

Sybil Mulcahy made the observation: "The calibre of entries this year was incredible and we are delighted to see such a strong offering in our hospitality industry - it bodes extremely well for the tourism sector and for our economy as a whole."

In its 29th Year, the Gold Medal Awards are intensely competitive, drawing entries from hundreds of hotels, restaurants, guesthouses, spas and catering businesses every year. Each entrant is thoroughly evaluated by members of the Gold Medal Awards judging panel who travel the country in summer to search for Ireland's greatest purveyors of hospitality.

"We are thrilled to receive such an accolade for Limerick Strand as we have worked exceptionally hard to source and support local and Irish produce. Our executive chef Tom Flavin has a passion for traceability and sustainability and this is reflected in his menus and throughout our award winning hotel," commented general manager Stefan



Claireann McKeown, marketing manager; Stefan Lundstrom, Limerick Strand manager and Jacinta O'Rourke, Ashville Media Group

Pic: Paul Sherwood

Lundstrom.

Tom Flavin (Fáilte Ireland Food Champion) and his culinary team pride themselves in serving the finest quality of Irish and international cuisine. He is a member of the Limerick Food Strategy group, developing a Limerick Food Festival and coordinating a number of smaller relevant events.

comments Ray Conway, owner of Curragh Garden Centre. "People can come and pick their own pumpkin and take it home or bring to one of the marquees we will have set up to carve. Staff will be on hand to help with design and all carving utensils will be available all day."

Booking in advance is essential, Ray makes as the first pumpkin patch - a field of colorful pumpkins on a bed of hay - was fully booked. There's face painting and lots of other fun in the spirit of Halloween.

There will be lots for grown ups too. The coffee shop or take a stroll through the centre where there will be lots of seasonal produce for the Autumn "and with the hedging season the way, we will have bare-rooted hedging stock".

At Christmas this company is known

DESIGN

Transformation inspiration from Jody E

BASED in Garrykennedy County Tipperary, Jody Brown Design specialises in providing a range of expert and cost effective interior design services tailored to meet individual client needs.

Jody's experienced, artistic eye will help to make real your ideas and dream project. From the makeover of a bar or restaurant, to providing the interior design to an individual room or complete house, to a new build, conversion or extension, Jody can adapt to work with you and your needs. Don't just take her word for it - see the testimonials online.

Jody Brown Design offers a range of affordable packages. The most popular

service focuses on advising on colour schemes to bring houses, individual rooms or business premises to life.

The basic Transformation Inspiration package is €150 for up to two hours. Jody will meet with you in your home/ property to elaborate on interior design tips and tricks, helping you with everything from colour, to room layout, flooring, picture hanging, soft furnishings and so on to get you on your way.

If your plans are bigger, Jody offers a half day package at €250 for up to four hours. This gives you more time and is suited to larger projects.

Jody Brown Design can provide you with all your curtains, blinds and soft

furnishing needs. The company carries a wide range of fabric books from leading collections for you to choose from in the comfort of your home: Voyage, Moon, Ashley Wild, PT Prestigious Textiles and Art of the Loom, to name but a few.

Last words: "Get your orders in now before the Christmas rush..!!!"

Explore more on:

www.jodybrowndesign.ie

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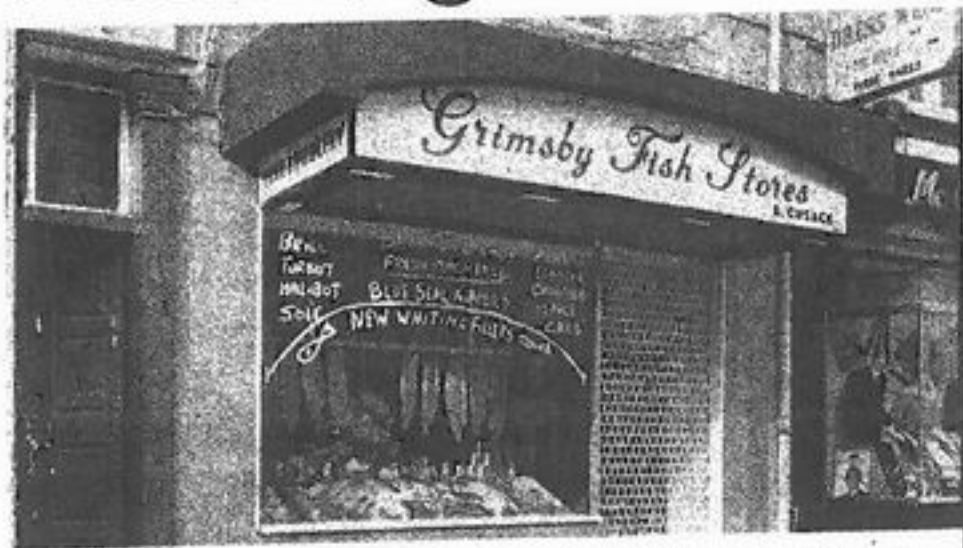
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RETAIL

Three generations of Cusack Fishmongers in Limerick



Ennis, Limerick Milk Market and St Alphonsus Street

PAUL Cusack's grandfather, Michael Cusack first established Grimsby Fish Stores on Bedford Row in 1910. Three generations later, 59 year-old Paul is continuing the family tradition, albeit under a different name and in a different era.

Paul's father René also ran the famous fishmonger business during the course of the past century. "The business, as we now know it, may have come

from humble beginnings but the retail chain continues to grow apace in the 21st century because we supply all of our own shops with fish from Limerick."

Paul Cusack says he is happy with the performance of the new retail stores and he is clearly delighted with the new store at Limerick's Milk Market: "Every Saturday morning people are queuing for our famous deep

fried calamari.

"While the retail side of the René Cusack business is clearly important there's a lot of hidden activities behind the scenes every day. There are now over 30 people employed by the company between the processing factory in Raheen and the three shops.

"Most of our fish is sourced whenever possible from Irish sources. We have signed up to 'Responsible Irish FISH' - promoting sustainable fishing in Ireland".

"We have a range of innovative fish products in our shops such as chilli and ginger stir fry prawns, salmon spring rolls, salmon burgers, salmon en croute, and many more in the pipeline.

"Today we have four chefs working within the company, developing new products headed up by executive head chef David Geoghegan."

Tel. 061-440 054

HOME

Glossy new showrooms at Glassworx at Annacotty

OPERATING out of Annacotty Business Park, Mirror & Glassworx is a Limerick company providing every glazing and glass design service. From double-glazing, low emission glass and triple-glazing, by Carey Glass, to customised mirrors and glassware, this company will measure and quote for design and install.

There is a brand new showroom open at Annacotty Business Park to better illustrate the variety in product lines such as splashbacks, kitchen, utility and bathrooms/ shower glass.

Splashbacks are a must to every household area indoors as they are super hygienic. There are no grooves or grout in which bacteria can harbour. The glass is cut to fit any wall available in any colour.

Made from Colourglass, splashbacks will protect walls from overflow and damage in a selection of finishes such as mirror, gloss, and glitter.

Consider a painted finish in a custom colour that offers a line of continuity with the colour of the glass splashback. Bear in mind that it can be fitted over existing tiles to give a facelift and carry a 10 year guarantee.

Make contact with Mirror & Glassworx Mulligan for more details on tel. 061-087-2808184. Open 8.30am to 5pm Monday to Saturday to 1pm.