

THE KILKENNY

FREE EVERY THURSDAY

REPORTER

Thursday, January 16, 2020

www.kilkennypeople.ie

056 7791000

KILKENNY'S BEST FREE NEWSPAPER INSIDE



MEUBLES

YOUR HOME OF INSPIRATION

UP TO 50% OFF

Winter Sale

NOW ON



INCLUDING THIS AMAZING OFFER

HALF PRICE

NEW

Includes 2 Drawers

IN STOCK
Other sizes available

GENEVA
Double/4'6" Platform Top 2 Drawer Mattress & Divan Set Grey Fabric

RRP €790

OUR PRICE €395

FREE Nationwide Delivery*

AND
 FREE Disposal & Recycling*

FREE Assembly*
*T&Cs apply

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

Shop online @ www.meubles.ie

OPEN 7 DAYS

Open Fridays Until 7pm

Parker Knoll

Orla Kiely

Alexander & James

tetrad

NATUZZI

KING KOIL

Relyon

dunlopillo

Denby

STELLAR

MINDY BROWNIES

NEWGRANGE

VIPACK

COLLINS & HAYES

FLAME

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

THIS WEEK'S SPECIAL OFFERS

PLACE YOUR DEPOSITS TO AVOID DISAPPOINTMENT

FIREPLACE PACKAGE

with 5 kw
insert stove
Balmoral Ivory Pearl
Fireplace. Granite
Hearth and insert.
Complete with an
Henley Apollo 5
insert stove
WAS €1699
NOW €1450



SAVE €25

STOVAX RIVA 50 INSERT
7kw Solid Fuel. Complete with 3 sided frame
Room Heater
WAS €1960 **NOW €1699**
SAVE €260

GAZCO ELECTRIC FIRES
Skope 75R Insert Fire. 13 Different mood
lighting settings. 2kw Fan Heater
WAS €1140 **NOW €970**
SAVE €170

STOVAX VOGUE MIDI T HIGHLINE

7kw Solid Fuel
Tall Wood
Storage Box
Room Heater
WAS €1850
NOW €1590



**SAVE €260
(ONE ONLY)**

NORDPIES ME WITH GLASS BASE

5kw Round Wood
burner
Glass Base included
Can be wall mounted
WAS €3000
NOW €1500



**SAVE €1500
(ONE ONLY)**

STOVAX STUDIO 2 WOOD BURNER PROFILE FRAME

9 kw Solid Fuel. Room Heater
WAS €2555 **NOW €2200**



SAVE €355

STOVAX STOCKTON 11 COOKER TOP

11-14kw
Room Heater
Cooking top
Solid Fuel
WAS €1850
NOW €1570



SAVE €280

HENLEY SKELLIG BLACK ENAMEL

9 kw Solid Fuel
Room Heater
WAS €999
NOW €899



SAVE €100

HENLEY ASCOT BLACK ENAMEL

9 kw Solid Fuel
Room Heater
WAS €975
NOW €875



SAVE €100

SALE NOT TO BE MISSED

VISIT OUR SHOWROOM TO SEE OUR COMPLETE RANGE OF STOVES 
TEL: 059 9137694 MOB: 087 2550091 WWW.STOVESCENTRE.IE

THE KILKENNY

FREE EVERY THURSDAY

REPORTER

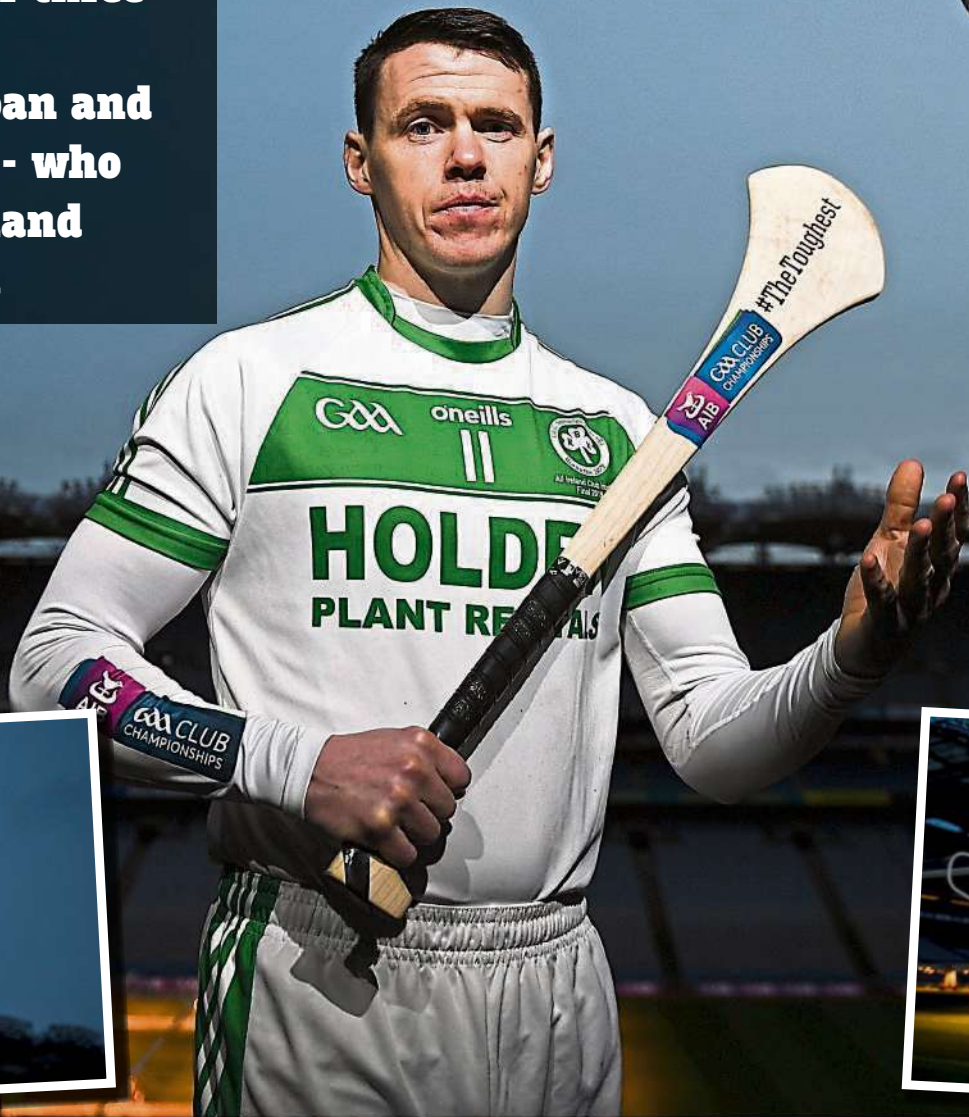
Thursday, January 16, 2020

www.kilkennypeople.ie

056 7791000

CROKER CALLING FOR KILKENNY CLUBS

Croke Park will be a home away from home for three Kilkenny clubs - Shamrocks, Tullaroan and Conahy Shamrocks - who are chasing All-Ireland glory this weekend



The All-New
Hyundai i10
has arrived.

Discover
The Hyundai 201 Offers.

5 YEAR UNLIMITED MILEAGE WARRANTY



MLM
MICHAEL LYNG
MOTORS

MICHAEL LYNG MOTORS

T.: (056) 777 0700
E.: info@lyngmotors.ie
www.lyngmotors.ie

 **HYUNDAI**
Discover Why

NEWS



From black and amber to navy

He's usually seen in the black and amber of Kilkenny, but Aidan Taggy Fogarty was 'In the Navy' for his second week on Dancing with the Stars!

Week two was all about the celebrity lady dancers, giving the men a bit of a break from competition, but the men did take part in a group dance to entertain TV viewers.

This was the first test for the ladies, including celebs Glenda Gilson, Grainne Gallanagh, Sinead O'Carroll, Yewande Biala, Mary Kennedy and Lottie Ryan.

The Sunday evening show concluded on a high with a group dance from the celebrity male dancers. Fr. Ray Kelly led the crew who danced to disco favourite Village People's 'In the Navy.'

Don't miss Aidan this coming Sunday evening as he takes to the dance floor in week three of the competition with his professional dancing partner Emily Barker. Excitement will be high as week three sees the first elimination of a couple!

Dancing with the Stars is broadcast on RTE 1.

You are warmly invited to come and listen to Thoughts shared from

THE BIBLE

In the

Hoban Hotel

(Formerly Aspect Hotel Kilkenny, ring road R95, XV2D)

Every Sunday 7-8pm

Also in

Kilkenny Education Centre

Callan rd, Wetland.R95 RH97

Every Friday 8pm - 9pm

TALKS ARE FREE AND ALL ARE WELCOME

Contact no: 087 7421964

FRANKIE WALSH AGRI SERVICES



WISHING THE VERY BEST OF LUCK TO THE TULLAROAN HURLERS THIS WEEKEND IN THE ALL IRELAND INTERMEDIATE CLUB FINAL

To get a quote call Frankie now on

087
6877523



BEST OF LUCK ALSO TO BALLYHALE SHAMROCKS AND CONAHY SHAMROCKS IN THEIR FINALS



Connolly's RED MILLS STORE



Thyestes Pop-up

The Red Mills Store is 'popping-up' this Thyestes Day at Gowran Park. Browse exclusive brands like Fairfax & Favor, Welligogs, Hicks & Brown & more, and avail of limited one day only offers!

*Thursday 23rd January
at Gowran Park*



RED MILLS • DUBLIN ROAD • KILKENNY

www.redmillsstore.ie

NEWS

Magic as Merlyn chosen for Dermot's dream home

SIAN MOLOUGHNEY
sian.moloughney@iconicnews.ie

Ireland's most famous architect, Dermot Bannon, showcased his own dream home makeover for a special "Room to Improve" - and when it came to choosing one important feature he came to a Kilkenny company!

Merlyn Showers are based at Purcellsinch, Kilkenny, where they employ about 60 staff.

What is better than one Merlyn Arysto Ten shower? Having them in all your bathrooms of course. This is precisely what Dermot Bannon decided to do when making over his dream family home for the 2-part special "Room to Improve" on RTE.

With a reputation for precision, award winning design and the best customer service in the industry, it was not surprising that Dermot decided to have some Merlyn magic when creating a dream home for his family.

Dermot's well-known attention to detail and love of design married perfectly with Merlyn's abilities to create the bespoke, luxury showering experience, no matter how tall the brief.



No stranger to Kilkenny - Room to Improve presenter Dermot Bannon and Deirdre Shine of Bank of Ireland, at a Bank of Ireland event in the Newpark Hotel

Sustainability is key market driver for 2020

In a bid to meet its customer needs, the Irish-owned pet retailer, Petmania, which has 12 stores nationwide, has introduced a full range of recycled, biodegradable and sustainable pet care products.



With more than half of Irish households owning a cat or a dog, reports have shown that sustainability is becoming a major factor for consumers when making purchasing decisions.

According to the Irish Retail Consumer Report 2019, 41% of Irish shoppers are willing to pay a premium for sustainable items, 49% look for products with environmentally friendly packaging and 52% avoid the use of plastic.

Results of a recent survey conducted by Petmania Ireland has shown that 70% of respondents believe the use of sustainably sourced, recycled or biodegradable pet care products is very important. As the first generation to feel the impact

of climate change and possibly the last generation that can do something about it, companies including Petmania are now beginning to adjust to the growing ethical and ecological consciousness of their customers.

The new Petmania range of recycled, biodegradable and sustainable choices including pet homes made out of sustainable materials or eco-plastic pet homes and carriers made from recycled plastics, free re-usable containers for pet food, an extensive range of local, holistic and natural pet food. The range also includes pet essential such as biodegradable and recycled plastic waste bags plus recycled and biodegradable cat litter.



Kilkenny: 056 7763023
Portlaoise: 057 8621335

32
Years in
Business

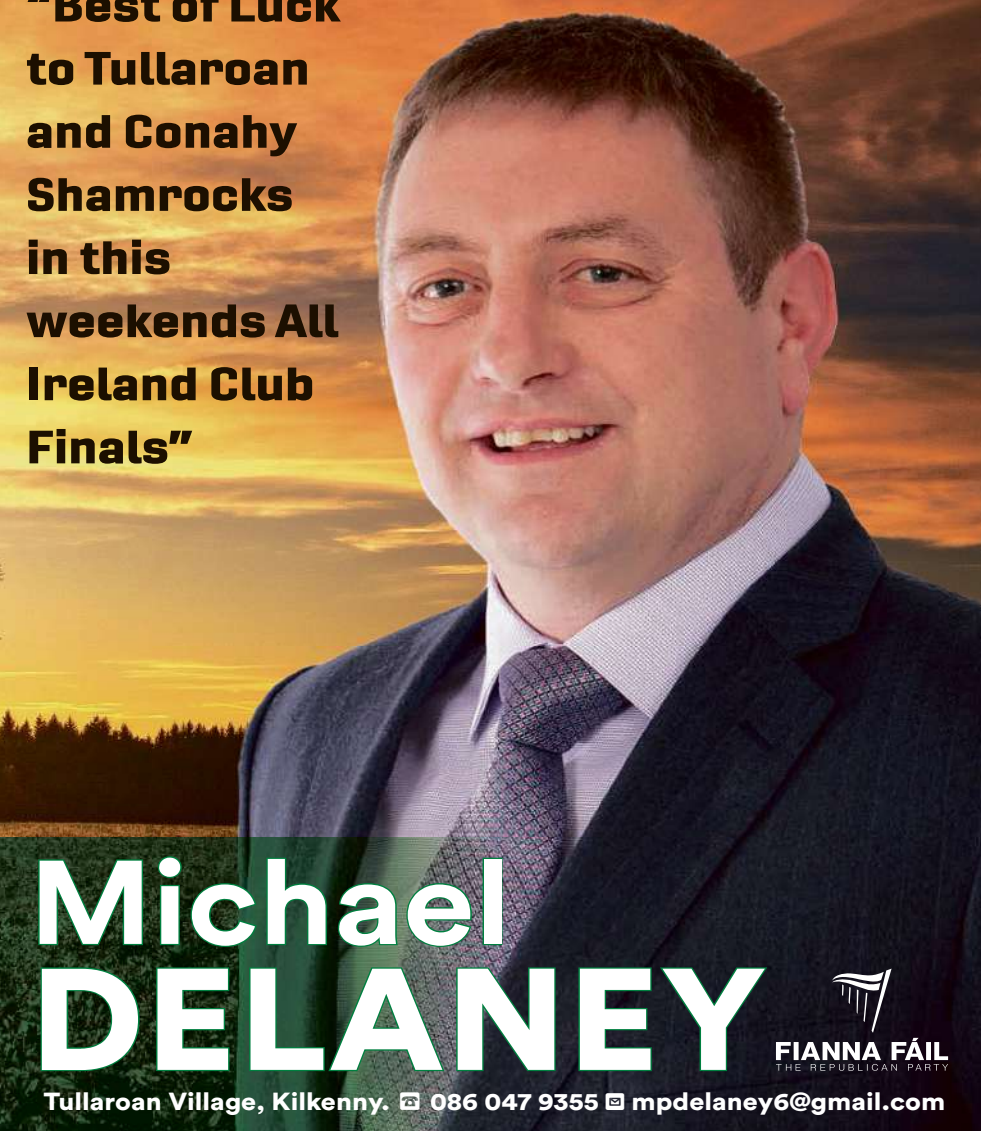


The very best of luck to **Tullaroan hurlers** in this weekend's All Ireland Intermediate club final from all at **Offtech Limited.**

Managed Print Services	Photocopiers & Printers	Office Furniture	Services and Support
<ul style="list-style-type: none"> Deliver Cost Savings Improve Staff Productivity Document Security Environmentally Friendly 	<ul style="list-style-type: none"> Office Photocopiers Multifunctional Devices Printers & Fax Systems Major Brands Available 	<ul style="list-style-type: none"> Computer Workstations Filing Cabinets Office Seating Bookcases 	<ul style="list-style-type: none"> Printers Photocopiers Network Support PC Hardware Faults

NEW DYNAMIC VOICE FOR NORTH KILKENNY

"Best of Luck to Tullaroan and Conahy Shamrocks in this weekend's All Ireland Club Finals"



Michael DELANEY

Tullaroan Village, Kilkenny. ☎ 086 047 9355 ✉ mpdelaney6@gmail.com



FIANNA FÁIL
THE REPUBLICAN PARTY



NUA HEALTHCARE IS HIRING | VARIOUS LOCATIONS

nua

FULL-TIME POSITIONS AVAILABLE

ASSISTANT SUPPORT WORKERS & SOCIAL CARE WORKERS CARLOW, TIPPERARY, WATERFORD & KILKENNY

BENEFITS INCLUDE:

- CONTINUOUS PROFESSIONAL DEVELOPMENT
- FANTASTIC DEVELOPMENT & CAREER OPPORTUNITIES
- COMPANY PENSION
- PAID MATERNITY/PATERNITY LEAVE
- EDUCATION ASSISTANCE
- EMPLOYEE ASSISTANCE PROGRAMME (EAP)
- EMPLOYEE REFERRAL SCHEME
- LIFE ASSURANCE / DEATH IN SERVICE BENEFIT & MORE



CONTACT RECRUITMENT FOR OUR OPEN DAYS

A member of the team is waiting to provide you more information and hopefully help you with an application. Please contact us on **045 856 592** or email us at recruitment@nuahealthcare.ie

www.nuahealthcare.ie



NEWS

ROUNDUP

Dyspraxia meeting

Kilkenny Dyspraxia DCD support group hosted a public meeting in the Orchard House yesterday on the subject of 'Moving your Mind and Dyspraxia'.

Speakers on the night included Gillian Coady, and Kevin Hennessy, CBT. A discussion took place on creating a dyspraxia-friendly environment for young people in Kilkenny.

Back for Business

The closing date has been extended for returned emigrants to apply for the Back for Business programme which will support them start or develop businesses.

The closing date has been extended to January 22 to allow people who might have heard about the programme while home for Christmas to apply.

Backforbusiness.com for more information.

Memorial Tractor Run

A Tractor Run, in memory of Jimmy Dowling, takes place on Sunday, January 19, leaving from Dunnamaggin.

Registration is from 11.30am.

There will also be an Auction and Raffle on the day. Proceeds to Home Care team, St Josephs Home and Dunnamaggin Hurling Club.



Funding for sheds

Funding of €11,780 been allocated to local Men's and Women's Sheds across Kilkenny.

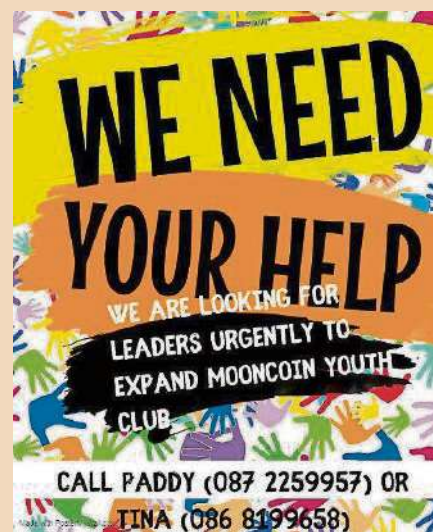
Funding has been allocated to sheds in Kilkenny City (€3,500), Thomastown (€2,900) and Mooncoin (€1,350), as well as Callan (€650), Graignamanagh which gets €2,500 towards an indoor bowls area, and Castlecomer, which is to receive €880.

Talent show

Carrigeen G.A.A. club are holding an upcoming talent show taking place in the Royal Oak beginning on Saturday, February 1.

There will be an overall prize of €1,000 for the winner's at the finals. Music will be supplied by Dick Quinn and the MC will be

Pat (Pilot) Conway. Michael Lonergan will be judging the competition. Admission for each heat will be €5. Get in touch via Facebook messenger or contact Rex Quinn club chairperson on 0864034348 or Wayne Kelly club secretary on 0838116812.



Mooncoin Youth Club

Mooncoin Youth Club needs your help!

The group is urgently looking for volunteers to expand the youth club.

If you are interested ring Paddy on 087 2259957 or Tina on 086 8199658.

Mooncoin Youth Club operates under the auspices of Ossory Youth and membership is open to post-primary children from first year to age 18.



- SIGNAGE
- ROAD SAFETY
- LEISURE PRODUCTS
- SERVICES & HIRE

Signs & Safety

Best wishes to

BALLYHALE SHAMROCKS

in this weeks

ALL IRELAND CLUB FINAL

we would also like to wish all the best to

TULLAROAN & CONAHY SHAMROCKS

in their finals

www.hsd.ie

Knocktopher, Co. Kilkenny. Phone: 056-7768702 Email: mail@hsd.ie

MLM

MICHAEL LYNG MOTORS

MICHAEL LYNG MOTORS

Hebron Road, Kilkenny
T.: 056 777 0700
E.: info@lyngmotors.ie



HYUNDAI

Your Local Dealer



Jamie Power: 086 191 0998 - Conor Lyng: 086 394 5399 - Michael Lyng: 086 250 0461
Neil Lyng: 086 851 1690 - Shane Walsh: 087 136 2463 - Ciaran Muldowney: 085 835 1131

Proud Sponsor of the Kilkenny Hurling Intermediate Championship

Michael Lyng Motors wishes the Tullaroan Team and the Team Captain Shane Walsh the Best of Luck in the All-Ireland Club Final. Michael Lyng Motors also wishes Ballyhale Shamrocks and Conahy Shamrocks every success in Croke Park this weekend.

www.lyngmotors.ie

MICHAEL LYNG MOTORS - We will not be beaten for Quality, Service and Price.

FREE NEXT DAY DELIVERY MATTRESSES, BASES AND HEADBOARD



€99	4'6	Quality Mattress	Spinal Pedic Mattress	3'	€149
€299	4'6	Evolution Mattress	Pocket Sprung 1000	4'6	€299
€399	5'	Spinal Care Mattress	Pocket Sprung Pillow Top Mattress	4'6	€399
€299	4'6	Symphony Deluxe Mattress	Orthopedic Firm Mattress	4'6	€249
€149	4'6	Cashel Quality Cosy Mattress	Stress Free Orthopaedic water proof zip on pillow top mattress	4'6	€399
€499	5'	Back Care Supreme	Evolution Mattress	6'	€399
€499	5'	Pocket Sprung 1200 Turn Free Mattress	Stress Free Luxurious Pocket Sprung Mattress	6'	€499



LOWRY'S 
Modern LIVING

FREE PARKING BEHIND THE STORE Parnell Street ▪ Kilkenny **style** for your home **056 7722221**
hello@lowrysmodernliving.ie
www.lowrysmodernliving.ie

Opening Hours: Monday to Saturday 9am-6pm Sunday/Bank Holidays 2pm-6pm
Location: Parnell Street, Kilkenny, Eircode R95 Y008

NOW OPEN SUNDAYS 2pm-6pm

NEWS

Marian retires from Amber Women's Refuge

MARY CODY
mary.cody@iconicnews.ie

After seventeen years of stellar service Marian Woodcock has retired from Amber Kilkenny Women's Refuge.

Marian provided great support to the service users at the refuge where she worked as a counsellor and was a valued member of staff.

Manager Lisa Morris paid tribute to her colleague for the positive impact that she has had on the centre.

"I want to acknowledge the work she has done over the years with women who are victims of domestic violence and the part she has played in their recovery. We all wish her the best of luck in her retirement and thank her for all she has given for Amber," she said.

Amber Women's Refuge provides emergency accommodation and other services such as counselling, play therapy, outreach, after care, court accompaniment for women affected by domestic violence. Amber also provides educational programmes with a focus on domestic violence.

There is also a helpline that operates 24 hours a day, seven days a week and can be reached on 1850-424244.



New memorial to remember our brave young men who served

SAM MATTHEWS
sam.matthews@kilkennypeople.ie

Kilkenny is to get a new memorial artwork to commemorate the many local youngsters who fought in foreign wars.

The piece will include a tribute to Callan native Thomas Woodgate, who was the youngest serving soldier to die in World War I. Until recently, records suggested Thomas was 18 when he went to serve in the army. It's now been confirmed he was 14 years, nine months and 23 days old when he died.

The correct age was discovered by Annmarie Gleeson and Berni Egan, who informed the family of his age and its significance. The evidence was confirmed by the parish priest in Callan, who was able to prove that he was baptised on the day that he was born.

The Kilkenny Great War Memorial Committee now plans to unveil a memorial to Thomas Woodgate and, in doing so, commemorate all the boy soldiers who left Ireland to fight in foreign wars. The idea of the memorial's design was suggested by the committee's chairman, Donal Croghan.



A CGI depiction of how the memorial might look

"We plan to unveil the memorial on October 10 next year as it is the anniversary of his death," says Mr Croghan.

"We hope to have the President of Ireland to join us for the unveiling ceremony."

Early designs show a double statue of a boy facing a map of Ireland, and behind him is a

statue of a boy soldier/airman with his back to Ireland as he leaves to fight in a war. The statues will be lifesized, and based on actual boys from Kilkenny.

It's hoped the location for the memorial will be the Market Yard entrance to Kilkenny courthouse. Molloy's of Callan will supply the map of Ireland and Ballyfoyle's



A choice piece of stonework will be required

CDS Architecture metalwork will manufacture the statues.

The memorial will cost an estimated €14,500, and local councillors have made provision of €5,000 in their annual budget. The Great War Memorial Committee have matched the contribution, but more needs to be raised. The public can help reach the target with

donations made using the PayPal account on kilkennygreatwarmemorial.com, by hand to 48 John Street, Kilkenny, Ireland; or by transfer to the bank account at Bank of Ireland, Parliament Street, Kilkenny, Ireland — IBAN: IE29BOF190606422546979 BIC:BOFIE2D.

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

WiFi
Available



TYRELAND

CUFFESGRANGE (On The Kilkenny/Callan Road)

TEL: 056-7729111 | 087-1486860

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

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



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

Mobile Number: 0871486860



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

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

All major cards accepted.



SOCIAL SCENE

KILKENNY & PROUD



with *Siobhan Donohoe*

Out and about with the Reporter's ambassador

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



New Year change? Take the plunge to A New You

We are all in a spring clean mode at the moment, be it our homes or our bodies. I am no different, and one of the tasks on my to do is colonic irrigation. I have been promising myself it for years, so this week I took the plunge, or did the plunge take me!

Kilkenny's Aesthetic & Endermologie Clinic A New You is run by cosmetic nurse Helen Fogarty. Now if I'm having this job done, it has to be by a professional and there's no one better than Helen. She has 30 years of experience as a nurse, and in 2003 she decided to open A New You in the Springhill Clinic on the Waterford Road, Kilkenny.

Like many other complementary therapies today, colonic irrigation has its roots in ancient customs. Originating from Egypt, Greece and India where it was used with the aim of ridding the body of disease.

I won't lie, I was a bit nervous, but that didn't last long. When you meet Helen, you meet a beautiful warm person who makes you feel instantly relaxed. She explained to me all about colonic hydrotherapy, which is a bowel-cleansing technique, where warm, purified water is passed into the bowel to

remove impacted faecal matter. This matter is lodged in the bowel after build up over time.

With 30 foot of a 42 year old bowel, Helen had her work cut out for my first colonic irrigation, and I was pleasantly surprised with the results. Immediately my bloating faded away and I could comfortably button my jeans. More importantly, I slept like a log that night and I bounced around with new found energy afterwards.

The health benefits are massive - it is also reputed to increase circulation, energy and vitality. To promote a clear complexion and relieve headaches, arthritis and allergies. Most importantly to help with constipation.

So what should we be doing for a healthier bowel? According to Helen there are a few simple daily habits - drink at least two litres of water every day and that's on top of our exercise water. Eat fruits with seeds, like strawberries and kiwis, as well two big desert spoons of flaxseed.

Other treatments that Helen provides in A New Year involve Clinic Facial Rejuvenation, Laser/IPL, Red Vein and Sunspots removal, Facial peels, Microdermabrasion, Micro needling, LED Mask, Cellulite Reduction, Dermal Fillers. Believe me, you will feel like A New You!



Helen Fogarty, professional cosmetic nurse at A New You in Springhill Clinic, Waterford Road, Kilkenny PICTURES: CHRISTOPHER DUNNE



Siobhan under a LED Mask

HERO OF THE WEEK



Brian Fitzpatrick

Brian Fitzpatrick of Fitzpatrick Vegetable Shop on John's Green deserves Hero of the Week.

As you know I love to champion local businesses, especially ones like Brian's, who stock a lot of local food producers.

Brian has the full range of Riversfield Organic Farm vegetables from Callan and deliciously prepared meals from Mise en Place.

My favourite is the pre-chopped bag of vegetables for stews and soups - let's face it, no one likes to chop up a turnip!

With Fitzpatrick's we can get plenty of fruit and veg into our diets, while supporting local.



LEFT: Hannah and Siobhan Donohoe enjoying the parent & child class at Synergy Pilates
ABOVE: Siobhan Donohoe and Aideen Stevens
BELOW: Hannah and Siobhan Donohoe enjoying the parent and child class at Synergy Pilates PICTURES: CHRISTOPHER DUNNE



Feeling like Peter Pan with aerial yoga!

Aideen Stevens, originally an archaeologist, took an unusual route to Pilates.

From Galway, Aideen moved to Kilkenny in 2005. She is a trained fitness instructor and opened up her own studio 'Synergy Pilates' in 2012.

The studio's aims are improving your technique and overall sport performance. Some people come to the

classes to help with chronic pain and muscle imbalance.

The studio is home to the first Reformer Pilates class in Kilkenny and now offers aerial or trapeze yoga.

My daughter and I attended Aideen's class on Saturday and we couldn't wait to try the trapeze yoga. It was such a natural high and we were both buzzing afterwards.

Aideen's classes are fun, with lots of tricks and positions like Peter Pan to Super Woman!

As well as parent and child classes, Aideen with three other teachers also provide a range of adult classes. Classes are available evenings, mornings and lunch times.

For more information visit <http://synergypilates.ie>



Siobhan and Stoneyford's OT crew: Lisa Harker, William Holohan, Tara Swaby, Fred Malzard, Pamela Sheridan and Neil O'Grady PICTURE: VICKY COMERFORD

Pamela - our Operation Transformation inspiration!

Operation Transformation Stoneyford kicked off with over 300 people taking part in the 5km walk around the village.

Pamela Sheridan, who made the final twenty for the TV series, is one of the organisers of the OT Stoneyford and is already leading the road to transformation. Pamela has dropped from 17.2 to 16.10 in just the first week. Go girl, you are an

inspiration to all taking part.

If you want to take part, join the OT Stoneyford crew every Wednesday at 7pm, at Stoneyford Community Centre, where they have plenty of activities and weekly weigh ins.

This Monday they will host a nutrition talk with Jackie Varley at 8pm. For more events follow them on Facebook @otstoneyford



Siobhan enjoying a laugh with some of the cast of the Watergate Panto

More out and about in Kilkenny

Panto season has come to a close - oh yes it has!

The Watergate Panto was better than anything I've seen on Dublin stages.

With 12 sell out shows, a cast and crew of 80, it was no wonder it was the hottest ticket in Kilkenny for all the small and big boys and girls. Hats off to them for a magnificent production of Beauty & the Beast.

On Saturday we had a Women in Business

belated Little Christmas get together in Harper's Restaurant.

GIRLS' NIGHT OUT
 Thirty-five Kilkenny entrepreneurs and business women enjoyed a Girls' Night Off to a four course meal with pre-dinner cocktails in Harpers. We decided to wait until the kids were back in school to celebrate Little Christmas - the sensible lot that we are!



Louise Hally, Orchard Day Spa; Siobhan Donohoe and Joann Hannick, Kilkenny Hibernian Hotel

NEWS

Finest trad musicians on way to city

SEAN KEANE

sean.keane@iconicnews.ie

Now a fixture on the Music Calendar of Kilkenny, the annual Kilkenny Uilleann Pipers Club concert will take place in The Clubhouse Hotel, Kilkenny, on Saturday January 25.

A star-studded cast made up of some of the country's finest exponents of traditional music as well as some of Kilkenny's finest will participate.

Harry Bradley has toured Europe and America both as a solo performer and teacher, and as a member of groups such as Dervish and Cran.

His debut solo CD, Bad Turns and Horse-shoe Bends, was released to broad critical acclaim and was chosen as the number one traditional album of 2000 by Earle Hitchner of New York's Irish Echo.

Bradley is also a dedicated uilleann piper and has served as a member of the board of directors of Na Piobairí Uilleann.

He was elected TG4 Musician of the Year in 2014.

Nell Ni Chroínín is originally from Béal Átha an Ghaorthaidh. In 2014, Nell won Corn Uí Riada and was both the youngest person ever to win it and the first person from Seán Ó Riada's home place of Múscraí to win it.

Nell was also awarded the Prestigious TG4 Gradam Ceoil award for singing in 2012. Nell Ni Chroínín joined the band Danú in 2016.

RATTLE THE BOARDS

Rattle The Boards consists of leading box player from Ireland's foremost traditional band, Danú, Benny McCarthy.

Benny has been a driving force behind this bands award winning CD's for over two decades now and has toured all over the world.

One of the liveliest traditional acts in Ireland's music scene, Rattle The Boards, is another of Benny's ventures.

They consist of Benny McCarthy (Button Accordion), Pat Ryan (Fiddle and Banjo), and John Nugent (Guitar).



Harry Bradley will perform at the annual Kilkenny Uilleann Pipers Club concert in The Clubhouse Hotel, Kilkenny, on Saturday, January 25

Their two albums from 1998 and 2008 are highly regarded in traditional music circles and this trio have toured Ireland America and Australia with their music.

Their Late Late Show performance featured local artist Des Dillon who may also be making an appearance on the night.

With Kilkenny having musicians to rival any in the country, this night

would not be the same if it were not for the input of our local musicians. An exciting young Kilkenny traditional band Gaeltacht Cill Cheannaig will start proceedings.

Martin Coughlan (accordion), Tommy Lanigan (bodhran and vocals), Mick Foley (Pipes) and honorary Kilkenny man for the night, Brian Mooney Bazouki and banjo. That's the round up the

line-up for what should be a really special night's music, in The Clubhouse Hotel Kilkenny, on Saturday January 25 at 9pm. Tickets €15, available at The Clubhouse Hotel.

All proceeds go to Kilkenny Uilleann Pipers Club which does such great work in keeping the art form alive and engendering a love of it among young people.

RATHEALY PET LODGE

BOARDING KENNEL AND CATTERY TULLAROAN, CO. KILKENNY



Rathealy Pet Lodge is a **purpose built facility** catering for the needs of all pet owners. We concentrate on taking the greatest possible care of the dogs and cats in our care to ensure their stay with us is a stress free experience.

BEST WISHES TO THE TULLAROAN HURLERS IN THIS WEEKENDS ALL IRELAND JUNIOR CLUB FINAL

We providing a professional, caring, personal, reliable and safe service to dog and cat owners in Kilkenny, Carlow, Laois, Tipperary, Waterford and Wexford. Set in 14 acres of Kilkenny countryside with abundant fenced grassed paddocks and offering full day care along with boarding facilities.

Boarding Kennels



Our five star facilities include Heated and Extra Large Kennels, Fantastic Large Grasses Paddocks and Walk Ways laid out in 14 acres of the Kilkenny countryside.

Cattery



The Cattery at Rathealy Pet Lodge is the natural choice for animal lovers looking for a quality cat boarding facility. It is a new, luxury indoor heated cattery with each cat getting a large individual pen.

It is situated 300m away from our boarding kennels so whether you're going away on holiday or for business your experience here at our cattery will be as stress free as possible for both you and your cat.

Official members of the Irish Boarding Kennels & Cattery Association

Feel free to come and visit us at any time, we'd be delighted to give you a guided tour of our great facilities

Contact Us

RATHEALY PET LODGE
Rathealy, Tullaroan, Co. Kilkenny

Tel: Mobile: 086 2526029 | 087 6188940 | **Office:** 056 7769901

Email: info@rathealypetlodge.com





Make 2020 a year to remember
WITH MEMBERSHIP AT GOWRAN PARK

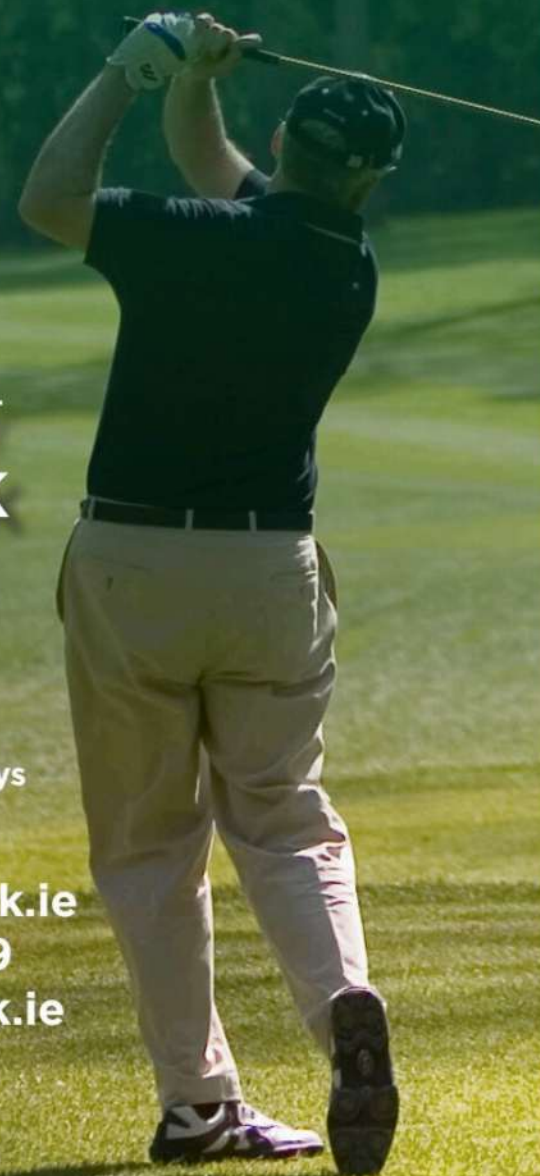
FULL ADULT MEMBERSHIP

€600 +GUI Levy €24

UNDER 30'S & OVER 70'S
membership rates available

No Joining Fees
Admission to 15 race days

Golf@gowranpark.ie
Tel: 056-7726699
www.GowranPark.ie



NEWS

1920s charity ball to fundraise for Friends of St Luke's

Fans of period drama series such as television's 'Downton Abbey' or those with an interest in the fashion of the era have a special event to look forward to next month.

Kilkenny's Newpark Hotel will host a charity ball to help raise funds for The Friends of St Luke's General Hospital Carlow/Kilkenny on Saturday, February 15.

The charity, which was set up in 1991, aims to support the work of all the staff at St Luke's General Hospital to ensure that the patient gets the best available treatment and service to aid their recovery. The charity has purchased various lifesaving equipment over the years and are currently fundraising for a transfer ventilator to facilitate the safer transfer of small and young infants and children to the intensive care units in Crumlin and Temple Street Hospital.

This elegant 1920s-themed event will commence with a drink's reception and canapes from 7pm. The attendees will be called into Newpark Hotel's stunning ballroom at 7.45pm where they will be treated to a sumptuous four course meal.

The lords and ladies can then dance the night away to The Honey Dews Swing Band. The attire for the evening is optional upstairs

1920s or formal wear.

"We are delighted to be hosting this glamorous event and look forward to providing a donation to the Friends of St Luke's General Hospital Carlow/Kilkenny," says Paul Beehan, General Manager of Newpark Hotel.

THRILLED

Meanwhile, Barbara Scholfield, Secretary of The Friends of St Luke's General Hospital, says the fundraiser will help the important local cause.

"We are thrilled to have been selected as the chosen charity for this event," she said.

"The donation that we receive from the night will bring us a step closer to having the funds needed to purchase a Transfer Ventilator which will facilitate the safer transfer of young infants to intensive care units in both Crumlin and Temple Street Hospital."

Tickets are €50 and are available via Eventbrite or at the Hotel's reception.

For overnight packages or more information, please contact the reservation department on 056-7760502 or email reservations@newparkhotel.com.



Sweet, sweet music

Harpist Mary Kelly from Freshford provided background music in Butler House during the venue's recent Wedding Fair PICTURE: HARRY REID

BOOKS

COINS

COLLECTABLES

CLUB HOUSE HOTEL KILKENNY

Saturday 18th JAN

10.30 am - 5.30 pm

Admission: €2

NEWPARK HOTEL
presents

the Downton Ball
in aid of St.Lukes
General Hospital

Saturday
February 15th
2020

- ❖ 1920's Theme
- ❖ Drinks Reception from 7pm
- ❖ Canapes
- ❖ 4 Course Meal
- ❖ Live Music from
The Honey Dews Swing Band

€50 per ticket

Tickets available via Eventbrite
or at the Hotel Reception.

For Overnight Packages please
contact the Reservation Department:

T: +353 56 776 0502

E: reservations@newparkhotel.com

Newpark Hotel
KILKENNY

With escape Health Club & Spa

A FLYNN HOTEL





Dicksboro celebrate camogie win

Over 360 people attended the Dicksboro GAA and Camogie Club dinner dance in Langton's Ballroom on Friday night.

The senior camogie players who created history in 2019 by winning a first ever senior camogie title for the club received their medals.

The successful minor hurlers were also recognised at the event attended by Mr Jimmy Walsh, chairman of the Kilkenny GAA County board.

The MC for the night was current player and mentor, Davy Ryan who was fantastic and helped make the event

such a great success.

Kilkenny senior hurler Thomas Kenny received the Patsy Lacey memorial trophy for being named Dicksboro Hurler of the Year for 2019.

Tom received the trophy from the late Patsy Lacey's son Niall on Friday.

'BORO BLISS AT THE CLUB DINNER DANCE: Donal Carroll (senior camogie manager), Ted Carroll (camogie club secretary), Brian Phelan, Noreen Phelan (Dicksboro camogie chairperson), Jerry Coffee, (Noreen's father from Cahersiveen, Co Kerry) Hilda Breslin (Leinster camogie chairperson) at the Dicksboro Dinner Dance held in Langtons PICTURE: HARRY REID

South Kilkenny plan a historical 2020!

Following a very successful 2019, the South Kilkenny Historical Society has announced its programme of lectures for January to April 2020.

THURSDAY, JANUARY 30

Hitler's Irish Voices

David O'Donoghue's lecture will deal with the history of German Radio's wartime Irish service from 1939-1945.

As well as describing in details the radio station's on air operations from Nazi Germany, it provides in-depth profiles of those involved and the service and what became of them.

It reveals details long forgotten in both Ireland and Germany, for example, the involvement a permanent member of the Irish civil Service who ran the service whilst on leave of absence from the National Museum of Dublin.

THURSDAY, FEBRUARY 27

Birth of the Border: The Impact of Partition in Ireland

This lecture is based on the recently published book, of the same title, and deals with the actual effects of partition, the day-to-day implications, and the complex way that society, north and

south, was truly and meaningfully affected. The book is the most comprehensive account to date on the far-reaching and enduring consequences of the partitioning of Ireland.

The speaker is Cormac Moore, a Dublin-based historian. He has published widely on Irish history including The GAA v Douglas Hyde: The Removal of Ireland's First President as GAA Patron (2012) and The Irish Soccer Split (2015).

THURSDAY, MARCH 12

St Patrick Retold

Roy Flechner is a university lecturer in early medieval history and Co-ordinating Editor of the journal Early Medieval Europe. Previous to this he was a journalist in Jerusalem. He holds a BA from the Hebrew University and a Masters degree and Doctorate from the University of Oxford.

Before arriving at UCD he was a Postdoctoral Research Fellow at Lincoln College Oxford, a Junior Research Fellow at Trinity College Cambridge, and an Affiliated Lecturer

at the History Faculty in Cambridge.

THURSDAY, APRIL 30

One of the most brilliant young Irishmen of our day: Joseph MacDonagh, TD (1883-1922)

While recalled by his allies as an outstanding worker in the Irish revolutionary movement, not to mention someone of a warm, humorous personality, Joseph MacDonagh has somehow remained a forgotten figure of the period.

Radicalised by the death of his brother Thomas following the Easter Rising, MacDonagh occupied a number of different roles in this period until his death in 1922: Sinn Féin activist, political prisoner, hunger striker, TD, councilor, Minister for Labour and propagandist. A rare tribute over a decade after his death in the Irish Press, led to Joseph MacDonagh being eulogised as 'one of the most brilliant young Irishmen of our day'.

This talk will illuminate many fascinating details of his life and his involvement in the pivotal events of early 20th Century Ireland.



DO YOU HAVE WHAT IT TAKES?

We are now recruiting for the Army and Naval Service
For further information and to apply
log on to www.military.ie



www.military.ie

STRENGTHEN THE NATION

NEWS



ABOVE: Ruth Murphy, BT presents the Biological and Ecological Intermediate Group First place Award to Emily Duggan and Eva Duggan, Loreto Secondary School
LEFT: CBS Kilkenny students Zac McHardy, Eamonn O'Reilly and David Drennan
BELOW: Alex Hickey and James Kelsey from Scoil Naisiunta Moin Ruadh PICTURES: FENNEL PHOTOGRAPHY



Top boffins wow judges at Young Scientists Exhibition

MARY CODY

mary.cody@iconicnews.ie

It was smiles all round last week when the students at the Loreto Secondary School won the Biological and Ecological Intermediate Group 1st place Award at the BT Young Scientist Exhibition.

Emily Duggan and Eva Duggan impressed the judges with their project which examined the effect Terroir has on Irish whiskey.

Students at the Kilkenny CBS also took away an award at the prestigious competition. A total number of 20 projects represented Kilkenny at the exhibition this year.

Kilkenny CBS' project entitled the Investigation into the Effect of iPads on Academic Success was highly commended while the Loreto Secondary School received a similar accolade for their project which explored older people's use of social media and smartphone applications.

Maebh Richardson, Lucy Harte and Ciara Cashin were also highly commended with their entry which looked at the impact of a behavioural change intervention on driver behaviour.

Cormac Harris and Alan

O'Sullivan, both aged 16 and fourth year students from Coláiste Choilm, Cork, have taken home the top prize for a project entitled "A statistical investigation into the prevalence of gender stereotyping in five to seven year olds and the development of an initiative to combat gender bias".

The coveted prize was presented to the winners by Minister for Education and Skills, Joe McHugh TD, and Managing Director of BT Ireland, Shay Walsh. Cormac and Alan presented their project in the Intermediate section in the Social and Behavioural Sciences category.

Minister for Education and Skills, Joe McHugh TD congratulated all the winners.

"The atmosphere of excitement, creativity and fun at the RDS has been incredible. I am particularly pleased to see so many young people tackling some of the most important issues facing us, from climate change to health, to technology, ethics and societal change. The students are a credit to their families, schools and teachers and they should rightly be proud of being here. They are a huge inspiration."

Other Kilkenny entries included an entry from Loreto Secondary School investigating if colours



Niamh Hayes and Aoibheann Heffernan, students from Loreto Secondary School, Kilkenny with their project 'Exploring Fractals' pictured at the 56th BT Young Scientist and Technology Exhibition

influence the choices teenagers make and a project from students at the Castlecomer Community School which investigated whether the myth that twins generally skip a generation is true, and how prevalent it is in our community today.

Another project from Loreto Secondary School included investigating and experimenting with fractals through mathematics and getting a greater understanding of fractals.

Students from St Kieran's College entered a project called

Hurling's Winning Formula, which was a statistical and comparative study to predict the outcome of senior inter county championship and senior schools matches while other St Kieran's students researched the common injuries adolescents suffer while playing GAA compared to different sports.

MOBILE APP

There were also a number of entries from the CBS Secondary School in Kilkenny City which explored a range of areas. Entries included a mobile app that serves the purpose of making shopping in retailers quicker and easier for the consumer and a project which posed the question is greyhound racing ethical.

Students from Coláiste Pobail Osraí investigated the opinions and experiences of teenagers with social media applications and its impact on their self-esteem.

Climate change was very topical at this year's exhibition and students at the Loreto Secondary School entered a project called Tackling Climate Change through Plastic.

The group created a biodegradable and eco friendly plastic made out of natural ingredients and combined it with formaldehyde to make a durable.



—★—
4 Course
Lunch Menu
Adults €25
Kids €11
—★—

CELEBRATE YOUR CHILD'S
**CONFIRMATION OR
COMMUNION**



4 course choice menu

Confirmation or Communion child dines complimentary

Gift for the child on their special day

Free, supervised Kids Club

Call 056 775 0208 www.kilkennyormonde.com

LIFESTYLE



Going to seed in the kitchen

Seeds are great sources of healthy fats, vegetarian protein, fiber and antioxidant polyphenols, and so make a good addition to your cooking and baking.

Certain seeds may help lower cholesterol and the risk of cancer.

Seeds are extremely easy to add to salads, yogurt, porridge and smoothies, and can be an easy way to add nutrients to your diet.

Try flax seeds, chia seeds, pumpkin seeds, hemp seeds, sunflower seeds or sesame seeds.

ABOVE: Apples and bananas are a great ingredient for breakfast muffins

RIGHT: Mixed seeds are not only pretty but add extra flavour and fibre to muffins



The most important meal of the day... in a paper case

SIAN MOLOUGHNEY

sian.moloughney@iconicnews.ie

It's not too late to talk about new year's resolutions.

There are lots of food based resolutions that could be made, for example last week I wrote about the trendy superfoods for 2020 and I'd like to try them.

But this week I have another resolution. Not 'eat healthier' but just 'eat.' Breakfast that is. It is so hard to find something healthy to grab when you're in a hurry in the morning. So I've decided breakfast muffins are the way to go.

Muffins are probably not as healthy as, say, a bowl of fruit, but choose the right recipe and they are much better than a bar of chocolate with a cup of coffee two hours later! They are also very handy for eating on the commute to work.

Also, they are tasty. A breakfast muffin used to have a reputation for being disgustingly healthy and something that looked, and tasted, like cardboard. They're not.

EQUIPMENT

A few things to keep in mind when making muffins. First, equipment. A muffin tin looks very similar to a bun tin (cupcake tin) but the shapes are deeper. When using a muffin tin also make sure you have muffin cases. Again they are bigger than the paper tin liners used for cupcakes.

Muffin batter is usually wetter than bun batter too, so if you're not used to making them don't panic.



Raspberry, banana and pecan muffins are a tasty way to start the day

Muffins usually keep in an air-tight box for a few days.

RASPBERRY, BANANA AND PECAN MUFFINS

INGREDIENTS

1½ tsp baking powder
1½ tsp baking soda
2 medium ripe bananas
2 large eggs
200g frozen raspberries
2 tsp cinnamon
50ml olive oil
50g pecans

150ml low fat yoghurt
50g porridge oats
200g wholemeal flour
1tsp vanilla extract

METHOD

Heat the oven to 180°C/160°C fan. Line a 12-hole muffin tin with cases.

Mash the bananas. Add the yogurt, oil, eggs and vanilla extract and mix.

Put the flour in a large bowl and add the oats, cinnamon, baking powder and baking soda.

Keep 12 of the pecan to top the muffins then finely chop the rest, and add them to the bowl. Mix everything together.

Pour the wet ingredients into the dry and mix together.

Stir in two-thirds of the raspberries, keeping some for the top of the muffins.

Spoon the batter evenly between the muffin cases. Put the extra raspberries and pecans on top, press down gently.

Bake in the oven for 25 to 30 minutes, until risen and cooked

through. Remove from the oven, transfer to a wire rack and leave to cool.

BLUEBERRY AND MIXED SEED MUFFINS

INGREDIENTS

2 large eggs
150ml natural low-fat yogurt
50ml rapeseed oil
100g stewed/pureed apple
1 ripe banana, mashed
4tbsp clear honey
1tsp vanilla extract
200g wholemeal flour (can be substituted with self-raising flour)
50g rolled oats
1½ tsp baking powder
1tsp bicarbonate of soda
1½ tsp cinnamon
100g blueberries
2tbsp mixed seed (like pumpkin, sunflower or flaxseed)

METHOD

Heat the oven to 180°C/160°C fan. Line a 12-hole muffin tin with cases. Mix the eggs, yogurt, oil, apple sauce, banana, honey and vanilla.

Put the remaining ingredients, except the seeds, into a large bowl, add a pinch of salt and mix together.

Pour the wet ingredients into the dry and mix briefly until you have a smooth batter.

Divide the batter between the cases. Sprinkle the muffins with the extra oats and the seeds.

Bake for 25-30 mins until golden and well risen.

Remove from the oven, transfer to a wire rack and leave to cool.

Final call for Young Filmmaker of the Year Awards

The last call is out for entrants for Ireland's Young Filmmaker of the Year 2020, Ireland's festival celebrating young filmmakers from Ireland.

The closing date is January 24, 2020. Fresh Film is an advocate for young filmmakers year-round and encourages young people to make films by hosting the annual Fresh International Film Festival which incorporates Ireland's Young Filmmaker of the Year Awards. Fresh International Film Festival 2020 takes place in Limerick from March 23 to 28, 2020 and is open to young people from 7-18 years of age. This will be the 24th year of the festival, which encourages young people from Ireland and overseas, aged 7 to 18 years, to create, exhibit and share films.

The Fresh International Film Festival provides an opportunity for young filmmakers to see their work on the big screen and to

compete for the title of Ireland's Young Filmmaker of the Year and to win €1,000 towards their next film.

All submissions are also considered for a range of Specialist Awards including the Radharc Trust Award for documentaries, the Animation Award, the RTÉ 60 Second Award, the Film in the Irish Language award and the RTÉ Factual Award, in addition to the International and Audience awards.

The Festival has Junior (7 to 12 years), Senior (12 to 18 years) and International categories for individual and group projects. Young filmmakers can enter as independents, as part of their school or in a group.

Films must be original and can be up to 15 minutes duration for Seniors or 10 minutes duration for Juniors. Senior films will be screened at one of the Regional Heats, which take place in Dublin,



Cork, Galway, and Limerick during early March.

The Senior and Junior finalists' films will be screened during Fresh International Film Festival 2020 from March 23 to 28 in Limerick. The awards will be announced at the final screenings on March 25 and 26. Fresh Film runs a number of initiatives under strand headings.

The Fresh Production strand features the 'Fresh Blood' horror film workshop, the 'Hothouse' programme and the 'Fresh Film Squad' designed to bring young people together to share their film experiences and create new work.

Under its Fresh Education strand, it devises film programmes for the classroom such as the 'You Judge It' school juries and the 'young programmer' project. As

part of its Fresh International strand, it distributes Irish films made by young people to festivals all over the world and seeks opportunities for young people to participate in international exchanges.

Speaking about the final call for entries, Festival Director and Founder Jayne Foley said: "From filmmaker exchanges to film shares, awards to workshops, Fresh continues to seek new and innovative ways of engaging with international young filmmakers and audiences."

"We are an international film festival and we distribute Irish films to festivals all over the world. Fresh's relationship with filmmakers and festivals from all over the world began in 1993 with a screening of 'Kids in America' a collection made by young people

from the USA.

"We are looking forward to great things from our 2020 crop of films. Understanding the basic building blocks of storytelling, camera and editing will stand you in good stead in the media-driven future."

"We are seeking filmmakers, the makers of dreams, the ones who challenge us with their alternative vision and the ones who show a mastery of the art. We give you this gentle nudge again. Write your story. Grab your camera. Get your friends or your classmates or do it on your own. We await the new crop. We look forward to the harvest."

The closing date for entries is Friday, January 24. The full festival programme will be available shortly. Further details and application forms can be found at www.freshfilmfestival.com.



COMMUNION & CONFIRMATION CELEBRATIONS

Join us for this special family occasion.

- » Communion/Confirmation child dines free
- » 5 Swim Passes for our Leisure Centre (T&C Apply)

- » Children's Playground

Four Course Lunch
€24.95 PER ADULT
€12.50 PER CHILD



SPRINGHILL COURT
HOTEL

Springhill Court Hotel, Waterford Road, Kilkenny
 T: 056 7721122 E: events@springhillcourt.com
SPRINGHILLCOURT.COM



NEW DENTAL PRACTICE

OPENING DECEMBER

Bookings **056 7702566**
or TEXT 085 7295473

GentleDentalcare

Proprietor

LINDA FEEHAN MEAGHER



Special Offers for January

Scale & Polish with Examination €70

Orthodontics Scale & Polish €40

Teeth Whitening €199

10% Discount for Students

Book Now for 2020

PRSI Examination, Scale and polish €15

Late Opening Thursdays

Open Saturdays and Sundays

WE CARE FOR YOU...

GentleDentalcare | Smithlands | Loughboy | Kilkenny

EDUCATION



STUDYRIGHT

STEPHEN MORGAN

IN ASSOCIATION WITH 

Geography can be a daunting exam for students

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

This week I will be giving notes & tips on rock formation in Ireland. The topic of rock formation & the rock cycle have proved popular choices on the Leaving Cert paper over recent years. The table below (Fig 1) shows how frequently the topic has appeared as 20 marks part a's & 30 mark questions.

In more recent years rock formation questions have tended to ask about rock formation in two different rock groups. For example in 2019 the question asked students to explain the formation of one sedimentary rock and 1 metamorphic rock. This in essence is forcing students to be knowledgeable on all the rock groups instead of picking and choosing rock groups to focus on. The same happened in 2016 where question 1B asked students to describe an igneous rock & a metamorphic rock formation. The key thing here is to not be put off by the phrasing of the question, while it requires knowledge of two rock groups; it does mean that students will more than likely have to write less on these two rock groups as the marking scheme will have to reflect what the question is asking.

In this week's column I will be looking at the 30 mark question from 2019 papers question 2B;

Explain the formation of each of the following, with reference to examples that you have studied:

- One sedimentary rock
- One metamorphic rock

Students will have between 12-15 minutes maximum to write at least 15 SRP's.

The marking scheme for this question is as follows:

One sedimentary rock example named will get 2 marks - for example limestone or sandstone.

One metamorphic rock example named will get 2 marks - for example quartz or marble.

Explanation of formation of sedimentary rock will get 6/7 SRP's - Students will need 6 or 7 SRP's on how their chosen sedimentary rock has been made, what it is made from & where it can be found.

Rocks & Rock cycle	2019	2018	2017	2016	2015	2014	2013	2012	2011	2010	2009
Igneous rock				Q1B		Q1B			Q3B		
Sedimentary rock	Q2B				Q2B			Q1B			Q2B
Metamorphic rock	Q2B			Q1B			Q1B	Q1B		Q1C	
Rock cycle & interaction		Q3B	Q3A		Q3C		Q2C	Q3A	Q2C	Q2C	Q2C Q3A
Rock type & linked landscape				Q3B		Q2C					

FIG 1

Explanation of formation of metamorphic rock will get 6/7 SRP's - Students will need 6 or 7 SRP's on how their chosen metamorphic rock has been made, what it is made from & where it can be found.

- Credit 1 x SRP per rock type for named location from formation. Location must be linked to named rock - In other words students will get marks for a named location for their chosen rock e.g. Limestone is found in the midlands or south east of Ireland such as Kilkenny. It was created when Ireland was under warm tropical oceans.

- Max 1 x SRP for each rock type if merely a description with no reference to formation. Students will not get marks if they just describe what the rock looks or feels like. The focus of the question is on how it's made.

- A relevant labelled diagram will get 1 x SRP. If it has no labels it will

get 0 marks. - Log onto REVISE.ie to see some possible diagrams that may be suitable for this question. Extra information on the diagram can gain up to 2 further SRP's, but it must be correct and relevant to the question.

- Question not tied to Ireland - examples and locations from all over the world can be used.

- If only one rock is written about then students will only get a maximum of 7 SRP's - students need to be aware that they must write about both rock types equally. If they only write about one then 7 SRP's is the maximum score they can get.

- Where students explain the formation of more than one sedimentary or metamorphic rock, mark all and award the highest mark - in other words if a student writes about limestone & sandstone, both of which are

sedimentary rocks, then they will be awarded the highest mark for the rock (limestone or sandstone) that scores the highest mark.

ROCK GROUPS

Sedimentary Rocks - These are formed from particles of rocks, dead plants, and bones or shells of sea creatures that were deposited on the bed of seas and lakes and built up over time to be compressed into layers of solid rock.

Metamorphic Rocks - They are formed from rocks that already exist. They are igneous or sedimentary rocks that have been changed into harder rocks by great heat or pressure.

SANDSTONE

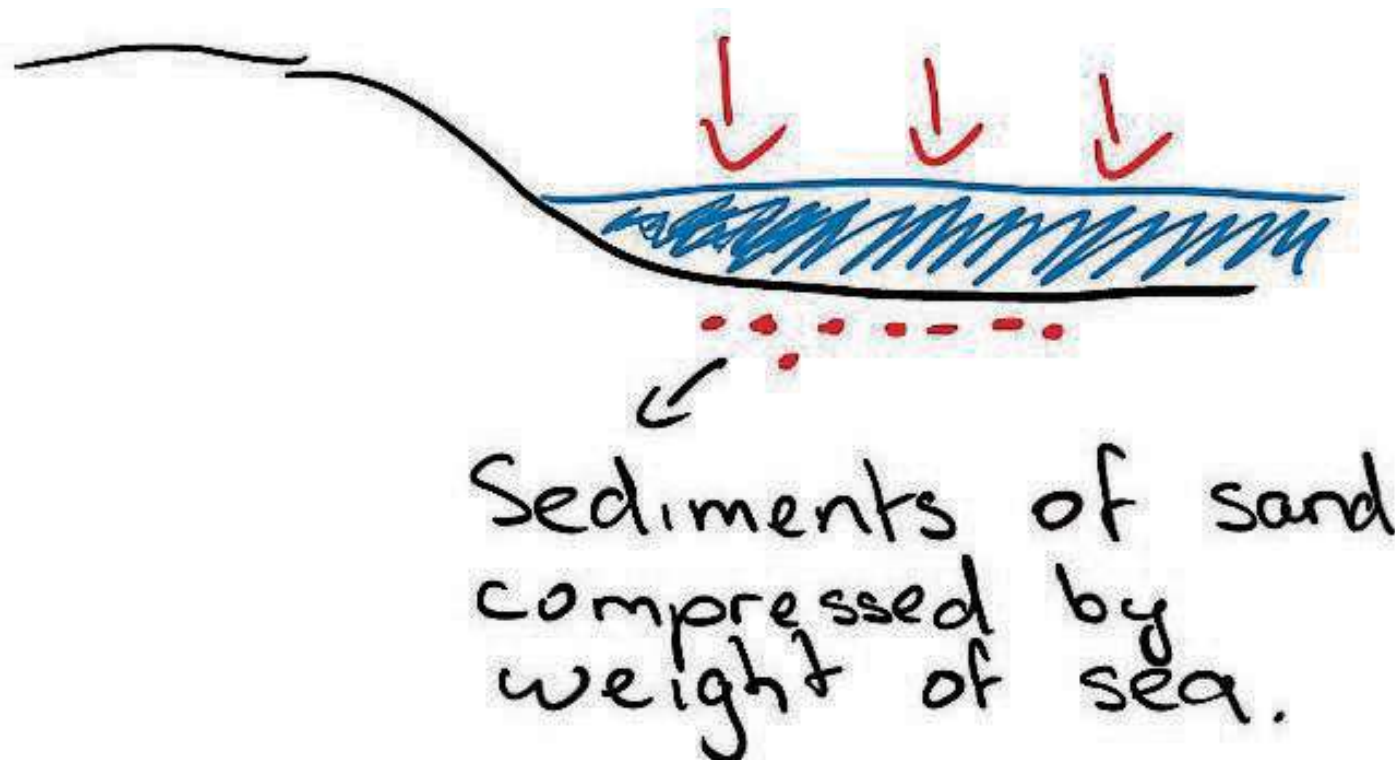
This is the 2nd most common rock in Ireland & is found commonly in Cork, Kerry and Waterford. The most common

minerals found in sandstone are feldspar and quartz. Sandstone takes on the colour of the materials it contains. This is usually brown, yellow, & red due to the sandy material that makes up the rock. It is rough to the touch & made from tiny grains of quartz.

FORMATION, MAKEUP & CHARACTERISTICS

Sandstone is a mechanically formed rock. This means it is made from the weathered & compacted remains of broken down rocks or sand. It is laid down in layers called strata. Much of this rock was created 300 to 400 million years ago when newly formed mountains were weathered. Sand is carried by the wind and rivers & deposited in the sea where the layers build up over time. The layers became compressed, heated & cemented together by bonding agents like silica.

To see more detailed notes on the rock groups like metamorphic rocks or on any of the other areas listed in the table sign up at our website at www.REVISE.ie. Here you will find video lessons, diagrams flashcards & sample answers to the most common topics on the leaving cert.





KILKENNY COUNTY LIBRARY SERVICE



LIBRARY NEWS THROUGHOUT THE COUNTY

www.kilkennylibrary.ie

Kick Start Your Year

With the new year just underway, and everyone reassessing priorities and trying to get more balance in life, why not choose to make the library your New Year's Resolution?



Membership is Free for everyone, so the whole family can join up and enjoy borrowing 12 books /CDs/ DVDs each for up to 3 weeks.

If you keep intending to visit, but are not getting around to it,

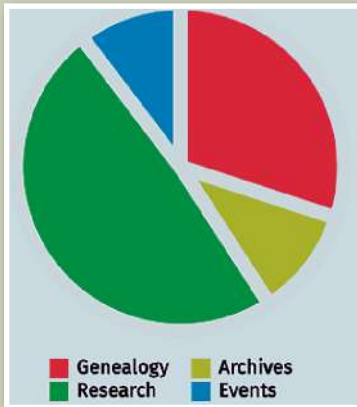


Over 271,000
Visits to our libraries in Kilkenny

36%
Increase in use of our Online Services

Over 362,000
items borrowed across the service

Local Studies



Tips for keeping your New Year's Resolutions

Be healthier.....

- Bring your favourite books with you when you exercise. You can download audiobooks to your phone and listen as you exercise using our Borrowbox App!
- Find healthy recipes in your favourite magazines, which you can read and download for free with RB Digital.



Start a new hobby.....

From knitting and crafts to walking and book clubs, your public library has a busy calendar of events planned every month. And every programme, workshop, or class is free! Check the events calendar on www.kilkennylibrary.ie

Save your money.

- Rather than buying new cook books you can borrow them from the library! And if you want to extend your loan no problem - Just log onto our website or contact any of our branches. (Plus there are no more fines for late returns)
- If you use the library, you're already succeeding saving. In one month, if you borrowed two books and two DVD's, you are already saving more than €50!

Around the County

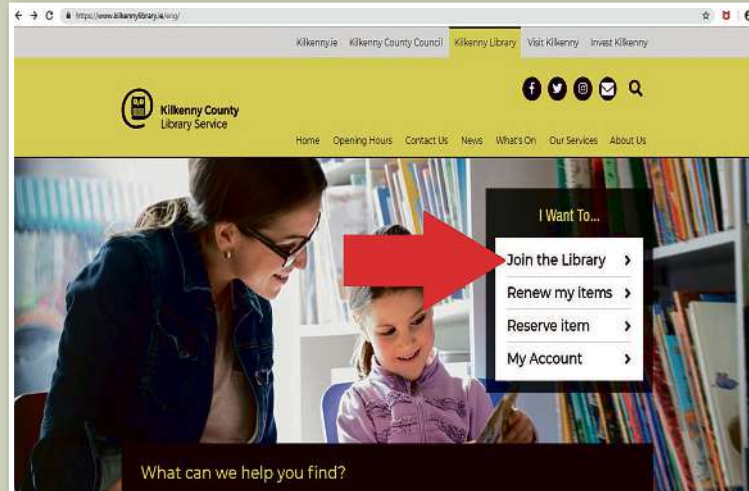


Our mobile Library is a travelling library, driving around the county, stopping at 67 rural locations every month, from Ballyragget to Carriegen, and Galmoy to Mooncoin.

You can use your library card as you would in any other branch, and you can also join up when it visits - just bring Photo ID and proof of address.

The route and times are available on kilkennylibrary.ie

See www.kilkennylibrary.ie for upcoming events or to be added to our mailing list.



- You can take online classes on weight loss, mindfulness or even yoga classes.
- Check out the latest cookbooks in your local library, learn about superfood in minutes with Donal Skehan or check out Roz Purcell's 'No Fuss Vegan'



26%
Increase in library members

10%
Increase in use of Library computers

just sign up online on our website, kilkennylibrary.ie and collect your card in your local library. All you need is proof of address and photo ID!

17,579 members are enjoying books, eBooks, eMagazines, DVD

box sets, Audiobooks, language courses, online courses, workshops, bookclubs, craft groups and much more!

Our local studies department is based in John's Green House, and houses an exciting collection of books covering the political, spatial and some cultural history of Kilkenny City and County.

In addition, we hold a large collection of old newspapers, parish records, Census information, maps and photographic collections and much more. Bookings can be made on 056 779 4160 or be emailing info@kilkennylibrary.ie.



YOUR MONEY



Making Cents

LIAM CROKE

The Must-Read Guide To Saving Money

Email: Liam@harmonics.ie Twitter: [@liam_croke](https://twitter.com/liam_croke) LinkedIn: [liamcroke](https://www.linkedin.com/in/liamcroke) Facebook: [liam.croke.96](https://www.facebook.com/liam.croke.96)

Break down your financial resolutions to reach goals

With the New Year firmly under way, I thought it would be helpful to map out the year ahead with some suggestions that may help improve your finances in 2020.

So, in this two-part feature, I'm going to give you a month-by-month guide with some ideas about what you should be doing in the year ahead. And please feel free to tackle them in any order that works best for you.

JANUARY

This is the month when people make resolutions and goals about what they would like to achieve in the year ahead. However, the mistake they make and the reason why their goals don't materialise I believe, are because of two things (a) they are too vague with what they want and (b) there is a lack of awareness of what their starting point is.

And on that last point, my advice is not to rush into making resolutions without first giving them some thought. Your starting point therefore is to look at what you did in 2019.

You've got to know what you're up against and identify the mistakes you made in 2019 before you can make the necessary adjustments to ensure you hit those goals in the year ahead.

You need to have the data about where your money is going, available. When you do, you can then make what changes are necessary and begin to intentionally redirect money away from areas you may be overspending on, to areas that are more meaningful to you.

FEBRUARY

This is the month, I think people should be setting their financial goals.

If for example you want to save more money next year, it's not enough just to say you want that to happen, it's much too vague.

You need to say something like this: On the December 12, 2020 I'm going to have €5,000 in my account.

You now have a specific amount set, within a clearly defined time frame that you can measure progress against.

If you set yourself a big goal like saving for a deposit on a house, I would recommend you break that



Liam's month by month guide will give you the road map to achieving your financial goals



You've got to know what you're up against and identify the mistakes you made in 2019

DID YOU KNOW?

Since 1833 the Dow Jones has returned an average gain of 6% in presidential election years.

goal down into a series of much smaller goals, which will help you reach that bigger goal. Setting yourself one goal of saving €30,000 can seem overwhelming but setting yourself 100 goals of saving €300 every month may not be.

MARCH

This is the month, I'd like you to check in with your partner and have that chat about your finances.

Obviously, Valentines' Day falls in February, and talking about money isn't very romantic so I would recommend you stay loved

up in February and set aside some time in March instead.

You need to tell your partner about how you feel about their saving and spending habits. Are they spending too much? Too little? Share with them in a non-judgemental way what you're feeling, what worries you, what you think they should be doing etc.

Do you know what your partner's financial goals are? Do you know what yours are? Have you ever told them? If you haven't, now is the time to have that chat.

APRIL

There is never a bad time to create and follow a monthly budget. If you do, it will be one of the best things you do in 2020.

If you want to make progress and get your finances under control, a budget could be the key to achieving both. I meet people all the time who make a lot of money but they're struggling every month. It's not the amount they earn that's the problem, it's how they manage it.

But when they commit to starting a budget and more importantly, commit to sticking to one, things begin to change and make much more sense in a short period of time, and they can see what the problem was and what they need to do.

There are many different tools available to create your spending

plan e.g. write it down, use an excel spreadsheet or use an online tool. I personally like using an excel doc. It's easy to record, easy to follow and easy to see which areas you are doing well in and which you need to pay more attention to.

MAY

Make this the month you commit to (a) stop adding to your existing debt and (b) start destroying what debt you already have.

Debt is the biggest enemy to wealth creation. It impacts your monthly cash flow and takes away funds that could be applied to other areas of your finances, so the quicker you are debt-free the better.

The big advantage to getting out of debt is not the interest saving - yes that's an excellent consequence - but for me it's being able to use that money you'd otherwise be making towards loan repayments, and applying it to other areas of your finances like investments, savings, overpayments on a mortgage, children's education, your pension fund etc.

JUNE

This month I want you to do two things: (1) look at your savings rate and see if it can be increased and (2) assess your emergency fund.

Ideally, you should be saving at least 10% of your income which is separate to whatever you're contributing to your pension each month.

If you're struggling to save anything at all, rather than focusing on 10%, focus on 1% or 2% and gradually increase your savings rate over time. To help identify how much you can save and where it will come from, record what you spend your money on over a 60 or 90-day period and that will give you a good idea of those areas you could reduce your expenditure in.

In relation to your emergency fund, now is the time to check in and see if the amount you have saved is adequate. Unexpected expenses occur all the time and you need to be prepared for them regardless of what age you are or what income you earn.

Holding somewhere between three and six months of your net monthly income is a good number to aim for. Next week, I will continue with months July to December.

ASK LIAM

Our personal finance expert answers your questions ...

Q: Last year, I invested into a low risk pension fund with a risk rating of 3. It performed fine, but some of my work colleagues were in a risk rating 4 fund and made much more than I did. I don't want to make the same mistake this year, so I'm thinking of moving everything into a higher risk fund, what do you think?

A: The signs for 2020 are reasonably good and in a couple of weeks' time I'll be giving you my predictions for the year ahead.

But despite that, you need to be cautious as well. If you feel you want to increase your exposure to a higher risk fund, I believe a good play when choosing to transfer all or a specific amount from your current fund, the strategy most investors adopt is to increase their equity holdings to a half way point, which is somewhere between the maximum amount they would hold in equities and what their average exposure is.

Let me explain.

The typical equity holding for a fund with a risk profile 3 is about 40%. A fund with a risk rating of 4 holds c. 60% in equities and a risk rating 5 is 79%.

So, if you wanted to increase your exposure to a risk rating 4, the amount you should transfer over is 10% of your current fund i.e. 50% of the difference between what you currently hold in equities and the up-lifted amount.

If the value of your fund was for example, €100,000, then you should transfer €10,000 to a fund with a risk rating of 4 and leave €90,000 where it is.

If you wanted to move some of your fund up to a risk rating 5, then your midway point between your current holding and a risk rating 5 is 19.5% (79% - 40% x 50%) so you should transfer over €19,500 and keep €80,500 in the fund with the risk rating of 3.

LIFESTYLE

Meet our brave new leaders on OT 2020



MENTAL HEALTH MATTERS

DR EDDIE MURPHY

CLINICAL PSYCHOLOGIST
ADJUNCT ASSOCIATE PROFESSOR
UCD SCHOOL OF PSYCHOLOGY

Operation Transformation has a new home in the middle of Ireland in Tullamore, Co Offaly and it's all very exciting.

As a Midlander, it's great to bring the excitement and wellbeing message of Operation Transformation (OT) from this often overlooked and beautiful region.

It's early days yet for our leaders and it's going to take me a number of weeks to get "under the hood" and figure out truly what's going on.

Saying that, my clinical intuition is in overdrive picking up on some early areas of gains for our leaders.

Let's meet the leaders.

LORRAINE 46YRS - CAVAN - STARTING WEIGHT 12ST 5LBS

Lorraine is a barber and business woman who has lost her way. She is our lightest and oldest leader.

With her partner Terry she has two wonderful children Mia and the energetic toddler Jodie. She is the classic "Pear Shape".

Lorraine has the oldest metabolic age of 61 which reflects the ratio of muscle/fat in the body.

The aim for Operation Transformation is a 10% weight loss.

As a former marathon runner who has raised thousands for Cystic Fibrosis Ireland Lorraine will succeed.

She introduced me to a new word a "Foosie" which is a Cavan word for a treat. Too many chocolate treats is Lorraine's downfall. Lorraine has work to do on her poor body image. I think I will be working in that area!

SHANE 29YRS - LOUGHREY, GALWAY - STARTING WEIGHT 20ST 7LB

Busy, busy, busy Shane. I can't



It's early days yet for our leaders and it's going to take me a number of weeks to get "under the hood" and figure out truly what's going on

keep up! Let me enlighten you. He is a teacher, a musical theatre director doing shows all over the country and a dad to four children.

He is a classic apple shape, like myself, where our weight is carried in the abdomen which carries a higher cardiac risk. He is a classic dashboard diner.

I have a massive level of curiosity regarding Shane as anyone watching his life would wonder how he can stretch the laws of physics and make time! I have great admiration for Shane; the courage he showed stepping out in front of the nation was epic.

BARRY 39YRS - CORK - STARTING WEIGHT 29ST 4LBS

Barry is big in all ways. A chartered physiotherapist, a rugby player, he comes in at 6ft 7inches.

Barry is married to Andrea and they are our first OT couple. Of Barry's 29 stone odd he has, wait for it, 16 stone 12 lb is muscle.

As OT is all about sustainable weight loss and given this amount of muscle which has a higher metabolic rate, Aoife has increased his portions. So as a rule of thumb



Barry and Andrea are the first ever couple to appear together on Operation Transformation

if you are over 23 stone follow Barry's plan.

Poor Barry's reports already indicate that he is hungry; I have never heard of an OT leader hungry. I suppose it's all about recalibration. I have challenged Barry to give up vaping.

Bottom line OT is all about wellness and increasingly the evidence against vaping is emerging.

ANDREA 31YRS - CORK - STARTING WEIGHT 21ST 2LBS

Andrea is a senior scientist in a pharmaceutical company. I think Andrea's biggest issue is eating similar sized portions to Barry's.

It's important that Andrea doesn't compare her weight loss

journey to Barry's - after all men have the advantage of testosterone when it comes to losing weight.

They are a lovely couple, who are six months married and plan to have a child. As I explore driven Andrea I want to understand is she driven for herself or to please others?

TANYA 33YRS - CORK - STARTING WEIGHT 14ST 11LBS

Tanya, a care worker and mum to four children, Abbie 16, Rian 10, Mark 5, and Odhran 1, is a busy lady. I suspect there are confidence and self-esteem issues.

The biggest first hurdle is that Tanya is a Coca Cola addict drinking 10-12 cans per day, waking up at night to drink Coke, planning

purchases so she never runs short, a slab of 24 cans every two days.

This is going to be a such a tough week for Tanya, the withdrawal, and craving. Even the thought of it from Tanya coming in on the first weight in was over whelming.

Fingers cross for Tanya; if she cracks this is she well on the way.

Our Leaders are so brave. It is through their lives that they offer us all, including myself, insights into making changes that enhance our health and wellbeing.

*** 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/>**

LIFESTYLE



MANABOUTTOWN

PATRICK McLOUGHNEY

CONTACT PATRICK

Email: patmcloughney@hotmail.com

Twitter: @iammcloughney Instagram: iamcloughney

How to beat the January blues

The third Monday of January has been awarded the title of Blue Monday. This gloomy title is given due to a combination of post-Christmas blues, short days, cold dark nights and unpaid credit card bills.

Apparently, a university professor managed to precisely calculate the most depressing day of the year using factors such as weather conditions, debt level, time since Christmas, time since failing our new year resolutions, low motivational levels and the feeling of a need to take action. Long story short: January kind of sucks.

To lift my mood and hopefully yours, I've compiled a little list of tips that will help us to keep the January blues at bay.

EVOLUTION IS BETTER THAN RESOLUTION

I have a big problem with New Year resolutions because they usually involve listing what you don't like about yourself. Rather than focusing on your perceived weaknesses and how you propose to fix them, focus on your strengths and how you can use them to live a happier and more fulfilling life.

Don't know what your strengths are? You can ask people you trust to tell you what they think your strengths are. Pick five people who know you well and you trust to be honest with you. Or, you can cheat and go to www.viacharacter.org and take a free test that will identify your character strengths.

Then, every day, pick one strength and try to use it in your daily life. Research shows that applying your character strengths in your day-to-day life will improve your mood and chase the blues away.

HELP OTHERS AND HELP YOURSELF

A personal goal of mine for 2020 is to do something charitable every month because in helping others, we help ourselves to feel better. I should preface this by saying that I am neither virtue signalling or looking for praise here, but last week I sold a very valuable Boda Skins leather jacket to one of my Instagram followers and donated the money to The World Wildlife Funds Australian Bushfire Emergency fund and Australian Red Cross. With money being tight because of the time of year, this I felt was the least I could do and I felt better for doing it. Getting involved in charity work, or fundraising, or a community project or even just being kind and helpful to someone you know is good for the mood and good for the soul. Helping others will put your own troubles and concerns into perspective and give you a more positive outlook on life.

LEAVE YOUR DESK AT LUNCHTIME

In January, many people feel like the fun is over and that winter will never be over. This is when Seasonal Affective Disorder (SAD) can creep in. The January blues are compounded by the lack of daylight. When we're going to work in the morning, it's dark. When we're leaving work in the evening, it's dark. Daylight lifts your mood, even when it's not sunny, so make sure to leave your office at lunchtime and go outside for some fresh air and some daylight.

LOOK FORWARD TO SOMETHING

Having something to look forward to can help lift you out of your January slump. While I'm all for Dry-January (because I'm broke and I've put on some festive timber) I also know the value of 'rosy prospectation'. Anticipation of

happiness is often as good as or greater than the happiness experienced so book a spa treatment or a trip away (if funds are tight then Booking.com offer a 'pay later' option), sign up to a night course or organise a meal with friends on payday and notice how much better it makes you feel.

HAVE AN ATTITUDE OF GRATITUDE

January is a good time to focus on what you have, rather than what you don't have. Instead of thinking of all the obstacles in your way, focus on the good things and good people in your life. Taking time to be grateful and notice simple pleasures will give you a more positive attitude and make you more resilient. Taking stock of the good people in your life will strengthen relationships and will help to reduce stress.

GET SOME EXERCISE

During the winter months, people are often less motivated to exercise, but it's very important to stay active if you want to boost your mood. Exercise reduces stress hormone levels and will give you a clear head and more upbeat outlook. It also helps you to sleep more deeply, making you better prepared for the day ahead. Even if it's just a quick walk at lunchtime, get up and get outside, preferably somewhere where there's green.

TRY TO EAT RIGHT

When I sit into my car on a Sunday evening, the Google Maps app on my phone automatically tells me the distance to the Chicken Hut. That should tell you how my diet has been going over Christmas. But now is the time to get back on the wagon. Eating foods that promote serotonin (the 'happy hormone') production can help to drive away those January blues. Winter can



Patrick has a list of tips to keep the January blues at bay

leave you craving starchy carbs and while they are an important part of any diet, it's important to strike a balance. If, like me, you need to snack then use foods like bananas, walnuts and tomatoes; they all help your body to produce serotonin and lift your mood.

BE KIND TO YOURSELF

Don't beat yourself up if you break your new year diet resolutions. The most important thing is to be kind to yourself and to not look at unwanted behaviour as failure. Instead, focus on the progress you're making. If you've cut down on drink/cigarettes/chocolate/takeaways then give yourself some credit. Eating one chocolate is better than eating the whole bag or box and it's a step in the right direction. When you stop putting pressure on yourself, you can achieve so much more. Embrace failure and mindfully understand what triggered you into going back the old behaviour of reaching for that drink/cigarette/sweet or whatever. Were you tired, stressed or just hungry? And how can you react differently next time? Understanding your triggers and cultivating a growth mindset will stand to you long after the month

on the calendar has changed.

TAKE A BREAK FROM SOCIAL MEDIA

Being constantly connected to smart technology can have a negative impact on your mood. Taking a break from your phone in the evenings can be key to beating the January blues. Avoid social media for two hours before you go to bed at night.

Instead, read a book, listen to music or have a relaxing bath. A good wind-down routine will help to reduce anxiety and allow your mind to relax and help you get a better night's sleep.

CONNECT WITH PEOPLE

It can be very easy to isolate yourself when you are feeling low, which is why it's more important than ever at this time of year to stay in regular contact with your close friends and family. If you're struggling with your mental health then January and the January blues can seem never-ending. If this is the case then please do reach out and ask for help.

Talk to a friend, a loved one or a counsellor. Counselling can really help with feelings of depression, anxiety or stress. Please know that you're never alone.

(Dedicated to the late Natalie Katilius)

Watch This Space

Rolex 'Pepsi' reincarnation improves core virtues of classic watch

My watch of the week is the Rolex GMT Master II "Pepsi" watch.

Coke or Pepsi? It's a matter of taste, some say, and individual tastes always differ. But there's only one right answer if you're talking about the Rolex GMT-Master. Although Rolex made a

version that had a GMT bezel in red and black, called "Coke", the first GMT-Master from 1955 bore the red-and-blue scale for the 24-hour display and was nicknamed "Pepsi". The new Pepsi GMT-Master II represents the reincarnation of the classic in its original form. The

greatest advantage for the wearer of the new Pepsi model is the increased power reserve. Instead of two days, the watch provides almost three full days of uninterrupted power.

Rolex has also improved the calibre consistently in the core virtues of

accuracy, longevity, and sturdiness. Decorations are present, like a sunburst finish, but there is no hand-applied engraving. The new movement can also be identified by a detail on the dial: a tiny Rolex crown is placed between the two words "Swiss Made" at the dial's

edge. At €8,650 the steel GMT-Master II Pepsi is placed in the mid-level price range. There are more economical manufacture alternatives with a second-time zone, as well as more expensive ones, but with regard to value retention, hardly anyone can compete with Rolex.



LIFESTYLE

SUDOKU

	6		1			7		
8	7	2					1	
	5		7	2				8
7		3	8		2			
		8				6		
			3		9	2		7
9				4	5		7	
	2					8	9	4
		1			8		2	

DOUBLE CROSSWORD

Cryptic Clues:

Across

- Private coach has to remain outside, according to the law (9)
- Not a good man, we hear, in the church (4)
- The best astronomy student? (4,5)
- They may be male birds or hens perhaps (6)
- Employing a rousing finale (5)
- Unhappy time for a bull (5)
- A great sea power (4)
- Thus America produced a great composer (5)
- They may be fast, but only without running (4)
- It comes from a bird and sounds inexpensive (5)
- Sharply inclined to be exorbitant (5)
- She may have to raise the issue (6)
- River rose perhaps - to fill it? (9)
- One has a lot of fun with it! (4)
- A fresh run on the daily presses (9)

Down

- In the team as an extra occupation (2,3,4)
- Musical pieces start openly but not exactly sure later (9)
- Adds up the drinks (4)
- Weeds are found in the back street (5)
- He's out of form (6)
7. Close in an attack (4)
9. Cheap cuts? (5)
11. Appropriate (5)
12. Help the dealer? (4,1,4)
13. Mince meat Peter finds neither hot nor cold (9)
17. Man of many parts (5)
19. Accentuate, in a manner of speaking (6)
22. Young swimmer in wild revel (5)
23. You might say it when offering a gift, or present (4)
24. Pronouncedly mean manner (4)

1	2	3	4	5	6	7		
8								
10			9					
				11			12	13
14						15		
18		19				20		
		21		22				
25								
27								

Quick Clues:

Across

- Helplessness (9)
- Space (4)
- Monetary (9)
- Students' residence (6)
- Feeling (5)
- Box (4)
- Attain (5)
- Society (4)
- Correct (5)
- Close together (5)
- Flowing (6)
- Tasty (9)
- Couple (4)
- Verbosity (9)

Down

- Designer (9)
- Agreement (9)
- Post (4)
- Speechify (5)
- Surplus (6)
- Applaud (4)
- Not so many (5)
- Disreputable (5)
- Short-lived (9)
- Pillagers (9)
- Pulls (5)
- After (6)
- Rule (5)
- Nothing (4)
- Ado (4)

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

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

CODEWORD

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

	12		5		4	17	22	1	20	26	1	7	
19	6	10	1			21		3		6		1	
	26		2	20	6	19	11	13		24	6	25	
1	6	22	2					1		11		6	
				12		13	4	9	25	4	22	1	20
22	13	20	1	23		7		2		8		2	
21		1			4	7	7			1		1	
17		16		1		12		18	6	7	1	7	
15	4	21	20	24	1	14	22		9				
1		11							21	19	12	14	
13	6	20		6	12	23	6	14	22		21		
2		1				6			1	6	13	8	
22	21	22	25	1	24	22	1		7		5		

LAST WEEK'S SOLUTIONS

DOUBLE CROSSWORD:
 Cryptic: Across: 1 Duck; 3 All clear; 8 Junk; 9 Dove tail; 11 Cheap edition; 13 Endear; 14 Tender; 17 Streets ahead; 20 Eventual; 21 Omit; 22 Preceded; 23 Ode.
 Down: 1 Dejected; 2 Contend; 4 Lloyds; 5 Chew the fat; 6 Erato; 7 Rely; 10 Apparently; 12 Creditor; 15 Dreamed; 16 Strain; 18 There; 19 Cede.

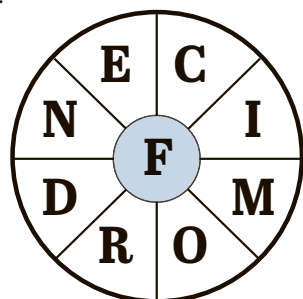
Quick: Across: 1 Male; 3 Compound; 8 Rage; 9 Disorder; 11 Intermediary; 13 Garret; 14 Scribe; 17 Schoolmaster; 20 Honoured; 21 Crop; 22 Preceded; 23 Smut.
 Down: 1 Marriage; 2 Lighter; 4 Opined; 5 Provincial; 6 Under; 7 Dare; 10 Irresolute; 12 Decrepit; 15 Interim; 16 Allege; 18 Canoe; 19 Whip.

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

WORD WHEEL:
 STEADFAST.

WORDWHEEL

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

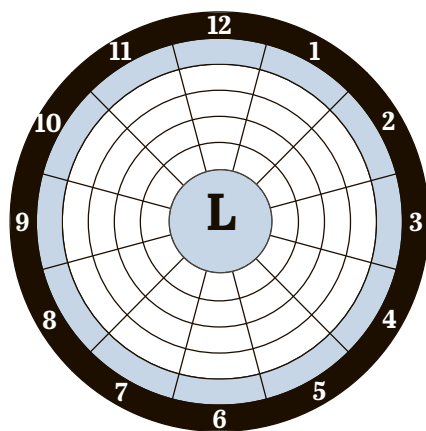


How you rate:

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

CLOCKWORD

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



- Fuel
- Regretful
- Infuse
- Warm-blooded animal
- Attack
- Fatal
- Spade
- Force
- Remember
- Tooth covering
- Cunning
- Human

KAKURO

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

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

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

			12	6			15	21		
		10					11			
		26					17			
	14					13				16
14					11			14		
13					7			15		
			30	8				9		
		13					6			
			29							
		18								
	14									
10	10					22		19	15	
					13			12		
9				5				6		
		4				22				
		12				9				

SPLIT DECISION

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

L	R	A	F	H
W	P	S	T	K
O		P		E
A		W		O
S	E	A	V	E
R	M	O	L	L
T		R		N
E		P		P
E	V	T	N	E
S	X	E	M	S

NINER

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

1	2	3	4	5	6	7	8	9
---	---	---	---	---	---	---	---	---

THE CLUES:

- 67559 gives a royal person;
- 3298 gives a royal person;
- 152453 gives a medical person.

SUDOKU

	2	4						
7						1	3	
9			2	7			4	
		8		6				
		5	1		4	7		
				2		8		
	5			4	3			6
	7	3						8
						5	1	

LAST WEEK'S SOLUTIONS

CLOCKWORD:
 1 Shiver; 2 Armour; 3 Eraser; 4 Easter; 5 Dagger; 6 Jaguar; 7 Answer; 8 Father; 9 Finger; 10 Robber; 11 Editor; 12 Yammer.

CELEBRITY: Saeed Jaffrey.

NINER:
 UNCLOTHED.

KAKURO:

7	1	3	7	9					
5	4	2	8	7	9				
7	9				4	8	2		
7	3	2	4			6	5		
6	2	3	5		4	5			
		4	2	1	5	8			
	1	6	6	2		8	4		
	1	7				1	2	7	3
	9	3	8				4	9	
		2	6	8	9		4	6	
			2	6	4		5	1	

SPLIT DECISION:

P	R	I	S	M
H		R		E
A	V	O	I	D
S		N		A
E	A	S	E	L

OUT & ABOUT

BIG NIGHT OUT @

**DICKSBORO GAA CLUB
DINNER DANCE
PICTURES:
HARRY REID**



Having a great night at the Dicksboro GAA Club Dinner Dance were Conor Doheny, Andrew Gaffney, Oisin Gough, Joe Sheehan, Cillian Timmons, Mark Nolan, Evan Clarke, David Conway, Daire Maher, Tommy Farrell, Deans Moylan, David Campion and Christy Kavanagh



LEFT: Enjoying the Dicksboro Dinner Dance were (seated:) Sean Moore, Darren O'Connor, Denis Loli and Jim O'Neill. Standing: Patrick O'Sullivan, Paul McCabe, Sile Moore, Debbie O'Connor, Aidan Maher, Jemma Loli and Annmarie O'Neill



Grace Keoghan and Kate McCluskey



Davy Ryan with Jimmy Walsh, Chairman of the Kilkenny County Board



Sheila Norris with Jason Dempsey

OUT & ABOUT



Emer and Barry Henderson, Margaret and Ivan Doherty, Derek and Una Deegan, Ian and Dara Connelly, John and Noreen Egan, Meabh and John O'Donnell

ABOVE: At the 'Boro Dinner Dance in Langtons were Rachel Egan, Aisling Mullaney, Leah Brachen, Rachel Dermody, Caoimhe Cassin, Ellie Murphy, Isobel Nolan, Amy Clifford, Caoimhe Carroll, Katie Byrne, Margaret Mary O'Shea, Emily Doyle and Naomi Trait



Pat and Jackie Cody



Enjoying the Dicksboro Dinner Dance were Therese Walsh, Liz Holohan, Shane Kavanagh, Jim Murphy and Tom Beirne

ENTERTAINMENT

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

Oh Bryan to play with Aslan on Saturday

Kilkenny band, Oh Bryan are supporting Aslan in the Hub at Cillin Hill on Saturday.

They will go on stage at 8pm doing an acoustic set.

The boys have been on tour with Aslan over the past year playing all over Ireland in places like The Olympia, The INEC Arena and The Wexford Opera House.

"Although we are primarily a rock band we scale down for these Aslan shows playing an acoustic set.

"We still rock the places as best as we can with the acoustic set and recommend people to come early to check us out. It also really lets the songs shine and speaks for themselves when stripped back to acoustic," Steve O'Brien of the band said.

Steve and Shane Power are from Kilkenny and have been involved in the music days for years.

"We both started off our gigging careers in the ZOO Club which used to be held on Sundays when we were in school. Now based in Dublin we continue to write and release music," Steve added. Oh Bryan will release their new single soon. Their next single *It's Not Easy* will be released on February 12 on all platforms.



OH NOH!!!!

A rare and unique programme of classical and contemporary Noh theatre, the 650 year old Japanese art form will be performed on Saturday, February 1 in the Watergate Theatre.

A rare and unique programme of classical and contemporary Noh has been organised to celebrate Japan's Season of Culture in the year of the 2020 Tokyo Olympics.

Noh is a highly aesthetic classical Japanese theatre style featuring dance, music and poetry.

Acclaimed artists Teruhisa and Kinue Oshima, and Akira Matsui, collaborate with Jannette Cheong and Richard Emmert once again in celebration of the 2020 Japan Season of Culture.

The programme: Takasago, a play from the classical repertoire, deals with the legend of the twin pines of Sumiyoshi and Takasago.

Between the Stones, a new English noh drama by Jannette Cheong with music by Richard Emmert, that explores how the burden of grief turns into a celebration of life, friendship and love, through the healing power of gardens.

WELL-KNOWN PLAY

Takasago, written by Zeami, is one of the most important and well-known plays in the classical noh repertoire.

It deals with the legend of the twin pines of Sumiyoshi and Takasago. According to legend, the spirit of the Sumiyoshi pine travels across Osaka Bay nightly to visit his wife, the Takasago pine, in a bond that transcends space and time.

Takasago will be performed as han-noh, literally a "half noh", featuring the very quick and strong second half of the play.

Between the Stones is the third collaboration between author Jannette Cheong and founder of Theatre Nohgaku, Richard Emmert, and the second co-production with Unanico.

The lead role will be played by Kinue Oshima, the only professional female noh actor in the Kita school. Kinue Oshima was also the lead actor in the first Cheong-Emmert collaboration, Pagoda (2009).

Club House Hotel book fair on Saturday

The annual Club House Hotel Book Fair on Patrick Street, Kilkenny is on Saturday from 10.30am to 5.30pm is a must for those looking for either a book present or that elusive edition printed in a bygone era not available in electronic format.

The annual Kilkenny Winter Book and Coin Fair will include an eclectic mix of old and new books and coins groups.

Booksellers from all over the South of Ireland will display over 5,000 titles covering fiction and non fiction with out of print items on the centenary of the Great War, War of Independence and the Civil War.

Books and ephemera on both local and national history, topography, folklore and traditions will also feature.

That book you have been searching for, or missed out on last year, may be back on the shelf.

For the serious collector there will be many scarce Irish first editions, rare prints and bindings with some rare Irish maps.

Local histories will feature and there will be two coin dealers present: Seamus O'Connor from Dublin and Kieran O'Brien from Wexford.

Geata Buidhe Books, Thomastown specialise in modern and antiquarian. Other booksellers attending include Well Read Books, Waterford; Paulstown Books which include many Carlovian material, O'Neill Books Thomastown and Bourke Books comprising both military, local, national and international history, Pat Dunne from Kildare and Joe Collins from Dublin will also add a large collection of rare and interesting titles to the Bookfair. Other categories will include, poetry, sport, GAA, biographies, war, angling, literature and the classics.



ENTERTAINMENT

YOUR WEEKLY GUIDE TO WHAT'S GOING ON IN KILKENNY

GIG GUIDE

Thomastown Drama - Three drama groups will visit the Concert Hall in Thomastown over the next three months.

On February 1, Kilquane Players from Coon will present a three-act comedy written by Jimmy Keary called *Love Thy Neighbour*.

doors open at 7.30pm with the curtain up at 8pm.

Directed by Mr Benny Mills, admission €10 at the door on the night.

On Saturday, March 28, The Eipse Players from Slieverue in south Kilkenny present a comedy written by Jimmy Keary called, *Hitting The Jackpot*.

Directed by James Rockett, admission is €10 at the door on the night.

On Saturday, April 18 Fourth Wall Theatre from Laois present John B Keane's *The Field*. Enquiries 087-7728170.

BUTLER GALLERY AUDIO TOUR

Butler Gallery is delighted to host a Live Audio Described tailored tour for people with visual impairments on Wednesday, January 22 to access the exhibition *A Most Favourable Soil*, a curatorial project by the Salvage Collective.

This exhibition reflects on the Butler Gallery's move to Evans Home in 2020 and is the last exhibition of the Butler Gallery at Kilkenny Castle.

Live Audio Described Tours are led by Fala Buggy, a trained description facilitator, and Hollie Kearns, Learning and Public Engagement Curator, as interpretation facilitator.

To make a booking please contact Hollie at 056 7761106 or email hollie@butlergallery.com

What is Audio Description? Audio description offers detailed and vivid descriptions of artworks featured in this exhibition. Rather than interpreting or addressing the artwork's history, audio description includes details of the artwork's size, shape, colour, texture, detail, in order to assist visitors who are blind or partially-sighted to build a full picture of the work.

and yes we do you provide information about the artists or interpretive material to help me understand the work.



Queen (the band) tribute for Watergate

Flash Harry are celebrating the music of Freddie Mercury and Queen at the Watergate Theatre on Saturday night.

Flash Harry are Northern Ireland's most enduring tribute band, celebrating the music of super star Freddie Mercury and super group Queen, for over 25 years.

Flash Harry deliver a rock show that will have the audience rocking in their seats and singing along to anthems of one of the greatest

bands in history; featuring classics like *Radio Ga Ga*, *We Are the Champions*, *Bohemian Rhapsody*, *Who Wants to Live Forever* and everything in between.

The five piece band have played everywhere from the USA to Dubai as well as major venues in the UK and Ireland and continue to sell out venues wherever they go, recreating the magic of Queen for audiences young and old.

For a true celebration of the music of Queen, Flash Harry are a

band not to be missed. Tickets available at watergatetheatre.com or on 056 7761674!

Estimates of Queen's record sales range from 170 million to 300 million records, making them one of the world's best-selling music artists.

In 1990, Queen received the Brit Award for Outstanding Contribution to British Music from the British Phonographic Industry.

They were inducted into the Rock and Roll Hall of Fame in 2001.

Each member has composed hit singles, and all four were inducted into the Songwriters Hall of Fame in 2003.

In 2005, Queen received the Ivor Novello Award for Outstanding Song Collection from the British Academy of Songwriters, Composers, and Authors.

In 2018, they were presented the Grammy Lifetime Achievement Award.

This is a fun night not to be missed in the Watergate.

Final call for young filmmakers awards

The last call is out for entrants for Ireland's Young Filmmaker of the Year 2020, Ireland's festival celebrating young filmmakers from Ireland.

The closing date is January 24, 2020.

Fresh Film is an advocate for young filmmakers year-round and encourages young people to make films by hosting the annual Fresh International Film Festival which incorporates Ireland's Young Filmmaker of the Year Awards.

Fresh International Film Festival 2020 takes place in Limerick from March 23 - 28, 2020 and is open to young people from 7-18 years of age.

2020 will be its 24th year encouraging young people from Ireland and overseas, aged 7 to 18 years, to create, exhibit and share films. The Fresh International Film Festival provides an opportunity for young filmmakers to see their work on the big screen and to compete for the title of Ireland's Young Filmmaker of the Year and to win

€1,000 towards their next film.

All submissions are also considered for a range of Specialist Awards including the Radharc Trust Award for documentaries, the Animation Award, the RTÉ 60 Second Award, the Film in the Irish Language award and the RTÉ Factual Award, in addition to the International and Audience awards.

The Festival has Junior (7-12 years), Senior (12-18 years) and International categories for individual and group projects.

Young filmmakers can enter as independents, as part of their school or in a group. Films must be original and can be up to 15 minutes duration for Seniors or 10 minutes duration for Juniors. Senior films will be screened at one of the Regional Heats, which take place in Dublin, Cork, Galway, and Limerick during early March.

The awards will be announced at the final screenings on March 25 and 26, 2020.

ENTERTAINMENT LISTINGS

What's on in Kilkenny this week

Thursday

Trad followed by DJ and Late Bar, Matt The Millers, 6pm
Swing Dancing, Home Rule Club, 7.30pm
 The Pinsetters, Carroll's Bar, Thomastown, 9pm
Siobhan and Elise, The Pumphouse Bar, 9.30pm

FRIDAY

Trad followed by DJ and Late Bar, Matt The Millers, 6pm

Queen, Set Theatre, 8pm

Gavin Carroll, Rafter Dempseys, 10pm
Open House in The Bar, Home Rule Club, 9pm
 Devil The Bit, Lanigan's Bar, 9.30pm
Acousticats, Kyteler's Inn, 10pm
 Blind Dog, Ryan's Bar, 10.30pm

SATURDAY

Bingo Loco, Ormonde Hotel, 6pm
Trad followed by DJ and Late Bar, Matt The Millers, 6pm
 Laughter Lounge, Set Theatre,

8pm Flash Harry, Watergate Theatre, 8pm

Tom Brazil Live, Home Rule Club, 9pm
Live Wire, Rafter Dempseys, 10pm
 Live DJ, Lanigan's Bar, 10pm
Back Door Blues, Ryan's Bar, 10pm
 Róisín Dubh, Kyteler's Inn, 10pm

SUNDAY

Hot 4 Jazz Quartet, Left Bank, 5pm
Generation 5, Kyteler's Inn, 6.30pm
 Tomas Jackman, Kyteler's Inn, 9pm
The Bar Flies, The Pumphouse Bar, 9.30pm
 Devil The Bit, Lanigan's Bar, 9.30pm

MONDAY

Monday Night Madness, Matt The

Millers, from 6pm
Sleeping Beauty Panto, Castlecomer Community Hall, 8pm

TUESDAY

Samba Drumming Workshop with Jeremy Hickey, Billy Byrne's, 8pm
Sleeping Beauty Panto, Castlecomer Community Hall, 8pm
 Sean Maher, Brewery Corner, 9pm

BIG NIGHT OUT @

BEAUTY AND THE BEAST PANTOMIME
PICTURES: HARRY REID



John and Rena Foxe with Fiona O'Dolan



Noreen Cowley was with Joan Cleere at the Beauty and the Beast Panto in the Watergate



Lorna Nolan with Isabelle Flynn



Joanne and Michael Whelan with Carlie Purcell and Ava Whelan

The Rafter Dempseys

NOW SERVING FOOD
FROM 8.30AM - 9PM - 7 DAYS



Breakfast from 8.30am
Lunch from 12pm
A la carte until 9pm



INCLUDING OUR

Famous Steak On the Stone

Live Music

Friday 17th - Gavin Carroll @ 10pm

Saturday 18th - Live Wire @ 10pm

THE RAFTER DEMPSEY'S, 4 FRIARY STREET, KILKENNY
WWW.RAFTERDEMPSEYS.IE / TEL: 0567722970



The Kilkenny Great War Memorial Committee

Second World War Names Appeal

If you know someone from Kilkenny who took part in World War II, please tell us. If possible, include rank, regiment, service number and any other relevant information.

Deadline extended to March 17th 2020

Email: kilkennywarmemorial@gmail.com

Phone: 086 3369080

Post to: 48 John Street, Kilkenny



POSITIVE PARENTING

LOVE PARENTING 

Top Tips

For Getting Outside for Some Winter Fun

It's cold, windy and often rainy, but there are still lots of fun ways to get out, get active and have fun as a family!

1. Make sure everyone has warm, waterproof gear to hand, so when the mood strikes you, you can head out without too much hassle
2. Keep it simple—a bike ride, a visit to a playground (which are often much quieter at this time of year so children can run around more freely), walks around town to find landmarks, can be lots of fun and don't require much planning.
3. Think Spring! Start to look for the emerging snowdrops, crocuses, frog spawn, returning birds, etc—pick a favourite spot and check back on a regular basis for signs of new life. Bring a camera or drawing book along and create a nature journal
4. Have something warm and tasty ready for when you return home—a warm bowl of soup or a cup of hot chocolate will warm up both body and soul after your wintery adventures.



Parent & baby/toddler groups are a lifeline

The expectations and realities of parenthood can be quite different. Plans for maternity or parental leave usually include leisurely days where yourself and your sleepy newborn will finally have the time to catch up with friends, household projects and all those other things that have been on the long finger for so long. There will be, without a doubt, plenty of those lazy, hazy days. There are also other days; the ones where a shower is like a gift from the gods and getting dressed feels like a major achievement. You realise that time isn't your own because there's a new (tiny) sheriff in town and that you haven't had a conversation with a grown-up all day. This is where a local Parent and Baby/Toddler group can throw you

a lifeline.

As the name suggests, these groups benefit both parent/carer and child. While your baby or toddler has an opportunity to interact with babies of similar age and developmental stage, you can enjoy a chat with other parents/carers and pick up some very helpful information and tips from that peer group, as well as from the group leader. They provide a weekly space that has a subtle structure – for example, free play, craft activity, tidy-up, snack, story and song – and which allows both you and your child to meet friends, explore new things and learn.

The group provides a weekly window, usually for 60-90 minutes, where you can meet with others

who understand exactly where you are at this particular point of parenthood. Suggestions for dealing with sleepless nights, easing the pain of teething, sibling rivalry and finding time for yourself are generally always points of discussion.

The sessions also provide a great opportunity to see developmental milestones in action. Your baby, for example, might be a newborn but there may be a mom with a three-month old in the group, or a dad with a nine month-old who is crawling.

It's fascinating to see what lies ahead and again, to pick up some ideas from other parents/carers.

For some parents, grandparents and carers, the weekly catch-up and

opportunity to learn about play or language development is enough.

For others, the understated hand-holding and support makes them that bit more confident in their parenting role. Which ever you are, it doesn't matter; if you are caring for a baby or toddler, these groups are a welcoming and supportive place for you.

This article was contributed by a member of Parenting Limerick. Parenting Limerick is a network of parenting and family support organisations.

For a full listing of parent baby and toddler groups go to www.loveparenting.ie/baby-toddler-groups or contact Limerick Childcare Committee www.limerickchildcare.ie

LIFESTYLE



HEALTHY LIVING

EVA HILL HAMILTON

CONTACT EVA

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

Best way to fight the flu this winter

I am surrounded with sickness these days more than ever.

Wherever I go, people complain of terrible chest tearing coughs, sore throats, aches and pains that are incredibly hard to shift, and the hospitals are crammed worse than ever.

Looking back on the past few years, the flu seems to be harder and harder to beat - and that is because the virus is well able to mutate to make it harder for our immune

system to beat it - which also seems to be the problem behind vaccinations not always delivering the expected effects.

Influenza, commonly known as 'the flu', is a highly contagious viral infection of the respiratory tract. It affects all age groups, though kids tend to get it more often than adults.

The flu is often confused with the common cold, but flu symptoms usually are more severe than the typical



The flu can knock out the hardest of individuals and can lead to more serious illnesses, like pneumonia

sneezing and stuffiness of a cold. Symptoms, which usually begin about two days after exposure to the virus, can include: fever, chills, headache, muscle aches, dizziness, weakness, loss of appetite, upper respiratory complaints, including the

ears. Small children and infants with the flu also may seem fussy suddenly or just "not look right".

After five days, fever and other symptoms have usually disappeared, but a cough and weakness may continue.

All symptoms are usually

gone within a week or two. The weaker your immune system is, the longer it takes to get over it.

However, it's important to treat the flu seriously because it can lead to pneumonia and other life-threatening complications, particularly in infants, senior citizens, and people with long-term health problems. And if we don't allow ourselves time to recover fully, it may linger on for months or cause further complications.

Once you have caught the flu, all you can do is support your immune system by getting plenty of bed rest, keep yourself warm, sweat as much as possible by taking hot baths before going to bed and taking home made remedies.

It is best not to eat at all, but drink nourishing bone broth made of any bones, soup vegetables, herbs,

onion, garlic and ginger. Drinking this throughout the day along with hot ginger-licorice tea with fresh lemon juice will support your healing the best.

Take also Vitamin C with Zinc every 2-3 hours, Echinacea drops or elderberry three times a day, cod liver oil and a diverse probiotic to help build your white blood cell army.

Once you start to recover - and if you are blessed enough not to have caught the virus, make sure to avoid anything that weakens the immune system; sugar and processed foods, alcohol, stress and lack of sleep. Shiitake, a medicinal mushroom, is one of the best to help support the nervous system and modulate the immune response to fight viruses. Eat fermented foods, vegetables and oily fish to keep your body in top fighting form.

RENOVATION SALE

We are doing extensive renovations and expansion of our showroom in February.

ALL SHOWROOM STOCK MUST GO

Fineline Furniture

MADE IN KILKENNY

BIGGEST SALE EVER

Up To **70% OFF**



Discount on all new orders

Amazing New Resin tables in stock

Makers of solid timber tables and furniture, any size, any shape any colour. Designed and handcrafted by us in our Kilkenny workshop.

Jan 3rd to Feb 2nd

Mon-Fri: 10am-5pm
Sat: 10am-4pm

71 Hebron Industrial Estate,
Kilkenny,
056 7712830
www.finelinefurniture.ie

Win tickets to Goffs Thyestes Chase



Gowran Park 23rd January 2020.

FFS GOFFS

Prizes: 2 Silver Package Tickets & 4 Pairs of General Admission tickets

Question: Which jockey won the Goffs Thyestes Chase in 2019

- A. Ruby Walsh**
- B. Ted Walsh**
- C. Tommy Walsh**

Answer _____

Name.....

Address.....

Telephone.....

**Replies to Thyestes Chase Competition,
Kilkenny People Newspaper, 34 High Street, Kilkenny. Closing date 16-01-20**

OUT & ABOUT



At the IFA Dinner Dance were Joe Coogan with Lilia and Sam Harper



Out & About

IFA DINNER DANCE AT THE NEWPARK HOTEL

Pictures: HARRY REID



Joe Healy speaking at the IFA Dinner



Margaret Keane, Matt and Barbara O'Keefe, Cllr Pat Fitzpatrick and Jimmy Brett



Declan and Christana Gibbons, Cllr Bobby Aylward, Eleanor Phelan, Ethel Dalton and Mayor Martin Brett



Music for the IFA Dinner Dance in the Newpark Hotel was provided by Leather and Lace, aka Kieran Scott and Sadie Sheridan



Margaret Healy with Siobhan McDonald

OUT & ABOUT



LEFT: Tom O'Shea with Minister John Paul Phelan at the IFA Dinner Dance in the Newpark Hotel

ABOVE: At the IFA Dinner Dance were Mary Jacob, Mary Walsh, Ann O'Carroll, Jimmy Walsh and Fabian Jacob

RIGHT: Kathleen Brennan and Mary B. Dunphy



Paul O'Brien, National Chairman of IFA Environment Committee, acted as MC for part of the evening



At the IFA Dinner Dance were (seated:) Brid Fitzpatrick, Tim Cullinane, Louise Maher. Standing: Eamonn Maher, Jim Fitzpatrick and Henry Mooney

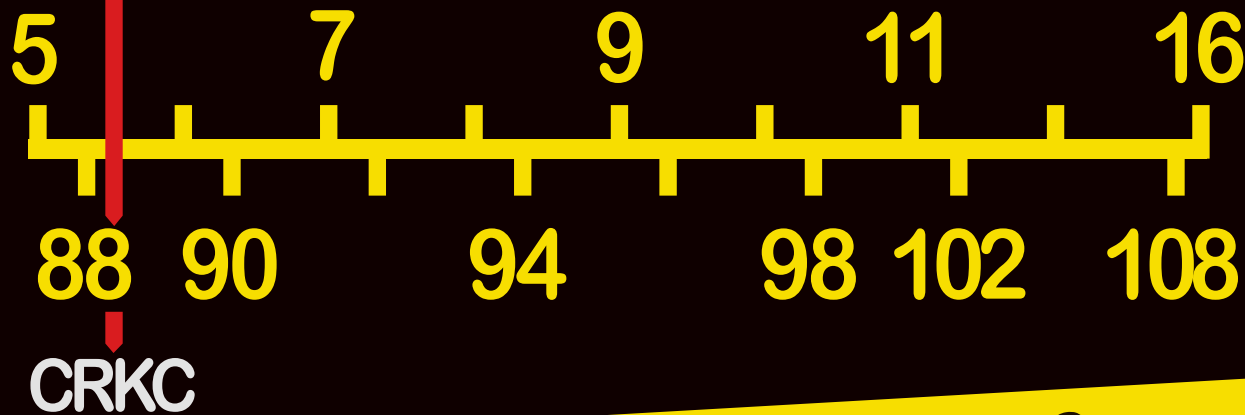
COMMUNITY
KILKENNY CITY
RADIO
88.7 FM




Find Us On



First on the Dial



88.7 FM



Call 056 77 62 777 Text 086 353 7782

www.communityradiokilkennycity.ie

**Your Local
 Community Radio Station
 On Air & Online**

LANGTONS ANNUAL WEDDING FAIR

Sunday 19 January 2020, 2 -5 pm

Over 30 local and national wedding suppliers

Meet the team for a personal tour of Langton House Hotel and SET Theatre

2019 www.weddingdates.ie

Top Rated Wedding Venue in Ireland

One Fab Day 100 Best Irish Wedding Venues

Guest MC
Fiona Foley
and
Chris Kavanagh,
journalist and
stylist



Set Theatre
18th January €21

NEIL DELAMERE

END OF WATCH

Langtons - 6th February €25



Mack Fleetwood

The ultimate tribute show to Fleetwood Mac



SET THEATRE - 8th February

FARMER MICHAEL AND KATHLEEN LIVE



FEB 21ST 2020 SET THEATRE KILKENNY

Tickets from www.set.ie, Langtons 056 7765133



Flash Harry - Queen Tribute
Saturday 18 Jan | 8pm



Singin' in the Rain - Film
Thursday 30 Jan | 8pm



Blackwater Babble
Friday 31 Jan | 8pm

Unique 650 Year Old Classical & Contemporary Japanese Noh Theatre

Takasago
& Between the Stones



056-7761674
watergatetheatre.com

Takasago & Between the Stones | 1st Feb | 7.30pm | €25
Mask Making Demonstration with Hideta Kitazawa | 1st Feb | 4.30pm | €12

THE KILKENNY REPORTER

MOTORING



E: advertising@thekilkennyreporter.ie T: Shane: 087 6577256 Patrick: 086 048 2018



This special edition features new Deep Laguna metallic body paint, unique seat and soft top roof designs

On your marks for special Mini

Limited edition: Only 150 for Ireland and UK

TRISH WHELAN
www.carandtravel.ie

MINI Ireland is introducing a special edition Convertible model, the MINI Sidewalk Convertible.

The high-spec model is a limited edition with just 150 available for UK and Irish customers.

This special edition features new Deep Laguna metallic body paint, unique seat and soft top roof designs, Harmon Kardon Hi-Fi and Head-Up Display as standard.

The convertible is supplied exclusively with a

192hp Cooper S powertrain featuring MINI TwinPower Turbo technology and a 7-speed Steptronic transmission with double clutch and steering wheel paddles, enabling fast and smooth gear shifts.

Combined fuel consumption is 6.7-5.51 L/100kms, CO₂ emissions are 152-125g/km.

The Arrow design soft top roof can be opened or closed electronically in 18 seconds. The car also has new 17-inch light-alloy Scissor Spoke 2-tone wheels, a new seat design with special seat badging and contrasting

seams in Petrol and Energetic Yellow colours. The new dashboard fascia is Piano Black with accents in Petrol and Silver.

Standard items include a Navigation Plus Pack featuring an 8.8-inch touch screen display, Satellite Navigation, Wireless Charging and Amazon Alexa functionality and three driving modes. A wind deflector is also included.

The MINI Sidewalk Convertible is available to order now from €47,840 at Irish MINI retailers, with production starting from March.



An overview of the luxurious interior in the Mini Cooper Convertible

MOTORING

Renault aims to 'Captur' your heart again

Second generation: French crossover arrives this week

The second generation of the Renault Captur will arrive in Renault dealerships this week priced from €21,995-€31,445, writes *Trish Whelan*.

Captur, launched in 2013 and has been the most successful compact SUV ever in Ireland with almost 10,000 registrations to date.

Renault say the new model is 110mm longer than before offering more interior and boot space, is more versatile and more refined with a range of ADAS and EasyLife features.

The Advanced Driver Assistance Systems (ADAS) available on the model fall into three categories: Driving, Parking and Safety. Together, they form the Renault EASY DRIVE system. Their settings are easy to adjust from the Renault EASY LINK multimedia system touchscreen.

Three trims are offered - Play, Iconic and S-Edition. All versions include 17-inch wheels, multimedia

touchscreen with Apple CarPlay and Android Auto, full LED lights and Automatic Climate Control.

Customers can choose from eleven exterior colours and four roof finishes, offering a total of 90 colour combinations.

Engines are the TC3 100 (€200 road tax) and 130 with manual transmission; TCE 130 EDC and 155 EDC (€270 road tax); dCi diesel 95/115 with manual transmission (€190 and €200 road tax), and the EDC 115 version (€190 road tax).

The price walk from the Petrol TCE 100 to diesel (dCi 95) is €2,000; from Play to Iconic trim is €1,650; and from Iconic to S-Edition is €2,000.

New Captur has been awarded the maximum 5-star Euro NCAP safety test rating.

There are a total of 90 colour combinations between body and roof in the new Renault Captur



DAVID BUGGY MOTORS

Hebron Road, Kilkenny. Tel: 056 7770808

www.buggymotors.ie

New and Used Vehicles Sales



19 Kia Ceed 1.0 K3 Petrol	Silver	€ 21,900
19 Kia Procede 1.4 GT Line	Red	€ 25,900
19 Kia Sportage 1.6 Diesel K3 - Choice	Grey	€ 28,900
19 Kia Sportage 1.7 Diesel K3	Red	€ 29,900
19 Kia Sportage 1.7 Diesel K3 Sunroof	Grey	€ 30,900
19 Kia Sportage 1.7 Diesel LX	Silver	€ 27,900
19 Kia Stonic 1.6 Diesel K2 - Choice	Silver	€ 22,500
19 Kia Stonic 1.6 Diesel K2	Grey	€ 21,750
19 Kia Stonic 1.6 Diesel K2 - Choice	Blue	€ 21,750
19 Kia Stonic K2 1.4 Petrol	Red	€ 20,900
19 Kia Stonic K3 1.6 Diesel	Blue	€ 23,950
19 Kia X Ceed 1.0 Petrol K4	Gold	€ 27,500
19 Mitsubishi AXS 1.5 Diesel	White	€ 23,900
18 Kia Ceed 1.6 Diesel EX 5 door	Gold	€ 19,500
18 Ford Focus Estate 1.5 Titanium	Grey	€ 17,500
18 Opel Insignia Grand Sport SC 1.6 TDI	Black	€ 21,900
18 Kia Sportage 1.7 Diesel LX	Silver	€ 25,900
18 Mitsubishi Outlander Diesel 7 Seater 4WD	Red	€ 29,900
18 Kia Optima 1.7 Diesel Platinum	Silver	€ 26,900
18 Kia Sorento 2.2 7 Seater 4WD Diesel	White	€ 34,500
18 Kia Carens 1.7 Diesel EX 7 Seater	Black	€ 22,900
18 Kia Sportage 1.7 Diesel Platinum	Black	€ 25,900
18 Kia Sportage 1.7 Diesel Platinum	Grey	€ 25,900
18 Kia Ceed 1.4 Diesel EX 5 door	Gold	€ 19,500
18 Kia Optima 1.7 Diesel GSE	Black	€ 24,900
18 Kia Optima 1.7 Diesel Platinum	Black	€ 24,900
18 Kia Rio 1.25 LX Petrol	Grey	€ 13,900
18 Renault Captur 1.5 Diesel	Grey	€ 17,900
18 Hyundai Tucson 1.7 Diesel	Blue	€ 24,500
18 Kia Ceed Sportywagon 1.7 Diesel	Grey	€ 19,500
18 Kia Sorento 2.2 7 Seater 2WD Diesel	Black	€ 30,900
18 Toyota Rav 4 Diesel Luna	Gold	€ 28,900
17 Nissan Pulsar 1.5 Diesel	Blue	€ 14,900
17 Skoda Octavia 1.6 TDI	Black	€ 17,250
17 Kia Sorento 2.2 2WD 7 Seater	Grey	€ 30,900
17 Kia Sportage 1.7 Diesel Platinum S/R	White	€ 22,900
17 Kia Ceed 1.4 Diesel EX	Red	€ 16,900
17 Kia Sportage 1.7 Diesel EX	Silver	€ 22,900
17 Kia Ceed 1.4 Diesel EX 5 door	Grey	€ 16,900
17 Opel Mokka X 1.6 Diesel	White	€ 16,900
17 Kia Sportage 1.7 Diesel Platinum	Grey	€ 22,900
17 Kia Sportage 1.7 Diesel EX	Black	€ 22,900

17 Kia Ceed 1.6 Diesel EX	Red	€ 16,900
17 Skoda Superb 2.0 Diesel Style	Grey	€ 19,900
17 Kia Picanto 1.0 Petrol TX	Silver	€ 9,700
17 Kia Sportage 1.7 EX	Blue	€ 22,900
17 Kia Sportage 1.7 EX	Blue	€ 22,900
16 Kia Rio 1.4 EX Diesel	Silver	€ 11,900
16 Kia Sportage 1.7 EX Diesel	Blue	€ 20,900
16 Kia Sorento 2.2 Diesel 4WD 7 Seater	Grey	€ 31,950
16 Kia Sportage 1.7 EX Diesel	White	€ 20,900
16 Kia Sportage 1.7 EX Diesel	White	€ 20,900
16 Kia Sportage 1.7 EX Diesel	Grey	€ 20,900
16 Audi A6 2.0 Diesel Automatic	Black	€ 23,900
16 Kia Sportage 1.7 EXS Diesel	Red	€ 20,500
16 Mazda 3 1.5 Diesel	Silver	€ 15,500
16 Kia Ceed 1.6 Diesel EX	Red	€ 15,500
16 Nissan Qashqai 1.5 Diesel SV	Silver	€ 17,900
16 Toyota Rav 4 Diesel	Black	€ 19,900
16 Kia Sportage 1.7 Diesel EX	Grey	€ 20,900
16 Kia Sportage 1.7 Diesel EX	White	€ 20,900
16 Hyundai Tucson 1.7 Diesel	White	€ 19,900
16 Kia Optima 1.7 Diesel EX	Silver	€ 19,900
16 Kia Sportage 1.7 Diesel EX	Red	€ 20,900
16 Nissan Leaf Electric	White	€ 12,500
16 Kia Rio 1.4 EX Diesel	Grey	€ 11,500
15 Kia Rio 1.4 EX Diesel	Red	€ 10,900
15 Kia Venga 1.4 EX Diesel	Red	€ 10,900
15 Kia Ceed 1.4 5 door TX	Black	€ 13,500
15 VW Golf 1.6 TDI Trendline	Grey	€ 12,900
15 Kia Ceed 1.6 EX Sportywagon Diesel	Gold	€ 14,500
15 Kia Sportage 1.7 EX Diesel	White	€ 17,900
15 Ford Mondeo 1.6 Diesel Saloon	Silver	€ 12,900
15 Kia Rio 1.4 EX Diesel	Silver	€ 9,500
14 Ford Focus 1.6 5 door Diesel	Black	€ 11,900
14 Hyundai IX20 1.4 Diesel	Red	€ 9,900
14 Hyundai IX35 1.7 Diesel	White	€ 15,900
14 Volkswagen Passat 1.6 TDI	Silver	€ 12,900
14 Peugeot Partner Van	White	€ 8,900
14 Kia Venga 1.4 Diesel EX	Silver	€ 8,900
14 Toyota Corolla 1.4 Diesel Aura	Black	€ 10,900
13 Nissan Qashqai 1.5 DCI	Silver	€ 11,900
13 Kia Sportage 1.7 Diesel LX	Silver	€ 13,900
13 Dacia Duster 1.5 Diesel	Black	€ 7,900

13 Kia Venga 1.4 Diesel	Red	€ 7,900
13 BMW 520 Diesel Estate	Grey	€ 16,900
13 Kia Rio 1.1 EX Diesel 5 door	Grey	€ 7,900
13 Nissan Note 1.5 Diesel	White	€ 7,250
13 Toyota Corolla Diesel	Black	€ 9,500
12 Ford Fiesta 1.4 Diesel Style	Black	€ 6,900
12 Hyundai I40 1.6 Diesel Saloon	Black	€ 10,500
12 Hyundai I40 1.6 Diesel Saloon	Black	€ 10,500
12 Volkswagen Golf 2.0 TDI Bluemotion	Black	€ 10,900
12 Kia Sportage 1.7 EX Diesel	Black	€ 12,500
12 Kia Sportage 1.7 EX Diesel	Grey	€ 12,900
12 Hyundai IX35 1.7 Diesel	Silver	€ 10,900
12 Kia Sportage 1.7 EX Diesel	Gold	€ 12,900
12 Seat Ibiza 1.2 Diesel Estate	Grey	€ 5,950
12 Kia Rio 1.5 Diesel EX 5 door	Silver	€ 6,500
12 Renault Fluence 1.5 Diesel Saloon	Silver	€ 5,900
11 Nissan Qashqai 1.5 Diesel	Silver	€ 7,900
11 VW Passat 1.6 TDI	Blue	€ 7,900
11 Hyundai Santa Fe 7 Seater Diesel	Red	€ 8,900
11 Ford Focus 1.6 TDI 5 door	Silver	€ 5,900
11 Kia Rio 1.4 EX Diesel	Silver	€ 5,500
11 Kia Sportage 1.7 Diesel EX	Gold	€ 10,500
11 Citroen C4 1.6 Diesel 5 door	Grey	€ 3,900
11 Renault Fluence 1.5 DCI	Silver	€ 4,900
11 Kia Sportage 1.7 Diesel GSE	Silver	€ 10,500
11 Kia Sportage 1.7 Diesel GSE	Gold	€ 10,900
11 Kia Ceed 1.6 Diesel EX	Black	€ 5,900
10 Kia Ceed 1.6 Diesel Sportywagon	Black	€ 2,900
10 Ford Focus 1.6 Diesel	Silver	€ 5,500
10 Kia Magentis 2.0 Diesel	Silver	€ 4,900
10 Ford Focus 1.6 Diesel Zetec	Black	€ 4,900
10 Mazda 3 1.6 Diesel Executive	Grey	€ 3,900
09 Peugeot 207 1.4 Petrol	Grey	€ 2,900
08 Opel Astra 1.4 3 door	Black	€ 1,950
08 Ford Focus 1.8 Diesel	Grey	€ 2,900
07 Kia Cerato 1.6 Diesel Saloon	Blue	€ 3,500
06 Hyundai Tucson 2.0 Diesel	Black	€ 2,900
06 Ford Focus 1.4 5 door Petrol	Grey	€ 1,500
05 Opel Astra 1.4 Petrol	Black	€ 1,250
02 Nissan Almera 1.5 Petrol	Red	€ 950
02 Ford Galaxy 7 Seater Diesel	Grey	€ 1,500

Phone David Buggy 087 2387140 or Michael Buggy 087 6915903 or Matt Galavan (086) 233 1728



NEW AND PART-WORN TYRES

MADDEN TYRES

KILKENNY

FREE FITTING, BALANCING & TYRE DISPOSAL

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

No more, no less

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

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

MADDEN CAR BREAKERS

K I L K E N N Y

**TRY
US AND
EXPERIENCE
THE DIFFERENCE**



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

Do your thing for the environment.

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

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



MICHAEL MADDEN Specialist Cars



LOCAL COMPANY -

Selling Cars In Kilkenny For 40 Years

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

- 2019 Dacia Logan MCV 1.5 DCI 18k mls. Black, like new.....€12,950
- 2017 Ford Ranger 2.2 TDCI 160 limited crew cab. Extra wide body..only one in Ireland!
16k mls. Lady Owner. Incredible piece of kit. No VAT.....€29,950
- 2017 Dacia Sadero 1.5 DCI Laureate every extra inc Nav. Only 38k mls. White.....€8,950
- 2017 Late Hyundai i10 1.0SE New Model, 29k mls. Looks & drives like new!.....€9,950
- 2017 Nissan Pulsar 1.5 DCI tech only 38k miles. All the toys!€12,950
- 2017 Hyundai i20 1.2 SE in artic white. Only 14k mls. Like new.€12,500
- 2016 Late Kia Rio 1.1 Ed Air, new model. So cheap to run. In black. Bargain.€8,950
- 2016 Kia Rio 1.4 CRDi Ed3 Nav. Jet black. 3 door sports. Unreal looking car.....€8,950
- 2016 Kia Rio, 1.1 CRDI 1 Air, new model in black. Lowest running cost
supermini,€8,950
- 2016 Renault Captur 1.5 DCI 90 Dynamique Jet Black. Superb Jeep. 60k mls€11,950
- 2016 Kia Ceed SW 1.6 CRDI i34 ISG Estate in white. 56k mls...some car!.....€12,950
- 2015 Hyundai i30 CRDI 1.6 DCT BD automatic. Amazing automatic. Low tax in white.
.....€10,950
- 2015 Renault Clio 1.5 DCI Nav in black. 40k only. Like new.€8,950
- 2015 Ford Focus 1.0 Eco Boost Titanium, Ford blue, extras. 37k only. Nav. Like€12,950
-RESERVED FOR BRETT
- 2015 Hyundai i20s Blue Drive. New model, white, 20k mls only, like NEW.....€10,995
- 2015 Renault Captur 90 Dynamique 1.0 34k mls. Black orange roof. As new.....€11,950
- 2015 Ford Mondeo 2.0 TDCI 150 Titanium. Every extra..too many to mention, in
black.....Stunning Car€11,950
- 2015 LATE Hyundai i30 CRDI 110B drives. Only 37k mls from new! Superb car...€11,950
- 2014 Kia Pro Ceed, 1.4 VR7, lovely car with spec. Super looking car.....€8,500
- 2014 Seat Mii 1.0, lovely small automatic.....€6,500
- 2014 Toyota Auris 1.3 VVTI Icon in black. Every extra.€9,950
- 2014 Hyundai i30 1.6 CRDI B/D in blue. All extras. Smashing car.€8,950
-RESERVED FOR HARRY
- 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.....RESERVED FOR JAMES€8,950
- 2014 Fiat 500 1.2 Sport. Ferrari red. Full abarth trim. Like new.€7,950
- 2014 Kia Venga 1.6 CRDI ed3, 60K mls.€7,500
- 2014 Hyundai i20 1.2 Classic in black. 34k miles only, like new.€8,950
- 2013 Hyundai i20 1.2 active in white. 23k miles. Only direct from London.€7,950
- 2013 Hyundai i20 1.2 active, 65k mls in white. Super car.€6,950
- 2013 Hyundai i20 1.2 Active in white, looks new!€7,500
- 2013 Hyundai i20 1.1 blue drive. Diesel. So easy to run. Every extra.....€7,950
- 2012 Seat Ibiza ST 1.4 SE Estate. Dark grey. Only 47k mls. Lovely handy estate..... €7,950

- 2012 Hyundai i30 1.4 Active in silver. Grade 1 car, like new.€7,950
- 2012 Hyundai i30 1.6 CRDI Style in Jet Black. Cracking car.€8,500
- 2012 Kia Rio 1.2 Only 50k mls. Not a scratch on it! Ed1.€6,950
- 2012 Kia Sportage 1.7 CRDI Edition 2, in white, pan roof etc. etc. lovely jeep. Like
new€11,950
- 2012 Honda Jazz, 1.4i VETEC ES in dark grey. Only 7,000 warranted miles, yes 7,000.
A car for years!€8,950
- 2011 Nissan Leaf Electric Auto in white 66k only. You can run it free.€5,950
- 2011 Hyundai i20 Comfort 1.2 Air Con etc. Superb car.....€4,950
-RESERVED FOR JOHN
- 2011 Kia Rio 1.4 Ed2 in blue. 61k mls only. What a car! Ex-Londaon.....€4,950
- 2011 Nissan Qashqai 1.5 DCI. Great driver. To clear...(NCT til 06/21).....€3,950
- 2010 Hyundai i20 1.4 Style. Top of the range. Super colour Lambo green. Superb
car.....€4,950
- 2010 Hyundai i20 1.2 in red. Really special edition. A car for years.....€4,950
- 2010 Ford Fiesta 1.2 great little driver. New NCT. Bargain to clear. New NCT.....€2,950
- 2010 Toyota Yaris 1.3 Automatic. Lovely small Automatic€5,950
-RESERVED FOR CIARA
- 2010 Hyundai i10 1.2 Comfort. London Car. Like new in blue.€3,950

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

www.maddencars.ie

THIS IS ONLY A SMALL SELECTION OF OUR STOCK

Buy it with **LOANITT**
Our new finance provider now in place.
Local company, best rates!
We work for you and you drive away
in one of our fantastic cars

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

36
YEARS
IN THE
MOTOR TRADE

"When Only the Best will Do"
Tullaroan Road, Kilkenny.

Tel: 056-7720280 | 087 4389790

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



RENAULT
Passion for life



BEAT THE JANUARY BLUES AT O'BRIENS KILKENNY

2019 (192) RENAULT ZOE

SIGNATURE
NAV Q90 Z.E 40 -
100% ELECTRIC.



€27,900

€128 per week

No deposit required

2019 (192) RENAULT ZOE

DYNAMIQUE
NAV R110
Z.E. 40.



€24,495

€113 per week

No deposit required

2019 (191) RENAULT KANGOO

VAN BUSINESS
1.5 DCI 75 BHP.



€10,900 + VAT

€52 per week

No deposit required

2019 (192) RENAULT CLIO

ICONIC 1.0 TCE
100 BHP -
NEW MODEL.



€21,495

€99 per week

No deposit required

2018 (181) VOLKSWAGEN TIGUAN

TRENDLINE
2.0 TDI 115 BHP.



€23,900

€115 per week

No deposit required

2018 (181) PEUGEOT 3008

ACTIVE 1.6
BLUE HDI
120 BHP.



€23,900

€115 per week

No deposit required

2018 (181) DACIA LOGAN

ALTERNATIVE
ESTATE 1.0 SCE
75 BHP 5DR.



€10,900

€52 per week

No deposit required

2018 (181) VOLKSWAGEN GOLF

TRENDLINE
1.6 TDI 5DR.



€18,900

€90 per week

No deposit required

2018 (182) FORD FOCUS

TITANIUM
1.5 TDI 95 BHP
5DR.



€18,900

€90 per week

No deposit required

2018 (182) TOYOTA YARIS

ICON VVT-I 1.0
5DR.



€13,900

€67 per week

No deposit required

2018 (181) PEUGEOT 208

ACCESS 1.2
68 BHP 5DR.



€12,495

€60 per week

No deposit required

2018 (182) RENAULT CLIO

DYNAMIQUE
NAV 1.2 75 BHP.



€13,900

€67 per week

No deposit required

2017 (172) VOLKSWAGEN GOLF

COMFORTLINE
1.6 TDI 115 BHP
5DR.



€16,995

€82 per week

No deposit required

2017 (172) MINI HATCH

ONE XN72 2DR.



€14,900

€72 per week

No deposit required

2015 (151) RENAULT CLIO

DYNAMIQUE
NAV 1.2
75 BHP.



€9,900

€47 per week

No deposit required

2014 (141) DACIA DUSTER

ALTERNATIVE
1.5 DCI 110 BHP
5DR.



€9,900

€47 per week

No deposit required

2015 (152) RENAULT FLUENCE

LIMITED
1.5 DCI
95 BHP.



€10,900

€52 per week

No deposit required

2018 (181) DACIA SANDERO

STEPWAY ALTERNATIVE
1.5 DCI
90 BHP



€12,900

€62 per week

No deposit required

2019 (191) RENAULT CLIO

DYNAMIQUE
NAV TCE 1.0
90 BHP



€14,900

€72 per week

No deposit required

2017 (171) RENAULT MEGANE

GRAND COUPE
EXPRESSION DCI
110 BHP
AUTO



€13,900

€67 per week

No deposit required

Kilkenny Retail & Business Park
Waterford Rd. Kilkenny
056 7756567



Terms & Conditions Apply - Offer Valid until 25-01-2020

Backbone of Business.

Proud to serve those who serve us.



- 3.9% APR*
- Up to €5,500 bonus[^]
- 5 year warranty

Order now at Michael Lyng Motors for 201.



VISIT US FOR MORE INFORMATION



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



lyngmotorsford.ie

Opening Hours:
 Mon - Fri 8:30am to 6pm
 Saturday 9am to 2pm

*3.9% fixed low APR Finance Example: Transit Custom 280SWB Base 105PS. Discounted Gross Retail Price (inc. VAT)† €24,690. Ford 2020 201 Sales Event Discount of €2,000. Customer Deposit/Trade-in €4,938.00. Finance Amount €19,725. 61 monthly payments of €354.79. Total Cost of Credit €2017.17. Fixed APR 3.9%** (Annual Percentage Rate) as at 01/10/2019. †Includes delivery & related charges. Models is shown for illustrative purposes only. **Lending criteria and terms and conditions apply (>18s only). APR is inclusive of a documentation fee and purchase fee of €63.49 each. To qualify for this finance offer a minimum deposit of 20% is required. Rate quoted is correct as at 03/10/19 and is subject to change. Offer available on all new commercial vehicles excluding the Kuga Utility registered between January 1st 2020 and January 31st 2020 at participating dealers. This is a Business Hire Purchase agreement provided by Bank of Ireland Leasing Limited t/a Ford Credit. Ownership remains with Ford Credit until the final payment is made. **Warning: You may have to pay charges if you repay early, in full or in part, a fixed-rate credit facility.** [^]This offer applies to Transit 2 Tonne 170/185PS Trend models with Air Conditioning only registered between January 1st 2020 and January 31st 2020 at your local participating Ford Dealer. Models are shown for illustrative purposes only. See Ford.ie for full terms and conditions. For models not listed above we have some alternative finance offers for you to avail of. Please contact your local Ford Dealer for further information. Ford Ranger: WLTP CO2 Range 216 g/100km - 281 g/100km. Terms & Conditions apply.



GENERAL OPERATIVE REQUIRED

**Busy engineering firm
Require
General Operative
with
Forklift training and clean
driving licence**

**Reply with C.V
to
box Rk2035**



Amber, Women's Refuge CLG:

Full time Outreach Worker

Amber, Women's Refuge CLG invites applications for the position of an Outreach Worker who will primarily provide Outreach services in Co. Carlow. Amber, Women's Refuge CLG supports women and children affected by domestic violence by providing emergency refuge accommodation and a range of other support service to improve outcomes for women and children.

The purpose of this post is:

- To work with the management and outreach team to continue to develop a sustainable and comprehensive Outreach service for Amber Women's Refuge CLG relevant to Co. Carlow and to maintain linkages with other service providers in order to raise awareness of Domestic Violence and the services provided by Amber.

The successful candidate will demonstrate:

- A full clean driving licence and use of own car is essential for this post and needs to be noted in your application.
- A Third level qualification in Social Care, Community Development or other related discipline.
- A minimum of 3 years work experience in a similar role which included outreach service delivery/community development.
- A working knowledge and insight into the issues affecting women and children of domestic abuse and the impact on their physical, emotional and psychological development.
- Experience of working co-operatively with other relevant services, and excellent skills in relationship building and networking.
- Flexibility required to meet service needs.
- Excellent interpersonal and communication skills and an ability to work well in a team and lone working environment.
- Experience of Group Facilitation an advantage.
- Experience of crisis management and experience of working with people who may present with complex needs
- An understanding of risk and needs assessment and of the principles of risk management.

Letter of application and Curriculum Vitae to:

Lisa Morris (Manager), Amber, Women's Refuge CLG., Lacken, Dublin Rd., Kilkenny, R95 NY04 or email: manager@kilkennywomensrefuge.ie

Further information available on request by phone on 056 7771404.

Closing date for receipt of CV applications: 20th of January 2020 at 5pm.

Interviews to take place: Monday the 3rd of February 2020.

Short listing will apply.

**ORANGE
CAFÉ | KILKENNY**

DANVILLE BUSINESS PARK
T: 056 7701976
Off Bohernatounish Roundabout
kilkenny Ring Road

CAFÉ WAITING STAFF Required

FULL TIME POSITION:
Mon - Fri, 8am - 4.15pm

PART TIME POSITION:
4-5 hours per day, to suit the business

Local KK1 BUS
stops outside
("Loughboy Retail Park" Stop)

The ideal candidates will be

- Energetic team members with impeccable customer service skills
- Excellent communicators with good interpersonal skills
- Organised, pay excellent attention to detail, with the ability to multi-task
- Have relevant experience in the café / food business
- Fluent in English, both oral and written
- Able to learn quickly and work in a fast paced environment
- Immaculately groomed and well presented at all times

We Offer * Training * Meals while on duty

Staff are **not** required to work evenings or weekends

Reply to Colette as soon as possible

Email: orangecafedelijobs@gmail.com

Our team at Orange Café produce healthy wholesome
food of an exceptionally high standard

✓ Speciality Coffees ✓ Delicious Baked Goodies ✓ Daily Hot Specials

Freshly Made Vegetarian & Gluten Free Options

Open Mon - Friday, 8.30am - 4pm

Free Customer Parking / Free Wifi

Dalton House Day Care Centre

Gowran, Co. Kilkenny.

General Operative

(35 hrs per week)

Experience in a kitchen/café and
knowledge of HACCP is preferable

However not essential as

full training
will be provided

Send C.V.'s to:

**The Manager, Dalton House,
Main Street, Gowran, Co. Kilkenny.**

Or email:

info@daltonhouse.ie

Closing Date for Applications is 22/01/20



TRADES & SERVICES .. EMPLOYMENT .. PUBLIC NOTICES

PLANNING NOTICES

KILKENNY COUNTY COUNCIL

I, Anthony Mulhall hereby intend to apply to Kilkenny County Council for Planning Permission for alterations to the previously approved single-story extension as granted under Planning Application Ref. 19/471. The proposed changes include a re-design of the approved extension, associated elevation alterations and site works, all at 16 College Square, College Road, Kilkenny. Signed: Brian Dunlop Architects Ltd.

The planning application may be inspected, or purchased at a fee not exceeding the reasonable cost of making a copy, at the offices of the Planning Department, Kilkenny County Council, County Hall, John Street, Kilkenny, during its public opening hours 9 a.m.- 1.00 p.m. and 2.00 p.m.- 4.00 p.m. Monday to Friday, and a submission or observation in relation to the application may be made to the Planning Authority in writing on payment of the prescribed fee (€20.00) within the period of 5 weeks beginning on the date of receipt by the Authority of the planning application. The Planning Authority may grant permission subject to or without conditions, or may refuse to grant permission.

THANKSGIVINGS

THE MIRACULOUS PRAYER

- To The Sacred Heart: Dear Heart of Jesus in the past I asked you for many favours, this time I ask you for one special favour (mention favour). Take it Dear Heart of Jesus and place it within your broken heart where your Father sees it, then in his merciful eyes it will become your favour not mine. Amen. Say this prayer for three days and favour will be granted, no matter how impossible. Never known to fail. Promise publication. M.P.

BREAKING NEWS

ADVERTISE IN KILKENNY'S BEST RECRUITMENT SECTION



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



www.kilkennyreporter.ie



LANGTONS denture clinic

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



Free Consultation

Medical Cards Welcome



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

056 771 2741

info@langtonsdenture.ie



Firewood For Sale

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

Call Michael Hearne:
086 258 48 72
Callan Area



Bergin Logistics

An opportunity has arisen to the right candidate to work as part of a busy logistics team based in Kilkenny.

This is an entry level role which offers full training and an excellent opportunity for progression within the company.

Duties include but not limited to:

- ✓ Receiving and processing customer orders
- ✓ Booking collections
- ✓ Data entry
- ✓ Stock reconciliation
- ✓ General office administration

The idea candidate will be:

- ✓ Punctual, self-motivated and ambitious
- ✓ Flexible and a strong team player
- ✓ Have a good working knowledge of windows and the ability to learn new systems
- ✓ Excellent attention to detail

Applications can be emailed to
Brenda@bergintransport.ie

Total Highway Maintenance

Due to continued expansion Total Highway Maintenance are now looking for:

Quantity Surveyor / Estimator

The role will involve:

- Measurement and pricing of prospective tender projects.
- Preparation of monthly contract cost reports.
- Preparations of monthly progress applications.
- Settlement of final accounts.
- Attending and updating regular meetings with clients.
- Splitting up job packages and sending them out to sub-contractors for pricing.
- Procurement of private and public work.
- Providing contractual advice to the project manager.
- Performing other duties as assigned.

QUALIFICATIONS AND EDUCATION REQUIREMENTS BSc in Construction Economics / Quantity Surveying

Key Requirements

- Experience in tender estimating.
- Measurement + take off experience a necessity.
- Proficiency in using Build Soft & Microsoft Office Software

Engineer, Degree qualified with 2 – 5 year's experience.

The role will involve:

- Undertaking feasibility and technical studies along with investigations of sites.
- Assessment of the risks associated with a particular project along with the potential environmental impact.
- Ensuring sites meet all legal, health and safety recommendations.
- Managing, directing and monitoring the progress of each project as it happens.
- Creating drawings with the assistance of computer aided design packages.
- Discussing project requirements with other professionals such as architects and clients.
- Undertaking complex calculations.

Key Requirements

- Sound mathematical, scientific and IT skills
- the ability to think methodically and to manage projects
- problem-solving skills
- ability to work to deadlines and within budgets
- ability to maintain an overview of entire projects while continuing to attend to detailed technicalities
- excellent verbal and written communication skills
- negotiating, supervisory and leadership skills
- complete knowledge of relevant legislation

Experienced civils grounds-worker

This role is based in Waterford.

- Min 2years
- Must have C licence, Safe pass, manual handling as a minimum requirement.
- Truck supplied for travel.
- Knowledge of kerbing, concreting and ducting essential.
- experience in minor Tar works, pole installation an advantage but not essential.

Electrician

Description:

- Full time
- permanent position
- Company phone
- Competitive rates

Requirements

- Maintenance of Public Lighting Infrastructure within Leinster.
- C1 Truck licence preferable
- Must be able to work under own supervision.
- Excellent Fault Finding Skills
- Good Communication Skills
- Applicants must be willing to travel as work is based Nationwide.
- Training provided for traffic signal maintenance and installation work
- Job Types: Full-time, Permanent

Responsibilities

- Public Lighting Maintenance
- Fault Finding
- Assemble, install, test and maintain electrical installations
- Carry our all works efficiently
- Work on own initiative
- Requirements

Key Requirements

- Full clean driving licence
- Fully qualified Electrician
- Safe Pass
- Manual Handling
- MEWP training (preferred)
- Experience (preferred)

Apply with CV to maura@totalhighways.com

EMCL Ltd.

BUILDING CARPENTRY & ROOFING

The following Site personal are required for a carpentry firm working in the Dublin, Kildare and Wicklow areas. Applicants must have timber frame experience. Positions that are available:

- **Site manager's**
- **Foremen**
- **Carpenters (to erect the units)**
- **Foremen Carpenters Assistant**
- **Apprentice Carpenter**

Applicants can apply by the following method's

- Go to the website www.mclc.ie and go to the recruitment page and under the appropriate heading fill out the form.
- Email Michelle Flanagan. Michelle.flanagan@mclc.ie. Phone (087) 345 3521 if you need further details.

All Applicants will be placed within established crews so as they get up to the required standard. Accommodation or transport can be organised if required.

BREAKING NEWS

ADVERTISE IN KILKENNY'S BEST RECRUITMENT SECTION

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

THE KILKENNY REPORTER
FREE EVERY THURSDAY

www.kilkennyreporter.ie

SPORT



Padraig Walsh and his Tullaroan team-mates have grown and grown as they've progressed through the championship

Can Kilkenny clubs turn Croke into an arena of celebration?

Gaelic Games

JOHN KNOX

john.knox@iconicnews.ie

Of course senior All-Ireland hurling finals involving Kilkenny are the big, big ones, but a weekend in which three county champions contest national deciders comes a close second.

Sure where would you get it? Only in Kilkenny!

Intermediate champions, Tullaroan and Conahy Shamrocks, the junior championship runners-up, will be hoping to turn Croke Park into an arena of celebration on Saturday.

And 24 hours later the biggest winners of club hurling honours in the All-Ireland senior championship, Shamrocks from Ballyhale, will be bidding to extend their lead at the top of the Roll of Honour

as they chase an eight national victory, and what for them would be a first two in-a-row.

So much to look forward to and enjoy. Sure you couldn't but feel a part of it. That is the peculiar Kilkenny way too.

We all love to see our own doing well, being successful.

Hurling is a shared passion; the success of neighbours a shared feeling.

Back in 2011 Kilkenny were at this point too, with three teams in the club finals. Lady Luck turned her back on O'Loughlin Gaels (senior), Dicksboro (intermediate) and John Lockes of Callan (junior) that day and all came home empty-handed.

The hope is for better things this time.

Shamrocks have a super record in this championship, however. They have already contested eight finals, losing one, their first against the then big hitters Blackrock (Cork).

It has been success, success all the way since for the small parish with the free flowing hurling well from which talent gushes with ease. Their manager, Henry Shefflin, a proud

product of the club who was challenged by injury during a distinguished career, made an indelible mark in his time.

His take of 10 All-Ireland senior hurling winners medals is the greatest in the 136 year history of the GAA. He has forever insisted he got a lot from the club.

Now he is giving back big time, having steered Shamrocks into new fertile territory where they followed a Kilkenny championship win the season after an All-Ireland success.

Now a shot at reaching a new milestone for the club - putting All-Ireland wins together.

Shamrocks face the best of Tipperary and Munster in Borris-Ileagh, who won this championship once back in 1987. They are a mighty brigade, driving by that classy hurler, Brendan Maher, plus elegant and determined players like Dan McCormack, a high achiever in the county colours, his brothers Sean and Ray, along with Conor Kenny, Paddy Stapleton and so on.

It is almost as if Borris-Ileagh are on a crusade, turning heartache in the parish into a positive, unifying force for the area.

Shamrocks know the



power of such emotion; how it can fortify and lift and drive people on to extraordinary deeds. They are facing a storm, no doubt.

Shamrocks are a force themselves. They have the gift of invention, being able to turn near impossible situations into big gains, victories.

TJ Reid, a man born to lead and lead, is a giant of a hurler in every sense. He is brave. He has physique. He has touch.

He can score. And he rounds all that off with a healthy work-rate. TJ doesn't leave the labouring in tight matches to others. He gets stuck in!

All-Star Colin Fennelly, a powerfully built full-forward with pace to burn, is another potential destroyer for Shamrocks. He has helped dig the team out of a few tight corners this season and last.

His game, his effectiveness within the

In TJ Reid the Shamrocks have a man who was born to lead and lead. Ballyhale's key man, he is a giant of a hurler in every sense PICTURES: DAVID FITZGERALD/SPORTSFILE



Shamrocks can reach a new club milestone - putting All-Ireland wins together

of them - plus the Keoghans', Buggy, Maher and so on have a level of goodwill on their side the likes of which has rarely been seen. Opponents Fr O'Neills from Cork won't care. They are out to spoil the party.

Tullaroan have grown and grown during this championship. Their darling, former All-Star, Tommy Walsh, has enjoyed such a rush of goals since the Kilkenny semi-finals that he could be described as the Messi of hurling.

He plays the game with the enthusiasm of a young boy. He carries himself like a gentleman. He is no stranger

to Croke Park. If Tullaroan need a leader, his hand will be first up, and it will be highest too.

The Kilkenny champions have a great chance here. O'Neills had two players suspended this week following incidents in the semi-final. They have the right of appeal.

It doesn't matter. If Tullaroan show the same start to finish determined attitude that marked their semi-final victory over Naomh Eanna (Antrim) then they will be hard to beat.

Conahy Shamrocks will contest the junior final against Russell Rovers (Cork) having lost the Kilkenny county final against O'Loughlin Gaels. They are chasing a second junior crown, having tasted success in 2008.

The way Conahy have turned bitter disappointment in the county final into a success in Leinster and a real possibility in the All-Ireland final reflects massively on the players and team officials. They face a very tough task, the most difficult by some distance of what they have taken on to date.

Conahy have to believe. If they can put the best they have to offer out there, then anything is possible.

THE PANELS

SHAMROCKS - Dean Mason, Darragh Corcoran, Joey Holden, Darren Mullen, Evan Shefflin, Michael Fennelly (capt), Brian Butler, Ronan Corcoran, Conor Phelan, Adrian Mullen, Brian Cody, TJ Reid, Eoin Reid, Colin Fennelly, Eoin Cody, Mark Gorman, Richie Reid, Gavin Butler, Patrick Hearne, Joseph Cuddihy, Mark Aylward, Conor Walsh, Patrick Mullen, Eoin Kenneally, Kevin Mullen, Casey Corcoran, Martin Davis, Patrick Doyle, Enda Kenneally, Jason Devereux.

TULLAROAN - Paul Buggy, Diarmuid Doherty, Tommy Walsh (Village), Stephen Maher, Martin Walsh, Padraig Walsh, Jack Keoghan, Tomás Dunne, Mark Walsh, Bill Gaffney, Martin Keoghan, John Walton, Shane Walsh (capt), Tommy Walsh, Peter Walsh, Tom Fitzgerald, Ger Luby, Ken Coogan, Stephen Dowling, Dylan Simpson, Adam Tallis, Jim Moore, Shane Cuddihy, John Maher, Liam Teehan, Gavin Joyce, Sean Cuddihy, Tommy Walton, Joe Coughlan, Joe Norton.

CONAHY SHAMROCKS - Padraic Delaney, Simon Callinan, Davy Healy, Liam Cass, Darren Cuddihy, Brian Healy, Eoin Carroll, Donal Brennan, Eddie Delaney, Kieran Mooney, John Mullan, Eoin Cahill, James Bergin (capt), Tom Phelan, Bill Murphy, Karl Downey, Alan Healy, Tom Rice, Tom Nolan, Sean Brennan, Michael Bergin, Dara Dooley, Padraig Gunner, Frank Gunner, Cian Harding, Justin Brophy, Donal Cass, Kieran Delaney, Andy O'Keeffe, Shane Brennan.

team, is growing season on season. When the ball is in hand he sees nothing but the goal.

Neither bone nor ash frighten him when he catches sight of the target. Powerful, fast, straight line running. Goal, goal, goal appears to be the way he thinks.

With the majestic Michael Fennelly at the heart of the defence - he puts his battered and patched up body through all sorts of hardship -

Shamrocks have an unreal power source that helps drive others, gifted youngsters like Evan Shefflin, Ronan Corcoran, Eoin Cody and, of course, Adrian and Darren Mullen.

Full-back Joey Holden is a serious performer too, the one who can launch a deadly counter attack with a simple, well placed hand-pass. Because of his easy style and efficiency, some of his most telling work often goes

unnoticed. He is a serious bit of gear. Believe it!

Shamrocks are in a good place heading into this All-Ireland final. Borris-Ileigh are thinking the same about themselves.

The first Kilkenny v Tipperary All-Ireland senior club final is full of promise. Hurling will be the winner, no doubt about it.

Tullaroan is a name forever linked with hurling. The Walshs' - there are seven



James Bergin and his Conahy Shamrocks team-mates will lock horns with former Cork hurler Brian Hartnett and Russell Rovers in the junior final at 4pm on Saturday

SPORT



Linda Caulfield in action for the Kilkenney Firsts in their game against Skerries at Kilkenney College PICTURES: MARK DESMOND



Catriona Carey takes on two Skerries challengers



Sinead Connery launches a Kilkenney attack

Sharp Cats are on a roll!

Hockey

LEINSTER LADIES HOCKEY LEAGUE DIVISION 3

KILKENNY FIRSTS 9 SKERRIES 0

The Kilkenney ladies first team got the second half of their season up and running when they smashed Skerries for nine at the weekend.

The game started well for the Cats, who opened the scoring at Kilkenney College through Linda Caulfield following a Caitriona Carey short corner.

With goalkeeper Doireann McGurdy keeping things tight at the back Kilkenney remained in control of the game. Linda Caulfield scored again as the fantastic work-rate saw the hosts end the half 3-0 in front.

The second half started brightly for Kilkenney with some lovely one-two passes between Caitriona Carey and Gemma O'Dwyer. Carey passed the ball out to Hannah Kelly on the right wing who attacked the circle and sweetly struck it past the 'keeper.

Some great defensive play by Rachel Kelly and Ciara Clarke down the right wing, coupled with fantastic forward movements, saw the ball fall to Ally Carter who slotted it through for Ava

Murphy to deflect it past the 'keeper. Scorer Murphy then turned provider, setting Ally Carter up to sweep home. After a number of short corners in the second half, a switch left to Rachel Kelly saw her power past the goalkeeper to hit the backboard.

The intensity and work rate continued into the fourth quarter, when Sinead Connery got on a loose ball on the right hand side of the circle. Despite valiant efforts of the Skerries defence she managed to get her shot away and bury the ball into the back of the net.

Paula Farrell added the final flourish, picking up a through ball from Abby Gilsenan before touching it past the 'keeper.

It was a great result and start to their second half league campaign for the team who face into a double weekend next week with both a cup and league fixtures.

KILKENNY FIRSTS: Doireann McCurdy, Lainey Gilsenan, Niamh Spratt O'Shea, Rachel Kelly, Ciara Clarke, Abby Gilsenan, Catriona Carey, Sinead Connery, Linda Caulfield, Paula Farrell, Ally Carter (captain), Hannah Kelly, Gemma O'Dwyer, Aisling McGrath, Ava Murphy.

LEINSTER LADIES HOCKEY LEAGUE DIVISION 12

KILKENNY SECONDS 6 LORETO SEVENTHS 1

The Kilkenney Seconds

edged their way closer to regaining their top of the table position with a 6-1 win at home to Loreto on Sunday.

The locals hit the ground running when midfielder Nessa Farrell sent a rasper of a shot to the back of the Loreto net.

Captain Louise Kenny linked up superbly with Kate Blanchfield, who netted the second from a short corner.

STARTED WELL

The second half started well for Kilkenney. Ruth Ferris latched on to a fantastic pass by Fischer and guided the ball effortlessly into the back of the Loreto goal. The Loreto continued to press on and pulled a goal back, but the third quarter saw a frenzy of shots by Kilkenney.

Loreto's fearless blanket defence denied Kilkenney time and time again until eventually Farrell managed to break through with a direct shot from the top of the D. This was shortly followed by some fantastic stickwork by Ferris that saw her get her second goal of the day.

The final goal of the game came from Blanchfield who rounded several Loreto players and pushed the ball on the reverse over the line.

KILKENNY SECONDS: Doireann McCurdy, Aoibheann O'Connor, Ellen Daly, Andrea Parr, Eva O'Donnell, Maggie Byrne, Kate Blanchfield (2), Ciara Fischer, Louise Kenny, Nessa Farrell (2), Hannah Lodge, Julia Patterson, Ruth Ferris (2), Avril Simpson.



ABOVE: Hannah Kelly keeps the ball under close control **BELOW:** Abby Gilsenan in action for the Kilkenney Firsts



REPORTER SPORT

Lowry good each way bet to prevail again in Abu Dhabi

THE Abu Dhabi HSBC Championship boasted one of the strongest fields on the European Tour last year, and this week's renewal will be even stronger.

Defending champion at the Abu Dhabi HSBC Championship is Irishman Shane Lowry.

The Offaly golfer will return to

the site of his first Rolex Series win, when he tees it up this week. Lowry birdied the final hole at Abu Dhabi Golf Club to triumph in what turned out to be a pivotal week in his career. He later went on to win his first Major, the Open Championship.

Four-time Major Champion Koepka joins Lowry in the field

along with other top-ranked Americans Patrick Cantlay and Bryson DeChambeau.

Tommy Fleetwood, Bernd Wiesberger, Danny Willett, Lee Westwood and Rafa Cabrera Bello are among the other top names who will tee it up in Abu Dhabi from Thursday.

American Cantlay is the

bookies' favourite to land the title at 8/1, with Fleetwood next best at 10/1.

However, at odds of 18/1, defending champion Lowry is a decent each-way bet to prevail at Abu Dhabi Golf Club, especially in the wake of his second place finish in Hong Kong at the weekend when he carded a final round of 64.



Our tip this week, Shane Lowry

IS THAT ON THE BOX?

Thursday

GOLF
ABU DHABI CHAMPS
SKY SPORTS 3.30AM

GOLF
SINGAPORE OPEN
FREESPORTS 7AM

SNOOKER
MASTERS 2020
BBC2 1PM

GOLF
DESERT CLASSIC
SKY SPORTS 8PM

SOCCER
PARMA V ROMA
BT SPORT 8.15PM

Friday

GOLF
ABU DHABI CHAMPS
SKY SPORTS 7AM

SNOOKER
MASTERS 2020
BBC2 1PM

GOLF
DESERT CLASSIC
SKY SPORT 4PM

SOCCER
FULHAM V MIDDLESBORO
SKY SPORTS 7.45PM

GOLF
DRAGONS V ENISEI
S4C 8PM

Saturday



Andrew Porter of Leinster in action against Nacho Brex of Benetton when the sides met in round one, they meet against this weekend in Italy in the final round

GOLF
ABU DHABI CHAMPS
SKY SPORTS 8AM

GAA
ALL-IRELAND CLUB
HURLING FINALS WITH
TULLAROAN AND CONAHY
SHAMROCKS ON TG4
YOUTUBE CHANNEL

RUGBY UNION
LYON V NORTHAMPTON
BT SPORT 1PM

RUGBY UNION
BENETTON V LEINSTER
BT SPORT 1PM

SNOOKER
MASTERS 2020
BBC2 1.15PM

RUGBY UNION
ULSTER V BATH
BT SPORT 2 3.15PM

RUGBY UNION

HARLEQUINS V CLERMONT
BT SPORT/C4 3.15PM

SOCCER
PARTICK V CELTIC
PREMIER SPORT 5.30PM

SOCCER
NEWCASTLE V CHELSEA
SKY SPORTS 5.30PM

RUGBY UNION
EXETER V LA ROCHELLE
BT SPORT 5.30PM

RUGBY UNION
SALE V GLASGOW
BT SPORT 5.30PM

SOCCER
NAPOLI V FIORENTINA
PREMIER SPORT 7.45PM

BASKETBALL
PELICANS V CLIPPERS
SKY SPORTS 8.35PM

Sunday

GOLF
ABU DHABI CHAMPS
SKY SPORTS 7AM

GAA
ALL-IRELAND CLUB SHC
FINAL BALLYHALE
SHAMROCKS V
BORRIS-ILLEAGH 2PM
FOOTBALL FINAL COROFIN V
KILCOO 4PM

RUGBY UNION
SARACENS V RACING 92
BT SPORT 1PM

RUGBY UNION
MUNSTER V OSPREYS
BT SPORT 1PM

SOCCER
BURNLEY V LEICESTER
SKY SPORTS 2PM

SOCCER
LIVERPOOL V MAN UTD
SKY SPORTS 4.30PM



Liverpool and Man United battle in the game of the day on Sunday

Shane Lowry, our tip for glory, defends his Abu Dhabi title this week



SPORT

Walsh Cup woes for Kilkenny as Wexford earn their place in final

LEINSTER GAA BORD NA MONA
WALSH CUP 2020

WEXFORD
KILKENNY

2-18
1-9

JOHN KNOX

at John Locke Park

At the one moment they appeared to have created an opportunity to get on top Kilkenny lost their footing and ultimately this Walsh Cup senior hurling semi-final in John Locke Park.

The Cats pulled a 0-5 to 1-8 deficit at half-time back to the minimum after Eoin O'Shea pointed in the 48th minute. Wexford's lead was sliced to 1-8 to 1-7.

The goal was scored from a penalty by goalie Eoin Murphy following a foul on Billy Ryan.

However, the Slaneysiders recovered smartly and dusted themselves down. During the following 15 minutes they went on an uninterrupted scoring spree of 1-7 to open out a match winning lead of 2-15 to 1-7.

Aidan Nolan, who led the take over charged by shooting 1-2 immediately following O'Shea's point, did very well to guide Wexford into safe territory, and really the match was over after that.

The ticket into this weekend's final against Galway belonged to Davy Fitzgerald's men.

The game was a low key affair, but about 5,000 or so fans turned out on what was a bright but cold afternoon to welcome in the new hurling season.

The context of the match was - Wexford started with six of their



Kilkenny's Paddy Deegan keeps his eye on the sliotar as Wexford's Harry Kehoe sails in to challenge for possession during the Walsh Cup game in Callan PICTURE: WILLIE DEMPSEY

championship side, and six players making their senior debut; Kilkenny, who only returned from their holiday in Florida in recent days, had three of their All-Ireland final team.

SHADOW BOXING

"This is only shadow boxing," was the colourful way Wexford

manager, Davy Fitzgerald, chose to describe this clash.

"I wouldn't read one thing into that," Fitzgerald continued. "When we meet in the National League and the championship, you know and I know it's going to be tight and only the belt of a ball will be between us."

"I know they are only back from

holidays, but we had our break in November. So we've had our training in the last two or three weeks when they probably weren't.

"I know what will come. Brian (Cody) is building a good squad."

"They moved the ball well," was the summary from Kilkenny manager, Brian Cody. "We will work

towards doing everything better next time."

With Kilkenny clubs involved in three All-Ireland championship finals and Fitzgibbon Cup games heavy on the agenda too, Kilkenny didn't know how they were fixed for players with the first League game against Dublin only weeks away.

"We are not going to have great preparation from a hurling point of view," Cody said of the upcoming League. "We are playing Dublin in the first game. We will want to go out and perform well. The ambition will be to win."

"We knew this was going to be a tough assignment. It is a Walsh Cup game. It is January. We didn't threaten to win the game at any stage. We will move on now and prepare as best we can for the National League."

SCORERS

WEXFORD - J. O'Connor (0-7, five frees); A. Nolan (1-2); M. Dwyer (1-0); D. Dunne, A. Shore, H. Kehoe (0-2 each); P. Foley, G. Bailey (0-1 each); C. McDonald (0-1, free).

KILKENNY - E. O'Shea (0-3, two frees); E. Murphy (1-0, penalty); P. Holden (0-3, frees); J. Maher (0-2); G. Aylward (0-1).

WEXFORD - J. Lawlor; G. Molloy, J. O'Connor, M. Furlong; P. Foley, R. Donohoe, G. Bailey; A. Rochford, K. Foley; J. O'Connor, A. Nolan, D. Dunne; H. Kehoe, A. Shore, M. Dwyer. Subs - S. Murphy for Donohoe (inj) 28th min; S. Donohoe for Foley 40th min; P. Morris for K. Foley 49th min; C. McDonald for H. Kehoe 49th min; P. Foley for M. Furlong 60th min; K. O'Grady for M. Dwyer 66th min.

KILKENNY - E. Murphy; C. Delaney, P. Deegan, C. Wallace; D. Blanchfield, C. Fogarty, T. Kenny; P. O'Carroll, J. Maher; A. Nolan, S. Murphy, P. Holden; C. Hennessy, B. Ryan, G. Aylward. Subs - J. Burke for J. Maher ht; E. O'Shea for S. Murphy 40th min; S. Donnelly for C. Hennessy 44th min; M. Butler for P. Holden 50th min. **REFEREE** - S. Stack (Dublin).

YOUR KILKENNY SPORTS FIXTURES

GAA FIXTURES

SATURDAY

AIB ALL-IRELAND CLUB JUNIOR HURLING CHAMPIONSHIP FINAL

Croke Park: Conahy Shamrocks v Russell Rovers (Cork) at 4pm. Referee: Sean Stack (Dublin) ET if necessary

AIB ALL-IRELAND CLUB INTERMEDIATE HURLING CHAMPIONSHIP FINAL

Croke Park: Tullaroan v Fr O'Neill's of Cork at 6pm. Referee: Thomas Walsh (Waterford) ET if necessary.

SUNDAY

ALL-IRELAND CLUB SENIOR HURLING CHAMPIONSHIP FINAL

Croke Park: Shamrocks of Ballyhale v Borris-Ileigh of Tipperary at 2pm. Referee: Colm Lyons (Corcaigh) ET if necessary

KILKENNY HONDA CENTRE MINOR C HURLING LEAGUE FINAL

TBC: Kilmacow v Blacks and

Whites (7.30pm).

SOCCER FIXTURES

FRIDAY

FAI SCHOOLS JOHN MURPHY SENIOR 'B' LEINSTER CUP FINAL (UNDER 19)

Grennan College, Thomastown vs St. Farnan's Post Primary School, Prosperous

UNDER-13 KILKENNY PEOPLE LEAGUE DIVISION 1

Freebooters Athletic v Fort Rangers, Watershed 7.15pm.

UNDER-11 SCHOOLBOYS' LEAGUE BLACK

Evergreen x1 v Spa United x1, 6.30pm.

Evergreen x1 v Paulstown 06 x1, 6.30pm.

SATURDAY

O'NEILLS LEINSTER YOUTHS' CUP

Rosslare Rangers v Freebooters, 2pm.

UNDER-19 LEAGUE

Highview Athletic v Deen Celtic, 2pm.

Evergreen v Callan United, 3pm.

UNDER-15 ST CANICE'S CREDIT UNION LEAGUE DIVISION 1

Thomastown Athletic v Callan United, 10.30am.

River Rangers v Bridge United Athletic, 11am.

Stoneyford United v Freebooters Athletic, 12.45pm.

UNDER-15 ST CANICE'S CREDIT UNION DIVISION 1A

Evergreen City v Freshford Town.

Evergreen Boys v Fort Rangers.

Freebooters Boys v Thomastown United Boys, Watershed 1pm.

Bridge United Boys v Highview Athletic, 1.30pm.

UNDER-14 SCHOOLGIRLS' LEAGUE

Evergreen Athletic v Lions.

Evergreen City v St Pat's.

Stoneyford United v Spa United.

Piltown v Thomastown United.

Bridge United v Callan United.

UNDER-13 KILKENNY PEOPLE LEAGUE DIVISION 1

Evergreen Athletic v Stoneyford United Athletic, 3pm.

10.30am.

Bridge United Athletic v Callan United, 11am.

UNDER-13 KILKENNY PEOPLE LEAGUE DIVISION 1A

Thomastown Boys v Highview Athletic, 12.45pm.

Freebooters City v Evergreen Boys, Watershed 3pm.

UNDER-13 KILKENNY PEOPLE LEAGUE DIVISION 2

Deen Celtic City v Deen Celtic Boys, 11am.

Evergreen City v Thomastown City, 11am.

Stoneyford United Boys v Paulstown 06, 11am.

UNDER-11 SCHOOLBOYS' LEAGUE AMBER

Callan United x2 v Freebooters x2, 11.30am.

Bridge United x2 v Highview Athletic x2, 11.30am.

Lions x2 v Thomastown United x2, 12 noon.

Deen Celtic x2 v Freebooters x2, 1.30pm.

UNDER-11 SCHOOLBOYS' LEAGUE BLACK

Stoneyford United x2 v River Rangers x1, 11am.

Evergreen x1 v Clover United

x1, 1.30pm.

Evergreen x1 v Freshford Town x1, 1.30pm.

UNDER-10 SCHOOLGIRLS' LEAGUE

Bridge United v Lions.

Stoneyford United No 1 v Freebooters United.

Freebooters City v Spa United.

Evergreen v Thomastown United.

Callan United v Piltown.

UNDER-9 SCHOOLBOYS' DEVELOPMENT

Thomastown United x3 v Evergreen x4, 10am.

Bridge United x4 v Evergreen x4, 2pm.

Spa United x2 v Freshford Town x1, 10am.

East End United x1 v Paulstown 06 x1, 10am.

Deen Celtic x2 v Clover United x2, 10am.

Callan United x3 v Highview Athletic x2, 10am.

Lions x3 v Stoneyford x3, 10.30am.

SUNDAY

LEINSTER JUNIOR CUP
Freebooters v Glynn Barntown,

11.30am.

Shamrock Rovers (Wexford) v Evergreen, 2pm.

INTOSPORT DIVISION 1

Callan United v Newpark A, 11am.

Ormonde Villa v Fort Rangers, 11am.

EAMONN MAHER COACH HIRE DIVISION 2

Bridge United B v River Rangers, 11am.

Thomastown United B v Paulstown 06, 11am.

Castlewarren Celtic v Lions, Watershed 11am.

UNDER-17 CON DOWNEY SHIELD

Evergreen v Lions, 2pm.

Highview Athletic v Callan United, 2pm.

UNDER-12 SCHOOLGIRLS' LEAGUE DIVISION 1

Thomastown United No 1 v Evergreen United.

MONDAY

FAI SCHOOLS SENIOR GIRLS LEINSTER CUP FINAL

Athlone Community College v Presentation SS, Kilkenny, Peamount United FC (12.30pm)



Serving Food

Monday - Thursday 12 noon - 8pm

Friday - Sunday 12 noon - 9.30pm

Live Music Every Weekend

Live
Music
This
Weekend



MENU

STARTER

SOUP OF THE DAY SMALL €4 - LARGE €5 house baked brown bread
SMOKED SALMON - €7.95 house baked brown bread, beetroot, capers & butter
GARLIC MUSHROOMS - €7.25 twice breaded chestnuts, crisp fried, house garlic mayo
AUTHENTIC BUFFALO WINGS - €7.50 BBQ, mild, hot or smokin hot sauce, celery and blue cheese dip
GARLIC BREAD - €5.75 garlic buttered, toasted ciabatta with melted mozzarella
BRUSCHETTA - €6.95 our garlic bread with tomato, garlic and basil relish and chive
GOAT'S CHEESE SALAD €7.50 warm goat's cheese and tart, salad beetroot and almonds

MAINS

BATTERED COD FINGERS - served with a Smithwick's beer batter, side salad, coleslaw and tartar sauce - **Small €11.50 or Large €13.50**
CHICKEN BRUSCHETTA - €14.50 grilled fillet, bruschetta relish, goats cheese and balsamic glaze
IRISH HEREFORD HAND-Cut Sirloin - 8oz - €18.95/ 10oz - €22.50 chargrilled onion straws, pepper sauce, BBQ sauce or garlic butter
BEEF, SALMON, CHICKEN OR VEGGIE BURGER - €11.95 lettuce, tomato, onion straws and marie rose sauce Add cheddar €1, streaky bacon €1.50, BBQ sauce 50c or all 3 for €2.50

DESSERTS

DESSERTS - €6
 TEA/ COFFEE €2 extra with dessert
PORT POACHED PEARS with crème anglaise
CHEESE CAKE of the Day served with fresh whipped cream
CHOCOLATE ALMOND GLUTEN FREE BROWNIE with ice cream and chocolate sauce
APPLE AND BERRY CRUMBLE with crème anglaise
ICE CREAM AND SORBETS - €2/scoop or 3 for €5

QUICKSTER LUNCH - half ham and cheese panini or chicken caesar wrap, soup or salad or fries, sweet treat & tea or coffee **€10.00** (G, D, MD, F)
 Daily **€9.95** Lunch Special 12-3pm
 Monday - **LASAGNE WITH CHIPS & SLAW**
 Tuesday - **CHICKEN CLUB BURGER WITH CHIPS & SLAW**
 Wednesday - **THAI CURRY WITH RICE & POPPADUM**
 Thursday - **CHICKEN VOL-AU-VENT WITH FRIES AND SLAW**
 Friday - **BATTERED COD FINGERS WITH FRIES AND SLAW**
ALL YOU CAN EAT WINGS MONDAY, TUESDAY & FRIDAY 5 - 8PM €10.00
 WITH PURCHASE OF BEVERAGE T&C'S APPLY
STEAK AND A PINT / GLASS OF WINE €18.00 FRI/SAT FROM 4PM T&C'S APPLY
TWO FOR TUESDAY PASTA TWO PASTAS & TWO GLASSES OF WINE / BEER 5 - 8PM €27.95 T&C'S APPLY
FULL RACK OF BBQ RIBS FOR THE PRICE OF A HALF RACK THURS 5 - 8PM €13.00 T&C'S APPLY



Irishtown, Kilkenny, R95 DH32

For bookings call Mike on: **085 168 80 70**

Email: kovachospitality@gmail.com

GER FEENEY HEARING LIMITED



Gerard Feeny, BSC, MSHAA, MISHAA, MIHS



FREE HEARING TEST, CONSULTATION AND ADVICE

Latest Digital Technology Available

PRSI Grants of up to 50% per aid may apply

Repairs to all makes of hearing aids

Hearing Aids from €499 with grants

Specialist in custom made in the ear hearing aids

Batteries €2 per pack

Keanes All Care Pharmacy
20 Johns Street,
Kilkenny
Phone: 056 776 5287 / 087 299 67 49

Sarah Youngs Opticians,
1 Cathedral Close,
Tullow Street, Carlow
Phone: 059 91 64422