

# CHRISTMAS SPIRIT

**Sleep-outs in city raising money for needy this Christmas**  
See page 4



**Limerick hurlers Peter Casey, David Dempsey and Shane Dowling at the Redemptorist Sleep Out on O'Connell Street**  
PICTURE: OISIN MCHUGH/TRUE MEDIA

# The Leader

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Wednesday, December 19,

**FREE** YOUR NEW PAPER FROM LIMERICK'S LEADING TEAM



**Matthew Stephens** Santa Cabin adds to festive cheer in city **P22**

**HEALTH** New four-storey primary care centre planned for Raheen on South Court complex **P4**



**SANTA CLAUS** Find out what it is like to spend a day in Santa's shoes in our festive interview **P48**



**Hurlers collect All-Ireland medals at Adare Manor Sport**



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# Leading Off

Setting the agenda in Limerick



**▲ GOOD WEEK**  
**Raheen/Dooradoyle**  
Big plans for a primary care centre on grounds of South Court to cater for the west of the city (See P4)



**▼ BAD WEEK**  
**Renters in Limerick**  
Average monthly rents rose 12% in Limerick city, now people are paying €928, on average, per month



**☀ QUOTE OF THE WEEK**  
"If I don't pay for ESB they cut me off. I don't want to pay the licence - cut me off please"  
**Vitaly Shvaibovich's argument to judge over his TV licence - he got fined**

INSIDE THIS WEEK



**CASTLETROY AREA PLAN**  
Councillors vote through plan  
Page 6



**UL TOWN CAUTION**  
Mixed reaction to Clare/UL plan  
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**OFF-LICENCES OFF LIMITS**  
Criminal told to stay away  
PAGE 12



**ST GABRIEL'S €1M APPEAL**  
Respite home shortfall  
Page 15

## Superb night is just reward for hurlers



Richie McCarthy, Diarmaid Byrnes, Tom Condon, Declan Hannon, Nickie Quaid and Darragh O'Donovan in Adare Manor



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

AUGUST 19, 2018 will be remembered by all in Limerick as the year the hurling famine ended and we finally got our hands on the Liam McCarthy Cup after a long 45 year wait. Indeed the hurlers had to wait until Sunday, December 16 to get their hands on their own coveted prizes at the All-Ireland Senior Hurling Championship Medals

presentation in Adare Manor. It was a night to savour and as there are very who can put on a party like JP and Noreen McManus. The stunning menu booklet at the dinner included a DVD of the match, magnificent photographs from the big game and the words of a new song by Jack McManus - Limerick 'Til We Die. The tables were tastefully decorated with

hurleys and sliothars and there was a green theme overall - very fitting! There was plenty of music and entertainment and speeches with the impressive GAA president John Horan praising the route Limerick took by banning the cup from pubs ensuring "the success did not get buried in alcohol." Truly a team to take massive pride in.

WEBTOPTEN

1. TV licence non-payer in County Limerick doesn't watch RTE, asks to be 'cut-off'
2. SLIDESHOW: Limerick Senior hurlers collect their All-Ireland medals at Adare Manor
3. New hurling coach added to John Kiely's 2019 Limerick management team
4. 6,500 jobs expected in major 'University town' and Cleaves project in Limerick
5. WATCH: Limerick hurlers treated to Dolores O'Riordan tribute at her former school
6. Landmark Limerick hotel back open for business but as a care facility
7. Road closure following 'serious' collision on Shannon to Limerick dual carriageway
8. 'If you know of a s\*\*\*ier monument please get in touch': Jimmy Carr's Limerick tweet gets mixed response
9. Limerick apartment linked to brothel keeper deemed the proceeds of crime
10. Suspected Limerick burglar found hiding in attic of girlfriend's home by gardai



Jimmy Carr: Not a fan of the Treaty Stone, it appears. Read online

WEATHER FORTHEWEEK



**WEDNESDAY**  
Partly sunny but some spotty showers also and a high of 8°C



**THURSDAY**  
Clouds and sun, but once more a few showers, high of 9°C



**FRIDAY**  
Periods of rain today with temperatures climbing to 10°C



**SATURDAY**  
Clouds and sun intermingled with a few showers, high of 9°C



**SUNDAY**  
Occasional rain today with temperatures rising to 11°C



**MONDAY**  
Partly sunny to help Santa on his way in his sleigh. High of 12°C

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## EDITOR'S CHRISTMAS MESSAGE

It has been a big year for The Leader since we launched on February 28. We have shaken up Limerick's media landscape with a bright and fresh new offering and been heartened by the fantastic response that we have received from readers and advertisers alike. With next Wednesday falling on St Stephen's Day, we are taking a short break until the new year.



So, all that remains to say is thank you for reading The Leader, Happy Christmas and we will be back on January 2 with another great paper. In the meantime check out [www.limerickleader.ie](http://www.limerickleader.ie) for all the breaking news and see our weekend paper for more news, sport, pictures and great features from all around Limerick

**Eugene Phelan, editor**

## MyLimerick

### Stuart Mackey

Limerick Panto Society

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

That's a difficult question (chuckle), Limerick encapsulates so much activity that a perfect day out in Limerick would turn to a weekend which would develop to a week. I'd stroll through the Milk-Market on Saturday morning, go jogging around the University of Limerick, catch a show at the Lime Tree or just wander around town with my camera and see what catches my eye.

#### What's your first Limerick memory?

I literally rang my mom and dad and asked could I tell this story. See, when I was younger I was a terror for wandering away. My dad took me to a rugby match to see Young Munsters. Now, being from Limerick, I should be a rugby fan...but I wandered off with another little guy and dad couldn't find me. When he did, myself and the other lad were playing in a pile of sand. We had also apparently found paint and decided to paint the side of the pitch.

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

Coming home to Limerick itself is a great feeling. I moved to Galway as a motion/graphic designer and videographer but I am a homebird. Getting to come back every so often is a great feeling.

#### What about a favourite local walk or view?

Cratloe Forest. I enjoy running from end to end, losing myself to the music and scenery. The view of Limerick from WoodCock Hill near the Shannon Radar Ball (aptly named The Golf Ball), is breathtaking; and at sunrise on a crisp summer morning, you can't beat it.

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

We are demolishing the stigma of Limerick to the outside world. We as a city have a positive outlook to the future through and through. We are proud about our heritage and culture, we are bursting with pride

for our sport and arts.

#### Do you have a favourite local restaurant?

That is ridiculously hard to answer. Every corner has a place I'd pop into for a bite to eat - I love going to The Locke Bar for its chowder, The Curragower, for the steak, Charlie Malone's for the wings. I'm fickle when it comes to food, I live a disciplined lifestyle in terms of fitness and diet, but when I want to go out for a meal and Limerick is not short on choice.

#### How would you describe the people of Limerick?

The people of Limerick are unique, spirited and creative individuals. Whether I'm at the gym, walking around town, or on a night out. I will always find someone with an interesting story to tell. There is something about Limerick, that everyone in some way, shape or form, knows someone you know. It's funny.

#### How important do you think the arts is to Limerick?

Ridiculously important. As important as the sporting community. The arts have made leaps and bounds over the past decade. The arts at its core is a form of expressionism. If sports isn't your field then the arts may be your stage...ha, ha, ha see what I did there?

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

The addition to a free form of public transport would not go amiss throughout Limerick or more free family-centric events in the parks of Limerick would be a great addition. Events like Make A Move, Light Up Limerick and Riverfest are brilliant.

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

Though Limerick is bursting at the seams with unprecedented talent, there is a major lack of funding in the arts sector, there is an improvement on what it was a decade ago but we are still not there yet.

**Pictured: Stuart Mackey stars as the Mad Hatter in Limerick Panto Society's production Alice in Wonderland which begins in the Lime Tree Theatre in Mary Immaculate College on December 28 and runs until January 6. Tickets are available from [www.limetree.theatre.ie](http://www.limetree.theatre.ie) or (061) 953400**



Zoe King of Matthew Stephens, The Diamond Specialists, makes her Santa's wish list at last week's Diamond Evening held in the three level store. Don't worry if you have missed out on this amazing roadshow as it continues instore. During this exclusive event, Matthew Stephens will have many of their International Diamond Suppliers Ranges instore showcasing their Beautiful selection of Sparkling Diamond Rings, Wedding Bands and Exquisite Diamond Jewellery. All Diamond purchases, deposits and orders made during this Diamond Event will be available at amazing Tax Free prices. Ends Monday 24<sup>th</sup> December.

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# Major primary care centre planned for city suburbs

**Plans lodged:** Facility to serve Raheen, Mungret and Dooradoyle

**FINTAN WALSH**

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PROPOSALS have been lodged for the construction of a major primary care centre in the city outskirts, which will serve thousands of residents in Raheen, Mungret and Dooradoyle.

Dooradoyle Primary Care Centre Ltd, which was registered on August 27 last, lodged a planning application to develop the four-storey complex, annexed to the popular South Court Hotel in Gouldavoher, Raheen.

As part of the 3,353-square

metre development plans, lodged on December 4, there will be associated works, including a new access road from Patrickswell Road, landscape works, and 120 car parking spaces.

The proposal also seeks permission to change the use of existing ground floor conference centre to new use of primary care centre and GP clinic, consultation rooms, treatment areas and pharmacy on site.

According to planning files seen by this newspaper, the four-storey complex would be located at the far end of the car park of

Limerick's South Court Hotel.

David Byrne, director of Averymont Limited, which owns and manages the hotel, wrote a letter on November 20, consenting to the planning application. Mr Byrne, 48, of Ballylongford, Kerry, is also a director of Dooradoyle Primary Care Centre Ltd.

According to Healy Architects, which designed the project, it proposed that the ground floor area of the centre will accommodate a main entrance and reception area, a suite of GP rooms, a pharmacy and "some specific function HSE suites and services".

According to planning files, a decision on the project is expected to be made by February 6, 2019.

It is not known how much the development will cost, but it is likely to be a multi-million euro project.

In February last, the HSE Mid-West launched the Barrack View Primary Care Centre on Edward Street, Limerick, which now serves more than 10,000 people living between the areas of O'Connell Avenue and Southill.

The city project saw funding from the European Investment Bank.



**Rent in Limerick city grew the fastest in the country**

## Limerick city rents jump by nearly 12%

**JESS CASEY**

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RENTS in Limerick city rose the fastest in the country, jumping almost 12% in a year, new figures show.

The latest Residential Tenancies Board (RTB) Rent Index found that renters in Limerick city now pay €928 on average per month, compared to €830 during the same time the previous year.

The latest figures also show there was an almost 3% increase in rents between the months of April, May and June, and July, August and September 2018.

"Affordability remains an issue for the rental market with continued economic, employment and population growth contributing to rising demand across the country," RTB director Rosalind Carroll said.

"We can also see rents across the country have continued to increase year-on-year," she added.

The average rent of new tenancies in County Limerick also increased by almost 9% when compared in 2017, the RTB Rent Index found.

New tenancies in County Limerick increased to €941 from €865 during the same time last year.

The RTB Rent Index, which is compiled in conjunction with the Economic and Social Research Institute (ESRI), also shows that although rents are now at a record high, the number of landlords is falling.

According to the RTB, there are now 1,778 fewer landlords nationally than in 2015. This is a "matter of deep concern" to the RTB, according to Ms Carroll. "If we are to meet demand and ensure a well-functioning rental sector, then we need more landlords and different types of landlords to offer market options." Landlords leaving is increasing pressure on the market, she added.



The smash hit *Angela's Ashes The Musical* is to make a return to the Limerick stage, it has been announced

## 'Glorious' *Angela's Ashes* musical returns to Limerick

ELLEN McCourt, widow of *Angela's Ashes* author Frank, has said the return of the musical based on his book to the Limerick stage will "remind audiences of why they loved the book in the first place", writes Alan Owens.

She was speaking after the announcement that the smash hit *Angela's Ashes The Musical* is to return to the Lime Tree Theatre next summer.

The popular musical comes home for a strictly limited run in July 2019 at the Lime Tree, where it broke box office records in July 2017 on its world premiere.

The musical, based on McCourt's Pulitzer prize winning work and brought to the stage by acclaimed producer Pat Moylan with composer Adam Howell and writer Paul Hurt, returns to Limerick for 11 performances only prior to a UK and Ireland tour.

Acclaimed by critics and audiences alike, the Limerick run marks the beginning of the musical's next chapter with performances scheduled for Edinburgh, Dublin, Cork and Belfast. Ellen McCourt said she was "thrilled that the musical will have another life.

"Adam Howell's glorious music deserves to be heard by a wider audience and Frank's humanity and humor, so deftly translated to the stage by Paul Hurt, will remind Limerick audiences of why they loved the book in the first place. Delighted it's coming back," she added.

The production was received with acclaim on its first run in Limerick, with playwright Mary Coll among those who said it was "terrific". It went on to the Bord Gais Energy Theatre, Dublin and the Grand Opera House, Belfast in 2017.

All the hallmarks of local life are present in the musical, South's pub, where Frank famously had his first pint, Leamy's school, St Vincent de Paul, the damp descending from the River Shannon, and even the Limerick Leader gets a notable mention.

The musical tale of McCourt's memoir was a "gamechanger" for the Lime Tree, venue boss Louise Donlon has said. It returns to the Lime Tree from July 18 to 27, with matinee shows on July 20 and 27.

See [www.limetreetheatre.ie](http://www.limetreetheatre.ie) for more details.



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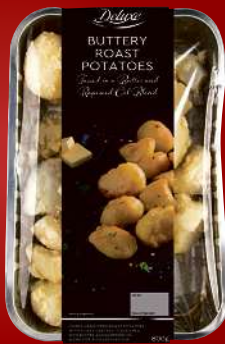
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# Fundraiser for vital community 'lifesavers'

**JESS CASEY**

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LIMERICK'S only community first responders urgently need to raise funds for essential lifesaving equipment.

The Ennis Road Community First Responders are volunteers, linked to the National Ambulance Service, who are dispatched by that office to cardiac emergencies within their communities.

The group was founded last

April given the aging profile of the population in the surrounding estates between the Strand Hotel to the Greenhills Hotel, according to volunteer Noel Kerley.

"Currently, cardiovascular disease is the most common cause of death in Ireland, accounting for 33% of all deaths, early response is essential in helping to save some of those lives," Mr Kerley said.

With all of its members trained in CPR and other live-saving measures, the Ennis Road

Community First Responders are typically the first on the scene, working on call 24/7 to respond to cardiac arrests, chest pains and suspected heart attacks, strokes and choking emergencies.

While the Ennis Road CFR group is supported by the HSE and the National Ambulance Service, they do not get any funding to buy their own equipment, including AEDs (Automated External Defibrillators) or to provide accredited training and purchase

training equipment.

A major fundraiser for this equipment is to take place this Thursday, December 20, in Dunnes Stores at the Jetland Shopping Centre, Ennis Road.

"We are appealing to the people living in the area to support our fundraising next Thursday because we need this money to help us buy this essential equipment and also to provide ongoing accredited training for our volunteers," Mr Kerley said.



**Fundraiser to take place December 20 at Jetlands on the Ennis Road**



**The Castletroy Local Area Plan runs to hundreds of pages**

## Castletroy Local Area Plan gets green light

**Planning:** The wide-ranging plan will run until 2025

**DAVID HURLEY**

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THE Castletroy Local Area Plan was adopted by members of the Metropolitan District despite opposition from several councillors.

The wide-ranging plan, which runs to hundreds of pages, envisages the population of Castletroy increasing from 14,700 to almost 27,000 by 2040.

Tens of thousands of people, who either live or work in Castletroy or who attend the University of Limerick, will be affected by the plan which will feed into the County Development plan and the National Planning Framework which was adopted by government earlier this year.

There are detailed proposals relating to transport, industry and retail within the Castletroy and Annacotty area which encompasses

11.2 square kilometres.

Following a public consultation process, a number of amendments were proposed by planners and the final plan was before Monday's meeting of the Metropolitan District.

Cllr Seighin O'Ceallaigh, who was one of three members to vote against the plan said it was "Celtic Tiger stuff" which will ensure the housing crisis continues.

While supporting the Local Area Plan, Cllr Marian Hurley said there are continuing concerns in relation to the lack of infrastructure in the Castletroy and Annacotty areas given the daily volumes of traffic.

A number of councillors welcomed the plan saying it will allow for the development of the so-called Parkway Valley site as well as the proposed Educate Together secondary school at Groody Link Road.

Cllr Joe Leddin said the plan is "hugely important" in the context of giving certainty in relation to the development of the area while Cllr John Gilligan noted there was "absolutely no guarantee" that zoned lands would be developed during the lifetime of the plan.

During the discussion, senior planner Maria Woods confirmed the Northern Distributor Road was not considered in the plan as it does not pass through the Castletroy area.

She added the Local Area Plan will be reviewed in two years in the context of the new County Development Plan.

Following a lengthy discussion, a vote was called with 14 members voting in favour of the plan and three voting against it.

Those who voted against were Cllr Seighin O'Ceallaigh, Cllr John Costelloe and Cllr Malachy McCreesh.

## Council accused of 'ignoring' local knowledge

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Councillors in the Metropolitan District say they are disappointed that several submissions relating to draft special speed limit by-laws have been rejected by council engineers.

The draft by-laws were published earlier this year following a review which was carried out by the local authority.

Once adopted, the new by-laws will prescribe where special speed limits, such as 30km/h or 60km/h will apply.

While more than a dozen submissions were received from councillors, members of the public and other bodies, only a small number of changes have been proposed.

Councillors from the Castletroy area were unanimous in their criticism of the decision not to reduce the 60km/h limit which currently applies at Mountshannon Road.

Cllr Joe Pond, who made a formal submission, told Monday's meeting the road is being used as a "rat run" by commuters and that people in the area are very concerned.

In its report to councillors, the local authority stated that under national guidelines reduced speed limits are "not appropriate" for rural roads such as Mountshannon Road.

Expressing his disappointment at the response, Cllr Pond said local knowledge should "trump national guidelines" while Cllr Marian Hurley agreed saying people are "taking their lives in their hands" when travelling on the road.

"It's a nightmare, it can't be left at 60km/h," she said adding that she was disappointed that her submissions in relation to stretches of road near Ahane and Drombanna were dismissed.

The council was also criticised for its decision to retain the 50km/h limit which is in force on Condell Road.

The reasoning for maintaining the current limit is due to the presence of a cycle lane which is not separated from the main carriageway.

Cllr John Gilligan said the 50km/h limit is "ridiculous" while Councillor Malachy McCreesh said the limit "does not make sense".

Cllr Paul Keller expressed his frustration that more than half of the submissions received in relation to the draft by-laws were rejected and he called on council officials to give more consideration to local knowledge rather than national guidelines.

A detailed submission from the operators of the Limerick Tunnel calling has been referred to Transport Infrastructure Ireland.







The Laurel Hill Coláiste choir in full voice during the hurlers' visit

# Rock star's school choir wows with 'Dreams' tribute

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LAUREL Hill Coláiste FCJ, the alma mater of the late rock star Dolores O'Riordan, wowed All-Ireland hurlers visiting the school with their vocal tribute to the past pupil.

Senior hurlers Shane Dowling, Seán Finn, Pat Ryan and Darragh O'Donovan brought the school on the South Circular Road to a standstill as they arrived with the Liam MacCarthy Cup.

Laurel Hill Coláiste FCJ, voted Ireland's top secondary school five years in a row, performed the classic Cranberries hit Dreams to bring the curtain down on the special visit.

"It's been a very emotional year for the school," principal Aedin Ni Bhriain said.

"We started out with all the promise of a new year and then we had Dolores' death in January and that rocked everyone, as we have such a deep connection with her.

"She's an inspiration. But sport is very important to us and we had successes ourselves but then that incredible journey that Limerick went on, all the way to the All-Ireland, lifted everyone."

"Dolores was a past pupil and spent six happy years here and I suppose it has special resonance for us that we have that song here today when we welcome the team.

"And if you listen to the theme of the song, it's about following your dreams, which is exactly what the team did and exactly what you want the students to do as well.

"We won our own All-Ireland then by being selected as the country's top school for the fifth year in succession. To cap it all off then, we had the visit of the hurlers here with the MacCarthy Cup. It really lets us go out on a high from a very emotional year."

"They're one of the best choirs I've come across," star forward Shane Dowling said.

"And the way they sang that song out at the end was a touch of class."



Eamonn Phelan, Aedin Ni Bhriain, Shane Dowling, Darragh O'Donovan, Sean Finn, Eoin Prendergast, Norma Ni Luinneacháin, Pat Ryan and Paul Foley PICTURES: KEITH WISEMAN

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# 'Europe's first university town'

**Third Level:** Mixed local reaction to UL and Clare County Council 2021 proposal

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PLANS to build 'Europe's first 21st century university town' on the Clare side of the University of Limerick campus have been met with a mixed response in Limerick.

Construction on the €2 billion project is expected to begin in 2021, and is expected to create 3,500 jobs.

The proposal is "an opportunity" for Limerick and Clare to create a "strong urban counterbalance to Dublin", according to Limerick city TD Jan O'Sullivan.

"I do believe, however, that there

needs to be widespread consultation and cohesive planning," the former Education Minister added.

Environmental and heritage charity An Taisce Limerick is cautiously awaiting further information on the details on the proposal.

New chairperson Dr John Logan believes there is currently a "deficit" of concrete details in the public domain.

"An Taisce is very, very keen to find, just as everyone else is, the details of this plan."

"An Taisce isn't opposed to development and it isn't necessarily opposed to this particular development but we need to know what it entails."



**Up to 3,500 jobs could be created as part of UL's campus town**

"Too often citizens and citizens groups are operating in an information deficit. We'd like to see maps, we'd like to see projections and so on."

An Taisce Limerick works closely with An Taisce Clare and will be monitoring the project together, he added.

Mayor of Limerick city and county cllr James Collins believes the plan is not likely to be in place in the immediate future.

"Clare County Council seem to be proposing a special development zone around land that will be opened up by the Northern Distributor Road, whenever that might be."

"As Mayor of Limerick, director of 2030 and a member of the UL governing authority, the focus of all those three organisations is to have a meaningful UL presence or campus in the city centre. I'm confident they will come into the city centre and that UL are serious about a city centre campus."

Clare County Council plans to apply for a special designation for a large scale strategic zone to bring further development to the Limerick Shannon Metropolitan area. The site's industrial focus would be on working with Europe, the United States and other international partners, the plan proposes.



**Emma Guerin, 7, from Parteen, at the Redemptorist sleep-out on O'Connell Street**

## Redemptorists brave the cold

A group of nine people from the Redemptorists Church braved the elements and took to the streets for a sleep-out in aid of the church's hamper appeal.

The sleep-out took place on Friday, December 14 at the corner of O'Connell Street and Thomas Street. Fr Michael Kelleher was one of the nine people who faced the bad weather overnight.

"It went very well, but it was very damp. Water ran clean through the tent," said Fr Kelleher.

"For us to do it for one night was enough. I couldn't begin to imagine what it is like to do it every night," he added.

Peter Casey, David Dempsey and Shane Dowling of Limerick's victorious All Ireland hurling

team were there to launch the sleep-out. The hamper appeal is the brainchild of Fr Seamus Enright and has a simple aim – food on every table at Christmas.

"I would not in a million years want to be on the streets. To sleep out in the streets during winter in Ireland, dear God in heaven, I would never want to have to face that," he finished.

## Local celebrities set for Novas sleep-out

RATHER than revel in their All-Ireland success, Limerick stars William O'Donoghue and Seamus Hickey will swap the parties for the pavement this Friday night.

Along with Limerick Leader advertising executive Niamh Webb-O'Rourke – a blogger with a huge social media following – the pair will be raising money for homelessness charity Novas.

They will be joining up to 70 people in sleeping out for the O'Connell Street-based group's much needed outreach services.

Na Piarasigh captain William is well on the way to raising €6,000 for Novas through his online 'Everyday Hero' page. But he said, it is more about raising awareness of the vital services the charity provides.

"The financial goal of the page is irrelevant. It's flattering to see people give €100 or €50, but it would be much nicer to raise less money and have more people donating. I think the essence of it is that the more people who donate to it, the more people care and are willing to log on and support an initiative and leave a kind note. That's a lot more valuable," William told The Leader.

Niamh is taking part in her first 'sleep-out', but it's the second time midfielder William has slept on the

cold hard ground for charity.

Last year, as part of a tie-up between the Gaelic Players Association, under the umbrella of 'Gaelic Voices for Change', he also slept out, and helped raise over €70,000.

Blogger Niamh, who has over 60,000 followers on Instagram and Facebook, is hoping her platform will ensure she secures plenty of support.

"On previous campaigns, I have dropped bags of clothes down. But these only go so far. I thought doing a sleep-out would be a good next step. We have it so easy in comparison to those who are homeless," she said.

Dr Una Burns, the policy head of Novas, said having high-profile figures back their main fundraiser is a huge boost to the charity.

"We don't have the same profile as other large homeless charities. We don't have a fundraising department or an advocacy department, so it's wonderful for us that these grass roots events do get out there and allow us to help more people," she said.

The Sleep-Out begins at 7pm this Friday. For more information, and to donate visit [www.novas.ie](http://www.novas.ie), or telephone their offices at 061-370325.



**Limerick and Na Piarasigh hurler William O'Donoghue, with The Leader's Niamh Webb O'Rourke and Dr Una Burns, Novas**





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## Comments from online readers

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

LL

Limerick Leader



### 'IF YOU KNOW OF A S\*\*\*IER MONUMENT PLEASE GET IN TOUCH': JIMMY CARR'S TWEET GETS MIXED RESPONSE

#### Philip Sèambar

Very funny and clever comedian. And he makes a good point



#### Finbarr Brougham

Why give this any publicity for God's sake ? Expect better from the LL

#### Denis O Gorman

It could use a wash to be fair, I always thought it was never treated with the respect it should have

#### Breeda Lysaght

Can't ever see what people find funny with him

### WATCH: HURLERS TREATED TO DOLORES O'RIORDAN TRIBUTE AT HER FORMER SCHOOL

#### Tina Purcell

Outstanding well done to you guys an amazing choir



#### Hannah Sheehy

Wow. Go haoibhinn

#### Caroline Dooley

My goodness, flashbacks seeing the gym! Well done all, beautiful tribute

### DEFEAT TO TIPPERARY FOR LIMERICK IN FIRST GAME AS HURLING CHAMPIONS

#### Claire A Gilbourne

Fantastic guard of honor by Tipp players as the All Ireland Champions came out onto the field. Well done Tipp! But Best of luck to Limerick for 2019!



#### Lesley Cunningham

They're exhausted from minding Liam touring the country

#### Tom Quinn

Well done Tipp. When Limerick field a full team I expect a different scoreline

#### Joan Lane

Please God in 2019, Limerick will do it again

### MAJOR LIMERICK CONCERT TO KICK OFF NEW MARQUEE LIVE AT THE DOCKLANDS SERIES

#### Alison Rankin

Honestly think the city would be lost without the hard work Dolan's do bringing live music to the city



#### Philip Dowling

This is great news. For too long we are expected to travel to Dublin or Cork for concerts. Well done Mick Dolan

#### Karen Shanahan

Great news, Dolan's Pub have always ran fantastic events at the milk market and King Johns.. Great to see something new for Limerick

#### Emer Mallowney

Oh my God, that is fantastic news. Well done Dolan's

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**Up in smoke?** Questions were raised by councillors about spending on festivals, especially about details of costings

# Flagship festivals cost €460k to run

**Funding:** Councillors express concerns about cost

#### DAVID HURLEY

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CONCERNS have been expressed about the funding model for two of Limerick's flagship festivals.

Briefing members of the Metropolitan District on Monday, Sheila Deegan, arts and culture officer with Limerick City and County Council said the cost of this year's St Patrick's Festival was €284,808 while the cost of Riverfest totalled €174,615.

She said around 160,000 people attended both events and that it is planned to increase the budget by 5% in 2019.

The figures drew a mixed reaction from members with some saying they fully endorsed the proposed

increase in the budget while others asked whether money should be spent on other events which take place at other times of the year.

Cllr Seighin O'Ceallaigh said he was unhappy that members of the Metropolitan District were being asked to "stump up" €30,000 in discretionary GMA funding for the two festivals.

Mayor of Limerick, Cllr James Collins called for greater detail to be provided to councillors as to how the money is being spent.

In particular, he noted the cost of the 'Creative Programme' for the St Patrick's Festival was €94,205 and that no other details had been provided.

Cllr Joe Leddin expressed concern that too much money is

being spent by the local authority and he asked if sponsorship and commercial partners had been sought.

Cllr Michael Sheehan said he is not happy that local companies and traders cannot afford the cost of pitches at Arthur's Quay Park during Riverfest.

He said the cheapest pitch in 2018 was €738 compared to €200, pre-2016. The most expensive pitch, he said, is €3,800.

"People are spending their hard-earned cash and the money is going all over Ireland," he said.

In response, Ms Deegan said that more than €30,000 in revenue is generated from traders and that this is put towards the budget for Riverfest.

## Limerick Sports Partnership get €76K boost

SPORT IRELAND has announced that over €70,000 in dormant accounts will be distributed for sport and physical activity projects in Limerick.

With €5 million from the Department of Transport, Tourism and Sport dispatched across the country, Limerick Sports Partnership (LSP) will receive €76,200 from the overall budget.

LSP will receive €6,200 for Youth Leadership, €20,000 for their Community Sports and Physical

Activity Hub in Croom; €15,000 for the Volunteer Training and Support Programme, and a further €35,000 will be allocated to the Garryowen Get Active initiative that was launched last year.

Senator Maria Byrne stated: "This initiative will see over €76,200 awarded to projects locally as well as significant funding for national projects such as coaching for young people and coaching for people with disabilities.

"This work is making a

substantial contribution to the health and welfare of individuals, communities and the nation," Senator Byrne concluded.

Only eight counties received over €100,000 in funding, Waterford being the only Munster county, receiving a bursary worth €131,555.

The highest earner in the country was County Dublin, which was divided into four areas: Dublin City, Dun-Laoghaire-Rathdown, South Dublin and Fingal earning €377,370 collectively.



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## LEADER CRIME BRIEFS

BY DAVID HURLEY



## Purse stolen from woman who uses walking aid

GARDAI are appealing for information after a purse was stolen from an elderly lady who requires a walking aid to move around.

The woman – who is aged in her 60s – had her handbag tied onto her walking aid when the purse was removed by a thief who escaped.

“When she reached into it for her purse she discovered that somebody had stolen her purse,” said a garda spokesperson.

In a separate incident, a handbag was stolen from the back of a chair while its owner was enjoying a cup of coffee in a café in the city



**Crime prevention officer Sgt Ber Leetch**

centre.

“These thieves can spot an opportunity and take it so don’t give it to them, keep your property close to you at all times and consider not bringing a handbag with you at all, wear something with good deep pockets and use them instead of a purse or handbag,” said divisional crime prevention officer Sergeant Ber Leetch.

## Warning as thieves steal handbags at supermarkets

GARDAI are appealing to women to mind their personal belongings when doing the weekly grocery shop.

There have been a number of recent incidents at supermarkets during which handbags were stolen.

In one incident, a handbag was stolen from a shopping trolley as a lady was putting her groceries into the boot of her car while in a separate case, another lady had her handbag taken while she was packing her groceries at the till.

“It can happen in seconds, it’s a busy time of year and with all the preparations we can be a little flustered,” said Sergeant Ber Leetch.

## Warning over new scam as fraudsters access devices

GARDAI are warning of a new scam whereby fraudsters gain remote access to the electronic devices in the hope of getting access to their online banking details.

In one recent incident, a young woman received a phone call from a man who informed her that her Antivirus protection had expired on her laptop and that there was a €20 charge to reinstate it.

“The young woman agreed and followed some instructions on her laptop which unknown to her had given the caller control of



**The thief accessed a laptop remotely**

her laptop,” explained divisional crime prevention officer Sergeant Ber Leetch.

“She was then asked to enter her bank details into her computer so that she could pay the €20 but because the caller now had access to and control of her bank account he helped himself to her money,” she added.

## Be careful on social media

GARDAI are advising homeowners not to post information on social media which may alert burglars to their whereabouts.

“I know that this is shocking but thieves can check out social media to find out if a home could be unoccupied for a time,” said Sgt Ber Leetch.

Communities should also be vigilant when local events such as funerals are taking place.

# Off-licences are off limits for suspect



**Kevin Noonan is accused of robbing two bottles of alcohol from Fine Wines, Thomondgate**

## Bail: Man charged with robbery released despite objection

**DAVID HURLEY**

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A MAN who gardai allege is a “career criminal” has been ordered to stay away from every off-licence in Limerick as a condition of his bail.

Kevin Noonan, aged 30, of Pineview Gardens, Moyross was brought before Limerick District Court after he was charged with robbery relating to an incident at Fine Wines, Thomondgate on November 19, last.

Opposing bail, Garda Shaun O’Hagan said it will alleged the defendant entered the premises at around 9.30pm and took two bottles of alcohol before leaving without paying.

He said it will be further alleged that when he was confronted by a young worker, he gestured towards an

‘object with a white top’ and said he had a knife in his pocket.

Garda O’Hagan said two bottles of alcohol – matching those which were taken from the off-licence – were recovered when the defendant was arrested by gardai a short time after the alarm was raised.

He told Judge Marian O’Leary that CCTV has been obtained as part of the garda investigation and that it is the State case that Mr Noonan was “caught red handed”.

He said it will be alleged the defendant is a “career criminal” and he expressed fears that Noonan would engage in further criminality if released.

“I believe he will commit further crimes to fund his lifestyle,” he said adding that he was also concerned Mr Noonan would not appear in court if granted bail and would not abide by any conditions.

Barrister David McHugh rejected this assertion saying his client was willing to abide by any conditions imposed by the court.

In the circumstances, he

submitted it was an “appropriate case for bail to be granted”.

He noted the value of the alcohol which was allegedly taken was €25 and that it is likely the matter will ultimately be heard before the district court rather than the circuit court.

He said his client is not charged with possession of a knife and that there is no evidence that the culprit actually had a knife.

Having considered the matter and noting the assurances of the defendant, Judge O’Leary said she was granting bail subject to a number of conditions including the lodging on an independent surety with the court.

In addition to staying away from off-licences, Mr Noonan was ordered to live at his home address in Moyross and to obey a nightly curfew.

He must sign on at his local garda station three times a week and surrender his passport to gardai.

A file is being prepared for the Director of Public Prosecutions and the matter was adjourned for directions.

## Renewed calls to extend Limerick to Clare

THERE have been renewed calls for an extension of the administrative boundary of Limerick City and County Council into parts of County Clare, writes David Hurley.

Former Mayor of Limerick, Cllr Kieran O’Hanlon, says many people living in areas such as Shannon Banks and Westbury have more of an affinity to Limerick city than the

Banner County.

Reacting to this week’s announcement that Clare County Council plans to develop a new town near the University of Limerick, Cllr O’Hanlon said the local authority cannot be allowed to “piggyback on the success of Limerick city”.

Speaking at a meeting of the Metropolitan District, the Fianna

Fail councillor said despite receiving ‘hate mail’ in the past, he thinks it makes sense to extend the administrative boundary of Limerick City and County Council into parts of Clare.

“We can’t have a situation where people are just putting towns on the edge of the city to piggy back on our success,” he said.



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# Limerick Prison welcomes Liam MacCarthy Cup for MS fundraiser

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Inmates at Limerick Prison completed 1,000 kilometres on treadmills and rowing machines as part of a joint fundraiser with Limerick Prison staff in aid of MS Ireland.

All-Ireland senior hurlers Barry Murphy, Pat Ryan, Darragh O'Donovan and Richie English were welcomed by staff when they visited the jail on Mulgrave Street with the Liam MacCarthy Cup.

Staff were invited to get their photograph taken with the prized cup following a donation to MS Ireland. A presentation was also made to Richie English, whose father Paddy has MS.

"We invited in a number of people from our local community, because Limerick Prison is a part of the local community since 1821," prison governor Mark Kennedy said.

"Every year, we have a number of fundraising events for charity and this one was for MS Ireland. Staff in the prison, and the prisoners themselves inside, raised money," he added.

"The prisoners did 1,000 kilometers in the gym between treadmills and rowing. The hardworking staff here raised money as well, with an opportunity for them to get their photo taken with the MacCarthy Cup.

"We've a long association with GAA here, so it's great to see the Liam MacCarthy Cup arrive back into Limerick Prison after a long wait," Diarmuid Kelly, of South Liberties GAA club, said.

"The hurlers are a great bunch of lads, absolutely brilliant role models for Limerick and for sport. It's a great honour to host them today."

"We'd like to thank everyone that's behind them, the county board and especially JP and Gerry McManus and Joe McKenna with the academy, all their hard work has culminated in this."



Barry Murphy, Cllr Jerry O'Dea, Theresa Beirne, Sr Bernie O'Grady, Pat Ryan, Darragh O'Donovan and Richie English PICTURES: BRENDAN GLEESON

"The fundraiser is for MS Ireland, Richie English's dad is a sufferer. It's nice to get the lads in and to give back to local charities.

"Donations came in from staff who took their photos with the cup

and the Governor is doubling it."

"Governor Mark Kennedy and assistant governor Theresa Beirne are brilliant for promoting sport and GAA, and organising this charitable event."



Left: Richie English and Limerick Prison governor Mark Kennedy

Right: Darragh O'Donovan autographing a Limerick jersey to raise funds for MS Ireland



Pat Ryan signing a photo to be displayed at Limerick Prison



Staff and the hurlers with the Liam MacCarthy Cup



Bob, Paudie and Darragh O'Brien with the Liam MacCarthy





Mary Quinlan (left) with her daughter Maia and St Gabriel's CEO Maire O'Leary inspecting the centre recently

# St Gabriel's appeal for respite house funding shortfall

**ALAN OWENS**  
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THE first purpose-built respite house in the country to cater for children with the most challenging physical disabilities and complex medical needs, built in Limerick, has issued a Christmas appeal to help with a €1m funding shortfall.

St Gabriel's Children's Respite House, located in Mungret, is a dedicated centre that will give respite breaks to children who require round-the-clock attention. It is about to open its doors following a €2.4m build.

The centre, which will cater for children from Clare, Kerry, Limerick and Tipperary, has been built to the highest possible spec and now the team behind it are launching a renewed appeal for donations to help meet the €1m funding shortfall.

The state-of-the-art, six-bedroom facility will be a 'game changer' that will provide priceless support and peace of mind to over 100 families. The five-star facility has been developed at a cost of €2,481,635, with €1m already donated by the JP McManus Foundation and some additional funds committed but still with that €1m shortfall.

Last September the organisation launched its 'St. Gabriel's Children's Respite House - is about time!' - campaign to raise the remaining money to complete the build. And

with Christmas around the corner, CEO Máire O'Leary has appealed to the public to consider donating to the cause over the festive period.

"St Gabriel's Children's Respite House is a place for children to call their 'home away from home', their club, their getaway. It will be their own special space," she said.

"We've devised a campaign to suit all budgets. Every bit no matter how small or large. It all adds up. Our children deserve the best. We have over 70 children attending the school, 22 of those children have a peg feed every day, 55 of them have severe epilepsy and 15 of receive palliative care nurse support. They deserve the best quality. They deserve five-star quality and that's what we did. We got the very, very best for them."

Mary Quinlan, mother of 13-year-old Maia Quinlan from Limerick who will use the service, said the respite house is "going to make a beautiful home from home for all our children".

"If there's anybody out there who is in a position to contribute to the fundraising efforts for this building, each and every one of the parents and staff would really appreciate it. We just can't emphasise how important it is to families like ours to get a break in order to be able to keep going into the future."

Contact Kate Sheahan at ksheahan@stgabriels.ie to donate.



An aerial shot of the completed respite centre in Mungret



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## 'Acorn' to enhance seniors' web skills

**NICK RABBITTS**  
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UP to 40 elderly people in Limerick are to benefit from a pilot project which will see them given help to get online.

Early in 2019, a group of so-called 'silver surfers' are being selected to take part in the 'Acorn' project.

This will see them being given and instructed in a tablet computer device.

Codenamed 'Acorn', the product is a specially designed computer tailored to address the needs of seniors in a closed secure network.

It's designed to encourage elderly people to engage and interact online at both a social and commercial level; the design has the aim of enhancing seniors' independence, and helping them look after health, finance, communications and security concerns online.

Speaking at this week's home and community strategic policy committee, Anne Rizzo of the community development department, revealed Limerick is only the second local authority to trial this project, as part of its local Age Friendly Initiative.

"This has huge potential, and I think it could be huge both across Ireland and across the world. I'm delighted to be on the ground floor with this. It could be a new buzz in 2019," she told members.

The local authority is working with the older person's council on the scheme, which will see technical support afforded over a six month period.

"There will be no out-of-pocket expenses," she insisted.

Ten people on this committee have been given the tablet, and will be asked for feedback, while another 30 people are also in the process of being identified.

Asked by committee chairman Cllr Marian Hurley how this will be done, Ms Rizzo said there have already been 60 expressions of interest in taking a tablet.

After the six month period, those taking part will get to keep the tablet, and will only have to pay the cost of getting online – with the Age Friendly Network bidding to negotiate preferential rates for connecting to the internet, with either An Post, Vodafone, and Tesco Ireland.

"It's a three horse race, with An Post in the lead," Ms Rizzo disclosed.

# Supermac's chief signs deal on Limerick hotel

**Castleconnell:** Castle Oaks House Hotel bought for €3.5m

**DONAL O'REGAN**  
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SUPERMAC'S supremo Pat McDonagh says Limerick is on the "up and up".

The Galway man was speaking after he signed a deal to purchase the Castle Oaks House Hotel in Castleconnell. It is understood the sale price is in the region of €3.5 million.

CBRE Hotels, who handled the bidding process, were guiding the 64-bedroom hotel on extensive grounds at €2.5m to €2.75m.

Mr McDonagh said it is an excellent location beside the Shannon in the picturesque village of Castleconnell – and in close proximity to Limerick city.

"That area of Limerick, the east part of the city is thriving. A lot of new industries and new jobs are being created there. Business is growing in the area - you have Troy Studios expanding, that is creating a lot of jobs. Plassey Business Park is there, the university, obviously, and a lot of major employers like Northern Trust. Limerick is on the up and up," said Mr McDonagh.

He describes the Castle Oaks as a beautiful old period house that has been converted into a hotel.

"There is a lot of history attached to it. It's a nice hotel. We're delighted. It is ideal for weddings and functions. We are very happy with it," said Mr McDonagh.

Castle Oaks House has all the architectural characteristics that were predominant during the late Georgian period (1780 to 1830). The first known owners of the house were the Rich family. Lieutenant John S Rich and his family took up residence there in 1815. In June 1945, the property passed into the hands of the Presentation Sisters.

The sale will be now referred to the Competition and Consumer Protection Commission (CCPC).

Mr McDonagh plans a "major investment" into the hotel.

"We probably won't get possession for two or three months. It depends on the competition authority. Hopefully we will get possession in March and start fairly much straight away. We will be investing to upgrade the facilities over the next 12 months," said Mr



**Pat McDonagh now owns two hotels in County Limerick**

McDonagh, who moved to assure those who have weddings booked in 2019 and beyond.

"It is going to be business as normal. All bookings will be honoured and whatever price has been agreed with the previous management, we will adhere to that," said the Supermac's boss.

The hotel has established itself as a superb wedding venue, known throughout the Mid-West region and further afield.

It is understood that approximately 70 couples will have had their big day in the Castle Oaks this year.

The elegant Stradbally suite, with its unique stained glass windows, parquet dance floor and picturesque garden views can host up to 280 guests.

Mr McDonagh and his wife Una already own a number of hotels in Ireland, including the Castletroy Park Hotel, Charleville Park Hotel, Lough Rea Hotel and Spa in Galway and the Killeslin Hotel in Portlaoise. The pair also have a portfolio of motorway plazas, most notably the Obama Plaza in Moneygall.



**Sinead Clohessy and Shannon Power pictured with the patients of the mobile eye clinic with The Hope Foundation in Kolkata, India**

## Kolkata given 20-20 vision by Limerick Specsavers

**LOCAL** opticians have assisted over 1,000 patients in Kolkata in aid of The Hope Foundation this week.

Specsavers Limerick store director, Sinead Clohessy and optician, Shannon Power went to the Hope Foundation eye clinic in Kolkata that has been receiving monetary support

from Specsavers for three years.

Working alongside their Specsavers volunteers Ms Clohessy and Ms Power, gave eye checks to 1,300 patients, dispensed over 1,000 glasses, and in more severe cases, referred patients for surgery at the eye clinic.

Returning from the trip, Ms Power recalled: "The week I spent in Kolkata will stay with me forever, the poverty I witnessed first-hand was heartbreaking to see."

Ms Clohessy commented: "To be able to give those with so little the ability to see is a remarkable task to undertake,

and it was so heartwarming to meet the thousands of patients we treated."

The pair presented a cheque worth €75,000 to Maureen Forrest, the founder of The Hope Foundation, for the sustainment of the eye care clinic in Kolkata, at the end of their excursion.



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# League offers a chance to 'break out' from walls around refugees

**MAXINE BRAMLEY**  
news@limerickleader.ie

The Integration Through Football futsal tournament finished strong as teams from Limerick's Direct Provision centres, local communities and other minority groups battled it out for the top prize last Friday night at University of Limerick Sport Arena.

The aim of the league organised by the Football Association of Ireland (FAI) in partnership with Limerick Sports Partnership, West Limerick Resources and Doras Luimni, is to encourage the integration of Limerick's refugees and asylum seekers within their local community.

Mayor of Limerick City and County James Collins was on hand to present the winners of the six-week long tournament with their prizes.

"People, of all different grades and skills and abilities have been coming for the last couple of weeks," he explained. "There's a lot of commitment, there's a lot of encouragement coming from the sidelines and it's great for connecting people and doing it in a fun way."

While the participants from the Direct Provision centres didn't go home with a trophy, the main focus wasn't on winning or losing, West Limerick Resources Project Development Officer Edward O'Shaughnessy said.

"That's not the point," he explained. "They are mixing, talking, reacting, laughing, burning



**The Integration Through Football futsal tournament at the UL Arena featured teams from Limerick's Direct Provision centres, local communities and other minority groups** PICTURES: MAXINE BRAMLEY

energy and its all those things that you need for good mental health.

"It's about socialisation, conversation, simple tasks in life, but if you're not actually doing it, it can be a hugely daunting task," Mr O'Shaughnessy, who provides employability training to residents at the Mount Trenchard centre, added.

Also in attendance was Sergeant Shane Davern from Henry Street Garda Station, who organised for a team of gardai from the station to take part in the integration programme. Sgt Davern said that the league gives refugees and asylum seekers the chance to break out "from the walls around them to a certain degree and I think it's only

important that they see the police force as being open, as being normal and that we are there to help them – that's the idea behind it."

Youssef, who is an asylum seeker and resident at Mount Trenchard, has been coming to the league every Friday for the past six weeks and said he has thoroughly enjoyed the experience.

"I have really enjoyed it and I have learned so many things and met friends," he explained.

"I would love to play again and meet other people and challenge each other to do something and spend time together," he said.

Plans are underway for a second tournament on similar lines, with the hope that it will take place in February or March of next year.

Chinazo John Nnaya who is the main organiser of the tournament and is also a former asylum seeker currently studying to become a sports coach at LIT said he would like to see more local teams, businesses and partners getting involved in the next tournament.

"I'm really looking forward to the next time and to widen the network," Mr Nnaya said of the programme that is funded by the EU Asylum, Migration and Integration Fund (AMIF).

He says he is proud of the level of integration achieved and was also pleased to say that two of the participants have been signed to local football clubs as a direct result of the league.

National Coordinator of the FAI Intercultural Football Programme Des Tomlinson said: "We are going to sit down and review with Chinazo and the partners involved and hopefully we are going to have a second series."

Anyone who wishes to get involved in the second tournament can contact the FAI or Chinazo directly at chinazonnaya@yahoo.com to find out more.



**David Mahedy, UL, with Mayor James Collins presenting the winning trophy to Garda Conor Hynes**



**The Mayor James Collins and the Brazilian team with the runner up trophy**



**Sergeant Shane Davern and participants at the event**



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Siobhan Cusack with Niall, Charlotte, Bill and William Hanly at a function in Alex Findlater and Company Food and Wine Hall on O'Connell Street to mark Hanly Donnellan Auctioneers' 25 years in business

# Out & About

## HANLY DONNELLAN AUCTIONEERS CELEBRATE 25 YEARS IN BUSINESS

Pictures: DAVE GAYNOR



Paul Bergin, Ian Sheehy, Ger O'Neill and Michael Geary



Padraig and Margaret Power with Siobhan and Kevin Cusack



Eileen Fitzgerald and Geraldine Clancy



Orla Knight, Dick Power and Tony Clarke



Sandra Hanrahan, Dave O'Malley and Cllr Elenora Hogan



Tony and Victoria Treacy





**David Fitzgerald, Eugene McGovern, Bill Hanly, Ronan Branigan and Liam Keehan at the function in Alex Findlater and Co**



**Marie McConn and David and Gillian Fine**



**David Sweeney and Rachel Leonard**



**Terry Clancy and Michael O'Connor**

# Candid Comment

**By SPARTACUS**

● Comedian Jimmy Carr raised eyebrows and hackles with a tweet about the ancient Treaty Stone at the weekend.

The London-born comic, whose parents hail from Limerick and who has family still living in these parts, was in the city for a four night stint at the South Court Hotel, performing a self-professed “Best Of, Ultimate, Gold, Greatest Hits Irish Tour 2018”.

Carr queried of the Treaty Stone to his almost seven million followers on Twitter: “I’ve been performing in Limerick this weekend. Check out this stone on top of another stone...if you know of a s\*\*\*ier monument please get in touch.” Renowned for his acerbic, withering wit, Carr has a vast repertoire and lightning-sharp delivery - all qualities that seemed lost in this strange tweet that is unlikely to draw favour from tourism bosses in the region.

The responses on social media were largely unkind to Carr’s wit, and quick to point out that there is “a lot of history behind that stone”, while another said: “It’s important to us.” Another added: “Hope you enjoy paying roaming charges next time you come to Limerick.” A comic should know his audience, as they say.

● Last year in Northern Ireland the government was brought down by the so-called ‘cash for ash’ scandal, in which DUP leader Arlene Foster played a central role.

We had our own cash for ash story in Limerick last week, and while no government will fall, this story is equally gobsmacking in its own way.

A boy, who had taken the Ash Wednesday anointment but had difficulty washing the mark away for a time, was awarded €5,000 in court after his father took a claim against the church over the “unsightly” material that lingered.

How either the church or the insurance

company didn’t tell the claimants to go and jump beggars belief, and would appear to show that people making claims have far too much power in Ireland.

If an insurance company runs scared and doesn’t stand up to defend such claims as this, then we are in the realm of farce.

● Spartacus was contacted by an angry landlord who made reference to a story in our sister tabloid paper on Monday.

The Leader reports that although rents are now at a record high and the Irish rental market is experiencing unprecedented demand, the number of landlords in Limerick is actually falling with a decline of 8,829 tenancies and 1,778 fewer landlords than in 2015.

“Landlords get a lot of bad publicity and are seen as tycoons who continually put up rents. But the reality is that many purchase a house or an apartment as a pension or for their children. I can see why there are fewer landlords. You pay massive tax on your rent, and I personally have had tenants cause a lot of damage and do a runner without paying rent. There are two sides to every story, and if there are fewer landlords surely the politicians should be asking why?”

We won’t hold our breath on behalf of this and other angry landlords in expectation of a response from the general public.

● As councillors gathered at City Hall on Monday morning for the final meeting of the Metropolitan District in 2018, a special festive treat was laid on ahead of the three hour meeting.

In addition to the usual array of healthy sandwiches and croissants, Spartacus is reliably informed there was a spread of delicious freshly-baked mince pies – complete with a bowl of freshly-whipped cream. What a festive delight.



# ROUNDUP

## Connect extended

TELEPHONE counselling and support service Connect is to extend its hours during Christmas.

The service, which helps adults abused in childhood is to open between 6pm and 10pm between now and Sunday, January 6.

Connect can be contacted for free at 1800-477477. A trained counsellor can listen and provide support.

## Interest rate caps sought

**A MOTION calling on the Minister for the Finance to introduce interest rate caps to prevent credit finance companies from charging exorbitant rates of interest was adopted by members of Metropolitan District at their monthly meeting on Monday. The motion was proposed by Cllr Joe Leddin, pictured.**



## Caherdavin charity run

The Annual Caherdavin St Stephen's Day 10k will take place on December 26. The start time for this year's run will be 11am. There is on-the-day registration, which will be held at the Caherdavin Community Centre from 9:45am to 10:45am. The entry fee is €10. Prize giving and refreshments will be held afterwards at the Caherdavin Community Centre.

## €30k boost for angling

ANGLING events and initiatives in Limerick can apply for financial backing from the 2019 Inland Fisheries Ireland €30,000 sponsorship programme.

Last year's programme backed local projects from initiatives to catch and release competitions.

To apply, visit fisheriesireland.ie, deadline is January 18.

## Summer Works

**SCOIL Ide and Coláiste Nano Nagle are to undergo improvement works through the summer works scheme. "The works will be carried out in schools mainly over the summer months in order to keep disruption to students,**



**teachers and others to a minimum," Senator Maria Byrne said.**



## Firm marks decade

**ONE of the region's biggest employers is marking a decade in the Mid-West. Zimmer Biome employs**

**420 people in Shannon, and is headed by Limerick man Claude Costelloe. Staff pictured above.**

## Macra sleep-out

LIMERICK Macra's annual 24 hours sleep-out for the Mid-West Simon Community commences outside the AIB on O'Connell Street this Saturday night, December 22 at 8pm.

Last year, €7,636 was raised. Limerick Macra has been partaking in the initiative for over six years. All donations welcome.

## Matthew Stephens charity cabin returns

Matthew Stephens has brought its charity Santa cabin back to the city centre for Christmas.

The snow-topped log cabin with fenced garden, piped Christmas music, icicle lights, and more has returned to O'Connell Street to add to the festive atmosphere of the city.

The cabin is designed, created and sponsored by Matthew Stephens Jewellers and every euro donated for photographs and selfies will go directly to Barnardo's Homemakers Children's Fund, right here in Limerick.

The initiative is part of Matthew Stephens Giving Back Campaign, "a small thank you to our great city and community who have really supported the luxury three level jewellers so much over the past years", said a spokesperson.

It's hoped the cabin brings many smiles and much happiness to all who pass or visit along with bringing festive cheer and atmosphere to Limerick city while raising funds for a very worthy charity.

There is a full itinerary of live performances and entertainment at the cabin over the coming week, from Frozen Fun with Olaf, to sing along Kiddie Christmas Carols, to singing competitions with amazing local talent, elves and of course - the Big man himself - Santa Claus.

"This year we are asking for a



**Olaf, from Frozen, and the Christmas elves promoting the return of Matthew Stephens Christmas charity cabin on O'Connell Street**

minimum donation to Barnardos of €10 per family of four and €15 for families of five or more to meet Santa in this beautiful cabin," said the spokesperson, who added: "Please feel free to drop by and donate as generously as you possibly can to Barnardos, as every childhood lasts a lifetime."

For further information and videos, see Matthew Stephens' Instagram page.

### OPENING HOURS

**Wed 19th 1 - 5.30pm; Thurs 20th 2 - 6.30pm; Fri 21st 2 - 6.30pm; Sat 22nd 12 - 5.30pm; Sun 23rd 12 - 5.30pm; Mon 24th 10 - 3pm**

## 'An accident just waiting to happen'

### RYAN O'ROURKE

ryan.orourke@limerickleader.ie

PEOPLE walking or cycling down the lower Golf Links Road are "taking their life in their hands", according to Labour Councillor Elena Secas.

Cllr Secas has called on the Council to lodge a part eight planning application for the proposed road widening scheme to upgrade the road near O'Shea's Pub as soon as possible.

"This section of the road is totally unsuited to the volume and type of traffic using this route and people dread this road, in particular in the winter. Almost nobody walks or cycles down that road as by doing so you are taking your life in your hands. This road carries a high volume of traffic from Castletroy to the Ballysimon Road and is effectively little more than a country lane," Cllr Secas said.

The councillor says that funding has already been approved to carry out an overlay and road widening project at this location.

"I welcome the fact that consultants have been appointed. I am now calling on the Council to



**Cllr Elena Secas**

lodge a part eight planning application which would avoid any further and unnecessary delays in getting the necessary work done," Cllr Secas added.

Development carried out by a local authority is often referred to as 'part eight' development. This includes the construction of houses, roads and public toilets.

"This is an issue that I have been working on since elected and, as I have said before, is an accident just waiting to happen," Cllr Secas concluded.



# Christmas Masses

## Christmas Eve - Monday December 24th

Mass at 8am and 10am. Church closes at 6pm  
Carol Service at 11.30pm. Midnight Mass at 12am

## Christmas Day - Tuesday December 25th

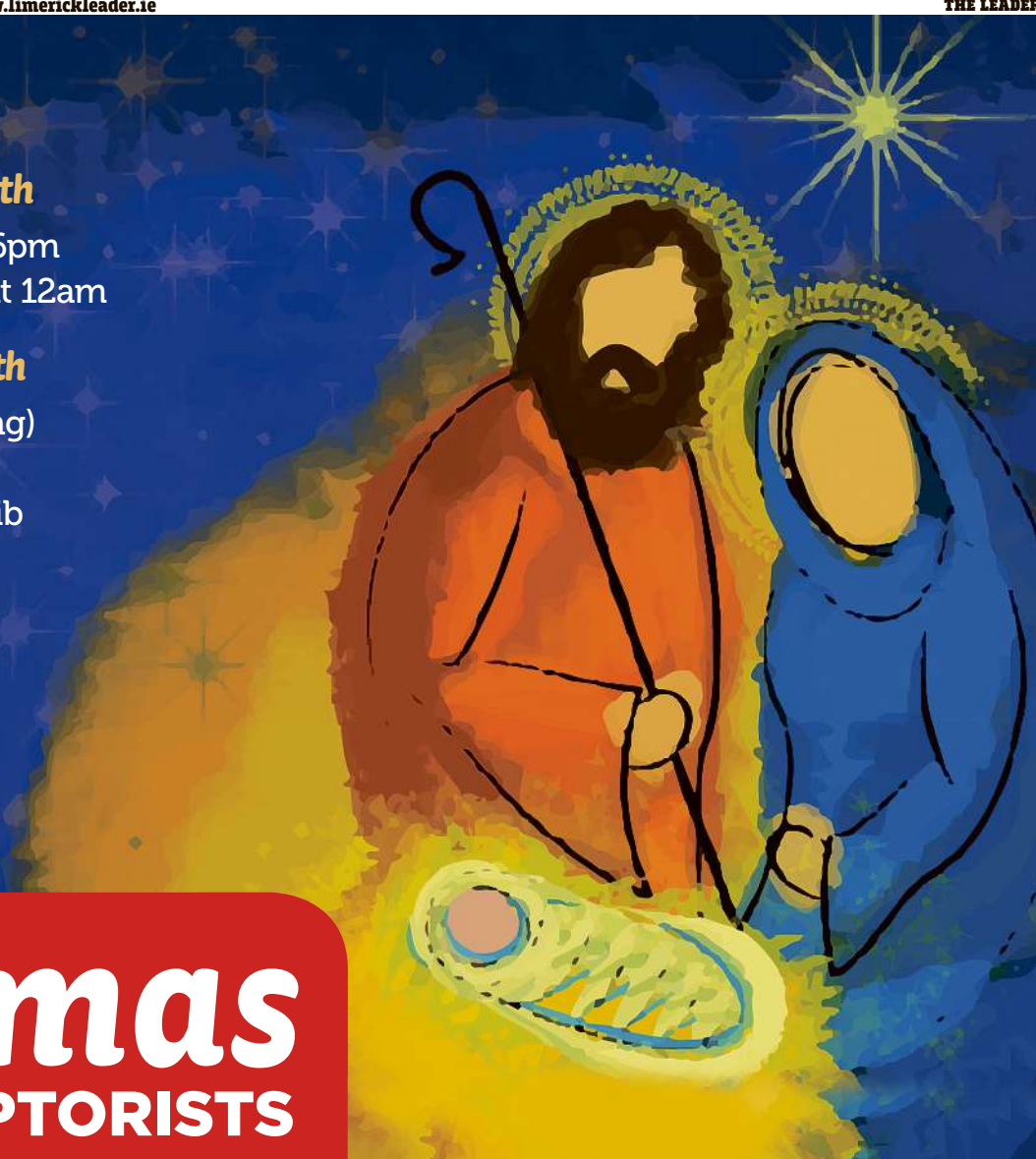
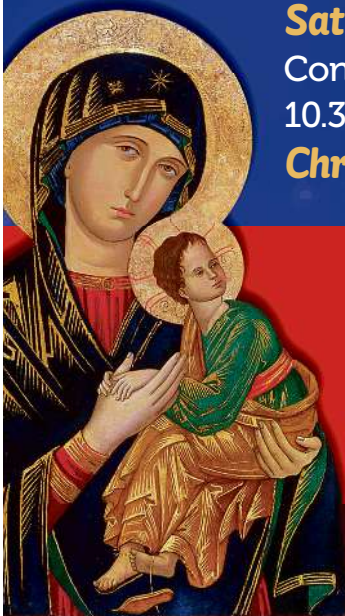
Mass at 8am, 10am (congregational singing)  
12 noon (choir and children's liturgy)  
Church open until 9pm for visits to the Crib

# Christmas Confessions

## Saturday December 22nd

Confession in the Church  
10.30am to 7.15pm

**Christmas Eve** 10.30am to 6pm



# Christmas AT THE REDEMPTORISTS

Mount Saint Alphonsus Church

[redemptoristslimerick.ie](http://redemptoristslimerick.ie)

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# PET RESCUE



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

## Looking for a new home



This week's first stray is a beautiful shepherd mix called Ms. Sherwood who is less than one year old. She is very young so she has lots to learn but she gets on well with other dogs and people and she likes to play and get out for walks. If you are interested in adopting Ms. Sherwood you are welcome to go along and visit her at the LAW sanctuary in Kilfinane,

The second stray is a gentle little female terrier called Angel. Angel is about two years old and she arrived at the LAW sanctuary with her six puppies, all of whom have found their homes, so now Angel is looking for hers.

She gets on great with other dogs and people. She would be suited to all family types.



The third stray is Andrea a shy little girl, who arrived at the LAW sanctuary only a couple of weeks ago. At first she was very scared, but with plenty of tender love and care, the staff there have her purring in their arms now! Andrea is white and tabby and approximately five months old, currently her paw has a bandage but as she showed us before, patience and tender love and care will pay off!

## Friendly and loving Cosmo

The fourth stray is a lovely Springer Spaniel named Cosmo. Cosmo is two years old and is an active playful boy with loads of energy. Cosmo loves to play ball and would suit a family or an active person who would give Cosmo plenty of exercise. Cosmo is very friendly, great to walk on the lead and would be a wonderful pet.



## Dye fives for Milford Hospice!

**THE owner of two city pubs have given Milford Hospice a massive Christmas boost.**

Linda McMahon, the proprietor of The Launch and the Caldron Bars held a 'Shave or Dye' fundraiser for the cancer care centre.

Presenting the proceeds from the event, from left, are Pauline McDonnell, St Mary's Park, Cllr John Costelloe, Shave

or Dye volunteer Paul O'Driscoll, Ger Buckley, Milford Hospice, and Ms McMahon. 'Shave or Dye' is a charity phenomenon which has been going on since 2010. In that time, almost €8m has been raised for the Irish Cancer Society and other related good causes.

It's all thanks to the efforts of thousands of volunteers who volunteer to either shave their hair - or dye it!

# Sr Helen 'honoured' to open area at UHL

**Remembrance:** Book is centrepiece of new facility at hospital

**ALAN OWENS**  
alan.owens@limerickleader.ie

CHILDREN'S Grief Centre founder Sr Helen Culhane has opened a space for families to remember children at University Hospital Limerick.

Sr Helen cut the ribbon on the Children's Remembrance Area in the Chapel at UHL as part of a project developed by the paediatric end-of-life care committee.

"It is an honour and a privilege for me to launch this remembrance area. When Denis Casey, the end-of-life care co-ordinator in the hospital, approached me to do this, he would have been unaware that before the age of eight, I lost three brothers. Martin was a cot death at three months and James and John died at birth. They were twins," Sr Helen said.

"Being here this evening is very special for me. We know that the grieving process is a difficult and lonely journey for children and their parents. This remembrance area will be a place where families can remember and reflect on their child."

The project was the concept of parent Theresa Noonan, whose daughter Katherine was under the care of Hilary Noonan, Children's



**Denis Casey, end-of-life care co-ordinator, UL Hospitals Group, and Sr Helen Culhane, Children's Grief Centre, open the remembrance area at UHL**

Outreach Nurse, UHL, and the Milford Home Care Team when she passed away. The centrepiece of the new area is the Children's Book of Remembrance, which is kept in a cabinet beautifully crafted by Mark Griffin and funded with a grant from Milford Care Centre Compassionate Communities. It has specially commissioned stained glass that was sponsored by the Brosnan family in memory of their mother, Eileen.

The book itself was kindly funded by a donation from Liam and Yvonne Kelly and family in memory of their son and brother Joe.

Colette Cowan, CEO, UL Hospitals Group, said that the area or the book of remembrance were not solely for

children who had died in hospital.

"It is open to anybody to contact the pastoral care team to preserve their memories. There is no time limit," she said. "Illness in, and the passing of, children is one of the most difficult things we have to confront as healthcare professionals. We have active and committed end-of-life care committees who are dedicated to helping families through grief, improving infrastructure so families are given bad news in the appropriate setting and through remembrance services and other initiatives such as this making sure that the experiences of our patients and their loved ones are recognised, validated, documented and remembered."



# Clohessy Minihane make the case for plain speaking professionalism

**Jargon-free zone:** Hear it how it really is from burgeoning legal practice in city centre



The team at Clohessy Minihane Solicitors outside their new offices on Shannon Street. Call in to avail of a wide range of legal services

## Who are Clohessy Minihane Solicitors?

Clohessy Minihane Solicitors are a Limerick firm of solicitors founded in 2014 by its two current partners Cathal Minihane and Hugh Clohessy.

Both partners hail from Limerick city; Cathal from Caherdavin and Hugh from Castletroy.

Since founding the firm we have been joined by Des Clohessy, legal executive and Jackie McCarthy and Margaret O'Brien, solicitors.

## Where are Clohessy Minihane Solicitors based?

We have recently moved offices to 5 Shannon Street, Limerick. We moved to a city centre location because we believe that it will provide us with greater profile.

It is also a larger office space which will allow us room to grow over the coming years.

Indeed, at present we are

looking for a commercial property solicitor and a trainee solicitor to join our team.

## What do we do?

We provide legal advice, legal services and legal representation to individuals and businesses in Limerick city and the Mid-West region generally.

Cathal and Des specialise in personal injury cases\* and Hugh, Jackie and Margaret specialise in property transactions, commercial law and company law.

## Any other recent developments?

In addition to moving office we recently launched a dedicated Personal Injury website for prospective clients [www.solicitorslimerick.ie](http://www.solicitorslimerick.ie)\*

On the website, prospective clients can obtain information, access videos, view Frequently Asked Questions and submit an online query.

## What makes Clohessy Minihane Solicitors different?

We are different in that we avoid legal jargon and speak with our clients in plain English.

Limerick people are known for their dry wit and no nonsense approach.

As such we believe that our clients much prefer our direct, plain speaking manner.

Hugh is married to a Brazilian woman and speaks Portuguese, he also speaks with our Brazilian clients in plain Portuguese.

## How can you contact us?

Telephone: 061-461000  
Email: [reception@cmlegal.ie](mailto:reception@cmlegal.ie)  
website: [www.cmlegal.ie](http://www.cmlegal.ie) or [www.solicitorslimerick.ie](http://www.solicitorslimerick.ie)

\*In contentious business, a solicitor may not calculate fees or other charges as a percentage or proportion of any award or settlement.



Plain speaking and the avoidance of legal jargon is a hallmark of the expanding practice of Cathal Minihane and Hugh Clohessy





# Making Cents

**LIAM CROKE**

The Must-Read Guide To Saving Money

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

## Seven tips to avoid a big overspend this Christmas

It's nearly upon us. Only a few more sleeps to go. And whilst Christmas for most is a great and exciting time of year, from a financial perspective it's a notoriously difficult one.

The month of December is when our finances take the biggest hit, where we will spend on average €866 more, than at any other time of the year.

Wondering how you are going to fund and face the aftermath of raiding savings accounts, and or the amount you racked up in debt, just to get through Christmas could lead to a long and miserable January.

Putting that question off, isn't a good strategy either. A money hangover is much worse than an alcohol one – it lasts much longer, and a couple of, paracetamol, won't make it go away.

So, I'm going to share with you seven practical tips I have used, read about and heard of and I thought you might find them useful also, and they are:

### USE THE 10-SECOND RULE

Financial blogger Trent Hamm says if you're in a shop, and thinking of buying an item, hold it for 10 seconds, and during that time, ask yourself if that money could be put to better use on something else? Hamm says, in 10 seconds your sanity will come back on line and you'll find yourself putting back the item, and you'll walk away delighted you didn't waste your money.

### PRACTICE THE STRANGER TEST

If you're thinking of buying something, before you go to the till, imagine that a stranger approaches you with the item in your hand and offers it to you or the cash equivalent – your choice. If you'd take the cash, put the item down and move on.

### MAKE PURCHASES ONLY USING CASH

Consumer studies have revealed that we can spend up to 25% more if we use debit or credit cards instead of cash. So, if you want to rein in those impulsive purchases, leave the cards at home, and only bring cash with you.

Also try get the crispest, newest notes you can get your hands on. Because research again shows we are less likely to spend them than we are, dirtier, older ones.

### LINK YOUR PURCHASES TO THE AMOUNT YOU EARN PER HOUR

When I say the amount you earn per hour, I'm referring to the net amount after taxes, you earn. You can't spend the amount you give away in taxes, so we're looking at the amount that lands in your account each month. If that amount is €3,000 per month, and you work 40 hours per week, your hourly earning rate, based on a 46-week working year is €19.56.

Next time you are tempted to buy something for €100, ask yourself is it worth five hours of your time and income? Using this method puts the item you are buying into perspective and can lead to you thinking twice about whether you want to buy it or not.

### WORK OUT THE COST PER USE

If you look at the cost per use of an item, you are considering buying, rather than the price, you could save yourself a fortune, and not be suckered into buying things impulsively, whether they are on sale or not.

If you are going to buy something, you should give it a value of €1 for every time you use it. So, if you are considering buying a new shirt for say €50 whether it's on sale or not, you



**December is when our finances take the biggest hit, where we will spend on average €866 more, than at any other time of the year**



### DID YOU KNOW?

**There are more people at work now, than at any time in the history of the State**

should ask yourself, would I wear it 50 times?

It may just help you think twice about spending money on something you end up never using.

### IGNORE THE TIME LIMITED OFFER

Stores use time limited offers to get you to spend money, by creating a sense of urgency into making the purchase because if you don't, the price will increase. They want to create the illusion of a great sale. I saw this ploy recently where a DVD of the film Frozen was being sold at €8.99 but underneath it was a sign saying that after Xmas, it would go back up to €12.99 – I'm wondering will it really go up? I doubt it.

### DON'T SPEND WHAT YOU DON'T HAVE

The financial author, Suze Orman puts it best when she says; "People have got to learn; if they don't have cookies in the cookie jar, they can't eat cookies."

So, please be careful using your credit card to fund nights out, presents etc. over Christmas, because any debt like it that goes unpaid, is one of the most corrosive things you could do to your financial well-being. If you aren't 100% sure you will pay off in full what you used over the Christmas period, then please don't use it.

That's about it. I would like to take this opportunity to thank all those who wrote to me over the year with their questions and feedback.

It's a pleasure to write for you each week, and I try to cater for everyone, so I hope you find the articles informative, interesting and relevant to you, and most importantly, I hoped they have helped and went some way towards improving your finances during 2018. Have a great Xmas and we'll talk in the New Year.

### ASK LIAM

Our personal finance expert answers your questions ...

**Q: I need to buy some last, minute Xmas presents and I'm thinking of buying some gift vouchers - anything I need to be aware of, if I do? Peter**

A: I would probably choose one that allows them to buy from any number of stores, simply because of the choice it gives them.

But, also, if you give them a gift card exclusively for one store, and it closes down before the card is used, the card holder becomes an unsecured creditor and if they want to get the value of their card back, they first have to register with whoever is appointed to wind up the company, and after secured creditors are paid, they're next in line, and the likelihood of them getting anything back at that stage, isn't very good.

Also, be mindful of expiry dates.

If it goes over an expiry date, the card may not be unusable, but a late fee may be applied to it for every month, it isn't used, which could seriously devalue its worth.

Finally, take care of your gift voucher, because if you lose it, the store or issuer of the card isn't obliged to give you a replacement card. Losing a card is like losing cash, so keep it safe.

## Ring in 2019: Irish Heart Foundation New Year's Eve Ball at the Savoy

For the third year in a row, a gala ball at the Savoy Hotel will ring in the New Year in style at an event in aid of the Irish Heart Foundation. Pictured at the launch of the event are Michelle Herbert, Metro Mayor Daniel Butler and Mary Ryan, consultant at Bon Secours at Barrington's



The wonderful Jazz Lite warming up at the launch of the Charity Gala New Year's Eve Ball in the Savoy Hotel



Also at the Ball launch were Ruth Vaughan, Savoy Hotel, Limerick Rose 2018 Hazel Ní Chathasaigh and Dr Máire Finn, Ennis Health Care. Tickets are €100 and available from Eventbrite or Anne Riordan at [arioridan@irishheart.ie](mailto:arioridan@irishheart.ie). Tel: 0868520199





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# LEADER BUSINESS

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## Staff have no problems working on Christmas Day

**Shopping:** Petrol station is all set to remain open on December 25

**NICK RABBITTS**  
 nick@limerickleader.ie

A LEADING city retailer has revealed he has been over subscribed with offers of people wanting to work on Christmas Day.

Shane Gleeson will open his petrol station next door to the Hurlers Pub on December 25, and he says ten of the 100 people his family employs at all the city Spar stores have offered to work on the big day.

"People need to be conscious that there are quite a few people living in single person households now and don't necessarily have anywhere to go on Christmas Day," he said, "We put a note up that we were happy to close on Christmas Day unless we had people who wanted to work. We needed six people. Ten applied to work."

Those people, Mr Gleeson added, were consulted with on a confidential basis, before management assessed who would most benefit from working on Christmas Day.

"Most of the lads are single, and are in single person households. For them, Christmas Day can be quite a lonely experience," the retailer said.

It's the second year in a row that the Hurler's petrol station opened on Christmas Day, with Mr Gleeson saying last time, there was "great craic" in the station.

"People are coming in with very good cheer. They are interacting with people all day. We also give a bit of a bonus for working the day," he said, "We were quite busy. There are quite a few people who have to work Christmas Day anyway. You're talking about gardai, we had customers from the army, the fire brigade and orders for Limerick prison."

Mr Gleeson added he was expecting to close the petrol station for the first time ever.

Meanwhile, shoe shop owner Michael Gleeson has urged people to buy from local outlets this Christmas instead of online – in order to keep independent local trade alive.



**'Personal circumstances taken into account': Shane Gleeson** PICTURE: PRESS22

"As a city centre retailer, there are three things which are mitigating against retailing. Obviously, the number one is parking difficulty. Number two is out of town shopping. Now, the more important one is online shopping," he said, "It's a struggle for city centre retailers to keep the show on the road, that's what I would say. Independent and family businesses are the worst hit, as we're not strong enough for online businesses."

Michael Gleeson says independent traders have been the "lifeblood" of shopping in Limerick through the years.

"It's going to be too late when many of them do not survive. People will say what a shame it is to see a nice operation close. But then it's too late when they are gone," he added.

"Now is a time to ease off on the online shopping," Michael Gleeson concluded.

Including this Wednesday, there were six shopping days until Christmas.

## Network elects Caitriona

NETWORK Ireland Limerick, the forum for women in business, the professions and the arts, has elected Caitriona O'Donoghue as its president for 2019.

The sales and marketing manager for Get West and Escape Limerick was presented with the chain of office by outgoing president Valerie Murphy.

Petrina Hayes, of the Savoy Hotel has been confirmed as vice president



**Caitriona O'Donoghue, Network Limerick**

of Network Ireland Limerick for the year.

Ms O'Donoghue said, "For me, the presidency is an incredible opportunity to give back. By joining Network Ireland Limerick, I gained an incredibly supportive network of women who have been there to share in both challenges and successes."

## Website speed warning

A LEADING digital agency headed by a Limerick man has warned of the loading times of business web sites across Ireland.

Agent Digital, anchored by Kevin Meaney, has created a web site speed report, surveying the page loading times of over 1,000 individual Irish web sites.

The survey highlights the average web site loading time in the domestic e-commerce sector was the slowest of all sectors looked at.

Web sites take on average 10.35 seconds to load fully on a mobile device.

Mr Meaney said the research represents a wake-up call for all Irish businesses online.

"Average load time for Irish websites is over three times the recommended standard. Research shows 53% will leave a mobile page if it takes longer than 3 seconds to load," Mr Meaney said.

## Quality seal for new local business

EIGHT WEEKS after their launch, EcoStraws.ie, a firm based in Hospital County Limerick have already received a seal of quality, writes Anthony Geoghegan.

The local distributor, founded by Brian O'Callaghan, Sarah Keyes and Anthony Egan have been awarded an All-Ireland Business All-Star accreditation, a standard mark only given to indigenous companies with a quality standard of business practice.

EcoStraws offer a wide range of biodegradable drinking and eating products from reusable coffee cups, edible drinking straws and environmentally-friendly cutlery.

Brian O'Callaghan, co-founder of EcoStraws, stated: "This coveted accreditation certainly places the spotlight on us."

"It also showcases the campaign against the use of single-use plastics in Ireland, and that can only be a good



**Dr Briga Hynes, Minister Pat Breen, with Sarah Keyes and Brian O'Callaghan.**

PICTURE CONOR MCCABE

thing," Mr O'Callaghan added.

EcoStraws now joins an exclusive group of 200 Irish firms awarded with the seal by the panel consisting All-Ireland Business Foundation

members Dr. Briga Hynes of the Kemmy Business School and Kieran Ring, CEO of the Global Institute of Logistics.

Speaking about the rigorous evaluation, Dr Hynes explained: "In a minimum six-week process, we evaluate a company's background, trustworthiness, and performance, and we speak to customers, employees, and vendors.

"We also anonymously approach the company as a customer and report back on the experience," Dr Hynes added.

Mr O'Callaghan concluded: "As an indigenous, emerging Irish All-Star company, we are immensely proud of our All-Star status, and I should thank not only the All-Ireland Business Foundation but also my team and most importantly our customers."

With Christmas coming up, late shoppers can visit EcoStraws.ie to find a gift, for not just their recipients, but for their planet, as well.



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By Seán Curtin

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# KEEP IT LOCAL!

Limerick businesses in the spotlight



## MACE Thomas Street creates further smiles in Limerick city

LIMERICK city came alive on Saturday afternoon December 8 with an electrifying atmosphere as Roche's MACE Thomas Street celebrated their official store opening with an action-packed event.

All-Ireland winning hurlers Kevin Downes, Shane Dowling and Young Hurler of the Year, Kyle Hayes, were present at the event to mingle with guests and oversee the official cutting the ribbon on the exciting new store in the heart of Limerick City. Mayor of Limerick city and county John Collins also attended the event and praised retailer Sinead Roche all her family and staff on their fantastic efforts to boost the morale of the area and creating many job opportunities.

MACE Thomas Street, Limerick has enjoyed great success since it opened its doors in October. The store has an extensive food offering and

provides the community with an endless choice of culinary options. It boasts exclusive food offerings such as For Food's Sake deli, Freshly Chopped, Peking, I Scream ice-cream and Shaker's, MACE's new sweet bakery concept, which is already proving to be a big hit with customers and adds to the overall convenience of this busy store.

The celebratory official opening ran from 12pm - 3pm on Saturday December 8 and was a fun filled event throughout the entire day with several activities arranged to keep guests of all ages entertained.

Local radio station, Limerick 95 FM, was on-site from 12pm - 2pm to provide the entertainment and customers were also treated to goody-bags and spot-prizes to help celebrate the event. The talented Limerick Gospel choir added a lovely Christmas spirit to the event as they performed



At the official opening of the shop that fronts onto both Catherine St. and Thomas St. were Ken O'Connell, Sinead Roche, owner, Tony Hickey, Mayor James Collins, Mary, Tony and Paul Roche, Shannagolden PICTURE: GARETH WILLIAMS

beautiful Christmas carols as well as raising much needed funds for MACE's charity partner Down Syndrome Ireland.

The store is already well known for its plentiful food offers, so it's no surprise that there was a fine range of food tastings available to suit the needs of all customers and plenty of prizes were given out throughout the day to keep customers constantly smiling.

Santa also made an appearance, to the delight of the

children present.

Ms Roche, store owner, was thrilled to host the store opening event for the local community in order to celebrate the establishment of the business and its integration into the area.

"We are very proud of this state-of-the-art retail store and are very excited about the future prospects of Limerick city and delighted with all the support and good wishes which were received," said Sinead.

Congratulating Ms Roche and wishing her continued success, Daniel O'Connell, MACE sales director said, "Roche's MACE Thomas Street is a credit to Sinead, her family and colleagues. They have worked tirelessly to bring the store up to this first class standard. We wish them the best of luck with this venture."

Opening hours of the store are Monday- Saturday 6.30am - 8pm, Sunday and Bank Holidays from 8am to 6pm.



The end of year sale has discounts as big as 80% off some gowns

## Catch the amazing end of year sale at Aibheil of Adare

AIBHEIL of Adare is having its annual end of year amazing sale this year, on December 28 and 29, so save the date, brides-to-be.

Opening hours are from 10am to 5pm both days, with no appointment necessary.

Brilliant bargains in bridal wear are to be had, with up to 80% off beautiful gowns, ranging in sizes 8-20.

Changing rooms are allocated on a first come, first served basis, where you can purchase your dream dress on the day and take it with you.

Aibheil's wedding dresses are from the very best bridal

designers, so this is a unique opportunity to purchase your dream dress at a huge discount. Veils, jackets and accessories will be on special offer too.

Aibheil has been doing this sale for quite a number of years now, so here are some pointers on what to expect and to help the budget-conscious bride plan for this sale:

- \* Please don't wear fake tan (of any kind!) - it comes off on the dresses no matter how light.

- \* Bring a trusted relative or close friend, who will give you honest advice.

- \* Don't bring a crowd - too

many opinions won't help.

- \* There can be queues for the dressing rooms - don't bring small children or anyone who can't wait too long

- \* Be prepared to buy on the day.

- \* Sale dresses cannot be held, as the next person behind you just might want that very dress.

- \* Come with an open mind - it's the best way to find your dream dress!

Wishing you all the best of luck in finding your dream dress for much, much less! Enjoy!

Join Aibheil of Adare on Facebook [www.facebook.com/AibheilofAdare](http://www.facebook.com/AibheilofAdare) or ring 061 396026.



The Aibheil of Adare sale is on December 28 and 29, 10am to 5pm



# EXPRESSIVE ARTS FUNDRAISER



Eoin Connolly, Ellen Henry, Katie Weller, Emma Cooper, Anna Corcoran and Adam Stapleton at the fundraiser



The students of Expressive Arts Theatre held their annual Carols, Cupcakes and Coffee fundraiser on Saturday December 15 at Villiers Secondary School. This year's beneficiary was Limerick Suicide Watch. Pictured with students were school director Pearl Kiely, Tommy Drennan, Limerick Suicide Watch member Kate Flynn Kiely and chairman Colm O'Bryne



Dearbhla Acheson, Trish Warde, Sheens Kinsella and Megan Warde pictured at the fundraiser



Parents of some of the Expressive Arts students who supported the fundraiser in Villiers secondary school

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# Sarsfield Credit Union to give local charity big boost!

**Good causes:** Three groups in running to become lender's charity partner for 2019

**NICK RABBITS**  
nick@limerickleader.ie

A LOCAL charity is set for a year-long boost as Sarsfield Credit Union seeks a 'partner' for 2019.

The Credit Union, based at the junction of Catherine Street and Glentworth Street, has picked three charities and is asking its members to decide which charity it links up with in 2019.

These are the Blue Box Creative Learning Centre at Roxboro, Blood Bikes Mid West based in Crossagalla, and Limerick Marine Search and Rescue, at the Dock Road.

Between now and the end of this week, members of the lender visiting its premises at the old Stone Jug building will be asked to vote for one of these three charities.

The good cause getting the most votes will receive a cheque for €1,000,

and a year-long promotion and support.

The other two will get €250 each.

It's the second year in a row the Sarsfield Credit Union has run an initiative like this.

The winning charity will once again receive a big feature, as well as ongoing media promotion from the Credit Union, both online and on the pages of this very newspaper, with branch staff also fundraising over 12



**The winning charity will receive a big feature and ongoing media promotion**

months.

The three nominated charities were picked out of a hat after staff members at the Credit Union nominated 20 good causes among themselves.

The charities which competed last year were excluded in order to ensure newer groups were given a chance.

Call into the Stone Jug to cast your vote.



**Claire Ahern, admin, Gosin Prusinowska, in house co-ordinator and Bernadette Kenny, CEO**

'If we received €1,000 prize, it would save a child's life'

ONE thousand euro from the Sarsfield Credit Union would ensure the Bluebox Creative Arts Therapy Centre can support one child for a whole year.

The centre, based in the LEDP building at Roxboro, exists to support children and youngsters who have been traumatised and are from disadvantaged or marginalised communities.

They use a unique type of therapy, that of creative art, using art, music, play, drama, dance and movement to help a youngster achieve their potential.

Bernadette Kenny, its chief executive said: "If we got €1,000, it would mean a child would get therapy for the year, and that could save the child's life."

"It would give that child the best

chance of having a one-on-one with a therapist who would help them work through all their feelings and emotions.

"It would give them a voice that in the future could help them develop a resilience to whatever comes up."

Some 17 professionally qualified therapists are employed by Bluebox each year, and the

organisation works mainly at schools in disadvantaged areas.

Last year, more than 3,000 hours of service was given to 300 families.

The publicity will really help showcase the Bluebox Creative Learning Centre, which has been in existence for 20 years.

Hopefully, Ms Kenny says, it will inspire other smaller companies to

contribute and invest in the charity, and also raise the awareness of the benefits of using creative arts therapy.

"At the end of the day, the first language of a child is play," she concludes.

For more information on the service the centre provides, telephone 061-315 070, or visit its web site at [www.bluebox.ie](http://www.bluebox.ie).



## One of city's most respected charities bids for €1k boost

BASED at the Dock Road, Limerick Marine Search and Rescue would greatly welcome the €1,000 prize.

Established in 1986 by sports divers Tony Cusack and Jimmy Connors, the charity keeps Limerick people safe from the unpredictable waters of the River Shannon.

It was founded after the pair were asked to search for a young boy who had lost his life in the waters at Parteen.

It was 32 years ago this month that Limerick Marine Search and Rescue was formally founded.

Their base at Atlas Avenue in the Dock Road houses state-of-the-art equipment which help keep Limerick people safe in choppy waters.

Thomas Cusack, who is the charity's chairman this year, said the €1,000 would mean an immense amount to them.

"It will all go towards the upkeep of our equipment. We have a lot of maintenance needing doing, be it boats or diving equipment, plus general wear and tear on our own personal equipment," he explained.

With 26 volunteers on board, Limerick Marine Search and Rescue donate their time to aid their community. They also hold summer camps to teach children and adults about water safety in a positive environment.

For more information on Marine Search and Rescue, telephone 061-316 300, or visit [www.lmsr.ie](http://www.lmsr.ie).



Limerick Marine Search and Rescue service crew members, Tom Cusack, and Jason Murphy on a training drill

PICTURE: ALAN PLACE/FUSHIONSHOOTERS

## Award would help keep a vital medical support service on road

IT costs thousands of euro to keep the one van and three motorbikes of Blood Bike Mid-West on the road each year.

Based at St John's Ambulances offices at the Crossagalla Industrial Estate at the Ballysimon Road, the charity provides out-of-hours emergency support services to front-line medical workers.

Pat Murphy of the group explains: "We provide transport of blood products, patient records, and any other equipment we can fit on a motorbike, essentially. We do our best to make a small bit of a difference. But it's only possible through the generous funding from the general public."

The bike service is the sole transporter for the breast milk bank in Ireland. Despite having more than 40

volunteers in the saddle, Blood Bikes Mid-West receives no public funding.

Asked what €1,000 would mean to the charity, Mr Murphy adds: "It will go a long way towards the maintenance of our vehicles. As you can appreciate they are not the cheapest to keep on the road. With three motorcycles and a van, the insurance costs can be quite high."

"This money will go to the upkeep of the service."

For more information about what Blood Bike Mid-West does, you can telephone 085-8517500, or visit [www.bloodbikemidwest.ie](http://www.bloodbikemidwest.ie).

**Right: Pat Murphy, of Mid-West Blood Bikes, photographed at the service's base at the Ballysimon Road** PICTURE:

MICHAEL COWHEY



# Charity Partner 2019

T: (061) 317 910 E: [happytohelp@sarsfieldcu.ie](mailto:happytohelp@sarsfieldcu.ie) [sarsfieldcu.ie](http://sarsfieldcu.ie)





Joan Chawke, vice principal, Tom Giltenane, Eoin O'Toole, Kay O'Dwyer, Stephen Foster and Willie Griffin with the cup

# Out & About

## LIAM MACCARTHY CUP ST CLEMENTS COLLEGE

Pictures: BRENDAN GLEESON



Maurice Kenrick and Con Kiely with Darragh O'Donovan



Students from the Hub with the Liam MacCarthy Cup



Luke Hurley, Shane Kelly and Jack McCann



Nora O'Connell, Phena Moroney and Mary Heffernan



Jack Crosse, Cillian Hickey, Adam Carroll and Owen Maher, with Darragh O'Donovan, Limerick Hurler, Joan Chawke, vice principal and Pat Talty, principal, when the Liam MacCarthy Cup arrived at St Clement's College



Adam Koyce and Jack O'Callaghan





**LEFT: The fourth year hurlers with the Liam MacCarthy Cup at St Clement's College**  
 PICTURE BRENDAN GLEESON

**ABOVE: Dylan O'Doherty, Tadhgy Reddan, Alex Doran with Limerick hurler, Darragh O'Donovan,**

**RIGHT: Aoife Donovan, Niamh Foley and Tom Giltenane**



**Darragh O'Donovan, Limerick Hurler with Fianchra Casey**



**Jack Crosse and Adam Carroll, carrying the Liam MacCarthy Cup into the hall filled with students**



**Darragh O'Donovan, Limerick hurler speaking to students at St Clement's College with Pat Talty principal**



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



# Seasons greetings from Mary Queen of Ireland!

**This week:** We visited sixth class students at Mary Queen of Ireland in their classroom in Caherdavin, who are looking forward to their Christmas holidays

## JESS CASEY

jess.casey@limerickleader.ie

SPENDING time with their families, opening their presents and Brussels sprouts are just some of the things Ms Barry's class at Mary Queen of Ireland are looking forward to this Christmas.

The sixth class students are very excited about their upcoming Christmas holidays this Friday, Emma, 12, tells the Leader.

"We had a Christmas Jumper Day and we made Christmas cards and we might be having a Christmas party on Friday - if we're good. We're collecting points at the moment and if we get more points than our teacher, we get a party!"

"I will spend Christmas with my mum, my dad and my sister," she added. And does her family have any festive traditions?

"Every year we take turns to decide what way the tree is

decorated," Emma explains.

"So usually me and my dad pick it out, if it's my sisters year and she'd like to do the tree all silver, then she gets to decorate the tree in silver."

"This year, our tree is gold and bronze."

"I'll spend Christmas Day at my grandad's house," her classmate Beau, 12, added.

"I asked for a phone, clothes and shoes for Christmas. I'm really looking forward to Christmas dinner too; I like the ham and the

Brussels sprouts."

"I know I sound really weird saying this but I love the Brussels sprouts," Aoife, 12, says.

"I also love my Nana's roasties," she added.

"This year, my cousins from England are coming over, we'll go to my Nana's house to celebrate.

"The presents are nice and all but it's not really about that," she added.

"It's about celebrating someone else's birthday,

which is Jesus.

"I think people forget that, they think it's all about themselves. I'll go to Mass either on Christmas Eve or Christmas Day."

This year, Ms Barry's class also took part in the Team Hope Christmas Shoebox Appeal, Andrea, 12, explains.

Mary Queen of Ireland students put together more than 150 Christmas shoeboxes this year, filled with presents to be sent to less fortunate children in

other countries.

The school even had a visit from local hero Sigi Murrhly, a German native living in Caherdavin, who has sent hundreds of shoeboxes as part of the annual appeal.

"Sigi came in to talk to us about the Christmas boxes and how she makes them," Andrea said.

"She made more than 230 boxes herself this year! I put toys, gloves and socks, pens, colouring pencils and copies in the box I made."





Pictured on the facing page are Ms Barry's sixth class students at Mary Queen of Ireland, getting into the Christmas spirit in their school hall and on this page, pupils showing their cards, decorations and crib in the Caherdavin school PICTURES: ADRIAN BUTLER

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

"My favourite thing about Christmas is the dinner and all the presents!"



"I really like spending time with my family. It's a really special time of year."



"I like doing the Christmas boxes for the children in need and I also like Christmas dinner."



"I'd say probably opening up everything with my sister on Christmas. I didn't know what to ask for so I asked for a surprise."



"I love going to my Nana's house for Christmas dinner. My Nana makes her own sausage meat and she puts it in breadcrumbs! I'll spend Christmas with my mom, my dad, my brother, my nana and my grandad and my auntie."



"I like going downstairs with my family on Christmas morning and giving presents as well. I asked for a TV this year."







Second class with Limerick hurling star Darragh O'Donovan and the MacCarthy Cup



Senior Infants with the All-Ireland trophy and Darragh O'Donovan

# Out & About

## LIAM MACCARTHY CUP VISIT TO GAELSCOIL AN RÁITHÍN

Pictures: ADRIAN BUTLER



Sixth class with the cup and hurling star Darragh O'Donovan who visited the school



Junior Infants pictured with hurling star Darragh O'Donovan and the cup



First class also dressed up in green for the visit





Third class had cheers for the camera



Fifth class posed for this photo with the cup





Members of the Polish Community with some of their nation's foods



Ryan McCormack and Peter Matleg showing items from Irish sporting culture

# MULTICULTURAL FESTIVAL AT CBS SEXTON STREET

Pictures: BRENDAN GLEESON



Alexandri Arlinzov, Daniel Karsaw and Daniel Yermak, at the Polish Community stall



Clint Seville and Joshua Aevna



Younus Mahmood, Waris Aziz and Sharif Jan



Aseci Aisubhi, showing food from Saudi Arabia



Victor Elehator, Peter Movneke, Kingley Ikeh, Precious Echerawe and Chesney Imade at the Nigerian table



The Pakistan students showing their national foods



Peter Wang, Pater Four, Aao Jin, Jin Hao Mai, Orla Duggan, Handa Zhang and Shamwing Huong at the Chinese table



# ENTERTAINMENT

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

## Greene to kick off marquee gig series

Jenny Greene and the RTE Concert Orchestra are the first confirmed act for the new Live at the Docklands concert series, in major news for local gigs.

The events will be hosted in a specially erected Marquee, giving bookers Dolan's the largest capacity venue it has brought to Limerick city to date, understood to be in the region of 3,500 people.

2FM's Greene and the orchestra are the first confirmed act for the new series to be hosted on the waterfront in the new performance space in 2019. The gig will take place on Saturday, June 1 and it is anticipated that further musical acts will be announced over the coming weeks.

Tickets are on sale now from [www.dolans.ie](http://www.dolans.ie).



## Lisa to open Belltable's new season

STUNNING singer Lisa Lambe is to perform the opening gig at the Belltable in the new year.

The actress and singer, who starred in the Abbey Theatre's Jimmy's Hall, will perform with dynamic folk orchestra No Crows in the Saturday, January 12 gig at the Belltable. Lambe recently signed a three album record deal and is back in studio this winter working on a new record of original material. Her first album, Hiding Away, recorded in Nashville was received with critical acclaim. See [www.limetreetheatre.ie](http://www.limetreetheatre.ie).



Music and comedy duo, Johnny B (O'Brien) and Johnny Smacks (McMahon) from Tipperary

## Get Loose with The 2 Johnnies at South Court Hotel show in 2019

TOP comedy duo The 2 Johnnies are coming to Limerick for a show in 2019.

The musical comedy pair - Johnny B (O'Brien) and Johnny Smacks (McMahon) from Tipperary - bring new show Get Loose to the South Court Hotel for a Paddy's Eve spectacular on March 16, with tickets on sale now.

Over the past 12-18 months the guys have performed in Ireland, UK, and USA & UAE to sold out audiences of over 20,000 people, while their YouTube channel has had over 8 million views and their podcast number one in the charts for 38 weeks running. Expect a mix of sketches, stand-up comedy and songs. See [www.ticketmaster.ie](http://www.ticketmaster.ie).

"Two of the funniest musical comics the land has ever seen"  
 & O'Clock Show - Virgin Media One

"Somewhere between Jimmy Buckley and God"  
 Kim Jong Un

**THE 2 JOHNNIES GET LOOSE LIVE COMEDY SHOW!**

FOUR NO. 1 SINGLES!

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**IRISH TOUR 2019: GET LOOSE**  
**Saturday March 16th, 8pm**  
**South Court, Limerick**

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# THINGS WHAT ARE ON IN LIMERICK

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

**T**HERE are only a few days left till Christmas, when you're supposed to be nice to your family and pretend that you like

Brussels sprouts. Stoke your passion for the holiday season with a night of evil queens, an afternoon with a Grinch and the finest gigs

this side of the winter solstice. There is plenty to keep you occupied!

**Thursday** (Dec 20)



The Snow White panto is at the University Concert Hall



The Brad Pitt Light Orchestra are Upstairs in Dolan's on Sunday

PICTURE: DARREN RYAN PHOTOGRAPHY

Panto season kicks off with **Snow White** at the **University Concert Hall** this Thursday. It's the tale of a young girl who seeks asylum with seven short people after her stepmother begins a life of murder. If nobody had invented mirrors or Instagram, everyone would have been happy with who they were but then we wouldn't have a show. Comedian Katherine Lynch makes a star turn as the mirror-loving queen (oh yes, she does), while Hayley-Jo Murphy returns to the panto stage as Snow White. Tickets range from €26.50 to €29 and kid's are between €21.50 and €24. There are two shows at 2pm and 6.30pm most days until January 6.

New York based Irish comedians **Colum Tyrrell & Sean Finnerty** are at the **Record Room** on Thursday for a double-header of laughter. Colum Tyrrell won Ireland's Show Me The Funny in 2012 and has played to packed Edinburgh Fringe audiences. Sean Finnerty took 21 years to escape from Longford before becoming a finalist on StandUp NBC. Limerick kicks off their Irish tour. The two lads are stonkingly funny and I highly recommend that you catch them live. Doors at 7.30pm, tickets are €10.

Clare neo-soul artist **SIOMHA** plays **Upstairs in Dolan's** this Thursday night. Taking influences from trad and jazz, she has a voice that could calm rush-hour traffic. She's been based in Vancouver for the past few years so it's an utter treat to have her performing in Limerick. Hot Press have described her as "a star in the making" and, for once, they are right. Grab a ticket while they're still cheap. Doors at 7.30pm, tickets are €16.

**Declan O'Rourke** has re-released his seminal 2004 album *Since Kyabram* and, to celebrate victory to reclaim the rights from his record company, is on a national tour to promote it. He's in **Dolan's Warehouse** this Thursday with members of his original band and promises to play the album in its entirety. That will take less than an hour, so it's just as well that he has another six

albums to draw material from. He does a marvellous show and this is the gig you shouldn't miss this weekend. Doors at 8pm, tickets are €27.

The **Limerick Jazz Workshop** headline a fundraising event at the **Shannon Rowing Club** this Thursday, bringing their trademark big band sound to the only city venue actually on the river. LJS typically like to experiment with jazz improvisation but instead of the musical onanism that characterises improvised jazz, you can expect a night of favourite standards from the big band era of Glen Miller, Duke Ellington and Count Basie. Dancing shoes aren't compulsory but are probably recommended. All funds raised will go towards maintaining the rowing club's building. Doors at 8.30pm and tickets are €12.50 apiece.

**Friday** (Dec 21)

If you're in the mood for some cheap cinema for the kids, there's a screening of **How The Grinch Stole Christmas** at **CB1** on O'Connell Street this Friday at 5pm. Jim Carrey is his usual unbridled self as the green goblin who hates the geezer dressed in a red suit but finds redemption before he's pepper-sprayed. It will cost you just €3 and includes popcorn.

**Stanzas** host their monthly night of poetry and spoken-word performance in the **Record Room** this Friday evening. They are launching *Solstice Sounds VI*, their sixth poetry, music and experimental noise album in a series that will run until the planet becomes uninhabitable. About 20 instalments, so. It starts at 7pm and it is a free event.

Singer-songwriter **David Keenan** is **Upstairs at Dolan's** on Friday night, playing a soundtrack of heart-tugging songs that will remind of you of Tim Buckley on his best days. If you missed



Declan O'Rourke plays Dolan's Warehouse this Thursday

his Limerick gig in July, this is your chance to make up for it. 8pm, tickets are €22.

**Saturday** (Dec 22)

The **Blizzards** - the second-best band to come out of Westmeath - play **Dolan's Warehouse** this Saturday night. Their new album *The Last Great Algorithm* is out next February and Saturday's gig is your chance to hear their new material for the first time. Doors at 8pm, tickets are €20.



SIOMHA is in Dolan's Upstairs on Thursday

The **4 Of Us** are **Upstairs in Dolan's** this Saturday with an acoustic show. The band has slimmed down since their early-90s heyday, with just two members of the original band remaining. Newry brothers Brendan and Declan Murphy were always the heart of the once-foursome though, so their performance hasn't lost its gleam over the past three decades. They could rename the band as *The 2 Of Us* but that would just make it sound like a terrible romantic comedy where Ryan Gosling woos Emma Stone with an insipid guitar. Nobody needs that. Doors at 8pm, tickets are €22.

Grab a night of funky beats in **Pharmacia** this Saturday with the Christmas edition of **AfrobeatmeetsHipHop**.

Leslie Goldfinder and DJ Southside will carve out a night of everything from house to reggae. It runs from 10pm till very late and tickets are a tenner. It's sure to be packed, so arrive early to stake out your spot.

**Sunday** (Dec 23)

It wouldn't be Christmas without the annual **Brad Pitt Light Orchestra** gig in **Dolan's**, so the Limerick band will be serving up doses of folk-rock and witty banter upstairs in the Dock Road venue this Sunday. It's the last chance you'll get to see some live music in the city before diving into panic shopping on Monday.

The **BPLO** gig has become as much as a Christmas tradition as Hans Gruber falling from a skyscraper in *Die Hard* and the band is always worth seeing live. Doors at 9pm, tickets are €12.

**All weekend**

The Maud Cotter and Anita Groener exhibitions run at Limerick City Gallery until January 6. *Blurring The Edge* is at the Hunt Museum until January 20. All free to visit.

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

In aid of The Irish Heart Foundation

# SWEET HEARTS

## New Year's Eve Ball

SAVOY HOTEL, LIMERICK

A black-tie event with 6-course meal, music, dancing, bubbly and great spot prizes including most glamorous couple. All tickets €100. All proceeds to The Irish Heart Foundation.

Tickets available from [www.irishheart.ie/sweethearts](http://www.irishheart.ie/sweethearts)

For more details contact Anne Riordan 086 8520199 or email [ariordan@irishheart.ie](mailto:ariordan@irishheart.ie)

IRISH HEART FOUNDATION  
Fighting Heart Disease & Stroke  
© 2018



## SUDOKU

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

## DOUBLE CROSSWORD

### Cryptic Clues:

#### Across

- 7. Explicitly, how verbose speeches are made (2,2,4,5)
- 8. Think it can be seen in the company entrance (8)
- 9. Throw light, maybe, on the outbuilding (4)
- 10. A paragon of virtue or an errant type! (6)
- 12. Restrict one's movements in the winter nowadays (6)
- 14. Courageous fellow with flu disorder (6)
- 16. They make holes and soldiers are put through them! (6)
- 18. Old priest in suitable vicarage (4)
- 20. Long live the community showing animation (8)
- 22 & 6Dn. In an oral context, had a grating effect on the fellow! (3,3,5,2,4)

#### Down

- 1. Those caught napping are not affected by this! (8)
- 2. Prospecting for oil is monotonous (6)
- 3. Celebration for nearly everybody in Georgia (4)
- 4. Winger not to be trusted, by the sound of it (4-4)
- 5. Petty-officers fixed the drink (6)
- 6. See 22 Across
- 11. Provide entertainment for those on the watch! (8)
- 13. One trial involving a member of the family (8)
- 15. Fifty in conflict may be put to it (6)
- 17. Cause agitation in particular location, we hear (6)
- 19. Number of pupils in college yesterday (4)
- 21. I've changed to western outlook (4)

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

### Quick Clues:

#### Across

- 7. Blameworthy (13)
- 8. Balderdash (8)
- 9. Evict (4)
- 10. Impede (6)
- 12. Confirm (6)
- 14. Babe (6)
- 16. Diminish (6)
- 18. Fashionable (4)
- 20. Severe (8)
- 22. Dull (13)

#### Down

- 1. Strong affection (8)
- 2. Levered (6)
- 3. Eschew (4)
- 4. Pause (8)
- 5. Energy (6)
- 6. Sad to say (4)
- 11. Backward (8)
- 13. Haunt (8)
- 15. Stress (6)
- 17. Elf (6)
- 19. Pursue (4)
- 21. Merriment (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.

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

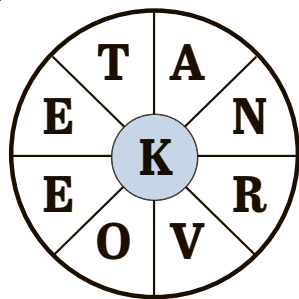
  

1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

## 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.

## LAST WEEK'S SOLUTIONS

### DOUBLE CROSSWORD:

Cryptic: Across: 1 Opal; 8 Undertaker; 9 Deceased; 10 Gate; 12 Darwin; 14 Entrap; 15 Launch; 17 Carver; 18 Atom; 19 Loophole; 21 Bill-poster; 22 Past. Down: 2 Poles apart; 3 Luce; 4 Odds on; 5 Bridle; 6 Laughter; 7 Erse; 11 Travellers; 13 Windmill; 16 Hollow; 17 Clouds; 18 Albs; 20 Harp.

### SUDOKU:

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

### Quick:

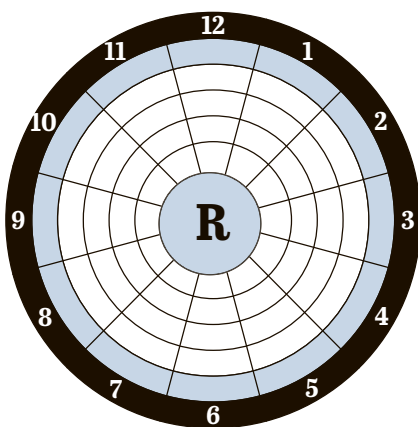
Across: 1 Iota; 8 Strike dumb; 9 Pleasant; 10 Ante; 12 Efface; 14 Heeded; 15 Turret; 17 Saturn; 18 Isis; 19 Reclaims; 21 Above board; 22 Send. Down: 2 On all fours; 3 Asia; 4 Grease; 5 Sketch; 6 Adjacent; 7 Able; 11 The Kremlin; 13 Abrasive; 16 Throbs; 17 Social; 18 Iran; 20 Adds.

### CODEWORD:

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

## CLOCKWORD

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



- 1. Thief
- 2. Weaken
- 3. Mood
- 4. Writer
- 5. Tool
- 6. Protective covering
- 7. Over there
- 8. Champion
- 9. Speaker
- 10. Mend
- 11. Fear
- 12. Food basket

## 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:

1366728 gives a bird;  
42717 gives a bird;  
5789 gives birds.

## 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.

						7	8			9	27		
						10				4			
						12				15			
						9				18			
						15				12			15
						10				7			12
						11				20	20		8
						13				18			6
						26				25			
						22							
						12				15			21
						11				7			8
						23							12
						9				7			11
										10			10
						7				13			
						12							14

## SPLIT DECISION

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

R	Z	S	I	S
L	E	L	X	C
T		L		N
O		P		H
P	H	E	Z	S
S	L	A	D	A
F		M		L
E		E		H
R	G	A	B	K
S	H	D	C	L

## SUDOKU

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

## LAST WEEK'S SOLUTIONS

### CLOCKWORD:

1 Gibbon, 2 Remain, 3 Autumn, 4 Happen, 5 Attain, 6 Modern, 7 German, 8 Renown, 9 Eleven, 10 Enjoin, 11 Notion, 12 Ensign.

NOVELIST: Graham Greene.

NINER: BOYFRIEND.

### KAKURO:

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

### SUDOKU:

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

### SPLIT DECISION:

T	O	N	I	C
O		U		L
R	O	D	E	O
S		G		V
O	B	E	S	E



# BIG NIGHT OUT @

DA VINCENZO FOOD AND WINE HALL IN THE GEORGE HOTEL  
PICTURES:  
DAVE GAYNOR



Majella Hegarty, Niamh Herlihy and Mary Coffey at Da Vincenzo Food and Wine Hall in the George Hotel



Siobhan Smith, Claire McNamara and Ciara Clancy



Laura Cullinan, Breda Butler and Cathy O'Donoghue



Anne-Marie Barry and Maggie Sheehy



Ger Collopy, Jason McGrath and Cian Collopy



Tricia Armshaw and Kelley O'Connor



Maura Walsh and Breda Berkery



Trish and Marion Kelly





Martin McCrevy, Lorna O'Connell and Tracy O'Connor at Da Vincenzo Food and Wine Hall in the George Hotel

green yard café  
▪ bar ▪ restaurant ▪

*Let's catch up*



*Christmas menu  
available on online*



Orla Cregan and Shauna Williams



**New Street,  
Punch's Cross, Limerick  
T. (061) 513011  
E. [hello@greenyardcafe.ie](mailto:hello@greenyardcafe.ie)**





Model Arabella wearing Dorothy Perkins, at the Ursula Stokes Agency Christmas Show in the Castletroy Park Hotel

# Out & About

## URSULA STOKES AGENCY CHRISTMAS SHOW

Pictures: KEITH WISEMAN



Model Emanuella with a Brass Boutique outfit



Model Alli wears a stunning piece from The Ivory Closet



Models Katie and Tea wearing outfits from Dorothy Perkins





**LEFT: Model Roisin, wears a wonderful floral dress from Frocks & Frills at the Ursula Stokes Agency, Christmas Show in the Castletroy Park Hotel** PICTURES: KEITH WISEMAN

**ABOVE: Club Pitter Patter members from left, Olivia & Milanna, modelling Little Flowers First Communion Wear**

**RIGHT: Models, Tara, Sophia and Roisin in outfits from Lady Penelope**



**Riona, Arianna and Jasmin with Ursula at the Christmas Show in the Castletroy Park Hotel**



**Model Jessica shows off some cool shades from Vision2 Opticians**



**Club Pitter Patter member Daria**



# LEADER LIFE

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

## A Day In My Shoes

### Santa Claus

Toy master extraordinaire

# Santa prepares his sleigh for a busy night in Limerick!

#### What time do you get up?

It's different all around the year. Then it's 24-hours-a-day coming up to Christmas Day. The 23rd, 24th and the 25th December, I have no sleep at all. We have to make sure the sleighs are all packed and ready for all the toys for the girls and boys who have done so well this year in school and been good at home.

#### What is your normal breakfast?

Do you know what? The thing I love the best is a nice bowl of porridge with some fresh honey as well. It warms you up in the morning and it fills you up in the middle of the day. It might be cold at the North Pole, but with all the work we do, we keep warm!

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

I try my best now leading up to Christmas Eve to be very good with what I eat. Between you and me, some of the chimneys are getting smaller and smaller. It's getting very difficult to get down some of them. And lots of people are getting these stoves put in, so thankfully I have my special keys which get me into the house. If any of the boys and girls are worried about the mums and dads having installed stoves this year, tell them not to worry: I have my special way of getting inside!

#### What time do you arrive at the grotto?

I get lots of letters every single day. There are planes and carriers bringing in letters all the time, as well as lots of parts to help make up all the toys as well. So I start very early, perhaps around 6am, to make a good start to the day and make sure we have as many productive hours as possible.

#### What are your first duties?

I like to read my mail, and check on the good list and naughty list to see who is who! In fairness, I have to say lots of boys and girls in Limerick are managing to get onto my good list now! I have a word with the chief elves to find how we are



with all the toys. We're having a bit of a problem with the hoverboards at the moment. Lots of boys and girls want these this Christmas, as well as the LOL dolls. We need to make sure we have all the right parts and make sure nobody is disappointed!

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

If I'm truthful, probably about six cups. It helps to keep me awake. I prefer them to those energy drinks which are quite bad for you.

#### What would your favourite lunch be?

We get lots of Limerick ham delivered to us in the North Pole at this time of year. Ooh, myself and Mrs Claus, we love the Limerick Ham. A nice ham sandwich with a small bit of mustard!

#### Do you have many meetings in the daytime?

Lots of meetings with all the elves just to make sure everything's on track and we're not going to disappoint anybody. I see some of the girls and boys and some of them have very big lists!

#### What time do you finish up at?

It's 24 hours around the clock! Sometimes I have problems finishing on time. Last year, I had a lot of trouble, because lots of the girls and boys didn't go to bed when their mums and dads asked them. It delayed me a bit – as I cannot go into the house until all the boys and girls are safely asleep! So it's very important when mum or dad, or whoever is looking after you says it's time for bed, then it is time for bed! I have a lot of homes to get around!

#### Do you watch much television?

I don't get much time – but on Christmas Day, I love to put my feet up and try and watch a few of the soaps! Mrs Claus likes the soaps. Funny enough, she likes watching Coronation Street and Fair City!

#### Do you read the newspapers?

I love reading the Limerick Leader. It's one of my favourite papers. I read it online at the North Pole! The internet is a bit patchy sometimes. Some of the penguins try and dig up all the wires. But I'm getting it on satellite so I am, which is very good!

**'He's making a list, he's checking it twice, he's gonna find out whose naughty or nice': Santa Claus is coming to town!** PICTURE: MICHAEL COWHEY

#### What do you do to relax?

I like reading books. There is one author in Limerick who is very good, Dan Mooney, and Roisin Meaney. I like Darren Shan's books. They are all from the Limerick area, aren't they?

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

From October to January I am always on full alert! Sometimes around February and March I try to go on holiday. All the places I go to are secret, as I don't like to be recognised on my hols!

#### What is a perfect work day?

I love it when I see the girls and boys who have made it onto the good list. It's very heartwarming.

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

I try not to get annoyed. If you get annoyed, it only upsets yourself, then it would upset the other person. Always try and be very kind and helpful if you can. It's always easier to be happy and nice than grumpy and argumentative.

-Interview by Nick Rabbitts

### INSIDE THIS WEEK



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# POSITIVE PARENTING

LOVE PARENTING 

## Top Tips

### Top Tips for Keeping Costs Down at Christmas

It is so easy to let the costs spiral out of control at this time of year and to spend January with a serious case of the Financial Blues. Here are some tips to keep things under control.

#### Make a List

It is much better to approach your shopping and planning with a clear sense of what you need. This will help you from just grabbing things for the sake of buying something.

#### Set a Limit

Know what you need to buy and then budget for what you want to buy. Have a clear limit and don't give in to the temptation to exceed it.

#### Agree beforehand with family and friends on the best way to approach gift giving

Whether it is children only, a Kris Kindle or a spending limit, having these conversations beforehand can make things much simpler and reduce stress.

#### Give from the Heart

Homemade gifts are definitely time consuming, but a batch of cookies in a lovely tin, a jar of jam or chutney, a hand knit hat, a special photograph rescued from the family archives and framed or even a homemade card are often the most special and treasured gifts.

#### Talk to children before Christmas about what the season means and about what Santa can and cannot deliver

There is only so much room on that sleigh, so help them to have realistic expectations.



# Positive parenting over the Christmas holidays

We can all appreciate the joys of Christmas, but we can also envision the stresses that come with this wonderful festival.

During the Christmas holidays, it is easy to get caught up in the demands and expectations that our family can put on us as parents.

We may maintain traditions from our own family, but it's also nice to create new traditions and customs with our children with their input—perhaps a particular movie on Christmas Eve or the goodies that are left for the all-important visitor.

It is important to remember that Christmas is a time to unwind not to get wound up.

In the run up to Christmas and over the holidays it is important to bear in mind how we approach spending all this extra time with

our loved ones.

Christmas can be a time of year where we really practice our negotiation and reconciliation skills, but preparation is key.

■ Remember to stay calm, “Press the Pause Button” when arguments brew between siblings and try pre-empting and defusing situations before they escalate.

The television remote control can be a source of much arguing so perhaps set some ground rules around argument “hot spots” such as this.

■ Budget and plan your holidays. Involve the whole family in planning family outings and check out [christmas.limerick.ie](http://christmas.limerick.ie) for free/low cost family events.

Look for support from your family and friends and plan visits and activities that could alleviate some of pressures and stresses of parenting over the holidays.

■ While its lovely to have a duvet day and watch the Christmas classics back to back, try to get out-and-about for fresh air and long walks.

Everyone will feel better for it! Parents unwind, children burn off some energy and everyone sleeps better.

Offer choices to the children as to where they would like to go and how they would like to spend their afternoon outside.

■ Christmas is always a time of indulgence but remember “everything in moderation” when it

comes to our food and sugar intake, especially with our little ones.

Tummy aches are not desirable by anyone! Be sure to make yourself aware of the opening dates and times of your local GP and have the contact number for the out of hours services at hand over the festive period.

It's also good to know which chemist is open if you need medicines for family members.

■ While is nice to leave the kids extend their bedtime, be mindful of the importance of keeping to household routines to insure they can be easily reintroduced when going back to school or creche.

As the song goes, “it's the most wonderful time of the year” so above all, enjoy family time.



# Dr Eddie's guide to a stress free Christmas



## MENTAL HEALTH MATTERS

### DR EDDIE MURPHY

Clinical Psychologist

**S**OMETIMES we can let the occasion become more than it actually is. Think about it when you reflect on your best Christmases; it's about simplicity, scaling down not up!

However for many "the most wonderful time of the year," is also a time when stress, pressure, and conflict levels can soar. Some people can feel overwhelmed by the excess, expectations, and with a lack of time and money, credit card debt, and the pressure of gifts these can often contribute to stress during the this period.

Most of us are aware of the adverse effects that stress can have on our body. It can impact our thoughts, feelings, and behaviours, and it can lead to high blood pressure, heart disease, diabetes, and obesity if left unchecked.

Worryingly, research has shown that there is an increasing in the occurrence of heart attacks and heart-related deaths during the Christmas season, which may be due to stress, heavy alcohol consumption, a fatty diet, or all three. Therefore, it is of utmost importance that holiday stress is dealt with — by planning.

#### Dr Eddie's Top 5 tips for a Stress Free Christmas

MAKE A LIST; SANTA HAD A LIST FOR REASON

Money issues are one of the leading causes of stress during the holiday season, according to the American Psychological Association (APA). Avoid overspending by setting a budget. Set a budget. First of all, make sure that all your usual expenses are accounted for rent, bills, fuel, Once these items have been subtracted from your budget, you can then work out how much you can spend on gifts. Being organized and realistic about your budget will help you to ensure that you do not



**Being organized and realistic about your budget will help you to ensure that you do not overspend**

overspend. Avoid temptation and stick to your list. Keep in mind what is important. Overspending can overshadow the true sentiment of Christmas.

#### MANAGE EXPECTATIONS

Everyone has an idea in their heads of the perfect Christmas. Perfectionisms is the road to ruin as when reality falls short of the vision, stress can ensue. Try to manage expectations with these simple tips. Despite your grand plans, no event ever runs seamlessly, and this also rings true for holiday celebrations. Rather than accumulating stress along the way from any mishaps that might occur, view these miniature calamities as an opportunity to exercise flexibility and resilience. Dinner running 30 minutes over, or your tree moving lobsided is not going to ruin your day!

#### BE REALISTIC

I am trying to get my boys Oisin 10 and Darragh 8 to distinguish between what we need and what we want. I highlight that not all children get everything and that Christmas is about being together, not a list of presents to tick off a list. Planning fun activities that encourage everyone to come together and have fun can create



Worryingly, research has shown that there is an increasing in the occurrence of heart attacks during Christmas

excitement. For example check out your local GOAL Mile. After all Christmas is about family. Don't succumb to the pressure to deliver, meet their expectations, and provide them with the perfect presents.

#### TAKE SOME TIME OUT

Carrying the world on your shoulders and trying to achieve everything alone during the Christmas holidays can take its toll on your mind and body. Enlist some help in accomplishing some of the tasks on your list and take some time out. Destressing can

benefit you and the rest of your family. Focus on doing something that you find relaxing to recharge your batteries, such as reading a book, watching a Christmas movie, or listening to music.

#### HAVE SOME FUN

Too often recently I have met people who have so much in life, but little fun. Laughter goes a long way in the fight against stress and could be just what the doctor ordered.

Laughter lightens your mood, stimulates your heart, lungs, and muscles, and also releases

endorphins. Laughter also boosts circulation, helps muscles relax, and lessens the physical symptoms that are associated with stress. Finding positive, healthful ways to manage stress could reduce many of the related adverse health consequences.

My Christmas wish for you is to have some FUN!

**\* Dr Eddie Murphy is a clinical psychologist, author and mental health expert. To contact him, call 087 1302899 or go to [www.facebook.com/dr.eddie.murphy.psychologist](http://www.facebook.com/dr.eddie.murphy.psychologist)**



CHARITY  
**SANTA'S CABIN**  
 by  
 MATTHEW STEPHENS  
 The Diamond Specialists

**Barnardos**



*Matthew Stephens are so proud & delighted to announce that their Charity Santa Cabin is back!*

Right in the heart of busy, bustling Limerick City, this authentic snow topped Logged Santa Cabin with its own fenced garden, Christmas tree, Twinkling icicle lights, Elves, Fogged windows, piped Christmas music, snow machine and even a fireplace to warm Santa and you, brings a magical atmosphere to the streets of Limerick, that only Christmas in the city can bring.

This Cabin is designed, created & sponsored by Matthew Stephens Jewellers and every euro donated for photographs and selfies will go directly to Barnardo's Homemakers Children's Fund, right here in Limerick.

This initiative is part of Matthew Stephens "Giving Back Campaign". Thank You to our great city and community who have supported the Luxury 3 Level Jewellers so much over the past year, it is so pleased that it brings many smiles and much happiness to the city along with



We will look forward to welcoming all of the Limerick families this festive season to our very own little City Centre North Pole! There is a full itinerary of Live performances and entertainment at the Cabin over the coming week, from Frozen Fun with Olaf, to sing along Kiddie Christmas Carols, to singing competitions with amazing local talent, real Elves and of course – the Big man himself - Santa Clause. This year we are asking for a minimum donation to Barnardos of €10 per family of 4 and €15 for familys of 5 or more to meet Santa in this beautiful Cabin.



So please feel free to drop by and please please donate as generously as you possibly can to Barnardos, as Every Childhood lasts a Lifetime. For further information and videos, see Matthew Stephens instagram page.

**OPENING HOURS**

Wed 19 <sup>th</sup>	1 – 5.30pm	Sat 22 <sup>nd</sup>	12 – 5.30pm
Thurs 20 <sup>th</sup>	2 – 6.30pm	Sun 23 <sup>rd</sup>	12 – 5.30pm
Fri 21 <sup>st</sup>	2 – 6.30pm	Mon 24 <sup>th</sup>	10 – 3pm



*Giving back to Limerick*





# FIT4LIFE

## LEANNE MOORE

### CONTACT LEANNE

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**Email:** leannemooreofficial@gmail.com **Twitter:** Leannemoorefit **Snapchat:** Leanneacmoore

# Training tips through Christmas

IT'S less than a week until Christmas and that means one thing! Yes that's right – temptation is everywhere! While my main mantra is always "Live Yo' Life", I do think it's possible and important to get through the festive season without completely overdoing it. Here are three ways to own December!

### 1: SET A MANAGEABLE FOOD GOAL

Throughout the festive period, parties are a dime a dozen and there are endless boxes of Roses and Quality Street doing the rounds. I like to share this particular little tip because I think it's so doable. For December – vow to steer clear of the chocolate tins until Christmas Eve. I know it sounds like a difficult task but honestly what are you really missing out on? A few mindless chocolates or mince pies here and there? Set a goal to leave any treat foods until Christmas Eve – then enjoy a couple of days of indulgence until St. Stephen's Day and hey presto you haven't totally overdone it. Two or three days of indulgence is far easier to recover from than two or three weeks. And to be honest – you are still enjoying your Christmas food.

### 2: DIAL IT DOWN IF YOU MUST BUT KEEP YOUR WORKOUT MOTIVATION



**You can dial back the number of days at the gym, but work out with a purpose to make it count**

Workouts through December just seem so much harder. The mornings are dark, the evenings are

dark and the couch seems so much more appealing. I'm not going to sugar coat it – sitting in with the

Christmas lights twinkling is probably what we'll all want to do over heading out to the gym on a

cold evening. My biggest tip is to cut down your workouts but don't cut them out completely.

If you usually aim for 3-4 then aim now for 2-3. Putting your whole fitness routine on hold to January only means you'll have so much work to catch up on then. Work smart.

Take an extra evening at home each week but when you do go to the gym work hard and make it count.

### 3: TRAIN WITH A PURPOSE

Following a general fitness plan will go a long way to helping you keep some motivation for December.

Set yourself a schedule to take you right up to Christmas and keep on top of the journey you've already started. That way post-Christmas you won't have as much "making up" to do. And you'll find your New Year gym routine much easier.

Keeping these little tips in mind in the next week and through to late December to New Year will go a long, long way to ensuring that you feel a little less overwhelmed once January gets here.

Remember too - Christmas is a time for making memories with the ones you love, so don't be so hard on yourself. It is perfectly ok to treat yourself.

Happy Christmas everyone.

## Healthy Christmas Cookies

### Almond Cookies Topped With Chocolate Avocado Frosting from [www.livinghealthywithchocolate.com](http://www.livinghealthywithchocolate.com)

#### ALMOND COOKIES

1½ cups almond flour  
 3 tablespoon raw coconut palm sugar  
 ½ teaspoon baking soda  
 pinch of salt  
 2½ tablespoons coconut milk, full fat  
 ¼ cup coconut oil, melted  
 1 teaspoon vanilla extract  
 1 egg, room temperature

#### CHOCOLATE AVOCADO FUDGE FROSTING

1 cup avocado (about 2 small avocados)  
 2 tablespoons cacao butter  
 6 tablespoons raw cacao powder  
 3 tablespoons raw honey  
 1 teaspoon vanilla extract  
 Instructions

#### ALMOND COOKIES

In a large bowl, combine the almond flour, coconut palm sugar, baking soda and salt

in a separate bowl, whisk together the coconut milk, coconut oil, vanilla and egg

combine wet and dry ingredients and gently mix with a rubber spatula to form a batter.

Refrigerate batter for 30 minutes

Spoon ½ tablespoon size balls of the chilled batter onto a cookie sheet lined with parchment paper, then press with the palm of your hands to flatten the batter

Bake at 325°F for 17 minutes or until the edges start to turn golden brown

Set baking sheet on a wire rack and let cookies cool

#### CHOCOLATE AVOCADO FUDGE FROSTING

Melt the cacao butter in a double boiler over simmering water

Remove from heat and mix in the cacao powder, honey and vanilla

In a blender or food processor, blend the chocolate with the avocado to form a creamy frosting.

You can adjust the sweetness of the frosting to your liking by adding more honey.

Top each cookie with frosting using a small knife and serve.

## Moore2Life

What I'm loving this week



### Go Gym Ashbourne

On Friday the newest sibling in the Go Gym brand opened their doors. Go Gym Ashbourne is now open for business! I can't tell you the amount of work that goes in to getting a gym off the ground. It's incredible to watch it all come together. We in Go Gym Limerick are so excited that we have another club in the brand. Visit them on Instagram! @GoGymAshbourne.

### UCH Panto Snow White

I'm really looking forward to attending the UCH Panto Snow White for Opening Night tomorrow night. It's my first year not being a part of the production and I have to say I will definitely find it hard being on the other side of the whole thing. I had six amazing years with Robert C. Kelly and the UCH production and I can't wait to be there to support all my pals. Tickets are available from [www.uch.ie](http://www.uch.ie)







# HEALTHY LIVING

**EVA HILL HAMILTON**

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## Apple cider vinegar for the holidays

VINEGAR has many uses in our house besides sharpening the taste of salads. The cheaper ones are great to soak vegetables in them or use as antimicrobial cleaners around the house, adds extra shine to glasses and windows.

Apple cider vinegar, when used as a rinse, will make your hair feel smooth and shiny, and provide a bit of extra clarification to remove oil and dirt. It balances your

hair's pH, which helps seal the cuticle and make the hair smoother. It can also help with dandruff, clear away greasy build-up, and soothe itchiness and irritation of the scalp. Simply mix a tablespoon or two in a glass of water, and rinse your hair with it at the end of your bath. Make sure to rinse it out well afterwards, or your hair might feel a little crunchy.

It is also beneficial for your skin, inside and out.



**Apple cider vinegar lowers glucose levels and may be helpful for diabetics**

Some intensive detox therapies can bring on the worsening of acne at the

beginning. As your body releases toxins from your blood and tissue, some toxins

make their exits through the skin in the form of pimples, rashes and other angry red eruptions. You can use apple cider vinegar as an astringent, by soaking a washcloth/cotton pad in diluted apple cider vinegar and applying it to your face. It's amazing how smooth your skin feels after application, it tightens and plumps it a bit, and can help reduce or minimize the appearance of wrinkles and fine lines.

Now the real good stuff, the raw, organic, unfiltered apple cider vinegar internally has many healing properties. You should see some strand-like sediment floating at the bottom. It's called "the mother," and it contains raw enzymes and gut-friendly bacteria that promote healing. Thanks to this "mother", apple cider vinegar lowers glucose levels, and may be helpful for

diabetics. It has also been touted as a weight-loss aid, as it is said to help you feel fuller and eat less.

It is the best digestive support throughout the Festive season. The enzymes in apple cider vinegar promote the growth of healthy bacteria in the gut, and can help regulate the acidity of the bowel flora - inhibiting yeasts and bad bacteria to overgrow and improve nutrient absorption. It is best if 1 tablespoon is taken 20 minutes before all three main meals in a glass of water to boost digestion, unless you have active stomach ulcers. In this way, apple cider vinegar can be very helpful in reducing gas and bloating.

It can also help prevent and ameliorate symptoms of heartburn. Take a dose as soon as you feel heartburn symptoms coming on - but it is best prevented by taking it before meals.

# Available from Dunnes Stores and online at [www.dunnesstores.com](http://www.dunnesstores.com)

## THE DOLLS' COMPLAINTS

BY KEEVA DELANEY



All proceeds from the sale of this book will go directly to Cliona's Foundation.

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HARVEYS QUAY and  
CHILDERS ROAD  
stores Limerick.

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For families with a  
seriously sick child

All proceeds from the sale of this book will go directly to Cliona's, for families with a seriously sick child.





# STYLE & FASHION

**CELIA HOLMAN LEE**

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## 'Tis the season for party attire

**L**IMERICK is fast becoming the nightlife capital of Ireland and with lots of great nights in store over the Christmas and New Year it gives us plenty of opportunity to shop in our fabulous fashion stores.

This week we went to a number of locations around the city for our photoshoot and they provided a beautiful ambiance for the wonderful festive fashion that's on offer here in Limerick.

It was all about silver, gold and beautiful brocade fabrics that gave a real festive feel to the looks. Among my favourites was a beautiful brocade coat by Aoife Mullane and an amazing faux fur candy pink jacket.

I love the wearability of all of the fashion pieces that were photographed and I think they capture the mood of winter dressing for all occasions.

Accessories make such a difference when making a fashion statement and we had such a selection from the top jewellery stores in Limerick.

With such a variety of fashion in Limerick, make sure to keep your shopping local and a very happy Christmas to you all.



**Dressed to impress at 101 O'Connell Street: Isobel is wearing a dress and coat from Isobel Boutique, Caoimhe is wearing a jumpsuit and faux fur jacket from The G Boutique, Bridge St, Newcastle West**



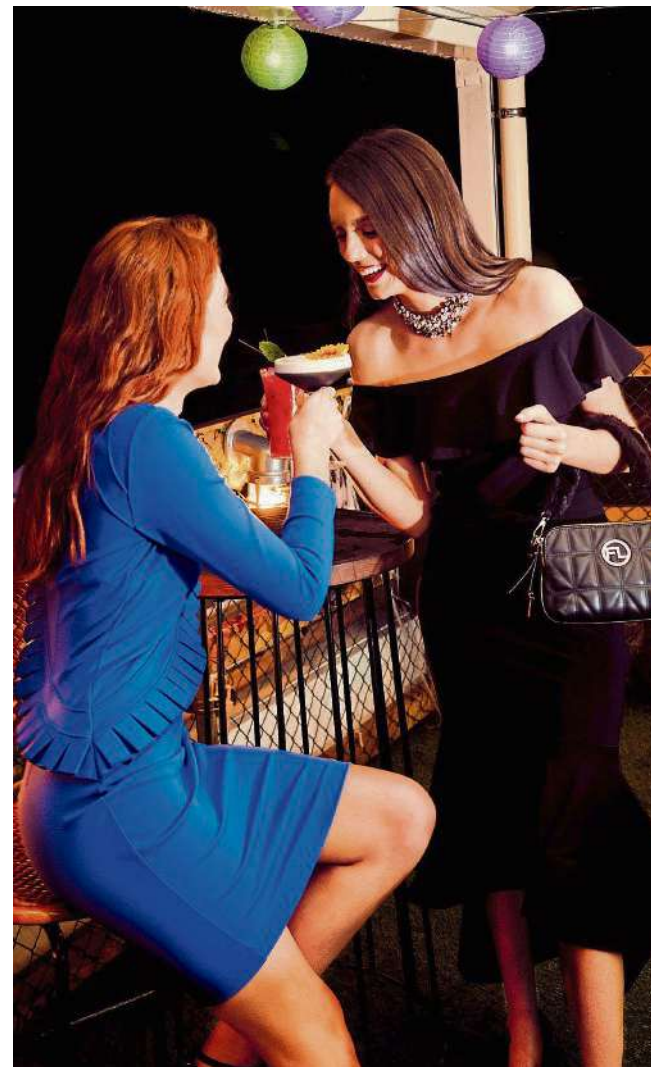
**All set for a night out at Amber nightclub are Isobel wearing a dress and coat from Ela Maria and Caoimhe wearing a top and skirt by Marion Murphy Cooney**



**Enjoying some refreshments at The Library at The Savoy Hotel, Isobel wears a dress by Alex Perry from The Ivory Closet. Caoimhe wears a dress by Alex Perry also available to hire from The Ivory Closet**



**Getting glammed up at the Powder Room at Amber Nightclub, Isobel is wearing a top and trousers by Marion Murphy Cooney Caoimhe wears a jacket and trousers, body suit and has a clutch from Bella Sola Boutique**



**Say cheers at 101 O'Connell Street, Limerick: Caoimhe is wearing a dress from Isobel Boutique, Adare. While Isobel is wearing top and skirt (set); necklace and bag from Sinead's Boutique, Annacotty**

## Holiday highlights with Hugh Campbell Hair Group

THE upcoming holidays usually mean two things – the glamour and sparkle of Christmas and the renewal that comes with the New Year. In style terms, the Hugh Campbell Hair Group has you more than covered for both. With five salons and festive late-opening hours, an appointment is just a click away.

Think of classic, well-cut clothing, the 'investment pieces' that make you feel incredible every time you wear them. You can accessorise them with bits and pieces from the high street or you can choose to



**To book your festive look see [www.hughcampbellhairgroup.com](http://www.hughcampbellhairgroup.com)**

dress them up or down. A great haircut does the same thing; it gives you a tailored style, a great base for your different party looks. Up or

down, curled or straight, adorned with clips or left plain, well-cut hair will carry you through the festive season. Whether you choose

rich winter hues or pretty pastels that last as long as the holidays, nothing sets off a beautiful cut better than professionally-coloured and treated hair.

A New Year offers the promise of fresh beginnings and change. The focus can often be punitive as we resolve to give things up or start gruelling detoxes. A much more positive resolution is that of self-care and style. Whether you want a whole new look, some subtle lights or just something to add polish to what you already have, the Hugh Campbell Hair Group stylists

and colourists will bring your vision of the 'new me' to fruition. Talk to a member of the team in any of the five salons and add regular maintenance to the list of ways to look after yourself better in 2019.

The only thing nicer than treating yourself is to be able to treat somebody else. For the gift of style and elegance this Christmas, Hugh Campbell Hair Group gift cards are now available. Reflective of the brand itself, these aren't your run-of-the-mill gift cards. They come in beautifully designed boxes and gift bags

that look perfectly placed under a stylish Christmas tree.

The management and teams of all five salons – Marbles Hair & Beauty Cruises St., River Hair studio, Dock Road, Melo Yelo, Shannon St, CATS Hair studio, Arthurs Quay and Marbles Hair Salon Castletroy Town Centre – wish all of their clients existing and new) a very happy and glamorous Christmas and New Year.

To book your festive look, just a swipe to [www.hughcampbellhairgroup.com](http://www.hughcampbellhairgroup.com)



# CELIA SPOTTED

## Looking good out and about in Limerick

**Name:** Emma Ryder  
**Occupation:** Financial advisor  
**From:** Visiting family in Limerick

**M**y style icon is Pippa O'Connor. I love how she dresses casual and still always looks her best. I also love the way she mixes designer labels and can dress an outfit up with high street clothes.

**CELIA SAYS**

**Scarf from Penneys:** Emma wears a fabulous dark mustard scarf from, where else, but Penneys! I love the colour - it's very difficult to get clothes and accessories in this shade. It's a shade I always think has a vintage vibe to it.

**Hat:** Emma received her brown knitted hat as a present last Christmas. It has a beautiful design and looks gorgeous against her auburn hair.

**Coat from Red Herring:** Camel coats are a tried and trusted wardrobe staple with good reason - they can be matched with so many ensembles. This coat has a real flattering cut, just skimming the knee.

**Skirt from New Look:** Emma's floral appliqué skirt adds another dimension to her look. She gets it spot on in terms of mixing different textures while keeping the colour range within the one family.

**Shoes from Penneys:** Emma's laced wet look shoes from Penneys are right on trend this season. I see so many students wearing them with opaque tights and I have to say I think it's a really cool look!



**Look out for Celia's 'My Week' column in the Limerick Leader every Thursday**

# Amazing END OF YEAR SALE

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Five Course Festive Menu with entertainment throughout accompanied by Kate Purcel and her renowned group "Trilogy".

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# MAN ABOUT TOWN

## PATRICK McLOUGHNEY

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# Surviving Christmas without a loved one - Part 2

**I**N last week's Man About Town I described my own experience of facing the first Christmas without my parents. Recently, I've felt as if my thoughts were always engaged in battle. Every bit of joy or Christmas cheer was trumped by the fact that my dad was not there to experience it too or even guilt over the fact the I was allowing myself to be happy when I should be feeling sad.

And whenever I became aware of the sadness I would very quickly shut it out for fear it would overtake me. I was struggling internally with my grief and the fear of feeling my grief so I started going to counselling again and I started talking to people who've been through this already. If you've lost a loved one and you're facing your first Christmas without them, here are some tips that I've been given that could help you cope.

### ACKNOWLEDGE YOUR FEELINGS

In my mind, it was best to push all the pain away and block out any feelings of sadness. Burying your feelings, or trying to ignore your grief will work for a little while but I knew that it would actually make things more painful in the long term. In the last eight months, I've found that the anticipation of an occasion can be harder than the day itself, just because you don't know how we're going to cope, or what the day will bring. So, by acknowledging your loss, acknowledging your grief, and allowing yourself to go gently into Christmas, it can sometimes ease the stress of the big day itself.

### HONOUR THEM

Although your loved one may not physically be there at Christmas, you can still make them a part of the day. A symbolic gesture like lighting a candle, or placing one of their favourite items on the



**A symbolic gesture like lighting a candle can help include a loved one who passed away into the Christmas day routine**

Christmas table, can help everyone feel like loved one is 'there' with you. Sharing memories, or toasting to them can be a lovely way to keep them involved. Some people I've spoken to still set a place at the table for the person they've lost and some still buy a gift for that person. While these are lovely traditions that work for them, I can honestly say it wouldn't work for me and would really upset me but I'm aware of that so I'm not going to attempt it. And it's important to state that if you don't feel you can cope with doing any of these things, then don't. Really it's about what you can handle on the day, and you call the shots. It's common to feel guilty if you have fun moments, or if you don't think about the person who has passed as much as you believe that you should. But you really don't have to feel guilty about anything.

You are allowed to do, or not do, whatever you want.

### MAKE NEW TRADITIONS

Sometimes new traditions arise from loss. It could be visiting their grave after dinner, asking everyone to dress a certain way or wear a particular colour, playing a new board game with the kids, or watching a movie together that has special meaning. Sometimes this can be a way to bring some of that spark back into Christmas. It may be a different kind of spark, but still meaningful nonetheless.

### BUT DON'T SKIP ROUTINES

The first Christmas without a loved one will make you want to just skip all the usual routines of the day. But keeping at least one core routine (i.e. get up, have breakfast, go to Mass, prepare the dinner) can

be very helpful in coping with your grief and in putting one foot in front of the other. The actual celebration of Christmas Day might not be the same without that person, but if you at least have a basic routine in place, and you know what's coming up, it can help you emotionally survive the day.

### ACCEPT HELP

Many people, including myself, fall into the habit of responding with, "No, I'm grand," when asked if they need help or if everything is alright. While I've been battling my own feelings lately, I also withdrew from my social circle a little and the only people I confided in about how I was feeling were my siblings and my two closest friends. In some ways, that's more than most would but I would say to anyone who's going through a similar experience that during this vulnerable period, talk to your friends and family and take all the offers of help you can. Christmas can be a stressful time of the year at the best of times, the first Christmas since you lost your loved one can be even more so. Having people to talk to or take things off your to-do list, can ease the burden for you. It can also allow you to take some time out to process what's gone on.

Christmas might never be the same when you've lost a loved one, but it can take on new forms and new meanings for you and your family. My Mam and Dad are never far away from my thoughts and I know that despite all of the work I've done lately, it remains almost unavoidable that this Christmas will be one that's filled with moments of sadness. But I take comfort from the fact that my Christmas spirit is still alive within me and in the years to come when I have a home and a family of my own I can resume some of our family Christmas traditions without feeling the sadness or guilt that currently surround them.

## Look of the Week

### Tom Ford Ombré Leather

Because it's getting very close to Christmas and some of you are still in desperate need of some gift-inspiration, I've brought back my fragrance of the week to help you out. This week's fragrance is Ombré Leather by Tom Ford. Described as "Vast. Untethered. Driven.", Ombré Leather starts out fresh and creamy, which sounds like a contradiction, I know. There's a cool, suede effect that feels white in



colour, marking Ombré Leather as a much softer and calmer take on its titular material. A juicy, cloudy raspberry notes bring a warmth and colour, whilst an aerated jasmine and a diffusive intensity, creating a bold, bright clash of fruit and flowers. The leather is on the expensive luxury goods side of the spectrum, as opposed to the dry, cracked leather jacket side. It is plush and buttery, with only a mere hint of smoke and dryness. This isn't a leather that's going to leave you parched, instead, it provides comfort because

it is wrapped in a shroud of soft amber and patchouli. You'll find it in Brown Thomas for €138 (100ml).

## Watch This Space

### Rolex Datejust 41

**My watch of the week is the Rolex Datejust 41 from Keanes Jewellers. Classic and elegant, the Rolex Datejust 41 makes a strong yet subtle statement on the wrist. It looks great with a suit and tie and lets people know you mean business. As the name suggests, the Rolex Datejust 41 comes in a 41mm Oyster case, waterproof to a depth of 100 metres. That's thanks to the brand's patented Twinlock double waterproofness system. The**

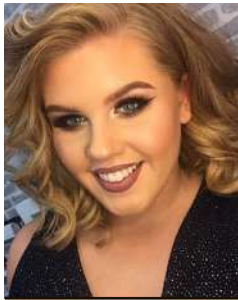
**winding crown screws down against the case to ensure a secure seal. The crystal, with iconic Cyclops lens at 3 o'clock for easy reading of the date, is made of sapphire. The middle case is crafted from a solid block of 904L steel. The**



**Rolex Datejust 41 is a robust and versatile timepiece that would make the perfect gift for that special someone this**

**Christmas. You'll find it at Keanes for €10,750.**





# BEAUTY & MAKE-UP

## JESSICA HOCKEDY

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# Spectacular stocking fillers with Madison Makeup

**T**HAT day is creeping up on us, peeps, it's edging closer and closer. We all know what that means! The last minute Christmas gift rush. I know exactly what you mean; you want to get a gift for someone that will stand out from the crowd.

Something that will be so exciting to open on Christmas day. I can say with pride that Madison Makeup's new collection has you completely covered. From palettes to brushes to primers. They have it all at such an affordable price point!

Let's delve into the

make-up world for a second. Make-up is expensive, I know that first hand. We feel like we have to spend a pretty penny to get good quality. Madison Makeup is something else. For their quality, and the cost, it is a dream Christmas gift!

### THE PRIME PREP PERFECTION PRIMER €14.95

This primer contains a nourishing blend of ingredients that leaves the skin hydrated and creates an even canvas that helps with long lasting foundation coverage.

Madison worked hard to create a product that was made with 100% all natural



### Find your colour with the Dare to Blend palette

ingredients, cruelty free, vegan friendly and suitable for all skin types. The Primer forms a layer on the skin that reduces the chances of it being exposed to harsh chemicals that may cause irritation.

### DARE TO BLEND €29.95

This gorgeous palette contains 25 shades ranging from neutral, to warm browns as well as shimmering duo chrome finishes. The colours have a highly pigmented formula for complete buildable coverage and the most seamless blend. This palette will take you from day to night. It is compact so it's also perfect for travel!

### FLAT KABUKI €10

This flat topped brush blends foundation and base makeup seamlessly. It is your new best friend when applying your favourite liquid foundation. You can get both a natural finish and a maximum coverage night out look depending on how you work with your foundation.

Always start off with less than you think you will need and apply more as you go. You will be surprised how far this brush will take your foundation!

All of these products can be purchased on madisonmakeup.ie and in selected pharmacies!



The Flat kabuki brush blends foundation and base make-up seamlessly



Prime Prep Perfection





# I ♥ LIMERICK

## RICHARD LYNCH

### FOLLOW RICHARD

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**Web:** www.richardknows.com  
**Email:** Richard@ILoveLimerick.com



# Musicians come together to release Dolores O'Riordan tribute

**L**IMERICK'S music scene has come together to record the penultimate Dolores O'Riordan tribute.

'From Limerick, a tribute to Dolores', features a host of well-known local musicians performing a mind blowing version of The Cranberries' 'When You're Gone' and all proceeds from the video will go to the Midwest Simon Community.

The video is directed and edited by talented Limerick filmmaker Shane Serrano and includes the best of Limerick's musical talent including Emma Langford, Fox Jaw, Brad Pitt Light Orchestra, The Hitchers and many more. Guest Vocalists in order of appearance are Emma Langford, Ronan Mitchell, David Idioh, Sarah Dolan, Steve Ryan, Brendan Markham, Limerick Gospel Choir, Clare O'Brien and Paddy Dennehy. There is a host of guest musicians and



**Filmmaker Shane Serrano**

PICTURE: TARMO TULIT

artists involved in the project.

Jackie Bonfield of the Midwest Simon Community tells me: "On January 15, 2018, Limerick lost their most beloved daughter. From Limerick Self Storage and Limerick artists of every genre, this is Limerick's tribute and thank you to Dolores O'Riordan and The Cranberries."

Director Shane Serrano said: "Over the last few years I have been working with

Limerick Self Storage in creating heartwarming videos every Christmas. This year they approached me with this concept at a smaller scale, but being both a filmmaker and Limerick musician, I could immediately see the huge scope and potential that it had. I knew so many artists and performers from all kinds of genres and backgrounds that would be perfect for this project, and would only love to be a part of it. The Limerick music scene is a family. We may not all know each other, but it's family nonetheless. Last January, we lost a family member. This is a celebration of all that is Limerick music at the moment and the greatness of Dolores O'Riordan's music." Congrats to Shane and to all involved!

To donate to the Mid-West Simon Community, see [www.midwestsimon.ie/donate](http://www.midwestsimon.ie/donate).



**Dolores O Riordan pictured at the Special Olympics in Thomond Park in 2010** PICTURE: DOLF PATJUN/ILOVELIMERICK

## Gateway to Education gives back to the community

LIMERICK Gateway to Education on Wickham Street is launching their handmade crafts display for the Christmas season in an effort to give back to the community and invite people to their shop and promote the festive spirit.

The LGTE Christmas display is an annual event for the Gateway to Education which is used as a promotion to also increase sales and donations, and remind people to buy local from the charity shops in order to keep their services supported.

CEO and founder of Limerick's Gateway to Education, Susanne Roche said, "This year, there is a gingerbread house at the side of the storeroom and the



**Michelle and Joe Cowhey, Sumsolve Marketing with Suzanne Roche, LGTE CEO & Founder and Ian Mills, Shop Manager in front of the handmade gingerbread house in the LGTE shop.**

PICTURE: BAOYAN ZHANG/ILOVELIMERICK

front window is also decorated with a colourful painting for the LGTE Christmas celebrations."

Founded by Suzanne in 2012, Limerick's Gateway to Education is a registered educational support charity

aiming to make education more affordable for Limerick families by selling the second-hand school books and uniforms at reduced prices.

. See [www.gatewaytoeducation.ie](http://www.gatewaytoeducation.ie).

## Limerick's Tait House wins Enterprise Town Award

TAIT House Community Enterprise on Roxboro Road is a not-for-profit social enterprise that employs 160 staff. A key part of the development of the centre is the progression of social enterprises and currently, they have 20 in operation. Any surplus funds are put back into various social projects such as the community creche and after-school club, a café, and a hairdresser and beauty salon.

Recently, Tait House won the Bank of Ireland National Enterprise Town award for an initiative, which recognises enterprising set-ups. Staff from the centre won the prize at a gala ceremony at the Lyrath House Hotel in Kilkenny.



**Tracey Lynch, CEO Tait House pictured with Graham Quantral from Limerick Youth Services who is on work placement with Treaty Steel, one of Tait House's social enterprises**

Tait House won the award after teaming up with the Limerick Enterprise Office,

Limerick City and County Council and the Limerick Enterprise Development Partnership. They called their application 'Southside Regeneration' and they were the only company to win from Limerick.

CEO Tracey Lynch was delighted. "We are so honoured to have won this award. It's great to know they work we are doing is making an impact in the wider community. There are big plans for Tait House, including an exciting landmark project for the city, an urban farm, and even a snail farm and we are also moving from energy installation to energy generation. Watch this space!"

Congrats to all.



# THINGS I ♥ THIS WEEK

**M&C SAATCHI**

## Selling the city - Brand Limerick

LIMERICK has connected international marketing expertise with some of the brightest designers of the future as it takes another step in the development of the brand, which will position it on the international stage.

Global branding giants M&C Saatchi, who have been engaged to develop Limerick's new international positioning and brand identity, met with fourth-year students in Graphic Design at the world-renowned Limerick School of Art and Design (LSAD) for a workshop which they ran as part of their brand design process

and consultation.

LSAD is a school of Limerick Institute of Technology. Speaking after the daylong engagement, Mary Harris, Managing Partner, M&C Saatchi, "Limerick is a very special place with an amazing story to tell, we've really fallen in love with it. It's a resilient place with real grit and energy, which has allowed them not simply to overcome challenges but to thrive on them, as exemplified by the incredible story of the Dell factory rebirth as Troy studios. There is a lot of untapped potential in Limerick - something already identified by global

brands that are making the decision to invest there. We are excited about the impact on the city, the county and the region in general when their compelling story is shared with a wider international audience.'

Laura Ryan, Head of Marketing and Communications at Limerick Council explained: "We need a strong umbrella brand for Limerick that is world class and one that reflects the scale of our ambition. Limerick has become the urban success story of the last five years and now has a great new story to tell." Brand Limerick will be unveiled in mid-2019.



Limerick actress Michelle Fox

## Actress Michelle Fox nominated for the WhatsOnStage Awards

LIMERICK Actress Michelle Fox has been nominated for the WhatsOnStage Awards for the 'Best Supporting Actress in a Play' category for her role as Sarah in the play 'Translations' by Brian Friel. Academy Award winner Dame Judi Dench has been a recipient of the award in the past.

The WhatsOnStage awards are the only major theatre awards in the UK, in which the audience are the judges across all categories. Each year, the awards shortlists are drawn up with the help of thousands of theatre-goers who log on to nominate their favourites across all awards categories.

Michelle is a Caherdavin native and at

the age of 16, she joined the Limerick Youth Theatre. Early last year, Michelle bagged a role in the BBC3 drama *Overshadowed*.

The story followed the life of Imogene, a 17-year-old Irish blogger who becomes ill with anorexia. Michelle also played a small part in the BBC programmes *Doctors* and legendary television show *Casualty*, however, the role of Imogen is her first leading television role. Congrats Michelle ya starbar!

To vote for Michelle go to [awards.whatsonstage.com/about](http://awards.whatsonstage.com/about). Voting closes on Thursday, January 31, 2019.



M&C Saatchi at LSAD Limerick. Pictured are LSAD Graphic Design students, May Hooi and Farouk Alao with Clodagh Twomey, LSAD, David Glass, M&C Saatchi, Laura Ryan, Limerick City, and County Council and M&C Saatchi's, Mary Harris PICTURE: ALAN PLACE

## HERO OF THE WEEK

### Keeva Delaney

'THE Dolls Complaints' is a fantastic book written by the very talented 11-year-old Keeva Delaney from Ballycarney. What is extra special about the book is that all proceeds from the sale of the book which is priced at a very reasonable €8 will go directly towards the national charity Cliona's Foundation which provides financial support to families of children with a life-limiting condition.

"I wanted to bring toys to life," Keeva tells me, "and thought that dolls could have some very funny stories to tell about how they feel and how they are treated." The book centers on an 8-year-old girl who finds herself in hospital and her sister brings her in letters of complaint from her dolls at home, who miss her terribly.

The book is on sale in Dunnes Stores nationwide and it's the perfect Christmas gift. Recently, Keeva did a book signing at Dunnes Store on Childers Road and Irish Rugby head coach Joe Schmidt hosted the event. Congrats Keeva on your amazing work! What a girl! See [www.clionasfoundation.ie](http://www.clionasfoundation.ie).



Pictured at the book signing are Brendan Ring, Cliona's Foundation CEO, Joe Schmidt, Irish Rugby head coach with Keeva Delaney and Joy Neville, Rugby Union Referee and Cliona's Foundation Ambassador.

PICTURE: SIMRAN KAPUR/ILOVELIMERICK



*Love to all,  
Richard x*





# MEGHANN MIX

## MEGHANN SCULLY

**CONTACT MEGHANN**

**Facebook:** @meghannscully **Email:** meghann.scully@spinsouthwest.com



### Pick'n'Mix

Happenings  
about town



#### Pro14 returns for Christmas

Munster Rugby are back in action this weekend as they face Ulster in the Pro14. Kick off is at 7.35pm in Kingspan Stadium in Belfast. While the Heineken Champions Cup returns on January 11 with a must-win match against Gloucester.



#### Well done young Keeva Delaney!

I went to a very special book signing during the week. Carlow 11-year-old Keeva Delaney wrote *The Dolls' Complaints*. It's available in Dunnes Stores nationwide with all proceeds going to Limerick-based charity Cliona's Foundation.



#### Who is the fairest of them all?

The Snow White pantomime has kicked off in UCH Limerick and will be on until January 6. The family friendly panto is a fabulous event and stars some great local actors and performers.



It's an expensive time of year as present shopping and nights out can create a serious dent in the funds

## Christmas survival guide

**C**HRISTMAS is a wonderful time of year but for many it can be tough, lonely and stressful. People panic about family reunions and the amount of nights out and functions to attend. We can get burnt out easily and start the New Year being lethargic and sometimes sick.

Here are some helpful tips to survive the festive season and to see you into the New Year.

#### SLEEP

While there can be many late nights and events on your calendar, it is important to get as much sleep as possible and if that means a nap, then take it. You need to be well rested for Christmas, otherwise you'll risk getting sick.

#### HYDRATION

Drink water daily and keep hydrated. I find water is part of my daily routine at work but at weekends and holidays it can be hard to keep a routine going. Leave a bottle of water in your car and in your hand bag.

Take water breaks during the day and always request water when on a night out.

#### PLAN AHEAD

With so many people at home for the Christmas and family members

around there is a lot of visiting to be done and it can become overwhelming. Plan ahead and arrange times and places to meet everyone.

#### BUDGET

It's an expensive time of year as present shopping and nights out can create a serious dent in the funds. Try to budget for events and it's all about the thought when it comes to exchanging gifts.

#### ME TIME

It's important to look after yourself at Christmas, so take time out to relax and unwind. This time of year can be exhausting and being run down is something that we don't need. Some light meditation can work wonders or just sitting in silence and relaxing.

#### IT'S OKAY NOT TO BE OKAY

This is the most important message this Christmas. It can be a tough time for so many people especially those who have lost loved ones. It's natural to feel lonely and it's okay to feel sad but try not let the entire festive season be unpleasant for you. Do the things that make you happy and enjoy the simple things in life.

Check on elderly neighbours and make calls to those who are living alone to make sure they are alright.

### One to look out for Metis music

**ON January 11 in Dolan's Warehouse, Metis Music for Mental Health is taking place. It's a night that local musicians come together to perform and raise money for charity.**

**This year three charities will benefit from the night. Pieta House, Limerick Suicide Watch and Corpus Christi Primary School.**

**The Corpus Christi choir, Siomha Brock, Dylan Murphy, Conor Ward and Emma Langford are just some of the performers on the night.**



Emma Langford performing on stage at the previous Metis Music For Mental Health gig



# Classifieds

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**PLANNING NOTICES**

**APPLICATION TO PLANNING AUTHORITY**

Limerick City & County Council PUNCH Consulting Engineers acting on behalf of Sheahan Waste Recycling Limited trading as Recycle Right wish to apply to the above named authority for planning permission for the construction of a standalone office building, re-establishment of an existing entrance off the main Galvone Industrial Estate road to provide access for the public to the southside of the site, an air exchange unit, a new fire escape door to the east elevation of the existing building, an empty skip storage area, an increased capacity to allow for the acceptance of not more than 24,500t per annum including additional waste streams collected under the normal operations of a waste management company, and all associated siteworks at Unit 10b, Galvone Industrial Estate, 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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**SITUATIONS VACANT**

**SOUS CHEF**

(Asian Cuisine) experienced Sous chef with at least 5 years' experience specialising in Asian Cuisine wanted for Z-We-Ton (Alandale) Ltd T/A Z -We-Ton, Newtown Centre, Annacotty, Co. Limerick. Minimum Salary €30,160 per annum for 39 hour week. Email: [sguerin@jasminepalace.ie](mailto:sguerin@jasminepalace.ie)

**24 HR CARER**

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**GERALDINES A.F.C.**

WEEKLY LOTTO DRAW HELD ON 17/12/18

This Week's Jackpot: €5000 No's: 2-4-20-25  
Lucky Dips:  
John Mullane Snr c/o Dave Connolly, Barry Ryan c/o Dave Connolly, Geraldine Noonan c/o S Mulqueen, Geraldine Noonan c/o Dave Connolly  
Promoters Prize Jimmy McCarthy, Ger Fitzgerald  
Next Week's Draw held 23rd December 2018  
Next Week's Jackpot: €5100

**PIKE ROVERS A.F.C**

WEEKLY LOTTO 12/12/2018

Jackpot €1050  
Numbers Drawn: 9-1-23-22  
**LUCKY DIPS €25:** Jerry O'Dea c/o Jerrys, Theresa Noonan c/o Happy, Ollie Hartnett c/o An Post, Seam Curran c/o Club  
Next Weeks Jackpot €1100  
Vouchers Jack Croke c/o Club, Ronan Malone c/o Gary, Maurice McCarthy, Thomas Curran c/o Club, Jake Ryan c/o Club.

**ST. MARY'S R.F.C.**

Lotto Draw held Monday 17th December 2018  
Winning Numbers: 9-17-25-28, No Jackpot  
Winner

4 Winners €40 each: Herbi Burke c/o C Cosgrave, Marion Hayes c/o J Hurley, Shane Cosgrave c/o C Cosgrave, Theresa Higgins c/o Rashers  
Next Weeks Jackpot €5350 Draw will take place in Kinsellas Bar 7th Jan  
Vouchers Lynda Prenderville c/o C Mullins, Dublin Eddie c/o C Mullins, Caoimhne Lynch c/o D Frawley

**FAIRVIEW RANGERS**

Lotto results 17th December 2018

Jackpot €10,200  
Numbers Drawn 10-13-18-22  
No Winner

Lucky Dips: Geraldine McCarthy c/o Joe. Buster Mc c/o Derek Fitz. Eleanor McMahon c/o C.Team. Christopher Meehan c/o Tony, Liz O'Sullivan Hilltop, Irene Flanagan c/o Rita

Next Weeks Jackpot €10,300

Promoters Prize: Niall Lee

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# FAMILY ANNOUNCEMENTS

## IN MEMORIAM



### † BUTTERFIELD

(Christmas Remembrance)  
**Christmas Remembrance for friends, Tom and Ger Butterfield.**

O Holy Night, the stars shine bright,

We look up and think of you at night;

With a glass in hand, and a tear in eye,

We'll raise a toast towards the sky.

Another year has come and gone,  
And as friends that's all year long

So Tom, so to end,  
Our buddy, our mate,  
You will be forever be called our friend.

**Remembered always by Pat and Margaret Foley; Martin and Carol Collins.**

## IN MEMORIAM



### † LYONS CHRISTMAS & BIRTHDAY REMEMBRANCE

**In loving memory of Nicky, Jimmy and William Lyons, late of 33 St. Ita's Street, St. Mary's Park, who are so dearly missed at this time of the year and always.**

**Nicky's 37th Birthday occurs on 1st January 2019. Missing ye more than words can say.**

Looking back at Christmas past  
And happy times gone by  
Remembering your laughter  
And as always asking why  
For there are just so many things  
That no one can explain  
Why one of us is taken  
While the rest of us remain.  
And why a special time like this  
Should be a time to grieve  
To wish you were still here  
And wonder why you had to leave

Because you're missed at Christmas  
And each and every day.  
For you were someone special  
Who meant more than words could say

For all ye were to us in life  
And all the joy you brought  
Your memory is with us in every single thought.

The pain we feel at losing you  
Will never go away  
But knowing that you're in our hearts

Helps us through each day.  
Christmas will never be the same without ye

**Happy 37th Birthday Nicky xx, dearly loved and missed your mother and wife Mag, your sons and brothers James, John, Anthony, your daughter and sister Catriona, Nicky's partner Elaine, daughter Kayleigh, son William, your nieces, nephews, in-laws and grandchildren. Love ye more than words can say xxxxxxxx.**

**Remembering at this time Nana & Granda Lyons, Nancy & Mary Lyons, William, Michael Lyons, also Nana P. Love ye all.**

## IN MEMORIAM



### † O'FLAHERTY

Christmas Remembrance  
**In loving memory of a dear sister-in-law Susan**

**O'Flaherty, late of 21 Lee Park, Shannon, Co. Clare and also remembering John, Agnes and Una McMahon at this time**

There are faces before us  
Voices we'll always hear  
Smiles we'll always remember  
Of two ladies we loved so dear.  
If memories bring us closer  
We are never far apart

Not a day will we forget ye  
Ye will always be in our hearts.  
**Sadly missed by Christina, Sean and family**

## IN MEMORIAM



### † MORTELL & FITZGERALD

(Christmas Remembrance)

**In loving memory of my dear family John, Christina, Lena Mortell, Michael, Eileen, John, Martin, Michael, Anne Fitzgerald, and Breda**

Our love for ye will always keep,  
It cannot fade it lies too deep,  
And when old times we do recall,  
It's then we miss ye most of all.  
Precious memories tears unseen,  
Wishing ye'r absence was only a dream.  
Unspoken words no outward show,  
But deep inside we miss ye so,  
Will those who think of them today,  
A little prayer to Jesus say.  
**Sadly missed by Christina, Sean and family.**



### † KEANE

(Christmas Remembrance & 33rd Anniversary)

**In loving memory of a dear husband, father and grandfather, Willie Keane, late of 14 Yeats Avenue, Kincora Park, Southill, who died in December 1985.**

**Rest in Peace. 83rd Birthday occurs on January 4th. Masses offered, Also remembering his daughter Geraldine who is very sadly missed at this time.**

The things we feel most deeply,  
Are the hardest things to say,  
But we, your family love you,  
In a very special way.

Our grief is not engraved in gold  
or hung for all to see  
It's just engraved within our hearts for us alone to see.

We want to tell you something,  
So there won't be any doubt:  
You're so wonderful to think of,  
Willie but so hard to do without.  
We cannot bring the old days back, when we were all together;

The family chain is broken now,  
But memories live forever.  
We hide our heartache with a smile and make no outward show,

For what it meant to lose you,  
Willie, only we will ever know.  
Gentle Jesus up above,  
Give our granda all our love.  
Memories of the way we were.  
**Sadly missed by your loving wife, Geraldine; sons; daughters; daughters-in-law; sons-in-law; grandchildren and great-grandchildren**

## IN MEMORIAM

No other time could be as sad or quite as hard to bear  
As celebrating Christmas without you been here.  
You meant the world to everyone and at this time of year,  
Your kind and gentle nature was so precious and so dear.  
**Happy Christmas xx From your loving sister Louise & Byran.**

I'll always feel you close to me,  
Any though your far from sight,  
I'll search for you among the stars that shine on Christmas night.  
**Happy Christmas Martina Your loving nephew Jamie xx**

There is a little Robin,  
That visits me,  
And I know in my heart,  
It's You.

He sits right on my window,  
For just a moment or two,  
I find a strange comfort in this,  
But sometimes that's not enough.  
I wish that you could visit me,  
From your new home up above.  
**Happy Christmas Martina, Love and Miss You.**

**From your loving partner, John**



### † O'BRIEN

(Christmas Remembrance)  
**Christmas Remembrance of a dear mother and grandmother Maureen O'Brien, late of 76 St. Munchin's Street, St. Mary's Park, Limerick.**

The angels sang amazing grace,  
God came down and touched your face,  
Then he whispered soft and low,  
Come with me Maureen it's time to go.

The gates of heaven opened wide,  
The angels lined up side by side.  
A special guest was on her way,  
The day God took Mam away.

**Always in our thoughts, your daughter Josephine and family.**

**Also remembering my daughter Olivia and my father James O'Brien at this time**  
**Thinking of all her sisters and brothers at this time.**

Someone is Missing at Christmas:

Let this be a loving reminder,  
That someone is missing today,  
Someone our hearts still holds onto,  
As we travel along life's way.  
Someone who made life so special,

For all those who gather here,  
Someone who won't be forgotten,  
But cherished from year to year.  
And now as we pause to remember,

Let us all fondly recall,  
How dearly each of us loved her,  
And oh how she loved us all.  
**Love from Son James, Daughter in Law Elaine & Grandkids Emma & Eric**

Christmas in Heaven  
What do they do,

They all come to earth to spend it with you,  
So save them a place and one empty chair,  
You may not see them but they will be there.  
**Happy Christmas Martina Loved and missed forever from your loving sister Anmarie & Frank.**

## IN MEMORIAM

Thinking of you this Christmas,  
And how things just aren't the same,  
There's this dull and nagging heartache,  
When someone speaks our name.  
Sadly we can't buy gifts for you,  
Just silent tears that fall,  
For this time of year without you,  
Is the hardest times of all.  
**Love From Noreen, Dave & Family**

Up in Heaven a star still shines,  
That Star in Heaven is an aunt of mine.  
Gentle Jesus up above,  
Give my Aunt all my love.  
**Love Always Nephew Jason, Jayde & Kids xx**

NANA

You had a smile for everyone,  
You had a heart of gold.  
You left the sweetest memories,  
The world could ever hold.  
**Love you Nana from Jonathon and Baby Jessie. Also thinking of my brother Andrew xxx**

AUNT

I wish that I could see you Maureen,  
Sitting in your chair.  
I wish that I could go to yours,  
And find you sitting there.  
We had our ups and downs,  
Our laughter and our tears,  
But let me say between all that,  
We had some happy years.  
**Love and miss you so much, your niece Rachel & Partner Denis.**  
**Also thinking of my Nan, Granda, Aunts, Uncles, and my son Andrew xxx**

The house is very lonely  
And I am lonely too;  
Those left behind are good and kind  
But none replace you.  
**From her loving brother John.**

We cannot bring the old days back  
When we were all together,  
But memories keep us close to you  
And memories last forever.  
**From your loving grandkids Christopher, Jake, Aidan and your little woman Crystal**

## 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.S.

**GRATEFUL THANKS** to the Sacred Heart, our Blessed Lady and St Joseph for all favours received. Also thanks to St. Padre Pio, A.O.D

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## Please God

Take this cloud of darkness away.  
Shine your light upon me.  
Give me the courage and strength to start to feel joy in my life again.



# LIMERICK LEADER

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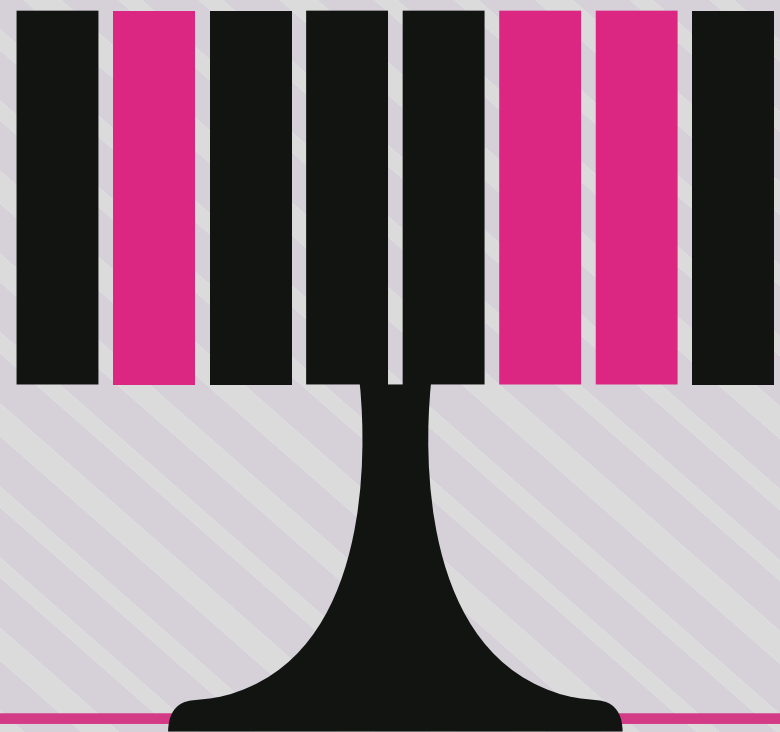
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PEUGEOT'S rugged new Rifter SUV features high levels of safety and comfort equipment and new-generation petrol and diesel engines.

Rifter is a replacement to the Partner Tepee MPV which has proven popular amongst both the brand's mobility customers and taxi drivers who avail of the WAV grant (Wheelchair Accessible Vehicle Grant). This new replacement is offered in two lengths with 5- or 7 seats, up to 19 driver aids and a wide range of new options.

Given its SUV look, large rear tailgate opening with separate opening window, numerous storage areas, sliding side doors for ease of access and choice of 5- or 7 seats - three of which take full size child seats in row 2 - Peugeot's Colin Sheridan says it makes for a value-for-money family car. The long version offers ample seating room for seven adults and a loading capacity of up to 4,000 litres when the third row seats are removed, or folded flat with the Magic Flat command, which is trim dependent.

Built on the Lion Brand's new EMP2 platform, the new Rifter will be offered with a choice of three trims: Active, Allure and GT Line.

Two petrol engines and four diesels will be available: a 1.2 PureTech petrol 110bhp 6-speed; a 1.2 PureTech petrol 130bhp automatic 8-speed (here in April 2019); a 1.5 BlueHDi diesel 75bhp 5-speed; a 1.5 BlueHDi diesel 100bhp 5-speed; a 1.5 BlueHDi diesel 130bhp 6-speed; a 1.5 BlueHDi diesel 130bhp automatic 8-speed.

Standard equipment on the entry level Active model (from €23,540 plus delivery) for the 5-seat version or from €24,490 (plus delivery) for the 7 seat version, includes the i-Cockpit with 8-inch touchscreen, compact steering wheel and customisable heads up digital instrument panel, Mirrorscreen connectivity, 16-inch wheels, full size spare wheel, tyre pressure monitor, six airbags, air con, 12 volt plug in row 2, overhead storage, luggage cover and a Safety Pack to include Active Safety Brake,



## The perfect mix

**Peugeot Rifter:** Combines SUV style and MPV roominess

### UNDER THE HOOD

**MODEL TESTED:** Peugeot Rifter BlueHDi 130 EAT8 GT-Line  
**Engine:** 1.5-litre turbocharged four-cylinder diesel  
**Transmission;** eight-speed automatic, front-wheel drive  
**Body style:** five-door, five-seat MPV (seven-seat version available)  
**CO2 emissions:** 114g/km (Band A4, €200 per annum)  
**Combined economy:** 65.7mpg (4.3 litres/100km)  
**Top speed:** 180km/h  
**0-100km/h:** 10.8 seconds  
**Boot space:** 775 litres rear seats up; 1,414 litres rear seats down (to window line; 3,000 litres to roof)

Lane Keeping Assist and Speed Limit Recognition and Recommendation.

The Allure level three model (from €25,570 etc) gains 16-inch alloys, rear parking sensors, visibility pack, leather steering wheel. Look Pack to include front fog lights, folding front passenger seat, electric parking brake, 2nd row central and floor storage, 3 individual magic flat seats in row 2, and electric rear windows.

Level four GT Line (from

€28,400 etc) gets 17-inch alloys, keyless access and start, a Safety Plus Pack, dark tinted rear windows, Visiopark 180 (front and rear parking aid with 1800 camera), dual zone climatronic air con, an electrochromic rear view mirror, and GT Line styling band badging.

It retails here from €23,540 plus delivery related charges.

Built in Spain and Portugal factories, the new Rifter is available to preview now at Peugeot dealers nationwide.



The Rifter has numerous storage areas, sliding side doors for ease of access and choice of 5- or 7 seats



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# Tech pack remains popular

## Megane Grand Coupe: Easy Life pricing announced

RENAULT'S Megane Grand Coupe has been the best-selling body style in the New Megane range that was launched over two years ago, writes *Trish Whelan*.

While a number of brands have abandoned the segment, Renault believes that with its new Easy Life line-up, the Grand Coupe will continue to offer good value and high equipment levels for both new and repeat customers in 2019.

With the advent of WLTP, Renault has taken the opportunity to introduce the Easy Life line-up with three trim levels instead of four, and two engines including for the first time a petrol engine, the new 1.3 TCe 140

engine.

This new petrol engine, available in a 6-speed manual or new 7-speed EDC. Its 240Nm of torque comes in at 1,600 rpm.

Renault's 1.5dCi engine is enhanced in 2019 with increased power and the new AdBlue system is low maintenance with a refill lasting for several thousand kilometres. The diesel engine is also available in 6-speed manual and 7-speed EDC gearboxes.

Both engines are available in the three Easy Life trims - Play, Icon and Signature.

The Play trim replaces both Expression and Dynamique Nav and is generously equipped



Renault claims the EasyLife line-up gives customers a straightforward choice of trim levels that offer enhanced spec, looks and value

compared to competitors, with Apple CarPlay and Android Auto on its 7-inch touch screen, with climate control and parking sensors.

The Iconic replaces the Dynamique S Nav and has built-in navigation (7-inch screen), the Multi-sense system and the Visio Active

safety system.

The top of the range Signature adds leather upholstery, 18-inch diamond cut wheels, 8.7-inch navigation screen and full LED lights.

Renault's 5-year manufacturer warranty is available across all versions

of the new Megane Grand Coupe.

Prices are from €23,940-€28,440 for the TCe 140; from €26,140-€30,640 for the TCE 140 EDC; from €25,870-€30,370 for the Blue dCi 115; and from €28,070-€32,570 for the 115 EDC version.

## FASTNEWS

**WORLD PREMIER**  
New Mazda3 unveiled in LA

THE new Mazda3 makes its world premiere at this week's 2018 Los Angeles Auto Show.

The fully redesigned model will be rolled out to global markets, beginning with North America, in early 2019.

While the overall design presents a simple, single form, subtle undulations bring the styling to life through shifting light and reflections that glide over the body surface.

**SAFETY RATINGS**  
Top marks for Volvo S60 and V60

THE new Volvo S60 saloon and V60 estate have received the maximum five-star rating in their 2018 EuroNCAP safety tests. They are among the safest cars tested under the new tougher regime.

Their top rating continues a five-star streak for Volvo and underlines the brand's safety reputation.

## LIMERICK LEADER

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# SPORT

Leader



**MEDALS OF HONOUR**

Hurling heroes get their Celtic Cross

For more see Pages 68&69

**Hoping to stay: Former All Black Alby Mathewson is pictured during Munster Rugby squad training at the University of Limerick this week. The 33 year old is looking to remain at Munster beyond his March contract** PICTURE: DIARMUID GREENE/SPORTSFILE



## Mathewson would love a chance to stay at Munster

**Rugby:** Scrum-half made All-Blacks debut at Thomond Park in 2008

**COLM KINSELLA**  
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**MUNSTER'S** New Zealand-born scrum-half Alby Mathewson has revealed his desire to remain at the province to the end of this season and beyond.

Mathewson, who made his All-Blacks debut against Munster at the official opening of Thomond Park in 2008, was recently granted a three-month extension on his contract having arrived at the province last summer.

Mathewson had joined Munster for four months initially as injury cover for the fit-again Conor Murray.

The 33-year-old Kiwi will provide cover through the 6 Nations as the extended deal will keep him in Limerick

until the end of March.

Mathewson said he would love the opportunity to remain at Munster until the end of the season and beyond as he has lived in five different countries over the past two years, including England with Bristol, France with Toulon and King County in New Zealand.

Speaking ahead of Munster's Guinness PRO14 interprovincial clash with Ulster at Kingspan Stadium on Friday night, 7.35pm, Mathewson said: "A long-term (contract) would be ideal. It has been tough the last two years for me. I have lived in five countries the last two years, just as I said picking up contracts here and there.

"I am looking for

something long-term. It is tough on my family, my oldest son is eight, he has been to five different schools in the last two years and this is probably the toughest period, I have never been away from him for this long and obviously over Christmas it makes it even tougher, but I sort of said to him that it is not forever, just for myself and for them, long-term (contract) is the plan.

"It is tough with the rules here, or everywhere I guess, but whether it is here or somewhere else, long-term. Yes, 33-years-old, people might say it is old, but I look after myself and I know I can keep proving to myself and people that it doesn't matter where I go, I can play and perform at a high level and I



**Munster's Conor Oliver is set to return to action in the coming week**

know I can do it for at least another couple of years."

Mathewson, who has impressed for Munster since his arrival, scoring two tries in six appearances, two off the bench, has fond memories of his 2008 visit to

Limerick with the All-Blacks.

Making his Munster bow against Ulster at Thomond Park in late September reminded him of the night 10 years ago when the All-Blacks escaped with a narrow 18-16 win.

"It had been 10 years, but it was exactly the same as I remembered from 2008, just how loud the crowd was, but then how quiet the crowd was (for goalkickers), obviously coming from the Southern Hemisphere, I had never experienced anything like that.

"With Munster's Kiwi boys doing the Haka, it was a really cool occasion and for me, playing my first game with the All-Blacks. It was a close game that we managed to win, it's a great experience."

### PDC Darts

O'Connor takes aim at last 32 in PDC 'Worlds'

**COLM KINSELLA**  
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**LIMERICK** arrowsmith William O'Connor returns to action at the stg£2.5 million PDC World Darts Championship for a second round clash at the Alexandra Palace this Wednesday evening.

Cappamore carpenter O'Connor faces 26th seed James Wilson for a place in the last 32 of the high profile event at 7.15pm at the 'Ally Pally', live on Sky Sports.

O'Connor defeated Yordi Meeuwisse, of the Netherlands, 3-0 in their first round match at the 'Ally Pally' on Sunday.

It was 32-year-old O'Connor's first win at the World Championship as he was beaten by veteran Steve Beaton on his only appearance at the Championships 12 months ago.

O'Connor, who works at Furniture Man, in Dromkeen, is ranked inside the world's top 50 at present.

That ranking will improve when they are updated at the end of year.

This year O'Connor has toppled the likes of multiple world champion, Michael van Gerwen knocking him out of the Dutch Darts Championship in front of his own fans, as well as reigning PDC World champion Rob Cross in the European Matchplay final where he also overcame both Kim Huybrechts and Mensur Suljovic.



**Cappamore's William O'Connor is on Sky this week**



# Tralee trip ends historic season



Back in action: Players from both sides tussle during the Co-Op Superstores Munster Hurling League 2019 match between Limerick and Tipperary at the Gaelic Grounds

PICTURE: MATT BROWNE/SPORTSFILE

THERE is no pre-Christmas rest for the Limerick senior hurlers as they face into a second game in six days this Thursday night.

Four days after collecting their Celtic Cross All-Ireland hurling medals in Adare Manor, Limerick are off to Tralee to play Kerry in round two of the Co-Op Superstores Munster Hurling League

Last Friday, John Kiely's

hurling heroes opened their 2019 season with a three-point loss to Tipperary and will want to get back to winning ways before their depart on their Team Holiday on December 27.

While the 2018 calendar year is yet to end, Limerick preparations for the new season are underway with changes to the playing panel and management.

Into the coaching set-up comes former Clare hurler Aonghus O'Brien.

He was a Limerick minor hurling coach under Brian Ryan and Jerry Wallace when Limerick won the 2013 Munster MHC title and then in 2016 was a coach in Davy Fitzgerald's Clare senior hurling management, alongside Paul Kinnerk and Donal Og Cusack.

## Snow joke as Limerick rugby referee force to postpone game in Romania



IRFU Match Officials Richard Kerr, Joy Neville and Jonny Erskine pictured in the snow ahead of the Northampton Saints v Timisoara Saracens meeting which was called off

**LIMERICK** rugby referee Joy Neville endured a frustrating weekend as the Challenge Cup game she had been due to take charge of in Romania was postponed due to heavy snowfall.

Former World Rugby

**Referee of the Year** Neville was due to take charge of the meeting of Timisoara Saracens and Northampton Saints at the Dan Paltinisanu Stadium on Saturday.

However, former Ireland international

Neville was forced to postpone the fixture 20 minutes before the start time, despite attempts to clear the pitch of several feet of snow.

The game represented a 2,700 mile round-trip for Neville.

Kinnerk and O'Brien now join forces once more in John Kiely's 2019 Limerick management.

While O'Brien joins the management, departing is selector Jimmy Quilty.

On the field, Na Piarasigh's Conor Boylan made his debut against Tipperary and more fresh faces are expected this Thursday (7.30) against Kerry

in Tralee.

Boylan's Na Piarasigh colleague Adrian Breen, Kilmallock duo Aaron Costello and Robbie Hanley, along with teenagers Doon's Mikey O'Brien and Adare's Ronan Connolly are among the newcomers to the panel.

Limerick manager John Kiely has confirmed that his six Na Piarasigh players from his 2018 panel won't be

involved in Tralee, along with injured trio Darragh O'Donovan, Paul Browne and Richie McCarthy.

Barring unlikely results, Limerick don't look like reaching the January 13 Munster League final and therefore the first competitive game in 2019 will be a January 27 Allianz League tie in Wexford.

For more see #LLSport

# Charity Cup final is centre stage over Christmas

COLM KINSELLA  
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ALL-IRELAND League Division 1A rivals Young Munster and Garryowen will meet in the Sporting Limerick Charity Cup final at the Markets Field on Friday, December 28, 6pm.

Garryowen lost out to Nenagh Ormond in last season's Charity Cup final at the Markets Field.

North Munster Rugby Chairman Sean McCullough said the final was 'a great opportunity to see the Final with such worthy participants.'

A bumper crowd is

expected for this historic night which will benefit local charities, including Milford Hospice, Daughters of Charity, St Vincent's, Lisnagry, Parkinson's Association, Redemptorist Fathers Christmas Poor Campaign, Limerick Marine Search and Rescue, and Irish Motor Neurone Disease Association.

The All-Ireland League is on its Christmas and New Year's break with the competition resuming on the weekend of January 18-19.

In the final games before the Festive break, Garryowen moved into the top four play-off places in Division 1A after scoring a last gasp

14-12 victory over UCC, while eighth-placed Young Munster succumbed 11-17 to Clontarf and Shannon sit seventh in the table following a precious 9-8 win over UCD.

In Division 2A, UL-Bohs are fourth after a hard fought 13-10 win over seventh-placed Old Crescent at Rosbrien, while in 2C, third-placed Bruff defeated Thomond, who sit ninth, 24-7.

Meanwhile, the draws have been made for the opening rounds of the Clayton Hotels Munster Schools Senior and Junior Cup competitions.

The first round of the Senior Cup competition gets underway during the week

beginning January 21, while the first round of the Junior Cup begins the following week, January 28.

In the opening round of the Senior Cup, St Munchin's College are away to Rockwell College. At the quarter-final stage, Crescent College will face CBC, while in an all-Limerick quarter-final Ardscoil Ris host Castletroy College.

Meanwhile, also at the last eight stage, holders Glenstal Abbey take on SMI Newcastle West, High School Clonmel or Bandon Grammar School, while PBC face the winners of the St Munchin's College/Rockwell game.

For more see #LLSport



Jackie Herbert presenting the Dudley Herbert-Seran Conneely U19 cup to the captains of Crescent College Comprehensive, Charlie Dineen and St Munchin's Craig Finn



**ALL-IRELAND HURLING MEDAL PRESENTATION**

**Kyle Hayes with, from left, Grace Kelly, Roisin Griffin and Chloe Walsh on their arrival at the 2018 GAA Hurling All-Ireland Medal Presentation to Limerick at Adare Manor Hotel in Limerick.**

PHOTO BY DIARMUID GREENE



**Diarmaid Byrnes and Elaine Kennedy**



**Richie English and Kathleen Fitzgibbon**



**Barry Hennessy and Elaine Crowe**



**Nickie Quaid and Orlaith Murphy**



**Richie McCarthy and Ruth Ryan**



**Mark Melbourne and Lisa Coughlan**



**David Reidy and Aoife Ni Cheallaigh**



# ALL-IRELAND HURLING MEDAL PRESENTATION



**Darragh O'Donovan and Ciara Ryan**



**Declan Hannon and Louise Cantillon**



**Tom Condon and Sarah Carey**



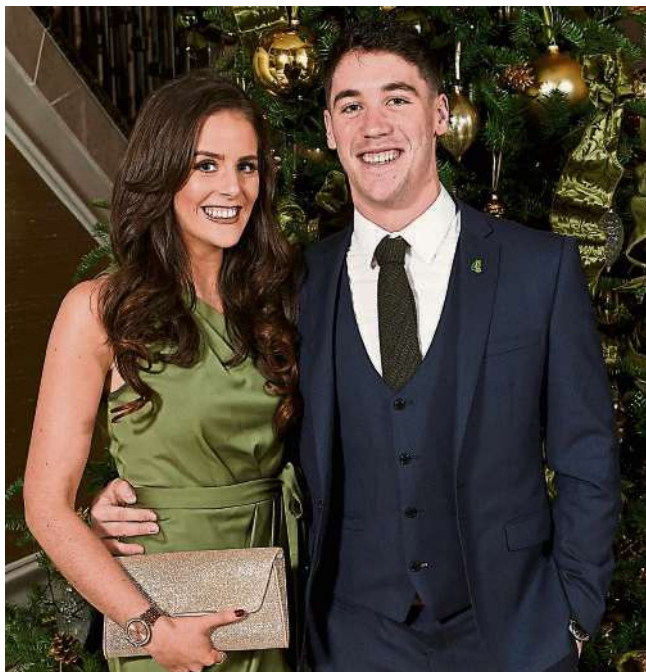
**Brian and Theresa Geary**



**Paul Browne and Niamh Whelan**



**Lorcan Lyons and Aine Ryan**



**Sean Finn and Karen Kinnerk**



**Paul Kinnerk and Maggie Maloney**

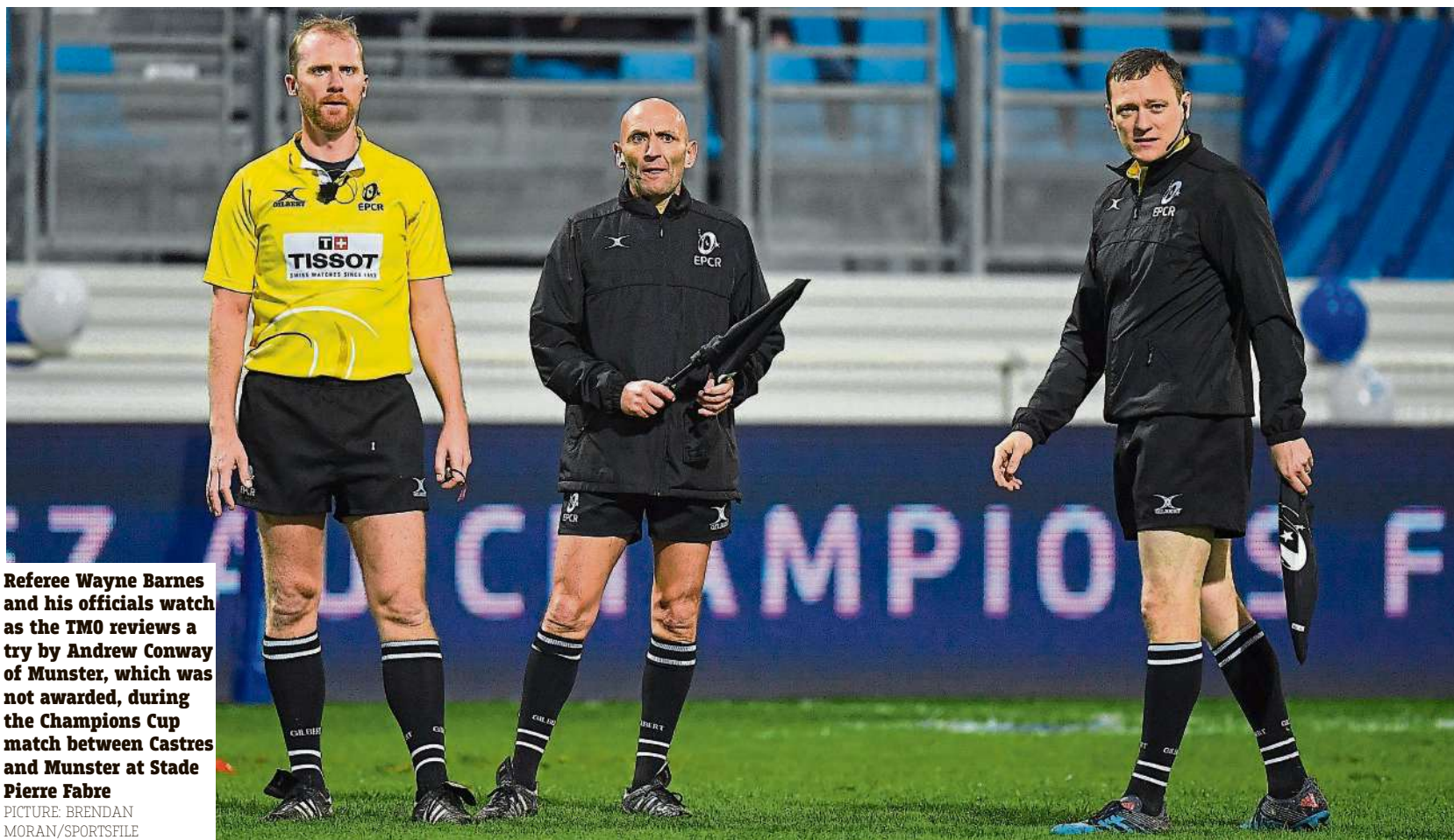


# ON THE BALL

“Limerick to the core...”

DONN O'SULLIVAN

## Rugby in danger of becoming lawless



Referee Wayne Barnes and his officials watch as the TMO reviews a try by Andrew Conway of Munster, which was not awarded, during the Champions Cup match between Castres and Munster at Stade Pierre Fabre

PICTURE: BRENDAN MORAN/SPORTSFILE

The game of Rugby Union has always held itself in high regard when it comes to the officiating of the game.

One will often be told, “they are not rules, they are laws”

Rugby is growing, as a spectator sport, by the second. Every week there are more and more fans being drawn to the game.

The issue for rugby now is how long can they keep people coming to the show?

The game of rugby is slowly realising that with increasing supporter base, comes increased scrutiny, both on and off the paddock.

Fans want to know more about the

game, the players, the relationship with legal and illegal drugs and the laws of the game.

As the interest increases, the players are becoming more guarded, the ex professionals are learning that their thoughts on the 'medicalisation' of the game are now front page news. (Just ask Brian O'Driscoll)

However, one of the biggest challenges facing the game is the variance in which the laws are interpreted from week to week.

A game that confuses fans is not going to sell well in 'new markets'

A lack of understanding of what is going on at any one time, is one of the main reasons Baseball and American Football have been slow to catch the

attention of a Worldwide audience.

Should rugby wish to grow the game globally, they first need to learn how to referee the game with more consistency.

Limerick has, over the years, boasted some of the best referees in the World. Joy Neville, George Clancy and Peter Fitzgibbon have all refereed at the top level, so 'we' do know our rugby.

The problem now though is that rugby is becoming harder to understand for the fans, the players and the coaches worldwide.

Wayne Barnes, the man in the middle for last weekend's Castres v Munster battle, came in for a lot of criticism this week and rightly so.

There was so much off the ball stuff missed last Saturday in Castres, that is it hard to figure out what the TMO and the touch judges were actually there for.

Missing flagrant fouls both on and off the ball are inexcusable. They are the high end of refereeing failure.

The inconsistencies surrounding ruck clear outs, players not supporting their body weight or side entry into rucks and mauls are where the real issue lies for rugby, week in, week out.

Every single ruck, of which there can be over 300 of in a game are becoming a lottery.

If people see the game was lawless, they will move elsewhere, quickly.

COLM KINSELLA

## Two Castres players cited after clash with Munster in France

It was a bit like waiting for the postman on Christmas Eve, and the postman ultimately delivered.

Munster fans had expected Castres players to be cited this week following a number of unsavoury incidents in the course of Saturday's Heineken Champions Cup fixture in France.

And confirmation that two players, replacement hooker Marc-Antoine Rallier and scrum

half Rory Kockott, had been cited came on Tuesday lunchtime.

It was alleged that Rallier tackled Munster wing forward, Peter O'Mahony 'dangerously in the 69th minute of the match in contravention of



Two citings were reported from Saturday's game

Law 9.13'

Scrum-half Kockott was cited for allegedly having 'made contact with the eye and/or eye area of the Munster wing forward, Chris Cloete.'

Both Castres players will appear before an independent Disciplinary Committee for

hearing in Paris this Wednesday. The committee consists of Pamela Woodman (Scotland), Anthony Davies (England) and Leon Lloyd (England).

Three players were sin-binned during the game, two from Castres, as well as Munster hooker Niall Scannell for infringing at a maul.

Munster head coach Johann van Graan said, on Monday, that he was 'proud of the way our players behaved on the field' on Saturday.

JEROME O'CONNELL

## A minor matter of GAA age levels

IT'S all becoming so confusing with regard to the varying age grades in the GAA.

Limerick GAA had a club championship review meeting last week and the status quo is to remain for 2018 with regard to the minor and U-21 grade.

So the Limerick club championship will have a minor (U-18) grade and an U-21 grade.

But at inter-county level, minor is to continue at U-17 level for 2019, while the U-21 grade is no-more with that now an U-20 championship for both hurling and football.

On top of all that, the Post Primary Schools Senior Championships (Harty Cup etc) have now moved up to U-19 from U-18 ½.

So, there is U-17, U-18, U-19, U-20 and U-21 grades between club and county.

And, all that is on top of Bord na nOg competitions up to U-16 level.

I can see the reasons for the Limerick and other county board decisions to remain with U-18 and U-21 but surely if GAA authorities in Croke Park are to change age levels, that they should insist it becomes the norm across the country.

Personally speaking, I still feel U-18 is best suited to the minor grade.

Watching inter-county minor championship games throughout 2018, they didn't have the same standard as previous years with players clearly not as mature, mentally or physically.



Sam Burns, Monaleen in action during the County Premier U-21 Football Championship Final. The age grade has not changed for the 2019 season



**COLM KINSELLA**

## Nicholls can land King George prize with Politologue

ONE of the real highlights of a jam-packed National Hunt racing programme over the Christmas period is the staging of the stg£250,000 32Red King George VI Chase at Kempton Park on St Stephen's Day, 3.05pm.

This year's renewal promises to be a genuine Christmas cracker, given the high quality of entry for

the Grade 1 contest won 12 months ago by the Nicky Henderson trained Might Bite

Fourteen horses have won the Kempton Park showpiece more than once, Desert Orchid winning the race four times, while Kauto Star landed the contest five times.

This year's running will again be the second leg of The Jockey Club

Chase Triple Crown. Jockey Club Racecourses are offering a £1million bonus if any horse wins the Betfair Chase (Haydock Park in November), the 32Red King George VI Chase and the Timico Cheltenham Gold Cup (Cheltenham, March 15, 2019).

The 2017 King George winner Might Bite is favourite to retain the

crown at 11/4, with the Ruth Jefferson-trained Waiting Patiently next best at 5/1 along with Politologue.

In a fiercely competitive race, the Paul Nicholls-trained Politologue has plenty to like about him after winning the Christy 1965 Chase at Ascot.



**Kempton Racecourse will host the King George VI this weekend**

# IS THAT ON THE BOX?

**Sunday**

**Harry Kane's Spurs travel to Everton on Sunday**

**Wednesday**

**SOCCER**  
SCHALKE V LEVERKUSEN  
BT SPORT 3 5.30PM

**DARTS**  
WILSON V O'CONNOR  
SKY SPORTS 7PM

**SOCCER**  
BAYERN V RB LEIPZIG  
BT SPORT 3 7PM

**SOCCER**  
ARSENAL V SPURS  
SKY SPORTS 7.45PM

**SOCCER**  
HIBERNIAN V RANGERS  
BT SPORT 1 7.45PM

**Thursday**

**CRICKET**  
MELBOURNE V PERTH  
BT SPORT 2 8.15AM

**SOCCER**  
BRISBANE V WEST SYDNEY  
BT SPORT 8.30AM

**SKIING**  
SAALBACH OPEN  
EUROSPORT 8.45AM

**DARTS**  
WORLD CHAMPIONSHIPS  
SKY SPORTS 12.30PM

**ICE HOCKEY**  
JOKERIT V CSKA MOSCOW  
ELEVEN SPORTS 4.30PM

**Friday**

**SKIING**  
COURCHEVEL  
EUROSPORT 9.15AM

**SOCCER**  
PERTH GLORY V SYDNEY FC  
BT SPORT 1 10AM

**HORSE RACING**  
UTTOEXETER  
ATR 12.30PM

**FREESTYLE SKIING**  
INNICHEN  
EUROSPORT 12.30AM

**DARTS**  
WORLD CHAMPIONSHIPS  
SKY SPORTS 1.30PM

**BIATHLON**  
NOVE MESTO  
EUROSPORT 4.15PM

**SOCCER**  
DORTMUND V M'GLADBACH  
BT SPORT 2 7.30PM

**RUGBY UNION**  
ULSTER V MUNSTER  
EIR SPORT 7.35PM

**RUGBY UNION**  
CARDIFF V DRAGONS  
S4C 7.35PM

**RUGBY UNION**  
WORCESTER V SAINTS  
BT SPORT 1 7.45PM

**SOCCER**  
WOLVES V LIVERPOOL  
SKY SPORTS 8PM

**AMERICAN FOOTBALL**  
BYU @ W MICHIGAN  
BT ESPN 9PM

**Saturday**

**SOCCER**  
MELB CITY V MELB VICTORY  
BT SPORT 1 8.50AM

**NORDIC COMBINED**  
RAMSAU  
EUROSPORT 10.45AM

**HORSE RACING**  
HAYDOCK  
ITV4 11.50AM

**SOCCER**  
ARSENAL V BURNLEY  
SKY SPORTS 12.30PM

**HORSE RACING**  
ASCOT  
ITV4 12.40PM

**RUGBY UNION**  
EXETER V SARACENS  
BT SPORT 2 3PM

**RUGBY UNION**  
OSPREYS V SCARLETS  
EIR SPORT 3PM

**RUGBY UNION**  
RICHMOND V BEDFORD  
SKY SPORTS 3.15PM

**RUGBY UNION**  
EDINBURGH V WARRIORS  
EIR SPORT 5.15PM

**SOCCER**  
CARDIFF V MAN UTD  
BT SPORT 1 5.30PM

**RUGBY UNION**  
LEINSTER V CONNACHT  
SKY SPORTS 7.45PM

**NFL**  
REDSKINS @ TITANS  
SKY SPORTS 9.30PM

**BOXING**  
FRAMPTON V WARRINGTON  
BT SPORTS 10PM

**NBA**  
CLIPPERS @ NUGGETS  
SKY SPORTS 10PM

**Leinster face Connacht this Saturday**



**Limerick's William O'Connor will be in action in the Darts World Championship this Wednesday night on Sky Sports**

**SOCCER**

ST JOHNSTONE V RANGERS  
BT SPORT 1 12.15PM

**DARTS**

WORLD CHAMPIONSHIPS  
SKY SPORTS 12.30PM

**SOCCER**

ASTON VILLA V LEEDS  
SKY SPORTS 1.30PM

**RUGBY UNION**

ZEBRE V BENETTON  
EIR SPORTS 1.30PM

**SOCCER**

AUGSBURG V WOLFSBURG  
BT SPORT 2 2.30PM

**RUGBY UNION**

WASPS V BATH  
BT SPORT 1 3PM

**RUGBY UNION**

CASTRES V BORDEAUX  
SKY SPORTS 3.50PM

**SOCCER**

EVERTON V SPURS  
SKY SPORTS 4PM

**NFL**

BUCCANEERS @ COWBOYS  
SKY SPORTS 6PM

**NFL**

TEXANS @ EAGLES  
SKY SPORTS MIX 6PM

**BASKETBALL**

PISTONS @ HAWKS  
SKY SPORTS 9PM

**NFL**

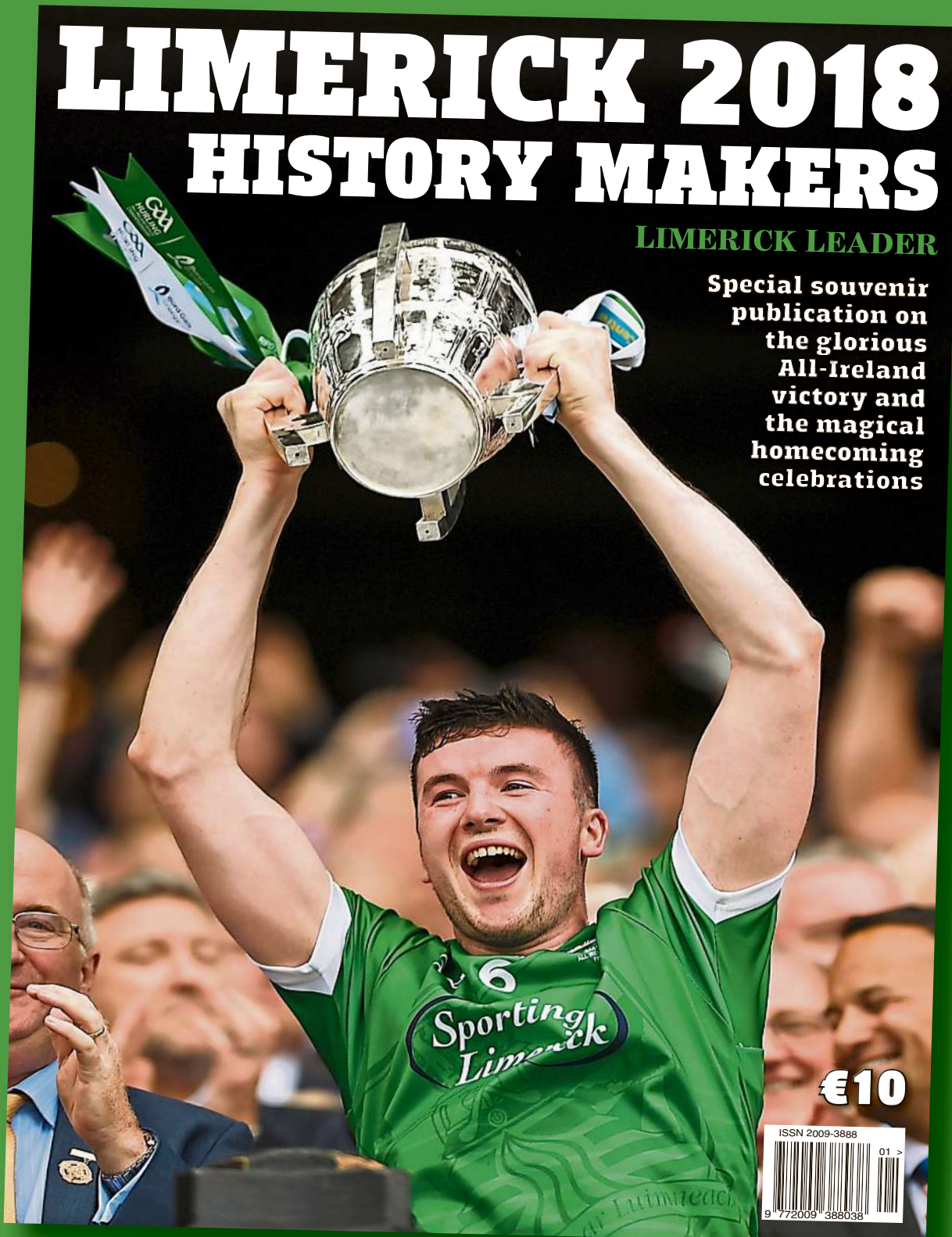
STEELERS @ SAINTS  
SKY SPORTS 10PM

**BASKETBALL**

PACERS @ WIZARDS  
SKY SPORTS 10PM



# LIMERICK 2018 HISTORY MAKERS



# ON SALE NOW!