

HAPPY HALLOWEEN!



Limerick embraces the spirit of Samhain with spooky events See pages 18, 20 and 21

The Leader

www.limerickleader.ie
Wednesday, October 31, 2018

FREE

YOUR NEW PAPER FROM LIMERICK'S LEADING TEAM



PLANNING Castletroy anger at refusal to expand centre **P4**

LOCAL BOY DOES GOOD City backs winner as Michael D retains the presidency **P8-9**



INQUEST Body of Romanian man remains in hospital morgue 18 months after his death **P15**



ENGAGE! City-centre rugby museum gets go-ahead **P10**



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Leading Off

Setting the agenda in Limerick



▲ GOOD WEEK

Na Piarsaigh

City hurling kingpins secure back to back county senior hurling titles and go on to Munster club action



▼ BAD WEEK

Limerick FC

Facing the drop to the first division unless they can overturn a 1-0 first leg playoff loss to Finn Harps



☀ QUOTE OF THE WEEK

"It is envisaged that this Visitor Experience will be one of the best of its kind in the world and we can't wait to really bring it to life on O'Connell Street"
Paul O'Connell on the rugby museum

INSIDE THIS WEEK



WAITING LIST ISSUE

Harris urged to tackle problem
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SERIAL OFFENDER

Help needed to meet challenges
Page 12



HIDDEN WEAPON

Teen hid gun in vacant house
PAGE 14



BEAT B.O. - NO SWEAT!

Advice for free sweaters
Page 56

Rugby Museum is set to transform city



'It is envisaged that this visitor experience will be one of the best of its kind in the world and we can't wait to really bring it to life.' The words of Paul O'Connell, delighted that the proposed International Rugby Experience has been approved



WHAT WE THINK

EUGENE PHELAN

LEADER EDITOR

THERE was some very good news for the city on Friday with confirmation that the International Rugby Experience is to go ahead.

This will give a huge boost to the city centre and it could be to Limerick what the Titanic visitor centre is to Belfast.

It is hoped that the project on O'Connell Street will begin in the coming months.

The JP McManus-funded museum is being spearheaded by Paul O'Connell who said: "It is envisaged that this visitor experience will be one of the best of its kind in the world and we can't wait to really bring it to life."

Neither can the general public. I hope lots of lessons can be learnt from this, particularly by An Taisce,

who objected to the project.

An Taisce, according to its website, "is a charity that works to preserve and protect Ireland's natural and built heritage". I am sure they do plenty of good work but most people I talk to view them as a group who are more reactive than proactive. They appear to hold up progress and object to far too many developments here in Limerick.

WEBTOPTEN

1. Leo Varadkar advised to 'keep your mouth shut' by Limerick councillor
2. Limerick council set to consider deposit scheme to tackle anti-social tenants
3. Row over County Limerick roundabout at dangerous cross rumbles on
4. Limerick Hospital asks patients to only present in emergency
5. Judge sets deadline for removal of unauthorised sheds built on Limerick halting site
6. Judge at Limerick court critical of son's 'unacceptable behaviour' towards mother
7. Limerick homes left without electricity
8. File for the DPP after suspected burglar was seriously injured in Limerick crash
9. Limerick housing expansion could be opposed if Irish Cement plans go ahead
10. New text alert scheme to be dialled in for County Limerick village



Former mayor of Limerick Cllr Kevin Sheahan was highly critical of Taoiseach Leo Varadkar for comments on Peter Casey, a runner-up to Michael D Higgins. See story online

WEATHER FOR THE WEEK



WEDNESDAY

Morning shower, cloudy in general temperature high of 10°C



THURSDAY

Clouds and sun and a shower, temperature high of 10°C



FRIDAY

Rain at times but warmer than previous days with 13°C high



SATURDAY

A morning shower and some sun with a high of 13°C



SUNDAY

Periods of rain with a high on the Mercury of 11°C



MONDAY

Mostly cloudy today with a temperature peak of just 10°C

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MyLimerick

Liam O'Brien

Actor, singer and director of Bottom Dog Theatre Company

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

I perform every Friday and Saturday at the Savoy Hotel, so needless to say my weekends are busy, but on a weekday, I would usually start with a great full Irish in one of our independent cafes like the Sodacake in Thomondgate, a leisurely walk across the three bridges, meeting friends for coffee or lunch, an afternoon in Mungret park with my nieces and nephews, a play at the Belltable or a gig at Dolan's, and a nightcap or two in one of my many locals such as Charlie Malone's.

What's your first Limerick memory?

My parents first took me to shows in the Crescent Theatre and I was at one of the very first Limerick pantomimes, where I got pulled out of the crowd to put a gold bar in a shield in the Giant's lair. I should have been scared, but I loved it and if my Dad's version of the story is to be believed, I turned to the crowd and took a bow. Guess that's where it all started.

What about a favourite local walk or view?

I love the sea more than anything, but our river is the next best thing. I often walk in the evenings and love nothing more than losing myself in an iTunes shuffle, people watching and getting out of my own head. I've said it before but the 'view' of our voluntary patrols on the river safeguarding lives that can't see through periods of darkness is one I'm immensely proud of as a Limerick man.

What do you think gives Limerick its unique identity?

Limerick has always been an underdog and the national media hurt us a great deal. You can choose to get incredibly defensive about that or you can do what my dad did - focus on the positives. It took a lot of work by a great deal of people - including my dad through his Sporting Limerick brand - who fought in quiet and modest ways to change our perception. But that said I still kind of love being the Bottom Dog; hence the name of our theatre company. I'd never want to lose that sense of being unique - a city with an edge, an often undiscovered secret and energy of our own.

Do you have a favourite local restaurant?

Hands down La Piccola Italia. It's warm, consistent and friendly and standards never drop. I've been fortunate to eat in some of the world's best eateries on international theatre tours and it's right up there. Freddy's and Azur too.

How would you describe the people of Limerick?

Proud. I think there's a certain quality, a brazen boastful humour that comes from being from Limerick and you carry everywhere.

Now that we are top of our game in business, sport and most importantly, for myself, the arts - we have this sort of 'told you so' attitude and frankly, I love it.

How important do you think music is to Limerick?

I had a t-shirt back in my Termights days that said 'Music is Life Blood'. As a singer with my Million Dollar Swing Band I know how good our artists are, and how dedicated they are to make it in a difficult field. Look at Windings and Rusangano Family now, look at The Cranberries and The Hitchers back then and look back further to our showbands, Tommy Drennan, Denis Allen. A legacy of Limerick music.

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

I've always said if I won the Euromillions I'd build an iconic theatre in Arthur's Quay park. A world class design like the Guthrie in Minneapolis, where I worked for a season. It cost \$125million (mostly privately funded) with three stages overlooking the river. We could do that. We have the talent and ambition, sometimes we just need the self belief and the belief of our most successful sons and daughters to invest in large scale legacy art.

What's the biggest challenge facing the city/county today?

City centre living. I'd love to still be living in the city centre, but there's a lack of quality and affordable housing. We need to change that and we need to keep our talent in all arenas - arts, business, tech, sport all living and working in Limerick. I've said it many times that success isn't something we should outsource. It's something we should hold on to, support and invest in.

Picture:
Tarmo Tulit



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FRONTPAGESOFTHEPAST

14 YEARS AGO
NOVEMBER 6, 2004

HOODIES Facing City Ban was the banner headline in the city edition of the Limerick Leader from 14 years ago.

The story revealed that gardai were considering following in the footsteps of Scotland Yard by getting shop owners to ban people wearing

baseball caps and hoodies while inside city stores in a bid to stop crime, including shoplifting.

The Model School in O'Connell Avenue was also in the news as they began the shop of preparing for their 150th anniversary celebrations looking for the oldest living pupil that attended the school.



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UL president hopes 'grave matters are dealt with fully'

JESS CASEY

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THE UNIVERSITY of Limerick has "a sharp focus" on ensuring "very grave matters are dealt with fully and finally" at the university, the UL president has told staff.

In a letter to staff sent on Tuesday morning, Dr Des Fitzgerald updated his UL colleagues on changes made at the university ahead of the publication of a special report carried out by

the Comptroller and Auditor General (C&AG).

The C&AG report focuses on the handling of remuneration for certain senior UL staff.

"We have a sharp focus on ensuring these very grave matters are dealt with fully and finally at UL and that we all work together to restore the reputation of UL," Dr Fitzgerald said.

Both the Department of Education and the Higher Education Authority have



UL president Des Fitzgerald

acknowledged UL's progress in implementing changes recommended by the Thorn Report, an independent investigation into finance, human resources and governance policies at the university, Dr Fitzgerald

said.

A number of divisions, including the Human Resources Department, the President's Office and the Executive Committee, have now been restructured as recommended by the Thorn Report, Dr Fitzgerald told UL staff.

A new director of HR and a Chief Operations Officer and Registrar have also been appointed at the university, he added.

"In Nov 2017, on foot of the first Thorn report, the suspension of

two employees was lifted and an external HR expert was appointed to work with them on their return to work," Dr Fitzgerald said.

As previously reported by The Leader, the two employees have yet to return to work almost a year after their suspension was first lifted.

UL also recently confirmed it has removed the position of director of finance as part of a "systematic restructuring" of its senior management model.



An architect's impression of how the expanded Castletroy Town Centre would appear if multi-million euro expansion plans get the go-ahead

'Is it fair Castletroy has to be sacrificed for city centre?'

Business: Retail bosses highlight need for development of centre in growing area

NICK RABBITTS

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MANAGEMENT at Castletroy Town Centre have said they are "sad and a little frustrated" that Limerick councillors have rejected its multi-million euro plans to expand.

And they have also questioned one of the key pillars of the council's argument - that the development of the centre would negatively impact on the city centre offering.

"It is unfortunate that for Limerick city to prosper, we can't be ambitious here in Castletroy," management said in a widely shared post on the centre's Facebook page.

"We live in a thriving community that we love being a part of. Businesses are expanding locally, the University of Limerick is expanding, Troy Studios is doing incredibly well, and we want to be ambitious with our plans to become an even more integral part of the local community, but we're told we can't!"

UGP Castletroy had applied to the

local authority to effectively double the size of the facility, previously known as the Castletroy Shopping Centre. The proposals would see two new anchor tenants move in and the centre increase to two storeys.

The anchor tenants, it is planned, would be joined by 10 smaller shops, four service outlets and one cafe at first floor level.

Over 600 car parking spaces are planned, with approximately 75 jobs created.

But the proposals were shot down in a short response from local planners, who said the development would adversely affect the "vitality and viability" of the city centre.

As revealed by our sister newspaper, the Limerick Leader, agents working for the shopping centre have appealed this decision to An Bord Pleanala, a move which local Fine Gael councillor Michael Sheahan said he provided supervision on.

At his party's convention last

week, which confirmed he is to run in City East, Cllr Sheahan said he wants to make the expansion a doorstep issue ahead of May's election.

"I am totally committed to the expansion of the Castletroy Shopping Centre. I hope they will be successful with the next stage of their plan, which is An Bord Pleanala. While we are waiting for our city fathers to scratch their head to decide what to do with the city centre, we cannot choke suburban communities, whether they be in Caherdavin, Dooradoyle, or Castletroy," he said.

Cllr Sheahan, who has represented the area since 2009, added: "There is room for all commercial interests, and I don't see why Castletroy Shopping Centre cannot expand as it needs be. Hopefully, An Bord Pleanala will see the sense in allowing the Castletroy Shopping Centre to expand naturally."

There was a huge response to the



I am totally committed to the expansion of shopping centre

CLLR MICHAEL SHEAHAN



post from the shopping centre on Facebook.

One person wrote: "The council needs to wake up and realise there is life outside the city centre. Castletroy needs this development with all the expansion taking place in Plassey."

Another added: "Here's hoping An Bord Pleanala looks at what will benefit our community instead of expecting us to traipse into the city centre with all its incumbent costs."

However, another contributor said: "One only has to look at Clonmel to see how much shopping centres at the edges are sucking the soul out of once vibrant town centres."

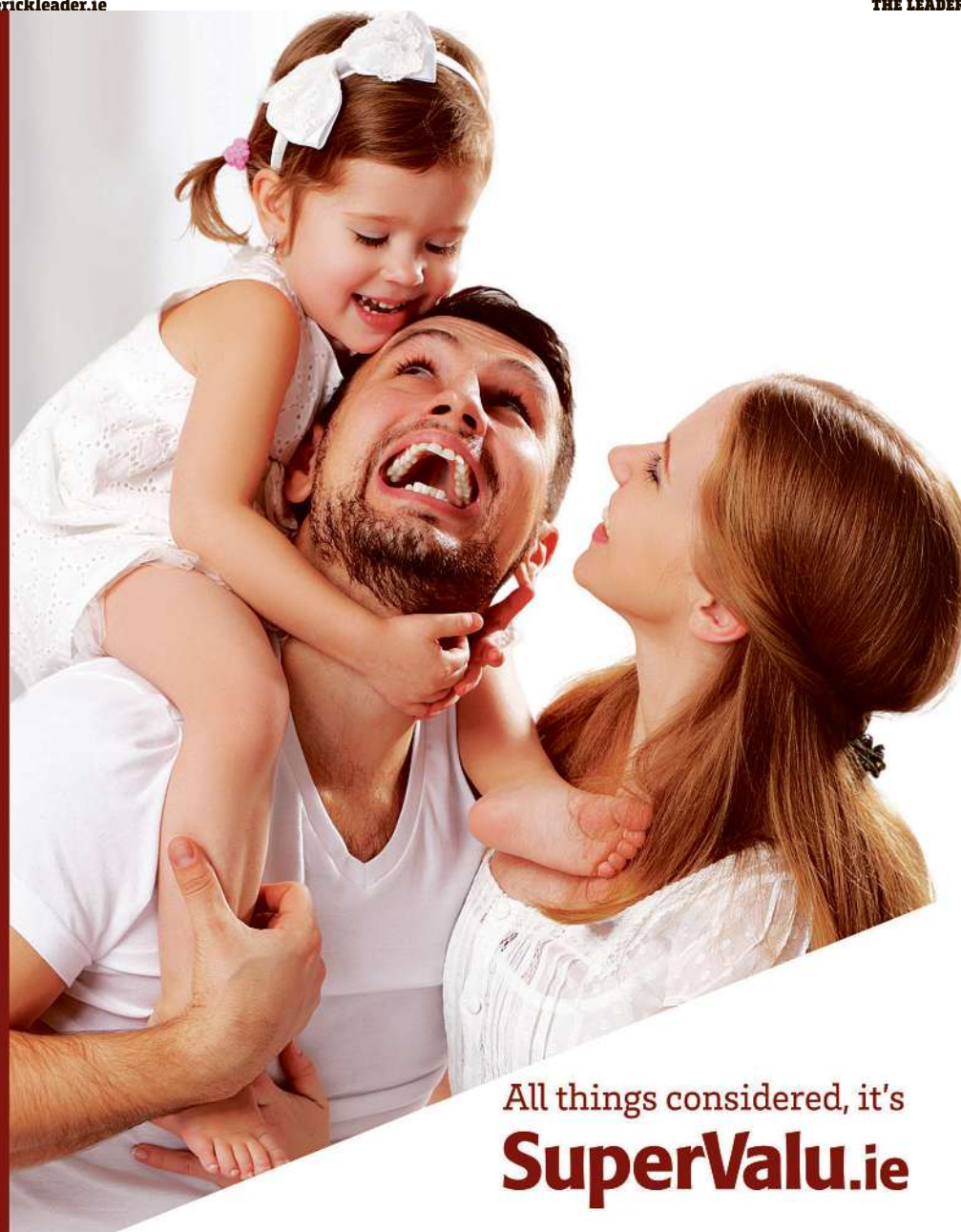
There were a number of objections to the original planning including from local businesses and Limerick Chamber chief executive Dee Ryan who stated: "The Chamber contents investment in city centre redevelopment is required as a matter of urgency to attract new retailers as their primary choice in the region."



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Minister urged to tackle waiting list issue

NTPF: Close to 10,000 wait for more than 12 months

FINTAN WALSH

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MINISTER for Health Simon Harris has been urged to act on lengthy waiting times for appointments at University Hospital Limerick, following the release of monthly figures published by the National Treatment Purchase Fund (NTPF).

According to new statistics, there has been a slight increase in the number of patients waiting for treatment and appointments at UHL, St John's Hospital and Croom Orthopaedic Hospital in September.

In total, there were 41,325 patients on a waiting list in Limerick, a 274-person increase on the previous month's statistics.

Croom was the only hospital where both inpatient and outpatient waiting list numbers decreased. There were 217 inpatients and 6,458 outpatients on a waiting list at Croom.

St John's Hospital saw a marginal increase in inpatient numbers, as a result of a slight increase in waiting times for general surgery, gynaecology and urology treatment.

St John's Hospital saw a 13-person increase in inpatient numbers, as a result of a slight increase in waiting times for general surgery, gynaecology and urology treatment. There were 985 inpatients on a waiting list, while there was a drop in outpatient numbers, with 1,175 people waiting for appointments in September.

UHL saw a decrease in inpatient waiting list

numbers last month, with 2,508 people waiting for treatment, but saw a 569-person increase in outpatient waiting lists with 29,982 waiting for an appointment in September.

A total of 9,896 patients were waiting for treatment or appointment for more than a year, the large majority of which saw patients waiting for more than 18 months.

There were 5,360 patients waiting for an appointment for more than 18 months, according to the latest NTPF figures. This was an increase of more than 200 patients, the figures show.

Last week, Fianna Fail TD Willie O'Dea asked Minister Harris in the Dail what actions he will be taking to address the waiting list problem at UHL.

Minister Harris said that the hospital group is working to provide "a range of insured outpatient clinics" across a wide range of specialties including dermatology, endocrinology, gynaecology, and ENT.

"These clinics will actively work to reduce the longest waiting patients across those specialties with the largest waiting lists," he stated.

In Budget 2019, the government has prioritised improving access and reducing waiting times for patients, with funding to the NTPF increasing from €55m in 2018 to €75m in 2019, of which, €6m will be committed to outpatient activity, the Minister told Deputy O'Dea.

The UL Hospitals Group is one of the best performing groups for managing waiting lists, NTPF data shows.

UHL saw a decrease in inpatient waiting list



Paddy Brennan, Corbally, launched his magnum opus 'The History of Limerick Music: 1800-2018' at Thomond Park this Monday night, with special guest speaker Mick Moloney, Castletroy-born and US-based Irish trad icon PICTURE: KEITH WISEMAN

Limerick's music history hits the shelves

CORBALLY historian and rock 'n' roll enthusiast, Paddy Brennan launched arguably the most definitive book on Limerick's music history this week at Thomond Park.

Hundreds of fellow music fans and locals attended the major event on Monday night, where Paddy discussed the background of the book, a project he had been working on for a number of years.

The book was officially launched by his friend Mick Moloney, the Castletroy native who has become one of America's most iconic figureheads in Irish

traditional music and culture.

The major project is a 556-page book, featuring more than 1,400 photos, many of which are exclusive, never-seen before images of some of Limerick's most iconic musicians. The book chronicles a complete history, starting in the classical era of the early 1800s when underdog George Alexander Osborne left Limerick to make a name for himself in Europe.

A look at music history cannot be written without mentioning two of the most seminal artists in their genre—operatic idol Catherine Hayes

and rockstar Dolores O'Riordan of The Cranberries.

Paddy also writes about the tense rivalry between marching bands and the emerging showbands of the early 1900s, followed by the anti-establishment scene of the beat groups, such as Granny's Intentions, during the 1960s. Paddy's book comes in a regular softback edition for €30, and a special edition hardback, featuring a double-CD of local artists, for €100. Paddy's book on Limerick music history is now for sale. See pages 34 and 35 for more photos from the launch.

Obsolete hospital lab equipment to be replaced in €4m contract

FINTAN WALSH

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A TOTAL of €4m will spent on new laboratory equipment at University Hospital Limerick at its histopathology service where there has been little equipment replacement in 20 years.

Histopathology is the study of tissues that have been altered or changed by disease.

The HSE and the UL Hospitals Group has put out to tender the provision and maintenance of laboratory equipment at the hospital in Dooradoyle.

A spokesperson for the hospital said that the purpose of the tender is to replace older equipment and out of date technology "in a way that does not require a large capital expenditure upfront.

"There has been little equipment

replacement since the laboratory was refurbished in 1998. The new equipment will have newer technologies."

The spokesperson said that this project is "cost neutral" and that the €4m expenditure on laboratory equipment is part of the histopathology budget over 10 years.

"The equipment and all required items to perform tests will be provided through one service level agreement and one primary supplier, who will in turn have third party suppliers to facilitate all test requirements of the histopathology laboratory.

"The new equipment will improve the histopathology service to patients of UL Hospitals by increasing productivity, decreasing time taken to produce results and reducing the

likelihood of errors," he told The Leader in a statement.

The service, which provides for patients and GPs in the Mid-West region, will modernise the service via the procurement of equipment and analysers and "significantly improve efficiencies".

"In addition, the acquisition of the new laboratory equipment will allow UHL to effectively manage service demands and meet ever increasing associated histopathology laboratory workloads."

The HSE and the UL Hospitals Group is currently seeking a contractor for the development of a 60-bed modular build, which is expected to be delivered within 300 days once the procurement process is complete. It is expected to cost over €19m.

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PRESIDENTIAL ELECTION AND BLASPHEMY REFERENDUM

Higgins romps to victory in hometown

Count: Independent Casey secures third highest vote in rural area

NICK RABBITS

nick@limerickleader.ie

LIMERICK followed the rest of the country in giving incumbent President Michael D Higgins a ringing endorsement to continue for another seven years in Áras an Uachtaráin.

But it was the maverick Independent candidate Peter Casey who stole the show, going from opinion poll ratings of just two per cent to getting a vote share of 23.3% nationally.

In Limerick City, Mr Casey – who was nominated by local councillors to launch a bid for the highest office in the land – received 23.9%.

And rural county Limerick gave the former Dragon's Den star his third highest vote share in the entire country, 34.2%.

His vote surge came off the back of comments criticising both Traveller culture, and social welfare recipients.

And it was notable that he topped the poll in several boxes opened in Rathkeale, and nearby Askeaton, towns with a significant Traveller population.

Labour TD Jan O'Sullivan said there is a need to “call out” the views the Independent candidate expressed.

“He got attention as he was extreme, he expressed racist views which we need to call out for what they were. I think that's something we need to examine in Irish society to see why did such a high percentage people vote for him,” she said.

In the Limerick City constituency – reflective of the Dail boundaries – Mr Higgins, born in Limerick, sailed into first place with 18,904 first preference votes, with Mr Casey behind on 7,845 votes.

Sinn Féin's Liadh Ni Riada came a disappointing third, with just 1,964 votes and under 6% of the vote, while Joan Freeman was just behind again with 1,917 votes.

The other two Dragons in the campaign brought up the rear, with Sean Gallagher securing 1,557 votes, a 4.8% vote share, and Gavin Duffy just 578 votes in Limerick City, the businessman conceding on Friday night after an RTE exit poll revealed his fate.

Early tallying appeared to show both Limerick constituencies were



Second term: President Michael D Higgins romped home



He got attention as he was extreme, he expressed racist views which we need to call out for what they were

DEPUTY JAN O'SULLIVAN ON PETER CASEY

going to reflect the national picture.

One box in John F Kennedy national school, located near President Higgins birthplace, showed a strong vote for the incumbent.

The school at the Ennis Road is often considered a ‘bellwether’ for Limerick City voting intentions. The incumbent President was coming in at a 57% vote share, followed by Mr Casey on 23.4% of the vote. Another tally from elsewhere in Caherdavin saw very similar numbers, Mr Casey at 23%, President Higgins at 58%.

At John the Baptist school in Kilalee, near Garryowen, some 46 votes were recorded for Mr Casey, and 108 for Mr Higgins.

In a box from Castleconnell National School, there were 190 votes for Mr Higgins against 58 for Mr Casey.

Over in Dooradoyle, one box in the local library – transferred from the traditional location of St Paul's National School – showed 222 votes for the current president, and 66 for Mr Casey. The city turnout stood at 41.7%, while turnout in Limerick County was higher at 46.6%, one of the lowest shows ever in elections



IN BRIEF

'No mistake in running MEP'

SINN Féin TD Maurice Quinlivan said while the party was “disappointed” with Liadh Ni Riada's performance in the election, it was not a mistake to run her.

Ms Ni Riadh finished a distant third behind Michael D Higgins and Peter Casey with under 6% of the poll in Limerick City. This is in spite of her representing the city in the European Parliament and being a regular visitor here.

“We're disappointed with the votes she got, but she did the best campaign she could have possibly done. We need to look at how the debates are conducted, because the debates are crucial,” he said.

President's relatives in visit

SOME of President Michael D Higgins closest relatives were at the Limerick Racecourse count centre on Saturday. Sixmilebridge man Michael Lyons, a nephew of the election winner was joined by his sister Bernie McQuillan, and some of Mr Higgins's grandchildren.

Results

LIMERICK CITY

Electorate: 79,647
Total Poll: 33,183
Spoiled votes: 418
Total valid poll: 32,765
Michael D Higgins 18,904
Peter Casey 7,845
Liadh Ni Riada 1,964
Joan Freeman 1,917
Sean Gallagher 1,557
Gavin Duffy 578

LIMERICK COUNTY

Electorate 68,740
Total Poll 32,055
Spoiled votes 314
Total valid poll 31,741
Michael D Higgins 15,262
Peter Casey 10,865
Joan Freeman 1,762
Sean Gallagher 1,756
Liadh Ni Riada 1,438
Gavin Duffy 658

Blasphemy Referendum

Do you approve of the proposal to amend the constitution in the undermentioned bill?

Limerick City:

Yes: 21,702
No: 10,948

Limerick County:

Yes: 18,450
No: 12,880

Limerick votes decisively to remove 'blasphemy' clause

NICK RABBITS

nick@limerickleader.ie

ALTHOUGH it drew little if no fanfare, Limerick's electorate joined the rest of the country in voting decisively to remove the prohibition of blasphemy.

The referendum to remove the measure from the Constitution was carried with a 66% majority in the city, and a 58.8% majority in the county. Nationally, blasphemy was swept away by a 65% margin.

The city saw 21,702 people voting in favour of the removal, and 10,948 voting against, a majority of 10,754.

In county Limerick, there there were 18,450 voting in favour and 12,880 against, a majority of 5,570.

Peter O'Hara, of the



Peter O'Hara, Mid-West Humanists

Mid-West Humanists organisation has welcomed the scale of the vote to outlaw blasphemy.

Speaking to Live95FM news, he said: “It's a good job as far as I am concerned that

it's not a small margin, quite a clear majority of people want to remove it.

“When it's a small margin people start saying it could have been a little different or its only half the people wanted change. But it's well over half.”

He now called on the Oireachtas to repeal section 36 of the Defamation Act 2009.

Nationally, some 951,650 people voted ‘yes’ in the referendum which featured alongside the Presidential Election on Friday.

A number of national bodies welcomed the move, including human rights organisation Amnesty International, who described it as “significant” for the status of human rights and freedom in Ireland.

Taoiseach Leo Varadkar

said the constitutional clause was “a bit outdated” and removing the offence “would further modernist the Constitution”.

“It's very much part of a reform of our whole constitution to make the country more modern,” he told reporters in the aftermath of the result.

Last year, Limerick comedian Blindboy Boatclub of the Rubberbandits was accused of blasphemy, after he described the Eucharist as “haunted bread” on RTE.

Moyvane priest Fr Kevin McNamara made the claim following his appearance on the Late Late Show.

Unsurprisingly, turnout in the blasphemy referendum was identical to that in the Presidential Election, with voters getting both ballot papers at once.



Council personnel counting the votes at Limerick Racecourse, Patrickswell

PICTURE: DAVE GAYNOR



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Comments from online readers

What you're saying about stories on limerickleader.ie and our social media platforms



PLANNING PERMISSION GRANTED FOR JP MCMANUS-BACKED RUGBY MUSEUM

Frank O'Regan

Brilliant news, well done everyone involved, this will be great for the city.



Vicki Nash

Great news for Limerick and Rugby. Thanks to JP McManus and all those involved.

Geraldine Jed McHugh

Great news for our rugby city - thank you to JP as well

John Norris

Brilliant news. Now get cracking on it. No time to waste

PERSON OF THE MONTH: REFORMED ADDICT GER LYNCH IS A BEACON OF HOPE

Rose O'Hare

Great to hear you had the courage to change your life around



Rosalie Kowalski

You are an inspiration to so many young people out there who are screaming out for help!

Louise O'Riordan

Amazing. Well done.

LEO VARADKAR ADVISED TO 'KEEP YOUR MOUTH SHUT' BY LIMERICK COUNCILLOR

Thomas Power

Well said Mr Sheahan. The arrogance of Varadkar to tell people who they shouldn't vote for



Martin Kiely

Leo Varadkar should remember that the people of Ireland didn't vote for him to be where he is today as leader of his party

Mary O'Dea

Can't understand how speaking the truth is racist Peter Casey said what everyone wants to say

LIMERICK HOSPITAL ASKS PATIENTS TO ONLY PRESENT IN EMERGENCY

Sarah Cunneen

The staff are amazing but management need a serious dose of reality nobody goes to A&E unless they have to employ more staff, pay them properly

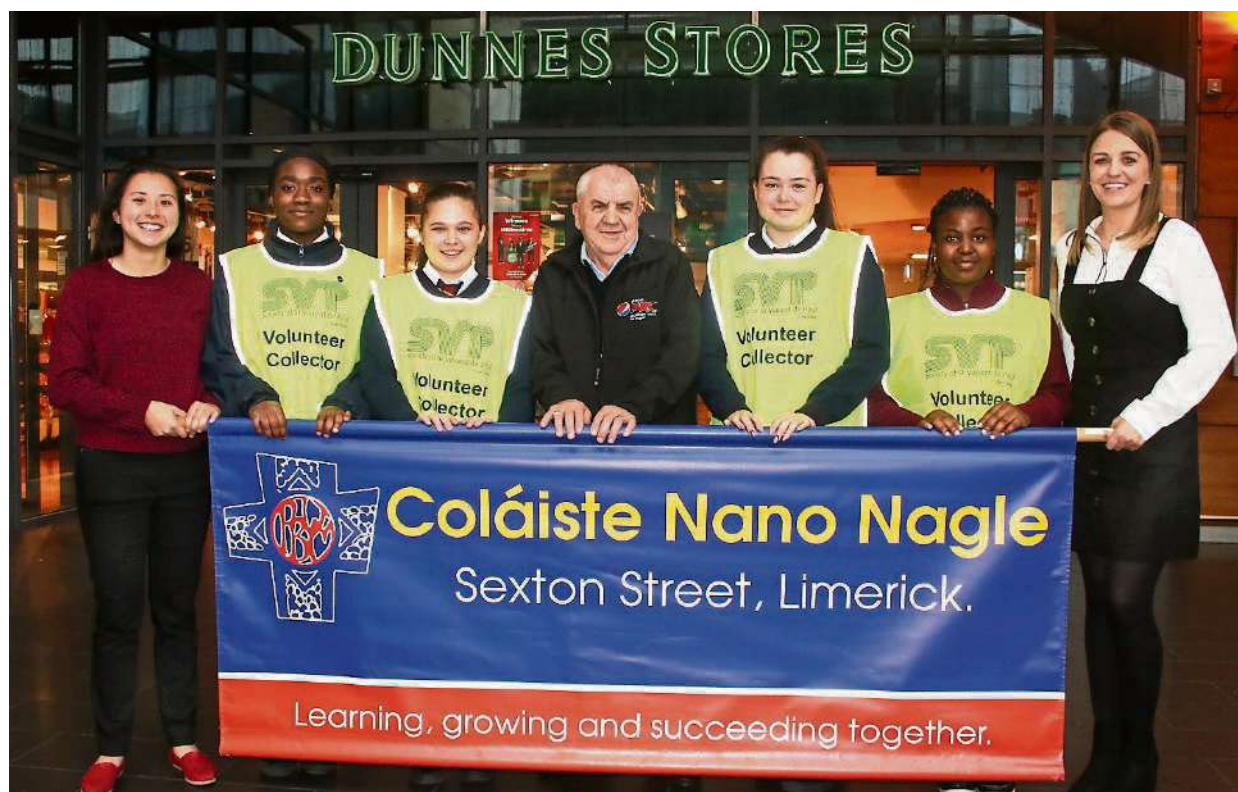


Joss Hanrahan

A lot of people do go to A&E with injuries or illness that could be treated by a GP out of hours or other injury clinics, unless of course they are referred onto A&E

Sean Godfrey

Was brought in to A&E by ambulance on Fri morning, couldn't have been treated better, the doctors and nurses there were absolutely brilliant



Students pack in a lot of love for charity

STUDENTS from Colaiste Nano Nagle in Sexton Street took part in a sponsored bag pack at Dunnes Stores' three city shops for homeless charity St Vincent de Paul. Pictured outside Dunnes Stores at Harvey's Quay are teachers, Marion Begley and Sammi Chang. They are with transition year students, Buki Adejomehin, Nikoletta Kozma, Leah Cosgrave and Diana Aron. Also present Pat Begley, who is St Vincent de Paul's area president PICTURE: ADRIAN BUTLER

Rugby museum set for 2019 conversion

Planning: Appeal against development is rejected

NICK RABBITS

nick@limerickleader.ie

WORK on developing the JP McManus-backed International Rugby Experience is expected to begin "in the coming months".

It comes after An Bord Pleanala cleared the way for the €30m development, endorsed by Munster legend Paul O'Connell.

The body granted planning for the International Rugby Experience on O'Connell Street, which had been the subject of an appeal by An Taisce against the decision by Limerick City and County Council to grant permission in February.

It is understood that An Bord Pleanala's permission for the project has not changed from the original planning conditions set down when the project was given the go-ahead by the council in February. Specifically, there are no changes to the height of the plan. Up to 100 jobs



Munster legend Paul O'Connell has welcomed the planning decision

are expected to be created initially, with dozens more once complete.

Paul O'Connell said he was "very pleased" with the outcome, which validates the original planning decision by the council, he noted.

"The project has now been rigorously assessed by both the local and national planning authorities and we are delighted it has received approval. It is envisaged that this

Visitor Experience will be one of the best of its kind in the world and we can't wait to really bring it to life on O'Connell Street in the heart of the city."

The multi-million euro proposals will see the demolition of numbers 40 and 41 O'Connell Street, as well as the knocking of the first three floors at the neighbouring building.

Number one Cecil Street will also be demolished to make way for the development. In their place, there will be a seven-storey building, with a two-storey portico fronting O'Connell Street, and a two-storey block to the rear.

There will be a three-storey block built over the existing Fine's Jewellers business at the junction of O'Connell Street and Cecil Street.

Inside, the development will see "a multi-media visitor experience, exhibition and education space" plus retail and cafe at ground floor level, according to planning files.

Landlords invited to free RTB training day

LANDLORDS in Limerick are invited to take part in a free, one-day accreditation course hosted by the Residential Tenancies Board (RTB) as part of a new voluntary landlord accreditation scheme, writes Jess Casey.

According to the RTB, the course

will provide participating landlords with a comprehensive understanding of their rights and responsibilities under law, as well as information on best practice in managing tenancies from beginning to end, and dispute prevention.

The accreditation course will

take place from 10am to 5pm on Saturday November 10 in the Clayton Hotel, Limerick city.

To register for the upcoming accreditation course, contact the RTB at landlord.accreditation@rtb.ie or visit www.onestopshop.rtb.ie.



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Serial offender told he needs help to face challenges

Prison: Two-and-a-half year sentence imposed

DAVID HURLEY
david.hurley@limerickleader.ie

A SERIAL offender who attempted to rob the night porter of a city hotel having unlawfully entered the premises, has been jailed for two and-a-half years.

Sentencing Michael Cawley, Judge Tom O'Donnell warned him he will not be able to deal with the challenges he faces unless the receives help.

The 25-year-old who has an address at Whitecross Gardens, Moyross had pleaded guilty to charges of burglary and attempted robbery relating to an incident at the Pier Hotel, Sarsfield Street on September 22, 2017.

Garda Barry O'Farrell told Limerick Circuit Court gardai were alerted at around 7am after the night porter ran from the premises and flagged down a passing patrol car.

It was later established that Cawley, who has a large number of previous convictions, had entered the hotel with his girlfriend a short time earlier.

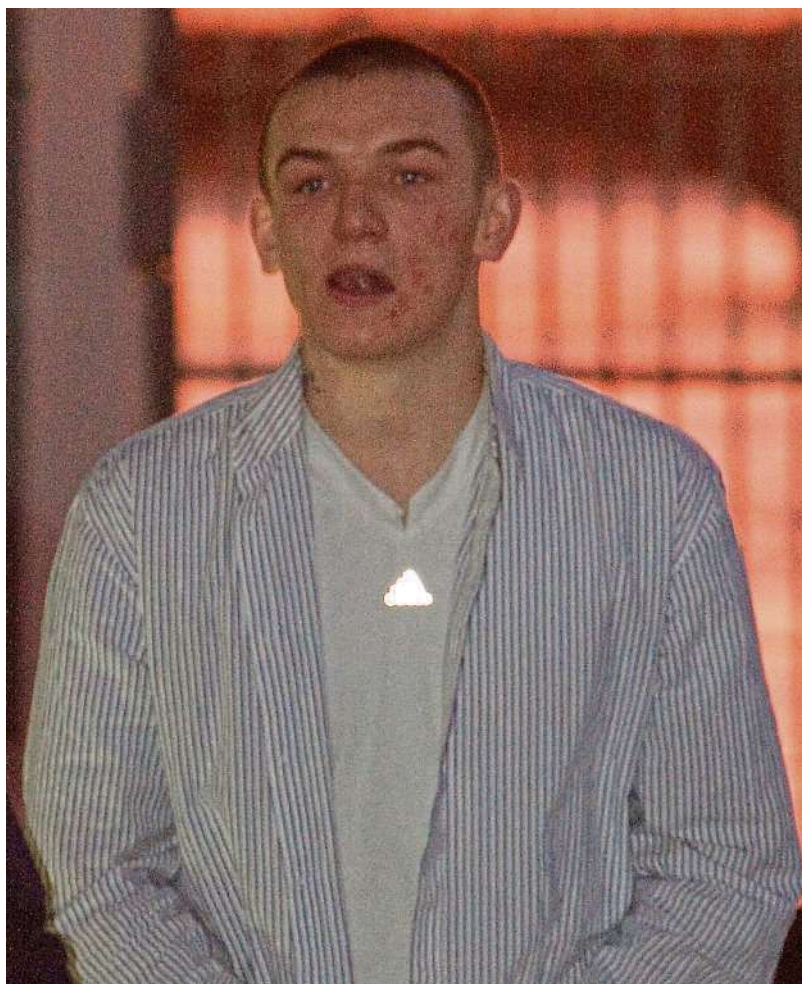
Both, he said, were seen on CCTV "wandering around" the lobby area and when asked to leave they attempted to rob a mobile phone from the night porter.

Garda O'Farrell said the defendant, who has been released from prison less than a month earlier, was so intoxicated when arrested he could not be interviewed.

He subsequently claimed he had gone to the hotel to get "milk and a bit of food" for his children.

Brian McNerney BL said his client's recollection of events was "somewhat patchy" and he urged to court to note his admissions and guilty plea. He said the 25-year-old has addiction problems and that he also has a difficulty with alcohol.

"His behaviour was bizarre and unacceptable, his recollection is hazy but there was never any



Michael Cawley was sentenced to four years' imprisonment with the final 18 months suspended

question of a trial," he added pointing out that his client has been in custody since his arrest.

He said Cawley has made efforts in prison to address his addictions and he submitted the offence was at the lower end of the scale.

Judge Tom O'Donnell noted the defendant has received a number of lengthy prison sentences in the past but continues to get into trouble when released.

"It is quite clear this young man

has many challenges to face," he said.

He said Cawley's admissions and guilty plea were mitigating factors and he noted he has been engaging with various services while in custody.

The judge imposed a four year prison sentence, suspending the final 18 months.

Cawley to remain under the care and supervision of the Probation Service following his release from prison.

Sentencing of man who shot farmer adjourned until December

DAVID HURLEY
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AN ELDERLY farmer who shot and injured another farmer in a long-running dispute over a right of way, previously threatened the son of a separate neighbour with a knife, a court has heard.

Ted O'Donoghue, aged 74, of Kilmoreen, Kildimo, has pleaded guilty to a number of charges, including recklessly discharging a firearm, at Ballycasey, Kildimo on June 16, 2017.

During a sentencing hearing, Detective Garda Jason Mitchell told Limerick Circuit Court the incident was connected with a long-running dispute.

He said a laneway which passes through Mr O'Donoghue's lands is used by a number of other farmers to access their lands.

However, the defendant has taken issue with how the laneway is used and does not believe tractors and heavy vehicles should be driven on the laneway.

"They are tearing it asunder," he told gardai following his arrest adding the right of way dates back to the era of horses and carts.

Det Garda Mitchell said a major investigation was launched after John Hayes (67) sustained wounds to his shoulder when Mr O'Donoghue discharged his legally-held shotgun at him at around 10.30am.

Mr Hayes' sheepdog, Lassie, who was in the cab of his John Deere tractor died after being struck by multiple pellets.

The court heard Mr Hayes was confronted by Mr O'Donoghue as he arrived to carry out work on his farm that morning. The defendant, who was inside the gate to his lands, told him "you are not coming in here, you are never again coming in here".

He then retrieved his shotgun from his van and discharged a shot in the direction of Mr Hayes and his tractor.

Mr Hayes told gardai he heard his dog screeching and that he did not immediately realise he had been shot.

Gardai believe Mr O'Donoghue was around ten feet away from Mr Hayes when he discharged his firearm.

Following his arrest later in the day, Mr O'Donoghue told gardai he had "blazed" Mr Hayes but insisted he did not intend to

hurt him and did not realise he had hit him.

"I don't think I deliberately aimed at him," he said during interview.

He added he did not know the sheepdog was in the tractor which was also damaged in the incident.

Det Garda Mitchell said the defendant's shotgun was seized when he was located in Patrickswell a number of hours later and that he has not sought to have it returned or to renew his firearms licence.

While Mr O'Donoghue has no previous convictions, Lily Buckley BL, prosecuting, said he came before Newcastle West Court last year after he was charged in relation to an incident on September 10, 2016.

On that date he produced a knife during an altercation with a son of another neighbour.

The Probation Act was applied after the defendant made a contribution to the court poor box.

Anthony Sammon SC said his client insisted at all times that he did not intend to hurt Mr Hayes and that there have been no difficulties since.

He said land disputes such as the one outlined in court "can become an obsession" and "do have a way of turning right-minded people into obsessive fools."

He said his client had gotten "worked up in a way he should not have" and had become frustrated as efforts to resolve the dispute had failed.

He noted the DPP had decided not to prefer a charge of possession of a firearm with intent to endanger life against his client.

Mr Sammon said Mr O'Donoghue is no longer farming the lands at Ballycasey and that he has had time to reflect on his actions which he deeply regrets.

A number of testimonials in support of the defendant, who previously worked at Wyeth in Askeaton, were submitted to the court for its consideration.

In a victim impact statement the court was told Mr Hayes still relives what happened in his mind and has become withdrawn, irritable and stressed. He has incurred several thousand euro worth of medical expenses since the incident and continues to attend physiotherapy and a psychiatrist.

Judge Tom O'Donnell indicated he will impose sentence on December 19, next.

Murder trial confirmed after fatal stabbing

THE Director of Public Prosecutions has formally directed that a Limerick man should stand trial at the Central Criminal Court following a fatal stabbing at a pub earlier this year, writes David Hurley.

Mark Crawford, aged 41, of Distillery View, Thomondgate is

accused of fatally stabbing Patrick O'Connor in July.

The 24-year-old was attacked while socialising at his local pub, Fitzgerald's Bar, on Sexton Street North shortly before midnight on July 7, last.

Mr O'Connor, who was from

Kileely, died at University Hospital Limerick a short time later.

Inspector Dermot O'Connor told Judge Marian O'Leary a file was prepared for the DPP who has directed trial on indictment.

A book of evidence is being prepared in the case.

Bandits' concern for future of gallery



Rubberbandits described the winter closure of Ormston House as 'shite news' following an article published in last weekend's Limerick Leader. The gallery is unable to draw down €183,000 worth of grants



THE NEWS that Ormston House is closing up shop for the winter over plummeting temperatures has reawakened concerns felt in the Limerick culture community.

Co-director and founder Mary Conlon has said that due to temperatures dropping below the legal standard, the Patrick Street gallery will shut its doors on December 8.

This is despite the gallery receiving a government grant worth €12,510.26 for the

installation of a heating system.

All grants awarded to Ormston House, totalling €183,000, cannot be drawn down due to its ongoing tenancy problems, she explained.

The sale of the gallery has yet to go through, though many believed it would have been completed by August.

The gallery was put on the market in July 2017, after Nama's loan book was sold to New York-based Cerberus Capital Management last

year.

The Rubberbandits Twitter, which is mainly curated by author Blindboy Boatclub, described Ormston House's closure as "shite news" and that Ormston House is a "brilliant hub for arts and culture" in the city.

"An American equity fund is robbing Limerick of a space for artists. I'm going to puke."

Ms Conlon told The Leader that the focus in 2019 will be to secure long-term tenancy.

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Follow us on Twitter @RTBinfo



Patrick Casey has been a tenant at Toppins Field halting site since 1999. He has been ordered to remove the unauthorised horse sheds by December 7

Judge sets deadline to remove sheds

A TRAVELLER has been given six weeks to demolish horse sheds which he built without planning permission, writes David Hurley.

Patrick Casey, aged 39, of Toppins Field, Rathbane was convicted of breaching planning laws over his failure to comply with an enforcement notice which was served on him by Limerick City and

County Council more than two years ago.

Judge Marian O'Leary was told the father-of-nine has been a local authority tenant since 1999 and that the sheds are located in an unused bay at the halting site.

Following his client's conviction, solicitor Darach McCarthy asked that he be given six months to remove

the sheds. He added that Mr Casey also needed time to make alternative arrangements regarding his horses.

Judge O'Leary commented the sheds were small and that Mr Casey would not need six months to complete the necessary works.

She ordered that the sheds be removed by December 7, next.

Promising young boxer hid gun in vacant house

Conviction: Judge told criminal record could affect prospects

DAVID HURLEY
david.hurley@limerickleader.ie

THE teenage son of a convicted murderer who has admitted having a shotgun and ammunition may avoid a criminal conviction if he stays out of trouble.

The 16-year-old pleaded guilty, earlier this year, to suspicious possession of a sawn-off double-barrelled Beretta shotgun and a quantity of ammunition at an address in the city on February 9, 2017.

The weapon, which had been stolen from a house in Dublin two years earlier, was found hidden behind the fireplace of a vacant house in Ballinacurra Weston after gardai received confidential information.

The property was owned by Limerick City and County Council at the time.

When questioned by gardai about the firearm, the defendant told them he had the gun for his own protection but

would not elaborate any further.

The youth, who was 14 at the time of the offence, was arrested in August of this year after gardai encountered him "by chance" in the Dooradoyle area of the city.

Detective Garda Barry Moylan told a sitting of the children's court gardai believe the teenager left the jurisdiction some time last summer – before he could be charged – and that a European Arrest Warrant was issued earlier this year.

Despite a garda objection, the youth was granted bail by the High Court and has been on bail – subject to conditions – for the last two months.

During a review of the case, Judge Marian O'Leary, who previously agreed to deal with the case in the children's court, noted the "very positive" contents of a pre-sanctioned probation report.

Solicitor Sarah Ryan said her client is a promising young boxer and she asked the court to consider not recording a



Limerick District Court

criminal conviction as it would "cause him difficulty" in future.

"He would like to avoid a conviction," she said adding he has a "promising boxing career".

Inspector Dermot O'Connor said the application was a matter for the court but he commented that it was "a serious enough matter".

Noting Ms Ryan's submission and the progress being made the the teenager, Judge O'Leary indicated she was willing to adjourn the matter for review in a year's time before finalising the matter.

However, she said there must be continued involvement from the Probation Service.

The matter was adjourned to early November to allow for certain matters relating to bail condition to be rectified before the case is adjourned to next year.

The defendant was accompanied by his mother during the brief court hearing.

Truck driver planned to bulk up drugs

DAVID HURLEY

david.hurley@limerickleader.ie

A TRUCK driver who had quantities of cocaine, cannabis and various mixing agents at this home has avoided a prison sentence.

In of the first cases of its kind in Limerick, John Russell, aged 43, of Ballyclough Avenue, Ballinacurra Weston admitted possession of articles with the intention of using them "in connection with drugs offences".

Cocaine with a street value of €5,703 was seized along with a small quantity of cannabis and other drugs paraphernalia including a tick list and freezer bags when the defendant's home was searched on July 18,



Pat Whymys BL said Russell has stayed out of trouble

2016.

A number of different 'powder substances' were also found at the house. These were later identified as Lignocaine, Benzocaine and Creatine.

While none are controlled substances, they were to be used as mixing agents to "bulk up" the cocaine ahead of it being distributed.

Pat Whymys BL said his client, who works as a truck driver, has no previous convictions and that he has not come to the attention of gardai since.

His said Russell has had difficulties with drugs in the past and that he went into a "downward spiral of self indulgence and self-pity" after he was made redundant a number of years ago.

Judge Tom O'Donnell noted the defendant's previous work history and the positive contents of a probation report.

He said there was an element of pre-meditation to the offences and that those who get involved with illicit drugs must be willing to accept the consequences.

He imposed a three year prison sentence, suspending it for three years.

Romanian's body remains in morgue 18 months later

FINTAN WALSH
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THE BODY of a Romanian national, who died from a heroin overdose in a fast food restaurant in the city, has remained at a Limerick morgue for 18 months due to "expensive" repatriation costs, an inquest has heard.

Petru Lascarache, aged 36, of no fixed abode, was found unresponsive by staff members in a toilet cubicle in McDonald's on Cruises Street on the afternoon of Friday, March 3, 2017.

Addressing the coroner's court on Catherine Street this Tuesday, Insp Helen Costelloe, of Henry Street garda station, read depositions by witnesses—staff, management and paramedics—who were at the scene of the sudden death.

At 3pm, Larysa Troka informed her work colleague Shane Simmons that a male was in the upstairs toilet for some time. Mr Simmons said that when the cubicle door was opened, he saw the male "slumped over the toilet on the floor", and that there was no response from him.

He then informed shift manager Anne Marie Naughton, before searching for a defibrillator at a number of retail outlets nearby, securing one at Arthur's Quay shopping centre. As emergency services were alerted to the scene, Ms Naughton checked for breath and pulse.

"At that time, I didn't get a pulse," she said, adding that she knew "that the man had gone into cardiac arrest".

Business manager Violeta Karbauskaite said the man's clothes were cut as they prepared



Romanian national was found dead at McDonald's on Cruises Street on March 3, 2017

the defibrillator, which said "shock not advised". CPR was carried out at the scene by staff, the court heard.

Paramedics Mary O'Brien and Sharon Hayes, attached to the Dooradoyle station, attended the scene. Ms O'Brien said that there were "no signs of life" upon examination. Advanced life support was administered, but there were no signs of improvement, she said. She added that drug paraphernalia was on the man's person and there were signs of drug use on his body.

Dr Anne-Marie Dineen, who pronounced Mr Lascarache dead at

5.30pm, said there were marks on his body that "suggested intravenous drug use".

Gda Thomas Casey, of Henry Street garda station, said he was on patrol when he was called to the scene at 4.43pm. He told the court that the deceased was identified by his fingerprints through Interpol, and that his body remains at the morgue at UHL.

Coroner John McNamara said that he understood contact was made with the Romanian Embassy, and that the family was "in no position" to repatriate the body, adding "it can be quite an expensive

process".

Mr McNamara said that he would be making contact with authorities to arrange a burial for Mr Lascarache.

Pathologist Dr Gabor Laskai said that the cause of death was heroin overdose. Returning a verdict of misadventure, Mr McNamara said it was an "unintended outcome of the circumstances" and that "it would appear he had suffered with drug problems".

Mr McNamara commended the McDonald's staff for their efforts and expressed his condolences to the family of Mr Lascarache.

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Footpaths are 'impossible to navigate'

CRUMBLING footpaths on Limerick's north side need to be tackled "before someone falls and injures themselves," writes Jess Casey.

City North Labour Candidate Conor Sheehan believes footpaths in Thomondgate and Ballynanty are "an accident waiting to happen."

"The condition of the footpaths has been raised with me by residents in this area, many of whom are elderly," Mr Sheehan said. "The Council needs to repair these as a matter of urgency as they are an accident waiting to happen."

"The surface of many of these footpaths is uneven, with jagged kerbs and crumbling concrete. They are next to impossible to navigate for people with reduced mobility and wheelchair users."

"There have been instances in recent years where the Council have wasted money replacing footpaths in recently built estates yet some of the oldest areas in Limerick such as Ballynanty have been neglected. I am calling on the Council to repair these footpaths before someone falls and injures themselves."

Man 'willed' family dog in sex acts on daughter

Court: Retired Castletroy taxi driver will serve six years in jail

SARAH-JANE MURPHY AND DECLAN BRENNAN

A RETIRED Limerick taxi driver who "willed" the family dog to engage in sexual acts with his daughter, has been jailed for six years.

Patrick Byrnes, aged 78, of Castletroy, who sexually abused two of his daughters and raped one of them over a ten-year period has been jailed for six years.

(Editor's Note: Some readers may find the following content upsetting.)

He was convicted by a jury at the Central Criminal Court last July of 58 charges of indecent assault and two counts of rape on dates between 1975 and 1985.

Byrnes began abusing his daughters when they were aged around seven, the year of their First Communion. The court heard they lived in abject fear of him and have been left broken by the decade of abuse.

Three of the indecent assault charges involved Byrnes "willing" the family dog to engage in sexual acts with one daughter. The court heard that he told the two children that he and their mother would split up if they told anyone about the abuse.

The father-of-nine denied all the charges and continues to deny them.

This Thursday, Mr Justice Paul McDermott noted that the case has split the family.

He said the daughters were repeatedly abused by their father and lived a life of "abject fear". He abused them with impunity. He noted that both women said they were left broken by the childhood abuse.

The judge noted Byrnes also suffers from a number of health conditions including heart disease and osteoarthritis but said there is nothing to suggest these can't be addressed in prison.

He said that given Byrnes' lack of remorse and his refusal to admit responsibility the only mitigating factors he could consider were his age. He said Byrnes might die in prison and he has given that serious consideration.

He set a headline sentence of nine years for the rape and six for the sexual assault but reduced these by one year to take account of his age. He suspended the final two years of the sentence on condition that Byrnes is not in the company of any woman under the age of 18 unless accompanied by another adult.

All the sentences are to run concurrently.

Garda Tony Carmody told Gerry Clarke SC, prosecuting, that both



Central Criminal Court

complainants had waived their right to anonymity in order that their father, who they said they will never forgive, be named.

Byrnes had worked as a lorry driver for a beverage company and a delivery man for a fruit wholesalers prior to becoming a taxi driver and had never previously come to garda attention, the court heard.

Gda Carmody said the defendant's wife died in 2013 and shortly after this, the complainants reported the matter to gardai.

The court heard that the women were both aged seven when the sexual abuse began and it continued on a twice-weekly basis for a period of ten years.

The majority of the sexual abuse took place in the family home when the complainants were having baths, and in a coal shed adjacent to the property. Byrnes also sexually assaulted the girls in his car during shopping trips.

Byrnes regularly called each of the girls downstairs under the pretext of getting a glass of water for his wife and would assault them in the kitchen while their mother and siblings slept upstairs, the court heard.

Mark Nicholas SC told Mr Justice Paul McDermott that his client maintains his innocence.

ROUNDUP

70 souls remembered

KILTINANLEA Church in Clonlara will hold a service in memory of the 70 locals who lost their lives in World War I, on Saturday, November 17.

To celebrate the 100-year anniversary of the end of the Great War, the church will accept artefacts from that era at 2pm, followed by the remembrance event at 4pm. All are welcome to attend.

Leger final at dog track

Saturday night sees the final of the Irish St Leger at Limerick Greyhound Stadium. The race final is the biggest night of the year in Limerick, along with the annual Con and Annie Kirby Memorial Stake. The Limerick-owned Clonbrien Prince, pictured, is one of the favourites for the first prize of €25,000.



55 patients on trolleys

ACCORDING to figures published by the Irish Nurses and Midwives Organisation on Tuesday morning, University Hospital Limerick had the worst rate of overcrowding in the country. There were 55 patients being treated on emergency department trolleys and on additional trolleys or beds in the wards at the hospital in Dooradoyle.

Turas Nua on the rise

TURAS Nua has announced it is increasing its efforts to work with more city employers and are targeting an additional 500 businesses and organisations over the course of the coming year. This is on top of the 1,498 employers there are already working with in the county. They are now placing 1,000 people in jobs monthly.

Moran honoured

Well known Limerick business man Tom Moran was recently recognised by the South Dublin Chamber of Commerce.

Mr Moran of the Red Cow Moran Hotel was honoured to accept the award of Business Person of the



Year 2018 at the Chambers' Annual Business Awards held on Friday.



Lions table quiz

Limerick Lions Club are hosting a table quiz in aid of Limerick Suicide Watch on Wednesday, November 7, at

8pm in Na Piarsaigh GAA Club, Caherdavin. Team of 4 cost €40 with plenty spot prizes.

Book Fair returns

THIS Saturday, November 3, will see the return of the Limerick Books and Collectables Fair at Chez Le Fab cafe.

The fifth annual fair will include dealers from across Munster, with a range of books, postcards, posters and more on offer. The event will run from 9:30am to 6pm at the cafe at Arthur's Quay Park. Further details from 085 7323512.



Christmas PARTY NIGHTS

Enjoy a warming drinks reception at 7.30pm. Meghann Scully of Spin South West will MC, with games and spot prizes throughout your 4 course meal. Enjoy live music after dinner with a mix from years gone by and current favourites, followed by DJ and late bar, along with a midnight snack.

December 7th & ~~10th~~ ^{SOLD OUT!} The Elastic Band,
December 8th Escapade and December 15th Traffic

ALL FOR JUST €45 PER PERSON

Make a night of it and treat yourself to B&B that night from €40 p.p.s.

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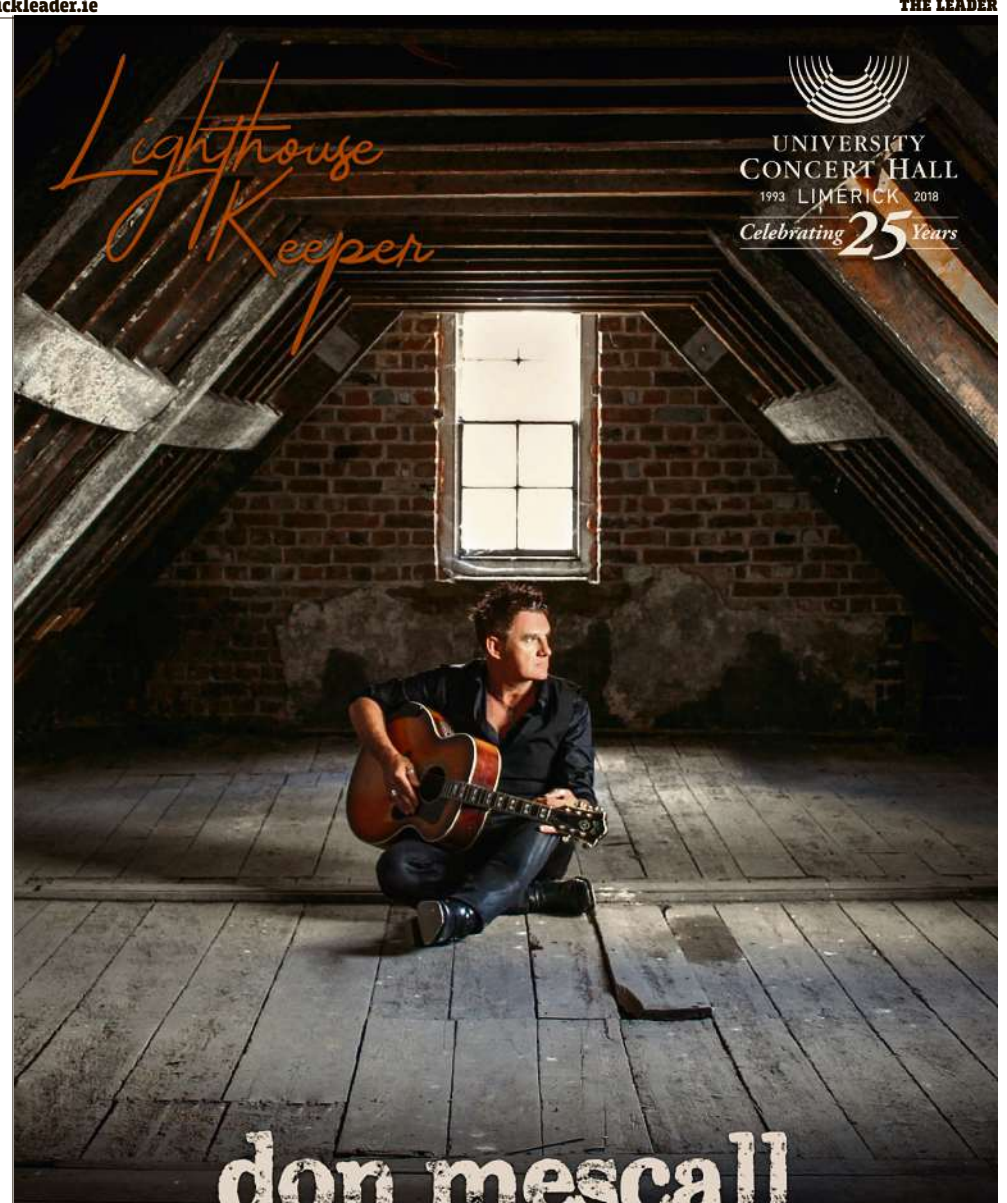
MAGICAL CHRISTMAS



A MAGICAL CHRISTMAS VISIT TO SANTA CLAUS

ALONG WITH PUPPET SHOWS, TODDLER BALL PARK AND GER'S MOBILE FARM ANIMALS. MEET MRS CLAUS AND HAVE FUN IN SANTA'S LITTLE HELPERS WORKSHOP. FOLLOW THE FUN CLUE TRAIL AS YOU ENCOUNTER FESTIVE CHARACTERS ALONG THE WAY.

DECEMBER
1ST, 2ND, 8TH, 9TH, 16TH,
20TH, 21ST, 22ND, 23RD.



UNIVERSITY
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University Concert Hall, Limerick

TUESDAY 6TH NOVEMBER 2018, 8:00PM

A very special Evening with Limerick born award winning internationally acclaimed songwriter/singer Don Mescall and special guests:

Christy Dignam, Sharon Corr, Brian Kennedy, Eleanor Shanley, Paul Brady, Na Fianna, Shay Healy, Desiree Manders, Saint Mary's School Choir, Stella Parton, The Mount Sion Choir & Lisa McHugh...

with more to be announced, performing songs from his new long awaited album **"Lighthouse Keeper"** and more.

Tickets: €30 (+Booking Fee)
Booking: 061 331549 / www.uch.ie

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



Our first stray this week is a handsome boy named Bob.

Bob is about three years old and is very friendly towards people and other dogs.

Visit Bob in the sanctuary from 12 noon to 3pm every day except on bank holidays. For more information on our dogs please phone 0876371044.

Up next, we have an adorable cat named Jacob. Jacob is only a couple of months old and is quiet shy at first but is very gentle and friendly when comfortable with you.

For more information on Jacob, and all other cats of our sanctuary please phone our cat unit on 087-2295669.



Here we have Billy. Billy is a four year old Jack Russell Terrier.

He is friendly and playful. He is good on the lead and gets on well with other dogs.

To visit Billy, our sanctuary is open from 12 noon to 3pm every day except on bank holidays. For more information on our dogs please phone 087-6371044

Full recovery

Finally we have a playful black and white cat named Gin. He is very lovable and good with everyone. He came to LAW with a broken leg and now that he is healed, he is ready for his very own home. For more information on our cats, please phone the cat unit on 087-2295669 or visit the sanctuary between 12 noon to 3pm.



Anna Amy and Megan Kinsella, Corbally at the Monsters, Misfits and Mayhem event in Bunratty Castle and Folk Park

PICTURE: TRUE MEDIA

Halloween fun continues at the castle

SHANNON Heritage has been celebrating the season of Samhain with a range of activities at Bunratty and King John's Castle.

Pumpkin decorating and a monsters and misfits parade took centre stage at the venue over the weekend, with the 'mad scientists' set to take over at the city castle for the

rest of the week.

Planet Science brings awareness of different science topics to children including the awesome world of chemistry for kids between 6-13.

There will be a fun 'messy' range of experiments and three types of slime; children will be wowed by the amazing world of polymers. Children

will also appreciate acid base reactions by learning more about fizz inflators, Coke Geysers, Foamy fountains and exploding lunch bags!

Children can come dressed in their Halloween costumes.

The fun continues until Friday from 10am, 11.30am, 1pm and 2.30pm.

Samhain festival lights up city skies

Halloween: City busy as October festival is a roaring success

NICK RABBITS
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THERE was spook-tacular fun at the weekend in the city, with hundreds joining in the Halloween celebrations.

As night fell on Limerick on Saturday night, more than 300 people gathered at City Hall for a special parade to mark the ancient festival of Samhain, which traditionally signals the beginning of winter.

It was the centre-piece of the first ever festival by the same name, with Martin Shannon of the Lumen street theatre group saying he is delighted with how it went. He also highlighted an open-water swim by night which was organised by Swimmable Limerick.

"It was immensely successful. It was really emotional to see how the parade was. All the events were very well attended, none more so than the swim. The only thing which surpassed it was the parade itself," he said.

Despite chilly temperatures, everyone was in high spirits, Martin



A parade of light in the medieval quarter of Limerick took place over the weekend, with a procession of lanterns made by the local community being launched onto the River Shannon - a way of banishing the darkness and remembering the souls of loved ones during the Halloween festivities. More pictures on pages 20-21 PICTURE: DEIRDRE POWER

added.

"We had our large Bishop's Lady ghost, and she was being chased by 200 quakers trying to capture her. We also had four or five Bishop's Ladies who were lifesized and dancing around her," the organiser told The Leader.

And in a nod to the part of the city the activities were taking place in, there was an impromptu rendition of 'There is an isle'.

Up to 100 lanterns were released into the River Shannon providing a spectacular vista on the dark October night.

The aim was to "banish the darkness and remember the souls of loved ones".

Mayor James Collins, who was out and about over the Halloween Bank Holiday weekend says it is Limerick's ambition to "own" the October

festivities.

"The bars were busy, we saw people in fancy dress having fun. There was just so much going on. There were workshops going on because of Samhain. There were screenings going on as part of the Richard Harris Festival. It was just very busy," he said.

The mayor revealed that in years to come, Limerick could be welcoming its own food festival, saying that the 'Food on the Edge' movement have visited the city. "We gave them venison stew served outside from a cauldron. We had organic stuff. They were blown away. We'd love for them to come to Limerick," he added. Martin says he hopes the festival is back "bigger and better" next year.

Traditionally, celebrated on the night of October 31, Samhain is one of the four Gaelic festivals.

Dancers and dogs do the fandango in 2019 calendar

DONAL O'REGAN

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THE DANCE Academy in Castletroy will be two charities best friends thanks to their canine calendar called The Mutt Cracker.

All the proceeds will go to Limerick Animal Welfare and Autism Assistance Dogs Ireland. Principal of The Dance Academy, Stacey Booth said the calendar was produced by students and teachers.

"It involves seven local photographers, dancers, rescue and working assistance dogs, and our aim is to raise €15,000 minimum for the two charities. The calendar includes 12 beautiful photos of dancers with dogs, and is appropriately called The Mutt Cracker. It's been a

fabulous, fun project for our school," said Stacey.

The seven photographers – Kevin Murphy, Cormac Byrne, Jody Neville, Michele King, Susan Parkes, Br Denis Hooper and Daisy Chain Photography – gave their time for free.

"Autism Assistance Dogs Ireland and Limerick Animal Welfare do incredible work so we want to raise as much as possible for them," said Stacey.

The calendar is available in Castletroy Shopping Centre, from vets in the locality and can be purchased online from The Dance Academy's Facebook page. Stacey will also have a Dance Academy stall at a special sensory harvest festival for autistic children and adults in the Milk Market this Sunday, November 4 from 11am to 4pm.



May I have this dance? Arwen Platt, Castletroy and her sheepdog appear in The Mutt Cracker calendar



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Education & Training Board

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FULL-TIME DAY COURSES

Course	Ref No	Venue	Day / Time	Dur	Start Date
Information and Communications Technology Skills	233095	Further Education and Training Centre, Raheen Campus	Monday - Thursday 8.30am - 3.45pm Friday 8.30am - 12.45pm	26	5th November 2018
Welding	220480	Further Education and Training Centre, Raheen Campus	Monday - Thursday 8.30am - 3.45pm Friday 8.30am - 12.45pm	18	7th January 2019
Bookkeeping Manual and Computerised	233130	Further Education and Training Centre, Raheen Campus	Monday - Thursday 8.30am - 3.45pm Friday 8.30am - 12.45pm	11	7th January 2019
Machine Tool Operations	228888	Further Education and Training Centre, Raheen Campus	Monday - Thursday 8.30am - 3.45pm Friday 8.30am - 12.45pm	23	14th January 2019
ECDL	232883	Further Education and Training Centre, Raheen Campus	Monday - Thursday 8.30am - 3.45pm Friday 8.30am - 12.45pm	18	14th January 2019
Microsoft Office Specialist Program	232892	Further Education and Training Centre, Raheen Campus	Monday - Thursday 8.30am - 3.45pm Friday 8.30am - 12.45pm	26	14th January 2019

Courses are free-of-charge. Applicants in receipt of a Department of Employment Affairs and Social Protection payment may be eligible to receive a training allowance.

For more information: call Mary Manning on 061487997, email mary.manning@cetb.ie or, search learningandskills.ie using the course ref no above.



The city's first ever Halloween Festival took to the streets of Limerick at the weekend. A parade of light with a procession of lanterns made by the local community, launched onto the River Shannon was a way of banishing the darkness and remembering the souls of loved ones during the Halloween festivities, according to the organisers of the parade, which was the centre-piece of the three-day Samhain celebration. There was a host of other spook-tacular family friendly events

Invoking Spirit of Samhain

Samhain festival parade by Lumen Street Theatre

Pictures: Deirdre Power





Above: Conor Buckley has his hands full at the Samhain Halloween Festival, during the lantern making workshop at the Curraghour Boat Club
Right: Luca Shannon stays warm by the stove in character as Harry Potter for the Samhain Halloween Festival



Candid Comment

By SPARTACUS

● Election counts are normally a hub of activity, with nervous politicians and candidates anxiously left awaiting their fate.

They study unofficial and official tallies for signs, and try to establish to whom transfers are flying. Then of course panic ensues when no trend is set. Saturday's affair at the Limerick Racecourse, which saw local counts taking place for the Presidential Election and Constitutional Referendum was a marvellously low-key affair by comparison.

It was a case of 'blink and you'll miss them', with fleeting appearances from Senators Kieran O'Donnell and Maria Byrne. To their credit, Sinn Fein members hung around for half of the day tallying religiously, even when it became obvious their candidate Liadh Ni Riada was not going to trouble the upper echelons of the poll.

The only TD who was there all day was Jan O'Sullivan and her team of diligent party members. No surprise, really, given President Michael D Higgins is something akin to a Labour grandee.

When finally informed what we'd known all along, that the Ennis Road-born politician had topped the poll, there was a polite, rather subdued applause from Jan and co. It was a far cry from the rousing shoulder-high lift she received when she was elected following a Lazarus like comeback at Election 2016. Fear not, there will be plenty of fireworks at the local and European elections in May 2019!

● "SEVERAL home owners and farmers in County Limerick will see bulldozers cross their lands over the coming years with the announcement this Wednesday that a preferred route for the Limerick to Cork motorway has been chosen. The red route which runs west of Charleville and Croom terminating at Patrickswell is the preferred option for the main artery of the Limerick Charleville

stretch of the 90km motorway. But it comes at a cost. Buildings look set to be demolished and farms dissected to make way for the new motorway, the first phase of which – subject to funding and statutory approval – could be under construction in late 2010 or early 2011 and be completed by 2015."

Tomorrow's news today? Rather an extract from a front page story in our sister paper the Limerick Leader exactly 10 years ago. The more things change the more they stay the same!

● Taoiseach Leo Varadkar may not be known for his powerful orations, but he's some man for speaking 'politcalese'...waffle in other words. Limerick TD Tom Neville asked our leader in the Dail what the latest was on a 60-bed block that is due to be built at UHL over the next year. For his response, you can pick up the Limerick Leader on October 10, 2016 or May 27, 2017, as you can rest assured that you missed absolutely nothing. On the issue of the 60 beds, Varadkar said he didn't have the information. He said he knew there were some "considerable improvements", namely the Leben Building (launched in 2016) and the new emergency department (launched in June 2017). Then he added that the latter had not led to an improvement in the situation, and that he will ask Minister for Health Simon Harris for information. The insight is just overwhelming.

● TD Niall Collins asked Minister for Housing and Local Government Eoghan Murphy how many safety certificates it had received in respect of funfairs in 2017 and 2016. In 2016, Limerick had 17 safety certs which plummeted to just six last year. What does this mean? Are we not fun anymore? Someone, please think of the children.

Jailed for jumping on bonnet of patrol car

DAVID HURLEY

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A GUINEAN national was sentenced to one month's imprisonment for his role in a bizarre incident during which a garda car was damaged.

Ousmane Baah, aged 29, of no fixed abode, pleaded guilty to a criminal damage charge relating to an incident which happened at O'Connell Street on December 31, 2017.

Inspector Dermot O'Connor told Limerick District Court, Mr Baah, had 'jumped' onto the bonnet of an unmarked patrol car while it was stopped at traffic lights.

The bonnet, he said, was dented and around €250 worth of damage caused to the vehicle.

The defendant, who received a three month prison earlier this month for a theft offence in Dublin, also admitted stealing a bottle of Huge Boss perfume, worth

€79, from Debenhams, O'Connell Street on February 16, last.

Solicitor Sarah Ryan said her client, who has more than 60 previous convictions, was not in a position to pay compensation given his circumstances.

Mr Baah, who has lived in Ireland for more than a decade, is well known to the gardai as he gets into difficulty when he drinks.

He has been in the direct provision system for some time and is the subject of a deportation

order, which has never been executed.

Having considered the matter, and noting the sentence that was imposed in Dublin, Judge O'Marian O'Leary imposed one month prison sentences in relation to each of the Limerick offences.

The sentences are to be served consecutively to each other and to the sentence imposed in Dublin.

She imposed a €100 in relation to his previous non-appearance in court.



Ousmane Baah pleaded guilty



Limerick Treaty Suicide Prevention is the latest iteration of the Corbett Suicide Prevention Patrol

Original suicide patrol is rebranded

Community: Treaty group carry on the spirit of Corbett

NICK RABBITTS

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THE original suicide prevention patrol along the River Shannon has relaunched – under a different name,

Due to personal issues, Louraine Corbett Tomlinson, of Corbett Suicide Prevention Patrol and latterly Corbett Suicide Prevention Limerick ended this patrol.

Prior to this, the group – founded by Louraine's brother Trevor Corbett – had patrolled the banks of the Shannon since 2011 providing support to people who may be in suicidal distress.

And their spirit lives on with Limerick Treaty Suicide Prevention, who were formed around 10 weeks ago, and have 23 members.

But Joe Mellotte, the spokesperson for the group, said they are still looking for a place to call

home

"We are working from our cars at the moment. Our biggest problem is getting a base. All we need is a place to hang up our gear three nights of the week. We are here to serve the community and help people in distress, in dark moments. There are young people who find themselves drinking too much, getting into trouble. We look after anyone who needs help," he explained.

This came about after CSPP's previous accommodation at the Potato Market was no longer available due to refurbishments.

"All we need is a small base, just where I can hang up my gear seven nights a week," he said.

The Limerick Treaty Suicide Prevention members come from across the Mid-West, as well as continental Europe, with one member from Turkey.

They are all first-aid trained, and trained in the use of defibrillators.

They patrol the river on Wednesdays and Fridays between 9pm and 1am, and also work alongside Limerick Marine Search and Rescue in the city, and Rescue 911, who are based in Shannon.

Asked why he joined, Matt Collins, Weston, said: "I am at this 12 months, and the last couple of months, it's getting more chronic than ever. The fact I can help someone, I have the time. I've had suicide in my family. I felt I didn't want anyone else getting the knock at the door we had."

The mighty River Shannon is the longest river in Britain and Ireland.

Treaty Suicide Prevention are always on the look out for volunteers – and perhaps more importantly at this stage, a base to store their equipment. If you can help, telephone 085-2337888.

'Bin It!' litter campaign kicks off with visit to local school

JESS CASEY

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THE ANNUAL 'Bin It!' campaign has taken to the streets again, in a bid to educate students on the correct way to 'bin your gum when you're done'.

The 'Bin It!' campaign includes a workshop aimed at first and second year students, as well as an education session to encourage students to dispose of gum litter, and litter in general, in a responsible manner.

Students from Coláiste Nano Nagle (pictured on the right) were among the first students in the country to take part in this year's workshops when the 'Bin It!' campaign visited their school on Sexton Street.

The campaign also forms an important part of the Gum Litter Taskforce (GLT), an education campaign seeking to encourage students to bin their chewing gum correctly. Started in 2006, the Gum Litter Taskforce includes members of the chewing gum industry, represented by Mars/Wrigley Ireland, the Department of Communications, Climate Action and Environment, Food Drink Ireland, local authority representatives and civic society.

This is the twelfth year the campaign has toured across the country, with 463 schools

visited. More than 51,100 students have taken part since the campaign first began in 2006.

Chairman of the GLT, Paul Kelly said: "The latest report of the National Litter Monitoring Pollution System has shown that the percentage of chewing gum as a proportion of litter has dropped to 8% in 2017 from 15% in 2016."

"Such a drop makes us all the more confident that our awareness raising of issues surrounding gum litter is really resonating with the public."

"Enthusiastic and active

participation amongst

our young people in initiatives

such as Bin It! is

a key driving

force behind

these positive

results and I am

delighted to see the campaign take to the road once again this year."

The 'Bin It!' workshop tour is supported www.bineducation.com, which includes games and quizzes for students, lesson plans, teachers' notes, posters and activity cards to help integrate the theme of responsible litter disposal into the curriculum.

The GLT education campaign also includes outdoor poster, TV and online advertising.

More information can also be found across www.gumlittertaskforce.ie



Cameras pay a visit to Limerick's 'hurling nursery'

JESS CASEY

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A number of Limerick's All-Ireland hurling champions have been reflecting on the influence of their alma mater as part of a new advertising campaign for a national retailer.

Cameras paid a visit to Árdscóil Rís on the North Circular Road to meet students, both past and present, from the famous 'hurling nursery'.

With 2018 marking a historic year for the Limerick hurlers, Árdscóil Rís can claim 11 All-Ireland Champion hurlers and two members of management among the school's alumni.

Big names such as Cian Lynch, Declan Hannon and Shane Dowling are just some of the alumni to come from Árdscóil Rís on the North Circular Road, and each believe their school played a part in their progression.

"I always refer back to my time in Árdscóil Rís and what they've done for me as a person"

Lynch said.

"For six years, they changed the outlook on life and drove us on."

Prior to 2010, Árdscóil Rís was deemed as more of a rugby institute, according to Árdscóil Rís coach and former Limerick hurler Liam Cronin.

"We saw an opportunity in that maybe we had Sexton Street in the '90s that were no longer the force that they were and there was no real hurling nursery as such in county Limerick," said Mr Cronin.

"In 2005, the GAA teachers in the school decided to give a real concentrated effort to raise the standard of hurling in the school."

Árdscóil Rís won the Harty Cup in 2010, having never made it to a final previously, and followed that by going from strength to strength, repeating the feat in 2011, 2014, 2016 and most recently in 2018.

For more information on Centra's #WeAreHurling campaign, see www.centra.ie.



Árdscóil Rís staff members and All Ireland Champion past-pupils at their former school on the North Circular Road PICTURE: MICHAEL COWHEY

Increase in homeless children 'shameful' failure on housing

AN INCREASE in the number of homeless children in the Mid-West is a "shameful example" of the Government's failure on housing, according to Labour TD Jan O'Sullivan.

The latest figures released by the Department of Housing show child homelessness in the Mid-West increased from 162 to 168 in the last month. "This is a scandal in a country where the economy has recovered but the government are completely unable

to get a grip on the housing crisis," Deputy O'Sullivan said. "As well as 168 children there are 354 adults and 78 families without homes in the Mid-West."

"I am calling on the Government to take action now by designating Limerick as a rent pressure zone and to take on board other proposals made by the Labour Party including: stopping evictions for reasons of sale or refurbishment of the property."



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- **Abbott Vascular | Cashel Road | Clonmel | E91 WN82 | Ireland**
- **Saturday 10 November 2018**
- **10.00am to 12.30pm**



Out&About

Graduations at Mary Immaculate College

JESS CASEY

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ALMOST 2,000 graduates from across the globe were presented with their academic degrees as annual conferrings took place at Mary Immaculate College.

The event over three days involved two College Gold Medals with guest of honour this year the Liam McCarthy Cup, as it joined the 1,903 students as they graduated from the third level institute on O'Connell Avenue.

Hockey hero Roisín Upton, who played a part in Irish sporting history as a member Ireland Women's Senior Hockey Team who took home silver in the 2018 Hockey World Cup final, was also presented with an award in honour of her achievements this year.

The Raheen woman, who is a current PME (Primary Teaching) student at MIC, was presented with an award for Outstanding Achievement along with Limerick hurling legends Cian Lynch, who graduated with a BA in Geography, and Theology and Religious Studies, and Aaron Gillane, a current MIC liberal arts student.

Lisnagry woman Kelly Ryan was awarded the College Gold Medal for achieving first place in the Education and Psychology programme.

Ms Ryan was also this year's recipient of the Duais Carlisle agus Blake Award, presented to the graduate who was awarded first place in Education, Theory and Practice, and the Bonn Vere Foster Award, presented to the graduate who was awarded first place in Teaching Practice.



Pictured at the MIC conferrings was Aaron Gillane, Fr Michael Cussens and Cian Lynch. PICTURES: PRESS 22 AND BRIAN ARTHUR

Also from Limerick, Rebecca O'Grady, from Adare, was awarded the College Gold Medal for achieving first place in the BA in Liberal Arts.

Dr Derek Mulcahy from Mungret, was also among the 12 graduates to be awarded a doctorate.

Dr Mulcahy returned to College as mature student in 2011 when he completed the Foundation Certificate for Mature Learners.

Following this, he completed a BA in History and English before successfully undertaking a PhD in History.

Congratulating the Class of 2018 president of MIC Professor Eugene Wall said: "Excellent teaching comes from the heart. It is found in the commitment, the caring, and the compassion that wells up from the inner humanity of the teacher."



Niamh Irwin, Lisnagry, was awarded the French Embassy Prize, presented by Dr Loic Guyon, Head of French Studies



Dearbhla Acheson, Lisnagry, and Aileen O'Leary, Bruff, both conferred with a Professional Master of Education (Primary Education)



Graduates from the Certificate in General Learning and Personal Development (CGLPD) programme Nikki Markham and David O'Hora



LEFT: All Ireland Winners Cian Lynch (who graduated in Arts) and Aaron Gillane with president of MIC Professor Eugene Wall at Mary Immaculate College as part of the three-day conferring ceremonies

ABOVE: President Eugene Wall with Rebecca O'Grady, from Adare, who was awarded the College Gold Medal for achieving first place in the BA in Liberal Arts

RIGHT: Patrick Hourigan, Lisnagry who was conferred with a BEd



Maria Power, Crecora conferred with a BEd at the recent Mary Immaculate College conferring ceremonies



Eimear O'Grady, Lisnagry who was conferred with Post Grad Diploma in Special Education



Dr Derek Mulcahy from Mungret, who was conferred with a doctorate award, with his supervisor Dr Maura Cronin



Making Cents

LIAM CROKE

The Must-Read Guide To Saving Money

Email: Liam@harmonics.ie Twitter: [@liam_croke](https://twitter.com/liam_croke) LinkedIn: [liamcroke](https://www.linkedin.com/in/liamcroke) Facebook: [liam.croke.96](https://www.facebook.com/liam.croke.96)

Make contact with all that dead money you've spent

Forget about The Shining, The Exorcist or The Omen. If you want to look at something that will frighten the life out of you, take out your bank statements, and look at what you have been spending your money on for the last three months.

Or, how about you and your partner, have a money séance.

You're going to take out a Ouija board and try to make contact with money that has departed your account. You want to communicate with the other side and find out where all your money has gone. It's dead money you're trying to summon, and dead money is money you have wasted buying stupid things, that may come back to haunt you.

Both your hands are on the planchette, and it begins to move. First it goes to C, and then O, and over to F and back again to F and it does the same thing with E. Your first ghost money is coffee. It begins to move again and this time it spells clothes, then lunches, then water, gym, late fees etc.

You both look at each other in disbelief, you just can't believe what the money spirits are telling you. How could they have any impact on your finances. You thought it would be your mortgage or car loan repayment, not the daily €5 you spend on coffee.

I mean when you place the cost of a coffee against a mortgage repayment of, for example €1,500, or a car repayment of €500, it pales in comparison. You might do it once a day but it's such a small expense, how could it have any impact on your bottom line?

But it can. There are small purchases we make every day unconsciously, which can add up to big money, and we

don't realise the impact they can have on our finances. We don't put too much thought into them, but unconscious spending over a period of time can add up to quite an amount.

For example, let's assume you buy a couple of coffees a day (maybe you prefer bottled water or magazines etc.) and they cost €5, over the course of a year, the amount you'll spend is €1,825.

If you get a takeaway twice a week and they cost €25, that's €2,600 gone in 12 months. And if you continued at that rate over a 10-year period, the amount of money you killed was €44,250.

Cutting back on one cup of coffee or one takeaway each week, could have a massive impact on other areas of your finances. If you applied the cost of one coffee per day as an overpayment on a €300,000 mortgage over 30 years, it would reduce the term by five years.

Cutting back on that one cup could save you 60 months of mortgage repayments which amount to c. €81,000. One less coffee would mean you could earn €32,000 less each year for five years, because your mortgage is repaid in full.

It can be hard work and won't represent a quick big win. You need to play the long game before your efforts will pay off, but they will, you just need to stay committed to them.

Small indulgences make us happy. I really like coffee and it's the one thing I wouldn't cut back on, because I get pleasure from drinking it, but there are other areas I don't enjoy, so it's easy for me to give them up and use the money towards things I enjoy, like travel. We just need to find that balancing act of spending money on things we like now

Cutting back on one cup of coffee or one takeaway each week, could have a massive impact on other areas of your finances

DID YOU KNOW?

According to Chinese folklore, if you burn fake money (joss paper) at funerals, the deceased will receive them in the afterlife. Mourners want to ensure that their ancestors are literally dead rich.

but not at the expense of our future either. They are not, mutually exclusive, the objective is to do both.

It's important to find out how much you are spending on everything and once you realise you are spending €70 on coffee or whatever, you can determine if that sounds reasonable or not.

When you analyse your monthly spending, some numbers will stand out as being too much, and others maybe not enough, but whether you decide to cut back or not, will really depend on your situation. If you carry little or no debt, and are saving at a good rate, then you can eat out every day if you want to or have as many coffees as you want, the key to what you do is based on your current situation.

I will leave you with two final points.

The first is stating the obvious - of course you can only reduce your outgoings by a certain amount each month and they can only ever fall to zero. However, your income is limitless and maybe you should focus on it as well because it can create a much bigger gap between your income and outgoings than cutting back on your expenditure.

Secondly, it's rare that money suddenly vanishes. It's usually drained away over long periods of time, in small amounts that are hardly noticeable. It may not haunt you now, but it will when you have very little savings to live off, and your scraping to get by, when you're older. Because all that money you spent in your 20's and 30's buying half-caf mochaccinos, and avocado toast, could mean you will be the very one on the other side of the counter serving them in your 60's and 70's to supplement the very small pension you have.

ASK LIAM

Our personal finance expert answers your questions ...

Q: Is it possible to get tax relief on a mortgage protection life policy?

A: No, but you can get tax relief on a life policy known as Pension Term Assurance, provided you satisfy certain conditions two of which are:

You are self-employed, You are in non-pensionable employment i.e. your employer doesn't have a group scheme or you're not a member of their current plan

Any unused tax reliefs made towards pension contributions, can be re-directed to a pension term assurance plan, and they will qualify for tax relief at your marginal rate of tax, like contributions to your pension do, provided both, when combined don't exceed Revenue limits.

For example, if you are 35, the maximum you can put into a pension is 20% of your earnings up to a limit of €115,000. If you are making pension contributions of 10%, you have 10% of unused tax relief that can be used and applied to the monthly cost of a pension term assurance plan.

If a policy costs €100 per month, and you satisfy the criteria, the cost reduces to €60 per month after tax relief. The savings over the lifetime for this type of policy can run into the thousands.

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LEADER BUSINESS

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Dell-light for firm's intern staff

Technology: Raheen workers beat 700 competitors to land top prize

NICK RABBITTS
 nick@limerickleader.ie

A TEAM of interns from Dell EMC's campus in Raheen have beaten off global competition to win a top prize.

They won GameChangers, a global innovation challenge that empowers employees to present creative solutions to real business challenges.

It's a yearly competition where local teams develop ideas in the hope of progressing to a regional and global level and the chosen finalists get the opportunity to present to executive leaders.

This year, over 700 teams participated globally across 25 locations with the winning idea coming from a group of employees at Dell in Limerick.

They developed a simple solution using 'artificial intelligence' technology to reduce customer wait times by using machine learning to predict technical issues before they even emerge.

Denis Kelly, the vice-president of global support and deployment and Limerick's site leader at Dell EMC said: "As a company that is at the forefront of digital transformation, it's fantastic that a team from Dell EMC in Limerick has won the global GameChangers



Celebration time: Connell Harte, Gavin Ryan, Dylan Cronin, Karen Quintos, executive vice president and chief customer officer, Dell EMC and Laurie O'Connor

competition. By harnessing the power of new technologies, they have developed a innovative solutions that can really enhance the customer experience."

He said he hopes the win will encourage his team to new heights.

"It's a very proud moment for them and for Dell EMC in Limerick," Mr Kelly added.

There were also awards for wordpress development firm, WP Engine based in the Engine building at Cecil Street

The Texas-headquartered firm won the staff up-skilling award at the 2018 Invest in Ireland Awards.

The awards ceremony was held in the Mansion House.

Regeneron staff give back to the community

STAFF at Raheen firm Regeneron are giving back to the local community as part of its 'Days for Doing Good' scheme.

This Thursday, they will take part in cleaning and gardening at St Gabriel's Respite Centre in Dooradoyle.

And later that day, they will take part in a baby appeal collection at Novas's McGarry House facility in Alphonsus Street, while voluntary work will also take place in the Raheen/Dooradoyle Men's Shed which is set to open in the coming months.

More than 380 of the 800 or so staff at Regeneron will take part in the voluntary activities.

Niall O'Leary, the site head and vice-president at Regeneron, said: "This is our second year of our 'Days for Doing Good' programme in Ireland and the dedicated week is a great opportunity for our employees to give back to the local community. All the projects we support have been suggested by employees who have asked colleagues to join them on



Camin Morey and Courtney Redmond of Regeneron pictured with their awards PICTURE: OISIN MCHUGH/TRUEMEDIA

working on something close to their heart."

Staff at the biopharmaceutical firm are also celebrating this week after winning on the double at the national 'Invest in Ireland' awards last week.

The firm won the overall 'Grand Prix' prize and also came out on top in the 'Excellence in Regional

Investment' category, recognising the investment the company has made in the Limerick region over the years and the contribution Limerick in turn has made to its success.

The firm's Limerick operation is its largest in Europe, while it has sister offices in Dublin employing 30 staff.

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01



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LCFE learners congratulated for their 2018 achievements

'Opportunity':

More than 600 attended the awards

JESS CASEY

jess.casey@limerickleader.ie

LEARNERS from a variety of programmes on offer at the Limerick College of Further Education joined together to celebrate their achievements at its annual graduation ceremony at the Limerick Strand Hotel.

"Today is the highlight of our academic year because it honours and celebrates your achievements," LCFE principal Pat Maunsell told graduates.

"We are all proud of the fact that you have gained your award with us and are moving on with your lives."

"We live in a fast-paced, global environment today and no doubt the future will present challenges for you as it does for us all."

"I advise you to continue your education and up-skill when required to prepare you for the many career shifts you may encounter over your working lives," he added.

"As you know well, education is a lifelong process and does not end today. There are so many opportunities today to continue your education - choose one which best suits your circumstances."

This message was reiterated by Mr George O'Callaghan, chief executive of Limerick and Clare ETB who said: "The one constant in life is change."

Guest speaker John Lonergan also spoke of the "ever changing nature of today's world", the need to remain open to new opportunities and the importance of having the confidence to seize opportunities as they arise.



Teresa Dundon, Tara Dundon and Jordan Compton at the graduations



Joan Byrne, Audrey McDermott and Willie McDermott



Susan Diaz, Applied Social Science graduate



Shannon O'Grady, Broadcast Journalism graduate



Eamonn Shine and Margaret McDonagh Broadcast Journalism Graduate



Patience Mayo, Business Administration Graduate and Michael Dzokesayi Applied Social Science Graduate



Graduates: Jamie Leahy, James Kelly, Stephen Nolan, Kevin Ehigiemen, Ronan Mangan and Aaron Curtin



Gabor Kiss, Kaisztimm Kiee, Legal Administration Graduate with family

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Recruitment

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54 O'Connell Street,
Limerick

Email: advertising@
limerickleader.ie

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Call: 061 214531/545/ 500



The Irish Blood Transfusion Service is currently recruiting two RGNs to join its Limerick Mobile Team. This team collect blood throughout the mid west Region. The position are 1 permanent, part time role with the hours of work averaging 117 - 134 hours per month and 1 temporary part time averaging 92 -108 hours per month

ESSENTIAL CRITERIA

- Be registered with NMBI in the General Division
- Have your name maintained in the Live Register of the NMBI
- Provide Evidence of recent Continuous Professional Development
- Excellent Communication Skills
- Demonstrate experience of managing people
- Proficient in the use of IT Management Systems (eg. Electronic Patient Record/Management Systems/Learning Management Systems)
- Experience in change management
- Ability to work autonomously within your Scope of Practice
- Demonstrate a willingness to work flexible hours

DESIRABLE CRITERIA

- Experience in Haemovigilance/Oncology/ Haematology Nursing
- The salary scale attached to the post is the Staff Nurse salary scale **€28,483 to €44,800** (incl LSI) per annum. Entry point onto the salary scale is dependent upon relevant public sector experience

Closing date for application is Friday 2nd November at 5pm with short-listing and interviewing taking place the following week.

To apply you must complete the online application form by logging onto www.giveblood.ie/jobs

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Limerick City Community Development Project CLG.

Wish to recruit for the following position:

Project Leader

This is a full time position (35hrs) with a nine month fixed purpose contract to cover leave of absence. The Project Leader, will be responsible for co-ordinating the delivery and reporting of Limerick City CDP Actions under the Social Inclusion Community Activation Programme (SICAP) 2018-2022. They will also co-ordinate and manage the delivery of Limerick City CDPs strategic plan and the implementation of the projects Drugs Education and Prevention Strategy (DEPS).

The successful candidates for the post must have:

- A minimum of 3 years project management experience in the community sector.
- A relevant 3rd level qualification in Community/Youth Work or related field.
- Understanding of issues facing people experiencing social exclusion and disadvantage.
- Excellent interpersonal skills and ability to initiate and build strong relationships internally and with community and statutory stakeholders.
- A clear commitment to community development principles and practice.

For an Application Form and Job Description email: manager@limerickcitycdp.ie / Ph 061 328690.

Return completed forms with a cover letter to:

The Chairperson, Recruitment Panel c/o St Munchin's Community Centre, Kileely Court, Kileely, Limerick **Or email:** manager@limerickcitycdp.ie

Closing Date for receipt of applications is Friday 2nd November 2018 @12pm

Short listing will apply. Interviews will take place on the following week.

Limerick City Community Development Project CLG is an equal opportunities employer.

The funding for this position is 100% from the Department of Rural and Community Development under the Social Inclusion Community Activation Programme (SICAP) 2018-2022.



The Social Inclusion and Community Activation Programme (SICAP) 2018-2022 is funded by the Irish Government through the Department of Rural and Community Development and co-funded by the European Social Fund under the Programme for Employability, Inclusion and Learning (PEIL) 2014-2020

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REQUIREMENTS

- The ideal candidate will need to have a Leaving Certificate with at least a C level in Ordinary Level Maths & English (O5) and/or 3rd level Diploma/Craft Certificate.
- Minimum 3 years operator experience gained in a heavy industrial/manufacturing environment.
- Experience of driving mobile equipment such as counter-balance forklift, crane, MEWP etc. gained in an industrial/manufacturing environment is highly desirable.
- Applicants must be fully PC literate, have strong safety awareness & must be available to work across different shift patterns, if required.

RESPONSIBILITIES

The Chemical Process Operator is responsible for all tasks associated with the operation of the Alumina Refinery in a safe and environmentally friendly manner including:

- Safe operation of their process area – process and equipment monitoring.
- Safe isolation of equipment for maintenance.
- Driving Mobile Equipment.
- Process sampling.
- Recording of information on computer system.

Successful employees in Aughinish have excellent communication, problem solving, analytical and leadership skills. Responsibility, accountability and teamwork are key elements of our organisation. We are a team-based organisation and successful candidates will be expected to interface with all functions in the plant. We will facilitate and support you in utilising and developing your skills, knowledge and experience.

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**Completed forms must be returned by
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Irish Local Development Network CLG

ADMINISTRATOR (PART-TIME)

Irish Local Development Network CLG (ILDN) is the representative body for the country's 49 Local Development Companies (LDCs) that deliver community and rural development and social inclusion programmes including LEADER, SICAP, Tús, Rural Social Scheme across Ireland.

ILDN seeks a part-time Administrator at its main office in Limerick City. For further information and an application form, visit www.ildn.ie

Application by form only with cover letter to manager@ildn.ie by 5pm November 8th 2018

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We are Growing!



Northside Family Resource Centre, since its establishment in 1987, has sought to respond to the needs of the local community by providing:

- structures which facilitate local people to support each other and search for ways to improve the quality of life in the area
- services in answer to the needs of families and family members
- support for those most disadvantaged and socially excluded

We are excited to announce we are growing our services resulting in recruitment of new staff. Applications are invited for the posts of:

Financial Administrator

The ideal candidate should have:

- Experience of budgeting, financial management and financial reporting with manual and software accounting and bookkeeping systems
- Experience of computerised payroll
- Experience of office management and organisational skills
- Experience and ability to deal with the public
- Experience and knowledge in computer programmes and applications
- Ability to work on own initiative as well as being part of a team

Project Worker for Older People

The ideal candidate should have:

- A qualification in community work or related field (third level an advantage)
- Experience of working with vulnerable adults in an informal setting
- Experience in outreach work
- Excellent communication, facilitation and networking skills
- IT and report writing skills
- Skills and experience in planning, implementing and evaluating projects
- Ability to work as part of a team as well as on own initiative

Early Years and Afterschool Worker

The ideal candidates should have:

- 1 year previous experience of working in a childcare, afterschool or youth work setting
- A qualification in childcare (minimum FETAC Level 5)
- Motivation and energy to work on own initiative
- Ability to work as part of a team

Early Years Team Leader

The ideal candidate should have:

- At least 3 years' experience of working in a similar role
- Experience in supervising staff
- QQI Level 7 minimum an advantage
- A thorough knowledge of Regulations and Standards

For receipt of the recruitment pack please contact:
Northside Family Resource Centre

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This Project is an Equal Opportunities Employer.



Anne Staunton, Galbally, Peter Clohessy and Anna Gibson-Steele, Murroe and Anne O'Reilly, Knocklong at the sixth annual Richard Harris International Film Festival awards night in the Millennium Theatre, LIT

Out & About

THE RICHARD HARRIS INTERNATIONAL FILM FESTIVAL GALA AWARDS NIGHT

Pictures: DAVE GAYNOR



Linda H. Prendiville, Punch's Cross and Caatje Van Leeuwen, Amsterdam



Judy Fitzgerald, Raheen and Bash Hassan, Castletroy



Entertainer Nicola Moran on the red carpet at the festival



Laura Ryan, Fedamore, Emma Langford, Caherdavin and Deirdre Carey, Portlaoise at the event



Ronan Cassidy, Raheen, Nigel Mercier, Mungret, Cashel Horgan and Lin Hong, Kildare



Caitriona Kenny, Clarina, Ursula Furlong, Clancy Strand and Bill O'Reilly, Pennsylvania



LEFT: Festival director Zeb Moore, Muireann Dennehy, London, Eileen and Mayor James Collins, Sylvia Moore, creative director and Rob Gill, chair, at the sixth Richard Harris International Film Festival awards night in the Millennium Theatre, LIT
 PICTURE BY DAVE GAYNOR

ABOVE: Sinead Maria Ní Mhurchú, Dublin, Sean Cronin, London and Cristina Ryan, Dublin

RIGHT: Mayor James Collins with Simon Thompson, MR H, Nicole Moran and Will Flanagan



Bob Kelly, Hong Kong, Sharon McMeel, Dooradoyle and Ray Fennelly, Abbeyfeale



Nicky Woulfe, Mayorstone and Linda H.Prendiville, Punch's Cross, at the awards night



Chloe Ni Dhúada, Dublin and Pdraig Daly, Ballysimon Road



Roisin Curran, Birdhill and Alan Ryan, Corbally



Mayor of Limerick City and County, James Collins with the talented traditional music family Michael, Louise and Michelle Mulcahy from Abbeyfeale

Out & About

BOOK LAUNCH OF PADDY BRENNAN'S THE HISTORY OF LIMERICK MUSIC

Pictures: KEITH WISEMAN



Mick Moloney at Thomond Park. Paddy and Geraldine Brennan



Gerry Doherty and Pat Kearney enjoying the memories



Alan English, Group Editorial Director, Iconic Newspapers and author speaking at the launch



Paddy Brennan, Niall Lawlor, Geraldine Brennan, Mayor of Limerick City and County, James Collins, Audrey Lawlor, Fergal Lawlor and Lorcan Murray



Paul Tinny, Mickey Mac and Kieran Murray



Damien Patterson and Denis Allen



LEFT: The History of Limerick Music 1800 - 2018, a 556 page chronology compiled by Paddy Brennan, was launched by Castletroy-born and US-based Irish traditional music icon Mick Moloney at Thomond Park pictured here with Senator Maria Byrne and Clr Eleanora Hogan
PICTURE: KEITH WISEMAN

ABOVE: Mick Moloney at Thomond Park pictured here with Lorcan Murray

RIGHT: Michael McNamara aka Mickey Mac, Fran O'Donnell and Denis Allen



Jan O'Sullivan TD and Fergal Lawlor of the Cranberries



Mick Moloney officially launches the book



Mayor of Limerick City and County, James Collins



Emma Langford, singer songwriter performing a tribute to the late Dolores O'Riordan and the Cranberries with the Nova Quartet



Mick Moloney performs with the Mulcahy family

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



St Paul's turn up the terror for Oíche Shamhna

This week: We visit St. Paul's National School's temporary base on O'Connell Avenue to speak with spooky pupils ahead of their evening of 'trick-or-treating'.

ANTHONY GEOGHEGAN
anthony.geoghegan@limerickleader.ie

A SINISTER orchestra of giggles accompanied the merciless munching of sweets echoed inside the buildings of the old Scoil Carmel secondary school.

Resting at one of the doors of a classroom hung a terrifying skeleton, a tactic used by inhabitants to warn invaders to stay away or face the consequences.

Ignoring the skeletal

warning I entered the room, and what I witnessed reminisced the accursed Pandemonium of John Milton's epic poem: "Paradise Lost".

A spooky horde of zombies, killer-clowns, a duck and many more creatures of the night gathered in an unholy union.

Upon further investigation, it was just Ms Hayes' second-class students of St Paul's National School having their morning break.

With the presidential election in full-swing that morning, the pupils of St Paul's were more concerned about how many sweets they will receive on Wednesday night.

With face paint, a tattered school uniform and his eyes fixated on my brain; we speak to Jack the Zombie and 'Michaelstein' about their costumes.

"I'm a zombie schoolboy from the Walking Dead collection, I got it because the

Walking Dead is my favourite show," Jack explained.

"Aren't you a little too young for that show?" I quizzed like an annoying parent.

"No," Jack instantly replied; to be fair, we all watched worse things when we were young.

"My favourite parts are when the humans are killing the zombies and sometimes the zombies sometimes get to kill the humans too," Jack described.

"Are you rooting for the zombies or the humans?" I asked hesitantly.

"The zombies," the second-class pupil responded; fans of the show and comic series will agree with me that he's rooting for the winning team.

Michael, dressed as the monstrous Frankenstein on Friday, revealed that he'll be wearing a new and scarier costume on Wednesday evening.

'Michaelstein' described:

"It's a strange costume, and I need face paint for it so I'll be wearing it on Wednesday.

"If I wore it today it would've been all gone," he explained.

Tonight the creatures from St Paul's National School and every primary school in the county will stroll the sweets for their annual sacrifice of delicious treats.

Make sure your door-side bowls are filled to the brim or else a devious trick will be placed on you.



Left: Second class pupils of St Paul's National School, all in their spooky costumes. Above: Ms Hayes' second-class pupils Calum the Ninja, Flynn the Killer Clown, Eva the Gotchic Cheerleader and Emily the Vampire PICTURES: ADRIAN BUTLER

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

LAURA

"This year I'm a black cat because cats are definitely my favourite animal because they're very cute."



MATAS

"I'm a clown because they're very scary and I want to scare other people for once."



TYMON

"I'm an alien because it was the best costume that I found in the Tesco at The Crescent, not the big Tesco the small one with the clothes."



MAYA

"I'm a duck, because I really liked the hat, and ducks can be scary sometimes."



NICOLE

"I'm a Ninja, because I like Ninjas and they can fight really cool and do karate chops, and use swords."

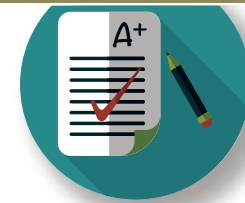


DANIEL

"This costume was my brother's last year, and because it has a cape too, and I like capes."



SCHOOLS REPORTS



EVENTS

15,390 students take part in Maths Week

MORE THAN 15,300 school children in Limerick took part in Maths Week 2018, one of the biggest events to date.

The 13th annual festival began on October 13 and featured events including the Munster Maths and Science Fair.

Maths Week co-founder Sheila Donegan said: "The success of Maths Week 2018 is a great credit to teachers and pupils around the island

who organised fantastic events in schools."

"Thanks also to the partners who presented events across the island. It is estimated that almost 2 million people have engaged with Maths Week over the past thirteen years, helping them to have a more positive attitude towards maths. We are already looking forward to next year's Maths Week in October 2019."

AWARDS



Girl Guides receive 'Trailblazer' awards

TEN teenagers from the Mid-West recently received the Irish Girl Guides highest award at a special ceremony in Croke Park.

Almost 140 Girl Guides travelled from all corners of the country with their families, to receive the the 'Trailblazer National Guide Award', the highest pinnacle of Guiding.

Each girl received a Trail Blazer gold pin from Irish Girl Guides (IGG) President Maureen Murphy and a National Guide Award certificate from IGG Assistant Chief Commissioner Áine Divilly. IGG President Maureen Murphy said: "Everyone here has the skills to make a positive contribution to her community and society going forward."

CHARITY

Pop-Up Shop to take place in November

A POP-UP shop in aid of Limerick's children charity CARI is to take place at the Parkway Shopping Centre from November 6 to 10.

The Pop-Up Shop, which will be selling clothes, toys, books, bric-a-brac and fashion accessories, is being held in conjunction with the 95fm '95 Stop Tour' for Limerick kids.

Last year, Live 95FM

listeners donated more than €84,400 during the charity fundraising tour.

All funds raised from the Pop-Up Shop will go directly to CARI, Cliona's Foundation, the Children's Ark and the Neonatal Unit in the Maternity Hospital.

More information about CARI can be found on www.cari.ie or by calling 061 582224.



Martha Hogan Thomondgate, Helen Kavanagh Corbally with Linda and Noel Bowen Garryowen



Out & About

FUNDRAISER FOR HEADWAY AND BREAST CANCER RESEARCH AT THE SPOTTED DOG

Pictures: KIERAN RYAN BENSON



Shanon O'Neill, Breda Woodland Dooradoyle and Pamela Keogh Weston



Event organiser Annemarie O'Connor with her husband Mike



Sergio Moyano Madrid, Courtney Grimes, Ballinacurra Weston and Callum Nihill Moyross



Ladbroke's staff Kevin Kiely, Ballinacurra Weston, Sarah Brennan Janesboro, Ian Wallace Woodview



LEFT: Fundraiser for Headway and Breast Cancer organised by Annemarie O'Connor at the Spotted Dog Bar; Janesboro; Limerick. I-R Sandra Ahern, Janesboro, Caroline O'Donoghue, Bloodmill rd, Noelle O'Donoghue, Bengal Terrace, Fiona Hayes Shannon Banks, Kathleen Mogan, Old Cork Rd and Breda Woodland Dooradoyle.

PHOTO BY: KIERAN RYAN-BENSON

ABOVE: Ann Madden and Paul Kiely from Careys Road

RIGHT: Donna Lynch and Josie McGrath Limerick City



Kate Mulqueen Corbally and Derek Kavanagh Raheen



John and Elaine Dunne Limerick City



Angela O'Connor Southill and Linda O'Connor Edward Street



Ladbrokes staff Annemarie O'Connor; Nicola O'Neill; Gerry Kiely; John Dunne and Giggles the Clown



Brian McNamara and Deirdre Kiernan, Castletroy



Anne and Michael Hogan, Ballyneety



Out & About

LAUNCH OF COLLEGE PLAYERS PRODUCTION OF THE NOÉL COWARD PLAY BLITHE SPIRIT

Pictures: DAVE GAYNOR



Dave and Rachel Griffin, Clonmacken and Padraic Hastings, Ardnacrusha



Jass Hastings, Ardnacrusha, Dan Mooney, Emmet Place and Gerdi McGlynn, Caherdavin



Brian Griffin, Killonan and Colm J. Cleary, Doradoyle



Rachel Griffin, Clonmacken and Jean McGlynn, director



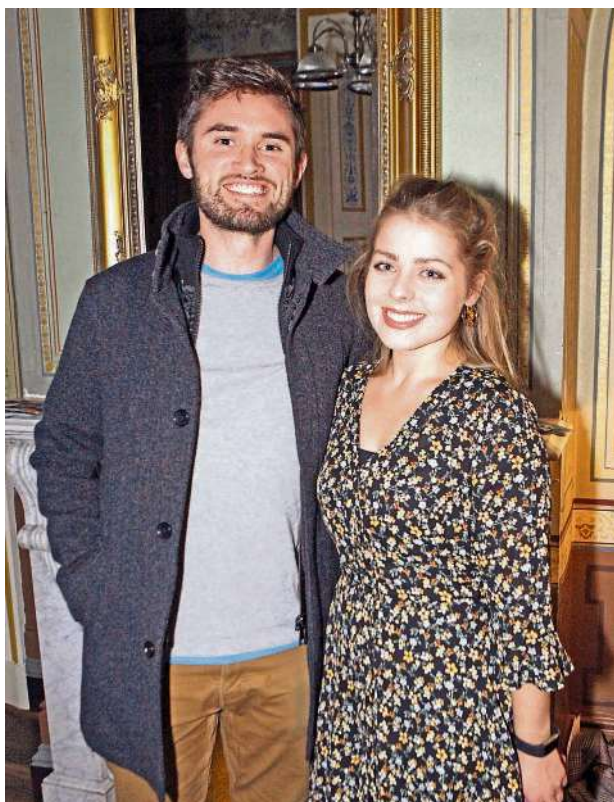
Jackie Lynch, Tait House and Mayor, James Collins



LEFT: Mayor, James Collins who launched the College Players Theatre Company's production of the Noël Coward play Bliithe Spirit in the Tait House, Southill with Dan Mooney, Emmet Place and Rachel Griffin, Clonmacken

ABOVE: Simone Dillon, Janesboro and Kelly Fitzgerald, Raheen

RIGHT: Jimmy and Berna Ryan, Ardnacrusha



James Malone, Patrickswell and Aine Hogan, Ballyneety



Tony and Deirdre Cusack, Corbally



Sharon Kiely, The Lime Tree Theatre, Gerry Lombard, Caherdavin and Gill Fenton, The Lime Tree Theatre

ENTERTAINMENT

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

Hotly tipped Limerick band make return for Dolan's gig

One of the most exciting Limerick bands to emerge from the local music scene in recent years make a return for a home city show this Saturday.

Trio Whenyoung play a gig for Seoda Shows this Saturday Upstairs at Dolan's (9pm, tickets €10) surfing a wave of well deserved hype.

The group, who met as teens in Limerick when at school in the city, are based in London where they have been working with Florence and the Machine manager Mairead Nash, plus inking a deal with major record label Virgin EMI. They are Aoife Power from Raheen, Niall Burns from Westbury and Andrew Flood from Clonlara.

Whenyoung have had something of a breakthrough year in 2018, supporting, among others, The Vaccines, and have just announced the release of new EP Given Up, the title track for which mixes gritty alt-rock edge with a shimmering chorus. Definitely ones to watch.

See www.dolans.ie.



Paddy to play gig in December

PADDY Casey is set to make a welcome return to Limerick this December.



Casey will play Upstairs at Dolan's on Saturday, December 8. He will be joined on the evening by Shannon Gospel Choir.

The venue also announced that multi-instrumentalist, composer, songwriter, storyteller and actor Finbar Furey will play in Limerick in 2019 as part of his Irish tour.

The Irish folk legend will return to Limerick to play the University Concert Hall on April 20, bookers Dolan's said.

See www.dolans.ie.

DOLANS PRESENTS

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



BOOK TICKETS FOR ALL SHOWS FROM DOLANS, DOLANS.IE & TICKETMASTER ☎ 061 314483 📱 📺 📷 📺

FEATURING THE VERY BEST IN IRISH COMEDY WITH MC KARL SPAIN & FRIENDS

COMEDY KARL NIVAL
WEDNESDAYS AT DOLANS

TOM RHODES
FRED COOKE
SEAN BEGLEY

DOLANS WAREHOUSE
WED OCTOBER 31ST 2018

Tickets: €10 + BF from dolans.ie & Ticketmaster
Doors: 7:30pm | Over 18s only | I.D. required | R.O.A.R.

ARRESTED DEVELOPMENT
PLUS PRES CRITIC DJ'S

DOLANS WAREHOUSE
TUE NOVEMBER 6TH 2018

Tickets: €23 + BF from dolans.ie & Ticketmaster
Doors: 8pm | Over 18s only | I.D. required | R.O.A.R.

DELORENTOS
TRUE SURRENDER TOUR

DOLANS WAREHOUSE
SAT NOVEMBER 3RD 2018

Tickets: €20 from dolans.ie & Ticketmaster
Doors: 8pm | Over 18s only | I.D. required | R.O.A.R.

Catherine Hayes
200TH ANNIVERSARY CONCERT
Fundraising concert for THE HUNT MUSEUM

Featuring:
Sarah Dolan, Soprano Patrick Hyland, Tenor
Colette Davis, Piano, Sinéad Hayes, Conductor
Voices of Limerick Choir & Orchestra

ST. MARY'S CATHEDRAL, LIMERICK
THURSDAY NOVEMBER 8TH 2018

DOORS: 7:30PM | SHOW: 8PM | TICKETS: €28
FUNDRAISING SUPPER AT HUNT MUSEUM FROM 6PM | TICKETS: €75 (incl. concert ticket)
TICKETS AVAILABLE FROM THE HUNT MUSEUM, DOLANS & DOLANS.IE

Wheafus

DOLANS WAREHOUSE
FRI NOVEMBER 30TH 2018

Tickets: €18 from dolans.ie & Ticketmaster
Doors: 8pm | Over 18s only | I.D. required | R.O.A.R.

SEODA SHOWS & DOLANS PRESENTS

little green cars

DOLANS WAREHOUSE
SUN DECEMBER 2ND 2018

Tickets: €18 + BF from dolans.ie & Ticketmaster
Doors: 8pm | Over 18s only | I.D. required | R.O.A.R.

DAMIEN DEMPSEY
= ACOUSTIC DUO SHOWS =

DOLANS WAREHOUSE
FRI DECEMBER 7TH 2018

Tickets: €25 from dolans.ie & Ticketmaster
Doors: 7:30pm | Over 18s only | I.D. required | R.O.A.R.

THE RIPTIDE MOVEMENT

DOLANS WAREHOUSE
SAT DECEMBER 15TH 2018

Tickets: €20 from dolans.ie & Ticketmaster
Doors: 8pm | Over 18s only | I.D. required | R.O.A.R.

BLIZZARDS

DOLANS WAREHOUSE
SAT DECEMBER 22ND 2018

Tickets: €20 from dolans.ie & Ticketmaster
Doors: 8pm | Over 18s only | I.D. required | R.O.A.R.

HERMITAGE GREEN

DOLANS WAREHOUSE
DECEMBER 30TH & 31ST 2018

Tickets: €28 + BF from dolans.ie & Ticketmaster
Doors: 8pm (Dec 30th) 9pm (Dec 31st) | Over 18s only

LAST REMAINING TICKETS!

David O'Doherty
YOU HAVE TO LAUGH

DOLANS WAREHOUSE
MARCH 8TH & 9TH 2019

Tickets: €20 from dolans.ie & Ticketmaster
Doors: 7:30pm | Over 18s only | I.D. required | R.O.A.R.

FINBAR FUREY
DON'T STOP THIS NOW

UNIVERSITY CONCERT HALL
SAT APRIL 20TH 2019

Tickets: €22 from UCH.ie, dolans.ie & Ticketmaster
Doors: 7:30pm | Over 18s only | I.D. required | R.O.A.R.

ALL SHOWS ARE OVER 18'S ONLY (UNLESS STATED OTHERWISE) | I.D. REQUIRED | R.O.A.R.



The Murder Capital are Upstairs in Dolan's on Friday

THINGS WHAT ARE ON IN LIMERICK



Hothouse Flowers play the UCH on Saturday night

PICTURE: MARCELO BIGLIA



Whenyoung play Upstairs in Dolan's on Saturday



Rhiannon Giddens headlines the Limerick Fling

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

THERE'S a feast of great music in Limerick this weekend. It is almost annoying that it isn't possible to see it all. As well as that, there's an Eoin Colfer play in the Lime Tree and the thrills and spills of American wrestling taking over the Strand Hotel for an afternoon. Plenty to keep you occupied!

Thursday (November 1)

John Shinnors will be discussing his life and work at this week's **Workplace Social in Ormston House** on Thursday at 1pm. The Limerick artist is as well-known for his views on political correctness (he's against it) as his artwork, so you can be assured of an entertaining hour. As John Shinnors is an artist who actually makes money from his art, turn up early to get a seat before the throng of LSAD students takes your spot. You're encouraged to bring your lunch or a bag of jelly beans. It's a free event.

The **Ilen Shindig** is at the **Hunt Museum** this Thursday evening. You can meet some of the crew of the 56-foot sailing ketch, as well as the people who spent almost 300,000 hours restoring the boat. They'll have sea shanties, beer and lots of storytelling. Beer and boats don't necessarily go with each other but they'll make sure that you don't sail the boat down the Shannon to start a rum-swilling life of modern-day piracy. It runs from 5.30pm till about 8pm and it's a free event. Drop in

whenever you like.

Eoin Colfer's **Holy Mary** is a play about two young girls who've been mortal enemies since they climbed out of their prams and now have to deal with each other as they prepare for their first communion. It's at the **Lime Tree Theatre** this Thursday. You can expect cutting barbs, childhood bullying and hilarious send-ups of the pomp and circumstance of catechism. Eoin Colfer is best known for his children's books about teen troublemaker Artemis Fowl but, having put that series to bed, his stage plays are marvellously funny examinations of his native country. Definitely worth catching. 8pm, tickets are €20 / €18 concession.

Over a hundred performers from five continents (take that, penguins of Antarctica!) will take part in the **Limerick Fling at the University Concert Hall** this Thursday. It's a musical celebration of the talent at UL's Irish World Academy and will feature the Academy's faculty and students doing what they do best - music, dance and song. It'll be headlined by the wonderful Grammy-winning folk and blues artist Rhiannon Giddens, with Fidget Feet Aerial Dance adding some circus pizzazz. 8pm, tickets are €20 / €15 concession.

Friday (November 2)

Transmitter/Receiver [I caught your radio waves] is a



Eoin Colfer's **Holy Mary** is at the Lime Tree Theatre

weekend exhibition of work by artist Isabella Walsh at **Lucky Lane** on Catherine Street. It opens on Friday at 7pm and runs till Monday. Free to see.

Comedy duo **Dirtbirds** are in the **Belltable** on Friday with their **Dirtbirds' Self Help Tour**. It's a two-hour comedy sketch show, highlighting the humour in being a stressed parent struggling to keep it together in the modern world. There are very few tickets left for the show, so if you want to see it you'd better get on the case rather quickly. Slow as I am to suggest shows based on gender, it's a perfect night out for a group of women who need just one sodding night away from their demanding children. 8pm, tickets are €18 / €16 concession.

It's garage punk night **Upstairs in Dolan's** this Friday at 9pm, with Dublin five-piece **The Murder Capital** doing their best to shake the foundations of the building. They'll be

supported by Pow Pig, who sound like a proto Babes In Toyland. Tickets are a ridiculously-cheap €5. Easily the best bang for your buck of any event in Limerick this weekend.

Saturday (November 3)

Hothouse Flowers play the **University Concert Hall** this Saturday night. For thirty years they've been blending rock and Irish trad, with a pinch of gospel to keep it spicy. If you're quite young, you might not remember the band but in the late 80s and early 90s they were as big as U2 in Ireland, while remaining far more personable. Their 1993 album *Songs From The Rain* is a towering achievement, so give that another listen before Saturday. They'll be supported by Limerick's own Emma Langford, who won the award for best emerging artist at the 2018 RTE Radio 1 Folk Awards last week. 8pm, tickets are €28 / €26 concession.

Alt rockers **Delorentos** are in **Dolan's Warehouse** this Friday night. It's been a year of renaissance for the Dublin quartet, with their new album *True Surrender* taking them in a more serious direction. They're still grounded in guitar-based rock though, so the crowd will be hopping on Saturday. Doors at 8pm, tickets are €20.

Indie trio **Whenyoung** play **Dolan's Upstairs** on Saturday night. Originally from Limerick but now based in London, the band has all the energy of Transvision

Vamp and the grace of the Cardigans. They're bold, they're brash and they embrace jangle rock like they invented it.

They've just returned from supporting The Vaccines in a nine-gig German tour and will be supporting Blossoms across the UK in December. It's not often that you get to see a band with as much energy and talent as they have. And you'll get to see Just Mustard and Cruiser as support acts. This is the Limerick gig that you shouldn't miss this week. Catch them while tickets are still cheap. Doors at 9pm, tickets are a tenner.

Sunday (November 4)

WWE fans are in for a treat on Sunday afternoon, as there's **American Wrestling** at the **Strand Hotel**, bringing to Limerick all the

stylings and screaming of the world's most implausible sport since synchronised swimming. It's the perfect event to attend with a 10 year old overactive child, especially if you don't care about your furniture when you get home. It starts at 3.30pm and tickets are €15 for adults and €12.50 for children. Turn up early if you want a ringside seat.

All weekend

Time Stood Still is at CB1 until November 4. The Ilen exhibition is at the Hunt Museum until November 11. **Agora** is at Ormston House till December 8. The **Maud Cotter** and **Anita Groener** exhibitions run at Limerick City Gallery until January 6. All free to visit.

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

LIME TREE THEATRE

JIMMY BUCKLEY

with Louise Morrissey and Claudia Buckley



Saturday, 3rd November | 8pm | Tickets: €27

Box Office 061 953400 | www.limetreetheatre.ie

BIG NIGHT OUT @

THE GLEN TAVERN, SMYTH'S AND THE COMMERCIAL BAR

PICTURES: DAVE GAYNOR



Emma Fitzpatrick, Hannan Moloney, Tiffany Fanning and Amy O'Donoghue at Smyth's Bar



Klaudia Filipova and Barbara Bohusova at the Glen Tavern



Grainne Conville, Cailleigh Deignan and Kirsten Browne at Smyth's Bar



Eoin Sexton and Celine Gorry at Smyth's Bar



Shane Keena and Paddy Kelly at The Commercial Bar



Kevin Johnson and Mark Higgins at The Commercial Bar



Lee Cass and Rachel Feery at Smyth's Bar



Darren Regan and Monica Byrnes at The Commercial Bar



Brendan McAdams, Ronan Bourke, Ciaran and Colm Downey at Smyth's Bar



Grace Cooney and Ian McDonnell at Smyth's Bar



Shane Bucks and Tuathla Lucey at the Commercial Bar



ABOVE: Tara Cooney, Keely Lambe and Ciara Byrne at Smyth's Bar
LEFT: Irene Swan and Louise Cantillon at The Commercial Bar

IRISH CHAMBER ORCHESTRA



Jean-Christophe Spinosi Conductor
Sharon Carty Mezzo Soprano

NIGHT AT THE OPERA

- Händel Overture from Xerxes HWV 40
- Händel Frondi tenere... Ombra mai fu from Xerxes HWV 40
- Vivaldi Sol da te from Orlando Furioso RV 728
- Mozart Notturmo Serenade KV 239
- Vivaldi Ah siale, ah spergiura from Orlando Furioso RV 728
- Biber Battaglia à 10 in D major, C. 61
- Vivaldi Agitata da due venti from Griselda
- Barber Adagio for Strings, Op. 11
- Vivaldi Sento in seno ch'in pioggia di lagrime from Tieteburga RV 737
- Vivaldi Nel profondo from Orlando Furioso RV 728

Thurs 13th December
St Mary's Cathedral,
Limerick @ 8pm
www.irishchamberorchestra.com
€25, €22, €10 students,
€5 children

"The Irish Chamber Orchestra sounds ring with vigor and freshness"
Crescendo Magazine, Belgium



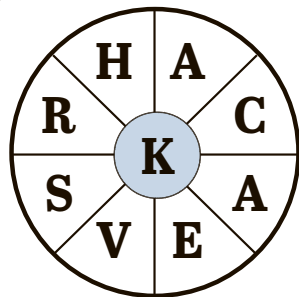
www.irishchamberorchestra.com

SUDOKU

	5	6	1			3		4
				7				6
1	2				3			
		2	4	1				8
4			3		2			1
	3			9	5	2		
			2				3	8
9				5				2
2		7			1	5		

WORDWHEEL

You have 10 mins to find as many words as possible using the letters in the wheel. Each must use the hub letter and at least 3 others. Letters may be used only once. You cannot use plurals, foreign words or proper nouns. There is at least one 9-letter word to be found.



How you rate:
 10 words, average; 15 words, good;
 20 words, very good; 25 or more,
 excellent.

DOUBLE CROSSWORD

Cryptic Clues:

Across

- Sort of chap to avoid in winter! (9)
- A sign I left on (4)
- Nice trait, but somehow puzzling (9)
- In a European it is courteous (6)
- Offspring is a girl (5)
- Woman unaffected by reversals (5)
- Head cook may make it (4)
- Investment for ploughing back? (5)
- Night without end - almost (4)
- Come to a similar conclusion (5)
- A common plant (5)
- Put down on outstanding achievement (6)
- Local date incorrectly given out (9)
- Churchman converts a Dane (4)
- With which one suffers a lack of balance (9)

Down

- A run to clinch the match (9)
- It gets into hot water before reaching you (6,3)
- Put on edge (4)
- Ornithological frolics (5)
- Gaol sounds hair raising! (4-2)
- I take round a thank-you letter (4)
- Wrong times for pieces of news (5)
- Far from pleased, I indulge in abuse (5)
- Not hard cash? (4,5)
- One kept - in suspense? (9)
- Hesitantly stated a colour and was wrong (5)
- Part of the day in which there's no glory (6)
- It may be trodden on in flight (5)
- East European not quite in bondage (4)
- A knotty problem for the ship's navigator (4)

1		2		3	4		5		6	7		
8												
				9								
10												
					11				12		13	
14									15			
					16				17			
18									20			
		21			22							
	23								24			
25												
									26			
27												

Quick Clues:

Across

- Abundance (9)
- Genuine (4)
- Subdue (9)
- Scanty (6)
- Encourage (5)
- Concise (5)
- Title (4)
- Proportion (5)
- Empty (4)
- Embrace (5)
- Instruct (5)
- Younger (6)
- Pointer (9)
- Corrode (4)
- Assertion (9)

Down

- Antiquated (9)
- Clumsy (9)
- Wander (4)
- Onward (5)
- Oral (6)
- Frank (4)
- Command (5)
- Trap (5)
- Greedy (9)
- Moderate (9)
- Happen (5)
- Leave off (6)
- Amulet (5)
- Tie (4)
- Unite (4)

CODEWORD

Codeword is the crossword puzzle with no clues. The number in each square corresponds to a letter. Work out the words in the grid using the letters provided. Fill in these known letters first, then use skill and judgement to work out the others.

	2		1		7	25	12	11	18	17	22	13
2	20	21	25			15		12		18		25
										N		
	12		12	11	18	8	15	25		23	22	7
5	18	22	19						20		15	11
21	25	9	11	15		12		11		9		20
22		12			4	11	6				25	18
12		11			23				1	25	12	8
10	17	18	14	17	19	15	25			24		
25		16		15						14	20	4
6	20	22		13	22	3	3	15	25		17	
20		17		17		17				15	17	18
12	25	15	20	14	11	9	25			5		8
1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26

LAST WEEK'S SOLUTIONS

DOUBLE CROSSWORD:

Cryptic:
 Across: 1 Fast; 3 Probable; 8 Tour; 9 Estimate; 11 Labyrinthine; 13 Treble; 14 Answer; 17 Preciousness; 20 Approval; 21 Idle; 22 Mildewed; 23 Hero.
 Down: 1 Futility; 2 Stubble; 4 Rising; 5 Brightness; 6 Brain; 7 Eyes; 10 Frolicsome; 12 Prospero; 15 Wheelie; 16 Donate; 18 Repel; 19 Maim.

Quick:

Across: 1 Pick; 3 Complain; 8 Ruin; 9 Studious; 11 Embarrassing; 13 Strive; 14 Proper; 17 Evil-speaking; 20 Attended; 21 Dare; 22 Relieved; 23 Less.
 Down: 1 Perverse; 2 Climber; 4 Outlaw; 5 Pedestrian; 6 Acorn; 7 Ness; 10 Prevalence; 12 Progress; 15 Private; 16 Sphere; 18 Vital; 19 Fair.

SUDOKU:

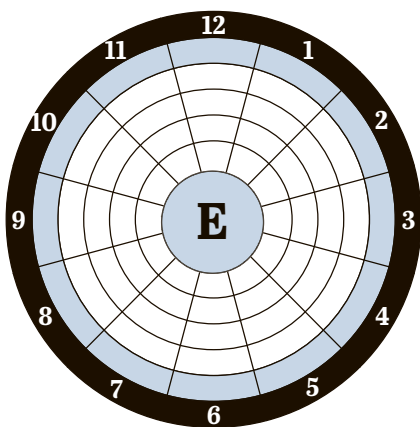
2	8	9	1	5	6	7	3	4
6	4	7	2	9	3	5	1	8
5	1	3	7	8	4	6	9	2
7	3	6	9	4	2	8	5	1
1	5	8	6	3	7	2	4	9
4	9	2	8	1	5	3	6	7
9	2	4	5	6	8	1	7	3
3	7	5	4	2	1	9	8	6
8	6	1	3	7	9	4	2	5

CODEWORD:

1=J, 2=O, 3=B, 4=E, 5=P, 6=G, 7=Z, 8=F, 9=X, 10=M, 11=V, 12=H, 13=Q, 14=W, 15=K, 16=L, 17=I, 18=Y, 19=T, 20=S, 21=N, 22=R, 23=D, 24=U, 25=A, 26=C.
WORD WHEEL:
 WESTWARDS.

CLOCKWORD

The solutions from 1 to 12 are all six-letter words ending with the letter E in the centre. Moving clockwise from 1, the letters in the outer circle will spell out the name of a US actor.



- | | |
|----------------|------------------------|
| 1. Tempt | 7. Building of worship |
| 2. Living room | 8. Mild |
| 3. Sheen | 9. Citrus fruit |
| 4. Disregard | 10. Referee |
| 5. Decorated | 11. Small |
| 6. Sweet | 12. Reserved |

NINER

Each number from 1 to 9 represents a different letter. Solve the clues and insert the letters in the appropriate squares to discover a word which uses all nine letters.

1	2	3	4	5	6	7	8	9
---	---	---	---	---	---	---	---	---

THE CLUES:

- 23852 gives a bird;
 123925 gives a mammal;
 94674 gives a reptile.

KAKURO

Fill in the white squares with the numbers 1 to 9.

Each horizontal block of squares must add up to the number in the shaded square to its left, and each vertical block must add up to the number in the shaded square above it.

No number may be used more than once in any one block.

	16	32			12	7	8							
	13				20									
	14				14					10				
					11						16	11		
	9	10							19					
	28				13						9			
	10					17				11				
					14				8					
					15				19					
					19									
					12								16	7
					8				14			8		
					4							3		
					9									
									7			15		
					8									
									10	16	17			13
					25								5	
													15	
					23									

SPLIT DECISION

Cross out one of the two letters in each divided square to reveal a completed crossword grid.

B	L	O	D	S
T	R	A	B	E
Y		O		X
U		V		J
B	A	E	G	D
L	L	R	E	E
L		T		C
Z		R		V
L	O	A	P	T
Y	E	S	S	R

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		6		3		8		

LAST WEEK'S SOLUTIONS

CLOCKWORD:

1 Brutal, 2 Reveal, 3 Israel, 4 Dismal, 5 Grovel, 6 Entail, 7 Trowel, 8 Funnel, 9 Ordeal, 10 Nickel, 11 Diesel, 12 Annual.

CELEBRITY: Bridget Fonda.

NINER:

SHRINKAGE

KAKURO:

			9	2			8	9	
	9	3	4	1	2		2	8	9
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SUDOKU:

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1	5	6	3	8	2	4	7	9
4	8	2	9	5	7	1	3	6
9	1	3	7	2	5	8	6	4
7	2	8	4	6	3	5	9	1
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SPLIT DECISION:

A	T	L	A	S
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T	E	R	S	E

LEADER LIFE

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



A Day In My Shoes

Kelly Daly

The Nail Sanctuary, Charleville

Beauty supremo nails it

What time do you get up?

My alarm goes off every morning between 6:30- 7am.

What is your normal breakfast?

A slice of toast with butter, usually ate in the car on the way to work

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

I go through phases, but nothing consistent. Never was top of my priorities but it is now. You always feel so much better when you do.

You arrive at office at what time?

I arrive to work at 8:30am

What are your first duties?

First duties when I come into work is to have everything set up

and organised so my team are organised, because if I'm all over the place, it makes their job harder.

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

One if I am lucky, I find it pointless making tea as I get interrupted every time

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

Usually its a soup from the Coffee Bean in Charleville, it so lovely and the staff in there are so nice.

Do you have many meetings during the day?

My days vary a lot, I work on the desk one day a week, three days doing nails and then I teach for myself and I teach for a Company called The Manicure

Company and I could be based anywhere in Europe at the moment.

What time do you finish up at?

Do I finish? Probably one of my worse traits. Usually, when I leave my work place, there is paper work or social media updates that I tend to, its very important for me to keep everything in order.

Do you watch much television?

Oh I am a Netflix addict, mostly on my days off

Do you read the newspapers?

I do but only online.

What do you do to relax?

I can relax when my house is clean, take my dog for a walk and an evening of Netflix.

Kelly Daly, left, celebrating the tenth birthday of the The Nail Sanctuary in Charleville with Niamh Webb O'Rourke, sales executive, Limerick Leader

Are you able to leave the office behind?

Find it hard, I have a great team, so atleast when I step out they run the show very well, but there is always something to be done.

What is a perfect work day?

When things run smoothly and I am not interrupted a million times

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

To be honest, I don't really, but only recently I did and I suppose its not just a case of one thing, isn't it always a million small things and then it just all blows. But I am a person that manages very well thank the lord. Now my husband may say different haha

INSIDE THIS WEEK



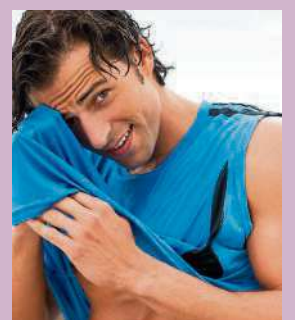
NOT JUST AN HOUR

How the hour changes affects kids
PAGE 50



WEEKDAY WONDERS

Leanne shares her favourite dinners
PAGE 52



DON'T EVEN SWEAT IT!

Patrick tackles body odor
PAGE 56



PLAN A FESTIVE BREAK

Meghann shares her top spots
PAGE 60

Daily dose of vitamins for mental health



MENTAL HEALTH MATTERS

DR EDDIE MURPHY

Clinical Psychologist

P sychological vitamins, what a strange concept! Psychologists are interested in giving life-long solutions focusing on thoughts, beliefs and behaviours, conscious and unconscious process through therapy.

So for the first time in my professional career I am going to stand up and prescribe!

Take the following psychological vitamins on your healthier journey to change. This change for you can be physical or emotional, whatever is most important to you. Let's take the example of overeating, and a desire to become physically healthier.

START WITH VITAMIN COMMITMENT

This is about making a personal commitment to yourself for a healthier future. Write down specifically what this healthier journey means to you and your loved ones. Sign the bottom of this. In effect you have written a contract to yourself and your loved ones.

VITAMIN TIME

Take Vitamin Time. When you eat, slow down! Most people eat too fast. A major learning point is "What gets measured, gets done".

So become a scientist and log how long it takes to eat your meals. Then increase this time. So if you take five minutes to eat breakfast, increase it to 10 minutes, if it takes 15 minutes to eat lunch, increase it to 25 minutes etc. Put down your fork or spoon between mouthfuls.

VITAMIN AWARENESS

This is about being present; that is, bringing your attention to what you are doing at any given time. Too often we eat in a mindless way in front of the telly, in front of our computers etc.

When we are unaware and mindless we are disconnected from the healthy messages our body gives us, i.e. "You are full". Missing these messages leads to

overeating. By taking Vitamin Awareness you are aware of your food, its smell, its temperature, the colours, enjoy being aware.

VITAMIN PLEASURE

Healthier lifestyles require pleasure, so deprivation diets are unsustainable. It's inevitable that in time we will act like a rebellious child. Too often food is singularly identified as pleasurable. List the pleasures in all aspects of your life – people, Dingle, music, movies, studying, singing, walking, swimming, dancing, gardening, talking, pets, etc. Are you getting enough pleasure in your life?

Now take Vitamin Pleasure - go on a pleasure diet. Enjoy these activities and when it comes to food don't eat anything that drains your pleasure.

VITAMIN DETERMINATION

This is about keeping going even when times get tough. Read your letter from your future self. Remind yourself that this is a new pathway in life not a sprint race. If you slip, it's OK, refocus do one simple step to put you back on your pathway.

VITAMINS HOPE & FUTURE

Vitamins F&H are powerful energisers in our journey towards health and well-being. Vitamins Hope & Future act as powerful magnets that pull us towards our healthier lifestyle.

Foster hope, imagine yourself in the future while you work, rest and play. Imagine your energy levels and the quality of your relationships. Imagine. Seize the feeling that goes with this imagining. Use this feeling to help you through those times of struggle

Other vitamins you might like to try!

Please select at least five from the list below every day. Psychological vitamins can be taken liberally!

VITAMIN A

Acceptance. Accept that change is a part of living. Accepting



Get your mental vitamin regime right as well as your physical one and you will lead a happier life

circumstances that cannot be changed can help you to focus on circumstances that you can alter.

VITAMIN B

Belief. Believe you can do it, believe you deserve it – don't let your beliefs limit you.

VITAMIN C

Care. Remember each day to do something that involves caring for yourself.

Connect. Connect with family, friends and your community.

VITAMIN D

Determination. This is about keeping going, even when times get tough. If you slip, it's okay: refocus by doing one simple step to put you back on your pathway.

VITAMIN E

Encourage. Become your own best coach – encourage and support all your efforts by building hope and confidence.

VITAMIN F

Future. Visualise your future as full of hope, courage and authenticity – a future in which you are your real self.

VITAMIN G

Gratitude. There is always something to be thankful for. Learn to practice gratitude. When you become grateful for small pleasures, your outlook changes and opportunities emerge in many areas of your life.

VITAMIN H

Humour. Laughter is the best medicine.

VITAMIN I

Integrity. Choose your thoughts and actions based on your values – and choose wisely.

VITAMIN J

Justice. Be fair to others.

VITAMIN K

Kindness. No act of kindness is wasted; as Mark Twain said, 'Kindness is a language which the dead can hear and the blind can see.'

VITAMIN L

Love. Love is patient, love is kind, love always protects, love always trusts, love never ends.

VITAMIN M

Meaning. Find meaning beyond the material world.

VITAMIN N

Nutrition. Take care of your body – it's the only place you live in

VITAMIN O

Openness. Be open and travel light. Live an open life and allow in new opportunities.

VITAMIN P

Play. Go out and play. The body heals with play and the mind heals with laughter.

VITAMIN Q

Quiet. Take time to be quiet. You will find it interesting to see what emerges.

VITAMIN R

Real. No more putting energy into false fronts. Put your energies

into being authentic, contented, grounded, happy and real.

VITAMIN S

Social. Remember we are social animals: get out there and enjoy connecting.

VITAMIN T

Time. Learn to take time out for yourself.

VITAMIN U

Unconditional. There are no measurements in the unconditional. Give freely, love freely.

VITAMIN V

Volunteer. Give and you will receive.

VITAMIN W

Wisdom. Ask yourself: what are the important things in my life? Build your answer to this question with wisdom and courage.

VITAMIN X

XXX. Sex is a great stress buster – with yourself or others!

VITAMIN Y

Yoga. Learn yoga, one of the best relaxation exercises.

VITAMIN Z

Zzzzz ... Sleep and rest are essential stress busters.

* Dr Eddie Murphy is a clinical psychologist, author and mental health expert. ONLINE CBT - STOP DEPRESSION - STOP ANXIETY - available at <https://stratushealth-care.ie/mental-wellbeing/>



The mighty Shannon on an autumn morning sunrise by Dee Reidy Vince



Irish Terrier RI surveying the new road near Tesco in Coonagh by John O'Shanahan

Readers**Pictures**

WE LOVE TO RECEIVE PHOTOGRAPHS FROM OUR READERS, SO IF YOU'D LIKE TO FEATURE ON THIS PAGE, EMAIL YOUR SNAPS TO NEWS@LIMERICKLEADER.IE WITH READERS' PICTURES IN THE SUBJECT LINE



The colour of the autumn leaves, a rainbow and the last apple on the tree taken by Sean Ryan



Another one of Dee Reidy Vince great morning shots of the Shannon

POSITIVE PARENTING



Top Tips

For supporting anxiety in children

Children express anxiety and stress in variety of ways, from behaviour changes to bed-wetting, tantrums to withdrawal.

Encourage expression

When you're child says 'I'm scared' or 'I'm worried' try not to respond with 'no you're not, you're a brave girl' etc. Let them explain their fear/anxiety and then talk it through together.

Encourage your child to face their fears

Let them know that you will be right there by their side. If it's a fear of the dark, hold their hand as they enter a dark room. If its separation anxiety, give them something small of yours (a photo, keyring etc.) to keep until you're back. They don't always need you, they just need reassurance that you're coming back.

Teach them that perfection is a myth

Whether it's colouring outside the lines or not doing too well in a game or test, always try to reiterate that everybody has strengths and weaknesses. Knowing that it's ok to not be the best at everything is a really important life lesson for children and it builds resilience for adulthood.

Show them how to take time out

An over-scheduled child can become an anxious child. Be a role model – take breaks from your work, leave your phone on silent for set periods of time and just hang out together. Down time helps the mind and body relax but children have to be taught to value that rather than seeing it as 'boring'.

To coincide with the release of Matt Haig's new book *The Truth Pixie* – a great way to encourage young children to trust in and love themselves – we have two copies to give away to Limerick Leader readers. To enter the draw, simply email your contact details to info@loveparenting.ie and put 'Truth Pixie' in the subject line.



Babies and toddlers thrive on routine. The hour change can affect their little circadian rhythms for anything up to two weeks and they need a little help with that adjustment. Since Sunday morning you'll probably find that your baby or toddler wants to go to bed at what is now an hour earlier

What 'Fall back' really means for parents

'Spring forward and fall back' is always welcome in the Autumn when that extra hour in bed for one Sunday morning is worth its weight in gold.....unless you're a parent of young children. Dawn wake-ups are barely manageable in the summer even though the light makes it feel that the day has started. Starting your day at 5.30am on dark, windy October mornings is just cruel. It's a double whammy of injustice when you don't have the luxury of making yourself a coffee for fear that the noise of the machine will wake the other (sleeping for now) child. When you're having lunch at 11am and longing to crawl into your bed by 4pm, maybe it's time to tweak bedtime routines. Babies and toddlers thrive on routine. The hour change can affect their little circadian rhythms for anything up to two

weeks and they need a little help with that adjustment. Since Sunday morning you'll probably find that your baby or toddler wants to go to bed at what is now an hour earlier. Logically then, they are waking an hour earlier. Anybody with an over-tired, over-wrought little one who wants to sleep at tea-time knows that this is dangerous territory. If they nap, they won't go down for the night until all hours and if they don't, you may both end up howling from exhaustion! This week, the easiest solution may be to stretch out bedtime by just 15 minutes a night, and do this every night for 4 or 5 nights until your baby is going to bed at their regular time. So last week, their bedtime was 7.30pm but this week they are really fussy and tired at 6.30pm. Start the bedtime routine (i.e. bath, feed, story and cuddle) at

6pm and put them down at 6.45pm. The next night, at 7pm and so on until you're back to the old time. This should be reflected in later waking times, in 10 to 15 minute increments each morning. It's hard but you'll get there! Just try not to pick them up the minute they wake. If you let them self-settle, they may drift back to sleep. If they are fussy, take them back into bed with you and explain that it's dark outside so everybody stays in bed until the sun comes up. If you start reading, singing or playing, your little one will take their cue from you and jump straight into awake mode. The above advice generally works for children up to the age of about 7 or 8. For older children, the mid-term break from school means that their routine is

probably pretty loose this week so bedtimes are a moveable feast. Try to start winding it back by Friday night, so that the first day of school isn't harder than it needs to be. As ever, encourage books over screens as a way to wind down and keep a consistent 'lights out' time. As adults, we can often have difficulty with bedtime boundaries ourselves (the curse of Netflix!) so it's really important that we help children develop good bedtime routines and general structures around their sleep. For more tips and advice on positive parenting, log on to www.loveparenting.ie or drop us a line at info@loveparenting.ie – we'd love to hear any ideas you have for articles or top tips. The best advice for parents comes from other parents.



HEALTHY LIVING

EVA HILL HAMILTON

CONTACT EVA

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Functional Medicine: helping to improve your quality of life

CHRONIC diseases are the leading cause of mortality in the world, accounting for 68% of deaths.

In response to this epidemic, there is tremendous interest in transforming health care

around the world.

Indeed, there is a paradigm shift brewing in our medical system, because it is recognised that the current symptom suppression is not a solution for chronic disease and it is way too costly for the state



Chronic diseases includes arthritis, cardiovascular disease , cancers, diabetes, obesity and oral health problems

without improving patients' quality of life. More and more medical doctors recognise this and look for a better way to treat their patients – looking for the root cause which often lie's in diet and lifestyle.

This new system is called Functional Medicine; which looks at how one can improve

the 'function' of your body, while addressing the root cause of why you are not feeling well. It is a system that uses more specific diagnostic tests and looks through the lens of nutrition, stress, sleep, relationships and lifestyle choices. It often moves away from, or minimizes prescription

medications that deplete your body rather than supporting it – hence it is often criticised by pharma-driven orthodox medicine.


Several medical doctors have chosen this path; you might be familiar with GP Dr Rangan Chatterjee (Doctor in the house), Dr Eva Osmond (Operation transformation), cardiologist Dr Aseem Malhotra or vascular surgeon Prof. Sherif Sultan – who are great advocates of this new paradigm, some of them authored excellent books just recently to help you understand that you can do much more than just suppress symptoms.

You can meet some of these global leaders; the Lifestyle and Functional Medicine Education Conference comes to the Galmont Hotel, Galway on November 3 and 4. This event is open to everyone with an

interest in health and also offers educational trainings for the healthcare practitioners – I am there stretching my brain every year!

The focus this year is on the 'Root Cause Approach to Immune Health and Brain Function' – including Celiac, thyroid disease, Inflammatory Bowel Disease (IBD), arthritis, cognitive decline, cholesterol, heart disease and more. It offers a multi-disciplinary faculty of expert clinicians and thought leaders. You can attend the 'Mini Nutrition School' to dispel any myths around gluten, food sensitivities, heart health and current health recommendations, and a panel discussion with world class experts will close the day.


For more information and ticket sales please visit www.fmcireland.com



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My favourite weekday dinners

1: HEALTHY SHEPARD'S PIE

What You Need:

2 Large Sweet Potatoes (peeled and diced)
 2 Cloves Garlic (minced)
 1/2 Onion (chopped)
 1lb Round Steak Mince
 1 Cup Frozen Vegetables
 2 Vegetable or Beef Stock Cubes
 Spinach
 Salt and Pepper
 Rapeseed Oil/ Oil of choice

What To Do:

Preheat oven to 180C
 Boil sweet potato till soft.
 Meanwhile in a pan fry up onion and garlic over a mid heat in oil of choice.
 Add mince and fry till browned.
 Add frozen vegetables and mix through for 5 mins.
 Add spinach and allow to wilt stirring in occasionally.
 Add pre-made stock and reduce temperature for 2-3 mins.
 Drain potatoes and mash with a sprinkle of salt and pepper.
 In an oven proof dish – pour meat mix in to the bottom.
 Cover in sweet potato and top with grated cheese.
 Bake for 20 mins.
 Serve and enjoy!

SPANISH OMELETTE

What You Need:

1 Onion (diced)
 2 Cloves Garlic (minced)
 1/2 Cup Chorizo (diced)
 4 Eggs
 2 Egg Whites
 1 Large Sweet Potato or 1 Cup



Spice up those cold evenings with this chilli

Baby Potatoes (Peeled and cubed)
 Himalayan Pink Salt
 Rapeseed Oil

What To Do:

Boil the sweet potato cubes in a pot with a pinch of salt.
 In a large pan fry onions and garlic in a drop of oil.
 Add chorizo and continue to cook over a medium heat.
 Strain potatoes when soft and add into pan tossing them gently for 3-5 minutes.
 Reduce heat and crack in four full eggs plus two egg white and gently cook till the underneath is solid.
 Pop the pan under a medium heat in the grill for 2-3 minutes to gently cook the top layer of egg.
 Serve straight from the pan

CHILLI

What You Need:
 Mince beef (lean) or Turkey
 Mince
 1 Onion



'Muy bien!' This Spanish omelette is sure to go down a treat at the weekend

1 Red Chilli
 2-3 Cloves Garlic
 1 tsp Paprika
 1 Tsp Cumin
 2 Tsp Oregano
 1 Tin Chopped Tomatoes
 3 Tblsn Tomato Puree
 1 Tin Red Kidney Beans
 1 Vegetable Stock cube
 Coconut oil

What To Do:

Fry your onion and garlic in

some coconut oil in a deep pan.

Add paprika, oregano, fresh chilli and cumin and stir well.
 Add mince stir until brown.
 Add tomatoes, vegetable stock and tomato puree and mix well.
 Add beans and reduce heat to allow to simmer for 20-25 minutes.

Add salt and pepper to taste and serve with quinoa, brown rice or even some fried sweet potato.
 Beware its spicy!



Healthy shepherd's pie

Healthy Recipe

The Happy Pear's Pumpkin Soup

What You Need

1 potato
 3 carrots
 1 red kuri squash (small pumpkin)
 Salt
 Bay leaves
 Olive oil
 100g red lentils
 2 litres of water
 Sage
 Thumb sized piece of ginger
 Toasted almond flakes and chili flakes to garnish

What To Do

Chop your veg into similar sized chunks so they cook at the same speed.



Add 2 tablespoons of oil to your pot and add your veg, also add 2 teaspoons of salt and 2 bay leaves.

Let them sweat for 7- 8 minutes then add 100g of red lentils and 2 litres of water.

Let this boil for 20 minutes and add 1 grated thumb sized piece of ginger and

a few chopped sage leaves.

Cook for another few minutes and then it's ready to blend.

Add some toasted flaked almonds and chili flakes to the top to give it a real kick!

See more of their amazing recipes on www.thehappypear.ie

Moore2Life

What I'm loving this week

Autumn Walks

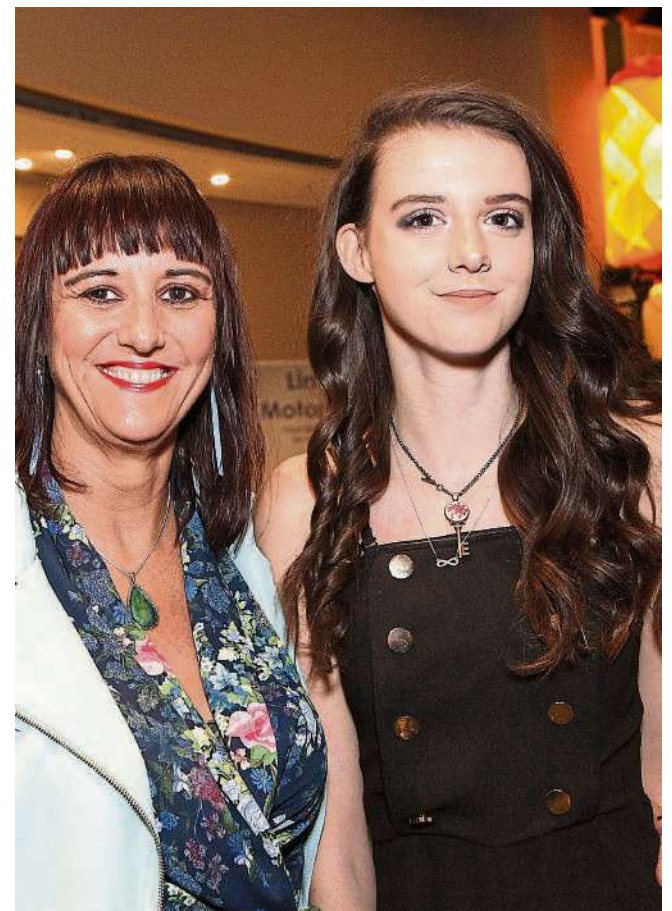
Getting outdoors in the gorgeous Autumn weather is amazingly good for the body and the mind. This week I took to the great outdoors twice, wrapped up in hats and scarves and took in the gorgeous cold Autumn fresh air whilst getting some exercise in. I really don't think there is a more beautiful time of year for taking in some outdoor activities.

Why not try it this week? Pick a day, pick a route and get involved. I chose the Clontarf Seafront walk in Dublin and the Sugarloaf Hike in Wicklow but there are plenty in and around Limerick to get stuck in to. Enjoy!





Ursula Stokes, The Ursula Stokes Agency, Martin O'Mara, director of the Limerick Motor Centre and Aonghus Gannon, the Limerick Motor Centre at the High Heels and Hot Wheels fashion show in the Pavilion, North University Court, University of Limerick in aid of the Neonathal Unit at the University Maternity Hospital, Ennis Road PICTURE BY DAVE GAYNOR



Jackie Webb and Jessica Rennicks, Castletroy



Kelsie Keogh and Colette Keogh, Edward Street

Out & About

HIGH HEELS AND HOT WHEELS FASHION SHOW

Pictures: DAVE GAYNOR



Elaine O'Riordan, Dromkeen and Tonja Farkas, Castleconnell



Fiona Crowe, Dublin Road, Marie Walsh, Ballysheedy and Rita Crowe, Castletroy View



Linda Kilroy, Gort and Bernadette McCarthy, Ennis



Sarah Gasior, Dublin Road, John O'Donnell, Dooradoyle and Maura Gaffney, Annacotty



Verena Torpey, South Circular Road, Niamh Hehir, Mungret and Tracy Donnellan, Clonlara



Martin O'Mara, director of the Limerick Motor Centre, Ursula Stokes, Ursula Stokes Agency, Professor, Roy K. Philip and Dr Shirley Abraham, HSE



STYLE & FASHION

CELIA HOLMAN LEE

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There's a wonderful festive vibe to this purple ensemble from Bella Sola in Newcastle West

Fall Into Fashion extravaganza

IT was a fashion show of incredible style and glamour, appropriately named Fall Into Fashion. Three of the top fashion stores in the country, Ela Maria, Kimono and Bella Sola all from Newcastle West showcased their amazing fashion at the show held in Longcourt House Hotel in the town last week.

There was elegance with a contemporary twist, beautifully cut dresses and coats and stunning jewellery, bags and shoes. Some of my favourite looks included a luxurious stone wool coat with mink cuff over a taupe dress from Ela Maria. Another look that really caught my eye is the fabric of the moment, velvet.

It featured in an ultra chic Marc Aurel grey velvet two-piece, from Bella Sola.

Another show stopper was a Japanese-style kimono with an amazing black, silver and rose gold velvet silk hand printed couture piece from Kimono boutique in Newcastle West.

There were so many fashionable, stylish and incredible pieces on show from the three top fashion houses in the country that you would have no difficulty in finding those special winter pieces that you are looking for.



Burgundy is a really rich colour and this ensemble from Bella Sola is perfect for this time of year

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Here's a beautiful belted waist emerald green dress from Ela Maria in Newcastle West

CELIA SPOTTED

Looking good out and about in Limerick

Name: Sarah Howard
Occupation: Patrickswell
From: Aer Lingus crew member

I like shopping in Brown Thomas, Zara and Topshop. I really like the variety of styles they have there and they're really affordable as well. I'd say my favourite model would be Gigi Hadid, I think her casual clothes are fabulous and she seems like a really nice person from her social media profiles.

CELIA SAYS

Top from Zara: When you think of winter style the jumper may not be the first thing to enter your head but it shouldn't be dismissed so fast. It definitely is the time of year for cute knits and there are so many ways to work it. A belt around a jumper always adds something extra or alternatively why not tuck the jumper into your trousers for a more relaxed look.

Trousers from Zara: Leather-effect trousers can breathe a new lease of life into any outfit. While fashion fads come and go I've yet to see leather trousers fall by the wayside.

Belt by Gucci: The Gucci belt has become a bit of a fashion statement of late with celebs the world over adding it to their attire.

Shoes from Office: I adore these flats from Office. While it can be tricky to get flat shoes which are stylish these tick all the right boxes, and are no doubt extremely comfortable as well.

Shades by Ray-Ban: We may have stepped into winter but that doesn't mean the sun won't be rearing its lovely head. Sarah's shades are perfect for this time of year

Bag from Koch: I think you'll agree that Sarah's entire look is perfectly put together right down to this stunning bag from Koch.



Look out for Celia's 'My Week' column in the Limerick Leader every Thursday

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Don't sweat it, you can beat B.O. issue

An old work colleague of mine recently sought my counsel for some on advice on a problem his oldest son was having.

The issue was excessive sweating. My advice at the time, based on my own personal experience, was to trim his body hair. Years ago when I worked in the bank I would only ever wear white shirts to work due to my fear of being embarrassed by the little puddles of water that would form around my armpits whenever the pressure was on. Shaving my pits worked for me but I promised to do a little bit of research on the subject and report back with something a little more in-depth than "tell him to trim his pits".

Sweat is inevitable. Regardless of how stoic one might be when faced with adversity, we all sweat. Not only is sweat inevitable, but it's also quite useful. Sweating is the body's built-in heat-regulation system. As the mercury rises, your heart rate increases, so your body cools itself down by pumping out water. If you didn't sweat, you'd probably die! But fear not –

reducing your sweat to a more comfortable level isn't a death sentence and frankly, if your sweat levels are causing embarrassment then it's essential to know how to stem the tide.

Given that the issue I was asked to look into was volume, the majority of these tips are related to that. However, if odour is the issue, things like your diet or your microbiome (the genetic makeup of your body's bacteria) could be causing the issue. The glands in your body secrete a substance, which bacteria then break down resulting in the pong. Specialist antiperspirants will help, as will a cleaner diet but I'll cover both of these in more depth later in this article.

DRESS APPROPRIATELY

Not exactly an expert tip but as we should all be aware, hot weather can lead to increased sweating which can lead to a number of skin care problems. If sweat is trapped against fabric you can develop issues with body acne or folliculitis. So the starting point in the war on perspiration is your wardrobe. Switch up your fabrics

and try using a thin cotton vest to keep the sweat off your skin. A sweat-wicking base layer might be a more stylish alternative to the vest but it will also cost you a lot more.

CUT DOWN ON THE COFFEE

We all know someone who claims that they can't function without coffee, but if that person also finds themselves inexplicably sweating a lot then chances are it's something to do with their biochemistry. Simply put, caffeine sets your nervous system to beast mode. Your body thinks it's under threat and you sweat more as a result. One cup in the morning won't do any harm but any more than that is potentially opening the floodgates (literally).

DON'T SPICE THINGS UP

While we're on the subject of things you put in your mouth (easy now), try to eat less spicy foods. The compound in chillies that gives them their kick has a very similar effect to that of caffeine but also ups your metabolism. Which is why you might find yourself drenched in sweat while eating a particularly potent curry. If you can't give up



Sweat is inevitable, essential even, but if there is too much of it, there are steps you can take to stem the tide and guard against the odour

your beloved takeaways then opt for a curry high in coconut or regular cream, which will reduce the effect of the chillies.

GREASE IS NOT THE WORD

Certain hair products, waxes in particular, can cause sweat and the development of acne on the forehead, especially if the hair rubs at this site. So if you're still rocking the Dax Wax then bin it and upgrade to a light cream or styling clay, or powder. Also, try to use a less greasy moisturiser during the warmer months because as I've said many times before, it's important to switch up your skincare based on the weather.

BO HAS TO GO

If your work colleagues run to the other end of the office to escape the stench of your armpits whenever you try to talk to them, then you either need to start your own business or sort out your BO problem. First, get rid of any cream-based antiperspirants you have as these can clog up your glands and make the problem worse. Next, pick up an aluminium-free deodorant which

not only lets your pits breathe but your co-workers too. If you need something a little stronger then keep an eye out for Driclor which is specifically formulated to combat excessive sweating.

TRIM IT TO WIN IT

Simply put, if you have a lot of body hair and a serious problem with sweat, then get manscaping. Pay particular attention to your armpits and your nether regions. Double down by applying talcum powder to the shaven havens afterwards.

THE NEXT LEVEL

If all this sounds like simplistic or you've already tried these tips and your excessive perspiration persists, then there are more extreme options. Botox can be used in the armpits and other areas that are prone to excessive sweating to stem hyperhidrosis. It's relatively inexpensive but you'll need to top it up every few months. A more permanent fix would be laser treatment. This stops you from secreting so much grease. It's worth considering if you've got a particularly perspiration problem.

Look of the Week Sexton for Men and Gatsby For Men

My look of the week is from Sexton for Men on Thomas St and Gatsby for Men in Newcastle West.

Here, I'm wearing a Scotland Blue navy blazer with winter zip-up inset, a Marnelli Italian printed shirt, Bugatti washed grey slim fit jeans and Bugatti winter red biker boots.

Scotland Blue, Marnelli and a Bugatti are just a few of the amazing brands that Sexton's and Gatsby have in store so pop into the lads and check them out along with all the other amazing brands on offer.

Photo by Paudie Bourke.



Wash This Space Foam party for your skin

Optimised for the specific needs of men's skin, Shiseido Men Cleansing Foam gently and effectively purifies your skin to leave it feeling exceptionally fresh, not tight or dry. The dual-purpose wash can be doubled up as a rich shaving foam; simply use a more generous amount to promote a smooth razor glide. The Shiseido for Men Cleansing Foam is formulated with the Damage Defense Complex, which helps skin at the cellular level to help it function at its best whilst resisting signs of ageing. After use, your complexion looks and feels vital, toned and clarified. Massage onto wet skin to produce a rich lather, and then

rinse thoroughly. When used as a shaving aid, apply a little more and shave in the direction of hair growth. To use the foam. First, wet your hands and face. Then squeeze a small amount of cleanser into the palm of the hand and work up a rich lather using a small amount of water. Apply this to your face with circular motions. Rinse thoroughly after use. When using it as a shaving foam, begin with a more generous amount of cleanser to promote smoother razor glide. Shave in the direction of hair growth and again, rinse thoroughly. Overall I was very pleased with the Shiseido Men Cleansing Foam and my skin felt brighter, clearer and more comfortable after use.





The children enjoying the Halloween Party at the Parkway Shopping Centre at the weekend

CELEBRATING HALLOWEEN AT THE PARKWAY SHOPPING CENTRE

Pictures: BRENDAN GLEESON



Stacey and Sophie Kiely, Corbally



Jackie and Chris English, Newport with Jean McElligott



Brooke and Leanne Dore, Rhebogoe



Lucy, Milly and Will McElligott enjoying the party



Caoimhe and Skye Gallagher, Garryowen



Amelia Daniela with Miella and Yesha Legaspi, Limerick City



Zara, Sophia, Margeret and Eugene Shanahan, Rhebogoe



I ♥ LIMERICK

RICHARD LYNCH

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Line up to show solidarity with those in direct provision centres

The organisers hope to bring Irish people and those in Direct Provision together to take part in the Great Limerick Run

The Sanctuary Runners' initiative is all set to take over local parks in Limerick.

The initiative aims to enable Irish people to run in solidarity with those living in Direct Provision centres in Limerick City and County.

This would not only benefit the physical health and mental well-being of those in Direct Provision but also help raise awareness about the Direct Provision system and help forge a friendship through positive action.

The Sanctuary Runners will join forces with local park runners in the city and county so that members of the team can run together each Saturday morning.

The organisers hope to bring Irish people and those in Direct Provision together on the one running team so that The Limerick Sanctuary Runners are able to enter a team in next year's Great

Limerick Run.

Graham Clifford, founder of the Sanctuary Runners works as a feature writer with the Irish Times and broadcaster with RTÉ Radio 1.

He was delighted to bring the initiative to Ireland's sporting capital after establishing it in Cork.

"This is about respect, solidarity and humanity. Sport is a great equalizer and when people are running together, shoulder-to-shoulder it's then that conversation flows, smiles emerge and friendships build."

The Sanctuary Runners, a non-profit organisation run entirely by volunteers, had a team of 200 competing at this year's Cork City Marathon including 51 runners from across five different Direct Provision Centres in Cork.

Gillian Fenton, marketing manager at the Lime Tree Theatre will lead the



Members of Sanctuary Runners Limerick helped launch the initiative at Mary Immaculate College

PICTURE: CIAN REINHARDT/ILOVELIMERICK

initiative in Limerick and hopes members of the wider public will join the group.

"Often people don't know how they can help people in Direct Provision," said Jill.

"They don't know if and

how they can meet with them and show their solidarity.

"This is a simple, uplifting and positive way of making that connection and showing them how compassionate the

people of Limerick are," she said.

Sporting icons such as Sonia O'Sullivan, Derval O'Rourke, Rob Heffernan and GAA's Tomás O'Sé have all given their time to the

initiative in recent months.

Blue running tops, sponsored by companies and local authorities, will be given to every Sanctuary Runner for free. See www.sanctuaryrunners.ie.

Nominees in for Chamber awards

The shortlist has been announced for the Limerick Chamber Regional Business Awards 2018. The awards, sponsored by LIT, will be hotly contested by 21 companies across seven categories. The winners of the categories, as well as the 2018 Overall Business of the Year and the President's Award, will be announced at the Limerick Chamber President's Dinner, on Friday, November 16 in the Limerick Strand Hotel. The judges will grant the Overall Business of the Year Award to an applicant they believe submitted an outstanding application and has made significant progress in the region.

Dee Ryan, Limerick Chamber Chief Executive said, "The standard of entry was so high that this year our Independent Judging Panel, chaired

Dermot Graham, AIB, Gillian Barry, LIT, Dee Ryan, CEO Limerick Chamber, Judy Tighe, AIB, Liam Browne, vice president LIT

PICTURE: SHAUNA KENNEDY



by former Entrepreneur of the Year, Anne Heraty, deliberated for more than 12 hours on reaching their decisions. It was nail-bitingly close

for many categories with high-scoring entries narrowly missing out in a place in the final. See www.limerickchamber.ie.

Fidget Feet take off on Bingo Wings

Limerick City and County Council has been awarded €73,000 by the Arts Council to deliver a unique and ambitious intergenerational project with Fidget Feet Aerial Dance Theatre called Bingo Wings, alongside Kerry and Donegal County Councils.

Bingo Wings will see aerial and circus artists in residence in the three counties who will work with younger and older people in the community towards the creation of new performances based on the themes of bingo. The project will be evaluated through UL led by Jennifer de Brun with the intention of developing a symposium on the outcomes.

Culture and arts officer with Limerick City and County Council Sheila Deegan said, "The Bingo Wings idea belongs to Chantal McCormick, the creative director of Fidget Feet, whose grandfather was a local postman in Donegal where she grew up and he was also the local bingo caller. She recalls spending many evenings with him in the Bingo Hall and wants to honour the intergenerational connection between young people and older people and celebrate that human connection through this wonderful project."

THINGS I ♥ THIS WEEK



Laura Ryan, Limerick City Council, Orlaith Borthwick, Midwest Action Plan for Jobs with Karen Brosnahan and Holly English, Shannon Conference and Sports Bureau at Engage! in Adare

HOSPITALITY

Adare engages with event pros

Adare Manor last week welcomed 250 world leading wedding, event and business industry experts to Limerick.

Engage! the global 'Luxury Wedding and Event Business Summit', saw event professionals from around the world visit Limerick for three days full of inspiration and opportunity. Attendees had the opportunity to learn from the world's top wedding, event and business innovators. Those in attendance also had the opportunity to establish new relationships and network with industry trendsetters from around the globe.

The event was supported by many Irish stakeholders, including Fáilte Ireland, Limerick

City and County Council and Shannon Conference and Sports Bureau.

Karen Brosnahan of the Shannon Conference and Sports Bureau explained: "Engage 2018 was a wonderful event to have in Limerick and in Adare Manor. Luxury weddings are a hugely important target market for Ireland. Adare was a stunning setting and delegates enjoyed a flavour of the entire Shannon Region to encourage them to attract their clients business to Ireland.

"The economic impact of the summit alone was over half a million euros, however, the true economic impact is yet to come with hopefully lots of international destination weddings coming to Limerick!"



Bingo Wings will celebrate intergenerational connections on the theme of bingo

Muireann O'Connell hosts afternoon tea in the Dream Café in Dreamland with two of the nominees Princess Ellie & Princess Nicole as she announces details of the Dream Ball



A night of magic for children of courage

The 13th Dream Ball and National Children of Courage Awards take place in the Radisson Blu Hotel, Limerick on Saturday, November 24. The annual gala hosted by the Share A Dream Foundation is the only event of its kind in Europe and promises to be a glamorous, magical and very special evening. Muireann O'Connell, pictured above, of the Six O' Clock Show TV3 and Today FM will be one of the many celebrity supporters in

attendance with 2FMs Will Leahy providing the MC on the night. Eight very special children, who have shown unbelievable courage and determination in the face of illness, have been selected from nominations from all over Ireland. Their determination to get as much out of life as possible in spite of their illness or disability will be honoured and their dreams will come true on the night. The Dream Ball is a magical night to remember with wonderful surprises,

non-stop entertainment, fine food, great company, dancing till late and a wonderful feeling of sharing in the achievements of these inspiring children and celebrating life and our blessings.

The Share a Dream Foundation is a National Charity which receives no Government funding and relies totally on public donations. To book your ticket or table or donate go to www.shareadream.ie or call 061 2000. See www.dreamland.ie.

HEROES OF THE WEEK



Inspirational women share their experience

B.Nest – the first social enterprise incubator in Ireland recently held a public talk titled 'Activism & Advocacy as Tools to Create Social Impact' at The Hunt Museum supported by two inspirational guest speakers and significant contributors to social impact in Limerick – Linda Ledger and Marie

Richardson. Linda is the driving force behind St Munchin's Community Centre in Kileely and Marie is a social worker and educator. Both women really inspire me to make a positive social impact in my community and I applaud them both for their own individual efforts! Bravo! For more info visit

B.Nest.ie.

Pictured above are Kasia Zabinska, and Pauline Gannon, B.Nest, Linda Ledger, St Munchins Community Centre, Maria Richardson, Milford Care Centre, and Eamonn Ryan, B.Nest founder.

Picture: Cian Reinhardt



Love to all,
Richard x



MEGHANN MIX

MEGHANN SCULLY

CONTACT MEGHANN

Facebook: @meghannscully Email: meghann.scully@spinsouthwest.com



Pick'n'Mix

Happenings about town



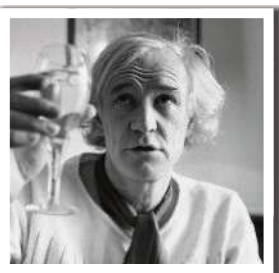
A close call against Glasgow

Munster Rugby had a great win over the weekend in the PRO14 championship beating Glasgow Warriors 25-24. They face the Cheetahs in South Africa on Sunday, November 4. Before taking a few weeks breaks during the Autumn Internationals.



Mundy in the UCH next week

Mundy is coming to Limerick. The July singer will play University Concert Hall on November 8. The County Offaly native is sure to play a number of hits including Galway Girl on a night that is sure to entertain.



Hollywood comes to the Hunt

Limerick to Hollywood is an exhibition taking place in the Hunt Museum as part of the Richard Harris International Film Festival. It focuses on Richard Harris and Constance Smith and will include a number of stunning photographs

Start planning your festive break

As the pumpkins begin to soften and the cobwebs are swept away, it is time to turn to Christmas. While every shop has already started to hang Christmas lights and decor it is time to focus on some festive weekends away.

While it might seem early to be talking about it, flights will fill fast as many people make Christmas Market trips an annual tradition.

There is nothing more magical than Christmas markets and some European cities know how to do them right. It's a great way to get in the mood for the mince pies, hot port and mistletoe. Here are some great Christmas markets to visit on a weekend break.

LONDON

Our neighbours throw one of the greatest Christmas Markets, Winter Wonderland. It's got an ice skating rink, food stalls, decorations to buy and the classic Christmas beer tent. It's very popular in its setting of Hyde Park. Being able to fly numerous times a day from Shannon makes it ideal.

PARIS

The City of Love is also home to an expansive Christmas Market. In fact, they have more than one so you can check a few of them out. I went to the Christmas Market at Notre Dame. White tents lined the streets. There is something romantic about the French language filling the air.

BERLIN

The German City is rated the best in all of Europe. There are markets dotted all around the city. Ice rinks, a ferris wheels, toboggan rides are some of the attractions available. There is also street performers on display making it



A winter wonderland: Brussels has one of the most fab Christmas markets in Europe

extra magical.

BRUSSELS

I went to the Christmas markets in the Belgian city. Little log cabins lined many of the streets and the light displays were amazing. There is a massive tree and crib in the square in Grand Place. Belgium is famous for its beer so if you are a fan of craft beers, this place really is a must.

BUDAPEST

The Hungarian city is a very popular destination for Irish holiday goers.

The thermal baths are a huge attraction. Colourful buildings line the waterfront and for Christmas time the Vorosmarty Square is transformed into the Budapest Christmas Fair selling Hungarian goods and Christmas gifts.

BARCELONA

I feel we never really need an excuse to visit the Spanish city. It's beautiful every time of the year and it is also a place I could visit every season. It's so artistic and fascinating with the Sagrada Familia being an exceptional piece of architecture. Add in some Christmas markets alongside the food markets and you have one of the greatest weekends away.

Irish rugby

A squad of 26 players have travelled to Chicago to take on Italy in The Rugby Weekend. Six Munster players are in the squad including Tadhg Beirne, Joey Carberry, Dave Kilcoyne, Niall Scannell, Andrew Conway and Darren Sweetnam.

The game takes place on Saturday, November 3 which will be aired at 8pm Irish time. Peter O'Mahoney, CJ Stander and Keith Earls were kept at home.

The Irish Rugby team will also face Argentina, New Zealand and USA later in the month as part of the Autumn Internationals.



Joe Schmidt and the boys in green travel to Chicago this Saturday to take on Italy in the first Autumn International

IN MEMORIAM



† BARRY

(23rd Anniversary)

In loving memory of Pakie Barry, late of 1 Garryglass Avenue, Ballinacurra Weston, Limerick, who died on October 26, 1995 and whose birthday occurs on the same day. Also remembering our Mam, Dad and brother Mike's at this very sad time. Rest in Peace. Mass offered.

We travel to your graveside
And picture your face so dear
In silence we stand in sorrow
For a husband we loved so dear
The flowers we place upon it
Will wither and decay
But the love we buried with you
Will never fade away
Meet us in our dreams Pakie
And talk to us once more
Ease the everlasting pain
That never goes away
We know you walk beside us
And when our lives on earth are
through
We pray that God will take our
hands
And lead us straight to you
No word of warning
No last farewell
But in our hearts you always
dwell.

From your loving wife Mary, sons, daughters, sons in law daughters in law, grandchildren and great grandchildren

No matter how we spend our days,
No matter what we do,
No morning dawns no evening falls,
Without a thought of you
The light of your love will
always be there.

Love from your loving daughter Valerie Mark and family son Raymond and family, your loving son Patrick, Elaine and family, your son Declan, daughter-in-law Hazel and family, your brothers, sisters, brothers-in-law, sisters-in-law, nieces and nephews.

No matter how we spend our days,
No matter what we do,
No morning dawns, no evening falls,
Without a thought of you.
Sadly missed by Margaret, Katie and Lexi-May

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.

*"Please God, Take this cloud of darkness away.
Shine your light upon me.
Give me the courage and strength to start to feel the joy in my life again."*



IN MEMORIAM



† KELLY

(12th Anniversary)

In loving memory of a loving husband, father and grandfather Joseph (Joe) Kelly, late of Riverdale, Corbally who died November 4, 2007. Mass offered on Saturday November 3rd at 7pm in St Nicolas Church, Westbury. Also remembering my grandnephew Dean Reddan whose anniversary occurred at this time and Joe's nephew Niall O'Dea whose birthday we remember on November 4th. Love you always.

Joe, I would love to put on paper,
The feelings in my heart,
But the sorrow is too deep today,
I don't know where to start.
Although I cannot see you,
You're with me night and day,
For you I have a special love,
Death cannot take away.
If my love could have saved you, Joe,
You never would have died;
If tears could bring you back again,
You'd be by my side.
All my life I will miss you,
As the years will come and go;
In my heart you will live forever,
Because I love you so.
Nothing can replace you, Joe,
Nothing ever will -
In life I loved you dearly,
In death I love you still.
As time goes on without you,
And days turn into years,
They hold a million memories,
And a million silent tears.
On this your anniversary,
You would not want a fuss,
But just to be remembered,
And a prayer from all of us.
Your name is always spoken,
We talk about you still
You haven't been forgotten,
And you know you never will.
We know you are in Heaven,
Joe,
The only place of rest,
For you were always good to us -
The good are always blessed.
Fold your arms around him,
Lord,
Treasure him with care,
For you have in your possession,
A husband beyond compare.
From your loving wife Bridgid and family xx



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.*

IN MEMORIAM



† WALSH

(Sixth Anniversary)

In loving memory of a wife, mother and grandmother Marie Walsh, late of 181 Rock Place, Carew Park, Limerick who passed away on 29th October 2012. Masses Offered

Sweet is the sleep that ends all pain,
I would not wake you to suffer again.
God took your hand we had to part.
It eased your pain but broke my heart.
My life goes on without you,
But things are not the same.
It is hard to hide the heartache,
When someone speaks your name.
Your resting place I visit,
I place some flowers with care,
But no one knows the heartache,
As I turn and leave you there.
Always loved, never forgotten your daughter Martina, Gay, Nigel & Patrick xxxx

Our lives go on without you Mam,
But nothing is the same,
We have to hide our heartaches,
When someone speaks your name.
Sad are the hearts that love you,
Silent the tears that fall,
Living our lives without you,
Is the hardest part of all.
You did so many things for us,
Your heart was kind and true,
And when we needed someone,
We could always count on you.
The special years will not return,
When we were all together,
But the love within our hearts,
You will walk with us forever
Sadly missed, never forgotten, your son John, daughter-in-law Carol, Chloe, Shane and Leah xxxx

A beautiful nature,
A heart of gold,
Your loss to us can never be told,
We hold our tears,
When we speak your name,
But the ache on our hearts,
Will always remain,
No words we write will ever say,
How much we miss you day by day,
Simple words but very true,
We will always love and remember you.
Gentle Jesus give a kiss to our Man whom we miss.
Sadly missed, never forgotten your son George, daughter-in-law Jean, Stephan and Olivia xxxx

If we could write a story,
It would be the greatest told,
Of a kind and loving mother,
Who had a heart of gold.
We could write a million pages,
But still it could not say,
How much we miss and love you Mam every single day.
If memories bring us closer,
We will never be far apart,
For you are with us Mam
In our thoughts and in our hearts.
You had a smile for everyone,
You had a heart of gold,
You left the sweetest memories our hearts could ever hold.
Loved always never forgotten your Grandson Jonathan & Magie xxxx

IN MEMORIAM

A beautiful nature a heart of gold,
Your loss to us can never be told,
We hold or tears when we speak your name,
But the ache in our hearts,
Will always remain.
No words we write will ever say,
How much we miss you day by day.
Simple words but very true,
We will always love,
And remember you.
You left us precious memories that make us laugh and cry,
The times we shared together,
No millionaire could buy.
No matter how life changes,
No matter what we do.
A special place within our hearts is always kept for you.
Sadly missed never forgotten your granddaughter Chantelle & Colm xxxx

A special tear fell today,
That no one else could see,
It was for a very special Nan,
who meant the world to me.
There's much in life that changes,
And much in life that's new,
But never in a million years will there be another you.
Sadly missed never forgotten by your granddaughter Stacey & great-granddaughters xxxx

It's only small but means alot,
To tell you Nana,
We have not forgot.
You live in our hearts,
And walk by our sides.
From Heaven above,
You always our guide
Sadly missed never forgotten for grandsons Dean & Jake xxxx

It was sudden parting,
Too bitter to forget.
Those who loved you deeply,
Are the ones who can't forget.
We often sit and think of you,
And think of how you died.
To think you could not say goodbye,
Before you closed your eyes.
Times changes many things,
But not the sadness this day brings never ends.
Always loved never forgotten your brother Jimmy xxxx

I never thought of losing you,
Ad maybe that's what's wrong,
You always seemed a part of me that would always carry on.
Although I sadly miss you,
I know I'm not alone,
For you are watching over me,
From a place you now call home.
Sadly missed never forgotten your granddaughter Ciara, Kevin, Tammie-lee, Kevin Jnr. xxxx

There is an open gateway
To which we all will go,
Leading to a radiant light
Where flowers bloom and grow.
We never forget you,
We won't even try -
We just miss you more,
As time goes by.
You have gone through this gateway
To happiness and rest
To live in God's protective arms
And be forever blessed.
Sadly missed by your son Gerard, Sylvia, Donna, Gerard, Christopher, Rebecca, Baby Jamie & Baby Lee Jay xxxx

When someone you love becomes a memory, the memory becomes a treasure.

AUTHOR UNKNOWN

Limerick's Newspaper since 1889

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YOUNG MUNSTER RFC
Next week's Jackpot stands at €10,000

The numbers drawn were:
1-13-14-21

The following lucky dip winners €40:
**Daihi O'Donoghue c/o Tom Monahan ,
Sophia Benson c/o John Purcell, John Walsh c/o John Purcell, Elaine & Elaine c/o Tom Monahan.**
Promoters Prize: Harry Brazier €40

Richmond R.F.C

Weekly Lotto Draw
Jackpot €3,500

Date 25th October 2018

Lucky Numbers 6-12-19-23

No winner

Lucky Dips: Buddy Clancy c/o Club, T O'Mahony c/o J Hinchy, Muriel Waters c/o Club, Adam Phelan c/o Club

Next draw in the Clubhouse 1st November
Next weeks Jackpot €3,600

GERALDINES A.F.C.

WEEKLY LOTTO DRAW HELD ON 29/10/18

This Week's Jackpot: €4300
No's: 5-17-18-19

Lucky Dips: Margaret Raelle c/o Susan O'Neill, Pauline Greer c/o Susan O'Neill, Geraldine Noonan c/o Laura Mulqueen
Promoters Prize Ger Fitzgerald & Martin Byrnes
Next Week's Draw held 5/11/2018
Next Week's Jackpot: €4400

PIKE ROVERS A.F.C

WEEKLY LOTTO 24/10/2018
Jackpot €700
Numbers Drawn: 4-9-7-20

LUCKY DIPS €25: Kyla McMahon c/o Club, Richie Lanoher c/o Club, Amy Hanley c/o Club, Ronan Malone c/o Club
Next Weeks Jackpot €750

CAREW PARK FC EMG

Date: Thursday Nov 8th 7.30pm to 9pm

Venue: Southill Area Centre

The Purpose of the meeting is to Discuss the current and Future situation of the Club

All Past, Present and Future Members Welcome.

FAIRVIEW RANGERS LOTTO RESULTS

22ND OCTOBER 2018

JACKPOT €9400.

NUMBERS DRAWN

11-12-17-28

No winner

Lucky Dips: Maisie Meehan c/o Tony, Elaine Nelly, Janet c/o Club, Jack c/o Tony McCarthy, Ann Fitzgerald c/o Maca, Joan Hurley c/o Andy

Next weeks jackpot €9400

Promoters Prize Brosy

PLANNING NOTICES

APPLICATION TO PLANNING AUTHORITY

Limerick City & County Council: Ambassador Centre, St. Nessian's Road, Dooradoyle, Limerick. Take notice that Pinpoint Pharmacy Ltd. are applying for full planning permission to erect a 1.0m x 1.0m double sided LED sign over an existing forecourt sign, located at the Ambassador Centre, St. Nessian's Road, Dooradoyle, Limerick.

The planning application may be inspected or purchased at a fee not exceeding the reasonable cost of making a copy, at the offices of the Planning Authority, Limerick City & County Council Offices, Dooradoyle Road, Limerick during its public opening hours and a submission or observation in relation to the application may be made to the Authority in writing on payment of the prescribed fee within the period of 5 weeks beginning on the date of receipt by the Authority of the application.

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Presentation of cheques to local charities
and The Theresa O'Shaughnessy Memorial
Person of the year Award
Gerry McCormack Hon Secretary

BREAKING NEWS

Contact **061 214500**

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Classifieds

LICENCE APPLICATIONS

AN CHUIRT DUICHE
The District Court
DISTRICT COURT AREA OF LIMERICK DISTRICT NO. 13
LICENSING (IRELAND) ACT 1833
SECTION 6
INTOXICATING LIQUOR ACT 1960
SECTION 29

NOTICE OF APPLICATION FOR CERTIFICATE OF TRANSFER OF LICENCE

Applicant: Doon Hospitality Limited

TAKE NOTICE that Doon Hospitality Limited having its registered office at Bawntard North, Kilmallock, in the County of Limerick intends to apply to the Annual Licensing Court to be held at the District Court at Mulgrave Street in the City of Limerick on the 13th December 2018 at 10.30 a.m. o'clock in the forenoon for the TRANSFER to the applicant of the Publican's Licence (7 day ordinary) attached to the premises known as The Crystal Bar, Main Street, Doon, in the County of Limerick in the Court Area and District aforesaid which licence is presently in the name of Michael Buckley.
Dated the 28th day of October 2018

Signed: Keating Connolly Sellors
Solicitors for the Applicant,
6/7 Glentworth Street, Limerick
To: The Superintendent of An Garda Siochana,
Henry Street, Limerick
To: District Court Clerk,
The Licensing Office
The Courthouse
Mulgrave Street, Limerick
To: The Chief Fire Officer
County Hall
Dooradoyle, Limerick

PUBLIC NOTICES

Record No. 2016 No. 01461
AN CHUIRT CHUARDA
THE CIRCUIT COURT
SOUTH WESTERN CIRCUIT
COUNTY OF LIMERICK
BETWEEN:
MELITA COLLINS PLAINTIFF

-AND-
MOTOR INSURERS BUREAU OF IRELAND AND THOMAS KEENAN DEFENDANTS
NOTICE OF MOTION

TAKE NOTICE that on the 3rd day of December 2018 at the hour of 10.30 o'clock in the forenoon, or as soon thereafter as Counsel may be heard, Counsel on behalf of the Plaintiff will apply to this Honourable Court, sitting at the Court House, Merchant's Quay, Limerick for the following Orders:

- 1) An Order pursuant to Order 27 of the Circuit Court Rules granting the Plaintiff Judgement against the Second Named Defendant in Default of Appearance, as endorsed in the Civil Bill as the Court shall consider the Plaintiff to be entitled;
- 2) An Order setting the action herein down for trial by a Judge to assess damages;
- 3) A further Order providing for the costs of and incidental to this application;
- 4) Further and/or other relief;
- 5) Liberty to apply.

WHICH SAID APPLICATION will be grounded upon the within Notice of Motion, the Affidavit of Olivia Hanley, Solicitor, the submissions of Counsel, the nature of the case and the reasons to be offered.
Dated the 25th day of October 2018

Signed
O'Neill & Co. Solicitors
O'Neill & Company
Solicitors for the Plaintiff
25 Glentworth Street, Limerick
To: Thomas Keenan
And To: The County Registrar
The Court House
Merchant's Quay, Limerick

Record No. 2016/01461
AN CHUIRT CHUARDA
THE CIRCUIT COURT
SOUTH WESTERN CIRCUIT
COUNTY OF LIMERICK
BEFORE COUNTY REGISTRAR
PATRICK WALLACE
THE 20TH DAY OF March 2017
BETWEEN:
MELITA COLLINS PLAINTIFF

-AND-
MOTOR INSURERS BUREAU OF IRELAND AND THOMAS KEENAN DEFENDANTS

Upon Application ex parte before the Court this day on behalf of the Plaintiff. WHEREUPON AND ON READING the Affidavit of Gerard O'Neill filed this day and the Civil Bill issued against the Defendant. THE COURT DOTH ORDER:- That the Plaintiff be at liberty to serve the Civil Bill on the 2nd named Defendant by Notice of Advertisement with a copy of this Order and that such service be deemed good and sufficient service of the said Civil Bill. That the Defendant do have 10 days for entering an Appearance to the said Civil Bill from the date of Notice of Advertisement.

1. That the Plaintiff be at liberty to serve all subsequent documents in this matter on the Defendant by Notice of Advertisement.
2. That the Plaintiff do recover from the Defendant the costs of this Application to be taxed in default of agreement.

BY THE COURT
BERRY MC CAGUE
COMBINED OFFICE MANAGER
On behalf of The County Registrar

Record No. 2016/01461
AN CHUIRT CHUARDA
THE CIRCUIT COURT
SOUTH WESTERN CIRCUIT
COUNTY OF LIMERICK
BEFORE COUNTY REGISTRAR
PATRICK WALLACE
THE 16th DAY OF April 2018
BETWEEN:
MELITA COLLINS PLAINTIFF

-AND-
MOTOR INSURERS BUREAU OF IRELAND AND THOMAS KEENAN DEFENDANTS

The defendant having duly been served with the Civil Bill herein and the same coming before the Court on this day on motion on behalf of the Plaintiff for leave to enter Judgment in Default of Appearance against the second named Defendant. WHEREUPON and on reading the pleadings and documents filed herein and on hearing Counsel for the Plaintiff and Counsel for the second named Defendant.

BY CONSENT THE COURT DOTH ORDER:
The Plaintiff's Motion herein be and the same is hereby struck out with Costs to the Plaintiff to be stayed pending the determination of the proceedings.
That the time limited by the Rules of the Circuit Court for the filing of an Appearance herein and the delivery of a Defence be and the same is hereby extended for 21 days from this date.

BY THE COURT
Maria Riordan
NOMINATED SIGNATORY
On behalf of The County Registrar

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Ford improvements: Transit Connect boasts latest driver assistance tech and better fuel efficiency

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THE new Ford Transit Connect light commercial vehicle has arrived in Ireland with stylish new designs, advanced driver assistance technologies, and fuel-efficient powertrains that improve fuel efficiency and CO₂ emissions by up to 12pc.

The Transit Connect has helped Ford to become Europe's No. 1-selling commercial vehicle brand with a total of 206,700 vehicles sold in the first seven months of this year.

Transit Connect is now better equipped than ever to help owners and operators reduce running costs with Ford's latest EcoBlue and TDCi diesel and EcoBoost petrol engine technologies.

"We've given our new Transit Connect a complete overhaul that makes it even more affordable to run, more stylish to look at, and ready to tackle every job our customers throw at them," said Ciaran McMahon, Chairman and Managing Director, Ford Ireland.

Short and long wheelbase options provide load volumes up to 3.6m³; payloads are from 410kg to 900kg. Body styles are van, kombi and double-cab-in-van.

Three series here are: Base, Trend, and Limited.

The Base spec includes a single side load door, 16-inch wheels, overhead stowage, power windows, radio with USB and Bluetooth; DIN cargo tie downs; slimline full steel bulkhead; remote central / double locking; Auto Start Stop; and EcoSelect function.

The Trend adds front fog lamps, driver 8-way adjustable seat; heated windscreen; 4.2-inch TFT screen; electric heated door mirrors; and a plastic cargo floor liner.

The top Limited adds adaptive cornering front fog lamps; heated front seats; leather steering wheel; cruise control; adjustable speed limiter; rear parking sensors; and a perimeter alarm.



Minding the pennies: The Transit Connect is now better equipped than ever to help owners and operators reduce running costs

In looks, the new Transit Connect comes with a new front-end look that adopts the latest Ford design DNA. A three-bar grille; slim, powerful high-intensity discharge xenon headlights; and LED daytime running lights are available on high series models.

The upgraded car-like cabin features a revised instrument panel with a new central control area that incorporates a floating, tablet-like 6-inch colour touchscreen on high series models, supporting Ford's SYNC 3 communications and entertainment system. New trim

materials provide a hard-wearing environment.

FordPass Connect onboard modem technology enables business users to interact with their vehicles turning them into mobile Wi-Fi hotspots with connectivity for up to 10 Wi-Fi enabled devices and helping drivers plan faster, less stressful journeys with Live Traffic updates for the SYNC 3 navigation system. Drivers can use the FordPass mobile app for vehicle health alerts and status for checking fuel levels, tyre pressure etc; to remotely secure the vehicle and its

load compartment; and as a vehicle locator helping drivers find their van in busy car parks or work locations.

Driver assistance features include Intelligent Speed Limiter, Pre-Collision Assist with Pedestrian Detection, Side Wind Stabilisation, and Active Park Assist that helps to steer the van into both parallel and perpendicular parking spaces.

A new powertrain line-up meets Euro 6 emissions standards calculated using the World Harmonised Light Vehicle Test Procedure (WLTP).

Powertrains will include the 1.0 EcoBoost petrol 100hp (6.4L/100kms), and the 1.5 EcoBlue diesel outputting 75hp (4.7 L/100kms), 100hp (4.7 L/100kms) and 120hp (5.0 L/100kms).

A six-speed manual transmission is standard for all engines but customers have the option of Ford's new eight-speed automatic transmission offered with the 100hp and 120hp 1.5 EcoBlue engine variants.

Diesel prices are from €17,995-€23,760; the petrol is from €17,995.



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In a class of its own

Mercedes-Benz C-Class:

The latest German saloon arrives in showrooms

THE latest Mercedes-Benz C-Class is now arriving in dealer showrooms fresh from having undergone a comprehensive mid-term makeover that has seen improvements made in all areas. Prices start from €37,710. This upgraded C-Class is available in saloon, estate, coupe and cabriolet form and in two style and equipment lines - Avantgarde and AMG.

The company says in terms of its design, specifications and technological advancement, this latest C-Class range 'goes well beyond what customers might expect for a car in its segment'. A host of external design changes give it a distinctly more sporty appearance. These include redesigned front and rear

bumpers, new front and rear lights, chrome highlighting, new silver and emerald green metallic colour additions, and diamond pattern grille on AMG versions.

Also new is its electronic architecture, a new generation of four-cylinder petrol engines, and an interior style boost reflected in more luxurious upholstery and trim, an extensive multimedia and infotainment layout, and latest online and 'Mercedes-me' App services.

Models likely to feature strongly in the Irish market will be the C180 petrol and the C180d and C200d.

Amongst its innovative eco-friendly features is EQ Boost which helps reduce fuel consumption and deliver extra power when



The new Mercedes-Benz C-Class start from €37,710

accelerating or when operating at low speeds.

New C-Class range keeps pace with other Mercedes-Benz newcomers with safety-focused driver assistance and infotainment systems managed by touch-sensitive steering wheel controls. Other tech

goodies include a control that contributes to driver relaxation and wellbeing by linking all of the comfort systems, an anti-theft alarm system that can record instances when parking damage is caused by another vehicle, and a futuristic 'near field communications'

feature that allows owners to convert their mobiles into a vehicle key to control functions remotely.

The C-Class has been one of Mercedes-Benz's great success stories recording global sales of around 9.5 million units since it was originally launched, with

close on half a million sold last year alone.

A plug-in diesel hybrid that combines a new generation diesel and a latest-generation 9-speed hybrid transmission, and with a range of around 50kms on electric power alone, will arrive next year.

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Frank Hogan Volkswagen, Dublin Road, Limerick. T. 061 416000. W. www.frankhoganvolkswagen.ie



Volkswagen

Models shown are for illustrative purposes only. (T-Roc, Touareg, Tiguan) Fuel Consumption l/100km : combined 6.6 - 4.4. CO2 emissions g/km: 173-115. Increased weight of a vehicle, including higher trim levels and the addition of options may have an effect on the fuel consumption and CO2 emissions produced. *Typical Finance Example: Tiguan HL 2.0TDI 150HP. OTRP €39,925. Deposit / Part Exchange €12,092.50. 36 monthly payments of €349. Optional Final Payment €15,268.50. Total cost of credit €0. Typical APR 0%. 0% APR is available on selected new models. No minimum deposit required. Subject to lending criteria. This offer is made under a hire purchase agreement. Volkswagen Bank GmbH Branch Ireland is authorised by the Federal Financial Supervisory Authority in Germany and regulated by the Central Bank of Ireland for conduct of business rules. Offers available on orders before 31st December 2018. **Purchase Contributions only available on selected new retail sales financed through Volkswagen Bank. These offers are subject to availability and may be withdrawn at any time. These offers do not apply to fleet sales. Information correct at time of print. See www.volkswagen.ie for details.

SPORT

Leader

**BACK TO BACK
NA PIARSAIGH**

Champions in
Munster semi final

For more see Page 67



Still alive: Nathan Boyle of Finn Harps in action against Shane Tracy of Limerick during the SSE Airtricity League Promotion / Relegation Play-off Final 1st leg. Limerick trail by a single goal ahead of this Friday night's second leg



Duggan confident Limerick can earn 'Premier' survival

Limerick FC: Shane Duggan confident Limerick can overturn deficit

COLM KINSSELLA
ckinsella@limerickleader.ie

LIMERICK FC captain Shane Duggan is confident the Blues are capable of turning around their one goal deficit in Friday night's mammoth SSE Airtricity League Premier Division relegation play-off fixture with Finn Harps.

Luckless Limerick trail the First Division side 1-0 ahead of Friday's season defining second leg at the Markets Field, 7.45pm.

A first half penalty goal from Harps' Northern Ireland international Paddy McCourt separated the sides when they met at Finn Park, Ballybofey on Bank Holiday Monday night.

Limerick created several excellent chances to take at

least a share of the spoils from the game, but were unable to convert any of them.

The 'Blues' who suffered relegation from the Premier Division at the hands of Finn Harps after a play-off in November 2015, have struggled to score goals this season, meaning just 25 in 37 league fixtures this season.

Indeed, Tommy Barrett's side have scored just 10 goals in 18 home league fixtures in the Premier Division this season.

Harps, who finished as runners-up in the First Division are now unbeaten in their last 13 league games.

Limerick skipper Shane Duggan said:

"We were the better side for the majority of the game (on Monday night). We gifted

them a goal really and other than that they didn't really have any more chances.

"We dominated the play. Connor Ellis had a great chance, he was just inches away when his shot came off the inside of the post and rolled across the line.

"It kinda summed it up for us on Monday.

"It is still all to play for. Our performance overall, we were quite dominant and it a tough place to come up here. We are well in this tie and I feel we are capable of turning it around on Friday night.

"We have to stay positive. It is all to play for at the Markets Field on Friday.

"It is about getting recovered now from Monday's game, get back training on Wednesday and

see if we can turn things around."

Duggan has appealed to Limerick's sporting public to come out in large numbers on Friday night as the Blues fight for their Premier Division survival.

"We are a Premier Division club and we should be. The facilities and everything are there. We need everyone to come behind us on Friday night and give us that extra kick.

"Even on Monday we were the better team, but the best team lost. We can't dwell on that now. It's up to us to turn it round and show some character.

"We have to make sure we turn it round and stay up for the supporters and the club as well. We can't be in a

position where we go back down to the First Division.

"That just can't happen and we need to make sure it doesn't.

"We just have to make sure that we don't do anything sloppy on Friday and not push too hard where we might get got with a counter attack and give away a stupid goal.

"We know exactly what we are in for, so we will be organised and ready to go.

"It's our livelihoods at stake at the end of the day. We don't want it taken away.

"We don't know if we go down to the First Division where we can play. I don't want to play in the First Division. The club shouldn't be down there and don't deserve to be there."

For more see #LLSport

Rugby

Six Munster players named in Irish squad

DONN O'SULLIVAN
sport@limerickleader.ie

IRELAND Rugby coach Joe Schmidt has taken 26 players to Chicago ahead of 'The Rugby Weekend' fixture against Conor O'Shea's Italy at Soldier Field on Saturday November 3.

There are six Munster men included in the squad, which sees Tadhg Beirne, David Kilcoyne and Niall Scannell in the forwards, join up with Andrew Conway, Joey Carbery and Darren Sweetnam in the backs.

The squad does not include some seasoned Irish internationals, such as Johnny Sexton, Peter O'Mahony, Keith Earls and CJ Stander, so name but a few.

This weekend's game should see both Will Addison and Ross Byrne both make their Irish debuts.

It is unknown who will lead the side this Saturday, as both Sexton (captain) and O'Mahony (vice captain) are not on board. However Rhys Ruddock would be the favourite, seeing as he has captained his province multiple times.

FORWARDS (15): Finlay Bealham, Tadhg Beirne, Jack Conan, Sean Cronin, Tadhg Furlong, Dave Kilcoyne, Jack McGrath, Jordi Murphy, Andrew Porter, Quinn Roux, Rhys Ruddock, James Ryan, Niall Scannell, Devin Toner, Josh van der Nlier
BACKS (11): Will Addison, Bundee Aki, Ross Byrne, Joey Carbery, Andrew Conway, John Cooney, Jordan Larmour, Luke McGrath, Garry Ringrose, Jacob Stockdale, Darren Sweetnam

SATURDAY NOV 3

**IRELAND V ITALY
SOLDIER FIELD, CHICAGO 8PM**



New man in: Will Addison of Ulster is expected to win his first cap this Saturday against Italy in Chicago

ALL IRELAND LEAGUE RUGBY**Limerick's clubs face key AIL ties**

PROMOTED Shannon are the highest-placed Limerick side in Division 1A of the All-Ireland League ahead of this Saturday's fifth series of regular season fixtures.

Fourth-placed Shannon, who picked up a losing bonus point in last weekend's 22-17 defeat to Clontarf, host ninth-placed UCC on the back pitch at Thomond Park on Saturday, 2.30pm.

Also in Division 1A this Saturday, sixth-placed Young Munster will look to bounce back from their disappointing defeat at Dublin University, when hosting holders Lansdowne at Clifford Park.

Another Limerick side anxious to record a top flight win, Garryowen, travel to Temple Hill to face Cork Constitution.

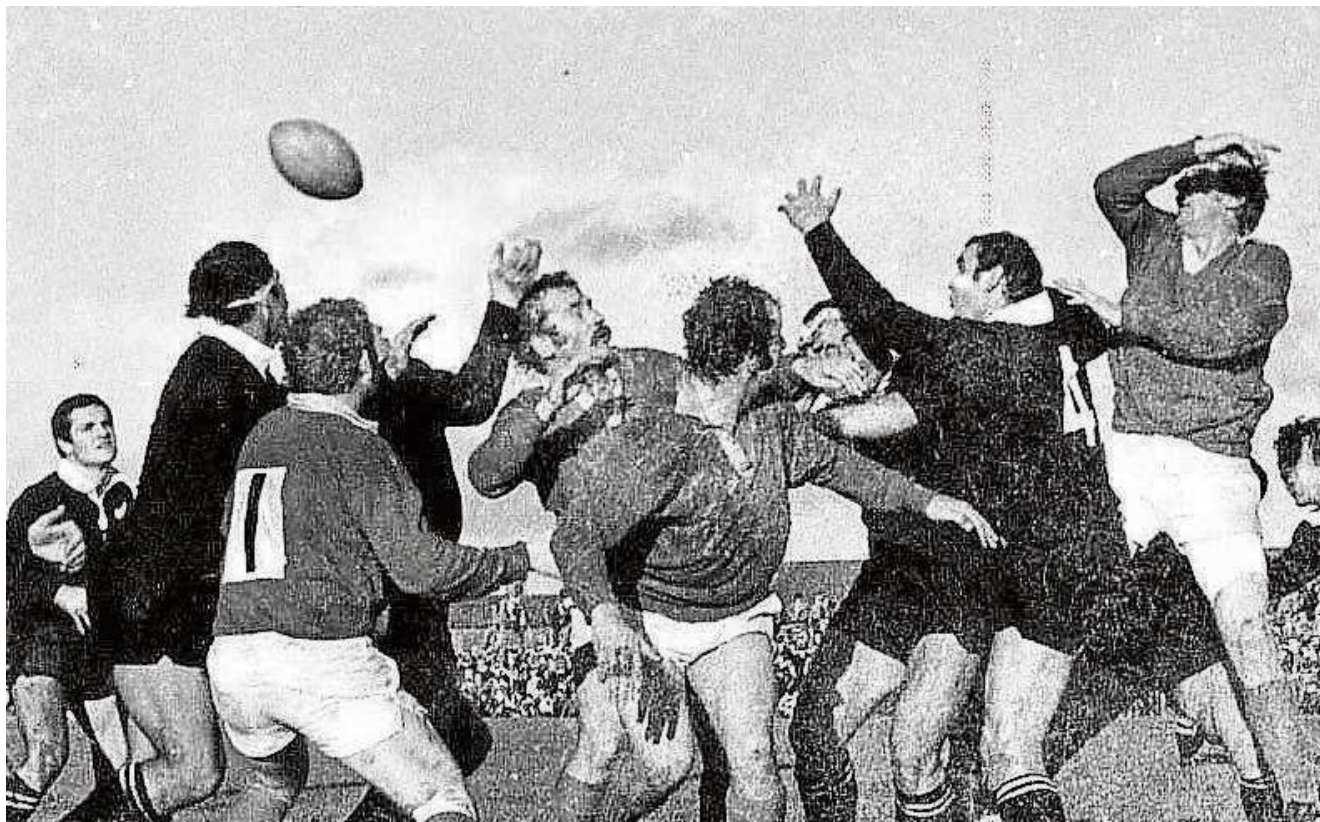
In Division 2A, fifth-placed UL-Bohemian, fresh from their 33-7 bonus point thumping of Blackrock College at Stradbroke, travel to leaders Navan, the only unbeaten side in the division.

Also in 2A, Old Crescent, who suffered a narrow home defeat to Navan last time out, entertain Highfield at Rosbrien.

Meanwhile, in Division 2C, fourth-placed Bruff, who host Seapoint at Kilballyowen Park, while Thomond, in eighth, travel to Mayo to face Ballina.



Shannon's Jamie McGarry charges the Clontarf defence with Jack Stafford in support last weekend



Lineout action from the famous 1978 Munster victory over the All Blacks. This week is the 40th anniversary of the win. A special updated edition of Alan English's Stand Up and Fight book, with interviews from players, 40 years on, is available to buy this weekend

Stand Up and Fight - 40 years on

WEDNESDAY October 31 marks the 40th anniversary of Munster's famous 12-0 win over the All Blacks of New Zealand.

One of the greatest days in Irish rugby history has seen over 100,000 people claim to have 'been there' even if the old Thomond Park was bursting at the seams with its 12,000 capacity.

Now, fully updated, Alan English's book *Stand Up and Fight*, a compelling account of the glorious day has been released with interviews from some of the giants who took to the field in 1978.

The book, an outstanding read in its original format, has now been added to make it even more of a must have.

Na Piarsaigh go back to back

Famous five: Na Piarsaigh celebrate the club's fifth county senior hurling crown following their defeat of Doon last Saturday night in the Gaelic Grounds

NA Piarsaigh are back-to-back Limerick SHC winners for the first time.

They were 2-22 to 3-10 winners over Doon on Saturday evening in the Credit Union Limerick SHC decider, which was the first senior final played under lights.

A crowd of 7526 saw the city side win their fifth Limerick crown since their breakthrough in 2011.

Beaten in the All-Ireland final replay just last March,

the Caherdavin men denied Doon a first ever crown despite the east Limerick side finding goals at the start of both halves.

Na Piarsaigh now play Tipperary's Clonoulty-Rossmore in the Munster club semi final on Sunday November 4 in the Gaelic Grounds, at 1pm, as they start on their journey for another provincial title.

Also on the same day, in the same venue, Adare will take on The Nire from Waterford in the Munster

Senior Club football championship semi final.

The tie, which throws in at 3.30pm, will be the second game in the double header with Na Piarsaigh acting as the curtain raiser.

The Limerick champions are without a win in the last nine Munster club SFC campaigns - the last Limerick win was when Drom-Broadford were crowned Munster champions in 2008 when they beat Nemo Rangers in the semi final.

Munster face Cheetahs clash in South Africa

What a kick: Rory Scannell is congratulated by his team mates following his kick to win the tie against Glasgow Warriors

THE Munster squad, minus their Ireland internationals, is in South Africa this week preparing for Sunday's Guinness PRO14 clash with the Cheetahs in Bloemfontein, 2.45pm Irish time.

The Munster squad is based in Johannesburg this week, before travelling to Toyota Stadium.

Munster arrived in South Africa fresh from their thrilling weekend PRO14 victory over Glasgow when Rory Scannell landed a last gasp victory with a terrific penalty goal.

Van Graan said: "It is very important, the Cheetahs on a Sunday afternoon at altitude. We are going to going to

prepare at altitude for this week.

"This year we are taking the squad to Johannesburg and show them a bit of the Bushveld and then travel to Bloemfontein next Saturday to play a Cheetahs team that will be hungry. It will be a big challenge for us with a very young side going down to South Africa."

MUNSTER SQUAD IN SOUTH AFRICA:

James Cronin, Jeremy Loughman, Ciaran Parker, John Ryan, Stephen Archer, Kevin O'Byrne, Mike Sherry, Darren O'Shea, Jean Kleyn, Fineen Wycherley, Sean O'Connor, Arno Botha, Chris Cloete, Gavin Coombes, Neil Cronin, Alby Mathewson, Duncan Williams, Tyler Bleyendaal, JJ Hanrahan, Bill Johnston, Ian Keatley, Sammy Arnold, Shane Daly, Rory Scannell, Alex Wootton, Liam Coombes, Mike Haley.

ST FRANCIS BOXING CLUB SHOW AT ST JOHN'S PAVILION



Attending the St Francis Boxing Club Event at St. Johns Pavillion were Graham 'G-Train' McCormack, Damien Bowen, Kennedy Park and Paul Kiely, Caherconlish. PICTURE: GARETH WILLIAMS



Layla Rose and Broinsias Hogan, Kennedy Park



Erin and Tracy Moore, Singland Gardens.



Myles, Paddy, John and Mary Bridget Casey, Southill.



Kate Kiely and Stacey Tully, Kennedy Park.



Simon and Simon Lynch Jr and Brian Brice, Garryowen



Willie 'Big Bang' Casey, Myles and Terry Casey, Southill and Rob Williams, Rathkeale.



Danny and Katie Casey, Southill



Sean McCormack and Delores Tully, O' Malley Park.



Dean Cleary, Stephen Carroll, St. Marys Park and Kayleigh Cleary, Moyross at St John's Pavilion



Aerial battle: Shane Clarke of Janesboro challenges Steve Daly of Ashling Annacotty in the air during their Junior Cup battle ALL PICTURES: KIERAN RYAN-BENSON

JUNIOR SOCCER

PREMIER DIVISION	P	W	D	L	Pts
Janesboro	14	13	1	0	40
Regional Utd	13	9	3	1	30
Ballynanty Rovers	16	9	2	5	29
Aisling Annacotty	19	9	2	8	29
Carew Park	13	9	1	3	28
Fairview Rgs	15	6	3	6	21
Nenagh AFC	13	6	2	5	20
Pike Rovers	9	6	1	2	19
Kilmallock	17	6	1	10	19
Charleville	15	2	1	12	7
Moyross	15	2	1	12	7

DIVISION 1A	P	W	D	L	Pts
Prospect Priory	14	12	2	0	38
Cappamore	14	10	3	1	33
Geraldines	14	10	1	3	31
Summerville Rvs	14	10	1	3	31
Mungret Reg	15	6	4	5	22
Murroe	15	6	1	8	19
Knockainey	15	4	2	9	14
Corbally Utd	14	3	5	6	14
Castle Rvs	16	3	5	8	14
Fairview Rgs B	17	3	5	9	14
Aisling Ann B	15	2	3	10	9
Granville Rgs	13	2	2	9	8

DIVISION 1B	P	W	D	L	Pts
Coonagh Utd	14	11	1	2	34
Athlunkard Villa	15	8	3	4	27
Shelbourne	13	8	2	3	26
Kilfrush	15	8	1	6	25
Caherconlish	15	7	2	6	23
Regional Utd B	15	7	0	8	21
Southend	14	6	3	5	21
Newport	16	5	3	8	18
Hill Celtic	13	5	2	6	17
Caherdavin Celtic	13	4	1	8	13
Croom Utd	15	4	2	9	14
St Pats	16	3	2	11	11

DIVISION 2A	P	W	D	L	Pts
Ballylanders	16	13	1	2	40
Geraldines B	16	12	1	3	37
Hyde Rgs	15	10	2	3	32
Glenview Rvs	16	9	1	6	28
Charleville	16	7	3	6	24
Nenagh AFC B	16	6	3	7	21
Caledonians	16	6	0	10	18
Corbally Utd B	16	5	1	10	16
Ballynanty Rvs B	15	3	4	8	13
Moyross B	18	0	2	16	2



The Janesboro side who defeated Aisling Annacotty after extra time



The Aisling Annacotty side that took Janesboro to extra time on Sunday

Four games go ahead

PAT SHEEHAN
sport@limerickleader.ie

THE FAI Senior Cup Final is on this Sunday and as a result there will be no games on Sunday.

The only games to get the go ahead will be played on Saturday evening on Astro Turf.

Leaders Pike Rvs look to open up a four point gap at the top of the table when they visit Aisling in Annacotty.

Pike had a free weekend due to 'Dinner Dance' celebrations while Aisling suffered a heart breaking defeat to Janesboro in the

Munster Junior Cup.

Mike Aherne's side had victory in their hands and let it slip going down 3-2 after extra time. It remains to be seen how this young side recover from that disappointment as they welcome a bang in-form Pike Rvs XI.

The 'Hoops' are in great form and remain unbeaten to date.

Their last game, a win over Ballynanty, saw them take over top spot and they will be looking to strengthen their grip.

Aisling have a good bunch of young players who will be up for the challenge but they face a vastly experienced and

successful side and it's hard to see them being stopped.

Regional Utd will be looking to consolidate their position in the top four and keep pace with Pike when they host Nenagh.

The sides met in the FAI two weeks ago when Regional put on a masterclass of finishing to score ten goals.

The Tipperary side bounced back well last Sunday following that defeat to beat a young Carew Park XI and will be looking to show the previous game between the sides was an aberration.

The final game sees Charleville chasing their first League win of the season when they welcome

Geraldines.

Ironically despite a woeful start to the season, a win on Sunday would bring the Co Cork side within touching distance of three sides just above them in the safety zone.

THIS WEEKEND'S FIXTURES

SATURDAY NOV 3

PI MATTHEWS PREMIER LEAGUE
Charleville v Geraldines, 7.00, K Gorman
Aisling V Pike Rvs, 7.00, R McCann
Regional Utd v Nenagh, 7.00, B Higgins

MONDAY NOV 5

OSCAR TRAYNOR TROPHY
Limerick DL v Clare DL, 7.00, A Keogh, R Broe, J Curran

DIVISION 3B	P	W	D	L	Pts
Wembley Rvs	13	9	3	1	30
Kilmallock B	11	8	2	1	26
Castle Utd	12	8	2	2	26
Weston Villa	12	5	2	5	17
Cappamore B	12	5	1	6	16
Northside	10	4	3	3	15
Hyde Rgs B	12	4	0	8	12
Shelbourne B	13	2	1	10	7
Newport C	11	1	0	10	3

DIVISION 4	P	W	D	L	Pts
Coonagh Utd B	14	14	0	0	42
Summerville Rvs C	14	10	2	2	32
Kilfrush B	13	7	2	4	23
Aisling E	16	7	1	8	22
Dromore Celtic	14	5	4	5	19
Parkville B	14	5	2	7	17
Mungret Reg C	14	4	3	7	15
Coonagh Utd C	15	4	3	8	15
Athlunkard Villa C	16	3	4	9	13
Murroe C	13	2	1	10	7

DIVISION 2B	P	W	D	L	Pts
Kennedy Park	16	11	2	3	35
Star Rvs	15	10	3	2	33
Newport	16	8	2	6	26
Pallagreen	15	6	4	5	22
Holycross B	15	5	3	7	18
Mungret Reg	15	4	6	5	18
Athlunkard Villa B	15	5	3	7	18
Summerville Rvs B	15	4	5	6	17
Murroe B	15	4	2	9	14
Aisling Annacotty C	15	2	4	9	10

DIVISION 3A	P	W	D	L	Pts
Caherdavin Cel B	13	10	1	2	31
Aisling Annacotty	14	8	2	4	26
Prospect Priory B	14	8	1	5	25
Knockainey B	11	6	2	3	20
Meanus	14	6	2	6	20
Abbey Rvs	13	5	4	4	19
Parkville	11	6	1	4	19
Janesboro B	13	4	3	6	15
Herbertstown	13	4	2	7	14
Bruff Utd	18	1	0	17	3

ON THE BALL

“Limerick to the core...”

COLM KINSELLA

Up to €12,000 a week cost of ‘Premier’ survival

SHORTLY after 2.30am on Tuesday morning, after a 386-mile round trip to Ballybofey, the curtain came down on the first leg of Limerick FC's SSE Airtricity League Premier Division relegation play-off with Donegal's Finn Harps.

Part one of the season defining play-off fixture completed, with the moment of ultimate truth still to come at the Markets Field on Friday night.

A hundred thoughts raced through the brain as an overdue bedtime approached.

As well as those ‘Blues’ supporters who travelled by car, a couple of bus loads of fans also made the arduous trip to Finn Park. Not much glamour here on a Bank Holiday Monday.

What will Friday evening and the return leg in Garryowen bring? Could Limerick pull off the great escape with Tommy ‘Houdini’ Barrett at the helm, as the ‘Blues’ trail 1-0 from the first leg.

As a journalist covering the beat, you get a rare insight into what life is like for a footballer plying their trade in the top division of Ireland's domestic game.

Limerick is a club with limited resources, light years away from

the financial backing the likes of Dundalk and Cork City have at their disposal.

Not many Limerick players would have envisaged playing for the ‘Blues’ when they first kicked a football in their back garden or accompanied an older sibling to training.

The dream is always to make it at the highest level cross channel, but only a tiny percentage realise that dream and the odds are even more stacked against Irish players fulfilling that ambition.

Prior to the play-off, Limerick FC manager Tommy Barrett laid bare exactly what playing resources he has at his disposal through the closing months of the season.

“I have 24 players, 17 available (for recent St Pat’s game). I have eight full time pro’s, two of which are out to long term injuries in Eoin Wearen and Darren Dennehy, seven part-time pro’s and nine amateur players. That’s where we are at.”

Covering the Limerick FC beat extensively over the duration of a Premier Division League of Ireland season is rarely dull.

This season was no exception. In fact it probably topped all those that have gone before for



Nathan Boyle of Finn Harps in action against Shane Tracy and Shane Duggan of Limerick during the SSE Airtricity League Premier Division relegation play off

incredible drama since Limerick’s return to the top table.

So how would relegation impact on the club should that be the Blues fate at full-time on Friday night at the Markets Field, even with such a young squad?

Tommy Barrett said: “I played long enough in that First Division. I played there 8-10 years there. Limerick were 20 years in it and we only got out of it when we had a budget.

“You look at the players who got Limerick out of the First Division and they were probably the best players to play in it, Bradley, Gamble, internationals there so, it is very difficult to get out of the First Division if we go down, so must do our utmost to stay up.

“We have to put a plan in place

where we are sustainable. People don’t understand, Pat O’Sullivan and the Board are trying to run this club. They get a lot of stick, but even if we had a €5,000 a week budget which doesn’t keep you in the Premier Division, you need €10,000-€12,000 minimum a week to keep you there.

“We are competing against a €2.7 million playing budget with the likes of Dundalk have. They deserve to have it because they have done it and got it. Cork are cutting €300,000 from their budget for next season, if we had that budget for the whole season in 2019 I would be delighted.

“That is what we are up against. First Division – no, I’d rather stay out of it.”

Roll on Friday. Fingers crossed!

ANTHONY GEOGHEGAN

The fallacy of the 20x20 campaign

THE 20x20 movement is just another case of Irish sport organisations not seeing the forest for the trees.

The social media campaign, backed by several NGO’s aims to increase media coverage, participation, and attendance of women’s sport by 20% by 2020.

While I fully support this campaign and wish for its success, my issue lies in their slogan “If she can’t see it, she can’t be it.”

There are layers of truth to the statement, our publication and others in the country could do better to cover women’s sport.

It’s definitely a factor as is participation and attendance; however, the crux of what’s holding female athletes back in our country lies in a regressive void of the “higher-ups”.

I ask where the campaign that calls for better playing environments for women to prevent walk outs or helps organise international test series before the IRFU cancels it.

Is there a hashtag I need to follow to advocate for raising the Women in Sport funding that has been capped at €600,000 for the past three years? I’ll gladly tweet for that.

A step forward is welcome; however, this is a mere tiptoe around the true hindrance, and no amount of virtue signaling cameras will alleviate this plight.

DONN O’SULLIVAN

Na Piarsaigh are fitting county hurling champions

The club senior hurling final in the county that won the same years All Ireland inter county title is always a special occasion.

Last Saturday night at the Gaelic Grounds was no different. There were stars on show, both on an off the field.

All Ireland winners Seamus Hickey and Aaron Gillane were working for TV, other members of the panel were presented to the crowd at half time and St Patrick’s Pipe Band from Tulla gave everyone a lift.

The crowd may have been

‘small’ compared to other years, but that did not take away from the talent on display on the pitch.

Indeed the battles between Richie English and Kevin Downes at one end of the freezing cold Gaelic Grounds was only matched in it’s ‘must watch’ billing by the dual between Pat Ryan and Mike Casey at the other.

The talent on display was a pleasure to look out on. The Limerick senior championship, with it’s new



Shane Dowling, right, celebrates with team-mate Kevin Downes following their win

look ‘Super Six’ format, has more than lived up to the preseason expectations.

Although the team that we all expected to win the title from day one, did indeed win it, the hurling on show all through the championship has been a joy to behold.

The rising tide of a Liam MacCarthy cup win is only going to raise all the hurling ‘boats’ in years to come, but it was fitting, in this year of years for Limerick hurling, that the best club side ever to come out of the county, won it all.



20x20 logo, the idea is good, but governing bodies need to do more for women's sport

COLM KINSELLA

Mendelssohn can be music to punters ears in 'Classic'

THE eyes of the racing world will be on Louisville, Kentucky this Friday and Saturday for the \$30 million Breeders Cup World Championship which attracts the best horses, trainers and owners from all over the world.

The 14-race bonanza of racing culminates with the running of

the \$6million Breeders' Cup Classic at Churchill Downs on Saturday night.

Leading Irish trainer Aidan O'Brien will be represented by his experienced three-year-old Mendelssohn in the contest.

Mendelssohn has recovered after struggling on a sloppy surface in the Kentucky Derby in the

spring with three good efforts since.

His latest run was in the Jockey Club Gold Cup at Belmont Cup a month ago when he was only beaten two lengths into third place to suggest he could be a big player in the Classic.

Ballydoyle trainer O'Brien has trained 124 Breeders' Cup starters,

with 12 wins. He has hit the board three times in the Classic with Giant's Causeway, who finished second, beaten a neck by Tiznow in 2000, while Henrythenavigator finished second in 2008 and Declaration of War a close third in 2013.

At 9/1, Mendelssohn represents good each way value on Saturday.



Churchill Downs Kentucky

Wednesday**SNOOKER**

INTERNATIONAL CHAMPS
EUROSPORT 6.30AM

TENNIS

PARIS MASTERS
SKY SPORTS 10AM

GYMNASTICS

WORLD CHAMPIONSHIPS
BBC2 1PM

SOCCER

AC MILAN V GENOA
ELEVEN SPORTS 7.30PM

SOCCER

DUNDEE V CELTIC
BT SPORT 2

SOCCER

CHELSEA V DERBY
SKY SPORTS 7.45PM

SOCCER

HEARTS V HIBERNIAN
BT SPORT 7.45PM

Thursday**TENNIS**

ZHUHAI TROPHY
BT SPORT 6AM

SNOOKER

INTERNATIONAL CHAMPS
EUROSPORT 6.30AM

GOLF

TURKISH OPEN
SKY SPORTS 9AM

TENNIS

PARIS MASTERS
SKY SPORTS 10AM

GYMNASTICS

WORLD CHAMPIONSHIPS
BBC1 1PM

HORSE RACING

CLONMEL
ATR 1PM

GOLF

SHRINERS OPEN
SKY SPORTS 9.30PM

Saturday**GOLF**

TURKISH OPEN
SKY SPORTS 9AM

SOCCER

ST MIRREN V RANGERS
SKY SPORTS 12.30PM

SOCCER

BOURNEMOUTH V MAN U
BT SPORT 12.30PM

GYMNASTICS

WORLD CHAMPIONSHIPS
BBC2 1PM

TENNIS

PARIS MASTERS
SKY SPORTS 1PM

RUGBY UNION

WALES V SCOTLAND
BBC1 2.45PM

RUGBY UNION

ENGLAND V SOUTH AFRICA
SKY SPORTS 3PM

SKY SPORTS 3PM

RUGBY UNION

CONNACHT V DRAGONS
SKY SPORTS 5.15PM

SOCCER

ARSENAL V LIVERPOOL
BT SPORT 5.30PM

SOCCER

STOKE V MIDDLESBORO
SKY SPORTS 5.30PM

SOCCER

WOLVES V SPURS
SKY SPORTS 7.45PM

RUGBY UNION

IRELAND V ITALY
EIR SPORT 8PM

Sunday**GOLF**

TURKISH OPEN
SKY SPORTS 9AM

SOCCER

KIMARNOCK V ABERDEEN
BT SPORT 12.15PM

RUGBY UNION

KINGS V LEINSTER
EIR SPORT 12.45PM

SOCCER

WIGAN V LEEDS
SKY SPORTS 1.30PM

TENNIS

PARIS MASTERS
SKY SPORTS 2PM

RUGBY UNION

CARDIFF V ZEBRE
EIR SPORT 2.45PM

RUGBY UNION

CHEETAHS V MUNSTER
EIR SPORT 2.45PM

RUGBY UNION

HARLEQUINS V NEWCASTLE
BT SPORT 3PM

SOCCER

CHELSEA V C PALACE
SKY SPORTS 4PM

NFL

NFL REDZONE
SKY SPORTS MIX 6PM

GOLF

SHRINERS OPEN
SKY SPORTS 9.30PM



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Friday**SOCCER**

MELBOURNE V SYDNEY
BT SPORT 8.50AM

GOLF

TURKISH OPEN
SKY SPORTS 9AM

SOCCER

QUANJIAN V GUOAN
SKY SPORTS 11.35AM

GYMNASTICS

WORLD CHAMPIONSHIPS
BBC2 1PM

TENNIS

PARIS MASTERS
SKY SPORTS 1PM

RUGBY UNION

EDINBURGH V SCARLETS
EIR SPORTS 7.35PM

RUGBY UNION

OSPREYS V GLASGOW
EIR SPORTS 7.35PM

SOCCER

BALLYMENA V GLENAVON
BBC2 7.35PM

RUGBY UNION

BRISTOL V GLOUCESTER
BT SPORT 1 7.45PM

SOCCER

ASTON VILLA V BOLTON
SKY SPORTS 7.45PM

DARTS

WORLD SERIES OF DARTS
ITV4 8PM

GOLF

SHRINERS OPEN
SKY SPORTS 9.30PM

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