

# LIFTING THE TREATY

**Tourism strategy sets ambitious targets for Limerick**



Mayor James Collins was joined by Limerick City and County Council's Gordon Daly, director of services, and Majella O'Brien, tourism officer, at the Treaty Stone for the launch of Limerick's new tourism strategy. See page 18  
PICTURE: BRIAN ARTHUR

# The Leader

Wednesday, April 17, 2019

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**NEW MAYOR** Directly elected office could cost €450k **P6**

## SEAT OF POWER

Council spends €75,000 on furniture for office including eye-opening price for 38 chairs **P4**



## BUSINESS

Well-known leaders engage in frank discussion on Limerick's potential **P31**



**Munster face Saracens for spot in Champions Cup final** **Sport**



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# LeadingOff

Setting the agenda in Limerick



**▲ GOOD WEEK**  
**Community spirit**  
 It's TLC5 this Good Friday and over 21,000 people are coming to get all the litter in Limerick. Watch out!



**▼ BAD WEEK**  
**Public information**  
 Those tasked with launching the plebiscite on directly elected mayors were light on detail at City Hall this week



**☀ QUOTE OF THE WEEK**  
 "I feel so invigorated, there are so many buildings we could use for abseiling in the Mid-West"  
**Angela Collins, 75, after abseiling off Croke Park for charity - see p14**

**INSIDE THIS WEEK**



**FUNDING FOR UHL**  
 60-bed block green-lit  
 Page 8



**SCHOOL'S PLASTIC BAN**  
 Crescent takes initiative  
 Page 16

## Not too late to help in great clean-up



**Gordon Daly, Limerick City and County Council, Limerick Hurlers, Kevin Downes and Paul Browne, Robert Coll, volunteer, Mayor of Limerick, Cllr James Collins, Chief Supt. Ger Roche and Evelyn Sloane, 2, at the launch of TLC 5**



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

THE Easter weekend is nearly upon us and as I write this the weather forecasters are predicting a fine weekend. Easter is, for many, a very significant occasion in the religious calendar with Good Friday and Easter Sunday, in particular, noteworthy days. Sunday is the end of Lent and I am not sure how many people these days go on a sacrifice for 40 days and look

forward to bingeing on food on Sunday and eating Easter eggs and chocolate for the day. But what I do know is that JP McManus, Paul O'Connell and Helen O'Donnell and Co. have changed Good Friday for good. For on that morning in Limerick around 21,000 people in virtually every village and town in Limerick will take part in the Team

Limerick Clean-up. This is TLC5. Tons of rubbish will be collected by young and old with Mr Binman helping take it away for disposal. Twenty thousand people can do an awful lot and if you are not part of a group, why not take an hour out and get on the gloves and collect any rubbish you can find near where you live. Be Limerick, be proud!

**WEBTOPTEN**

- 1 Hole drilled at front of electricity meter by Limerick woman
- 2 Emergency services at scene of crash on main Limerick road
- 3 Emergency services at scene of double-vehicle collision in County Limerick



- 4 Dunnes Stores paid €1m on empty Limerick site
- 5 Underage girl was sold alcohol at Limerick off-licence
- 6 Limerick Animal Welfare appeals for new home for grieving pet after owner's death

- 7 Six-month-old baby was on passenger's lap in Limerick
- 8 Limerick trio Limerick trio selected on Fitzgibbon Cup hurling Team of the Year
- 9 "I dunno", driver tells judge when asked why he failed to stop at junction
- 10 Disqualified Limerick driver tests positive for cocaine



**Aaron Gillane nominated for Fitzgibbon Cup team of the year**

**WEATHER FOR THE WEEK**

<b>WEDNESDAY</b> Some sunny intervals between cloudy conditions. High of 16°C	<b>THURSDAY</b> Sunnier again today with temperatures hitting 19°C	<b>FRIDAY</b> A great day for TLC5 with sunny spells and a high of 21°C	<b>SATURDAY</b> More lovely conditions with sun and a peak of 21°C	<b>SUNDAY</b> Getting more overcast and cool with a high of just 17°C	<b>MONDAY</b> Rain expected to hit in the afternoon. High of 14°C



**JAIL FOR MUGGING**  
 Man attacked pensioner  
 Page 12

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# MyLimerick

**John Kelly**

President Limerick Thomond Rotary Club



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

It has to be a sunny weekend during a festival like the upcoming Riverfest, showcasing our great vibrant city, and rounded off by a BBQ with family and friends.

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

I have three early memories that stand out:  
1. Being brought to see the turning on of the Christmas lights and the window displays in Todds - it was magical!  
2. Marching in the Saint Patrick's Day parade - being soaked to the bone and freezing cold - but having so much fun and loving every minute with friends and family.  
3. As a young boy, being brought backstage at Tops of the Town by my grandmother.

**What's your favourite part of the county and why?**

That's an easy one - it's my home, Clarina, where I live with my beautiful wife and two lovely children.

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

My favourite walk is at Curraghchase - at any time of year - and my favourite view is from the rooftop terrace of the Strand Hotel looking out over the city.

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

It has to be the amazing people who live here! Limerick is a city of diversity, culture and community, making it a wonderful place in which to live and work. The diversity of people, organisations and events which bring people together and give back to the community is truly unique.

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

The Strand Hotel, Limerick, with award-winning chef Tom Flavin creating the menus, and fellow Rotarian - general manager Stephen O'Connor - at the helm.

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

I believe the biggest challenge facing the city is actually an opportunity - an opportunity which is being realised by the exciting planning and development which is taking place in the city and county. The challenge is to the employers of the future - the multinationals and indigenous businesses - to get here first to tap into the diverse talent pool which exists here among the people of Limerick. With Shannon Airport on our doorstep, and the diverse, multicultural, creative and talented workforce among those who call Limerick home, our biggest challenge is growing sufficiently to meet the inevitable demand from the multinationals who have already identified Limerick as a place which is ready and open to do business on an international/global scale.

## FRONT PAGES OF THE PAST

**30 YEARS AGO  
JANUARY 8, 1989**

O'Malley reveals his price for deal, was the bold heading on the front of the Limerick Leader as Des O'Malley negotiated with Charlie Haughey after a General Election. The exclusive story revealed that the price of the PDs'

participation in a Haughey led government would be at least two Cabinet posts. Another political story revealed that Corbally publican Cllr Gus O'Driscoll had his eye on the position as mayor of Limerick. And the main photograph was of a grandchild born to around the world sailor Pat Lawless.



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# Former councillor died after laundry caught fire in dryer

**DAVID HURLEY**

david.hurley@limerickleader.ie

THE inquest into the death of former councillor Seamus Houlihan has been told laundry in the drum of a tumble dryer at his home is likely to have “self-heated” and caught fire after the appliance’s cooling cycle was stopped or interrupted.

The 84-year-old died in the early hours of June 2, 2018 as a result of carbon monoxide poisoning and smoke inhalation.

Limerick Coroner’s Court was

told the alarm was raised shortly before 2am when Mr Houlihan’s son – James – arrived home having been socialising with his partner in the city centre.

He described how the house at Rose Court, Keyes Park, Southill, was filled with smoke when he entered. He found his father to be unresponsive in an upstairs bathroom and he was pronounced dead a short time later.

The inquest was told a condenser dryer in the downstairs kitchen was quickly identified as the cause of the fire and that it was



**The late Seamus Houlihan**

taken from the house and technically examined by consultant engineers who were retained by gardai.

A detailed report was prepared and coroner John McNamara read some of the key findings into the record during the inquest.

The engineers’ report stated the risk of laundry “self-heating and subsequent spontaneous combustion” is a known safety risk in the laundry industry – particularly if the cooling phase of a cycle is stopped or interrupted.

While the cause of the fire at Mr Houlihan’s home could not be definitively established the report states the evidence is “consistent” with such a scenario having occurred.

In his evidence, James Houlihan said the lint filter in the dryer was regularly changed and he insisted

the dryer was not turned on when he left the house at around 11pm.

“I have gone through every second of that bloody day,” said the former city councillor.

After returning a verdict of accidental death, the coroner said he was concerned that ordinary consumers are not being made aware of the risk of laundry self-heating and catching fire of the cycle is interrupted.

“People generally don’t read the small print in booklets,” he commented. “I, for one, didn’t know it was a hazard,” he added.



**The former courtroom at Merchant’s Quay has been converted into an open-plan office and is now home to members of the council’s Design and Delivery department**

## Council spends €75,000 on furniture for ex-courtroom

**Refurbishment:** Orangebox DO’ chairs at €257.37 each part of works for 70-80 staff

**DAVID HURLEY**

david.hurley@limerickleader.ie

LIMERICK City and County Council spent more than €75,000 on new furniture during the refurbishment of the former district court and Courts Service offices at Merchant’s Quay, it can be revealed.

The local authority took possession of the former courtroom – next to City Hall – last year after the new multi-million criminal courthouse at Mulgrave Street opened.

The refurbishment works, which were carried over two floors, were completed at the end of October and staff from the council’s Design and Delivery department moved in just

before Christmas.

Figures obtained by the Leader under the Freedom of Information Act show a total of €75,715.05 was paid to Gerry Lombard Design relating to the furniture which was bought as part of the refurbishment works which took a number of months to complete.

Invoices from the Limerick-based company show the council was supplied with 38 ‘Orangebox DO’ chairs which cost €257.37 each while 25 ‘Orangebox Joy-05’ chairs, which have no arms, were supplied at a cost of €165.30 per chair.

A further 38 ‘upcharge aluminium base’ office chairs were also bought at a total cost of €967.85.

In addition to chairs, a variety of

desks, screens and filing cabinets were also supplied to the council.

More than €4,100 was spent on 38 ‘Bisley NOTE pedestals’ – small drawer units which fit under desks – while a total of €9,293.22 was spent on 34 ‘Bisley ET tambour’ storage units.

Six ‘AOC4 filing cabinets’ were supplied at a total cost of €762.90 while 12 ‘Rodd suspension file frames’ were supplied at a cost of €49 per unit. One ‘Newport table’ with a white top was purchased at a cost of €242 while a single manager’s desk cost €365.62.

A spokesperson for the local authority confirmed the invoices related to the refurbishment of the former district court building.



### The Design and Delivery department has increased in headcount

**LCCC SPOKESPERSON**

“The building was refurbished to accommodate the Design and Delivery department which has increased in headcount following demands in relation to the national housing crisis,” she added.

More than 70 local authority staff are now working in what was the former courthouse.

The refurbishment works also involved the upgrading of fixtures and fittings in the building while toilet and showering facilities were also upgraded.

The former courtroom was revamped and converted into an open-plan office which extends into what was the judge’s chambers.

The former custody area is being used as a storage area.

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Saturday 4th May

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When: 12pm - 3pm  
Where: Howley's Quay



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## LEADER NEWS BULLETIN

## Referendum

## Campaign urges Limerick voters to check the register

The Referendum Commission has launched a campaign to encourage people in Limerick to make sure they are registered to vote on the referendum on the regulation of divorce.

As part of the campaign it is encouraging people to make sure they are on the register before the May 7 deadline.

The referendum will take place on Friday, May 24 – the same day as the European and local elections.

“In order to vote, your name has to be on the register of electors for the address at which you



normally live and checking if you are registered is really very simple, you can find at [www.checktheregister.ie](http://www.checktheregister.ie) or you can also check the

register in local authority offices, post offices, garda stations and public libraries,” said Ms Justice Tara Burns, chairperson of the Referendum

Commission. Unregistered voters are being asked to make sure they are added to the supplement by completing a form from [www.checktheregister.ie](http://www.checktheregister.ie), or at council offices, garda stations, post offices or public libraries.

## Concert for Amy

## Musical concert to help the Amy Mulcahy fund

ON Friday May 3 at part of RiverFest St Mary's Cathedral is to host a wide range of musical talent as part of a free concert,

This concert will focus on the legacy of the river Shannon through music, story and song.

With permission of her parents and the support of her rowing club, Athlunkard Boat Club, there will also be an opportunity for those attending to make a contribution to the Amy Mulcahy Fund.

Twelve year old Amy, a primary school student from Annacotty was seriously injured when the boat she was in overturned near Thomond Weir. She remains in a serious condition in a hospital in Dublin.

The concert will begin at 8pm. All are welcome

## Policies

## Tree Policy is high on the Green Party's agenda

Brian Leddin, the Green Party candidate for Limerick City North has called for Limerick City and County Council to develop a Tree Policy for the effective management and protection of the city's trees.

“The recent felling of mature trees in Castletroy and in Russell Park are a reminder that, unlike local authorities in the UK and elsewhere in Ireland, Limerick Council lacks a defined policy on tree management, auditing and protection,” he said.

Mr Leddin (pictured) also pointed out that “trees provide significant



economic, social, environmental, ecological and aesthetic benefits to our communities and to our urban and residential streets, parks and open

spaces” and notes that “it is remiss for Limerick, which has many mature trees, not to adopt best practice in this area. As well as mitigating flooding, strategic tree planting can reduce noise for residents living on busy roads, and can have a positive impact on air quality. A small investment in tree planting and management would prove benefits to residents for years to come,” said the Green Party representative.



Henry Abbott, chairman of the plebiscite committee, chats with Mayor James Collins PICTURE: MICHAEL COWHEY

# Mayor's office could cost €450,000 to run

## Vote: Plebiscite on plans for directly elected mayor

DAVID HURLEY  
david.hurley@limerickleader.ie

THE cost of running the office of a directly elected Mayor of Limerick could be up to €450,000 a year, it has been revealed.

The committee overseeing the plebiscite, which takes place on Friday May 24, has launched a public information campaign which will see a printed guide – in English and Irish – being sent to every home across Limerick between now and polling day.

At a media briefing on Monday the chairman of the committee, retired High Court judge Henry Abbott, said any directly elected mayor will be paid an annual salary of around €130,000 – the same as a Minister of State.

He or she will be entitled to recruit two advisers and there will be other costs and expenses associated with the running of the office. The committee's guide states the total annual cost could be anywhere between €313,000 and €450,000 depending on the individual mayor.

“There could be some elected mayor who could decide to do the job on a restrained budget within the parameters of the proposal or there could be another mayor who could have a more expensive budget,” said Mr Abbott.

The Government is proposing that any

## They are answerable to the electorate first of all

HENRY ABBOTT,  
COMMITTEE  
CHAIRMAN



directly elected mayor will assume some of the executive responsibilities which are currently carried out by the CEO of Limerick City and County Council.

It is proposed that issues relating to human resources, planning permissions and the allocation of housing would remain the responsibility of the council CEO.

In addition to the executive functions, any directly elected mayor would also act as chairman of the full council and would assume the ceremonial duties associated with the office of the Mayor of Limerick city and county. There will be 40 councillors in addition to any directly elected mayor.

It is proposed the directly elected mayor will serve a five-year term running alongside the life of each council although the first directly elected mayor is likely to serve a shorter term – possibly just two years.

Any directly elected mayor will come under the remit of the Standard in Public Office Commission and, in a first for any political office in Ireland, there will be a ‘recall mechanism’ similar to that which operates in the House of Commons meaning a new election can take place.

“They are answerable to the electorate first of all, they are directly elected and if they have any interest of being re-elected that's a very serious level of accountability,” said Mr Abbott.

In addition to sending an information guide to homes across Limerick, a public information event will take place on May 16 and there will be an extensive media campaign across print, radio and online platforms.

For more see [www.mayors.gov.ie](http://www.mayors.gov.ie)



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## LEADER BRIEFS

## Film on history of city cinemas

A new film on the history of Limerick cinemas will be launched at the Millennium Theatre LIT Thursday April 25.

The Picture House by Dave Burns looks back at the glory days of the Limerick cinemas and features archival footage and photographs of cinemas such as the Savoy, Royal, Lyric and Tivoli together with the memories of former cinema workers and patrons.

## Pensions for CE supervisors?

Sinn Fein Senator Paul Gavan has called on the Government to take immediate steps towards implementing a Labour Court Recommendation to provide pensions for Community Employment (CE) scheme supervisors.

# No patients at UHL block until late 2020

**FUNDING:** HSE approves €15.8m for 60-bed block after weeks of concern

**FINTAN WALSH**

fintan.walsh@limerickleader.ie

THE CRUCIAL 60-bed block at University Hospital Limerick that has received its funding go-ahead may not be able to admit patients until late 2020, the UL Hospitals Group has indicated.

This Monday, it was announced that the UHL block received €15.8m in funding as part of the HSE capital plan for 2019, following weeks of widespread confusion and concern over the provision of funding for the project.

The allocated €15.8m will fund the design and building of the 60-bed unit.

"It is anticipated that the design of the main works will commence in late May 2019 once contracts are signed and



The project at UHL could be ready by October 2020

an agreed state date is in place. It is anticipated that the design and build phase will take 15 months to complete," a spokesperson for the UL Hospitals Group told the Leader.

"Once the building is handed over by the contractor, the

equipping/commissioning of the unit should take a further two months to complete before the 60-bed block is ready to start admitting patients."

That indicates a delivery time of around October 2020.

The Leader asked if the

first patient will be admitted in October 2020. The spokesperson said that they "are working on ensuring the project is delivered as soon as possible".

"The total capital cost of this project is estimated to be €19.5 million. This is a significant project for the Midwest region that will begin to address the acknowledged shortfall in bed capacity and UL Hospitals Group will make every effort to ensure the project is delivered as soon as possible."

Fine Gael senator Kieran O'Donnell said that the HSE issued a letter to the UL Hospitals Group on Friday to confirm the funding.

He said that funding was always going to be in place for the multi-million euro

development.

Asked if concern expressed by other members of the Oireachtas over the funding was merited, Sen O'Donnell said: "For me, the funding was always in place. There was an element of confusion around the capital plan itself.

"For me, it was about getting the 60-bed block, the works underway as quickly as possible and that's why I pushed for the €2m to be put in place. Anyone can go out and physically see at University Hospital Limerick site that works are underway."

It was originally indicated that the project will be completed by June 2020, should construction work start in the immediate future.

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## Tusla services in city get €5.4m for facility



St Joseph's Hospital on the Ballysimon Road in Limerick

**FINTAN WALSH**

fintan.walsh@limerickleader.ie

CHILDREN and family services in Limerick have received a €5.4m boost as Tusla has been given the go-ahead for a brand new facility in the city.

Tusla services, including social work, fostering, family support, child protection, are currently dispersed at different locations around the region, but will all operate from the St Joseph's Health Campus on Mulgrave Street.

Announcing the news this Monday morning, Senator

Maria Byrne said Tusla will carry out refurbishment and extension of a disused building at the campus which is adjacent to Limerick prison. Construction work will commence this May and is expected to be completed by July 2020.

"This is a great and vital development for Limerick. I want to particularly thank Children's Minister Katherine Zappone for helping with this and most importantly, the approval of €5.4m funding, to allow the project proceed," Sen Byrne said.

"This project will allow

one single point of access to children, families and relevant agencies who use Tusla services.

"Our children and youth are our greatest asset and it is important that those who need it should be afforded the right supports and structures from the State. This new facility will be a further enhancement of what is happening here in Limerick. It is also further evidence of the capital funding which this Fine-led Government is prioritising for Limerick," the Government senator said this Monday morning.



# A NEW DAWN

EASTER VIGIL IN  
THE HOLY NIGHT  
BEGINS AT 4.30AM

## Holy Week Programme

- **Holy Thursday** *April 18th*  
Morning Prayer at 10am  
Celebration of the Lord's Supper at 7.15pm  
Night Prayer at 10pm
- **Good Friday** *April 19th*  
Morning Prayer at 10am  
Way of the Cross at 4pm  
Celebration of the Lord's Passion, with  
Holy Communion at 7.15pm  
Prayer around the Cross at 10pm
- **Holy Saturday** *April 20th*  
Morning Prayer at 10am  
The Easter Vigil in the Holy Night on Sunday at  
4.30am. The Vigil will be followed by **breakfast**  
in the Monastery.
- **Easter Sunday** *April 21st*  
Mass at 8am, 12 noon (with children's liturgy);  
Candlelight Mass at 7.15pm
- **Confessions**  
Thursday, Friday, Saturday from  
10.30am to 7.15pm

# Easter

AT THE REDEMPTORISTS



## Comments from online readers

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



### SENIOR GARDAI IN LIMERICK SUPPORT GARDA STATION FOR CASTLETROY

#### Ailis Ni Chofaigh

It's not happening any time soon - "In response, Minister of State Mary Mitchell O'Connor said a new station for Castletroy is not included in the Garda Síochána building and refurbishment programme, which runs until 2021."



#### Catharina Scanlon

New station is only a building...we don't have enough gardai in the stations that are there.... plenty of stations closed down.

#### Marie Buckley

Election time appearances

### LIMERICK SOUTHSIDE RESIDENTS FEAR HOMES COULD BE KNOCKED

#### Alan Colbert

Only a FG majority led council could actually be knocking down houses during this historic rental and homelessness crises. Gombeens comes to mind.



#### Stephen McMahon

€500 a Month to heat the house? Knocking them and building a modern A rated home would be the best possible outcome.

### UHL READY TO START ADMITTING PATIENTS TO 60-BED BLOCK BY LATE 2020

#### Louise Ryan

If someone isn't killed or seriously injured before then it will be sheer luck. Mistakes are being made because of how busy a & e is. If something seriously more effective like reopening Nenagh, Ennis and St. John's isn't done then 60 more beds doesn't matter a damn.



#### Billy Curtin

Nobody is asking the question that the permanent 96 bed structure was promised for 2021 and not a mention of it now with all the delays would it not have been sensible to progress to the construction of the 96 bed unit instead of all this political kicking they are treating the people of the midwest with contempt

### OFFICE OF DIRECTLY ELECTED MAYOR COULD COST €450K TO RUN

#### Gerry McCormack

I will certainly NOT be voting for this new "jobs for the boys" lunacy, costing US the guts of half a million a year. The city and county should be fully run by the expert (and already very well remunerated) executives. The Mayoralty should be mainly ceremonial.



#### Martin Nugent

Limerick people should gather the ballot papers and do a ceremonial burning. It would attract media attention and embarrass those cretins whose perception of their own importance is almost comical.

#### Leonard Benn

I want to be the mayor!!!



Evelyn Sloane, 2, Limerick pictured today at the launch of Team Limerick Clean-Up 5

# Record numbers sign up for TLC5

**TLC:** 21,000 set for this year's Limerick Clean-up

#### RYAN O'ROURKE

[Ryan.orourke@limerickleader.ie](mailto:Ryan.orourke@limerickleader.ie)

NEARLY 21,000 volunteers have signed up to take part in the Team Limerick Clean-up this Friday. Limerick's big clean up, TLC5, is sponsored by the JP McManus Benevolent Fund and is spearheaded by Paul O'Connell and Limerick City and County Council, with the support of Mr Binman, the Limerick Leader and Live 95.

The volunteer numbers are up 2,500 from the 18,500 who took part last year. This will consist of 629 separate groups working to make Limerick cleaner. Last year, 98 tonnes of litter were collected during the TLC4. This is around 3,900 household wheelie bins of rubbish.

There were many areas all over Limerick that were covered for the first time in 2018 and in 2019, TLC aims to cover even more.

Commenting ahead of the launch of Team Limerick Clean-Up 5, which took place in January, Munster and Ireland rugby legend Paul O'Connell said: "While we are of course looking forward to Team Limerick Clean-Up 5, it's also important to reflect on what we have achieved to date.

"We are so thankful to every volunteer who makes TLC what it is and comes out on Good Friday to clean around their locality. We'd urge previous participants to sign up early, and anybody who hasn't yet got involved in TLC, now is the perfect time to start and help us make TLC5 the biggest and best yet and Limerick

city and county the cleanest it has ever been," he added.

The event has been a huge local success since it started on Good Friday, April 3, 2015, as a massive clean-up day in both Limerick City and County. People were urged to sign up and make their community spotless and as a result, over 10,000 people participated in what turned out to be Ireland's largest ever one-day clean-up.

Due to the success in the first year, TLC2 took place on Good Friday March 25, 2016. The number of volunteers grew by over 3,000. TLC3 followed and continued the excellent work again on Good Friday, April 14, 2017. As a result close to 17,000 people were out on their streets to participate in the clean up.

## O'Dea hits out at 'shocking' waiting lists

THE DISABILITY Minister needs to set targets to ensure the reduction of waiting lists for speech and language assessment in Limerick, Fianna Fail TD Willie O'Dea has said.

He made the call after receiving new figures from the HSE which reveal that 1,493 people in Limerick are on a waiting list for either an initial assessment, initial therapy or further therapy.

Deputy O'Dea described the

figures as "shocking" and that they "illustrate the seriousness of the crises within our health service".

"These waiting times fly in the face of best practice. It is deeply frustrating for people to be told that they will have to wait months, or even years, before they will be assessed for an essential service. Any delay in assessment will lead to delays in treatment and this could have a detrimental impact on outcomes."

Deputy O'Dea said that while the Government has the biggest budget on record for health this year, "we need to see this money used effectively" and that cutting waiting lists should be a priority.

In a statement this week, Deputy O'Dea said Minister Finian McGrath said he is urging him "to take responsibility for these appalling lists and implement a strategy to ensure that they are dramatically reduced".



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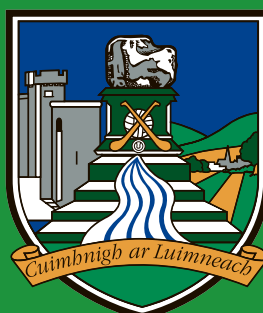
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## LEADER CRIME BRIEFS

BY DAVID HURLEY



## Man arrested following seizure of amphetamines

A FILE is to be prepared for Director of Public Prosecutions (DPP) following a drugs seizure at house in the Castletroy area of the city.

A significant quantity of suspected amphetamines were recovered by gardai who were alerted to an incident at a house at Bru na Gruadan, Groody Road at around 10pm on April 8, last.

A man in his 40s was arrested at the house and taken to Henry Street Garda station where he was questioned about the seizure.

The suspect was later released without charge and



The suspect was questioned at Henry Street

a file will be prepared for the DPP by investigating gardai.

A spokesperson at the Garda Press Office confirmed the suspected drugs have been sent to Garda Headquarters for further analysis.

Subject to analysis, it's estimated they have a street value of around €350.

Investigations into the seizure are continuing.

## Catalytic converters targeted as price of metals increase

GARDAI are warning motorists to be vigilant following a number of reported thefts of catalytic converters.

"Catalytic converters are in high demand for thieves at the moment as they contain precious metals such as platinum, palladium and rhodium. These precious metals have increased dramatically in price recently," said a garda spokesperson.

Catalytic converters, which are located near the rear wheels are an exhaust emission control device that converts toxic gases and pollutants in exhaust gas from an internal combustion engine into less-toxic pollutants.

## Cash stolen from elderly man by bogus tradesmen

A LARGE amount of cash was stolen during a 'distraction theft' on the outskirts of the city.

According to gardai two bogus tradesmen called to a house at School Road, Parteen where an elderly man resides last Saturday at 1pm.

"They showed false ID to the owner of the house and convinced him that he needed trees cut around his house. While one man started a chainsaw the second thief went into the house with the owner to collect the cash for the job," said Garda John Finnerty.



Gardai at Mayorstone are investigating

"This thief distracted the owner of the house whilst at the same time the second thief ran into the house and took a large sum of cash from within. At this stage both thieves left the house and the area," he added.

Anyone with information about the incident is asked to contact gardai at Mayorstone station.

## Warning over 'loan scams'

GARDAI are warning that a number of people have fallen victim to 'personal loan scams' in recent weeks.

"They applied online to a bogus website and were asked to pay an upfront fee to receive a guaranteed loan. They paid this fee and only then realised that the website was bogus when they received no correspondence ever again," said Garda John Finnerty.

# Four year prison sentence for street attack on pensioner



Wayne O'Callaghan pleaded guilty at Limerick Circuit Court

## Robbery: Culprit snatched handbag from 76-year-old

DAVID HURLEY  
david.hurley@limerickleader.ie

A CHRONIC drug addict who attacked and robbed an elderly woman as she was walking home from her local grocery store has been jailed for four years.

Wayne O'Callaghan, 28, who has an address at Brooklodge Grove, Glanmire, County Cork had pleaded guilty to a number of charges relating to an incident on November 27, 2017.

During a sentencing hearing, Sergeant Barry Manton said the 76-year-old victim was walking near the junction of Summer Street and Cathedral Place at around 7.15pm when she was set upon by the defendant.

He said Mr O'Callaghan, who has a large number of previous convictions, pulled the victim's handbag so strongly that the straps broke.

"She was attacked and thrown onto the ground, she fought as hard as she could," he said.

Judge Tom O'Donnell was told a number of passers-by were alerted to the incident and that one man followed the culprit and "tackled him" to the ground.

While Mr O'Callaghan managed to escape the area, the pensioner's handbag was recovered by gardai at the scene.

Sgt Manton said the defendant's was cut in the struggle (with the man) and that samples

He's not driving around in flash cars or living the flash lifestyle

BRIAN MCINERNEY



taken from a trail of blood on the footpath matched his DNA.

Gardai, he said, later obtained CCTV from a number of locations which shows Mr O'Callaghan following the woman "at a safe distance behind her" before attacking her.

Following his arrest, the defendant told gardai that he was out of his head on tablets on the night and that he needed money to feed his drug habit.

In a victim impact statement, the woman, who lives alone, said she could not walk for a five or six weeks after the incident and that it had affected her confidence.

"I don't go out in the dark anymore, my confidence has been totally shattered," she wrote adding her life has not been the same since the incident.

In his submission to the court, Brian McInerney BL said his client has a serious drug problem and has no trappings of wealth.

"He's not driving around in flash cars or living the flash lifestyle," he said.

Seeking leniency, he said Mr O'Callaghan has a young child and a partner and that there is a "possibility of stability" in his life going forward.

He added that he hopes to stay in Cork following his release from prison.

Imposing sentence, Judge Tom O'Donnell said the incident was "extremely traumatic and frightening" for the defenceless victim.

He noted Mr O'Callaghan is ashamed of his actions and is making efforts to rehabilitate himself.

The four-year prison sentence was backed to January 31, 2018 to reflect the time the defendant has been in custody.

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# 75-year-old SteepleJill won't stop breaking boundaries

**Fundraiser:** Angela encourages people to scale new heights

**RORY O'CONNOR**  
rory.oconnor@limerickleader.ie

Angella Collins has never been afraid of the dizzy heights.

And at 75 years of age she is still not afraid to get on the climbing boots, especially if it is to help others.

The inspirational Kilkishen woman is now encouraging local people to abseil down Thomond Park, in aid of Plan International. Having recently abseiled down Croke Park in a last-minute decision, Angela is looking for more. "I feel so invigorated, there are so many buildings we could use for abseiling in the Mid-West" she said.

Having originally went to support her three other daughters, Hilda, Susan and Martina along with the other 85 participants, Angela was swiftly roped in to taking part herself. Dressed in high style with her heels and dress, she swiftly got changed into a borrowed jacket and up she flew, describing it as an "extremely proud moment" to see her

daughters in mid air with her.

The grandmother and mother of four has never been afraid to scale the heights, setting up Ireland's first steeplejack business in the 1960's, a time when it was far beyond the status quo for a female entrepreneur to get involved in such a business.

Having written her autobiography SteepleJill, Angela admitted she thought that "life was over, "Though I was climbing regularly from age seventeen and while running Collins Steeplejacks it was still a great surprise to me that I was able at 75 as I have been taking things very easy due to a bad heart and having four stents and had recovered from colon cancer some years back."

Following the climb, she has come to the realisation that it's "only the last third of my life" and she "should stop dwelling on age, I realised I should be doing another adventure and realise that age should not dictate" said the resurgent 75-year-old.

She has now begun putting plans in place for the Thomond



**Always on the up:** Angela Collins O'Mahony pictured climbing a chimney stack in the 1960's

Park scale, and she is calling on the people of Limerick for support, "I see young people doing it all the time and they love it, but I'm asking people of all ages, it's completely safe and it's great craic. It's all good fun while raising much needed funds for the protection of children" with the recent event up in Croke Park, undertaken by 85 people, raising a total of €30,000 for Plan International.

With the Stadium open to the idea, Angela is hoping the

Mid-West can be the next region to host such a great fundraiser, (date to be arranged) with Plan International allowing for people of all ages to part take. Angela described the volunteers from Plan International at her latest abseil as "welcome, courteous and safety conscious from beginning to end." Plan International is an international charity which fights for the rights of children, particularly young girls, in the World's poorest regions.

## Two high-powered vehicles are seized by CAB

**DAVID HURLEY**  
david.hurley@limerickleader.ie

TWO high-powered vehicles, worth tens of thousands of euro, have been seized in Limerick by members of the Criminal Assets Bureau.

The vehicles – a white 191-registered Audi saloon car and a 182-registered Ford van – were seized on Thursday morning on foot of a High Court Order under Section 2 of the Proceeds of Crime Act.

According to the Garda Press Office both vehicles were previously identified as being the proceeds of crime during a Criminal Assets Bureau investigation.

No details have been provided in relation to exactly when or where in Limerick the vehicles were seized.

The pre-planned operation is the latest to be carried out by CAB in Limerick.

Last month, more than 100 cars were seized from a car dealership in the city during a major operation targeting criminal elements and suspected money laundering.



**The Audi A5 and Ford Transit seized last week**

## 'Period poverty' donation box for the homeless

**JESS CASEY**  
jess.casey@limerickleader.ie

A 'PADS and tampons' donation box has been set up in the city centre to help homeless people and those experiencing period poverty.

Rion O'Donovan, a fourth year fashion design student at the Limerick School of Art and Design (LSAD), has launched the first dedicated drop off point in Limerick city for donating sanitary products for the homeless.

The donation box has been installed at the Stormy Teacup Cafe on Foxes Bow. "When you are already in a horrible situation like homelessness and then you get your period, that

can be horrible," Rion said.

She was inspired to launch the initiative after reading an interview with Homeless Period Ireland, who set up donation points around the country for pads and tampons.

"I realised that there wasn't one in Limerick city," she explained. "The homeless crisis is really bad in Limerick so I was surprised there wasn't one."

While there are various donation initiatives underway in Limerick, like toiletry drives for those living in direct provision, this is the first drop-off point for sanitary products to be distributed to homeless shelters in the city centre.

"People have said to me that

everytime they go to buy a box of tampons, they'll buy a second one again and just drop it into the box in the Stormy Teacup," Rion explained.

When she officially launched the project, the donation box was almost "full to the brim" thanks to the number of donations she received, she added.

Once a month, workers from the various homeless shelters make their way to the cafe to pick up boxes to be distributed.

Rion also provides homeless people in need with donations if they are embarrassed to approach the donation box.

All donations to the cause will go to "people who are really, really struggling", she added.



**Fourth year LSAD student Rion O'Donovan who has set up a donation box for sanitary products at the Stormy Teacup cafe on Foxes Bow** PICTURE: MICHAEL COWHEY

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# Landlords 'hiking rents after RPZ designation'

**NICK RABBITS**

nick@limerickleader.ie

LANDLORDS across the city have increased their rents following the designation of City East as a pressure zone, a local election candidate says.

Areas like Castletroy, Singland and Southill are now part of the so-called Rent Pressure Zone (RPZ), which means landlords can only increase the tenant's rent by a maximum of 4% annually.

However, City North and City West are not subject to these controls.

Housing campaigner Anne Cronin says she is meeting families daily who have faced steep rental hikes as landlords prepare for the possibility of controls coming to their area.

"Each evening in City North, I come across at least one family or young person renting that has a tale to tell about the horrors of renting," Ms Cronin said. "Just last

week a woman told me that a couple of days after the rent pressure zone announcement came into effect in Castletroy, her landlord contacted her to advise that her rent was going to increase from €900 to €1,200. This woman who along with her partner works full-time and has two children, outlined to me that the rent combined with the cost of childcare each day, means that she and her family are barely getting by. This is a direct consequence of

the Minister's shortsighted view to make one side of the city a RPZ and not the other two."

Ms Cronin, who works for housing charity Novas, believes families are leaving the city due to what she describes as "unfair and insecure rent conditions".

"We need the whole of Limerick City declared an RPZ. Otherwise we will continue to see the sharp increases in rent in the areas within the city, which are left behind," she added.



**Labour candidate Anne Cronin: landlords increasing rents in anticipation of potential controls**



**Pupils from the Crescent College Comprehensive support their plastic-free school. The school has become the first in Munster to launch a single-use plastic-free school programme** PICTURE: MICHAEL COWHEY

## Crescent takes stand against plastic use

**Environment:** School officially stops the sale of plastic

**JESS CASEY**

jess.casey@limerickleader.ie

CRESCENT College Comprehensive has become the first school in Munster to launch a single-use plastic-free school programme which sees the school officially stop the sale of single-use plastic.

A recent survey carried out by the school in Dooradoyle found that 2,500 single-use plastic bottles were being purchased by students weekly.

In its bid to become plastic-free, the school has now installed extra water fountains and each student will purchase lifetime, reusable hydro-flasks.

"From our aim to eradicate all single-use plastics from the school we hope that as a knock-on effect occurs, the whole school premises will be cleaner and tidier," Harry, a member of the Crescent

Comprehensive Plastic-Free Committee said.

From this, we hope to initiate a plastic-free action plan to reach plastic-free status among other city schools, businesses, community groups and authorities.

The school's plastic-free committee has grown from six members to 30 in just over a year, made up of students from first, second, third and fourth year.

As well as setting up recycling bins in the school, students also take part in the Team Limerick Clean-Up. The committee also attended the national climate change strike at Arthur's Quay on March 15.

The group has recently been chosen by An Taisce as one of its first groups of climate ambassadors.

"We are not banning single-use plastic, for the simple reason that banning can lead to a resistant or defensive reaction and it is not the

attitude we wish to convey," Harry said, speaking at the launch of the initiative.

"We seek a cultural change based on education and encouragement, not on force or policing.

"We will not use words such as 'rules' or 'banned', when implementing this policy initiative. We believe that it is right and will, in the long run, be a more rewarding approach."

Students, parents, members of the board of management and staff at Crescent were thanked for their work with the programme.

"We have also continued to receive great support from the parents' council, who recently agreed to contribute towards the cost of a drinking foundation for the students." The school also received a grant from Limerick City and County Council to help students purchase their hydro-flasks at a reduced fee.

## Top hurler lends support to golf classic

**NICK RABBITS**

nick@limerickleader.ie

ALL-Ireland winning hurler William O'Donoghue has once again given his support to Novas for its pre-qualifier golf competition for the JP McManus Pro-Am.

In July 2020, a galaxy of stars will descend on Adare Manor for the golf classic, which will raise thousands of euros for good causes across the city and county.

In order to obtain a spot alongside some of the game's biggest stars like Masters winner Tiger Woods, charities need to qualify from a special event in May 2020.

Across the next year, various charities will be holding their own fundraisers, offering the chance to be in that qualifier.

This September, Dromoland Castle will play host to homelessness charity Novas's fundraiser.

Dr Una Burns, who is the policy head of Novas, the largest homelessness charity in the region, is calling on all golf enthusiasts in the region to book a tee time and participate in the event.

She explained that this was the second time Novas can potentially benefit from the proceeds of the Pro-Am.

Following the 2010 event, Novas received funding to redevelop and extend Brother Russell House.

"The service is now home to 33 formerly homeless individuals. It is the only

service in the state that provides dedicated accommodation for homeless people with sensory, intellectual and physical disabilities and was awarded best homeless project in Ireland by the Irish Council for Social Housing in 2015. Services like this are needed now more than ever and the proceeds of the Pro-Am provide a unique opportunity for new development," Dr Burns said.

The cost of entry to the pre-qualifier golf competition is €125 per person or €375 for a team of three. This includes a round of golf on the castle course, dinner in the golf club, a Pro-Am cap which permits entry to the Pro-Am golf classic and prizes for the winners.

It also provides an opportunity to play in the Pro-Am in July 2020.

It is not the first time William who made his comeback from injury for Na Piarasigh last weekend – has fundraised for Novas.

Prior to Christmas, the Na Piarasigh captain, pictured, took part in the Novas sleep-out outside Brown Thomas.

The year before that, he also took part in a similar event to raise the issue of homelessness.

For further information, please contact Una at 061 370325 or email una@novas.ie.

You can also visit Novas's web site at www.novas.ie





# Over 200 attend showhouse launch

**DONAL O'REGAN**

donal.oregan@limerickleader.ie

REA could easily stand for Residing in Exquisite Adare. REA O'Connor Murphy are the selling agents for two exclusive developments in the picturesque village – The Heritage and Manor Brook.

The latter was officially launched at the weekend with Limerick hurling captain and Adare man Declan Hannon doing the honours. Manor Brook is a mixture of three bedroom semi-detached, four bedroom semi-detached and four bedroom detached. There are 40 houses in total as well as five service sites.

The homes are described as “modern, spacious, elegant and contemporary”.

The showhouse was supposed to be open from 2pm to 4pm on Sunday but people began congregating from 12.30pm. At 1pm, Michael O'Connor, director of REA O'Connor Murphy and his team – Elaine Fitzpatrick,

Colleen O'Rahilly, Hazel Noone – opened the front door.

They didn't stop chatting and showing people around until 5pm. Around 200 strolled through. The three bedrooms start from €348,000, four bedrooms from €420,000 and there are two types of detached – €499,000 and €650,000 respectively.

REA O'Connor Murphy released 22 homes in the first phase of the development built by Torca Homes on Sunday. Construction started about six months ago.

“We had 10 bookings over the weekend - six three bedroom and four of the four bedroom – all semi-detached. We would hope that we will have another five or six sold in the coming week or so from very interested parties. The detached are generally slower but we have a couple of people interested in the €650,000 ones,” said Mr O'Connor.

He expects to sell out the first phase within the next couple of weeks. Prices will then be

revisited for phase two.

Mr O'Connor said they were delighted with how the launch went.

“There was a massive crowd. We opened at 1pm and closed at 5pm. It was constantly busy. There was a mix of young couples and people downsizing. There has been a very good response. We're thrilled with it,” said Mr O'Connor.

Mr O'Connor said it was an honour to have Declan Hannon cut the ribbon at a pre-launch event on Saturday.

To arrange a viewing of the showhouse in Manor Brook contact REA O'Connor Murphy on 061 279300.

The auctioneers are also looking forward to unveiling the showhouse in The Heritage, Adare, next month. There are nine detached properties in the development and only four remain.

One is 250 sqms in size which they are guiding at €800,000. The other is 267 sqms and priced at €850,000.



Elaine Fitzpatrick, Colleen O'Rahilly, Michael O'Connor, Hazel Noone, of REA O'Connor Murphy, outside the showhouse in Manor Brook PICTURE: LIAM BURKE / PRESS 22

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## Tourism strategy aims to generate more than €360m and create 1,500 jobs

**RYAN O'ROURKE**

Ryan.orourke@limerickleader.ie

It is hoped that a new strategy to develop tourism across Limerick could generate up to 1,500 new jobs by 2023.

The Limerick Tourism Development Strategy 2019-2023 launched by Limerick City and County Council envisages that the total number of visitors to Limerick will reach 1.1 million per annum by 2023, generating more than €360 million and creating 1,500 new jobs.

The strategy, which was unveiled at city hall on Tuesday morning, has identified Limerick's position as a

gateway to the Wild Atlantic Way as central to developing the sector.

The strategy "aims to revitalise the tourism sector in Limerick, capture key opportunities to grow the sector and highlight priority areas to unlock the benefits that a strong tourism industry can bring".

Mayor of the City and County of Limerick Cllr James Collins said: "The figures show that tourism is an important industry for Limerick and this new strategy is a roadmap to develop the tourist offering across the city and county, creating jobs in various parts of rural and urban Limerick."



Mayor James Collins and Majella O'Brien and Gordon Daly of Limerick City and County Council launch Limerick's new tourism strategy which envisages the total number of visitors to Limerick reaching 1.1 million per annum by 2023 PICTURE: BRIAN ARTHUR

## Calls to close 'core area' of city centre streets to traffic

**Local authority:** Pedestrians will help trade, councillor believes

**JESS CASEY**

jess.casey@limerickleader.ie

WITH plans underway to reduce traffic on Limerick's main thoroughfare, the council has been called on to pedestrianise three of the city centre's busiest streets.

Limerick City and County Council has earmarked approximately €9.1 million for the revitalisation of O'Connell Street, which is expected to see traffic lanes reduced by 2022.

However, the council should

consider pedestrianising Catherine Street from Glentworth Street to Thomas Street in the interim, according to Labour councillor Joe Leddin who put forward a motion at this week's Metro meeting.

"The backdrop to this in the city centre is that we have had a number of independent, indigenous retailers close down," Cllr Leddin said. "I am cognisant of the work being done but I believe we need a core pedestrianised area."

Last summer, Catherine Street was closed to cars as Street Feast took place,



Labour councillor Joe Leddin

Cllr Leddin added.

"You could see people congregating, enjoying themselves. We've seen other examples of it working in other cities as well.

"I think we can, in the short term, create an opportunity on that street, by pedestrianising it and giving the streets back to people to move freely."

Cllr Leddin's motion was seconded by Labour councillor Elena Secas. It was also supported by Fine Gael councillor Elenora Hogan who said she thought it sounded like an "excellent idea".

Mayor: good luck to all TLC5 teams

The Mayor of the City and County of Limerick has wished the thousands of people who have volunteered for this year's Team Limerick Clean-Up the very best of luck this Good Friday.

Cllr James Collins said: "Good Friday has become synonymous with TLC in Limerick and I would like to wish the almost 21,000 volunteers the very best of luck on Friday."

"It is a credit to all who are willing to give up their Good Friday morning to clean up their areas.

"They are showing true Limerick spirit."



## WIN TICKETS

THE 2019 IRISH JUMP RACING FESTIVAL WILL TAKE PLACE FROM TUESDAY, 30 APRIL TO SATURDAY, 4 MAY AT PUNCHESTOWN RACECOURSE. FESTIVAL TICKETS FROM €30 WITH TRACKSIDE HOSPITALITY PACKAGES ALSO AVAILABLE FROM €129.

WIN TICKETS for the opening day Tuesday, 30 April.

Email your name, the newspaper you saw this competition in and contact number to – competitions@iconicnews.ie for your chance to win.

FOR ALL FESTIVAL INFORMATION VISIT WWW.PUNCHESTOWN.COM OR CALL THE TEAM ON 045 897704

# Councillors pledge action on mental health in schools

JESS CASEY

jess.casey@limerickleader.ie

LIMERICK CITY and County councillors are to call on the Minister for Health to implement an evidence-based mental health awareness programme in all Limerick classrooms.

At a recent meeting of the Metropolitan District of Limerick, councillors voted on a motion pledging to call on Minister Simon Harris to implement a programme in both primary and secondary schools here.

"It is well past time that we put children's and young adult's mental health and wellbeing on the priority list," Solidarity councillor Paul Keller said, putting forward the motion on behalf of fellow Solidarity councillor Mary Cahillane.

"Surveys carried out show that an average of three in every classroom have diagnosable mental health problems," he added.

"Depression is the largest cause of disability among those aged between 10 and 24 and suicide is now one of the leading causes of death in Europe," said Cllr Keller.

"Schools are in a unique position to promote mental health and emotional wellbeing," the Solidarity councillor said.

The can provide a health-promoting environment and identify young people

experiencing emotional stress and being at risk, he pointed out.

The motion passed with widespread support. It was seconded by Fianna Fáil councillor Sean Lynch who proposed it be extended to include primary schools as well.

"Limerick has the highest rate of suicide and self-harm," Cllr Lynch said. Early intervention is key, he added.

"I think the project should be started in primary schools. With the pressures of social media, we've seen the effect that has on young children. Parents need to be educated as well."

Metro Mayor Daniel Butler advised councillors that Pieta House is currently working on a classroom-based mental resilience programme.

"I think it's great progress that we are here today discussing mental health openly, when we wouldn't have been six or seven years ago," Mayor Butler said.

Councillor Keller thanked councillors for their support. "I'm glad to see everyone here has an interest. When it comes to mental health, Limerick's young adolescents can't wait anymore."

If you have been affected by this story, you can contact Aware 1800 80 48 48, The Samaritans 116 123 or Pieta House 1800 247 247.



Pictured at the VTOS Limerick 2019 open day was Celia Holman Lee along with artists from across Limerick. See pages 34-35 for more pictures PICTURE: CONOR OWENS/LOVELIMERICK

## Celia strikes a pose as part of Lifelong Learning Festival 2019

MODEL agent, fashion stylist and television presenter Celia Holman Lee posed for art students and members of the public as they painted her portrait during the Vocational Training Opportunities Scheme (VTOS) Limerick Open Day, writes Jess Casey.

The portrait artist festival, a workshop on social enterprise and a discussion on the Irish Revolution all took place at the open day, which was a great success for the Limerick and

Clare Education and Training Board.

Taking place on April 11 at the Further Education and Training Centre, Kilmallock Road Campus, the event was held as part of the Limerick Lifelong Learning Festival 2019.

The VTOS Open Day ran throughout the day, with visitors and prospective learners having the opportunity to visit information stands and hear about the courses on offer at the centre.

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Seven thousand students from Limerick and further afield attended the Student Race Day at Greenmount, Patrickswell last Thursday

# Student take to the tracks

Thousands of students turned out for the Limerick Student Raceday

**Pictures:** Michael Cowhey **Words:** Ryan O'Rourke



**Lauren Gavin, Kila Curran, Ciara Deegan, and Caoibhe O'Gorman** enjoying their day at the races

**Lauren:** Would you look at these amazing girls. They're what makes it such a great day out.

**Rhiannaon Mc Coy, Rachel Keyes and Mykha Ramos**

**Rachel:** It's a good day to go get dressed up and throw some money on a horse.

**Rhiannaon:** Everyone wants to go to the races. It's probably the biggest day of the year for students.



**Students enjoying the races, Ciara Mc Coy, Michaela Archer, Ciara Butler, and Jack Mackey**

**Jack:** It's probably the best day out of the year



**Schools Out:** This group of young students pose for a photo at the Student Raceday held at Limerick Racecourse, Patrickswell

# Candid Comment

By SPARTACUS

● IT is quite baffling. There are 23 declared candidates running in this constituency in the European Parliament Elections, and not one from Limerick.

And in case you did not know Limerick is part of the Ireland South constituency.

You may be surprised to learn you can now vote for outspoken TD Mick Wallace who is, of course, based in Wexford.

Wexford is around a three hour drive from Limerick, if you want to talk to Mick at his clinics.

There are candidates closer to home in Cork and Kerry, but Wicklow, Waterford, Carlow, Kilkenny and Tipperary all have someone running and we have no one.

It would appear the closest candidate to Limerick is former GAA journalist Diarmuid O'Flynn, who is based in Ballyhea, near Charleville and who works in the European Parliament with Luke Ming Flanagan.

There are a lot of votes to be had in Limerick, but will the public here be bothered?

● A FRIEND listening to the Marian Finucane show on RTE Radio 1 on Saturday nearly spilled her coffee with laughter when she heard a contribution by Limerick-born and CBS-educated Gerry Stemberge.

The writer who co-created the satirical comedy radio programme Scrap Saturday with Dermot Morgan was on top form and really took many by surprise when he mentioned Limerick TD, Patrick O'Donovan.

It was during a discussion on politicians and how many of them are so driven by politics that should really work in some career outside that sphere, before venturing into Dail Eireann.

Stemberge said that if Limerick's Michael Noonan and Margaret Thatcher were to have had an affair and a lovechild, that child would be the Newcastle

West-based politician.

We are not sure what Noonan or Thatcher would think, but we are sure Patrick is chuffed!

● This week saw the launch of a government information campaign on the plebiscite for a directly elected mayor for Limerick and other cities.

Well, we say information but was what not said was far more notable than what was.

Spartacus notes that the directly elected mayor will have "some of the responsibilities" of the council CEO, but so far we are only told what the CEO will retain: control over planning, personnel and housing allocation i.e. the only things that really matter. The judge fronting the campaign, Henry Abbott, had to plead ignorance when pressed for more details on what powers this new mayor might have. And we're meant to vote on this in six weeks?

One interested party was current mayor Cllr James Collins who joined the media in firing questions at Mr Abbott. He didn't get much satisfaction, however.

Of far more interest, to most, is the fact this new mayor will earn €130k per annum and have two assistants/advisors on €66k apiece. They will also have a driver earning €30k a year. Further control of budgets could mean that this new office, with no powers as yet fully determined, could end up costing €450k per annum! So, more jobs for the boys then.

The current mayor of Waterford Declan Doocey came out against the proposal this week, aghast at the prospect of some 'amateur' getting in on the act, where councillors have always ruled the roost. Spartacus thinks this might be a good thing.

What about Blindboy for mayor? He could bring Mr Chrome, the Trout Of No Craic and Willie O'DJ on board as his team. Which would be brilliant as long as the fish isn't doing the driving.



Students enjoying the races, Aoihean Hoare and Haley Jones.

**Aoihean:** It's great day out with some great people.



Thousands of students showed out in style for Limerick Student Raceday



Taking a break! It would appear that these lads horse was just pipped at the post

# 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



**Rosie, an adorable white and black cat who is approximately four years old.**

Rosie is very friendly, she loves her comforts and will enjoy your company. She would make an ideal pet.

For more information on Rosie please phone the cat unit on 087 2295669.

A beautiful 5-week-old kitten who is very sweet and is longing for a home of her own. For more information on our kittens please phone our cat unit on 087 2295669 or visit us at the sanctuary any day from 12 noon until 3pm to see all kittens available.



**Leon is handsome little one year old male Jack Russell terrier. Leon is very laid back and would love nothing more than to relax on the couch with you. For more information on Leon, please visit us at the sanctuary any day between 12 - 3 or phone us on 0876371044. To adopt a dog from LAW you must have a fully enclosed garden and a home check is carried out.**

## Fantastic pet ready to settle

Finally we have Gypsy. Gypsy is a one-year-old brown terrier who is very affectionate and loves people. Gypsy would make a fantastic pet. To adopt a dog from LAW you must have a fully enclosed garden and a home check is carried out. Adoption fee is €150 and each dog neutered, wormed, vaccinated, and microchipped.



Representatives from Derry/Strabane, Cork and Dublin with Mayor James Collins and Eimear Brophy, extreme right, Chair of Learning Limerick at the Lifelong Learning Festival

## Learning Limerick: 'Bridging the Gap'

**EXPERTS** in Lifelong Learning from cities across Ireland and around the world joined Limerick participants to explore how we can bridge the gap between urban and rural, young and old, returning to learning and welcoming communities.

The Learning Cities Regions seminar 'Bridging the Gap' was held in King John's Castle as part of the ninth

Limerick Lifelong Learning Festival.

Cork, Derry, Dublin and Belfast 'Learning Cities' all made presentations on widening access to lifelong learning; using the United Nations Educational, Scientific and Cultural Organization (UNESCO) themes of green and healthy learning, digital inclusion, learning for employability and intergenerational learning.

# Neighbourhoods to showcase learning

**Education:** Project to promote learning in different communities

**JESS CASEY**  
jess.casey@limerickleader.ie

LIMERICK is to develop four 'learning neighbourhoods' as part of a new initiative in the city focusing on lifelong learning within the community.

Launched by the Limerick Community Education Network (LCEN) during the Limerick Lifelong Learning Festival, the Learning Neighbourhoods will aim to showcase all the different types of learning available in each area.

St Mary's, the City Centre, the Northside and the Southside have been chosen as the neighbourhoods that will see both formal and non-formal learning promoted as part of this project.

LCEN chair Helen Flanagan, speaking at the launch of the project said: "We see Learning Neighbourhoods as an extension of our work by including everyone from the neighbourhood, business, groups and local people, as examples of all kinds of learning taking place in all neighbourhoods."

As the initiative was launched at Abundant Life Centre, Henry Street,



Trisha Rainsford, Limerick intergration working group and Najwan Elmagboul, learning ambassador, Lifelong Learning PICTURE: ADRIAN BUTLER

guests were welcomed to the event by LCEN development worker Catherine Aylmer.

Highlights from the event included performances from Sing out with Strings from Le Cheile Primary School in collaboration with UL Chamber Orchestra, the St. Mary's Men's Shed Bodhrán players, the Northside 'Living Out Loud' Youth Group singers Thomas Maloney and Shannon Kerrigan.

A video giving a snapshot of learning in the communities was also shown and a unique 'Learning Neighbourhoods' poem was recited by Clare Dollard for the Southside. Linda Hall from the Hunt Museum

introduced the collaborative work of all the partners who provide outreach learning opportunities in the City Centre.

An art competition to design a new Limerick Learning Neighbourhood logo was also held in primary schools in the four neighbourhoods. Students Aengus Birmingham, Layla Browne and Leon Daly were selected as finalists for the competition, with first place going to Leon Daly.

To celebrate the launch Limerick Youth Centre presented a cake designed by one of their bakers, Tameka Bell, which featured the winning Learning Neighbourhoods logo on top.

# Iceland



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St Mary's Parish Men's Shed bodhran group: Ger Ryan, Liam Moloney, Daniel Ryan, Aaron Mason, Fergus Murríhy and Brian Moloney at the Education Network Learning Neighbourhoods Project, part of the Limerick Lifelong Learning festival at the Abundant Life centre on Henry Street



Shanelle Power and Peter Purcell from Le Cheile National School who played for the Sing Out With Strings/Irish Chamber Orchestra, educate and outreach initiative

# Out & About

## EDUCATION NETWORK LEARNING NEIGHBOURHOODS PROJECT

Pictures: ADRIAN BUTLER



Fiona O'Grady and James Connery, Limerick Youth Service, Eimear Broffey, Limerick and Clare education & training board



Stephen and baby, Robbie O'Meara, O'Malley Park



Lorraine O'Donoghue, Limerick and Clare education & training board and Mary Timmons, Southside Women's group



Yvonne Lane, Learning Limerick and Eoghan O'Byrne, Le Cheile National School



Pupils from St Mary's National School, King's Island with their singing teacher, Roisin Ni Ghalloglaigh took part in the Sing Out With Strings/Irish Chamber Orchestra, educate and outreach initiative





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**TIME & DATE:** APRIL 28 9AM SHARP DEPART FROM GFC DOORADOYLE

**REGISTRATION:** 8AM - 8.45AM GFC DOORADOYLE

CHILDREN MUST BE ACCOMPANIED BY ADULT.

ALL CYCLISTS MUST WEAR HELMET.

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**ENTRY FEE:** 75KM -€25 MEMBER CYCLE IRELAND, €30 NON-MEMBER.

25KM €15 MEMBER CYCLE IRELAND, €20 NON-MEMBER,  
CHILD FREE WITH EVERY ADULT ENTRY



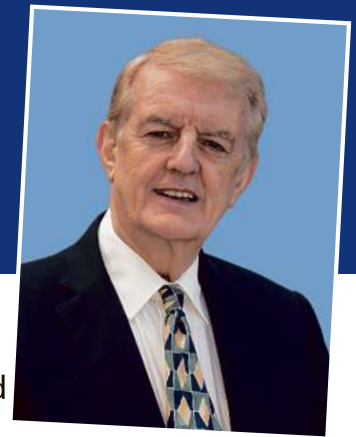
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<http://garryowenrugby.com/events/cycle>

# Denis McCARTHY

FINE GAEL  
Limerick City North



Having been selected as your Council candidate, I would like to think that my experience as a Councillor 2009-2014 and as Deputy Mayor of Limerick City 2009-2010, together with being elected first Chair of LCETB (formerly VEC) in 2012, would serve me well as Your Elected Local Councillor again.

As a former Equality & Disability Officer, I have a special interest to help in this area. Having received a Merit Award in my work for the Public previously, I will bring that experience for your benefit, - hopefully when re elected! It is a great honor to be chosen by the people to represent them.

*I look forward to dealing with issues, amenities and services that impact on people's lives and their families.*

**If you honor me with your Number 1 Vote of confidence,  
I will be a Full Time Councillor for YOU again**

M: 087 273 9475

E: [dns.mccarthy@gmail.com](mailto:dns.mccarthy@gmail.com)

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**FINE GAEL**



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Education & Training Board

# Traineeship in Aircraft Spray Painting

Our Further Education and Training Centre, Shannon Campus, is currently taking applications for a Traineeship in Aircraft Engineering (Aircraft Spray Painting) City & Guilds Level 3

### What is a Traineeship?

A traineeship is a programme of structured training which combines learning in an education and training setting and in the workplace.

### Traineeship Aim

This traineeship aims to provide the aviation sector with personnel equipped with the skills and knowledge to strip aircraft of existing finishes, prepare aircraft for refinishing and apply aircraft paint by hand and by spray gun in safe and professional manner.

### Traineeship modules include:

- > Stripping And Removing Aircraft Finishes
- > Applying Finishes To Aircraft Composite Mouldings
- > Applying Aircraft Paint Finishes By Hand
- > Applying Aircraft Paint Finishes By Spray Guns
- > Applying Transfers, Decals And Livery To Aircraft

### Traineeship Duration:

This is a 26-week course which includes on-the-job training with an industry employer.

### Location:

IAC Hangar, Shannon Industrial Estate, Shannon, Co. Clare

### Start Date:

Monday 27th May, 2019

### Entry Requirements:

- > Junior Certificate or equivalent
- > Medical
- > Colour Vision Test
- > Garda Vetting
- > Aptitude and Dexterity Test
- > Interview

### How To Apply:

Phone: Deirdre Aherne on 061 706 100

Email: [deirdre.aherne@lcteb.ie](mailto:deirdre.aherne@lcteb.ie)

Website: [learningandskills.ie](http://learningandskills.ie)



Provision offered is subject to demand and funding.

This provision is co-funded by the Government of Ireland and the European Social Fund as part of the ESF Programme for Employability, Inclusion and Learning 2014 -2020.



Ireland's European Structural and Investment Funds Programmes 2014-2020  
Co-funded by the Irish Government and the European Union



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# Out&About

## Saturday to remember as Una pops into Crescent

The singer songwriter was on hand at the Crescent to help Greene's Shoes celebrate 80 years in business

**Pictures:** DAVE GAYNOR

**Words:** DAVID HURLEY

POPSTAR Una Healy made it a Saturday to remember for hundreds of fans as she dropped into Greene's Shoes at the Crescent Shopping Centre in Dooradoyle.

The singer/songwriter was the star attraction at a meet and greet event to mark the company's 80th anniversary.

From just before 1.30pm, fans of all ages began arriving at the store to chat with Ms Healy or to have their photos taken with her.

Some even offered the 37-year-old presents of Easter eggs and flowers.

Greene's Shoes, which opened its store in Limerick 18 years ago, is a stockist of Una Healy's range of shoes.

"We've got flats, we've got daytime shoes, going out shoes and they're actually really comfortable and stylish and I like the combination of both," Una told the Limerick Leader.

Meanwhile, during an appearance on the Late Late Show on Friday the Thurles woman, who is dating former Limerick hurler David Breen, said she has no regrets about the ending of her marriage to rugby player Ben Foden.

"It all ended last July, and it's just kind of rebuilding my life as a single mum now.

"The thing is I don't regret ever meeting him because I would not have made those beautiful children if it wasn't for him. I can never look back and



**Ruby Stanley, Dooradoyle with Una Healy**

say it was a mistake but that part of the relationship is over now," she said.

While not going into details about her relationship with Breen, Una joked with presenter Ryan Tubridy that she has "shopped local" with her new beau.

David is from Limerick which is about 45 minutes from Thurles and over in England we live 45 minutes from each other as well so we are always 45

minutes from each other," she said.

While Una was born at University Maternity Hospital Limerick she insists that she is "totally a Tipp woman" and will be backing the Premier County during this summer's hurling championship.

"I always have to support my Tipperary of course you know, so up Tipp," she laughed.



**Emma O'Connell and Siún Kelly, Dooradoyle, with Una**



**Majella O'Halloran, manager of Greene's Shoes, staff members Lauren Gavin, Smith Omojofodun, Barry Murphy, Daire O'Sullivan with the singer songwriter at the Crescent**



**Alexander and Asta Lee, Limerick with Una**



**Aileen, Triona and Cian McNamara, Feakle with Una**



**LEFT: Pamela and Poppy McEvoy, Murroe, with Una at the Crescent on Saturday**

**ABOVE: Hilary Thompson with Una Healy**

**RIGHT: Orla McFadden, General Manager of Greene's Shoes Ireland cutting a cake with Una at Greene's Shoes, Crescent Shopping Centre**



**Clíodhna Shanahan, Ella O'Shaughnessy, Emma Meehan, Jodie O'Connor and Caoimhe Magner-Flynn, Killeedy with Una at the meet and greet in Greene's Shoes**



**Sean, Philip and Henry Meaney, Murroe, with Una**



**Sasha Byrne, Fiona Cusack and Sarah Treacy, Dooradoyle with Una**



**Eileen and Jean Rush, Tipperary with Una**



**Lorraine and Rachel O'Connell, Ogonnellloe with Una**



# Making Cents

**LIAM CROKE**

The Must-Read Guide To Saving Money

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

## Beware short-term outlook on mortgage time-span

There are many considerations when choosing the right mortgage, but one that is often overlooked, and is probably more important than all others combined, is the term of your mortgage.

The majority of people I come across, particularly first time buyers, don't look at the long term savings. They find it hard to get past comparing one monthly repayment against another, and the reason is they don't know what they don't know.

I believe getting people's attention begins with making that connection between their present and future selves and doing so in a way that is relatable and makes sense to them.

So, I start off by looking at a mortgage term, which is half the term they were considering. It doesn't matter for the time being whether they can afford the monthly repayment or not. I want to alter their fixed mindset of choosing the longest term possible for a moment.

Imagine for a moment you are 30 years old, and you borrowed €250,000 and chose a 15-year term, instead of 30. What impact would that have on you now and in the future?

It's a big question, and I'm not sure if many people put much thought into it. Even if they did, what are they looking for? What's their starting point?

The first is obvious enough; you don't need me to tell you, you will be mortgage-free twice as fast but let's make a list of numbers they should know about.

**€670**

The differences between a 15 and 30-year mortgage are (a) the monthly repayment and (b) the total interest paid. With a shorter term, your monthly

repayments will be €670 higher.

**€72,745**

But with a shorter term, you'll pay €72,745 less back in interest.

**€32,207**

The cost of servicing a mortgage over a 15-year period is c. €32,207. That's the gross amount you'll need to take from your salary every year to pay for it. But, when the mortgage is cleared, that's €32,207 you don't need to earn anymore, meaning you can pivot and change careers, or you could earn or work less if you wanted to because you have no mortgage repayment to worry about.

**45**

The age you will be mortgage-free. If you go for a longer term, you would be 60 before you own your house outright.

**€468,094**

The amount you would add to your pension/savings fund, for those 15 years you aren't paying a mortgage anymore.

**€18,724**

The extra amount you would be in receipt of each year in retirement, from diverting the amount you had previously been paying on your mortgage, to your pension/savings funds.

**€43,869**

The difference between what you owe in year five, based on a 15 and 30-year term. With a 15-year term, you could absorb a drop in value by €51,250 and still have a loan-to-value (LTV) of 80% allowing you to move properties if you wanted to.

If you chose a 30-year term, in year five you still owe €222,869 and if the property fell in value by €51,250, you would still owe 100% of what the house is valued at. So, if you wanted to move,



**People find it hard to get past comparing one monthly repayment against another**



### DID YOU KNOW?

**Irish people spend €1,261,920,000 each year on fast food**

you're going nowhere for at least 12 years until your loan balance was 80% of the value of the property.

**2,427**

This is the number of hours you would save from not having to work to pay your mortgage, if you chose a lower term.

A gross income of €71,500 is required to qualify for €250,000 using current 3.5 times income multiple. That means your net annual income is about €47,809. If you work 40 hours per week over 12 months, your hourly rate is €29.98.

The total interest paid for a 30-year mortgage term is €136,763 meaning you have to work 4,562 hours to pay for it. Over 15 years, the total interest paid is €64,018 which is 2,135 hours.

**23%**

The difference between the amount being applied to the amount owed in year one. With a 30-year mortgage, only 39% of your monthly repayment is going towards reducing the capital, but with a 15-year term, 62% is.

If you are in that mortgage process or are about to embark on it, my advice is to look beyond the monthly repayment and try to see the bigger picture. It's easy to show how good it is to choose a shorter term, but it does come at a price. The term you choose will depend on your personal situation and a shorter one can be the right choice for some, if not for others. But when choosing the term of your mortgage, the key is to take your time, don't let yourself default into the longest term possible.

Evaluate your finances first and look at all options and know the impact they can have on your financial situation now and in the future.

### ASK LIAM

Our personal finance expert answers your questions ...

**Q: Liam, the company I work for are closing in the first half of 2020. I'm wondering if I'm eligible to claim tax back once I'm redundant and if so, what do I do? Thanks**

**A:** Where a person is made redundant during the course of a year, they have probably paid more tax than they are liable for.

The reason for this is because tax credits are calculated on a yearly basis and a person's tax credits are divided over 52 weeks, therefore if a person works for, say, 26 weeks and is redundant for the rest of the year, they will have 26 weeks of tax credits to claim back against the tax they have already paid.

The amount you will be entitled to get back will depend on the amount of tax you paid from the beginning of the year, and the amount of tax credits you used during the year, up until you were made redundant.

If you are in receipt of job seekers benefit, you'll have to wait eight weeks before you can apply, otherwise the waiting period is about four weeks after your exit date.

When you are applying you complete a form P50 and include parts two and three of your P45 and submit to your local tax office or apply on-line.

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**Wedding Open Day in the Strand Hotel returns on Sunday, April 28 from 12 to 4pm. See [www.strandhotel.limerick.ie/Wedding-Open-Day.html](http://www.strandhotel.limerick.ie/Wedding-Open-Day.html) for more details.**



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- Excellent written and verbal communication skills

Contract type: **Permanent**

Replies with C.V should be sent to Human Resources Manager  
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Please specify on the Email Subject Line the Reference Number of the Post(s) you are applying for.

Applicant's for the above position(s) **must** on date of Application have a full clean driving licence (the requirement to display an "N" plate is permitted).

**Closing Date:- Midnight, Sunday, 21<sup>st</sup> April, 2019**

Candidates will be shortlisted for interview based on the information contained in their Curriculum Vitae

SHORTLISTING MAY APPLY • PANELS MAY BE FORMED

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Contract type - **Permanent**

Replies with C.V should be sent to: [info@cliffordsecurity.com](mailto:info@cliffordsecurity.com)

**BREAKING NEWS**

Contact  
**061 214500**

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## LIMERICK LEADER

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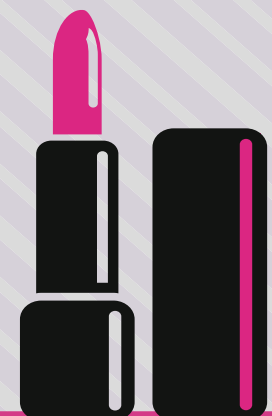
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# LEADER BUSINESS

Edited by Nick Rabbitts  
 e nick@limerickleader.ie  
 t 061 214596  
 m 087 6615151  
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## Frank talk on Limerick strives to break mould

**Vision:** Well-known leaders give empowering insight into success

**ÁINE FITZGERALD**

ainefitzgerald@limerickleader.ie

THE PLANT general manager of Edwards Lifesciences which chose Limerick over other major cities for their new manufacturing base says he really believes “that Limerick is set for some amazing growth and expansion”.

“It’s just a very, very attractive place. I don’t know that you realise how attractive it is - maybe you are just too close to it to see it but from my perspective it’s a great place.”

Nathan Tenzer was speaking at Breaking the Mould, an evening of frank panel discussion and chat, designed to empower the city of Limerick and its business people.

In its second year, Breaking the Mould which was hosted at Gardens International on Henry Street in the city is the brainchild of three Limerick business players, Mazars, Collins McNicolas, and Sellors.

The panel was moderated by former secretary general at the Department of

Finance, John Moran who shared his vision for Limerick, along with the two panellists, Nathan Tenzer and sports psychologist, Caroline Currid.

Two years ago Edwards Lifesciences, which is the global leader in the science of heart valves, began its search for a city to build its latest plant. Limerick came out on the top of the list over Dublin, Cork and Galway. “As a city it had everything going for it,” Mr Tenzer said.

During the questions and answers section John Moran was asked by a member of the audience if “in the depths of the Custom House and the departments of State and the Department of Finance there a genuine shift and commitment in favour of development in cities like Limerick and Cork and Galway?”

“I have to be honest when I answer these questions, I worry that there isn’t,” said Mr Moran.

“For me, the GAA effect (the intense rivalry between counties) has meant that we made it easy on Dublin, so every time there was a decision of State, Cork



**Nathan Tenzer, Edwards Lifesciences, Caroline Currid, sports psychologist, and Limerick advocate John Moran at Breaking The Mould supported by Mazars, Collins McNicolas, and Sellors at Gardens International** PICTURE:

OISIN MCHUGH, TRUE MEDIA

wanted it, Limerick wanted it, Galway wanted it, Tipperary wanted it and wherever else, so it was actually easy to make the decision, let’s just give it to the place that’s got the most people. And when you keep giving all the stuff to the place that has the most people as we see it, then, actually, all of a sudden it just builds on itself.”

When asked for her opinion on how this issue could be addressed, Caroline Currid, who was a key figure in the Limerick hurlers’ All-Ireland success said, “You get leaders in these different areas that you are talking about to come together and have a value stream team whereby we have these conversations and honest conversations in relation to how we do that.

“I don’t think any of these conversations happen whereby we have people coming from all the different counties to sit together. Is there such a committee of people we could put together and have those real honest conversations and come together as a unit?” she asked.

## Digital marketing workshop

NETWORK Ireland Limerick is to host a workshop for business owners focused on digital marketing.

The event, which takes place on Thursday, May 2 at the Savoy Hotel, will examine the role for both social media marketing and search marketing so participants can understand the value of both and the differences between the two approaches.

Author and social media marketing expert Louise McDonnell will lead the event. She will outline how



**Speaker:**  
**Rachel Walsh,**  
**Discover**  
**Digital**

its power can be leveraged to build brand awareness and drive sales.

Rachel Walsh, digital marketing lecturer and founder of Discover Digital, will focus on how to effectively manage search marketing. The event is free for members, and €45 for non-members. More info: call 085-1089273.

## China trip for Strand and Savoy

REPRESENTATIVES of two local hotels will travel to China next month to take part in a key trade mission.

Staff of the Strand Hotel and the Savoy Hotel will join 24 other tourism firms from across Ireland to take part in Tourism Ireland’s 2019 sales mission.

Taking place between May 6 and 10 it will target top Chinese travel agents and tour operators, through a programme of workshops and networking events in the cities of Guangzhou, Chengdu, Shanghai and Beijing.

Niall Gibbons, Tourism Ireland said: “Our annual sales mission is a key element of our promotional programme in China – providing our tourism partners with a platform to inform and influence the Chinese travel trade on all that the island of Ireland has to offer.”

## Glen Tavern wins Tidy Towns award

A POPULAR city centre pub has been honoured by Limerick City Tidy Towns.

The Glen Tavern at Lower Glentworth Street has received the monthly award from the voluntary group, who were impressed with the frontage of the building, which was given a facelift last year.

Maura O’Neill, Tidy Towns, said: “Given the number of great looking pubs in the city, realistically we could give our monthly awards to a pub every month, so we’ve had to restrict them to just two. The Glen Tavern is our first pub of 2019 and was chosen following a substantial overhaul of its exterior last year when the entire building was freshly painted, signage was updated and a new outside seating area with a planted section was put in place. The new grey paint colour is strikingly contemporary, yet The Glen still retains all of its traditional pub features and



**Maura O’Neill, Tidy Towns with Glen Tavern pub owner Ger Callanan** PICTURE: CONOR OWENS/ILOVELIMERICK

original exterior, which is most important given that the building dates back to the 1760s and forms part of Limerick’s historic Georgian quarter.

“The fact that the property continued

to look so good throughout the major building works taking place on the recently opened the Gardens International site nearby is also a credit to the owners,” he said.

The pub is run by three generations of the Callanan family, whose heritage in the hospitality sector can be traced back to the early 1930s in Thurles, Co. Tipperary.

The property at 1 Lower Glentworth Street also has a fascinating history, as it was once home to the Mechanic’s Institute before being transformed into a public house in 1911.

The Glen becomes the fourth Tidy Towns’ fourth winner for 2019, following Mint Boutique in January, Bakehouse 22 in February and Mid-West Lighting in March.

All monthly winners will be in with the chance of winning this year’s overall prize at their annual event to be held early in 2020.

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**Cost for System: €688.00**  
Customer is required to sign direct debit of €4.99 per month to cover cost of text message

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- Item 4. Three wireless motion detectors
- Item 5. External bell box fitted at front of house
- Item 6. Dummy bell box fitted at back of house

**Cost for System: €712.00**

**SPECIAL OFFER SYSTEM TWO**

- Item 1. Control panel with standby battery in case of power failure & built in siren
- Item 2. Three amp mains spur outlet
- Item 3. Two wireless motion detectors
- Item 4. Two wireless door contacts
- Item 5. External bell box fitted at front of house
- Item 6. Dummy bell box fitted at back of house

**Cost for System: €650.00**

**Clifford Alarms, 16 Wickham Street, Limerick 061 313033**

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# KEEP IT LOCAL!

Limerick businesses in the spotlight



## Off to the races: Twilight Racing returns this May

TWILIGHT Racing gets underway in May and this year, there are five Twilight afternoons/evenings to enjoy!

All the action of a race meeting packed into three hours and the going is just great, whether it is a large group or just a few of you heading out for the evening.

Twilight races are run off in a face paced format but the races are only part of the fun. There is live music, entertainment and a variety

of dining options to enjoy...

An evening of horse racing offers an ideal bonding experience for you and your colleagues. Have a flutter on the horses and you could be a winner! Once the action on the track finishes, we keep the party going with our post-race entertainment. Dance the night away and soak up the unique post-race atmosphere.

The racecourse can cater for groups of any size, so please don't

hesitate to get in touch and we will organise the perfect evening for you...

### THE RACING

National Hunt and Flat, Novice or seasoned race goer, it doesn't matter as you will always have a great evening at the horses. New for 2019, we will have DJ Mossie entertaining race goers throughout the evening, there will be tipsters in the reserved enclosure levels to give

you the inside scoop on what horses to place a bet on!

### THE BANDS

Thursday, May 30: Tiny Giants  
Saturday, June 15: Drive  
Friday, June 21: Tiny Giants  
Saturday, July 13: Stagefright  
Thursday, July 25: Handipak

### THE BUSES

This year, we will be running a complimentary shuttle bus service

from Limerick Racecourse back to the city centre after racing. There will be buses running every hour from 9pm to midnight ensuring that you don't miss the great party atmosphere!

If you would like to bring your company to Twilight Racing or if you have any queries, please call Amy or Karen on 061-320000 or email [info@limerickraces.ie](mailto:info@limerickraces.ie) and we can organise the perfect staff outing for your group.

## The Savoy wins on the double at Irish Hotel Awards

THE Savoy Hotel, Limerick city's only five-star hotel was the winner of two national awards at the third annual Irish Hotel Awards held in Galway last week. The Savoy Hotel was awarded 'The Great Irish Breakfast' and 'Business & Conference Hotel of the Year'.

General Manager Damien Harnett commented "We are delighted to win twice at this year's Irish Hotel Awards which are all about celebration and recognition of excellence. Congratulations to all our talented and hardworking team who were instrumental in these awards. The Savoy Hotel, Limerick is a special place to visit and I'm very proud of these

achievements".

Renowned in Limerick for its exceptional customer service and hospitality, the Limerick Savoy collection operates the five-star Savoy Hotel, the Hamptons Bar & Grill and Da Vincenzo, authentic Italian restaurant, the George Boutique Hotel, (named 'Best Boutique Hotel of the Year in Ireland' at the 2018 Irish Hotel Awards and who celebrated 10 years in business in 2017), Savoy Space hi-tech offices and Alex Findlater Food & Wine Hall which includes The Grill Room restaurant, an oyster and seafood bar, a wine cellar and food and wine hall. So there is something for everyone and every occasion.



**Damien Harnett, General Manager at the Savoy Hotel celebrates with the staff of the Savoy Group on winning Best Irish Breakfast and Best Business & Conference Hotel at the annual Irish Hotel Awards**

## Radisson's new wedding co-ordinator Marie here to help

MARIE Healy has been appointed as wedding co-ordinator of Radisson Blu Hotel & Spa, Limerick.

Marie joins the team at Radisson Blu Hotel & Spa, Limerick from Cloughjordan House, a County Tipperary wedding venue and cookery school where she worked as operations manager and assistant wedding co-ordinator.

During her time at Cloughjordan House, Marie's role was varied, helping her gain valuable experience for her new position as wedding co-ordinator at Radisson Blu Hotel & Spa, Limerick.

As operations manager at

Cloughjordan House, Marie added to her outstanding managerial skills, overseeing the day to day business of the country house, managing a team of 40 employees. As assistant wedding co-ordinator, Marie developed an excellent knowledge and skill set for wedding co-ordination and event management, working closely with clients to organise their dream wedding day.

Happiest when hosting showroom events and open days while working in the motor industry, Marie decided to undertake a part time diploma in events management, giving her a

greater insight to the world of planning.

Further to completing her diploma, Marie knew that wedding planning was the career for her when she began planning her own wedding day. That was hosted in her future work place, Radisson Blu Hotel & Spa, Limerick. Reflecting on her own experience Marie said, "Seeing the countless hours of planning and preparation unfold on the big day was so rewarding. It was amazing to watch the vision I had orchestrated come to life and I couldn't have been happier to celebrate in Radisson Blu Hotel &

Spa, Limerick"

Delighted to be the newest addition to the team at Radisson Blu Hotel & Spa, Limerick, Marie is a hard-working, creative and passionate individual who is looking forward to applying her wide knowledge and skill base to her new position as wedding co-ordinator.

Set on 20 acres of rolling green fields, Radisson Blu Hotel & Spa Limerick makes for a truly romantic wedding venue.

Awarded the Brides of Limerick award for 'Most Stylish Wedding Venue of the Year' in 2018, talk to Marie about the current wedding packages which include additional extras like a Champagne breakfast, personalised mood lighting, Chiavari chairs and fairy light backdrops, preferred accommodation for guests and an anniversary dinner to celebrate one year married.



**Marie Healy showcasing the wonderful reception room at the Radisson Blu Hotel & Spa**



Abraham Tubio, Dooradoyle, Saib Shaoo, Castletroy, Hewadeullah Niazi, Dooradoyle, and Arcaolius Hyla from Annacotty at the Vocational Training Opportunities Scheme Limerick Open Day run by Limerick and Clare Education and Training Board at the Further Education and Training Centre, Kilmallock Road Campus. The open day took place last week as part of the Limerick Lifelong Learning Festival



# Out & About

## VTOS LIMERICK OPEN DAY

**Pictures:** CONOR OWENS/ILOVELIMERICK.



Viro Xulue from Castletroy and Christine Furlong, English teacher at VTOS



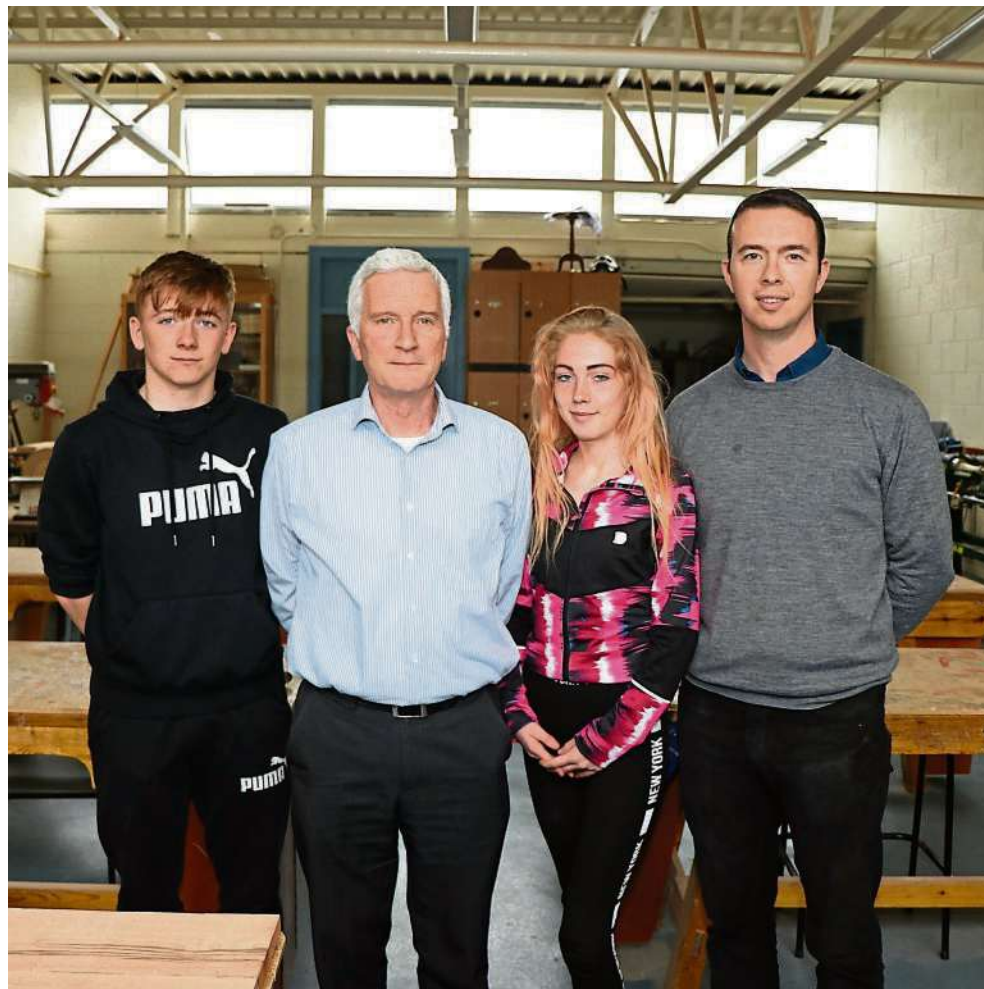
Tony Howlett, Ballinacurra, Máire Roche, Office Admin teacher at VTOS, and Noreen Waters from Edwards St



Sanda Boye, Mount Kenneth, Najeya Abdul, Windmill Street, Alison McNamara, English teacher at VTOS, Khaled Ibrahim, South Circular Road, and Khalil Delsoz, Sexton Street



Shane Cullinane, Assistant Coordinator of VTOS, Alison Power, Department of Employment Affairs and Social Protection, Patrica Kennedy, VTOS Coordinator and Audrey Sheehy, Department of Employment Affairs and Social Protection



**LEFT: Adam Gilbett from Newmarket-on-Fergus, Shane Clohessy, Talbot Ave, Shane Kelly, Corbally Rd, Luke Ward, Moyross, TJ O'Dwyer from Shannon Street, Boris Power, Moyross and Dean Neary from Kilrush**

**ABOVE: Jeffrey Dore, Curragh, Pat McInerney, VTOS guidance councillor, Shyree Bouy, Ballynanty, and Chris Doyle, Woodwork teacher**

**RIGHT: Elaine McCarthy, Retail Sales Course Leader, Sonya McMahon, Deirdre McCormick and Tess Walsh of South Hill A.S Club**



**Style queen Celia Holman Lee along with artists from across Limerick who painted a portrait of Celia as part of the day**



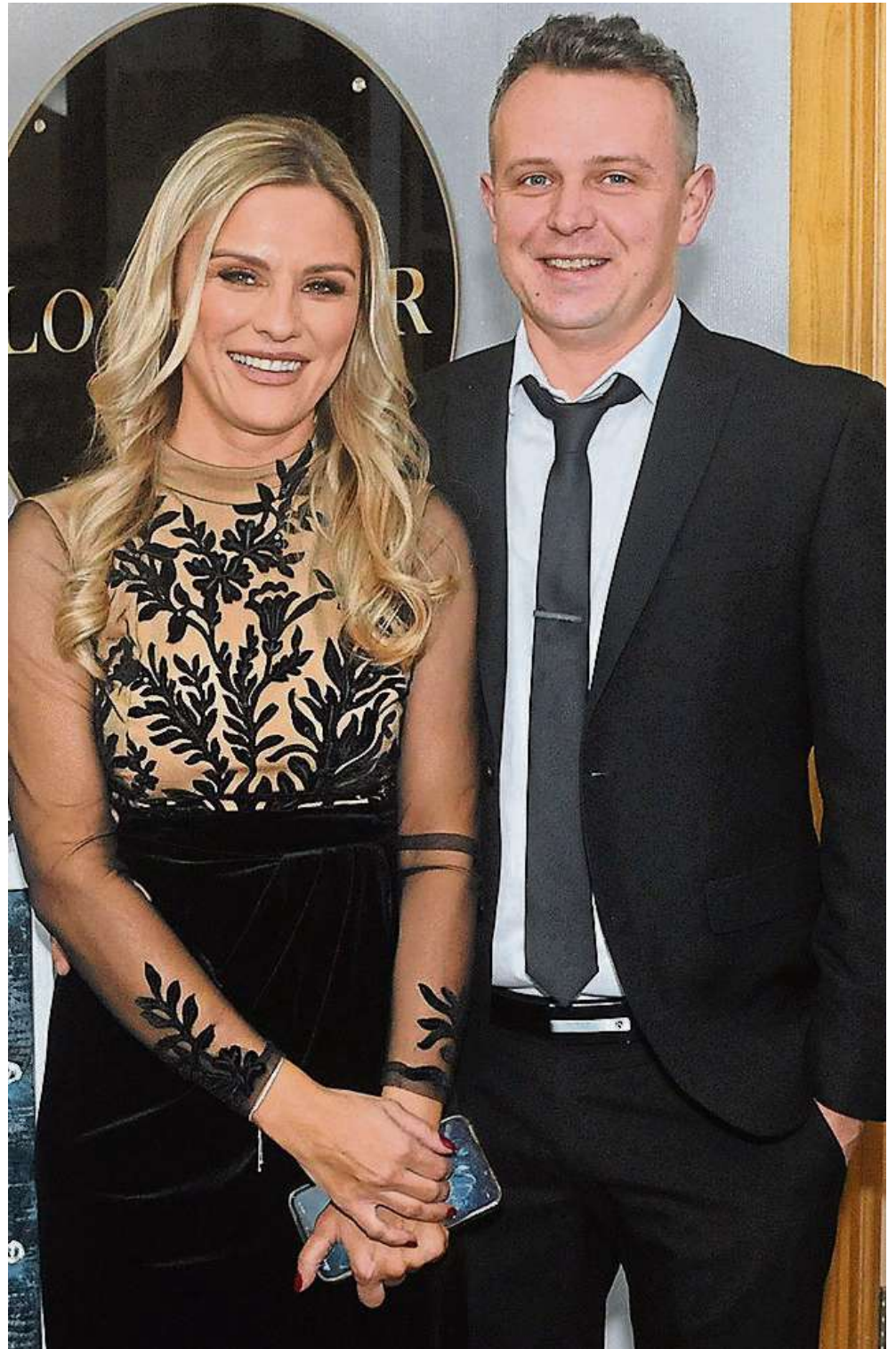
**Richard Lynch, founder of ilovelimerick.com, and Munyaradzi Jonas, Limerick Music Generation**



Last Saturday, the Longhair By Monika Team celebrated the opening of their brand new salon. Salon Owner Monika moved to a bigger premises on Bishop's Quay after the last few years of huge success at her old premises on Thomas Street. Celebrating with her amazing team and clients, it is the start of a very exciting chapter for Longhair By Monika. Pictured at the opening were Erin McMahon, Ciana Keating, Monika Rakoczy, Sinead Bolger and Denise Mulcahy, Longhair by Monika

## OPENING OF LONGHAIR BY MONIKA AT BISHOPS QUAY

**Pictures:** GARETH WILLIAMS



Attending Longhair by Monika at Bishops Quay were Monika Rakoczy and Piotr Tunia



Andi Neote, Cratloe and Alina Neag, City Centre



Leon Duffy, Thomondgate and Amanda Kelly, Kileely



Michalina Buczkowska, Dooradoyle and Paulina Szymanska, City Centre



Margaret Czaicka and Agnieszka Sobczyk, City Centre.



Olivia O'Donoghue, Denise Mulcahy, Annette Mulcahy and Chloe Phelan, Glasgow Park

# ENTERTAINMENT

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

## PowPig return to Dolan's

**EASILY** one of the biggest emerging bands in Limerick, the four-piece alt-rock group PowPig are set to showcase their new, critically acclaimed release this week at the Kasbah Social Club, Dock Road.

Jokingly describing it as part of their "world wide tour" (gigging in Limerick, Galway and Dublin), PowPig will join Junior Brother this Friday to perform their split record, released by Out On A Limb and Strange Brew.

The whacky and zany split record, released online and on cassette, includes two tracks Mayday and Pretty Woman, which have received positive reviews since the release last month. This comes after their Other Voices performance.

The event kicks off at 9pm. Tickets are €10.



## Greatest Love of All at UCH

A TRIBUTE to the late and great Whitney Houston is to take place at University Concert Hall, featuring many of her greatest hits.

The Greatest Love Of All: The Whitney Houston Show will take place at the popular venue on May 10, led by the impeccable vocalist Belinda Davids from South Africa.



Returning to Limerick by popular demand following her performance in 2017, tickets selling for €34 and can be booked via UCH website or via booking office at 061 331549.



UNIVERSITY CONCERT HALL  
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## Rising Stars Concert

Bringing Gifted, Young Irish Classical Artists to a New Audience!


				
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FLUTE Royal Irish Academy of Music	SOPRANO Irish National Opera	SOPRANO Northern Ireland Opera	PIANO CIT Cork School of Music	HORN CIT Cork School of Music

**Dearbhla Collins**  
ACCOMPANIST

**Lorcan Murray**  
PRESENTER



**Thursday 25th April 8pm**  
Tickets: €10 / Friends of UCH Complimentary  
Booking: 061 331549 / www.uch.ie



Written by **MIKE FINN**  
Directed by **TERRY O'DONOVAN**  
Original Music by **DAVID BLAKE**


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# BIG NIGHT OUT @

COBBLESTONE JOE'S PICTURES: DAVE GAYNOR



Jessica O'Brien and Chloe Hughes at Cobblestone Joe's, Ellen Street



Agne Paulauskaite and Aoife Carroll enjoying a night at Cobblestone Joe's



Dimple Goradia and Monica Jain



Jason Comerford and Amanda Lee



Anny Souza, Anna Andrade and Wendy Delilo also enjoyed their night out at Cobblestone Joe's



Glenn Hannon, Dylan O'Dwyer, Evan Griffin and Eoin Carroll



Shane Hogan and Kate McNamara



Dave O'Halloran and Sarah Corbett



Claire Corbett and Terriss Mlcochova



Courtney Ryan, Gavin Hogan and Pamela Ryan

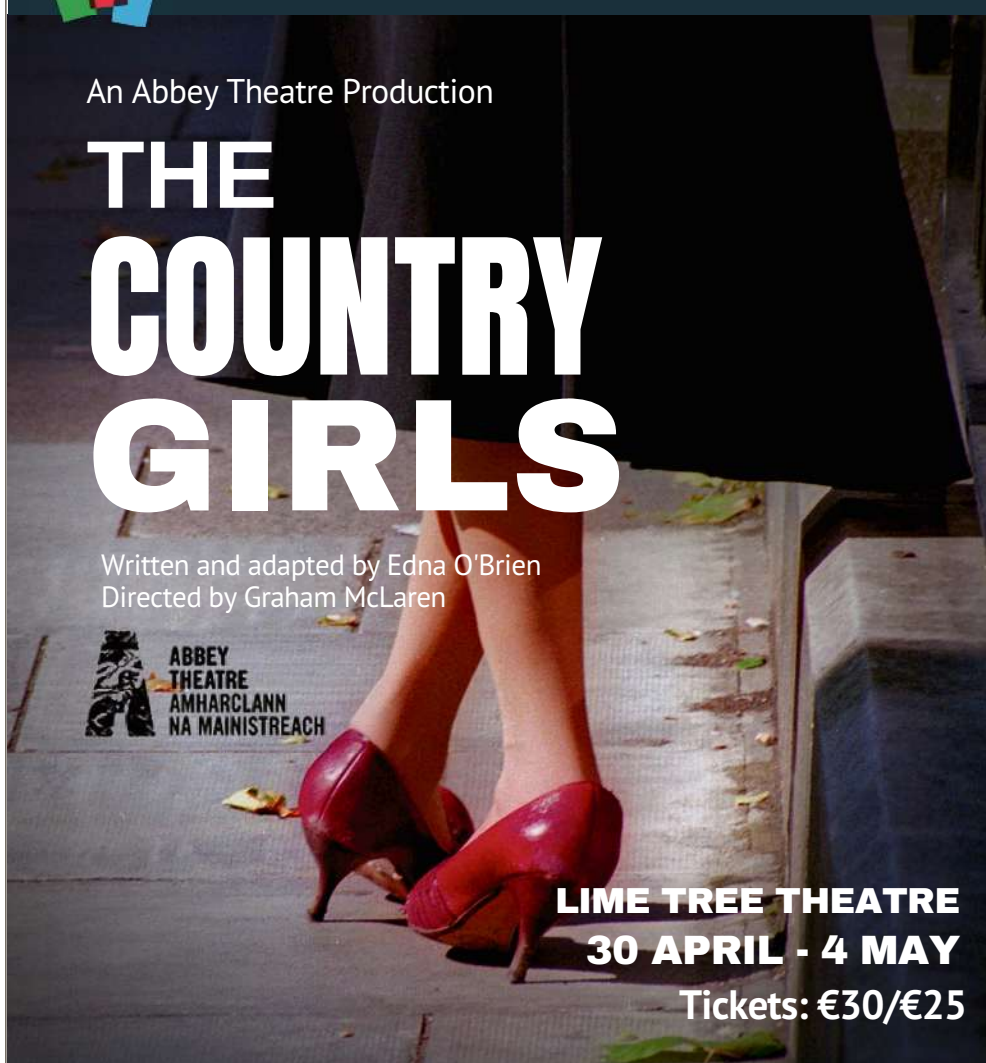


# LIME TREE THEATRE

An Abbey Theatre Production

# THE COUNTRY GIRLS

Written and adapted by Edna O'Brien  
Directed by Graham McLaren



LIME TREE THEATRE  
30 APRIL - 4 MAY

Tickets: €30/€25

Booking: [limetreetheatre.ie](http://limetreetheatre.ie) | 061 953400

## DANCE LIMERICK

'...a pointed and bawdily funny exploration of what it means to refuse to act your age'  
Lyn Gardner - The Guardian



# Slap & Tickle

by Liz Aggiss

Thurs 25 April, 8pm  
Tickets €14 / €12  
10% online discount at  
[www.dancelimerick.ie](http://www.dancelimerick.ie)

Dance Limerick  
St. John's Church  
John's Square





Haley Heynderickx is Upstairs in Dolan's this Saturday

**T**HIS weekend in Limerick you can catch the epic tale of the Limerick Soviet at a new play in the old Cleeve's factory, see some great music acts including Limerick's favourite punk band and take in an entire day of heavy metal on Easter Sunday. Loads to keep you occupied!

### Thursday (April 18)

**Bread Not Profits** is an epic tale of the Limerick Soviet, written by Mike Finn to commemorate the fortnight in 1919 when Limerick declared itself economically independent and ran the city on its own terms. It's at the old Cleeve's factory from Tuesday of this week until April 27, every night except Easter Sunday and Monday. The play covers the entire period from the first inklings of a general strike to the bitter end when Dublin let the city down. Plus ça change. As it's a promenade performance and Cleeve's is cold, wear a decent coat and respectable shoes. While you're doing that, you may as well go full-on fancy and wear pants. Some performances have already sold out so, if you want to see this (and you should), book early via the Lime Tree. 8pm each night, tickets are €25.

**Spotless**, at the **Belltable** this Thursday, is an urban black comedy thriller where two women's lives become entangled as a result of both of them knowing a mysterious young man. Men aren't normally mysterious unless we're up to something dodgy, so bear that in mind. The play stars Ciara O'Callaghan, who you'll know from Fair City, and Emma Willis, last seen on Can't Cope Won't Cope. As the playwright for this show is the ever-reliable Gary Duggan, I reckon it will be an entertaining show and worth seeing. 8pm, tickets are €18 / €16.

### Friday (April 19)

**Limerick Choral Union** and the LCU orchestra are at the **University Concert Hall** this

# THINGS WHAT ARE ON IN LIMERICK

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

Friday to perform Mozart's Great Mass in C-Minor and his Requiem. Under normal circumstances this would count as going to mass twice but as Mozart didn't finish either work before dying, I'm afraid it only counts as going once. His Great Mass is considered one of his finest pieces of music, though, obviously, it might be even better if he'd taken the time to add the missing notes in the middle. Still, like the Beach Boys' Smile, it's a wonderful trip through the mind of a genius loon. Your granny will love you if you buy her a ticket for this. 8pm, tickets are €25 / €22 concession.

There's a curious but wonderful mix of genres on offer at the **Kasbah** on Friday night, as Limerick's favourite punk band **Pow Pig** are doing a double-header gig with experimental folk singer Junior Brother. Pow Pig's music has become a lot more refined over the past year, without losing any of

the energetic grittiness that caused people to sit up and pay attention. Ronan Kealy aka Junior Brother sounds like Elliott Smith would if he'd grown up in the land of the Healy-Raes, with a pub at every corner and a starving gondola on every lake. It's a strictly-over-18s show, which will make it comically awkward when all the acts get carded. Doors at 9pm and tickets are an utter bargain at a tenner.

Every second marketroid is eager to tell you how to turn your Good Friday into a great Friday, but here's how you do it: **Tom Prendergast** will be spinning a few records to facilitate your dancing in The Commercial's **Record Room** this Friday night. Tom is probably best known in Limerick for his wonderful Sunday night LCCR radio show and what he doesn't know about music probably isn't worth knowing. Doors at 10:30pm.

### Saturday (April 20)

If you're a fan of Regina Spektor or Ani DiFranco, you won't want to miss Portland folk singer **Haley Heynderickx** upstairs in Dolan's this Saturday. Ms Heynderickx takes a decidedly jovial approach to her music, mixing folk with do-wop, bluegrass and blues whenever she feels like it. Her debut album *I Need To Start A Garden* was, rather quietly, one of the best releases of 2018. This is the gig you shouldn't miss this week. Doors at 9pm, tickets are a tenner.

**Aslan** are back in Limerick this Saturday for their compulsory annual visit. Best known for their two enduring hit singles *This Is* and *Crazy World*, they've also had other songs, but... look, we all know at this point that Aslan are relentlessly milking two hits and piling people into venues based on those eight minutes of music. The *Third Secret of Fatima* pales into simplicity compared to knowing



ABOVE: Spotless is at the Belltable this Thursday PICTURE: STE MURRAY



RIGHT: Maija Sofia plays Pharmacia on Saturday PICTURE: LUCY FOSTER



Bread Not Profits runs at the old Cleeves factory for two weeks

how Aslan have managed to keep it going for thirty years but, either way, all roads lead to the **Milk Market** on Saturday. Gates at 7:30pm, tickets are €31.

For a mere fiver, you can hear Galway singer-songwriter **Maija Sofia** at **Pharmacia** this Saturday night. She has a wonderfully-ethereal sound that will remind you of CocoRosie or Bat For Lashes on their good days. I have no idea why Maija Sofia hasn't been snapped up by a major record label but you can get acquainted with her marvellous blend of dreamlike lo-fi folk music for the price of a pint. She'll be supported by Elaine Malone and Rumi. Doors at 9pm.

### Sunday (April 21)

The **Siege Of Limerick** returns to **Dolan's** this Sunday, with over 30 metal bands playing three stages from the early afternoon till the wee hours of the morning. The twice-yearly event has become a religious pilgrimage for fans of all things metal and you're guaranteed twelve hours of toe-curling guitars and drums. German doom metal band Ahab are headlining. They draw inspiration and sometimes lyrics from Herman Melville's *Moby Dick*, so you know it's going to be classy. Make sure that you don't miss the set by From The Bogs Of Auhiska. The Irish band will have a special performance with Eddie Lenihan, best known as a storyteller and advocate for the Little People. The one-day festival kicks off at midday and it's all free.

### All weekend

The Limerick Printmakers exhibition at the Hunt Museum runs until April 22. Against The Grain is in the LSAD church gallery until April 25. The Poets & Painters exhibition is at CB1 until April 30. The Limerick Soviet exhibition runs at Istabraaq Hall until May 31. All free to visit.

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



Pow Pig play the Kasbah this Friday PICTURE: AARON CORR



# LEADER LIFE

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



## A Day In My Shoes

**Neil Dolan**

Chief Booker Dolan's Warehouse

It's only rock and roll but I like it...

**What time do you get up?**

Most mornings I will get up at 8am.

**What is your normal breakfast?**

Not a good breakfast person normally would skip breakfast

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

Would head to the office first to see how things are, then some gym time and then back to the office depending what gigs are on.

**You arrive at office at what time?**

I am generally at the office for 9am.

**What are your first duties?**

One of the first duties each day is to check the online booking for the various acts.

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

Probably four cups of coffee a day.

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

My normal lunch is Dolan's famous stew and of course it is served in Dolan's on the Dock Road.

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

Yes, I could have anything from five to 10 a day.

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

There is no definite finishing time, it depends on the week and what gigs are on.

**Bringing in the big gigs... Neil Dolan outside the family business on the Dock Road**

**Do you watch much television?**

So, so, not a great TV person.

**Do you read the newspapers?**

Yes each day including the Limerick Leader.

**What do you do to relax?**

I like to play a bit of soccer.

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

It is very difficult because of the nature of the work, people can be ringing me for tickets at any stage of the day or night.

**What is a perfect work day?**

A first day sellout.

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

I have never been known to lose the cool in work.

### INSIDE THIS WEEK



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Patrick's guide to online dating  
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#### SPRING OUT THIS SEASON

Fab style from Oxendales  
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#### MUSIC, FASHION & FESTIVALS

Get music festival ready with Jessica  
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#### READY FOR RIVERFEST

Louise previews May bank holiday  
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# Learning ways of dealing with intrusive thoughts



## MENTAL HEALTH MATTERS

### PROF EDDIE MURPHY

CLINICAL PSYCHOLOGIST  
ADJUNCT ASSOCIATE PROFESSOR  
UCD SCHOOL OF PSYCHOLOGY

**T**HIS week I will answer an email from a reader who is struggling with anxiety all of her life.

Dear Eddie,

I have emailed to see if you can help. I am looking for guidance. I've suffered with anxiety all my life but never really knew.

I just thought I was shy until I was about 17. Then it hit me hard and I struggled for two years. I struggled on and went to third level but I never got help and 'grinned and bared' it. Often I was overcome by shame and guilt.

I thought that a new start would do the trick and I went to Canada. Unfortunately my anxiety worsened and I had to come home. I was devastated and it triggered three years of suffering.

I'm almost 30 and just about got my life going.

In the past few months I feel like it's creeping back in on me slowly but surely. I mainly suffer intrusive thoughts which leave me feeling paralysed with shame and guilt.

I'm looking to deal with this problem. I want the life I always dreamt of and know I deserve it, but I can't do it if I don't face this problem head on.

-Mary

*Dr Eddie's Response:* Mary, I really appreciate you writing to me and trusting me with your story. A number of things come to mind and I will go through these. You talk about experiencing anxiety all your life and then other moments where you were overwhelmed and then the quality of your life deteriorated.

Too often we can forget that GPs, who are in the community, can play a role in identifying appropriate pathways for help including mental health.

In addition, they can do a physical and blood work up as well. In the context of starting out with mental health interventions, be it psychology, medication or counselling, I think a quality assessment is critical.

#### THE BENEFITS OF ASSESSMENT

Accurately diagnosing mental health presentations can be challenging, even for seasoned clinicians, and this has meaningful implications in terms of providing effective care.

Psychological assessment may be especially useful in situations where diagnosis is not immediately clear and/or may involve multiple clinical considerations.

Psychological assessment can also be extremely helpful with adults who may be struggling in different areas of their lives, particularly in situations where past treatments have been sub-optimal or ineffective.

These evaluations provide important information, not only about where someone may be struggling specifically.

#### WHAT KEEPS THE PROBLEM GOING

Anxiety treatments are really open to Cognitive Behavioural Treatments.

In modern psychology we really like to focus on what keeps the problem going?

Targeting the thoughts and behaviours are key.

What are the intrusive thoughts?

This sounds key to the moods of guilt and shame that you are experiencing.

Remember you are not your thoughts. All human beings have intrusive and upsetting thoughts, however your challenge is to learn a tool kit to manage these via the CBT.

This is where you will learn to recognise and challenge these thoughts, or using some other therapy models you will recognise the thoughts, but don't engage with them.

Mary your thoughts are thoughts, not facts. These intrusive thoughts could be associated with Obsessive Compulsive Disorder (OCD), however I strongly advise assessment. Check out [www.ocdireland.org](http://www.ocdireland.org).

For some people with OCD they can struggle with compulsions — i.e. behaviours for example excessive hand washing.

For others, possibly yourself the obsessions are the struggle. These are unwanted and intrusive thoughts. Your challenge is to take back control of your intrusive thoughts.

#### STEP 1: SEE THROUGH OCD'S SCARE TACTICS

OCD is the fear network of the brain sending a signal that something is wrong and needs to be done now.



**Intrusive thoughts can have a huge impact on how some people live their lives. Dr Eddie gives some advice on how to deal with these dark thoughts which can cause huge anxiety**

OCD works by feared consequences that are important to a person. Believe me, somewhere within an obsession is the flip side of a core value. If OCD taunts you with images and thoughts about offending god, then religion must be important to you. If OCD reviews all the ways your family could be hurt, then your family is clearly one of your top priorities. There is checklist of common intrusive thoughts that I find helpful to share with my patients. There are numerous thoughts on this list regarding losing control and acting out violently or sexually. Several research studies found that when this list is shown to a non-clinical sample of people, approximately 90 percent of those surveyed will agree to having experienced some of the intrusive thoughts.

When the non-clinical sample is asked how bothered they are by experiencing these intrusive thoughts, they are most often only mildly bothered by them.

In contrast, when this same list is shown to individuals diagnosed with OCD, a similar percentage of the sample will agree to having experienced these intrusive thoughts, but the big difference is how much distress these thoughts evoke for the OCD sample.

For those meeting criteria for OCD, there will be a much higher level of emotional distress when these same intrusive thoughts surface.

What keeps OCD alive and well is not the experience of intrusive thoughts, but actually one's reaction to them.

The more one dislikes experiencing intrusive thoughts

and then tries to repress or fight thoughts, the greater the frequency of intrusive thoughts one will experience. The very act of trying to "not have" a bothersome thought guarantees its resurfacing.

Finally to be human means one will experience deeply upsetting, intrusive and odd thoughts.

Freedom from OCD is not about stopping the mind from offering up strange and occasionally disturbing thoughts but learning how to recognise spam versus urgent mail versus engaging in the real world.

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



# POSITIVE PARENTING



## Top Tips

### For a good nights' sleep

'Sleep hygiene' refers to practicing habits and strategies which promote sleep and improve sleep problems. Poor sleep hygiene is usually indicated by frequent sleep disturbances, daytime sleepiness, and taking too long to fall asleep. Making a few simple changes can hugely benefit your child's quality of sleep.

#### Consistency

Consistent bedtime routines are a proven strategy to decrease anxieties surrounding bedtime. It is important to stick to the same bedtime and wake time every day, even on weekends. Your child should have a predictable series of events which lead up to bedtime. Bedtime routines should be calm and relaxed, as opposed to rushed.

#### Beds are for sleeping

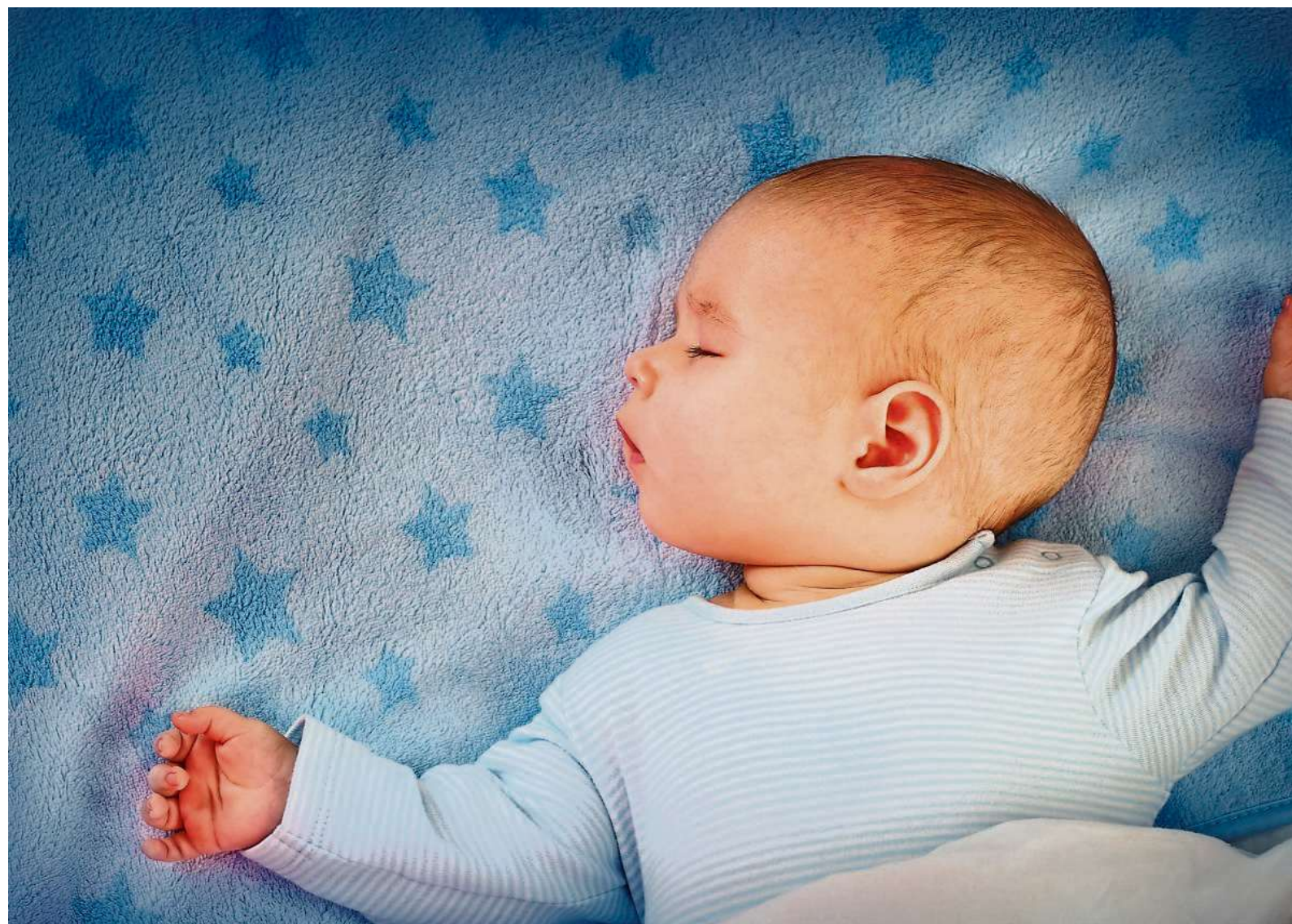
If your child has difficulty falling asleep, they should try getting out of bed and engaging in a calming activity, such as reading a book. As a child tosses and turns in bed more, their negative associations with bedtime can increase. Bedrooms should be kept solely for sleeping so try to avoid sending your child to their bedroom as a punishment or allowing them to complete their homework in their room as they develop negative associations.

#### Good sleep environment

Children should have a sleep environment which is consistent, comfortable, and quiet. A relaxed and calm environment is essential for falling asleep easily. A child's bedroom should be cool, quiet, and comfortable. Sunlight should be blocked out in order to help children fall asleep easily.

#### No screen time

Screens are proven to interfere with falling asleep easily. Children should stop all screen time one-two hours before bed.



**All stimulating activities such as, screen time, energetic games should be eliminated before bedtime and replaced with calming activities such as, bath time, lullabies, or reading relaxing stories says Megan McGinley an Assistant Psychologist in the Child and Family Centre, Barrack View**

## What you need to know about your child and sleep

Sleep difficulties in children are very common problems for families. It is very normal for a child to have some aspect of sleep disturbances in their lives.]

Sleep is the foundation for positive physical, mental, and emotional health. Sometimes it can be more apparent when children are getting too little sleep rather than the right amount of sleep. Typically, we can recognise when a child or teenager has not gotten enough sleep if they appear excessively sleepy during the day, irritable, not as alert as usual, or unable to concentrate fully. We are less able to recognise that a child who seems hyperactive may be exhausted. For many children, when they are not getting enough sleep, their body produces hormones (cortisol and adrenaline) in an effort to try and keep them awake. This in turn

gives the impression that children have lots of energy and are not in need of rest.

It can be difficult to know how much sleep is sufficient sleep; different people have different sleep needs. Lack of sleep is considered a problem when: a child is obtaining less sleep than is needed for normal growth and development; a child's emotional and psychological health is affected; if there is an impact on a child's immune system; and/or if it affects the wider family.

There are many practical reasons why a child or teenager may wake during the night or find it difficult to fall asleep, such as illness, hunger, excitement, being too hot or too cold, bad dreams, or needing to go to the toilet. Worrying thoughts occurring in a child's mind when they are trying to get to sleep or waking them up at

night are also very common reasons for sleep difficulties. If your child is finding it difficult to sleep due to worries it may be useful to encourage them to find some way of letting their worries out before bedtime. Depending on the age of your child this might mean writing them down or having allocated 'worry time' for 15 minutes. Another useful strategy for children who find it difficult to sleep due to worries includes breathing exercises. For younger children this can be in the form of 'belly breathing' or teenagers may try it in the form of mindfulness.

Screen time (phones, tablets, TV, etc.) is one of the biggest issues that prevents us from falling asleep easily. The bright light on the screen stimulates our brain and makes us more awake rather than sleepy. We also know that the blue light emitted from our devices

suppresses melatonin which is the chemical that regulates sleep and wakefulness. Similarly, the videos or TV programmes that we watch can make us more alert by stimulating and distracting our brain. It is best to stop all screen time one-two hours before bedtime so that our brains have a chance to wind down and prepare for sleep. All stimulating activities such as, screen time, energetic games should be eliminated before bedtime and replaced with calming activities such as, bath time, lullabies, or reading relaxing stories.

For more information on this and other parenting topics, see [www.loveparenting.ie](http://www.loveparenting.ie)

This article was written by Megan McGinley an Assistant Psychologist in the Child and Family Centre, Barrack View Primary Care Centre



# HEALTHY LIVING

## EVA HILL HAMILTON

**CONTACT EVA**

**Facebook:** @evahillnutrition **Web:** www.evahillnutrition.com **Email:** info@evahillnutrition.com

## Nothing says spring like Easter lamb

**S**HEEP were among the first animals ever to be domesticated by humans, occurring more than 10,000 years ago, and the Romans brought them to our areas over two thousand years ago.

In many cultures lamb has a great significance at Easter time, in Christianity especially. In the Old Testament, it is celebrated as Passover. The sacrifice of a spotless lamb and its blood painted over the doors of the

houses of God's people saved them from the angel of death. In the New Testament God provided the sacrificial lamb as he promised to Abraham in Genesis.

Nutritionally, it is one of the most precious of red meats and here in Ireland we can be proud of the exceptional quality grass fed lamb. It is listed as one of the hypo-allergenic foods, meaning if someone has multiple protein allergies they can still enjoy lamb – if it



**Since lambs are fed with grass, they have a significant amount of omega-3 fats**

is really fresh. Being a red meat, grass fed lamb has an impressive amount of so called "healthy fats", such as Omega 3 and CLA (Conjugated Linoleic Acid), depending upon the young

sheep's diet as well as the mother's diet, but when those diets are nutritionally supportive, the result can be impressive.

When it comes to CLA, an ever-increasing number of

studies show increased intake associated with improved immune and inflammatory function, improved bone mass, improved blood sugar regulation, reduced body fat, and better maintenance of lean body mass. Also, about 40% of the fat in grass-fed lamb comes from oleic acid, a monounsaturated fat. This type of fat (for which extra-virgin olive oil is lauded) is generally associated with decreased risk of heart disease.

Grass-fed lamb is a very good source of selenium and a good source of zinc. Healthy intake of these antioxidant minerals is a protective factor against oxidative stress and together with its beneficial oils the

development of heart disease. It also contains all the B vitamins and Choline necessary for energy and nervous system support.

**DID YOU KNOW?**  
Being rich in high-quality protein and many vitamins and minerals, lamb can be an excellent component of a healthy diet

The best way to cook lamb is to use methods that will keep it moist and tender. Lamb

can be easily

overcooked becoming dry so be sure to watch your cooking times, which all depends on the cut you use. Your experienced butcher can advise you. My favourite is slow-roasted rosemary – garlic leg of lamb by Jamie Oliver – he makes a mean gravy with this dish... But lamb shanks, lamb burgers, curries and roasted rack of lamb are just as divine. All it needs is a little love, care and fresh ingredients. Try it this Easter!

## The benefits to changing school for the Senior Cycle

The end of the Junior Cycle gives young people an opportunity to assess their academic path and possible career choices. To ensure they have the widest range of options available to them, students may decide to change school. This decision can be daunting, but sometimes necessary. Achieving academic potential, within a structured day, with positive peer and adult support, may require a change of surroundings. Recent reports indicate the Leaving Certificate is leading to stress, burnout and mental health problems among students. If students want to achieve their potential, they are best served by being in a structured, supportive environment which blends high standards with a balanced lifestyle. The interaction between students and teachers and amongst students themselves also plays a very important role in shaping a young person's self-image. Research has demonstrated that students who have experienced positive interaction with teachers in terms of praise and feedback tend to become more informed, resilient and autonomous learners.

Rockwell College in the heart of Co. Tipperary offers this opportunity for students to harness and maximise their capability in the Senior Cycle. Over the past ten years an average of 30% of Leaving Certificate candidates achieved 500 points or higher. In 2018 this figure reached 32.2% and the vast majority of these pupils progress to top Universities in order to pursue their chosen careers.

Abraham Lincoln said: "The best way to predict your future is to create it". The Rockwell College Senior Cycle programme offers a choice of 23 subject options, thus allowing pupils the opportunity of selecting subjects from a broad base rather than being restricted by limited subject provision. The Careers Department at Rockwell provides excellent advice in terms of student options, study planning, Third Level entry requirements in Ireland and the UK, employment opportunities and much more. As a co-educational boarding school and day-boarding school, Rockwell College provides a study-life balance where everything is provided under one roof. Classes, meals, extra-curricular activities and supervised study run within a structured day that supports the development of the whole person in a secure and supportive setting. Our support services include the availability of Guidance Counselling, Chaplaincy and Nursing care to guide and support all our pupils through the challenges that come their way.

Rockwell College can offer this to boys and girls considering their senior cycle options. The Senior Cycle Open Evening on April 30th will give prospective pupils and parents an opportunity to learn more about the College and the option of boarding, to view the facilities and meet our staff and pupils. Presentations will be made by the Principal, Guidance Counsellor and TY Coordinator and teachers of different subject areas will be available to discuss subject choice.

To learn more about Rockwell College and the Senior Cycle Open Evening on April 30th, check out

[www.rockwellcollege.ie/newsandevents](http://www.rockwellcollege.ie/newsandevents)



**ROCKWELL COLLEGE, Cashel, Co. Tipperary.**

**Senior Cycle Open Evening**

**Tuesday April 30th from 5:15pm**

Boarding and day-boarding facilities for boys and girls

\* Over 150 years of top academic standards in the Spiritan tradition

\* 32% of LC pupils at 500 points or higher (LC'18)

\* Extensive range of subjects at Senior level

\* Outstanding facilities and support services

\* Five-day and seven-day boarding available

View our College and boarding school Residence

**Parents & prospective pupils for TY & 5th Year welcome**



# FIT4LIFE

## LEANNE MOORE

### CONTACT LEANNE

**Facebook:** leannemooreofficial **Web:** www.leannemoore.ie **Instagram:** leannemooref  
**Email:** leannemooreofficial@gmail.com **Twitter:** Leannemoorefit **Snapchat:** Leanneacmoore

# What's for lunch this week!

**S**O in the past two weeks we've covered snacks and breakfasts and now Go Gym Limerick trainer Leona McCarthy has also fed us her two favourite lunch recipes. Check them out!

### KALE MINI FALAFEL PATTIES

#### WHAT YOU NEED

400g Tin of cooked chickpeas  
 2 cloves of Garlic (peeled and minced)  
 1 onion (peeled and chopped)  
 1 tsp of chopped ginger  
 1 small courgette (chopped small)  
 1 carrot (chopped small or shredded)  
 2 Large handfuls of Kale or Spinach  
 1 - 2 tbsp. of Nutritional yeast  
 Pink Himalayan salt and ground pepper  
 Juice of half a lemon  
 2 tsp of Paprika  
 1 tsp of cumin  
 1 tsp of Turmeric  
 1 tsp coriander  
 2 tbsp of spelt flour  
 2 tbsp of ground Almonds  
 2 tbsp Almond milk (a good dash)

#### WHAT TO DO

1. Pre-heat oven to 200°C.
2. Place the chickpeas and vegetables in a food processor or blender (I use a nutri bullet) and blend until you have lumpy mixture. Add your unsweetened almond milk to help mix.



There are literally thousands of variations on the tradition vegetable soup - while falafel (right) are a Middle Eastern staple

3. Use the palm of your hands to roll the mixture into about 8 patties and place them on a greased oven tray or use baking paper on a baking tray.
4. Bake in oven for approx. 20 to

30min until they are golden brown.  
 Serve: On a bed of mixed greens and with some avocado & lime dressing or some smoked salmon and avocado.

### VEGETABLE SOUP

#### WHAT YOU NEED

1 Large sweet potato or butternut squash or both.  
 2 Carrots  
 Large handful of spinach

1-2 Courgettes  
 ½ tsp of ginger (chopped & peeled)  
 2 cloves of garlic (peeled & chopped)  
 1 onion (peeled & chopped)  
 1 tsp of organic mild curry powder  
 1 organic vegetable stock (optional)  
 Pinch Pink Himalayan salt and ground black pepper

#### WHAT TO DO

1. Pre boil your sweet potato for just 10 minutes then add to a baking tray with your butternut squash, carrots, some chopped garlic. Spray the veg with some oil, and a dash of coconut aminos. Bake in the oven for approx 20 - 30 minutes.
2. Lightly steam or boil your courgette for a few minutes.
3. Heat oil in a large saucepan. Add chop and peel your garlic, ginger and onion and add to your saucepan, let simmer.
4. Mix your stock with 200-300ml of boiled water, then add to your saucepan along with your chicken broth.
5. Add your roasted and boiled veg, curry powder (you can also add other spices, chilli, turmeric, coriander), pepper and salt.
6. Get two large handfuls of Spinach leaves and add them to the soup.
7. Using a hand blender, blend the mixture up in the saucepan, add more water if needed to reduce thickness.
8. Serve with some homemade spelt bread.

## Moore2Life

What I'm loving this week

### Phi Brows

LAST week I took a trip to Luxe Salon in Nenagh (just 30 minutes from Limerick) to get a Phi Brow treatment and I am thrilled with the amazing results. I was hesitant to commit to the procedure as it is semi-permanent but honestly I couldn't be happier with the results. Phi Brows are a type of microblading that basically fill out the brow with hair-like strokes. The treatment will need to be topped up in four weeks after the initial application and then lets between 6-12 months. For more information contact Luxe Salon on Instagram @Luxesalon.ie



### Girlie staycation at Powerscourt Hotel

If you are looking for the perfect destination for a girlie staycation or a romantic break - I highly recommend Powerscourt Hotel in Co. Wicklow. My friend Michele and I had a gorgeous nights stay on Friday complete with the full experience of their newly renovated spa. It was the perfect location for a little bit of chill. See [www.powerscourthotel.com](http://www.powerscourthotel.com) for more details.





# MANABOUTTOWN

## PATRICK McLOUGHNEY

### CONTACT PATRICK

Email: patmcloughney@hotmail.com

Twitter: @iammcloughney Instagram: iammcloughney

# Digital age dating

**T**HE rules of engagement have changed. Back in the day meeting a potential partner was a lot more difficult than it is now.

We've all seen those old romantic movies where two people reach for the last jar of coffee in the supermarket, lock eyes and then it all starts from there.

Love at first sight, instant chemistry etc. In truth it rarely if ever worked like that in real life and the real-life scenario was more likely to be asking someone to "shift your friend" in a nightclub and then trying to get a phone number. Oh, and you had to actually ring the person. On their phone. At their house!

These days' people browse potential partners on their phones like their looking for ripe fruit, giving as many a squeeze as they can along the way. But in the process, you will find fruit (people) that will lie about who they are, use other people's photos or edited photos and probably have three or four others they're talking to at the same time. And the rules haven't just changed they are ever changing. Relationship advice goes out of date as quickly as a new app comes on the market. There's also the impact of the MeToo movement, Whatsapp groups, porn culture, Instagram pics and various other potential pratfalls that have made modern day dating a bit of a minefield. With that in mind, here are some things to keep in mind while dating in the digital age.

### OLD FASHIONED VALUES AREN'T DEAD YET

Both my father and brother have given me plenty of relationship advice over the years. Not all of it



**Meet in real-life: Be honest in your online dating profile - you may end up face-to-face one day and you will have to explain that you aren't 6 foot, but more like 5'7"**

was solid and a lot of it related to 'level of attractiveness vs level of sanity' but some nuggets of advice still ring true. My dad once told me that 'whomever you pick, you need to be able to see yourself sitting across the breakfast table from them in fifty years time'. If they can pass that test then it's worth the work. I'm paraphrasing heavily but I still think that old fashioned point of view has merit in this day and age. With the way society has changed and specifically the way that the MeToo movement has brought a much-needed shift in gender

dynamics, one might be forgiven for thinking that 'old-fashioned values' are taboo in this day and age. I disagree. I think everyone can learn from the MeToo movement and it shouldn't scare anyone away from dating. Mutual respect and consent are vital at every stage of a relationship and there shouldn't really have had to be a hashtag or movement for people to be aware of that. You can still approach a girl in a bar and chat her up so long as you're mindful of both your body language and hers and you know when it's time to walk away.

### DON'T GET LOST IN AN APP

Technology has opened up the dating world and made it easy for us to connect and disconnect with each other. But it's also affected the respect we show one another. It's very easy to forget that there's a person behind the phone screen and instead resort to acts like breadcrumbing, ghosting, zombieing etc as a method of communication. There's also a danger that the accessibility and ease of using apps to woo a potential partner is impeding our ability to interact with people in real life face-to-face encounters. People's attention spans and conversational skills will dull from lack of use which might be where some of the confusion is coming from on what constitutes respectful flirting and where people's boundaries are. People feel safer and in some ways braver sending a DM than approaching someone in person. The missing component of human interaction can lead to a lack of empathy and respect so it's important to remember that you are still interacting with another person, even if they're currently in pixel form.

### BE MINDFUL OF STRANGER DANGER

It's important to remember that when using dating apps or Snapchat or WhatsApp to make romantic connections that you are essentially meeting a stranger. Now in some cases, you may know the person to some degree or you may have friends in common but it's still important to point out that you don't actually know this person until you've met them. Because so much communication happens in the form of texts, DMs, exchanging photos or snaps, a false sense of intimacy is created before you've met the person in the real world. This form of non face to face flirting can also amplify the desire for immediate gratification and constant access to someone you barely know. The obvious danger here is that you are dealing with someone who's not really interested or just not really a very nice person and things that you said or sent in good faith might be shared with others without your consent. It's not nice, don't do it and don't put yourself in a position where it can be done to you.

### BE HONEST (THE TRUTH IS EASIER TO REMEMBER)

Online dating gives people to opportunity to meet people outside of their social circle and because of that, it's much easier to present an idealized fantasy version of yourself on social media and on dating apps. I know someone who has two different profiles on two different dating apps, one for looking for hookups and one for looking for a serious relationship, each listing different hobbies, interests and character traits. The words in your bio and the pictures you present of yourself are what hook the imagination of the person looking at your profile. The fantasy starts before a message is ever even exchanged. Once you step outside the truth it's a slippery slope and if you actually like the person then you will at some point have to come clean whether it be age, appearance or relationship status.

### HAVE STANDARDS BUT DON'T GET HUNG UP ON BOX TICKING

Single people often talk about wanting to meet someone who 'ticks all of the boxes,' which can include looks, height, job, education, kinkiness and more. The advanced search feature on dating websites and apps can facilitate your search for an ideal partner who meets your specific criteria but it can also amplify a potential flaw in this approach. The sheer volume of people using these apps can lead to an idea that there's always a better one on the way so keep swiping until you find them.

The truth is that the seemingly bottomless pit of potential partners at your disposal makes it difficult to evaluate the connection with the person sitting across from you. Part of the point of going on dates is to figure out if the other person is someone you can relate to, have fun with, respects you and can communicate with you in an open and honest way.

This can take time and if you are entering this with an invisible checklist in hand then you are beaten before you ever leave the house. Having said that, box-ticking and having standards are not the same things. You're allowed to have your ideals and your "non-negotiables", otherwise, you'd just settle. The key is not getting to a stage where you're completely closed off to the idea of meeting someone who's not "your type".

## Look of the Week

### Connolly Men

My look of the week is from Connolly Men on Patrick St and Chapps in the Crescent Shopping Centre. Here, I'm wearing a Benetti blazer, A Benetti slim fit shirt and tie, a Benetti waistcoat and trousers and Benetti shoes. Benetti are one of a number of suiting brands you'll find in Connolly Men along with Douglas, Magee, Remus Uomo and Skopes, just to name a few. Pop into Dave and check out the amazing range for yourself. Photo by Paudie Bourke



## Fragrance of the week

### Maison Margiela: Replica At The Barbers

**My fragrance of the week is Replica, At The Barbers by Maison Margiela. You may have seen my previous Maison Margiela fragrance review of Jazz Club, which gave background to the brand (see my Instagram @iammcloughney for details) so I'm going to spare you a history lesson on this occasion and just give you the low down on another of the ever popular Maison Martin Margiela fragrances; At The Barbers, created by perfumer**

**Louis Turner. 'At the Barbers' was created to bottle the fragrances of a classic, retro barbershop. The scent captures the scene of a traditional barber's where cut-throat razors are drawn against leather straps and hot towels used for cut-throat shaves. The top notes in this fragrance are bitter orange, basil and black pepper, the heart notes are lavender, geranium and**



**rosemary and the base notes consist of tonka bean, leather, moss and white musk. For me, the stand out notes are leather and white musk, which give it a real classic scent. It really does create that barber's experience in a bottle! However, despite the delicate fragrance, it's very long lasting. You'll find Replica, At The Barbers by Maison Margiela in Brown Thomas for around €105 (100ml).**



# STYLE & FASHION

**CELIA HOLMAN LEE**

**CONTACT CELIA**

**Facebook:** celiadolmanlee **Web:** www.holmanlee.ie **Email:** celia@holmanlee.ie

## Spring out this season with Oxendales



You are guaranteed to get so much wear out of this jersey denim button midi skirt priced at €49

**O**XENDALES not only brings you a whole host of styles, cuts and colours in its new season collection, but, as always, affordable fashion just for you!

With simple ways to shop, easy payment options and delivery direct to your door, finding that perfect spring wardrobe is simply a breeze. For those brisk country walks or when comfy casuals are the order of the day, Oxendales brings you stylish separates, great knits, tees and tops, perfect for transitional layering.

There's a great selection in classic denim to dress up or down depending on your mood and of course footwear to finish every look.

Find a great selection in occasion wear or a statement piece, from trophy jackets to full length coats and everything in between to bring your wardrobe bang up to date.

With everything in fashion, gifts, homeware, menswear, women's wear, accessories, lingerie, footwear and kidswear, you can shop it all from the comfort of your own home on [www.oxendales.ie](http://www.oxendales.ie)

**Navy embroidered cotton utility jacket with adjustable waist is priced at €69.99**



**This navy embroidered stretch cotton utility jacket with adjustable waist is priced at €69.99**

**This amour slogan jumper priced at €44.99 is ideal for this in between time of year when you don't know if it will rain or shine**



**Red is such a striking colour and this single breasted belted mac priced at €62.50 from Oxendales is a spring success**



**Ideal for the office this sleeve workwear top is priced at €31**



## CELIA SPOTTED

Looking good out and about in Limerick

**Name:** Niamh O'Leary  
**Occupation:** Student  
**From:** Castletown, Limerick

I can't quite fit my style into a certain category, it varies from day to day. Like a lot of girls my age, I love shopping. When I'm shopping, I tend to try and buy a whole outfit. For example, if I pick up a top, I'm always thinking of a skirt and shoes I can pair it with. I have lots of different style icons but Olivia Palermo has to be my favourite. She is very adventurous with her clothes but always looks classy.

### NIAMH SAYS

**Jacket, top and trousers all from Zara:** This is the first time I have worn these items altogether. I love Zara. I find a lot of the clothes I pick up there never go out of fashion. I've had this jacket for a while. It can be worn with so much because the base is black but it is brought to life by colourful embroidery and frills. Often when I'm rushing out the door, I'll throw on this jacket and I'll feel a little more dressed up. This blouse is new, I actually bought it while dreaming of sunnier days. I was planning to wear it on holidays with a white denim skirt. I just had to have these trousers. My friend bought them first, they made her legs look so long.

**Trainers:** My trainers are from Aldo. I'm so glad trainers are in fashion now. I spend so much of my time on my feet running around.

**Bag:** My bag is Chanel, I love crossbody bags. This bag goes everywhere with me, the quality is amazing. It gets pulled off and on so many times and still looks brand new. The gold chain across the body means no need for accessories!

**Hair:** I opted for a sleek ponytail. There's so much going on with my outfit that simple hair is a must. Pony tails are also super simple and perfect for this weather.



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



# BEAUTY & MAKE-UP

## JESSICA HOCKEDY

CONTACT JESSICA

Facebook: jessicahockedymakeupartist Email: jessicahockedy95@hotmail.com Instagram: jessicahockedy

# Looking forward to festival fashion

IRISH beauty entrepreneur Suzanne Jackson has launched a brand new festival lash range, just in time for the summer season.

The ladyboss is currently living her best life in Palm Springs at the festival people plan 51 weeks of the year for - Coachella.

To mark the occasion, she announced the launch of a new festival-inspired lash collection with her whole SOSU by SJ team. The



These fluttery fairies by SOSU are simply fab

timing couldn't have been more perfect!

These fluttery fairies come in a pack of three with glue and applicator included. All for just €20 - a bargain! Seeing as you can re-use them a bunch of

times, it's really well worth it.

These lashes will be launching in May so keep those peepers peeled!



sosueme\_ie  
Coachella, California



An Insta shot of Suzanne Jackson's Coachella outfit

## Lust corner

Must. Have. Now.



SOSU by SJ Wonder Water - €12.95

This Vitamin E-infused and super-hydrating face mist develops in 4-8 hours giving your face a beautiful golden glow and that coveted filter effect that we all obviously want in our lives.

It's natural looking, doesn't clog pores, evens out your skin tone and doesn't smell like a curry chip from Rio's!

And if that doesn't win you over, it's paraben free, cruelty free and a vegan formula!

# Purebeau AO host grand opening of their new clinic

PUREBEAU AO Aesthetic Clinic invite you to the grand opening of their new luxury Aesthetic Clinic on May 9 from 9.30am - 6pm.

Purebeau AO Aesthetic Clinic, formally known as Purebeau Ireland is a well-established, ambitious clinic, now situated at the Castletroy Town Centre. The business has been around for the last 10 years, previously located in the city at No 8 The Crescent and owned by Agnieszka Orlowska.

Agnieszka is a master at providing semi-permanent makeup treatments and has been awarded numerous prestigious awards over the years for her knowledge and passion for this treatment. She recently expanded her business with the introduction of new

skincare and advanced aesthetic treatments. They offer a wide range of advanced treatments to include Semi Permanent Make up, Fibroblast, Mesotherapy, Profhilo, Micro-needling, Dermal Fillers, Botox and Image Skincare Facials and peel treatments.

"We are very excited about our opening event as it gives us the opportunity to showcase the range of treatments that we provide and also introduce some of our industry associated experts. On the day we will have Dr Rinat Sitanovich from Russia specialising in Botox treatments. We have a strong relationship with this renowned plastic surgeon, and he will be attending our clinic every 2-3 months to perform his advanced

techniques within this area. We will also have the girls from Image Skincare providing in depth skin assessments using advanced technology systems to see what is happening above and below each individual client's skin surface. This is a great opportunity to see if you are using the correct skincare or just general advice on how to maintain the skin".

All guests attending the event will receive 20% off all Image Skincare products on the day and discounted prices for future skin treatments when booked on the day. For more information, visit our website [www.purebeau.ie](http://www.purebeau.ie) or contact the team on 061 536689 or via email: [purebeauireland@gmail.com](mailto:purebeauireland@gmail.com)



Dr Rinat Sitanovich and Agnieszka Orlowska-Kloda at the Purebeau AO Aesthetic Clinic



# LOUISE LOVES

## LOUISE CANTILLON

**CONTACT LOUISE**

Facebook: @LaoisDeCantalun Email: louise.cantillon@spinsouthwest Instagram: louise\_cantillon



## Rogha na Seachtaine



### TO DO:

**TLC - Team Limerick Clean-Up!**

This Friday the people of Limerick come out in force to do their bit to clean up the environment. The event requires a few hours of everyone's time on Good Friday and getting involved is great fun as well as very worthwhile. This year TLC celebrates their fifth birthday no better time to get involved!



### TO LISTEN:

**Godknows- Crown**

SPIN's very own Godknows of Pre the Hype' is back and better than ever! Last Friday he released his solo single 'Crown' recorded with French producer and singer Awir Leon in Funkhaus Studios in Berlin. 'Crown' is available on all streaming platforms now!

### TOO SEE:

**Easter sunrise**

For the last number of years I have attended Easter Sunday Dawn Mass in Adare. Regardless of creed there is something very magical about watching the sunrise alongside blazing bonfires in the ruins of an Abbey! It's a truly unique Easter experience.



# Rollin' on the River 'fest'..

**W**HAT'S the best way to spend the first bank holiday of the summer season? For me the ideal set up would be surrounding myself with good friends and good food in a venue that is full of feel good atmosphere!

This May bank holiday Riverfest returns to Limerick City and promises to be bigger and better than ever before! Last Tuesday I attended the launch of Riverfest 2019 and I am honoured to tell you that I am an ambassador for this year's event!

I am a massive advocate of promoting all things Limerick City and when asked to come on board with Riverfest I jumped at the opportunity.

It is a weekend that I believe showcases the very best that our wonderful city has to offer.

This year's festivities will kick off on Friday May 3rd and run right through until Monday May 6th. The city will provide a platform for its very best in food, drink, culture, music and arts with a range of activities and happenings for all ages. I am going to use this space to share with you some of the special highlights I am personally looking forward to:

#### RIVERFEST ON THE SHANNON

The festival is orientated around the river Shannon, perhaps a facility we do not utilise enough. I love the fact this weekend draws us to the river and provides numerous options in which to enjoy it! Swim, kayak, zip line or zorb your way along the Shannon... the choice is yours! I plan on trying my hand at kayaking and I will report back-watch this space!



**Ready for Riverfest: Here I am with the Mayor of Limerick James Collins at the launch of Riverfest last week**

PICTURE: MICHAEL COWHEY

#### LOOK TO THE SKIES

Fidget Feet Aerial dance Shows, yes you read that correctly!

Enthral your imagination with this year's brand new riverfest addition.

High above the water, against

the backdrop of the 13th Century King John's Castle, world-class aerial dancers Fidget Feet will perform works of beauty, mystery and spectacular aerial charm. Look out for their three stunning shows:

**Wired and Free - Saturday, May 4 at 12pm and 3pm**  
**Firebird - Sunday, May 5 at 3pm**  
**Sky Dance - Sunday, May 5 at 10.15pm**

## Lights, camera, action in LIT

ON Thursday I was invited to MC Showcase19 - "Frame by Frame" a film screening. The showcase was a joyous celebration of the work of LIT/LSAD filmmakers from the Creative Broadcast & Film Production Programme. There were film screenings right through the day combined with a talk on how to become a movie extra with Nigel Mercier and Music demonstrations along with an exhibition of Film Art & photography.



**Miriam Gonzales and Cian Reinhardt**

The real action started that evening however with a three hour showcase of a variety of short film and documentaries produced, edited, shot and directed by students! Dubbed the "LIT OSCARS" the event is the

pinnacle of a year of hard work for students and eight prestigious awards are up for grabs on the night!

The Richard Harris Award in Film Excellence was the star award selected and presented by Richard Harris International Film Festival. Saoirse O'Connor was awarded the title for his film "Out of time". Congratulations to all the budding Spielberg's in LSAD - The future of Film is most certainly safe in Limerick!



**Adam Littlewood, Fiona Galvin and Zeb Moore** (PICTURES TAKEN BY LIT STUDENT JAMIE GRIFFIN)



# I ♥ LIMERICK

## RICHARD LYNCH

### FOLLOW RICHARD

Facebook: Richard Lynch  
Twitter: @richanthon

Web: www.richardknows.com  
Email: Richard@ILoveLimerick.com



# VTOS aim to help long-term unemployed return to education

**T**HE Vocational Training Opportunities Scheme Limerick Open Day was a great success for Limerick and Clare Education and Training Board at the Further Education and Training Centre, Kilmallock Road Campus.

The open day took place last week as part of the Limerick Lifelong Learning Festival.

Patricia Kennedy, the coordinator of VTOS was delighted with the day. "The day was such a great opportunity for the public to visit and see what courses we have on offer. We have brilliant facilities and the staff are wonderful and dedicated to supporting the students." Events that took place on the day included the Portrait Artist Festival, an Intercultural Day and events discussing both The Irish Revolution 1919-1922 and 'What is Social Enterprise?'

Jayne Foley who teaches the Art, Craft, Design class said: 'The Portrait Artist Festival gave students and members of the public an opportunity to create a portrait of Celia Holman



Richard pictured at the VTOS open day with Celia Holman Lee, Katrina Handley from Cappamore and art teacher Jayne Foley

PICTURE: CONOR OWENS/ILOVELIMERICK

Lee. Celia was so much fun and so enthusiastic and kind to the artists. What a lady!"

Celia said of the event: "I'm delighted to have the opportunity to take part in such a wonderful event that encourages lifelong learning. I believe we never stop learning and should

always strive to learn and grow to the best of our abilities, so to be able to contribute in this small way is a great privilege".

VTOS is designed to help long-term unemployed return to full-time education without losing their social welfare benefits.

VTOS will help participants make the transition back into paid employment or back to further education and eventually leading to paid employment. The centre offers both the Junior and Leaving Certificates. Other courses on offer, are Career

Pathways, English for Work, Retail Sales, Healthcare Support, Office Administration, all ranging from QQI Major Award Levels 3-5.

The centre also provides many other benefits, which include, books and equipment are supplied for,

the assistance with the cost of childcare/creche, examination fees paid for, free parking on campus, state of the art facilities and meal and travel allowance, including a direct bus to the city centre. For more information visit [www.vtoslimerickcity.ie](http://www.vtoslimerickcity.ie).

## Shannon Region Conference and Sports Bureau meeting

SHANNON Region Conference & Sports Bureau is the official events bureau for Ireland's Shannon Region and held their Annual Members Meeting at The Savoy Hotel last week. The annual member meeting is held for the bureau's members to inform them about plans for the region for the rest of this year, what the region did last year and goals for the future. All bureau stakeholders including Clare and Limerick hotels, academic venues, local authorities, tourist

attractions and Shannon Airport attended the meeting.

Karen Brosnahan Shannon Bureau manager tells me: "The Shannon Region Conference and Sports Bureau is celebrating 16 years in business this year. The Shannon Bureau promotes the Shannon Region as a location for business and sports tourism and offers an entirely free service to event organisers and local ambassadors to help increase the Clare and Limerick regions share of the

lucrative international business and sports tourism market. Hundreds of ambassadors have been actively working with the Bureau in recent years to help attract thousands of people to the region through a range of business and sports events. Every conference delegate that comes to our region is worth €1,600 to the local economy, so we all need to work in partnership to make it Limerick." See [www.conferenceandsportsbureau.com](http://www.conferenceandsportsbureau.com).



Pictured at the Savoy Hotel are Karen Brosnahan, Manager of the Shannon Bureau, Tony Brazil, chairman, Lynda Reilly, Failte Ireland, and Donnacha Hurley, manager Absolute hotel

PICTURE: CONOR OWENS/ILOVELIMERICK

# THINGS I ♥ THIS WEEK

**NOT-FOR-PROFIT RECRUITMENT AGENCY**

## Thinking Jobs

THINKING Jobs is a not for profit specialist recruitment agency, founded by Johnny McGrath and Mike Conacur.

It is tasked specifically with getting a significant number of adults with disabilities into sustainable and long term employment. Thinking Jobs focuses on the abilities of each person and not the disability.

Johnny and Mike both got involved with Thinking Jobs from personal experience. Johnny has Cerebral Palsy, is a UL Psychology Graduate and is an Irish Paralympic Swimmer and Mike is a parent of a 23-year-old daughter with disabilities.

Thinking Jobs provide pre-employment training to employee and employer as well as reviewing adaptation needs, both physical and in work practices and on-going support for employees and employers by use of job mentors.

Thinking Jobs recently took part in the BNest Incubator Programme, the first dedicated Social Enterprise Incubator Programme in Ireland,



**Johnny McGrath and Mike Conacur, founders of Thinking Jobs**

PICTURE: ORLA MCLAUGHLIN/ILOVELIMERICK

which caters to all types of organisations from non-profits to community enterprises to businesses with a social conscience. BNest offers a six-month peer programme at no cost to participating organisations and is dedicated to helping businesses that want to make a social impact. Mike said: "Six months ago we had a concept around trying to organise employment for adults with disabilities. BNest have challenged us and supported us in equal measures and we now have a real vision as to how we can successfully launch Thinking Jobs and we truly feel that we have advice and guidance on the end of the phone whenever we need it." See BNest.ie.

**PILOT INITIATIVE**

## Limerick Inside Out

INTERNATIONAL students studying at the University of Limerick are being given a unique insight into the life of Limerick as part of a new programme, aimed at bringing more students into the city centre to work with community groups on real-world projects.

Limerick Inside Out was a pilot initiative at UL, run in collaboration with Limerick City and County Council, which invited international students to share their perceptions, insights, and understandings of local challenges.

The final exhibition of the student work from the pilot Limerick Inside Out was held at the historic Cleeve's Factory site on April 10, in



**Pictured at the Cleeves Factory for Limerick Inside Out are event organisers Kate Hodmon, Martin Shannon, Anne Warren-Perkinson and Tracey Gleeson** PICTURE: CONOR OWENS/ILOVELIMERICK.

collaboration with 'Bread Not Profits' theatre performance. The cast of 'Bread Not Profits' also performed a short scene from the upcoming play, which will run from April 16 to 27 at Cleeve's. For tickets for 'Bread Not Profits' see [www.limetreetheatre.ie](http://www.limetreetheatre.ie).



**Pictured at Bedford Row Family Project are Dermot Tobin, Bedford Row Family Project, hurlers Kevin Downes and Seanie Tobin and Phil Deegan, Cliona's Foundation** PICTURE: CONOR OWENS/ILOVELIMERICK

## Pre-Qualifier Golf for the JP McManus Pro-Am: Bedford Row Family Project launch

**THE Bedford Row Family Project has launched its Pre-Qualifier Golf Competition for the JP McManus Pro-Am Golf Competition, which will take place on Saturday, May 18, at Shannon Golf Club. The competition will raise much-needed funds for the organisation.**

The Bedford Row Family Project was founded in 1999 by the Franciscan and Mercy Orders, and supported since that time by the Irish Prison Service, in particular, Limerick Prison. The Bedford Row Family Project's service has since grown to offer a suite of multi-site, intergenerational and integrated services to support prisoners, former prisoners and the families of prisoners.

Michael Carey has been involved with the Bedford Row Family Project for fifteen years and spoke about his gratitude for the project: "I had spent a lot of time in prison and when I had gotten out, I didn't really have anyone to turn to. I came here and they helped me, they helped me get a place out of Limerick. I wouldn't know where I would be today without them. They do unbelievable work, with counselling and one-to-ones. They never turn anyone away. Honestly, I wouldn't be clean today if it wasn't for Bedford Row."

Entry to the Pre-Qualifier golf competition is €300 per group of 3 or €100 per individual. For more info contact 061- 315332, or email them at [info@bedfordrow.ie](mailto:info@bedfordrow.ie).



*Love to all, Richard x*

## HEROES OF THE WEEK Limerick Chamber

CONGRATS to the Limerick Chamber who won an award last week at the National Chamber Awards! Dee Ryan, CEO of Limerick Chamber explained: "We are delighted to win in the best policy campaign category, for the collaborative campaign with Cork Chamber on the work we did on advocating for the Cork to Limerick M20 motorway to be put back on the national agenda."

Well done to Dee and her team for putting Limerick on the map! Congrats to all!



**Pictured is Dee Ryan, CEO Limerick Chamber (fourth on left) celebrating the win with her staff**

PICTURE: CONOR OWENS/ILOVELIMERICK

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## FAIRVIEW RANGERS

Lotto results 1st April 2019

Jackpot €11,500  
Numbers Drawn 4-8-20-24  
No Winner

William Barrett c/o C Team, Sean Lipper c/o Sean Lipper, Brendan Mullhall c/o C team, Dave McNamara c/o PA, Sean Lipper c/o Sean Lipper  
Promoters Prize: Niall Lee

Next Weeks Jackpot €11,600

## ST. MARY'S R.F.C.

Lotto Draw held Monday 15th April 2019  
Winning Numbers: 3-11-12-18  
No Jackpot Winner

4 Winners €40 each:  
Jack O'Shea c/o C Mullins, Teresa O'Brien c/o B O'Brien, Eugene Smyth c/o B O'Brien, Olivia & Mick Fitzgerald c/o J Hurley.

Next Weeks Jackpot €7,600 Draw will take place in the Club House Tuesday 23rd April

## GERALDINES A.F.C.

WEEKLY LOTTO DRAW HELD ON 15/04/19

This Week's Jackpot: €500 No's: 15-18-21-24

NO WINNER

Lucky Dips: Mark Moloney c/o James McNamara, Catherine Gough c/o Billy Gough, Lily Cusack c/o PRO  
Promoters Prize: Dave Connolly and Jean McNamara

NEXT Draw held 15TH April 2019  
Next Week's Jackpot: €600



## YOUNG MUNSTER RFC

No jackpot winner

Next week's Jackpot remains at €10,000 and the Rollover balance is: €3,800

Olan O'Rourke c/o Finian O'Driscoll, Jake Morris c/o Barbara Morris, Ger Cox c/o Tom Monahan, Frank O'Donnell c/o Tom Monahan  
Promoter's Prize: Finian O'Driscoll €40

The numbers drawn were:  
1-3-6-14  
As always,  
thank you for your support.

## SITUATIONS VACANT

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## Garryowen Football Club AGM 2019

Will take place in Clubhouse, Dooradoyle  
On **Wednesday 22nd May at 8 pm**  
All members welcome.

Nominations for committee and any notice of notions to be advised to the undersigned by **30th April**

Geraldine Morrissey

Hon. Secretary

Garryowen Football Club

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## Thomond R.F.C Rugby AGM

will be held on  
**Wednesday 1st May 2019**

in Thomond R.F.C  
Fitzgerald Park  
at 7.30pm sharp.

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# FAMILY ANNOUNCEMENTS

## ACKNOWLEDGMENTS



### † COLLINS

Eric

**Late of 15 Hyde Avenue, Ballincurra, Weston. Eric who passed away at home on the 22nd March 2019 and whose birthday also occurs on the 23rd of April. Also remembering Angeleen who's birthday occurs on the 21st May.**

#### Acknowledgement & Birthday Remembrances

The family of Eric would like to thank everyone who attended Eric's funeral, those who send mass cards and flowers and those who travelled long distances near and far to sympathise with us.

Firstly we would like to thank Milford Palliative Care Nurses, Bridget, Claire and Mary who were so kind and caring to Dad, our local GP's Dr. Roche, Dr. O'Connor, Dr. Malone and Dr. Flynn who also were caring to Dad. St. John's Hospital, the doctors, nurses and staff of St. Brendan's Ward.

Our local pharmacy Dempsey's, Cross's funeral home for their excellent professionalism and support.

Also the gravediggers, singer's and priests Fr. Ryan and Fr. Walsh who gave Dad a lovely ceremony and for calling to visit Dad. Also like to thank Shane Byrnes for his lovely singing at Dads grave.

A special thank you to Annie O'Donoghue and family, Breda Cosgrave's Shop, Ger Hickey Our Ladies of Lourdes Community Centre and St. Munchin's Community Centre for all the lovely food they sent to the house.

Also like to thank my Aunt Sally and family for everything they done for us and have been there throughout for Dad, also like to thank Angela who has also been there for us and Dad and a special thanks to our sister Noreen and brother Raymond and Mary Jane who have been there throughout for Dad, he wouldn't have got as far as he did if it wasn't for them. A special thanks to Dad's sons, daughters, grandkids & great-grandkids for everything they've done, Dad would have been lost without you. Also like to thank all our neighbours and friends, especially Mary Colbert and family.

I won't forget ye As I get older; I know ye are resting On my shoulders. Stay with me As I go through life And I will pray to ye Every night. **Happy Birthday Granda & Nana love always your grandson Roy and great-grandsons Jack and Baby Roy xxx**

## ACKNOWLEDGMENTS

As it is impossible to thank everyone individually, please accept this acknowledgement as a token of our sincere appreciation to all.

Eric's Months Mind Mass will be celebrated on Saturday 20th April at 7.30pm in Our Lady of Lourdes Church, Childers Road.

When distance takes us far apart, And darkens our today, We have to keep remembering, Ye're just a thought away, When the world is too confusing and times are hard to bear, We pull your precious meaning, Your bright spirit from the air, And though ye're not beside us, We can tap into our hearts, And draw upon the warmth and love,

That lives though we're apart, And with these fond reflections, On the times when ye were here, We sense a little bit of what, It's like to have you near.

**Happy Birthday Dad & Mam, love and miss you so much from your heartbroken sons and daughter Noreen, Anthony & Sandra, Raymond & MaryJane, Jimmy, Alice & Garreth, Matty & Angela, Jug, Megan & Family, Bom, Sammy & Family.**

Today is your birthday, And the memories are so sad, Of a parents 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, Just to be with you.

**Happy Birthday Dad & Mam, sadly missed by your daughter Biddy, grandkids Lee, Willie, Connie & Jimmy**

I never thought of losing ye And maybe that's what's wrong - Ye always seemed a part of me That would always carry on. Although I sadly missed ye I know ye're not alone For ye are watching over me In a place ye now call home.

**Happy Birthday Dad & Mam sadly missed by your daughter Josie and partner Tully.**

A birthday wish for ye today, We miss ye more than words can say;

The pain and tears we try to hide, Though our hearts are broken deep inside, No cards to send or gifts to give, But ye'll have our hearts as long as we live.

**Happy Birthday Granda & Nana Love always your granddaughter Sarah and great-grandson Joe xx**

I won't forget ye As I get older; I know ye are resting On my shoulders. Stay with me As I go through life And I will pray to ye Every night.

**Happy Birthday Granda & Nana love always your grandson Roy and great-grandsons Jack and Baby Roy xxx**



## ACKNOWLEDGMENTS

We sent a dove to heaven, With a parcel on its wings; You'll love it when ye open it - It's full of beautiful things. Inside are millions of kisses, Wrapped up in a million hugs,

**Happy Birthday Granda & Nana Sending all our love from your granddaughter Lisa & partner Christopher**

I never thought of losing ye And maybe that's what's wrong - Ye always seemed a part of me That would always carry on. Although I sadly missed ye I know ye're not alone For ye are watching over me In a place you now call home. **Happy Birthday Granda & Nana love always your granddaughter April, husband Thomas and Kids.**

I often am awake at night When the world is fast asleep And I think about the grandparents I lost With tears upon my cheek. I can't get over losing ye No matter how I try; I will always keep ye in my heart Until the day I die.

**Happy Birthday Granda & Nanna love always your grandson Anthony and great-grandsons Tyler & Ger**

It's been a lonely time without ye, And nothing is the same; All we have are memories, And your picture in a frame. We travel to your resting place, And flowers we place with care, But no-one knows the heartache, As we turn and leave you there.

**Happy Birthday Granda & Nanna love always your grandson Ronald.**

I remember the day I met ye And the day God made ye mine I remember the days I lost ye And will till the end of time. Amidst the tears and heartaches Are the things that make me glad Ye chose me to share with ye The precious times we had.

**Happy Birthday Granda & Nana love always your grandson Mucka & family in England**

I'm thinking of ye today But that is nothing new; I thought about ye yesterday And the day before that too. Although I cannot see ye Ye are with me every day And all the love I have for ye Will never fade away. **Happy Birthday Granda & Nana love always your granddaughter Nathalie & Family.**

If I could have one visit, On this my saddest day, Maybe for a moment, My pain would go away; I would put my arms around ye, And whisper words so true, That living life without ye, Is very hard to do. **Happy Birthday Granda & Nana love always your grandson Dillon.**

Your name is often spoken, We talk about you still; Ye haven't been forgotten - Ye know ye never will, No words or verse could ever say, How much I miss ye every day; Deep in my heart your memory is kept, I love ye too dearly to ever forget.

**Happy Birthday Granda & Nana love always from your granddaughter Stacy & partner Catherine**

## ACKNOWLEDGMENTS

They say there is no 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 many times, I have broken down and cried.

**Happy Birthday Granda & Nana love always your granddaughter Melita and great-grandson Patrick.**

Life goes on without you, But things are not the same; It's hard to hide the heartache, When someone speaks your name.

Your names are so precious, They will never grow old - It's engraved in our hearts, With letters of gold. **Happy Birthday Granda & Nana love always your grandsons Raymond & Christopher.**

If only I could see ye For just a minute or two, Ye would tell me if you're happy And I would be happy too. I'd put my arms around ye And kiss your smiling faces And the pieces of my broken heart would fall back into place.

**Happy Birthday Granda & Nana love always form your granddaughter Chloe.**

My thoughts are always with ye, Your place no one can fill; In life I loved ye dearly, In death I love ye still. I know ye walk beside me And when my lives is through, I pray that God will take my hand And bring me straight to ye.

**Happy Birthday Granda & Nana love always your great-grandson Reece, partner Tory and Baby Reece.**

We walk along life's path And know that ye are there; We feel ye all around - Your faces are everywhere. Vivid memories stay But the wound still remains; We wish we could go back And be with ye again. **Happy Birthday Granda & Nana love always your granddaughter Ciara, husband Shane & Kids.**

I often talk about ye, I never cease to care; I wish I could go home again, And find ye waiting there. I want to tell ye something, So there can be no doubt - You're so wonderful to think of And so hard to be without. **Happy Birthday Granda & Nana love always your granddaughter Bianca, partner Darragh & Kids**

## ACKNOWLEDGMENTS

I remember your smile And the things ye would say, And treasure the memories of ye day by day:

The laughs we had and shared, The love that ye gave me, And the way that ye cared. I have a million memories, And a lot of silent tears. **Happy Birthday Granda & Nana love always your grandson Jimmy, partner Liam and great-grandson Alex.**

If Heaven had a number I would call you on the phone To wish you

**HAPPY BIRTHDAY** And ask ye to come home. A kiss blown up to the sky so blue - catch it, Granda & Nana, it's just for ye. **Happy Birthday Granda & Nana love always great-grandson Jaden.**

No Birthday cards can I send For there is no address - Just a beautiful garden Where my special grandparents rests.

Of all the gifts in life However great or small, To have ye as my grandparents Was the greatest gift of all. **Happy Birthday Granda & Nana love always grandson Mark.**

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 Granda & Nana love always your granddaughter Shauna & partner Andy.**

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 ye with all our love. **Happy Birthday Granda & Nana love always your granddaughter Nicole & partner Johnny**



*Light a Candle...*

A candle to remember, may it burn ever so bright

As we look to the heavens on this very night.

Beyond the stars, our dear loved ones soars

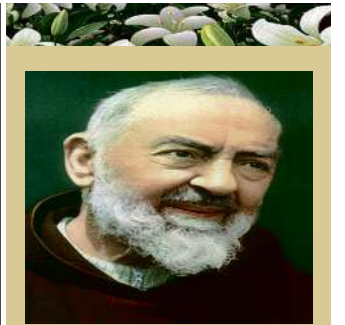
Embraced by their Savior on heaven's shores.

As the angels protect them and sing their sweet name

We honor their life with the glow of this flame.

So we light this candle for our loved ones tonight

As a symbol of our love and their eternal life.



## GOD'S GARDEN

*God looked around His garden And He found an empty place He then looked down upon the earth And saw your precious face*

*He put His arms around you And lifted you to rest; God's Garden must be beautiful He always takes the best.*

*He knew that you were suffering He knew you were in pain He knew you'd never ever Get well on earth again.*

*So He closed your weary eyelids And whispered "Peace be thine" Then He took you up to Heaven With Hands so gentle and kind.*

*It broke our hearts to lose you But you did not go alone, For part of us went with you The day God welcomed you home.*



# FAMILY ANNOUNCEMENTS

## IN MEMORIAM



### † BROMELL

(Birthday Remembrance)  
In loving memory of a dear mother, grandmother, sister and aunt  
**Diana Bromell,**  
late of Garryowen  
whose birthday occurs  
on April 20th.

I sent a dove to heaven  
With a parcel on its wings;  
But be careful when you open it  
It's full of beautiful things.  
Inside are millions of kisses,  
Wrapped up in a million hugs  
To tell you how much we miss  
you and send you all our love  
Lots of love your daughter  
and granddaughter  
Dawn and Diana xx

I wished upon a star last night  
I hoped it would come true  
All I wished for is an hour  
To sit and talk with you  
When the emptiness of losing  
you

Is more than I can bare  
I whisper Diane I love you  
And always find you there  
For in my world of memories  
You fill my heart with pride  
I'll never walk alone Diane  
Your always by my side  
I had a sister in a million  
I loved you till the end  
I lost two things in life that day  
My sister my best friend  
Happy Birthday Diane  
Sadly missed by your  
heartbroken sister Sandra,  
brother-in-law Michael,  
"Until we meet again."

A birthday wish for you today,  
We miss you more than words  
can say;

The pain and tears we try to hide,  
Though our hearts are broken  
deep inside,

No cards to send or gifts to give,  
But you'll have our hearts as long  
as we live.

Happy Birthday Diane  
lots of love Karen and Paul  
xx

Happy Birthday Diane  
All our love Kurtis, Donna  
and Leon, Danielle and  
Jamie, Michaela and Craig,  
Michael-Owen and Kerri xx

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 love from  
Michael, Caroline, Michael  
Jnr, Colleen and MJ xxx

A million tear stained kisses,  
I send especially to you,  
Because today's your birthday,  
And I'm really missing you.  
Happy Birthday all our love  
Noelle and John xx



## IN MEMORIAM

A special smile, a special face,  
And in our hearts a special place,  
Our memories we keep one by  
one,

Things you've said and songs  
you've sung,  
They bring a smile sometimes a  
tear,  
But always a wish that you were  
here,

You're not just a memory,  
Or part of the past,  
You're ours to remember,  
As long as life lasts.

A million tear stained kisses,  
I send especially to you,  
Because today's your birthday,  
And I'm really missing you.  
Today, tomorrow, are whole lives  
through

We will always love and remem-  
ber you

Happy Birthday all our love  
from Valerie, David,  
Shannon, David Jnr, Adam,  
Sarah Jane and Joseph xxx



### † GOREY

(18th Anniversary)

In loving memory of our  
dear son and brother

**Brian Gorey,**  
late of 5, Devon Close,  
Castletroy View, Limerick  
who died on April 22nd  
2001. Rest In Peace.

Masses be offered.  
You never said I'm leaving  
You never said goodbye  
You were gone before we knew  
it and only God knows why  
We feel you all around us  
You are always on our minds  
And when we talk about you  
We remember happy times  
The thoughts we hold so dearly  
Are the times we spent with you  
The laughs, the jokes, the silly  
things are memories  
fond and true

It broke our hearts to loose you  
Brian but the greatest day is yet  
to come

When we will meet again.  
Love you Brian always, Mam  
and Dad xxx

A tribute of love to my brother  
so dear  
So close to my heart each day of  
the year

Deep in my heart your memory  
is kept  
To love and to cherish and never  
forget

From your sister Lorraine  
and brother-in-law Jason

I had a brother in a million  
I loved him till the end  
I lost two things that day  
My brother and best friend  
A mass, a prayer are all I can  
give

These you shall have as long as  
I live

From your brother David and  
sister-in-law Paula

A heart can feel so many things  
That words can never say  
The sadness that this day brings  
Will never go away  
So hold Brian on this day dear  
Lord

And when you see him smile  
Tell him that we love him  
And miss him all the time  
Loved and remembered  
always Majella, James and  
Darren.

## IN MEMORIAM



### † HAYES

(10th Anniversary)

In loving memory of a  
loving mother,  
grandmother and  
great-grandmother

**Breda Hayes**  
late of 23, Donoughmore  
Crescent, Kincora Park,  
Southill, Limerick,  
who died on  
18th April 2009.

Anniversary Mass will be  
held on Saturday 20th  
April @ 7pm in the Holy  
Family Church Southhill.

The heartache and the sadness  
Might not always show,  
People say it lessens  
How little do they know?  
They say we have my memories  
But they just don't understand,  
We 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,  
We seem to hear you whisper,  
Cheer up and carry on.

Mam, you were so special  
What more can we say  
Except we wish with all my  
heart

That you were here today.  
Always loved and remembered  
by your loving, daughter  
Helen and family, daughter  
Margaret, Pat and family,  
daughter Colette and  
grandson Aaron, son Calvin  
daughter-in-law Sandra,  
grandson Calvin and Stevie  
xxx

Also remembering our Aunt  
Maisie at this time xxx.

Remembering you is easy  
We do it every day;  
Missing you is a heartache  
That never goes away.  
Sadly missed your daughter  
Evie, grandchildren and  
great-grandchildren

Our thoughts are always with  
you,

Your place no one can fill;  
In life we loved you dearly,  
In death we love you still.  
We know you walk beside us  
And when our lives are through,  
We pray that God will take our  
hands

And bring us straight to you.  
Sadly missed by  
Maisie, Robert & Family

## THANKSGIVINGS

**GRATEFUL THANKS** to The  
Sacred Heart and Our Blessed  
Lady for all favours received  
and also thanks to St. Padre  
Pio. M.J.M; A.A.A.A.S.

**GRATEFUL THANKS** to the Sacred  
Heart, our Blessed Lady and St  
Joseph for all favours received.  
Also thanks to St. Padre Pio,  
A.O.D

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Kia's new ProCeed went on sale here in January and is priced from €28,945

## The hatchback that thinks it's a wagon

**Kia ProCeed:** Versatile model ticks a lot of boxes

**TRISH WHELAN**  
www.CarAndTravel.ie

KIA'S new ProCeed went on sale here in January priced from €28,945.

This is the sportiest iteration of the new Ceed model family and is available exclusively as a GT Line. It provides couples or young families with the space and versatility of a wagon.

This hatchback certainly garners a lot of attention with its stunning styling and beautiful proportions. Kia call it a 'shooting brake body' silhouette style. To me it seems a mix of wagon (estate) and liftback with its long length and high-opening tailgate.

This car has been designed, developed, engineered and built in Europe for Europeans so it suits our roads.

ProCeed is a mid-sized family C-segment offering with an overall length of 4,605mm and height of 1,422mm. It's somewhat longer and lower than its Sportswagon and Ceed five-door hatch siblings. As with most low slung cars, tall people should mind their heads when getting in and out or when reaching into the car for your belongings.

This model began life as a three-door, but Europe's shrinking market for three-door hatchbacks has resulted in this new ProCeed being fitted with a family-friendly

five doors.

Just offered in GT Line, my review car was powered by Kia's new 1.4 petrol engine which produces 140hp and 242 Nm of torque. It was paired to a 6-speed manual transmission (annual road tax €280). A 7-speed double-clutch transmission is also offered. There's plenty of oomph from this sporty engine and it offers an engaging drive. There's nothing not to enjoy about it. Inside, there is big front legroom, however rear leg room would be a tad tight behind a 6ft person in front, and rear headroom may be on the short side for a tall person.

The cabin is of the high standard we have come to expect from this

Korean carmaker; with good quality materials and soft touch surfaces as well as some metallic trim and a stylish horizontal dashboard layout which is well laid out and angled towards the driver.

A user-friendly, 7ins 'floating' infotainment touchscreen dominates here with audio, heating and ventilation controls below. Instruments are recessed while the trip computer shows distance to empty etc.

I particularly liked the sporty upholstery in pale grey and black and quilted like you see on some expensive anoraks. The embroidered GT-Line trim logo adds to the look. Seats have larger side bolsters for that extra snug fit.

Metal pedals match the silver touches throughout the cabin.

My car was very well specced with privacy glass, six airbags, Kia's Vehicle Stability Management which ensures stability when braking and cornering, the sporty D-shaped leather steering wheel, Cruise control, Bluetooth, air con, sat nav, reversing camera, full smartphone integration with Apple CarPlay and Android Auto, and an array of advanced driver assistance technologies and safety features.

Options can include heated windscreen, wireless smartphone charger and heated front/rear seats, and front-seat ventilation.

There are plenty of storage areas including a decent glovebox, big front door bins, a shelf below on the dash and a lidded area which houses a 12v socket, Aux-In, USB etc.

The ProCeed offers more luggage capacity at 594 litres than many conventional compact family wagons and its boot is 50pc more spacious than that of the Ceed five-door hatchback. Rear seats can fold forward with a single touch from a lever inside the tailgate, for an almost flat cargo area. There's no boot lip and the high opening tailgate makes it very easy to load and unload even large items. There are a few sections to the boot floor; one reveals a deep hidden area in which to store smaller precious item out of sight.

Yes, there was a niggle in that the rear windscreen is quite narrow in height due to the car's coupe-like design but I thoroughly enjoyed my time with this car and can recommend it to potential buyers.

ProCeed is covered by Kia's industry-leading 7-Year, 150,000kms warranty as standard.



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## AUDI



Audi E-tron GT concept was the forerunner to the company's latest SUV model

## Concept car sparks new SUV

TRISH WHELAN  
www.CarAndTravel.ie

AUDI'S first fully electric SUV, the Audi e-tron, has arrived in Ireland priced from €101,750 (OTR price).

Deliveries for pre-registered deposit holders begin from April.

With a large 95kWh high voltage battery, the Audi e-tron combines enormous power and a long range. It can accelerate from 0-100km/h in under six seconds and is capable

of covering up to 391 kilometres on one range. The car can attain up to 30 per cent of its long range through energy recuperation.

Audi say the dual electric motors ensure there's no lag between acceleration and launch resulting in a driving experience impossible to match with a combustion engine.

The car comes with a new generation of the quattro drive, the electric all-wheel-drive. Available

for customer test drives at their local Audi dealership now.

Government grant and rebate programmes for owners of electric vehicles include a Vehicle Registration Tax rebate of €5,000 and an SEAI Grant of between €3,800 for businesses and €5,000 for private customers; and an exemption from Benefit in Kind for battery electric business vehicles for 3-5 years on all costs in excess of €50,000.

## MAZDA

## New Mazda3 goes on order in Ireland

THE fourth generation Mazda3 is now available to order here in Ireland priced from €26,295-€35,715, writes Trish Whelan.

It is available in both 5-door hatch and saloon versions.

Initially offered in four trim levels and two engines, customer deliveries begin in April.

Two engines are available at launch, a 122hp 2.0 petrol in hatchback and a 116hp 1.8 diesel in hatchback and saloon. Manual and automatic gearboxes are available.

A new technology Spark Controlled Compression Ignition Skyactiv-X petrol engine will arrive later which offers substantial

improvements in power and fuel/emissions performance. The saloon will arrive in June.

The 2.0 petrol with mild hybrid functions has cylinder deactivation in low load driving. The 1.8 diesel, which replaces both the 1.5 and 2.2 in previous Mazdas, uses a catalytic storage system for NOx, which is claimed to last the life of the car and obviates the need for urea top-up AdBlue technology.

Standard features include an 8.8-inch colour entertainment screen, head-up display on the windscreen, LED headlights, Radar Cruise Control, Blind Spot Monitoring with rear traffic alert, and Apple and Android connectivity.



The new Mazda 3 is priced from €26,295

## LIMERICK LEADER

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



# SPORT

Leader



**STARS SET FOR ROUND TWO**

Na Piarsaigh remain the team to beat

See Page 60 for more

They meet again: Munster face Saracens this Saturday at 3pm in the Champions Cup semi final. The tie is a repeat of the 2017 semi final, pictured, and is also a repeat of the 2008 semi final, the last semi final Munster won



## 'Unfortunately, Saracens are a fantastic rugby team'

**Champions Cup:** Munster target first final appearance in 11 years

**COLM KINSELLA**  
ckinsella@limerickleader.ie

MUNSTER head coach Johann van Graan insists the side cannot get caught up in the province's disappointing record in Heineken Champions Cup semi-finals ahead of Saturday's big showdown with Saracens.

Munster will be targeting a first Heineken Champions Cup final appearance since 2009 when locking horns with Gallagher Premiership giants Saracens at Coventry's Ricoh Arena, 3pm.

The two-time European Cup winners have lost no fewer than six semi-finals since their 2008 semi-final win over Saturday's opponents Saracens at the Ricoh Arena.

Van Graan said: "We can't look at the past and what happened in the past. We took what we could out of two semi final losses last season (Heineken Champions Cup and Guinness PRO14), did a big review on that after last season and we believe we learnt out of them.

"If we win on the weekend everybody will say we've learnt our lessons. If we don't win people will say Munster lost another semi-final. Our only focus is what we do in the week and how do we handle Saracens on Saturday afternoon.

"Unfortunately they are a fantastic rugby team. The more you look at them the better they become. It's a massive challenge for us to go and beat them in England. If

we want to get past the semi final we'll have to be very good on Saturday afternoon."

With Ireland out-half Joey Carbery 'highly unlikely' to play this weekend due to a hamstring injury, Van Graan looks set to hand the starting out-half jersey to New Zealander Tyler Bleyendaal.

The former All-Black U20 captain has fought back from a serious neck injury in recent seasons to regain full fitness. Van Graan has been hugely impressed with Bleyendaal's contribution to Munster, both on and off the pitch.

Van Graan added: "One of the first people that I actually met when I came here in that first week of the Racing game, two years ago, he was one of the first guys that I met.

"His composure and his calmness impressed me straight away and Tyler is a very consistent guy, whether injured or not, he gives the same amount of input every week.

"He sits in on every meeting and he is just one of those guys in the team that is a real energy giver. He doesn't say that much, but what he says has got some real value and he is a massive influence at Munster Rugby.

"There was a lot of questions asked as to why I re-signed him and it is specifically for weeks like this.

"He is a great man, a very good rugby player, he understands the game of rugby and I think we are very lucky to have him."

Munster captain Peter O'Mahony believes Munster are a better side than the one which lost to Racing 92 at the semi-final stage of last season's Champions Cup.

"We put in a lot of work over the past 12 months and I think that we are a different animal to what we were; further down the track. Don't get me wrong we are under no illusions as to how it is going to be. We are definitely a better side that we were last year."

Munster have lost nine of their 13 Heineken Champions Cup semi-finals to date.

Saturday's semi-final showdown, which will be refereed by French official Jerome Garces will be televised live on BT Sport and also on Live95.

### Soccer News

Blues face Good Friday clash with Shelbourne

**COLM KINSELLA**

ckinsella@limerickleader.ie

THIRD-PLACED Limerick FC face a trip to pre-competition favourites Shelbourne in a crucial SSE Airtricity League First Division fixture at Tolka Park this Good Friday night, 7.45pm.

Limerick's four-game winning run in the First Division was ended in their 1-1 draw with second-from-bottom placed Wexford FC at the Markets Field last weekend.

Darren Murphy scored the 'Blues' goal as the home side recovered from falling behind to grab a share of the spoils before an official attendance of just 585.

This Friday night's opponents, Shelbourne, sit in fifth place in the First Division table, just two points behind Tommy Barrett's Limerick side.

Ahead of the trip to Dublin on Good Friday, Blues boss Tommy Barrett is urging caution.

Tommy Barrett said: "We have to be realistic to where we are at. If we can keep it tight and pick up points, you don't know what can happen. It's a long way to go."

Barrett added: "The lads have done really well. You get days like that (against Wexford FC as well).

"We weren't getting too carried away when we were winning and we're certainly not going to get too carried away when we are drawing or dropping points. It's very early in the year."



**Darren Murphy netted for Limerick last weekend**

SPORT  
SNIPPETS

## Podcast

The Limerick Leader Sports Podcast is now live on our website [www.limerickleader.ie](http://www.limerickleader.ie)

The twelfth episode is jam packed with sports opinion from the Limerick Leader Sports team.

Basketball  
Awards

The Basketball Ireland 2018/19 All Star teams were announced this week.

The All Stars were voted for by coaches in each division of the National League.

There were two Limerick recipients, Matt Scamuffo of LIT and Abbey Goodsell of the UL Huskies made the cut.

Higher Awards for  
Limerick trio

THREE from Limerick were selected on the 2019 Fitzgibbon Cup Team of the Year this week.

Mary Immaculate College duo Aaron Gillane and Thomas Grimes were selected alongside Paddy O'Loughlin of champions UCC.

Patrickswell's Gillane was also in the Third Level Colleges senior hurling team of the year in 2017.

It's a first honour for Na Piarsaigh's Grimes, who is a defender as well as Kilmallock's O'Loughlin.

Garryowen set for  
RTE

THE live TV details have been confirmed for a Limerick club's All-Ireland final showdown in Dublin this Saturday.

Garryowen FC's Bateman Cup final clash with City of Armagh will be televised live on RTE 2 this Saturday. The game kicks-off at 12.30pm, with TV coverage of the final beginning at 12.15pm.

Garryowen earned the right to compete in the Bateman Cup competition as a result of their Munster Senior Cup final success of last season.

Conan Doyle's 'Light Blues' side then secured their place in this weekend's final by defeating Leinster Senior Cup winners Lansdowne 14-12 in their semi-final showdown at Dooradoyle last January.

Garryowen last won the Bateman Cup in 2012 beating Ballymena in the final on a 24-6 scoreline.

For more see  
#LLSport on social  
media platforms

Champions  
Na Piarsaigh  
off to flying  
start in SHC

JEROME O'CONNELL  
@JeromeSport

CHAMPIONS Na Piarsaigh made a statement of intent with a 24-point win to open their Limerick SHC title defence.

While victory for the Caherdavin men came against bottom seed South Liberties, Na Piarsaigh were missing seven players that lined out in the All-Ireland club final just over a year ago.

Inter-county men Peter Casey, Conor Boylan, David Dempsey and Kevin Downes all scored goals as Na Piarsaigh ensured a winning start for new manager Michael Ryan.

Round Two takes place the Easter Bank Holiday weekend and three-in-a-row chasing Na Piarsaigh face fellow round one winners Patrickswell.

Ciaran Carey's Patrickswell beat Doon in round one in a repeat of last year's semi final with both Cian Lynch and Aaron Gillane sparkling for The Well. The Na Piarsaigh v Patrickswell game will get deferred coverage on TG4 on Sunday with the game in full at approximately 5pm.

Doon had two sent off, Richie English and Darragh Stapleton, in that game and they will miss this weekend's tie with Kilmallock, which is a double-header with the Adare v South Liberties tie – both first round losers.

Kilmallock had five points to spare over Adare last

weekend with Graeme Mulcahy and Micheal Houlihan leading their scoring.

The weekend action opens with Ahane playing Ballybrown. The Castleconnell men lost to Monaleen in round one with Ahane relying heavily on the free-taking of Tom Morrissey.

Ballybrown were relegated down from the Super Six last season and opened up their Group Two campaign with a big win over Knockainey.

Monaleen will hope to build on their winning start against Garryspillane, who drew with Murroe-Boher last weekend.

For their part Murroe-Boher, who had a late Seanie Tobin free to rescue a draw last time out, are playing Knockainey – both seeking a first win.

After this weekend, the Bon Secours Hospital Limerick SHC will break until after the inter-county season, which starts on May 19 with Limerick welcoming Cork to the Gaelic Grounds. The Limerick footballers play Tipperary in Thurles in the Munster SFC on May 11.

**FIXTURES:** Friday April 19 Ahane v Ballybrown in Claughaun at 6.45; Saturday April 20 Adare v South Liberties in Bruff at 4.15pm; Doon v Kilmallock in Bruff at 6.00pm; Garryspillane v Monaleen in Caherconlish at 6.00pm; Sunday April 21 Knockainey v Murroe-Boher in Caherconlish at 1.00pm and Na Piarsaigh v Patrickswell in Kilmallock at 2.00pm.



South Liberties Shane Garry and Na Piarsaigh's David Dempsey get to know each other early on

PICTURE: KIERAN RYAN-BENSON

## Mr Binman backs Limerick GAA



Pictured at the launch of Mr Binman's sponsorship of Bord Na Nog were Joe Cleary Mr Binman, with Diarmaid Byrnes and some young players Colin Rachford, Jack Butler, Tony Power, Josh Sheehan and Liam Chambers PICTURE MICHAEL COWHEY

LIMERICK GAA has confirmed that Mr Binman is the new title sponsor of the Limerick county Bord na nOg.

Mr Binman will be the title sponsor for all underage hurling and football championships for 2019.

The Limerick company will be sponsoring all the

U-13 to U-16 levels in both hurling and football for 2019. These competitions cover every corner of Limerick and culminate in over 120 semi finals and 60 finals across the different competitions.

"We are delighted to welcome Mr Binman on board as the title sponsor of the Bord na nOg underage

competitions. Mr Binman have been great supporters of Limerick GAA for a numbers of years now and we look forward to making this a successful partnership to benefit the young sports people who compete in these competitions," said Pat Davoren, Chairman of Bord Na nOg.

## AII reaches dramatic finale

HEAD coach Tom Hayes says Shannon RFC must now take stock as a club over how they try and bounce back from their relegation to Division 1B of the All-Ireland League.

Shannon's relegation out of the AII's top division was confirmed on Saturday following their defeat to Cork Constitution at Thomond Park's back pitch.

Shannon had been promoted to Division 1A just 12 months ago as champions of 1B.

Tom Hayes said: "We've

got a good bunch of young fellas here, but club rugby is still maybe that little bit volatile in some sorts of ways. It will take time before we know what squad we have and what the structures will be in place for next season to see where we go forward.

"I think we knew this season was always going to be, maybe not necessarily a little bit of a stretch, but that we needed a lot of things to go our way for it to be right come today. It wasn't to be."

Also in Division 1A, Young

Munster secured their top flight status, picking up a losing bonus point away to Terenure College.

Fifth-placed side in 1A, Garryowen are preparing for Saturday's Bateman Cup final clash with City of Armagh at Templeville Road, Dublin, 12.30pm.

Meanwhile, Thomond were relegated out of the All-Ireland League after 19 years when finishing bottom of Division 2C, despite beating Seapoint on Saturday.



Shannon's Jade Kriel charges into the Con's defence



# ON THE BALL

“Limerick to the core...”

JEROME O'CONNELL

## Time to start debating the championship team selection

THE dust has now settled on Limerick's Allianz Hurling League title win and on Shannonside, all could not be happier ahead of the Munster SHC.

All eyes now on Sunday May 19 when Cork come to the Gaelic Grounds as Limerick begin their Liam MacCarthy Cup title defence.

There is another round of club championship games this Easter Bank Holiday weekend and then manager John Kiely assembles his championship panel for just over three weeks of preparation for the Munster SHC.

Kiely and his backroom team have already used 34 players across 10 competitive games in the 2019 season in a bid to improve options and competition for places.

On top of that Paul Browne and William O'Donoghue both made their first appearances of the season last weekend with their respective clubs after lengthy injury lay-offs and will hopefully prove their match fitness in the coming weeks to be real live options for the four Munster championship games.

When all is said and done about competition for places, my championship team would still be

that which started the All-Ireland final last August.

But at least potential options have seen genuine game time and proved themselves against top opposition in the league.

For me, Tom Condon covers the full back line, while the option of retreating Dan Morrissey to the edge of the square was also explored.

In the half back line Paddy O'Loughlin had some fine outings and the return of William O'Donoghue will be another option – he played most of the draw with Cork in Paire Ui Chaoimh last Summer in the No7 position.

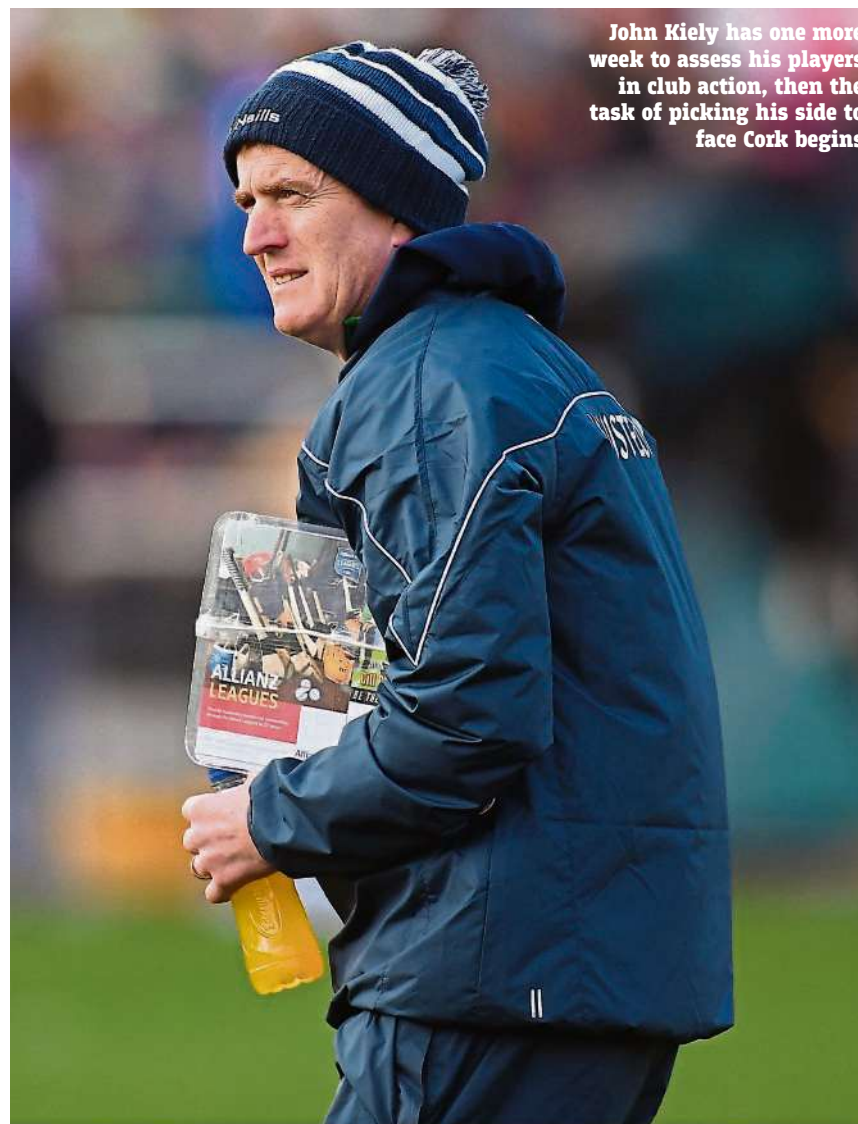
Among the others to see time in defence during the league were William O'Meara and Barry Nash.

In midfield, O'Donoghue, Browne and Robbie Hanley provide genuine back-up.

In attack, Peter Casey appears the best positioned to force his way into the team but it's a competitive sector.

His Na Piarsaigh team-mates Shane Dowling, David Dempsey and Conor Boylan are also credible options, while with Doon duo Pat Ryan and Barry Murphy.

In total, I just referenced 29 players, and there are others too –



John Kiely has one more week to assess his players in club action, then the task of picking his side to face Cork begins

with just 26 in a match-day panel it does show the strength in depth of options, although I still say my team for May 19 v Cork would be that which started in Croke Park last August 19 against Galway.

Given different tactics and the run of successive games, John Kiely and his management have real options to alter their respective line-up which is just what the panel will need if they are to advance from the Munster championship into the All-Ireland series.

While I remain loyal to the 2018 All-Ireland final team, it's because

their form has been maintained, which is testament to both their personal focus and also the pressure applied by the other members of the panel.

Last weekend in the club championship, the 'county players' again sparkled in many of the club games and while there are varied debates about playing club championship in the month of April, Limerick's management will have April 21 to May 19 to prepare their players – helped of course by a free weekend on May 12 when the Munster SHC commences.

For more see #LLSport

DONN O'SULLIVAN

The greatest comeback since the last one

Tiger Woods. What a comeback that was. What a comeback indeed. But was it the best?

Sunday evening Tiger Woods won the US Masters having recovered from back surgery, surrounded by the noise of the World's media, who had written him off.

The 'comeback' was watched by millions all over the World, who quickly took to social media to proclaim this was the best sporting comeback of all time. (Myself included)

However, is it though? Is it any better than tennis star Monica Seles coming back from being stabbed.

What about Niki Lauda and his miraculous return to Formula One.

Ben Hogan, the champion golfer came back to win tournaments having been hit by a bus.

Yes Tiger Woods' comeback was sensational and yes it is an amazing feat, but the instant nature of social media immediately forgot about the hundreds of years of sport that had gone before it.

We now live our lives in the 'moment' more than ever. Everything is now and next, nothing is really about what has come before.

Everyone is entitled to their opinion, but sometimes the true weight of an event is best looked at in hindsight. That may be 20/20, but no one can wait that long.

COLM KINSELLA

## Relegated Limerick rugby clubs face fight to retain players

IT was a tough weekend for both Shannon RFC and Thomond RFC rugby supporters.

Shannon's relegation to Division 1B of the All-Ireland League was confirmed with their defeat to 1A table toppers Cork Con on the back pitch at Thomond Park on Saturday.

While the sense of disappointment was obvious among the Shannon supporters at full-time on Saturday evening at a windy Thomond Park as they contemplated life back in 1B, Thomond supporters were coming

to terms with the idea of life without All-Ireland League rugby next season.

Despite recording two gritty victories in their closing two regular season fixtures in Division 2C of the AIL, Thomond finished bottom of the table and are now set to play their rugby back in the Munster Junior



Shannon's Charlie Carmody

League.

It was a real end of an era feeling for the Fitzgerald Park side on Saturday as it is 19 seasons since Thomond played in junior ranks.

Only time will reveal the exact impact relegation will

have for Shannon, the AIL's most successful club, and Thomond.

Shannon's biggest issue will be the retention of their playing squad which was already small compared to their Division 1A rivals.

The lure of playing in the top flight is likely to lead to a number of players leaving the Parish club this summer.

Thomond too are likely to have players who will want to play in senior ranks next season, so the Royal Blues face a fight to retain their squad players.



Tiger Woods, Golf's greatest comeback story

**COLM KINSELLA**

# 'Jury' can get the verdict in Easter Monday's Irish National

**F**AIRYHOUSE hosts the country's richest jumps race on Easter Monday, the €500,000 Boylesports Irish Grand National.

The Grade A Handicap, run over three miles and five furlongs, is due off at 5pm on Monday.

Much of the big race attention next Monday will feature around

leading trainer Gordon Elliott and Willie Mullins, the top two handlers vying for the National Hunt title.

Twelve months ago, recent Aintree Grand National winning trainer Elliott added another first to his impressive CV when winning the Irish Grand National with the Gigginstown-owned General

Principle.

Successful in the race with Commanche Court in 2000, Ted Walsh is on the hunt for a second win with pre-face favourite Any Second Now which was one of the Irish-trained heroes at last month's Cheltenham Festival in the Kim Muir'.

The fact that Any Second Now

tops the betting market at 7/1 shows just how competitive the race is. Pairofbrowneyes at 8/1 is currently second best in the market in the betting for the traditional Easter Monday showpiece.

Preference here is for 10/1 shot Jury Duty who got to the 20th fence in the Aintree Grand National before unseating.



**Our call this weekend - Jury Duty**



**Sunday**



**Na Piarasaigh will face Patrickswell on TG4**

**SNOOKER**

WORLD CHAMPIONSHIPS  
BBC1 10AM

**RUGBY UNION**

IRELAND 18S V SCOTLAND  
FREE SPORTS 11AM

**SOCCER**

HIBERNIAN V CELTIC  
SKY SPORTS 12.30PM

**SOCCER**

EVERTON V MAN UTD  
SKY SPORTS 1.30PM

**HORSE RACING**

FAIRYHOUSE  
RACING TV 1.30PM

**RUGBY UNION**

LEINSTER V TOULOUSE  
BT SPORT/CHANNEL 4 3PM

**SOCCER**

CARDIFF V LIVERPOOL  
SKY SPORTS 4PM

**HURLING**

NA PIARSAIGH V P'WELL  
TG4 5PM (DEFERRED)

**TENNIS**

MONTE CARLO MASTERS  
AMAZON PRIME 4PM

**GOLF**

RBC HERITAGE  
SKY SPORTS 6PM

**BASKETBALL**

PACERS @ CELTICS  
SKY SPORTS 6PM

**BASEBALL**

ROYALS @ YANKEES  
BT SPORT 6PM

**SOCCER**

DC UTD V NEW YORK CITY  
SKY SPORTS 9PM

**Wednesday**

**TENNIS**

MONTE CARLO MASTERS  
AMAZON PRIME 4PM

**BASEBALL**

CARDINALS @ BREWERS  
BT SPORT 1 6.40PM

**SOCCER**

MAN CITY V SPURS  
BT SPORT 2 8PM

**SOCCER**

PORTO V LIVERPOOL  
BT SPORT 8PM

**BASEBALL**

RED SOX @ YANKEES  
BT SPORT 11.35PM

**Thursday**

**DARTS**

PREMIER LEAGUE DARTS  
SKY SPORTS 7PM

**SOCCER**

VALENCIA V VILLAREAL  
BT SPORT 8PM

**SOCCER**

NAPOLI V ARSENAL  
BT SPORT 8PM

**SOCCER**

CHELSEA V SLAVIA PRAGUE  
BT SPORT 8PM

**GOLF**

RBC HERITAGE  
SKY SPORTS 8PM



**Arsenal versus Napoli is the highlight of Thursday**

**Friday**

**RUGBY**

CHIEFS @ LIONS  
SKY SPORTS 8.35AM

**SOCCER**

SHEFF UTD V N FOREST  
SKY SPORTS 12.30PM

**HORSE RACING**

NEWCASTLE  
ITV4 1.40PM

**RUGBY**

SHARKS V REDS  
SKY SPORTS 2PM

**SOCCER**

LEEDS V WIGAN  
SKY SPORTS 3PM

**RUGBY LEAGUE**

WIGAN V ST HELENS  
SKY SPORTS 3PM

**SOCCER**

QPR V BLACKBURN  
SKY SPORTS 3PM

**TENNIS**

MONTE CARLO MASTERS  
AMAZON PRIME 4PM

**SOCCER**

S'DERLAND V DONCASTER  
SKY SPORTS 5.15PM

**RUGBY UNION**

PONTYPRIDD V CARDIFF  
BBC1 7PM

**SOCCER**

NORWICH V SHEFF WED  
SKY SPORTS 7.45PM

**GOLF**

RBC HERITAGE  
SKY SPORTS 8PM

**Saturday**

**RUGBY UNION**

H'LANDERS V BLUES  
SKY SPORTS 8.35AM

**SNOOKER**

WORLD CHAMPIONSHIPS  
BBC1 10AM

**RUGBY UNION**

WARATAHS V REBELS  
SKY SPORTS 10.45AM

**SOCCER**

HEARTS V RANGERS  
SKY SPORTS 12NOON

**SOCCER**

MAN CITY V SPURS  
SKY SPORTS 12.30PM

**RUGBY UNION**

STORMERS V BRUMBIES  
SKY SPORTS 2PM

**RUGBY UNION**

SARACENS V MUNSTER  
BT SPORTS 2 3PM



**Munster will face Saracens on BT Sport 2 at 3pm - A repeat of the 2017 semi final**

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**3**

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TO GO**

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