

KITCHENWORLD
 TEL: 045 409 020
 VISIT: kitchenworld.ie

VISIT OUR
NEWBRIDGE SHOWROOM

Unit W8 D Tougher Business Park,
 Newbridge, Co. Kildare



SALE NOW ON
 UP TO 40% OFF SELECTED KITCHENS AND WARDROBES*
*TERMS & CONDITIONS APPLY. SEE IN-STORE FOR DETAILS

NEED A SKIP?

☎ **045 896 369**

DOLLY SKIP HIRE
 "Service you can rely on"

YOUR **FREE** LOCAL NEWSPAPER

Kildarepost

Thursday, December 26, 2019 www.kildarepost.com NEWS • ENTERTAINMENT • SPORT

HAPPY NEW YEAR TO ALL ACROSS KILDARE



CILLIAN IS TOP GOAL SPRINTER IN CLANE
 Winner of the timed sprint event at the Clane Goal Mile on St Stephen's Day, Cillian Ryan, is presented with his prize by Michael Kilbride of the organising committee. The Clane fun run was just one of 12 such events planned for Kildare this Christmas, which raise money for Goal's humanitarian work across the world. See more photos inside. Picture: Tony Keane

McKenna Haulage Limited

SUPPLIER OF SAND, STONE, PEBBLE, SCREENED TOPSOIL & SITE CLEARANCE

Derrymullen, Allenwood, Naas
 045 845839 / 045 845011
 info@mckennahaulage.ie
 www.mckennahaulage.ie

Wishing all of our readers and advertisers a Happy New Year!

NAAS OIL.ie
 Delivering to Kildare, Dublin, Wicklow, Carlow, Laois & Offaly

Tel: 045 871 771

PUNCHESTOWN
 CELEBRATE THE COUNTDOWN IN TOWN
 31 DECEMBER 2019

LADIES RACE FREE | RACE & DINE €79

+353 (0)45 897704 | PUNCHESTOWN.COM

Contact us

EDITORIAL

Rose Barrett O'Donoghue
News Editor / Multimedia Journalist
editor@kildarepost.com



Senan Hogan
Content Manager
senanhogan@kildarenow.com



Louise McCarthy
Senior Multimedia Journalist
louisemccarthy@kildarenow.com



Aishling Conway
Photographer
photos@kildarepost.com



COMMERCIAL TEAM

Anna Fortune
Commercial Manager
086 728 8898
anna.fortune@kildarepost.com



Cathryn Kelleher
Multimedia Account Manager
086 7288 778
cathryn.kelleher@kildarepost.com



Michael McHugh
Multimedia Account Manager
045 408 200
michael@kildarepost.com



GENERAL ENQUIRIES

Kildare Post
Unit W5D, Cherry Place,
Ladytown Business Park,
Naas, Co Kildare, W91 W26T
T: 045 408 200
www.kildarepost.com
www.kildarenow.com

Kildare Post Newspaper
Kildare Now
@KildareNowNews

KildareNow

NEWS

County Kildare has just half the necessary psychology staff

HENRY BAURESS
editor@kildarepost.com

Sixty children in Kildare were waiting 18 months or longer to see a psychologist at the end of October, according to figures given by the Health Service Executive (HSE) to Kildare North TD, Catherine Murphy of the Social Democrats.

Overall, there were 451 children on the waiting list, according to the information provided on October 29 last in a written parliamentary question.

When averaged out, the county waiting list is just over 8.7, or eight and a half months.

It appears from a second PQ asked by Deputy Murphy that the HSE currently only has half the complement of psychologists it estimates it needs for the county.

In total, 37% of the children are waiting for one year or more and 61% of the group are waiting six months or over.

The Social Democrats TD was told that in one area, Athy/Baltinglass, 48% are waiting one year or more and 76% are waiting six months or more.

The best area, in terms of short waiting times, appears to be Naas/Kill/Blessington where there were 13 children on the list — five waiting between three and five months and eight waiting up to one month. There were none waiting six months or more in this area.

The area with the biggest numbers waiting was the Newbridge/Kilcullen area (129 children), followed by Athy/Baltinglass (117).

Deputy Murphy raised the matter in a Dáil question and the HSE Head of Service for Primary Care responded.

There are two areas in Kildare



Of the 451 children, 61% are waiting six months or longer

with no psychologist cover at the moment — the Athy/Baltinglass area and the Kildare/Monasterevin/Rathangan area.

In addition to the 60 children waiting 18 months or longer, there were 108 waiting 12-17 months, another 106 waiting 6-11 months, one hundred waiting 2-5 months and 77 waiting for one month or less.

Of the 451 children, 61% are waiting six months or longer with another 22% waiting two to five months and 17% on the list for up to a month.

There are 37% waiting for twelve months or over.

The Newbridge/Kilcullen area represents 29% of the total, followed by Athy/Baltinglass (26%). Next is the Kildare/Monasterevin/Rathangan area with 81 children or 18% of the total, followed by the Leixlip/Maynooth/Kilcock area where there is a total of 76 on the overall waiting list, equivalent to 17% of the total.

The Clane/Kilmeague/Celbridge area has 35 children on the list (8% of the total), while the

Naas/Kill/Blessington area had 13 on the list, representing the smallest proportion of the six areas listed, 3%.

The Kildare Post averaged out the waiting list for each area, accounting (or weighting) for the proportion of children waiting for particular times.

The average waiting time was longest in Athy/Baltinglass — 10.8 months — followed by Newbridge/Kilcullen (9.3 months), Kildare/Monasterevin/Rathangan (8.8 months), Leixlip/Maynooth/Kilcock (8.7 months), Clane/Kilmeague/Celbridge (2.3 months) and Naas/Kill/Blessington (1.7 months).

In a separate, but related question, Deputy Murphy asked the number of young people and teenagers awaiting psychologist intervention services in county Kildare, the waiting time for each district and the staff currently providing services.

These figures suggest that currently the HSE has about half (seven of the 13.5 whole time equivalent) staff it requires for Kildare.

Deputy Murphy was told by Carol Cuffe, Head of Social Care (Dublin South, Kildare & West Wicklow Community Healthcare) that in the North Kildare team there were 135 young people waiting approximately 24-48 months, depending on priority.

There was currently 1.8 WTE staff working but the full complement should be 3.8 WTE.

In South Kildare, the HSE said there were 228 awaiting such intervention services and the waiting time was up to around 24 months. South has 3.5 WTE currently working and the HSE is currently recruiting another two WTE people.

The Mid Kildare team had 95 people on the list with the waiting time up to 24 months, depending on the level of priority.

There were currently 1.7 WTE working and the full complement required is 4.2 WTE.

On average the HSE anticipates there should be one staff person for every 34 young people and teenagers on the waiting list — but it only has half that number for Co Kildare.

INSIDE

Drugs and crime across the county,
PAGE 3

€2m investment in Curragh
PAGE 9

Kilcock school shortage of places
PAGE 8

Cat in the Christmas Crib!
PAGE 12



Plus all our regular weekly columns: Stylicious, Health, Motors, Sport, and more

Kevin Cronin ELECTRICAL

- Rewires
- Fuseboard Upgrades
- Extra Sockets
- Security Lighting
- Outdoor Sockets & Garden Lighting



Fully insured for all your electrical needs

All areas covered
No job too big or small
SAFE ELECTRIC Registered Electrical Contractor

Contact Kevin on 087 2545568
Email kevincroninelectrical@gmail.com

Glennons Funeral Directors

Est 1996 NEWBRIDGE & Allenwood
Our Family Caring for Yours

PH: John Glennon - 045 860110
Jim O'Connor - 086 8093492
Patsy Denagher - 087 6957595
Ian Glennon - 086 8979456



Complete Funeral Service - 24 HOURS 7 DAYS A WEEK
Servicing NEWBRIDGE - Milltown - Allenwood and Surrounding Areas
With new funeral home in Newbridge

FESTIVE FUN AT GOAL MILES



LEFT: Thomas James, Tessa, and Seamus Dillon, at the Clane Goal Mile on St Stephen's Day. BELOW LEFT: Aoife and Niamh Jordan at the Naas Goal Mile on Christmas Day. BELOW RIGHT: Ahmed Shommo from Naas displays his certificate after finishing the Naas Goal Mile. Pictures: Tony Keane



€250,000 worth of drugs seized before Christmas

Gardaí seized drugs with a street value of €250,000 in two separate operations in County Kildare over last weekend.

Cannabis herb worth €70,000 was confiscated on a plot of land in Kilmeague on Sunday last while €160,000 of cocaine and a further €20,000 of cannabis was recovered in a premises in Ballymore Eustace on Friday last.

The operation in Kilmeague was part of an intelligence led operation carried out by Gardai attached to the Naas Drugs Unit and assisted by regular Garda units.

Cannabis herb with an estimated street value of €70,000 (subject to analysis) was seized.

Two men aged 28 years and 33 years were arrested at the scene and both were detained at Naas Garda Station under Section 2 of the Criminal Justice (Drug Trafficking) Act 1996.

The man in his 20s, arrested in relation to this incident was charged with drugs-related offences and appeared before the Criminal Courts of Justice on Monday



The drugs seized in Kilmeague

last, December 23.

The man in his 30s, also arrested in relation to this incident, was released and a file will be prepared for the Director of Public Prosecutions.

BALLYMORE EUSTACE

Separately, on Friday, December 20, a search operation was conducted at a premises in Ballymore Eustace by Naas District Detective and Drugs Units and members of Naas

Regular Unit with the assistance of the Garda Air Support Unit. During the course of the operation, suspected cocaine (pending analysis) with an estimated street value of €160,000 was seized. Gardai also seized approximately €20,000 of suspected cannabis, tablets and mixing agents.

A man in his early 40s was arrested and detained under Section 2 of the Criminal Justice (Drug Trafficking) Act at Naas Garda Station.



Wedding Showcase
Saturday 4th January
12-4pm



NEWS

You can't put a price on Christmas joy!

CONOR MCHUGH
 editor@kildarepost.com

Great-grandfather Paddy Price (88) has been bringing joy to the village of Prosperous since 1965 with a Christmas lights display in his garden. People travel from far and wide to see the lights, but perhaps the most enchanting of all is Paddy himself.

His quietly spoken and gentle demeanor belies his powerful strength and razor-sharp mind, say documentary makers who have made a short feature about the Kildare man. "Funny, engaging and full of chat, Paddy's warm welcome to all who visit and is so special. He even has a

little heater in the child size Christmas house he built so the children don't get cold as they delight in the free lollipops and sweets he provides. They call him 'Paddy Christmas'."

Paddy now features in a mini documentary made by Irish bulb company Solus, as part of their effort to shine a spotlight on local heroes. Paddy, they told the Kildare Post, is the first in a series of stories highlighting ordinary people that do extraordinary things.

"We hear so much about celebrities and the elite or about non-profits but this is all about normal, everyday people choosing to make their lives and the world around them a better place,"

say Solus, which was established more than 80 years ago.

Back in 1965, there were not too many outdoor lighting displays for Christmas. Nowadays, every county in Ireland sparkles with Christmas lights that get more spectacular every year. Paddy, perhaps something of a trend setter, prefers to make his own displays in his tool shed and spends hours happily welding odd bits of leftover metal and making beautiful stars, angels and structures of all shapes and sizes.

He also has a beautiful handmade fully furnished wooden house, a Christmas village and even a life-size Santa's sleigh.



Children enjoying the Christmas features in Prosperous compiled by Paddy Price, which are featured in a short documentary commissioned by Solus



Great-grandfather Paddy Price (88) has been bringing joy to the village of Prosperous in Co Kildare since 1965 with his delightful Christmas lights display in his garden. See the short documentary about Paddy on www.kildarenow.com



NEED A SKIP?



Order Now for
Pre Christmas
Discounts Specials

NEED MORE SPACE? SKIP THAT WASTE!

DOLLY SKIP HIRE

"Service you can rely on"



045 896 369 | www.DollySkipHire.ie



Kildare has fewest low-income farmers after Dublin - Minister

SENAN HOGAN
editor@kildarepost.com

County Kildare has the second lowest number of farmers who avail of a farming-related income supplement payment, figures have revealed.

Minister for Employment and Social Protection Regina Doherty, said that up to the end of November 2019, there were 19 recipients of the Farm Assist Scheme in the Lilywhite county.

The lowest number of beneficiaries was in Dublin at 18 followed by Wicklow at 34 and Meath at 41.

Overall, the highest proportion of recipients was in Co Donegal with 1,116 while Mayo was at 915 and Galway at 576.

Farm Assist is a means-tested payment for low-income farmers.

To qualify for Farm Assist, you must be a farming in the state and be aged between 18 and 66 and satisfy a means test.

Under the guidelines, you must farm land that you own or lease and you must use it for taking produce.

Farm Assist is paid by the

Department of Employment Affairs and Social Protection.

The maximum weekly Farm Assist rates for 2019 were a personal rate of €203, €134.70 for a qualified adult and €34 (full-rate) for a child aged under 12 and €37 (full rate) for a child aged 12 and over.

Earlier this year, some farm organisations called for the scheme to be overhauled because the number of farmers receiving payments from the scheme has dropped to its lowest in the past six years, compared to 7,234 in 2018 and a peak of 10,303 in 2013.

The Department of Employment Affairs and Social Protection stated that the Farm Assist reduction can be attributed to a number of factors including the numbers of people taking up farming as a career, an increase in the level of farm income and the older age profile of the participants.

It added that approximately 30% of the current 5,966 recipients on the Farm Assist scheme are aged 60 years or older and 370 are aged less than 35 years.



There were 19 recipients of the Farm Assist Scheme in the Lilywhite county



GOING FOR GOAL IN CLANE

The Maher family – Darren and Emer with kids, Cillian, Alannah, and Fiachra – were pictured at the Goal Mile in Clane on St Stephen's Day. Picture: Tony Keane

Win free tickets to Naas Races in New Year

2019 Racecourse of the year, Naas Racecourse kicks off the National Hunt season with Lawlor's of Naas Grade One Novice Hurdle and Winter Ladies Day on Sunday, 5th January 2020.

The Kildare Post is offering readers the chance to win **THREE PAIRS** of General Admission tickets. **Simply email your name and contact details to competitions@kildarepost.com.**

The Grade One Lawlor's of Naas Novice Hurdle is the first major race of 2020 and will have a total prize fund of €90,000. It is a great indicator of what horses are set to make waves on the racing scene over the remainder of the season. Indeed, Gordon Elliott confirmed Envoi Allen for the feature race and is sure to

be one to watch.

Model, best-selling author and nutritionist Rosanna Davison will be the celebrity judge for the Best Dressed Lady competition on the day.

All ladies will receive a complimentary glass of mulled wine in the Ladies' Pavilion on entering.

The best dressed lady on the day will win a luxurious Suite stay at Lawlor's of Naas Town Centre Hotel, €1,500 worth of hairdressing and accessories from Alan Keville for Hair and a €1,500 voucher from Residence Day Spa in Naas.

There will also be hair and spa vouchers from the two fashion partners for four runners up on the day as well as a voucher for lunch for two in Lawlor's Bistro.

Rosanna will be

supported in her search for stylish, 'winter glam' outfits by a representative of each of the fashion sponsors and by Anna Fortune, Commercial Manager of The Kildare Post and Leinster Leader who is the media partner for the race day.

The day itself will feature top class racing and will include lots of activities for families and children. Naas Racecourse will be providing complimentary entertainment with a Magician performing from 2:15pm – 3:15pm in the onsite Inspire Child Development Creche. A face painter will be present on the day too.

There are seven races on the card on January 5. The first race goes to post at 12:50pm. Admission tickets are €15 for adults and children under 18 go free.

NEWS

Intel donates €15,000 to local branch of Society of St Vincent de Paul

SENAN HOGAN
editor@kildarepost.com

Intel employees have donated €15,000 to the local St Vincent de Paul (SVP) organisation in Celbridge.

SVP is the largest voluntary charitable organisation in Ireland and focuses on providing a practical approach to dealing with poverty, alleviating its effects on individuals and families. The important work of the society is particularly critical at this time of the year and with this in mind Intel once again decided to devote volunteering and charitable activities in December towards supporting the SVP.

One of the key activities supported by employees was the donation of over 450 specially assembled gift boxes as part of a shoebox appeal for SVP. The shoeboxes were assembled for children of a variety of ages and typically contain practical items, such as toiletries, along with toys, books and treats etc for the recipients. Intel also donated a number of Christmas hampers to the organisations.

In addition to these donations, this year, to coincide with the 30th

anniversary celebration of Intel in Ireland, a donation of €15,000 was made to the organisation. This donation was split between three local branches of the SVP — Leixlip, Celbridge and Maynooth — with representatives of each of the charities visiting Intel recently to receive the donations.

Speaking about Intel's continued engagement with the organisations, Intel Ireland External Relations Manager Lisa Harlow said, "The work of St Vincent de Paul is so important in our communities and I am delighted and proud that our employees have been able to support the local societies again this year."

"I hope that our contribution will help make a difference to the wonderful work that you do."

SVP was founded in Ireland in 1844, and has helped people in need through a Famine, a Civil War, a War of Independence, two World Wars and several economic recessions.

The society focuses on a practical approach to dealing with poverty, alleviating its effects on individuals and families through working primarily in person-to-person contact by a unique system of family visitation and seeking to achieve



Representatives of St Vincent de Paul in Celbridge with Intel employees

social justice and equality of opportunity for all citizens.

In addition to providing direct assistance to those in need, caring for the homeless, providing social housing, operating holiday homes and other social support activities, the Society promotes community

self-sufficiency, enabling people to help themselves. Any assistance offered by the Society is given in a non-judgemental spirit, based on the needs of the individual or family seeking help.

The Society respects the dignity of those who contact them, offering

assistance and advice when sought, maintaining their dignity while assisting them towards long-term self-sufficiency in a relationship of friendship, trust and confidentiality.

For more information, visit www.svp.ie.

Carols by Candlelight raises €800 for St Brigid's Hospice

PAULA CAMPBELL
editor@kildarepost.com

There was a great turnout at the Carols by Candlelight in St Brigid's Parish Church, Kildare, on Wednesday evening, December 11.

The Christmas fundraiser was hosted by the Kildare Town Community School choir, along with their teacher Laura Kavanagh. The service was described as a wonderful mix of reflections, prayers, poetry and, of course,

Christmas carols. The audience were treated to a wonderful array of carols, from the well-known traditional favourites to the new and modern.

Set in the beautiful and peaceful background of St Brigid's Church, the audience were entertained by the 50 pupil strong choir, ranging from first to sixth years.

"Christmas can be a very lonely and isolating time for many people in our community. This was an

opportunity to invite our neighbours, relations and loved ones together to cherish, celebrate and share the true meaning of Christmas. All proceeds go to St Brigid's Hospice in the Curragh" said a school spokesperson.

"We are grateful for all the support of this worthy cause. Being sick at Christmas is never easy and the amazing staff and facilities of the hospice give very welcome support to many in our surrounding area."



Pictured at the cheque presentation for €800 from Carols by Candlelight held at St Brigid's Church, Kildare town, were, above, the Choir of Kildare Community School with Mary Hackett, Deputy Principal, Ena Hanlon, Chair of the Friends of St Brigid's and Laura Kavanagh, Musical Director. Picture: Jimmy Fullam

Anderson & Leahy

FUNERAL DIRECTORS



Henry Street, Newbridge
Family run business for 3 generations providing a professional, personal and cost effective funeral service to the people of Kildare.

COMPLIMENTARY MEMORIAL CARDS ON THE DAY OF THE FUNERAL



Phone: 045 431742 (24/7) Daniel: 087 9560294
Michael 087 2545072 Seamus 087 7985240
www.andersonandleahyfuneraldirectors.ie
Email: michaelleahyfunerals@eircom.net
<https://www.leahymemorials.ie>



CARA Collection: Students and teachers from Blessington Community College pictured packing bags last weekend to raise money for CARA, a charity in Nairobi, Kenya that helps disadvantaged girls. Teachers and students will be volunteering for 10 days in May 2020 at the centre in Kenya. See Blessington Community College page at GoFundMe.com

NEWS

Posters of Kildare's missing Trevor Deely to appear in Irish prisons

KIM O'LEARY
 editor@kildarepost.com

The Irish Prison Service has partnered with An Garda Síochána and Crimestoppers this week to launch a new poster campaign which will be displayed in prisons across the country, featuring Kildare man Trevor Deely, who disappeared 19 years ago.

It is believed that the poster campaign is the first of its kind in the country to try solve a missing persons case by directly appealing to inmates for information.

Naas native Trevor Deely (22) went to his work Christmas party at the Hilton Hotel, Dublin 2, on December 7, 2000, before going to a nightclub on Leeson Street.

At 3.35am, on December 8, he called to his workplace at Bank of Ireland, Asset Management (BIAM) Offices, Fitzwilliam Place, D2. He was last sighted on CCTV passing the Bank of Ireland ATM on Haddington Road at 4.14am. Moments later, the same camera also captured a man

walking along in the same direction.

Trevor was reported missing by his family and an investigation was immediately launched by gardai. A fresh appeal was issued in April 2017, with gardai releasing digitally enhanced VHS footage taken on the night of Trevor's disappearance.

Gardai began the search of a three-acre woodland in Chapelizod in Dublin on 12 August 2017 as a result of new information they obtained. However, nothing was found to link the location to Trevor's disappearance despite a €100,000 reward and numerous appeals for information.

The Irish Prison Service confirmed the poster campaign is now in operation, with posters displayed in prisoner and visitors' areas this week.

"It is a unique and innovative way of continuing the ongoing co-operation and sharing of information between An Garda Síochána



Trevor Deely from Naas was reported missing 19 years ago.

and the Irish Prison Service, in conjunction with Crimestoppers, and the appeal is made directly to inmates who might not have access to the ongoing campaigns for information that happen regularly in the wider public outside of prisons," said a prison service spokesman.

Anyone with information can call Kildare gardai on 045 527 730, Pearse Street garda station on 01 666 9000, the Garda Confidential Line on 1800 666 111 or Crimestoppers on 1800 250 025.

€100,000 reward* for information on Trevor Deely

New CCTV footage shows a male acting suspiciously before Trevor Deely arrives at his workplace on Wilton Terrace, the morning of the 8th of December 2000.

Gardai are asking the public to view the CCTV footage at www.garda.ie

*A reward of up to €100,000 is being offered by Crimestoppers for information which significantly helps the investigation into Trevor's disappearance and details as to his whereabouts. This is a once-off amount being offered by a donor and is completely separate from Crimestoppers' normal reward system. If you wish to give information to help solve this case, call Crimestoppers. Callers can give information on a crime without providing their name and address.

CRIMESTOPPERS

Freephone 1800 25 00 25

The Irish Crimestoppers Trust is supported by:

The Dining Room Newbridge returns on December 27

The Dining Room will be back outside the Town Hall in Newbridge on the evening of Friday, December 27, from 7.45pm. Volunteers will be providing hot food, soup, sandwiches, tea and coffee to homeless people, people in emergency accommodation and those struggling in their own home.

Over the Christmas period, The Dining Room is also giving out special hampers and takeaway food bags on Wednesday and Friday evenings.

All are welcome and donations can include pots of porridge, noodles, pasta, meals in a mug, bottles of water, juices, shampoo and personal washing products, hats, scarves and gloves, sleeping bags and tents in the winter and more.

The Dining Room is located just in front of Newbridge Town Hall and food is given on Wednesdays and Fridays between 7.45pm and 10pm.

For more information or to volunteer call 089 236 8114.

NEW THAI RESTAURANT OPEN IN NAAS

Special Christmas Offer

Dining Special with Every 2 Starters & 2 Main Courses

Enjoy a FREE bottle of Wine

T&C's Apply, this offer is not valid with any other offers.

Family Friendly Restaurant

OPENING HOURS

Mon: 5pm - 10.30pm	🕒	Fri - Sat: 5pm to 11pm
Wed - Thu: 5pm to 10.30pm		Sun: 4pm to 10pm
Tue: Closed		

045 889 505

087 053 4205

Units H, I & Q Naas Town Centre, Wolfetone Street, Naas, Co-Kildare

Delivery Service: Local - €2.00, Johnstown-2.50, Sallins-3.00

Authentic Thai Food
Prepared by Thai Chefs With Over
15 Years Experience

NEWS

Shortage of school places in North Kildare needs urgent attention

HENRY BAURESS
 editor@kildarepost.com

Scoil Dara secondary school in Kilcock has asked the Department of Education for temporary accommodation at the school. Over 80 pupils at present have no place at the school for next year.

Labour's Emmet Stagg said he said he has been told by the Minister for Education that a request for temporary accommodation has been received from the school. "It has been advised to incorporate decanting solutions into its Design Plan for this building project and any identified need for temporary accommodation will be provided in that context," said Mr Stagg.

Mr Stagg said he wanted to

ensure that places are made available for pupils who have not as yet secured a place for next September.

"Over 80 pupils at present have no place at the school for next year and it is simply unacceptable for Kilcock students not to have a place for their secondary education here in Kilcock."

Welcoming the application for the temporary accommodation, Mr Stagg said that the school has already been approved for additional permanent accommodation for nine mainstream classrooms, two science labs and prep area and a crafts room. He said that whilst awaiting the delivery of these permanent buildings, the temporary accommodation should



Scoil Dara in Kilcock

resolve the current shortage of places for next September.

Meanwhile, North Kildare Deputy Frank O'Rourke (FF) has called on the Minister for Education to press ahead with the provision of the school campus for Celbridge.

"Three schools, Celbridge Community School, St Patricks National School, and St Raphael's Special School," stated Deputy

O'Rourke "are set to be co-located and we need to press ahead with the project without delay."

"All schools need a permanent location and having them on the same site as part of an educational campus make sense."

"We have a growing population and need to ensure that our educational facilities are fit for purpose given this growth."

"I have made repeated

representations and put down a parliamentary question to the Minister for Education in relation to this issue. I received a commitment that it is a priority for the Department of Education to progress this project."

"I will keep the pressure on the Department and the Minister to ensure that we make some progress for these schools," concluded Deputy O'Rourke.



DIGBY BRIDGE
 SAND & GRAVEL CO. LTD

**A BIG
 THANK YOU
 TO ALL OUR
 CUSTOMERS!**

2020

HAPPY NEW YEAR



045 397 066 | 086 023 4064

Kildare TD calls on Taoiseach to visit Curragh Camp in New Year

KIM O'LEARY
editor@kildarepost.com

The upgrade of the Cadet School at the Curragh Camp will reportedly cost two million euro, a Kildare TD has confirmed. It is understood that the Department of Defence has issued four separate tenders for contractors to carry out the upgrade works for the headquarters at the Defence Forces Training Centre.

In recent days, the Minister for Defence confirmed to Kildare

South TD Fiona O'Loughlin that two million euro is being spent on Plunkett Block 7 at the camp, when the Newbridge-based TD asked about upgrade works for the camp.

Deputy O'Loughlin said, "The Curragh Camp is the heart of the Defence Forces, and so funding must be invested into it. I visited the barracks with the committee for Foreign Affairs and Defence following my invitation from the committee to view the conditions. I've seen first-hand the conditions serving men and women are working and staying in — and they



The Defence Forces Training Centre at the Curragh Camp where a €2m investment has been confirmed

are absolutely not acceptable."

Deputy O'Loughlin said she welcomed the two million to be invested on upgrading Plunkett Block 7 and she is calling on the Taoiseach to visit the camp in the New Year.

"Morale in the Defence Forces is at an all-time low; the Minister is

aware of this and the Taoiseach is aware of it, yet, improvements in pay and working conditions for the Forces are being put on the long finger.

"I called for the Taoiseach to visit the camp in the New Year and I am hopeful he will accept this invitation and see for himself what

conditions are like.

"Our members deserve far better than they are currently getting and unless change happens quickly, the force will continue to plummet" concluded O'Loughlin.

The deadline for submission of tenders for the project is mid-January 2020.

PUNCHESTOWN

**CELEBRATE THE
COUNTDOWN IN TOWN**

31 DECEMBER 2019

LADIES RACE FREE | RACE & DINE €79

+353 (0)45 897704 | PUNCHESTOWN.COM

NEWS

Opposition to developer's plans to abandon creche proposal in Naas housing development

PAUL O'MEARA
editor@kildarepost.com

A number of Naas residents have come out against plans to replace a creche with apartments at a new residential development in the town.

The developer Cairn Holmes already has permission, granted in 2017, for the residential development at Craddockstown and this permission includes provision for a creche.

However, the developer has sought permission to roll back on the provision of a creche and instead build a dozen duplex apartments in the three storey building.

Cairn Homes is a major property developer and has built a number of developments in the Naas area, including Elsmore.

The company is also separately seeking to build

314 new residential units — 208 houses and 106 apartments — in Naas.

That decision will be made by An Bórd Pleanála (in February 2020) rather than by Kildare County Council because it is a strategic housing development — a fact criticised by Green Party councillor Vincent P Martin at a Naas Municipal District meeting. He said essential services are at breaking point in the Naas area.

“How many more do we think we can cope with?” he asked at a recent Naas Municipal District meeting.

Cllr Martin said there is a shortage of creche places with women seeking places before children are born, a shortage of school places and a shortage of medical (GP) cover.

He said it is time to put people at the heart of planning and added that traffic congestion is



The decision to replace a creche originally included in the planning permission for housing development by Cairn Homes in Naas, and to be replaced with single bed apartments, will be made by An Bórd Pleanála (in February next) rather than by Kildare County Council because it is a strategic housing development. This has been criticised by Naas MD councillors and neighbouring residents

Naas Co. Kildare • T: 045 409192 • W: magiccastle.ie



Tricky Tricksters Magic Castle

BIRTHDAY PARTIES

FREE Tea & Coffee
for Party Child Parents

UNLIMITED PLAY TIME
(until closing)

FREE

pass for the birthday child's next visit

10% DISCOUNT

when you book your second party
before the end of the year if you have
your first party in Sept



Laser Tag Parties
Best Selling Party for children aged 8+



BOOK EARLY TO AVOID DISAPPOINTMENT

TEL: 045 409192 • EMAIL: bookparty@magiccastle.ie



worsening in and around Naas as residents struggle to leave their estates.

A decision on whether to allow the developer to rescind the creche and construct the apartments will be made by Kildare County Council on January 15 next.

There was an objection to this by a resident of Oak Park, Craddockstown who said there's a shortage of quality childcare places and to neglect to include a creche “will increase pressure on already stretched local childcare facilities”.

The objector added: “Our experience as a young family moving to Naas was extreme difficulty securing a childcare place for our daughter. This difficulty will increase as there is large scale development of houses/apartment within the Naas area by large scale developers.”

Another couple living in Oak Park say that replacing the planning creche with residential development will be detrimental to stressed local childcare facilities and new apartments will take away from the parkland and landscaping which has been carried out to such a high standard.

They also say a dozen apartments will increase traffic congestion at Oak Park. Another resident, also living in Oak Park, says she moved there because a

creche was part of the original plan.

Cllr Bill Clear has also come out against the plan to omit the creche. The original planning permission included a creche. “This has to be built,” he said.

“The number of new houses in this development is approximately 258.

“This could mean there will be over 500 children living there. The creche is also in the middle of an area with a significant number of children that require childcare.”

He said many creches listed in the area are full and have a waiting list.

“They are also getting international callers looking to move to Ireland and this is causing a workforce deficit in Naas.”

He also said that for a number of reasons creches that were supposed to have been included, were not “and this has to stop”.

He added “serious population growth” is expected in Naas in the coming years and “to meet this demand we need more, not less creche places.”

Cllr Clear also said some 12,000 people come to Naas everyday to work and some of these seek creche places in Naas because of a dearth of places where they live.

A document prepared by a specialist on behalf of Cairn says that official guidelines generally recommend one

childcare facility for every 75 dwellings.

“But this isn't always appropriate and “the omission of a childcare facility may be allowable where there are single bedroom apartments or where there are adequate childcare facilities in adjoining developments.”

It's added that the guidelines could lead to an over provision of creche places.

“If there is over provision the creche facilities will not be commercially viable and will not be able to survive,” it argues.

The document also says that there are examples of creches throughout Ireland which have been provided as part of a scheme and which have either remained unoccupied or a change of use planning application has been submitted for an alternative use.

It argues that existing and proposed services including the creche at Elsmore (also developed by Cairn) could cater for the increased demand and there is no need for an additional childcare facility in the area

HAVE YOU A STORY?

Kildare Post

045 408 200

HAPPY CHRISTMAS AND HAPPY NEW YEAR FROM CONLANS PEUGEOT



PEUGEOT

Voted Irish Times favourite car of the year, the Peugeot 5008 seven-seater SUV,
From €32,950 including VAT. Call 045-524345 for a test drive.

OPENING HOURS: FESTIVE PERIOD

Sat 21 December	10-4 pm (SALES ONLY)
Mon 23 December	9-6 pm
Tue 24 December	CLOSED
Wed 25 December	CLOSED
Thurs 26 December	CLOSED
Fri 27 December	10-3pm (SALES ONLY)
Sat 28 December	10-3pm (SALES ONLY)
Mon 30 December	CLOSED
Tues 31 January	CLOSED
Wed 1 Jan	CLOSED
Thurs 2 Jan	Open as usual
Fri 4 Jan	Open as usual
Sat 5 Jan	Open as usual

CONLANS PEUGEOT, Rathangan, Co Kildare. **Tel:** 045 524345 **Web:** conlanspeugeot.ie

PET RESCUE



KWWSPCA

ANIMALS IN NEED

WWW.KWWSPCA.IE

No room at the inn – but a crib will do nicely!

A HAPPY CHRISTMAS FOR LITTLE BETH WHO NOW HAS HER FOREVER HOME!

There was no room in the inn for Baby Jesus according to the bible, but pussy cat Beth must have had an inner sense that by staying at (and under) the nativity crib in Newbridge, she knew divine intervention would be her best chance of salvation!

"After three days, little Beth was finally caught," said Sally McCaffrey of the KWWSPCA.

"She had been living under and around the nativity crib on the Main Street in Newbridge for days. She is a lovely little thing that is friendly to a point but just when we thought we had caught her, she would run back

and hide under the crib again".

"Thank you to Susan, Breda and another lady who were feeding her when we arrived. Thank you also to Michelle who drove miles each day to check on her. She is now safe. Very special thanks to Tina who has offered little Beth her forever home.

"Tina was flying past when we were trying to catch Beth and just shouted back that she would give her a home and true to her word, she contacted us that evening. Thank you so much Tina and thank you to all those who had a hand in looking out for Beth over the past week."

It may not have been divine intervention that rescued Beth, it

was the KWWSPCA and kind hearted volunteers — but who knows, "The Lord works in mysterious ways!" Here's wishing Beth and Tina a wonderful friendship.

"Best wishes for the New Year to all our supporters The KWWSPCA and all the animals still in its care hope that all our supporters and readers of The Kildare Post had a very Happy Christmas and we send best wishes to everyone for the New Year," added Sally.

CLOSING TIMES FOR NOAH'S ARK AND THE KWWSPCA SHELTER

Noah's Ark, the KWWSPCA's Charity Shop in Newbridge, will be closed from Monday, December 23, until 10 am on Thursday, January 2, when it will re-open with a HALF PRICE SALE.

The KWWSPCA Shelter is now closed to the public and will re-open on Monday, December 30.

KWWSPCA HELPLINE - 087 127 9835
KWWSPCA COMMUNITY CAT CARE GROUP - 087 251 7381
EMAIL: - KWWSPCA@GMAIL.COM
WEBSITE: - WWW.KWWSPCA.IE



Little Beth, right, was found living under the Christmas Crib (left) on Main St, Newbridge



Naas PAVING & PATIO Centre

NOW STOCKING THE AWARD WINNING AVOCA ARTIFICIAL GRASS RANGE

SUITABLE FOR ALL GARDEN SIZES
VERY COMPETITIVE PRICES
CALL IN TO SEE OUR DISPLAYS IN STORE!



LEINSTER SENIOR COLLEGE NEWBRIDGE

Leaving Cert & Junior Cert CHRISTMAS REVISION COURSES

30th Dec - 4th Jan 2020

Experienced teachers. Excellent notes provided.

For booking and course details go to www.leinsterseniocollege.ie or call (045) 487 811.



KildareNow.com AS THE NEWS HAPPENS

Naas Paving & Patio Centre, Newhall, Naas Co Kildare
045 879930 087 2582931 naaspaticentre.com info@naaspaticentre.com

des kelly
 INTERIORS
 WHERE QUALITY COSTS LESS

SALE NOW ON

UP TO 50% OFF



Flooring | Carpets | Beds | Mattresses | Furniture | Accessories

SALLINS

Clane Road, Sallins
 Co. Kildare
 Ph (045) 855950

Opening Hours:
 Sunday: Closed - Keep It Special
 Monday - Wednesday: 9am - 6pm
 Thursday - Friday: 9am - 6pm
 Saturday: 9am - 6pm

**WE SUPPLY & FIT YOUR FLOOR
 FROM START TO FINISH HASSLE FREE**

NEWS

Annual Curragh Dog Walk in aid of Kildare Animal Foundation on Sunday

KILDARE POST REPORTER
editor@kildarepost.com

This year marks the 11th annual Curragh Dog Walk which will take place on Sunday December 29 at noon. The annual walk, which brings together hundreds of dogs and their walkers, will raise funds for the Kildare Animal Foundation (KAF), based just outside Kildare town. Donations will be collected on the day from participants.

Each year, the Curragh Dog Walk attracts hundreds of walkers with their many different types of dogs, many of them rescued dogs. It's always quite a spectacle as humans and canines make their way through the Curragh.

The walk in total is approximately three miles but there are options for shortcuts for those who do not wish to do the entire walk. All dogs must be kept on a lead during the walk.

The walk starts out at noon from the trainers car park situated opposite the Curragh Racecourse and in front of TRI Equestrian Superstore. Along a route normally reserved for racehorses, the walkers will proceed down the tunnel, crossing under the road and then out onto road that runs alongside the Old Vic gallop.

Carmel Oakes, wife of Curragh trainer Frank Oakes is co-founder of the Curragh

Dog Walk. She stated, "The Annual Curragh Dog Walk has gone from strength to strength every year".

"We're hoping that this year people will come out in force again to support the great work of the Kildare Animal Foundation that relies solely on donations from the public to rescue, rehabilitate and rehome the many animals in their care. The work done by KAF for more than two decades is outstanding so we urge people to get up and come out and support the event. All donations collected at the walk go directly to towards saving and caring for these animals."

Kildare Animal Foundation has been in existence for over 20 years and rescues and re-homes a whole range of animals. In recent years, the foundation has established a much needed Wildlife Centre that rescues and safely releases injured and orphaned wildlife.

Carmel explained: "The Curragh Dog Walk is a great way to close out the year — a fun walk that will help shift some of the excesses from Christmas for both humans and dogs!

"Be assured that if you don't have a dog then you are more than welcome to come along, join the walk and enjoy the fun, relaxed atmosphere".

The walk takes place with the kind permission of the Curragh Racecourse.



KILDARE ANIMAL FOUNDATION



This year's annual Curragh Dog Walk is scheduled for Sunday, December 29 at 12 midday



Weatherseal Insulation Ltd.
Johnstown Business Centre, Johnstown, Naas, Co. Kildare

SAVE UP TO 40% ON HEATING COSTS

- WARM COSY HOME
- REDUCE HEATING BILLS
- IMPROVE BER RATING
- ALLOWS ROOF TO BREATHE
- CERTIFIED TO IRISH REGS
- GRANTS AVAILABLE



SPRAY FOAM YOUR HOME

T: 01 5143190 / 045 844 231 M: 086 0405758
E: info@weatherseal.ie W: weatherseal.ie



• Over 12,000 homeowners have trusted Weatherseal •



100's More Offers Instore

HARDWARE HEAVEN

Where Prices Are Heavenly

(059) 86-23814 CROOKSTOWN RETAIL PARK, BALLITORE, ATHY, CO. KILDARE

€10 SALE FOR 10 DAYS ENDS MONDAY 6TH JANUARY

 16" Grate €10	 30W LED Floodlight IP65 €10	 Chrome Door Handle (pair) €10	 42 Litre Flexible Tub 2 for €10	 2.5lt Soft Sheen Colours €10	 Galvanised Mop Bucket €10
 Whistle Kettle €10	 80 Litre Dustbin & Lid €10	 Ceiling Paint 5lt €10	 Soft Close Toilet Seat €10	 Gripster Gloves 12 pair €10	 Tub Solo Wood Screw €10
 5KG Bird Peanuts €10	 Beanie Hat with rechargeable Headtorch €10	 Builders Shovel €10	 Green Gone 5 Litre Makes 50 Litres €10	 TV Wall Bracket €10	 Tec7 Sealant €10
 Dunlop Wellies €10	 Wheelbarrow Wheel €10	 Stanley Hand Saw €10	 Ash Bucket & Lid €10	 Ashley Mail Box €10	 Storage Tool Box €10
 20kg Rapid Set Tile Adhesive €10	 Toilet Roll & Brush Holder €10	 Dummy CCTV Solar Camera €10	 White Shower Kit €10	 13" Yard Brush €10	 Spinning Mop Set Only €10

HURRY LIMITED STOCKS, WHEN THEY ARE GONE THEY ARE GONE!

NEWS

West Wicklow pool campaigners meet with Minister Simon Harris

ROSE B O'DONOGHUE
editor@kildarepost.com

Despite late cancellations from several Ministers and Dáil deputies last week, Minister of Health, Simon Harris TD honoured a commitment to meet members of the Community Pool for West Wicklow on Monday, December 23, last at the Square in Blessington.

Speaking to the Kildare Post, Deirdre McCormack, chair of the group stated it was a positive meeting with a further meeting with Minister of State for Sports and Tourism, Brendan Griffin TD and Minister Harris agreed for early 2020. (Ministers of State Brendan Griffin, Andrew Doyle, and Minister Harris all cancelled a meeting scheduled for December 18 at short notice)

"Monday's meeting also saw an agreement for a second meeting with all the interested stakeholders, our own committee, members of Wicklow County Council and Water Safety Ireland, etc. This will be an open discussion for all at a round table meeting.

"Furthermore, we will have a public information meeting next spring to keep the public and our supporters up to date. We held our monter raffle last weekend and to date, we've raised €15,000 in four

months for this campaign, People are so generous, thank you all for your support!"

Despite their disappointment last week after several ministers cancelled at short notice, the committee went ahead and met with deputies Stephen Donnelly (FF) and John Brady (SF) at the Dáil.

"As we had this meeting planned well in advance, and schedules agreed," said Deirdre. "We decided to go ahead and travel to the Dáil where we handed in Christmas cards written by children at a recent fundraiser in Russborough, wherein they appealed for a community pool for West Wicklow.

"We met with members of the opposition, Deputy Stephen Donnelly and Deputy John Brady, and also Cllr Avril Cronin (FG) who is PA to Andrew Doyle TD.

"We had a very long meeting with John Brady (SF) and then met with Stephen Donnelly (FF). So despite the ministers' cancellations, we really felt it was a positive visit. We handed in the cards made by the children to Cllr Cronin also, to be passed onto Deputy Doyle.

"Both Deputy Brady and Deputy Donnelly stated they would be putting in parliamentary questions on Stream 1 funding which was applied for in April



Deirdre McCormack, Marion McNally and Susan Rossiter of Community Pool for West Wicklow who met with Deputy Stephen Donnelly (FF) last week in the Dáil after several government ministers cancelled scheduled meetings

last by Wicklow County Council. This was applied for through the Large Scale Sports & Infrastructure Fund and usually has a six month response time. But here we are, Christmas has come and gone, and still no decision".

Some €300,000 was applied for, stated Deirdre, which was required for a detailed feasibility study to identify the most appropriate site for a community pool in West Wicklow.

"Deputy Donnelly further committed to request a meeting between Shane Ross, Minister for Sport and Transport and our committee."

"The deputies were very impressed with the committee's campaign work and fundraising to date. If other deputies or ministers don't wish to meet with us, that's fine; it's their loss, not ours! There's a general election approaching and we want to ensure the pressure is applied to keep our community pool on the agenda."

Deputy Donnelly praised the group and said he "was impressed with how well they were prepared with facts, figures etc". Having worked as a lifeguard previously, he added how important water safety is and he is convinced of the need for

everyone to learn to swim.

Following their meeting, Deputy Donnelly submitted the following PQs:

"To ask the Minister if he will meet with the team behind the campaign for a Community Pool for West Wicklow?" and "To ask the Minister if funding has been allocated in his department's budget for 2020 for a feasibility study for a new Community Pool in West Wicklow; if yes, when the funding might become available next year and if not, then whether there's any discretionary funding that could be applied for?"

The Campaign for Pool for West Wicklow, which formed last year to fight the campaign for a community pool, recently held a Christmas market at Russborough House, in order to fundraise and support their ongoing campaign. The event was a huge success, with two overflow car parks having to be opened on the day to support the crowds.

"We have lots of plans for 2020 and encourage anyone who would like to get involved to contact us by email at poolforWestWicklow@ gmail.com," concluded Deirdre.



Members of the Community Pool for West Wicklow committee with Deputy John Brady (SF)

ROD STEWART

TRIBUTE BAND

"Tonight's the Night"



GREEN ISLE HOTEL
CONFERENCE & LEISURE
SUPPER CLUB

SATURDAY 28TH DECEMBER 2019

<p>SHOW ONLY €25 per person Doors Open 9pm</p>	<p>Dinner, Show & Dancing TILL LATE!! €45 per person Doors Open 7pm</p>	<p>Overnight Package Available for €85 PPS Dinner, Show Bed & Breakfast</p>
--	---	--

Call for Details **01 4123700** or Email sales@greenislehotel.com

BOOK ONLINE AT EVENTBRITE www.greenislehotel.com

/GreenIsleLeisureHotel/
 @GreenIsleHotel

CALLAN RECYCLING & SKIP HIRE



**Drennanstown,
Rathangan, Co. Kildare**
Contact
045-528543
or email
CALLANSKIP@GMAIL.COM



Best Priced Skips Around

Opening Hours

Monday - Friday 7am - 6pm | Saturday 7am - 2pm
After Hours Deliveries can be arranged

MINI (2CY) MIDI(4CY) STANDARD (6CY)
(8CY) (12CY) (14CY)

(14CY) (20CY) (25CY) (35CY) (45CY)
ROLL ONS

We would like to wish all our customers a Happy and Peaceful Christmas

FOR A SERVICE YOU CAN RELY ON CALL NOW | FREEPHONE: 1800528543



BEST PRICED STONE AROUND WE SUPPLY ALL TYPES OF AGGREGATES

AREAS WE COVER



**Recycled
Crushed Concrete**



**Recycled
Screenings**



**Recycled Woodchip -
free to take away!**



**Pink Recycling
The Green Company**
Lo call: 1850 211735
Landline: 045 870 892



NEWS

Tesco donates 10 million meals through food donation programme

SENAN HOGAN
editor@kildarepost.com

Tesco said that it has reached a milestone of 10 million meals which it has donated through its Tesco Surplus Food Donations programme, in partnership with FoodCloud.

These meals have supported over 350 local community groups across Ireland, including family resource centres, soup kitchens, youth services, homeless organisations, meals on wheels and more.

It is a sad reality that for the one in every 11 people living in poverty in Ireland, the option for Christmas dinner won't be on the table.

To support those experiencing food poverty, Tesco is again this year offering surplus food donations from all of its 151 stores nationwide to existing charitable partners that receive surplus food donations daily throughout the year.

Ahead of Christmas Eve, FoodCloud had organised volunteers from over 75 causes nationwide including Cheeverstown House (Dublin), Cope Galway and Saint Vincent de

Paul Ballina who collected donations from Tesco stores and redistributed them to those in need in time for Christmas day.

It was planned for each cause to receive surplus food donations including products such as Christmas turkeys and hams, seasonal vegetables and fruit, fresh baked goods and more.

To ensure as much surplus food donations as possible made their way to worthy causes on time for Christmas day, FoodCloud's Dublin and Cork Rescue Projects ran on Christmas Eve, powered by vans donated by Tesco.

Individual volunteers manned the donated Tesco GHS vans and collected food donations from stores in both cities, dropping them directly to the many worthy causes in time for redistribution to families and those in need on Christmas Eve.

This week Tesco Ireland also donated seven decommissioned Grocery Home Shopping vans to FoodCloud, fully replacing a fleet donated to them in 2017.

This fleet of vans assists FoodCloud in its life-changing work

to reduce food poverty across Ireland.

Commenting on the momentous milestone and ahead of the Christmas Eve donations, Kari Daniels, CEO Tesco Ireland, said: "At Tesco, we have no time for waste. We believe it's simply not right that perfectly edible surplus food should go to waste when there are people in our communities who need it.

"We are proud to have been the first Irish retailer to launch a national surplus food donations programme with FoodCloud, working together to achieve a common goal that no good food goes to waste.

"Our partnership with FoodCloud celebrates a monumental milestone of reaching over 10 million meals donated to more than 350 community groups across Ireland, since 2014."

Aoibheann O'Brien, Co-founder of FoodCloud, said: "FoodCloud's first ever store trial took place with one Tesco Ireland store back in October 2013. FoodCloud had six charity-partners at that time.

"The idea that this partnership would reach a milestone of the



equivalent of 10 million meals was unimaginable!

"The impact that Tesco have had through their food donations programme has been transformative. Not only in supporting over 350 charitable causes in communities all over Ireland, but in connecting people

through food — be it through their colleagues, their customers, their charity partner contacts and the many volunteers who support to make the donations possible every single day. To everyone at Tesco, on behalf of FoodCloud and our charity partners all over Ireland we want to say an enormous thank you!"

Local road closed for over three years to reopen in March

SENAN HOGAN
editor@kildarepost.com

A local road in Ballymore Eustace, which has been closed for over three years, is due to reopen in March 2020, according to Kildare Co Council.

Cllr Evie Sammon of Fine Gael said works to repair the Coughlanstown Road (L6042) are scheduled to be completed in the third month of next year.

The road was closed in August 2016 after part of it subsided, affecting the daily travel plans of dozens of residents in areas such as Coughlanstown, Mullaboden, Dunstown and Harristown.

Cllr Sammon said: "Following on from a question I tabled at this month's Naas Municipal District meeting, I received confirmation

from engineer David Reel that work on the reinstatement of a road at Ballymore Eustace looks set to be completed by the end of the March 2020."

She added: "I was previously advised that the work to the river will be completed in February."

The issue of the closure has been repeatedly raised at local authority meetings by several politicians such as Cllr Sorcha O'Neill and Cllr Anne Breen. Coughlanstown Road has also been addressed on the floor of the Dáil by local TDs such as Fiona O'Loughlin and Martin Heydon. Over a year ago, the subject was commented on by Minister for Transport Shane Ross in the Dáil.

The minister said: "The improvement and maintenance of regional and local roads is the statutory responsibility of each

local authority, in accordance with the provisions of Section 13 of the Roads Act 1993. Works on those roads are funded from local authorities' own resources supplemented by State road grants.

"As the selection and prioritisation of works is the responsibility of the local authority, it is a matter for the Council to assess the options open to it in relation to this road, taking the position regarding utility services into account."

Notwithstanding the above, the 2019 regional and local road grant allocations will be announced in the New Year. It will then be open to Kildare County Council to fund works along the L6042 Coughlanstown Road from that grant allocation if it so wishes."



The L6042 was shut by the Council in August 2016 after a section of it became unstable due to subsidence. PICTURE: DEREK CLIFFORD

NEED A SKIP?
Call John 087-1905000

GILL
SKIP-HIRE



Grab Hire
 Available
 Site Clearance
 Undertaken Sand
 & Gravel Supplied
 Very Keen Rates

Servicing: Dublin, Kildare,
 Offaly & Surrounding Areas

Mini, Midi, Standard & Maxi Available

4 Yard • 6 Yard • 8 Yard • 10 Yard • 12 Yard • 14 Yard

All Major Credit Cards Accepted



*Hugh discounts
 on all skips
 for the month
 of December.*

Exclusive 5 yard skips
User friendly **only €230**

Contact John ☎ 087 1905000 / 087 1833253 / 046 9015624

✉ gillskiphire1@gmail.com

NEWS

'Thank you, Kildare and all our supporters'

Tiglin and Salesforce acknowledge huge generosity and goodwill

ROSE B O'DONOGHUE
editor@kildarepost.com

The last weekend before Christmas proved yet again the incredible generosity of Irish people and how Kildare as a community rallied in support of the more vulnerable in our society. Tiglin's annual Salesforce sleepout held almost two weeks ago received an additional push when Aubrey McCarthy, well-known local business man, chair and co founder of Tiglin, was interviewed on Newstalk with Pat Kenny.

In an engaging exchange on air, Kenny noted the positivity of McCarthy and like minded volunteers who seem upbeat rather than morose or defeated in face of the homeless crisis and growing addiction problems in modern Ireland. McCarthy stated that having seen years of success at Tiglin, of empowering and helping people to reclaim their lives beyond addiction, he can afford to feel upbeat.

The well-known auctioneer and businessman appealed to the public to support the ongoing GoFundMe as Salesforce had aimed at reaching €15,000 this year from the fundraiser, and again, the company promised to double the amount if that was achieved — and today, the GoFundMe page is at €15,875!

Phil Thompson, CEO at Tiglin,

noticed familiar names from his native Newbridge and surrounding communities popping up on the GoFundMe page.

"It was the final push that meant our target of €15,000 was reached, and once again the people of Co Kildare have helped us meet one of our goals; it also means that we can continue to reach out to those in addiction and homelessness."

Compounding the Christmas cheer and flying the flag for Kildare was Paul Donnelly as he once again stepped up to the plate and flew Santa Claus to the ladies centre at Brittas and also to Tiglin men's centre in Ashford.

Santa made a stopover at Glendalough Hotel before his exhaustive worldwide journey from Christmas Eve. "Thank you Paul Donnelly," said Thompson to the Kildare Post. "Paul literally delivered Christmas for the residents and their families at what can often be a difficult time of year. Thank you Paul and Santa, and all who supported the Tiglin-Salesforce sleepout!"

"Our sleepout was held on one of the filthiest, wettest night of the year," said McCarthy. "This is the fifth year that Salesforce has come on board to support this event. Colette Mason of Salesforce was determined to surpass last year's fundraiser which raised €12,000 — and Salesforce matched that, which resulted in a total of €24,000!"

"We held the event outside the Gaiety Theatre. Despite the appalling weather, spirits were high, with karaoke and carol singing. Very little sleep was had, but we had great fun and people were so generous. A new recruit this year was Colm from Calverstown, great to see Kildare faces in support.

"Niall Quinn dropped over to see us, as did others and it was much appreciated." McCarthy praised the ongoing support of Salesforce, a software company which also purchased the charity one of their Outreach buses.

"The bus, our No Bucks Café, has been done up like a mobile cafe, that goes into satellite parts of the city. We used to park under Clery's clock, run by volunteers, but we are now inside at the Lighthouse, near Trinity Court Hotel, on Pearse Street. The cafe bus now goes out to other areas and we give out toiletries, snacks and a friendly ear where it's needed" he said.

"We are deeply indebted to Salesforce, their support will help so many people on the programme and trying to reclaim their lives. Tiglin is tackling one of our greatest challenges in Ireland today. For many years, the Tiglin Challenge outreach team have served men and women affected by homelessness, drug and alcohol addiction on our streets".

In an engaging exchange on air



Santa and Elf making their visits to Tiglin centres in Co Wicklow

with presenter Pat Kenny, McCarthy discussed the purchase and transformation of Tiglin, a former youth hostel located in the Wicklow mountains. McCarthy and Thompson duly founded a ladies rehabilitation centre in Newbridge and later, purchased lands next to the hostel in Ashford, Co Wicklow.

"In 2008, Judge Gillian Hussey, made an appeal for an addiction centre for men to be introduced. She made the appeal at an event in Clontarf Castle, which I was attending as a volunteer auctioneer." In time, he stated, the former building of the hostel was put up for auction.

"Pat Carey was a FF Minister at the time, he came up to visit us and then gave us funding. I went to AIB and applied for a 110% loan — remember those back in the day! We bought the hostel, decided to keep the building which we felt was associated with youth and positivity, and we completely refurbished the building." The outbuildings too have since been converted into training rooms, a family meeting room, therapy rooms, dentist facility, etc.

"And now, we have over 90 people in the programme at any time. The men's 30-bed centre facilitates 30 residents with a 15-bed facility at Brittas Bay for women; our residential house at Greystones for the next phase of the programme can accommodate 35 residents plus there's a Tiglin day programme at Arklow."

McCarthy noted that 70% of residents undertaking a Tiglin programme would have experienced homelessness.

Kenny noted on air that Tiglin was "not all about preaching and telling people to mend their ways", it seemed to offer a far more comprehensive life-changing programme.

"Remember Deckie?" replied McCarthy. "Your researcher

Aishling interviewed him years ago. I came across him selling drugs on Talbot Street. He was in a bad way then. This week, he held a dinner at a yacht club in Dun Laoghaire, to raise funds for a programme he now runs. Deckie helps people coming out of care; he has a degree, a Masters in Social Care.

"Life beyond addiction, that's what we give at Tiglin. We are a satellite campus for Carlow IT, so when someone comes out of care at Tiglin and they're asked 'What were you doing for the last 10 months?', they can say 'I have a CV with FETAC Level 5, etc.'"

"We have a strict after-care programme, with support; our after-care houses in Co Wicklow are peer led and we have a high percentage of success". People who have come through the system, been educated and up-skilled, are best placed to help others through their rehabilitation, he felt, and noted there was about 46 people in the day care programme in Arklow.

"Aubrey, you're so positive," said Pat Kenny during the live broadcast. "You're not a bit morose or negative about homelessness — how come?"

McCarthy replied: "When you see people in the gutter, in a horrible place but we at Tiglin have so many supports to help them, to help them help themselves... to progress them, to refer them to any of the many residential programmes (not just Tiglin's). We have a psychiatric nurse, we have counsellors; we can connect with MABS, we can signpost you on the way... we have so many supports.

"One chap who came to us for help, he was on every substance imaginable, now he has his own restaurant and employs over 20 people. That's what Tiglin does, life beyond addiction".

You can still donate to the GoFundMe Salesforce Tiglin sleepout page.



Paul Donnelly kindly collected Santa Claus and Elf, along with Tiglin Chair Aubrey McCarthy, and took them to visit the ladies and men's centres in Co Wicklow

NAAS NISSAN

**KILDARE'S LOCAL NISSAN DEALER
FOR SALES, SERVICE, WARRANTY & PARTS**



Innovation
that excites



The NEW Nissan Juke

Order today for January delivery - Up to €3,500 Scrappage available also

OPEN 27TH 28TH AND 30TH DECEMBER 10AM - 3PM

- Massively increased boot space
- Coupe style crossover design
- Increased head & leg room
- Improved Infotainment system
- Massively reduced road noise
- LED lights now as standard
- Improved power & fuel efficiency
- Longer wheel base & improved space
- Automatic option available for €1,650
- Scrappage available
- Loaded with Technology
- Advanced safety systems & features



NAAS NISSAN, NEWHALL, NAAS - AT THE BUNDLE OF STICKS ROUNDABOUT | www.naas.nissan.ie
Phone: 045 888 438 | Open: Monday to Friday 9am-6pm, Saturday 10am-4pm



Stockton
2m Rectangular Dining Table
Now Only €699
Save €500
(or €23.30 per month APR 0%)



Sonoma
2m Oval Dining Table

Now Only €749
Save €550
(or €24.97 per month APR 0%)



Embrace
4'6" Bed Frame
Now Only €649
Save €550
(or €21.63 per month APR 0%)

EZ *living* INTERIORS

EZ LIVING INTERIORS SANDYFORD:
The Boulevard, Sandyford, 18, Dublin
EZ LIVING INTERIORS NAAS:
Globe Retail Park, Naas, Kildare
EZ LIVING INTERIORS NAVAN:
Navan Retail Park, Athboy Rd, Navan

EZ LIVING INTERIORS DROGHEDA:
M1 Retail Park, Drogheda
EZ LIVING INTERIORS WEXFORD:
Wexford Retail Park, Wexford Town, **Now Open!**



www.ezlivinginteriors.com

***20% Deposit & Balance Over 24 Months. Minimum Spend Of €500 Applies. 0% APR Finance**

EZ living INTERIORS

EVERYTHING REDUCED

Winter SALE

Sofas • Dining • Bedroom • Accessories

Scott
2.5 Seater Leather Sofa

Now On!

Now Only
€1399
Save €1000
(or €46.63 per
month APR 0%)

The **Other Side** of the **Coin****The Acupuncture Treatment of Asthma** **Sharing the ancient wisdom that is Chinese medicine**

Asthma is characterized by wheezing attacks with shortness of breath, which are usually worse at night.

Sometimes there is a dry cough. The onset of attack is sudden and is followed by tightness of the chest. Acupuncture can have a remarkable effect in stopping an acute asthma attack and treatment in between attacks can get to the root cause, which is usually a deficiency of the lungs and kidney.

Many patients experience immediate relief after an acupuncture treatment, feeling that the airway blockage was simply removed.

Stimulation of acupuncture points can relieve both physical and emotional stress, possibly because they trigger the release of neurotransmitters in the brain.

The patient can therefore experience both a physical release from his bronchial constriction, and also an emotional or psychological

release from the fear of constriction and suffocation.

Acupuncture is well documented in successfully treating asthma and isn't it great that we have this 5,000 year old natural healing method other wise people would just have to rely on drugs.

People should do their own research into the natural healing methods available today rather than make Western medicine their first choice when it comes to healing their body.

Healing the body naturally using the tried and tested techniques acupuncture and Chinese herbal medicine should be the preferred method of choice when it comes to your health especially if you want a treatment devoid of the nasty side effects associated with taking Western drugs as a medicine.

Mind Medicine

Energetically and psychologically asthma can sometimes be due to a

constrictive or fearful experience at birth when taking our first breath.

Asthma is sometimes called the "silent scream" the desire to enter into life is followed by contraction and fear of doing so. Shallow breathing is a way of protecting ourselves from having to deal with reality.

The asthmatic person can be quite dependent on a parent or spouse, always needing another person's validation or approval.

Asthma may indicate something we need to express or get off our chest but we have not yet developed the courage or means to do so.

The taking in of a deep breath is saying yes to life and moving forward becoming independent. Just as our lungs expand and contract, so they represent our ability to expand share and enter into life, or if we choose the opposite to contract, isolate and retreat from life.

So the way we think, feel and view life can make the

difference between sickness and health.

As a supplement to acupuncture exercises like Tai Chi, Qi Gong and Yoga are excellent for opening up the bodies energy channels and expanding the chest through proper breathing and body movement.

Caesarean Birth can cause Asthma

Research has shown that babies born having the umbilical cord severed prematurely have a higher incidence of allergic asthma in later life due to the fact that prematurely severing the umbilical cord interrupts the vital flow of hormones and immune cells from the placenta to the offspring and the excretion of waste products from the baby to the placenta, there is an interesting connection here with the traditional Chinese use of placenta extract injection into certain acupuncture points to treat allergic asthma.

Those born by Caesarean

section also have a higher incidence of asthma due to the fact that the very last development of the lungs and kidneys takes place in the birth canal which is denied for obvious reasons to those born Caesarean.

Hospitals nowadays are all too quick use Csesarean section as a convenience rather than as a necessity.

Course of Treatment

The treatment of allergic asthma will take two to three months to produce good lasting results. Both Acupuncture and Chinese Herbs are very effective alone or in combination.

If children can be treated fairly early after the development of the disease, the course of treatment will be much shorter.

If the patient is on inhalers such as Ventolin it is not necessary to stop them, as the need to use them will automatically decrease as the Acupuncture/Herbal treatment progresses.

Indeed most

acupuncturists use the decrease in use of the inhalers as a benchmark to the effectiveness of the acupuncture treatments.

It is much better though if the patient can reduce oral steroids very gradually as soon as possible as they have many side-effects, the main one being that of inducing a deficiency of the Kidney energy in the long run.

As allergic asthma is based on a deficiency of the Kidney's Defensive-Qi system (immune system), oral steroids, although affording relief in the short run, can only make it worse in the long run.

Acupuncture and natural medicine has been treating this disorder for centuries successfully.

Western medicine only uses the quick fix approach to asthma, although ok in the short term, a successful treatment modality like acupuncture should be sought out in order to find a long term solution to your problem.

Kim-Dip.Ac. Lic.Ac. C.Ac. China MQP is a registered licensed practitioner of Chinese Medicine. Treatments are VHi, LAYA healthcare (formerly Quinn), Hibernian Health (Vivas) and HSF Healthplan approved. E mail kim@naturalhealthireland.com or write to the Natural Health Centre, Millfield, Buncrana, Tel. 074/9362606, From North 00353749362606 or to the The Traditional Chinese Medical Practice, 5 Academy Court, Oliver Plunkett Rd., Letterkenny, Tel. 0863981882, from North 00353863981882. Visit the Website www.naturalhealthireland.com



KILDARE & WICKLOW EDUCATION AND TRAINING BOARD

FETCHCOURSES.IE

VTOS NOW ENROLLING

for full time courses

Increase your employment prospects by upskilling or retraining.

Courses are free for people over 21 years of age and in receipt of (or are a dependant spouse in receipt of) an eligible social welfare payment for at least 6 months prior to joining. There are no tuition fees or charges for books and materials.

Contact details:

North Kildare (Leixlip)
Eilis Clare
T: 01 6246420
M: 087 397 7750
vtosleixlip@kwetb.ie

Mid Kildare (Newbridge)
T: 045 434 297
M: 087 188 9291
vtosnewbridge@kwetb.ie

South Kildare (Athy)
Una Burke
T: 059 863 2044
M: 087 978 7727
vtosathy@kwetb.ie

COURSE LIST

1. Retail Practice
2. Business Studies
3. Healthcare Support
4. eBusiness
5. General Studies
6. Information & Communication Technology Skills
7. Computer Systems & Network Maintenance
8. Art
9. Community Healthcare
10. Youthwork
11. Employment Skills



EUROPEAN UNION
Investing in your future
European Social Fund



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



Your No.1 STOP if you want it, we have it!



ECO STOVE Ireland
 wraps your house in warmth

- Heats from 6 - 15 stoves
- No Radiators No ducting or electrics required
- Heats your home with 7-10kg of wood logs
- Retain heat for up to 12 hours after the fire has gone out
- Will not overheat the room (balanced heating)
- Low maintenance payback on cost of stove can be less than 4 years in fuel cost saving!



Pellet Stoves
 • Boiler • Non Boiler • Free Standing • Insert
Working models on display




FIREPLACE & STOVES PACKAGES

from **€799**



Boiler Stoves
 from **€790**



DRY STOVES
 FROM 4KW - 21KW
 • Free Standing • Insert
 from **€299**

*Wishing All Our Customers
 A Very Happy Christmas
 and a Prosperous New Year*

✓ DELIVERY & FITTING SERVICE AVAILABLE ✓ CHECK OUT OUR FACEBOOK PAGE FOR SPECIAL OFFERS AND PACKAGE DEALS

Mullagh, Kilcock,
 Co. Meath,
 Eircode W23 WDX8

On the R125
 between Kilcock
 & Dunshaughlin

Opening Hours:
 Mon-Fri 9am-6pm
 & Sat 9am - 4pm

Phone 01-628 7563 /
 01-628 7890


NEWS

Conflict and climate change making life difficult for people in need

SENAN HOGAN
editor@kildarepost.com

The Concern aid agency has urged Kildare people to never lose their compassion for people in need around the world.

The charity's CEO Dominic MacSorley said that conflict and climate change has increased the need for vital services in far-flung locations.

In a pre-Christmas message, Mr MacSorley said: "At this time of year, it is important that we remember the power of compassion, and the importance of those who choose to act in the face of suffering.

PEOPLE IN NEED

"We live in a world where conflict and climate change have pushed the number of people in need to unprecedented levels, where levels of intolerance are growing across Europe and the US, and where here at home a rise in homelessness, particularly in Dublin, has driven a record demand for services. It is

vital that we retain our compassion and our commitment to never look away.

"The Irish public remains our biggest donor and enable us to never look away. We never forget this and on behalf of Concern, I want to sincerely thank you, the Irish public, for your time, your engagement, and your generosity this year, and through the years. Your support is true solidarity in action, and for that, we thank you."

1984 FAMINE

Mr MacSorley told an anecdote about Beth Jackson, a nurse from Donegal, who volunteered with Concern in Ethiopia during the devastating 1984 famine.

He added: "The experience of witnessing such extraordinary suffering compelled her to do something more when she returned to her hometown of Ballybofey. With the support of family and friends in neighbouring Stranolar, she started the Twin Towns Action group. Over the years it has raised

over a million Euro for those most in need around the world.

"At the same time as the Twin Towns group was starting, I began my first job with Concern in the refugee camps on the Thai-Cambodian border. One of my housemates was Shelia, a phenomenal nurse from Cork. Shelia went home after her assignment and I had not seen or heard from her since those early days - that is until last week.

COMMUNITY WORK

"Unexpectedly I got a Christmas card from her, telling me all her news. Like many of the nurses who returned to Ireland after working with Concern, she went into public health nursing, continuing the experience of community work.

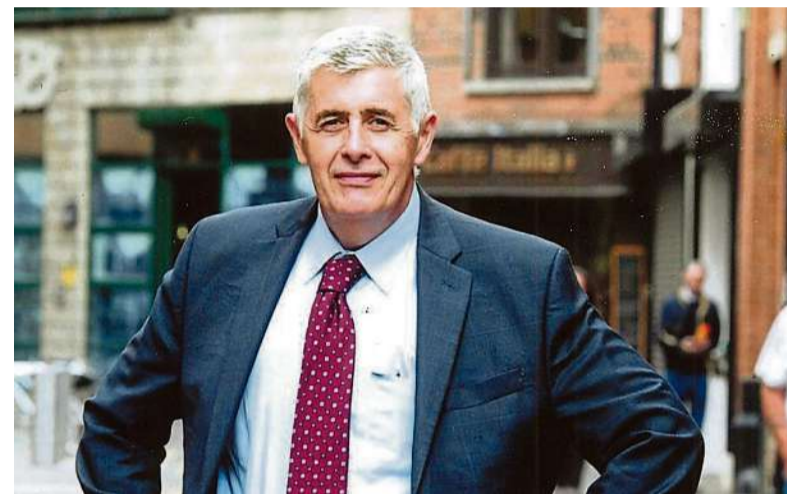
"What struck me most though was the fact that Sheila's card did not have the usual Christmas greeting. Instead, it wished me a 'Happy anti-racist Christmas'. It reminded me that compassion knows no borders; it is not confined

to a time in life, to one worthy cause or the other.

"It can be focused on particular groups, and in our line of work we focus on life in extremis - on those living at the sharpest end of hardship and survival. But compassion is not a judgment of one over the other. It is not about either,

or. It's about a shared humanity.

Shelia and Beth, like most of us, inherently care about social injustice at home and abroad. It is this compassion, this impulse to help address the suffering of others wherever they may be, which is actually at the heart of who we are as a nation. We must never lose this."



Dominic MacSorley, CEO OF Concern Worldwide.

Children's hospital receives support from lottery company

The Children's Medical and Research Foundation (CMRF) Crumlin has been chosen by the online lottery company Lottoland as one of their new charity partners this Christmas.

Lottoland representatives presented CMRF, Crumlin with a ticket worth €500 for the largest lottery bet in the world, the annual Spanish El Gordo Christmas Lottery, worth €2.3bn, which takes place every year on December 22nd

URGENT TREATMENT

Grainne Kennedy, Head of Philanthropy and Partnerships at CMRF said "I can see first-hand the difference that any donation can make in Crumlin hospital. I had the privilege recently of meeting a mother of one of the young patients in CHI at Crumlin. She told me - "It's not until you're in this desperate situation, with a small child or a baby who so badly needs critical and urgent treatment, that you realise you would give any amount of money to make sure the resources are there, the equipment is there, the staff is there. We're one of the lucky families for sure. But it's more than just luck. Every



ABOVE: Graham Ross of Lottoland and Grainne Kennedy of the CMRF announcing the new partnership

child should have this chance, but it only comes from more funding, more research, more staff and more equipment. That's what it all comes down to, and that's how babies will have the best possible chance at surviving, at being operated on quickly. That's why support is so absolutely important." - and that's why we are very grateful to Lottoland for coming onboard to support our fundraising efforts."

Graham Ross Lottoland's Irish Country Manager said "There isn't anyone in Ireland who's family or friends

haven't been touched by the amazing work done by the amazing medical professionals and staff in Crumlin Hospital. We, at Lottoland, are proud to support the Tiny Hearts Appeal and CMRF this Christmas. We have our fingers crossed that this hugely worthy charity strikes it lucky in Saturday's El Gordo Christmas Lottery where the €4 million top prize would more than meet the charity's 2020 fundraising target, delivering a Feliz Navidad with a difference for those most in need of our support and help."

NAAS OIL.ie

Delivering to Kildare, Dublin, Wicklow, Carlow, Laois & Offaly

Tel: 045 871 771

**NO DELIVERY TOO BIG
OR TOO SMALL.....**



**Budget Plan Available call TODAY
for more information.**

Order your Home Heating Oil
now on **(045) 871771** **NAAS OIL.ie**

Visit us on our Website to order on www.naasoil.ie





Debbie Tansey, Vanessa O'Neill, at the start of the Kildare Santa Dash 2019 in Kill on Sunday morning, December 22, supporting Saplings Special School for children with autism and complex needs



Rosemary Ryan, with Arno, Bláthnaid, Ellie, and Amelie Albergaria, Kildare Santa Dash 2019 in Kill

Out & About

SANTA DASH IN KILL IN AID OF SAPLINGS

Pictures: TONY KEANE



Valerie Barrett, Emily Wrafter, Paula Daly



Brendan and Marie Lawlor



Part of the huge turnout for the Kildare Santa Dash 2019 in Kill, Sunday morning, December 22, supporting Saplings Special School for children with autism and complex needs



Leona Farrell, Therese Cullen



Kate and Tadhg McMorrow



Leona Farrell, Peter Maguire, Therese Cullen, Noel Clancy, Barney Daniels, Edenderry AC.



Treacy family, Rebecca, Zoe, Anju, Rachel, Paul, Eamonn, and Jim



Óisín, Anthony, Sean, and Maura Hennessy

LIFESTYLE

HSE tips and advice on how not to be overwhelmed during the holiday season

Don't allow yourself to feel threatened by the festive cheer

ROSE B O'DONOGHUE
editor@kildarepost.com

Christmas and the festive 'hype' can bring a lot of demands such as financial, social and family anxieties. This is especially true for vulnerable people, or people already feeling under pressure. All this excessive good will and joy, excessive meals, excessive social drinking - with an expectancy for all to feel the same — and just as the Christmas season is over, the New Year cycle of partying commences!

Where many people prefer not to be engulfed in what feels like an unnatural atmosphere of joy and conviviality, the expectancy of family and friends that everyone should participate only puts further pressure on those more emotionally vulnerable at Christmas.

So, it's important to plan ahead to avoid feeling



Reflect on what you've achieved this year — As the end of the year approaches, try not to be hard on yourself for things you thought you should have achieved by now. Accept yourself and where you are right now.

Practice self-care this Christmas — Treat yourself with kindness, we are often our own harshest critics, unforgiving and unrelenting in the pressure we put on ourselves. A way of beginning to learn self-compassion is to begin to notice your negative self-talk, for example saying to yourself, 'I sounded stupid when I said that', or 'only I could have made such a bad job of that' etc. The RAIN of Self-Compassion from Tara Brach is a very helpful tool to change your inner voice:

- **Recognise what you are saying to yourself,**
- **Accept - do not try and push it away**
- **Investigate with kindness**
- **Nurture yourself/don't React - learn to respond and not react to oneself.**

Show compassion for others — often at Christmas, some people can feel more lonely and isolated than normal. A thoughtful gesture can make a real difference. This could be spending time with someone or offering them a listening ear.

Healthy habits — at times like Christmas, it's easy to fall out of your normal routine. Your body clock can change and it's not unusual to over-indulge in many different ways. As a result, your motivation levels can drop and you can feel bloated, sluggish and unwell. Maintain your healthy habits by:

- **Keeping up a regular sleep pattern**
- **Making an effort to exercise outdoors**
- **Eating a good diet**
- **Limiting your alcohol intake**
- **Staying connected to others, isolating ourselves can make a bad situation feel much worse.**

Dr O'Connor advises that it's important to take time out this Christmas to rest and recharge when needed, "If you are feeling drained in any way, find yourself a quiet space to breathe, and restore your energy. Christmas might be all about giving, but it is important to give to yourself too.

"The science behind this

advice is convincing. When we breathe into the belly even for short amounts of time like five to 10 minutes we connect inside and ground ourselves in our bodies.

Taking notice of the breath coming in and out helps us to come back into the present moment, the physiological effects are profound. When we do this simple practice we release important chemicals in our bodies that help us to calm down and to gather ourselves up which can help us to feel much better.

"Research shows that helping others increases your own sense of wellbeing. Research also tells us that when we are around others that we can more easily tap into the soothing system in our bodies.

"This is when we come out of fear based reactions and into that part of our nervous system which is at ease and relaxed. This is conjured up by the image of a dog lying beside the fireplace or that of a mother soothing her baby to sleep.

"When we come into this soothing system we find it easier to relate to others and we release a hormone called Oxytocin which is the love hormone. The great news is that being around others helps us all to tap into this soothing system. What's more, being around your dog also releases the love hormone in you and your pet! Our connections with others can make a big difference to how we feel this Christmas

However please seek professional help if you need it. Despite your best efforts, you might feel low, stressed, sad or anxious over Christmas. You can talk to your GP before Christmas about what support they can offer you or avail of mental health support services during Christmas."

See YourMentalHealth.ie or call the Your Mental Health Information Line - 1800 111 888. Freephone any time to find supports and services near you.

HopeD, Newbridge: call 087 151 3535

The Samaritans Helpline: 116 123 for free 24/7 help

Pieta House Helpline: 1800 247 247 or text HELP to 51444.

overwhelmed, not to allow yourself to be swept up and 'consumed' by all this festive good cheer. You can't choose when Christmas comes, but you can choose to help yourself get through it.

Dr Hester O Connor, Clinical Psychologist and HSE Principal Psychology Manager, offers the following advice:

"This Christmas period, use the time to reflect on how far you have come and all you have achieved. A helpful way of doing this is to note down the things that you have achieved this year, reflect on what you managed to accomplish even if it seems small or insignificant. Taking note in this way is a concrete step that demonstrates to you what you have managed to achieve. When you have the list compiled have a feeling of gratitude towards yourself and towards others who may have helped you. We build resilience more easily if we are realistic and take stock of our current situation."

HSE Mental Health shares some ways that might help:

Set realistic expectations — be honest and realistic about what you can expect from the season. Don't compare yourself with other people. Don't expect that Christmas will be perfect. Instead, focus on one or two things that are most important to you at Christmas. This year, have a simpler festive season.

**MERRY CHRISTMAS
&
HAPPY NEW YEAR
TO ALL OUR
CUSTOMERS
FROM ALL STAFF**

Toughers
Steakhouse, Bar & Function Rooms
NAAS
www.toughersrestaurant.ie



Mark Mahony, Lukasz Cisowski, Michael Dinneny, and Sam McHugh, pictured at the Special Olympics Christmas party at the Osprey Hotel in Naas



Peter Merrins and Marian Stapleton present the Sheena Walsh memorial trophy to Danny Walsh



Peter Merrins, Claire Killian, Caoimhe Bracken Price, Yvonne Clarke and Garda Gary Cogan



Denise and Harry

Out & About

SPECIAL OLYMPICS CHRISTMAS PARTY

Pictures: ASHLING CONWAY



Jennifer Molloy



Kim O'Kelly with Santa



Santa with Aoife Ní Riada



Emma Ryan and Stephen Prendergast



Sleon Kane with Santa



Mark Mahony and Sarah Birchall



Paul McGuinness, Daragh Murphy, Josh Healy, Kim O'Kelly, Niamh Flannery, Declan Baker, Dillon Bolger and Michael Dinneny

LIFESTYLE



Kieran Hughes, John Johnson and Bernard Duffy from the Millicent Singers, pictured at their joint concert with the KARE Music in Motion choir in McAuley Place, Naas, on December 16

Out & About

MILLCENT SINGERS AND KARE CHOIR CHRISTMAS CONCERT

Pictures: AISHLING CONWAY



Mary Deegan , Margaret Murphy and Maura Spring



Colette Kelly, Lorraine Duffy, Evanna Linehan and Carine Texier-Carr



Stephen Prendergast and Emma Ryan from Music in Motion KARE Choir



John Malone, Adele Henderson, Fiona Moran and Gillian Ryan from the Millicent Singers



Amanda Muldowney and Lisa Conway



Fiona Tierney and Leah Crowley



Mary Higgins and Sean McKenna from the Millicent Singers



Music in Motion KARE Choir members

STYLISH TACTICIOUS



**Keep it casual
but stylish with
Golden Spiderweb**

*After all the
Christmas feasting*

Cowl neck, ribbon tie dress €55
Goldenspiderweb.ie

STYLEFILE

ROSE BARRETT O'DONOGHUE

Your weekly Fashion and Beauty News fix!
For PR or general enquiries, contact us at editor@kildarepost.com



Golden Spiderweb for easy to wear but stylish casuals after the festive feasting!

As soon as Christmas Day is over, it's time to relax for a few days. Cocoon at home or meet friends for casual get-togethers. You want to look your best but still be casual and comfortable.

Well, Golden Spiderweb has you sorted. Easy wear dress, knits and trousers that will up your game in terms of style and yet, look and feel as comfortable as those PJs that you long to wear.

Tunic styles and loose shapes are so forgiving also for all those extra Christmas indulgences.

Clothes that skim the body are the best post-Christmas and beyond options. Knit dresses with matching scarves are practical for this time of year as well as super smart.

There is no reason to lower your fashion game in the name of comfort.

Golden Spiderweb is an Irish brand, owned and run by the Robinson family. You can buy online 24/7 or call into their Newbridge store at Whitewater Shopping Centre, or stores nationwide or online at www.goldenspiderweb.ie



Cowl-style knit €59 and black trousers €49



Star print satin blouse €59 and black trousers €49



Black top €55 and tartan print skirt €45

HomeCOOKING

by Barbara Collins



NUTSHED PEANUT SATAY SAUCE

I have discovered this amazing peanut butter called Nutshed. It is made in Tipperary by Evie and Eliza. No palm oil and free of gluten, dairy and refined sugars. This sauce can be whipped together quickly with very few ingredients to be added to rice bowls, as a base for curry, or simply as a dipping sauce. Both original and crunchy honey roasted peanut butter work perfectly so use your favourite.

Order at www.nutshed.ie

INGREDIENTS

1 shallot
1 clove of garlic
1 tsp sesame oil
1 tbsp soy sauce
500ml stock (an organic stock cube is perfect)
3 tbsp NutShed peanut butter
2 tbsp brown sugar



METHOD

Sweat the shallot, garlic and a bit of neutral oil in a small saucepan on a low heat, until the onion is soft and translucent.
Add in the sesame oil and soy sauce and cook for a minute or so, then add the stock. While it's simmering, add the peanut butter and brown sugar and whisk gently, until it all comes together.
Just when you think it's not going to happen, the sauce will become smooth and velvety. Let this reduce on a very low heat until it reaches your desired consistency, 5 minutes or so.
Have a taste and add more soy or sugar, very little at a time, depending on your taste buds. Keep any leftovers for 3 days in the fridge & add a drop of water before reheating.

STYLE FILE



Easy poodle jacket €59 and black leggings €25



Tunic-style dress €59



Tunic-style wool dress and matching scarf €65



Pink jacket €95 dress €59

SALE NOW ON

Christmas at BERGIN'S PHARMACY



UPTO HALF PRICE ON SELECTED FRAGRANCES



HALF PRICE GIFT SETS WHILE STOCKS LAST



Bergin's Pharmacy All about you...

7 Courtyard Shopping Centre, Moorefield Rd, Newbridge T: 045 438525 • E: berginspharmacy@eircom.net • www.berginspharmacy.ie

LIFESTYLE



The sixth class in song!



Grania Glancy with grandson Sean Dowling

GRANDPARENTS/SENIOR CITIZENS DAY At Scoil Mhuire, Ballymore Eustace



LEFT:
Margaret McDonald with her grandson Martin Horan



RIGHT:
Enjoying Grandparents Day at Scoil Mhuire, Margaret Deegan with grandson Simon Pearse



Grandparents Tommy and Mary Deegan with Mary Anne Deegan and her mum Lorna

MOVIE OF THE WEEK

Star Wars: The Rise of Skywalker

The surviving Resistance faces the First Order once more as Rey, Finn and Poe Dameron's journey continues. With the power and knowledge of generations behind them, the final battle commences.

DIRECTOR:
J.J. Abrams

STARRING:
Daisy Ridley, Mark Hamill, Adam Driver

GENRE:
Sci-Fi

RUN TIME:
155 minutes

RELEASE DATE:
December 19



New Year customs and resolutions around the world

As 2020 approaches the majority of us will make a raft of New Year's resolutions. Surveys consistently reveal that there are ten promises that regularly appear every time.

In order they are 1: Dieting or eating healthier (71%); 2: Exercising more (65%); 3: Lose weight (54%); 4: Save more and spend less (32%); 5: Learn a new skill (26%); 6: Quit smoking (21%); 7: Read more (17%); 8: Find another job; 9: Drink less (15%) and 10: Spend more time with family and friends (13%).

According to research on the issue, about 60 per cent of us readily admit to making New Year's resolutions, but just around eight per cent succeed in achieving them.

Apparently, one of the main reasons that so many of us fail to keep New Year's pledges are that they are not specific enough.

Experts on the topic have contended, for example, that resolving to exercise more or lose weight are easy ways to set yourself up to fail. This is because vague promises to yourself do not set out ways to mark your progress and so you are likely to lose motivation in the year ahead.

Another hurdle faced by those making resolutions is that they are often framed with negative language. For example, when people resolve to stop wasting money or eating junk food it can backfire because it makes them think heavily about the very thing they're trying to stop.

ANCIENT CUSTOM

We've all been there and we also maybe tempted to believe that making New Year's resolutions is a modern phenomenon. But the practice is actually thousands of years old.

The ancient **Babylonians** are said to have been the first race to make New Year's resolutions around 4,000 years ago.

They were also the first people to hold recorded celebrations in honour of the start of another year. However, the Babylonian year began in mid-March when crops were sown, and not in January.

This was marked by a huge twelve day religious festival known as Akitu when a new king was crowned or loyalty to the current monarch was reaffirmed. Part of the festival was making promises to their gods to pay their debts and to return any objects they had borrowed. If the Babylonians kept their pledges then their gods would favour them kindly — if they didn't then they would incur the wrath of their deities.

Ancient **Rome** also followed a similar practice. This began when Julius Caesar reformed the calendar and made January 1 as the start of the new year around 50 years before the birth of Christ. January was named after the Roman god Janus — a two-faced god whose spirit inhabited doorways and arches. The Romans, believing that Janus looked backwards into the old year and forward to the new year at the same time, offered sacrifices to the god and made promises of good behaviour for the coming twelve months.

Ancient **Egyptian** culture was closely tied to the Nile River, and it appears their New Year corresponded with its annual flood. According the Roman writer Censorinus, the Egyptian New Year was predicted when Sirius—the brightest star in the night sky—first became visible after a 70-day absence.



One of the main reasons that so many of us fail to keep New Year's pledges are that they are not specific enough

Better known as a heliacal rising, this phenomenon typically occurred in mid-July just before the annual inundation of the Nile River, which helped ensure that farmlands remained fertile for the coming year. Egyptians celebrated this new beginning with a festival known as Wepet Renpet, which means "opening of the year." The New Year was seen as a time of rebirth and rejuvenation, and it was honored with feasts and special religious rites.

DRUNKEN NEW YEAR

Not unlike many people today, the Egyptians may have also used this as an excuse for getting a bit tipsy. Recent discoveries at the Temple of Mut show that during the reign of Hatshepsut the first month of the year played host to a Festival of Drunkenness.

This massive party was tied to the myth of Sekhmet, a war goddess who had planned to kill all of humanity until the sun god Ra tricked her into drinking herself unconscious. In honour of mankind's salvation, the Egyptians would celebrate with music, revelry and copious amounts of beer.

One of the oldest traditions still celebrated today is **Chinese** New Year, which is believed to have originated over 3,000 years ago during the Shang Dynasty. The holiday began as a way of celebrating the new beginnings of the spring planting season, but it later became entangled with myth and legend. According to one popular tale, there was once a bloodthirsty creature called Nian — now the Chinese word for "year" — that preyed on villages every New Year.

In order to frighten the hungry beast, the villagers took to decorating their homes with red trimmings, burning bamboo and making loud noises. The ruse worked, and the bright colors and lights associated with scaring off Nian eventually became integrated into the celebration.

Festivities traditionally last 15 days and tend to center on the home and the family. People clean their houses to rid them of bad luck, and some repay old debts as a way of



The ancient Egyptians brought in the New Year with a huge festival



The colourful Chinese New Year celebrations are known globally

settling the previous year's affairs. In order to encourage an auspicious start to the year they also decorate their doors with paper scrolls and gather with relatives for a feast. Following the invention of gunpowder in the 10th century, the Chinese were also the first to ring in the New Year with fireworks.

Since Chinese New Year is still based on a lunar calendar that dates back to the second millennium BC, the holiday typically falls in late January or early February on the second new moon after the winter solstice. Each year is associated with one of 12 zodiacal animals: the rat, ox, tiger, rabbit, dragon, snake, horse, goat, monkey, rooster, dog and pig.

While it is still celebrated in Iran and other parts of the **Middle East and Asia**, the roots of Nowruz (or "New Day") reach far back into antiquity. Often called the Persian New Year, this 13-day spring festival falls on or around the vernal equinox in March and is believed to have originated in modern day Iran as part of the Zoroastrian religion.

Official records of Nowruz did not appear until the second century, but most historians believe its celebration dates back at least as far as the sixth century BC and the rule of the Achaemenid Empire. Unlike many other ancient Persian festivals, Nowruz persisted as an important holiday even after Iran's conquest by Alexander the Great in 333 BC and

the rise of Islamic rule in the 7th century A.D.

Ancient observances of Nowruz focused on the rebirth that accompanied the return of spring. Monarchs would use the holiday to host lavish banquets, dispense gifts and hold audiences with their subjects. Other traditions included feasts, exchanging presents with family members and neighbors, lighting bonfires, dyeing eggs and sprinkling water to symbolize creation.

One unique ritual that arose around the 10th century involved electing a Nowruzian Ruler: a commoner who would pretend to be king for several days before being "dethroned" near the end of the festival. Nowruz has evolved considerably over time, but many of its ancient traditions — particularly the use of bonfires and colored eggs — remain a part of the modern holiday, which is observed by an estimated 300 million people each year.

As paganism gave way to **Christianity**, early devotees of Christ began to use January 1 as a day when thinking about mistakes made during the previous year and resolving to do better in the next twelve months.

In 1740, the founder of Methodism, John Wesley created the Covenant Renewal Service which was held on New Year's Eve on New Year's Day.

These ceremonies were also known as watch night services and included scriptural readings and hymn singing as an alternative to the rowdy celebrations held elsewhere.

The practice remains popular within evangelical congregations, especially in African-American Protestant churches and denominations where watch night services on New Year's Eve are often spent praying and making resolutions.

However, despite the religious roots of the practice, today New Year's resolutions are mostly a secular practice. Now, most people make promises to themselves focusing purely on self-improvement.

PROPERTY

Four-bed bungalow in Donadea on the market for €365,000

KIM O'LEARY
editor@kildarepost.com

This spacious four bedroom bungalow close to Donadea has lots of potential for future expansion on a one acre site for an asking price of €365,000.

Hazelwood, Lower Hodgestown, Donadea, is a four bedroom bungalow residence on approximately 1 acre, one kilometre from Donadea Forest Park and 9km from Maynooth. It is also within easy reach of the capital via the M4 or by rail from either Kilcock or Maynooth. Built in the early 80s and extending to approx 1,510 sq ft /140 sq m, the accommodation inside includes; four bedrooms (including a master ensuite), a large living room, bright open plan kitchen/dining room, bathroom and rear porch.

There is also a detached

garage and car port to the side.

Outside, the property benefits from an extensive tarmac driveway with ample parking for several cars, and there is also a detached garage and car port to the side. To the rear there are extensive gardens with mature hedging as well as a raised decked area.

Whilst in need of some modernisation, Hazelwood offers enormous scope and potential for the successful purchaser to create their dream home in this unrivalled rural location yet close to urban conveniences and the magnificent state-owned, 650 acre Donadea Forest Park which provides a wonderful amenity for a family to enjoy 12 months of the year.

Early viewing is highly recommended; for more information, contact Sherry Fitzgerald Brady O'Flaherty on 01 651 0000.



Stylish home in Naas for €375,000

KIM O'LEARY
editor@kildarepost.com

This stylish four-bedroom detached home in Naas will certainly appeal to families as it boasts an outdoor games room and proximity to local amenities, for an asking price of €375,000.

16 Morell Green, Naas, is a spacious a home with a modern décor that has been meticulously maintained by its current owners.

Inside, the property comprises of a modern kitchen, dining room, sitting room, guest wc, four good-sized bedrooms, one of which is en suite, and a lovely family bathroom.

Outside the house benefits from mature, landscaped gardens with a patio area to the rear, a side gate, as well as an outdoor games room in the back garden.

16 Morell Green is situated

in a quiet cul-de-sac, and it is ideally situated on the ever popular Monread Road, a vibrant part of the town and home to many leading retail outlets which include Tesco, Argos, Woodies, Smyths Toystore and much more.

The town itself is a hive of activity and an array of amenities can also be found there including shops, schools, pubs, restaurants and much more. Access to the motorway is less than a five



minute drive, making this a great purchase for any commuter.

Viewing of this property is highly recommended. For more information on

this property, contact Kelly Hudson Properties on 086 199 0010.

MATTHEWS AUCTIONEERS Annual Holiday Auction

This Sunday and Monday December 29th & 30th Commences 2pm Each Day
Dukes Brothers Building, Kells, Co. Meath
Approximately 1,100 Lots

Contents of 'Forest Hills' Ballyconnell, Furnished by Helen Turkington Interiors, Contents Herbert Park Residence, Donnybrook (in dry storage for ten years), Other Part Clearances, Executor Instructions & Property of Other Valued Clients.

On Public View in Kells

Friday	27th December	12 Noon - 5pm
Saturday	28th December	12 Noon - 5pm
Sunday	29th December	From 11am
Monday	30th December	From 11am

Catalogue Online | www.matthewsauctionrooms.com



SOLED

**THE PENINSULA,
ALEXANDRA WALK, CLANE**



**THE AVENUE,
COLLEGE WOOD PARK, CLANE**



**MAINHAM
CLANE**



**Sherry
FitzGerald**
Reilly

**KILLYBEGS MANOR,
PROSPEROUS**



**KILLYBEGS,
PROSPEROUS**



**HILLVIEW GREEN,
CLANE**



**GREEN LANE,
KILMEAGUE**



**MAPLE TOFT,
PROSPEROUS**



**COWANSTOWN,
MAYNOOTH**



**COLLEGE WOOD MANOR,
CLANE**



**ANNSBOROUGH,
ROBERTSTOWN**



**WOODLAWN,
ALLENWOOD**



**BOREEN,
STRAFFAN**



**DUNMURRAGHILL,
DONADEA**



**WOODLANDS PARK,
COILL DUBH**



THINKING OF SELLING IN 2020?

**CONTACT YOUR LOCAL EXPERTS TODAY ON TEL: 045 868 412
OR CALL INTO US AT MAIN STREET, CLANE
GERO@SFREILLY.IE**

YOUR MONEY



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)

The 10 best financial books I read this year

As we get closer to the end of a year, I always like to share with people the books I've read and really enjoyed over the past 12 months. And maybe one of them might be worth a read over the Christmas period, or one could be a good gift if you're stuck for an idea for someone.

It's a privilege writing for you every week and I hope you found my articles enjoyable and helpful during the year. And I'd like to take this opportunity to wish you all a very happy Christmas and best wishes for the New Year.

Playing with FIRE – Scott Rieckens

A successful entrepreneur living in Southern California, Scott Rieckens had built a dream life: a happy marriage, a two-year-old daughter, membership to a boat club, and a BMW in the driveway.

But underneath the surface, he was creatively stifled, depressed, and overworked trying to help pay for his family's beach-town lifestyle. Then one day, Scott listened to a podcast interview that changed his life. Five months later, he had quit his job, convinced his family to leave their home, and cut their expenses in half.

This book shows you how Scott and his family devote everything to FIRE, a subculture obsessed with maximizing wealth and happiness.

Financial Freedom – Grant Sabatier

In 2010, 24-year old Grant Sabatier woke up to find he had \$2.26 in his bank account. Five years later, he had a net worth of over \$1.25 million.

His book is a step-by-step path to make more money in less time, so you have more time for the things you love.

AgeProof: Living Longer Without Running Out of Money or Breaking a Hip – Jean Chatzky & Michael Roizen

All the money in the world doesn't mean a thing if we can't get out of bed. And the healthiest body in the world won't stay that way if we're frazzled about five figures worth of debt, so the objective of the book is to safeguard your finances in much the same way as you stay healthy, and if you do both concurrently, your golden years really will be golden.

Alchemy, the surprising power of ideas that don't make sense – Rory Sutherland

Rory Sutherland is the Ogilvy advertising legend whose TED Talks have been viewed nearly 7 million times. In this, his first book he blends



Scott Rieckens in *Playing with FIRE: The Documentary* which came out this year as well

cutting-edge behavioural science, jaw-dropping stories and a touch of branding magic, on his mission to turn us all into idea alchemists.

Time and how to spend it (the 7 rules for richer, happier days) – James Wallman

Bestselling author, James Wallman investigates the persistent problem of wasted, unfulfilling time, and finds a powerful answer — a revolutionary approach to life based on the latest scientific discoveries. At its heart is the inspiring revelation that, when you play by the new rules, you can actively choose better experiences.

The Bullet Journal Method – Ryder Carroll

The Bullet Journal Method is about much more than organizing your notes and to-do lists. It's about what Carroll calls "intentional living:" weeding out distractions and focusing your time and energy in pursuit of what's truly meaningful, in both your work and your personal life.

The Inner Game of Tennis – W. Timothy Gallwey

Probably my favourite book of the year.

You don't have to have ever held a tennis racket in your hand for you to read this book. If you've ever hindered your performance at anything i.e. sport or work or relationships, by doing all the wrong things i.e. trying too hard, criticizing yourself, always trying to correct things, but the end result is never performing any better, then this



Then one day, Scott listened to a podcast interview that changed his life

DID YOU KNOW?

In 1927 Santa received his very own pilot's licence from the Department of Commerce in the USA. Assistant Secretary for Aeronautics, William P. MacCracken, presented Santa with his licence along with airway maps and assurances that lights would be illuminating the skies on Christmas eve.

book will help, because it will help change your state of mind.

Everyday Millionaires – Chris Hogan

The book is based on the largest every study carried out on 10,000 millionaires.

In it, Hogan shows us how ordinary people built extraordinary wealth, and how we can too. He shows how millionaires live on less than they make, avoid debt, invest, are disciplined etc. but what's very revealing is that building wealth has almost nothing to do with your income or background.

Your Money or Your Life – Vicki Robin

An absolute classic and I think the best way to describe this book, is by sharing a testimonial from someone who has read the book, and the impact it made on them:

I could and will read and re-read this book, not for its literary value but for its simple explanations of concrete ways to observe your own connection with the material world. Whether or not you fully practice its program, it is the sanest and most convincing account of financial matters I've ever read.

The Stress Solution – Dr. Rangan Chatterjee

Dr. Chatterjee wrote this book because it's thought that between 60% and 80% of GP consultations are related to stress. He's seen first-hand how stress affects his patients and has found simple but effective methods in the way we approach our body, mind, relationships and purpose can lead us to lead more fulfilled and calmer lives.

ASK LIAM

Our personal finance expert answers your questions ...

Q: I've been looking at my credit card, which I have through my bank (Permanent TSB).

I've found that the interest rate on it is nearly 50% higher than what is offered by Ulster Bank for their Black credit card (22.53% vs 16.1%).

The UB card offers 0% interest for 6 months and 0% interest on balance transfers for 12 months.

I would have a balance transfer of approximately €750 if I switched in the coming weeks.

I'm trying to be as sensible as possible, because I normally don't rack up this much on my card, but I treated myself to something last month for which I hadn't budgeted...!

Since it may take me another month or two to clear, I'd like to be saving interest where possible, as well as having lower costs in the longer term. Liam, would you be able to give me some advice please?

A. Thank you for your question, and the saving you will achieve if you switch to the lower rate with UB is about €13.88 each month.

And how I arrived at this amount is as follows:
22.53% (Interest Rate)/365 (number of days in year) = 0.0617% (daily rate charged)

When you multiply the amount owing by the daily interest rate, it amounts to €0.46c i.e. €750 x 0.0617%.

And when you multiply the daily interest rate charge by the amount of days in the month, you get €13.88 (€0.46 x 30 = €13.88).

I hope that answers your question and regardless of whether the saving is significant or not, moving to a provider with a lower rate is always the right thing to do in the short and long term.

KILDARE POST

MOTORING



E: sales@kildarepost.com T: 045 408200

Five-star new Renault Captur



BREDA CORRIGAN

Member of Irish Motoring Writers' Association (IMWA)

The new Renault Captur has been awarded the maximum five-star Euro NCAP safety test rating. The leader in urban SUV offers active and passive safety at the highest level. The new Captur has passed the Euro NCAP safety test with five stars with the latest generation, proving its qualities in terms of safety and wide range of driving

aids. Based on the new modular platform of the CMF-B Alliance, the All-New Captur joins the All-New Clio (also five stars) on the list of the safest vehicles. It benefits from an optimised body structure, revised seat structures and seat belt fasteners designed to provide optimal support for all occupants with pyrotechnic pre-tensions and force limiters.

New features on the All-New Captur include the option of a 360° camera and active emergency braking with cyclist and pedestrian detection, which are both firsts in the Renault range. The highlight is the Highway & Traffic Jam Companion, which is rare in the small SUV



class and provides significantly improved comfort and tranquility when driving. This advanced driver

assistance constitutes a first step towards autonomous

system ADAS (Advanced Driver Assistance Systems) available on the All-New Captur fall into three categories: driving,

parking and safety. Together, they form the Renault EASY DRIVE system. Their settings are easy to adjust from the Renault EASY LINK multimedia system touchscreen.

A versatile SUV, All-New Captur offers the best safety in its segment. With its renewed design, improved technology features and all its innovations,

The new Renault Captur opens a new era in Groupe Renault's product strategy and offers the best in safety for the market-leading urban SUV.

Visit www.renault.ie for further information or contact Joe Mallon Motors on 045 897675.



Unit W3E Toughers Business Park, Naas, Co. Kildare. W91 W08C

Telephone: 045 438187 | Website: www.amonev.ie

E-Mail: sales@amonev.ie

Have You 20 20 EV Vision?

If you're buying an Electric Vehicle in 2020 let our experts guide you.

With **FREE** advice on our award winning chargers for domestic, commercial and energy fleet management applications.

FREE installation assessment and **FREE** grant application advice.



reddot design award



product design award



MENNEKES
Plugs for the world



MENNEKES

MOTORING

Mercedes-Benz unveils new GLE Coupè ahead of 2020 arrival



BREDA CORRIGAN

Member of Irish Motoring Writers' Association (IMWA)

As the market heads towards a new year in which Mercedes-Benz will introduce some 22 new models on to the Irish market, the German carmaker has unveiled one that will be amongst its 2020 arrivals – a new GLE Coupè whose introduction is accompanied by an ultra-sporty stablemate, a Mercedes-AMG GLE 53 4MATIC+ version.

Currently accounting for around one third of Mercedes-Benz sales, SUVs are of increasing importance to them with a global customer base of over six

million owners spread across an eight model range that includes GLA, GLB, GLC, GLC Coupè, GLE, GLE Coupè, GLS and the G-Class itself.

SPORTY AND ELEGANT

Coming to Ireland early next year, the GLE Coupè blends the sportiness and elegance of a coupè with the engineering of a large premium SUV. Some 39mm longer and 7mm wider than before, with a wheelbase 20mm greater than its predecessor (yet 60mm shorter than the GLE), the new GLE Coupè is an imposing creation, sporty both in its handling and in its appearance.

MUSCULAR

Muscular where it needs to be, the GLE Coupè has a powerful, ready-to-pounce appearance accentuated by contoured body lines. Like other coupès in the Mercedes-Benz range, it sports the familiar diamond radiator grille with single horizontal louvre and headlamps featuring



full-LED technology as standard.

SUPERB INTERIOR

Inside, it shares numerous common features with other models in their new premium-SUV family.

Evident are its strikingly shaped instrument panel, whose upper surface is covered in man-made leather as standard, and two large 12.3inches /31.2cm screens that seamlessly flow into the door trim. Its sporty emphasis is also seen in standard sports seats and in a new sports steering wheel.

Other features include the latest generation 'Mercedes me' and MBUX infotainment system, with voice control features and a range of comfort options and apps.

SPACIOUS

More tightly tailored than the GLE, the four-door coupè offers tangibly more room than its predecessor with comfortable space for five occupants. Its entrance dimension has been enlarged by 35 mm and its interior stowage space increased to 40 litres. All-round view has also been improved.

GENEROUS BOOT SPACE

At 655 litres, boot space is generous, with folding rear seats that increase it to a best in segment capacity of 1790 litres, some 70 litres greater

than before. Level load space extends to over two metres in length and up to 1080mm in width, better by 87mm and 72mm respectively than before. Its loading sill – inherently higher than on conventional SUVs – is around 60mm better than before.

TWO DIESEL ENGINES

At launch, two powerful six-cylinder diesel engines will be available – a 350d (200kW / 272hp with 600Nm torque) and a 400d (243kW / 330hp with 700Nm torque) whose combined fuel consumption is 8.0-7.5 litres/100km and combined CO₂ emissions is 212-197g/km. A 300d will follow at a later date. Petrol version available at launch will be the Mercedes-AMG GLE 53 4MATIC+ Coupè with combined fuel consumption of 9.3 litres/100km and combined CO₂ emissions of 212g/km. Preparations are also under way for a 350de plug-in-hybrid version. In both models, engines comply with Euro 6d standard (RDE/Real Driving Emissions

Step 2) even in demanding driving situations. Transmission is 9G TRONIC automatic in both cases.

ALL APPEALING

As ever, the new the GLE Coupè comes with a host of and optional extras, comfort elements, vehicle safety and driver assistance features in what Ciaran Allen, sales manager for Mercedes-Benz passenger cars in Ireland says: "is a model that matches the emotive appeal of a sporty and elegant coupè to the imposing power of an off-road vehicle."

COMPETITIVE PRICES

Given that focus in Ireland will fall on the 350d model, and that detailed price and specifications will not be announced until closer to launch, Ciaran Allen says "prices will be competitive, just like those of our GLE SUV – which we introduced earlier this year with best in segment prices – and will differ marginally from its predecessor despite its significantly more advanced and comprehensive range of specifications".



FAIR DEAL TYRES

RING FOR BEST DEALS ON TYRES, NCT REPAIRS & SERVICING ON 045-409218

MASSIVE TYRE SALE NOW ON!

FREE WHEEL ALIGNMENT WITH EVERY 4 TYRES PURCHASED!

OPENING HOURS: MON - FRI 9.00am - 6.00pm & SAT 9.00am - 1.00pm

• TYRES • BRAKES • WHEEL ALIGNMENT • CAR SERVICING • PRE NCT CHECK/REPAIRS •

TOUGHER BUSINESS PARK, NEWHALL, NAAS

Volvo XC90 SUV – travel first class!



BREDA CORRIGAN

Member of Irish Motoring Writers' Association (IMWA)

The stunning XC90 is Volvo's large, seven-seat SUV and the company's flagship. It was the first car to be launched on the Scalable Product Architecture (SPA), Volvo's advanced modular product platform that underpins all Volvo cars in the 90 and 60 Series (S, V and XC models).

Like its siblings S90 and V90, the XC90 carries the proud and confident face of Volvo's design language, along with classic Volvo styling cues.

Key features include the iconic "Thor's Hammer" LED headlight design, and the expressive use of the Volvo word mark on the rear.

The car's exterior design was upgraded for the 2020 model year with new wheels, exterior colours and a modern new grille, among other details.

LUXURIOUS CABIN WITH A CALM ENVIRONMENT

In the cabin, the XC90 provides a calm and balanced environment with a blend of high-end materials such as wood, crystal and metal in a sophisticated Scandinavian design.

The XC90 can be ordered with a range of different seating configurations, from the four-seat, ultra-luxurious Excellence variant and the seven-seat family SUV, to a brand new six-seat configuration.

New interior materials, including a wool blend, offer further options for personalisation.

The XC90's uncluttered cabin, crafted from the finest natural materials, combines with technology that is intuitive to use.

The Volvo XC90 is, without doubt, the epitome of modern Scandinavian design, luxurious Swedish craftsmanship and innovative technology.

DRIVE-E POWERTRAIN OPTIONS

On the move, engines that are powerful, quiet and efficient allow for smooth progress.

The XC90 is powered by Volvo's Drive-E powertrains, including petrol, diesel and Volvo's T8 Twin Engine, a petrol plug-in hybrid mated to an 8-speed automatic transmission. Volvo's T8 Twin Engine delivers all the benefits of a high performance, low emission petrol engine with an electric motor that delivers power on demand with ultra-low CO2 emissions, more than 40 km of pure electric range, and a combined power output of around 410 bhp.

This makes the XC90 T8 Twin Engine one of the most efficient and powerful 7-seater premium SUVs on the market.

The model year 2020 XC90 offers customers Volvo's advanced kinetic energy recovery braking system, which is coupled with its existing internal combustion engines to create a new integrated electrified powertrain, under its new 'B' badge.

This new electrified powertrain offers drivers up to 15 per cent fuel savings and emission reductions in real world driving.

ADVANCED SAFETY FEATURES

Volvo's City Safety technology, standard on all Volvo models, combines automatic braking functionality and collision avoidance systems to cover a range of potential accident scenarios and help keep you safe. City Safety is the only system on the market that detects pedestrians, cyclists and large animals such as moose and deer.

The Pilot Assist driver assistance system works up to 130 km/h on clearly marked roads, and is another step towards Volvo's Vision 2020, which states that no one should be killed or seriously injured in a new Volvo by 2020.

Trim levels in the Volvo XC90 consist of 'Momentum', 'R-Design', 'Inscription', and the lavishly-appointed



'Excellence/Excellence Lounge' models, with each model providing occupants with an ultimate experience in terms of luxury, style, comfort and safety.

MY TEST CAR

My test car was a Volvo XC90 R-Design B5 AWD (All Wheel Drive) Automatic Diesel Mild Hybrid, which was finished in Thunder Grey metallic paint. Powering this car is a 2.0-litre 4-cylinder turbo-diesel engine with 48-volt mild hybrid assistance, which – thanks to 235bhp and 480Nm of torque – can sprint from 0-100km/h in just 7.8-seconds, while returning fuel consumption as low as 6.9l/100km. The XC90 is a genuinely

impressive car to drive.

The car's powertrain is smooth, punchy and agile, while the automatic gearbox is well-judged and simple to use. Gearchange paddles are located behind the steering wheel for drivers looking to change gears more rapidly, but I never felt the need to use them at all.

The XC90 feels very well controlled no matter what the road surface is like, while the steering is very responsive to driver inputs too. Motorway cruising in the XC90 is supreme, but the car is relaxing to drive on twisty back roads too.

Cabin space within the XC90 is terrific, with generous head, leg and shoulder room on offer for all

occupants.

With all seven seats in place, the XC90 boasts 314-litres of useable cargo space, but this can be extended to a massive 1,868-litres with the five rear seats folded flat.

IMPRESSIVE SPECIFICATION

Standard 'R-Design' specification is hugely impressive, with key features such as sports seats, LED headlights & foglights, front & rear park assist, rear camera, 20" diamond-cut alloy wheels, 12.3" Active TFT infotainment screen, powered and heated front seats, rear privacy glass, and high-gloss black exterior trim detailing, along with many more comfort,

convenience and safety features for an exceptional occupant experience.

PRICING

Pricing for the Volvo XC90 luxury SUV start at €77,970 (ex-works), with my test car specification priced from €82,860 (ex-works). With a refined strength, and elegant craftsmanship, the Volvo XC90 really does shine in the large, luxury SUV market.

For more information on Volvo, contact the Finlay Motor Group on 045 431725.

Good luck over the Christmas and New Year period, and happy motoring to all Kildare Post readers!
Breda



OVER 30 YEARS EXPERIENCE IF IT CAN BE REPAIRED WE WILL DO IT

PROBLEMS WITH ALUMINIUM

Email keiranoneillofpwa@gmail.com

Call Kieran on
0872572723
or **045 524997**

Repairs to aluminium and pvc doors and windows

- LOCKS • HINGES
 - ROLLERS
 - DOUBLE GLAZED UNITS
- And much more

McKenna Haulage Limited



SUPPLIER OF SAND, STONE, PEBBLE, SCREENED TOPSOIL & SITE CLEARANCE

Derrymullen, Allenwood, Naas
045 845839 / 045 845011

info@mckennahaulage.ie
www.mckennahaulage.ie

KildareNow.com



LOCAL NEWS SUPRISINGLY FAST



KildareNow.com

AS THE NEWS HAPPENS



TRADES & SERVICES .. EMPLOYMENT .. PUBLIC NOTICES

Kieran Moore Heating & Plumbing Ltd.

REGISTERED RGI GAS INSTALLER
OFTEC

We're a name that you can trust
With over 10 years experience working on heating and plumbing systems, you can be sure we will get the job done right - first time!

SERVICES

- General Plumbing
- Oil & Gas Boiler Servicing and Installation
- Renewable Heating Systems
- Bathroom Fitouts
- Disability Bathrooms
- Property Maintenance

T: 01 4853240 / 045 579027 M: 087 767 8238
E: plumbfast16@gmail.com W: mooreheatingplumbing.ie

MITCHELL CHIMNEY SPECIALISTS

WE ARE HIRING

- REPAIRED • RELINED
- KNOCKED • REBUILT

For all your Chimney Needs

- Nationwide Service • Insurance Claims
- Keenest Rate • CCTV Survey

Contact 045 810072 | 086 3451807 www.mitchellchimneys.ie

PVC ALUMINIUM Maintenance & Repairs

- Window Hinges, Locks
- Handles, Seals
- UPCC Multi Point Locking System
- Door Handles & Letterboxes
- Double Glazing
- Foam Insulation around window frames and doors

WINDOW RESTRICTORS

STOP THE DRAUGHTS FROM COMING IN...
PHONE CHRISTIAN 086 0581102

MICK SAMMON & CO
HEATING & PLUMBING CONTRACTORS

- **BATHROOMS:** Complete bathroom renovations, including plumbing, building, tiling and electrical work. We will design your ideal bathroom with you, taking care of all aspects of the work from start to finish
- **EASY ACCESS SHOWER ROOMS:** Walk in shower area, thermostatic shower unit, grab bars, high toilet and wall hung basin. Non slip floor tiles
- **CENTRAL HEATING:** Oil, Gas and Solid Fuel Central Heating Systems
- **STOVES:** Hamco and Stanley Solid fuel stoves. Free standing and Inset stoves available / room only heating OR interlink to your existing central heating
- **REPAIR SERVICE:** Dedicated maintenance plumbers for small or large heating and plumbing repairs in your home

CALL US TODAY FOR A FREE QUOTE!

REGISTERED RGI GAS INSTALLER | seai SUSTAINABLE ENERGY AUTHORITY OF IRELAND | 2 registered

* Kildare County Council Grants *

CUTLERY ROAD, NEWBRIDGE, CO. KILDARE
E: micksammonltd@hotmail.com
www.micksammonheatingandplumbing.ie

T. 045 431049
M. 087 2070803

ACCOUNTS ADMINISTRATOR

Showjumping Ireland are seeking a full time Accounts Administrator. This is a permanent position with responsibility for Debtors, Creditors and Bank Reconciliation. The successful candidate must have relevant experience in credit control, supplier processing and bank reconciliations. The candidate must also have good communication skills and work well within a team. Experience with Sage would be a distinct advantage.

Please forward your CV to info@sjai.ie before 06/01/19

KildareNow.com AS THE NEWS HAPPENS

*A year in one bundle,
Get it now in stores near you!*

THE KILDARE
CHRISTMAS ANNUAL
2019



**The Kildare Christmas Annual is
the *ultimate* gift this Christmas!**

RACING

Top team is reorganised at Horse Racing Ireland body

Horse Racing Ireland (HRI) has announced a reorganization of its senior management team with the appointment of John Osborne to the new position of Director of Equine Welfare and Bloodstock.

In a related move, Paul Dermody will take over the position of Chief Executive of HRI Racecourses.

The appointments will align the senior management team within Horse Racing Ireland with the strategic ambitions of the

organisation, particularly in the area of equine welfare.

HRI Chief Executive, Brian Kavanagh, stated: "We are delighted to appoint John Osborne to the position of Director of Equine Welfare and Bloodstock.

"John's vast experience in the racing and breeding industry, together with his formal qualifications as a veterinary surgeon, means he will bring a unique set of skills to an area that

will be a priority for Horse Racing Ireland and the industry in 2020.

"He will also have responsibility for HRI's liaison with the bloodstock industry, including oversight of Irish Thoroughbred Marketing.

"We are fortunate to have someone with the commercial and marketing experience of Paul Dermody to step into the position of Chief Executive of HRI Racecourses and since being appointed as Horse Racing Ireland Commercial and

Marketing Director in 2017, Paul has shown that he has the full range of relevant skills and experience to add this new role to his brief."

John Osborne hails from Kildare and since graduating from University College Dublin in 1987, has held a number of important positions in the racing and bloodstock industry. He is a former Chairman of County Kildare Fáilte and a former Chief Executive of the Irish National Stud, and since 2017,

he has been CEO of HRI Racecourses.

John Osborne said: "HRI recognizes that we must have the highest standards of care for both people and horses in this industry. I am delighted to be given the opportunity to ensure that everything we do meets the high expectations of all who look on. If our horses could talk, I would like to think they would say "a racehorse has a life well lived."

A native of Dunboyne, County Meath Paul Dermody joined Horse Racing Ireland as Commercial and Marketing Director in 2017, having held the same position with Leinster Rugby and having previously served as Commercial and Sponsorship Manager with the GAA.

GROWING RACING INDUSTRY

Paul Dermody stated: "I am very excited to be taking on the CEO HRI Racecourses role. I look forward to working closely with the teams at Leopardstown, Fairyhouse, Navan and Tipperary to showcase the best of Irish racing for racegoers and industry stakeholders alike. With the variety of racing hosted at these four racecourses, we have an integral role to play in growing the profile of our sport, enhancing the experience of going racing and ultimately increasing attendances.

"I hope to leverage my commercial experience in racing to date, as well as in previous roles at Leinster Rugby and the GAA, to support the individual racecourses to grow their business and continue to play integral roles in the communities they exist in."

Brian Kavanagh said: "Horse welfare is the single biggest issue facing racing authorities worldwide and John's appointment reflects the priority which the Board of Horse Racing Ireland are putting on it. There are exciting developments at the HRI owned racecourses and working with the racecourse teams, Paul will deliver on our ambitions for these racecourses."



Paul Dermody is the new Chief Executive of HRI Racecourses



John Osborne is Director of Equine Welfare and Bloodstock

Big rivals in contention for Leopardstown Christmas Festival

Stable companions Kemboy and Al Boum Photo are among 16 horses still in contention for the Savills Chase at Leopardstown on Saturday.

Al Boum Photo provided Willie Mullins with an elusive first victory in the Magners Cheltenham Gold Cup in March, a race in which Kemboy made it no further than the first fence.

However, Kemboy - a dominant winner of last year's Savills Chase - bounced back from his early exit at Prestbury Park with a brilliant display at Aintree before then seeing off Al Boum Photo in a Punchestown Gold Cup that will forever be remembered for Ruby Walsh's swansong.

Kemboy appears the more likely of the two to turn up at Leopardstown and defend his crown, with Al Boum Photo having the option of bidding for back-to-back wins in the Savills Chase at Tramore on New Year's

Day.

Mullins has also left in Irish Gold Cup winner Bellshill and Footpad, who is seemingly bound for Ladbrokes King George VI Chase at Kempton two days earlier.

The two big threats to the champion trainer's team are Pat Kelly's Presenting Percy and the Noel Meade-trained Road To Respect.

Presenting Percy made an encouraging start to his campaign when third in the John Durkan Memorial Punchestown Chase earlier this month, while Road To Respect - winner of this race two years ago and a luckless third last season - returns off the back of victory at Down Royal.

Meade has also confirmed Tout Est Permis - while Gordon Elliott can choose from Alpha Des Obeaux, Delta Work and Shattered Love.

Delta Work looked a Gold Cup horse in the making as a novice last season, but was a disappointing

fourth behind Road To Respect on his return to action at Down Royal.

Elliott said: "He worked at Naas on Wednesday morning, and the plan is to go for the Savills Chase.

"He's better than he showed at Down Royal. He came home lame after it - we have him back sound now, and he's working well, so we're looking forward to running him."

Henry de Bromhead has last year's runner-up Monalee and Paloma Blue in the mix. The other hopefuls are Anibale Fly (Tony Martin), Ex Patriot (Ellmarie Holden) and Jett (Jessica Harrington).

Anibale Fly was runner-up in the Gold Cup and fifth in the Grand National in the spring, but finished last of nine runners in the John Durkan on his reappearance.

"Anibale Fly will go for the Savills Chase at Leopardstown, all being well," said Martin.

"Two and a half miles was a bit short for him in the John Durkan,

but it was good to get him started."

The Savills Chase is the second of two Grade Ones at Leopardstown on 28 December, the first being the Frank Ward Memorial Hurdle.

Twelve horses have stood their ground for the three-mile contest - with a five-strong Mullins team including Bacardys, Penhill and star mare Benie Des Dieux.

Apple's Jade has a bit to prove as she goes in search of a third straight win in the race, while Tom George's The Worlds End and the Harry Fry-trained Unowhatimeanharry are potential challengers from Britain

TOP LEVEL PRIZES

There are two more top-level prizes up for grabs on the fourth and final day of the Leopardstown Christmas Festival.

The feature event of the afternoon is the two-mile Matheson Hurdle, in which the Mullins-trained Klassical Dream

will look to bounce back to winning ways, after finishing third behind stablemate Saldier in last month's Morgiana at Punchestown.

He could be joined by stablemates Aramon and Sharjah, who won this race 12 months ago.

The potential opposition includes Harrington's Supasundae, De Bromhead's Petit Mouchoir and Elliott's Coeur Sublime.

The latter earned a step up in class with an impressive return to action at Down Royal.

Elliott said: "Coeur Sublime will run. It was the plan to go straight to Leopardstown (after Down Royal).

"He's in good form and worked well on Wednesday morning at Naas - we're looking forward to running him."

A strong Elliott team in the Neville Hotels Novice Chase is headed by Battleoverdoyen, while Mullins has confirmed Carefully Selected and the former brilliant hurdler Faugheen.

GAA

Naas dominate hurling side of things as Sash take home the Senior Football crown 2019

CLUB REVIEW OF THE YEAR

ROBERT CRIBBIN
 editor@kildarepost.com

It was a dream twelve months for Naas GAA as they ended a seventeen year wait without a Senior Hurling Championship as well as cleaning the floor in both codes.

In total, the county town won Junior, Intermediate, Minor, Under 21 and Senior Titles in hurling as well as a Senior League and minor and U21 crowns in football.

The big one for Naas was that Senior Hurling Championship as they made up for a League final defeat in getting the better of Coill Dubh.

The success at the start of October was hard earned but it was a totally merited victory as they were much better than Coill Dubh on the day.

The three point win on a 0-18 to 1-12 scoreline didn't do Naas justice as in Brian Byrne, Rian Boran and James Burke they had star performers. The result put an

end to years of trying to get over the line and with so much underage success it would be a big surprise if a period of dominance doesn't follow.

Afterwards Naas got the better of Wexford opposition in the Leinster Hurling Championship before the might of Tullaroan brought their campaign to an end.

Elsewhere the Junior and Intermediate hurling titles came on the same day when defeating Kilcock and Maynooth respectively before two separate victories over Eire Og Chorrachóill wrapped up the minor and U21 crowns.

On the football side Sarsfields ended Moorefield's bid for a historic three in a row when winning the Joe Mallon Renault Senior Football Championship. The Sash took down their rivals with a replay victory.

Moorefield looked primed for victory when leading the original game in stoppage time but Barry Coffey with the last kick of the game forced another day out.



Simon Leacy and Shane Ryan lift the Under 21 Hurling Trophy after Naas's victory over Eire Og Chorrachóill to claim their fourth successful U21 title in a row. Picture: Kildare GAA

Coffey scored five points from play in a match Sarsfields probably should have won but they made no mistake at the second time of asking with a 2-15 to 2-9 victory.

Moorefield changed a third of their team for the

replay and they paid the penalty for their indecision with goals from Cian Costigan and Shane Doyle getting Sarsfields over the line.

It was a phenomenal achievement for Davy Burke in his only year as manager as he now departs for Wicklow.

In the Intermediate, Monasterevan made up for a final defeat in 2018 at the hands of Two Mile House. The Barrowside Blues were men on a mission and after overcoming close calls against Kilcock and Clogherinkoe they secured

the Hugh Campion Cup when defeating Leixlip in a low scoring affair.

In the final grade Ballymore Eustace made it two Junior titles in three years with a ten point forty final success over Robertstown. Unlike two years where they cruised to glory unopposed, Ballymore had a few rocky patches including a group stage loss to Caragh but eventually they had the class to come through and take ultimate honours.

The Leinster Club Championship then proved a step too far for all three with Sarsfields and Monasterevan exiting in the first round with Ballymore failing to get by the semi-final stage.

On the underage side Naas had comfortable wins over Clane and Celbridge at Minor and Under 21 level but they did claim a first Senior League Title when beating Carbury after extra-time.

All in all a very competitive club season with Naas ruling the roost in hurling with Sarsfields, Monasterevan and Ballymore taking the major football crowns.

Kildare Minor footballers the star turn in disappointing year for county teams

COUNTY REVIEW OF THE YEAR

ROBERT CRIBBIN
 editor@kildarepost.com

When the dust settles on 2019, it won't look back fondly on the fortunes of Kildare footballers and hurlers as they failed to sparkle throughout. After winning a Christy Ring Cup and the Newbridge or Nowhere fiasco combined with a place in the Super 8's, there was plenty of optimism but neither performed to the standard that they hoped.

The footballers main aim coming into the year would have been to get out of Division 2 and while they took it to the last day of competition, a heavy defeat at the hands of Donegal brought an end to their hopes of going up. That, along with defeats to

Fermanagh and Meath meant the team go into another year in the second tier with Meath and Donegal going up.

Much of the championship was also a struggle as they floundered to Wicklow and Longford in the Leinster Championship before Dublin and Tyrone handed out heavy beatings to them.

The unsuccessful campaign has to be taken with the caveat that Kildare were punctured with injuries throughout as Paul Cribbin and Kevin Flynn sat out most of the year in Cian O'Neill's final stand as manager. Being without Daniel Flynn obviously didn't help either so with his return and a new manager in Jack O'Connor they will be hopeful of better fortunes in 2020.

There was much better

news on the underage front with the Kildare Minors winning their fourth Leinster football title in seven years. Colin Ward led the team that defeated Kilkenny, Wicklow, Louth and Laois on the way to a Leinster final meeting with Dublin.

It was in the provincial decider at Navan that the young Lillies produced their best display as they overcame the Dubs after extra-time. The 2-21 to 1-19 win saw some incredible individual displays with Aaron Browne and Eoin Bagnall both kicking 1-7 each while the Kildare defence outmuscled their cosmopolitan opponents.

Cian Burke was also brilliant between the sticks in saving a penalty and hope was high going into the All Ireland series. It was in the

quarter-final that Kildare ran into Galway and once again the Westerners had too much for a team in white as they got the better of the Leinster Champions.

Elsewhere the Juniors got back to a Leinster Final but ran into a good Meath side while the Under 20's suffered a miserable campaign in losing all their League games and going down to Laois in the opening round of the Championship.

It was a similar fate of disappointment on the hurling side with the senior team going in the wrong direction likewise to the footballers. After a Christy Ring Cup success in 2018, expectations were high but under new manager David Herity Kildare were unable to get anywhere near that level.

A much changed panel

with a few experiences absentees meant it was always going to be a difficult start in charge for the Kilkenny All-Ireland winner.

The League gave Kildare the chance to find their groove early on in Division 2B and after early wins over Donegal and Warwickshire the promotion target looked to be on track. It didn't last long though with successive defeats against Wicklow and Derry ensuring they didn't go up.

Attention then turned to the Christy Ring but a shock opening day defeat at the hands of Roscommon immediately had them on the back foot before subsequent winners Meath eliminated them a week later. There was some solace with a victory over London preserving their status for another year.

There is plenty of hope for the future, however, with the Minors showing the bright lights as they went all the way to a Leinster semi-final.

There was notable victories on the way over Antrim, Westmeath and Offaly before they garnered a home last four meeting with Kilkenny. In front of a big home crowd, the young Kildare side competed against a side that would go on to an All Ireland Hurling Final later in the year and despite being well beaten, there was valuable lessons to be learned.

A few weeks later, the U20 Hurlers lost out to Meath in knockout championship action which rounded off the inter county year.

Some success but let's hope for plenty more in 2020.

Kildare duo combine to land pre-Christmas winner in Naas

Carbury trainer Philip Dempsey and Clane jockey Mark Walsh landed a local winner when The Long mile won the 2m handicap chase at Naas on Monday of last week.

The gambled-on 13/8 favourite didn't enjoy the clearest of runs inside the final furlong but headed the front-running Conright Boy close to the finish for a three-parts of a length win.

Johnny Feane was a winner on the card at Dundalk on Wednesday evening where Bashful Boy landed the 12f maiden. Ridden by Kevin Manning, the 3/1 chance readily got the better of 2/1 favourite Narynkol, three parts of a length separating the pair.

Colin Keane recorded a double and added to success on Tony Martin's 7/2 chance The Mouse Doctor when winning the opening leg of the 7f handicap on the Johnny Levins-trained Dark Magic.

Sent off the 5/2 favourite in the colours of the Spellbound Syndicate, the five-year-old scored by a head from the Denis Hogan-trained Red Avenger.

Another Curragh trainer on the mark was Johnny Murtagh who saddled Lord Rapsallion to win the apprentice rated race.

The 100/30 favourite added to last month's success with a comfortable two and a quarter length win over the Jessica Harrington-trained Calling Time for the

Rapsallion Syndicate. Willie McCreery sent out Romantically to win the concluding 2m handicap under Nathan Crosse, whose younger brother Shane had won the preceding race.

On what turned out to be the final meeting before Christmas due to the loss of Saturday's card at Thurles, there was further Kildare success at Dundalk on Friday night.

EASIEST OF WINNERS

Straffan trainer Charles O'Brien landed the opening 5f conditions' race with Big Gossey which ran out the easiest of winners for the Allegro Syndicate. Ridden by Michael Hussey, the well-backed 2/1 favourite scored a four and a half length success over 11/2 shot Bombshell.

Michael Halford and Ronan Whelan rounded off the year with another all-weather winner as Hieroglyphic battled his way to success in the opening division of the 7f maiden. It was tight at the line as the strong 7/4 favourite got the better of the Johnny Feane-trained Turbo Command by a neck.

There was another tight finish to the 10f handicap where the honours went the way of Jessica Harrington and Shane Foley.

They scored with 8/1 shot Charcor which beat the



Ronan Whelan gets the Michael Halford-trained Hieroglyphic home to win at Dundalk on Friday, December 20

Michael Halford-trained Simsir, the 5/2 favourite, by a head at the line in the colours of owner John O'Hagan - an early Christmas present.

Upcoming Racing Fixtures

Down Royal - Thursday, December 26 (First Race 12.05pm)

Leopardstown - Thursday, December 26 (First Race 12.15pm)

Limerick - Thursday, December 26 (First Race 12.25pm)

Leopardstown - Friday, December 27 (First Race 12.10pm)

Limerick - Friday, December 27 (First Race 12.25pm)

Leopardstown - Saturday, December 28 (First Race 12.10pm)

Limerick - Saturday, December 28 (First Race 12.25pm)

Leopardstown - Sunday, December 29 (First Race 12.10pm)

Limerick - Sunday, December 29 (First Race 12.00pm)



Pharmaceutical
Energy & Utilities
Data Centres
Office & Retail
Food & Beverage

Celebrating
35
Years
Anniversary

Succeed by delivering a better experience

WE ARE HIRING...

In your locality and throughout Ireland:

- Apprentices Electrical & Plumbing
- Electricians
- E&I Technicians
- QA/QC M&E
- High Voltage Commissioners
- Engineers M&E
- Quantity Surveyors
- Health & Safety Officers
- General Operatives



A GLOBAL ORGANISATION -
OUR FAMILY CULTURE AND VALUES REMAIN.
COMPETITIVE SALARIES, OPPORTUNITIES TO WORK ABROAD
AND CONTINUOUS TRAINING AND DEVELOPMENT.

Find out about all our opportunities at:
www.suireng.ie or send your CV FAO Sean at hrd@suireng.ie

Kildarepost Sport

www.kildarenow.com



Changes at the top:
Shake-up coming at HRI management: Page 45
GAA: Page 46



Kildare racing fans will flock to Leopardstown Festival

Thousands of Kildare racing fans will be making the annual pilgrimage to the Leopardstown Christmas Festival which promises to be one of the best ever.

The feature event on the opening day is the Grade 1 Racing Post Novice Chase and entries include Willie Mullins-trained Laurina which impressed on her chasing debut at Gowran Park. Melon is also among a Mullins entry of seven while Samcro heads three from the Gordon Elliott yard. Punchestown's Grade 2 Craddockstown Novice Chase

winner Notebook is one of Henry De Bromhead's three entries.

A full field of 28 runners is certain to face the starter for the Paddy Power Chase which boasts a prize fund of €200,000, the richest race of the four-day extravaganza, and a bumper entry of 61 horses, including six from Britain.

A real highlight of the Festival will be Saturday's Grade 1 Savills Chase, the inaugural running of which was won in tremendous style last year by subsequent Aintree and Punchestown Festival scorer

Kemboy, trained by Willie Mullins, which ended the season as the highest rated chaser in Ireland and Britain.

The feature Grade 1 Hurdle race, which takes place on 29 December as part of the Leopardstown Christmas Festival will from today be known as The Matheson Hurdle and the day's racing fixture as Matheson Day at Leopardstown.

Speaking at the launch, trainer Joseph O'Brien commented: "The Leopardstown Christmas Festival is a highlight of the National Hunt

racing calendar, it is a target for many of our horses and we look forward to supporting it."

Vicki Donlon of Leopardstown Racecourse, said: "We are delighted with the quality of entries once again for the Leopardstown Christmas Festival, we are grateful for the support of the owners and trainers from Ireland and the UK and look forward to an exciting four days of sporting action.

"The addition of international law firm, Matheson, to our valued existing partners of the Christmas

Festival is fantastic and we look forward to enhancing our strong relationship with them."

Meanwhile Brian Kavanagh, CEO Horse Racing Ireland, said that with the appointment of Tim Husbands as CEO of Leopardstown, racegoers can look forward to an exciting future for the racecourse.

Mr Kavanagh said Husbands will bring an extremely high level of experience in event management and tourism to Leopardstown, and is a strong addition to the very innovative team at Leopardstown.

Wishing all of our readers and advertisers a Happy New Year!