



Raft of restrictions announced with more to follow as authorities mobilise
Pages 4&6

PRECAUTIONS RAMPED UP AS COVID-19 CASES RISE

Ger Barry, Old Cork Road and president of Southside Boxing Academy buying liquid soap for the Munster Boxing Championship on Saturday and Sunday, from Elenora Hogan of Hogan's Life Pharmacy
PICTURE: ADRIAN BUTLER

The Leader Wednesday, March 11, 2020 **FREE**

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TROLLS Councillors share stories of online abuse **P8**


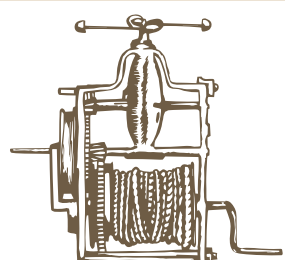




HEALTH
 Talking to your children about the coronavirus. Parenting column **P35**



SIGNING OFF
 Tributes paid as GAA fan Frank, known for his John 3:7 sign, passes away **P11**









JP celebrates birthday with Cheltenham glory **P14**









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Leading Off

Setting the agenda in Limerick



▲ GOOD WEEK
Limerick hurlers
 Victory over Waterford puts the men in green one step closer to retaining their league title



▼ BAD WEEK
Retailers
 The decision to call off St Patrick's Day celebrations may be right, but deprives city retailers of a payday



☀ QUOTE OF THE WEEK
 "If we hadn't found out via social media, my husband would have come into contact with potentially hundreds of people over the week. The HSE are about as useful as a chocolate teapot."
Mother of local self-isolating family

INSIDE THIS WEEK



ABUSIVE TO GARDAI
 Community service
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 TLC's Insta competition
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GREEN THE MORTGAGE
 Save money with Liam Croke
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CLASSICAL LOOKS
 Patrick on style staples
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Listen to the experts and heed their advice



There will be no repeat of this scene from last year's St Patrick's Day festival, with the celebration cancelled



WHAT WE THINK
EUGENE PHELAN
 LEADER EDITOR

WE have never been in a situation like this before and there is quite rightly huge concern as the coronavirus starts to take hold here.

Thankfully, as I write this, nobody has died from the virus in Ireland, but sadly deaths seem inevitable.

We are all disappointed, but there is no doubt that the decision to cancel the St Patrick's Day parades in

Limerick city and in towns and villages in the county is the correct one. As is the decision by RTE to postpone the Late Late Show from Limerick on Friday.

Everything should be done, and hopefully is, to stop the spread of Covid-19. Universities, schools and businesses are preparing to work from home, if the situation deteriorates.

Yes, local businesses including hotels, restaurants and pubs will lose millions not only in Limerick but all over the country. But if this decision saves just one life, it is the right one. We are in unprecedented waters; no one really knows what is going to happen. Whatever, we should all be responsible and heed the advice from HSE and government.

WEATHER FOR THE WEEK



WEDNESDAY
 Variably cloudy with a shower and temperature range of 2-10°C



THURSDAY
 Much the same as Wednesday, but not quite as cold



FRIDAY
 On and off rain with patches of drizzle too. High of 10°C



SATURDAY
 Cloudy with showers, temperature range of 3-12°C



SUNDAY
 Rain and drizzle in the afternoon. Temperature range of 0-8°C



MONDAY
 Cloudy with occasional rain and temperature range of 4-10°C

WEBTOPTEN

1. Coronavirus: Self-isolating family lambasts HSE management of situation
2. One of Limerick GAA's best known fans goes to his God
3. Emergency services deployed to flooding incident in Limerick estate
4. Una Healy splits from Limerick boyfriend



Una and David have split
5 BREAKING: Number of confirmed Covid-19 cases in Ireland rises to 24

6 Emergency services at three car collision in County Limerick

7 Compulsory purchase order for land at O'Rourke's Cross

8 Limerick farmer up in court over lack of slurry storage facilities

9 Sarah Carey departure confirmed from Limerick camogie panel

10 BREAKING: Number of confirmed Covid-19 cases in Ireland rises to 21



Sarah Carey has left the camogie panel

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MyLimerick

Elaina Fitzgerald-Kane

Sales director, Woodlands House Hotel, Adare
President of Irish Hotels Federation



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

My perfect day starts with breakfast in the Riverside in Croom. My three boys love the playground there and we often enjoy a stroll after against the soothing backdrop of the river Maigue. Adare also offers some fabulous breakfast experiences (I couldn't pick one over the others!) Adare also has an amazing playground and some beautiful walks such as through the village, the riverbank or doing laps in the Manor Fields. I love meeting people when we are out strolling and the chats with my boys who have so many questions! The younger two love exploring so inevitably we are bird spotting or animal spotting and gathering twigs as we go! From there, we love the Milk Market in Limerick city – the buzz, the flavours, the friendliness and its authenticity. We are so lucky to have it on our doorstep. With the makings of a picnic, Curraghchase Forest Park offers so much as does Knockfierna on a fine day. After all the going, we love dining as a family and we are blessed to have some many great options in Adare. We also love to cook at home using some of the organic produce from our own garden in the grounds of our hotel. There is nothing to beat the taste of our own organics.

What's your first Limerick memory?

Going to Curraghchase. My siblings and I couldn't wait for Sundays when after lunch service, we would hit off to Curraghchase with our parents and grandparents. We loved walking around the loop, exploring the trails, going to the playground and feeding the swans even though truth be told, we were afraid of our lives of them. The sense of freedom was amazing. With imaginations running wild, we were everything from superheroes to shark hunters to animal rescuers. There were epic games of hide and go seek. When we were good, we were taken to Nolan's shop on the way home for bags of penny sweets. One of this, two of those - we must have been tormenting.

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

I am totally biased as I am born and raised in

Adare. I love its quaintness and intimacy. I love that everything is nicely contained and easily accessible. I love its sense of history and natural beauty. I love our fabulous shopping vibe and the amazing restaurants and cafes that we have. However, most of all, I love our community spirit. We have some super people leading by example across so many clubs and organisations from the Men's Shed to the Red Cross to the Tidy Towns to the local GAA club to our local soccer club, among others. So many people are so giving of their time. Having lived overseas, I absolutely appreciate how lucky I am to live in Adare. I also love the fabulous mix of locals like myself who are part of the fabric of Adare and the great dynamism of the many who have made Adare their home. We also have some great schools for families looking to settle here.

What do you think gives Limerick its unique identity?

History, sport, music, art, culture, rich landscape, community and its people. We are proud. We are hardworking. I also love how our food community has developed both in terms of local producers and dining concepts! Again, the Milk Market is a wonderful celebration of the food culture in our county.

How would you describe the people of Limerick?

Energetic, ambitious, proud, hardworking, appreciative, sporty, culturally rich and full of enthusiasm. My mother is a Ryan – the Ryan family motto in her eyes is 'Die Rather than Surrender'. We are resilient people. We are passionate people.

How important do you think sport is to Limerick?

Hugely important. On a scale of 1 to 10 – I would give it a 20! And moreover with the #20x20 Sporting Initiative. Sport is part of our DNA, for many and most children in our county have a huge opportunity to get involved in sport from a very young age which gives immeasurable benefits from a fitness and social perspective. We are blessed to have so many 'laochra' and legends in sport in our county.

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Pic (L-R): Michael McAteer - Managing Partner,
Vic Angley and Bernard Doherty - Partner and
Head of Tax.



PHOTO: Donogh Sweeney, Twitter (@DonoghSweeney)

Masks on statues and ban on cups

AMID growing fears surrounding the spread of COVID-19 (coronavirus) in Limerick, the city's iconic statues took extra precautions by donning face masks this weekend.

The humorous sight was spotted by a number of people, including Twitter users who then circulated the images.

Statues such as that of Terry Wogan, the Dockers Monument and the O'Connell Street hurlers statue were all snapped wearing masks similar to those worn by millions in recent weeks worldwide.

According to the HSE, "using masks is unlikely to be of any benefit if you are not sick."

"Sick people will be advised by their doctor when to use a mask," it has been stated.

"Healthcare workers need masks and other personal protective equipment to protect them from infection during their work."

A council spokesperson said: "Limerick City and County Council is not aware of who put the masks on the statues. The Council would remind members of the public that the public statues around the city are an important cultural, societal and tourist resource that needs to be minded."

Meanwhile, a number of Limerick cafés and coffee shops have imposed a temporary ban on customers using their own reusable coffee cups in attempts to contain the spread of the virus.

The ban is said to have been imposed to limit the spread of a contaminated person's body fluids (ie. saliva) from their own personal cup to the equipment that's used to prepare other people's beverages, as well as to café employees.

Limerick braces itself as coronavirus takes a hold

Covid-19: Further restrictions and cancellations are expected

DAVID HURLEY

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LIMERICK is already feeling the impact of the worsening coronavirus outbreak with further cancellations and restrictions of movement expected.

With the number of confirmed cases of Covid-19 in Ireland now in the mid-20s, measures to combat the spread of the virus have intensified – with a cabinet sub-committee taking the lead.

While Ireland remains in containment phase, public health experts are predicting that in a worst-case scenario, there could be more than 70,000 cases of Covid-19 in Limerick.

Members of the public are being encouraged to heed the public health advice such as regularly washing their hands and exercising proper sneezing and coughing etiquette.

In addition to the cancellation of the

St Patrick's Festival, which would have drawn up to 80,000 people to the city centre, a significant number of smaller community events have been cancelled across the city and county.

Mass-goers are being encouraged not to shake hands while visiting restrictions have been introduced at almost all nursing homes.

The UL Hospitals Group has extended the cancellation of almost all elective surgeries and outpatient appointments across all six of its sites while a visitor ban is also in place.

A number of those who have contracted the virus in the west of the country, remain in isolation at UHL.

Pharmacies across Limerick have been struggling to secure fresh supplies of hand sanitiser while some have begun the process of stockpiling medications.

"We don't know what's going to happen so we are looking at having



Visit our website for the most up to date news on Covid-19
LIMERICKLEADER.IE

enough supplies to last three or four months but you can't have everything," one pharmacist told The Leader.

The hospitality sector has been significantly affected by Covid-19 with many bookings for large groups at hotels and restaurants being cancelled – to the disappointment of some.

"The risk of contracting Covid-19 remains very very low. Of course, at risk groups should stay away. The rest just need to wash our hands and go about our business. It's a shame people love to be dramatic, and secretly long for panic," said Pat O'Sullivan of Masterchefs in a post on social media.

Meanwhile, it's business as usual for schools and colleges in Limerick although contingency plans are being drawn up in the event of closures being required.

The Department of Education and Skills said any decision to close schools will be made on public health advice and that no such advice has been received.

Family tell of self-isolation fears

A FAMILY awaiting COVID-19 test results have spoken to the Limerick Leader about their experience since they began self-isolating last week.

The family of four are in self-isolation at home following one member, the father/husband, being in contact with a confirmed case of the virus last week.

The man, who is a member of the gardaí, was instructed by his workplace to self-isolate after coming into contact with a later-confirmed case of the virus last Tuesday, March 2.

The wife, who works in the hospitality industry in Limerick city and has also been told to self-isolate by her workplace, said how if it wasn't for social media, the family would be unaware that they were in contact with the confirmed case until this weekend.

"This individual was identified to us via Twitter and Facebook on Wednesday evening around 8pm after RTE broadcast the confirmed cases in the West," she said.



The family have been in self-isolation since Thursday after a member came into contact with a confirmed case

"If we hadn't found out via social media who the confirmed case was, my husband would have come into contact with potentially hundreds of people over the week."

On Thursday, the couple were both told to self-isolate by their employers, and chose to keep their two children home from school and university. The family made

contact with the national helpline that evening, with the HSE unable to confirm nor deny that contact had been made with a confirmed case.

"We were told to stay home, wash our hands and relax," she said, "and that if my husband was in contact with the confirmed case that they would be in touch.

On Friday night, the

family were tested at home for the virus by a paramedic, and as of this Monday, were still awaiting results.

"On Sunday we were called by the contact team who told us that my husband had been in contact with the person who had a confirmed case. This was four days after we made contact ourselves with the HSE to tell them this. They are

about as useful as a chocolate teapot.

"So either the test comes back negative and everything goes back to normal, or it comes back positive and my husband is admitted to UHL and kept in isolation. From which point I will have to self-isolate for a further 14 days with the two kids and disinfect the entire house."



Late Late Show set for UCH has been postponed

The Late Late Show, due to be broadcast from Limerick this Friday, March 13, has been switched back to Dublin instead.

The director general of RTE told the Limerick Leader, "As we are now unable to bring you the show that we had hoped, with great regret it has been decided that the Late Late Show due to be broadcast from Limerick on Friday March 13, will be postponed until a later date."

"Ryan, the Late Late Show team, and all at RTÉ and Fáilte Ireland are disappointed that the broadcast from University of Limerick cannot proceed this weekend, but we do look forward to rescheduling this event at a later date," the statement added.

The television show's production team tweeted on Tuesday, "We cannot wait to be able to bring the #LateLate to Limerick in the future."



Coláiste Nano Nagle Secondary School students, Iqra Mubarak and Fatima Bibi and CBS Sexton Street Secondary School students, Alejandro Maximo Cervantes and Daniel Yermak with Grace Collier, Spice Vintage, at the launch of TLC6 #TLC6Insta secondary school Instagram competition at Spice Vintage store on Harvey's Quay, Limerick PICTURE: ALAN PLACE

Students to send sustainable snaps for TLC competition

ÁINE FITZGERALD

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SECONDARY school students in Limerick are being urged to snap shots of their sustainable life, as part of a competition ahead of TLC6.

Team Limerick Clean-Up have launched the exciting Instagram competition with Grace Collier, founder of Limerick's Spice Vintage.

The competition was launched in the Spice Vintage store, on Harvey's Quay in the city.

To enter the competition, secondary school students from fourth year to sixth year must follow the Team Limerick Clean-Up Instagram account (@teamlimerickcleanup) and post a photo of themselves being sustainable whether it be using a reusable cup, taking steps to remove plastic from their lives, upcycling an outfit or shopping vintage. The more unique, the better!

The students must tag the Team Limerick Clean-Up account and use the hashtag #TLC6Insta. If their account is private, they can screenshot their post and direct message it to Team Limerick Clean-Up's account.

Commenting on the competition Grace Collier said, "I am thrilled to be a judge for this exciting

competition; students are the people to make the change towards a more sustainable life, they are the next generation and are going to be the ones making the difference. I can't wait to see the ideas that the students come up with!"

There are great prizes to be won, including vouchers for Spice Vintage, a Fitbit and much more.

Full information and terms and conditions can be found on Team Limerick Clean-Up's website.

Heading into its sixth year, TLC is celebrating how far the event has come since 2015 with a focus on promoting the message of sustainability. Last year's record-breaking participation figures exceeded 20,000 volunteers, with over 600 groups from across the county. A total of 470 of these held tea and coffee gatherings to celebrate their spring clean efforts.

Registration is open for the Good Friday, April 10 event across Limerick City and County. With the closing date fast approaching volunteers are urged to sign up as soon as possible at www.teamlimerickcleanup.ie and join the 20,000+ volunteers expected to once again show their support for their locality.



Coláiste Nano Nagle Secondary School students, Ajirah Hanifi, Iqra Mubarak, Fatima Bibi and Marian Sanjrani at the launch of TLC6 #TLC6Insta secondary school Instagram competition



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Should St Patrick's Day events be cancelled?

MORE than eight in every ten people who took a survey on the Limerick Leader Twitter page have agreed with council's decision to cancel the St Patrick's Day celebrations next week.

Early on Monday morning, this newspaper's Twitter followers were asked the yes/no question as to whether the event should be cancelled over the outbreak, which has caused chaos globally.

Some 606 people voted by teatime on Monday, with 81.7% going in favour of the cancellation.

No advice to close schools, says Dept. of Education

The Department of Education and Skills has responded to speculation on social media that schools across the country are to close for a number of weeks from this Friday in response to the coronavirus outbreak.

In a statement, issued this Tuesday afternoon, a spokesperson said the Department is liaising closely with the Department of Health on a continuing basis.

"Any decision to close schools will be made on public health advice. There is no such advice at this point.

"It is essential that any decisions regarding responses to Covid-19 are proportionate, necessary and based on specific public health advice. No other response is appropriate."

Prior to the statement being issued, several messages were circulating on WhatsApp and on other social media platforms, suggesting an announcement was "imminent" that all schools and third-level institutions would not reopen after St Patrick's Day due to the Covid-19 situation.

The Department of Education and Skills is urging all schools to remain calm and to listen to the advice they are given.



"Public health professionals will contact schools if there is any action to be taken. Schools should not take unilateral action. Schools, pre-schools and higher education settings have been provided with advice and guidance in respect of Covid-19," said a spokesperson.

The Department says it is deeply conscious of the significance of decisions concerning school closures, and the potential impact any

such decisions would have on parents, families and the wider community.

"This is an evolving situation and the health advice is being updated on a daily basis. The Department of Education and Skills and Department of Health will continue to work closely together on this issue," reads the statement.

Up-to-date guidance for schools and parents can be found at www.education.ie/covid19.

Saint Patrick's parade axed as virus spreads

Celebrations: Festival was set to draw thousands to city

DAVID HURLEY & NICK RABBITS
news@limerickleader.ie

LIMERICK'S Saint Patrick's festival has been cancelled due to the outbreak of the coronavirus, it was confirmed on Monday.

The move, which comes as a huge blow to city traders, takes place on foot of the spread of the flu-like disease.

It was announced following a meeting of a cabinet sub-committee which is dealing with the Covid-19 situation.

Tens of thousands of people had been expected to attend the Limerick city parade on March 17 while large crowds were also expected to attend the 50th International Band Championship this coming Sunday afternoon.

In a statement, confirming the cancellation of the St Patrick's Festival, a spokesperson for Limerick City and County Council said public health and safety has to be paramount.

"We would like to apologise to all the clubs, community groups and organisations, bands and street theatre entertainers and businesses affected by this decision but we are following the guidelines set down by the government and health officials and acting in the best interests of public health and safety," they said.

Mayor Michael Sheahan added: "We sincerely regret that we have to cancel this year's parade and band championship but the health and safety of our thousands of participants, visitors and volunteers is paramount.

"We believe they are the correct decisions based on the current situation and most recent risk assessment which



There will be no repeat of colourful scenes like these in Limerick this March, as the St Patrick's Day parade is cancelled on safety grounds PICTURE: TRUEMEDIA

considered the volume of visitors expected to Limerick city and the duration of the event."

Dr Pat Daly, the chief executive of Limerick City and County Council, said the decision was not easy.

"Cancellation is not an easy thing to do and this will bring disappointment to many who had been working very hard behind the scenes and were looking forward to marching down O'Connell Street with pride next week, but we have taken this decision due to the possible threat to public health from Covid-19."

Labour councillor Conor Sheehan, who first called for the cancellation of the parades over the weekend has welcomed the move.

However, he feels it doesn't go far enough.

"We don't know how serious this situation is going to be. We don't know how bad it's going to get, and I think we're not taking it seriously enough," he said, "Some people thought I was being alarmist making the call. But I wasn't. It is a worsening public health situation."

It is with this in mind the northside member has confirmed he will ring local authority boss Dr Pat Daly requesting the suspension of all council meetings for the next fortnight.

"What I am also looking for is the council to put in place measures so its staff can work at home," he told The Leader.

Some individuals with coronavirus attended Blindboy podcast in Clare

RYAN O'ROURKE

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A NUMBER of individuals, who tested positive for the coronavirus, were in attendance at a performance of the Blindboy Podcast in Clare last month.

The individuals attended the podcast at the Glór theatre in Ennis, on the night of February 29.

The HSE has subsequently been in touch with those audience members whom they have deemed may be impacted, and have advised on precautionary measures.

In a statement from Glór, a spokesperson said: "Glór can confirm that there were individuals who subsequently tested positive for Covid 19 in attendance at a performance of the Blindboy Podcast which took place in the venue on Saturday February 29 at 8pm.

"In line with HSE protocol, Glór made immediate contact with health authorities once we were made aware of the situation and shared all relevant information with them.

"The HSE has subsequently been in touch with those audience members whom they have deemed may be impacted, and have advised on precautionary measures.

The spokesperson stated that no action is required from those who have not already been contacted by the HSE.

"Operations at Glór continue as normal after management sought advice from the HSE, additional hygiene measures and handwashing advice are in place at the arts centre, and we ask all our staff and customers to follow HSE guidelines on handwashing and respiratory etiquette. Further information is available on the HSE website."

Blindboy confirmed to the Limerick Leader that he was not one of those told to isolate. "I wasn't considered close contact by any measure. I've to carry on as normal."





& PAT NOLAN

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Social Democrats councillor Elisa O'Donovan and Labour councillor Conor Sheehan, who have both been targeted by online bullies

Gardai launch probe into online 'abuse' of councillor

Web: City West member calls in gardai as she falls victim to cruel internet bullies

NICK RABBITS AT CITY HALL
nick@limerickleader.ie

SOCIAL Democrats councillor Elisa O'Donovan says the online abuse she has suffered has become so bad, she's reported it to the gardai.

The City West member confirmed she has reported "professionally damaging" and "targeted" abuse to the law. She says although she has "thick skin," there are limits as to what she can take in terms of commentary online.

"I have started to call it out. There was one comment made a few weeks ago, and I did have to report it to the gardai because I felt I had to. The comments were quite professionally damaging to my career outside the council," she told The Leader.

"I'm fine with people critiquing my work as a councillor. But for people to spread personal things about me is just not nice."

In a lengthy series of Tweets over

the weekend, Cllr O'Donovan, who works as a healthcare professional, wrote: "Earlier this week, I was sent on a thread on an online forum about Limerick which I'm the only politician referenced in. I shouldn't have opened it and read it, but I did. In this thread over many months, I am called unstable [and] a c****".

She was referred to as "a complete crackpot and verging on bipolar".

"It's the most horrible, vicious thing to read about yourself. I have no problem if people have issues with my work as a councillor, please call me out on this, but I am finding it very difficult to hear completely untrue and nasty comments about me since last May. Please stop," Cllr O'Donovan added.

The member, who was first elected last May, believes part of the reason she has fallen victim to internet abusers is because she is a female.

"I don't think a male politician



"It's the most horrible, vicious thing to read about yourself"

CLLR ELISA O'DONOVAN

would get that written about them. On this thread, not one other councillor is mentioned. A lot of it is misogynistic in tone, there's no doubt about it.

"I think if I was a man, I don't know if I'd be getting this kind of targeted abuse," she said.

"There needs to be a shift in how we look at women councillors and how they are represented in society."

Previous to this, Cllr O'Donovan said she was used to comments online about her appearance – something she feels has become normalised, and something she is "fine" with.

"Usually people talk about my appearance, which is absolutely fine. You get used to this. I'm a tall woman – when you're a six-foot one woman, you get a lot of comments," she said.

Off the back of her tweets, Cllr O'Donovan did receive support from many quarters, including her own party's co-leader Catherine Murphy.

In a response, she wrote: "Elisa, I know you cannot unread this nonsense but it's important you know so many including myself think you are inspirational. Just keep doing what your doing."

Former Labour TD Jan O'Sullivan added: "Stay strong Elisa, these people are abusive cowards, don't let them occupy any of your head space."

Another Labour councillor Conor Sheehan also reflected on his own experience of being targeted online.

Over the weekend, he felt forced to 'lock' his Twitter account, so only approved followers could see what he posts about.

Despite this ordeal, Cllr O'Donovan says she's not going to change the way she acts.

"It was really nice – people from different political spectrums came to me. It's lovely the support I was given. I am not going to change what I am doing," she concluded.

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Limerick Leader



SELF ISOLATING FAMILY LAMBASTS HSE RESPONSE TO COVID-19 CRISIS

Sinead Erbayrakter

Shocking ... HSE chasing their tails , hope this family test negative & get back to some kind of normality , fair play to them for Isolating themselves before ever getting instruction to do so This story further enforces my lack of faith of our Health service& current government !



Yar Stack

They told that doctor go back to work and his wife, after coming back from Italy, they haven't a clue

Tim O'Keeffe Jnr

What do you want them to do ffs send maid in to look after ye. Most be will recover from in so stay home and relax .

Roisin Kennedy

And they refused to come to my house Andrea De Vito one rule for some and a different rule for me amd I begged them as I was so sick. Says it all really ffs

Agnes O'Shaughnessy

Yet the HSE said at the press conference there was no delay in testing when they were asked.

Sid Quinlan

Woudnt go near that hospital fecking joke it is anyway now its going too get worse

UNA HEALY SPLITS WITH BOYFRIEND FROM LIMERICK OF ONE YEAR

Ronan McKernan

Una has since deleted all pictures of herself and David from her Instagram feed, though took to the social media platform to share a message of inspiration this International Women's Day. The singer shared an Eleanor Roosevelt quote which read: "A woman is like a teabag, you never know how strong it is until it's in hot water." Must be devastating for him to be deleted from instagram.



Adam O'Shea

Of one year is a really strange name

Fergal Cussen

Sad to hear. Did the junior cert with the guy

DUKE AND DUCHESS OF CAMBRIDGE CHAT ABOUT LIMERICK DURING ROYAL VISIT

Clodagh Hartigan

Great to see all your hard work being acknowledged Laura



Daibhi MacGearailt

So chance of them visiting the graves of the 2 former mayors that were brutally taken from their home shot in front of their families on behalf of the British government...now that would be nice to see ...

Daithi De Burca

Lock them in Limerick prison now that would be some good news



Celebrating International Women's Day

Pictured at the Novas International Women's Day Lunch at the Savoy Hotel were Catherine and Kathleen O'Connor, Corbally and Una Burns, Novas PICTURE: BETH PYM/ILOVELIMERICK

Concerns voiced over build-to-rent model

Housing: Huge development set for Pa Healy Road

NICK RABBITS AT CITY HALL

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A GREEN Party councillor has criticised the number of buy-to-rent apartments in a planned housing development in the city.

City East councillor Sean Hartigan was speaking after members received a presentation of the proposed Pa Healy Road housing development, which could see almost 450 homes constructed along the Canal Bank.

In plans exclusively revealed by our sister newspaper, the Limerick Leader, Revington Developments has sought planning permission to build 442 units, comprising of 363 build-to-rent apartments in a mix of studio, one bedroom and

two-bedroom apartments.

There will also be 61 student apartments in a mix of two, three and four bedroom apartments, totalling 189 student bed spaces.

And as part of the huge proposal, 18 dwelling homes will be constructed, according to the plans which were shown to members of the metropolitan district this week.

But Cllr Sean Hartigan feels the buy-to-rent element of the plans will lock any young couple out of owning their own home.

"I'd have serious reservations around the build-to-rent scheme," he said, "This will take away people's chances to own their own homes. A site like this is an area where the council should be building public homes."

And he warned that many of the apartments lie idle, with an institutional landlord only letting them out if they can extract the maximum value from them.

Cllr Hartigan also warned that the site is "challenging", as it contains "contaminated soil" and is also a known habitat for otters.

Cllr Kieran O'Hanlon expressed concerns around the traffic on the site, pointing out that vehicle use on the Pa Healy Road is already high.

"Lots of students will also be using the canal and walkway. Unfortunately we are without a cycle-way and footpath," he noted.

Planning official Stephane Duclot said that 10% of the homes will be designated as social housing.

Roadshow to get girls back on bikes

THE highly-anticipated #andshecycles Roadshow will come to Limerick City Hall on March 12, following its successful launch in County Mayo last month.

In 2019 Green-Schools worked with teenage girls to develop the #andshecycles campaign to shine a

light on the barriers currently reducing the rate of girls choosing to cycle.

Green-Schools would like these events to give teenage girls a platform to speak about cycling experiences and attitudes, explore barriers and promote

empowerment among young women who are cycling or want to cycle.

The event kicks off at 16.30pm with an exhibition followed by a screening of the #andshecycles campaign and the panel discussion will run from 17-18.00pm. This is a public community event.



The late Frank Hogan with his famous sign. He lived in and loved Limerick and was delighted when Declan Hannon lifted the Liam MacCarthy

Farewell Frank and thanks for the sporting memories

DONAL O'REGAN

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FEW GAA supporters have resonated with so many as the late Frank Hogan or as he was better known John 3:7.

It was a remarkable achievement by somebody as softly spoken and as unassuming as Frank was. Yet for decades there was hardly a Sunday that went by that Frank wasn't situated in the throng of a terrace.

And proudly out in front of him was his bright yellow John 3:7 sign meaning, "Do not marvel that I said to you, you must be born again".

The Christian Evangelist was laid to rest in Mount St Lawrence after removal from Thompson's funeral home this Tuesday afternoon.

The 81-year-old was survived by his wife Myrna, son Jason, and daughter Natasha.

After the Leader broke the sad

news on Monday morning, tributes flowed in for Frank. He was a little part of every sporting fan.

Originally from Borrisokane he made his home in Castletroy and over the last three decades he followed Limerick through the good times and the bad.

Sadly as his health failed in recent years, Frank was not able to attend the All-Ireland final between Limerick and Galway in 2018.

Prior to his John 3:7 sign, Frank had a John 3:16 sign. John Cregan, chairman of Limerick GAA, said wasn't it ironic that Limerick scored 3-16 in that game.

John 3:16 states: "For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life."

That All-Ireland final win did give eternal life to so many.

Mr Cregan said as long as he is going to matches he can "vividly remember seeing Frank and noticing him on the train because he had the big long placard with him".

"You would always see him. He persisted. Some of these things come and go but he was a constant. He persisted in spreading his message in a very novel kind of way," said Mr Cregan, who on behalf of Limerick GAA expressed his sympathies to the Hogan family.

"He was somebody who was always there. He always managed to get that shot on camera. Even if you weren't at a game you would see him because he was always picked out from the crowd. He obviously believed very much in spreading his message.

"It was an ideal way of doing it, travelling the length and breadth of the country. From our point of view

he was quite an iconic figure, standing with his placard all of the time. It is sad that Frank has passed to his eternal reward but he will be fondly remembered by everybody in Limerick GAA and, indeed, the wider sporting community throughout the country," said Mr Cregan.

Frank's memory was honoured at the monthly Limerick GAA County Board meeting on Tuesday night.

In a moving graveside oration, his long-time friend Gerry Nugent said: "Frank Hogan, a husband, a father, a brother, and for many years a loyal servant of his Lord and saviour Jesus Christ has gone home to heaven and is in God's wonderful presence right now."

To use Frank's own words in an interview with the Limerick Leader, "People think that salvation is difficult but Jesus makes it so simple."

Sponsored

Cardio screening at the Radisson

Heartfelt Cardio Screening is coming to your area soon, with the BPro pulse wave analysis device, providing affordable and accurate heart and artery screenings.

The BPro device is a completely mobile test kit, comprising a wrist sensor and a laptop. It can be brought to any location, including your workplace or organisation which makes it ideal for sports clubs, health centres etc.

Screenings are carried out by a certified technician and a full printout of the results are given on the day. The procedure is non-invasive and completely pain-free. The information provided by our BPro screenings can help doctors decide whether more invasive investigations are required thereby saving patients further unnecessary trauma. The process is a major advance for monitoring cardiovascular health without the need for invasive procedures.

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Heartfelt Cardio Screening will bring the BPro to the following local venue during the next few weeks:

Thursday April 2, Radisson Blu Hotel, Ennis Road, Limerick

For further information or to make an appointment, please contact: Anna on 0864135555 or Jimmy on 0862566422. Email: heartfeltcardioscreening@gmail.com

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Ronan Deasy



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Hospital backs children's race

Sponsorship:

Bon Secours Hospital at Barringtons proudly announces support for Limerick's largest children's fun run this May

REBECCA LAFFAN

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BON Secours Hospital at Barringtons will once again sponsor the city's largest children's fun run, it was announced this week.

The annual Run for Fun will take place at the University of Limerick on May 2, and will see hundreds of national school children take part.

Speaking at the announcement earlier this week, hospital manager Jason Kenny said: "We have a long-running relationship with the Great Limerick Run weekend, having previously sponsored the Sunday event, which is an incredible success in its own right, bringing over 14,000 people into the city on the May Bank Holiday weekend.

"It's a huge boost for the city in terms of sports tourism and has been one of the stand-out individual elements that have combined into the great Limerick success story over the past decade or so," he added.

"We were delighted to take up



Ella Barry aged 5, leads the way for runners, from left to right, Dylan Barry, aged 7, Lucy Murray, 12, Alan Cleary, 12, Dylan Gilmore, 12, Sam Gilmore, 10, and Kevin Kearns, 10, along with Limerick hurlers Will O'Donoghue, and Diarmaid Byrnes and manager John Kiely PICTURE: DIARMAID GREENE

on the opportunity to sponsor the 'Run for Fun' because it promotes healthy activity amongst children and that's something as a healthcare provider that we are very keen to promote. Getting children involved in exercise can introduce them to something that will stay with them for much of their lives and reduce health risks.

It's also good for their wider wellbeing, their confidence, things that are very important to work on from an early age."

Said John Cleary, CEO of the Great Limerick Run: "It's essential when you are getting sponsorship partners on board that they are the right fit from the actual event's perspective. Bon Secours Hospital

Limerick ticks that box. It has a great heritage here in the city given the hospital's origins here and they are a healthcare provider operating to the highest standards."

John Kiely, Limerick senior hurling manager, said: "As a school principal and someone involved in sport pretty much all my life, I've seen just how important participation in

sport is, no matter what code it is.

"We have to encourage our children to be involved first and foremost. It cannot be about competitiveness for them, it must be about fun when they are this stage of life," he continued.

"I commend John Cleary and his team for pulling this together and Bon Secours Hospital Limerick."

Woman 'seriously assaulted'

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INVESTIGATIONS are continuing following what has been described as a "serious assault" in the city centre at the weekend.

While gardai have not released any specific details of what is alleged to have happened, they have confirmed they are investigating claims that a woman was assaulted in the early hours of Sunday morning.

There was a garda presence at either end of a laneway connecting Michael Street and St Michael's Court near Watergate on Sunday as gardai carried out inquiries in the area.

The area was also cordoned off for a time with public access being restricted to facilitate forensic examinations by members of the divisional scenes of crime unit.

"Gardai are investigating an alleged serious assault of a female that occurred in Limerick city in the early hours of Sunday morning, March 8, 2020. No arrests have been made at this time and investigations are continuing," said a spokesperson for the Garda Press Office in statement which was emailed to The Leader.

Having been alerted to the incident, a number of people who live in the area took to social media to express their shock at



Gardai at Henry Street are investigating the incident

what happened.

"It's scary," posted one woman while another stated that what happened was terrible.

It's not known if the woman, whose aged has not been released, required medical treatment and the nature of her alleged injuries has not been disclosed.

However, there is no suggestion that her condition is life-threatening.

Gardai attached to Henry Street station are investigating the incident.

Any anyone who was in the area at the time or who witnessed the alleged assault can contact them at (061) 212400.

Man arrested after €45k drugs seizure

Gardai have arrested a man in his 50s and seized €45,100 of suspected drugs in the Moyross area of Limerick on Monday evening.

As part of an ongoing operation targeting the sale and supply of drugs in Limerick city, Gardai from the divisional drugs unit in Limerick, assisted by the armed support unit, executed a search warrant at a house in Moyross shortly after 7.30pm.

During the course of the search Gardai seized €42,000 of suspected heroin and €3,100 of tablets believed to be alprazolam.



Henry Street garda station

Mobile phones, bags and a weighing scales were also seized. The suspected drugs will now be sent for analysis.

A man in his 50s was arrested at the scene and brought to Henry Street Garda Station.

He is currently detained under Section 2 of the Criminal Justice (Drug Trafficking) Act, 1996.



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Chy Reg 18127



'Children getting lost in potholes'

NICK RABBITS
at City Hall

SOME of the potholes in a northside community are in such a bad state "children are getting lost in them". This claim was made, only half-jokingly, by Sinn Fein councillor John Costelloe, who is furious about the craters in Ballynanty and its surrounding areas.

During a discussion on the schedule of works for the city in the next 12 months, Cllr Costelloe urged the fixing of potholes.

He said: "Some of the craters are in such a bad condition, children are getting lost inside of them, they are so big. People are paying road tax and the Local Property Tax and are not getting a proper service. It doesn't matter if it's Caherconlish, Ballynanty, Moyross or Thomondgate, a pothole's a pothole. They need to be dug up and filled in properly, not to have litigation against the council. There should be a thing so they are addressed immediately."

In response, council



Cllr John Costelloe, Sinn Fein

official Hugh McGrath said a new machine is to be brought on stream soon, with members set to get a sneak preview.

He said it will be a "one stop shop" in the filling of potholes. But Cllr Costelloe urged care, saying: "Some of the holes need to be properly resurfaced, not just a quick barrel of stuff here, and barrel of stuff there. Whatever material is used in some communities, it's very poor. It feels like the roads haven't been relaid since the homes were built in the 1950s."

Fine Gael councillor Sarah Kiely said at times, you need an SUV or Land Rover to drive through the Carey's Road.

"At the moment, you can go down with a bucket and spade and start digging," she said. Council official Kieran Lehane said he'd look into it.

Birthday joy for JP in the Cotswolds

Limerick businessman JP McManus celebrated his 69th birthday in style at the Cheltenham festival on Tuesday, by taking the feature race of the day, the Unibet Champion Hurdle.

Epatante was backed into 2/1 favourite on track and gave her supporters few worries under jockey Barry Geraghty who was riding for trainer Nicky Henderson.

JP had also gone close in earlier races with Chantry House running third in the Grade 1 Supreme Hurdle and Fakir D'Oudaires runner up in the Grade 1 Arkle Trophy.



JP McManus flanked by trainer Nicky Henderson and jockey Barry Geraghty after Epatante's win PICTURE: SPORTSILE

Shannon Group staff boost two charities

Donation: Limerick Suicide Watch will share in the €100,000 given

RYAN O'ROURKE

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LIMERICK Suicide Watch and the Irish Cancer Society have shared in the largest amount ever gathered by Shannon Group since the group charities programme began.

The staff of Shannon Airport, Shannon Commercial Properties, Shannon Heritage and International Aviation Services Centre (IASC) staff have boosted the two charities, which are doing invaluable work across the region, with a €100,000 donation made from its chosen charity programme.

The monies raised last year brings the total sum raised by Shannon Group staff for designated charities to over €350,000 since the programme commenced six years ago.

Last year saw staff across the group's businesses run a number of their own individual fundraising initiatives as well as collaborate on group-wide activity – the net result being a €50,000 cheque going to each of the 2019 chosen charities.

Isabel Harrison, chairperson of the Shannon Group Staff Charity Committee said: "We are absolutely delighted to be handing over such a large amount of money to these charities. There isn't a community in Ireland that hasn't been touched by suicide or a family that hasn't been touched by cancer so it is an absolute privilege to be able to



Joen Noonan with 4-year-old Adam Noonan, Mary Considine, Mary Kennedy, Colm O'Byrne, Isabel Harrison, Annette Haran, and Grainne McInerney

contribute to the amazing work that both of these charities do."

The year-long programme saw four Shannon Group staff cycle between four Irish airports in four days. They covered a staggering 787km taking in Shannon, Knock, Dublin and Cork airports. Other initiatives include the annual

favourite Christmas kick-off for the region, the Santa Flights, as well as a 5k run at Shannon Free Zone, bake sales, a family fun day at Bunratty Castle and Folk Park, a mountain run and an auction.

Commenting on the outcome of last year's programme, Shannon Group CEO Mary Considine also

revealed that the 2020 Shannon Group Chosen Charities are CMRF Crumlin and Sláinte an Chláir, Clare Cancer Support.

Said Ms Considine: "I'm so proud of our staff. They selflessly gave of their time to help others. We had seventeen fundraising events in total over the year."



LEADER CRIME BRIEFS

BY DAVID HURLEY



Burglar fled after being found in hallway of home

A BURGLAR fled empty-handed after he was confronted by a woman who returned to her home in the middle of the day.

According to gardai, the incident happened in the Clancy Strand area at around 2.30pm.

"After the woman discovered the intruder in the hallway of her home, he ran out once he saw her," said Sergeant Ber Leetch.

It was subsequently established that the burglar had entered the house by breaking a small pane of glass in the back door and putting his hand in and turning the door key that



The burglar smashed a rear door to gain entry

was in the lock.

"Door keys must be kept out of sight so if you have a glass door do not leave your key in the lock keep them in a drawer or a press. Some people like to keep their door key near the door in case they have to get out in an emergency, consider sticking a hook where it can't be seen from the outside," added Sgt Leetch.

Pensioner waiting at bus stop targeted by pickpocket

A PURSE was stolen from a pensioner as she was waiting for a bus in the city centre.

The incident happened near the Augustinian Church on O'Connell Street at around 4pm last Friday

The woman aged in her 70s, was approached by a male who engaged in conversation with her.

When the man, who was aged in his 40s left, she discovered that her purse was missing.

"Unfortunately her handbag wasn't designed to be secured on top, it didn't have a zip and this made it easier for the thief to pick out her purse," said Sgt Ber Leetch.

Thief 'walked into' house and stole two handbags

AN opportunist thief walked into a house at Johnsgate Village and stole two handbags without alerting any of the occupants, gardai have revealed.

When the homeowner left at around 10am last Thursday morning, she left the front door unlocked as her three adult children were in the house.

"This didn't stop an opportunist thief who walked in the unlocked door and took two handbags from the front hall. The three young people never heard a thing,"



Sgt Ber Leetch says doors should always be locked

said Sergeant Ber Leetch.

In a separate incident, a young man who went to bed after having had a few friends over woke to find somebody in his bedroom.

"It would appear the last person to leave the house did not pull out the door properly and of course the homeowner didn't check," said Sgt Leetch.

Purse was taken off table

A PURSE was taken from a young lady who was having a meal at a fast-food outlet in the city centre.

The teenager had her purse on the table and never saw who took it but a moment later she realised that it was gone.

"These thieves are very fast and they look like you and I so keep your property on your person and out of sight," said a garda spokesperson.



Bobby Moran pleaded guilty at Limerick District Court

Community service for abusing gardai

Intoxicated: Alcohol and drugs were consumed

DAVID HURLEY

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A MAN who was aggressive and abusive towards gardai during an incident near his home has been told he will avoid a prison sentence if he completes 80 hours of community service.

Bobby Moran, 31, who has an address at Johnsgate Village, pleaded guilty, at Limerick District Court, to a number of public order offences relating to an incident on March 11, 2019.

These include engaging in threatening or abusive behaviour and refusing to obey the direction of gardai

Inspector Pdraig Sutton told Judge Marian O'Leary that gardai

were in the area when the defendant approached them.

He said he became aggressive and abusive towards gardai and that he subsequently resisted arrest.

"He was extremely intoxicated at the time. He was threatening and abusive," he said.

Mr Moran, the court heard, has more than 70 previous convictions including one for escaping lawful custody last July.

Judge O'Leary was told the incident occurred less than a year after Mr Moran received a suspended three month prison sentence in relation to a separate public order offence.

Seeking leniency on behalf of his client, solicitor Tom Kiely said he had consumed both drugs and alcohol on

the night and that he wished to apologise for his actions which, he accepts, were unacceptable.

"He was heavily intoxicated," he said adding that the defendant spent a number of months in custody following the incident. He also told the court that he previously pleaded guilty to charges relating to other incidents which occurred around the same time.

After being informed that Mr Moran is a suitable candidate to carry out community service, Judge O'Leary directed that the complete 80 hours in lieu of a three month prison sentence.

The community service, which will be overseen by the Probation Service, must be completed within 12 months.

Used forged prescription to obtain drugs

A YOUNG man has admitted using forged prescriptions to obtain high-powered painkillers from a number of pharmacies in Limerick, writes David Hurley.

Tomaz Uliasz, 24, who has an address at Bruachlan, Westbury, Corbally pleaded guilty, at Limerick District Court, to a number of charges relating to offences which happened on dates between May and July 2019.

After he entered his plea, Judge

Mary Larkin was told the defendant, who had been prescribed Oxynorm following a road accident a number of years ago, had copied the original prescription which was written by a doctor in Cork.

He then presented copies of the prescription at a number of different pharmacies in Limerick city to obtain various quantities of Oxynorm.

Solicitor Tom Kiely said there is a

"sensitive background" to the matter and he submitted the court would benefit from a probation report before sentence is imposed.

Sergeant Michelle Leahy said told another individual is also before the courts in relation to the offences and that it is the State case that she was operating in "joint enterprise" with Mr Uliasz.

Judge Larkin adjourned the matter to May to facilitate the preparation of a probation report.



Pictured at the Analog Devices Community Awards Reception were Diarmuid Boyce, Analog Devices, with Annmarie Garahee, Elisama and Fiona O'Grady, Limerick Youth Service

Analog Devices charity boost

MILFORD Hospice, St Gabriel's, Ahane GAA Club and Limerick Youth Service were among a number of Limerick non-profits to receive a financial boost thanks to Analog Devices.

Almost 40 non-profit organisations and social enterprise across Munster have received funding as part of the company's employee selected community awards scheme.

The annual donations programme enables employees at Analog's Limerick and Cork sites to nominate their chosen community, voluntary or charitable organisation to receive financial support from the company in recognition for their contribution to the local community.

A broad spectrum of educational, social, charitable and cultural bodies

across Limerick, Cork and Clare benefited from the generous donations programme. This ranged from GAA clubs, to men's sheds.

Contributions were made across four category types; Platinum, Gold, Silver and Bronze.

As a long-standing charity partner of Analog Devices, Milford Hospice received the Platinum donation.

Anger after giant flag burnt outside school

Match incident: Principal says it is public order issue for gardai

EUGENE PHELAN
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RIVALRY between two city schools went too far when a massive flag was taken from near Thomond Park and allegedly burnt by supporters of St Munchin's College outside Ardscoil Ris, before Wednesday's big rugby junior cup semi-final in Thomond Park

"I put up this massive sign 20 foot by 10 foot at Hassetts Cross at 6.15am on the morning of the match. It was in the schools (Ardscoil Ris) colours and just said Believe," explained David Crowe, father of Eavan who was playing scrum-half for Ardscoil. He said that he was told prior to the game that the flag was taken by supporters of St Munchin's who took it up outside Ardscoil.

"One of the teachers rang me and told me they brought it up to the school and burnt it there outside



The massive flag which was taken and burnt before last weeks match

using a flare," said Mr Crowe. He said that they burnt the flag as the Ardscoil team were getting on a bus to go to the ground.

"The Munchin's supporters destroyed my inspirational sign as a tool to intimidate the players getting onto the bus at Ardscoil Ris as they were going to play in the semi-final,"

he added.

Asked if he had reported it to the gardai, he said: "I have not yet, I have the number plates of the car, but I don't want to ruin the career of some young lad, but what happened was wrong." Mr Crowe was at this stage near the grounds and approached some workmen at

Hassetts Cross, and asked them if they had seen anyone take the flag.

"They told me they had, and pointed to these guys in a car. I went over to them and I asked them about the flag," he explained.

He said that he took a photo of the number plate of the car... "then this guy lunged at me and tried to take my phone. They surrounded me," he said.

David Quilter, principal of St Munchin's College, said that he spoke to the parent who made the complaint about the flag. "We would not condone in any way what happened and we would consider this a Public Order Offence and something that would need to be dealt with by the gardai." He said that there was a very good relationship between both schools and they would cooperate with any Garda investigation. "Inside the ground there was a great atmosphere and the game was played in great spirit," he added.

First public women's caucus in Limerick

EIGHT of Limerick's nine female councillors were at Ormston House this week for the first public women's caucus.

Limerick City and County Council are the only local authority in the country with a special body for its female members.

At a special event this week to mark International Women's Day, Cllrs Sasa Nowak, Olivia O'Sullivan, Elisa O'Donovan, Bridie Collins, Elena Secas, Catherine Slattery, Brigid Teefy and Sarah Kiely all described the challenges they face.

The ninth councillor Sharon Benson could not be present.

Fianna Fail councillor Slattery, elected for the first time last year, said regardless of political persuasion, all the women councillors support one another.

She said: "Online bullying can be a big thing not just with women, but men. I think it's great that we can all pick up the phone and reach out to each other if we are experiencing times of difficulty."

Cllr Kiely added: "When you put your name on a ballot paper, for that period, for that election-time, you are public property. The media can be quite harsh towards women. We are all human at the end of the day. We are not here because we are women or men, we are here because we want to represent people."

And Cllr O'Sullivan said the tide can quickly change for women council candidates.

"It can change very quickly from being, oh my goodness, you're one of the few women doing this to you're one of that useless shower of councillors now," she explained.



Cllr Sarah Kiely: media can be quite harsh on women

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



Spock is a five year old male Bichon looking for a new home. Spock would suit an adult home as he is a little shy at first until he gets to know you. Adoption fee is €150 as each dog is neutered, wormed, vaccinated and microchipped. A home check applies

Yvonne is a beautiful one year old cat. She has a sweet and affectionate personality. Yvonne loves to cuddle up and will make a fantastic pet. For more information on Yvonne please come and visit her in our cattery any day from 12 noon until 3pm. Adoption fee is €100 as each cat is neutered, wormed and vaccinated.



Leroy is a two year old tabby and white cat looking for a new home. He is very friendly and loves cuddle. If you can give Leroy the home he deserves come and visit him at the sanctuary any day between 12 noon and 3pm. Adoption fee is €100 as each cat is neutered, wormed and vaccinated.

The friendliest boy ever

Wilbur is still looking for a home. Wilbur is two-years-old and is the most friendly boy, who loves his walks and is great on the lead. Wilbur is great with other dogs and would make the most wonderful companion dog. Please come and meet Wilbur any day between 12 noon and 3pm. Adoption fee is €150.



UL graduate and Irish Rugby Star, Eimear Considine, is encouraging students to care for their mental wellbeing

Eimear Considine: Tackle your feelings

UNIVERSITY of Limerick graduate and Irish Rugby Star, Eimear Considine, is encouraging students across the island of Ireland to 'Take Control' and proactively care for their mental wellbeing as part of their daily routines.

It comes as Rugby Players Ireland and Zurich launch the new Tackle Your Feelings Schools mental wellbeing pilot programme and App as part of the second phase of the #ImTakingControl campaign.

The Tackle Your Feelings 'Take Control' campaign aims to promote a proactive attitude towards mental health and to provide people with the tools to 'Take Control' of their mental wellbeing using principles from both sport and positive psychology.

The Tackle Your Feelings Schools pilot programme is classroom-based, with designated wellbeing classes running in the last term of the 2020 academic year.

The programme is aimed at Transition Year students (or equivalent) who are about to embark on their next steps into the senior cycle of their secondary education. Multiple schools across the island of Ireland have been recruited to pilot the programme and their students will work to develop coping skills and enhance their support networks, putting them in the best position to 'Take Control' of their mental wellbeing.

Random Acts of Kindness Limerick

Boomer: Generous stranger helps with pet's vet bill

RYAN O'ROURKE
Ryan.orourke@limerickleader.ie

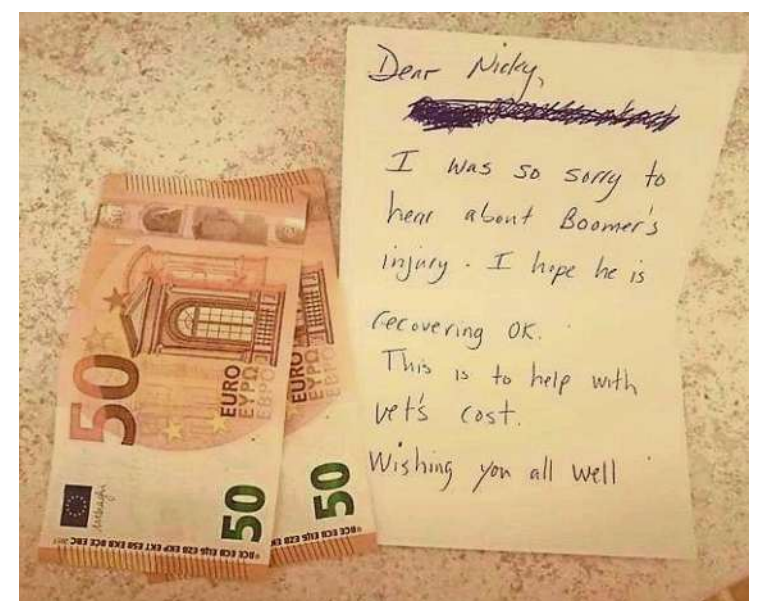
THIS week, the Limerick Leader brings you the second installment from our Random Act of Kindness series.

Each week, a Facebook post will be shared in collaboration with the people behind Random Acts of Kindness Limerick, to try to spread some positivity.

"I chose this story below from the page this week because it struck me as particularly kind and generous. The person who gave the money to help this person's dog did so anonymously," said Sheila Quealey, who runs the Facebook page alongside Roisin Meaney.

"They went out of their way to write a note, donate a good sum of money and pop it through her letterbox but didn't feel the need to be recognised or praised for their generosity. This is what random acts of kindness are all about," Sheila said.

The submission says: "To the person who dropped a card through my letterbox with €100 inside to help with my dog Boomer's vet bill THANK YOU so much. I'm actually in



A note reads: "I am so sorry to hear about Boomer's injury. I hope he is recovering ok."

shock right now and a bit stuck for words. I don't know who you are but I hope you see this and I sincerely hope the best of luck comes your way. I'll be sure to pay your kindness forward xx Oh and Boomer is recovering well. Thank you."

The Limerick Random act of Kindness page can be found at 'Random Acts of Kindness Limerick' on Facebook.



Leonie Kerins, IFRAH Foundation and Aoife Potter/Cogan, Limerick County Council attending the launch of the Inaugural Catalyst Film Festival which takes place on the March 20-21 next in the Belltable. As well as screening a wide range of short films there will be Q&As and panel discussions where topical issues of the day will be enthusiastically debated with filmmakers, guest speakers, industry personnel and audience members PICTURE BRENDAN GLEESON

Out & About

LAUNCH OF INAUGURAL CATALYST FILM FESTIVAL

Pictures: BRENDAN GLEESON



ABOVE: Geraldine Finnan, Tess Liddy, Marielle Thorp and Yvonne O'Sullivan, attending the launch of the Inaugural Catalyst Film Festival



Dr Susan Liddy, launching the Inaugural Catalyst Film Festival which takes place March 20 and 21 next at the Belltable



Tom Dowling, Troy Studios and Paul C Ryan



Sean Lynch, Belltable and Jude McInerney



Paul C Ryan, Regional Film Manager, Film in Limerick, Vanessa Gildea, Festival Director and John Mowlds



Kieth Bogue, Phil Shanahan and Dave Burns, checking the Programme at the launch



Yvonne O'Sullivan, Carole Gurnett and Geraldine Finnan, attending the Launch of the Inaugural Catalyst Film Festival at No Pery Square Hotel



Hannah and Ciara O'Sullivan



Maeve McGrath, Filmmaker and Anne Blake



Game Faces: Eleven-year-old Ava O'Brien, Shannon, and her twin-brother, Fionn, playing on a Nintendo Wii console with Daniel Devitt, Kennedy Park at GamerFest20

It's game on at Thomond

Almost 2,000 people flocked to the home of Munster Rugby for GamerFest20. The Leader went to see what all the fuss was about

Pictures: Keith Wiseman **Words:** David Hurley



Lucas Quinn, 12, Ennis and James McLaughlin, 16, Clarecastle

Lucas: "We're playing Tekken which is a fighting game which I only started playing today. I would normally play Fortnite Roblox - I have a lot of games and I play alot. My favourite console is the Playstation 4."

Petso (Mark Petson) and Minyon (John Andrews) of AllCast Irish Gamers

Minyon: "You can't shut down everyday life and live in fear. It's all about embracing life and being more careful than you usually would be. It's a great event and there's a great turnout and we are definitely looking forward to the next one. It's a great way for people who met online to finally meet in public and when you go to these things you make new friends."



Volo (aka Master Roshi from Dragon Ball), Poland / Dublin

Volo: "I'm a member of Guild of Nerds - Master Roshi is the guy who trains the original main character in the Dragon Ball series and he is best character ever. He is 365 year old."



Anna-Mae O'Flaherty, 4, from Westbury with her parents Ger and Joanne and some of the gamers who dressed up in costume during Gamerfest20 at Thomond Park



Jodie Noone (aka Kai'sa from League of Legends), Mayo

Jodie: "There is something addictive about League of Legends. When you're winning you're winning and you just get on this streak. There is interaction with other characters and there is a ranking system as well. I love the excitement when I'm winning."



Danny Kelly, Roscrea tries his hand at Pac-Man

Danny: "I'm here with son James, who is 11. I'm from a different era and I normally come to Thomond Park for the matches but my son pulled me down here today for this - I still have no idea what it's all about."



Kyran Keogh and her brother DJ Keogh, Hospital

Kyran: "A lot of kids are getting into what would have been considered alternative back in the day but now it's mainstream. I know that I was into Pokemon when I was young and I was made to feel very bad for it but now everyone's into it."

Candid Comment

By SPARTACUS

● AN INTERESTING story this week in the national media was how patients in hospitals are at risk over serious lapses in hand washing among hospital staff.

We are not sure how it is done but an audit is conducted in hospitals throughout the country of hand washing habits. This particular story related to October to December last year.

It showed doctors continue to have the worst record from hand hygiene among health workers.

Newspapers displayed a table of the worst and best performers.

Cavan General Hospital was worst followed by Wexford General and Galway University Hospital.

Staff at Cork University Hospital were best followed by St Columcille's Hospital, Loughlinstown.

No mention at all of University Hospital Limerick...maybe they were mid-table or maybe they are in a different league.

● IN the midst of what is turning out to be an extremely serious situation, some light relief came from the onslaught of the coronavirus over the weekend.

A number of the city's most iconic statues were photographed wearing surgical face masks. Statues such as that of Terry Wogan (or Terry Wuhan as one christened him), the Dockers Monument and the O'Connell Street hurler and rugby player were all snapped wearing masks similar to those worn by millions in recent weeks worldwide. The sanctimonious among us will argue that it is a disrespectful act when thousands are falling victim to the disease - Spartacus must admit to getting a dose of the church giggles on seeing the images on Twitter - but there's a pretty thin line in life between tragedy and comedy, and we've got to keep our spirits up in these difficult times.

● ONE group of people who appeared unfettered by the threat of a coronavirus outbreak in Limerick were those hopefuls running for election to the Seanad.

With the electorate for the Upper House limited to a mix-match bunch of third level graduates (although not from Limerick), TDs, administrative staff and councillors, Seanad hopefuls have been winding their way to council meetings up and down the country.

Limerick was the latest stop-off. One candidate approached this reporter seeking his vote in the impending election, mistaking him for a councillor.

Alas, the disappointed candidate was told, as a newspaper reporter, he does not have the privilege of voting for the Seanad.

● SPARTACUS witnessed a very interesting conversation in a local public house on Monday evening. What else but the coronavirus was the main topic of conversation among the patrons.

One patron, feeling a little confident in himself from the stout, asked the publican when the lockdown would begin.

The publican, no stranger to a lock-in himself, and who is known to be a Minister for Doom and Gloom at the best of times, professed that business had already regrettably, slowed up.

"I reckon we'll be looking at the week after next. It will be a ghost town, but I'll keep the front door open for the regulars, as they'll be happy of the company," he said.

At least one man has his Plan B in place.

● LIMERICK'S JP McManus had reason to celebrate on the double this Tuesday when he celebrated his 69th birthday with a big win at Cheltenham with Epatante winning the Champion Hurdle.



Olive Murphy, Patrickswell, Michelle Kenneally, Ballyclough and Noelle Cobbe, Crecora attended the lunch

Out & About

NOVAS INTERNATIONAL WOMEN'S DAY LUNCH

Pictures: BETH PYM/ILOVELIMERICK



Anne Cronin, Alicja Feret and Kathryn Dennehy, Novas



Ruth Vaughan, The Savoy and Vivienne Gleeson



Fiona McGinty and Holly Cowman, Mary Immaculate College



UI students Mary Ryan, Sophia DiBattista, Beth Pym and Orla McCarthy attended the lunch in the Savoy Hotel



LEFT: Pictured at the Novas International Women's Day Lunch at the Savoy Hotel: Fiona McNamara, Carol Walsh and Jacinta Khan, Savoy Hotel. PICTURE: BETH PYM/ILOVELIMERICK

ABOVE: Una Noonan and Mary Ryan, Raheen

RIGHT: Paula Donaghue, Ennis Road and Fiona Doyle, Raheen



Veronica and Stacey Markham, Clareview and Audrey Hurley, Greystones also attended the lunch



Olive Murphy, Patrickswell, Michelle Kenneally, Ballyclough and Noelle Cobbe, Crecora



Michelle O'Neill and Kathy Enright, North Circular Road



Dympna Cremin sent in this photo of the recent flooding near Groody Roundabout



Claire Waters sent in this photo of a robin at rest

Readers**Pictures**

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



Beach bully: Ken Browne found this seagull making himself at home after a walk in Howth



At least the swans are loving the wet weather - Claire Waters snapped this picture in Castleconell



Making Cents

LIAM CROKE

The Must-Read Guide To Saving Money

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

Save money by making your mortgage green

SINCE December '19, two banks, AIB and BOI have launched green mortgage products, and they are mortgages which offer lower interest rates, if a properties energy ratings are an A3 or better.

The reasoning behind the product is to encourage people to become more energy efficient by rewarding them with a lower interest rate.

A BER (building energy rating) rating is an indication of what the energy performance of your home is. And the calculation is based on the energy used to heat your home, water, ventilation and lighting, levels of carbon dioxide emissions from your home, number of people living in the property etc.

The rating goes from A to G, with A1 being the best rating you can get, and G rated houses having the worst energy efficient rating.

One of the institutions who are offering this discount is Bank of Ireland, and if you qualify, you can reduce any fixed rate product between one and ten years by 0.2%, but it only applies to people who are buying or building a property for themselves, and those buying a property for investment. In both instances the mortgage has to be drawn down by the June 30 next.

It doesn't apply to existing mortgage holders, unless they are borrowing additional monies which will be used specifically to achieve a BER rating of A3 or better. The 0.2% discount is only granted on the new monies borrowed, and not on any existing mortgages secure on the property.

The discount only lasts for as long as the fixed rate chosen i.e. after the fixed rate period expires, you revert to what their variable or fixed rates are, without any further discount applying.

So, what does this discount mean in Euros' and cents.

BOI's current standard 5 year fixed rate is 3%, which means you can turn it into 2.80%.

If you borrowed, for example €300,000 over a 25 year term, rather than paying €1,422.63 per month, you'll pay €1,391.62, which is a saving of €31.01. And over 5 years, the saving amounts to €1,860.60.

Before I tell you more about AIB's green mortgage and how you get your properties energy rating assessed and what it will cost, I want to make quick reference to BOI's offering for first time buyers, because it's very good, and I say that for three reasons.

First off, if they are buying a new



Save on heating and your mortgage: You can apply for a green mortgage if your home has BER of A3 or better

property, under regulations that came into effect in November last year, the energy rating of a new build has to be A2. So, if they were choosing a fixed rate, they can request that their mortgage is set up as a green one and avail of that 0.2% discount.

My second reason is when people are saving for their 10% contribution, if they save into BOI's mortgage saver account, and save continuously for 6 months' at a minimum rate of €250 per month and a maximum of €2,500, and have €5,000 in this account when they come to drawdown their mortgage, they will be awarded a bonus payment of €2,000.

FTB's are always asking me if there is a particular account, they could save into so they could get a decent return, and my answer is always no, not if they want to save into capital guaranteed accounts which is the type of account they should save into. But with this account and the bonus payment it gives, you're effectively getting a guaranteed return of 45%, because if you wanted to turn €5,000 into €7,000, that's the net return you'd need to generate.

And finally, if a, FTB uses BOI for their mortgage, they will qualify for

their 3% cashback offer. 2% on drawdown and 1% in 5 years' time.

From a monetary perspective, what these three offerings mean to a, FTB borrowing €300,000 over a 25 year term, with the first 5 years' fixed is as follows:

Mortgage repayment reduced by green discount (0.2%) = €1,860.60
Mortgage saver, bonus payment = €2,000.

Cash back = €9,000.

Total = €12,860.60

The only drawback to the above is you have to use BOI for your mortgage, but if you were going to anyway, then I would certainly take advantage of these bonus payments and monthly repayment discounts.

Okay, back to green mortgage's and AIB's offering.

They are offering a discount of 0.10% but it only applies to their 5 year fixed offering. Which means if you wanted to avail of AIB's green mortgage discount, you have to choose a 5 year fixed rate and the rate they'll will offer you is 2.45%, which is excellent by the way.

This offering doesn't just apply to first time buyers, any existing client of AIB's can avail of it provided their primary residence has a BER energy rating between A1 and B3 and they have more than 5 years' left on their existing mortgage.

The process of moving to this green 2.45% fixed rate is very simple. You need to complete and sign a mortgage amendment form and return it to AIB along with a copy of your BER certificate, that's it.

If you don't know what your properties energy rating is, the first thing you need to do is go to the Sustainable Energy Authority of Ireland's website www.seai.ie who have a list of BER assessors in your area. Contact a couple of them, and get a quote, because there is no set fee. I'd expect it's going to cost you somewhere between €150 and €300. The type and size of your property influences the cost. The SEAI also provide a grant of €50 which can be used towards the cost for homeowners who are applying for it for the first time.

If, for example, your property has an energy rating D, is it worth the investment of improving it to an A. And the answer is yes, even with no impact on reducing mortgage repayments, because according to the SEAI, you would reduce energy bills on a typical 3-bed semi-detached property by €1,500 every year.

ASK LIAM

Our personal finance expert answers your questions ...

Q. Liam, every month I still get a payment into my account which is Mortgage TRS. I use it to help with my repayments. I'm not sure how long I will continue to get this for. Any ideas?

A. You're going to have to plan on making your repayments without the assistance of this payment because it will stop at the end of this year.

The payment was actually due to finish at the end of 2017 but was extended for a further three years.

In order to qualify for this continued payment, you would have to have taken out a mortgage which was used to buy your primary residence between the January 1 in 2004 and December 31 in 2012.

And if you bought a property (your family home) for the first time between 2004 and 2008, you'd also qualify for this payment until the end of the year as well.

The amount you're in receipt of will depend on when you bought your property and whether you were a first or second time buyer. If you bought between 2004 and 2008, your mortgage interest relief is calculated at 30% of the amount of interest you'll pay this year. So, for example let's, assume the amount of interest you pay this year is €2,500, you will get 30% of this i.e. €750 and €62.50 will be either credited to your account each month or your mortgage repayments are reduced by this amount.

If you're a first time buyer and took out a mortgage between January '04 and December '12, relief is calculated at 20% up to a ceiling of €2,500 if you're single and €5,000 if you're married. Which means the maximum you are allowed receive each month is €41.67 for a single person and €83.33 for a couple who are married or in a civil partnership.

For non-first time buyers, the rate of relief paid is 15% with the ceiling set at €750 for a single person and €1,500 if you're married or in a civil partnership.

“
The process of moving to this green 2.45% fixed rate is very simple

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Recruitment

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Should have good knowledge of Excel/Word.

Previous experience in a similar position an advantage.

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Closing Date:- Midnight, Sunday, 22nd March, 2020

Interview Date:- Wednesday, 15th April, 2020

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

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in breaking and analysing high-profile stories. Strong credibility in the world of local sport is a must, likewise a solid contacts book.

This challenging role is ideally suited to a highly motivated individual with a flair for writing and an eye for detail. A strong social media presence, and an ability to work in the varied media environment which ranges from online to print and video, would be key strengths.

Knowledge of newspaper design would be an advantage. The Sports Editor will also be responsible for assigning freelance work, so a clear understanding of budgets and using resources well is important.

The closing date for applications is Friday March 27, 2020.

To apply, please email sheila.reilly@iconicnews.ie with a CV, covering letter and examples of your work.



An **iconic** business

LEADER BUSINESS

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'Businesses won't survive this outbreak'

Coronavirus: Call to support local companies facing into tough period

NICK RABBITTS
 nick@limerickleader.ie

A CALL has been made to support local businesses left facing difficult weeks due to the outbreak of the coronavirus.

With the number of cases of the flu-like disease on the rise, leading to the cancellation of Limerick's St Patrick's Day events, hospitality firms across the city in particular are set to be counting the cost.

"Some of them won't survive this," was the stark warning from Helen O'Donnell, who runs the cafe at the Hunt Museum,

Already, she has seen a party of 60 people booked in for this Wednesday lunchtime cancel.

"It's very difficult," she said, "If people are thinking of supporting local businesses, if they can, it's very important they do this. Business won't survive this, and that's unfortunately the bottom line."

With people concerned about eating out, Ms O'Donnell has started offering

food to take away in tin foil.

Elsewhere, publicans are set to be out of pocket this weekend following the cancellation of the Six Nations rugby tie between Ireland and France.

But after the city's St Patrick's Day parade was axed, it remains to be seen whether people will congregate around bars, or stay at home next Tuesday, a public holiday.

Fianna Fail councillor Jerry O'Dea, the local representative of the Vintners Federation of Ireland, says he has upped safety measures in his Mulgrave Street pub.

"We have to take it seriously as a business. It's clear there will be more cases announced in the coming days. It's very worrying for older people, and those who have underlying conditions," he told Leader Business.

"People are being careful of shaking hands, and we are encouraging people to be respectful of others, not to hug people, that kind of thing," said Cllr O'Dea.

"We are also respecting the metre of



Warning:
Businesswoman Helen O'Donnell

PICTURE: ADRIAN BUTLER

space between customers and ourselves," he added.

Arguably the real losers from the shelving of the parade – which would normally draw tens of thousands to the city centre – are local retailers.

James Ryan, who runs Centra branches in O'Connell Street and William Street, hopes the council can perhaps recreate the St Patrick's festival in the autumn when, it's hoped the worst of the coronavirus has passed.

"I know people are erring on the side of caution, but it's a pity to see an event like St Patrick's Day cancelled. You'd love to see an alternative plan.

"For example, let's create a unique St Patrick's festival in October," he suggested.

"We should do something different to make sure we can capitalise on a good event at another time," he explained.

Like other retailers, he hasn't been able to source hand sanitiser.

"It wasn't an overly popular product – it is now," he exclaimed.

Council to lobby on Arise

MEMBERS of Limerick's metropolitan district are to write to the new Enterprise Minister when they are appointed over the closure of a call centre in Raheen.

At this month's metropolitan meeting, Labour councillor Conor Sheehan proposed the letter asking them to intervene in relation to the job cuts there.

He said new business must be found for the Arise call centre, which is to fully close down this summer with the loss of 140 jobs.



Cllr Conor Sheehan

The move has come about due to the decision by Vodafone not to renew its contract with the centre.

Cllr Sheehan said: "The vast majority of these workers are low paid working slightly above the minimum wage. We need to see if we can secure alternative contracts for this site."

Limerick Chamber board

THE Limerick Chamber has appointed two new board members for the upcoming year.

Mairead Connolly of accountancy firm PwC, Leanne Storan of EY and Paul Ryan of high-tech firm WP Engine are new to the board.

They will be joined by returning board members Dr Liam Browne, LIT and Kieran Considine of AIB.

Elsewhere, it's been confirmed the final of the Limerick Tidy Towns awards will take place in Bobby Byrne's on Tuesday, March 24.

The event will see the annual winner of the monthly Tidy Towns award crowned.

The awards were set up to recognise businesses which are going to a special effort to keep their shop frontages top of the range.

The final kicks off at 6pm in the O'Connell Avenue pub.

New cafe set for Gardens International

THE multi-million euro Gardens International development is set to get its second tenant – a new healthy cafe.

Signs have been erected outside the state-of-the-art complex at the Henry Street-Lower Glentworth Street junction advertising a new cafe opening.

Flat and Green cafe, signage suggests, is coming soon to the site.

Although, the development may still be some time away, given the fact the unit is still to be fitted out for a cafe, and a planning application has yet to be made for the development.

Despite this, the news has been welcomed by Limerick City West Social Democrats councillor, Elisa O'Donovan.

She said: "I'm really delighted. I think it's great. It will mean a lot more people are going into the building. A lot of the 2030 plans have been in relation to office space.



Coming soon: the first retail unit in Gardens International PICTURE: ADRIAN BUTLER

"So I love seeing the fact there are shops, and there is a public coffee shop that people can go into. Hopefully it will do amazing business there."

Little information exists on the cafe at

this stage, with a spokesperson for Limerick Twenty Thirty, the council's development arm, not available for comment this Tuesday.

However, once it opens, it will prove significant, as Flat and Green will become the first retail business located in one of the buildings being managed by the strategic development company.

Nordic Aviation Capital are the main tenants of the Gardens International complex, the aircraft leasing firm having moved from smaller premises across the road.

The site was purchased by council in 2013 during the recession.

Previously, prominent former city developer Robert Butler had sought to develop office accommodation on that site.

Project Opera, in Patrick Street was given the go-ahead last month.

It's hoped this will create 3,000 new jobs in total.



KEEP IT LOCAL!

Limerick businesses in the spotlight



Tune in and cancel those high cable bills

DID you know that there are hundreds of channels that you can watch absolutely free and you do not have to pay a bill every month?

Just think how much money you could save. Over 95% of the most viewed channels in Ireland are free, so why would you pay for them says, Mikhail Yushchenko of Sat City.

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Mikhail Yushchenko, Sat City, Lower Gerald Griffin Street

PICTURE: ADRIAN BUTLER

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Grant Thornton appoints new partner to tax practice

GRANT Thornton maintains its ongoing national growth trajectory, with the announcement this week of a new partner appointment to the Limerick Tax Practice.

The appointment of Vic Angley as partner in the Limerick office reflects the significant and continued growth experienced by Grant Thornton Ireland over the past ten years. The company currently employs over 1,450 people in seven offices across Ireland.

Vic's appointment also illustrates the firm's ongoing commitment to developing its general presence, as well as its specific tax presence outside Dublin, notably in Munster.

Commenting on the appointment Michael McAteer, Managing Partner at Grant Thornton Ireland said: "I am delighted to announce Vic's appointment to Grant Thornton Limerick's Tax Practice. His appointment demonstrates the firm's commitment to expansion, across the island of Ireland. The growth of our clients has led to a significant increase in the demand for all of our services over the last 10 years, and our team in Limerick, along with their colleagues in our Cork office, have ambitious plans to continue to grow the business across the Munster region."



Mick McAteer (seated) Managing Partner of Grant Thornton Ireland and Vic Angley Tax Partner Limerick

Vic Angley joins the Limerick Tax Practice having worked in both Big Four and large national tax practices over the past twenty years. Vic has extensive experience spanning several areas, including; cross border tax planning, corporate acquisitions, reorganisations and foreign direct investment into Ireland.

Vic is an Associate of the Irish Tax Institute (CTA) and holds an MBA from the UCD Michael Smurfit Graduate Business School. He has both written and spoken for organisations such as the Irish Research & Development Group (IRDG), Chartered Accountants Ireland, IBEC and Bloomberg on a variety of topics including tax incentives for

research and innovation, the Irish CFC regime and succession planning for Irish family business.

Commenting on his appointment, Vic Angley said: "I am hugely excited to be appointed partner to the Limerick Tax Practice. The key focus of our team will be to deliver proactive, commercially relevant advice to our clients to assist them in addressing the many challenges an ever evolving tax landscape presents.

"In order to deliver this, I'm looking forward to adding to what is already an exceptionally strong tax team, a number of high calibre senior appointments who will broaden the base of specialist tax advice we can deliver to our existing and future clients."

JURASSIC PARRR MINI GOLF
GLOW GOLF

Check out Limerick's newest and coolest attraction, 18 holes of glow-in-the-dark CRAZY GOLF

Fun for all ages!
Make sure to visit Jurassic Par, Delta Retail Park, Ballysimon Rd.

Tel: 061 294604
www.jurassicpar.ie

Email: info@jurassicpar.ie

Pray, Hope & Don't Worry
St. Padre Pio Prayer Group

Philip & Mary Scanlon and Mary Tynan Invite you to the Dominican Church for **Adoration & Confessions** with Fr. Bernardino (Monks of Moyross) & **Veneration of the First Class Relics** (The Glove & Heart Bandage of St. Padre Pio) with Philip Scanlon

Sat. 14th March 2 - 4pm
at the Dominican Church (near Tai's Clock)

9ft Sculpture of St. Padre Pio at the front of the Dominican Church Near Tai's Clock (one of four in the world)

All are Welcome

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ENTERTAINMENT

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

Say it loud, Fazil teams up with ICO

Turkish pianist and composer to play UCH in Limerick



Fazil is an individualist, working on a new cultural synthesis and advancing Turkish music

LEADER REPORTER

news@limerickleader.ie

The Irish Chamber Orchestra is looking east later month for its latest performance, as is the latest top soloist it has attracted.

Turkish pianist and composer, Fazil Say takes centre stage in UCH on Sunday March 29.

His performance the previous night in Dublin is already sold out.

The orchestra's Orient and Occident offering see the extraordinary Fazil Say working on a "new cultural synthesis", where there is not just German or French music but Turkish music.

Say is busy spreading it across Europe, sometimes with political message, however it is music that allows him the freedom to express his inner

most thoughts.

Say is hugely influenced by his love of jazz, improvisation and love of his homeland and incorporates these elements into his work, producing highly virtuosic pieces for piano.

His much anticipated performance with the ICO mixes two of his passions – the music of his homeland and his own love of Mozart.

Say's Silk Road is a colourful musical journey across the ancient fabled route.

His rhapsodic Black Earth was inspired by a popular Turkish song that depicts loss, loneliness and the black earthy landscape of Say's home town of Sivas.

The ICO provides a colourful backdrop to Say's Goethe Songs, his own setting of poems from the West-Eastern Divan, a perfect match for the stunning

vocals of Irish soprano, Anna Devin.

Devin revels in the much loved Ruhe Sanft from Mozart's unfinished Eastern opera, Zaide while Say close the programme with one of Mozart's finest, his lyrical Piano Concerto No. 12, full of thrills, spills and personality.

Don't miss the amazing Fazil Say in concert with the Irish Chamber Orchestra at t University Concert Hall, Limerick on March 29.

The Irish Chamber Orchestra is resident at the Irish World Academy of Music and Dance at the University of Limerick and is funded by The Arts Council of Ireland/An Chomhairle Ealaíon.

International touring is generously supported by Culture Ireland. For ticket/information see www.irishchamberorchestra.com

Titanic sails again with Limerick Musical Society production

JOIN the award-winning Limerick Musical Society for their 20th Anniversary Production, Titanic The Musical, a Limerick premiere, which will be staged at the University Concert Hall from Wednesday, April 15 to Saturday, April 18, the same week the Titanic sank 118 years ago.

Limerick Musical Society has established itself as one of the leading amateur musical theatre societies in Ireland. It has had the pleasure of performing regularly to sell out audiences in the University Concert Hall and has been acknowledged for its substantial contribution to the arts and culture of Limerick. It has gone from strength to strength in its 20-year existence.

Throughout its 20-year history, the Society has produced a spectacular variety of shows ranging from traditional Gilbert and Sullivan productions to the modern offerings of Evita, Chess, Witches of Eastwick and most recently Sister Act.

This spectacular modern musical is based upon the maiden voyage of the Titanic in 1912 which ended in tragedy. Titanic The Musical was written by Peter Stone with music and lyrics by Maury Yeston. It tells the tale of the lives of the people aboard the Titanic. The difference between the classes is evident from the first scene. This musical delves into the politics of the time and the vast difference between the classes. It depicts the power struggle between the ship's Captain, Captain Smith (Martin McNelis), Mr. Ismay (Aidan O'Connell) and Mr. Andrews (Brian Quinlivan) culminating in them trying to place the blame on each

other for the disaster. It shows the struggles of the third class passengers as they try to escape the sinking ship but fight a losing battle to the superior classes.

A superb line-up of talent has been assembled for this production: Martin McNelis (Captain Smith), Aidan O'Connell (Mr. Ismay), Brian Quinlivan (Mr. Andrews), Pearl Kiely (Ida Strauss), Michael Sheehan (Isador Strauss), Jason Ronan (Bride), Barry Danaher (Barrett), Martin Pierce (Lightholler), Cathal McCarthy (Murdoch), Brian Curtin (Fleet), Hilary Phayer (Alice Beane), Garry Murphy (Edgar Beane), Hilary Orpen (Caroline Clarke), Patrick Woulfe (Charles Clarke), Kim Burke (Kate McGowan), Olivia Parkinson (Kate Murphy) and Rebecca Timmons (Kate Mullins) to name just a few. This show unlike so many has no one lead performer.

The fantastic production team of Director, Des Henn; Musical Director, Shane Farrell; Choreographer, Amanda Kearns; Set Construction, Tom Lynch, Made for Stage and members of Limerick Musical Society and Costumes, Jacinta Florish, has worked tirelessly to create a unique staging of this iconic musical. An imaginative set, superbly strong cast, talented orchestra, heart-wrenchingly stunning music, spectacular choreography, direction and costuming will make you feel like you were aboard the Titanic for its maiden voyage. This is a production not to be missed.

Tickets cost €25/€23 plus booking fee and can be purchased from UCH Box Office on 061 331549 or www.uch.ie.



Cast from the upcoming production Titanic the Musical at the launch night in South's pub

BIG NIGHT OUT @

**CORPORATE NIGHT AT THE GLEN TAVERN
PICTURES: DAVE GAYNOR**



Orla McElhinney, Stephen Hickey, Emma Peters and Natalia Przybylska, The Clayton Hotel at the corporate night in The Glen Tavern PICTURE: DAVE GAYNOR



Ciana Brett, Chelsea Chuah and Aine Hartigan, Renaissance, Dooradoyle at the corporate night in The Glen Tavern



Ray Koomson and Mark Simmons, Powers Whiskey at the corporate night in The Glen Tavern



Eve Geraghty and Nigel Stanley also attended



Alexis Oliveres, Paul Salles and Tristan Oliveres at The Glen Tavern



Ciara, Sinead and Clodagh Callanan at the corporate night in the Glen Tavern



Tobias Green, Ger Callanan and Seán Mulkern, The Glen Tavern at the corporate night in the Glen Tavern



Anna Yuryeva, Marcus Mac Donnagáin and Elena Baju, Glass Lewis at the corporate night in The Glen Tavern



Fintan Walsh and Fergal Deegan, Limerick Leader at the corporate night in The Glen Tavern



Shane McNamara and Stu Clancy enjoying the night out in The Glen Tavern



Alex and Marguerita Goddard at the night out in The Glen



David Cunnane, Gillian Kelly and Quttab Aslam, Glass Lewis at the corporate night in The Glen Tavern



Soup is at Dance Limerick on Thursday PICTURE: LUCA TRUFFARELLI

THINGS WHAT ARE ON IN LIMERICK



ABOVE: Lost In Yonkers is at the Belltable this week

PICTURE: BY STUART MACKAY



RIGHT: Muireann Nic Amhlaoiabh is in Dolan's this Thursday



And So I Watch You From Afar play Dolan's Upstairs on Friday

WITH coronavirus knocking on our doors like a milkman who wants to be paid, we're missing out on the joys of the annual St Patrick's Day parades... but we can still look forward to a full slate of events this weekend, none of which involve more than a thousand people sitting close to one another. Wash your hands and take those odds!

Thursday (March 12)

The St Patrick's Day parades may be cancelled but you still have a chance to see Limerick City from a height with the annual visit of the **Panoramic Wheel in Arthur's Quay Park** from this Thursday until April 25. If we've learned nothing else from zombie movies it's that Ferris Wheels are an excellent spot to hide from plagues. A ticket will cost you a fiver if you're tall and €4 if you're short.

Soup, at **Dance Limerick** this Thursday, is a collaboration between dancer Deirdre Griffin and sound artist Craig Cox. First staged at the Dublin Fringe last September, it's something of an avant-garde performance even by the usual standards of modern contemporary dance, with costumes easily as important as the performance itself. Yes, it will involve ingredients for making soup - the title isn't an accident. While the piece serves as a dedication to an absent parent, it also takes aim squarely at the conventions of the Irish middle class, which is pretty daring when you consider the usual attendance at dance performances. 7:30pm, tickets are €14 / €12 concession.

Torch Players perform Neil Simon's **Lost In Yonkers** at the **Belltable** this week from Tuesday to Saturday. The play features two boys left alone with their grandmother for a summer while their travelling salesman dad tootles away so he can pay off his loan shark. Like all New York plays set in the 1940s, it features a crazy aunt and a visit from the mob. The

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

original production won a Pulitzer and the 1991 Tony Award for best play, neither of which are handed out like cotton candy, and the script is as sharp as you can expect from late-career Simon. Worth seeing. 8pm each night, tickets are €19 / €15 concession.

The annual **Creative Show** is back at the **Lime Tree Theatre** this Thursday and Friday with **ShamStory: De Real History Of Limerick**. Now in its tenth year, the comic family show is performed by members of Limerick Youth Theatre and special needs service users from the Daughters of Charity Service. It's an annual gem, an uplifting joy of a show, presented with the sort of outreach that we could all do well to emulate. It will get a standing ovation both nights and it'll deserve it. 8pm both nights, tickets are €12/€10 concession.

Kerry trad singer **Muireann Nic Amhlaoiabh** is **Upstairs in Dolan's** this Thursday for a night of her trademark sean-nós singing. Formerly lead singer with Danú, these days she sings her own traditional music, as well as being half of electronic duo Aeons. She's just released her new record **Thar Toinn/Seaborne** and if you're the sort of person who treats the nightly trad sessions in Dolan's as your personal Mecca, you certainly shouldn't miss this gig. Doors at 8pm, tickets are €16.

Jim Beard and Jon

Herington are best known for playing with Steely Dan but slightly away from the limelight they like to play instrumental jazz covers of bands

that aren't Steely Dan. You can catch their cheeky jazz show in **Dolan's Warehouse** this Thursday night. Doors at 8:30pm, tickets are €25.

Friday (March 13)

And So I Watch You From Afar are in **Dolan's Upstairs** this Friday night with a live performance of their ten-year-old debut album. I reckon this is the gig you shouldn't miss this weekend - the art punkers do a stunning live show. They've promised that it will be the last opportunity to hear their eponymous debut performed live in full. Promises, of course, are meant to be broken, as the Eagles probably said when they resigned themselves to sitting in the same room again, but you shouldn't miss this gig regardless. Doors at 8pm, tickets are €22.



Saturday (March 14)

Des Bishop visits the **University Concert Hall** this Saturday night with a comedy show mined from tragedy. **Mia Mamma** is based around his relationship with his mother, who died a few years ago after being pummeled by more diseases than Monty Burns. It'll deal with birth and death and the funny things that often happen between the two events. 8pm, tickets are €20.

Dublin singer-songwriter **Robert John Ardiff** is in the **Record Room** this Saturday night for a live show. The Choice Music nominee has a very minimalist style but he'll be performing with his band **The Catholic Guilt**, which makes it a very appropriate gig for Lent. Think of him as José Gonzalez, but good. Doors at 8pm and tickets are a bargain at €8.

Sunday (March 15)

Welsh comedian **Rhod Gilbert** is almost a permanent fixture on UK TV panel shows and he's at the **University Concert Hall** this Sunday night with his first stand-up tour in seven years. **The Book Of John** is based around the positively insane proclamations issued by a bloke Gilbert hired as a driver following a health scare and it's a show that deals with everything from low sperm counts to the Icelandic fishing industry. Not that the two are connected but, you know, they might be.

Very few tickets left for this show so if you want to go you'll want to book quickly. 8pm, tickets are €30.

All weekend

Elliptical Affinities is at Limerick City Gallery until March 22, joined by extended exhibitions of **State Of Print** and the **Hollander Workshop** until the same date. All free to see. **Best Costume Goes To** is at the Hunt Museum until April 14 and will cost you €7.50.

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

Des Bishop's Mia Mamma is at the UCH on Saturday

A Day In My Shoes

Kelly Wallace

Skin Specialist at Skin Solutions

Put your best skin forward

What time do you get up?

I normally get up about 6:30, the kettle goes straight on and I start into some admin work for an hour or so, so at least I feel I've a head start on the day.

What is your normal breakfast?

I usually have fruit and yogurt, but if I know I won't have time for a lunch break that day, I will normally have some sort of protein breakfast such as eggs and spinach.

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

I generally go for a short walk at lunch time with Posey, my Bichon Frise, who accompanies me in the treatment room everyday. We normally head off to Annacotty Park for our break - weather permitting. In the evenings I try make it to a Barre Class or get a run in, I find exercising in the evenings helps me unwind and forget about the days stresses.

You arrive at office at what time?

Appointments starts at 8:30am most mornings, these Clients are normally coming off night shift so it's a lovely start to the day for me and a relaxing end to their day as they head home to bed after their treatment.

What are your first duties?

Most morning I get out all my clients record cards for that day, check through who is in the diary and for which treatment, and make sure I am set up and prepared for the first few appointments so they can run smoothly without delay.

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

I would generally have 5-7 cups of tea a day, I'm working hard on cutting this back and have switched over to decaf tea for 2-3 cups.

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

Lunch times are normally spent strolling the park with Posey and then heading back for a bite to eat. I generally tend to have a homemade lunch so I can be sure I'm getting my nutrients in before the 3 o'clock slump hits and I reach for something sweet.



Do you have many meetings during the day?

My days are very varied. If I am not in treatments for the day, I am teaching skincare or waxing. I love this variety and the constant changing faces and all the different personalities I meet in any given day.

Teaching classes can take me anywhere in the country, so it's a brilliant opportunity to learn what's going on in the beauty industry in other parts of the country.

What time do you finish up at?

I tend to finish up between 6

and 9pm, depending on which day of the week it is. As the evenings are starting to get brighter, the later finishes get easier as there is still time to get out and about after work.

Do you watch much television?

I am not a huge television or cinema fan, I do love a Netflix binge, but my main grá at the moment is podcast. Most evenings I put on a true crime or culture podcast if I'm out for a run or even pottering around at home.

Kelly Wallace, with her Bichon Frise, Posey

Do you read the newspapers?

I have online subscriptions for a couple of newspapers, and as I like to read I tend to use these more than reading a physical newspaper.

What do you do to relax?

One of New Year's resolutions for 2020 is to make more time to relax, building a business and keeping all the balls in the air is hectic work at the best of times. I love holistic therapies and try to make a reiki session or get a pedicure or massage once a month to help me unwind and recharge.

INSIDE THIS WEEK



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To be happy and thrive, stay focussed on your strengths



MENTAL HEALTH MATTERS DR EDDIE MURPHY

Clinical Psychologist
Adjunct Associate Professor
UCD School of Psychology

I THOUGHT it's worth putting on the science hat and looking at Positive Psychology this week. Positive Psychology is the branch of psychology that looks at wellbeing.

It has a focus on studying the strengths that enable individuals and communities to thrive. Underlying beliefs are that people want to lead meaningful and fulfilling lives, to cultivate what is best within themselves, and to enhance their experiences of love, work, rest and play.

Some of my formal training as a clinical psychologist was focused on deficits, disorders and when things go seriously wrong where there is harm or hurt to self and others.

What a contrast. I believe for change to happen we need to embrace strengths, resilience and resources. Additionally I believe we need to be scientific in this endeavour.

So I am happy to be called the Positive Psychologist based on the science.

Drawing on an evidence-based psychology allows us to more confidently use these tools to get the desired outcome of a life filled with meaning and engagement.

Let's look at some of the key areas that you can use to make change straight away.

The Power of Connection

You don't have to look that far. It's not about new people it's about connecting with the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community.

In Ireland we are blessed with GAA, soccer, rugby sporting, church and civil society groups who all seek help and support. They are all made up with people. Think of these as the cornerstones of your life and invest time in developing them.

Building these connections will help support and enrich you every day. The bottom line is that relationships are the most important overall contributor to happiness. People with strong and broad social relationships are happier, healthier and live longer. Close relationships with family and friends provide love, meaning,



Discover a physical activity you enjoy and that suits your level of mobility and fitness

support and increase our feelings of self-worth.

So taking action to strengthen your relationships and create new connections is essential for happiness.

The Power of Activity

Be active, there is really strong evidence for physical exercise. The old adage 'healthy body healthy mind' is true. Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good.

Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness. Exercise helps endorphins which are the body's natural opiates, designed to relieve stress and enhance pleasure. It instantly improves our mood and can even lift us out of a depression.

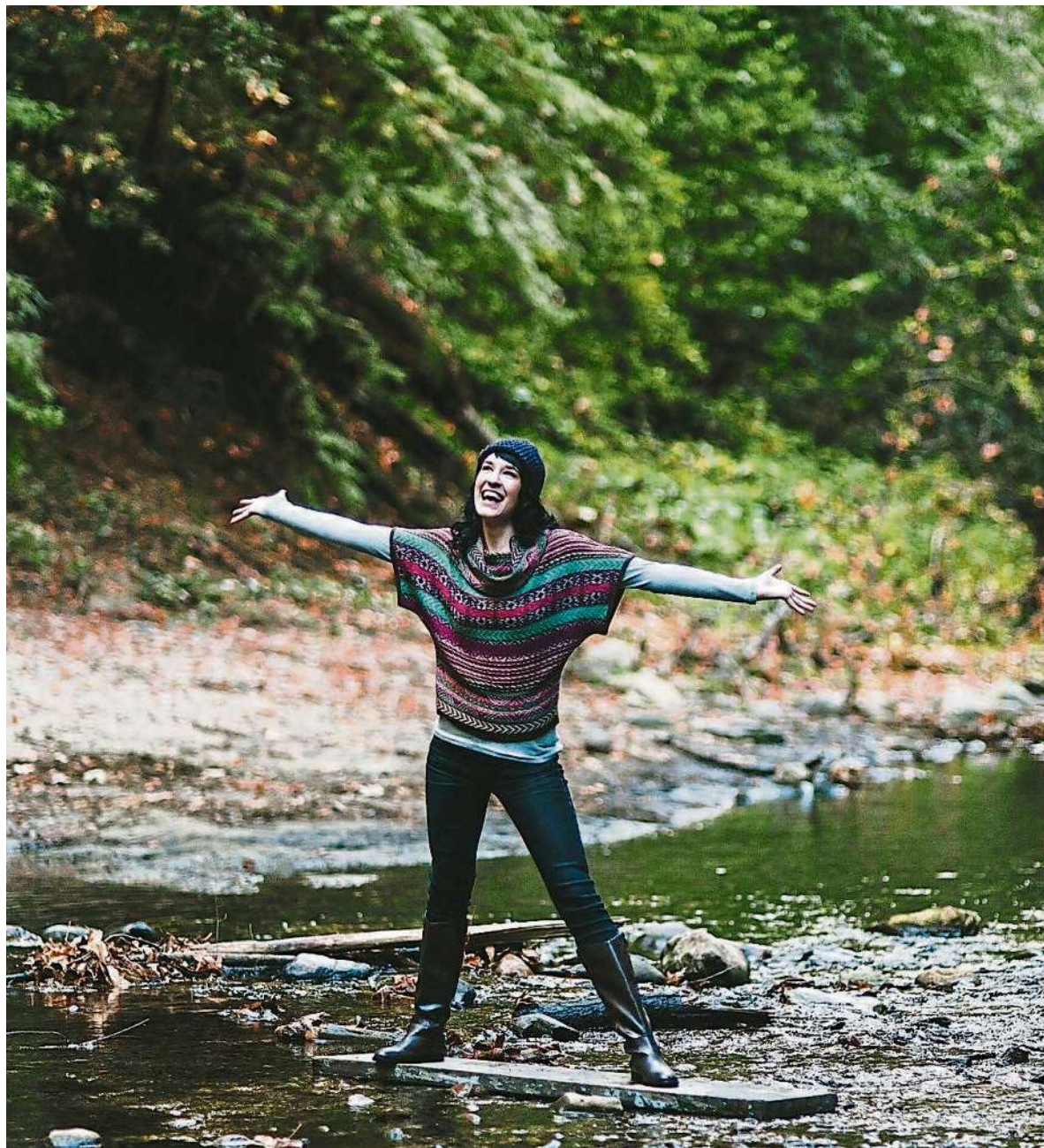
We don't all need to run marathons - there are simple things we can all do to be more active each day.

We can also boost our well-being by getting away from screens and technology, getting outside and making sure we get enough sleep!

The Power of Noticing

Take notice, Be curious. Catch the sight of the beautiful, a bird, a leaf, light reflecting water! Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling.

Reflecting on your experiences will help you appreciate what matters to you. I can't think of a more beautiful country. Our weather thankfully does not do extremes in general. Be thankful



Focus on your strengths, try something new, step outside your comfort zone PICTURE: PIXABAY

and stop and take notice.

Learning to be more mindful and aware can do wonders for our well-being in all areas of life. Being mindful helps us get in tune with our feelings in the now and stops us ruminating about the past or worrying about the future. By tuning in we get more out of each day.

The Power of Learning

Learning affects our well-being in lots of positive ways. Go outside of your comfort zone and try something new. Rediscover an old interest. Sign up for a course in September, think about it now and set it as a goal. Take on a different responsibility at work. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving.

Learning new things will make you more confident as well as being fun. What I really like about learning is that it exposes us to new

ideas and helps us stay curious and engaged. It also gives us a sense of accomplishment and helps boost our self-confidence and resilience.

The Power of Giving

Caring about others is fundamental to our happiness. Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in.

Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.

Research has demonstrated that helping others makes us happier and healthier too. Giving creates stronger connections between people and helps to build a happier society for everyone.

Now I am not talking about money, you can do that as well, you can also give time, ideas and

energy. So if you want to feel good, do good and give!

The beauty of these actions is that they can be combined. For example, you might decide to go on a charity walk, for example the Cystic Fibrosis Ireland International Walk, this year it's in Bulgaria www.cfireland.ie.

This is a great opportunity to walk, develop friendships, give, learn and help cure and control cystic fibrosis.

These steps to positivity and wellbeing are about how we interact with the outside world

Next week I will look at key areas from our inside world, effectively our attitude to life, that can enhance our happiness.

*** 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

LOVE PARENTING 



It's better to have a series of shorter talks over time than to overwhelm your child with information

Talking to your children about coronavirus

If you keep checking your phone for the latest coronavirus updates, chances are your kids have noticed. Parents should be ready to answer kids' questions about coronavirus. If they don't seem interested or don't ask a lot of questions, that's OK too. Just follow their lead. Here's how to help kids understand the news about coronavirus.

1. Choose the Right Time to Talk

Try to avoid distractions. Is there a time each day when you check in with your child and ask how their day is going? Maybe it's on the way to music practice or after childcare pickup. If it's a time when you and your child can focus, use it to talk about coronavirus. But try not to have the conversation too late in the day. You don't want your

kids lying awake at night feeling afraid.

2. Find Out What Your Child Already Knows

Ask questions geared to your child's age level. For older kids, you might ask, "Are people in school talking about coronavirus? What are they saying?" For younger children, you could say, "Have you heard grownups talking about a new sickness that's going around?" This gives you a chance to learn how much kids know — and to find out if they're hearing the wrong information.

Let your child guide the conversation. Be prepared for kids to ask questions, but don't offer information before they ask. It's better to have a series of shorter

talks over time than to overwhelm your child with information.

3. Offer Comfort — and Honesty

Focus on helping your child feel safe, but be truthful. Don't offer more detail than your child is interested in. For example, if kids ask about school closings, address their questions. But if the topic doesn't come up, there's no need to raise it unless it happens.

If your child asks about something and you don't know the answer, say so. Use the question as a chance to find out together. Check www.hse.ie for up-to-date, reliable information about coronavirus. That way, you have the facts and kids don't see headlines about deaths and other scary information.

Speak calmly and reassuringly. Explain that most people who get sick feel like they have a cold or the flu. Kids pick up on it when parents worry. So when you talk about coronavirus and the news, use a calm voice and try not to seem upset.

Give kids space to share their fears. It's natural for kids to worry, "Could I be next? Could that happen to me?" Let your child know that kids don't seem to get as sick as adults. Let them know they can always come to you for answers or to talk about what scares them.

Know when they need guidance. Be aware of how your kids get news and information, especially older kids who go online. Point them to age-appropriate content so they don't end up finding news shows or outlets that scare them or have incorrect information.

4. Help Kids Feel in Control

Give your child specific things they can do to feel in control. Teach kids that getting lots of sleep and washing their hands well and often can help them stay strong and well. Explain that regular hand washing also helps stop viruses from spreading to others. Be a good role model and let your kids see you washing your hands often!

Talk about all the things that are happening to keep people safe and

healthy. Young kids might be reassured to know that hospitals and doctors are prepared to treat people who get sick. Older kids might be comforted to know that scientists are working to develop a vaccine. These talks also prepare kids for changes in their normal routine if schools or childcare services close in the future.

Put news stories in context. If they ask, explain that death from the virus is still rare, despite what they might hear. For older kids, watch the news with your kids so you can filter what they hear.

Kids and teens often worry more about family and friends than themselves. For example, if kids hear that older people are more likely to be seriously ill, they might worry about their grandparents. Letting them call or Skype with older relatives can help them feel reassured about loved ones.

Let your kids know that it's normal to feel stressed out at times. Everyone does. Recognising these feelings and knowing that stressful times pass and life gets back to normal can help children build resilience.

This article was contributed by a member of Parenting Limerick. Parenting Limerick is a network of parenting and family support organisations. For more information on this and other topics go to www.loveparenting.ie.



MANABOUTTOWN

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Ten things that will never go out of style

FASHIONS fade, style is eternal. Sadly I didn't make that one up, it's a quote by Yves Saint Laurent but I do believe in this as it depicts the fact that finding your own style is much more important than jumping from one trend to the next.

Fashion trends will come and go - some will even repeat over a number of years - but authentic style guarantees longevity. You can always check in with the latest trends and experiment with new designs without compromising your individual style, but having a base of menswear classics in your wardrobe will help you appear fashionable and original whether it's 2020 or 2050. Here to help you achieve this is a short list of menswear pieces that just don't go out of style.

Trench Coats

The trench coat has been around for quite a long time. Originally created in 1895 to dress soldiers who went to war, the classic coat remains true to its military roots with a throat latch, hook and bar, D-ringed belt and storm flaps on the right shoulder to button over the coat (to keep the rain out). The trench is a timeless, elegant piece that's light enough to wear over a suit and versatile enough to wear as part of a smart casual outfit. More than a century after it was created by Burberry, the trench is now a staple of many luxury brands and will still be as popular in a centuries time.

Grey Suits

Have a job interview coming up and not sure what to wear? You can't go wrong with a classic grey suit. The grey suit is timeless and works in a variety of different shades; appearing laid back in a pastel hue or business-like in charcoal. Perfect for interviews, as a work suit, for a wedding or for auditioning to be the next James Bond, a classic grey suit will never go out of style.

Chambray Shirts

A chambray shirt is very similar to a denim shirt so you can include denim shirts in this list as the same rules apply. The chambray shirt can be traced back to the Nouvelle Vague movement in 1960's France and was popularised by iconic American actor Paul Newman. A chambray shirt is a perfect vehicle to transform the casual to the smart casual with the simple addition of a blazer. Embrace its European heritage by pairing it with a linen blazer and smart chinos for a relaxed smart-casual Parisian feel.

White Sneakers

Classic pure white sneakers are a style staple that have remained popular for decades among teens, adults and more recently, professionals. In recent years there's been a shift in menswear towards comfortable chic with the white sneaker providing a bridge from casual to smart casual to relaxed formal. Some rules do

apply: the sneaker must be leather, low cut with no coloured logos or panels for a minimal feel that makes the sneaker seem dressy. Free from the confines of the gym, the sneaker has been set free to roam the fashion world and will be around for a very long time.

Oxford and Derby Shoes

A solid pair of leather lace-up shoes are the anchor of every stylish man's wardrobe. Oxfords and Derbys are timeless - whatever the season - and are distinguished by their lacing mechanism. The Oxford has a closed lacing system that's more streamlined; while the Derby boasts an open lacing system for a more relaxed casual look. Whether you're attending a wedding party, giving a presentation at work or attending an event, these shoes are the starting point of all formal outfits.

Dark Jeans

A classic pair of dark denim jeans are an essential part of any casual wardrobe. Born in the 1800s as workwear, denim became an iconic fashion piece in the 1950's thanks in large part to Hollywood idols like James Dean and Marlon Brando who gave it a subcultural attachment that still influences its acceptance in fashion today. Effortless in presentation and versatile in application - dark jeans give a casual yet stylish twist to any outfit.

The Turtleneck

In autumn or winter, a



Style staple: You can't go wrong with a classic grey suit

turtleneck sweater is to ultimately to the style-conscious man. Elegant and practical (it keeps your neck warm), the turtleneck continues to inspire generations of fashion-conscious men as an elegant alternative to a shirt under a suit or a blazer or as rugged piece of outerwear.

Navy Blazer

Coming in two general types - structured and unstructured - the role of this iconic menswear staple differs depending on its fabrication; structured being the more traditionally tailored version and unstructured being the more relaxed version. Keep the details minimal ensuring the blazer can transition from casual Friday to a fancy restaurant on Saturday.

Brown Leather Jacket

A timeless essential that should find a home in every stylish man's wardrobe at some point in their life. If you're trying to pull off effortlessly cool then you really can't go wrong with a classic brown leather jacket. It won't come cheap but more than anything else on this list, time will only add to its value.

Wayfarers

Released in the 1950s by Ray Ban, wayfarers are the best-selling eyewear off all time. Today, more eyewear brands have their own versions in a variety of styles: tortoiseshell, dark brown and even leather. But the original gloss black remains the most iconic and stylish version and they can be worn with everything.

First Look

Tommy Hilfiger X Mercedes Benz

Last week Tommy Hilfiger announced the launch of the third TommyXMercedes-Benz men's capsule collection, which builds on the brand's multi-year strategic partnership with the Mercedes-AMG Petronas Formula One Team.

The Spring 2020 collection blends the TOMMY HILFIGER brand's classic American cool sportswear heritage with the innovative technical expertise of the six-time Formula One™ World Champions. The men's TommyXMercedes-Benz capsule collection features timeless

styles including the chino, bomber jacket and hooded parka are elevated with a sophisticated tailored twist and technical elements, such as climate control finishes, perforations, rubberized tapes, seamed seals and Velcro adjusters Polos and T-shirts are treated with TH Cool properties that include miDori® bioWick for moisture-wicking and fast-drying properties, while a cotton and Sorona® blend brings a soft feel to sweaters. The red, white and navy colour palette is enhanced with light greys and light blues, and the iconic TOMMY HILFIGER flag and



Mercedes-Benz TriStar are elevated through subtle execution.

The signature TOMMY HILFIGER stripe continues its minimalist approach on hems and cuffs, and blue pop coloured TriStar linings add an unexpected twist to classic outerwear. The

collection is clean and sophisticated for the modern Tommy Man.

The collection will launch globally online at tommy.com, in select Mercedes-Benz dealerships, at select TOMMY HILFIGER stores and with select wholesale partners starting March 2020.



The men's TommyX Mercedes-Benz capsule collection features timeless styles



HEALTHY LIVING

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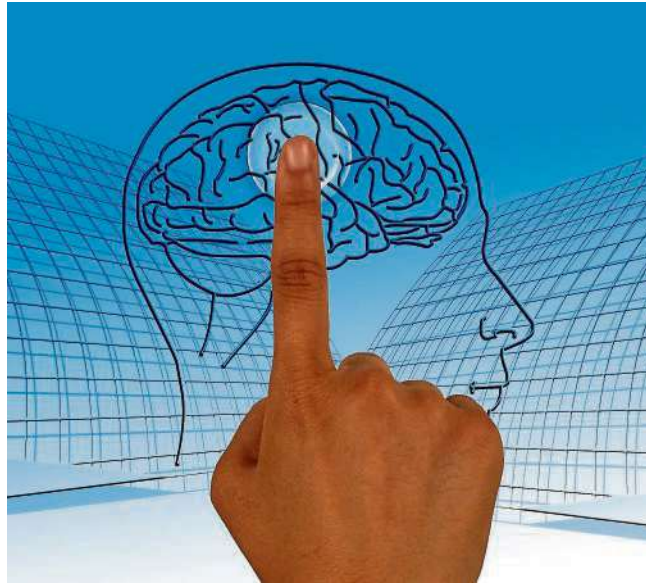
Importance of switching off

MARCH 6 was the National Unplug day in the US, encouraging people to turn off their electric appliances and phones and re-connect with others. Ironically, it turned out to be one of my most electronically packed day – with telecoms, phone calls, Skype consultations and working all day by my trusty laptop...

It made me ponder though on how much time we actually spend on our sources of blue light in this fast-paced life. Just as your machines need to be turned off and on again to re-boot and work properly, you also need time off and complete

rest – a Sabbath of some sort.

I don't know about you, but I find turning off even on my days off is becoming increasingly difficult and I have to physically remove myself from the vicinity of my computer, phone – even leave the country to force my brain not to think about work and some of my more complicated cases, trying to find the best solutions. This constant state of "being turned on" can have a detrimental effect on the body, and just like a computer with too many windows open – might slow down productivity, energy and our ability to renew or fight infections.



Just as your machines need to be turned off and on again to re-boot and work properly, you also need time off

PICTURE: PIXABAY

Nutrition is extremely important in helping the body cope with prolonged exposures to stress. Focusing on a diet that helps to

balance blood sugar levels, support the adrenal glands, promote energy production and calm the nervous system can have a profound effect on

helping the body keep up. Avoiding sugar, processed foods and reducing caffeine are of the utmost importance. Regular, well balanced meals consisting of easily digestible proteins, essential fats, vegetables and small amounts of complex carbohydrates are the secret to helping your body keep your blood sugar levels – and therefore your energy levels, balanced thus helping you cope better.

What I tell all my clients, however, is that you can have the best diet – if you don't take time to switch off and prioritise sleep, no food or supplements can work efficiently. Emerging evidence supports meditation, prayer, focusing on gratitude may activate your healing / wellbeing hormones, while it is well established that your immune system repairs and heals your body while sleeping, especially during

deep sleep, between the hours of 11pm to 3am.

To help achieve this, reducing stress by the above dietary measures, breathing techniques, herbal remedies during the day and proper sleep hygiene in the evening is crucial. Eat a lighter dinner 4 hours before bedtime, not to have to digest while you were supposed to detox and repair overnight. Turn off all sources of blue light at least 2 hours before bedtime, make sure to remove all source of bright light from your bedroom – especially the small LED lights on TV and electric clocks. Have low level warm coloured lights, blackout curtains and eye masks for a good night's rest. Read a calming book and count your blessings. Allow at least one complete day each week for reflecting and connecting with yourself and your loved ones – with the exclusion of electrical entertainment.

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STYLE & FASHION

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Attending the Laurel Hill Fashion Show at the Strand Hotel were the Laurel Hill Parents Advisory Fashion Show Committee members PICTURES: GARETH WILLIAMS

Back to school for spring fashion



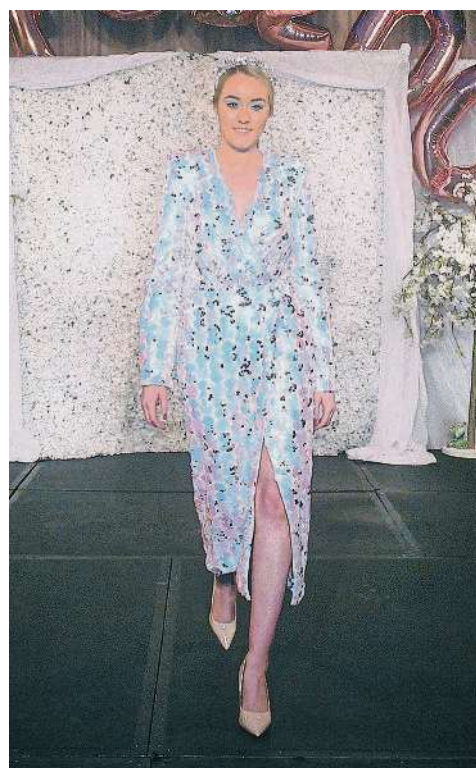
Ashling O'Connor and Celine O'Meara, wearing outfits from Lady Penelope at the Laurel Hill Fashion Show

THIS spring is all about softness in colour and prints. And thankfully the soft shades generally flatter the typical Irish complexion.

At the Laurel Hill fashion show some of the top boutiques and fashion houses from the city and county showcased their spring/summer collections to a packed audience.

There were elegant 1970s-tailored silhouettes in confident colours, as well as touches of jungle fever and exuberant 1980s-styles jostling for position on the catwalk. Romantic femininity with weightless frills and ruffles set the mood for evening and occasional wear. The 1980s-style power suit was one of the favourites among the fashion houses on the night, and is now the look to be seen in.

Dresses are still the top summer go-to and the midi dress is still key. Favourite things to wish for this season are ultra style trousers and jumpsuits to bring your whole spring wardrobe together.



Aoife McNamara modelling a baby pink and blue dress from Be Fabulous



Maria Duffy on the catwalk in an outfit from Catherine McCormack

CELIA SPOTTED

Looking good out and about in Limerick

Name: Jennie Horrigan
Occupation: Sales assistant at White Feather Boutique Limerick, dance teacher with Star Stage School Tipperary.
From: Doon

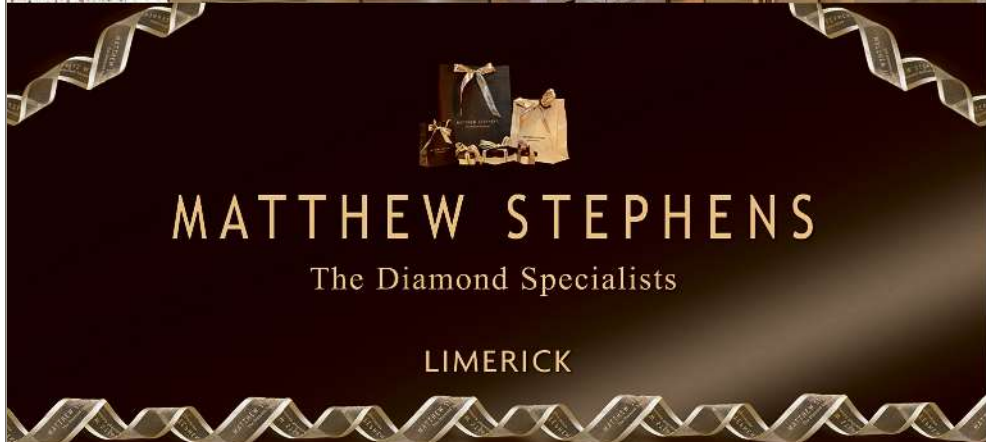
Working in White Feather Boutique means I get to see first-hand what's in fashion at the moment and for the season ahead. I love trying new styles and experimenting with colours, patterns and textures to see how outfits can be worn differently. I am at an age where I love wearing something unique so I have a huge advantage working in a boutique that sources key pieces you won't find anywhere else. On days where I teach dance, comfort is essential. I love getting glammed up but I'm also a tracksuit and runners kind of girl. As I'm sure many working mothers know there is a tricky balance between being stylish and trendy and being able to chase a toddler around too! So thankfully fashionable runners have been a key trend recently and it's one I hope continues for a long time to come! The celebrity I most admire is Vogue Williams, not just because she's one of our own but because she is very real and honest in terms of her life and the aspects of celebrity life behind the picture perfect pics on Instagram. In terms of her style she marries trendy with comfort which is great to see and she isn't afraid to take risks when it comes to her outfit.

JENNIE SAYS

Dress: I love this one-sized mustard dress from White Feather Boutique. The colour is quite eye catching and it's nothing like I can buy on the high street.

Jacket: I matched the dress with this leather jacket, also from WFB, to give the look a more edgy vibe.

Boots: The boots are from Penneys which I've worn since the Christmas season and I love them.



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



I ♥ LIMERICK

RICHARD LYNCH

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Young Filmmaker of the Year announces Limerick finalists

LAST Friday, Ireland's Young Filmmaker of the Year 2020 moved one step closer to crowning its winners by announcing some of its finalists at the Limerick Munster regional heats, which took place at the Belltable Arts Centre. Films screened at the Limerick Munster regional heats included films from Clare and Limerick.

Three Limerick filmmakers who each made music videos made it through to the final including 'You' by Shane Joyce aged 18, which is a music video shot for an amazing up and coming singer-songwriter friend Eve Montgomery who said, "The song and the video are about the feelings you can have looking back on a relationship. Reminiscing in both the good times and the bad."

Next up is 'Blue Lights' by Luke Culhane aged 17, which is a music video with Limerick rap artist Owen Alfred on his latest single. Luke said, "It took over 3 days of shooting and long nights to get the shots we wanted but overall I think we both knew we had something special. The fact that



Finalist Jane Hartnett, 14 (bottom row far left) and teacher Norma Lowney (standing far right) with students from the Limerick Educate Together National School pictured at the Belltable for the Limerick Heats of Ireland's Young Filmmaker of the Year 2020

PICTURE: RICHARD LYNCH/ILOVELIMERICK

everything was shot in Limerick in six locations makes the video so much better. I hope this video helps promote the hip hop scene in Limerick and encourages more hip hop artists in Limerick to release their own music and be proud of where they come from."

'Falling Slowly' by Jane Hartnett, 14 who is in second

year at Limerick Educate Together, is a creative animation responding to and echoing one of the key issues among young people in Ireland today, mental health. The film is a sensitive visual response to the beautiful lyrics and music of Glen Hansard and Czech Markéta Irglová's Oscar-winning song. Jane's

teacher Norma Lowney tells, "I had the honour of performing the song live with musician Ger O'Donnell at the Limerick Educate Together annual winter concert, which was held in UCH last December and Jane created this animation, especially for the performance. Interestingly I got in touch with Glen



Oisín McKeogh, 18, who won the Audience Award for his film 'Midsummer Beauty' with actresses Devlin Staunton and Rebecca Jones

PICTURE: BETH PYM/ILOVELIMERICK



Young Limerick filmmaker Luke Culhane

PICTURE: DERMOT CULHANE

Hansard through his management team and he sent her a message admiring her work!" As Jane's animated music video is through to the final this means the possibility of winning this year's Boulder Media Animation Award.

Audience Awards were announced following each regional screening and Oisín

McKeogh from Killaloe was announced as the winner of the Audience Award for the Limerick Heat for his film 'Midsummer Beauty'. The film is about a teenage girl named Luna who struggles with a crush on her best friend.

Films shortlisted for the final will be screened at Fresh International Film Festival 2020 in Limerick from March 23 to 28 and Ireland's Young Filmmaker of the Year Awards will be presented on the March 25 for the Junior category and March 26 for the Senior category.

Other highlights of Fresh International Film Festival 2020 include feature screenings and workshops including a Careers in Screen workshop with industry professionals. See www.freshfilmfestival.com.

Langford releases new single

IRISH singer-songwriter Emma Langford has released the title track for her second album, 'Sowing Acorns' – a new single in collaboration with Belfast born and based poet Vanessa Ifediora.

Emma worked closely with Grammy-nominated duo Chris O'Brien and Graham Murphy of The Production Suite, Dublin, in transforming a simple lullaby into an epic hands-in-the-air style anthem.

The track opens with

finger-picked guitar and Vanessa Ifediora reading her poem 'Off-White Sheets'. The listener is lulled into a false sense of security until the song builds to a powerful chorus, creating the artist's biggest sound yet.

Emma wrote Sowing Acorns in 2017 while finishing her MA in Community Music at the Irish World Academy of Music and Dance in Limerick. The Academy's mosaic illustrating Irish myths such as 'the hazelnuts

of wisdom' inspired the lyrics of the song.

Emma said, "It's not a direct reference, but the imagery of the hazelnuts of wisdom got me thinking about how 'from little seeds great things grow' – the lyric in the chorus is 'I've been sowing acorns in my densely woven mind'; everything I've done in my life has been a seed, planted in my mind, that grew into something bigger, and those experiences and decisions form how we think, what we

dream."

Vanessa's poem, sampled in the track, draws on her experiences of a condition called Maladaptive Daydreaming. It was published in March 2019 in her first book "Off-White Sheets", a collection of images and poems detailing her recovery from depression. 'Sowing Acorns' is now available across online stores. The music video and remixes will be released soon. See www.emmalangfordmusic.com



Emma Langford

THINGS I ♥ THIS WEEK

LOCAL TALENT

God Knows new EP

God Knows, the Zimbabwean-Irish MC is used to competing on the world stage. He's showcased at SXSW, made music at the People Festival in Berlin and won the Choice Music Prize with his Rusangano Family bandmates.

God Knows is now a household name in Limerick, credited with being the creative launchpad for the region's hip-hop circuit, through his work with the Rusangano Family. The trio received the Choice Music Prize for their debut album *Let The Dead Bury The Dead* in 2016. In 2019, God Knows released his debut single *Crown*.

Yet, his brand of hip-hop is still labeled by many as "Irish hip-hop". With major international media like *The New York Times*, *Vice* and *The Guardian* all taking note, "Irish hip-hop", is creating a groundswell with God Knows at the helm.

In February, God Knows released 'Who's Asking?' EP – a four-track EP that will see the title track, produced by Fly High Society founder SertOne, first up for release. The new EP features Denise



God Knows

Chaila, Hazey Haze, Citrus Fresh, Gavin DaVinci, and Strange Boy Nature.

God Knows breaks down cultural, racial and geographical barriers, but this project pushes those boundaries even further. He says, "Who's Asking?" is a direct answer to the questions I'm asked all the time about Irish rap. I believe in my county; I believe in my country. Irish music has always punched above its weight on the world's stage and put its own stamp on popular music – why should rap and hip-hop be any different?"

Odyssey Studios take the overall prize

ODYSSEY Studios, a company that supplies the international film industry with model making, set design/props and prosthetic developments, has been announced as this year's overall winner of the Limerick final of the National Enterprise Awards at a gala ceremony in the Limerick Strand Hotel.

Odyssey Studios was set up in 2017 by Mark Maher and currently employs six people at its base in Corcanree Business Park, Dock Road, Limerick. The firm took the top prize of €2,500 and will represent Local Enterprise Office Limerick at the 22nd National Enterprise Awards in the Mansion House in Dublin in May.

The products and services that Odyssey Studios provides are in high demand within the industry. Using cutting-edge 3D computer designing, 3D printing and robotic manufacturing, they seamlessly move from concept, to design, to production.

The business is planning to expand into two key areas to include the area of exhibition and design, as well as specialist training to meet the growing demand of the industry. The company was also named as Best Manufacturing company at the awards.

Speaking after the announcement Mark Maher said: "It's absolutely amazing to win. We've had so much support from the Local Enterprise Office in Limerick, as starting off a new business is quite tough, but with their support, we were able to get a good kick start."



Mark Maher and Ciaran Cooke of Odyssey Studios PICTURE: PAUL MULLINS

HEROES OF THE WEEK

The Creative Show

LAST week, Mayor of Limerick City and County Council, Michael Sheahan held a mayoral reception hosted by Limerick Youth Theatre and the Daughters of Charity Service to honour and celebrate The Creative Show. This collaboration between Limerick Youth Theatre and The Daughters of Charity is in its tenth year.

The Creative Show is a comedy written and directed by Myles Breen. Movement pieces were choreographed by Angie Smalis and Jane Toal and performed by members of Limerick Youth Theatre, Daughters of Charity, Laurel Hill Coláiste FCJ, Ardscoil Rís choirs and Lumen Street Theatre.

In accepting the award, choreographer Angie Smalis said, "The

Creative Show aims to realise the potential of young adults and service users through quality arts practice. We applaud everyone's efforts, everyone's success, and we are here to encourage everyone in their pursuits."

This year's show presents 'ShamStory De Real History of Limerick', which will give the audience 10,000 years of Limerick history but with a twist. 'ShamStory' is the history told by a Limerick couple, Sham and Shacinta, who will try to explain Saint Munchin's curse, whether King John ever visited Limerick and why the Flight of the Earls was a disaster.

The Creative Show takes place at the Lime Tree Theatre on Thursday and Friday, March 12 and 13, at 8 pm. Congrats to all involved!



Myles Breen, The Creative Show Director, Donal Sherlock, of the Daughters of Charity, Mayor of Limerick City and County Michael Sheahan, and Angie Smalis, Choreographer for The Creative Show

PICTURE: ANTHONY SHEEHAN/ILOVELIMERICK



LOUISE LOVES

LOUISE CANTILLON

CONTACT LOUISE

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Rogha na Seachtaine



TO DO:

Pop up Gaeltacht at Glen Tavern

SEACHTAIN na Gaeilge is in full flight! Dust of your cúpla focail and enjoy a night of craic agus comhrá this Friday, March 13 in Limerick City. All welcome bígí ann ón a 7.



TO LISTEN:

Track of the week

LANKUM - The Livelong Day: Winners of the RTE Choice Prize Album of the year do yourself a favour and treat your ears to the evocative harmonies and folky bliss that is the livelong day! Lankum are sublime.

TO SEE:

The Late Late Show at the UCH

ONLY for the third ever time The Late Late has left its Dublin studio! Tune in to Ryan Tubridy as he brings the iconic Friday night talk show to Limerick City. The late Late will broadcast live from University Concert Hall this Friday after the 9pm news.



Tech Féile at Shannon

I WAS delighted to be part of the incredible Tech Féile in Shannon Airport last week. Over 400 young people attended the national Tech Féile showcase and awards event. Tech Féile is Ireland's largest Irish language tech event, a fantastic showcase of young people's achievements in inventive Science, Technology, Engineering, Arts and Maths (STEAM). Students exhibited their work and took part in interactive workshops as well as being inspired by guest speakers and live performances.

I caught up, Séamus Ó Fátharta, Clár TechSpace Coordinator, Camara Education Ireland and he explained: "Camara Ireland are delighted to be holding the biggest ever technology event as Gaeilge in Shannon Airport. An initiative of the national TechSpace programme, Tech Féile is going from strength to strength and all due to the passionate educators and young people driving it forward. The programme wouldn't be possible without the support of the Department of Culture, Heritage and the Gaeltacht, and the Science Foundation Ireland."

The Clár TechSpace Programme, managed by Camara Education Ireland, provides education through a large number of consortium members by training and supporting youth workers and Gaelscoil teachers to ensure young people have access to non-formal youth-led creative spaces for technology education. Clár TechSpace is based on world renowned pedagogy from the Media Lab in Boston's MIT. It is founded on the idea that we learn best when we are actively engaged in exploring, experimenting, and expressing ourselves. Currently in over 65



Louise and TG4's Micheal Ó Ciaraidh were MC's for Tech Féile

locations, youth organisations and Gaelscoils are supported to empower young people to collaborate in a youth-led creative atmosphere at a local setting such as a youth cafe, a community centre or classroom. This opens them to a world of community, connection, understanding and tolerance.

About Camara

Camara Education is a non-profit international education

organisation dedicated to deliver real impact through technology and to inspire and empower a young generation to improve life opportunities. Our vision is a world-class technology-enabled education accessible to all. Our mission is to transform education using technology to empower disadvantaged students.

Those who engage with Camara subscribe to the following beliefs: Poverty is unacceptable in the 21st

century. Education is the key to alleviating poverty. Technology has the ability to radically improve education. Since 2005, Camara has enabled over two million young people to achieve better educational outcomes and thus improve their life opportunities, through training 26,000+ teachers across 5,300 schools and educational institutes, and installing 90,000+ ICT devices. To get involved in future events check out @techféile.ie

Seachtain na Gaeilge- Bain triail aisti!

SEACHTAIN na Gaeilge le Energia is an international Irish language festival and one of the biggest celebrations of our native language and culture that takes place each year in Ireland and in many other countries.

The celebration runs from March 10-17 and gives an opportunity to everyone to enjoy Irish, whether you are a fluent speaker, learner or have a cúpla focal, with a

calendar of entertaining and fun events for every type of interest and every age group.

Get online and check out events happening near you @snag.ie or @peig.ie or follow these years' ambassadors online; Eimear Considine, James Kavanagh and Gráinne McElwain. Irish is for everyone, Seachtain na Gaeilge le Energia is for everyone -Bain Triail Aisti - Surprise Yourself!



Seachtain na Gaeilge le Energia festival runs from March 10-17

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Numbers: 10-15-17-22

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Next Week's Jackpot: €400

Next Draw: 16/03/2020

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Lotto Draw held Monday 9th March 2020

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No Jackpot Winner

Lucky Dips: Andy Sheehan c/o J Hurley; Helen Kiely c/o F Ahern; Mgt Finucane c/o M Lyons; Philip McNamara (Snr) c/o C. McNamara

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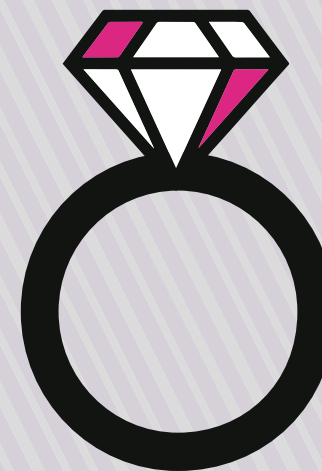
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FAMILY ANNOUNCEMENTS

IN MEMORIAM



† CLEARY

(1st Anniversary)

In loving memory of Pauline Cleary, late of 42 Assumpta Park, Limerick, whose 1st anniversary occurs on 14th March. Mass will be offered on Saturday 14th March at 7.30pm in St. Mary's Church, Athlunkard St. Distance takes us far apart and darkens my today I have to keep remembering that you're just a thought away When the world is too confusing and times are hard to bare I pull you precious meaning your bright spirit from the air If I sometimes drift into a lonely state of mind I gather up the memories of days we left behind. **Sadly missed by your granddaughter Patrice, partner Tyrone and great grandchildren Billy and LillyMay. Love you always Pau xxx**

There never comes a moment when I don't think of you or a day passes that your face is not in view And when I'm feeling lonely and tears come to my eyes I think of you at peace and I know I shouldn't cry So I try to hide the heartache as you would want me to and when I shed a tear no one knows but you. **Sadly missed by your granddaughter Aisling, husband Kieran and great grandchildren Kiara, Dillon and Kelsey xxx**

Please don't be unhappy because I'm out of sight remember I am with you morning noon and night The day I left you when my life on earth was through God picked me up and hugged me and said 'Welcome You' And when you're walking down the street and you have me on your mind I'll be walking in your footsteps only half a step behind. **From your loving daughter Marion and husband Pat xxx**

Never more than a thought away loved and remembered everyday "Good night, God Bless" **From your Grandson Wayne and great granddaughter Margo xxx**

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. **From your loving daughter Noelle and husband Michael xxx**

Please don't be unhappy because I am out of sight remember I am with you every morning, noon and night The day I had to leave you all when my life on earth was through God picked me up and hugged me and said I welcome you When you're walking down the street and you have me on your mind I'm walking in your footsteps only half a step behind And when you feel that gentle breeze or the wind upon your face that's me giving you a great big hug or just a soft embrace And when it's time for you to go from your body to be free remember where you are going you are coming home to me. **Sadly missed from your loving daughter Caroline and husband Daniel xxx**

Do not stand by my grave and weep I am not there I do not sleep I am a thousand winds that blow I am the diamond glints on snow I am the sunlight on ripened grain I am the gentle autumn rain When you awaken in the morning's hush I am the swift uplifting rush of quiet birds in circled flight I am the soft stars that shine at night Do not stand by my grave and cry I am not there I did not die. **Sadly missed from your granddaughter Hailey, partner Andrew, great grandchildren Steven, Kayden, AndyMay and Kayla xxx**

Up in a cloud written in gold is all of my love for you to hold A kiss blown up to the sky so blue catch it, Nana, it's just for you I am doing my best I hope you can see to be a good grandson and make you proud of me. **Sadly missed from your Grandson Robert, partner Susie and great grandson Felix xxx**

It seems like only yesterday the wound is still so sore for every hour of every day we miss you more and more I thought of you today Mam but that is nothing new for I thought about you yesterday as I will my whole life through You left us lovely memories that make us laugh and cry the short time we shared together no millionaire could buy **Sadly missed from your loving son John xxx**

A daily thought, a silent tear, A constant wish that you were here. **Sadly missed from your son Barry, Melanie, Kate, Beth, Sean, Sarah and Emma xxx**

IN MEMORIAM

God saw you getting weary, A cure was not to be, He put his arms around you, And whispered come with me, The gate of heaven opened wide, The angels lined up side by side, A special guest was on her way, The day god took our Mam away, For as long as we live, We will always be glad, For a wonderful Mam we were lucky to have. **Sadly missed from your loving daughter Olive and son-in-law John xxx**

Up in a cloud written in gold, Is all of my love for you to hold,; A kiss blown up to the sky so blue - Catch it, Nana, it's just for you. I am doing my best, I hope you can see, to be a good granddaughter, And make you proud of me. **Sadly missed from your loving granddaughter Amy xxx**

A kiss blown to the sky so blue Catch it Nana Pauline it's just for you.

Sadly missed from your loving great-granddaughter Allie B xxx

A prayer from me who loves you, A memory fond and true, You will live with me forever, Because I thought the world of you, God called your name so softly, And only you could hear, And no one heard the footsteps, Of angels drawing near, The golden gates stood open, God saw you needed rest, His garden must be beautiful, Cause he only takes the best. **From your granddaughter Gillian, partner Alan and Kids xxx**

How can we put on paper the feelings we have inside of a broken hearted family who have missed you since you died Our lives go on without you but things are not the same it's hard to hide the heartache when someone speaks your name Your memories keep us together we are never far apart for you are always on our minds and forever in our hearts We think of you in silence and talk about you too we have lots of lovely treasured memories how we wish we still had you **Always remembered, never forgotten by your loving son Joseph, grandchildren and great granddaughter. Happy Mothers Day.**

I'm Free

Don't grieve for me, for now I'm free; I took His hand when I heard Him call; I turned my back and left it all. If my parting has left a void; then fill it with remembered joy. My life's been full, I savored much; good friends, good times, a loved one's touch. A friendship shared, a laugh, a kiss; ah yes, these things, I too, will miss. Perhaps my time seemed all too brief; don't lengthen it now with undue grief. Lift up your hearts and share with me; God wanted me now, He set me free.

IN MEMORIAM

Gone from our home that smiling face the cheerful happy ways the heart that won so many friends in bygone happy days They say there is a reason they say that time will heal but neither time nor reason will change the way I feel For no one knows the heartache that lies beneath my smile no one knows how many times I have broken down and cried I want to tell you something so there won't be any doubt you're so wonderful to think of but so hard to live without Someday when we are altogether in that place beyond the sky we will sing laugh and joke and no more tears I'll cry **From your loving daughter Helen and Seamus. Miss you so much, Happy Mothers Day.**

There is a beautiful path in a wonderful land where God and Nan walk hand in hand how lucky is God to have such a treasure take care of Nan Lord forever and ever Gentle Jesus up above give my Nan a great hug **From your grandson Shane, Kathleen and family. Happy Mothers Day.**

There is an ache in our hearts that years won't take away a place in our hearts no-one can fill we miss you Nan and always will **From your loving grandsons Jason, Darren, Brian, Gary, Ger and partners. Happy Mothers Day.**

Your name is often spoken we talk about you still you haven't been forgotten you know you never will No words or verse could ever say how much we miss you every day Deep in our hearts your memory is kept we love you too dearly to ever forget **From your loving grandson David, Sinead and family. Happy Mothers Day.**

A mother is a special gift One you think will stay You never think the day will come When God calls her away And when that moment comes along The pain just overwhelms us All we do is cry Please forgive the falling tears The constant wish that you were here Others have lost, this we know But you were our Mam and we loved you so.

From your loving son Michael and daughter-in-law Donna xx

Up in a cloud written in gold, Is all my love for you to hold, A kiss blown up to the sky so blue, Catch it Nana it's just for you, I am doing my best Nana I hope you can see, to be a good granddaughter, And make you proud of me,

From your granddaughter Lauren x

Today I remember and feel so sad, For a wonderful Nana, I wish I still had, Silent thoughts, tears unseen, Wishing your absence was only a dream.

From your Grandson Dean and partner Kim xx

IN MEMORIAM

If roses grow in Heaven Lord pick a bunch for me place them in my mothers arms and tell her they're from me Tell her I love her and miss her and when she turns to smile place a kiss upon her cheek and hold her for a while Because remembering her is easy I do it every day but there's an ache within my heart that will never go away **From your daughter Joan, grandsons Alan, Paul and Brian, partners and great grandchildren. Happy Mothers Day.**

You were someone special Nan who understood and cared you filled our lives with happiness by simply being there You put the love in loveliness and the sweet in sweetness too I think God took life's dearest things and wrapped them up in you **Sadly missed and never forgotten by your loving grandson Michael, great grandchildren Jonathan and Jade and great great grandchildren.**

Nan you held our hands when we were small you dried our tears when they did fall We loved you then we love you still throughout our lives we always will **From your granddaughter Siobhan and great granddaughters Shannon and Amber.**

It's been a lonely time without you 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 **From your grandson John, wife Bianca and great grandchildren.**

Just like the sweetest rose your petals fell too soon but the love you planted in our hearts will never cease to bloom May you always walk in sunshine and Gods love around you grow for the happiness you gave to us no one will ever know **From your granddaughter Caroline and great grandson Ryan.**

I had a nan in a million I loved her until the end I lost two precious things that day my nan and my best friend **From your granddaughter Edel, husband John and great grandchildren.**

I only had one nan she meant the world to me So keep her safe in Heaven Lord and love her just for me **From your granddaughter Tanya, partner Darragh and great grandchildren.**



IN MEMORIAM

Look around your garden Lord For a lady with a smile That will be my mother She must stand out a mile. **From your son Cyril and Family and Grandkids xxx**

If heaven had a number we would call you on the phone, To tell you how much we love you, And wish you could come home. Little angels robed in white, Give our Nana Pauline a big, big kiss goodbye. **Sadly missed by your Granddaughter Pauline, Thomas and Kayleigh xxx**

I often talk about you, I never cease to care; I wish I could go home again, And find you waiting there. I want to tell you something, So there can be no doubt - You're so wonderful to think of And so hard to be without. **From Grandson James xx**

I remember your smile And the things you would say, And treasure the memories of you day by day: The laughs we had and shared, The love that you gave me, And the way that you cared. I have a million memories, And a lot of silent tears. **Sadly missed by your Granddaughter Natasha and Kids xxx**

THANKSGIVINGS

NOVENA TO THE SACRED HEART

Dear Heart of Jesus, in the past I have asked for many favours. This time I ask you this very special one (mention favour). Take it dear Jesus and place it within your broken heart where your holy Father sees it. Then in His merciful eyes it will become your favour, not mine. Amen. Say prayer for 3 days. Promise publication and favour will be granted. M.J.M.

IN MEMORIAM



† MOORE

(13th anniversary)

In loving memory of Jackie Moore, whose anniversary occurs on March 11th. We lost our life's companion, A life linked with our own; Day by day we yearn for you, As we walk through life alone. The house you left is lonely, And we are lonely too Those left behind are good and kind, But our hearts aches for you You were someone we could talk to, On whom we could depend; You were more than just our brother You were also our best friend. If tears were a stairway to Heaven, And memories were a lane, We'd climb each stair to Heaven, And take you home again. **Loving you always thinking of you today and everyday from your sister Marie, brothers Noel, David and Joe and children Patrick and Carly.**



FAMILY ANNOUNCEMENTS

IN MEMORIAM



† AMBROSE

1st Anniversary
In loving memory of my dear wife, mother, grandmother and sister Margaret (Mags) Ambrose, late of 43 Byrne Ave, Prospect, who passed away on 15th March 2019. Mass will be offered on Saturday 14th March at 6pm in Our Lady of Lourdes Church.
 She never looked for praises she was never one to boast she just went on quietly working for the ones she loved the most When you lose someone special the hurt is hard to hide when it's your wife the hurt goes deep inside The day we were married they told us we were one but they never told us what to do when half of one is gone Many times I've talked to you and many times I've cried I cannot get over losing you no matter how I try Of all the gifts in life however great or small to have you as my wife Mags was the greatest gift of all **Sadly missed by your loving husband Mervyn.**

A year has passed since we saw you last suddenly taken away time went so fast We miss your voice we miss your face but we have your picture hanging in pride of place We'll never forget the love you shared every life you touched you showed you cared We'll remember the good times and the laughs we had until we meet again to hold each others hands **Sadly missed by your loving daughter Jean, grandchildren Jordan, Nathan and Sophie and great grandchild Mason.**

It doesn't take a special day to bring you to my mind for a day without a thought of you is very hard to find **From your loving sister Kathleen and brother-in-law Terence.**

A thousand times I've needed you a million times I've cried if my love could have saved you you never would have died **From your loving son Dermot.**

I think of you in silence and always speak your name but all that's left are memories and a photo in a frame **Sadly missed by your friends Rose and John.**



IN MEMORIAM

No farewell words were spoken, no time to say goodbye. You were gone before we knew it and only God can tell us why. It broke my heart to lose you but you didn't go alone, for part of me went with you, the day God called you home. **Sadly missed by Lisa, Damien, Connor and LilyMay xxxx**

If roses grow in Heaven Lord, please pick a bunch for me. Place them in my mother's arms and tell her they're from me. Tell her I love her and miss her much
 And when she turns to smile, place a kiss upon her cheek and hold her for a while. **Sadly missed from Laura, Chloe, Ross and Calvin xxxx**

Those we love Don't go away They walk beside us Every day, Unseen, unheard, But always near, So loved, so missed, So very dear. **Love from Trevor, Dearbhla, LexiMay**

Gone but never forgotten. **Love always Fiona**
 Margaret we can't believe 12 months have gone by since the day you left us We didn't see it coming no kind of warning we can't work out what we did to lose a friend like you The day God chose to take you he gained an angel but we're left with a part of us missing Margaret our magnificent 7 has now become a 3 from sitting together at your kitchen table with our jokes and laughter and having cups of tea and your favourite Donkey Fords We now sit and go down memory lane we laugh and we cry about the good times we had Memories are not just memories they are something very precious to us and we will keep them close to our hearts There isn't a day that goes by that we don't think of you or talk about you we only wish we could call and see your welcoming smile again We bet it's so nice up there in Heaven since you arrived We hope the angels know what they have we hope that you are now happy and all your fears and pain are gone away so fly high our special friend **Sadly missed and never forgotten from your forever friends Phil, Carmel, Christina and families xxx**



*Those we love,
 We never lose,
 For always they will be,
 Loved, remembered,
 treasured
 Always in our memory.*

IN MEMORIAM



† O'CONNELL

(Eight Anniversary)
In loving memory of a dear mother, grandmother, great-grandmother Marie O'Connell (nee Purtil) late of 34 Island Road whose eight anniversary occurs on the 13th March 2020. Mass will be offered on Saturday 14th March at 7:30pm in St. Mary's Church.

It doesn't take a special day Mam To bring you to our minds A day without a thought of you is very hard to find If memories bring us closer Mam You are never far apart For you are always with us Mam
 In our thoughts and in our hearts Memories of you are like leaves of gold They never tarnish they never grow old
 Those we love don't go away They walk beside us everyday **Sadly missed and never forgotten by your loving son John, daughters Marie, Theresa, Andrea and Vanessa, daughter in law, sons in law, grandchildren and great grandchildren.**



† O'CONNELL

(8th Anniversary)
In loving memory of a dear sister Marie O'Connell (Nee Purtil) Late of Island Road, Limerick who passed away on March 13th 2012 R.I.P

Thinking of you on your Anniversary Marie but that is nothing new for no day dawns and no day ends without a thought of you. Years may pass memories will stay you're never forgotten especially today.

Sadly missed and never forgotten by your brother Henry, sisters Ann, Betty, Jill & Deirdre & their families xx



IN MEMORIAM



† O'DONOVAN

(3rd Anniversary)
In loving memory of a dear son and brother John O'Donovan, late of Ballybunion and Moyross, Limerick.

You rest in the arms of angels in a place of peace and love Watching over me always from heaven up above You guide me through my worries and help me through each day Always by my side, never went away
 The bond cannot be broken made from love so pure Death does not break the bond it lives on forever more. You rest in the arms of angels free from illness and pain Waiting for the day we are together once again.

Love from Mam & Dad, forever 33 love you always John xxx

Brother
 The day you left and gained your wings
 My heart just broke in two I wish you could have stayed with me but heaven needed you You left me with the memories and I love you dearly still No matter how much time goes by you know I always will You were a very special person with kindness in your heart and the love we had together grows stronger now were apart I cannot bring you back although I wish it everyday But a piece of me went with you the day you went away

Love you always from sister Sonya & nieces Katie & Joleen.

When happy thoughts turn to sadness And laughter turns to tears, It's because we want to be with you brother dear

Love from your brother Anthony and nephews Anthony and Jeffrey xx

Beautiful memories are treasured forever, Of the happy days when we were together.

Love from your brother Damien xx

We'd give the world just to say, Hello John to you today, These past three years have been so hard, We miss you, John, so very bad, We've lost a nephew and a friend, Our broken hearts will never mend.

Love from your godmother aunt Ann, Timmy and family xx



IN MEMORIAM

J stands for John
 H stands for Heaven
 And that's where John is gone
Love from your aunt Margaret, & Partner Niall xx

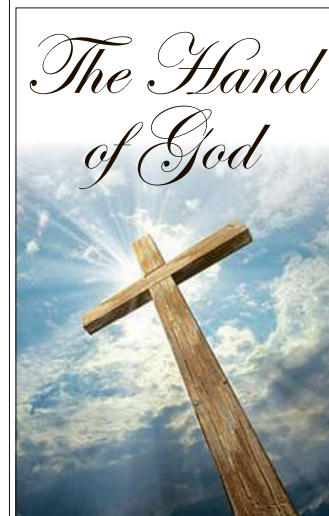
We cannot bring the old days back
 When we were all together,
 But memories keep us close to you
 And memories last forever.
Love from Edward & partner Soifra

Remembering you is easy We do it every day; Missing you is a heartache That never goes away. **Sadly missed by your cousin James, girlfriend Denise their daughter Kyra- Lee & son J.J.xxx**

A smile for all, a heart of gold - One of the best this world could hold.
 Never selfish, always kind - These are the memories you left behind.
From uncle Jimmy, his wife Deirdre & Daughter Rachel

THANKSGIVINGS

MAKE THE Sign of the Cross. Say your intention followed by the below prayer. Do this ten times continuously. Make the sign of the cross before each time. Remember, O most gracious Virgin Mary, that never was it known that any one who fled to thy protection, implored thy help or sought thy intercession, was left unaided. Inspired by this confidence, I fly unto thee, O Virgin of Virgins, my Mother; to thee do I come, before thee I stand, sinful and sorrowful; O Mother of the Word Incarnate, despise not my petitions, but in thy clemency hear and answer me. Please help me Mother Mary. Thank you. Amen



Though today, you walk in sorrow You will not be alone. There is One whose loving wisdom Is far greater than our own.

Put your trusting hand in His, As a little child would do And He like a loving father Will guide and comfort you!

Day by day, there will come to you New faith, new hope, new light. You'll find that stars unseen by day, Shine through the darkest night

And though your heart is longing, For the dear one who's at rest, You'll know before the journey's end, That God's dear ways are best!

IN MEMORIAM



† STEWART

(Fifth Anniversary)
In loving memory of a dear mother, grandmother and great grandmother Margaret Stewart, late of 20 Byrne Ave, Prospect, Limerick whose fifth anniversary occurs on 12th March. Mass will be offered on Thursday 12th March at 10.30am

in St. Joseph's Church.
 Please don't be unhappy because I am out of sight remember I am with you every morning, noon and night The day I had to leave you all when my life on earth was through God picked me up and hugged me and said I welcome you When you're walking down the street and you have me on your mind I'm walking in your footsteps only half a step behind and when you feel that gentle breeze or the wind upon your face that's me giving you a great big hug or just a soft embrace And when it's time for you to go from your body to be free remember where you are going you are coming home to me **From Cathy, Roy, Frank, David and Ian, partners, grandchildren and great grandchildren.**

THANKSGIVINGS

NOVENA TO ST. MARTHA

St. Martha, I resort to thy and and to thy petition and faith. As proof of my affection and faith, I offer thee this light, which I shall burn every Tuesday for nine tuesdays. Comfort me in all my difficulties and through the great favours thou didst enjoy when the Saviour was lodged in thy house, intercede for my family, that we be provided for in our necessities. I ask of thee St. Martha, to overcome all difficulties as thou didst overcome the dragon which thou hadst at thy feet. one Our Father, three Hail Marys, and a lighted candle every Tuesday and the above prayer made known with the intentions of spreading devotion to Martha. This miraculous saint grants everything before the Tuesdays are ended, no matter how difficult. Grateful thanks for favours to be received.-G Q

When someone you love becomes a memory, the memory becomes a treasure.

Author Unknown

FAMILY ANNOUNCEMENTS

IN MEMORIAM



† MCCARTHY

13th Anniversary & 68th
Birthday Remembrance

In loving memory of a dear husband, father and brother, Patrick (Pa) McCarthy, late of 35 O'Callaghan Avenue, Kileely, Limerick who died on March 7, 2007 and whose birthday occurs on 13th March.

Alone but never quite alone,
I face an empty chair
But sometimes in the silence
I imagine you are there.
My companion for so many
years,
No longer here with me,
And yet in some mysterious way
You keep me company.
It's sad to walk the road alone
Instead of side by side,
But to all there comes a moment
When the ways of life divide.
You gave me years of happiness
Then came the sorrow & tears
But you left me beautiful
memories
I will treasure through the years.
From his loving wife, Marian xxx

IN MEMORIAM

The kind of man who stood in a crowd,
Never noisy, never loud.
He liked a drink, he liked a song
The kind you miss the moment
he's gone.
But I will remember my whole
life through
The last few words I had with
you.
He was our Dad, this you know
But Oh Dear God, how we miss
him so.
From his loving son John and Natalie

Please don't be unhappy
Because I am out of sight,
Remember I am with you
Every morning, noon and night,
The day I had to leave you all,
When my life on earth was
through,
God picked me up and hugged
me,
And said I welcome you,
When your walking down the
street,
And you have me on your mind,
I'm walking in your footsteps,
Only half a step behind,
And when you feel that gentle
breeze,
Or the wind upon your face,
That's me giving you a great big
hug,
Or just a soft embrace,
And when it's time for you to go,
From your body to be free,
Remember where you are going,
You are coming home to me.
From his loving son Pa, Vicky and grandchildren

Its 13 years since you have gone,
But in our hearts you still live on,
We speak about you every day,
About your loving and gentle
way,
You were a Dad so kind and true,
How could we ever stop loving
you.
From his loving son David

Here we go again Dad
Not sure what I'm supposed to do
To say it's your Anniversary
Or wish Happy Birthday to you
But where do I send a card
Dad, if only I knew
I miss you so much, but what can
I do
Many things remind me
Of the way life used to be
But try as hard as I may
It's never going to be
A kiss blown up to the sky so
blue
Catch it Dad, its just for you.
From his loving son Edward and Linda.



Life is but a stopping place

Life is but a stopping place,
a pause in what's to be,
a resting place along the
road to sweet eternity.
We all have different
journeys,
different paths along the
way,
we all were meant to learn
some
things, but never meant
to stay.
Our destination is a place
far greater than we know,
for some, the journey's
quicker,
for some the journey's
slow.
And when the journey
finally ends,
we'll claim a great reward,
and find an everlasting
peace,
together with the Lord.



IN MEMORIAM

Thirteen years has passed already,
We can not believe it's true,
We thought about you lots today,
But then we always do,
We wander to your grave side,
And place your flowers with
care,
But no one knows the heartache,
As we turn and leave you there,
You went from us so suddenly,
You did not say goodbye,
You left us here behind you,
To grieve and wonder why,
It broke our hearts to lose you,
But you did not go alone,
For part of us went with you,
The day God called you home,
Our hearts are full of memories,
With pride we speak your name,
Though life goes on without you,
It will never be the same.
Love from your loving son Ger and Olga xx
Thinking of you also on your birthday Dad and also thinking of my Grandmother Jane on her anniversary xxx

I thought about you today Granda
But that is nothing new;
I thought about you yesterday
And the day before that too.
I will think about you tomorrow
As I will my whole life through
For the day I fail to think of you
God will have taken me too.
Love from your granddaughter Chloe and baby Gerard xx
Also thinking of you on your birthday Granda, Happy Birthday.

Memories are keepsakes,
Cherished all life through;
Ours are very special Granda
Because they are of you.
From your grandkids Rebecca and Keelan xx
Also thinking of you on your birthday xx

The Hand of God



*Though today, you walk in sorrow
You will not be alone.
There is One whose loving wisdom
Is far greater than our own.*

*Put your trusting hand in His,
As a little child would do
And He like a loving father
Will guide and comfort you!*

*Day by day, there will come to you
New faith, new hope, new light.
You'll find that stars unseen by day,
Shine through the darkest night*

*And though your heart is longing,
For the dear one who's at rest,
You'll know before the journey's end,
That God's dear ways are best!*

IN MEMORIAM

Time passes memories stay,
Never forgotten especially today,
I will never forget you Grand
I won't even try,
I miss you more as time goes by,
Our lives go on without you,
But things are not the same,
It's hard to hide the heartache,
When someone speaks your
name,
No matter how life changes,
No matter what I do,
A special place within my heart,
Is always kept for you.
From your special boy Lee, love you always and forever xx

As each day dawns and starts
anew,
As each day ends I think of you,
And in between no matter where,
Deep in my heart you're always
there,
It broke my heart to lose you
Granda
But you did not go alone,
For part of me went with you my
old man
The day God called you home,
I know you walk beside me,
And when my life is through,
I pray that God will take my
hand,
And lead me straight to you.
From your granddaughter Lauren and great grandson Harlow x

Granda, it's hard to believe
13 years have passed
Since that sad day we saw you
last.
Your happy face went out that
door,
Your loving smile I saw no more.
We didn't get to say goodbye
Just thinking of that makes us
cry.
We miss our talks, your morning
cheer;
If we had one wish,
It would be to have you here.
Just one more kiss, just one more
smile,
Just one last hug, would make it
all worthwhile.
We miss you, my old man and
love you so
It breaks my heart, knowing we
have to let you go.
From your loving grandchildren Patrick, Mason and Kayla-Rose

I sent a dove to Heaven
With a parcel on its wings;
Be careful when you open it,
Granda
It's full of beautiful things.
Inside are a million kisses
Wrapped in a million hugs
To tell you that I miss you Gran-
da
And send you all my love.
From your loving granddaughter Karley, Layla Mae and Sue- Ellen xx

Forget you, Granda we never
will,
For in our hearts we love you
still;
For every thought there is a tear,
For a Granda we lost and loved
so dear.
From your grandchildren Aaron, Edward, Leah and Patrick xx



IN MEMORIAM

We often are awake at night
When the world is fast asleep
And we think about the Granda
we lost
With tears upon our cheeks.
We can't get over losing you
No matter how we try;
We will always keep you in our
hearts
Until the day we die.
From your grankids Marion, David, John, Danielle and Debbie xx

In a beautiful home called Heav-
en,
In that valley so precious and
fair,
Someday, sometime, Granda
We hope to meet you there.
From your great grankids Jadine, baby David and Sallyanne xx

A million hugs and kisses sent to
you up above,
Carried with care on the wings of
a dove,
A prayer, a Mass, these are all we
can give,
But these you will have for as
long as we live,
No words can say or tears
express,
The loss the love the emptiness
Missed forever until we meet
again, father Pa
Love from all the boys in The Midlands xxx



Memories Live Forever

A bouquet of beautiful memories, sprayed with a million tears, wishing God could have spared you, if just for a few more years.

It does not take a special day, for us to think of you, each Mass we hear, each prayer we say, is offered up for you.

We cannot bring the old days back, when we were all together, our family chain is broken now, but memories live forever.



IN MEMORIAM



† MCCARTHY

13th Anniversary & 68th
Birthday Remembrance
In loving memory of a dear husband, father and brother, Patrick (Pa) McCarthy, late of 35 O'Callaghan Avenue, Kileely, Limerick who died on March 7, 2007 and whose birthday occurs on 13th March. Mass has been offered.
Alone but never quite alone
we face an empty chair
but sometimes in the silence
we imagine you are there
Our companion for
so many years
no longer here with us
and yet in some mysterious way
you keep us company
It's sad to walk the road alone
instead of side by side
but to all there comes a moment
when the ways of life divide
You gave us years of happiness
then came the sorrow and tears
But you left us
beautiful memories
we will treasure
through the years
From his loving wife Marian, sons John and family, Patrick and family, David, Edward and family, Gerard and family, cousin Patrick, Martina and family and the O'Halloran family. xxx
Will those who think of him today a little prayer to Jesus say.

THANKSGIVINGS

NOVENA TO ST. MARTHA

St. Martha, I resort to thy and
and to thy petition and faith.
As proof of my affection and
faith, I offer thee this light,
which I shall burn every Tues-
day for nine tuesdays. Com-
fort me in all my difficulties
and through the great favours
thou didst enjoy when the
Saviour was lodged in thy
house, intercede for my family,
that we be provided for in our
necessities. I ask of thee St.
Martha, to overcome all diffi-
culties as thou didst overcome
the dragon which thou hadst
at thy feet. one Our Father,
three Hail Marys, and a light-
ed candle every Tuesday and
the above prayer made known
with the intentions of spread-
ing devotion to Martha. This
miraculous saint grants
everything before the Tues-
days are ended, no matter
how difficult. Grateful thanks
for favours to be received.-G Q

GRATEFUL THANKS to the
Sacred Heart and Our Blessed
Lady for all favours received.
Also thanks to St. Padre Pio
A.A.A.A. Saints. M.J.M.



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.

FAMILY ANNOUNCEMENTS

IN MEMORIAM



† STORAN

(19th Anniversary)

To a loving Dad, Gerard Storan, late of 8 Raheen Square, Ballinacurra Weston, whose anniversary occurs on the 13th of March. And wedding anniversary of my Mam and Dad, Evelyn Storan and Gerard on St. Patrick's Day. Also remembering my Mam on Mothers' Day. Thinking of our dear brother Patrick who was called home on 25th August 2019. Never forgotten. Give Mam a kiss from us. Mass in St. John's, on Friday 13th at 5:45pm.

They say there is a reason,
They say that time will heal
Neither time or reason
Will change the way we feel.
Gone are the days
We used to share
But in our hearts
You are always there.
The gates of memories
Will never close
We miss you more
Than anybody knows
We love and miss you everyday
Until we meet again
Sleep tight Dad

Sadly missed by your sons Paul & John, Daughter Helen, Daughter-in-law Pauline, Grandsons Christopher David Michael and Christopher, Granddaughters Helen and Breda and Great-Grandson Sean. xxx

If I could write a story
It would be the greatest ever told
Of a kind and lovely Dad
Who had a heart of gold.
I could write a million pages
But still be unable to say
Just how much we love and miss
him
Every single day.
We will remember all he taught
us
We're hurt but won't be sad
Because he'll send us
Down the answers
And he'll always be our Dad.

Sadly missed by your daughter Bernadette, Son Gerard, Grandson Patrick, Granddaughter Mandy and Great-Grandson Shane Gerard. Also want to wish Mam & Dad a happy wedding anniversary on St. Patrick's Day. And wish Mam & Nana a Happy Mother's Day. Also thinking of our dear Brother Patrick who went to sleep on August 25th 2019. Miss and love you lots Brother. Give Mam a kiss from us. Also thinking of Gerty Jackson, Johnny Gardiner, Eric Collins and Joe Woodland at this sad time. R.I.P. to all the angels

IN MEMORIAM

We often lie awake at night,
When the world is fast asleep,
We think about you Dad,
With tears upon our cheeks,
We cannot get over losing you,
No matter how we try,
We'll always keep you in our
hearts until the day we die.

Deeply regretted by your loving daughter Evelyn, sons Anthony and Noel, daughters-in-law Patricia and Joyce, your Granddaughter Lorraine, two Grandsons John and Michael, two great-grandsons AJ and Sean and great granddaughter Jacqueline. Thinking of my two parents Gerard and Evelyn on their wedding anniversary and thinking of Mam on Mother's Day. xxx

If Roses grow in Heaven Lord
please pick a bunch for me
place them in my Father's arms
and tell him they're from me
We hold you close
within our hearts
and there you will remain
to walk with us
throughout our lives
until we meet again
Sadly missed by your daughter Mary, grandsons Joe, Mark, JohnPaul and fiancée Andrea, granddaughter Mary, boyfriend Martin and great grandson Joey. Want to wish my mother a happy mothers day and Mam and Dad a happy wedding anniversary on St. Patrick's day. Also remembering our brother Patrick, who died 25th August 2019 R.I.P. Also remembering Joe Woodland, Eric Collins and Johnny Gardiner at this sad time.

When tomorrow
starts without me
and I'm not here to see
if the sun should rise
and find your eyes
filled with tears for me
Ever since you went away
the days go slowly by
and to cope with you gone
is never knowing why
Sadly missed by your daughter Ann, grandsons Gerard, John, Shane, David and girlfriend Rachel, granddaughter Antoinette and boyfriend Dan. Want to wish my mother a Happy Mothers Day and Happy Wedding Anniversary to my Mam and Dad for St. Patrick's Day. Thinking of my brother Patrick, who died 25th August 2019 and friend Joe Woodland. XX



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.*

IN MEMORIAM



† TROY

(35th, 20th & 12th Anniversaries)

In loving memory of our dear parents Michael (Mick) and Kathleen Troy. Michael, who died on March 7, 1985 and Kathleen, who died on March 9, 2000, both late of 10 Shanabooly Avenue, Ballynanty. Rest in Peace. Masses offered. Also remembering our dear uncle Maurice Troy, late of St. Munchin's St, St. Mary's Park whose birthday is on 18th February and twelfth Anniversary occurred on the 20th February.

If memories keep us closer,
Then we are never far apart,
For ye are always in my mind,
And forever in my heart.
I think of ye in silence,
I talk about ye too;
I have some lovely memories,
But I wish I had ye too.
Sadly missed by yere loving son, Paddy.

A spray of roses just for you,
A sprinkle of tears instead of
dew,
And in the centre a forget me
not,
To show you, Mam and Dad,
We have not forgot.
There's much in life that
changes,
And much in life that's new,
But never in a million years,
Will there be a mam and dad
like you.

Sadly missed by yere loving son, Michael; daughter-in-law, Noreen; grandchildren, Tara, Serena and Michael Jnr.; great-granddaughters Chantelle, Emma and Aaliyah and great-grandsons Jayden Shane and Levi

Our hearts still ache in sadness,
And secret tears will flow,
What it meant to lose ye,
No one can ever know.
But now we know ye want us,
To mourn for ye no more,
To remember all the happy times,
Life still has in store.
Since ye'll never be forgotten,
We pledge to ye today,
A hallowed place within our
hearts,
Is where ye'll always stay.
Sadly missed by loving daughter Teresa, Jim, granddaughters Catherine, Michelle and great granddaughter Misha-Lee



IN MEMORIAM

Once again the time has come in
the year,
We will have heartache and shed
a tear,
We say adieu to ye once again,
Our father our mother and two
best friends.
A man, a woman, the father and
wife,
A brother, a sister all through our
life.
Parents we will treasure forever
more,
Far away at Heaven's door.
Watching and waiting to lend us
a hand,
A grandpa a grandma from dear
Ireland.
Happy smiles ye send to us from
above,
They're brought by the Angels
With all yere love.
Sadly missed by loving daughter Marie, grandchildren Lisa, Casey, Stephen, Katelynn, great-grandsons Aaron, Alex, great-granddaughters Aliya and Kristie

Remembrance is a golden chain,
Death tries to break, but all in
vain.
To have, to love, and then to part,
Is the greatest sorrow of our
heart.
The years may wipe out many
things,
But some they wipe out never,
Like memories of those happy
times
When we were all together.
Sadly missed by your loving son Noel.

Ye brought us so lovingly
With so much love & care
Ye set a fine example
And ye were always there.
If we were asked one question
Why we thought the world of ye
We would give a million answers
And each one would be true.
Sadly missed by loving son Mark, Jane, grandchildren Marcus, Jonathan, Cion, Tyrone, Chelsea-Lee, Mia, Jayda, great grandchildren Charlie and Kayden

I sent a dove to Heaven
With a parcel on its wings
Be careful when ye open it
It's full of beautiful things.
Inside are a million kisses
Wrapped in a million hugs
To tell ye that I miss ye
And send ye all my love.
Sadly missed by your loving daughter Jacqueline.

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.
Sadly missed by your loving daughter Lorraine, Paul, grandchildren Kane, Renee, Chloe and great granddaughter Neveah x

Deep are the memories,
Precious they stay,
And time and no-one,
Can take them away.
Sadly missed by your son Kieran
Also remembering Martin McGrath, our aunt Anglea O'Keefe, Happy Birthday Angela and cousin Cathy at this time
Will those who think of them
today
A little prayer to Jesus say

IN MEMORIAM



† O'SHEA

(20th Anniversary)

In loving memory of a dear cousin Jude Hector O'Shea, late of Ballynanty Beg, Limerick who died March 10, 2000.

How do I write on paper,
The feeling I have inside,
From a heartbroken hearted
cousin
Who has missed you since you
died,
My heart still aches with
sadness,
My secret tears still flow,
For what it meant to lose you,
No one will ever know,
Call Hector's name out softly,
Lord,
And when he looks your way,
Tell him that I love and miss
him
Every single day.
Sadly missed by your loving cousin Noel (Noggin), Marlow, Michael and The Troy Family.

Another Leaf Has Fallen

*Another leaf has fallen,
another soul has gone.
But still we have God's promises,
in every robin's song,
For he is in His heaven,
and though He takes away,
He always leaves to mortals,
the bright sun's kindly ray.
He leaves the fragrant blossoms,
and lovely forest, green.
And gives us new found comfort,
when we on Him will lean.*



Miss Me

*When I come to the end of the
road and the sun has set for me,
I want no rites in a gloom-filled room.*

*Why cry for a soul set free!
Miss me a little, but not too long,
and not with your head bowed low.*

*Remember the love that we once
shared, miss me but let me go.
For this journey we all must take,
and each must go alone.*

*It's all part of the Master plan,
a step on the road to home.*

*When you are lonely
and sick of heart,
go to the friends we know
and bury your sorrows
in doing good deeds.
Miss me, but let me go.*

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Electric avenue

Peugeot launches electrified range

TRISH WHELAN
www.CarandTravel.ie

PEUGEOT Ireland has launched a number of cars under its extensive electrification programme which includes hybrid, plug-in hybrid and the brand's first fully electric car.

Peugeot took a large cohort of motoring journalists to BrookLodge Hotel at Aughrim, Co Wicklow to test drive the new 208, 2008 SUV, together with the new e-208, 3008 Hybrid4 (AWD) and 508 Hybrid range. It proved a busy two days of motoring.

First up was the stylish 208 which we drove from Peugeot HQ at Gowan House on the Naas Road in Dublin to our hotel in Macreddin Village and returned to Dublin in the new 508.

In between we fitted in a local loop from the hotel to Aughrim in the hybrids and the new e-208, the brand's first electric car. It retails from €27,334, inclusive of SEAI grant and VRT relief, and comes with a 100kW (136hp) electric unit with 50kWh battery developing 260Nm of torque for instant response. It can do 0-100km/h in 8.1 secs and has a range of 340kms. The battery is guaranteed for 8 years or 160,000 for up to 70pc retention certifiable by the Peugeot dealer network. The has the same interior and boot space as the petrol and

diesel versions as the batteries are under the floor. The e-208 is the only electric car in its segment which includes Polo, Yaris, Fiesta, i20, Micra and Clio.

The new 2008 really impressed. It is one of the most stylish cars on the road as well as being extremely spacious. Prices start at €23,900 for the 1.2 PureTech 100bhp. There are also 130bhp/155bhp petrols; the diesel is a 1.5 BlueHDi 100bhp from €25,900. The brand's excellent Grip Control is offered and Peugeot have kept a spare wheel in all their passenger cars, except for EV models. An electrified 2008 is due in April with a range of 320kms WLTP.

Built on Peugeot's EMP2 platform which is designed for both ICE and electrified powertrains, means boot volumes of the 208 and 2008 are the same as the ICE versions (487 litres for the 508 and 530 litres for the SW). New driving modes are a Zero Emission 100pc electric mode; an exhilarating Sport mode; a Hybrid mode; and Comfort mode.

The Hybrid4 version of the 3008 and 508 ranges have passed stringent certifications tests under the new WLTP protocol and qualify for the newly calculated grant thresholds now applicable; under new rules, plug-in hybrids must now emit less than 50g/km Co2 and



The new e-208, the Peugeot's first-ever fully electric car

travel more than 50km in all-electric model to qualify for the €5,000 SEAI grant and €2,500 VRT relief schemes. The 3008 2.0 180bhp automatic is from €42,250, the PHEV 225hp is from €37,995. The 508 2.0 180hp is from €38,100 and the PHEV 225hp is €38,900. Both include SEAI and VRT grants and rebates.

The SUV 3008 Hybrid4 300bhp AWD model, available in the top of the range GT Line and GT trims, achieves 29g/km Co2 (1.3 L/100kms) and a 59km range in 100pc electric mode. It combines a 200hp PureTech petrol engine with two electric motors and can do from 0-100km/h in 5.9 secs. The battery capacity is 13.2kWh for a 100pc electric range. A full charge takes 1h45 when using a Wallbox. AWD mode provides improved traction on roads or difficult terrain.

In April, it will be joined by a 225bhp 2WD Hybrid version combining a 180hp petrol engine with a 110hp (80kW) electric motor located at the front of the car coupled to the e-EAT8 8-speed automatic gearbox.

The 508 fastback achieves 29g Co2/km and 54km in all-electric mode.

The new 508 Hybrid and SW estate Hybrid combine a 180bhp petrol engine with a 110bhp (80kW) electric motor for a combined power of 225bhp. Charging also takes 1h45 with a



Peugeot 508 hybrid qualifies for the newly calculated grant threshold

Wallbox (optional 6.6 kW charger, 32A).

An eBoxer LCV will arrive mid this year and an ePartner/eRifter will follow next year.

By 2023, 100pc of the Peugeot passenger car and light commercial vehicles range will offer an electrified version.

Commenting on the brand's performance, Colin Sheridan, Peugeot's Sales & Marketing Director said: "Yesterday we were at 81.6pc of the market, today we're operating at 100pc."

Speaking on electric car sales and the confusion among the general public concerning them,

he said: "The Government needs to give us clarity re the extension of both EV and PHEV grants going forward; on how it intends to treat the taxation on cars when the full WLTP regime comes into force at the end of this year because we will need to make decisions on model allocations."

He also said that the last Budget, which removed SEAI grants to companies for electric cars, has proved counter productive and quoted sales figures for electric cars year-to-date of just +100 units (1,084 vs 984 / +10.16pc) to 20/02/2020 which he said should have been higher.



The extremely spacious Peugeot 2008 starts at €23,900

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²8 years or 160,000 km warranty on vehicle battery unit. Contact your official Hyundai dealer for further information. Lending criteria terms and conditions apply. Model shown for illustrative purposes. 201 offers exclude electric models. The BIK calculator is to be used for guide purposes only. It is recommended that you seek independent tax advice from your accountant or tax advisor.

All-new Captur storms in at #1 in its segment

Dennehy Motors: Strong start to 2020 for Renault

RENAULT Group Ireland has enjoyed a positive February, finishing the month on the podium in third position. The Group is also in third place in the market year-to-date with 9.4% market share.

■ All-New Captur stormed into first position in the competitive compact SUV segment for February;

■ All-New Clio remained number one in its class year-to-date and the best-selling petrol car in Ireland;

■ Renault's LCV range came in at number three on the podium for February and year-to-date;

■ New Trafic was the best-selling van in Ireland last month and finished first place in the medium-sized



van segment year-to-date;

■ New Master is the number two large van in Ireland year-to-date.

March will see the arrival of New ZOE at Dennehy Motors which is the best-selling electric vehicle in Europe, and the most affordable electric car in Ireland at €26,990 RRP with 395km range, saving

customers a minimum of €9,000 versus other long-range electric cars.

Renault continues its Renault Carbon Rewards 201 offer for March with €3,500 savings guaranteed for customers who choose a cleaner, lower emissions car at Dennehy Motors. With this unmissable offer ending 31st March 2020, customers are guaranteed savings of €3,500



Top of its class: The Captur was the best selling compact SUV in February

on new cars, including All-New Clio, All-New Captur and New ZOE with €1,000 Carbon Cashback and 2.01% APR (saving customers €2,500 on interest payments compared to high street banks).

Patrick Magee, Country Operations Director, Renault Group Ireland: "We are

thrilled with such a positive result for Renault Group in February - All-New Clio and All-New Captur have certainly grasped the attention of Irish car buyers, who have clearly fallen for the new muscular design of

All-New Captur, the premium finish of the new interior of All-New Clio, the

state of the art ADAS safety features and the EASY LINK multimedia and navigation systems. We look forward to the arrival of New ZOE to Dennehy Motors later this month and continued success for 201."

See the website www.dennehymotors.ie for more details.



RENAULT

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Model Shown: Renault ZOE GT Line RRP €31,990. Finance example: Renault ZOE Play Z.E 50. RRP €26,990. T&Cs apply. See Renault.ie. [Warning: You will not own these goods until the final payment is made]. Renault Bank is a trading name of RCI Banque Branch Ireland and is authorised and regulated by the French banking authority and supervised by the Central Bank for conduct of business purposes.

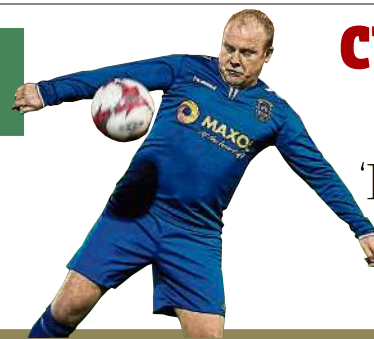
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CUP FINAL TOPS SOCCER BILL

'Balla' and Fairview
in Tuohy Final

For more see Page 53



Wexford footballer Niall Hughes will bring his side to Rathkeale on Sunday afternoon for round six of the Allianz Football league at 2pm

Footballers host Wexford as hurlers wait on draw

League: Billy Lee's side chase Croke Park spot, as hurlers into semi

LEADER REPORTER
SPORT@limerickleader.ie

THE LIMERICK Senior footballers fly the flag this weekend as they look to secure a Division Four final spot in Croke Park and more importantly, promotion to Division three of the Allianz Football League.

Billy Lee's men are top of the table after five rounds with four wins and a loss to their name.

The men in green will host the 'yellow bellies' of Wexford on Sunday at 2pm in Rathkeale knowing that 10 points should be enough to get one foot into the Division four final and claim that all important jump to Division three.

Ahead of the tie Limerick

manager Billy Lee has a full and fit squad to pick from and he is expecting a tough battle from Paul Galvin's Wexford side who are third in the table.

"We have no knocks or bangs to report at the moment" Billy Lee told the Limerick Leader.

"We are looking forward to this one, we know what we are going to get from Wexford and we just need to be prepared for same"

Wexford have three wins and two losses from their opening five games and with Galvin in charge, Lee is sure of what style of game his side are going to be faced with.

"Knowing Paul from his playing days you are going to get football played at speed and with massive work rate.

That is what he brought as a player and that is what his team will play like" Lee admitted.

Limerick's run of four games unbeaten in the league came to an end in the fifth round when the Shannonsiders lost by 12 points to Antrim.

Lee admits that the loss did halt his side's momentum, but it is how they react that will be key.

"Losing always halts momentum, but sure that is the same for all teams. We need to react now. We need to trust the process that got us the wins and concentrate on the game itself this weekend"

Limerick will finish their league campaign on Sunday March 21 in Markievicz Park at 1pm against Sligo.



Limerick's win over Waterford saw them into the last four of the league

Meanwhile the Limerick senior hurlers are now just two wins away from winning back-to-back Allianz Hurling League titles for the first time in 35 years.

John Kiely's reigning champions have to wait until next weekend to learn their semi finals opponents.

Kilkenny play Waterford and Galway play Wexford in next weekend's quarter finals with Limerick and Clare awaiting the winners.

An open draw will determine Limerick's March 21/22 semi final opponent but repeat pairings will be avoided where possible and the men in green also can't meet Clare in the last four.

It is also understood that the semi finals will most likely be at neutral venues.

Limerick had four points to spare over Waterford on Saturday night ensuring next weekend will be free one ahead of a semi final on March 21/22

Camogie

Carey ends time with Limerick Camogie

LEADER REPORTER
SPORT@limerickleader.ie

LIMERICK senior camogie manager Paul Sexton has confirmed that Sarah Carey has withdrawn from his inter-county panel.

The inspirational centre back played in round two of the Littlewoods Ireland Camogie League against Galway but was absent from this Sunday's win over Dublin.

Sexton confirmed that the Granagh-Ballingarry club star had withdrawn for "family reasons".

"Sarah is out for family reasons and that was the constraint that Sarah had from the start of the year. We let her train on her own but it's just unfortunate that she can't put the time into it," said Paul Sexton.

"She has pulled away and there was no animosity or anything - it's just something she has to do and we gave her the time to see if she could do it. She came in for five or six weeks and had to hold her hand up and family is more important that everything else."

Sexton added: "The door is always open for her if she ever wants to come back in and we said that to her, even if it's later in the year but family takes precedent and that's the way it is".

Carey has been a key player for Limerick for over 10 years at adult level and her departure comes weeks after another key figure Rebecca Delee was ruled out for the remainder of the season by injury.

Limerick started out on the 2020 campaign without Niamh Mulcahy, who opted for this season.

Without a key trio, Limerick's attention now turns to the Liberty Insurance All-Ireland Championship, which starts on June 13/14. Limerick play games against Cork, Dublin, Kilkenny, Offaly and Waterford.

For more on this and Limerick's Camogie clash with Dublin, see www.limerickleader.ie

SPORT
SNIPPETSCheltenham
Podcast

The Limerick Leader Sports team have recorded a special podcast this week, previewing the 2020 Cheltenham Festival.

For more, see Spotify, Limerick Leader Social media and our website, www.limerickleader.ie.

This year's pod is brought to you in association with the Glen Tavern Bar on Glentworth Street.

Munster Rugby
Breakfast

Old Crescent RFC are hosting a 'Rugby Breakfast with Munster's Graham Rowntree and Stephen Larkham' on Thursday March 26 at the Castletray Park Hotel.

A table of 10 costs €500, or €50 per head. To reserve a place contact Peter Doyle on 086 3861054 or Liam Keehan on 087 0670609.

Registration is at 7.30am, while the event will have concluded by 9am.

Byrnes and
Landers win at
Leopardstown

Charles Byrnes had punters in the best of form at Leopardstown on Monday March 2, where he was responsible for both winning favourites on the card.

The Ballingarry trainer landed the opening Kids Go Racing Handicap Hurdle with the Cathal Landers-ridden Wajaaha and typically the four-length winner was well fancied in the betting.

Backed from 9/2 to 11/4 favourite, the five-year-old hardly came off the bride as he won from the Val O'Brien-trained Muhaafiz, the 7/2 second favourite. It was a third Leopardstown winner for the Oola jockey.

FAI issue
'handshake'
directive

The Football Association of Ireland have today issued a directive to all affiliates instructing them that players are not to shake hands with their opponents or match officials at all games under FAI jurisdiction.

The FAI decision, following on from a UEFA directive for their competitions, comes into effect immediately and will remain until further notice across all games in the Republic of Ireland.

Coronavirus
impacts on
Munster's
PRO14 clash

COLM KINSELLA
ckinsella@limerickleader.ie

MUNSTER Rugby is facing the prospect of not playing a competitive fixture for at least five weeks with confirmation that the fixture against Benetton Rugby that was due to take place in Musgrave Park on Friday, March 27 has been postponed.

Guinness PRO14 confirmed that all Round 14 and 15 fixtures involving Benetton Rugby and Zebre have now been postponed due to restrictions enforced by the Italian government that will prevent the teams from travelling.

Munster's scheduled PRO14 tie against Benetton Rugby at Stadio Monigo on Saturday, March 21 had earlier been postponed due to fears over the spread of the coronavirus.

The Munster squad, who returned to training at their High Performance Centre in UL on Tuesday, last played a competitive fixture on Saturday, February 29.

Should either of Munster's postponed fixtures with Benetton Rugby not be refixed for April 3-4, the weekend of the Champions Cup quarter-finals, then Munster are not due to play again until Saturday, April 11 when Cardiff Blues are due to visit Thomond Park.

Meanwhile, Munster have also confirmed that prop Dave Kilcoyne and hooker Kevin O'Byrne have signed

contract extensions with the province.

Kilcoyne has signed a three-year extension with the province, while O'Byrne has penned a two-year deal.

On the club front, the Energia All-Ireland League is due to resume this weekend.

In Division 1A, second-placed Garryowen will look to get back to winning ways after their derby defeat to Young Munster, when travelling to Ballymacarn Park this Saturday to face basement side Ballynahinch.

Also on Saturday in the top flight, fifth-placed Young Munster will look to boost their top four play-off prospects when hosting third-placed UCD at Tom Clifford Park.

In Division 1B, third-placed Shannon will look to get their promotion play-off hopes back on track when entertaining Banbridge on the back pitch at Thomond Park at 1pm.

In Division 2A, another promotion-chasing Limerick side, third-placed Old Crescent make the trip to Parsonstown to face leaders MU Barnhall.

Also in Division 2A, seventh-placed UL-Bohemian will host sixth-placed Ballymena at UL North Campus.

Finally, in Division 2C, seventh-placed Bruff will look to pull further clear of the relegation zone when travelling to Upritchard Park to take on Bangor.



JJ Hanrahan of Munster in action against Hame Faiva of Benetton Rugby

Limerick hurlers help Bon Secours
renew sponsorship of 'Run for Fun'

Runners, from left to right, Alan Cleary, aged 12, Sam Gilmore, aged 10, Dylan Gilmore, aged 12, along with Limerick hurlers Will O'Donoghue and Diarmaid Byrnes and manager John Kiely. PICTURE: DIARMUID GREENE

THIS WEEK the Limerick senior hurlers helped Bon Secours Hospital Limerick renew its sponsorship of the children's 'Run for Fun' at the Great Limerick Run weekend.

The announcement was made today at the Bon

Secours Hospital Limerick by hospital Manager Jason Kenny and 'Run for Fun' CEO John Cleary alongside Limerick hurling manager John Kiely and players Diarmaid Byrnes, Will O'Donoghue and Declan Hannon. The event

will take place on Saturday, May 2 at the University of Limerick. The run, which is non-competitive, is for national school children (5-13 years) across multiple distances and suitable for all standards.

For more see #LLSport

St Michael's Head of the river

ST MICHAEL'S Rowing Club will once again host a major rowing event in Limerick City centre with the annual 'Head of the River' taking place on Saturday, March 21.

The March time trail race is the first of 3 award winning sporting events run by St Michael's along with their pioneering Masters Regatta held in August and the 5 and 10km Urban Run in October.

The time trail race was moved from the O'Briensbridge location 2

years ago and proved to be a huge success in its inaugural year in the city centre location when over 70 crews raced over a tough 5.5 km route from down river to the club.

Live feeds of the timing splits with leader boards for each category will be online and displayed in the clubhouse. Best viewing will be from Barrington's Pier where spectators will be able to see over 700m of racing from down river, past the pier and

on into the city centre.

The clubhouse will be open from 2pm with the catering crew on hand to feed the crews as they come off the water from the finish line.

Treaty City Brewery are the main sponsors of our 2020 Head of River backed up by Sherry Fitz, The Commercial Bar, Bowe Dental, Powerhouse Sports, ROWfit, Titan Sports, Fillipi Boats, D.Wall Boat Racing Repairs and club president Mike O'Dwyer.



Tim Larkin, South Circular Road, Brian McInerney, North Circular Road and Rocky O'Shea, Catherine Street at the launch of the St Michael's Rowing Club, Head of the River race in the Treaty City Brewery, Nicholas Street

PICTURE BY DAVE GAYNOR

Silverware on offer this week

PAT SHEEHAN

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THE FIRST silverware of the season will be presented on Friday evening when Ballynanty Rovers cross swords with Fairview Rgs in the final of the Jack Tuohy Cup at 7pm in Jackman Park.

Fairview go into the tie as favourites if for no other reason than beating Pike Rvs thrice over the last few weeks. A 1-0 win in the Munster Junior Cup last Sunday was their latest success.

With Steven Bradley at the peak of his game few teams get the better of Fairview in the middle of the park. A solid back line and keeper are complemented at the other end of the field by the form of Robbie Kelleher and Ross Mann.

They take on a Balla side fresh from an 8-4 win over Kilmallock. As the scoreline suggests the Blues will be happy with their scoring form but not so pleased conceding four times.

Any similar lapses on Friday will be punished by the Fairview front runners.

Being the underdog never bothered Ballynanty Rvs and you can expect a full blooded affair on Friday.

On Saturday Regional Utd B are vying to join Fairview Rgs and Aisling Annacotty in the last four of the Munster Junior Cup. The small matter of seeing off St Michaels stands in their way. Regional Utd B are flying it locally having opened up a thirteen point lead at the top of the table in Division 1B.

Granted they face a stiffer test on Saturday against a Saints XI who won all before them last season but they are eagerly looking forward to

the challenge and are convinced they will put up a good show. They have some superb players, well capable of playing at a higher level, but to get a result would make them the ultimate giant killers.

The Lawson Cup continues apace with some intriguing games down for decision on Sunday.

A game that would have drawn the crowds last season is Pike Rvs v Janesboro. It takes on a different hue this time around. Pike Rvs, reeling from their Munster Junior Cup exit last Sunday are in need of a good showing to get the confidence back as they look to top the Premier League.

Janesboro are in the process of rebuilding their team after losing most of last season's title winning squad.

Pike lost for the third time to Fairview after already losing in the FAI and Tuohy Cups and most worrying for the Hoops will be the fact they scored just once in the three games.

Janesboro have John Mulready between the posts again and he makes a huge difference to the side. Whether he can keep a hurting Pike at bay remains to be seen.

Another all Premier game sees Nenagh welcome Coonagh Utd to the Tipperary venue. Nenagh scored an excellent win over Geraldines last weekend to ease their relegation worries.

By contrast Coonagh fell to a heavy defeat against their fellow relegation battlers Prospect and they were as dismayed by the performance as the result.

Sunday's game takes some of the pressure off which might see them return to form. They meet a Nenagh



Pike Rovers' Steven McGann slips past Fairview's AJ O'Connor when the two sides met on Sunday

side who seem to have weathered a bad start and now look settled.

Two more sides mired in the relegation dogfight are Kilmallock and Prospect and they meet at the county venue. Like the previous two sides, the prospect of playing a game with the pressure off is a welcome relief.

Prospect turned in their best performance of the season last weekend beating Coonagh. Kilmallock also netted four in their game with Balla but they conceded eight.

Aisling Annacotty who qualified for the semi-final of the Munster Junior Cup last weekend with a win in Cork against Coachford, turn their attention to Lawson Cup matters this Sunday when they host Hyde Rgs.

The Hyde Road club went through a traumatic week following the sudden death of their Manager Adrian Shine. Sunday's game will bring all types of emotions for the Hyde lads, but they will be glad to just back to playing football.

Aisling will have their

focus on keeping their good run intact and will be aware that Hyde beat them in the FAI two seasons back.

Mungret Reg will welcome a return to action when they tackle Wembley Rvs in Mungret. Wembley qualified for the semi-finals of the Open Cup on Sunday but may find Mungret a step too far.

Knockainey take on Caherdavin Celtic and Newport welcome Northside in the other ties.

The PJ Matthews Premier League is down to a three-horse race with

Regional Utd and Geraldines just outside that group. The sides meet on Sunday with little at stake but pride.

In the Premier A League Murroe can take over top spot in the League race if they can beat Athlunkard Villa in Lee Estate while in Division 1A Patrickswell will be looking to lower the colours of leaders Castle Rvs.

In the Ger Ryan Cup, Aisling host Fairview Rgs on Saturday and a day later Caherdavin welcome Charleville to the Greenhills.

For more see #LLSport

JUNIOR & SCHOOLBOY FIXTURES

FIXTURES

FRIDAY MARCH 13

JACK TUOHY CUP FINAL

Ballynanty Rvs v Fairview Rgs, 7.00, Jackman Park, R Broe, G Clancy

SATURDAY MARCH 14

DIV 1B LEAGUE

Charleville v Parkville, 7.00, S Rooney

GER RYAN CUP

Aisling v Fairview Rgs, 7.00, B Higgins

SUNDAY MARCH 15

LAWSON CUP

Mungret Reg v Wembley Rvs, 11.00,

Aisling Annacotty v Hyde Rgs, 11.00
Kilmallock v Prospect, 11.00,
Knockainey v Caherdavin Celtic, 11.00
Pike Rvs v Janesboro, 11.00, A Hall
Newport v Nothside, 11.00
Nenagh v Coonagh Utd, 2.00

PJ MATTHEWS PREMIER LEAGUE

Regional Utd v Geraldines, 11.00

PREMIER A LEAGUE

Athlunkard Villa v Murroe, 11.00
Fairview Rgs B v Hill Celtic, 2.00
Corbally Utd B v Cappamore, 11.00

DIV 1A LEAGUE

Summerville v Granville Rgs, 11.00
Patrickswell v Castle Rvs, 11.00
Ballylanders v Star Rvs, 11.00

DIV 1B LEAGUE

Pallasgreen v Aisling Annacotty, 11.00

Caledonians v Athlunkard Villa B, 11.00

DIV 2A LEAGUE

Meanus v Castle Utd, 11.00

DIV 2B LEAGUE

Kilfrush B v Coonagh Utd C, 2.00
Parkville B v Fairview Rgs C, 11.00
Lisnagry v Abbey Rvs, 11.00, F O'Neill

DIV 3A LEAGUE

Murroe C v Shelbourne B, 11.00
Caledonians v Lisnagry B, 2.00

YOUTH DIV TWO

Shelbourne v Mungret Reg, 2.00
Aisling C v Corbally Utd, 2.00, M Murphy

GER RYAN CUP

Caherdavin v Charleville, 2.00

THURSDAY MAR 19

PREMIER A CUP

Moyross v Charleville, 7.00, Jackman Park

SCHOOLBOY FIXTURES

SATURDAY MARCH 14

SKECHERS CUP U 13 Q - FINAL

Aisling/Annacotty v Kilcock Celtic
2.30pm Annacotty AWP.

U 15 REGIONS CUP Q-FINAL

Shelbourne v Kildimo Utd 11am
Shelbourne Park

U 13 PREMIER LEAGUE

Mungret/Reg ACaherdavin
Celtic11amMungret
Pike Rvs AShelbourne11amPike Grounds

U 13 DIV 1 LEAGUE

Fairview Rgs A v Aisling/Annac B
11amFairgreen
Regional Utd B v Ballynanty Rvs11am
Dooradoyle
Granville Rgs v Bridge Celtic 11am
Glenbrook

U 13 DIV 2 LEAGUE

Aisling/Annac C v Mungret/Reg B 11am
Kilonan
Geraldines v Summerville Rvs 11am
Garryowen

U 13 DIV 3 LEAGUE

Aisling/Annac D v Pike Rvs C 12.30pm
Kilonan
Parkville v Fairview Rgs B 12.30pm
Fairgreen

U 15 PREMIER LEAGUE

Mungret/Reg A v Fairview Rgs A 11am
Castlemungret
Regional Utd A v Pike Rvs A 12.30pm
Dooradoyle AWP

U 15 DIV 1 LEAGUE

Fairview Rgs B v Aisling/Annac B
2pmFairgreen
Ballynanty Rvs v Caherdavin Cel A
11amShelbourne Park
Corbally Utd A v Regional Utd B
11amAthlunkard
Parkville v Carew Park 11am Carew
Park

U 15 DIV 2 LEAGUE

Geraldines v Newport Town B
11amRathuard
Aisling/Annacotty C v Mungret/Reg
B11am Kilonan

ON THE BALL

“Limerick to the core...”

DONN O'SULLIVAN

Is Rugby in danger of losing its unique selling point?

During an interview process you will often be asked about your strengths and weaknesses as well as your 'unique selling point' or 'point of difference'

This is something you can be proud of, something you can laud over others and set yourself apart from the crowd.

Rugby Union has several unique selling points, many of which are alien to fans of other sports.

Clapping opponents off the field in a tunnel format, silence for kickers and scrums, to name just a few.

One of the most stand out differences however has always been the relationship between players and the referee.

Not only is it a unique selling point, rugby fans would have you believe that it is 'the' unique selling point. Lording it over every other sport and even to the point where they will constantly remind those looking on that this is 'not soccer'

Rugby referees the World over enjoy a safety net of respect. One that comes with years of tradition and values of the game.

A referee, at any level, can walk on to the field and know he will get

the respect his position deserves. Contrary to my 'forward orientated' friends who believe you cannot play rugby without the big men, you can't play anything without a referee.

The man in the middle has more often than not received the respect his position deserves on the rugby field, more than any other sport.

However, that respect was built on a two way street. The referee was front and centre in terms of being open to chatting with the captain and vice versa.

In the last number of seasons however, this tradition is being eroded. The 'art' of being a captain is becoming less and less important.

The advent of 'ref mics' has only highlighted the amount of opinions being given to the referee at any one time. Too many.

Munster fans will remember, not so fondly, the interactions between Paul O'Connell and Romain Poite over the years, which by the end were more one sided than a conversation.

The same can be said for last weekend as Alun Wyn Jones so articulately put it in his post match

Ireland captain Jonathan Sexton, right, and referee Romain Poite 'discuss' a decision during a Six Nations game this season



press conference.

"I've got 138 Tests for my country. If I react, I get a red card. It's tough, isn't it? Hopefully World Rugby have a look at it. Joe's a good bloke, lots of things happen on a rugby field.

"It's difficult as a captain these days because you can't speak to a ref about anything, it feels. There's a lot of footage that has been shown, it seems like a lot of supporters saw what happened. It's very frustrating that we talk a lot about TMOs and footage reviews, yet there doesn't seem to be a lot of it happening."

The key line there is the line about the referee. Jones, who had his genitalia grabbed by another player, felt he couldn't talk to the referee. That should be a watershed moment for rugby.

Already you can see some of the more 'vocal' players are being named captain, in a round about way of allowing them to voice their opinions, but the referees need to play ball too.

Too often we hear over the commentary, 'get back, get back' as the referee dismisses the captain.

We have seen over the years (Conor Murray) that some of the players are more in tune with the laws than others and they can often spot a referee error before others, even the referee can.

Rugby's unique selling point is in danger of being lost. The respect on the field, like respect in all walks of life, is a two way street.

Rugby is trying to fix new issues arising from CVC money, paywalls and tackle height, but they must not forget the age old policies which made it different to begin with.

COLM KINSELLA

Perish the thought but could coronavirus scupper the GAA championship?

THE Sunday newspaper headline looks to be a real game changer for Irish sport. 'Irish health authorities predict 1.9 million people will fall ill with coronavirus' - screamed the headline on the front of the Sunday Business Post.

The startling headline is enough to stop anyone in their tracks. It amounts to 40% of the Irish population contacting coronavirus.

Lest newspapers be accused of scare-mongering or exaggeration, the Health Service Executive later in the day said that it cannot dispute those projections.

It's important to remember that the vast majority of Covid-19 cases are mild and people make a full

recovery.

Experts say around 80% of cases of Covid-19 are a mild to moderate illness, close to 14% have severe disease and around 6% are critical.

In the face of the current global threat to human health, it might seem somewhat trivial to be contemplating what the impact might be on sport in Ireland in the coming weeks and months. However, for



many, sport provides an escape from the concerns people fretting over what impact the coronavirus potentially will have on their health, their work duties and the economy as a whole.

At this stage, the chances of major sporting events in Ireland not be impacted in a big way in the coming months look slim.

What will happen in the case of big GAA championship games, scheduled to start in just over two months time?

Tens of thousands of people are due to attend the big provincial championship fixtures.

Generally, you need to be 15 minutes or more in the vicinity

of a person infected with coronavirus, within 1-2 metres, to be considered at-risk or a close contact.

Obviously at 70-minute long championship games the distance between spectators is smaller than that.

Could the GAA championship be postponed for 2020? It seems like a real possibility, unfortunately, as we have seen from the major disruption to Italian sport in recent weeks.

It would be hard to see major GAA fixtures being played behind closed doors. A summer without the GAA championship in Ireland would be hard to contemplate.

COLM KINSELLA

'Delta' can make short work of his rivals in the Gold Cup

THE centrepiece of the mammoth four-day Cheltenham Festival takes place at 3.30pm this Friday with the staging of the Magners Gold Cup at Prestbury Park.

2019 winner Al Boum Photo will face a maximum of 11 rivals as he bids to make it back-to-back wins in the Blue Riband of Jump racing,

the £625,000 contest.

Al Boum Photo, trained by Willie Mullins, will be bidding to become the first horse since the Kauto Star (2007 & 2009) to win the prestigious contest twice.

Delta Work will bid to provide his trainer Gordon Elliott with a second Gold Cup on Friday, following the triumph of Don

Cossack four years ago.

Delta Work has bagged two Grade 1 prizes this season at Leopardstown in the Savills Chase and Paddy Power Irish Gold Cup, also run at the Foxrock venue.

Delta Work who finished third behind Topofthegame and Santini at last year's Festival before impressing at the Punchestown

Festival, has developed into a progressive staying chaser this winter.

Al Boum Photo tops the betting market for Friday's big race at odds of 7/2, but 5/1 shot Delta Work has strong each-way claims in the prized 3m 2f contest for top trainer Elliott.

For more see limerickleader.ie



Delta Work is our tip for the Cup

IS THAT ON THE BOX?

Editor Note: This is not a full list of games, for a full list see broadcasters schedule

Wednesday

HORSE RACING
CHELTENHAM
VIRGIN/ITV 1.30PM

SOCCER
MAN CITY V ARSENAL
SKY SPORTS 7.30PM

SOCCER
LIVERPOOL V ATL MADRID
BT SPORT 8PM

SOCCER
PSG V DORTMUND
BT SPORT 8PM

BASEBALL
ATHLETICS @ ANGELS
BT ESPN 8PM

Thursday

HORSE RACING
CHELTENHAM
VIRGIN/ITV 1.30PM

GOLF
THE PLAYERS CHAMPIONS
SKY SPORTS 5PM

SOCCER
LASK V MAN UTD
BT SPORT 5.55PM

RUGBY UNION
OLYMPIAKOS V WOLVES
BT SPORT 8PM

SOCCER
INTER V GETAFE
BT SPORT 8PM

Friday

RUGBY UNION
CHIEFS V HURRICANES
SKY SPORTS 6AM

HORSE RACING
CHELTENHAM
VIRGIN/ITV 5PM

SOCCER
MOTHERWELL V ABERDEEN
BT SPORT 7.45PM

SOCCER
FULHAM V BRENTFORD
SKY SPORTS 7.45PM

GOLF
THE PLAYERS CHAMPIONS
SKY SPORTS 8PM

Saturday

Can Pep keep his charges motivated to finish the season strong?



RUGBY UNION
BLUES V LIONS
SKY SPORTS 3AM

RUGBY UNION
SUNWOLVES V CRUSADERS
SKY SPORTS 5.35AM

RUGBY UNION
REDS V BULLS
SKY SPORTS 8.15AM

SOCCER
WATFORD V LEICESTER
BT SPORT 12.30PM

RUGBY UNION
WALES V SCOTLAND
BBC ONE/VIRGIN 2.15PM

HURLING
GALWAY V WEXFORD
TG4 3PM

SOCCER
MAN CITY V BURNLEY
PREMIER SPORT 3PM

GOLF
THE PLAYERS CHAMPIONS
SKY SPORTS 5PM

NASCAR
ATLANTA 200
PREMIER SPORT 5.30PM

SOCCER
ASTON VILLA V CHELSEA
SKY SPORTS 5.30PM

GAELIC FOOTBALL
DONEGAL V TYRONE
EIR SPORT 7PM

GAELIC FOOTBALL
ARMAGH V ROSCOMMON
EIR SPORT 7PM

SOCCER
DEPORTIVO V SP GIJON
LALIGA TV 8PM

RUGBY UNION
JAGUARES V HIGHLANDERS
SKY SPORTS 11PM

Sunday

SOCCER
WEST HAM V WOLVES
SKY SPORTS 2PM

GAELIC FOOTBALL
GALWAY V MAYO
TG4 2PM (LIVE)

GAELIC FOOTBALL
MONAGHAN V KERRY
TG4 2PM (DEFERRED)

HURLING
KILKENNY V WATERFORD
TG4 2PM (DEFERRED)

SOCCER
LIVINGSTON V HEARTS
BT SPORT 3PM

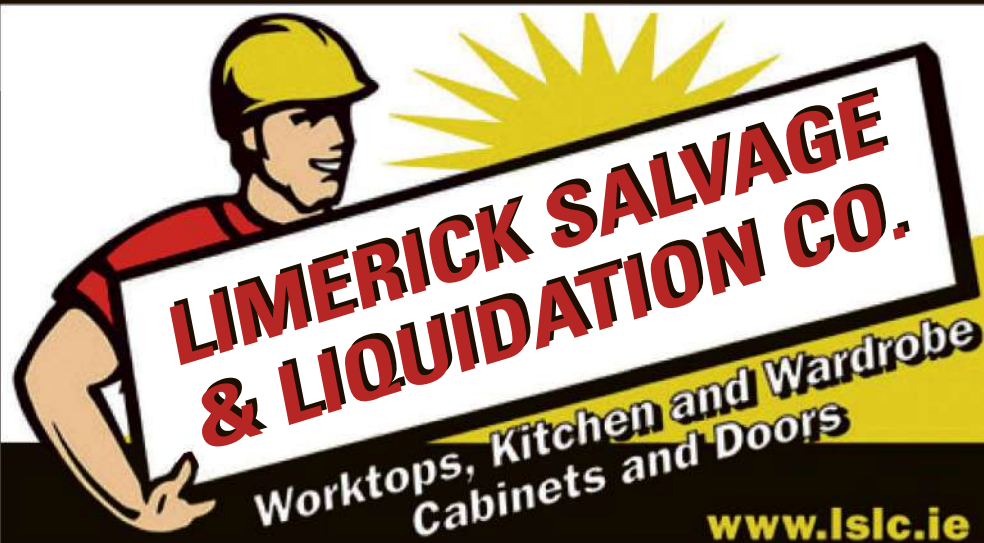
SOCCER
SPURS V MAN UTD
SKY SPORTS 4.30PM

GOLF
THE PLAYERS CHAMPIONS
SKY SPORTS 5PM

Cheltenham is underway and Virgin TV and ITV have you covered for the week



Kilkenny, Waterford, Wexford and Galway all play in the last eight



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THE WEEK**
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