Ambassador: Ruth Negga given cultural role to promote Ireland **P5**

The Leader

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Wednesday, January 9, 2019

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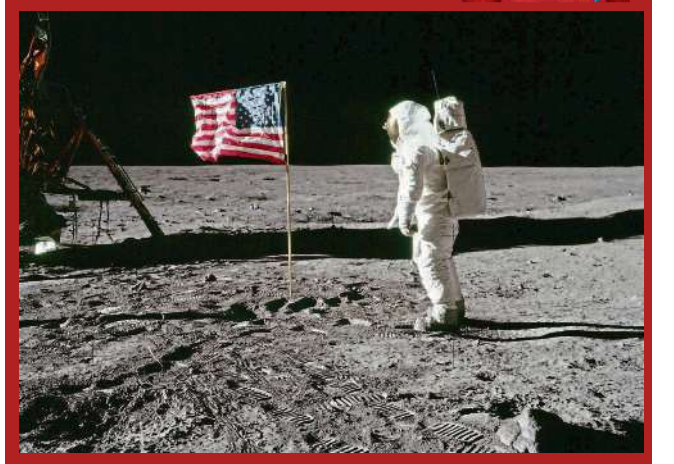

Councillor subject of jibes for moon landing comments P6

We're walking in a wedding wonderland at Bridal Fair

Love is in the air as couples set to flock to UL arena **P13**

SPORT More Limerick FC blues as general manager leaves **P60**

ENVIRONMENT Mixed results in latest IBAL league **P14**

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LeadingOff
Setting the agenda in Limerick

▲ GOOD WEEK
Ruth Negga
The actress who grew up in Limerick has been made a cultural ambassador for Ireland

▼ BAD WEEK
Limerick FC
More blues for the Blues as new general manager Breifne Earley departs just days after joining the club

QUOTE OF THE WEEK
"The alleged moon landing is much disputed"
Cllr Seighin O Ceallaigh, has attracted derision in certain quarters for his comments on the moon landing

We've had enough: It is now time for action

Minister for Health Simon Harris in Limerick last June for the opening of Ireland's 'largest and most advanced emergency department' at University Hospital Limerick. Unfortunately, the new department hasn't solved the trolley crisis

WHATWETHINK
EUGENE PHELAN
LEADER EDITOR

I HAVE to wonder if the people of Limerick are the most tolerant in Ireland?

Would people in Donegal, Dundalk, Waterford, Galway and Cork consistently put up with the extent of our trolley crisis and the situation that families here have had to endure for the past few years? I think not.

They would have taken to the streets by now. Yes, we have had a small protest, but not enough outrage. It is time for politicians to show true leadership.

In 2018, there were 11,437 people on trolleys in University Hospital Limerick, the worst ever annual overcrowding figure since records began in 2006.

UHL continues to have the highest overcrowding in Ireland at the start of this year, exceeding 40 patients on a daily basis. A 60-bed block, which is due to be built under a €14m 300-day contract will alleviate matters no doubt but it won't cure all ills.

The hospital staff are under incredible pressure and the patients deserve better. 2019 should be the year when we finally say enough is enough!

WEATHERFORTHEWEEK

WEDNESDAY
Periods of sun with a shower, temperature peak of 9°c

THURSDAY
Overcast today for the most part with a high of 10°c

FRIDAY
Overcast again but mild for time of year with a high of 11°c

SATURDAY
Dull and dreary weather continues but still mild, 11°c high

SUNDAY
Remaining overcast with a temperature peak of 11°c

MONDAY
Cloudy again but this time with a little rain, high of 10°c

WEBTOPTEN

1. Residents in Limerick village 'terrified' after window smashing appears on Snapchat

2. Limerick FC General Manager leaves role just days after starting

3. Limerick's blackest day: A decade on since Dell cut 1,900 jobs at manufacturing plant

4. Munster's Ian Keatley to leave province at season's end

5. Player's dad headbutted after goal in U-14 match in County Limerick

6. Disqualified driver tells Limerick gardai 'porkie pies' at roadside checkpoint

7. Plans drawn up for pedestrian tunnel in Limerick next to narrow railway bridge

8. Limerick man who was celebrating 40th birthday 'threatened garda with Coke can'

9. Man jailed for calling to ex partner's home in Limerick city at 4.30am

10. Limerick ace primed for glamour semi-final date with Premier League giants Manchester City

Limerick's blackest day: A decade on since Dell cut 1,900 jobs, reporter Nick Rabbitts looks back at a seismic economic event. See Leader online for story

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MyLimerick

Steve Ryan

Musician, windings frontman and Music Generation tutor

What's your idea of a perfect day, or a perfect weekend, in Limerick?
We have two young kids, so we know we are onto a winner anytime we go to the Milk Market or Curraghchase. We usually head to the Market on Sunday morning, when it's a bit quieter. Curraghchase is an amazing facility, but if we're not feeling like the spin out from Dooradoyle, we'll head to the playground and park in Mungret, or into People's Park. That's the reality of what we do on weekends. My *idea* of a perfect weekend in Limerick would be more or less the same, but start about 2 hours later, and would include a lot more sitting around!

What's your first Limerick memory?
We lived in Knockea, Ballyneety until I was about six or seven, so a lot of my early memories would be of walks with my mom through what seemed like endless green fields. I loved that. One of my first memories of Limerick city is of going with my parents to see my uncle perform in a Tops Of The Town in the Savoy Theatre. The memory is vague, but I distinctly remember there being red velvet almost everywhere. The walls had red velvet drapes, the seats were upholstered in red velvet, and it was huuuuuuge! As I said, the memory is vague, so it may well have been tiny and everything coloured blue. But I don't think so.

What's your favourite part of the county and why?
After Knockea, we moved to Milford Grange in Castletroy. So Milford was where I grew up I guess. NIHE/Plassey/'The College'/UL was always on our doorstep, and was easily the best playground we could've asked for. My Dad was a builder back then, and actually worked on a few of the first buildings that went up out there. So we've watched it quite literally grow from a small college, into the astounding campus it is today. It's fair to say that UL holds a special place in my heart I guess. More recently, through my role with Music Generation, I now work a couple of days in the Irish World Academy too, so I consider myself pretty lucky!

What about a favourite local walk or view?
Not to seem like I'm on commission or something, but I love spending time out in UL, and I enjoy just wandering around there on weekends. You can walk by the river for ages, and even cross over bridges to the other side. I believe doing that brings you to a wonderful little area of Co. Limerick that I've heard the locals refer to as 'Clare'.

What do you think gives Limerick its unique identity?
Weeellll, I think We have a low threshold for nonsense, and we know this. We also have a unique ability to laugh at ourselves when needed. Sometimes non-Limerick folk make the mistake of laughing too. But WE control the laughs, so follow our lead stranger!!

Do you have a favourite local restaurant?
My base with Music Generation is in the Music Generation Creative Centre on Cecil Street. So i tend to run between Cafe Rose on Roches Street, Canteen on Catherine Street, and Rift on Mallow Street. A triad of tantalising tastes! (Please leave this in, it could be the best thing I've ever said, and it took me ages to think of it!!!)

How would you describe the people of Limerick?
Very carefully. And probably from a distance, in case they'd hear me like.

How important do you think sport is to Limerick?
Pretty important. It's definitely a unifying thing across our city and county, and there's a massive love for it here. It brings together people of disparate backgrounds, and helps create communities that may not have existed otherwise. I'm ok with Sport.

If you could add one amenity to Limerick, what would it be?
Low priced short-term accommodation in the city centre would be useful. It's hard to believe that Limerick city still can't provide this to visitors to be honest.

What's the biggest challenge facing the city/county today?
I'd say it is probably public transport. It exists like, but in a way that seems almost willfully antagonistic to use. I know that it is not an easy solve, but public transport needs to be reliable first and foremost, and it isn't. I also know that heavy traffic caused by private cars has a lot to do with this, so it's a bit of a vicious circle. It's a challenge for sure.

See www.facebook.com/windingsmusic for more

FRONTPAGESOFTHEPAST

20 YEARS AGO
JANUARY 9, 1999

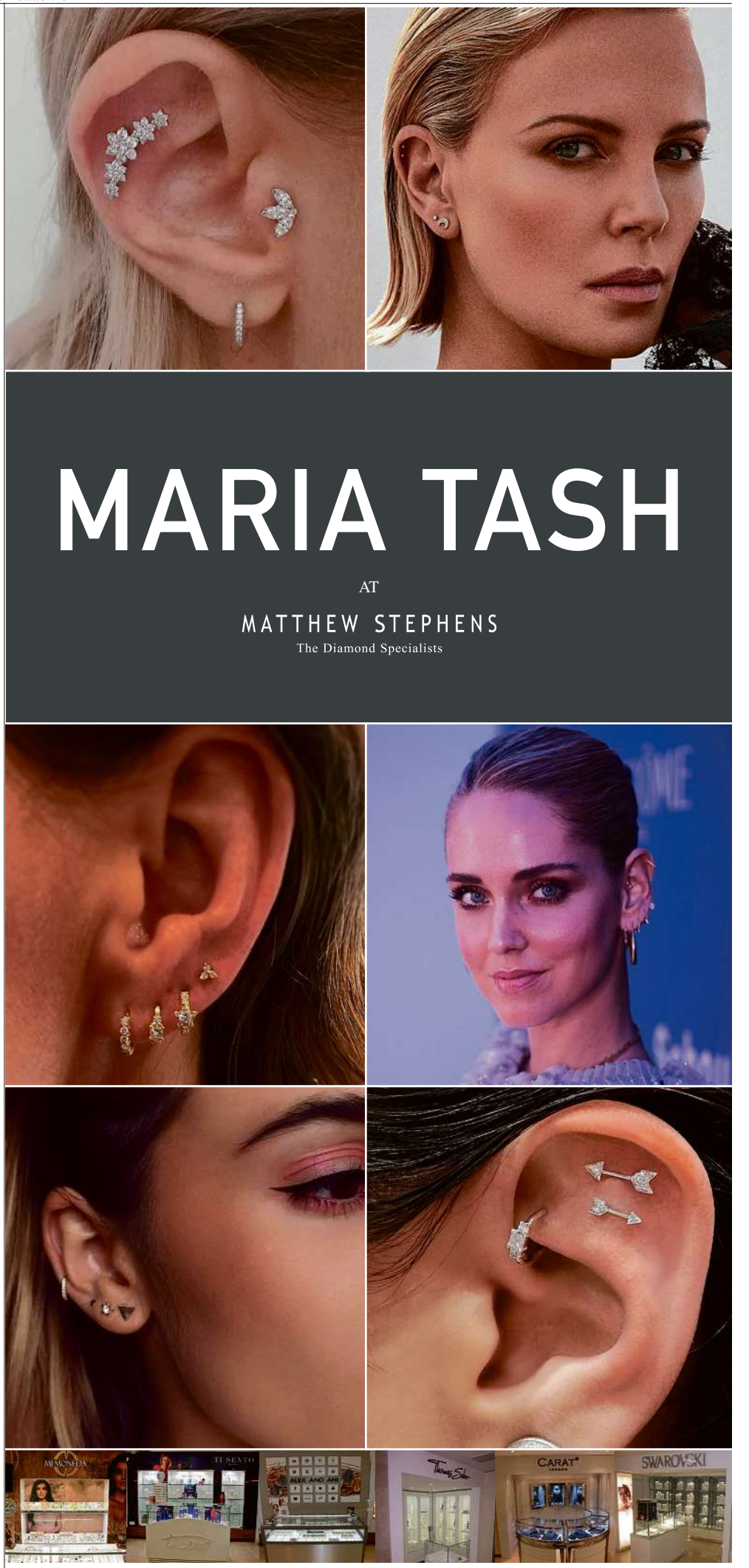
Exactly 20 years ago this week the headline on the front of the Limerick Leader read: 'Boozed drivers: a record'.

It was confirmed that 40 motorists had been arrested in Limerick over Christmas for drink driving. And while the detection rate was up by 30%, gardai said that the vast majority of drivers had still adhered to the law.

Also Limerick was set to become the first city in Ireland to introduce waste segregation bins in February.

And the main picture was from Creation Travel as people queued to book their summer holidays.

FRIDAY SPECIAL
LIMERICK LEADER
Printed and published in Limerick
Boozed drivers: a record
City holidaymakers choose the sun for summer break
Ordered to stay out of city, but drank
Further Reductions
PRICES SLASHED



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Jerseyman alleged to have assaulted baby in Limerick

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IRISH authorities are seeking the extradition of a Jerseyman who is alleged to have assaulted a baby in Limerick city two years ago.

According to the Jersey Evening Post, Daniel Broadleday, 31, appeared in court after an order for his arrest was granted by the court.

Mr Broadleday has said he would not consent to being extradited and that he would oppose the application at a formal hearing that will take place before the court on February 14.

Paul Lee, a police legal adviser, said that it is alleged that Mr Broadleday committed the assault on a young child on November 22, 2016.

Mr Broadleday is also alleged to have committed an offence of child cruelty on the same occasion.

The Limerick Leader understands that the child in question was a baby under the age of one year at the time of the alleged offence and was from Limerick city.

Mr Lee said that five days after the alleged offence, Mr Broadleday returned to Jersey.

The court heard that the Jersey-born respondent had intermittently made contact with the authorities in Ireland after he had left the country.

Advocate George Pearce, who was representing the respondent, said that Mr Broadleday had lived in the island all of his life apart from two years he spent in Ireland after a four-month spell in the army.

The court heard that his mother and two sisters live in Jersey and that he is in a stable relationship with his fiancée, the Jersey Evening Post reported.

Mr Pearce submitted that the respondent had far stronger ties to Jersey than anywhere else. He said that Mr Broadleday was not working and could not afford to pay for travel out of the island.

Assistant Magistrate Peter Harris granted bail on condition that Mr Broadleday does not leave the Island and surrenders all forms of identification that would allow him to secure travel documents.

He was also made subject to a curfew from 10pm and 6am.

The defendant's next court appearance is this Wednesday, January 9.

The extradition hearing is due to be heard on February 14.

The court heard matters between the two parties deteriorated after the woman refused to hand over the passport of her son to allow him go on a holiday with his father PICTURE: ADRIAN BUTLER

Row over passport led to complaint to gardai

Court: Man acquitted of breaching protection order

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A MAN who repeatedly telephoned his former partner at her place of work was acquitted of breaching a protection order after a judge ruled there was no evidence that he had put her in fear.

The 29-year-old defendant, who has an address on the outskirts of the city, was prosecuted on foot of a complaint which was made to gardai on August 10, 2017.

The alleged injured party told Limerick District Court she contacted gardai as there were a "few different incidents" involving her ex-partner over the previous few weeks and that she "just got sick of it".

Judge Mary Larkin was told there have been difficulties between the pair since they broke up and that matters worsened when she refused to hand over their son's passport ahead of a holiday which he had booked with the now eight-year-old.

The woman said she had retained the passport as her former partner had failed to comply with an order – made in the family law courts – which required him to do a number of things before going on the holiday.

She told Inspector Dermot O'Connor the defendant was "getting aggressive" when he phoned her at work as he was "freaking out" over not getting the passport.

She said he was verbally abusive and called her "every name under the sun".

Being cross-examined by solicitor Andrew D'Arcy, the woman agreed the protection order has been in place for over two years and that she has never sought to secure a safety order which would be the norm in family law matters.

Mr D'Arcy put it to the woman that she had "chosen to deny him a holiday" in retaliation for the break-down in the access agreement which was in place.

The woman said she stood by her decision adding that Tusla – the child and family agency – are now involved as the matter was referred to them by gardai.

Mr D'Arcy said his client is "not a threatening person generally" and he submitted there was no evidence that he had made any specific threats or put his former partner in fear.

Judge Larkin agreed saying there was no evidence as to the specifics of what was said on the date the complaint was made or that the alleged injured party had been put in fear by the defendant.

Dismissing the charge, the judge noted the family law matter is due before her again in the coming weeks.

Dozens of Limerick city groups and clubs share in grants list

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UP to 161 different projects across the city and county are to benefit from grants totalling €510,000 under the Community Enhancement Programme.

The programme is designed to help disadvantaged communities by providing capital grants to improve their facilities and the allocation of €510,000 has been warmly welcomed by Fine Gael's Senator Kieran O'Donnell, pictured.

"It is great to see the wide variety of local projects here in Limerick that have been supported and I wish to commend the work of each project," he said. "Many of these projects involve voluntary groups, who make such a valuable contribution to their communities and the projects they are involved in."

Among the big winners in the grants was St Mary's A.I.D., based in Nicholas Street, which got a grant of €18,400 to improve energy efficiency and €5,000 for catering equipment.

Garryowen Community Development Project received €7,991 to upgrade its building and the Northside Family Resource Centre got €9,000 towards a new boiler and €20,000 towards a seven-seater electric people carrier.

A sum of €1,000 was also allocated to upgrade facilities at the King's Island Creche and Limerick Youth Service was granted €4,031 to upgrade the Northside Youth Space at Ballynanty.

But funding also came south of the river. Southill Area Centre got funding of €5,000 for furniture and €1,000 for equipment while the Southill Men's Shed got €2,000 for roof repairs.

Sports clubs and organisations got grants for equipment. among them Celtics Basketball (€3,000); Our Lady of Lourdes Community Services (€2,000); Lourdes United AFC (€2,500); Carew Park FC (€1,000) and Hyde Rangers (€1,000).

The single biggest grant went to Pike Rovers FC who got €13,800 to upgrade their building.

The Community Law and Mediation centre in the city received a grant of €4,576 for IT equipment as did other projects: Dooradoyle's Men's Shed (€3,000), Limerick Mental Health (€2,000), Our Lady of Lourdes Men's Shed (€1,925).

Among the more unusual grants was €2,000 to the Northside Legacy AFC who received €2000 towards a portable eco-toilet.

See weekend Leader for full list of projects.

Ruth Negga given cultural role to 'promote Ireland'

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LIMERICK raised actress Ruth Negga has been appointed as a cultural ambassador to "promote Ireland globally".

Negga, who grew up in Limerick, was one of five cultural ambassadors appointed for Ireland by arts minister Josepha Madigan this Monday "to assist in and enhance the promotion of Ireland in the global arena under the Government's Global Ireland 2025 initiative".

Musician Martin Hayes, architects Shelly McNamara and Yvonne Farrell and Pulitzer Prize winning poet Paul Muldoon will all also take on the role, which has a three year duration. The cultural ambassadors will "endeavour to raise the public focus on arts and culture as a means of promoting Ireland globally, provide advice and input on strategic cultural initiatives and participate in key events and projects".

Minister Madigan told the new ambassadors: "You are already an important connection with the Diaspora but you will also open new eyes and ears to Ireland's creative strengths".

Negga, who received a Golden Globe and Oscar nomination for her work in Jeff Nichols' film Loving opposite Joel Edgerton in 2017, went to national school in Roxborough and later spent part of her secondary school at Scoil Carmel before moving to London. The former Love Hate star counts a large family in Limerick, where she grew up after moving from her birthplace in Addis Ababa, Ethiopia, where she lived until she was four.

Speaking at the event, Ruth Negga said that, while she is "a quite shy person really", she was keen to take on the role to promote diversity in the film industry.

"Ireland is a multicultural place now and I think it's important to remind the world or even let them know that there's going to be a lot of fantastic, young Irish actors of colour that will have Irish accents and I think that might come as a surprise to some people, but it's how we are evolving," she said.

"I hope I can also encourage young Irish artists of colour that they are Irish and necessary and part of the fabric of the culture of Ireland now."

Ruth Negga, second left, was among a number of cultural ambassadors appointed by arts minister Josepha Madigan to 'promote Ireland globally'

Book to bring Joy to music fans

A major collection of essays on the critically acclaimed Manchester band Joy Division is to be launched in Limerick next week.

Heart and Soul: Critical Essays on Joy Division is the latest tome from co-editors Martin J. Power, Eoin Devereux and Aileen Dillane at the University of Limerick. It will be launched on Thursday January 17 at the Kasbah Club, Dolan's at 8pm by Hot Press Deputy Editor Stuart Clarke.

Featuring a foreword by Noel Hogan of The Cranberries, the collection of essays features international experts writing on Joy Division as well as contributions from local authors including John Greenwood, Paul Tarpey and Robin Parmar.

Eoin Devereux, co-editor of a new book on Joy Division

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Councillor says Lunar comments at meeting were a joke

History: Astronomy Ireland founder criticises claims

DAVID HURLEY
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THE Sinn Fein councillor at the centre of an astronomical controversy says he never intended for his comments about the moon landing to be taken seriously.

Cllr Seighin O'Cellaigh was reacting to strong criticism of him on social media and in some national newspapers.

At a meeting of the Metropolitan District before Christmas, he questioned if the moon landing actually took place as he criticised the proposed theme of this year's St Patrick's Festival.

As reported by The Leader, he said he was opposed to the "One Giant Leap" theme as it relates to what he claimed is fake news which has no connection to Limerick.

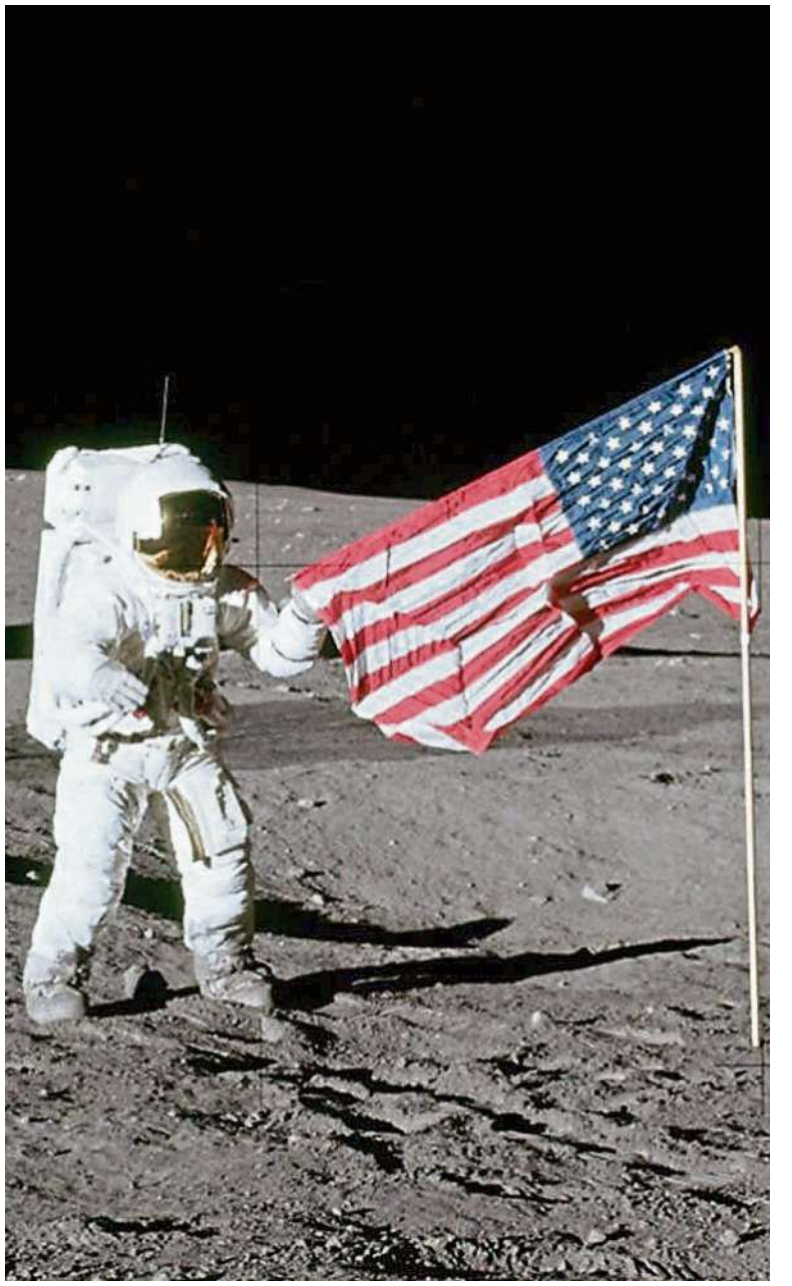
During the meeting, he described the moon-landing as being "much-disputed" – even referring to some theories that it may have been filmed in Hollywood.

Cllr Seighin O'Ceallaigh has come in for criticism

The founder of Astronomy Ireland – David Moore – says the claims "simply do not hold water".

Speaking on Tuesday, he said he's satisfied the moon landing did take place 50 years ago in 1969.

"I've met and interviewed Neil Armstrong, Buzz Aldrin and some of the other moon-walkers as well, they are genuine people and we definitely had the technology to do it – especially as it was a matter of great prestige for the Americans in the space race against the Russians – the Soviets at the time," he said.



Neil Armstrong pictured on the moon in 1969 shortly after the Apollo II shuttle landed

These conspiracy theories saying that we didn't go to the moon just don't hold water and I know some of the statements are definitely false – we can show that," he added.

In a brief statement, reacting to the criticism, Cllr O'Ceallaigh said his comments at the meeting were made in jest.

"While discussing the suggested theme for St Patrick's Day in Limerick, I jokingly said that the moon landing was disputed by some.

"I never intended nor expected this remark to be taken seriously. I, of course, did not say I disputed this as it is a well documented piece of history.

"I continued to say that since this is the centenary year of the Limerick Soviet that this would be a more appropriate theme," he said.

HSE urges people to avail of flu jab

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THE HSE has urged Limerick people in at-risk groups for the flu to get vaccinated, as the number of cases is expected to increase in the near future.

This time last year, there was a strong flu strain, forcing hospital facilities to impose strict visiting restrictions which remained in place since.

But it is understood that the number of cases has not been as widespread as previous years.

Since December 1 last, there have been 39 confirmed cases in the Mid-West, and 26 of these detections were resident in Limerick.

However, while no outbreak has been reported to-date, the HSE has said it expects "the number of flu cases in the Mid-West would increase in the coming weeks".

Dr Kevin Kelleher, the assistant national director in health protection, said that flu levels are likely to increase over the coming weeks when the flu begins to actively circulate in the community.

A spokesperson for the HSE said that the best way to protect yourself is to get the flu vaccine.

Those in at-risk groups include people aged 65 and old, pregnant women and people with chronic diseases.

UL honour for The Cranberries

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ONE YEAR on from her death, the family of the late rockstar Dolores O'Riordan is to receive a special posthumous award in her honour from the University of Limerick.

UL is to confer band members of The Cranberries Noel Hogan, Mike Hogan and Fergal Lawler with honorary doctorates on Friday, January 18, with a special award also to be made to the family of lead singer Dolores O'Riordan.

The Limerick woman passed away suddenly in London last January.

Her unexpected death was greeted with shock and sadness in Limerick, with thousands of mourners paying their respects to Ms O'Riordan as she lay in repose in St Joseph's Church on O'Connell Avenue.

Next Monday, January 14, honorary doctorates will also be conferred on Bob Geldof and Marian Keyes at a special ceremony as part of the first Winter Conferring Ceremony at the university.

UL honorary degrees are conferred on individuals who have shown outstanding achievement, nationally or internationally, in the arts, sciences, business, industry, the professions, sport, social service or public service.

Among those who have recently received the honor from the university are campaigner Vicky Phelan, rugby legend Paul O'Connell, activist Ali Hewson and former president Mary Robinson.

Right: The surviving members of The Cranberries, Noel and Mike Hogan and Fergal Lawler are to be conferred at the University of Limerick

Jysk's options open for Limerick move

ONE OF the world's biggest home retail giants, Jysk has said that it would be "great" to build a store in Limerick as it scouts for more than 10 locations across the country over the next two years.

Founded in 1979, the Danish homeware and furniture store, which rivals Sweden's Ikea, has more than 2,700 stores in more than 50 countries across the globe, and is looking to set up 15 in Ireland.

So far, Jysk—pronounced "yusk"—has confirmed that it will open four stores in Ireland in the coming months starting in April, in Naas, Navan, Drogheda and Portlaoise.

And while a Jysk spokesperson could not confirm that a store will be opening in Limerick, she said: "It would be great to have a Jysk store in Limerick and we are actively seeking out good retail opportunities across the country."

Jysk is expected to bring 200 jobs to Ireland.

The Danish retail giant will open an Irish office in Dublin early this year, and will fill around 10 roles in sales, marketing, human resources and finance, Jysk said last week.

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For other enquiries contact Mary Manning on 061 487997 or email mary.manning@lcetb.ie

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Mental health services for children in 'crisis'

'Unacceptable': More than 240 on waiting list in Mid-West area

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MORE THAN 240 children in the Mid-West were left waiting for mental health services, according to recent figures released by Sinn Fein TD Maurice Quinlivan.

Deputy Quinlivan described the child and adolescent mental health services (CAMHS) as being in a "state of crisis" as it "continues to suffer from underfunding and a recruitment and retention crisis".

He said the situation in Limerick is "extremely worrying".

At the end of October, there were 245 children waiting for mental health services in Limerick, Clare and Tipperary. In total, nationally, 2,250 children were waiting for these services.

"Every expert in child and adolescent mental health will tell you that early intervention is absolutely vital in avoiding enduring and worsening problems in the future.

"The reason there is such a backlog for access to these services is that CAMHS is not being adequately funded and the area is suffering from the government's inability to address the recruitment and retention crisis," he said.

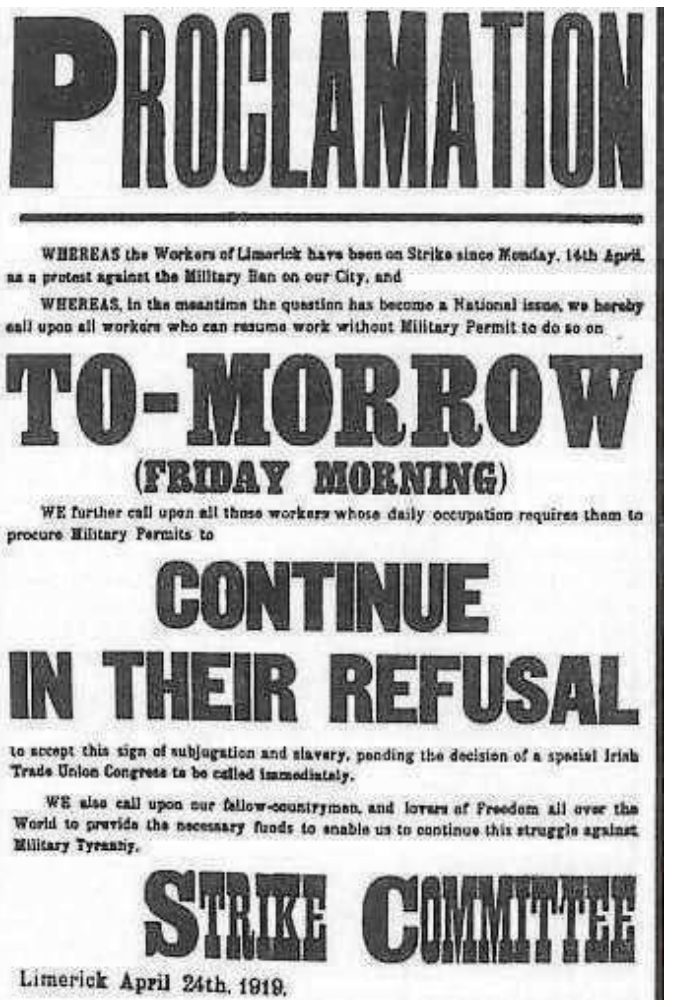
Deputy Quinlivan hit out at waiting lists for mental health services

He said the waiting periods are putting "people at very serious risk".

Deputy Quinlivan said that the service only has 57% of the staff needed as had been recommended in a Government report in 2006.

"Here in Limerick the situation is just as poor as we have only 68.9% of the necessary staff," adding that there are 12 full-time— or whole-time equivalent— posts vacant in the Mid-West.

"This current situation is unacceptable, we cannot approach every year in the same vein by paying lip service to mental health services and then not properly funding or staffing them."


PROCLAMATION

WHEREAS the Workers of Limerick have been on Strike since Monday, 14th April, as a protest against the Military Ban on our City, and

WHEREAS, in the meantime the question has become a National issue, we hereby call upon all workers who can resume work without Military Permit to do so on

TO-MORROW
(FRIDAY MORNING)

WE further call upon all those workers whose daily occupation requires them to procure Military Permits to

CONTINUE
IN THEIR REFUSAL

to accept this sign of subjugation and slavery, pending the decision of a special Irish Trade Union Congress to be called immediately.

WE also call upon our fellow-countrymen, and lovers of Freedom all over the World to provide the necessary funds to enable us to continue this struggle against Military Tyranny.

STRIKE COMMITTEE

Limerick April 24th, 1919.

left: Former councillor Cian Prendiville, right, the Limerick Soviet Proclamation on a poster from 1919

Mini-series to tell the 'true story of revolt' in April 1919

THE "amazing true story of revolt, hope, opportunity and betrayal" chronciled during the events of the Limerick Soviet in 1919 are set to be told as part of a five-part podcast, *writes Jess Casey*.

Former Solidarity councillor Cian Prendiville, who crowdfunded 90% of the project within 24 hours, is hoping to release the mini-series to coincide with the centenary of the Limerick Soviet in April. The Limerick Soviet 100 festival is also set to take place around that time.

Mr Prendiville has spent the last year studying the events of the workers' strike, which saw almost every workplace in Limerick protest against the imposition of martial law in the city.

"During those two weeks, the city was essentially run by a committee of trade unionists who set prices, set up their own police force and money, and were referred to by international media as a 'Soviet'," Mr Prendiville said.

"It is a fascinating story, and I find that when people here find out about it they are intrigued and want to find out more," he added.

"It was major world news at the time, and yet has been largely written out of our history books. In school we were taught that that whole period of Irish history was about nationalism and the civil war but the Limerick Soviet gives a window into a whole hidden history of the working class and socialist uprising taking place at the time and the path not taken of what Connolly called a workers' republic."

The series will include interviews, dramatisation and archive footage, focusing each episode on one aspect of the uprising, from how the movement grew in Limerick to discussing "how the revolution was betrayed".

For more on the project, see limericksoviet.ie

Fines were imposed

Judge imposes fines over television licences

DAVID HURLEY
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THE start of 2019 proved costly for more than a dozen Limerick householders who were fined for not having a television licence.

At Limerick District Court, State Solicitor Aileen Mee said an inspector with An Post had called to each of the houses and had spoken to the defendant when they answered the door.

In direct evidence, he confirmed there was a television at each of the properties on the date he called but that a TV licence had not been taken out.

Court proceedings, Ms Mee said, were subsequently initiated against the householder.

There was no evidence as to whether those before the court were the owners or tenants at the property where they were living.

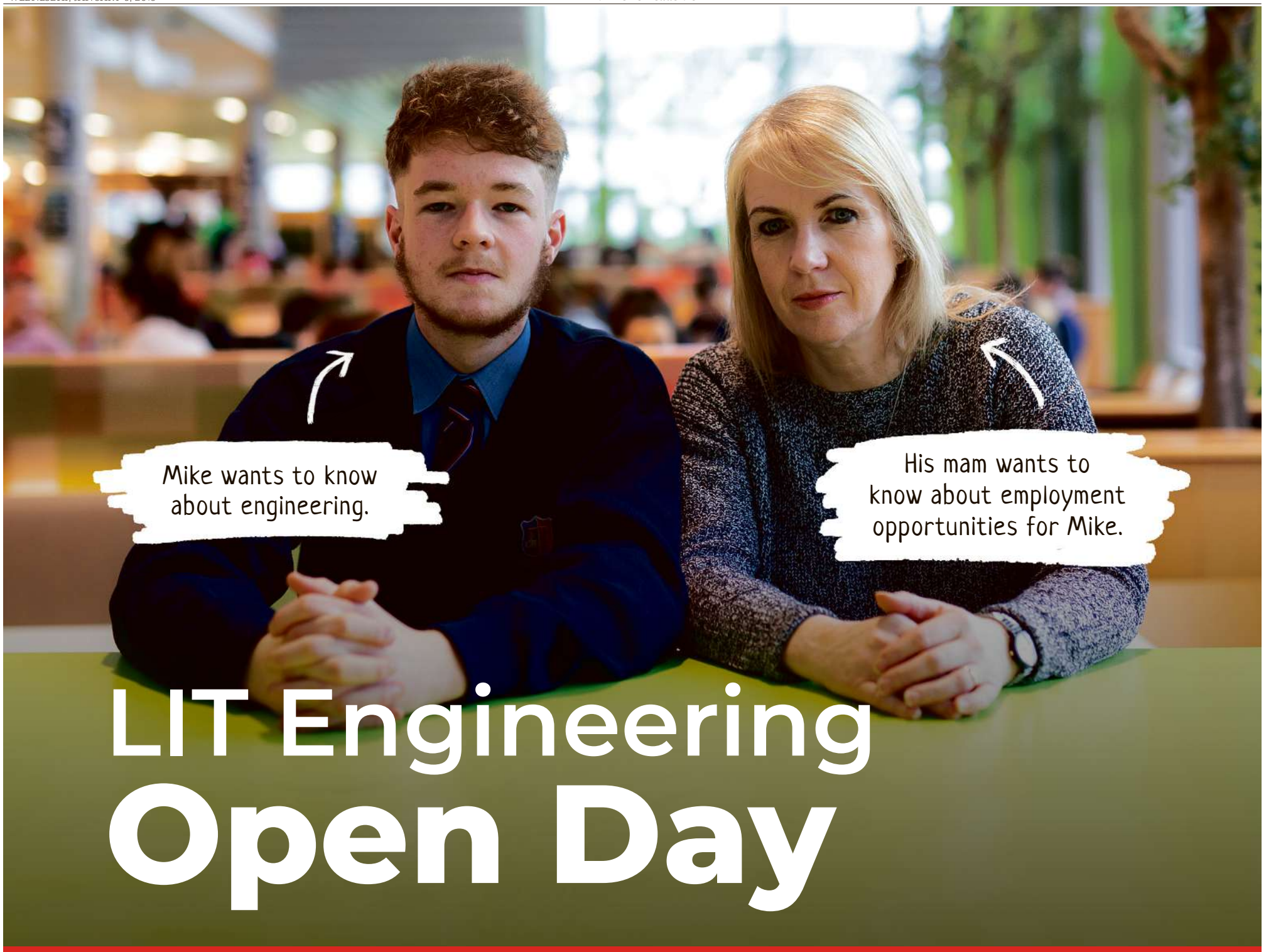
All of the prosecutions related to detections which were made at addresses on the northside of the city and in Corbally on dates during May and June 2018.

In cases where a TV licence has not been taken out since, Judge Marian O'Leary imposed a €200 fine and she also ordered the defendant to pay the costs of An Post associated with the case – normally €80.

Just one of those before the court last Friday has taken out a licence since while a number of prosecutions were adjourned to allow defendants the opportunity to take out a licence.

Most of those before the court were fined in their absence as they did not appear in person on the day.

One woman who did appear apologised for not having a TV licence saying she was "struggling to get through Christmas with kids" and could not afford to buy one at the time.



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LIT

Comments from online readers

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

PLANS DRAWN UP FOR PEDESTRIAN TUNNEL IN LIMERICK NEXT TO NARROW RAILWAY BRIDGE

Alan Curley
Would a bus service through Rhebogue not make more sense? Politicking at its finest

Gary Kirwan
Surely they could just widen the whole section, a tunnel would cost as much and will be a magnet for antisocial behaviour

David Campbell
Just widen the tunnel so two cars can fit and a footpath

MUNSTER'S IAN KEATLEY TO LEAVE PROVINCE AT SEASON'S END

Seán Willis
Good luck to him. He'll make a great coach someday

Mary Murphy
Best of luck to him

Kennedy O'Brien
This could be a fantastic move. Someone of Ian Keatley's experience could really help Benetton and Italian rugby reach the next level

RESIDENTS IN LIMERICK VILLAGE 'TERRIFIED' AFTER WINDOW SMASHING APPEARS ON SNAPCHAT

Paul Costelloe
There is no Garda station in the Castletroy or Annacotty area despite there being over 20,000 residents between the two areas

David France
Are they terrified because youths broke windows or is it because they posted it on Snapchat?

Orlagh Moynihan
The locals of Monaleen and Annacotty have seen an under current of anti social behavior over the last 12 months, hordes of kids with nowhere to go

LIMERICK'S BLACKEST DAY: A DECADE ON SINCE DELL CUT 1,900 JOBS

Labhaoise O'Macasa
Didn't think at the time but it was the best thing that ever happened to me

Niamh O'Halloran Burke
Well done to all who worked there and to those who kept on going when it fell and made a new path for themselves in tough times

Mags Wallace
Great times, best job ever, lovely people

Susan McAuliffe
A great place to work really enjoyed my 10 years there, made great friends thanks folks

www.limerickleader.ie
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Dean Price was charged with burglary after he allegedly entered a staff canteen at Dealz, Bedford Row

No Dealz for man accused of burglary

No bail: Suspect allegedly entered staff canteen

DAVID HURLEY
david.hurley@limerickleader.ie

A MAN who is accused of entering a restricted area at a discount store in the city centre was refused bail after gardai expressed concerns he would continue to offend if released.

Dean Price, aged 30, of Lee Estate, Island Road, appeared before Limerick District Court after he was charged with burglary relating to an incident at Dealz on Bedford Row on New Year's Eve.

Opposing bail, Garda Sheila Clavin said it will be alleged the defendant entered a staff area in the basement of the store shortly before 5.30pm on December 31.

She said a handbag was "rifled through" in a staff canteen and that it will be alleged Mr Price attempted to enter a cash office before a member of staff encountered him.

"His reason for being there was pretty poor," she said, adding that CCTV footage has been obtained from the premises as part of the garda investigation.

Nothing was taken during the alleged burglary and there is no suggestion of any violence being perpetrated by the defendant.

Seeking a remand in custody, Sergeant Donal Cronin said a file is being prepared for the Director of Public Prosecutions in relation to the matter and that directions are awaited.

Garda Clavin told Judge Marian O'Leary she had concerns about the defendant's drug use and his mental health and that she feared he would not appear in court and would engage in further criminality if released on bail.

Barrister Liam Carroll insisted his client "is not a flight risk" and was willing to abide by any conditions imposed by the court.

He submitted the alleged offence is at the lower end of the scale and that it will be "difficult" for the State to prove intent giving the nature of the allegations against him.

Seeking bail he said strict conditions could be drawn up by the court which would allay the fears of gardai.

Upholding the garda objection, Judge O'Leary refused bail and remanded the defendant in custody pending directions for the DPP.

Referee appointed as new garda inspector

FORMER international soccer referee, Padraig Sutton, has been assigned to Roxboro Road garda station following his recent promotion to the rank of inspector, *writes David Hurley*.

Inspector Sutton was one of nine Limerick-based sergeants named on the garda promotion list which was published late last year.

He has spent much of his career in the Limerick division – most recently serving as the head of the divisional drugs unit.

While Insp Sutton is to remain in the Limerick division, some of his former colleagues, who were also promoted, have been assigned to stations in other divisions such as Clare, Cork and Galway.

Having been introduced at Limerick District Court, Judge Mary Larkin said she was delighted to hear of his appointment.

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LEADER CRIME BRIEFS
BY DAVID HURLEY

Thefts outside graveyard, church and nursing home

GARDAI are investigating a number of incidents during which handbags were stolen from cars which were parked in public places.

In one incident, a car was targeted while parked outside a church as the owner was attending Mass.

"Unfortunately the lady had left her handbag in the car and after Mass she discovered the car window smashed and her handbag was gone," said a garda spokesperson.

In a separate incident, a sum of cash was stolen from an unlocked car which was parked outside a graveyard.

"When the owner returned to her car the door was open and she could see that a sum of cash had been taken from her purse and the purse left behind," said Sgt Ber Leetch.

A number of parked cars were targeted

In a third incident, a bag was taken from a car which was parked at a nursing home while the owner was visiting a relative.

Again, the vehicle was not locked.

Cars stolen outside home during late-night burglary

TWO cars were stolen from outside a house which was entered in the middle of the night.

While an occupant at the house was alerted by the alarm at around 1.30am, he thought it was a false alarm and deactivated the security system.

"The following morning he discovered his home had been entered and property taken which included their two cars," said a garda spokesperson.

In another incident, a house was entered after a side door was left unlocked. Gardai say this should act as a reminder to homeowners to check every door at night.

Garda appeal after theft of handbag from pensioner

GARDAI are investigating the theft of a handbag from an elderly woman who was out walking.

The incident happened between 5.30pm and 5.45pm on Monday, January 7, at Pennywell Road when the victim – a lady in her 80s – was about to enter her car.

"A male who was on the footpath at the time, told her that someone had damaged the rear of her car," said the garda spokesperson.

"When the lady went to inspect the damage the male opened her front passenger door, grabbed her handbag from the seat and ran off in the direction of John's Street. There wasn't any damage to the lady's car, that was the thief's way of distracting her," she added.

Gardai at Henry Street station are investigating

Gardai at Henry Street are investigating and looking for anybody who may have witnessed this theft to contact them on 061-212400

Be careful what you post!

GARDAI are urging people to be vigilant about what they post on social media while away from their homes attending social events or functions.

Divisional crime prevention officer Sergeant Ber Leetch warned that there has been a number of burglaries and attempted burglaries that occurred when home owners were at weddings,funerals or christenings.

Traveller fined over illegal horse sheds at city halting site

The sheds at Toppins Field Halting Site have now been removed

Costs: Defendant must pay majority of council's costs

DAVID HURLEY
david.hurley@limerickleader.ie

A TRAVELLER who built horse sheds without planning permission at the halting site where he lives was fined €500.

Limerick City and County Council successfully prosecuted Patrick Casey, aged 39, of Toppins Field, Rathbane, over his failure to comply with the terms of an enforcement notice which was served on him more than two years ago.

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

Planning inspector Michael O'Brien said he first became aware of the sheds in 2015 and that he subsequently wrote to Mr Casey advising him they were not authorised and would have to be removed.

He said the local authority intends developing group housing at the halting site and that the council, as the landowner, would not consent to any application for the retention of the sheds.

Mr Casey told Limerick District Court he has been keeping horses at the halting site throughout his tenancy and that he "winters" the animals in the sheds to keep them warm.

He said he had initially used a container for the horses but built a "lean-to" and walls in recent years.

> **No-one else is getting any bother**
> PATRICK CASEY, BELOW

Mr Casey said the council has built sheds for other tenants at the halting site and that "no-one else is getting any bother".

In response, solicitor Will Leahy said the local authority is entitled to deal with other tenants "as it sees fit" and that it was none of Mr Casey's business.

Last month, the judge threatened to find Mr Casey in contempt if he did not remove the sheds.

During a review of the case this week, solicitor Darach McCarthy confirmed his client "has removed the sheds" to the satisfaction of the local authority.

He said Mr Casey, whose social welfare was recently cut off, had felt aggrieved at the way he was treated by the council in its dealings with him.

Solicitor Will Leahy confirmed the sheds have been removed from the site and he asked that the council be awarded its costs which totalled €3,603.87.

Clarifying the break-down, Mr Leahy said just over €1,900 related to legal expenses while the remainder related to the work carried out by the planning inspector.

While the matter has been listed before the court on nine separate occasions, Mr McCarthy asked the court to note his client's means and his lack of any income.

He also pointed out the case did not proceed on one occasion due to heavy snowfall associated with Storm Emma.

"He should not be penalised for an act of God," he said.

In addition to the fine, Judge O'Leary ordered Mr Casey to pay €3,200 towards the council's costs within 18 months.

Top tips from all the experts at wedding exhibition

Stress-free: Over 100 businesses on hand with advice for big day

ÁINE FITZGERALD
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A BRIDAL exhibition which aims to reduce the confusion and stress ahead of the big day takes place in Limerick this weekend featuring over 100 local exhibitors.

Now in its 18th year, the Mid West Bridal Exhibition takes place in the University of Limerick Sports Arena this Saturday and Sunday from 12 noon.

"My husband Ger and I started the exhibition because we noticed at the time that everybody from this area was travelling to Dublin which was the only place hosting such an exhibition at the time. Now everything is under the one roof here in Limerick and I would like to thank all the local businesses for getting behind it each year and supporting it," said Celia Holman Lee, event organiser.

One of the big attractions this year is the special guest Michelle Regazolli known as Mrs Makeup.

"It was a big coup to get her," said Celia. "Makeup, hair and nails - anything to do with beauty is almost as important as the dress now, beauty is one of the biggest industries out there. People like Mrs Makeup are at the top of their career. She is a wedding makeup expert and she will be giving all her top tips. There will be lots of experts from beauty clinics on hand in terms of prepping the skin for the big day as well as the Brown Thomas Beauty Bar."

Over 100 exhibitors will be showcasing both days including hotels, jewellers, stationers, photographers, videographers, wedding cars, hairdressers, bands and fashion boutiques.

There will also be a number of different novelty features which people can explore both days including the snug photobooth where people can dress up and get their photographs taken.

Style talks and fashion shows will take place and there will be a tea room in the venue with musical entertainment on both days.

Doors open each day at 12pm and the event runs until 6pm. Tickets are priced at €10. See www.midwestbridalexhibition.ie

Lara is the epitome of glamour in this floral design from Aisling Maher ahead of the Mid West Bridal Exhibition which takes place this Saturday and Sunday at the University of Limerick Sports Arena PICTURE: KEITH WISEMAN

'Scissor Sister' killer moved to Limerick jail after sex romp with female prison officer

LEADER REPORTERS
news@limerickleader.ie

ONE of the 'Scissor Sister' killers, who is currently serving a life sentence for one of the State's most violent murders, is currently being held at Limerick Prison after she was allegedly caught having sex with a female prison officer.

Charlotte Mulhall was moved to Limerick jail on Christmas Eve after she was discovered in a state of undress with the officer in her jail cell at the Dóchas Centre in Dublin.

Following her transfer, she is expected to stay at Limerick Prison for a number of months.

The prison officer in question could now face dismissal and Mulhall could also face disciplinary action, the Irish Independent reported.

Ms Mulhall and her sister Linda were found guilty of killing and dismembering their mother's boyfriend Farah Swaleh Noor in 2005.

After they stabbed Mr Swaleh Noor up to 20 times, the sisters dismembered his body and attempted to dispose of the parts in the Royal Canal. His head was never recovered.

Their mother Kathleen also served a five year jail sentence for helping to clean up the murder scene.

'Scissor Sister' killer Charlotte Mulhall PICTURE: EVENING HERALD

The Irish Prison Service previously launched an investigation into the possibility of a inappropriate relationship between Ms Mulhall and a male prison officer at the Dóchas Centre after the officer was found in her en-suite bathroom.

According to the Irish Independent, Ms Mulhall co-operated fully with that investigation and was not disciplined. A spokesperson for the Irish Prison Service said: "The Irish Prison Service doesn't not comment on individuals or cases."

2018 sees 502 new local 'address points'

MORE than 500 new residential 'address points' were built in Limerick in the last year, new statistics show.

A survey carried out by the GeoDirectory database shows that in the 12 months to December, 502 of these points were added.

On top of this, some 294 residential buildings were classified as being under construction in Limerick.

The percentage of vacant properties stood at 4.8%,.

According to the report, 2,074 residential property transactions took place in Limerick in the 12 months to October 2018. Of this total, 13% were new dwellings, lower than the national average of 20.7%.

The average residential property price in Limerick in 2018 was €185,969, lower than the national average of €284,546. Residential property prices in Limerick increased by 11.1% across the twelve months, equating to €1,552 per month.

Speaking about the report, Dara Keogh, chief executive of GeoDirectory, said, "Nationally, construction activity has increased by 121% in the past two years and we're starting to see this reflected."

Survey:

Contrasting fortunes for city and suburb in 'litter league'

NICK RABBITTS
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IT is time for Limerick City and County Council to introduce closed-circuit television around recycle banks in an effort to combat dumping, says a local councillor.

Labour's Cllr Joe Leddin was reacting to a poor showing for the city's southside in the twice-yearly Irish Business Against Litter (Ibal) anti-litter league.

The city's southern suburbs came in for some serious criticism, with the inspectors appointed by An Taisce, taking aim at two recycle facilities – one at Roxboro Shopping Centre, the other in the Crescent Shopping Centre.

The Roxboro Shopping Centre bring-bank was described as being in "a very por state".

"Bags of items had been abandoned directly in front of the recycle units, piles of litter had been discarded to the rear, bags were stuffed between the units and cardboard boxes were strewn in the shrubbery.

"The large signage indicating a €3,000 fine is clearly not having the desired effect," the report states.

Meanwhile, on the recycle facility at the Crescent Shopping Centre, Ibal inspectors added: "There was very poor maintenance of this recycle facility – a myriad of items were discarded between, behind and beneath the units."

The recycle units saw City South's ranking fall to 34th out of 40 areas surveyed, meaning it's no longer considered 'Clean to European Norms', instead 'Moderately Littered'.

Cllr Leddin said: "I think we as a local authority need to look at putting CCTV in many of these areas.

"The report identified Roxboro and the Crescent Shopping Centre. These are the two biggest recycling locations in the city. At another recycle station, near where I live in the Dock Road, I saw an amount of boxes and discarded clothing. If there was CCTV and proper signage, I think it might discourage an element of that."

Any council-run CCTV facility at Roxboro and the Crescent would need to be installed with the co-operation of management of both these shopping centres, given it is they who own their respective patches of land.

Littering around recycle bins at the Roxboro Shopping Centre was criticised in the Irish Business Against Litter report PICTURE: MICHAEL COWHEY

Call for CCTV as bring-bank littering sees city south fall

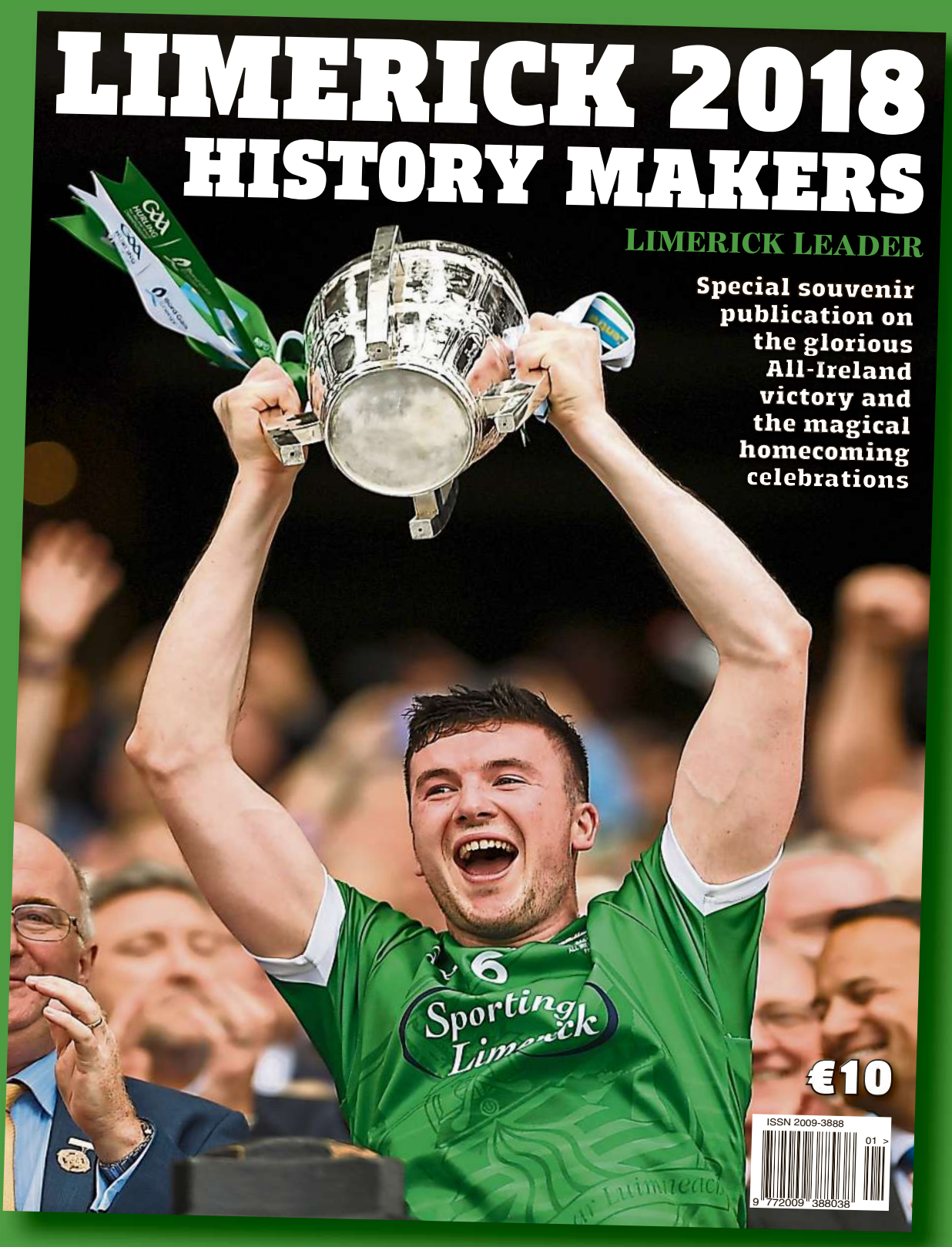
Limerick's Riverside Walk was praised by inspectors for its appearance PICTURE: ADRIAN BUTLER

> **"CCTV and proper signage, I think it might discourage an element of that**
> **CLLR JOE LEDDIN**

Meanwhile, Limerick city continued its good recent form in the Ibal table, being ranked 17th and 'Clean to European Norms'. Praise was reserved for Bishop's Quay, Little Catherine Street, Thomas Street, the Childers Road shopping centre and Arthur's Quay Park.

"Windmill Street, Robert Street and Ellen Street were the only black marks.

LIMERICK 2018 HISTORY MAKERS



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43,000 patients on waiting list in Limerick hospitals

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THE NUMBER of patients left on a waiting list for treatment and appointments in Limerick reached almost 43,000 in November, according to figures published by the National Treatment Purchase Fund.

The NTPF data shows that 42,955 inpatients and outpatients at University Hospital Limerick, St John's Hospital and Croom Orthopaedic Hospital were on a waiting list at the end of November.

Figures for December waiting lists are due to be published within the next fortnight.

November waiting list figures saw a 792-patient increase on October figures when there were 42,173 patients who had yet to be treated or see a doctor.

42,955 patients on waiting lists in Limerick in November

At UHL, there were 2,515 inpatients and 31,369 outpatients on a waiting list, which was an increase on the previous month's figures.

There were 555 maxillo-facial inpatients, 712 ophthalmology inpatients and 432 ENT inpatients on a waiting list during this period.

There were 1,017 inpatients and 1,196 outpatients on a waiting list at St John's Hospital, a marginal rise in patient numbers since October, the NTPF statistics show.

Croom Orthopaedic Hospital saw a nine-patient decrease in those waiting for treatment in November, while outpatient waiting list numbers rose from 6,583 to 6,609 in November.

In total, 13,817 inpatients and outpatients were waiting for more than 12 months in Limerick hospitals.

A total of 8,313 patients were waiting for more than 18 months for treatment and appointments.

The family of Michael Daly who held a protest outside University Hospital Limerick to highlight their late father's case

Weekly protests planned for 'a fair hearing' for late dad

Health: Family believe the delay with a review of father's care is 'unacceptable'

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THE FAMILY of Limerick man, who died almost nine years ago, have pledged to stage weekly peaceful protests outside University Hospital Limerick over "unacceptable delays" with the results of an investigation into his death.

Michael Daly Snr, of Lee Estate, died aged 66 on April 7, 2010, after repeatedly presenting at Mid-Western Regional Hospital, now University Hospital Limerick, after two years of complaining of pain and rectal bleeding.

Following a 2013 review carried out by University Hospital Limerick into the circumstances of his death, deemed a "whitewash" by Mr Daly's son Michael Daly Jr, a further external investigation was commissioned by the hospital.

However, according to Mr Daly Jr, the family has yet to receive the findings of this report.

"The hospital has taken five years to do a review and its not acceptable," Mr Daly Jr said.

"We are not putting up with it anymore. My mother is nearly 70 years of age and we'd like to see justice while she is alive."

A range of different investigations into the death of his father have been completed, Mr Daly added.

The Limerick Leader reported in September 2012 that a verdict of natural causes was returned at Limerick Coroner's Court at the inquest.

Mr Daly Jnr, who was unhappy with the verdict and led an appeal with his family to have the inquest reopened.

In March 2017, coroner John McNamara confirmed to the family that a second inquest was to be reopened.

A criminal investigation into the circumstances of the late Mr Daly's death was also launched in 2017.

It is likely that the second inquest will take place after gardai conclude their investigations.

Members of the late Mr Daly's family gathered outside the hospital in Dooradoyle last Friday, bearing banners that read 'Justice for Michael Daly' and 'Nearly three years waiting on a hospital report to say why our Dad died.'

> **"We are not putting up with it anymore..."**
> **MICHAEL DALY JR**

Members of Mr Daly's family also wore t-shirts bearing a photograph of Mr Daly that read 'A fair hearing for a sad death.'

The family has pledged to protest at the hospital weekly "until they have answers".

They are sharing their campaign on social media with the tag '#justiceformichaeldaly', Mr Daly Jr added.

A University Hospital Limerick spokesperson said: "UL Hospitals commissioned an external and independent review to be conducted by an expert in the field."

"The Hospital has impressed upon the reviewer its desire to have a report as early as possible and it would be inappropriate for the hospital to comment any further."

ROUNDUP

Network Ireland talk

Integrated wellness is the theme for Network Ireland Limerick's first event for 2019 on January 23 at 6.30pm in the Savoy Hotel. Guest speaker Miriam Kerins Hussey a qualified pharmacist with a passion for Integrative Health and Wellbeing, will discuss how personal and professional success can be achieved through wellness.

Zero work fatalities

THE were no work-related fatalities in Limerick last year, new figures have confirmed.

In its end-of-year report, the Health and Safety Authority says 37 people died during 2018 as a result of incidents in 18 different counties.

There was one work-related death in Limerick in 2017.

St Mary's AID talks

St Mary's AID continues its series of community heritage lunchtime talks on Friday February 1 at 1pm with 'The life and times of the Abbey Fishermen.' The following talk will be 'Limerick Social life- Do you come here Often?' on Friday February 15. Both talks will take place in the St Mary's AID boardroom at the Widows Alms Houses, Nicholas Street.

Works to fix barriers

The northbound slip road at the Rosbrien interchange where the M20 joins the M7 (towards Dublin) will be closed overnight this Thursday to facilitate repair works to safety barriers. Traffic travelling from the Adare/Dooradoyle side will be diverted onto the northbound carriageway of the M7 via junction 2 (Dock Road).

43 on UHL trolleys

ACCORDING to figures published by the Irish Nurses and Midwives Organisation on Tuesday morning, there were 43 patients being treated on emergency department trolleys and on additional trolleys or beds in the wards at

University Hospital Limerick, the third highest rate in Ireland.

Coveney's city visit

Tánaiste Simon Coveney will visit Limerick this Friday to officially launch the Limerick hub of Irish family company Reliance and its partnership with Universal Robot. There he will meet some of the smartest robots in the world making pizzas and performing to music.

BT Young Scientists

This year, 12 schools will represent Limerick in the BT Young Scientist and Technology Exhibition at the RDS, with a panel of judges set to examine 42 innovative projects, covering a wide range of topics important to students. President of Ireland Michael D. Higgins will officially open the Exhibition at a special ceremony this Wednesday

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Park-and-ride mooted for site of old Limerick city dump

NICK RABBITTS
nick@limerickleader.ie

A CALL has been made to open a park-and-ride facility at the former Longpavement dump site.

South East Clare councillor Cathal Crowe believes up to 400 cars can be taken off the road with the erection of the facility, and arranging to have trains on the Limerick to Ennis line stopping to pick up passengers bound for both the city and the Clare town.

His call – which will be debated at the next Clare County Council meeting – could involve the reopening of a former rail halt, once popular with workers at the Ardnacrusha power plant.

"My understanding is between Irish Rail and Limerick City Council and Clare County Council, lands are owned publicly. They don't need to be acquired. It doesn't require anything grandiose. This could be trialled even.It doesn't need to be a long

Park-and-ride: Cllr Cathal Crowe

platform. It could be a very attractive thing in the locality to alleviate traffic problems," Fianna Fail councillor Crowe explained.

He added: "I'm a South Clare councillor and day on day I see the impact of traffic congestion not just in my own locality, but also in the northern suburbs of Limerick city. I have a real belief in public transport in all its forms. I feel too many people have given up on train travel. It was the most popular way to travel in the 19th and 20th century, but it seems to have gone into decline."

Cllr Crowe argued it could be an attractive option for fans travelling to support Munster given its proximity to Thomond Park.

"For decades, people have scratched their head as to what useful purpose the old city dump could serve," he argued. "Limerick Council own lands there. Of course, there are privately owned parcels, but I feel it is within the scope of possibility that it could happen."

His motion will be discussed at the next Clare council meeting, and Cllr Crowe is hoping it is also adopted by members in Limerick.

Left: The site of the €18m Gardens International site on Henry Street in the city which is expected to open in a couple of weeks, and above, Mayor James Collins who said it is 'fantastic to see the development opening'

'Gardens' site is expected to open 'in next few weeks'

New tenants: Limerick Twenty Thirty currently interviewing potential occupants

RYAN O'ROURKE
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THE €18m Gardens International development on Henry Street is due to open in the next couple of weeks, according to Mayor James Collins.

And Limerick Twenty Thirty is currently interviewing potential tenants for the state-of-the-art development.

Aircraft lessor Nordic Aviation Capital is to take up more than half - 51% - of the multi-level complex, which will be "on a par" with the very best office space across the world, according to the developers.

"There is a lot of interest in the remaining floors. What Limerick Twenty Thirty is doing is assessing applications that have been made. They are currently reviewing the potential tenants that are interested," said Mayor of the City and County of Limerick James Collins.

"Limerick Twenty Thirty, like any organisation, will do their due diligence before a decision is made," he added.

The official opening of the building is expected to take place before the end of January, with Limerick Twenty Thirty, a special purpose vehicle created by Limerick City and County Council to develop key sites acquired by the local authority, completing the final touches and "bringing the building to a certain stage".

"Nordic Aviation Capital are in the middle of fitting out the floor they are leasing. I think that will be ongoing until around March," Cllr Collins explained.

The Mayor outlined what the opening of the building will mean for Limerick.

"It is fantastic to see it opening. It has stood idle as a concrete shell for a long time. Limerick Twenty Thirty took it over and turned it around very quickly. So now we have a lead goal complete, building a highly energy-efficient office block in Limerick city centre," said Mayor Collins.

Mayor Collins is hoping that this development will be a catalyst for private developers to re-enter the market and develop other office spaces, which he says is hugely needed in Limerick's city centre.

"That's the role of Limerick Twenty Thirty, we're just there to kickstart the market again. We're not there to build the whole city," he added.

> **"Interest in leasing the building has been very high**
> **MAYOR JAMES COLLINS**

The Gardens International is one of a number of exciting projects being carried out by Limerick Twenty Thirty.

"It is the first of our projects. We have the Gardens almost complete. We have Project Opera going in for planning. Its been a pretty busy time for us here at Limerick Twenty Thirty," Mayor Collins said.

"It is a great start to 2019. One of the main barriers to providing employment in the city centre was the lack of suitable office space. That's why Limerick Twenty Thirty intervened in the market and we have provided fantastic office space in the city centre. Interest in leasing the building from us is very high, which is brilliant news," he added.

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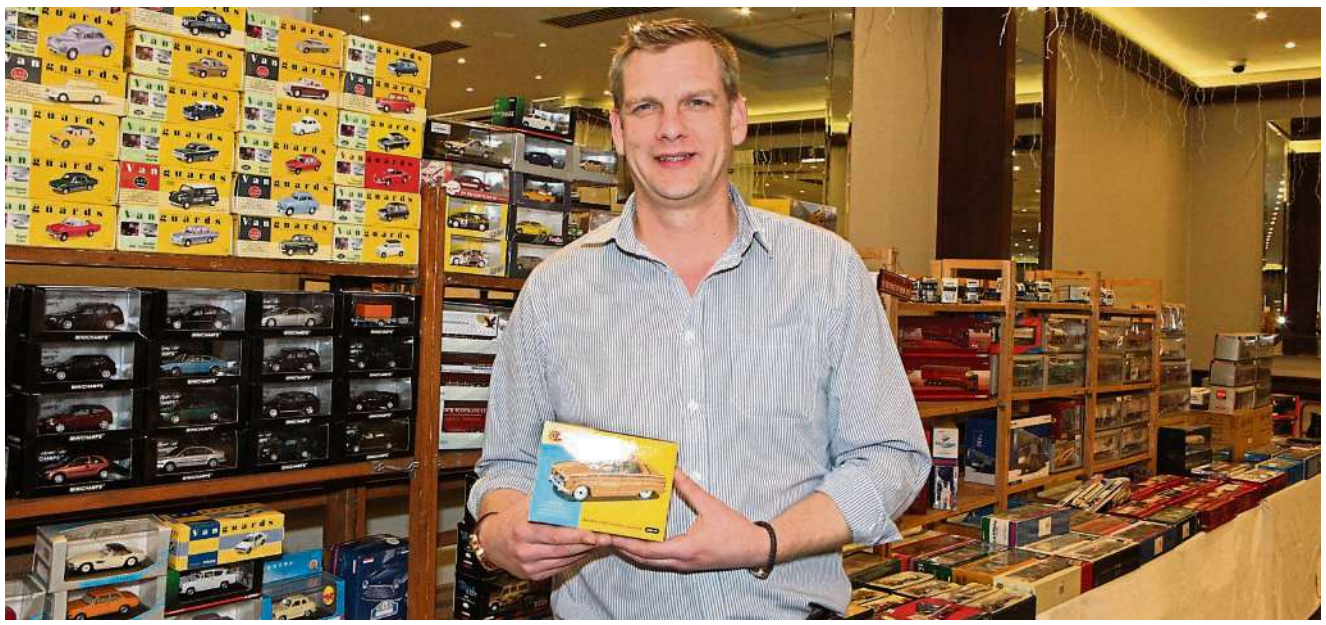


Kevin Finlay (organiser), County Armagh: "The event has been running at this time of year for four years and it is an avenue for collectors and dealers to come along and to start selling and buying and swapping models."

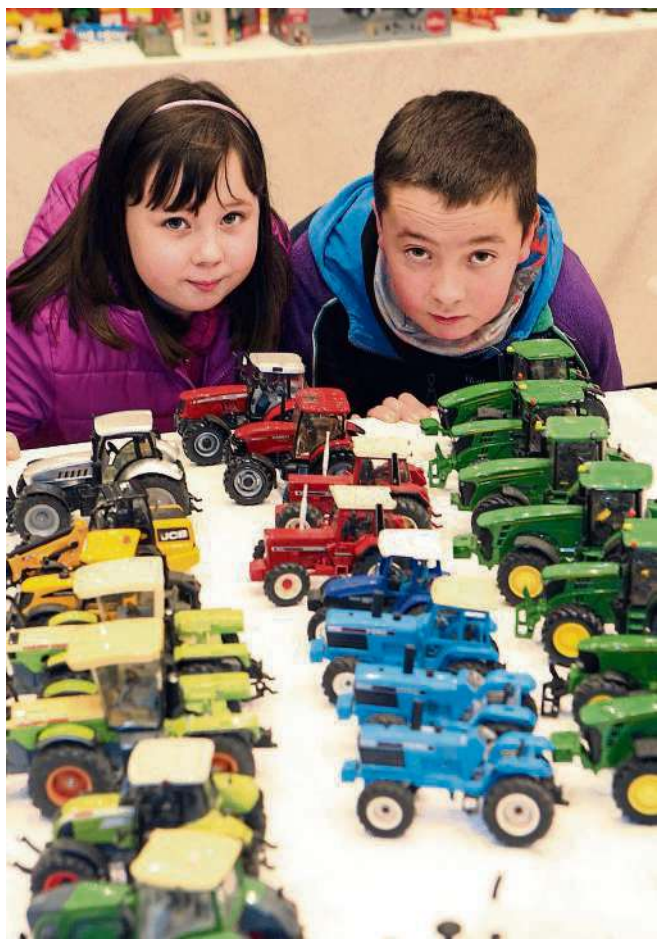
Toys for all ages on show

The fourth annual Limerick Toy Fair took place at the Castletroy Park Hotel on Sunday. The Leader went along and spoke to kids of all ages

Pictures: Dave Gaynor **Words:** David Hurley

Emma Ray, Rhebogue

Emma: "I think it's great, there are lots of toys which are cool. I got a model (Ford) C-Max which is the same car that my mum drives."

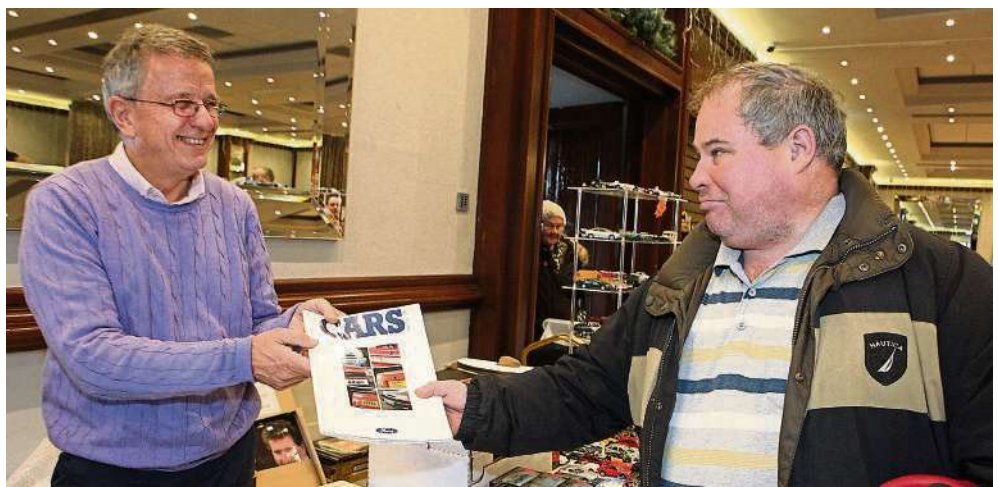


Emma and Joe Barrett, Askeaton

Joe: "I have a lot of tractors at home, they are just nice to play with and I have a big farm too so I play a lot of games like silage and building stuff."

Myles O'Reilly, Dublin and Frank Hogan, Raheen

Frank: "I bought a couple of dinkys and I bought a Vanguard model. I collect them a lot, I've been collecting for about three years and I actually turn them over and I enjoy it."



Ruth Lillie-O'Connell, Mayorstone Gardens; Dave Heffernan, Corbally and Jaruslaw Walter, Lower Carey's Road

Ruth: "I love the colours and I love the fact that the majority of the Lego characters are happy little people and I like them and you can just build a whole world that's your world."

Michael McCarthy, Ennis

Michael: "I really like all the toys a lot, I like vintage cars and I like playing with them when I'm at home."

Faris, Amirah and Azim Kharul, Dooradoyle

Faris: "I really like Lego and dinosaurs too, I have a toy Indoraptor (hybrid dinosaur) at home which I play with all the time."

Declan and James Finn, Castletroy with James and Jim Downing, Roches Street

Declan: "It's like being a child again – most kids are into their computers and Fortnite hence I brought my young fella down to see what it was like in my day."

Candid Comment

By SPARTACUS

● Eyebrows were raised at a recent Metropolitan District meeting as the proposed theme for this year's St Patrick's Festival – One Giant Leap – was outlined. It was selected to mark the 50th anniversary of Neil Armstrong landing on the moon, arts officer Sheila Deegan said.

It raised the hackles of Sinn Fein Cllr Seighin O'Ceallaigh who said he was opposed to the proposed theme as it relates to what he claimed is fake news. He went on to describe the moon-landing as being "much-disputed".

Cllr O'Ceallaigh has taken a bit of a pasting for his remarks but there was plenty of commentary too on how such a theme would be incorporated into the three-day festival. More eye-opening still was the proposed cost of the event - already floating up to €285,000. Back to earth with a bang.

. . . . .

● IT is amazing how the Christmas Sales are being eroded year on year. The US driven Black Friday and Cyber Monday sales have certainly taken off here and with online shopping now taking millions from local retail, you would have to be worried about the future for local businesses. One surprised reader contacted Spartacus regarding the sales and their experience.

"I bought a pair of shoes in a shop and had to return them as they didn't fit. When I got another pair, exactly the same make, I was told they were €5 cheaper than when purchased a few days earlier," said the contented shopper. So it seems the later you go shopping, the better. Spartacus is off out for some Christmas sale retail therapy later this month!

. . . . .

● PROBABLY one of the most commonly-asked questions heard on the street is: "When are they opening that Hanging Gardens site?" You'd forgive them for not calling it its proper name, Gardens International, which sounds like an airport, if you ask Spartacus. But anyway, Spartacus reckons it should be open sometime soon, as The Leader reports this week that Limerick Twenty Thirty, who are charged with developing the Gardens and other sites like it in the city, are interviewing potential tenants for the building. Nordic Aviation have already confirmed that they are to take more than half of Gardens International - 51% to be precise. Looks like, all jokes aside, the flagship building is ready for takeoff.

. . . . .

● FLEDGLING councillor Mary Cahillane got in a bit of a financial muddle when she emailed a press statement on December 28: "I'm sure people would be shocked to know that Limerick Council is responsible for administering half-a-trillion euro to private landlords every year via HAP."

Spartacus was indeed shocked. €500bn is going to landlords all over the country every year? With that kind of moolah, we could have built dozens of Opera sites, reintroduced Transport 21, reclaimed some land and built a new city. But sadly that is not true. Cllr Cahillane corrected herself within the hour to "half-a-billion". Wishful thinking, eh?

. . . . .

● Commuters will be thrilled to know that the fare for a single bus journey in the city has seen yet another hike of 10 cents, and is now €2.40. So, if you're likely to spend €4.80 a day on bus services, that's a guestimated annual spend of more than €2,000. Bus Eireann must have received sensational customer feedback for them to add to the public's expense. Just last month, Senator Maria Byrne raised concerns about the very popular 304 city service in Leinster House due to its less than regular arrival times. Did someone say taxi?

. . . . .

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

Jackson, an eight month old male, Labrador mix would suit a family or as a companion pet. Jackson is lively and friendly. Jackson is good on the lead and loves his walks.

The second stray is two year old, male. Woody is a friendly affectionate dog and would be a wonderful companion pet or as part of a family. Woody is good on the lead and loves to be with people.

The third stray is a very affectionate, petite little female terrier mix, named Peanut. Peanut loves belly rubs and would be a wonderful addition to a family or as a companion pet. Peanut gets on well with other dogs and is good to walk on the lead and she is approximately one years old.

Seb seeks loving family

The fourth stray is a small Jack Russell terrier mix named Sebastian. Seb is approximately just one year old and would suit all types of home. Seb gets on well with other dogs and is good to walk on the lead.

Veteran marathon runner Phonsie Clifford, 88, launched the seventh annual Milford Hospice 10km walk/run

Marathon Man launches Milford fun run

VETERAN marathon man Phonsie Clifford, 88, is lacing up his runners once again for the seventh annual Milford Hospice 10km Run/Walk, launching the major event at the weekend.

After completing his 27th Dublin marathon, he has confirmed that he has zero intention of hanging up his running shoes. The 10km is open to runners and walkers of all levels and abilities with all of the proceeds going directly to support the work of Milford Hospice across the three counties of Clare, Limerick and North Tipperary.

Ahead of the run, which takes place on February 3 at 11am at University of Limerick, Phonsie said: "I am delighted to be associated with the launch of the 10km and with so many people getting fit after all the Christmas festivities and with New Year resolutions in place, sure what better way to start the New Year than by participating in the Milford Hospice 10km fun run/walk."

Pat Quinlan, Chief Executive of Milford Care Centre said: "This event has become a popular sporting and fun activity with participant levels growing on an annual basis and last year we saw record numbers with over 1,600 taking part, which is truly amazing."

Tributes paid to 'a really pleasant guy'

Death: Former Old Crescent president is fondly recalled

NICK RABBITTS
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WARM tributes have been paid to a former president of Old Crescent Rugby Club, who sadly passed away over the weekend.

Vincent Collins, of the Ennis Road, sadly died last Friday, January 4.

Formerly of JH Roche, he was also a past captain of Kilkee Golf Club in 1990 as well as its president in both 2005 and 2006.

He was laid to rest on Monday.

Jim Riordan, a friend of Vincent's for over 60 years, described him as a "wonderful character and a really pleasant guy".

"His wife and himself and my wife Helen and myself went to a lot of rugby international matches abroad," remembered Jim.

"It was nearly an annual event with us. We went to Twickenham, Edinburgh and Paris.

"We always tried to combine one of the English trips with Cheltenham Races.

"We would go from London by train to watch the Gold Cup. He loved it," Mr Riordan recalled.

"I will remember him as just a very nice man

TRIBUTE TO VINCENT COLLINS, BELOW

Mr Riordan also described Vincent as a "very sporting person", away from the rugby fields.

"As well as his great knowledge with rugby, he was a very good golfer. He played squash, and pitch and putt in the Catholic Institute. He was very good at golf, a very prominent golfer," he added.

Former city businessman Gerry Clancy, who lined out alongside Mr Collins at Old Crescent, pointed out that he was a "non-drinker", which set him apart in the rugby fraternity.

"I will remember him as just a very nice man," Mr Clancy added.

Mr Collins died peacefully at Milford Care Centre.

The beloved husband of Rose (O'Neill) and the late Mary (Carolan).

He was the dearly loved father of Rory, Deniese, Valerie and Deirdre. Brother of Dermot and the late Tony and Frank. Sadly missed by his daughter-in-law Sharon, sons-in-law Ger, Gareth and Tony, his cherished grandchildren Paul, Jen, Rían and Daisy, brother-in-law, sisters-in-law, Verette, nephews, nieces, extended family and a wide circle of friends.

His funeral Mass took place at Our Lady of the Rosary Church in the Ennis Road, before he was laid to rest in Crecora cemetery.

May he rest in peace.

Engineering Open Day to explore new fields

STEM: LIT to host students and employers on January 19

JESS CASEY
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WITH ENGINEERING currently one of the world's most sought after qualifications, Limerick Institute of Technology (LIT) is shortly set to showcase the many career paths and opportunities available through this field of study.

The LIT Engineering Open Day, taking place January 19, will allow prospective students to gain insight into the many engineering strands, according to the head of the LIT department of electrical and electronic engineering Dr Maura Clancy.

"It also provides an opportunity for industry and community to be actively involved with LIT as some of the region's most successful engineering employers will be present on the day, ready to advise on how to pursue a career in engineering," Dr Clancy said.

"Staff and current students of LIT will also be there to share some of the exciting work taking place at LIT," she added.

Engineering is an "exciting, interesting and rewarding career for all, irrespective of age, gender or general interests", according to Dr Clancy.

"Engineers apply science and maths to solve problems, they figure out how things work and find practical uses for scientific discoveries," she said.

"If you have an inquisitive mind, if you want to know how things work then a very rewarding career in engineering lies ahead for you," added Dr Clancy.

Dr Maura Clancy, head of the LIT Department of Electrical and Electronic Engineering PICTURE: ALAN PLACE

> **"Engineers apply science and maths to solve problems..."**

Engineering is also an enticing and interesting career path for women, she said adding that she fears "cultural perception" may be hampering efforts to attract female school leavers into the field.

Newly appointed as the head of the LIT engineering department, Dr Clancy is an advocate of lifelong learning. She joined LIT in 2012 and has lectured on many of the LIT engineering programmes.

She will join staff, students and industry leaders at the LIT Engineering Open Day on January 19 in LIT's Moylish Campus. Running from 10 am to 2pm, the event is free of charge.

Booking is not required but visitors are recommended to arrive early to get the most from their visit.

Lecturer named on literacy '30 under 30' list

A LIMERICK lecturer has been named as one of the top 30 literacy leaders under the age of 30 on an international list celebrating influential people in the field, *writes Jess Casey*.

Patrick Burke, a lecturer in Language and Literacy Education at Mary Immaculate College (MIC) features on the International Literacy Association's 2019 30 Under 30 list for his research on disciplinary literacy and literacy integration.

Representing 13 countries, this year's list of honorees includes educators, school administrators, nonprofit leaders, authors, volunteers, researchers and social entrepreneurs.

Mr Burke, who credits being introduced to the Harry Potter series at a young age as inspiring his lifelong love of literacy, completed a year-long stint at the Children's Literature Centre at Frostburg State University in Maryland during his Masters.

The award-winning researcher is currently working toward a PhD at Dublin City University.

"The individuals on this list are solving critical issues, issues many of them have faced on their own paths to success," says ILA executive director Marcie Craig Post. "Their contributions are paving the way to more accessible and equitable literacy learning in their schools, communities and beyond. It's an honour to recognise these young leaders whose vision and tenacity are transforming our world."

Science students take the tried and tested route at UL

There is nothing like learning by doing and this week University of Limerick looked to put that philosophy into action for students from all across Munster.

Young people facing in to the Leaving Certificate this summer in physics and biology got to avail of the university's laboratory facilities to conduct experiments that are on this year's curriculum.

The Department of Biological Sciences and the Department of Physics at the University of Limerick welcomed over 700 Leaving Certificate Biology and Physics students from all over the province into its state-of-the-art laboratories this week.

The initiative provided the students with the opportunity to conduct the laboratory practical experiments set on the Leaving Certificate Biology and Physics curricula.

A group of over 110 Leaving Certificate students from Clare, Galway, Tipperary and Limerick took the opportunity at the University this Monday.

Biology Teacher, Jason Comerford of Glenstal Abbey School said, "This is a great revision opportunity for our students, they get to retake the practical experiments in the Leaving Certificate syllabus using the state-of-the art facilities.

"In addition to preparing students for their Leaving Certificate exam it gives them an insight into life as a university student, creating an added impetus to strive to reach their full potential."

Professor Sean Arkins of the Department of Biological Sciences, University of Limerick, added, "Many biology Leaving Cert students throughout the country do not get the opportunity to actually carry out and practice the experiments included in their course work and a lot of secondary school laboratories simply don't have the facilities to allow this.

"Our biology laboratories have the most up to date experimental equipment to facilitate in depth research and experimentation.

"It's a great opportunity for secondary school students to practically engage with the University also," he said.

Busy at work: Amanda Nwankwo, Thomond Community College

Out&About

Fashion show organisers have hearts in right place

LAUNCH OF MAJOR FASHION SHOW AND LUNCHEON AT THE SAVOY HOTEL

Pictures: KEITH WISEMAN **Words:** AINE FITZGERALD

ORGANISERS of a major fashion show have their hearts in the right place as they hope to raise funds for a cardiology department.

The Hilary Thompson Agency have announced details of their forthcoming fashion show and luncheon in aid of the Munster Heart Foundation.

It will take place on Friday, February 15 in The Savoy Hotel.

Professor Tom Kiernan and Dr Samer Arnous set up the Munster Heart Foundation in 2015.

The purpose of this charity is to raise funds to assist with the establishment and provision of defibrillators that first responders would be supplied with, especially in rural locations with training provided.

Compere for the fashion show is RTE's Will Leahy.

Tickets are priced at €100 per person which includes a bubbly reception, your entry in a draw for a fabulous piece of jewellery from Keanes Jewellers, four course lunch including wine with great entertainment.

Showcasing their spring collections will be In Vogue, Isobel Boutique, Marc Cain, O' Donnell Boutique, Gretta Gibbs, Be Fabulous, Amees, Sinead's Boutique, Frocks & Frills, Joanne's Killaloe, Lady Penelope, Aisling Maher and Serendipity Shoes.

Models will be from the Hilary Thompson Agency, hair and make up will be by Park Avenue while live entertainment will be provided by Liam O'Brien. There will also be great great spot prizes.

Tickets available from The Savoy hotel and www.eventbrite.ie

Jessica Doyle, Alona Cuprina and Mollie Fennessy strike a pose at the launch of the fashion show this week

Ellen Frahill, Petrina Hayes and Jessie Griffin at the launch

LEFT: Mayor James Collins, Hilary Thompson, committee members, Liam Keehan and Petrina Hayes at the launch of the Munster Heart Foundation, Fashion Show and Luncheon

ABOVE: Mayor Collins, Veronica Benn, Gretta Gibbs with model Jessica Doyle at the launch

RIGHT: Aine O'Gorman and Ellen Frahill

BOTTOM: Liam Keehan and Barry Long, Munster Heart Foundation with Aidan Lyddy, Keanes Jewellers and model Alona Cuprina

Making Cents

LIAM CROKE
The Must-Read Guide To Saving Money
Email: Liam@harmonics.ie **Twitter:** @liam_croke **Linkedin:** liamcroke **Facebook:** liam.croke.96

Six ways to see through your financial resolutions

January is a time when many of us hit that reset button and promise ourselves that this year is going to be different and we are going to get our finances under control and be more proactive than last year.

All very well, but New Year's resolutions are easy to make but hard to keep, so before you start putting that list together, there are things you need to consider - some housekeeping rules if you like.

1. MAKE YOUR GOALS VERY SPECIFIC

Don't say you want to save more this year than last. It's too broad and you have nothing to measure your progress against. Put a specific number on how much you are going to save every month into a dedicated savings account.

The same goes for your spending. Identify an area you may have overspent on last year, and pledge to spend, for example, €50 less each month. You have to hold yourself accountable and setting yourself targets will help.

2. BE CAREFUL WITH YOUR TIMELINE

Resolutions only work when they are realistic. Making changes to how you interact with money will take time, and the bigger the goal you set yourself, the longer it may take to achieve.

Don't think you are going to wipe out your debt or have a huge bank balance in a short period of time because if you don't, you'll just give up and think you have failed or done something wrong. So, think this through and figure out how much you can save or how much extra you can use to pay down debt on a consistent basis.

Once you know that amount, you'll be able to figure out how long it will take you.

Consistently saving €100 per month over the long term is better than starting off saving €500, giving up after two months and then saving €0. So, start off low and aim high.

3. DON'T TRY TO DO TOO MUCH, TOO QUICKLY

Yes, you might be super motivated to make changes, but sometimes your enthusiasm becomes too much and the sacrifices you are making to free up extra cash each month, come at a cost to your health and wellbeing.

You need to strike a balance of good quality of life and improving your finances. Oversaving can be as bad as overspending particularly when it affects other parts of your non-financial life. So, don't deprive yourself too much because it will just backfire on you.

After a while you will give up, and saver's fatigue will kick in, and you'll end up spending more than you ever did, so you need to give yourself time to adjust to the changes you are making. Once they are manageable and doable, you will see improvements over time.

4. ATTACH A MEANING TO YOUR GOAL

Sometimes people lose weight because they want a better-looking body when they hit the beach during their summer. They have a reason why they eat less and exercise more.

The same principle should apply to your finances. If you have a reason why you are bringing your lunch to work once a week, or spending less on coffees or whatever it is, it makes the sacrifices easier, because there is a reason behind why you are doing this.

You may want to build up enough money to tell your boss to get lost, you may want to go on a great holiday, buy a property, get out of debt once and for all or start your own business. Whatever the reason, once you attach a meaning to it, the effort and hard work becomes more tolerable, and you are less likely to give up, if you have a strong enough reason why you are doing it.

"Instead of having a long list of things you'd like to change, maybe just have one

DID YOU KNOW?

January is the month employees are most likely to think about changing jobs, with almost one in five (18%) citing it as the most popular month to make a move

5. DON'T FORGET

Sometimes we set ourselves a particular goal but, after a month or two, we never check back to see whether we are on track or not.

This can be very deliberate because there's no point – we never opened the new account, we never set up a monthly budget, we never cut back on our spending. However, if you have followed through and taken the action you said you would, you still need to check back on your progress because it's a great motivator to review what advancements you have made. So, maybe set yourself intervals of two, three or six months to check back and see how you are doing.

6. HAVE JUST ONE GOAL

One of the reasons many New Year resolutions fail is because we set too many. We write a list of five or six goals we'd like to achieve but it's just too many and trying, to get, to all of them can be overwhelming.

So, instead of having a long list of things you'd like to change, maybe just have one. And if you concentrate all your efforts on it, and make the changes required, your chances of success and sticking with it will greatly improve.

ASK LIAM

Our personal finance expert answers your questions ...

Q: Hi Liam, We moved to a rented house in the countryside for a year and let out our own home. We now have about €15k we could put against our mortgage, but is it worth doing it while we can get mortgage interest relief on our tax return? We have 11 years and €258K left on our mortgage (€468,000 over 25 years) at a variable rate of 3.15%. We pay a mortgage of €2,275 every month and get €2,300 in rent (before tax).

A: If you made a lump sum lodgement of €15k against your mortgage, the interest saving would be c. €10,053.

The interest left on your mortgage over the final 11 years is c. €45,594. The amount will go down each year, averaging out at €4,144.91 p.a. The amount of income tax you will save by not lodging any lump sum, if you held on to it for the next 11 years would be c. €22,797.

Deducting €10,053 from the interest remaining, leaves you €35,541 which can be used against rental income. Over 11 years, this is worth c. €17,770 in income tax saving.

So, paying a lump sum saves you €10,053 in interest and the income tax saving with the remainder is €17,770, so your total saving in this instance is €27,823. With no capital reduction, your income tax saving is €22,797. The difference between both is €5,026 so you are that much better off if you lodge the €15k

Greenhills wedding showcase

AS we enter the first few days of 2019, and many newly engaged couples over Christmas, may be starting to look for the venue for their special occasion .....

Well look no further, as the Greenhills Hotel unveil its exquisite new ball room and pre-drinks suite.

This refurbishment has taken over three months with a spend of over €300,000, this space is well worth a visit .

Timeless Italian bespoke lighting, timber wall panelling and lots of beveled mirroring has transformed this space into something spectacular.

To go see the space for yourself the hotel is hosting a weekend wedding showcase this coming Saturday and Sunday, January 12 and 13 from 12 to 6pm each day.

Call out to view a civil ceremony setting , a pre-drinks reception setting and of course the ballroom itself set up for a wedding.

Daphne Greene and her team will be on hand to answer any questions you may have and also to show you the fabulous Bridal Suite on the day.

As a special offer over this weekend , any 2019 wedding that is booked on January 12 or 13 the Greenhills will honour the old VAT rate of 9% and will not be adding the increased rate on these weddings of 13.5%.

So any of you couples looking for a fantastic newly refurbished venue , with over 50 year's experience in the wedding Business, call out to the Greenhills on January 12 and 13 to view this new space.

Bubbles and light bites will be on offer over this weekend, spo come along and meet the team.

The Greenhills Hotel's wedding showcase takes place this weekend

REGENERON

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SUNDAY MAY 5TH 2019

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LEADER BUSINESS

Edited by Nick Rabbitts
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Two units close in key shopping street in city

Retail: Footfall blamed as Korkys and Art & Hobby cease city trading

NICK RABBITTS
nick@limerickleader.ie

QUESTIONS have been asked as to the future of Cruises Street after two further shops ceased trading this week in the pedestrianised zone.

The craft shop Art and Hobby and the shoe shop Korkys, based at adjoining Chapel Lane, have both lowered the shutters this week, blaming a lack of footfall in the street, in a move which has put up to ten jobs at risk.

These closures come just months after Thornton's Chocolate ceased trading, alongside the eir shop, with Next and HMV also leaving the street in recent years.

Chamber chief executive Dee Ryan says her sympathies are with the staff who have lost their jobs. But, she added, the move represents a sign of the times.

"Across the developed world, what we are seeing is a complete disruption to the retail industry. This isn't unique to Cruises Street in Limerick or Ireland. This is something which retailers are grappling with all around the developed world, where their models for business have changed. It's a challenge, and one which we are trying to help our members address," she told Leader Business.

Councillor Vivienne Crowley, who chairs the economic committee, said "from an outsiders perspective", Cruises Street should not be suffering a lack of footfall.

"It still has high street shops, big names like Costa, McDonalds and Easons. It should be a big draw. I wonder whether it is related to anti-social behaviour, people going to the Crescent, or a parking issue. What is the crux of the struggle. Unfortunately, we don't have all the answers," she said.

There have been suggestions Cruises Street should look to change of use to allow it to survive as a viable city centre thoroughfare.

Cruises Street opened in 1992, following the demolition of Cruises Hotel to make way for the thoroughfare.

Top, Korkys marked its final day trading this Monday, while Art & Hobby closed last week PICTURES: ADRIAN BUTLER

One of its early tenants was music shop HMV, opened by the then mayor, Jan O'Sullivan.

It's understood six people were working at Art and Hobby – which is still at the Crescent Shopping Centre – with three at Korkys.

Search and rescue links with lender

A WELL-regarded Limerick charity has received a huge boost after being named charity partner to the Sarsfield Credit Union.

The year 2019 has started off on the right track for Limerick Marine Search and Rescue, after the Glentworth Street-based lender picked the charity to work with throughout the year.

Sarsfield Credit Union asked its members to choose between three charities – the others being the Bluebox Creative Learning Centre and Blood Bikes Mid-West – to team-up with over the next 12 months.

And it is Limerick Marine Search and Rescue, based at Atlas Avenue, which received the most votes, and €1,000 initially, with the other two charities being awarded €250 each.

Cox officer Joe Morgan was delighted, saying: "It's very humbling, as there are an awful lot of charities out there at the moment. It just shows what the public think of you, which is great. To be thought of as highly as that is just wonderful."

Kate McGrath, Sarsfield Credit Union with Terry Logan and Tony Cusack, Limerick Marine Search and Rescue PICTURE: ADRIAN BUTLER

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

With 26 volunteers on board, the charity donates its time to aid their community, holding summer camps to teach children and adults about water safety in a positive environment.

Asked why he feels members of the Credit Union picked his charity, Joe added: "We are established a long time. Unfortunately, the river has touched an awful lot of people one way or the other, be it through family or neighbours or friends. I think most people will have heard of us at one stage or another."

Limerick Marine Search and Rescue will now 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 months.

LIT all set to hold open day

THE Limerick Institute of Technology (LIT) is to hold an open day to showcase the careers on offer when undertaking an engineering degree.

Taking place on Saturday, January 19, the event will enable prospective engineering students, parents and teachers gain an accurate insight into various engineering strands.

It also provides an opportunity for industry and community to be actively involved with LIT as some of the regions most successful engineering employers will be present on the day, ready to advise on how to pursue a career in engineering.

It takes place at 10am until 2pm at the Moylish Campus, and is free of charge. Attendees are being advised to arrive early.

Open Day: LIT's Moylish campus

Business contest returns

LIMERICK companies are being invited to apply for the 22nd EY Entrepreneur of the Year programme.

The theme of this year's contest is 'Be Brave, Be Bold', and entries are encouraged from firms across all sectors.

Operating in more than 60 countries worldwide, EY Entrepreneur Of The Yea is recognised as the most prestigious business accolade for entrepreneurs. The programme is open to entrepreneurs from all sectors and growth stages, across the island of Ireland.

Kevin McLoughlin, partner lead for the contest said anyone taking part "will be able to take inspiration from, and tap into the vast knowledge of Ireland's most fearless entrepreneurs who have gone through this programme in the past."

The deadline to enter is February 15. More information: 01-2212478.

Recruitment

Limerick Leader,
54 O'Connell Street,
Limerick

Email: advertising@limerickleader.ie
Web: wwwlimerickleader.ie
Call: 061 214531/545/ 500

Longford Leader

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Longford's most trusted local brand for news, sport and entertainment is seeking a talented Journalist to join our committed and hard-working team.

The ideal candidate will be a people person with a keen eye for a great story and the ability to come up with their own ideas for the Leader's print edition and website.

While experience of local journalism is desirable, we'll also consider recent graduates with the ability to make an immediate impact.

We are looking for a self-starter who can build up a contacts book quickly and represent the Leader in the local community.

Multimedia skills would be a distinct advantage – the Leader's website and online channels are of major importance and boast a fast-growing audience.

The Leader is part of the Iconic group of local newspapers and websites and this is a great opportunity to make a name for yourself at a title that has produced some outstanding journalists over the years.

The closing date for applications:
Friday 11th January 2019.

To apply, please email alan.english@iconicnews.ie including a covering letter, CV and samples of your work.

An iconic business

TECHNOLOGIES

OMC TECHNOLOGIES

WISHES TO RECRUIT THE FOLLOWING TWO POSITIONS

Passivation Coordinator

- A position currently exists within the Surface Treatment Division of OMC Technologies DAC for the role of Passivation Coordinator.
- Based in the Munster area, the role will involve generating and managing project documentation packs including the interpretation of P&ID drawings and other technical information and ensuring quality assurance requirements are met. The role will require travel, working as part of a team and strong attention to detail. The role may include shift work dependent on project requirements.
- A full clean driving license will be required.
- In-house and on-the-job training will be provided and this role would suit a graduate engineer seeking to gain knowledge of surface treatment processes on an industrial scale. This will be a full-time permanent position subject to successful completion of an initial probationary period of 6 months.

Should you be interested in this role, please forward your CV to jobs@omc.ie.

Passivation Technicians

- We are looking to recruit personnel to fulfil the role of Passivation Technicians, working within the Surface Treatment Division of OMC Technologies DAC.
- The role will involve working on passivation/flushing projects on various client sites throughout Ireland. This role will require travel, working as part of a team and may include shift work dependant on project requirements.
- An awareness of chemical safety would be advantageous, however full training will be given to selected candidates, including on-the job training.
- This will be a full-time permanent position subject to successful completion of an initial probationary period of 6 months.

Should you be interested in this role, please forward your CV to jobs@omc.ie.

Eagle Lodge
CARDIOLOGY CLINIC

Cardiac Nurse Specialist

Limerick

Locations: Our main clinic is in Limerick, with our sister clinic based in Kilkenny.

Our Services: We run acute chest pain clinics in addition to routine assessment of cardiac referrals from GP's. We also offer long term follow up for patients with established cardiac disease.
In the clinic we provide a variety of investigations, heart rhythm monitors, pacemaker checks and blood work analysis.

Position: We are now recruiting for a full time CNS to cover Maternity leave position.

Ideal Candidate: The ideal candidate must possess the following qualifications and experience:

Essential:

- Current Bord Altranis registration
- Minimum of three years post registration experience in Cardiology
- MSc in Cardiology or relevant post grad in Cardiac care

Ideal:

- Basic/Advanced Life support qualification
- Proficiency in phlebotomy

Location: While the position is Limerick based, the successful candidate must be prepared to work in a dynamic and pressured environment and be in a position to travel to our other locations should the need arise.

Next Steps: If you possess the above qualifications, and wish to be considered for this exciting opportunity please send an up to date CV to amy.spillane@eagelodge.ie

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Tots to Teens
Banogue Community Crèche

Banogue, Croom, Co. Limerick.

Tel: **061-602818/0879259582**
E-mail: **bcreche@gmail.com**
Twitter: **@BanogueCommunit**
Facebook: **Banogue Community Creche**
Website: **www.totstoteensbanogue.com**

Looking for a career in childcare?...

Due to expansion Banogue Community Creche are now recruiting the following:

2 FULL TIME EARLY YEARS PRACTITIONERS
&
1 AFTERNOON PART-TIME EARLY YEARS PRACTITIONER.

So if your energetic, enjoy working as part of a team and have a love for childcare then we would love to hear from you!!
Suitable candidates must hold a minimum Fetac Level 5 childcare (or equivalent) qualification.

Applications in writing with C.V and qualifications to:
bcreche@gmail.com
Canvassing will disqualify.
Banogue Community Creche CLG is an equal opportunities employer

KEEP IT LOCAL!

Limerick businesses in the spotlight

EZ LIVING COMPETITION

Win your furniture for free at EZ Living Furniture's biggest sale ever

Golden Ticket: Weekly draws are happening in each store throughout January

EZ Living Furniture's biggest sale ever is now on in-store and online with up to 60% off everything!
And that's not all, we are giving away €10,000 worth of prizes too - a chance to win your furniture for free!

It's definitely a not-to-be-missed opportunity! Customers simply need to make a purchase in EZ Living Furniture in-store or online during our biggest sale ever to be in with a chance of winning. It really is that simple!

With up to 60% off everything, from stylish to traditional sofas, skilfully crafted beds to luxurious mattresses or contemporary barstools to sophisticated dining chairs - EZ Living Furniture's biggest sale ever has it all and at the lowest prices ever!

The Golden Ticket weekly draws are happening in each store until the end of January starting from €500.

The lucky winners of each store will win €50 vouchers to spend in-store which can be used against their next purchase.

The winners will then be entered into a further weekly draw to win €1,000, €1,500, €1,750 and into the subsequent EZ Living Furniture's Golden Ticket draw worth a massive €2,000 - the main prize! Keep an eye on our social media platforms to find out our weekly winners.

Log on to www.ezlivingfurniture.ie/goldenticket for more information and to see the terms and conditions for the competition.

The stunning Bellini Sofa Suite and Turin Dark Oak Shelf Unit

Fresh start with Alex' takes place on Thursday, January 24

'Fresh start with Alex' demo and dining event

AFTER a busy and indulgent festive season it's hard to get on track straight away, 'Fresh start with Alex' taking place on Thursday, January 24 is sure to help to get you on the right foot for 2019.

Taking place in the Alex Findlater & Co. Food & Wine Hall, located in the heart of Limerick City, 'Fresh start with Alex' is a fun an informative healthy pizza demonstration led by Head Chef John Mount.

Taking inspiration from Limerick favourite Da Vincenzos, the authentic Italian eatery situation above the Food & Wine Hall, the healthy pizza demonstration will take place around the state of the art pizza oven in the heart of Alex Findlater & Co. Food & Wine Hall.

Sip on a glass of skinny prosecco as Head Chef John Mount takes you through healthy alternatives to the traditional pizza base, from cauliflower pizza crust, buckwheat pizza bases, pizza bases made using coconut flour and pizzas loaded with seasonal vegetables. Guests will be invited to give pizza making a go as part of the evening, and the best bit - there will be plenty of taste tests along the way!

Enjoy two of your guilty pleasures – pizza and prosecco – with a little less guilt and learn some new skills to bring to your own kitchen. 'Fresh start with Alex' the fun an informative healthy pizza demonstration led by Head Chef John Mount and takes place on Thursday, January 24 at 6pm, tickets are €20 and can be purchased by calling Alex Findlater & Co. Food & Wine Hall on 061 516450. For more information and group bookings call Alex Findlater & Co. Food & Wine Hall on 061 516450 or visit www.alexfindlaterandco.ie.

Fitness tips from Club Vitae, Clayton Hotel

MAKE REALISTIC GOALS

This is a really important tip. In making your goals, make sure to get specific about how you want to keep a balanced life or how you want to eat healthier. While the idea of sugar-free 2019 sounds nice and healthy, there is always going to be temptations and bumps a long the way. The important thing is not to give yourself a hard time but get better dealing with the temptations a long the way. Be honest with yourself and one bad day doesn't have to turn into a bad week.

Club Vitae personal trainer John O'Neill

GET SOCIAL

There are plenty of ways to involve others to help keep you motivated. Check out your gym's group fitness schedule or local event pages to see what groups are around you. From distance running to weightlifting, chances are someone in your area enjoys the same type of exercise and would be thrilled to buddy up so that you can keep each other motivated.

EXERCISE V DIET

80% of your results are going to come from 20% of your efforts. In other words, a small number of important actions will lead to the most significant changes in your life and health. If your diet is 80% right then it will have a huge positive effect towards the benefits of exercise.

GET RID OF DISTRACTIONS

The demands on our time are greater now than ever. With phones possible the biggest distractions of all. When you create an intention, you're not only giving your rational mind specific instructions about what to do. You're also making time in your schedule to actually do it. But you have to take it a step further. You have to set aside a specific block of time when your attention is dedicated 100% to working on your goal. Time blocking works best if you set a definite start and end time when you have no other meetings or commitments. So, turn off your phone and make yourself unavailable for any other tasks.

SET CHECK-UP POINTS

Set a check-up point every couple of months or even at the six-month mark to revaluate your goals for the year.

This way you're reflecting and re-evaluating every couple months versus only once a year. You can even set up a reward for yourself if you've kept your goal strong for the past couple months.

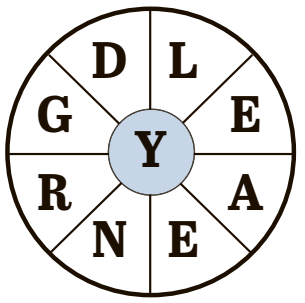
GO FOR IT IN 2019!

SUDOKU

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

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:
15 words, average; 25 words, good; 35 words, very good; 40 or more, excellent.

DOUBLE CROSSWORD

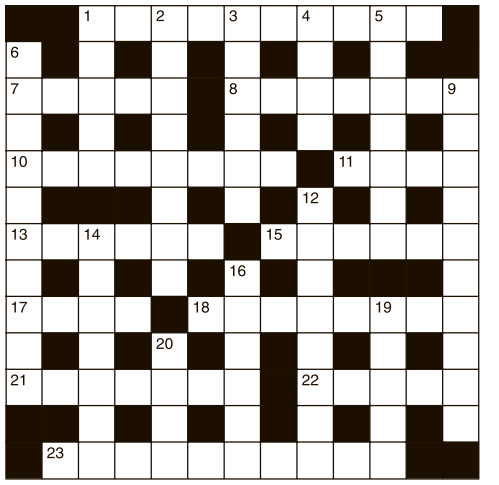
Cryptic Clues:

Across

1. Others keep to the rates they fix (4-6)
7. Film about the capital of Portugal to be the reverse of attractive (5)
8. Even what the serviceman assumes (7)
10. Said earl could be paid for services (8)
11. The highest point of irritation one hears (4)
13. Artist interrupting with spirit (6)
15. Is found in wet weather, but is dried before being eaten (6)
17. Pits a label on classical quotations (4)
18. In which many a low song is sung (4-4)
21. Maybe I bath at the usual place of residence (7)
22. No return in public transport premium (5)
23. One who strides among the birds - they're a hazard to traffic (3-7)

Down

1. This will observe one in form (5)
2. The speed with which salad food absorbs it (8)
3. Mother gets employer a firearm .... (6)
4. ....weapon used in Greek rising... (4)
5. ....they are stirred to rise about the end of December! (7)
6. Time-keeper near at hand (5-5)
9. Going into quick production and causing something to be secure (6,4)
12. Fair description of a reasonable examination (8)
14. It involves calculations that are observed to the letter (7)
16. Crayon and adhesive used by learner (6)
19. Rows will produce school imposition (5)
20. Pack some of the trains to Wales (4)



Quick Clues:

Across

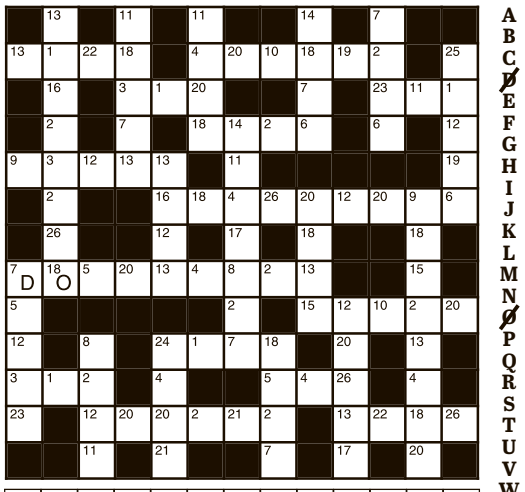
1. Corpse-like (10)
7. Respond (5)
8. Compelled (7)
10. Female (8)
11. Overtake (4)
13. Tell (6)
15. Type of shed (4-2)
17. Every (4)
18. Perverse (8)
21. Can be stretched (7)
22. Gutter (5)
23. Contrition (10)

Down

1. Amulet (5)
2. Explode (8)
3. Empty (6)
4. Stagger (4)
5. Let loose (7)
6. Promotion (10)
9. Jarring (10)
12. Under obligation (8)
14. Permission (7)
16. Purpose (6)
19. Diminish (5)
20. Irritate (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.



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

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

LAST WEEK'S SOLUTIONS

DOUBLE CROSSWORD:
Cryptic:
Across: 6 Fatally; 7 Moths; 9 Saw; 10 Intestate; 12 Nightingale; 15 Provocation; 17 Starboard; 19 Shy; 21 Leant; 22 Rapport.
Down: 1 Pagan; 2 Lay; 3 Plan; 4 Contagion; 5 Whittle; 8 Resist; 11 Silvering; 13 Hector; 14 Brother; 16 Share; 18 Rear; 20 Spy.

Quick:
Across: 6 Heathen; 7 Round; 9 Woo; 10 Policeman; 12 Maintenance; 15 Reverberate; 17 Regarding; 19 Pit; 21 Bower; 22 Garland.
Down: 1 Felon; 2 Sty; 3 Zero; 4 Foretaste; 5 Enhance; 8 Linear; 11 Bare-faced; 13 Nobody; 14 Develop; 16 Giant; 18 Near; 20 Elk.

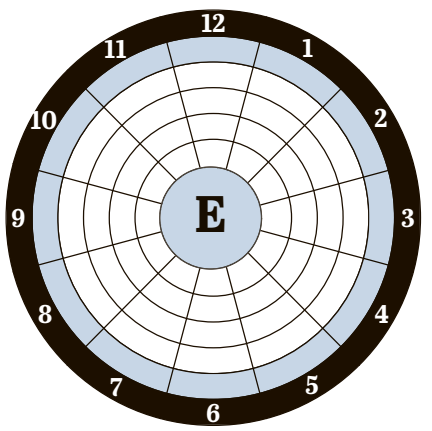
SUDOKU:

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

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

CLOCKWORD

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



1. Scrape
2. Find
3. Prisoner
4. Safe
5. Obstacle
6. Stick
7. Boil
8. Recess
9. Monarch's seat
10. Paper handkerchief
11. Harm
12. Middle

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:

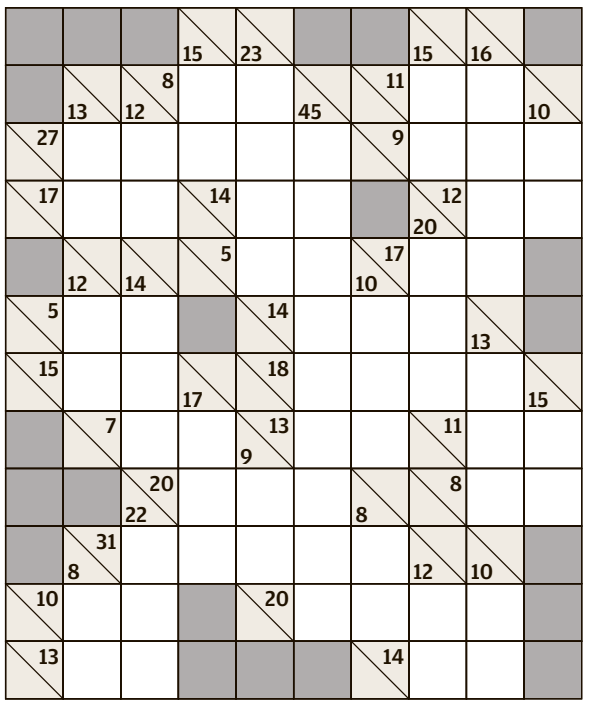
54796721 gives waste;
543961 gives waste;
59811 gives waste.

KAKURO

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

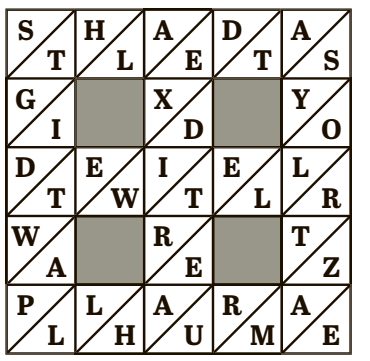
Each horizontal block of squares must add up to the number in the shaded square to its left, and each vertical block must add up to the number in the shaded square above it.

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



SPLIT DECISION

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



SUDOKU

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

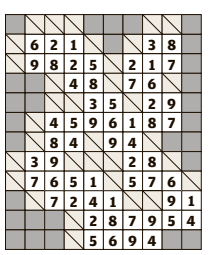
LAST WEEK'S SOLUTIONS

CLOCKWORD:
1 Ritual, 2 Unwell, 3 Petrol, 4 Enamel, 5 Rueful, 6 Travel, 7 Gospel, 8 Retail, 9 Assail, 10 Verbal, 11 Entail, 12 Shrill.

CELEBRITY: Rupert Graves.

NINER:
PERMUTING

KAKURO:



SUDOKU:

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

SPLIT DECISION:

T	H	R	E	W
E		A		H
R	A	D	I	O
M		A		S
S	E	R	V	E

Aine, Lucy, Karen and Luke Gorey, Georgian Village

Out&About

SNOW WHITE PANTO IN UNIVISERSITY CONCERT HALL

Pictures: DAVE GAYNOR

Noah, Liam and Abby and Geralyn Hehir and Willow and Rio Hehir-Maro, Newmarket on Fergus

Sorcaith, Richia and Bebhinn Vaughan, O'Callaghan's Mills

Ellie and Megan Easton and Luke Devlin, Castleconnell

Kailey and Lucy O'Donnell, Gloria and Lily O'Grady and Emma O'Donnell, Patrickswell

Jack Sheehan, Monaleen, Ryan Casey, Castleconnell, Miriam Howard, Lynwood Park and Dylan Casey, Castleconnell

LEFT: Lucy, Bridget, Kevin, Emily and Christian Higgins, Herbertstown were at the Snow White Panto in the University of Limerick Concert Hall PICTURE BY DAVE GAYNOR

ABOVE: Ella and Chris Healy, Corbally

RIGHT: Ryan and Sophie Begley, Jennifer Heaney and Lucy White, Old Cork Road

Katie and Colleen O'Dwyer, Kilmeedy

Jack, Ailbhe, Jean and Emma Wall, Knockaderry

Saoirse and Tracey Daly, Caherdavin

Seamus, Cillian, Suzi and JJ McQuaid, Killaloe

Out&About

ALICE IN WONDERLAND PANTO AT THE LIME TREE THEATRE

Pictures: GARETH WILLIAMS

Keith McGuane, aka Strain and Claire O' Connor, Ashbrook

Robyn, Milly and Adrian Griffin, Castleconnell

Mags, Jason, Lauren and Evan Wright, Ballylanders

Caolan Roberts and Aislinn McAuliffe, Boher

LEFT: Attending Alice in Wonderland at the Lime Tree Theatre were members of the Clohessy family, Clonlara
PICTURE: GARETH WILLIAMS

ABOVE: Jim and Lexie Nestor, Dooradoyle

RIGHT: Stephen Cronin and Alex Purcell, Moyross

Lauren 0' Driscoll Kelly, Carey's Road, Sorcha Kelly, Patrickswell, AnneMarie Crump, Lisnagry, Georgia Henley, Corbally and Ann 0' Driscoll, Carey's Road

Majella Sheehan, Carey's Road and Gerardine Tuite, Caherdavin

Sylvia and Mollie Kiely, Southill

The Members of Limerick Thomond Rotary Club with Cuan Mhuire staff at the mass in the Augustinians

Out&About

LIMERICK THOMOND ROTARY CLUB MASS AT THE AUGUSTINIANS

Pictures: BRENDAN GLEESON

Mayor James Collins with Terry Ring of Cliona's foundation and John Kelly, president of Limerick Thomond Rotary Club

Pat Kearney with Sr Agnes, Cuan Mhuire

John Kelly and Mayor Collins pictured with some of the remembrance ribbons from the pre-Christmas campaign

Phil Walsh, Noelle Ryan, Oesophagael Cancer Fund, Terry Ring, Cliona's Foundation, Sr Agnes, Cuan Mhuire, Mayor Collins, John Kelly, Breda Deedigan, Brona Wright and Phil Deegan

LEFT: Pat Kearney, Noelle Ryan, Mayor of Limerick James Collins, John Kelly, President of Limerick Thomond Rotary Club and Noel Ryan,Oesophagael Cancer Fund at the Limerick Thomond Rotary Club Remembrance Mass at the Augustian Church

ABOVE: Ger Lynch with Stephen O'Connor, Strand Hotel

RIGHT: John Kelly, President of Limerick Thomond Rotary Club

Members of Limerick Thomond Rotary Club with representatives of the Oesophagael Cancer Fund, one of the beneficiaries from the Remembrance Tree campaign which was run in the city on the lead-up to Christmas

Phil Walsh, Donal Kelleher and Brona Wright

Leader MOTORS

The best deals on wheels from local garages every week

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The new Audi Q3 is priced from €39,600. The new Q3 has been given a new body with a sportier design and a more powerful stance

First big stand out of '191'

Audi Q3: Completely redesigned SUV is available to order now

TRISH WHELAN
www.CarAndTravel.ie

AUDI'S new second generation Q3 SUV is available to order now with an on-the-road price of €39,600.

The new Q3 has been given a new body with a sportier design concept and a more powerful stance. The car has grown in almost all dimensions and is now 4.485 metres long, 1.856 metres wide and 1.585 metres high offering more knee room, headroom and elbow room.

Luggage space is now 530 or 675 litres in capacity depending on the position of the rear seats and backrests and an electric tailgate is standard.

LIKES

- ✓ High-tech features standard
- ✓ Compelling exterior design
- ✓ Roomier inside
- ✓ Modern interior

DISLIKES

- ✗ Too big for a subcompact?
- ✗ Tech may require acclimation
- ✗ Could get expensive

The Q3 also offers the same advanced technical functions as seen in the brand's premium segments. These include a top of the line navigation system that recognises the driver's preferences based on previous journeys, which allows it to offer suitable route suggestions, along with traffic information, a point-of-interest search function and even information on parking spaces and filling stations.

Apple CarPlay and Android Auto come as standard bringing your smartphone apps onto the MMI touch display. Audi's virtual cockpit comes as standard also.

Both petrol and diesel units are available, in combination with either front-wheel or quattro drive. Power outputs range from 150hp to 230hp.

This family SUV has earned the top score of five stars in the Euro NCAP safety test.

It comes with a number of active safety systems as standard. Audi pre-sense basic and Audi pre-sense front provide the driver with a visual, audible and haptic warning when critical situations involving pedestrians, cyclists or other vehicles are detected. Audi side assist is also standard. It warns of hazards when changing lanes while the active lane assist helps keep the car safely in its lane. If necessary, the car can also deploy automatic emergency braking.

One day only hybrid event at Brian Geary

JOIN the team at Brian Geary Toyota, Raheen this Saturday, January 12 from 9am to 6pm for the unveiling of their new 2019 hybrid range - the Corolla Hatchback Hybrid, the Corolla Saloon Hybrid, the Camry Hybrid and the RAV4 Hybrid.

This is a ONE DAY only event!

There will be lots happening on the day such as a 'meet the mechanics' event, children's entertainment from 12pm to 4pm and meet your sporting heroes. Light refreshments will be served. A fun family day is guaranteed with something for everyone and the team at Brian Geary Toyota look forward to meeting you and answering all your hybrid questions.

This is your chance to get the exclusive first look at the exciting new range of Toyota's self-charging hybrids at the Brian Geary Toyota Hybrid Now Roadshow.

The RAV4 has already arrived, the Corolla Hatchback is arriving late January, the Corolla Saloon is arriving mid-February and the Camry will arrive in early April. Don't miss this opportunity to see all four models ahead of launch.

The Brian Geary sales team and staff will be on hand to inform visitors of their fantastic 191 offers and answer any questions you may have.

The new generation models have head-turning looks, are packed full of excellent specification and offers include three years servicing as standard on all new models. You can also upgrade to Hybrid for Less with excellent finance offers, which can be arranged for you at Brian Geary Toyota.

To attend this event please call 061 225225.

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HYUNDAI Discover Why

* The Hyundai 5 Year Unlimited Mileage Warranty applies only to Hyundai vehicles that have been originally sold by an authorized Hyundai dealer to an end-customer, as set out in the terms and conditions of the warranty booklet. #Hyundai Tucson 2WD Comfort Petrol. Retail price €27,245. Finance amount €18,559. 36 monthly repayments of €245. Total cost of credit €1,774.34. Optional final payment of €11,443. APR 3.9% as at 1st January 2019. Minimum deposit €9,536. Lending criteria, conditions apply. Available at authorised dealers for models booked and registered by 31st January 2019. Hire purchase by Bank of Ireland t/a Bank of Ireland Finance. Dealer charges apply. † Prices exclude dealer delivery and related charges. Offer applies to 191 Tucson Passenger booked and registered by 31st January 2019. Model shown for illustrative purposes. Co2 183 g/km. Fuel consumption 4.9L per 100 km.

ENTERTAINMENT

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

WEDNESDAY, JAN 9

Trad & Folk Music
The Glen Tavern, 9pm

THURSDAY, JAN 10

On the Nail
CB1, Central Buildings, 8pm

Dermot Sheehy
The Glen Tavern, 10pm

FRIDAY, JAN 11

The Camino Voyage
Belltable, 8pm. €8

Live Wire
The Glen Tavern, 10pm

SATURDAY, JAN 12

Joanne McNally
Kasbah Social Club, 7.30pm. €13

Lisa Lambe and No Crows
Belltable, 8pm. €18/16

Sean O'Dowd
The Glen Tavern, 10.30pm

SUNDAY, JAN 13

Great Orchestra Of Christmas
Dolan's Warehouse, 2pm. Free

The Three Amigos
UCH, 8pm. €32.50

John Solo
The Glen Tavern, 10pm

MONDAY, JAN 14

Cyclone Rep
Lime Tree, 9.45am

Trad Music
Locke, nightly at 5pm & 9pm

Free Solo
Belltable, 8pm. €8

TUESDAY, JAN 15

The Acoustic Club
Charlie Malone's Bar, 9pm

Lisa Lambe, performing in the Belltable with folk orchestra No Crows on Saturday night. See www.limetreetheatre.ie for more details and to book tickets.

The Far Flung Trio jet in for a double helping of shows

THE Far Flung Trio will get the year off to a flying start with a double helping of shows at the Belltable later this month.

The trio - Katherine Hunka (violin), Dermot Dunne (accordion) and Malachy Robinson (bass) - will play the city venue on Saturday, January 19, with a family concert at 2.30pm and a full programme at 8pm.

The Far Flung Trio are on tour with an irresistible musical programme that is virtuosic, eccentric and charming in their signature style including the seductive melodies of Bizet's Carmen and Rossini's mischievous Barber of Seville overture, jazzy tunes by Gershwin and an original work by Irish jazz giant Ronan Guilfoyle, plus lots more, all tailored by the trio and delivered with panache and delight.

The family show is based on based on Prokofiev's Peter and the Wolf. See www.limetreetheatre.ie for more details.

Fat Chancers: Bernard O'Shea and Karl Spain play Dolan's on January 25

A couple of 'Fat Chancers'

COMICS in arms Karl Spain and Bernard O'Shea are gearing up to embark on a joint tour which includes a date in Dolan's.

The pair of funnymen are promising "double the laughs" with their tour, called Fat Chancers.

The 11-date tour starts next week and calls to Dolan's on January 25, and comes as O'Shea, star of RTE2's Bridget and Eamon, proved he has two left feet on RTE's Dancing With The Stars. Spain said: "Don't expect any dancing, Bernard being funny or cameo appearances from that Marty fellow."

Audiences can expect plenty of on-stage banter as Fat Chancers will feature the popular comics sharing the stage, as well as performing their own stand-up routines.

See www.dolans.ie for more.

Controlled laughter with Neil Delamere at UCH

Top comedian Neil Delamere returns to the University Concert Hall this January.

The Offaly funnyman, **pictured**, is back with new show Controlled Substance at the UCH on Saturday, January 19 (show 8pm, tickets €25).

The star of BBC's The Blame Game and Soft Border Patrol, Delamere returns to UCH with the brand new show, with the lofty claim that he has that whole "illusion of control" idea sussed.

He is well versed in snappy titles for his ever popular touring shows, which have included DelaMere Mortal, the Fresh Prince of Delamere and Ctrl+Alt+Delamere in the past and he is ever popular in these parts, with a limited amount of tickets remaining on sale for the UCH show.

Meanwhile, coming from the wave of hype and plaudits for new Freddie Mercury biopic Bohemian Rhapsody, the UCH will play host to A Celebration of Queen LIVE by the band Flash Harry on April 6.

Delivering a show that embraces live music in its purest essence, it oozes with talent, energy, enthusiasm, passion and of course the pure showmanship that we associate with one of the most exuberant frontmen of all time in Freddie Mercury.

See www.uch.ie for more.

Comedian Joanne McNally is in the Kasbah on Saturday

THINGS WHAT ARE ON IN LIMERICK

The Three Amigos are at the University Concert Hall on Sunday night

The Camino Voyage screening is at the Belltable on Friday

LIMERICK has begun to wake up from the long cold winter that never arrived, bringing an early spring bounty of music, movies, free figure drawing and a day with free cake if you're thinking of getting married or just like cake. Let's check out what's on this weekend.

Thursday (Jan 10)

Snooker legends **Steve Davis and Ken Doherty** are at the **Longcourt House Hotel** in Newcastle West for a charity exhibition match this Thursday. With seven world championship titles between them, it's the perfect chance to show your mother that time spent in a snooker hall isn't wasted. Snooker is basically tidying-up disguised as sport so it's a fun night out for any family that likes to keep a neat house. The two stars will be playing each other, as well as doing trick shots and engaging in cheeky banter with the audience. It's in aid of Friends of St Ita's Community Hospital and West Limerick 102FM. The show starts at 8pm and tickets are €20.

Limerick Writers' Centre host their monthly On The Nail literary evening at **CB1** in Limerick city this Thursday. Galway dramatist Pete Mullineaux and Dublin novelist Moya Roddy are the guest readers for the night. They're both published poets and you can reasonably assume that they'll be reading their most recent work of rhymes. It will be followed by an open-mic, the perfect opportunity for you to turn up and insist on reading your 8,000-line epic about Brexit and bouncy castles. It starts at 8pm and it's a free event.

Friday (January 11)

The **Belltable** kicks off its spring season of film screenings this Friday with **The Camino Voyage**, a documentary about a group of Irish nutters who rowed 2,500 kilometres from Ireland to northern Spain in a self-made currach. Dónal Ó Céilleachair's film about four men in a boat has been highly acclaimed by audiences and critics enthralled by Ireland's late retort to the legendary Milesian invasion from Spain. It's picked up multiple awards and is a must-see. It starts at 8pm and tickets are €8.

Metis Music For Mental Health gathers some of Ireland's best music artists to **Dolan's Warehouse** this Friday in a benefit night for Corpus Christi Primary School, Pieta House and Limerick Suicide Watch. The Corpus Christi Choir will be performing with singers Dora Gola, Dylan Murphy and Síomha Brock in a musical celebration of mental health with a message of hope. Last year's show was solidly sold-out so you're advised to get your ticket early. It starts at 8pm and, with some serious sponsorship from Limerick businesses, tickets are €25. All proceeds from the gig go directly to the three charities.

Saturday (January 12)

UL and Mary I are both hosting **Open Days** for prospective students this Saturday morning. Campus tours, information stands and course talks will run throughout the morning to give you an idea of whether either of the two colleges is right for determining your entire future until the day you die. No pressure. The UL open day runs from 9am to 3pm while the Mary I event is from 10am to 1pm. Both events are free but you must register in advance.

If you're planning on getting married in 2019, you should probably hurry up and find someone pretty soon. Quality over quantity - in other words, one wife or husband should be enough. The **Mid West Bridal Exhibition** is at the **UL Sport Arena** on Saturday and Sunday this weekend, featuring every possible service and add-on you can think of for your future wedding and a few that you wouldn't have thought of until you find out that the annoyingly-smug couple across the street are doing it. It'll cost you €20 to get in, assuming that there are two of you (tenner each), because going to a wedding fair by yourself is just weird. It runs from midday to 6pm both days. If you arrive early, you can probably eat the price of your ticket in free wedding cake samples.

Joanne McNally brings her Gleebag comedy tour to the **Kasbah Social Club** this Saturday night. The Dublin comedian is best-known for presenting Republic Of Telly on RTE and this is her first headline tour. You can expect an evening of dark comedy about body image, eating disorders and questionable life choices. Doors at 7.30pm, tickets are €13.

Lisa Lambe is at the **Belltable** this Saturday, performing with Sligo folk orchestra No Crows. You'll remember her from her star turn as the fiery Oonagh in Jimmy's Hall last summer. She's also a former member of Celtic Woman, the all-female musical ensemble determined to test the Ship Of Theseus paradox by replacing all the band members every few years but keeping the name. Ms Lambe is one of Ireland's finest singers, with the voice of an angel who's seen a thing or ten. If you're going to see one gig this weekend, make it this one. 8pm, tickets are €18/€16.

Sunday (January 13)

Sunday gives you a chance to try figure drawing for free, as **Limerick Figure Drawing Society** are hosting a taster evening for their Spring sessions at **Dromroe Village Hall** in UL. Bring your own materials - markers, pencils, or a giant lump of coal - and draw people forced to stand still until you finish. It will run from 8pm till 10pm but they'd like you to arrive on time. If drawing is your vibe, you would be mad not to give it a go.

The Three Amigos are at the **University Concert Hall** this Sunday night. They'll be playing both kinds of music - country AND western. Limerick native Jimmy Buckley has been a star of Irish country music since he first climbed on to a pickup truck in the late 1980s and his tours with Robert Mizzell and Patrick Feeney have been implausibly popular with Irish audiences. You can look forward to foot-tapping sea of heartbreak songs peppered with - I kid thee not - comedy sketches performed by the three lads when they're not singing. There are very few tickets left for this show, so if you've a hankering to see it, get your ticket as soon as you can. 8pm, tickets are €32.50.

All weekend

The Blurring The Edge ceramics show is at the Hunt Museum until January 20. Free to visit.

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

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

Lisa Lambe plays the Belltable on Saturday night

BIG NIGHT OUT @

NANCY BLAKE'S, SMYTH'S AND MOTHER MAC'S

PICTURES: DAVE GAYNOR

Suelen Braga, Rafaella Santos and Rosangela Paula at Nancy Blake's PICTURE BY DAVE GAYNOR

Laise Silva and Susie Silva at Smyth's Bar

Killian Prendiville and Lauryn Fitzgerald at Nancy Blake's

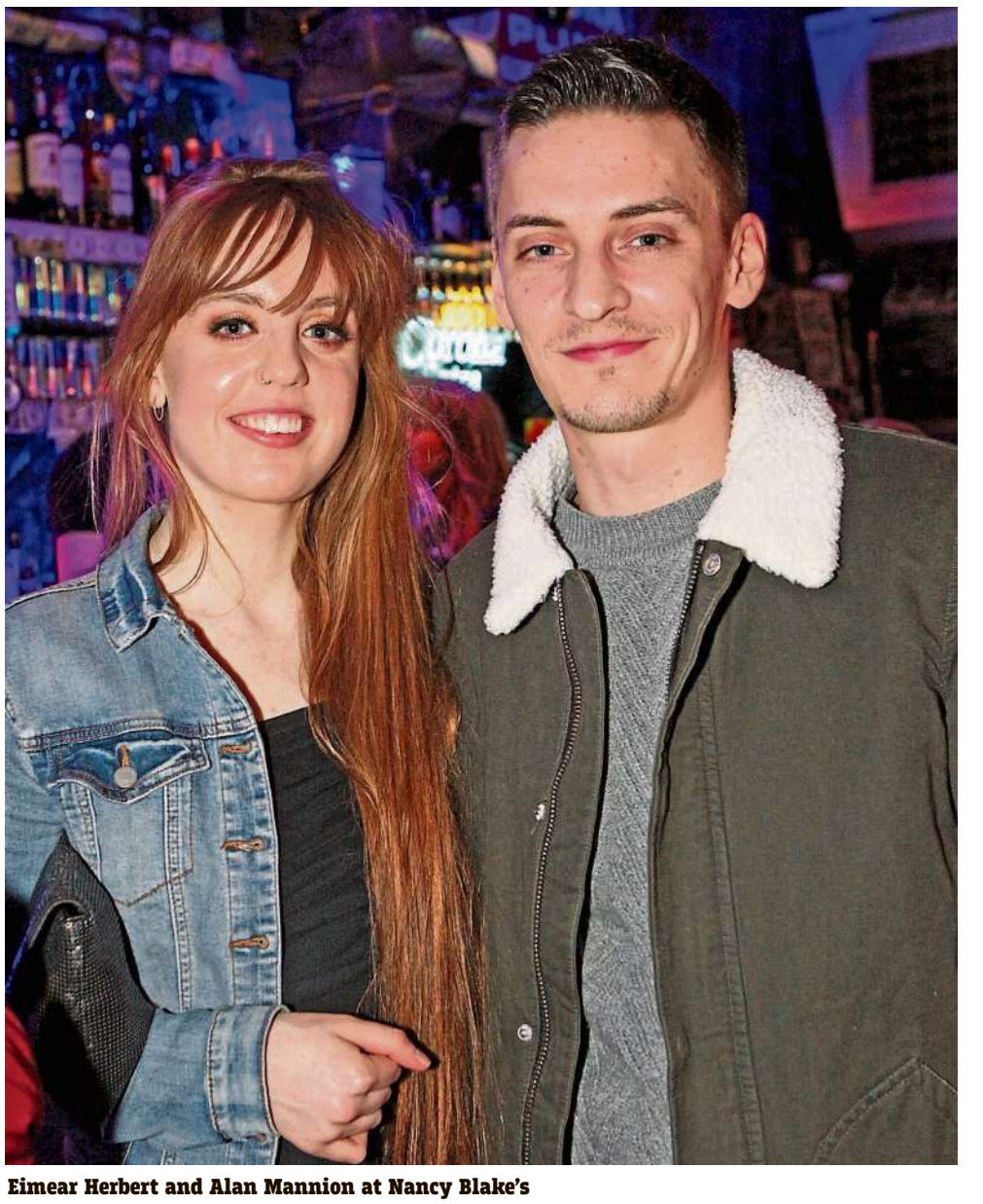
Caroline Brosnan and Elaine Baily at Smyth's Bar

Patrick Hammond and Katie Gallagher at Mother Mac's

Siobhan Moriarty and Sharon Power at Smyth's Bar

Izabelle Sampaio and Ru Fortes at Smyth's Bar

Christine Furnell and Paul O'Brien at Mother Mac's

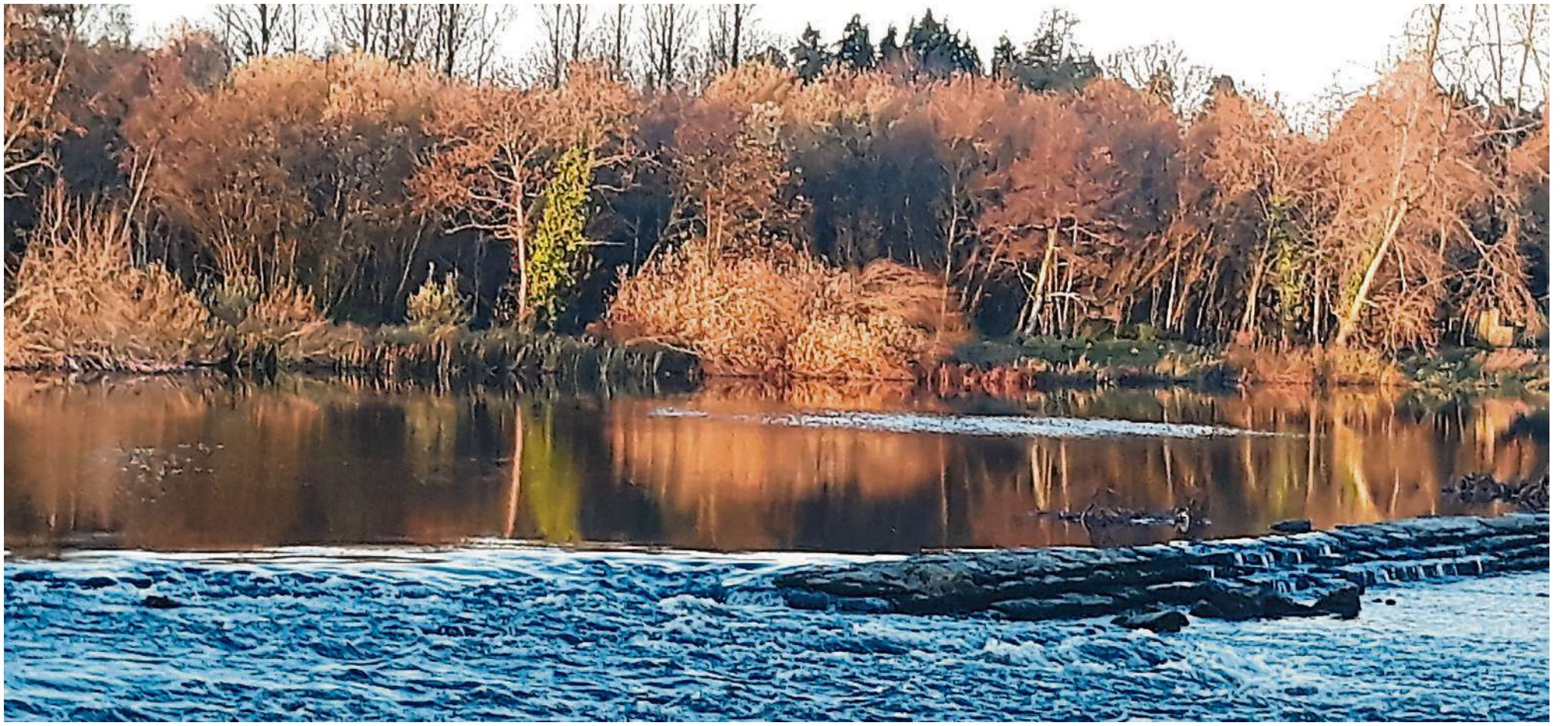


Eimear Herbert and Alan Mannion at Nancy Blake's

Maria Nyhan and Shane Coleman at Mother Mac's

Aoife and James Butler at Mother Mac's

Mike and Shauna Maun at Nancy Blake's



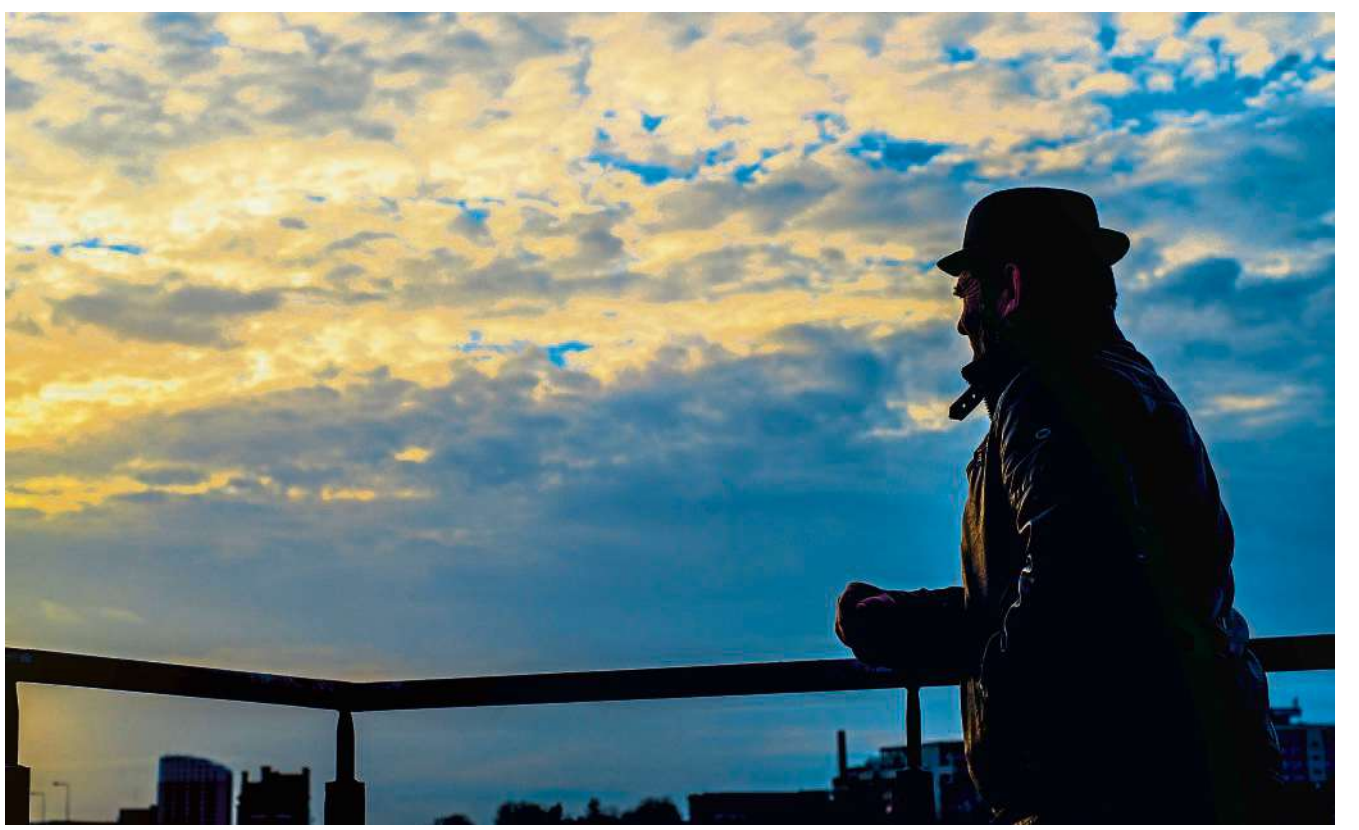
Shannon sunrise taken by Mary O'Farrell, Westbury

A lovely goldfinch having a snooze by Sean Ryan's bird feeder

ReadersPictures

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

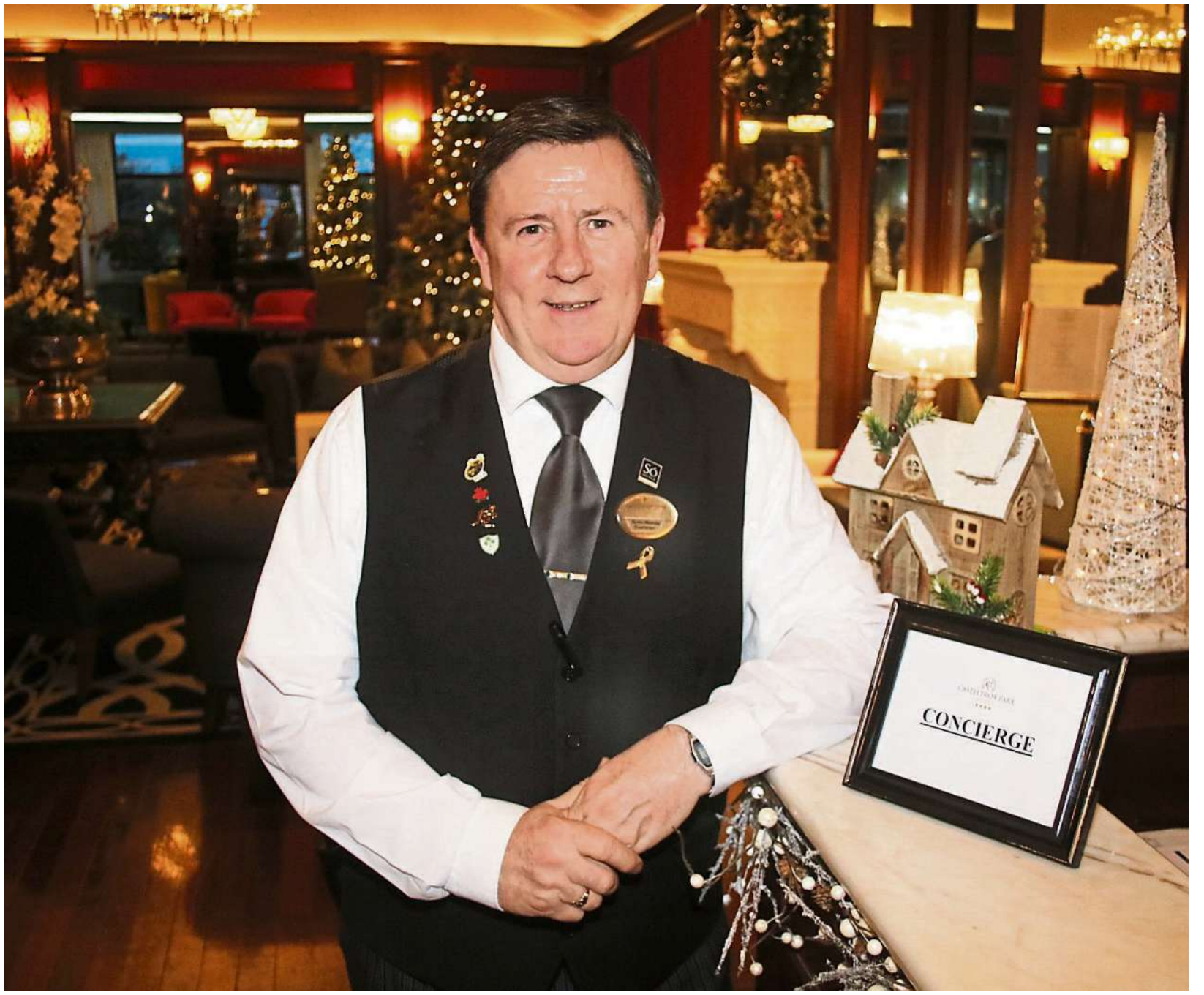
This tranquil scene was aken in Japanese Garden's at Kildare Stud by Geraldine Caulfield



"Sunset Silhouette" at Merchant's Quay by John Doyle

LEADER LIFE

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



A Day In My Shoes

Kevin Murray

Castletroy Park Hotel concierge

Kevin is at your service

What time do you get up?
My hours change every day due to how busy the hotel is. Could be 12pm to 8.30pm or 1pm to 9.30pm shift, some as early as 7am!

Do you go for a walk or to the gym before/after the office?
I walk in to work and back home which takes 20 minutes each way.

You arrive at office at what time?
Usually 12pm but it could be as early as 7am and I'm usually very cheery!

What are your first duties?
To get copies of all events going on for that day.

How many cups of coffee/tea would you drink a day?
One in the morning, it depends on the day, sometimes two!

What is normal lunch - do you have a favourite place?
We are fed well here but my favourite place to eat is at my Aunty Ursula's on my days off!

Do you have many meetings during the day?
No, but I meet lots of people every day.

What time do you finish up at?
Usually 8.30pm and sometimes up to 10.30pm.

Do you watch much television?
About 2 hours a night to unwind after work with a cup of tea.

Do you read the newspapers?
Yes, I like to be up on events and sports and of course the Limerick Leader!

What do you do to relax?
I like to shoot pool and also play guitar with my cousin Al.

Are you able to leave the office behind?

Be our guest: Kevin Murray, concierge at the Castletroy Park Hotel

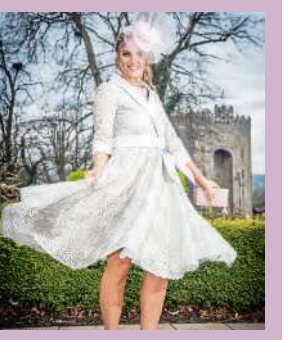
Yes! But sometimes you think of certain things and people that have touched my life but it wouldn't stress me.

What is a perfect work day?
When I'm just tipping away and making everyone comfortable and well received in the hotel.

Do you ever lose 'the cool' and if so what would make you annoyed?
Not really. I just don't understand why people can be rude and demanding! This isn't all the time of course, sometimes it's best to just nod and smile!

INSIDE THIS WEEK

KICK OFF 2019 RIGHT
Leanne's top motivation tips
PAGE 48



SAYING 'I DO' IN 2019?
All set for Mid West Bridal Exhibition
PAGE 50

BETTER YOU IN THE NEW YEAR
Patrick shares his goals for 2019
PAGE 54

BEAT THE JANUARY BLUES
Meghann's things to do in winter
PAGE 56

RTE show Operation Transformation will return this Wednesday, January9 for the 12th series of the show with a Limerick contestant, Jean Tierney from Bruff who works in House, Henry St

Operation Transformation is back

MENTAL HEALTH MATTERS DR EDDIE MURPHY

Clinical Psychologist

OH my God doesn't the year roll around so quick. It's time to look at New Years wishes. I know let's get beyond wishes and let's get to planning. The beauty about Operation Transformation Is that it's a population based health initiative that has incredible values in that the experts work within their ethical guidelines and all the activities are free and accessible. No costly gym memberships here its putting on a day-glow jacket and joining the masses walking. Let's meet the leaders.

SIOBHÁN O'BRIEN
Age: 30
From: Clonsilla, Dublin
Weight: 17st 4.5lb

Siobhan works as a secondary school teacher in Luttrelstown Community College. She grew up in Clonshaugh and is the youngest of three girls in a very close family. During the seven years since finishing college Siobhan's weight has fluctuated. Being a teacher and telling kids about healthy living and the importance of activity Siobhan feels she is being a hypocrite and the children in her school don't take her seriously.

Siobhan despite being an amazing school and community leader is I think a bit lost. Her mood and confidence are low. For me Siobhan transformation will shift low energy and mood to a life of fun, taking risks and opportunities.

PAUL MURPHY
Age: 41
From: Tubbercurry, Co. Sligo
Weight: 20st

Paul is the manager and owner of Murphy's Hotel in Tubbercurry. He lives with his wife Sonya (39) and two children Ava (8) and Ethan (1). The hotel is a family run business and has been in the Murphy family for 40 years. Paul and Sonya have been married for a year and have been together for 12 years. Since getting married and having another child Paul wants to change his lifestyle and start looking after his health.

Inside Paul there is a little boy locked away. A boy who had to take on responsibilities and work. That's what Paul knows well, his life script is work, work, & work. He knows it's unsustainable and as a dad of two young children he doesn't want history to repeat itself where his own Dad died when Paul was a child. Paul Transformation will be about changing an old script and learning that life happens beyond work.

JEAN TIERNEY
Age: 33
From: Bruff, Co. Limerick
Weight: 15st 1lb

Limerick lady Jean (33) lives in Holycross with fiancé Paddy (35). She works as a Sales and Marketing Manager for nightclub, House in Limerick. They got engaged on April Fool's Day because they are both practical jokers and knew no one would believe them.

On assessment day Jean really stood out. She has a most wonderful engaging smile. Jean has faced many losses including the biggest lost, that of her daughter Sloane. There is an energy put into that smile; the daily front. However that smile doesn't match Jean inner emotional life. To be balanced, to be transformed our inner and outer life need to be in harmony. My psychological work will support Jean's goals.

PAMELA SWAYNE
Age: 36
From: Youghal, Co. Cork
Weight: 13st 12.5lb

Mother of four Pamela lives in Youghal with husband Sean (36) and children Ally (18), Leigh (10), Lilly (7) and Mickie (4). She works part time in the Amber Petrol Station in Youghal.

Pamela has tried all kinds of diets in the past but she's never managed to keep the weight off. Pamela is also an emotional eater so when she's in good form she goes all out with proper family dinners but if she's had a bad day she reaches for the easy option. She loves food and the more convenient the better, chipper, Chinese takeaways, jambons, hotdog lattice, crisps, chocolate anything that's hassle free. Pamela does not want her children to follow in her footsteps.

Pamela is busy women with family life. She wants to be on the cusp of something new, she wants to redefine herself. This is all very exciting and using the tools of life coaching I hope to help Pamela clarify and prioritise her life goals where she aims for a life of pleasure, meaning and engagement.

CATHAL GALLAGHER
Age: 48
From: Ballyshannon, Co. Donegal
Weight: 26st 12.5lb

Cathal works as a paramedic with the Ambulance service based in Ballyshannon and lives with his wife Agi (36) and daughter Maja (2). Cathal has been working with the Ambulance service for 20 years now and loves his job. He has huge passion for helping people and putting the needs of others before his own. Cathal is a type two diabetic and has high cholesterol and with his training he knows the damage his weight is doing to his health. He fears he will die in his sleep but wants to be around to see his daughter grow up.

Operation Transformation for Cathal is life and death stuff. He is the heaviest leader ever to be on the program. He knows it and we know it. Cathal lost 12 stone before and put it all back on. So no lessons were learnt then. Cathal is a giver and ignores his own needs. I think his giving is a distraction. He indulges in the fantasy of being a rescuer and being there for others. Cathal needs to learn that you cannot pour from an empty cup. This really is last chance salon.

Great leaders, I just can't wait – I invite you to join us

* ***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***

Top Tips

For Family Well-being

The Parent-Child relationship is key
A strong, loving relationship with a parent or carer is the most important thing for a child. It helps them to be healthy, happy and resilient. Remember it is never too early or late to start spending special time together.

Buy well, Eat well, Be well
Healthy food is important for all the family and is especially important for children's growth. Include them in planning the menu, shopping and cooking meals. Try to eat at least one meal as a family each day. This is a simple way for everyone to connect.

A positive parenting style works
Give your child positive attention, lots of affection and specific praise. Set routines, rules and boundaries and try to be consistent—children thrive with a routine. Try to remain calm and model positive ways (deep breathing, taking a walk) of dealing with powerful emotions such as anger or frustration.

Child Safety is Key
Toddler proofing your home, using car seats, teaching road safety, learning basic first aid, supervising young children and knowing where older children are and who they are with all helps in terms of reducing child injury and raising happier children.

Baby see, Baby do
Be the role model your children deserve. Kids learn by watching their parents. Modelling appropriate, respectful behaviour works much better than telling them what to do.

Name it and Tame It
Communicating with your child is so important at every age. Parents and children who can talk to each other, share problems and address challenges together will have strong, healthy relationships. This will help you to cope with any challenging behaviour or crisis in a positive way.

Parents need good social networks
Parents need good social networks. Parenting is easier when you can talk with others or spend some time looking after yourself. If you are really struggling, talk to your GP, PHN or other trusted professional or friend to get some support.

POSITIVE PARENTING

LOVE PARENTING

Being present is about taking a genuine interest in what your child is doing. It's about surrendering to their world every now and then, whether you have to take your seat at (another) tea party with teddies or listen to your teenager's latest Spotify list

Surrendering to your child's world

PARENTING is a merry-go-round. There are days when you feel your heart might just burst with love for your children and there are days where you would give anything to just have them out of your hair for a few precious hours.

You watch them while they sleep, all soft breaths and angelic faces. Then they wake up, refuse to have breakfast, and hold a mammoth melt-down until just the right time.....to make you late for work. The thing about parenting is that we can't – nor should be feel obliged to pretend to be – all singing, all dancing, all of the time. It's a job (without the lunch breaks or holidays!) and like all jobs, there are ups and downs. The secret is to accept that fact and embrace it, and life becomes much easier.

Blogs, magazines and most advertising mediums sell parenting as this idyllic role. There's the spotless house, the interest playroom and the family who just love gathering around the fire for board games (wearing perfectly curated outfits, of course).

These things are real but for a moment in time – a fleeting moment that is captured and posted and then we use it as the stick to beat ourselves with. Oh, I should be crafting all of our holiday decorations, while stuffing a Turkey Nigella-style and still finding time to help the kids to make cakes for a charity bake sale they want to have in the front garden. Really? No! I should be giving myself a break, a slap on the back for organising another lovely family Christmas.

I want to start this New Year less stressed, so that the time I spend with my children – however limited it can sometimes be – is quality time. Goodbye to the parenting performance and hello to being present with my children.

Being present is about taking a genuine interest in what your child is doing. It's about surrendering to their world every now and then, whether you have to take your seat at (another) tea party with teddies or listen to your teenager's latest Spotify list.

Its's about hearing what they say, rather than throwing in the token 'oh really', while loading the washing machine and avoiding your mother-in-law's calls. Children, regardless of their age, are incredibly perceptive.

They recognise when they have your full attention and respond accordingly. Make 2019 the year of present parenting and you'll be giving your child and yourself the most important gift.

For more information visit loveparenting.ie

FIT4LIFE

LEANNE MOORE

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Kicking those January blues

JANUARY blues can be a very real thing. Sometimes we get caught up in how busy the month can be. But by taking some simple and small steps we can definitely make sure to keep smiling through the madness.

1: EXERCISE

It's really the answer to a lot of problems, but simple exercise goes a long way to helping you feel happy. Exercise helps the body release natural endorphins and can really stimulate you, helping you feel happy and good. It doesn't have to mean going to the gym either. Go for a walk, a jog, a swim, take a dance class, try a cycle, do a home workout or quite simply – just move more day-to-day and you will feel the benefits.

2: GET OUTDOORS

Another super simple thing you can plan to do daily is to spend sometime outdoors. Fresh air can really blow away the cobwebs or blue feelings you might be experiencing and help you to feel a lot brighter. Go for a scenic walk, take the dog out, get out to the park with the kids, or simply sit in the garden to have your morning coffee. The outdoors is a great mood booster.

3: MEDITATE OR YOGA

This is an amazing way to switch off and quiet the mind, if you just give it a chance. I was slow to see the benefits of yoga and meditation, but I do understand their power.

Exercise helps the body release natural endorphins and can really stimulate you, helping you to feel happy

Simply bringing your thoughts to a very quiet level in your head will allow you the chance to have a little quiet and really boost your mood. If you are a beginner (like me) I suggest you try a class to really help you get started. More advanced meditators can certainly practice at home but in the beginning, having the guidance and direction of a teacher will help you get the most from it.

4: LISTEN TO MUSIC

Another really simple and effective way to boost your happy hormones. Listening to music is a sure-fire way to help stimulate happiness. Have you ever tried listening to an old album? The songs help to trigger the release of dopamine, a feel-good chemical. Pop on some old school Carpenters or even Westlife's first album and feel the nostalgia flood your system.

5: SPEND TIME WITH FAMILY OR FRIENDS

We are all far too screen-focused these days and it greatly impacts on our time for real life contact. Make time for family and friends each week. Making a human connection is an amazing happiness booster. Spending time, laughing, talking, sharing and reminiscing with friends and family will go far towards helping you to be happier.

6: COUNT YOUR BLESSINGS

You've heard of this phrase right? Well it couldn't be more true. It's simply a way to get you focused on all the wonderful things in your life. Take a few minutes at the start or the end of your day to list even three things you are grateful for in your life or even in the day you've just had.

I think you'll find there are far more than you think.

Healthy Recipe

Goodmorning Green Juice

What You Need

Water
Ice
Large Handful of Spinach
Handful of Frozen Fruit (berries or the breakfast topper mix from Tesco)
1/4 Cucumber
1/2 Banana
Squeeze of Lime
Tsp Chia Seed
1/2 Tsp Supergreen Powder

What To Do

Blend and serve! Simples!

Moore2Life

What I'm loving this week

BEO Wellness Events

DELIGHTED to be back with the Beo Wellness team for the January series. This time my fiancé Dave is taking to the stage with me to chat January fitness routines to everyone that pops along. This weekend we are in Clare and Limerick. Stopping off at The Armada in Spanish Point on Saturday January 12 and the Limerick Strand Hotel on Sunday, January 13.

January Deal At Go Gym

FOR the month of January we are offering a 12 month membership for just €329 at Go Gym Limerick. Don't miss out! Pop into us at Coonagh Cross to avail of this awesome offer. 47 classes a week to choose from plus full gym access. I mean that's a deal!!

HEALTHY LIVING

EVA HILL HAMILTON

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January is not the best time for weight loss

DURING the holiday season we tend to stay up late, eat the wrong kinds of foods, and drink much more alcohol than normal. Come January, the papers and TV ads are packed with fantastic weight loss programmes to support your new year's resolution. But try hard as you may, just a few weeks into the new regime you are doomed to fail. Why? Because it goes against your biology and tends to make you feel worse.

The cold winter season is not the best time for calorie restrictions and juice fasts. This is the time for storage and you naturally crave warming comfort foods.

So instead of torturing yourself like a monk, try to re-establish normal eating, gently support your body to detoxify the merry times and get back on track with your exercise.

Simple measures like eating more vegetables than starches (bread, potato, pasta, rice) are enough to normalise weight.

Make sure to eat a good breakfast in the morning, include lots of satisfying protein such as eggs or nuts. This will prevent cravings and overeating later on in the day. Have an early dinner with half your plate covered with vegetables – leave your body recover at night. In fact, eating only eight hours a day and fasting the rest – so called Time Restricted Feeding, is one of the best ways to normalise weight and even add few years to your quality life!

The cold winter season is not the best time for calorie restrictions and juice fasts

Have warming foods such as soups and stews, include lots of vegetables and herbs / spices. These always help to take the load off your digestive system and balance your bowel flora (your immunity). Include protein of some sort in every meal to balance your blood sugar levels, such as eggs, fish, lean meats, nuts, ground seeds or their butters and quinoa. Protein helps to slow down the absorption of natural sugars – giving you longer lasting energy and helping your sleep and mood also.

DID YOU KNOW?

The most common resolution made is to increase the amount of exercise that one gets (it is estimated that 37% of resolutions are this one!)

Essential fats have been long known to help uplift your mood. Include oily fish in your diet ideally three times a week, steamed to keep the healing sensitive oils intact. Snack on nuts or seed butters with sliced apple or pear. Add avocado to your salads or replace butter/mayonnaise with mashed avocado or home made guacamole. Don't be afraid of essential fats, they will not pile weight on you – quite the opposite!

Make time for gentle exercise and relaxation techniques. Both have been shown to increase serotonin and dopamine – our happy hormones. A positive attitude always helps to get through tough times. Be thankful for the small things every day and you will see the light at the end of the tunnel.

STYLE&FASHION

CELIA HOLMAN LEE

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Classic looks for a spring wedding

IT's safe to say we are in the height of wedding season with all the local shops and boutiques packed to capacity with magnificent pieces for your spring or summer wedding.

The colours that are coming through in the stock are the fuchsia pinks and all the traditional pastels.

Also, burgundy and light greys are making an appearance for spring/summer weddings for mother of the bride and bridesmaids.

A big trend in dresses is a shawl collar and full skirt or the wonderful pencilled dress with an overlay of heavy lace. The traditional coat and dress is still extremely popular of course. The hats are flamboyant and rather beautiful and matching bags and shoes are a must. All these looks were seen at the fabulous recent Bridal Show at Bunratty Castle Hotel in County Clare. The wedding dress consists of a fishtail train with wonderful sweetheart necklines and lots of appliqué lace on the shoulderline and back. Tulle, satin, and chiffon seem to be the fabrics of choice for most brides and the traditional cathedral veil is making a huge comeback.

In menswear, it's lovely to see the black bow tie on himself walking up the aisle in style. If you are getting married in 2019 or 2020, now is the time to look for mother of the bride or mother of the groom outfits in the boutiques that specialise in wedding fashion. Of course, for you beautiful brides, now is your time to begin searching for the dress.

Don't forget this weekend, the incredible Mid West Bridal Exhibition will take place in the UL Sports Arena, University of Limerick. Doors open at 12 on both days, Saturday and Sunday. See you then! (See page 13)

Orna does a twirl in this sumptuous dress with complementary headpiece from Aisling Maher, Adare

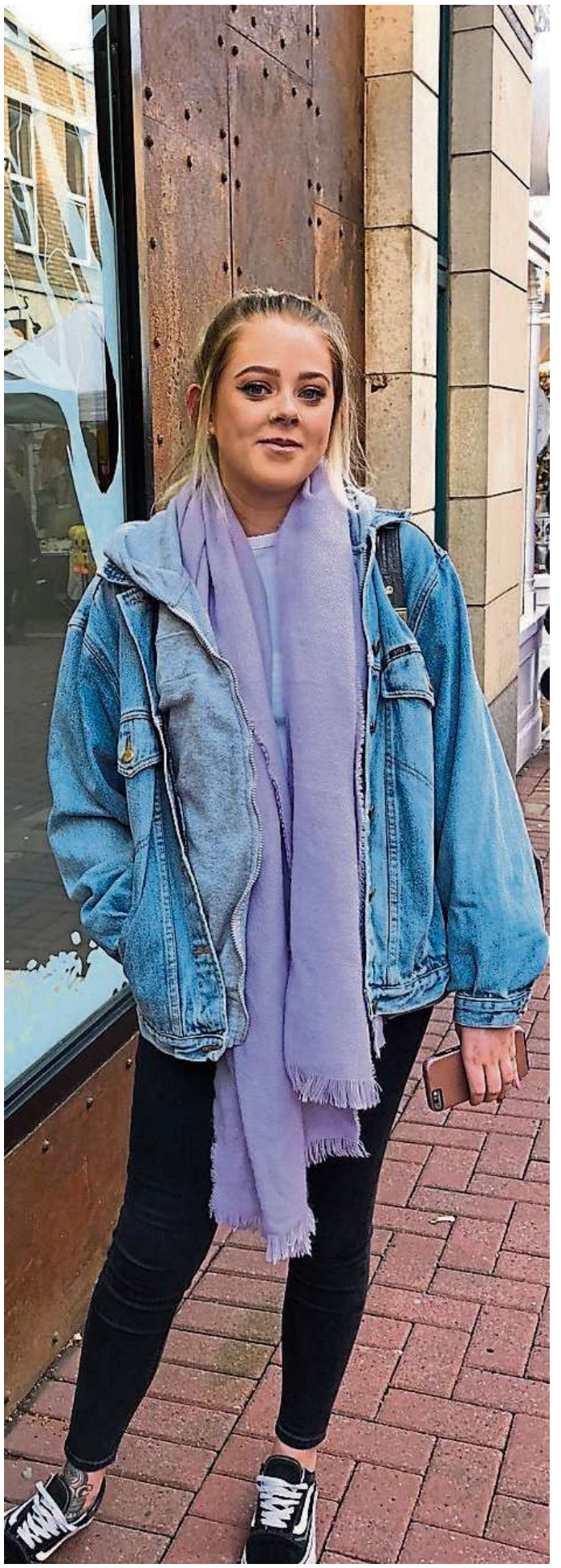
Megan models a glorious 50s-inspired floral design from Sinead's Boutique in Annacotty

Eva wears a beautiful mauve design from Chantilly Lace which would be fabulous as a bridesmaid dress this spring PICTURES: KEITH WISEMAN

CELIA SPOTTED

Looking good out and about in Limerick

Name: Robyn O' Callaghan
Occupation: Caherdavin
From: Works for her grandmother in a family B&B business



My icon is Keilidhmua, an Irish make-up artist who I greatly admire. I am impressed by the way Keilidh built herself up and created her very successful business. She's only 22 years of age and inspires so many young people to express themselves through make-up.

CELIA SAYS

Jacket: Robyn's 80s-inspired denim jacket is from Camden Market in London, one of the world's most famous flea markets. As we saw from the Golden Globe awards on Sunday night, the 80s vibe is back with a bang so Robyn is right on trend with this look.

Hoodie: Robyn has teamed a grey fleece hoodie from Dunnes underneath her jacket to keep her warm. The hoodie is really the off-duty item of clothing these days and the trend is to wear them oversized especially when teaming them with leggings.

Scarf: Robyn adds a nice splash of colour with an accent lavender scarf from Penneys with a plain ribbed white tee underneath.

Jeans: I can't remember the last time I saw a young person wear a pair of flares, it's still all about the skinnies and Robyn sports a great black pair from Topshop which are a great fit.

Shoes: Robyn finishes her outfit with another pop of black and white with a trendy and comfy pair of Vans from Schuh.

Look out for Celia's 'My Week' column in the Limerick Leader every Thursday

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Please include contact information. Closing Date for entries: 31st Jan 2019

I ♥ LIMERICK

RICHARD LYNCH

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Film Festival Founder nominated for Limerick Person of the Year

Limerick woman Jayne Foley, founder of Fresh Film Festival has been nominated for Limerick Person of the Year 2018 PICTURE: SIMRAN KAPUR/ILOVELIMERICK

LIMERICK Jayne Foley has been awarded the title of Limerick Person of the Month, for her unwavering passion and dedication towards the Irish film community. She is now in the race for Limerick Person of the Year 2018.

Twenty years ago, through her love and passion for quality films made by young people, Athlacca native Jayne realised the need for a platform to recognise the potential of young filmmakers.

Fresh out of Limerick School of Art and Design, Jayne decided to follow her instincts. Jayne explained: "I am delighted for being awarded Limerick person of the Month, and it is a real honour. I started Fresh Film Festival, way back in the 1990s, a time when I suppose film and video for young people were not as it is now, but I am so proud we stayed with it."

The Limerick-based Festival, now in its 23rd year, only accepts entrants under the age of 18. Fresh Film Festival accepts short films on any topic, style or genre. The Festival's pride is its Ireland's Young Filmmaker of the Year awards, which include Junior, Senior, and International awards. Other awards include the Radharc Trust Award for the best documentary film, the Boulder Media Animation Award for the best animated film, The RTÉ 60 Second Short Film Award for best 1-minute film, the RTÉ Factual Award for the best factual film and the TG4 Film in the Irish Language. Fresh Film Festival is determined to give every child a chance to become one of Ireland's Young Filmmakers of the Year. The festival has been a springboard to countless rewarding careers.

> **"All these years later we are here, helping young people and encouraging them**

Limerick's Fresh Film Festival has assisted thousands of young people to express their creative talents and has also aided them in their personal development and nurtured lifelong careers.

Talking about her plans for 2019 Jayne said: "All these years later we are here, helping young people and encouraging them. The Festival will always be based in Limerick, as Limerick is so important to me personally. It is a national event that takes place in the heart of Limerick."

This year, the closing date for entries for Ireland's Young Filmmaker of the Year 2019, Ireland's festival celebrating young filmmakers from Ireland and overseas, is January 25, 2019.

Congratulations Jayne, all of us at ilovelimerick wish you the best! See www.freshfilmfestival.com.

Learn how to use social media for positive change

CONTINUING their monthly events, BNest invites you to 'Social Media for a Social Purpose' talk in The Hunt Museum on January 15, where utilising social media for social causes will be discussed. BNest invites campaigners, activists and non-profits who will be given the opportunity to learn how to use social media for positive social change.

BNest are delighted to be joined on the night by their special presenter, Craig Dwyer, founder of 'ForaChange – Digital Strategy for Social Change'. ForaChange released a popular toolkit prepared specifically for campaigners, activists, and non-profit organisations to design and implement an effective digital strategy for achieving progressive social change. The company has been selected as one of the 100 Hot Start-Ups by The Sunday Business Post in September 2018. With 'Forachange' Craig had drawn on his own experiences as one of the key digital strategists behind the Marriage Rights Referendum and the Transparent Referendum Initiative.

On the night Craig will share his experiences on the importance of an effective digital strategy to succeed in your cause, along with simple practical lessons that can help you succeed without the need for large budgets.

Eamon Ryan, BNest founder said: "When I attended Craig's talk on digital media strategy, I was really impressed with his knowledge and positive attitude. The idea of inviting Craig to one of our monthly open events came to my head instantly and we're delighted Craig found time in his busy schedule to come to Limerick to share his knowledge and experience in such an important matter."

The event, which is free and open to all will take place downstairs in the exhibition area of The Hunt Museum on Rutland Street, Limerick on Tuesday, January 15 from 6:30 pm to 8 pm. For more info contact kasia@bnest.ie.

Pictured at the launch of the 'Social Media for a Social Purpose' event were Kasia Zabinska, and Pauline Gannon, BNest, Linda Ledger, St Munchins Community Centre, Maria Richardson, Milford Care Centre, and Eamonn Ryan, BNest founder

PICTURE: CIAN REINHARDT/ILOVELIMERICK

THINGS I ❤ THIS WEEK

TOUCHING DOWN IN THE STATES

Limerick play 'Alone it Stands' makes its American debut

THE 2019 Origin's 1st Irish Theatre Festival is an all-Irish theatre festival located in New York and is the world's only festival devoted exclusively to performing the plays of contemporary Irish playwrights.

The festival is produced by the Origin Theatre Company runs three weeks from January 9 to 28 and features the debut of the Limerick play 'Alone it Stands'.

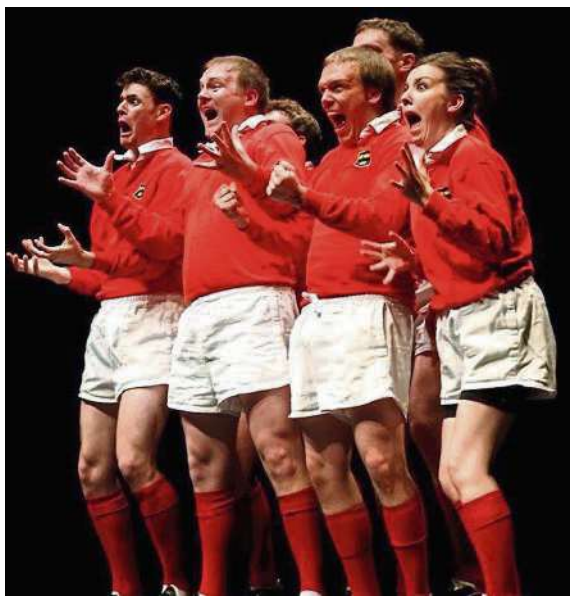
Limerick native George Heslin founded the festival and a major highlight this year is the American premiere of the celebrated drama "Alone It Stands" written by Limerick man John Breen. The award-winning playwright and director revisit the 1978 David vs. Goliath win of Limerick's Munster's rugby club over New Zealand's All Blacks, which is today rightly considered one of the best teams in history. At the time, Ireland was in the grip of both a terrible recession and a raging war in the North, yet this scrappy team from Munster rocked the island with its surprise victory.

Long before the professional era, the all amateur Munster side played host to the legendary All Blacks in Thomond Park on October 31st, 1978. Unfortunately, the game was never televised as Munster went on to beat the undisputed kings of rugby by 12-0.

This brilliant comedy twists and turns at a breathtaking pace depicting a variety of events surrounding the match including a re-enactment of the match itself.

John Breen tells me: 'I am hoping New York audiences take to it as much as audiences around the world. The New York Munster supporters club will come out in force to see the show and if you know any Limerick or Munster people in New York a trip to see this play will be a great way to beat the January blues."

The Irish Times calls this widely toured Irish smash hit "one of the cleverest, funniest, most brilliantly crafted plays you are ever likely to see... a dramatic triumph!" It will play at 59E59 Theatres, 59 East 59th Street, from Jan 10 to 27. See www.1stirish.org.



The cast of John Breen's 'Alone it Stands'

The Mid West Bridal Exhibition 2019 takes place on this Saturday, January 12 and Sunday, January 13 PICTURE: ALAN PLACE

Mid West Bridal Exhibition 2019

UNIVERSITY of Limerick Sports Arena & Exhibition Hall, Castletroy, Limerick will host the most talked about wedding exhibition, the Mid West Bridal Exhibition 2019, on Saturday, January 12 and Sunday, January 13, 2019.

The event will open its doors from 12pm-6pm on both days.

This year's exhibition will not only have fantastic exhibitors, prizes and giveaways but on both days will also welcome Celia Holman Lee offering style tips and award-winning celebrity make-up artist, Michelle Regazzoli-Stone, also known as 'Mrs Make-Up', to share top tips for bridal parties on skincare and make-up. They will also be welcoming the award-winning wedding planner, Sharon McMeel to share her top tips!

Now in its 17th year, the Holman Lee Agency team will give you gorgeous inspirational ideas, making waves in the world of bridal fashion, with two fashion shows daily, covering bridal, bridesmaids, grooms wear, mother-of-the-bride, hats and accessories and guest at the wedding with head-turning hairstyles, glowing makeup and unusual wedding bouquets.

"We are thrilled to welcome Michelle Regazzoli-Stone as our special guest and an exciting new addition – The Beauty Bar from Brown Thomas. It is the biggest to date and caters for all aspects of planning your perfect wedding," organiser Ger Lee from HL Event Management, tells me. See www.midwestbridalexhibition.ie.

HEROS OF THE WEEK

Live 95FM's 95-Stop-Tour

The final total for the 2018 Live 95FM 95 Stop-Tour was announced at the Parkway Shopping Centre on Christmas Eve. Pictured are Katie Martin, 95FM Shadow Crew, Rodger Beck , Parkway Shopping Centre, Jean Moloney, The ARK Ward at UHL, Annemarie Geraghty, Programme Controller 95FM, Dr Niazy Elia Al Assaf - Neonatologist UHL, Gillian Devlin, Presenter 95FM, Mary Madden, CARI, Julie White, 95FM, Brendan Ring, Clionas Foundation, Margo Dunworth, UHL, Phil Deegan, Clionas Foundation and Ciaran McNamara, 95FM Shadow Crew PICTURE: KEITH WISEMAN

MORE than €56,000 was raised for a number of local charities during Limerick's Live 95FM's 95-Stop-Tour for Limerick kids, it has been confirmed.

The three beneficiaries of the radio station's annual fundraising event, which took place last September, were the Children's Ark Unit at University Hospital Limerick (including the Neo-Natal Unit at the UMHL), CARI Limerick and Cliona's Foundation. During the week-long event, various presenters and the Live 95FM shadows visited communities and organisations around the city and county who helped to raise money through a variety of initiatives including coffee mornings, bucket collections, bingo nights, fun cycles, walks, pyjamas parties, living in a window, and family fun days. Well done to all!

I LOVE LIMERICK.com ©

Love to all, Richard x

MANABOUTTOWN

PATRICK McLOUGHNEY

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Be a better you in the new year

Better means better and when it comes to creating a better you in 2019, it's the little things that count

OVER the Christmas period, I decided that I wanted to be a better man in 2019. Last year was a challenging year for me but with the changing of the calendar come new beginnings, new possibilities and new opportunities.

With a little push from a very dear friend, I've set some achievable goals (not resolutions) for 2019.

It's easy to think that becoming a better person is all about making things bigger. Bigger arms, bigger house, bigger car, bigger bank balance.... and yes, I would certainly welcome all of those things but I think it's important to realise that bigger doesn't always mean better. Better means better and when it comes to creating a better you in 2019, it's the little things that count. Here are some small but powerful tips that will hopefully help you to become a better and (most importantly) happier you in 2019.

BE MINDFUL

I must admit that for years I rejected the idea of mindfulness as too "tree-huggery" and dismissed it as something that couldn't connect with. But then I found a way to make mindfulness work for me. For those who might not be familiar with it, mindfulness is a form of meditation in which you focus on external phenomena – usually your breathing. For me, whenever I'm feeling anxious or experiencing "thought overload" I touch something near me. It can be literally anything (although try to avoid touching strangers without their permission) but in this example, I'll use a chair. I will feel the grooves in the wood with my fingers. I will feel how soft the cushion is. I will try to see the shape of the chair without looking. This might sound silly and for years I thought it was too but in these moments where I am focusing on the world around me – the chair I'm sitting on – I am no longer focusing on the things that were heightening my anxiety and my mind is no longer racing. If you want to give it a go, try downloading the Headspace app and listening to it for 10 minutes in the morning. You can be mindful in lots of other areas of your life too. Eating mindfully (not in front of the TV or laptop) can help you consume less and digest your food better. Lifting mindfully, by concentrating on the muscle contraction, will increase your gains and walking mindfully will show you the beauty of nature and stop your thoughts from racing.

> **"For me, whenever I'm feeling anxious or experiencing "thought overload" I touch something near me**

READ MORE

Books that is, not social media posts. At the start of his career, Warren Buffet (the third richest man in the world) read between 600 and 1,000 pages per day. He's since cut back to a more manageable 500, which still amounts to around 80% of his working day. Like many of Warren Buffets investments (he's worth $88 billion), reading pays dividends in the form of knowledge, stimulation, stress reduction, improved memory and higher concentration levels. So trade Netflix and Instagram for educational and self-help books or autobiographies of successful and inspirational people (e.g. Warren). If you're a very busy person or you're on the road a lot then give audiobooks a try.

TRY YOGA

Again, much like mindfulness, I had to be won over by the idea of doing yoga. I got into yoga when I was recovering from a very severe sporting injury (broken tibia and fibula). I wouldn't entertain the idea of going to a class so I purchased a set of DVD and got my stretch on at home in the living room without the eyes of the world on me. There are many benefits to yoga. If you play a sport it will increase your balance and flexibility and reduce your likelihood of picking up muscle injuries. It also increases your range of movement and improves your core strength. Physical and flexible benefits aside, yoga's mindful focus on breathing can reduce stress and can even stop you from getting sick by increasing your production of lymphocytes – white blood cells that fight illness and disease. These days I'd have no problem walking into a yoga class but if you feel the way I used to feel about the idea then download the DDPY app on your phone and get your downward dog on in the privacy of your own home.

GET OUT MORE

By that, I mean to nature and not pubs and clubs. Sunlight is vital for vitamin D, which is important for testosterone production, cancer prevention and cardiovascular health. Studies have shown that office workers who sit next to a window sleep better, exercise more and have a better quality of life than their bullpen inhabiting colleagues. If you can't go out then bring the outside world to you by surrounding yourself with plants – it's been shown to increase productivity and reduce stress. Go for walks on your lunch break and remember to be mindful and take in your surroundings.

SLEEP MORE

Skipping sleep is not a sign of a busy person and is definitely not some kind of badge of honour. Sleep is where your mind and body repair themselves. Sleep deficiency will hamper your memory, your immune system and even your gym gains. The key to good sleep is consistency – go to bed and get up at a consistent time. Even at the weekends. If getting a good nights sleep is problematic for you then give some of the other tips on this list a go first. You should find that they add up to a better nights sleep.

PUT THE PHONE AWAY

I know it might sound crazy but try going off the grid. Turn off as many notifications as possible. Bring in a no phones rule after a certain time in the evening so you can get some real life face-time with your friends and family. Charge your phone in another room overnight instead of having it beside your bed, so that the blue light screen and temptation to scroll doesn't interfere with your sleep. You might have to buy an alarm clock (mad, I know) but you'll be glad you did.

LOOK AFTER YOUR MENTAL HEALTH

Probably the most important one on the list. Occasionally feeling blue is normal and part of life, but if negative or anxious thoughts persist and interfere with your day-to-day life, it might be time to talk to your GP or counsellor. It might be nothing and if it is then at worst you'll lose a half an hour listening to people cough and splutter in the doctor's waiting room. But, at best it could be the start of improving your thinking patterns and getting in a good head space for the journey ahead. Recognising the signs and being open about your experience will also help you become a better friend to people around you that might be going through the same.

Look of the Week

Jack and Jones Limerick

MY look of the week is from Jack and Jones in The Crescent Shopping Centre and on Cruises Street. I love this casual look from the Jack and Jones Autumn Winter range. The T-shirt costs just €19.99, the sweatpants cost €39.99 and my Sneakers cost €59.99. The Jack and Jones store in the Crescent and Cruises Street are the ONLY official Jack and Jones stores in Limerick and their sale is now on so call in and check out their amazing range. Photo by Paudie Bourke.

Watch This Space

Longines Conquest VHP

MY watch of the week is the Longines Conquest V.H.P. from Keanes Jewellers. The Conquest V.H.P. immediately commands attention at first glance. The timepieces come in 3 hands and perpetual calendar version in either 41 or 43 mm diameter cases, as well as a chronograph version that is slightly larger at 42 or 44 mm. Choose between blue, carbon, silver, or black dials that subtly glisten as you move, finished off with a sleek stainless steel bracelet, as well as a black or blue rubber strap with a folding safety clasp.

It's a sharp looking watch that would be equally at home in a dresser environment as it would with jeans and a t-shirt. This Longines VHP is available from Keanes Jewellers for €890.

BEAUTY&MAKE-UP

JESSICA HOCKEDY

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Five skincare tips you must carry into the new year

THIS doesn't need much introduction only that I ask you to please try to up your skincare game for 2019.

Man, woman, alien, whatever you are and whatever your age and whatever your budget, it can be done! It's never too late, let 2019 be the year!

THE ONLY 'EX' YOU NEED IN 2019 IS EXFOLIATION... (LIKE WHAT I DID THERE?)

Exfoliation is important no matter what skin type you have. Your skin type just determines how many times you exfoliate per week. Exfoliation promotes the growth of cell turnover which is a crucial step in having flawless skin! You are removing the oldest skin cells on the skin's outermost surface.

NOURISH REGULARLY

Nourishing your skin should be equally important as nourishing your body. Always be careful and read the labels on your skincare products before you put them on your face. Many commercial products are primarily water which evaporates before your skin has a chance to absorb it. Seek out natural butters and oils. These make great cleansers and properly moisturise your skin.

ALWAYS DEEP CLEANSE AFTER WEARING A FULL FACE OF HEAVY MAKEUP. WASH AWAY 2018 BECAUSE 2019 IS GONNA BE YOUR YEAR!

Cleansing. How hard can it be? You lather up, splash with water, rub with a towel, done. Turns out, however, there's more to it than that; you could actually be improving your skin while you're at it.

The purpose of cleansing is to remove sweat, dirt, bacteria, and make-up from your skin. But to do that, you need to factor in everything from the products you use and the water temperature to when and how often you're doing it.

Another reason to step things up: The more effective you are at removing all the junk on your skin, the better all the stuff you put on top will work.

HYDRATE OFTEN

Hydration is very important for the skin, and your best source of hydration is obviously water as our bodies are mostly made of it. The liquid that comes from energy drinks, soda, and even coffee can be dehydrating to the skin.

If you feel you can't go a day without a can of coke or you can't function without a morning coffee, think again. Try to cut down and see the beautiful changes before your eyes.

It is great for the mind to be challenged.

Stay hydrated: The effect of drinking plenty water will soon become apparent in your skin

You may even require more on hot days or long workouts.

GET GOOD SLEEP

Sleep is vitally important to our overall wellbeing. It is recommended that we get between six and eight hours of sleep a night.

It's how our body recovers from the stress we put on it.

Our skin is an organ, and our organs require the ability to heal and regenerate, which happens when we sleep.

MEGHANNMIX

MEGHANN SCULLY

CONTACT MEGHANN
Facebook: @meghannscully **Email:** meghann.scully@spinsouthwest.com

SPIN SOUTHWEST

Pick'n'Mix

Must win in Champions Cup

Munster are back in Champions Cup action after a successful Christmas of playing PRO14. They face English side Gloucester Rugby on Friday night in Kingsholm. Kick off at 7.45pm.

New routine for the new year

I have started CBD oil after hearing so many people trying it our for various reasons and health benefits. It's apparently beneficial for pains and anxiety. It gained popularity after becoming available locally in health shops.

Wild Youth gig announced

Irish group, Wild Youth had a very successful 2018 and they have kicked off this year with a bang. They just released Making Me Dance and it's a great uptempo track. They play Dolan's on April 6.

Beat the January blues!

With so many of us embarking on resolutions, eating healthier, joining gyms and steering clear of alcohol, it can be tough trying to find ways of making what seems like the longest month of the year pass by. Here are some events and things to do to help you through January.

COMEDY

We all need a good laugh and who better than Irish comedian Neil Delemere. The Edenderry man is performing in UCH on Saturday January 19. The show is based on the illusion of control but with his wit and comedic values you are sure to be left in stitches.

Another Irish comedian making waves in Joanne McNally and she will be bringing her Gleebag show to Dolan's on January 12.

LIFESTYLE

BEO is an event to inspire and motivate. There will be talks, a panel discussion, demonstrations and food. It all happens in The Strand Hotel on January 13 from 11am. Tickets can be booked in advance of the event.

SPORT

Munster are on a bit of a streak at the moment with momentous wins over Leinster and Connacht in the PRO14 series, among others. They are back in Champions Cup action next weekend when they face Exeter Chiefs in Thomond Park on Saturday January 19. Tickets are like gold dust for what is going to be an exciting and exhilarating game.

RACING

There is greyhound racing taking place in Limerick Greyhound track on January 17 and 19 and indeed each Thursday and Saturday. A night at the dogs is always good fun.

Mary Queen Of Scots has been receiving rave reviews and stars Irish actress Saoirse Ronan

CINEMA

January is a busy month for films and the cinema as a trip is always an enjoyable way to spend an evening. Keira Knightley and Dominic West are the leads in Colette, a story that tells of a marriage where one woman tries to escape her husband's control to find her own voice. It's out this Friday, January 11.

Mary Queen Of Scots has been receiving rave reviews. It stars our very own Saoirse Ronan and Aussie actress Margot Robbie. It tells the real life story of the 1569 conflict between two countries and leaders.

FITNESS

While the mild weather remains, it is perfect for walking and hiking. Ballyhoura is a great hiking route that also offers biking trails. Lough Derg is another scenic hiking area. If you have children, Cratloe Forest is perfect. It has a playground at the entrance and an ideal walkway into the forest. There you have it, some fun and fresh things to do and events to attend to help get through January and the shake off any post Christmas blues.

Metis Music For Mental Health

THIS Friday Metis Music For Mental Health takes place in Dolan's. A night of singing and reflection kicks off at 8pm. Following the success of the inaugural event, this Friday's promises to be even better.

Performers include Corpus Christi Choir, Dora Gola, Dylan Murphy, Siomha Brock, Emma Langford and Conor Ward to name but a few. I'm also delighted to be involved this year as MC.

The gig is in aid of three very worthy charities: Pieta House, Limerick Suicide Watch and Corpus Christi Primary School. It was sold out last year so for tickets email kdaly@metisireland.ie

Emma Langford performing on stage at the previous Metis Music For Mental Health gig

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GERALDINES A.F.C.

WEEKLY LOTTO DRAW HELD ON 30/12/18

This Week's Jackpot: €5200 No's: 17-20-21-23
Lucky Dips:
Laura Carroll c/o PRO, Adam Frahill c/o PR, Helen Lowe c/o Tommy Lowe, Noel Moloney c/o Mike Ryan
Promoters Prize James McNamara and PRO
NEXT Draw held 7th January 2019
Next Week's Jackpot: €5300

GERALDINES A.F.C.

WEEKLY LOTTO DRAW HELD ON 7/1/19

This Week's Jackpot: €5300 No's: 5-6-22-26
Lucky Dips:Dermot McManus c/o Dave Connolly, Sean O'Callaghan c/o Kevin O'Callaghan, Anne O'Regan c/o Rowe Nugent
Promoters Prize Dave, Chridty O'Neill and Dave Connolly
NEXT Draw held 14th January 2019
Next Week's Jackpot: €5400

BREAKING NEWS
Contact
061 214500
LIMERICK LEADER The Leader
www.limerickleader.ie

ST. MARY'S R.F.C.

Lotto Draw held Monday 7th January 2019
Winning Numbers: 1-14-19-27, No Jackpot Winner

4 Winners €40 each:
Denis Ryan c/o D Frawley, James Cusack, c/o Mullins, Stephanie Cahill c/o D Frawley, Myra Costelloe c/o Michael Cosgrove
Next Weeks Jackpot €5550 Draw will take place in Larkins Bar

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GERALDINES A.F.C.

WEEKLY LOTTO DRAW HELD ON 23/12/18

This Week's Jackpot: €5100 No's: 3-4-5-20
Lucky Dips:Sanchna c/o Jean McNamara, Eugene O'Donnell c/o Dave Connolly, Paddy Foley c/o Dave Connolly, Annemarie Kelly c/o James McNamara
Promoters Prize Dave Connolly and Eddie Mahony
NEXT Draw held 30th December 2019
Next Week's Jackpot: €5200

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PLANNING NOTICES

APPLICATION TO PLANNING AUTHORITY

LIMERICK CITY & COUNTY COUNCIL: I, Mary Hennessy intend to apply to Limerick City & County Council for planning permission for the demolition of an existing chimney, construct a first floor extension to the side on an existing house, widen the existing entrance gates and all ancillary site works at 34 Meadowvale Close, Raheen, 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.

LEGAL NOTICES

AN CHUIRT DUICHE
(THE DISTRICT COURT)
DISTRICT COURT AREA OF LIMERICK
DISTRICT NUMBER 13
The Gaming and Lotteries Act, 1956, Section 15
APPLICATION FOR A CERTIFICATE
Marine Pine Limited T/A Time Out Arcade
Applicant

TAKE NOTICE that the above named Applicant of 43 Parnell Street, Limerick, will apply to the District Court sitting at Mulgrave Street, Limerick, on Thursday 7th day of February 2019 at 10.30 a.m. for a Certificate under Section 15 of the Gaming and Lotteries Act, 1956 (No. 2 of 1956) authorising the issue of a License permitting gaming at an amusement hall or funfair known as Time Out Arcade at 42-43 Parnell Street, Limerick, in the said Court Area.
The number and kinds of games proposed to be carried out are as follows:-
assorted video games, amusement games, sports, t.v., coffee / tea bar, music.
AND FURTHER TAKE NOTICE that the Applicant will rely on the following matters in support of the Application:-
i. The Applicant is not disqualified by Section 8 of the said Act from the promotion of gaming under Section 6 or Section 7 thereof;
ii. Gaming shall not be carried on at the said amusement hall other than in accordance with the license on foot hereof and during normal hours;
iii. Gaming carried out in the said amusement hall shall be restricted to the following kinds of gaming, to wit 50 Bally type fruit machines and 100 video type gaming machines and 50 other assorted gaming machines which shall be subject to the following provisions;
a. the stake in each game shall not be more than three cent for each player;
b. no player under 16 years of age shall be permitted to play;
c. no player may win more than the value of sixty three cent in each game; and
d. neither taking part in nor the result of a game shall entitle the player to take part in any other game or lottery or otherwise to receive or be eligible to compete for any money or money's worth.
Dated this 4th day of January 2019.
Signed: _____
Sweeney McGann
Solicitors for the Applicant
67 O'Connell Street
Limerick
TO WHOM IT MAY CONCERN

FAMILY ANNOUNCEMENTS

BIRTHDAY REMEMBRANCES

† KELLY

(Birthday Remembrance)

In loving memory of a loving son, brother, grandson, nephew and cousin Baby Stephen Kelly, late of Shannon, whose birthday occurs today. Gathering at grave for prayers.

A birthday wish for you today,
I miss you more than words can say;
The pain and tears I try to hide,
Though my heart is broken deep inside,
I sent a dove to Heaven Stephen,
With a parcel on its wings,
You'll love it when you open it
It's full of beautiful things.
Inside are a million kisses,
Wrapped up in a million hugs,
Wishing you a happy birthday Stephen,
And sending all my love.
Happy 9th Birthday son, love always Mammy and Daddy xxxx

Today is your birthday,
And the memories are so sad,
Of a brother we loved,
And wished that we still had,
They say it's a beautiful journey,
From the old world to the new,
Someday we'll make that journey, Stephen,
Just to be with you
Love you always, your brothers and sister xx

No Birthday cards can I send
For there is no address
Just a beautiful garden
Where my special nephew rests.
Of all the gifts in life
However great or small,
To have you as my nephew Stephen
Was the greatest gift of all
They say there is a reason
They say that time will heal
But neither time nor reason
Will change the way I feel
For no one knows the heartache
That lies behind my smile
No one knows how may times
I have broken down and cried
I want to tell you something
So there won't be any doubt
You are so wonderful to think of
But so hard to live without
Always loved and remembered by Auntie Niamh and Bill xxx

The heartache and the sadness
Might not always show,
People say it lessens
How little do they know?
They say I have my memories
But they just don't understand,
I cannot kiss a memories face
Or hold a memories hand.
On the outside it seems I'm healing
But God if they could see inside,
The pain and the sadness of losing you
Hasn't changed since the day you died,
But when I'm sad and lonely
And everything goes wrong,
I seem to hear you whisper,
Cheer up and carry on.
Stephen you were so special
What more can I say
Except I wish with all my heart
That you were here today.
Always missed and never forgotten by aunt Mary xxx

Mammy tells us stories
Of how things used to be
How in every situation
Something funny you would see.
Mammy says you're our Guardian

BIRTHDAY REMEMBRANCES

Angel
And because we are still small
You'll be there to watch over us
Even when we grow tall.
Always missed and never forgotten by your three cousins Jason, Denika and baby Ian xxx

How do I write on paper,
The feeling I have inside,
From a heartbroken Aunty who has missed you since you died,
My heart still aches with sadness,
My secret tears still flow,
For what it meant to lose you,
No one will ever know,
Call his name out softly, Lord,
And when he looks your way,
Tell him that I love and miss him every day.
If Heaven had a number
I would call you on the phone
To wish you Happy Birthday
And ask you to come home.
A kiss blown up to the sky so blue -
Catch it, Stephen,
it's just for you.
Happy 9th Birthday Baby Love from Aunt Hayley and MJ xx

A million tear stained kisses,
We send especially to you,
Because today's your birthday,
And we're really missing you.
Happy Birthday Stephen Love Nana Bonnie & Sadie xx

Time passes memories stay,
Never forgotten especially today,
I will never forget you Stephen
I won't even try,
I miss you more as time goes by,
My life goes on without you,
But things are not the same,
It's hard to hide the heartache,
When someone speaks your name,
No matter how life changes,
No matter what I do,
A special place within my heart,
Is always kept for you.
Always loved and remembered by Grandad Noel xx

We still miss you so much, Stephen
And however hard we try,
There is always that part of us,
That cannot say goodbye,
Because we hope that you still know,
We miss you more and more than any words can show.
We can't believe nine years have passed
Since we saw your smiling face;
You were so very special, Stephen
No one can take your place.
With broken hearts we whisper low,
God bless you, Stephen, we love you so.
Love and miss you always uncle Mickey, Lydia, Kayla and Luke xxx

We cannot wrap a present,
We have no balloons to blow;
We cannot hang banners
As we wish to do
But all your friends in Heaven
Know how much we care
And how we wish we could come
To the party planned up there.
Happy birthday little man, love Stephen, Caroline, Ella, Sarah and Mary xxx

A birthday wish we send today
But not on a card in the usual way
But written in gold on a cloud above
And sent to you with all our love.
Happy Birthday Stephen Love always Trisha, Chloe, Lee, Debbie & Kids

BIRTHDAY REMEMBRANCES

Meet me in my dreams, Stephen
And talk to me once more;
Ease the everlasting pain
That makes my heart so sore
And when I reach the golden gate
Where life is free from pain,
I will put my arms around you, Stephen
And never let you go again.
It was a sudden parting,
Too bitter to forget;
Those who loved you dearly,
Are the ones who can't forget.
We often sit and think of you,
And think of how you died
To think you could not say good-bye,
Before you closed your eyes.
Miss and love you always from your uncle Martin, Claire Kingston and Harley xx

IN MEMORIAM

† HANRAHAN

(31st & 30th Anniversaries)

In loving memory of our mother Elizabeth (Liz-Jane) Hanrahan, late of 26 St. Oliver Plunkett Street, St. Mary's Park, Limerick City, who died on 10th January 1988, also our beloved brother Nicholas Hanrahan, late of 26 St. Oliver Plunkett Street, St. Mary's Park, Limerick City and Acton, London, who died on 22nd January, 1989.

Will those who think
of them today,
A little prayer to Jesus say.
Sadly missed by Paddy, John Joe and Betty.

† NOLAN

(16th Anniversary)

In loving memory of Jimmy Nolan, late of 9, Sarsfield Gardens, Moyross, Limerick, whose 16th Anniversary occurs January 10th.

A million tears won't bring you back
I know because I tried;
Neither will a million tears,
I know because I cried.
You left behind a broken heart
And precious memories too
We never wanted memories, Jimmy,
We only wanted you.
Sadly missed by from your Mam Geraldine, brothers and sisters, brothers-in-law, sisters-in-law, nieces, nephews, grandnieces and grandnephews, son Cian and friend Rosie

THANKSGIVINGS

GRATEFUL THANKS to the Sacred Heart, our Blessed Lady and St Joseph for all favours received. Also thanks to St. Padre Pio, A.O.D

GRATEFUL THANKS to The Sacred Heart and Our Blessed Lady for all favours received and also thanks to St. Padre Pio. M.J.M; A.A.A.A.S.

IN MEMORIAM

† O'DONOGHUE

(First Anniversary)

In loving memory of a wonderful husband and father Michael O'Donoghue late of Lenihan Ave, Prospect Limerick, whose first Anniversary occurs on the 15th of January. Mass will be offered on Saturday 12th of January at 1:00pm in the Dominican Church.

Mike, My Love.
A daily thought,
A silent tear,
A constant wish,
That you were here.
I thought I knew what heartbreak was,
I had not got a clue but I found out the hard way,
The day I lost you.
Of all the gifts in Life,
However great or small.
To have you as my husband,
Was the greatest gift of all.
Loved and missed everyday by your loving wife Teresa xxx

Dad
There is a gift in life,
You cannot buy,
A gift so rare and true,
It is a gift of a Wonderful Father,
Like the one I had in you.
From your loving son Michael xxx

Brother
A heart of gold,
A life so true,
Loved and Cherished,
By all you knew.
Always loving helpful and kind,
What lovely memories you left behind.
No words we write will ever say,
How much we miss you day by day.
Sadly missed by your sister's Mary, Rita, Nuala, Pauline and Bernie, Brother's Patrick and Peter, Sister's In-Law & Brother's in-Law. xxx Nephews, Nieces, Relatives and Friends xxx

Will those who think of Mike today,
A little prayer to Jesus say xxx
Sadly missed by Dolores, James and Family.

One year has passed since that sad day
When one we loved was called away
Gone the days we used to share
But in our hearts you are always there
The gates of memory will never close
We miss you more than anyone knows
His cheery ways and smiling face
Are a pleasure to recall
He had a kindly word for everyone
And he died loved by all
Sadly missed and always in our thoughts love your sister in law Precious, nieces, nephews, Bernie, Sandra, Samantha, Frank Linda and Peter

IN MEMORIAM

Today your memory is quietly kept,
No words are needed
We will never forget
Each one of us in our own way have special thoughts of you today.
Sadly missed never forgotten your sister-in-law Anne, Tony and Family

Mike
This is your Anniversary
you would not want a fuss.
Just to be remembered,
and a prayer from all of us.
Many God Bless you
and keep you in his care.
Sadly missed by your sister-in-law Mary & Family xxx

Memories have lovely ways of bringing back our yesterdays,
As you are, you will always be very special in our memory.
No matter how life changes,
No matter what we do.
A special place within our hearts is always kept for you.
Sadly missed and never forgotten from your niece Samantha, Kevin, Kevin & Craig xxx

Gone are the days,
we used to share,
But in our hearts
you are always there.
Love your sister-in-law Carolyn & nephew Jamie

Time passes,
Memories stay,
Silently remembered everyday.
Love your sister-in-law Breda, Domo & Family

THANKSGIVINGS

NOVENA TO THE SACRED HEART

Dear Heart of Jesus, in the past I have asked for many favours. This time I ask you this very special one (mention favour). Take it dear Jesus and place it within your broken heart where your holy Father sees it. Then in His merciful eyes it will become your favour, not mine. Amen. Say prayer for 3 days. Promise publication and favour will be granted.MJM

Those we love,

We never lose,

For always they will be,

Loved, remembered, treasured

Always in our memory.

IN MEMORIAM

† MCCARTHY

(18th Anniversary)

In loving memory of Christina (Peg) McCarthy late of 12 Colmcille Street, St. Mary's Park, Limerick who died on January 6, 2001.

As we prepared for Little Christmas
My thoughts were of you
You always made my Christmases
The happiest I ever knew
I try my best to celebrate The birth of Christ the king
But in my heart I realise I've lost my everything
No presents to give you mama
No wishes sincere
Only the heartache of not having you here
They say that hearts don't really break
Dear Lord that is not true
The day you took my mother Peggy away
My heart just broke in two
So many things have changed
Mama since your gone
If I was to put down I'd only go on and on
18 lonely years without you thats what it is today
I always think of you You are never far away
Happy anniversary and a happy new year Peggy also happy new year to my two beautiful brothers Tommy and Sammy and to Bernadette also my two nephews Johnny Moran and Johnathan McCarthy
Also thinking of my beautiful granddaughter who is an angel in the sky mind Isabella for my Mike and Nicola mama. Never forget you, love and miss you from your baby Ber, Mikey and family.

Nana peggy It's only small but means a lot
To tell you nana we have not forgot
Someone still loves you, someone still care someone still whispers your name in their prayers
A place in our hearts is yours alone A piece of love no one can own
You live in our hearts and walk by our sides
From heaven above you are always our guide
Happy New year Nana Peggy love and miss you from your granddaughter Stacey, Jonanthan and your great granddaughter Candice.

Nana, Hi Nana this is me here, Christina and Bernice We never got to meet you, Perhaps it's just aswell
Because you would having us living with you in 12,Colmcille St
You would have never left us out of your sight
But our mother will never let us forget you
Because you are always spoken about in our house
Hi Nana Sam and MIke here
Happy anniversary Nana Peggy
We love you and miss you as much as you loved us
Hi Nana, your five granddaughters here, Stacey, Katie, Sarah, Christina and Bernice
You were a Nana with a heart of gold
How much we miss you can never be told
A kiss blown up to the sky so blue
Catch it nana it's just for you
Love your from your seven grandchildren

IN MEMORIAM

It seems like only yesterday,
The wound is still so sore,
For every hour of every day,
We miss you more and more,
I thought of you today Mam
But that is nothing new,
For I thought about you yesterday,
As I will my whole life through,
You left us lovely memories,
That make us laugh and cry,
The short time we shared together,
No millionaire could buy.
Sadly missed by your daughter Ann and family xxx

† CASEY

(17th Anniversary)

In loving memory of Paul "Ollie" Casey, late of 15 Cliona Park, Moyross, and late of Garryowen, who died on January 12, 2002. Masses offered.

God gave me a wonderful Brother, whose memory will never grow old.
He fashioned his smile out of sunshine,
And he had a heart of gold.
He wanted a new star in Heaven, a beautiful star to shine,
So out of this world of sorrow,
He chose that Brother of mine.
And on that night God chose him, my whole world fell apart,
For when he had chosen my Brother, he had chosen the King of my Heart.
So many times, I see you, Ollie,
I turn but you're not there;
It hurts so much to be alone,
But then I hear your prayer:
Just take my hand,
I'll guide you, no harm will come your way.
Tomorrow and forever with you I'll always stay.
Rest in Peace, Ollie.
Sadly missed by your sister, Mary and Tony. xxxx
Rest in Peace.
Also remembering my brother Enion at this time.

No one knew that morning,
What sadness the night would bring,
When a heart of gold stopped beating,
And I could not do a thing,
We never said goodbye,
Perhaps it's just as well
How could I say goodbye to my Uncle, whom I loved so well?
Rest in Peace.
Sadly missed by your niece, Donna. xxxxx
Also remembering my Uncle Enion.

Sitting by your bedside, Ollie,
I knew I had to let you go,
And it broke my heart in two,
You fought your battle with courage,
Your pain you tried to hide;
I will never forget the last few days,
I was glad to be by your side,
And though my heart was breaking,
There was nothing I could do.
Ollie, I wish with all my heart,
Your smiling face to see,
Chatting with our friends,
The way it used to be.
I lost two things that night,
My Brother and My Friend.
Rest in Peace.
Sadly missed by your sister, Jackie. xxxxx
Rest in Peace, Ollie.
Also remember Enion.
Miss you Bro.

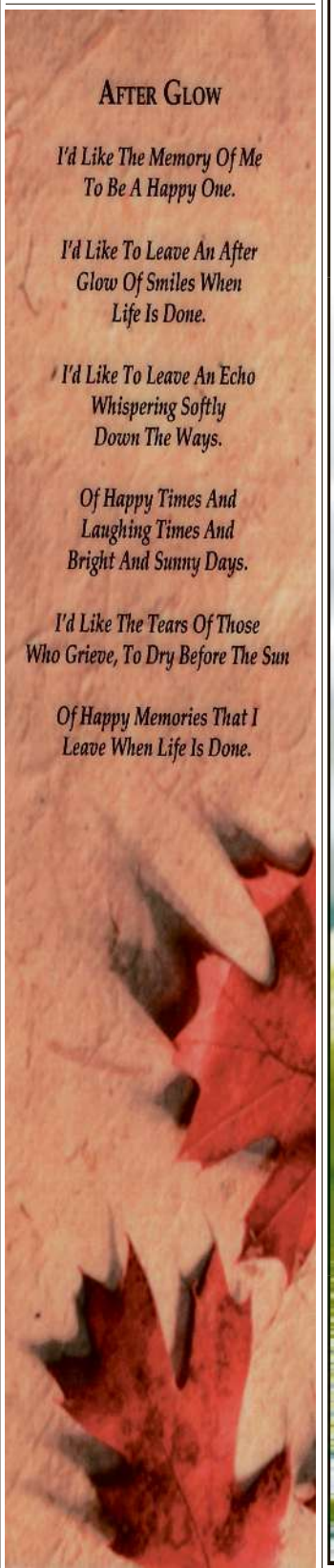
IN MEMORIAM

I want to tell you something,
So there will be no doubt:
You're so wonderful to think of,
And so hard to be without.
Sadly missed by your brother, Noel.

My brother, Ollie, was so special,
I valued him with pride
I never knew how special,
Until the night he died.
I looked back on the good times,
That he and I have known;
He made my life so happy,
I never felt alone.
Sometimes when I am sad and lonely,
And everything goes wrong,
I seem to hear you whisper,
"Cheer up and carry on!".
Sadly missed by your sister, Kay

The very echo of your name,
The memory of your smile;
The little things you said and did,
Are with me all the time.
Sadly missed by your brother, John; Ann and family.

Time passes & life goes on
But from our hearts
You will never be gone.
From his loving niece Deidre and grandniece Audrey



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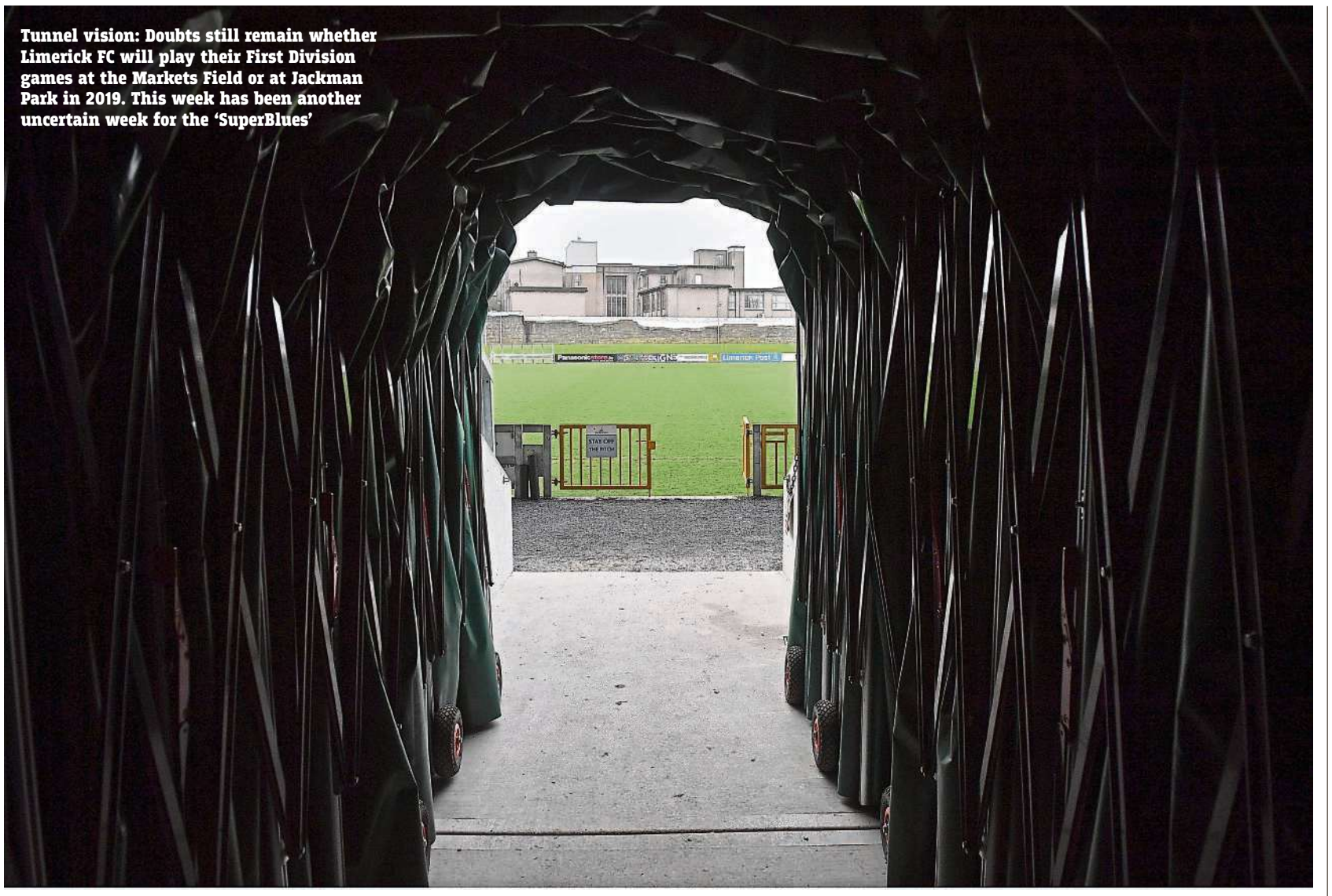
SPORT Leader

CUP ACTION TOPS THE BILL

Local sides chase national glory

See Page 61



Tunnel vision: Doubts still remain whether Limerick FC will play their First Division games at the Markets Field or at Jackman Park in 2019. This week has been another uncertain week for the 'SuperBlues'

Uncertainty continues for Limerick FC as 'GM' leaves

Soccer: Limerick FC kick off pre-season with Cork City fixture at UCC

COLM KINSELLA
sport@limerickleader.ie

LIMERICK FC play their first pre-season friendly this weekend against the backdrop of the sudden departure of their general manager.

The Tommy Barrett managed Limerick side tackle Cork City in the first of three confirmed pre-season friendlies this Saturday at The Farm, UCC, 2pm.

Limerick returned to pre-season training at Hogan Park last weekend.

Less than 48 hours earlier, Limerick FC owner Pat O'Sullivan revealed the Blues had appointed a new General Manager, Breifne Earley, to run the club.

However, Earley confirmed this week that he would not be continuing in the role with the Blues, after two months of takeover discussions on behalf of a US based investment company, to purchase Limerick FC which would have 'cleared debts and secured the future of the club' had 'broken down irretrievably'.

Speculation has been rife over where Limerick will play their home games in 2019. However, Barrett said it is his understanding that the Blues will continue to play at the Markets Field.

While Limerick have 13 players signed for next season, up to five more players are currently training with the squad.

Manager Tommy Barrett said: "We have 13 players signed, we have a few lads in on trial. There were 18 players training this morning (Tuesday), so numbers are creeping up.

"We have a few more players to sign yet. We are training three mornings a week at Hogan Park. Ideally, we would like to have signed 16 or 17 players and then work off our U19 after that, but as many as we can.

"We have to cut our budgets, we have to cut our cloth to suit our measure."

Manager Barrett said the players and coaches needed to distance themselves from the off-field speculation over potential investors looking to invest in the club and the recent departure of the general manager.

"Players just want to get on with playing. Like I said, we need to have a plan and stick to it, whether we are amateur or we have a certain budget set and we stick to it, we get the best possible local players that we can for that budget and get the best and most competitive team out.

"You have to distance yourself from all that stuff and that is all we can do. You can only work with what you have."

In and out : Limerick FC GM Breifne Earley who left the club this week

Limerick FCs pre-season schedule will see the Blues take on Finn Harps at the FAIs National Training Centre on Saturday, January 19 at 5pm as well as Waterford at the RSC on Sunday, January 27.

The Blues will kick-off life back in the First Division with a home fixture against Longford Town on Friday, February 22, 7.45pm.

Limerick FC squad 2019: Jack Brady, Tommy Holland, Shaun Kelly, Killian Brouder, Sean Russell, Robbie Williams, Colm Walsh-O'Loghlen, Adam Foley, Ger Barry, William Fitzgerald, Karl O'Sullivan, Aaron Fitzgerald, Connor Ellis.

Rugby

O'Mahony: 'Gloucester will be well fired up'

COLM KINSELLA
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MUNSTER captain Peter O'Mahony has warned that Friday night's Heineken Champions Cup opponents Gloucester will be 'well fired up' for the crucial Round 5 contest, 7.45pm.

Munster currently sit on top of Pool 2 of the Heineken Champions Cup, three points clear of second-placed Castres Olympique and four points in front of both Exeter Chiefs and Gloucester.

Following Friday night's trip to Kingsholm, live on BT Sport, Munster complete their pool fixtures against Exeter at Thomond Park on Saturday, January 16, 5.30pm.

In the build-up to Friday night's game, it has been confirmed that out-half Ian Keatley is to move from Munster to Benetton Rugby at the end of this season.

Thirty one-year-old Keatley has been with Munster since his move from Connacht in 2011.

Munster centre Jaco Taute has been linked with a move to English Premiership side Leicester Tigers for next season.

Meanwhile, Munster captain Peter O'Mahony says playing away from home in the Heineken Champions Cup is always an 'incredible challenge'.

O'Mahony said: "They have an incredibly proud and passionate following, they are going to be well fired up for us."

Captain Peter O'Mahony is relishing Gloucester clash

Cup action tops the bill

PAT SHEEHAN
sport@limerickleader.ie

Ball watching: Cian McNicholas, Mungret Regional and Mandalino Rolareslu, Brazuca look on as the ball is cleared during their Lawson Cup meeting last weekend

ON SUNDAY the FAI Junior Cup takes centre stage with three of Limerick's four remaining sides are vying for a place in the last 16 of the competition.

The big game in round six is no doubt the clash of FAI kingpins Sheriff Utd and Pike Rovers.

The Dublin side have won the competition four times in the last seven years with a defeat to Liffey thrown in for good measure.

They have been the best team in the country over the last decade and while some suggest they may be on the wane somewhat they still lead the Dublin AUL by four points and look determined to regain their mantle.

Pike Rovers for their part have been to two deciders in the last three seasons, unfortunately luck was not on their side in either game.

They are determined to take that one extra step this time out.

The Limerick side are experienced enough to know the hurdle they face but it will not deter them. They beat Sheriff on their way to their only success in the competition back in 2011 so hopefully it is a good omen.

The Limerick District League will have at least one team in the hat for the last 16 as Aisling Annacotty were drawn out of the hat with Newport.

Aisling are in the midst of a rebuilding phase and it is going to plan. Although they are in mid table they are developing a number of very good young players that augers well for the future of the club. They have won their last four games so come into the tie in a confident mood.

Their opponents Newport also come into the tie full of confidence. Although plying their trade in Division 1B, their line up suggests they would hold their own much further up the tables.

In Christy Doyle they possess a superbly talented player with 27 goals to his credit, including a seven goal haul last weekend versus Northside.

Home advantage gives Aisling an edge but they can expect nothing easy from the Tipperary side.

In the Lawson Cup Regional Utd versus Nenagh and Hyde Rgs versus Star Rvs, both called off last weekend due to bereavements, are rescheduled while Fairview Rangers take on a Shelbourne side who pipped Kennedy Park to win the right to face the premier side.

Athlunkard scored a good win away to Corbally and as a result welcome Charleville to Lee Estate.

The Premier side met Athlunkard in the Munster Junior Cup back in September and suffered a humiliating 9-2 defeat. They will keen to show that was an abomination.

There are two games in the PJ Matthews Premier League. Leaders Janesboro will be looking to take advantage of Pike and Regional's inaction to increase their margin at the top of the table.

They travel to Garryowen to take on a Geraldines side who have already knocked them out of the Munster Junior Cup this season.

Last Sunday 'Dines went within a whisker of lowering Pike's colours in the Lawson Cup at the same venue.

I don't expect Janesboro will be caught off guard this time so expect a different approach by the Champions.

Ballynanty Rvs will be looking to build on their Lawson win over Herbertstown when they host Prospect in LIT.

The Open Cup continues with Hyde Rgs B hosting Cappamore for a place in the last four.

Kilmallock B take on Fairview Rgs C with the winners claiming the first cup final spot of the season.

In Division 1A Mungret and Coonagh will overtake leaders Moyross if they win their games against Castle Rvs and Holycross respectively.

Tonight (Wednesday) The Tuohy Cup gets down to serious business with the first quarter final between Nenagh and Fairview Rgs in Jackman Park at 7pm.

For more see #LLSport on social media.

JUNIOR SOCCER

PREMIER DIVISION	P	W	D	L	Pts
Janesboro	14	12	1	1	37
Pike Rovers	13	10	3	0	33
Regional Utd	13	9	2	2	29
Ballynanty Rovers	11	8	1	2	25
Fairview Rgs	13	6	5	2	23
Aisling Annacotty	13	6	2	5	20
Geraldines	11	5	1	5	16
Prospect Priory	12	2	4	6	10
Nenagh AFC	12	3	0	9	9
Kilmallock	12	3	0	9	9
Charleville	14	2	1	11	7
Carew Park	14	0	0	14	-3*

DIVISION 1A	P	W	D	L	Pts
Moyross	13	9	1	3	28
Mungret Reg	13	8	3	2	27
Coonagh Utd	13	7	5	1	26
Athlunkard Villa	13	8	2	3	26
Fairview Rgs B	13	7	3	3	24
Holycross	13	6	3	4	21
Murroe	13	6	1	6	19
Cappamore	13	4	3	6	15
Corbally Utd	13	3	2	8	11
Castle Rvs	13	2	2	9	8
Aisling Ann B	13	1	5	7	8
Summerville Rvs	13	2	0	11	6

DIVISION 1B	P	W	D	L	Pts
Kilfrush	13	11	0	2	33
Hill Celtic	12	9	1	2	28
Newport	13	9	1	3	28
Geraldines B	13	7	2	4	23
Knockainey	14	6	4	4	22
Caherconlish	12	5	3	4	21
Shelbourne	12	4	5	3	17
Southend	13	4	3	6	15
Ballylanders	13	4	0	9	12
Caherdavin Celtic	11	3	1	7	10
Granville Rgs	13	1	2	10	5
Regional Utd B	13	2	0	11	3*

DIVISION 2A	P	W	D	L	Pts
Hyde Rgs	9	9	0	0	27
Star Rvs	9	8	0	1	24
Caledonians	9	5	0	4	15
Patrickswell	8	4	1	3	13
Kennedy Park	8	3	0	5	9
Charleville	9	2	1	6	7
Glenview Rvs	8	1	1	6	4
Corbally Utd B	9	1	1	7	1*

DIVISION 2B	P	W	D	L	Pts
Mungret Reg	11	8	1	2	25
Pallasgreen	10	6	4	0	22
Holycross B	11	6	0	5	18
Newport	11	5	2	4	17
Athlunkard Villa B	10	4	2	4	14
Aisling Annacotty C	10	3	3	4	12
Parkville	10	2	4	4	10
Caherdavin Cel B	11	2	2	7	8
Ballynanty Rvs B	10	1	2	7	5

DIVISION 3A	P	W	D	L	Pts
Kilmallock B	11	8	2	1	23
Castle Utd	11	6	4	1	22
Wembley Rvs	10	5	3	2	18
Murroe B	9	5	2	2	17
Janesboro B	11	5	1	5	16
Prospect Priory B	10	4	1	5	13
Meanus	10	4	3	3	15
Knockainey B	11	2	2	7	8
Abbey Rvs	11	1	3	7	5
Aisling Annacotty D	10	1	1	8	4

DIVISION 3B	P	W	D	L	Pts
Herbertstown	9	6	3	0	21
Brazuca United	10	5	3	2	18
Hyde Rgs B	9	5	2	2	17
Weston Villa	9	5	0	4	15
Coonagh Utd B	9	5	0	4	15
Kilfrush B	9	4	2	3	14
Northside	9	4	1	4	13
Cappamore B	9	2	3	4	9
Dromore Celtic	9	2	1	6	7
Mungret Reg C	10	0	1	9	1

DIVISION 4	P	W	D	L	Pts
Lisnagry	9	7	1	1	22
Fairview Rgs C	9	6	1	2	19
Shelbourne B	9	5	1	3	16
Coonagh Utd C	9	5	1	3	16
Parkville B	9	4	2	3	14
Aisling E	9	3	2	4	11
Athlunkard Villa C	9	2	2	5	8
Murroe C	8	2	1	5	7
Newport	9	0	1	8	1

JUNIOR SOCCER FIXTURES

WEDNESDAY JAN 9

TUOHY CUP
Nenagh v Fairview Rgs, 7.00, J Hates, D Power, B Higgins

SATURDAY JAN 12

LAWSON CUP
Regional Utd v Nenagh, 7.00, J McNamara

BALON SPORT U17 DIV 1
Aisling v Newport, 2.15, G Clancy

SUNDAY JAN 13

FAI JUNIOR CUP
Sheriff Utd v Pike Rvs, 2.00, Aisling Annacotty v Newport, 2.15, R Broe, J McNamara, A Galvin

LAWSON CUP
Fairview Rgs v Shelbourne, 11.00, N Casey, Hyde Rgs v Star Rvs, 2.15, R McCann, Athlunkard v Charleville, 11.00, A Keogh,

OPEN CUP
Hyde Rgs B v Cappamore, 11.00, T O'Sullivan, Kilmallock B v Fairview Rgs C, 2.15, F O'Neill

PJ MATTHEWS PREMIER LEAGUE
Ballynanty Rvs v Prospect, 11.00, K Gorman, Geraldines v Janesboro, 11.00, Garryowen, B Higgins

GALTEE FUELS DIV 1A
Cappamore v Corbally Utd, 11.00, R Peiper, Summerville v Murroe, 11.00, J Rooney, Mungret Reg v Castle Rvs, 11.00, M Kennedy, Holycross v Coonagh Utd, 11.00, D Power

GALTEE FUELS DIV 1B
Geraldines v Southend, 11.00, Rathuard, M Kiely, Kilfrush v Granville Rgs, 11.00, M. Cuddihy,
Caherdavin v Hill Celtic, 11.00, A Whelan, Regional Utd B v Knockainey, 2.15, M Kiely

MCGETTIGANS DIV 2A
Caledonians v Patrickswell, 11.00, D Power

MCGETTIGANS DIV 2B
Parkville v Ballynanty Rvs B, 11.00, M Murphy

STA FURNITURE DIV 3A
Aisling v Wembley Rvs, 11.00, E Kenny, Prospect v Murroe, 2.15, E Kenny

ALL TAN SUNBED DIV 3B
Northside v Coonagh Utd, 11.00, J Clancy, Dromore v Herbertstown, 2.15, T O'Sullivan

EDEN HAIR SALON DIV 4
Lisnagry v Aisling, 11.00, M Monahan, Parkville v Shelbourne, 2.15, J Clancy

BALON SPORT U17 DIV 1
Nenagh v Fairview Rgs, 2.15, D Power

BALON SPORT U17 DIV 2
Corbally Utd B v Kilfrush, 2.15, M Kennedy, Caherdavin v Aisling, 2.15, M Monaghan, Corbally Utd A v Cappamore, 2.15, M Kavanagh, Shelbourne v Geraldines, 2.15, J Curran

WEDNESDAY JAN 16

TUOHY CUP
Aisling Annacotty v Prospect Priory, 7.00, Jackman Park, J McNamara, AR Broe, A Keogh

For more see #LLSport or log on to www.limerickleader.ie

ON THE BALL

"Limerick to the core..."

DONN O'SULIIVAN

Second tier championship should not be dismissed

Something has to give. Gaelic Football is in need of a radical change if it is to survive as one of our most played national sports.

"Let's be honest about it, we have to do something about football, especially when compared with last year's hurling championship. At least we're trying to look at ways of improving the quality of the product." the words of Limerick manager Billy Lee following his side's 3-15 to 0-7 loss to Cork in the McGrath Cup semi final last weekend.

Billy Lee, never a man to shirk responsibility, has spoken out many times before about the battle that Gaelic Football fights every week just to survive in this county and many other counties around the island of Ireland.

Ironically, the one senior GAA competition which every single county (London and New York too) enter into, is the competition in need of the most change.

The GAA has made the decision to top load the championship with the 'Super 8s'

The powers that be saw the potential for added revenue and ran with it. But what of the rest of the teams?

The GAA, unlike many other sports in this country, is built on county pride and the very nature of this 'love for the jersey' is being diminished by the GAA as they attempt to cut counties out of the inter county scene.

What is hard to understand is why there is no second tier championship for the counties who wish to play in one.

There are calls for change, but someone has to put their head on the block and stand up for a change.

I think that Limerick could be one county who could make a case for this new 'radical' idea.

Limerick football had its purple patch in the 2000s. Four Munster final appearances and a quarter final appearance in Croke Park against Kerry saw Limerick on an upward curve.

Yes, mistakes were made then by the Limerick football board and the structures in place we not adequate enough to promote more players to the top level, but the GAA must also take some responsibility.

The Munster championship was returned to a seeded arrangement for Cork and Kerry, meaning Munster final appearances were to become fewer and fewer each decade.

Nowhere to go: Limerick's Jamie Lee has nowhere to go as Corks Ian Maguire James Fitzpatrick close him down during Sunday's McGrath Cup semi final in Rathkeale PICTURE: KIERAN RYAN

Limerick dropped down the divisions in the league due to the knowledge that Sam Maguire moved further and further from their grasp as each Winter arrived.

If there can be a tiered league campaign, why not a tiered championship to run alongside the 'Super 8'

There should be no shame in playing football at your own 'level'

Some people are better than others at different things.

Circumstances and environment alone are massive contributing factors, but if it continues in the current form lines, there won't be an issue about tiers, there will be a bigger one as counties look to pull out and not play football at all.

That is the biggest fear of all.

COLM KINSELLA

Local schoolboy soccer league reveal schedule for new calendar season

THE Limerick and District Schoolboy League (LDSL) this week confirmed its schedule for the groundbreaking first calendar year season.

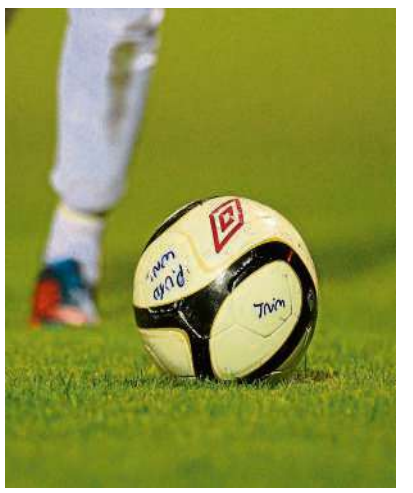
In 2019, the LDSL season will run from February until November meaning that large chunks of the season will overlap with the local under-age GAA season.

Unlike previous years, when the LDSL schoolboy soccer season ran from September through the May, the decision has been made to schedule the 2019 season from February until November in line with a switch made by other schoolboy soccer leagues around the country.

The LDSL say that their new season has been agreed following 'consultation with the clubs in our league, the LDSL committee and the (GAAs) Bord na nOg'.

However, it is hard not to envisage at least some teething problems where clashes of schoolboy soccer and under-age GAA fixtures occur.

In more rural areas, with small numbers, an under-age GAA team can often include players of three different ages, which makes it more difficult to avoid a clash with a soccer fixture.



In such a scenario, it will be difficult for young players if they have to choose one sport over another in the event of a fixture clash. It will be tough on parents too and also on volunteer coaches fretting over whether they will have enough players to fulfil a fixture.

The LDSL season does include a summer break from mid-July until the end of August, peak holiday time for families.

The LDSL point out that the new schedule for running schoolboy soccer 'will be reviewed at the end of the season by all the appropriate bodies.'

The switch to a calendar season should improve the quality of the pitches schoolboy soccer is played on and should facilitate lighter, skilful players to develop their talents.

It should also mean fewer postponements of fixtures for weather reasons. Very wet winters in recent years has wreaked havoc on schoolboy soccer fixtures forcing entire weekends of games – bar the small number played on astro pitches – to be wiped out.

It will be very interesting to see how the new calendar schedule works out in practice.

Limerick Celtics face tough semi final task

Hang time: John 'Slippers' Galvin of Limerick Celtics attacks the Eanna defence during their inter conference clash last weekend. This Saturday the Celtics face Ballincollig in the Cup semi final

LEADER REPORTER
sport@limerickleader.ie

THE Limerick Celtics' senior men's side face a tough task this weekend in the Men's National Presidents Cup semi final.

The Tony Hehir coached side are up against Southern Conference giants Ballincollig and their US sensation Andre Nation.

However, the Celtics will call upon former Limerick Senior football star John Galvin, while the returning Alvaro Martinez will add much needed scoring support for the men in Green.

The tie is set for Neptune Stadium, Cork at 6pm on Saturday evening.

It's a double weekend of action for the Celtics as their girls U-18 side are in National Shield action.

The Celtics take on Titans BC on Saturday at 12 noon in Parochial Hall Cork, with a place in the semi final up for grabs against DCU Mercy or Oblate Dynamo.

The Celtics club are on a high at present following the their U-15's boy side's win in the John Coughlan tournament.

This is the first time that a Limerick Club has won this prestigious national basketball tournament.

BASKETBALL IRELAND FIXTURES

HULA HOOPS PRESIDENTS NATIONAL CUP SEMI-FINAL

IT Carlow Basketball v Bad Bobs Tolka Rovers, 14.00
Tradehouse Central Ballincollig v Limerick Celtics, 18.00

Indoor Champions: The Limerick Mens Hockey team are pictured following their win in the Munster Indoor Championship. The win sees them qualify for the National finals in Antrim

HEINEKEN CHAMPIONS CUP

'It will be fantastic occasion'

MUNSTER head coach Johann van Graan said the opportunity to be involved in high stakes Heineken Champions Cup games such as Friday's away date with Gloucester was the reason he took up his current role.

Van Graan is in his second year as head coach at Munster having joined the province in November 2017, after signing a contract as Head Coach until June 2020.

The head coach moved to Munster from his role as Springboks forward coach, where he played a key role in developing the forwards and attack for the 2015 Rugby World Cup, when South Africa collected the bronze medal.

Munster can take a significant step towards qualifying for the knock-out stages of the Heineken Champions Cup by beating the 'Cherry and Whites' in Kingsholm on Friday, 7.45pm, live on BT Sport.

Van Graan said: "I've never been to that stadium before, but what I've read and what I've heard, it's an incredible place, it's a sell-out and it's Munster versus Gloucester. There's so much history between the clubs so it will be a fantastic rugby occasion on Friday night.

"I've said it so many times before, that's why I came to the Northern Hemisphere, for days like Friday evening.

"You've got the best players in both leagues that are going to go for each other and the winner over the next two weeks between the four teams, there's a quarter-final spot available so we have to look forward to it.

"There's no lack of motivation or excitement for this week. I think the key from the coaching point of view is to actually hold them back and not to waste unnecessary energy before we take the field on Friday night."

Wednesday

DARTS
BDO WORLD CHAMPIONSHIP
EUROSPORT 1PM

HORSE RACING
TAUNTON
RACING TV 1.10PM

SOCCER
MONACO V RENNES
BT SPORT 3 5.45PM

SOCCER
MAN CITY V BURTON
SKY SPORTS 7.45PM

SOCCER
PSG V GUINGAMP
BT SPORT 1 8PM

Thursday

HORSE RACING
CLONMEL
RACING TV 12.15PM

DARTS
BDO WORLD CHAMPIONSHIP
EUROSPORT 1PM

BIATHLON
OBERHOF BIATHLON
EUROSPORT 1.15PM

ICE HOCKEY
HV 71 V FARJESTAD
FREE SPORT 6PM

GREYHOUNDS
YARMOUTH
RP GREYHOUND TV 6.25PM

Friday

HORSE RACING
SEDGEFIELD
SKY SPORTS RACING 1.30PM

HORSE RACING
WOLVERHAMPTON
SKY SPORTS RACING 4.10PM

RUGBY UNION
GLOUCESTER V MUNSTER
BT SPORT 1 7.45PM

SOCCER
LEEDS V DERBY
SKY SPORTS 7.45PM

SOCCER
RAYO VALLECANO V CELTA
ELEVEN SPORTS 8PM

Saturday

SOCCER
WEST HAM V ARSENAL
SKY SPORTS 12.30PM

RUGBY
LEINSTER V TOULOUSE
BT/CHANNEL 4 1PM

RUGBY
ULSTER V RACING 92
BT SPORT 3.15PM

SOCCER
CHELSEA V NEWCASTLE
BT SPORT 1 5.30PM

NFL
COLTS @ CHIEFS
SKY SPORTS 9.35PM

Sunday

RUGBY
EXETER V CASTRES
BT SPORT 1PM

SOCCER
EVERTON V BOURNMOUTH
SKY SPORTS 2.15PM

RUGBY
LYONS V SARACENS
BT SPORT 3.15PM

RUGBY
GLASGOW V CARDIFF
BT SPORT 3.15PM

SOCCER
SPURS V MAN UTD
SKY SPORTS 4.30PM

SOCCER
BARCELONA V EIBAR
ELEVEN SPORTS 5.30PM

NFL
CHARGERS @ PATRIOTS
SKY SPORTS 6PM

SNOOKER
THE MASTERS
BBCI 7PM

BASKETBALL
HAWKS @ BUCKS
SKY SPORTS 8.35PM

NFL
EAGLES @ SAINTS
SKY SPORTS 9.40PM

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