

Limerick Chronicle



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COUNCIL TO TALK ON OPERA HOUSING

Local authority bosses to face questions on change to plans

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COUNCIL bosses are set to face questions over why plans for housing were stripped out of the €150m Project Opera development. It comes after the Limerick Chronicle revealed initial plans for 161 units of accommodation in the ini-

tial scheme back in 2011. The information – uncovered through the Freedom of Information act – brought about fresh questions about why housing was not included in the fresh plans for the office-block development unveiled last year. Five councillors have now signed a request for a meeting, which Mayor

→ **CONTINUED ON PAGE 4**



'Crime scene' extended in probe

Gardai at Henry Street have been granted a 48-hour extension over the 'crime scene' at a flat on Little O'Curry Street, where the body of Martin Clancy, inset, was found on Sunday evening. State Pathologist Prof Marie Cassidy, pictured above, carried out an examination on Monday afternoon. PICTURES: LIAM BURKE/PRESS 22

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MILFORD'S
10K RUN



PAGE 12

Court
A COSTLY
'ROMANTIC
GESTURE'



PAGE 10



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WEATHER

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TODAY
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WITH THE
MERCURY RISING
TO 9°C



TOMORROW
MOSTLY CLOUDY
WITH SOME
SHOWERS AND A
HIGH OF 6°C



THURSDAY
MUCH DRIER
WITH SUNNY
SPELLS AND A
HIGH OF JUST 6°C

PICTURE OF THE WEEK



Sparking interest in practical experiments among Leaving Cert biology students at UL

The Department of Biological Sciences at the University of Limerick is welcoming over 450 Leaving Cert Biology students from all over Munster into their laboratories this week. Pictured above were Jennifer Frawley, Ailish Cramer and Amy Crawford from Ardscoil Mhuire, Corbally, who were conducting laboratory practical experiments set on the Leaving Cert Biology curriculum

PICTURE: OISIN MCHUGH/ TRUE MEDIA

INSIDE YOUR CHRONICLE



Putting pen to paper

MeghannMix:
Meghann Scully shares just where to start with the long process of writing a book Page 18

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TWEETS OF THE WEEK

We want to hear your news and views @limerick_leader

@LimerickFringe
Drum roll please!
Burrrrrr. Ladies and Gentleman, Boys and Girls, it gives us great pleasure to announce the Limerick Fringe 2018 shows are now online. Sit down and relax, take a deep breath and checkout the shows on offer.

@JeromeSport
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@Rubberbandits
Please stop slugging Limerick (and North Dublin) over violence. Either the people of both areas are inherently vicious. Or the areas suffer from a myriad of social issues, lack of opportunity and funding. Which seems more plausible?

TRIBUTES: COMMUNITY SHOCKED BY DEATH



State Pathologist Prof Marie Cassidy carried out examinations at the apartment on Little O'Curry Street, where Martin Clancy, inset, was found dead on Sunday PICTURE: LIAM BURKE/PRESS 22

Gardai probe crime scene at Martin's flat

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GARDAI at Henry Street will examine a crime scene at the city centre flat where the late Martin Clancy was found dead on Sunday night over the next two days.

The body of the 45-year-old man, who was living by himself in an upstairs apartment on Little O'Curry Street, was discovered between 5pm and 6pm on Sunday evening.

Gardai are treating the death as suspicious and have cordoned off the whole street, adjoining Windmill Street and O'Curry Street.

At 2.30pm on Monday, gardai were granted a 48-hour extension to examine the crime scene at Limerick District Court.

Thirty minutes later, Mr Clancy's body was removed

to University Hospital Limerick for a post-mortem examination.

It is understood that the body had a number of injuries when it was discovered at the weekend.

There has been widespread shock and surprise

"He was a nice old bloke"

Donal O'Keeffe, a friend of the late Martin Clancy

felt by the community.

Daniel Nedelcu, 50, who lives downstairs in the same building, said the body was first discovered by a woman, who knew Mr Clancy.

He said that after spending a week in Romania, he noticed that Mr Clancy was not at home. On Sunday, two women arrived outside the building, looking to speak to Mr

Clancy, he said.

After one of the women entered the flat and discovered Mr Clancy's body, emergency services were then alerted, he added.

An emotional Mary Dillon, who was Mr Clancy's friend, described the late Martin Clancy as "happy" person. She said that the last time she spoke to him was two weeks ago on Little O'Curry Street, and said that he was "doing okay".

Windmill Street resident Denis Carroll said that he would not expect an incident like this to happen in the area "in a million years".

Friend Donal O'Keeffe described Mr Clancy as "a nice old bloke".

It is understood that Martin Clancy was known to gardai and had a number of previous convictions.

Garda are appealing for witnesses to contact Henry Street on 061-212400, the Garda Confidential Telephone Line 1800-666111.

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DEVELOPMENT: LEDDIN SEEKING ACCOMMODATION IN NEW APPLICATION FOR €150M DEVELOPMENT

Warning Project Opera 'could be rejected over a lack of housing'

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COUNCILLOR Joe Leddin believes there is a "huge risk" of An Bord Pleanala rejecting the Project Opera application if it does not contain housing.

Local authority chief executive Conn Murray told members prior to Christmas that rather than them having the final say over the €150m plans, as is normally the case with public projects, it will be the national appeals body which has the verdict.

This came after lobbying from many groups, including An Taisce, which suggested that an Environmental Impact Assessment (EIA) is needed.

On foot of this, and legal advice, Mr Murray said Limerick's biggest development in recent times will go straight to An Bord Pleanala. The move led to anger in some quarters, with a growing lobby of people seeking accommodation in the plan.

Despite an escalating housing crisis, there are only three high-rise office blocks planned in Patrick Street.

Now, Cllr Leddin has called for Limerick Twenty Thirty, the development body responsible for Project Opera, to revisit the plan before an application is made.



An architect's impression of the proposed €150m Project Opera development in the city

"If we send up this application in its current format, we run the risk of An Bord Pleanala telling us they want residential. Then we are literally back to square one. We could be pushing out this

'Let's get the homework right from the outset and not have unwanted delays'

Cllr Joe Leddin

development out for a couple of years, and I don't think anybody really wants that," he said.

The Labour councillor, who sits on both the housing and economic committees,

said if the appeals body rejects the plan, it will not reflect well on the council.

"Let's get the homework right from the outset, and not have unwanted delays," he said. "We have always ad-

hered to balanced mixed development, and I cannot see why this should not be the same."

He said if Limerick is aspiring to be a 'living city', some aspect of residential in Project Opera is necessary.

"We are already struggling with professionals trying to find good quality accommodation in the city or anywhere else. Even before these projected jobs arrive, we already have a huge issue with good quality accommodation in the city centre," he added.

Cllr Leddin also pointed to other office space in the city which also remains vacant, saying: "The economy is doing well, the Mid-West region is doing well. But things are cyclical. We have available office space around the city which are empty. We must be careful not to have all our eggs in one basket in the sense this is public money funding this product. If there was to be a cyclical downturn in a few years, are we going to have empty office blocks across the place? We just need to be careful."

It's envisaged that Project Opera, the key plank of the Limerick 2030 plan, will deliver around 3,000 jobs to the urban area.

The Limerick Twenty Thirty DAC has so far declined to comment on its lack of housing in Project Opera. But Cllr James Collins, a board member, says it is not the firm's role to deliver residential.

Project Opera returns 'must benefit regeneration'

► CONTINUED FROM PAGE 1

Stephen Keary is legally compelled to act upon.

Solidarity councillor Cian Prendiville, who initiated the request, said: "This meeting will give an opportunity to demand the council change its plan and include social and affordable apartments in the development."

Separately, the Chronicle can reveal that when the council was granted €12.5m

from government to buy the former Opera Centre site from Nama, it was given a period of seven years to redevelop the area.

"Should the redevelopment not proceed within that timeframe, the council will be required to recoup the purchase price of the site by means of the orderly disposal of the site or from within its own resources," a letter from the Department of the Environment, released under the Freedom of

Information Act, states.

That time is up at the end of this year – although it is unclear as to whether that stipulation remains in place, as responsibility for the project – which it's hoped will bring 3,000 jobs – has transferred to Limerick Twenty Thirty, a special purpose vehicle dedicated to a number of local schemes.

The same letter also said another key condition of the funding is that any financial return to the council from

the site – for example rents – "must be invested in the wider regeneration programme", which is transforming Moyross, Southill, St Mary's Park and Weston.

Speaking about the meeting, a date for which must now be set in the next seven days, Cllr Prendiville added: "Multi-storey office blocks, with not a single apartment will drive rents up further, adding to the affordability crisis we are already seeing. Including af-

fordable and social accommodation on the site provides an excellent opportunity not just to help address the housing crisis, but also breathe new life into the city centre.

"The centre should be busy around the clock, not just 9am to 5pm."

The other members who signed the meeting request were Solidarity's councillor Paul Keller, Independents John Loftus and John Gilligan, and Sinn Féin's Séi-

ghin Ó Ceallaigh.

Cllr Ó Ceallaigh said: "I feel we are being left out of the loop, and we are seeing this railroad through."

"I want to see talking. This hasn't happened so far, and it's a big project. A bit of discussion would be beneficial to the project. A lot of people have different opinions, and it would be good to get out there and do what councillors are supposed to do – and not just leave it to council staff," he added.

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NEWS

DEALZ: COUNCIL LEGAL ACTION AGAINST DISCOUNT RETAILER STRUCK OUT

Done deal as 'obtrusive' store signage is removed

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LEGAL proceedings initiated against discount retailer Dealz over unauthorised signage have been struck out.

Limerick City and County Council began the legal action more than a year ago after the company's failure to remove large posters from the windows of its city centre store.

Planning Inspector Pat Campbell told Limerick District Court the prosecution against Dealz Retailing Ireland Ltd, under the provisions of the Planning and Development Act, related to a prominent building at the junction of Bedford Row and Henry Street.

The 9,000 square foot store which extends over three floors opened in May 2016. Prior to being leased by Dealz, the premises was previously occupied by clothing retailer Pamela Scott.

Mr Campbell said after receiving a complaint, he inspected the store in May 2016 before sending a warning letter to the company in July 2016.

Judge Marian O'Leary was told after an Enforcement Notice, requiring the company to remove the signage, was served on the company on October 14, 2016, an application for retention (of



Judge Marian O'Leary was told the offending signage has now been removed from the Dealz store PICTURE: ADRIAN BUTLER

the signage) was lodged with the local authority.

That application was subsequently refused and an appeal to An Bord Pleanála was refused in July 2017.

In its decision, the board stated the "scale, design and quantum on the building frontage would be excessive

in terms of visual clutter" and that retention of the signage would "seriously injure the visual amenities of the area".

During a hearing before Christmas Mr Leahy told the court the unauthorised signage was in breach of regulations which state posters

should not be more than a quarter of the window size.

Updating Judge O'Leary last Friday, Mr Leahy confirmed the offending signage has now been removed from the premises and that the local authority is satisfied the terms of the Enforcement

Notice have been complied with.

The solicitor asked that the proceedings against Dealz be struck as the company has discharged the Council's costs relating to the case.

The company was not represented in court.

HUNT MUSEUM

Final chance to see Blodau's work

DIETRICH Blodau's exhibition *A Life of Observations* finishes its run at the Hunt Museum this Sunday. The Limerick-based artist's work has been on show for a month.

MAINTENANCE

Tunnel to remain open during works

LIMERICK Tunnel will remain open in both directions during scheduled routine maintenance works next week. The works will take place from 7:30pm on January 16 to 6am on January 17.

HEALTH

5km walk to take place at University

The Limerick Sports Partnership is organising an Operation Transformation 5k walk starting at the UL Boathouse on January 13 at 11am. For health and safety reasons no dogs are allowed.

HEALTH

UHL overcrowding worst in country

ACCORDING to figures published by the Irish Nurses and Midwives Organisation on Monday morning, there were 55 patients being treated on ED trolleys and on additional trolleys or beds in the wards at UHL.

BUSINESS

EY makes first Irish acquisition

EY Ireland, which has its Limerick offices at Harvey's Quay, has acquired DKM Economic Consultants. It's the first time the Irish arm of the accountancy firm has made a purchase here.

BUSINESS

Cork/Limerick jobs in offing

Direct sales and marketing company NK Communications is creating 25 new jobs in Limerick and Cork this year. The company is taking on the new hires as it grows its field sales teams working on behalf of Energia.

Garryowen woman praised for book on Nazi childhood

A GARRYOWEN academic has been honoured for her contribution to the promotion of Irish and international historical research.

Dr Mary Honan was recently honoured at the Israeli Embassy in Dublin, by Tanaiste Simon Coveney, as part of the British and Irish Trading Alliance (BITA) programme on education and cultural policy.

The ambassadorial reception marked the publication of Dr Honan's book, entitled "The Literary Representation

of WWII Childhood: Interrogating the Concept of Hospitality".

She was honoured alongside Dr Michael Casey, of BITA, at the event last month.

Dr Honan's debut book examines 21 primary texts about childhood under Nazi rule during World War II.

Dr Casey described Dr Honan as a "very fine writer and an equally wonderful artist".

"Dr Honan's book has been crafted with an obvious determination to imbue

Nazism's young victims back to life. Beyond that, her work is a gentle reminder to the world today about the dangers of anti-Semitism, of hatred, of bigotry towards all minority groups and the effects of such violence on the victims, the deportees, the injured, the dying, dead, and those left behind," he said.

Dr Casey added: "She has crafted a work of empathetic beauty, and of hope, a glorious literary and artistic testimonial to the dead and those left to grieve."



Frances Lynch, jewellery designer, Simon Coveney, Tanaiste, Dr Honan, Dr Michael Casey, and Ambassador of Israel, Ze'ev Boker

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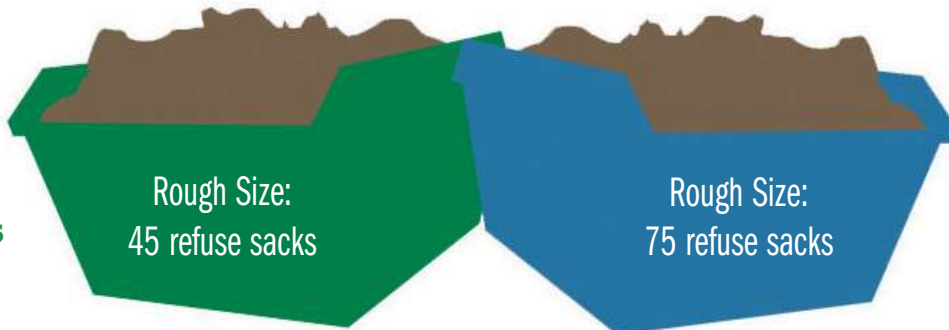
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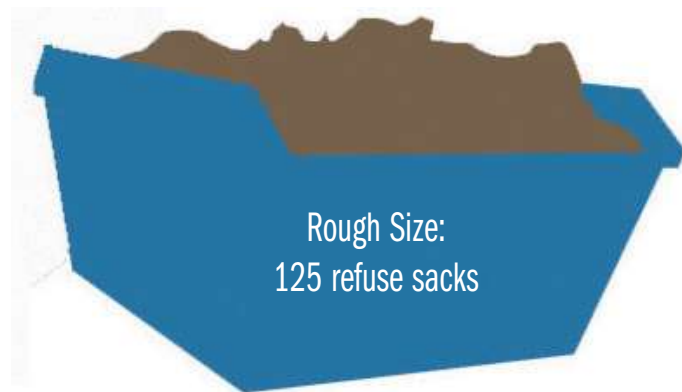
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INDICTMENT: ALLEGED ROBBERY CULPRIT FACES JURY TRIAL BEFORE LIMERICK CIRCUIT COURT

No bail for man charged over 'slash hook' robbery at store

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A MAN who is accused of robbing a significant quantity of jewellery from a premises in the city centre was refused bail ahead of his appearance before the circuit court.

Patrick Hogan, aged 35, who has an address Castlegrange, Church Road, Rahen is charged in connection with an incident at JJ Kenneally Jewellers, Wickham Street on August 30, last.

Last week, Judge Mary Larkin was told a book of evidence had been completed and a copy served on the defendant who is to be prosecuted on indictment.

Opposing bail, Garda Aoibheann Prendville said it will be alleged the defendant entered the premises at around 4:20pm and threatened two members of staff with a slash hook.

It's also alleged Mr Hogan smashed a number of



Patrick Hogan is accused of robbing a significant quantity of jewellery and cash from JJ Kenneally Jewellers on August 30, last

display cabinets at the store and that he removed a large amount of jewellery worth around €10,000 which he placed in a 'distinctive' bag, before fleeing on a pedal cycle.

It is the State case that the

"I do not believe he will abide by any bail conditions"

Garda Aoibheann Prendville

defendant also smashed the cash register and removed a quantity of cash before fleeing.

Garda Prendville told Sergeant Donal Cronin it is the State case that Mr Hogan was identified on CCTV

close to the store wearing clothing matching those of the culprit.

She added that she had concerns he would commit other offences if released ahead of his trial.

Making a bail application

on behalf of his client, solicitor Darach McCarthy insisted Mr Hogan would comply with any conditions set down by the court as a condition of bail.

He said his client had disputed the allegations during interview and that he had provided details of an alibi witness to gardai following his arrest.

While accepting the defendant told gardai he has used cannabis, Mr McCarthy says that "doesn't automatically make him an addict".

He said his client has an address available to him and that he does not represent a flight risk.

He added that given the current court lists, Mr Hogan is unlikely to secure a trial date until early in 2019 at the earliest.

Having considered the garda objection, Judge Larkin said she was refusing bail as she considered it "reasonably necessary" to prevent the commission of further offences.

It's expected Mr Hogan will appear before the circuit court later this week.

Many still living in poverty 'not feeling the recovery'

DESPITE an improved economy, the number of people living in poverty is still at crisis levels, according to Limerick TD Maurice Quinlivan.

Figures from the Central Statistics Office (CSO) show that the number of people living in poverty has reduced slightly, from 8.7% to 8.3%.

However, the Government has missed its own target for reducing inequality to 4% by 2016, according to the Sinn Fein TD.

"Clearly the recovery is happening but it is only impacting on the few," Deputy Quinlivan said.

"A large section of our population, particularly those currently stuck in



Sinn Fein TD Maurice Quinlivan

poverty, are not experiencing any positive change."

Parts of Limerick are to the fore of this inequality with one area in the City classified as the most disadvantaged in the country, Mr

Quinlivan added.

"With an unemployment rate of 69% for men and 40% for women, and where just over 2% of the population have gotten the opportunity to go onto third level," he added.

"This is unacceptable especially in a wealthy country like Ireland and highlights a lack of commitment from this administration when it comes to the less well off."

An integrated and ambitious anti-poverty plan must now be put in place, Mr Quinlivan added. "This year we need to see an operational plan that will deliver change and help lift people out of poverty if the Government are to meet their 2% target for consistent poverty by 2020."

Moyross community artist to work with the Abbey

A SOCIAL care worker and Moyross Community Drama member has become one of the first artists selected to have her work developed by the national theatre of Ireland.

Carrie Barrett has been chosen out of 170 applications to have her work developed by the Abbey Theatre as part of the '5x5' community theatre development programme.

A social care worker with ADAPT House, Ms Barrett's work focuses on domestic violence from the perspective of women from a range of cultural backgrounds.

"I am really excited about the opportunity to work in the National Theatre," Ms Barrett said.



Carrie Barrett, member of the Moyross Community Drama

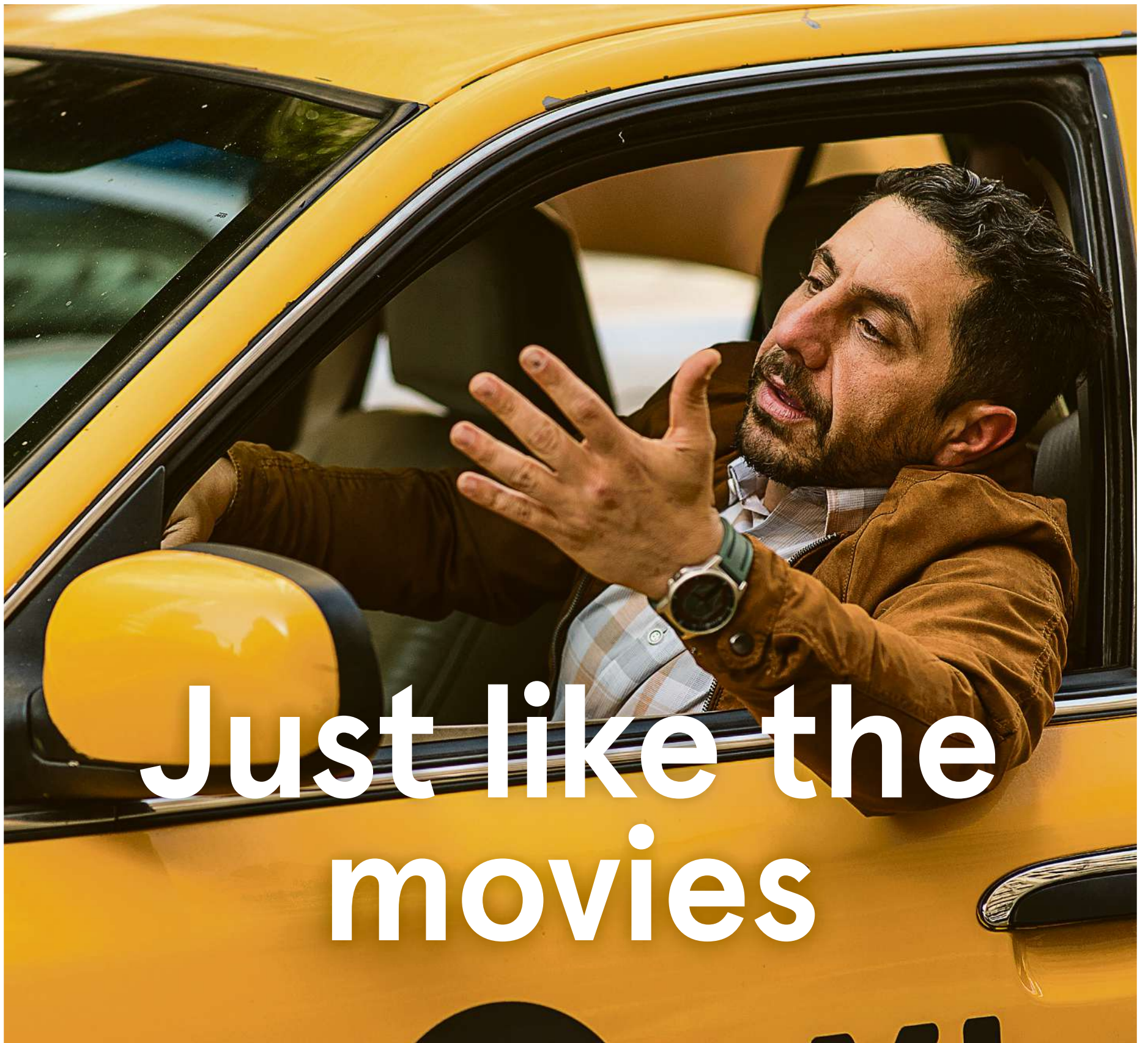
"I think it is important to give voice to women who are trapped by domestic violence and I am keen to highlight the more complex plight of immigrant women who find it more difficult to access sup-

ports."

One of Moyross Community Drama's earliest members, Ms Barrett has performed in every production developed by the group to date.

In 2016, she created a monologue delivered through a character attempting to leave a violent relationship as part of the group's production of 'FIVE HOUSES'. This monologue will now form a starting point for her week long residency with the Abbey.

"Some of my colleagues from Moyross will travel to Dublin with me for the week and, while I am nervous about delivering on a new script, I am really looking forward to the challenge," she added.



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NEWS

'Romantic gesture' proves to be costly

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A FATHER-of four who hung on to the roof of a taxi in which his partner was travelling late at night has been fined €300 for public order offences.

Darren O'Loughlin, aged 28, who has an address at Cliona Park, Moyross, was observed by gardai hanging from the vehicle at Glentworth Street at around 12.25am on July 4, 2016.

While the defendant pleaded guilty to multiple charges last May, he failed to appear in court in July – resulting in a bench warrant being issued for his arrest.

That warrant was formally executed by gardai last week and the defendant brought before Limerick District Court.

Sergeant Donal Croinin, prosecuting, said the defendant, who was intoxicated and aggressive on the night of the offence, caused around €150 worth of damage to a sign on the roof of the taxi.

Solicitor Daragh Mc-

Carthy joked that O'Loughlin, who works as a fisherman and who spends a considerable amount of time at sea was "trying to be romantic" following a "temporary glitch" in the relationship between him and his partner earlier in the night.

O'Loughlin, the court heard, has more than a dozen previous convictions and primarily works at sea off the West Cork coast.

"He is the main breadwinner," said Mr McCarthy who told Judge Mary Larkin that his client acknowledges his behaviour was out of order and that he does drink too much on occasion.

"He was very drunk; He apologises to his partner, the gardai, and the taxi driver," he told the court last May.

The solicitor added that the accused and his partner are still together.

Judge Larkin commented that the defendant cannot continue drinking and "carrying on" like he has been doing.

However, noting that compensation for the damage caused to the taxi had been handed over, Judge Larkin imposed fines totalling €300.



Thomond Park to host Limerick Rose selection

THOMOND Park is to play host to the selection contest for Limerick's entry to the Rose of Tralee.

The event will take place on Saturday, March 10, and the Limerick Rose Centre is seeking young women to enter the annual contest.

Whoever wins will be following in the footsteps of Kilcornan's Kayleigh Maher (pictured), who became the first Limerick Rose for a decade to feature on RTE's live shows in Tralee last year.

At the very least, the lucky lady chosen

will travel to Tralee and take part in pre-qualifying events in the Dome before RTE's August live broadcast.

Conor Walsh, Limerick Rose Centre, is delighted the home of Munster rugby will play host this year.

"Having an iconic venue such as Thomond Park come on board to host the Limerick Rose Selection is just brilliant. The support from the people of Limerick City and County over the past year has been fabulous, and we are particularly grateful to the wonderful businesses that sponsored Kayleigh on

her journey to Tralee. It's onwards and upwards for the Limerick Rose, and we are looking forward to meeting the Class of 2018 and the selection here in the home of Munster Rugby," he said. Kayleigh revealed she hasn't stopped smiling since she was named Rose.

"I am so lucky to have fantastic support from all corners of the county, the generosity of local businesses has been incredible," she said. For more information on entering the Limerick Rose contest, telephone 085-1017439.

Less celebrated buildings to be highlighted

SOME of the city's less well-known buildings will be highlighted at a lecture by the Limerick Historical Society next week, writes Nick Rabbitts.

Its first event of 2018, the historical society will host

the lecture next Monday, January 15 in Mary Immaculate College, at 8pm.

It will be delivered by local historian Tony Browne, who says he is responding to a number of requests.

Among the buildings set to feature are Trinity Church in Catherine Street, Miss Fogarty's School in O'Connell Avenue, and the old Presbyterian church which is now McKerns printers in Lower Glentworth Street.

Admission is free, and everybody is welcome.

Tony said the society is trying to encourage new members to join for the upcoming year.

For more information, telephone 061-228071.

TD critical of 'obscene number on trollies' at Sean South

SINN Féin TD Maurice Quinlivan used his speech during the annual Sean South commemoration to criticise the political establishment, who he said had "met their match" in the party.

The Limerick TD said a "Sinn Féin Government would not tolerate the gaping poverty they preside over, the obscene number of people on trollies and the huge numbers of people without a home".

He was speaking during the annual commemoration of the death of South - mor-

tally wounded in the 1957 Border campaign - at which the main speaker was Carlow Kilkenny TD Kathleen Funchion.

She said in her oration: "The reality of the situation from where I'm standing is that there is no recovery, only for the wealthy and the elite. The only things Fianna Fáil and Fine Gael are presiding over is breaking records.

"We have the power to change this country, to change this government and to make a real change for the future of our children. We

need to mobilise and we need to work together, now more than ever."

Over 200 people attended the annual commemoration, which was organised by Limerick Sinn Féin.

The march assembled in Bedford Row, and led by a Republican colour party and a piper Donie Murphy from Cork and proceeded to South's grave in Mount St. Laurence Cemetery.

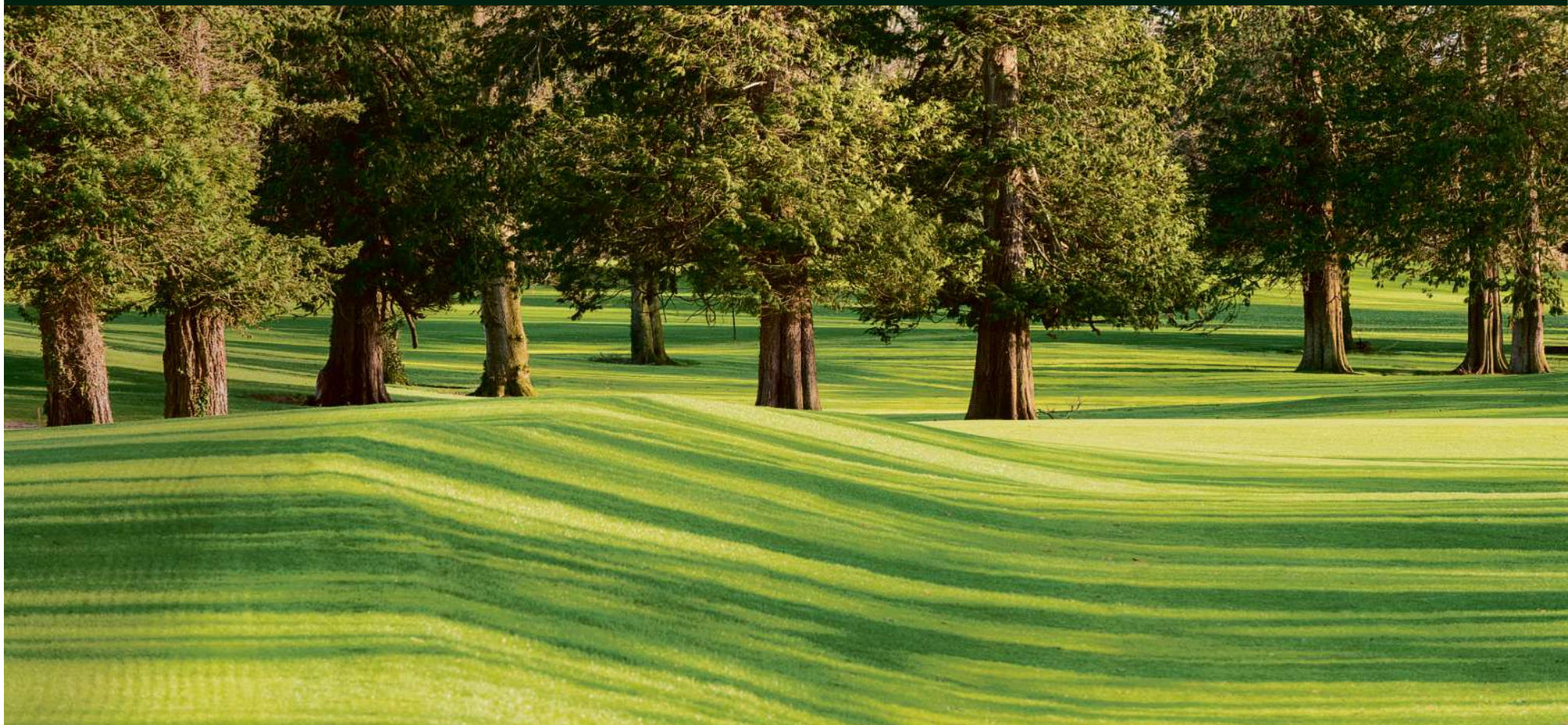
The ceremonies at the graveyard were chaired by local councillor Séighin Ó Ceallaigh.



Sinn Féin elected representatives at the annual Sean South commemoration in Limerick on Sunday



6th & 7th July 2020



JP McManus Pro-Am 2020 Pre-qualifier Fund Raising Classics

An information evening will be held on Thursday
18th January 2018 at 8pm.

For groups in the midwest interested in hosting a golf classic,
please register on:

www.jpmanusproam.com

before Monday 15 January 2018

NEWS

CHARITY: SUPPORT 'EVEN MORE IMPERATIVE' THIS YEAR, ACCORDING TO MILFORD CEO

Early registration now open for Milford Hospice annual event

JESS CASEY
e-mail: jess.casey@limerickleader.ie
Twitter: Jess_JCasey

Early registration for the Milford Hospice annual 10km Run/Walk is now open, with the event due to take place on Sunday, January 28, at the University of Limerick.

Now in its sixth year, the 10km is open to runners and walkers of all levels and abilities, with all of the proceeds directly supporting the work of Milford Hospice.

Participation in the popular sporting event has grown on an annual basis, with a record number of more than 1,500 people taking part last year, according to Milford Care Centre chief executive Pat Quinlan.

"Fundraising support has become even more imperative as we are nearing the completion of our new purpose-built specialist hospice unit, which, all going well, will become operational in February so we



At the launch of the event are Melissa Purcell, Declan Deegan, John Le Gear, Bryan Quille and Pat Quinlan PICTURE: KEITH WISEMAN

are almost there," Mr Quinlan said.

This new purpose-built unit aims to ensure that the privacy and dignity needs for each individual patient at Milford Hospice are fully met, according to Mr

"All in all there is lots to look forward to"

Pat Quinlan, Milford Hospice Care

Quinlan.

"This year we have changed both the route and the start time as we want to keep the event interesting and varied for our supporters so all in all, there is lots to look forward to," Mr

Quinlan added.

"We are delighted this year to announce that Monami Construction Ltd, Building Contractors for our new Hospice development have come on board as our main sponsor by sup-

plying our technical running tops," he added.

"We pride ourselves in delivering services of the highest quality and standards for the people of the Mid-West and this would not be possible without the ongoing generosity of the general public and key sponsors, such as Monami Construction Ltd."

Monami Construction Ltd has great respect for the Milford Hospice, said its construction director, Bryan Quille.

"They are so highly regarded by everybody and I encourage everyone to participate," Mr Quille added.

This year's event starts from the UL Arena, with the warm-up taking place beforehand at the UL Plaza.

Participants will then progress along the new route before reaching the finishing point on the UL track. Early-bird registration for the event is now open, with a fee of €20. Participants can register on Milford Care Centre's website, on www.milfordcare-centre.ie or for further details contact 061 485860.

New play aims to heighten grasp of bipolar disorder

A NEW play aimed at developing an understanding of bipolar disorder will premiere at the Belltable this Friday night.

Award-winning local playwright Joanne Ryan was commissioned by the theatre to produce 'In Two Minds', which looks at the realities of living with the condition, which can cause unusual shifts in mood, energy and activity levels.

The performance takes place at the Belltable this Friday at 8pm, and is being produced as part of the First Fortnight Mental Health festival, aimed at challenging stigmas.

Joanne reveals it was her mother Gloria, who was diagnosed with bipolar disorder



Playwright Joanne Ryan

five years ago, who asked her to write 'In Two Minds'.

"She feels it is a very misunderstood condition. That there is very little active and realistic representation of the disorder anywhere," she said.

To this end, the central characters of the play are a mother and her adult daughter.

"It's very much inspired by my experience with my mother. She has been collaborating with me very closely. She has been amazing. She has been very open with me, and I know a lot of families in Ireland would not be in a position to be that open about bipolar or any other mental health condition," Joanne added.

While 'In Two Minds' will play this Friday night, the piece will continue to evolve over time.

For more information on the play, and to get hold of tickets, please contact the Belltable at 061-953400.



Rehearsals for 'In Two Minds' taking place this Monday at Belltable Arts Centre. Ciarda Tobin, director, Stephen Ryan, sound designer, John Galvin, AV designer and Joanne Ryan, actor PICTURE: ADRIAN BUTLER

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RRP €999 NOW €799 model: BAFF526SS

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PHOTOGRAPHY

READERS' PICTURES

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



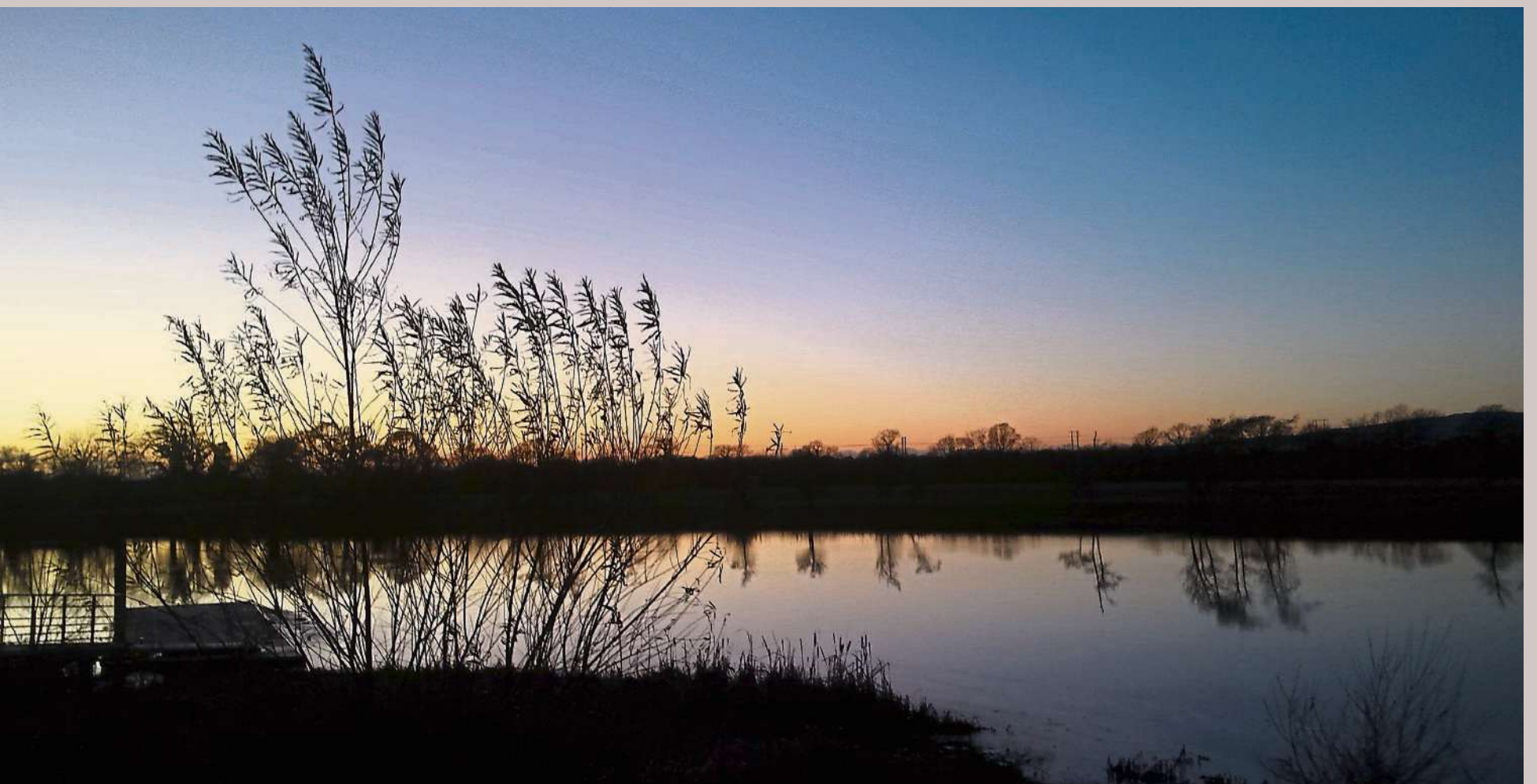
Rainy day reflections taken by Claire Waters at Mona Terrace



Goldfinches enjoying a thistle in the garden photo by Sean Ryan



A winter robin snapped by Claire Waters



Alan Rowan sent in this photo taken at sunset in Plassey

The Guide

Limerick
Chronicle



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

TUESDAY, JANUARY 9

ON THE NAIL

Nelly's Cornet café, 8pm

THE ACOUSTIC CLUB

Charlie Malone's Bar, 9pm

WEDNESDAY, JANUARY 10

OPEN MIC

Chez le Fab, 7pm

TRAD MUSIC

The Glen Tavern, 9pm

OPEN MIC

The Old Quarter, 9pm

THURSDAY, JANUARY 11

THE MARTIAN

Belltable, 7pm. €8

FRIDAY, JANUARY 12

DANNY O'BRIEN

Kasbah, 7.30pm. €12

METIS MUSIC FOR MENTAL HEALTH

Dolan's Warehouse, 8pm

IN TWO MINDS

Belltable, 8pm. €5

SATURDAY, JANUARY 13

GOLDSLOCKS AND THE THREE BEARS

Belltable, 2.30pm. €8

PUPPET-MAKING WORKSHOP

Belltable, 4pm. €8

REELING IN THE SHOWBAND YEARS

UCH, 8pm. €30/28

SUNDAY, JANUARY 14

TRAD MUSIC

Locke, nightly at 9pm, Sun-Thurs

MONDAY, JANUARY 15

THE FLORIDA PROJECT

Belltable, 8pm. €8



Comedian Danny O'Brien brings his 'RaconTour' to the Kasbah this Friday night



GIG OF THE WEEK

Metis Music for Mental Health show to feature a host of local artists and special guests this Friday night

SOME of Limerick's finest musical talent will take to the stage in aid of two local charities this weekend.

The Metis Music for Mental Health show is intended as a night of musical enjoyment and reflection, while raising funds for Pieta House and Limerick Suicide Watch. It takes place this Friday night in Dolan's Warehouse.

Musicians Emma Langford, Nile St James and Aoife McLoughlin, plus bands Fox Jaw and Stray Saints and some "surprise special guests" that you will not want to miss, are all due to perform at the Warehouse show.

All of the artists are appearing free of charge, with 100% of ticket sales going to the local charities. See www.dolans.ie.

Belltable to screen The Martian

THE Belltable is to play host to a screening and discussion of the film *The Martian*, starring Matt Damon.

The venue will screen the Ridley Scott science fiction film on Thursday at 7pm, followed by post-show panel discussion. How scientifically accurate is *The Martian*? with Prof Mike Hinchey of Lero and Michelle McKeon-Bennett of LIT.

The screenplay by Drew Goddard is based on Andy Weir's 2011 novel of the same name. See www.limetreetheatre.ie for more.



Matt Damon in *The Martian*, screening this Thursday in the Belltable

Glenn for show at the Kasbah Social Club

DERRY'S Glenn Rosborough has announced a show for Limerick as part of his forthcoming Irish tour.

The singer will play a Kasbah Social Club show on Friday, January 26.

Rosborough cut his teeth in the vibrant music scene in Derry, playing regular shows at Bennigan's and the Warehouse which allowed him to try new songs on an audience full of writers and performers. He points to a city steeped in music and per-

formance; he grew up in a household full of records that became his influences.

"Growing up in a musical household, with childhood heroes such as Tom Waits, Kate Bush and Peter Gabriel, becoming a musician was not a destined path but as realistic a career as becoming a lawyer, plumber or doctor. My parents made sure of that."

See www.dolans.ie for more details and to book tickets.

Out&About

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



Anna Ewing, Mackenzie Carder and Maria Burris at Smyth's Bar PICTURES: DAVE GAYNOR



Sean Fitzgerald and Cassandra Shenel at Smyth's Bar



Louise Cosgrave and Sandra O'Donoghue at Nancy Blake's



Stefanie Gorgen, Gabriella Minhos and Bruna Minhos at Smyth's Bar



Margaret Osowska and Kasia Janeczek at Nancy Blake's



Aoife McGoey, Shane Kenneally and Maeve Claffey at The Glen Tavern



Orla Grace and Ella O'Neill at The Glen Tavern



Olive Ryan and Moira Walsh at Nancy Blake's



Rob Cross and Frank Farrell at Mother Mac's



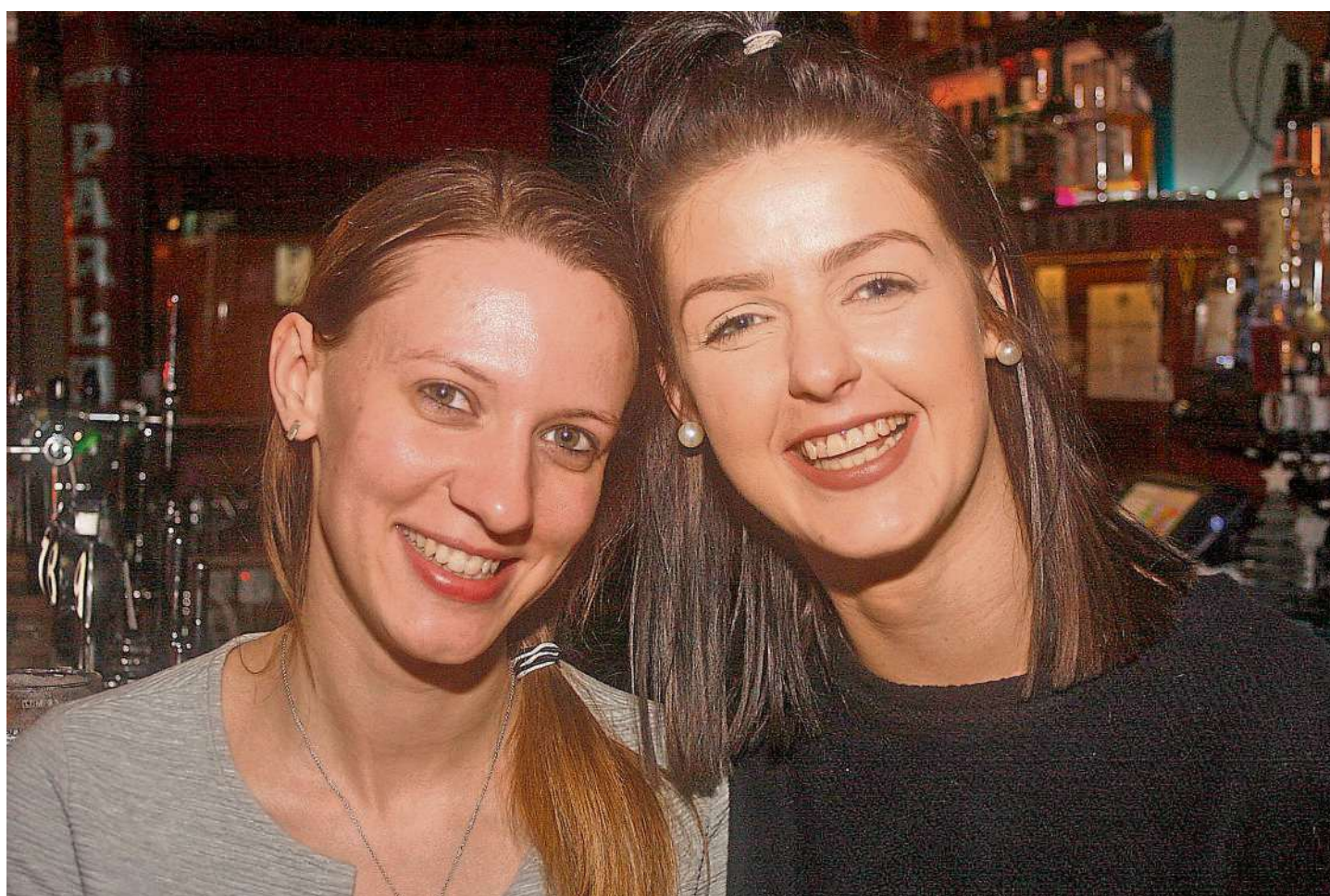
ABOVE: Claire Noonan and Deirdre Crotty at Mother Mac's



ABOVE RIGHT: Liz Nolan and Elizabeth Nolan at Nancy Blake's

RIGHT: Keelan Rosochacki and Eadaoin Walsh at Mother Mac's

BELOW: Aaron Young and Laurelle Andersen at Mother Mac's



MEGHANN MIX



with
**Meghann
Scully**



CONTACT MEGHANN

Twitter: @meghann_scully
email: meghann.scully@
spinsouthwest.com

Right start to writing a book

AS you may already know, I am writing a book about grief. It is due for release in a few months time and this month is crucial for me to get as much work sent to the editor as possible - and what better time than January. The cold weather has made it easier to stay indoors to write.

Seeing as writing a book is proving a little more challenging than expected, I have decided to share my top tips when it comes to writing your own book.

I've wanted to write this book for some years

now and have had it planned out for some time. It all started in 2011 when I first began documenting my own life experiences. The book I am writing is about grief, how I live with it and deal with it. It's personal but something that I hope will help others grieving.

WRITE

It seems logical but even if you haven't decided your genre or topic, just start to write and see what happens. You don't need to get it all done in one day but you can start to experiment and see what works for you. Be it fiction, non-fiction, folklore, health and fitness.

RESEARCH

Make sure to research your topic and also see what similar books have been written. You may get inspiration or tips from your desired area.

PUBLISHER

To see a book go from laptop to pages you need a publisher. I've heard of self-publishing but that is a lot of work when there is publishers around to help you. Search them online and find the one that best suits your style. Remember every writer has been rejected but one day you will find the right one. I was refused by some over the years until I found Book Hub Publishing.

ARTWORK

If you thought writing the book was your only task, you were wrong. While the publisher will organise the layout you need to come up with a cover design. I have a postcard I picked up years ago in a farmers market and I am using that to inspire my cover.

PLANNING

When it comes to writing the book make sure you are very organised. Have a nice clear space to work from. Get a USB key solely for your work and remember to always hit save as you go. I work on a chapter at a time and once I've sent it to the editor I work on the next. Find a structure that works for you and go with that.

TIME KEEPING

Once you secure a publisher then you will have a deadline. While these are daunting it does give you something to work towards.

As mentioned I am using the month of January to work on my

book. I've set aside time after work everyday to get my head down and focus for a few hours.

TAKE A BREAK

Writing a book is much like studying for an exam in some ways so take tea breaks or go for a brisk walk in the fresh air. You don't want to despise the art of writing.

It's an experience and a special moment in your life.

PICK 'N' MIX

Never too late to make a resolution

RESOLUTIONS

I kick started my New Year's Resolutions this week. I got back to the pitch to play tag rugby. Even though I am starting a week late I don't think that matters - once I start them this month. It's never too late to make a resolution.



Sci-fi meets pop

NEW MUSIC

Justin Timberlake is back with a brand new sound. Think sci-fi meets pop and that is his track Filthy. His brand new album Man of The Woods is out next month.



Hitting the home gym

ONLINE TRAINING

I find it hard to go to the gym and prefer training at home so I am starting online training this week and will record results as I go to see if it is sustainable.

MUNSTER V CONNACHT

IT is always a funny one for me when Munster play Connacht as I am from Galway but live in Limerick. Friends travelled down for the game in Thomond Park on Saturday night and what a spectacle it was. Coming off the back of losses both teams were ready for battle. Munster on the day were by far the stronger and hungrier team. The first half was a rather tight affair but in the second half the Red Army came out roaring and the team came away with a bonus point 39-13 win. I spoke with Rory Scannell about that final interpro game. "There's no better place to try and get a win than Thomond Park against the neighbours



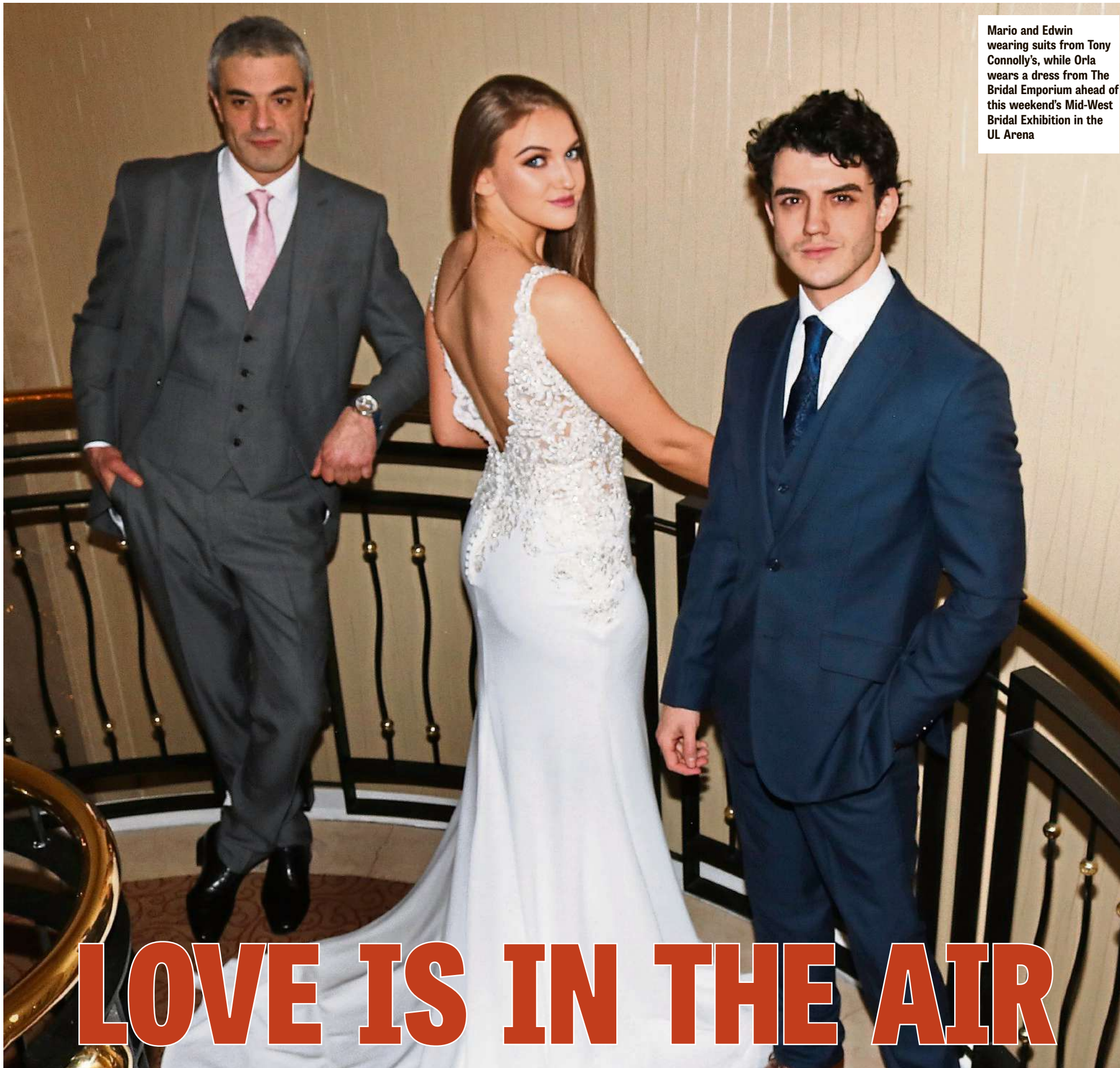
Munster head coach Johann van Graan

as well so we are looking forward to it." Head Coach Johann van Graan opened up about the tough games Munster had over the Christmas period, losing to both Leinster and Ulster. "It's been an intense few days, two very hard fought games. I thought all the Irish teams played some really good rugby across the board. We

were on the wrong end of two results, I can't fault the intensity and the accuracy of the first forty minutes against Ulster," he said. Billy Holland came off and failed his HIA test and that's why he didn't feature against Connacht. South African Chris Cloete is also out with concussion. At the moment Munster have a player injured in all positions on the field.

Chronicle **Fashion** Fitness & Health

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



Mario and Edwin wearing suits from Tony Connolly's, while Orla wears a dress from The Bridal Emporium ahead of this weekend's Mid-West Bridal Exhibition in the UL Arena

LOVE IS IN THE AIR

THE MID-WEST BRIDAL EXPO TAKES OVER THE UL ARENA **NEXT PAGES**

FASHION, FITNESS & HEALTH

STYLE AND FASHION



with Celia
Holman Lee



Edwin and Mario give grooms some ideas for the big day with a choice of two deep blue suits from Noels Menswear, Bedford Row and Wickham Street, and Orla models a blush coloured gown from The Bridal Emporium, Miltown Malbay



Edwin shows the dickie bow and traditional dinner suit will never go out of fashion while Mario wears a more modern suit, both from Billy Higgins on Sarsfield Street. Orla wears a coral evening dress from The Bridal Emporium PICTURE: ADRIAN BUTLER

Let's not forget the groom!

OBVIOUSLY it's mostly about the bride on the big day but sometimes we can forget the importance of the groom and all the other men involved.

The best man and the father-of-the- bride and groom are also key figures on the day and much thought and effort goes into ensuring they look their best.

And I can tell you, here in Limerick and Clare, they are spoiled for choice!

Featuring some of the top men's fashion labels in the world, local stores provide looks for grooms that I per-

I think the Conor McGregor effect has really brought a lot of colour into menswear

sonally think are spectacular.

Men's fashion has changed so much; gone are the days when the dress suit didn't fit correctly.

Nowadays they look as though they are made to measure which you can see from the photographs.

I think the Conor Mc-

Gregor effect has really brought a lot of colour into menswear, and a key emphasis on the tailoring, starting with the broad shoulders and following into a tailored slimmer silhouette. Of course I don't think there's a groom walking up the aisle these days without a smashing pair of brogues.

So, lads, why don't ye take a walk out to the Mid-West Bridal Exhibition which is on this Saturday and Sunday, January 13 and 14 in the University of Limerick Sports Arena.

See the Mid-West Bridal Exhibition Facebook page for more information.

FASHION, FITNESS & HEALTH

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

CONTACT CELIA

Facebook [celiaholmanlee](#)
Email celia@holmanlee.ie
Website www.holmanlee.ie



Edwin and Mario wearing suits from Esquire, Roches Street, and Orla wearing a dress from The Bridal Emporium



Mario wears a suit from Bourke's Menswear, Ennis, and Orla wears a dress from The Bridal Emporium

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FASHION, FITNESS & HEALTH



MAN ABOUT TOWN

with Patrick
McLoughney

Come back from all that

SO for the past three weeks to a month you've turned your body into a toxic waste dump with calorie-packed pints, deep-fried take aways and sugar-laden sweets haven't you?

I know I have... And chances are your face is looking like a week-old turkey with dry skin and blotches. The skin itself is an organ of elimination, so the body will transport excess wastes there to be removed through the lymphatic system and sweating and this can lead to a dull and puffy appearance. If all that has you searching for a programme to reverse the effects of a year-end pickling, you've come to the right place. Here's what you need to know.

MORE PINTS

No, not of beer, but the clean, alcohol-free stuff that springs up from mountain wells. Whether you plan to go dry for January or not, now is the ideal time to hike your H₂O.

The most important starting point to assist the body and skin in eliminating toxins is to increase water intake. Drinking this in place of other fluids such as caffeine and alcohol will assist in rapidly flushing the toxins from the system.

As a general rule, you should aim to knock back two litres a day but you can gradually build this up with a few extra glasses at regular intervals, and there are plenty of apps to help you keep track.



If you are to stand any chance of appearing healthier on the outside (and lose some of that festive blubber), it's time to dig out the trainers and re-join the gym

GET BACK TO THE GYM

There's a fair chance the iron jungle has been on hiatus for the last month and the only pumping you've been doing is your face full of food.

If you are to stand any

chance of appearing healthier on the outside (and lose some of that festive blubber), it's time to dig out the trainers and re-join the gym.

Keeping your muscles active helps to move stagnant

fluid in the body's tissue and increase the pumping of lymphatic fluid.

This is important because your lymphatic system is responsible for the removal of toxins within the deeper layers of the skin, which can

have a positive impact on the appearance of the skin.

MASK YOUR PROBLEMS

Face masks are one of the simplest and most effective ways to rid skin of the impurities that sit on its surface and

can clog its pores, leading to breakouts. When it comes to detoxification, look for products that contain absorbent clays. Or for sensitive skin, opt for a gentle mask that uses natural ingredients or plant-based amino acids to

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 like I'm posing for the cover of my new album here, I really like this casual outfit from the Jack and Jones Originals line. The hoody costs just €29.99, my t-shirt costs €12.95, my jeans cost €49.99 and my trainers cost €59.99. 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. Items are listed at full price but may be cheaper in the winter sale that's now on. Picture by Paudie Bourke.



FRAGRANCE OF THE WEEK

Aqua Di Parma Colonia Essenza

MY fragrance of the week is Acqua di Parma Colonia Essenza. Acqua di Parma has "re-styled" the original Colonia (introduced in 1916) to produce the brand new Colonia Essenza. This new spin on a classic includes notes of bergamot, tangerine, lemon, orange, grapefruit, petitgrain, neroli, clove, rosemary, lily of the valley, rose, jasmine, patchouli, vetiver, white musk and amber. Colonia Essenza starts off smelling like a crisp orange blossom Eau de Cologne. As

orange blossom fades, warm, but still pert, citrus peel aromas appear and lead directly to Colonia Essenza's floral heart notes. In Colonia Essenza's mid-development, petitgrain mingles with 'orris-scented' roses and lily of the valley. The lead-in to Colonia Essenza's base comes in the form of a bitter herbal note, not immediately recognizable as "rosemary." This rough note



arrives just in time to prevent Colonia Essenza's mid-stage flowers from becoming too dainty and lady-like. Colonia Essenza is a conservative fragrance; but is more dashing, less prim, than its progenitor, Colonia and has proper lasting power and sillage — it doesn't dominate a room. Acqua di Parma Colonia Essenza is your's for €113 for 100 ml from BT.

FASHION, FITNESS & HEALTH



CONTACT PATRICK

email: patmcloughney@hotmail.com
 twitter: @iammcloughney
 instagram: iamcloughney

Xmas excess

purify the skin instead. Use these once or twice per week after exfoliating.

This improves the mask's performance by removing any dead skin cells that would otherwise act as a sponge for the mask.

GIVE UP THE SWEETS

I hate to be the ones to break it to you, but sugar isn't just bad for your waistline.

Along with sun damage and smoking, it's also your skin's worst enemy. Sugar is bad for the skin because it attaches itself to proteins in collagen by a process known as glycation. This causes the collagen in the skin to become stiff and inflexible, leading to wrinkling.

Cutting back on the sweet stuff will help, but upping your vitamin C intake is also a good idea since it's thought to help protect against the glycation process. Don't rely on sugar-laden fruit, mind – peppers, broccoli, leafy green veg and brussels sprouts are all excellent sources.

CHARCOAL

Charcoal-infused grooming products aren't just a gimmick; they're man's best friend when it comes to achieving clear, healthy-looking skin. As an ingredient it's the perfect detoxifier because it acts like a magnet, absorbing up to 100 times its own weight in dirt, toxins and other impurities that sit on the skin. Rather than smearing your mug with ash, the easiest way to incorporate it into your grooming routine is with a daily cleanser, but a mask (used once or twice a week) and scrub are also

worth including in your New Year detox armoury.

SCRUB UP

According to research by Mexico's National Institute of Public Health, the skin of people who live in polluted towns and cities often sheds dead cells less efficiently, which means it tends to look dull and tired. Counteracting this problem doesn't necessarily mean shelling out on a second home in the Scottish Highlands – you just need to exfoliate, using a face scrub twice a week. Regular exfoliation will do wonders to improve circulation and toxin elimination in your skin. Alternatively, invest in an electric cleansing brush, which works to remove more grime than an ordinary splash in the sink while helping shift dead cells.

GIVE YOUR HAIR A CLEAN

Since the hair on our heads is porous, it has a nasty habit of absorbing odours, and this is made worse by the scalp's natural oils and any styling products, which attract pollutants like a magnet. To remove all traces of them, go for a specially formulated clarifying product which has been designed to dissolve any nasties without damaging the hair or stripping the scalp of moisture. For added efficacy, rub a small amount of the product into your palms and massage it into dry hair before rinsing off and shampooing again as normal.

STIMULATE YOUR SYSTEM

When it comes to detoxing, it's not just what you

do to your skin but how you do it that gets results. Using an eye gel with a rollerball delivery system is the perfect way to stimulate the body's own drainage system, taking toxins away from the area and making them appear less puffy. A body brush is another way to kick-start the body's natural detoxification process by eliminating stagnant toxic fluid from the lymphatic system.

It's important to always brush in an upwards direction towards the heart, and the lymphatic nodes found in the back of the knees, groin and under the arms.

KICK THE HABIT

You don't need to be a doctor to know about the cancer-causing effects of cigarettes, but smoking also causes serious damage to your skin and hair.

Not only does the physical act create fine lines around the mouth while robbing the skin of oxygen and the essential nutrients it needs to repair, but studies have also shown that smokers have a higher concentration of an enzyme called matrix metalloproteinase 1 in their blood.

This effectively destroys the skin's collagen, leading to signs of ageing like sagging and even more wrinkles. It doesn't stop there either.

According to a study by Harvard School of Public Health, smoking constricts the tiny blood vessels that supply the scalp, quite literally starving your hair of essential nutrients. Pack the habit in now and it won't just be your lungs that thank you – your looks will, too.

WATCH OF THE WEEK

Emporio Armani Luigi chronograph watch

MY watch of the week is the Emporio Armani Luigi Chronograph Black Dial Men's Watch (product code AR1970). The Luigi brings a contemporary style and take on the must-have blackout trend. Showcasing the finest materials and innovative designs, Emporio Armani watches are synonymous with quality, style and sleek sophistication. This stylish

watch is fastened with a black leather strap and features a black stainless steel case with a matte bezel. The round face displays a black dial, enhanced by silver tone baton hour markers, silver tone hands,



a date window between 4 and 5 o'clock and three chronograph sub dials. Water resistant to 50m, this watch is powered by a quartz movement. You'll find this beautiful timepiece locally at Keanes for around €279.



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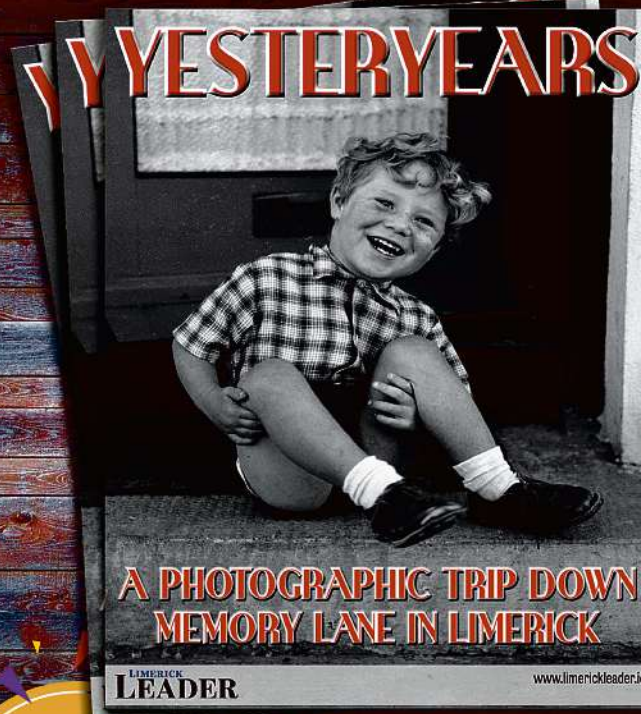




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Make 2018 your year for a big change

FOR many people January means resolutions, new fitness routines, healthier eating and striving to be the best you can be. And while I'm all for everyone wanting to live the best life they can, I am also realistic and know that it's difficult to make all the changes you want to make in one go. So today I've pieced together a few small steps you can take to help you on your road to a healthier you.

1: WRITE IT DOWN

Get a little jotter or notebook and write down your goals. Set a short term goal

and a long term goal. For example write what you want to accomplish by February and then by July etc.

2: PAIR UP

It can be easier said than done but having a gym buddy can keep you on track. Challenge each other, plan your workouts together and keep on each others tails! Another great plus is that it'll be rare that both of you are lacking motivation at the same time. So when one lacks the other will make up for it.

3: MAKE A PLAYLIST

Music playlists can some-

times be all the motivation you need. Treat yourself to a new tune each week and add to your gym playlist. Stick your headphones on and enjoy time in your own little world.

4: DO A BIG HEALTHY SHOP

Get to your local store and get a big shop in with loads of freshness and good food ingredients. A good thing to do before you do this is to look up some clean eating recipes that you can try in the week ahead and that way you can have everything you need to hand.

5: KEEP A FOOD DIARY

When it comes to making good food choices keeping a written diary is always a winner. Writing down the hard truth of what you choose to eat can sometimes be motivation enough to keep you on track.

6: HAVE A YOU DAY

If you are particularly low on energy and don't fancy a workout session - opt for a "you" day as an alternative. Don't reach for the nearest bar of chocolate - instead take a sauna, relax for 20 minutes in the steam room, take a bath, go for a light swim or even a light walk. Treat yourself by treating your body.

7: HAVE A REWARDS JAR

Keep a rewards jar and pop in a euro for every workout you complete. That way at the end of the month/two months you'll have (hopefully) notched up enough to treat yourself to something nice, be it a new top, some new gym gear or even the ultimate cheat meal!

8: TAKE PROGRESS PICTURES

Start with a 'Day 1' picture and document your progress weekly or bi-weekly by taking



Starting a new health routine is one resolution you should keep

pictures. Wear the same gym gear and adopt the same stance and location for each picture so the changes can be clearly seen. I still take pictures all the time just so I can keep track of any changes.

Whatever your fitness goal - the biggest step is starting and after that it's

making it a habit. No matter what you do, do your utmost to stick it out for January and chances are that by then the difference you see will be all the motivation you need to keep on going. Follow me on social media for more tips and advice.

-Happy New Year guys!

WHAT I'M LOVING THIS WEEK

Beo Events

I was delighted to be back with the BEO team at their Limerick date at The Strand Hotel over the weekend. This Sunday I will be taking part in the amazing wellness event alongside snapchat favourite Doireann Garrihy, TV presenter Andrea Hayes, Wellness Coach Pat Divilly and media personality Sile Seoige in Galway before we head to The Armada in Spanish Point the following weekend. The amazing day is the brainchild Aoibhin Garrihy and Sharon Connellan and it is a very special day for anyone looking to inject a little goodness in to their lives.



2018 Goals

I have yet to sit down and set my 2018 goals, we just finished at UCH doing the Spar Panto Cinderella on Sunday and so I am planning on taking a few days off to sit and think about what I want from the year ahead. I don't

think it's a bad idea setting goals. It's always been a way of giving me something to work towards. If you can take a few minutes to yourself, sit down and write out what you want from the year, professionally and personally. It's always a good thing to do.



JANUARY'S SHOPPING LIST

INSTEAD of a recipe this week I thought sharing a January shopping list might be helpful. Take a look!

**Spices can make even the plainest meals taste amazing - experiment and find the ones you like best. Add flavour!

GOOD CARBS

Sweet Potato, Quinoa (*pictured*), Brown Rice, Gluten Free Oats, Butternut Squash, Gluten Free Bread or Wholemeal Bread.

Don't forget fruits are also a source of carbohydrates. I usually opt for the following:

Apples, Blackberries, Blueberries, Raspberries, Strawberries, Tomatoes, Lemons, Limes, Bananas.

PROTEINS

Lean Steak, Chicken, Turkey, Eggs, Fish (Salmon, Hake and Cod are my favourites), Cheese, Kidney Beans, Lentils, Edamame Beans, Mince, Bacon Medallions, Hummus.

HEALTHY FATS

Raw Nuts (Almonds, Cashews, Brazil, Walnuts), Avocado, Almond Butter, Coconut Oil, Organic Peanut Butter.

SPICES

Cayenne Pepper, Chilli powder, Himalayan Pink Salt, Cumin, Turmeric.

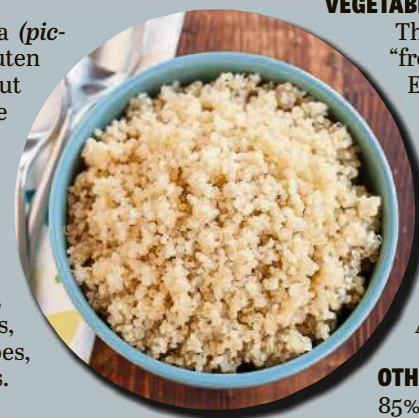
VEGETABLES

These are what I class as "free foods". Foods I add to EVERYTHING. Some of my favourites are: Broccoli, Peppers, Courgettes, Cauliflower, Spinach, Mushrooms, Onions, Garlic, Green Beans, Mange-tout, Bean Sprouts, Sprouted Mung Beans, Aubergine.

OTHER

85% Dark Chocolate, Rice Cakes (GF), Coffee, Green Tea, Almond Milk (unsweetened), Crackers (GF), Unsalted Butter, Quest Protein Bars, 100% Whey Protein Powder.

Rice cakes and crackers are technically carbs but they have a high GI which means they break down far quicker in the body and are not very filling. I usually opt to have them as a snack with nut butter and banana or with mashed avocado to add a little substance. The dark chocolate has a lower sugar content than milk chocolate and just a square or two can really hit the spot when you fancy something sweet.





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HEALTHYLIVING

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website: www.evahillnutrition.comemail: info@evahillnutrition.comfacebook: [HealingWithWholeFoods](https://www.facebook.com/HealingWithWholeFoods)

Beat the post-festive sluggishness

AFTER the festive season most people find it hard to get back to the normal routine. Refined foods, sweets, irregular eating patterns all lead to sluggishness in the bathroom.

In fact, one of the most common problems I meet in my clinic is constipation or irregular bowel movements.

Sometimes it is only a secondary problem, with people not realising that not moving the bowel every day is a problem.

Besides the uncomfortable gut feelings it is linked with hormonal imbalances, headaches, high cholesterol and lots of immune and inflammatory conditions.

Constipation is caused mostly by reduced fibre in the diet and bowel flora imbalances (overgrowth of non-be-

neficial micro-organisms).

When healthy complex carbohydrates like whole grains, beans, nuts, seeds and vegetables are replaced by chips, chocolates, candies and white flour products one can easily end up clogged up.

Weight-conscious people can make the mistake of eating very small amounts of food, even trying fasting detox regimes so there is not enough bulk in the bowels to initiate peristalsis.

Soluble and insoluble fibres are both needed to ensure proper elimination time and to feed the good bacteria in the intestines.

If the bowel transit time is slowed down, toxins can get reabsorbed into the blood stream and overwhelm the liver, causing sluggishness, difficulty sleeping, chemical sensitivities and the above mentioned conditions.



Natural cure: Increasing your intake of probiotic-rich foods like certain yoghurts could help digestive problems

Long standing constipation and bowel flora imbalances can produce IBS symptoms (bloating, cramping, diarrhoea alternating with constipation) - even lead to cancerous mutations of the bowels.

Trying to avoid the un-

comfortable effects of constipation, many people would reach for laxatives, and use them daily.

Laxatives - whether pharmaceutical or natural herbal remedies, work similarly by aggravating the smooth muscles of the bowels or by

pulling water into the colon, to soften the stool.

When taken regularly for long periods of time, they make the bowel lazy and dependent on the medication.

Preventing these uncomfortable and dangerous changes is the best policy by consuming a wholesome diet filled with seeds, nuts, beans, vegetables, some whole-grains and drinking plenty of water. Essential fats from cold-pressed oils, oily fish, nuts, seeds and avocado are not only beneficial for your cardiovascular system, brain function and basically all cells in your body, but taken in little higher amounts they can soften the stool, making it easier to pass.

Increase probiotic-rich foods; natural (unsweetened!) bio-live yoghurt, kefir, sauerkraut, or take a multi-strain probiotic cap-

sule for a few months.

There is a fantastic supplement available in your health stores, called Lepicol Plus - it combines the benefits of both soluble and insoluble fibres, probiotics, digestive enzymes and soothing herbs to support the entire digestive system. It has the ability to re-regulate bowel movements - whether it is constipation, diarrhoea or the alternating type of IBS you are struggling with.

As always, if you struggle with long-term digestive problems it is best to investigate and get to the root of it.

Your GP can arrange basic tests and in my clinic I use greatly detailed functional tests to determine what microbial or nutrient imbalances, metabolic issues are behind your symptoms.

Find out more on www.evahillnutrition.com.

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POSITIVE PARENTING



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www.loveparenting.ie

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Being a parent is...

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Nurturing the family's wellbeing

Over the course of 2017, the Loveparenting Team has shared information and tips on a range of parenting topics ranging from supporting the mental health of your baby, to helping your child prepare for school, to dealing with challenging behaviour across the age spectrum.

As we embrace a new year, below are some key messages to support you in positive parenting and building a strong, affectionate relationship with your child.

We look forward to continuing this column in 2018,

and, if you would like information on a particular topic or links to local support services, please visit us on www.loveparenting.ie.

You can also find us on Facebook or contact us on info@loveparenting.ie.

TOP TIPS FOR FAMILY WELL-BEING

■ The parent-child relationship is key

A strong, loving relationship with a parent or carer is the most important thing for a child.

It helps them to be healthy, happy and resilient.

Remember it is never too early or late to start spending special time together.

■ Buy well, Eat well, Be well

Healthy food is important for all the family and is especially important for children's growth.

Include them in planning the menu, shopping and cooking meals.

Try to eat at least one meal as a family each day. This is a simple way for everyone to connect.

■ A positive parenting style works

Give your child positive at-

tention, lots of affection and specific praise.

Set routines, rules and boundaries and try to be consistent—children thrive with a routine. Try to remain calm and model positive ways (deep breathing, taking a walk) of dealing with powerful emotions such as anger or frustration.

■ Child safety is key

Toddler-proofing your home, using car seats, teaching road safety, learning basic first aid, supervising young children and knowing where older children are, and who they are with, all helps in

terms of reducing child injury and raising happier children.

■ Baby see, baby do

Be the role model your children deserve. Kids learn by watching their parents.

Modelling appropriate, respectful behaviour works much better than telling them what to do.

■ Name it and tame it

Communicating with your child is so important at every age. Parents and children who can talk to each other, share problems and address challenges together will have strong, healthy relationships.

This will help you to cope with any challenging behaviour or crisis in a positive way.

■ Parents need good social networks

Parenting is easier when you can talk with others or spend some time looking after yourself.

If you are really struggling, talk to your GP, PHN or other trusted professional or friend to get some support.

These key messages were developed by Tusla, Child and Family Agency. For more information, please see www.parenting24seven.ie.

Top Tips - For Getting a Healthy Start to 2018

Improving our own health and the health of our families tops many people's list of resolutions.

Below are some tips on how to make real, lasting changes to your family's health that have a chance of surviving January!

1. **Make positive changes.** Try not to focus on losing weight or banning all junk food, but on positive goals such as going for a walk in the evening or including some fruit or vegetables at each meal

2. **Start Small.** Rather than setting huge goals such as running a mara-

thon by March and serving kale at every meal, set small realistic goals you can strive for together.

Try confining sugary treats to the weekend and going for a family swim during the week. Choose things that will fit within your current schedule but push yourself

out of your comfort zone a little. Try new things

3. **Make it Real.** Talk to your children about how important a healthy diet and exercise are to keeping their bodies strong and giving them the energy to do all of the things that they

want to do.

Ask them to think about how they feel after too much sugar or when they haven't gotten out and active during the day.

Then, ask them to think about how they feel after a really active day full of nutritious food



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Learn what blockchain technology is, how it is this and not Crypto currencies that is the main change coming.

See how to setup an account and invest in crypto currencies if its something you want to do.

Understand what mining is and lots of other technical terms and get real practical information and advice.

This is an educational evening with absolutely no selling or affiliate programs, come along to learn and understand what changes are coming with money and the internet.

Cover charge of €10.00 to cover some expenses with donation to Limerick Novas Homeless charity being made. Live broadcast to Datadash on You Tube - 087 2457970 for more info.

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THE original Volvo XC60 has become the best-selling premium SUV in its segment in Europe and sold nearly a million units globally.

These days, the XC60 represents around 30pc of the Swedish carmaker's total global sales.

The 2017 XC60 is a really fine looking vehicle, and has a good solid feel to it, which is typically Volvo. It will appeal to those who don't want a car as big as its larger XC90 sibling, or one as costly. It has a lot going for it as it gets most

of the features of its big brother and has already beaten the Japanese car-makers in their own country taking their recent Car of the Year award, finishing well ahead of the BMW 5-Series. It is well capable of taking on big rivals like Jaguar F-PACE, Land Rover Discovery Sport, BMW X5, Audi Q5, and Mercedes GLC to name but a few.

The new car is full of Swedish flair and is longer, wider and lower than before.

Ground clearance has also been increased. The car sports a long bonnet, muscular wheel arches and short overhangs which create a sense of refined power.

T-shaped Daytime Running LED headlights - designed to look like Thor's hammer - give the car a strong look and Active High Beam means you always get the best view without dazzling other road users.

The squarish shaped boot has a 505 litre capacity with the rear seats in use.

A very long list of standard features includes Bluetooth, Navigation, DAB radio system and speech function, Adjustable Steering Force, a few Drive Mode Settings, Hill Start Assist and Descent Control, Cruise Control, rear parking sensor, Dynamic chassis and 18-inch alloys.



With over a million XC60s already sold the 2018 version is set to continue its impressive streak

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Models shown: KADJAR Signature Nav ENERGY dCi 110, starting RRP €31,290. KOLEOS Signature Nav dCi 130, starting RRP €36,790. CAPTUR Signature X Nav TCe 90, starting RRP €22,890. Finance example: CAPTUR Expression TCe 90 S&S. RRP €20,290. Deposit €6,896. Term 36 monthly payments of €169. APR 3%. Total cost of credit €896 inc doc & completion fee €75 each. Optional final payment €8,055. Includes 3-year service plan. 3 years' road tax is based on the current rates, applicable at the time of purchase. Offer exclusive to Renault Bank. Excess mileage plus excess wear-and-tear charges may apply upon return of vehicle. Offer is made under a hire purchase agreement. Subject to lending criteria. Terms and conditions apply. See renault.ie [Warning: You will not own these goods until the final payment is made]. Renault Bank is a trading name of RCI Banque Branch Ireland and is authorised and regulated by the French banking authority and supervised by the Central Bank for conduct of business purposes.

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For further information on Hi Life Tools visit our website at www.ptgtools.com



FAMILY SUPPORT PROJECT DEVELOPMENT WORKER – RATHKEALE

West Limerick Resources CLG is the community based local Development Company based in Newcastle West. The company now wishes to recruit a Family Support Project Development Worker for 2 days per week based in Rathkeale. The position requires an experienced individual who possesses a high level of interpersonal skills, is a good team worker and self-starter with a high level of motivation. The successful candidate will play a central & key role in the development, implementation and management of a range of pre-development, personal and group development projects.

Full job description and application form are available from West Limerick Resources CLG office in Newcastle West or by emailing info@wlr.ie.

Please submit completed applications form marked **Confidential** to the Manager, West Limerick Resources CLG, St. Mary's Road, Newcastle West Co. Limerick no later than 5pm on Friday 19th of January 2018. Candidates may be shortlisted for interview. A panel may be formed from which future similar vacancies will be filled. Interviews to be held week of Monday 29th of January 2018. West Limerick Resources CLG is committed to a Policy of Equal Opportunity



The Social Inclusion and Community Activation Programme (SICAP) 2015-2017 is funded by the Irish Government and co-funded by the European Social Fund and includes a special allocation under the Youth Employment Initiative.

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BIRTHDAY REMEMBRANCES



SEAN LYNCH (92nd Birthday Remembrance)



In loving memory of Sean Lynch late of Galvone Road, Kennedy Park, Limerick whose birthday falls on the 9th January, 2018.

A HURLERS PRAYER

Grant me O 'Lord a hurlers skill
With strength of arm and speed of limb
Unerring eye for the flying ball
And courage to match them whate'er befall
May my stroke be steady and my aim be true
My actions manly, my misses few
No matter what way the game may go
May I rest friendship with every foe
When the final whistle for me has blown
And I stand at last before God's Judgement Throne
May the great Referee when he calls my name say

You hurled like a man, you played the game
From your son Gus, grandson Jason and Vanessa, grandson Darren and Danielle, granddaughter Mary and Kenneth and great-grandchildren Abbey, Ruby, D.J., Dan, Ricky, Dion and Stella. Sadly missed by your son William Lynch, wife Mary, Janet, Derek, Alex and Darragh

IN MEMORIAM



O'GRADY (Seasonal Remembrance)

In memory of our father Stephen O'Grady (late J & G Boyds and Kidds Restaurant), 10 Emly Place, Mary Street, Limerick died on 2nd January, 1952.

His wife Kathleen (late Cleeves), died 4th February, 1989. His son Stephen (late McMahon's and Coads Shoes), died 13th August, 1973. His daughters Margaret Helen (4 months) Died 9th September 1941 and Maura McMahon (late Clothing Factory and O'Donovan's), died 29th June, 2002. Her husband Brendan (late De Beers), died 10th February, 2009. His grandchildren, Baby Elaine, Died 27th November 1977 and grandson baby Michael, Died 19th June 1988. Masses offered. Always fondly remembered but Sadly missed at this time.

(Inserted by the O'Grady family)

Another Leaf Has Fallen

Another leaf has fallen,
another soul has gone.
But still we have God's promises,
in every robin's song.
For he is in His heaven,
and though He takes away,
He always leaves to mortals,
the bright sun's kindly ray.
He leaves the fragrant blossoms,
and lovely forest, green.
And gives us new found comfort,
when we on Him will lean.

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Conor Murray goes over to score his side's first try during the European Rugby Champions Cup Pool 4 Round 2 match between Munster and Racing 92 at Thomond Park back in October. The two sides meet against Sunday at the new look U Arena in Round 5 of the famous competition PHOTO BY BRENDAN MORAN/SPORTSFILE

Munster can secure quarter final spot with win in Paris

By COLM KINSELLA

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MUNSTER head to the magnificent new U Arena in Paris this weekend looking to book their place in the knock-out stages of the Champions Cup by securing victory over Racing 92.

The crucial Round 5 Champions Cup fixture between the top two sides in Pool 4, takes place on Sunday at 3.15pm Irish time (Live Sky Sports)

Munster currently lead the Pool 4 standings on 15 points, four clear of second-

placed Racing 92.

Munster complete their programme of pool games with a home fixture against Castres Olympique at Thomond Park on Sunday, January 21 at 1pm Irish time.

Munster warmed up for Sunday's crucial European Cup fixture with a much-needed 39-13 bonus point victory over Connacht in the Guinness Pro 14 at Thomond Park on Saturday night last.

While the interprovincial victory ended Munster's two game losing run in the Pro 14, head coach Van Graan says the performance will have to improve if the side is to defeat

Racing 92 this weekend.

The Top 14 side is likely to include former Munster second row Donnacha Ryan in their squad for the game.

Johann van Graan said: "I think if you look at the context of our pool, Racing are four points behind us, they will also want to stay in this competition.

"If we beat them I believe we will get through the pool. If we don't we will have to get back here to Thomond Park the follow week.

"So to win in France - we drew there (v Castres Olympique) earlier in the season - so to win there against top

quality opposition you will need an 80-minute performance with all 23 of your players."

Munster were boosted for their win over Connacht by the return to action of Irish centre Chris Farrell. Farrell had not featured since picking up an injury while on Ireland duty during the autumn internationals in November.

Farrell looks set to partner Rory Scannell in the Munster midfield for this weekend's trip to the French capital.

Van Graan said: It's the first time that I have worked with Chris on training in this

week. He's a fantastic rugby player and a fantastic prospect. I think his future is very bright.

"He gave us a lot of momentum tonight, but also once he went into contact he looked for his offloading game and that is something we will hopefully explore in the future and he brings a bit of calm and he's big so it looks nice to have him there at 13."

Uncertainty continues to surround a possible return date for Munster's New Zealand out-half Tyler Bleyendaal.

Bleyendaal is currently sidelined with a neck issue.

Van Graan said: "With Tyler (Bleyendaal) it's the same as early in the week, we take it week by week. He might be available in a week's time, he might take another six to eight weeks.

"We're very sensitive with him because of the type of injury. As soon as he feels he's ready to go, we'll put him back in."

Van Graan was impressed with how flanker Conor Oliver had performed on his first outing of the season following injury.

"I thought he was exceptional," head coach Van Graan said.

PICTURE SPECIAL - LIMERICK 'GOBA' NIGHT



Tony McNamara presents Garrett Barry owner of Satire who won the Macro Stainless Ltd A1 550 Final. Also pictured is Michael Curtin and his family



Mayor of Limerick, Stephen Keary, presents Chris Holland (representing Graham Holland) with Public Trainer of the Year, also pictured are Austin Noonan, Patsy Coffey and Ger Dollard



Mayor of Limerick Stephen Keary presents Master Cormac Davern whose dogs won the most races in 2017. Also pictured are Pat and Deirdre Davern, Susan Hayes, Julie O'Connor, Patsy Coffey, Austin Noonan, John Hayes and Ger Dollard, of Greyhound Board



Tony Maher presents Mike Shine owner of Knockbawn Venus which won the Red Mills A7 525 Final with Diane and Margeret Shine, Eddie Shanahan, Mayor of Limerick, Stephen Keary, Conor Murnane, Ger Dollard, CEO of Greyhound board



Mary and George O'Rourke owners of Very Jolly won 'Bitch of the Year' with Friends and Family



Fionnuala Moloney and James Carey presents John Rainsford owner of Adamant Page won the Frightful Flash Kennels S5/S6 350 Final with Jane, the Mayor of Limerick Sean Rainsford, Stephen Keary and Patsy Coffey



Emma Meaney presents Paudi Ryan owner of Cleaning Doctor which the Limerick Trackmakers A3 Novice 750 with Mayor of Limerick, Stephen Keary, Patsy Coffey, Hugh O'Neill, David Grimes and Ger Dollard



Willie Rigney presents Donie Quinn owner of Clarina Rocket which won the Strolls to Gain Homes A3 525 Final with Josephine Shine, Jackie Finucane, Ger Ryan, Eamon Quinn and Patsy Coffey



Anthony Supple presents Timothy Gilbourne owner of Gulleen Queen which won the Greyhound and Petworld A2 Bitch 525 Final with Mayor of Limerick, Stephen Keary, Ger Dollard, Pat Steed and the Gilbourne Family



John Bulter presents Danny Clancy owner of Timmy's Monster which won the Dan O'Connor Feeds S2/S3 350 Final with Patsy Coffey, Shauna and Kayleigh Clancy, David Clancy, John O'Dea, Pat Maher, Darren Kennedy and friends

SCHOOLBOY SOCCER NOTES & FIXTURES

Fairview Rangers

WEATHER: All local fixtures fell foul of the arctic like weather conditions this weekend.

U-13: However, during the Christmas period our under 13 squad took part in the Glantine Rovers tournament, with the hosts, Rockmount of Cork, ourselves and fellow LDSL Mungret making up the teams involved. First up for us were Rockmount, a much stronger physically side than us. However, our lads put in a sterling performance and came away with a point, with the game ending all square on a 0-0 score line. Our second match saw us beat the hosts 3-0. Callum Murphy scored the opener with a fantastic individual effort, with Rex Nyamakazi adding our second with a clinical finish. Top scorer Matt TePou made all three points safe with our third and final goal. Our final group game saw us entertain Mungret with this one ending all square also, a result that saw both sides qualify for the final. By now the fantastic facilities had taken somewhat of a hammering, with the playing surface cutting up badly, but credit to both sides who still managed to play some fantastic football on the day. A fantastic free kick by Mark Ward was the only goal of the game, seeing us like the trophy to the delight of the management, team and the few hardy supporters who travelled on the day. Our lads made it a clean sweep when the outstanding Jenna Slattery was awarded the man of the match award also. Well done to all involved on bringing the first schoolboy trophy of the year to the Fairgreen.

FIXTURES

Saturday, 13 January

U-10 RED GROUP

Regional United 1 Corbally United 1; 11.am Dooradoyle
Coonagh United v Aisling Annacotty 2; 11.am Coonagh J. O'Halloran
Limerick FC v Shelbourne 1; 11.am Hogan Park J. Reilly
Aisling Annacotty 1 v Pike Rovers 1; 11.am Newtown Park

U-10 BLUE GROUP

Fairview Rangers v Aisling Annacotty 3; 11.am Fairgreen M. Kirby
Carew Park v Corbally United 2; 11.am Carew Park J. Mulligan
Lisnagry v Regional United 2; 12.30 Scanlon

Park K. McCormack
Mungret Regional 1 v Caherdavin Celtic 11.am Mungret A. Walsh

U-10, GREEN GROUP

Mungret Regional 2 v Newport Town 2; 12.30 Mungret A. Walsh
Newport Town 1 v Caherconlish 11.am Newport K. McCormack
Janesboro v Pike Rovers 2; 11.am Pearse Stadium L. Hughes
Ballynanty Rovers v Parkville 11.am Shelbourne Park J. Curran

U-10 BROWN GROUP

Shelbourne 2 v Aisling Annacotty 4; 11.am Shelbourne Park Martin Monaghan
Moyross United v Star Rovers 11.am Moyross J. Clancy
Geraldines, v Lisnagry 2; 11.am Garryowen T. Joyce
Bridge Celtic v Corbally United 3; 11.am Bridgetown T. Mannion
Regional United 3 v Mungret Regional 3; 12.30 Dooradoyle A. Galvin

U-12 PREMIER LEAGUE

Mungret Regional A v Regional United A 2.2pm Mungret A. Galvin
Aisling Annacotty B v Limerick 2.2pm Newtown Park Mike Monahan
Fairview Rangers A v Newport Town A 12.30 Fairgreen M. Kirby
Aisling Annacotty A v Caherdavin Celtic A 12.30 Newtown Park Mike Monahan

U-12 DIVISION ONE LEAGUE

Corbally United A v Bridge Celtic A 11.am Athlunkard R. Broe
Summerville Rovers v Pike Rovers A 11.am Portland Park G. Clancy
Granville Rangers v Shelbourne A 11.am Glenbrook D. Weldrick

U-12 DIVISION TWO LEAGUE

Ballynanty Rovers v Geraldines 12.30 Shelbourne Park Martin Monaghan
Parkville v Mungret Regional B 11.am Knockalisheen K. McNamara
Carew Park v Aisling Annacotty C 12.30 Carew Park J. Mulligan
Regional United B v Fairview Rangers B 12.30 Dooradoyle AWP J. Galvin

U-12, DIVISION THREE LEAGUE

Shelbourne B v Pike Rovers B 12.30 Shelbourne Park J. Curran
Caherdavin Celtic B v Aisling Annacotty D 12.30 Greenhills B. Higgins
Bridge Celtic B v Regional United C 12.30 Bridgetown T. Mannion

HYNAN TRAVEL, U-14, PREMIER LEAGUE

Newport Town A v Caherdavin Celtic 12.30 Newport J. McNamara
Aisling Annacotty A v Fairview Rangers A 2.2pm Annacotty AWP F. O'Neill
Corbally United A, v Mungret Regional A 12.30 Athlunkard R. Broe

U-14 DIVISION ONE LEAGUE

Janesboro v Regional United B 12.30 Pearse Stadium L. Hughes
Geraldines, v Corbally United B 11.am Rathuard D. Brosnan
Parkville FC v Aisling Annacotty B 12.30 Knockalisheen K. McNamara
Shelbourne FC v Regional United C 2.2pm Shelbourne Park J. Curran
Carew Park v Newport Town B 2.2pm Carew Park J. Mulligan
Summerville Rovers v Fairview Rangers B 12.30 Portland Park G. Clancy

U-16 PREMIER LEAGUE

Caherdavin Celtic, v Corbally United A 2.2pm Greenhills B. Higgins
Mungret Regional, v Granville Rangers 11.am Castlemungret D. Power
Fairview Rangers A, v Regional United A 2.2pm Fairgreen D. Downing

U-16, DIVISION ONE LEAGUE

Aisling Annacotty C v Newport Town 2.2pm Kilonan M. Cuddihy
Aisling Annacotty B v Geraldines 12.30 Kilonan M. Cuddihy
Ballynanty Rovers v Fairview Rangers B 2.2pm Shelbourne Park Martin Monaghan
Corbally United B v Regional United B 2.2pm Athlunkard R. Broe

Sunday, 14 January, 2018

U-13, SFAI, SUBWAY, INTER LEAGUE

LDSL, v. Kerry League 11.30 UL (all weather pitch)

U-12, SFAI, SUBWAY, INTER LEAGUE

LDSL, v. Kerry League 12.45 UL (all weather pitch)

U-12, INTER LEAGUE REPRESENTATIVE GAME

LDSL, v. Kerry League 2.2pm UL (all weather pitch)

LDSL Notes

Please note the four U-10 groups, have been re-graded, please note that your team could have been moved to another group.

New Limerick hurling captain out with injury



Hamstrung: Newly appointed Limerick senior hurling captain Declan Hannon could miss a number of weeks with a hamstring injury picked up during Limerick's win over Kerry last weekend

By JEROME O'CONNELL
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Twitter: @jeronmesport

LIMERICK hurling captain Declan Hannon is set for a spell on the sidelines with a hamstring injury.

The centre back limped out of Limerick's Munster Hurling League win over Kerry after 23-minutes on Sunday.

Limerick manager John Kiely has confirmed that the Adare man will miss this Sunday's Munster Hurling League final against Clare and now appears in a race to be fit for the round one Allianz League tie with Laois on January 28.

"It's a pity Declan (Hannon) picked up a hamstring injury and that's the only real negative from the day. It looks at least two to three weeks - it's a hamstring tear," said Kiely of the Hannon injury.

The captain joins 2017 All Ireland U-21 centre back Kyle Hayes on the treatment table.

"Kyle Hayes and Declan are the main two concerns at this stage and we will have to wait and see how they pan out," said the Limerick manager.

Limerick have used 27 players in the Munster Hurling League games against Cork and Kerry - just Richie English, Diarmaid Byrnes and Seamus Flanagan played every minute of both

games.

With 10 members of the panel, club-tied with Na Piar-saigh that just leaves Hayes, Graeme Mulcahy, Gearoid Hegarty and Richie McCarthy yet to get game time in the new season.

"Richie McCarthy is home from Australia on Tuesday so he will be back training from this week but he will obviously need three or four weeks work to get back up to speed," said Kiely.

He added: "We are trying to avoid overloading fellas in January".

Debuts have been given to six - Seamus Flanagan, Barry Murphy, Oisín O'Reilly, William O'Meara, Daragh Fanning and Paddy O'Loughlin.

"If you look at it - Barry

Murphy has shown up very well, he is very busy and gets a lot of tackles in and turns over ball and when he does he is quick on the march to get it moving and get scores on the board and he is a score generator; Seamus Flanagan got two more goals today which is very encouraging; Barry Nash got 1-5 and Aaron Gillane contributed his usual; Daragh O'Donovan I thought contributed very well and probably our best player across the field; it was great to get Paddy O'Loughlin and William O'Meara some more game time and for Daragh Fanning to get his first start since joining us," outlined the manager when speaking to the media after the Kerry win.

Limerick now progress to play Clare in the final of the Co-Op Superstores Munster Hurling League. The Gaelic Grounds will host the Shan- nonside derby with a 2.00 start.

It's the fourth successive year that Limerick have reached the final of this early season provincial competition - winning in 2015 but losing in 2016 (Clare) and 2017 (Cork).

"I am sure it will be a good contest - Clare are going very well - they started early this year and won the Fenway Competition (in Boston) and obviously going well in this competition and I think it will be a good test of where we are at," said John Kiely ahead of Sunday's final.

Limerick begin their Division 1B Allianz Hurling League on January 28 when Laois come to the Gaelic Grounds.

Limerick's management have confirmed that they won't be calling upon their 10-strong Na Piar-saigh contingent until their involvement in the All Ireland club SHC ends - the Caherdavin club play Derry's Slaughtneil in the All Ireland semi final on Saturday February 10 in Dublin's Parnell Park ruling them out of at least two of the five group games and potentially all group games if the city club progress to a St Patrick's Day final in Croke Park against Galway's Liam Mellows or Dublin's Cuala.



Fairview Under 13s, recent winners of the Glantine Rovers tournament in Cork

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