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City mosque crowdfunds €50k in a single month

New appeal to prevent closure

NICK RABBITTS e-mail: nick@limerickleader.ie Twitter: @nick468official

MORE than €50,000 has been raised in just a month to help prevent the closure of the city centre's only mosque.

Members of Masjid Al Furqan are trying to buy the premises where they are located at 41 Windmill Street.

With a price tag of €750,000 to acquire the site, mosque bosses have kicked off an emergency appeal for funding. So far, €200,000 has been raised privately – and donations from its members in Limerick have reached \notin 50,000 in a month.

Of this, over $\notin 40,000$ has been donated on an online fundraising page, while a further $\notin 10,000$ has been paid into its bank account.

Br Abdullah Hassan, the Imam of the centre – which serves 90 people a day on weekdays, and into the hundreds on Fridays and weekends – held crunch meetings with his landllord yesterday to secure an extended stay.

ightarrow continued on page 3



Samuel scores Savills Prize

Abstract artist Samuel Walsh, Clonlara, who has won this year's Savills Art Prize. A former student of both Limerck School of Art and Design and Mary I Mr Walsh, (63), was awarded the most recognised award in contemporary art at a reception at Vue 2017, Ireland's national modern art fair at the Royal Hibernian Academy in Dublin

Television LOCAL MAN LOOKS TO FLY NEST



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YOUR CHRONICLE



EDITOR

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The Limerick Chronicle has the proud distinction of being Ireland's oldest newspaper and has been published continuously since 1768, more than 120 years before its sister paper the Lim-erick Leader first appeared in 1889. For many years the two titles were rivals but the Chronicle was bought by the Limerick Leader in the 1950s, since when they have been part of the same newspaper 'stable', and brought to you by the same team of award-winning journalists. The Chronicle shares its sister paper's highly popular website www.limerickleader.ie

TODAY

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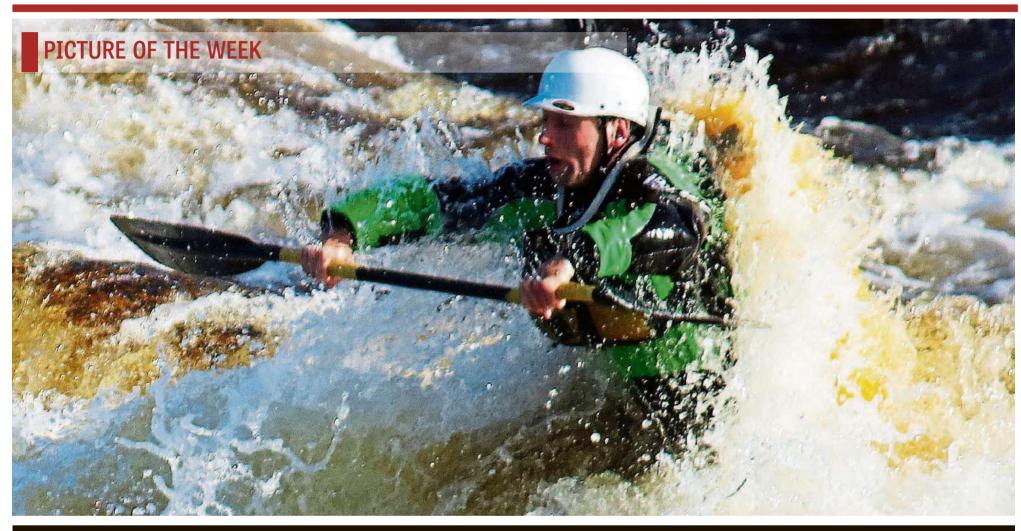


Check updates on limerickleader.ie



TOMORROW **MOSTLY CLOUDY** WITH A LITTLE RAIN AND A HIGH OF 12°C

THURSDAY **SUNNIER AND** WARMER WITH A TEMPERATURE HIGH OF 13°C



The river wild: Kayaker rides the white horses on the river Shannon

Photographer Brendan Gleeson was on hand to snap this kayaker enjoying a white knuckle ride down the Shannon this week

Chronicle

YOUR LOCAL NEWS - ONLINE

The website for the Chronicle's sister paper, www.limerickleader.ie provides the most comprehensive and up to date news and sports service for the people of Limerick, at home and abroad, seven days a week. Log on for the latest developments brought to you by our unrivalled team

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INSIDE YOUR CHRONICLE

Armed raiders were on bail



Two of the three men conin county Limerick were on bail at the time of the offences. See page 6

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Style hacks from Man About Town

TWEETS OF THE WEEK

@AnneSheridan1 Made the front page..! A super night & send-off from @Limerick Leader



We want to hear your news and views @limerick_leader

@Barbarian_FC Just touched down in Ireland. Settling in to Limerick. #rugby #rugbyunited

@CarolinePriest1 Listening to @willleahy on @RTEGold makes Monday morning just that little bit easier. Welcome back.

NEWS

FULL HOUSE: FLYING THE NEST FOR TV SHOW

Mammy's boy: leaving on TV

MARIA FLANNERY e-mail: maria.flannery@limerickleader.ie Twitter: @mariaflan

A LIMERICK man who has a five-star lifestyle at home with his Mammy is to feature on an RTÉ series, where he will attempt to stand on his own two feet.

Brian Barry, a 26-year-old from Pallaskenry, admits that he is "treated like royalty" at home, but despite this, sought help to move out from presenter Brendan Courtney for his This Crowded House show.

Rents outside cities are also skyrocketing, but unlike the other people featured in the show, who are struggling to bear the cost, Brian's biggest concern is staying in his kingdom — Pallaskenry.

"I found the show to be a good experience and certainly an eye-opening one in relation to the housing market in Limerick," he told the Limerick Leader.



Denise, Brian, his mother Ann and presenter Brendan Courtney appearing on This Crowded House

"It's a tough market. I was very lucky to have my mum and dad as a safety net, whereas other people don't have such luxury and are really struggling from week to week. It's heartbreaking stuff," he added.

Pallaskenry is "the greatest place on Earth" according to Brian — and he eats, drinks and socialises almost exclusively in the West Limerick village.

His parents do everything for him — his mother cooks and cleans for him, his lunch is made for him before work, and he is woken up by his dad every morning with a cup of tea.

He even says during filming that his mum clips his toenails for him — but he maintains that it was a joke ("I'm happy to confirm my mother does not clip my toenails!")



Isobel Cox and Emma Aherne of Matthew Stephens Jewellers at last week's Diamond Evening held in the three level store. Don't worry if you have missed out on this amazing roadshow as it continues instore until Christmas, with further "Meet the Dealer Diamond Evenings" planned for Wed. 15th & Thurs. 16th of November from 4-10pm. This is the first time that such events will be open to all diamond loving members of the public and is sure to be an unmissable start to what will be the largest Roadshow Exhibition of exquisite diamond rings, pendants, earrings, bracelets and precious coloured stones to visit Ireland this year, all available to purchase at unbeatable "Direct from Dealer" prices.



THE LARGEST TOURING SHOWCASE OF "EXQUISITE INVESTMENT DIAMONDS & EXHIBITION OF RARE PIECES" TO COME TO IRELAND THIS YEAR. Prices from $\notin 1,000$ upwards

Mosque bid to stop closure

CONTINUED FROM PAGE 1

He warned without the funding in place, the mosque could face a bleak future.

"If we move from here to a further place, it will be difficult for as many people to come. The numbers we will have will drop to less than half. The position, its location is very important to us. That's why we should respond quickly," Br Hassan said.

"The worse case scenario is we would move out from the place. This would cause a lot of difficulty. We have planning permission to extend. Our neighbours are delighted with us. We don't want to move into a new area. It could be the end of the story for us. That's why we want to save this place before it's too late."

As of Monday night, on the mosque's GoFundMe page, 237 people had donated varying amounts totalling



Miton Syed, Abdullah Jaribu, Lamine Diarrassouba, Mohammod Ruhul Amin and Mahmood Kodok in the Al-Furqan community association centre, Windmill Street PICTURE: ADRIAN BUTLER

€41,409.

The page states: "Masjid Al Furqan isn't just a place where we all just go to pray. It's a place where your children, our children, go to learn how to read Quran and understand the Arabic language. It's a place where the message of Islam is spread to non-Muslims and Muslims alike through various initiatives such as 'discover Islam' exhibitions, halaqas and speaker talks."

The page suggests people who donate to the cause can expect "a house in paradise".

"The messenger of Allah, peace and blessings be upon him, said: 'Whoever builds a mosque for Allah, then Allah will build for him a home like it in Paradise," they said. Prices from €1,000 upwards Pre Christmas Meet the Dealer

DIAMOND EVENINGS HELD INSTORE WED. 15TH & THURS. 16TH FROM 4 -10PM



FOR FURTHER DETAILS - PHONE: 061 415583

NEWS

CONCERNS: COUNCIL SAYS ILLEGAL PARKING NEAR JUNCTIONS IS A WORRY

Déjà Vu as car ends up in basement after collision





The scene of Saturday night's incident and (right) a car is removed from the exact same location in February 2013. Concern has been expressed about illegal parking at city junctions in the aftermath of the second incident, in which a number of people were hospitalised

DAVID HURLEY e-mail: david.hurley@limerickleader.ie Twitter: @dhurleyll

CONCERNS have been expressed about the prevalence of illegal parking near junctions in the city centre at night time.

Limerick City and County Council, which is in discussions with gardai in relation to the matter, says such parking reduces drivers' sight distance and presents an unwelcome hazard to motorists. Of particular concern, it says, is the number of cars being parked on double-

yellow lines near junctions. The comments were made in response to queries from this newspaper following a collision at the weekend which resulted in a car crashing through railings and entering a base-

ment in the city centre. The incident at the junction of Mallow Street and Catherine Street happened at the exact same location of a similar incident in February 2013.

The driver of the car – a woman in her 40s – was taken to University Hospital Limerick as a precaution while the occupants of a second car – three young men – were examined by paramedics at the scene.

While noting that a garda investigating into the incident is underway a spokesperson for Limerick City and County Council said it is satisfied that all regulatory provisions (ie stop signs) and road markings are in place at the junction to enable required sight distances and safe vehicle manoeuvres at appropriate speeds.

A spokesperson for the local authority added that all appropriate traffic lighting is operational in the area where the collision happened. Emergency services attended the scene of Saturday night's accident for a number of hours with a crane being used to remove the silver car from the basement. There have been a number of other collisions at the same junction in recent years while there have been at least two other incidents where cars have ended up in basements following collisions elsewhere in the city – including at Pery Square and Hartstonge Street.

Gardai at Roxboro Road are investigating the circumstances of Saturday night's incident and anyone with information is asked to contact them at 061 214340.

ANNIVERSARY MASS

Former Lana Knit workers to meet

FORMER workers at Lana Knit in Shannon will meet this Friday November 10 at Shannon church for an anniversary Mass at 7pm followed by a get together at the Oakwood Hotel.

SPORTS

Diving Club's try a dive at UL Arena

Aughinish Diving Club are holding a try a dive on Thursday November 9 from 8pm in UL Sports Arena, giving you an opportunity to experience what it's like to scubadive.

ARTS

Family puppet play set for Belltable

A NEW family puppet play will be performed at the Belltable this Saturday at 2.30pm. This Little Piggy is directed by Liam Mc-Carthy. For tickets and information, call 061-953 400.

TALK

Beekeeping history talk at honey show

Limerick Beekeepers Association's annual honey show with judge Redmond Williams is taking place on November 9 at Mungret GAA club. There is also a talk on the history of their craft from Jim Ryan at the meeting starting at 8pm.

ENTERTAINMENT

Lunch time concert at St Mary's

Academos String Ensemble from the Irish World Academy/UL, will play in a lunch time gig at 1.15pm on Wendsday November 8 in St Mary's Cathedral, Bridge Street. Admission is free.

OPENING

Art exhibition at Dooradoyle library

PAINTINGS of Limerick scenes and landscapes by local artists involved in the Hatters Castle Art Class & Studio Exhibition will go on display at the Dooradoyle Library from November 9 next. The exhibition opens at 6pm.



Robert Benn pleaded guilty to multiple offences including criminal damage, trespass and theft. He will be sentenced at Limerick Circuit Court later this month

Criminal began crime spree just hours after being released from jail

DAVID HURLEY e-mail: david.hurley@limerickleader.ie Twitter: @dhurleyll

A YOUNG man who embarked on a crime spree of wanton vandalism "from the moment he left prison" is due to be sentenced later this month.

Robert Benn, aged 24, who is originally from the Garryowen area of the city has pleaded guilty to multiple charges relating to offences which occurred in November of last year.

Limerick Circuit Court was told that within hours of being released from the Midlands Prison on November 28 – having served a six month sentence – the defendant returned to the city where he broke into a number of cars which were parked at an apartment complex.

Garda Cillian O'Muineachain said the defendant was not identified as a suspect until after his arrest in relation to a similar incident at another car park three days later.

He said Benn, who has a large number of previous convictions, was arrested after he was found by security personnel "crouching between two cars" after the alarm was raised at around 11.10pm on November 30, 2016.

He told John O'Sullivan BL, prosecuting, the defendant had used a golf club to "wantonly strike to vehicles" and had attempted to open random car doors.

Benn, who had consumed a nagin of vodka, was so intoxicated following his arrest that he could not be interviewed for several hours. He later identified himself on CCTV footage from the car park but did not offer any excuse for his behaviour.

Garda O'Muineachain agreed that while the damage caused totalled less than €1,000, gardai are concerned that the defendant engaged in such activities so shortly after his release from prison.

Kenny Kerins BL said his client, who has 90 previous convictions, has a "profound addiction issue" and that he had apologised for his actions following his arrest.

He said Benn left school following his Junior Cert and that he became involved with a "negative peer group" and began to engage in substance abuse.

The barrister said their was "no rational behaviour" for his client's behaviour but that he now realises he has to change his ways as the lifestyle he has led is "unsustainable".

"There is a marked change in him," he said adding that Benn is "sick and tired of being inside".

Judge Tom O'Donnell was told the defendant has conducted himself well since returning to prison and that he is now on an enhanced regime and is engaging with a number of services in an effort to address his addictions.

The judge was told Benn, who is alienated from his family, is polite and courteous when not intoxicated.

"It would be easy to say that all hope is lost. That's not the case," said Mr Kerins. Judge Tom O'Donnell indicated he will impose sentence on November 27,

next.

Gasworks staff win major award

THE team behind the multimillion euro redevelopment of the old gasworks site in O'Curry Street have won a major award.

Ervia is engaged in a project to pump out tar from deep underground the site and have it ready to be developed upon by early next decade.

Now, project officers from the firm have won the title of Public Sector Project of the Year at the annual Project Management Institute awards.

Meanwhile, a consultant

working with research students at the University of Limerick also scooped the distinguished contribution award at the same ceremony, held in Dublin on Thursday last week.

Terence O'Donnell, the director of projects at the Irish owned IT alliance group, held the post of Kent chair of project management at UL, and continues to work at the college in a consultative capacity.

"Terence has been a pioneer in Project Management in Ireland over 25 years," commented Philip Maguire, CEO, I.T. Alliance Group. "He has allied these skills and experience to help implement vital change management programmes across public and private sectors. He has also helped us develop innovative project management service offerings across the group such as Auxilion Project Services."

Also nominated for an award was the Team Limerick Clean-Up, which saw thousands of volunteers mobillise to clean the city streets on Good Friday.



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NEWS

CRIMINALS: JUDGE TOLD CULPRITS HAVE A COMBINED TOTAL OF ALMOST 200 CONVICTIONS

Armed raiders were on bail at time of violent burglaries

David Hurley e-mail: david.hurley@limerickleader.ie Twitter: @dhurleyll

TWO of the three men convicted of involvement in two violent burglaries five years ago were on bail at the time a court has heard.

The time a court has heard. Following a six week trial, Patrick Roche, aged 53, of Kilcronan Close, Clondalkin, Dublin; his son Philip Roche, aged 24, also of Kilcronan Close, Clondalkin and his son-in-law Alan Freeman, aged 37, of Pearse Park, Tipperary Town were convicted of aggravated burglary and false imprisonment relating to an incident at Sunville House, Pallasgreen on April 16, 2012.

Patrick and Philip Roche were also convicted of similar charges relating to an incident at the home of three elderly siblings at Ballyluddy, Pallasgreen on May 31, 2012.

During a sentencing hearing, Sergeant Mike Reidy said that all three defendants have criminal records and that both Patrick Roche and Alan Freeman were on bail at the time.

Patrick Roche has 139 previous convictions and is currently serving a 17 year prison sentence for a serious offence.

Philip Roche has 37 previous convictions while Alan Freeman, who has 22 previous convictions, is cur-



Patrick Roche, Philip Roche and Alan Freeman each of multiple previous convictions. All three will be sentence at the end of next month.

rently serving an 11 year prison sentence relating to the theft of around 40 guns from a firearms dealer in Carrick on Suir, County Tipperary in January 2009.

Around €10,000 in cash was taken in the burglaries and the occupants of both houses were assaulted, tied up and threatened by the Around €10,000 in cash was taken in the burglaries at the Garvey and Creed family homes raiders.

During the trial, the jury of seven men and five women heard from a large number of gardai as well as several civilian witnesses.

The trial also heard evidence from two witnesses who have each been convicted over their involvement in the aggravated burglaries.

Laywers representing the three defendants said their clients had made certain concessions which meant certain witnesses were not required to give evidence – including members of the Creed family who are all aged in their 70s. Judge John Hannon was told Philip Roche and Alan Freeman are both working in prison and have completed several courses.

Mark Lynham BL, representing Patrick Roche, urged the judge consider the age of his client whose release date is August 16, 2027. Judge Hannan will impose sentence on November 24.

Rich history of Arthur family to be recounted at event

NICK RABBITTS e-mail: nick@limerickleader.ie Twitter: Twitter: @nick468official

A HISTORY of the high-profile Arthur family will be given at the Limerick Historical Society's monthly event next Monday.

Pat O'Brien of the Celtic Bookshop, located opposite Arthur's Quay, will give a lecture on the family from 8pm in Mary Immaculate College at the South Circular Road. While visitors to Arthur's Quay shopping centre can enjoy interpretative boards recounting the history of the family, Mr O'Brien's talk, it is hoped, will offer more of an insight. Tony Browne Limerick

Tony Browne, Limerick Historical Society said: "The Arthurs were landowners from Limerick in medieval times. A lot of them were mayors.

Streets around Arthur's Quay are named after the Arthur family – Patrick Street, Francis Arthur, Ellen Street, who was a daughter of an Arthur."

Big in the wine industry, Mr Browne said they lived in an estate near Clonlara in Co Clare.

Separately, Mr Browne is to address a special historical event at JP Gallagher's bar in Bunratty in the link between the village and the River Shannon this Wednesday.

The event will get under

way at 6.30pm, with entry costing €50, which includes a drinks reception and a three-course dinner.

Next month, to round the Limerick Historical Society's year of events off, leading Cork-based historian Dagmar O Riain-Raedel will recount the Journey of the Magi.

For more information on all these activities, please contact Tony Browne on 061-228071.



Tony Browne, who founded the Limerick Historical Society

Tuesday, November 7, 2017

LIMERICK CHRONICLE

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NEWS

LIMERICK LOBBY: BUSINESS PEOPLE IN DUBLIN ADVOCATE FOR HOME REGION'S GROWTH POTENTIAL

Capital plan: 'Golden opportunity to promote business in region'

ALAN OWENS e-mail: alan.owens@limerickleader.ie Twitter: @alanowens_limk

A MEETING of high profile Limerick business people in Dublin has heard that the region has "an opportunity to create an environment where people want to live and work. and where employers want to create jobs".

Capital Limerick, a voluntary organisation established last year to create an influential and co-ordinated presence in Dublin to advocate for Limerick, hosted an event on Friday debating the theme Un-locking Regional Growth.

The group welcomed over 250 mostly Dublinbased Limerick professionals and business people to the at the InterContinental Hotel, Ballsbridge to hear a discussion economic opportunities and challenges for Limerick and the Mid-West in the post-Brexit world.

Attending were former President of the European



Former President of the European Parliament, Pat Cox, with Clair Haves, founder of Capital Limerick, at the event PICTURE: SEAN CURTIN

Parliament, Pat Cox, eco- M50" and said that the net nomist Jim Power and impact of Brexit on the Irish NewsWhip CEO, Paul economy would be negative, Quigley, RTE Correspondents Joe Little and Cathy Halloran - who chaired the food, and the most vulnerevent. Mr Cox highlighted several advantages of the region when compared with the pressures "inside the

with the most vulnerable sector being agriculture and able firms those heavily dependent on the UK as an export market, especially SMEs.

Citing financial services as the likely most positive flow from Brexit, he said that "Limerick can offer accessibility through Shannon, availability of top class office affordability space, in housing compared to inside the M50, a wide variety of cultural. sporting and

leisure opportunities and a feedstock of skills from its higher education establishments".

Economist Jim Power said that, with congestion becoming a major issue in Dublin, Limerick and the Mid-West had an opportunity to create an environ-

ment where people want to live and work, and where employers want to create iobs.

"I believe that Limerick ticks many of the necessary boxes, particularly the strong third level education offering and the international air connectivity. A motorway from Limerick to Cork is the most glaring deficiency. Limerick has made massive progress over the past decade and the decade ahead promises much more. Limerick can become the engine of a vibrant city region, provided policy continues to move ahead on its current trajectory," he explained.

Capital Limerick is the brainchild of solicitor Clair Hayes, who said that there was a "golden opportunity" to unlock regional growth. "Capital Limerick is

about mobilising those amongst us to play a part in promoting growth in the Mid West. We would like anyone with an interest in, or connection to, the Mid-West to get involved in the movement to promote business in the region," she said.

Would-be robber presented himself at garda station

A DRUG addict who attempted to rob cash from the till of a city centre store presented himself to gardai before the crime was reported, a court has heard, writes David Hurley.

Michael Gammell, aged 31, who has an address at Clare Road, Ennis has pleaded guilty to charges relating to an incident at Centra, Upper William Street on September 29, 2016.

He has also admitted a robbery charge relating to an incident at Topaz, Dooradoyle the previous day during which he threatened a member of staff and stole around €150 in cash.

During a sentencing hearing, Garda Dean Landers said on each occasion, Gammell approached the counter on the pretence of buying something.

He said he tried to grab cash from the tills when they were opened and that during the incident at Topaz an 18year-old employee was warned not to ring the guards or to report the crime.

Garda Landers agreed with Brian McInerney BL, defending, that the accused man presented himself at the public office of Henry Street garda station around two hours after the incident at Centra saying he needed to be taken off the streets.

Mr McInerney told the court his client, who had attended at University Hospital Limerick a short time earlier, told gardai he had had a "bad few days" and needed to go into jail.

John O'Sullivan BL, prosecuting, said while nobody was physically injured both incidents were "terribly unpleasant" for the workers.

Judge Tom O'Donnell was told both of the offences were captured on CCTV and that the defendant made full admissions following his arrest.

He has a number of previous convictions and is currently the subject of a suspended prison sentence.

Noting this, Judge O'Donnell adjourned the matter to the end of this months to clarify the position.

Mr McInerney who told the court his client was an "habitual drug user" around the time of the robberies will also address the court in mitigation on the next date.

Canadian astronaut to send city charity gig into orbit

ASTRONAUT Chris Hadfield, who has up to 40 million views on You Tube for his cover of a David Bowie song recorded in space, is to come to Limerick for a special charity gig, writes Daniel Keating.

The former commander of the International Space Station, who shot to fame thanks to the thrilling gravity-free cover of Bowie's Space Oddity, will play at the Gig for Ghana in the Clayton Hotel this Thursday night.

Commander Hadfield's niece Kelly, from Canada and a student at the graduate entry medical school at UL, enlisted her famous uncle's support for the charity set up Ghana Medical Health, which she set up after travelling to the region with a non-govern-



Chris Hadfield with his niece and **UL student Kelly**

mental organisation on a global health programme.

Hadfield has provided pictures from space for auction for the project, and will now provide his famous guitar to be auctioned at the city event this Thursday night.

All funds raised on the night will go directly to Ghana Medical Help to support the delivery of the medical aid project collaboratively founded between the charity, the UL Hospitals Group and UL. The partnership has developed a rural emergency medicine training project, which 'trains the trainers,' and provides emergency medical skills and tools for over 250 rural nurses in Ghana.

Presented by Steamboat Music, Gig for Ghana is also set to include, Denis Allen, Norman Morrissey and the Kings of Connaught. Tickets are €25 and available from Steamboat Music or Peter Dee Academy of Music. The show starts at 7.30pm.





LIMERICK CHRONICL

Showstopping Desserts

Christmas wouldn't be Christmas without a host of tasty treats. From traditional mince pies and puddings to luxurious chocolate tarts, salted caramel bombes, marzipan ice-cream and delish cheesecake, there's something to suit every family and every budget! We're taking the hassle out of hosting with our incredible selection of frozen items. Now that's what we call a piece of cake!



NEWS

BUSINESS: DOCK ROAD FIRM TO HELP PROVINCE DEVELOP ENVIRONMENTAL MANAGEMENT SYSTEMS

Mr Binman to scrum down with Munster in partnership

NICK RABBITTS e-mail: nick@limerickleader.ie Twitter: @nick468official

LIMERICK waste recycle firm Mr Binman has linked up with Munster Rugby for a three-year partnership. The deal will see Mr Binman, based at the Dock Road, become the official waste recycle partner of the province until at least 2021.

On top of this, the firm will help Munster Rugby develop its environmental management systems at its facilities and stadia.

The link was announced at a ceremony in Thomond Park attended by stars of the current team Andrew

"We are proud to have come on board as an official sponsorship partner with such an iconic team"

Conway, Rhys Marshall and Alex Wootton.

Joe Cleary, sales and mar-keting director of Mr Binman said: "We are delighted to be strengthening our relationship with Munster Rugby.

"Both Munster Rugby and Mr Binman are community focussed organisations and we are proud to have come on board as an official sponsorship partner SinBin in Thomond Park,

sponsorships, such as our ourselves with their loyal

model," he added. Former Munster winger

Doug Howlett, the province's head of commercial and marketing, added: "Mr Binman is a strong, innovative brand with lots of ambition, like ourselves

"This partnership con-

PICTURE: ALAN PLACE

vertising and some novel benefits of

with such an iconic team." over the last few years but "We have been sup- we wanted to increase our porting Munster with ad- support. We have seen the aligning

fan-base in the past and we wanted to show our commitment to supporting them through a partnership

tinues our growing relationship with local businesses and supporters, who underpin the success of Munster Rugby."

City will remember those who made ultimate sacrifice

LIMERICK will this Sunday remember the local soldiers who made the ultimate sacrifice in the two world wars, writes Nick Rabbitts.

An estimated 1,000 Limerick men perished in the conflicts – and at 10.45am this Sunday, a wreath will be laid at the city's Pery Square war memorial in their memory.

When the clock strikes 11 o'clock, a minute's silence will be observed by the

crowd

Members of the Royal British Legion Limerick which is organising the event will be joined by representatives of the American Legion in Ireland, the Organisation of National Ex-servicemen, the Irish Naval Association and the Irish United Nations Interim Force in the Lebanon.

After the minute of silence, they will then march to St Joseph's Church in O'Con-

nell Avenue, where a memorial mass will be held. Music will be provided on

the day by the St Mary's Prize Band. Politicians from across

Limerick have been invited. In the lead up to Remembrance Day, Poppies, Irish Poppy Badges and Poppy Crosses will be available at various venues around Limerick City, including St Mary's Cathedral, the Crescent Shopping Centre on Thursday November 9 and Saturday, November 11 and Parkway the Shopping Centre on November 11 and 12.

Available for a donation, all money raised from poppies will go towards the continuing work of the Royal British Legion in Ireland, in supporting veterans and their families in practical ways, and offering comradeship and a sense of community.



A wreath is laid at the war memorial at Pery Square at a previous **Remembrance Sunday commemoration in Limerick City**

9 OF Inelal nkofir 061-351127

Munster stars Alex Wootton, Rhys Marshall and Andrew Conway at the launch of the partnership between Mr Binman and the province

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NEWS

STICKY SITUATION: A PICTURE OF A USB STICK WAS HIDDEN UNDER THE PEPPA PIG PICTURE

Error sees two year old child get a USB cake for her birthday

DANIEL KEATING e-mail: daniel.keating@limerickleader.ie Twitter: @danielk1991

A LIMERICK mother has been inundated with media queries over a hilarious story that went viral on social media over the weekend.

Karen Moroney of New-castle West, got the surprise of her life on Saturday when she collected a birthday cake for her daughter. The mum, ordered the cake to celebrate her daughter Layla-Valentina becoming two.

Speaking to the Chronicle she said: "I went to the bakery to order a cake with an image of Peppa Pig on it, for my two year old's birthday. I was asked to put the picture that I wanted on a memory stick, so it could be scanned on the cake."

Karen handed a USB containing the picture she wanted into the bakery, which led to a hilarious result.

"Someone got their wires



The Peppa Pig image, was planted over the picture of the USB stick to conceal the hilarious mistake

crossed and put a picture of the USB on the cake instead," she laughed.

She said the cake shop saw the error and quickly fixed the mistake.

"They told me when I arrived there was a mistake

"I just thought it was the funniest thing I have ever seen."

Karen Moroney

with the picture and that it's all fixed now. I went out to the car and saw that the picture was sitting on top of another picture," she said. Karen peeled the Peppa

Pig picture from the top of the cake to unveil an

image of a memory stick. "I burst out laughing and everybody was looking at me, because I was in the stitches in the front seat of the car. I just thought it was

the funniest thing I have ever seen. When they told me it was fixed, I presumed they got a new cake, or took the top off the cake, instead of sticking a picture of Peppa Pig over it," added the mother.

"The story which has appeared on national televi-sion and in the UK media, started when Karen sent a picture of the error to her sister in New York, who then put it on Facebook and "it just spread from there", said Karen.

"My grandmother called me to say it was on TV and my aunt said it was on the radio, she added.

The story got so much at-tention that even well known celebrity Adele Condron-King known as Twink had her say on it.

Karen said: "I was amazed that Twink would even care, she was more angry about it than me."

According to the mother, her daughter still had a great birthday and added that the cake tasted "fab."

"We all had a laugh in the end and we got the price of the cake back, we will be back again next year for another cake," Karen said.

New Seniors Alert Scheme meeting

COMMUNITY groups are being encouraged to attend an information meeting on the new Seniors Alert Scheme to be held on November 16, in the Clayton Hotel Limerick.

The new Seniors Alert Scheme provides older persons (65 years +), with a free personal monitored alarm and is run by local groups around the country.

Jerry Murphy, Deputy CEO of Pobal, administrators of the scheme, said: "The Seniors Alert Scheme is a community response to keeping people connected to enable them to live in their homes with confidence and independence.

Groups that may be interested in administering the scheme in their area, are encouraged to come along to the

information meeting to learn more about the scheme."

All users have a base unit installed in their home, which is connected to a national Seniors Alert Scheme helpline using landline or mobile telecommunications. When the user activates the personalised alarm it puts a call through to the national call centre which is open 24/7/365.

The call centre operator talks to the person in their home and decides whether to alert a locally volunteer responder or, in potentially serious circumstances, the emergency services.

To register your attend-ance or to find out moreabout your local community group, log on to www.pobal.ie or calling 01 5117222.

Michael adds €8.5k to huge charity tally

A RETIRED revenue worker from Thomondgate has raised astounding an €120,000 for the Irish Cancer Socity in the past 29 vears.

And Michael Quinlivan recently handed over his latest chque of €8,500 to the charity.

"My father died of cancer originally and then a cousin of mine who was a John of God brother, who did a lot of fundraising, also died of cancer, so I started selling the daffodil flower at the revenue commission" he explained.

It was a discovery of a brochure that led Michael to expanding his raising efforts; One year I got a brochure. The brochure was showing merchandise like tea towels and mugs, keyrings and pens.'

Mr Quinlivan further expanded his campaign by



Michael Quinlivan from Thomondgate pictured here on the left presenting a cheque for €8,500 to Mark Mellett, head of fundraising Irish Cancer Society

the city areas including Kilusing his contacts and in the network to distribute the merchandise to branches in

rush, Ennis, Listowel, Newcastle West and Nenagh. "I also went up to Colbert station on daffodil day to raise money for the society. I would arrive at about 5.40am until about 9am, selling to get the early commuters."

Unfortunately for Mr Quinlivan, he could not sell any merchandise at the station on daffodil this year, due to the bus strike;

"We couldn't do it this year because there was an industrial dispute over the busses, there was picketing at the station and there was no trains going."

"Four years ago Mr Quinlivan approached Limerick Milk Market manager David Fitzgerald to get a stall; I have stall there four Saturdays in March."

Mr Qulivan says his efforts contribute to the Daffodil Centre in UHL and support nurses on home visits from the Milford Centre.

LIMERICK CHRONICLE

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All funds raised on the night will go directly to Ghana Medical Help Clayton Hotel, Thurs 9th November 2017 Doors: 7:30pm Tickets: €25

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PICTURE SPECIAL

CASTLETROY PARK HOTEL: GERALDINES 80TH ANNIVERSARY GALA BALL



Geraldines AFC committee with invited guests including Tony Fitzgerald, president of the FAI at the Geraldines AFC 80th gala ball held in the Castletroy Park Hotel ALL PICTURES: KEITH WISEMAN



Molly Molloy, Owen and Nancy Treacy



Peter and Jean McNamara with Joe McNamara and Micjelle **O'Donnell**



Tourlough McNamara and Dave Connolly, Geraldines AFC with Tony Fitzgerald, president of the FAI



Barry and Bernadette McNamara, Mike and Amy Byrne and Stephen Stephanie Schmit and Leonard O'Grady and Joanne O'Callaghan



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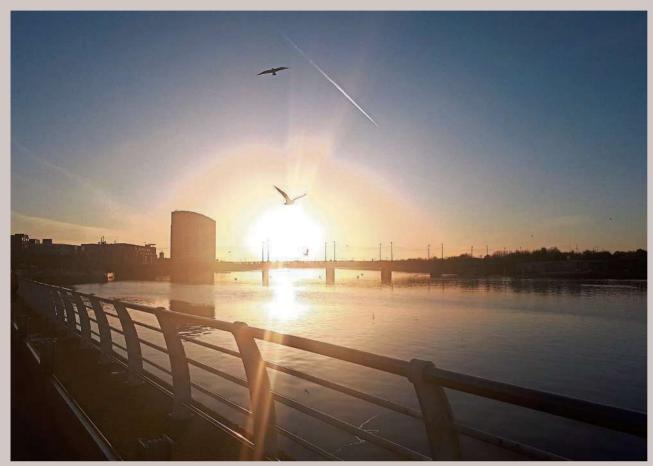
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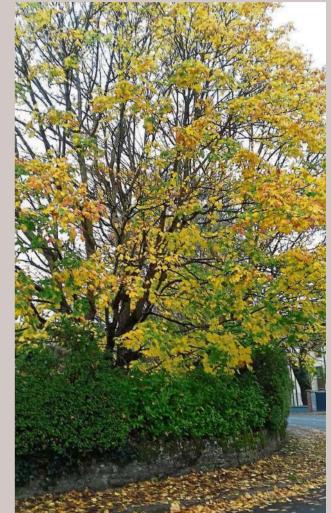
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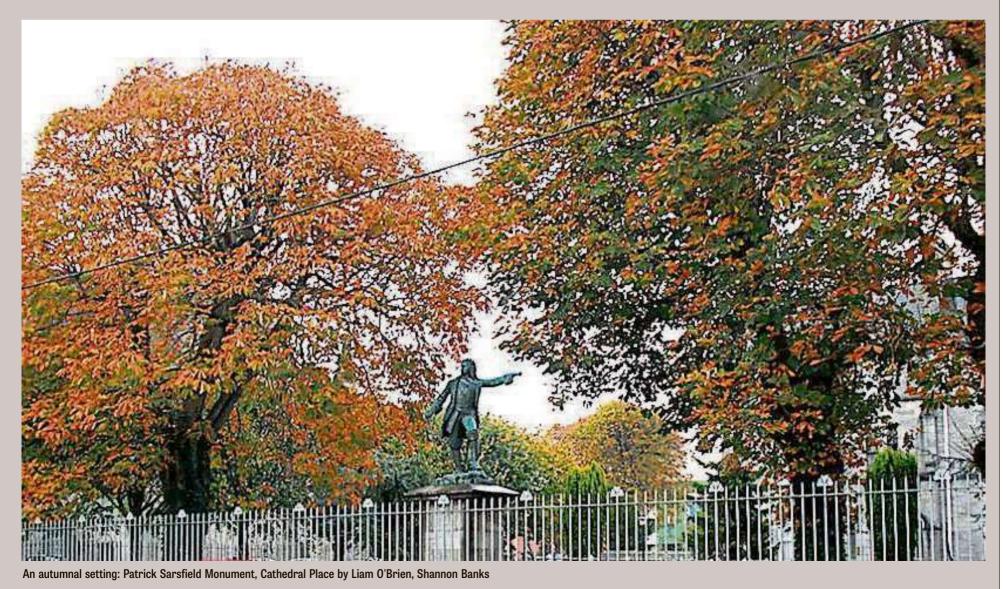
We love to receive photographs from our readers, so if you'd like to feature on this page, email your snaps to news@limerickleader.ie with readers' pictures in the subject line





'It's a new day': Shannon river by Ronan Costello

Autumn colours Pauline Lane



LISTINGS OUT&ABOUT ENTERTAINMENT CINEMA THEATRE

Limerick Chronicle

http://www.limerickleader.ie/what-s-on

TUESDAY, NOVEMBER 7 DEATH OF A SALESMAN Lime Tree, 8pm. Until Sat. €20/17 THE ACOUSTIC CLUB Charlie Malone's Bar, 9pm WEDNESDAY, NOVEMBER 8 OPEN MIC

Chez le Fab, 7pm SAINT LEONARD'S HORSES Kasbah Social Club, 9pm. Free TRAD MUSIC The Glen Tavern, 9pm **OPEN MIC** The Old Quarter, 9pm **THURSDAY, NOVEMBER 9** PROMISE AND PROMISCUITY Belltable, 8pm. €16/14 MOXIE Dolan's Warehouse, 8pm. €15 PAT HOLLAND The Glen Tavern, 9pm FRIDAY, NOVEMBER 10 **JAKE BUGG** Dolan's Warehouse, 8pm. Sold out MAHAI TA Kasbah Social Club, 9pm. €8 COLIN O'NIEL The Glen Tavern, 10pm PURPLE The Old Quarter, 10pm SATURDAY, NOVEMBER 11 **VOICES OF LIMERICK**

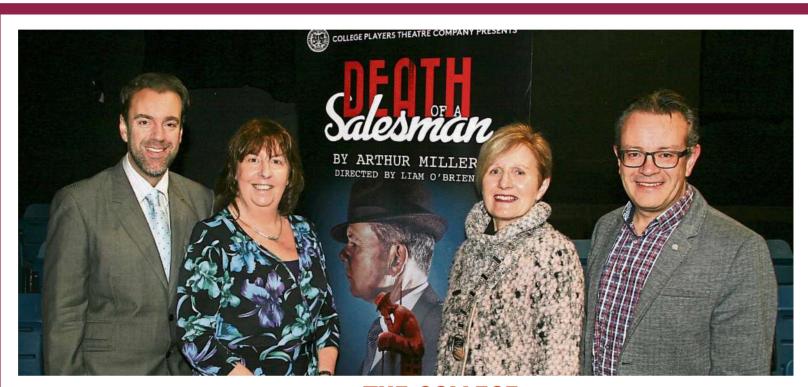
UCH, 8pm. €20/18 VIPER HIGGINS Dolan's Warehouse, 8pm. €15 JAKE CARTER Dolan's Upstairs, 8pm. €16 SEAMUS FOGARTY Kasbah Social Club, 9pm. €10 DOMINO EFFECT The Old Quarter, 10pm THE BUSKER The Glen Tavern, 10.30pm SUNDAY, NOVEMBER 12

MUSICAL CHAIRS The Old Quarter, 7pm TRAD MUSIC Locke, nightly at 9pm, Sun-Thurs MICHAEL LEONARD The Glen Tavern, 10pm MONDAY, NOVEMBER 13

ALL THAT AND A BAG OF CHIPS Lime Tree, 7pm, until Wed. €5 CINEMA PARADISO UCH, 8pm. €7.50/6/5 THE QUIET ARCHITECT Belltable, 8pm. €8



Jake Bugg plays a sold out show in Dolan's on Friday





THE COLLEGE PLAYERS GEAR UP TO KICK OFF A RUN ON THE LIME TREE STAGE WITH DEATH OF A SALESMAN

THE COLLEGE Players return to the Lime Tree stage with Death of a Salesman this week.

Limerick theatre-maker Liam O'Brien make his directorial debut with College on Arthur Miller's Pulitzer Prize-winning masterpiece, which opens this Tuesday and runs until Saturday.

Liam is joined by a team of local performers who have given their all over the past few months to bring Miller's masterpiece to the Limerick stage. College Players have developed a repu-

College Players have developed a reputation for quality productions over the years and Salesman features a superb local cast in this tale of veteran salesman, Willy Loman whose life begins to unravel.

See www.limetreetheatre.ie.

Promise and Promiscuity in show Birdman director on

THE BELLTABLE plays host to the hilarious Promise and Promiscuity this Thursday night.

The show sees New Zealand star Penny Ashton bring a full cast of Austenesque characters to life with song, dance and appalling crossstitching in this eagerly awaited production.

The hilarious, one-(freakishly talented)-woman show, sees Penny tackles all of Austen's characters with song, dance and appalling cross-stitching. See www.limetreetheatre.ie for more.



Penny Ashton in the hilarious Promise and Promiscuity

Birdman director on Eva's list for 2018

A FILM by Oscar winning director Alejandro González Iñárritu is among the work that has been selected for Eva, the 38th contemporary art festival next year.

Running from next April to July, the focus of the international festival will be to connect the narrative futures of early twentieth century Ireland with the sexual and identity politics of the present day.

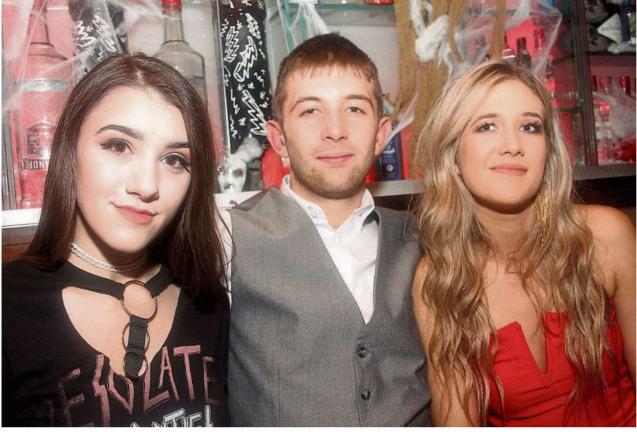
The exhibition takes its

starting point from the painting Night Candles Are Burnt Out by Irish artist Sean Keating.

A provisional list of artists, whose work will feature next year, has been announced by the organisers. Among the selected artists is Mexican film director Alejandro González Iñárritu, known for critically acclaimed films such as 21 Grams, Babel, Birdman and The Revenant. See www.eva.ie.

Out&About

OUR PHOTOGRAPHERS HAVE BEEN OUT AND ABOUT TO THE HOTTEST NIGHT SPOTS IN AND AROUND LIMERICK. THIS WEEK THEY VISITED MOTHER MAC'S BAR, SMYTH'S, NANCY BLAKE'S



Teodora Ruseva, Simon McCarthy and Aine O'Keeffe at Smyth's Bar ALL PICTURES BY DAVE GAYNOR



Patrick O'Donovan and Roseanne Ryan at Smyth's Bar



Eoin Byrne and Joyce Tooher at Smyth's Bar



Vinnie Collopy and Christine Burnell at Mother Mac's Bar



Darragh Culbert and Caitlin Duffy at Nancy Blake's



Lisa O'Connor and Siobhan McSweeney at Nancy Blake's



Mikie Leahy, Sammy O'Grady and Darragh Caulfield at Smyth's Bar



Eimear Dwane, Uche Ezeonu and Sara Ryan at Smyth's Bar



Sean Robertson and Lee McArdle at Smyth's Bar



Alison O'Riordan and Denise O'Riordan at Nancy Blake's



Karen D'Arcy and Colm Broughal at Ted's Bar



Marian Leydon and Erekle Sisauri at The Glen Tavern



Adam Boyle, Brian O'Riordan, Sean Cronin and Brian Murphy at Nancy Blake's

MEGHANNNIX with Meghann Scully **CONTACT MEGHANN** SPIN SOUTHWEST Twitter: @meghann_scully sninsouthwest com Hong Kong an exotic delight

ONG Kong is described as the gateway to Asia and this intrigued me as I planned my trip.

What did this mean? Hong Kong was once under British rule and was only returned to China in 1997. A relatively short time.

I spent a week exploring the city and I have to say it is pleasant, interesting with loads of activities to participate in.

When I travel I am not looking for the rooftop bars and trendy clubs, I prefer to go off the beaten track and see what else a place has to offer.

Here's a run down of getting to Hong Kong, finding your way around and things to do and see.

FLIGHTS

I flew from Dublin to Hong Kong via Dubai. Flights can vary from €500 to €700. My layover in Dubai was one hour so there was no stopping by to see the Burj Khalifa.

AIRPORT TRANSFERS

A train goes from the airport to Hong Kong Central. It's extremely convenient and runs every 15 minutes. Once



The view from the cable car on the way to Ocean Park is truly spectacular. Right, a visitk to Sai Kung gives a true flavour of Hong Kong

in Central station you can get a free shuttle bus that stops off at your destination. If the queue isn't for you, there's a taxi rank beside that. Taxi fares aren't too expensive. My hotel was 2km away and cost roughly €5.

GETTING AROUND

Hong Kong has an under-ground system called the MTR. It's extremely easy to use and takes you to almost every part of the city and staff are helpful when it comes to

PICK 'N' MIX

directions and routes to take. You can get an Octopus card that can be topped up as you go. This card also works on the bus system.

THINGS TO DO

While it's a great city with all the usual offerings of any major world city, there's so much more to Hong Kong. It's alive with activities and has something for everyone, whether it's sipping cocktails in the world's tallest bar or hiking around the hills.

SAI KUNG This was my favourite part of the trip. Sai Kung is a peninsula that is a train and bus ride away from Hong Kong Central. It's a fishing town with loads of fresh seafood on offer. It's also the greatest destination for hiking and swimming. The waterfront is awash with various boat tours available to all the little islands.

I went to Sharp Island, just 15 minutes by boat. Once at

our destination, there was a beautiful sandy beach to go swimming. All the beaches are marked off with shark nets to ensure a safe swim.

Pontoons sat out on the water and we did some sunbathing in the 28 degree sunshine before swimming back to shore to take a hike. The hike routes can take you across the island and offer a bird's eye view of the surrounding islands.

OCEAN PARK

A trip to Ocean Park is a must if you are a fan of theme parks.

Arrive early as it gets very busy throughout the day and I would advise getting a fast pass because there is nothing like the queue for the cable cars.

The park is so extensive it covers either side of a mountain and can only be accessed by cable car. The park also has a panda conservation where red pandas and giant pandas roam. There's a penguinarium, aquarium and so many more wildlife in conservative programmes.

LANTAU ISLAND

Another great place to visit is Lantau Island, where the airport is. It has a cable car called the Ngong Ping 360 giving a great glimpse of the argest Hong Kong Island.

Disneyland is also on Lantau Island if you want to bring the small ones along or see some of your childhood favourites. All in all Hong Kong is a great city with loads to keep you entertained. I thoroughly enjoyed the variation of big city and countryside. It was so accessible and made for a very enjoyable trip.



Special gig

KODAI TNF

We held a special gig with Kodaline during the week. The Dublin lads performed some of their biggest hits to an intimate crowd in Jerry Flannery's. Apart from putting on an amazing show, they were great with fans and just sound lads.

BAA-BAAS IN TOWN



Barbarians women's and men's teams will both be in action this Friday in Limerick

FRIDAY evening will be exciting for Limerick and importantly women's rugby. The Munster Women will take on the first ever Barbarians women's team known as the Baa Baas. The game kicks off at 4.45pm. **Irish captain Fiona**

Coughlan will be playing for the Barbarians alongside women from England, Scotland, Wales, France, New Zealand and Canada. Also on the night the Barbarians men's team will take on Tonga, a South Pacific Island. On top of that Munster

Rugby have invited clubs to bring their u12's along to take part in a mini blitz that will take place between the men's and women's games.

It's a great family day out or if you want to get a group of friends together and tickets are available.

Old institution returns

BEWLEYS

I was in Dublin at the weekend and popped into the newly reopened Bewley's cafe on Grafton St. It had large queues every single day and it was buzzing inside. One woman said to us, "We have it back."



Non-smoke break

FXTRA HOLTDAVS

I recently read about the idea of more holidays for non smokers and I think it's a wonderful initiative to reward those who do not take smoke breaks but also encourage smokers to quit.

LIMERICK CHRONICLE

OUR COLUMNISTS WILL HAVE YOU LOOKING AND FEELING YOUR VERY BEST!



FASHION, FITNESS & HEALTH

STYLEANDFASHION De with Celia Holman Lee



Ela Maria has it all for the winter season

HAT a fantastic night we had at Ela Maria in Newcastle West previewing their new winter collections. We kicked off the night with an amazing selection of coats and puffer jackets.

My absolute favourite of course was a fur-trimmed stone alpaca one...total luxury!

I also fell in love with the tweed and herringbone jackets featuring coloured fur My absolute favourite of course was a furtrimmed stone alpaca one...total luxury! collars and worn with skinny black jeans from Airfield. Pinko's Italian flair was a big hit on the night with floral prints, jacquards and ontrend accessories.

We finished the evening in party mode with a stunning selection of party dresses and the new Parisian chic, Chanel-inspired blouse collection by Irish Designer Catriona Hanly.

Ela Maria is a truly unique destination for fashion, shoes, bags and accessories and all under the one roof!



Chloe wears a stunning Chiara Boni grey dress



LOOK OUT FOR CELIA'S 'MY WEEK' COLUMN IN THE LIMERICK LEADER EVERY THURSDAY

CONTACT CELIA Facebook celiaholmanlee Email celia@holmanlee.ie Website www.holmanlee.ie



Chloe wears a stunning Chiari Boni floral dress and Natalie wears a red Riani dress



Ice cool: Chloe looks so cosy in a jumper by Peserico, polo neck by Riani and cigarette pants by Riani, available from Ela Maria LIMERICK CHRONICLE

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With Patrick With Patrick McLoughney Super style hacks every guy

ife is hard sometimes. So if there's an easy way of doing things, well, you can always count me in. Looking your best costs time and money, so to save you a bit of both, I've cobbled together a list of ways you can cut corners without sacrificing your style.

UNDO SHRINKAGE

Crew neck tee now more of a crop top? Or maybe your John Smedley jumper's now more of a pet accessory? If you discover your clothing has dramatically shrunk on removing it from the dryer, take these steps to rescue it:

1. Fill a bucket or your bath with lukewarm water, and swirl in a tablespoon of hair conditioner (or baby shampoo) for every litre of water used.

2. Submerge your shrunken items in the soapy for about 30 solution minutes.

3. Remove from the solution and gently wring dry your clothing (don't rinse).

4. Place your items on a towel and gently stretch them back to, or something close to, their original shape.

PUT A STOP TO BOBBLES

Bobbles wrecking your knitwear? Restore your garment's true identity with a Sweater Stone.

Simply stroke this pumice-like lifesaver gently this over your pilling pieces and see the finish of your jumpers, jacket collars and cuffs instantly renewed.

Don't have one? Raid the bathroom cabinet instead.

A disposable razor will do a similar de-bobbling job, but should be used sparingly as the blades can damage sensitive fibres.



Get those socks right or they could undermine your entire outfit

ROLL YOUR SHIRT SLEEVES LIKE A MILITARY MAN

Sometimes it's the little things that let your outfit down. Messily rolled shirt sleeves not only make you look like you're about to do battle with a blocked toilet, they'll also repeatedly fall back down your forearms. Annoying.

For a neat roll, deploy the marine's approach:

1. Start with your sleeves fully extended and cuffs unbuttoned.

2. Bend the sleeve at the cuff, curl it upward and over itself until it's inside out. 3. Straighten both the bottom and top of the rolled cuff, ensuring there are no creases

4. Repeat the process as necessary, gradually folding up to the desired height on vour arm.

SOCK IT TO 'EM

Nothing quite kills a carefully curated outfit like a pair of wayward socks.

Small (and mostly out of sight) as they may be, a flash of Spongebob under your slim-fit suit trousers in-

FRAGRANCE OF THE WEEK

stantly undoes any and all of your efforts. Stop playing a game of chance with your sock drawer and stock up on styles that actually work with what you usually wear. As a general rule of thumb, match the colour of your socks to that of your trousers (a shade darker or lighter works too); or, for more seasoned players, try a contrasting colour that doesn't clash so much as complement your trouser and shoe choice.

ROTATE

Not only is wearing the

Messily rolled shirt sleeves not only make you look like you're about to do battle with a blocked toilet. they'll also repeatedly fall back down your forearms. Annoying

same thing day in, day out terminally boring, it's bad for your clothing's lifespan too. Leaving a day or so between wearing your favourite pair of brogues or that trusty white T-shirt allows them to absorb perspiration and dry thoroughly. Fail to do this and your footwear's shape warps, while your tees quickly acquire that pungent fragrance you'll never quite be able to wash out.

KILL CREASES WITH ICE CUBES

No time to iron? Can't be bothered to iron? Can't iron? Get rid of wrinkles the easy way by chucking your shirt into the dryer along with a couple of ice cubes and then run it on its hottest setting.

Once the ice cubes melt to steam, the dryer's hot, moist air relaxes creases, leaving your shirt smooth and fresh. Don't go overboard, though – use two to three ice cubes max, and be sure to only run a couple of shirts, or a shirt and a pair of trousers, at a time.

MOISTURISE YOUR HAIR

There are two potential pitfalls when using hair product: 1) you use so much of it you're a dead ringer for 1990s-era pop star, or 2) you use it so regularly that washing it out strips your hair of its natural oils, making

it Sahara dry. Provided your usual style doesn't require cement-like hold, try using some hand or face moisturiser to shape your hair and keep it moisturised, as well as smooth frizz. Not too much mind - a generous pea-sized amount rubbed between your palms will suffice.

BEAT RED WINE STAINS WITH HARDER LIQUOR

Just got doused with pinot noir trying to get to the bathrooms in Nancys? Polish it off with a shot of clear, highproof alcohol (vodka, gin and white rum all work well) while gently dabbing with a paper towel or cloth and watch the stain disappear before your, probably quite blurry, eyes.

Red wine's anthocyanins (the pigments that make it red) are alcohol soluble, which means the colour dissolves into the strong stuff instead of your shirt. Just save the top shelf stuff, won't you?

TAKE PICTURES

Always forget your size when stocking up on your favourite denim? Or maybe you want to check if your favourite brand is still manufacturing that old Oxford shirt? Whenever you find something you like and fits you perfectly, take a quick snap of the label on your smartphone and save the shots in an album for future reference.

SPOT CLEAN TOOTHPASTE STAINS

Some days you just can't afford to slip up. If you don't want a fresh toothpaste stain to stand between you and the dream job you're about to interview for, try some spot treatment:





Armani Prive Oud Royal My fragrance of the week is

another Oud fragrance: Armani Prive Oud Royal. Prive is a premium perfume line from Giorgio Armani and I've sampled a few of this range recently that I'll feature here in the weeks to come as they'll make excellent gifting options this Christmas. The first, Oud Roval, showcases the pre-

cious and unique Oud Wood. In the Middle East, high demand has made it so expensive that it is now used only ritually, on special occasions. It has a characteristic woody note, with leathery, smoky and animal accents. It can also express balsamic tones, with floral inflections. If you are looking for an oud fragrance that is not too

strong and not too mild. somewhere in between, then you might like this one. Giorgio Armani Royal Oud is a very unique and beautiful fragrance, perfect for a variety of occasions. On first application, there is a very light oud note with slight spicy tone and after 30 minutes of application, the fragrance translates into a

very beautiful woody and sweet fragrance. As it dries down, there is a very soft, creamy, sweet, woody oud scent which is very unique combination. Generally, oud fragrances are very dark and intense, but this particular fragrance is very unique, fresh and beautiful. You'll pick it up in Brown Thomas for around €230.

LIMERICK CHRONICLE

FASHION, FITNESS & HEALTH

CONTACT PATRICK email: patmcloughney@hotmail.com twitter: @iammcloughney instagram: iammcloughney



should know

1. Moisten a cloth and blot the stained area.

2. Mix a few drops of laundry detergent with a cup of water.

3. Dip the moistened cloth in the sudsy water and gently blot the stain.

4. Gently blot again with water to rinse, and leave to dry (or, if in a pinch, use a hair dryer on a moderate heat setting).

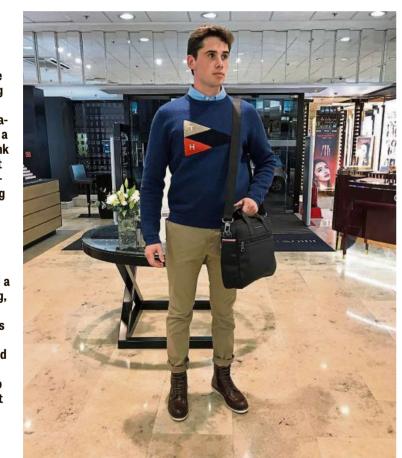
5. Nail that interview.

Shrinkage? Don't worry, Patrick's hacks will get you off the hook

LOOK OF THE WEEK

CLASSIC LOOKS FROM TOMMY HILFIGER

The look of the week is from **Tommy Hilfiger in Brown Thomas** Menswear and the **Crescent Shopping** Centre. Gearoid Mahon from Ardnacrusha is wearing a **Tommy Bastian c-nk** jumper retailing at €129; a Tommy Oxford shirt, retailing at €99.90; Pima cotton chinos, retailing at €129; Tommy brown leather boots, retailing at €165 and a Tommy leather bag, retailing at €129. **Tommy Hilfiger has** some excellent winter clothing and Christmas gifting options in stock so pop in and check it out for yourself.



SKINCARE

Osmosis proves an absorbing treatment

A massive thank you to Skin 26 on Catherine Street for looking after me recently and providing me with some of their Osmosis skincare range. Osmosis is one of the most scientifically advanced skincare lines available. This is not just because of the remarkable technology but also the fact that it's exclusive, patented approach works in

Osmosis offers solutions to various conditions including but not limited to rosacea, different types of acne, aging, hyperpigmentation, and many other conditions, without causing topical or internal trauma. Instead of masking symptoms, Osmosis tackles what causes the problems. These products

partnership with the skin.

aim to restore skin health from the inside out by improving the skin and body's immune and repair functions, accelerating collagen production, enhancing the delivery of skin nutrition and restoring the protective barrier. A monthly treatment keeps your skin in tip top shape and keeps problematic skin conditions at bay.

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LEANNENOORE Job Fit for Life CONTACT LEANNE facebook: leannemooreofficial email: leannemooreofficial@gmail.com website: www.leannemoore.ie Getting to grips with cellulite

ackling cellulite is a goal for so many of us and the good news is you can take little steps that will help reduce the appearance of cellulite on the skin.

For many the problem areas are the thighs and bottom, so focusing a little time and effort by following these simple steps will really go a long way to seeing a change.

1: CLEAN UP YOUR DIET Ditch the fad diets and get back to eating basic and simple foods. Fruit, vegetables, lean proteins and healthy fats will go a long way to correcting your overall body composition. Cellulite is basically fatty deposits under the skin and one of the best ways to reduce the look of cellulite is to reduce your body fat.

2: DRINK PLENTY OF WATER

When we are dehydrated or skin can often appear worse than it actually is. Make sure you drink plenty of water to keep yourself hy-drated as eel as improving your circulation.

3: TRY DRY BRUSHING

There are a number of things you can do to tackle cellulite should it appear on your skin. Read Leanne's top tips the problem from the inside it's time to hit the gym and get

Taking the time to brush the skin on the affected area will greatly improve circulation and help with the appearance of cellulite. You don't need to spend a fortune on lotions and treatments. Tackle the problem from the inside and work your way out

4: GET TO THE GYM

Now that you are tackling

moving on some exercises that will help circulation and tone up those areas you.

In the gym there are a number of exercises you can also try that will help you tackle any problem areas.

1: DEADLIFTS

If you have never done deadlifts before now - get

yourself down the gym and book in with an instructor to show you the proper form. I only truly saw a change in my legs when I got serious about deadlifting.

As of now they are still the same size as they always were – but they are more solid and as result I am much more confident about them. Start with light weights

and higher reps. Form is

everything so asking for a little bit of guidance will go a long long way.

2: SUMO SQUATS

Similar to the conventional squat but performed from a sumo position. This helps to target the inner thigh a little more. Again this should be challenging you so pick a weight that is going to dojust that.

3: SIDE LUNGES

Performing lunges to the sides targets the outside of the thighs.

Tuesdav. November 7. 2017

4: SQUATS

A good ole conventional squat will also go a long way to tackling the glutes and legs. But don't just stick to the lighter weights. Push yourself. Again, ask the trainer in your gym to help you with technique and get working on weights that will challenge vou.

5: CARDIO

will go a long way to im-proving circulation so get moving!

 $\operatorname{NOT}\operatorname{confined}\operatorname{tothetreadmill}$ or cross-trainer. That can be pretty boring!

Be creative, take it outside, set yourself a challenge, partner up and test yourself, make it interesting. Don't just take my word for it-test it out for yourself!

Instagram: leannemoorefitness

Facebook: Leanne Moore Official

Twitter: Leannemoorefit Snapchat: Leanneacmoore

WHAT I'M LOVING THIS WEEK

Panto season

Last week we officially launched this years UCH Panto - Cinderella. The cast gathered at House Limerick on Tuesday to mark the start of the season. This year will be my sixth year at UCH and I'm looking forward to a new challenge - playing the fairy godmother! Singer and actress Samantha Mumba will also take to the stage along with Dancing With The Stars star Dayl Cronin, comedian Tom O'Mahony, singer Hayley Jo Murphy and local talent Richard Lynch and Myles Breen. The show opens December 18 and runs till January 7. For ticket information see www.uch.ie



Winter woolies

Primark are stocking some amazing winter knits right now. I picked up this cute jumper with amazing sleeve detail last week on O'Connell Street. A few little cosy knits like this in the wardrobe is sure to take you through the cold winter months ahead.



Healthy recipe- Coconut bread



WHAT YOU NEED

2 Cups Wholemeal Spelt Flour

2 Cups Desiccated Coconut

- 2 Tspns Baking Powder
- 2 Tspns Cinnamon
- 1/2 Cup Mixed Seeds (we used sunflower
- and pumpkin seeds)

1/2 Cup Greek Yoghurt

- 1/2 Cup Agave
- 2 Eggs 1 1/2 Cups Almond Milk

WHAT TO DO:

Preheat the oven to 180C and grease a bread tin with and some almond butter!

coconut oil. Sieve the flour, cinnamon

and baking powder into a large bowl. Add desiccated coconut.

In a separate bowl mix greek yoghurt, eggs, agave and almond milk.

Add wet mixture to dry mixture in parts, mixing with a spatula.

Pour mixture into bread tin and bake for 50-60 mins. Allow bread to cool on a

wire tray before cutting. Delicious with a cuppa

Getting the body moving And remember cardio is

FASHION, FITNESS & HEALTH

LIMERICK CHRONICLE

WITH EVA HILL HAMILTON CONTACT EVA HEALTHYLIVINGEOUS CONTACT EVA CONTACT EVA</t

t is a truism – you are what you eat – or rather what you absorb. Yet there is so little thought given to nutrition in our healthcare system. Unlike in the media or on the internet, where you're faced with so much confusing information nowadays.

On the one hand, I still get the "My diet is fine, I don't eat rubbish" line, while on the other hand anyone can write books, blogs and give their half penny about nutritional science once they are famous. Not to mention the "official experts" still recommending outdated advice based on bad science.

There is so much more you can do other than not eating rubbish to support your health, especially if you struggle with chronic health problems your doctors can only treat by suppressing symptoms. Nutritional therapy is an evidence-based functional medicine approach to maximize one's health potential through individually formulated nutritional and lifestyle changes. It promotes the benefits of good, wholesome, unprocessed foods for optimal wellbeing, as well as the therapeutic effects of particular foods, supplements and herbs for specific health conditions.

As our organs and systems work in synergy - not as isolated entities, Nutritional Therapy looks at the body as a whole, seeking the root source of health concerns, rather than simply addressing the symptoms. It



Carefully though-out dietary advice is just one thing your nutritional therapist can offer you

works on the basis that we are all individuals in our unique genetic make-up and medical history - therefore, the 'one size fits all' models simply don't work well for most. A qualified nutritional therapist is someone who holds a three-year diploma in Nutritional Therapy and is trained in biochemistry, physiology, pathology and nutritional science as well as supervised clinical practice. As such, a nutritional therapist is qualified to work in private practice and see clients on a one to one or group basis. Some therapists also hold Bachelors and/or Masters Degrees in Nutritional Science.

A nutritional therapist offers personalised diet and lifestyle advice which is tailored to individual health needs and goals. Working together with your GP and specialists. conducting functional laboratory tests to identify basic biochemical imbalances, followed by carefully chosen dietary recommendations, practical meal suggestions and recipes as well as tips on how to incorporate the changes into your lifestyle. It is suitable for any ages and health conditions.

To make sure you get the

right advice, the Nutritional Therapists of Ireland (NTOI) – the official association for nutritional therapists is proud to announce Ireland's third official Nutritional Therapy Awareness Week this week, offering educational talks, cooking demos and free miniconsultations. Visit the association's website for more information and a list of qualified and insured practitioners: www.ntoi.ie

Do come and meet me if you have any health concerns or for a quick free "pit-stop" and check your Zinc level to make sure your immune system is ready for the winter bugs. I'll be in Dargan Healthfoods & Therapy Centre, Castletroy Shopping Centre in the morning of this Thursday. Call the shop to secure your place!

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LIMERICK CHRONICLE PARENTING ADVICE

POSITIVEPARENTING LOVE PAREI



It is hard for us, as adults, to hear what seems like constant bad news but what makes it seem harder is the need to protect our children from it

Explaining big issues to those not-so-big people

urrent news items don't make for easy listening or reading. Child homelessness is at its highest point yet, events in Hollywood have lifted the lid on decades of sexism around the world and acts of terror seem to punctuate daily news.

It is hard for us, as adults, to hear what seems like constant bad news but what makes it seem harder is the need to protect our children from it.

One minute you're in your car, singing along to your child's favourite song.

Then the news comes on and you're fiddling with buttons at break-neck speed, trying to change radio station before the dreaded questions

start coming from the back seat.

'Mommy, why did that man have to go prison?' Why is somebody missing, where did he go?' While we all handle these situations and lines of questioning differently, there are a couple of things that are worth bearing in mind.

Try to answer questions in a way that is age and stage appropriate.

Å child of five, for example, needs surface information. Enough to feel that her question is being answered but not so much that it will scare her.

Take, for example, the question about prison. You could begin by explaining that there are rules, maybe taking school as an example.

Talk about how most people follow those rules but there are some (just a few) who don't. When that happens, a judge has to decide what kind of time-out to give that person and sometimes, that time-out means having to stay in prison for a while.

At five, this will generally satisfy her curiosity and additional questions might focus on the prison itself - what colour are the walls, what do people in there eat etc.

For an older child of eight or nine, their focus will generally lean more towards the crime itself and this can be trickier. You may find that you have to offer quite a bit of reassurance around how rare these events are and assure her that your job is always to keep her safe.

For teenagers, it provides an opportunity to take about and cause and effect, a reminder of how one poor decision can have lifelong consequences and of the importance of personal safety.

Don't forget to line up your stories. There's nothing worse than going to great lengths to find a suitable explanation for a question, only to hear 'well Grandad said that man hurt the other man and then he died'.

Talk to your partner, childminder and parents about how much information your child needs for their particular age so that you are all singing from the same hymn sheet.

This is particularly useful when the birds and the bees conversations begin!

Bear in mind that you can't shield your children from everything. Newspaper headlines in shops are largely unavoidable, as is the information available on social media (for older children).

What you can do is let them know that they can always ask you questions, share their worries or fear with you and talk to you about things that they might hear and don't understand.

Google or Siri might answer some of their questions, but they can't climb into bed beside your child when she has a nightmare or is unwell.

> For further tips and information, check out www.loveparenting.ie

Top Tips For Avoiding Christmas Saturation

For more parenting advice see www.loveparenting.je

All spook-related decorations came down the morning after Halloween, only to be replaced by tinsel, singing Santas and selection boxes. With seven weeks to go, we run the risk of being exhausted by Christmas before it ever arrives so here are a few pointers for keeping the . festive season in perspective:

Set a date for the start of Christmas talk: December 1 seems like a reasonable point. Before that, all Christmas preparations are discouraged - no buying, decorating, partying or over-indulging before that date. Once the chocolate advent calendar is opened, Christmas talk can begin.

The letter to Santa heralds the beginning of the festive season (where your children will be officially writing what you cunningly gleaned weeks/months beforehand).

Help your child to understand the concept of giving and receiving. Younger children can round up old toys and books for charity, and older teenagers could be encouraged to volunteer with local food drives and collections.

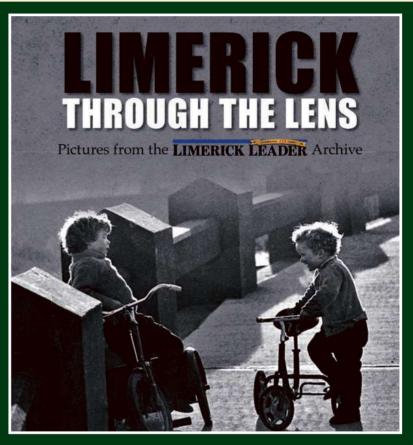
Enjoy the free parts of the build-up to the holidays so that children learn it isn't just all about stuff. On November 19 the Limerick lights are being turned on you could make it family trip into town ad take some keepsake photos together.

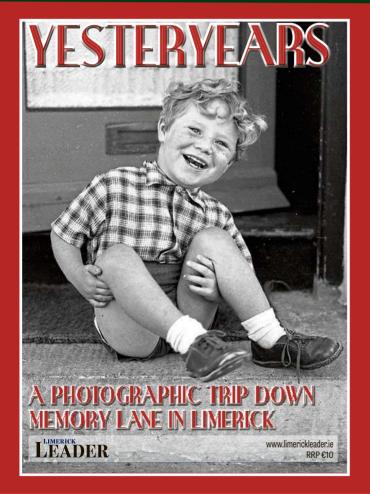
Lead by example: If all your thoughts turn to plans and to-do lists, your child will follow your lead. Teach them about perspective by exercising it yourself.

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FEATURES



ast week, the starstudded cast of the SPAR Panto Cinderella was out in force to launch this year's show, which runs at University Concert Hall from December 18.

The fairytale cast, in full costume, looked very much at home in the beautiful garden room surrounds of House Limerick.

I am thrilled to be back for my sixth year running alongside my talented friends Myles Breen and Leanne Moore and this year Leanne is playing the Fairy Godmother and Myles and I are playing the hilarious (and hideous!) Ugly Sisters!

I am beyond honoured to act this year alongside the talented Samantha Mumba. Samantha shot to fame in 2000 when her debut single Gotta Tell You went straight to the top of the Irish, UK and US charts.

An international star, she went on to sell almost five million records during her successful singing career. I loved her debut album and still listen to it to this day. Samantha also worked with Steven Spielberg during her time as an actress.

A recent viewer favourite on Celebrity Masterchef, Samantha is now preparing to be "booed" off the stage as she takes on the role of Cinderella's evil stepmother in this year's panto!

Joining Samantha for his debut will be Dayl Cronin, Dancing With The Stars semi-finalist and former member of Irish boyband Hometown, who will star as Cinderella's love interest, Prince Charming.

The panto is now in its sixth year and has grown to become one of the most eagerly anticipated in the country, with a host of Irish showbiz names starring since 2012. It's so exciting to be part of something that has become a family tradition in Limerick.

Magic, romance, a feisty heroine, a handsome prince, dubious sisters that could do with a beauty blogger boot



Richard pictured with his fellow castmates at the launch of the Spar UCH Panto Cinderella at House Limerick. The show runs from Dec 18 until January 7, 2018 at University Concert Hall Picture: CIAN REINHARDT/ILOVELIMERICK

camp, chart hits and hilarity will all combine in Cinderella to produce the most wondrous panto ever seen!

Also starring Richie Hayes as Cinderella's BFF Buttons, comedian Tom O'Mahony as Dandini and making her UCH Panto debut in a starring role will be Haley-Jo Murphy as Cinderella! Last year's UCH Panto sold out, so don't delay getting your tickets!

Cinderella will be running at University Concert Hall from December 18 – January 7, 2018. Tickets from €18.50 with Matinee and Evening Shows. Call 061 331549.

US distributors pick up Limerickman's horror film 'Nightshift'

Greenflash Pictures a production company situated in Limerick and founded by Limerickman Steve Hall and his partner Paul Thompstone has just achieved a major breakthrough.

The company having just completed post-production



Pictured are the eight recipients of the JP McManus Scholarship Awards - Ger Barry, Flip Kaczmarek, Robert Hayes, Colin O'Toole, Abdirahman Ali, Liam Byrnes, Emmet Clohessy and Marcus Jackson with Sue Ann Foley, Chair of the JP McManus Fund Picture: ALAN PLACE

American Film Market.

on its debut film, 'Nightshift' struck a deal with US company Archstone Distribution for the movie's worldwide sales rights. The negotiations which began in May during the 70th Cannes Film Festival have been completed and Archstone will pitch the film to prospective buyers at the

"Nightshift" is a psychological horror that follows a girl on her first shift as a night receptionist in a hotel with a murderous past. Trapped in a cycle, she begins to witness the terrifying events that once took place inside the hotel while trying to save the residents from a flesh-obsessed murderer.

The film, written and directed by Steve, stars Ashleigh Dorrell and Limerick actors Nigel Mercier and David Collins. The latter recently enrolled at the famous American Academy of Dramatic Arts in Manhattan. Steve's passion and love for storytelling developed from a very young age. His mother bought him his first camera, which he used with his friends to make horror movies in the woods as a child. Since finishing a B.Sc. Honours in video and sound at Limerick College of Further Education, Steve has written and directed many projects for the festival circuit and for Irish television.

Coming from a cinematography and visual effects background Steve has a unique eye for visuals. A lover of high concept stories that push the boundaries of genre Steve has a visual flair for creating stories that draw you in and hold you there.

He admits that his "true passion" is directing and cinematography.

"I love to create something that I can only see in my mind and allow it to channel through me to others." Congrats Steve, what an amazing achievement! 'Nightshift' is targeting a 2018 release. For info see www.greenflashpictures.com.

Eight honoured with JP McManus scholarship

Winners of the 2017 JP McManus Scholarship Awards were officially recognised by the Minister of State at the Department of Finance, Patrick O'Donovan TD at an awards ceremony last week at the Dunraven Arms Hotel in Adare.

In addition to addressing the audience, the Minister of State presented eight highly talented students from CBS Sexton Street with a third level scholarship certificate.

It is now 21 years since the JP McManus Scholarships were first established by former CBS student Mr Mc-Manus, with donations totalling $\in 2.4m$ for funding the provision of third level education scholarships for students attending Coláiste Mhichíl, C.B.S Sexton Street.

Eight scholarships are awarded each year and apply at the rate of €6,750 per annum for the full term of the

To see lots of great Limerick videos, look under the 'Media' section in our website, www.ILoveLimerick.com



Pictured from left at the second Capital Limerick autumn lunch: Pat Cox, former president of the European Parliament, Jim Power, economist, Niamh Briggs, Irish Women's Rugby captain, Clair Hayes, founder Capital Limerick, Ms. Cathy Halloran, RTEs Mid-West correspondent, Paul Quigley, NewsWhip CEO and Joe Little, RTE Correspondent Picture: SEAN CURTIN/TRUE MEDIA



Richard pictured with Limerick filmmaker Steve Hall whose horror film 'Nightshift' has just been picked up for worldwide distribution PICTURE: CALEB PURCELL

undergraduate programme chosen and 169 scholarships have been awarded to date.

Many graduates of the programme are now pursuing successful careers in Ireland and in foreign locations.

Congratulating the winning students, Mr McManus said: "College is a great time for young people to develop and grow and I am confident that this group of young people will embrace the opportunity now presented to them and will achieve fulfilment and success in life.'

Novas hosts seminar on **Childhood Experiences of Homelessness in Limerick**

Novas is hosting a seminar on childhood experiences of homelessness on Friday, November 10 in the Belltable Theatre.

Novas provides services for people who are homeless or at risk of homelessness. A panel of experts will present on a range of issues including the impact of homelessness

on children in relation to play, education, development and nutrition; the personal experiences of children living in emergency accommodation and the right to housing. Speakers include Tanya Ward, CEO of the Children's

Rights Alliance, Nuala Ward, director of investigations with the Office of the Ombudsman for Children and Dr. Sharon Lambert of the School of Applied Psychology in UCC.

The seminar will also include a photographic exhibition of transient living condition and a service user panel discussion, including families who have experienced homelessness.

Novas will also launch its 2016 annual report on the same day. The report highlights the increasing number of people availing of a Novas service. More than 550 children were supported by the organisation during the year.

The event runs from 9am until 1.30pm. It is a free event but spaces are limited. For



Richard pictured with Una Burns and Louise Creamer from NOVAS who are having a seminar on Childhood Experiences of Homelessness on November 10 PICTURE: OISIN MCHUGH/TRUE MEDIA

info or to reserve a space email una.burns@novas.ie.

Second Capital Limerick lunch is a huge success

The economic opportunities and challenges for Limerick and the Mid-West in the post-Brexit world were debated by an expert panel of speakers at the second Capital Limerick autumn lunch in Dublin last week.

The theme 'Unlocking Regional Growth' was explored by Limerick's former President of the European Parliament, Pat Cox who was joined by economist Jim Power and NewsWhip CEO, Paul Quigley, before an audience of over 250 people, mostly Dublin-based Limerick people, at the InterContinental Hotel, Ballsbridge'. Other speakers included RTE Correspondent, Joe Little, who hails from Limerick, while the panel discussion was chaired by RTE's Mid-West Correspondent, Ms Cathy Halloran.

Capital Limerick (#capitallimerick) is a non-partisan, voluntary organisation, established in early 2016 by a group of Limerick professionals and business people based in Dublin. The group's objectives are to promote the economic and socio-cultural profile of Limerick and to create an influential and coordinated presence in Dublin to advocate for the Mid-West. Mr Power said a motorway

from Limerick to Cork is "the most glaring deficiency". Founder of Capital Limerick, Clair Hayes said: "A golden opportunity presents itself to unlock regional growth in Ireland. Capital Limerick is about mobilising those amongst us to promote growth in the Mid West. We would like anyone with an interest in, or connection to, the Mid-West to get involved in the movement to promote business in the region". The proceeds from the

Second Capital Limerick lunch will be invested in worthy community and char-



Help look out for Leeanne as she battles cancer

fundraising Just Giving page has been set up to help raise money for Leeanne Bennett who has recently been diagnosed with Advanced Lung Cancer, writes ilovelimerick correspondent Frances Watkins.

As you know this is the worst news that anyone could possibly receive but it is particularly bad as she is in Canada over 5,000 miles away from home.

This is devastating for Leeanne but she is a fighter and has vowed to beat it.

Leeanne is currently living in Toronto, Canada on a two-vear visa.

She is in one of the best hospitals and cancer units in North America and while most of the treatment is covered by the Canadian healthcare system some of the more specific types of radiation, chemotherapy and medication she needs to treat the lung cancer are not and are very expensive.

To ensure that she gets the treatment she needs she will need your help.

Leeanne is 27 and from Newcastle West. Having lost both her parents at a young age Leeanne has always remained a strong and independent young lady, capable of standing on her own two feet but this is proving to be an obstacle too high for her to overcome on her own, which is why her loved ones are asking for your help.

Leeanne has four sisters who are worried sick and are currently making plans to travel out to be with her as she undergoes treatment, but this isn't easy as the flights are expensive.

She will now be out of work for the foreseeable future while receiving treatment and they hope to raise enough to cover her rent and bills until she gets back on her feet.

She is very sick and miles away from home. Please help in any way possible and even if you are unable to donate, simply sharing the page will be a great help.

To donate visit www.justgiving.com/crowdfunding/help-leeanne.

itable programmes in the Mid-West.

Following last November inaugural Capital Limerick lunch, €5,000 was donated to two charities in Limerick; the Redemptorist Christmas Appeal and St Vincent de Paul. See www.capitallimerick.com.

And finally

tabs with what I am up to around Limerick, you can find me on Facebook as Richard Lynch and Twitter @Richanthon.

If you have a good news story about Limerick I could share on this page, you can contact me via email at Richard@ILoveLimerick.com. Look forward to hearing from you! Love to you all If anyone wants to keep Richard (Richanthon) x



www.limerickleader.ie/motors

KIA

Stonic looks to conquer crossovers

TRISH WHELAN

CarAndTravel.ie

KIA Ireland has just launched its new Stonic compact crossover to the Irish market.

The SUV-inspired Stonic is an impo rtant conquest model for the Korean brand in the fast growing B-SUV segment.

Four trim levels are offered along with a choice of three petrol engines and one diesel.

Prices range from €18,599 for Stonic K1, 1.2 petrol model to the top of the range Stonic



The Kia Stonic is priced from €18,599 to book a test drive contact Hinchy's Garage at either their Knocklong or Ennis Road locations

K4 powered by the 1.0TDGi (petrol) at €24,599.

Each trim level is well specced with the K1 entry

level having as standard, ISG, skid plate (front and rear), audio remote, Bluetooth, 3.5inch cluster, 7-inch screen, 15-inch alloys, leather gear knob and handle, front armrest, spare wheel, privacy glass, cruise control/speed limiter, and rear USB and charger.

The K2, with a choice of 1.4 petrol or 1.6 diesel engines adds 17-inch alloys, roof rails, auto light control, DRL LEDS, heated and folding wing mirrors, 3.5inch super vision cluster, RPAS, and air con. The K3 model with the same engine choice adds ADAS, LED rear lights, a chrome belt line, two-tone leather, heated front seats, 7-inch sat nav, DAB radio, a rear view camera.

The top K4 model with its 120hp turbo petrol engine comes fitted with Smart Key, metal pedals, blind spot detector, dual zone air con. All K3 and K4 models come with the option of two-tone roof and interior trim personalisation.

Stonic is fitted with six airbags as standard as well as ISOFIX child-seat anchor points in the rear cabin.

In Ireland, the B-SUV segment is expected to grow by 100pc in the next two years.

James Brooks, Managing Director of Kia Motors Ireland said at the launch at Barberstown Castle in Straffan, Co Kildare, that he expects Stonic to play an important part of their product mix here in Ireland as become as successful as the flagship Sportage and cee'd models.

He said: "Kia has listened to customers all over Europe and our engineering and design teams have responded in creating the Stonic which we believe will be a stand out rival to other competitors in its segment."

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New Renault CAPTUR Signature X Nav TCe 90



Renault KADJAR Signature Nav dCi 110



All-New Renault KOLEOS Signature Nav dCi 130

Lifestyle images shown: KADJAR Signature Nav ENERGY dCi 110, RRP €31,290; KOLEOS Signature Nav dCi 130, RRP €36,790; Captur Signature X Nav TCe 90, RRP €22,890. Prices exclude metallic paint, delivery and dealer-related charges. Maximum recommended dealer charge €750. Finance example: Captur Expression TCe 90 S&S, RRP €20,290. Deposit €6,896. Term 36 monthly payments of €169. APR 3%. Total cost of credit €896 inc doc & completion fee €75 each. Optional final payment €8,055. Offer exclusive to Renault Bank. Excess mileage plus excess wear-and-tear charges may apply upon return of vehicle. Offer is made under a hire purchase agreement. Subject to lending criteria. Terms and conditions apply. See Renault. [Warning: You will not own these goods until the final payment is made]. Renault Bank is a trading name of RCI Banque Branch Ireland and is authorised and regulated by the French banking authority and supervised by the Central Bank for conduct of business purposes.

DENNEHY MOTORS Riverside Business Park, Dock Road, Limerick Tel 061 442 444 www.dennehymotors.ie

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Trade in your current car for a New 181 Hyundai during our National Event, Saturday 11th & Sunday 12th November and you'll automatically avail of 5 Years Unlimited Mileage Warranty, 5 Years AA Roadside Assistance, 5 Years Free Health Check plus a choice of Hyundai 181 offers.

Limerick Motor Centre

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FAMILY Tel: 061-214531 **ANNOUNCEMENTS**

Limerick's Newspaper since 1889 📕 **LIMERICK LEADER**

IN MEMORIAM

t COUGHLAN (12th Anniversary)

In loving memory of Darren Coughlan late of Pineview Gardens, Moyross whose anniversary occurs November 7. Mass offered on Saturday 11th November at 7.30pm in Corpus Christi Church. We remember Son In the rising of the sun and it's going down We remember you In the blowing of the wind and in the chill of winter We remember you In the opening of buds and in the rebirth of spring We remember you In the blueness of the sky and in the warmth of summer We remember you In the rustling of the leaves and in the beauty of the autumn We remember you In the beginning of the year and when it ends We remember you When we are weary and in need of strength We remember you When we are lost and are sick of heart We remember you When we have joys as we yearn to share We remember you So long as we live, you shall live too For you are now a part of us As we remember you Three little words, foget me not Don't seem much, but mean alot Just our memories fond and true To show you Darren We will never forget you Loved and missed forever, Mam and Dad Brother The years may wipe out many things But this they'll wipe out never The memories of those happy days When we were all together Sadly missed, never forgotten brother Eugene November came with sad regret The day the month, I'll never forget Quickly and sadly came the call

Without farewell, you left us all Sadly missed Brother John Darren How well I remember All the special times we had As we were raised side by side Sharing good times sharing bad To me your name will ever be The key that locks those memories Of a dear brother gone but cherished yet A beloved face I'll never forget Always loved and remembered, sister Noreen, Bobby and Roxanne 12 years today brother Since I saw your smiling face But although I miss you dearly I know we'll meet you in a better place Love Angelique

Little angels robbed in white Give our uncle Darren and kiss goodnight Always loved and remembered by your niece and nephew Katie, DJ and Roxanne

I often lie awake at night When the world is fast asleep And think about the friend I lost With tears upon my cheek May you always walk in sunshine And gods love around you grow For the sadness this day brings with it No one will ever know Your name is often spoken We talk about you still You haven't been forgotten Darren You know you never will

Love Lisa xxx

No matter how life changes No matter what we do We never go to sleep at night Without a thought of you Our hands cannot write What our hearts want to say We will love you forever Darren And miss you more each day Sadly missed by your aunt Liz and Joe Precious people are very few Darren that's why there was only one of you Nothing on this earth can ever replace The sound of your voice Darren And the smile on your face Because love is a smile, a tear and a touch It says little and means so much Sadly missed by your cousin Amy, Tadgh, Dylan and Demi Of all the many gifts in life

IN MEMORIAM

However great or small To have you as our cousin Was the greatest gift of all. Sadly missed by your cousins John and Glenn

Memories are keepsakes, Cherished all life through: Ours are very special, Darren Because they are of you. Never forgotten by Charlotte, Mike, Kelly, Sean and Keith. xx

Memory is a lovely lane Where hearts are ever true A lane I so often travel Darren Because it leads to you From your aunt Maiella and family xx Gone from us but leaving memories Darren Death can never take away memories that will always linger While upon this earth we stay From your aunt Mary, Tom and family

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In loving memory of a dear mother, grandmother and sister, Geraldine Cleary (nee Murphy), late of Carew Park and Santa Maria Nursing Home whose eleventh anniversary occurs on November 5, 2017 and whose birthday occurs around this time. Masses offered. Also remembering our aunt Eileen Cleary at this time.

Mam. You brought love, laughter & happiness Into our lives, we think of you every day And miss your smile, kindness & hugs We will always love you And never forget you Always thinking of you Missing you & loving you.

Sadly missed by your daughter Tina, Paul and grandkids, Stephen, Mary and grandkids, David, Linda and Paddy, Cora and Sean



Another leaf has fallen, another soul has gone. But still we have God's promis 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 blos and lovely forest, green. And gives us new found comfort, when we on Him will lean.

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LIMERICK CHRONICLE

Tuesday, November 7, 2017 Email: sport@limerickchronicle.ie Phone: 061 214514 Fax: 061 401424

Adare footballers bid to defy odds again

GAA ROUND UP

By JEROME O'CONNELL e-mail: joconnell@limerickleader.ie Twitter: @JeromeSport

ADARE bid to defy the odds yet again when they venture into the Munster club senior football championship on Sunday.

Limerick's surprise county champions are 15/2 outsiders in their provincial semi final against Cork kingpins Nemo Rangers, who are the hottest of 1/14 favourites to reach the November 26 final.

The Munster semi final has a 2.45pm start in Mallow on Sunday.

Adare were underdogs in both their Limerick SFC semi final and final but their young side turned in sparkling displays to win the title for the first time.

There is also Munster championship action for St Senans on Sunday in Newcastle West at 2.00.

The Foynes-Shanagolden club play Clare's Kilmihil in the Munster club IFC semi final. The other semi final is between Cork's Mallow and An Ghaeltacht (Kerry).

The three remaining adult Limerick GAA county finals are down for decision this weekend.

On Saturday (3.00) Ballybrown and Castletown-Ballyagran meet in the County Junior Football Final in Adare.

On Sunday there are two junior finals.

At noon in Ballyagran, Mungret and Bruff meet in the County Junior B Hurling Final. This is a repeat of the 2012 final, which the south Limerick side won by a goal.

In Bruff at 3.00 it is the third installment of St Patricks and Kilmallock in the County Junior A Hurling Final. This second replay was delayed as St Patricks represented Limerick in the Munster club JAHC last Sunday. They lost by 22-points to Waterford's Ardmore but the Rhebogue side were missing some key players. Captain Brendan Mullins was sent off in the game and faces an anxious wait for the referees report to determine if he will be eligible to play against Kilmallock.



O'Callaghan in Baa-Baas squad for Thomond test

Barbarians v Tonga

By Colm KINSELLA e-mail: ckinsella@limerickleader.ie Twitter: @ckSportLeader

FORMER Munster and Ireland second row Donncha O'Callaghan will feature for the Barbarians in Friday night's fixtures with Tonga at Thomond Park, 7,30pm.

Worcester Warriors captain O'Callaghan was added to the Baa-Baas squad along with Munster forwards James Cronin and Brian Scott.

Donncha O'Callaghan, who has been with UNICEF Ireland in Sierra Leone this week, joins up with the Barbarians squad on Thursday.

Friday night is also a crucial night in Division 1A of the Ulster Bank League locally as Garryowen face Young Munster in a crucial Limerick derby clash at Dooradoyle, 7.30pm.

The fifth-placed 'Light Blues' sit one spot above Munsters' in the Division 1A table.

While Garryowen suffered a 10-point loss to leaders Lansdowne in Dublin on Saturday, Munsters' thumped St Mary's College 51-7 at Tom Clifford Park at the weekend.

Also added to the Barbar-

ians squad for Friday night's game following the Baa-Baas 31-22 defeat against New Zealand on Saturday are Leinster and Ireland flanker Jordi Murphy, former England and British & Irish Lions lock Geoff Parling, giant Australia wing Taqele Naiyaravoro and Castres flier David Smith.

Cronin and Scott replace New Zealanders Atu Moli and Ben Franks. Moli has joined the All Blacks squad for their European tour while Franks has returned to London Irish.

O'Callaghan returns from Worcester Warriors for a second spell with the Baabaas after featuring in the win against England in 2014.

Cork-born props Cronin and Scott will be making their debuts for the famous invitation side, back in Limerick for the first time since the 22-21 win over Ireland in 2015.

Cronin said: "I was watching the (New Zealand) game on TV at the weekend and chatting with my buddies about it, and it's a special thing. You get to wear your club socks and represent where you're from, and it's such a prestigious club. It's an opportunity everyone wants."

Tickets available from €15

adults and €10 juniors from www.ticketmaster.ie

Tickets include entry to Munster Women v Barbarians game at 4.45pm. BARBARIANS SQUAD: FORWARDS; Willie Britz (Sunwolves); Sam Carter (Brumbies & Australia); James Cronin (Munster and Ireland); Simone Favaro (Fiamme Oro & Italy); Jordi Murphy (Leinster); Donncha O'Callaghan (Worcester Warriors & Ireland); Geoff Parling (Munakata Sanix Blues & England); Brian Scott (Munster); Ruan Smith (Toyota Verblitz); Adriaan Strauss (Bulls & South Africa); Akker van der Merwe (Sharks); Jacques van Rooyen (Lions). BACKS: Vince Aso (Hurricanes); George Bridge (Crusaders); Richard Buckman (Highlanders); Robert du Preez (Stormers); Andy Ellis (Kobelco Steelers & New Zealand); Taqele Naiyaravoro (Waratahs & Australia); Julian Savea (Hurricanes & New Zealand); David Smith (Castres); Nic Stirzaker (Rebels); Harold Vorster (Lions)

SCHOOLBOY SOCCER FIXTURES & NOTES

FIXTURES

Saturday 11th November U-12, SFAI, SKETCHERS, NATIONAL CUP ROUND 3

Caherdavin Celtic v Killarney Celtic 2.pm Greenhills Martin Monaghan Shannon Town v. Geraldines 12.pm Shannon Comp School Corbally United v Mungret Regional 11.am

Athlunkard; K McNamara Limerick F.C v. Nenagh 11.am Hogan Park F. O'Neill

Aisling Annacotty B v Tulla United 2.pm Annacotty AWP; T. Duggan Regional United v Bridge United 12.30 Dooradoyle A. Galvin

U-14 SFAI, SKETCHERS CUP ROUND 3

Regional United v Listowel 2.45 Dooradoyle AWP; R. Broe Shelbourne v Killarnev Celtic 2.pm Shelbourne Park J. Galvin Summerville Rovers v Caherdavin Celtic 11.am Portland Park D. Power

U-16 SFAL SKETCHERS CUP 3RD ROUND

Fairview Rangers v Avenue United 12.30 Fairgreen D. Downing Newport Town v Killarney Celtic 2.pm Newport J. Reilly Regional United v Shannon Town 12.30 Dooradovle AWP: R. Broe

U-7 RED GROUP

Fairview Rangers v Limerick F.C 9.45 Fairareen: Mungret Regional 1 v Pike Rovers 9.45 Munaret:

Regional United 1 v Newport Town 9.45 Dooradoyle

Corbally United 1 v Aisling Annacotty1; 9.45 Athlunkard

U-7 BLUE GROUP

Geraldines, v Janesboro 9.45 Garryowen Caherdavin Celtic v Granville Rangers 9.45 Greenhills Carew Park v Parkville 9.45 Carew Park Corbally United 2 v Aisling Annacotty2; 9.45 Athlunkard

U-7 GREEN GROUP

Bridge Celtic v Caherconlish 9.45 Bridgetown Mungret Regional 2 v Moyross United 9.45 Mungret Regional United 2 v Lourdes United 9.45 Dooradovle Corbally United 3 v Aisling Annacotty 3; 9.45 Athlunkard

U-10 RED GROUP

Aisling Annacotty 1 v Mungret Regional 1; 11.am Newtown Park D. Brosnan Regional United 1 v Aisling Annacotty 2; 11.am Dooradovle A. Galvin Limerick FC 1.pm Hogan Park F. O'Neill Fairview Rangers 1 v Pike Rovers 1: 11.am Fairgreen D. Downing

U-10 BLUE GROUP

Aisling Annacotty 3 v Coonagh United 12.am Newtown Park D. Brosnan Parkville F.C v Caherdavin Celtic 11.am Knockalisheen L. Hughes Corbally United 1 v Ballynanty Rovers 11.am Athlunkard Shelbourne F.C 1, v Newport Town 1; 11.am Shelbourne Park

U-10 GREEN GROUP

Moyross United v Corbally United 2; 11.am Movross: Janesboro v Mungret Regional 2; 11.am Pearse Stadium; J. Curran Aisling Annacotty 4 v Lisnagry 1; 1.pm Newtown Park D. Brosnan Geraldines, v Regional United 2; 11.am Garrvowen

U-10 BROWN GROUP

Pike Rovers 2 v Aisling Annacotty 5 11.am Pike Grounds; R. Broe Lisnagry F.C 2 v Shelbourne 2; 11.am Scanlon Park A. Walsh Star Rovers v Caherconlish 11an Lee Estate: rbally United 3 v Mungret Regional 3; 12.30 Athlunkard: K McNamara

Bridge Celtic v Regional United 3; 11.am Bridgetown: J. O'Halloran

U-12. DIVISION ONE LEAGUE Lisnagry v Janesboro 12.30 Scanlon Park A. Walsh Granville Rangers v Pike Rovers A 11.am Glenbrook; T. Mannion

U-12, DIVISION TWO LEAGUE Parkville v Mungret Regional B 12 30 Knockalisheen; L. Hughes

U-12, DIVISION THREE LEAGUE Bridge Celtic B v Regional United C 12.30 Bridgetown; J. O'Halloran Aisling Annacotty D v Shelbourne B 2.30 Newtown Park T. Mannion

U-14. PREMIER LEAGUE

Aisling Annacotty A v Fairview Rangers A 11.am Annacotty; Martin Monaghan Newport Town A v Corbally United A 11.am Newport: J. Reilly

U-14. DIVISION ONE LEAGUE

Aisling Annacotty B v Geraldines 11.am Kilonan Aisling Annacotty B v Geraldines 12.30 Ki-Ionan; M. Kirby Corbally United B v Parkville 2.pm Athlunkard; K. McNamara Janesboro v Newport Town B 12.30 Pearse Stadium; J. Curran

U-16. PREMIER LEAGUE

Mungret Regional v Granville Rangers 11.am Castlemungret; A. Keogh Corbally United A v Caherdavin Celtic 2.pm Athlunkard; A. Keogh

U-16, DIVISION ONE LEAGUE Geraldines v Corbally United B 11.am Rathuard; A. Whelar Ballynanty Rovers v Aisling Annacotty C

11.am Shelbourne Park J. Galvin RESULTS

Saturday, 4 November,

U-13, SFAI, SKETCHERS CUP, ROUND 2; Shelbourne 5, Lough Derg 1 AK United 3 Caherdavin Celtic 2 Fairview Rangers 2, Pike Rovers 2 (aet; Pike won 5-4 on pens) Limerick F.C 7, Murroe 0 Birdhill 1 Carew Park 2 Bridge Celtic 1, Aisling Annacotty A 3 Mungret Regional 2, Shannon Town 3 Aisling Annacotty B 0, St. Brendan's Park 6

U-15. SFAI. SKETCHERS CUP. ROUND TWO:

Janesboro 3. Inter Kenmare 2 (aet) Corbally United 0, Kilbehenny Celtic 3 Fairview Rangers 1, Camp Juniors 2

ROUND 3 Caherdavin Celtic O, Newport Town O (aet; Caherdavin won 6-5 on pens) Aisling Annacotty v Ballingarry (not played)

U-13, DIVISION ONE LEAGUE Newport Town A 6. Parkville A 0 Summerville Rovers 3, Regional United A 13

U-13. DIVISION TWO LEAGUE Regional United B 4. Corbally United B 1 Janesboro 1, Mungret Regional B 6

U-13. DIVISION THREE LEAGUE Newport Town B 3, Regional United C 1 Aisling Annacotty C 3, Granville Rangers 2

U-15. PREMIER LEAGUE Summerville Rovers 1, Regional United A 1

U-15, DIVISION ONE LEAGUE Geraldines 2, Shelbourne 5 Regional United B 1, Mungret Regional B 3

Sunday, 5 November U-15. SFAI. SUBWAY. INTER LEAGUE

COMPETITION Limerick Desmond Schoolboy League 0, Limerick District League 2

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Mid Term Break soccer camps were held at Aisling Annacotty last week. Pictured are the U-10's group PICTURE BY DAVE GAYNOR



The U-11's group at the Aisling Annacotty AFC soccer camp last weekend

Fairview Rangers

Geraldines

UNDERAGE: Two national cup games down for decision last Saturday, with our 13 team entertaining Pike Rovers and our 15 team hosting Kerry side Camp United. Unfortunately for us it was defeat on both

U/13: Our 13 team went out in the worst ossible way losing out in a penalty shootout.

An excellent game of football, with nothing between the sides during the encounter, Pike Rovers proved the more accurate from the spot kicks.

Our 15 team went down 2-1 to the Kingdom side, in a match that they dominated for long periods, but that is cup football for

AWARDS: Our scorer was Conor Keane Finally, congratulations to our winners at the recent LDSL awards night. Alex O'Halloran and Leon Goodwin were deserved winners of the awards at the under 16 and under 15 respectively. Both players were outstanding last season and it is fitting that their performances were recognised by the LDSL Well done lads!!!

centre forward nipped inside our defensive line and coolly slotted the ball passed Sean Rice

With this set-back it took us a few minutes to regain our composure as 90 seconds later we could have being two down only for our custodian Sean Rive to go full length as he affected a top class save. After this we began to string some good passages of play together and in doing so created a number of chances through James McBride, Shaban Mohammed and Daniel Palache.

Bennis was only parried by the net-minder and the alert Shaban Mohammed nipped whistle

maining in this league and with this being our second defeat it takes us out of the running unless the top two slip up and I for one do not see that happening. There

league cup and cup still on the agenda and our lads know all we need is just to improve that wee bit and they will be well in ne for silverware.

U/19: The clubs U9s had their first outing of the season as we were away to Gran-ville and both outfits really turned on the style with some exciting passages of foot-ball being played with our line on the day being: Aaron McNamara, Evan Byrne, Jay Walsh, Nathan Kelly, Sean O Dwyer, Dean Connery, Ken Cosgrove, Luke O Shea, JJ Curtin, Hamdy Haled, Lee O Gorman and Conor Neil

U/11: Granville was also the venue for the no-competitive U11 game as once again the real winner here was football as both outfits excelled as our two goals came from Kelsey Reeves and Ryan Hogan. LOTTO: The clubs lotto is on-going and tickets are only €2 for same can be got from many sources

FUNDRAISING: On Sunday November 19th one of the clubs main fund-raisers will take place as it's a twilight evening race meeting that we will host in the Track Bar as their will be ten races with ten horses in each race and the first race will go to post at 4pm.

each year are schoolboy/girl awards and in this special year for the Dines as we celebrate 80 years in football under the tower and these awards will take place on this Sunday in Jerry O Deas commencing at 4pm. The club would hope to see all our under-age players along with their families there. Over the years these award days have proven to be a great success as we honour our schoolboy/girls so a reminder

to all pencil in this Sunday into those di-UNDER AGE: On the playing front it was two non-competitive games for us as the U8s and U11s were in action as there was vital league fixtures for the U15s. Shelbourne were the visitors to Rathurd for this U15 Div One league and in this one-round league it was tight at the summit of the league table with Fairview, Shelbourne and ourselves are all in the

bearing on the run in as whoever lost this encounter would be playing catch up with only two games remaining. The game was only nine minutes on and we found ourselves trailing as the (Shels)

running. For this game it would have big

AWARDS : Without question one of the sporting highlights on our clubs calendar

It was right on the stroke of half-time that we got on terms when a free from Harry

into slot it away to make it 1-1 at the short-That was probably as good as it got for us as it was Shelbourne who controlled the second half and once they regained the

lead they went onto win this game 5-2 with Daniel Palache getting our second goal As we now have only two games re-

is still a lot for our lads to play for as the

Tuesday, November 7, 2017



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