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EDITORIAL

Welcome to our first Edition of Little Village Limerick. You can have a look at our article on the (BGR) Masterplan, an innovative project to integrate water and land spaces into a cohesive ecological and recreational network around Limerick city.

See what Festive Events are being hosted by Limerick this year to help spread holiday cheer for young and old. Also, we are delighted to report on how Limerick's €80m One Opera Square is on time and on budget.

Finally, see the Calendar of Events lined up for 2025 in Limerick.

On behalf of the Little Village Team we would like to wish you a very Happy Christmas and a Peaceful and Prosperous New Year.

Little Village Team

LITTLE VILLAGE MAGAZINE

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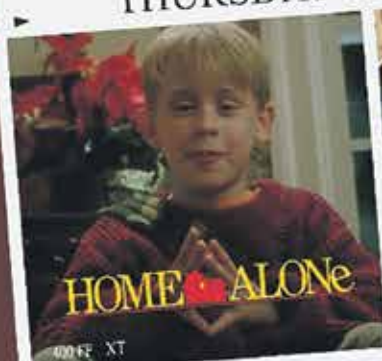
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Christmas in Limerick



Limerick is hosting a variety of festive events this Christmas season to spread holiday cheer. Here are some highlights:

Limerick Milk Market

The Milk Market transforms into a Christmas wonderland throughout December. Key events include:

- Christmas Art Fair (December 1): Featuring local artists and crafts.
- Antique, Vintage & Craft Fair (December 15).
- Santa Visits (December 14): Enjoy photo opportunities with Santa while supporting Limerick Suicide Watch.
- Famous Food Markets: Held every Saturday, offering seasonal favourites like artisan hampers, Christmas hams, and festive desserts

Crescent Shopping Centre

The Coca-Cola Truck makes a magical stop here on December 8, along with the opportunity to explore a vibrant shopping atmosphere, view festive murals, and enjoy Santa's Grotto. There are also amenities such as a cinema and dining options for a full day out

Additional Attractions

- Christmas at the Hunt Museum: Featuring a festive art fair.
 - City Centre Lights and Displays: Illuminating key streets and venues to create a magical experience
- These events, combined with Limerick's seasonal lights and community-focused celebrations, offer something for everyone. For more details, you can visit local event websites like Milk Market Limerick or Crescent Shopping Centre.

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One Opera Square Reaches Topping Out Milestone in Limerick



One Opera Square, a significant office development in the heart of Limerick, has officially reached its “topping out” milestone, marking the completion of its structural works.

The 106,000-square-foot building, located in a prime city centre location, is being developed by Treaty Stone Partnership, a joint venture between Limerick Twenty Thirty DAC and the Ireland Strategic Investment Fund (ISIF).

At the topping out ceremony, which celebrated the €80 million project reaching roof level “on time and on budget,” Barry O’Sullivan, Chairman of Treaty Stone Partnership, highlighted the development’s transformative role in the regeneration of this key city centre block. O’Sullivan emphasized that the project would serve as a catalyst for further revitalization, creating a sustainable, vibrant space in Limerick’s core.

Upon completion in April 2025, One Opera Square will offer over 106,000 square feet of office space spread across five floors, accommodating up to 1,000 employees. The building will also feature three restaurant/retail units at ground level. It will be the first commercial building in the Mid-West to achieve a high level of sustainable design accreditation and is set to become a global example of impact investing.

The wider Opera Square development, a key part of Limerick’s urban regeneration, will include a state-of-the-art civic plaza, a new city library, a hotel, apartments, and additional retail and restaurant units. This development forms part of a broader 3.7-acre landmark project, one of the largest city centre

developments in Ireland outside Dublin, which began three years ago and is expected to be completed in 2027.

The project’s construction has involved extensive demolition and enabling works, including the preservation of 16 out of 18 Georgian buildings on the site, as well as careful handling of archaeological features such as old walls, caverns, and vaults.

Limerick Mayor John Moran, who attended the ceremony, emphasized the symbolic significance of One Opera Square for the city’s future. “This development is a clear signal of Limerick’s vision and ambition,” Moran remarked. “It not only sets a new standard for office space in the Mid-West but also reinforces our commitment to sustainable and impactful urban regeneration. One Opera Square positions Limerick to compete on the global stage.”

Designed by Coady Architects and constructed by Sisk, the project’s integration of heritage with modernity sets a new benchmark for sustainable urban development in the region. Dr. Pat Daly, Director General of Limerick City and County Council, also praised the project, noting its lasting positive impact on both the community and the economy.

“One Opera Square is a true reflection of Limerick’s dedication to innovative, sustainable urban growth,” Daly said. “This project will create a lasting legacy, setting a new standard for office spaces in the Mid-West.”



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Limerick City and County Council (LCCC) is celebrating after scooping three awards at the Chambers Ireland Excellence in Local Government Awards



Riverfest Limerick was crowned Festival of the Year 2024.

The Local Authority Innovation Award went to the Council's Living Again: Vacancy, Dereliction and Reuse initiative and the Limerick Migrant Forum won in the Diversity & Inclusion category.

Mayor of Limerick, John Moran, commended the achievements, saying:

"These awards reflect the best of Limerick—our innovation, inclusivity, and ability to bring people together to celebrate our vibrant community. Riverfest Limerick continues to shine as a signature event, drawing thousands to our city, while forward thinking policies like tackling dereliction through Living Again and embracing inclusion through the Limerick Migrant Forum demonstrate the real impact of policies on people's lives. Congratulations to everyone who has contributed to these successes.

"I am proud to see my councillor and officials colleagues and others, show how Limerick leads by example, making our city and county a fantastic place to live, work, and visit."

Príomh Comhairleoir of Limerick City and County Council, Cllr Dan McSweeney added his

congratulations, saying:

"To win three awards at the Chambers Ireland Excellence in Local Government Awards is a remarkable achievement for Limerick City and County Council. These accolades not only celebrate the creativity and hard work behind Riverfest but also highlight the Council's leadership in addressing key issues such as vacancy and inclusion.

"The Living Again initiative and Limerick Migrant Forum are testaments to our commitment to improving quality of life for all. I want to extend my sincere thanks to the staff, councillors, and community partners who make these projects possible and ensure that Limerick continues to thrive."

Additionally, Limerick City and County Council was honoured to be shortlisted for the overall award of Local Authority of the Year, marking the third consecutive year the Council has been nominated for this esteemed accolade. LCCC won the title in 2023, solidifying its reputation as a leader in delivering excellence in local government services. The overall award this year went to Donegal County Council.

Director General of Limerick City and County Council, Dr Pat Daly highlighted the remarkable dedication of the Council's team:

"Three consecutive shortlistings for Local Authority of the Year, and winning in 2023, is a reflection of the unwavering commitment of our staff who work closely with the Mayor and councillors to deliver for the people of Limerick. Innovation, hard work, and focus on excellence ensure that we are consistently improving the quality of life for all our citizens. I want to thank every member of our team. I also want to congratulate Donegal County Council on winning Local Authority of the Year 2024."

About the Award Winners

The Vacancy, Dereliction and Reuse program has placed Limerick City and County Council as a key player in the housing market. LCCC are now providing a large supply of residential units for sale on the open market that would not be available without the intervention of the Council using powers under the Derelict Site Act, 1990. The Council envisages that this will continue on an

annual basis due to national figures on dereliction and vacancy.

The Limerick Migrant Integration Forum was established by Limerick City and County Council (LCCC) as part of the EU INTEgreat Project in partnership with Doras. The Forum aims to empower migrant communities in Limerick to promote social inclusion, integration and active participation in key decision-making bodies and networks in the region. The Forum boasts over 40 members from over 20 diverse backgrounds, each contributing to the rich cultural tapestry of Limerick.

Riverfest Limerick 2024 was a resounding success, featuring crowd favourites such as the Riverfest Fireworks, thrilling water sports displays, the ever-popular BBQ on the Boardwalk, and live entertainment. A majestic winged Pegasus parade thrilled thousand of people who gathered along the riverside. The festival's unique energy is beautifully captured in a video available [HERE](#).

Make the most of Limerick's next festival, for more information about Limerick's award-winning festivals and upcoming events, visit Limerick.ie.

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Seven Limerick schools are to benefit from Safe Routes to School programme (SRTS)



The initiative is funded by the Department of Transport through the National Transport Authority (NTA). The Environmental Education Unit of An Taisce is co-ordinating the programme.

The Active Travel team in Limerick City & County Council is tasked with delivering the infrastructure to provide the Scheme, following successful funding applications from the schools directly to the NTA.

The team then works on design proposals, in consultation with the school itself, the NTA, Council central services, elected members and other potentially impacted stakeholders such as nearby residents, businesses etc.

This latest phase will extend the popular 'School Zone' improvements to more schools across Limerick and the rest of the country, using recognisable design features, such as pencil shaped bollards, colourful road markings, improved footpaths and pedestrian crossings. This is intended to highlight the presence of the school and encourage traffic to slow down and increase walking, wheeling, scooting and cycling

among students.

For the first time, schools on Higher Speed Rural Roads (HSRR) will be included in the programme. The design approach at these schools will be different to the standard 'School Zone' approach with the focus being on alerting motorists to the presence of schools and encouraging lower speeds and more attentive driving. This will be achieved through signage and road markings at the front of the school.

The Limerick schools to have been added to the Scheme are:

School Zone improvements:

- Athea NS
- Scoil Mhuire NS, Murroe
- Shanagolden NS

HSRR schools:

- Carnane NS, Fedamore
- Glenbrohane NS

- Martinstown NS
- Scoil Ailbhe (Caherelly NS)

Schools in Limerick to have already benefitted from the Scheme include An Mhodhscoil, Roden Street; Gaelscoil Sáirséal, Shelbourne Road; St Paul's National School, Dooradoyle; St Nesson's National School, Mungret; Lisnagry National School; Laurel Hill Coláiste FCJ; Laurel Hill Secondary School FCJ and St Clement's College.

Mayor of Limerick, John Moran, said:

"It only seems like yesterday when I attended the launch of safer cycling facilities on the Fr Russell Road at my old national school at St Paul's in Dooradoyle with Minister Lawless and others, with that school having also benefitted from this initiative. It is doubly pleasing therefore to see seven further schools across the entire county, added so quickly to Limerick's Safe Routes to School programme.

Road safety across all of our county is a key component of the recently unveiled Mayoral Programme. But if we are serious about getting more people walking and cycling for healthier lifestyles, we have to do all we can so that especially vulnerable road users like school children have safe, sustainable transport choices.

And of course other parents gain too as we alleviate congestion at the school gates for those who still have to drive."

Senior Engineer with the Active Travel department at Limerick City & County Council, Sean McGlynn, commented:

"The Safe Routes to School programme is a significant part of the Active Travel team's work as we continue to expand and upgrade Limerick's walking and cycling network, across both the city and the county. The key element of this initiative is that the schools themselves have applied directly to the NTA for funding – in other words, each of these schools already has a keen interest and desire for safer facilities at drop-off and collection times. We look forward to beginning work with these schools and other various stakeholders in the near future to ensure the continued delivery of quality infrastructure benefitting Limerick schoolchildren."

Limerick City & County Council's Active Travel team was allocated €300,000 by the NTA in 2024 for the design and delivery of various Safe Routes to School schemes. It is anticipated that this funding allocation will increase in 2025 in line with the addition of new schools to the programme.




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Christmas Recipe

Black Forest Yule Log

It wouldn't be Christmas without a Yule log, and this one has a fruity, boozy hit of cherries and kirsch.

This decadent yule log recipe is sure to stand out on your Christmas dining table. With a Black Forest cherry flavoured twist and the addition of kirsch to give it a boozy hit, we're certain it will become a yule log recipe to repeat year after year.

Yields: 12 serving(s) Prep Time: 40 mins Cook Time: 20 mins Total Time: 1 hr

INGREDIENTS

For the cake

- Butter to grease
- 5 large eggs
- 100 g caster sugar, plus 2tsp to dust
- 1 tsp. vanilla extract
- 60 g plain flour
- 40 g cocoa powder, plus 2tsp to dust

For the filling

- 100 ml double cream
- 75 g white chocolate, melted and cooled
- 2 Tbsp. kirsch
- 5 Tbsp. cherry jam
- 125 g black cherries in syrup (drained weight), roughly chopped, we used Epicure for the ganache
- 200 g dark chocolate (70% cocoa)
- 200 ml double cream
- 1 Tbsp. golden syrup

DIRECTIONS

Step 1

Preheat oven to 180°C (160°C fan) mark 4. Grease and line a 23 x 33cm (9 x 13in) Swiss roll tin with baking parchment. Using a freestanding mixer or in a large bowl with a handheld electric whisk, beat eggs and caster sugar until extremely thick, about 5min. Beat in vanilla.

Step 2

Sift in flour and cocoa, and gently fold in with a large metal spoon. Scrape into prepared tin and level gently with a palette knife. Bake for 15min until sponge is firm to the touch. Dust top with the extra cocoa and caster sugar, lay a piece of baking parchment on top, then place a wire rack over the top. Invert sponge on to the parchment and



rack and gently peel away top lining parchment. While warm, carefully roll up sponge from a long edge, using the parchment to help. Cool on a wire rack (rolled).

Step 3

To make the ganache, whizz chocolate in a food processor until fine (or finely chop by hand), then tip into a heatproof bowl. Heat cream and golden syrup in a small pan over medium heat until almost boiling. Pour over chocolate, leave for 2min, then stir gently until melted. Cover loosely with clingfilm and set aside while you make the filling.

Step 4

Whisk cream until it just holds its shape. Beat in melted cooled white chocolate until stiff. Gently unroll sponge, then spread cream mixture over the top. Mix kirsch and jam and drizzle over the cream, then scatter over chopped cherries. With the help of the parchment, roll the sponge up again. Using a serrated knife, cut a short section diagonally from one end.

Step 5

Transfer to a large platter and place the cut section on one side to look like a stump. Slowly pour or spoon ganache over the sponge, spreading with a palette knife. Chill for at least 20min until set before serving.

St. Mary's Cathedral, Limerick: A Timeless Symbol of History and Faith



Nestled in the heart of Limerick city, St. Mary's Cathedral stands as a testament to nearly 850 years of history, spirituality, and architectural splendour. As one of Ireland's most historic and revered religious sites, this Anglican cathedral offers visitors an intimate glimpse into the city's rich heritage, cultural evolution, and spiritual life.

Historical Foundation

St. Mary's Cathedral was founded in 1168 by Donal Mor O'Brien, King of Thomond, making it one of the oldest buildings in Limerick still in daily use. Legend has it that the site was previously a Viking meeting place and later, a royal palace. Donal Mor O'Brien reputedly donated his palace to the Church, and remnants of the original structure are believed to be integrated into the cathedral's western doorway. The cathedral was consecrated for worship under the Church of Ireland and remains a vibrant spiritual hub today, serving as the seat of the Bishop of Limerick and Killaloe.

Architectural Marvel

St. Mary's Cathedral is a masterclass in medieval architecture, featuring elements of Romanesque, Gothic, and later styles, thanks to centuries of renovations and additions. The imposing facade, with its tall spire and intricate stonework, reflects the cathedral's enduring significance as a city landmark. The west doorway, believed to be part of the original palace, is one of the cathedral's most iconic features. It bears marks from Limerick's tumultuous past, including musket ball damage from the Siege of Limerick in the late 17th century. The interior boasts high vaulted ceilings, elaborate woodwork, and an array of carved misericords in the choir stalls, some

of which date back to the 15th century. The stained-glass windows are another highlight, casting a kaleidoscope of colours that enhance the serene atmosphere of the cathedral. These windows depict biblical scenes and figures, offering both a spiritual and artistic experience to visitors.

Cultural and Historical Significance

Beyond its religious functions, St. Mary's Cathedral has witnessed many of Limerick's pivotal historical events. During the Siege of Limerick in the 17th century, the cathedral was used as a stable and barracks for Cromwellian forces. Despite these periods of strife, the structure has endured, symbolizing resilience and continuity.

The cathedral also houses numerous historical artifacts and memorials. These include the grave of Donal Mor O'Brien, the founder, and various plaques commemorating Limerick's citizens and events. The churchyard contains weathered tombstones that tell stories of generations past.

A Living Heritage

Today, St. Mary's Cathedral is not just a place of worship but also a venue for cultural and community events. It hosts concerts, art exhibitions, and

educational tours, welcoming thousands of visitors annually. Its continued use underscores its role as a bridge between Limerick's medieval roots and its contemporary vibrancy.

The cathedral's Bells of St. Mary's are renowned for their beautiful chimes that resonate across the city, further embedding the cathedral in the auditory landscape of Limerick.

Visiting St. Mary's Cathedral

Visitors to St. Mary's Cathedral can explore its tranquil interior, marvel at the historical artifacts, and enjoy guided tours that provide deeper insights into its storied past. The adjacent gardens and grounds offer a peaceful retreat, perfect for reflection and appreciation of the site's beauty.

Conclusion

St. Mary's Cathedral, with its blend of history, architecture, and spirituality, remains a cornerstone of Limerick's identity. It stands as a silent witness to centuries of change while continuing to inspire awe and reverence. For anyone visiting Limerick, this remarkable cathedral is a must-see, offering an unforgettable journey into Ireland's rich cultural and spiritual heritage.

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Saoirse Ronan fronts heartbreaking appeal for ISPCC as Christmas dreams are revealed to be Christmas nightmares for thousands of children



Academy Award nominee Saoirse Ronan is the voice of Childline by ISPCC's Christmas Appeal as Ireland's only 24/7 listening service for children reports 50 children reach out weekly in relation to sexual, physical and emotional abuse

Saoirse urges the people of Ireland to “take a moment to think of all the young people in your community who could be going through this behind closed doors, alone, afraid and feeling unloved”

Link to ‘Once I was that Child’ radio campaign: <https://youtu.be/mrQrUdNKs8U>

Dublin, November 18, 2024 – Childline by ISPCC today launches a national Christmas appeal, voiced by actress Saoirse Ronan, with shocking statistics from Ireland's only 24/7 listening service for children and young people that reveal:

- 300 children a year contact Childline about sexual abuse involving rape, incest and being forced to watch and/or perform sexual acts
- 50 children a year are in the process of trying to take their own life while on the phone to the Childline team
- 50 contacts are received every week in relation to sexual, physical and emotional abuse
- Physical abuse contacts are related to domestic violence, hitting and physical punishment
- Physical abuse peaks when children are 13 years of age; sexual abuse peaks at the age of 16
- The Childline team spends the equivalent of 50 full days

a year talking to children and young people in immediate crisis

Academy Award nominee Saoirse Ronan has put her full support behind ISPCC's vital campaign to reveal the dark truths behind childhood in Ireland. “Once I was that Child,” a national radio campaign, is brought to full, terrible, haunting life by the power of Saoirse's performance. The Blitz and Outrun actress urges the listener to think of and donate to the ISPCC, which needs public support to continue its essential work helping so many traumatised children and young people.

Saoirse Ronan said: “For too many children and young people, Christmas doesn't mean presents or a happy day full of warmth and safety. Instead, it means abuse, neglect and loneliness. It breaks my heart to know that it can be nothing but a living nightmare for many of our young people across this country. Take a moment to think of all the young people in your community who could be going through this behind closed doors, alone, afraid, feeling unloved.

“At Childline, there is always someone there to listen, support and be there for them - while their world is crumbling around them. Childline has long been a cause close to my heart and I know that their vital work makes a

real and lasting difference. I am so proud to support this appeal and urge everyone to donate whatever they can to help ensure that Childline can remain a lifeline to children this Christmas.”

“Once I was that child, screaming inside as I was stolen and eaten alive.” This line spoken by Saoirse in the powerful radio campaign is a sentiment that tragically resonates only too well with the team at ISPCC.

Children and young people reach out to ISPCC’s team of trained volunteers and professional staff to tell them of the trauma they endure, which includes sex trafficking, experiencing choking and strangulation and being made to watch and perform sexual acts.

- Sophie’s* father has become so out of his mind on drugs at times that he has forced himself on her, thinking she is his partner. Sophie is terrified of him.
- Sixteen-year-old Aisling* is petrified of her fiftysomething “boyfriend” who makes her perform sexual acts that she doesn’t want to do.
- Conor*, who is only eight years old, lives in terror of his mother’s new partner who takes his anger out on him. He worries that no one would believe him, although he has the bruises to prove it.
- Orla* is 10 years old, fatherless and lonely. She rings Childline for company while she minds her three-year-

old brother when her mother leaves her alone to go out drinking.

It takes a lot of courage for a child to ring Childline, and the 24/7 Childline listening service means that there is always someone to listen if a child or young person needs to share their story, during the festive season and all through the year.

“This Christmas, we call on the people of Ireland to think of the children for whom Christmas is not a time of joy but instead just another nightmarish day in a life filled with trauma,” says John Church, ISPCC CEO.

Church continued: “Too many children in this country don’t have the Christmas they deserve. Unfortunately, we still have vulnerable children and families in situations drowning without the support they require and deserve – and have a right to. We depend on donations for up to 90% of the funding which keeps us listening 24 hours a day, seven days a week, 365 days of the year. Without your help, we wouldn’t be here for the children who need us so much.”

“Once I was that Child” will air on national and regional radio stations from Monday, November 25th.

To help Childline help those children whose Christmas dreams have turned to nightmares, go to ispcc.ie

*Names have been changed



The advertisement is a promotional graphic for Gleneagle Hotel & Apartments. On the left, a QR code is positioned above the text "Scan to purchase". Below this, a woman with long blonde hair is shown in profile, smiling and holding a blue Gleneagle gift card with a gold starburst. The right side of the ad features the Gleneagle logo (HOTEL & APARTMENTS) with four stars. Below the logo, the headline reads "Treat a loved one this Christmas". Three small images show a hotel room, a restaurant, and a gift card. At the bottom, text encourages using a Gleneagle gift voucher for hotels, breaks, concert tickets, and pampering, followed by a "PURCHASE TODAY!" button.



Limerick City and County Council, in collaboration with the inspirational Draw Out, is excited to announce the launch of the Wildlife Walls project

This initiative aims to enhance Limerick’s impressive portfolio of street art with high-impact, true-to-life depictions of local wildlife.

The project is generously funded by the National Parks and Wildlife Service Local Biodiversity Action Fund.

The first two murals, set to be completed by the end of 2024, will feature a stunning seed-eating siskin with striking plumage on Clery’s Furniture Clare Street and a fox with its unmistakable russet-red fur, pointed ears, and bushy tail at the corner of Athlunkard Street and Island Road.

Draw Out is a Limerick urban-art initiative that uses creative resources to reinvent urban spaces both visually and functionally.

Work has begun on the new artworks.

A non-statutory public consultation on the Limerick Biodiversity Action Plan 2025-2030 is inviting participants and can be viewed on MyPoint.

Sinead McDonnell, Biodiversity Officer, Limerick City and County Council, stated,

“The Wildlife Walls project aims to raise awareness of Limerick’s biodiversity. The images of the siskin and fox will animate the public consultation period of the Limerick Draft Biodiversity Action Plan 2025-2030, which runs until 7th January 2025.”

Catherine O’Halloran, Draw Out, added,

“Draw Out continues to transform the landscape of Limerick City with its wide range of street art. Wildlife Walls is a three-year collaboration that will see further additions in 2025 and 2026.”

Background

Biodiversity loss poses a significant challenge, comparable to climate change. Key statistics include:

- 26% of Irish bird species are now on the Red List of Birds of Conservation Concern.
- 63% of Irish birds are identified as declining.
- A 50% decline in pollinators since 1980, with two species extinct in the last 80 years.
- Over a 50% decline in Ireland’s and the UK’s native plant species, with native grasslands suffering the largest decline.
- Only 2% of Limerick waters are deemed to have a high ecological status, with 30% good, 32% moderate, and 35% poor.

The Irish Government declared a biodiversity emergency in 2019 and launched the country’s 4th National Biodiversity Action Plan in 2024.

About the National Biodiversity Officer Programme

Managed by the Heritage Council of Ireland, this programme supports biodiversity initiatives across the country.

About the National Parks and Wildlife Service

The NPWS manages, maintains, and develops state-owned national parks and nature reserves. It promotes awareness of natural heritage and biodiversity issues through education, outreach to schools, and stakeholder engagement. The NPWS is responsible for implementing Ireland’s 4th National Biodiversity Action Plan.



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Community Outreach Initiatives:

Sarah spearheaded several community outreach programs aimed at engaging local residents and promoting participation. These initiatives included organising meetings and public forums to foster dialogue between community members and local officials.

Youth Empowerment Programs:

since crime is so rife in Limerick, Sarah is addressing this issue from the ground up. She will look to facilitate various youth empowerment programs that provide mentorship, workshops, and resources for young individuals. These programs will focus on developing leadership skills, confidence, and community involvement among youths with the aim to provide a sense of purpose and value to deter youngsters from a life of crime.

Healthcare Accessibility Advocacy:

Sarah has been instrumental in advocating for improved healthcare access in underserved communities. She engages with local health organisations to ensure that those who need it are not overlooked. This includes the lobbying for the reopening of St. John's Hospital A&E Department.

Crisis Response Initiatives:

Sarah has been constant in supporting Limerick Treaty Suicide Prevention Team in their search for a base to operate from within Limerick City; specifically, by the water. This team provides an essential service to Limerick and Sarah has been unwavering in her determination to secure Limericks 4th Emergency service, a home.

Mental Health Awareness Campaigns:

Understanding the importance of mental health, Sarah has led initiatives to raise awareness about mental health issues in the community. Often speaking at seminars and support groups, aimed at reducing stigma and encouraging open conversations about mental well-being.

Partnerships with Local Organisations:

Sarah has fostered partnerships with various local organisations and nonprofits; including establishing Residents Associations where needed for those who feel they have no voice. These collaborations have enhanced the reach and effectiveness of Aontú's initiatives, amplifying community impact and awareness.

Research and Policy Development:

Sarah contributed to policy development through co-authoring 2 Dáil Bills around Puppy Farming and Dog Theft. These are currently ongoing in the Dáil and have passed first stage.

Advocacy for Social Justice:

A passionate advocate for social equity, Sarah has been involved in various campaigns aimed at addressing systemic inequalities such as illegal planning and lack of transparency within public institutions. She has worked on initiatives that seek to empower marginalised communities and promote inclusive policies within local governance.

These projects collectively highlight Sarah Beasley's dedication to community service and her leadership at Aontú. Her multifaceted approach has not only fostered positive change within the community but also inspired many individuals to become active participants in creating a better future for all.

WOW CHRISTMAS GIFTS FOR HER

It is a stereotype that men roll out of the pub and Christmas Eve and find the nearest pharmacy to buy their partner / wife / girlfriend whatever is left in cosmetic gift sets.



A bit harsh in the modern world but choosing for your female partner is often a real challenge. Avoid the mistake of the household appliance item and take our advice.

To truly “wow” your female partner this Christmas, consider gifts that blend thoughtfulness, luxury, and experiences tailored to her tastes. Here are some standout ideas:

1. Luxurious Jewellery or Watches

- Liwu Jewellery or Newbridge Silverware: These brands craft elegant Irish-inspired pieces. A personalized necklace, bracelet, or a timeless watch can make a lasting impression.
- Bespoke Fine Jewellery: Commission a custom piece featuring her favourite gemstones or a meaningful design.

2. Memorable Experiences

- Weekend Getaway: Book a stay at an iconic Irish castle like Ashford Castle or Dromoland Castle for a romantic escape.
- Unique Activities: Hot air balloon rides, private wine tastings, or an Irish seaweed bath experience are distinctive and memorable.

3. Designer and High-End Fashion

- Kilkenny Design's Lennon Courtney Collection: Elegant clothing and accessories inspired by Irish landscapes.
- Luxury Handbags: Brands like Mulberry or Strathberry

offer stylish and timeless options.

4. Tech with a Personal Touch

- Customized Smart Jewellery: A smart ring or bracelet that tracks fitness but looks like fine jewellery (e.g., Oura Ring).
- High-End Headphones: Noise-cancelling headphones like the Bose 700 or Apple AirPods Max in a personalized colour.

5. Ultimate Relaxation Gifts

- At-Home Spa Bundle: Include a luxury robe, Kinvara skincare products, and aromatherapy candles.
- Wellness Subscriptions: A subscription to a meditation app like Calm, or a yoga retreat.

6. Extraordinary Personalized Keepsakes

- Custom Portrait or Artwork: Commission a painting or digital illustration of the two of you.
- Personalized Star Map: A framed star map of a meaningful date and location in your relationship.

7. Big-Ticket Items

- Electric Bike: If she enjoys the outdoors, this is a fun and sustainable gift.
- Designer Luggage: A chic and functional luggage set for future adventures.

A “wow” gift should reflect your deep understanding of her preferences and desires. Think about her passions—whether it's art, travel, relaxation, or luxury—and choose something that feels uniquely her.



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WHAT'S HAPPENING IN LIMERICK IN 2025



Now is a good time to look forward to 2025 and Limerick has an exciting calendar of events lined up for 2025, showcasing its vibrant cultural and entertainment scene:

1. The Big Day Out (August 23, 2025):

A nostalgic pop-dance extravaganza featuring 90s and 00s icons like Peter Andre, Whigfield, Heather Small, DJ Sash!, and Ultrabeat. This event promises an energetic throwback party at the TUS Gaelic Grounds.

2. Limerick Sings Festival (June 6-8, 2025):

This beloved choral festival will bring local and international choirs to the city for workshops, concerts, and outdoor performances. Early bird booking is available for choir groups.

3. The Script in Concert (July 12, 2025):

Irish rock band The Script will perform their only 2025

Ireland show at Thomond Park, supported by James Bay. This will be a highlight of the summer concert season.

4. Cultural Events and Festivals:

Limerick will continue to host various arts, music, and cultural festivals throughout the year, celebrating the city's heritage and modern creativity. Popular venues like the Lime Tree Theatre and Belltable are expected to feature diverse performances.

Whether you're into music, arts, or vibrant community celebrations, Limerick in 2025 offers something for everyone!

BLUE AND GREEN RING LIMERICK

(BGR) Masterplan, an innovative project aiming to integrate water (blue) and land (green) spaces into a cohesive ecological and recreational network around the city.



The initiative envisions Ireland's first city-scale amenity and ecological corridor, with the potential to transform how natural spaces are utilized and preserved in urban settings. LUC, a multidisciplinary design team, has been appointed to advance the masterplan, focusing on connecting Limerick's natural heritage while enhancing biodiversity and public access.

The proposed corridor will incorporate major natural assets such as the River Shannon and key wetlands like Bunlicky,

Coonagh, and Westfields. It will also integrate habitats rich in biodiversity, including King's Island, Shannon Fields, the Baggot Estate, Ballinacurra Creek, Canal Bank, Toppin's Field, Groody Valley, and areas north of Thomond Weir.

The project aims to create a seamless link between these sites, fostering ecological sustainability while providing enhanced recreational opportunities for the community. This plan reflects Limerick's commitment to environmental stewardship and innovative urban design.

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NOSTRADAMUS' PREDICTIONS FOR 2025



Nostradamus, was a 16th century French astrologer, apothecary, physician, and reputed seer, who is best known for his book *Les Prophéties* (published in 1555), a collection of 942 poetic quatrains allegedly predicting future events.

Still today there is interest in his predictions. So what does he say about 2025. Based on interpretations of his cryptic quatrains, suggest several dramatic global events. Here are the key themes highlighted:

1. Natural Disasters: Nostradamus mentions volcanic eruptions and flooding, which some interpret as potential disasters in Brazil, particularly around the Amazon region and its capital, Brasília. These could signify flooding or increased volcanic activity in South America

2. War and Plague in Europe: He describes “cruel wars” and a resurgence of “ancient plagues,” which some interpret as a continuation of geopolitical tensions and potential new health crises in Europe. England is specifically mentioned in a context that some link to post-Brexit isolation and its implications

3. Cosmic Collision: There are references to a “fireball” or asteroid potentially nearing Earth, described as a “Harbinger of Fate.” This could be linked to the asteroid 2024 PT5, which is projected

to pass relatively close to Earth in early 2025. Despite the ominous tone, current projections suggest it poses no significant threat

4. The “Aquatic Empire”: Nostradamus allegedly foresees severe flooding displacing millions, possibly linked to rising sea levels from climate change. The emergence of a “mysterious leader” from the sea, forming an “Aquatic Empire,” symbolizes power shifts or challenges related to this crisis

5. Medical and Economic Shifts: Some interpretations point to significant breakthroughs in medicine, potentially related to advances like gene therapy, and economic upheavals involving new forms of currency or shifts in global wealth

These predictions are speculative and open to interpretation. While they align with modern concerns like climate change, geopolitical instability, and scientific advancements, they are not grounded in specific evidence. Nostradamus’ writings are often interpreted differently over time. Let us see what 2025 produces.

CHRISTMAS TV ADS

TV Christmas ads have become a popular feature of the festive season.

The most successful Christmas TV ads are memorable for their emotional appeal, creativity, and cultural impact. Here are a few standout examples:

1. John Lewis:

“The Long Wait” (2011): This ad features a boy eagerly anticipating Christmas—not for his own gifts, but to give one to his parents. It resonated widely for its heartwarming twist. “Monty the Penguin” (2014): This tells the story of a boy and his penguin friend longing for companionship, using a magical mix of imagination and emotion

2. Sainsbury's:

“1914” (2014): Based on the World War I Christmas Truce, this ad highlights a moment of humanity and connection during wartime, making it unforgettable

3. Coca-Cola:

Their “Holidays Are Coming” ad with iconic red trucks and the catchy jingle has been a staple since the 1990s,

symbolizing the start of the festive season for many

4. WestJet:

“Christmas Miracle” (2013): This Canadian airline’s ad involved passengers sharing their Christmas wishes before a flight, only to have the gifts waiting for them upon arrival. Its genuine surprises brought joy and became a viral hit

5. Heathrow Airport:

“Coming Home for Christmas” (2016): This ad features teddy bears navigating the airport to reunite with family, evoking nostalgia and warmth

6. Apple:

“The Surprise” (2019): This ad about a family cherishing memories of a late loved one shows how technology can strengthen emotional bonds during the holidays. These ads effectively combine storytelling, music, and visuals to create festive joy, often leaving a lasting impression that goes beyond their commercial purpose.

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