

THE KILKENNY

FREE EVERY THURSDAY

REPORTER

Thursday, November 21, 2019

www.kilkennypeople.ie

056 7791000

KILKENNY'S BEST FREE NEWSPAPER INSIDE

MEUBLES
YOUR HOME OF INSPIRATION

NOW

BLACK FRIDAY SPECIALS

CHECK OUT SOME OF OUR AMAZING OFFERS

STOCK IS LIMITED, SO FIRST COME, FIRST SERVED

HALF PRICE



MORAY
2 Seater Sofabed Sand Chenille Fabric

RRP €1,198 **PRICE €599**

HALF PRICE



ODEAREST AOIFE DELUXE 1400 POCKET MATTRESS
Double/46" Mattress

RRP €898 **OUR PRICE €449**

HALF PRICE



ARINA
Swivel Recliner Armchair & Footstool Beige or Grey Fabric

RRP €598 each **OUR PRICE €299 each**

SUIT NORMAL HEIGHT COUNTERS

HALF PRICE



KARLA
Counter Bar Stools Velvet Choice of Colours

RRP €179 each **OUR PRICE €89 each**

ALL OFFERS SUBJECT TO AVAILABILITY. NOT VALID WITH ANY OTHER PROMOTIONS. ENDS DECEMBER 2ND, 2019

Meubles, Unit 12, Kilkenny Retail Park, Kilkenny R95 Y26C. Tel: 056 7722034

Shop online @ www.meubles.ie

OPEN 7 DAYS

MEUBLES
YOUR HOME OF INSPIRATION

FREE DELIVERY

FREE ASSEMBLY
*T&Cs Apply



TUESDAY 26TH NOVEMBER

Live from Red Mills at Cillin Hill

RED MILLS are hosting their annual Customer Appreciation Day on Tuesday 26th November from 7am until 6pm, and to celebrate, Ireland AM will be broadcasting live from the store all morning.

Come on down and join in the fun, where Alan Hughes will be joined by special guests including TJ Reid, Edward Hayden, Marietta Doran & more.

Enjoy special Prize Giveaways and Exclusive One Day Only offers – all available throughout the day:

Come on down early and we'll have teas, coffees and pastries free of charge for early birds arriving between 7am and 9am!

Connolly's
RED MILLS
STORE

Competition prizes include a pair of Fairfax & Favor boots, and a Horseware rug & more!



RED MILLS • DUBLIN ROAD • KILKENNY

www.redmillsstore.ie



30 FACES Castlecomer artist celebrates community **P18**



Looking back at Christmas Corporation fun P52-57



LOVE Patrick is on TV - and on the pull! **P6**

THE KILKENNY

FREE EVERY THURSDAY

REPORTER

Thursday, November 21, 2019

www.kilkennypeople.ie

056 7791000



GET ME OUT OF HERE!

FORD 2020
201 SALES EVENT

Ford Focus ST-Line

- 1.9% APR*
- 7 Year Warranty
- 7 Year Roadside Assistance



MLM
MICHAEL LYNG
MOTORS

MICHAEL LYNG MOTORS
Hebron Road, Kilkenny
T.: 056 777 0700
info@lyngmotors.ie
www.lyngmotorsford.ie



*Lending Criteria, Terms and Conditions apply

FURNITURE & DESIGN

DINING SETS

In Time for Christmas



2 ONLY
 French Grey Oak
 1.8-2.3m
 extending table
 +6 Chairs.
 Was €1599
1 DAY ONLY €1150



3 ONLY
 1.4-1.8
 Extending
 Table +
 4 Solid chairs
1 DAY ONLY €799
 1.8-2.3 Oak
 Table + 6 Solid
 chairs
1 DAY ONLY €1099



3 ONLY
 1.4-1.8 Oak/ Ice White
 + 4 Chairs **NOW €879**



**4Ft Table+6 Chairs
 NOW €399**



High
 Gloss Ex
 Table with
 Tempered
 Glass top
 Comes with
 6 Chairs
ONLY €845

**THE REAL
 BLACK
 FRIDAY
 SALE IS ON**

**ALL CLEARANCE MUST BE PAID FOR
 IN FULL AND EITHER COLLECTED OR
 DELIVERED ON AN AGREED DATE
 SEE INSTORE FOR UNBEATABLE OFFERS**

CORNER SOFAS

In Time for Christmas



2 ONLY
 Reclining corner chaise Was €1679
BLACK FRIDAY PRICE €1279



3 ONLY
 Corner with
 console + USB
 port
 Was €1699
NOW €1299

BLACK FRIDAY BEDROOM

**3 ft Respa
 Divan Set
 (Mattress,
 Divan Base
 + H/Board)
 NOW ONLY
 €229**



**4ft6 Divan
 +H/board
 + Pocket
 Sprung
 Mattress
 Was €559
 NOW €399**

**ALL
 RESPA
 MATTRESSES
 REDUCED**

**4Ft6 Respa
 Semi
 Orthopaedic
 Mattress,
 4Ft6
 H/Board +
 4Ft6 Divan
 Base on
 castors
 ONLY €399**



**4Ft6 Sleigh
 Bed
 NOW ONLY
 €429**
**5 Ft Sleigh
 Bed
 NOW ONLY
 €479**

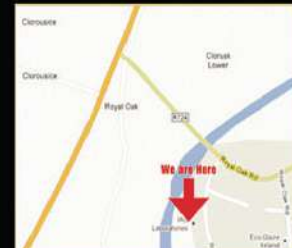
FURNITURE & DESIGN

UNIT 2, OAK HOUSE, ROYAL OAK ROAD,
 BAGENALSTOWN, CO. CARLOW

More than just a furniture store

AND STILL THE NO 1 STORE IN THE SOUTH EAST
 ALL OFFERS ARE SUBJECT TO AVAILABILITY

Phone No. - 059 9723677, 059 9723694



FURNITURE & DESIGN

THE REAL BLACK FRIDAY SALE IS ON

UP TO 30% OFF OAK FURNITURE

1 ONLY



Danny Buffet & Hutch Was €999
NOW €699



Danny 2 dr 2 drw Display Was €899
NOW €669



Danny 4 Dr 2 drw Was €999
NOW €699

Large Oak S/Board
TO CLEAR €519



25% OFF SELECTED SOFAS



2 Seater Sofa **ONLY €259**
3 Seater Sofa **ONLY €399**



Left or Right Chaise
NOW €489
2 colours

UP TO 25% OFF SELECTED SOFAS AND RECLINERS

UP TO 30% OFF OAK DINING SETS

ELECTRIC MOBILITY CHAIRS REDUCED BY UP TO 23% LIMITED STOCK

UP TO 23% OFF ACCESSORIES

UP TO 23% OFF SELECTION OF MIRRORS AND FRAMES

UP TO 30% OFF SELECTED DIVAN+MATTRESS SETS

UP TO 23% OFF CURTAINS NEW STOCK

BLACK FRIDAY ONLY

30% OFF

1 C2 Fabric Corner
TO CLEAR €999



Capri Leathaire 3rr-1r-1r.
Was €1817.
CLEARANCE €1269
Floor Model
Colour Tan

**FROM 10AM - 9PM
FRIDAY 22ND
NOVEMBER**

WE GUARANTEE DELIVERY OF YOUR FURNITURE BEFORE CHRISTMAS

ALL OFFERS ARE ON A FIRST COME, FIRST SERVED BASIS

**FRI 22ND 10AM-9PM • SAT 23RD 10AM- 6PM
SUNDAY 24TH 13.30PM – 17.30PM **SALE ENDS****

We're Simply The Best

FURNITURE & DESIGN
UNIT 2, OAK HOUSE, ROYAL OAK ROAD,
BAGENALSTOWN, CO. CARLOW

More than just a furniture store

AND STILL THE NO 1 STORE IN THE SOUTH EAST
ALL OFFERS ARE SUBJECT TO AVAILABILITY

DESIGN

Phone No. - 059 9723677, 059 9723694



NEWS

Our Patrick is single, ready to mingle and is Pulling with the Parents

SIOBHAN DONOHOE
siobhan.donohoe@iconicnews.ie

Patrick Bermingham is a 30 year old single male who's main mission in life is to find love! He has been single for more than a year after coming out of a long term relationship. So now he is more than ready to get back in the game. Hence the reason why he applied to go on RTE's show Pulling with my Parents. After seeing a Facebook post looking for applicants, he decided it was time to step outside his comfort zone. The



concept of the show is for parents to take over their kids dating life, both online and in the real world. Instead of his two parents, Patrick recruited the help of his mother Liz and her twin sister Ellen. So it was double the trouble for poor Patrick.

The show has been on our screens every Monday night since the beginning of October, and Patrick will appear on episode 6 on November 25th. Ahead of Patrick's episode, I would like to tell you a little bit about him. Patrick is from Carlow and works in advertising for The Kilkenny People and The Kilkenny Reporter. To say he is a cheeky chappy would be an understatement and he

definitely has the gift of the gab! In saying that, our advertisers love his upbeat positive personality. As for his colleagues, there's never a dull moment with Patrick in the newsroom. On one particular occasion, he kindly offered to carry a heavy delivery upstairs and in the process somehow managed to burst the 'seat of his trousers'. Luckily his mother works only a few doors away in Vila and was able to come to the rescue with a new pair of pants!

Patrick claims he is absolutely not a 'mammy's boy' and when speaking to his mother she agreed. Liz says "it's his grandmother he idolises, AKA his Nannan. However she is not up to the task of finding him a partner so my sister and I have taking on the challenge instead, and boy what a challenge it has been."

So we have already established that Patrick is 30 and single, but why is the question! Speaking to Patrick, he thinks it's because he hasn't found the one who makes his heart beat. So did he on the



Patrick with his mum Liz and aunt Ellen going through his options

show? I'm afraid we'll have to watch it to find out more.

Exclusive

However he did give me an exclusive on his mother and her sister's match-making skills. "Surprisingly, they know their stuff, at the start I thought they would be of no help but I was proved wrong, and as the saying goes - mother really does know best! They arranged two dates for me on the show, they found one date online and another the old fashioned way in the real world," he said. Make sure to tune in to see how the dates went for Patrick and if he struck gold!

Talking to Patrick about his first

experience in front of the cameras, with his mum and her twin bossing him about, he told me "It was great to see how a TV programme is produced and it's actually quite nerve wrecking been filmed everywhere you go." The most petrifying moment was when Mam took over my tinder account, and was telling me what to say to the girls. That was part of the show - what Mammy said, I actually had to do. I lost complete control and a bit of street cred too along the way!"

Tune in to "Pulling with my Parents" on Monday (25th Nov) on RTE 2, at 10.40pm, to find out how our Patrick got on. I have a feeling Love Island might be calling him next!

dublinvitalitycenter.com

GUT HEALTH CLINIC

Book Now +353 (0)87-788-3438

NOW OPEN ON GRAFTON STREET

Reduce Bloating, Clear Skin Problems, Kickstart Weightloss. Reduce IBS

"I could not be happier with the results."
U Magazine



SPECIAL OFFERS THIS MONTH Colonics €90, Food intolerance test €120, Probiotic enemas €120
Red Vein Treatment €90, IPL Laser €120, Liver Cleansing €120
Inchloss Detox Express €190 - Irelands favourite 90 minute inchloss therapy

RURAL IRELAND'S HIGH-SPEED BROADBAND NETWORK

DATE 18.11.19

TIME 09:15

DESTINATION

NETWORK STATUS

NEWPARK	CONNECTED
GARDENS	CONNECTED
ARCHERSTREET LOT	CONNECTED
PENNEFATHERSLOT	CONNECTED
TALBOTSINCH	CONNECTED
BALLYRAGGET	CONNECTED
GRAIGUENAMANAGH	CONNECTED
ROBERTSHILL	CONNECTED
LYONS	CONNECTED
WALKINSLOUGH	CONNECTED
GALLOWSHILL	CONNECTED
DUNMORE	CONNECTED
JAMESGREEN	CONNECTED
BENNETTSBRIDGE	CONNECTED
CASHEL	CONNECTED
GARRINCREEN	CONNECTED
PAULSTOWN	CONNECTED
GOWRAN	CONNECTED
GLENDINE	CONNECTED
BRANDONDALE	CONNECTED
DEANSGROUND	CONNECTED
BISHOPSMEADOWS	CONNECTED
ALL DESTINATIONS SEE IMAGINE.IE	

IF YOU THINK YOU CAN'T GET HIGH-SPEED BROADBAND - CHECK AGAIN

imagine

a country connected

#ruralfirst

1800 938 011

www.imagine.ie

NEWS

Teens graduate as Foróige leaders

Three Kilkenny teenagers have graduated from Foróige's Leadership for Life Programme accredited by the National University of Ireland Galway (NUIG).

Conall Kennedy, Cathal Ryan Phelan and David Smith Butler were awarded with a Foundation Certificate in Youth Leadership and Community Action in NUIG.

Some 150 young people graduated from the North and South of Ireland having completed

the Foróige Leadership for Life Programme.

"The Leadership for Life Programme is a one-of-a-kind opportunity for 15-18 year olds to acquire accredited leadership skills," said Seán Campbell, CEO of Foróige.

"They gain aptitudes in critical thinking, problem solving, empathy, resilience, self-reflection and teamwork in a safe and supportive environment. The young leaders also take on a

community action project so that they can master and use their new found leadership skills for the betterment of society.

"Foróige is extremely proud of the Leadership for Life Programme because we see, every year, the difference it makes to young people and to communities right across the country. I congratulate all of the graduates who have worked so hard and put their all into becoming leaders of courage, conviction and compassion."



Conall Kennedy, Cathal Ryan Phelan and David Smith Butler attend the Foróige Leadership for Life graduation in NUIG



At the Ronan Tynan Launch at Ballykeefe Distillery were Fiona Tynan O'Sullivan, Tim Butler KK CoCo, Morgan Ging, Ballykeefe Distillery, Paula Lawlor, Yulefest Director and Anne Marie Freyne, Yulefest Chairperson PHOTO: HARRY REID

Mary FitzGerald to launch Yulefest

SEAN KEANE
sean.keane@iconicnews.ie

Yulefest Kilkenny Christmas festival returns to celebrate its fourth year and is offering a bumper six week festival running from 22nd November 2019 to 6th January 2020.

There's a firm focus on sustainability running throughout the festival programme this year and TV personality, re-use advocate and Kilkenny native Mary FitzGerald will officially launch the festival on Saturday.

Yulefest Kilkenny is a curated and inclusive Christmas festival that

welcomes visitors and locals to enjoy and participate in a range of high quality, festive events in Kilkenny City and County throughout the festive season.

It has quickly emerged as a go-to Christmas festival for all the family and received a listing in Skyscanner's Guide to the Best Christmas Festivals in Ireland 2018.

Official switching on of Kilkenny City's Christmas lights takes place on Saturday evening at The Parade, Kilkenny City with Mary FitzGerald and Martin Brett, Mayor of Kilkenny.

Expect a festive atmosphere with

appearances from Santa Claus, Star Wars characters, Fionn the friendly Irish Wolfhound and mascot for the 3rd Infantry Battalion, singalongs with The Lady Desart Choir & Musical Society and surprise guests. See www.yulefestkilkenny.ie for more details.

All ages are invited to enjoy a wide range of free and affordable seasonal events added weekly throughout the Yulefest Kilkenny festival.

Focused on families, Christmas catch uppers, day-trippers and festive aficionados, all can customise their Christmas visit at yulefestkilkenny.ie

Kilkenny Music Generation to be launched

Music Generation Kilkenny will be officially launched next Thursday, November 28 at a special event in the Springhill Court Hotel, featuring music and song from primary school students participating in the programme.

Among those expected to attend the event are Rosaleen Molloy, National Director of Music Generation, and Eileen Curtis, Chief Executive of Kilkenny and Carlow Education and Training Board (KCETB), which leads the Music Generation programme for Kilkenny.

Sinead Blanchfield, Music Generation Development Officer for Kilkenny, will host proceedings.

Music Generation is Ireland's national music education programme, initiated by Music Network and co-funded by U2, The Ireland Funds, the Department of Education and Skills and Local Music Education Partnerships. The programme seeks to transform the lives of children and young people by creating access to high quality, affordable music tuition in their localities.

Kilkenny was selected for participation in Music Generation through a competitive application process in 2017, led by KCETB in partnership with Kilkenny County Council. Sinead was appointed to the post of Music Generation Development Officer in 2019, in order to manage overall

development and implementation of the programme across the county.

Following an initial planning and development phase, Music Generation Kilkenny commenced its first singing programmes in primary schools in Castlecomer and Thomastown in September this year, with further expansion to follow in January 2020.

As part of these programmes, full class groups enjoy the opportunity to engage in inclusive, creative musical experiences with skilled professional musician educators.

At next Thursday's

launch event, representatives from local music education programme, initiated by Music Network and co-funded by U2, The Ireland Funds, the Department of Education and Skills and Local Music Education Partnerships. The programme seeks to transform the lives of children and young people by creating access to high quality, affordable music tuition in their localities.

"I'm really looking forward to marking the official launch of Music Generation Kilkenny together with the funders, partners and supporters of the programme who have been central to its development," says Sinead.

"It will be particularly exciting to discuss what's in store over the coming months, to explore possibilities for collaboration and broaden our reach to many more children and young people in the county."



HUGE REMODELLING SALE

€1,000,000 FURNITURE & FLOORING FOR IMMEDIATE DISPOSAL

Bouyant, Vida Living, Respa, Rauch, Kingkoil, Quickstep, Ulster Carpet, O'Dearest etc.

GRAND PUBLIC EVENT

This will be the greatest sale in the history of Lowry's Furniture. Lowry's will undertake a massive showroom sale event, to make way for the final phase of store modernisation. We must clear the showroom in order for the scaffolding to be erected. The showroom is currently closed to reduce prices and prepare for the launch of the Grand Million Euro Sale

We must urgently sell off all our furniture & flooring including, Suites, Sofas, Chairs, Recliners, Tables & Chairs. Wardrobes, Locker, Beds, Mattress, coffee tables, Tv Units, Carpet, Laminate Flooring etc

ABSOLUTELY EVERYTHING MUST GO A.S.A.P

Every single price will be drastically reduced, This is our biggest sale EVER!

All Furniture and Flooring will be clearly marked for sale on first come, first serve basis.

ELECTRIC COMPLETE

IRISH MADE

3 SEATER

4FT6 SOLID

3FT OAK,

FINAL REDUCTIONS SALE ENDS SUNDAY

NOW ONLY €8.99 YD2

NOW ONLY €499

NOW ONLY €399

**RRP €995
NOW ONLY €499**

**SUITE
RRP €3995
NOW ONLY €1995**

**SUITE TO CLEAR
RRP €3495
NOW ONLY €1695**

**UP TO 70% OFF
ALL RUGS, PICTURES AND MIRRORS**

**12MM LAMINATE WOOD FLOORING
RRP €19.95yd
NOW ONLY €9.95 YD2**

**125MM ENGINEERED OAK
RRP €59.95
NOW ONLY €29.95YD2**

**NAVAN 50 OZ LUXURY ACTION-BACK DEEP PILE SOFT TOUCH CARPET
€49yd2
€16.95YD2**

**4 DOOR SLIDER ROBES
Choice of colours
RRP €799
NOW ONLY €499**

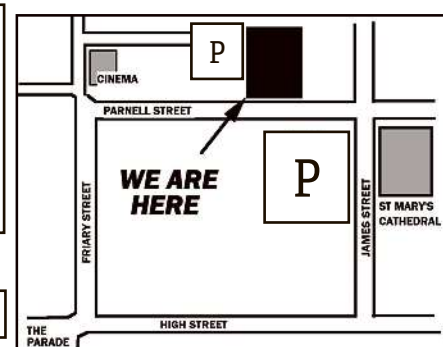


LOWRY'S 
Modern LIVING

SPECIAL EVENT HOURS

**THURSDAY 10 - 6
FRIDAY 10 - 6
SATURDAY 10 - 6
SUNDAY 2 - 6**

Ample Local Parking



35 Parnell Street, Kilkenny Tel: 056 77 22221

All offers correct at time of going to press & subject to availability. E & O E

NEWS



Teddy Marnell crowned King of the Jungle

SIOBHAN DONOHUE

siobhan.donohue@kilkennyreporter.ie

On Friday night, St. Patrick's Special School hosted 'I'm A Celebrity Get Me Out Of Here' in a packed ballroom turned jungle at Hotel Kilkenny. Their aim was to raise much needed funds for our school playground. People came from far and wide to support the event and cheer on their team mates. The atmosphere in the Skyline was buzzing as people prepared for a night of laughter, thrills and spills.

Twenty four brave contestants were divided into two teams and fought it out to be crowned Kilkenny's first King or Queen of the Jungle. The audience gasped and groaned as the contestants drank jungle milk shakes, crunched on kangaroo parts, ants, bugs and things that would make you go bump in the night!

John Moloney and Orla Buckley were the brave souls who lay in coffins full of snakes whilst their team mates put their heads in gunge to find the key with their tongues. After the interval the competition got serious as the contestants were whittled down to the final few: John Moloney, Teddy



Contestant Edward Hayden with Siobhan Donohoe and all the contestants above

Marnell and Mark Fitzpatrick. They gamely downed evil potions while snakes were draped over their shoulders. King Teddy was crowned after a fabulous night.

Principle, Jane Dowling expressed her appreciation to the many supporters such as Taxback Group and other businesses who kindly sponsored the contestants or gave amazing spot prizes. She says "we hope everyone enjoyed their night and we are looking forward to investing in our revamped playground".



Siobhan Donohoe with Saint Patrick's Special School Principal Jane Dowling at the I'm A Celeb fundraiser while above, the contestants who made it out of the jungle ALL PICTURES: CHRISTOPHER DUNNE

Opening hours:
Monday-Friday: 8am-7pm
Saturday 9am -6pm

WiFi
Available



TYRELAND

CUFFESGRANGE (On The Kilkenny/Callan Road)

TEL: 056-7729111 | 087-1486860

Here at Tyreland, we aim to provide you with a fast and reliable service whether it's a big or small job.

We have a huge range of tyres to suit all Tractors, Lorries, trailers and agricultural needs, from wheelbarrows to earthmovers.



Our service van is available 24/7 for any breakdown or fitting of tyres at your convenience.

Mobile Number: 0871486860



We also supply and fit batteries for cars, vans, jeeps and tractors from €45.
Call in for a free battery test if you are in doubt.

While you wait we have a waiting room with a free cup of tea or coffee

All major cards accepted.



SOCIAL SCENE

KILKENNY & PROUD

with *Siobhan Donohoe*

Out and about with the Reporter's ambassador

email: siobhan.donohoe@kilkennypeople.ie Instagram: @sibhy_d Twitter: @DonohoeSiobhan

A night of Glitz & Glamour for the Kilkenny Business Awards

From award-winning businesses to award-winning individuals, excellence has always been high on the agenda for Kilkenny Chamber Business Awards Gala night. It's an evening where 600 business people network, wine and dine and acknowledge what makes Kilkenny a great place to do business in.

I especially love this award's night, everyone is in high spirits and it marks the wind down for the festive season ahead. It's a massive 'pat on the back', for sole traders and business executives. All chatting about the tough year behind and looking forward to doing it all over again. That's the buzz of an entrepreneur and this is their playground for one night only, where they can celebrate their achievements and mile stones with family and friends.

Helen Carroll from RTÉ's "Ear to the Ground" was on MC duty for the night. It was Helen's first year to present the awards and she did an

excellent job, making all the award winners feel special and deserving. Hats off to Sally Leadbetter, Purcell Masterson and the Kilkenny Chamber of Commerce for pulling off another successful Gala. The team at Lyrath worked professionally all evening, serving up a wonderful four course meal with fine wines.

WINNERS

These awards are always extra special for the nominee categories and winners. All 20 category winners were announced at the black-tie gala awards' ceremony and notable among them were Goatsbridge Trout who received two awards for Food & Drink Producer of the Year and Agri Business of the Year. The Kilkenny Civic Trust was a double-winner on the night picking up the Excellence in Hospitality award for Butler House and the Culture Heritage & Tourism award for The Medieval Mile Museum.

CF Pharma was revealed as Kilkenny's Business of the Year for 2019, announced by main

sponsor, Cathal Smyth of State Street. CF Pharma also picked up the award for Innovation in Business.

Antonio Cavaliere of Ristorante Rinuccini was the recipient of the Lifetime Achievement Award. The President's Award was given to Nicky and Susan Mosse of Nicholas Mosse Pottery.

Craft Producer of the Year went to K Kajoux Jewels, while Johnston Funeral Directors took home Family Business of the Year and Ireland Posters won Emerging New Business. Nuala Furlong of Donohoe Town & Country won Employee of the Year and Modubuild was named Employer of the Year.

Red Sky Europe won Information & Communications Technology, while Threesixty Branding & Communications got Excellence in Communications. Mechanical Modular Solutions was Exporter of the Year with Envirico picking up the Environment Award. Newpark Hotel won Customer Service

Excellence, and Hotel Kilkenny – Active Club was Service Provider of the Year.

Kilkenny Design Centre was named Retailer of the Year, with Little Mischief Day Nursery winning Small Business of the Year and Campion Insurance won Investment in Skills, Training

& Development of Staff.

The Good Shepard Centre was given the accolade of Social Enterprise of the Year. The chosen charity this year for the Kilkenny Business Awards was Teac Tom and a sum of €5,550 was raised for them at the event.



Roisin O'Brien, Siobhan Donohoe and Lorna Doogue



John Masterson, Sally Leadbetter, John Purcell and Lorraine Caffrey PICTURE: VICKY COMERFORD



Hugh Fitzpatrick and Deirdre Grant



Siobhan & Ed Donohoe

SOCIAL SCENE



The team from Red Sky Europe team (L-R) Ken Byrne, Karen Ryan, Roisin O'Brien, Robert Cunningham, and Ciaran Leneghan



Siobhan Donohoe, Kilkenny Chamber President Marion Acreman and Chairman of Kilkenny County Council Peter Chap Cleere



Ciara Walsh McIntyre, Ed Donohoe & Nuala Furlong



Xavier McAuliffe, Siobhan Donohoe and Niall Burns, General Manager of Lyrath Estate Hote

HERO OF THE WEEK



Nuala Furlong

Nuala Furlong who deservedly won Employee of the Year at the Business Awards is my Hero of the Week. This is on a personal level as she works for my dear husband Ed Donohoe in Donohoe Town & Country. Nuala is Ed's 'Woman Friday', I also call her his 'work wife' as she knows exactly what he is thinking before he even speaks!

She has been working with Ed for 17 years, longer than we have been together! She is the glue that holds the business together and has helped housed many homeless families over the recent number of years. We would be lost without her, so thank you so much Nuala.



Anne Marie Frisbey, Xavier and Lorrain McAuliffe, Niall Burns, General Manager of Lyrath Estate Hotel, Deirdre Grant and Nicola Walsh



Angela Hayes, Xavier McAuliffe and Deirdre Grant

events@kilkennyhibernianhotel.com | FOR RESERVATIONS : 056 777 1888 | kilkenyhibernianhotel.com

Christmas Party Nights

Harpers

KILKENNY HIBERNIAN HOTEL

NEWS

ROUNDUP

Cookery masterclass

Celebrity chef Kevin Dundon will hold a cookery masterclass at the community centre in Ballyragget on December 4.

The event will take place at 7.30pm and admission is €20.

Proceeds from the evening will be donated to the Ray of Sunshine charity which undertakes building projects in the developing world.

Book Club appeal

Rick O'Shea's Book Club new Christmas appeal aims to raise more than last year's €51,000 for homelessness.

The radio DJ with Ireland's biggest book club, and the new presenter of RTE Radio 1's Book Show launched the initiative which asks people to donate €5, the average cost of a second hand book to the Peter McVerry Trust.

Donate at www.idonate.ie/BookClub

Big hearts at Hotel Kilkenny

The management team at Hotel Kilkenny were delighted to take part in the Shine A Light Night in aid of Focus Ireland this year.

The team raised €1,413. They slept outside the night of the October 18 in the Orchard Garden at Hotel Kilkenny to raise awareness of homelessness in Ireland.



Superb show

Joanne Ryan, brings her multi award-winning, funny, tender and moving play, Eggsistentialism to the Watergate this Saturday.

Fresh from critically-acclaimed runs in Dublin, London, Edinburgh, Malaysia, Cyprus and an award-winning tour in Australia, Eggsistentialism is a comedic piece of new Irish writing.

It is an autobiographical journey charting the madcap odyssey Irish writer/performer Joanne Ryan embarked upon whilst trying to decide whether or not to have a child in her final fertile years, told through the prism of Ireland's reproductive health history.

Eggsistentialism takes a light-hearted but unflinching look at one of life's most compelling dilemmas: should making a life for oneself involve making another?

Win a trip to Lapland

Market Cross Shopping Centre is giving one of their lucky customers the opportunity to win a holiday of a lifetime.

You and your family could be soon on your merry way to meet Santa Claus and his elves in Lapland this December.



To enter - simply take a photo of your Market Cross shopping receipt from any store in the Centre and send the photo to christmas@marketcross.ie.



Kilkenny On Ice

Kilkenny On Ice opens this Friday at Cilin Hill and runs until January 5.

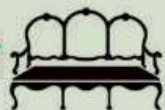
As well as an amazing rink

there are also new mammoth ice globes and bungee trampolines.

For more see kilkennyonice.com

Tel: 059 9775145

Goresbridge
ANTIQUES



www.goresbridge.com

E: info@goresbridge.com

PSRA 002298

ANTIQUES AUCTION

Of Georgian, Victorian, Edwardian and Quality Diningroom, Sittingroom, Bedroom and Occasional Furniture, Oil Paintings, Prints, Clocks, Glass, Pine, Brass, Porcelain, Mirrors, Waterford Crystal, Rugs and other collectable items.

"PLEASE NOTE CHANGE OF TIME"

ON MONDAY

25th NOVEMBER @ 3.00 P.M.

At the Sales Complex, Goresbridge, Co. Kilkenny.

On view **Saturday 10am-6pm and Sunday 12pm-6pm**
Monday from 10am



Newpark Hotel
KILKENNY

With escape Health Club & Spa

A FLYNN HOTEL

Book now by contacting Breda

E. events@newparkhotel.com
T. +353 56 776 0515

Newpark Hotel, Castlecomer Rd,
Kilkenny, Ireland

www.newparkhotelkilkenny.com

SKI LODGE
experience

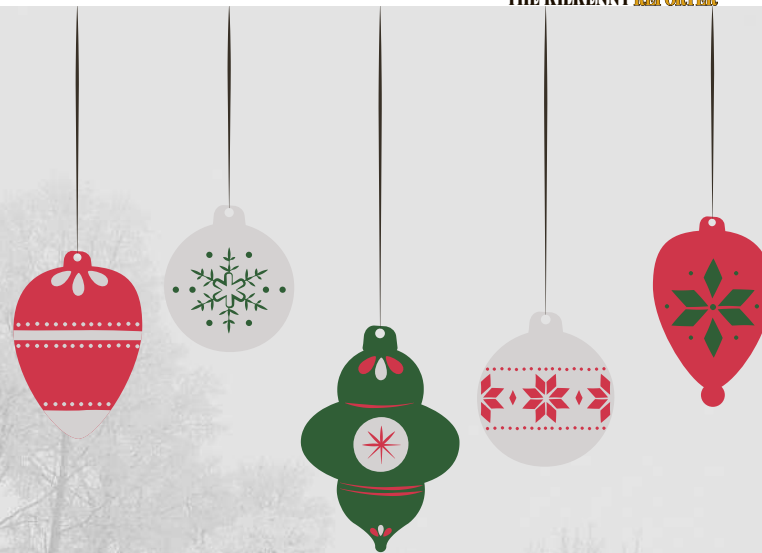
- ❄️ Private Party
- ❄️ Accommodates up to 60 guests
- ❄️ Festive Cocktail on Arrival
- ❄️ Festive Finger Food
- ❄️ Christmas Movie Screening

Christmas Market

at Mullins Mill Kells

Co Kilkenny on Sunday 24th November 11.00 - 4.00

We will have over 20 traders exhibiting with some great gift ideas for Christmas. Lots of Crafts, Home Baking, Vintage and Millinery. Warm Hot Chocolate served on the day and free raffle tickets with every purchase



Christmas Market

at the Parish Hall Dunnamaggin

Co. Kilkenny on the Sunday 1st

December - 10.30 - 4.00

Dunnamaggin Community are having a new Christmas Market of 1st December. Lots of Handmade gift ideas Homebaking teas and coffees and much more to see. Santa will be arriving at 12.00 to meet the kids so don't be late



For more information contact Gwen Walsh - Call 083 454 4484

Believe

BUTLER HOUSE
1786
in the magic of Christmas

The perfect place to kick start your Christmas Celebrations...

- ❄ Butler House Christmas Garden Experience
- ❄ All Day Dining
- ❄ Private Lunch & Dinner Options from €35 per person
- ❄ Lady Eleanor Butler Afternoon Tea with a Seasonal Twist
- ❄ Weekend Craft Fair
- ❄ Butler House Gift Vouchers



BUTLER HOUSE

1786

Step back in time this Christmas season in Kilkenny City Centre, where timeless traditions and the magic of our Christmas Garden will enchant you and your guests.



BUTLER HOUSE GIFT VOUCHER

The ideal gift this Christmas
Available from front desk
or online at www.butler.ie



T. 056 772 2828 / E: info@butler.ie

www.butler.ie

NEWS

MMA and BJJ — a chance to train with Team Ryano

SAM MATTHEWS

sam.matthews@kilkennyreporter.ie

Young people looking to try something new or challenge themselves with a different kind of after-school activity have an opportunity in Kilkenny to train with some of the best in the business when it comes to martial arts.

Based at 27 Hebron Business Park, Team Ryano Kilkenny is the only MMA and BJJ based gym in Kilkenny, and its trainers come with impressive credentials.

From January, courses will run for adult beginners and teenage beginners in Brazilian Jiu Jitsu. Then in February, courses for MMA will get under way.

Instructor and renowned fighter Myles Price says it brings an important addition or alternative to what's out there for young people. It's an additional way of keeping active and challenging yourself mentally and physically. The Kilkenny native says it's a perfect

after-school activity.

"A lot of people have the idea they have to go running before they start training, but actually it's the other way around," he says.

"We cater to all fitness levels — all shapes, sizes, ability, gender. It is an alternative way to get fit."

Myles says he has seen interest and uptake in the sport explode in recent months. Among the benefits of studying martial art, he lists improved strength, balance and flexibility, as well as better self-confidence and awareness.

Vouchers are also available for the various courses, making an ideal gift for under the Christmas tree or as a stocking filler.

The cost of the ten-week course is €100, and payment plans are available.

Contact Team Ryano for further information on 085-7710412 or 083-8954438 or email teamryanokilkenny@gmail.com
Image: @paige_agram.



Lunchtime talk on Dean George Seaver, former St Canice's Dean

Friday's lunchtime talk in St Canice's Cathedral will be on the subject of Dean George Seaver who was Dean of St Canice's from 1950 - 1957 and before that served as Bishop's Vicar and Priest Librarian of the Cathedral.

The talk will be given by George's nephew, Peter Seaver. Dean George Seaver was a prolific author with a particular interest in Antarctic exploration which include biographies on Robert Scott, Albert Schweitzer, David Livingstone and Birdie Bowers.

He is also well known for his biography of Archbishop



Dean George Seaver with his housekeeper

Gregg and wrote comprehensive histories of St Canice's Cathedral and St Lazarian's Leighlin.

The talk will begin at 1pm and is followed by a light lunch. Entry €5, including lunch.



Tanya conferred as Chartered Accountant

Tanya Farrell Thomastown, was formally admitted as a Chartered Accountant at the Chartered Accountants Ireland conferring ceremony in Dublin. Tanya is pictured with her husband Billy McMahon and their son Louie McMahon

A magical Christmas forest at St Canice's

Once again, the aisles of St Canice's Cathedral will be filled with unknown species of trees for the annual Christmas Tree Festival.

The amazing spectacle takes place from December 5 — 10, so be sure to make your way up to the hill of Canice.

To make this bigger and better than last year, why not enter a tree and enjoy being part of the festival?

Crafty groups, families, schools and individuals all have fun creating their display however large or small. Just get your entry form in by the end of

November and then come along and place your tree in the magical forest.

ATMOSPHERE

In the festive atmosphere you can also enjoy beautiful music, children's events, climb up to the cathedral belfry and enjoy a coffee from the Gourmet Monk and stock up on a few treats from the seasonal stall.

All details are available on the cathedral website, but you also can ring or drop in to find out all details of how to enter or what's on to plan your visit as part of Yulefest. www.stcanicescathedral.ie.



Launching the Annual St. Canices Cathedral Christmas Tree Festival were Shirley Parr, Philip Kavanagh, Bart Thieoe, Dean David McDonnell, Joy Bibby and Heather Sharman.

Kilkenny on ICE

Mondays - Fridays

Off Peak: 4pm - 9pm On Peak: 11am - 9pm (On Peak lasts from 21st Dec 2019 - 5th Jan 2020) (Last session at 8pm)

Saturdays & Sundays

Open from 11am - 9pm (11.00am Sundays is Sensory Session Quiet Time)
(Last session at 8pm)

Nov 23rd - Jan 5th

The Hub, Cíllin Hill

www.kilkennyonice.com



NEWS

Community art project celebrates people of 'Comer

SIAN MOLOUGHNEY

sian.moloughney@iconicnews.ie

The successful completion of one project and the start of another was marked with an artist talk by Graham Carew at his Artist in the Shop Window studio, in Castletomer.

Graham spent the month of September painting one portrait every day of someone from, or linked with, Castletomer.

Last week he held a special evening to celebrate the completion of that project in his 'shop window' studio in Castletomer.

The 30 portraits were on display and Graham gave a short talk on the project.

He thanked everyone who took part, saying "it's been a humbling experience to be able to do this project and to see the reaction from people and the local community."

He now plans to add another chapter to the project with Faces of Comer 2. This project will be in conjunction with some of the students from Castletomer Community School and will be presented during the Festival of Lights, later this year.

For this project Graham is looking for photographs of yourself, you and your friends, your loved ones alive or loved ones who have passed, local people who have moved away from Castletomer and people still living in the town. Each day for the rest of November he will project images of people from the community onto the shop window from around 6pm to 7pm and each day.

The idea for the project came from the success of the September project and a sense that the year coming to an end. November is a time of the year when the line between the living and the dead is quite thin. Graham wanted to acknowledge loved ones while feeling grateful for the year and the sense of community.

If you would like to be involved please email an image to Theartistintheshopwindow@gmail.com and the name of the people in the photo.



Artist Graham Carew speaking about his 30 Days - 30 Portraits Project in his studio in Castletomer ALL PICTURES: MICHAEL BROPHY.



At Graham Carew's 30 Days - 30 Portraits Project exhibition: Cllr John Brennan and Martin Rafter, Kilkenny Leader Partnership



Máire Downey and Rosemarie Durr enjoyed the exhibition



Artist Graham Carew with Michael (Ossie) Ownes and Cllr Denis Hynes



At Graham Carew's exhibition in Castletomer were: Breda Murphy and her daughter Eleanor



Eileen Teehan

Hair Cutting & Wig Specialist

Look Great, Feel Amazing!



WIG Specialist

Eileen Teehan



- Over 30 Years Hairdressing Experience
- Experiencing Hair Loss is an extremely difficult time whether we lose our hair from Chemotherapy, Alopecia, Stress or Hormonal thinning. In comfortable private surroundings, Eileen can offer advice on the highest quality Wigs and Hair Pieces to suit your individual needs.
- Only 10 Minutes from Kilkenny City with parking right at the door, appointments are flexible and private.
- HSE and Private clients catered for with no obligation.



• Styling • Cutting & Coloring

Tel: 056 77 29 783

Blackstick Bridge, Cuffesgrange, Co Kilkenny R95 E097

www.eileenteehanhaircutting.com

LIFESTYLE



ABOVE: Rice pudding with cinnamon and lemon cooked in a tagine

RIGHT: Colourful tagines for sale at a Moroccan street market

Saffron - the world's most expensive spice

The recipe below calls for a pinch of saffron strands.

Don't be alarmed by the headline - while it is the world's most expensive spice by weight, it can now be bought in all supermarkets, in the herb and spice section, in very small amounts for a small price. And you will only need a very small amount in a dish.

Saffron comes from a crocus plant that originated in Iran. It has a natural bright, orangy red colour.

As well as in cooking, saffron was used in traditional medicine, as a fabric dye, particularly in China and India, and in perfume. In India it is used for religious purposes.



Tagine - the warming taste of North African cooking

SIAN MOLOUGHNEY

sian.moloughney@iconicnews.ie

Have you ever tasted a tagine? As Irish stew is our traditional dish a tagine is a traditional North African stew.

It's unfamiliar but once you get past the unfamiliarity of the name and some of the ingredients, a tagine is an easy dish to make and not at all strange and exotic.

The word tagine, or tajine, means both the food and the strange-shaped dish in which it's made. The pot is traditionally earthenware and has a cone-shaped lid. It is this unusual shaped lid that allows steam to circulate during the cooking process, condensation drips back down on to the cooking food and keeps it moist.

Recipes are slow cooked, one-pot recipes.

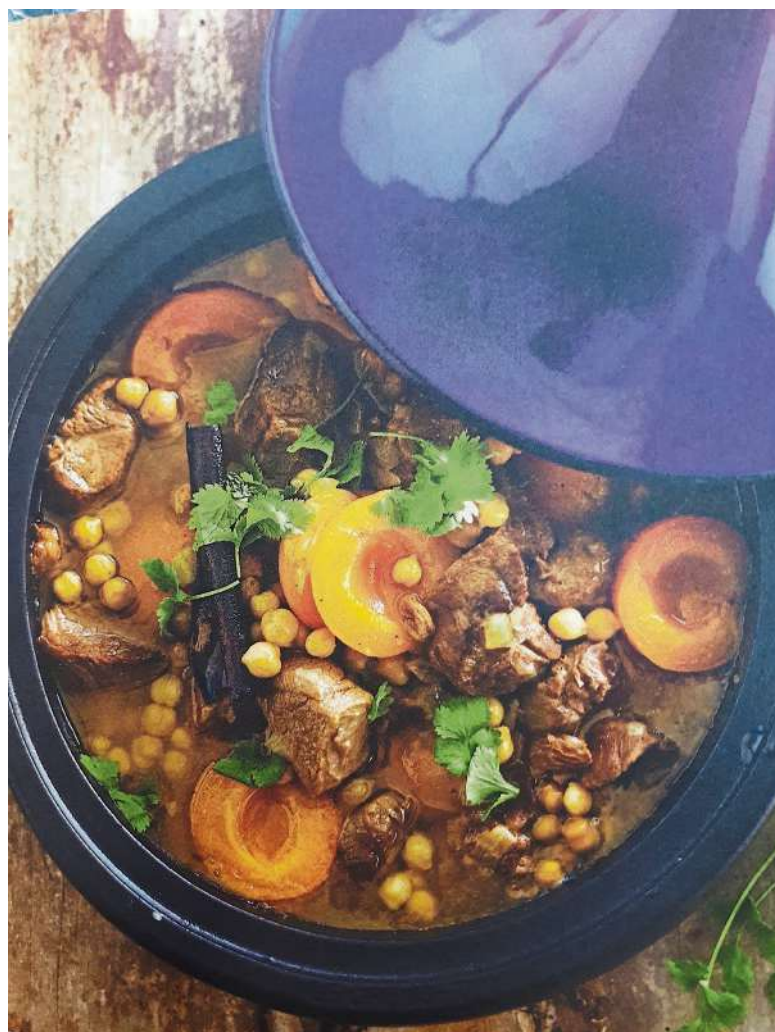
Traditionally a tagine would have been cooked over an open flame, which is not how we cook in our kitchens.

To use one on a cooker make sure to get a heat diffuser to keep the heat gentle, and always start on a low heat so as not to crack the dish. Don't put the tagine directly onto a hot ring.

A tagine is a beautiful dish and so is ideal to serve straight to the table.

You can cook anything from meat to fish to vegetables and even sweet desert dishes in a tagine.

Serve the savoury dishes with couscous or rice, and a salad, or some pitta breads.



A tagine of lamb with apricots, raisins and chickpeas

Don't worry if you don't have an actual tagine dish. These recipes can also be made in a saucepan with a tight-fitting lid

LAMB WITH APRICOTS, RAISINS AND CHICKPEAS

INGREDIENTS

1 tin of chickpeas
1 tablespoon olive oil
600g lamb, shoulder or leg, cut into one inch pieces
2 onions, chopped
Pinch of saffron threads
1/4 teaspoon ground ginger
1/3 cinnamon stick
250mls cold water
200g fresh/ 8 dried apricots
35g raisins
1 teaspoon honey
1 small bunch of coriander
salt and pepper

METHOD

Over a low heat, heat the olive oil in the tagine and brown the lamb. Set aside.

Put the onions into the tagine and fry until caramelised.

Return the lamb to the pot and add the saffron, ground ginger, cinnamon stick and chickpeas. Pour in the cold water.

Bring the pot to a simmer then put the lid on the pot, turn the heat to low and cook for two hours.

If more moisture is required add more water to the mix during cooking.

After two hours stir in the honey, apricots and raisins as well as half the coriander leaves, chopped. Cook for another 20 minutes.

Add salt and pepper to taste.

Sprinkle over the remaining coriander before serving.

Rice pudding is an old favourite. Did you know you can make it in a tagine? Add a few flavours of North Africa to make it special, like here where the recipe uses lemon and cinnamon!

RICE PUDDING WITH LEMON AND CINNAMON

INGREDIENTS

1 litre full fat milk
1 vanilla pod
1 cinnamon stick
160g pudding rice
120g caster sugar
Grated zest of half a lemon
40g butter
30g pistachios, chopped

METHOD

Pour the milk into the tagine pot. Cut the vanilla pod in half and scrape out the seeds.

Add them to the milk with the cinnamon stick. Bring the milk mixture to a simmer over a low heat.

Rinse the rice under cold, running water before stirring into the milk.

Turn down the heat to low and put the lid on the tagine. Cook for 30 minutes.

Stir the mixture regularly to prevent it from sticking.

When the rice has cooked stir in the sugar, lemon zest and the butter, cut into cubes.

Serve the rice with the chopped pistachios sprinkled over the top.

FLAME

**O'BRIEN ROAD,
CARLOW TEL:
TEL: 059 9137694
E: INFO@FLAME-IRELAND.COM**

BLACK FRIDAY MADNESS

**SCORE SOME SERIOUS BARGAINS,
STOVAX AND GAZCO STOVES NOW ON SALE**

Fireplace packages from €1199 upwards
All Stratford Boilers reduced | All gas and electric fires Reduced

MASSIVE SAVINGS NOT TO BE MISSED



**GAZCO SKOPE 135R INSERT
ELECTRIC**

2kw fan heater | Multi coloured flame effect ~~€1440~~

NOW ONLY €1250



RADIANCE 80W BLACK GLASS

hang on the wall Electric fire
2kw fan heater | Background Mood lighting ~~€875~~

NOW ONLY €730

**THE VOUGUE
MEDIUM 9KW**

SOLID FUEL
ROOM HEATER
Optional plinths
available

~~€1750~~

NOW ONLY €1500



STUDIO 1 INSERT STOVE

Wood Burning
Profile frame | 5kw room heater
~~€2170~~

NOW ONLY €1870



ACR NEO 3 P

3 Glass windows
Pedestal
7 kw room heater

~~€1799~~

NOW ONLY €1550

**STRATFORD ECO
BOILER**

37 kw Boiler Stove
Heats up to 22 single
rads

~~€2550~~

NOW ONLY €2400

Burns 1/3 less fuel than
any other boiler



**HENLEY
THEMES 8 KW**

Slim line stove

~~€720~~

NOW ONLY €550

Limited Stock



**PACKAGE FIREPLACE DEAL
APOLLO 7KW INSERT STOVE IN
MATT BLACK**

A granite back panel and hearth
Complete with a 54" Balmoral marble
fireplace
~~€1799~~

NOW ONLY €1299

SALE NOT TO BE MISSED

VISIT OUR SHOWROOM TO SEE OUR COMPLETE RANGE OF STOVES



TEL: 059 9137694 MOB: 087 2550091 WWW.STOVESCENTRE.IE

EDUCATION



STUDYRIGHT

STEPHEN MORGAN

IN ASSOCIATION WITH 

How to map out the Leaving Certificate geography paper

The Higher Level Leaving Certificate is by its very nature broad in content and depth and can be a daunting exam for students to face.

At 2 hours and 50 minutes the exam is a real test of not only students' knowledge but of writing stamina so interpreting the question quickly and clearly is vital for success.

Also getting to the point of the question as quickly as possible means you will not waste time in long and unnecessary introductions.

FORMAT

The written exam is worth 400 marks with the Geographical investigation worth 100 marks (20% of the final grade). The paper is split in different parts with plenty of choice for students. The long questions are split between core, electives and options.

PART 1: SHORT QUESTIONS WORTH 80 MARKS

Here you are given a selection of 12 questions. Students should attempt all questions and will be marked on their best 10. Spend 30 minutes maximum here BUT you should aim to get this done in 20 minutes.

Extra time spent here will be lost from other questions. Practice of the past paper short questions is without doubt the best way to prepare as questions over the years tend to be similar in nature.

Pay special attention to map and aerial photograph skills questions such as grid references, land use and line distances as in recent years questions have become much more skills based and therefore more time consuming.

PART 2: STRUCTURED ESSAYS ARE WORTH 320 MARKS

This section is split between core, electives and option questions. The core unit is made up of Physical geography.

This gives students a choice between questions 1, 2 and 3. Each question is split into three parts; a, b, and c. Part a is worth 20 marks while parts b and c are worth 30 marks each.

Read and select your question



KEY TIP

Practice of the past paper short questions is without doubt the best way to prepare as questions over the years tend to be similar in nature

carefully. If you start a question you MUST complete all parts; a, b and c. Spend 35 minutes here. 5 minutes on part a, 15 on part b and 15 on part c.

Regional Geography makes up the second part of the core unit. These are questions 4, 5 and 6. They are in the same format as above and the same timing applies.

The elective is a choice between Economic Geography and Human Geography.

Economic geography questions range from numbers 7, 8 and 9 Human geography students should select questions from numbers 10, 11 & 12. The same marks breakdown and timing as the core unit applies.

The most popular option topic is Geo-ecology. This is a large body of

writing worth 80 marks. These are questions 16, 17 and 18. Spend 35 minutes on this question.

TIMING

On the whole I advise my students to spend 35 minutes per long question. 5 minutes on part a, 15 on part b and 15 on part c. However this can vary from question to question depending on the students' knowledge of a topic. The more you know the faster you get the information down. At the same time you must avoid the temptation to go beyond the 15 minute time limit. Be strict and disciplined. Once time is up move on, as otherwise you will fall short of time to complete the paper. Bring a

watch with you into the exam. Don't rely on there being a clock in the classroom or exam centre.

SRP'S

Significant relevant points or SRP's for short can be best described as a statement and development, a key term and definition or a relevant statistical point. Each 30 mark essay will on average need 15 SRP's to get full marks. Students can write it in paragraph form or in bullet points. If you are using bullet points be remember, not every bullet point is necessarily an SRP.

GENERAL TIPS

* Practise short questions from past

papers – time yourself while doing so; 20 to 30 mins maximum.

* Familiarise yourself with marking schemes – this can give you an indication as to what you may pick marks up for. While schemes change from year to year they can be a useful guide.

* Each 30 mark question will on average need 15 SRPs. Try to aim for more.

* 12-15mins per 30 mark question. Be strict on this.

* Read questions carefully and fully.

* Take the first 10 mins to read the paper fully and to mark the questions you want to do. Even jot in a key word or two to get yourself started.

* Practice 30 mark questions in a time pressured environment – revise a topic, pick a question, put 15 minutes on a stop watch and write as much as you can.

* Always start your essay with a brief introduction. Take the question and turn it into a statement. Perhaps name or list what you will write about here. So if the question asks: "Describe the formation of igneous rocks" the introduction should read something like this; "In this essay I will describe the formation of igneous rocks such as Granite and Basalt". This introduction may gather marks for simply naming two examples of igneous rocks, if the marking scheme allows.

* More often than not a labelled diagram will pick you up marks as long as it is labelled and relevant to the question.

* Flash cards, keywords & mind maps are all useful methods for helping to remember key points or pieces of information.

Over the coming weeks I will be covering some of the topics that will be important for the Leaving Cert Geography paper in 2020, so make sure to check back in the coming weeks for hints, tips, notes and more!



FLASH SALE

**4 DAY FLASH SALE
STARTS THURSDAY 21ST NOVEMBER**

**SOFAS / BEDROOM / DINING / MATTRESSES / ALL STOCK
EVERYTHING IN STORE REDUCED**



SOFA



DINING



BEDROOM RANGES



MATTRESSES

SALE ENDS SUNDAY 6PM

Minogue
Furniture

CARLOW

Sleaty Road, Graiguecullen, Co. Carlow | 059 9139077



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)

Good financial advice is hugely important

They say things happen in threes and that was certainly the case for me last week.

I encountered three people who reached out for advice, and while their situations were all different, the common denominator and link between the three, was that they were all on the receiving end of terrible financial advice.

The first person holds a couple of doctorates, is a world renowned expert in their area of speciality and holds a senior position in a very large, well known pharmaceutical company.

They held a pension with a previous employer and the advice given by the scheme's administrators regarding what they should do with it, was shocking.

The advice received was going to cost them at least 60% of the value of their fund. And that loss could easily have been avoided.

What they were advised to do was absolutely needless. But the damage has been done.

I asked them why they followed through with the advice, and did they understand it in the first place? Their answer was no.

They went on by saying, I'm a scientist Liam and I trusted what they said. I had no reason not to, but I didn't have anyone I could fact check what they were saying either, so I did what they told me to do.

I explained why the advice was poor and what they should have done, and their response was: "Well, there you go Liam. As they say in my world - doctors differ, and patients die."

And they're absolutely right. So, it's important to have a doctor who'll give you the right diagnosis and medicine, not a quack.

I can only suspect the advice they were given was for the financial firm's benefit rather than theirs.

I can't think of any other reason. It appears to me, the firm gave advice based on



The late Gay Byrne had a terrible experience at the hands of his financial advisor/accountant who swindled €200k of his savings

them getting paid a commission now rather than in five years' time, and maybe thought they had better get paid quickly, just in case they find another adviser.

The other people I encountered also received awful advice.

One lady I met, along with her daughter, explained how she lost €250,000 from advice she received from her bank which, again, was hugely inappropriate.

And the final person I met, a gentleman, advised how he invested pension money with a local financial adviser. And being the very nice person he is, he wanted to help this adviser out and give them a turn.

But the turn, turned out very poorly for the gentleman when I discovered the guy he was trying to help had loaded on extra management charges that were being applied to his fund, which the adviser pocketed.

He also loaded on penalties if he ever moved the fund (he did this so he could continue to pocket the extra charges that were being applied to the fund because the penalties were so high the poor man

wouldn't be able to move his fund without incurring huge exit costs)

How terrible is that, when someone takes such advantage of someone else's good nature?

Anyway, this encounter had cost him €7,200 up until we met, but now at least we've been able to stop the bleeding since.

And before I continue, let me say, be very mindful of ever getting financial advice from friends, family members, or someone you know, even if they work in the financial services sector.

I would keep the relationship you have with your financial adviser, a strictly professional one. You don't owe each other anything.

The late Gay Byrne thought his good friend and accountant, Russell Murphy, was looking after his money, and only discovered to his horror after Murphy died in 1984, that he misappropriated about €200,000 of Gay's savings.

The purpose of this article isn't to put you off seeking out an adviser either, I would encourage you to do so, because of the value add they can create.

The relationship with your financial adviser is an important one and getting the right one and knowing what you need to be on the lookout for, is incredibly important which is why I'm attaching so much importance to it, and why I'm devoting another article next week to this topic.

Because as the saying goes: when a person with experience meets a person with money, the person with experience ends up with the money and the person with the money ends up with the experience.

So, I'm going to tell you what to be on the lookout for, and be aware of, when assessing, reviewing and or selecting a financial adviser and there are 10 of them, and all will follow next week.

ASK LIAM

Our personal finance expert answers your questions ...

Q: Liam, childcare costs are a considerable part of our outgoings each month and nearly as big as our mortgage. It's a constant struggle for us to make ends meet. Is there any financial help at all for a couple like us with three young children that can help with this outgoing each month?

A: The timing of your question is very good, because the National Childcare Scheme is open for online applications from November 20 and will replace all previous childcare programmes.

We're being promised it will be easy to use and access, and its aim is to help parents meet the cost of childcare.

A subsidy will be paid to families with children aged between 24 weeks and 15 years who are attending a Tusla registered childcare service.

And there are two types of subsidies, both of which are paid directly to your childcare provider.

The first is available to all families with children under three years of age. It's also available to families if their child is older than three who've not yet qualified for the free preschool programme.

The subsidy is not means tested and provides 50c per hour towards the cost of childcare up to a maximum of 40 hours per week.

So, the subsidy could be worth €20 per week per child to you.

The second subsidy is provided for children aged between 24 weeks and 15 years and is means tested and is calculated based on your individual circumstances.

The amount of subsidy paid will depend on your household income and if your family income is less than €24,000 the maximum amount is paid, and the subsidy will reduce in size as the income increases, and a subsidy will be paid in all cases once your family income is less than €60,000.

For example, if your family income is €32,500 and your child is two years old, the hourly subsidy rate is €4.18, so a maximum of €167.20 would be paid each week which is €8,694.40 over one year.

If your family income was €42,500 and your child was eight years old, the hourly subsidy is €1.93 and the maximum paid each week, €77.20, which is €4,014.40 over one year.

If you decide to apply online, you'll need a MyGovID account, your child's DOB and PPS number, you and your partners employment and income details and your PPS numbers.

A paper based application will be available from January 2020.



I would keep the relationship you have with your financial adviser, a strictly professional one. You don't owe each other anything

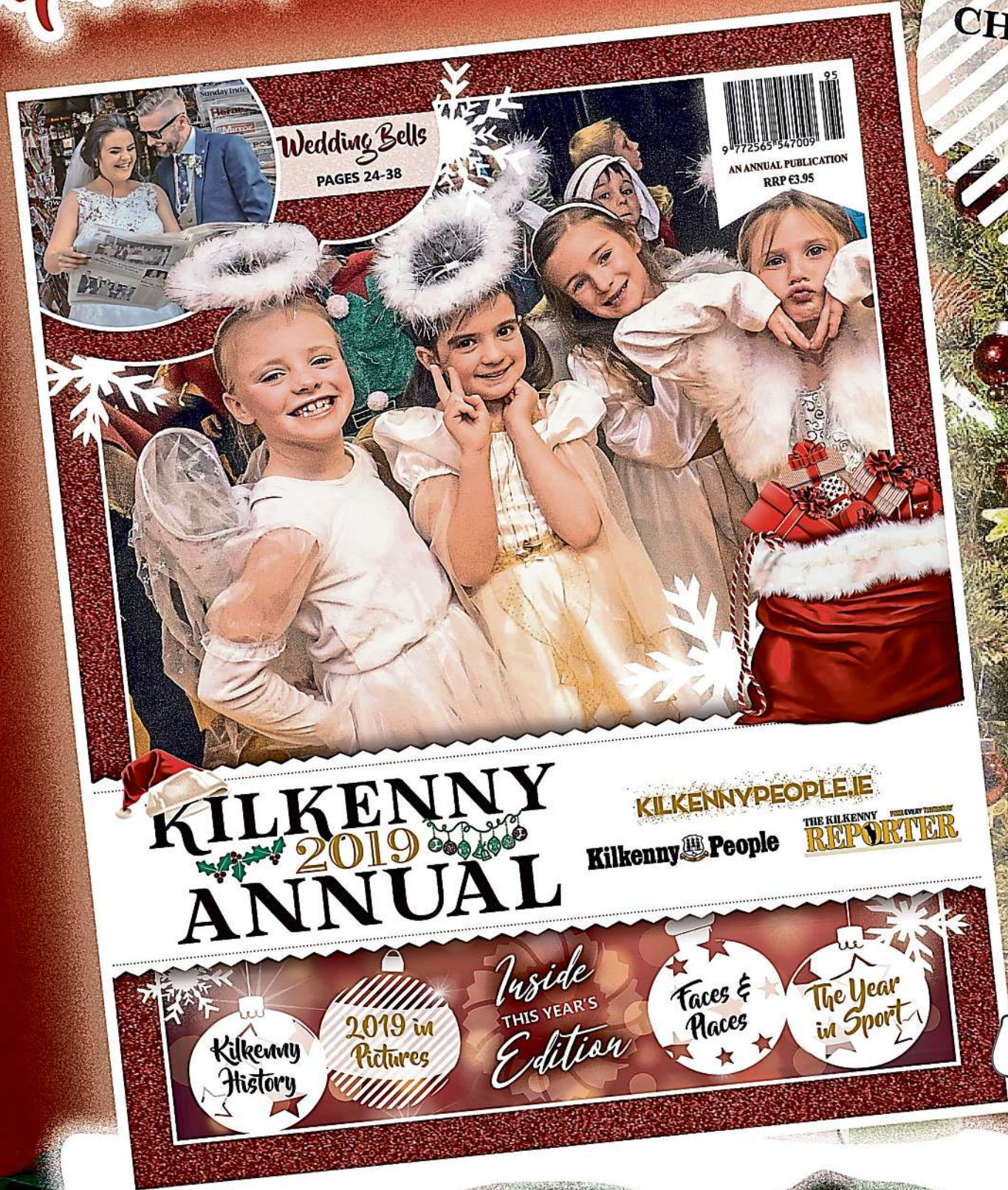
DID YOU KNOW?

There's a form of insurance available in America which covers wait for it.....Alien Abduction. Also known as UFO insurance, it's supposed to cover you in the event that you can prove you've been abducted by non-human life forms. Along with providing this proof you must also get the signature of your ET as well.



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

THE KILKENNY
CHRISTMAS ANNUAL
2019



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

LIFESTYLE



MAN ABOUT TOWN

PATRICK McLOUGHNEY

CONTACT PATRICK

Email: patmcloughney@hotmail.com

Twitter: @iammcloughney Instagram: iammcloughney

Christmas gift guide for guys

HOLIDAYS are coming, holidays are coming. The festive season is upon us which means TV ads that will hijack your emotions, LED fairy lights everywhere you look and a familiar complaint ringing in the air: "You're impossible to buy for." You'd swear that buying Christmas gifts for men was as difficult as getting Brexit done but it's just not the case. Even in the age of Alexa and same-day delivery, when most men are able to buy what they like themselves, there are still countless gift ideas that keep you planted firmly in the nice list.

Whether you're searching for a great gift idea for a husband, a father, a boyfriend, a brother, or any other man in your life who'd appreciate something thoughtful, here are some of the best gifts to get your man at every price point.

UNDER €20

PATTERNED SOCKS

We begin with an easy one. Socks are the go-to stocking stuffer for many, yet most still seem to get it wrong. Avoid boring 3-packs and tacky novelty versions and instead opt for simple striped pair that will go with his work suit and his trainers.

STYLISH STATIONERY

Sucking up to the boss isn't the only way to get ahead. Stationery that catches the eye with premium

details like leather covering and weighty paper is far better than making coffee and pretending to laugh at stupid jokes all day.

A WINTER HAT

Just like Christmas itself, bad weather will come around this time every year. The good news is, it's a great reason to try out some high-quality headwear, like a baker boy hat, a flat cap or a beanie to keep the cold – and bad hair days – at bay.

A GOOD PHONE CASE

Upgrading to the latest handset and scrimping on protection is like splashing out for a new Mercedes and saving €20 on the airbags. Go for a sleek case that acts like a second skin, which will safeguard the fancy phone without sacrificing on style.

A PROPER UMBRELLA

So many of us are guilty of continuing to brave the elements with the substandard umbrella that we picked up for a fiver that day we got caught in a shower in town, the same substandard umbrella that would turn inside out if a child sneezed in its direction. Christmas is the perfect time for an upgrade and it's something that few men would think to buy for themselves.

UNDER €50

A TRENDY SCARF

Any fashionable man knows that true style is all in the details.

So enable him to stay warm and upgrade his style all at the same time with a fashionable scarf. A striking red or burgundy will add a touch of flair to any outfit.

A COFFEE TABLE BOOK

There are two things every modern man should have in his home: enough underwear to get through a full week and a few books. The latter is something you'll want to make accessible to visitors so make sure it's something others would want to pick up and not just him.

A LEATHER WASHBAG

Airport security baggies are no way for a man to transport his toiletries. Instead, a leather washbag is a simple yet effective keep-safe for all his grooming essentials. For maximum brownie points pick up one that has multiple compartments to keep wet and dry items separate.

FANCY UNDERWEAR

All men place great value on their crown jewels, so give them a home more akin to a palace than a dungeon. Similar to socks, jocks are a go-to for a lot of people but while the supermarket multipack will receive a polite smile (and a private eye roll), a premium pair fit for a king will be cherished as a royal treat.

A WOOL TIE

A gifted tie doesn't have to be



Stocking stuffers: There are a number of men's accessories that can be brought for under €20

boring and shouldn't be novelty. Swapping traditional silk for a textured wool design will bring a touch of preppy to his office attire or wedding guest garb, no matter what age he is.

UNDER €100

AFTERSHAVE

A man's nostrils can be fussy at the best of times so it's worth finding out what his go-to signature scent is. People often fall into the trap of buying a man the aftershave they like the smell of, rather than thinking of what the guy likes himself. Don't do this lest you want it gathering dust in his bathroom cabinet, or worse – regifted.

A DRESSING GOWN

There comes a time in every man's life when he starts to take his sleepwear seriously. Usually, it comes after an extended stay in hospital but not always. Help a brother out with a quality cotton dressing gown that'll make reading the morning paper all the more stylish.

MINIMALIST WHITE TRAINERS

Nobody has ever turned their nose up at a box-fresh pair of Stan Smiths. Nobody. You may have seen me mention them a time or two thousand because they'll work with almost anything in a man's wardrobe. If he doesn't like them, give them to me. And break up with him.

AN OXFORD SHIRT

Clothing can be a dangerous road to go down but if you've decided to brave it then stick to the classics. An Oxford shirt is a guaranteed win that'll outlast any fleeting trends. A solid logo won't hurt it either.

A CARDHOLDER

The rise of skintight trousers and contactless payments has meant two things: brazen spending at the bar and little need for a fat wallet making a bulge in your pants too far to the side to be useful. Downsize to a simple cardholder and help keep a man's accessories game sleek and stylish.

Next week in part 2, I'll give some gift ideas for under €150 and over €150.

GROOMING

House 99

A big thank you as always to Roisin Tierney-Crowe and Aoife McDermott from L'Oréal for sending me out some Christmas must-haves from House 99. The Get Groomed Purifying Beard Scrub is a unique textured scrub that provides total cleansing for face and beard – elevating your pre-shaving ritual. Powered by black charcoal and volcanic stone, together with energising ginseng, it provides supple and conditioned facial hair that you can work with either for shave or shape. You'll find it at Debenhams and Boots for €20.



WATCH OF THE WEEK

Emporio Armani AR11047

My watch of the week is the Emporio Armani Mens Chronograph Watch (product code AR11047) from Keanes Jewellers. Make a statement of style with this striking chronograph watch. Synonymous with quality, style and sleek sophistication, Emporio Armani are well known for their modern take on timeless classics. This stylish watch is fastened with a brushed and polished stainless steel bracelet and



features a 42mm stainless steel case with a polished bezel. The round face displays a grey dial that's enhanced by golden baton hour markers and hands, three chronograph sub dials and a date window between 4 and 5 o'clock. Water resistant to 50m, this watch is powered by a quartz movement. A timeless design, this Emporio Armani watch will never run out of style. You'll pick it up for €349 at Keanes.

SUDOKU

Sudoku grid with numbers 6, 2, 8 in the top row and 3, 7, 9 in the second row.

DOUBLE CROSSWORD

Cryptic Clues:

Across

- 1. It raises the whole tone extremely quickly (6,5)
9. Abstainer drinks nothing? Well - just a drop! (3)
10. Removal of obstacles to clean race? (9)
11. Helps since wager taken in (5)
13. Hopelessness I spread around (7)
14. Rule: G/N (6)
16. Emphasize the strain (6)
18. Took food after examination with a will (7)
19. Mali's religion (5)
20. Getting undressed for landing? (9)
21. Is able to produce tin (3)
22. A guide to how much liquor has gone flat? (6,5)

Down

- 2. Frequently have nothing to measure (3)
3. Gives support to players in defence (5)
4. Makes corrections and finishes after turning me over (6)
5. Callous group, having completely lost fluidity (4-3)
6. Campanologist to strike a sympathetic note? (4,1,4)
7. Immediately find a route without any turning (11)
8. When taken presumably it makes new men of us all (11)
12. Listen for secrets, partly bringing the roof down? (9)
15. Player giving an encore? (7)
17. Don't give in to sister! (6)
19. The point in dispute is the children (5)
21. Hint taken by cannon-shooter? (3)

Double crossword grid with numbers 7, 9, 11, 14, 18, 20, 22 in the top row.

Quick Clues:

Across

- 1. Homeliness (11)
9. Mire (3)
10. Extraction (9)
11. Register (5)
13. Sideboard (7)
14. Insertions (6)
16. Permits (6)
18. Ratify (7)
19. Morning (5)
20. Restraining (9)
21. Owing (3)
22. Perspicacious (11)

Down

- 2. Aged (3)
3. Eject (5)
4. Diatribe (6)
5. Keep secret (7)
6. Carry (9)
7. Obduracy (11)
8. Stood for (11)
12. Dwelling place (9)
15. White ant (7)
17. Elder (6)
19. Power (5)
21. Lair (3)

To hear any crossword solution or the full solutions call 0905 789 4251. Calls cost 80p per minute plus your network access charge. SP: Spoke, 0333 202 3390.

For four extra letter codeword clues, call 0901 293 5251. Calls cost £1 plus your network access charge. SP: Spoke, 0333 202 3390.

CODEWORD

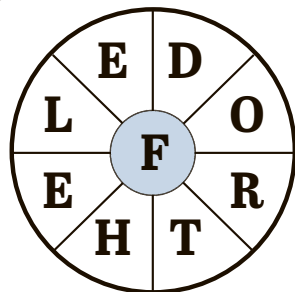
Codeword is the crossword puzzle with no clues. The number in each square corresponds to a letter. Work out the words in the grid using the letters provided. Fill in these known letters first, then use skill and judgement to work out the others.

Codeword grid with numbers 17, 16, 17, 11, 16 in the top row and letters F, A in the middle.

Alphabet grid for codeword puzzle.

WORDWHEEL

You have 10 mins to find as many words as possible using the letters in the wheel. Each must use the hub letter and at least 3 others. Letters may be used only once. You cannot use plurals, foreign words or proper nouns. There is at least one 9-letter word to be found.



How you rate:

15 words, average; 20 words, good; 25 words, very good; 30 or more, excellent.

LAST WEEK'S SOLUTIONS

DOUBLE CROSSWORD:

Cryptic: Across: 1 Dare; 3 Commuter; 9 Tedious; 10 Sever; 11 From the start; 13 Esprit; 15 Gets on; 17 Little wonder; 20 Tithe; 21 Tension; 22 Arrested; 23 Flee. Down: 1 Duty free; 2 Radio; 4 Ousted; 5 Miss the point; 6 Taverns; 7 Rare; 8 Postmistress; 12 Entrance; 14 Pointer; 16 Settle; 18 Drill; 19 Etna.

SUDOKU:

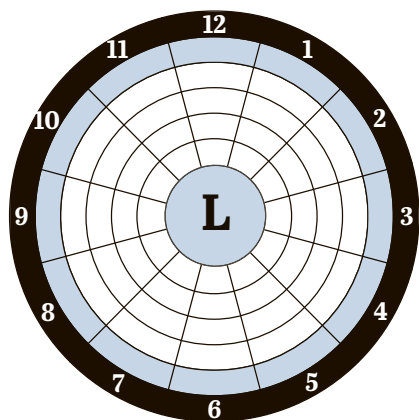
Sudoku solution grid with numbers.

Quick: Across: 1 Rise; 3 Reliable; 9 Planner; 10 Tooth; 11 Refractorily; 13 Excite; 15 Bitter; 17 Intoxication; 20 Cross; 21 Doleful; 22 Straying; 23 Bred. Down: 1 Reporter; 2 Staff; 4 Errata; 5 Interminable; 6 Booklet; 7 Echo; 8 Incautiously; 12 Wrangled; 14 Candour; 16 Hidden; 18 Infer; 19 Acts.

CODEWORD: 1=M, 2=H, 3=V, 4=W, 5=D, 6=C, 7=Z, 8=X, 9=L, 10=O, 11=Y, 12=G, 13=B, 14=Q, 15=P, 16=S, 17=K, 18=F, 19=E, 20=U, 21=R, 22=I, 23=T, 24=J, 25=N, 26=A. WORD WHEEL: TREASURED.

CLOCKWORD

The solutions from 1 to 12 are all six-letter words ending with the letter L in the centre. Moving clockwise from 1, the letters in the outer circle will spell out the name of a late British actor.



- 1. Vicious
2. Trying experience
3. Show
4. Middle Eastern country
5. Plant
6. Nut
7. Creature
8. Repetitive action
9. Seed
10. Soup flavour
11. Chimney
12. Preserved organism

KAKURO

Fill in the white squares with the numbers 1 to 9.

Each horizontal block of squares must add up to the number in the shaded square to its left, and each vertical block must add up to the number in the shaded square above it.

No number may be used more than once in any one block.

Kakuro grid with numbers in shaded squares.

SUDOKU

Sudoku grid with numbers 7, 1, 2 in the top row.

LAST WEEK'S SOLUTIONS

CLOCKWORD:

1 Heifer, 2 Author, 3 Render, 4 Vigour, 5 Etcher, 6 Yonder, 7 Keener, 8 Easier, 9 Impair, 10 Terror, 11 Exeter, 12 Linger.

SUDOKU:

Sudoku solution grid with numbers.

CELEBRITY: Harvey Keitel.

NINER: BALCONIES.

KAKURO:

Kakuro grid with numbers.

SPLIT DECISION:

Split Decision grid with letters G, R, E, E, N, L, V, O, A, D, E, P, T, N, N, E, D, A, T, E, S.

NINER

Each number from 1 to 9 represents a different letter. Solve the clues and insert the letters in the appropriate squares to discover a word which uses all nine letters.

Niner grid with numbers 1-9.

THE CLUES:

- 37528 gives a bird;
98612 gives a bird;
1433 gives an animal noise.

SPLIT DECISION

Cross out one of the two letters in each divided square to reveal a completed crossword grid.

Split Decision grid with divided squares and letters.

LIFESTYLE

The importance of sleep for teenagers... and for adults



MENTAL HEALTH MATTERS
DR EDDIE MURPHY
 CLINICAL PSYCHOLOGIST
 ADJUNCT ASSOCIATE PROFESSOR
 UCD SCHOOL OF PSYCHOLOGY

I AM going to say it — we are a totally sleep-deprived nation. Getting a good night's sleep is the best thing you can do for your stress management and resilience. The absence of sleep is the biggest drain of energy, particularly in teens.

Teens

Indeed, researchers have identified that sleep deprivation in youth is on the rise, with an estimated 25% of adolescents affected by some form of sleep disturbance. Much like babies, during adolescence our biological sleep patterns change, meaning we don't fall asleep until later, making that 8am alarm clock a real killer!

According to the National Sleep Foundation, teenagers require between eight to 10 hours of sleep a night for their minds and bodies to function at optimal levels, but due to lifestyle factors only 15% of teens actually sleep this much.

It's a well-known fact that teenagers have delayed melatonin secretion at night and the melatonin level is elevated in the morning. This means their body clocks don't match their lifestyles, with school commitments expecting them to rise early.

Remember, your body must sleep, and it will make you sleep when it needs to do so.

Sleeplessness is usually a result of external factors, or your own worry, preventing your body from doing what it would otherwise normally do.

Do I have a sleeping problem?

You may be considered to have a problem if you are experiencing:

- * Difficulty getting to sleep
- * Restless or non-refreshing sleep
- * Waking frequently during the night or very early in the morning
- * Not being able to get back to sleep once you wake up during the night
- * Feeling tired during the day

Insomnia

Most people will have occasional disturbances in sleep often caused by temporary stress. However, for insomnia to be present, two questions need to be answered.

If your sleep is disturbed for over one month, and if you answer



According to the National Sleep Foundation, teenagers require between eight to 10 hours of sleep a night

yes to the following questions — “Do you experience difficulty sleeping?” or “Do you have difficulty falling or staying asleep?” — then you may be experiencing insomnia.

Indeed insomnia may accompany several sleep, medical, and psychological conditions. It is characterised as having persistent difficulty falling asleep and/or staying asleep, or having sleep of poor quality.

In the first instance a good work-up by your GP is recommended to determine any pre-existing conditions that may be causing insomnia

Remember:

* Your sleep needs may change over time, especially as you get older.

* Learn to manage stress.

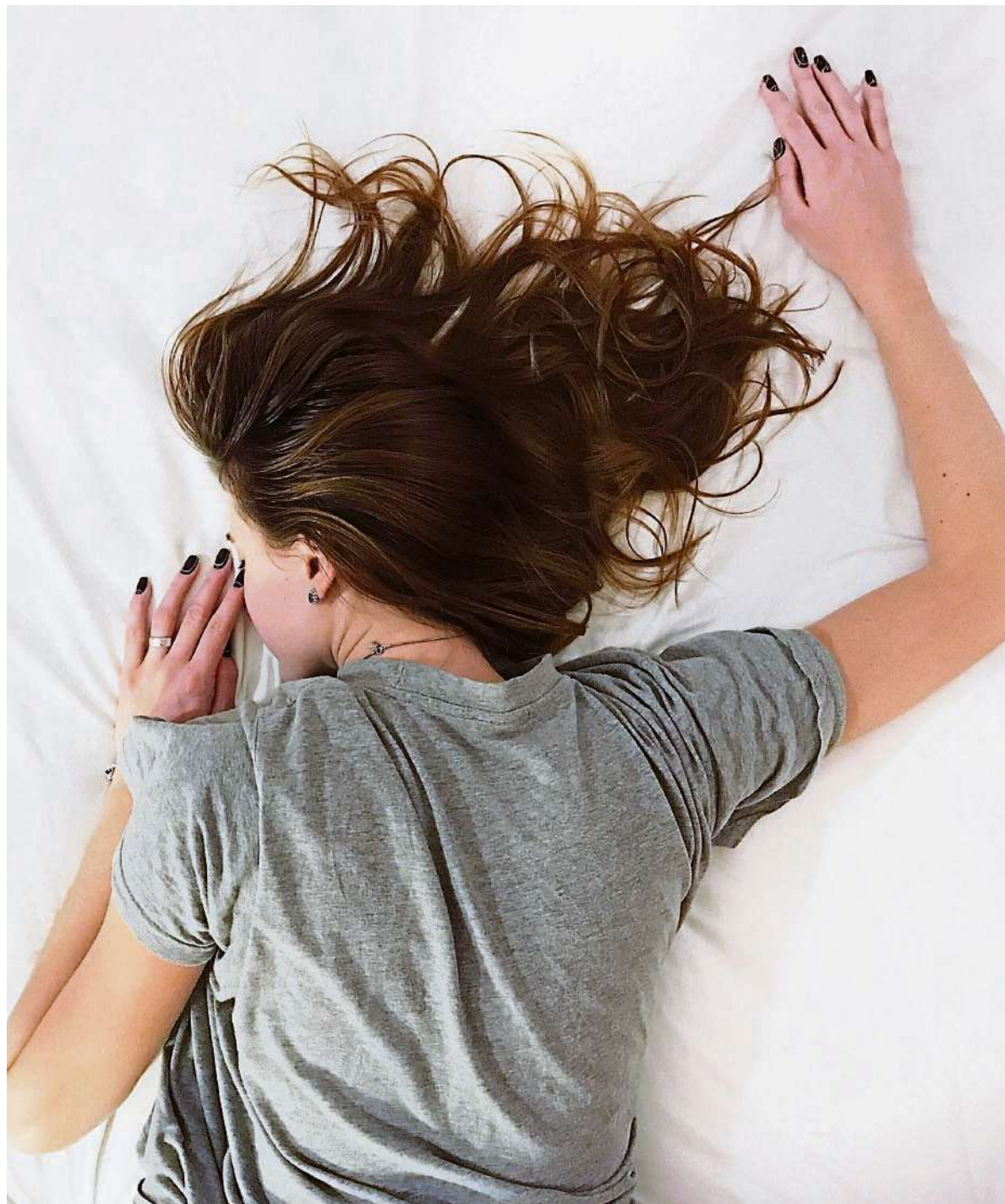
* If you nap during the day, accept that you will need less sleep during the night.

* Get fit. Try to do enough exercise to feel tired at night, but avoid arousing your body with exercise in the hours before bed (sex is an exception).

Ideally, experts recommend 30 minutes of rigorous cardio-vascular exercise (eg jogging, swimming, cycling) three times a week.

* Avoid caffeine within two to three hours of bedtime. Allow yourself no more than two full-strength coffees per day.

* Avoid alcohol within two to three hours of bedtime. Alcohol is a sedative, but you should not use it to help you get to sleep because your body may become reliant on using it. Also, it may cause you to wake during the night and can ruin the quality of your sleep.



A good night's sleep is the solution to much of the stress and anxiety in our lives... but how to achieve it?

PICTURE: FILE PHOTOGRAPH VIA PIXABAY

* Stop smoking. In the meantime, avoid having a cigarette for at least an hour before bed.

* A light snack before bed may be sleep inducing, but a heavy meal too close to bedtime interferes with sleep.

* Sleep in a dark, quiet room with plenty of fresh air — cover unavoidable noises with music or a fan.

* Keep the bedroom for sleeping and sex — NOT for watching TV, reading or doing work.

* Use a firm, flat mattress and a pillow that is not too high.

* Start going to bed at the same time each night and get up at the same time each day. This is part of training your body into a regular sleep cycle.

Don't:

1. Exercise just before going to bed.
 2. Engage in stimulating activity just before bed, such as playing a competitive game, watching an exciting program on television or movie, or having an important discussion with a loved one.
 3. Have caffeine in the evening (coffee, many teas, chocolate, sodas, etc.).
 4. Read or watch television in bed.
 5. Use alcohol to help you sleep.
 6. Go to bed too hungry or too full.
 7. Take daytime naps.
 10. Don't command yourself to go to sleep. This only makes your mind and body more alert.
- If you lie in bed awake for more

than 20-30 minutes, get up, go to a different room do a quiet activity (e.g. non-excitable reading or television), and then return to bed when you feel sleepy. Do this as many times during the night as needed.

When it comes to teenagers, their brains are under construction. They need the sleep in on weekends — however, if you can, help them to reduce screen time by practicing what you preach!

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

POSITIVE PARENTING



Keeping your cool when things heat up at home

Top Tips

Top tips for talking to your child about school

MOST parents are eager to find out how their child is finding school in the new year. We want to know about their teacher, their friends, what subjects they like and dislike. All the questions can often be met with answers such as "fine" or "nothing". Here are some tips to try to open up the conversation.

1. Pick your moment.

Your child may be feeling tired right after school. Wait until they have had some time to relax before you ask them lots of questions

2. Chat over dinner.

Sit down together; chat about general things and then ask them about their day. You could play a game such as everyone say the best and worst thing that happened today so that the whole family shares something

3. Talk about your own day.

Telling them what you did—a lovely walk you took, something nice you had for lunch or an interesting meeting you had at work will prompt them to talk about similar things that happened during their day.

4. Retreat when necessary.

Sometimes your child may just not want to talk; it's better to let it go and try again later. Talk about something else or just enjoy some quiet time together.



Junior Infants on their first day of school last September at St Patrick's GNS, Dublin Road

PICTURE: ADRIAN BUTLER

WE all have those perfect family moments in our minds—the relaxed dinners where everyone shares the highs and lows of their day; the long country walks full of laughter and rosy cheeks; the cosy movie nights cuddled up on the couch.

But, the reality of day to day life can sometimes be quite different. Early mornings, hectic family schedules, traffic delays, colds and flu, financial worries and the normal stresses and strains of growing up, can mean those lovely moments can quickly become fraught with tension, and we can all teeter on the edge of losing our temper.

This can also happen to our children who have to manage early mornings, long days at schools, lots of social interactions and activities and sometimes the pressure of holding it all together. When they finally get home and in to a safe space, they may find they need to let the stress and strain out somehow.

So, in a family, where everyone might be feeling some stress after busy days, it's easy to see how the whole enterprise can unravel: tempers flare and your simple evening is full of stress; the homework is not done; the dinner is not cooked and you cannot even imagine how you will ever get them to bed.

Below are a few ways to get your evenings back on track when the strains of the day threaten to derail them.

Tune it to your own feelings

Learn to recognise your own emotions and the signs that you are starting to feel really stressed. Think about what causes you stress—is it the pressure to get the dinner on the table? Is it your children arguing or whinging? Is it other stresses of work, finances or extended family are having a really negative effect on you?

Find ways to manage them

If the rush in the evening is causing the stress, try to find some practical ways to reduce it. Can you meal plan, so making dinner is a matter of simply reheating on some days? Can the children help you with some of the preparation?

If you are under other stress from family members, finances or other worries, think about how you can take practical steps to address them. Even writing down a plan can help relieve some of the worry



Usually, when they are upset, angry, irritable or defiant, it is because they are trying to tell us something or expressing a need

and give you space to focus on positive time with your family.

Tune in to the feelings of your children and other family members

We have all let our own bad moods or bad feelings affect how we view another's actions or words. Try to remember, however, that children are rarely trying to anger or annoy us on purpose. Usually, when they are upset, angry, irritable or defiant, it is because they are trying to tell us something or expressing a need.

Try to tune in to your child and

learn when they are most likely to have these negative feelings. Does your child need to run around outside before they can focus on their homework? Do they need some quiet time alone? Are they worried or anxious about an upcoming test or an issue with friends?

Instead of reacting, take a deep breath, think about what they might be feeling and why, and calmly speak to them. They may not immediately respond, but know that staying with them in a calm and loving way will help them to manage their feelings.

Forgive and Restore

No parent or child is perfect. If you find that things do go wrong, be kind to yourself and your children. Give them a kiss goodnight; tell them you love them; forgive yourself and try again tomorrow.

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

LIFESTYLE



HEALTHY LIVING

EVA HILL HAMILTON

CONTACT EVA

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

Going to the root of constipation

ONE of the main complaints I meet in my clinic, especially in the winter, is constipation or irregular bowel movements.

Sometimes it is only a secondary problem, with people not realising that not moving the bowel every day is a problem. It is associated with skin problems, hormonal imbalances, headaches, high cholesterol and many immune and inflammatory conditions including higher risk of

cancer, therefore it needs to be addressed immediately.

Constipation is most often caused by reduced fibre in the diet; when vegetables and complex carbohydrates are replaced by chips and refined products one can easily get clogged up. Lack of magnesium in these foods exacerbates the problem, as it is needed for peristalsis. Dehydration hardens the stool, making it difficult to move. Weight conscious people can make the mistake



Constipation is most often caused by reduced fibre in the diet

of eating very small portions, so there is not enough bulk in the bowels to initiate peristalsis. Low fat diets reduce bile production, which is a natural laxative and prevents bacterial overgrowth.

Trying to avoid the

uncomfortable effects of constipation, many people would reach for laxatives, and use them daily. Laxatives - whether pharmaceutical or natural herbal remedies - work similarly by aggravating the smooth muscles of the bowels or by

pulling water into the colon, to soften the stool. When used regularly for long periods of time, they make the bowel lazy and dependent on the medication - not a good idea.

Preventing these uncomfortable and dangerous changes is the best policy, but once you have slow bowel transit there are lots of things you can do to reverse it. Consume a wholesome diet, including fermented foods full of beneficial bacteria. Overwhelming the bowel with harsh fibre such as wheat may make things worse. In certain conditions you may have to avoid nuts, seeds and wholegrains - so make sure to get plenty of gentle vegetable fibre; don't peel potatoes, carrots, parsnips and try to include more mucilaginous plants, such as seaweeds and slippery elm.

Oils and fats such as duck

fat, coconut oil, cold pressed seed and olive oils, oily fish and avocado can soften the stool, making it easier to pass. Don't be afraid to drizzle olive oil on your food once served, it is the base of the famous health-giving Mediterranean diet. Taking liver supporting herbs and turmeric can encourage bile production when coupled with fat intake and help to make the bowel move.

But what if the fibre-water-exercise regime doesn't work and actually make you feel worse? Behind the majority of these cases are specific microbial overgrowth, intestinal hyperpermeability, inflammation and food intolerances are found. Nutrient deficiencies, hypothyroidism and many other conditions may also be the issue. I run functional tests in my clinic to locate the root of the problem - find out more on my website!



Avalon

House Hotel

STEP BACK IN TIME THIS CHRISTMAS

Walk through our red door and into Avalon House Hotel's festive wonderland. Enjoy a Cranberry & Clementine daiquiri in the magical charm of our 19th century Manor House Library. Let the bell chimes guide you in to our fabulous 240 capacity Ballroom to enjoy a sumptuous banquet assembled by our award winning chef.

AVAILABLE DATES ★ Friday 6th & Saturday 7th ★ Friday 13th & Saturday 14th (shared party night) ★ Friday 20th (shared party night) & Saturday 21st

Drinks reception in one of our splendid old or new world reception areas.

Our House DJ spinning the best Christmas music.

For the late night revelers we have a late bar

Great spot prizes on the night of your party

Avalon House Hotel • The Square • Castlecomer • Co. Kilkenny T: 056 4441302 • E: hello@avalonhousehotel.ie • www.avalonhousehotel.ie



Enjoy 3 years
free servicing[†]
on November 22nd & 23rd

Bring the change at our Drive! 201 Event

Whatever change life brings, embrace it with a 201 Volkswagen SUV.

Discover the latest range of stylish SUVs, from the all-new T-Cross to the technologically advanced Touareg. PCP finance from 0% APR*, Purchase Contributions of up to €2,500** and Technology Upgrades give you even more reasons to make the change.

Find the Volkswagen for you, with exclusive offers and 3 years free servicing[†], only at our Drive! 201 Event, November 22nd & 23rd.



Laharts Garage Ltd.

Waterford Road, Kilkenny

Tel. 056 77 22195, www.lahartsvolkswagen.ie

Model shown is for illustrative purposes only. Tiguan Fuel Consumption l/100km (max. - min.): combined 7.6 - 5.7. CO2 emissions g/km (max. - min.) 189 - 146. The specific fuel consumption and emission values are the official figures obtained from tests under standardised EU test conditions in accordance with the Worldwide Harmonised Light Vehicles Test Procedure (WLTP). To discover exact values please configure your desired vehicle at volkswagen.ie/build. *Typical Finance Example: Tiguan HL 1.5 TSI D7F 150HP DSG. Recommended OTRP €40,225.00. Deposit/ Part Exchange €12,275.50. 36 monthly payments of €349. APR 0%. Optional final payment €15,385.50 Subject to lending criteria. This offer is made under a hire purchase agreement. Volkswagen Bank GmbH Branch Ireland is authorised by the Federal Financial Supervisory Authority in Germany and regulated by the Central Bank of Ireland for conduct of business rules. Offers available on new retail orders ordered before 31st December 2019 and registered before 31st March 2020. **Purchase Contributions only available on selected new retail sales financed through Volkswagen Bank. †3 years free servicing only available on new retail orders placed between 22nd and 23rd November 2019 at participating Volkswagen retailers only. These offers are subject to availability and may be withdrawn at any time. These offers do not apply to fleet sales. Visit volkswagen.ie for more information.

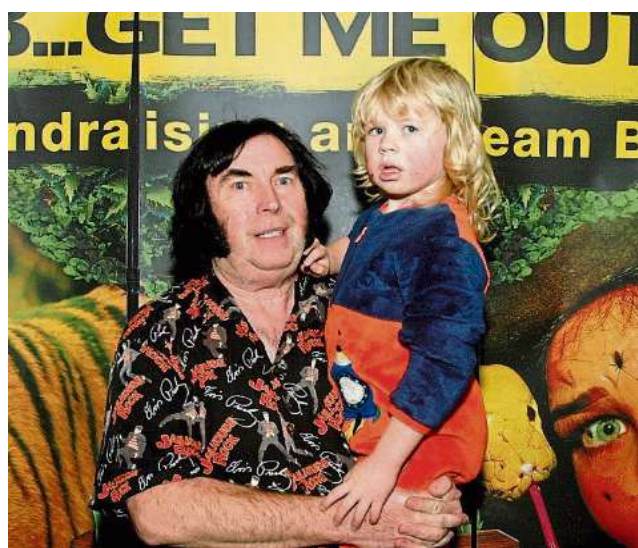
ENTERTAINMENT

BIG NIGHT OUT @

CELEBRITY FUND RAISING PICTURES: CHRISTOPHER DUNNE



ABOVE: The family and supporters of the I'm A Celeb King of the Jungle, Teddy Marnell, pictured at the fundraiser for Saint Patrick's Special School in Hotel Kilkenny RIGHT: Bottoms Up! Contestants get ready to tackle the first bushtucker trial



Room for another King? Myles and Presley Kavanagh at the I'm A Celeb fundraiser



Catherine Holmes, Delores Gleeson and Pauline Comerford



Victoria Fenlon with contestant Edward Hayden



Maria Power-Bryan, Damian Bryan and Chrissie Hibbits



Contestant Jimmy O'Neill with family

ENTERTAINMENT



Contestants John Maloney and Patrick Corcoran



'I'm A Celeb' organising committee with MC Jon Buttery



Martin Stapleton and Geraldine Kennedy



The Taxback girls with contestant Rachel O'Shea



The Kennedy family enjoying the 'I'm A Celeb' fundraiser



Zack Fitzpatrick enjoying the 'I'm A Celeb' fundraiser



Melanie Chavanne-Lyons from Reptile Haven at the 'I'm A Celeb' fundraiser



Contestant Joe Woods with his family

ENTERTAINMENT

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

POETRY

Kilkenny Castle is set to host a wonderful evening of festive poetry and music with the live recording of RTÉ Radio 1's Christmas Poetry Programme on Wednesday, November 27.

The recording takes place in the breath-taking Picture Gallery and will be one of a series of events to mark the Castle's 50 years in the care of the Office of Public Works (OPW).

The event is a joint partnership between Poetry Ireland, the radio programme and the Office of Public Works (OPW).

Members of the public can snap up tickets that are now on sale (priced €10) on Poetry Ireland's website: poetryireland.ie

The show will be hosted by broadcaster Olivia O'Leary with a line-up including acclaimed poets Thomas McCarthy and Enda Wyley, singer/songwriter Ailbhe Reddy and actor Seán Campion, who will be reading poetry.

Seán, who is well known for his theatre, TV and film work, is based in London but is originally from Freshford. So this is a true Christmas homecoming for Seán.

Also joining the Christmas Poetry Programme line-up are Aaron O'Dea and Orla Browne, two young writers who are part of the Rhyme Rag Ensemble, run by Kilkenny County Arts Office.

The programme is produced in association with Poetry Ireland and will be broadcast on RTÉ Radio 1 on Christmas Day at 7pm.

The recording on Wednesday, November 27 begins at 6.45pm with a pre-show reception hosted by the OPW to mark the Castle's 50 years in its care.

Tickets are now on sale at www.poetryireland.ie

Poetry Ireland connects people and poetry. It is committed to achieving excellence in the reading, writing and performance of poetry throughout the island of Ireland.

It enjoys partnerships with arts centres, festivals, schools, colleges and bookshops. It's commitment is to creating performance and publication opportunities for poets.



In Billy Byrne's of John Street, Kilkenny for the Texas Red Dirt Pub Crawl were: Eric Middleton, Randy Brown, Terressa Nordstrom, Joe Shiel, Austin Allsup and Rio Tripiano PICTURE: HARRY REID

Joe Shiel brings Texans to the city

Kilkenny played host to over 100 music lovers and musicians from Texas last week as part of the Texas Red Dirt Pub Crawl.

Cowboy hats, boots and guitars filled Billy Byrne's, Rollercoaster Records and the Set Theatre as bands like Copper Chief, The Midnight River Choir and solo artists like Austin Allsup, Randy Brown and Kevin Galloway entertained the crowd.

The Kilkenny stop was one of a six day tour that saw the group travel around the country from

their Dublin base.

Kilkenny man Joe Shiel has been the group's contact in Ireland since the trip started.

"It was an honour for me to bring The Texas Red Dirt Pub Crawl 2019 to my home city of Kilkenny," Joe said.

When I was putting this tour together, the first request I got from my Texas organising colleagues Terressa Nordstrom and Ivan Basham was to include a day trip to Kilkenny and I had no choice in that decision as they enjoyed Kilkenny so

much when we visited last year," he added.

"The feedback from all our touring group is the overwhelming hospitality we received this year from Mayor Martin Brett and Cllr Andrew McGuinness and also to everyone else who accommodated us for our Trip to Kilkenny.

"We loved Kilkenny so much we might be back for a little longer in 2020," he predicted.

Local Councillor Andrew McGuinness, who helped with the Kilkenny visit, hopes they will base

themselves here for a number of nights next year.

"It's great for Kilkenny to have such a boost at the end of our tourist season and I'm confident Kilkenny has made a good impression and hopefully they will base themselves here next year.

"They are great musicians and they love Kilkenny so I think it's a perfect match. Kilkenny man Joe Shiel can be thanked for introducing the group to Kilkenny and with his help, next year will be fantastic," Andrew said.



At the Texas Red Dirt Pub Crawl were Stacey Murphy and Lloyd Goodwin



Texas Red Dirt Members Dale Litton, Ray Davis, Tracy Jackson and Kelly Wilson in Billy Byrnes PICTURE: HARRY REID

Roger O'Reilly magic posters of iconic pubs available now

SEAN KEANE

sean.keane@iconicnews.ie

In his latest creative work, Kilkenny based artist and author, Roger O'Reilly, has turned his focus from the lighthouses of Ireland to the Irish pub.

Ireland has a strong tradition of vibrant watering holes that have not only served as inviting reading rooms or lively gathering spots, but as places where ideas have been hatched and Irish culture has flourished.

Whether it is the literary pubs of 1950s Dublin or likes of Matt Molloy's in Westport, Mayo and countless other pubs countrywide where the Irish music revival of the 1970s was nurtured and reinvigorated, the "local" has often been, not just the social hub of our towns and cities, but also a focal

point and stand out feature of the architecture of our streets.

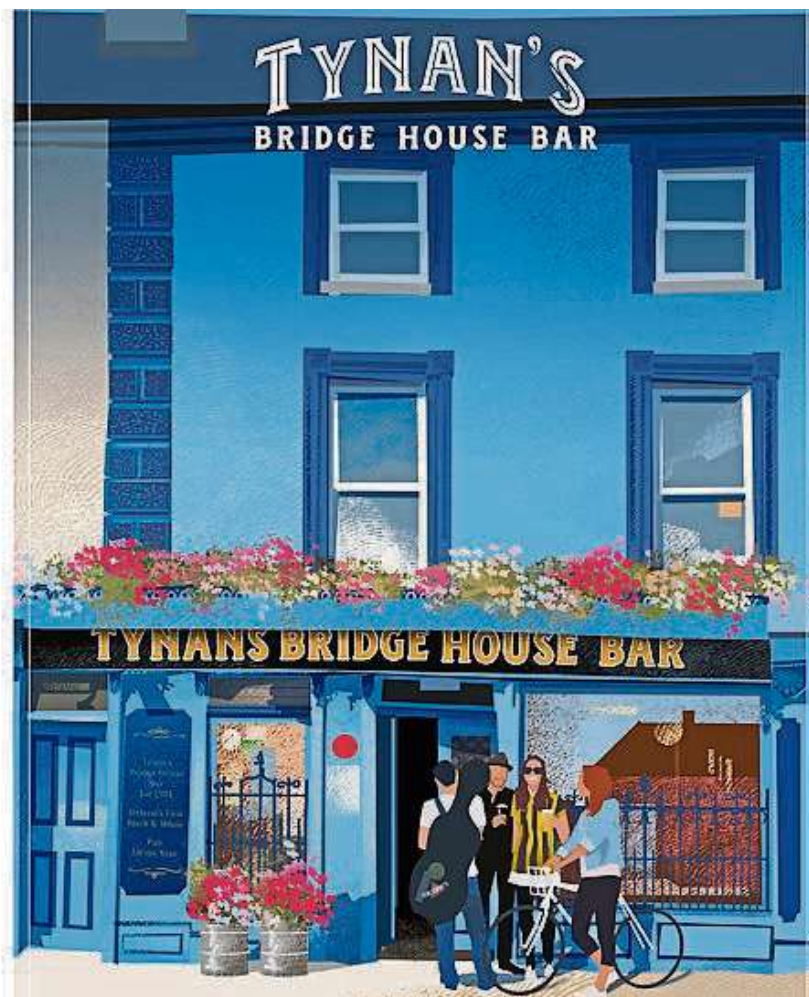
Speaking about his new collection, Roger O'Reilly who won an award at the Kilkenny Business Awards on Saturday night, said: "Our towns and cities would be a lot less attractive without the charm of the likes of Morrissey's of Abbeyleix, or the spartan splendour of the Long Valley in Cork city.

"How dull Dublin would be without the Victorian pomp of The Long Hall and The Palace Bar on Dublin's Fleet Street.

"And who can imagine Belfast shorn of the listed building, The Crown or The Duke of York?

"The Irish pub, for its many great aspects, inspired my latest work," Roger said.

Roger's Lighthouse Collection proved hugely popular with orders received from the Irish diaspora all



Roger O'Reilly's surreal poster of the first ever Irish pub of the year, The Bridge House Bar, John's Quay, Kilkenny

over the world from Marrakesh to Singapore.

Roger is hoping his latest work will prove equally as popular and he will be exhibiting once again this year at Gifted in the RDS, which

runs from Wednesday, December 4 to Sunday, December 8. The Collection is also available on irelandposters.ie

"Each pub is unique and I have been drawn to the beauty of the

architecture of the pubs, but the stories that have unfolded within.

I am looking forward to introducing the collection and seeing it grow and develop," Roger said.



THE KILFORD ARMS

JOHN STREET, KILKENNY

T: 056 7761018 F: 056 7761128 E: info@kilfordarms.ie

The Home of Good Food, Good Friends & Good Times™.



Friday
13th
December,
2019

Enjoy a four course meal at our fantastic
White Oak Restaurant
Then hit the jackpot in style with our
Casino Night
& Live DJ followed by Late Bar!

Your guests can bet the night away with fun chips whilst networking and enjoying themselves. Our MC will host a great night while our professional croupiers will guide any beginners and handle the high rollers!

All for **€45.00 per person sharing**
.....Or if you'd like to make a night out of it:
One night bed & full Irish breakfast, 4 course dinner, casino party, live music and late night residents bar for €120.00 per person
Enquire online or **call 0567761018** to book a table



Open for
Christmas
Day Lunch
Book now
056-7761018

Christmas Parties catered for, large or small. Choice of venues & food options.
Phone 056-7761018

FOR BOOKINGS CALL 056 7761018

ENTERTAINMENT LISTINGS

Here's what's on in Kilkenny this week

Thursday

Darren Beckett Trio, Billy Byrne's, 9pm.

Swing Dancing, Home Rule Club, 7pm.

Live Trad followed by DJ Eddy Hughes, Matt The Millers, 6pm.
Swan Lake, Watergate Theatre, 8pm.
Hudson Taylor, The Set Theatre, 8pm.

Friday

The Southern Fold Album Launch, 8:30pm.

Live Trad, Lanigan's Bar, 9pm.

The West Folk (with SOLA), Hole In The Wall, 8.30pm.

Gavin Carroll, Rafter Dempseys, 9.30pm.

Diego Maradona Film Screening, Watergate Theatre, 8pm.

Saturday

Marvellous Mascot Show,

O'Loughlin Gaels GAA Club, 1.30pm.

Bingo Loco Kilkenny, Ormonde Hotel, 6pm.

DJ David Shore, Brennan's Bar, 9pm.

The Raindogs, Rafter Dempseys, 10pm.

Amy Montgomery and Band, Cleere's, 9pm.

Blackbird and Crow & Richie Healy, Hole In The Wall, 9pm.

Eggsistentialism, Watergate Theatre, 8pm.

Sunday

Hot 4 Jazz Quartet, Left Bank, 5pm.

DJ Eddy Hughes, Matt The Millers, 6pm.

Music In Kilkenny Autumn Series, Kilkenny Castle, 4pm.

Santa's Arrival Party, MacDonagh Junction, 2pm.

Quiz Night in aid of Canteen Ireland, Kyteler's Inn, 8pm.

**Monday**

Subtitle Fest: Cleere's, 'One Last Deal' (5pm), 'Custody' (7pm), 'Aurora' (9pm).

Subtitle Fest: Watergate Theatre, 'System Crasher' (6.30pm), 'Papicha' (9pm).

Subtitle Fest: Billy Byrne's, 'The Trouble With You' (6.30pm), 'A

Horrible Woman' (9pm).

Monday Night Madness, Matt The Millers, 6pm.

Davey Cashin, Pete Fagan and Band, Left Bank, 9.30pm.

Tuesday

Subtitle Fest: Cleere's, 'One Last Deal' (12:45pm), 'At War' (6.15pm),

'I Was, I Am, I Will Be' (8.30pm).

Subtitle Fest: Watergate Theatre, 'Papicha' (4.30pm), 'My Thoughts Are Silent' (6.45pm), 'Our Struggles' (9pm).

Subtitle Fest: Billy Byrne's, 'Woman At War' (9pm).

Subtitle Fest: The Set Theatre, 'A Horrible Woman' (8pm).

Wednesday

Subtitle Fest: Cleere's, 'Custody' (12.45pm), 'Those Who Work' (5pm), 'One Last Deal' (7.15pm), 'At War' (9.15pm).

Subtitle Fest: Watergate Theatre, 'Zizotek' (4.45pm), 'Papicha' (6.45pm), 'I Was, I Am, I Will Be' (9pm).

Subtitle Fest: Billy Byrne's, 'Rams' (7pm), 'Aurora' (9pm).

Subtitle Fest: The Set Theatre, 'A Horrible Woman' (6.45pm), 'The Trouble With You' (8.45pm).

Christmas Poetry Programme, Kilkenny Castle, 6.45pm.

Christy's new album is out on Friday

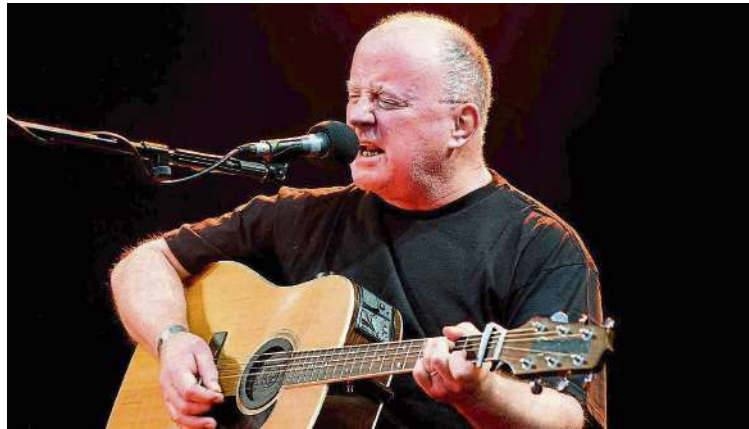
Christy Moore's new album, *Magic Nights*, will be released worldwide this Friday, November 22.

Magic Nights is the follow up album to the multi-platinum number 1 album, *On the Road*. Featuring 26 songs across two discs, *Magic Nights* is a further collection of Christy songs amassed through more than 50 incredible years of recording and gigging.

Recorded in venues from Derry to Dublin, Birmingham to Belfast and Liverpool to Lisdoonvarna, the album features many newly recorded live favourites.

Christy will appear on the *Late Late Show* on Friday, November 22 (from 9.35pm on RTE 1 and available internationally on the RTE player).

"We are about to release a new album of songs for your consideration," says Christy.



Christy Moore's new album is out tomorrow, and he will appear on the Late Late Show

"Every gig develops its own atmosphere, every audience being a unique gathering of listeners.

"It's 50 years this year since I released my first album.

"I have deep gratitude for the

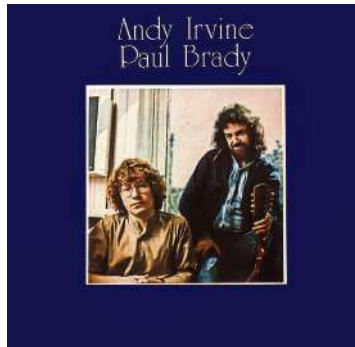
mystery of it all. At work I'm surrounded by a great team of comrades. Their talents and vital contributions keep the show on the road."

Pre-order *Magic Nights* at <https://SMI.lnk.to/MagicNights>.

A Celebration of a Classic Album: Paul Brady and Andy Irvine at Hub

By popular demand Andy Irvine and Paul Brady are, in March 2020, touring their very successful live show that celebrates their now classic and iconic album of folk song and traditional music, released in 1977.

In May 2017 they decided, due to the albums' still immense popularity, to do an Irish tour of live shows marking the 40th anniversary of the albums' release. It was so successful that it was repeated in 2018 taking it to sold out events in Ireland, London and Prague.



The show features songs and tunes from the album and many other musical masterpieces that

Andy and Paul have performed throughout both of their illustrious careers.

As on the previous tours, they will be accompanied by Dónal Lunny and Kevin Burke both of whom were players on the original album recording.

Dónal also acted as producer on the original recording. Now they will tour the show again in March 2020, this time in Ireland and Scotland.

The show can be seen at The Hub, Kilkenny as part of Kilkenny TradFest on March 14. Tickets are now on sale.

Smash Hits will have the Dinn Rí bouncing to 90s

The Tower at Dinn Rí Carlow will be bouncing to non-stop 90s hits on Saturday, November 23 from 10.30pm when the phenomenon known as Smash Hits! comes to town.

Renowned for their 90s outfits, sell out shows and packed dancefloors, Smash Hits! promise yet another electric performance with nostalgic hits like "Can't Touch This", "Rhythm Of The Night", "Gangster's Paradise", "Pump Up The Jam", "I Like To Move It", "Mr Vain", "Jump Around" and "Ebenezer Good".

Since bursting onto the club scene in May 2009, Smash Hits! have sold out

shows all over Ireland, performed at Oxegen and Electric Picnic, and have gone down a storm across Europe. They have also appeared alongside acts like 50 Cent, 5ive, S-Club, Faithless, The Saturdays, The Coronas and 2Unlimited.

If you are looking for a great night out that ticks all of the boxes, make your way to The Tower on Saturday, and enjoy an entertaining throwback to the golden era of early 90s dance, pop and RnB.

Doors open at 10.30pm. Admission is €12 and Smash Hits! are followed by an 80s and 90s disco.



Science Week in Graig'

Science Week takes place this week, with WIT (Waterford Institute of Technology) by Calmast at the Bubble show with Bubllyz the Bubbly Maths Clown at Graignamanagh Library. Pictured is Sofia from Senior Infants, Scoil Mhuire gan Smál Graignamanagh. Picture: Patrick Browne



James Stephen's GAA Club
In association with L' Arche Kilkenny
present

THE QUBIE

Friday 22nd November 2019
Hotel Kilkenny • Start 8pm

Ticket €20

ENTERTAINMENT



Ciaran Stone, Louise Scully, Aisling O' Brien and Tadgh Farrelly



Out & About

ALL THE STYLE AT THE KILKENNY BUSINESS AWARDS

Pictures: VICKY COMERFORD



A happy group at the Kilkenny Business Awards



Valerie O'Sullivan (Smithwick's Experience), Anepla Hayes (Teach Tom), Tommie Tyrrell



Sinead Monahan and Sinead Fortune (Newpark Hotel)



Jason Dempsey and Jason Acerman



Danielle Dreelan and Donna Byrne



LEFT: Shannon Doyle, John Quinn, Ann Quinn, Ashley Blair, Daniel Davis and Nadia Crowe

ABOVE: Alan Filan, Laura Filan and Michael McGuire

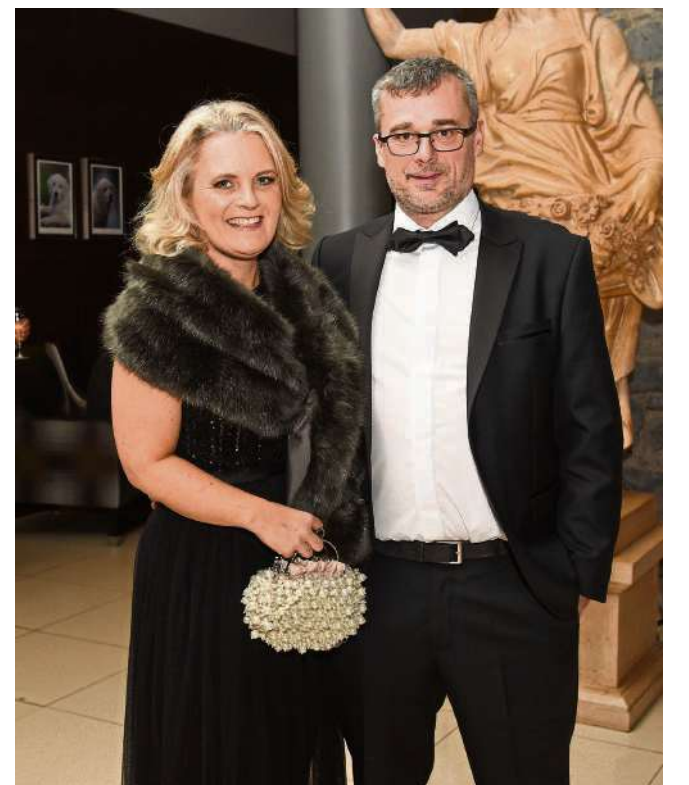
RIGHT: Catriona Reade, and Brian Reade at the Business Awards



Mairead Coughlan and Ger Moloney



Patrick O' Neill, Lorna Doogue and Martin Fox



Deirdre and Harry Shine pictured at the Kilkenny Business Awards

THE KILKENNY REPORTER

MOTORING



E: advertising@thekilkennyreporter.ie

T: Shane: 087 6577256 Patrick: 086 048 2018



Anthony Conlon, Irish Car of the Year Committee; Tom Dennigan, Continental Tyres; Ronan Flood, MD of Kia Motors Ireland; and Bob Flavin, Irish Car of the Year Committee; with the e-Soul

And the winner is...

Green thinking out on top: Kia's e-Soul is Continental Tyres Irish Car of the Year 2020

TRISH WHELAN

www.CarAndTravel.ie

IRELAND'S motoring journalists have chosen the Kia e-Soul as Continental Tyres Irish Car of the Year for 2020.

The announcement was made at an awards ceremony last Thursday, November 7 at the Westin Hotel in Dublin.

It is the first time for an electric car to win the Irish Car of the Year title. The e-Soul was one of several fully electric or hybrid models in the running for this year's award.

Motoring journalists from print, online and broadcasting hosted the gala black tie event attended by

Ireland's leading car brands, importers, distributors and other motoring dignitaries.

Kia took the top award with its new e-Soul model which also took two category awards on the night: Continental Tyres Irish Compact Car of the Year and Continental Tyres Irish Green/Efficient Car of the Year.

Two groups of motoring journalists cast their votes in the competition. The joint Chairmen Anthony Conlon and Bob Flavin remarked that the title 'will be a huge boost for the e-Soul during the busy January car sales period' and that 'the win by an electric car is a

real sign of things to come'.

Tom Dennigan of Continental Tyres said about the awards: "The advice of the Irish Car of the Year jurors is instrumental in helping consumers here to make sense of the ever-growing complexity of the cars we drive - both from the point of view of the increased fuel options and the myriad of new safety features and technologies that are found on even the entry level models of all brands/"

There were ten category winners who were all in the running for the top honour with the judging panel of some 32 journalists.

AWARD WINNERS

Compact Car of the Year: Kia e-Soul

Medium Car of the Year:

Toyota Corolla

Large Car of the Year: Peugeot 508

Compact SUV of the Year:

Volkswagen T-Cross

Medium SUV of the Year: Audi Q3

Large SUV of the Year: SEAT Tarraco

Hot Hatchback of the Year:

Ford Focus ST

Performance / Luxury Car of the Year: Alfa Romeo Stelvio QV

Green / Efficient Car of the Year: Kia e-Soul

MPV of the Year: Peugeot Rifter The joint entry of Citroen Berlingo / Opel Combo Cargo / Peugeot Partner was voted as the Continental Tyres Irish Van of the Year 2020.

Safety tips for icy roads

Advice: motorists can put a few simple preventative steps in place for cold snap

Brokers Ireland has advised motorists of a number of small practical steps to help get safely through the bad weather and avoid the trauma of an accident.

Cathie Shannon, Director of General Insurance Services at the organization, which represents 1,250 Broker firms, advised drivers to familiarize themselves with the detail of their car insurance policies and emergency numbers, in the event of a breakdown.

"Motorists can put a few simple preventative measures in place to try and avoid having an accident," she said.

"Stopping distance can be increased ten-fold during ice and snow," she warned.

She said ensuring tyre pressure is at the correct levels, as recommended by

manufacturers, is simple to do and can be very helpful in reducing the risk of an accident.

Cold weather can decrease tyre pressure. Front-wheel drive vehicles have greater grip, so they handle ice and snow better than rear-wheel drives.

The latter are more prone to skidding.

"Carrying weight in your boot can help somewhat by putting additional weight on the back tyres," she said.

Tyre depth should be about 3mm, she said. "Worn tyres are particularly hazardous in ice and snow."

"If you drive an automatic car, check the detail in the manual to find the override function, manual gears being safer in adverse weather conditions."

Ms Shannon advised

consumers to plan journeys well and, where possible, use main routes.

"Although it doesn't look like the expected snow falls will be very heavy or prolonged nonetheless it might be safer to, as much as possible, stick to main rather than secondary routes."

She also advised motorists to have fully charged phones, useful in calling for assistance, if needed.

Brokers Ireland also advised motorists:

- Not to use very hot or boiling water to clear windcreens, as it can crack the glass

- Check the car's coolant or antifreeze levels

- Clean lights and make sure they are working

- Keep fuel topped up to cover long delays

- Carry a winter survival



'Stopping distance can be increased ten-fold during ice and snow'

kit, including a high-vis jacket and reflective warning

triangles

Be ever more conscious of,

and generous to, pedestrians, cyclists and other road users.

New Kamiq stands out from the SUV crowd

Skoda Kamiq: New SUV lands

SKODA'S new Kamiq SUV has gone on sale priced from €21,300, writes Trish Whelan.

The newcomer compares in size to the Skoda Yeti that ceased production in 2017 and is one of the largest cars in its segment.

This is the third model to the Czech car maker's successful SUV portfolio. Its arrival sees Skoda compete in the rapidly growing city or small SUV segment for the first time.

Skoda say Kamiq blends the typical advantages of this segment such as increased ground clearance and a raised seat position with the agility of a compact car.

It comes with state-of-the-art assistance and infotainment systems, a generous amount of space and numerous 'Simply Clever' features so equally fulfils the needs of both family and lifestyle-oriented customers.

From the exterior, the new Kamiq shares the brand's SUV design language of its siblings Kodiaq and Karoq. However, the split headlights which feature daytime running lights above the main headlights, distinguish the car from its bigger siblings. It is also the first Skoda to have dynamic front and rear indicators.



Skoda's Kamiq is priced from €21,300

Kamiq gets a familiar and tested engine line up with three TSI petrol engines of 1.0 or 1.5 litres, and a 1.6 TDI diesel producing 95 to 150bhp. The engines can be coupled with a 5- or 6-speed manual gearbox or a 7-speed DSG.

The raised seat position and large amount of space provide easy access to the car with very good road visibility. The boot has a capacity of 363

litres, which can be increased to 1,360 litres by folding down the split back seat.

Based on Volkswagen Group's MQB-AO platform, the Kamiq offers the highest level of active and passive safety. Features include up to nine airbags as standard.

Grades are Active, Ambition and Style. All come well specced as standard.

Skoda Ireland Head of

Marketing & Product, Ray Leddy, commented at the car's launch that it has already seen 'unprecedented' sales success on the continent and as a result, demand is expected to outstrip supply in many markets including Ireland. He advised customers to order early to avoid disappointment.

PCP finance is also offered from 2.9 per cent APR.

FAST NEWS

PEUGEOT

New 208 scheduled for January release

PEUGEOT'S new 208 will arrive in dealer showrooms just in time for the January 2020 registration plate.

Available from launch with a choice of petrol, diesel or electric powertrains, the new 208 will have the latest-generation i-Cockpit and 3D head-up display, together with a range of driving aids usually reserved for more expensive models. The new model is available with a 5, 7 or 10-inch touch screen, depending on trim and options selected.

'GO GREEN' DEAL

Old bangers are worth up to €3,500

NISSAN is helping drivers to go green and to switch into the zero emissions LEAF by offering them up to €3,500 for their old banger in an effort to clean up the national car fleet. Anyone driving a car registered up to the end of 2009 is guaranteed a trade-in value of €3,000; trade-in values increase up to €3,500 for cars registered up to the end of 2011.

NEW AND PART-WORN TYRES

MADDEN TYRES

KILKENNY

FREE FITTING, BALANCING & TYRE DISPOSAL

Our promise to beat all the rest on price quality and service

No more, no less



Visit us at our
car complex 2
miles out of
Kilkenny on the
Tullaroan Road or call
us on 056 7720280

M I C H A E L M A D D E N

MADDEN CAR BREAKERS

K I L K E N N Y



**TRY
US AND
EXPERIENCE
THE DIFFERENCE**

Need rid of that end of life vehicle
call us or just drop it out to our yard
to be safely depolluted and recycled.
End of life certificates issued for
every vehicle.

Do your thing for the environment.

- Fully vic Vehicle Recycling Facility
- Now Breaking for Parts Thousands of Cars and Vans on our 7 Acre Site
- All Parts Warranted
- Suppliers of New Panels, Lights etc.
- New Turbos in Stock

Contact our Parts Hotline
on 056-7722669
All Major Cards Taken



MICHAEL MADDEN

Specialist Cars



LOCAL COMPANY -

Selling Cars In Kilkenny For 40 Years

THINK GREEN - ALL OUR CARS ARE LOW EMISSION AND LOW TAX

- 2017 Hyundai i20 1.2 SE in artic white. Only 14k mls. Like new. €12,500
- 2016 Hyundai i30 Premium plus 1.6 CRDI 136 black with full black leather. Every extra. Ultimate i30. €13,950
- 2016 Kia Rio 1.4 CRDi Ed3 Nav. Jet black. 3 door sports. Unreal looking car. €10,500
- 2015 Renault Clio 1.5 DCi in black. Great to drive, easy to run. Like new. €8,950
- 2015 Hyundai i40 1.7 CRDI Tourer. New model. Loaded with extras. €13,950
- 2015 Ford Focus 1.0 Eco Boost Titanium, Ford blue, every extra. 37k only. Nav. Like new €12,950
- 2015 Vauxhall Meriva 1.4 Life. Only 37K mls. As new MPV €8,500
- 2015 Hyundai i20s Blue Drive. New model, white, 20k mls only, like new €10,995
- 2014 Seat Mii 1.0, lovely small automatic €6,500
- 2014 Toyota Auris 1.3 VVTI Icon in black. Every extra. €9,950
- 2014 Kia Venga Ed 3 1.6 CRDI economical and very reliable. Like new. €7,950
- 2014 Hyundai i30 1.6 CRDI B/D in blue. All extras. Smashing car. €9,950
- 2014 Nissan Note 1.2 Acenta Premium in white acc extras incl Nav. 46k mls €8,950
- 2014 Suzuki Alto 1.0 SZ in white only 22k mls. As new. €6,500
- 2014 Hyundai i10 S New model. Only 24 k mls. Grey. €7,950 **RESERVED FOR HANNA**
- 2014 Kia Ceed 1.4 VR7 petrol, stunning in white. Every extra fitted. Very special Ceed, €9,950
- 2014 Fiat 500 1.2 Sport. Ferrari red. Full abarth trim. Like new. €7,950
- 2013 Kia Rio ProCeed 1.6 CRDI 139 BHP Ed3. Nav. Every extra. Ultimate Ceed! €8,950 **RESERVED FOR KEVIN**
- 2013 Hyundai i40 Tourer 1.7 CRDI in black. Lovely sporty estate. . €9,950
- 2013 Hyundai i20 1.2 Active in white, looks new! €7,500
- 2012 Hyundai i30 1.4 Active in silver. Grade 1 car, like new. €7,950
- 2012 Hyundai i30 1.6 CRDI Style in Jet Black. Cracking car. €8,500
- 2012 Nissan Juke 1.5 DCi Acenta in white. Lovely Juke diesel €7,950
- 2012 Hyundai i20 Classic 1.2 in black only 33k mls. Totally reliable car €6,500 **RESERVED FOR MARY**
- 2012 Hyundai i30 1.6 CRDI in white. 74k only. Lovely €7,950 **RESERVED FOR PATRICIA**
- 2012 Kia Rio 1.2 Only 50k mls. Not a scratch on it! Ed1. €6,950
- 2012 Kia Sportage 1.7 CRDI Edition 2, in white, pan roof etc. etc. lovely jeep. Like new €11,950
- 2011 Nissan Leaf Electric Auto in white 66k only. You can run it free. €6,950
- 2011 Honda CRZ 1.5 Sport Hybrid in white. Stunning machine so economical €6,950 **RESERVED FOR RICHARD**
- 2010 Hyundai i20 1.2 comfort. Only 37k mls. Like new. €5,950 **RESERVED FOR EIMEAR**
- 2010 Toyota Yaris 1.3 Automatic. Lovely small Automatic €5,950
- 2009 Hyundai i30 CRDI in grey. Lovely car to clear. €2,900 **RESERVED FOR NOEL.**

**SUPER SELECTION OF SMALL CARS
AND STARTER CARS NOW IN AND ALL
LIKE NEW**

www.maddencars.ie

THIS IS ONLY A SMALL SELECTION OF OUR STOCK

Buy it with **LOANITT**

Our new finance provider now in place.

Local company, best rates!

**We work for you and you drive away
in one of our fantastic cars**

All cars with very low mileage - Full History Check and mileage warranted

36

YEARS
IN THE
MOTOR TRADE

"When Only the Best will Do"

Tullaroan Road, Kilkenny.

Tel: 056-7720280 | 087 4389790

email us: maddencarsales15@gmail.com | Open 6 days and until 3.30pm Saturday

The Hyundai Tucson. Now Available in Mild Hybrid.



Choose one of our 201 Offers*:

5 Years Free Servicing

Scrappage up to €4,000

3.9% APR Finance[#]

You automatically qualify for each of these three benefits as standard:



For more information or to book a test drive contact:

MLM
MICHAEL LYNG
MOTORS

Michael Lyng Motors,



Hebron Road, Kilkenny
info@lyngmotors.ie,
056 777 0700
www.lyngmotors.ie

Proud Sponsor of the Kilkenny Hurling
Intermediate Championship



HYUNDAI
BEST OF ALL WORLDS
Discover Why



*The Hyundai 5 Year Unlimited Mileage Warranty applies only to Hyundai vehicles that have been originally sold by an authorised Hyundai dealer to an end-customer, as set out in the terms and conditions of the warranty booklet. [#]Hyundai Tucson Comfort. Retail price €27,495. Finance amount €18,721.75. 36 monthly repayments of €247.24. Total cost of credit €1,790.28. Optional final payment of €11,547.90 APR 3.9% as at 27th September 2019. Minimum deposit €9,623.25. Lending criteria, conditions apply. Available at authorised dealers for models booked before 30th November 2019 and registered in January 2020. Hire purchase by Bank of Ireland t/a Bank of Ireland Finance. Dealer charges apply. *Price excludes dealer delivery and related charges. Offer applies to 201 Tucson Comfort Passenger booked before 30th November 2019 and registered in January 2020. Model shown for illustrative purposes. WLTP Co2 183 g/km. Fuel consumption 4.9L per 100 km.


Audi Kilkenny

Waterford Road, Kilkenny

056-7751788**www.audi-kilkenny.ie**
**2019 (191)
Audi A1**

**SE SPORTBACK 1.0
TFSI 116 BHP
€26,900
€90 per week**
**2019 (192)
Audi A6**

**SE S TRONIC 2.0 TDI
204 BHP - DEMO
€47,900
€160 per week**
**2018 (182)
Audi Q7**

**S LINE QUATTRO S TRONIC
(AUTO) 3.0 TDI 218 BHP
€68,900
€230 per week**
**2018 (182)
Audi A3**

**SE SALOON 1.6 TDI 116 BHP
€24,900
€84 per week**
**2018 (182)
Audi A1**

**S LINE SPORTBACK 1.0
TFSI 95 BHP
€19,900
€65 per week**
**2018 (182)
Audi A6**

**S LINE S TRONIC (AUTO)
2.0 TDI 190 BHP
€34,900
€118 per week**
**2018 (182)
Audi A4**

**SE 2.0 TDI 150 BHP
€30,900
€104 per week**
**2017 (171)
Audi A3**

**SPORTBACK 1.0 TFSI S TRONIC
(AUTO) 115 BHP 5DR
€18,900
€63 per week**
**2017 (171)
Audi Q5**

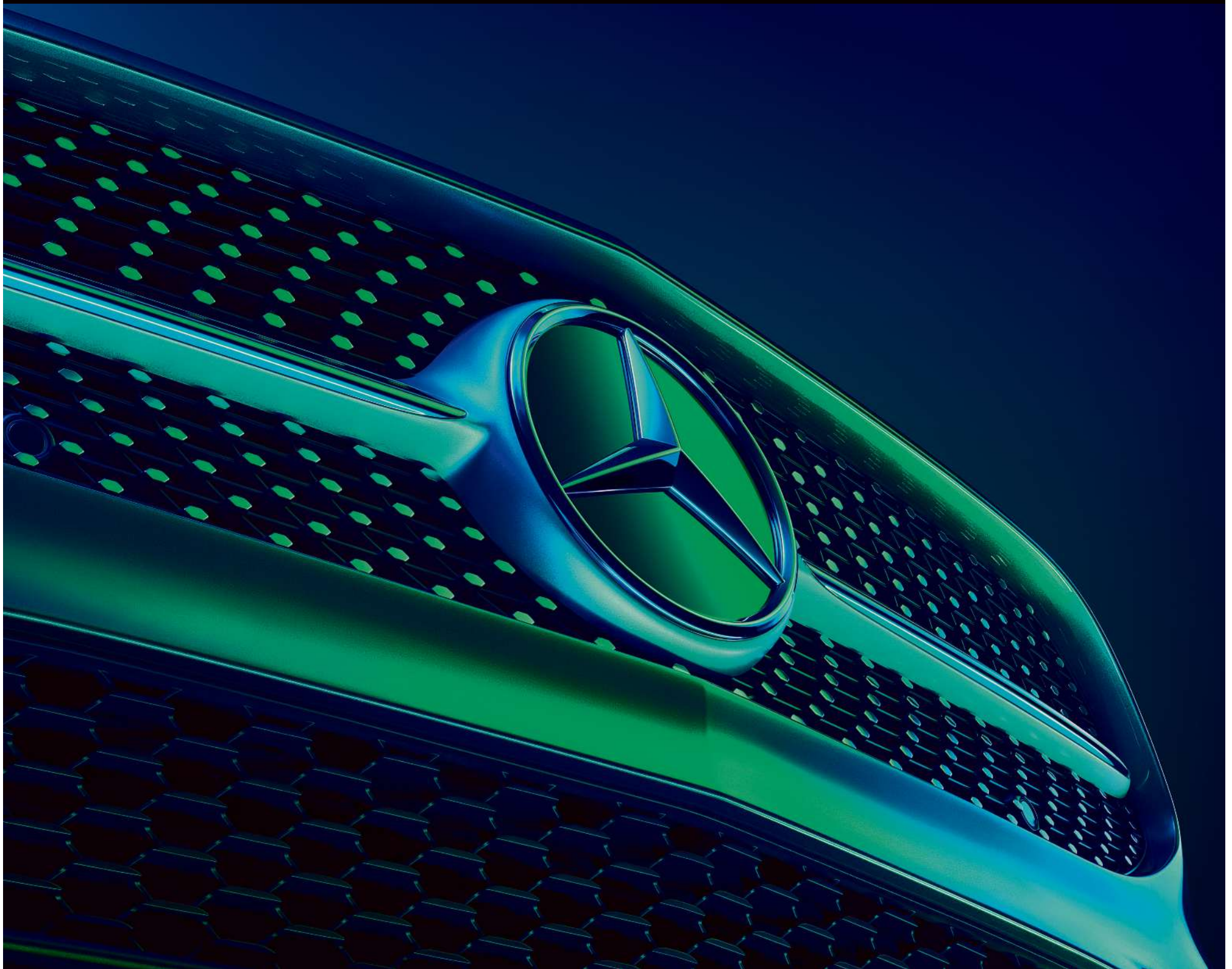
**SE S TRONIC (AUTO) QUATTRO
2.0 TDI 190 BHP
€40,900
€138 per week**

Prices quoted includes €2,000 scrappage allowance.

P/W prices based on 30% deposit/trade-in.

Weekly figures are based on hire purchase over 5 years.

Contact our sales teams today, John, Karl or Richie 056-7751788



Better is closer than you think.

Mercedes-Benz 2020 Sales Event 14-16th November.

Get up close to the Mercedes-Benz range, including eight brand new models, at the Mercedes-Benz 2020 Sales Event from 14-16th November and discover how the model of your choice can be even closer than you think.

Mercedes-Benz



Sheehy Motors Carlow Mercedes-Benz

Green Lane, Co. Carlow

Email: infocarlow@sheehymotors.ie · Tel: 059 917 4000 · Web: www.sheehymotorsmercedes-benz.ie

All New Discovery Sport

Available From €34,735* in Auto Boland Waterford

THE ALL NEW Land Rover Discovery Sport is now available in Auto Boland Land Rover Waterford from €34,735* with 3.9% APR. Visit the premium compact SUV in MacDonagh Junction from the 21st - 29th November.

The latest addition to the Discovery family, the New Discovery Sport is now more efficient, technologically advanced and versatile than ever. With new features and the very latest technology, the SUV delivers superior interior space and refinement, while its 5+2 interior features a new infotainment interface with the latest connectivity, plus a more flexible seating arrangement with up to 24 combinations for enhanced versatility.

Under the skin, Land Rover's new Premium Transverse Architecture (PTA) accommodates efficient new electrified engines, including a 48-volt mild hybrid from launch, to help reduce emissions and fuel consumption. The new body is stiffer than its predecessor, with rigidly mounted subframes that reduce noise and vibration intrusion into the cabin, improving comfort and providing maximum safety in the event of a collision.

Discovery Sport Features

A PRACTICAL PACKAGE

The new Discovery Sport is available in S, SE and HSE trim, in addition to the R-Dynamic variant, which features Satin Dark Grey al-

loy wheels, unique front and rear bumpers and Shadow Atlas script on the bonnet and tailgate. Inside, Ebony seats with contrast stitching, black gearshift paddles and unique treadplates provide a sportier character.

MILD HYBRID

The New Land Rover Discovery Sport Features Land Rover's always-on 48V mild hybrid system - an efficient, electrified powertrain, which does not require charging yet minimises fuel consumption and CO2 emissions in a variety of driving situations.

Designed with electrification in mind, the new Premium Transverse Architecture allows for the introduction of a new 48-volt mild hybrid electric vehicle (MHEV) powertrain on Discovery Sport. First launched on the new Range Rover Evoque, the system uses an engine-mounted belt-integrated starter generator to harvest energy normally lost during deceleration and stores it in an under-floor battery.

CAPABILITY

The latest Discovery Sport is every inch a Land Rover, combining assured all-terrain handling with all-weather capability, including a wading depth of 600mm, All-Wheel Drive and a second-generation Active Driveline system (engine output dependent). Terrain Response 2 automatically detects the surface and adjusts the torque delivery to best suit the conditions, while Advanced



Tow Assist makes reversing with a trailer (up to 2,500kg) more intuitive and safer than ever.

TERRAIN RESPONSE

New Discovery Sport is built on Land Rover's Premium Transverse Architecture that, alongside the latest all terrain technology, ensures this is an SUV designed to get you and your family anywhere and everywhere safely.

The latest addition to the Discovery vehicle family comes with several new innovative features that reinforce Discovery Sport as a comfortable and composed, go anywhere compact SUV.

Visit: www.autobolandlandrover.ie, or call Auto Boland Waterford on 051-335000 to book a test drive.

NEW DISCOVERY SPORT

NEVER STOP DISCOVERING



FROM €367.43* A MONTH
WITH 3.9% APR FINANCE

Find your way to the edge of the world with the New Discovery Sport. The efficient Ingenium engine coupled with all-wheel-drive will put a million miles between you and the everyday.

Book your test drive today with Auto Boland Land Rover
Cork Road, Waterford. Tel: 051 335000.

autobolandlandrover.ie

Model	DISCOVERY SPORT 2.0 150PS DIESEL FWD
On the Road Price†	€37,485.00
Customer Deposit	€10,646.00
Finance Amount	€24,839.00
36 Monthly Payments	€367.43
Term	37 months
GMFV (Optional Final Payment)**	€13,839.00
Total Cost of Credit	€2,290.97
APR %*	3.9% Fixed

† Includes delivery & related charges plus metallic paint. Model is shown for illustrative purposes only.

** The Guaranteed Minimum Future Value (GMFV) is payable if you renew or retain the vehicle at the end of the agreement. Further charges may be applied by your Jaguar Land Rover Retailer subject to kilometre limits/condition of the vehicle. *Lending criteria and conditions apply (>18s only). Offer available on all new Land Rover Discovery Sport models registered by 31st March 2020 at participating retailers. APR 3.9% is inclusive of a documentation fee of €63.49. This is a Consumer Hire Purchase agreement provided by Bank of Ireland t/a Bank of Ireland Finance. To qualify for this finance offer a minimum deposit of 10% of the 'On the Road Price' applies. Ownership remains with Bank of Ireland until the optional final Payment is made. Rate quoted is correct as at 1st November 2019 and is subject to change.


TRADES & SERVICES .. EMPLOYMENT .. PUBLIC NOTICES

Van Driver Required

**Full Clean Drivers Licence
Covering Kilkenny
&
South East**

Closing date 11th Dec 2019

**Apply by email
to driverjobkk@gmail.com**



MUG*SHOT CAFÉ

Ayrfield Medical Centre, Granges Road, Kilkenny
CAFÉ ASSISTANT REQUIRED

32 hour's p/w (Monday to Friday)

Applicants should:

- Provide excellent Customer Service.
- Work in a fast-paced food retail environment.
- Have good strong communication and interpersonal skills.
- Be self-motivated and willing to learn.
- Follow Health & Safety & HACCP guidelines, must be well presented.
- Barista training an advantage.

Please drop in your CV to
Mugshot Café Ayrfield or email info@mugshot.ie
Closing Date Friday 29th November 2019

Full time Legal Secretary

required for mainly
Conveyancing and Probate work
in busy Kilkenny City Centre
practice. Experience an
advantage but not essential.

Please email CV to
info@krm.ie
before 4th December 2019



Society of St Vincent de Paul

SHOP MANAGER

- KILKENNY -

The Shop Manager will oversee both the retail shops in Kilkenny & Thomastown. The purpose of the role will be to maximize sales, productivity, revenue opportunities and customer satisfaction levels through the efficient management of the Vincent's Charity clothing and furniture shops by ensuring compliance with the Society's retail standards, current relevant legislation and SVP policy and ethos. Line management of a motivated team comprising shop volunteers, CE staff and paid employee is also required.

Working with SVP is more than just a job, it's about working in one of Ireland's best known, trusted and respected not-for-profit organisations and making a difference to your community. We're looking for people who enjoy managing a diverse team and have retail experience.

Go to www.svp.ie/Jobs for details on how to apply, including a full job description and application form.

Apply online directly or post your completed application form to:

**Human Resources,
SVP House, 91-92 Sean McDermott Street, Dublin 1.**

Please note, CV's will not be accepted.

The closing date for this role is 05th December 2019

GOOD'S

Office Administrator & Bookkeeper

(Maternity Leave Cover)

2-4 Days Flexible Hours

**Vacancy Goods Fashion Store,
Kilkenny**

**Book keeping and cash handling
experience, with a good understanding
of EXCEL and MS**

**Office will be required along with
proficiency in English.**

**Good communication skills, and an
ability to work as part of a team**

Please send your CVs FAO **The Managing Director**
c/o WH Good Ltd., 88 & 90 High Street, Kilkenny or to
info@goods.ie with Bookkeeper in the subject line.

THE KILKENNY FREE EVERY THURSDAY
REPORTER

Get in touch today

056 7721015

shane.keegan@iconicnews.ie

ARE YOU LOOKING FOR STAFF?

ADVERTISE

IN KILKENNY'S BEST
RECRUITMENT SECTION



www.kilkennyreporter.ie



TRADES & SERVICES .. EMPLOYMENT .. PUBLIC NOTICES

BREAKING NEWS

ADVERTISE IN KILKENNY'S BEST RECRUITMENT SECTION



Get in touch today
056 7721015
shane.keegan@iconicnews.ie

THE KILKENNY FREE EVERY THURSDAY
REPORTER

www.kilkennyreporter.ie



LANGTONS
denture clinic

Restore your Natural Smile!
Visit us today, your local Denturist Practice.



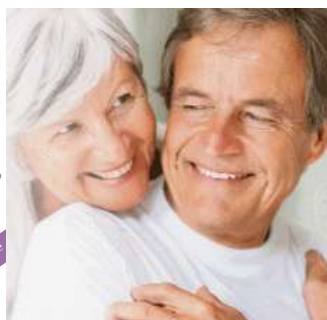
Free Consultation

Medical Cards Welcome

Patrick Langton Dip CDT RCS (Eng.) DD Msc
2 Priory Sq, Dean St, Kilkenny

056 771 2741

info@langtonsdenture.ie



ACE CHIMNEY SWEEP

CALL SEAMUS

087-7794047

- Guarantee Clean
- Brush & Vacuum System
- Crow Guard Fitted
- Stoves, Cookers & open Fires
- Power Sweeping Service



Firewood For Sale

Softwood & Hardwood
Small and big bags available
Trailer loads delivered to order

Call Michael Hearne:
086 258 48 72
Callan Area



POWERWASHING & STEAM CLEANING



- Soft Washing / Red Stain Removal
- Roof Cleaning a speciality
- Cleaning of Pvc, Walls, Paths & Tarmacadam
- Residential
- Commercial
- Industrial

Fully Insured

Call John: 087 923 73 15

THE KILKENNY FREE EVERY THURSDAY REPORTER



ARE YOU LOOKING FOR STAFF??

Advertise in KILKENNY'S BEST RECRUITMENT SECTION

Get in touch today
056 7721015
shane.keegan@iconicnews.ie

All our THE KILKENNY REPORTER Yesterdays

Taking a trip down memory lane in Kilkenny



Enjoying the then Kilkenny Corporation Dinner Dance from 1982 - the following pages show a picture special of the event ALL PICTURES BY MICHAEL BROPHY

All Our Yesterdays

Down memory lane with the
THE KILKENNY REPORTER



All Our Yesterdays

Down memory lane with the
THE KILKENNY REPORTER



All Our Yesterdays

Down memory lane with the
THE KILKENNY REPORTER



All Our Yesterdays

Down memory lane with the
THE KILKENNY REPORTER



All Our Yesterdays

Down memory lane with the
THE KILKENNY REPORTER



SPORT



Participants and mentors at the GPA Gaelic Voices for Change Online Safety Youth Workshop at the Cusack Suite in Croke Park, Dublin PICTURE: BRENDAN MORAN/SPORTSFILE

There are 'watch-outs' when online, young people warned

COMPETITION

Three young members of Kilkenny camogie club, Barrow Rangers from Paulstown were at Croke Park on Saturday to attend the inaugural Gaelic Voices for Change (GVFC) Youth Workshop.

The event was supported by both the Gaelic Players Association (GPA) and the Women's Gaelic Players Association (WGPA).

Anna Purcell, Mia Ryan and Chloe Brennan took part in talks, workshops and panel discussions at the event.

The event was facilitated with the help of Webwise, an organization that promotes the autonomous, effective, and safer use of the internet by young people through a sustained information and awareness strategy targeting parents, teachers and children themselves with consistent and relevant messages.

The day began with a talk given by An Garda Síochána on the law as it pertains to online behavior and social media use.

That was followed by a presentation by Webwise and then a panel discussion focusing on Sport and Social Media.

ALL-IRELAND REFEREE

Attendees then heard from All-Ireland referee, David Gough, Dublin All-Ireland winner Nicole Owens, Louth hurler Gerard Smyth and former Donegal footballer, Kevin Cassidy.

The day finished with the young players discussing how some of Webwise's material could be made more relevant to a GAA audience.

Speaking about the event, GVFC member and former Dublin footballer Eamonn Fennell said: "As current and former inter-county players we are aware that we are seen as role models to younger players and it's great to be able to be involved in trying to

make their lives easier in any way we can.

"There are huge positives to being online and using social media, but there are also watch-outs.

"That's what the day was all about; that balance between using social media in a safe and productive way and avoiding and safe guarding against the negative aspects."

GVFC is a voluntary group composed of current and former inter-county GAA players who are passionate about social leadership and community action.

The group is focused on driving positive change of societal issues.

OFFICIAL BODY

The GPA is the official representative body for inter-county players.

The GPA represents over 2,300 current players and an increasing number of past players.

The GPA operates a comprehensive Player

Development Programme, funded by the GAA, supporting players with their education, careers, health, life skills and welfare.

ABOUT THE WGPA

The WGPA was launched in January 2015 to give a collective voice and make things better for female

inter-county players.

The body now support over 1,300 players from 55 camogie and ladies football squads across the 32 counties, and work to improve their playing experience, enhance their off-field development and

raise their profile of both players and the games.

Subsequently, in June 2016, for the first time, the Irish government announced financial support for female inter-county players, recognising their efforts and the contribution they make to Irish society.



Louis Everard of Moyne AC and Ian McLoughlin of Kimmage Knights pictured at the finish line of the Stook 10K in Dungarvan on Sunday PICTURE: MARK DESMOND

Some going as three clubs chase Leinster hurling titles

Gaelic games

The strength of Kilkenny club hurling was highlighted once again at the weekend when the three clubs representing the county in Leinster competitions all won through to their respective finals.

Reigning Leinster and All-Ireland champions, Shamrocks of Ballyhale will lay their titles on the line against fearless St Mullins of Carlow in O'Moore Park, Portlaoise on Sunday week (2pm).

On the Saturday (1.30pm) of that weekend, ever improving Tullaroan will enjoy home advantage in UPMC Nowlan Park against Seir Kieran (Offaly).

The same afternoon Conahy Shamrocks, the junior representatives, will head to a Wexford venue for a showdown against Ballygarrett Réalt na Mara (1.30pm).

All this is a repeat of last season when Shamrocks, Graigue-Ballycallan (intermediate) and Dunnamaggin (junior) won the Leinster championships.

The Shamrocks and Dunnamaggin roared on to win the All-Ireland titles.

That is fair going by any yardstick, and there is every possibility the county will add to the Leinster take next weekend.

St Mullins were the outsiders in last Sunday's semi-final clash with Laois champions Rathdowney-Errill, but just like they did against previous favourites Cuala (Dublin), they prevailed by a point to set up the first Leinster final clash in their history.

They are now 10/1 from 12/1 with BoyleSports to claim provincial honours.

However, current All-Ireland champions Shamrocks comfortably booked their own spot in the final and they now lie in wait.

The Henry Shefflin managed side found the net in the first minute against St Martin's of Wexford at UPMC Nowlan Park and cruised to a 15-point victory.

This powerful looking effort, with TJ Reid scoring 2-14, saw their odds to win a tenth provincial title crumble from 1/5 into a red



Bill Murphy of Conahy Shamrocks is about to be challenged by Michael Devlin of Clonguish (Longford) during the Leinster club junior hurling semi-final in Jenkinstown PICTURE: BILLY CULLETON

hot 1/33.

They have also been backed into 1/3 from 8/11 to retain the All-Ireland title, while St Mullins remain the 100/1 outsiders of the sides left standing.

Apart from handling what is sure to be a 'let it rip' and lively St Mullins challenge, the Shamrocks have to cope with the potentially crushing pressure of expectations.

They will enter the

O'Moore Park ring without wing-back, Richie Reid, who left for the Lebanon this week for a six month stint of duty with the Irish Army UN peacekeeping force.

Reid, the longest striking and most accurate shooting wing-back in the country - he scored twice against St Martin's - will be a huge loss.

On top of that Adrian Mullen picked up a dead leg and his brother, Paddy

(broken finger) and defender, Brian Butler (broken hand) are also very doubtful for the big game.

SMALL PARISH

The Shamrocks come from a small parish and their pick is tight. There will come a time when such losses will show, but right now they are in flying form.

They simply took St Martin's apart.

Consequently we get what

could be termed mad odds quoted for the final.

Tullaroan felt the pain before they made the gain of harvesting the Kilkenny intermediate title, and they have most certainly embraced the challenge of the provincial championship.

Their hurling is really strong. They are playing with a new found confidence with the likes of Tommy Walsh -

the young one, plus the older lad -Padraig Walsh, John Walton, Shane and Peter Walsh and so on upping their level of performance.

Yes, upping it on what they produced in Kilkenny, even when winning the final against Thomastown, who had beaten them in the League decider some weeks earlier.

We didn't include Martin Keoghan, possibly their most improved player in recent weeks, in that list because he is likely to miss the final with a bad knee injury.

The 21-year-old, through the sheer power of his performances, is sending a message to Kilkenny boss, Brian Cody, that he should keep him in mind.

We hope young Keoghan will make it back shortly. Currently he is in the form of his life and his effectiveness within the team is growing and growing.

It will be most interesting to see how Conahy get on in their final.

Imagine, they could end up being crowned Leinster junior champions without having won the championship in their own county?

That would be novel indeed. In terms of Kilkenny it would be a first.

Conahy too have really applied themselves to the challenge.

They are not looking back at what happened in the county. Instead they are looking to the hills and mountains ahead that can be scaled.

SKIPPERS MEET.....Shamrocks captain, Michael Fennelly and Daithi Waters of St Martin's (Wexford) meet before the start of the Leinster club senior hurling semi-final in UPMC Nowlan Park. Referee Patrick Murphy (Carlow) is also in the shot

PICTURE: MARK DESMOND



SPORT

Mullins and Townend just drive on, and on, and on

Horse racing

Douvan made a hugely impressive return to action when landing the Grade 2 Clonmel Oil Chase.

The nine-year-old, trained by Willie Mullins and ridden by Paul Townend, had an easy time of it as he accounted for the Jessica Harrington-trained Jett on his first run in 19 months.

The champion trainer dominated on the day with four winners.

He shared a double with his son Patrick, the pair landing the opening maiden hurdle with the Lions Mouth Racing Club-owned Kalanisi Og, the 1/4 favourite, and the bumper with 4/5 favourite Tactical Move which carries the Al Boum Photo colours of Marie Donnelly.

Danny Mullins was in the saddle as Vis Ta Loi, the 3/1 favourite, took the 2m3f maiden hurdle, another winner for Willie Mullins. He runs in the Hurricane Fly colours and is owned by the Creighton Family.

It got better for Mullins at Punchestown over the weekend where he won the Grade 1 Morgiana Hurdle for an incredible ninth time in a row.

The Danny Mullins-ridden Saldier landed the spoils at odds of 7/1, the five-year-old returning from injury to easily account for Henry De Bromhead's 2017 Irish Champion Hurdle winner Petit Mouchoir with his own stable companion and 2/5 favourite Klassical Dream only third.

Earlier on the card, the mighty Faugheen impressed on his first start over fences when landing the beginners' chase under Paul Townend.

Backed from 11/10 to 8/11 favourite, the 11-year-old recovered from a bad mistake at the eighth fence where he very nearly unshipped the champion jockey, to score by an easy seven and a half lengths.

Blue Sari was another winner for the Closutton team as he battled well under Mark Walsh to win the 2m4f maiden hurdle, while the trainer's son Patrick had far less to do as 2/9 favourite The Big Getaway scored a seven-length win in the bumper, another to win in the Al Boum Photo silks.



Faugheen and Paul Townend jumping on his way to winning the Naas Oil Beginners Chase at Punchestown PICTURE: ALAIN BARR

Mullins and Townend took the Listed mares' hurdle at the County Kildare track on Sunday with Stormy Ireland which made all the running to win by four lengths from the Gordon Elliott-trained Black Tears.

Sent off a 1/3 favourite, the five-year-old has been schooled over fences and might be switching to the bigger obstacles before long.

Leighlinbridge trainer Pat

Fahy landed the 2m handicap hurdle with Drop The Anchor which looks one to follow after his defeat of the James Nash-trained Scheu Time.

The well-backed 2/1 favourite scored by two and a half lengths under in-form Mark Walsh.

Patrick Mullins was out of luck on a couple of rides for his father at Cork but his trip to Punchestown paid off as he landed the bumper on the

Ted Walsh-trained Dewcup.

Joseph O'Brien can do little wrong and he saddled Cerberus to win the three-year-old maiden hurdle at Fairyhouse on Tuesday.

Sent off the 15/8 favourite in the colours of the Good Counsellors Syndicate, JJ Slevin's mount went clear from the second last flight to win by all of 19 lengths from the well-supported Red

Gerry.

The Grade 3 Winter Festival Juvenile Hurdle is next for the winner. O'Brien was a winner again on the all-weather at Dundalk on Friday where Grandmaster Flash, the 6/4 favourite, took the 12f handicap. Owned by LECH Racing, the three-year-old, ridden by Declan McDonogh, won with a little more in hand than the half a length margin might suggest.

Anything Will Do gave O'Brien further success at Punchestown on Saturday where he won the rated novice hurdle under Oakley Brown.

A 5/2 shot, the four-year-old ran in the colours of the Annus Mirabilis Syndicate. And three more winners came O'Brien's way at the track the following afternoon.

He shared them with JJ Slevin who partnered 5/4 favourite Front View to win the four-year-old maiden hurdle and followed up in the 2m maiden hurdle on 13/8 favourite Midnight Run which scored a nine and a half length success over 8/13 favourite Colreevy.

The trebles were completed when 3/1 favourite Top Moon scored by three and three-parts of a length in

the 2m4f handicap hurdle. It was a first three-timer for the winning jockey.

Willie Mullins added to his Punchestown gains when the Brian Hayes-ridden Stones And Roses won the 2m5f beginners' chase.

Owned by famed singer/song writer Paddy Reilly and his son Ciaran, the five-year-old had loads in hand as he beat Randalls Ur Poet by five and a half lengths.

SMULLEN RECEIVES AWARD

Pat Smullen was recognised for his brilliant career in the saddle with a Cartier/Daily Telegraph award in London early last week.

Smullen was the Award of Merit winner on a night that saw Enable declared the Cartier Horse of the Year for a second time.

One of the outstanding jockeys of his generation, Smullen was crowned champion jockey on nine occasions, winning a multitude of big races around the globe.

In more recent times, Pat has been hugely involved in fundraising for the fight against pancreatic cancer after his own diagnosis with the disease early last year.

His fund-raising efforts have resulted in over €2.5 million being raised for Cancer Trials Ireland, his campaign highlighted by the Pat Smullen Champions Race For Cancer Trials Ireland at the Curragh in September which saw stars from the past including Tony McCoy, Ruby Walsh, Charlie Swan and Paul Carberry return to the saddle.

HORSE RACING AWARDS

A total of 35 nominations have been made for the Horse Racing Ireland Awards, an increase of nine on last year.

The awards, which will be presented early next month, draw on nominees from across the Irish racing industry.

Once again, a public vote will decide the outcome of the 2019 Ride of the Year winner with the contenders, chosen by Pat Smullen and Barry Geraghty, to be announced next week.

UPCOMING FIXTURES

Thurles – Thursday (first race 12.15).
Dundalk – Friday (first race 5.45).
Gowran Park – Saturday (first race 11.50am).
Navan – Sunday (first race 12.30).



Cerberus and JJ Slevin win the 2m three-year-old hurdle at Fairyhouse for Joseph O'Brien and the Good Counsellors Syndicate PICTURE: PATRICK MCCANN/RACING POST

REPORTER SPORT

Ballyoptic can chase home Bristol De Mai in the 'Betfair'

SATURDAY'S stg£200,000 Grade 1 Betfair Chase at Haydock Park is one of the early season highlights on the calendar.

The showpiece contest, due off at 3pm, has been won on four occasions by the legendary Kauto Star.

Staged over a distance of three

miles, one and a half furlongs, the race is the first leg of the prestigious stg£1 million Chase Triple Crown that also includes the King George at Kempton and the Cheltenham Gold Cup.

The eight-year-old Bristol De Mai, trained by Nigel Twiston-Davies) is the 1/1 favourite as he bids to win the contest for the

third consecutive year this Saturday on his seasonal return.

Second best in the market is the Colin Tizzard trained Lostintranslation, 15/8, who recorded the biggest victory of his career so far in the Betway Mildmay Novices' Chase at Aintree in April.

Altior, the dual two-mile

champion chaser, who has won all 19 of his races over jumps, is expected to return in the Christy 1965 Chase at Ascot on Saturday, but the Betfair Chase, remains a tantalising possibility for him.

Favourite Bristol De Mai is the most likely winner on Saturday, but at odds of 12/1, take a chance on Ballyoptic to chase him home.



Bristol de Mai, the grey, is our tip

IS THAT ON THE BOX?

Wednesday

CURLING
EUROPEAN CHAMPIONSHIPS
EUROSPORT 8AM

TENNIS
DAVIS CUP
EUROSPORT 10AM

HORSE RACING
DUNDALK
RACING TV 2.25PM

SOCCER
NEWPORT V GRIMSBY
BBC2 7.45PM

SOCCER
DARLINGTON V WALSALL
BT SPORT 7.45PM

Thursday

GOLF
DP WORLD TOUR
SKY SPORTS 7AM

CURLING
EUROPEAN CHAMPIONSHIPS
EUROSPORT 8AM

TENNIS
DAVIS CUP FINALS
EUROSPORT 10AM

GOLF
RSM CLASSIC
SKY SPORTS 5PM

GOLF
CME TOUR CHAMPIONS
SKY SPORTS 6PM

Friday

GOLF
DP WORLD TOUR
SKY SPORTS 7AM

GOLF
RSM CLASSIC
SKY SPORTS 5PM

GOLF
CME GROUP CHAMPIONS
SKY SPORTS 6PM

RUGBY UNION
ULSTER V CLERMONT
BT SPORT 7.45PM

SOCCER
FULHAM V QPR
SKY SPORTS 7.45PM

Saturday

Guess who is back? Zebo returns to Thomond Park



GOLF
DP WORLD TOUR
SKY SPORTS 7AM

SOCCER
LEGANES V BARCELONA
PREMIER SPORT 12NOON

SOCCER
WEST HAM V SPURS
BT SPORTS 12.20PM

RUGBY UNION
SARACENS V OSPREYS
CHANNEL 4/BT SPORT 1PM

RUGBY UNION
BENETTON V SAINTS
BT SPORT 1PM

RUGBY UNION
TOULOUSE V CONNACHT
BT SPORT 1PM

RUGBY UNION
LYON V LEINSTER
BT SPORT 3.15PM

RUGBY UNION
MUNSTER V RACING 92
BT SPORT 5.30PM

RUGBY UNION
HARLEQUINS V BATH
BT SPORT 5.15PM

SOCCER
GRANADA V ATL MADRID
PREMIER SPORT 5.30PM

SOCCER
MAN CITY V CHELSEA
SKY SPORTS 5.30PM

GOLF
RSM CLASSIC
SKY SPORTS 6PM

SOCCER
REAL MADRID V SOCIEDAD
PREMIER SPORT 8PM

CRICKET
NEW ZEALAND V ENGLAND
SKY SPORTS 10PM

Sunday

GOLF
DP WORLD TOUR
SKY SPORTS 7AM

RUGBY UNION
SALE V LA ROCHELLE
BT SPORT 1PM

RUGBY UNION
MONTPELIER V GLOUCESTER
BT SPORT 4.15PM

SOCCER
SHEFF UTD V MAN UTD
SKY SPORTS 4.30PM

GOLF
CMS GROUP
SKY SPORTS 6PM

AMERICAN FOOTBALL
NFL REDZONE
SKY SPORTS MIX 6PM

GOLF
RSM CLASSIC
SKY SPORTS 6PM



The Premier League is back

The Davis Cup takes to the court this Wednesday and Thursday



SPORT

YOUR KILKENNY SPORTS FIXTURES

GAA FIXTURES

SATURDAY

AIB LEINSTER CLUB INTERMEDIATE FOOTBALL CHAMPIONSHIP SEMI-FINAL
 Thomastown: Mullinavat (Kilkenny) v Rosenallis (Laois) at 1.30pm Ref: Eamon O Connor (Offaly)

JJ KAVANAGH AND SONS UNDER 21 A HURLING CHAMPIONSHIP QUARTER-FINALS
 Mooncoin: Mooncoin v Dicksboro (1.30pm)
 Páirc na Seamróg: Shamrocks Ballyhale v James Stephens (1.30pm)

JJ KAVANAGH AND SONS UNDER-21 B HURLING CHAMPIONSHIP QUARTER-FINALS
 Inistioge: Rower Inistioge v Glenmore (12.30pm)
 Páirc Lachtain: St Lachtain's v Tullaroan (1pm)
 Coon: St Martin's v Piltown (1.30pm)

JJ KAVANAGH AND SONS UNDER-21 C HURLING CHAMPIONSHIP FIRST ROUND
 St John's Park: O'Loughlin Gaels v Emeralds (1.30pm)

PERMANENT TSB UNDER-19 HURLING QUARTER-FINAL
 Thomastown: Thomastown v Young Irelands (1.30pm)
 Slieverue: Slieverue v John Lockes (1.30pm)

KILKENNY HONDA CENTRE MINOR C HURLING LEAGUE PLAY-OFF
 Urlingford: Emeralds v Blacks and Whites (2pm)

ALLIANZ CUMANN NA MBUNSCOL TOYMASTER SCHOOL FOOTBALL ROINN C CHAMPIONSHIP FINAL
 TBC: Kilkenny School Project v Windgap NS

ALLIANZ CUMANN NA MBUNSCOL TOP OIL ROINN B SCHOOLS FOOTBALL FINAL
 TBC: Coon Muckalee NS v Tullogher Rosbercon NS

SUNDAY
JJ KAVANAGH AND SONS UNDER-21 C HURLING CHAMPIONSHIP
 Larchfield: James Stephens v Dicksboro (11.30am)

KILKENNY CITROEN CENTRE MINOR A FOOTBALL

CHAMPIONSHIP QUARTER-FINALS
 Pairc Sheamuis Stiophan: James Stephens v Piltown (2pm)
 Palmerstown: Dicksboro v Mooncoin (2pm)
 Tullogher: Tullogher Rosbercon v O'Loughlin Gaels (2pm)

KILKENNY HONDA CENTRE MINOR A HURLING LEAGUE FINAL
 John Locke Park: Dicksboro v Dunnamaggin (2pm)

KILKENNY CITROEN CENTRE MINOR B FOOTBALL CHAMPIONSHIP QUARTER-FINALS
 Muckalee: St Martin's v Kilmacow (2pm)
 Hugginstown: Carrickshock v Erin's Own (2pm)
 Dunnamaggin: Kilmoganny v Railyard (2pm)
 Gowran: Young Irelands v Rower Inistioge (2pm)

KILKENNY HONDA CENTRE MINOR HURLING B LEAGUE FINAL
 St John's Park: Young Irelands v St Martin's (2pm)

KILKENNY CITROEN CENTRE MINOR C FOOTBALL CHAMPIONSHIP QUARTER-FINALS
 Pairc na Ratha: Glenmore v Barrow Rangers (11am)
 Clara: Clara v Blacks and Whites (2pm)
 Bennettsbridge: Bennettsbridge v Graignamanagh (2pm)
 Lisdowney: Lisdowney v Mullinavat (2pm)

DUGGAN STEEL UNDER-15 B FOOTBALL CHAMPIONSHIP QUARTER-FINAL
 Kilmacow: Kilmacow v Danesfort (2pm)

CAMOGIE FIXTURES
SUNDAY
MARBLE CITY TRAVEL MINOR B COUNTY SEMI FINAL
 TBC: Emeralds v Tullaroan, 11am

MARBLE CITY TRAVEL UNDER--21 B QUARTER-INAL
 Tom Ryall Park: St Brigid's v Mooncoin, 11am
 Windgap: Windgap v Danesfort, 11am

RUGBY FIXTURE



Happy Cats conquer in the Big Apple

Kilkenny captain Eoin Murphy and his colleagues enjoy a moment of delight in the Citi Field, New York following their 64-45 win over Limerick in the final of the inaugural New York Hurling Classic on Saturday

PICTURE: FENWAY SPORT MANAGEMENT/BRIGITTE REC

SATURDAY

LEINSTER RUGBY LEAGUE DIVISION 1A
 Glenageary: Seapoint v Kilkenny (2.30pm)

SOCCER FIXTURES

THURSDAY

U-14 BENNETTSBRIDGE PARTS LEAGUE DIVISION 1A
 Spa Utd v East End Utd, 7pm.

FRIDAY

U-16 SCHOOLGIRLS LEAGUE
 Freebooters v Stoneyford Utd, 7pm.

U-11 SCHOOLBOYS LEAGUE
 Evergreen x2 v Stoneyford Utd x2, 6.30pm.

SATURDAY

U-12 SCHOOLGIRLS DIVISION 1 LEAGUE
 Stoneyford Utd 1 v Evergreen

City
 Evergreen Utd v Freebooters AFC
 Thomastown Utd 1 v Bridge United, 12.30pm.

U-12 SCHOOLGIRLS DIVISION 2 LEAGUE
 Thomastown Utd 2 v Spa Utd
 Evergreen Athletic v Lions, 1pm.

U-16 SCHOOLGIRLS LEAGUE
 Piltown v Eastend Utd
 Evergreen Utd v Bridge Utd, 11am.

Lions v Evergreen City, 2pm.

U-8 SCHOOLBOYS DEVELOPMENT
 Spa Utd x1 v Deen Celtic x2, 2pm.

U-9 SCHOOLBOYS DEVELOPMENT
 Freebooters x4 v Thomastown United x3
 Freebooters x2 v Paulstown 06 FC x1
 Freebooters x2 v Freshford Town x1
 Lions AFC x3 v Evergreen x4, 10am.

Bridge United x4 v Deen Celtic x2, 12noon.
 Bridge United x4 v Clover United x2, 12noon.
 Evergreen x4 v Callan Utd x3, 12.15pm.
 Spa Utd x2 v East End Utd x1, 12.30pm.
 Highview Athletic x2 v Stoneyford x3, 1pm.

U-11 SCHOOLBOYS LEAGUE AMBER
 Bridge Utd x2 v Highview Athletic x2, 10.30am.
 Callan Utd x2 v Freebooters x2, 11am.
 Lions x2 v Thomastown Utd x2, 11.30am.
 Deen Celtic x2 v Freebooters x2, 1.15pm.

U-11 SCHOOLBOYS LEAGUE BLACK
 River Rangers x1 v Stoneyford

United x1, 1pm.
 Evergreen x1 v Freshford Town x1, 2.30pm.
 Evergreen x1 v Clover Utd x1, 2.30pm.
 Spa Utd AFC v Paulstown 06 FC, 3pm.

U-13 KILKENNY PEOPLE LEAGUE DIVISION 1
 Deen Celtic Athletic v Fort Rangers FC, 10.30am.
 Evergreen Athletic v Bridge Utd, 4.30pm.

U-13 KILKENNY PEOPLE LEAGUE DIVISION 1
 Highview Athletic v Evergreen Boys, 11am.
 Spa United AFC v Freebooters City, 11am.

U-13 KILKENNY PEOPLE LEAGUE DIVISION 2
 Thomastown City v Stoneyford Utd Boys, 11am.
 Evergreen City v Freebooters Boys, 11am.
 Deen Celtic Boys v Paulstown 06 FC, 12noon.

U-15 ST CANICE'S CREDIT UNION LEAGUE DIVISION 1
 Stoneyford Utd v Thomastown Athletic, 10.30am.
 River Rangers v Evergreen Athletic, 11am.
 Bridge Utd Athletic v Callan Utd, 11am.
 Freebooters Athletic v Deen Celtic AFC, 3pm.

U-15 ST CANICE'S CREDIT UNION LEAGUE DIVISION 1A
 Paulstown 06 FC v Highview Athletic, 11am.
 Thomastown Utd Boys v Evergreen Boys, 1pm.
 Freebooters Boys v Bridge Utd Boys, 1pm.
 Evergreen City v Fort Rangers AFC, 1pm.

U-12 SFAI SKETCHERS CUP SE REGION
 Glynn Barntown AFC v Thomastown Utd, 3pm.

U-13 SFAI SKETCHERS CUP SE

REGION

Stoneyford Utd v Peake Villa, 1pm.

SUNDAY

JUNIOR ST CANICE'S CREDIT UNION PREMIER DIVISION
 Clover Utd v Evergreen FC A, 11am.
 Freebooters B v Freebooters A, 11am.
 Bridge Utd A v Highview Athletic A, 11am.

JUNIOR INTOSPORT.IE DIVISION 1 LEAGUE
 Fort Rangers v Stoneyford Utd, 11am.
 Newpark A v Callan Utd, 11am.
 Ormonde Villa v Evergreen B, 11am.

FAI YOUTHS INTER LEAGUE
 Waterford v Kilkenny, 2pm.

JUNIOR EAMONN MAHER COACH HIRE DIVISION 2 LEAGUE
 Paulstown 06 FC v River Rangers, 11am.
 Freshford Town A v Lions AFC, 11am.
 Thomastown Utd B v Bridge Utd B, 2pm.

JUNIOR DIVISION 3 LEAGUE
 Brookville AFC v Newpark AFC B, 2pm.
 Tullaroan v Evergreen 46, 2pm.
 Junior Mock Lawlor Premier Cup
 Thomastown Utd A v Deen Celtic A, 11am.

U-12 SCHOOLGIRLS DIVISION 2 LEAGUE
 Stoneyford United 2 v Callan Utd, 10am.

U-13 KILKENNY PEOPLE LEAGUE DIVISION 1A
 Thomastown Boys v East End Utd, 3pm.

MONDAY
U-13 KILKENNY PEOPLE LEAGUE DIVISION 1
 Freebooters Athletic v Callan Utd, 7.15pm.



The Kilkenny ladies Firsts hockey team pictured in their new away kit

Celebrate *Christmas* with us at the



Clonmel Park Hotel



Christmas Family Breaks

From €239 in total for 2 Nights B&B
for 2 adults & 2 Children*

(*Available from 26th December - T&C's apply)

Christmas Breaks for Two

Only €159 for 1 Nights B&B with a
2 Course Dinner plus Tea & Coffee*

(*Available from 26th December - T&C's apply)



2020

HAPPY NEW YEAR

New Year's Eve Celebration Packages

€209 in total for 1 Night Dinner,
B&B for 2 adults sharing

Bee Gee's Tribute Concert

€250 in total for 1 Night B&B,
Dinner & Show Tickets
for 2 adults sharing



Caulfield's SuperValu

THIS WEEK'S

48 HOUR SPECIALS

6 UNITS PER CUSTOMER

ONLY WITH
YOUR REAL
REWARDS
CARD



3 FOR
€10

ONLY WITH
YOUR REAL
REWARDS
CARD



€6 EACH
Cadbury Heroes/Roses/Celebrations/Quality Street
600g - 650g

2 DAYS ONLY
THURSDAY 21ST & FRIDAY 22ND NOVEMBER
When they're gone, they're gone!

Loughboy Shopping Centre
Loughboy, Co Kilkenny, Ireland, Tel: 056 7765404