these precautions are necessary, to protect those who are among the most vulnerable.

One of those who is in the most need of protection from the coronavirus is two-year-old Noah Quish.

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.

His mother, Una, explains that due to Noah's immunocompromised state, the family has taken a number of precautions.

"If Noah got this virus it would be fatal. We are indoors since last week and I took Leah (Noah's sister) out of school a few days early for the sake of Noah who already has respiratory and heart disease," said UNA



Noah Quish while in hospital recovering from heart surgery

"He is sick lately with a cough, so keeping him healthy and out of hospital is our priority. It is a frightening time though. As a few times this week, I thought he might need to go to the hospital but the fear of the unknown and going in is putting me off," she added.

Una is also worried that the added strain on the hospital will mean there is a lack of care for Noah.

"If Noah goes downhill in the height of an outbreak and the hospitals are already at full capacity what will I do.

"These are the worries we have. Noah is immunocompromised due to his underlying conditions and life-saving surgeries he had so its crucial we keep himself indoors. I hope for his sake, elders and other kids like him that people have respect and listen to what they are been told."

Recently, Noah was hospitalised due to a common cold. While in hospital, Noah was placed on oxygen and developed Respiratory syncytial virus (RSV), croup and bronchitis, stressing the dramatic nature of his family's current isolation.

"We have cancelled all appointments and stay home to prevent this from happening. This virus hasn't peaked yet and when it does it will be horrendous.

"So staying in now might help it slow down. We need to think of our nurses, guards, all the front line staff who will be affected by this also and cant stay at home to mind their family and some of them have seriously sick kids too," Una finished

## Na Piarsaigh give a hurl of a hand to local kids

A NORTHSIDE GAA club has offered equipment hurleys and sliothars to kids in the area who might have nothing to do now as they're off school.

The Caherdavin side posted a notice on its social media channels over the weekend, pointing out to parents that the gear had been left outside the clubhouse.

"Enjoy a few pucks with the kids over the coming weeks Please be mindful when collecting not to allow potential transmission," he said.

Although they were only left outside for one day, club secretary Derek Giltenan said the initiative had proven popular, with children not expected back at school until the end of the month at the earliest.

"It was a club idea, no one person's in particular. There might be some kids who mightn't have a hurley themselves. Kids are off school, and a lot of people are getting sent

home from work. Kids might need a little outlet, parents might need a little outlet to entertain the lads, to bring them down here and perhaps let them puck a ball," he explained.

Like so many clubs across the city and county due to the Covid-19 outbreak, Na Piarsaigh's clubhouse has shut for a fortnight, with only access to the sports fields at Elm Drive now available.

Derek fears the worst is yet to come.

"I think they are going to shut down the country before too long. By the end of the week, we'll all be in lockdown," he predicted.

Many committee members of the club have volunteered to be a point of contact to elderly and vulnerable members who may be lonely during the period of isolation.

Derek said they can pick up a phone just for a chat, or request help picking up items if needs be.



The hurleys which were left outside the Na Piarsaigh clubhouse for youngsters



# LIMERICK LEADER

The  
**Leader**

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## TIPPERARY CREDIT UNION IMPORTANT MEMBER NOTICE

### Coronavirus COVID-19



### WORRIED ABOUT VISITING OUR CREDIT UNION PREMISES?

With the Coronavirus (COVID-19) now in the Republic of Ireland, we are conscious some Members may wish to avoid coming into our offices to carry out transactions. Therefore we would like to remind Members that most Credit Union services are available online or over the phone.

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#### WHAT CONTROLS DO WE HAVE IN PLACE TO PREVENT THE SPREAD OF THE VIRUS AT THE CREDIT UNION?

We would like to ensure members that Tipperary Credit Union are playing its part containing the virus by:

- Placing hand sanitisers in all public offices
- Regularly disinfecting member touchpoints
- Undertaking Regular staff training and communications on the Coronavirus COVID – 19
- Private Member Area Available

For more information on Coronavirus Covid-19 we recommend members visit [www.gov.ie/health-covid-19](http://www.gov.ie/health-covid-19) [www.hse.ie](http://www.hse.ie)



HEAD OFFICE: EMMET STREET, TIPPERARY TOWN, CO. TIPPERARY.

Tipperary Credit Union is regulated by the Central Bank of Ireland.

Phone: 062 80400 Fax: 062 51981

Email: [info@tipperarycu.ie](mailto:info@tipperarycu.ie)

# Let it Bee

#letitbee #beefriendlylimerick #EGLALimerick2020

As part of the Council's commitment to the All-Ireland Pollinator Plan and to celebrate our year as European Green Leaf City we are developing meadows to provide food for wild bees.

One of the simplest things you can do to help pollinators is do nothing!

Stop cutting grass and using pesticides and herbicides. In fact, just "Let it Bee" and embrace the wild side!

Let us know what you think: #LetItBee on Twitter

See [Limerick.ie](http://Limerick.ie) for more info



Comhairle Cathrach  
& Contae Luimnigh  
Limerick City  
& County Council





## Comments from online readers

LL

Limerick Leader



What you're saying about stories on [limerickleader.ie](http://limerickleader.ie) and our social media platforms

### LIMERICK GARDAI ISSUE WARNING OVER TEXT THAT SEEK PAYMENT FOR DELIVERY

#### Gina Mulcahy

Can't post a pic of it but pops up on phone sent from 'DeliverInfo' and the context is: Your parcel: 000238332 will not ship from the distribution center, due to outstanding shipping costs. Track your package: <http://g4k.us/1A4Y6>. For anyone who is concerned if they got it. A bit obvious but don't click on the link above



#### Bernadette Kearney Moloney

Got that text

#### Joanne Meyenberg

Got one

### BISHOP TO LAUNCH SPECIAL TIME OF PRAYER THIS ST PATRICK'S DAY

#### Daibhi MacGearailt

Ah this one god can sit out on really ...if there was a god do think by now he'd be here killing the virus like he can kill cancer in kids ....don't take the moral ground open up you churches to the homeless no better time to prove that the church is better if not I'll turn to the dark side ...



#### Pat Kenny

Great stuff, well done, brilliant to see

### BREAKING: 54 NEW CASES OF COVID-19 CONFIRMED

#### Erica Yeung

Honestly don't see the point of the schools closing when the shopping centre I work in had gangs of kids hanging around teenagers coming in hanging around? What's the point.. very annoying having to serve them when us retailers have to work and everybody else has to self isolate



#### Audrey Sheahan

It's not the kids fault it's the parents they need to grow up and stop bringing their kids to places and stay at home. Kids have to isolate as well as us and school is not a safe environment at the moment

### WATCH: GARDAI ROLL OUT CONTINGENCY VEHICLES FOR COVID-19 CRISIS

#### Ken McCarthy

I would have concerns with regards these cars with garda written on the side of them. Some might use this as a way of getting into old peoples homes in the guise of the guards. Be careful out there people.



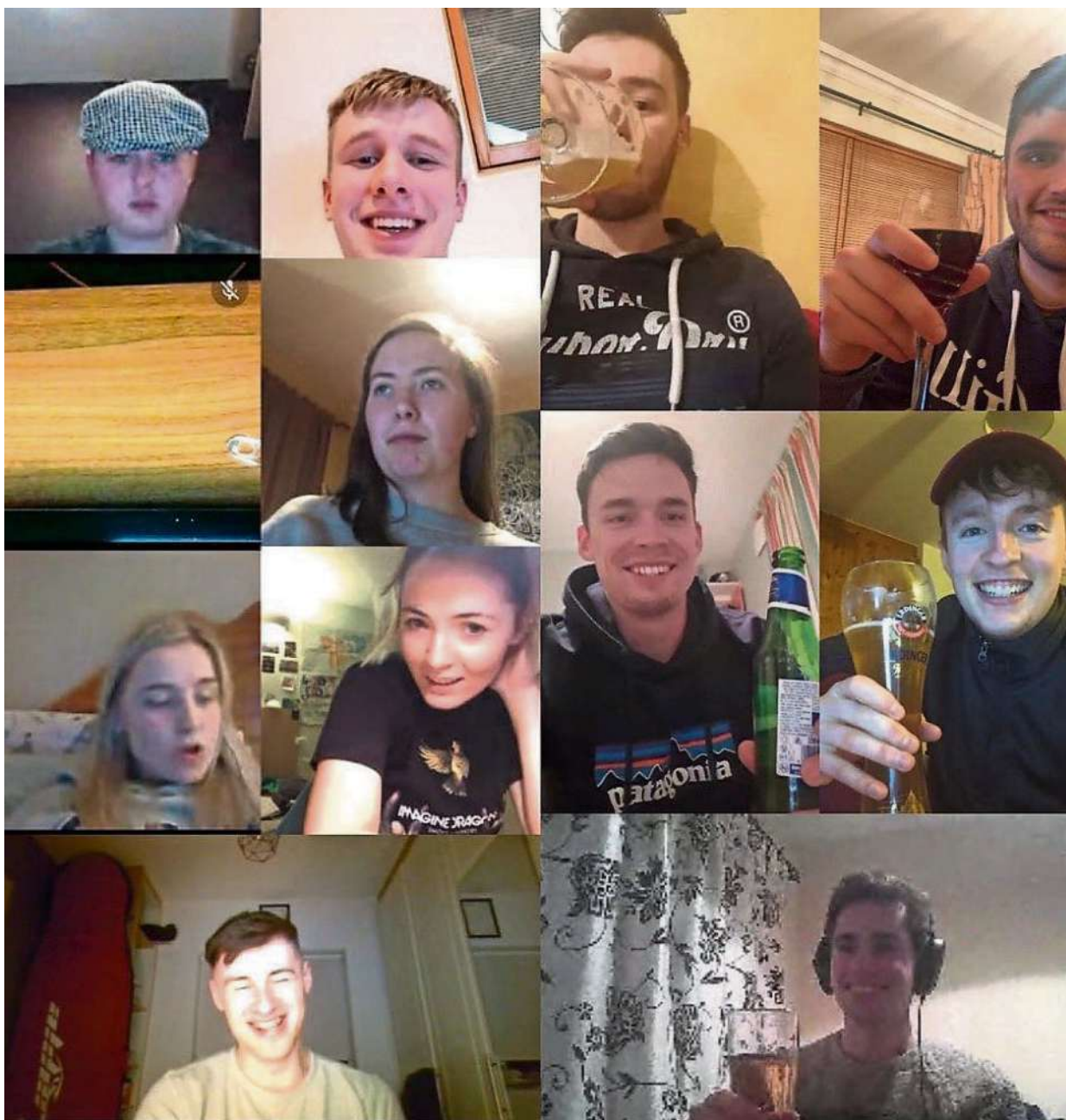
#### Justin Fitzgerald

Those community guards would have been handy for this... where are they going to get their local knowledge now I wonder ?

#### Daibhi MacGearailt

Better get out ratkeele then pub in full swing no joke

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[www.facebook.com/LimerickLeader](https://www.facebook.com/LimerickLeader)  
 Limerick Leader



The students shared a pint over video-chat in efforts to maintain social distancing amid the coronavirus outbreak. The idea has been praised by University of Limerick and is gaining popularity across the country as pubs closed

# 'Virtual pub' idea is saving lives

**Pint, anyone?** UL students think outside the box

#### REBECCA LAFFAN

[rebecca.laffan@limerickleader.ie](mailto:rebecca.laffan@limerickleader.ie)

A GROUP of innovative university students have proved that catching up over a pint doesn't always require a pub in a bid to encourage social distancing amid Covid-19.

The University of Limerick students have created a "virtual pub", where instead of meeting up in their local, they enjoy their beverage at home while video-chatting with friends who are doing the same.

"I've at-risk people living with me at home, so I knew I wasn't able to go to the pubs – even before they closed" explained UL student Jack O'Connor.

"So I put it out there on social media and ended up hosting one with seven of us. It was such good fun, I thought it would be a flop and boring

but we ended up having great craic and very close to the standard Saturday night – the only difference was that the drinks were cheaper and it was socially acceptable to wear tracksuit pants."

From there, with the help of social media, word about #VirtualPub spread fast, with both UL and its student union sharing the idea.

"The great thing about this is it can be used for anything, virtual coffee, virtual lunchbreaks – there's even one being held as Gaeilge.

"I'm aware right now it's all doom and gloom, but take matters into your own hands. Have fun and we're lucky to have the technology to do it.

"Get creative, it's important to maintain contact with people right now.

"Life will change, but it doesn't

mean it can't be any craic – we're not going back to the dark ages."

On Sunday last, Health Minister Simon Harris ordered the closure of all pubs nationally until March 29, due to widespread reports that social distancing guidelines were not being adhered to across the country, with thousands filling pubs over the weekend.

UL Student Life president Jack Scanlan said: "We want to expand this, people can even exercise together via Skype.

"It's about staying connected socially using virtual means and adhering to HSE guidelines," he concluded.

This St Patrick's day, UL Student Life teamed up with DCU's student union to create a "virtual social", with students encouraged to send in snaps of their virtual chats.

# BUSINESS AS USUAL FOR THE LIMERICK LEADER - KEEPING THE LOCAL COMMUNITY INFORMED

It will be business as usual for the Limerick Leader during the current Covid-19 outbreak as we will continue to publish our newspaper and website at this time.

We have a series of contingency plans in place to deal with Covid-19 and we have the infrastructure in place to ensure staff can work from home if the situation arises.

We have seen a surge in traffic to our website in recent weeks as people endeavour to stay informed about the evolving situation with Covid-19 in their area.

We will continue to provide an up-to-the-minute information service online for our community while our newspaper will analyse and assess the ongoing situation on the ground.

Our advertising team is always available and can be contacted using the details below.

We are happy to assist local businesses with keeping our local community informed about opening times, offers and changes to business hours at this difficult time.

Log on to [www.limerickleader.ie](http://www.limerickleader.ie) for minute by minute updates.

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## LIMERICK LEADER

## The Leader

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## LEADER CRIME BRIEFS

BY DAVID HURLEY



## Warning over texts that seek payment for delivery

GARDAI have issued a warning in relation to a scam which has gained traction in recent weeks.

The scam pertains to unsolicited text messages that are forwarded to people's phones.

"The text will state that a courier company wants to deliver a package to your address. It will state that there is a small fee owed on the package as the package has been shipped from an overseas location," said Garda John Finnerty.

"The message will request the Bank Account details of the receiver. If and when same are forwarded,



Garda John Finnerty says the texts are not genuine

funds will be extracted from the Bank account almost immediately. Many people may fall victim to this scam as there is now a huge increase in online shopping," he added.

Gardai say authentic courier companies will never request bank details via text message and those who receive such messages should delete them.

## Tools stolen from van which was parked up overnight

A VARIETY of power tools were stolen from a van which was parked up overnight.

According to gardai, the white Renault Master was targeted by thieves sometime between 5.30pm last Thursday and 7.30am on Friday.

"There were a number of tools stolen including an orange consaw, two Bosch hammer drills which are green in colour and an orange rotating laser level," said Garda John Finnerty.

The incident occurred at Oakleigh Wood, Dooradoyle and gardai at Roxboro Road, who are investigating, can be contacted at (061) 214340.

## Opportunistic thief gained access via unlocked door

GARDAI are appealing for information about an opportunistic burglary on the southside of the city.

The incident happened when a house at Lawn Way, John Carew Park was entered at around 12.40am last Wednesday – March 11.

"The thief discovered that the patio door had been left unlocked. He went inside and stole a cream handbag which had been left inside the door. The owner of the house was upstairs at the time and he managed to disturb the thief who subsequently left," said a garda



The patio door was not locked

spokesperson.

While the intruder was confronted, gardai say the homeowner was unable to give a proper description.

The handbag contained a variety of personal items and gardai at Roxboro Road are appealing to anyone with information about what happened to contact them at (061) 214340.

## Van targeted by thieves

Thieves broke into a red Volkswagen van that was parked at Shannonvale, old Cratloe Road between 8pm last Thursday and 8am on Friday.

According to gardai, there were a number of power tools stolen from same including two DeWalt drills and one Hitachi Kango hammer.

Gardai at Mayorstone Park are investigating.

## City man died from gunshot wound to back of the head



Majella Sheehan hold a photograph of her son Robert who was murdered in September 2012

## Inquest: Coroner told investigation remains live

DAVID HURLEY

david.hurley@limerickleader.ie

A YOUNG Limerick man died after he was shot in the back of the head while attending a family wedding, his inquest has heard.

The inquest into the death of Robert Sheehan was officially opened at Limerick Coroner's Court last week – more than seven years after his killing.

The 21-year-old, who was from Moyross died after he was shot outside a hotel in Bunratty in the early hours of September 2, 2012.

Addressing relatives of Mr Sheehan, including his mother Majella, coroner John McNamara indicated that gardai were seeking an adjournment of the inquest as investigations into the murder are ongoing.

He advised them that while he could open the inquest, there were restrictions as to what evidence he could hear.

He added that he could not conclude the inquest given the garda application which was formally made by Inspector Liz Kennedy who said it remains a "live investigation".

"Legally, I am precluded from doing so once the application is made," he said adding that he prohibited from disclosing certain information "to anybody" as it had the potential to "hinder of impact" the garda investigation.



Legally, I am precluded for hearing the evidence

CORONER JOHN MCNAMARA



During the brief hearing, Mr McNamara then proceeded to read the findings of a post mortem report into the record.

He said the post mortem was carried out by the then deputy state pathologist, Dr Khalid Jabbar, who found that Mr Sheehan had died as a result of a "penetrating gunshot wound to the back of the head".

No further evidence was heard with the coroner reiterating what that he did not want to jeopardise the garda investigation.

When asked by Mr Sheehan's family, he confirmed that the inquest may be adjourned again.

"It can be adjourned – effectively on an ongoing basis until the State concludes its investigation and confirms it is at an end," he said commenting that it is possible new evidence could emerge "ten years down the line".

Apologising for the delay in opening the inquest, Mr McNamara told members of Mr Sheehan's family that he was not the relevant coroner at the time and that there was a "note on the file" when he was appointed to the role.

The inquest was formally adjourned to September when the State will be asked to give an update regarding the investigation.

The opening of the inquest means the death of Robert Sheehan will now be officially registered.

While there have been a number of arrests in relation to the murder of the 21-year-old, nobody has ever been charged with his murder and the chief suspect is understood to be living in the UK.

Gardai at Shannon are investigating the murder.



**Blue Moon:** Ballynanty Rovers, one of Limerick's most long established junior soccer clubs got the great news this week that planning has been granted for major new facilities at Bateman Park

# Rovers return: €1m project is approved

**Junior Soccer:** Ballynanty Rovers bidding to move

**NICK RABBITS**  
nick@limerickleader.ie

A LEADING junior soccer club's bid to move home has got a step closer after permission was granted for major new facilities.

Ballynanty Rovers hope to move back to their spiritual base of Bateman Park within the next five years, after Clare County Council gave permission for a raft of measures at the site, which is on the border with the Banner county.

As part of a €1m blueprint, a five-stage plan is in place to make the former FAI Junior Cup finalists the envy of the local soccer playing world.

A modern grass playing surface is planned for Bateman Park, as well as the levelling off of the pitch, which slopes slightly from the Clare side.

On top of this, there will be new changing rooms, wrap-around secure fencing with secure entry and exit, plus practice and warm-up areas. It's hoped at a later stage, they can install floodlighting.

Club chairman Ray O'Halloran said: "It was difficult to get everything together. But we are so proud to have gotten to this point. A lot of people were questioning our capability to deliver this."

He said the development is crucial for the future of soccer on the city's northside.

"It's critical, not just for Ballynanty Rovers as a club, but for the community at large, and the under-age system. It gives us a great platform to build on," Mr O'Halloran added.

It was only in 2018 that Ballynanty

Rovers were given the title deeds to Bateman Park, a move which allowed them to confirm the purchase.

The FAI has helped the process by donating €10,000 to the cause, while Sports Capital grants have also come into play.

"A number of years have gone into this to set us to a pivotal point. The next stage is movement and getting it done. We are ready, we are well positioned," the chairman added.

It's hoped Ballynanty Rovers will be able to move back to Bateman Park in the next five years.

Up until then, they will continue to play at facilities in the Limerick Institute of Technology, adjacent to Thomond Park.

Ironically, it is these lands which the club originally donated to the college to allow it to develop its campus in Moylish.

## Influencer has her honeymoon 'robbed' by the coronavirus

A WELL-known Irish Instagram star has shared how her dream honeymoon in Limerick has been 'stolen' by the outbreak of the coronavirus.

Melanie Murphy (@melaniemurphy) tied the knot yesterday in a ceremony that was greatly affected by Covid-19 social distancing regulations, sharing with her 112,000 followers her emotions up to and on the big day.

This Tuesday morning, she revealed in an Instagram post that her honeymoon has also been affected by the closures, with the happy couple planning on spending their first few days as newly-weds in Adare Manor.

On Monday night, the lavish resort which has hosted many a celebrity in recent years, confirmed their decision to temporarily and voluntarily close the resort to protect their team and their families, guests

and the local community of Adare against the ongoing spread of the Coronavirus.

"The health and wellbeing of our team and guests at Adare Manor is always our priority," said a spokesperson. "In order to continue to protect our team and their families, guests and the local community of Adare against the ongoing spread of the Coronavirus (COVID-19) globally, we have taken the decision to temporarily and voluntarily close the resort from tomorrow Tuesday, 17th March 2020. In the circumstances, we will keep the re-opening date under review."

In her Instagram post, Melanie said: "the honeymoon has also been stolen by coronavirus...just found out that @theadaremanor is closing today."

Nonetheless, the couple are making light of the situation and are going to celebrate their nuptials at home.



## Teenager loses life in crash near Cratloe

A TEENAGER has died following a single vehicle traffic collision near Limerick.

The 18-year-old male was pronounced dead at the scene of the crash in Cratloe just before three o'clock this morning.

The incident took place in the Cratloekeel area of the village in Clare, while the scene

has been preserved for a technical examination.

Gardai are appealing for anyone with information, particularly and road users who travelled in the area who may have dash cam footage, to contact Henry Street Garda Station on 061 212 400 or the Garda Confidential Line on 1800 666 111.

## File being prepared following drugs seizure

A FILE is to be prepared for the Director of Public Prosecutions following a significant drugs seizure on the northside of the city, writes David Hurley.

Suspected heroin, worth around €42,000 and €3,100 worth of Alprazolam tablets were seized when gardai from the divisional drugs unit searched a property in the Moyross area.

In addition to the drugs, a number of mobile phones, bags and a weighing scales were also seized by gardai.

A man, in his 50s, was arrested at the scene and taken to Henry Street garda station where he was detained and questioned under Section 2 of the Criminal Justice (Drug Trafficking) Act, 1996.

He was subsequently released

without charge.

Gardai have confirmed that a juvenile was also arrested and questioned about the seizure.

The 17-year-old male has also been released without charge and a file will be prepared under the Juvenile Diversion programme.

The drugs seized have been sent for forensic analysis and investigations are continuing.

## Woman charged over stabbing incident

A WOMAN has been charged in relation to a stabbing incident in Limerick city centre earlier this month.

A man, aged in his 30s, was treated at University Hospital Limerick after he sustained a number of stab wounds at around 8am last Wednesday. He has since been discharged.

Having been alerted to the

incident, which happened in the Henry Street area, a garda investigation was launched.

As part of that investigation, a woman, also aged in her 30s, was arrested at a location in County Clare on Friday.

She was detained and questioned over the weekend and has since been charged.

# 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

Billy and Benny are our inseparable pair and looking for their forever home together. Billy and Benny came to us in an awful condition, which is evidence of their difficult past. Once they got a proper groom and loads of TLC at LAW, they are now coming out of their shells and are starting to trust again. To keep staff and the public safe and following Government guidelines, the Limerick Animal Welfare sanctuary in Kilfinane will be closed to public visitors until further notice. Please phone us on 0876371044 to arrange an appointment.



Blackie is a four-year-old terrier mix. He is very friendly and full of fun. Blackie enjoys your company and makes a great companion pet. For more information on Blackie, please phone us on 0876371044. A fully enclosed garden is required to adopt from us and the dog must sleep indoors.



Harold is stunning six-month-old black fluffy cat. He is very sweet, affectionate and loves being in your company. For more information of Harold, please phone our cattery on 0872295669 to make an appointment to can and meet him. Adoption fee is €100 as each cat is neutered, wormed and vaccinated.

## Outgoing and friendly Paul

Paul is an adorable four-month-old male kitten. He is new to the sanctuary and is very outgoing and friendly. For more information of Paul, please phone our cattery on 0872295669 to make an appointment to can and meet him. Adoption fee is €100 as each cat is neutered, wormed and vaccinated.



## Key job for former Limerick garda

**A SENIOR garda officer who has spent a significant portion of her career working in the Limerick garda division has been appointed as acting deputy commissioner, writes David Hurley.**

Up until her appointment last week, **Anne Marie McMahon** was the assistant commissioner with responsibility for the Southern region.

She is originally from County Clare.

During her 34 year career with An Garda Síochána, Ms McMahon has served at various ranks at Henry Street, Roxboro Road, Newcastle West and Bruff garda stations.

While she was stationed in the city between 2002 and 2010, Ms McMahon oversaw a number of high profile investigations which were linked to the then gangland feud.



Anne Marie McMahon has been appointed as acting deputy garda commissioner

# Addict had phone stolen from UHL

**Addict:** Offender has large number of convictions

**DAVID HURLEY**  
david.hurley@limerickleader.ie

A DRUG addict who admitted having a mobile phone – a day after it was stolen from University Hospital Limerick – has received a suspended prison sentence.

Darragh Moore, 29, who has an address at Cosgrave Park, Moyross pleaded guilty, at Limerick District Court, to handling the stolen phone on October 28, 2018.

After he admitted the offence, Inspector Ollie Kennedy told Judge Marian O'Leary the phone was recovered after the defendant was arrested in relation to a separate matter and brought to Mayorstone garda station where he was searched.

He said gardai subsequently established the black Samsung phone had been stolen the day before at UHL.

Details of the theft were not disclosed and it was not suggested during the hearing that Mr Moore was involved in the theft of the device, which is worth several hundred euro.

Insp Kennedy confirmed that after it was recovered, the phone was returned, by gardai, to its owner who is not at a loss.

The court heard that Mr Moore, who has more than 110 previous convictions, made admissions in relation to the phone telling gardai that he was aware it had been stolen.

In his submission to the court, solicitor

**He had gone completely off the rails**  
**SOLICITOR JOHN HERBERT**



John Herbert said his client – a father of six – has a “lot of history” with drug abuse and that he had gone “completely off the rails” around the time of the offence.

He said he is currently serving a two year prison sentence relating to separate offences – all of which occurred “around the same period”.

“He had just lost his partner – his desire to get drugs was always going on in his head,” Mr Herbert told the court.

Judge O'Leary was told the defendant is doing well in prison and has “straightened himself out”.

He is attending counselling and is taking measures to address his addiction problems, added Mr Herbert.

Judge O'Leary imposed a four month prison sentence, which she suspended for two years on condition Mr Moore stays out of trouble during that time.

Earlier this year, the 29-year-old was sentenced to two and-a-half years' imprisonment after he pleaded guilty to a robbery charge.

That charge related to an incident which occurred near a service station on the Dock Road at around 6.30am on October 27, 2018.

During a sentencing hearing, Limerick Circuit Court was told the 19-year-old victim was approached by the defendant who was riding a bicycle.

“He told him to empty his pockets, he said he had a knife”, said Detective Garda Cathal O'Sullivan who added the youth “was in great fear and dropped to his knees”.

Judge Martina Baxter said the premeditated targeting of the teenager was sinister and worrying.



The river wild: Claire Waters sent in this scenic picture while taking a walk in Castleconnell



Claire Waters also snapped this robin on her walk in Castleconnell

# 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](mailto:PHOTOS@LIMERICKLEADER.IE) WITH READERS' PICTURES IN THE SUBJECT LINE**



Blackthorn blossoms on the banks of the Shannon near the Condell Road. Sent in by Aedin Ní Thiarnaigh, Farranshone



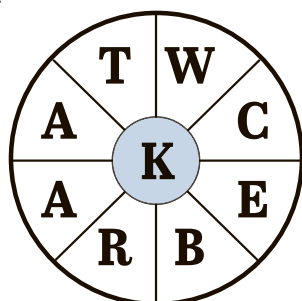
John O'Shanahan shared this stunning sunrise on a frosty morning

**SUDOKU**

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

**WORDWHEEL**

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



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

**DOUBLE CROSSWORD**

**Cryptic Clues:**

**Across**

- 7. Turner's production of French and English articles (5)
- 8. The sole hot African country (7)
- 9. Verdict reached after a search (7)
- 10. The ones there are to the south-east of the back of 8 (5)
- 12. Be that as it may, there is uniformity (3,3,4)
- 15. Quite early, while enjoying oneself (2,4,4)
- 18. Shameful - at 144! (5)
- 19. How a dog can keep a monarch out (7)
- 21. Give up part of the attic, once development occurs (7)
- 22. A bit of profit, and not for the first time (5)

**Down**

- 1. Malaise results in enmity (3-7)
- 2. Nowhere for spectators to sit (5)
- 3. A fairy in the upper income bracket (4)
- 4. It's presumably faster than running away (6)
- 5. Mother is producing a line on a weather map (8)
- 6. A seat in Turkey (7)
- 11. He's secretive and hostile in traffic (5,5)
- 13. But it was Daniel who was the roaring success here! (5,3)
- 14. A sufficient reason for being unable to float (7)
- 16. A memorial of the battle, perhaps (6)
- 17. I'm sad - he got more gold than he wanted! (5)
- 20. Bring up the tail-end (4)

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

**Quick Clues:**

**Across**

- 7. Sinew (5)
- 8. Inquisitive (7)
- 9. Compel (7)
- 10. Remove faults (5)
- 12. Communicable (10)
- 15. Unlikely (10)
- 18. Be (5)
- 19. Assemble (7)
- 21. Quake (7)
- 22. Suffering (5)

**Down**

- 1. Not precise (10)
- 2. Leeway (5)
- 3. Equipment (4)
- 4. Agree (6)
- 5. Eastern (8)
- 6. Ennui (7)
- 11. Confused (10)
- 13. Midday (8)
- 14. Best (7)
- 16. Harmony (6)
- 17. Send back (5)
- 20. Remark (4)

To hear any crossword solution or the full solutions call **0905 789 4251**. Calls cost 80p per minute plus your network access charge. SP: Spoke, **0333 202 3390**.

For four extra letter codeword clues, call **0901 293 5251**. Calls cost £1 plus your network access charge. SP: Spoke, **0333 202 3390**.

**CODEWORD**

Codeword is the crossword puzzle with no clues. The number in each square corresponds to a letter. Work out the words in the grid using the letters provided. Fill in these known letters first, then use skill and judgement to work out the others.

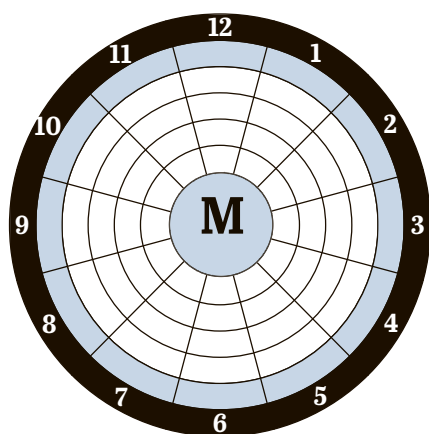
5	22	24	2		13	3	15	7	18	3	21	25
					P	I						
15		11			4			22		1		22
11		15	3	19	22	18	9	25		14		1
17	8	11				4			10	20	1	9
25		20		8	11	13	4			18		22
	22	18	4	22		18	18	11	26	22	15	
6	20	4	20	4		25		10	3	25	8	
20		18			9	4	5	23		11		22
22	18	22	5			1				10	3	7
24		25		4	16	23	3	1	24	23		18
2		4		26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

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

A  
B  
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E  
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G  
H  
I  
J  
K  
L  
M  
N  
O  
P  
Q  
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S  
T  
U  
V  
W  
X  
Y  
Z

**CLOCKWORD**

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



- 1. Incendiary substance
- 2. Metallic element
- 3. Haphazard
- 4. Collection of historical exhibits
- 5. National song
- 6. Naturism
- 7. Confusion
- 8. Glowing
- 9. Weak
- 10. Supple
- 11. Self-centredness
- 12. Beat

**KAKURO**

Fill in the white squares with the numbers 1 to 9.

Each horizontal block of squares must add up to the number in the shaded square to its left, and each vertical block must add up to the number in the shaded square above it.

No number may be used more than once in any one block.

		7		23			12	16	6			
	4						22					
	9						18				10	
		9					8				15	10
	9						21				20	
	30										8	
		4					14				20	
							11				11	
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							12				10	
											10	
											5	11
											15	
											10	
											11	

**SUDOKU**

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

**NINER**

Each number from 1 to 9 represents a different letter. Solve the clues and insert the letters in the appropriate squares to discover a word which uses all nine letters.

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

**THE CLUES:**

- 1289578 gives a bird;
- 29326 gives a bird;
- 245 gives a bird.

**SPLIT DECISION**

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

P	E	O	N	E
G	R	A	C	K
O		D		U
E		M		V
L	E	E	T	E
R	O	U	D	S
J		L		N
I		G		B
R	E	A	U	D
L	O	T	P	S





# Making Cents

**LIAM CROKE**

The Must-Read Guide To Saving Money

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

## Managing cash flow during Covid-19

The COVID-19 pandemic has forced us all to act and behave in a manner that will hopefully stop the virus from spreading, keeping ourselves and everyone else safe and healthy.

These are unprecedented times. Circumstances have changed so quickly. At the beginning of the year, we had record employment, everyone's pension funds were performing great, then bang! Within a very short period of time, everything it seems has changed.

Covid-19 has created so much uncertainty. It feels like we were blindsided by how quickly it spread, and the impact it's had on literally everything. Some are saying that Covid-19 is going to be a game changer, and it's hard at this stage to disagree with them.

The lockdown and the impact it will have on businesses and their ability to pay employees will only add to already high stress levels. People aren't only worried about their health, they're also worried about their finances, and the impact it will have on them.

The numbers affected with reductions in their income, I suspect, will be big, and the measures introduced to help by Government, while welcome, won't alleviate the cash flow problems people are bound to encounter.

With that in mind, I want to look at what you can do to cope, if you are faced with a loss of income, and how best you can manage your household budget in the weeks and months ahead.

Most people are on autopilot when it comes to managing their finances each month. There isn't a need to constantly monitor and review what they spend their money on each month. But then something happens, a trigger if you like, that forces them to look much more closely; now is one of those times.

You'll probably know if you've read my articles over the years, that I'm a big advocate of setting up and following a monthly budget. It's critical to getting your finances under control and in the times we find ourselves in, from a financial perspective, I'd liken it to washing your hands, it's that important.

Anyone who has ever been faced with a reduction in their income, has always said it was the creation of a monthly budget that got them through those tough days and weeks. So don't second guess this, it works.

And it's nothing more than listing what your monthly income and spending is.

I've created a really good and simple excel document that I use with clients, which lists every category you could ever think of, and I'm happy to help and share it with anyone who wants it. Just email me and I'll send it to you. You'll have a ready-made monthly spending planner and all you have to do is



Doing a budget will empower you during this crisis

populate it. It will give you a great starting point to face what you are up against, and what deficit could exist. It will also identify the areas you'll need to focus on if you need to bridge that gap.

Your income may not be impacted right now but running a simulation of what would happen if it was, would be a very worthwhile exercise. Don't wait until it happens and then panic and start making rash, emotional decisions. You need to be calm and knowing what you could be up against before it happens, will help you make rational, well thought out decisions. You're not going to fall into that trap of making it up as you go along.

Whether you use the back of an envelope, an excel doc or some on-line budgeting tool, it doesn't really matter, knowing what you are up against does, so create that monthly spending plan for yourself.

Start by looking at your operating account and what you've spent in different areas over the past six months. If you don't have access to this, take a best guess. It doesn't matter if you're plus or minus €500. They key is getting the numbers down and then reviewing them to see if they feel right. And you and your partner must do this together. Both of you must understand where you spend your money each month.

Be honest with yourself when writing down the amounts you spend. Don't fool yourself by underestimating the amount you spend on certain categories because you're shocked or embarrassed by the amounts. This exercise is for you and you need to know what you are dealing with and up against, and if you need to engage with a bank or other creditors to reduce or suspend payments for a period of time, they'll want to know your numbers as well. So have it in place in the event you need to reach out for help, it will help fast track your request and get you approved much quicker.



**Your income may not be impacted right now but running a simulation of what would happen if it was, would be a very worthwhile exercise. Don't wait until it happens and then panic and start making rash, emotional decisions**

Okay, now that you've put down your numbers on paper or in your PC, and you know how much you're spending, it's easy to calculate the shortfall based on what your new reduced income is. It's simply your income minus your outgoings.

Carrying out this exercise will also show you how long your savings will last for should you need to use them to bridge any shortfall. If your deficit, for example, is €650 per month and you have €15,000 in savings, you know you have 23 months of savings in place before you run out of money. It can be very reassuring to know how long that buffer you have in place will last for. It could also bring reality to your situation because if you have a very small buffer or none at all, it will force you into taking action now, because your numbers won't lie.

Once you know what you are initially up against, you need to take this one step further and see how you can reduce that shortfall if one exists; you do this by separating your outgoings into two different categories i.e. essential and non-essential spending.

The outcome of separating your expenditure this way, is to end up with a list of everything you spend money on, because as we know, not all expenses are created equal. Some need to be paid before others, so you're going to put them in order of priority, from the most important to those you're getting rid of altogether.

What should be on the essential side of your page are things like food, utility bills, transport, mortgage/rent, insurance. On the non-essential side are lunches, hobbies, savings, new clothes.

When it comes to non-essential expenditure, you need to be ruthless. Even the small items you buy each day can mount up, so make a list and start cutting them right away. And remember, you're only getting rid of them for a short period of time.

If your deficit is big and cutting back on lunches and the amount you spend on food for example isn't enough, you may need to focus on those areas that account for the biggest percentage of your income, which typically are mortgage or rent payments.

You may need to either reduce the amount you pay towards them, or not make any payments at all for a period of time.

The good news is that banks have indicated their willingness to work with people, so don't worry about contacting them. If we take them at their word, and we should, they will offer interest-only payments and/or moratoriums (no payments) for a period, which will help ease cash flow worries.

The same applies to credit card providers and credit unions. They will also work with you and offer solutions like lowering interest rates or temporarily suspending payments.

Utility providers aren't going to turn the lights or heating off on you either. Reach out to them and they will make payments affordable to you during these turbulent times.

But the key is contacting them ASAP.

If you're worried right now or you think you'll be under pressure soon, contact your creditors now and look to adjust the payments you're going to make. Explain your situation, and it won't be one they haven't heard from thousands of others, and they'll offer you new repayment options.

And when that moment comes, and you realise, you'll need to make changes to how you live your life and manage your finances, you can either bury your head in the sand and ignore what is happening or you can be proactive and do something about it. I would advise you to choose the later.

Don't procrastinate. Focus on the problem at hand. If that's a cash flow problem, you need to work through the crisis, and figure out a way of solving it, step by step. You will have to make some difficult choices, and you won't be able to do all the things you did before your income was reduced. But stay focused and know that this is going to be a temporary problem and things will get better.

But, let me repeat, it's absolutely crucial you understand what you are up against, and the key to surviving this setback is creating a plan and taking action based on your new found situation, and knowing what your monthly expenditure is, is your starting point, and the key to getting through this.

Finally, one of the best things any household can do to protect their finances during a crisis like this or any unforeseen emergency, is to build up their savings, which can be called upon in the event they suffer an income shock.

Let's get over this crisis first, and when we do, I would urge people to rebuild their savings and create that emergency fund for themselves.

Having money set aside to meet any cashflow deficits will avoid them having to resort to borrowing money from family or friends, and or miss mortgage repayments.

From a non-financial perspective, it will reduce stress levels and take that weight off your shoulders.

And knowing what your monthly expenses are and having that back up plan in place to pay for them, will mean you'll be in a much better place to cope, whenever the next stressful situation occurs.



# Concerned traders urged to get council help

**Coronavirus:** Pubs and general retailers lose out due to isolation

**NICK RABBITTS**  
 nick@limerickleader.ie

LIMERICK City and County Council has urged concerned traders to reach out to the authority if they are experiencing difficulties over the Covid-19 outbreak.

Dozens of bars and restaurants have closed temporarily throughout the city, while many retailers are also feeling the pinch, as people follow medical advice to remain at home and reduce social contact.

It has led to an understandable drop in footfall in the centre. But despite this, traders still have to pay rent, insurance, the commercial rate and other charges.

However, a spokesperson for the local authority has urged retailers to contact their rate collection agent, adding: "We are dealing with difficulties experienced by ratepayers on a case-by-case basis".

Local Fine Gael councillor Daniel Butler made representations on behalf of a number of traders to finance bosses at City Hall, and says he has been

assured there are various measures which can be taken to aid business people at this time.

"I have spoken with the finance department and they've informed me they will examine all options. These may include a suspension of rates or a deferral of rates for a limited period. Even if businesses need to do this, by the time we get to later in the year, there may be government supports available," he told Leader Business.

Cllr Butler said once the coronavirus has cleared, and life returns to normal in Limerick and globally, locals really need to get behind family businesses in the city centre.

"Big retailers have done really well out of this due to stockpiling. But we really need to support smaller businesses. Some traders in the city centre are merely earning a living. This could prove to be a devastating blow to small businesses," he added.

Hundreds of small businesses are already closed on a temporary basis, with pubs following a government



**Cllr Daniel Butler says there are various measures which can be taken to aid business people at this time** PICTURE: MICHAEL COWHEY

directive to cease trading until March 29 next.

It means publicans have missed out on arguably their busiest day of trading in the year – St Patrick's Day.

Around 2,000 people work in bars across Limerick, and local Vintners Federation of Ireland (VFI) representative Cllr Jerry O'Dea said: "It's a worrying time for the public, their friends and their families."

"Like any business, irrespective of the size of it, people have bills to pay, mortgages to meet. All this worry is difficult. In fairness to the Department of Social Protection, they've come out very strongly and issued good guidelines on their web site," he added.

Cllr O'Dea, who employs 10 people on a full-and-part time basis in his Mulgrave Street bar, said the enforced closure once again highlights the important part the pub plays in society.

"When we get over all of this – and we will – I hope it will be uppermost in people's minds that the pub is a key part of Irish society," he concluded.

## Crowe in call for task force

FIANNA Fail Clare TD Cathal Crowe is calling on government to urgently set up a task force to advise on the rapid responses needed for the business community.

Small and medium sized traders have had to cut staff due to a decline in business which has seen people stay indoors to cut their chance of infection.

Mr Crowe, who is based in Meelick said: "An expert business taskforce must be established as soon as possible. The government



**Cathal Crowe**

must set up a taskforce with the brightest and sharpest business minds advising on the rapid response needed. This is a clear public health issue, but it is also an economic issue and failing to take the appropriate steps now for businesses now will see wide scale unemployment for prolonged periods."

## KBC's Covid-19 closure

LIMERICK'S KBC Bank branch is to close until Monday, March 30, the lender has announced.

It comes following advice from the government, which has seen pubs shut down until the previous day, Sunday March 29, and other business curtail their working hours, as people opt to stay home.

In a statement, the bank said: "We are following all directions from health officials, the latest guidelines provided by WHO, government and the HSE in relation to the coronavirus and we have put all necessary precautions in place in our offices and hubs. The welfare of all our employees and customers will continue to be our highest priority during this period."

"We continue to support our customers in Limerick through our contact centre, online and digital channels."

## Next pulls sale plans in city stores

FASHION retailer Next has pulled plans to start a mid-season clothes sale in store due to the coronavirus outbreak.

There was huge fear among staff of the retailer after managers at Limerick's two outlets, in the Crescent Shopping Centre and at the Childers Road, were instructed to commence the sale this weekend.

It's understood this was a week ahead of schedule, and workers were concerned for their own safety, with any major price reduction no doubt drawing bigger than average crowds.

However, a spokesperson for the British retailer confirmed to Leader Business this Tuesday that the sale will run on the internet only, and not in stores. In a statement, Next added this was taken in light of the government's announcement and "in order to protect our staff and customers".

"We will however, honour the lower prices in-store. This is a fast moving,



**Chamber chief executive Dee Ryan has urged people to self-isolate** PICTURE: KIERAN RYAN-BENSON

fast changing situation and plans may alter between now and then and if they do we will update accordingly," the spokesperson added.

Limerick Chamber chief executive

Dee Ryan urged people to self-isolate, and maintain a social distance, in order to slow the spread of Covid-19, which had risen to 223 as of Monday night.

It has caused the cancellation of the St Patrick's Day festival, as well as a raft of other events in the next few weeks.

Ms Ryan said: "We had Collette Cowen of the UL Hospitals group on last night in a plea and a rallying call to everyone in the community to take very seriously the next seven days. Our individual actions and movements over the next seven days will have a huge impact on reducing, and flattening the curve of this disease. We are heading into an unprecedented, massive hit on our healthcare system and we need to support the advice, actions and requests of our healthcare community."

The Chamber boss added: "The government has put in measures for anyone who has to be laid off temporarily to get financial support."

# Recruitment

**Limerick Leader,**  
 29 Glentworth Street,  
 Limerick  
 Email: [advertising@limerickleader.ie](mailto:advertising@limerickleader.ie)  
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The Kilkeny People is looking for an outstanding candidate for one of the best jobs in local sports journalism in Ireland. As Sports Editor of this highly respected title, you will be responsible for maintaining the high standard of our coverage in print and online, for tens of thousands of loyal readers.

Sports coverage is a huge part of the Kilkeny People's offering to readers. We are dedicated to providing the very best service for our discerning readers, in well designed sports pages and up-to-the-minute online sports news.

The ideal candidate will be the voice of sports news in Kilkeny, with the ability and personality to work in a fast paced environment, generating and maintaining contacts in the strong sports community of Kilkeny.

Candidates must have a strong track record in journalism at a senior level,

in breaking and analysing high-profile stories. Strong credibility in the world of local sport is a must, likewise a solid contacts book.

This challenging role is ideally suited to a highly motivated individual with a flair for writing and an eye for detail. A strong social media presence, and an ability to work in the varied media environment which ranges from online to print and video, would be key strengths.

Knowledge of newspaper design would be an advantage. The Sports Editor will also be responsible for assigning freelance work, so a clear understanding of budgets and using resources well is important.

The closing date for applications is Friday March 27, 2020.

**To apply, please email [sheila.reilly@iconicnews.ie](mailto:sheila.reilly@iconicnews.ie) with a CV, covering letter and examples of your work.**

## Receptionist/Office Admin Required

Local recycling company looking for competent receptionist to join our team due to company growth and expansion. Prospective candidates should require the following:

- Professional attitude and welcoming personality
- Familiar with Microsoft office suite
- Ability to multi task (phone calls, emails, meetings)
- Capability to maintain a clean and tidy front of house

Any previous receptionist experience or bookkeeping experience would be an advantage.

Work hours 9-5:30 Mon – Fri

Generous remuneration package on offer for right candidate.

[Kieran.BH@gmail.com](mailto:Kieran.BH@gmail.com)

## General Operative/Yard Staff

Local recycling company looking for General operative to join our team due to company growth and expansion. Prospective candidates should require the following:

- Up to date Safe Pass accreditation
- Ability to work out doors consistently
- Ability to work as part of a team and take direction easily
- Ability to maintain clean and tidy work area

Previous experience working on a production line or mechanical experience would be an advantage. Candidates holding extra training such as Machinery training tickets and extra safety tickets will be at an advantage over others.

Working hours 8-6 Mon-Fri 8-1 Sat

[Kieran.BH@gmail.com](mailto:Kieran.BH@gmail.com)

## LIMERICK LEADER



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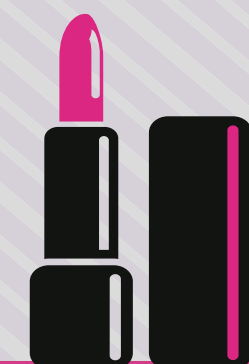
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# HEALTHY LIVING

**EVA HILL HAMILTON**

**CONTACT EVA**

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## Living in #positiveisolation

**L**AST week the schools closed, and we were advised to keep our distance and social contacts to a minimum – especially when it comes to children, who are vectors – not displaying symptoms, thus inadvertently possibly spreading the virus to the elderly and vulnerable.

Some started to call it “positive isolation” – and though I never thought those two words would make sense together, it does make sense now and it is the best we can do to support our healthcare workers, allowing them to care for those who need it more efficiently. And if you think about it, isolation can be positive. We just need to change our mindset about it.

After decades of increasing workloads, long hours spent away from home, the never-ending busyness that seems to have become fashionable – we are now forced to take a step back and really start to take



**Eva says it's time to keep calm and be proactive**

care of ourselves and each other. As it is written in Matthew 6:27; “Who of you by worrying can add a single

hour to your life?”. Indeed, worry can weaken our immune system’s ability to fight infections, disturbing

our much-needed restorative sleep and does not solve anything. So, keep calm and be proactive.

There is a new supplement on the market that is perfect for such stressful times as these, making it my number one favourite at the moment – and it recently won the IPU Best Innovative Product of the Year Award: Bio-Kult Migréa. It contains fourteen strains of good bacteria to support your immune system – the only army that can protect you from viruses, and six of these may also reduce anxiety. These are coupled up with Magnesium and Vitamin B6 to calm the nervous system, help you to relax and sleep better. It is best to load up with immune supporting herbs and healthy foods such as this wonderful soup – and keep positive! This shall too pass...

### **Immune Booster Soup**

- Good quality chicken legs and wings (with large bones broken)
- 1 tsp. olive oil
- 10 scallions sliced (or 4 small red onions)
- 6 cloves of garlic, crushed
- 1 green or red bell pepper (sweet), diced

- 1/3 cup fresh ginger, minced finely
- 1 brick (1/4 pound) tofu
- 3 cups of bean sprouts
- 1/4 tsp. cumin
- 1/2 tsp. turmeric
- 1/2 tsp. salt
- 2 Tbsp. balsamic vinegar (optional)

Brown the chicken in a little olive oil, then add them to a large pan of water and simmer for 4-6 hours to make a stock. Sieve the liquid and save the meat. Sauté the scallions, garlic, and pepper in olive oil – covered, shaking the pot from time to time, until they are softened. Add a splash of water to prevent spoiling the garlic. Add the spices and fry them for a minute, then add 3 cups of the stock with some chicken meat and the remaining ingredients. Simmer the soup for at least 20 minutes. Serve it hot and eat small amounts of it frequently. You may also add small amounts of Cayenne pepper if you can tolerate hot spices. There’s nothing better to fight viruses than having a good sweat; spicy food, hot bath, followed by a good night’s sleep.

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# PROPERTY

## Leader

### HOME & INTERIORS

WEDNESDAY, MARCH 18, 2020

# A beauty inside and out

**Bohergar, Boher:** Spacious country home with impressive gardens

#### AT A GLANCE

**Location:** Bohergar, Boher

**Description:** Four bedroom, detached home

**Price:** €520,000

**Seller:** O'Connor Murphy

**Contact:** 061 279300



O'Connor Murphy are delighted to bring to the market this exclusive four bedroom home located in a stunning and private setting.

This detached residence extending to an impressive circa 265.43 square metres (2,857 square feet) is designed and laid out meticulously to provide extensive modern living space throughout.

Finished to the highest specification, boasting high quality workmanship with quality fixtures and fittings throughout. This beautifully designed home, built in 2008, is well thought out and appointed and has been evidently cherished throughout the years by its present owner.

As you walk through the impressive front door, one is immediately greeted with a sense of space and natural light filtering through the entire home. The accommodation comprises a welcoming reception hallway with feature double height ceiling, wainscoting panelling and a sweeping staircase which gives a wow factor to this home. Off which, to the left, is the living room overlooking the front gardens and to the right of the entrance hall is the formal dining room with pocket doors leading to the family room which also enjoys an abundance of windows to the rear flooding the room with natural light. Additional pocket doors open out to the open plan kitchen, breakfast, living area with its uniquely designed kitchen enjoying and abundance of hand-painted-in-frame units,



**This beautifully designed home built in 2008 would be perfect for any growing family. Bohergar is just short drive away from Killinure NS**

integrated units and a large island. The successful intention of this open plan space was to create an area of relaxation and comfort combining practicality with warmth. Located off the kitchen is the utility room allowing the hustle and bustle of household appliances be kept behind closed doors and out of sight. Beyond the utility room is a guest WC.

There is also multiple access to the rear garden and a large decking area from the kitchen/dining and family room. In addition, each reception room has the benefit of overlooking the gardens which instills a wonderful sense of tranquility.

Upstairs, on the first floor a gallery style landing spans from left to right offering four excellent bedrooms two with ensembles and two have access to a Jack & Jill style spacious

family bathroom. Perfect for any growing family!

Outside, this property is set back a short distance from the Tipperary Road, accessed by electronic gates, a gravel driveway with ample parking for numerous cars. The gardens which surround this property are generous in size (over a half acre) enjoy an all day sunny orientation and are bordered by trees, hedging and lawns with an attractive decking area ideal for relaxing/entertaining on long summer evenings!

Boher is only a short drive from Limerick city centre making this location especially ideal for those who want to enjoy country living yet have easy access to all essential amenities of city life at the same time.

All in all, for those seeking a quality home with all modern comforts of today, in a discreet neighbourhood, this home simply has it all!





Technology company WP Engine new office space in Limerick city centre provides the company room to expand

# WP Engine joins Kirkland investment portfolio

Kirkland Investments and letting agents Cushman & Wakefield have announced that WP Engine, the WordPress Digital Experience Platform (DXP), are soon to take occupation of over 12,000 sq ft of prime office accommodation at 12 Henry Street Limerick.

The offices will soon be home to the company's existing 75-member team and will also afford them the opportunity for future expansion. The WordPress technology company which originated in Austin, Texas occupied The Engine building in Limerick City when they first chose the City

for their Innovation and Technical Support Centre in 2016.

WP Engine's decision to increase their existing footprint in Limerick follows many other companies who have continued to rapidly expand in Limerick City Centre in recent years namely Glass Lewis, STATS and UBER.

Welcoming WP Engine's decision to locate at 12 Henry Street, Rudi Butler of Kirkland Investment advised that "This investment is a testament to the skilled workforce and the attractiveness of the City as a place of both business and lifestyle".

Paul Ryan, Sr. Director,

Technical Support of WP Engine commented that "As a Great Place to Work in Ireland, our location in the centre of Limerick, the third largest English-speaking city in the EU, gives us a fantastic springboard for future growth. The new office, in the heart of Limerick's artistic and cultural scene, will amplify our ability to give back to the community and bring more employment at all levels, to the region."

Denis O'Donoghue of CBRE who acted on behalf of WP Engine commented that the acquisition is hugely positive for Limerick and cements its reputation as one of Europe's most

attractive FDI locations.

This letting represents the last available office unit within Kirkland's Limerick office portfolio of Grade A accommodation, with the final floor in Carlton House now also reserved. Focus Consulting will join Kirkland Investments, Amesto Global, KMPM and Tribeca Holdings in the Carlton House building also located on Henry Street. These recent lettings further highlight the limited availability of Grade A office accommodation in Limerick City Centre with overall office vacancy now at its lowest level since 2007.

Kirkland are now advancing into their next

phase of development which will further enhance the Limerick skyline offering over 85,000 sq ft of LEED Gold Grade A office accommodation on the waterfront along Bishops Quay.

The development which is due to commence construction later this month, will also include a residential element comprising 34 apartments overlooking the River Shannon.

THE SQUARE, ABBEYFEALE, CO. LIMERICK.  
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## LAND TO LET

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Co. Limerick**

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**C 22 Acres for silage (2 cuts)**

**Further details available from  
Sherry Fitzgerald Stack.**

THE AGENT YOU'D Recommend to a Friend

# Done deal: Rathkeale House Hotel has a new owner

Rooney Auctioneers are happy to report the sale of the Rathkeale House Hotel has been completed.

Rathkeale House Hotel was constructed by Tadgh O'Connor and Family in the 1990's and has been trading successfully for the last three decades in Rathkeale. The O'Connor Family are delighted to report that this hotel has been sold to another Hotel Operator who intends continuing to operate the hotel as a hotel after carrying out a refurbishment to same.

Tadgh O'Connor said "he is delighted to see the hotel being sold to another hotel operator who will continue to provide hotel accommodation, restaurant and function room facilities for Rathkeale and the wider hinterland".

Gordon Kearney of Rooney Auctioneers said that there was very strong interest in the Hotel and a number of interested parties had alternative uses in mind but that the O'Connor family favoured the Hotel to be sold to another Hotel Operator.



Gordon Kearney of Rooney Auctioneers said that there was very strong interest in the Hotel and a number of interested parties had alternative uses in mind but that the O'Connor family favoured the Hotel to be sold to another Hotel Operator

## Sonia Jones named director at Chesser



Chesser Auctioneers Ltd. are delighted to announce the appointment of Sonia Jones as a Director. Sonia holds a Bachelor of Business Studies degree from UL, and has worked with Chessers for past 18 years. She heads up the Property Management and Residential division within Chesser Auctioneers Ltd

## Family comes first in Cairnsfort

### AT A GLANCE

**Location:** 22 Cairnsfort, Golf Links Road, Castletroy  
**Description:** Three bedroom, semi-detached house  
**Price:** €255,000  
**Seller:** O'Connor Murphy  
**Contact:** 061 279300



O'Connor Murphy are delighted to introduce to the market this modern home providing unrivalled lifestyle choices for those wishing to down-size or equally a young family wishing to live within a family friendly cul-de-sac just off the Golf Links Road in Castletroy.

This well designed accommodation comprises an entrance hallway with under stairs storage, guest W/C; a generous living room with feature floor to ceiling windows and marble surround gas fireplace; the



Cairnsfort is a family friendly estate at the end of the Golf Links Road

kitchen/dining open plan area enjoying a superb range of fully fitted cream units with french doors opening out to the rear patio/garden.

Upstairs, there are two double bedrooms, one single with an ensuite off the master. A family bathroom completes the

accommodation at this level. Viewing advised, call O'Connor Murphy 061 279300 for further details and to arrange a viewing.

# Find your escape at The Hermitage



## AT A GLANCE

**Location:** 28 The Hermitage, Mill Road, Corbally

**Description:** Five bedroom, detached house

**Price:** €385,000

**Seller:** Rooney Auctioneers

**Contact:** 061 413511



major motorways due to the Northern Distributor Road which is currently under construction.

No 28 is a substantial property and has been well maintained throughout.

This spacious property could be further extended (subject to planning permission) into the attic creating a dormer style property.

The spacious accommodation consists of two/three reception rooms, kitchen/breakfast room, utility room, ensuite bathroom, main bathroom and four /five bedrooms. Oil fired central heating. Private rear garden with patio area and front garden and driveway. Viewing is highly recommended.

Mill Road, Corbally is one of Limerick's most sought after locations and Rooney Auctioneers are delighted to present this fantastic four/five bedroom property

It is excellently located at the end of a private cul-de-sac avenue and close to all local amenities and soon to be to all



**Great opportunity: No 28 The Hermitage could be further extended into the attic creating a dormer style property**

## Stunning family home at Kylemore

### AT A GLANCE

**Location:** 160 Kylemore, School House Road, Castletroy

**Description:** Three bedroom semi-detached house

**Price:** €315,000

**Seller:** Rooney Auctioneers

**Contact:** 061 413511



Rooneys are delighted to bring to the market this outstanding four bedroom semi-detached property, within the much sought after Kylemore estate.

Built in 2016 and with an A3 energy rating, the property has been maintained and decorated to an exceptionally high standard.

This bright and well-proportioned home spans 1,370 square feet, with an additional fully finished attic space of 275 square feet. Kylemore is superbly located within all major employment and educational districts,

including the National Technology Park, University of Limerick, Monaleen NS, Milford NS, Gaelscoil Castletroy, and Castletroy College. In addition, Castletroy Golf Club, award winning restaurants and pubs, and Castletroy Town Centre are all within walking distance.

Accommodation comprises: entrance hall, living room, kitchen/dining room, utility, guest WC, four bedrooms, en suite, main

bathroom. Triple glazed windows. Gas fired central heating with individual temperature control for ground and first floor. Large landscaped south-west facing garden with substantial side entrance. Immaculate show house decorative condition throughout property with many upgraded features – viewing is highly recommended. Contact Peter Kearney at Rooneys on 061 413511 for more details.



**160 Kylemore is in show house condition throughout**







**ENNIS ROAD, LIMERICK.** BER D1

"NELDEN", CAHERDAVIN CROSS,  
Substantial semi-detached property of approx. 102 sq/m (1,097 sq/ft) situated just off the Ennis Road and within walking distance of schools, LIT, Thomond Park etc. Hall, 2 reception rooms, kitchen, 3 bedrooms, bathroom & garage. Walls pumped with insulation. OFCH. Large west facing garden having plenty of space for extending if required to the side and rear (subject to planning). BER No. 101626042

€250,000 Brian Considine 085 2894166



**CORBALLY, LIMERICK** BER E1

28 THE HERMITAGE, MILL ROAD  
Substantial well maintained property located in the popular and much sought after Mill Road area of Corbally. Acc: 2/3 reception rooms, kitchen/breakfast room, utility, ensuite, main bathroom and 4/5 bedrooms. Private rear garden with patio area. Opportunity for further extension (sbt to PP) into the attic creating a dormer style property. OFCH. BER No. 112902036.

€385,000 Lisa Kearney 087 2633422



**DOORADOYLE, LIMERICK**

4 THE GROVE, HUNTSFIELD,  
Spacious bright modern property of approx. 99 sq.m. (1,064 sq.ft.) situated close to the Crescent Shopping Centre, schools etc. No. 4 The Grove is situated in a quiet cul de sac avenue and is in exceptional order. Accommodation: Hall, 2 reception rooms, open plan kitchen/dining room, 3 bedrooms and bathroom. GFCH. Double glazed teak windows. Enclosed garden to the rear with large patio area.

€250,000 Lisa Kearney 087 2633422.



**CORBALLY, LIMERICK** BER F

"PRAGUE", MILL ROAD,  
4/5 bedroom semi-detached house located close to all local amenities. Situated on a private large rear garden & front garden. This character full home comprises of: hall, 2 reception rooms, kitchen-breakfast, 2 downstairs bedrooms, wet room style bathroom and 2/3 bedrooms upstairs one with large storage area off. BER No. 111831897.

€195,000 Brian Considine 085 2894166



**ENNIS ROAD, LIMERICK** BER B3

SHANNONVILLE BUSINESS CENTRE, SHANNONVILLE  
FOR SALE – Attractive investment properties in an excellent location. Currently generating a commercial & residential rental income of €21,680 p.a. Ideal opportunity to owner occupy whilst generating a rental income. The development consists of 4 separate properties: 3 bed semi detached residence, hair salon, 1 bed apartment & yoga studio. All properties have their own access and car parking to the front. BER No. 800725079.

€450,000 Tony Wallace 087 2621760



**FOR SALE ENGINEERING PLANT AT BALLYBRENNAN, DROMBANNA, CO LIMERICK** BER G

FOR SALE : ENGINEERING PLANT. Substantial industrial plant consisting of 3 buildings (2 workshops plus office/canteen), 3 yard areas on an overall enclosed site of approx. 0.31 being 0.766 acres). The plant has 3 phase electricity, 100v electricity, and mains water. The sale includes a 4 ton gantry crane. Freehold title. BER No. 800734089. Viewing strictly by appointment.

€250,000 Carlo Hanrahan at Rooneys.

## NEW PHASE ON RELEASE NOW - "THE AVENUE"



# Ros Mór

BALLYNEETY ROAD, LIMERICK

- BEST VALUE NEW HOMES IN LIMERICK CITY
- EXCEPTIONAL 4 BEDROOM SEMI-DETACHED HOMES OF APPROX 127 SQ/M (1.367 SQ/FT)
- WITH LARGE & PRIVATE WEST FACING REAR GARDENS
- PRICE - €270,000 NOW INCLUDES TILING & LAMINATE FLOOR PACKAGE
- HELP TO BUY SCHEME FOR QUALIFYING FIRST TIME BUYERS UP TO €13,500 REBATE NET PRICE €256,500

- Ros Mór is convenient to Limerick City Centre, University of Limerick, National & Secondary Schools, Childers Road Retail Park plus many more amenities.
- These homes are designed for modern life with the spacious Kitchen-Dining-Living Room being the focal point of the house.
- The high quality kitchen comes with a choice of modern finishes and includes an island and appliances. There is a separate utility room also.
- The appliances included are an electric hob, oven, extractor, microwave and dishwasher.
- The tiling package includes floor tiles in the Kitchen-Dining-Living Room, Utility Room, Entrance Hall, Downstairs WC, Main Bathroom and Ensuite with part tiling of the walls in the Main Bathroom, Ensuite and Kitchen.
- The spacious Sitting Room comes with 12mm Laminate wood floors.
- Extra high 9 foot ceilings in the ground floor add to the feeling of space.
- There are fitted wardrobes included in two bedrooms.
- These houses are of traditional block construction and are extremely energy efficient with a rating of A3.
- The high level of floor, wall and attic insulation combined with double glazed PVC windows and natural gas heating through radiators make these homes simple and easy to heat keeping running costs low.
- Ros Mór homes also feature Photovoltaic panels (P.V. Panels) on the roof which reduce electricity costs.



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6

LEADER PROPERTY

# Cosy cottage in Kildimo is chock full of character



Rosie's Cottage is accessible within minutes from Limerick city via the N69, as is the N18 road network for those travelling to Castletroy, Annacotty and the wider mid-west region

## AT A GLANCE

**Location:** Rosie's Cottage, Ballyashea, Old Kildimo

**Description:** Four bedroom, detached house

**Price:** €340,000

**Seller:** Sherry FitzGerald

**Contact:** 061 418000



Sherry FitzGerald are delighted to introduce to the market this wonderful family home. "Rosie's Cottage" is located only minutes' drive from the popular village of Kildimo.

A most attractive cottage with a modern extension to the rear, giving the new buyer modern living accommodation but also charming features of a cottage. "Rosie's Cottage" is very well maintained and finished to the highest of standards throughout, with lovely modern fittings, including a solid fitted kitchen, modern floor tiles & fully tiled modern bathrooms to name but a few of its assets. This property is a perfect family home with bright open plan reception space and 4 good size bedrooms, two of which have en suite bathrooms. Viewing comes highly recommended and is by appointment only.

"Rosie's Cottage" is situated just a stone's throw from the centre of Kildimo village.

As you enter the property, you are greeted by a spacious

entrance hall that features an original fireplace. The first bedroom is located to the right and offers built-in storage. The second bedroom is straight in front of you and is an extremely generous size, this bedroom features a fitted stove and has double doors leading out to a south-facing patio, the perfect area for relaxing in the evening during the summer months. The main bathroom is also located off the entrance hall and has a bath and a shower.

The main living area is to the left of the entrance hall and is a large open plan space. The room is extremely bright with velux windows and double doors leading out to the patio area. The kitchen has tiled flooring, a modern fitted kitchen, and a solid fuel stove. This room has been beautifully decorated and is the perfect space for entertaining. There is a utility located off the kitchen with access to the rear garden.

The two remaining rooms are located at the rear of the property. The main bedroom is extremely bright with velux windows and double doors leading out to the rear garden. It also boasts an en suite and walk-in wardrobe. The 4th bedroom is a good size double and has an en suite bathroom.

Outside is beautiful and offers great privacy and stunning views of the countryside. There is extensive parking to the front and a private garden to the rear.

# Welcome the great outdoors at Ivy Cottage

## AT A GLANCE

**Location:** Ivy Cottage, Church Road, Ballybrown, Clarina

**Description:** Three bedroom bungalow

**Price:** €275,000

**Seller:** Sherry Fitzgerald

**Contact:** 061 418000



city limits or those looking to escape the suburbs find exactly what they are looking for here. With deceptively spacious accommodation as is, and obvious potential to extend the existing floorspace (subject to planning permission), we highly recommend viewing in order to appreciate the full potential of this exceptional family home.

Entering the grounds of Ivy Cottage, the driveway loops past a large stone garage set to the rear of the property. The 500 square foot garage offers clear scope to create a studio or granny flat, while affording a high level of privacy across the main body

Ivy Cottage, Ballybrown, is a charming traditional detached bungalow set at the heart of Clarina, surrounded by rolling farmland and historical points of interest.

Set just 10 minutes outside Limerick city, and within a very pleasant walk of Clarina village itself - first time buyers eyeing the expanding



There are a number of long-established primary schools in close proximity to the property, the closest of them being Ballybrown National School. St Nessans National School is also less than 10 minutes away



of the home.

Internally, the house opens to a central living/dining room and kitchen. Characterised by a traditional vaulted ceiling, the open plan living space offers a large feature fireplace at its heart, with an in-built solid fuel stove (with back boiler). The fully fitted kitchen contains inset appliances, and is fitted for a gas hob and cooker.

A dual-aspect family room (or third bedroom) is set to

the south-east gable, providing a cosy second reception space with its original (now decorative) fireplace still intact.

Two further bedrooms are set to the opposing gable, both generous double rooms laid in wood flooring with high panelled ceilings overhead. The property is completed by a large main bathroom, fully tiled and fitted with a walk-in power shower and timber hot-press/laundry.



**CRATLOE** €650,000**PORTDRINE**

'Carrig' is architecturally redesigned and rebuilt to passive house 'Enerphit' standard in 2015. Acc: Porch, ent hall, living/dining/kitchen, 5 beds, bath, ensuite, w.c., utility, boot room, pantry. 227 sq m / 2,443 sq ft approx. BER 103405809

CALL FRANK LYDDY 061 418000

**ADARE** €599,000**KILLARNEY ROAD**

'Carrabawn House' is an expansive detached home commanding a sprawling, naturally enclosed site at the heart of Adare Village. Acc: Porch, recep hall, drawing, dining, sun-room, kitchen, utility, wet room, 8 beds, 7 ens. 295 sqm / 3,200 sqft approx. BER 101909356

CALL FRANK LYDDY 061 418000

**CASTLETROY** €525,000**GOLF LINKS ROAD**

'18 Caislean Nua' is a stylish, contemporary double fronted family home situated in one of Limericks most desirable addresses. Acc: Ent hall, living, dining, family, kitchen/b'fast, sun room, utility, 5 beds, 2 ens, bath. w.c. 240 sqm / 2,583 sq ft approx. BER 112928270

CALL BREDA MULCAHY 061 41800

**ANNACOTTY** €385,000**NEWTOWN PARK**

'No.2' is a wonderful detached family home located in a quiet and most private residential cul-de-sac. Acc: Ent hall, living, family, kitchen b'fast, playroom, utility, w.c., 4 beds, ens, bath. 174 sqm / 1,873 sqft approx. BER 103438594

CALL BREDA MULCAHY 061 418000

**THERE'S SELLING PROPERTY AND THERE'S SELLING PROPERTY THE SHERRY FITZ WAY.****AILBHE O'MALLEY**  
Director**BRENDA MULCAHY**  
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Residential Valuer**JIM KEANE**  
Financial Advisor**SEAN MCGEE**  
Negotiator**Sherry  
FitzGerald****6 SHANNON STREET, LIMERICK T: 061 418 000 E: LIMERICK@SHERRYFITZ.IE****OLD KILDIMO** €340,000**BALLYASHEA**

'Rosie's Cottage' is a most attractive family home with an extension to the rear providing modern living with the charms of cottage features. Acc: Hall, kitch/family, 4 beds, bath, 2 ens, utility. 188 sqm / 2,024 sqft approx. BER 102311362

CALL ORLA SHEEHAN 061 418000

**CASTLETROY** €309,000**CAISLEAN NA HABHAINN**

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

CALL ORLA SHEEHAN 061 418000

**CO. CLARE** €245,000**PARTEEN**

'17 Greenpark' is a detached bungalow in a quiet location and enjoys a pleasant outlook to the front and a private garden to the rear. Acc: Hall, living, family, kitchen, 4 beds, bath, w.c., OFCH.

CALL ORLA SHEEHAN 061 418000

**RAHEEN** €239,000**ST NESSANS ROAD**

'1 Curraheen' is an exceptionally well located townhouse with well appointed accommodation set over three floors. Acc: Ent hall, Guest w.c./ens, 2 beds, living/dining/kitchen, ens. 100 sqm / 1,076 sqft approx. BER 112870647

CALL FRANK LYDDY 061 418000

**CORBALLY** €235,000**WESTBURY**

'100 Clonard' is a stylish semi-detached family home in a mature estate overlooking open green space. Acc: Hall, pantry, living, family, kitchen/dining, utility utility, w.c., 4 beds, en suite, bath.

CALL ORLA SHEEHAN 061 418000

**LIMERICK CITY** €229,000**O'CALLAGHAN STRAND**

'No. 3 Lansdowne Hall' is modern ground floor apartment in a luxurious gated development with underground parking. Acc: Hall, kitch/diner/living, 2 beds, ens, bath, lift, balcony. 75 sqm / 807 sq ft approx. BER 105604714

CALL ORLA SHEEHAN 061 418000

**CASTLETROY** €185,000**GOLF LINKS ROAD**

'No.102 Glanntan' is a very impressive corner unit duplex in turn key condition and ready for immediate occupation. Acc: Ent hall, living, kitchen/dining room, 3 beds (3 dble), w.c., bath, ens, balcony, alarm, parking, GFCH. 83 sqm / 893 sqft approx. BER 112927900

CALL SEAN MCGEE 061 418000

**ANNACOTTY** €175,000**THE SQUARE**

'No. 16' is a terraced house located in the picturesque village of Annacotty and is within walking distance to an excellent selection of residential amenities. Acc: Ent hall, living, kitchen/dining, 3 beds, ens, bath. 89 sqm / 958 sqft approx. BER 111532727

CALL SEAN MCGEE 061 418000



# JOHN GILTINANE & ASSOCIATES

Licence Number 001474

## Auctioneers and Valuers

### SANDFIELD HOUSE, CASTLEROBERTS, ADARE, CO LIMERICK



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

### NEW KILTANNIN LODGE, ADARE, CO LIMERICK



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

**Guide Price €155,000**

### BROOKHAVEN HOUSE, CRAGMORE ASKEATON



Detached family home, 4 bed residence with exceptional living space. Large gardens, garden apartment, 5 mins Askeaton, close to N69.

Viewing highly recommended

**Guide Price €249,000**

### WISTERIA LODGE, GRANAGH, CO LIMERICK



2 Bed Detached House – This wonderful residence is brought to the market in excellent condition. The exterior facade of Wisteria Lodge offers a period appearance mixed with modern interior living. Viewing Recommended

**Guide Price €220,000**

### SUNVALE, BALLYWILLIAM, RATHKEALE, CO LIMERICK



Superb 4 Bedroom Residence standing on circa 0.5 Acre Site at Ballywilliam South, wonderful family residence - large bright living spaces, superb countryside views.

Viewing Recommended

**Guide Price €249,000**

### BALLYKENNEDY SOUTH, BALLINGARRY, CO LIMERICK



Beautiful 4 bed family residence located just minutes from Ballingarry village, 15 minutes from Adare & Croom and 30 minutes from Limerick city. 1800 square feet is situated on a large site 0.75 acres Viewing Recommended

**Guide Price €220,000**

### 11 CLUAIN MHUIRE, PALLASKENRY, CO LIMERICK



Wonderful 3 bed family home situated in the centre of Pallaskenry village, Conveniently located close to all local amenities, including primary and Secondary schools, shops, restaurant, and Bus route. Viewing recommended.

**Guide Price €129,000**



### PLEASANT LODGE, DUXTOWN, RATHKEALE, CO LIMERICK



Large Family Residence- on circa 2.5 acres – 6 bedrooms, 3 large Reception rooms Conservatory, Garage, located on an elevated site with spectacular views across Co Limerick,

**Joint Agents: John Giltinane Irish Land Sales 061-513750 086-8574718**

**John Flynn Auctioneer Charleville 063-81871 087-2547721**

**GUIDE PRICE- POA**

### FOR SALE BY PRIVATE TREATY

RESIDENTIAL DAIRY FARM C. 145 ACRES AT DUXTOWN,  
RATHKEALE, CO LIMERICK

TOP CLASS DAIRY FARM/GRAZING GROUND HIGH DRY AND FERTILE  
ONE STOREY COTTAGE, LARGE RANGE OF FARM BUILDINGS  
ENTITLEMENTS €18400

### FOR SALE BY PUBLIC AUCTION

PRIME PARCEL OF LAND C. 38 ACRES AT ENNISCOUCH,  
RATHKEALE, CO LIMERICK  
TOP CLASS GRAZING GROUND

ENTITLEMENTS €4500

AUCTION DETAILS;

Wednesday 25th March 2020 @ 3pm Dunraven Arms Hotel,  
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Tel: 061-513750 / 086-8574718

John Flynn Auctioneer PSRA 002005

Email: [info@johnflynnauctioneers.com](mailto:info@johnflynnauctioneers.com)

Tel: 063-81871 / 087 2547721



Adare Properties, Main Street, Adare, Co. Limerick,  
Mobile: 086 857 4718 Fax: 061 605 048  
Web: [www.adareproperties.com](http://www.adareproperties.com) Email: [info@adareproperties.com](mailto:info@adareproperties.com)



# LEADER LIFE

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



## A Day In My Shoes

**Rachel Lea Stuart**

Business Development Executive Castletroy Park Hotel

# Diary queen Rachel: I like to know what's coming next!

### What time do you get up?

I get up at 6.30am, I like to take my time in the mornings rather than rushing into the day.

### What is your normal breakfast?

Breakfast can vary, but normally it's a cup of tea when I arrive to the hotel and then some cereal at about 10.30am. Not very exciting!

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

I try to get out for a walk in the evenings, I have a dog so she is always in need of a nice walk. We also have a fantastic gym in Castletroy Park so I try to use that as often as possible too.

### You arrive at office at what time?

I generally arrive to the office at about 8.30am, I like to make my tea, sit at my desk and get through any unactioned emails before I officially start the day at 9am.

### What are your first duties?

First task of the day is always to check my diary and my reminders for the day. I like to know what's coming next!

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

Shockingly, I'm not a coffee person, but I probably get through four cups of tea each day... That sounds excessive when I write it down!

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

I generally don't get out of the hotel at lunchtime, but we are lucky enough to have some amazing chefs in house that cook up a storm at lunchtime.

### Do you have many meetings during the day?

It really depends on the day. Sometimes I could be in back to back meetings, others I could have full office days, but generally its between two and three. Currently I'm working on our sponsorship of the S6 Hotels Women's National League so that has me travelling around quite a bit.

### What time do you finish up at?

I finish about 5.30pm, I aim to get out on time most days, but that doesn't always happen. You could always find reason to stay late, but I do try to balance it.

### Do you watch much television?

I watch a lot of Netflix... Does that count? I could watch Louis Theroux documentaries all day!

### Do you read the newspapers?

I always read the local papers - its important for us to keep up to date with what's happening around Limerick.

### What do you do to relax?

I find the closest beach and go and watch the waves crashing along the shore. That's my happy place!

### Are you able to leave the office behind?

This depends on the day. I do check my emails and take calls out of hours, but I wouldn't expect anyone else to do the

**Rachel Lea Stuart: As long as you respect everyone you work with and what they are doing there should never be a reason to lose "the cool"**

same. Again, its all down to balance!

### What is a perfect work day?

I love getting out and meeting new clients as well as catching up with existing ones, but I also love working with our sponsorship team on the Women's National League - a bit of everything mixed into one day is my ideal, I guess.

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

I like to think I'm pretty good at keeping my cool, although my family may disagree. In work I think it's important to keep everything professional - respect is the key. As long as you respect everyone you work with and what they are doing there should never be a reason to lose "the cool".

I just try to breathe through it!

*With the unprecedented closure of businesses due to the coronavirus we decided to re-run this interview first published last*

## INSIDE THIS WEEK



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# Out & About

## LOCALS STOCK UP AT LIMERICK'S MILK MARKET ON SATURDAY MORNING

Pictures: BRENDAN GLEESON



Limerick people attending Limerick's Milk Market on Saturday Morning



Margaret Halvey, Dorothy Kealy and Kate Halvey pictured at the market last Saturday morning



Neil and Muireann Locke, Cratloe



**LEFT** David Fitzgerald, manager of Limerick's Milk Market showing their hand sanitizer

**ABOVE** Siobhan Kavanagh, Ailish Dullaghan and Alanna O'Keeffe, serving coffee at Limerick's Milk Market

**RIGHT:** Pat Lysaght, Corbally, enjoying his coffee at Limerick's Milk Market on Saturday Morning



**Liam Woulfe and Eugene Shanahan**



**Joan Wylie and Nuala O'Carroll enjoying a warm drink**



**Limerick people browsing the stalls at Limerick's Milk Market**

# Covid-19 is here so it is time to manage the fear



## MENTAL HEALTH MATTERS DR EDDIE MURPHY

Clinical Psychologist  
Adjunct Associate Professor  
UCD School of Psychology

**T**HE reality is that the presence of Covid-19, which is a new illness that can affect our lungs and airways, has arrived in our communities.

It's caused by a virus called coronavirus and its arrival in Ireland is frightening for many people.

In my own family, I can think of individuals who are significantly at risk and I'm sure most people are in the same boat.

It's the 'unknowns' that generate fear, and the absence of control.

### Fear & Anxiety

Some individuals will be particularly anxious, for example those over 65 years, vulnerable elderly, those who have a long-term medical condition – for example, heart disease, lung disease, diabetes or liver diseases, cancer and particular mental health presentations e.g. health anxiety and individuals with contamination OCD.

In my experience, fear can be as contagious as the Covid-19! So the challenge is to get some perspective, and before we get perspective let's look at some facts.

Not everyone will be infected by the virus.

And of those that are infected, 85% will only experience mild symptoms.

It's the vulnerable groups that are our real concern.

Estimates for the mortality rate vary a little, but it is mostly thought to be 2% or less.

### Minimizing The Risk

The risk of catching coronavirus in Ireland is low. This

“**Thankfully coronavirus has minimal impact on children. Nevertheless children I think are worried and will need reassurance and guidance on facts**

will likely change. However, most people may continue to go to work and other public places, as usual.

Coronavirus is spread in sneeze or cough droplets.

Anyone who knows they have been in close contact with a confirmed case in the last 14 days and has symptoms (cough, shortness of breath, fever) should: isolate themselves from other people - this means going into a different, well-ventilated room, contact their GP, and in a medical emergency if symptoms are severe phone 112 or 999.

### Protect yourself from coronavirus

- \* Wash your hands properly and regularly.
- \* Cover your mouth and nose with a tissue or your sleeve when you cough and sneeze.
- \* Put used tissues into a bin and wash your hands.
- \* Avoid people who are coughing and sneezing.



The best defense against the spread of Covid-19 is proper, frequent hand washing

\* Clean and disinfect frequently touched objects and surfaces.

\* Follow the travel advice from the Department of Foreign Affairs.

### Children and coronavirus

As a parent and mindful of those vulnerable in our family circle that our boys engage with, good hand washing is vital and singing 'happy birthday' twice is the time required for a good hand wash. It's a rhyme every child knows so let's get singing!

Thankfully coronavirus has minimal impact on children. Nevertheless children I think are worried and will need reassurance and guidance on facts. Parents will need to be informed so they can act as myth busters.

### Treatment for coronavirus

There is no specific treatment for coronavirus. But many of the

symptoms of the virus can be treated.

If you get the virus, your healthcare professional will advise you on the best treatment based on your symptoms. Antibiotics do not work against coronavirus or any viruses. They only work against bacterial infections.

### Perspective

We are going to be challenged and have increasing fear/anxiety as Covid-19 cases increase and its impact evolves.

Increasing uneasiness, stress, irritability and checking for symptoms will emerge. It is likely that we interpret normal aches and pains might be the virus.

It's time to take a collective view. Together we will be challenged and it's only together that we can get through this.

Good precautions and hand

washing are the way to go. Let's minimize getting our information through Dr. Google, WhatsApp etc where rumours and fake news abound. Stick to credible sources including the www.hse.ie and www.hpsc.ie where there are regular updates relating to Covid-19 in Ireland.

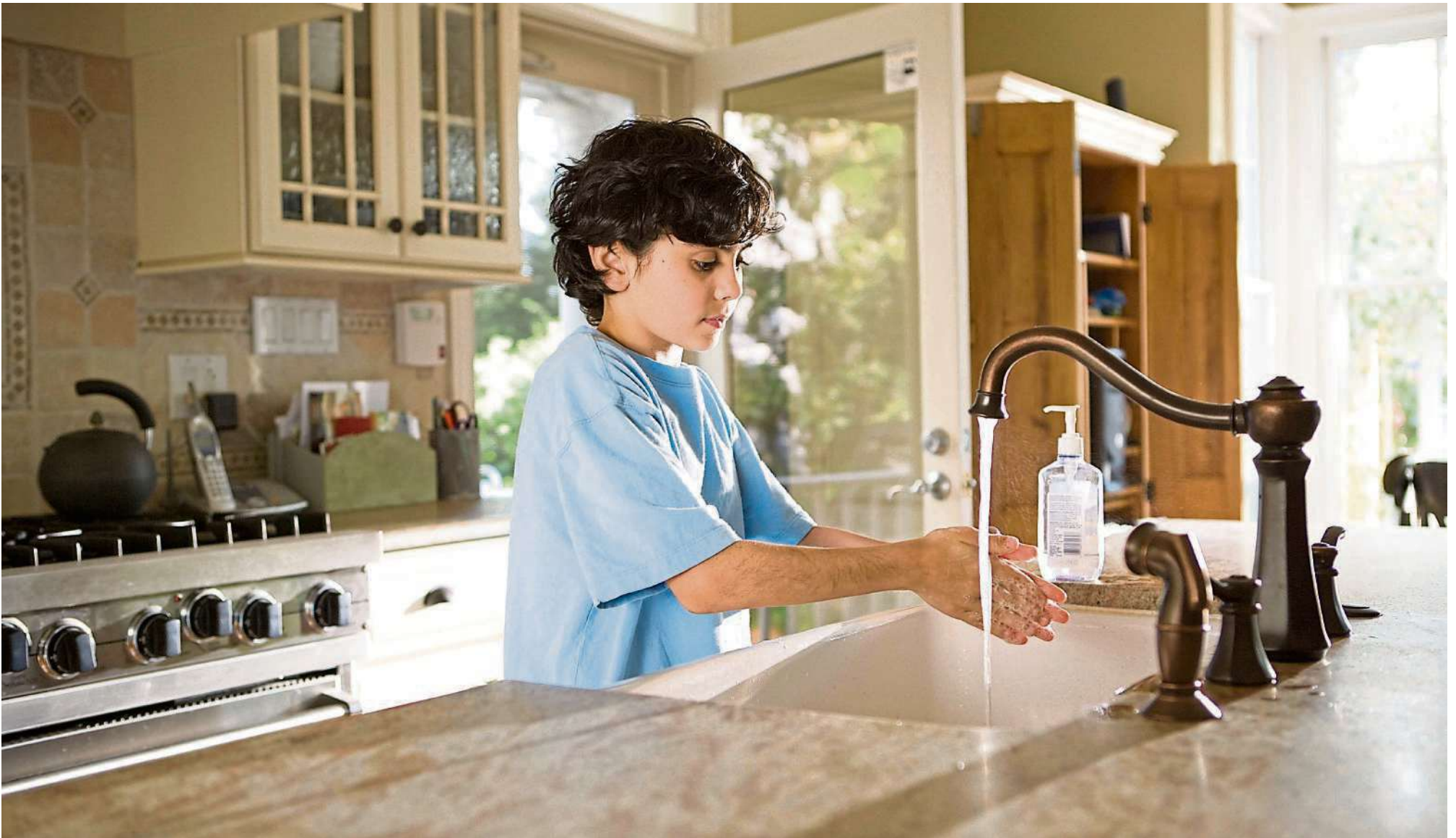
We need to tune our stress down, stick to normal routines, make time for rest and relaxation, take walks in nature, avoid crowds, eat healthily, and ensure we are getting good sleep.

Let's be sensible, we will face adversity, we will prevail.

\* 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



With younger children we can make hand-washing a game: 'who can make the biggest bubbles?'

## Covid-19: Talking to children and teenagers

CHILDREN and Teenagers will often take a lead from us in terms of how we respond to events, so it is important that we are not overly worried or anxious in their presence.

Every child is different and we all know our children best. We need to trust our own judgment as to what will be best for any individual child.

Children will pick up on things differently at different ages, so as parents we need to tailor our approach.

Younger children do not need to be exposed to a lot of news/concerning conversations. Think about protecting their time to play freely. We do, however need to take some time with children to find out what they already know from the news or from other children.

They may have questions about

what they have heard which could be anything from 'it's a bug like a bad cold' to 'are we all going to die?' We need to really tune into what the child is feeling and show them that we understand them: 'I get the feeling that this is really scary for you?' Allowing our children to talk about their fears and letting them know we understand will make them feel much more connected and secure.

We can use a calm voice and let young children know that this virus is like a tummy bug or a 'flu and some people will catch it. We can reassure all children that lots of countries are working hard together to stop it spreading. In this way we are letting the child know that there is a new challenge out there but that everyone is working together to be sensible and help each other.

We can talk with children about good ways that they can help to stop the virus. With younger children we can make hand-washing a game: 'who can make the biggest bubbles?' or 'Wash hands while we sing Happy Birthday twice!' Encouraging use of tissues and 'sleeve sneezes' followed by hand washing will be an important habit for us to teach.

As schools and early years services are now closed, it can help children if we can frame this positively: 'There are lots of bugs going around so they are going to give the school a really good clean'. Try to help the child see how time at home could be fun and, if it looks likely to happen, we can prepare with about how we might use the time positively.

Teenagers are more likely to be accessing social media so

negotiating less time focussed on Covid-19 on social media for a teenager who is overly worrying may be a useful way to help them get things in perspective. At the same time, they may be getting positive support from their friends and, if schools have closed, their access to some fun with friends through social media will be important.

Creating the space to really listen to them and understand how they are feeling will be extra important at this time. Having a frank discussion with them could help them sift fears from facts.

Children and teenagers are likely to go through the same emotional reactions to their worries as adults although they may show this in different ways. They may be either more

withdrawn or challenging than usual and much of this will be stemming from information that has worried them or turned into fears. Helping our children to develop some breathing exercises and relaxation techniques may also be helpful to help them to regulate themselves.

We need to let children know that they can come and talk with us at any time as their questions/worries may change as they hear about or think of different things. Listening to children and acknowledging their feelings will help them to feel connected and understood.

Your child may want to spend more time close to you when they are concerned or worried so try to be available to them, as this is a normal reaction.

As parents it is important to stay informed to help keep perspective and to be honest. While it is normal to feel some concern at this time, settling ourselves and our families as best we can will help us to work together to look after each other.

**This article is an extract drawn from guidance prepared by HSE Heads of Psychology Services. For information and advice on COVID-19 go to [www.hse.ie/coronavirus](http://www.hse.ie/coronavirus).**



# STYLE & FASHION

**CELIA HOLMAN LEE**

**CONTACT CELIA**

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

## Back to school for fashion fun

**W**E are all coming to terms with the fact that we are going to be living in very different times over the next weeks and months but we must remain positive and focus on better days ahead.

For many of you it is time to start planning your special day, and no better place to start than with some inspiration from the wedding fair at The Devon Inn, Templeglantine. It was a fine event hosted by Marietta Doran. Finesse Bridal in Listowel showcased a huge variety of dresses from pretty and romantic to elegant and regal to tulle and full satin skirts with sweetheart necklines and elegant backless detail.

Bridesmaids dresses were displayed by The Kerry Wedding Store, Tralee. There were rich jewel tones and soft pastels to add a richness to your bridal party's look. Mother of the bride fashion was provided by Brides of Glin and Annette's Adare. Beautiful hats played a big part in the overall look from both boutiques. In terms of style, there were flattering half length sleeves, and classic A-line dresses in teal greens, blues and fuchsia pink. However, like so much in modern weddings today whether it's a dress or two-piece you choose, make sure that you feel comfortable in it and that it is reflective of your personal style.



**I love how the floral design in the skirt of this ensemble is picked up in the cuffs of the sleeves - it's those little things that catch the eye**



**Here's a classy polka dot dress with boat neck detail - ideal for a wedding**



**It's all about the shoulder detail in this fuchsia pink outfit**



**This blue ensemble is truly a masterpiece. It ticks all the right boxes for a guest at a wedding**

## CELIA SPOTTED

Looking good out  
and about in Limerick

**Name:** Sarah Jane Allen  
**Occupation:** Media Success  
Coordinator at Web Summit  
**From:** Laois

**F**rom a very young age, I have been into fashion. I'd always have my head stuck into the fashion magazines or watching the red carpets from award shows. For my work experience in secondary school, I worked in a local boutique just so I could learn more about fashion! However, my real love affair for fashion began when I moved to Limerick to attend college in University of Limerick. It was during this time that I began experimenting with clothes and how I styled them. Limerick has so many great shops and boutiques that it is so easy to develop your sense of style. Throughout my four years in Limerick, I began working in the fashion industry and learned so much, which has developed my sense of style. After I graduated from UL, I moved up to Dublin and worked in Brown Thomas and I absolutely adored styling people. Limerick gal Louise Cooney would definitely be someone who influences my style a lot, along with Tara Marz and Courtney Smith. I tend to be adventurous with my fashion but you will find at least five different black dresses in my wardrobe for any occasion as you can't go wrong with black!

### SARAH JANE SAYS

**Dress:** Recently, I decided to start wearing more blue as it is very flattering on my pale skin and I adore this dress from ASOS.

**Shoes:** The shoes are from Penneys about four years ago! The style of shoe is a staple in my wardrobe, I swear by them! They are the comfiest shape shoes to wear.

**Bag:** This beige bag was a gift for my birthday a few years ago and it's timeless. It is so easy to match with any outfit, day or night.



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

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# MAN ABOUT TOWN

**PATRICK McLOUGHNEY**

**CONTACT PATRICK**

**Email:** patmcloughney@hotmail.com

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

## Stay sane and make gains

WITH everything that's happening in the world right now I really had to think hard about what to write this week.

I was torn between writing something light-hearted that made no reference whatsoever to the "C-word" and writing something relevant and informative that addresses the current health crisis. At the same time I was looking up articles and videos on home workouts and bodyweight workouts as the vast majority of gyms and health clubs across the country have (rightly) closed their doors to ensure the safety of their staff and customers. While there are of course more pressing concerns than keeping your summer body on track, I do fear that the state mandate of social distancing will be most tested by people who want to socialise and people who want to exercise. Which is understandable as isolation isn't good for anyone but we do all need to take extra care to protect our health and the health of others right now so I think it's best to look for solutions and alternatives rather than complaining or worrying about what's to come.

With that in mind, this week's Man About Town is all about working out at home. If we're going to spending a lot more time at home over the next few weeks then let's stay active and get our bodies moving and release some endorphins so we can stay sane and make gains.

Exercising at home is a lot easier than you'd think. I've been doing yoga in my bedroom (not like that) for many years as it helped me to get back to playing sport after a double leg break suffered on the field in 2011. You don't need to trade in the sofa for a bench and you don't need to splash out hundreds of euros on equipment. All you need is a plan. You can burn fat, get fit and feel better all without having to go to the gym.

I'm no fitness expert or influencer so if you're an experienced fitness fanatic you may need to refer to them for some more advanced advice. I'm looking out for the beginners here so I've put together some basic exercises that can be done with little to no equipment at home, standing or laying on the floor. Most of them are bodyweight exercises that can be done without equipment, and to progress in your strength and stamina, simply add weights. If you already have dumbbells, then that's

a big help. If you're in a position to invest, then do but if that's not an option then there are things around the house like that can be used instead. You might laugh at that but lighter weights can be used to make a move more taxing by slowing down the tempo and or increasing the number of reps. Make sure you have room to maneuver as well, you don't want to knock over a flat-screen TV or make bits of granny's prize china while you're doing quadruped limb raises.

While you won't need much equipment, one thing I would recommend is a decent smartwatch or Fitbit. You might need to borrow one but I would do this as they mostly have a real-time heart rate tracking function. We don't need to add to the number of people in our hospitals right now so please don't take any unnecessary risks.

### THE BEST EXERCISES YOU CAN DO AT HOME

Before you start any exercise, make sure you warm-up. Do 5-10 minutes of cardio first. This can be a stationary run or a light jog around the house/estate, just to get your heart rate up. Listening to music is also a great way to get you in the zone and stay motivated during exercise. So get that playlist ready to go.

#### 1. Squats

The key to a great squat is keeping your knees wide to activate the crucial muscles in your glutes and thighs. Stand with your feet hip-distance apart, and your toes pointing outward. As you squat keep your back straight and core braced. Bend your legs with knees wide until thighs are parallel to the floor, then drive back up, squeezing your glutes at the top. If you're unsure of form or technique then put on a Youtube tutorial to accompany you in beginning (and that goes for all these exercises). You don't have to be perfect at the start but it's worth getting right so you don't hurt yourself. Once you've familiarized yourself with bodyweight squats, try adding weight, or give hold squats or even Bulgarian split squats a go.

**Muscles worked:** quads, glutes, calves, hamstrings, core, thighs.

**Great for:** burning fat, building leg muscles and overall strength.

#### 2. Lunges

Another great exercise for the legs. Lunges work the lower half of your body and since the muscles



If we're going to spending a lot more time at home over the next few weeks then let's stay active

there are larger, working the lower body burns loads of calories. Lunges are also one of the few bodyweight exercises that really work the calf muscles. The exercise is pretty straight forward. Stand up straight, take a big step forward and bend your knee so your rear knee comes close to touching the floor. Kick yourself back up with your front leg and return to your starting position. Switch and do the same with your other leg and that's one rep. Lunges will get your butt into shape as they target the glutes better than squats and working one side at a time helps identify imbalances and reduces the risk of injury.

**Muscles worked:** quads, glutes, calves, hamstring, core, thighs

**Great for:** toning glutes, stretching hamstrings, boosting calves

#### 3. Push-Ups

Possibly the best bodyweight exercise of them all, push-ups (or press-ups) work your arms and chest, toning and strengthening your upper body all at the same time. Compound exercises are great for burning fat because they work many different muscles all at the same time while also building strength. Place your hands shoulder-width apart and lower until it's just off the floor, keeping your elbows tucked into your body. Drive back up to the top to complete the rep. A narrow stance targets your triceps while a wider position is great for chest activation. If you're struggling at the start then try doing knee push-ups so that your arms can get used to the movement.

**Muscles worked:** arms, chest, shoulders, core.

**Great for:** toning arms, strengthening chest.

#### 4. Quadruped Limb Raises

Strengthening your back without equipment can be tricky and quadruped limb raises will work your back a lot more gently than doing pull-ups, for sure, but most of us won't have a pull-up bar at home and I would strongly discourage you from looking for alternatives.

Quadruped limb raises work the glutes lower back mostly but will also work your core, traps and thighs. Go down on all fours with your hands on the ground shoulder-width apart. Your back should be straight and parallel to the ground.

Lift one arm and the opposite leg in the air at the same time and hold the position for a few seconds and then lower them back to the ground. Do the same with the other two limbs. Don't reach too high as you don't want to strain your neck or lower back.

**Muscles worked:** lower back, traps, glutes, core.

**Great for:** strengthening your back and burning fat.

#### 5. Planking

Planking is probably the least exciting exercise on this list. You literally have to hold your body in a plank position for a period of time. Sounds easy right? Wrong! Planking is one of the most challenging exercises you can do and if you've ever wanted to know just how long 60 seconds can be, planking will teach you.

Again, if you're struggling then start with a knee plank and work from there. If your house is full of hardwood floors then I suggest having some form of a mat underneath you as well.

**Muscles worked:** core, chest, back and shoulders

**Great for:** abs and improving posture.

Now that you have five super moves to try at home, try a circuit workout following this sequence.

Squats  
Lunges  
Push-Ups  
Quadruped Limb raises  
Plank

Perform each exercise for 45 to 60 seconds while resting – or cursing/crying – as little as possible between exercises.

Time yourself, so as opposed to counting reps, try and perform as many repetitions of the exercise as you can within the time limit.

Start with three rounds, then move to four, then five and so on.

Stay safe, stay positive and we'll all get through this together.



# LOUISE LOVES

## LOUISE CANTILLON

**CONTACT LOUISE**

Facebook: @LaoisDeCantalun Email: louise.cantillon@spinsouthwest Instagram: louise\_cantillon



## Rogha na Seachtaine



### TO DO:

#### Get Outdoors

Don't forget the importance of getting outdoors. Good for the mind and good for the soul. Challenge yourself to clock up 10,000 steps a day and reap the rewards mentally and physically.



### TO LISTEN:

#### Spin South West

Tune us in all this week, it is business as usual and we've got plenty great music and lots of laughs for you. Try guess the secret sound with Ed and Valerie on Fully Charged for you chance to WIN over €1,100 in cash.

### TO SEE:

#### Best of Netflix!

Head over to Spinsouthwest.com and check out our Top 30 picks for the most uplifting TV shows and movies to keep your spirits high.



# Boost your mood with music!

**M**USIC, more than any other art form, has the power to give us an immediate emotional "hit" – everyone has a song that makes them want to cry, or a tune that never fails to make them smile! A mood booster, a party bop and soulful jam I bet you have at least one of each on your playlist. It's been a tough few weeks and now more than ever it's important to feel good. Allow music work its magic and get that serotonin flowing!

### Irish Musicians need your support now more than ever!

It's been an uncertain few weeks, but the good news is, we can all help by pulling together and supporting independent Irish musicians online. Here are some of my top Irish artists who have released new music, all worth a stream on Spotify/Itunes and beyond. Boost your mood and listen to some of the very best music the country has to offer, I promise you won't be disappointed.

**KNEECAP** A frighteningly articulate rap group. Merging Irish with English, satire with socially conscious lyrics, and reality with absurdity, theirs is a voice which comes screaming from the too-often deprived areas of the North, speaking in a language which is too-often ignored, and it makes for suitably electrifying stuff.

**Emma Langford** Limerick's own, Emma's home-grown brazen wit and piercingly insightful lyrics is the perfect soundtrack to your day! Her new song "Sowing Acorns" is beautiful.

**Cry Monster Cry** Dublin brothers Richie and Jamie Martin are back with their sophomore album Tides. Recorded live in the



Limerick-based Denise Chaila blends spoken word and rap to give voice to the sound of a transatlantic odyssey

wilds of Donegal under the watchful eye of producer Tommy McLaughlin- A simply beautiful album!

**God Knows** dropped a bomb on us all at the end of February with his 'Who's Asking' EP. Check out the killer video for Who's Asking (Southwest Allstars Remix)

**Denise Chaila** is a true

superstar. Despite only having two tracks available on Spotify - Copper Bullet and Duel Citizenship - Denise is one of the most in-demand and hotly-tipped artists in Ireland and the UK right now and anyone who's heard her can tell why.

**David Keenan** the Dundalk man released his debut album "A

Beginner's Guide to Bravery" in January and it debuted at number 1 in the Irish Independent Albums Charts.

**UshMush** hails from Co an Chláir and is one of my favourite discoveries this year. His Irish raps and knack for story telling as Gaeilge is brilliant. Have a bop to his track Grá Mór!

## Join Limerick ladies online efforts for Daffodil Day 2020

LIMERICK ladies Jean Langford and Aoife Willis have joined forces and come up with an online challenge in support of Daffodil Day 2020.

The Irish Cancer Society has had to cancel their daffodil day which usually raises about €4 million for the charity, money which ensures vital counselling, transportation, and advisory services. At a time when

healthcare services are already foreseeing high pressure circumstances, donations to the Irish Cancer Society are more appreciated than ever!

To get involved, get online and take on "The 6 Petal Challenge" or tText CANCER to 50300 to donate €4

### Here's how it works:

1. Pick an exercise from one of the Daffodil's 6 petals

and do 6 reps of the exercise (6 burpees, 6 lunges, 6 push ups, 60 sec plank, 6 squats, 6k walk/run/bike/row)

2. Take a photo/video of you doing your chosen exercise.

3. Make a donation to ICS directly or to their website or text CANCER to 50300 to donate €4.

4. Post your photo/video along with the image of the daffodil, tagging the @irishcancersociety





# I ♥ LIMERICK

## RICHARD LYNCH

### FOLLOW RICHARD

Facebook: Richard Lynch  
Twitter: @richanthon

Web: www.richardknows.com  
Email: Richard@ILoveLimerick.com



# Awards aim to help students

**L**OCAI student athletes have been awarded scholarships to help continue their careers in sports and progress in education.

One of these awards is the LIT Gaelic Ground Scholarship, which was given to three Limerick GAA club members attending Limerick Institute of Technology.

Conor O'Grady from Hospital and Herbertstown GAA Club, Shaun Barry from Kildimo and Pallaskenry GAA Club and Peter O'Grady Ahane GAA Club received their certificates from LIT President Professor Vincent Cunnane and Chairman of Limerick GAA John Cregan during the game between Limerick and Waterford.

The scholarship programme, aimed at Limerick GAA members who currently attend or plan to attend LIT next year is part of the agreement which included the re-naming of Limerick's county grounds as LIT Gaelic Grounds and incorporates Limerick GAA internships and work experience for LIT students in sports coaching, event management, marketing, and other areas as well as LIT



Limerick Kickboxer Tyrone Cronin with LIT president Vincent Cunnane PICTURE: BRIAN ARTHUR

support for Limerick GAA clubs.

More accolades came from LIT as the college awarded their LIT Sports Scholarship to 23 Limerick athletes.

The LIT Sports Scholarship recipients were

honoured at a special event at Limerick Institute of Technology, Moylish Campus during which keynote speaker World Rugby Referee and former LIT Sports Scholarship recipient Joy Neville spoke of the value of sports

scholarships and the opportunities open to the recipients during their time at LIT.

The Scholarships now in their third year, encourage young athletes to achieve greatness in their chosen sport, while also providing a

vast range of off-field support for their education and mental wellbeing.

This year's recipients excel at a number of sports including basketball, camogie, hurling, Gaelic football, handball, rugby, kickboxing, and swimming.

Mary Immaculate College has introduced the Rachel Kenneally Memorial Award in honour of former student and Tipperary ladies footballer, Rachel Kenneally, who sadly passed away in 2018 at the age of 26.

The Rachel Kenneally Memorial Award will consist of three bursaries, valued at €750 each, awarded to current undergraduate and postgraduate MIC students who are involved in ladies football in Munster.

The bursaries will be funded by Munster LGFA and will be awarded to students who contribute to playing, coaching and/or administration of ladies football within MIC and Munster, and who are engaged with volunteering at club, county or provincial LGFA coaching initiatives.

Denis Kenneally, Rachel's father, recalled his daughter's time at MIC, saying, "She loved her time at MIC and when she got sick, she spoke of how she missed teaching more than anything."

All these awards encourage any athlete to participate in it. Information on the scholarships can be found via the LIT and MIC websites.



At the launch of the Rachel Kenneally Memorial Award at Mary Immaculate College - Aine Fitzgerald, Maeve Hackett, Kate Hahessy, Laura Ivory, Laura Cusack, Katie Campbell, Katie Cunningham and Deirdre Lawless PICTURE: BRIAN ARTHUR



Shaun Barry from Kildimo/Pallaskenry, Conor O'Grady from Hospital/Herbertstown, and Peter O'Grady from Ahane are presented with their scholarships by Limerick GAA County Board Chairman John Cregan, left, and LIT President Vincent Cunnane PICTURE: DIARMUID GREENE

## THINGS I ♥ THIS WEEK

### IRISH EDUCATION AWARDS

## UL Limerick wins Best Student Campus

The University of Limerick has won the award for Best Student Campus in Ireland for the second consecutive year at the 2020 Irish Education Awards, which took place recently in the Ballsbridge Hotel, Dublin.

UL's International Education Division (IED) also won the award for Best Erasmus Programme for the third successive year at the Education Awards, which recognize, encourage and celebrate excellence among third level education providers across the island of Ireland.

In all, UL was shortlisted in six categories including Best Marketing and Communications Team, Student Engagement and Education Award for the Glucksman Library, Best Business and third level institute collaboration, and Best Research Project for the Ocuco-Lero Global Lean Agile Project.

It is the second year in a row that UL's stunning 367-acre campus has won the award, a recognition of the unrivaled facilities on offer to the more than 16,000 students attending the University.

UL president Dr. Des Fitzgerald said: "What makes UL facilities stand out the most is that quite a significant number are pretty much unique in the Irish context and we promote every opportunity for our students to have a healthy college experience."

Josephine Page, director of IED, said her team was "delighted" to have received the award for Best Erasmus Programme at the Irish Education Awards for the third consecutive year.

Josephine said, "The Erasmus programme in its entirety and the inter-faculty partnerships that it generates ensure the visibility of UL at European and International levels while also contributing to our key strategic objective of enhancing the reputation of UL worldwide."

The University of Limerick is an independent, internationally focused university with 16,500 students and 1,700 staff. It is a young, enterprising university with a proud record of innovation in education and excellence in research and scholarship. Congrats to all!



## Sarah Corbett Lynch named one of Ireland's Top 20 Inspirational Women

LIMERICK'S own Sarah Corbett Lynch was named one of Ireland's top 20 inspirational women for 2020's International Women's Day by The Sun newspaper and parenting website Rollercoaster.ie.

Sarah's mother tragically passed when Sarah was only 12 weeks old. She and her brother Jack then moved to the States with their father Jason and stepmother Molly Martens. Jason was tragically murdered by Molly and her father Tom in North Carolina, in August 2015. Sarah and Jack's aunt Tracey has taken them in, and they have all been together since. Sarah is now using her experiences to help other children through their grief. The teen recently published her first children's book 'Noodle Loses Dad', to help young people face this battle.

'Noodle Loses Dad' is the first of the Booga Wooga Series, which will be tales of hope for young people who have experienced some sort of loss. Aimed at kids between 3 and 10, they will be Sarah's own experiences but told through the characters in the book, and will give a positive look at family life and loss.

The beloved author has gained attention both at home and abroad. Her inspirational story shows what true determination and courage look like. Being regarded as one of Ireland's top 20 inspirational women alongside women such as Saorise Ronan, Sinead Bourke, and Katie Taylor is quite the achievement for the 13-year-old. Sarah has certainly a bright future ahead of her and her kindness is only matched by her talent. See [sarahcorbettlynch.com](http://sarahcorbettlynch.com).



Richard pictured with Sarah PICTURE: BETH PYM/ILOVELIMERICK

### LIMERICK ALTERNATIVE ROCK TRIO

## Point Taken launch debut EP

Limerick Alternative Rock trio 'Point Taken' are releasing their debut EP - 'The Static Windup' on Friday, March 20.

The band members are no strangers to the Limerick cultural scene. Vocalist and bassist Jared Nadin is one of the founding members of Limerick literary collective 'Stanzas'. Guitarist Jacob Woulfe and drummer Evan Berry are former members of Blues Rock group 'A Weekend Away' and are both heavily involved in the concert industry.

They started making music as Point Taken in late 2018, spending the last 18 months writing, recording, and performing their unique brand of Alt Rock.

Their debut 5 track EP - 'The Static Windup' has been in the works for several months. Recorded DIY style in bedrooms and home studios, the trio explores concepts like nostalgia, creative stagnancy, and millennial frustration.

Capturing a feeling of tensions before release, the EP creates a narrative journey of dissatisfaction leading to eventual determination. The first two singles from the record, 'Deep Six' and 'Quicksand Highrise' are available on all major streaming



Point Taken

platforms now.

Guitarist Jacob discussed the EP, saying, "We tried to push creative boundaries in writing and recording this EP, and we are so proud to share it. 'The Static Windup' up is a 5-stage emotional journey, and it's just the beginning of what we plan to do."

The EP will be available for streaming on Spotify, Apple Music, YouTube Music, and others. It will be available for purchase on iTunes and Google Play on Friday, March 20.

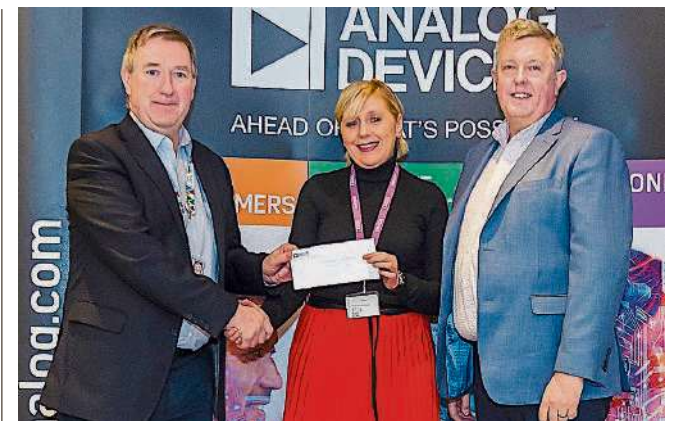
## HEROES OF THE WEEK

### Analog Employees

ALMOST 40 non-profit organisations and social enterprise across Munster have received a financial boost thanks to the Analog Devices employee selected community awards scheme announced recently.

Milford Hospice, St Gabriel's, Ahane GAA Club and Limerick Youth Service were among the many Limerick non-profits who have benefited from the programme.

The annual donations that the Analog Employee Community Awards programme enables employees at Analog's Limerick and Cork sites to nominate their chosen community, voluntary or charitable organisation to receive financial support from the company in



Denis Doyle, VP, Analog Devices, Anne Marie Hayes, Milford Care Centre, and Leo McHugh, VP, Analog Devices

recognition of their contribution to the local community. A broad spectrum of educational, social, charitable and cultural bodies across Limerick, Cork, and Clare

benefited from the generous programme with donations going to local GAA clubs, primary schools, a Men's shed group, a Sanctuary programme and numerous well-deserved charities.

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# FAMILY ANNOUNCEMENTS

## BIRTHDAY REMEMBRANCES



### † WILLIAMS

**Mother's Day Remembrance of our beautiful mother Marie Williams. Also remembering on Mother's Day my aunt Mary Donnellan and my grandmother Bridget Williams. Also remembering my grandad Thomas Williams on his birthday which occurs on the 27th March.**

To our wonderful mother, aunt and grandmother  
We would just like to say  
No one loves you ye more than we do each day  
Have a very Happy Mother's Day up in heaven above  
We can't send ye presents, but we can send ye all our love  
**Happy Mother's Day Mam, Mary and Marie. Lots of love from Edward and Sharon xx**

Thinking of your birthday when you were here  
We had some fun and lots of cheer  
Another one passes and we are still apart  
But Granda you will never leave my heart  
**Happy Birthday Granda, love from Edward (Ned)**

Never a mother more loving  
Never a heart more true  
I am proud to be your daughter  
Because I thought the world of you.  
**Happy Mother's Day Mam, love you lots from your daughter Mags x Also remembering on Mother's Day my sister Mary and my niece Mary D xx**

Gentle Jesus up above  
Wish my Dad a very Happy Birthday  
And give him all my love  
**Happy Birthday Dad, love you lots from your daughter Mags, son-in-law John and family x Also remembering my brothers Johnny and Ger**

## MOTHERS DAY REMEMBRANCE



†

Happy Mother's Day  
Meet me in my dreams Marie  
and talk to me once more,  
Ease this everlasting pain,  
That makes my heart so sore  
My heart still aches in sadness

My silent tears still flow  
For what it meant to lose you  
Mam,

No one will ever know  
Softly in the morning you heard a gentle call  
You took the hand of God offered you

And quietly left us all  
I miss your smile your joking ways I miss the things  
You used to say to me  
And when old times I do recall it's then  
I miss you most of all.

You were always there when I needed you,  
No task too great or small  
With a loving heart and willing hands for me  
You did it all so thanks Mam for all you did

For me, I pray that God has given you the crown you've truly won.

Happy Mother's Day Mam from your daughter  
Catherine Love you so much  
Mam Give them all my love up above

Mam  
Missing you on Mother's Day  
A mam's love is special  
A gift beyond compare  
You only know the meaning  
When she is no longer there.  
A special time  
A special face  
A special Mam  
I can't replace, with an aching heart I whisper low  
I miss you mam and love you so.

**From your loving daughter Eppa family and your cousin Lorraine xxx**

A Wonderful Nana  
God made a wonderful Nana,  
A Nana who never grows old.  
He made her smile of the sunshine  
And he molded her heart of pure gold.

In her eyes he placed bright shining stars  
In her cheeks, fair roses you see  
God made that wonderful Nana  
And he gave that Nana to me.

**From your loving granddaughter Simone, partner Micky, great grandchildren Jayden and Harvey xxxx**

## MOTHERS DAY REMEMBRANCE

Nana your life was full of loving deeds, forever thoughtful of our special needs,  
Today, tomorrow, my whole life through, I will always love and cherish you  
Happy Mother's Day to the best Nana ever and also Happy Mother's Day to my wonderful Mam Maggie

**Lots of love your Granddaughter, Daughter Chloe and partner Kenneth xxx**

Nan you mean the world to me, the love you had given me is plain for everyone to see,  
Your shoulder is always there for me to cry on, your words of wisdom were there for me to rely on, the arms you put around me to tell me it will be ok, our special memories remain with me always, You have given me so much I cannot thank you enough for your patience, your kindness, your unconditional love

**Happy Mother's Day Nana and also Happy Mothers Day to my Mam Maggie at this time love your Grandson, Son Jason**

The day that God called your name it broke my heart in two, but heaven needed an angel and the one he picked was you. I just wish he could have waited and let you stay with me, but you have left memories in my heart and that's where they'll always be. I just wish I could rewind the clock or make it turn real slow, I could have hugged you one more time before you had to go. No matter how much time will pass I'll miss you everyday Keep shining bright in Heaven so you can light my way.

**Happy Mother's Day Nan and also Happy Mother's Day to my Mam Maggie too. Love from your Grandson, Son Keith, Partner Edel, Grandkids Chelsea, Lisa, Alan**

If all my dearest dreams and wishes could come true, then the only thing I'd wish for would be to spend some time with you, for since you have been gone life has never been the same and I'd give all that I have just to see you once again. I miss you so very much for the times that we once shared have left the sweetest memories that may never be compared so as I pay this visit to your final resting place I pray you'll feel my presence and gentle kisses on your face.

**Happy Mother's Day Nana and also Happy Mother's Day to my Mam Maggie at this time from Granddaughter Daughter Monique**

Grandma you're so wonderful on Mother's Day I think of you. The unconditional love you gave the sweet and generous things you did. You've made a difference in my life I love you more than I can say. That's why I give this poem to you, to wish you a Happy Mother's Day Nana and to my amazing Mother Maggie who is spending hers in heaven too.  
**Love Leeann & Christopher**

Peace doves from heaven hear me when I pray. Please deliver some flowers to my sweet Mother today. Please tell her I miss her more than I could say..And wish her a Happy Heavenly Mother's Day to my wonderful Nana/ Mother from your son/Grandson Niall, Braydenlee, Justice xxx

## IN MEMORIAM



† **BENNETT**  
(11th Anniversary)  
**In loving memory of Darren Bennett whose anniversary occurs 18th March.**

Time passes memories stay,  
Never forgotten especially today,  
We will never forget you Darren,  
We won't even try,  
We miss you more as time goes by,

Our lives go on without you,  
But things are not the same,  
It's hard to hide the heartache,  
When someone speaks your name,  
No matter how life changes,  
No matter what we do,  
A special place within our hearts,  
Is always kept for you.

**Love from Jonathan, Lydia, cousins Jamie, Jason, Evan, J.J. & Analiese xxxxx**

## IN MEMORIAM



† **RAY**  
(42nd Anniversary)  
**In loving memory of our dearly loved brother Eamonn Ray, late of Kileely Rd, Limerick who died on March 19th 1978. R.I.P.**

We wish just for today  
We could turn the hands of time  
To spend another day  
With you and wrap your arms in ours

**Loved and missed always by your brothers Martin, Timmy and sisters Marie, Josephine, Irene and Geraldine and their families x**



*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.*

## I'm Free

*Don't grieve for me, for now I'm free;  
I took His hand when I heard Him call;  
I turned my back and left it all.  
If my parting has left a void;  
then fill it with remembered joy.  
My life's been full, I savored much;  
good friends, good times,  
a loved one's touch.  
A friendship shared, a laugh, a kiss;  
ah yes, these things, I too, will miss.  
Perhaps my time seemed all too brief;  
don't lengthen it now with undue grief.  
Lift up your hearts and share with me;  
God wanted me now, He set me free.*

### † QUINLIVAN

(5th Anniversary)

**In loving memory of Christina Quinlivan late of 6 Garryglass Avenue Ballincurra Weston who died on 18th March 2015. Much loved Auntie to Denise**

If I had one wish it would be,  
to have one more day with you.  
To hold your hand,  
see your smile and keep you here with me.

**Sadly missed but never forgotten by her loving niece Denise**

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## Another Leaf Has Fallen

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

*Rest in Peace*

# LIMERICK LEADER

## The Leader

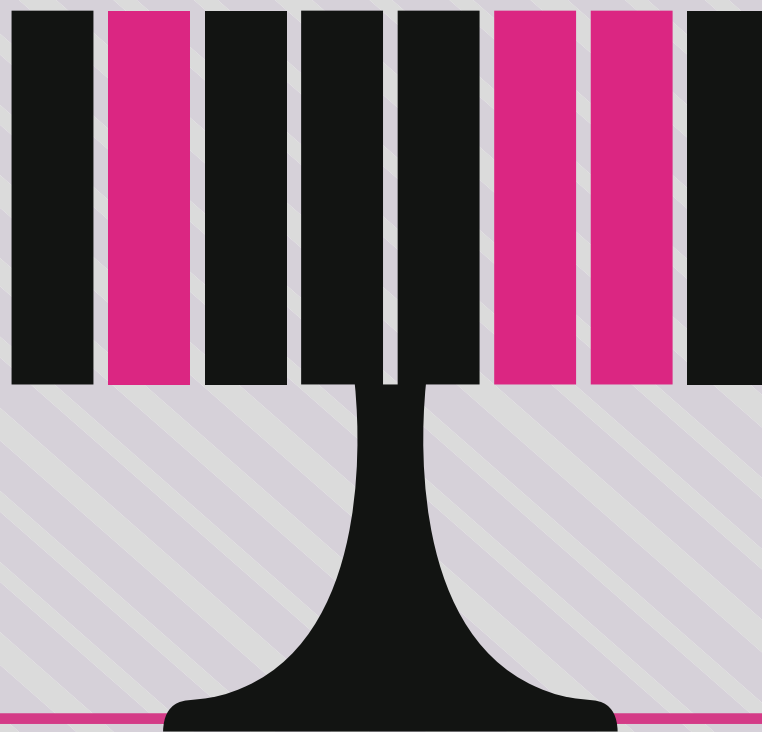
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SKODA has introduced a plug-in-hybrid to its flagship Superb range.

The car comes in two bodystyles, Liftback (saloon) and Combi (estate), and four specification levels of Ambition, Style, Sportline, and the top of the range L&K.

The Superb iV is now on sale priced from €40,350-€49,850. Prices exclude delivery charges but are inclusive of government grants.

At a glance, this hybrid Superb may seem indistinguishable from any other new Superb; however, it conceals an electric motor with a power output of 85 kW capable of travelling up to 62km on pure electric power, and a 1.4 TSI petrol engine delivering 156bhp (WLTP test cycle). Transmission is 6-speed DSG automatic.

When both power units are working simultaneously, the car has a combined power output of 160 kW (218bhp) and a range of up to 930km without refuelling.

The electric motor acts as an additional boost providing a driving performance and a 0-100km/h time of 7.7 secs. Maximum speed is 224km/h.

Driving Mode Select is standard and allows the driver to alter the car's driving characteristics and comfort settings by varying the steering, transmission and Dynamic Chassis Control.

As well as Sport mode, drivers can also choose E-mode or Hybrid mode. In E-mode, the Superb iV is powered solely by the electric motor and so becomes a zero-emission car - perfect for short daily commutes.

The car can travel almost silently but a special sound generator creates a unique sound to alert pedestrians and cyclists that the car is approaching them.

In Hybrid mode, both power units work together delivering a combined fuel consumption of 1.5 L/100kms of petrol. CO2 emissions are 33 g/km so annual road tax is €170. The default hybrid mode switches automatically between petrol and electric drive so you don't have to be concerned that you will run out of battery charge. All the necessary information you need is provided by the Virtual Cockpit, such as the battery state, as well as navigation, etc. For peace of mind, you can search for the nearest charging station in your navigation system.

The lithium-ion battery is built into the chassis floor in front of the rear axle of the car. (Superbs are renowned for their big boot space). It stores the power needed for electric drive and also powers the climatronic air-con system and heating, that can be programmed remotely using the Skoda Connect mobile app. It can also show the



## ELECTRIC FEEL

*Skoda's electric journey starts with Superb iV*

**The Superb iV is now on sale from €40,350**

exact location of your car from anywhere and the lock & unlock feature allows you to carry out these functions no matter where you are - in case you forgot to lock your car, you can do so with your

smartphone from anywhere. Wireless Apple CarPlay allows you connect your device to your car's infotainment system and get directions, make calls, send messages or listen to music without

touching your phone. Apple CarPlay comes with the SmartLink+ system.

Compared to the standard Superb, the iV hybrid has the Dynamic Chassis Control as well as the most modern MIB infotainment systems coupled to digital dashboard displays.

The Superb iV can be charged in different ways. It can be fully charged in about 3:30hrs using the Mode 3 charging cable and a wall box with a charging output of 3.6 kW. Using the Mode 2 cable with a standard household three pin plug socket, it will take around five hours. Hybrid cars can charge the battery or maintain the battery level using regenerative braking and also power from the petrol engine. City driving with continuous braking in traffic, helps to recharge the battery.

Hybrid and plug-in hybrid vehicles are gaining in popularity in

Ireland, evident by sales doubling here in the past two years to 11,540 vehicles in 2019.

Commenting on the launch, John Donegan, Brand Director, Skoda Ireland said: "The Superb iV offers the best of both worlds. The ability to plug-in and charge at home or work means commuters from Naas, Drogheda, Navan or Greystones travelling to Dublin have the potential to commute, powered entirely by electricity." The same applies to those travelling similar distances to work in Cork, Limerick or Galway. He said plug-in hybrid vehicles offer 'significantly advantages over self-charging hybrids including significantly lower CO2 emissions and superior fuel economy'.

The Superb iV is open to orders and Skoda are advising customers to place their orders early to avoid disappointment as availability will be limited to 250 units for this year.



**Driving Mode Select is standard and allows the driver to alter the car's driving characteristics and comfort settings**

# Audi Limerick clock up the honours

AUDI Limerick, part of the Joe Duffy Group believe that it's their people that make the difference which is why they believe the correct training is a vital requirement for staff progression.

Audi Limerick have invested in over 1,350 hours of training over the past two years, which they say further demonstrates their belief in their people and the Audi brand.

Audi Ireland's Certificate program allows Audi retailers to develop their own aftersales staff members through the process of developing personal and business learnings through online content study, presentation skills and an intense practical and theory examination phase. Audi Limerick say they were delighted to receive eight certificates from Head of Aftersales at Audi Ireland, Jason Mallon and Regional Aftersales Manager at Audi AG, Martin Keese.

**Sean Gleeson, Diagnostic and Electrification**

## Certificate:

Sean has been working with the Joe Duffy Group for seven years. Sean started as an apprentice in their Audi North Dublin location back in 2012, moving closer to home, Sean moved to the Audi Limerick premises when the dealership opened back in 2014.

## John O'Toole, Diagnostic and Electrification Certificate:

Similarly, John underwent a vigorous self-study program of over 350 hours to achieve the prestigious Diagnostic and Electrification Certificate. John has been working in Audi Limerick for 2 years and is an asset to the team.

## Alan Fitzhenry, Service & Parts Advisor Certificate:

Alan received two certificates for both service and parts.

## Sarah Barry, Service Advisor Certificate:

Sarah undertook 200 hours of self-study during the certified training program and was awarded the Service



Jason Mallon, Head of Aftersales, Audi Ireland; Cathal Byrne, Head of Business, Audi Limerick, Philomena Radcliffe, Sarah Barry, Colm Hough, Alan Fitzhenry, John O'Toole, Sean Gleeson and Martin Keese, Regional Aftersales Manager, Audi AG

Advisor Certificate. Sarah's level of customer service has been outstanding with customers regularly commenting through our

Audi Limerick survey system as 'very friendly and accommodating staff'.

## Philomena Radcliffe, Service Advisor Certificate:

Philomena accomplished 200 hours of self-study and

also collected her Service Advisor Certificate earlier this week. Philomena has been working within the dealership for four years.

## LIMERICK LEADER

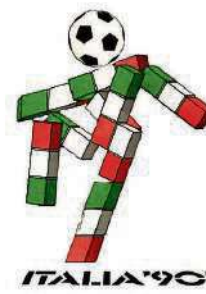
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# SPORT

Leader



## DOWN MEMORY LANE FOR SPORT

Was Italia 90 the peak of football?

For more see Page

# Limerick GAA confirm April games are postponed



**GAA:** Chairman says that GAA aren't working towards any definitive return date

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

LIMERICK GAA will have to look at "all scenarios" to restructure their 2020 Master Fixture list.

That's according to Limerick GAA chairman John Cregan.

"Games have paled into insignificance in recent days but I know there will be a great appetite for games when all returns to normal," said the County Board chairman.

Cregan was speaking after it was confirmed that Limerick GAA have postponed all club hurling

and football championship games for the month of April.

Across four weekends, Limerick had almost 60 adult championship games alone scheduled and on top of that are U21 and minor action.

"It was important to bring certainty," said John Cregan.

All players want is clarity and the present deadline is March 29 and even if that were to be the case, players and teams have no time to prepare or train for championship matches," explained the Limerick GAA chairman.

What of rescheduling the games?

"We are now every much

planning for the unknown. We have a format of club championship in Limerick that has worked every well for us but it does take time. Clubs need to be aware that we will have to look at all scenarios and work with the national body and provincial councils and their deadlines," outlined Cregan.

"It's a very moveable feast," he said of a potential return to action.

"We will do the very best we can to ensure we have a championship," he stressed.

Limerick were second county nationally, after Galway, to confirm a full postponement of club games



**Limerick GAA chairman John Cregan spoke to us this week**

beyond the current March 29 date.

The Limerick confirmation came via a statement on Sunday night.

"It is proposed that we will engage with the Provincial

Council and National CCC with a view to restructure our Games Programme. This may include the redesign of the current formats. If so, we will engage with the clubs prior to any decision being made," said the statement.

"In summary, the club championships in Senior, Premier Intermediate, Intermediate, all U21 and Minor Hurling and Senior, Intermediate and Minor Football will not proceed in the month of April."

The statement added: "County Leagues will resume when sanction is approved by the Statutory Bodies."

On the inter-county scene,

Croke Park and Munster Council GAA officials will await to confirm their new fixture schedule.

Three weekends are required to finish both the Allianz Hurling and Football League. The Limerick footballers have two group games to play in their promotion push in Division Four.

John Kiely's hurlers await semi final opponents with two quarter finals yet to be played.

And, the provincial championship dates are fast approaching – Munster SFC and Munster SHC set for May 9/10 starts.

## Adrian Shine - RIP

THE LIMERICK soccer community were shocked and deeply saddened when news filtered through on March 3 of the passing of Adrian Shine

Adrian had a long association with Hyde Rangers from underage level right up to Junior Level, both as a player and manager of schoolboy and adult teams.

He was a very promising schoolboy playing in the claret and blue under the watchful eyes of the likes of Gerry McCormack and Seamus Jackson in the successful Hyde teams of the late 70's and early 80's.

In later years, Adrian toggled out for the likes of Cals, Star Rovers and 'The Boro' where he played with some of the best players of the day.

While at these clubs, Adrian made many friends with his very easy-going nature. A no-nonsense player he was, always tough but fair in the heat of battle and once the final whistle went there was always time for a handshake and even a pint or two after a game.

He was also known on the inter-firm front when it was at its' peak in the late 80's and early 90's where he starred for the likes of McMahons, Atlas Aluminium and Golden Vale where numerous trophies came his way.

But it was always his love for the Rangers that brought him back to Hyde Park. First, he rejuvenated the Hyde schoolboy set-up and then the junior team when last season he led Hyde to a league and cup double which had never been achieved in the clubs' illustrious history.

The scenes after last seasons' success will live long in the memory of all the players and supporters alike.

He instilled a belief and hunger in those players and built up a special bond with everyone he worked with including committee members where his ideas were always constructive.

His professional attitude towards everything he did played no small part in the success that he achieved.

In life, very few of us get to be friends with somebody who can have an impact the way that Adrian had on all of us at Hyde Rangers. To his wife Teresa, Sons Evan and Darren and extended family, may we offer our deepest condolences. May he rest in peace. - Hyde Rangers

# Munster on down week as Covid19 takes grip

COLM KINSELLA  
ckinsella@limerickleader.ie

MUNSTER Rugby's players are taking a break from collective training this week amid the ongoing spread of coronavirus.

The decision for the province's senior and Academy players to take a break comes in the wake of the Guinness PRO14 organisers announcement that the current season has been suspended in response to the evolving coronavirus outbreak.

No training will take place at Munster's High Performance Centre in UL this week, with players not required to follow an overall official programme.

Rehabilitating players will continue to follow their programmes under the guidance of the medical department.

Guinness PRO14 organisers said last week that it is in the 'best interests of everyone' that games are not played at this time.

"The suspension has been directed by the board of Celtic Rugby DAC and will be remain under constant review," their statement continued.

Munster's last competitive fixture was three weeks ago when Johann van Graan's side scored a dramatic bonus point win over the Scarlets at Thomond Park.

The PRO14 had announced last month that,

in keeping with World Rugby practice, any game that is cancelled with no possible alternative dates found, will be declared a 0-0 draw with each team receiving two match points.

Meanwhile, a number of Munster players have been among several Irish rugby stars who have called on members of the public to support the HSE's Coronavirus Guidelines.

Keith Earls was among those to plea to the public to listen to the health professionals in relation to the measures being put in place to help tackle the on-going coronavirus pandemic.

Senior health officials have appealed for people to adhere to social distancing guidelines to help slow the spread of the virus.

In a message on social media on Sunday morning, winger Earls said 'the actions of some people are really starting to worry me.'

Keith Earls wrote: "As a father of a child with a serious respiratory lung condition and many others like her, I urge the public to please listen to the professionals. I will do everything I can to protect her."

"Everyone has a part to play. I'm usually a private person but the actions of some people is really starting to worry me."

"This is an extremely worrying and scary time and we all need to take immediate action. Please."

The PRO14 has been suspended for the foreseeable future



## GUI give golf the go ahead

Gerry Sheahan, Castletroy Golf Club, takes a practice swing before his round on Saturday afternoon



THE GUI and ILGU have issued guidance for their clubs stating that "The restrictions (until Sunday March 29) do not prevent club competitions or casual rounds of golf taking place, however we need to be cognisant of the social nature of our game and how this element of it is

impacted"

According to the joint statement, "The Unions recognise the need for adherence to the revised guidelines as issued by the HSE (March 12) and encourage golf clubs to observe them fully."

"Golf is a great sport for people generally to get out

and about, exercise and enjoy fresh air. It is played in an outdoor setting where the risk of contracting COVID-19 is low.

"All golf clubs should, at this time, aim to keep their members and staff safe and well"

For more see [www.limerickleader.ie](http://www.limerickleader.ie)

## Revised Junior Soccer draws

We may not know when soccer will be back, but we do know who will play who in the season's remaining Cups.

### FAI NEW BALANCE JUNIOR CUP

**QUARTER FINAL DRAW**  
Athenry FC v Rush Athletic  
Killarney Celtic v Fairview Rangers  
Usher Celtic v Gorey Rangers or Castlebar Celtic  
Westport Utd v Oliver Bond Celtic

**SEMI-FINAL DRAW**  
Killarney Celtic or Fairview Rangers v

Athenry FC or Rush Athletic  
Westport United or Oliver Bond Celtic v Usher Celtic or Gorey Rangers or Castlebar Celtic

### OPEN CUP DRAW

#### SEMI FINAL

Kilmallock B v Wembley Rvs  
Parkville B v Fairview Rgs C

### PREMIER A O'HALLORAN CUP

**SEMI-FINAL**  
Moyross or Charleville v Fairview or Carew Park

Athlunkard Villa v Newport or Cappamore

### LAWSON CUP

#### ROUND THREE

A.Ballynanty Rovers v Fairview Rgs  
B.Newport or Northside v Regional Utd  
C.Mungret Reg v Wembley Rvs  
D.Geraldines v Coonagh or Nenagh  
E.Kilmallock v Prospect  
F.Aisling Annacotty v Hyde Rgs  
G.Knockainey v Caherdavin Celtic  
H.Pike Rvs v Janesboro

#### Q-FINAL

A v B, C v D, E v F, G v H

For more see [www.limerickleader.ie](http://www.limerickleader.ie)



Fairview's Robbie Kelleher will be looking forward to a FAI Junior Cup quarter final against Killarney Celtic

# ON THE BALL

“Limerick to the core...”

**DONN O'SULLIVAN**

Republic of Ireland goalkeeper Packie Bonner saves Romania's Daniel Timofte's shot during the penalty shoot-out



## 'Timofte against Bonner'

THE LAST two Monday nights have seen RTE air a documentary about the Republic of Ireland's soccer journey under Jack Charlton.

The 'Boys in Green' was a fantastic trip down memory lane, made all the more poignant by the current sport-less state we find ourselves in.

Italia 90, for me, was the peak of football. Sky was yet to populate our screens with matches every second of the day, from all over the World.

Sunday's in our house were spent watching 'The Match' on ITV. It could be weeks before you saw your favourite team. Some Sundays you had to endure Southampton and Norwich or Fulham and York, before one week, it would be Liverpool.

Their all red, or grey kit, would flash up on the screen. They were

majestic. Houghton, Whelan, Staunton and Aldridge were at the peak of their powers for my beloved Liverpool and for Ireland.

I was eight when Ray Houghton put the ball in the English net and 10 when Kevin Sheedy rattled the English one.

It was a time when Ireland, as a country, was beginning to grow. The 1988 Euros will be remembered, by me anyway, as the first major soccer tournament to catch the imagination.

I remember having the 1986 sticker World Cup sticker album and the 1986 Mexico football that lived in my grandparents house in Buttevant was a magical sphere, but 1990 was when it went into overdrive.

First off, there was a giant yellow teddy bear in our house, which was

decked out in the Euro 88 kit from Penney's.

The fabric would make you sweat at freezing point, never mind during the summer. (Sorry Ted)

My Dad built us soccer goals, complete with nets from Nestor's Sports store. We had World Cup qualifiers, group stages, knock outs, finals and penalty shoot outs every single day, to the point where there was no more grass in the goals and diving to save shots became optional.

Then there were the kits. The green Ireland kit which had a flicked emboss. The white one, even more amazing.

West Germany wore the greatest jersey ever designed at that tournament, while Holland, Italy and Cameroon stand out in my memory to

this day.

I watched every game, every game, in that World Cup from home. Bar one. . . Ireland's eventual loss to Italy was watched outside the house, in Claughaun GAA club to be exact.

Since then, I do not watch matches outside the home where possible. I have been scared.

The documentary focussed largely on Ireland's time at that World Cup. Why wouldn't it.

The highlight of the entire tournament and indeed the documentary was the commentary. A time before social media and the internet of things where mistakes by commentators were not pounced on.

A simpler time when Daniel Timofte became a household name and when David O'Leary defied the odds. Magical.

**COLM KINSELLA**

I'd have loved a match in the rain!

HAVING spent the previous seven or eight weeks cursing the incessant rain that seemed to follow me around at dozens of club and schools rugby fixtures, what I would have given to be able to attend another sporting fixture last weekend, even if the rain was lashing down.

Events of the last week in this great country has put so much of what we worry about into perspective.

The mood did lighten at lunchtime on Saturday, albeit briefly, when scanning through the Sky TV planner on the TV, it became clear that the BBC had opted to replace the scheduled Match of the Day with an episode of Mrs Brown's Boys! Agnes Brown for Gary Lineker, now there's a substitution!

Flicking through the sports channels later that day, the only semblance of live sport at one stage was the Gibraltar Open Snooker Championships.

In keeping with the strangest of weeks, a number of the matches in Gibraltar were played with no referee. Players were left to make decisions among themselves and pick balls out of pockets for their opponent's.

But sport which has united people for so long has taken a back seat. Public health must be our top priority.

Sport will return at some stage.

**JEROME O'CONNELL**

Sport eh! – 'You don't know what you've got till it's gone'

IT'S a long time since Toni Mitchell wrote Big Yellow Taxi and almost 25 years since it was rejuvenated when used on the hit US TV show, Friends.

The chorus came to mind this week: "That you don't know what you've got till it's gone".

That's certainly the case with sport.

Because as sport rightly disappears from the calendar for the foreseeable future, we will learn it's value.

For many of us, it dominates hours – be it at live action or television coverage. And what of

the conversations it dominates – quite simply it can often be a break from the stresses of life.

For some, sport can be stressful and this current break might show put all into perspective.

Limerick GAA have confirmed the postponement of all club hurling and football championship games in April



– that's four weekends wiped off the calendar.

While the inter-county teams are the flagships teams, the local GAA club lies at the heart of almost 70 communities across Limerick.

The clubs are now without games, without their weekly lotto and other regular fund-raising ventures.

But the response has been heartening and brings all back to

basics – the GAA is about community.

A community that now needs to pull together, albeit via social distancing.

The social media accounts of club after club are no longer full of scoreline updates but rather offers of help to bring shopping, prescriptions etc to incapacitated members of their community.

There is no doubting we will all miss sport, but a gentle reminder of the community values of the GAA could be timely in an era when all within the sport is becoming so professional.



**We will always have Gibraltar snooker. . .**

**Marathon**

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