

# THE KILKENNY

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# REPORTER

Thursday, November 28, 2019

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# SNOW WAY YULE BEAT KILKENNY!



**The Snow Queen helped launch Yulefest Kilkenny, a bumper six-week festival in the county - see inside for more**

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**KILKENNY ON ICE** It's skating time in the city! **P36**



**Our boys about town get their gladrags on!** **P14**



**CAMOGIE** Kilkenny's All-Stars sparkled in New York **P58 & 59**

  
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**NEWS**



# Top awards for Kilkenny pubs

The top award in this year's Irish Pub of the Year awards has come to Kilkenny.

Paris Texas, on High Street in the city centre, took the top honour in the awards.

The Innovation Award was also presented to the popular bar.

There was more good news for Kilkenny with Best Tourist Pub 2019 named as Malzard's Bar in Stoneyford,

and Jim Rafferty from The Dylan Whisky Bar named Bar Manager of the Year.

The Kilkenny pubs rose to the top in a year when there was a record entry from across the country.

The Irish Pub Awards are jointly presented by Vintners Federation of Ireland (VFI) and The Licensed Vintners Association (LVA).

**BAR MANAGER OF THE YEAR**

Another Kilkenny bar was honoured by the Icons of Irish Whiskey, this week, when Jim Rafferty of The Dylan Whisky Bar in Kilkenny Whiskey Guild was awarded Bar Manager Of The Year.

Jim said: "It is a great honour to receive this fantastic award and to be recognised by the industry."



Jim Rafferty, of the Dylan Whisky Bar, receiving his Icons of Whiskey bar manager of the year award

## Get ready for the Medieval Mile Run

The annual Medieval Mile Run takes place in Kilkenny this Friday.

A one mile dash through the historic streets of Kilkenny city is already a firm Yulefest Kilkenny festival favourite. It is the perfect active start to Christmas at Yulefest Kilkenny and people are encouraged to come out to support the participants by cheering from the sidelines. There will be a great atmosphere on the night and organisers promise to have you home in time to watch The Late Late Toy Show!

This is the runs' third year as part of Yulefest Kilkenny and the evening event continues to attract a myriad of entrants with lots more on the sidelines, cheering and enjoying the festive atmosphere.

Runners, joggers, walkers and hand cyclists of all ages and abilities are invited to participate in the event under the Christmas lights on the closed city streets at 7.30pm this Friday, November 29. At the finish line participants and supporters will be greeted with music and refreshments as part of the festivities.

There are two options for participants; a chip entry to record time and includes t-shirt, €11, or a free non timed entry, open to everyone, however pre-registration is essential for all entrants.

All participants must be registered to take part. Visit [yulefestkilkenny.ie](http://yulefestkilkenny.ie) for more details.

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**CHRISTMAS GIVEAWAY**

This Christmas, the Lidl Elves dad Nick, mum Holly, and twins, Eddie and Eve, are absolutely everywhere! Wanting to experience the joy of Christmas they have been exploring this very newspaper. Spot where each pops up throughout the pages of this week's Kilkenny Reporter.

Eddie      Eve

To be in with a chance of winning a Lidl shopping voucher, simply make a note of the page number that Nick, Holly, Eddie and Eve appear on this week and send it to [competitions@iconicnews.ie](mailto:competitions@iconicnews.ie) along with your name and contact details. All correct entries will go into the draw. Winners will be contacted by the Kilkenny Reporter directly and they will be announced in the week commencing Monday, December 9. Terms and conditions on [www.kilkennypeople.ie](http://www.kilkennypeople.ie)



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## NEWS



Sharon Verrall with Kirstie Allsop during filming of Kirstie's Handmade Christmas and (left) Sharon's Star Books

## Local artist to star on Christmas TV show

A Kilkenny crafter is set to appear on this year's Channel 4's TV show Kirstie's Handmade Christmas.

Sharon Verrall is an artist and writer living in Tullogher. She will be a competitor in the Handmade Christmas Gift Competition on Kirstie's Handmade Christmas, a programme that showcases top crafters from all over the UK and Ireland.

Sharon applied for the show in August after seeing call-outs online for applicants.

"I had been designing and producing my Star Books since early this year and trying to get a platform to display and sell them. The Lafcadio Hearn Japanese Garden Tramore was the first place to kindly take a collection of my oriental-themed star books along

with some of my hand-bound poetry books. But to get the chance to be on Channel 4 tv to showcase them was something I never would have envisioned," Sharon said.

"The really difficult part was I was sworn to secrecy and couldn't tell anyone except very close family about the good news! In early September the production team came over from the UK to film my

back-story in the house. That was very exciting, but also nerve wracking as I had to decorate the house to make it look like Christmas while not letting any of the neighbours know what was going on!"

In early October Sharon flew to Devon in the UK to film the show with Kirstie.

"It was a great experience and a

great memory to share with family and friends. I can't wait to see the show on tv."

Sharon will appear on Kirstie's Handmade Christmas on Channel 4 at 5pm on Tuesday, December 3.

Visit her online Facebook Shop [@KokoroBooks](https://www.facebook.com/KokoroBooks) or [origamibooksinboxes](mailto:origamibooksinboxes@gmail.com). You can also see her creations on Instagram: [haiku\\_life\\_](https://www.instagram.com/haiku_life/) and website [sverrall.com](http://sverrall.com)

## CHRISTMAS EVENTS AT THE MEDIEVAL MILE MUSEUM

### In Past Times...Antique Toy Exhibition

7th December - 31st January | Price: Entry only €5 with kids under 12 going free.

### St Canice's Cathedral Choir

Friday 6th December | 7 p.m. | €8 Entry

### High Hopes & The Carlow Ukulele Players

Saturday 7th December | 8 p.m. | €10 Adult / €5 Child

### Cairdeas: Kilkenny's Parkinson's Choir

Wednesday 11th December | 7 p.m. | €5 (Includes Tea, Coffee & Biscuits)

### Architecture of Sound

Friday 13th & Saturday 14th December | 9 p.m. - 11 p.m. | €15 Entry  
(Please note no alcohol will be served at this event.)

### Alchemy Vocal Group with Michael Hayes

Saturday 21st December | 7.30 p.m. | €22.50

Tickets for \*all events can be purchased on our website, or at the museum desk. \*Tickets for the High Hopes Event can be purchased through [www.yulefestkilkenny.ie](http://www.yulefestkilkenny.ie).



2 St. Mary's Lane, High Street, Kilkenny  
[www.medievalmilmuseum.ie](http://www.medievalmilmuseum.ie)



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TIME 09:15

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NEWS

ROUNDUP

Festival of Light



Join Santa and his helpers as they light the 'Oh so bright' Christmas Tree this Friday in Castlecomer.

From 5.30pm, join the parade of light from The Square to Santa's Elf Village in Castlecomer Discovery Park. Here you can enjoy live music and entertainment accompanied by food and crafts market. Visit yulefestkilkenny.ie



Climate strike

The next climate change strike will take place at the Town Hall on Friday at 2pm.

The protest is organised by Lights Climate Action, a Kilkenny-based group, composed primarily of young people who want to protect the environment and lessen their carbon footprint and mind the planet.



Butler Gallery night

Butler Gallery will host a magical evening of music, art, cocktails and luxurious and unique gifts in the sumptuous surrounds of Kilkenny Castle at Christmas and help complete Evans Home.

It takes place on Friday at 6.30pm at Butler



Gallery. In 2020, the gallery will be moving to the historic Evans Home.



Farmer of the Year

Alan Doyle, a drystock farmer from Gowran, Co. Kilkenny, was recently named as the 2019 National Rural

Network Biodiversity Farmer of the Year at the FBD Young Farmer of the Year Awards held in Dublin.

Film fun at Subtitle

Subtitle Film Festival is in town, with multiple venues offering a foreign cinema experience.

Then, on Sunday at Set Theatre, the Angela Awards will acknowledge film talent from across Europe. Hosted by Pauline McLynn, presentations are made by well known actors, writers and directors from the Irish film industry.

Beckett Trilogy

Nothing like a bit of drama at Christmas! Catch Gare St Lazare Ireland's production of Samuel Beckett's three novels, Molloy, Malone Dies & The Unnamable.

It's 20 years since the show premiered in Kilkenny. Directed by Judy Hegarty Lovett and performed by Conor Lovett. Thursday 28th November, 8pm, Watergate Theatre. Tickets from €17

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## NEWS

# Join the mapping session for the historic Kilkenny

An open information and mapping session for the historic Kilkenny City will take place at New Work Junction, MacDonagh Junction on Saturday.

Local mappers are being asked to gather to map the present-day Kilkenny on [www.openstreetmap.org](http://www.openstreetmap.org). There will be a wide variety of places to both map and improve and just straight up sightsee.

Between the years 1754 and 1760, there was something of a race on between two map-makers, and the race appears to have had Kilkenny City as a staging post.

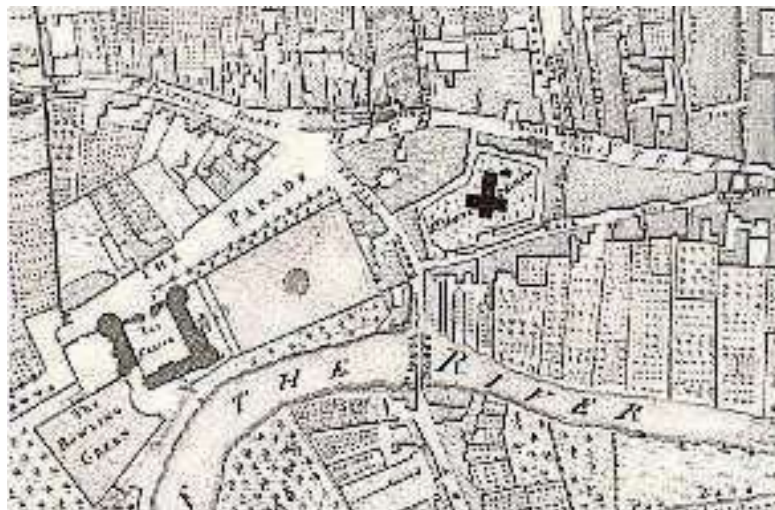
John Rocque and Rodger Kendrick both wanted to have the royal appointment to go ahead and map Ireland. Kendrick was from Dublin, Anglo Irish and very well connected, whereas Rocque was a French Huguenot blow-in, who had made maps in London, Paris and Rome. Each man made sample maps to show their prowess, but

Kendrick stuck to Dublin.

Rocque, on the other hand, ventured further out to Ireland's regional towns and cities, and mapped Thurles, Cork, Newry and in 1757 he reached Kilkenny. He spent a good deal of time here mapping every minute detail of the city including back lanes, the positions of trees, the city walls and the shapes of each commercial building on the burgeoning shopping streets in the centre.

The nature of the map, being a sample is given away by its title - 'A Survey of the City of Kilkenny - To his Royal Highness the Prince of Wales'. The map was well received by the local traders, since there were no recent efforts that showed the contemporary detail of the town. Rocque went on to win the royal appointment for making the map of Ireland.

More than two and a half centuries later, Kilkenny is no less in need of good maps and spatial



data for a whole different array of decision makers, including communities and individuals using their smartphones to select service locations or commercial investors deciding on where to locate something. A small

community of locals use OpenStreetMap to capture all the details, for unlimited and free use for all. OpenStreetMap is an opensource solution to map making, and when the features are published OpenStreetMap ensures

that this information is available to everyone, for re-use in as many different ways as possible. In many ways the community of mappers are repeating the work of Rocque on an ever changing Kilkenny.

The open event will be held at the New Work Junction, Dublin Road, R95 VP83 on the November 30. The morning session will be an introduction to Openstreetmap Ireland and open-source mapping which will facilitate all levels of either mapping or computer knowledge. Then in the afternoon, weather depending, groups can either go out to get numbers/names for houses, add businesses, refine road types, etc. Or use local knowledge to add in gaps.

The event starts at 11am and runs until 3pm. No experience is necessary, but it is advised you bring a laptop, mouse and charger. Book early to avoid disappointment at Eventbrite - search mapping events.

## Historian to give final cathedral talk

**SAM MATTHEWS**  
sam.matthews@iconicnews.ie

The fourth and final talk from this year's series of 'October Talks In November' has been postponed from this Friday, and will actually take place in December.

On December 6, at 1pm, Cathedral Conservation Consultant Frank Keohane will give his talk on Sir Thomas Deane's 1860s restoration of the cathedral in the cathedral library.

Frank Keohane is a chartered building surveyor and architectural historian who has specialised in the surveying, recording, repair, refurbishment and conservation of historic buildings in Ireland for the last 20 years.

Frank is a member of the Society of Chartered Surveyors Ireland (SCSI) and Royal Institute of Chartered Surveyors (RICS). Having completed the RICS Building Conservation Accreditation Scheme (BCAS), he is one of only four chartered surveyors in Ireland who are fully accredited in building conservation.

He completed a Masters Degree in Urban and Building Conservation at University College Dublin in 2002 and in 2009 attended the prestigious Attingham Summer School for the study of country houses and their collections.

Previously an associate at Paul Arnold Architects, a prominent RIAI Grade 1 Conservation

Architecture Practice, his extensive experience includes the inspection, repair and refurbishment of town and country houses, commercial and public buildings and churches of various denominations.

Notable past projects include, in Dublin, Christ Church Cathedral, St Werburgh's Church, Dublinia and the School of Nursing at Trinity College, St Canice's Cathedral in Kilkenny, Castletown House (East Wing and Home Farm) and Moore Abbey in Kildare, Malahide Castle in Fingal and Johnstown Castle in Wexford.

This 1pm talk costs €5, and that includes a light lunch afterwards.

### ADVENT PROCESSION

Meanwhile, St Canice's Cathedral's spectacular Advent Procession 'From Darkness to Light' starts off the Christmas season with an enchanting combination of choral music and candlelight on the First Sunday of Advent.

The Advent Procession is one of the most atmospheric services of the year. It begins with the Cathedral in total darkness and silence as the single Advent candle is lit. By the end, the medieval interior is seen by the light of hundreds of flickering candles.

The choir is conducted by Bartosz Thiede and accompanied by organist Malcom Proud.

The Advent procession begins the season of Advent at 5pm on Sunday, December 1.



## Baby's first Christmas!

Little Dylan Shiel with Mrs Claus and members of the O'Shea family at the Market Cross Shopping Centre

PICTURE: CHRISTOPHER DUNNE

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## SOCIAL SCENE

## KILKENNY &amp; PROUD



with *Siobhan Donohoe*

Out and about with the Reporter's ambassador

email: [siobhan.donohoe@kilkennypeople.ie](mailto:siobhan.donohoe@kilkennypeople.ie) Instagram: @sibhy\_d Twitter: @DonohoeSiobhan

# Early birds catch Ireland AM at Red Mills

**W**e were super excited for Tuesday's live outside broadcast with Ireland AM at Red Mills Stores in Cillin Hill.

The Red Mills team were joined by television personalities Alan Hughes, Edward Hayden, Deric Hartigan and Marietta Doran on Ireland's longest running morning breakfast show.

TJ Reid Health & Fitness, Mount Juliet Equestrian, PAWS Animal Rescue Ireland, The Wolfhound Club of Ireland, The Presentation School Choir Kilkenny and St Canice's National School Choir were on hand to make the show extra special.

#### FESTIVE SPIRIT

The set was alive with horses, dogs and models as well as a big television crew. Everyone was in festive spirit - even if they had been on set since 6am!

Locals popped in for chats with the Ireland's AM trio - Marietta, Alan and Edward. As always there was high jinks on the show, with Marietta and Edward taking each other on in

a rowing challenge in TJ Reid Health & Fitness. Alan Hughes didn't escape the morning challenges either, as the team at Mount Juliet put him to the test to see how quick he could put a horse blanket on Roger the stallion!

#### KILKENNY STYLE

The best of Kilkenny style was on show with Niamh de Brún (former Ms Kilkenny) taking part in her debut TV modelling appearance with local stylist Marietta Doran presenting the fashion segment.

Red Mills are renowned for supporting Irish brands such as Dubarry and Horseware, as well as local craftspeople including Friederike Grace Jewellery and Claire Molloy ceramics. Everything for the Country Lifestyle enthusiast, fashion savvy shopper and lots more besides.

The award winning Presentation School Choir Kilkenny closed out the show in heavenly fashion. Their new conductor Laura Carroll, led the girls into song live on air with a Russian hymn and Sarah Bareille's famous Winter Song.



Pictured at the Ireland AM takeover of Connolly's Red Mills store were Marietta Doran, Fashion Stylist; Ireland AM presenter Alan Hughes and Ailish Durkin, Consumer Marketing Manager at Connolly's Red Mills PICTURE: VICKY COMERFORD



Pictured getting behind the #shopkilkenny campaign at Red Mills were Tommy Crotty, Siobhan O'Sullivan, Shauna Gilligan, Siobhan Donohoe and Tara Sweeney PICTURE: VICKY COMERFORD



## HERO OF THE WEEK



## John Sheahan

I met one of Ireland's music heroes this week - John Sheahan from the Dubliners.

This man has brought joy and hope into so many gatherings with his melodies and stories.

John was in the Pembroke Hotel on Sunday for an intimate book launch of poems by Kilkenny artists.

He touched our hearts when he said he felt like he was playing amongst friends, and how great it was that this book had brought us all together. A humble soul.

Facebook: @ladylornakk  
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**LEFT:** Denise Brennan, Spa Manager of The Oasis Spa, Megan Stacey, Deirdre Grant and Niall Burns, General Manager at the Beauty & The Beats night at the Oasis Spa  
**ABOVE:** Siobhan Donohoe and DJ Mo Kelly  
**BELOW:** Jenny Scanlon and Lorna Doogue  
PICTURES: VICKY COMEBORD

**Winter Skin Tips from Beauty & Beats**

On Thursday we were treated to 'Beauty and Beats' at Lyrath Estate Hotel with the Oasis Spa. Celebrity DJ Mo Kelly was on the decks with TV personality Sybil Mulcahy hosting the event. While Lady Lorna Design Emporium showcased a capsule wardrobe to bring you from day to night for the festive season ahead. The evening was insightful

about winter skin care with Oasis Spa Manager Denise Brennan giving us tips on the best winter skincare routine. She explained "with the changing seasons, there should also come a change in your skincare routine to avoid dryness and breakouts". Here are Denise's top three tips to help winter proof your skin: Always wear SPF - even in winter it is crucial to protect

your skin from the sun. Use a weekly hydrating mask - the cold weather can cause your skin to become red and irritated. Boost your radiance - to keep your summer glow all year round. Elemis have created the Pro - Radiance Illuminating Fresh Balm which will instantly brighten up a dull winter complexion.



Siobhan Donohoe with Eoghan O'Driscoll at the launch of Poems from a Kilkenny Laneway  
PICTURE: CHRISTOPHER DUNNE

**Poems from a Kilkenny Laneway**

Poems from a Kilkenny Laneway was launched on Sunday by John Sheahan from the Dubliners. My good friend, poet and artist Eoghan O'Driscoll invited me along. What an honour it was to meet John Sheahan with his amusing stories and dreamy Irish tunes. Kilkenny's Involvement Centre produced the book of poetry made up of Kilkenny poets. Paul Clifford of The

Involvement Centre said "most people who visit the centre enjoy reading and writing, hence the collection of poetry. "We do small things here, with great love. So on behalf of the centre I would like to thank the poets, photographers and artists who allowed us to use their works". Copies of the book are €10 and are available in Kilkenny Involvement Centre on Colliers Lane (off High Street), Kilkenny.



Special guest Mary Fitzgerald and Mayor Martin Brett switch on the Christmas lights PICTURE: HARRY REID

It's official - Christmas is here at last!

You can't help feeling all warm and fuzzy inside when the Christmas tree lights are turned on. That's how every man, woman and child felt on the Parade on Saturday as families awaited the big moment of the turning on of the City's Christmas Tree lights. Mary Fitzgerald was back in her home town as special guest for the big occasion. Many of the mummies and

daddies in the crowd, fondly remember 'Mary Make a Do' from her television presenting days. Our Mayor Martin Brett got the crowd going with an enthusiastic countdown and even though Santa was very busy over the weekend, he still managed to drop by for the occasion. I think he was rechecking his naughty and nice list!



Siobhan Donohoe with Mayor Martin Brett and the Deegan Family at the launch of Kilkenny's Yulefest PICTURE: HARRY REID

## NEWS



Patrick Bermingham and Christopher Dunne cut a fashionable dash as they modelled some of the latest trends from Frank Walls on High Street

# Meet our fashionable boys about town!

**SIOBHAN DONOHUE**

siobhan.donohue@iconicnews.ie

The team at Frank Walls promise old fashioned values with a new fashion look. Kilkenny People and The Kilkenny Reporter lads – Christopher Dunne and Patrick

Bermingham, tried a spot of modelling this week in Frank Walls newly renovated showrooms.

Something tells me it won't be their last time either!

Christopher wore an all Irish three piece suit from Magees with a different colour Magee waistcoat

and tweed overcoat, handwoven in Donegal. His shoes were hand painted from Loake.

Patrick modelled a more casual look with a Herbie Frogg sports coat, Bugatti shirt and slacks, Lloyd shoes and Magee quilted casual coat.

Frank Wall Man's Shop are introducing their newly renovated store, while delivering quality, value and exceptional customer service since 1937.

Offering the men of Kilkenny an even wider range of top quality suits, shoes, shirts, coats, slacks,

sport coats, overcoats and accessories. They are offering 20% off all suits, sports coats and overcoats for Black Friday and 10% off regular stock.

Frank Wall Man's Shop "suits you best" and is based on 97 High street, Kilkenny Tel: 056 772 1066.

## Michelle Dullard Counsellor & Psychotherapy (Dip, BA Hons) Pre-Accredited Member IACP

My work offers understanding and self-discovery as to why we have arrived at a crises in our lives, and help realise why we think, feel and behave, in ways that do not benefit us, or bring us happiness

- Relationship Issue (e.g Family, Partner, Parenting)
- Personal Awareness and Confidence Issues
- Personal Development and Change
- Bereavement, Loss and Grief
- Suicidal Anguish
- Self-esteem / Self-worth
- Depression, Anxiety
- Mindfulness

### Online Counselling How It Works

I have recognised that there is a need to broaden the channels with which people can engage in the counselling process and access the service at a more affordable means. I am very passionate about this service and here's how it works:

**1 Your Needs** Read through different counselling styles to help you to understand and evaluate your own needs

**2 Your Goals** You may already have an indication of why you want counselling. My screening form will allow you to convey your needs and goals, allowing the therapy to begin

**3 Time For You** Arrange a weekly session at a day and time we agree on so you can engage from the space you create to dedicate this time for you

**4 Start Your Journey** Begin working online with your counsellor



dullardm@gmail.com / 0858487640 / Lower Walkin St. Kilkenny  
www.lostintherapy.com

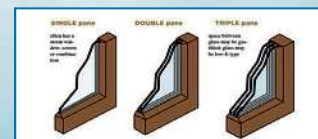


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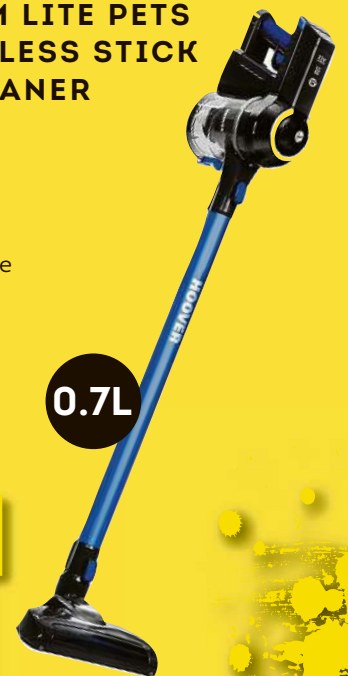
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## NEWS

# Linda named carer of the year at awards ceremony

MARY CODY

mary.cody@iconicnews.ie

A mother-of-four has been named the 2019 Netwatch National Carer of the Year.

Four regional Young Carers of the Year for 2019 were announced at a gala awards ceremony held in the Westin Hotel, Dublin.

Broadcasters and patrons of Family Carers Ireland Marty Whelan and Mary Kennedy presented the Kilkenny Netwatch Carer of the Year to Linda Comerford.

Linda has four children with different additional needs but is a fantastic person who will help anyone in need. She devotes her life to advocating for her children as well as children and young adults with disabilities. Linda is a mentor for the Special Olympics basketball team, her son Mikey is part of this team. Linda was nominated by Vanessa who says Linda is a much deserved winner of the Carer of the Year award.

Now in their 13th year, the awards seek to recognise, celebrate and shine a light on the remarkable contribution of Ireland's 355,000 family carers – almost two thirds of whom provide over 100 hours of care per week.



Linda Comerford, the Kilkenny Carer of the Year

for all its customers.

Catherine Cox, Head of Communications and Carer Engagement with Family Carers Ireland said: "We are in awe of the dedication

they show in caring for their loved ones.

"The awards shines a light on caring in Ireland today and the challenges that many face in their roles."

# Fundraising concert in aid of family of Mick Murphy

A benefit concert to help raise funds for the family of the late Mick Murphy will take place in the Black Abbey on December 5.

The performers are The Lady Desart Choir, the Castlecomer Male Choir, the Kilkenny Community Orchestra, Alan Hayes, James Rice and Pat Ryan, Anna Walsh, Noah Synder, Rachel Madden, DJ Delaney and Frances Cotter.

Mick-Murphy, a father-of-six died after he had a brain haemorrhage the day after his sixth child was born.

The 43-year-old from The Rower died on August 9, just 12 days after his baby son, Joseph was born. Mick was due to collect his wife, Trish

and baby Joseph from hospital on July 29.

However Trish was unable to make contact with her husband and when she spoke to their other children they said that their father had taken ill and was unresponsive. Mick had suffered a bleed to his brain and was treated at Beaumont Hospital in Dublin but died on August 9.

Fundraising has taken place in recent months to help his family.

Tickets are priced at €20 and are available from Rollercoaster Records on Kieran Street.

Mick is survived by his wife Trisha; his children James, Eoin, Michael, Patrick, Mary and Joseph and his mother, Kathleen.



# Local companies come up trumps at Happy Heart awards

MARY CODY

mary.cody@iconicnews.ie

Two Kilkenny-based companies and workplaces were awarded for prioritising their employees' heart health at the Irish Heart Foundation's Happy Heart Healthy Eating and Active@Work Awards in the Gibson Hotel.

Heart disease and stroke are among Ireland's leading causes of death. However, we know that

80% of premature heart disease and stroke is preventable through a healthy lifestyle.

Most adults spend approximately 60% of their waking hours at work, therefore workplaces can play a key part in promoting and offering healthier food choices and physical activity programmes.

The Irish Heart Foundation has been supporting healthy



Karl Henry, Health and Fitness Expert, Broadcaster and Author; Julianne Forrester & John Core, Sodexo Catering, VHI



Karl Henry, Health and Fitness Expert, Broadcaster and Author; Kathleen Cuddihy & Lillian Connolly, Aut Even Hospital

workplaces for over 20 years, and through the awards, recognises their efforts for prioritising employees' heart health.

The Healthy Eating Award programme assists staff restaurants in adopting healthier cooking practices and providing healthier food choices with the aim of making the healthier choice the easier choice for employees.

The workplaces that received Irish Heart Foundation's Happy

Heart Healthy Eating awards were VHI Healthcare who won a gold award and Aut Even Hospital who won a bronze award.

It is recommended that people get 30 minutes of moderate intensity activity at least 5 days of the week, but this does not cancel out the damage caused to our health by sitting for long periods of time. The Active@Work Award aims to get more employees more active on a continuous basis, rather than just

organising a once off activity event, and promotes a culture of physical activity and long-term sustainable programmes.

Presenting the awards alongside Mr Karl Henry, Health and Fitness Expert, Broadcaster and Author, Tim Collins, CEO of the Irish Heart Foundation, said: "Today we are awarding 102 companies with Happy Heart Healthy Eating and Active@Work Awards. A great way to tackle heart disease and stroke is through workplace wellbeing initiatives such as healthier food promotion, provision in the workplace and sustainable physical activity programmes."

"The Irish Heart Foundation is delighted to recognise each of these companies for creating a culture of health and wellbeing and positively influencing people's cardiovascular health by providing a long-term sustainable programme that demonstrates commitment to the organisation's most important asset, its employees.

The Irish Heart Foundation's Happy Heart Healthy Eating and Active@Work Awards are supported by the HSE and Healthy Ireland.



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## LIFESTYLE

# Spectacular puff pastry cheesy spinach Christmas tree

**Cook's notes:** Remove the pastry from the fridge a couple of minutes before unrolling so it doesn't tear. Use the cutaway pastry to make croissants.

**Serves:** 4/6

**Cook time:** 25 minutes

**Equipment needed:** Frying pan, baking tray

## Ingredients

- 2 x 375g chef select ready rolled puff pastry
- 125g Oakland's baby leaf Spinach
- 100g cream cheese
- 2 garlic cloves, crushed
- Large handful parsley, finely chopped
- 25g parmesan, finely grated
- 100g deluxe caramelised onion chutney
- 150g valley spire grated mozzarella cheese
- 200g prosciutto
- 1 egg, lightly beaten
- Sea salt and freshly ground black pepper

## Method

- Preheat oven to 180°C/350°F/gas mark 4.
- Lay both sheets of pastry out onto a clean work surface, leaving them on their parchment. cutting from the Centre

furthest away from you down to each bottom corner to create a triangle. Discard the excess pastry or use to make croissants or cheese straws. At the base of the pastry, leaving a 'tree trunk' of about an inch in the center of the pastry cut up an inch from the bottom and across to meet the centerpiece.

- Heat the oil in a large sauté pan over a low to medium heat. Add the spinach and toss until wilted. Remove from the pan and squeeze out any excess water in a clean j cloth or kitchen paper. Finely chop and add to a medium sized bowl,

- Add the cream cheese, garlic, parsley and parmesan to the spinach, season and then stir to evenly combine. Spread evenly across one piece of puff pastry followed by the chutney.

- Sprinkle on the mozzarella cheese, lay across the prosciutto and then top with the other triangle of dough. Leaving about 1 inch piece in the centre as the 'tree trunk' cut slices from the middle to each edge about every inch down the triangle. Grab each "slice" and twist it to form a tree shape.

- Brush with the beaten egg place in the oven to bake for 25-30 minutes until golden, risen and the pastry has cooked through.



## Fundraiser for Mary Pierce's work with the homeless

Premiere/launch of the DVD of  
The Kilkenny Great War Memorial Committee

# 5th December 2019

8pm at the Orchard House Pub, Kilkenny

Admission/Donation €10

◆ Finger food ◆ DVDs for sale ◆ Raffle ◆



# CASTLECOMER FESTIVAL OF LIGHTS

Friday, 29th November 2019  
from 5:30pm. The Square ,  
Castlecomer

**LIGHT UP  
CASTLECOMER THIS  
CHRISTMAS!**

Join Santa and his helpers as they  
light up our "oh so bright" & unique  
Christmas Tree.

## PARADE OF LIGHT

Local families will showcase their unique  
homemade lanterns, lighting the way  
from The Square to Santa's elf Village, in  
the heart of The Castlecomer Discovery  
Park. Here, there will be live music and  
entertainment accompanied by a food  
and crafts market, allowing you taste the  
wonderful produce of some of our local  
food producers and pick up something nice  
for your loved ones this Christmas.



## THROUGHOUT DECEMBER



### ENJOY THE FESTIVE FEEL

Enjoy the festive feel of Christmas as the streets of  
Castlecomer shine brightly with its windows lit up  
with festive silhouettes, and the town comes alive  
with illuminated animal lanterns. Wrap up warm &  
treat yourself to a hot chocolate and pick up some  
of your Christmas Gifts, keeping your shopping local  
this Christmas.

#shopKilkenny #keepitinthecounty



### MEET THE MAKERS IN THE CRAFT YARD

Join the makers at the Estate Yard Craft studios  
for their Christmas Customer weekend. Enjoy  
complementary hot apple cider and Christmas  
cookies while you shop and avail of special offers.  
Nov 30 and Dec 1st.



### MAGICAL WOODLAND SANTA EXPERIENCE AT THE DISCOVERY PARK

Meet Santa , Mrs. Claus & The Elves in their stunning  
festive igloo's, and experience the Magical Winter  
Wonderland experience located in the Castlecomer  
Discovery Park.



"The Social Inclusion and Community Activation Programme (SICAP) 2018-2022 is funded by the Irish Government through the Department of Rural and Community Development and co-funded by the European Social Fund under the Programme for Employability, Inclusion and Learning (PEIL) 2014-2020"

## LIFESTYLE



## Make your own Cranberry Sauce

Cranberry sauce is not only a staple on the table for Christmas dinner but it's a traditional accompaniment with Thanksgiving turkey dinner.

You could buy a jar of the sauce but you could also make your own delicious version! Fresh cranberries are now found in supermarkets.

**Ingredients**  
100g light brown sugar  
100ml fresh orange juice  
250g fresh or frozen cranberries  
1 clementine or small orange, finely grated zest only (optional)

**Method**  
Bring the sugar and orange juice to the boil in a saucepan.

Stir in the cranberries and zest, then simmer for five minutes. The cranberries should be tender but holding their shape. Frozen cranberries will take longer. Refrigerate until needed, it will thicken as it cools. Remove from the fridge an hour before serving. This can be frozen. Defrost for 24 hours at room temperature.



# Cook your own traditional Thanksgiving Feast

**SIAN MOLOUGHNEY**

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Our American friends celebrate Thanksgiving this Thursday.

It's been 399 years since the first Thanksgiving feast, held by settlers in the New World to mark a first successful harvest, ensuring their survival, in Plymouth, Massachusetts in 1621.

Most of the dishes served as part of a 'traditional' Thanksgiving dinner these days were not on the menu for that first dinner.

There were wild turkeys in the area of the settlement and they were regularly eaten by settlers and native Americans.

Venison was brought to the feast by the native people.

Potatoes would not have been on the table, because they were not grown in North America for another 100 years. There would have been lots of fruits and vegetables grown in the area like plums, grapes, cranberries, leeks, wild onions, beans, and squash. English crops such as turnips, cabbage, parsnips, onions, carrots might also have been grown by the settlers.

Looking through lists of 'top ten Thanksgiving dishes' served on a modern table can be interesting.

Mashed potatoes, gravy, stuffing, candied sweet potatoes... wait, what? Candied potatoes as part of a roast dinner?

When you think about it, adding sweetness to a roast dinner is not that unusual. We roast parsnips in honey, and add spoons of



Candied sweet potatoes are a modern tradition for Thanksgiving dinner

cranberry 'sauce' to our plates. Sauce? It's jam.

So candied potatoes shouldn't be so shocking. It's the marshmallows that cause the second take. But millions of Americans can't be wrong!

This dish isn't even the strangest on those top ten lists - green bean casserole. Again, sounds normal, until I read a description on one website: "Green Beans. Cream of

Mushroom soup in a can. Fried onions. Bake for 18 hours or until you can only taste cream and grease. Serve."

Apparently this dish was invented by a soup company in the 1950s. And the recipe, as above, seems to have stayed the same since. It also contains fried onions and soy sauce. The only recipe I have been tempted to try is one that includes a generous portion of blue

cheese. But I still wouldn't want to eat that with turkey, gravy and candied sweet potatoes.

But there is one dish on that top ten I couldn't serve for a celebration like Thanksgiving or Christmas - mac and cheese! I love mac and cheese but it is not a celebration dish, for me anyway. Not unless we are holding a special celebration for tasty, comfort food. Or cheese.

Like we can't have Christmas

dinner without a Christmas pudding, whether we eat it or not, Thanksgiving dinner is not complete without pie. Pecan pie and pumpkin pie are the most popular, with an honourable mention for apple pie.

### CANDIED SWEET POTATOES

#### INGREDIENTS

6 sweet potatoes, washed  
150g dark brown sugar  
125g butter  
1 tbsp cinnamon  
vanilla essence  
Juice of 1 orange  
150g marshmallows

#### METHOD

Heat an oven to oven 200C/400F/Gas 6.

Leaving the skin on, boil the sweet potatoes in a pot for 20 to 25 minutes, until tender.

When soft to the touch, peel and cut into thick slices. Arrange the slices in a casserole dish and put to one side while making the sauce.

In a saucepan put the butter, brown sugar, cinnamon, vanilla, and the juice of one orange in together and bring to a gentle boil.

Pour the sauce over the potatoes and then bake for 10 minutes in the preheated oven.

After 10 minutes take out the casserole and scatter the marshmallows over the top.

Return the dish to the oven, until the marshmallows have just melted, then serve with a roast turkey and all the trimmings.

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## EDUCATION



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# Knowing Plate Tectonics can have a seismic impact

The Leaving Cert Geography course by its very nature is broad in content and depth and can be a daunting exam for students.

Over the course of the next few weeks I will be giving notes and tips on various parts of the Leaving Cert Geography course that I feel are important and are topics that have appeared on past papers regularly.

To begin with let's look at Plate Tectonics. This is the point at which most students being the Leaving Cert course. The list below gives a quick guideline to how common the topic is on the Leaving Cert, with 30 mark questions having appeared on four of the last six papers;

- \* Plate tectonics: 2019 - Q3C, 2011 - Q2A; 2009 - Q2A & Q1B
- \* Constructive plate boundaries: 2016 - Q3C
- \* Tectonic activity & Irish landscape: 2019 - Q1C, 2015 - Q1C
- \* Structure of the earth: 2018 - Q2A; 2014 - Q2A
- \* Destructive plate boundaries: 2018 - Q3C; 2014 - Q3B

To complete a 30 mark question students have roughly between 12-15 minutes max to write an essay on this topic

### TYPES OF CRUST

The earth is made up of two different types of crust; Continental and Oceanic. Continental crust contains the land & continents. It is on average thicker (10-70km) but lighter than oceanic crust. It is the oldest crust on the Earth and made from Granite. Oceanic crust mainly makes up the sea floor. This rock is usually heavier but not as thick (up to 10km) as continental crust. It is the youngest crust on the Earth and made from Basalt.

### THEORY OF PLATE TECTONICS

Continental drift is the theory that the Earth's crust is divided up into 7 major plates that float on the mantle. These plates crash into, pull apart and slip past each other. This movement creates features like fold mountains and movements like earthquakes.

### PLATE BOUNDARIES

Plate boundaries refer to the



### 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

point at which two plates meet. There are 3 main types of boundary; Divergent boundaries where plates pull apart. They are considered constructive.

Convergent boundaries where plates collide. They are considered destructive.

Transform boundaries where plates slip past each other. They are considered passive.

### DIVERGENT BOUNDARY

This type of boundary is most commonly found under the sea where oceanic plates separate.

Convection currents in the mantle pull plates apart. Magma gets to the Earth's surface where new crust is formed from Basalt. This process is called Sea Floor spreading. It happens when two oceanic plates pull apart. The magma can build up to form an underwater mountain range. This is called a mid ocean ridge. The Mid-Atlantic Ridge is an example of an ocean ridge.

Rifting is a process that happens when two continental crust separate. Convection currents exploited damaged crust between the African and Eurasian

plates. This creates a rift between Eurasian and Arabian plate creating the Red Sea and Gulf of Aden.

### CONVERGENT BOUNDARY

A convergent boundary sees two plates pushed together. Plates that collide undergo the process of subduction (one plate sinks and melts into the mantle) and that why it's said to be destructive. The different types of convergent boundaries create different features.

Oceanic Vs Oceanic boundaries are found under the sea. The heavier plate is pushed into the mantle where it is destroyed. Earthquakes can occur during subduction while features like volcanic islands can be created. At Oceanic Vs Continental

boundaries the Continental plates are pushed under the heavier Oceanic plates. The lighter continental plate's buckle upwards forming Fold Mountains. The heat from the melting oceanic plate rises and releases magma and water to the surface. This creates volcanoes in the Fold Mountains. The Andes in South America are an example of a volcanic mountain range created in this way.

At Continental Vs. Continental boundaries neither plate is likely to subduct. Both plates resist downward motion. Intense compression causes the crust to fracture and buckle upwards. The Himalayas are an example. This happens when the Indian plate floated northwards 90 million years ago to collide with the Eurasian plate.

Below is a typical question and marking scheme on the topic of plate tectonics from the 2014 papers Q3B:

### Describe and explain destructive plate boundaries

Marking scheme

Examination x 15 SRPs - This basically means that students need to give 15 significant relevant points.

Credit labelled diagram x 1 SRP - Any relevant diagram here with labels will gain marks. This could include a diagram of plates colliding or separating. With a diagram students will need 14 SRPs.

Credit x 3 SRPs for named examples - Students will gain marks for giving named examples of features created like the Mid Atlantic Ridge, Iceland or the Andes. With a diagram & 3 examples students will need 11 SRPs.

Maximum of only 8 SRPs if essay not in reference to formation of a feature - This means students must explain how the features found at these plate boundaries are created. A description of them is not enough. They must be able to say how they were created.

**If you found these notes useful and would like to know more, see sample answers & more detailed notes & diagrams or avail of the online video tutorial on the topic get over to the REVISE.IE website.**



# We've gone mad for Christmas!!

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## Modern hearing aids change people's lives yet only 1 in 7 people with hearing loss wear them!

According to the World Health Organization correcting hearing loss may be the single biggest contribution to positive mental health in the over 60s.

### Startling statistics!

Blackberry Hearing was established in 2015 by Dave Gleeson and John Ryan to address the issues around people not acting on their hearing loss. These have been identified as

1. The long finger syndrome- or putting it off for too long!
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3. Transparency - How to go about checking it out!
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By addressing these concerns, Blackberry Hearing has quickly become the country's largest Irish owned provider of quality hearing aids. The company employs BSc and MSc qualified audiologists and combines that with the latest technology hearing aids at much more affordable prices. Hundreds of Blackberry Hearing customers have left comments on Facebook commenting on the difference their Blackberry Hearing solution has made to their lives! These may be seen on Blackberry Hearing's website.

With over 50 clinics nationwide there will be one close to you. If you are concerned about you or a loved one missing out on life due to hearing loss simply call us at **01-6978470** and we will outline your options.

One of hundreds of customer comments below:

*"Blackberry Hearing are amazing. I contacted them over 12 months ago. I eventually made the decision to get my hearing aids 3 weeks ago and am thrilled with them. They are a super company to deal with. Aftercare service is outstanding. Thank you for making my life so much better."*

More Validated testimonials may be viewed at

[www.blackberryhearing.com/testimonials](http://www.blackberryhearing.com/testimonials)

We also have a special Christmas offer on accessories such as a TV streamer with a pair of our Widex Evoke 440 model or a remote control with a pair of our Unique Widex 440s.

Blackberry Hearing has been chosen by the Irish Men's Shed Association and the ICA as their preferred hearing aid provider!

Modern Hearing aids properly programmed change people's lives, not just for those wearing them, but for friends and family too!



## YOUR MONEY



# Making Cents

**LIAM CROKE**

The Must-Read Guide To Saving Money

Email: [liam@harmonics.ie](mailto: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)

## Ten signs you're getting bad financial advice...

THE relationship you have with your financial adviser is an important one, but how do you know yours, or someone you're thinking of working with, is a good one? As promised last week, I wanted to give you 10 signs you can measure them against, and if they fall into more than one, it's time to cross them off your Xmas card list and start looking elsewhere.

### 1. Testimonials

Don't be shy to ask for a testimonial because it's good to know what others think of them. A friend or colleague might have recommended them in the first place but what do others think of them? If they don't provide a testimonial very quickly, why can't they? If others have great things to say about them, they should be telling you before you even ask for one.

### 2. Qualifications

It goes without saying but let me say it anyway - your adviser needs to be properly qualified.

They need to have those credentials after their name of QFA i.e. a qualified financial adviser or CFP (certified financial planner) They need to have these at a minimum but don't be fooled either by the number of letters after their name. It doesn't mean they're experts. They passed a minimum standards exam, that's all.

### 3. Pushy

If you feel your adviser is pushing products on you, and your gut is telling you they're not right or you're not getting a satisfactory explanation or reason, be careful. Being pushy is a sign that if you don't take out a product with them, they won't get paid a commission.

### 4. Slow

If your adviser is slow to return calls or emails, that's a bad sign. A good financial adviser/practice will have a relentless focus on their clients and part of this is ensuring they answer or return calls in a timely manner.

One financial advisory company I know of, sends automated replies to people acknowledging the email but advising it will be 5 working days before they get a reply. What happens if the market is tanking and you need to move money into cash? Surely you need someone you can access very quickly. But that's the problem with big organisations.



**Under pressure: If you feel your adviser is pushing products on you it may be a sign they are just after a commission**

### 5. Focus

Avoid an adviser who is inwardly focused, and what I mean by that is that they are focused on how they can benefit from working with you and what money they'll make.

As opposed to being outwardly focused, where their starting point is how can they help and add value to the person sitting opposite them. If that's their starting point, you're in good hands and you'll get that sense from the questions they ask and that gut feeling you'll get from them.

### 6. Ego

Some financial advisers have big egos and love hearing the sound of their own voices.

They like using buzzwords hoping you'll be impressed. And they don't like being challenged when they recommend a course of action and they are asked to explain their logic and reasons why.

This is because they're either afraid of being found out or just don't like their advice being questioned. And if this is the case, beware. A good adviser doesn't mind questions, in fact they welcome them and they're also not afraid to say, I don't know.

### 7. Communication

Communication skills are important. They should have the skills to explain any complicated financial

terms to their clients 'in a manner appropriate to their clients' knowledge level.

### 8. Yes

They're yes men or women.

What you don't want is an adviser who tells you everything is great when it's not. You want the truth and they mustn't sugar coat their advice or avoid having an awkward conversation with you. If you or they have a difference of opinion, have that argument if needs be. Remember the ultimate goal is your financial well-being and an honest diagnosis good or bad is better than none at all.

### 9. Size

If your adviser tells you to do something because everyone else is doing it, be careful.

The one size fits all product is a dangerous one. We're all very different which is why it's important that any advice given takes into account the differences and nuances that exist for each individual.

If your financial adviser doesn't know, or worse care about your unique financial and non-financial life and doesn't tailor advice for your unique needs, then time to find someone who will.

### 10. Easy

The road to financial independence requires sacrifice, time and effort. Anyone who promises you quick wins where everything sounds just too good to be true, it probably is. A sure fire sign of bad financial advice is when the outcome is fast and easy.

A couple of years ago, an individual had a sum of money to invest and he came to me looking to see what I could offer. And he told me that he met with another adviser who had promised him guaranteed returns of 12% net per annum.

If he can offer you that, then why are we even having a conversation I thought. And thankfully the man saw right through the smoke and mirrors and chose me instead, even though I was offering him much lower returns.

And the lesson is, if you come across advisers guaranteeing you those types of returns without any risk, I'd say get out of their office and fast.

Finally, if your adviser tells you, you don't have any options and you must do this, be careful. When it comes to your money there's rarely only ever one option.

## ASK LIAM

Our personal finance expert answers your questions ...

**Q: Liam, I received an inheritance from my late Mother's estate and the amount is significant. It's going to be deposited into my account and I'm not sure what I'm going to do with it. I'm worried because it's above the state guaranteed amount, but I don't want to make any quick decisions either. So, do I need to open several different accounts or what would you suggest?**

A. There is a provision in the EU Directive on Deposit Guarantee Scheme (2014/49/EU) which allows for guaranteeing monies that are above the amount you're ordinarily covered for i.e. €100,000 per individual per institution or €200,000 per couple per institution.

The directive refers to covering temporary high balances for a period of six months, provided the funds came from certain events, one of which are amounts paid from the distribution of a deceased persons estate.

If, for example, you were to receive €350,000 and that sum came from your late Mother's estate, the full amount is covered under the guarantee scheme for a period of six months, from the date it was lodged to your account.

So, you don't have to worry, and you don't have to open several different accounts and you don't have to make a quick decision - you have six months to make up your mind and during that time, the full amount in your account is guaranteed.

There are other events which qualify for this dispensation which include monies received from the sale of a persons' family home, amounts paid in respect of insurance benefits, personal injuries, disability and incapacity benefits, wrongful conviction, unfair dismissal, redundancy, retirement benefits, marriage, judicial separation, dissolution of civil partnership, and divorce.

“  
The road to financial independence requires sacrifice, time and effort







Kilkenny Recreation & Sports Partnership present

# Ireland's Medieval Mile Run

Friday November 29th, 2019 at 7.30pm

**From Castle to Cathedral  
and everything in between...**

*Starting at St Francis Bridge  
and finishing at Kilkenny Castle!*

**TIMED  
MILE RACE**  
at 7.30pm

€10 (plus booking fee)  
includes timing chip  
and specially  
designed event  
shirt



Also,  
**FREE  
MILE RUN**

Open to all.  
No participation  
without FREE  
pre-registration

**Finishline at Kilkenny Castle to music, food and fun.**

Number and chip collection (Timed event) and wristband collection (Free Event)  
at KBC Bank, The Parade from 11am to 5pm on Thursday November 28th and 11am to 3pm on Friday November 29th.  
Collection on the night from 5.30pm to 6.30pm in Marble City Boxing Club on Michael Street.

NOTE: participants in both events **MUST** register beforehand online at [www.popupraces.ie](http://www.popupraces.ie)

**STRICTLY NO REGISTRATIONS AFTER 6.30pm ON FRIDAY, NOVEMBER 29th**

## LIFESTYLE



# MAN ABOUT TOWN

## PATRICK McLOUGHNEY

### CONTACT PATRICK

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Twitter: @iammcloughney Instagram: iammmcloughney

# Christmas gift ideas for guys (part 2)

**M**EN, no matter their particular interests and hobbies, are generally a pain in the ass to shop for. We admit that (but women are worse).

But there's a skill to choosing gifts for men, that'll help you select something the guy in your life might actually like—and that he hasn't already gone out and bought for himself.

However daunting the task might seem heading into the holiday season, it can be done. Last week we looked at gift ideas for under €20, under €50 and under €100.

This week we'll look at the higher end of the scale. Enjoy.

### UNDER €150 A MINIMALIST WATCH

The world of watches can be tricky to navigate (which is why I help you out with the watch of the week – you're welcome) and is comparable to buying a new car in a lot of ways. So take things back to basics with a minimalist timepiece that delivers on style and gets him

from A to B, so to speak.

#### A SACHEL

While I've chosen to use the word 'satchel', there's nothing wrong with saying 'man-bag' and there's certainly no stigma attached to wearing one anymore. The masses have worked out what Joey Tripianni realised 20 years ago – they're really bloody handy and very stylish.

#### LEATHER GLOVES

An absolute no-brainer, a good pair of leather gloves are a lifesaver in winter. Ok, so they won't actually save lives but they'll save your hands from the harsh weather and stop the skin between your fingers from cracking in the cold.

#### LOAFERS

Rather than complaining about the never-ending sockless loafer trend, be an enabler and pick him up an iconic design with a single metal bar or tassels and help him to stay on trend while nailing that difficult smart-casual territory.

#### AN E-READER

Despite what you might have heard, millennials still like to read. Especially when it's on a slick-looking E-Reader. With up to

six weeks of battery life and the capacity to store thousands of books, every man can now have a library at his fingertips.

### OVER €150 WIRELESS HEADPHONES

If he goes to the gym then he'll definitely appreciate a good quality pair of wireless headphones. This year, tech heavyweights have upped their games with lighter, sleeker designs complete with longer battery lives and intuitive controls that respond naturally to music-listening habits.

#### AN OVERCOAT

No well-dressed gentleman's winter wardrobe is complete without a stylish overcoat, but considering it's an investment piece, it pays to push the boat out and get it right.

Darker colours like black and navy tend to work better for more former occasions, but neutral colours like camel and brown lend themselves more to being dressed down with smart jeans and minimalist trainers.

Whichever you go for, opt for a soft and insulating woollen number to beat the low temperatures in high style.

#### AN ELECTRIC SHAVER

The only thing worse than a scraggy unkempt beard is a badly maintained one. Granted an electric shaver sounds a bit like the techy version of a pair of socks but rest assured, the modern-day models have names that sound like sports cars and come equipped with a host of fancy features including a head that can flex in all different directions, work wet or dry and the ability to trim, shape and even fade facial hair.

#### GAMING GEAR

Fair warning: if you buy a man a games console for Christmas then don't expect to see a whole lot of him in the month of January. Which, depending on how you look at it, might not be a bad thing. Xbox



You can't go wrong this Christmas with a bit of fashionable accessories

have recently released the Xbox One X1TB, which offers 40% more power than any other console.

#### A TRAVEL HOLDALL

A good quality weekend travel bag is a godsend to any man who travels for his job. Ideal for all those in-between trips, where a backpack is too small and a

suitcase is too big. Spend a little extra and pick up one in a hard-wearing fabric with leather detailing and brass hardware for added durability.

So there you have it. Admittedly, men are tough to buy for but you should at least have a little inspiration now. Happy shopping.

## Look of the Week Selected Homme

MY look of the week is from Selected Homme. Here I'm wearing a formal look that's perfect for a dressed up Christmas party. My Tiga Logan Navy Tux Blazer costs €129.99, my Tiga Logan Navy Tux pants cost €69.99, my White Pelle Shirt costs €49.99, my navy tie costs €24.99 and my Baxter leather shoes cost €99.99. The Selected Homme/Femme store in the Crescent has some amazing pieces for guys and girls so call in and check out their amazing range.



## Watch This Space

### Tissot Le Locle Powermatic 80

MY watch of the week is the Tissot Le Locle Powermatic 80. Tissot is a timepiece brand that's been around since 1853, and it continues to introduce impressive features in their recent watch models.

The Swiss brand is known for its impeccable mix of luxury and functionality.

Whether you need a chic dress watch to wear at a dinner party, or a sports watch for casual events, Tissot has just the kind of timepiece for

any occasion. The name Le Locle seems to be a reliable ingredient of success.

As well as being the name of Tissot's home and heritage, nestled in the Swiss Jura Mountains, it is the name of a hugely popular automatic watch family.



The models display exquisite elegance with details such as Roman numerals and a traditional Le Locle signature which complete the picture of classical chic.

These finish off suave daytime and evening looks with a flourish. You'll pick it up for €630.



## LIFESTYLE

# What I learnt from Gaybo



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

**T**HE greatest broadcaster of them all has died, but oh, what a legacy Gay Byrne has left. He opened the doors and blew the cobwebs off many of the nation's secrets.

You can roll out a list of these topics where debate in Irish society was hidden behind more than one squinting window; these included single mothers homosexuality, clerical celibacy, pornography, prostitution, adoption, punishment beatings, political hubris, etc.

## Uncomfortable conversations

To me Gay Byrne, the consummate professional, created at times a space for uncomfortable conversations. At times we all need to have uncomfortable conversations, but too often we avoid and shrink away from them.

Society cannot survive like that: openness is the key and a healthy legacy is the outcome.

If you have been holding back from uncomfortable conversations, I would ask what are you afraid of. Are you not past that? It's time hold it in no more, to talk, to open up, to create new spaces and new understandings.

## Teacher

A life well lived with brilliance is one thing. But, by all accounts, with Gay what you saw is what you got. He was real — not a modern day influencer, but a teacher who lead many through the soundtrack of their lives, and where their university was the Gay Byrne hour and The Late Late Show.

## Sense Of Purpose

Such moments in national consciousness create upset, loss and reflective periods — indeed some will cause us to reflect on ageing, mortality, and the challenge of holding onto a sense of purpose. This sense of purpose and meaning was explored often by Gaybo, for both regular people and for famous people in his interview series.

What is your sense of purpose? Do you approach things with a negative feeling? Do you say:

- "I'm too old to try something new."
- "I can't quit my job and find another one I would enjoy more because I need to put a roof over my family's head and food on the table."
- "I don't have the energy."
- "My husband/wife would freak out if I actually followed my passion



**To me Gay Byrne, the consummate professional, created at times a space for uncomfortable conversations**

and made a change."

- "What would people think of me?"

- "I don't even have a clue how to change or what I would change into!"

Here's an image. Imagine a road on your left-hand side and one on the right. The one on the left is full of trouble and strife. The road on the right is full of promise and hope. Take the plunge and re-find your life purpose. Ask yourself these powerful questions.

- Are you where you want to be?
- Have you accomplished all you thought you would by now?
- Could your relationships be deeper, more rewarding, and more meaningful?
- Are you having / enjoying your playtime?

## 1. Explore the Things You Love To Do

We are all born with a deep and meaningful purpose that we have to discover. Your purpose is not something you need to make up; it's already there. You may ask yourself, "What is my purpose in life?"

You can begin to discover your passion or your purpose by exploring two things: What do you love to do? What comes easily to you?

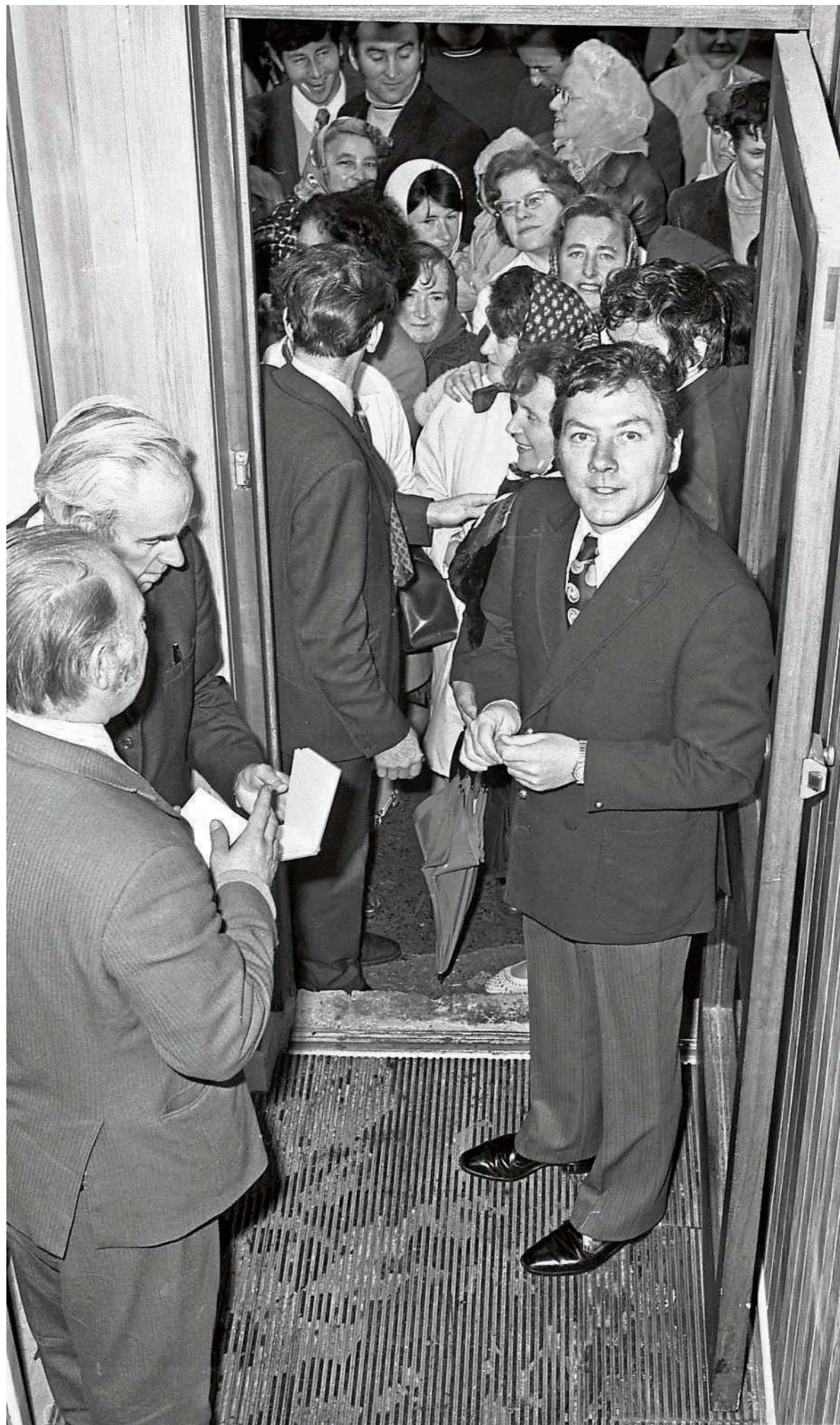
Work is required, but suffering is not. If you are struggling and suffering, you are probably not living on purpose.

## 2. Focus On Your Life Purpose

Think about your life the legacy you want to leave. How are your relationships going? How is your health? And so on...

Once you are clear about what you want and keep your mind constantly focused on it, the how will keep showing up — sometimes just when you need it and not a moment earlier.

Gay Byrne's skill was



Gay Byrne opening Trident Cash and Carry in Limerick in June 1972. The broadcaster passed away on November 4

communication but his craft was the ability to talk and ask questions, his wisdom was his listening.

Wisdom is underrated. I believe he found what he loved to do and continued to do it right up to the

RTE Lyric Radio days with his Sunday show.

His legacy is secured. In life, some people's legacies are public. Others are discreet, powerful and enduring. That's you.

Thank you, Gay Byrne.

**\* 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



The percentage of children who identified themselves as being victims of cyberbullying in Ireland ranged from 10% in first class to 18% in sixth year

## Keeping children safe online

TECHNOLOGY (and the internet) presents many great opportunities to children and parents alike. It can assist with education, study and research and help us stay in touch with friends and family around the world. As well as these many benefits, however, it can also pose risks – most acutely to those who are most vulnerable, such as children.

It is important that parents are aware of the potential dangers which the internet can pose – from loss of privacy, to cyberbullying, to online grooming and more besides. Children and young people are taught about road safety and ‘stranger danger’ from a young age – parents and carers should also be equipped with the knowledge to teach their children about healthy online behaviour which can help to mitigate risks.

At times, it may feel as though there is a knowledge gap between parents and children or young people in relation to the online world. Many parents query how they can best help keep their children safe online. There are lots of things parents can do to help support and protect.

Keeping lines of communication open with children and young people in relation to their online behaviour can be a powerful force

for helping them to stay safe. Rather than waiting until a problem arises, parents and carers can begin having appropriate conversations with their children from a young age. They can introduce their children to the concepts that content posted online can be very difficult to remove, that people may not be who they seem online as anyone can create an anonymous online identity and that it is important to exercise caution when communicating online as a result.

If your child is active online, perhaps you could talk with them



about what they like to do online. Do they like to play games – if so, which ones? Who do they like to play with, or talk to? What do they view online?

In communicating with their children, parents and carers can agree and set healthy boundaries around how their child should engage online. Parents and carers can also set up parental safety controls on devices including smartphones, tablets, computers and gaming systems. These can help to reduce the risk of their child encountering inappropriate content online. If a parent or carer is unsure about how to set these controls, family members, friends, or professionals – such as assistants in technology stores – are often very happy to share their knowledge and help.

Online gaming and other online activities can be enjoyable for young people, but there are risks involved. Every child has the right to be safe – both online and offline. Parents and carers should empower themselves with information around the games, devices and technologies their children wish to use. They can then help their child/ren to choose a game to play which is age-appropriate.

Children can take steps in a bid to

stay safe online too – including holding back from sharing any information about themselves and only making friends with people they already know in an offline setting.

Any child or young person who wishes to talk about anything they have encountered online, or anything else which may be on their mind, can access support from Childline by calling 1800 66 66 66 (24

hours a day), chatting online at Childline.ie (10am – 4am daily) or texting to 50101 (10am – 4am daily).

**This article was contributed by IPSCC, a member of Positive Parenting, a network of parenting and family support organisations. For more information on this and other topics go to [www.loveparenting.ie](http://www.loveparenting.ie).**

### Top Tips

#### Get yourself online ready

1. Keep yourself informed about the latest popular apps and their functions.
2. Create a trusting and open environment to encourage your children to share any concerns about negative online experiences.
3. Help your child develop online perception skills by teaching them to think critically and question.
4. Engage safety features installed on computers, tablets and phones – especially before giving a child their first device.
5. Be on the lookout for any changes in your child's behaviour which may be brought about as a result of negative experiences online.

LIFESTYLE



# HEALTHY LIVING

**EVA HILL HAMILTON**

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## Fighting the winter blues

WE'RE well into the cold season now but I'm sure you agree with me when I say we all could do without the wind and rain and rapidly decreasing light.

I'm yet to meet one person, who likes short wet days with long dark evenings, but it affects some people more than others who suffer with a condition called Seasonal Affective Disorder (SAD). Do you feel like crawling into bed, hibernating for few months like bears? It's time to shake the winter blues and burst your cells into energy!

The right nutrients and good digestion are the base

stone of vitality and disease prevention. So, if you have any digestive discomfort, do something about it because if you don't digest your food well, no matter how good your diet is, you won't get the full benefits. Chewing your food and eating in a calm environment sound too simple and unimportant, but it is crucial for absorption and preventing sluggishness.

Now that you are absorbing better, let's look at what you could eat to get you really energized. Choose easily digestible, warming foods such as light porridge with some Christmas spices, stewed apple (you can make it



Common symptoms of SAD include sleeping too much, having little to no energy, and overeating

the night before) and some nut butter to keep you going for longer and help to regulate your bowels. Gently spiced soups and bean-vegetable stews or curries are great options for most days. Try to eat the rainbow when it comes to

vegetables and aim for 6 portions a day.

Keep the meat consumption low and opt for fish at least three times a week. Protein is very important to keep the blood sugar levels balanced and that is the secret to long

lasting energy. Eggs are the perfect protein source - taking you are not allergic to them; boil or poach them rather than frying to keep their nutrition values. Include protein in your snacks also to slow down the absorption of sugars and keep you energized longer. Fresh fruits with nuts are the best options, or vegetable crudites with hummus.

Complex carbohydrates (wholegrain / wholemeal) are important for energy, not just because they supply fuel in the form of glucose, but jam packed with energy nutrients, like B vitamins, Chromium and Magnesium. The secret is in the variety! Don't stick to wheat and oats all the time, experiment with gluten free and ancient

grains! If bread, then opt for real sourdough.

Essential fats (Omega oils from fish and seeds, olive oil, avocado) are crucially important for your brain, happy hormone production -

hence your mood. A bit of liquid sunshine - Vitamin D3 can also help to elevate the mood in winter months. A good quality cod liver oil will supply you with both, and additional Vitamin A to support your mucosal immunity. Herbal adaptogens are of great help, including Ashwagandha, Schisandra berries, Rhodiola or Siberian ginseng. Make sure you check for contraindications with your health care professional if you take any prescription medications!

**DID YOU KNOW?**  
SAD affects up to 10% of the population - more women than men

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# ALL THINGS INTERIOR

LOUISE HIGGINS



ASPIRE DESIGN  
www.aspiredesign.ie

## Fabulous Festive Wreaths

Some of us are full speed ahead with Christmas decorating whilst others want to hide their head in the side, so this week I thought I would ease us into Christmas decorating by starting with some fabulous festive wreaths. A door wreath is a fantastic way to add some Christmas cheer to your décor and are key to giving guests a good first impression.

Traditionally advent and Christmas wreaths are constructed from evergreens to represent everlasting life brought through Jesus and the circular shape of the wreath represents God, with no beginning and no end hung on our doors as a welcome symbol. Hanging a wreath on your door was traditionally an invitation for Christ to come into our home. Today door wreaths represent an extended invitation as we invite all our friends and family to share the Christmas season with us.

Festive wreaths have multiple uses as they can not only be used to decorate your hall door, but can also be hung over a mantle piece, inside a mirror, as a table centre piece or hung in windows. A Christmas wreath is the perfect decorative feature to start

decorating this Christmas. There are lots of different styles to suit all tastes and budgets and remember you can also make your own. Whether your style is traditional with evergreens and berries / pinecones or elegantly contemporary, here are a few of my favourites, all sourced locally in Co. Kildare.

### SILVER DOLLAR WREATH

A stunning and modern Christmas wreath, the Silver Dollar Wreath from Meadows and Byrne will set an elegant and stylish tone to your home décor this festive season. Dimensions: 26 inches and priced at €39.95

### PRE LIT CIRCLE WIRE WREATH

This delicate circular wreath from Marks and Spencers is right on trend. The delicate pre-lit circle wreath has a bit of an industrial twist, perfect for bringing a festive touch to your walls this Christmas. Batteries are included. Width 33cm and costs €20.00

### Champagne Lit Wreath

Welcome your guests in style this Christmas with the Champagne Gold Lit wreath from Meadows and Byrne. Dotted with white LED lights this wreath is a luxurious and stylish Christmas piece. This indoor wreath would look

fantastic over your mantle or console table. It's 120cm wide and take 3 x D batteries and is priced at €79.95

### LUXURY FESTIVE WREATH

The luxury Festive Wreath from Carraig Donn will last for several months and looks great on your front door or garden table. This opulent festive baubles and stars Christmas wreath features red and bronze coloured baubles set amongst pinecones, artificial berries and fir sprigs and cream coloured stars for a rich, timeless traditional Christmas look. Dimensions 24" and costs €69.95

### LIGHT UP GOLDEN LEAVES WREATH

Stunning 18" light up golden leaves wreath from Marks and Spencers costs €34.00. The festive accessory is trimmed with glitter and metallic leaves and small pinecone detailing.

### PAUL COSTELLOE LIVING GOLD WREATH

This wreath from Paul Costelloe living is an opulent take on a classic. Created with faux foliage, pine cones and shimmering gold accents, it is sure to add a touch of class to your front door this Christmas. Available exclusively for Dunnes Stores. Dimensions 50cm and priced at €50.00

### PRE LIT GLITTER BRISTLE WREATH

For grey lovers, this metallic glitter and light combo gives a contemporary edge to your entrance this Christmas. It's 16" bristle wreath brings a sparkling finish and costs just €34 from Marks and Spencers.

So with all these beautiful wreaths locally sourced your certainly spoil for choice this Christmas.

Remember if there is any topic you would like me to cover in my column then please drop me an email with your suggestions. Many Thanks, Louise  
info@aspiredesign.ie or phone 045982265 / 0863999926. winner of TV3's Showhouse Showdown.



18" Light up Golden leaves wreath from Marks and Spencers €34



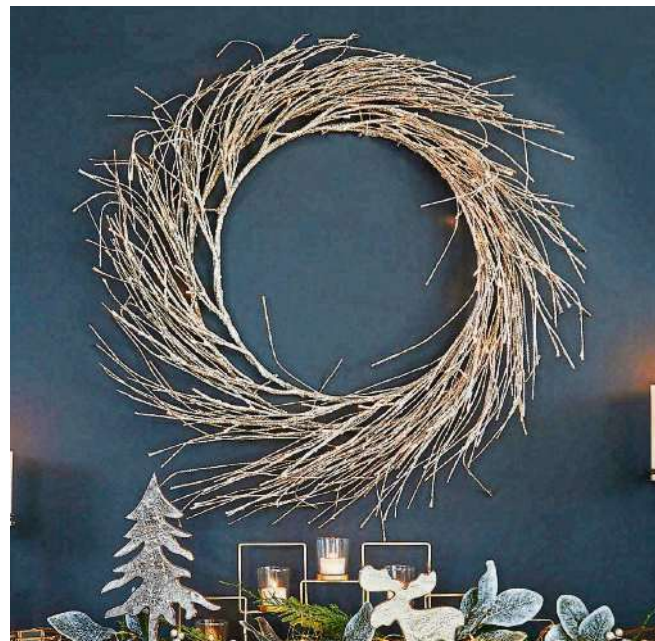
Pre lit circle wire wreath from Marks and Spencers €20



16" pre lit glitter Bristle Wreath from Marks and Spencers €34



Paul Costelloe Living gold wreath €50 from Dunnes Stores



Champagne lit wreath €79.95 from Meadows and Byrne

ENTERTAINMENT



The team at Connolly's RED MILLS PICTURE: VICKY COMERFORD



# Out & About

## IRELAND AM VISITS RED MILLS CILLÍN HILL

Pictures: VICKY COMERFORD



Marietta Doran, Edward Hayden and Ailish Durkin



TJ Reid, Marietta Doran and Deric O' hArtagain



Model January Winters



Model Kelly Horrigan



Model Niamh de Brún





**LEFT: The Presentation School Choir Kilkenny and their Conductor Laura Carroll**  
PICTURE: VICKY COMERFORD

**ABOVE: Marietta Doran, Edward Hayden & Siobhan Donohoe**

**RIGHT: Alan Hughes & Marietta Doran**



**Marietta Doran, Richard Connolly and Edward Hayden preparing to take on a challenge in TJ Reids Health & Fitness**



**Alan Hughes & Edward Hayden**



**Siobhan Donohoe and Alan Hughes**



**Model Kelly Horrigan**

# ENTERTAINMENT

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

## Have a spooky Christmas at the Watergate

Christmas is a time to remember the past, celebrate the present, and look to the future; a time of feasts and festivities; of holly and mistletoe; a time of visits and visitations. A time of ghosts.

Come in from the cold and enter into the Christmas spirit as a dark and spectral woman tells haunting tales of the festive season, lighting a candle to the frailties of human nature and illuminating the cold and wintry dark at the Watergate Theatre, Kilkenny on Saturday, December 7 at 8pm, with **Christmas Gothic**.

Following the international touring success that was **Female Gothic**, Dyad Productions resurrects a Victorian tradition by presenting three seasonal tales of terror to scintillate the gooseflesh for dark Christmas nights.

This dark celebration of Christmas is adapted and performed by Rebecca Vaughan (**Dalloway, Austen's Women, I, Elizabeth, Female Gothic**). Directed by Elton Townend Jones (**Dalloway, The Unremarkable Death of Marilyn Monroe**).



## Award for film maker Aaron

A teenage film director, actor and musician from Kilkenny has just been awarded the prestigious First Place in the Future Film Makers Strand at the Junior Galway Film Fleadh.

Aaron O'Dea (17) Aaron was one of 18 young film makers from across Ireland nominated for the prestigious national award.

Set out to use the right blend of both comedy and music to engulf the ultimate political statement," he said. "That was my goal."

Aaron, who wrote, directed, starred in and edited his short film, which is nine minutes long.

Additionally, he composed, performed and produced all of the music for his award-winning piece.

The entire cast for the film were pooled from counties Carlow and Kilkenny and included members of Young

Irish Film Makers: Aaron Danaher, Orla Browne, Jamie Dalton, Matthew Lucas and Ben Holmen.

The music for the final cut was mastered by DJ John Gibbons from Carlow town.

"What caused me to pursue this project was the want to make something that was properly original and that brings something entirely new to the table," he said.

"I had never seen heavy political topics, comedy and music brought together in a way that was to be taken seriously. I realised that if that formula was to be done successfully it would hammer home a very powerful message, the life of which has the power to live beyond the confinement of the screen."

Aaron is currently completing his QQI Level 5 Visual Communications and Multi-Media Production course with Young Irish Film Makers.



Aaron O'Dea with his award

## WHAT'S ON

### Call me Dusty at Kilkenny College

Based on the incredible true story of Dusty Springfield (played by Ruth Lawlor with Izzie Jackson, as the young Dusty) this play charts both her professional success and her personal tragedy. "Call Me Dusty" will provide you with a rollercoaster of emotions and open up your eyes to the story of one of the most fascinating music stars of a generation. The show will run from December 10 to 12 in the McAdoo Hall, with tickets available now. These can be purchased by students at break and lunch time.

### A Man in Woman's Shoes

The Man In The Woman's Shoes is a beautifully crafted piece of theatre that develops the story of Pat Farnon as he walks to town and back again. You can see it in the Watergate on Thursday, December 12.

It is a stunning piece, utterly simple and has played to wide acclaim all over the world.

Mikel Murfi, who wrote the play, is also the sole actor in this 75 minute performance. I have yet to see as accomplished a performance and look forward to seeing it again in the Watergate.

Mikel is from Sligo but trained at Ecole Jacques Lecoq, Paris. His performances include Swan Lake, The Last Hotel and Ballyturk. His films include Intermission, Sweetie Barrett, The Butcher Boy and Jimmy's Hall.

Murfi is a unique talent who graces our stages. The show is both funny and sad, but you will undoubtedly be moved. Book now to secure your seat.

### Faces of Comer 2

Castlecomer-based artist Graham Carew is showcasing the local community in his November project.

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 Castlecomer and people still living in the town. For the rest of November he will project images of people from the community onto the studio window at Chatsworth Street from 6pm to 7pm and each day.

# What's on in Kilkenny this week

## Thursday

Trad and DJ Eddie Hughes, Matt The Millers, from 6pm.

**Beckett Trilogy, Watergate Theatre, 8pm.**

Designer Threads Pop-Up Boutique, Ballyfoyle Hall, 6.30pm.

**Swing Dancing, Home Rule Club, 7.30pm.**

Subtitle Film Fest: Cleere's Bar - 'I Was I Am I Will Be' (12.45pm), 'A Horrible Woman' (3.15pm), 'At War' (5.15pm), 'The Trouble With You' (7.30pm), 'Custody' (9.45pm).

**Subtitle Film Fest: Set Theatre - 'Those Who Work' (5.15pm), 'One Last Deal' (7.30pm), 'Aurora' (9.30pm).**

Subtitle Film Fest: Billy Byrne's - 'Our Struggles' (5.30pm).

## Friday

Murphy Holmes, Hackett's Bar, 8pm.

**Butler Gallery Benefit Concert, from 6.30pm.**

Supersoul Machine and DJ, Matt The Millers, from 6pm.

**Gavin Carroll, Rafter Dempseys, 9.30pm.**

Storytelling and Music Evening, Fennelly's of Callan, 7.30pm.

**Subtitle Film Fest: Cleere's Bar - 'Aurora' (12.45pm), 'Those Who Work' (3pm), 'One Last Deal' (5.15pm), 'A Horrible Woman**

(7.30pm), 'Woman At War' (9.30pm).

Subtitle Film Fest: Set Theatre - 'Capernaüm' (6.45pm), 'The Guilty' (9.15pm).

**Subtitle Film Fest: Watergate Theatre - 'My Thoughts Are Silent' (12pm), 'Give Me Liberty' (2.30pm), 'System Crasher' (4.45pm), 'The Whistlers' (7.15pm), 'Papicha' (9.15pm).**

Subtitle Film Fest: Billy Byrne's - 'At War' (3.45pm), 'Our Struggles' (6pm)

## Saturday

Festive Family Fun Day, Kilkenny Retail Park, 12pm.

**Tom Brasil Live, Home Rule Club, 9pm.**

DJ, Lanigan's Bar, 10pm.

**Live Music, Kyteler's Inn, from 8pm.**

Subtitle Film Fest: Cleere's Bar - 'Transit' (2.45pm), 'A Horrible Woman' (5pm), 'At War' (7pm), 'I Was I Am I Will Be' (9.15pm).

**Subtitle Film Fest: Set Theatre - 'One Last Deal' (1.45pm), 'Our Struggles' (3.45pm), 'Custody' (5.45pm).**

Subtitle Film Fest: Watergate Theatre - 'Portrait Of A Lady On Fire' (12pm), 'And Then We Danced' (2.30pm), 'Giraffe' (4.45pm), 'Take It Or Leave It'



Martha Woodcock and John Sheahan share a tune after the book launch

(6.45pm), 'La Belle Époque' (9pm).  
**Subtitle Film Fest: Billy Byrne's - 'Those Who Work' (1.30pm), 'The Trouble With You' (3.45pm), 'Aurora' (6pm).**

## Sunday

Brick World Exhibition, River Court Hotel, 11am.

**Advent Procession 'From Darkness to Light' at St Canice's Cathedral, 5pm**

Bold As Brass, Club House Hotel, 9pm.

**Subtitle Film Fest: Cleere's Bar - 'Our Struggles' (12pm), 'At War' (2pm), 'A Horrible Woman' (4.15pm), 'One Last Deal' (6.30pm), 'The Trouble With You' (8.30pm).**

Subtitle Film Fest: Watergate Theatre - 'Zizotek' (1pm), 'And Then We Danced' (3pm), 'Papicha' (5.15pm), 'Portrait Of A Lady On Fire' (8pm).

**Subtitle Film Fest: Billy Byrne's - 'I Was I Am I Will Be' (2.30pm), 'Aurora' (5pm), 'Those Who Work' (7.15pm).**

**Subtitle Film Fest Angela Awards, Set Theatre, 8.15pm.**

## Monday

Social Dancing, The Rising Sun Mullinavat, 9.30pm.

**Davey Cashin, Pete Fagan and Band, Left Bank, 9pm.**

Live Trad, Kyteler's Inn, from 9pm.

## Wednesday

A Country Christmas, Watergate Theatre, 8pm.



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OUT & ABOUT



Enjoying Kilkenny on Ice were Harry Brennan, Jack Minogue, Cllr Deirdre Cullen and Issy Brennan

# KILKENNY ON ICE IS BACK!

Pictures: VICKY COMERFORD



Ready to skate were Lily Dooley, Rijan Dooley and Jack Dooley



Siobhan Donohoe with Santa Claus and some excited skaters at the opening of Kilkenny On Ice



The Shefflin family - Henry, Freddie, Siun, Sadhbh, Tom, Deirdre and Henry jnr - with Mayor of Kilkenny Martin Brett and John McGuinness TD



Nico Moreno, Oisin O'Neill, Eoghan Cassin, Aoibhe Cassin, Isabelle O'Neill and Emilie O'Neill



Members of the Kilkenny Storm ice-skating team: Viktor Pronobis, Antoni Adamowski, Arseniy Malovychko, John Hyland and Mark Malovychko

OUT & ABOUT



Youngsters gather with Mayor Martin Brett, Cathaoirleach Peter Chap Cleere, Tim Butler, KK CoCo Director of Services, Marion Acreman, President KK Chamber, TV Personality Mary Fitzgerald and Kilkenny People Ambassador Siobhan Donohoe



ABOVE: Enjoying Yulefest were Sarah and AJ Dreeling  
BELOW: Ashleigh Cody, Jackie Cullen, Leigh Cody and Pamela Walsh were enthralled by the Christmas Tree Lightup on the Parade



# Out & About

## KILKENNY GETS INTO THE SPIRIT FOR YULEFEST

Pictures: HARRY REID



One lucky youngster, Naoise, got the chance to have a special audience with Santa Claus!



Clodagh Murphy sang at the Yulefest Launch



Mayor Martin Brett with members of the Fitzgerald Family



Enjoying the launch of Yulefest were Jessica O'Toole, Sarah Mulhall, John Woodcock and Padraig O Súilleabháin



It Col Declan Crummey with Paddy, Molly and 'Fionn' in the Parade Tower for the Yulefest Launch

# 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)

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# CASTLECOMER FESTIVAL OF LIGHTS

Friday, 29<sup>th</sup> November 2019 from 5:30pm.  
The Square, Castlecomer

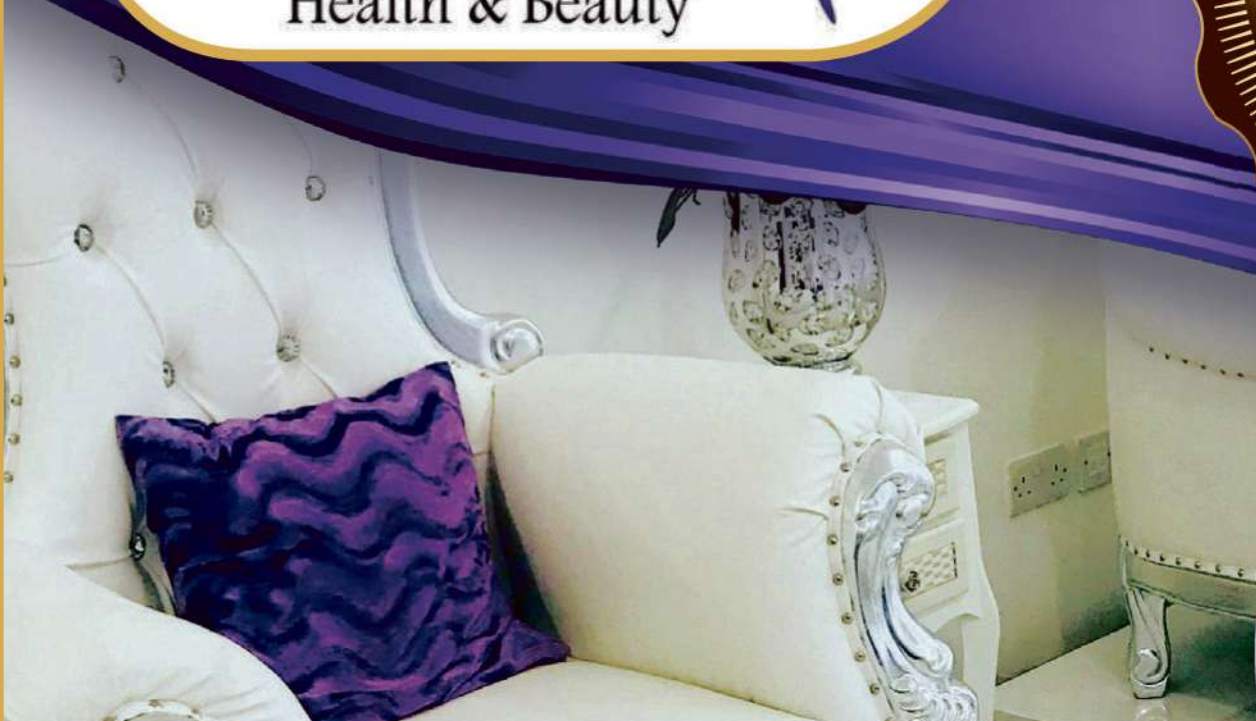
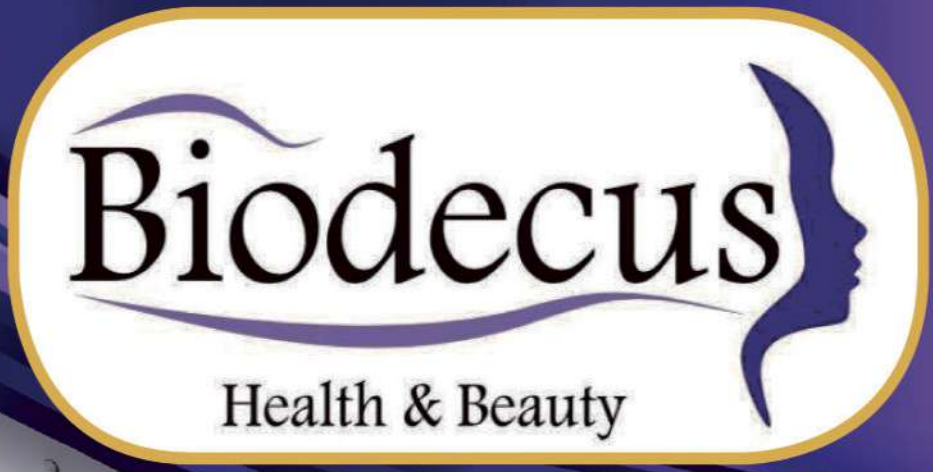
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Local families will showcase their unique homemade lanterns, lighting the way from The Square to Santa’s elf Village, in the heart of The Castlecomer Discovery Park. Here, there will be live music and entertainment accompanied by a food and crafts market, allowing you taste the wonderful produce of some of our local food producers and pick up something nice for your loved ones this Christmas.





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# THE KILKENNY REPORTER

# MOTORING



E: advertising@thekilkennyreporter.ie

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The new Range Rover offers a dynamic SUV which has undergone a breathtaking redesign to include a refreshed exterior, and superior levels of capability.

## New Range Rover Evoque – above and beyond



### BREDA CORRIGAN

Member of Irish Motoring Writers' Association (IMWA)

The Range Rover Evoque transformed the Land Rover range when it first launched in 2011, and now the dynamic SUV has undergone a breathtaking redesign to include a refreshed exterior, and superior levels of capability.

The stylish Evoque has won the hearts of drivers across the world thanks to its unique blend of luxurious design and off-road capability.

Careful to retain its distinctive character, the New Range Rover Evoque holds its eye-catching shape and proportions, but sees the introduction of a striking reductive design language embodied by a more streamlined silhouette and attractive clean lines along the body, for a more contemporary and premium feel.

#### SOPHISTICATED EVOLUTION

Having pioneered the

luxury compact SUV market (now with more than 217 international awards), the new Range Rover Evoque is a sophisticated evolution of the original. Combining unrivalled Range Rover heritage with cutting-edge technology, and with prices starting from €42,845, it meets the needs of today's SUV buyers. Rivals to the new Range Rover Evoque include the Audi Q3, Volvo XC40, Jaguar E-Pace, Mercedes-Benz GLA, and the Lexus NX.

#### MORE SPACIOUS THAN EVER

The new Range Rover Evoque is built on Land Rover's new 'Premium Transverse Architecture', which allows for more interior space than before. A longer wheelbase yields 20mm extra rear knee-room, while the larger glove box and centre cubby can now fit tablets, handbags and bottles with ease.

The luggage space is 10% larger (now 591-litres with the rear seats in place), as well as much wider, with up to 1,383-litres available when the 40:20:40 rear seat backs are folded. The new architecture has been developed for electrification, with a 48-volt mild-hybrid available now, and a plug-in hybrid model due in 2020. The mild-hybrid powertrain is a first for Land Rover, and works by

harvesting energy normally lost during deceleration and storing it in the under-floor battery.

At speeds below 17km/h, the engine will shut off while the driver applies the brakes. When pulling away, the stored energy is redeployed to assist the engine under acceleration, thereby reducing fuel consumption in the process.

#### SUMPTUOUS INTERIOR

The new Range Rover Evoque's dramatic, confident and sophisticated design is in complete harmony with the simplicity of its intuitive technologies, and supreme levels of functionality. Sophistication and space are abundantly apparent in its beautifully appointed interior.

Taking inspiration from larger models in the Range Rover line-up, the new Evoque's cabin majors on quality materials, clean design, and modern infotainment. Overall interior quality has taken a welcome step forward, and is a sumptuous place in which to spend time, while a suite of interior personalisation options allow for supreme individualisation.

Choice of 'Ingenium' engines

From power and sheer driving pleasure, to fuel economy and refinement,

there is a range of Ingenium engines available for the new Range Rover Evoque, and each has been optimised for specific attributes to cater for all needs. All engines are equipped with stop/start technology and smart regenerative charging for ultimate fuel economy. A 2.0-litre petrol engine is available in three states of tune – 200, 250 or 300bhp (badged P200, P250 and P300 respectively), with All-Wheel-Drive (AWD) and a nine-speed automatic gearbox coming as standard. Diesel options consist of a 2.0-litre turbo-diesel engine with power outputs of 150, 180 or 240bhp (badged D150, D180 and D240 respectively), with AWD and a nine-speed automatic gearbox across the engine range. A six-speed manual gearbox is exclusively available with the D150 model for drivers who prefer a manual transmission.

#### SPECIFICATION LEVELS

There are three generously equipped trim levels to choose from – S, SE and range-topping HSE, with all levels available in standard Range Rover Evoque, or Range Rover Evoque R-Dynamic guises – leading to a choice of 6 models in total.

R-Dynamic models bring a sportier look, adding black and burnished copper detailing, plus a body-coloured front

bumper.

Standard features across the range include stylish split-spoke alloy wheels (from 18" to 20" depending on the model chosen), LED headlamps with auto function, automatic wipers, perforated grained leather seats, 10-way electric front seats, 10" Touch Pro infotainment system with satellite navigation, Android Auto™ and Apple CarPlay™, traffic sign recognition with adaptive speed limiter, approach illuminations, 2-zone climate control with rear air vents, twin sliding front armrests, push button start, reverse camera, front and rear parking aid, lane keep assist, and a driver condition monitor, along with a whole host of additional comfort, convenience, and safety features.

#### MY TEST CAR

My test car was a new Range Rover Evoque D150 'S' AWD Automatic, which was finished in striking Kaikoura Stone metallic paint for maximum impact. The award-winning 2.0-litre turbo-diesel engine produces 150bhp, and a healthy 380Nm of torque for swift acceleration.

The 0-100km/h sprint can be completed in 11.2-seconds (10.5-seconds in manual guise), and can reach a top speed of 196km/h where legally

permitted. Fuel consumption as low as 5.6l/100km is possible on a combined driving cycle (NEDC rating), enabling up to 1,160km's from a full tank (65-litres) of diesel. With closely spaced ratios, the Evoque's technologically-advanced 9-speed automatic gearbox provides seamless gearchanging ability, while a shift schedule intelligently adapts to the driving style of the driver.

On the road, the new Evoque is impressively refined and tackles road imperfections with ease, while its driving dynamics ensure that every journey is testament to the great lengths that Land Rover engineers have gone to in order to ensure supreme driving pleasure. With an approach angle, departure angle, and ramp angle of 22.2, 30.6, and 20.7-degrees respectively, the new Evoque is now more capable than ever off-road too.

#### MY VERDICT

Overall, the new Range Rover Evoque possesses terrific levels of luxury, style, technology, refinement and capability. In 2011, the original Range Rover Evoque set a precedent in the niche compact luxury SUV market, and the new Evoque has certainly gone 'above and beyond' in every way.



'The Kia e-Soul won the coveted title of Irish Car Of The Year 2020. The first time an all electric car has won the title'

# Irish Car of the Year Awards 2020

**Hugh Maguire:** was a jury member at the Awards

As one of the jury members in the Irish Car Of The Year Awards in association with Continental Tyres and as a member Of the Irish Motoring Writers Association I get to drive pretty much every new car that comes to the market each year.

This gives me a great insight into what is happening in terms of developments, technologies and of course new models.

Over the period of a year myself and my colleagues will road test new models at home and at international launches abroad in an effort to bring you the loyal reader the most up-to-date information on new cars.

Towards the end of each year and just before we vote on the Irish Car Of The Year Awards we then

have a "Refresher" day where we can re-visit the models driven over the year, update our notes and get a final assessment of each car.

I do not have enough space here to detail my views on each and every car in the competition this year but some interesting facts emerged.

Across the board electronics is where a huge change is taking place in cars.

From keyless entry and start, Digital dashboards, auto locking (when you leave the vehicle), electronic parking brakes, Hill hold Assist, Infra Red technologies to "see in the dark", Cameras that read signposts such as Speed limits and other warnings, Satellite Navigation that is now so advanced that it can be linked into the cars

auto gearbox and predict what gear the car should be in based on the terrain ahead.

Collision prevention electronics are now also becoming more commonplace.

Using a type of radar the car scans the road ahead. If an obstacle is seen and it calculates a possible impact there is an audible and visual warning signal, and finally if the driver ignores both he car applies the brakes to a stop and activates the hazard warning lights.

Should the worst happen, cars can now automatically transmit their location in the even of a crash and using the data from the on-board sensors such as how many seat belts were fastened at the time of the crash it can send emergency services to the exact location of the car with information such as it has 3 occupants and it rolled over!

Quite incredible really but this

technology is in many of the cars on our roads today and while the high end models get it first it is filtering down to the bread and butter models too. Watch this space!

Finally to the Irish Car Of The Year Awards in which many cars boast some or all of the above mentioned technologies.

This year's winner of the overall Irish Car Of The Year Award is an electric vehicle!

The 2020 Irish Car of the Year Awards in association with Continental Tyres took place on November 7 in Dublin.

Motoring Journalists from print, online and broadcasting hosted a gala black tie event attended by Ireland's leading car brands, importers, distributors and other motoring dignitaries.

The Kia e-Soul won the coveted title of Irish Car Of The Year 2020. The first time an all electric car has won the title.

Category winners were:  
Irish Compact Car Of The Year  
Kia e-Soul.

Irish Medium car Of The Year  
Toyota Corolla

Irish Large Car Of The Year  
Peugeot 508

Irish Compact SUV Of The Year  
VW T-Cross

Irish Medium SUV Of The Year  
Audi Q3

Irish Large SUV Of The Year  
Seat Tarraco

Irish Hot Hatchback Of The Year  
Ford Focus ST

Irish Performance/Luxury Car  
Of The Year Alfa Romeo Stelvio

Irish Green/Efficient Car Of The  
Year Kia e-Soul

The category winners were all in the running for the top honour with the judging panel of close to 32 journalists electing Kia e-Soul as overall Irish Car Of The Year by a slim margin.

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| 2016 Late Kia Rio 1.1 Edi Air, new model. So cheap to run. In black. Bargain. ...                          | €8,950                              | 2012 Kia Sportage 1.7 CRDI Edition 2, in white, pan roof etc. etc. lovely jeep. Like new ..... | €11,950                            |
| 2016 Hyundai i30 Premium plus 1.6 CRDI 136 black with full black leather. Ev-ery extra. Ultimate i30. .... | €13,950                             | 2011 Nissan Leaf Electric Auto in white 66k only. You can run it free. ....                    | €6,950                             |
| 2016 Kia Rio 1.4 CRDI Ed3 Nav. Jet black. 3 door sports. Unreal looking car. ....                          | €9,950                              | 2011 Honda CRZ 1.5 Sport Hybrid in white. Stunning machine so economical .....                 | €6,950 <b>RESERVED FOR RICHARD</b> |
| 2015 Renault Clio 1.5 DCI Nav in black. 40k only. Like new. ....   | €8,950                              | 2010 Toyota Yaris 1.3 Automatic. Lovely small Automatic .....                                  | €5,950                             |
| 2015 Renault Clio 1.5 DCi in black. Great to drive, easy to run. Like new. ....                            | €8,950 <b>RESERVED FOR CLARA</b>    | <b>Due in - No prices yet</b>  |                                    |
| 2015 Hyundai i40 1.7 CRDI Tourer. New model. Loaded with extras. ....                                      | €13,950                             | 2017 Nissan Pulsar 1.5 DCI tech. 38k black   |                                    |
| 2015 Ford Focus 1.0 Eco Boost Titanium, Ford blue, every extra. 37k only. Nav. Like new .....              | €12,950                             | 2015 Hyundai i30 1.6 CRDI auto DCT BD in white   |                                    |
| 2015 Vauxhall Meriva 1.4 Life. Only 37K mls. As new MPV .....  | €8,500                              | 2013 Hyundai i20 1.1 blue drive. Diesel.   |                                    |
| 2015 Hyundai i20s Blue Drive. New model, white, 20k mls only, like new .....                               | €10,995                             | 2012 Honda Jazz 1.4 ES only 7,000 mls from new....yes 7,000 miles. Like a new car!             |                                    |
| 2014 Seat Mii 1.0, lovely small automatic .....  | €6,500                              | 2014 Hyundai i20 Active only 34k miles in black  |                                    |
| 2014 Toyota Auris 1.3 VVTI Icon in black. Every extra. ....  | €9,950                              | 2017 Hyundai Tuscon 1.7 CRDI. New model  |                                    |
| 2014 Kia Venga Ed 3 1.6 CRDI economical and very reliable. Like new. ....                                  | €7,950                              | 2017 Toyota Avensis 1.6 D4D, business model in black   |                                    |
| 2014 Hyundai i30 1.6 CRDI B/D in blue. All extras. Smashing car. ....                                      | €9,950                              | 2017 Toyota Auris Hybrid Icon in white   |                                    |
| 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 Kia Ceed 1.4 VR7 petrol, stunning in white. Every extra fitted. Very special Ceed, .....              | €9,950                              |  |                                    |
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| 2014 Kia Venga 1.6 CRDI ed£, 60K mls. ....   | €7,500                              |  |                                    |
| 2013 Hyundai i20 1.2 active, 65k mls in white. Super car. ....   | €6,950                              |  |                                    |
| 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                              |  |                                    |
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- Enjoy dealing with people on a day to day.
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**Experience**

- 1-2 years previous office admin experience
- Ability to work in a fast-paced environment
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**Role and Candidate Requirements**

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- Maintaining detailed records of vehicle servicing and inspection.
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# KILKENNY LIONS CLUB CHRISTMAS HAMPER APPEAL



## GENERAL AUCTION ITEMS for Thurs, 5<sup>th</sup> Dec

KCLR Breakfast Show - Thurs 5 Dec with John Walsh 7.30 AM to 9.00 AM			
Lot	Description	Donor	Value
301	Voucher for Wash, Cut & Blow Dry	Kieran O'Gorman Hair Salon Butterslip, Kilkenny	€57
302	2 Return Bus Tickets Kilkenny/ Dublin City	JJ Kavanagh & Sons, Urlingford, Kilkenny	€36
303	Original Oil Painting	Phil Cleere, 8 St Mauls, Kilkenny	€180
304	Voucher towards goods	Brett's Hardware, John St., Kilkenny	€25
305	Voucher towards Dry Cleaning	Dry Cleanit Newpark Shopping Centre, Kilkenny	€50
306	Quality Christmas Tree	Flower Power The Big Value Garden Centre Carlow/Dublin Rd Roundabout, Kilkenny	€50
307	Voucher for Green Fees for 4 people	Callan Golf Club, Geraldine, Callan	€80
308	Voucher towards goods	Wall's Cycles: The Cycle People Maudlin St., Kilkenny	€20
309	Voucher for Meal	Fennelly's Café, Bridge St., Callan	€30
310	Canon Printer / Scanner/ Copier	Recharge Cartridges, 9 Irishtown, Kilkenny	€60
311	Voucher for Initial Chiropractic Consultation	Fransen-Byrne Chiropractic Unit 4 Newpark Shopping Centre, Kilkenny	€70
312	Voucher towards new set of dentures (Private Client) Expiry June 2020	Patrick Langton Denture Clinic, Dean St., Kilkenny	€100
313	Voucher towards dinner	Kytelers Inn, Kieran St., Kilkenny	€50
314	Discount Voucher for House Insurance	Reidy Insurance Brokers Parliament St., Kilkenny	€100
315	A Presentation Basket Set of Yankee Candles	Gifts 4 U, High St., Kilkenny	€50
316	Voucher for €50	Truffles Restaurant, William St., Kilkenny	€50
317	€100 Voucher for Caulfield's Super Valu	Caulfield's Super Valu, Loughboy, Kilkenny	€100
318	Voucher for €100 towards Renewal Policy	Sheridan Insurances 5 Danville Business Park, Kilkenny	€100

KCLR Lunch Show - Thurs 5 Dec with John Keane 12.00 to 3.00 PM			
Lot	Description	Donor	Value
321	Voucher for Gift Hamper	Joe Lyons Green Grocer, West St., Callan	€20
322	Voucher towards Hair Cut/Colour	Fab Hairdressers, 6 Bateman Quay, Kilkenny	€60
323	Voucher towards goods	Wall's Cycles: The Cycle People Maudlin St., Kilkenny	€20
324	Golden Spa Package & Afternoon Tea for 2	Newpark Hotel's Escape Spa Castlecomer Rd., Kilkenny	€190
325	Voucher for a Show (Ring beforehand to book)	Watergate Theatre, Parliament St., Kilkenny	€40
326	Cosmetic Hamper valued €75	Boots Chemists, High St., Kilkenny	€75
327	Voucher for Goods at Johnstones Kilkenny	Johnstones Paints, Dublin Rd., Kilkenny	€50
328	Family Ticket Voucher 2 Adults & 3 Children	Kilkenny On Ice, The Hub, Cillin Hill Kilkenny	€60
329	Gift Voucher	Lorimat Jeweller 24 Upper Patrick St., Kilkenny	€100
330	€100 Voucher for Stathams Restaurant	Pembroke Hotel, Patrick St., Kilkenny	€100
331	Voucher for food to the value of €50	Rafter Dempsey, Friary St., Kilkenny	€50
332	Voucher for Bookcentre	The Bookcentre, High St., Kilkenny	€20
333	2 Nights Bed & Breakfast Midweek	Hoban Hotel, Ring Road, Springhill, Kilkenny	€150
334	2 Konst Smide Stainless Steel exterior wall lamps	Trade Electric, Ormonde St., Kilkenny	€150
335	Voucher for Goods at Padmore & Barnes	Padmore & Barnes, Wolf Tone St., Kilkenny	€100
336	Lady Eleanor Afternoon Tea & Prosecco for 2	Butler House, 16 Patrick St., Kilkenny	€70
337	Two Subject Revision Course (3rd subject free if used at Christmas) & Free Study	Carl Lynch Revise.ie	€240
338	Voucher towards goods	Bretts Hardware, John St., Kilkenny	€25
339	€100 Voucher for Caulfield's SuperValu	Caulfield's SuperValu, Loughboy, Kilkenny	€100
340	Voucher for the purchase of goods	Tip Top Toes, Market Yard, Kilkenny	€50

KCLR Drive Show - Thurs 5 Dec with Ken Maguire 3.00 PM to 5.30 PM			
Lot	Description	Donor	Value
341	Voucher for four Green Fees	Gowran Park Race Company Ltd, Gowran	€120
342	Voucher towards purchase of perfumes, soaps	McEaney Chemist, High St., Kilkenny	€60
343	A Prime Ham	John Joe Cullen, John St., Kilkenny	€35
344	Voucher towards goods	Nicholas Mose Pottery, Bennettsbridge	€50
345	Voucher towards Oil Burner Service (Not Cooker)	O'Byrne Services Unit 17 Hebron Industrial Estate, Kilkenny	€90
346	Voucher towards Golf Equipment	O'Dwyers Golf Shop, Hebron Ind Estate, Kilkenny & Clonmel Business Park, Clonmel	€50
347	Voucher towards Dinner (valid Sunday to Thursday, Booking Essential)	Ristorante Rinuccini The Parade, Kilkenny	€50
348	Voucher for Goods	G L Ryan Jeweller, 72 High St., Kilkenny	€50
349	3 Piece Candle Holder Set	Callan Pharmacy, Friary Walk, Callan	€20
350	Voucher for €50	Breaghagh Valley Artisan Meats Unit 8 Newpark Shopping Centre, Kilkenny	€50
351	€100 Voucher towards Dental Treatment	Dr Maeva O'Flynn, 43 Parliament St., Kilkenny	€100
352	Voucher for Dinner for two	Petronella Restaurant Butterslip Lane off High St., Kilkenny	€100
353	Voucher for the purchase of Toys and Stationery	Toymaster, High St., Kilkenny	€50
354	2 Return Bus Tickets Kilkenny/ Dublin City	JJ Kavanagh & Sons, Urlingford, Kilkenny	€36
355	Voucher for Driving Lessons	Billy Drennan A1 Driving for Life Burnchurch, Cuffesgrange, Kilkenny	€50
356	25Kg Bag of Peanuts for Bird Feed	Gardener's World Seville Lodge, Callan Rd., Kilkenny	€50
357	Voucher towards Eimear's Delightful Cakes or Buns	Bridgery's Bakes, All things Cakes & Bakes 28 Glendine Heights, Kilkenny	€35
358	Voucher for Bliss Beauty, Rose Inn St., Kilkenny	David Fitzgerald Auctioneer, 24 Upper Patrick St., Kilkenny	€50
359	€100 Voucher for Caulfield's Super Valu	Caulfield's Super Valu, Loughboy, Kilkenny	€100

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## FARM ITEMS TO BE AUCTIONED ON Thurs, 28<sup>th</sup> Nov & Thurs, 5<sup>th</sup> Dec

Farm Auction - Thurs 28 Nov on KCLR 7.00 PM to 8.00 PM			
Lot	Description	Donor	Value
601	20 Litres of Anti Freeze Concentrate	Top Parts, Loughboy Industrial Est., Kilkenny	€90
602	€100 Feed Voucher	Glanbia Ireland, Agri Division	€100
603	1 Ton Can/Net Nitrate	Grassland Fertilisers, Palmerstown, Kilkenny	€260
604	150 Gallon Cattle Drinking Trough	Kilkenny Precast Concrete Hebron Ind Estate, Kilkenny	€180
605	Voucher for purchasing of Dosing	Eurofarm & Garden Supplies Loughboy Industrial Estate, Kilkenny	€100
606	Set of Three Soil Samples	Teagasc, Kells Rd., Kilkenny	€75
607	Telwin Infinity 170 Inverter Welder	Kilkenny Welding Supplies Ltd Cuffesgrange, Kilkenny	€279
608	20 Litres of HYD Oil Grade 46	PJL Agri & Industrial, Unit 3 Bunclody Rd., Tullow	€45
609	Voucher towards purchase or sale of Livestock	Kilkenny Mart, Cillin Hill, Kilkenny	€150
610	Voucher towards purchase of goods	Farm & Industrial, Cillin Hill, Kilkenny	€120
611	Voucher towards purchase of any shop item or any other service	Farm Relief Service, Cillin Hill, Kilkenny	€150
612	Voucher for Collection Cost of Farm Plastic within the South East Region	Eamon Nolan Plastic Collection, Gowran, Co Kilkenny	€200
613	Cheetah Cub Fencer	PJL Agri & Industrial Unit 3 Bunclody Rd., Tullow	€130
614	AKO NDI 6500 Electric Fencer (covers 150 acres)	Mullinahone Co-OP Mullinahone, Co Tipperary	€350
615	One ton of Cement	Chadwicks, Dublin Rd., Kilkenny	€180
616	Commission to buy or sell cattle	Tullow Livestock Mart, Tullow, Co Carlow	€100
617	Voucher for fertiliser or minerals to the value of €300	National Nutrition, Dangan Thomastown, Co. Kilkenny	€300
618	Two €40 Vouchers towards 3D Four Wheel Laser Alignment	Philip Ireland Tyres, Cillin Hill, Kilkenny	€80
619	Voucher towards purchases	PJL Agri & Industrial Unit 3 Bunclody Rd., Tullow	€100
620	John Deere Driver Outfit	Comerford's Garage, Ballycallan, Co Kilkenny	€120
621	1 Ton of Hardwood timber	Forestry Services Ltd., Cillin Hill, Kilkenny	€150
622	Bovine Scanning to the value of €75	Michael McDonald Bovine Scanning Thomastown	€75
623	10 Bags of CR Wynne Coarse Horse Ration	Charles Wynne, Moone Athy, Co. Kildare	€120

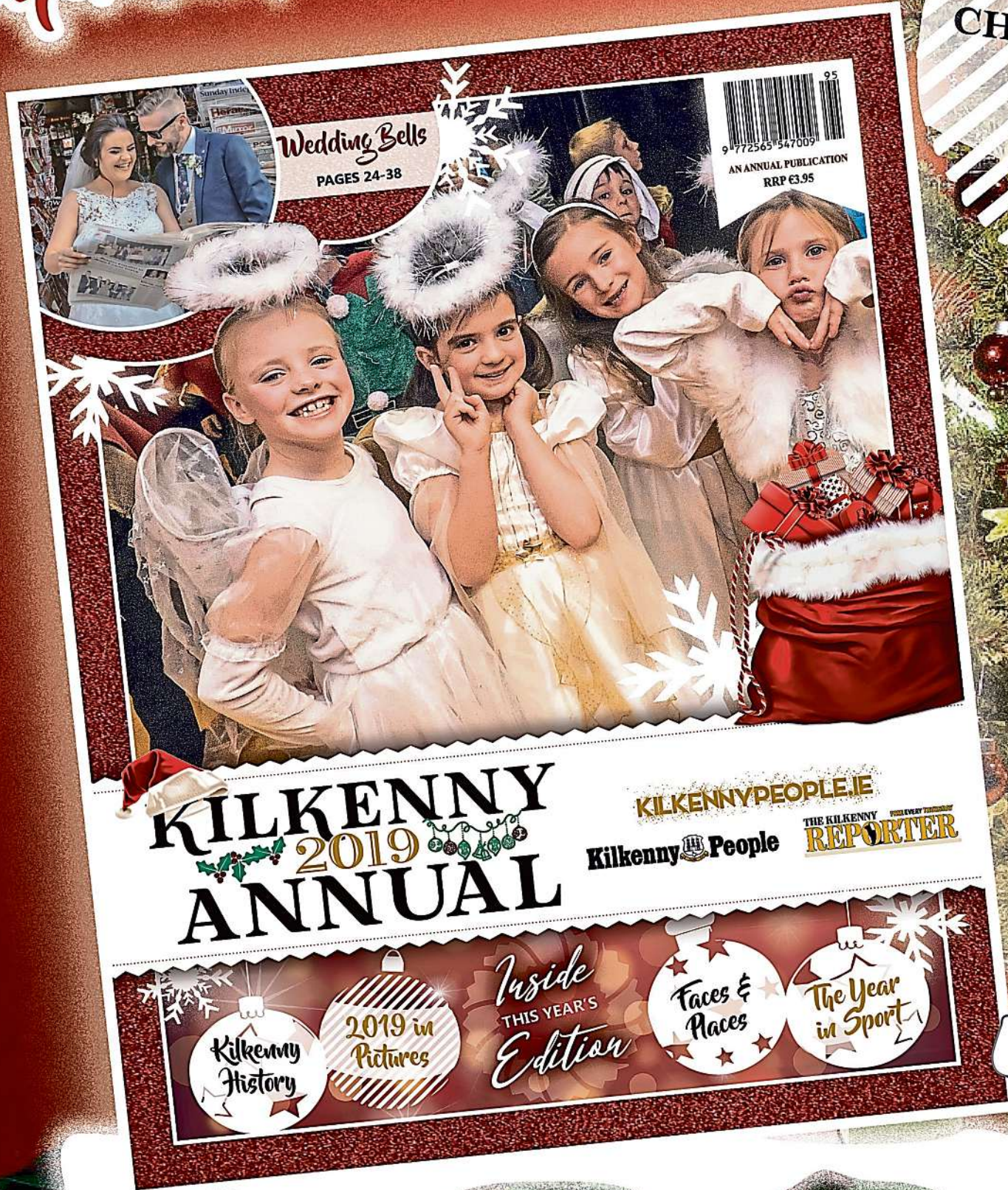
Farm Auction - Thurs 5 Dec on KCLR 7.00 PM to 8.00 PM			
Lot	Description	Donor	Value
701	10 Bags of Horse Ration	Hennessey Feeds Ltd, Woodgift, Kilkenny	€95
702	€100 Feed Voucher	Glanbia Ireland, Agri Division	€100
703	Tractor Battery	James Walsh Motor Parts, Walkin St, Kilkenny	€139
704	Half Ton of Beef Ration	John Dalton & Sons Ltd, Chancellor Mills, Kilkenny	€125
705	Roof Sheetting suitable for Garage, Garden Shed, Industrial or Agricultural Building	Duggan Steel Group Ltd., Dublin Rd., Kilkenny	€500
706	Load of Washed Stone (Delivered within 10 miles)	Paddy Hennessey Concrete Sheestown, Kilkenny	€300
707	Set of Three Soil Samples	Teagasc, Kells Rd., Kilkenny	€75
708	Worm or Fluke Dose	John Lynch Veterinarian, Archersfield	€100
709	Voucher towards Product Purchase	Griffith Timber & Fencing Kellymount, Paulstown, Co. Kilkenny	€100
710	Set of Straws to the value of €100	Dovea A I, Dovea, Thurles	€100
711	Goods to the value of €50	Kilkenny Mart Shop, Cillin Hill, Kilkenny	€50
712	€200 Voucher towards Accountancy Fees	I.F.A.C. Danville Business Park, Ring Rd., Kilkenny	€200
713	€100 Feed Voucher	Glanbia Ireland, Agri Division	€100
714	Voucher against purchase of goods	Ormonde Veterinary Middleknock, Dublin Rd., Kilkenny	€100
715	20 Litres 10/30 Universal Oil	PJL Agri & Industrial Unit 3 Bunclody Rd., Tullow	€65
716	Bovine Scanning to the value of €75	Michael McDonald Bovine Scanning Thomastown	€75
717	20 Tons of High Calcium Lime	Bennettsbridge Limestone Bennettsbridge	€400
718	Voucher for €100	John Brennan Agri Sales Unit 25 Hebron Industrial Estate, Kilkenny	€100
719	Voucher towards Red Mills Products	Connolly's Red Mills, Goresbridge	€150
720	Voucher towards purchase of Goods	Kilkenny Block, Troyswood, Kilkenny	€250
721	Two €40 Vouchers towards 3D Four Wheel Laser Alignment	Philip Ireland Tyres, Cillin Hill, Kilkenny	€80
722	Donation of €50	Pat Gannon Auctioneer, John St., Kilkenny	€50
723	5 Rolls of 6-Inch Fibreglass Insulation	Topline, Ballyragget, Co. Kilkenny	€120

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# All our THE KILKENNY REPORTER Yesterdays

Taking a trip down memory lane in Kilkenny



**HAPPY FACES:** Dick Treacy was one of the many happy faces at the Kilkenny Corporation Dinner in 1982. For more from the event see overleaf PICTURES: MICHAEL BROPHY

# All Our Yesterdays

Down memory lane with the  
THE KILKENNY REPORTER



# All Our Yesterdays

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# All-Stars up, up and away – but not one Kilkenny player aboard

A 27-strong panel, including some of the biggest names in hurling, flew out from Dublin yesterday travelling to Abu Dhabi but there wasn't one Kilkenny player aboard.

The group embarked on the five-day PwC All-Star hurling tour.

Kilkenny, the runners-up in the Leinster and All-Irelands finals this season, had a 24-strong party in New York recently for the inaugural New York Hurling Super 11s Classic.

After Christmas the Kilkenny All-Ireland panel, or as many of the player who can travel, will be heading to Florida for a seven day holiday.

The demands of work and in some places games meant that Kilkenny players had to pass on the Abu Dhabi excursion.

The touring panel is made up of 2018 and 2019 All-Stars and nominees, and it also includes a number of representatives from the Champions 15 team.

In all there are players from 13 different counties in the travelling party.

The feature event is

scheduled for the Zayed Sports City on Saturday afternoon (local time) where exhibition hurling and camogie matches will be played by local players before a game between the visiting All-Star teams.

All-Ireland winning manager, Liam Sheedy, will manage the 2019 selection with former Cork manager, John Meyler, looking after the 2018 team.

Referee James Owens is joined on the tour by David Gough and Conor Lane.

A highlight of the tour will be the post-match reception which will be hosted by the Irish Ambassador to the UAE, Mr Aidan Cronin, at his residence on Saturday evening.

The Middle East GAA Board and Abu Dhabi Na Fianna will host the touring party.

## THE PANEL

The 2018/2019 PwC All-Star hurling tour panel - Seán Finn (Limerick), Declan Hannon (Limerick), Dan Morrissey (Limerick), Cian Lynch (Limerick), Darragh Fitzgibbon (Cork), Peter Duggan (Clare), Séamus



Dicksboro captain, Liam Moore, is presented with the Johnny Tobin Cup by Bord-na-nÓg chairman, John Byrne, following their victory over Dunnamaggin (1-20 to 0-10) in the minor hurling Roinn A league final. Dicksboro completed the league/championship double. They beat Mooncoin in the championship final earlier PICTURE: WILLIE DEMPSEY

Harnedy (Cork), Patrick Horgan (Cork), John Conlon (Clare), Graeme Mulcahy (Limerick), Cathal Barrett (Tipperary), Padraig Maher (Tipperary), Noel McGrath (Tipperary), Diarmuid O'Keefe (Wexford), Lee Chin (Wexford), Séamus Callanan (Tipperary), Patrick Purcell (Laois), Shane Conway (Kerry), Killian Doyle (Westmeath), Enda Rowland (Laois), Neil McManus (Antrim), Declan Coulter (Donegal), Patrick McKenna (Kildare), Edward Byrne (Carlow), Anthony Nash (Cork), John McGrath (Tipperary), James Weir (Sligo).  
Referees - James Owens, Conor Lane and David Gough.

## Dicksboro - the league and championship double winners at minor hurling level



The Dicksboro squad who won the minor hurling Roinn A league final, beating Dunnamaggin in the decider. The 'Boro beat Mooncoin in the championship final some weeks earlier PICTURE: WILLIE DEMPSEY

## SPORT

# An unforgettable adventure is hailed a smash hit by the

## Camogie

**DARAGH Ó CONCHÚIR**

sport@iconicnews.ie

The Camogie All-Stars sparked as they enjoyed the hugely-successful tour to New York.

Eight Kilkenny players were among the group of players, support staff and media who participated in the Liberty Insurance Camogie All-Stars Tour.

The group departed for the Big Apple on Thursday morning, two years after the inaugural tour to Madrid.

Prior to their departure from JFK International in the early hours of Tuesday (Irish time), they took in official functions hosted by New York's Consul General of Ireland, Ciarán Madden, New York GAA and Liberty Insurance, while also playing in an exhibition match at the iconic Gaelic Park in The Bronx, which attracted record viewership figures for Camogie matches that have been streamed live.

Refereeing and coaching courses were also organised by the Camogie Association, as the links between New York and Ireland were strengthened, with Irish ex-pats and native-born Americans joining forces to develop a love of Camogie in America and beyond.

A referee's course was conducted by the man in the middle for last September's Liberty Insurance All-Ireland Senior Championship Final Ray Kelly, while the Camogie Association's Coach Education and Development Co-Ordinator Niall Williams – joint manager when Kilkenny reached the 2013 and 2014 All-Ireland deciders

– hosted coaching courses throughout the week, prior to moving on to Canada where he is continuing his work.

Importantly, the players who have been recognised as among the best in the land the past two years received a tangible reward, just as their male peers do, with Liberty Insurance doubling down on their support of camogie and women in sport generally, while the Camogie Association pushes hard to raise standards on an annual basis.

The highlight of the tour was undoubtedly the match at a venue so indelibly linked with maintaining and developing Irish culture and Gaelic games, including Camogie.

The 2019 team got the better of the class of 2018 at Gaelic Park, thanks largely to a stunning first-half contribution by Cork speedster Amy O'Connor.

Current Player of the Year Niamh Kilkenny, Waterford trio Beth Carton, Lorraine Bray and Niamh Rockett and Limerick's Niamh Mulcahy were just some of the others to stand out.

Galway boss Cathal Murray was manager of the victors, while his predecessor as Manager of the Year, Paudie Murray of Cork took charge of the 2018 squad.

Player of the match Amy O'Connor said she would not be looking forward to her next training session with Cork after putting three goals past Rebel County team-mate Aoife Murray.

O'Connor scored 3-4 from play in the first half as this year's crew proved far too



strong and energetic for the 2018 side. There was no way back for the 2018 squad after the resumption.

"I'm delighted," the sharpshooter said of her performance. "It was a great game. It was very open in the first half in particular and it

was lovely to play in. Myself, I love the fast ball and the astroturfsuits me.

"I'm sure in training Aoife will probably clock me a few times to make up for it.

"It's nice to get a few past Aoife," she added. "She's the best goalkeeper in the

country for probably the last 15 years. In training she saves more than I score so it was nice."

O'Connor was full of praise for the tour to New York, which was a smash hit with players and supporters alike.

"Liberty Insurance put on an unbelievable show. New York is the biggest city in the world probably and it's brilliant to be able to display our game here and show what camogie is all about."

O'Connor walked away with player of the match



**LEFT:** Kilkenny's camogie stars Katie Power, Davina Tobin, Claire Phelan, Meighan Farrell, Edwina Keane, Grace Walsh and Denise Gaule pay a visit to the Statue of Liberty  
**RIGHT:** The players were presented with their jerseys on the eve of the trip to New York



# as All-Stars trip to New York Camogie Association

**Kilkenny's Claire Phelan, part of the 2019 All-Stars team, keeps her eye on the sliotar during the 2019 Liberty Insurance Camogie All-Stars game at Gaelic Park, New York**  
PICTURES: DAN SHERIDAN/INPHO

year Niamh Kilkenny, Niamh Mulcahy, Niamh Rockett and Beth Carton also putting on a show for the 2019 team. Cáit Devane and Meighan Farrell were prominent for Paudie Murray's 2018 unit, but they struggled to get a foothold in proceedings despite a strong start that suggested the Cork supremo had managed to organise some behind closed-doors sessions with his charges.

They led by 1-3 to 0-2. The opening point from Cáit Devane was a thing of beauty, coming at the end of some patient possession play before Devane made a run that was spotted by Chloe Sigerson and rewarded the

pass with a neat finish.

The Tipp full-forward beat Sarah Healy with a rocket for the goal, just seconds after O'Connor's low shot had rebounded off the butt of the post at the other end of the pitch.

That was a warning that went unheeded. O'Connor finished the half with 3-4, showing the burning pace, movement and deadly finishing that earned the Cork attacker her first award.

She could have had another two goals as well, Rebel teammate Aoife Murray making a point-blank save - Pamela Mackey cleared off the line - while she had a



**Kilkenny's Katie Power (Team 2018) battles past Sarah Dervan (All-Stars 2019) during the game at Gaelic Park**



**Kilkenny camogie star Meighan Farrell (All-Stars 2018) in action against Niamh Kilkenny of the 2019 team**

honours after finishing with 3-5, all bar one pointed free coming from play in a sensational first half.

She had plenty of strong support though, player of the

rasper that went over off the top of the crossbar too.

Niamh Kilkenny was the beneficiary of some excellent vision by Beth Carton and Ailish O'Reilly for another goal for Cathal Murray's 2019 outfit, but Meighan Farrell got one back to leave it at 4-10 to 2-4 at the interval.

Paudie Murray did a good job of plugging a lot of the gaps in the second half and though the damage had been done, 2018 were more competitive, Devane punishing a number of defensive indiscretions from the frees awarded by referee Ray Kelly.

Beth Carton, Niamh Rockett, Niamh Mulcahy and Niamh Kilkenny were among the scorers for the 2019 crew as they enjoyed a comfortable

triumph.

**SCORERS FOR 2019:** A O'Connor 3-5 (0-1f), N Kilkenny 1-2, B Carton 0-4 (2fs), A O'Reilly 1-1, N Mulcahy 0-3, N Rockett 0-2, N Coen 0-1

**SCORERS FOR 2018:** C Devane 1-7 (0-6fs), M Farrell 1-1, D Tobin 0-1, K Power 0-1, D Gaule 0-1

**2019 ALL STARS:** Sarah Healy (Galway), Shauna Healy (Galway), S Dervan (Galway), E Keane (Kilkenny), H Cooney (Galway), C Phelan (Kilkenny), L Bray (Waterford), A Donohoe (Galway), N Kilkenny (Galway), N Mulcahy (Limerick), N Rockett (Waterford), A O'Connor (Cork), N Coen (Galway), A O'Reilly (Galway), Beth Carton (Waterford)

**2018 ALL-STARS:** A Murray (Cork), G Walsh (Kilkenny), L Treacy (Killeagh), P Mackey (Cork), H Looney (Cork), D Tobin (Kilkenny), C Sigerson (Cork), G O'Connor (Cork), M Farrell (Kilkenny), O Cotter (Cork), K Power (Kilkenny), D Gaule (Kilkenny), K Mackey (Cork), C Devane (Tipperary), O Beagan (Dublin).  
**REFEREE:** Ray Kelly (Kildare)



**The 2019 Camogie All-Stars team**



**The 2018 Camogie All-Stars team**

## SPORT

# Mullins scores at Gowran

## Horse-Racing

Willie Mullins scored with a couple of his big guns at Gowran Park on Saturday where he shared a treble with fellow champion Paul Townend.

The highlight of the day was undoubtedly the success of Laurina in the beginners' chase.

She could hardly have been more impressive as she beat her fellow Cheltenham Festival winner Minella Indo by all of eight lengths at odds of 30/100 favourite.

There are any number of options for the winner but the same can't be said for Getabird which had earlier won the Talbot Hotel Carlow Chase in good style.

He was sent off the 8/15 favourite and beat Paloma Blue by a length and a half but is restricted in the future as his preference is to go right-handed according to the winning trainer.

Mullins and Townend landed their first winner of the day with Franco De Port, a French import, which made a winning debut for the stable in the 2m novice hurdle.

The 6/5 favourite beat Cayd Boy by all of five and a half lengths in the colours of the Bruton Street V Partnership.

### FINE START

He didn't win over hurdles, but Debuchet made a fine start to his career over fences when landing the rated novice chase at Fairyhouse on Tuesday.

The six-year-old made all the running under Danny Mullins to win for the Force Eight Syndicate at odds of 2/1 favourite.

"That might be his job," said trainer Mags Mullins. "He was hitting the bar last year but it's hard to keep him right. We think we have him right now."

Willie Mullins shared another winner with Kildare jockey Mark Walsh as the JP McManus charge Unexpected scored an easy

success in the 2m maiden hurdle. The 11/8 favourite was clear from the second last hurdle and had loads in hand as he beat Henry De Bromhead's Jason The Militant by four and a half lengths.

### WINNING RETURN

The Willie Mullins-trained Footpad made a winning return to action with a 10-length success in the Listed Boomerang.ie Chase at Thurles on Thursday.

The 2017 Arkle Chase winner failed to win a race in three starts last season but recaptured his old form with an impressive display under Daryl Jacob and a tilt at the Grade 1 King George VI Chase at Kempton on St Stephen's Day is now likely.

Mullins doubled up when newcomer Asterion Forlonge won the bumper at odds of 1/4 favourite. Patrick Mullins had to work hard on the Marie Donnelly-owned five-year-old which beat Watergate Lady by three-part of a length.

The champion trainer ended the week on a high as the Watch This Space syndicate-owned Cash Back, the 11/10 favourite, won the beginners' chase at Navan on Sunday, another Closutton winner in the hands of Paul Townend.

Pat Fahy was also a winner at Navan as the Danny Mullins-ridden Mister Fogpatches took the 2m6f handicap hurdle in the colours of owner/breeder Joseph Fahy.

Danny Sheehy continues to make up for lost time after missing out on a portion of the Flat season through injury and he was a winner again on the all-weather at Dundalk on Wednesday afternoon.

The Graignamanagh apprentice scored a surprise success on the Kevin Prendergast-trained Miss Cuning in the 6f nursery



Laurina, ridden by Paul Townend, jumping the last fence to win The Irish Stallion Farms EBF Beginners Steeplechase at Gowran Park PICTURE: CAROLINE NORRIS

handicap, the Norman Ormiston owned and bred-winner scoring by half a length at odds of 25/1.

At the track on Friday, Shane Foley was in the winners' enclosure as the Jessica Harrington-trained Psyche took the second division of the 8f maiden.

### O'BRIEN RETIRES

Two-time champion jockey Donnacha O'Brien is to concentrate on a training career after he announced his retirement from the saddle on Sunday evening.

The youngest of Aidan O'Brien's four children, Donnacha is to follow his

father and brother Joseph into the training ranks just three weeks after winning his second jockeys' championship.

Donnacha was just 16 years of age when he rode his first winner at Dundalk in September 2014 on Quartz, trained by his father. His last

winner was Nobel Prize at Naas at the beginning of the month.

"After thinking about things for a while I have decided to concentrate on training next year," he said. "Riding has been very good to me and I owe everything to the people around me."

"I want to give special thanks to the Magnier, Smith and Tabor families along with my own family for all their support. I look forward to training a small group of horses next year and will hopefully build from there."

Donnacha rode 10 Group 1 winners in his brief career with Classic success coming on Saxon Warrior, Forever Together, Latrobe and Magna Grecia.

His final top-level success came on the Aidan O'Brien-trained Magical in the Qipco Champion Stakes at Ascot last month.



LEFT: Donnacha O'Brien was crowned 2019 Champion Flat Jockey at Naas PICTURE: LIAM HEALY  
RIGHT: Debuchet and Danny Mullins after winning the Fairyhouse Novice Chase PICTURE: ALAIN BARR



REPORTER SPORT

# Plenty to like about Honeysuckle in the Hatton's Grace

ONE of the real highlights of the pre-Christmas jumps racing season in Ireland takes place this Sunday when Fairyhouse stages the Bar One Racing Hatton's Grace Hurdle, the second day feature of their two-day Winter Festival.

Sunday's exciting card at Fairyhouse includes three Grade 1

aces and the addition of a new €100,000 Handicap Hurdle.

But most of the attention will be on the Hatton's Grace Hurdle, won in recent years by the likes of Hurricane Fly, Jezki and most recently Apples Jade.

Apples Jade, currently a 5/1 shot with the layers, will be looking to make history and make it four

wins in a row in the race on Sunday.

Willie Mullins saddles the favourite for Sunday's big race in Benie Des Dieux, currently on offer at odds of 11/10.

Her only defeat in eight races since arriving from France came when she fell at the last when clear in the Mares' Hurdle at

Cheltenham in March.

'Benie' sets a high standard for sure, but Honeysuckle, who has won on all four of her trips to Fairyhouse, has plenty of appeal, despite facing her toughest task to date on the racecourse this weekend.

Honeysuckle is currently on offer at 11 to 4.



Our tip this weekend, Honeysuckle

# IS THAT ON THE BOX?

## Thursday

**GOLF**

ANDALUCIA OPEN  
SKY SPORTS 1.30PM

**SOCCER**

FC ASTANA V MAN UTD  
BT SPORT 3.50PM

**AMERICAN FOOTBALL**

BEARS @ LIONS  
SKY SPORTS 5.30PM

**SOCCER**

CELTIC V RENNES  
BT SPORT 8PM

**AMERICAN FOOTBALL**

BILLS @ COWBOYS  
SKY SPORTS 9.30PM

**Ezekiel Elliott will lead the Dallas Cowboys in Thanksgiving Thursday's NFL tie against the Buffalo Bills**



## Friday

**GOLF**

ALFRED DUNHILL  
SKY SPORTS 10.30AM

**GOLF**

ANDALUCIA OPEN  
SKY SPORTS 1.30PM

**BASKETBALL**

NETS @ CELTICS  
SKY SPORTS 5PM

**RUGBY UNION**

MUNSTER V EDINBURGH  
EIR SPORT 7.35PM

**RUGBY UNION**

ULSTER V SCARLETS  
EIR SPORT 7.35PM

## Saturday

**Munster Rugby's JJ Hanrahan looks on following his side's draw with Racing 92 last Saturday. This week the men in red host Edinburgh in Cork**



**GOLF**

ALFRED DUNHILL  
SKY SPORTS 9.30AM

**SOCCER**

CHARLTON V SHEFF WED  
SKY SPORTS 12.30PM

**SOCCER**

NEWCASTLE V MAN CITY  
BT SPORT 12.30PM

**SNOOKER**

UK CHAMPIONSHIPS  
BBC1 1PM

**MOTOR SPORT**

ABU DHABI GRAND PRIX  
SKY SPORTS 1PM

**GOLF**

ANADULCIA OPEN  
SKY SPORTS 2.30PM

**RUGBY UNION**

NORTHAMPTON V TIGERS  
BT SPORT 3PM

**AMERICAN FOOTBALL**

CLEMSON @ S CAROLINA  
ESPN 5PM

**RUGBY UNION**

CONNACHT V KINGS  
EIR SPORT 5.15PM

**SOCCER**

EASTLEIGH V CREWE  
BT SPORT 5.30PM

**SOCCER**

SOUTHAMPTON V WATFORD  
SKY SPORTS 5.30PM

**RUGBY UNION**

OSPREYS V CHEETAHS  
EIR SPORTS 6.35PM

**RUGBY UNION**

GLASGOW V LEINSTER  
EIR SPORT 7.35PM

**AMERICAN FOOTBALL**

ALABAMA @ AUBURN  
BT ESPN 8.30PM

## Sunday

**SNOOKER**

UK CHAMPIONSHIPS  
BBC1 1PM

**MOTOR SPORT**

ABU DHABI GRAND PRIX  
SKY SPORTS 1.30PM

**SOCCER**

NORWICH V ARSENAL  
SKY SPORTS 2PM

**GOLF**

ANDALUCIA OPEN  
SKY SPORTS 2.30PM

**SOCCER**

LEICESTER V EVERTON  
SKY SPORTS 4.30PM

**AMERICAN FOOTBALL**

NFL REDZONE  
SKY SPORTS MIX 6PM

**BASKETBALL**

LAKERS @ MAVERICKS  
SKY SPORTS 9PM



LeBron James will lead his Lakers against the Mavs on Sunday



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