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# REPORTER

Thursday, January 2, 2020

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NEWS

# A great year for Good Shepherd Centre

SEAN KEANE

sean.keane@iconicnews.ie

The Good Shepherd Centre, Church Lane, Kilkenny has been granted planning permission for two independent apartment blocks (one block containing eight apartments and the second block containing four apartments) by Kilkenny County Council.

The decision to grant planning comes after the voluntary body achieved its goal of building 80 new homes for the homeless in 2019, targeting families and single people through the Kilkenny Voluntary Housing Association.

It continues to provide housing first for people experiencing chronic homelessness while its hostel and short term emergency accommodation remains busy.

The planning permission for Church Lane includes the demolition of the existing single storey laundry room to the gable of existing Brother Thomas Place apartment block.

The works will also include the removal of an existing boundary wall and the construction of a new boundary fence (in an extended site area), all associated ancillary



**Ian Coulter and Ciara Quinn, The Good Shepherd Centre accepting the Social Enterprise of 2019 award from Denis Drennan, chair of sponsor Kilkenny Leader Partnership, with Chamber President Marion Acreman**

accommodation, site works, drainage works and road works. The site is located within Saint Canice's Architectural Conservation Area.

**GOALS FOR 2020**

It has a number of focuses for 2020:  
Find alternative funding streams

to purchase housing.

Find additional new short term housing for homeless families to replace hotels

Supports for people experiencing chronic homelessness.

A new social enterprise focussing on Rehabilitation.

## Plan to make Vicar Street in city centre a one-way system

A plan to make Vicar Street, in the centre of the city, one-way would see only incoming traffic using the thoroughfare.

At present 5,362 vehicles use the two-way system daily with 3,110 going inwards and 2,252 going outwards.

The plan which will go public consultation once it is approved by the full council will improve traffic flow, allow for wider footpaths and provide a designated cycle lane going outwards.

It will also mean that large vehicles will no longer meet in the middle of the 150 metre long street, freeing up traffic.

The last meeting of the Kilkenny municipal district agreed to the blueprint after being told they had to stick to one of the four options put on the table by the executive.

**TRICKY JUNCTION**

The good news is that it will simplify traffic movements on what is already a tricky junction on to the new road leading to St Francis Abbey Bridge and to



Dean Street junction with Irishtown.

Mr Ian Gardner, Kilkenny City Engineer explained that the new lay-out would simplify traffic movements at the Vicar Street/Dean Street junction.

"It will allow the city bus service to utilise the existing bus bays on Greensbridge Street with pedestrians being able to safely board and alight at that bus bay," he said.

Disadvantages were that outbound traffic will no longer be able to turn on to Vicar Street and would have to use Greensbridge Street and St Francis Abbey Bridge with lead-on problems. It would also push more vehicles on to the Granges Road which is already heavy with traffic.



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# Visit the virtual classroom for music lovers

**SIAN MOLOUGHNEY**  
sian.moloughney@iconicnews.ie

Music lovers are invited into a virtual classroom at Waterford Institute of Technology (WIT).

Are you a music teacher, or maybe just passionate about music? You can now be part of an online classroom at WIT.

This course is based on the study of Western Art Music.

Typical participants in this short course are students who need a Western Art Music module as part of their Teaching Council validation, music teachers who are undertaking professional development, retirees who now have time to pursue their passions, learners who require a more flexible and accessible approach due to life and work commitments, and learners who prefer

shorter programmes of study.

Students go on a musical journey through the eras from the Baroque to the mid-20th century. Many favourite works will be explored in the context of social and political change, and the impact this had on the development of the compositional styles of individual composers.

“Online learning does not mean you are isolated and working in a vacuum. You will join with like-minded individuals who have a love of music and are enthusiastic to begin or continue their learning journey”, Hazel Farrell, course leader said.

The closing date for applications is Monday, January 6. This is a 5-credit module, over 12-weeks beginning in mid-January.



## Sophie's Christmas Card Wish

Nine year old Sophie Cashin from Urlingford went to visit Santa and said all she wanted was to be allowed to give Christmas cards to all the residents in Fenner Hill care facility in Urlingford - just in case they didn't get a card this Christmas. The staff at the care facility welcomed Sophie and she deliver cards to all the residents, who were very grateful. Pictured above is Sophie with the staff.

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NEWS

ROUNDUP

**Visiting restrictions**

St Luke's Hospital is currently closed to visitors due to an outbreak of the flu virus. The public is asked not to visit the hospital at this time unless absolutely necessary and not to bring children if at all possible. Hospital management has apologised for the inconvenience. Those with flu-like symptoms should first contact a GP.

**Adele tribute in Watergate**

**Christina Rogers returns to the Watergate with One Night of Adele on Thursday, February 6 at 8pm, performing Hello, Someone Like You and Rolling In The Deep. With remarkable attention to detail, you'll experience the hair, nails, dresses, Adele's witty charm and importantly that iconic voice.**



**New city apartments**

Approval has been given to funding for the construction of 12 new apartments on the edge of Kilkenny City. The apartments are to be developed at St John of God Convent on College Road with the assistance of Sophia Housing Association. They will include four one bedroom apartments; six two bedroom apartments and two three bedroom units.

**Samaritans here for you**

This can be a difficult and lonely time of year for people. There is help at hand through The Samaritans 24 hour service, seven days a week, 365 days of the year. You can call them directly at 116 123 but local representative Collette Shannon said there are other ways to get in touch such as free text 087 2609090 or email jo@samaritans.ie

**Emmet's new role**

**Emmet Lanigan is the new Operations Manager at Kilkenny Hibernian Hotel, home to Harper's Restaurant. Emmet, who is a native of Kilkenny, previously worked in Langton House Hotel and The Oliver St John**



**Gogarty, Temple Bar, Dublin. He was General manager of the Mont Clare Hotel in Dublin.**



**House prices**

**In Kilkenny, prices in the final quarter of 2019 were 5% lower than a year previously, compared to a rise of 7% seen a year ago. The average house price is now €210,000, 58% above its lowest point.**

**The 'Bridge choirs**

The combined choirs at Bennettsbridge parish Church will sing this Sunday, January 5 at 10.30am mass to wind up the Christmas Programme. It has been customary in past years for the choir to sing on the Eve of the Epiphany but due to the loss of the Saturday mass the choir will sing on the Sunday instead and all are welcome.



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# **Nov 23<sup>rd</sup> - Jan 5<sup>th</sup>**

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## NEWS



**ABOVE:** A Leopard Tortoise making the most of their new home

**LEFT:** Another resident getting used to their new home at the Hebron Business Park

**BELOW:** Frilled dragons showing off to the public at the newly opened National Reptile Zoo



# New home in Hebron for National Reptile Zoo

**MARY CODY**

mary.cody@iconicnews.ie

Visitors are snapping up the chance to meet some of the new inhabitants of the National Reptile Zoo who recently moved to a state-of-the-art premises at the Hebron Business Park.

James Hennessy, a keen conservationist runs the zoo and oversaw the renovation of the new premises which was constructed using mainly upcycled and recycled materials and is three times bigger than the original zoo.

Its new additions include the giant African Spurred Tortoise and there is also a nocturnal room which gives visitors a fresh insight into how the reptiles interact.

The building has a number of facilities including a multi media room, a nocturnal room, education rooms, a conference space, a shop and a cafe.

The impressive new zoo opened to the public last Friday and has received a hugely positive response to date. Previously the zoo had been located in Gowran.

For the past year James and his team have been busy building much larger habitats for their animals in this new, much larger location.

## EXCITING

“We are looking forward to welcoming everyone to our new facility with lots of new and exciting elements.

“There has been an incredible reaction so far, people who have been to the facility in

Gowran are very impressed with the size of the habitats and the extra room for visitors to look around.

The National Reptile Zoo is dedicated to the conservation of these amazing creatures and their habitats.

The zoo is open 10am to 6pm, seven days a week, year round, with over 50 exhibits, an Animal Encounter Zone, Nocturnal Realm, Media Room, Education Rooms, Coffee Shop, Souvenir Shop and Play Area, so the whole family can be entertained.

The zoo is also very involved in conservation work and educating members of the public regarding reptiles in the wild. This is done during the animal encounter sessions and of course by their resident reptiles, who are referred to as “Ambassadors for their species”.

The team at the zoo continually gather data on their residents. This information is readily available to any interested researcher or institution that works in the conservation, science and education industry. The team also processes this information, adding to the existing knowledge about these animals, helping to fill in some of the blanks, building a better picture which helps us to help them in the wild.

The mission of the zoo is to inspire passion amongst the public about the lesser known species such as reptiles, amphibians, and invertebrates and to assist in the conservation of individual species and their habitats and to evoke a love of the natural world in people.



**James Hennessy, founder and zoo keeper at the National Reptile Zoo which recently opened at its new location in the Hebron Business Park**



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## SOCIAL SCENE

# KILKENNY & PROUD



with *Siobhan Donohoe*

Out and about with the Reporter's ambassador

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



## People get on the move for #careerskilkenny

**H**undreds of people from far and wide attended Kilkenny's Medieval Mile Museum on Saturday for Kilkenny's first #careerskilkenny event.

This was organised by Kilkenny County Council to highlight over 600 high quality jobs on offer in a range of Kilkenny-based companies.

Over 1,000 people registered for the event with 22 of Kilkenny's biggest employers taking part. The event was aimed at people who were home for Christmas and give them the opportunity to speak to Kilkenny employers who are seeking to fill a wide range of positions across a variety of sectors.

Companies taking part include State Street, Cartoon Saloon & Lighthouse Studios, VHI, Bank of Ireland, CF Pharma, The Carne Group and the Asgard Group will be joined by rapidly growing local companies such as the Modubuild, Beotronics, Loanitt, AB Agri, Entegro and Security Risk Advisors.

As the doors opened at 11am, there were already queues forming outside the museum. Some people came as far as the Middle East,

with some coming just on spec. I recognised a few familiar faces and siblings of families here in Kilkenny. It was a sure sign that people are ready for the move back home.

Each attendee was giving a pack detailing the companies at the showcase. The catalogue was a one stop shop of the positions that needed to be filled and contact details for the HR person in each company. It even had a list of Kilkenny schools for anyone who is thinking of relocating.

A brochure entitled 'where Medieval meets Modern' detailed all the new developments taking place, such as Kilkenny's Abbey Quarter, Breagh Valley Neighbourhood, The Butler Gallery at Evans Home and The Tholsel.

The companies present on the day are recruiting professionals and roles in customer care and sales, engineering, technical, financial, administration, network planners, technicians, HR, accounting, facilities and production.

If you missed the event and would like to know more about it, just visit [www.careerskilkenny.ie](http://www.careerskilkenny.ie) or follow it on the socials @careerskilkenny.



Sean McKeown (Director of Services) and Clare Hughes from CF Pharma



**ABOVE:** The State Street team who were on duty at the #careerskilkenny event in the Medieval Mile Museum

**LEFT:** Dan Grace, Ciara Coone and Deirdre Shine



Siobhan Donohoe, Fiona Deegan and John Purcell at the #careerskilkenny event in the Medieval Mile Museum PICTURES: VICKY COMERFORD

### HERO OF THE WEEK



### Now it's up to YOU!

Happy New Year to you all!  
How about for 2020 - you the reader gets to nominate a hero of the week.

It doesn't have to be someone who has won an award or a race. It can be someone who you think deserves a special mention because they just did something nice and kind.

I am so looking forward to your heroes, simply email them to me at [Siobhan.donohoe@kilkennypeople.ie](mailto:Siobhan.donohoe@kilkennypeople.ie)  
Do feel free to send a video message too and we will post it across our socials and website.





LEFT: Face<sup>2</sup> management and staff pictured enjoying the venue's launch night, in aid of Focus Ireland

ABOVE: Siobhan Donohoe and Face<sup>2</sup> co-founder Laura Gannon pictured at the patisserie's launch night in aid of Focus Ireland

BELOW: Face<sup>2</sup> founders Laura and Rory Gannon with Siobhan Donohoe PICTURES: CHRISTOPHER DUNNE

## Face who? It's Face2 - Kilkenny's answer to Brunch

Kilkenny's funky, cool new brunch destination has opened its doors on 76. St Kieran Street. Face2 is the younger sibling to Cakeface which is nicely nestled in the heart of Irishtown.

Cakeface prides itself on artisan lunches, soups and salad boxes alongside their cakes and pastries from heaven.

While Face2 will also have sweet treats there will be something more savoury on the menu, with options for the health-conscious and those indulgent days, from Bean Bowls to Pancakes, Grilled Cheese Sambos to Overnight Oats, the Ultimate Toast and much more. They also offer a fine selection of 60 different coffees.

We popped in for their quarterly charity fundraising event, which was in aid of Focus Ireland.

Guests feasted on mulled wine, festive canapes to an intimate acoustic performance by Elise, Sola and Sean Maher. A special shout out must go to the staff who volunteer for these events.



Siobhan with Sonia Coady PICTURE: VICKY COMERFORD

## Behind every strong woman is a stronger one

I had a little incident of trolling on social media this week, which is basically someone making random unsolicited comments.

I am fully aware by using social media that I am leaving myself open to such comments.

However, I just want like to remind trolls that it takes nothing to be kind and if you have nothing nice to say, don't say it at all.

I chose this photo of Sonia Coady and myself

as it signifies what women can do for each other. Sonia is a wonderful woman who I train with in Kilkenny Active Gym (Hotel Kilkenny).

As young as she is, she has made me physically stronger over the past few months and as you know that makes one mentally stronger too.

I believe in women supporting women, so please try to support one another and make 2020 a kinder year for all.



South Africa's captain Siya Kolisi

## The year in review

I had the pleasure of joining my good friend Edward Hayden on his radio show to chat about the year gone by. We discussed everything from politics to the best toppings for Christmas puddings – custard or cream. I'm a brandy butter girl myself, so that ended that debate!

Before the show, I asked my kids what stood out for them in 2019. My ten year daughter said

'sustainability' and how the world is finally trying to do something right to save our planet.

For my 12 year son, his key moment was the South African's success in Rugby World Cup final when their first black captain Siya Kolisi lifted the winning trophy.

You would only get it out of the mouths of babes!

May 2020 be healthy and safe for you all xx



Siobhan Donohoe with Edward Hayden



## NEWS

# There's still time to enjoy the fun of Yulefest Kilkenny

**SIAN MOLOUGHNEY**  
sian.moloughney@iconicnews.ie

Yulefest Kilkenny has something for all ages to enjoy - and the good news is that events continue until January 7.

The Yulefest schedule includes a wide range of free and affordable seasonal events. Check out all the details at

[yulefestkilkenny.ie/all-events/](http://yulefestkilkenny.ie/all-events/)

## WINDOW WONDERLAND (SUSTAINABILITY TRAIL)

Sustainability has been the theme running through this year's Yulefest Kilkenny festival. There's still time to explore the five city windows that have been transformed into magical storyboards through the use of recycled materials and take a walk in a window wonderland together in Kilkenny City. The window installations have been designed to encourage all ages to follow the journey to learn about the city and sustainability in a fun and engaging way.

A Yulefest Kilkenny creative collaboration, the installations were inspired by the animated work of four time Oscar® nominated Kilkenny based animation company Cartoon Saloon. Social enterprise ReCreate Ireland along with local artists guided the creation of the window display pieces with 600 pupils from primary schools across Kilkenny. Workshops began in schools in October (Reuse Month) and the children were given the opportunity to contribute to the story by creating baubles from reuse materials including plastics, foil, wool and fabrics in a series of workshops.

Take a 20-minute stroll, start at Kilkenny County Council Arts Office in Dean Street and finish in MacDonagh Junction Shopping Centre; this will take in all 5 windows and encourages passersby to explore the visual detail of the windows, to find objects they recognise and to discuss creative re-use and reduction of daily items. Free access but good luck passing by all those wonderful cafés en route and not buying a treat for the trail! Free.

## SENSORY SENSITIVE QUIET TIME

For some adults, children and families the bright lights and loud music of the season can cause stress and anxiety. At Yulefest Kilkenny, we believe that everyone should have an opportunity to experience and enjoy this beautiful city at Christmas time. So continuing the sensory sensitive visits until early January thanks to the support of Creative Ireland are Medieval Mile Museum, Kilkenny



Catch the free Yulefest Kilkenny Festive Train from near Kilkenny Castle until January 5

on Ice and the Vintage Carousel, these venues will turn the lights and music down low when requested (or as scheduled), allowing the sensory sensitive person to experience the festive atmosphere in Kilkenny at a pace and in an environment that is comfortable for them to enjoy.

## MAGIC TABLE

Yulefest Kilkenny, with the support of Kilkenny Leader Partnership recently gifted a Magic Table to Kilkenny County Council Library Service. The Magic Table will rotate in time to different libraries across the County, its first installation is Loughboy Library, located at Loughboy Shopping Centre, Waterford Rd, Kilkenny. The Magic Table is an award-winning innovation from the Netherlands that is renowned for its cutting-edge approach to dementia care. The technology has been designed to help those at a later stage on their dementia journey to be more active and create moments of happiness. It consists of a series of interactive games that are projected on a table. The light games encourage players to reach out towards them and the lights subsequently respond to their hand and arm movements, allowing the residents to play with light, which is truly magical.

Paula Lawler, Festival Director of Yulefest Kilkenny which has brought The Magic Table to

Kilkenny through the Kilkenny County Council Library Service explains the rationale behind the project. "Throughout the Yulefest Kilkenny festival we have supported active retirement groups with attendance at our events and Kilkenny works hard on being an age friendly County. The Magic Table is designed to spark conversation and enhance memory for people with dementia and also autism. With the support of Kilkenny Leader Partnership funding we were able to work with Shift8\* to bring The Magic Table initiative to Kilkenny and we are happy to officially announce that The Magic Table is now installed in Loughboy Library in Kilkenny and is available for use there, with the support of the Kilkenny County Council Library Service."

A 'Tovertafel', which translates into English as 'Magic Table' is a Dutch innovation and creates a fun, safe environment for all players. The games are formulated with the intention to trigger a sense of reminiscence among players in order to encourage stimulation socially, cognitively and physically. As light simulations, games are projected onto a table and include gardening, fishing and popping balloons. The Magic Table also include games for people with autism, these games are described as being more directly educational.

Paula Lawler adds: "We wanted to bring in an element for the festival that would also include

our older audience with additional needs and enable people with Autism and their families to be able to access an interactive feature designed to engage and to spark fun. Already there have been groups in to enjoy The Magic Table in Loughboy Library and also enquiries from different community groups. A programming and engagement structure will commence in 2020 through Kilkenny County Council Library Service. This feature will have longevity Countywide after the festival is over as The Magic Table will rotate to other libraries around Kilkenny County in time, so Kilkenny City and County library service users and specific communities across the County can avail of the unique wellbeing benefits of The Magic Table all year round.

Further details can be found on [www.yulefestkilkenny.ie](http://www.yulefestkilkenny.ie) or contact Kilkenny County Council Library Service [www.kilkennylibrary.ie](http://www.kilkennylibrary.ie)

## KILKENNY ON ICE

The Hub in Cillín Hill hosts Kilkenny on Ice until 5th January so there's still time to get your skates on to 600 square metres of real ice! Sessions start on the hour every hour, with many late openings (check their website for details) Group discounts available. It's guaranteed fun for all the family and younger children will enjoy the Bungee Trampolines and the Ice Globes. Non skaters or take a breakers can chill out in the Ice Café.

## VINTAGE CAROUSEL

The Victorian vintage carousel on the Parade provides the perfect atmospheric backdrop for elfies and selfies for some uplifting memories and family fun with Vintage Carousel (€3 per person). Plus Snowball Glacier Game and Christmas Prizes. Open daily until 5th January.

## YULEFEST KILKENNY FESTIVE TRAIN

Who doesn't love a festive train ride at Christmas, plus it's free! Adorned with seasonal lights, this popular addition to the Yulefest Kilkenny festive programme has been the envy of all pedestrians in Kilkenny City as it trundles by every Saturday and Sunday. Running until 5th January 2020, this is one that you can make a dash for as the last weekend approaches.

A free family engagement activity supported by Kilkenny Leader Partnership; sit back, relax and enjoy the lights, sights and sounds of Christmas in the beautiful medieval City. The Yulefest Kilkenny Festive Train is available to the public at no cost. Channel your inner Polar Express and let an experienced Kilkenny City Tours train driver take you to all the festive sights around the city. Train departs from Kilkenny Castle stop on Saturdays and Sundays at the following times: 12pm, 1pm, 2pm, 3pm, 4pm, 5pm and 6pm. Please check the website for updates.

Free.



## Disappointment as Kilkenny Job Club will not reopen in new year

Kilkenny Job Club on Friary Street, Kilkenny will not reopen in the new year.

The Fr McGrath Family resource Centre, who run the service and was funded for two full-time positions, did not reapply for a contract to run the club.

The project, which has been supporting job seekers within the county, has been managed by the Fr McGrath Centre since 2011 under contract to the Department of Employment Affairs and Social Protection (DEASP).

Stephen Murphy, Director of Services at Fr McGrath FRC said the decision was due to a strategic review of the FRC's core mission.

"Reading the tea leaves on government policy on contracted

employment services nationally, we have decided to call time on our involvement allowing us to focus on our core work with children and families who experience social challenges," he said.

"Over the years that we have supported Job Club and employed the core DEASP funded staff, the voluntary board of Fr McGrath FRC has accrued a redundancy liability of €14,000.

"Our voluntary management board find it deeply disappointing that the DEASP accepts no responsibility for this.

"This is a very significant amount of money for our organisation and is one of the issues that, unfortunately, forced

our hand as running for a further year would just have added to that obligation," he added.

He noted that the absence of any cost of living pay increase over eight years.

Jo Conroy and Grace Hamilton share the role of coordinator of Kilkenny Job Club and together with assistant coordinator, Robert Szuszkiewicz were kept informed of the decision making.

**RIGHT: The Kilkenny Job Club on Friary Street which will not reopen in the new year**



## Local therapist warns against self-administered ear candling

Ear Candling - also known as Auricular Therapy - has become hugely popular, benefitting conditions affecting the head and ears such as sinusitis, tinnitus, hay fever and rhinitis, colds, tension headaches and stress.

However, as its popularity soars, a local holistic therapist, Nichola Clancy of Willow Holistics, warns against self-administered ear candling which she says can lead to burns, infection, eardrum perforation and temporary deafness, if administered incorrectly.

The trend for ear candling at this time of year, as people suffer from sinusitis, colds and other ailments, has led to a rise in ear candles sales from online retailers such as Amazon and High Street health food shops so people can carry out the treatment at home. Users say the loosening and removal of earwax from candling can alleviate headaches, sinusitis, colds and even result in a more balanced emotional state.

"This is a very popular time of year for ear candling owing to the rise in sinusitis, head colds and long haul travel leading to ear problems. However, when it comes to ear candling, it should only be carried out only by a trained practitioner", said Nichola Clancy who is a trained practitioner in Hopi Ear Candling.

"I've heard and read disastrous stories about people singing themselves, obstructing the ear canal with wax and ultimately damaging their ears from self-administered ear candling. A



**Nichola Clancy is warning people of the dangers of self-administered ear candling**

UK newspaper recently reported about a lady who singed her hair from candling at home".

"Hopi Ear Candling is a taught therapy. It takes 10-15 minutes for each ear and the client is should be lying on one side with their hair and

shoulders covered and protected in line with training. The candle is not technically a candle but a cotton tube, which is infused with chamomile and sage.

"It is not inserted into the ear but is held over the opening of the ear

canal and should be comfortable and soothing. As the candle slowly burns down, the heat produced creates a low-level pressure that draws wax, fluid, toxins and other debris out of the ear and into the candle. It is known as the 'chimney

effect' because it is known that rising heat produces a vacuum. There are very specific safety precautions that trained Therapists adhere to when administering the therapy. The health benefits have made this therapy very popular but it should never be self-administered", said Ms. Clancy.

"At Willow Holistics, lymph drainage massage is a necessary part of the Ear Candling treatment. The massage is carried out on the face, neck and shoulders. This is important as the warmth of the candling and the gentle massage help to drain stagnant lymph.

"The contra indications and homecare advice are so important, ensuring the best outcome for my clients care and comfort. Overall, the treatment takes about one hour and feedback from my clients has been that this treatment is calm, comforting, deeply relaxing and very effective in aiding with improved ear, head and sinus comfort, taste, smell and even heightened hearing. Amongst my clients that attend regularly for candling are frequent swimmers, cyclists, fliers, cruise ship staff, and shift workers.", she added.

Willow Holistics provides six core gentle and nurturing therapies. In addition to offering the famous Zone Face Lift and Facial Reflexology Bergman Method, Nichola also provides Classical Reflexology, Holistic Facials, Hopi Ear Candling and Indian Head Massage. For more see [www.willowholistics.com](http://www.willowholistics.com)



## LIFESTYLE



## One of your five-a-day

Lentils are part of the pulse family, with beans, and count towards the holy grail of 'five a day.'

They are a good source of carbohydrates and protein in your diet and it is recommended that 80g

is a serving.

However, because they contain fewer nutrients than other fruits and vegetables this serving only counts once per day, no matter how much you have.

**ABOVE:** Lentils - one of your five a day

**RIGHT:** Ground ginger, chilli powder, peppercorns and bay leaves make lentil dishes delicious



# Start the new year with some warming winter dishes

**SIAN MOLOUGHNEY**  
sian.moloughney@iconicnews.ie

Christmas cooking can be a lot of work. So start the new year with something tasty but easy to make!

I have some favourite, one-pot, comforting recipes in the little binder where I stash all my go-to recipes. I don't feel like making them when the weather is warm. So when it gets a little bit chillier, in the middle of winter, making some of these feels like welcoming back an old friend.

It's not just the one-pot, stew-like nature of these dishes that qualifies them as 'warming' dishes for me, they are also full of warming spices. Nothing that will burn the mouth off you! But enough to relish.

And of course if you do like your dinners hot and spicy you can add a bit more chilli, to suit your tastes.

This first dish is not a recipe, a friend once told me when I shared it with her, it's a 'throw everything in a saucepan and cook.' It's that easy.

A quick note before you start - I make this recipe with Quorn chicken style pieces. It's the way I first discovered this recipe and actually the way I like it best, because I like the way the flavours are absorbed by the Quorn.

But I have also made this with mince, like a more traditional chilli, and it's lovely. Just brown the mince before adding the rest of the ingredients.

You can find Quorn in the frozen food section of supermarkets.



Enjoy Spiced Texas Chilli with rice for a filling and warming meal

### SPICED TEXAS CHILLI

Serves 4, with rice

#### INGREDIENTS

350g pack Quorn pieces (or chicken, beef)  
1 medium onion, chopped  
1 medium pepper, chopped  
1 garlic clove, chopped/crushed  
2 cans kidney beans, drained

and rinsed

Can chopped tomatoes  
Carton (500g) passata  
2 tablespoons tomato puree  
1 tablespoon brown sugar  
1-2 teaspoons chilli powder  
1 tablespoon parsley  
sweetcorn (optional)  
salt and pepper

#### METHOD

Put all the ingredients into a pot

together, bring to the boil, reduce heat, cover and simmer for 25 minutes.

Can be served immediately or left overnight to allow the flavours to develop.

This is great for freezing.

This next recipe is in one pot but does take a bit of preparation before you start.

### RED LENTILS WITH GINGER

Serves 3-4

#### INGREDIENTS

3 cloves garlic, crushed  
1 teaspoon finely grated ginger  
1 tablespoon ground coriander  
1 tablespoon ground cumin  
¼ teaspoon cayenne pepper  
¼ teaspoon turmeric  
3 tablespoons olive oil  
4 tablespoons chopped onions  
140g / 5oz finely chopped tomatoes  
200g / 7oz red lentils  
¾ - 1 teaspoon salt  
3 tablespoons chopped fresh coriander  
1 tablespoon butter (optional)

#### METHOD

Combine the garlic, ginger, ground coriander, cumin, cayenne pepper and turmeric in a small bowl and mix.

Pour the oil into a wide, medium pan and set over a medium heat. When hot, put in the onions. Stir and fry until they turn golden at the edges. Add the spice mixture from the bowl. Stir for 1 minute. Add the tomatoes. Stir and cook, scraping the bottom, until the tomatoes have softened.

Now put in the lentils, 800mls / 28 fl oz of water and the salt. Bring to the boil. Cover partially, lower the heat and cook for 45 minutes. Stir in the fresh coriander (and butter if using) just before serving.

Serve over bulgar or couscous.



# POSITIVE PARENTING



## Top Tips

### For managing screen time

IT'S the middle of the school holidays, and the lazy days are giving us a chance to rest and restore ourselves both physically and emotionally. With all that down time, however, children can get lost in screens for hours on end. Below are some tips for setting limits and balancing screen time with other fun activities.

#### 1. Set Clear Limits.

While normal routines will be relaxed over the holidays, it is still a good idea to talk to your child and agree reasonable amounts of screen time. Whole days devoted to screens will ultimately leave them grumpy and unsettled.

#### 2. Get stuck in to those Christmas books (or get to the library!).

The holiday period is a great time to read more to small children and to encourage older children to get engrossed in a favourite series of books. Holiday stories usually go down well. If you are going to relax bed time, let them stay up late reading as a treat rather than on the phone or tablet.



#### 3. Make sure they stay connected with friends in real life.

Instead of constantly messaging friends on social media, support your children to spend time with their friends over the holidays. Plan a special party at your house with your child or offer to drop older children and their friends to a special activity.

#### 4. Get outside.

We might all be fantasising about long duvet days where we don't have to be anywhere, but more than a day or so of this will start to wear on even the laziest soul. Build in some outside time and exercise every day. Encourage your child to head out for a neighbourhood soccer game or go to the forest for a family hike.



Changing how we think takes practice. Research tells us that a new habit takes between 21 and 60 days to really become a regular part of our lives

# Welcome 2020 as a 'good enough' parent

NOW that Christmas is over thoughts have turned to new year's resolutions. While pledges around healthier eating, starting savings accounts and getting more organised seem to top the polls, the energy behind them often dwindles as the dark days of January come and go.

There are some new habits that are a lot easier to maintain than enthusiasm for your new gym membership – habits that involve your mind set. Think about who you are as a parent/care giver and maybe start to think about little tweaks that you could make that would result in a happier and more confident you.

There are two major areas of worry in parenthood; the constant worry about your child, twinned with the anxiety about whether you're doing a good job. Will that time I lost my cool be etched on to my son's memory forever? Am I setting the right example for my teenage daughter around diet and body image? Will my children always remember that I forgot to buy Christmas pyjamas for the Toy Show? As parents, we always seem to find a stick to beat ourselves with! What we really need to focus on is what we are good at. We need to bear in mind that the perfect parent is a myth. Every parent does wonderful things for and with their

children, and every parent drops the ball from time to time. Not only does that make us human but it models to our children that mistakes are ok. It lets them see that perfection is a fallacy and that doing your best – being good enough – is what matters.

Changing how we think takes practice. Research tells us that a new habit takes between 21 and 60 days to really become a regular part of our lives. Start small. You might want to spend some more quality time with your child, for example, so this would involve a change to both of your routines. Maybe you could start to take a walk together two evenings a week after dinner

and let it just become a part of your weekly routine from January onwards. Find yourself overwhelmed with weekly meal planning and shopping? You could include the whole family. On Saturday morning you could all decide on the 'menu' for the week, which includes one favourite meal for each one of you. Your children feel included and you don't have to give so much head space to the age old 'what will I do for dinner' dilemma?

Let 2020 be the year where you accept and congratulate yourself for being a good enough parent... because good enough is exactly what your child needs.

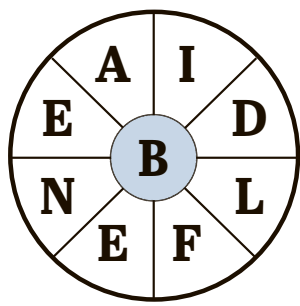


## SUDOKU

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

## 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.

## DOUBLE CROSSWORD

### Cryptic Clues:

#### Across

- They provide the spirit of progress (6,5)
- Chided a debater, perhaps (7)
- Many rows of birds (5)
- Fittingly test (3,2)
- Getting level? (7)
- Disturbance produced by a very loud fish (6)
- Probably promising (6)
- One of rank, perhaps (7)
- Colours paving stones (5)
- The way to defeat the East (5)
- A cross in Italy shows where a composer is buried (7)
- A gambler's faux pas? (7,4)

#### Down

- Is in good time but nearly loses a point (5)
- Type of building well-known in architectural circles? (7)
- Volume of business transactions (6)
- Pawnbroker, relatively speaking (5)
- My word! (7)
- Yet it might be something in concrete (8,3)
- An unfair comparison (2,4,2,3)
- A firmly established sports meeting? (7)
- Swarms over nests if disturbed (7)
- Small ruler comes from Borneo (6)
- Split caused when a hundred deserted (5)
- Positional defence (5)

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

### Quick Clues:

#### Across

- To be expected (11)
- Momentum (7)
- Frequently (5)
- Hair dye (5)
- Hell (7)
- Empty (6)
- Climbed (6)
- Prolonged (7)
- Urge (5)
- Heather (5)
- Briskly (7)
- Brilliant (11)

#### Down

- Mature (5)
- Slander (7)
- Of the universe (6)
- Haughty (5)
- Word for word (7)
- In disorder (11)
- Without emotion (2,4,5)
- Restrict (7)
- Made cold (7)
- Revolve (6)
- Vagrant (5)
- Heathen (5)

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.

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

## LAST WEEK'S SOLUTIONS

**DOUBLE CROSSWORD:**  
**Cryptic:** Across: 1 Demotion; 5 Sped; 9 Harp; 10 Striking; 11 Queen; 12 In state; 13 Senselessness; 18 Outright; 19 Meet; 20 Faction; 21 Denim; 22 Rude; 23 Remissly.  
 Down: 2 Erasure; 3 Oppress; 4 Outside chance; 6 Private; 7 Degrees; 8 Misses; 13 Scoffer; 14 Noticed; 15 Elicit; 16 Numbers; 17 Special.

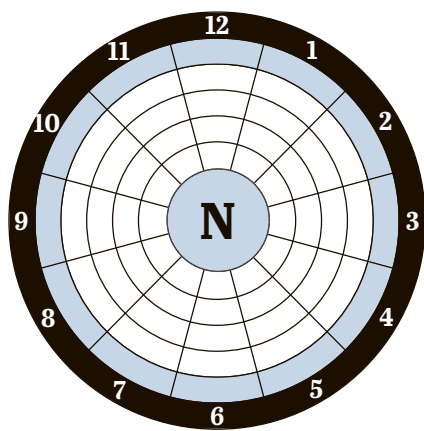
**SUDOKU:**

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

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

## CLOCKWORD

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



- Young cat
- Cricket side
- Wound
- Soothing preparation
- Farmer
- Plant
- Flag
- Foot complaint
- Area
- Choice
- Pillar
- Asian garment

## 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.

			32	11	10			13	33	
	17							15		
	14							18		12
25							13			
15				12			10		16	
		4					8		7	
		3					24		4	
13							18			
31							13			
									22	6
				7					6	
		23	13					23		
		14						7		
8							14		10	
				6				7		
29							11			
		12					9			

## SPLIT DECISION

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

S	A	D	H	O
V	I	T	E	S
O		L		A
W		R		X
D	O	I	P	E
T	R	O	V	S
E		E		F
U		L		I
D	A	L	N	S
M	O	R	L	Y

## 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:

- 3684125 gives sweet food;  
 793628 gives seafood;  
 3426 gives fatty food.

## SUDOKU

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

## LAST WEEK'S SOLUTIONS

**CLOCKWORD:**  
 1 Hazard, 2 Extend, 3 Nursed, 4 Rotund, 5 Yelled, 6 Wicked, 7 Impend, 8 Needed, 9 Kicked, 10 Lizard, 11 Exited, 12 Reward.

**SUDOKU:**

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

**CELEBRITY:** Henry Winkler.

**NINER:**  
 MARIGOLDS.

**KAKURO:**

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

**SPLIT DECISION:**

S	C	R	U	B
I		O		L
Z	E	B	R	A
E		I		D
S	I	N	C	E





# HEALTHY LIVING

**EVA HILL HAMILTON**

**CONTACT EVA**

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

# New year's resolution: self care

THE dawn of a new year means an attempt for lifestyle changes for many.

I see clients with the same problem; they work around the clock all year and by the time of Christmas season they are exhausted and by January they are riddled with viruses and flare ups of their chronic conditions. Does this sound familiar? Are you a professional, a mother, a caregiver, a nurse? Maybe taking care of all the above and your elderly parents at the same time? You don't get enough rest, don't exercise or eat well – tired yet cannot get a refreshing sleep?

Do you have trouble saying no; afraid of who's going to make things happen? You may often resist taking care of yourself first because you think it's "selfish". But prioritising your wellbeing actually gives you more energy for your caregiver roles and other activities. Caring for others and ourselves are not mutually exclusive. It is not nice to have – it is essential! Do you remember how the flight attendant advises putting your own oxygen mask on first, so you can in fact be better able to help others?

I know, I have been there; the last few years I took on way too much. But thanks to my new year's resolution, this holiday season was a breeze! I finished all my tasks, hosted several dinners and had plenty of energy for everyone. What a difference! Why? I refused to work more than my fair share, insisted on having weekends and time off. I've prioritised sleep; I have been going to bed earlier, wearing earplugs and an eye mask every night, and I'll tell you that the greatly increased quality and quantity of my sleep has had a big impact on my ability to function better in all of my roles.

On top of these basics, what can you do to fill yourself up? That depends on what brings you joy. Everyone is different. For me, getting out on a hiking trail, soaking in a hot bath, losing myself in a good book, or

connecting with friends all nourish me. Imagine what you would do if you had an hour or an afternoon to yourself. Write a list of things that fill you up and decide to do one thing a week – even better, one thing a day. It's

not decadent; it's vital to your sanity and your health!

I can nearly hear you say – yes that sounds lovely but I have no time... Well, people have time for what they make time for. It is a conscious decision. Take a look at

where you might waste time – ask for help and utilize it when offered.

Write ME TIME into the calendar and stick to it. Exercise does not have to take hours either; fifteen minutes of high intensity

interval training from the web will do plenty, especially in the morning – followed by a cold rinse and you'll be ready to take on the world. Eat well and mind yourself – your loved ones will benefit from you more.



**Taking some time for yourself is one of the easiest new year's resolutions to make in 2020**





# MANABOUTTOWN

## PATRICK McLOUGHNEY

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# My 2019 in review

**H**APPY New Year everyone! For my first column of 2020, I've decided to take a look back at my 2019. I want to do this for a couple of reasons.

Over the years it's been suggested to me several times that my weekly column should be more of a social diary than the current format of tackling a different topic in the main article every week. I've always resisted this because – A. My life isn't that exciting and B. It's already being done by others. When I look back on 2019 however, and more specifically when I look back at where I was and how I was feeling at the beginning of the year, I do think it's worth acknowledging some of the things that I have accomplished in the last year.

Please believe me when I tell you that this is by no means a humblebrag. In January I wrote articles like How To Be A Better You In 2019, Healthy Eating Tips For 2019, and How To Get Rid Of A Beer Gut. These were written as much for me as they were for you the reader. Fresh off the first Christmas with no surviving parents, I was not in a good place emotionally or – as you can tell from the beer gut article – physically and struggling with my mental health. On the advice of my girlfriend at that time, I wrote these articles as well as writing down my goals for the year ahead. While we're not together anymore, I do owe her a thank you as she gave me the push that I needed to lift myself out of my rut. I won't share my 2019 goals as they're very personal but with the exception of one or two that were made impossible by changing life circumstances, I'm happy to report that I achieved the majority of the goals I set for 2019.

My first big modelling assignment of 2019 was a shoot for Littlewoods Ireland in fitness gear to promote a healthy lifestyle. While I was on board with the

concept I was dreading the shoot as I was not in any kind of shape to be doing a fitness shoot. We shot the pictures in Go Gym and I hated posing as I was nearly 100 kg at the time. Seeing these photos pushed me to start working with Tom Ochocki from Perfect Line Coaching which was one of the best decisions I made all year so I guess it's an example of turning a negative into a positive. I'd done several shoots for Littlewoods before this and several more since but this is the only one I'm not proud of but I can look back at it as a starting point as things did get better.

February brought my biggest social media collaboration to date with the mobile phone company Huawei. I'd worked with big brands like Barker Shoes, Happy Socks, Jack and Jones and Selected Homme before this but this was by far my biggest partnership to date. I got to keep the phone too, which was nice.

In March I did some online content for Quigleys with my good friend Esme Wallace. I love these shoots and I've re-used them for every dating related article that I've written since. Esme and I did a wedding shoot for Ballykealy House in Carlow in November so there was a happy ending to our pretend social media love story.

April brought more shoots for Littlewoods, Selected and Jack and Jones as well as a team-up with the Irish Independent's online blogging portal Creators.ie. I've been working with Creators ever since and I'm very proud to be part of their team of contributors. I also hosted the men's segment at Sinead O'Brien's workshop in Athlone. I've done everything from singing to trying on Spanx to being a blind date at Sinead's shows. They're always great fun and I never know what to expect.

Things really started to get busy for me in May. I got the opportunity to shoot for the GANT website

which was an amazing privilege. GANT are one of the biggest fashion brands in the world and this was a huge boost to my confidence. I also travelled to Kilkenny to judge the Miss Kilkenny and Miss Carlow pageants and to Thurles to judge Miss Tipperary. It was shortly after this that I was approached by the organisers of Miss Ireland about running the Miss Limerick and Miss Clare pageants going forward, an opportunity I felt was too good to turn down. I also had the chance to work with and promote two incredible charity initiatives – Darkness Into Light and The Green Ribbon Campaign.

In June I was invited to chat fashion and dating with Jenny Greene on 2FM. This was one of the highlights of my year and I'm so thankful to have been given this opportunity and to Jenny for making it so easy and making me so relaxed while I was on the air. June also saw me named an ambassador for the Pig N Porter festival, the highlight of the Limerick Summer social calendar. I got to do a second shoot for the GANT website in Killaloe with the incredibly talented Paudie Bourke.

In July I danced down the runway with Celia Holman Lee at the Oxendales Ireland A/W season launch. I also launched the Children's Grief Centre Pro-Am Qualifier at Adare Manor with Limerick Hurler Darragh O'Donovan and fulfilled my duties as an ambassador for the highly successful Pig N Porter festival. The undoubted highlight of July was the Miss Limerick and Miss Clare event held in Bar 101.

This was my first attempt at organising an event so I relied heavily on the expertise of my co-organiser James Hayes and our pageant guru Esme Wallace. We pulled it off on the night and crowned three amazing winners in Ciara O'Halloran, Emma Austin and Christina Alcazar Deverell.

In August I modelled for the



Patrick with his most stylish man award at the Hi Style Awards

Holman Lee Agency at the Rose of Tralee Fashion Show in front of thousands in the Dome in Tralee. I also got to do another sportswear shoot for Littlewoods. This time I was a lot more prepared thanks to Tom and it was a nice measuring stick to use to see how far I'd come since August. I also got to do a TV spot for Virgin Media with the lovely Nadine Reid on the sadly now defunct Xposé show.

At the Miss Ireland Final in September our amazing Miss Clare Emma Austin finished first runner up, our stunning Miss Limerick North Christina Alcazar Deverell finished second runner up and our inspirational Miss Limerick Ciara O'Halloran finished in the top eight and won Miss Sporting. While I had shoots and other events in September, they pale in comparison to the achievements of these three amazing women.

In October I travelled to Kilkenny for a fashion show hosted by Sonya Lennon in aid of Down Syndrome Ireland. I was also shortlisted for the Best Male Influencer of 2019 at the Beauty Blog Awards but alas, I didn't bring home gold. I did win best dressed at

the RSVP event in Dublin so I didn't leave October completely empty-handed.

In November I shot some online content for Selected, filmed a pilot for a web series called Open For Business and shot promotional material for the Crescent Shopping Centre. I rounded the year out by being crowned Ireland's most stylish man at the Hi Style Awards.

I do want to make it very clear that the aforementioned events are the highlights of my year and it is worth noting that there were also plenty of dark times – the breakup I mentioned, struggling with grief and feelings of depression and trying to get my confidence back to name but a few. I also want to make clear that I didn't write this in an attempt to show the world how great I think I am. I wrote this to show you that it's possible to bounce back. It may sound like a cliché but it's in the darkest nights that you see the stars. Don't lose faith and don't give up because there's a road going down the other side of every hill. Be patient, believe in yourself and set some achievable goals. Have a wonderful 2020! Patrick.



Chatting with Jenny Greene on 2FM in June



My highlight of the summer was the Miss Limerick and Miss Clare event



Photoshoot for Gant in Killaloe



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

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**Email:** [kilkennywarmemorial@gmail.com](mailto:kilkennywarmemorial@gmail.com)

**Phone:** 086 3369080

**Post to:** 48 John Street, Kilkenny





## MOTORING

# SKODA predict a more optimistic

The total number of new cars sold in 2019 fell by 6.8% to 117,031 units compared to 2018. ŠKODA Ireland is projecting a slightly more optimistic result in 2020, with 120,000 passenger vehicle sales forecasted. Despite this year's decline there is still a very healthy appetite for vehicles with 12.9% more used car imports registered in 2019 compared to 2018.

The biggest challenge for the industry over the last 3 years was the staggering 307,900 used imports that indirectly affected the new car market. With the introduction of the new government NOx tax from 1st January; used imports will not be as advantageous as was previous. Take for example: a 2016 ŠKODA Superb 2.0 TDI 4x4 170bhp; regardless of purchase price and excluding currency fluctuations this vehicle is subject to a further €2,400 NOx Tax in addition to Vehicle Registration Tax (VRT)! This is likely to increase the cost significantly of importing a used vehicle.



Plugin Hybrid Superb PHEV

In the last 12 months the sale of electric vehicles has increased nearly threefold! 3,443 Battery Electric Vehicles (BEVs) were delivered in 2019 compared to 1,233 in the same period last year. The demand for

BEVs will only increase in line with consumer awareness of climate change and new model introductions from various brands. Diesel powered vehicles accounted for 47% of all vehicle sales in 2019 with

54,505 customers opting for Diesel in 2019. With electric vehicle technology, especially battery range and infrastructure still in development; petrol and Diesel vehicles will likely account for 85% of new

vehicle sales in 2020.

Plug in Hybrid Vehicles (PHEVs) are seen as a stepping stone to an electric future and provide the best of both worlds, with the ability to drive on pure electric power in isolation -

or in combination with a modern petrol engine. PHEVs have seen significant growth in the last 12 months with 1,343 vehicles delivered in 2019, an increase of 85% on the same period last year. ŠKODA Ireland are predicting further PHEV sales growth in 2020 with 250 deliveries alone planned of their new Superb iV PHEV.

Automatic transmissions were once exclusive to premium vehicles but are now becoming much more prevalent in the Irish market. Between 2016 and 2019 automatic vehicle sales have grown by 55% to 38,705 units last year. One in three new cars sold in 2019 was an automatic. This growth can be attributed to changing customer behaviour and improved transmission technologies such as the efficient 7-speed DSG automatics offered in ŠKODA vehicles.

Colour trends have changed little in the last 12 months. The most popular vehicle colour of 2019 by a considerable margin was grey (43,495) followed by



Grey was the most popular choice of colour for new cars purchased in 2019



# view for car sales in 2020

black (21,010). Colour trends have changed over time however!

White, for example remains a very popular colour, with 17,353 vehicles delivered in 2019 - an incredible 2,205% increase compared to a decade ago when only 753 customers purchased a white vehicle in 2009!

Commenting on 2019, John Donegan, Brand

Director ŠKODA Ireland said, "The ŠKODA brand has enjoyed its most successful year in the Irish market climbing to fifth position with 9,300 vehicles delivered to customers.

"The introduction of the new SCALA and the recent launch of the new ŠKODA KAMIQ provide us with an increased offering for our customers.

**FASTER PACE**

"The industry is changing at a faster pace than ever before.

Electrification, digitalisation and alternative mobility solutions will provide challenges and opportunities for our brand in the coming years.

"I would like to thank our dealer network and customers for their support and custom in 2019 and wish them a prosperous New Year".



Electric vehicle ŠKODA division IV 2020

## SKODA brief on 2019 car sales and forecast of the year ahead, 2020

**New car sales fell by 6.8% in 2019**

**2020 new passenger car market expected to reach 120,000 units**

**Staggering 307,900 used vehicles imported in last three years**

**New 2020 N0x tax to increase cost of importing a vehicle by as much as €2,400**

**Electric vehicles see a threefold sales increase to 3,444 units in 2019**

**Sale of plug-in Hybrid Vehicles increases by 85%**

**One third of vehicles sold in 2019 was an automatic**

**Grey is the most popular vehicle colour choice of 2019 followed by black**

**Sale of white vehicles have increased by 2,205% since 2009**

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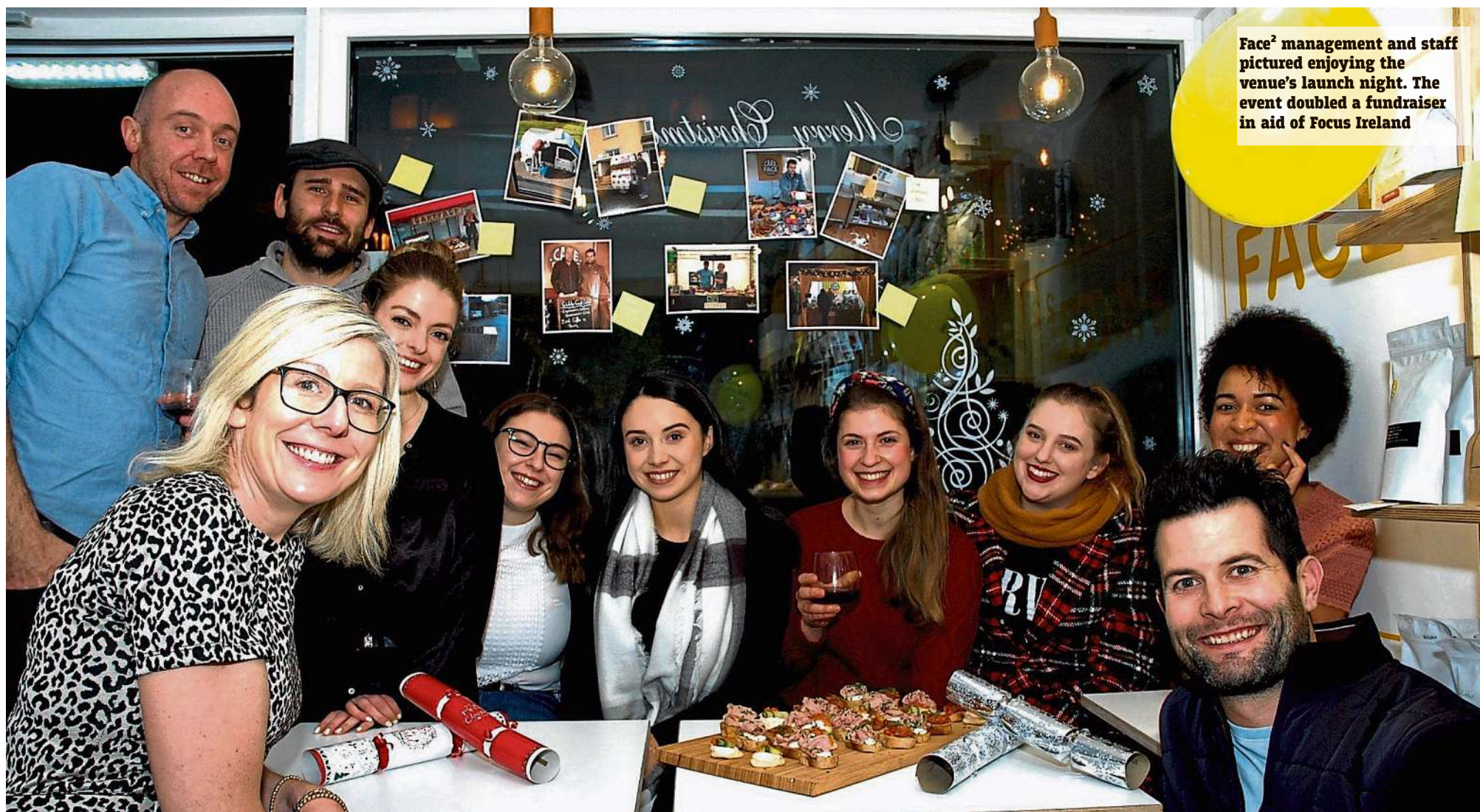
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OUT & ABOUT



Face² management and staff pictured enjoying the venue's launch night. The event doubled a fundraiser in aid of Focus Ireland

# Out & About

## COFFEE AND CELEBRATIONS AT FACE² LAUNCH NIGHT

Pictures: CHRISTOPHER DUNNE



LEFT: Laura Gannon pictured with Siobhan Donohoe, Claire Allen, Mark Grincell, Darren Eyre and Pat Dowling



Darren Eyre, Pat Dowling and Mark Grincell pictured at the Face² launch night



Pictured at the Face² launch night in aid of Focus Ireland were Paul and Maeve O'Donnell



Siobhan Donohoe and Face² co-founder Laura Gannon



Face² founders Laura and Rory Gannon pictured with Siobhan Donohoe



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**2013 Renault Clio**  
CAR SALES  
www.condroncars.ie



**€7,950**

1.1 Petrol, FSH, €270 Road Tax, sat nav, cruise control, fully serviced, two years nct, full warranty, full spec, excellent condition. 54k Mls

**2013 Nissan Qashqai + 2**  
CAR SALES  
www.condroncars.ie



**€13,750**

1.6Dsl, FSH, €280 Road Tax, 4x4 half leather interior, sat nav, parking sensors, rear parking camera, fully serviced, two years nct, full warranty, full spec, mint condition. 103k Mls

**2014 Audi A3**  
CAR SALES  
www.condroncars.ie



**€12,850**

2.0Dsl, FSH, 1 owner, €190 Road Tax. fully serviced, two years nct, full warranty, full spec, excellent condition. 113k Mls

**2014 Kia pro\_ceed**  
CAR SALES  
www.condroncars.ie



**€12,850**

1.6Dsl, FSH, 2 keys, sat nav, parking sensors, parking camera, €200 Road Tax, fully serviced, 2 years nct, full warranty, full spec, mint. 96k Mls

**2014 VW Passat**  
CAR SALES  
www.condroncars.ie



**€12,950**

2.0Dsl, FSH, 1 owner, €200 Road Tax, sat nav, full leather, privacy glass, cruise control, fully serviced, two years nct, full warranty, full spec, excellent condition. 99k Mls

**2014 Toyota Auris HYBRID**  
CAR SALES  
www.condroncars.ie



**€15,600**

1.8 Hybrid, Automatic, FSH, 2 keys, rear parking camera, €180 Road Tax, fully serviced, two years nct, full warranty, full spec, excellent condition. 59k Mls

**2014 Citroen Grand C4 Picasso**  
COND RON CAR SALES  
www.condroncars.ie



**€14,900**

2.0Dsl, FSH, €200 Road Tax, 2 keys, half leather interior, heated seats, sat nav, rear parking camera, parking sensors, privacy glass, fully serviced, two years nct, full warranty, full spec, mint. 82k Mls

**2014 VW Golf**  
CAR SALES  
www.condroncars.ie



**€14,600**

2.0Dsl, FSH, €190 Road Tax, parking sensors, sat nav, fully serviced, two years warranty, full spec, excellent condition. 92k Mls

**2014 Hyundai i30**  
CAR SALES  
www.condroncars.ie



**€9,950**

1.6Dsl, FSH, 2 keys, €180 Road Tax, fully serviced, two years nct, full warranty, full spec, excellent condition. 76k Mls

**2015 Ford Kuga**  
COND RON CAR SALES  
www.condroncars.ie



**€16,950**

2.0Dsl, FSH, 2 keys, €270 Road Tax, parking sensors, parking camera, fully serviced, full warranty, full spec, excellent condition. 89k Mls

**2015 Opel Astra**  
CAR SALES  
www.condroncars.ie



**€11,950**

1.6Dsl, FSH, 1 owner, 2 keys, 19" alloys, factory body kit, €180 Road Tax, full leather interior, heated seats, fully serviced, two years nct, full warranty, full spec, excellent condition. 81k Mls

**2015 Ford Focus Zetec**  
CAR SALES  
www.condroncars.ie



**€11,950**

1.5Dsl, FSH, 2 keys, 1 owner, parking sensors, €180 Road Tax, fully serviced, two years nct, full warranty, full spec, excellent condition. 97k Mls

**2015 Honda CR-V**  
COND RON CAR SALES  
www.condroncars.ie



**€17,850**

1.6Dsl, FSH, 1 owner, €270 Road Tax, half leather half alicante interior, heated seats, sat nav, park sensors, rear par cam, privacy glass, fully serviced, 2 years nct, full warranty €17,850 straight €18,850 trade in price. 84k Mls

**2015 Peugeot 508**  
CAR SALES  
www.condroncars.ie



**€14,600**

2.0Dsl, FSH, 1 owner, 2 keys, sat nav, parking sensors, rear parking camera, heated seats, €190 Road Tax, fully serviced, two years nct, full warranty, full spec, excellent condition. 75k Mls

**2015 Mazda 6**  
COND RON CAR SALES  
www.condroncars.ie



**€13,600**

2.2Dsl, FSH, 1 owner, 2 keys, parking sensors, €190 Road Tax, fully serviced, two years nct, full warranty, full spec, excellent condition. 73k Mls

**2015 Opel Zafira Tourer**  
COND RON CAR SALES  
www.condroncars.ie



**€10,600**

1.6Dsl, FSH, 1 owner, 2 keys, nct 5/21, €190 Road Tax, parking sensors, half leather interior, excellent condition. 146k Mls

**2015 Ford Mondeo**  
COND RON CAR SALES  
www.condroncars.ie



**€12,850**

2.0Dsl, FSH, 1 owner, 2 keys, €200 Road Tax, fully serviced, full warranty, full spec, excellent condition. 105k Mls

**2015 Hyundai i40**  
COND RON CAR SALES  
www.condroncars.ie



**€12,750**

1.7Dsl, FSH, 1 owner, nct 2/21, €200 Road Tax, 2 keys, parking sensors, rear parking camera, fully serviced, full warranty, full spec, excellent condition. 113k Mls


**2016 Toyota Avensis**  
COND RON CAR SALES  
www.condroncars.ie



**€15,850**

1.6Dsl, FSH, 2 keys, €190 Road Tax, parking camera, sat nav, fully serviced, full warranty, full spec, excellent condition. 75k Mls

**2016 Toyota Auris**  
CAR SALES  
www.condroncars.ie



**€15,600**

1.6Dsl, FSH, 1 owner, sat nav, parking sensors, €190 Road Tax, fully serviced, full warranty, full spec, excellent condition. 20k Mls

**2016 Volvo S60**  
CAR SALES  
www.condroncars.ie



**€16,700**

2.0Dsl, FSH, 2 keys, sat nav, parking sensors, half leather interior, €190 Road Tax, 1 owner, fully serviced, full warranty, full spec, excellent condition. 105k Mls

**2016 Kia Sportage**  
COND RON CAR SALES  
www.condroncars.ie



**€17,850**

1.7Dsl, FSH, 2 keys, 1 owner, €200 Road Tax, fully serviced, full warranty, Sale price €17,850 trade in price €18,850. full spec, excellent condition. 2k Mls

**2016 VW Passat**  
CAR SALES  
www.condroncars.ie



**€16,750**

2.0Dsl, FSH, 1 owner, 2 keys, sat nav, privacy glass, up rated alloys, parking sensors, €190 Road Tax, fully serviced, full warranty, full spec, excellent condition. 115k Mls

**2016 Skoda Superb**  
CAR SALES  
www.condroncars.ie



**€14,950**

1.6Dsl, FSH, 1 owner, half leather interior, sat nav, parking sensors, 2 keys, cruise control, €190 Road Tax, fully serviced, two years nct, full warranty, full spec, mint. 99k Mls





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## IN MEMORIAM



**O'SHEA** - (10th Anniversary) In loving memory of Denis, late of College Road, Kilkenny who died on 5th January 2010. R.I.P.

We who loved you sadly miss you  
As it dawns another year  
In our lonely hours of thinking  
Thoughts of you are always near

Sadly missed by your loving wife Anna and family.  
Anniversary Mass in St. Patrick's Church on  
Sunday, 5th January at 9.30am

## I'm Free

Don't grieve for me, for now I'm free;  
I took His hand when I heard Him call;  
I turned my back and left it all.  
If my parting has left a void;  
then fill it with remembered joy.  
My life's been full, I savored much;  
good friends, good times,  
a loved one's touch.  
A friendship shared, a laugh, a kiss;  
ah yes, these things, I too, will miss.  
Perhaps my time seemed all too brief;  
don't lengthen it now with undue grief.  
Lift up your hearts and share with me;  
God wanted me now, He set me free.



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## Registered Architects required

**CCH Architects - Architectural practice looking for a Registered Architect for our Kilkenny Office**

- Min. 5 years post qualification experience.
- Strong design, detailing and management experience.
- Excellent Autocad and Revit skills.
- Proven ability to work effectively within a team environment.
- Excellent communication and presentation skills and a passion for architecture and design.

**Great potential for advancement available for the successful candidate. Salary dependent on skills, qualifications and experience. Please email details of relevant experience to [info@cch-architects.com](mailto:info@cch-architects.com)**

## Architectural Technologist Required:

**CCH Architects - Architectural practice looking for an experienced Architectural Technologist for our Kilkenny office.**

- Strong architectural detailing experience
- Good working knowledge of current Irish Building and statutory Regulations
- On Site Experience
- Good working ethic and organisational skills
- Proficiency in Autocad, Photoshop, Sketchup, etc.
- Proficiency in Revit essential

**Salary dependant on skills, qualifications and experience. Please email details of relevant experience to [info@cch-architects.com](mailto:info@cch-architects.com)**





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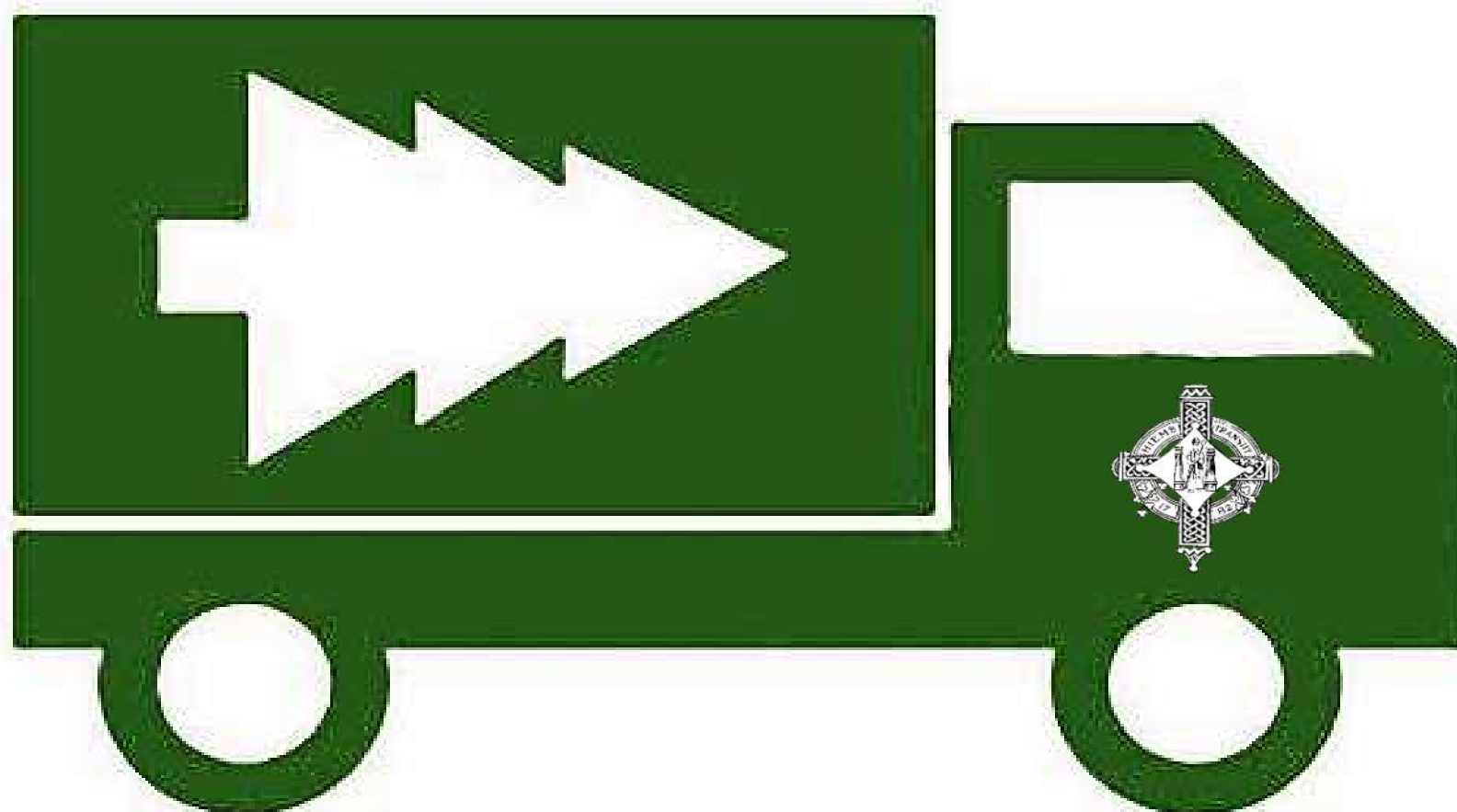


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**Sat 4th ♦ Mon 6th ♦ Wed 8th**  
**January 2020**



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€5 per tree collected. Please pay on collection.



REPORTER SPORT

# Mourinho's Spurs side can taste Emirates FA Cup success

If it's the first weekend in January then it must be the third round of the Emirates FA Cup.

The round of the Cup is traditionally the stage when 20 Premier League and 24 EFL Championship clubs begin their campaigns.

2019/2020 sees the staging of

the 139th edition of the oldest football tournament in the world.

As part of the Heads Up campaign, all 32 fixtures will kick off one minute late to encourage fans to think about looking after their mental health.

The TV highlights of this weekend's third round fixtures include Everton's trip to Anfield to

face Premier League leader on Sunday, January 5 at 4.01pm.

Arsenal's match with Championship side Leeds will also be broadcast on BBC One on Monday, January 6 at 7.56pm.

BT Sports televised fixtures include Manchester Utd's trip to Wolves on Saturday, 5.31pm and Tottenham Hotspurs' away date at

Middlesbrough on Sunday, 2.01pm.

Holders Man City top the betting market at odds of 13/5, with Liverpool next best at 6/1.

However, preference is for 7/1 shots Tottenham Hotspurs, third favourites in the betting. Spurs will look to overcome 'Boro' on Sunday to earn a fourth round place.



We think Jose can deliver the Cup

# IS THAT ON THE BOX?

## Thursday

**GREYHOUND**

NEWCASTLE RACES  
GREYHOUND TV 6.20PM

**SOCCER**

DERBY V BARNSELY  
SY SPORTS 7.45PM

**SOCCER**

SWANSEA V CHARLTON  
SKY SPORTS 7.45PM

**SOCCER**

LIVERPOOL V SHEFF UNITED  
BT SPORT 8PM

**GOLF**

TOURNAMENT OF CHAMPS  
SKY SPORTS 11PM

## Friday

**CRICKET**

S AFRICA V ENGLAND  
SKY SPORTS 8.30AM

**RUGBY UNION**

ULSTER V MUNSTER  
EIR SPORT 7.35PM

**RUGBY UNION**

CARDIFF V SCARLETS  
PREMIER SPORT 7.35PM

**RUGBY UNION**

SALE V HARLEQUINS  
BT SPORT 7.45PM

**GOLF**

TOURNAMENT OF CHAMPS  
SKY SPORTS 11PM

## Saturday

FA Cup time, always a chance of a giant killing



**CRICKET**

MELBOURNE V RENEGADES  
BT SPORT 8AM

**CRICKET**

S AFRICA V ENGLAND  
SKY SPORTS 8.30AM

**SOCCER**

VALENCIA V EIBAR  
PREMIER SPORT 12NOON

**SOCCER**

ROCHDALE V NEWCASTLE  
BT SPORT 12.31PM

**RUGBY UNION**

TREVISO V WARRIORS  
PREMIER SPORTS 1PM

**RUGBY UNION**

DRAGONS V OSPREYS  
PREMIER SPORTS 3PM

**RUGBY UNION**

ZEBRE V CHEETAHS  
PREMIER SPORTS 3PM

**RUGBY UNION**

GLOUCESTER V BATH  
BT SPORT 3PM

**RUGBY UNION**

LEINSTER V CONNACHT  
EIR SPORT 5.30PM

**SOCCER**

WOLVES V MAN UTD  
BT SPORT 5.30PM

**RUGBY UNION**

EDINBURGH V KINGS  
PREMIER SPORT 7.45PM

**NBA**

CLIPPERS @ GRIZZLES  
SKY SPORTS 8.35PM

**HORSE RACING**

GOLDEN GATE  
SKY SPORTS 8.45PM

**GOLF**

TOURNAMENT OF CHAMPS  
SKY SPORTS 9PM

## Sunday

**CRICKET**

S AFRICA V ENGLAND  
SKY SPORTS 8.30AM

**SOCCER**

MIDDLESBORO V SPURS  
BT SPORT 2PM

**RUGBY UNION**

WASPS V SAINTS  
BT SPORT 3PM

**SOCCER**

LIVERPOOL V EVERTON  
BBC ONE 4PM

**SOCCER**

GILLINGHAM V WEST HAM  
BT SPORT 6.16PM

**NBA**

CLIPPERS @ KNICKS  
SKY SPORTS 8.35PM

**GOLF**

TOURNAMENT OF CHAMPS  
SKY SPORTS 11PM

Munster and Ulster lock horns this Friday night in Ravenhill



Jurgen Klopp faces his near neighbours Everton in the FA Cup on Sunday



## SPORT

# Race to Croke Park heats up as three Kilkenny clubs chase final berths

## Gaelic Games

The New Year has barely begun and the title charge is already at full tilt for Kilkenny hurling clubs!

Three sides will start into 2020 with silverware on their minds as they chase coveted places in the club All-Ireland finals.

On Saturday Conahy Shamrocks face a trip to Monaghan for a meeting with Derry outfit Eoghan Rua.

Conahy know what it takes to reach the promised land of Croke Park. They scaled the heights in 2008, going all the way as they beat Moyle Rovers of Tipperary to claim the All-Ireland crown.

Their path has been a little different this time around. While they lost the county final they went in Leinster as Kilkenny's representatives. They shrugged off that disappointment in impressive



Shamrocks players celebrate retaining their Leinster senior club hurling title - now they want to get back to the All-Ireland final



Conahy Shamrocks won the club All-Ireland in 2008. Can they do it again in 2020?

fashion and put together a run which culminated in a provincial victory over Wexford's Ballygarrett.

Half an hour after the Leinster junior champions start their match, their county counterparts Tullaroan will face off against Antrim's Naomh Éanna in the intermediate semi-final at Parnell Park.

For Tullaroan, the championship is uncharted territory but they have been game explorers. While the key to 2019 was regaining their senior hurling status they have enjoyed the adventure and challenge the Leinster championship has brought, something they showed to devastating effect when they easily

accounted for Offaly's Seir Kieran in the Leinster final.

Both Conahy and Tullaroan will be hoping to keep Kilkenny's proud record of reaching finals going. Since the competitions were established the county has won eight junior titles and six at intermediate grade.

The attention switches to the

senior championship on Sunday, when Shamrocks take on Derry's Slaughtneil in Newry.

The Ballyhale men are hoping to become the first Kilkenny club to win two club All-Ireland titles back to back - they beat St Thomas in the 2019 decider in Croke Park - but Henry Shefflin's side know they face a tough test from the Ulster men.

## YOUR KILKENNY SPORTS FIXTURES

### GAA FIXTURES

#### SATURDAY

##### AIB GAA HURLING

##### ALL-IRELAND IHC SEMI-FINAL

Parnell Park: Tullaroan v

Naomh Éanna, 1.30pm. Ref:

Shane Hynes

##### AIB GAA HURLING

##### ALL-IRELAND JHC SEMI-FINAL

Inniskeen: Conahy Shamrocks

v Eoghan Rua, 1pm. Ref:

Nathan Wall

##### KILKENNY HONDA CENTRE

##### MINOR HURLING B LEAGUE

##### FINAL

MW Hire Dunmore: Young

Irelands v St Martin's, 7pm.

Ref: Sean Mc Mahon

##### DUGGAN STEEL UNDER-15 C

##### FOOTBALL CHAMPIONSHIP

##### FINAL REPLAY

Thomastown: Bennettsbridge v

Graignamagh, 2pm.

#### SUNDAY

##### AIB GAA HURLING

##### ALL-IRELAND SHC SEMI-FINAL

Páirc Esler, Newry: Shamrocks

v Slaughtneil, 2pm. Ref: Fergal

Horgan

### PERMANENT TSB UNDER-19 HURLING FINAL

John Locke Park:

Bennettsbridge v Lisdowney,

12.30pm. Ref: Peter Burke

(extra-time if necessary)

### KILKENNY CITROEN CENTRE

### MINOR C FOOTBALL

### CHAMPIONSHIP

### QUARTER-FINAL

Clara: Clara v Blacks and

Whites, 2pm. Ref: Sean

Brennan

### SOCCER FIXTURES

#### SATURDAY

##### UNDER-19 LEAGUE

Highview Athletic v

Freebooters, 2pm.

Thomastown United v

Evergreen, 2pm.

Deen Celtic v Lions, 2pm.

##### UNDER-15 ST CANICE'S CREDIT

##### UNION LEAGUE DIVISION 1

Stoneyford United v Evergreen

Athletic.

Deen Celtic v Thomastown

Athletic.

Callan United v River Rangers.

Bridge United Athletic v

Freebooters Athletic.

##### UNDER-15 ST CANICE'S CREDIT

##### UNION DIVISION 1A

Thomastown United Boys v

Bridge United Boys.

Paulstown 06 v Freshford

Town.

Highview Athletic v Evergreen

City.

Freebooters Boys v Evergreen

Boys.

##### UNDER-13 KILKENNY PEOPLE

##### LEAGUE DIVISION 1

Thomastown United Athletic v

Evergreen Athletic.

Stoneyford United Athletic v

Freebooters Athletic.

Callan United v Deen Celtic

Athletic.

Fort Rangers v Bridge United

Athletic.

##### UNDER-13 KILKENNY PEOPLE

##### LEAGUE DIVISION 1A

Spa United v Freebooters City.

Highview Athletic v Freshford

Town.

Evergreen Boys v Thomastown

Boys.

Under-13 Kilkenny People

League Division 2

Thomastown City v Deen Celtic

City.

Freebooters Boys v Stoneyford

Boys.

Deen Celtic Boys v Evergreen

City.

##### UNDER-11 SCHOOLBOYS'

##### LEAGUE AMBER

Stoneyford Utd x2 v

Freebooters x2.

Callan United x2 v Evergreen

x2.

Bridge United x2 v Freebooters

x2.

Deen Celtic x2 v Evergreen x2.

Lions x2 v Highview Athletic

x2.

##### UNDER-11 SCHOOLBOYS'

##### LEAGUE BLACK

River Rangers x1 v Freshford

Town x1.

Paulstown 06 x1 v Stoneyford

Utd x1.

Spa United x1 v Clover United

x1.

#### SUNDAY

##### O'NEILLS LEINSTER JUNIOR

##### CUP

Freebooters v Newpark,

11.30am.

##### ST CANICE'S CREDIT UNION

##### PREMIER DIVISION

Deen Celtic A v Clover United,

11am.

Evergreen A v Thomastown

United A, 11am.

##### INTOSPORT.IE DIVISION 1

Fort Rangers v Evergreen B,

11am.

Callan United v Evergreen C,

11am.

##### EAMONN MAHER COACH HIRE

##### DIVISION 2

Freshford Town A v Lions,

11am.

Castlewarren Celtic v Bridge

United B, 11am.

Paulstown 06 v Highview

Athletic B, 2pm.

Thomastown United B v River

Rangers, 2pm.

##### DIVISION 3

Clover United B v Brookville,

2pm.

Tullaroan v Evergreen 46, 2pm.

Newpark B v St John's, 2pm.

##### UNDER-17 LEAGUE

Callan United v Evergreen,

2pm.

Lions v Highview Athletic,

2pm.

Freebooters v Thomastown

United, 2pm.

### SOCCER RESULTS

St Canice's Credit Union

Premier Division

Highview Athletic A 0,

Evergreen A 4.

Freebooters B 0, Freebooters A

0.

##### INTOSPORT.IE DIVISION 1

Fort Rangers 3, Stoneyford

United 0.

Ormonde Villa 0, East End

United 3.

##### EAMONN MAHER COACH HIRE

##### DIVISION 2

Thomastown United B 3, Lions

5.

##### DIVISION 3

Evergreen 46 0, Newpark B 3.

##### PAT MAHER SHIELD

Callan Utd 2, Bridge United 3.

Newpark 4, Tullaroan 0.

##### UNDER-13 KILKENNY PEOPLE

##### LEAGUE DIVISION 1

Stoneyford United Athletic 1,

Fort Rangers 1.





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