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MOTORISTS WHO FLOUT PARKING LAWS WILL BE BANNED

DAVID HURLEY
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Twitter: @dhurleyl

MOTORISTS who repeatedly flout the city's parking laws and who don't pay the resulting on-the-spot fine may soon be facing automatic driving bans.

Judge Marian O'Leary, who presides over parking prosecutions at Limerick District Court, has said the current situation cannot continue and must be addressed.

At one sitting of the parking court earlier this month she expressed her

frustration and directed lawyers representing Limerick City and County Council to compile a list of the worst offenders ahead of the next court.

Almost 100 cases were listed before the court on the day with Judge O'Leary noting that a number of people appeared on the list several times.

The legal proceedings relating to offences which were detected last September and October were initiated against the registered owners of

→ **CONTINUED ON PAGE 3**



Molly's Munster warpaint

Molly Tobin, Caherdavin, showing her colours at Thomond Park on Sunday afternoon. Molly and the rest of the faithful had to wait a full three hours after kick-off was delayed due to flooding but they were rewarded with a rampant performance on the pitch as Munster beat Castres 48-3 PICTURE: BRENDAN GLEESON

Mourning PRESIDENT AT DOLORES' REPOSAL



PAGE 4

Health INTERN PAY ROW COMES TO A HEAD



PAGE 3



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Since 1768

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

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SPOTTY
SHOWERS WITH
A HIGH OF 9°C



THURSDAY
SHOWERS
PERSISTING
WITH HIGH OF
8°C



PICTURE OF THE WEEK

Poignant moment as Brendan Foley unveils bust of late son Anthony at Shannon Rugby Club

Shannon RFC honoured one of their most famous sons, the late Anthony 'Axel' Foley' on Friday evening. His dad Brendan Foley was pictured by Dermot Lynch unveiling the bust of his son

INSIDE YOUR CHRONICLE



SUITS YOU, SIR

Co-ordination is key if you want to get the most out of that suit, writes Man About Town, Patrick McLoughney, pages 38-39

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TWEETS OF THE WEEK

We want to hear your news and views @limerick_leader

@Rubberbandits
 Dolores O'Riordan has died, Rest In Peace. Very sad day for Limerick, a legend gone

@NiallQuinnLK73
 Just home from paying respects to @the_cranberries #DoloresORiordan with Eoin+Eric from @thehitchers Heartwarming to meet so many familiar old faces. A lovely gesture from her family to allow #Limerick say goodbye. Befitting that the heavens opened as we were going in to see her



@CampaignforLeo
 For anyone who grew up in Ireland in the 1990s, Dolores O'Riordan was the voice of a generation. As the female lead singer of a hugely successful rock band, she blazed a trail and might just have been Limerick's greatest ever rock star

NEWS

IMO: UNION IS 'READY FOR INDUSTRIAL ACTION'

D-Day looms for UHL over pay

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NON-consultant hospital doctors (NCHDs) and interns at University Hospital Limerick will schedule a ballot for industrial action next week if there is no resolution over the ongoing payment row.

Last week, the Irish Medical Organisation's NCHD committee voted unanimously to support a ballot for industrial action if payment "for all hours worked is not forthcoming" this Thursday, it said in correspondence to UHL doctors.

The issue surrounds a dispute between the interns and hospital management over non-payment of unrostered overtime.

A source said that interns and NCHDs are "ready to press forward with industrial action". Sources have said that it will push for a ballot if unrostered overtime is not paid by January 25, this Thursday.

A representative from the IMO told UHL union members that they will be available this Tuesday afternoon for an "in-person update".

"We have scheduled a meeting with your IMO representative and the Director



A decision will be made this week if Irish Medical Organisation members at UHL will ballot for industrial action next week

of HR on Thursday, 25 January at 3:30pm to discuss the situation and attempt to reach a resolution without a ballot for industrial action. If this is unsuccessful, we will schedule a ballot for the following week," the correspondence said.

Two weeks ago, the UL Hospitals Group said that it issued €2.5m in overtime payments between October and December and that "any outstanding claims for unrostered overtime, where approved by line managers, will be paid in the January pay periods".

Regarding the ongoing pay dispute, the spokesperson said that it "greatly values the hard work and dedication of our interns".

"We take our responsibil-

ities as an employer with the utmost seriousness. Equally, the executive at UL Hospitals Group has a fiduciary duty in terms of managing public monies. We have a responsibility to control payroll costs in the interests of protecting services to our patients."

The spokesperson said that it "rejects any assertion that unrostered overtime claims, once the agreed process has been followed, are not being honoured".

The spokesperson previously said: "Each year, UL Hospitals Group welcomes medical interns to the Group as part of their ongoing training and we greatly value the hard work done by all of our highly skilled NCHDs."

Ban mooted for parking offences

► CONTINUED FROM PAGE 1

the offending vehicles.

"It's ridiculous," said Judge O'Leary. "How often are we seeing people with 10 or 20 prosecutions," she added.

While nobody was disqualified from driving on the day, Judge O'Leary indicated she is considering disqualifying any future repeat offenders who are prosecuted

by the council.

In each of the 97 cases before the court earlier this month a traffic warden gave evidence outlining the date and location of the specific offence as well as confirming details of the offending vehicle. The court was also told a ticket had been issued in the usual way but had not been paid in the prescribed time despite a reminder letter having been sent.

The prosecutions before the court related to motorists who had not paid for on-street parking, who had parked in loading bays or who had parked on double-yellow lines.

Offences relating to cars parked on footpaths and the use of disabled spaces were also before the court.

In the vast majority of cases, the defendant was not in court for the proceedings and no defence or mitigation was put forward.

Fines were imposed in cases where convictions were recorded with the defendant also being ordered to pay the costs and expenses of the local authority.



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TRIBUTES: PRESIDENT HIGGINS PAYS LAST RESPECTS AT CROSS' FUNERAL HOME

Final farewell for Dolores O'Riordan at funeral Mass

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FAMILY, friends and fans of the late Limerick rock star and Cranberries lead singer, Dolores O'Riordan, will say their final farewell at her funeral Mass this Tuesday morning.

The body of the 46-year-old mother-of-three, who died last Monday in London, will be laid to rest at a private family burial following requiem Mass at 11.30am this Tuesday at St Ailbes' Church in her home parish Ballybricken.

Dolores' remains reposed at Cross' Funeral Home, Ballyneety, this Monday from 4pm followed by the removal at 8pm to her local church in Ballybricken.

Among the eminent faces paying their respects to the international rock star was President of Ireland Michael D Higgins, who arrived at Cross' Funeral Home shortly before 4pm.

Paying tribute to Dolores outside the funeral home, President Higgins said: "Limerick has every right to be very, very proud of somebody that was up there at the very, very beginning."

On Sunday afternoon, thousands of people braved treacherous weather conditions to pay their last respects at Dolores O'Riordan's public reposal at St Joseph's Church.

St Ailbes' Church, which has a limited capacity of 200 seats, will be strictly re-



President of Ireland Michael D Higgins leaving Cross' Funeral Home in Ballyneety PICTURE: MICHAEL COWHEY

served for family, friends and parishioners only, the Catholic Communications Office said.

Members of the press will be kept at a respectful distance from the church grounds, and camera equipment by the media will be forbidden before, during

and after the Mass.

Family friend, Canon Liam McNamara will be the chief celebrants of the Mass, concelebrated by parish priest Fr James Walton, Archbishop of Cashel and Emly Kieran O'Reilly, and Archbishop Emeritus Dermot Clifford.

In conjunction with the gardai, stewards will facilitate mourners and help to direct traffic. As the church is on the bend of a narrow road, parking is very limited and priority will be given to members of the family, friends, neighbours and parishioners. The gardai will

have a one-way traffic management plan in place and the co-operation by everyone in attendance would be appreciated.

It has been confirmed that Limerick's Live 95FM will live broadcast Dolores O'Riordan's funeral Mass on Tuesday.

WINNING STREAK

Nurse wins €32k on TV gameshow

SHIRLEY Leen from Newcastle West, a nurse by profession, bagged a handsome €32,000 in cash on the National Lottery Winning Streak show on RTE One on Saturday.

ANIMALS

Council seizes unlicensed horses

LIMERICK City and County Council says three loose horses which were seized at Riverside Park, Dock Road at the weekend will be disposed of if they are not claimed by their owners.

EVENT

'On the nail' literary gathering

THE guests at the next On the Nail literary gathering are English language professor Graham Allen, and Lori O'Hanlon. It takes place on Tuesday, February 6 from 8pm in Chez le Fab cafe.

HEALTH

Managing your migraine seminar

A FREE seminar to help people living with migraine learn more about the condition will take place at the Limerick Strand Hotel this Thursday from 7 to 9pm. Email info@migraine.ie to reserve a place.

HEALTH

51 patients treated on trolleys at UHL

ACCORDING to figures published by the Irish Nurses and Midwives Organisation on Monday morning, there were 51 patients being treated on ED trolleys and extra trolleys or beds in UHL wards.

EDUCATION

Call for schools to join Ecorangers

Bord na Móna is calling for more Limerick schools to join the 22 already signed up to its Eco Rangers programme which aims to teach children about their natural environment. Check ecorangers.ie for details.

Gardai interview man over alleged grooming of children

GARDAI have interviewed a man in connection with alleged grooming of children.

It is understood the probe surrounds an adult male who allegedly communicated online with a number of minors, including a 10-year-old, in recent weeks.

It is understood that the oldest minor allegedly con-

tact via online was aged 16.

The investigation is being handled by the Garda Protective Services Unit, the Limerick Leader was told.

It has been confirmed that the male was interviewed last Saturday evening, and a file is to be submitted to the Director of Public Prosecutions.

Gardai confirmed to the

Leader on Saturday morning that they are "investigating the allegation regarding the alleged grooming".

Gardai attached to Mayorstone and Henry Street garda stations are investigating the matter after receiving a number of reports within the last two weeks.

It is understood that

gardai at Henry Street received separate reports on various dates in January, while another complaint was made at Mayorstone station in recent days.

It is understood that Henry Street garda station received a number of reports of alleged grooming PICTURE: ADRIAN BUTLER





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COMMUNITY: VARADKAR MEETS PROMISE TO VISIT CITY SCHOOL CUM OLDER PERSONS CENTRE

Unforgettable graduation as Taoiseach confers certificates

NICK RABBITTS

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

IT was a day of celebration for 12 adult learners on the northside, as they received graduation certificates from An Taoiseach.

Leo Varadkar took up an invite from St Munchin's Centre manager Linda Ledger to see the former St Lelia's School, now an age friendly community campus as part of his visit to Limerick.

It comes two years after his last visit, when he was the Minister for Social Protection.

Then, he promised to Ms Ledger that he would return.

And on Friday, he kept that pledge, viewing the old school which has been transformed into a site for a small hairdressing business, kitchens to serve meals on wheels and enhanced classrooms.

"I'm delighted to be part of this occasion," Mr Varadkar said, "I want to congratulate everyone who received their certificates today. I'm a great believer we should help every individual, and every business in each part of the country to reach its potential. We can only do that if you give people opportunities, and make sure everyone gets a



Pictured on his visit to the former St Leila's School in Kileely, Taoiseach Leo Varadkar is flanked by St Munchin's Centre chairman Kieran O'Neill, Senator Kieran O'Donnell, centre manager Linda Ledger, Senator Maria Byrne, Cllr Michael Hourigan and former Finance Minister Michael Noonan PICTURES: MICHAEL COWHEY

"If we make sure everyone gets a fair go, I think we can build a much better Limerick and a much better country"

An Taoiseach Leo Varadkar

fair go in life.

"Not everyone gets a fair go, or the opportunities they deserve. But if we can get those two things right, make sure everyone gets a fair go, I

think we can build a much better Limerick and a much better country."

Speaking directly to Linda, the Taoiseach said: "It's wonderful to see how

you can subvert bureaucracy and make things happen!

"You'd make a very good politician. It's a skill you have."



Staff at the older persons centre pictured with Taoiseach Leo Varadkar on his visit

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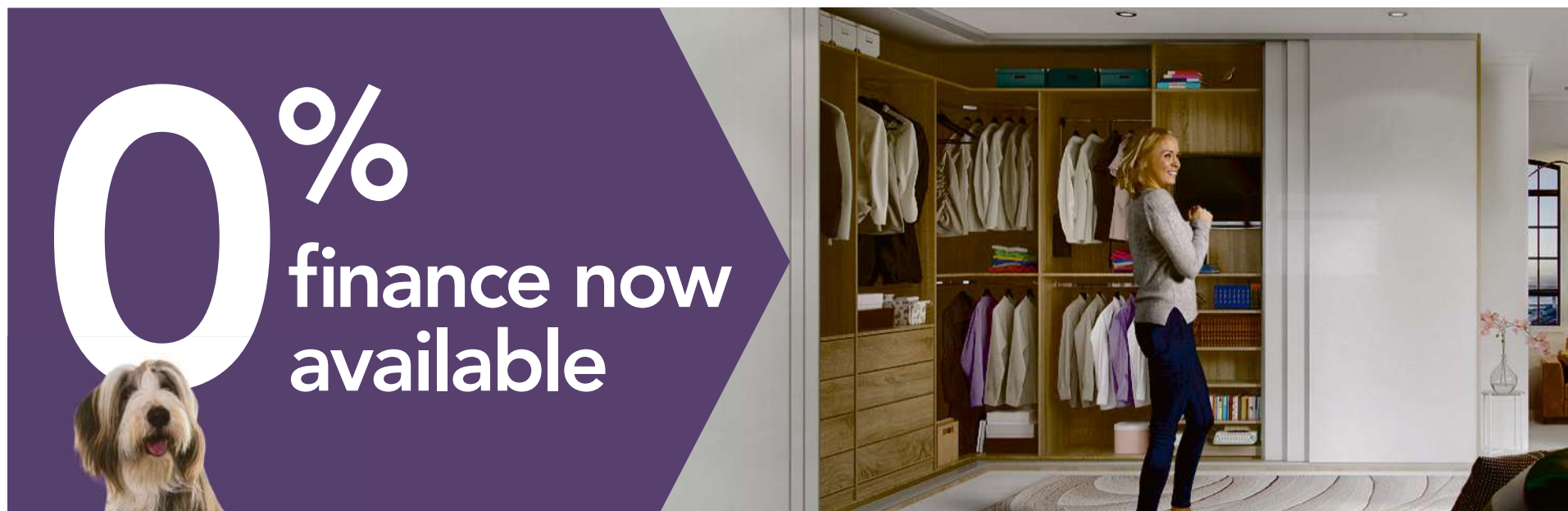
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INDUSTRY: ENGINEERING FIRM PLANS DOUBLING OF ITS WORKFORCE IN PLASSEY

Widespread welcome for H&MV jobs announcement

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THERE has been a wide welcome for the region's third big jobs announcement of 2018.

In the presence of Taoiseach Leo Varadkar, H & MV Engineering, based at the National Technology Park in Plassey unveiled plans to recruit 150 staff over the next five years.

It is a doubling of the current workforce for the firm, set up in 1997.

A specialist in high voltage transmission and distribution systems, its expansion comes after a 2015 management buyout of the firm led by its now chief executive PJ Flanagan and executive director John Stokes.

"This company is a really good example of a successful Irish indigenous enterprise company which started here in Limerick, worked its way up, and become an international company in its own right. It's something we want to see more of," the Taoiseach said.

Fine Gael's Senate business spokesperson Kieran O'Donnell feels the fact the country's leader came to Limerick is "a firm statement of how important and



Taoiseach Leo Varadkar pictured at the announcement of the planned expansion at H&MV Engineering with PJ Flanagan, left, chief executive and John Stokes, executive director PICTURE: DON MOLONEY/PRESS 22

supportive our government is of the indigenous sector".

"The story of H&MV Engineering shows how an indigenous Irish company can grow and compete on a global stage and be a home grown multi-national company. H&MV is operating not only in Ireland, but, in the UK, Europe, Asia &

"This company is a really good example of a successful Irish enterprise company which started here in Limerick"

Leo Varadkar

Africa and is continuing to expand into other world export markets," Mr O'Donnell said.

The jobs on offer come across a range of disciplines, including design engineers, electricians and support staff, as well as electrical apprentices.

Labour TD Jan O'Sullivan

added: "It's really positive to see a local company creating new jobs in the area, and the doubling of the workforce is a real vote of confidence in the staff and Limerick in general."

H&MV's jobs come hot on the heels of Jaguar Land Rover's plans to create 150 new jobs in Shannon.



Shannon Airport

Airport 'can fly on to new heights'

SHANNON Airport can hit the heights of almost four million passengers in the years to come.

That's according to An Taoiseach Leo Varadkar who was the keynote speaker at a Shannon Chamber lunch in Dromoland Castle at the weekend.

Mid-way through the last decade, Limerick's local airport hit 3.5m people annually.

They now stand at 1.7m, having recovered from lows of just 1.3m during the recession.

Mr Varadkar said: "At its peak, Shannon had passenger numbers of three to three-and-a-half million. That's exactly what we should be aiming for in the years ahead. We need to look to two million and then go upwards from there."

He said he is seeking ideas from business to "help Shannon to reach its potential which is so much more than where it is at present".

Separately, the Taoiseach welcomed the opening of the N18 Gort to Tuam road, which means Limerick is linked to Galway by motorway for the first time.

"It does mean for the first time in Ireland, all roads, in terms of motorways, do not lead to Dublin. This connection between Galway and Limerick will be extended to connect with Cork when the M20 is complete," he added.

Mr Varadkar said the Mid-West is helping to lead Ireland economically.

"But now we want to do more and better. We want to ensure the region becomes a great place to study, work and live, providing competition with Dublin, Cork and Galway as a city region.

"I think there are many grounds for optimism in that regard," he concluded.

Political disillusionment 'can make you radical'

IF YOU'RE disillusioned with today's politics, you're more likely to hold more extreme political views.

That's according to a new study carried out by researchers at University of Limerick, and published last week in scientific journal Social Psychological and Personality Science.

The researchers, UL's Paul J Maher and Eric R Iguou, along with Wijnand A P van Tilburg (formerly of UL and now of King's College London), looked to Donald

Trump and Brexit for disillusioned voters.

Disillusionment is likely to occur when people's political goals are not realised, or their strong convictions are proved inaccurate or false, says the research.

PhD candidate Paul Maher said: "We have found that disillusionment may, for example, inspire cumulative political polarisation, in which different forms of polarisation interact and worsen the divisions in political and social contexts.

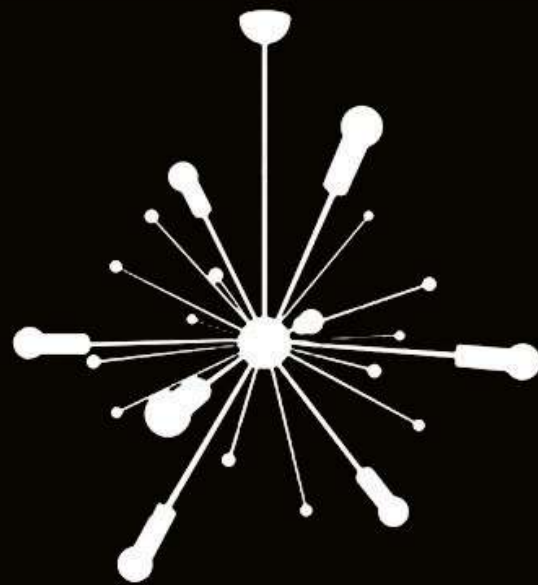
"Disillusionment is more likely to happen when people's convictions have been shattered. As a result, disillusioned people tend to fundamentally question their understanding of the rest of society and the world they live in. Embracing political convictions may give disillusioned people solace and by endorsing more extreme political views, and political activism, people hope to restore a sense of orientation, purpose and significance in their lives," he explained.

The study found that people who became disillusioned in the aftermath of the Brexit vote endorsed more extreme political views, while a second study found that after Donald Trump's victory, disillusioned Hillary Clinton voters shifted towards the more left-wing/liberal end of the political spectrum.

The authors warn that the rise of political polarisation in several Western democracies has coincided with a loss of faith in democratic processes.



Dr Eric Iguou and Paul Maher: study on radical views



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NEWS

HEALTH: RTE TO RUN SPECIAL ON MEDICAL DEVICE FOR WOMEN

Solicitor to brief Dail on 'mesh scandal'

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A CITY solicitor will address Leinster House this week to brief deputies on a "major medical device scandal" that could affect thousands of women, locally and nationally.

Melanie Power, of Power Solicitors, will lead a group protest outside Leinster House on Wednesday afternoon, before discussing



Melanie Power, solicitor

the negative impacts of a medical "mesh" device used to treat urinary incontinence and prolapsed pelvic organs in women.

Ms Power, who set up Mesh Survivors Ireland,

worked with RTE's Prime-time to deliver a programme on survivors, scheduled to broadcast this Tuesday.

The programme will interview women who have received the mesh implant and will speak of the daily pain and suffering they experience as a result of the implant, she stated.

The procedure is explained as a "quick 20-minute procedure" and it can be done as a day procedure. But the effects of the mesh can include debilitating pain, mesh cutting

into the bowel, bladder, vagina, and loss of sex life, although many women can be problem-free for up to 15 years after implantation of the device, she said.

"A common thread with each of the women was that they believed they were the only one suffering as a result of this device – they speak of isolation, fear, depression and suicidal ideations as they were told they were just unlucky and to manage the pain with painkillers and often were told the issue was psychological."

Limerick charity benefits from Aldi community grant

A LIMERICK-based charity that makes dreams come true for sick children has received a boost from Aldi, writes Jess Casey.

Aldi staff in Castletroy have announced that the Limerick-based 'Share A Dream Foundation' is set to benefit from its community grants programme.

For almost 30 years, the foundation has worked with thousands of children nationwide. In recognition of its vital work, staff in Castletroy have awarded the charity a grant of €500 to help support its essential services.

"The work and services provided by the Share a Dream Foundation are crucial to the local community," Aldi Castletroy 'charity champion' Michael Essex said.

"We are delighted our Castletroy employees have chosen to support the organisation."



Lourdes ball set for this Saturday evening

THE annual Lourdes gala ball will take place in the Castletroy Park Hotel this Saturday evening.

Now in its 25th year, all proceeds from the event, which kicks off at 7.30pm, will go to the Limerick Lourdes Invalid Fund.

This exists to financially support pilgrims who might not be able to afford the full cost of travelling to the 'miracle site'

in France.

Tickets remain available for the event, Canon Donal McNamara, the Limerick Diocesan Lourdes director, said.

The Diocesan pilgrimage travels to Lourdes each year out of Shannon.

More than 500 pilgrims travel to France for the week, and they are led by Bishop Brendan Leahy, assisted by Bishop Emeritus Dr Donal Murray.

Of those travelling, 70 are assisted pilgrims, 120 voluntary workers, 100 youngsters, and 23 priests.

As well as raising vital funds for the pilgrimage, Canon McNamara feels the event also serves to raise awareness of the annual visit.

For more information on the event, telephone Canon McNamara at 087-2402518.

Volunteers needed for Team Limerick clean up

FOR THE fourth year in a row, thousands of volunteers are expected roll up their sleeves and take part in the Team Limerick Clean Up (TLC) this Good Friday, writes Jess Casey.

Thousands of volunteers across the city and county will take to the streets of Limerick on March 30, to take part in the mammoth spring clean, which has become Europe's largest one day clean-up event.

Last year, 16,779 volunteers gathered more than 2,600 household wheelie bins of rubbish to be collected by Mr Binmen from 244 individual locations across Limerick.

Mr Binman travelled more than 1,200 km with collection crews, the equivalent of driving from Limerick to Edinburgh and back again, in 2017.

The clean-up endeavour, which focuses on changing attitudes to littering, is sponsored by the JP McManus Benevolent Fund and coordinated by Limerick City and County Council with the support of the Limerick Leader, Mr Binman and Live 95FM.

Feedback from last year's event suggested that



Showing some TLC

there was less litter to collect in certain areas than in previous years, a positive sign that the campaign is working, according to the TLC steering committee.

Once again the TLC steering group will be encouraging volunteers of all ages to register and get involved in this year's campaign.

Businesses, charities, community groups, schools and residential groups are all encouraged to take part. Fast food outlets, convenience stores, service stations and haulage drivers are also encouraged to support the event by organizing their own clean up teams. To get involved, visit www.teamlimerickcleanup.ie.

New bill to let wait staff keep their tips

A LIMERICK-based senator is seeking support for a bill that will make it illegal for an employer to withhold tips from an employee.

The Protection Of Employee Tips Bill, a proposed piece of legislation from Sinn Fein, will give workers in the hospitality sector a legal right to keep their tips.

The hospitality sector is a crucial part of Limerick's local economy, employing thousands of people across the city and county, according to Sinn Fein senator Paul Gavan.

"This Bill will make a real difference to a great many people and give them some badly needed protection with regard to a vital part of their earnings," Sen-

ator Gavan said, speaking ahead of the passage of the bill this Wednesday.

The Bill requires employers to display their tipping policy either on their menu or in another suitable manner so that customers have transparency with regard to whom and how their tip is distributed.

"This is a simple Bill which would give protection to employees who work in a sector dominated by low pay and precarious work contracts and practices."

"Good employers have nothing to fear from this Bill, as they will already be passing on their tips to their employees. The Bill will also do nothing to change current revenue rules, so there's no downside to this unless you happen to be a bad employer."

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ACCOMPLISHMENT: SUPPORT SERVICE HONOURS CLIENTS EFFORTS WITH CEREMONY



Vocational Programme Major Level 3 and 4 award winners at the Headway offices on Upper William Street. See more pictures from the awards on page 46

PICTURES: ADRIAN BUTLER

Celebrating achievement: Headway awards hard work

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

TEN YEARS after Headway launched a vocational programme for those using its services in the Mid-West, the support service celebrated the hard work of its clients with an awards ceremony.

Headway, an organisation supporting those with an acquired brain injury, held the awards at its training centre on Upper William Street, for clients who achieved major three and major four awards while enrolled in programmes in the training centre.

Past clients who have

achieved their major awards have progressed to further education or returned to employment, according to rehabilitation services manager Rebecca Barry.

"It's fabulous to see all your families here to support you," Ms Barry told everyone receiving their awards.

"It's the kind of thing that we as a staff are working for and working towards so a day like today is a real thrill for us. We're so proud of you all."

"It's a privilege for us to see this happening for you all. Well done."

"Ten years ago this January this programme started as a pilot programme," Ms Barry said.

"It was a real, new initi-

ative and it actually came from the Headway clients in the advocacy groups who were saying that after they had their brain injuries, they weren't sure about their abilities to relearn," she added.

"A lot of people after injury become isolated and find it difficult, depending on the kind of injuries they have, to join groups so its a stepping stone into getting back into society in general."

"At the moment on our books we have about 90 clients but we also then provide family support with extended families." The Headway vocational programme is supported by the Limerick Clare Education and Training Board and the HSE.



Jenny, Paddy, Lucy and Frances Mulcahy, from Athlaca

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Get a steer on all things wedding at the Clayton Hotel showcase

THE countdown is on to the Clayton Hotel Limerick's wedding showcase hosted by Sinead's Curvy Style.

The wedding event will take place on Sunday, January 28 from 2 to 5pm and promises to be a fantastic fun-filled afternoon of all things wedding!

Sinead and her experts will be giving advice and tips on bridalwear, beauty, shapewear, day afterwear, make-up, skincare and menswear.

The event is 'shaping' up to be a hot ticket in Limerick with spaces almost full.

Come along and enjoy a glass of bubbly,

canapes and great spot prizes!

To book your complimentary spot RSVP to Elaine the wedding co-ordinator on weddings.limerick@claytonhotels.com or telephone 061 444105.



Sinead O'Brien of Sinead's Curvy Style

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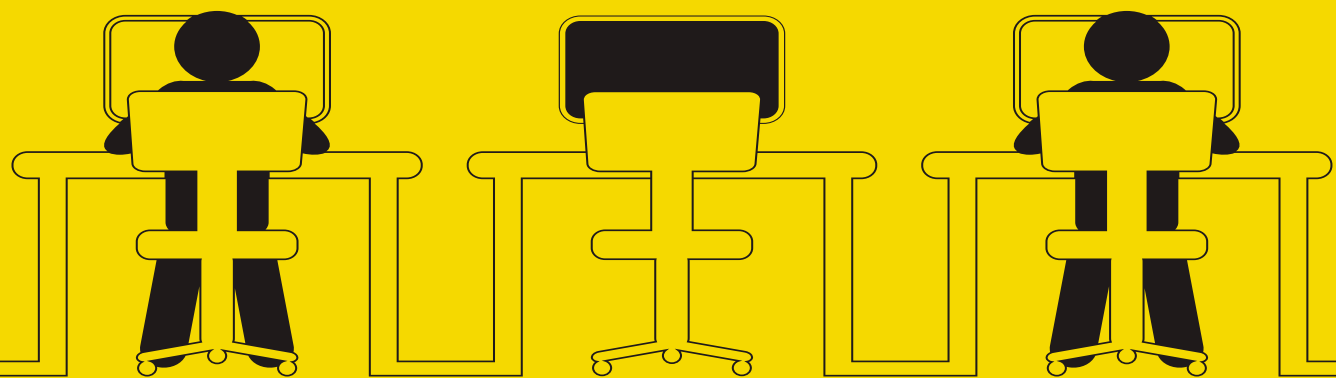
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<http://www.limerickleader.ie/what-s-on>

TUESDAY, JANUARY 23

THE ACOUSTIC CLUB

Charlie Malone's Bar, 9pm

WEDNESDAY, JANUARY 24

OPEN MIC

Chez le Fab, 7pm

TRAD MUSIC

The Glen Tavern, 9pm

OPEN MIC

The Old Quarter, 9pm

TECHMOTION

The Library, 10pm

THURSDAY, JANUARY 25

JANEY DILLIS

Belltable, 8pm and Fri. €16/14/12

DAIRE O'BRIAIN

UCH, 8pm. Sold out

JOHN GIBBONS

The Library, 10pm

FRIDAY, JANUARY 26

HAIRSPRAY

Lime Tree, 8pm and Sat. €12

ROY ORBISON REBORN

UCH, 8pm. €29.50/27.50

HARDY BUCKS

Dolan's Warehouse, 8pm. €15

ROSBOROUGH

Kasbah, 9pm. €7

THE RADIX

Cobblestone Joe's, 10pm

SATURDAY, JANUARY 27

ONE MAN SHOE

Belltable, 2.30pm. €8

THE HIGH KINGS

UCH, 8pm. €28/26

U.M.A.N

Kasbah, 8pm. €10

KATIE KIM

Dolan's Upstairs, 9pm. €10

THIN AZ LIZZY

Dolan's Warehouse, 9pm. €15

SONIC

Cobblestone Joe's, 10pm

SUNDAY, JANUARY 28

MUSICAL CHAIRS

The Old Quarter, 7pm

HAYSEED DIXIE

Dolan's Warehouse, 8pm. €15

TRAD MUSIC

Locke, nightly at 9pm, Sun-Thurs

MONDAY, JANUARY 29

FLASHDANCE

UCH, 7.30pm. €7.50/5

SONG OF GRANITE

Belltable, 8pm. €8



GIG OF THE WEEK

Katie Kim to make much anticipated return to the city for a gig this Saturday night Upstairs in Dolan's

KATIE Kim makes a much-anticipated return to Limerick for a show this weekend.

The Irish musician, quite simply one of the finest on the national scene, plays Upstairs in Dolan's for promoter Seoda Shows this Saturday night (9pm, €10).

Those lucky enough to witness a spine tingling, intimate show in Bourke's Bar for the promoter several years ago will now that something special is in the offing.

Real name Katie Sullivan, the singer, who performs an eclectic brand of slow-core, ethereal, ambient folk/pop, released her third album back in 2016 and was shortlisted for last year's Choice. Previous album Cover and Flood remains a standard bearer for the talented performer.

Janey Dillis goes wild at Belltable

POPULAR local theatre company Callback make a return to the Belltable this week with new show Janey Dillis - Queen of the Wild Interior.

Written and directed by John Sheehy and starring Cora Fenton, Janey Dillis is about a woman prone to fantastical flights of fantasy who hasn't left her house in 25 years.

The company behind the award winning Fred & Alice are in the Belltable this Thursday and Friday night. See www.limetretheatre.ie.



Cora Fenton as Janey Dillis - Queen of the Wild Interior

Rev up for a Mercury showcase in Dolan's

MERCURY Rev are to play an 'intimate, acoustic' show in Limerick as part of a tour in support of classic 1998 album Deserter's Songs.

The American indie group will play Dolan's Warehouse on Wednesday, April 18, on a 20th anniversary tour celebrating the seminal album.

An intimate, acoustic evening featuring many of the stories and songs surrounding Mercury Rev's album, it will be performed in

the fragile 'whisper and strum' way the songs were originally written, the band have explained, and it "promises to be an extraordinary glimpse into the forces that nearly destroyed a band and the strange events leading toward a most unexpected return".

Tickets for the show are on sale and are not likely to remain for long. See www.dolans.ie for more or www.ticketmaster.ie.

Out&About

OUR PHOTOGRAPHERS HAVE BEEN OUT AND ABOUT TO THE HOTTEST NIGHT SPOTS. THIS WEEK THEY VISITED THE GLEN TAVERN, MOTHER MAC'S, NANCY BLAKE'S AND TED'S



Dermot English, Therese Hartley, Pa Guinane and Hendrik Peek at The Glen Tavern PICTURES: DAVE GAYNOR



Tom and Julie Whelan at Nancy Blake's



Craig McKay and Leanne O'Driscoll at Nancy Blake's



Rita Croke and Mary Manley at Nancy Blake's



Lucás O'Neill and Amanda Reeves at Nancy Blake's



Margaret O'Keeffe and Ann McCaughey at Nancy Blake's



Pat Fitzgerald, Geraldine Daly, Mary Hughes and Mark Ryan at Mother Mac's



Claudia and Gareth Grimes at Ted's Bar



Eileen Hanley and James Shine at The Glen Tavern



Greg Leddin and Helen Delaney at Mother Mac's



Tamlyn Young and Oliver Smith at Mother Mac's



Des Beegan and John Penny at The Glen Tavern



Aoife O'Halloran, Dylan Hennessy and Michaela Fitzgerald at The Glen Tavern

PICTURE SPECIAL



PICTURES CAN BE PURCHASED FROM THE LIMERICK LEADER AT 54 O'CONNELL STREET OR FROM PICTUREORDERS@LIMERICKLEADER.IE

BELLTABLE: 24 HOUR PLAY WRITE-A-THON



Group shot of the 24 Hour Play project at the Belltable on Saturday. The project pulled together members of the Limerick arts community and created five brand-new plays within 24 hours last weekend

PICTURES: GARETH WILLIAMS



Marketa Dowling, Lime Tree Theatre; Mags O'Donoghue, Line Producer and Sean Lynch, Lime Tree Theatre at the 24 hour project



Attending the 24 Hour Play project at the Belltable were actors Joanne Ryan and Colin Condon



Actors Marie Boylan and Shane Whisker

PICTURE SPECIAL



Frances Healy, actor, Tara Doolan, director and Deirdre Flynn, actor



Terry O' Donovan, director and Norma Lowney, actor



Actors Zeb Moore and Eilis O'Donnell



Jean McGlynn, actor and Sharon Kiely, Lime Tree Theatre

Nell and Brian O' Grady, Bridgetown



Gill Fenton, Limetree Theatre and Ann Blake, director

MEGHANN MIX



with
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How to approach a superstar

LIMERICK and the music world is still reeling from the sad and untimely passing of The Cranberries front woman Dolores O'Riordan. I thought first and foremost of her children, mother, family and band mates. The road ahead for them is not an easy one.

I saw Dolores around Limerick a few times but never dared to approach her because Limerick seemed like her quiet place where she could be away from the hustle and bustle of the music world. Or maybe it was my shyness. How does one approach a superstar? Should I act casual and say hello or do I tell her that I love playing Zombie late at night?

I did see her in the line before me in a shop and told my friend "That's Dolores O'Riordan".

I was full sure I was whispering and I had to tell my friend to be quiet, in case she heard u. I was in the presence of music royalty yet here we both were buying groceries.

I never got to say hello to her and tell her how amazing her music was. It helped so many of us going through tough times and break ups.



Thanks for the music: Dolores O'Riordan will be longed remember for her lyrics that could resonate with anyone

Those lyrics could resonate with anyone.

Her music is hauntingly

beautiful and her voice touched so many souls.

Anyone that can invoke emo-

tion through song is much more than just an artist, they are a gift.

Her music will live on and inspire so many more people around the world.

IBYE local finals

LAST week I hosted the Mid West Regional Finals of Ireland's Best Young Entrepreneur in the Ballygarry House Hotel. On the night there were three categories with four finalists in each representing Limerick, Clare, Kerry and Tipperary.

It was great seeing so many successful young and established businesses doing so well and learning about some local entrepreneurs especially in the region.

The categories were Best Business Idea, Best Start Up Business and Best Established Business. All three winners have a Limerick connection. Pdraig Hayes of Limerick won Best Business Idea for his nutritionally based beverage dispensing machines. Niall Harty who is from Adare and living in Kerry won Best Start Up Business for his protein bars Origin.

The winner of the Best Established Business was Paddy Finn of Limerick and his business is Electricity Exchange, a virtual power station. All the finalists will progress to Ireland's Best Young Entrepreneur Final in Google headquarters in Dublin in March.

PICK 'N' MIX

What a special gig in Dolan's

MUSIC

The Academic played a special gig to launch their new album Tales From The Backseat last weekend in Dolans. Another great Irish album from an Irish band.



Another welcome addition to Limerick

THE COMMERCIAL

I finally went into the Commercial on Catherine's Street and I really liked it. I was with my house mates and we just wanted a few quiet Sunday drinks. It has a very chilled and cosy feel and a great atmosphere.

Light at the end of the tunnel

MY BOOK

I've pretty much reached the word count on my book and now I am getting chapters back from my editor for final edits. It's exciting and nerve wracking.



RED ARMY ON THE MARCH

SUNDAY saw thousands descend on Thomond Park for the clash between Munster and Castres Olympique. The weather and flooded pitch meant the game had to be postponed to a later kick off of 4pm. Another Champions Cup game, another battle for the oval ball. It was a big win for Munster who beat Castres 48-3. Munster have now secured a home quarter final against Toulon.

While much of the week the talk surrounded the signing of Gerbrandt Grobler, it wasn't going to deter the red army. They were on a mission and coming off a loss against Racing 92. This game was the



Well done dad! Keith Earls with his daughters Laurie and Ella May following the big win on Saturday

most important to date and you could tell that Munster were much hungrier and playing a clever game of rugby. Man of the match was Keith Earls. Speaking at the press conference ahead of the game Conor

Murray was confident. "You're coming back to Thomond, it's going to be a massive crowd, European game and you're fully in control of your own destiny and that's exactly where we would have wanted to be at the start of the year."

LIMERICK LEADER

PROPERTY

HOME & INTERIORS

TUESDAY, JANUARY 23, 2018



Spacious: Sherry FitzGerald are expecting plenty of interest in No 35 Walnut Drive, Cahedavin, a fine four bedroomed semi detached house in one of Limerick's best locations

Stunning home in prime city location

A GARDENER'S Paradise is Sherry FitzGerald's description of a No 35 Walnut Drive, which has just come to the market.

The current owners have achieved a modern and desirable finish throughout and the attention to detail is evident as you walk through the home.

The garden is a real showstopper and the property benefits greatly from a generous corner site. No 35 is a 4 bed semi detached home that offers excellent living accommodation for any growing family. Walnut Drive is an excellent location with various amenities both social and essential at your doorstep! The city is less than a 10 minute drive away.

There is also easy access to the motorway with links to Dublin, Cork, Galway and Shannon airport. Viewing is highly recommended as soon as possible.

The property itself is

Facts at a glance

Location: 35 Walnut Drive, Cahedavin, Limerick city
Description: Four-bedroom, semi-detached house
Price: €275,000
Seller: Sherry FitzGerald
Contact: 061 418000



looking the front of the property and fitted with a stove and solid wood floors. The family room is to the rear of the property, accessed through double doors leading from the living room and from the entrance hall. The kitchen is accessed from the family and is decorated beautifully with a modern fitted kitchen and island.

The dining room, utility and bathroom are accessed from the kitchen.

Upstairs there are four generous size bedrooms with ample storage in three. The main bedroom is a generous size and has an en suite and

beautifully presented from start to finish. On entering the property you are welcomed by a spacious and bright entrance hall with solid wood floors. To the left is the living room, over-



Left: The very modern kitchen in the home in Cahedavin which also has a very impressive gardebs

walk in wardrobe.

GARDEN

The garden is a huge selling point and sits on a huge corner site. The front of the property offers a spacious

driveway and lawn. To the rear and side you have a beautiful landscaped garden. Perfect for entertaining during the summer months. The 24 sqm garage is also wired.

SERVICES

GFCH, solid fuel stoves in both family room and living room, solar panels, alarm and CCTV fitted, 153sqm. Contact Sherry Fitzgerald.

**CRECORA, CO LIMERICK**

BER D2

KILDERRY,

Unique detached home approx 10 mins drive to Dooradoyle-Raheen. Deceptively spacious - comprising 4 double bedrooms, 2 bathrooms, kitchen, dining room, 2 reception rooms. OFCH. Solar thermal collectors for hot water. Very private location with electric gate entrance. On acre of mature landscaped gardens & enjoying stunning views of the countryside. BER No. 110586039

€325,000

Briain Considine 085 2894166

**CLAREVIEW, LIMERICK**

BER D2

7 COOLRAINE HEIGHTS,

Substantial 4 bedroom detached home near schools, shops, LIT, Thomond Park & only 3km to City Centre. Approx. 149m² / 1,602 sq.ft. Ent. porch & hall, living room, playroom/office, kitchen, dining room, utility, guest wc, 4 bedrooms, ensuite & main bathroom. Large enclosed rear garden with patio area. In excellent condition throughout. GFCH. BER No. 107078966

€280,000

Briain Considine 085 2894166

**KYLEMORE,**

BER A3

MONALEEN/CASTLETROY

NEXT PHASE ON SALE
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Further details from Lisa Kearney 087 2633422 /
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Lisa Kearney 087 2633422

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**O'BRIENSBRIDGE, CO CLARE**

BER C2

14 COIS NA SIONNA

Impressive semi detached family residence situated at O'Briensbridge village within easy commuting distance of Killaloe, Shannon & Limerick City. Hall/wc off, living room, kitchen/dining room, utility, playroom/study. Upstairs: 4 bedrooms, en-suite, main bathroom, OFCH. The property is in excellent condition. BER No. 102437506. Offers in Excess of €160,000.

€160,000

Peter Kearney 087 6488792

**OLD CORK ROAD, LIMERICK**

BER D1

47 DERRYANNE,

Excellent located 3 bedroom house central to all amenities. Approx. 98.38 sq.m. / 1,058.86 sq.ft. Hall/guest wc, kitchen/diner, living room, 3 bedrooms, ensuite & main bathroom. Enclosed garden to the rear and large double driveway to the front. GFCH, double glazed Upvc windows. Cul-de-sac avenue. In excellent condition.

€170,000

Lisa Kearney 087 2633422

**MUNGRET, CO LIMERICK**

BER B3

3 ARD AULIN,

Superb detached residence of approx. 158 m² / 1,700 sq.ft comprising : living room, playroom/office, open plan kitchen-dining-living room, utility, 4 double bedrooms two of which are ensuite, guest wc and main bathroom. Enclosed and very private rear garden with patio. GFCH. Detached homes in this area are in short supply, early viewing is recommended. BER No. 110608585

€375,000

Briain Considine 085 2894166

**OLD CORK ROAD, LIMERICK**

BER C2

10 RITAVILLE,

Excellent located 3 bedroom house central to all amenities. Extended & renovated recently comprising hall, open plan kitchen/diner/livingroom, 2nd living room, utility, playroom/office to rear, en suite & main bathroom. GFCH. Enclosed garden to the rear with deck area. Turn key condition. BER No. 110348539

€180,000

Lisa Kearney 087 2633422

**KILKEE, CO CLARE**

BER E2

304 KILKEE BAY

Fantastic turn key 3 bedroom townhouse of approx. 83.80 sq.m. (903 sq.ft.) in the popular West End of the seaside town of Kilkee - a short stroll to all local amenities & Kilkee beach. Porch, hall, spacious bright open plan kitchen/ dining room, 3 bedrooms, bathroom. Furniture & appliances included. Electric storage heating. In excellent condition. BER No. 105732838.

€110,000

Lisa Kearney 087 2633422

**DOORADOYLE, LIMERICK**

BER D2

67 KILTERAGH

Excellent located 3 bedroom semi-detached home near an abundance of amenities. Approx. 98.5m² / 1,060 sq ft. Hall, living room, kitchen-diner, downstairs wc, ensuite & main bathroom. The house is in excellent condition. Spacious rear garden which is over 18 metres / 60 feet long with patio area. Ideal home in a great location situated in a well established development. BER No. 104825450.

€205,000

Briain Considine 085 2894166

**ASKEATON, CO LIMERICK**

BER C3

96 DEEL MANOR,

3 bedroom semi-detached residence of approx. 101 sq.m. (1,087 sq.ft.) - walking distance to schools, shops etc. Hall, guest wc, living room, kitchen-dining room, 3 bedrooms, one ensuite & main bathroom. East facing enclosed rear garden with lawn and storage shed. OFCH. In excellent condition. BER No. 110361672.

€139,000

Briain Considine 085 2894166

**CITY CENTRE**

19 O'CONNELL STREET, LIMERICK

TO LET : First & Second floor office accommodation at corner building at the junction of O'Connell Street with Thomas Street. A door on Thomas St. gives access to a staircase which serves the 1st & 2nd floors. Extending to approx. 70.46 m² (758 ft²) & 68.39m² (736 ft²). Can be let on a floor by floor basis or as one. BER No. 800506024.

BER C1

Tony Wallace 087 2621760

**CRATLOE, CO CLARE**

CRATLOEMOYLE,

Two sites fronting the R445 contained in Folio Number CE7108 for sale. Lot 1 is approx. 1.68 acres (0.68 hectares) & lot 2 is approx. 4.47 acres (approx. 1.81 hectares) and can be sold individually or as one. Planning permission (ref. no. P17/4) granted in April 2017 for a agricultural entrance from the R445.

€50,000

Tony Wallace 087 2621760

**SHANNON, CO CLARE**

BER C1

SKYCOURT SHOPPING CENTRE

SkyCourt is located in Shannon, Co Clare, just 10 minutes from Shannon airport, close to Smithstown Industrial Estate & Western Business Park & 25 mins from Limerick city. A few retail opportunities are available with many of the available units already fitted to a good specification - from 19 sq m (204 sq ft) - 677 sq m (7,287 sq ft). Contact Rooney Auctioneers / Joint Agents Cushman Wakefield (061 418111) for further information.

Rooneys / Cushman & Wakefield

**UPPER WILLIAM ST, LIMERICK**

REDUCED RESERVE

FOR SALE - LICENSED CITY CENTRE PREMISES - REDUCED RESERVE. Public House on ground floor of approx. 48.60m² (523 sq.ft). Residential accommodation with side door from William St. on 1st floor of approx. 55.12m² (593 sq.ft.). Full 7-Day Liquor Licence attached to the premises. BER No. 800267486.

Gordon Kearney 087 2537412



City suburbs

Convenience and comfort in the city

ROONEY Auctioneers is pleased to offer for sale this excellently located three-bedroom house which is central to all amenities on the Old Cork Road, located in a cul-de-sac avenue.

First impressions are good as you open the new composite front door to a bright, tiled entrance hall measuring 1.83m x 4.12m.

The kitchen/diner/living room is an L-shaped room and boasts newly-fitted kitchen units and a breakfast counter.

It has an integrated dishwasher, double oven, hob and expelair.

There is a tiled floor with patio doors opening out into the back garden.

There is also a handy utility room measuring 1.71m x 1.02m which has fitted units with ample storage.

The living room has a lovely solid wood floor and has a convenient gas fireplace.

There is a bright room to the rear measuring some 3.29m x 2.36m that would function equally well as a playroom/office. Downstairs is completed by a wc with built-in wash hand basin unit and tiled floor.

Upstairs, the main bath-

Facts at a glance

Location: 10 Ritaville, Old Cork Road, Limerick city
Description: Three-bedroom, semi-detached house
Price: €180,000
Seller: Rooney Auctioneers
Contact: 061 413511

room has a bath, toilet, wash hand basin and is fully tiled.

The main bedroom is a carpeted double with built-in wardrobe and a fully tiled ensuite, with toilet, electric shower and wash basin.

The second bedroom is also a carpeted double with built-in wardrobe.

The third bedroom to the

rear is a bright space that is carpeted.

To find the property coming from Limerick proceed to the Kilmallock/Ballyneety/Old Cork Road (R512). Take the first exit to the left. Take the left again and the property is located at the end of this avenue. For sale board thereon.



Clockwise from above: The exterior of No. 10 Ritaville has a cobblelock front drive

There are two double bedrooms with built-in wardrobes, one of which is ensuite. There is also a third bedroom upstairs

The L-shaped kitchen has newly-fitted units and breakfast bar

Spacious family home in much sought-after location

REA O'Connor Murphy are expecting plenty of interest in this spacious four bedroom detached property.

No 52 Ashbrook, Ennis Road is a fine family home measuring an impressive 173 sqm.

Upon crossing the threshold one cannot fail to be impressed with the immediate impact of space.

A large bright entrance hallway leads to the drawing room which currently incorporates the dining area and access to the conservatory through sliding doors.

There is a fully fitted kitchen/breakfast room with rear access to the utility area. From the hallway there is also a guest wc and second reception room to the front

Upstairs, a generous landing flooded with natural light provides access to four bedrooms, three of which are double with built in wardrobes.

The family bathroom completes the accommodation.

Facts at a glance

Location: 52 Ashbrook, Ennis Road, Limerick city
Description: Four-bedroom, detached house
Price: €300,000
Seller: REA O'Connor Murphy Auctioneers
Contact: 061 279300

The gardens to the front rear are a wonderful asset to the property. Off street parking to the front and the rear is surrounded by mature trees, hedging and shrubbery with split level patio that enjoys privacy, the perfect place to dine or have a barbecue in the summer sunshine. Put simply, Ashbrook is a family friendly location with No 52 superbly positioned just off the Ennis Road. This most impressive four bedroom detached home is ideally suited to a growing family looking to put roots down in a mature development in a much sought after location.

Viewing is highly recommended.



No. 52 Ashbrook on the Ennis Road is well located and large and would suit a growing family down to the ground

NESTOR SHANAHAN

EST. 1957

Brian Nestor
(MIPAV MCEI TRV)

FOR SALE BY PRIVATE TREATY

NO.58 HENRY STREET, LIMERICK CITY V94 TN80
(On the Instructions of The Irish Red Cross who are re locating)


- **Substantial 3 storey over basement Investment Property**
- **Will be sold with Vacant Possession**
- **The property was totally refurbished back in 2000**
- **Re wired, Re plumbed, Fully Fire Alarmed, Computer points/tel points**
- **Large Fully Fitted Out Canteen room C.2,000 Sq Ft**
- **Presented in Turn Key**
- **Secured rear parking for 3 cars**
- **Gas Fired Central Heating**
- **Brochure on Request**
- **Interested Parties please contact Brian Nestor (MIPAV TRV)**

SHOULD YOU BE THINKING OF SELLING OR RENTING YOUR PROPERTY?

Please contact Brian Nestor (MIPAV TRV)
087 2745929

We also carry out Bank Valuations, Probate Valuations and Private Valuations on Investment Properties and Estates.

Nestor Shanahan & Co Auctioneers
Address: No.6 Lower Cecil Street, Limerick City (V94 P2DF)
Tel: 061 415337 / 413957
Email Address: bnestor30@gmail.com
Licence Number: 003864

Commercial



The two acre field is located in one of Limerick's prime neighbourhoods

Prime field for auction

GVM is hosting a public auction of land at 3pm on Thursday, February 15, at its offices in Limerick City, at 25 / 26 Glentworth Street.

A prime and ideally located field in Derrybeg, Ballycough extending to circa 2 st acres will go under the hammer.

Situated in this much sought after location immediately adjacent to Limerick Golf Club it is just five minutes drive from The Crescent Shopping Centre, University Hospital, Raheen Business Park and all main amenities.

This land is also just located within two minutes drive to the nearby motorway. The land represents an ideal investment opportunity.

It is for sale as is and not

Facts at a glance

Location: Derrybeg, Ballycough, Limerick

Description: Circa 2 st acres

Price: €90,000

Seller: GVM Auctioneers

Contact: 087 2547717

subject to planning permission.

Features include: 1) Frontage to both the Ballycough and Ballycummin roads.

2) May have site potential (subject to planning).

3) Truly superb location in one of Limerick's most sought after suburbs.

DIRECTIONS : From Limerick proceed out the Rosbrien road going up the fly over and taking the exit to Ballycough. Proceed for approximately 1km. This field is

located on the corner of the Ballycough/Ballycummin road. GVM Sign thereon.

Raheen is located on the R510, off the M20 Limerick to Cork motorway just 5 kilometres from the city centre. This area is a rapidly growing suburb with a population of over 10,500 people.

The popularity of the area can partly be attributed to its wide range of multinational companies established in Raheen Business Park like Regeneron, Analog Devices, Dell and Banta.

Commercial opportunity in the West

GVM presents a modern two-storey residential 7-day licensed premises comprising bar, lounge with ladies and gents toilets off, smoking area, snug, kitchen, cold room and dry store.

The first floor has been developed in recent years incorporating six en-suite bedrooms to the rear. There is a sitting room to the front with two additional bedrooms.

Features include the following

1) Good bedroom space overhead with potential for B&B or self-catering accommodation.

2) Prominent location within Shanagolden with good access.

3) Good on street parking and drive in rear access.

4) Mains Sewerage.

This property is situated in the hub of Shanagolden just off the R521 road linking Foynes to Newcastle West.

Driving from Limerick proceed for approximately 35 km on the N 69 turning left off the main road for Shan-



Patie Joe's bar has six en suite bedrooms on the first floor

Facts at a glance

Location: Patie Joes Licenced Premises, Shanagolden

Description: Restaurant /Bar

Price: €165,000

Seller: GVM Auctioneers

Contact: 087 2547717

agolden. When you enter the village take an immediate left up through main street.

This property is located on the right-hand side.

Shanagolden is a typical west Limerick Village reasonably well serviced with amenities including a

supermarket, pubs, primary school and sporting facilities.

The local population is estimated at 300.

The general hinterland is agricultural in character.

The local port at Foynes is a good local employer.

GVM Auctioneers

www.gvm.ie

PSRA Licence No. 002030



*Our Team: Tom Crosse,
Declan Barry, Richard Ryan,
John O'Connell
& Audrey Fitzgerald.*



Patti Joe's Licenced Premises, Shanagolden, Co. Limerick



€165,000

Modern two storey residential 7-day licensed premises comprising of bar, lounge with ladies, gent's toilets off, smoking area, snug, kitchen, cold room and dry store

The first floor has been developed in recent years incorporating six en suite bedrooms to the rear. There is a sitting room to the front with 2 additional bedrooms. Good bedroom space overhead with potential for B&B or self-catering accommodation. Prominent location within Shanagolden with good access to all local amenities with good on street parking and drive in rear access.

Contact Tom Crosse on 087-2547717

Derrybeg, Ballyclough, Limerick



€90,000

For Sale by Public Auction on Thursday 15th February @ 3pm in our GVM Auction Rooms, 25/26 Glentworth Street, Limerick.

Prime and ideally located field extending to Circa 2 st acres situated in this much sought after location immediately adjacent to Limerick Golf Club and just 5 minutes drive from The Crescent Shopping Centre, University Hospital, Raheen Business Park and all main amenities. This land is also just located within 2 minutes drive to the nearby Motorway. Ideal investment opportunity. For sale as is and not subject to planning permission.

Contact Tom Crosse on 087-2547717

Cathedral Place, Limerick City.



BER D1

€260,000

Prominently located commercial premises incorporating circa 4,700 sq ft of ground floor space with open yard and forecourt area of an additional circa 5,000 sq ft.

Currently let with 1 year to run on an existing 5 year lease with a passing rent of € 29,000 per annum. Ideal investment opportunity. Current tenants : Northgate Vehicle Hire. Tenancy unaffacted. Viewing is strictly by prior appointment. This building is generally in good structural condition with good external space and enclosed yard in close proximity to St. Johns Hospital and Limerick Fire Brigade.

Contact Tom Crosse on 087-2547717

43 Salmon Weir, Annacotty, Co. Limerick



BER C3

€320,000

GVM Auctioneers are delighted to offer this four bedroom detached house with spacious living accommodation located in this very popular and much sought development residential development located within Annacotty Village and walking distance of all local amenities. Primary/secondary schools, University of Limerick and Plassey Technological Park and public transport are all adjacent. South facing rear garden. Not overlooked front and rear. Contact Declan Barry on 087-2026886

149 Glenside, Annacotty, Co. Limerick



BER C2

€210,000

Compact and beautifully appointed 3 bedroom 2 storey residence maintained to a very high standard and situated in this much sought after location in close proximity to University of Limerick, Plassey Technological Park, Primary and Secondary Schools, Newtown Shopping Centre, Cineplex and all local sporting amenities. Inspection highly recommended. Contact Declan Barry on 087-2026886

1F An Dun, Raheen, Limerick



BER E2

€145,000

GVM are delighted to bring to the market this bright spacious two bedroom first floor apartment conveniently located adjacent to Raheen Business Park and University Hospital Limerick. This modestly priced and well maintained property is ideal for both owner occupiers or investors. Viewing very highly recommended. Contact John O'Connell on 087-6470746

20 Merval Park, Clareview, Limerick



BER D2

€235,000

GVM are delighted to introduce 20 Merval Park to the market. Positioned within the highly sought after Clareview area, this spacious semi detached property has been lovingly maintained and offers its new owners a blank canvas from which to create their ideal home. Huge possibility to extend to the rear and garage (subject to planning permission). This is the perfect home for a growing family in need of both space and convenience. Contact Declan Barry on 087-2026886

11 Willsbrook, Dooradoyle, Limerick



BER D1

€145,000

GVM Auctioneers are delighted to introduce to the market this spacious two bedroom first floor apartment conveniently located adjacent to the University of Limerick and within walking distance of the Crescent Shopping Centre. Viewing of this property comes highly recommended. Ideal investment or owner occupier. Contact John O'Connell on 087-6470746

16 Larch Court, Kennedy Park, Limerick City



BER D2

€115,000

Extended 2/3 bedroom end of terrace house in absolutely pristine condition throughout with spacious living accommodation. This property is located in a mature residential location adjacent to all amenities and within walking distance to the City centre. Viewing highly recommended. Contact Declan Barry on 087-2026886

10 Newcastle Court, Castletroy, Limerick



€135,000

Spacious 1st floor two bedroom apartment with West facing balcony located in this small exclusive gated development of 17 units in a very much sought after residential development. There is electric access gates making this development a very private & secure place to live. It is located just off the Dublin Road adjacent to all amenities including the University of Limerick, Plassey Technological Park, Castletroy Park Hotel & shopping complex, local shops, restaurants & public transport. Viewing highly recommended. Contact Declan Barry on 087-2026886

59 Lee Estate, Limerick City



€75,000

Two bedroom mid terrace residence located in a mature and popular residential development situated within walking distance of Limerick City Centre. Solid fuel central heating. Ideal for first time buyers. Contact John O'Connell on 087-6470746

37 Greenview Close, Dooradoyle, Limerick



BER C2

€235,000

A beautifully maintained and ideally situated bedroom semi detached residence refurbished in recent times to a very high standard and located in a quiet cul de sac overlooking a green area in as established and much sought after residential area. Inspection very highly recommended. Contact Declan Barry on 087-2026886

75 College Park, Corbally, Co. Limerick



BER D2

€179,000

GVM Auctioneers are delighted to introduce to the market this three bedroom semi detached house with spacious living accommodation. There is a garage attached which is suitable for conversion. It is located in a very popular and mature residential development within walking distance to the City Centre and adjacent to shopping centre, schools, public transport and all other amenities. Ideal family home. Viewing comes recommended. Contact Declan Barry on 087-2026886



LIMERICK OFFICE: Tel: (061) 413522 • Email: limerick@gvm.ie

KILMALLOCK OFFICE: Tel: (063) 98555 • Email: kilmallock@gvm.ie

Annacotty

Magnificent family home on city suburbs

A FANTASTIC home in excellent decorative condition, with stylish and high quality fittings and a superb modern layout, is how Sherry Fitzgerald described No 33 Bloomfield, Annacotty.

This is a wonderful detached family home located in one of Limericks most sought after locations. No 33 comes to the market in show house condition throughout, with bright, well-proportioned living accommodation and 5 very generous sized bedrooms on the 1st floor. The property is situated on a corner site at the front of the development, with the added bonus of a large green area to the rear of the site. The location is second to none, only minutes' walk to Castletroy College, Castletroy park, Newtown and Castletroy Shopping centres, along with immediate access to all major road networks and the University of Limerick, makes the location of this property 'unique' and very much in demand.

Accommodation Details: Hall, Living, Family, kit-

Facts at a glance

Location: 33 Bloomfield, Annacotty
Description: Five-bedroom, detached house
Price: €449,000
Seller: Sherry Fitzgerald
Contact: 061 418000

chen/dining, sunroom, utility and guest wc. 1st floor: 5 bedrooms, 2 ensuite & Main Bath.

Floor Area: 177 Sqm/1905 Sqft
Entrance Hall: A spacious tiled entrance hall, with fully tiled guest wc under the stairs. The modern cream ceramic tiles run through most of the ground floor making the accommodation most generous and bright with an open plan flow.

Living Room: A wonderful reception room, ideal for entertaining a crowd, overlooking the front of the property with french doors leading to the fabulous open plan kitchen dining area. Fitted with an attractive limestone fireplace with gas inset and luxurious fitted carpets.

Kitchen/Dining: the open plan spacious kitchen has a

stunning solid fitted kitchen, with breakfast bar and attractive granite countertops opening into a wonderful sunroom, this open plan space is ideal for any young family and modern day living. The bright sunroom with pitched roof and Velux windows, overlooks the rear garden with french doors to the deck area, a great room to unwind and relax with beautiful natural light.

There is a very generous utility off the kitchen with extra storage, tiled flooring and plenty of space for laundry. Rear door access to the garden.

To the right of the main hallway is a very sizeable family/playroom with wood flooring, completing the ground floor accommodation.



Top, the home at Bloomfield, Annacotty which is on a corner site, and above a view of the interior



Rooney Auctioneers are selling 67 Kilteragh, Dooradoyle a three bedroomed semi-detached home



Excellent home in prime location in Dooradoyle

Rooney Auctioneers are pleased to present to the market this excellently located 3 bedroom semi-detached home near an abundance of amenities including the Crescent Shopping Centre, University Hospital Limerick, Raheen Business Park, national and secondary schools.

The accommodation comprises of an entrance hallway, living room, kitchen-diner, downstairs wc, 3 bedrooms upstairs with 1 ensuite & main bathroom. The house is block built and in excellent condition. Outside there is a spacious rear garden which is over 18 metres /60 feet long and has a patio area and storage shed. It is an ideal home in a great location situated in a well established development. Viewing is highly recommended. Approx. size 98.5m² /1,060 sq ft.

Features

Super location walking distance to all amenities. M7/M20/M18 motorway net-

Facts at a glance

Location: 67 Kilteragh, Dooradoyle
Description: Three-bedroom, semi-detached house
Price: €205,000
Seller: Rooney Auctioneers
Contact: 061 413511

work is easily accessible

In excellent condition throughout. Block built in 1999. Large rear garden approx. 18m/60ft long Front driveway and side entrance.

Built in wardrobes to all bedrooms. Gas fired central heating, double glazed pvc windows, Venetian style blinds to front windows. Appliances included in sale.

Accommodation:

Entrance Hallway - 4.24m x 1.96m. Laminate oak floor, guest wc off, carpeted stairs and landing.

Living Room - 4.96m x 3.68m. Laminate oak floor, feature gas fireplace, double doors to kitchen-diner.

Kitchen-Diner - 5.77m x 3.35m. Fitted kitchen units,

electric oven, hob & extractor, washing machine, sliding doors opening to patio and garden.

Bedroom 1 - 3.26m x 3.86m. Double bedroom, built in wardrobe, carpeted. Ensuite with wc whb and electric shower. **Bedroom 2** - 3.54m x 3.57m. Double bedroom with laminate floor, built in wardrobe. **Bedroom 3** - 2.73m x 2.37m. Single bedroom, carpeted floor, built in wardrobe. **Bathroom** - 3.21m x 2.08m. Semi-tiled walls, wc whb, bath with shower and screen. To find the house travel to Dooradoyle via the R526 Ballinacurra Road. Take a left at the Crescent Shopping Centre to drive up to Kilteragh on the left.

CASTLECONNELL

STRADBALLY

€695,000



'Ryvoan' is an exceptional waterside detached residence in excellent order throughout and sits on an elevated 1.5 acre site approx. that sweeps right down to the river's edge. This home is truly special and offers well-proportioned family accommodation with terrace and raised deck to the rear. Entrance hall, office, kitchen/breakfast/living, utility, w.c., family, 6 beds, 2 ensuite and main bath. 290 sq m / 3,122 sq ft approx. BER No. 110403284.

CALL ORLA SHEEHAN ON 061-418000



ANNACOTTY

BLOOMFIELD

€449,000



'No.33' is a wonderful detached family home in one of Limerick's most sought after locations. This property comes to the market in show-house condition with bright, well-proportioned living accommodation and 5 generous bedrooms. Entrance hall, living, family, kitchen/dining, sunroom, utility, guest w.c., 5 beds, 2 ensuite & main bath. 178 sq m / 1,916 sq ft approx. BER No. 110548104.

CALL BRENDA MULCAHY ON 061-418000



THERE'S SELLING PROPERTY AND THERE'S SELLING PROPERTY THE SHERRY FITZ WAY.



AILBHE O'MALLEY
Director



BRENDA MULCAHY
Associate Director



ORLA SHEEHAN
Negotiator



FRANK LYDDY
Negotiator



CLARE O'LOONEY
Residential Valuer



JIM KEANE
Financial Advisor



DES O'MALLEY
Director



6 SHANNON STREET, LIMERICK T: 061 418 000 E: LIMERICK@SHERRYFITZ.IE

GOLF LINKS ROAD

BEECHWOOD

€445,000



'Silversprings', 5A Beechwood is an elegant, perfectly proportioned detached property with stunning south-facing rear garden. Porch, entrance hall, living, dining, kitchen/breakfast, family room, utility, guest w.c., 4 beds, ensuite & main bath. 160 sq m / 1,722 sq ft approx. BER No. 108585597.

CALL BRENDA MULCAHY ON 061-418000



CAHERDAVIN

WALNUT DRIVE

€275,000



'No. 35' Walnut Drive is an excellent extended 4 bed semi which has achieved a modern and desirable finish throughout with magnificent garden to the rear. Entrance hall, living, family room, kitchen, dining, utility, guest w.c., 4 beds, ensuite and main bath. 153 sq m / 1,647 sq ft approx. BER No. 103490314.

CALL ORLA SHEEHAN ON 061-418000



CASTLECONNELL

CUSHEEN

€275,000



Cusheen, Ruan, Castleconnell is a charming bungalow set on an exceptional 0.8 acre site approx. The property is located just a few minutes from the village. Entrance hall, living, kitchen/dining, sunroom, main bath, guest w.c., 4 double beds, 1 ensuite, main bath. 155.9 sq m / 1,678 sq ft approx. BER No.

CALL FRANK LYDDY ON 061-418000



GOLF LINKS ROAD

GLANNTAN

€215,000



'No. 106' Glanntan is an immaculate 3 bed duplex in turn-key condition, meticulously cared for and improved by its current owners. Entrance hall, living, kitchen/dining, guest w.c., 3 double beds, ensuite, main bath. 90 sq m / 969 sq ft approx. BER No. 110558277.

CALL BRENDA MULCAHY ON 061-418000



MURROE

LISCREAGH

€275,000



'Liscreagh' is a most attractive family home with spacious and flexible accommodation set on a wonderful 0.5 acre site approx. with lovely views of the surrounding countryside. Entrance hall, living, kitchen/breakfast, sunroom, utility, 3 beds, 2 ensuite & main bath. 176 sq m / 1,894 sq ft approx. BER No. 110289071.

CALL ORLA SHEEHAN ON 061-418000



CASTLETROY

BRU NA GRUDAN

€210,000



'No. 248' is an excellent 3 bed semi-detached within walking distance of the University offering a perfect starter home or lucrative investment. Entrance hall, kitchen/dining, living, lounge, 3 beds, 3 baths, hot-press. 117.5 sq m / 1,265 sq ft approx. BER No. 100006014.

CALL SEAN MCGEE ON 061-418000



CASTLECONNELL

CASTLEROCK WOODS

€205,000



'No. 4' Castlerock Woods comes to the market in excellent condition, beautifully maintained with a very high standard of finish throughout. Entrance hall, living, kitchen/breakfast, guest w.c., 3 beds, ensuite & main bath. 92 sq m / 990 sq ft approx. BER No. 110589546.

CALL ORLA SHEEHAN ON 061-418000



MURROE

FARNANE

€195,000



Farnane is a detached family bungalow located on a wonderful .5 acre site approx., only a stone's throw from the village of Murroe. A perfect home for any growing family. Entrance hall, living, kitchen, 4 beds, main bath. 90 sq m / 969 sq ft approx. BER No. 104416953.

CALL ORLA SHEEHAN ON 061-418000



Family homes

Extended home in excellent city location

REA O'Connor Murphy is pleased to introduce a fine three bedroom family home in one of Limerick's most popular suburbs to market.

'Glencar', on the Corbally Road measures an impressive 130.65 sqm, and has been evidently cherished and extended throughout the years.

Located in one of Corbally's most sought after residential areas, it is positioned opposite St. Munchin's College, Scoil Ide Primary School and within easy reach of Ardscoil Mhuire, an ideal location to establish your family home in a mature, residential neighbourhood.

Upon crossing the threshold one cannot fail to be impressed with the immediate impact of space and natural light. A polished parquet floored hallway leads through to all downstairs reception rooms. The living room, which has a front aspect, a feature marble fireplace and carpet flooring. The family room, which leads directly to the sun room boasts a brick surround fireplace and solid

Facts at a glance

Location: 'Glencar', Corbally Road, Limerick
Description: Three-bedroom, detached house
Price: €310,000
Seller: REA O'Connor Murphy
Contact: 061 279300

oak flooring. The kitchen/dining area, leading directly to the utility and guest wc, has an extensive range of floor and wall fitted units and is finished with tiled flooring. A large office to the side of the property finishes the ground floor accommodation.

Upstairs there are 3 bedrooms, all with built-in wardrobes, and with the main family bathroom with neutral tiling and electric shower completing the picture.

Outside, to the front there is ample off street parking with side gate access to the rear. While the property has been extended there is no compromise with the garden which is fully enclosed, bordered by mature growth and the large patio area at-

tracting the sun all day. Another asset is the addition of a detached garage at the end of the back garden.

This property will most certainly appeal to many buyers.

Admirably prepared for sale by its current owners this home offers a genuine turn-key option in every respect. Early viewing is a must!

FEATURES

- Bright and Well Proportioned Rooms
- Ideal Family Home
- Close to All Essential Amenities
- Oil fired Central Heating
- Sunroom
- Detached Garage
- Large enclosed year garden



Glencar is located right next to Scoil Ide and St Munchin's in a desirable city location

POWER
& ASSOCIATES

Limerick: +353 61 318 770 | Galway: + 353 91 567 331

Athlone: + 353 90 648 9000

www.powercs.ie

EXPRESSIONS OF INTEREST



DEVELOPMENT LAND, ADARE, LIMERICK.

- Large town centre development site extending to approximately 7.00 hectares (17.29 acres).
- Strategic site suitable for a large-scale residential development (SPP).
- Located within Adare Town Centre and accessed off the N21 Limerick to Tralee Road.
- Primarily Zoned "Residential Development Area Phase 1".
- Located in proximity to the newly refurbished Adare Manor Hotel & Golf Resort.

DEADLINE:

- Expressions of interest forms are available from Power & Associates, 51 O'Connell Street, Limerick.
- Final Date for submission of expression of interest - 9th Feb 2018 at 12noon.

EXPRESSIONS OF INTEREST



DEVELOPMENT SITE, CORNER OF PARNELL STREET & SEXTON STREET, LIMERICK.

- Site extends to approximately 0.05 hectares (0.12 acres).
- Located within Limerick City Centre.
- Zoned - City Centre Commercial Area.
- Strategic corner site suitable for the development of a landmark focal building (SPP).
- Major refurbishment planned for surrounding streetscape.

DEADLINE:

- Expressions of interest forms are available from Power & Associates, 51 O'Connell Street, Limerick.
- Final Date for submission of expression of interest - 2nd Feb 2018 at 12noon.

CONTACT: Emma O'Meara / Patrick Seymour
 +353 61 318 770 or limerick@powercs.ie

Superbly-finished country house has fantastic space

Facts at a glance

Location: Carrigkettle, Old Pallas, Pallasgreen
Description: Four-bedroom, detached house
Price: €280,000
Seller: Dooley Group
Contact: 061 385852

A spacious detached four-bedroom home, Carrigkettle is in excellent condition throughout with landscaped gardens to front and rear.

Property features include oak fitted kitchen, coving and recessed lighting throughout.

The rooms, including the master bedroom feature en-suites with walk in wardrobes.

The patio doors lead to the extensive rear garden from the conservatory, while out front there is a large gravel driveway.

The home is fully alarmed and has oil-fired central heating.

Accommodation comprises: Entrance Hall, Kitchen/Dining room, Sitting Room, Conservatory, Utility,



There is wonderful space, inside and out, at Carrigkettle in Old Pallas, Pallasgreen, Co. Limerick



WC, Office/playroom/bedroom, four bedrooms and main bathroom.

DIRECTIONS

Driving out by the church

in Kiltelly continue on to the first cross and take a left. Property is circa 300m on right hand side. Dooley sign thereon.

REA

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100 O'CONNELL STREET, LIMERICK

52 Ashbrook, Ennis Road, Limerick



Large 4 bedroom detached home, Prestigious location off the Ennis Road within walking distance of all amenities. Mature residential area.

Accom: Drawing room, kitchen, family room, conservatory, utility, 4 beds, bathroom.

Approx: **1,862 sq.ft**

ASKING PRICE: **€300,000**

BER | C1

Glencar, Corbally Road, Limerick



Beautifully maintained family home with detached garage, Sought after central location with Large site, Bright spacious rooms throughout.

Accom: Living room, Family room, Kitchen/Dining, Utility, Sunroom, wc, Office, 3 Beds, Bathroom, Detached garage.

Approx: **1,400 sq.ft.** (excluding garage)

ASKING PRICE: **€310,000**

BER | D2

5 Alandale Orchard, Ashbourne Ave, SCR, Lmk



Deceptively spacious townhouse within walking distance of Mary I and city centre. Sought after location, excellently maintained throughout.

Accom: Study, Kitchen, Living/Dining area, WC, 3 bedrooms, En-suite, Bathroom.

Approx. **1,356 sq.ft.**

ASKING PRICE: **€220,000**

BER | C1

13 Clareview Terrace, Farranshane, Limerick



Highly sought-after location. Original features and modern extension with off street parking. Ideally situated within walking distance of all amenities

Accom: Living Room, Family room, Open plan kitchen dining, 3 Bedrooms, Bathroom.

ASKING PRICE: **€190,000**

BER | D2

4 Irish Cottages, Murroe, Co Limerick



Charming 3 bedroom thatched cottage, located in the heart of Murroe Village. Only 20 minutes to Limerick City. Small residential development overlooking large green area

Accom: Living room, 3 Bedrooms, Kitchen, WC, shower room.

Approx: **755 sq.ft**

ASKING PRICE: **€110,000**

BER | E1

Newcastle, Golf Links Road, Castletroy, Lmk



Large family home with 6 bedrooms. Excellent location just off the Golf Links Road. Close to UL, Plassey, Castletroy College & several primary schools

Accom: Hallway, Living Room, Study/Family Room, Dining Room, Kitchen/Breakfast Area, Sun Room, Main Bathroom, 4 Bedrooms, En-suite, Self-contained extension Lounge, Kitchenette, 2 bedrooms & wc.

Approx: **2,562 sq.ft**

ASKING PRICE: **€320,000**

BER | F

38 Clonbeg, Churchhill Meadows, Limerick



Located in a quiet cul-de-sac Overlooking a large green area. Presented in turn key condition

Accom: Living, Kitchen/Dining, 3 bedrooms, En-suite, Bathroom.

Approx: **965 sq.ft**

ASKING PRICE: **€205,000**

BER | D1

14 & 15 Castle Gardens, Bunratty, Co Clare



2 charming three bedroom terraced houses. Located in the popular village of Bunratty, just a short stroll from a host of local amenities. Properties are part of a holiday home scheme exclusively used for short term accommodation

Accom: Porch, Hallway, Living Room, Kitchen, 3 Bedrooms, 2 En-suites, Bathroom.

Approx: **1130 sq.ft.**

ASKING PRICE: **€95,000 (Each)**

BER | D2

7 & 8 Rices Corner, High Road, Limerick



2 bright and spacious first floor apartments. Positioned just a stone's throw from the city centre. Secure underground parking

Accom: 3 bedrooms, open plan kitchen - living/dining room and main bathroom.

Approx: **700sq.ft.**

ASKING PRICE: **€98,000 (Each)**

BER | D1

1 Barrington Court, N.C.R., Limerick



A luxurious development within a mature, landscaped location on the prestigious North Circular Road. High ceilings and large spacious rooms with ample parking within this secure electronic gated development.

Accom: Living/Kitchen/ Dining, 2 bedrooms, En-suite Bathroom.

Approx: **1,000 sq.ft**

ASKING PRICE: **€240,000**

BER | C3

68 The Sarsfield, Strand Apartment Complex



Spacious two-bed apartment situated in the prestigious Strand Complex. Meticulously maintained and secure development. A desirable location within walking distance of all amenities. Communal landscaped gardens and secure parking

Accom: Kitchen/Living/Dining, 2 bedrooms (Master En-suite), Bathroom.

Approx: **795 sq.ft**

ASKING PRICE: **€235,000**

BER | B2

37 Knocklyon, Clonmacken, Limerick



Spacious three bedroom mid-terrace townhouse Ideally positioned within a well established family friendly neighbourhood. Just off the Ennis Road & major road networks, offering convenience and just a gentle stroll to a host of amenities.

Accom: Living Room, Kitchen/Dining, 3 Beds, 1 En-suite, Bathroom.

Approx: **980 sq.ft.**

ASKING PRICE: **€185,000**

BER | C1

THE REA O'CONNOR MURPHY TEAM...



BRIGID DOWNES



COLLEEN O'RAHILLY



DONNA BENSON



ELAINE FITZPATRICK



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HOME HEATING

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Feenagh Oil which is based in Clonroosk, Feenagh, Co. Limerick was established in 1983.

This second generation family run business has been offering a friendly and reliable service to its customers in County Limerick and beyond for almost 35 years now. 2 years ago Feenagh Oil moved their office from the family home to the old Carnegie Library in Feenagh, this landmark building is over 100 years old.

Its location is quite central, halfway between Charleville and Newcastle West so anyone in the area of South or West Limerick and North Cork should consider using their services.

Feenagh Oil aim to offer the best prices locally on



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Heating Oil, Agri Diesel and Road Diesel. Drivers Ned & Dave are on hand to deliver 6 days a week (Monday to Saturday), so customers will never be stuck. For anyone



who runs out of heating oil they aim to offer a same day service where possible.

Feenagh Oil offers customers the facility of spreading the cost of their home heating oil by availing of their Easy Payment Plan, by direct debit. If you would like more information on Feenagh Oil's Easy Payment Plan give Ned or Muireann a call on 063 85122 and they will be happy to set you up. They also accept credit and laser card payments.

For all you oil heating needs contact Feenagh Oil today, your local independent oil delivery company offering competitive prices and quality service. Feenagh Oil Tel: 063 85122, email: feenaghoil@gmail.com, website: www.feenaghoil.com



Week 3 Golden Ticket Winner of €1,500 was Sebastian Billioud

Golden ticket winner named at EZ Living

The EZ living Furniture Biggest Sale Ever and Golden Ticket Competition continues with the third winner being chosen in the City East Store. Sebastian Billioud was awarded a €1,500 prize as part of the EZ Living Golden Ticket Competition, in conjunction with their Biggest Sale Ever.

For the month of January EZ Living Furniture are running a competition to win your furniture for free - with

over €8,000 in prizes to be given away every week. Simply make a purchase during this last week of Biggest Sale Ever in-store or online to be in with a chance of winning your furniture or accessories for free in the weekly draws until next Monday, January 29

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

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3 x 40kg Bags Cozyglo Stove Coal
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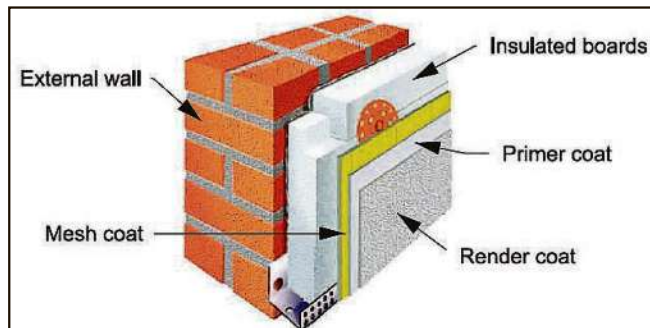
HOME HEATING

Family-run quality insulation service

Cosyfill Insulation offers a professional fully certified insulation service throughout Limerick, Kerry & Cork, while based in Abbeyfeale, the heart of the Mid-West.

CosyFill is a family business with over 15 years in the building industry. Our main goal at CosyFill is to provide a quality insulation service while remaining 100% focused on customer satisfaction both existing and prospective. We aim to provide the best quality and economical solution for each customer based on their requirements. We are fully approved by NSAI; C2 registered and are listed contractors for the SEAI grants.

We provide expert advice on all our products and installation methods while ensuring complete customer satisfaction and abiding by



current building regulations and standards' says Aidan Woulfe, who runs this family business.

Cosyfill is setting the standard in External Wall Insulation, Cavity Wall Insulation and Attic Insulation throughout Limerick, Kerry, Cork, Clare, Tipperary and surrounding areas.

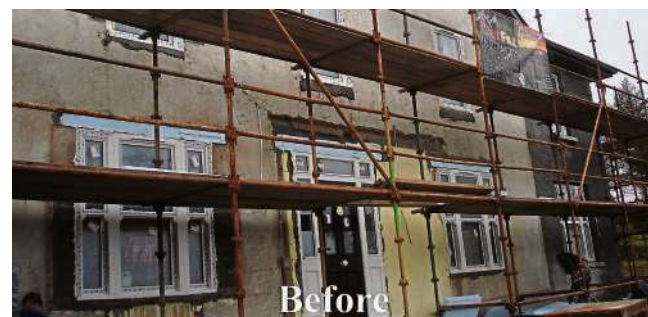
External Wall Insulation as the name suggests provides exterior walls with

insulation, a finished surface that will not need to be painted for 10 years and waterproofing in an integrated composite system. It is one of the most effective ways of getting your home warmer and greener. By insulating from the outside and cutting thermal bridges, the entire building structure is protected from the cold and wet weather, and the level of comfort within the home is signi-

ficantly increased. Co2 levels are reduced and the BER rating of the home is improved Money is saved on ones heating bills by up to a massive 40%. You could save €240/year on your energy bills.

Another effective means of insulating your home is Attic Insulation, with 30% of heat being lost through the roof insulating the attic can save up €192 per year in heating costs. An effective way of insulation an attic is laying a quilt of insulating material in two layers and in two directions on the attic floor. It is also necessary to insulate the water storage tanks and water pipes at this stage due to the reduced temperature in the attic space resulting from the insulation. Attic insulation will eliminate draughts and the comfort level in your home will be greatly enhanced.

Cavity wall insulation is particular suitable for older homes as many of them have external walls made of two layers with a gap pr cavity between them. Cavity wall insulation fills this gap thereby keeping the heat in your home and so saving energy and all saving money on



Before



After

Before and after photos from a recent Cosy Fill project

heating bills. It can also help reduce condensation inside if this is a problem on your external walls.

In order to chose this type of insulation for your home the external wall must be cavity wall with a cavity of 50mm wide. Cavity wall insulation is blown into the cavity form the outside of the house through small holes in the ex-

ternal walls. An adhesive is added at the point of entry to bond the beads together. This prevents any settlement of the insulation once in the cavity. The holes are filled with mortar instantly and are barely noticeable afterwards.

Call Aidan today on (069) 84092 or (086) 1594112 for a no obligation quote.



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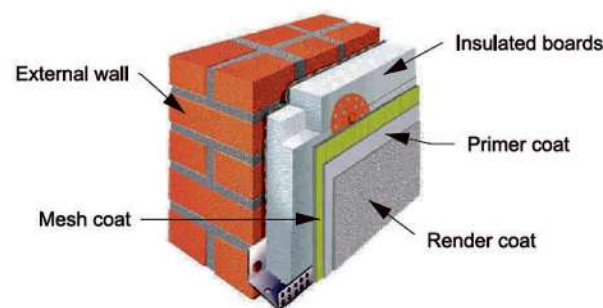


BEFORE



AFTER

*All prices are subject to site visit, measurments etc.



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IDEAS FOR SPRING AT
THE LIMERICK TAGGED
SHOWCASE **NEXT PAGES**



Model Sarah wearing a dress and jacket from Kimono Boutique in Newcastle West and Charleville with jewellery from Keane's. Pictures: Alan Place Photography

STYLE AND FASHION



with Celia
Holman Lee



Model Sarah wearing a lovely Caroline Mitchell Knitwear design at the Limerick Tagged event

Bright new looks for spring

THE STYLE in Limerick city and county were certainly the focus of attention when we recently photographed the fantastic fashion looks for Limerick Tagged at the Dunraven Arms Hotel in Adare village.

The boutiques and designers showcased magnificent pieces, with looks dominated by a distinctly nostalgic feeling.

These looks are all about decoration and ornamentation.

Colour, in all its magnifi-

cent shades, is seen throughout the collections from shops to designers.

Modern shapes are created with considered precision, and designs are executed with an eye for tailoring.

The theme was a positive approach: there was a joyous nature to this Limerick Tagged photoshoot.

In shoes this season, we see the return of the super feminine rise in heels, simple straps and bold blocks of colour.

The boutiques and designers really pulled out all

the stops for this wonderful Limerick Tagged event.

The makeup looks were created by Fiona of FMN Makeup, while hair was by the Hugh Campbell Hair Group, Limerick.

Pictures: by Alan Place Photography

Venue: Adare Village and Dunraven Arms Hotel;

Models' Hair: Jamie for Hugh Campbell Hair Group;

Models' Make-Up: Fiona for FMN Make-up & Hair, Mungret.

Models & Styling: Holman Lee Agency



Model Maxine wearing a wonderful Natalie King design at the photo shoot

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

CONTACT CELIA

Facebook celiabolmanlee
Email celia@holmanlee.ie
Website www.holmanlee.ie



Sarah in a dress and necklace from Bella Sola Boutique, Newcastle West

Emerald Alpine

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MAN ABOUT TOWN

with Patrick
McLoughney

Co-ordination is the name of the

Believe it or not, there's more to a good suit than a good fit. A tailored two-piece is the foundation every gentleman should aspire to, but that's just the starting point of looking good in formalwear.

Where suiting goes from an art to a science is in the details. You need to know your elements, and they need to know each other. Your shirt must complement your suit. Your tie must complement your shirt. Your pocket square must complement everything. No matter how much tailoring has relaxed in recent years, there are rules that govern all the above.

THE BASICS

First things first, let's make sure the fundamentals are covered. Since most men rarely invest in a new suit, refresh your current look with a well-stocked rotation of everything else. Buy a minimum of five shirts that'll complement your suit. Classic white and pale blue go with most things, and it's worth spending a little extra for the quality.

Once you start adding accessories, there are two common mistakes guys often make. There's either a reluctance to mix patterns, which creates a boring look with a plain suit, shirt and tie.

Or, there are too many patterns that shout for attention, and the resulting look is confused. The easiest way to match your tailoring is limit the statement to one piece, and keep the rest plain: patterned suit with plain pieces elsewhere, or vice versa.



Your shirt, tie, pocket square, socks and shoes all need to complement - not fight with - your suit

SHIRTS

This is the bedrock of your entire look: get the pairing right and you're on course to build a suit worthy of Harvey Specter. Get it wrong and you'll look like an Apprentice reject. A crisp, classic white

shirt will never fail, and sits with all suit colours and tones. That said, lilac and purple are just two tones that work well with grey or navy suits, while soft greys and periwinkle are sound choices with black or charcoal tail-

oring. If you want to cast your net a little wider with on-trend coloured tailoring, play it safe by keeping things neutral.

If you're experimenting with a deep green suit or burgundy suit, try a lighter ver-

sion of the same shade on your suit. The tonal trick also works on more standard colours to give your outfit depth. A cornflower blue shirt with a microprint looks incredible within a wider indigo suit.

TIES

A shirt and tie may sit on the conservative end of the dress code spectrum, but it's a classic combo for a reason.

Do it right, and it's about much more than looking good. This timeless pairing can make you appear trustworthy and employable.

The search for a tie can be overwhelming though. There are so many colours, fabrications, patterns and textures, but it needn't be this way.

Once you've confirmed the general dress code, identify the overarching colour: your tie should, ultimately, complement the dominant shade with an overall colour or stripe, or opt for a pattern or colour that's in contrast.

Try matching a rich blue tie with a sky-blue shirt and dark navy suit for a tonal look, or a red tie for some colour-pop contrast.

If you're wearing grey, stick with muted tones such as brown or burgundy, or choose a black tie for a sharp salt-and-pepper effect. If you're wearing a black suit, and you're light skinned, use the tie to dial down the contrast between you and the suit by opting for a warm colour like burgundy.

Avoid any pairings that invoke thoughts of a specific holiday: red and green, black and orange, red, white and blue and so on and so forth.

While it is possible to pull off such combos, it's a delicate balancing act that can come across costumey as opposed to polished.

POCKET SQUARES

A strong match between a pocket square, shirt and tie is mainly based on the colour. It doesn't necessarily have to be the same print or texture as long as the shades work together. In fact, something too samey can look a bit too perfect - a bit wedding starter pack. And of course, some colour combinations work far better than others.

Feel free to experiment

The timeless pairing of shirt and tie can make you appear trustworthy and employable

with material and print, too. There isn't an ideal fabric or one to be avoided - with pocket squares you can be as adventurous with the fabrics and prints as you like. However, it is important that the colour should complement either the shirt or tie.

The safest option is to pair a white shirt with a white pocket square. For a more advanced approach, look for a patterned pocket square where the secondary colour matches the tie, or go tonal with a subtle change of shade between the shirt, tie and square.

SOCKS

Leo's bestie Justin Trudeau may bask in soaring approval rates, but, sock

WATCH OF THE WEEK

Rotary Aquaspeed Professional Aquaplunge

My watch of the week is the Rotary Aquaspeed Professional Aquaplunge watch (product code AGS00061-W-KIT). This outstanding analogue mens watch, constructed and designed by Rotary, features a black dial with sunken centre having luminous baton hour markers, raised chapter ring with Arabic numeral minute track, calibrated bezel and a tonneau shaped case fitted to an authentic

black rubber strap with pin buckle. This stunning Rotary mens wristwatch comes in a special presentation box with a spare strap in striking orange and a lifetime manufacturer warranty certificate. Rotary watches are an excellent combination of



quality timekeeping science with class and marvelous value and are undoubtedly the most reliable manufacturing brand of watches of the last 12 decades. The picture doesn't do this watch justice so pop into one of the jewellery stores around Limerick and see it for yourself. For this beautiful Rotary timepiece you'll pay around €335.

FRAGRANCE OF THE WEEK

Creed Original Santal

My fragrance of the week is Creed Original Santal. Luxury design house Creed is known for its use of quality ingredients and rich and fragrant scents for both men and women which have stood the test of time. Original Santal is a 21st century interpretation of a scent created by Creed for Emperor Franz-Josef of Austria Hungary in the 19th century. It has notes of cinnamon, coriander, juniper berry, lavender,

rosemary, ginger, mandarin, neroli, orange wood, Mysore sandalwood, cedar, benzoin, vanilla and ambergris. The fragrance begins with a zing of citrus and a hint of a sharp woody note. But before I can write off the fragrance, the top notes calm and those woody notes make their grand

entrance. Beneath the cool, icy citrus opens an amazing array of warm, slightly smoky cedar and benzoin and finally, after about 15 minutes, the ambergris and vanilla reveal themselves.

After about an hour, the scent has settled completely. Pick it up in Brown Thomas for €230 (100ml), it won't disappoint.



FASHION, FITNESS & HEALTH

CONTACT PATRICK

email: patmcloughney@hotmail.com

twitter: @iammcloughney

instagram: iammmcloughney



game with suits

horror, he doesn't always put his best foot forward when matching his hosiery with his tailoring.

Canada's leading man has punctured many a strong look with an ill-advised, novelty sock, and every guy should eschew the Chewbacca feet for something more appropriate.

A foolproof technique is to match the colour of your socks with the colour of your trousers. Black on black, navy on navy, fifty shades of grey.

For a slightly less boring approach, look out for subtle details within an outfit to highlight with your socks.

Things like the lining of a suit jacket, a colour detail on the belt, or your pocket square or cufflinks. Know that some combinations are easier to pull off than others, too.

Classic dressers should opt for black, burgundy or dark greys socks – especially

when you're wearing a darker suit. Or, if you do decide to spin the colour wheel, mustard, turquoise and red sit especially well with navy tailoring thanks to the contrast. If you do take this route though, ensure the vibrancy is limited to your ankles only.

Canada's leading man has punctured many a strong look with an ill-advised, novelty sock

SHOES

Now, nobody is saying you need a Rapper-style walk-in wardrobe, but every man should own at least a few colours and styles of work shoes.

A single pair won't sit with every suit hanging on your rail, but when it comes to matching your shoes and

trousers, some are more versatile than others.

Always wear black shoes with a black suit and recycle them for deep navy business suits when you have a day in boardroom. Chocolate brown shoes will work with your staple navy and grey tailoring, and it's also worth keeping something a little less formal in your rotation for dress-down days.

Deep, dark claret shoes work well across a range of suit colours, from black and navy to dark brown and grey. Tan brogues can be worn with blue and grey suits also, but they don't work with darker tones.

It's not just the colour to consider, but the style of shoe too. My advice is to keep your footwear simple – a classic brogue, Derby or loafer for a classic suit. It's much easier to make a statement up-top with your accessories than it is your footwear.

LOOK OF THE WEEK

Suit yourself at Selected Homme

My look of the week is from one of my favourite new stores in Limerick, The Selected Homme/Femme store in The Crescent Shopping Centre. Yours truly is modelling the beautiful one-button two-piece suit that I wore to the Hi Style awards in November. My Zero-Tadcan Navy Check blazer costs just €149.99, my Zero-Tadcan Navy Check trousers cost €79.99, my Done Oak white shirt costs €49.95, my Tower Merino crew neck jumper costs €59.99 and my tie costs €34.99. The Selected Homme/Femme store in the Crescent is an amazing addition to the Limerick retail scene so call into the team and check out their amazing range. Photo by Paudie Bourke



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Give your metabolism a boost

LETS start by asking what exactly is your metabolism? Well put simply, it's a series of chemical processes by which your cells produce the energy needed to support life. The higher your metabolism, the more energy your body burns. You should not think of good metabolism as something only the "lucky few" enjoy. You can raise yours and reap the benefits. Here are some ways to help boost your metabolism.

1. EAT ENOUGH

To lose weight we need to reduce our calories, but if we reduce our calories by too much, we will just cause our metabolism to slow down. When we eat food our body burns it up to use as energy. However, if we are not eating enough food, the rate at which we metabolise it slows down, and our bodies are less likely to use it for energy. Instead, the body is more likely to store it as unwanted fat, to use at a later time. Eat good foods, eat often, eat enough



Evidence on green tea shows it may crank up metabolism

and keep that metabolism going.

2. EAT BREAKFAST

Even if it's small, eat

something! Eating something in the morning kick starts our metabolism. It also helps our body and brain to function better

throughout the day and gives us more energy! Some of my favourite breakfasts include avocados and eggs on wholemeal toast, protein

pancakes with fruit and greek yoghurt and protein smoothies with fruit and greens.

3. DRINK GREEN TEA

Evidence on green tea shows it may crank up metabolism. Try drinking 2-3 cups a day - replacing your regular tea or coffee.

4. BUILD SOME MUSCLE

Not only does muscle weigh more than fat, but it also uses more energy too. On average, a woman who weight-trains for 30-40mins, twice a week, for four months will increase her resting metabolism by 100 calories per day.

I've been preaching now for so long about the benefits of weight training and this is yet another one. Men and women will benefit greatly from adding some resistance training to their workout routines.

5. DRINK MORE WATER

Your body needs calories to process water. If you're even mildly dehydrated your metabolism slows down. Try to drink more water! Keep a bottle with you every day to remind you to fill up on H2O.

WHAT I'M LOVING THIS WEEK

The Armada Spanish Point

Dave and I were at The Armada Hotel in Spanish Point over the weekend - it's still my favourite spot in Ireland - so we had to book it for our wedding! We have officially set the date for March 2019 and to celebrate we tucked into this fine feed - The Galleon. Three tiers of fresh sea food. Its unbelievable and a must if you happen to be heading west anytime soon.



Intensity Spin at Go Gym

LAST week I finally got to go back to work at Go Gym Limerick after the panto run at UCH. I'm thrilled and delighted to be back, and the January buzz is well under way. We've just changed up our class timetable again so we now have even more variety for all our members. On top



of that we are delighted to join forces with Anthony who is bringing his Intensity Spin classes to the gym open to both members and non members. The extreme spin classes will take place four times a week. For more information call us at 061 328503.

FITSPIRATION OF THE WEEK: Claire Byrnes

Claire is a Fitness Instructor and Pilates Teacher from Limerick and currently works at Go Gym.



1: How did you begin your fitness journey?

I have being into fitness since my early 20's. I started lifting weights but probably didn't have a clue what i was doing at the time. I moved to Australia six years ago which is where i started getting help with my training through Personal trainers and learned a lot from them. I also tried my hand at crossfit for the best part of 2 years where i gained experience In Olympic lifting, but due to back issues and the intensity of crossfit i decided it wasn't the best option for me, so I went back to a commercial gym, got a new PT and continued with the weights.

I loved it so much I decided to do my fitness instructor course while still in Australia and moved back to Ireland in August ready to hit the ground running. I have since become qualified as a Stott Pilates instructor, TRX & Kettlebells, Indoor cycling and Pump. This year i hope to finish my PT course in full so I can help others reach there fitness goals. My long term goal would be to able to open my own pilates studio which would cater to members of all

muscle will stay. I am enjoying the bulking phase at the moment as I am currently eating 2550 - 2600 calories a day.

3: What is your health and fitness mantra?

Strive for progress not perfection, everyone has to start somewhere.

4: What's your favourite fit food?

Vegetables, any of them. Low in calories and you can load your plate to fill up on them.

5: Who are your personal fitspirations?

Living in Australia for six years I followed a lot of people there on social media who may not be well known here but ill throw a few names out, Shannah Baker, Cass Martin, Ray Sedrak, Hattie Boyle to name a few. In terms of sports, really liking Antony Joshua at the moment (for obvious reasons:)) Jessica Ennis and Serena Williams.

Social Media: Instagram: c_byrnesfit - Follow along to see how my training for RIBBF is going.

levels as well as pre, post natal, rehab and one on ones clients.

2: You've recently decided to compete in the RIBBF - how long will prep be and what will it entail?

I am competing in bikini fitness competition in Oct 2018 in UL. I have nine months to prepare. At the moment I am in a bulking phase which means food food food and more food and of course the weights. The aim would be to put on muscle in all the right areas in the bulking phase and then approx three months out from the competition I would go into a cut where my calories will decrease, I will lean out, loose fat but hopefully the



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How to stop that tired feeling

THE single question I get asked more than any other is how to stop feeling tired all the time. There are lots of studies that report 'fatigue' as a symptom of a lack of a nutrients or a disease state.

In truth, there is a wide range of reasons why we could feel a lack of energy, including the post-holiday blues, low iron levels, hypothyroid, adrenal dysfunction or inflammatory conditions, therefore the root of the problem needs to be investigated and treated.

On a physical/chemical level, we derive energy from the sun, which is captured by plants as the energy that binds together carbon, hydrogen and oxygen as carbohydrate. So, the first requirement for energy is the

right kind of carbohydrate.

We effectively 'burn' carbohydrate, releasing the sun's energy within food, with oxygen, which comes from the breath.

With more oxygen, people feel more energised and the simplest way to increase your intake of oxygen is through certain breathing techniques and exercise.

However, before the carbohydrate you eat gets to meet oxygen for the final energy-making reaction, the 'fuel' has to be prepared and broken down, step-by-step.

This is done by a sequence of enzymes that depend on a whole family of nutrients, especially B vitamins and vitamin C, as well as the minerals iron, zinc and magnesium. Chromium also plays a vital role in stabilising glucose (digested carbo-



Avoiding energy expenders such as caffeine, alcohol and sugar is a good start in kicking that fatigue feeling

hydrate) supply to cells.

At the same time the energy within glucose is released within the energy factories (called mitochondria) inside every cell, which

need further nutrients as iron, copper, magnesium and omega 3 essential fats. With each molecule of energy released so too are millions of harmful oxidant by-products

created. The ability to continually disarm these with antioxidants from plants, and particularly an antioxidant called Co-enzyme Q10, makes a big difference to how you feel. So these are the basic energy nutrients.

If all these fuels keep your engine running, so to speak, adrenal hormones are the accelerator, with thyroid hormones being the ignition - the on-off button on all cells. These are the energy hormones, and they too are made from specific nutrients, primarily amino acids derived from protein (meats, egg, fish, beans, etc.).

And of course there is nothing draining your energy more than a bad night's sleep.

To boost your energy and keep it at a good level:

- Eat the right kind of car-

bohydrate such as vegetables, low sugar containing fruits, wholegrains and include protein in each meal and snack to balance blood sugar levels and maintain constant energy.

- Supplement the energy nutrients - a high B complex containing multivitamin and some extra Magnesium. Try extra Co-Q10 and chromium, especially if you crave sweets.

- Support your thyroid and adrenals with whole-grain oats, sea vegetables like Kelp, Kombu and Hijiki; take adaptogenic herbs (Rhodiola, Siberian ginseng) and minimise caffeine intake. 1-2 cups of green tea in the morning time is beneficial.

- Do vital energy generating aerobic exercises every day. If only 20 minutes, but work up a sweat!

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www.limerickleader.ie



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www.loveparenting.ie



Left: If we fly off the handle, they will learn that this is okay. If we step outside of the situation, take some calming breaths and wait until we have calmed down to react, they will learn to do this too

Managing anger is crucial to parenting

Last week, we looked at how to help your child to manage stress. This week, we look at another big emotion that can overwhelm all of us from time to time and leave us feeling out of control: Anger.

Anger is a natural emotion that is meant to alert and energise us when there is a need to change a harmful situation. Anger can trigger a necessary response to a negative situation. If we let anger get out of control, however, it can damage our health, our relationships and those around us.

Modelling positive responses is so important in teaching our children how to manage their anger. If we fly off the handle, they will learn that this is okay. If we step outside of the situation, take some calming breaths and wait until we have calmed down to react, they will learn to do this too.

Our anger responses are learned behaviours. We can change them, but it takes some effort and time. Below

are some ways to help deal more effectively with anger.

It is really helpful to write things down what triggers us, how we feel and how we react. This can also be adapted to help children to recognise their own triggers and name their own emotions.

■ **Note What Triggers the Anger:** Write down those things that cause you to become angry. These might be external triggers (what others do) or internal triggers (what you say to our self or how you interpret an event)

■ **Notice your body's responses.** Notice and write down your body's response to anger producing situations. You might feel flushed or hot; have a pounding heart; a knot in your stomach; start grinding your teeth; have sweaty palms; you might clench your fists or tense your muscles; your breathing may become rapid, etc.

■ **Use Anger Reducers.** Notice and write down what helps to relieve the tension in your body and reduce your anger. It might be things like taking calming breaths, counting backwards; taking a walk; thinking of calm, pleasant images; conscious relaxing of your muscles; or thinking through your responses—what would happen if I lose control? Why am I getting so angry? Is it worth it?

■ **Use Reminders.** Write down words and phrases to help “cool” and refocus your thoughts. Use problem solving or questioning thoughts (“How can I solve this peacefully?”; “Why am I getting angry? What’s behind this?”). Try control and escape thoughts (“I can walk away” or “I can take some time out”) or forward-looking thoughts (“What will happen if I let myself get angry?”) Praise yourself (“Good! I’m not

yelling. I’m staying calm)

■ **Notice and Reflect on your Response.** Write this down and think about your response to a situation that made you angry. What did you do? How did you feel? Were your grievances real or imagined? Did selfishness or jealousy feed your anger? Did your own thoughts feed the anger? What were the consequences? What did you do well? What could you do better next time?

Remember that trying to change behaviour and teaching your child these skills is not easy—it takes time and patience. No one handles every situation perfectly so remember to be kind and forgiving to yourself and your child.

This information is adapted from the Strengthening Families Programme. Please see www.loveparenting.ie for more information. We have shared a tip sheet from the strengthening.

Top Tips - For praising your child

Praising your child is one of the best ways of encouraging positive behaviour and giving your child a strong sense of self. Below are some tips on how to praise in a way that will have a really positive benefit on your child and the relationship between the two of you.

- **Be specific.** Instead of saying things like, “You’re such a good boy”, try “I really like the way you helped Aoife when she fell. You showed such kindness and caring.”
- **Notice the small things.** Children love to be noticed and part of our job as parents is to help give them a strong sense of themselves. By commenting on the small things (“You got dressed all by yourself - you’re getting so independent!” or “You really seemed to love working out in the garden - you have such a love of nature”), children will feel that they are really seen and valued.
- **Praise effort, not outcomes.** Instead of saying, “You did great on your maths test - you are so clever”, say something like, “I saw how hard you worked on your maths - you have really learned so much.” This will help them to see the value of effort and hard work; focusing only on the outcome can give them a fear of failure and make them less willing to try unless they are certain they can succeed.
- **Be sincere.** Don’t overdo praise (“You are the best piano player in the whole world!”). Children can see through this easily, and they won’t be sure when your praise is really sincere. Giving specific, sincere praise will give them a much greater sense of self and will strengthen the bonds between the two of you.

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Let's pull together

Teen Ciara needs Limerick's help in the fight of her life

SIXTEEN-year-old Ciara Micks hopes to raise more than €100,000 for a surgery in Barcelona that could save her life.

Rheumatologist Brian Mulcahy in Cork diagnosed Ciara with Ehlers Danlos Syndrome (EDS) in 2015, but since being diagnosed her condition has deteriorated dramatically. Due to a lack of expertise in Ireland, Ciara and her mother Anne were forced to travel to London, as are most EDS patients.

EDS is a condition affecting the connective tissues in the body, which provide support in the skin, tendons, ligaments, blood vessels, internal organs, and bones.

Although more than 600 people nationally, with approximately 40 in Limerick, have been diagnosed with EDS, it is still under-researched in the country, and both Anne and Ciara believe many people go undiagnosed because of the lack of knowledge.

Anne is also the chairperson of Irish EDS and Hypermobility Spectrum Disorders (HSD) in Ireland and says, "We have more than 500 adults and more than 120 kids in the Irish EDS and HSD group, and that is only our group. In 2014 it was estimated there were nearly 2000 people in Ireland who have the condition."

As there is no treatment available to EDS patients in Ireland, many people like Ciara are forced to travel to the UK for check-ups, as well as specialist advice and treatment.

Raising funds for a life-saving surgical procedure, Ciara hopes to make the trip to Barcelona, Spain which is the only European city to carry out the cervical fusion surgery Ciara needs.

This operation would need to happen this March 2018 so she needs to raise the funds before then.

"In Ireland, they can do cervical fusion procedures, but not on an EDS patient, never mind somebody with as

'We have a lot of people helping so far, so it's very enlightening to see so many people actually care and try to help'

-Anne Micks
Ciara's mother

many complications as I have - blood pressure problems, heart problems, and my blood does not clot.

"You have to take into consideration the EDS and being resistant to the anesthesia, so they have to do a lot to make it work."

After the surgery, aged just 16, Ciara will never be able to move her neck again, or move her head up, down, left or right. Time is of the essence for Ciara now as the next available procedure is in March, leaving her with just over one month to raise more than €70,000 by the time of writing this article.

"We have a lot of people helping so far, so it's very enlightening to see so many people actually care and try to help. There are people in Glasgow and Lanzarote helping us raise funds," said Ciara, with her mum adding, "We are very fortunate."

If Ciara misses the surgery in March, Anne says the surgery is moved back to November, Anne says, "that takes away another year of her life. And she has had enough years gone already."

"If anybody would like to help raise funds by doing their own event in Ciara's honour, please get in contact as we would be very grateful," Anne concluded.

If you would like to donate to Ciara's EDS surgery fund, you can visit www.gofundme.com/ciaraeds or contact Anne at annedmicks@gmail.com. See www.facebook.com/ciarasfight for more info.



Richard pictured with Anne Micks and her daughter Ciara who needs a lifesaving operation by March PICTURE: CIAN REINHARDT/LOVELIMERICK



Linda Ledger, CEO of St Munchin's Community Centre, Cllr Michael Hourigan, Taoiseach Leo Varadkar, Senator Maria Byrne, Kieran O'Neill, chairperson of St. Munchin's Community Centre, TD Michael Noonan and Senator Kieran O'Donnell pictured during the Taoiseach's visit to the centre PICTURE: LEON LEDGER

Memories of Limerick Legend Dolores

I was so sad last week when Limerick legend Dolores O Riordan, lead singer of The Cranberries passed away suddenly at the age of 46 in London.

Dolores who was originally from Ballybricken in County Limerick, was one of the first female rock stars to come out of Limerick, leading The Cranberries to international success throughout the '90s and right up to today.

She was a truly inspirational human being. I loved The Cranberries' first two albums and still listen to 'Linger' on a regular basis as it brought back so many happy memories of yesteryear.

I met Dolores for the first time almost 30 years ago when I ran up Shannon Street after her because she left her wallet behind her in the 24 hour shop.

At the time I was just out of school at Christian Brothers on Sexton Street and her brother PJ had been in my class for secondary school.

Then in August 1994 after my move to New York, I remember the pride I felt sitting in the grass with my American friends as The Cranberries played at Central Park Summer Stage.

It was then I realised the significance of this band from Limerick who had made it globally.

All my friends loved the band and could not believe

they were from my hometown.

I felt so proud to be from Limerick at that moment.

Then ten years ago, when I was the creative director of Limerick Now Magazine I chose Dolores to be on the cover for a special music issue. I knew it had to be her as she was the biggest music star ever to come from our beautiful city.

I contacted her brother PJ who helped to make it all happen. My lovely friend Sarah Lynch wrote a fantastic five-page article about Dolores and again I felt very proud that this idea of mine that could come to fruition as I always felt Dolores and The Cranberries never got the recognition that they deserved in Ireland.

Putting her on a magazine cover in her hometown held a special meaning for me. That was our Dolores.

Songs such as Linger, Zombie and Dreams achieved

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



Dolores pictured when The Cranberries performed at the opening ceremony for the Special Olympics in Thomond Park in 2010

PICTURE: DOLF PATJUN/ILOVELIMERICK



Pictured in Dolans Warehouse for the Metis Music For Mental Health event was Dermot Sheedy, Hermitage Green, Niall O'Halloran, Mike Hogan and Neil Dolan, Dolans Pub

PICTURE: OISIN MC HUGH/TRUE MEDIA

global success with Dolores' hauntingly beautiful voice gracing airwaves across the globe. Limerick was always close to her heart and the singer made many trips back to her hometown.

The Cranberries performed at the Opening Ceremony for the Special Olympics in Thomond Park in 2010 and again I was there to enjoy every moment as I was filming the event for I

Love Limerick.

I know two of her bandmates, brothers Noel and Mike Hogan and you could not meet two nicer gentlemen.

My heart goes out to them and fellow bandmate Fergal, her family, and friends.

Take comfort in the fact Dolores brought so much joy to so many people and The Cranberries' incredible music will live forever. You

have all done us so proud and put us on the global map.

- Love Richard x.

Taoiseach Leo Varadkar visits St Munchin's Community Centre

By ilovelimerick correspondent Frances Watkins

Taoiseach Leo Varadkar visited St Munchin's Community Centre last Friday to see the work that the centre does with the people of Limerick. He was looking at the school's outreach services and presented awards to staff at the centre that are receiving QQI Level 5 Awards in Healthcare. Mr. Varadkar also launched the QQI Level 5 Hairdressing course and learned all about the Age Well programme run by the centre.

Linda Ledger, St Munchin's community centre manager spoke about the historic visit saying, "We are delighted he is visiting us today and that he is willing to look at all the great work we do.

There is a great buzz around the centre today as everyone working here really cares about the work we do and the difference it makes to our community. Having a visit from the Taoiseach is an

opportunity to show just how proud we are in the centre."

St. Munchin's Community Centre has had an active role in promoting and developing community involvement within Limerick since its establishment in 2005.

For more info visit www.stmunchinscommunitycentre.ie.

Metis Music For Mental Health gig in Dolans Warehouse a big success

Metis Ireland, a financial planning company located in Limerick held a Music for Mental Health gig in Dolans Warehouse in aid of the charities Limerick Suicide Watch and Pieta House.

Over 300 guests at Dolans Warehouse were treated to a host of local talent.

MC Karl Daly presented Aoife McLoughlin who opened the show followed by The Stray Saints, Foxjaw, Nile St James and Emma Langford. Sarah Counihan and Johnny Togher represented Limerick Suicide Watch and Pieta House and did a short talk explaining the work they do. Kamal Ibrahim showed his short movie 'If Only' which was an absolute showstopper. By now emotions in the audience were



Mayor of Limerick Sean Lynch presenting Joanne Ryan with civic honours PICTURE: LIAM BURKE/PRESS 22

Limerick playwright shares 'In Two Minds'

By ilovelimerick correspondent Frances Watkins

ACCLAIMED Limerick playwright and actress Joanne Ryan held a 'work-in-progress' viewing of her new play in an early stage of its development at the Belltable. This new work was created in the hope of developing an understanding of bipolar disorder.

'In Two Minds' was commissioned by the theatre and was produced as part of the First Fortnight Mental Health festival which challenges stigmas. Joanne shared the stage with Ros na Rún's Bríd Ní Chumhaill, an old pal, playing the two characters of 'In Two Minds' and Ciarda Tobin directing.

Joanne stated that she wrote the play - which looks at the realities of living with bipolar disorder - after her mother Gloria was diagnosed with the condition five years ago; the two main characters in the play being mother and daughter.

Joanne said, "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 will be holding workshops with Limerick Mental Health Association to explore the disorder further.

Joanne has enjoyed much success over the years and has won various awards but last month Mayor Sean Lynch welcomed Joanne and fellow theatre-maker Ann Blake to City Hall to honour them for their contribution to the arts and theatre in Limerick. Congrats Joanne!

shifting from musical highs to tears streaming from the reality of what is happening to people who just can't cope with the stress of life and need the support of the public.

The finale of the show presented the 'Greenberries' for one night only which consisted of Noel Hogan of the Cranberries, Dan Murphy and Dermot Sheedy from Hermitage Green with Nile St James, Cein Daly and Emma Langford on vocals.

The crowd was treated to incredible versions of the songs such as 'Linger' and the absolutely brilliant 'Zombie',

which had the audience singing in sheer enjoyment.

And finally...

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

If you have a good news story about Limerick I could share on this page, you can contact me via email at Richard@ILoveLimerick.com. Look forward to hearing from you!

**Love to you all
Richard (Richanthon) x**

PICTURE SPECIAL

HEADWAY: VOCATIONAL PROGRAMME AWARD WINNERS



Headway vocational programme award winners: Aine Shanahan, Employability Limerick, Evelyn O'Keeffe, LCETB, Louise Carey, Headway and Anne Bourke, LCCDP. See story on page 12 PICTURES: ADRIAN BUTLER



Helena Geraghty and Aoife Hassett, Headway staff



Shane Ryan, Corbally, and Roisin, McCarthy, training office, Headway



Liz, Pat and Leah Williams, Tipperary



Christina Lorigan and James Davoren, Clare



Frances O'Donovan, Headway, with Aoibhin O'Grady, Ballingarry



Ann O'Donoughe, Rathfredagh Nursing Home and Michael Lorigan, Clare, at the ceremony



Sam Fleming, Kerry Blake and Peter Forrest, Killaloe, and Richie Reeves, Headway staff member



Caroline Grace, Meelick, and Edward Harty, Shannon

Motors

www.limerickleader.ie

BMW

Revised BMW Tourers add family-friendly options

TRISH WHELAN

CarAndTravel.ie

BMW has revised its 2 Series Active Tourer for 2018. The update includes more efficient engines.

Offered in five- and seven-seat formats, the Active Tourer and Gran Tourer now feature a larger grille and refreshed rear treatments. There are also new alloys and paint colours to choose from.

Inside changes include some controls and the seats

DRIVE

HOT DEALS FOR THE NEW YEAR
SEE OUR MOTORING SPECIAL
INSIDE THIS WEEKEND'S LIMERICK LEADER



now have longer cushions.

The 2 Series Active Tourer offers plenty of space for five passengers, an elevated seating position and good all-round view while its wheelbase of 2,670mm en-

sures ample legroom and easy entry and exit.

The boot holds 468 litres, expandable to 1,510.

Up to three child seats can be fitted side by side on the Gran Tourer. It is the first



The new BMW 2 Series Active Tourer and Gran Tourer

model in the premium segment to offer the option of a third seat row.

The improved three- and four-cylinder engines range also has a plug-in hybrid option. They will be matched to three transmission types including a new seven-speed dual-clutch Steptronic unit. AWD is also available.

From March this year, all

diesel engines will be fitted with a diesel particulate filter, NOx absorber catalyst and Selective Catalytic Reduction system. New petrol engines reduce fuel consumption and emissions by up to five per cent.

Offering zero emissions and a range of up to 45kms, the BMW 225xe iPerformance powertrain consists of

a 136hp 3-cylinder engine and an 88hp electric motor driving the rear wheels. The combined power delivers 224hp and peak torque of up to 385Nm. It can sprint from 0-100km/h in 6.7 seconds.

Active Tourer prices are from €37,800 (216d version); Gran Tourer €40,560. The hybrid automatic is priced from €50,370.

MINI

MINI announces a new range for 2018

NEW technology, cutting-edge connectivity, standard-fit front and rear LED lights across the range and an advanced dual-clutch automatic gearbox are some of the features in the new 2018 MINI 3-door hatch, 5-door hatch and Convertible which will launch across Ireland this March.

The changes are focused on driver appeal and core new technologies like the brand's Connected Concierge services, wireless smartphone charging, and options like anti-dazzle adaptive headlights with Matrix high beam.

The 3-cyl petrol engine of the MINI One has been increased to 1.5L, and torque is up by 10 Nm taking it to 190 Nm. All new MINIs come with a six-speed manual gearbox as standard but now 3-dr, 5-dr hatch and Convert-



Arriving in March are the new MINI 3-door hatchback and 5-door hatchback convertible

ible models are also offered with a 7-speed Steptronic transmission with double clutch as an option.

This is offered on MINI One, Cooper, Cooper S and Cooper D engine variants.

This year will also see the debut of a new MINI logo on cars which will appear on the bonnet, tailgate, steering wheel, instrument display and central locking remote control on all models.

New colours will be Emerald Grey metallic, Starlight Blue metallic and Solaris Orange metallic.

MINI Yours Customised products can be selected, designed and ordered through a specially created online shop launching later this year where customers can choose between various colours, patterns, surface structures and icons.

KIA

Striking new Stonic is real head turner

THE confident and eye-catching design of the new Kia Stonic is one of the brand's most striking to date.

It is an eye-catching and confident compact crossover with true European design flair, and is the most customisable Kia ever, inside and out.

The Stonic is backed by Kia's quality promise and is sold as standard with the company's unique seven-year, 150,000 km warranty.

CLASS LEADING TECHNOLOGY

Technology will play a role in enhancing driver enjoyment, as well as safety. A range of additional electronic driver support technologies also make the car more enjoyable and confidence-inspiring to drive on all roads, in all conditions. These include:

■ **Torque Vectoring by Braking:** intelligently brakes the inside wheels to reduce



The Kia Stonic is now available for test drive at Hinchys

understeer while accelerating around corners

■ **Cornering Brake Control:** brakes the inside wheels under cornering to maintain course and enhance driving stability

■ **Straight Line Stability:** brakes individual wheels under heavy braking – for instance, during an emergency stop – to stop the car weaving

■ **Hill Start Assist:** ideal for a car that will predom-

inantly be used in urban environments, where stop-start traffic conditions typically prevail.

ADVANCED CONNECTIVITY

The Stonic incorporates a range of intuitive technolo-

gies to enhance comfort and convenience for all occupants.

One of the most modern, high-tech cars in its class, Kia's new B-SUV has an infotainment system that seamlessly blends smartphone functionality with the control of key vehicle functions.

The large 7.0-inch touchscreen at the centre of dashboard provides the control panel for the Stonic.

The system is sold as standard with Apple CarPlay™ and Android Auto™, offering full access to smartphone functionality and allowing users to access their apps and stream music on-the-go. There are pinch-and-swipe and voice controls, and optional navigation and DAB digital radio.

SAFETY

The Stonic is built on a strong, lightweight platform and bodyshell for maximum

passive safety. A high proportion of the new B-SUV's bodyshell is made up of Advanced High Strength Steel, and features 98 metres of structural adhesive welding to further enhance stiffness and safety.

The body's energy flow paths are designed to effectively dissipate energy during a collision, around, above and under the passenger compartment.

The Stonic is also fitted with six airbags, depending on market (driver, passenger, side and curtain), as well as ISOFIX child-seat anchor points in the rear cabin.

LAUNCH & PRICES

The Kia Stonic is now available for test drive at Hinchys. Petrol models are priced from €18,599 and diesel models are priced from €23,099.

View the full Kia Range at Hinchys Garryspillane and Hinchys Ennis Road or visit www.hinchys.ie

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Full job description and application forms are available from West Limerick Resources Ltd, St. Mary's Rd, Newcastle West, Co Limerick. **Email:** reception@wlr.ie **Tel:** 069 62222

Please submit completed application form and cover letter marked **Confidential** to The Manager, West Limerick Resources, St. Mary's Road, Newcastle West, Co. Limerick. **HARD COPY APPLICATIONS ONLY.**

Deadline: Wednesday January 31st 2018, 5pm

Candidates may be shortlisted for interview. A panel may be formed from which future similar vacancies may be filled. Interviews to be held during the week commencing February 12th 2018.

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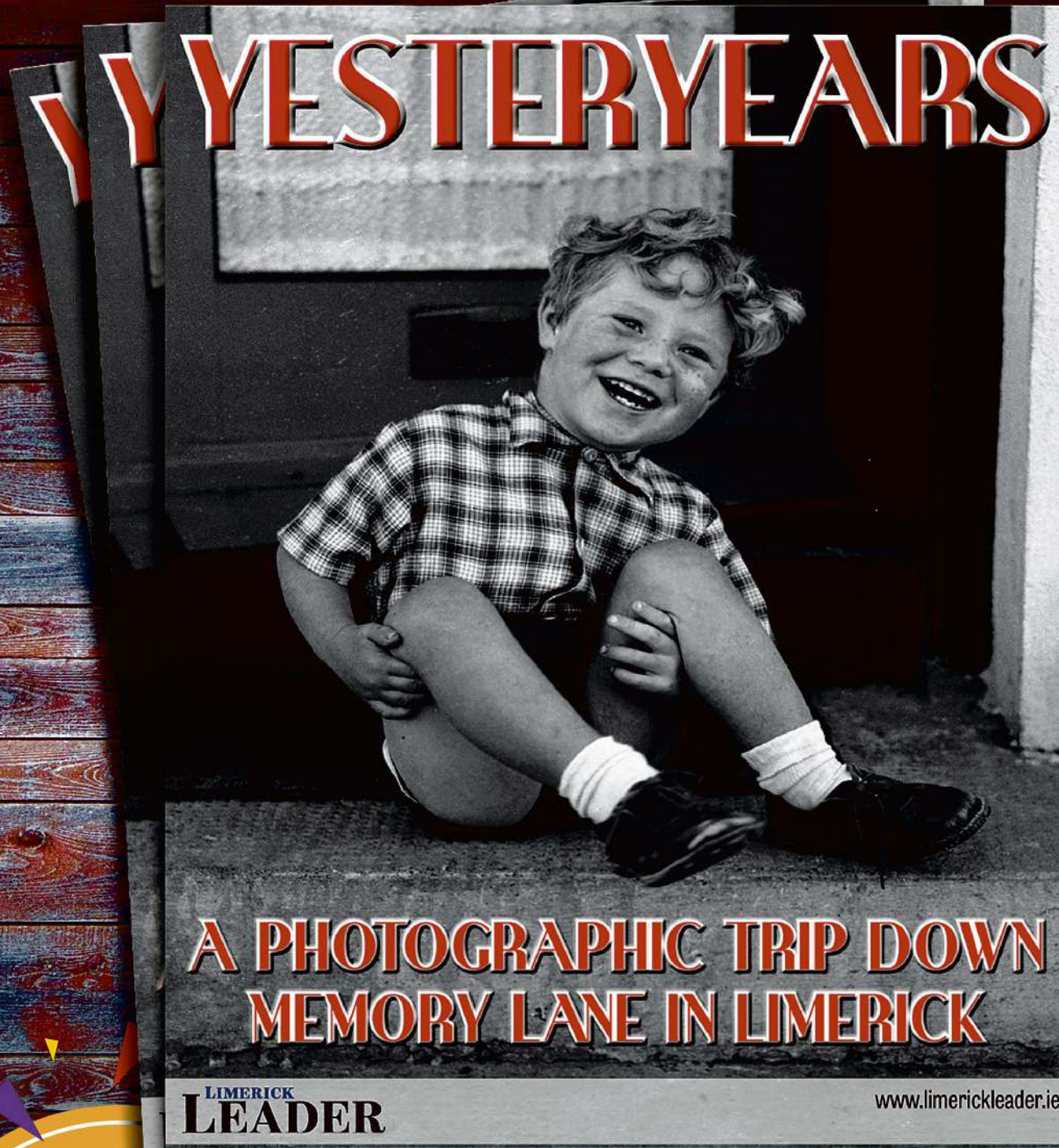
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Limerick sides eye do-or-die Cup ties

SCHOOLS CUP RUGBY

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

IT'S make-or-break for six Limerick teams in this season's Clayton Hotels Munster Schools Senior and Junior Cups this week as the competitions reach the knock-out stages.

The play-off games in the Senior and Junior Cups feature teams which tasted defeat in last week's first round games.

Highlights of next week's knock-out fixtures include the meeting of St Munchin's College and Ardscoil Ris in a Senior Cup play-off game at UL 4G rugby pitch on tomorrow, Wednesday, 2.30pm.

On Thursday, also in the Senior Cup, Castletroy College face a winner-take-all play-off against Rockwell College at Clanwilliam FC, 2.30pm.

There are also three Limerick teams involved in the Junior Cup play-offs.

The games get underway today, Tuesday, as Ardscoil Ris travel to Musgrave Park to take on a highly-rated PBC side, 2pm.

The other Junior Cup play-off game is the all-Limerick meeting of Glenstal Abbey and St Clement's College at UL 4G on tomorrow, Wednesday, at 1pm, the fixture forms the first half of a double heather with the Senior Cup derby clash of Ardscoil Ris and St Munchin's.

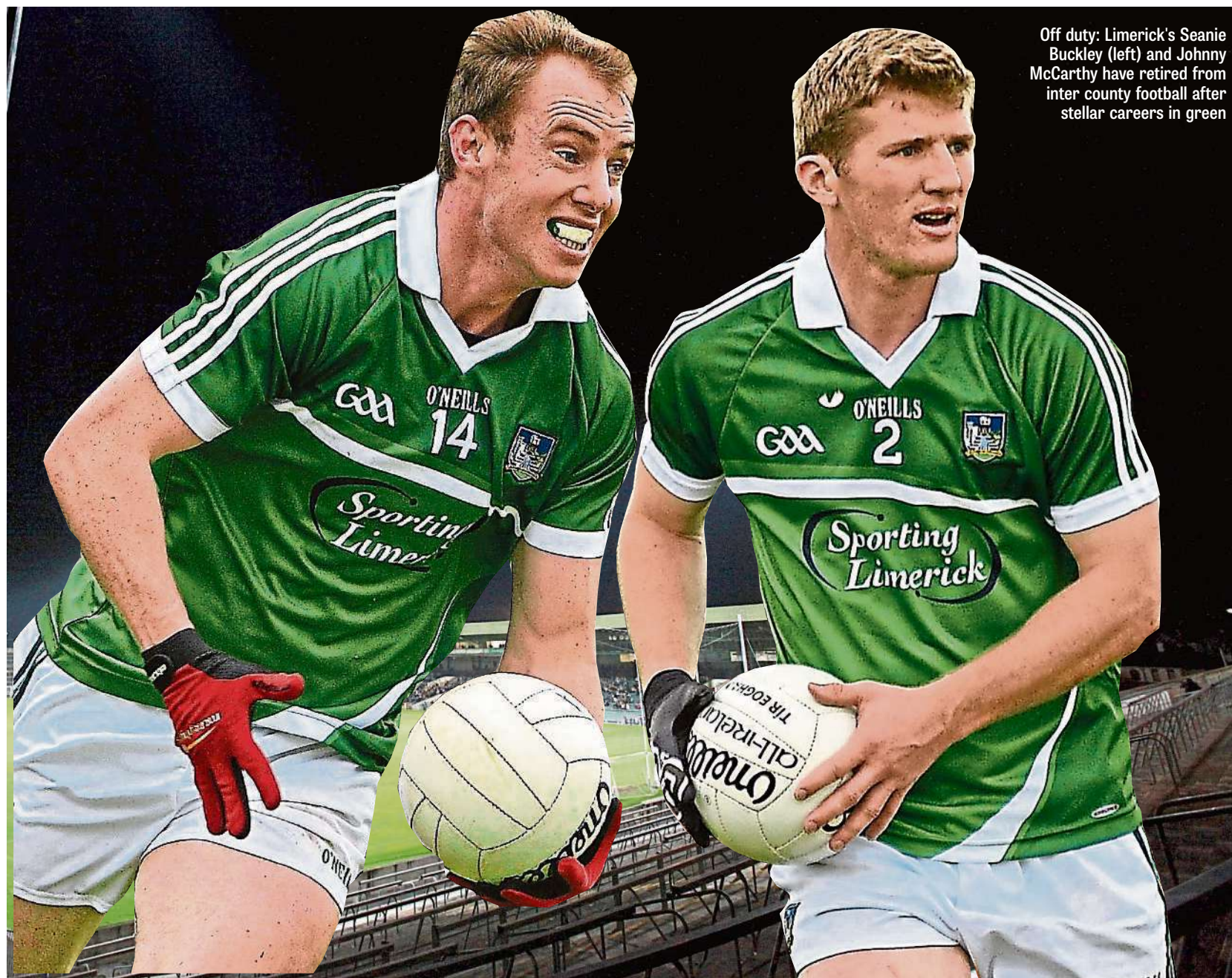
The winners of the play-off games advance to the quarter-finals of the Cups, while the losers bow out for another year.

In the Senior Cup, Ardscoil Ris lost their opening fixture against a clinical CBC side 34-7 at Lansdowne in Cork last week.

St Munchin's College face a six-day turnaround between fixtures following their 7-5, defeat to Bandon on Thursday last.

On Thursday, Castletroy College will be looking to get their Senior Cup campaign back on track when travelling to Tipp Town to face Rockwell following their defeat to PBC.

The quarter-final draw will be made after this game.



Off duty: Limerick's Seanie Buckley (left) and Johnny McCarthy have retired from inter county football after stellar careers in green

Changing of the guard for Limerick footballers

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

THE Limerick senior footballers begin life after Johnny McCarthy and Seanie Buckley this Saturday when the Allianz League commences.

The Billy Lee managed Limerick go to Portlaoise to play Laois in round one of Division Four on Saturday (7.00) days after confirmation of the retirement of the long serving duo.

McCarthy joined the Limerick panel in 2004, with Buckley making his debut a

year later. Both served under managers Liam Kearns, Mickey Ned O'Sullivan, Maurice Horan, John Brudair and Billy Lee.

McCarthy is Limerick's most experienced champion-ship footballer with 46 appearances over 14 seasons with Buckley not far behind on 40 appearances over 13 seasons.

Both won two Division Four league titles with Limerick - Buckley captain in both 2010 and 2013.

"Johnny and Seanie are two of the great players - up there with anything that has played for Limerick," said

Limerick manager Billy Lee.

He added: "Both have given serious service to Limerick and would be an asset to any set-up."

"Johnny was a quite leader and I never remember him getting injured or missing a game," said Lee.

"Johnny was always given the task of picking up the top forward in the opposition and I don't think anyone ever questioned that he should be taken off someone. He would have got his place in any team in the country," said the Limerick manager.

"Seanie was a big ambassador for Limerick. Between

Limerick and his club he put his whole life on hold for football. He threw the kitchen sink at it - trying to ensure he was the best he could be. He demanded that of others and always wanted team-mates to be the best they could be."

The departure of the duo and unavailability of others leaves Limerick with a very much youthful panel for 2018. A 33-man panel was confirmed over the weekend ahead of Saturday's start of the league.

There is also a new captain - Monaleen's Donal O'Sullivan replacing Iain Corbett who will miss the league due

to a tour of duty in Lebanon. The vice-captains are Sean O'Dea and Paul White.

LIMERICK: Shane Doherty, David Connolly, Davy Lyons and Robbie Bourke (all Adare), Jim Liston, Tommy Griffin and Colm McSweeney (all Gerald Griffins), Daniel Daly, David Ward and Eoin Joy (all Fr Caseys), Donal O'Sullivan and Shane Cusack (both Monaleen), Paul White and Mickey Morrissey (both Rathkeale), Tony McCarthy and Peter Nash (both Kildimo-Pallaskenry), Garrett Noonan and Cillian Fahy (both Dromcollogher-Broadford), Darragh Treacy and Sean McSweeney (both St Kierans), Patrick Begley and Killian Ryan (both Mungret), James Brouder (Mountcollins), Sean O'Dea (Kilteely-Dromkeen), Brian Fanning (Pallasgreen), Edward Sheehy (Granagh-Ballingarry), Josh Ryan (Oola), Seamus O'Carroll (Castleknock, Dublin), Jamie Lee (Newcastle West), Padraig Scanlon (Glin), Padraig De Bruin (Fries, Kerry), Danny Neville (Ballysteen), Kieran Daly (Na Piar-saigh).

Fairview Rangers

WEATHER: Again weather conditions took its toll on the fixture list with only our under 15 fixture, away to a youthful Regional side, surviving. Putting in one of our best performances of the season so far we won this one with something to spare. It was one of those days that everything we touched turned to gold against a home side who fought for every ball until the final whistle. The game finished 10-0 to our lads with both Conor Keane and Leonard Plunkett notching a magnificent hat trick each. Further individual goals from the Dave Curtin, Fathed Rathman, Tirise Ide and Luke Ward completed the scoring. A fantastic performance by all concerned with Conor Keane, Leonard Plunkett, and Kyle Tierney being the standout performers on the day. Well done all.

LIMERICK DISTRICT SCHOOLBOY/GIRL LEAGUE FIXTURES

Saturday, 27 January

U-13 SFAI SKETCHERS TROY CUP, ROUND OF 32

Aisling Annacotty A v St. Kevins Boys A 2.30pm Annacotty AWP; John McNamara Corbally United v. Corduff 2.30pm Athlunkard Frank O'Neill

U-15 SFAI SKETCHERS EVANS CUP, ROUND OF 32

Mervue United v Aisling Annacotty 2.30pm Fahy's Field, Mervue Galway

U-16 SFAI SKETCHERS BARRY CUP, ROUND OF 32

Piltown v Regional United 2.30pm Kildalton Park, Piltown; Fairview Rangers v Killarney Celtic 2.30pm Fairgreen Martin Cuddihy

U-10 RED GROUP

Shelbourne 1 v Coonagh United 11.00am Shelbourne Park Joe O'Halloran Corbally United 1, v Aisling Annacotty 1; 11.00am Athlunkard John McNamara Limerick v Pike Rovers 1 11.00am Hogan Park; Mike Monaghan Regional United 1, v Aisling Annacotty 2; 11.00am Dooradoyle Laura Hughes

U-10 BLUE GROUP

Lisnagry 1 v Corbally United 2; 11.00am Scanlon Park A. Walsh Regional United 2 v Mungret Regional 1; 12.30 Dooradoyle Laura Hughes Carew Park v Aisling Annacotty 3; 11.00am Carew Park A. Galvin Caherdavin Celtic v Fairview Rangers 11.00am Greenhills Dave Brosnan

U-10 GREEN GROUP

Newport Town 1 v Janesboro 11.00am Newport J. Mulligan Parkville v Pike Rovers 2 11.00am Knockalisheen J. Clancy Caherconlish v Newport Town 2; 11.00am Caherconlish Dave Weldrick Ballynanty Rovers v Mungret Regional 2; 11.00am Shelbourne Park M. Kirby

U-10 BROWN GROUP

Mungret Regional 3 v Bridge Celtic 11.00am Mungret J. Reilly Corbally United 3 v Geraldines 11.00am Athlunkard B. Higgins Lisnagry 2 v Moyross United 12.30 Scanlon Park A. Walsh Star Rovers v Aisling Annacotty 4; 11.00am Lee Estate T. Joyce Aisling Annacotty 5, v Shelbourne 2; 11.00am Newtown Park K. McCormack

SHANNON ICES U-12 PREMIER LEAGUE

Limerick F.C v Mungret Regional A 12.30 Hogan Park Mike Monaghan Newport Town A v Regional United A 12.30 Newport J. Mulligan Aisling Annacotty B v Fairview Rangers A 12.30 Newtown Park K. McCormack

U-12 DIVISION ONE LEAGUE

Bridge Celtic A v Pike Rovers A 11.00am Bridgetown Tony Mannion Granville Rangers v Lisnagry 12.30 Glenbrook Robbie Broe Summerville Rovers v Shelbourne A 11.00am Portland Park Frank O'Neill

U-12 DIVISION TWO LEAGUE

Geraldines, v Aisling Annacotty C 11.00am Garryowen S. Vasilenko Regional United B v Mungret Regional B 2.30pm Dooradoyle Laura Hughes Ballynanty Rovers v Parkville 12.30 Shelbourne Park Martin Monaghan

Carew Park v Fairview Rangers B 12.30 Carew Park, A. Galvin

U-12 DIVISION THREE LEAGUE

Caherdavin Celtic B v Pike Rovers B 12.30 Greenhills Dave Brosnan Aisling Annacotty D v Shelbourne B 2.30pm Newtown Park; K. McCormack Mungret Regional C v Caherconlish 12.30 Mungret; J. Reilly Newport Town B v Corbally United B 2.30pm Newport; J. Mulligan

HYNAN TRAVEL U-14 PREMIER LEAGUE

Mungret Regional A v Caherdavin Celtic 11.00am Castlemungret; George Clancy Regional United A, v Fairview Rangers A 12.30 Dooradoyle AWP; D. Dowling

U-14 DIVISION ONE LEAGUE

Shelbourne v Fairview Rangers B 12.30 Shelbourne Park; M. Kirby Geraldines, v Summerville Rovers 11.00am Rathuard; Donal Power Regional United B v Newport Town B 2.30pm Dooradoyle AWP; D. Dowling Aisling Annacotty C v Janesboro 11.00am Kilonan J. Galvin Parkville v Regional United C 12.30 Knockalisheen; J. Clancy Aisling Annacotty B v Corbally United B 12.30 Kilonan; J. Galvin

U-16, PREMIER LEAGUE

Mungret Regional v Caherdavin Celtic 12.30 Castlemungret; George Clancy Granville Rangers, v Corbally United A 2.30pm Glenbrook; Robbie Broe

U-16 DIVISION ONE LEAGUE

Corbally United B v Newport Town 12.30 Athlunkard; Brian Higgins Ballynanty Rovers v Geraldines 2.30pm Shelbourne Park; Martin Monaghan Sunday, 28 January

U-12, SFAI SKETCHERS CUP ROUND OF 32

Donacorney Celtic v Caherdavin Celtic 2.30pm Castlemartin

LDSL NOTES

Please note as the fixture secretary is on holidays from Jan 20th to Jan 27th all queries relating to fixture to go to Gerry McCormack, League Secretary

SMALL SIDED GAMES

U-7 football restarts on 3 February, U-8 football will resume on the 10 February, and the U-9, grades will commence on 17 February.

SFAI NATIONAL CUP

Last Saturday, Aisling Annacotty continued to fly the flag for Limerick with a 4-1 victory over Ferrybank of Waterford in the national cup. Alex Carragher worked his oracle down the left wing drawing a foul at the corner flag. From the resultant free kick by Mark Murphy, the ball fell at the feet of Stephen Kiely and he finished from close range. Ferrybank were a fine physical team and worked their way back into the game. Eugene Og Hurley made three point blank saves to keep Aisling ahead as the greater physical challenge looked like it might be telling. Ferrybank looked dangerous from set pieces and it was from a corner on the right that they levelled the score with a superb header.

In the second half, Stephen Kiely made a strong run into the right corner and his first time cross was met by Donnacha O'Leary at the back post. The third goal came from a free kick by Mark Murphy on the right which was again finished by the sharp shooter Donnacha O'Leary to the net. Quick thinking by Leon Kirrane from a free put Stephen Kiely through and his well timed lob from the edge of the box closed out the match. Eugene Og produced another 2 fantastic saves in the second half to keep Aisling in the lead in what was a competitive game throughout.

Good solid defence throughout marshalled by Ciaran Coulter, Oisín O'Connor, Colm Lenihan, Stephen Oyadeji and Niall Byrnes. Darragh Murray, Darren Nwankwo, Leon Kirrane and Mark Murphy all played well in midfield. The 2 strikers delivered with a brace each and did some tireless tracking back. Finn Durack and Darragh Haugh were introduced in the second half and ensured the game was closed out. Next match is home against the winners of Kilkullen / Maree Oranmore.

FULL TIME

LIT SCHOLARSHIPS

LIT award student athletes



Pictured at the LIT scholarship announcements were scholarship recipient, Kelvin Brown, Shannon RFC, Prof. Vincent Cunnane, President, LIT, scholarship recipient Sarah Carey, Limerick Camogie and Joy Neville, International Referee

PICTURE: ALAN PLACE

SOME of Limerick's most promising sports stars were among 57 athletes to receive the Limerick Institute of Technology Sports Scholarship this academic year.

LIT's Sports Scholarship Programme has doubled in size over the last three years, and provides athletic support, focuses on individual welfare, and includes off-field mentoring and education support to its recipients.

Supported by sponsors PMI, AIB and the Munster Council the LIT Sports Scholarships are set apart from others as they encourage young athletes to achieve greatness in their chosen sport, while providing a vast range of off-

field supports.

President of LIT, Prof Vincent Cunnane, described the scholarships as "the heart of what LIT is about - recognising our own while supporting people to be the best they can be."

"It is important to understand that these young people are part of an institution which recognises them as a member of this community. That means valuing them in a balanced way. Its about what happens off the field and off the track as much as on it. It is about the whole person and putting the circumstances in place to allow them to unlock as much of their potential as possible," he said.

"In addition to financial aid, we have a number of ath-

lete support measures built into our programme to do this. These range from off-field mentoring to education support, sports psychology, and advice on managing issues like social media."

Leading sports stars including Joe Canning and Jackie Tyrrell have previously received the scholarship from LIT, while current lecturers Marcus Horan (formerly of Ireland and Munster) and Michael Fennelly (Kilkenny) are also previous recipients.

During the scholarship presentation ceremony at Thomond Park last week, Prof Cunnane also presented LIT graduate and the college's former Rugby Officer - World Rugby Referee of the Year 2017, Joy

Neville with the LIT Outstanding Achievement Award.

"Joy will always be "one of our own", one of our LIT community, of whom we are immensely proud. The list of your achievements is hugely impressive, but it is your commitment, determination to strive to be the best you can be, breaking down barriers and becoming a role model not only for our scholarship recipients here today, but to sports' women and men all over Ireland that makes you outstanding," he told the International Rugby Referee.

LIT's Sports Scholarship programme is now open for applications at lit.ie/sport.

For all Limerick Sport use #LLSport on social media



LIT scholarship recipients, Louise O'Neill, Sarah Carey, Megan O'Mara and Deirdre Murphy

PICTURE: ALAN PLACE

FULL TIME

LIT CELTICS BASKETBALL

Celtics and Huskies claim big wins



LIT Celtics' Krystian Burchardt blocks another Dublin Lions fast break move during his side's win last weekend at the LIT SportsHub

PIC PAT SHANAHAN

LIMERICK Men's National league basketball team LIT Celtics claimed their fourth win of the season with a very impressive 93 - 82 win against Dublin Lions last Saturday night in LIT Sportshub.

Forty one points from Matt St Armour coupled with 15 points from John Galvin and 14 from Krystian Burchardt saw the men in green claim their fourth win of the season.

A packed LIT Sportshub witnessed a highly entertaining game with some super shooting from both sides on the nights.

It was basket for basket

until midway through the second quarter when the Limerick sides intense defense began to pay dividends as the LIT Celtics side took a 10 point lead.

Celtics increased their lead and closed out the quarter with some good scores to finish the half with a twenty one point lead.

The third quarter was again a basket for basket affair but the Dublin side began to comeback reducing the LIT Celtics side's lead to six points with two minutes remaining.

Some great scores from Matt St Armour, Emmet Brown and Tommy Walsh re-

gained the momentum of the Limerick side as they closed out the game for an impressive 93 - 82 win.

Celtics now have three weeks off until they return home for what should be another cracker of a game on Sunday February 18 against LYIT Donegal in LIT Sportshub @ 3pm.

LIT CELTICS 93-82 DUBLIN LIONS

TOP SCORERS LIT CELTICS: Matt St Armour 41, John Galvin 15, Krystian Burchardt 14

Top scorers Dublin Lions: Muhamed Sabic 25, Igor Markiewicz 20, Tiernan Howe 16

Half time score: LIT Celtics 54-33 Dublin Lions

Meanwhile, in the Women's Division One league, the UL

Huskies moved to 6-2 from their opening eight games with a 62-59 road victory over the Ulster Elks.

Kelila Atkinson led the scoring charts with 25 points, ably assisted by Cathy Campbell and Orlaith Woods. The win sees the Huskies close the gap on table toppers Marble City Hawks to just three points ahead of the top two meeting of the sides on February 10.

ULSTER UNIVERSITY ELKS 59-62 UL HUSKIES

Top scorers Ulster University Elks: Alex Mulligan 17, Aoife Callaghan 12, Shauna Harley Moyes 9

TOP SCORERS UL HUSKIES: Kelila Atkinson 25, Cathy Campbell 19, Orlaith

Woods 10
Half time score: Ulster University Elks 31-24
UL Huskies

RESULTS

MEN'S SUPER LEAGUE:

Pyrobel Killester 89-58 Belfast Star
DCU Saints 74-110 Garvey's Tralee Warriors
Éanna 62-74 Moycullen
Maree 79-83 UCD Marian
KUBS BC 66-86 Griffith College Swords
Thunder
UCC Demons 103-105 Black Amber Templeogue (after overtime)

WOMEN'S SUPER LEAGUE:

NUIG Mystics 68-65 Singleton SuperValu Brunell
Pyrobel Killester 67-65 DCU Mercy
Maxol WIT Wildcats 71-74 Portlaoise Panthers
Ambassador UCC Glanmire 85-58 IT

Carlow Basketball

MEN'S DIVISION ONE:

Paris Texas Kilkenny 86-76 EJ Sligo All-Stars
LIT Celtics 93-82 Dublin Lions
Keane's Supervalu Killorglin 90-66 Ulster University Elks
Neptune 101-74 IT Carlow Basketball
Fr Mathews 80-91 Ballincollig
GameFootage.net Titans 69-113 Scotts
Lakers St Paul's Killarney

WOMEN'S DIVISION ONE:

Marble City Hawks 63-44 Fr Mathews
Fabplus North West 47-50 Meteors
Ulster University Elks 59-62 UL Huskies

For more on LIT Celtics and UL Huskies throughout the season, make sure to check www.limerick-leader.ie

Munster Toulon date to be confirmed this week

By COLM KINSELLA
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MUNSTER will learn the exact date and kick-off time for their Easter weekend Champions Cup quarter-final with Toulon at Thomond Park later this week.

Munster's record

17th European Cup quarter-final is set to take place on Easter Saturday, March 31 or Easter Sunday, April 1.

Two-time winners Munster secured home advantage for the quarter-finals on the back of a thumping 48-3 victory over Castres Olympique at Thomond Park on Sunday evening.

Munster have confirmed that the home quarter-final ticket allocation will be distributed through Munster's rugby clubs, the Munster Rugby Supporters Club and 10 Year Ticket Holders.

Should any tickets remain after these allocations have been processed, they will be

released to other long term ticket holders and season ticket holders.

Quarter-final opponents Toulon are entitled to 25% of each ticket category.

Should Munster win at home, the Irish province will be away to either Clermont Auvergne or Racing 92 in the semi-finals.



David Smith, Toulon, in action against Keith Earls when the sides last met in 2014 in the Champions Cup



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