

# Limerick Chronicle



## OUT & ABOUT PICTURE SPECIAL

FROM THE CITY'S PUBS PAGES 20-21



# GARDAI PROBE THEFT OF MAYORAL CHAIN

### Gold and silver item worth €10k

**NICK RABBITS**  
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**GARDAI are investigating the theft of a Limerick mayoral chain – believed to be worth €10,000 – from the glove box of a politician's car.**

Independent councillor Frankie Daly, who was deputising for the metropolitan mayor of Limerick over the weekend, left the chain of office in his car overnight in readiness for an event this Monday.

But he was left reeling after realising the gold-and-silver insignia had been stolen from the car parked outside his home in the Irish Estates, Corbally.

He has formally reported

the theft to the gardai. And the car – a 2003 Toyota Avensis – has been sent for a forensic examination, and gardai are appealing for the safe return of the chain.

"It's unbelievable. My heart sank into my boots when I realised it had gone. I was in total shock," Cllr Daly said, "This chain belongs to the people: It's an attack on the people of Limerick."

Metropolitan mayor Cllr Sean Lynch called the theft an "act of desperation" so close to Christmas.

Cllr Daly said he believed his car key was cloned, as his vehicle did not appear to have had any damage done to it.

A number of other items were taken from the motor, including Christmas

→ **CONTINUED ON PAGE 3**



One of the last events Cllr Daly wore the mayoral chain at was a Limerick under-21 hurlers boxing fundraiser in the South Court Hotel. He's pictured here with the under-21 captain Tom Morrissey and team-mate Declan Hannon

PICTURE: KEITH WISEMAN

## Crime COMMUNITY DEVASTATED OVER ROSE



PAGE 4

## Charity JEWELLERS BOOST FOR BARNARDOS



PAGE 12



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**TOMORROW**  
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**THURSDAY**  
 A SHOWER IN THE MORNING; OTHERWISE, MOSTLY CLOUDY



**Sliding tackle: Munster ladies celebrate defeat of Leinster in women's interprovincial championship**

Munster players celebrate after the Women's Interprovincial Rugby match between Munster and Leinster at Thomond Park in Limerick. See sport for more PICTURE: EÓIN NOONAN/SPORTSFILE

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 The website for the Chronicle's sister paper, [www.limerickleader.ie](http://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**

**Youth music project launched**



**ILoveLimerick: The Autonomy Project looks to harness the power of youth Pages 30-31**

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**Healthy Living: How to survive the excesses of the holiday season P29**

**TWEETS OF THE WEEK**

**@Rubberbandits**  
 Please look after and check in with elderly relatives & neighbours. Not just on Christmas but whenever. There's a heart-breaking incident after happening in Limerick with an elderly person living alone that has sickened the whole city and is waking us up to how important it is.



 We want to hear your news and views [@limerick\\_leader](https://twitter.com/limerick_leader)

**@AlanEnglish9**  
 Thunderous, enthralling contest at Welford Road, Munster fully deserving winners. Cloete one of the best signings in a decade. Still early days - but haven't felt as upbeat about a Munster team since 2009 #LEIvMUN

**@LaurenGuilfoyle**  
 To the people of Limerick City THANK YOU Your generosity last night alone raised over €8,000 for local homeless charities #SolidaritySleepout

**CHARITY: STUDENT NOW HELPING HOMELESS**

# Crash survivor 'shining a light'

**JESS CASEY**  
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**A UNIVERSITY of Limerick student has dedicated his time to helping the homeless community, after a chance encounter in the United States last Christmas while recovering from a near fatal car crash.**

Padraic Rocliffe, from Westport, Mayo, broke his neck, back and foot in a serious road accident in Death Valley, while living and working in the States last summer.

"I was on my own in the States for Christmas while I was recovering."

"There's a serious homelessness problem over in the States," Mr Rocliffe told the Limerick Leader.

"I met two homeless people, a mother and her son, begging on the street so I brought them a meal in a dinner and got chatting to them about their lives."

"I was very happy to have their company," he added.

"I found out they had been evicted because they had been unable to pay their rent."

"I said if I could do any-



UL student Padraic Rocliffe who set up 'Shine a Light' after recovering from a serious road traffic accident.

thing to make a difference when I was recovered, I would."

Inspired by this experience, Mr Rocliffe set up 'Shine a Light' - a group of volunteers who are determined to raise awareness on the current the homelessness crisis in Ireland.

Mr Rocliffe and a team of 50 volunteers hit the streets of Dublin last weekend, distributing 140 packages to rough sleepers.

These packs included hats, scarfs, gloves, socks, trousers, plasters and other necessities that were all donated to the group following an appeal.

"The crash was definitely

a tough experience. I was basically stuck in a wheelchair. It totally changed my perspective on life."

"I definitely knew that I would recover, and I'm still in recovery. I knew I would organise something but I have been blown away by the response. It goes to show there's such a big interest in our homelessness crisis."

Mr Rocliffe is now organising a second 'Shine a Light' campaign to run in the New Year in Cork City.

Those in Limerick who would like to get involved can contact Mr Rocliffe on padraicrock@gmail.com or on shinealighthomelessheroes@gmail.com

## Mayoral chain stolen from car

► CONTINUED FROM PAGE 1

presents given to his wife Kate, and their seven-year-old son Joshua's passport.

The chain was specially commissioned for the merger of Limerick City and County Council and was originally worn by the new authority's first leader, Cllr Kevin Sheahan.

In recent times, the centuries-old chain has been preferred by Limerick's first citizen, with the more modern chain donned by the metropolitan district mayor

and his deputies.

Cllr Daly added: "Not only did it have monetary value, it had a lot of symbolism as it was commissioned for the two councils coming together. There is gold and silver on this chain. It's quite big and chunky."

The former Labour councillor said he had planned to wear the chain when presenting a set of jerseys, which he had sponsored, to the Our Lady of Lourdes soccer team this Monday.

"I'm very disappointed this would happen in a quiet neighbourhood, that Lim-

erick people would try and profit from stealing from other's property," he said.

Metropolitan mayor Lynch appealed for the safe return of the chain.

"It's just desperation, the time of year that is in it."

The ex-detective garda warned people against leaving items in cars overnight.

"You'd always have an element who would be opportunist. Be mindful of the time of year it is now. People are desperate for cash, so be careful of leaving things exposed," he added.

It's the second time a mayoral chain has been stolen in Limerick - thieves took the ancient mayoral chain in Kieran O'Hanlon's first term in office back in 1996, but it was recovered.



Isobel Cox, Alex Coulibarry and Emma Aherne at the launch of the Matthew Stephens Jewellers Direct from Dealer Masterpiece Collection Diamond Event which runs until Christmas.

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**VIGIL FOR LATE ROSE: COMMUNITY TO SHOW SOLIDARITY IN EVENING PRAYER**

# Community 'devastated' at murder of 'beautiful soul'

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**THE SCENE** of the murder of an elderly widow in Limerick city will remain closed until Wednesday afternoon, as gardai continue to investigate the circumstances surrounding Rose Hanrahan's horrific death.

On Monday morning, local passers-by observed gardai forensics units exit their vehicles and enter the home of the late Rose and Michael Hanrahan, both of whom have been described as "great members of the community".

In response to the loss felt by many in Thomondgate, the community is expected to soon show their solidarity with an evening vigil outside the 78-year-old victim's New Road bungalow.

Leading the vigil will be parish priest Fr Donal McNamara, who said that Rose — who attended Mass every Saturday evening at St Munchin's Church — "had tremendous faith".

"She was always very upbeat, very reassuring, very affirming, and very appreciative for anything that was ever done," he told the Limerick Chronicle on Monday afternoon.

Fr McNamara described the murder as "totally uncalled for, unnecessary, and



Fr Donal McNamara will be leading a vigil outside the home of the late Rose Hanrahan within the next week PICTURE: MICHAEL COWHEY

I just can't explain it. Words can't explain what went on".

Since gardai cordoned off the small bungalow with white tape and a patrol of vehicles last Friday afternoon, loved ones and friends have paid tribute with flowers and heartfelt notes outside Rose's home,

just 10 minute walk from the Treaty Stone.

One neighbour penned: "For a beautiful soul, a lovely person and a great friend. Hope you are happy now that you are reunited with your husband Mick."

Rose acted as Michael's carer until he died less than

five years ago.

Gardai at Mayorstone and Henry Street initiated the murder probe after Rose's body was found at her home on Friday afternoon. It is believed that the woman died violently, possibly after a break-in to her home.

Superintendent Derek Smart told the Chronicle that gardai were granted an additional 48-hour extension of the scene. He said that it has been "devastating" for everyone in the community, and is appealing for people to come forward with information.



Superintendent Derek Smart: appealing for information



Floral tributes left to Rose Hanrahan by neighbours and well-wishers

## EMERGENCY

### Man taken to UHL after river incident

A MAN who was "threatening to enter the water" on Monday was taken to UHL. The man in his 30s was threatening to enter the water at the Howley's Quay steps.

## POLITICS

### Council enacts new horse by-laws

LIMERICK City and County Council says new by-laws governing the licensing of horses and the regulation of sulky racing have been enacted and will take effect on January 10, next.

## HEALTH

### 54 patients treated on trolleys at UHL

FIGURES published by the Irish Nurses and Midwives Organisation on Monday show that there were 54 patients being treated on ED trolleys and on extra trolleys or beds in the wards at UHL.

## MUSIC

### Award-winners return for gig

CHOICE Music prize winners 'Rusangano Family' will play Dolans Warehouse this Thursday. The Limerick-based band is touring before focusing on their new album. For tickets see [dolans.ie](http://dolans.ie)

## LANGUAGE

### Welcome for ISL's passage in Dáil

COUNCILLOR Malachy McCreesh welcomed the fact Irish Sign Language is now an official language. At this month's meeting, he noted the Mid-West School for the Deaf were strong lobbyists for this.

## CHARITY

### Lions club thanks all contributors

Limerick Lions Club has thanked all those who contributed to its recent church gate collection and Food Appeals in Jetland and Crescent Shopping Centres. They wish all a happy Christmas and a peaceful new year.



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**COMMERCIAL:** PRENDIVILLE SET FOR PUBLIC MEETING ON OPERA

# Councillors will get to see €150m plans

**NICK RABBITS AT CITY HALL**  
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**COUNCIL boss Conn Murray will present plans for the €150m Project Opera to councillors ahead of submitting them to An Bord Pleanala.**

It has emerged in recent weeks that following legal advice, members of Limerick City and County Council will not decide on the high-rise office proposal for the city.

However, this move has enraged some members, and Cllr Cian Prendiville wants to see councillors hold a meeting on this in January, in the hopes some housing can be included.

At this month's metropolitan meeting, he had a notice of motion heard calling on councillors to discuss the new planning application.

"The result of this is that the 27 submissions were, as Novas said, now 'null and



There have been calls for housing in the proposed Opera plan

void'. It's wrong that metropolitan councillors will not have the final say, I suggest we correct this by requesting a full meeting of the council to discuss this. My primary concern is the issue of in-

cluding social and residential houses there," he said.

However, meetings administrator Christy O'Connor told the northside councillor that the fresh application to An Bord

Pleanala – although several months away – will be brought to council meeting.

Despite this, Cllr Prendiville is still likely to seek a public meeting on the matter. He needs the support of four fellow members for this.

However, Cllr Daniel Butler, Fine Gael, said: "We do not need a full council meeting on this. The public have made their submissions. What the council has presented to us is a master-plan which may change."

Cllr John Gilligan, Independent, said while he would be supportive of his colleague's motion, he did not back housing in Opera.

"Just because it's a huge site does not mean there needs to be housing. There are no homes in Patrick Street, the Eastlink business park, the National Technology Park and the Crescent. They are designed for different things," he said.

Cllr Joe Leddin, Labour said: "It's unfortunate right as it comes to the end of the project, we are cut out."

## Personal dispute led to violent street encounter

TWO men who were involved in a number of violent incidents on the northside of the city have avoided immediate prison sentences, writes David Hurley.

David McCarthy, aged 25 and John Stanners-McCarthy, aged 20, both of Cliona Park Moyross, pleaded guilty to charges relating to two separate incidents which happened 18 months apart.

Limerick Circuit Court was told the first incident happened outside a house at Distillery View, Thomondgate on March 28, 2014, while the second happened at Cliona Park on September 22, 2015.

Judge Tom O'Donnell was told a personal dispute was at the centre of the incident at Distillery View which led to a verbal and physical altercation taking place.

A number of weapons were produced during the incident and a woman sustained a hand injury during the melee.

During the second incident, which happened at around 5pm on September 22, 2015, the defendants were part of a group

which approached a house in an aggressive fashion.

A stand-off followed during which the accused men can be seen on CCTV armed with a baseball bat and a hockey stick.

Both men made admissions when arrested a number of days later and the court was told there have been no further difficulties since.

Judge O'Donnell noted that John Stanners-McCarthy has no previous convictions and that he had acted out of a "misguided sense of loyalty" to his older brother.

David McCarthy, who has a number of previous convictions, has drug addiction issues but is looking to get on with the rest of his life.

The judge said there was an "element of mob rule" to what happened and he said he was concerned there was a feud in the background.

He sentenced John Stanners-McCarthy to two years and six years' imprisonment, suspending the sentence in its entirety.

David McCarthy received a similar sentence with the judge directing that he receive full credit for all of the time which he has served in custody since 2015.

## Munster stars take time out to wish Ben a Happy Birthday at Dreamland



MUNSTER rugby stars met six-year old Ben Reidy, this week to celebrate his birthday at Dreamland Fun Centre.

Ben, who is fighting a life-threatening illness, loves watching the team play on television and was thrilled to see Alex Wooton, Jaco Taute, Rhys Marshall, Sam Arnold and Jean Kleyn.

His mother Catriona contacted the Share A Dream Foundation, to organise a special event for his sixth birthday.

"For children fighting terrible life-threatening illnesses, Share a Dream move heaven and earth to make their fondest dreams come true," said Shay Kinsella of the Foundation.

In honour of his birthday, Dreamland closed to the public to give Ben along with his family and friends a birthday party they would re-

member for years to come.

The Share A Dream Foundation has a good relationship with the Munster team but they feared a visit from the players might not be possible as the party was due to take place during European Cup Week.

However to their delight, five members of the Munster squad arrived to wish Ben a happy birthday.

"We can't thank Munster Rugby enough for always being there and helping us bring a little magic into the lives of children who are fighting an uphill battle against terrible life threatening illnesses," Mr Kinsella said.

"The five lads were all wonderful ambassadors and are truly, caring young men who spent so much time with little Ben."

For more information, visit [www.shareadream.ie](http://www.shareadream.ie)



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## NEWS

# Man forced student to withdraw money from cash point

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**A YOUNG man has admitted falsely imprisoning a student and forcing him to withdraw a quantity of cash from an ATM near his home.**

When arraigned at Limerick Circuit Court, Jason Power, aged 20, of Collins Avenue, Ballinacurra Weston also pleaded guilty to a burglary charge relating to a break-in at College Court, Castletroy in the early hours of June 7, last.

Judge Tom O'Donnell was told a mobile phone and around €40 in cash were taken during the burglary which happened at around 1.40am.

Having considered the garda file relating to the incident, the Director of Public Prosecutions directed trial on indictment and the matter was sent forward for trial to the circuit court once a book of evidence was completed and a copy served on him.

After John O'Sullivan BL, instructed by state solicitor Padraig Mawe, indicated that Mr Power's guilty pleas were



Guilty plea: Jason Power

acceptable to the State, he said it was a case where the victim had been taken from his home to the ATM machine where he was forced to withdraw money.

Pat Whymys BL, instructed by solicitor Sabina Hegerty, said his client had entered an early plea and he submitted a probation report would be of benefit to the court.

Judge O'Donnell agreed and he directed that a report be prepared ahead of a sentencing hearing in February.

Mr Power, who has a number of previous convictions, faces a maximum possible sentence of life imprisonment.

Another person is before the courts charged in connection with the same offences.



The incident took place outside Fine Wines, Parnell Street, in 2014. Below, picture of man who suffered stabbing PICTURE: ADRIAN BUTLER

## Suspended jail sentence for man embroiled in violent fight in city

A MAN involved in a violent melee, in which an individual was stabbed in the face, has received a suspended sentence after entering an early guilty plea.

John Bardon, aged 30, who has an address of Cliona Park, Moyross, pleaded guilty to one charge of violent disorder relating to an incident outside Fine Wines off-licence on Parnell Street on March 16, 2014.

The accused appeared in court in December 2016 after being extradited from the UK on foot of an uncontested European Arrest Warrant on October 12, 2016.

During a sentencing hearing last year, Sergeant Brian O'Connor said the defendant was one of a number of men who were involved in a fight outside an



off licence at around 6.30pm.

He said while the four men initially exchanged verbal insults, the dispute quickly got physical culminating in another man being stabbed in his left cheek.

During related proceedings, Judge Tom O'Donnell was shown a photo-

graph of the victim's blood-stained face with the knife still protruding from his face.

Detective Garda O'Connor accepted that Mr Bardon, who fled to the UK following the incident, was not the main protagonist and did not stab the other man.

However, he said there was "clear evidence of violent disorder" on CCTV footage of the incident.

The court heard that Bardon had been working in the UK.

The court heard that the accused "expressed remorse" and that there "has been no trouble since 2014".

Judge Tom O'Donnell suspended a 16-month prison sentence "on the condition that he keeps the peace", and on his own bond of €100.

## Hospital faces bill of €2,400 for automatic doorway

UNIVERSITY Hospital Limerick faces a hefty bill of €2,400 to repair one of its automatic doors, which suffered water damage around a month ago.

Following the repairs, the UL Hospitals Group has plans to install a revolving door at its entrance, with a wheelchair-accessible side door.

Until then, patients, visitors and staff have continue to access the main reception area through an adjacent door.

A spokesperson for UL Hospitals Group said: "The

automatic door at the main entrance to UHL has been out of order for approximately four weeks.

"The failure of the operator resulted from a water ingress issue which has since been resolved. A replacement operator has been ordered and is due to arrive within two weeks. The cost of repairs is approximately €2,400."

He added: "The automatic entrance door is periodically disabled, particularly during times of inclement weather, in the interests of the comfort

of patients, visitors and staff in the main reception/coffee dock area."

The spokesperson said that its plans for a revolving door are "subject to a planning application and capital funding that has been applied for under the 2018 estimates process".

Reacting to UHL's faulty automatic door, Sinn Fein councillor Malachy McCreesh told the Chronicle:

"Based on the reasons outlined by hospital management as regards the inadequate effectiveness of

the current doors, the installation of the revolving door would appear to be the best option. The cost to repair the existing "operator" appears excessive so obtaining the planning permission and appropriate funding in the short term would be the better solution."

Cllr Malachy McCreesh is a member of the West Regional Health Forum.

Right: The faulty automatic door at University Hospital Limerick will cost approximately €2,400 to fix





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## NEWS

CASH: DEFENDANT IS ACCUSED OF THREATENING FEMALE WORKER AT CITY JEWELLERY STORE

# Robbery accused on Central Mental Hospital waiting list

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Twitter: @dhurley1

**A JUDGE has expressed concern that a man who is accused of robbing €200 from a jewellery store in the city remains in prison despite having been declared unfit to stand trial.**

It is alleged the 30-year-old defendant threatened a female member of staff with a large knife after he entered Seoidin, Thomas Street at around 11am on March 10, last.

During a hearing in October, Consultant Forensic Psychiatrist Anthony Kearns, who is attached to the Central Mental Hospital in Dublin, said he had examined the defendant a number of times after concerns were expressed about his mental health and his ability to enter a plea.

He said the accused man suffers from a Schizo defective disorder and that he also has an intellectual disability. He added he has an IQ which places him the lowest percentile in the country.

Dr Kearns told Mark Nicholas SC, defending, he found the defendant "to be very incoherent" and that he was not able to consider the charges "in any reasonable way" when he examined him.

The witness said he did not believe the defendant is



The defendant is charged in connection with a robbery Seoidin, Thomas Street on March 10, last

capable of instructing his legal advisers or of following court proceedings.

When asked by Mr Nicholas, Dr Kearns agreed the accused man's problems are 'chronic' and are com-

**I'm completely uncomfortable with the fact he is still in prison**  
Judge Tom O'Donnell

pounded by his use of illicit drugs.

He said he did not believe that detaining him at the Central Mental Hospital was an option as it would not be "an effective use of re-

sources".

However, during a review of the case, Judge Tom O'Donnell was told the defendant's clinical position has since deteriorated and that he has now been placed on a

waiting list to be admitted to the Central Mental Hospital.

Mr Nicholas said it's accepted by all parties that his client will require long term care in the appropriate setting and that he is likely to be admitted to the CMH early in the new year.

"Clearly everyone is moving in the right direction," he said adding that he may have to "take action" if there is any further delay.

Adjourning the matter to the new year, Judge Tom O'Donnell said he has enormous concerns,

"I'm completely uncomfortable with the fact that he is still in prison when he should be in hospital," he said.

The judge directed that an up-to-date report be prepared for the court ahead of the next date.

Previously, he was told the defendant's illnesses can be treated with regular medication but Dr Kearns said he did not believe he would attend any outpatient appointments to receive his medication.

While not disputing the medical evidence, John O'Sullivan BL prosecuting, pointed out that suffering from a mental disorder does not, in itself, preclude someone from going on trial.

The matter may proceed at a future date if the defendant's condition improves to such an extent that he is declared fit to stand trial.

## Funding still the issue amid new community centre calls

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

THE issue of funding will still need to be addressed if Garryowen is to get a long-awaited permanent community centre.

That's according to Council official Seamus O'Connor, responding to a motion from Solidarity councillor Paul Keller over the provision of a facility for one of

the largest estates in the city.

At present, the Garryowen Community Development Project (CDP) is based in a unit just off Mulgrave Street, originally slated for retail.

Nearing the end of a two-year lease, staff of the CDP - who provide a variety of services to the estate - expressed a desire to move into the area proper. At this month's metropolitan district meeting, Cllr Keller lodged a notice of motion calling for a report

from Council bosses in getting the "long-promised" facility for the area.

"The people of Garryowen have long been calling for their own community centre, similar to those in Moyross, St Munchin's, Kileely, South-hill and Queen of Peace. Lobbying from local politicians, councillors and the business community seems to have failed over the years. Fifty-five years since it was built, the community is still looking

for a proper, purpose-built local community centre," Cllr Keller said.

Over the years, efforts to open a centre at the Markets Brannigans Bar have come to nothing.

Fellow City East councillor Séighin Ó Ceallaigh, Sinn Féin, added: "Garryowen is an example of what we mentioned earlier, a big estate with no amenities. It is not much to ask for such a

huge housing development to have its own community centre."

Cllr Marian Hurley, Fine Gael, suggested the Alzheimer resource centre at Kilmurry Court move to St Joseph's Hospital and allow the community centre move in there.

But Fianna Fail councillor Kieran O'Hanlon said: "There is only one solution and that is to build on a greenfield site. It's not just Garryowen where

there are no community centres: you have Hilltop, Norwood, Rhebogues and Singland too."

Cllr Michael Sheahan, Fine Gael said: "In some areas of the county, the community centres are sitting idle, while the local population is fading away. It's a real contradiction in terms."

Mr O'Connor said the council has looked at a number of possible locations.

# Connolly group

# Happy Christmas

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OUR  
CUSTOMERS  
A HAPPY  
NEW YEAR

# SALE

STARTS 26TH  
DECEMBER 11.00AM

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## Chapps

## Connolly man

Patrick Street & Crescent SC,  
Limerick; O'Connell St, Clonmel

## Connolly formal

WEDDING & BLACK-TIE  
SPECIALISTS

Patrick Street, Limerick  
& O'Connell St, Clonmel

## Connolly collections

Crescent Shopping Centre,  
Limerick


## STITCH

極度乾燥(しなさい)  
**Superdry.**

Patrick Street, Limerick

## Outlet Store

Bedford Row &  
Crescent Shopping Centre,  
Limerick

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MUNSTER'S PREMIER MENSWEAR GROUP

**CRUELTY: DONKEY PUT IN CARE AFTER HEAD COLLAR INCIDENT**

# ISPCA seeking help over horrific injuries

**CHRONICLE REPORTER**  
e-mail: [news@limerickleader.ie](mailto:news@limerickleader.ie)  
Twitter: @limerick\_leader

**A DONKEY that had suffered horrific head injuries caused by a rope collar has been rescued in Limerick and removed into care.**

The animal was rescued from the Southill area of Limerick city by the ISPCA after a report was made to the National Animal Cruelty Helpline.

Irish Society for the Prevention of Cruelty to Animals (ISPCA) inspector Emma Carroll, who investigated the report, said the donkey's injuries were caused by a head collar which was "severely embedded on the donkey's nose, chin and poll area".

"The smell of infection from the donkey's face was so overpowering and he was visibly distressed. I immediately called for help and the donkey was removed into the care of the ISPCA Equine



Heartbreaking sight: The donkey was found to have a rope head collar severely embedded on its nose, chin and poll area

Rescue Centre where he received urgent veterinary treatment before being transported to the Donkey Sanctuary," said Insp Carroll.

Unfortunately the donkey was not micro-

chipped and the ISPCA is appealing to the public for information in relation to its origin.

"This is an injury caused by sheer neglect, lack of observation and care on an owner's behalf. There is ab-

solutely no excuse for the pain and suffering caused to this defenceless animal. It is paramount owners check the welfare of their animals daily. It is also a stark reminder why rope should never be used to make head-collars as they can cause horrific injuries," said Inspector Carroll.

The ISPCA inspector thanked the donkey sanctuary and the local people of Southill who assisted her in catching the animal.

If you suspect an animal is being cruelly treated, neglected or abused, or if you see something suspicious, please contact the ISPCA National Animal Cruelty Helpline in confidence on 1890 515 515.

## HAVE YOUR SAY

THE LETTERS PAGE OF THE LIMERICK LEADER'S WEEKEND EDITION IS A GREAT PLACE TO MAKE YOUR POINT TO A BIG LOCAL AUDIENCE

[letters@limerickleader.ie](mailto:letters@limerickleader.ie)

The Editor, Limerick Leader,  
54 O'Connell Street, Limerick

# Three facing jail for street attack on two brothers

THREE young men who attacked two brothers have been ordered to present themselves at Limerick Prison early in the new year after they each received lengthy prison sentences, writes David Hurley.

Terry Harris, aged 20, of Lord Edward Street; Dylan O'Leary, aged 20, of Upper Carey's Road and David Johnson, aged 26, of Upper Carey's Road pleaded guilty to robbery and violent disorder relating to an incident at Denmark Street at 4am on February 1, 2015.

Limerick Circuit Court was told one of the brothers was followed and "viciously assaulted" by a group of up to seven youths after he confronted them for emptying rubbish bins onto the footpath near the restaurant.

Judge Tom O'Donnell was told when the man's brother, who works as a taxi driver, intervened he was attacked and robbed of around €1,200 in cash and an iPhone 5.

One of the brothers sustained bruising as a result of being repeatedly kicked and punched while the second sustained cuts to his face.

The victims, who were

described in court as "extremely hard working citizens" were said to be traumatised following the incident as they could not understand why they had been targeted.

CCTV footage was obtained as part of the garda investigation and the defendants made admissions following their arrest.

Imposing sentence, Judge O'Donnell described as "sinister" footage which showed the men swapping their clothing after they fled the scene.

Describing what happened as an "unprovoked attack on two defenseless victims" he said the use of the violence, the randomness of what happened and the theft of property were all aggravating factors.

He said the defendants' admissions and guilty pleas and the positive contents of probation reports were mitigating factors along with their youth and genuine remorse.

He sentenced Johnson to three and-a-half years' imprisonment suspending the final 12 months. Harris and O'Leary each received three year sentences with the final 18 months suspended.

## Jeweller brings festive sparkle to city centre with Barnardos cabin for children

WITH the help of Matthew Stephens, the Limerick-owned three-level jeweller, Santa's Cabin has opened on O'Connell Street in the Urban Garden just in time for Christmas.

Elves Saoirse Hammond, Emma O'Reilly and Isobel Cox, pictured right, jointed Santa at the cabin which is in aid of Barnardos, Homemaker Fund in Limerick.

The cabin which is located just outside Penney's on O'Connell Street will provide an opportunity for children and families to experience the magic of Christmas and have a photo taken with Santa outside the cabin at no cost.

"We'd really welcome any donations that will go directly to the Barnardos Homemaker Childrens fund that will give back to those kids most in need in Limerick," said Matthew

Stephens' managing director Matthew Ryan.

Families also have the option of having a family photo taken with Santa inside the cabin, beside the Christmas tree and fireplace "but for this we'll be asking for donations starting from €10 in an effort to raise as much as possible," said Mr Ryan.

"The people of Limerick have been very good to us over the past 40 years. We wanted to give something back to city and to the people who have supported us over the years. We also hope that it will bring much joy and happiness to young and old and might be the first step of bringing a Christmas market to the city centre's Urban Garden,

"It has cost a small fortune but we hope that it adds to the festive buzz in the city over the coming weeks and that it brings lots of "oohh's and aahh's."



# Costcutter

Proud to be local



LAST MINUTE PICKS 21ST - 24TH



Christmas Treats

**HALF PRICE**

**ONLY €3.25**



Nestlé  
After Eight Carton 300g



**€5 EACH**

Coca Cola / Diet Coke  
330ml 12 Pack €1.26/ltr



**SAVE €10**

**ONLY €20**

**ONLY €35**

Bushmills Irish Whiskey 700ml €28.57/ltr,  
Hendrick's Gin 700ml €50/ltr



**WOW €4**

Nestlé  
Dairybox Carton 360g €11.11/kg



**2 FOR €10**

Fox's Fabulously Carton 600g €8.33/kg,  
McVitie's Victoria 600g €8.33/kg



**HALF PRICE**

**SAVE €8**

**ONLY €15**

**ONLY €13**

Fausto I 750ml €15/750ml  
Baileys Irish Cream 700ml €18.57/ltr



**2 FOR €3.50**

Doritos  
Chilli Heatwave / Cool Original / Tangy Cheese  
180g €9.72/kg



**€4 EACH**

Lyons  
Original / Gold Blend Tea Bags  
120's 348g €11.49/kg



**3 FOR €4**

Nestlé / Rowntrees  
Selected Range



**ONLY €4.50**

Warmflame  
Firebag 4kg €1/kg



**5 FOR €5**

Zip  
Starterlog 700g €1.43/kg



**ONLY €5**

Zip  
Firelighters 36's Twin Pack



**€8 EACH**

**SAVE €4.50**

Casillero del Diablo Sauvignon Blanc /  
Cabernet Sauvignon 750ml €8/750ml,  
Polloni VINO FRIZZANTE €8/750ml

# KEEP IT LOCAL

## RACECOURSE: MOST STYLISH LADY COMPETITION

# Sensational style on course

**SENSATIONAL style is on course for the Sunway Holidays Most Stylish Lady competition at Limerick Racecourse.**

Sunway Holidays returns as title sponsor for the fourth year for the Sunway Holidays Most Stylish Lady competition which takes place on Thursday December 28.

The Most Stylish Lady will walk away with a holiday for two people to the Algarve including flights, 7 nights in 3-star accommodation, transfers, 20g baggage per person and the services of a Sunway representative.

Second prize in the Sunway Holidays Most Stylish Ladies competition is a luxury overnight stay for two people in a Junior Suite in The Savoy Hotel Limerick to include dinner and a bottle of Veuve Cliquot Champagne. The Savoy Hotel is a luxurious 5-star boutique hotel ideally located in the heart of Lim-



Pictured at last year's competition were the top three finalists, third place, Mamie Hayes; first place Breda Butler and second place Grace Ryan

erick city. The Savoy is a destination for food lovers and drink connoisseurs alike: a choice of five stylish restaurants and bars offer something to suit all tastes.

Third prize is a €200 voucher for online accessory store Fab Fillies. Fab Fillies stocks a wonderful range of accessories suitable for special occasions, weddings, race days

and more.

The ten finalists of the competition will each receive a €50 voucher for stylish Phoenix V Boutique. Phoenix V is the ultimate destination boutique located in both Cork and Dublin and stocks a range of dresses to suit every event.

Judging this year's competition is Helen Murphy of popular blog Daily Diva Diary. Helen is a Cork based mother of four, a teacher and a part time model who loves fashion. Helen is no stranger to Ladies Days, winning several Best Dressed competitions including the coveted title in Galway in 2014.

All ladies are welcome to register for the competition on the day between 12:30pm and 2pm and they will have their image taken by the Ladies Day team and enjoy a complimentary glass of mulled wine."

General admission is €15 per person. Please visit [www.limerickraces.ie](http://www.limerickraces.ie) for more information.



Finline Furniture will host a three-day sale from January 5-7 with savings up to 70 percent off

## Finline Furniture is branching out

THIS year Finline Furniture broke the barrier of having exported its sofas and chairs to over 50 countries.

And the company with showrooms in Emo, County Laois say they have plenty of Limerick people calling to their facility.

In September they sent an order for furniture and chairs to a diplomats residence in Nigeria (Country 49) and in November they sent several items to Qatar for a Hotel Contract they are involved in to break the 50 barrier. However the company remains very focused on its local retail business which is an essential part of its continued success.

Sales Director Ciaran

Finane explained: "We have expanded our retail presence in Ireland so that people can come and buy directly from Finline at factory prices.

We opened showrooms in Cork in recent years and in the past year we have expanded our showrooms in Dublin and at our factory in Co. Laois.

All Finline Furniture Sofas & Chairs are made to order and can be bespoke produced so individuals can choose firmer or softer foams, higher or lower backs, sofas made to any size and in any of thousands of fabrics from their range.

In addition, we have recently completed a full rebuild of our website

finlinefurniture.ie. "Our online presence through our website and Social Media is an area we are very focused on in the coming year - explained Mr Finane.

Family owned Finline Furniture employs nearly 50 staff at their factory headquarters in Emo, Co Laois and are hoping for continued growth in 2018.

Mr Finane also announced dates to their annual three day factory sale at their premises in Emo, Co Laois.

This will take place on January 5-7. As always customers are advised to come early as the queues are usually huge particularly on the first morning of the sale.

## Win your furniture for free at EZ Living's biggest sale ever!

EZ Living Furniture's Biggest Ever Sale begins on St Stephen's Day at 11am in the City East Retail Park Store, 12pm in the Ballysimon Road Store, and online from Christmas Day.

With up to 60% off everything, it's an event which should not be missed.

Stylish sofas, beautiful beds and chic dining sets will be available at EZ living's lowest ever prices together with a stunning collection of home accessories. But that's not all!

When you make a purchase online or in store during the event, you could win your furniture or accessories for free in EZ Living's Golden Ticket competition! There will be weekly draws for up to €2,000 in each store until the end of January. The lucky winners will then be entered into a further weekly draw to win spectacular prizes including EZ Living Furniture vouchers worth up to €2,500!

In the Biggest Ever Sale, everything is reduced! Whether you are looking for a new mattress or to furnish your entire home, you will discover amazing deals throughout the



Week 5 €2,500 winner Anthony Fitzgerald

store and there's over €8,000 in prizes up for grabs.

Visit <http://www.ezlivingfurniture.ie/goldenticket> for more information and to see the Terms and Conditions for the competition.



## Traditional or exotic tastes catered for at O'Loughlin's

Mike O'Loughlin and staff looking sharp as one of their knives as the pose in traditional butcher's attire. Call into his shop on William Street for some great value for Christmas packages which will fully cover your meat needs this festive season. And if you have a taste for something more exotic than turkey or ham this Christmas, like wood pigeon, wild game or rabbit, then let Mike know and he'll sort you out

### Christmas Confessions Tue 19th, Wed. 20th and Thurs. 21st

Confessions in the Monastery from  
11am-12.30pm and from 3pm-5pm

### Friday 22nd and Saturday 23rd

Confessions in Church from  
10.30am-7.15pm

### Christmas Eve Mass December 24th

Mass at 8am, 12 noon and Candlelight  
Mass at 7.15pm. Carol Service at 11.30pm.  
Midnight Mass at 12am

### Christmas Day Mass December 25th

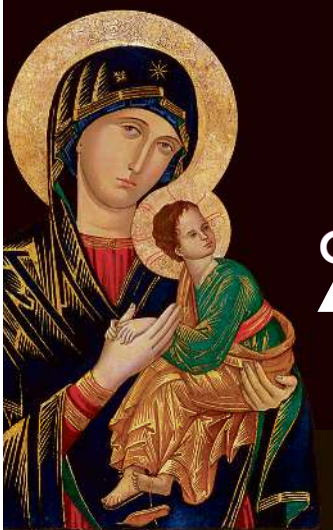
Mass at 8am, 10am, 12 noon. Church  
open until 9pm for visits to the Crib.

### December 26th-29th

Mass at 10am and 7.15pm  
Church open until 9pm for visits  
to the Crib

### Feast of the Epiphany, January 6th

Vigil Mass on Friday at 7.15pm  
Masses on Saturday at 8am,  
10am and 7.15pm



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**150** YEARS  
OF DEVOTION

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APPEAL**



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[redemptoristslimerick.ie](http://redemptoristslimerick.ie)

## LIMERICK LEADER

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check out our new **MOTORS** section.

[www.limerickleader.ie](http://www.limerickleader.ie)



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

# Christmas Cracker

## BOOGIE WONDERLAND

Returns to

# DOLANS

## Friday 22nd December 2017

Last chance to hear the Glory Days of Disco Music of

# Tropics and Fernando's

And the biggest Christmas Hits!

with DJ's

**Micky Mac** (ex 2FM)

**Nicky Woulfe**

**& JP Dillon** (95Fm)

Plus other special guests

**Tickets €10**

**Available from Venue**

Doors Open @ 9pm

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The Greatest Hits of All Time

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GREAT FOOD  
PRIVATE PARTIES  
LIVE GALS  
RESTAURANT AND LIVE MUSIC VENUE

**Radio 2**  
Number one in Ireland!



# The Guide

Limerick  
Chronicle



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

## TUESDAY, DECEMBER 19

### CINDERELLA

UCH, until Jan 7. €29/15

### THE ACOUSTIC CLUB

Charlie Malone's Bar, 9pm

## WEDNESDAY, DECEMBER 20

### OPEN MIC

Chez le Fab, 7pm

### TALOS

Dolan's Upstairs, 9pm. €15

### TRAD MUSIC

The Glen Tavern, 9pm

### OPEN MIC

The Old Quarter, 9pm

## THURSDAY, DECEMBER 21

### ANCÓR

St Mary's Cathedral, 8pm. €18/15

### RUSANGANO FAMILY

Dolan's Warehouse, 9pm. €20

## FRIDAY, DECEMBER 22

### BRAD PITT LIGHT ORCHESTRA

Dolan's Upstairs, 8pm. €12

### BOOGIE WONDERLAND

Dolan's Warehouse, 9pm. €10

### LOVELY LAURA AND BEN

### SANTIAGO

The Library, 10pm. €13

## SATURDAY, DECEMBER 23

### CROONING WITH LIAM O'BRIEN

Dolan's Warehouse, 7.30pm. €19

### STOP MAKING SENSE

Kasbah Social Club, 8pm. €15/12

### TROPICS VS DOC'S

Habitat, 10pm. €10

## SUNDAY, DECEMBER 24

### MUSICAL CHAIRS

The Old Quarter, 7pm

### TRAD MUSIC

Locke, nightly at 9pm, Sun-Thurs

## MONDAY, DECEMBER 25

## TUESDAY, DECEMBER 26

### THE OUTFIT

Dolan's Upstairs, 8pm. €10

### MONSTERS OF CRAIC

Dolan's Warehouse, 9pm. €12/10

## WEDNESDAY, DECEMBER 27

### RUBBERBANDITS

Dolan's Warehouse, 7pm. €22

### THE FLAG LISTENERS

Dolan's Upstairs, 8pm. €10

### LE GALAXIE

Dolan's Warehouse, 11pm. €15

## THURSDAY, DECEMBER 28

### ALADDIN

Lime Tree, until Jan 7. €19/17

### MICK FLANNERY

Dolan's Warehouse, 8pm. €25

### BITCH FALCON

Kasbah Social Club, 9pm. €10

### THESE CHARMING MEN

Dolan's Upstairs, 9pm. €10



# GIG OF THE WEEK

## Rusangano Family end 2017 on a high with a home city show at Dolan's Warehouse Thursday night

**RUSANGANO Family finish 2017 on a high with a home city show at Dolan's.**

The RTE Choice Music Prize winners round off a winter tour with a much-anticipated show in Dolan's Warehouse this Thursday night (doors 9pm, tickets €20).

This has been a year for the Limerick-based trio of God Knows, MynameisJohn and MuRli Bo, winning the Choice for debut album *Let the Dead Bury the Dead* and releasing follow-up singles and videos, while playing much-heralded gigs at Electric Picnic and abroad at Luminato Festival in Toronto and more. They are planning a return to the studio once the year ends.

The trio bring their high-energy show to Dolan's on Thursday with support from Jafaris. See [www.dolans.ie](http://www.dolans.ie) for more.

## Panto fun as Cinderella starts up

THE opening performance of this year's UCH Spar Panto Cinderella has taken place, writes Daniel Keating.

Starring Samantha Mumba, the cast and crew have been rehearsing overtime ahead of the panto's debut this week in the UCH.

Leanne Moore, who plays the Fairy Godmother, and said the show this year is "unbelievable."

Cinderella runs until January 7. See [www.uch.ie](http://www.uch.ie) and this weekend's Limerick Leader for a full preview of the show.



Panto fun: Samantha Mumba, the Wicked Stepmother, Hayley-Jo Murphy, Cinderella and Leanne Moore, the Fairy Godmother

## Fat Chancers: Karl and Bernard team-up

LIMERICK comedian Karl Spain has teamed up with Bernard O'Shea for a double dose of laughs on their first ever joint tour, *Fat Chancers*.

The duo will play two dates in Dolan's on January 26 and 27. And, not just keen to have fans rolling the aisles, the funnymen have thrown down the gauntlet to see who is the biggest loser - in weight that is - after challenging each other to a slimming contest

over the tour.

Expect plenty of references to fasting, snacking and even colonic irrigation.

Karl Spain said, tongue stuck firmly in cheek, "Don't expect massive weight loss or body transformations or Bernard being funny".

Expect plenty of banter as the duo both share the stage, as well as perform their own routines.

See [www.dolans.ie](http://www.dolans.ie) for more details.

## ENTERTAINMENT

# Stars to Step into Thomond

MARIA FLANNERY

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

THEY represent one of Britain's most successful pop comebacks, and Steps are now preparing to take Thomond Park by storm when they visit next summer.

The dance-pop group — who famously had their first hit with the techno line dance track 5, 6, 7, 8 — formed in 1997, and enjoyed huge success until they split in 2001.

Reuniting briefly for an arena tour and appearances in 2012, the band got together again this year, and are currently on a tour with a new album.

## FREE TICKETS!

The Limerick Chronicle has six pairs of Golden Circle tickets to giveaway (valued at €72.50 each) to the Steps concert in Thomond Park in July of next year. To win, email competitions@limerick-leader.ie with 'Steps giveaway' in the subject line, include your full contact details and the answer to the following question: 'What year did Steps first form as a group?'

But in 2018, their Summer of Steps tour looks set to be their biggest production since their first reunion, and they will perform a highly anticipated set at the Limerick rugby stadium on July 6.

"I'm quite excited to come to Limerick, it seems like it's going to be a really amazing show — especially as you've not had one for a while in

Thomond Park — so that's exciting," said Claire Richards, one of the five in the group.

Speaking to the Limerick Leader, Claire said that they are hoping to be afforded some time to relax in the city when they visit.

"Back in the day, we were always fly in, fly out. It was always very quick and you would see the inside of a hotel room and nothing else. So we do like to try and spend a bit of time everywhere we go, and hopefully we can in Limerick."

It wouldn't be Steps without the glamorous matching outfits and lively dance routines — and fans will be pleased to know that next summer will be bigger and better than ever before.

"It will be very glitzy and it will be very visual. We've always been quite a visual act.



Steps are bringing their Grandslam: Summer of Steps tour to Limerick, accompanied by Aqua and Blue

It'll be interesting, because we did do some outdoor shows last time, but we kept it very minimal, just the five of us and some light-up mic stands. But this time we are going to throw quite a lot at it, and it's going to definitely be way more of a production. It'll be one to keep people on their feet," teased the singer.

"We are keeping up the dancing, and we're still trying to make sure that there's at least something, a little hook, that the audience can join in with.

"We've found it quite a challenge moving away from the headsets, which we are not using anymore, so we can't be quite as free with our

movement as we were before. But everything is completely live and we are all on hand-held mics. We are making it work with one hand!" she said.

Tickets for Steps, with Aqua and Blue, are now on sale from Thomond Park ticket office on 061-421103 or Ticketmaster.ie.

# DOLANS

RESTAURANT & LIVE MUSIC VENUE | 3-4 DOCK ROAD, LIMERICK  
LIVE TRADITIONAL IRISH MUSIC 7 NIGHTS A WEEK!



SEODA SHOWS

**Talos**

UPSTAIRS DOLANS  
WED DECEMBER 20<sup>TH</sup> 2017

TICKETS €15 FROM DOLANS.IE & TICKETMASTER  
DOORS 9PM | OVER 18s ONLY | F / SEODASHOWS

SEODA SHOWS

**RUSANGANO FAMILY**

PLUS GUEST JAFARIS

DOLANS WAREHOUSE  
THU DECEMBER 21<sup>ST</sup> 2017

TICKETS €20 FROM DOLANS.IE & TICKETMASTER  
DOORS 9PM | OVER 18s ONLY | F / SEODASHOWS

DOLANS PRESENTS

DANCING CINEMA & ENCORETH PRESENT

**STOP MAKING SENSE**

TALKING HEADS  
SPECIAL LATE-NIGHT SCREENING AND AFTERPARTY  
WITH DJS JOHNNY MOY AND THOMAS TASTE

KASBAH SOCIAL CLUB  
3-4 DOCK ROAD, LIMERICK

SAT DECEMBER 23<sup>RD</sup> 2017

TICKETS €10 FROM DOLANS.IE & TICKETMASTER  
DOORS 9PM | OVER 18s ONLY | D, REQUIRED | R.O.A.R.  
061 314483 | Find us on F / T / S

BAD REPUTATION PRESENTS

**MONSTERS OF CRAIG**  
-CHRISTMAS 2017-

A TRIBUTE TO GUNS N' ROSES

A SHOW BY BLACK SABBATH  
**CRAIG SABBATH**

DOUBLE HEADLINER SHOW

26<sup>TH</sup> DECEMBER 2017  
St. Stephen's Night  
DOLANS WAREHOUSE | LIMERICK  
Doors: 9pm | Adm: €12\*  
\*Advance Tickets: €10 from www.dolans.ie  
www.siegeoflimerick.net

DOLANS PRESENTS

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# 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, GLEN TAVERN, SMYTH'S & TED'S



Andrew Bennett, Conor McNamara and Benny McNamara at Mother Mac's ALL PICTURES BY DAVE GAYNOR



Gary Ingles and Chris Curtin at The Glen Tavern



Tom Carberry and Carol-Ann Murray at Ted's Bar



Ciara Cullen and Annmarie Bambrick at Ted's Bar



Lou Galvin and Steph Lace at Ted's Bar



Rachel Kidd and Paul Drohan at Ted's Bar



Amy Blue and Lynda Burns at Smyth's Bar



Eva Perez, Michaela Rohrerova and Mayka Jovells at The Glen Tavern



Emma Kavanagh, Joanne Fenton and Saorla Kelly at Smyth's Bar



Eileen Russell, Diane O'Donoghue and Ailbhe Cassidy at Ted's Bar



Laura Loughnane, Aoife Doyle and Rory Foran at Smyth's Bar



Dave Gilligan, Clare Butler, Niall Keely and Niamh Keely at Mother Mac's



Shauna Francis, Mairead Clancy, Deniese Forde and Lindsey Galloway at Smyth's Bar

# MEGHANN MIX



with  
**Meghann  
Scully**



**CONTACT MEGHANN**

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## Marathon broadcast signs off

**L**AST Thursday we completed a 28 Breakfast Show in Aid of Focus Ireland. It was incredibly difficult but also rewarding. Certainly the biggest challenge in my career to date but it was all to raise funds for homeless people and those in sheltered accommodation. In Ireland roughly 3,000 children are homeless which is harrowing.

After hours and hours of broadcasting non stop and plugging the message about homelessness and the funds needed we managed to raise over €11,000. The support was phenomenal.

Reflecting on the entire event which took weeks of planning and organisation put in by a team of people, it

presented challenges, highs and lows.

### HIGHLIGHTS

We were lucky to have some great guests join us. We kicked off the show with The 2 Johnnies - a comedic duo who are releasing music about everything from GAA to Coppers nightclub. They were the perfect starter to a jam packed day and night. We got to chat with The Coronas, Kodaline and our very own Hermitage Green came in to perform some music which was the perfect treat.

We had some great chats with Limerick locals Sinead O'Brien, Willie O'Dea and Munster legends Keith Wood and Doug Howlett. The support we received from local businesses was incredible and a special mention to Julie



Spin's Fully Charged show, with presenters Meghann Scully and Ed Roche, broadcasted for 28 hours from the Bank of Ireland in aid of Focus Ireland

Kilmartin who was so generous and even died her hair pink for the cause.

I myself was set a challenge to reach a certain target in a short space of time and we hit it so I got a tattoo live on air from Buddy in Living Art Tattoo.

### HARDEST MOMENTS

How We Stayed Awake: It's safe to say that coffee was my best friend during that entire episode but I did find some

other effective methods as coffee can be quite hard on the tummy.

### HYDRATION IS KEY

We were sent some gorgeous food throughout the day and being so tired a lot of treats were also had but the most important thing was to drink plenty of water to stay hydrated. I constantly had a bottle of water by my side. Herbal Tea was also comforting.

### FOCUS IRELAND

The most important part of this entire campaign was the charity and the reason we were staying awake for 28 hours. We had people from Focus Ireland come in to chat to us about the work that they do. Hearing stories of how they helped peoples lives and got them homes was so inspiring and emotional. Homelessness is a serious problem right now. From

people sleeping rough to losing homes and living in small cramped rooms, it's frightening.

The entire event made me appreciate how lucky I am to have a place to call home and how we take the little things in life for granted. I know Christmas can be an expensive time of year but to support those less fortunate is something that needs to be taken into serious consideration.

## PICK 'N' MIX

### The new party spot in town

**AMBER**  
A new nightclub has opened in Limerick. It is below House on Howley's Quay. It's stunning looking and will offer something new to party goers.



### Mid-winter treat

**GINGER BEER**  
I picked up a bottle in the health shop recently. It's quite strong in terms of ginger but it's refreshing and also warming on these cold days and nights.



### Can't wait...

#### CHRISTMAS WEEK

IT'S hard to believe that Christmas is upon us and before we know it the table will be set for dinner. Wishing everyone a wonderful, safe and healthy holiday and an exciting 2018.

## THE BATTLE AT WELFORD ROAD

**MUNSTER** travelled to the UK to take on Leicester Tigers in the Champions Cup. Prior to the game the lads were under no illusion that the Tigers would be seeking revenge for the loss in Thomond Park but it seemed the Red Army were ready for battle and won on a scoreline of 25-16. Not only was it a thrilling win but the first time in eleven years that a Munster team won in Welford Road.

On top of that, the news broke this week that captain Peter O'Mahoney will be staying in the red jersey as he signed a new contract with the IRFU on top of winning Man of the Match. Now



Man of the match Peter O'Mahoney celebrates after a well-deserved win over Leicester Tigers on Sunday

we need to get CJ Stander signed up. St. Stephens Day is the next big clash as Mun-

ster host Leinster in Thomond Park. It's a 3.15pm kick off so the perfect family day out.

# Chronicle **Fashion** Fitness & Health

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

## BRIDES-TO-BE: 'UL' LOVE OUR EXPO



THE ANNUAL MID-WEST BRIDAL EXHIBITION RETURNS TO THE UL ARENA IN JANUARY **NEXT PAGES**

Bridal bliss: At the Mid-West Bridal Expo launch were Claudia Daly wearing a design from The Attic Bridalwear, Celia Holman Lee, Orla Shiel wearing a de Stafford creation and Ciara O'Halloran, also wearing de Stafford Picture: Alan Place

## FASHION, FITNESS &amp; HEALTH

## STYLE AND FASHION



with Celia  
Holman Lee



Ciara O'Halloran models a show-stopping design from Virginia's Bridal. PICTURES: ALAN PLACE

# Kick off new year with bridal extravaganza

**F**ROM the traditional tulle, chiffon and lace to the new trend in the bridal scene, georgette, all the favourite fabrics of choice from the top bridal boutiques will feature at The Midwest Bridal Exhibition 2018.

The event which will take place on January 13 and 14, in The University of Lim-

erick Sports Arena exhibition hall was launched in the magnificent setting of The East Room at Plassey House - an ideal backdrop to showcase the wedding dresses.

The style forecast for brides for 2018 is either long fishtail style in fabrics of crepe de chine with lace over nude lining and scooped back, or the other

dominant style is full tulle skirt with lace and sequin bodice.

The bridesmaid garments were either a two-piece or lots of detail on the dress. Across the board the cathedral full length veil was showcased extensively.

For further details on The Midwest Bridal Exhibition check out my Facebook page Celia Holman Lee.



Sarah Cregan wearing a stunning fairytale design from The Bridal Emporium



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

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Claudia Daly poses in a figure-hugging design from The Attic Bridalwear Boutique



Oral Shiel wears a beautiful design and veil from Lilac Rose. Check out our wedding showcase in UL in the middle of next month



Sarah Cregan wears a dress fit for a Goddess from Chantilly Lace

# Bit of a Do

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# MAN ABOUT TOWN

with Patrick  
McLoughney

## Classics that should be in every man's winter wardrobe

**P**ARTIAL as I am to this season's trending pieces, if you haven't purchased any of them by now, it's a day late and a dollar short.

Especially when you consider that the menswear world will likely have found another noble pastime to siphon from by the time next winter rolls around.

But what if I told you there are a handful of buy-now, wear-forever pieces that clinch the cost-per-wear ratio and provide a future-proof foundation for just about any look, no matter when you buy them?

That's what I'm about to do (right before the sales start), with a guide to the classic pieces no foolproof wardrobe is complete without.

### A WOOL OVERCOAT

When the mercury dips, the savvy dresser's first thought should be whether he is equipped with a winter coat in which he can look good, even when the weather's not. An overcoat is the most versatile option, striking a balance between form and function whether on- or off-duty. Manmade fabrics don't fare well in the rain so plump for 100 per cent wool, which can absorb 35 per cent of its own weight in moisture without feeling wet. If monsoon season pushes it past that point, leave the coat to dry naturally overnight.



After a few seasons of misuse at the hands (and heads) of baggy-hatted heathens, the beanie is back

And consider investing in an umbrella.

### A LEATHER JACKET

There's a reason this skin

is 'in' every winter, mainly because of its ability to keep its wearers dry, warm and looking unashamedly masculine. With the seventies trend

going strong in club menswear, the most handsome styles also come packing shearling linings for added ballast. However, don't

**Your everyday socks just aren't going to cut it in winter because when lightweight materials like cotton get wet, whether through sweat or an unspotted puddle**

rely on hand-me-downs to get the look; vintage leather jackets are cut boxy, rather than in the sleek fits that allow them to pair just as well with a shirt and trousers as they do jeans and wet-weather boots.

### A WOOL BLAZER

When it comes to suiting up for the season of slush, one fabric reigns supreme: wool. Capable of keeping you warm while looking cool, unlined examples at the lighter end of the weight scale are also breathable enough for year-round wear. In addition, much like flannel and tweed, wool is known for possessing a much duller sheen when compared to other materials, making it ideal for dressing down while still being suitable for a spectrum of smart occasions.

### HEAVY KNITWEAR

Lightweight knits are an excellent way to layer up during the transitional

months, but when days get colder than the other side of the pillow, upgrade your arsenal to heavier gauge pieces. A waffle or cable knit jumper will provide added ballast against the elements and inject some seasonally-appropriate texture into your looks, while a thick shawl collar cardigan can make for a stylish alternative to a blazer over a shirt and tie.

### A ROLL NECK

Given the choice, few guys would pick knotting themselves into a suit over a cosy piece of knitwear, making the return of the roll neck as a viable alternative to a shirt and tie welcome news. Your rotation should include slim-fit versions in fine fabrics like merino and modal (the latter prized for its resistance to piling), as well as chunky takes that can be worn with a peacoat or rain slicker, to trawl the fisherman aesthetic.

### DARK DENIM

Winter is often a dark affair, so your jeans should match. White styles had their time in the sun (quite literally), but deep indigo and black shades pair best with bruised skies. Selvedge denim is hard-wearing and (so long as your jeans are cut slim, and you've ignored the trend for torn knees) works just as well with a double-breasted blazer as a crew neck sweatshirt.

## LOOK OF THE WEEK

### Jack and Jones Limerick

My look of the week is from one of my favourite local stores, The Jack and Jones store in The Crescent Shopping Centre. While I might look a little sinister here, I really like this casual outfit from the Jack and Jones Core line. The knit costs just €29.95, my jacket costs €49.95, my jeans cost €49.95, my trainers cost €59.99 and my beanie retails for €12.95. The Jack and Jones store in the Crescent is the only Jack and Jones store in Limerick so call into Chris and the team and check out their amazing range. Photo by Paudie Bourke.



## FRAGRANCE OF THE WEEK

### Jimmy Choo Man

My fragrance of the week is Jimmy Choo MAN, the first fragrance for men from Jimmy Choo. This fragrance was created by the famous shoe designer Jimmy Choo (ask your significant other) and released in 2014. This is a confident masculine fruity blend (nothing wimpy or feminine about this one) that's full of life, personality and never over done. The effervescent signature scent

combines distinctive materials: seductive lavender and fresh honeydew melon blend with pink pepper and pineapple leaf, while an elegant trail of patchouli leaves a lasting imprint. Jimmy Choo MAN Eau de Toilette is a powerfully fresh and modern fougere fragrance, created for a confident and refined man with a rebellious spirit. You'll find it in BT for around €120.



# FASHION, FITNESS & HEALTH

## CONTACT PATRICK

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### WOOL SOCKS

Feet need layers, too, and even the best boots sometimes aren't enough to keep them warm. Your everyday socks just aren't going to cut it in winter because when lightweight materials like cotton get wet, whether through sweat or an unspotted puddle, they lose their ability to insulate.

Invest instead in a selection of thick-gauge socks in neutral colours and finished with ribbing for added texture and robustness that allows them to keep the heat in and the elements out.

### A SCARF

Some guys have an aversion to scarves, considering them a less-than-manly accessory. That's not an opinion shared by WWI fighter pilots, who used the simple but effective strip of fabric to fight frostbite in the cockpit. Those smart enough to appreciate the warming properties of wool or cashmere will also know that a scarf can be tied in multiple ways depending on the desired effect, and versions in brighter shades such as camel, mustard or khaki, or those that sport a pattern, can be used to elevate the most pared-back of winter outfits.

### SMART BOOTS

Harsh conditions can strike sporadically any time from around September, so a pair of smart, sturdy winter boots should always be on hand. But it's when winter



The roll neck is making a welcome return

hits in full force that a step up is needed. Vitali Bramani invented Vibram soles after six of his companions died on a mountain climb in 1935 due to inadequate footwear. While it's unlikely you're readying for an expedition to anywhere other than the office or the pub, a durable boot with a dense rubber Vibram, danite or commando sole can ensure that neither you nor your winter style takes a tumble.

### LEATHER GLOVES

No one wants to shake cracked hands. Put a (warm) middle finger up to the elements and keep your mitts happy with a pair of leather gloves. Black is a touch Gestapo officer so opt for a

more versatile choice in a dark brown leather or suede. Look for a pair lined with either cashmere or fleece for an added touch of luxury and comfort.

### A BEANIE

After a few seasons of misuse at the hands (and heads) of baggy-hatted heathens, the beanie is back. And it's all grown up. Opt for classic ribbed versions in easy to wear colours like black, grey or burgundy before attempting more adventurous shades. Materials like cashmere and wool will offer the greatest insulation and above all else, wear it fully on your head. It's not a hairband.

## AND FINALLY

### NEW Q10 Plus C Energy range from NIVEA

Thank you to Nivea Ireland for sending me some new skincare products to review. Busy lives wreak havoc on our skin, especially at this time of year. Early mornings at work, late nights with friends and everything in between - result in a dull and tired complexion. Now, you can supercharge their skin with NIVEA's new Q10 plus C Energy range. A highly effective formula, with powerful Q10 and Vitamin C ingredients gives skin a fresh, natural boost, leaving behind a visibly smoother, more radiant complexion. The range contains three new expert products to supercharge your whole skin care regime. It acts against ex-



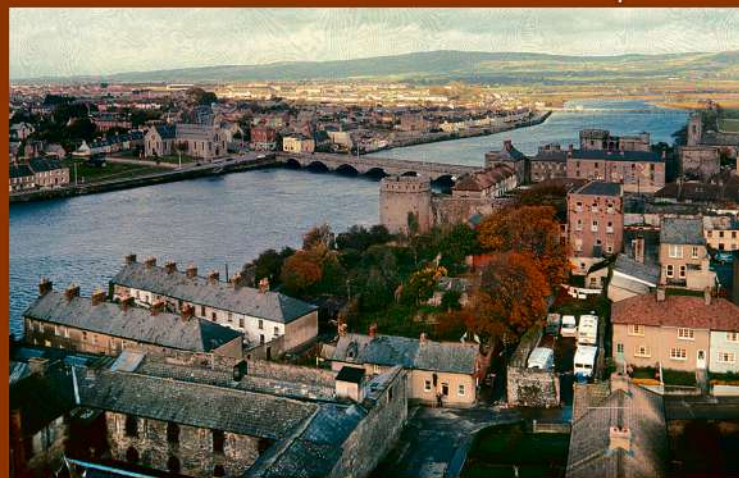
cess overnight, leaving skin looking healthy, smooth and energised in the morning. Then we have the Q10 PLUS C anti-wrinkle and energy day care cream. This hydrating, comforting and luxurious moisturiser enhances the skin's natural radiance with Vitamin C while protecting it from damaging UV rays with SPF 15. Finally there's the Q10 PLUS C anti-wrinkle energy eye cream, which instantly revives and brightens tired eyes. It features a highly concentrated Coenzyme Q10 and pure Vitamin C formula that works to condition, smooth out and soften the appearance of fine lines and wrinkles around the delicate eye area.

# ON SALE NOW

## Limerick

- a Stroll Down Memory Lane

### Limerick - a Stroll Down Memory Lane



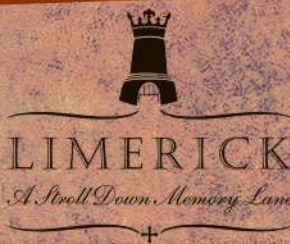
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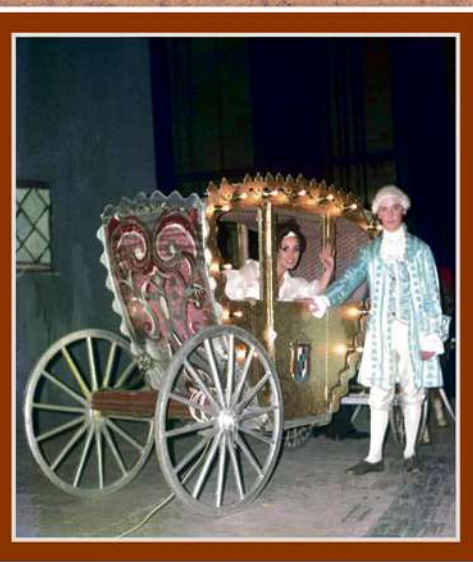
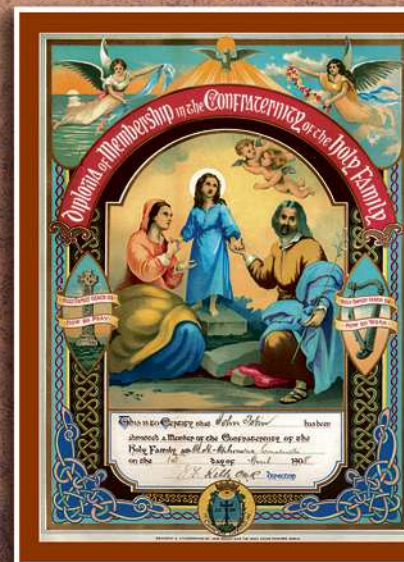
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## THROUGH THE YEARS

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# POSITIVE PARENTING



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## Positive parenting over Christmas and New Year

**W**e can all appreciate the joys of Christmas, but we can also envision the stresses that come with the season.

During the Christmas holidays, it is easy to get caught up in the demands and expectations that our family can put on us as parents.

We may maintain traditions from our own family, but it's also nice to create new traditions and customs with our children with their input - perhaps a particular movie on Christmas Eve or the goodies that are left for the all-important visitor.

It is important to remember that Christmas is a time to unwind not to get wound up. In the run up to Christmas and over the holi-

days it is important to bear in mind how we approach spending all this extra time with our loved ones. Christmas can be a time of year where we really practice our negotiation and reconciliation skills, but preparation is key.

■ Remember to stay calm, "Press the Pause Button" when arguments brew between siblings and try pre-empting and defusing situations before they escalate. The television remote control can be a source of much arguing so perhaps set some ground rules around argument "hot spots" such as this.

■ Budget and plan your holidays. Involve the whole family in planning family

outings and check out [christmas.limerick.ie](http://christmas.limerick.ie) for free/low cost family events. Look for support from your family and friends and plan visits and activities that could alleviate some of pressures and stresses of parenting over the holidays.

■ While it's lovely to have a duvet day and watch the Christmas classics back to back, try to get out-and-about for fresh air and long walks. Everyone will feel better for it! Parents unwind, children burn off energy and everyone sleeps better. Offer choices to children as to where they would like to go and how they would like to spend their time.

■ Christmas is always a time of indulgence but remember "everything in moderation" when it comes to our food and sugar intake, especially with our little ones. Tummy aches are not desirable by anyone! Be sure to make yourself aware of the opening dates and times of your local GP and have the contact number for the out of hours services at hand over the festive period. It's also good to know which chemist is open.

■ While it is nice to leave the kids extend their bedtime, be mindful of the importance of keeping to routine.

As the song goes, "it's the most wonderful time of the year" so above all; enjoy.

### Top Tips - For the January declutter

After festive fun and over-indulgence, January inevitably brings the need to restore order. Santa presents add to the every-growing clutter in the house and so the clean-out begins with gusto. A few things to bear in mind as you begin the toy cull:

- Make your child part of the process: While they generally don't want to part with anything, teach them negotiation skills. 'For every five things I have ready for the charity bag, you can keep two' can work wonders.
- Distinguish between memories and 'stuff': Keeping the fluffy bunny that came home from the hospital with your baby is perfectly reasonable but the other 23 cuddly toys are just clutter under your 10 year-old's bed.
- Share books: Maybe start book-swapping with neighbours, Baby and Toddler groups etc. What your child has grown out of may just be the point another small reader is reaching.
- Bring your child to the charity shop with you: Let them see where their old things are going and talk a little about why it's important to help others where we can.
- Remember the three pile rule: One for the bin - when something is beyond repair, one for donation and one for 'maybe'. Give your child (limited!) time to think about whether they are ready to part with a particular toy.



with EVA HILL HAMILTON

# HEALTHYLIVING

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facebook: [HealingWithWholeFoods](https://www.facebook.com/HealingWithWholeFoods)

## How to survive holiday season

**C**HRISTMAS is the most wonderful time of the year, or is it the most challenging? My work centres around helping people getting the most out of their diets to help chronic inflammatory conditions, and the indulgence that comes with the festivities can make people suffer. If we are not careful, this little indulgence can end up in an all-out binge, followed by negative feelings and emotional eating.

Even the healthiest of people can end up fatigued after the holiday season, not to mention piling up the pounds. So here are few tips how to eat well the next few weeks.

First of all, you need the right attitude. It is Christmas after all, and you want to feel

relaxed and enjoy the wonderful treats. It is not about iron-clad willpower and saying no to everything – what kind of celebration would that be?! This has been proven to be counterproductive in terms of healthy weight and wellness. We cannot rely on willpower alone. Instead, we can practice ‘healthy habits’ outlined here. It’s only when we are in this positive space, that we can choose well and enjoy ourselves.

Make sure to plan ahead. Fail to prepare, prepare to fail! Make a list of all the parties and family get-togethers, social gatherings – plan out what time they will be and do not arrive hungry, especially when there is alcohol involved. The more under the influence you are, the easier it is to overindulge.



'Tis the season for excess: Enjoy but keep sweets out of sight

Stick to your regular meal-times as much as possible.

Start every day – as always, with a good hearty breakfast. If you don't eat it in the morning, it will come haunt you in the afternoon or evening – in the form of cravings. Make sure to get a good

portion of protein for breakfast; eggs being the best source. Carry a small bag of mixed nuts in your bag, and if you end up having to wait longer for food than anticipated, have a handful to tie you over.

Think vegetables first!

Christmas meals can be especially filling and heavy with carbohydrate overload. Fill half your plate with vegetables which are easy to digest and nourishing, quarter should be your fish, quarter left for starches – that is stuffing and potatoes, breads, etc. This way you can enjoy it all without getting stuffed.

Keep desserts small and always after a main meal to keep your blood sugar levels balanced. It is easy to keep reaching for the chocolate bon-bons every time you pass the counter, which will end up sending your blood sugars to a roller coaster, causing cravings, fatigue, irritability and disturbed sleep. So, put the sweets out of sight! It would be best to make your own treats of course – blend dried fruits with nuts and coconut oil, form bite-sized

balls and coat them in ground nuts or desiccated coconut. Make chocolate mousse out of dates, avocado and cacao and serve with a dollop of organic whipped cream.

Enjoy alcohol sensibly – says the slogan, and I couldn't agree more. Finish your glass completely before allowing re-fills. Have a glass of water between alcoholic beverages and make sure to get plenty of food in your belly before drinking. Take a Milk-Thistle complex tablet before, after and the morning after a party to support your liver.

Finally, whatever you plan, don't allow to have your calendar completely full for the next couple of weeks. Allow plenty of time for relaxation and enjoy quality time with your loved ones. I wish you and yours a blessed and healthy Christmas!

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# The power of one

## The Autonomy Project looks to harness the power of youth

**A** NEW music project has been launched in Limerick which will harness the power and the resurgence of activism within young people.

The Autonomy Project is a bold and exciting initiative that focuses on a global resurgence in art and Youth activism, providing a platform to explore how we can express individual autonomy in our society. This project proposes to provide a platform to the young people of Limerick to explore, through art, how they can express themselves across a range of issues such as identity, gender orientation, social justice and voice.

It is funded by an Arts Council Invitation to Collaboration Award and run by Lisa McLoughlin, a dance artist and academic, who says, "art can be a powerful political tool and perhaps generate social change. Focusing on a global resurgence in art and youth activism, The Autonomy Project will bring together the work of internationally recognised artists, Limerick based youth groups and academics to explore the theme of autonomy across a wide spectrum of voices or perspectives. At its centre, Phase One of this project proposes to ask the young artists of Limerick: what do you want to change and how?"

Sheila Deegan, Limerick City and County Council's Culture and Arts Officer explained: "The Taoiseach launched Creative Youth - A Plan to Enable the Creative Potential of Every Child and Young Person. Limerick is leading the way with the Autonomy Project in delivering these strategic objectives and recognises that young people are the curators of their own lived experience, navigating the daily realities of life in a way which is both unique and familiar to them."

Phase One of The Autonomy Project will be delivered in partnership with organisations such as Limerick Youth Theatre, Dance Limerick, The Irish World

**Limerick is leading the way with the Autonomy Project in delivering these strategic objectives and recognises that young people are the curators of their own lived experience**

-Sheila Deegan,  
 Culture and Arts Officer

Academy of Music and Dance, Music Generation and GOSHH with a performance at Limerick Fringe in April 2018.

An international symposium with contributors on art and autonomy will also take place in April at the University of Limerick, led by Dr Niamh Nic Ghabhann.

For more information please contact Lisa McLoughlin at lisamcclkenney@gmail.com or call 087 6376929.

### Christmas Clean Up of Limerick's cemeteries

Over 40 staff from Limerick Civic Trust have undertaken a giant clean-up of five Limerick cemeteries in advance of the Christmas period. Mount St Laurence, Mount St Oliver, St Patrick's, St John's and St Michael's have been cleared of rubbish, leaves and debris in preparation for the increase of visitors at Christmas time.

The clean-up is part of ongoing maintenance work by Limerick Civic Trust at the various cemeteries throughout the year with the support of Limerick City & County Council. This work also involves the restoration and repair of headstones as well as attending to hundreds of graves in Mount Saint Lawrence.

David O'Brien, CEO, Limerick Civic Trust said: "So far this year our CE Scheme workers have spent over 50,000 improving and making places more attractive. The maintenance of



At the launch of the Autonomy Project - Paul Langan, Angie Smalis, Limerick Youth Centre, Rg Allen, Boris Hunka, Music Generation, (back row) Rachel Newland, GOSHH, Deputy Metropolitan Mayor Frankie Daly, Jenny Roche, Irish World Academy (middle row), County Council's Culture and Arts Officer Sheila Deegan, Pippa Little, Arts Office, Limerick City and County Council and Dancer Lisa McLaughlin. (front row)

PICTURE: SEAN CURTIN/TRUE MEDIA



Pictured at the Network Ireland Limerick Christmas event at House Limerick - Committee members Louise Lawlor, Blink Design, Edwina Gore, Gore Communications, Catriona O'Donoghue, Get West/Escape Limerick, Gillian Horan, The Pudding, Petrina Hayes Savoy/George Hotel, Rachel Walsh, Discover Digital Ireland and Lisa Coughlan, Core Optimisation  
 PICTURE: ALEX RICOLLER/ILOVELIMERICK

14 graveyards across Limerick is central to this. I would like to thank the team for all their hard work, the supervisors for organising the days and the Limerick City & County Council for their support. These giant clean-up days make a big difference and are much appreciated by the families visiting."

### Network Ireland Limerick - sisters are doing it for themselves!

Members of Network Ireland Limerick, the forum for women in business, the professions and the Arts, celebrated a very successful year for the Network at a

Christmas Social at House Limerick recently.

Network Ireland Limerick has grown from strength to strength in the last three years and now boasts over 50 members from across the region.

Network Ireland Limerick provides a forum where women in business, the pro-

fessions and the Arts can exchange business ideas and increase their business contacts. It encourages women to achieve more satisfying careers and promotes women as worthy contributors to the Irish economy.

Network Ireland Limerick holds monthly networking meetings where a guest speaker is invited to educate, inform and entertain on topics of interest to women. During the year the Network attracted some distinguished speakers to present at their events including: World Rugby Referee of the Year Joy Neville, Chair of Policing Authority Josephine Feehily and Leanne Moore, fitness blogger and owner of Go Gym Limerick. See [www.networkireland.ie](http://www.networkireland.ie).

Edwina Gore, president of Network Ireland Limerick, said, "Membership has grown because more and more professional women are beginning to appreciate and value the relationships

To see lots of great Limerick videos, look under the 'Media' section in our website, [www.ILoveLimerick.com](http://www.ILoveLimerick.com)



Pictured at Mount Saint Lawrence Cemetery for the Limerick Civic Trust Cleanup, Limerick Civic Trust staff with David O'Brien, CEO Limerick Civic Trust (seventh on left) PICTURE: ALEX RICOLLER/ILOVELIMERICK



Richard pictured at the Optel Group offices with Timmy Hayes, HR Manager, Megan Faye and Martin Leonard of the Optel Fundraising Committee and homelessness activist Audrey Ryan

PICTURE MAXINE BRAMLEY/ILOVELIMERICK

they typically build up in the network. They come for the professional support and to collaborate with each other." See [www.networkireland.ie/limerick](http://www.networkireland.ie/limerick).

### Optel Group do fantastic charity work in Limerick

The Limerick branch of the Optel Group has been an incredible force in charity work in Limerick and continue to do amazing work for projects throughout the city and county. Every year the company pick a different charity to fundraise for and this year they have chosen Barnardos and Pieta House as their chosen charities.

Optel currently has 136 employees in Limerick. Now a Certified B Corporation, OPTEL is a leading multinational provider of traceability

systems, and its mission is to use its innovative technologies to create a better world through responsible capitalism.

The CEO of Optel, Louis Roy is very involved in charity work and encourages his employees to fundraise as much as possible. He is focused on making the world a better place and he sets out budgets each year that the employees can then use to help charities. He has already promised that if Optel raises €10,000 for their chosen charity this year then he will match that donation himself. Just some of the fundraisers that the employees have taken part in over the last year are table quizzes, Movember, raffles and jersey days.

In August, employees took part in the Back to School for Barnardos initiative, which

involved employees donating stationary and school supplies to children who could not afford their own. Employees donated stationary, school bags, pyjamas amongst many other items even including children bikes.

Another initiative that was run by the employees was a donation of light bulbs to families in Limerick. Megan Fay, from the fundraising committee, explained the initiative to [ilovelimerick](http://ilovelimerick.com) "We swapped out all of our energy efficient light bulbs this year and the company who swapped them out for us, E-Lights then donated 600 light bulbs to Barnardos for families in Limerick. It is just a small gesture but some families in Limerick can't even afford lightbulbs and with the donation of the long-lasting

bulbs we hope that it makes a small difference in their lives".

Martin Leonard from the fundraising committee in Optel tells me: "Some of the team visited Gaelscoil Saoirse to help decorate and paint some of the classrooms used for after-school care. Over 270 hours were put in by members of staff, family, and friends. I would also like to recognise Noel Mounsey Painters who volunteered on the day."

Optel has been heavily involved in charity work since its inception in Limerick three years ago and once again this Christmas they are donating to a worthy cause. Employees have donated coats and jackets to a project set up by Limerick homelessness activist Audrey Ryan which provides coats to the homeless over the winter. Optel employees have donated over 250 coats to the cause. The coat shelter will be located in Arthur's Quay Park. Well done to all. That's a great show of Limerick community spirit!

### And finally...

If anyone wants to keep tabs on 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](mailto:Richard@ILoveLimerick.com). Look forward to hearing from you!

Love to you all  
Richard (Richanthon) x



Mungret local Emma Mullane has been bringing joy to women in Limerick with her specially made chemo care pouches

## Emma brings joy with care pouches

By [ilovelimerick](http://ilovelimerick.com) correspondent Frances Watkins

**M**UNGRET local Emma Mullane has been bringing joy to women in Limerick with her specially made chemo care pouches. Emma, a stylist with Stella & Dot decided to start putting together the pouches after one of her American colleagues came up with the idea.

In 2016, Emma made 30 pouches and in the past year, she donated 56 pouches to clinics in Limerick. The pouches are given to women when they arrive at the clinics before they start chemotherapy.

Each pouch contains items designed to bring a little bit of comfort to women who are about to start the process of chemotherapy. Emma got advice on what sort of things she should include in the pouches based on what symptoms women experience while receiving chemotherapy. Emma explained: "I heard that their hands and their feet could get quite cold, so I included fluffy socks and gloves, a natural hand cream because they don't include any chemicals, lip balm, a notebook and a pencil because a friend of mine who went through treatment said she became very forgetful so it would be handy to have a notebook to write things down. I also included a magazine, ginger tea bags, ginger sweets to help with nausea. Bellissimo also donated 60 €10 vouchers and information packs about the fabulous wig clinic that they have."

Emma is a stylist with Stella & Dot, an accessories company and it was her own customers who donated the funds for Emma to purchase the items needed for the pouches.

"I thought that because the pouches would be going to women local to me that I would be helping the local community which really appealed to me. A lot of stylists around Ireland have actually got on board with the idea too and around 500 pouches have been donated to units around the country." Well done Emma!

# Motors

[www.limerickleader.ie/motors](http://www.limerickleader.ie/motors)

KIA

## Hinchy's 181 offer is a Christmas cracker!



The Garryspillane sales team Jim Hinchy, Paul Hinchy, Declan Sexton and Patrick Roche at the 181 offer announcement last week

TRISH WHELAN

[www.CarAndTravel.ie](http://www.CarAndTravel.ie)

**MOTORISTS** who order their new 181 Kia model at Hinchy's in Garryspillane or Hinchy's Ennis Road, Limerick by December 23 will receive a €500 Shopping voucher and a free Kia 3

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The all-new Kia Sportage has proven to be one of Ireland's most popular SUVs. Now available with 0% finance, the Sportage comes with an attractive 7 year warranty and is equipped

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The full range of Kia cee'd cars are also included in the 0% finance package. The range includes the Kia cee'd, pro\_cee'd and cee'd SW. The compact Kia Rio and the spacious Kia Soul are also available with 0% finance. Other models in

the Kia range include the Kia Picanto, Kia Venga, the Hybrid Kia Niro, the Kia Carens, the Kia Optima and the all-new Kia Stonic SUV. All Kia models come with 3 Years Care 3 Service and 3 Years Roadside Assistance included.

Due to popular demand Kia have reintroduced their Christmas campaign in

conjunction with SuperValu offering customers a €500 SuperValu voucher for every new Kia car ordered before December 23rd. The combination of these two offers makes Kia a very attractive option for motorists.

**SCRAPPAGE OF UP TO €5,000**  
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clusive scrappage offer with up to €5,000 off the Kia car and commercial ranges. Simply call the Hinchy's sales team for further details.

To book a test drive call the sales team in Garryspillane on 062 58900 or Ennis Road on 061 321500. Full details are available at [www.hinchys.ie](http://www.hinchys.ie)

VOLVO

## 'Green' V90 goes on sale

TRISH WHELAN

[www.CarAndTravel.ie](http://www.CarAndTravel.ie)

**VOLVO** Cars has revealed a special version of its V90 Cross Country all-road estate to celebrate the start of the 2017/2018 Volvo Ocean Race.



Green thinking: The special edition V90 Cross Country

Buyers of the car will also contribute directly to helping understand the health of our oceans. To support the Volvo Ocean Race's Science Programme around ocean plastics, the company will donate €100 for each of the first 3,000 V90 Cross Country Volvo Ocean Race cars it plans to build. The total donation of €300,000 underlines the brand's long-standing commitment to environmental care.

The Volvo Ocean Race Science Programme equips boats in this year's race with a variety of sensors that will capture data from some of the remotest parts of the world's oceans including temperatures, barometric pressure, currents and wind speed, which will help contribute to more accurate weather forecasts and climate models used by scientists globally. The car will also help

tackle marine pollution as the carpet inlays are made from Econyl, a fabric made from 100 percent recycled nylon including abandoned fishing nets.

The car comes with all the standard features customers expect from a Cross Country model like all-wheel-drive, increased ride height and a chassis optimised for comfort and control in all weather and road conditions.

VOLVO



**Merry Christmas from Lyons**

Season greetings from Lyons of Limerick Volvo: Looking for a stylish and quality brand this winter? Why not visit Lyons of Limerick, Ballysimon Road today for the latest Volvo range? There are already a number of fantastic offers for 181s at Lyons of Limerick





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54 O'Connell Street  
Limerick  
Co. Limerick

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**Classified Display & Lineage deadline**  
Monday 2:00 pm

**Family Announcements  
& Bereavements deadline:**  
Monday 2:00 pm

**Motors/Property/Jobs deadlines:**  
Monday 2:00 pm

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### PLANNING NOTICES

#### APPLICATION TO PLANNING AUTHORITY

Limerick City and County Council: Further Information. Planning permission is sought by Singland Homes Ltd, under Planning Register Reference No. 17/71 for twelve semi-detached houses and associated site works at the corner of Redgate Road and Old Cratloe Road, Limerick. Significant Further Information in relation to the application has been furnished to the Planning Authority and is available for inspection or purchase at a fee not exceeding the reasonable cost of making a copy, at the offices of the Authority during its public opening hours. The significant further information includes a revised site layout for 14no. dwelling houses consisting of 12no. 3 bed semi-detached and 2no. 2 bed single-storey units, with roadside parking within the site. A submission or observation in relation to the further information or revised plans may be made in writing to the Planning Authority on payment of the prescribed fee, not later than 2 weeks after the receipt of the newspaper notice and site notice by the Planning Authority.

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Apply with application form only by 5pm Friday 5th January 2018 to the above email address.



Senator Windows is Ireland's leading window and door provider to the new build and replacement industry. Due to continued growth we are currently recruiting for a Sales Representative for Limerick.

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Applications can be made to Roberta Nix, Senator Windows, Newport Rd, Lisnagry, Co. Limerick. T: 061 414700 or by email to [roberta.nix@senatorwindows.ie](mailto:roberta.nix@senatorwindows.ie)



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**General Operatives**

Hands on experience working with finishing trades such as painting, tiling, grouting, electrical, plumbing etc. will be an advantage. Candidates will be required to work on an evening shift from 4.30pm to 2am Monday to Thursday and 4.30pm to 1am on Friday.

**Full Time Tiler**

Hands on experience in tiling and grouting will be an advantage.

**Experienced Floor Supervisor/Foreman**

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If you feel that you have what it takes to make a positive contribution to our fast growing business, please send your CV and cover letter, stating job title, to: [info@lmcgroup.ie](mailto:info@lmcgroup.ie)

## Christmas Deadlines for Family Notices

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**Monday Leader 18th December**  
**DEADLINE - Friday 15th at 12pm**

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**Tuesday Chronicle 19th December**  
**DEADLINE - Monday 18th at 12pm**

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**Wednesday Leader 20th December**  
**DEADLINE - Tuesday 19th at 12pm**

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**Weekend Broadsheet 23rd December**  
**DEADLINE - Tuesday 19th at 12pm**

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**Monday Leader 25th December**  
**- No Publication -**

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**Tuesday Chronicle 26th December**  
**- No Publication -**

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**Wednesday Leader 27th December**  
**DEADLINE - Thursday 21st at 12pm**

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**Weekend Broadsheet 30th December**  
**DEADLINE - Thursday 21st at 12pm**

---

**Monday Leader 1st January**  
**- No Publication -**

---

**Tuesday Chronicle 2nd January**  
**DEADLINE - Thursday 28th December at 12pm**

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## Normal Deadlines resume after this

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# FAMILY ANNOUNCEMENTS

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## IN MEMORIAM



**O'BRIEN** (Christmas Remembrance)



Christmas Remembrance of a dear mother and grandmother Maureen O'Brien, late of 76 St. Munchin's Street, St. Mary's Park, Limerick.

The angles sang amazing grace,  
God came down and touched your face,  
Then he whispered soft and low,  
Come with me Maureen it's time to go,  
The gates of heaven opened wide,  
The angels lined up side by side.  
A special guest was on her way,  
The day God took Mam away.

Always in our thoughts, your daughter Josephine, son James, grandsons Gordon, John, William and big William, brothers John and Martin, grandson John, Michelle, Katie, Ava and kids and all the family.  
Thinking of all her sisters and brothers at this time.

A bouquet of beautiful of beautiful memories  
Sprayed with a million tears  
Wishing God could have spared you  
If just for a few more years

Love from your grandson William, girlfriend Jessica and kids xx Love you xxx

Daddy tells us stories  
Of how things used to be -  
How in every situation  
Something funny you would see.  
Daddy says you're our Guardian Angel  
And because we're still small  
You'll be there to watch over us  
Even when we grow tall.

From your great grandchildren Scott and Kayla

Whilst you have a grandmother,  
Treasure her with care,  
For you'll never know the heartache,  
'Til you see her vacant chair.

Missing you always from your grandson Jonathan and baby Jessie

A place in our hearts no-one can fill  
We miss you, Maureen and always will.  
From your nephew Jason, Jade and kids  
No last words were spoken,  
You never said goodbye;  
You were gone before we knew  
And only God knows why.  
You often used to say to me  
You'll miss me when I'm gone  
But believe me, Maureen, I never knew  
The heartache would last so long.

Miss and love you so much, your niece Rachel, Denis and kids, Alice, Megan and Lar

Up in a cloud written in gold,  
Is all of my love for you to hold,  
A kiss blown up to the sky so blue -  
Catch it, Nana, it's just for you.  
I am doing my best,  
I hope you can see,  
To be a good granddaughter,  
And make you proud of me.

From your little woman Crystal  
If heaven had a number

We would call you on the phone,  
To tell you how much we love you,  
And wish you could come home.

Little Angels robed in white,  
Give our Nana a big, big kiss goodnight  
XXXX.

Love you always Christopher, Jake and Aidan



## IN MEMORIAM



**O'HALLORAN** (19th Anniversary)



In loving memory of Mary O'Halloran, late of 77 De Valera Park, Thomondgate, Limerick, who died on December 15, 1999. Rest in Peace. Also remembering my nephew Mark Bennis whose anniversary occurs at this time

A bouquet of beautiful memories,  
Sprayed with a million tears;  
Wishing God could have spared you,  
If just for a few more years.  
It does not take a special day,  
For us to think of you  
Each Mass we hear,  
Each prayer we say,  
Is offered up for you.  
We cannot bring the old days back,  
When we were all together;  
The family chain is broken now,  
But memories live forever.  
Along the road to yesterday,  
That leads us straight to you,  
Are memories of happy days,  
Together we once knew.

Sadly missed by Paddy, Mary-Anne and all the family, Marie and John also the late Johnny, grandchildren and great grandchildren

### AFTER GLOW

*I'd Like The Memory Of Me  
To Be A Happy One.*

*I'd Like To Leave An After  
Glow Of Smiles When  
Life Is Done.*

*I'd Like To Leave An Echo  
Whispering Softly  
Down The Ways.*

*Of Happy Times And  
Laughing Times And  
Bright And Sunny Days.*

*I'd Like The Tears Of Those  
Who Grieve, To Dry Before The Sun*

*Of Happy Memories That I  
Leave When Life Is Done.*

Limerick's Newspaper since 1889

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# SPORT

Tuesday, December 19, 2017  
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Christmas bonus: Keith Earls is expected to return from injury on St Stephen's Day as Munster face Leinster in the Pro14. The match is expected to be sold out for the traditional festive



# Red hot Munster host old foes Leinster in Christmas

By **COLM KINSELLA**  
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**IN-FORM** Munster switch their focus back to the Guinness Pro14 and a glamour St Stephen's Day interprovincial derby with arch rivals Leinster at Thomond Park, 3.15pm, following their Champions Cup heroics at Welford Road.

Munster took control of Pool 4 of the Champions Cup, moving four points clear of second-placed Racing 92, after scoring an impressive 25-16 victory over Leicester

Tigers on Sunday.

Munster's St Stephen's Day clash with Leinster in the first of three interprovincial derbies last season's beaten Pro14 finalists will play over the Christmas and New Year's period.

Munster travel to Belfast to take on Ulster in Kingspan Stadium on New Year's Day, 5.35pm, before hosting Connacht at Thomond Park on January 6, 7.45pm.

Keith Earls is set to make his return from injury for Munster in the December 26 clash with Leinster.

Earls, who has been sidelined with a hamstring in-

jury, was on the bench for Munster's Champions Cup fixture with Leicester Tigers on Sunday.

Earls is excited about the prospect of returning to play after being sidelined for six weeks.

Earls said: "I am delighted, it is not going to be as long as originally first thought.

"It was a hamstring tear. It was a Grade 2. They first thought the tendon was gone with it as well, which would have been massive, would have made it a lot longer.

"Thankfully in the second scan it either healed or didn't tear, so it won't be as long.

"It is a tough schedule playing three interpro fixtures over Christmas and the New Year, but that is great for the supporters. Around Christmas having a few beers, watching a game, people home from other countries who have been working away.

"I suppose we will sacrifice the Christmas dinner for the supporters!

Earls will be hoping for an injury free run through a crucial period for Munster in January as the 6 Nations Championship looms large.

"I think when I look back on all my injuries a lot of them

have been bad timing. It haven't been massive months long, bar one or two, they have been four weeks and get getting to game time before the November international series or 6 Nations and you can't really put your hand up to get back in, but that is sport for you.

"I am delighted now that I am back on the road, hopefully get a few games before the 6 Nations so I can put my hand up because the boys were flying it in November.

"When I was younger I picked up a lot of injuries. I think this is my first serious injuries in the bones of three

years.

"You do get used to injuries and you get used to the view that this is sport and these things happen. It is not the worse thing in the world and it gives you the chance to work on something else as well."

The capacity of Thomond Park will be increased to 26,267 for the Leinster clash as a result of the additional seating.

Ticket sales have already surpassed 22,000 for the Guinness Pro 14 clash. The East and West Stands are now sold out for the festive fixture.

## SPORT

## PICTURE SPECIAL - MUNSTER WOMEN WIN INTER PROVINCIAL TITLE



Siobhan Fleming of Munster lifting the cup after the Women's Interprovincial clash between Munster and Leinster at Thomond Park in Limerick ALL PHOTOS BY EÓIN NOONAN/SPORTSFILE



Susan Vaughan of Leinster is tackled by Munster's Gillian Bourke, left, and Laura O'Mahony (15)



Laura O'Mahony, right, of Munster celebrates with team-mate Anna Caplice following their win over Leinster in the Interprovincials



Winners: Ellen Murphy, left, celebrates with team-mate Anna Caplice of Munster following their six point win over Leinster



Fiona O'Brien of Leinster is tackled by Ellen Murphy of Munster during Munster's 11-5 win in the Interprovincial decider at Thomond Park, Limerick



Champions: Siobhan Fleming of Munster lifting the cup following their win over Leinster last weekend at Thomond Park

**FULL TIME**

**LIMERICK FC NEWS**

# Limerick FC unveil new away jersey



Limerick FC's new away jersey, modelled by midfielder Cian Coleman and defender Tony Whitehead, is the first instalment from new kit suppliers Umbro who have signed a four year deal with Limerick FC

**By COLM KINSELLA**  
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LIMERICK FC have unveiled a new away jersey for next season after announcing a four-year kit deal with Umbro.

News of the new kit partnership deal comes in the wake of Limerick FC confirming Turkish on-line betting company BetSat.com will be their jersey sponsors for next season.

Limerick FC will learn their fixture schedule for the 2018 SSE Airtricity League Premier Division season this Tuesday, December 19. However, Blues fans have been getting anxious over

the lack of new signings being made by the Shannonsiders will pre-season training set to start in the first week in January.

In announcing the new long-term kit partnership with Umbro announcement, Limerick FC Chairman Pat O'Sullivan welcomed the kit suppliers back on board, with the club having previously enjoyed a relationship with the worldwide brand.

Pat O'Sullivan said: "We are delighted to have agreed a long-term deal with Umbro, which will see them manufacture the kits for our many National League teams, and serve our supporters with the highest

quality of jerseys and leisurewear.

"Umbro are a worldwide brand renowned for the quality of the products they produce, and we are looking forward to working together with them in the coming seasons.

"As people will see, our away jersey is wonderfully-designed, and in January our home kit will be unveiled."

In a statement, Limerick FC's new jersey sponsors BetSat.com stated: "We are delighted to announce our partnership with Limerick FC. This partnership underlines our position as a leading player of online sports betting in Europe and the Middle East."



Limerick FC manager Neil McDonald who has new players on his Christmas wishlist

*J.J. Bowles*

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**MUNSTER v LEINSTER**  
**THOMOND PARK**  
**3:15PM KO**  
**ST. STEPHEN'S DAY**

*J.J. Bowles*



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