

# AND THEY'RE OFF!

Countdown is on to glitzy Ladies Day at the racecourse See page 29



# The Leader

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Wednesday, September 12, 2018

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# LeadingOff

Setting the agenda in Limerick



**▲ GOOD WEEK**  
**People in neighbourhood of Parkway Valley**  
 A plan to develop the eyesore Horizon Mall has been broadly welcomed



**▼ BAD WEEK**  
**Tax defaulters**  
 This Tuesday the Revenue Commissioners published the list of tax defaulters. See story page 10



**☀️ QUOTE OF THE WEEK**  
 "Went to mass this morning and never met so many hellos and good mornings in my life."  
**Matthew Modine, who is in Limerick filming, on the Irish welcome**

**INSIDE THIS WEEK**



**EPA DECISION DELAYED**  
 Mungret verdict in November  
 Page 6



**HANRAHAN INQUEST**  
 Probe into death is adjourned  
 Page 4



**ON THE DOUBLE**  
 Man About Town  
 PAGE 56



**LOTTO FUND HOPES**  
 Local causes in line for cash  
 Page 16

## Exciting plans on the Horizon at last



Davey Real Estate briefed councillors on the new €90 development on the Dublin Road and the majority were very impressed



**WHAT WE THINK**  
**EUGENE PHELAN**  
 LEADER EDITOR

NO one can blame the general public for being sceptical about confirmation that the new owners of the derelict Parkway Valley/Horizan Mall site on the Dublin Road are to lodge plans for a massive €90 million development on the site.  
 "We have heard it all before. I'll believe it when I see it with my own eyes," were the remarks I have heard

from many people since our reporter Nick Rabbitts broke the story about the latest plan.  
 Interestingly, the Singapore-based Novelty Icaiv group intend using much of the concrete structure currently in place as part of the large scale retail project which will include two hotels, offices, 200 apartments and a car showroom.

Unlike previous proposals no large scale retail is planned, which will undoubtedly be welcomed by retailers in the city.  
 Yes, residents will be concerned over traffic and other issues, while the Council will have to lift the cap of 15% of homes allowed for in developments in the Castletroy area. Fingers crossed it goes ahead.

**WEBTOPTEN**

1. County Limerick pupils without school bus as homes 'closer to GPO'
2. Three places confirmed in Limerick SHC knockout stages
3. €90m plan will put 150 jobs on Horizon for Limerick as new community planned
4. Limerick woman with 'huge amount to lose' is refused bail
5. Limerick 1990s hurling hero Pat Heffernan comes out of retirement to win club title
6. Gardai called as truck breakdown causes 'major delays' outside Limerick village
7. UPDATE: Limerick crews spend hours tackling fire in Limerick city centre
8. Restaurant chain applies to open unit at Limerick's Crescent Shopping Centre
9. Motorists fined for using phones while driving through Limerick village
10. New Limerick GAA collection to be released next month



€90m plan will put 150 jobs on Horizon for Limerick as new community planned: See online and page 27

**WEATHER FOR THE WEEK**



**WEDNESDAY** Partial sunshine today with a temperature high of 16°C  
**THURSDAY** Partly sunny again but a shower possible. High of 16°C  
**FRIDAY** A brief shower or two with temperature peaking at 16°C  
**SATURDAY** A passing shower or two with temperatures hitting 18°C  
**SUNDAY** Clouds and sun with a shower and temperature high of 18°C  
**MONDAY** A couple of afternoon showers and a high of 16°C

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# MyLimerick

## William O'Donoghue

Limerick and Na Piarsaigh hurler

### What's your idea of a perfect day or a perfect weekend in Limerick?

My idea of a perfect day in Limerick would be heading into the Milk Market on a Saturday morning and bumping into some friendly faces, followed by a coffee with some of my mates.

### What's your first Limerick memory?

I've grown up in Limerick all my life so I don't have a particular first memory, but my earliest memories would be of playing soccer on the green outside my house with all the kids from the neighbourhood.

### What's your favourite part of the city or county, and why?

My favourite part of the city would be the northside. This is where I have grown up, gone to school, played sports and made a great bond with so many people. Also, it's where Na Piarsaigh GAA is located, which holds a special place in my life.

### What about a favourite walk or view?

I think Curraghchase is as nice a place for a walk as any. The tranquility out there is hard to find anywhere else and the surrounding grounds are stunning.

### What do you think gives Limerick its unique identity?

I think the people of Limerick and our fondness for our city and county gives Limerick its unique identity. People are particularly proud to be from Limerick and I think as Limerick continues to grow economically more and more people will be attracted to this welcoming county.

### Do you have a favourite local restaurant?

My favourite local restaurant would have to be The Cornstore. The staff are

very welcoming and the food is consistently top class.

### How would you describe the people of

### Limerick?

The people of Limerick are by and large witty and cutting which makes for a great laugh, even if it is at your own expense! There are also a lot of caring people throughout Limerick who participate in fantastic charity work and this work is well received by everyone in the county.

### How important do you think sport is to Limerick?

Sport is a huge part of the culture in Limerick and this can be seen with the sense of pride the people take in such a broad range of sports. Junior soccer clubs, rugby clubs and GAA clubs are pillars of many communities and the ongoing work at the University of Limerick shows the rising interest in athletics as well.

### If you could add one amenity to Limerick, what would it be?

The city is probably lacking an effective public transport system which affects commuters entering the city daily for work. A more effective system may encourage people to frequent the city more regularly, which would boost local revenue in bars and restaurants.

### What's the biggest challenge facing the city and county today?

The rise in homelessness and the number of families in emergency accommodation is certainly a challenge the people of Limerick should work together to try and tackle.



**William O'Donoghue with the Liam MacCarthy Cup at Colbert Station**

## FRONT PAGES OF THE PAST

### NINE YEARS AGO JULY 11, 2009

Summer of 2009 and Dell announced it was moving manufacturing to Poland.

The lead story revealed that Gerry Hinchy, acting chairman of the Dell Workers Representative committee, intended going to the European Court of Justice in a

bid to get improved redundancy payments for workers at the Limerick plant.

The main photograph was of three young boys blowing bubble gum in the city. The story concerned a new campaign to remove gum from the streets, reporting that it cost 25 cent to remove a single gob of gum.



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# Inquest into murder of widow is adjourned

**FINTAN WALSH**

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AN INQUEST into the death of widowed pensioner Rose Hanrahan, who was brutally murdered in her own home in Limerick city, has been opened and adjourned pending a criminal investigation.

Rose, aged 78, was murdered at her home on New Road, Thomondgate, on December 14.

An arrest has yet to be made in

connection with her murder, which is being investigated by detectives at Mayorstone and Henry Street garda stations.

Coroner John McNamara adjourned the inquest into Rose's death following a request from Insp Paul Reidy at the Coroner's Court this Tuesday morning.

Family members were in attendance at the brief hearing, which took place at 10.30am.

"I know it's difficult for family members to come to an inquest to

hear details surrounding the death of a loved one," Mr McNamara said to members of Rose Hanrahan's family.

Insp Reidy requested that the inquest be adjourned as there is an ongoing criminal investigation in operation.

Granting the request, Mr McNamara postponed the inquest and adjourned the matter for six months.

The family did not speak during the brief hearing this Tuesday. Mr

McNamara thanked them for attending the inquest.

On December 16, a murder investigation was launched by Superintendent Derek Smart at Mayorstone garda station.

During the course of their investigation, gardai have spoken to more than 2,000 individuals in the community.

Gardai have also harvested thousands of hours' worth of CCTV footage, all of which has been analysed by investigating officers.



The late Rose Hanrahan's inquest has been adjourned



University Hospital Limerick nurses Mary Daly, Mary Griffin, Marie Heffernan and Nicola Thompson at the protest

# Staff 'disillusioned' over deficit and pay

**Picket:** INMO says nurses 'have been taken for granted'

**FINTAN WALSH**

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A UNION spokesperson says nurses at University Hospital Limerick "have been taken for granted" over the past 10 years.

The comments were made at a protest at UHL this Tuesday—led by nurses, Siptu, INMO and local politicians—over a shortage of nurses and a lack of planning ahead of the busy winter period.

More than 50 people picketed outside the entrance to the Dooradoyle hospital, protesting for more beds and additional nurses.

INMO spokesperson Mary Fogarty told The Leader that the overcrowding for the past decade has been a "scandal" and there are not enough nurses for UHL, despite "extensive" recruitment efforts by management.

"This hospital hasn't had any

injection of additional funding for additional nurses to look after the volume of patients that are attending here on the wards, particularly the medical and surgical wards."

Ms Fogarty said nurses are the "lowest grade" of healthcare professionals in terms of pay.

"They have really been taken for granted over the last decade."

She added: "They are distressed over the conditions that they find they are left to work in. That's a major concern. There is a huge morale issue on the ground, they're definitely is. It is going to take a long time for it to revert."

Senior theatre nurse Ann Noonan said there is a staffing deficit in "every ward" at UHL.

"They are very disillusioned. If you look at the Public Service Pay Commission, the report was issued last week and the Government said there was no issue with retention

and pay was not an issue. As a nurse of 34 years, pay is very much an issue. It's embarrassing to think, after 34 years of service, that I am on €23 an hour. I'm never going to get a bonus, I am not going to get a golden handshake when I leave. It is disillusioning. I have never in my life got a bonus. So, we want pay parity. I want that the nurse has pay parity when she comes out, with the occupational therapist, the speech therapist, with the radiographer, with the teachers," she said.

Mayor of Limerick City and County, Cllr James Collins said he was "representing the citizens of Limerick because the people of Limerick have had enough".

He said after the reconfiguration of the Mid-West hospitals, patients from Ennis, Nenagh and St John's went to UHL for emergency care.

"But the money didn't follow the patients."

# 'People's Park should remain oasis of peace'

**NICK RABBITTS**

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THE People's Park should remain "an oasis of peace", rather than home to a new war memorial, councillor John Gilligan has said.

He was reacting to plans – revealed in last week's edition of The Leader – to construct a shrine to those Limerick people who lost their lives in World War One.

In a lengthy statement, the independent councillor (pictured) said: "The People's Park should remain an oasis of peace with just the song of the birds and the laughter of children to disturb the peace – a far cry from the hell of cannon and rifle fire where so many were sent to be slaughtered. That is a more fitting tribute than what's been proposed."

At the heart of the memorial would be a four-metre high stone-central cross. As well as this, the plans show eight stone tablets, two metres high, inscribed with the names of all the victims.

The group delivering the project is the Limerick Civic Trust; the plan being one of the principal goals of its new chairman Thomas Wallace O'Donnell for his term.

There would be three stone benches 3.7m long, and 0.45 metres high and associated gravel paths.

"Unfortunately, over the years remembering the dead of the First World War has become highly politicised –

hijacked by the monarchy and the military who were responsible for sending them to there deaths in the first place. What were meant to be places of quiet reflection on a lost generation have become in most cases little more than monuments to imperialism," Cllr Gilligan said.

This should not be the case here in Limerick, he said.

"After it ended those who had survived or had witnessed the appalling carnage came together and under the noble slogan of 'lest we forget' vowed never again to die for those who considered them as inferior beings useful only as economic slaves or cannon fodder," he said.

"The survivors gathered each November proudly asserting their common humanity and in total opposition to the international war mongers. In Ireland commemorations can be particularly poignant when we remember the tens of thousands of proud young Irishmen who went to fight for the defence and freedom of small nations, foremost their own, who were cruelly betrayed by the Empire who sent them.

"They did not know that freedom for small nations did not extend to their own"

A decision will be made on the plans for the People's Park on October 17 next.





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## LEADER NEWS BULLETIN

## Personal data

## Data of e-parking users not affected following breach

LIMERICK City and County Council has moved to reassure users of its e-parking app that their data remains safe and secure, writes David Hurley.

The local authority has confirmed it is aware of a data breach involving around 5,000 customers of a similar system in Cork City.

Limerick-based company Parkmagic operates the two park-by-phone systems under separate and unrelated contracts.

A spokesperson for Limerick City and County Council said it takes the storage and security of its customers' data very



seriously.

"The council can confirm that the Limerick e-parking systems management and data management processes are unrelated to the Cork (city) system and were unaffected (by the breach)," said the spokesperson.

"No additional measures are required to be taken by Limerick City and County Council at this time other than the regular security measures in place," he added.

The Data Protection Commissioner has been informed of the data breach in Cork and is investigating the matter.

## Policing

## Limerick division beckons for probationer gardai

NINE of the latest batch of garda recruits will be assigned to the Limerick garda division, writes David Hurley.

Garda Commission Drew Harris, who took up the role last week, attended the latest ceremony at the Garda Training College which saw 185 members being attested.

It was the third attestation to have taken place in 2018 and brings the number of new recruits this year to around 600. A further 200 recruits are due to attest in November.

It is expected the nine new recruits who will be based in Limerick will initially be assigned to community policing units in the city.

Ten probationer gardai took up duty at the beginning of July following their passing out ceremony.

## Tragedy

## Service held for teen killed in New Zealand accident

A MEMORIAL service has taken place in Limerick for a teenager who died in a car accident in New Zealand.

The victim, 18-year-old Ava Powell, was living in New Zealand, but had a number of close family members in Limerick city.

The motorway crash, near Napier in New Zealand's Hawke's Bay area, took place last week.

The car Ms Powell was travelling in tragically collided with a truck. Ava's school friend was also in the car, but she survived the accident.

The teenager is missed by her parents Vikki and Pat Powell and her sister Scarlett.

Her grandmother,

Deirdre Powell, lives in Moyross.

Her funeral was held this Monday at her local church in New Zealand. On the same day, a memorial service was held in Corpus Christi Church, Moyross, at 7.30pm.

The teenager finished secondary school at Sacred Heart College in Napier, New Zealand, last year.

Principal of the school, Maria Neville-Foster, is also from Limerick.

She told the New Zealand Herald that staff and students are "deeply saddened by the loss" of Ava.

"She was a much loved and respected member of our school community. Our thoughts and prayers are with her family at this time."



One of the two billboards at the centre of the dispute. They are located at 105 O'Connell Street and at 23 Sarsfield Street

## Dispute over city Billboards continues

A PLANNING dispute over two billboards in the city centre has been adjourned pending the outcome of a High Court action, writes David Hurley.

The decision of Limerick City and County Council to refer the matter An Bord Pleanála for consideration is being challenged by the owners of the billboards – JC Decaux Ireland Ltd.

The local authority is seeking to

establish if the "erection of an internally illuminated billboard sign in place of a static/tri-vision billboard sign on the gable wall of a premises" is considered to be an exempt development or if it requires planning permission.

After being informed the High Court case will not be heard until January, Judge Marian O'Leary adjourned the matter to July 5, 2019.

## Irish Cement plan decision pushed out

## Proposals: Firm plans switch away from fossil fuels

NICK RABBITTS  
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IT will now be November before the environmental regulator decides whether Irish Cement are given a licence to burn waste in Mungret.

The Environmental Protection Agency (EPA) was expected to make a decision on the firm's controversial proposals to switch away from fossil fuels to burn solid recovered waste and used tyres this week.

But now it has emerged that a final decision date will now be in the week of November 4.

It comes with more than 4,000 people now objecting to the proposals, which Irish Cement say will lead to a €10m investment in the area, plus the protection of its current jobs.

Clare Keating, Limerick Against Pollution (LAP) has welcomed the delay.

She said: "We are still working on our submission that Jack O'Sullivan, our environmental consultant, is preparing. We want to make a very detailed submission against the grant of a licence. More time is good for all of us."

Residents believe the reforms at Irish Cement will lead to an increase in dioxins into the local environment, and have numerous other public health concerns. But the firm has always maintained that since the burning will



"We want to make a very detailed submission against the grant of a licence"

CLARE KEATING,  
BELOW



take place at high temperature, there will be no extra emissions.

It also argues that the move is necessary to ensure the plant remains viable into the future.

"I'd say they will make a decision pretty imminently after November 4," Ms Keating told The Leader. "We've been told this is the final extension."

It's the first time the EPA has ever received more than 1,000 objections to a proposal.

"We're just hoping the EPA do the right thing and don't grant the licence," Ms Keating said.

In the run up to November 4, LAP will run a series of community events. They are also considering organising a plebiscite among residents in Limerick to canvass their views on the proposal.

Earlier this year, An Bord Pleanála gave the green light to the physical aspects of the Irish Cement proposal. It means the only hurdle the firm now has to clear is securing a licence from the EPA to operate.

The permission – granted following a three-day oral hearing last September – means the firm is allowed to facilitate, store and handle waste materials at its plant.

Irish Cement said it "noted" the EPA request for an extension.

Communications boss Brian Gilmore added: "This programme will reduce dependence on imported fossil fuels, reduce CO<sub>2</sub> emissions by up to 40,000 tonnes per year, and will help recover valuable resources that might otherwise end up in landfill. It will make the factory more competitive, and will support existing and future employment in the factory."





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# Patients left 'in Limbo' in GP saga

FINTAN WALSH

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THE DEPARTMENT of Social Protection has been criticised for failing GPs as a number of patients in Limerick have been "left in Limbo" over a delay in illness benefit payments.

The problem surrounds the introduction of new application forms for the payment of illness benefit, which have been issued to GPs in recent weeks.

However, unions claim that they were not consulted by the Department of Social Protection regarding the move, and a number of GPs in Limerick and nationwide have continued using old forms, including photocopies of the forms.

The old form, MC1, has been replaced by a new claim form called an IB1 and a new medical certificate called a MED1. Unions claim that it is an extra workload and the issue of fees has not been properly addressed by the Department.

Hitting out at Minister for Employment Affairs and Social Protection, Regina Doherty, Deputy Maurice Quinlivan said he has been contacted by a number of concerned patients in Limerick, who have experienced delays in receiving their benefits. He said the issue is down to a "row the Department of Social Protection has



Deputy Quinlivan has hit out at the Department of Social Protection over its introduction of new illness benefit forms

picked with GPs".

"It is clear that the Department failed to consult GPs with reasonable notice ahead of introducing these changes and is now playing catch up to try and get them on board with the new process. This mess has left patients in limbo," the Sinn Fein TD said in a statement this week.

He said the Minister needs to be asked why the measures were introduced without the agreement from the GPs.

"This is a serious situation for some people being left with delayed payments, despite rent and bills to pay, and so it must be address by the Minister immediately."

The Irish Medical Organisation has been critical of the situation, but has urged GPs to use the new forms.

The National Association of GPs, also condemning the Department's actions, is asking its members to continue using old forms, or photocopies, until a resolution has been secured.



Limerick City and County Council paid €33,000.51 to a County Limerick company

## Engineering works on Canal Bank cost the council €33,000

DAVID HURLEY

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THE cost of upgrading a section of the canal bank at Corbally totalled more than €30,000, it has been revealed, writes David Hurley.

Documents released under the Freedom of Information Act show Limerick City and County Council paid €33,000.51 to a county Limerick company which was awarded the tender to carry out the works on behalf of Limerick Smarter Travel.

The upgrade of a section of the Canal Bank between Pa Healy Bridge and Park Road Bridge was completed last summer.

The works related to an area which is less than 600 metres long.

While some information was redacted, invoice documents released to The Leader show the works included the laying of ESB ducting in grass and along a footpath; the installation of 'sleeves' for concrete poles and street lights as well as the removal of shrubs, trees, bushes and brambles.

Topsoil was also imported and a digger used to complete some of the works which included the relaying of concrete.

According to the invoice, a number of two-men crews were deployed for two days to cut down vegetation and tidy the area.

A spokesperson for the local authority said details of the full invoice were redacted as they are commercially sensitive.



# LADIES DAY 2018



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## Comments from online readers

What you're saying about stories on [limerickleader.ie](http://limerickleader.ie) and our social media platforms



### FINES ISSUED TO A NUMBER OF MOTORISTS AFTER PARKING IN DISABLED BAYS

#### Marion Lyons

Great work it should be €200 on the spot, next time they will have a bit of respect for the people who need them



#### Siobhan Lynch

Should go out to the shopping centers and do the same.

#### Anne Sheehy

€150 fine is not severe enough for anyone parking in a disabled space. My pet hate

#### Marian Keane

Good they wont park in them again

### MOTORISTS FINED FOR USING PHONES WHILE DRIVING THROUGH LIMERICK VILLAGE

#### Helen Meskell

You could read a book driving through Adare



#### Hannah Sheehy

Frustration with traffic jams in village probably responsible

#### Pamela Cotter

The irony of the headline - driving through Adare - really.....

### NURSES TO STAGE PROTEST AHEAD OF WINTER PERIOD AT UHL

#### Bernadette Ryan

Nurses have a terrible time in A&E in these conditions, but patients are the primary concern. There is no way that any elderly person should be left on a trolley in a corridor.



#### Ray Hogan

We have by far the best nurses in the world no doubt, pay them & give them what they deserve so that it will keep them from leaving for other countrys, it's simple as that #respect

#### Maisie O'Brien

I don't blame them. I have see first hand how hard the nurses work.

### €90M PLAN WILL PUT 150 JOBS ON HORIZON AS NEW COMMUNITY PLANNED

#### Rg Allen

Traffic is already shocking on that side of town, I hope there is a plan in place to deal with that before all the extra traffic from this development comes on-line, but somehow I doubt it



#### Lisa McCutcheon

There is already two hotels near by. There isn't a need for two more.

#### Brian Larmour

Brilliant news

#### Mark Rush

Should be called fantasy island as this will never get done



## Banding together for the community

Musicians of all ages entertained the gathering at the Picnic in the Park event organised by the Limerick City Community Development Project in the People's Park. More pictures on page 28 PICTURE: DAVE GAYNOR

# Consultant's €135k tax settlement

**Revenue:** Latest list of Tax Defaulters published

#### DAVID HURLEY

[david.hurley@limerickleader.ie](mailto:david.hurley@limerickleader.ie)

A MEDICAL consultant from Limerick has agreed to pay almost €70,000 in interest and penalties relating to the under-declaration of Income Tax, it has been revealed.

According to the latest List of Tax Defaulters, which was published by the Revenue Commissioners this Tuesday, Joseph Hughes who has an address at No 6, The Demesne, Adare Manor, Adare agreed to pay a total of €134,838.29.

The settlement includes the payment of €67,863.27 in income tax as well as interest (€39,829.72) and penalties (€27,145.30).

Details of several settlements under section 1086 of the Taxes

Consolidation Act, 1997 have also been included in the List of Tax Defaulters.

All of the settlements were agreed with Revenue between April 1, 2018 and June 30 2018.

Michael P Buckley – a bread and cake distributor who has an address at Apartment 2, Landsowne Hall, O'Callaghan Strand in the city, agreed to a total settlement of almost €230,000 relating to the under-declaration of Income Tax and VAT.

He has agreed to a pay €229,718.03 which consists of tax (€144,616.40), interest (€36,773.61) and penalties (€48,328.02).

McMahon Entertainments, a limited company which has a registered address at Riverpoint,

Lower Mallow Street, Limerick reached a settlement totalling €60,975.00 relating to the under-declaration of VAT.

According to the Revenue, the company is engaged in the pub business and the settlement includes tax of €42,488, interest of €9,989 and penalties of €8,498.00.

Raymond McMahon – a company director who has an address at Parkroe, Ardnacrusha reached a settlement totalling €66,545 relating to the under-declaration of VAT.

Alan Cummins – a sales and merchandising agent who has an address at 11 Churchfields, Clonlara – reached a settlement totalling €35,988.03. Again this relates to the under-declaration of Income Tax.

## Man charged over cocaine seizure at home

A LIMERICK man was granted bail after he appeared in court charged in connection with a drugs seizure at his home, *writes David Hurley.*

Dermot Calvert, aged 47, who has an address at Mossgrove Avenue, Caherdavin is accused of possession of cocaine for sale or supply

The drugs, which have a street value of around €1,800, were seized during a search of the defendant's home at around 8.30pm on Monday.

At Limerick District Court on Tuesday, Judge Mary Cashin was told Mr Calvert made no reply when he was formally charged following

his arrest.

The defendant, who is separated from his wife and family, was granted legal aid by the judge as he has "no income whatsoever".

There was no garda objection to bail and the matter was adjourned to November for DPP's directions.



# Stranger Things actor in city

**‘Magical folks’:**  
Matthew Modine takes in local Limerick culture

**MARIA FLANNERY**  
maria.flannery@limerickleader.ie

AN AMERICAN actor, known for his roles in *Stranger Things* and *Full Metal Jacket* among others, is currently enjoying a stay in Limerick while he is working on a filming project.

And Matthew Modine is using his time in the city to get to know its culture and people, tweeting his findings along the way.

Having first revealed his location on Twitter, the actor explained: “I’m here filming. Lucky me! Magical folks here in Limerick.”

According to informed industry sources, Modine is not filming in Troy Studios but is thought to be here as part of a low budget movie that is being shot around Limerick and the Mid-West.

The actor’s most recent high profile role was playing antagonist Dr Martin Brenner in the hit Netflix drama *Stranger Things*. He has also appeared in *The Dark Knight Rises*, *Memphis Belle*, *Sicario*,

*Birdy* and *Weeds*.

Limerick’s metropolitan mayor, Cllr Daniel Butler, wrote to the actor: “Welcome to Limerick a former national City of Culture and European city of culture finalist. We hope you enjoy your stay and if we can be of any help please feel free to get in touch.”

“Thank you kindly Mr Mayor,” was the response. “I’m enjoying my stay and looking forward to filming in and around your fair city!”

The actor also commented on street art in the city, agreeing that it can have a transformative effect on a space. However, he is not a fan of the eye-pop mural on Nicholas Street!

One Twitter user suggested that Modine eat at Donkey Fords - to which he replied: “I’m vegan.”

He said that he has been eating at The Underdog, Hook and Ladder and The Old Fire Station, which he said are “all top notch eateries!” He also mentioned that he plans to eat at The Grove.

In addition, he has been enjoying shops and bars in Limerick city, and he even went to Mass on Sunday.

“Went to mass this morning and never met so many hellos and good mornings in my life,” he said of the Irish welcome.

This Tuesday morning, Ma Hogan’s bar posted: “Just putting out our outside tables and chairs for today and Matthew Modine just walked by... not a typical Tuesday morning here in Limerick.”



Actor Matthew Modine in some of his most famous roles. Clockwise from main: *Stranger Things*; *Full Metal Jacket*; *Memphis Belle*



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## LEADER CRIME BRIEFS

BY DAVID HURLEY



## Jacket and wallet stolen from passenger on bus

GARDAI are investigating the theft of a wallet and jacket from a young man during a bus journey between Dublin and Limerick.

The injured party left his jacket under the seat in front of him during the journey only to realise on arrival in Limerick that it had been taken.

"When he got to Limerick he realised that his jacket had been taken with his wallet in the pocket," said divisional crime prevention officer, Sergeant Ber Leetch.

Gardai are appealing to anybody who is using public transport to always keep any



The theft happened on a Limerick-bound bus

valuables on their person during the journey.

"I think the young man could suffer the loss of his jacket but his wallet with his cash and cards in it were a shocking loss," said Sgt Leetch.

Anyone with information about the theft is asked to contact gardai at Roxboro Road who are investigating the incident.

## Purse stolen from under woman's feet at city casino

A PURSE was stolen from a woman who was socialising at a casino in the city centre.

According to gardai, the woman had her handbag at her feet when her purse was taken out of her bag by the culprit.

"Now in this case the lady was very lucky as another female was arrested near the casino and the purse was found on her. The purse was returned to its owner," said a garda spokesperson.

Gardai say the incident shows how quickly thieves are able to act and should act as a warning to people when out and about.

## Thieves ran into store and stole 'expensive' items

GARDAI are advising retailers who stock expensive products to make sure they are kept securely at all times – both on display and in non-public areas of their stores.

"Make sure that the store room in which these expensive items are stored is kept locked and secure at all times," said divisional crime prevention officer, Sgt Ber Leetch.

The warning follows a recent incident during which two youths ran into a city centre shop and stole expensive items from a store room which was not



Sgt Ber Leetch says store rooms should be locked

locked.

According to gardai, the culprits simply ran in and grabbed the items before fleeing seconds later.

"They were in and out in seconds, they can be that quick," said Sgt Leetch.

Gardai at Henry Street are investigating the incident and can be contacted at (061) 212400.

## Thefts from unlocked cars

A NUMBER of thefts from cars have been reported to gardai over the past week.

In three incidents, the cars were unlocked.

A laptop was stolen in one incident while a backpack was taken from another car. "Always remove everything from your car and lock it, don't assume its locked, check the door handle," said a garda spokesperson.

# Volunteers to put training to the test in crisis scenarios



Order of Malta Ambulance Corps, attached to the Limerick City unit, respond to a staged emergency scenario as part of their training. The National Open Competitions will see a fleet of 80 units this weekend across the city this Saturday

### FINTAN WALSH

fintan.walsh@limerickleader.ie

FROM an explosion at a family BBQ, tragic drowning incident to a road crash, these are some of the many simulated incidents that emergency responders will have to endure at a national competition in the city this weekend.

To celebrate 70 years in Limerick city, the Order of Malta will host this year's national open competitions, which will see a fleet of responders, technicians and paramedics from all over the country will be tested in emergency scenarios.

The championship takes place this Saturday will be hosted at various locations around the city, which are

currently "under wraps" according to Bryan Crosby, of the Limerick Order of Malta unit.

"This year, like all previous years, the entrants will have to deal with the situation as best they can given their clinical training and contend with this situation being out of the classroom in open view of the public," he said.

Tony O'Mara, who is in charge of this year's competitions, said it is a great way for volunteers to put their training to the test and for members of the ambulance corps to socialise.

"Some of these members might only see each other at the larger national events that volunteers from Order of Malta Ambulance Corps provide medical cover at such as Croagh Patrick or the National

Ploughing Championship and that regardless of competition results this annual weekend always proves popular for everyone."

Mr O'Mara said that following competitions on the Saturday morning and afternoon there will be a special gala dinner held that evening in which the results of the competitions will be announced followed by live band and DJ at the Strand Hotel.

More information about joining the Ambulance Corps here in Limerick can be obtained from [limerick@orderofmalta.ie](mailto:limerick@orderofmalta.ie). For information on the gala dinner, taking place on September 15 tickets can be obtained at [seniorcompetitions@orderofmalta.ie](http://seniorcompetitions@orderofmalta.ie).

## Council action over 'edifice' at halting site

COURT proceedings are underway in relation to what has been described as an edifice at a halting site in the city, writes David Hurley.

Limerick City and County Council has initiated legal action against Patrick Casey of Toppins Field, Rathbane over his alleged failure to comply with an enforcement notice.

The notice, which was served on him almost a year ago, requires him to remove an unauthorised shed

which is located near his home.

After being informed Mr Casey is contesting the matter, solicitor Will Leahy requested an early hearing date.

He said the shed is located on council-owned lands and that its continuing presence is impacting on other residents and members of the public.

Solicitor Darach McCarthy said the shed, which is used to keep horses, was built some time ago and

that there is "no risk or impediment to the public".

He told Judge Marian O'Leary his client has retained an architect who will prepare a report ahead of the case being heard.

Mr McCarthy objected to the matter being heard in Kilmallock saying it "doesn't deserve exceptional treatment".

The case, which will last around an hour, was adjourned to October 18 for hearing.



# Collins backs elected mayor

**Good idea but...** Mayor says position must have power to influence policies

**FINTAN WALSH**

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THE MAYOR of Limerick City and County is in favour of a plebiscite for a directly elected First Citizen, but only if the office-holder has power to influence policies.

This comes after Taoiseach Leo Varadkar wrote to Fianna Fail leader Micheal Martin, proposing a public vote for mayor, in a bid to extend the parties' confidence and supply agreement.

If this proposal comes to fruition, a mayor of Limerick could be elected either in the 2019 local elections or in a separate mayoral election in 2020 or 2021.

Cllr James Collins, Fianna Fail, who was elected mayor by his fellow councillors, agreed that it "would be a good idea as long as the directly-elected mayor had actual power to implement some of the policies that they would stand on a platform for".

Mayor Collins was speaking at the launch of the council's Smart Limerick digital strategy at the Strand Hotel this Monday.

"Not many people are aware at the moment that there are some functions that the mayor has responsibility for and the other executives and the chief executive has



**Mayor James Collins: looking for more detail on what kind of role a directly-elected mayor would have in the future**

responsibility for," he said.

"But there is no real discussion in terms of what the role of mayor would be. So I look forward to more detail in that regard," he explained.

Asked about the possibility of a five-year mayoral term, the councillor said: "One of the first meetings I went to when I was elected mayor, and they asked me what I wanted to achieve in my year as mayor. I said a lot of the things I wanted to achieve probably couldn't be delivered in a year. So you do need some time, like today, you have got the [digital] strategy in place, and then you have to action

the plan. So it is difficult to do that within a year."

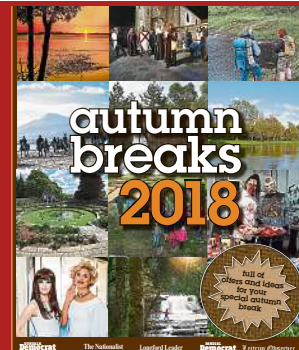
He added: "But again, if you have a five-year term for a mayor, you have to make sure that the mayor has sufficient powers at his or her disposal to be able to action out those plans."

Speaking last week after Taoiseach Varadkar's proposal to Deputy Martin, Senator Kieran O'Donnell said it was time "the people of Limerick are given their say on having a directly elected mayor".

He said the idea of a plebiscite would be favourably received by Limerick voters.

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# Martens in bid to quash Jason murder conviction

**Appeal:** Attorneys are expected to file court briefs this Thursday

**JESS CASEY**

jess.casey@limerickleader.ie

MOLLY and Tom Martens are expected to begin an appeal against their convictions for murdering Limerick man Jason Corbett this week, alleging juror misconduct at the high-profile murder trial.

Attorneys representing the pair have until September 13 to file court briefs to the North Carolina Court of Appeals in a bid to overturn their conviction for the murder of the father-of-two from Janesboro in 2015.

Ms Martens and her father Tom have claimed that the jury at their

high-profile trial in 2017 discussed details of their case outside of deliberations, referencing statements made by Tom Aamland, the jury foreman, to media following the verdict.

According to the Winston-Salem Journal, the father and daughter will also challenge the decision to exclude statements made by Jason Corbett's children to social workers that stated that Mr Corbett abused Ms Martens.

These statements were later recanted.

Among other arguments, the appeal is also expected to challenge the decision to exclude a statement from



**Molly and Tom Martens, a retired FBI agent**

Tom Martens that said Michael Fitzpatrick, the father of Mr Corbett's late first wife, told him that he thought Mr Corbett was responsible for his daughter's death, the WSJ reports.

Mr Fitzpatrick has signed an affidavit denying he ever said this to Mr Martens. Mr Corbett's first wife, Margaret 'Mags' Fitzpatrick, died in 2006 at the age of 31 after suffering an asthma attack.

After the September 13 date, it is understood that prosecutors will have about 30 days to file their response, according to the WSJ.

It will be six months to a year before the Court of Appeals makes a decision.



Crews from Limerick Fire Station, Mulgrave Street, at the scene of the fire in the city centre on Sunday evening PICTURE: LIAM BURKE

## Former Limerick Leader printworks damaged in blaze

INVESTIGATIONS are continuing to establish the cause of a major fire in Limerick city centre at the weekend, writes David Hurley.

The alarm was raised at around 4pm on Sunday after flames and plumes of black smoke were seen coming from the roof of the former Limerick Leader printing press which is located at a laneway off Catherine Street.

It's understood a large number of calls were received by the emergency services who were

quickly on the scene.

The building has been derelict for some time and is no longer owned by the Limerick Leader or its parent company.

The O'Connell Street offices of the Limerick Leader, which publishes The Leader, were not affected by the fire as they are not physically connected to the former printing press.

When the printing press was operational in the past, the two buildings were connected by a

gangway.

However, this was removed several years ago.

Crews from Limerick Fire and Rescue spent several hours tackling the fire on Sunday evening as it spread from the ground to the roof which was extensively damaged.

The Bronto skylift was also deployed during the operation to assist firemen as they gained access to the roof area to put out the fire.

A number of roads were closed for several hours and crews returned to the building for a short time this Monday morning to dampen the smouldering remains of the fire.

While foul play is not suspected, gardai maintained a presence overnight on Sunday and a technical examination has been carried out as part of the investigation.

There are no reports of any injuries as a result of the blaze.

## Mental Health Week gets a launch

A HOST of agencies have come together to organise Limerick Mental Health week, which was launched on Monday.

The Limerick Mental Health Association and a team of charities, community groups, the HSE, gardai and businesses across the city and county have been working tirelessly over the last several months to put together a week of talks, workshops, exhibitions and events for the public in the month of October on the topic of mental health.

The week marks World Mental Health Day on October 10 and this year's theme is "Youth in an ever changing world".

Patrick Fitzgerald, Director of Limerick Mental Health Week, said: "Mental health is a part of our lives as much as physical health is. We all know to go to a doctor when we break a bone or get sick. But do we know where to go when we feel low or need help for our mental health? Do we know how to look after our mental health on a daily basis?"

"The week looks to raise awareness of the services available to all of us and how we look after our mental health," he added.

Leader columnist Meghan Scully said she was delighted to be an ambassador for the week and noted that, as part of a team bonding and brain storming session around Limerick Mental Health Week, representatives from many of the organisations involved took to the Shannon for some kayaking to "Reclaim the River".

"It was amazing to see our river in such a different way and to enjoy it as an amenity and asset rather than to see it as a sad and tragic place," she said.

The week runs from October 4-13 and will be launched in King John's Castle on October 5 at 6pm, which will be a showcase for mental health organisations in Limerick along with a variety of performances and visual art developed around the concepts of mental health.

A gala ball will also take place in the Strand Hotel on October 13. Lorna Horgan, chair of the committee, said: "This is the first annual Limerick Mental Health Ball and we hope it to become one of the key events in the Limerick social calendar every year."





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# 'Remarkable' occasion marked at 'beautiful and hallowed place'

**JESS CASEY**

jess.casey@limerickleader.ie

LAST Saturday marked 850 years at Limerick's longest serving cathedral, a "beautiful and hallowed place" and a story of "continuity and faithfulness."

St Mary's Cathedral celebrated its 850th anniversary with a special Service of Thanksgiving, "the liturgical highlight of this year's celebration", according to Dean of St Mary's, the Very Rev'd Niall J. Sloane.

Former Primus of the Scottish Episcopal Church, Rt Reverend David Chillingworth, who gave the sermon on Saturday, commending St Mary's for its "remarkable" anniversary.

"It is an enormous span of time, a story of continuity and faithfulness," Rt Revd Chillingworth said.

"Ancient church buildings are extraordinary places. They are hallowed with the prayers of generations."

"They are a repository of memories, countless baptisms, weddings and funerals, alongside civic and community events of all kinds."

"This Cathedral of course matters deeply to the Church of Ireland community of the south and west. It symbolises our distinctive way of faith."

"But Cathedrals are much more than that," he added.

"They transcend the life of the Christian denomination which



**Rt. Reverend David Chillingworth, Mayor James Collins, the Rt. Reverend Kenneth Kearon, Bishop Brendan Leahy and the Very Reverend Niall Sloane at the celebrations at St Mary's Cathedral** PICTURES: KEITH WISEMAN AND GARETH WILLIAMS

happens to hold them in trust."

"Look around at the ecumenical and community diversity of this congregation.

"We welcome one another and

we support one another in ways which would have been unimaginable a generation or two ago."

"It's been a great privilege and

pleasure for me to share this celebration with you. May the ministry which flows from this building grow and prosper in the years to come."

Saint Mary's, which was gifted to the Church by Donal Mor O'Brien the last King of Thomond, has been a site of Christian worship since 1168.



**Frank and Therese Quinn, Corbally, attending the St Mary's celebrations**



**Alice and Cllr Elena Secas, Castletroy at the celebrations**



**Irene Murray and Archdeacon John Murray**



**John St George, Deans Church Warden and Emma Melin, Peoples Church Warden**



**Colm Copley Brown, Janice Copley, Noah Copley Brown and Victor Brown, Faranshone**



**Tony Stack, Joe Hayes and Ken O'Brien, IUNVA Post 6, at the St Mary's celebrations**



**John King and Mary McEvoy, New Street, at the celebrations**



**RT Rev'd David Chillingworth and RT Rev'd Kenneth Kearon, Church of Ireland Bishop of Limerick**



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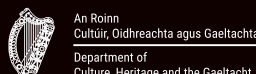
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# CULTURE IS CATCHING



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**Above: Sr Helen Culhane the founder the Children's Grief Centre.** PHOTO: OISIN MCHUGH TRUE MEDIA  
**Left: Molly MacMahon at the launch of the ILEN project at Baltimore Harbour.** PHOTO: DERMOT LYNCH

# Limerick communities eye €35,000 Good Causes Awards

**Charity:** Local organisations reach finals of the inaugural Good Causes Awards

**ANTHONY GEOGHEGAN**  
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FOUR organisations in Limerick have qualified for the first-ever National Lottery Good Cause Awards finals to be held this November.

Thomond RFC, the ILEN project, Mid-West Simon Community and the Children's Grief Centre will all hope to win the €10,000 prize in their respective categories.

An even a bigger incentive is the overall top prize of the National Lottery Good Cause of the Year worth €25,000, meaning one organisation will leave with a total of €35,000.

Theresa Kavanagh, a support worker from the Children's Grief Centre who won the Youth category, was excited about the prospect of how the winnings could contribute to an ambitious project in the future.

"We're absolutely thrilled; it's

great to see Limerick being represented as well, it highlights the hard work that we all do.

"If we did get the funding it would go towards securing new premises for the grief centre, hopefully, located in the city centre," Ms Kavanagh explained.

The ILEN project won the Heritage category for its beautifully-crafted wooden sea-vessels and also for the ten-year-long project in restoring the county's sole surviving wooden sailing ship.

All applicants in the country received funding from the national lottery ahead of the awards; the Mid-West Simon community utilised funds to set up a food bank and provide school packs to students of all ages.

Jackie Bonfield, the CEO of the Mid-West Simon community, is

proud of her team's efforts and calls the qualification not only a win for the charity but for the city as well.

"Every week we are packing hundreds and thousands of food to go out, and that's only possible because of the volunteers from all over the region," Ms Bonfield acknowledged.

Thomond RFC who won the sport category has provided young men living in disadvantaged areas a chance to play rugby since 1944.

The club will hope to gain much-needed upgrades for their pitch and clubhouse to produce more rugby stars like Keith Earls.

The Limerick-based communities faced stiff competition from Mayo, Galway, Clare and Kerry in the Western region and will now compete for the judges' vote in the national finals.

While securing four out of a possible six categories in the western

**“We're absolutely thrilled; it's great to see Limerick being represented**

**THERESA KAVANAGH**

region, Limerick's Northside Family Resource Centre and the Fidget Feet Aerial Dance Theatre were unsuccessful in their categories of Health and Arts respectively.

Dermot Griffin, the CEO of the National Lottery CEO said he and the staff were overwhelmed by the number of applicants received across the country.

"We had over 500 applications from every County in Ireland in all categories.

"Through these awards, we want to show how people, organisations, projects and sports clubs are doing extraordinary things in their communities," Mr Griffin added.

The judging for the finals takes place over two days in Athlone on October 8 and, 9, and the final televised gala dinner in Dublin will take place on Saturday November 3.

## University of Limerick grad begins broadcasting with RTÉ's 'news2day'

A UNIVERSITY of Limerick graduate has begun broadcasting live with RTÉ this week as he joins 'news2day', the news service specifically designed for a young audience, writes Jess Casey.

First time television presenter Cillian Sherlock, a graduate of the journalism and new media course at UL, was selected to join the team following a call out to graduates across the



**Cillian Sherlock, a graduate of UL**

country.

During his time at UL, Cillian was involved with the ULFM radio station and worked as production manager of Limerick Voice student newspaper, which is distributed by the Limerick

Leader.

He was also nominated by the Irish Examiner for a video report on Syrian refugees and he received an award for a radio report from Limerick's Live 95fm.

After finishing his degree, Cillian worked with Independent.ie, and on the Irish Examiner and BreakingNews.ie digital desk. He joins current news2day presenter Zainab Boladale, from Ennis.

## Local poet Ed is in good stead with launch of dark new fiction collection

LIMERICK writer Edward O'Dwyer will launch his first fiction collection in the city next week.

Edward, who hails from Corbally, is well-known locally for writing poetry.

But now the 32-year-old is turning his attention to the longer form, Cheat Sheets.

Published by Truth Serum Press, the launch of the book takes place at the Limerick Strand Hotel on Sunday, September 23 from



**New collection: Edward O'Dwyer**

7.30pm.

The book itself consists of 108 very short stories, all dark comedies on the theme of infidelity

It has received backing from celebrated local author

Donal Ryan, who describes the pieces as "wicked little gems," while Tanya Farrelly, author of The Girl Behind the Lens, refers to the book as "a side-splitting study on the absurdity of human behaviour".

All are welcome at the launch, where Edward will be reading from the collection, as well as signing copies of the book.

More information at 061-421800.



# 'Information Hub' launched for learners

**Further Education:** New service available on O'Connell Avenue

**JESS CASEY**

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A BRAND new 'one-stop-shop' for potential learners has officially opened at the Limerick and Clare Education and Training Board (LCETB) at its O'Connell Avenue Campus.

The new 'Information Hub' serves as a one-stop-shop for those who wish to find out more about further education and training courses offered by the ETB.

Learners will also be able to get advice at the Hub, from a member of the LCETB Information, Recruitment and Guidance team.

"LCETB is committed to the development of the Information Hub as a modern response to assist learners to access apprenticeships and further education and training

courses as part of the National Skills Strategy," LCETB further education and training manager Eimear Brophy said.

"We hope this will be the first of a number of new hubs across our administrative region," she added.

The Hub provides learners with touchscreen technology to access information on courses or find information on the kind of course that's right for them.

According to LCETB, the location is also convenient for local enterprises to drop in and learn what training and education supports are available for their employees or to arrange a visit from the ETB's Enterprise Engagement Support Service.

Situated in the historic former Municipal Technical Institute, now known as a Further Education and



**Paul Patton and Mayor James Collins pictured at the new information hub which was launched at O'Connell Avenue for those seeking to access further education and training courses** PICTURES: BRIAN ARTHUR

Training Centre, the building has been a landmark for Limerick City since it was first built in 1911.

The raised writing on the hub's walls pays tribute to its history as the first meeting room of the Technical Instruction Committee, reflecting the skills that were in demand at the time including

shorthand, millinery, art, engineering and commerce.

The Hub was officially launched by Minister of State Patrick O'Donovan TD and the launch was attended by Mayor of Limerick Cllr James Collins and LCETB chief executive George O'Callaghan.

Minister O'Donovan said:

"Having an accessible one-stop-shop where people will be able to drop in to get information on the education options available to them is important."

"I believe it will be a very valuable service for people looking at their options and I congratulate the ETB on the initiative."



**Marion Hanrahan, Tess Stanford and Mark Power pictured at the official opening of the new information hub**



**Eimear Brophy pictured speaking at the new information hub was launched on O'Connell Avenue in the city**



**George O'Callaghan, Mayor James Collins, Senator Maria Byrne and Minister of State at the Department of Finance and the Department of Public Expenditure and Reform, Patrick O'Donovan TD, at the opening of the information hub**

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# Council strategy to transform Limerick into a 'digital city'

**Plans:** 100 sensors to be rolled out to count total footfall

**FINTAN WALSH**

fintan.walsh@limerickleader.ie

AMBITIOUS plans are now in place to develop 1,000 'smart homes', as part of a masterplan to transform Limerick into a "digital city". The newly-revealed three-year Smart Limerick strategy aims to boost online services, including eCommerce, public WiFi, technological innovations, and 'smart communities'.

By 2020, Limerick City and County Council hopes to have 2,000 attractions, services, community groups and businesses and over 1,000 events will showcased on its limerick.ie website.

Ten digital public displays will be erected, and 100 sensors will be deployed to monitor a range of activities including footfall and air, water, soil and noise quality.

As part of the programme, the council's website will create an emphasis on local film, history and sporting culture. The Smart Limerick plan also aims to benefit the world-renowned HearSay Audio Festival in Kilfinane.

The council aims to boost its electronic communication with the public through two initiatives; My Post Box and Ping Me.

My Post Box will give people the option to send and receive documentation for council services in electronic format, while Ping Me

**“The support that can be found in Limerick is second to none**

**DR MIHAI BILAUCA**



will enable users to receive notifications of significant events in their locality.

Infrastructural developments in Limerick will include the enhancement of public WiFi, the rolling out of 40 CCTV cameras, and connection of fibre network between districts in the area.

Innovative aspects of the strategy include collaboration between the council and the gardai for public safety enforcement, the development of the Digital Skills Academy, engagement with retailers to boost online platforms, Coder Dojo Limerick, and a healthcare activities.

University Hospital Limerick will liaise with the council on developing virtual clinics, whereby parents of children with diabetes can speak with a paediatrician via Skype in the city district. There will also be a tool for electronic referrals and electronic discharges. The council is working with 28 stakeholders in the region in delivering the unique masterplan, says the council's head of digital, Dr Mihai Bilauca.

"The collaboration and support that can be found in Limerick is second to none. We are in a digital age that offers enormous opportunities and this strategy will ensure Limerick can reap every advantage it offers. With the recent award of €6.5m in Horizon 2020 funding Limerick is now firmly on track to become the first Lighthouse Smart City in Ireland," he said.

Mayor of Limerick City and County, Cllr James Collins said the launch marked "another leap forward" for Limerick.

Minister of State Patrick O'Donovan said the new strategy will put Limerick "at the forefront" of the digital revolution.



Orla O'Connor, Limerick City and County Council, Maria Woods, Limerick City and County Council, James Sweeney, Mary Immaculate College and Cllr Joe Leddin at the launch of the new digital strategy at the Strand Hotel



Inspector Dermot O'Connor, Mayor James Collins, Chief Superintendent Gerry Roche, and Patrick McDermot, Limerick City and County Council



Jacqui Hayes and Catriona Daly, both of Limerick City and County Council





**Orla O'Connor, Limerick City and County Council, Mayor of Limerick, James Collins and Head of Digital Strategy at Limerick City and County Council, Dr. Mihai Bilauca at the launch of a new strategy at the Limerick Strand Hotel**

PICTURES: OISIN MCHUGH

# Candid Comment

By SPARTACUS

● While perusing the council's new - and very welcome - digital strategy on Limerick.ie, Spartacus came across a webpage entitled Meet the Professional, Magnus. Magnus is from Copenhagen and he's sitting in his kitchen and has gone down a rabbit hole, researching Limerick. The council says Magnus "needs a new challenge" and wants to go to Limerick, as you do. "He even learned that the Vikings founded Limerick; perhaps one of his distant ancestors was there before." Right.

The virtual Magnus is checking out Limerick.ie, which offers a very balanced reflection of the city, and sees that rents are cheap, there are lots of cycle lanes, and that his cultural interests are well-catered for in the theatre and music scene. This a brilliant poetic piece of fiction by the council.

Magnus, the Danish avatar infected with wanderlust, is a metaphor really. He's the voice of our generation, or the optimistic voice in your head that whispers: "Come to Limerick, we've got a digital strategy, never mind our other crippling issues". Okay, Magnus, you've convinced us. Time to live the Limerick Dream. Digitally or in the real world though?

● Spartacus does not get too many letters, so in fairness when concerned citizen living in Thomondgate makes the effort, it is only right to reciprocate and publish in kind.

"I'm so proud of Limerick but let's face facts, it's dirty.

"We feel so upset when you think of the super effort we put in each year with the big clean up. We should be the cleanest city in Ireland by far.

"Look at what we are saving the Council and for what? We keep hearing more jobs for Limerick which is fantastic, but why not make some real jobs for ordinary people like keeping Limerick clean?"

Yes we have problems here as does every county in Ireland and there is no doubt but that the big JP McManus backed Team Limerick Clean-up is helping get the message across to young and old about the effects of litter and the need to be proud of our city and county and to help keep it clean. But our citizens should be making the effort in return to keep the cleaning drive going on the other 364 days of the year in turn.

RTE Presenter Will Leahy got a big reaction to his tweet this week, "sunrise at Limerick's Cornmarket". The pictured depicted an apocalypse of rubbish on the street and he posited: "Either there was an explosion, or the students are back."

We are not laying the blame entirely at students' doors, but this has got to be tackled.

● Nurses and politicians are in full swing, challenging the powers that be at University Hospital Limerick and the HSE over a lack of adequate staffing resources and a the perceived lack of a plan for what is expected to be a chronic winter of overcrowding, focused around the under pressure Dooradoyle facility.

Spartacus saw around 50 people protesting the latest inaction on the burgeoning healthcare crisis. Many patients cheered on the nurses and there was the odd honk of a car at the roundabout.

But there's always one. An elderly gentlemen, from afar, said: "These people are trying to crack a big omelette out of one egg." One person replied: "Well, I don't like omelettes."

"And why not?" he retorted and so it went on. It's safe to say his argument fell on deaf ears, while the nurses had a swarm of journalists at their feet.

In the meantime, the crisis in our health system continues to scramble and as a winter of discontent and sickness looms, we are no closer to putting this particular situation together again.



**Helen Fitzgerald, PAUL Partnership and Brendan Ryan, Limerick and Clare ETB**



**Joe Guiney and Kieran Dore, Limerick City and County Council, at the launch of the digital strategy**

**Head of Digital Strategy at Limerick City and County Council, Dr. Mihai Bilauca, Head of Marketing and Communications at Limerick City and County Council Laura Ryan, Patrick O'Donovan, Minister of State at the Department of Finance and the Department of Public Expenditure and Reform with special responsibility for Public Procurement, Open Government and eGovernment, Mayor of Limerick, James Collins and Chief Executive of Limerick City and County Council Conn Murray**





## LEADER BRIEFS

## Fashion show held for Simon

THE MID-WEST Simon Community charity fashion show takes place in the Castletroy Park Hotel at 8pm on Wednesday, September 19.

Showcasing the latest autumn / winter trends from leading stores and boutiques across the Mid-West, the show will feature ladies wear and menswear with everything from bridal wear, occasion, casual and accessories.

Covering Clare, Limerick and north Tipperary, Simon's aim is to support people who are homeless or at risk of homelessness by providing appropriate accommodation and care services, tailored to individual needs.

Tickets can be purchased on Eventbrite, Simon shops or calling 061 608980

## Marking World Sepsis Day

The sepsis team at University Hospital Limerick will hold an awareness event this Thursday to mark annual World Sepsis Day.

Yvonne Young, the lead for sepsis at the UL Hospitals Group, said raising awareness for the illness must be done at a local and global level.

"Sepsis is a life-threatening condition triggered by infection that leads to organ malfunction and failure. Early recognition and initiation of treatment in a timely and appropriate manner is key in order for patients to have the best opportunity to survive sepsis. It is also vital that healthcare workers can recognise sepsis and manage patients in an appropriate and timely manner," she said.

## 48 patients on trolleys at UHL

ACCORDING to figures published by the Irish Nurses and Midwives Organisation, there were 48 patients being treated on emergency department trolleys and extra trolleys or beds in the wards at University Hospital Limerick this Tuesday morning.

# Military exhibition to fire at City Hall

**History:** Memorabilia to be displayed to remember 'very significant' period

**ANTHONY GEOGHEGAN**  
anthony.geoghegan@limerickleader.ie

A wide ranging exhibition of military memorabilia ranging from uniforms, photographs and weapons is to go on display for two weeks at City Hall.

Gerry Enright of the Organisation of National Ex-Service Personnel (ONE), hopes the exhibit, which will open on Culture Night on September 21, can continue its success in raising awareness of Limerick's historic links with the military.

"What we're trying to do is highlight the military presence in Limerick, it was one of the biggest garrison towns in the country with five barracks here at one stage," Mr Enright explained.

Other than the riverside city's barracks, modern institutions such as Cross' Funeral Home and the Markets Field were used as stables and training grounds for the army.

Patrick Brosnahan of the Irish Naval Association is looking forward to sharing tales of Viscount Gough and Eyre Coote as well as detailing the impact the military had on the city.

"The local economy thrived from the military presence, the pig-farmers, the stable workers the textile workers were all booming back then, so it was very significant for local industries.

"All the Limerick bands, rugby, rowing, and golf clubs all also had their origins from the military as



Members of ONE, IUNVA, Naval Association, Irish Legion, Royal British Legion and MPAL. PICTURE CHRISTOPHER BARR

well," he explained.

Gerry O'Doherty, a retired commandant, spoke highly of the exhibit's educational value.

"It's a two-way street, last year one lady stopped at a group of photographs, and she was in tears,

"She was looking at a picture of one William Shire who was her grandfather, and she never saw that photo," he recalled.

With one 'street' connecting the people of Limerick with their past, the other 'street' is what attendees can contribute to the fortnight-long exposition.

Christopher Barr from ONE emphasised to those who may be hesitant to attend, that the event will be a rich educational experience.

"We're not glorifying war; we're reviewing the history of the city,

history you should be proud of," Mr Barr stated.

Mr O'Doherty concluded: "We're eternally grateful for the Limerick City and County Council Arts Office, Sheila Deegan in particular without her it wouldn't be possible."

The 2018 Limerick Military History Exhibition will be open every weekday from Friday, September 21 to Friday, October 5.

## Josh's final wish granted by Share A Dream Foundation

LIMERICK'S Share A Dream foundation aided a dying teen's final wish to play the unreleased FIFA 19.

Josh Dillon, 18, played the game shortly before he died.

After doctors informed the Dillon family that Josh's time was short Elaine Catherine, his mother, and the rest of the family were faced with an impossible task, until they were directed to the Share A Dream Foundation.

"It is unbelievable that Share A Dream Limerick and especially Shay Kinsella would reach out to make Josh's dream come true," Elaine Catherine said.

With very little time, Shay reached out to Gary Molloy of EA SPORTS Galway to grant his wish and let Josh play the unreleased game with his younger brother Ryan.

They were also aided by Sky High Aviation who airlifted Josh from Dublin to Galway due to him being not strong enough to travel by car. Sadly, two days after his wish, Josh passed away in his home surrounded by his loving family.

Mr Kinsella lamented: "Thank you Josh and your wonderful family for allowing us the great honour and privilege for making this seemingly impossible dream come true."

Josh's brother Ryan, a goalkeeper for the pair's local Ayrfield United Under 14 side, played a man of the match performance on Sunday where a minute's silence was held for Josh before kick-off.



Dream come true: Josh Dillon with Shay Kinsella of Share a Dream Foundation

## Trump visit is cancelled: Reports

US President Donald Trump has cancelled his visit to Ireland, which was due to take place in November.

Reports late on Tuesday evening said that Trump would not be visiting as planned, with a stopover at Shannon and his five star resort in Doonbeg expected to be on a fleeting itinerary.

The visit was due to be greeted with protests, but a majority of local politicians had expressed a view favouring an invite to be extended to Trump to Limerick while he was here.

Fianna Fail councillor Kevin Sheahan submitted a motion to the next council meeting, proposing we "roll out the red carpet" for him, while TD Niall Collins also said he would also back a Trump visit.



# 'Green graffiti' in city centre as part of Elemental 2018

**Culture:** Celebration of art, theatre, film, music and more takes place this weekend

JESS CASEY

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GREEN graffiti celebrating the wildlife of the River Shannon will go on temporary display in Limerick this weekend as Elemental 2018 gets underway.

Artist Mary Conroy, who created the mural of an otter at O'Callaghan Strand, has used green graffiti to create an outdoor gallery at Arthur's Quay Park to go on display from September 14 to 16. Green graffiti is a form of environmentally-friendly street art, Ms Conroy explained.

"You get a stencil and instead of spray painting through the stencil like you normally would, which is what the otters were, you wash away the dirt."

Ms Conroy's series includes a



**You get a stencil and instead of spray painting through the stencil you wash away the dirt**

MARY CONROY

heroin, salmon, a willow warbler and a kingfisher.

The 2018 Elemental festival gets underway on Friday at the University Concert Hall with a performance by the Irish Chamber Orchestra and Corsican conductor Jean Christophe Spinosi.

A series of workshops will also take place on Saturday featuring animators from the Aardman Studio, the creators of Wallace and Gromit, and 'The Breadwinner.' Surprise venues across the city will also play host to a series of "bitesized performances" as TAPA-Theatre, Art, Poetry, Audio and Street, gets underway from 11am.

A full programme of events can be found at [www.limerick.ie](http://www.limerick.ie) or on Facebook at Elemental, Limerick Arts Festival or on Twitter at @ElementalLmk.



## Limerick festivals get Global boost with New York launch

Mayor James Collins was in New York last week to attend the launch of the Global Irish Festival Series, an event organised by Tourism Ireland in partnership with the Consulate General of Ireland. The Festival Series is a joint initiative between the Department of Foreign Affairs and Trade and Fáilte Ireland and will be piloted in Limerick and Donegal this October, with the Richard Harris International Film festival and I.N.Y receiving funding. Mayor Collins is pictured above with Irish Consul General Ciaran Madden, Jamie Harris and Alison Metcalfe, Tourism Ireland.

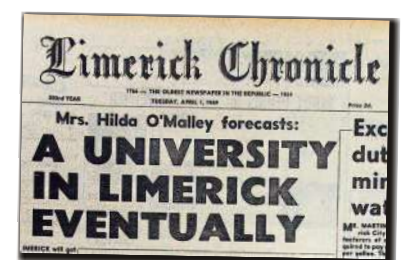
## Flashback: From the Leader's archive, 1954



Fruit of the loom: Workers pictured at the Killaloe Tweed Factory in 1954



**Don't miss a feast of local nostalgia and history in the Limerick Chronicle, which is now FREE inside the Limerick Leader weekend editions every week**





# 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 stunning German Shepherd mix is named Polly.

Striking blonde Polly would need an adult only home.

She is shy, and would like to live in a calm house where someone is at home during the day.

This gentle girl will be a loyal and loving companion pet.

This kitten – sitting at the front – is a beautiful five-month-old male named Miley.

White and black Miley would suit all types of home. This little fellow is super friendly and would make the perfect pet.

Adoption fee for cats and kittens is €100, and Miley will come neutered, vaccinated and wormed.



This gorgeous boy is named Buster.

Buster is a mixed terrier and is super friendly. This cute little pet would be a perfect companion dog, but he would also fit in well as part of a family.

Adoption fee for dogs is €150 and all dogs are neutered, vaccinated, wormed and microchipped. A fully enclosed garden is required to adopt.

## Cute kittens snuggled up

This group of adorable 12-week-old kittens are all up for adoption at Limerick Animal Welfare.

Adoption fee for one is €100 – and they will all come vaccinated, neutered and wormed.

They are now ready for their new loving homes.

For more information, phone 087-2295669 or 087-6371044.



'A Melody so strange', by Pascale Michalski, one of the art works at the quilt exhibition

## Quilters patch a trail to Birmingham

**THERE** was a large Limerick contingent at the 16th annual Festival of Quilts held in England's second city.

Members of the Mid-West branch of the Irish Patchwork Society joined quilters and textile artists from across the world at the National Exhibition Centre in Birmingham last month.

On show were works by local patchers Suzanne Pass, Paula Rafferty, Imelda O'Grady, Nikki Foley, Maureen Talbot, and Kate Hennessy.

They were joined by quilters from

as far afield as Korea, Japan, New Zealand, China and the USA as well as all the European countries, and entries from all eight branches of the Irish Patchwork Society.

The exhibition area covers thousands of square metres, and housed 900 exhibits of art comprising quilts, modern quilts, clothing and wall hangings, all worked to a very professional standard.

As well as that there were many interesting workshops covering all manner of stitching and dyeing

techniques, as well as all the major sewing machine manufacturers showing their latest inventions, many computerised, many long-arm machines, and every needle, blade, detachable feet, scissors, patchwork plastic templates ever invented.

The Irish Patchwork Society regional branch welcomes new members.

Its next meeting will be held in the Baptist Church at the Old Cratloe Rd on Friday, September 14, starting at 7pm.

# Fundraiser to help get animation going

**Arts:** Limerick animation project to host fundraiser for pilot show

**ANTHONY GEOGHEGAN**  
anthony.geoghegan@limerickleader.ie

**WHAT BEGAN** as quirky designs on t-shirts and stickers transformed into a dream animated movie project for local lads Jake O'Connor and Ian Brew.

The plot of 'Krooked Tease' unfolds in a comedic post-apocalyptic world where humans left the planet in the hands, hooves, claws and paws of the animals that remain.

The inhabitants rapidly evolved to obtain human intelligence while also obtaining human shortcomings too.

But to finance a pilot show, Jake and Ian need to raise money, and hope to get the ball rolling with a fundraising gig in Pharmacia.

Jake from Corbally's passion for



'Krooked Tease' created by Limerick lads Jake O'Connor and Ian Brew

animation motivated him to be self-taught in the art.

"Animation was always a dream of mine, I grew up watching Pokémon, and when I got older I would watch South Park in secret, so it's something that was always there," he explained.

While Jake handles the animation aspect, Ian from Ballinacurra is on voice acting detail.

"Getting the opportunity to do the

voice acting and the writing for this show made me really delve into it," Ian said.

On September 21 a fundraising gig will be held at The Attic in Pharmacia Pub where artists B1S, Post Punk Podge, Maedbh O'Connor and more will perform on the night.

For more information and to donate to the Kickstarter appeal visit [krookedtease.com](http://krookedtease.com).





**HELP US RAISE €1 MILLION**  
**To build a new Children's Respite Centre in Mungret**

# **ATG PROPERTIES, CLARINA**



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# Making Cents

**LIAM CROKE**

The Must-Read Guide To Saving Money

Email: [Liam@harmonics.ie](mailto:Liam@harmonics.ie) Twitter: @liam\_croke LinkedIn: liamcroke Facebook: liam.croke.96

## Five more pointers to take back money from 'taxman'

Following on from last week's article, as promised, I am continuing with the theme of getting money back from the tax man. This week, I am going to focus on five more areas, all of which can put money back into your account, where it belongs.

### MEDICAL EXPENSES

According to one leading tax firm, 60% of people in Ireland do not claim tax relief on medical expenses that they are entitled to. Because of this, we are collectively leaving millions behind in tax refunds each year.

For expenses that are not covered by the state or your health insurance provider, you can claim tax relief at 20%, from their cost. For example, if the cost of going to your GP is €50, you can get a refund of €10 by making a claim.

You can claim this tax relief, as long, as you pay the bill, so it doesn't just apply to costs incurred by you or your immediate family.

Regardless of whether the person is connected with you or not, it doesn't matter, as long as you pay the bill you are entitled to the tax relief.

And there are a number, of qualifying medical expenses you can claim this relief for, some of which include: prescriptions, drugs and medicines, orthoptic treatment prescribed by a practitioner, ambulance transport, speech and language therapy for children, acupuncture, physiotherapy, and IVF.

If a couple are having IVF treatment and are paying for it themselves, the cost of each attempt could amount to €5,000. But, they can reduce that cost by

€1,000, by making a claim.

### HOME CARER'S ALLOWANCE

This is one of those reliefs that thousands of couples miss out on, because they're unaware of its existence or don't know how to claim for it.

It's available to stay-at-home parents who are looking after their own children or a dependent person.

The maximum annual relief available is €1,200, which is given to married couples or civil partners who are jointly assessed for tax.

The stay-at-home parent can still earn an income and qualify for this tax credit provided their income is €7,200 or less. They can earn up to €9,600 each year and still qualify for this credit, but the amount will reduce in size by one half of the difference between their income and €7,200.

This allowance is given by way of a tax credit, and is applied after your tax has been calculated, which has the effect of reducing the amount of tax you pay by the amount of the tax credit, so it has the same value for everyone.

### HEALTH INSURANCE

Where an employer pays the health insurance premium on behalf of an employee and/or their dependents, a benefit-in-kind charge arises for the employee.

Because of this, the employee is still entitled to claim a health insurance tax credit. Because the tax relief applying to the premium is granted to the employer, and not at source for the employee, it's necessary for them to make a claim directly themselves to



**60% of people in Ireland do not claim tax relief on medical expenses that they are entitled to**

### DID YOU KNOW?

**Ireland make interest only payments on its national debt at a rate of €316 per second!**

Revenue. The tax relief available is worth a maximum of €200 per adult and €100 per child.

### USC - MEDICAL CARD HOLDERS

If you are in receipt of a medical card, and earn < €60,000 per year, you are eligible to pay USC at a maximum rate of 2%, and not the higher rate of 4.75%.

If you don't notify Revenue, you will probably end up paying more than you need to throughout the year, so you need to speak with them, and once you do, they will issue a revised tax certificate to your employer, and any refund due will then come from your employer.

### INCOME PROTECTION

Where an individual takes out an income protection policy - that replaces a percentage of their income in the event they can't work due to an accident or illness - they are entitled to tax relief on the monthly premium at their marginal rate of tax, up to an annual limit of 10% of their income.

If, for example a person is paying €60 per month which covers 60% of their income, they are entitled to tax relief of €24 on the cost of the premium.

Tax relief is not granted at source, so the individual has to make a claim themselves and they can apply on-line and include a contribution certificate which is given by the company who arranged the policy for them, as proof of how much they are paying.

It's my experience that a very high percentage of people do not make a claim for this tax relief, and again are paying more than they need to.

Next week, we will explore three more avenues to claiming tax back

### ASK LIAM

Our personal finance expert answers your questions ...

**Q: Liam, my mortgage rate seems high at 4.5%. If I could reduce it, should I then use the savings as an overpayment? Term remaining is 25 years, value of property €350,000, I owe €185,000.**

A: Yes, moving your mortgage, and using the savings achieved by the lower rate, as a monthly overpayment is a great idea.

You have a loan to value at present of 53%; with some lenders, this would qualify you for a loan to value variable rate as low as 3.1%, if you moved your current account to them as well.

If you did, and availed of that rate, you would see your monthly repayment reduce by c. €141 per month. If you applied this amount as an overpayment on your new mortgage, you would reduce the term by four years nine months, saving you €16,898 in interest payments.

You are achieving this, without having to come up with any new money, you are just redirecting the savings, which is accelerating the repayment of your mortgage by nearly five years.

Another advantage is the 60 months you are not paying your mortgage any more, which total €61,680 (€1,028 x 60) They can be redirected to other areas of your finances

## SHOP LOCAL: GOOD DEALS AVAILABLE IN LIMERICK THIS WEEK

Honda end of season sale is now on at Hanly's Garden Machinery Ltd, Croom. Huge reductions on the entire Honda range of products such as the Honda 6HP Engine Lawnmower 18" Steel Deck, Twin Blades, Mulch/Collect Was €699 Now Only €599 and the Honda 4-stroke 25cc engine Brushcutter was €329 now €299. For more information call 061 397211 or view all offers on [www.hanlysgardenmachinery.ie](http://www.hanlysgardenmachinery.ie)



Castletroy Park Hotel are proud to introduce the newly refurbished McLaughlin's Restaurant. The eatery is the perfect choice for an intimate meal or group setting. Their 2-course set meal is €29 while the three-course menu is €36.



Stock up on back to school: When you spend €50 or more in Garvey's Supervalu Corbally you will get €12 off. Valid dates from Thursday, September 13 to Wednesday, September 19.





# LEADER BUSINESS

Edited by Nick Rabbitts  
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 t 061 214596  
 m 087 6615151  
 Twitter @nick468official



## Plan is 'as good a news story as you can get'

**Housing:** Major new €90m mixed proposal at Horizon site welcomed

**NICK RABBITTS**  
 nick@limerickleader.ie

"THE creation of 150 permanent jobs as part of a €90m redevelopment is about as good a news story as you can get".

This is the verdict of the chairman of the council's economic committee, Cllr Vivienne Crowley, on news that the long-derelict Dublin Road site is in line for a massive makeover.

In plans exclusively revealed by our sister newspaper, the Limerick Leader, the former Horizon Mall site is in line for two hotels, including a 300-room budget inn, offices and 191 apartments.

The proposals were unveiled last week by Davy Real Estate, acting on behalf of Singaporean investment vehicle Novelty Icaiv.

There are also plans for a car showroom, a forecourt and office space.

Crucially – and unlike previous proposals for the vast site – no large scale retail is planned whatsoever.

This has been welcomed by members of the city's business

community, whose objections to the last proposal – to bring Marks and Spencer to the site – formed the basis of its eventual rejection.

Michael Gleeson, Gleeson's Shoes in William Street, said: "It seems a more sensible approach. While I would not welcome 27 new shops out in Castletroy, this is something I would welcome."

He said despite a small upturn during the recent back to school sales, retail in the city is still "struggling poorly".

"One month is not enough for survival in the city centre," the trader said, "it's still been a difficult first six months."

By contrast, former Catherine Street retailer, Mike O'Connell – whose son Donal is now running their clothes business – says trade has picked up.

"My son has witnessed a nice increase in trade these last 12 months. It's coming from younger trade like Uber next door to us. I'm looking at the city centre in a very positive light now," he said.



**Retailer Mike O'Connell welcomed the Parkway Valley plan: 'More homes are needed and there isn't more retail needed' in Limerick**

However, he believes the city is still "overshopped", and has welcomed the fact the new Parkway Valley/ Horizon Mall plans will not include any major retail.

"With the hotel and the image Limerick now has, having won the All-Ireland, I think there are a lot of people attracted to the city. More accommodation is definitely needed. More homes are needed, and there isn't any more retail needed," Mr O'Connell told Leader Business.

Cllr Crowley added the apartments are "desperately needed" for that part of Limerick.

"Companies such as Johnson & Johnson, Northern Trust, Cook Medical and now Troy Studios need suitable accommodation for their employees and one of the barriers to further investment is the lack of housing in Limerick," she said.

Many UL students are struggling to find accommodation, she said, because the limited housing stock in Castletroy is going to young professionals.

## Milano's applies to open unit in Crescent

INTERNATIONAL restaurant chain Milano is to open a second outlet in Limerick – at the Crescent Shopping Centre.

The Raheen/Dooradoyle area is set for a boost as plans are unveiled for the Italian outlet to open in part of the extended area of the retail zone.

Agenbite Ltd, trading as Milano, are seeking planning permission to erect external signage in a move which will pave the way for the opening.

It's understood planning permission is already in place for a food outlet, smoothing the path to the opening.

Metropolitan mayor Daniel Butler, who represents the local area on council, said: "It's a very



**Welcome: Metropolitan mayor Daniel Butler**

## Annual PMTC Knowledge Day at UL

WITH IRELAND internationally renowned for its expertise in pharmaceutical manufacturing, key industry players gathered for the fourth Annual PMTC Knowledge Day at the University of Limerick, writes Jess Casey.

More than 250 attendees gathered at the annual event that brings together academic clusters, industry and government agencies to showcase research into current industry problems.

"The research of PMTC focuses on contemporary pharmaceutical manufacturing issues, including plant cleaning, changeover and applications of PAT to continuous manufacturing," Prof Gavin Walker said.

"These are exciting developments as they build manufacturing competitiveness in PMTC member companies, with the aim of attracting new products and investments to the Irish PharmaChem sector."

It was "fantastic" to have facilitated the event, PMTC interim director Ahmad B. Albadarin said. "PMTC is bringing forward novel technologies in a growing pharma market with extensive opportunities to build on the existing well developed, productive and collaborative engagement between industry and academia in the region," he said, adding that this is aimed at creating a supply of skilled postgraduates.



**Ahmad Albadarin, PMTC Interim Director, PMTC, Fiona Gilchrist, PMTC programme co-ordinator, Professor at the University of Birmingham Jonathan Seville, University of Limerick Vice President of Research Mary Shire and Gavin Walker, Academic Sponsor, PMTC and Professor at the Bernal Institute** PICTURE: SEAN CURTIN TRUE MEDIA

welcome offering in the locality. We need to grow our food offering out there. It is a very welcome offering. There is a growing population in Raheen. So to have something of the popularity of Milano to be based locally will be a great resource for people."

He rejected fears of proliferation of retail outside the city centre, adding: "In the Raheen/Dooradoyle area, there is a shortage of retail space for smaller units like that. So anywhere we can increase the offering like this, it should be welcome because of that shortage. We do need more local resources out there."

A decision date for the proposals has not yet been set by council.

Milano currently has one city outlet – at Harvey's Quay.





Laura Fitzpatrick, Ellie O'Neill and Rachel Fitzpatrick, Carew Park at the Picnic in the Park event organised by the Limerick City Community Development Project in the People's Park

# Out & About

## LIMERICK CITY COMMUNITY DEVELOPMENT PICNIC PROJECT

Pictures: DAVE GAYNOR



Pip and Ned Rooney, Corbally at the Picnic in the Park event organised by the Limerick City Community Development Project in the People's Park PICTURES: DAVE GAYNOR



Deborah Tannehill, Limerick City Community Development Project, Metropolitan Mayor, Daniel Butler and Juan Carlos Azzopardi, Limerick City Community Development Project



Frank Ryan, Parteen and Sean Moloney, Garryowen



Mary Fitzpatrick, Limerick City Community Development Project, Ann Bourke, Golden, Tipperary, Annette Stewart, Raheen and Hilda Clarke, Caherdavin



Jayden and Morgan Roche relaxing in the park



Michael O'Neill, Raheen and Dom Kiely, Ballinacurra Gardens



Leah Sarsfield, Keane Street with Ella Carey-Keane and Saoirse Meagher, Old Cork Road



Brian Moloney, Assumpta Park, Seamus Scott, Corbally, Ger Ryan, St Mary's Park, Liam Moloney, Ardnacrusha, Daniel Ryan, Caherdavin and Fergus Murrhly, Ardnacrusha





TV Personality Lorraine Keane, Claudia Daly, Celia Holman Lee, Asta Lee, Caoimhe Hickey and Cecile Lee Coveney pictured at the launch of Keanes Jewellers Ladies Day at Limerick Racecourse, to be held on October 14 with a €4,000 diamond ring to be won, also a spa treatment of €1,000 value at Rain Spa at the Radisson and a luxury hamper from Inis - energy of the sea



Caoimhe Hickey and Claudia Daly pictured at the launch of ladies day

# Out & About

## LAUNCH OF LADIES DAY AT LIMERICK RACECOURSE

Pictures: BRIAN ARTHUR



Claudia Daly, Caoimhe Hickey with Alison McGrath and Brigid Bourke of Radisson Hotel pictured at the launch



Aidan Lyddy, Keanes Jewellers, and TV personality Lorraine Keane pictured at the launch



Above: Asta Lee, Lorna Clancy, Limerick Leader, Cecile Lee Coveney, Marion Murphy-Cooney, TV personality Lorraine Keane, Laura Ryan, Head Communications Limerick City and County Council and Celia Holman Lee at the launch

Left: Celia and Lorraine share a laugh at the launch



# Recruitment

**Limerick Leader,  
54 O'Connell Street,  
Limerick**

**Email:** advertising@  
limerickleader.ie

**Web:** www.limerickleader.ie

**Call:** 061 214531/545/ 500

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FINANCIAL LIMITED

## FINANCIAL SERVICES CO-ORDINATOR

Harmonics Financial, a boutique financial services company, headquartered in Castletroy is recruiting for a Financial Services Co-ordinator for a 12-month contract.

### Responsibilities:

- Manage all aspects of compliance documentation
- Manage a pipeline of proposals (i.e. life assurance, investment and pension proposals) from submitting proposals to policy issue
- Liaise with Life companies re proposals and existing business
- Administrative support

### Essential Requirements:

- 2 years + Brokerage or Banking experience
- Part (with a view to completing) or Fully QFA
- Strong Microsoft Office (Word, Excel, Outlook & PowerPoint)

For further details on the role, company and recruitment process please contact **Lee-Ann Enright** on **061 336136** or e-mail CV to **leann@harmonics.ie**

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Dooradoyle Medical Centre,  
Rosdale Centre, Dooradoyle Road, Limerick  
Or by email to **therese@dooradoylemedicalcentre.ie**

**CASHBOOK**

**Established Limerick based Fintech company  
is hiring four new people.**

Cashbook based in Castletroy, Limerick develop financial software solutions for a global ERP marketplace. We also have team members based in the UK, the Netherlands, and the USA. We have a fun, friendly team environment that our employees enjoy working in. We are looking for two new technical developers and two new App consultants to join the team.

**Technical Developer Java  
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2-10 years developer experience. Java developer role that requires previous use of: JEE, JavaScript, Typescript, Dojo, Database (SQL/Non-SQL), System Modelling.

**Financial Application Consultant  
(2 positions)**

2-10 years' experience in a financial, audit or credit collections role. The successful applicants will be part of a technical team that supports and implements our financial solutions. This role will involve some travel, between 2 and 8 wks. A 3 to 6-month training process will be provided.

Please send your CV and a cover letter to **hr@cashbook.com** to apply for either role. Please have your applications in by 30th September 2018.

**CASHBOOK**

For more information, visit [cashbook.com](http://cashbook.com)

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**limerick youth service**



Limerick Youth Service is a voluntary Youth Work Organisation whose Mission is **"connecting with young people and supporting them to reach their full potential."**

Limerick Youth Service provides a comprehensive range of youthwork activities and programmes that support the social, emotional and physical well-being of young people throughout Limerick City and County

Applications are now invited for the following position

### Accounts Administrator (35 hours)

To assist the Finance Team in the effective management of the finances of the organisation. The main responsibilities will include the administration of transactions by cost centre, data input, invoicing, purchase orders and some front office cover.

#### Candidates should have:

- Relevant Qualification in accounts i.e. ACCA/ACA/CIMA and/or qualified Accounting Technician.
- At least 2 years previous experience working in a similar type role.
- Excellent Computer Skills including Word, Excel and Payroll.
- Proficient using Sage accounting package & banking on line.
- Knowledge of the Public Funding Sector an advantage.
- Excellent attention to detail.

#### How to Apply:

To be considered eligible for this position interested candidates must complete an application form. For a full job description and an application form candidates can download forms online at [www.limerickyouthservice.com](http://www.limerickyouthservice.com) "Get Involved"

*Closing date for all applications is Friday 14<sup>th</sup> September by 5pm*

*Incomplete or late applications will not be accepted*

*Interviews to take place week commencing 21<sup>st</sup> September*

**Limerick Youth Service is committed to a policy of Equal Opportunity**

*(A panel may be formed from this recruitment process from which future vacancies in the organisation may be filled and will expire after 1 year)*

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Email your CV to **sw@inforad.ie** or call Steve Wilson at: **086 2377050**

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# KEEP IT LOCAL!

Limerick businesses in the spotlight



## Artists welcomed for 30th year of Expressive Arts

NOW in its 30th year, Expressive Arts enjoys a well-earned reputation for excellence and achievement in the Mid-West.

The Expressive Arts programme is designed to educate and coach children aged from 5 to 18 in the skills of Singing, Drama and Dance. This course promotes confidence and self-esteem in the student, which has always been the main aim of Expressive Arts; nurturing and developing talent in young people while instilling a lifelong love of the arts.

Over the years Expressive Arts maintain that when children are in a safe and secure environment, talent will thrive and blossom. This

is evidenced by the many past students who took their first tentative steps on stage, are now leading lights on the professional stage, in the media and in the music industry.

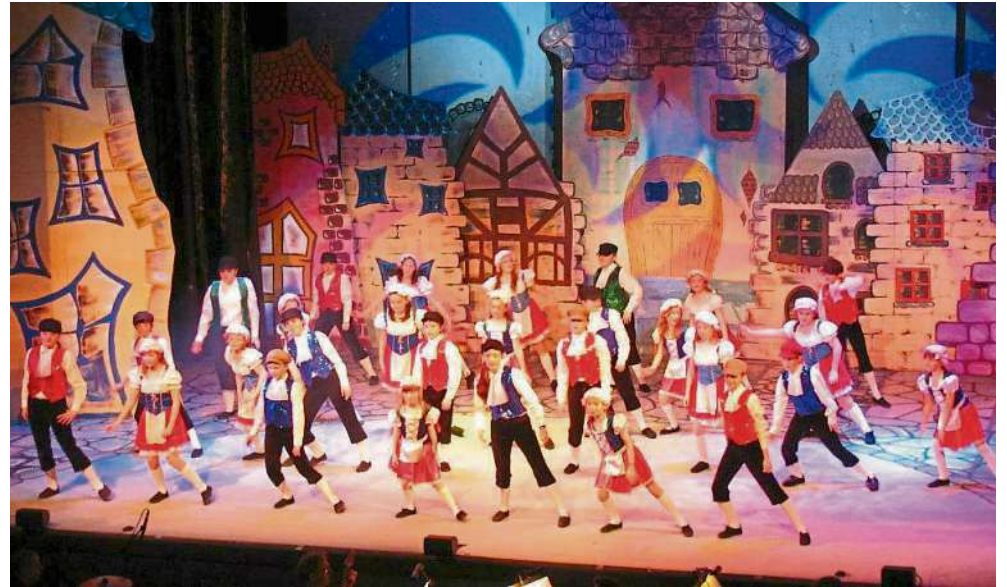
But expressing yourself is not about the stage, but about finding a voice for whatever road you travel in life. So many of their past students continue to perform, on a daily basis, with confidence and power, in a varied number of jobs and professions across the employment spectrum.

Another measure of the success of this school is the number of second generation children who now attend the classes.

Each year there is a large scale production involving all the classes. This creates a wonderful sense of self-worth, achievement and teamwork among the students; all of which enables and builds essential lifeskills.

The great friendships which developed during class, and continued and lasted into adulthood, have been a wonderful bonus for both teachers and students alike.

Enrolment for these classes takes place in Villiers School, North Circular Road, Limerick on this Friday September 14 from 4 to 6pm, and on Saturday, September 15 from 11am to 1.30pm.



You can follow Expressive Arts on Facebook and [www.expressiveartslimerick.com](http://www.expressiveartslimerick.com)

## Inn at Dromoland to host showcase

NESTLED on the 450 acre Dromoland Estate and overlooking the panoramic Shannon Estuary, The Inn at Dromoland is the ideal venue for your Wedding Day Celebrations.

Part of the Dromoland Castle family, Wedding Couples can expect the very highest levels of hospitality and service. The hotel aims to exceed every expectation, with the renowned service for which the hotel has long been known.

The Inn at Dromoland offers a wonderful Private Garden area overlooking Dromoland Castle Estate and Lake – ideal for pre and post wedding photographs, for the exclusive use of Bridal Parties.

The Inn at Dromoland has been approved by The Registrar's Office

as a suitable venue to accommodate civil marriages and partnerships.

**Date for your Diary:** Wedding Showcase on Sunday October 7, between 1 and 5pm. View the magnificent Ballyhannon Suite in full bridal set up, along with a host of exhibitors to help you plan your special day. The day will also feature a Bridal Fashion Show at 3pm. Complimentary entrance for all.

The hotel will also launch their brand new Wedding Brochure, featuring 2 new packages and offering a host of extras.

To make an appointment please call 061 368161 or email [claire.coughlan@theinnatdromoland.ie](mailto:claire.coughlan@theinnatdromoland.ie) to arrange a convenient time to view.



Arrival in style at your wedding at The Inn at Dromoland

## Milford coffee morning at Bobby Byrne's

BOBBY Byrne's Gastropub would like to invite you to their annual Bewley's Coffee Morning in aid of Milford Hospice, which is being held on Thursday, September 20 from 8.30am-11am.

All are welcome to enjoy complimentary Bewley's tea and coffee, delicious sweet and savoury treats all freshly prepared in-house by their team of chefs.

Milford Hospice facility provides such wonderful care and deserves Limerick's greatest support.

Come and support this coffee morning and tell your family, friends, neighbours and work colleagues, all are welcome.

Bobby's hope to see everyone there on Thursday, September 20 8.30am – 11am !

## Students: win free food from Boojum

YOU read that right, Boojum are launching this first of its kind competition to give five lucky students the chance to win FREE Boojum for student life, as part of their 2018 Freshers campaign.

With the trials and tribulations, first times and fails, being a fresher comes with it's fair share of #StudentProblems. When the struggle is real Boojum knows there's no better way to make your day, turn a frown upside down or cure the fear from the night before

than loading up on a delicious Burrito, it's any #ProblemSolved.

Nuala McMenamin, Boojum Marketing Manager said "This is the biggest competition we've ever run and with five prizes up for grabs, I think these are odds that any student would fancy!... If cooking's not your strong point or you're just a straight up burrito, bowl or taco aficionado then get entering!"

So if you're a student in Limerick and the sound of free food while

you're a student sounds right up your street, then simply visit [www.boojummex.com/problemsolved](http://www.boojummex.com/problemsolved) and complete the entry form, no purchase necessary. Competition closes at midnight on Thursday, September 20 and the lucky five winners will be selected at random and announced on social media on Friday, September 21. For all you new freshers not familiar with the popular Irish brand's 'damn good Mexican food', Boojum will be hitting up a campus near you this week.





# KEEP IT LOCAL!

Limerick businesses in the spotlight



## MAN OF THE MATCH

Limerick All-Ireland winning hurler Kyle Hayes being presented with a watch at Matthew Stephens Jewellers by Alex Aherne Picture: Adrian Butler

## Adults only brew in Birdhill

THE Old Barracks in Birdhill are brewing up a storm and are hoping to add 10 new jobs and up to €2 million added to the local economy by 2021.

The Old Barracks have been roasting coffee since January and in July opened their unique coffee bar that overlooks the River Shannon.

Check them out on Instagram @oldbarrackscoffeeroasters to get a better feel for what we do, or likewise call The Old Barracks founder Alan Andrews on 087 2943839.



Alan and his team at the adult only coffee bar

## Stunning Violet from DFS

Taking its cue from this year's obsession with purple, DFS is now offering its popular Trafalgar sofa in a stylish lilac velvet. This year's colour crush has been firmly fixed on purple, with Pantone naming Ultra Violet its colour of the year, while soft shades of lilac and lavender have made their way from the catwalk into home interiors.

The latest research from DFS shows that over three quarters half of Irish homeowners (75.5%) would like to bring more colour into their living rooms, with nearly one in ten (8%) looking to introduce tones of purple, and the new lilac velvet Trafalgar offers an easy way to embrace this year's must-have colour. The Trafalgar's architectural

form and exquisite button back detail make a bold statement, while the new soothing lilac tone and luxurious velvet texture are perfect for promoting a feeling of peace and serenity.

The new DFS Salsa range now offers homeowners an easy way to bring back a piece of their summer travels and inject their living space with a dose of colour.

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Brian and Tommy Quain, Dooradoyle, Sarah and Sam Byrnes, Peters Cell and Susan and Heidi Quain, Dooradoyle at the Breakfast Extravaganza in aid of the Irish Cancer Society in the Redeemed Christian Church, Galvone Industrial Estate

# Out & About

## BREAKFAST EXTRAVAGANZA IN AID OF IRISH CANCER

Pictures: DAVE GAYNOR



Kate Manjor, Cappamore and Rebecca Moore, Pallasgreen



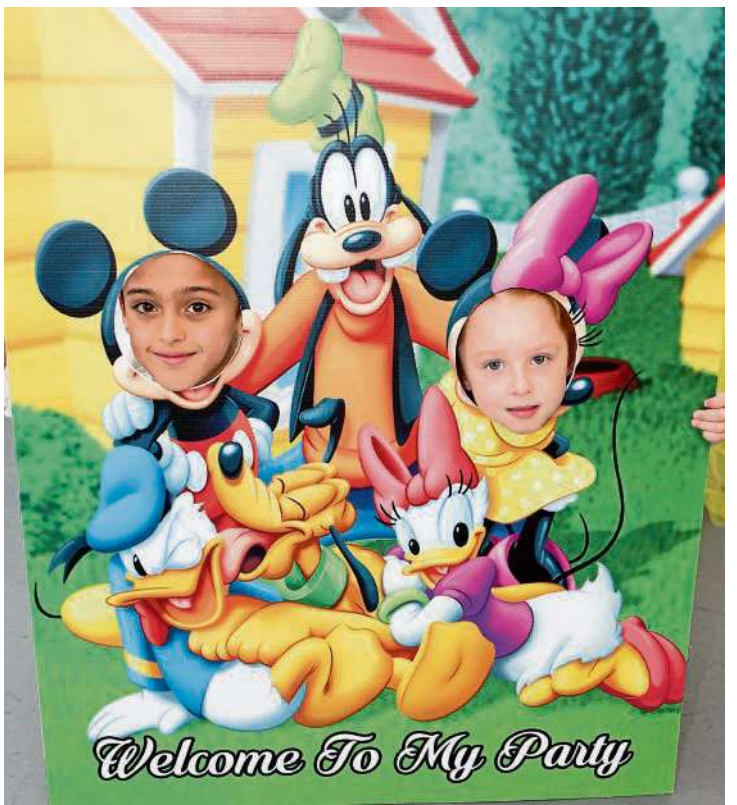
Shauna Rice, Pallasgreen and Karen Murphy, Old Cork Road



Sinead Daly, Dooradoyle and Suzanne Roche, Rosbrien



Limerick senior hurler, Barry Hennessy and Elton Good, Shannon



Temi Ahmed, Fr Russell Road and Sofia Hogan, St Mary's Park at the Breakfast Extravaganza





**Sophie Guilfoyle, Meelick, Orla O'Connell and Charlotte Gaule, Cratloe and Colene Hogan, Ardnacrusha performed traditional Irish dances at the Breakfast Extravaganza in aid of the Irish Cancer Society in the Redeemed Christian Church, Galvone Industrial Estate**



**Anna Bernat, Raheen and Monika Wereszko, Rosbrien Road**



**Raj Paul, Shannon, David Busari, South Circular Road and Uche Manjor, Cappamore**



**Loretta Shalomi, South Circular Road and Emily and Sinead Manjor, Cappamore**



**Chefs Cian Sheehan, John Howard and Lee Sheehan, Caherdavin competed in a sausage eating contest**



**Reverend Jones and Olubunmi Ipinnaiye, High Street, Wole Balogun, High Street and Omo Odhomor, Edward Street at the Breakfast Extravaganza**



**Pat O'Sullivan, Grange, Lough Gur with Lara and Ava O'Sullivan- Riordan, Corbally**



**Classroom Focus:** Every week, pupils from a local school give The Leader the lowdown on a big talking point



# Back in class, designing our own robot with STEM

**This week:** We meet sixth class students at CBS Sexton Street primary school who are using Science, Technology, Engineering and Maths to invent their own robot

**JESS CASEY**

[jess.casey@limerickleader.ie](mailto:jess.casey@limerickleader.ie)

MS WARD'S sixth class students are hard at work, brainstorming ideas for a robot they will design, build and programme this year.

The class is taking part in the VEX Robotics challenge and the students are really looking forward to it, they tell

the Leader as we visit their classroom at their school on Sexton Street.

The competition gives students the chance to use all of the STEM subjects, Science, Technology, Engineering and Maths, while getting hands-on experience, creating their own robots.

Last year, the school made

it to the finals of the popular competition, Ms Ward explains.

"We're currently in the early stages. We use LEGO at the start and then the class will learn Scratch to programme their robot."

Robbie, age 11, who is pictured above in the front row, third from the left, tells us a little bit about his class.

"We have eight different nationalities and our teacher is very nice," he said.

Was he excited to come back to school this year? "I was, a tiny bit. I'm looking forward to working on VEX Robotics."

"VEX Robotics is where you compete against other schools, to see who has the best robot," he explained.

"You have to design a robot, programme a robot and we have to raise funds for it. We're still brainstorming ideas for ours at the moment."

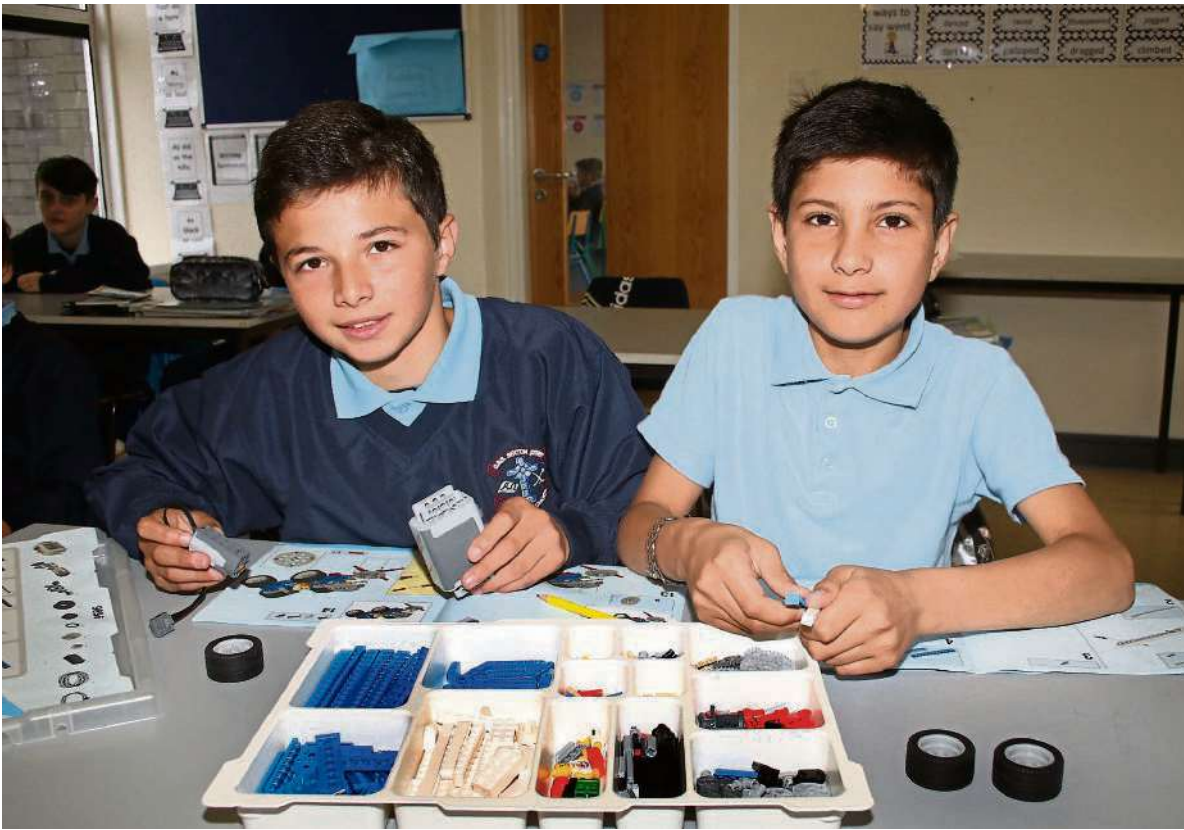
"Then we'll programme it. We learn coding, to make it move. Its really cool."

The class are currently using LEGO to build and brainstorm ideas, sixth-class

student Nedas, pictured right explains. "We're trying to build something with this Lego. So we have part 'A' and 'B', with the A you make the body, the part that moves. I really like Lego," he added.

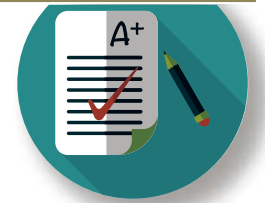
"We started from the book and try to figure out which part goes where and then we start to make," said classmate Tashif, also pictured right





Pictured on the left is Ms Ward's sixth class in their classroom at CBS Sexton Street and above are Lukas and Karimullah working on their lego project PICTURES: ADRIAN BUTLER

## SCHOOLS REPORTS



### Music

## City Comhaltas now registering students

COMHALTAS Ceoltóirí Éireann is the largest group promoting Irish traditional music, with hundreds of local branches around the world.

Garryowen Comhaltas, Limerick City's only branch of Comhaltas, holds weekly classes where they teach banjo, fiddle, concertina, accordion and tin whistle.

Ages range from 7 upwards and registration

takes place on Tuesday 18 Sept at 8pm at St. Johns Brass and Reed Band Room, located at Garryowen Road at the side of St. John's Cathedral.

Further information is available from Gerry Lawlor 089 6113478 or Chairman Kieran O Hanlon 086 1532783. For more information about Comhaltas Ceoltóirí Éireann, visit [www.comhaltas.ie](http://www.comhaltas.ie)

## What we think: Pupils have their say on...

### NEDAS, AGE 12

"I think the most important invention would be the car. The first car was called the 'puffing devil' and when they first invented it many people found it useful because they found it hard to move around before."



### CIARÁN, AGE 12

"I think the best invention ever is electricity because it changed society."



### TASHIF, AGE 12

"I think the best invention ever was airplanes and ships because they help people to go to other countries and they help to transport important things."



### MAHDI, AGE 11

"I think the best invention ever was teamwork. With teamwork, we help each other."



### PAUL, AGE 11

"I think the Internet was the best invention ever because you can look up anything you want."



### ANAS, AGE 12

"I think the best invention ever was the computer because it helps a lot of people."



### Secondary School



## New languages offered to students

LITHUANIAN and Korean have now been introduced as new short-courses for Irish secondary school students.

Junior Cycle students now have the option to take up Lithuanian, and Transition Year students will have the option of studying Korean.

Plans to offer more diverse languages in secondary school are

underway, with Mandarin Chinese, Polish, Lithuanian and Portuguese due to be introduced in schools from September 2020.

This September, the first students in the country began studying new subjects PE and Computer Science for their Leaving Cert.

Both subjects will be rolled out nationally by 2020.

### Charity

## '95 Stop Tour' is back on the road again

THE 95FM '95 Stop Tour for Limerick Kids' is back on the road this September, following the huge success of the 2017 tour.

Last year, the local radio station raised more than €84,000 for children's charities in Limerick.

The three chosen charities for 2018 include the Children's Ark Unit, CARI Limerick and Cliona's

Foundation.

On September 19, 95fm will hold 'Welly Wednesday' where each school will be given a welly to fill with spare change.

Schools are also invited to host a fun day like a Sports Day, a Bake Sale or a Pyjama day to raise spirits and funds for Limerick kids. For more information, visit [www.live95fm.ie](http://www.live95fm.ie).





**Kasia Zabinska, BNest, John Evoy, founder Irish Men's Sheds Association, Eamon Ryan, founder BNest, Tracey Lynch, CEO Tait House Community Enterprise and Pauline Gannon, BNest**

# Out & About

## BNest INCUBATOR LAUNCH AT THE NEXUS INNOVATION CENTRE

**Pictures:** RICHARD LYNCH



**Kava Roldat, Barcelona and Kasia Zabinska, BNest**



**Kasia Zabinska, Eamon Ryan and Pauline Gannon**



**Tracy Lynch, CEO of Tait House, Simone Dillon, Mr Tait's Cafe, Tess Kelly Stack, Tait House, Kelly Fitzgerald, Social Enterprise School's Programme**



**Shane Craul, Our Green Vision and Pauline Gannon, BNest**



**Michelle Joyce, Equine Learning Children and Family Service Munster with Niamh Harney and Joe Slattery, JS Equine Assisted Therapies Ltd**



**Paul Ellinggrad, PTI Advisor, Breda Fitzgerald, BNest independent**





**LEFT:BNest Incubator Programme 2018/2019 was launched on September 5 at the Nexus Innovation Centre in the University of Limerick. Pictured are Michaela Donegan, Back2New, Liam Fleming, SIUL EILE, Deirdre Power, Ilen Project.**

**ABOVE: Kate Sheehan, Fundraising and Development at St. Gabriels Limerick, Elaine Murphy, Founder of Equine Learning Children and Family Service Munster and Victoria Dowling, St. Gabriels Limerick**

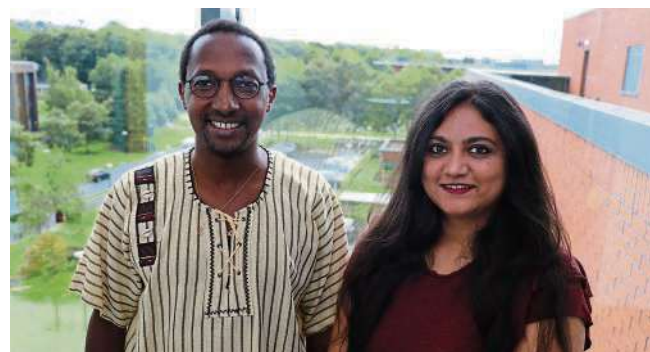
**RIGHT: Lana Hannon, Nexus Innovation Centre and Fiona Quinn, Lamprog Theatre**



**Cathal Doherty, Sarah Dickenson, Richard Lynch and Baoyan Cheung, ilovelimerick**



**Suzanne Roche, Limerick Gateway to Education and John Evoy, founder Mens Sheds Ireland**



**Alphonse Basogomba, IDEC Ireland, Anushree Gupta, IDEC Ireland**





Sinead Hope, UCH and Grainne Hope, Co. Meath at the Anniversary Gala Celebrations at the University of Limerick.

# Out & About

## UNIVERSITY CONCERT HALL 25 YEAR GALA CONCERT

Pictures: OISIN MCHUGH/TRUE MEDIA



Catherine Green, Maura Hennessy and Malcolm Green at the Anniversary Gala Celebrations



Dick Meaney, former senior vice president of Analog Devices with Antoinette Meaney



Ingrid McConnell and Gerald Hallinan from Limerick at the Anniversary Gala Celebrations at the University of Limerick



Lorcan Murray and Louise Murray from North Circular Road at the Anniversary Gala Celebrations





**LEFT:** It was a full house at University Concert Hall as guests, long time attendees and friends of UCH came together to celebrate the milestone 25th anniversary of the venue. Dee Ryan, Limerick Chamber CEO is pictured with Mary Danagher, Irish Business Training at the event. The audience were treated to a magical two hour ensemble of classical, traditional and musical theatre performance by special guests including Chieftain Paddy Moloney, pianist Barry Douglas, singers Mairead Buicke, Richie Hayes and Amanda Minihan, violinist Zoe Conway, dancer Emily Flack and musicians Triona Marshall, Michael "Blackie" O'Connor and Simon Pfisterer. Limerick's own Choral Union were there in full voice and it was all backed by the wonderful RTÉ Concert Orchestra. PHOTO: OISIN MCHUGH TRUE MEDIA



**Former UI president Don Barry, Anna Ryan, Anne Reidy, Raheen and Robert Reidy, Raheen at the Anniversary Gala Celebrations**



**Maura Thompson, Patrickswell, Dolores Meenahan, Granville Park, Danny Vaughan, Castletroy, Anne Fitzgerald, Corbally**



**Jaci Kearney, Castletroy, Gordon Kearney, Rooney Auctioneers and Breda Deedigan, Limerick at the Anniversary Gala Celebrations at the University of Limerick.**



**Jack Scanlon, Cratloe, Ciara Jo Hanlon, President UI Student Life, Lorcan O'Donnell, Student Welfare Officer and Colin Lynch, Kilkee**



# ENTERTAINMENT

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

## Wild Youth announce December Dolan's gig

Top Irish band Wild Youth have announced a December show at Dolan's Warehouse.

The four-piece, riding high in recent times following the release of the excellent *Can't Move On*, will play Dolan's on Saturday, December 1 as part of a wider Irish tour.

Wild Youth have been soaring in the Spotify charts and cite influences ranging from Imagine Dragons, to The XX, The Script, and The 1975 and have been receiving heavy radio rotation for their singles to date. Tickets are on sale now.

Dolan's have also announced gigs this week with The Murder Capital on November 2, Damien Dempsey on December 7 and Paddy Dennehy on December 15.

See [www.dolans.ie](http://www.dolans.ie) for more details and to book tickets.



### HIGHLIGHTS

#### WEDNESDAY, SEPT 12

##### Ann Blake - Trace

Ormston House, nightly at 6.30pm until Fri

##### Trad & Folk Music

The Glen Tavern, 9pm

##### Open Mic

The Old Quarter, 9pm

##### Tiny Giants

Smyth's Bar, 10pm

#### THURSDAY, SEPT 13

##### Elemental

Various venues until Sunday

##### Wired FM Live

Record Room, 7pm. Free

##### Rover

The Glen Tavern, 10pm

##### Escapade

Smyth's Bar, 10pm

##### FJAAK

Habitat, 10.30pm. €15

#### FRIDAY, SEPT 14

##### Breastfeeding Alfresco

Chez le Fab, 3 & 9pm. €7.50/5

##### Western

Belltable, 7pm. €5

##### Roll Over Beethoven

UCH, 8pm. €25/22

##### The Night of the Duo

Shannon Rowing Club, 8pm. €8

##### John Spillane

Dolan's Upstairs, 8pm. €16

##### Alive & Dangerous

Dolan's Warehouse, 9pm. €20

##### Barry Purcell

The Glen Tavern, 10pm

##### High Definition

Smyth's Bar, 10pm

##### Tradstone

The Old Quarter, 10pm

#### SATURDAY, SEPT 15

##### Bottom's Up

Belltable, 7pm. €50

##### Bagatelle

UCH, 8pm. €27.50/25

##### Wyvern Lingo

Dolan's Warehouse, 8pm. €20

##### The Papa Zitas

Smyth's Bar, 10pm

##### Dermot Sheehy

The Glen Tavern, 10.30pm

##### Drive

The Old Quarter, 10.30pm

#### SUNDAY, SEPT 16

##### Who Framed Roger Rabbit

UCH, 3pm. €7.50

##### Musical Chairs

The Old Quarter, 7pm

##### Far Heaven

Smyth's Bar, 10pm

##### Jeff O'Neil

The Glen Tavern, 10pm

#### MONDAY, SEPT 17

##### Trad Music

Locke, nightly at 5pm & 9pm

##### Summer 1993

Belltable, 8pm. €8

##### Mick Flannery

Kasbah, 8pm. Sold out

##### Traffic

Smyth's Bar, 10pm

#### TUESDAY, SEPT 18

##### The Acoustic Club

Charlie Malone's Bar, 9pm

##### Sound Affair

Smyth's Bar, 10pm

## Bottom's Up on stage for theatre company

BOTTOM Dog Theatre Company will mark ten years of shows with a gala retrospective.

The award-winning company will mark its tenth anniversary with *Bottom's Up* this Saturday night at the Belltable.

The fundraiser will feature a two hour performance of *Bottom's Up*, Bottom Dog's greatest hits including the international award winning *Language UnBecoming A Lady*, *Drinking In America*, *The Bachelor of Kilkish*, *Elegies for Angels*, *Punks* and *Raging Queens* and

*Killer Kabaret*.

The 20-plus cast will see many cast members return to roles they created for the company such as Gene Rooney, Stephen Tadgh and Deirdre Monaghan, along with new performances of previous plays, while there will also be a number of musical performances. *Bottom Dog* founders Myles Breen and Liam O'Brien will also feature.

The event kicks off at 7pm with a wine reception and finishes with a VIP after party at the Savoy Hotel. See [www.limetree.theatre.ie](http://www.limetree.theatre.ie) for tickets.



Bottom Dog co-founder Myles Breen in the award winning *Language UnBecoming A Lady*

Joe Gallagher ENTERTAINMENTS PRESENTS

# BAGATELLE

40 YEARS OF ORIGINAL MUSIC

bagatelle@eircom.net

GER HOLLAND PHOTOGRAPHY

## UNIVERSITY CONCERT HALL, LIMERICK

### Saturday 15<sup>th</sup> September 2018

Tickets available from Box office 00353 61 331549

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

follow us on /joegallagherentertainments [www.joegallagherentertainments.com](http://www.joegallagherentertainments.com)

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**T**HERE are some genuine treats in store for you this weekend in Limerick. The circus is back in town, gigs from techno to classical, a great night of theatre and some wonderful creative workshops in the city on Saturday. You're spoiled for choice!

### Thursday (Sept 13)

**Fossett's Circus** is back in Limerick this week, bringing the thrills of the acrobats and the spills of the clowns - hopefully not the other way around - to the Eastpoint Retail Park until Sunday. Ireland's oldest circus is 130 years young this year but has so far avoided taking a pension and growing roses with a returning partner from its youth. Shows until Friday are at 4.30pm and 7pm daily while weekend shows are at 2pm and 5pm. Tickets range from €10 to €20 but if you go to their Facebook page you can print a voucher for a free child ticket with every adult ticket.

If you missed the opening of the Museum Of Mythological Water Beasts exhibition at **Ormston House** last week, I recommend you visit it at 6.30pm any evening this week from Wednesday to Friday. Ann Blake will be performing **Trace**, a storytelling response to the exhibition. It's a short piece - just 20 minutes - and tickets are free. There are only 15 tickets for each performance so book your slot early on Eventbrite.

Berlin electro music trio **FJAAK** play a set at **Habitat** this Thursday night. The three lads are absolutely massive on the club scene and you can't miss this if techno or house are your thing. Doors at 10.30pm, tickets are €15.

### Friday (Sept 14)

**Breastfeeding Alfresco** is a standup comedy show inspired by boobs, babies and using one to feed the other. Diane O'Connor's performance has picked up rave reviews and is certainly worth checking out. It's at **Chez le Fab** this Friday, with a baby-friendly matinee at 3pm (tickets are a fiver) and an evening babies-banned show at 9pm, which will cost you €7.50 online or a tenner on the door.

The **Irish Chamber Orchestra** are at the **University Concert Hall** this Friday night with **Roll Over Beethoven**, a night dedicated to the world's most famous deaf composer. Despite the evening's title, it will open with Rossini's marvellous overture from the *Barber of Seville*, followed by a new work composed by Sam Perkin. They haven't forgotten to

# THINGS WHAT ARE ON IN LIMERICK

#8

It's another #WeekendInLimerick – and what a weekend!

## Seamus Ryan has the lowdown

include the Beethoven pieces though, as they'll also be performing his perfectly-serviceable First Symphony, followed by the rather heavy on the bassline Fifth. Dum dum dum duuum, and so on for 35 minutes. 8pm, tickets are €25/22 concession /€10 for students.

Brian Downey's **Alive & Dangerous**

play **Dolan's Warehouse** this Friday night. Downey used to be the drummer for Thin Lizzy and this show will see his band play the entire 1977 **Live & Dangerous** concert set. He's assembled a marvellous crew - Brian Grace and Phil Edgar on lead guitar, with Matt Wilson on bass - and they look and sound the part. You really need to catch this gig. Doors at 9pm, tickets are €20.

### Saturday (Sept 15)

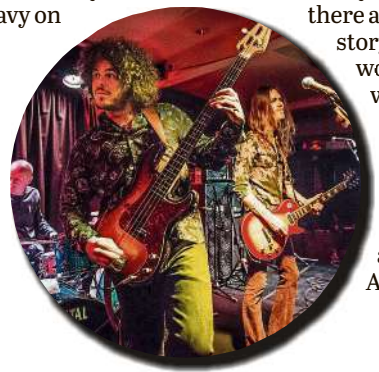
The annual **Elemental Festival** hits the city this Saturday, with creative workshops for children and a few just for adults. There are three hour-long Aardman model-making workshops in Fab Lab, where you can learn to make Hognob from *Early Man* at 11am, Gromit at 12.30pm and Feathers McGraw (the world's most

evil penguin) at 2pm. Fab Lab is also hosting four Lego robotics workshops between 11.30am and 5pm. If movies are more your line,

there are two storyboarding workshops with **Cartoon Saloon** in the city library at 11.30am and 2pm. All workshops cost a tenner and you can book at [elemental.limerick.com](http://elemental.limerick.com)

Limerick's **Bottom Dog Theatre Company** celebrate their tenth birthday this Saturday night at the **Belltable** with **Bottom's Up**. They'll perform excerpts and highlights from their 14 full stage productions, songs from their musical shows and a mashup of some of their best rehearsed readings. Tickets are €50 for the gala night, but that comes with an included wine reception at the Belltable at 7pm and a swinging afterparty at the Savoy Hotel with Liam O'Brien. The main show begins at 8pm.

**Bagatelle** play the **University Concert Hall** this Saturday night. You'll mainly remember them for their song *Summer In Dublin*, which tells the tale of a lad from Bray who finds



**Brian Downey's Live & Dangerous play Dolan's Warehouse on Friday**



**The Irish Chamber Orchestra offer up a night of Beethoven at the UCH on Friday**



**FJAAK play a DJ set in Habitat on Thursday**



**Bagatelle play another final going away gig**

Dublin rather smelly, tries to escape the city on a 46A bus and is amazed that there's a drunk person on it. Plus ça change. They've had more going away tours than the Rolling Stones but, like the Stones, you should see them when you can because... tick tock. 8pm, tickets are €27.50 / €25 concession.

**Eilish O'Carroll** brings her solo show **Live Love Laugh** to **Hospital Community Hall** this Saturday night. Despite being best-known for her role as Winnie McGoogan in *Mrs Brown's Boys*, this show isn't an hour-long slapstick feckfest. She'll take you through her life - her childhood, abusive marriages and discovered sexuality - but you can also expect a few laughs. 8pm, tickets are €15.

**Wyvern Lingo** return to **Dolan's** this Saturday night for their second Limerick gig this year, this time stepping up to the Warehouse. The Bray trio are *En Vogue* for Generation Z and will cause you to fall in love with contemporary R&B all over again. Catch them while tickets are still affordable - it'll cost you €20 this time and in a year it could be twice that. Doors at 8pm.



**Wyvern Lingo bring their infectious R&B sound to Dolan's on Saturday**

### Sunday (Sept 16)

There's an **urban foraging walk** in the city this Sunday, led by ethnobotanist Theresa Storey. Part of the **Pigtown Food Series**, it's a two hour trip along the canal bank to discover edible and medicinal wild plants. Foraging is a necessary skill in the event of a nuclear apocalypse so the €25 price is a cheap investment in your future. Starts from the Hunt Museum at 11am.

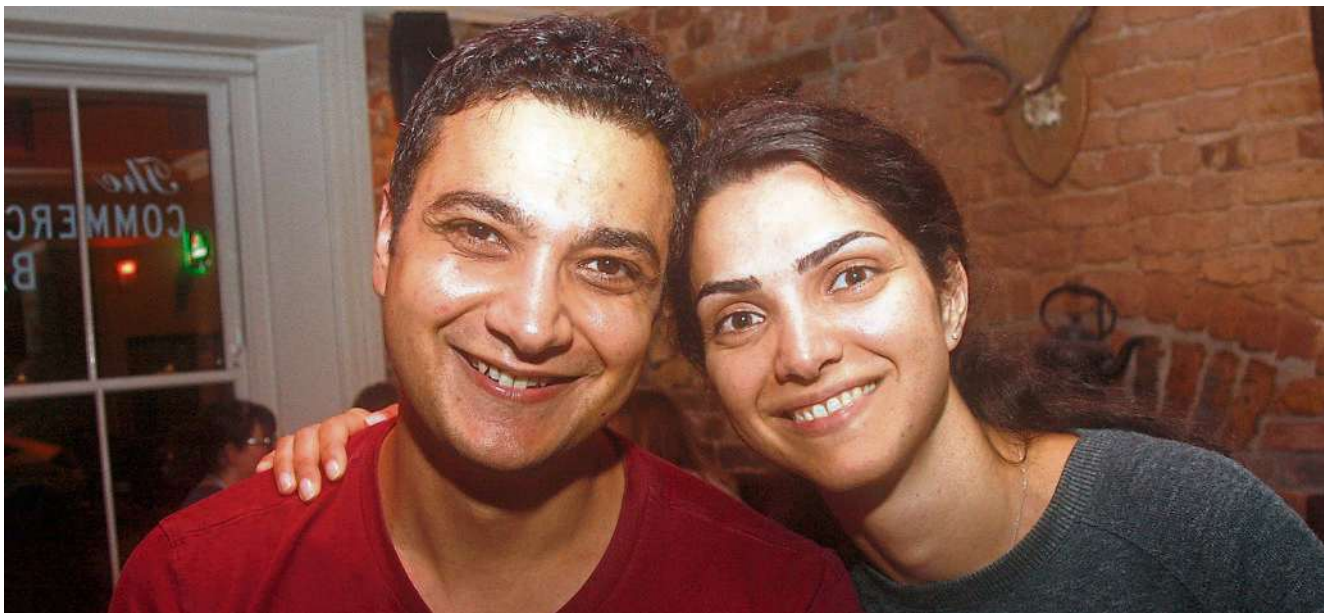
### All weekend

The Sailors Home hosts

The **Process of Doubt** exhibition till September 16. The **Museum Of Mythological Water Beasts** is at Ormston House until September 27. **Sweet Art** is at the Old Fire Station until September 27. The **Mainly Not Looking** exhibition at Friar's Gate runs until September 28. **Polarity** is at the Belltable until October 1. The **Ilen** exhibition is at the Hunt Museum until November 11. All free to visit.

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





Themis Kyprianou and Soti Ioannou at the Commercial Bar



Lia Momfort, Vinicius Montero and Nadiia Tkachenko at Dolan's

# On The Town

## THIS WEEK WE VISITED THE COMMERCIAL, DOLAN'S AND THE GLEN TAVERN

Pictures: DAVE GAYNOR



Morgan Clarke, Mick McCann and Adrian Hayes at the Glen Tavern



Shinji Takada, Ikuma Morio and Soji Kobayashi at Dolan's



Kanako Azetsu and Rina Hattori at Dolan's



Gerry Power, Nadia Mulcahy, Niall O'Grady and Geraldine Mulcahy at the Commercial Bar



Marina Bosic and Davor Vukovic at Dolan's



John and Dawn O'Mahony at the Commercial Bar





**Anisa Beghennou and Anna Rodriguez at Dolan's**



**Paul Sutton and Darren Buckley at the Glen Tavern**



**Robyn Fleming and Martin Cosgrave at the Glen Tavern**







# LEADER LIFE

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

## A Day In My Shoes

James and Mike McMahon

Proprietors Mother Mac's Bar

# Pull up a stool and enjoy a pint

### What time do you get up?

**Mike:** On a typical day around 8:30am but after a busy night it could be closer to 10am.

**James:** I try to get up for 8am but if I'm working the night before it could be later.

### What is your normal breakfast?

**Mike:** Coffee, another coffee and then lunch.

**James:** Tea, Cornflakes and the Limerick Leader online.

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

**Mike:** I normally walk into and home from work daily, I also like hitting the gym 2/3 days a week.

**James:** I try in the evenings, but I do get out for a cycle every now and then.

### You arrive at office at what time?

**Mike:** I always seem to arrive five mins after James, even the days I specifically leave early.

**James:** I've an arrangement with Mikes Partner, Kora, She calls me before he leaves the house so I can be in before him.

### What are your first duties?

**James:** To give out to Mike for being late

**Mike:** To pretend like I care about being late.

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

**Mike:** At least six, does it matter that they are big cups?

**James:** Three or four a day, it depends how tired I am.

### What is normal lunch - do you have a favourite place?

**Mike/James:** We tend to eat lunch together most days, we have a huge selection to choose from in the Market Quarter. We do like eating at Volcano Wings, The Yellow Lemon and Phil Flannerys (Only when Tommy is working).

### Do you have many meetings during the day?

**Mike:** We don't really have scheduled meetings rather social gatherings. We get a lot of sales reps calling in mostly for a catch up and a coffee.

**James:** We have a number of casual meetings during the week. We tend to mess with the sales reps a little playing good cop/bad cop or if we're having a hard week bad cop/bad cop.



### What time do you finish up at?

**Mike:** We're lucky in that closing times are legislated. Most people don't realize that it takes an hour or two after closing to get the house ready for the following day.

**James:** Mike normally tries to run away at closing. I normally have to hide his house keys until we're ready to go.

### Do you watch much television?

**Mike:** We spend most of our time in the pub and we don't have TVs, so no. I do like to watch TV when I get home to help unwind but it's almost always something recorded so that I can fast forward the ads.

**James:** we spend a lot of time in the pub so no. I do try to keep up with sports on TV; the hurling this summer and now the rugby has started.

### Do you read the newspapers?

**Mike:** Its important to stay up to date with local current affairs, I don't want to run out of things to talk about with customers or give James the opportunity to get one up on me.

**James:** Yes I do try to read the local and national papers. Its important in our trade to be up to date with what is happening. Its always good to

throw out a curve ball story now and then to keep the customers and mike on their toes.

### What do you do to relax?

**Mike:** I like to cook. There is something very relaxing about it. I typically send photos of my dinner to James and the staff. I also like to read and am currently reading "The Great Unexpected" by Dan Mooney.

**James:** looking at what Mike cooks for dinner is always good, still waiting for an invite over though. Its important to relax I try get out for a walk in the evening or a cycle. I've only just have recovered from a relaxing cycle to Kilkee lead by the one and only Fergal Deegan from the Limerick leader.

### Are you able to leave the office behind?

**Mike:** I wouldn't want to leave it behind, owning and working in a pub is a very social thing. Your customers are your friends and when the craic starts its hard to go home.

**James:** When you work in an environment that we work in, its not a 9 to 5 job, so I'd say no. That's not a bad thing either. You meet some great characters young and old and hear many stories which some are even true.

**Joint winner of Best Pint of Guinness in Limerick poll for 2017 James and Mike McMahon celebrate outside their pub Mother Mac's** PICTURE: ADRIAN BUTLER

### What is a perfect work day?

**Mike:** A couple of free barrels from Guinness or Heineken always helps (Shameless plug). Both James and I left 9-5, mon to fri jobs to open Mother Macs and work long often unsocial hours. We are lucky that we enjoy what we do and we're supported by our loved ones, that makes everyday a very good day.

**James:** No two days are alike in this trade and this was one of the main reasons we moved into it. I'd have to agree with Mike that every day is a good day when you enjoy what you're doing.

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

**Mike:** We are very much in the public eye and try to remain professional at all times. My staff are my family and it annoys me when people are disrespectful or abusive to them.

**James:** When you're in the public eye, you do have to keep a professional manner. It does help with the wonderful customers we have coming in here. Mother Mac's is known for being a relaxed and cozy place for a pint.

## INSIDE THIS WEEK



### GO WILD WITH ANIMAL PRINTS

Celia walks on the wild side of style  
PAGE 54



### DOUBLE-BREASTED SUIT'S COMEBACK

'Ladies go crazy for a sharp dressed man'  
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### DECADE OF THEATRE HITS

Bottom Dog's 10th anniversary!  
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### LONDON CALLING!

Meghann Scully's weekend away  
PAGE 60



# Embracing vulnerability



## ASK THE DOC DR EDDIE MURPHY

Advice column with the Operation Transformation psychologist

**F**OR many years I have talked in therapy room about the “the pebble in your shoe”. I will come back to that later. More recently Muhammad Ali died and left an incredible legacy behind him. Barack Obama captured it when he said that his legacy shows that Ali the activist fought outside the ring for what was right as well as in it. He supported Martin Luther King and Nelson Mandela and indeed he lived up to the adage; there is never a wrong time to do the right thing. Ali transcended sport.

He risked much in his stance against conscription to the US army and opposition to America’s involvement in the Vietnam war. One of his biggest legacy is how he fought prejudice and inequality.

However as a health care professional it’s how he lived his life with Parkinson’s that I found was so remarkable. He developed Parkinson’s in 1984, aged 42, associated with the brain injuries associated with boxing. The fast talking fighter who ‘floats like a butterfly stings like a bee’ was reduced to a silence, trembling man as he light the Olympic flame in Atlanta 1996 and was the flag bearer in the 2012 London Olympics.

There was a dignity in the presence of this chronic, debilitating and transforming illness. Essentially his biggest challenge in his life was encountered outside of the boxing ring. He didn’t go invisible with his chronic condition. For many people with chronic illness, and there are many he did not retreat into the shadows. Muhammad Ali showed us the path of vulnerability and acceptance.

### VULNERABILITY & ACCEPTANCE

Vulnerability and acceptance are two key areas in life that we all have to work on. In life vulnerability is often seen as a negative. The person who openly cry’s when upset. Take Joan who I meet recently she was recounting a frequent situation in her relationship. “I want to talk to my partner, I really need to tell him he is upsetting me, I cry when I try to give him this message and instead he sabotages me with .... “there you go you are crying again .... We worked on how you can give a message while being upset. Even though I am upset and crying what I am saying is important, you need to ..... This is a key skill if your

vulnerability is being used against you.

Most of us have vulnerabilities, in fact I believe we all have. In true relationships we open up and let others know our vulnerabilities. This is a big part of the connecting and bonding process. A tension exists between this vulnerability and how we are taught to show the opposite; namely guarded and immune to the slings and arrows of life. Could it be that we approach vulnerability is an unhelpful mindset. Could we be setting ourselves and our children up for even bigger falls.

Vulnerability is part of the human experience. Many times we look for it in others and deny it within ourselves. Our vulnerabilities know to us or unconsciously amplify our hurts, heartbreaks and setbacks. If we didn’t have these experiences then where are we with experiencing the joys and happiness of life. That is the paradox to be our ‘real self’ vulnerability is part of our human experience and that is also our strength.

Embracing vulnerability is what Mohammad Ali taught us. How you can be both strong and vulnerable. Embracing vulnerability rather than fighting against it allows for those with emotional struggles to tackle their difficulties in a different way. Stephen Russel the author noted that ‘vulnerability is the only authentic state. Being vulnerable means being open, for wounding, but also for pleasure. Being open to the wounds of life means also being open to the bounty and beauty.’

### 5 REASONS WHY EMBRACING VULNERABILITY MATTERS

1. Embracing vulnerability makes you more authentic and truthful with yourself and others
  2. Embracing vulnerability takes you out of the safe comfort zone into that space when magic happens hence our growth is deeper
  3. Embracing vulnerability allows you to connect on a more authentic level with yourself and others, this bonding enhances connection and relationships it allows us to love deeper
  4. Embracing vulnerability enhances your romantic and sexual relationships are you are more emotionally available
  5. Embracing vulnerability moves you from ‘human doing’ to ‘human being’ thereby promoting your wellbeing.
- Oh and back to that pebble in



Embracing vulnerability is what Mohammad Ali really taught us about life claims Dr Eddie

our shoe could that be our vulnerability? To be honest, I would look at it carefully, before acceptance as it might be something that you can work on, in fact it might not be vulnerability! For many that stone in the show is not a person’s vulnerability! It’s something people too often hold onto; hurt, diagnostic labels- depression, anxiety, grudges etc. Its toxic stuff. Another challenge for us is to ditch these stones or

toxicity. These stones can act as defence mechanism that impedes our growth and ensure our emotional wounds never heal. Therapists rightly say that before we remove a defence we need to replace it with healthier actions. The challenge for all of is to identify our true vulnerabilities and find acceptance from the stuff that we are avoiding because we fear or don’t know how to change or face it. Finishing up Mohammad Ali

said its “It isn’t the mountains ahead to climb that wear you out; it’s the pebble in your shoe. Wisdom I like that.

**\* Dr Eddie Murphy is a clinical psychologist, author and mental health expert. To contact him, call 087 1302899 or go to [www.facebook.com/dr.eddie.murphy.psychologist](http://www.facebook.com/dr.eddie.murphy.psychologist)**





Morning reflection taken by Pauline Lane in Limerick city. The photograph includes St Michael's Boat Club to the left and the old Cleeves factory to the centre of the photo



A bug's life taken by Claire Waters

# Readers**Pictures**

**WE LOVE TO RECEIVE PHOTOGRAPHS FROM OUR READERS, SO IF YOU'D LIKE TO FEATURE ON THIS PAGE, EMAIL YOUR SNAPS TO [NEWS@LIMERICKLEADER.IE](mailto:NEWS@LIMERICKLEADER.IE) WITH READERS' PICTURES IN THE SUBJECT LINE**



Ted McCarthy sent in this picture from Lahinch



Horse play: Shane McGrath sent in this image from The Peoples Park



# POSITIVE PARENTING



## Top Tips

### For Halloween preparations

School hadn't started and the Halloween paraphernalia started to appear in the shops. You can't do your groceries without being asked to buy pumpkin lights or a witch doorbell! Why choose expensive, disposable and environmentally unfriendly costumes and decorations when you can use the next few weeks to make your own:

**Encourage your child to spend some time drawing/sketching their ideas for costumes. They're getting creative and you get precious insight into their little imaginations.**

Make technology work for you - look on-line together for ideas/tutorials for a homemade version of their costume.

**Visit local crafts and charity shops together and buy materials. A lesson in budgeting is a bonus life skill in your Halloween prep!**

Thread some popcorn garlands for decorations - these can easily be recycled as bird feed afterwards.

**Encourage older children to write their own ghost story that they can 'reveal' on Halloween night .....by candle light.**

White chocolate Rice Krispie buns make great ghosts.

**Bear in mind that holidays have become incredibly commercial. Invest time with your children because when they think about holidays, that's what they will remember.**



Head into the new academic year with renewed focus and energy and you'll be surprised at how parenting becomes a little easier

# September is the New 'New Year' for parents

**T**here is always something very unrealistic about January and resolutions. After the madness of Christmas, there is an expectation that all bad habits and choices will just stop instantly.

The 'new year, new you' mantra, however, generally fizzles out within a few weeks and before you know it, you're back eating too much chocolate and being impatient with your children (or is that just me?). The academic year - from September to June - dictates much of our parenting schedule. We know that, for those months, our daily routines consist of organising childcare arrangements, being chauffeurs and standing on the side-lines of fields, sports halls, dance studios and every other imaginable after-school activity. The start of another academic year is a great opportunity to reflect on yourself

and your parenting style and maybe to introduce some new habits that will support both of those things. You have sent your children back to school with shiny new uniforms, nourishing lunches and optimism about the new year ahead of them - now take some time to do those kind of things for yourself.

Reflecting on what we say and what we do is a very personal thing. For some people, it comes naturally. Others have to make the time to consciously look back and think about what they did and if they could have done it differently.

Think of an argument with your child, for example. You were tired, they were unreasonable and it ended with you raising your voice and frog-marching them to their room. There are two usual solutions to this common scenario; you can sit your child down, apologise for your reaction and encourage them to reflect on their part in it. Or you can just ignore it,

and pretend that it never happened. The time and space you take to reflect on these kind of things determine your parenting style.

Finding time to reflect is a tough call as your head fills with timetables, grocery lists, school fundraisers etc. Non-stop 'to do' lists can be very stressful so think about using your time more effectively. A common situation parents find themselves in is the wait while their child is in an activity. Sure, you can stand on the side-line week after week or you can use the hour to pick up some groceries.

But what about using that time to create some headspace for yourself? Maybe go out to your car, set your alarm and have a nap or listen to a podcast. Or throw on your runners and go for a brisk walk. You'll feel refreshed which will benefit both yourself and your child. When you're more relaxed, the car journey home is less likely

to be a list of instructions about dinner, homework and bedtime.

Another key to looking after yourself is to keep an eye on your own nutrition. How many of us sneak the treats when our children aren't looking, because we spend so much time explaining the importance of healthy choices to them? A great rule to follow is that if you wouldn't give it to your toddler to eat, you shouldn't be eating it yourself. When you're packing your child's healthy lunch box, pack your own. Small changes will make a big difference to your energy and reserves. So, head into the new academic year with renewed focus and energy and you'll be surprised at how parenting becomes a little easier.

For more tips and advice on positive parenting, check out [www.loveparenting.ie](http://www.loveparenting.ie) and keep an eye out for the launch of our new-look website in the coming weeks!





# HEALTHY LIVING

**EVA HILL HAMILTON**

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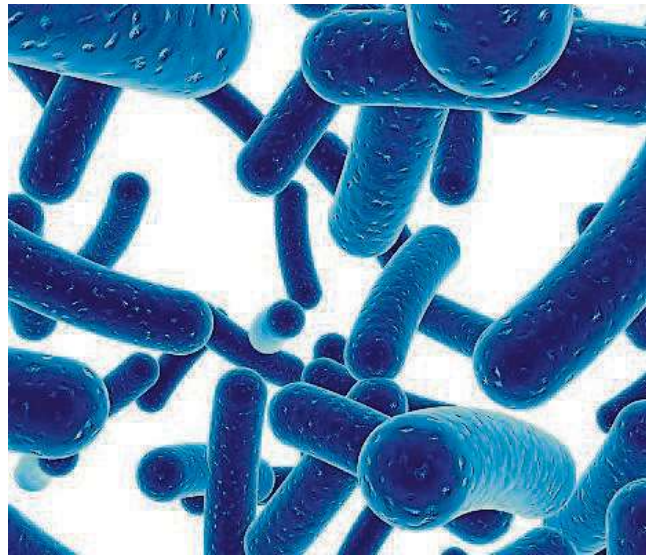
## Building up back to school immunity

**S**CHOOLS are up and running, but they hadn't even started when some kids were already sick with colds and tummy bugs. The stress that comes with this time of the year greatly impacts our immune system and depletes our nutrients.

Radio adds are full of multivitamins and probiotics, and no wonder. Their synergistic effects support the immune system and help us deal with stress. Our digestive tract

represents 70% of our immunity. Probiotics (good) bacteria help to fight off bad microbes, and at the same time, regulate the immune system so it may work to its optimum. They support the absorption of nutrients necessary for the production of our immune cells.

It is a good idea to top up the most important Lactobacilli and Bifidobacteria species by taking probiotic supplements for a month at each changing of season and



**In a healthy person, there are more than 100-300 Trillion probiotic bacteria and yeast, compared to only 10 trillion cells**

if taking any medications - especially alongside antibiotics. It is even better practice to eat properly fermented foods daily - as it is part of Eastern cultures.

Kefir, sauerkraut, kombucha are the best ones, due to the microbial diversity therein. While they require a certain taste, kefir can be added to commercial yoghurts or

smoothies, there is even a lovely fruit-sweetened ice cream called Kefi available in some stores.

Daily intake of a good variety of fruits and vegetables are needed, not only for their exceptional nutrient supply, but because they feed our beneficial bacteria with soluble fiber, helping them colonize our system. Other great sources of soluble fiber are whole grains and legumes (beans and peas). Aim for 1 piece of fruit and 5-6 portions of vegetables a day.

Vegetables can be incorporated into burgers, falafel balls, omelets / egg muffins, soups, baked meals - where thin slices of courgette and toasted aubergine can replace pasta

sheets (e.g. lasagna, moussaka), courgette spirals warmed through can stand in for spaghetti, sweet potato and turnip mashed can top shepherds' pie and raw veggie sticks can go with tasty dips. Sugar on the

other hand weakens the immunity. Never allow a refined product to replace a balanced meal - it is better to let the child go hungry than to feed them rubbish. If a child is reluctant to eat well, give him/her digestive enzyme supplements before meals, get a good quality multivitamin and focus on their good gut bacteria. In time, the improving gut health will turn the mind around and make them more interested in variety - but be consistent and don't give in.

### DID YOU KNOW?

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# FIT4LIFE

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# Healthy shopping list for September

**W**HEN it comes to living a healthy lifestyle – usually the fitness side comes along easily enough. Once you've committed to a gym class, a trainer or a plan – you can stick to it with a little bit of willpower.

But what about the other 23 hours of the day? It's not quite as easy to maintain the same level of commitment outside the gym. I often compare September to January in terms of the gym world. It's usually week two in September once the new school and work routines have settled in that people begin to get serious about their workouts and healthy lifestyles. Here's a little shopping list you can hold on to that won't send you far wrong.

### GOOD CARBS

Sweet Potato, Quinoa, Brown Rice, Gluten Free Oats, Butternut Squash.

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

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

### PROTEINS

Lean Steak, Chicken, Turkey, Eggs, Fish (Salmon and Cod are my favourites), Cheese, Kidney Beans, Lentils.

### HEALTHY FATS

Raw Nuts (Almonds, Cashews,

Brazil, Walnuts), Avocado, Almond Butter, Coconut Oil, Organic Peanut Butter.

### SPICES

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

### VEGETABLES

Veggies: Broccoli, Peppers, Courgettes, Cauliflower, Spinach, Mushrooms, Onions, Garlic, Green Beans, Mangetout, Bean Sprouts, Sprouted Mung Beans, Aubergine.

### OTHER

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

Rice cakes and crackers are technically carbs but they have a high GI which means they break down far quicker in the body and are not very filling. I usually opt to have them as a snack with nut butter and banana or with mashed avocado and tuna to add a little substance. The dark chocolate has a lower sugar content than milk chocolate and just a square or two can really hit the spot when you fancy something sweet. Remember it's not about dieting. You have to find things you like to eat and enjoy to eat in order for it to be sustainable. Yes I 100% agree that eating fresh and healthy foods can cost a little more week to week. But by filling your body full of goodness you may just end up saving a lot more in the long run.



**Time for a fresh start? With the school now back in Leanne often compares September to the start of the year**

## Healthy Recipe

### Clean Chocolate Mousse Cake

#### What You Need

(For the Base)  
 1/4 Cup Walnuts  
 1/4 Cup Crushed Almonds  
 2 Tbspns Agave  
 Pinch of Himalayan Pink Salt  
 (For the Mousse)  
 2 Avocados  
 8-10 Dates  
 4 Tbspns Agave  
 2 Tbspns Raw Cacao Powder

#### What To Do

In a food processor grind the Walnuts and Almonds and add Salt and 2 tablespoons of Agave.

Press mixture into your serving tin or dish and store in fridge.

To make mousse peel and pit the



avocados and blend in food processor with Dates, 4 tablespoons of Agave and the Cacao Powder. Blend till smooth.

Scoop out mixture and cover your previously made base, smoothing with a spatula.

Allow to set in the fridge for 2-3 hours. Garnish with some desiccated coconut or some pomegranate seeds and serve with a big spoon!

## Moore2Life

What I'm loving this week

### Go Gym's first bday Bash

This Saturday September 15 we are celebrating Go Gym Limerick's first birthday. I can't believe we

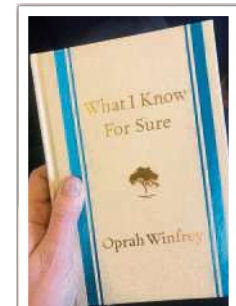
marked a year a few weeks ago and now it's time to party! We are going to have an amazing membership offer on the day so make sure you keep your eyes peeled to the Go Gym Limerick social media for more. You'll find us on Facebook and Instagram.



### Book Recommendation

I have recently read Oprah Winfrey's "What I Know For Sure" and I would honestly highly recommend it. It's a very easy read broken in to a series of short stories and anecdotes based upon things Oprah herself says she knows for sure. I

read the 200+ page book with a little yellow highlighter and marked all the sentences that resonated with me. It's definitely the type of book you'd re-read again at another time. Lovely little thought provoking ideas and definitely a lovely gift.







Marketing and management students, Clara Stapleton, Rebekah Ryan, and Denise Hayes enjoying Freshers' Week



Talia Phillips, Marketing and Kelly Bussieres, Travel and Tourism with Prof Vincent Cunnane, President LIT



Kieran Boyle Hemming, Ashland McGrory, President Students' Union, and Luke Morton

# Out & About

## START TO THE NEW TERM: LIT FRESHERS' WEEK

Pictures: ALAN PLACE



Business Travel and Management students, Ken Sumampong, Limerick, Chloe Byrnes, Killaloe and John Jennings, Ballybrown



Lisa Moran, Marketing and Management, Limerick and Charlotte Lynch, Digital Marketing



Sarah Meaney, Law and Taxation, Limerick and Ellen Dalton, Marketing and Management, Limerick



Marketing students, Cole Williamson, Talia Phillips and Benjamin Davis



Music Technology and Production students, Shane Killowry, Ennis and Ben Crowley, Limerick



Sarah Meaney, Law and Taxation, Ellen Dalton and Lisa Moran, Marketing and Management, Charlotte Lynch, Digital Marketing





# STYLE & FASHION

**CELIA HOLMAN LEE**

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## Let your inner beast roar!

**A**NIMAL print is the favourite fashion fabric right now so why not make the most of this trend by mixing it and matching it with some pieces in your wardrobe.

My first introduction to animal print was when I bought a pair of leopard print shoes from O'Sullivan's in the heart of Limerick city, and from then on I knew that it was a print that would bring me effortlessly from winter to summer to autumn.

It's a really hardworking print that will match with most items in your wardrobe. You just can't go wrong investing in a piece of animal print this season. Oxendales.ie has very much embraced this trend this season. And, as you can see from the shoot, we decided to weave a little autumnal magic on the look in the way we have mixed the trend with knitwear, lace and of course jeans.

The key is to be bold and brave and enjoy the animal print look that is sure to liven up your winter wardrobe.



**Just a subtle hint of animal print in this outfit really adds another dimension to the look**



**I love teaming a splash of red with animal print and I think these little booties really jazz up this look**



**Here is a gorgeous autumn ensemble with animal print peeping through in the top and shoes**



**If you aren't brave enough to go full on animal print then a little nod to the trend is just fine as seen in this clutch**



**This floaty animal print top is very easy to wear - both comfortable and forgiving if you have over indulged**



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# CELIA SPOTTED

## Looking good out and about in Limerick

**Name:** Claudia Daly  
**Occupation:** Works at Woodlands House Hotel and Spa in Adare  
**From:** Patrickswell

**M**y favourite shop is Dani's Closet because the staff are always so helpful and the clothes are fantastic. I love the glamour of the store and of course it's in Limerick. My style icon is Louise Cooney because she has an amazing sense of fashion. She is also very honest about her advice and she is quirky - she stands out from all the other bloggers. Louise is also hugely successful on top of being a Limerick woman which is great.

**CELIA SAYS**  
**Poncho from River Island:** Claudia likes shopping in River Island because it has such a wide variety of styles so she can pick what she needs at any one time. She throws her poncho over tops for a layered look whether she's going to work or going out in the evenings. I love the traditional tartan against the black top and jeans.

**Top from Zara:** Claudia loves picking this top out of her closet at this time of year. The black rib texture and the long sleeves are ideal for the autumn when it's getting that bit chilly.

**Jeans from Dorothy Perkins:** Claudia tells me her ripped jeans are in and out of the wash all the time and they still look absolutely fantastic. You cannot go wrong in a pair of black jeans. They always look well and you can mix and match so many pieces with them to create entirely different looks all year round.



**Look out for Celia's 'My Week' column in the Limerick Leader every Thursday**



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# MANABOUTTOWN

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# The double-breasted suit makes its return



Trends come and go but at the moment the sharp dressed double-breasted suit/jacket is back on the fashion scene. This one is in Tony Connolly's

THE world of fashion has always been divided on the double-breasted suit/jacket. Some simply cannot disassociate it from the stereotypical image of a Wall Street Banker type wearing thick pinstripes and yelling into an over sized mobile phone.

The classic style is also one of menswear's most fickle trends. It's either very in – or very out. Fortunately for me – because I love double-breasted – they are very much back in favour at the moment, and in eye-catching styles, colours, fabrics and constructions.

Leading menswear designers and fashion houses such as Prada, Calvin, Ralph Lauren and Brunello Cucinelli have all featured a number of variations on the DB jacket in their Autumn/Winter collections. Many high street brands such as Topman, Moss Bros and ASOS have also gotten in on the act presenting affordable, ready to wear takes on double-breasted tailoring. The contentious fashion statement featured heavily at the GQ Man of the Year awards last week with the likes of David Gandy, Tom Hiddleton, Chadwick Boseman and Richard Biedul all showing off different takes on the DB suit or tuxedo.

I was in Tony Connolly Menswear a week ago and I noticed a beautiful Benetti Double Breasted suit (the one I'm wearing in the photo accompanying this article). Dave Connolly told me that a lot of

guys admire double-breasted suits but they still hold a degree of fear because people don't fully understand how to wear them or style them. With that in mind here are some quick style tips for wearing a double-breasted suit or jacket.

### DRESS IT DOWN

You really don't have to go full Pitti Uomo to get on board the DB train. You can mix a double-breasted blazer with more casual pieces as a gateway into the look. A knit polo, a t-shirt or a roll neck will look great under a double-breasted jacket and still look smart. Even jeans can be matched with the right texture of DB jacket. David Gandy is one of the leading lights in the renaissance of double-breasted tailoring and a Google image search will show you the variety of ways Mr. Gandy styles up and styles down his collection of DB jackets.

### DON'T DOUBLE BUTTON

There is one ironclad rule when wearing a jacket or blazer (of any kind) that must always be adhered to – never do up the bottom button. This is especially true when it comes to double-breasted as it spoils the line, makes you look restricted and makes it hard for you to sit comfortably. All of that kind of takes away from the gentlemanly nonchalance that a DB suit aims to convey.

### DON'T GO FULL GI-JOE

I could have also made a Beatles/Sgt Pepper pun there but since the double-breasted suit is inspired by military uniforms I thought it would make for an easier explanation. Essentially, you don't want to look like you're marching in a parade or part of a royal wedding so avoid an excess of decorations and shiny buttons. Not that you can't play around with buttoning styles and a navy 4x1 gold button DB can look really elegant, just don't go over board with it.

### TO UNDO OR NOT TO UNDO?

I think the biggest deterrent for guys when it comes to double-breasted tailoring is the idea that you can't leave them open. Sure they look great if you're making a speech or posing for a photo but what happens when you have to sit down or the room temperature turns you into Christy Moore? Well the good news is that modern double-breasted tailoring has a smaller overlap, so it still looks good when it's open and you don't have all that excess fabric flapping around.

A lot of modern DB jackets come in more relaxed fabrics so it just feels right to undo the buttons. It's not a suit of armour so undo the buttons if you need to, it won't look silly.

As I mentioned, I am all for the return of the double-breasted suit. Its comeback announces a new gentlemanly vibe in menswear, to replace the skin tight, half-assed reality TV star look that has dominated the last few years. For the upcoming fall season try a DB blazer in a dark colour – grey, navy or emerald green will always stand out from the crowd – and try matching it with looks that you'd normally put a single breasted blazer with. There's never been a better time to try it because DB is in fashion but like I always say; being a gentleman never goes out of fashion.

## Fragrance of the Week

### Acqua Di Parma Colonia Sandalo

This week's fragrance is Acqua di Parma's brand new cologne, Colonia Sandalo. Stemming from their iconic Colonia, Acqua di Parma has intensified, twisted and remixed this familiar theme into some new and surprising tunes, each one bringing something new to the brand's catalogue of colognes. Their latest twist in the Colonia



Ingredients collection, 'Colonia Sandalo', takes on a new, ultra-masculine signature that is suave and woody in equal measure. Colonia Sandalo is an elegant fragrance with a refined

combination of citrus top notes and rich, enveloping creamy heart notes. Using a rare and precious variety of sandalwood from India

balanced with the citrus notes of Colonia, the scent captures the characteristic freshness of Bergamot and Petit Grain, with an opulent aromatic woody touch of Tonka Bean. The richness of the Sandalwood, enveloped in the sumptuous bouquet of Colonia, makes it a unique and intense fragrance that surprises from the start. Gents, it's the kind of fragrance you need in your locker. You'll find it in Brown Thomas Limerick for around €178.

## Watch This Space

### Tissot Chrono XL

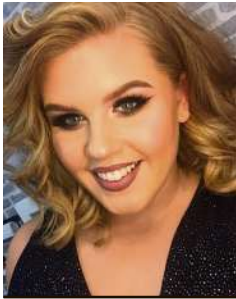
This week's watch of the week from Keanes Jewellers is the Tissot Chrono XL. Tissot has long been known as a leader in timekeeping and sports innovation with worldwide timing partnerships with the NBA, Tour de France, MotoGP, World Superbike, and many others. Tissot prides itself on exhibiting core values of performance and precision, delivering

accurate results every time it steps into the sporting arena. Likewise, the brand prides itself on delivering these same values in each of its timepiece products. The Tissot Chrono XL is a large-diameter timepiece coming in a 45mm wide stainless steel case with a



durable 100m of water resistance. Inside the watch is a Swiss ETA quartz chronograph movement. Tissot has long been known as a traditional Swiss watch brand that offers quality for a very accessible price. The Chrono XL is available from Keanes for €330.





# BEAUTY & MAKE-UP

## JESSICA HOCKEDY

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# The story behind Glowing Girlie's

**S**UPPORTING local businesses is something I adore doing. It's so much more rewarding for both consumer and the business owner. I've known Rachel Benson, the owner of Glowing Girlie's Boutique for a few years now.

When Rachel was 25, she started Glowing Girlie's Boutique online. She began with affordable debs dresses because she saw a gap in the market and jumped at the opportunity. There wasn't really anywhere in Ireland you could buy a debs dress for under €300. Especially for girls going to three to five debs in a short period of time - this was very expensive. She knew the major pressure on the parents to pay out a lot of money for their daughters to look amazing and be happy at their debs.

After a very successful few months online, she decided to open her first store. It was a small unit in Limerick city which the shop, quickly outgrew. Therefore, they moved to a bigger shop which is also in Limerick city. Her business is now two years in and she's constantly growing. Social media has a massive role to play in its popularity.

Rachel just recently celebrated her second year in business, and decided to release a massive birthday collection consisting of clothing and her own brand Glowing Girlie's cosmetics. She



Part of the Glowing Girlie's Collection on [www.glowinggirlies.com](http://www.glowinggirlies.com)

released the collection last week and it has been a great success.

The launch party was led by make-up guru Lucy Fitz who held a masterclass in their shop on Anne Street, Limerick city. She showcased the new make-up products which consists of 10 eyelash styles and two eyeshadow palettes. Furthermore, Rachel and her team released 28 clothing pieces of which some were modelled at the same event by beautiful ladies ranging from sizes

6-14. Considering that she started as an online dress shop and now stocks party dresses, occasion dresses, jackets, tops, pants and accessories, she can say with absolute pride that she is so pleased with how her idea flourished.

I'm so happy for Rachel and her ongoing success and I cannot wait to get my hands on the new collection!

Check out their Instagram and Facebook for more updates and information on the collection.



Keep it local: Rachel Benson has most of her fashion shoots in Limerick

## My Make-Up Bag

Rachel Benson



The lovely lady behind the Glowing Girlie's collection! Rachel is so down to earth and a great person to be around!

### What/who inspired you to start your own business?

My nana Nancy Lawless who started her own business over 35 years ago. She once told me a story about how she applied to a few banks for a loan to start her business and was refused. She started her business with the help of family and friends and grew it to be a massive success. I hope to one day be half the woman she is.

### Have you always had an interest in cosmetics?

As a kid I was such a tomboy. I had no interest in anything girly, then at 16 I started using make-up and fell in love. As I got older and started to go out with my friends I loved getting ready and picking my outfits out.

### When you first began your journey of owning your own business, what was your dream at the time?

To have stores all over Ireland and be one of the biggest independent Irish brands. This is still my dream. I am building up to this one piece at a time. I started my business with no loan, hardly any money and after just celebrating my second year in business I am shocked at how far to have come so my dream is still the same.

### When buying make-up are you guided by brand name/appearance or cost/quality?

This is a very interesting question. I have worked in sales since I was 17 and I am a great salesperson but the worst thing about being a great salesperson is you are so easily influenced to buy items by another sales person. I know that sounds mad but I recently went to Benefit to buy a mascara and ended up leaving with four other items because the sales person was so nice and kept showing me

stuff. I don't often shop so when I do I am so easily influenced.

### Do you wear make-up everyday?

When I was younger I did but I'm now 27 and that extra 30 minutes in bed in the morning are like gold dust. I do wish I could get up and go to work looking fresh but instead I roll out of bed to the car looking as tired as I feel.

### Does wearing make-up make you feel more confident?

Definitely! I love when I have a full face of make-up on which is why I have chosen to release the new eyeshadow palettes and eyelashes that I have. These are a very important piece of any make-up look for me.

### Do you spend a lot of time on Instagram looking at make-up/fashion?

Way too much time. I spend 80% of my day on the phone

because of work so I quite often go onto Instagram for a little break and scroll through my feed. One thing leads to another and before I know it, it's been an hour and I'm 12 weeks deep in someone's Instagram profile all because I saw them in a nice dress!!

### On average, how long does it take you to do your make-up?

This can vary if it's a quick look for work just 10 minutes but if I am going out it can take me 1-2 hours. I really like to take my time and enjoy it. Those two hours also consist of me singing along to musicals on YouTube I have to have music playing.

### Does make-up play a big part in the industry you're in?

Yes. Makeup is taking over the last couple of years which is why after having a clothing boutique for a year I decided to release the make-up line that we now have.





# I ♥ LIMERICK

## RICHARD LYNCH

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# BNest incubator programme supports new emerging social enterprises

**L**AST week the BNest Incubator Programme was launched at the Nexus Innovation Centre at the University of Limerick for the 2018/19 year. Back 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 to the best start.

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 BNest Social Enterprise Incubator Programme. At the event, BNest also announced their line up of events that will be open to the public for their upcoming autumn/winter season

Event guest speakers Tracey Lynch, CEO of Tait House Community Enterprise and John Evoy, Social Enterprise Development Manager of the Social Innovation Fund and Founder of the Irish Men's Sheds Association; shared their social

enterprise journey.

John Evoy set up the Men's Sheds in 2011 and it now has 420 member sheds with 10,000 participating men each week. "I've been involved in a number of social enterprise accelerator programmes. It made all the difference in the development of the Men's Sheds Association in my experience," John told me.

Tracey Lynch runs Tait House Community Enterprise, which is a community development co-operative, whose mission is to generate enterprise, employment, and training opportunities through the provision of services for the people of Limerick.

"It's an exciting time for our social enterprise. Together with BNest, we are building a stronger platform for social enterprise in Limerick. Today social and economic equality is growing incredibly worldwide," Tracey added.

There are plenty of new organisations that have signed up with BNest for their upcoming six-month programme including; Live Out Loud, which provides services to children with learning disabilities, Bereft, which is an organisation that provides services and resources for families who have struggled with a



Richard pictured at the BNest Incubator Programme launch with Kasia Zabinska, BNest, John Evoy, founder Irish Men's Sheds Association, Eamon Ryan, founder BNest, Tracey Lynch, CEO Tait House Community Enterprise and Pauline Gannon, BNest

PICTURE: CATHAL DOHERTY/ILOVELIMERICK

sudden loss and Cruinniú which empowers first-time smartphone users from rural communities to identify their common problems, before testing, building and sharing solutions within carefully curated group chats.

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."

## Tait's Cafe host Lost Futures fundraiser

MR Tait's Cafe celebrated their new look cafe and menu by hosting a fundraiser for a local group of bereaved parents, Lost Futures.

Guests of honour at the event were Roisin Upton and Daniel Butler, Metropolitan Mayor of Limerick. Roisin played a crucial role in propelling the women's Irish Hockey team to the finals of this year's 2018 Women's Hockey World Cup.

Local leaders including Mary Fitzpatrick set up the Lost Futures Group in 2005 after many young people died in Southill from drugs and violence.

"I experienced a huge loss in 1999 when my son was brutally murdered. I wandered around for many years wondering if there was support out there," Mary said at the event.

This support group was set up for all parents who were suffering another

reversal of nature, that of outliving their children. The group supports any parent who has lost a child and provides one to one bereavement counselling.

Each October the group raises funds, which allows the parents of those children to travel to Lourdes to remember and pray for those they lost. Some of those parents gave emotional speeches at the fundraiser.

Tait House Community

Enterprise supports this group each year in their fundraising efforts through a series of events and raffles. This year the organisation is hosting a fundraiser to once again raise funds for this wonderful group.

Tracy Lynch CEO of Tait House said: "Everybody experiences loss at some point in their lives and this event helped to start a conversation and raise some much-needed funds for the group." See www.taithouse.ie.



Pictured at Tait House - Daniel Butler, Metropolitan of Limerick, Mary Fitzpatrick, co-founder of the Lost Futures Group and Limerick hockey player Roisin Upton

PICTURE: BAOYAN ZHANG/ILOVELIMERICK



# THINGS I ♥ THIS WEEK

## BOTTOM DOG 10TH ANNIVERSARY

### Looking back on a decade of theatre

LIMERICK'S theatre company Bottom Dog is celebrating their 10th anniversary! Founded in 2008, by Myles Breen, Mike Burke, Mike Finn, and Liam O'Brien, this Limerick company is at the forefront of theatre both in our native city and as a voice in the current generation of Irish theatre-makers.

They have been nominated for multiple Irish Theatre awards and made our international debut with an award-winning production of 'Language UnBecoming A Lady' in New York in 2015. Limerick Council bestowed the highest Civic honours to them for their contribution to Arts and Culture, and their role as cultural ambassadors for the city here and abroad. The

ten years in the actual year. But ten years means one year to me. Because every new show we do, every new project we do and every time when we get to know new people, is a rebirth."

The company will present their Bottom Dog 10th Anniversary retrospective on Saturday, September 15 at Belltable.

This Bottom Dog 10th Anniversary Gala fundraising performance features highlights from 14 shows including their international award winning Language UnBecoming A Lady, a critically acclaimed tour of Drinking In America, the city of culture hit The Bachelor of Kilkish and the much-loved musicals Elegies and Killer Kabaret.

The night features



**Pictured are John Murphy, Ensemble Member of Bottom Dog, Myles Breen, Co-Founder of Bottom Dog, Liam O'Brien, Artistic Director of Bottom Dog**

PICTURE: BAORYAN ZHANG/ILOVELIMERICK

company was nominated for several awards nationally including 3 Irish Times Theatre Awards and Myles Breen won Best Actor at Origin's 1st Irish Theatre Festival in New York.

Aiming at keeping the professional practice of theatre alive in Limerick, they empower theatre artists to base themselves in their native city working collaboratively and creatively, while at all times prioritising the creation of challenging productions that offer direct employment and encourage their commitment to a career in the theatre.

Co-Founder Myles Breen said, "Bottom Dog theatre has gone through

ensemble members Myles Breen and Liam O'Brien alongside a cast of local and national stars.

After the show, the audience can join the after-party at the Savoy Hotel for great food, wonderful company and live music with Liam O'Brien and the Million Dollar Swing Band. Drinks Reception starts at 7 pm at Belltable. The performance starts at 8pm and the After Show party at the Savoy Hotel will begin at 10 pm.

Tickets are all inclusive – €50 and can be purchased from the Belltable, or if you prefer a cash purchase and tickets delivered by hand, then feel free to text or call on 085 208 5737.



**Pictured at the International Overdose Day discussion held at City Hall - Dr Patrick O'Donnell, UL Clinical Fellow in Social Inclusion, Rory Keane, HSE drug and alcohol service, Ger Lynch, PRO for McGarry House, Cllr Daniel Butler, Mayor of the Metropolitan District of Limerick, Rachel O'Donoghue, Ana Liffey Drug Project, and Sinead Carey, Novas**

PICTURE: BAORYAN ZHANG/ILOVELIMERICK

## International Overdose Day discussion

**METROPOLITAN Mayor, Cllr Daniel Butler hosted an important talk on Limerick's drug overdose problem in City Hall to mark International Overdose Day.**

**Dr Patrick O'Donnell, from the University of Limerick's Graduate Entry Medical School, Rory Keane from the HSE, Ger Lynch and Sinead Carey from Novas and Rachel O'Donoghue from the Ana Liffey Drug Project attended the discussion.**

**The majority of the discussion was based around the life-saving drug**

**called Naloxone, which is administered to victims of overdosing.**

**Dr Patrick O'Donnell said: "We're here to discuss overdose. Overdose is preventable, unnecessary and a potential cause of death."**

**Many people find Naloxone intimidating to use due to the fact that you have to inject the drug into the victim of the overdose but the HSE has introduced Naloxone that can be administered with a nasal spray that shoots up the victim's nostrils.**

**Sinead Carey from Novas introduced Ger Lynch, PRO for McGarry House, a man who has first hand experienced seeing an overdose and battled with a previous drug addiction but has now recovered after seeking help. "Before I got into McGarry House I had a friend who overdosed and that helpless feeling when you just don't know what to do except ring an ambulance and feeling like it will never come. I never want anyone to go through that," Ger said.**

## HEROES OF THE WEEK



**Optel Group employees pictured at Barnardos house in Moyross**

### Optel Group employees

The Limerick branch of the company Optel Group has been an incredible force in charity work in Limerick and continues to do amazing work for projects throughout the city and county. Employees from the Optel Group recently volunteered two days of their time to renovate the garden area at the back of the Barnardos house in Moyross as part of their community outreach programme.

Martin Leonard from Optel Group said, "What we found out was that the families don't really use the back garden because it was so overgrown. We put all of our time into the project and it turned out absolutely brilliant. It is such an amazing feeling to be able to give back to the Limerick community." Well done to all!



*Love to all,  
Richard x*





# MEGHANN MIX

## MEGHANN SCULLY

CONTACT MEGHANN

Facebook: @meghannscully Email: meghann.scully@spinsouthwest.com



### Pick'n'Mix

Happenings about town



#### Hozier is finally back on stage

Hozier is back with brand new music as he released a new EP *Nina Cried Power*. He performed in *The Academy* on Friday night and has been receiving high praise from music critics and gig goers. I can't wait to see him again.



#### Great cinema and history piece

*Black 47* is in cinemas now and it is set in Ireland in 1847. It's based on the famine and the character Martin Feeney who returns from war to see the full extent of the famine and what is happening to his people at the hands of the Landlords.



#### Rocky start to the PR014 road

It didn't go the right way for Munster against Glasgow at the weekend (pictured above is a dejected Tadhg Beirne) but the red army can make amends in Cork this Friday night against Ospreys. Kick off 7.35pm.

# 'It's London baby!'

I was in London at the weekend and it gave me the energy and zest I needed. It's a buzzing city and there is a vibrancy that is infectious. I flew out on Friday evening from Shannon airport and back again on Sunday evening meaning no time was needed off work.

#### PUBLIC TRANSPORT

London has one of the greatest transport systems in the world. Trains run from the airports to the centre of the city and once you land in there you can get tubes to any location. Some tube lines now operate for 24 hours. I have an Oyster Card and have had it for years. I just top it up when I land and use it all weekend. If you fly to London more than once in a year, an Oyster card is very convenient.

Saying that you can now use your bank card if you have tap and go. You can use it throughout the day and then at the end of the day you are charged one off payment for the trips you made.

#### OXFORD STREET

The best place in London to shop is along Oxford Street. It has all of the high street shops in one place and they are flagship stores meaning they are much larger with so much more on offer. As you wander from store to store you will see the iconic red buses pass you by and the London landscape.

#### BOAT TRIPS

On Sunday as the sun shone on London we got food in Greenwich Village and then got a boat from there to London Bridge. The boat goes down the Thames and you can see all the landmark London sights from the water. Take in Canary



The Shard towering over modern London

Wharf, The City, Tower Bridge, London eye and The Shard. The trip can be paid for using an Oyster Card or Tap and Go card.

#### NIGHT LIFE

If there is one thing that is certain about London it's the nightlife. No matter what you are looking for you can find it. Live music can be found in every Borough. Camden Town has a great host of bars with live bands. Shoreditch is a very artsy and cool place. It has a fun vibe and an array of bars to choose from.

#### SHOWS

London is famous for its shows along the West End. I've been to *The Lion King* and *Matilda* and they were magical and such a lovely experience.

To make the most of a weekend in London and to see it in all its glory, put on comfy shoes and walk around the city.

Take it all in and soak up the atmosphere and the energy. Keep an eye out for cheap flights as you could get to London for as little as €40 return.



Leadenhall: Very nice

## Empowering Women

IT'S just four days until Empowering Women takes place in The Strand Hotel. It will kick off at 12pm and there will be a host of women sharing their professional and personal stories.

It is being organised by The Mind Gym and on the day there will be prizes to be won, goodie bags and products available to be purchased by a host of independent small Irish businesses.

Some of the speakers

will be touching on areas such as fitness and nutrition and stress management.

There will also be a panel with a host of women talking about everything from surviving cancer, anxiety, grief, depression, business management and more.

Tickets are available from TicketTailor.com and all the money raised goes to three charities, Pieta House, Adapt Services and PND.ie



Lorraine Fanneran, La Cucina; Niamh Connolly, CHT Therapist [themindgym.ie](http://themindgym.ie); Maria Gibbons, CMM2 Perinatal Mental Health UMHL; Annette Cahill, Fundraising Exec Pieta House and Eimear Laffan, Limerick Strand Hotel pictured at the launch of "Empowering Women"



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Contact **061 214500**

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**ST. MARY'S R.F.C.**

Lotto Draw held Monday 10th September 2018

Winning Numbers: 8-13-17-27  
No winner

4 Winners €40 each:  
Mick Hogan c/o J Hurley, Suzanne Barry c/o T Kerley, Louise Prenderville c/o C Mullins, Emily Mullins c/o C Mullins  
Next weeks Jackpot €3250  
Draw will take place in Sareva Bar

**FAIRVIEW RANGERS LOTTO RESULTS 10TH SEPTEMBER 2018 JACKPOT €8,800. NUMBERS DRAWN 4-10-16-18**

No winner  
Lucky Dips; Sean Lipper c/o Fairgreen, Pat Hastings, John Fahy c/o Nail Lee, Bernie Keegan c/o Pat, Chuck McGuigan c/o C Team  
Next weeks jackpot €8900  
Promoters Prize Rita Garrard

**GERALDINES A.F.C.**

WEEKLY LOTTO DRAW HELD ON 10/09/18

This Week's Jackpot: €3,600  
No's: 4-15-16-24

Lucky Dips: Adam Frahill c/o PRO; Pat Carmody c/o Moose Bar; Pat Flannery c/o PRO

Promoters Prize: Dave Connolly and PRO

Next Week's Draw held 17/09/2018  
Next Week's Jackpot: €3,700

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**IN MEMORIAM**



**† BROSINAN**

(Birthday Remembrance)  
A birthday remembrance of a dear mother, sister, aunt and grandmother **Mary Brosnan, late of Garryowen whose birthday is on the 15th September.**

If roses grow in Heaven Lord  
Please pick a bunch for me  
Place them in my mothers arms  
And tell her they're from me.  
Tell her that I love her and miss her

And when she turns and smiles  
Place a kiss upon her cheek and hold her for a while.  
Because remembering her is easy, I do it every day  
But there is an ache within my heart

That will never go away.  
Love and miss you always  
Mam from your loving daughter **Julieann and husband Mike.** Also remembering my Nana and Granda and niece **Kelly-Marie at this time.**

Happy Birthday Nana  
Gentle Jesus up above,  
Give our Nana all our love  
Tell her that we miss and love her  
And always thinking about her  
We love you Nana and always will

From your grandchildren **Robert, Chloe, Shania, Owen, Steven, Tiffany and baby Sean xxx**

I am missing you everyday  
Since you went away  
But I am missing you even more today  
Since it is your special day  
Though you are not here  
I want to wish you a very happy 60th birthday Mary  
Happy 60th Birthday Mary,  
love and miss you lots from your cousin and best pal **Edward xxx**

Also remembering my uncle **Ger William on his anniversary.**

As we opened our eyes this morning  
We looked to the Heavens above  
We whispered Happy Birthday Mary  
And posted it with love  
Happy Birthday Sis xxx  
Also wishing our Dad a happy birthday xxx for the 28th of September.  
Also thinking of our Mam at this time, love Thomas and Andrew xx

**† HANRAHAN**

(32nd Anniversary)  
In loving memory of our dear father **James Hanrahan (Murty King) late of 26 St. Oliver Plunkett Street, St. Mary's Park, Limerick City who died on 13th September 1986.**

Will those who think of him today,  
A little prayer to Jesus say.  
Sadly missed by **Paddy, John Joe, Betty and Gabrielle.**

**IN MEMORIAM**



**† KEANE**

(34th and 40th Anniversaries)  
In loving memory of **Carol and James Keane, late of 19 Greenmount Avenue, Ballinacurra Weston, Limerick whose anniversaries occur at this time.**

Down the path of memories we gently tread today  
All our thoughts are with you  
As life goes on its way.  
Your memory is our keepsake  
With which we will never part  
God has you in His keeping  
But we have you in our hearts.  
Each one of us in our little way  
Have special thoughts of you today.  
From your loving wife, **Sadie; sons, daughters and families.**

**† MCINERNEY**

(20th Anniversary)  
In loving memory of **Marie McInerney, late of 11 Ballynanty Beg, Limerick who died on September 14th, 1998. R.I.P. Mass will be offered up on Friday morning 14th September, at 10am in St John's Cathedral.**

There were no goodbyes,  
When you fell asleep;  
Our memories of you  
We will always keep.  
Quietly today your memory is kept  
No need for words,  
We will never forget.  
Sadly missed and never forgotten by best friends, **Anne and Terry Punch; also Gerard, Brian, Paul, Maurice, Catherine and Mary.**

**THANKSGIVINGS**

**GRATEFUL THANKS** to the Sacred Heart, our Blessed Lady and St Joseph for all favours received. Also thanks to St. Padre Pio, A.O.D

**IN MEMORIAM**



**† MYLES**

(2nd & 18th Anniversaries)  
In loving memory of dear parents, grandparents, sister and brother **Catherine (Nee Madigan) whose 2nd anniversary occurs 14th September and Eamonn whose 18th anniversary occurs 12th October. Also remembering Catherine's Uncle Liam Quinn whose anniversary occurs on September 13th.**

The happiest times we ever knew  
Were as a family complete with you  
We look at pictures, we speak your names  
And just for a moment we're together again  
Sadly missed, always loved by your daughter **Nuala, sons Eddie, James, Dermot and Gerard, son in law, and daughters in law xx.**

Never a grandmother more loving  
Never a heart so true  
We are proud to be your grandchildren  
Because we thought the world of you  
Love you always  
Your grandchildren **Christopher, Natasha, Chloe, Thomas, Conor, Sarah, Nathan, Andrew, Jack, Jake and Jessica and granddaughter in law Jenny xx**

There is an open gateway  
To which we all will go,  
Leading to a radiant light  
Where flowers bloom and grow.  
You have gone through this gateway  
To happiness and rest  
To live in God's protective arms  
And be forever blessed.  
Never forgotten by your loving brother and sisters

A heart of gold stopped beating,  
And took eternal rest;  
God breaks our hearts to prove to us,  
He only takes the best.  
Never forgotten by your loving godson **Seamus, brother Jimmy, Jean and family xxx**

**IN MEMORIAM**



**† POWER**

(16th Anniversary)  
In loving memory of a wonderful Dad **Oliver Power late of Colbert Ave, Janesboro, who died on the 15th September 2002. R.I.P. Also thinking of our Mum Joan Power whose 80th Birthday occurs at this time. Happy Birthday Mum xxx and our brother in law Joe Roche whose birthday occurs at this time. Happy Birthday Joe xx Mass offered.**

Mam and Dad.  
Your memory is precious and never grows old  
It's locked in our hearts in letters of gold  
Your presence we miss and memories we treasure  
Loving ye always forgetting ye never  
Treasure them Lord in your garden of rest  
For when on earth They were the best  
Each of us in our own way  
Have special thoughts of ye today xxx

Sadly missed by your daughters **Mary, Teresa, Dolores, Anne, Carolyn, Breda, sons Michael, James, Patrick, Oliver and Anthony, sons in law, daughters in law, grandchildren and great grandchildren xxx**

**THANKSGIVINGS**

**NOVENA TO THE SACRED HEART DEAR HEART OF JESUS**, in the past I have asked for many favours. This time I ask you this very special one (mention favour). Take it dear Jesus and place it within your broken heart where your holy Father sees it. Then in His merciful eyes it will become your favour, not mine. Amen. Say prayer for 3 days. Promise publication and favour will be granted. AOD

**IN MEMORIAM**

**† STANLEY**

(48th Anniversary)  
In loving memory of my dear father, **Edward Stanley, late of 12, Ballygrennan Road, Ballynanty Beg, Limerick, who died September 9, 1970. Rest in Peace. Mass was offered up at 8am on Sunday 9th September in St. John's Cathedral.**

I tried so hard to write these words  
To say how much I miss you;  
The more I try, the more I cry,  
Oh, Dad, how much I miss you.  
Little did I know that day  
That sorrow was so near;  
No last farewells were spoken,  
No time to say goodbye -  
You were gone before I knew  
And only God knows why.  
At night when all is silent  
And sleep forsakes my eyes,  
My thoughts are on a lonely grave

Where my dear father lies.  
We wander to your graveside,  
Dad,  
Flowers we arrange with care;  
It breaks our hearts when we turn away  
And leave you lying there.  
When nights are long and friends are few,  
I sit alone and think of you;  
All my life I will miss you  
As the years come and go,  
But in my heart you will live forever  
Because I love you so.  
You have crossed a flowing river

To a shore that's always green -  
Each day I long to see you  
But the river flows between.  
Always remembered by your loving daughter, **Anne; son-in-law, Terry; grandchildren, Gerard, Brian, Paul, Maurice, Catherine and Mary.**

*The Hand of God*



*Though today, you walk in sorrow  
You will not be alone.  
There is One whose loving wisdom  
Is far greater than our own.*

*Put your trusting hand in His,  
As a little child would do  
And He like a loving father  
Will guide and comfort you!*

*Day by day, there will come to you  
New faith, new hope, new light.  
You'll find that stars unseen by day,  
Shine through the darkest night*

*And though your heart is longing,  
For the dear one who's at rest.  
You'll know before the journey's end,  
That God's dear ways are best!*

**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.

*Another Leaf Has Fallen*

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

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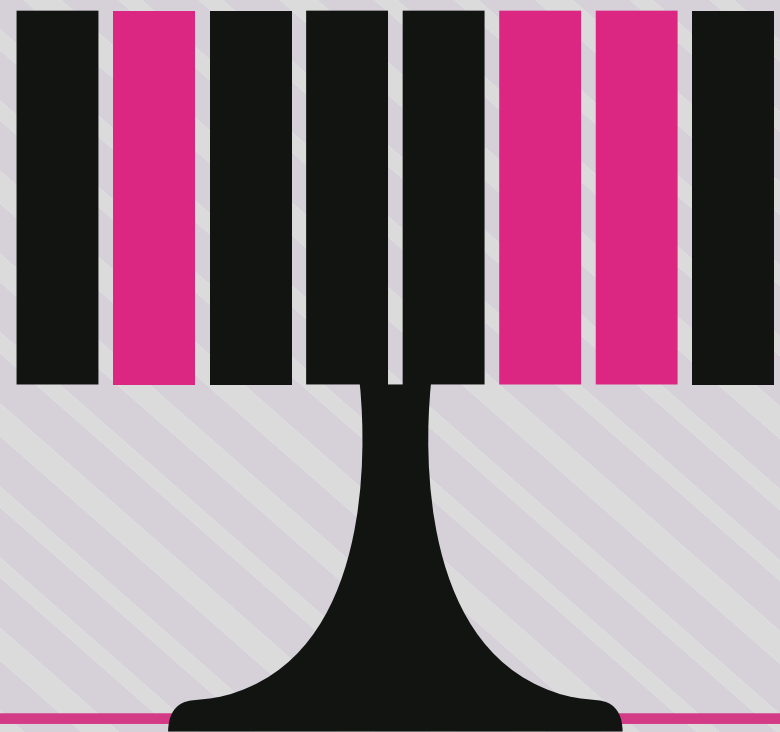
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## Trio take to the road

**Peugeot:** To unveil three new models at the National Ploughing Championships

**TRISH WHELAN**

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

PEUGEOT in Ireland will unveil a trio of new models at the National Ploughing Championships to be held from September 18-20 at Screggan, Tullamore, Co Offaly.

These are the new 508, rugged Rifter MPV and the new Partner van.

Each will be on view at the Peugeot stand ahead of their official launches early next year.

Year-to-date Peugeot has seen a 46pc increase in new car registrations with their van range maintaining a top five position.

The new 508's exterior design is sharper and sleeker than before while the interior gets the latest generation of the brand's i-Cockpit.

Initial units will arrive in dealerships late this year with the official launch in early 2019.

Replacement to the Partner Tepee MPV, the new Peugeot Rifter borrows SUV characteristics from its big brother 3008 and 5008 SUVs including a high ride, large wheels, wheel arches and rear bumper protection. It features new generation petrol and diesel engines and is available in two lengths, with 5- or 7 seats. The new Rifter will land in Ireland in late 2018 ahead of 191 registrations.

The all-new Partner is the brand's first light commercial vehicle to have the brand's i-Cockpit as standard. It is offered in both Standard and Long body to swallow goods measuring up to 2.16m in length. Load capacity is up to 4.4m<sup>3</sup> (2 Euro-pallets) and payloads range from 650kg to 1000kg. A range of new petrol and diesel engines will be launched on the new Partner in 2019 with both manual and automatic transmissions. It will launch here in early 2019.



Peugeot claim the new 508 has a more assertive exterior style plus enhanced and augmented onboard technology



Replacement to the Partner Tepee MPV, the new Peugeot Rifter borrows SUV characteristics from its big brother 3008 and 5008 SUVs



Partner is the brand's first light commercial vehicle to have the brand's i-Cockpit as standard



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OPEL



## All Opel cars WLTP Certified

**NEW** cars registered as of the start of September must be certified according to the Worldwide Harmonised Light Vehicle Test Procedure (WLTP), writes *Motors* correspondent Trish Whelan.

This new test procedure provides customers with more realistic fuel consumption data.

Opel is WLTP-ready with all its passenger cars and

customers can order the whole range at Opel dealers without having to fear lengthy delays in delivery.

Opel started publishing WLTP fuel consumption figures in June 2016 with the current-generation Astra.

It was also published for the current Opel Mokka X and Opel Zafira models and for the Insignia 2.0 BiTurbo Diesel a year before the new rules took effect last weekend.

TOYOTA

## Corolla hatchback returns next year

THE Toyota Corolla, the world's best-selling car, is extending its family to include the Corolla Saloon, Hatchback and Touring Sports, writes *Trish Whelan*.

The world's first Corolla Hybrid will hit our shores in February 2019 as the fourth model in the brand's 2019 self-charging hybrid invasion. This hybrid will be charged with a 1.8 hybrid powertrain.

The Corolla Hatchback will be available from January 2019, followed by a Saloon version in February.

It will also be available with a 1.6 petrol engine, but Toyota Ireland predicts that 90pc of Saloon sales in 2019 will be hybrid. Toyota is to stop production of diesel passenger cars.

More than 45 million Corollas have been sold worldwide since its introduction in 1966 making it the world's best-selling car. It has been a firm favourite with Irish drivers and demand is expected to be high.



Prices and specification for Ireland will be available from Toyota dealers nationwide on 18 October where deposits will be taken to guarantee delivery. People can also register interest on [Toyota.ie](http://Toyota.ie).

The Auris name will join the Corolla family under the new name of Corolla Hatchback and will join the extended Corolla range that now includes the Saloon and Touring Sports. All three Corolla body types will benefit from the latest hybrid technology.

## LIMERICK LEADER

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# SPORT

Leader



## FAI CUP TAKES CENTRE STAGE

Local sides battle it out in Cup

For more see Page 69

# Carbery 'really enjoying' his new life at Munster



Settling in: Joey Carbery is pictured at training this week in UL. The former Leinster out half is loving his time in Limerick

PICTURE: DIARMAID GREENE

## Joey Carbery: 'Rugby is almost like a religion' down here in Limerick

COLM KINSELLA  
ckinsella@limerickleader.ie

NEW Munster 10, Joey Carbery believes he has made the 'right move' in swapping life at Leinster for Munster and Limerick.

Ireland international Carbery has made two appearances off the bench for Munster in the opening rounds of the Guinness Pro14 and is in line to start Friday night's crucial fixture with Ospreys at Musgrave Park, 7.35pm.

Asked why he had chosen to swap Leinster for Munster this summer, Carbery told his first press briefing at UL on Monday: "It was a tricky enough time. I suppose there were a few options given to me. I met with Johann (van Graan) after we played them

in the RDS and I met with him again after that.

"We kinda just chatted. I felt it was the best option for me. Obviously I wanted to be playing more and kinda get out of the shadow of Johnny (Sexton).

"I'm very happy with the move. I'm loving it down there and I've no second guesses or anything, which shows that I made the right move.

"I'm really enjoying it. It's a great environment to be in. Everyone is pretty hungry to improve and get going into the season. There is a pretty exciting buzz around the place, especially coming into the season."

Carbery said he has been struck by the number of people he sees wearing Munster clothing since he

arrived in Limerick.

Asked to compare what it is like living in Limerick compared to Dublin, Carbery said: "Nearly every second guy you walk past is wearing some sort of Munster kit down here. I think it's great, I think it's cool. People are coming up and shaking your hand and saying 'welcome' and I've been welcomed across the board.

"Dublin is getting a lot bigger in rugby as well but it's almost like a religion down here in some places."

Carbery said he appreciated that he needed to fight for the starting number 10 jersey at Munster along with the province's remaining out-halves.

"I wouldn't expect to be just chucked in straight away. Any good team really, has

good players everywhere. I knew that wasn't going to be any different down here.

"You have to work very hard and hopefully if you are lucky enough to be in the 23, you can show what you got. Everyone has to work hard, no one is guaranteed anything."

Twenty two-year-old Carbery faces a quick return to Dublin at the start of next month when Munster travel to the Aviva Stadium to face arch rivals Leinster.

Looking ahead to the big Irish derby, Carbery said:

"I suppose it will be strange playing against a team I used to play for. We just have to treat it as another game. At the end of day, it's a game of rugby, so we have to go out and try and beat them and get more points than

them.

"It will be exciting obviously, going back up to the Aviva (Stadium) and stuff and going into the other dressing room. I think it's going to be a real test of where we are in the season. It's going to be a big game. there is always a massive rivalry between the two."

Meanwhile, Munster confirmed this week that Ireland scrum-half Conor Murray is out of action at present due to a neck injury. Murray 'is continuing to follow rehabilitation under the supervision of the medical department.'

However, no timeline has been given for Murray's likely return to play. Munster recently signed All-Black Alby Mathewson as injury cover for Murray.

## PDC Darts

O'Connor stuns world champion van Gerwen

COLM KINSELLA

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LIMERICK darts player William O'Connor stunned PDC world champion Michael van Gerwen at the Dutch Darts Championship with a 6-1 victory in the second round of the competition in Maastricht.

Clinical Cappamore man O'Connor finished six doubles from seven attempts to stun the world number one in a brilliant performance.

The defeat was Van Gerwen's first in the last 32 of a European Tour event since October 2015, as O'Connor set up a third round tie with Ricky Evans later on Sunday.

"I'm so proud of myself," admitted 32-year-old O'Connor. "I had the 'undo-able' task and I've done it!

"I always feel like I can beat anybody.

"Michael wasn't on his game but my finishing has been absolutely unbelievable so if I can get my scoring together I'm definitely in there with a shout."

However, that was as good as it got for Limerick man O'Connor as Rickie Evans quickly wrapped up a 6-2 win in their third round game on Sunday.

William O'Connor defeated World Champion Rob Cross and two of darts biggest names in Kim Huybrechts and Mensur Suljovic to reach his first PDC ranking final, the European Matchplay decider in Hamburg, Germany in July.



Michael van Gerwen, left, with Limerick's O'Connor



## One Limerick basketball win

THERE was just one win for the three Limerick teams as the Mens National Basketball season began this weekend.

The Limerick Celtics scooped a win on the road against newcomers, WIT Vikings. Celtics' head coach, Tony Hehir, stated: "We are happy to get a win in the opening game of the season. Vikings came back well and we made hard work of it in the third and fourth quarters, but it was nice to come away with the win."

Fortune was not as kind for their neighbours UL Sports Eagles and LIT though, with the former losing out to Portlaoise Panthers at home and LIT pipped by Scotts Lakers St Paul's Killarney.

In Belfast, Ulster University Elks were 20 points clear of LYIT Donegal while in the last game of the weekend, EJ Sligo All Stars won out 66-74 against Gamefootage.net Titans in Galway.

This weekend, two of the three sides are back in action as the Limerick Celtics host IT Carlow in St Munchins gym at 6pm, while Portlaoise will host LIT at 8p in St Mary's Sports Hall, Portlaoise. UL Eagles are on a bye week.

**LIT 60-67 SCOTTS LAKERS ST PAUL'S KILLARNEY** : Top scorers LIT: Egidijus Baksys 19, Deividas Venckunas 11, Matt Scamaffo 9

**UL SPORTS EAGLES 75-81 PORTLAOISE PANTHERS** : Top scorers UL Sports Eagles: Tarchee Brown 32, Diarmuid O Shea 14, Ciaran Woods 13

**WIT VIKINGS 72-79 LIMERICK CELTICS**: Top scorers Limerick Celtics: Tyrell Morris 43, Fabio Hernandez 14, Shane O Connell 8

# Limerick's sole focus switches to survival

## Soccer

**COLM KINSELLA**  
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LIMERICK FC's sole focus switches to the SSE Airtricity League Premier Division for the remainder of the season to securing top flight survival after the 'Blues' FAI Cup exit at the hands of high-flying Dundalk.

Tommy Barrett's side suffered a heavy 4-0 defeat to Premier Division leaders Dundalk in their quarter-final of the FAI Cup at the Markets Field on Friday.

The relegation threatened 'Blues' must now regroup quickly for a Premier Division meeting with Shamrock Rovers at Tallaght Stadium this Friday, 7.45pm.

Limerick currently occupy second-from-bottom place in the Premier Division table with now just six series of games to go.

Limerick enjoy a nine-point lead over basement side Bray Wanderers who sit in the automatic relegation position in the table.

The 'Blues' are 11 points behind eighth-placed Sligo, so it looks odds-on that Tommy Barrett's side will be involved in a two-leg relegation play-off with a First Division side at the end of next month to decide their fate.

Limerick FC manager Tommy Barrett said: "We need to get a few points on

board first to make sure we get into that (relegation) play-off.

"I think between four and six points probably should do it, hopefully.

"First and foremost we have to perform well and stop conceding silly goals, cut out the goals.

"We are not going to face any better team that we did on Friday in Dundalk."

Barrett said that he could not afford to rest players over the final weeks of the regular season with one eye on a likely relegation play-off.

"I don't think we can afford to rest anyone, we haven't got the squad to do it.

"If we are in the play-off and hopefully we are, we have Waterford on the Friday night away and then we have whoever we play in the play-off on the Monday. That is a concern obviously.

"If we do get to the play-off that is something we have to think about.

"We have to get as many points as we can over the six remaining league fixtures, keep it as tight as possible and perform as well as possible, keep some kind of momentum going, even if we do lose or draw games, the performance levels are kept to a high standard."

Barrett believes Limerick can take something from Friday night's trip to Tallaght to face Shamrock Rovers.

"Every match is difficult



Jack O'Neill, Old Crescent, takes a lineout ball in the Munster Senior Cup clash against Thomond in Rosbrien

PICTURE: BRENDAN GLEESON

## Limerick clubs in Cup rugby action

TWO Limerick clubs are in second round action in the Bank of Ireland Munster Senior Cup this Saturday.

Old Crescent, fresh from their derby win over Thomond last weekend, will host Highfield at Rosbrien at 2.30pm.

Meanwhile, also on Saturday, Bruff will travel to Cork to face Sundays Well. The winners will face Shannon in the quarter-finals.

Old Crescent outscored Thomond six tries to three in a 39-17 victory.

There was disappointment for UL-Bohs, who suffered a 23-16 Cup defeat to Cashel at UL.

Meanwhile, in the Limerick Charity Cup semi-final Young Munster host Nenagh Ormond at Clifford Park, Saturday, 2.30pm.

for us. Ever match will be difficult until the end of the year. We are capable of getting a result up there, we got a result up there already this year.

Limerick boss Barrett will take encouragement from how his young charges battled right to the end of Friday night's Cup defeat to Dundalk despite falling four goals in arrears.

"We were unlucky not to score. To me, there didn't look to be anything wrong with the 'goal' we did score that was disallowed.

"The 'keeper, I think, those decisions go against us every week.

"The teams at the team, whether it is cleverness from them and managing referees and how good they are at it, or it is human nature from referees, they go with the favourites, I don't know, but it seems to go that way anyway, they don't give those decisions.

"In saying that, I felt he could have given Dundalk a penalty at one stage as well.

"We came up against the best team in the country in Dundalk last Friday night, we gave it a go, but they were better than us."

Tabletoppers Dundalk are 49 points ahead of Limerick FC in the Premier Division

table.

Limerick FC hope to have Killian Cantwell available for selection for Friday night's trip to Tallaght to face Shamrock Rovers.

A decision on whether Shaun Kelly will be available to play will be made closer to kick-off time.

Eoin Wearen remains four or five weeks away from a return to action.

Shamrock Rovers currently sit in third place in the Premier Division table, some 25 points clear of Limerick. The Blues did secure a 1-1 draw with the Hoops in Tallaght in April.

# Ladies Football side bid for title

**JEROME O'CONNELL**  
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THE Limerick ladies football side bid to emulate the county hurlers and win All Ireland honours in Croke Park.

Limerick play Louth in the All Ireland Junior Final at 11.45am this Sunday in the first of a triple-header at GAA Headquarters.

It's Limerick's first championship final since 2010.

The John Ryan managed Limerick have played Derry, Carlow and London to reach this final, which is a repeat of the 2010 decider.

Sunday's opponents Louth beat Limerick in the group stages and the semi final of the league.

Limerick are captained by Ballylanders' Cathy Mee and travel to Croke Park with a 36-strong panel, representing 14 different clubs.

Elsewhere in Limerick GAA circles, four of the six places in the knockout stages of the Credit Union Limerick SHC were confirmed last weekend by Na Piarasigh, Kilmallock, Patrickswell and Doon.

South Liberties and Murroe-Boher are in the driving seat to take the two remaining places but Ahane and Monaleen are also still in contention.

This weekend is the final

round of group games in the Irish Wire Products Ltd Limerick SFC.

In the senior football championship, Adare, Newcastle West and St Kierans have all already qualified for the business end of the Limerick SFC.

Ballysteen or Fr Caseys and two from St Senans, Ballylanders or Monaleen will complete the line-up.

There are games Saturday at 5pm and Sunday at 2pm.



Siofra Keane, Rebecca Delee and Sarah O'Sullivan of the Limerick Ladies Football side are pictured ahead of their All Ireland final meeting versus Louth, live on TG4 on Sunday



# ROISIN UPTON RETURNS TO CRESCENT COLLEGE COMPREHENSIVE

## Hockey star Upton goes back to school

### Hockey

WORLD Hockey silver medallist Roisín Upton returned to her alma mater, Crescent College Comprehensive this week, where she was honoured with a school assembly.

Upton, who played for the school from 2006 until 2012, also held a questions and answer session with some aspiring hockey stars at the school.

Speaking at the school assembly teacher Sean O'Callaghan admitted that Upton's talent for hockey was easy to see early on in her secondary school days.

"Roisin Upton came to our school in 2006. She was a Gaelic Footballer and a soccer player. She began playing hockey in Crescent on her second day in school, just like all the hockey players here in front of us.

"Roisin's talent was obvious from the start and eventually she began to concentrate on hockey as her first sport. She went on to win cups and leagues at all

levels in Crescent and played in two Kate Russell tournaments and she also captained the school team in her final year"

The event in the school last Thursday morning was the third dedicated assembly to the hockey star, surely some sort of record.

"When Roisín finished school in 2012 she went to College in America, on a hockey scholarship for four years. Just before she graduated in America she was capped for Ireland for the first time. Once again we dedicated an assembly in her honour in April 2017, when Roisín presented her first Irish Senior Jersey to the school. Today is the third time we have a dedicated assembly for Roisín and this time she has her World Cup medal and the No 18 jersey to present" O'Callaghan added.

If winning World Cup silver medals, while studying for a Masters in Primary school teaching in Mary I College isn't a busy enough schedule, Upton is also now a coach at Crescent Comprehensive too.



Attending the Roisín Upton Hockey Q&A at Crescent College Comprehensive were (centre) Roisín Upton with Crescent College Comprehensive Hockey Players. PICTURE: GARETH WILLIAMS



Gary Kirby, Assistant Senior Coach, Amy Ahern, Senior Captain, Roisín Upton and Cathal Duggan, Senior Coach.



Niamh Murphy, Adare and Anna Mellett, Ballyneety



Saoirse Hanrahan and Roisín O'Leary, Raheen.



Reg Bennett, Junior Coach, Cathal Duggan, Senior Coach, Barbara Mawhinney, Former Coach, Sean O'Callaghan, Head of Hockey, Roisín Upton, Caroline O'Donnell, Former Coach, Moe Kelly, Minor Hockey and Gary Kirby, Assistant Senior Coach.



Attending the Roisín Upton Hockey Q&A at Crescent College Comprehensive were Laura Waddell, Ballyneety, Hannah Dundon, Corbally and Meg Tomlinson, Dooradoyle.



Grace Noone, Ballybrowne and Roisín Upton.



Eimear Lane, South Circular Road, Maeve Fitzgibbon, Kildimo and Sophie Clein, Corbally.



Emma Fitzgerald, Dooradoyle, Roisín Upton and Ella Murnane, Raheen.





# FAI Cup begins in earnest

Shane Cox, Geraldines AFC, in action against Patrick McDonagh, Regional United when the two sides met on Sunday. The FAI Cup takes centre stage this weekend, with full fixtures below

**PAT SHEEHAN**  
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AS THE FAI Junior Cup commences this weekend there is no doubt that most interest will be on the rematch of Regional Utd and Janesboro in Dooradoyle.

The sides met a week ago when Regional beat the Premier League champions 6-2. It was a shock result but anyone present on the night will know it was a well-deserved win.

Can the home side repeat the performance and can Janesboro be as bad again? These are the questions to be answered.

Regional were superb on the night with Sosuke Kimura and Sean McSweeney running the 'Boro' defence ragged.

In midfield Kieran O'Connell and Ross Fitzgerald were on top while in defence Jack Lynch hardly put a foot wrong. By contrast nearly everything Janesboro did on the night backfired.

Last Sunday Janesboro looked to remedy their errors but found themselves 2-0 down at the break versus Prospect.

However, they showed great character to turn things around in the second half to run out 4-3 winners.

Regional also made hard work of their win over Geraldines. It was only after 'Dines' were reduced to ten men midway through the second half that they pulled away to win 6-3.

The champions have conceded 11 goals in their last three games. They conceded

17 over 22 league games last season so it is no doubt a concern to Shane O'Hanlon and Aidan Ryan.

However, the aforementioned duo are a wily duo and I think Sunday's game will have a completely different dynamic to the league game last week. Hopefully it will be as entertaining.

Last season's beaten finalists Pike Rovers meet former winners Caledonians as unbackable favourites.

'Cals' have a very young side and will no doubt learn from the experience.

Castle Rovers are struggling somewhat in Division 1A and the last thing they need is a visit from a bang in form Ballynanty Rovers side who lead the way in the Premier League.

Seven straight wins gives an idea of the 'Blues' form and they have hopes of a prolonged run in the FAI Cup so Castle could be in for a hard time.

Record FAI Cup Winners, Fairview Rangers are another team who will be expected to rack up the goals against Division 3A side Meanus. 'View' have been quietly going about their business as they rebuild their side.

Aisling Annacotty are in fine form but they face a really tough assignment against an Athlunkard Villa side joint top in Division 1A.

Villa are renowned for their ability to cause an upset so Mike Aherne and Eddie Hickey will do well to have their side on guard and take nothing for granted.

Kilmallock Utd will earn

their passage against an in-form Star Rovers XI. The county side have just one win to their credit so confidence is low. Again caution is advised.

It's not often that Carew would be underdogs going into their first game in an FAI Junior Cup but as they strive to keep things going they visit a Mungret side who look determined to return to the top flight as they head the Division 1A table.

High scoring Kennedy Park welcome Prospect Priory while Hill Celtic will relish the possibility of taking down a Premier side with the visit of Geraldines to Hogan Park.

For more, see #LLSport on social media.

## JUNIOR SOCCER

PREMIER DIVISION	P	W	D	L	Pts
Ballynanty Rovers	7	7	0	0	21
Pike Rovers	8	6	2	0	20
Regional Utd	8	5	1	2	16
Janesboro	7	5	1	1	16
Fairview Rgs	7	4	2	1	14
Aisling Annacotty	7	3	2	2	11
Geraldines	8	3	1	4	10
Kilmallock	7	1	0	6	3
Nenagh AFC	7	1	0	6	3
Prospect Priory	6	0	2	4	2
Charleville	8	1	1	6	1*
Carew Park	4	0	0	4	0

DIVISION 1A	P	W	D	L	Pts
Mungret Reg	8	6	1	1	19
Athlunkard Villa	8	6	1	1	19
Coonagh Utd	8	5	2	1	17
Moyross	8	5	1	2	16
Fairview Rgs B	8	4	2	2	14
Cappamore	8	3	3	2	12
Murroe	8	3	0	5	9
Holycross	8	2	3	3	9
Corbally Utd	8	2	2	4	8
Aisling Ann B	8	1	2	5	5
Castle Rvs	8	1	1	6	4
Summerville Rvs	8	1	0	7	3

DIVISION 1B	P	W	D	L	Pts
Kilfrush	8	7	0	1	21
Geraldines B	8	6	2	0	20
Newport	8	6	1	1	19
Hill Celtic	8	5	1	2	16
Shelbourne	8	3	3	2	12
Caherconlish	8	3	2	3	11
Knockainey	8	2	4	2	10
Southend	7	2	2	3	8
Ballylanders	8	2	0	6	6
Caherdavin Celtic	8	1	1	6	4
Granville Rgs	7	0	2	5	2
Regional Utd B	6	0	0	6	-3

DIVISION 2A	P	W	D	L	Pts
Hyde Rgs	5	5	0	0	15
Star Rvs	5	5	0	0	15
Caledonians	4	3	0	1	9
Kennedy Park	3	2	0	1	6
Patrickswell	4	1	0	3	3
Charleville	4	0	0	4	0
Glenview Rvs	3	0	0	3	0
Corbally Utd B	4	0	0	4	0

DIVISION 3B	P	W	D	L	Pts
Weston Villa	5	4	0	1	12
Herbertstown	5	3	2	0	11
Kilfrush B	5	3	1	1	10
Brazuca United	5	2	3	0	9
Northside	5	2	1	2	7
Hyde Rgs B	5	2	1	2	7
Coonagh Utd B	5	2	0	3	6
Cappamore B	5	1	1	3	4
Dromore Celtic	5	1	1	3	4
Mungret Reg C	5	0	0	5	0

DIVISION 2B	P	W	D	L	Pts
Holycross B	5	4	0	1	12
Pallagreen	5	3	2	0	11
Newport	6	3	2	1	11
Mungret Reg	5	3	1	1	10
Parkville	6	1	3	2	6
Athlunkard Villa B	5	1	2	2	5
Caherdavin Cel B	5	1	1	3	4
Aisling Annacotty C	5	1	1	3	4
Ballynanty Rvs B	6	0	2	4	2

DIVISION 4	P	W	D	L	Pts
Lisnagry	5	4	1	0	13
Fairview Rgs C	5	3	1	1	10
Shelbourne B	5	3	1	1	10
Parkville B	4	3	0	1	9
Athlunkard Villa C	4	2	1	1	7
Coonagh Utd C	4	1	1	2	4
Aisling E	5	1	1	3	4
Murroe C	4	0	0	4	0
Newport	4	0	0	4	0

DIVISION 3A	P	W	D	L	Pts
Murroe B	6	3	2	1	11
Wembley Rvs	6	3	2	1	11
Castle Utd	5	3	2	0	11
Kilmallock B	5	3	2	0	11
Prospect Priory B	6	3	1	2	10
Janesboro B	6	3	0	3	9
Meanus	6	1	3	2	6
Knockainey B	6	2	0	4	6
Aisling Annacotty D	6	1	0	5	3
Abbey Rvs	6	0	2	4	2

## JUNIOR SOCCER FIXTURES

### SATURDAY SEPT 15

#### FAI JUNIOR CUP

A/Annacotty v Athlunkard Villa, 7.00

#### MCGETTIGANS DIV 2B

Charleville v Corbally Utd

### SUNDAY SEPT 16

#### FAI JUNIOR CUP

(All games kick off 10.30 unless stated)

Moyross Utd v Charleville  
Holycross v Brazuca Utd  
Cappamore Celtic v Knockainey  
Regional Utd v Janesboro  
Dromore Celtic v Granville Rangers  
Hyde Rangers v Pallas Utd  
Murroe v Glenview Rovers  
Kilfrush v Caherdavin Celtic  
Nenagh v Southend Utd  
Caledonians v Pike Rovers,  
Summerville Rovers v Coonagh Utd  
Castle Rovers v Ballynanty Rovers  
Kilmallock Utd v Star Rovers

Fairview Rangers v Meanus  
Mungret Regional v Carew Park, 2.00  
Northside Legacy v Newport Town, 2.00  
Caherconlish v Parkville, 2.00  
Kennedy Park v Prospect Priory, 2.00  
Hill Celtic v Geraldines, 2.00  
Lisnagry v Patrickswell, 2.00  
Weston Villa v Shelbourne, 2.00

#### STA FURNITURE DIV 3A

Abbey Rvs v Wembley Rvs, 10.30,  
Kilmallock v Castle Utd, 2.00

#### FAI U17 CUP ROUND ONE

(All games kick off 2.00)  
Corbally United V Holycross  
(North Tipp)  
Caherdavin Celtic V Kilfrush  
Fairview Rangers V Shelbourne  
Newport V Geraldines  
Nenagh V Aisling Annacotty

For more see #LLSport on Social Media and www.limerickleader.ie



Shane Byrne, Geraldines AFC, celebrates with team mates after scoring his teams second goal against Regional United last weekend. The 'Dines' face Hill Celtic in the FAI Cup this week



# ON THE BALL

“Limerick to the core...”

COLM KINSELLA

## Cup deserves a chance but worrying signs appear

YOU might have missed it, with the main focus from a rugby perspective last weekend being on Round 2 of the Guinness PRO14, but the new Celtic Cup competition also kicked-off.

Munster 'A' opened with a hard earned 24-16 victory over the Connacht Eagles at Musgrave Park on Friday evening in what was, by all accounts, a very decent game.

The new Celtic Cup was launched last month when the Irish Rugby Football Union and the Welsh Rugby Union joined forces to create a new development competition, the Celtic Cup, for the 'emerging professional players from the four Irish provinces and four Welsh regions.'

The Celtic Cup will run over seven consecutive weeks until the weekend of October 12-14, a week after the Ulster Bank League season is set to commence.

The eight teams competing in the Celtic Cup are divided into two conferences of four Welsh regions and four Irish provinces. Each Irish province will play each of the Welsh regions and will play against two Irish provinces.

The reaction to the opening weekend may have been pretty positive from an Irish perspective,

but that certainly wasn't the case for at least one of coaches involved in a participating Welsh side.

Aberavon coach Jason Hyatt launched a withering attack on the new Celtic Cup, branding the competition 'Mickey Mouse' and insisting the tournament provides little pathway to developing players for the professional game.

Former Wales Under-21 hooker Hyatt said: "(In the Celtic Cup) he (a player) goes away plays in front of a crowd of maybe 50 if they're lucky, there's no intensity.

"I think I read somewhere last week it doesn't matter if we win or lose it's all about development

"Professional rugby is probably one of the most brutal businesses in the world and winning or losing often defines where a player or coach goes. What they learn is the importance of winning or losing and intense scrutiny.

"I think that's the way to develop young players on and off the field."

The Celtic Cup has replaced the British & Irish Cup which was scrapped at the end of last season.

That decision was made after the 12 clubs from England's second-tier Championship decided to withdraw for 2018-19.

'A' sides from the four Irish Pro



Munster's Gavin Coombes, a player who played for Munster in the Pro14 this season, while also lining out for the 'A' side in the new look Celtic Cup

14 clubs and 'Premiership Select' teams from the four Welsh regions had faced England's second-tier teams in pool stages and subsequent knockout rounds.

Scottish sides pulled out of the event in 2014 and English Championship teams tended to rest their best players in the cup.

Only time will tell whether the new Celtic Cup can assist players in making the transition from the amateur game to playing at Guinness Pro14 level.

It is worrying however to see such negativity existing in Wales about the competition with just one series of games played.

However, there is a strongly held belief in club rugby circles that beefing up the Ulster Bank League, with

academy players from each of the provinces playing in the AIL week in and week out is the best way to develop tomorrow's top professional players.

Anyone who attends Ulster Bank League fixtures on a regular basis, especially those in the top divisions, can see the quality, intensity and physicality of the fare on show.

One player who made the leap from playing into the Ulster Bank League into a Munster contract was Garryowen scrum half Neil Cronin.

Cronin had acquitted himself well for Munster in their opening Pro14 contest with the Cheetahs before picking up an unfortunate shoulder injury in Glasgow on Friday night,

The best pathway from amateur rugby to the PRO14 could well be under our noses.

JEROME O'CONNELL

## Limerick SHC Super Six format is working

LAST November a new-look Super Six format was introduced to the Limerick SHC.

It seeded the top six teams in Group One, with a further six teams in Group Two. Four from Group One, and two from Group Two to reach the knockout stages.

The mood for change came after 14 games in the 2017 championship had a winning margin of more than 10-points.

With one round to play in the 2018 championship there have been eight games with a winning margin of more than 10-points.

But to my mind the new format has worked.

Twelve games have been played in each group. In Group One there have been six games won by double digits, two draws and one game won by a score.

The biggest winning margin was 16-points. Last year there were 10 games won by 16 or more points so even this group is more competitive.

Group Two is certainly more competitive. There have been just two games won by double digits, one draw and six games won by one score.

While four teams are guaranteed progress, their finishing order is yet to be determined. And, four teams are in contention for the remaining two places. There are six games to come in the final round of group games and there is something to play for in each game.

DONN O'SULLIVAN

## Rugby laws need changing to really tackle concussions

This week it was confirmed that former Leinster and Ireland backrow Dominic Ryan had to retire from rugby.

Ryan, becomes the sixth high profile player forced to retire due to concussion.

Former Ulster star Declan Fitzpatrick, (7 Irish caps), the former Leinster captain Kevin McLaughlin, (8 Ireland caps), Nathan White of Leinster, Connacht and Ireland (13 Ireland caps) and Dave McSharry

(Connacht and Ireland A) have all had to hang up their boots due to the side effects of blows to the head, causing concussion.

Ryan's case, which has been brought to the rugby's attention this week following a brilliant interview with John O'Sullivan in the



Irish Times, is a cautionary tale.

After coming off the bench for Leicester against Northampton Saints at Franklin's Gardens in the English Premiership, Ryan collided with the elbow of George North and stayed down.

Following an assessment from two Tigers medics, it was determined that he was

only winded and he played on.

With the rules around HIA and concussion protocols changing with the times, the one area that needs most attention is the ruck.

Players who are asked to 'poach' a ball from a ruck are not being protected enough by the referees, but more so by the laws of the game.

If a zero tolerance policy be introduced around illegal clear outs, the number of hits to the neck and head would reduce. It is that simple. So why no Law change?



Mike Casey in action for Na Piarsaigh against Adare



**COLM KINSELLA**

# 'Lion' to roar in Irish Champion Stakes at Leopardstown

THE eyes of the horse racing world will be on Longines Irish Champions Weekend with two mammoth fixtures staged at Leopardstown on Saturday and the Curragh on Sunday.

Now in its fifth year, Longines Irish Champions Weekend is the pinnacle of the Irish Flat racing

season.

The feature race on Saturday at Leopardstown is the €1.25 million Group 1 QIPCO Irish Champions Stakes

Following his convincing victory at York earlier this week in the Group 1 Juddmonte International Stakes, John Gosden's highly progressive

three-year-old Roaring Lion is now a clear favourite to follow up in Saturday's QIPCO Irish Champion Stakes.

He is Europe's highest rated three-year-old, and his owner, Sheikh Fahad of Qatar Racing, sponsors Saturday's big race.

Roaring Lion is getting better and better this season, and having

won the Dante Stakes at York in May, he finished third in the Derby then won the Coral Eclipse Stakes.

Roaring Lion's nearest market rival is the Aidan O'Brien-trained Saxon Warrior, but his best trip remains open to debate.

5/4 is a short price, but the 'Lion' can roar once more at Leopardstown.



**Leopardstown Racecourse all set for this weekend's action**



**Sunday**



**Loretta Hanly, Limerick Ladies footballer, prepares for her side's All Ireland Final with Louth**

**GOLF**

EVIAN MASTERS  
SKY SPORTS 10AM

**RUGBY UNION**

LA ROCHELLE V PERPIGNAN  
SKY SPORTS 11.30AM

**GAELIC FOOTBALL**

LIMERICK V LOUTH  
TG4 11.45AM

**GOLF**

KLM OPEN  
SKY SPORTS 12NOON

**ROWING**

WORLD CHAMPIONSHIPS  
BBCI 12.30PM

**RUGBY UNION**

SOUTHERN KINGS V ULSTER  
BBCALBA/PREMIER 1.15PM

**SOCCER**

WOLVES V BURNLEY  
SKY SPORTS 1.30PM

**RUGBY UNION**

WASPS V LEICESTER  
BT SPORT 1 3PM

**RUGBY UNION**

STADE FRANCAIS V TOULON  
SKY SPORTS 3.50PM

**GAELIC FOOTBALL**

CORK V DUBLIN  
TG4 4PM

**SOCCER**

EVERTON V WEST HAM  
SKY SPORTS 4PM

**NFL**

CHIEFS @ STEELERS  
SKY SPORTS 6PM

**NFL**

PATRIOTS @ JAGUARS  
SKY SPORTS 9.25PM

**Wednesday**

**SNOOKER**

SHANGHAI MASTERS  
EUROSPORT 7AM

**RUGBY UNION**

N H'BOUR V CANTERBURY  
SKY SPORTS 8.35AM

**CYCLING**

VEULTA ESPANA  
EUROSPORT 12NOON

**HORSE RACING**

LISTOWEL RACES  
AT THE RACES 2PM

**HORSE RACING**

KEMPTON  
RACING UK 5.45PM

**BASEBALL**

PIRATES @ CARDINALS  
BT ESPN 2PM

**BASEBALL**

BRAVES @ GIANTS  
BT ESPN 8.45PM



**Early start: The Shanghai Masters is on at 7am**

**Thursday**



**The Vuelta continues on Eurosport**

**RUGBY UNION**

WAIKATO V HAWKES BAY  
SKY SPORTS 8.35AM

**GOLF**

EVIAN MASTERS  
SKY SPORTS 10AM

**GOLF**

KLM OPEN  
SKY SPORTS 10.30AM

**HORSE RACING**

DONCASTER  
ITV4 1.50PM

**CYCLING**

VUELTA ESPANA  
EUROSPORT 1 2PM

**HORSE RACING**

HAMILTON  
RACING UK

**ICE HOCKEY**

HC SLOVAN V D MOSCOW  
FREESPORTS 5.30PM

**RUGBY LEAGUE**

CASTLEFORD V HU'FIELD  
SKY SPORTS 7.45PM

**BASEBALL**

DIAMONDBACKS @ ROCKIES  
BT ESPN 8.10PM

**Friday**

**RUGBY UNION**

NORTHLAND V MANAWATU  
SKY SPORTS 6.45AM

**RUGBY UNION**

TASMAN V TARANAKI  
SKY SPORTS 8.45AM

**GOLF**

EVIAN MASTERS  
SKY SPORTS 10AM

**GOLF**

KLM OPEN  
SKY SPORTS 10.30AM

**TENNIS**

DAVIS CUP  
BBCI 1PM

**FORMULA 1**

SINGAPORE GP PRACTICE  
CHANNEL 4 1.30PM

**RUGBY UNION**

EDINBURGH V CONNACHT  
TG4/EIR 7.35PM

**RUGBY UNION**

MUNSTER V OSPREYS  
EIR SPORT 7.35PM

**RUGBY UNION**

GLOUCESTER V BRISTOL  
BT SPORT 2 7.45PM

**SOCCER**

ST MIRREN V CELTIC  
BT SPORT 7.45PM

**SOCCER**

BIRMINGHAM V WBA  
SKY SPORTS 7.45PM

**RUGBY LEAGUE**

WIGAN V WARRINGTON  
SKY SPORTS 7.45PM

**Saturday**

**RUGBY UNION**

N ZEALAND V S AFRICA  
SKY SPORTS 8.35AM

**GOLF**

EVIAN MASTERS  
SKY SPORTS 11AM

**FORMULA 1**

SINGAPORE GP PRACTICE  
CHANNEL 4 11AM

**RUGBY UNION**

AUSTRALIA V ARGENTINA  
SKY SPORTS 11AM

**GOLF**

KLM OPEN  
SKY SPORTS 12NOON

**SOCCER**

LIVERPOOL V SPURS  
SKY SPORTS 12.30PM

**ROWING**

WORLD CHAMPIONSHIPS  
BBCI 1.15PM

**TENNIS**

DAVIS CUP  
GB V UZBEKISTAN 2PM

**RUGBY UNION**

HARLEQUINS V BATH  
BT SPORT 3PM

**RUGBY UNION**

LEINSTER V DRAGONS  
EIR SPORT 5.15PM

**RUGBY UNION**

SCARLETS V TREVISO  
S4C 5.15PM

**SOCCER**

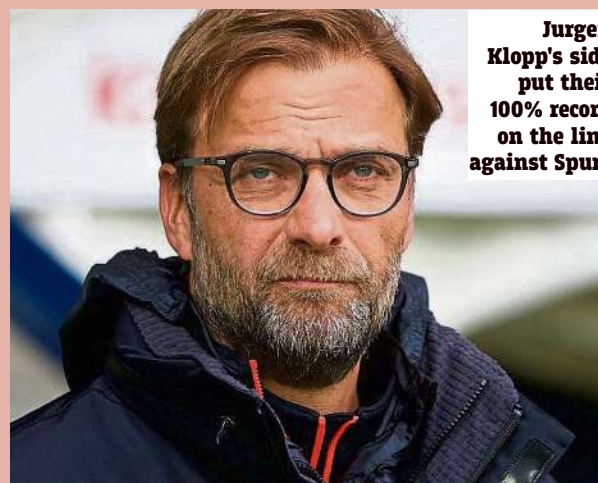
BLACKBURN V A VILLA  
SKY SPORTS 5.30PM

**SOCCER**

WATFORD V MAN UTD  
BT SPORT 1 5.30PM

**RUGBY UNION**

ZEBRE V CARDIFF  
EIR SPORTS 7.35PM



**Jurgen Klopp's side put their 100% record on the line against Spurs**



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