

HURLERS 'CAP' VICTORY



All-Ireland heroes among thousands graduating at UL this week
 See story on page 12

Limerick All-Ireland winning hurlers Michael Casey, who graduated with a Bachelor of Technology in Materials and Architectural Technology, and Gearoid Hegarty, who graduated with a Professional Master of Education (Business), from UL this Tuesday
 PICTURE: SEAN CURTIN/TRUE MEDIA

The Leader

www.limerickleader.ie
 Wednesday, August 29, 2018

FREE YOUR NEW PAPER FROM LIMERICK'S LEADING TEAM



NEW DAWN Educate Together Secondary School opens **P20-21**

SOLD! Limerick to get the PR treatment from world-leading branding agency M&C Saatchi **P13**



BLAZE Call made to suspend licence of recycling firm after huge fire **P10**



Heroes' welcome for Na Piarsaigh stars and cup **P4-5**

05
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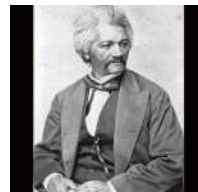
Setting the agenda in Limerick



▲ GOOD WEEK
Educate Together Secondary School
 The new school took its first steps with this week's official opening



▼ BAD WEEK
Accommodation
 There has been an increase in the number of scams on students seeking rented accommodation



QUOTE OF THE WEEK
 I've been hounding the council to put up a plaque (to Frederick Douglass) for a few years. There's a statue of Richard Harris dressed like the Burger King there
Blindboy Boatclub

INSIDE THIS WEEK



INTERESTING TIMES

Beat the bank, says Liam Croke
 Page 23



TROLLEY CRISIS

UHL's problems continue
 Page 6



THIS MEANS EVERYTHING

SECOND CHANCE

All-Ireland souvenir back in shops
 PAGE 10



COLLEGE STYLE

Clothing tips from Man About Town
 Page 44

Diaspora could make the city truly global



Minister of State Ciaran Cannon launching the new Global Irish Festival Series at Shannon Airport PICTURE: SEAN CURTIN/TRUE MEDIA

WHAT WE THINK
ALAN OWENS
 THE LEADER

IF there was something breathtaking to behold on the field, the way Limerick celebrated winning a first All-Ireland in 45 years last week was truly magical.

City and county came together and emotion flowed as the hurlers returned. Online, the Leader welcomed hundreds of thousands of visitors to our website to follow an epic homecoming - more than half of whom were

visiting for the first time. Clearly, Limerick has tentacles that stretch throughout the world and a Diaspora that looks to home regardless of where they are.

In the midst of the joy, it was easy to miss an announcement by Department of Foreign Affairs and Fáilte Ireland that it was launching a new initiative to encourage that Diaspora to return home to

visit. The Global Irish Festival Series will be piloted along the Wild Atlantic Way in Limerick, which we are well situated to feed into, and Donegal. The Richard Harris Film Festival and I.N.Y festival are to receive much needed funding (see page 16) - but it is the thought of tapping into those connections abroad that excites the most.

We must look outward to become a truly global city.

WEATHER FOR THE WEEK



WEDNESDAY
 Some sun and cloudy periods today with a high of 17°C



THURSDAY
 Similar to Wednesday but a shower also likely, high of 17°C



FRIDAY
 Same changeable but mainly pleasant weather. High of 17°C



SATURDAY
 Variable clouds and a shower with a high of 20°C



SUNDAY
 Cloudy and green with a stray shower and a high of 20°C



MONDAY
 Dull and overcast for the day with a temperature peak of 17°C

WEBTOP TEN

1. WATCH: Aerial video of Limerick Fire Service tackling flames at industrial estate
2. Man arrested after €150,000 of drugs seized in Limerick
3. Dog 'chasing a potato' stolen by man in car on County Limerick road
4. WATCH: Limerick man films epic 'hurling pilgrimage' from Dubai for All-Ireland hurling final
5. WATCH: Limerick stars 'feel the noise' at Na Piarasigh homecoming
6. Limerick man wants to see hurlers and Dolores O'Riordan honoured in mural
7. Limerick hurling legend inducted into GAA Museum Hall of Fame
8. SLIDESHOW: Na Piarasigh GAA club welcome home the Liam MacCarthy Cup
9. Munster sign New Zealand scrum-half as Conor Murray ruled out with injury
10. Front-line Limerick healthcare workers fear for jobs with agency to be wound up



DREAMS COME TRUE
 Dreams do come true: A Limerick man is calling for a mural to honour the hurlers and Dolores O'Riordan, see story online at www.limerickleader.ie

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MyLimerick

Roger Beck

Manager Parkway Shopping Centre

What is your idea of a perfect day in Limerick?

My perfect day is Saturday, and it starts with a visit to the Milk Market early in the morning to get the best of the fresh fish, vegetables and breads from the traders who come to Limerick every week. I go from the market to the Strand Hotel for a swim and from there it is home for breakfast. Saturday morning is spent preparing food for a barbecue, and then I take a trip to Killaloe to stroll around the marina, talk to some of the boat owners, take a spin up the lake, and back home early evening to cook and enjoy a barbecue with family and friends.

Your first Limerick memory?

My family moved here when I was 11, and my first memory is starting school in St Michael's National School in Pery Square in the middle of a school term and knowing nobody! St Michael's was then, and still is, a small school and I made friends very quickly, and many of these people are friends to this day.

Your favourite part of the county?

My wife's family are farmers from Ballysteen, a small village just beyond Pallaskerry, on the banks of the Shannon. I really enjoy visiting the farm, enjoying the fresh air and walking the fields to check the animals. I find this is such a change from my normal daily routine working indoors in the shopping centre that it is really relaxing, and I always feel so much better for having been out in the fresh air and enjoying the farming lifestyle.

Your favourite walk?

I really enjoy walking in Curraghchase, my wife and I go out there regularly with the dog and take a leisurely stroll around the lakes and up to the house. The peaceful atmosphere, and beautiful scenery are a joy.

What gives Limerick its unique identity?

This is very simple, it is

the people. The wit, the friendliness, the generosity, you do not get this anywhere else in the country.

What is your favourite restaurant?

I really enjoy Noels Restaurant in Bunratty Manor Hotel. The standard of food and service is as good as anything around, without being pretentious. You always get a great welcome and great food, and they have a nice selection of wines.

How important is sport to Limerick?

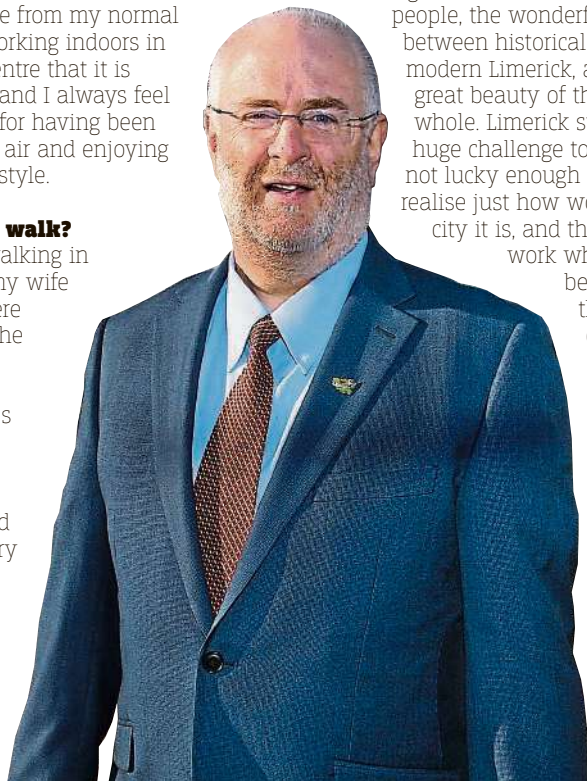
Sport in Limerick is what draws the people together, and Limerick people are wonderful to support sports of all levels and codes. From the great crowds that follow Munster Rugby, to the people that turn out for a hockey match on a cold Sunday afternoon, Limerick people will always support their sports and the whole city revolves around sporting occasions both big and small.

What is the biggest challenge facing the city today?

Limerick's biggest challenge continues to be the image of Limerick in the minds of people who have never visited the city as a run-down, dangerous place which is best avoided. Once people visit Limerick for the first time their perception changes immediately and completely because of

the great welcome they get from people, the wonderful contrast between historical and modern Limerick, and the great beauty of the city as a whole. Limerick still has a huge challenge to let those not lucky enough to live here realise just how wonderful a city it is, and the great work which has

been done by the whole community to improve our city needs to be broadcast far and wide to let people know just a how great a place Limerick is.



FRONT PAGES OF THE PAST

28 YEARS AGO
SEPTEMBER 1, 1990

Eugene Phelan reported 28 years ago that secret talks had been held at the home of then education minister Mary O'Rourke about plans for the multi-million extension of the college in Moylish.

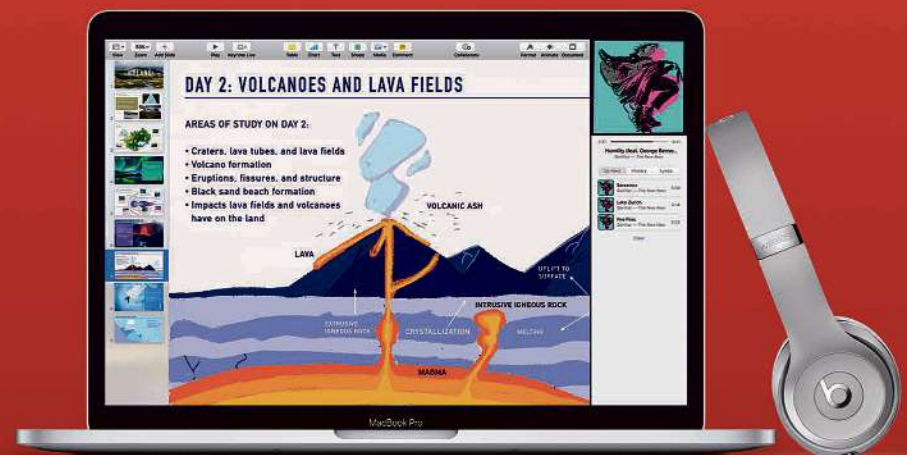
In other news, a book was due out on Richard Harris

entitled 'Actor by Accident' and that a £500,000 golf centre was being planned for a city site. The facility was to include a 20 bay driving range, tennis courts, a restaurant and other facilities.

And it was claimed that Limerick's musicians need more exposure, according to a Mr Peter DeBenedeto.



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Na Piarσαigh 'so proud' of 'super six' All-Ireland winning stars

NICK RABBITS
nick@limerickleader.ie

"LOOKING down there and seeing Na Piarσαigh smiles – that to me makes me feel so proud."

The words of Limerick talisman Shane Dowling, upon bringing the Liam MacCarthy Cup back to his home club in Caherdavin.

There was a real carnival atmosphere on the northside with Na Piarσαigh's super-six returning to where it all first started for them.

All-Ireland club champions in 2016, the club provided Peter and Mike Casey, William O'Donoghue, David Dempsey, Kevin Downes and Shane Dowling to the Liam MacCarthy winning panel.

These lads were joined at the club's ground for their homecoming on Sunday night by Doon duo Richie English and Darragh O'Donovan.

"For me tonight, is all about Na Piarσαigh," declared Dowling.

He paid tribute to club

president Frank Kavanagh, as well as Dan Hickey, Paddy Vernon, and the late Liam Kennedy, who have played a key role in the recent success of the northside club.

Ahead of the arrival of the team, the club's former captain Cathall King led the excited crowd in song, with the 'Cum On Feel The Noize' top of the playlist.

The Slade classic, Cathall pointed out, was number one in the Irish charts in 1973, the last time Limerick won the All-Ireland.

Current club captain William O'Donoghue told event compere Donal Hartnett: "There has been a great team effort all year, and this is what has got us to where we needed to be."

It was highlighted to him that following Nickie Quaid's save in the semi-final vs Cork, it was he who cleared the sliothar.

"The save was brilliant, but it needed to be cleared and you did it," Donal said.

The hurler said he had enjoyed the week of celebrations, but that he

wanted to "start winding down".

"Maybe around midnight tonight," he laughed.

Kevin Downes said: "We've been all over the county, but to be here today, to bring it back to Na Piarσαigh is absolutely magic. It's the stuff of dreams."

Asked what he felt was the defining moment in Limerick's championship win, he said: "Probably the consistency of this team. In previous years, we might have had a good game followed by a bad game. This year, we stuck to the plan the management had given to us. Everything to stay consistent. The levels never fluctuated too much. That was the key for the whole year."

"These lads have brought us such great benefits, great joy. Last Sunday was one of the best days of my life, to see those lads, how our lads conducted themselves. They were magnificent, marvellous indeed," club president Frank Kavanagh added.

Club chairman Risteard



O'Flaherty added: "Limerick supporters have been extremely loyal to the hurling side for the last 45 years. This is our day. I'd like to specially address our six panel members. We are so proud of the dedication and commitment you gave for Limerick to achieve this success, both on and off the pitch."



Above: Liam Flynn and Brendan Behan

Far left: Louise O'Sullivan and Liam MacCarthy Cup

Left: Dancers from Scoil Ui Ruairc, who entertained the crowd before the players arrived





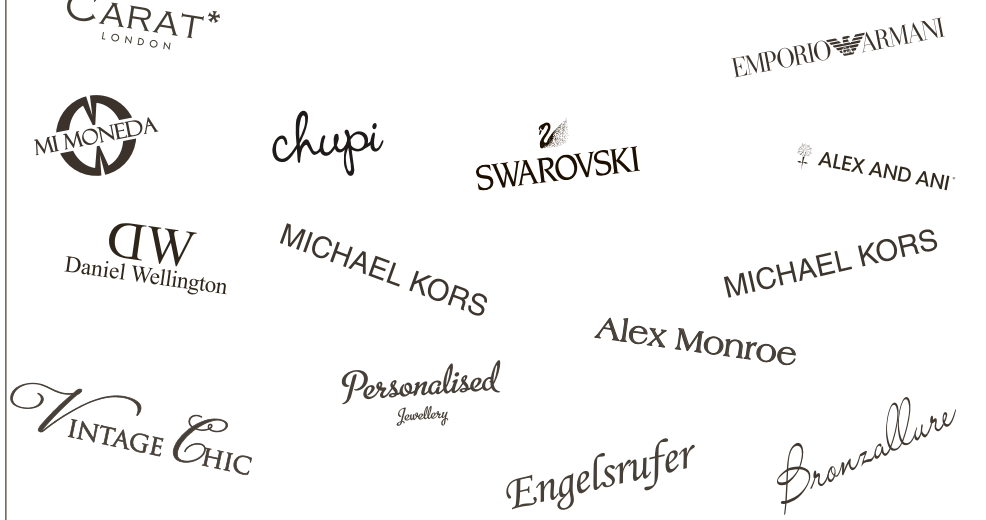
The players meet their public at a specially constructed stage in Na Piarasigh

PICTURES: DERMOT LYNCH



The FASHION LEVEL

AT
MATTHEW STEPHENS
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Mike Casey and David Dempsey carry the Liam McCarthy cup through Caherdavin



Pictured with Liam MacCarthy were John Giltenan, former club president Timmy O'Connor, secretary Pat O'Neill, host Donal Hartnett, Seirse Laffan and president Frank Kavanagh

More patients stuck on waiting list for over 12 months

FINTAN WALSH

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NEARLY 42,000 patients were stuck on a waiting list for surgeries and appointments at the three main acute hospitals in Limerick, new figures reveal.

According to July figures released by the National Treatment Purchase Fund, there were 41,812 inpatients and outpatients on a waiting list at University Hospital Limerick, Croom Orthopaedic

Hospital and St John's Hospital.

This was a 1.7% decrease on June figures, when there were 42,529 patients on a waiting list. June's NTPF figures in Limerick also marked a decrease of 2.5%.

However, the number of people waiting for treatment and appointments for more than 12 months has increased by 437 since June.

There were 644 inpatients and 12,367 outpatients on a waiting list at the three hospitals for over a



UL Hospitals Group is the best performing group in Ireland

year in July.

There was a marginal increase in inpatient numbers at 3,976, up from 3,937 in June. There was a decrease of just 1,000 patients in July with 37,836 patients.

This amounts to 31.1% of all

waiting list numbers in the Limerick region.

There were 6,798 patients waiting for more than 18 months for treatment and appointments in July, the figures show.

Most of the outpatients on a waiting list were in gastroenterology, maxillo-facial, neurology, otolaryngology (ENT) and urology at UHL; and orthopaedics in Croom.

Croom Orthopaedic Hospital is the only hospital in Limerick that

has zero patients waiting for more than 12 months for inpatient and day case care.

In June, St John's Hospital had zero patients waiting for more than 18 months. But two additional people were added to the list in the latest register of figures.

The UL Hospitals Group was the best performing hospital group in the country with 45,690 on an inpatient and outpatient waiting list in July, according to the new NTPF statistics.

UHL's trolley level 20% of countrywide crisis

Overcrowding: Figures show Dooradoyle hospital busiest in country

FINTAN WALSH

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A FIFTH of the country's overcrowding problem is situated at University Hospital Limerick, according to figures published by the Irish Nurses and Midwives Organisation this week.

Daily figures on Monday revealed that there were 63 patients on trolleys in the emergency department and on extra trolleys or beds in the wards at the Dooradoyle hospital.

That was exactly 20% of the total 315 patients on trolleys nationwide.

This follows Friday's high overcrowding figures when there were 65 patients on trolleys in the emergency department and the wards.

This Tuesday, topping the overcrowding charts for a third time in a row, there were 47 patients on trolleys at University Hospital Limerick - 20 more people than any other hospital in the country.

A spokesperson for the UL Hospitals Group said a number of patients presenting include frail, elderly patients with complex care needs.

In a statement on Friday, she said in the past week, "a high proportion" required a bed.

She said there was also an "unusually high number" of patients requiring surgery after being presented to the emergency department between Thursday and Friday.

"These patients require a surgical admission or intervention before they can be discharged. This has added additional pressure for beds across all our sites.

"We regret that any of our patients have to face long waits in our ED during busy periods and any distress or inconvenience this causes to patients and their loved ones," she added.

"Overcrowding is a whole-hospital issue and not an issue



On Monday, 20% of Ireland's overcrowding problem was at University Hospital Limerick

strictly for the ED. A multi-faceted approach is required to tackle overcrowding, encompassing additional bed capacity, improved patient flow, the development of integrated care programmes with community services - all of which are being addressed by the group."

The spokesperson said a number of measures have been put in place, including the transfer of patients to other hospitals in the Mid-West; transfer of patients to community care settings; maximising access to homecare packages; working closely with community intervention teams; and communication with GPs.

"In addition, elective procedures

are reviewed daily as we prioritise inpatient beds for those patients waiting in the ED. All patients affected are contacted and their appointments rescheduled as quickly as possible."

UHL has been given the green light to construct a €14m four-storey, 60-bed block facility - an interim measure before the hospital delivers a 96-bed block in 2021.

"UL Hospitals understands that the proposal for system build additional acute beds at UHL is currently under active consideration by the Department of Health and the HSE. It is anticipated that a capacity plan will be approved by the Minister

in the near future and that the plan for additional acute bed capacity at UHL will be included in that overall plan," the spokesperson said.

She said that the hospital has 400 inpatient beds which is "recognised as not being sufficient for the needs of the Mid-West region".

The emergency department, which opened its doors for the first time in May 2017, has designated spaces for 49 patients.

"While patients still face delays in the new ED, it provides for a much improved patient experience compared to the old department and has improved the privacy, safety and dignity for many of our patients."



Students are advised to be wary of rental scams

Students warned of rental scams

A WARNING has been issued to students in Limerick following a reported spike in rental scams ahead of the college year, writes Jess Casey.

Due to the current rental shortage and the pressure to secure accommodation, a number of students in Limerick have fallen victim to such scams in recent weeks, according to gardaí.

"Unfortunately rental scams occur throughout the year but there is a spike at this time of the year when a new generation of third level students are seeking accommodation," said Garda John Finnerty of Henry Street Garda Station.

Gardaí are advising students to ideally only do business with established bona-fide rental agencies, always meet a prospective landlord in the accommodation to be rented, ask for photo identification from the landlord or letting agent and take a photo of the document. Gardaí are also advising students to pay deposits directly to the landlord or agent and not any other person, to use cheques or bank drafts to pay the deposit and to keep copies of receipts and any other correspondence.

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Victim, 23, of stabbing still in hospital as man charged

FINTAN WALSH

fintan.walsh@limerickleader.ie

A YOUNG MAN who suffered stab wounds to the head in an early morning assault is still being treated at Cork University Hospital.

In the early hours of Monday, August 20, two men suffered stab wounds in Woodbine Avenue, Caherdavin, on the northside of the city.

The two men, aged 22 and 23, were taken to Cork University Hospital that morning. The 22-year-old male was discharged from CUH on Wednesday morning.

The 23-year-old man's injuries were described as serious and life-threatening, and it is understood that he remains in a critical condition.

On Wednesday night, Henry

Street gardai arrested a 26-year-old man in connection with the double stabbing.

After being formally charged on Thursday night, the man appeared before Nenagh District Court, charged with two counts of assault causing harm. The accused was remanded on bail.

Gardai at Henry Street had cordoned off two crime scenes; the green at Woodbine Avenue and Blackthorn Drive; and a small section of an estate by Walnut Drive.

The double stabbing occurred outside Christ the King Church.

Extensive searches and door-to-door interviews were carried out in the area.

In a separate incident on Tuesday, August 21, gardai were called to the scene of a non-fatal



Garda at the crime scene of the double stabbing in Woodbine Avenue, Caherdavin PICTURE: ADRIAN BUTLER

stabbing at the North Star Bar, at Treaty Terrace, Thomondgate.

The incident occurred at around 8.45pm, when an individual allegedly entered the pub and stabbed a man in his 30s.

The man was taken to University Hospital Limerick where his

injuries were being treated as non-life-threatening.

Gardai have yet to make an arrest in connection with this incident, but are carrying out extensive investigations, including accessing CCTV footage in the area.

It was the third stabbing in less

than 48 hours in the northside of the city.

Anyone with information in connection to either incidents are asked to contact Henry Street garda station at 061 212400 or via the Garda Confidential Line at 1800 666111.



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Limerick Leader



LIMERICK MAN WANTS TO SEE HURLERS AND DOLORES O'RIORDAN HONOURED IN MURAL

Eddie O'Doherty

No wont be seen there as much. How about the mural opposite King John's Castle that was ruined with black spray paint. Maybe replace that mural with this?

Eoin M Naughton

I think it should be a mural of Pope Francis to commemorate his visit to Ireland

Kieran Houlihan

Fantastic idea hope it gets the green light



PATRICKSWELL OUT IN FORCE TO CELEBRATE LIMERICK'S ALL-IRELAND HEROES

Richie O Sullivan

Cian is a credit to his parents, I think anyone that has ever come across him would agree, ALLSTAR in every way



Triona O Dwyer

Fantastic night in Patrickswell last night. Cian and the boys stood for thousands of photos - gentlemen

Amanda Keane

Well done Cian, city and county so proud of u

'LIMERICK, YOU'RE A LADY': ALL-IRELAND WINNER SHANE DOWLING COLLABORATES WITH NATHAN CARTER

Hugh Keaveney

No 1 for Christmas: Shane Dowling with Limerick You're A Lady!



Sarah Flynn

If Nathan Carter sang more of these maybe I could begin to like him! Hon Limerick!

Ber Kurland

Was there in person to hear it

Bernie Costelloe

Well done Shane

LIMERICK MAN FILMS EPIC 'HURLING PILGRIMAGE' FROM DUBAI FOR ALL-IRELAND

Siobhan Carmody Burke

Well done Paul beautiful to see, amazing journey



Niamh Ward

Well done, what a day

Annette Bourke

Well done Paul

Lynn Cooke

Amazing

Sean Hickey

Fantastic job

Father jailed after setting home alight

Boston: Man was 'laughing' as he watched blaze

JESS CASEY

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A LIMERICK native has been jailed in Boston after he doused his family home in petrol and set fire to the building, the day before he was due to hand over the keys as part of a divorce settlement.

Timothy Brosnan, originally from Mountcollins, has been jailed for at least four years after he pleaded guilty to starting the blaze at the house in Swampscott, Boston in 2016.

The fire caused €450,000 worth of damage to the home and sent a firefighter to the hospital with smoke

inhalation and heat exhaustion

According to The Irish Sun, the court heard that Mr Brosnan called a police-officer who arrived on the scene a "buzzkill" for not letting him watch the property burn.

A fireman also had to snatch a cigarette from his hand when he attempted to light it at the scene, the court heard.

"In the process of arresting Timothy, he was laughing and making jokes," the police report stated.

"He was staring into the house that was on fire and said 'Isn't this the most beautiful thing ever.'"

"He would laugh out loud and say

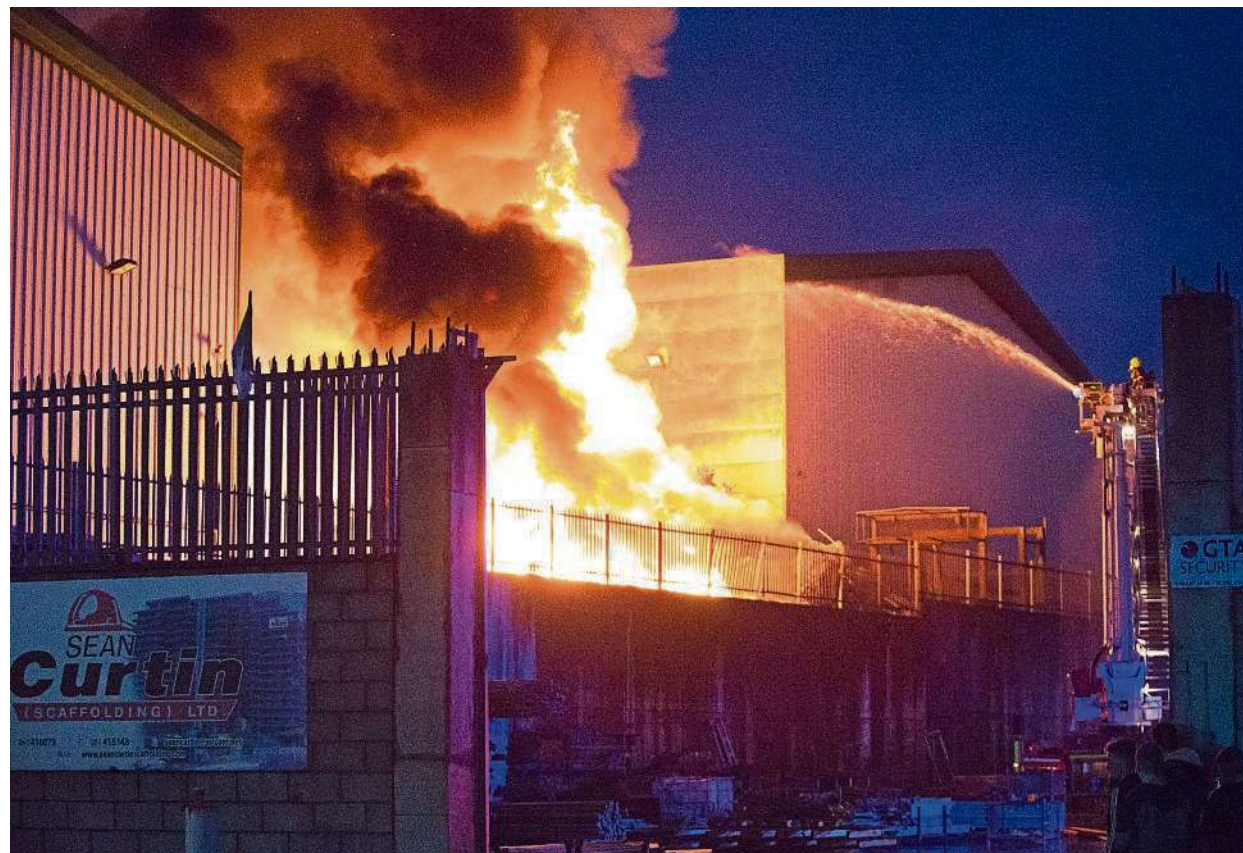
'Yes, I did that.'

At the time of the incident, the house, which Mr Brosnan was due to officially hand over to his former wife of 27 years the following day, was empty.

The court heard that Mr Brosnan's former wife had requested that he be kept in custody, saying: "It is the only way our two daughters and I can feel safe going forward."

Mr Brosnan's lawyer described the fire as "a single, out-of-character aberration," caused by "his divorce, loss of family, alcohol abuse and untreated mental health issues".

Mr Brosnan was sentenced to four to five years in prison.



Twelve appliances from Limerick City, Cappamore, Kilmallock, Rathkeale and Shannon tackled the massive flames at Urban Metals on Ballysimon Road for 10 hours between Monday night and Tuesday morning PICTURE: LIAM BURKE/PRESS 22

Calls to suspend recycling plant's licence

A COUNCILLOR has urged Limerick City and County Council to suspend the licence of the recycling plant that suffered a massive industrial fire on Monday night.

Sinn Fein councillor Malachy McCreesh said the licence should be suspended until a probe has been carried out into "the reason for the fires and the health risk to the local community".

On Monday evening, firefighters were alerted to scene at Urban Metals on Ballysimon Road where a large scrap metal fire occurred.

Twelve units from Limerick City, Cappamore, Rathkeale, Kilmallock

and Shannon were dispatched to the scene and only finished at 6.30am.

The damage to the business was exterior and no part of the interior or machinery were damaged as a result. If machinery had been damaged, it could have cost the company hundreds of thousands of euros, according to a source.

This is the second industrial fire in the area in recent months.

Cllr McCreesh, who serves the Limerick City West district, says the fires at the Ballysimon Road "highlight the dangers to the general public" when they occur.

"There is a significant volume of

hazardous waste on these sites and fire is the worst possible scenario.

The pollution that is emitted has to be life threatening in the long term. The advice from the fire service asking people living in the vicinity of the fire to close their doors and windows as a health and safety precaution highlights how inadequate the procedures are for dealing with the effects of dangerous pollution," he said in a statement this Tuesday afternoon.

He added that there needs to be more independent monitoring and inspections of these type of waste facilities.



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<input checked="" type="checkbox"/>	- sleeping	<input checked="" type="checkbox"/>
<input checked="" type="checkbox"/>	- showering	<input checked="" type="checkbox"/>
<input checked="" type="checkbox"/>	- talking on the phone	<input checked="" type="checkbox"/>
<input checked="" type="checkbox"/>	No batteries to change	<input checked="" type="checkbox"/>
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12 NEWS

Over 2,800 set for next step after UL

UL: Employment rate 17% above average - president

JESS CASEY

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MORE THAN 2,800 students are due to graduate from the University of Limerick this week as conferring ceremonies continue at the university.

Monday saw graduates from the UL Faculty of Education and Health Sciences, which includes nursing and midwifery, clinical therapies and the Graduate Entry Medical School, as well as students from the Faculty of Science and Engineering.

On Tuesday, students from the Faculty of Education and Health Sciences and Interfaculty programmes received their degrees and Wednesday, will see students from the Faculty of Science and Engineering conferred at UL.

"UL's graduate employment rate for 2017 primary degree-holders is now 17%



Graduates Agnieszka Beata Stolarczyk, Laura O'Brien and Teresa Higgins PICTURE: OISIN MCHUGH TRUE MEDIA

higher than the HEA's most recently-available national average figure which is 62% for 2016 graduates," UL President Des Fitzgerald said.

Among the 2,807 students graduating this week are 56 PhD graduates as well as All Ireland hurling champions

Mike Casey, Gearoid Hegarty, Sean Finn, Tom Morrissey and Pat Ryan.

Conferring ceremonies continue this Thursday and Friday and will see students from the Kemmy Business School and the Faculty of Arts, Humanities and Social Sciences graduate.

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M&C Saatchi, based in the UK, has been tasked with creating a new brand for Limerick and it is expected to be launched some time in early 2019, the council has said PICTURE: ADRIAN BUTLER

Creative firm to drive city brand

FINTAN WALSH
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ONE of the world's top advertising agencies is to create a new brand for Limerick.

Limerick City and County Council has announced that it is teaming up with M&C Saatchi to help boost its economic and liveability image on a global scale.

The creative brains behind Limerick's new brand count British Airways among its clients, while it also worked on Britain's rejected 'Remain' campaign in 2016.

The London-based ad agency was granted the

tender after the council advertised the project for an indicative price of around €70,000. However, it is not known yet how much the contract is worth.

Mary Harris, M&C Saatchi managing partner, said Limerick was "undergoing an exciting transformation."

"We intend to create a brand that will have a lasting and pivotal impact for Limerick, and are now very much looking forward to getting underway and helping the county realise its significant potential."

The council's head of marketing and communications, Laura Ryan

said Limerick "has been revitalised over the past five years at a pace matching our own high expectations".

The council said that 13,000 jobs have been created over the past five years.

Welcoming the news, Mayor the City and County of Limerick, Cllr James Collin said it was a "very positive move".

"The success of the plan is reflected by the €1.7 billion plus of investment by new or existing companies in Limerick that has been announced since it was published."

The brand will be unveiled in early 2019.

October is confirmed for election

THE Presidential election is to be contested on Friday, October 26, it has been confirmed.

Local Government Minister Eoghan Murphy revealed the news on RTE'S Today with Miriam, adding a formal writ for the election will be signed.

Nominations must be

submitted by September 26, with the election a month later. The incumbent President, Limerick-born Michael D Higgins is seeking a second term. But he will face competition from Sinn Féin, and other nominees.

Fine Gael and Fianna Fail will not put forward candidates.



President Michael D Higgins

Selection of international cuisine on offer at breakfast fundraiser

THERE will be fun for all the family at the Breakfast Extravaganza in aid of the Irish Cancer Society that takes place on Saturday, September 8.

The event will take place at His Glory Parish Church, in Roxboro from 11am to 4pm and will feature delicious foods from Ireland, Nigeria and Poland.

Sinead Manjor Georgewill and Pastor Alex Akinyemi of His Glory Parish organised the event. Ms Georgewill said she wanted to give back to the charity following a tragic loss she suffered last year.

"I realised after the death of a family friend to colon cancer last year that it is so

important to give and where else to start only with the Irish Cancer Society," Ms Georgewill explained.

The Breakfast Extravaganza is open to the public and there will be a raffle, face painting, beauty treatments, ice-cream, music and entertainment to be enjoyed by the whole family.

Tickets for the event are €8 for adults and €4 for children and all funds raised go to the Irish Cancer Society.

Tickets are available from contact Sinead on 086-1452866, Monika on 085-7243027 or Pastor Alex Akinyemi on 083-4581076, or on the door on the day.

Event organiser Sinead Manjor Georgewill, Pastor Alex Akinyemi and Toyin at his His Glory Parish Limerick where the Breakfast Extravaganza feast will take place on Saturday, September 8



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Ovation for Olive after address

‘Darkest hours’: Foley’s widow gives emotive speech on loss

JESS CASEY

jess.casey@limerickleader.ie

OLIVE Foley, the widow of the late Munster Rugby coach Anthony Foley, received a standing ovation at the World Meeting of Families, following a poignant speech about losing her husband in 2016.

Ms Foley made her emotional address at a panel discussion about faith and family in sport, with Ronan O’Gara, Kerry GAA star Aidan O’Mahony and former Manchester United player Fr Philip Mulryne also included on the line-up.

During Ms Foley’s speech, Mr O’Gara appeared to break-down in tears.

“Anthony was an everyday man, for a pretty big man off the field, in a tough game, off the field, as a husband and as a coach, he went about his business with humility and kindness,” Ms Foley told the conference.

“People could relate to him and had a bond with him, it’s fair to say he was an idol to many, but nowhere was he idolised more than at home,” Ms Foley said.

“Losing my husband,

confidante and best friend, but most of all the father of my children, created a void that is impossible to fill.”

In her address, Ms Foley became emotional and praised her family, as well as the sporting community, for supporting her “in those darkest hours”.

“The arms of that family wrapped their arms around me and my family in a way that was remarkable and have done so ever since.

“Anthony gave everything to sport, and sport has really given back.

“They joined together and wrapped us in a blanket of support, and that includes Ronan O’Gara, who was amazing at the time,” added Olive, who is an ambassador for the Children’s Grief Centre.

Anthony Foley died suddenly in Paris in October 2016. Foley, who lived in Killaloe with his family, was appointed Munster coach in 2014 after a playing career with the province that stretched to 202 caps, with 62 caps for his country.

Following his passing, his son Tony launched a special Facebook campaign encouraging people to



Olive Foley, ambassador for the Children’s Grief Centre, pictured with Sr Helen Culhane, CEO of that organisation

go to Mass to pray for deceased family and friends and his Dad.

Tony, who was 11-years old at the time, asked people to go to Mass for

eight Sundays in a row, starting on Sunday, October 30, which was his father’s birthday.

The World Meeting of Families

(WMOF) started last week in Dublin and continued until Sunday, culminating with Pope Francis’ visit to Ireland.



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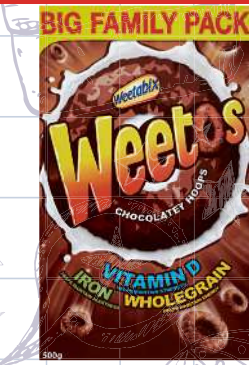
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Back to School



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Leader supplement on epic hurling final win reprinted

FINTIAN WALSH

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DUE to phenomenal demand, the Limerick Leader has reprinted the commemorative All-Ireland final victory supplement for sale from this Tuesday.

The publication has been increased in size to 64 pages with new material added, including the emotional homecoming to his native Galbally of manager John Kiely and the visit of the Liam MacCarthy Cup to the home of Dolores O'Riordan.

An extensive interview with Limerick sponsor JP McManus is also included in the new edition, along



with additional celebration pictures and reports.

The souvenir 64 pages also includes in-depth coverage of the celebratory events, such as the homecoming party in the city which saw thousands line the streets after the historic win at Croke Park.

The publication has been printed on enhanced paper and will retail for €2.50 in shops throughout the city and county.

All copies of the reprinted supplement sold at the Limerick Leader office only will also come with a free poster. The weekend edition of the Leader proved a total sellout last week.

Global Irish invited to Limerick for festivals

ALAN OWENS

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TWO Limerick festivals are to be funded by the Department of Foreign Affairs and Trade and Fáilte Ireland as part of a new tourism initiative.

The Global Irish Festival Series, which aims to harness Diaspora links for the benefit of local and community tourism, will be piloted along the Wild Atlantic Way in Limerick and Donegal this October.

The Department has allocated €210,000 in funding to four festivals and events. In Limerick, the Global Irish Festival Series is supporting I.N.Y, which runs from October 7-14 and the Richard Harris International Film Festival, which takes place from October 25-29.

Welcoming the festival series, Mayor of Limerick Cllr James Collins said it was the perfect opportunity for visitors to experience Limerick as the gateway to the Wild Atlantic Way and for the Diaspora to connect with home.

“During the entire month, Limerick will be en fête with a huge entertainment programme from I.N.Y and the Richard Harris Film Festival as we extend an invitation to



Rob Gill, Richard Harris film festival, Ciara Sugrue, Fáilte Ireland, Andrew Murphy, Shannon Airport, Minister of State Ciaran Cannon, David O'Donovan, I.N.Y and Pat Daly, Limerick City and County Council, launch the festival

friends and family from Limerick, Ireland and around the world to come and join us.

“The Limerick Diaspora may extend up to 6m people worldwide and we're extending a warm Céad Míle Fáilte to our people across the world to come home, enjoy the festivities and experience Limerick which is still on a high after our All Ireland hurling success.

“This is a great opportunity for visitors to experience Limerick and

all that it has to offer.”

The festival was launched at Shannon Airport by Minister of State for the Diaspora and International Development, Ciaran Cannon, who said it would “enable local communities to further build upon Diaspora networks, deepening connections around the world and encouraging those abroad to return home”.

For more, see www.wildatlanticway.com/globalirish.



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Introduction to Hairdressing Evenings	18/09/2018	06/12/2018	12 weeks	City & Guilds Level 1
Training Delivery and Evaluation	18/09/2018	22/11/2018	10 weeks	QQI Level 6
Child Development	20/09/2018	13/11/2018	13 weeks	QQI Level 6
Good Manufacturing Practice	25/09/2018	15/11/2018	8 weeks	QQI Level 5
2D Computer Aided Draughting (CAD 2D)	02/10/2018	06/12/2018	10 weeks	City & Guilds Level 2
Palliative Care Support (Part-Time Day)	18/10/2018	15/11/2018	5 weeks	QQI Level 5
Care Support (Part-Time Day)	16/11/2018	14/12/2018	5 weeks	QQI Level 5

Limerick and Clare Education and Training Board Evening Courses are free to any persons in receipt of a payment from the Department of Employment Affairs & Social Protection and you must apply through your local Intreo Office. Discounts are available for learners on production of a valid student card.



For information on all our courses please contact Course Recruitment, Padraig 061-487985
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UL hosts 110 global health representatives



Holly English of the Shannon Region Conference and Sports Bureau, Dr Anca Minescu, Dr Khalifa Elmusharaf, Deborah Tudge and Noreen O'Malley PICTURE: ZOE CONWAY/ILOVELIMERICK

JESS CASEY

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A CONFERENCE “run in the spirit of sharing and learning from each other” saw delegates from 110 universities and 30 organisations from around the world gather at the University of Limerick to discuss community empowerment for health.

The Network Towards Unity for Health conference at UL, led by the university's Dr Khalifa Elmusharaf and Dr Anca Minescu, was “a resounding success”, according to its organisers.

The main outcome of the conference was a Limerick declaration on community empowerment, according to Dr Elmusharaf.

“It declares that community empowerment goes beyond the traditional methods of listening, information sharing and consultation,” Dr Elmush-

araf said.

“It involves a change in power relations and enabling people to have more control, and responsibility, for their own health.

“This declaration is a call of action on educational institutes and organizations worldwide to lead the change process for community empowerment and social accountability,” he added.

Delegates from a range of backgrounds gathered to discuss how to create opportunities for others within their communities, to become more informed by giving them the confidence, skills, resources, and power to shape and influence their own health.

The conference was run in the “spirit of sharing and learning from each other, each other's profession”, according to Dr Anca Minescu, the assistant dean international at the Faculty

of Education and Health Sciences.

“This engagement resonates deeply with the ethos of the University of Limerick, where we prioritize being part of the city and region as well as working together with communities,” she explained.

The conference saw delegates share their experiences through keynote speeches, interactive thematic sessions, mini-workshops and site visits and discussed how educational institutions could lead change.

UL Academic conference manager Deborah Tudge said her team was “delighted” to have worked with the Graduate Entry Medical School and Network Towards Unity for Health to host, organise and deliver “a rich and diverse cultural experience”

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The future: Bobby Collins, Zoe Collins, Chloe Harper, Oscar Thunderbiesty, Noel Jackson, Nathan Fitzpatrick, Ingrid Thunderbiesty and Charley Harper from Limerick School Project who will be attending Limerick ETSS in the future

New school opens doors

A 'flagship' day for students, parents and teachers as Limerick Educate Together Secondary School welcomes its first ever students

Pictures: Adrian Butler **Words:** Jess Casey



Pictured are Limerick ETSS students Brian Collins, Megija Smirnova, Mark Curtin, Shaqira Soo and Sean Byrnes

Megija: "I'm really looking forward to making new friends here and learning more about all the different subjects I'll be studying."

On Tuesday, Limerick ETSS celebrated at its temporary base with icebreakers for students and refreshments for parents. Educate Together CEO Paul Rowe told students they have a "unique opportunity" in their new school to create its culture by working with their teachers.

Limerick ETSS students Gavin Deegan, Christopher O'Donnell, and Violeta Arsenjeva and Elise Halpin with their new teacher Liz Benson, centre, at the launch of their new school.

Liz: "I'm really looking forward to getting started, getting to know everyone. I'm raring to go! It's been a great few days and I can't wait to get started in class. I teach Spanish and French here."





The first students of Limerick Educate Together Secondary School (ETSS) in the sports hall at their temporary home in Fernbank on their first day of secondary school.

The first teachers at Limerick ETSS include vice principal Eukaria O'Grady, Liz Benson, Jenny O'Connor, Michelle Woulfe, principal Eoin Shinners, Liz Shinners, Brian Downey, Norma Lowney and Deirdre Kinnane



Holly Talbot, Natali Dvinska and Ellie Mulqueen at the launch of their new school

Natali: 'I'm looking forward to starting new subjects. I'm really excited to start Art.'



First-year student Jack Flanagan with his parents, Joe and Audrey Flanagan at the launch of Limerick ETSS

Candid Comment

By SPARTACUS

● The Council has hired a global creative firm to spin a new yarn for the city. Spartacus believes this to be a nurturing city that thrives off its ambitious underdog status, but we have a lot that needs fixing too. You wonder how Limerick would fare out under the The Economist's liveability index, for a start.

Is Limerick stable? The council says we have recruited 13,000 people in five years, yet the regular working class still have to reap the fruits of the so-called boom. What about our healthcare? See overcrowding and waiting lists. Education? No complaints there, apart from the city not feeling the footprint of our largest third level institution (not yet, anyway). And our emphasis on culture? We had City of Culture in 2014, but question marks still linger over Ormston House's future existence. And then there's infrastructure. We have Shannon Airport on our doorstep, the proposed M20 (whenever that happens) and the M7. But when it comes to basic Smarter Travel initiatives, cycle lanes and bike schemes seem to be a constant bone of contention for those keen to utilise pedal power.

Limerick won itself some priceless PR in the reaction to the mighty hurling win, with 80,000 coming out to greet the hurlers, images that were beamed around the country and further afield. Spartacus looks forward to the new brand being unveiled in early 2019 after M&C Saatchi was chosen from a competitive tender process to create it and that it might help to fix some of the above issues and help lead to future prosperity. Time will tell.

● It's time to talk about taxi fares. Spartacus spoke to an irate Caherdavin man whose journey to a city pub now costs more, with a fixed charge scrapped. It was once €7 but is now €9. And before he took a swig from his pint at the pub, he turned to his mates to say: "Lads, before I take

a sip of my first drink, I am already down €15." He's taking the bus from now on, so he says.

● Pope Francis has returned to the Vatican after an at times bruising visit to Ireland, where the attendance at his Phoenix Park mass looked sparse to say the least. Figures as low as 130,000 were reported for an event that was expected to cater for 500,000 pilgrims.

The church was keen to spin those numbers upwards of course, and as luck should have it, the very man to help them do it was in Ireland recently promoting a book - none other than Donald Trump's former press secretary Sean Spicer. If you cast your mind back to January 2017, one of Spicer's first official acts was to insist Trump's inauguration played out before the biggest audience ever, despite blatant pictorial evidence to the contrary. If nothing else, it set the tone for everything else that followed.

● The Rubberbandits used a statuesque twitter following to repeat a call to mark the spot where civil rights activist Frederick Douglass delivered a speech on Bedford Row in 1845.

The erudite Blindboy, who mans the account, tweeted to nearly 180,000 followers that he has been "been hounding Limerick city council to put up a plaque there for a few years". Douglass, a black abolitionist who broke from the shackles of American slavery in the 1830s, delivered a stirring anti-slavery talk from the pulpit at the Independent Chapel on Bedford Row.

Blindboy's reasoning was that there was already a statue of Richard Harris "dressed like the Burger King there", so why not a memorial to Douglass? After the fuss over the Wogan and Foley statues, a plaque would probably be best.

Milford Harvest set Fair for UL Arena

Family: Event is hospice's main fundraiser of year

NICK RABBITTS
nick@limerickleader.ie

DONATIONS of many different kinds are being sought for the 33rd annual Milford Fair, which takes place this weekend.

This Sunday, the University of Limerick Arena will be turned into a massive hub of activity, with dozens of stalls selling cakes, second-hand goods and all manner of other things.

All the money will go to the nearby Milford Care Centre, which exists to provide specialist palliative care and older persons services in the region.

Organising chairman, Joe Murphy, expects the harvest fair to make for a perfect family day out.

“I would urge the public to continue its loyal support of the fair, and we welcome everyone, especially those who have not visited before,” he said.

I would urge the public to continue its loyal support of the fair

JOE MURPHY

Volunteers and donations of books, toys, handbags and scarves, cakes, and additional items are more than welcome.

Items can be donated at Milford Hospice between 10am and 7.30pm right through to Thursday, August 30.

The fair takes place from 11am this Sunday morning.

Entry to the event is free, with the fair placing an emphasis on family fun this year.

There will be ice-cream, music everywhere, kids entertainment, raffles, a specially designed kids zone and lots of other fun activities for the young at heart.

“Your help will ensure we continue our care with the love and compassion that Milford Hospice is known for and the vital role it serves to the people of the Mid-West,” the hospice says.

For more information and to donate, telephone the hospice itself at 061-485800.



An overhead shot of the large crowd and busy stalls in the UL Arena last year for the Milford Harvest Fair
PICTURE: KEITH WISEMAN

PET RESCUE



Limerick Animal Welfare based in Kilfinane, rescues animals in distress and helps to find pets a new home. Below are some dogs and cats available. LAW is open seven days a week from 12pm to 3pm. An adoption fee ensures that all pets come vaccinated, wormed, microchipped and neutered, and home checks apply. For more information, phone 087 6371044.

Looking for a new home



This is Pippi, a four-month old black kitten.

Although Pippi has just one eye, she has loads of love to give. She would be delighted to cuddle up on your lap, and likes to have a fun toy to play with.

Adoption fee is €100 and all cats and kittens are neutered, vaccinated and wormed before going to their new homes.

Daisy is a gorgeous female Labrador mix who is three years old.

Daisy is very friendly and gentle. She is good with other dogs and she walks well on the lead. She would suit all types of home.

Adoption fee is €150. A fully enclosed garden is required to adopt from LAW and a home check applies.



And now for another Daisy, this time it's this beautiful calico kitten.

Daisy is four months old, and she is a quiet and friendly kitten.

Because she is so easygoing, she would suit any type of home.

Adoption fee is €100 and, like all the animals up for adoption, Daisy will come neutered, vaccinated and wormed.


Seeking 'seat on the couch'

Shay is an adorable Jack Russell Terrier mix who is looking for a home.

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Take 'interest' in bankers' secret, it will pay off well

There was an excellent book released in the mid 1990s called *The Banker's Secret*, written by Marc Eisenson.

Banks weren't deliberately withholding anything. 'The secret' was and remains in plain sight for all who care to take notice of it. And take notice of it we should.

The secret, according to Eisenson, was how banks charge interest on loans and mortgages.

We all know banks charge interest for lending money, but I'm not quite sure if we still understand how that works in practice. I say that because I meet so many people who are disappointed and puzzled to see how little their principal has reduced by when they get their annual mortgage statement every year.

Eisenson's book showed them it wasn't enough just to know what their monthly repayment was. They needed to know the impact it was having on them over time.

But Eisenson also revealed what actions they could take to get around the bankers' secret, which would work in their favour and save thousands in interest payments and, in some cases, cut mortgage terms in half.

For me, knowing how to do that was the true secret revealed in the book.

You see, banks front-load interest payments at the beginning of the loan. While each monthly repayment is for the same amount, if you dig a little deeper, they are very different. And they are different because not every payment is divided into equal amounts of interest and capital.

At the outset, your monthly repayment is made up primarily of

interest payments, and at the end, it's mostly made up of capital payments.

To demonstrate how this works in practice, let me give you an example.

If you borrowed €300,000 over 30 years at a rate of 4%, your monthly repayment would be €1,432.

In year one, interest payments account for c. €991 of that €1,432 payment, and only €441 is coming off the principal.

In year 10, you are still making payments of €1,432 but the structure of the repayment has changed. Interest payments now account for €776 of your monthly repayment and €656 is going towards reducing the amount outstanding.

It will take 13 years before you begin to pay more capital than interest but get this – over those 13 years, you will have paid back €223,430 but your mortgage balance will only have reduced by €88,253; the rest will have gone on interest payments.

That's the reason why you might look at your mortgage statement every year in disbelief at the amount you still owe.

And on more than one occasion, over the past number of years, I have revealed in this column what those secrets - let's call them strategies - are, to making less interest payments and/or accelerating the repayment of your mortgage.

They are very simple. ● You overpay each month. ● You choose a shorter term. ● You pay more frequently. ● You make lump sum lodgements.

It's hard to exaggerate how much they can help the borrower save, and it's not difficult to do either. So, why isn't every mortgage holder doing it then?



It's hard to exaggerate how much they can help the borrower save, and it's not difficult to do either



DID YOU KNOW?

The country with the lowest mortgage rates in the world is Japan, and the highest, Argentina.

Some say they don't have the time, but it takes just five minutes. A client of mine did this recently and the outcome was interest savings of €18,106. He saved €3,621 for every minute it took him to set up the standing order, and if you can get a better return, please let me know.

Others are reluctant to make any adjustments for fear there will be consequences for altering their mortgage terms (there won't) and others say they don't think they have any extra money to pay.

But someone with a 30-year, €300,000 mortgage, might be surprised to find out, they only need to come up with an extra €1.64 per day if they wanted to reduce their term by 20 months which would also save €12,822 in interest payments.

Other people don't make overpayments or have shorter mortgage terms, because they want to spend the money on other things, right now.

They don't get that immediate impact they are looking for, because the savings come at a later date i.e. when the mortgage is repaid in full.

Yes, they know it would be obviously be great if they were mortgage-free quicker, but they can't visualise or don't know what that impact will be, so they do nothing.

But what they are missing out on, with this mindset, are months, if not years, of not having to make mortgage repayments in the future.

If you want to save money and eliminate what's probably the biggest expense you will have in your lifetime, there's no big secret to achieving it - it just takes some effort, a little bit of time, and the know-how, that's all.

ASK LIAM

Our personal finance expert answers your questions ...

Q: Liam, can you explain what is being proposed with the new pension auto-enrolment scheme?

A: Minister Regina Doherty launched a consultation process last week, which she hopes will "stimulate debate and generate discussion" on the design of a new system to be introduced in 2022.

The key features of the scheme as it stands are:

Anyone earning over €20,000 p.a., aged between 23 and 60 and who has no existing pension will be enrolled into the new scheme although they have an option of opting out if they want to.

The potential number of people this might apply to is estimated at c. 410,000.

Employees who are outside these above limits or are self-employed can opt into the new scheme.

The initial employee contributions will be 1%, increasing by 1% p.a. up to a maximum of 6%.

Employer contributions will match those made by the employee and will qualify for tax relief, subject to an earnings limit of €75,000.

The State will contribute €1 for every €3 contributed by an employee, subject to max earnings of €75,000.

A new independent statutory body, called the Central Processing Agency (CPA), will oversee the new arrangements.

SHOP LOCAL: GOOD DEALS AVAILABLE IN LIMERICK THIS WEEK



New York has never been closer with Norwegian Airlines special autumn fares to the Big Apple. Fly from €119

one-way, (terms and conditions apply) on one of their non-stop flights to the States from Shannon. See www.norwegian.com for flights.

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LEADER BUSINESS

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Regeneron hoping to regenerate Stem profits

Science: Biotech firm links up with the Learning Hub on education project

NICK RABBITTS
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AS students prepare to go back to school this week, and others begin university, one Limerick firm is highlighting the benefits of studying science, technology, engineering and mathematics.

Biopharmaceutical company Regeneron, based in Raheen, has teamed up with the Learning Hub in Thomondgate in the hope of encouraging youngsters to study these four subjects, collectively known by the acronym Stem.

Together, the two groups will work with primary school children between fourth and sixth class, as well as their parents and teachers to deliver engaging and exciting experiences of Stem subjects.

Codenamed The Science Hub, the project will cover a range of topics, including science magic shows, school projects, after school projects and public engagement projects.

This year's Leaving Certificate results showed a marginal increase of 5% in the numbers studying Stem subjects at higher level when compared to 2016, with over one third of students



sitting the higher-level Maths paper.

However, Regeneron said Stem participation needs to increase even further to meet future demand nationally. A proven way to encourage more participation is by ensuring students are exposed to Stem learning at a younger age.

Fred Austin, vice-president of quality control in Regeneron said: "We recognise the positive benefits of engaging with young people to encourage interest and a passion from an early age. The science hub allows primary school children to learn about science in a fun and engaging way that encourages imagination, intrigue and interest. Creating this curious mindset in young people is key to opening up a whole world of future opportunities."

Regeneron's Ed Keogh, Aidan Nevills and Mike Lynch give the Learning Hub revamp a finishing touch before the start of the new year

As well as sponsoring the Science Hub, Regeneron's facilities team spent time over the summer giving the entire Learning Hub building and its grounds a complete revamp.

Gillian Barry, chair of the Learning Hub and also the head of the Hartnett Enterprise Acceleration Centre in LIT, said: "Environment helps to shape behaviour, to uplift, motivate, engage and inspire. Thanks to Regeneron the Learning Hub is once again an inspiring yellow beacon of light right in the heart of the community standing tall, proud and ready to take on any challenge! The Hub team, children and all members of the community who use the Learning Hub are very grateful for the hard work that went into restoring it back to its natural glory."

BNest bids to catch social entrepreneurs

BNest, the country's first dedicated social enterprise incubator, is to host the launch of its 2018/9 programme next week.

Now in its third year, the initiative will run at the Nexus Innovation Centre in the University of Limerick.

Next Wednesday, September 5, at 4pm, Nexus will play host to the event.

All are welcome to attend the event, as it is a great opportunity to meet those that have been selected to do this year's BNest incubator programme and also to connect with like-minded passionate individuals who want to make a positive social impact in our local communities. BNest will also announce their line up of events that will be open to the public for their upcoming autumn/winter season.

Among the guest speakers are Tracey Lynch, the chief executive of Tait House and John McEvoy, the social enterprise development Manager of the



Eamon Ryan, BNest with Tracey Lynch, Tait House Community Enterprise PICTURE: ILOVELIMERICK

Social Innovation Fund and Founder of the Irish Men's Sheds Association.

Eamon Ryan who founded BNest said, "We are the first fully-fledged social incubator in Ireland, and the idea was to

create a peer group which shares experiences and helps one another.

"BNest has been given a home by the University of Limerick, where participants have access to the full facilities of the Nexus Innovation Centre.

"The venture is being philanthropically funded and participation for the enterprises selected is at no cost to them.

"In the last two years, 17 organisations have graduated from this BNest programme.

"We are so excited to welcome this year's participants and eager to advance the beginning of their journey together."

All are welcome to attend the launch of BNest for 2018.

For more information on the launch, contact 061-518376.

Alternatively, visit the BNest web site at www.bnest.ie or you can email Kasia Zabinska, BNest manager at kasia@bnest.ie.

Design around problems

A NEW business initiative to raise awareness around mental health problems will take place in October.

Designers across Ireland are taking part in the first ever Mind over Matter day. On October 10, which is World Mental Health Day, designers will consult on how design could add value to your business, project or market.

The launch of the initiative here will take place in the Engine building at



Louise Lawlor, Blink Design, will feature on the panel

Cecil Street, on Thursday at 1pm. A lunch time networking event will kick off with a light lunch and open networking from 1pm, followed by a panel discussion starting at 1.30pm sharp with Darren Smyth, Shannon Group, and Louise Lawlor, creative director, Blink Design.

FBD at Parkway Centre

FBD Insurance Limerick has opened the doors at its new office in the Parkway Shopping Centre.

The insurance giant is taking up unit 8C of the Dublin Road centre.

It's part of the firm's strategy to increase the level of service and accessibility of local sales offices for their customers.

Speaking at the opening, chief executive Fiona Muldoon said: "FBD Insurance is a local insurer and an insurer for the community, which is why we are committed to giving existing and new customers the best service in their own locality so that they can reach us when needed. FBD is a brand they can trust and we are fully invested in growing in vibrant Limerick city and county."

Assumpta Leahy will manage the office in the Parkway Shopping Centre.



The discovery made by the Limerick Divisional Drugs Unit, assisted by the Garda Armed Support Unit

Man in court over drug seizure

A MAN has appeared in court in connection with the seizure of drugs estimated to be worth €150,000 at a house in Limerick city, writes Jess Casey.

Approximately 5 kg of cannabis herb, with an estimated street value of €100,000, and 12 oz of heroin, with an estimated street value of €50,000, were recovered at a house in Colbert Park, Janesboro last Sunday, August 26.

55 year-old Damien Whelan, with an address at Colbert Park, Janesboro has been charged with possession of drugs and possession for sale or supply.

He appeared before Galway District Court on Tuesday where he was remanded on bail by Judge Fiona Lydon, according to Limerick's Live 95FM.

Mr Whelan is due to appear before Limerick District Court on October 3.

Workers' sadness at closure of agency

Business: TLC Homecare and Healthcare closed

NICK RABBITS
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HEALTHCARE workers have spoken of their devastation following the closure of an agency in the city.

As revealed by our sister newspaper, the Limerick Leader on Monday, TLC Homecare and Healthcare is being formally wound up, with debts amounting to over €300,000 according to the most recently published figures.

Around 100 front-line staff work for the Dooradoyle-based company, which has in the past supplied homecare, nursing care and social care staff to University Hospital Limerick, and other healthcare providers in the region.

A creditors meeting took place this Monday in the South Court Hotel, with a number of workers turning up in a bid to claim their redundancy dues.

"It's just so, so upsetting," said one worker, speaking on condition of anonymity, "Everybody is devastated. This is your job. Every morning you knew where you were going, you knew you had a wage coming in each week."

The healthcare assistant, who had seven years of service with TLC, was working in Milford Care Centre.

She said a special contract had been put in

Employment legislation applies to all PAYE workers
FRANK McDONNELL, EMPLOYMENT RIGHTS ADVISOR, BELOW



place for workers to ensure continuity of employment - but that will expire after just one month leaving her future after that uncertain.

"We were coming in and out of there for a long time, and loved it of course. We thought new hands were taking over the company, but over time, we were not told. We were kept in the dark," the staff member added.

They are being supported by employment rights advisor Frank McDonnell, a former district chairman of Siptu.

He is seeking urgent meetings with the liquidator who was appointed to the company this week.

"Employment legislation applies to all PAYE workers, and that's putting it simply. I'd like to make sure there is no difficulty with social welfare," Mr McDonnell told The Leader.

"I want to have a word with the liquidator over his obligations to the employees," he added.

He confirmed regardless of whether any staff member is part of a union, they will receive support.

At present, University Hospital Limerick confirmed it is not getting any staff from TLC Homecare and Healthcare.

"As such patient care and staffing are unaffected by the situation," a hospital spokesperson added.

Approached by The Leader outside the creditors' meeting, Therese Begley Luke, who founded the firm, said she was not in a position to make any comment.

But union sources have said the closure came after planned investment to the firm did not materialise.

LEADER CRIME BRIEFS

BY DAVID HURLEY



Take care with how you handle cash, warn gardai

Gardai have issued an appeal to members of the public in Limerick to be careful about how they handle cash.

Garda John Finnerty said, "Everyone should give careful attention to their cash handling methods and be aware of the risks associated with carrying cash."

He said that people should be aware of the following, in particular:

- Cash should not be held unnecessarily or hoarded in the home.
- Only as much cash as is necessary for immediate needs should be held
- Large sums of cash should not be carried on



Cash no longer king, with advance in cards and internet

person

● Cash or items required for immediate use should be carried in an inside pocket.

● All cash surplus to requirements should be lodged in a financial institution.

With the advance of internet banking, phone banking, credit cards and debit cards there is no requirement on anyone to carry much cash, he adds.

Theft of cash and items from van in Monaleen

Gardai in Henry Street are investigating a theft in one of Limerick's suburbs that occurred last week.

A white ford transit van was broken into last Thursday evening at the Fairways, Monaleen, between 7pm and 9.15pm.

There were a number of personal items belonging to the owner including cash stolen from the van.

The Gardai at Henry Street Garda Station are appealing for any information and can be contacted at 061 212400.

Safety first on roads with schools back after break

Gardai in Limerick were keen this week to impress a safety message upon the public.

With many schools, both primary and secondary reopening this week and in the early part of next week after the summer holidays.

Consequently, say gardai, there will be marked increase in the number of cars on the road.

Garda John Finnerty says, "If you are a parent please give yourself plenty of time to reach your child's school."

"Stay within the speed



Take extra care on the roads this week, as schools return

limits and keep well back from the vehicle travelling directly ahead of you.

"Please be aware of road conditions and any road works which are taking place. When you reach the school please park your car in a responsible manner and obey the parking restrictions in place at the school."

Man foils would-be TV thief

Gardai are probing an attempted burglary in the Derryfadda area of Clonlara. The owner of a house returned home last Thursday at 5.30pm to find a thief coming out of his house via the front sitting room window carrying a TV. When the thief was confronted by the owner he dropped the TV. The thief jumped into an awaiting car and fled the area. Unfortunately we don't have a proper description of the thief.

Gardai in Ardnasrusha Garda Station are investigating. If you have any knowledge of this crime they would like to hear from you. Their number is 061-212411.



KEEP IT LOCAL!

Limerick businesses in the spotlight



River Hair Studio are a cut above to make award finals

RIVER Hair Studio, Hugh Campbell Hair Group in Limerick are celebrating after beating off stiff competition to secure a place in the finals of the prestigious Most Wanted Awards, presented by leading industry magazine, Creative HEAD.

Established in 2001, Most Wanted recognises the most accomplished names and teams in British and Irish hairdressing – the awesome talents collectively making our hair industry the envy of the world.

Having showcased exceptional skill and ambition, River Hair Studio proved to be a front-runner in the category Supreme Team being one of only five



Irish salons gaining a coveted place at the Most Wanted Grand Final on Monday, September 3, at London's iconic Natural History Museum. Here, comedian

Katherine Ryan will preside over an occasion that sees over 600 glamorous A-Listers from the worlds of hair, fashion, beauty and the media come together for a

night of Most Wanted celebration.

The Most Wanted Awards comprise 14 categories recognising creativity and success across a multitude of

disciplines, from customer service to commercial innovation. This year's entries were judged by panel of experts, including hair heavyweights Sam Burnett, Ken O'Rourke and Nicky Clarke OBE, Get the Gloss managing director, Gemma Bellman, Harper's Bazaar beauty director, Katy Young and the beauty and lifestyle director of Vogue, Jessica Diner.

So, what awaits the Most Wanted victors? Alongside the hairdressing industry's greatest seal of approval – a Most Wanted Trophy – the champions will also receive a year's worth of profile-boosting editorial coverage in Creative HEAD and its associated titles, websites

and events, resulting in worldwide recognition.

Past winners have gone on to represent global brands, lead Fashion Week teams from London to New York and work with the world's most coveted designers.

"Our Most Wanted awards salute the hair professionals who inspire, shape and influence not just the hairdressing industry, but also consumers' lives. There will be an impressive level of 'clout' on display at the Grand Final, and we're very happy to be able to showcase such great talents" – Catherine Handcock, Publisher, Creative HEAD

For a full list of finalists visit creativeheadmag.com/mostwanted.

Get off to a great start this September

KILMARTIN Educational Services has a range of study packages on offer to suit everyone's needs this September!

These include the 'Yearly Study Package', 'Saturday Package', 'Sunday Package' and 'Weekender Package'.

The packages guarantee a study place at their college and will save you money. Need to brush up on certain topics in different subjects? Their grinds are the perfect option!

The highly anticipated grinds schedules have gone live and are available on kes.ie.

In need of extra points? Look no further! They also have a range of subjects that students can take as an additional subject.

Revise vital exam topics with some of Ireland's top teachers and feel prepared for examination year with their August courses and intensive Christmas and Easter revision courses.

Students needing guidance in terms of what career path to choose can always count on KES with highly rated career guidance services on offer.

P.S There are a limited number of places remaining on scheduled study skills seminars in September.

Get ahead, stay ahead and build the foundations to exam success with Julie's team.

Now enrolling for September. The only number you need is 061 444989.



Kilmartin Educational Services are now enrolling for September.

Win your wedding reception at the Longcourt

WITH so many big decisions and tiny details to consider, planning a wedding can be a daunting experience both emotionally and financially. The loving team at the four-star Longcourt House Hotel, Newcastle West, are here to help excited couples to alleviate both of these stress factors. To celebrate the opening of their gorgeous ballroom earlier this year, Longcourt House Hotel are giving one lucky couple the chance to win a wedding reception at this

glamorous home of the happily ever after! Longcourt House Hotel, a much sought-after destination wedding venue in the Mid-West, has teamed up with Limerick Live 95fm to give away a magical wedding reception to one very lucky bride and groom, and up to 120 of their family and friends. On the run-up to their big day the winning couple can put their feet up and leave all their reception planning stress and worries in the capable hands of the experienced

Longcourt House Hotel wedding team. Lucky winners and their guests will start celebrations toasting the happy couple over a glass of bubbly at an arrival reception, with live music setting the tone for their dream come true evening ahead.

To be in the running to win an amazing free wedding reception, register at www.live95fm.ie and share the story of how you met your other half, and why you should win a wedding at Longcourt

House Hotel. From Monday 10th to Friday, September 14 on Live Drive, presenter Gary Connor will be picking a recently engaged couple each day to fight it out in the final at the grand final, which will be held at the Longcourt House Hotel on Saturday, September 15.

For competition details or more information on the luxurious four-star Longcourt House Hotel visit www.longcourthousehotel.ie, or to enquire about booking your unique wedding please 069 25300.



Pictured are Richard Lynch and Paul O'Sullivan, Longcourt House Hotel general manager with brides Nora Brouder, Lauren Enright, Natalia Mzua and Liga Eliase



KEEP IT LOCAL!

Limerick businesses in the spotlight



95 STOP TOUR GEARS UP FOR CHARITY



Following the huge success of the 2017 '95 Stop Tour' which raised €84,430.32 for Limerick kids, Limerick's Live 95Fm is trying to raise as much as possible again this year and needs your help! The radio station is asking businesses and communities to hold fundraisers between now and the 95 Stop Tour which takes place from September 17-21. For more details see www.live95fm.ie. Pictured at the launch of this year's tour were Jean Hayes, Evelyn Togher, Theresa O'Connor at Alex Findlater

St Vincent de Paul reaches out for new members

While there is an ongoing national narrative of economic recovery and even affluence, that story is very foreign to the poverty, exclusion and marginalisation which the members of the Society of St Vincent de Paul (SVP) meet, on a daily basis, on their visits to people.

The relatively small number of members of SVP see themselves as being in a privileged position as they are invited into people's lives to share with them their stories of struggle and need, bringing immediate assistance and helping to bring people to self-sufficiency.

The Society of St. Vincent de Paul in the Mid West Region covering Clare, Limerick, Offaly and Tipperary, is reaching out in a public recruitment drive which coincides with the visit of Pope Francis, who perhaps more than many of his predecessors aligns himself with the poor. The Society of SVP in the Mid West in its public appeal for membership, says that there is no greater way to mark or to commemorate this reforming Pope's visit to Ireland than to give an ongoing commitment to those experiencing need. SVP Mid West seeks men and women who are prepared to join them in reaching out to the poor and marginalised. The core work of the

Society is visiting people wherever they are, conscious of the diversity and complexity of today's world and the nature of need which disempowers many and leads very often, and unfortunately, to a sense of hopelessness, isolation and deep loneliness.

SVP has over 100 conferences (local groups) throughout the four-county Mid-West region, many of which need new members. As there are also individuals and groups who have specific and frequently more complex needs this SVP region is setting up specialist conferences to support this work and is seeking new members with an interest in and possibly skills and experience that can contribute to this vital work.

The Society assists anyone in need in a confidential and non-judgemental way, irrespective of ethnic belonging or creed. It is a Christian Society in the Catholic tradition with membership open to all Christians and non-Christians who accept that its works are inspired by its Christian Ethos. All Members are Garda vetted and trained. For those who would wish to become Members or seek further information please contact the Mid West Regional Office (telephone 061-317327).

Naughty or nice - The Clayton is making a list!

SANTA is at the Escape Rooms in Limerick as he needed space to think and crack the code of who is naughty and who is nice for the Clayton Hotel Limerick Christmas Parties.

"I need to have my naughty and nice list completed before the end of November as the party nights kick off on Saturday 24th.... Better be good folks is all I'm saying"

Packed with fun filled nights

the Clayton Hotel Limerick has eight fantastic Christmas Party nights featuring Limerick band DRIVE from only €58pp. Or you can gather with friends, family or colleagues in Grill Bar and Restaurant or the Waterfront Restaurant with delicious finger food, lunch and dinner options starting at €10.95 per person with resident DJ until late!

Not forgetting the ever-popular January party

night for those who are too busy to party this pre-Christmas - we've got you covered!

If you are swaying towards the naughty list try and be good and get your brochure today! Just call the Clayton Hotel Limerick on 061 444105 for a Christmas Brochure or email events.limerick@claytonhotels.com or logon to www.claytonhotellimerick.com for full details.

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GET IN

SPONSORED CONTENT

Forging a sense of community and good health

More than 4,000 children took part in the Aldi Community Games at the University of Limerick Sports Campus recently.

The Aldi Community Games August National Festival on Saturday and Sunday August 18 and 19 was the final event in the successful second year of Aldi's three-year sponsorship of Community Games, which aims to introduce young people to a love of sport and culture and encourage healthy, active lifestyles.

This year Aldi Community Games saw more than 160,000 children across 575 communities take part in hundreds of scheduled regional events.

The August National Festival welcomed county and provincial champions from across Ireland in friendly competition across a wide range of sporting activities, individual and team events.

Over 200 volunteers also took part in the festival and oversaw activities from Gaelic football, soccer and rugby, to track athletics, discus, javelin, shot put and many more.

Finbar McCarthy, group buying director, Aldi Ireland, said: "There has been a very strong tradition of young people from Irish towns and villages taking part in Community Games.

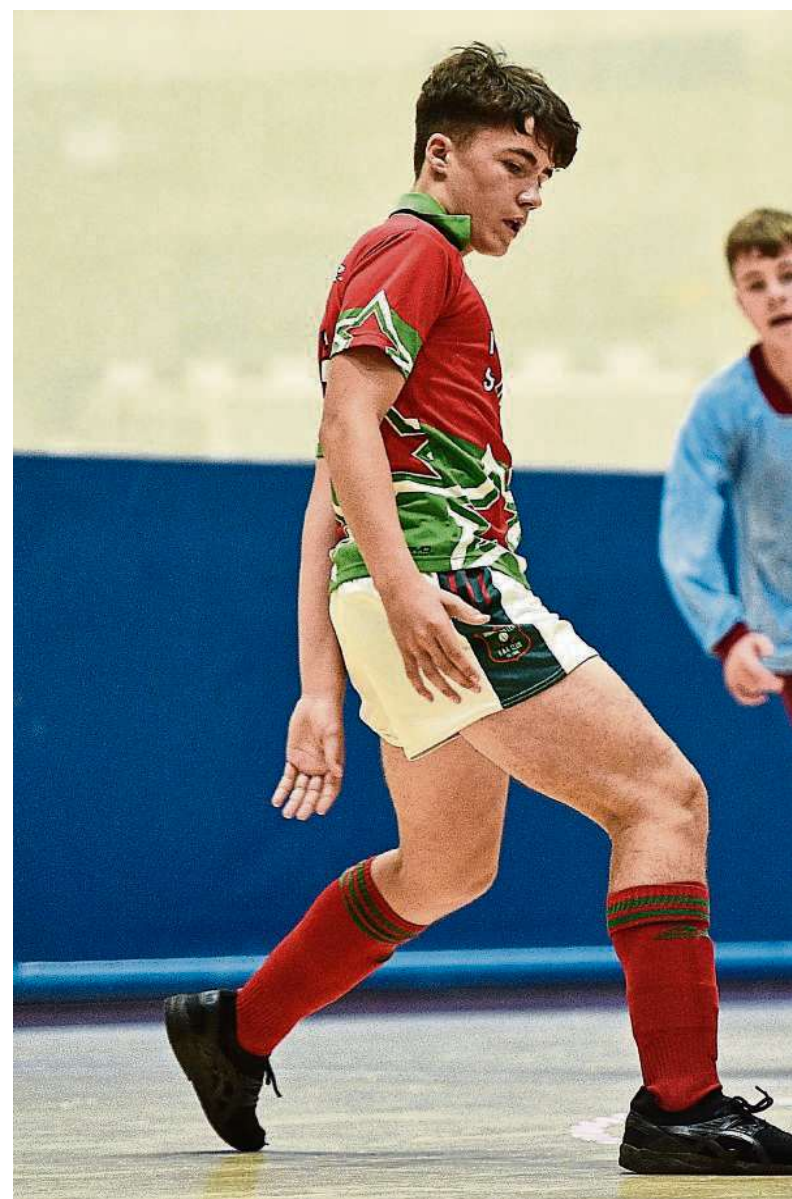
"Aldi is proud to be supporting the Community Games and we are excited to support the organisers to ensure more children and communities have the opportunity and the encouragement to participate.

"At Aldi our competitive nature ensures that we will never be beaten on price. We have also made an equally strong commitment to promoting active, healthy lifestyles for Ireland's next generation, and teaming up with Community Games is built on that vision."



Above: Jeff Okwuegbe of Caherdavin competing in the 100m U16 and 014 boys event during day one of the Aldi Community Games August Festival at UL
Right: Freya Wiegand of Regional, Co. Limerick, competing in the Relay 4x100m U12 and 010 Girls event

PICTURES: SAM BARNES/SPORTSFILE



Congratulations to all who took part in

#getinthegames

THE GAMES



Clockwise from main picture: Mark Moloney of Caherdavin, right, in action against Conor Harte of Graiguecullen, Co. Carlow, during the Futsal U15 and 012 Boys event during day two of the Aldi Community Games August Festival at the University of Limerick
 Ciara Sheehy of Broadford-Dromcollogher, Co. Limerick, competing in the Discus U16 and 014 Girls event at the University of Limerick
 Shane Byrne of Ballybrown-Clarina, Co. Limerick, competing in the Rounders U13 and 010 Boys event during day two of the festival
 Tommy Lynch of Ballybrown-Clarina getting ready to bat in the R0unders U13 and 010 event

Aldi Community Games 2018.



Everyday Irish
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Recruitment

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APPLICANT'S FOR THE ABOVE POSITION(S) MUST ON DATE OF APPLICATION HAVE A FULL CLEAN DRIVING LICENCE (the requirement to display an "N" plate is permitted).

Closing Date:- Midnight, Sunday, 9th September, 2018

Candidates will be shortlisted for interview based on the information contained in their Curriculum Vitae SHORTLISTING MAY APPLY • CANVASSING WILL DISQUALIFY • EQUAL OPPORTUNITIES EMPLOYER

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Valerie Vaughan,
Carrigoran House, Newmarket-on-Fergus, Co. Clare.
061-368100
or email: valerie.vaughan@carrigoranhouse.ie
Closing Date: September 6th 2018

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Glanbia Ireland is currently recruiting for Van sales Door step employees in the Mid-West Region.

Van Sales key Responsibilities would entail as follows:

- Service and deliver predetermined Milk, Cream and other Beverage/Food orders to residential customers in the Limerick area.
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- delivery of new customer orders and retention of existing customer base.
- Provision of high levels of service and customer focus.
- Have a positive attitude, strong work ethic and the desire to succeed.

Some Van sales / deliveries would be desirable but not essential as full training will be provided.

If you wish to apply for this vacancy, please forward your CV to vhall@glanbia.ie by close of business on Friday 31st August.

Campus Life Services
UNIVERSITY OF LIMERICK

RESERVATIONS AND REVENUE MANAGER

Campus Life Services University of Limerick (Conference & Sports Campus)

Campus Life Services (Plassey Campus Centre) is a University company that manages facilities and services that contribute to campus life and the cultural life of the region. These include accommodation, catering, retail, the University Concert Hall and the University Sports Arena. A key activity for the company is to market the campus for conferences and events during the summer season when the facilities are available. Typical events include academic and charity conferences, sports tournaments, summer schools and events such as the annual Community Games National Finals and International Academic Conferences such as DRS 2018.

The Reservations and Revenue Manager is responsible for the maximisation of room revenue, occupancy percentage, management of the bedroom reservations and allocations of 2,700 bedrooms located on and off campus at University of Limerick throughout the Summer period. This is achieved through efficient yield management, revenue analysis and tracking of reservations over multiple distribution channels, in conjunction with the General Manager. As a member of the UL Conference and Sports Campus Team, you will have the opportunity to assist in setting strategic direction, determine pricing, create promotions, develop operational processes and explore new distribution opportunities for sales.

Key requirements for the position

- Excellent knowledge of reservation property management systems to include rate management, reporting and yield management strategies as well as online booking channel management
- A good understanding of the conference, events and tourism sector is desirable
- Excellent customer service and organisation skills
- 3 years sales experience in a busy bedroom/conference/resort reservations environment
- A third level qualification in business/marketing/services marketing/tourism or commensurate work experience is desirable
- Excellent negotiation, influencing and interpersonal skills along with a flexible approach
- Sound commercial acumen, ability to exercise sound judgment, demonstrate high initiative and solve problems creatively

The salary package offered will be commensurate with skills and experience.

Interested applicants should send a CV with an accompanying letter outlining his/her interest in the position to: Deirdre Ryan, Campus Life Services, University of Limerick.
Tel: 061 202433 | Email: deirdre.ryan@ul.ie
Closing Date for Applications is Friday 14 September 2018
Campus Life Services (Plassey Trust Ltd) is an equal opportunities employer.

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Award winning, family run business Samco requires production operatives to join their expanding team for full time work in its busy factory located in Adare, Co. Limerick. Samco has recently built a purpose built factory to develop an agricultural mulch film used for crop production worldwide.

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PROPERTY

Leader

HOME & INTERIORS

WEDNESDAY, AUGUST 29, 2018

'Saintly' living in the city

Saint Margaret's: Superbly extended family home boasts stunning contemporary design

AT A GLANCE

Location: Saint Margaret's, Ennis Road, Limerick

Description: Semi-detached home with fabulous contemporary extension

Price: €595,000

Seller: DNG Cusack Dunne

Contact: 061 209000



Situated in one of the most sought-after areas in Limerick, St Margaret's is a stunning, spacious family home in showhouse condition.

Incorporating a two-storey extension to the side and a single storey extension to the rear, this property on the Ennis Road in the city has a luxurious and modern interior.

A contemporary design and a flair for interiors is evident from first entering this property. A magnificent reception area, which is flooded with light and opens onto the rear lawns, is one of many highlights of this home.

There are three reception rooms at ground floor level and four bedrooms on the first floor, while an attic conversion is currently being used as a fifth bedroom with ensuite bathroom.

Outside, the original stone walls are bridged with wrought iron electronic gates. The driveway, fringed with a selection of flower beds, offers ample secure parking, while a gated side entrance leads to a beautiful mature lawn with private outlook.

There is a large patio area and feature wall with steps to a second raised lawn.

The extensive accommodation is accessed via a bright, airy entrance hall with ample space, window to the front and attractive floor tiling.

The living room to the front of the property, features a large bay window, porcelain



St Margaret's represents a wonderful blend of traditional and contemporary design. Its location on the Ennis Road is second to none and the wonderful extensions make for an outstanding family space

floor tiling, high ceilings with coving and open fireplace with cast iron surround.

The family room is a second large reception room with porcelain floor tiling, integrated gas stove, ceiling coving, with window to the rear and access to the kitchen.

The kitchen/dining

room/family area is another stunning space, with vaulted ceilings, velux windows allowing light to flood through and feature window/door with access to the garden.

It boasts porcelain floor tiling, contemporary high gloss, handle-free fitted

kitchen and breakfast counter with a sleek finish.

It also features Corian counter tops, integrated double oven, gas hob and stainless steel extractor hood.

It really is a magnificent extension which is the hub of the house and a central point for family gatherings.

The utility room is tastefully fitted with built-in units and counter top with stainless steel sink in a complementary style to the kitchen units.

It has generous storage space, access to the side of the property, and the guest WC/wet room. The latter is finished with attractive tiling

and contemporary, sanitary ware including WC and wash hand basin.

On the first floor, the master suite incorporates a large double bedroom with bay window, walk-in wardrobe and ensuite.

The bedroom is bright and airy with high ceilings and ceiling coving and wall lighting.

The ensuite is fitted with modern sanitary ware, WC, wash hand basin and shower unit and is fully tiled with feature vertical radiator.

Bedrooms two and three are spacious doubles with carpet flooring, while bedroom four is a generously-sized single.

The main bathroom is beautifully presented with mosaic floor tiling and feature wall tiling, basin unit with built-in storage and sleek sanitary ware including WC and bath.

The attic room features velux windows and carpet flooring and is currently in use as a bedroom while the en-suite shower room is fitted with WC, wash hand basin and shower unit. Fully tiled.

There is heat pump central heating, PVC double glazed windows, natural stone window sills to front and insulation throughout ensure a cosy atmosphere which a BER rating of B1 will attest to.

There is also with underfloor heating at ground floor level.

The Ennis Road is one of Limerick's most mature, leafy, exclusive locations within walking distance of the city centre and is close to superb amenities including excellent schools - Villiers, Ardscoil Rís and John F Kennedy NS - while Limerick Lawn Tennis Club and the Church of Our Lady of the Rosary are in easy reach as is the Jetland Shopping Centre.

Viewing of this stunning family home is highly recommended.



O'CONNELL AVE, LIMERICK BER E2 F

2 & 2A OLD WELLINGTON TERRACE,

Substantial period property located in the sought after residential area of O'Connell Avenue - within walking distance to the centre of the city & all its amenities - shops, schools, Mary I etc. Property comprises of Livingroom, kitchen/diningroom, 5 bedrooms, large attic room, 2 bathrooms. On the ground floor (2A Old Wellington) there is a 2 bed apartment with a large livingroom/diningroom & kitchen, bathroom & own door access. Rear patio /garden area with rear vehicular access & parking. Overall.128.71 m2 main house; Apartment: 52m2. Ber No 105779509.

€480,000 Lisa Kearney 087 2633422



CASTLETROY, LIMERICK BER D2

23 MILLTOWN MANOR, MONALEEN

Substantial detached family home of approx. 1,900 sq. ft. (176.5 m2) in the exclusive and sought after Milltown Manor estate. 2 reception rooms, kitchen-dining room, utility, study/office, 4 bedrooms, ensuite, guest wc, & main bathroom. Large sunny south facing rear garden with patio, lawn & mature trees & shrubs. Garage. GFCH. BER No. 110739950.

€420,000 Briain Considine 085 289 4166



ENNIS ROAD, LIMERICK BER D1

19 OAKLAND DRIVE, GREYSTONES

Impressive 3 bedroom semi-detached house of approx. 114.3 sq.m (1,230 sq.ft) located in an established residential area off the Ennis Road & close to LIT, Gaelic Grounds, Thomond Park, shops etc. Hall, reception room, living room, kitchen-diner, garage, wc, bathroom. Large extension to the rear which adds additional living space and overlooks the attractive rear garden. OFCH. BER No. 10861 3597

€259,000 Briain Considine 085 289 4166

Rooney



GREYSTONES, LIMERICK BER D1

31 PARKVIEW DRIVE

4 bed semi detached property of approx. 115m2 / 1237.16 ft2 located off the Ennis Road - walking distance to a range of local amenities. This spacious semi-detached house has been extended over the years. Hall, 2 reception rooms, kitchen/breakfast, bathroom, large workshop & garage. OFCH. Whilst the property needs some upgrading it offers the potential to bespoke your own home. Large side corner garden and rear garden. BER No. 111110904.

€240,000 Lisa Kearney 087 2633422



DOORADOYLE, LIMERICK BER C3

2 LISSANALTA CLOSE,

4 bedroom 3 Storey residence located within walking distance to numerous amenities nearby and with easy access to the motorway. Approx 135.7 sq/m (1,460 sq/ft). Hall, study, living room, dining room, kitchen, utility, wc. 1st floor: 3 bedrooms, en suite, bathroom. 2nd floor: one bedroom & en suite. The house comes to the market in excellent condition and its sharp modern exterior is complimented by beautiful lawns to the front and rear. GFCH. BER No. 1075 02106.

€265,000 Briain Considine 085 2894166



DOORADOYLE, LIMERICK. BER C1

17 ASHGROVE, GLENCAIRIN,

Bright and spacious 3 bedroom semi-detached residence of approx. 123 sq.m. (1,323 sq.ft.) close to amenities - shops, schools, Raheen Business Park, University Hospital Limerick. Hall/ wc, living room, kitchen-diner, utility, playroom, en suite, main bathroom. GFCH. An ideal family home situated on a cul de sac in a well established & desirable residential area. BER: C1 BER No.101914711

€255,000 Briain Considine 085 2894166



SOUTH CIRC. RD, LIMERICK BER B2

41 ALANDALE SQUARE, ASHBOURNE AVE

Stunning extra spacious townhouse in turn key condition. Situated in a cul-de-sac avenue with views over the old racecourse to the rear & within strolling distance of the city centre, Mary Immaculate College, schools etc. Hall/ wc, kitchen/dining room, living room, utility, 3 large bright double bedrooms, en suite, main bathroom. GFCH. Approx. 106.83 m2 . Management Fee: €1,000 p.a. BER No. 100085430.

€255,000 Lisa Kearney 087 2633422



ST. PATRICK'S ROAD, LIMERICK BER D1

59 ASPEN GARDENS,

Beautifully decorated & maintained 3 bedroom house within easy distance to all local amenities such as Childers Road Shopping Centre, Parkway Shopping Centre, Aldi, schools, University of Limerick & all major motorways. Ent hall with guest WC off. Large bright and open plan livingroom/diningroom/ kitchen, 3 bedrooms & main bathroom. Large deck area to rear. GFCH. BER No. 111328001.

€195,000 Lisa Kearney 087 2633422



DOORADOYLE, LIMERICK BER D2

63 KILTERAGH,

Excellently located 3 bedroom semi-detached home of approx. size 98.5m2 / 1,060 sq ft near an abundance of amenities including the Crescent Shopping Centre, University Hospital Limerick, schools etc. Hall, living room, kitchen-diner, downstairs wc. Upstairs: 3 bedrooms, ensuite & main bathroom. Spacious rear garden. Long front driveway. GFCH. In excellent condition. BER No. 1048 25443.

€210,000 Briain Considine 085 2894166



DOORADOYLE, LIMERICK BER C3

65 GREENVIEW CLOSE, GLENCAIRIN,

4 bedroom semi-detached residence of approx 123m2 / 1,323 sq ft. Located in the popular estate of Glencairin, Dooradoyle. The bright and spacious accommodation comprises of hall, living room, kitchen-diner, utility, downstairs ensuite bedroom (Bedroom 4), 3 bedrooms upstairs one of which is ensuite & main bathroom. Large south east facing rear garden with patio & side entrance. GFCH. BER No. 111260239.

€255,000 Briain Considine 085 289 4166



MURROE, CO LIMERICK BER C2

7 THE OAKS, LISCREAGH,

Fantastic 3 bedroom home overlooking a large green area. It is excellently located being close to all local amenities such as schools, shops, restaurants etc. This immaculate property comprises of an entrance hallway, large spacious open plan reception room/kitchen-dining room, 3 bedrooms, ensuite & main bathroom. Approx. 95.69m2 (1,300 sq.ft). OFCH. South Facing rear garden. Alarmed. BER No.106394455.

€155,000 Lisa Kearney 087 2633422



ST. PATRICKS ROAD, LIMERICK BER C3

62 ASPEN GARDENS,

Excellently located property close to Childers Road Shopping Centre, Parkway Shopping Centre, Aldi, schools, University of Limerick & all major motorways. Hall, Living room, kitchen /dining room, utility, playroom/ bedroom. Upstairs: 3 bedrooms, en-suite, main bathroom. Large sunny rear garden with shed, side entrance and patio area. GFCH. Superb condition and tastefully decorated. BER No. 107250276.

€215,000 Briain Considine 085 2894166



BALLYNEETY ROAD, LIMERICK BER A3

12 & 13 THE MEADOWS, ROS MOR,

Ros Mór delivers on all aspects of modern living with beautiful, contemporary & spacious homes. First time buyers can avail of a SIGNIFICANT TAX REBATE from income tax and can use that money towards a deposit on this newly built house as the developer is registered under the Help To Buy Scheme. Ready for occupation October 2018.

€225,000 Briain Considine 085 2894166



ENNIS ROAD, LIMERICK BER E2

49 AVONDALE DRIVE, GREYSTONES,

Spacious semi-detached house of approx. 124 m2 / 1,334 ft2 located in Greystones - an extremely popular and well established residential area. 2 living rooms, sunroom, kitchen-dining room, wc and garage on the ground floor and 3 bedrooms and a bathroom upstairs. 2 driveways & large gardens to the front, side and rear. OFCH. A great location combined with a super house situated on a unique site provides the perfect opportunity to create an excellent home, BER No. 111194221

€275,000 Briain Considine 085 2894166



WESTBURY, LIMERICK BER C3

42 CLONARD

Fantastic 3/ 4 bedroom home of approx. 148m2 (1592 ft2). Hall, reception room, open plan kitchen-dining room, playroom/4th downstairs bedroom, utility room/guest WC off. 3 bedrooms, ensuite, large attic room & main bathroom. Large 24ft x 10ft garden office to the side housing two offices. Exceptionally large rear & side garden area, Recently redecorated - in turn key condition. GFCH. BER No.111099248.

€230,000 Lisa Kearney 087 2633422

To the Manor born in Adare village



AT A GLANCE

Location: The Village, Adare Manor, Adare
Description: Four bedroom, detached house
Price: €675,000
Seller: Murphy Gubbins Auctioneers
Contact: 061 590000



friendly accommodation of this home at The Village, Adare Manor, extends to 230m² (2,475f²) over two floors. It sits at the edge of Adare village just a short walk from the excellent schools, shops, boutiques and golf courses that the village has to offer.

Once inside the house and in the bright hallway you are immediately struck by the spacious and well-appointed living accommodation.

A large family room overlooks the manicured front garden while the office/study is located on the opposite side of the hallway enjoying the same aspect. Both rooms provide equally well-proportioned living space. The living room has a gas-fired feature marble

Located at the edge of one of Ireland's finest luxury resorts and Limerick's most famous village, this superbly finished four-bedroom detached family home is bound to attract a lot of interest.

In an unrivalled location and on a large corner site, the well-balanced family



This large, well-appointed family home boasts a fantastic location in Adare
Above left: the living room has a feature marble fireplace and polished solid wood flooring

fireplace. There is also a fireplace in the study/lounge.

The kitchen is located towards the rear of the property, it has an easterly aspect and provides a large

open space with a range of integrated high spec appliances incorporating marble/granite worktops and high-quality storage units, while the utility room

provides further storage.

The kitchen flows into the adjoining dining area which then leads to a large sunroom with a southerly aspect overlooking the rear garden.

There are high quality limestone tiles throughout this area of the house which reflect the light at every opportunity.

The first floor has four large bedrooms, two of which have an en-suite while the master also has a walk-in wardrobe; there is also a family bathroom.

Externally the property has feature granite windowsills, a bricked external full height chimney stack, high efficiency double glazing, contemporary rendered walls with stylish black fascia and soffit/guttering.

There are two secure tall pedestrian gates on either side of the house leading to the rear garden. The left gate leads immediately to a courtyard with a path leading to the rear garden.

The rear private garden has high walls and fencing, a paved central seating area and a bricked feature barbecue.

The property has gas-fired central heating and high efficiency thermostatic radiators. A new condenser boiler was installed recently.

Viewing is highly recommended, which is by appointment.

Space and light in luxury setting

AT A GLANCE

Location: Pemberley, Ballymorris, Cratloe
Description: Four bed, detached home
Price: €399,000
Seller: Sherry FitzGerald
Contact: 061 418000



attention to detail given throughout.

Well-proportioned, light filled reception rooms with an open plan layout if one desires, four spacious double bedrooms all en-suite and a fantastic mature 0.75 acre site, with south facing rear garden, this unique home will not disappoint.

On entering the property one is greeted with a wonderful entrance hall, fitted with a beautiful stain glass fitted doorway, Italian marble floor tiles, a hand made solid staircase and wrought iron fireplace with gas fire.

To the left is a wonderful drawing room with carpet floors and an attractive limestone fireplace, a light filled room with bay windows to the front and side and french doors to the gardens and patio.

This leads to the formal dining room fitted with solid oak floors, this room also has access to the rear garden, a wonderful room

interconnecting off the drawing room and kitchen with french doors - ideal if one is entertaining a crowd.

The kitchen/breakfast room is a real show stopper, with a large open plan family room to the front and open plan access via French doors to the conservatory.

A fantastic open plan space for any family to relax and unwind!

The bespoke kitchen has solid cream fitted units with oak countertops and a large island with overhead rack and extractor, the kitchen is fitted with integrated appliances and Italian marble floor tiles.

The family room has wood flooring and a fitted fireplace. There is a spacious utility and shower room located off the kitchen.

The conservatory has a pitched roof with wood panelling; surrounded by glass this room is flooded with natural light and opens to the rear garden.

Upstairs there are four



Pemberley is a hugely attractive architecturally designed home with fantastic space for a growing family and stylish touches throughout



spacious double bedrooms all with en-suite bathrooms and built-in wardrobes. Each en-suite is tastefully tiled and fully equipped with modern sanitary fittings. The fourth bathroom can also be accessed from the

landing if one prefers a main bathroom and is fitted with a Jacuzzi bath.

The landing is very impressive, spacious with modern neutral carpets and filled with light, due to the large feature Velux windows



in the hallway.

The attic has large storage space. Services include: Alarm; block built garage; gated entrance; large attic for storage; GFCH; septic tank; mains water. Viewing recommended.

Murphy Gubbins

•Auctioneers•

AUCTIONEERS

46 O'CONNELL STREET

CHARTERED SURVEYORS

St. Ritas, Ennis Road, Limerick



Asking Price: €720,000

Murphy Gubbins Auctioneers and Chartered Surveyors are proud to bring St Ritas to the market. It is a wonderful Edwardian style home which has been maintained impeccably over the years. It boasts many beautiful period features including 9ft ceilings, fireplaces, dado rails, cornicing and parquet flooring. The spacious family friendly accommodation has a superbly maintained interior, a modern extension with annex, landscaped gardens to the front with a separate studio and parking at the rear. The accommodation includes a bright and spacious Entrance Hall, a generous Living Room with an adjoining Dining Room. Step down to the equally bright Kitchen/Breakfast Room/Living Area. There is a further Utility, Guest WC, 1-Bedroom Annex at this level. The upper floors comprise 7 Bedrooms (5-Ensuite) & Main Bathroom.

BER F

62 The Village, Adare Manor, Adare, Co. Limerick



Asking Price: €675,000

Located on edge of Adare Manor, one of Ireland's finest luxury resorts and in 'The Village', Murphy Gubbins Auctioneers and Chartered Surveyors are proud to bring this superbly finished yet functional 4-bedroom detached family home to the market. In an unrivalled location and on a large corner site, the well-balanced family friendly accommodation extends to 230m² (2,475f²) over 2 floors. It sits at the edge of Adare village just a short walk from the excellent schools, shops, boutiques and golf courses that the village has to offer. Accommodation comprises: Entrance Hall, Living Room, Office/Playroom, Kitchen, Dining Room, Sunroom, Guest WC, 4 Bedrooms (2 Ensuite) and Family Bathroom. We highly recommend viewing which will be by appointment with Murphy Gubbins Auctioneers

BER B3

Ballycummin, Crecora, Co. Limerick



Asking Price: €470,000

Murphy Gubbins Auctioneers and Chartered Surveyors are proud to bring this well appointed and spacious home to the market. Located just off the main Patrickswell to Raheen Road this bright detached property enjoys country living with all the amenities of the city on its doorstep. Sitting on a c.1 acre private site with manicured lawns it offers wonderful views of the surrounding countryside coupled with the cleverly proportioned living space, this truly is an excellent family home. Externally the house has been well maintained, it has a tarmacadam driveway, two separate patio areas and a large detached garage. Accommodation: Entrance Hall, Living Room, Family Room, Kitchen, Sunroom, Utility, WC, 4 Bedrooms (1 Ensuite), Main Bathroom.

72 Whitethorn Drive, Caherdavin, Limerick



Asking Price: €170,000

Murphy Gubbins Auctioneers and Chartered Surveyors are delighted to bring this family home in the popular mature neighbourhood of Caherdavin to the market. While in need of modernisation 72 Whitethorn Drive provides an opportunity for a new owner to put their own stamp on their home. Local amenities include primary and secondary schools, Limerick Institute of Technology, Thomond Park and Jetland Shopping Centre. The Limerick Tunnel is adjacent to Caherdavin providing easy access to the national road network. This property has ample accommodation on the ground floor with Entrance Hall, Living Room, Dining Room, Kitchen, Utility and Garage. There are 3 Bedrooms and a Bathroom on the first floor. Viewing is recommended to witness the true potential that this home has to offer.

BER E1

PRELIMINARY ANNOUNCEMENT

FOR SALE

Former Ardhur Ryan, Ennis Road, Limerick

**Development Opportunity with full PP for
59 apartments plus 7 residential sites**

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PSRA No: 002837

**ST MARGARET'S, ENNIS ROAD, LIMERICK**

Simply stunning family home which incorporates a 2 storey extension to the side and a single storey extension to the rear. The property has a luxurious unique modernised interior and has a B1 energy rating. A contemporary design and a flair for interiors is evident from first entering this property. The addition of a magnificent reception area, which is flooded with light and opens onto the rear lawns, is the absolute highlight of this home and only a viewing will really capture the scale of this exceptional space. Convenient to superb amenities including excellent schools (Villiers, Ardscoil Ris and John F Kennedy).

BER No. 103486994

€595,000

BER B1

**BALLINACARRIGA, KILDIMO, LIMERICK**

Nestled in a tranquil country setting this detached family home is in pristine decorative condition throughout with a welcoming style and relaxed flair. Built in 2002, this property is a true find in today's market and offers a country charm set on a .5 acre site. Located five minutes' drive to local amenities.

BER No 109838201

€295,000**8 HAZELDENE DRIVE, ENNIS ROAD, LIMERICK**

Exceptionally spacious 5 bedroom semi-detached house of approx. 1830 sq. ft. (including garage) boasting a 2 storey extension to the side, single storey extension to the rear and an additional sun room. The property is superbly located and is on a corner site with a beautiful mature site to front and rear.

BER No. From Agent

€248,000**11 ARD LUA, BALLINA, CO. TIPPERARY.**

Exclusive development of only a small number of det houses in the heart of Ballina Village yet hidden away from the main street on an elevated site with exquisite views of the Clare Hills, Lough Derg and the very picturesque Killaloe Village. This property is set on a .25 acre mature site.

BER No 108790387

€429,000**APT. 402 MOUNT KENNETT, LIMERICK**

DNG Cusack Dunne are delighted to introduce to the market this City Centre, 2-bedroom, dual aspect, duplex apartment. Situated just off the Dock Road giving convenient access to all major rd networks as well as being within walking distance to all the amenities Limerick City has to offer.

BER No 111147427

€95,000**37 LAKEVIEW HEIGHTS, CULLENAGH, BALLINA/KILLALOE, CO. TIPPERARY.**

Contemporary detached 2 storey residence with a stunning interior and a superb design with light filled accommodation and open plan living spaces. A unique B2 rated home with large picture windows and doors and other exceptional features.

BER No 110589645

€490,000**23 THE CRESCENT, KILTERRAGH, DOORADOYLE, LIMERICK**

Picture perfect inside and out! This pristine property is tastefully presented and in show house condition throughout. Available for immediate purchasers, this 3 bed semi-detached house is located in a quiet setting with a leafy outlook to front and rear.

BER No 111283636

€215,000**20 LAKEVIEW HEIGHTS, CULLENAGH, BALLINA, CO. TIPPERARY**

Newly constructed family home perched on an elevated site with stunning uninterrupted panoramic views of Lough Derg and the surrounding countryside, in a picturesque setting at the end of a small cul de sac.

BER No 111234266

€397,500**APT. 10E BALLYCUMMIN VILLAGE, RAHEEN, LIMERICK**

Large two bedroom 3rd floor apartment in a sought after location within minutes drive of the city centre and within walking distance of Raheen Industrial Estate, University Hospital Limerick and the Crescent Shopping Centre.

BER No 109842385

€128,000**25 HARRISTON, OLD CRATLOE ROAD, LIMERICK**

DNG Cusack Dunne are delighted to bring this spacious four bedroom duplex property to the market. This property is located within a gated development in a superb location. Situated just off the Old Cratloe Road within striking distance of Limerick Institute of Technology.

BER No 11095642

€135,000**AN TOBAR, HURLER'S CROSS, BUNRATTY, CO. CLARE.**

Exclusive new development of 6 luxurious detached 4/5-bedroom family homes, each set on .5 acre sites and starting at 2,450 sq.ft. /227 sq.m., located close to Bunratty Village and convenient to Limerick, Shannon and Ennis. Contemporary design with interesting features.

BER No. From Agent

€420,000**DEVELOPMENT LAND, CLONLARA, CO CLARE**

For Sale – Excellent opportunity to acquire approx 22 acres of prime development land in Clonlara only 7 km from Limerick City. Located in the centre of the village, the land benefits from substantial rd frontage to Church Rd. The land is Zoned LDR1 ' Residential Low Density.

BER No Exempt

Asking price €700,000**DEVELOPMENT LAND, MAIN STREET, DOON, CO LIMERICK**

Excellent 'Ready to Go' development opportunity. Site extending in total to approx. (2.61 hectares) 6.44 acres. Phase 1. full planning permission granted for 25 units. Potential for additional phase of approx. 20 units (s.p.p).

BER Exempt

Offers / Proposals invited**AGRICULTURAL LAND, CLONLARA, CO CLARE**

For Sale - Land extending to approx. 32 acres located approx. 3 km south east of Clonlara village in an area known as Doonass. The land benefits from approx. 280 metres road frontage on the western boundary. Further details available upon request.

BER No Exempt

€200,000**OFFICES, NTP, CASTLETROY, LIMERICK**

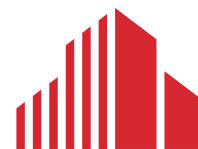
To Let - Ground floor fully fitted offices approx. 2,738 sq.ft. Accom includes ent lobby, large open plan office, 4 cellular offices, board rm, canteen and toilets. On site car parking. Attractive office park with easy access to motorway. Other occupiers within the park include Northern Trust, Modus Media.

BER No. 800109944

Rent. €40,000 per annum

6 SHANNON STREET, LIMERICK

T: 061 418 111



CUSHMAN & WAKEFIELD

COMMERCIAL PARTNER OF SHERRY FITZGERALD

FOR SALE



Unit 5 Plassey Enterprise Centre, Castletroy

BER G

Office/Business Space opportunity extending to a floor area of approximately 170.4 sq.m. (1,834 sq.ft.) IPMS 3. Located within the National Technology Park - the principal business park in the Mid-West region in close proximity to the University of Limerick.

The existing layout provides for a predominately open plan workspace in addition to meeting rooms and ancillary facilities such as canteen space. High profile occupiers in the immediate area including Johnson & Johnson, Cook Medical, DAA plc, Icon, Enet, Gilt Groupe and QAD.
Ber No. 800359283

CONTACT: JOHN MURRAY / DEIRDRE O'BRIEN 061 418111

TO LET



Ground Floor Office, Dromore House, Shannon Co. Clare

BER C3

Fully Fitted Grade A office accommodation to let in a sought after location in Shannon close to the airport and M18 motorway Limerick - Galway which directly links with the M7 Motorway to Dublin. This prime office accommodation is situated on the ground floor of Dromore House Shannon Co. Clare.

The subject property extends to approximately 814 sq (8,762 sq ft) and comprises open plan office space, meeting rooms, male and female toilets and a fully serviced canteen. The current fit-out includes raised carpet flooring, suspended ceilings with recessed lights and air-conditioning.
BER Nos. 800393787

CONTACT: JOHN MURRAY 061 418111

FOR SALE



26.88 hectares (66.42 acres) Lands At Killeenoghty, Croom, Co. Limerick

Superb opportunity to acquire an agricultural land holding extending to approximately 27.27 Hectares (67.3 Acres) in the townland of Killeenoghty, Croom, Co. Limerick.

The holding is comprised of 2 no. separate lots, including a large block of good quality grassland extending to approximately 26.88 hectares (66.42 acres) with direct access onto a local road. These lands are laid out in a number of internal paddock/field divisions with a central access road traversing the holding.

The second plot comprises of a small irregular shaped field extending to approximately 0.39 hectares (0.96 acres) located adjacent to and south-east of Lough Nagirra.

BER Exempt
Joint Agent: Sherry FitzGerald Stack

BER
EXEMPT

CONTACT: JOHN MURRAY 061418111 /
PAUL STACK SHERRY FITZGERALD
STACK 068 32087

ADARE CROAGH €575,000

'Hayfield', Ballycannon is a magnificent family home set on mature site of 0.5 acre approx. Entrance hall, 2 reception rooms, living, sunroom, study, kitchen, utility, guest w.c., 4 beds, ensuite, bath, attic conversion. 313 sq m / 3,371 sq ft approx. BER No. 106453301.

CALL ORLA SHEEHAN ON 061 418000

**CRATLOE GALLOWS HILL €565,000**

'Glebe House' sits on a wonderful private 1.7 acre site approx. Entrance hall, living, kitchen, sunroom, family, guest w.c., games, utility, 5 beds, ensuite, main bath. 384.4 sq m / 4,138 sq ft approx. BER No. 110208287.

CALL AILBHE O'MALLEY ON 061 418000

**CRATLOE BALLYMORRIS €399,000**

'Pemberley' is a truly stunning family home architecturally designed and built in 2005. Entrance hall, drawing room, dining, kitchen/breakfast, family, conservatory, utility, guest w.c., 4 beds, ensuite, bath. 355 sq m / 3,821 sq ft approx. BER No. 110019015.

CALL BRENDA MULCAHY ON 061 418000

**RAHEEN BALLINVOHER €389,000**

'No. 64' is an exceptional detached family home beautifully presented and overlooking green space. Hall, living, dining, family, conservatory, kitchen/breakfast, utility, w.c. 5 beds, ensuite, bath. 188 sq m / 2,024 sq ft approx. BER No. 111280756

CALL AILBHE O'MALLEY 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



SEAN MCGEE
Negotiator

Sherry FitzGerald

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

RAHEEN €275,000

FR RUSSELL ROAD



'No. 21 Abbey Court' perfect opportunity for any first-time buyer or for a young couple looking to acquire a stunning family home. Living, kitchen/breakfast/dining, playroom/study, utility, w.c., 3 beds, bath, ensuite. 107 sq m / 1,152 sq ft approx. BER No. 106131832

CALL SEAN MCGEE 061 418000

**RAHEEN €260,000**

FR RUSSELL ROAD



'No. 117 Oakfield' is a perfectly appointed semi detached family home. Ent hall, living, family, kitchen/dining, w.c., 4 beds, ensuite, main bath. 135 sq m / 1,453 sq ft approx. BER No. 101605723

CALL FRANK LYDDY 061 418000

**DOORADOYLE €250,000**

KILTERRAGH



'No. 38' is a spacious semi-detached family home, well presented overlooking green area to the front. Ent hall, living, Kitchen/dining, utility, play room, shower room, w.c., 4 beds, ensuite, bath. 131 sq m / 1,410 sqft approx. BER No. 105996110

CALL ORLA SHEEHAN 061 418000

**CASTLECONNELL €249,000**

INIS CLUAIN



'No. 7' is an exceptionally well-presented family home. Ent hall, living, family room/office, kitchen/dining, utility, w.c., 4 beds, ensuite. 138 sq m / 1,485 sq ft approx. BER No. 111089173

CALL FRANK LYDDY 061418000

**CASTLETROY €185,000**

COIS GHRUDA



'No. 10' is a beautifully presented first floor duplex apartment located in a popular development in Castletroy. Entrance hall, living room, kitchen / dining, store, w.c., 4 beds, two ensuite, main bath. 117.1 sq m / 1,260 sq ft approx. BER No. 101462026

PLEASE CALL SEAN MCGEE 061 418000

**DOORADOYLE €179,000**

FOXFIELD



'No. 54' is a beautifully presented townhouse within an idyllic residential setting. Ent hall, living/dining, kitchen, 2 beds, main bath, 70 sq m / 753 sq ft approx. BER No. 111213765

PLEASE CALL FRANK LYDDY 061 418000

**LIMERICK CITY €149,000**

ST PATRICKS ROAD



'No. 19 Sruthan An Phadraig' is an immaculate ground floor apartment. Ideal downsize option, with exceptional low maintenance rear garden. Hall, kitchen/diner/living, 2 beds, ensuite, bath, GFCH, mngmnt fee €1,030 per annum. 52.5 sq m / 565 sq ft approx. BER No. 111204673

CALL SEAN MCGEE 061418000

**LIMERICK CITY €125,000**

CLARE STREET



'No. 29' is a charming end of terrace property close to the city centre. Ent hall, 3 beds, living, kitchen/breakfast, w.c., main bath. 60 sq m / 646 sq ft approx. BER No. 101599934

CALL FRANK LYDDY 061 418000



Spacious semi in popular suburb

AT A GLANCE

Location: 42 Clonard, Westbury
Description: Four bedroom, semi-detached House
Price: €230,000
Seller: Rooney Auctuioneers
Contact: 061 413511



Rooney Auctioneers are delighted to present this fantastic family home to market.

Located in the popular Westbury area of Corbally, there is a choice of a three or four bedroom layout, as well as a large attic room.

Superbly located, being close to all local amenities, it is situated in an established estate on a private avenue and has an exceptionally large rear and side garden with recently treated lawns.

There is a large 24ft x 10ft garden office to the side housing two rooms.

The property has been recently redecorated and is in turnkey condition and it would meet any number of purposes including family home, starter home or investment property.

A large bright entrance hall with porcelain tiled floor leads on to a spacious living room which is carpeted, has multi-fuel fire and recessed spot lights.

The kitchen/dining room is the hub of the house and measuring 5.49m x 3.47m is generously proportioned, fully fitted and has a tiled floor.

Patio doors lead to large

patio and garden area.

There is a pantry area located off this room, which is shelved and provides ample storage.

Further storage is available in the utility room with access to the guest wc and also the rear garden.

The playroom/ downstairs bedroom is large and bright with wood floor. Upstairs there are three bedrooms, all boasting solid wood flooring.

The main bedroom also features sliderobes and newly renovated en-suite with wc, built in whb unit with storage and electric



No. 42 Clonard has great space inside and out, such as the attic room, below, and garden, left

shower. The main bathroom is tiled and contains a bath, wc and built-in whb with storage.

Another fine feature of this house is the large and spacious attic room which is carpeted and accessed by fully fitted stairs.

Large velux windows ensure good natural light while there is also recessed lighting and a fitted office desk with storage.



Room to breathe in the countryside



AT A GLANCE

Location: Hayfield, Ballycannon, Croagh
Description: Four bedroom, detached house
Price: €575,000
Seller: Sherry FitzGerald
Contact: 061 418000



A magnificent detached family home, Hayfield at Ballycannon, Croagh, has been introduced by Sherry FitzGerald to the market in excellent condition.

The attention to detail and standard of finish is evident as you walk through this beautiful home.

Hayfield has excellent living accommodation, and generous well-appointed bedrooms, all set on a stunning mature site measuring 0.5 of an acre.

The spacious entrance hall sets the tone for this elegant property with high ceilings, quality floor tiles and a solid wood staircase.

Both principal adjoining reception rooms are to the right and are decorated with cream and neutral tones, a feature fireplace, a built-in stove and semi-solid oak floors which suit the underfloor heating that prevails throughout the ground floor.

The first reception room to the right has a bay window overlooking the front garden.

At the end of the hall there are double doors leading into a sunroom, adding more light to the entrance hall, decorated in neutral tones and a feature stone wall.

There is a bathroom and



Spacious, elegant and private, Hayfield, in Croagh, is very convenient to Adare and Limerick

playroom/study located at the rear of the property.

To the left of the entrance hall is the living room, again with a bay window, decorated beautifully with warm tones and warm semi-solid oak timber flooring.

The kitchen, located to the left of the hallway and also accessed from the living

room and sunroom, is beautifully decorated with a corner window adding light due to the southerly aspect.

The beautifully fitted kitchen, which features an integrated Aga, adds to the elegant tone of the property. The utility is located off the kitchen and has access to the rear garden. There is a second stairway to the first

floor from the kitchen.

Upstairs the elegant tone continues with a bright and spacious landing.

There are four double bedrooms all decorated in neutral tones. The master bedroom has an en-suite and walk-in wardrobe which adjoins a further bedroom, perfect for a nursery.

The second bedroom also

has a well fitted en-suite. The main bathroom is very spacious and has a jacuzzi bath, a double sink and high quality tiling.

There is a staircase from the landing to the attic, which has been separated into two spacious rooms, currently being used as a very bright and comfortable bedroom and a family entertainment room (attic area not included in the overall floor area).

“Hayfield” sits on a wonderful landscaped site surrounded by mature trees, providing great privacy and a lovely place to relax or entertain in the summer evenings enhanced by its sunny southerly aspect.

Mature fruit trees (apple) and colourful shrubs surround the property. There is a spacious detached garage that includes a wc.

Services include solar panels, OFCH, mains water and sewage, detached garage, water softener, high pressure hot water pump for showers, fitted alarm.

Hayfield is a luxurious property which has been meticulously decorated and cared for by its current owners set in a desirable location. Viewing is highly recommended.

Wheeler AUCTIONEERS



We'll get you Home

Licence No: 002095

Gormanstown, Co. Limerick



Detached 4/5 Bedroom Residence

- *Substantial Two Story Residence
- *Comprising 2 no Livingrooms, Kitchen/Diningroom, Utility, 4/5 Bedrooms
- *Tarmacadam Driveway , Concrete Yard
- *Large Deck area
- *Large Steel Shed
- *Extensive lawns to front & rear
- *Guide Price €275,000

BER C3

By Public Auction

Baggotstown, Knockainey, Co.Limerick

Residential Farm Circa 61 Acres

- * Dormer Style Residence (in need of some repair)
- * Traditional Range of out-offices
- * Top Quality Land in two main divisions
- * Extensive road frontage

Sale takes place at Community Centre Knockainey on **Wednesday 26th September at 3.30pm**

Solicitor John Cooke Solicitors Hospital Co.Limerick

Further Details Maps etc from Wheeler Auctioneers.

'Westlands', Co.Limerick



Impressive 2 Bedroom Residence on 3/4 Acre Site

- *Excellent Location just off N69
- *5 Bedrooms
- *High Level of finish throughout
- *Manicured lawns & Gardens
- *Copper beech hedging along boundries
- *Steel Shed 27 x 12 , garden shed
- *Inspection Highly recommended

BER C1

Scart, Pallasgreen, Co. Limerick

Detached Cottage

- * Located on Herbertstown - Pallasgreen Road
- * Partially Re-Furbished
- * Stone Faced
- *Realistic Reserve



BER F

Unit 5c Eastway Business Park, Limerick

Investment Opportunity

- *Extending to Circa 6000 sq ft
- *End of Terrace Industrial Warehouse/ Retail outlet
- *Tenant or Vacant Possession
- *Shop/ Retail Area with maple floor to front with storage area to rear
- *Guide Price €300,000



Wheeler Auctioneers, Main St. Hospital, Co Limerick. Telephone: **061 383403/383010** Fax: **061 383616**

Mobile: **086 8584409** Email: **info@wheelerauctioneers.com** Web: **www.wheelerauctioneers.com**

HOME & INTERIORS

MAKE THE MOST OF YOUR HOME WITH ADVICE FROM ALL THE EXPERTS



Neptune's Limehouse larder with fully adjustable shelves is cavernous when it comes to storage, not to mention its appealing appearance



Top of the wish list, Neptune's Suffolk larder unit in lovely Old Rose, provides cavernous storage space

New lease of life for larder

Having started life in the Victorian era, larders are once more the choice storage option

Ask anyone what they would wish for in their kitchen and you can bet your bottom dollar that a larder is going to be in their top three most sought after fixtures.

These big, beautiful storage solutions, which started out life in the Victorian era, are fast becoming the stylish storage option for busy homes.

And it is easy to see why more and more people are falling in larder love.

Their Tardis-like depth is one of their particular attractions.

According to designers at leading interiors house Neptune, the best larders are those that go back and back – so much so it feels like you can almost climb in.

Plus having a space where all your kitchen supplies and condiments are in one place makes them really useful.

Larders which have storage racks on the inside of the cabinet doors are brilliant at allowing you to group like-things together.

You can put all your spices on them so you have everything close at hand when your are cooking.



Neptune's full height Suffolk larder with doors and shelves removed, hand-painted in charcoal



Neptune's ingenious bi-fold counter top allows you to make the most of work top space

Or you could turn one of the racks into a breakfast pantry with teas at the top, jams and preserves in a row beneath and boxes of cereal below that.

Instead of having to rummage in the depths of dark cupboard you can see all your ingredients neatly laid out before you.

Shelves are a given a given but when, as in Neptune's Suffolk, Limehouse and Henley larders, they are on zig-zag brackets, it gives you the maximum amount of flexibility.

Oak zigzags are an age old system so they are also a nice nod to tradition.

And it seems there is another reason why those who have fallen in larder love are keen to spread the word. They say having shelves of ingredients all to hand in gleaming glass jars and bottles, encourages them to become more adventurous cooks and more accomplished impromptu hosts.

Perhaps that is so, but one thing is for sure, it is lots of little things, and having one place to put them, that has earned larders space in our hearts and homes.

Visit Browsers to check out the Neptune range locally

Caherdavin will CU right on renovations

Whether you are planning to replace your roof, build an extension, insulate your home or replace worn-out floors, you can talk to Caherdavin and District Credit Union about home improvement loans.

Caherdavin and District Credit Union would like to remind you about their competitive loan rate available at just 9.75% (10.19% APR).

As the economy picks up and consumer spend confidence continues to improve, more of us will consider home improvements coming in to the winter months.

The extension of the Government's home renovation incentive scheme also provides

some welcome tax relief for those planning expenditure on repair, renovation or improvement works this year.

The philosophy at Caherdavin and District Credit Union has always been to look at things differently. As an institution, they understand the difference home improvements can make to your life, increasing comfort and adding space. With that in mind they only propose home improvement loans with realistic terms, which you can pay back in a way that works best for you.

Caherdavin CU does not charge administration fees or transaction charges for your loan and you can



Caroline Long, CEO of Caherdavin and District Credit Union

pay back the loan early without penalty, should that be an option.

In Caherdavin CU, you are not a customer, you are a valued member.

No matter what your home loan is for, they will ensure everything is clear, transparent and straightforward, so you can get on with creative and wonderful improvement ideas for your home, your way.

Remember though that it is important to put in place a budget and know where your money is going before throwing your savings or borrowings at a project. If you're thinking about turning your house into a home again, Caherdavin and District Credit Union can help.

Commenting on the home loan rate, Caroline Long CEO, said: "The Irish property market is certainly showing signs of recovery and this in

turn is giving people confidence to carry out home improvements that were maybe put off during the depths of the recession.

"I would like to remind members of Caherdavin and District Credit Union of our fantastic home improvement loan rate of just 9.75% (10.19% APR).

"I would encourage members contemplating improvements in their home to contact us first about finance on 061-455831 or visit our loan calculator on www.caherdavincreditunion.ie."

For more information on the home renovation incentive scheme visit www.revenue.ie.



Gerri O'Toole-Glynn, Aoife Cooley, Alex Hartnett, Oktawia Zagrodzka, Helen Grimes and Sally O'Toole, all from Browsers, at the cookery demonstration in their William Street



Joan Frazer giving a cookery demonstration at Browsers, William Street, in association with the Everhot electric range company

Out & About

COOKERY DEMONSTRATION AT BROWSERS, WILLIAM STREET

Pictures: BRENDAN GLEESON



Joan Doheny, Ballyneety and Mary Byrnes, SCR, have a cuppa before the demonstration



Gertrude and Edel Hogan, Clonlara, at the cookery demonstration in Browsers



Young Harry O'Toole gaining some useful life skills at an early age, as Julieanne Frost, Everhot, shows him how to mix ingredients at the cookery demonstration in Browsers



Noel O'Toole and Maire Kearney in Browsers for the cookery demonstration



Fiona Kiely and Lorraine Maher, Old Cork Road, in Browsers for the demonstration

REAO'CONNOR
MURPHY**MUNSTER &
CONNACHT AUCTION**

AUCTION DATE...

THURSDAY, 27TH SEPTEMBER, 2018

To include properties in...

LIMERICK, CLARE, TIPPERARY, KERRY,
WATERFORD, CORK, GALWAY, MAYO,
ROSCOMMON, DONEGALFULL LIST OF AUCTION PROPERTIES AVAILABLE AT... WWW.reaocm.ieVENUE: **Limerick Strand Hotel**AUCTION START TIME: **11am**

REGISTER YOUR INTEREST AT...

auctions@reaocm.ie**T: 061 279 300**www.reaocm.ie

ENTERTAINMENT

YOUR **WEEKLY GUIDE** TO WHAT'S GOING ON IN LIMERICK

WEDNESDAY, AUG 29

Trad Music

The Glen Tavern, 9pm

Open Mic

The Old Quarter, 9pm

Tiny Giants

Smyth's Bar, 10pm

THURSDAY, AUG 30

On the Nail

City Library, 8pm. Free

Hermitage Green

The Bakery, Potato Market
6.30pm. €12.50

Area 51

Smyth's Bar, 10pm

Barry Purcell

The Glen Tavern, 10pm

FRIDAY, AUGUST 31

Chez le Cabaret

Chez le Fab, 8pm. €15

Jeff O'Niel

The Glen Tavern, 10pm

The Irresistibles

Smyth's Bar, 10pm

SATURDAY, SEPT 1

Pigtown Food Series

Milk Market, 11.30am

Luckfest 5

Lucky Lane, 2pm. Free

Fire in Cairo

Kasbah Social Club, 9pm. €10

Gorilla Radio

Smyth's Bar, 10pm

Joe Moloney

The Glen Tavern, 10.30pm

SUNDAY, SEPT 2

Songwriting Workshop with Don Mescall

Steamboat Music, 2.30pm. €15

Musical Chairs

The Old Quarter, 7pm

M&M Band

Hip-hop stars Arrested Development's debut city show

HIP-hop legends Arrested Development are to make their debut showing in Limerick, it has been announced.

The trailblazing group, best known for the hit *Mr Wendall*, will play Dolan's Warehouse on Tuesday, November 6.

Neil Dolan of Dolans Presents said: "Arrested Development are a group who have had a huge influence on the global hip-hop scene.

"We are delighted to be able to welcome them to Limerick for the very first time. This gig is certainly not to be missed".

Arrested Development, who have long championed colourful sounds while spreading a unique mixture of consciousness and musicality around the globe, were named as one of the greatest hip-hop artists of all time by VH-1 and have two MTV Awards to their credit.

Their song *Tennessee* was voted one of the 500 Songs That Shaped Rock and Roll by the Rock and Roll Hall of Fame.

Tickets go on sale this Wednesday at 9am and can be purchased from www.dolans.ie.



101 O'Connell Street, 10pm

Pat Holland

The Glen Tavern, 10pm

Far Haven

Smyth's Bar, 10pm

MONDAY, SEPT 3

Trad Music

Locke, nightly at 5pm & 9pm

McQueen

Belltable, 8pm. €8

Traffic

Smyth's Bar, 10pm

TUESDAY, SEPT 4

The Acoustic Club

Charlie Malone's Bar, 9pm

Sound Affair

Smyth's Bar, 10pm



The new **IFI@Belltable** season opens on Monday with a screening of the controversial documentary **McQueen**, about British fashion designer Alexander McQueen. The season continues every Monday, see www.limetreetheatre.ie.

OPEN LATE

4 NIGHTS A WEEK



Green Yard Café

Punch's Cross, Limerick.
T: (061) 513011
(Closed Mondays)



IRISH CHAMBER ORCHESTRA

Jean-Christophe Spinosi Conductor

ROLL OVER BEETHOVEN

Rossini Overture to *Il Barbiere di Siviglia* (The Barber of Seville)
Sam Perkin ICO Commission
Beethoven Symphony No. 1 in C major, Op. 21
Beethoven Symphony No. 5 in C minor, Op. 67



SEPTEMBER

Friday 14 September

University Concert Hall, Limerick @ 8pm

061 331549 www.uch.ie

€25, €22, €10 students, €5 children

ELEMENTAL & UCH Celebrating 25 Years

ELEMENTAL

"With an exceptional ability to communicate the joy he takes in making music, Spinosi seems to dance and whirl in front of his players, rather than simply conduct them."
The Guardian

www.irishchamberorchestra.com





Claire McDermott, Cait Ní Chualin and Heather McGauran at Nancy Blake's



Michelle and Ian Collins at Smyth's Bar

On The Town

WE VISIT NANCY BLAKE'S, THE COMMERCIAL, THE GLEN TAVERN, MOTHER MAC'S & SMYTH'S

Pictures: DAVE GAYNOR



Irina Indrias, Mike Hayden and April Scully at the Commercial Bar



Joe Cervetto, Farrell Shine, Brenna Crockwell and Dominic Colasacco, enjoying Nancy Blake's



Nathania and Paul La Rosa at Mother Mac's



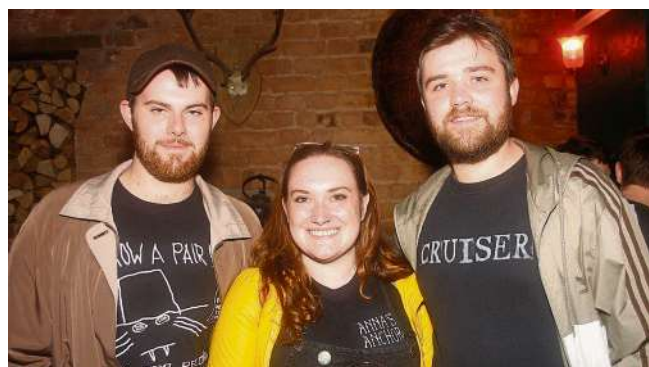
Francesco Vetrini and Olivia Erthler at the Glen Tavern



Rafael Hernandez, Macarena Arjona, Christina Benito and David De La Iglesia at Mother Mac's



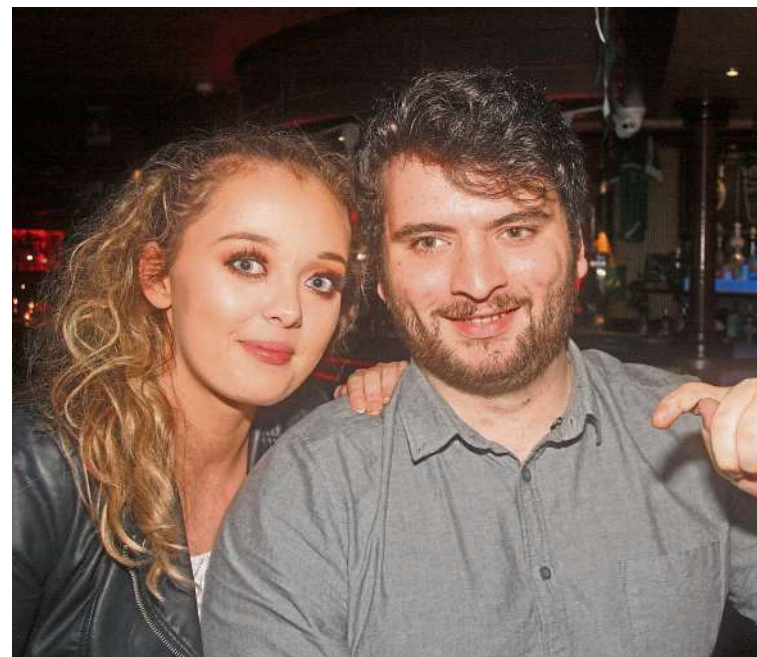
Olivia Furey and Noel Walsh at the Commercial Bar



Michael Keating, Beth O'Neill and Stephen Savage at the Commercial Bar



Caroline and John Murphy at Mother Mac's



LEFT: Tina McDonagh, Claire Liddy and Laura Daly at the Commercial Bar

ABOVE: Emma Daly and Richard Duffy at Smyth's Bar

RIGHT: George and Jeana Stritter at the Glen Tavern



UNIVERSITY CONCERT HALL CELEBRATING 25 YEARS

WITH THE
**RTÉ CONCERT ORCHESTRA
& SPECIAL GUESTS**



Barry Douglas, Paddy Moloney, Mícheál Ó Súilleabháin, Mairead Buicke, Zoe Conway, Emily Flack, Richie Hayes, Limerick Choral Union, Triona Marshall, Amanda Minihan, Michael O'Connell & Simon Pfisterer



SATURDAY 8TH SEPTEMBER 2018

Tickets: €48 / Friends of UCH: €22.50 Booking: 061 331549 / www.uch.ie



Daithí MacSuibhne stars in Hero at Friar's Gate on Saturday

THINGS WHAT ARE ON IN LIMERICK



ABOVE: Arts and crafts for children at the Hunt on Sunday



RIGHT: Eleanor McEvoy is at the Glórach Theatre in Abbeyfeale this Friday



Milford Hospice Harvest Fair is at the UL Arena on Sunday

GRAB a tennis racket or a tuba and swing them around for free, catch a diet of food demos in the Milk Market or see a good night of theatre in the county on Saturday. Here's the best of Limerick this weekend.

Thursday (August 30)

Hermitage Green are playing an acoustic gig this Thursday in the **Potato Market** at The Bakery, a popup café in aid of mental health charity Jigsaw. It's a rare chance to catch the band playing such an intimate show, so you shouldn't miss this one. It kicks off at 6.30pm and tickets are €12.50. There will also be a mindfulness session on Friday at 6.30pm and laughter yoga on Saturday at the same time - tickets for each of those are €7.50. All proceeds from the café will go to Jigsaw, so for once you can feel good about yourself while stuffing your face with pastries.

This Thursday is your last chance of the summer to take part in a **Limerick Underground Social Swim** in the Shannon and for the first time it's taking place under cover of darkness. It'll start at the **Curraghbour Boat Club** at 8.30pm, with swimmers making their way as far as Thomond Bridge and back. It's a free event. If you're going, make sure to wear a bright swimming cap as it'll be a nightmare if anyone gets lost in the dark.

Friday (August 31)

Singer-songwriter **Eleanor McEvoy** is at the **Glórach Theatre** in Abbeyfeale this Friday night. She's best known for her 1992 Only A Woman's Heart duet with Mary Black, a song that has followed her through her career like the whiff you'd get on you from walking through the parfumerie in Brown Thomas. Her career has been far more rock than pseudo-trad though and, as I still take her early albums for a turn on the speakers every few months, you should catch her performance any time she plays. The gig starts at 8.30pm

It's another #WeekendInLimerick – and what a weekend! **Seamus Ryan** has the lowdown

and tickets are €20.

Chez le Cabaret is back at **Chez le Fab** on Friday, serving up burlesque, comedy, hula-hooping, music and all the wine you can eat. They've promised to party prohibition-style, which typically means bribing a local politician to look the other way but still getting your windows broken at midnight. Doors open at 8pm for a 9pm start. Tickets are €15, but if you're a student you can go for €12.

Saturday (Sept 1)

If you've ever felt like giving tennis a go - perhaps lured by the glamour, the prize money or the free Robinson's - this weekend is your chance. CIAC Tennis Club's head coach Bryan Stewart is running a free tennis session on mini popup courts in **Mungret Park** from 10am till 1pm on Saturday. It's open to all and they'll lend you a racket so you can hit the ball dramatically into the net before going full John McEnroe. It'll be followed later in the day by a teenagers-only free session at the tennis club in Rosbrien from 5pm to 7pm and a family and kids open day at the club on Sunday from midday to 2pm.

The **Pigtown Food Series** festival kicks off this Saturday at the **Milk Market**. The festival, now in its second year, is a celebration of the city's food culture. Limerick's food history mainly involved sending millions of squealing pigs to the slaughterhouse - something we might regret if it turns out that God is a pig - but Saturday's events have a vegetarian slant. Ciara Brennan and Theresa Storey will be showing how to make protein bars and plant-based patties at 11.30am on the market mezzanine, followed by Ireland AM chef Paul Knapp with a nut loaf demo. It's a free event.

Luckfest 5 is at **Lucky Lane** on

Catherine Street this Saturday afternoon, offering you two hours of Limerick bands in the city's quirkiest emporium. It'll include sets from Second Nature and Penny Jam, runs from 2pm to 4pm and it's free.

Fair City actor **Daithí MacSuibhne** is at **Friar's Gate** in Kilmallock on Saturday, with a solo performance of Ken Rogan's play **Hero**. It's a tale of an ostensibly cocky lad eager to pass himself off as an alpha male, with all the

complications, self-recrimination and despondency that accompanies a bloke trying to convince you that he is the fricking man. It's been running at Smock Alley this week and it's a good production where, if anything, MacSuibhne manages to exceed the capabilities of the script. You may not like the main character, but you'll see parts of yourself in him. Starts at 8pm, tickets are €15 / €12 concession.



Hermitage Green play an acoustic gig at the Potato Market on Thursday

Sunday (September 2)

The annual **Milford Hospice Harvest Fair** takes place at the **UL Sports Arena** this Sunday. It's one of Limerick's biggest annual events, with over 20,000 people expected through the doors during the afternoon. They'll have the traditional wheel of fortune, stalls with everything from bric-a-brac to cake and a giant kids' fun zone. As all proceeds go to Milford Hospice, it's for a very worthy cause as well as lots of fun. It runs from 11am to 4pm and entry is free.

There's a free open day at the **Redemptorist Centre Of Music** on King's Island this Sunday afternoon. Obviously the best gift you can give to a child is a kidney, but music comes a close second. Teachers will be available throughout the afternoon, happy to let you try out the centre's instruments.

As the Redemptorist Centre offers up to 150 free scholarships every year to children who don't have the funds to pay for courses, it's one of Limerick's finest social assets.

Definitely worth dropping in. Runs from 1pm to 4pm.

The monthly kids' arts and crafts club is at the **Hunt Museum** on Sunday. It's the perfect opportunity for your young child to have some fun while you help them out with the difficult bits. They'll be using paper, scissors and glue, so you can also nod sagely and declare their work worthy of Matisse in his cut-outs phase. It runs from 2.30pm to 4pm and it'll cost €3 per child.

All weekend

The **Signals Of Change** exhibition is at the Hunt Museum until September 2. The three exhibitions at Limerick City Gallery also run till September 2. The Site and Cargo exhibitions at Ormston House run till September 21. All free to visit.

That's your lot for this weekend; as always, if you go to things, there will be more things!

LEADER LIFE

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

A Day In My Shoes

Dermot Fehily

Food and Beverage Manager at The Strand Hotel

Eat, drink and be merry

What time do you get up at?

That depends on whether I'm working an early or late shift. If it's an early shift I'll be up at 6.30am, if it's a late shift I'll be up by 8.30am to do the school run.

What is your normal breakfast?

I tend to eat light in the morning. If it's an early start I'll head straight to work and have something from the canteen in the hotel once all the customers have been served. If I am working later in the day I'll just have tea and toast at home.

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

My work involves a lot of walking, I walk on average about 15,000 to 20,000 steps every day in the normal course of my duties, so I don't tend to walk outside of work.

You arrive at what time?

It varies according to the business we have in the hotel on any day, but usually it would be an early start 7am or a late start at 3pm.

What are your first duties?

Our customers expect great service, therefore the hotel has to run at its best every day to make sure each guest has a memorable experience. It's my job to ensure that our food and beverage team deliver on these expectations. The first duty when I arrive is to make a tour of the departments and ensure that everything is well maintained and meet the staff and heads of department to check in on any preparations required for that day. I check the daily forecast for any changes to the events planned for that day and make sure I debrief with the manager on duty to get updates on anything important.

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

I never drink coffee, I might have a cup of tea in the



In the hospitality business there is no such thing as a 9 to 5 job PICTURE: MICHEAL COWHEY

morning and one more later in the afternoon.

What is your normal lunch – do you have a favourite place?

I eat light during the day and try and grab something quick when there is a quiet moment, so I tend to have a soup and sandwich. I never go out for lunch while working as we have access to staff meals, but on my day off I like Hook and Ladder in the city centre.

Do you have any meetings during the day?

Although meetings are necessary, I try to keep them short and to the minimum, often a quick 10 stand up meeting achieves more than a scheduled sit down meeting. My focus is always on the operation and it's important that I am where the guests are, ensuring they're receiving the best service. Walking around the hotel and inspecting every imaginable detail to prevent

problems, and delegating tasks to the appropriate department whether it be maintenance, housekeeping or whoever.

What time do you finish up at?

My job is certainly not 9-5pm Monday to Friday, I need to be in the hotel when the business requires it and often that means working long hours and weekends. On a good day I might leave at 5pm but on a late shift I may still be there at 2am.

Do you watch much TV?

Yes I like to unwind when I come home from work by watching some sport and catching up on the day's news.

Do you read the newspapers?

Yes I catch up with all the news online, I like the Independent.ie for catching up on the latest news and sport. I rarely buy a physical newspaper these days, the

Leader is delivered to my house so I catch up on local news at the weekend.

What do you do to relax?

I have a cruiser on the lake in Killaloe and I like to take it out during the summer with the family. I also enjoy golf and play a few holes whenever I can find the time.

Are you able to leave the office behind?

Being an effective manager requires energy, product knowledge, enthusiasm and excellent leadership skills, the operation runs 24 hours a day and I can be called on at any time, so even when I go home for the day I'm never really off duty, however I trust the managers of my departments and expect a lot from them, they know that and will take charge in my absence.

What is a perfect work day?

When everything runs smoothly and our guests and staff are happy. We have great characters that stay and work at the Strand. I enjoy the banter and the social aspect of the job. Occasionally a celebrity or sports team will stay with us and sometimes if I'm lucky I'll get to see a show or free tickets to events and concerts held in Limerick.

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

Customer service can be demanding and interacting with people every day can be challenging. If you're the type of person who is easily offended or impatient this probably isn't the industry for you (except for chefs, the best ones always lose their cool in my opinion). People's issues are never with you personally so I'll always find a way to resolve their issues and it's lovely when people thank you for a job well done.

INSIDE THIS WEEK



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One nature-based intervention is the practice that the Japanese call *shinrin-yoku*, or “forest bathing”

Let's take a walk in the woods



ASK THE DOC DR EDDIE MURPHY

Advice column with the Operation Transformation psychologist

I was talking to my psychology colleague Niall Crowley about the nature of therapy and our discussion lead to these insights. Life often seems to be a perpetual struggle, a big effort against staggering odds. Occasionally we get stuck in the ‘if only’ syndrome.

If only I had more money, then I would be happy. If only I could relax more, if only I had less bills to pay. As life appears to become more intense and stressful, our capacity to slow down diminishes. With the prescription of antidepressants and anti-anxiety medication on the rise across the world and a considerable emphasis placed on 1:1 psychological

interventions such as cognitive behavioural therapy (CBT), there is scope to look at additional ways of engaging people when they require support. It is not guaranteed that all conventional treatments will work for all people.

New recovery interventions need to be considered for people with existing mental health difficulties and also the general population itself. There is growing evidence that nature-based interventions can be a valuable part of a new solution for mental health.

One nature-based intervention is the practice that the Japanese call *shinrin-yoku*, or “forest bathing,” which involves soaking up the atmosphere in a forest or

woodland, moving slowly, calmly, and mindfully. A host of studies show that ecotherapy or nature-based interventions such as these can significantly improve your psychological health, reducing feelings of depression, anxiety and stress. Of considerable beauty are the native woodlands of Ireland. Unfortunately, there is only a scatter of native woodlands left in Ireland.

However, today foresters perceive native woodlands differently and now recognise their importance as inherently important aspects of our ecosystem and for native biodiversity. They are now being better managed to conserve and enhance these unique habitats and an active programme of rehabilitation of existing native woodlands and the planting of new woodlands is underway such as the A Strategy for Native Woodlands in Ireland 2016 – 2020.

Experiencing first-hand the inter-dependency of a woodland and how it changes through the season can remind us a little about our own lives. Stepping into a woodland allows us some time to reflect, our busy minds to settle

and reminds us that we do have the option of detaching from the relentless drill of a hectic life.

Despite our unique landscape, Ireland has been slower to embrace nature-based interventions as ways to improve mental well-being.

However, awareness is starting to grow here. For example, The Woodlands for Health project in Co Wicklow was set up in 2012. It has offered 12 weekly guided walks in nature to people using Wicklow mental health services. It is led by guides from Coillte.

This intervention was evaluated in 2015 with some significant improvement to overall psychological wellbeing such as a 75% improvement in mood and a 66% improvement in sleep disturbance reported.

Due to the results of the previous evaluation, the Woodlands for Health Programme will be piloted in County Laois in partnership with the HSE, Coillite and Laois Sports Partnerships. The tranquil rolling hills of the Slieve Bloom Mountains rise from the central plains of Ireland and along with the Massif Central in France are some of the oldest mountains

in Europe and offer a multitude of scenic walks.

It is hoped that Ireland can expand its territory of native woodlands thus utilising Ireland's wonderful array of natural resources for promoting positive mental health and well-being. A lack of connection to self, to others and to the natural environment is often a barrier to mental health recovery. Therefore, encouraging people to connect to their senses, connect with their breath and to engage mindfully with their natural environment are ways of facilitating this recovery. The woodlands can be used by all people at all times as a valuable tool for lowering levels of stress, anxiety and troublesome moods.

Now you don't have to wait for the HSE or Coillite, put on a pair of runner and get out into the green and soak up all that wellness.

*** Got Questions about your results? Did you achieve the points you require? What do you want to do next? The National Parents Council Post Primary, run a Helpline every year for Students, Parents and advisors. The Helpline: 1800 265 165.**

POSITIVE PARENTING

LOVE PARENTING 

Top Tips

For dealing with needles

Needles are never pleasant but there are a few steps that might ease the 'ouch' factor.

Cuddles

For babies, cuddle them closely. Feeding before or afterwards can offer quick comfort.

No surprises

For toddler and older children, give them notice of what will be happening. A surprise shot could lead to fear or mistrust around doctor's visits.

Explain

Explain that they will be getting an injection to keep them healthy. It helps to also explain that the shot takes a second but getting sick would go on much longer.

Time

Practice timing a second so they understand how quickly it passes.

Deal with your own fear

If you have a fear of needles, hide it – try not to let your stress transfer.

Offer hugs

Hugs – regardless of your child's age – are always the best source of reassurance.

Give some control

Ask the doctor to allow your child to choose which arm or thigh is done first, which gives them a little control over what is happening.

Praise and treats

Pile on the praise afterwards and maybe consider a small treat; both will distract from the sting and might result in less fear or anxiety when the next round of immunisations come around.



Every parent can learn to manage their own emotions, support their child to manage theirs and develop loving, positive relationships

Parenting in the present; dealing with the past

A new baby brings new hope. As we cuddle our new little baby, our thoughts might wander and we imagine the endless possibilities stretching before this child.

We imagine the moments of joy and fun we will share with them. While the reality of parenting is often full of moments of pure joy, it can also be one of the most challenging things we will ever do.

If your own parents were supportive and kind and if you lived in a secure home with healthy relationships, you will likely have a strong basis for raising your own children.

If, however, you grew up in difficult circumstances with lots of challenges and conflict, this may be less clear. You will be as capable as any parent of loving your child, but you might not have as clear an idea of how to manage conflict and deal with difficult emotions.

When your child is frustrated, angry or upset, it may be more difficult to stay calm and respond gently and positively.

The good news, however, is that every parent can learn to manage their own emotions, support their child to manage theirs and develop loving, positive relationships, although it does take some time and effort.

Below are a few things to consider if you find yourself in this situation.

RECOGNISE AND ACKNOWLEDGE IT

Try to find the time and space to reflect on how you react in certain situations and why that might be. For example, if your child becomes very angry because they are not allowed a certain snack and they start to throw things, how does this make you feel? Does it cause you to panic and get very angry yourself? Are you tempted to shout at your

child or just leave them in their anger? These are difficult circumstances for any parent, but if you find your child's behaviour overwhelming and if you are not able to cope, it may be a signal that you are reacting not only to your child's behaviour but to something that has happened to you.

FORGIVE YOURSELF

No parent gets it right all of the time. If you made a mistake, talk to your child about it and apologise. Let them know that you will try to act differently next time. Apologising to your child isn't a sign of weakness; it lets them know that you're human and make mistakes and that you are committed to the relationship

REACH OUT

All parents need support. If you are trying to manage difficulties from your own past, you may need some extra support. Parent and

toddler groups can be great ways of meeting other parents and getting some informal support. You may also want to speak to a health care professional (GP, Public Health Nurse) and let them know what you are struggling with and see if they can refer you for supports such as counselling

FIND MOMENTS OF ENJOYMENT

Whatever the age of your child and whatever issues you may be dealing with, try to find time every day to enjoy your child.

This may be cuddling in to watch a programme together; taking the dog for a walk; talking about a happy holiday or day out you had; or just chatting about something that happened that day.

If you would like more information on available services and supports, please see www.loveparenting.ie.



HEALTHY LIVING

EVA HILL HAMILTON

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Cholesterol, fats and CVD

THERE is still much confusion about dietary fats and cardiovascular disease – especially since the official advice is still singing the old dogmas based on poor science. Saturated fats were banned for decades to favour unsaturated vegetable oils due to their effect on increasing cholesterol.

However, new evidence shows that in countries where vegetable oils have taken over the kitchen, cardiovascular disease increased compared to countries where saturated fats are still dominant in the cuisine.

Cholesterol is essential for life as a vital component of cell membranes and hormones and transport for many nutrients. Unsurprisingly, low cholesterol leads to damaged cell membranes, affecting the nervous system and the ability to deal with stress which can predispose to cancer.

Among low-cholesterol populations, approximately three times more people die from cancer compared with their high-cholesterol counterparts.

Our liver makes up 80% of our cholesterol – more if we have inflammation or



Golden mean: Trying to completely cut cholesterol out of your diet could damage the nervous system

hormonal imbalances in an attempt to provide healing material, and the rest we take in through our diet. For many years eggs were doomed due to their cholesterol content, until recent research pointed out that those who ate more eggs had lower cholesterol levels... The reason is that the

nutrients that are in eggs help the clearance of cholesterol and support your liver's function.

When it comes to dietary fats, butter increases cholesterol the most, followed by coconut oil – but even a high dose of fish oil supplements will raise it. If you think about it,

cholesterol is the bus that takes fats (and fat-soluble nutrients) to your cells, thus if you eat fat in high amounts, your liver makes more. But excess carbohydrates are also turned into fat in the liver – raising that cholesterol level.

The problem does not lie in high cholesterol, but if that cholesterol is damaged by free radicals. And how do we create fat soluble free radicals? By introducing trans fats into our diet. Trans fats are heat-damaged unsaturated fats – the very vegetable oils the “expert advice” is promoting. Refined oils of any sorts are stripped of their natural protective antioxidants and become “oil on the fire”. If you heat it – you are better off with

unrefined saturated fats or extra virgin olive oil, because they are more stable and their high antioxidant levels protect them.

Having high cholesterol is just one of many factors that can contribute to cardiovascular disease.

The main problem with cardiovascular damage is inflammation – due to free radicals, blood glucose, homocysteine, excess visceral fat or gut dysbiosis. Once the blood vessel is damaged, adhesion molecules are recruited and cholesterol can build up on the scar tissue and eventually calcify.

Deal with the damage – not create more with trans-fats and oxidized cholesterol!

DID YOU KNOW?

Cardiovascular diseases is the leading cause of death for both men and women in Ireland



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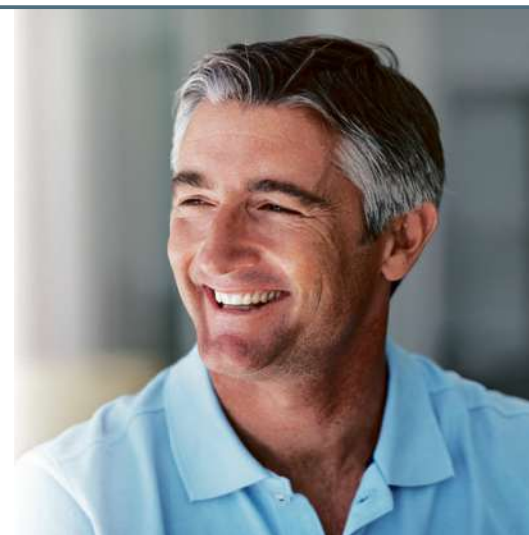
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Setting your September fitness goals

WHEN you work in the fitness industry, you often compare September to January in terms of people's goals, drive and intentions. The summer months have come to an end, the kids are all back at school and it's definitely a time where people feel the need to knuckle down and work hard. In case you are planning a little fitness and food overhaul of your own - here are my eight favourite tips to share with clients.

1: WRITE IT DOWN

Get a little jotter or notebook and write down your goals. Set a short-term goal and a long-term goal. For example write what you want to accomplish by February and then by July etc.

2: PAIR UP

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

3: MAKE A PLAYLIST

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

4: DO A BIG HEALTHY SHOP

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

5: KEEP A FOOD DIARY

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

6: HAVE A 'YOU' DAY

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

7: HAVE A REWARDS JAR

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

8: TAKE PROGRESS PICTURES

Start with a 'Day 1 picture' and document your progress weekly or bi-weekly by taking pictures. Wear the same gym gear and adopt the same stance and location for each picture so the changes can be clearly seen. I still take pictures all the time just so I can keep track of any changes. Whatever your fitness goal - the biggest step is starting and after that it's making it a habit. No matter what you do, do your utmost to stick it out for September and chances are that by then the difference you see will be all the motivation you need to keep on going. Follow me on social media for more tips and advice.



The end of the summer is a great time to start a new fitness routine

Healthy Recipe Superfood salad

What You Need

1 cup quinoa (cooked)
 4 Cups Chopped Kale
 1/2 cup fresh blueberries
 1/2 cup red grapes (chopped in half)
 1/2 cup edamame beans
 1/3 cup crumbled feta
 1/4 cup sunflower seeds
 1/4 cup walnuts
 1/4 cup freshly squeezed orange juice
 2 tablespoons olive oil
 1 garlic clove, finely minced or



pressed
 1 heaping tablespoon Greek yogurt
 Salt/Pepper to taste

What To Do

Mix quinoa, kale, blueberries, grapes, edamame, feta, seeds, walnuts in a large serving bowl and set aside.

To make dressing: pop the orange juice, olive oil, garlic, salt, pepper into a sealed jar (or protein shaker) and shake hard for a minute or two.

Add the Greek yogurt and shake until creamy.

Add dressing only when eating salad.

Moore2Life

What I'm loving this week



Getting ready to Beo... again

I am so thrilled to be returning to the BEO stage this autumn for a series of dates in Clare, Cork, Galway and Kilkenny. Some venues have already sold out but if you are looking for a day of relaxation, positivity, goals-setting, yoga, and time for you - then you don't want to miss this.

I cannot describe to you the feeling in the room at these events. They are definitely unique.

I think, even as a speaker, I have taken something different from the day each and every time. You 100% will too. For more information see www.beowellness.ie



My caravan renovation

I have recently taken on a little project with my other half - of renovating a caravan. We are hoping to take it on the road and visit all the beaches of Ireland. Since I started to share it I've gotten so many messages of interest so if you'd like to follow along - come to my Instagram page and you'll see the progress so far there.

www.instagram.com/leannemoorefitness



Allie Glynn and David Geoghegan, Corbally at The Coronas concert in St John's Castle



Attending The Coronas at King Johns Castle were Jodie McNamara and Sara Cagney, Castletroy.

PICTURE: GARETH WILLIAMS

Out & About

THE CORONAS PERFORM AT KING JOHN'S CASTLE

Pictures: GARETH WILLIAMS



Breda and Alana Casey and Jennifer Delaney



Brian Carr and Ciara Grehan, Castletroy



Robert Jordan, Mark McNulty and Julia Gawlowska, Sixmilebridge



Kevin McCarthy and Maria Galvao, City Centre



Eoin and Catriona Lillis, Rathkeale



Terri Penney, Emer Carr, Avril Vickery, Murroe, Annagh and Pat Roche, Killaloe



Debbie Ryan and Sarah Bertals, City Centre



STYLE & FASHION

CELIA HOLMAN LEE

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Statement hats steal the Rose show

IT was all about the statement headpieces at the Rose of Tralee fashion show 2018 when 2,000 people packed the dome to get a glance at the key looks for the coming season.

And leading the pack was the award-winning milliner Carol Kennelly. From the pillbox style made famous by the late Jackie Kennedy to looks inspired by the Duchess of Cambridge Kate Middleton, to spectacular hats with birds of prey feather detail, these hats made a huge impact and the audience lapped it up.

All looks on the catwalk featured a bold palette of autumnal hues complemented by some more unexpected shades.

The fashion looks this week demonstrate that by mixing and combining unexpected colours, it can result in a signature style or look.

The shops and stores really pulled it out of the bag to create a phenomenal show. All shoes were by Footprints Listowel and hair and makeup was by CH Chemist Tralee.



Yolanda and Noma wowed in outfits from MacBees coupled with hats by well-known milliner Carol Kennelly



Niamh models a divine sky blue dress by Marion Murphy Cooney with gorgeous, net detail hat by Carol Kennelly



I love the 1950s vibe to this outfit worn by Laura - dress from Phoenix V and hat by Carol Kennelly



Claudia models a green dress from Phoenix V with matching hat by Carol Kennelly



Laura takes to the catwalk in the dome in a white ensemble by Marion Murphy Cooney

CELIA SPOTTED

Looking good out and about in Limerick

Name: Lisa Tracey
Occupation: Administrator, Mid-Western Cancer Foundation
From: Limerick

I really like the style available in River Island. The clothes are always nice and trendy. My fashion icon is Lorraine O'Connell. I really like her style.

CELIA SAYS

Dress from Blue Velvet:

Purple is the colour of luxury and always looks so sumptuous. This dress from Blue Velvet is ideal for a business meeting - smart and classic. It's the ideal length for a daytime look - just below the knee. The pleating detail on the neckline really draws the eye.

Shoes from River Island:

We all know how difficult it is to get a pair of shoes to match a dress - it can eat up a lot of petrol and patience. Luckily for Lisa, she seems to have found the perfect pair to match her purple dress, in River Island. The colour is spot-on and the stilettos are just the right height for daytime.

Jacket from Blue Velvet:

I love the combination of purple and cream here in Lisa's outfit. Kate and Pippa eat your hearts out! The cream jacket is just the right accessory - not too fussy and it lifts the purple dress and matching shoes beautifully. The three-quarter length sleeves are ideal for this time of year when there is still a bit of heat in the air



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



MANABOUTTOWN

PATRICK McLOUGHNEY

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Style tips when starting college

GOOD news - you're not in secondary school any more. Here marks the start of your adult life and on the way you'll find out who you are but also make countless mistakes. Starting college marks the beginning of your adult life and independence. It's an exciting - and slightly daunting - time in which, if all goes well, you should learn a lot about who you are, adopt political opinions, meet lots of interesting new people, get drunk a lot and learn how to make toast. Oh and get a college education, don't forget about that.

Starting first year usually brings about a great deal of change for students up and down the country. We've all been through it, you're living away from home for the first time, cooking for yourself, cleaning up after yourself and meeting people from places like Mayo and Thurles for the very first time. These are all life-changing moments and can be a little scary when they all happen in a relatively short period of time.

One good change that comes with starting college is that you no longer have to wear your god-awful school uniform anymore and you now get to pick your own clothes day in, day out without having to answer to your teachers or parents. With that new found independence

comes new found pressure on what to wear.

More and more guys are taking an interest in their style these days and want to keep up with the latest trends but are afraid of judgement or ridicule so they just try to blend in with the crowd.

I die a little inside when I see a group of six lads all with the same haircut wearing Vans, skinny O'Neills joggers and GAA zip ups.

With this in mind, here are some quick dos and don'ts when it comes to college clothing...

Do...

REP YOUR COUNTY COLOURS

Wearing your county colours in your first few weeks of college is a handy way of getting to know new people as well as sounding out a few fellow countymen and women in the college. If you're a Limerick man (or player) wear your county colours proudly because you feckin' deserve to.

Don't...

OVER DO IT

Especially if you play GAA. You don't have to be a billboard for the fact the you were on the minor panel two years ago every time you walk across campus.

It's ok to be passionate in your support for your county but don't let it become your whole style identity.

Do..

INVEST IN A DECENT PAIR OF SHOES

Thankfully the student night clubs in Limerick do not enforce a no trainers rule but there is a line in the sand between fashion trainers and the scruffy runners you wear to college every day. Your everyday runners or 'tackies' as they're called in Limerick will get you stopped by the bouncers.

Don't...

GO OVERBOARD

Unless you are prepared to go all the way with your smart or smart casual outfits then be conservative with your choice of fancy shoes. There's a popular meme that lists a stripy shirt, bootcut jeans, fancy shoes and a pint of Bulmers as a country boy nightclub starter kit. You don't want to be that guy so pick a pair of shoes that will match up with most outfits.

Do..

EMBRACE SKINNY JEANS AND CHINOS

Slim and skinny jeans are no longer associated with Jedward and sissies.

The taboo has been lifted and you're more likely to be laughed at for wearing baggy ill-fitting pants than skinny jeans or chinos.

Knee rips are all in at the moment but don't try DIY unless you know what you're doing.



Hon Limerick! Patrick says that if you're a Limerick man (or player) wear your county colours proudly because you feckin' deserve to

Don't...

LIVE IN YOUR TRACKSUIT BOTTOMS

Like with your county colours, it's ok to wear a pair of casual tracksuit bottoms or a training top every once in a while, but you don't want to make it look like you only own one pair of pants.

Do...

INVEST IN A FEW NICE HOODIES

Everyone needs a few good

hoodies. They're easy to throw on when you're too hungover to dress yourself properly and they're cheaper than paying the heating bill in February when you need drinking money for RAG week.

Don't...

LET GIRLS STEAL THEM

Well not all of them anyway. The right girl might be worth sacrificing a hoody.

Out and About Rain Africa grand opening

I popped out to the grand opening of the Rain Africa store in the Castletroy Shopping Centre last week. My fellow Leader columnists Richard Lynch and Meghann Scully were there along with Leader alumni Sinead O'Brien and our stunning Miss Limerick Beibhinn Haren. Rain Africa create luxury handmade bath & body products using natural ingredients with African botanical actives.

Rain products are responsibly handmade with love and care for their customers, their crafts people and the environment. Rain have a full range of men's grooming products that I will be reviewing here in the coming weeks. In the meantime pop out to the Castletroy Shopping Centre and check out the new store for yourself.



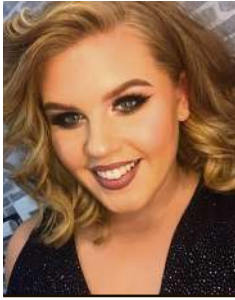
Watch This Space Acqua Di Gio Absolu

My fragrance of the week is Giorgio Armani Acqua di Gio Absolu. There is no doubt that the original Acqua di Gio is one of the all time great men's fragrances. Perfumer Alberto Morillas created one of the landmark aquatic perfumes in 1996. Unlike many brands Giorgio Armani has been protective of overexposing the brand; Acqua di Gio Absolu is only the third flanker released. Another good thing about these flankers is they are distinctly different fragrances which capture pieces of the original formula

without just replicating it with a new ingredient or two. Alberto is again at the helm and he starts with the "acqua", as a marine accord of sea and sand opens things up. It is then deepened with not the typical citrus notes but something sweeter. It then takes a very woody turn over



the latter stages to become a mainly woody aquatic. For anyone who wanted a woodier version of Acqua di Gio, without the jasmine, Absolu will hit the spot. You'll find this new fragrance at Brown Thomas Limerick for around €80 (75ml). Ask for Antoinette at the fragrance counter.



BEAUTY & MAKE-UP

JESSICA HOCKEDY

CONTACT JESSICA

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Class is in session for your back to school skincare!

SO, you've got your school supplies packed and your uniform ready for the upcoming school year. But what about your skin? As you begin to prepare everything you need before heading back to class, don't forget about taking care of your body's largest organ.

There's no denying that heading back into school mode after blissful summer months can be stressful, but don't let that affect your complexion!

By adding a few crucial skincare products to your back-to-school list, you can help achieve and maintain your best-looking skin yet.

MUST-HAVE 1: CLEANSER

With late nights on the horizon, pushing your skin care routine to the side may be tempting, but trust me

when I tell you that it's a bad habit to start.

Your routine doesn't have to have 57 different steps, but you should make sure to wash your face morning and night even if you didn't wear make-up that day.

Doing so can help remove dirt, oil, and impurities that have accumulated on the skin throughout the day, before they have a chance to create havoc.

When choosing a cleanser, keep your skin type in mind, as well as your specific skin concerns. There's no shortage of options, so choose wisely! When I was in school my favourite cleanser was from Clarins. They do a great range for younger skin!

MUST-HAVE 2: FACIAL MOISTURIZER

After cleansing your skin, adding moisture back into

the skin is the immediate next step.

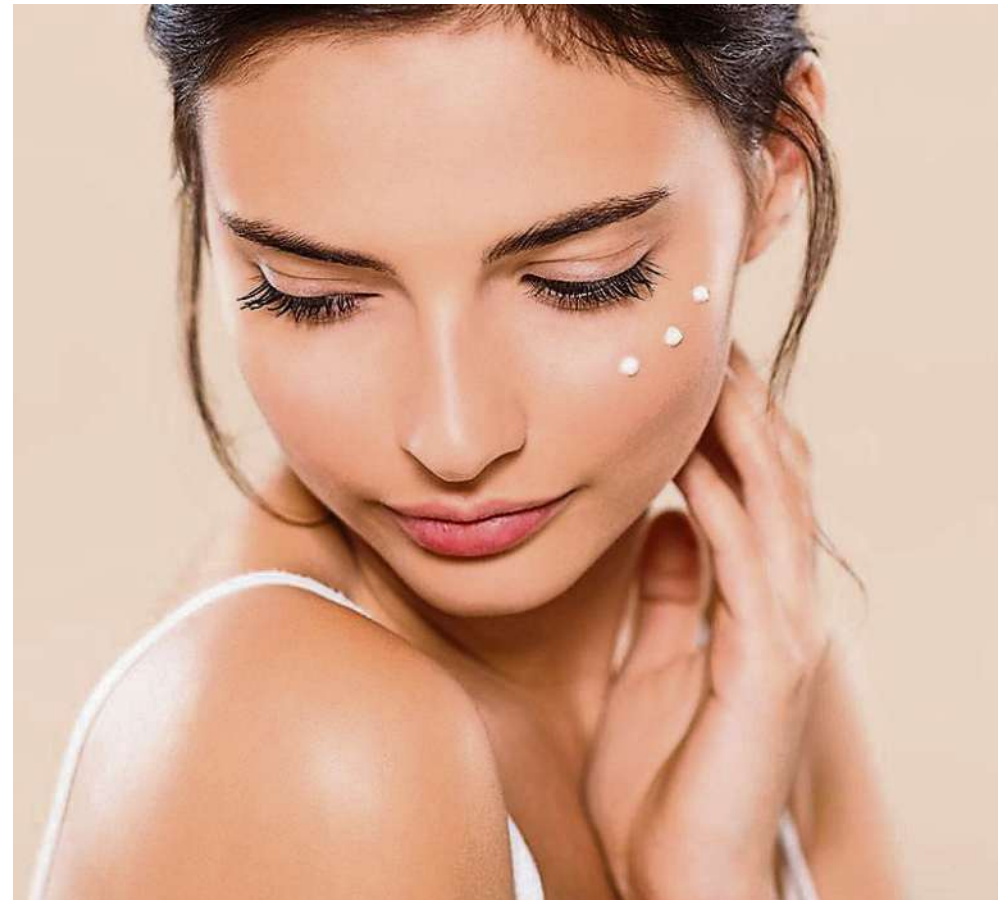
Moisturising daily can not only help hydrate your skin, it can also help it feel soft, and appear supple and plump with moisture. One of my favourite lightweight moisturisers to use is still from La Roche Posay.

It just suited my skin and protected me from the harsh climate between walking to school in the bitter cold to sitting in a warm classroom with dry heat that is equally bad for your skin. Find what suits you and stick to it!

MUST-HAVE 3: LIP BALM

Like your skin, your lips get dry and cracked too - which is the worst feeling sitting in a classroom as it can be so distracting!

Make sure to carry a few lip balms with you - in your pencil case for easy access, in your locker for quick touch



There's no denying that heading back to the school mode after those blissful summer months can be somewhat stressful

ups and in your PE bag.

MUST-HAVE #4: SUNSCREEN

Summer may be over, but your efforts towards adequate sun protection

shouldn't be! The sun never takes a break, and neither should your defence against it. Continue to apply a broad spectrum sunscreen onto all exposed areas of skin before

heading outdoors. Keep in mind that even when it's cloudy, you still need to be protected.

Your future self will thank you for caring!

My Make-Up Bag

Aine Hartigan



This here is Aine, not only a little sister to one of my good friends but now a great friend herself! She is a 17-year-old young lady and she does a phenomenal job on her make-up. Aine later explains why she likes to be working alongside her big sister! She has a beautiful mature view on life and I'm so very proud of how far she's come!

Do you have a make-up role model?

Yes, it's definitely Caitlin Richardson.

What inspired you to be in the position you're in now?

My sister Chelsea. I've always wanted to learn more about hair and she's a hair stylist so I now work in the same salon as her as a junior stylist.

What is your favourite skincare product?

The Simple moisturizing face wash. I use it after every shower and it helps my foundation to apply more smoothly because my skin gets so hydrated from it!

When buying make-up are you guided by brand name/appearance or cost/quality?

I'm definitely guided by cost and quality. Most of my make-up products are drug-store bought; brands such as Maybelline and L'oreal.

Do you wear make-up

everyday?

No, I never really wear make-up unless I'm going out. Other than that I just wear mascara most days

What three products could you not live without?

Benefit mascara, Inglot brow gel and Smashbox foundation.

Do you have any make-up disasters?

Wearing massive eyelashes! I used to always think that the bigger the better the lash but when I look back at pictures I cringe so badly because they were like sweeping brushes on my eyelids!

What is one thing you must do before you leave the house?

Turn off my hair straightener.

Woman/Man crush?!

Billie Eilish, her style is so cool and she's an amazing singer.

Does wearing make-up make you feel good about yourself?

Yes, I always feel a bit more

confident when I'm wearing make-up.

Would you leave the house wearing absolutely no make-up?

Most of the time I do!

On average, how long does it take you to do your make-up?

Usually just around 45 minutes.

What is your top make-up tip?

This is probably the most common answer to this sort of question, but, blend! Blending everything makes your make-up look so much better!

Do you feel men or women are taking over the make-up world?

I think both genders are taking over the make-up world, so much more male make-up artists have become so successful over the last few years like James Charles and Michael Finch.

Lust corner

Must. Have. Now.



La Roche-Posay Effaclar - Mat Mattifying Moisturiser

For all my oily guys and girls! This mattifying moisturiser for oily skin targets excess oil. Dual action - mattifies skin and refines pores. Formulated with micro-exfoliating lipo-hydroxy acid, this oil-free formula hydrates skin while leaving skin looking and feeling matte.



I ♥ LIMERICK

RICHARD LYNCH

FOLLOW RICHARD

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



UL health conference hopes to empower local communities

RECENTLY, the University of Limerick led by Dr Khalifa Elmusharaf, GEMS senior lecturer in public health and Dr Anca Minescu, EHS assistant dean international collaborated with the Network Towards Unity for Health (The Network: TUFH) to host an international conference. UL Conference & Events welcomed delegates from 110 universities and 30 organisations from 50 countries from around the world to discuss Community Empowerment for Health.

The delegates came from a range of backgrounds including academia, health organisations, and local and civil societies.

Dr Elmusharaf said, "The main outcome of the conference is Limerick's declaration on community empowerment.

"It involves a change in power relations and enabling people to have more control, and responsibility, for their

own health.

"This declaration is a call of action on educational institutes and organisations worldwide to lead the change process for community empowerment and social accountability."

During the conference, through keynote speeches, interactive thematic sessions, mini-workshops, and site visits to local organisations, delegates learned and shared their experiences and discussed how educational institutions and organisations could lead the change process to provide empowering opportunities for communities and under-represented sectors in the society.

Dr Minescu commented, "The conference is run in the spirit of sharing and learning from each other, each other's profession, each other's projects and each other's country and culture."

Delegates also engaged with many local charities during a 'Conference on the Move' day, where 16 different morning visits were



Pictured at the TUFH Conference at UL were Holly English, Shannon Region Conference and Sports Bureau, Dr. Anca Minescu, assistant dean international, Faculty of Education and Health Sciences UL, Dr. Khalifa Elmusharaf, senior lecturer in public health, Graduate Medical School UL, Deborah Tudge, academic conference manager for UL Conference and Events, and Noreen O'Malley, general manager of UL Conference and Events PICTURE: ZOE CONWAY/ILOVELIMERICK

arranged to local organisations such as Doras Lumni, Rape Crisis Centre, and Novas.

The delegates also spent the afternoon at several different tourist attractions

including Thomond Park, King John's Castle and Lough Gur Heritage Centre.

Karen Brosnahan of the Shannon Region Sports and Conference Bureau said, "This event was a fantastic

win for Limerick to have so many medical delegates visiting The Graduate Entry Medical School in UL.

"The aim of the bureau is always to share the best of our region and its people

with the world and we were honoured and thrilled to be able to achieve this."

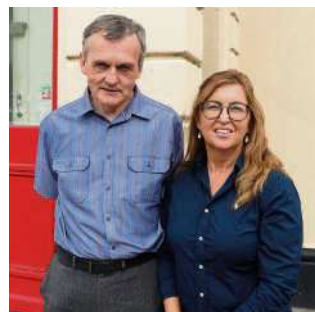
For more information please contact Karen at Karen@conferenceand sportsbureau.com.

BNest welcomes the new crop

BNest, the first dedicated Social Enterprise Incubator, is an initiative created specifically to support social entrepreneurs, nurture their start-ups, and caters to all types of organisations from charities to businesses with a social conscience.

This year will mark the third year of the programme, so on Wednesday, September 5, at 4pm, BNest will hold the launch of its 2018/2019 Social Enterprise Incubator programme at the Nexus Innovation Centre at the University of Limerick.

In September 2016, Nexus Centre UL teamed up with BNest to provide this six-month programme in which emerging social enterprises learn how to get their new organisations off



Eamon Ryan, founder of BNest pictured with Tracey Lynch, CEO Tait House who will be a guest speaker at the launch of the BNest 2018/2019 Social Enterprise Incubator Programme PICTURE: RICHARD LYNCH/ILOVELIMERICK

to the best start.

Everyone is welcome to attend the event, as it is a great opportunity to meet

those that have been selected to do this year's BNest incubator programme and also to connect with like-minded passionate individuals who want to make a positive social impact.

Guest speakers Tracey Lynch, CEO of Tait House Community Enterprise and John Evoy, social enterprise development manager of the Social Innovation Fund will share their social enterprise journey.

The launch of the 2018/2019 BNest programme takes place on Wednesday, September 5 at 4 pm at the Nexus Innovation Centre at UL. For more information visit www.bnest.ie or email Kasia Zabinska, BNest Manager at kasia@bnest.ie.

Bellissimo wins big for Limerick

THERE was great excitement last Monday as five Bellissimo stylists woke at the crack of dawn to make their way to the Capital to take to the international stage for the TrendVision Awards 2018 in Dublin. After months of hard work for stylists Lauren, Breda, Ali, John and Aileen, it was finally time to show the hair industry what Limerick brings to the table. The five stylists were named among a select few as finalists after thousands around the country entered the initial photographic round.

A busload of staff and family left from the salon later that afternoon to lend their support, and



Creative Vision Award Winner Aileen Hannan from Bellissimo (centre) pictured with her model Charlie Taylor and host James Kavanagh the TrendVision Awards

they weren't disappointed. Junior Stylist Aileen secured a win in her category Creative Vision. Her look was inspired by a recent trip to South Africa, where she was excited by

the freedom of the street style in Johannesburg. With a tip to her electric personality, she presented to the judges a 3D mood board, which was designed in the layout of an atom.

Aileen began her career in Bellissimo just two years ago. In a first for Bellissimo, Aileen runs a column as a make-up artist while also training to be a stylist. Her unique style and considerable talent have led to a very promising future for the young trainee stylist. Aileen will fly to London in October after the Trendvision Awards 2018 to represent Bellissimo on the world stage. Congrats Aileen! Thrilled for you!

THINGS I ♥ THIS WEEK

LONGCOURT HOUSE HOTEL

Be in with a chance to win your dream!

TO celebrate the opening of their gorgeous ballroom earlier this year, Longcourt House Hotel in Newcastle West is giving one lucky couple the chance to win a wedding reception at this glamorous home of the happily ever after!

The hotel has teamed up with Limerick's Live 95FM to give away a magical wedding reception to one very

newlyweds that will walk through our doors, including the lucky couple who win themselves a wedding on us!"

To be in the running to win an amazing free wedding reception, register at www.live95fm.ie from Wednesday September 5, and share the story of how you met your other half, and why you should win a wedding at



Richard at Longcourt House Hotel with Brides Nora Brouder, Lauren Enright, Natalia Mzua and Liga Eliase. Richard is the host of The Mr. & Mrs. Quiz on Saturday, September 15 PICTURE: ARTHUR ELLIS

lucky bride and groom, and up to 120 of their family and friends. On the run up to their big day, the winning couple can put their feet up and leave all their reception planning stress and worries in the capable hands of the experienced wedding team.

Speaking in relation to this phenomenal giveaway, Longcourt House Hotel general manager, Paul O'Sullivan tells me, "We have an amazing wedding team who work with our couples to ensure their day is as unique and special as each couple that chooses to celebrate their special day with us. Our ballroom has undergone a transformation and can't wait to make many memorable days for the

Longcourt House Hotel. From Monday, September 10 to Friday 14 on Live Drive. Presenter Gary Connor will be picking a recently engaged couple each day to fight it out in the final. At the grand final, which will be held at the Longcourt House Hotel on Saturday, September 15, I will be the MC for the evening and will see just how well our five couples know each other with a lively Mr. & Mrs. Quiz. So, make sure you take note of how your better half likes their coffee or what makes them tick and you could be beginning the rest of your lives.

For the competition details visit www.longcourthousehotel.ie or email sayido@longcourthousehotel.ie.



UCH director Sinead Hope pictured at the University Concert Hall PICTURE: OISIN MCHUGH/TRUE MEDIA

University Concert Hall celebrating 25 years

A SILVER jubilee programme to mark 25 years of magical moments on the University Concert Hall (UCH) stage will hit the high notes with a special gala concert celebration on Saturday, September 8.

Featuring the RTÉ Concert Orchestra and special guests – including some who performed in the first weeks of UCH, such as Chieftains legend Paddy Moloney and pianist Barry Douglas – the concert will be a true celebration

of the venue's contribution to the arts in Ireland for a quarter of a century.

It will be the high point of an ongoing programme of celebrations to mark the special anniversary of this 1000-seat venue in fitting style. Celebrations including a €1.85m upgrade in technical, backstage and front of house facilities. The venue will reveal a revamped entrance, foyer, box office, restaurant and dressing rooms for its anniversary

concert. The celebratory programme also includes a series of video interviews with some of the stars who performed there in the past, including Christy Moore, Mary Black, Paddy Moloney and Pat Shortt.

The gala concert will see some of the country's most respected musicians and performers come together to give a flavour of 25 wonderful years of music. See www.UCH.ie.



Graeme Mulcahy of the victorious Limerick senior hurling team on a visit the Children's Ark, University Hospital Limerick with the Liam McCarthy Cup where he met Dan Walsh

PICTURE: LIAM BURKE/PRESS 22

HEROES OF THE WEEK

Hurlers visit the UHL

Patients, visitors, and staff were delighted to welcome the victorious Limerick senior hurlers to University Hospital Limerick and the All Ireland Champions brought the Liam McCarthy Cup to raise the spirits of patients at the hospital. Well done lads and congrats on your astounding achievement. Limerick loves ye!



*Love to all,
Richard x*



MEGHANN MIX

MEGHANN SCULLY

CONTACT MEGHANN

Facebook: @meghannscully **Email:** meghann.scully@spinsouthwest.com



Pick'n'Mix

Happenings about town



Electric Picnic is finally here

This weekend Ireland's largest music and arts festival takes place, Electric Picnic. Make sure to pack appropriately and bring plenty of waterproof clothes. Make sure your tent is waterproof and you have all the poles.



Heathy bites at The Underdog

I went to The Underdog on Thomas Street at the weekend and got to taste some of their beautiful vegan food. Everything is plant based and so tasty. I even got a special juice made as flu season has taken over. I can't wait for my next visit.



New rugby season kicks off

This weekend Munster are back in PRO14 action as they welcome South African side Cheetahs to Thomond Park. It is the first game of the season and it kicks off at 5.15pm on Saturday.

Empowering Women event

ON Sunday September 16, there is a very interesting and broad seminar taking place that will be of special interest to women.

The Strand Hotel is the venue for Empowering Women, an event organised by a woman and for women. It will have a mix of professional presentations and life stories from women to inspire, educate and inform.

There will be talks, food demos, a panel discussion and stands with Irish products aimed at women.

The event itself was set up by Niamh Connolly, a psychotherapist from Dungarvan. She founded The Mind Gym last year to provide a service and a space where people can understand and manage anxiety and moods. Her aim is make mental health services as available and as common as physical fitness classes and gyms.

The event in Limerick will kick off at midday and first up will be professionals talking about their own work. The lead CNM midwife from the newly opened UHL peri-natal mental health unit will talk about her work. Amanda Moroney of Recalibrated Bodies, will be speaking all about a healthy lifestyle, nutritional health and pregnancy while Niamh herself will talk about wellbeing and managing stress.

The talks will be broken up with a food demo and then lunch will be served giving everyone a chance to talk to those around them. Eunice Power will be cooking for the demo and her food philosophy is that everything should be made by hand using raw ingredients.

After lunch there will be a panel discussion with women from different walks of life sharing their



Limerick's Empowering Women event will take place on Sunday September 16 at The Strand Hotel

own stories. This is where I will be sharing my story about loss and dealing with grief having lost my father and brother during my teenage years.

There will be prizes on the day and a raffle will take place with all money raised being donated to three charities. Pieta House, Post-Natal Depression Ireland and

Adapt services are the three charities that will receive the money. Adapt, a domestic abuse service, run one of the largest refuges in Limerick.

Flu Season

I'VE been battling a flu for two weeks now and I am at my wits' end with it. It seems every second person is sneezing and coughing as the weather changes and the rain pours down. Schools are returning as well so that will add to the cold casualties.

The pharmacy has been great for recommending various cough bottles and aids. It's important to look after a cold to prevent a flu or, worse still, a chest infection. Manuka honey

and fresh oranges are also great for creating homemade remedies. I've been drinking hot homemade drinks every morning and evening. The health shop also has a great range of remedies that can beat the cold.

The days are still quite mild but night time has become bitterly cold so it's getting close to changing from the summer duvet to the winter duvet, swapping cotton for wool and wearing boots over sandals. Winter is coming!



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Limerick Leader, 54 O'Connell Street, Limerick

Deadlines: Classified Display & Lineage

Monday 2:00pm

Family Announcements & Bereavements

Monday 2:00pm

Motoring/Property/Jobs

Monday 2:00pm

Pay by credit /debit card or cash.

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A complete version of our Terms & Conditions can be found online at www.limerickleader.ie

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RELIABLE LADY Required for Housework and Air B&B Meet and Greet, in the City Centre / Ennis Road area. Please contact Mary 087 7725000

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2 X HOMEMAKER FAMILY SUPPORT WORKERS

One Fixed Term Contract to Sept 2019 plus one 3 month fixed term contract. Limerick City. Salary: €25,787 - €34,515
The Homemaker Family Support Service provides practical, home-based support (such as helping the family to get ready for school, prepare meals, manage the household, etc.) to families that are struggling to cope with the demands of daily life for a range of reasons.

For full job descriptions visit www.barnardos.ie/jobs or call Elaine on 061 329298. Closing date: 12 noon Thursday 6th Sept. Interviews on Tuesday 11th Sept.

BLOCKLAYERS,

Basic and Advanced Scaffolders, Skilled and Unskilled Operatives, 360 Machine Drivers, Groundworkers, Qualified Electricians, Carpenters, Roofers, Plumbers, Painters, Plasterers, Cleaners, TM & SLG Operatives & all Tradesmen/Plant & MEWP Operators required for Limerick and Munster Region. Prawnicy Budowlani z safe passem potrzebni . Send CV to limerick@clsrecruitment.ie or call 061-502327.

PUBLIC NOTICES

AN CHUIRT DUICHE (THE DISTRICT COURT) DISTRICT COURT AREA OF LIMERICK DISTRICT NUMBER 13 LICENSING IRELAND ACTS 1833-2013 LICENSING IRELAND ACTS 1883 SECTION 6 AS AMENDED BY SUBSTITUTION IN THE FIRST SCHEDULE TO THE COURTS NO. 2 ACT 1986 INTOXICATING LIQUOR ACT, 1960 SECTION 29 DISTRICT COURT RULES 1997 ORDER 79 Shelbourne Medical Properties Limited - Applicant
TAKE NOTICE that Shelbourne Medical Properties Limited having its registered office at Morehampton House, Merrion Road, Ballsbridge, Dublin 4 hereby applies to the Annual Licensing Court sitting at the Courts Complex, Mulgrave Street, Limerick on Thursday 27th day of September 2018 at 10.30 a.m. for a Certificate by way of a transfer entitling the Applicant to receive an Ordinary Publicans Licence in respect of the premises known as Hassett's Bar, Hassett's Cross, Limerick in Court Area and District aforesaid and heretofore licensed in the name of Noel Hassett. Dated this 24th day of August 2018.
Signed SWEENEY McGANN
Solicitors for the Applicant
67 O'Connell Street
Limerick.
TO WHOM IT CONCERNS

PUBLIC SECTOR

PART-TIME MINI BUS DRIVER REQUIRED
For school runs morning & evening. Must hold at least a D1 Licence, with CPC training complete
Apply to **087 7777188**

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WANTED: GOLD, Silver, Old Irish/Foreign Banknotes, Old Irish/English Coins, Old Sterling Banknotes/Coins. Gold/Silver Jewellery, Irish War/Old GAA Medals, All Watches, Taxidermy, CDs. Rock & Heavy Metal LP Records, Heavy Brass Ornaments. Old GAA Match Programmes, Irish History/Irish War Books. Cash Paid. Ph: Colman 087-2035809

FAIRVIEW RANGERS LOTTO RESULTS 27TH AUGUST NUMBERS DRAWN 3-9-10-24 NO WINNER JACKPOT €8600
Lucky Dips; Darrell Any, Stew & Darrell, Eugene Hurley C Carn na ree, Veronica McCarthy c/o Pa Ryan, T he Jes c/o FOG, Laura Mulqueen c/o AndyPromotors Price Noel Whyte
Next weeks jackpot €8700

ST. MARY'S R.F.C.
Lotto Draw held Monday 27th August 2018
Winning Numbers: 2-5-13-19
No winner
4 Winners €40 each: Caoimhe Lynch c/o Dan; Rita Walters c/o Dan; B. Halloran c/o Gate Bar; Kaiden Stewart c/o C. McNamara
Next weeks Jackpot €2,950
Draw will take place in Rasher's Bar

GERALDINES A.F.C.
WEEKLY LOTTO DRAW HELD ON 27/08/18
This Week's Jackpot: €3,400
No's: 10-12-16-22
Lucky Dips: Joanne O'Callaghan c/o Club, Kenneth Murphy c/o Jimmy McCarthy, Ollie O'Brien c/o James McNamara Promoters Prize Dave Connolly and Joean McNamara
Next Week's Draw held 03/09/2018
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LICENCE APPLICATIONS

AN CHUIRT DUICHE The District Court DISTRICT COURT AREA OF LIMERICK DISTRICT NO. 13 LICENSING (IRELAND) ACT 1833 SECTION 6 INTOXICATING LIQUOR ACT 1960 SECTION 29 NOTICE OF APPLICATION FOR CERTIFICATE OF TRANSFER OF LICENCE Applicant: Mallow Lodge Limited
TAKE NOTICE that Mallow Lodge Limited having its registered office at 27 Glenside, Annacotty in the City of Limerick intends to apply to the Annual Licensing Court to be held at the District Court at Mulgrave Street in the City of Limerick on the 27th September 2018 at 10.30 a.m. o'clock in the forenoon for the TRANSFER to the applicant of the Publican's Licence (7 day ordinary) attached to the premises known as Westward Ho Pub, Rathmale, Mungret, in the County of Limerick in the Court Area and District aforesaid which licence is presently in the name of Village Local 2017 Limerick. Dated the 27th day of August 2018
Signed: _____
Keating Connolly Sellors
Solicitors for the Applicant,
6/7 Glentworth Street
Limerick

BREAKING NEWS
Contact 061 214500
LIMERICK LEADER Leader
www.limerickleader.ie

IN MEMORIAM



† GOREY

(39th Birthday Remembrance)

Birthdays Remembrance of our dear son and brother Brian Gorey, late of 5, Devon Close, Castletroy View, whose 39th birthday occurs at this time. Rest in Peace Mass Offered.

May the winds of Heaven blow softly

And whisper in your ear
Happy Birthday Brian
How much we love and miss you
And wish that you were here
Thank you for all the soft sweet
LOVE you left behind in our home and in our hearts
Happy Birthday Brian love you always Mam and Dad xx

No longer in our lives to share
But in our hearts you are always there

Like falling leaves the years go by
But memories of you will never die

Happy Birthday Brian from your sister Lorraine and brother in law Jason.

No matter how life changes
No matter what we do
A special place within our hearts
Is always kept for you
Happy Birthday Brian from your brother David and sister or in law Paula

A heart can feel so many things
That words can never say
The sadness that this day brings
Will never go away
So hold Brian on this day dear
Lord

And when you see him smile
Tell him that we love him
And miss him all the time
Loved and remembered always Majella, James and Darren



† MCGRATH

23rd Anniversary

In loving memory of Derek McGrath, late of 66, Cosgrave Park, Moyross, whose 23rd anniversary occurs on the 3rd September. Mass offered on the 2nd September at 11am in St Lelia's Church.

It's hard to put on paper
The feelings we have inside
Of a broken hearted family
Who have missed you since you died

You left without a last goodbye
The silence ringing in our ears
One moment here and gone the next

And we are left with heart felt tears

Always remembered by his family and friends

IN MEMORIAM

† O'BRIEN

(16th Anniversary)

In loving memory of my wonderful sister, Madeline O'Brien (Nee Kennedy), late of Limerick and Shannon who died the 28th August 2002. R.I.P. Masses offered.

Remembered with love today and everyday
Will those who think of Madeline today,

A little prayer to Jesus say.
Lovingly remembered by her sister Cecilia, brother-in-law Tom, nephews David, Shane, Thomas and families

THANKSGIVINGS

GRATEFUL THANKS to The Sacred Heart and Our Blessed Lady for all favours received and also thanks to St. Padre Pio. M.J.M; A.A.A.A.S.



Those we love,

We never lose,

For always they will be,

Loved, remembered, treasured

Always in our memory.



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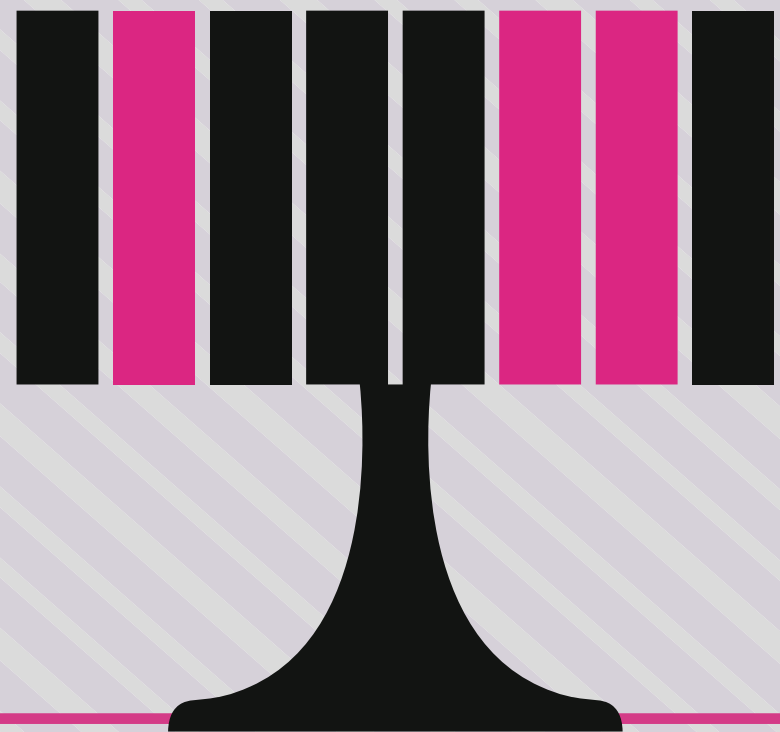
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Big things from small Arona

SEAT Arona: Smaller sibling to the Ateca still packs a really big punch

TRISH WHELAN
www.CarAndTravel.ie

LIKE its stylish car range, SEAT's SUV models are proving very popular here in Ireland.

The Spanish car maker, owned by Volkswagen, already had the larger Ateca SUV on sale before its smaller Arona sibling hit Irish salesrooms last November in time for the January 181 sales splurge. It is the first SEAT model in the AO compact crossover segment, the fastest growing segment in Ireland.

There's huge demand for compact SUVs of this size so every manufacturer wants a slice of the action.

Built on Volkswagen's MQB AO platform, this is the youngest sibling in SEAT's SUV family and is best described as having city car agility with SUV flair and style. It certainly makes a statement in your driveway or out on the road.

Trims are S, SE, Xcellence and FR trims. All come generously specced.

Buyers can choose from three different petrol engines. The first is the 3-cylinder, 95hp 1.0L TSI linked to a five-speed manual gearbox. There's also a 115hp version which comes with a six-speed manual gearbox, or the dual-clutch seven-speed DSG transmission. The latter is the new four-cylinder 150hp TSI offered only in the FR trim.

Diesel options are the 1.6L TDI with 95 and 115hp. The 95hp version can be matched with a five-speed manual gearbox or the seven-speed DSG; the 115hp with a six-speed gearbox.

While the official average fuel consumption figure is 4.9 L/100ms, the trip computer showed 6.9 L/100kms when I returned the car.

The interior of this five-seater is certainly spacious but it's not as stylish as the exterior. However, the big white sweep across the dash and doors in my test car added its own cheer to the grey look.



There's huge demand for compact SUVs of this size so every manufacturer wants a slice of the action

Side windows reach far forward which means good visibility especially needed when approaching roundabouts. Seats are supportive and comfy; front ones can be heated. I also got a good driving position.

This is the first SEAT I've noted where the car's boot doesn't open with the SEAT badge. Luggage capacity is 400 litres and you'll find a spare below.

Arona has all the driving assistance and infotainment systems that other SEAT models have, such as Front Assist, Adaptive Cruise Control, Hill Hold control, Multi-Collision Brake, Keyless Entry, a high-quality rear camera, 8-inch panel touchscreen, wireless charger, Rear Traffic Alert, Blind Spot Detection and the Park Assist (the car can park itself) which you can use for both parallel

parking and parking at an angle.

My car was the 1.0L 115hp petrol version in a smart Desire Red exterior colour (€711 more) with a grey roof, and in the Xcellence trim and which came with 17-inch alloys (€444), chrome roof rails, LED Daytime Running Lights, Cruise Control, air con, Bluetooth, multi functional steering wheel, voice control, Full Link technology, front cornering fog lights, six airbags,

UNDER THE HOOD

MODEL TESTED: SEAT Arona Xcellence trim
Engine: 1.0TSI 115hp turbo petrol
0-100km/h: 10 secs
Economy: Claimed 4.9 L/100kms
CO2: 113g/km so €200 p.a. road tax
Price: from €27,591

Blind Spot Detection and Rear Traffic Alert, to name but some items.

Options included the metallic paint (€722), BeatsAudio (€555), an Easy Pack (€222), 17-inch alloys (€444), the full LED Headlights (€667). A few packs are offered.

Arona features Apple Car Play, Android Auto and Mirror Link. You can also opt for an optional BeatsAudio with six premium speakers, a 300W 8-channel amplifier and a subwoofer in the boot, if you want to blast your ears off.

Small petrol engines are becoming increasingly popular right now and I liked how well this 1.0 115hp drove on all road types tested. It's ideal for nimble city commutes, motorway driving or for your holiday getaways.

This is a competitively priced, well specced small family car that should serve owners well. Buyers can also customise their cars with options provided for both exterior and roof colours. The roof can be grey, black, orange or the same colour as the body. I particularly liked the unusual X graphic engraved in the sheet metal on the C Pillar to show the car's crossover look.

Prices are from €17,995-€24,215. While the basic price is €22,815, the total price of my car as tested came to €27,591. Arona faces stiff competition from the Renault Captur, Nissan Juke, Peugeot 2008 SUV, Citroen Aircross in this hotly contested segment.

A large 7-seater SEAT SUV will arrive later this year.



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Big sale of showroom models

Save thousands and avail of 0% finance at Hinchy Motors

CUSTOMERS of Hinchy Motors, Limerick and Garryspillane, can save thousands on zero mileage 182 Opel cars and commercials. Included in the offer is the all new Opel Grandland X, Opel Mokka X and Opel Crossland X.

These SUV models offer space, practicality, style and best in class connectivity including Apple Car Play. Additional models available include the economical Opel Corsa and the award-winning Opel Astra. Hinchys are also extending this offer to the Opel range of Commercial vehicles including the Combo and Vivaro.

LIMITED NUMBER OF 2018 KIA MODELS

We also have a limited stock of 2018 Kia Ex-Showroom vehicles including the 7-seater Kia Sorento, Platinum edition Sportage, the recently launched all new Ceed and Stonic. All Kia Models come with Kia's "bumper to bumper" 7-year warranty, three years AA Roadside Assistance and are available for immediate delivery.

0% APR FINANCE

Exclusively at Hinchys, you can purchase an ex-showroom model and avail of 0% APR Finance. 0% APR finance makes it even easier to own a 2018 Opel or



Pictured at the at the Ennis Road branch of Hinchy's were John Hinchy, Eamonn McInerney, Caroline Sheary, Keith Morris, Stephen Cusack and Mark Addie. The exclusive offers on ex-showroom models will end August 31

Kia model. Lending terms and conditions apply. Dealer principal Jim Hinchy says, "Purchasing one of their ex-demonstrator vehicles offers fantastic savings for customers. These

vehicles have zero mileage and customers can avail of 0% APR Finance making it a fantastic combination."

SALE ENDS AUGUST 31
This exclusive offer ends

August 31 and stocks are limited. Visit www.hinchys.ie. Call the Garryspillane sales team on 062 58900 and the Ennis Road sales team on 061 321500.

FASTNEWS

VOLKSWAGEN
Production ends, but you can still get one!

WHILE production of the iconic Volkswagen Beetle has now ceased, there's still a chance for some Irish buyers to get their hands on one with a limited supply across the brand's retailers priced from €25,350, writes Trish Whelan.

The Beetle R-Line is available with more powerful engines. The petrol offering is a 1.4 TSI outputting 150hp via a 6-speed manual or 7-speed DSG. The 2.0 TDI diesel in the R-Line version puts out 150hp. Prices for the R-Line spec start from €30,395.

SKODA
Karoq to get the Sportline treatment

WITH the success of the Sportline trim level for the Skoda Superb and KODIAQ models in Ireland, Skoda is giving their latest family member, the Karoq SUV the Sportline treatment.

The model will be unveiled at the Paris Motor Show in October, with right hand drive models expected in Ireland in November.

LIMERICK LEADER

For news and reviews, go online and check out our new **MOTORS** section.

www.limerickleader.ie



JOEY CARBERY EUROPCAR COMPETITION



Rugby star and Europcar Ireland brand Ambassador Joey Carbery with 4 of the 5 winners who received a private kicking session from him. Pictured are from left Ben Murphy, Ballyunion, Sean O'Halloran, North Circular road, Robert McConkey, Castletroy and Shane O'Dea, Dooradoyle ALL PICS: LIAM BURKE/PRESS 22



Joey Carbery with Europcar Limerick branch manager Simon Green in Thomond Park



Up and coming future rugby stars get a chance to practice in Thomond Park



Rugby star and Europcar Ireland brand Ambassador Joey Carbery signs rugby balls in Thomond Park



Rugby star and Europcar Ireland brand Ambassador Joey Carbery gives kicking classes in Thomond Park

SPORT

Leader



CLUB ACTION RETURNS

Champion hurlers back in play

See Page 68 for more



Murray's injury casts shadow over start of season

Main man: Munster's star scrum half Conor Murray will miss the beginning of the new season through injury

Rugby

Limerick big guns to face-off in Senior Cup

COLM KINSELLA

ckinsella@limerickleader.ie

HOLDERS Garryowen will take on All-Ireland League Division 1A rivals Young Munster in the stand-out tie from the draw for the 2018/2019 Bank of Ireland Munster Senior Cup.

Garryowen claimed their first Munster Senior Cup title in six years and 39th in all when easing past local rivals UL-Bohemian 18-3 at the Markets Field in January.

The 'Light Blues' will host Munsters' in the quarter-final of the 2018/2019 Munster Senior Cup following the draw for the competition took place at Bank of Ireland's UL branch on Monday.

FIRST ROUND: SATURDAY, SEPTEMBER 8

(Drawn from 10 teams in second division of the All-Ireland League)

1. Midleton RFC v Dolphin RFC
2. Highfield RFC v Nenagh Ormond RFC
3. Old Crescent RFC v Thomond RFC
4. Sunday's Well RFC v Bruff RFC
5. UL Bohemian RFC v Cashel RFC

SECOND ROUND: SEPTEMBER 15

1. Winner Match 5 (UL Bohemian RFC v Cashel RFC) v Winner Match 1 (Midleton RFC v Dolphin RFC)

2. Winner Match 3 (Old Crescent RFC v Thomond RFC) v Winner Match 2 (Highfield RFC v Nenagh Ormond RFC)
3. (BYE) Winner of Match 4 (Sunday's Well RFC v Bruff RFC)

QUARTER-FINALS: Date TBC

(Drawn from five teams in the first division of the All-Ireland League and the qualifiers from the second round)

9. Winner Match 6 v Winner Match 7
10. Match 8 (BYE) v Shannon RFC
11. Garryowen FC v Young Munster RFC
12. Cork Constitution FC v UCC RFC

SEMI-FINALS: Date TBC

Winner Match 11 v Winner Match 10; Winner Match 12 v Winner Match 9



The prize up for grabs. The Munster Senior Cup

Rugby: Conor Murray's injury a big worry for Munster and Ireland

COLM KINSELLA

ckinsella@limerickleader.ie

MUNSTER kick-off their Guinness Pro14 season this Saturday with doubts over when their talismanic scrum-half Conor Murray will feature for the side this season.

Johann van Graan's side begin their competitive season at Thomond Park on Saturday when South African side, the Cheetahs, provide the opposition, 5.15pm.

Much of the pre-match debate has centred around the absence of Munster's hugely influential Ireland scrum-half Conor Murray for the opening weeks of the season due to a neck injury.

Murray's on-going neck injury leaves him a doubtful

starter for the province's opening two rounds of the Champions Cup in October.

As a result of Murray's injury issue, Munster have brought in New Zealand scrum-half Alby Mathewson for four months to provide cover.

Thirty two-year-old Mathewson has made five appearances for the All Blacks and has played Super Rugby for the Hurricanes, Blues, and Western Force.

Mathewson made his All-Blacks debut in the thrilling 18-16 win against Munster at the official opening of the redeveloped Thomond Park in November 2008.

Munster have received a boost ahead of the start of the

new season with confirmation that South African centre Jaco Taute is closing in on a return to action.

Three-time capped Springbok Taute has been sidelined for almost 12 months after suffering knee ligament damage against Cardiff Blues last September.

Munster head coach Johann van Graan said 27-year-old Taute could feature against the Cheetahs.

However, Van Graan stressed that Munster would not rush the South African back into action until he is 100% ready.

Van Graan said: "Jaco Taute might become available for selection (this weekend). We'll see how his

game fitness is.

"He has come back from a big injury, so it went up and down, mostly very good. With the extent of the injury he has had, he is in line with his timing back. Again, like I have said, a player's welfare is very important to me."

While Taute's impending return is a boost for Munster, both centre Chris Farrell and out-half Tyler Bleyendaal remain some way off returning to action.

Asked about a possible return date for both players, Van Graan said: "No, nothing new there on the two of them. Chris (Farrell), because it was such a big knee injury, we are still a long way out.

"Tyler is improving day by day, but it is impossible to tell

when he will be back. He hasn't even trained with the team so I don't have an update on that."

Van Graan is expecting the Cheetahs to be an improved side this season.

He said: "Their coach Franco (Smith) is a good friend of mine. We met up at the Pro14 launch. He said last season they were caught with their pants on their knees a bit in terms of the wet weather and the Northern Hemisphere conditions.

"They would have learned a lot from that experience, but that is really not our concern, it is the performance that we want.

"We expect a big performance from them and as it is the start of the season, we want to kick off well."

Hurling focus is back on clubs after a four month break

Limerick GAA

THERE are repeats of the last two Limerick SHC finals this weekend as the All Ireland hurling heroes return to their clubs.

There are three Limerick SHC games on Friday and another three on Saturday – all with 6.30 starts.

The Gaelic Grounds heavyweight clash of Na Piarasigh and Kilmallock is the headline event on Saturday evening, while on Friday parishioners Patrickswell and Ballybrown collide in Claughaun.

Between them, Na Piarasigh and Kilmallock provide 10 members of John Kiely's 36 strong All Ireland winning panel. The duo have won seven of the last eight county titles and both bring 100% records from the two rounds of action back in April.

After a four month inter-county break, another victory for Na Piarasigh or Kilmallock would all but secure their progress to the knockout stages.

The Caherdavin side's Casey brothers Mike and Peter did have slight injuries after the Croke Park final and manager Paul Beary will be hoping they can prove their fitness.

Also on Saturday, Adare face Doon in Bruff. Liam MacCarthy Cup winning captain Declan Hannon will be in opposition to Doon trio Darragh O'Donovan, Richie



Graeme Mulcahy of Kilmallock in action against William O'Donoghue of Na Piarasigh during last season's County Final
The sides meet again this Saturday PICTURE: DIARMAID GREENE

English, Pat Ryan and Barry Murphy.

Saturday's third game is in Claughaun where South Liberties play Monaleen. Liberties are the only side in Group Two with a 100% record after two rounds of action.

The Patrickswell-Ballybrown game on Friday is a repeat of the 2016 county final and with county trio Cian Lynch, Aaron Gillane and Diarmaid Byrnes on duty, The Well will look to again defeat their rivals.

In Caherconlish, Murroe-Boher play Cappamore, while the

Morrissey brothers and their Ahane team-mates face winless Knockainey in Cappamore.

There is hurling action across the top three tiers of the Limerick championships this weekend and again the weekend after.

Before all that there are three Limerick SFC this Wednesday evening.

Champions Adare can seal a semi final spot with victory over Na Piarasigh in Clarina. Last year's beaten finalists Newcastle West will book their progress if they beat Oola in Kilmallock, while in Croagh St Patricks play Ballysteen.

Geraldines stalwart honoured by FAI



Geraldines AFC stalwart, Joe O'Sullivan was presented with the John Sherlock Award for his work within 'Local Football' at the FAI AGM delegates dinner held recently in Cork. Also pictured at the Rochestown Hotel were Turlough McNamara, Bride McNamara, Joe O'Sullivan Diane O'Sullivan, Caroline Connolly and Dave Connolly

So good they printed it twice

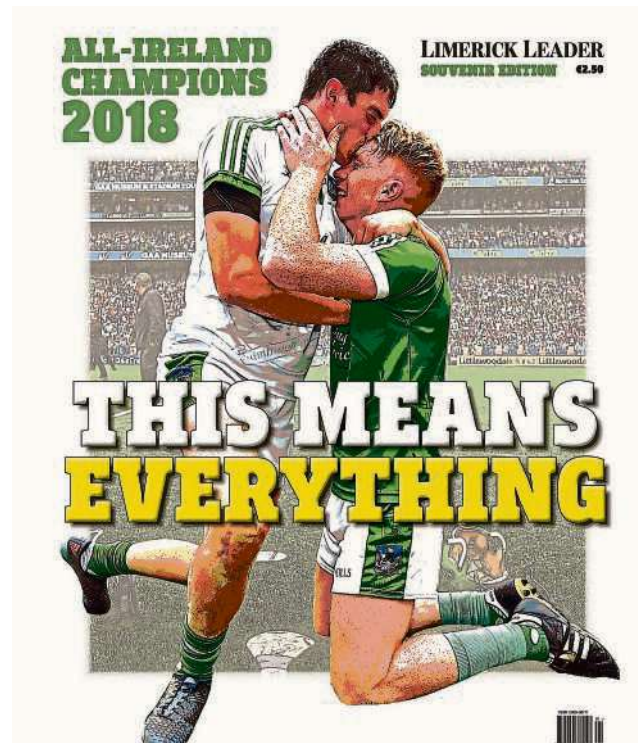
Hurling

DUE to phenomenal demand, the Limerick Leader has reprinted the commemorative All-Ireland final victory supplement for sale this week.

The publication has been increased in size to 64 pages with new material added, including the emotional homecoming to his native Galbally of manager John Kiely and the visit of the Liam MacCarthy Cup to the home of Dolores O'Riordan.

An extensive interview with Limerick sponsor JP McManus is also included in the new edition, along with additional celebration pictures and reports.

The publication has been printed on enhanced paper and will retail for €2.50



Limerick FC face first of two dates with Dundalk

Soccer

LIMERICK FC will face Dundalk in the first of two back-to-back fixtures this Friday when the high-flying Co Louth side visit the Markets Field for a SSE Airtricity League Premier Division fixture, 7.45pm.

Tommy Barrett's Limerick side will also lock horns with Dundalk in the quarter-finals of the Irish Daily Mail FAI Cup on the

following weekend, again at the Markets Field.

Second-from-bottom Limerick FC are eight points adrift of safety in the SSE Airtricity League Premier Division table.

The Blues are nine points clear of basement side Bray Wanderers with just seven series of regular season fixtures to come.

As a result Limerick look most likely to be involved in the relegation play-off

against a First Division side at the end of the season.

Table toppers Dundalk currently enjoy a three-point lead over second-placed Cork City in the top flight table, while Stephen Kenny's side also have a game in hand on the Leesiders.

The exact date and kick-off time for Limerick's FAI Cup clash with Dundalk has yet to be finalised, but it looks likely to take place on Friday, September 7.

The clubs last met in the FAI Cup in August 2013 at Oriel Park when the Lilywhites progressed on a 5-3 scoreline, where Limerick's goals came from Rory Gaffney (2) and Axel Bossekota.

Twice winners of the FAI Cup Limerick have defeated Ulster Senior League champions Cockhill Celtic and First Division side Cabinteely to reach the quarter-final stage.



Limerick FC manger Tommy Barrett will be preparing his side for a double meeting with Dundalk in the coming weeks

Junior soccer enters round five

PAT SHEEHAN
sport@limerickleader.ie

THIS Thursday evening, the PJ Matthews Premier League continues with its fifth series of games.

Following a disappointing weekend for the top flight in which Charleville conceded a walkover to champions Janesboro and the Prospect versus Carew Park game was abandoned at half time, it is hoped we can get back to business as normal.

Early leaders, Ballynanty Rovers, welcome Aisling to LIT where they will be vying for their fifth consecutive win. New manager Donal Magee could not have wished for a better start and he will be keen to keep the winning run going.

New signing Aaron Nunan has settled into his new surroundings with ease and in the three games he has played to date, he boasts a 100% scoring record.

Stephen McNamara is a vital cog in the side and now has the back up of veteran keeper Darren Whelan to assist while the return to the club of Shane Guerin has allowed Dermot Fitzgerald to fill a more attacking role.

Aisling for their part after a disappointing start bounced back with back-to-back wins over Nenagh and Kilmallock.

Mike Aherne and Eddie Hickey have a very young panel at their disposal and

hope to mould the side to their style. With a number of the side just out of youth football it may prove a long term goal but they are well capable in their current guise of taking on any side in the League.

Two points behind Balla, sit Pike Rvs who face a difficult game away to Regional United. The Dooradoyle side started the season well but dropped points against Fairview and Balla has seen them take a backward step.

Pike Rovers were rocked on Sunday by Paul Danaher's late equaliser to spoil their 100% record.

The 'Hoops' have looked solid to date and possess serious threat when in attack mode. With Eoin Hanrahan and Darragh Rainsford raiding either wing they look a frightening proposition to any opposition.

Conor Kavanagh has resumed his midfield round at Crossagalla with ease and the form of Steven McGann, Colin Daly and Shane Walsh gives an indication of their strength. However Regional will take heart from Fairview's success in eking out a point last weekend and will be hoping to emulate it at least.

Champions, Janesboro have a game less played and had no game last weekend due to a no-show. They have eased through their program to date scoring goals for fun. They will find Thursday's



The Fairview side who played Regional last Sunday morning

opposition a little tougher as they meet a Fairview side determined to return the club to the heady heights of the 90's and 00's.

Fairview United have AJ O'Connor, Paudie Quinn and Brian Murphy back in the side along with new signing Ross Mann to add to a talented cohort already in place.

Kilmallock struggled last weekend when they went down heavily to Aisling. They are a much better squad than last week's display suggested and if they get a full squad out they will be determined to show their worth.

They meet a Geraldines

side slightly disappointed not to have taken full points from their game with Nenagh on Sunday.

Nenagh fought back well from going behind to the Dines and in face could have won it if Donie Curtin had not equalised ten minutes from time.

On Sunday, Nenagh host a Carew Park side going through a difficult phase. The loss of a couple of players has forced the club to call upon old stalwarts to fill the gaps. While it is commendable that these lads would help out the club it is not a long term solution.

It was a tough weekend for

the hard working Charleville club whose players failed to show against Janesboro last weekend. For a proud club like Charleville it is not the norm and they will be determined to show on Thursday that last weekend was an aberration.

In their way is Prospect Priory who had their game with Carew last weekend stalled at half time. They will be glad to get back to normal asap.

There is a three way tie at the top of the Division 1A heading into tomorrow's games.

Cappamore host a resurgent Fairview B and will

get nothing easy. Many people's favourites at this early stage, Coonagh travel to take on Murroe while Mungret Regional will be tested by an Athlunkard Villa side just behind the top three.

The lead in Division 1B is also shared between three sides, all in action on Thursday. Shelbourne who have been in prolific form, host Knockainey who have Irish International John Tierney on board. Hill Celtic face a difficult task away to Ballylanders while a strong looking Newport side travel to Caherdavin.

JUNIOR SOCCER FIXTURES

THURS AUGUST 30

(All Games Kick Off 6.30)

PJ MATTHEWS PREMIER LEAGUE

Regional United V Pike Rovers, J Hayes, Ballynanty V Aisling /Annacotty, N Casey, Fairview United V Janesboro, R Broe, Kilmallock V Geraldines, J McNamara, Charleville V Prospect Priory, A Keogh, Nenagh V Carew Park, K Gorman

GALTEE FUELS DIV 1A

Cappamore V Fairview B, B Higgins, Castle Rovers V Aisling Annacotty B, R McCann, Murroe V Coonagh, M Kennedy, Corbally Utd A V Holycross, Martin Monahan, Summerville Rvs V Moyross, M Kiely, Mungret Regional V Athlunkard Villa, S Rooney

GALTEE FUELS DIV 1B

Shelbourne V Knockainey, M Cuddihy, Ballylanders V Hill Celtic, Mike Monahan, Caherdavin V Newport, A Whelan, Kilfrush V Southend, G Clancy

ALL TAN SUNBED DIV 3B

Herbertstown V Hyde Rgs B,K McCormack, Coonagh Utd V Northside, P O'Brien

EDEN HAIR SALON DIV 4

Coonagh C V Parkville B, J Clancy, Aisling/Annacotty E V Newport C, D Downing

BALON SPORT U17 DIV 1

Nenagh V Fairview, J Rooney, Aisling/Annacotty V Newport, A Galvin

BALON SPORT U17 DIV 2

Caherdavin V Shelbourne, J Curran, Geraldines V Kilfrush, M Bourke, Aisling/Annacotty B V Corbally B, A Whelan

SATURDAY SEPTEMBER 1

(All games kick off 6.30pm)

MCGETTIGANS DIV 2A

Glenview v Kennedy Park, Martin Monahan, Hyde Rgs v Patrickswell, M Kiely, Star Rvs v Charleville, M Bourke

MCGETTIGANS DIV 2B

Caherdavin Celtic v Holycross, M Kennedy, Ballynanty Rvs v Pallasgreen, M Murphy, Athlunkard Villa v Parkville,

STA FURNITURE DIV 3A

Kilmallock V Castle United, E Kenny,

Murroe B V Abbey Rovers, J Mulligan, Aisling C V Meanus, Astro, J Clancy, Knockainey B V Prospect Priory B, P O'Brien

ALL TAN SUNBED DIV 3B

Dromore v Kilfrush, D Downing, Mungret Reg v Weston Villa, K McCormack

EDEN HAIR SALON DIV 4

Murroe v Lisnagry, Mike Monahan, Fairview v Shelbourne,

NICK GREEN YOUTH DIV 1

Fairview v Mungret Reg, R Broe, Regional Utd v Aisling, N Casey, Charleville v Nenagh, J McNamara

NICK GREEN YOUTH DIV 2

Caledonians v Shelbourne, J Curran, Aisling v Caherdavin, Kilonan, T Duggan, Regional B v Corbally Utd, G Clancy

KEN T GRIFFIN CONST YOUTH 3

Lisnagry v Carew Park, T O'Sullivan

SUNDAY SEPT 2

PJ MATTHEWS PREMIER LEAGUE

Aisling /Annacotty V Regional United, 10.30, B Higgins, Geraldines V

Ballynanty, 10.30, K Gorman, Carew Park V Kilmallock, 10.30, J McNamara, Nenagh V Charleville, 10.30, J Hayes, Janesboro V Pike Rovers, 2.00, A Keogh, R Broe, J McNamara

GALTEE FUELS DIV 1A

Aisling Annacotty B V Cappamore, 10.30, S Rooney, Coonagh V Fairview B, 10.30, R Broe, Holycross V Castle Rovers, 10.30, T Duggan, Moyross V Murroe, 10.30, G Clancy, Athlunkard Villa V Corbally Utd A, 10.30, N Casey, Mungret Regional V Summerville Rvs, 10.30, M Kiely

GALTEE FUELS DIV 1B

Hill Celtic V Shelbourne, M Kennedy, 10.30, Granville V Knockainey, 10.30, M Murphy, Newport V Ballylanders, 10.30, M Cuddihy, Southend V Regional B, 10.30, Martin Monahan, Geraldines B V Caherdavin, 10.30, Rathuard, M Kavanagh, Caherconlish V Kilfrush, 10.30, M Bourke

MCGETTIGANS DIV 2A

Glenview v Kennedy Park, 2.00, Martin Monahan

ALL TAN SUNBED DIV 3B

Northside v Brazuca Utd, Long Pavement, Mike Monahan, 10.30,

Coonagh Utd v Cappamore, 2.00, P J Walsh

BALON SPORT U17 DIV 1

Newport V Nenagh, 2.00, J Hayes, Charleville V Fairview, 2.00, G Clancy, Regional United V Aisling/Annacotty, 2.00, K Gorman

BALON SPORT U17 DIV 2

Cappamore V Geraldines, 2.00, M Murphy, Corbally A V Caherdavin, 2.00, J Curran, Kilfrush V Aisling/Annacotty B, 2.00, M Kiely, Corbally B V Ballynanty, 2.00, A Galvin

TUESDAY SEPT 4

(All games kick off 6.30pm)

GALTEE FUELS DIV 1A

Fairview Rgs v Moyross, J McNamara

GALTEE FUELS DIV 1B

Ballylanders v Geraldines, M Murphy, Regional Utd v Caherconlish, J Curran

MCGETTIGANS DIV 2B

Newport v Aisling, S Rooney

STA FURNITURE DIV 3A

Janesboro v Wembley Rvs, G Collopy

BALON SPORT U17 DIV 2

Corbally Utd A v Corbally Utd B, A Galvin

THURSDAY SEPTEMBER 6

(All games kick off 6.30pm)

PJ MATTHEWS PREMIER LEAGUE

Regional United V Janesboro, J Hayes, Aisling /Annacotty V Geraldines, R McCann, Pike Rovers V Prospect Priory, K Gorman, Ballynanty V Carew Park, LIT Grass, R Broe, Fairview United V Nenagh, N Casey, Kilmallock V Charleville, A Keogh

GALTEE FUELS DIV 1A

Cappamore V Coonagh, B Higgins, Aisling Annacotty B V Holycross, M Kennedy, Castle Rovers V Athlunkard Villa, T Duggan, Murroe V Mungret Regional, J McNamara, Corbally Utd A V Summerville Rvs, G Clancy

GALTEE FUELS DIV 1B

Shelbourne V Granville, J Curran, Hill Celtic V Newport, Martin Monahan, Knockainey V Southend, M Kiley, Caherdavin V Kilfrush, M Murphy

ON THE BALL

“Limerick to the core...”

COLM KINSELLA

‘They don’t flog you until you’re broken now’

ONE are the days of professional rugby players taking a complete break from training while on their summer holidays.

They have to keep tipping away physically to ensure they return to pre-season training in decent shape.

Munster second-row Billy Holland has gone through the pre-season training routine at Munster for some 14 years, including some seasons as an Academy and development player.

Thirty-three-year-old Holland has seen enormous changes in how the make-up of pre-season training have changed over a decade and a half.

Explaining his summer holidays schedule and how pre-season training has changed, Holland said: “During the summer break we’re given stuff to do. You have to tip away.

“Gone are the days when you do nothing for four weeks. You might get through your fitness test on day one, but you’d fall apart straight afterwards. They give you a programme to do.

“I would take two weeks of absolute rest, and then tip away for another two weeks. I didn’t do one gym session, ran through the city,

ran on a golf course, you find different locations and it’s semi enjoyable. You are not bursting a gut.

“This is my 11th senior pre-season, but I also did a development and academy pre-seasons.

“It’s phenomenal (changes in pre-season). It’s hard to describe.

“We used to do some crazy long distance running which was the right thing to do back then. We used to start in the middle of the pitch, one versus one, I’d run in that direction, you’d run in that direction, and keep running around the posts until someone catches someone.

“Now it’s so scientific. They get data from our GPS, so that they know in a big game or a tough game – you play an Italian team or the Cheetahs, there would be a lot of running, you play certain teams and there would be a lot of mauling and a lot of contacts.

“So they can tell how many contacts in a three minute block, how many will a front five player have and how many contacts will a back-row player have in terms of tackles or break downs and try and replicate it.

“It certainly allows them to monitor what you’re doing. They



Munster's Billy Holland, who has set some personal PB's in pre-season

don’t flog you until you’re broken any more. The idea with GPS is that they can learn when to pull back and learn to push forward and do more.

“It is phenomenal. They say they know what I will break at. They know what I can do in a match. You get certain loads throughout the week. Every session that we do there is a rating of 0-10 to give your perceived effort. You can compare it to what your

actual GPS is, so what your actual effort and output is.

“I’m as fit as I have been and as strong as I have been. After pre-season, they have (fitness) scores from all those decades ago and they are matching up, getting better every year. There are a lot of young fellas coming through keeping us on our toes and making training more exciting.”

DONN O’SULLIVAN

Worrying times ahead as ‘calling off’ games becoming rife

This week, several local rugby games and one high profile soccer clash did not take place. They were conceded.

In the Limerick rugby Charity Cup, Thomond conceded their game against Young Munster, while in the Transfield Cup, a cup for team’s second sides, Thomond conceded to St Mary’s, while Garryowen conceded to Richmond.

In the Premier Division of Limerick’s Junior Soccer scene, Charleville conceded a walkover to champions Janesboro.

This is only a snap shot of some games from last weekend and is not intended as a slight on any team who could not fulfil a fixture, but sadly the frequency of unfulfilled fixtures, in all codes, is becoming a problem for organisers of competitions, but more importantly, for those players who are still willing to play.

Seeing sides at such a high level of rugby and soccer concede games, one has to wonder what the exact reasons are.

Are our amateur games gone too ‘professional’? Are players being

asked to give up too much of their time? Or is this a generational thing?

My own father, himself a coach for many years, always delivered the following line.

‘In a breakfast, what’s the difference between the Chicken and the Pig? The Chicken is involved, but the Pig is committed.’ (A line delivered just last week by JP McManus when describing the Limerick hurlers)

Do younger generations now have too many options in their lives away from sport? Is it too ‘easy’ for them to

pull out of games at short notice?

Group Apps such as Whats App or Facebook are invaluable for keeping large squads updated on training times and match schedules, but are they also becoming an easier ‘out’ for players to ‘withdraw their services’ from a particular game, rather than the old fashioned, call to the coach?

With seasons and fixtures known in advance, there should be no excuses for games being conceded, however it does seem to be something that is becoming more of a ‘norm’ than it should allowed be.

JEROME O’CONNELL

Kinnerk blue-print all over Limerick

PAUL Kinnerk – not one to be centre of attention but one that certainly deserves to be.

Kinnerk is still shy of his mid-30s but what a CV – it’s an ultra exclusive list to coach two different counties to All Ireland senior hurling honours.

Not bad for a footballer...

A Limerick SFC winner with Monaleen, Kinnerk also played league and championship football for Limerick. He made his Limerick senior football debut in 2011 and was part of the panel until 2013 – winning a Division 4 league medal in Croke Park in 2013.

It was his teaching job in Shannon’s St Caimins that first brought Kinnerk into hurling coaching.

Former Clare All Star hurler Sean Stack was also a teacher in the school and spotted Kinnerk’s talents, Stack brought Kinnerk alongside him to his native Sixmilebridge and from there the career of the now two-time All Ireland SHC winning coach snowballed.

At minor, U-21 and senior level, Kinnerk was on Clare sidelines from 2010 to 2016 – winning at every level.

Alongside Davy Fitzgerald, Kinnerk led the Clare seniors to the 2013 All Ireland SHC and a 2016 Allianz League, among other titles.

All in Limerick yearned for Kinnerk to return ‘home’.

There was much glee when the Monaleen man was unveiled as part of John Kiely’s management in September 2016 and two years later Kinnerk has once again helped master-mind a success.

It’s also no surprise that alongside Kinnerk was Joe O’Connor – the duo also worked together in their ‘Clare days’.

The Rathkeale man was described as “world class” by John Kiely in recent times and as the team’s strength and conditioning coach there can be no denying Limerick were in supremely fit.

COLM KINSELLA

Nadal good bet to claim 18th Grand Slam title in US Open

THE 2018 edition of the US Open, the fourth and final Grand Slam tennis tournament of the year continues in New York until Sunday, September 9.

This year's tournament marks the 50th anniversary of when the US Open first allowed professional players to participate in America's

Grand Slam.

In relation to seeding, for the first time since 2010, Rafael Nadal and Roger Federer sit atop the men's side. Novak Djokovic was seeded sixth and comes into this tournament in form. Juan Martin del Potro is third, Zverev is fourth and Kevin Anderson rounds out the top five.

Nadal is the current number one men's player in the world and just won at the Toronto Masters where he got his last preparation work in prior to the US Open. On the season, Nadal has also won the French Open, Rome Masters, Barcelona, and Monte Carlo Masters.

He made it to the semi-finals of

Wimbledon and the quarter-finals of the Australian Open.

Nadal is the reigning U.S. Open champ and is the one man who has the ability to take down pre-tournament favourite Djokovic this year.

Spaniard Nadal, at odds of 5/2, represents decent value to lift the title in New York on Sunday week.



Open minded: Rafa Nadal, our tip for the upcoming US Open

IS THAT ON THE BOX?

Sunday

The prize at stake: The Sam Maguire will be going to Dublin or Tyrone this Sunday at 3.30pm on RTE and Sky

**Wednesday****RUGBY UNION**

MANUKAU V TARANAKI
SKY SPORTS 8.35AM

SOCCER

ADELAIDE V QUEENSLAND
BT SPORT 1 10.30AM

CYCLING

VUELTA ESPANA
EUROSPORT 1 1.30PM

TENNIS

US OPEN
AMAZON PRIME 4PM

SOCCER

N FOREST V NEWCASTLE
SKY SPORTS 7.45PM

CHAMPIONS LEAGUE

PSV V BATE BORISOV
BT SPORT 3 8PM

CHAMPIONS LEAGUE

SALZBURG V ZVEZDA
BT ESPN 8PM

CHAMPIONS LEAGUE

PAOK V BENFICA
BT SPORT 2 8PM



Rafa's Newcastle are in League Cup action

Thursday**RUGBY UNION**

AUCKLAND V WAIKATO
SKY SPORTS 8.35AM

GOLF

MADE IN DENMARK
SKY SPORTS GOLF 10.30AM

RUGBY LEAGUE

SOUTH SYDNEY V TIGERS
SKY SPORTS 10.50AM

CRICKET

ENGLAND V INDIA
SKY SPORTS 11AM

CYCLING

VEULTA ESPANA
EUROSPORT 1 2PM

TENNIS

US OPEN
AMAZON PRIME 4PM

HORSE RACING

TIPPERARY
AT THE RACES 4.55PM

BASEBALL

BREWERS V REDS
BT ESPN 5.35PM

BASEBALL

TWINS V INDIANS
BT ESPN 6.10PM

ATHLETICS

DIAMOND LEAGUE
EUROSPORT 7PM

RUGBY LEAGUE

WOLVES V HULL FC
SKY SPORTS 7.45PM

CRICKET

ST KITTS V ST LUCIA
SKY SPORTS 11PM

Friday**GOLF**

MADE IN DENMARK
SKY SPORTS GOLF 10.30AM

TENNIS

US OPEN
AMAZON PRIME 4PM

RUGBY UNION

PUMAS V W PROVINCE
SKY SPORTS 6PM

ATHLETICS

DIAMOND LEAGUE
EUROSPORT 7PM

GOLF

DELL CHAMPIONSHIPS
SKY SPORTS 7.30PM

RUGBY UNION

CARDIFF V LEINSTER
EIR SPORT/TG4 7.35PM

RUGBY UNION

OSPREYS V EDINBURGH
EIR SPORT 7.35PM

RUGBY UNION

ZEBRE V KINGS
SUPER SPORT/BBCA 7.35PM

RUGBY LEAGUE

ST HELENS V WIGAN
SKY SPORTS 7.45PM

RUGBY UNION

BRISTOL V BATH
BT SPORT 1 7.45PM

SOCCER

LEEDS V MIDDLESBORO
SKY SPORTS 7.45PM

SOCCER

LYON V NICE
BT SPORT 3 7.45PM

Saturday**GOLF**

MADE IN DENMARK
SKY SPORTS 11.30AM

SOCCER

LEICESTER V LIVERPOOL
SKY SPORTS 12.30PM

RUGBY UNION

PAU V TOULON
SKY SPORTS 1.45PM

RUGBY UNION

GLOUCESTER V SAINTS
BT SPORT 1 2PM

RUGBY UNION

BLUE BULLS V LIONS
SKY SPORTS 2PM

RUGBY UNION

CONNACHT V GLASGOW
EIR SPORTS 3PM

TENNIS

US OPEN
AMAZON PRIME 4PM

RUGBY UNION

FREE STATE V SHARKS
SKY SPORTS 4.15PM

RUGBY UNION

MUNSTER V CHEETAHS
EIRSPORT 5.15PM

RUGBY UNION

ULSTER V SCARLETS
EIRSPORT 5.15PM

SOCCER

MILWALL V SWANSEA
SKY SPORTS 5.30PM

SOCCER

MAN CITY V NEWCASTLE
BT SPORT 5.30PM

RUGBY UNION

DRAGONS V TREVISO
EIR SPORT 7.35PM

GOLF

DELL CHAMPIONSHIPS
SKY SPORTS 8PM

And they are off: Munster begin their Pro14 season on Saturday on Eir

**RUGBY LEAGUE**

BRISBANE V MANLY
SKY SPORTS 7AM

CRICKET

ENGLAND V INDIA
SKY SPORTS 11AM

GOLF

MADE IN DENMARK
SKY SPORTS 11.30AM

SOCCER

CELTIC V RANGERS
SKY SPORTS 12NOON

GAELIC FOOTBALL

GALWAY V KERRY
TG4 1PM

SOCCER

CARDIFF V ARSENAL
SKY SPORTS 1.30PM

FORMULA 1

ITALIAN GRAND PRIX
SKY SPORTS 2.10PM

RUGBY UNION

NEWCASTLE V SARACENS
BT SPORT 1 3PM

GAELIC FOOTBALL

DUBLIN V TYRONE
RTE/SKY SPORTS 3.30PM

RUGBY UNION

RACING 92 V CLERMONT
SKY SPORTS 3.50PM

TENNIS

US OPEN
AMAZON PRIME 4PM

SOCCER

WATFORD V SPURS
SKY SPORTS 4PM

GOLF

DELL CHAMPIONSHIPS
SKY SPORTS 6PM

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