

THE KILKENNY

FREE EVERY THURSDAY

REPORTER

Thursday, January 30, 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

VIOLA

3 Seater Sofa Fabric Category 20

RRP £1,598
OUR PRICE
€799

AND

FREE Nationwide Delivery*

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 duniopillo Denby STELLAR MINDY BROWNES NEWGRANGE YIPACK COLLINS & HAYES



MOUNT WOLSELEY
HOTEL, SPA & GOLF RESORT

Spring Wedding Fair



JOIN US!
SUNDAY
2ND FEB 2020
2PM-5PM

We Build Your Dreams Around You



RACING Thyestes Chase thrilled the Gowran Park crowd **P10**



Hailing our Kilkenny Food Heroes **P13**



HURLING Dubs beaten; Carlow up next for Kilkenny **P59**

THE KILKENNY **FREE EVERY THURSDAY** REPORTER

Thursday, January 30, 2020

www.kilkennypeople.ie

056 7791000



NEW DEAL FOR CATS

Butler House will look after the Kilkenny senior camogie team's nutritional needs in 2020. See inside for full story

Orchard Day Spa

Couples Massage: One Hour of Stress-Relief for Two - Only €135

The Orchard Salon & Day Spa

(056) 7756555 | info@theorcharddayspa.ie | Take Home your scented oil.

Receive a further 10% DISCOUNT OFF with This Voucher or mention "Kilkenny People" when Booking.



NEWS

Dance Star Taggy tipped to lift the Glitterball Trophy

SIAN MOLOUGHNEY
sian.moloughney@iconicnews.ie

Kilkenny All-Ireland hurler and our newest dancing sensation, Aidan Taggy Fogarty, has stepped and twirled his way to be one of the bookies' favourites to win Dancing with the Stars Ireland.

Last Sunday evening was the popular movie night on Dancing with the Stars, when the professional dancers and their celebrity partners embraced movie tunes and costumes.

Taggy and his professional dancing partner Emily Barker danced to Into the Unknown from the movie Frozen 2, and dressed the part as Kristoff and Elsa.

The couple danced a tango that was highly praised by the judges, being awarded a brilliant score of 26 points from them.

Lorraine said she wasn't "normally lost for words, but this was just excellent."

Julian said Aidan "brought the Disney magic." He praised Aidan's frame and "I was



very impressed with that performance," he concluded.

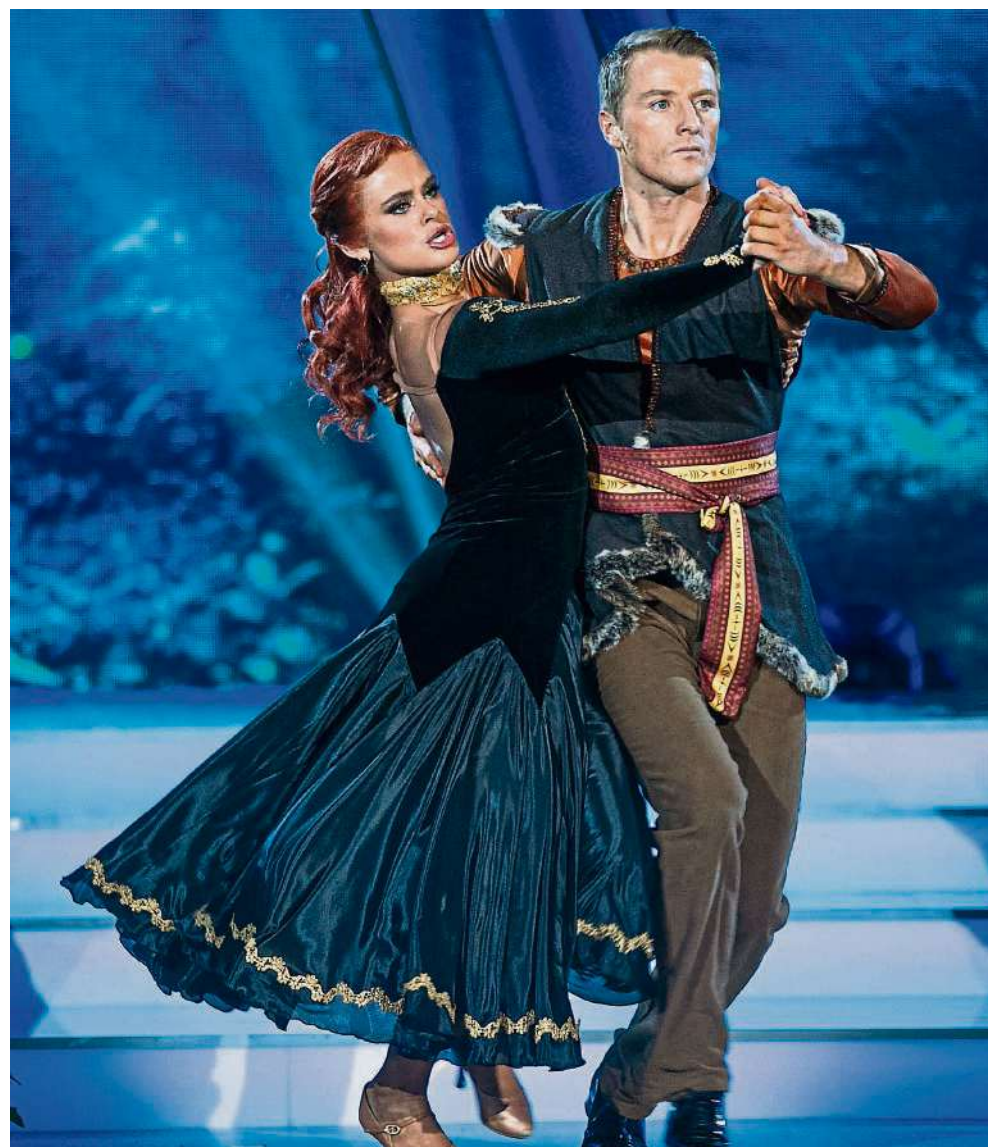
Brian said it needed "maybe a breath here or there" but that Aidan did not struggle with the Tango like a lot of male celebrity contestants on the show.

The Kilkenny hurling talent has been gaining momentum not only on the dancefloor but in the betting too, as BoyleSports have trimmed the All-Ireland winning sports star into 3/1 from 6/1.

Also in action last Sunday was Kilkenny professional dancer John Edward Nolan and his celebrity partner Mary Kennedy.

John Edward and Mary took their movie theme from the Disney classic Lady and the Tramp and danced the American Smooth. They scored 19 points from the judges.

Last Sunday was the fourth week of the show and the second elimination with TV presenter Glenda Gilson voted off after the public poll.



NEW DENTAL PRACTICE
NOW OPEN

Bookings **056 7702566**
Or text **085-7295473**

GentleDentalcare

Proprietor
LINDA FEEHAN MEAGHER

Special Offers for January
Scale & Polish with Examination **€70**
Orthodontic Scale & Polish **€40**
Teeth Whitening **€199**
10% Discount for Students
Book Now for 2020
PRSI Examination, Scale and Polish **€15**
SUNDAY APPOINTMENTS NOW AVAILABLE

WE CARE FOR YOU...

GentleDentalcare | Smithlands | Loughboy | Kilkenny

Honest, Hardworking & Experienced Representation

FIANNA Fáil
THE REPUBLICAN PARTY

Vótáil 1

Bobby Aylward

Please continue your preference for
John McGuinness & Jennifer Murnane O'Connor

Issued by the Director of Elections, 65/66 Lower Mount Street, Dublin 2. Printed by PrintCheck, Blanchardstown Corporate Park 2, Ballycoolin, D15 NC43.



Red Mills Race Day & Style Event

SATURDAY 15TH OF FEBRUARY

Best Dressed Lady & Gent

Will each win a €500 voucher for the RED MILLS Store PLUS a 2 night stay & evening meal in a Talbot Collection hotel of their choice!

- Top notch pre Cheltenham Racing
- Fashion shows & Pop-up Shop
- Style Sessions with **Marietta Doran**
- **Best dressed** competition
- Celebrity judges - **Stylist Emily O'Donnell & Presenter Edward Hayden**
- Free buses leaving from the Parade
- For more info see www.redmillsstore.ie and follow 'RED MILLS Store' on facebook

RED MILLS • DUBLIN ROAD • KILKENNY

www.redmillsstore.ie

NEWS

ROUNDUP

Disability workshop

A free workshop on Effective communication with People with an Intellectual Disability will take place at the Ormonde Hotel this Saturday.

Minister for Disability Finian Mc Grath will speak about community participation for people with an intellectual disability.

All are welcome to come along and attend.

Get involved in Lollipop Day for a great cause

The Oesophageal Cancer Fund (OCF) needs your help for the 19th annual Lollipop Day.

On February 28 and 29 the national charity will host its fundraising and awareness day in Kilkenny to help raise funds for Oesophageal Cancer across the country.

Lollipop Day involves selling lollipops (€3), in an effort to raise vital

funds for the Oesophageal Cancer Fund. Without the support from volunteers, the charity would not be able to highlight symptoms, raise funds for innovative research and supporting anyone affected by this cancer.

For more information see www.ocf.ie



Chamber Chat

The first Kilkenny Chamber Chat of 2020 takes place in the Book & Coffee Shop on William Street today (Thursday) at 6pm.

Kilkenny Chamber is a vital cog in the wheel of commerce in the city and county.

For businesspeople this meeting serves as a fantastic opportunity to meet new people and make new connections.

IMRO nomination

Kilkenny Tradfest is in the running for a top gong at the upcoming IMRO awards which will take place in Dublin on February 11.

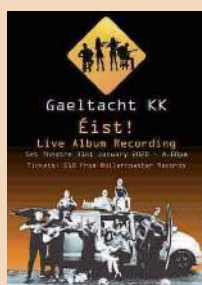
Tradfest which runs from March 13 to 17, has been nominated for the IMRO Small Music Festival of the Year 2019.

The annual awards, celebrate the venues and individuals working in the live music industry,

Gaeltacht KK all Set

Teenage music group Gaeltacht Kilkenny will be performing a live recording of their debut album at the Set Theatre on Friday evening at 8pm.

This follows a Kilkenny Tradfest slot last year and a gig on RTE's 'Up For The Match'.



Tickets are €10 and available from Rollercoaster Records.



'Noh' show like it

Cultures collide at the Watergate Theatre this Saturday as the Japanese theatre art of 'noh' arrives in the

Marble City. Tickets are €26 including booking fee and available via watergate.theatre.ie.

Scriptease at Cleere's

A fun social event hosted by KATS Theatre Group will be held on Tuesday, February 4 at Cleere's Bar, Kilkenny.

'Scriptease' is where scripts are taken and read together, discussed and workshopped.

The event is open to old and new members, just come on down.

Email kats theatregroup@gmail.com for more details!

FIANNA FÁIL THE REPUBLICAN PARTY

PLEASE VOTE **Nº1 JOHN MCGUINNESS**

COURAGE - COMMITMENT - CARE

Continue your preference for: Bobby Aylward & Jennifer Murnane O'Connor

Professional POLISH PAINTERS est. 2006

GET 50% OFF exterior painting when you have your full interior painted.

Painting & decorating, new builds, spraying, wallpapering, window and door restoration, floor sanding, kitchen resprays, banister painting, exterior painting, powerwashing, footpaths, fascia, gutters

- Fully registered & insured
- Over 15 years experience in Ireland

Find us on [f](#) and [Google](#)

www.polishpainters.eu

Call Bart on **085 119 89 25** or Mathew on **087 067 60 56**



Your home and gift store

SALE ENDS

SATURDAY 01/02/2020

**FINAL REDUCTIONS
ACROSS ALL DEPARTMENTS**

athlone
8 Church Street
0906 472 826

carlow
19-21 Castle Street
059 913 1160

kilkenny
94-95 High Street
056 772 2258

limerick gift
68 William Street
061 467 170

limerick interiors
19 William Street
061 310 748

www.allens.ie

follow us on facebook



NEWS

Lorimat scoops award two years in row!

MARY CODY

mary.cody@iconicnews.ie

Kilkenny's Lorimat has scooped the Jeweller of the Year award for the second year running at The Irish Wedding Awards.

Around 500 of the country's top businesses and wedding specialists gathered in Dublin to find out this year's winners.

The awards recognised those who work hard towards creating unique weddings, from wedding planners and co-ordinators to specialists and caterers to photographers, videographers, florists and stationary suppliers.

The glitzy evening was hosted by the best-selling author, Andrea Hayes. She presented the awards and acknowledged those who promote excellence in the industry, inspire others by their achievements and add the fairy-tale sparkle to any wedding.

The competition was fierce but Lorimat was crowned winner in the jewellers of the year category and took the trophy home.

"I am so thrilled to have won the award again," said Lorimat's Rita Shanahan.



Rita Shanahan who has scooped the top gong in the prestigious awards two years running

"It really recognises the outstanding team of Mai, Maxine and Sarah who work alongside me.

"It was an honour to be nominated amongst established jewellers such as Appleby Jewellers and Voltaire Diamonds.

"At Lorimat we pride ourselves on

providing an oasis of calm in what can otherwise be a crazy, hectic time for our customers," added Rita.

"We are thrilled to win this award for the second year in a row. It has driven home to us just how privileged we are to play such an important role in so many peoples' special days."

Local council lauded for LED lighting project

MARY CODY

mary.cody@iconicnews.ie

Kilkenny County Council has been chosen as finalists for this year's All Ireland Community & Council Awards, which are presented by IPB Insurance and LAMA.

The event, which recognises communities and councils whose hard work remains widely unrecognised, takes place in Croke Park on February 15.

Over 400 attendees are expected to turn out to this year's highly anticipated awards.

Kilkenny finalists at the awards are:

- Kilkenny County Council - Streetlight LED Retrofit Pilot Project which is the recipient of the Best Energy Smart Initiative award.

To date Kilkenny County Council has changed over 5,300 lanterns to energy efficient fittings (LED).

LED lighting reduces energy consumption and cost in the order of 60%. It also has



LED lighting has been rolled out at a number of locations

reduced harmful emissions to the environment. Other benefits include reduced maintenance costs and reduced light pollution.

Hundreds of leading community organisations from across Ireland entered this year's event, which boasts over 19 categories.

Entrants of this year's awards, which experienced the highest level of competition yet, were required to provide information on the project they were submitting, the people involved and their achievements over the past year. Social enterprises, councils, organisations, projects and individuals working within the community all entered this year's event.

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

SELECTED 2020 DATES AVAILABLE

elegance awaits you
AT NEWPARK HOTEL

#BRIDESOFKILKENNY



Newpark Hotel
KILKENNY

With escape Health Club & Spa

A FLYNN HOTEL

WEDDING *afternoon*

SUNDAY 9TH FEBRUARY | 2PM-5PM

All Newly Engaged Couples will be in with a chance to WIN a one night stay in one of our luxurious Balcony Suites

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

OUT & ABOUT



Michelle Ryan, Deirdre Kelsey and the Gowran National School gang enjoying their day at a foggy but packed Gowran Park on Thyestes Day - the biggest day in the county's horse racing calendar!



Pat and Anne Neary



Keith O'Toole and Sam Gleeson on duty with the Order of Malta at Gowran Park

Out & About

THYESTES DAY AT GOWRAN PARK

Pictures: CHRISTOPHER DUNNE



The Bridge United bucket collecting crew were kept going all day at Gowran Park



Pam Ballantine and Siobhan O'Sullivan studying the form at Gowran Park



Lar Byrne and Andrea Cooper with The Thyestes Challenge Cup at Gowran Park



Jim Walsh and Joe Higgins were all set for the big one at Gowran Park



JJ Hickey, Luke Ahern, Aaron O'Farrell, Jack Scannell, Ryan Sargeant and Aiden Kearns



Evelyn Cunningham, Lorna Corrigan and Paddy Cunningham

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

Glorious Gowran Park joy for our Danny boy!

Danny Mullins must still be on cloud nine after winning the Thyestes Steeplechase in his own back yard.

Danny, who lives just behind Gowran Park, has been attending this race meeting since he was a child with his cousins. You can't get any more local than winning in his first ever Thyestes Chase on a horse trained by his uncle Willie Mullins!

Racing fanatics couldn't have been happier for the family last Thursday as Danny crossed the finish line. Total Recall ran to victory after a three plus mile race through thick fog on soft ground. It was also a lovely pot for the winning syndicate Slanyville and Lar Byrne, with prize money of €100,000.

The Thyestes Steeplechase is a race that's embedded in the fabric of Kilkenny - it's known as the race that stops a county. Making it even sweeter for Danny was having his grandmother, the matriarch of the Mullins family Mrs Maureen Mullins, watching his victory from the sidelines. Speaking after the race, Mrs Mullins said she was immensely proud of her grandson and pointed out how David, her

other grandson, also won the coveted race in 2017.

Mrs Mullins has been attending the Thyestes meet since 1938, proving it wouldn't be a Thyestes without a member of the Mullins family from Goresbridge. When interviewed about his mother, winning trainer Willie Mullins said, "she is a great woman to go racing. She turned up at the parade ring in Ascot last week and I didn't know she was coming. I've given up guessing where she will turn up next!"

There's one thing for certain Mrs Mullins won't be missing Cheltenham in March, which she has been attending for the past 18 years. She is Irish racing royalty and looks every bit of it as she sports the best of Irish tweed. A matriarch is the only word fitting for this great lady, who with her late husband Paddy started the Mullins horse racing destiny.

Gowran Park's next meeting is Red Mills Day on Saturday, February 15. Tickets are available on GowranPark.ie. First race goes to post at 1.10pm with complimentary buses departing from close to the Kilkenny Castle gates one hour before the first race.



Danny Mullins celebrates with his grandmother Mrs Maureen Mullins after winning the Goffs Thyestes Chase at Gowran Park for his uncle Willie Mullins PICTURE: VICKY COMERFORD



ABOVE: Pam Ballantine and Siobhan O'Sullivan with Siobhan Donohoe at Gowran Park PICTURE: CHRISTOPHER DUNNE



LEFT: Danny Mullins leads Total Recall to victory in the main race, the Thyestes Chase, at Gowran Park PICTURE: VICKY COMERFORD



Enjoying Thyestes Day at Gowran Park were Suzanne Fitzpatrick and Emma McCreery PICTURE: CHRISTOPHER DUNNE

HERO OF THE WEEK



Joan Brennan

It's the second week of Kilkenny's first Restaurant Week so it's timely to tell you about Joan Brennan, our Hero of the Week.

Joan (pictured at the launch of Kilkenny Restaurant Week with Roisin O'Brien) has been working with Kilkenny Design Centre over 30 years, and as head baker, she makes the best baked goods, firing up the ovens as early as 4am.

Joan always has the interest of the company at heart and there's no house in Kilkenny that has tasted her scrumptious cake.

Paying tribute to Kilkenny's own group of super Heroes

On Monday night, I attended the presentation of the Hero Buyer Awards, which is a celebration of local food producers during Kilkenny's first Restaurant Week.

The awards are an initiative by the Taste Kilkenny Food Producers (TKFP) Group to say a massive thank you to the Shops, Cafes, Restaurants, Hotels and Gastro Pubs that have purchased and pioneered the Group's produce over the last year.

It acknowledges four establishments that have excelled in their support of Kilkenny producers in 2019. The winners were: Best Large Retailer was Eurospar, Best Smaller Retailer was Glasraí & Goodies, Best Eatery was Arán.

A new award this year was for the Best National Retailer, for a winner outside of Kilkenny. Ardkeen Stores

“
We need to get more locals championing our local food
FIONA DEEGAN, KILKENNY LOCAL ENTERPRISE OFFICE



LEFT: Siobhan with the Taste Kilkenny Food Producers' hampers which were on display at the Hero Buyer Awards

BELOW: The award presented to Kilkenny's Food Heroes
 PICTURES: CHRISTOPHER DUNNE



Restaurant Week got off to a flying start.

“We ran it over 10 days,” said Pat Crotty of Paris Texas, one of the organisers of Kilkenny's first Restaurant week.

“It's been a great success in encouraging Kilkenny people to go out in January and to go to restaurants that they may not be familiar with. Diners got great value and businesses were busy during a quiet period.”

Restaurant Week runs until Sunday, February 2, with nearly 20 restaurants taking part throughout the city and county.

For special offers, visit visitkilkenny.ie

in Waterford was crowned for this inaugural award.

Guest of honour was Fiona Deegan of Kilkenny Local Enterprise Office (LEO). She congratulated the Taste Kilkenny Food Producers Group on a great initiative and said how important it

is that “we need to get more and more locals championing our local food”.

Also launched on the night was the Taste Kilkenny's Food Producer hamper range. The first of many hampers these can be purchased online at Ardkeen Quality Food

Store, who will deliver the hamper to anywhere in the world. Visit www.ardkeen.com to order.

A lot of Kilkenny food establishments who support locally produced food attended the event.

There was also another cause for celebration as Kilkenny's first ever



Pat Crotty (Paris Texas)



Chloe Heenaw (Arán) with Siobhan Donohoe



Fiona Deegan (CEO Kilkenny Local Enterprise Office) and Julie Calder-Potts (Highbank Organic Orchards)



Siobhan Lawlor (Goods and Glasraí), Joan Cahill (Bob and Joan's Jams) and Derek Lawlor (Goods and Glasraí)



Sarah Gough (Mileeven Fine Foods) and Deirdre Shine (Bank of Ireland)

A future to
Look Forward to
VOTE 1, 2 in order of your choice



PATRICK O'NEILL



JOHN PAUL PHELAN



VOTE 3 PAT DEERING

FINE GAEL 

NEWS

Amber's awareness event for hairdressers and therapists



Hairdressers and therapists often provide a listening ear for their clients. Amber wants to make people aware of the warning signs of domestic abuse and to be able to inform their customers of the services the refuge provides

MARY CODY
mary.cody@iconicnews.ie

A free event to raise awareness about domestic abuse will take place at the Springhill Court Hotel next month.

Amber Women's Refuge are asking for hairdressers and beauty therapists to attend.

Hairdressers and therapists often provide a listening ear for their clients and the refuge wants to make people aware of the warning signs.

"We want people to know the signs of domestic abuse and for people working in this industry to be able to inform their customers of the services that the refuge provide, should they think the need arises," said Amber manager, Lisa Morris.

The event will take place on February 24 from 11am to 1pm and refreshments are included.

Staff from Amber will attend the event and provide information about the services that are provided at the refuge, what are the different types of domestic abuse, what are some of the signs and effects of domestic abuse and responding and referring to domestic abuse.

Anyone interested in attending can RSVP to

manager@amberwomensrefuge.ie
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. The refuge also runs the Freedom Programme which is a domestic abuse support group.

Amber are also starting a 12-week group work programme for children and mothers who have experienced domestic abuse. During the programme both children's and mother's groups run concurrently. Themes and concepts introduced each week to children are also incorporated into the mother's group sessions.

The emphasis throughout is to support women in the knowledge of how to best help their child in the healing from the impact of abuse. The programme is open to children from five to 16. For more information call 056-7771404.

Saorview announce changes are on the way for Kilkenny viewers

Saorview customers in Kilkenny may notice a change in service as the frequency is changing. Customers in Kilkenny are likely to be affected by the frequency change and should take action now to avoid any disruption in service.

Following a decision by the EU, some of the TV broadcast spectrum that is used by Saorview is being reallocated for other purposes. This is part of future-proofing Ireland's infrastructure.

The changes are happening between now and March 4. Many customers won't notice anything at all, some will need to take action to ensure their service continues. For some a simple



Saorview customers in Kilkenny may notice a change in service in the coming days and weeks

rescan or their Saorview box or TV will solve any issues. A small number of customers will need to take further action and should contact Saorview if a channel rescan

doesn't work.

"Most Saorview customers will experience perfect continuity of service," said Head of Saorview Jim Higgins. "Some customers

will need to do a simple channel rescan, while a small number of customers may need to take further action. We want to support our customers through this EU led frequency change, and our helpline and call centre is primed with the answers our customers need to continue to enjoy Saorview.

"The important thing is to check if you are affected and to take action now if needed. Customers are still able to enjoy service on both the new and old frequencies but after March 4 the old frequency will terminate."

If you are unsure whether you are affected or not, go to saorview.ie/changes, call 1890-222012 or 01-258 3540 or email info@saorview.ie

VOTE NUMBER ONE | VOTAÍL UIMIHIR A HAON



Cllr. MALCOLM NOONAN

'For our shared future' | *Ár dtodhcaí comhroinnte*

**GENERAL ELECTION 2020 | SATURDAY, 8TH FEBRUARY
CARLOW / KILKENNY CONSTITUENCY**

'We must collectively respond to the tens of thousands of young people in Ireland who joined the global climate strike led by Greta Thunberg. The political response must be meaningful, compassionate, visionary and courageous and be treated with the urgency it deserves. We can co create a world that is safe for all living things.'

www.malcolmnoonan.com

www.greenparty.ie

T: 353 (0)86 839 9418

E: cllrmalcolm.noonan@kilkennycoco.ie

**CONNECT WITH
THE CAMPAIGN**



NEWS

Heartfelt tribute from Harpers as together with charity fundraiser

SIOBHAN DONOHUE

siobhan.donohue@kilkennypeople.ie

Kilkenny showed its caring side as people came together to raise money and send their love to the other side of the world.

Emmett Lanigan, Operations Manager of Kilkenny's Hibernian Hotel brought the hospitality staff of Kilkenny together to honour and fundraise for the victims of the Australian bushfires.

Some much needed funds were raised on Monday night for the Australia Bushfire Relief charity in Harpers Restaurant.

"My heart goes out to all affected by the bushfires," said Head Chef Cormac Vesey, who lived in Australia for just over two years. "Tonight for this fundraiser we send big love to Australia."

AUSTRALIA THEME

Cormac, who found his love of cooking while living in Australia, produced a hearty Australian themed menu on the night. Starting with Roadhouse Sausage Roll With Home made Ketchup.

Mains was a choice of Pie Floater (Braised beef, Shortcrust Pastry, Pea Velouté), or Shrimp on the Barbie (Tiger Prawn and Squid, Rice Noodle, Sugarsnap, Mango Chilli Salsa), Macadamia Crusted Salmon with Pak Choi, Mussel & Lemongrass Coconut Broth or Chicken Parm in a Marinara Sauce. Desert was a Mozzarella Pavlova, Tropical Fruits, Berry Coulis.

If you would like to help those affected by the bush fires, please visit donatebushfires.org



Cormac Vesey, head chef at the Kilkenny Hibernian Hotel, with hotel staff and guests who held the charity Australian night which raised funds for victims of the recent bushfire disasters PICTURES: VICKY COMERFORD



Neil Lahart, Noel Brennan, Betty Lahart and Mary Brennan



Gabriela Nagy, Eniko Kocsor, Alex Laurentiu and Mario Ludwig



Joanna Hannick, Aidan Maher (Diageo), Siobhan Donohue and James Gleeson



Sonia McPartland and Sean Hackett



Gerry Barry, Sami Gustafson and Liam Phelan

NEWS

Kilkenny comes for Australia

RIGHT: Siobhan Donohue, Emmett Lanigan and Stephen Foster

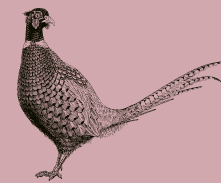


BOTTOM LEFT: Staff from Kyteler's Inn who enjoyed the Australian night at the Hibernian

BOTTOM RIGHT: Joanna Hannick and Cormac Vesey, head chef Kilkenny Hibernian Hotel



MOUNT JULIET ESTATE



AN ESTATE BUILT ON LOVE...

Be part of our love story this Valentines. Treat your loved one to dinner in The Hound Restaurant for €59 per person includes a glass of prosecco. Call 056 777 3000 to make a reservation.



MOUNT JULIET ESTATE
Thomastown, Co. Kilkenny
+353 (0)56 777 3000
reservations@mountjuliet.ie
www.mountjuliet.ie

AUTOGRAPH COLLECTION[®]
HOTELS



Here to build business
Strategic Banking
Corporation of Ireland



New €50 million fund available to Irish SMEs nationwide for new and used equipment machinery & vehicles

Products include HP, Leasing, Refinancing, Invoice Discounting & Property Finance



T: Ger Reddy 057-8510031
E: info@capitalflow.ie
www.capitalflow.ie/sbci



NEWS

Redmills Race Day and Style event

MARY CODY

mary.cody@iconicnews.ie

Connolly's Red Mills and Gowran Park have launched the Red Mills Race Day and Style Event which will take place on Saturday, February 15 at Gowran Park.

Widely recognised as the South East's premier racing event of the winter season, the day will combine the best of Racing Style with top notch pre Cheltenham racing.

Stylists Marietta Doran, Fiona

Foley and Chris Kavanagh were joined by jockey Donagh Meyler and Tom Mullins-trained 'Spiderweb' for the launch, which will mark Connolly's Red Mills 40th year of sponsoring Gowran Park.

This year's Best Dressed event will feature our guest judges: deciding the winning lady will be Emily O'Donnell - Presenter and Fashion Stylist with Virgin Media One. And crowning the best dressed gent will be Kilkenny's own

TV chef and broadcaster, Edward Hayden.

The theme again for this year's competition is Winter Racing Chic, with our judges keeping an eye out for the lady and gent who are extremely stylish, as well as warm and comfortable.

Entries for the raceday will be published on February 18 and with many of the leading trainers targeting the day it's sure to produce another fascinating line-up.



Stylists Marietta Doran and Fiona Foley at the launch of the Red Mills Race Day and Style event which takes place at Gowran racecourse

Kilkenny camogie teams up with Butler House in a winning match

MARY CODY

mary.cody@iconicnews.ie

Butler House, the award-winning hospitality provider in Kilkenny city and a member of Ireland's prestigious Blue Book collection of Country Houses and Restaurants, has announced a special catering partnership with the Kilkenny Senior Camogie Team.

The partnership agreement will see Butler House cater for the team by providing wholesome, nutritional food following each training session and before and after League and Championship games. The renowned Kilkenny city property will also be a venue for a Kilkenny Senior Camogie Team event later in the year.

Making the announcement, Ciaran Conroy, CEO of Kilkenny Civic Trust said, "Food fuels success and Butler House is delighted to provide its nutritional wholesome food offering to the Kilkenny Senior Camogie Team. Good nutrition is vital for an elite sports team striving to achieve high performance and as a provider of locally sourced quality food, Butler House is delighted to cater for the team after training and on match days. We are very proud of our camogie team and this undertaking by Butler House is an acknowledgement of and a mark of thanks for their wonderful work - as sportswomen and as role models".

Commenting on the partnership Brian Dowling, manager of the Kilkenny Senior Camogie team said, "On behalf of the team and

Kilkenny GAA, I'd like to thank Butler House for its support by coming on board with this special partnership to support the Kilkenny Senior Camogie team. It is very welcome and most appreciated. Support like this means the team are taken care of after training and on match days so we can concentrate on optimising our performance levels".

Business Development Manager for Butler House Anne Marie Hallinan said, "Last year, Brian, Katie Power and Miriam Walsh helped us launch our new lunch menu that focused on healthy options. This led to a larger conversation about the needs of the team.

"On big match days, it is easy for us supporters to forget the dark training evenings, when the players can come off the field cold and hungry. As a hospitality provider, we're delighted to step up and support the team and will help drive Kilkenny camogie and women's sport in the year ahead".

Kilkenny has won the All-Ireland Senior Camogie Championship 13 times, having last won in 2016, and were runners-up ten times. Under Brian Dowling, the team will this year compete to reach its fifth All-Ireland final in five years.

Butler House is the dower house of Kilkenny Castle and associated with the Butler family - Dukes and Earls of Ormonde - who resided at Kilkenny Castle for 500 years. In 1989, Kilkenny Civic Trust acquired both Butler House and the Castle Yard Stables and the house was opened as a guesthouse and conference centre. Butler House became a member of Ireland's Blue Book in 2018.



Pictured at the announcement of Butler House's partnership with Kilkenny Camogie were (from left:) Lucinda Gahan, Kilkenny senior camogie captain; Davina Tobin; Brian Dowling, senior camogie manager; Ciaran Conroy, CEO Kilkenny Civic Trust that operates Butler House; Edwina Keane and Mary O'Connell PICTURE MARY BROWNE

EXPLORE THE CITY



The Cats can now explore their city with Transport for Ireland's new KK1 and KK2 bus services operated by City Direct. Enjoy €1 fares with your TFI Leap Card until March 17th. For more information and timetables, visit transportforireland.ie



€1 PROMO LEAP FARE

LIFESTYLE



HEALTHY LIVING

EVA HILL HAMILTON

CONTACT EVA

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

Rescue for the respiratory system

WITH so many suffering from colds and flues around me, it is hard to think of any other subjects to write about. If you are one of those people, now is the time to support and soothe your respiratory system with foods, herbs and spices from your cupboards and tinctures widely available from health stores.

Focus on foods and spices that would help to dry up excess phlegm, such as ginger, cinnamon, nutmeg, thyme, turmeric, onions, fennel seed, rosemary, parsley, garlic, raw apple cider vinegar, lemon juice, watercress, celery, artichoke, asparagus, broccoli, and kale.

Bromelain is a protein-digesting enzyme derived from pineapple stem – the hard part in the middle everyone tend to chuck in the bin. Bromelain acts as both an anti-tussive (cough suppressant) and a mucolytic (reduces the viscosity of phlegm) and anti-inflammatory by blocking both fibrin and kinin, the two inflammatory components causing the tissue swelling and the permeability or leakiness of blood vessels. Enjoy a slice of pineapple with its tougher inner part before your meals or as a nutritious snack with a handful of nuts.

The tissue lining the surface of the lungs contains more silica than any other tissue in the body; therefore,



The tissue lining the surface of the lungs contains more silica than any other tissue in the body; therefore, it is important to supply your diet with silica rich foods

it is important to supply your diet with silica rich foods: wholegrains, vegetables, legumes and fruits. The richest sources are the bran and skin of them, so make sure you consume them in whole and unrefined! Have a

wide variety of grains, including buckwheat, millet, oats, brown rice, and vegetables such as parsnips, celery, cucumber (especially its peel), carrots, strawberries and apricots. Horsetail tea is also rich in

silica and has an affinity for lung tissue and has astringent (tissue toning) and anti-inflammatory properties. Dried elderflower also makes a wonderful tea and it's especially beneficial for the lungs as it is anti-inflammatory, anti-catarhal, relaxing, and diaphoretic – increases perspiration, thus gently cleansing. Liquorice tea is soothing for all mucous membranes and helps to boost local immunity. Fresh ginger root tea with a squeeze of lemon have wonderful warming, circulatory boosting properties to help you sweat out the evil viruses – remember, your best tool for fighting viruses is a raised

temperature. A few powerful herb tinctures can speed up recovery, but these will have to be checked for contraindications if you are on any medication at all. Ivy with Thyme thins the excess mucus in the chest, making it easier to expel. Plantago helps to expel catarrh, drains the sinuses and ear canals and promotes healing of the mucous membranes lining the upper respiratory tract. Echinacea is a powerful herb to get your body make more white blood cells to fight infections.

Make sure to take time to heal, rest and drink plenty of herbal healing teas. Only eat when hungry – soups based on bone broth, vegetables, legumes, garlic and ginger are best when you are under the weather. Allow your immune system to do its job, never suppress it, as you may end up with chronic inflammatory problems.

LET'S TALK ABOUT DOMESTIC ABUSE

- Have you always wanted to be able to speak to someone about domestic abuse, what can I say to help them?
- Have you always wanted to know about the right services to help someone?
- Do you want to know more about domestic abuse, and how you would recognise it?
- Want to find out about how domestic abuse affects the individual?


- WOMENS REFUGE -

JOIN US FOR A FREE EVENT

Who to attend - All hairdressers and beauty therapists

When - 24th February from 11am-1pm

Where - Springhill Court Hotel, Kilkenny

Refreshments included

RSVP:

manager@amberwomensrefuge.ie

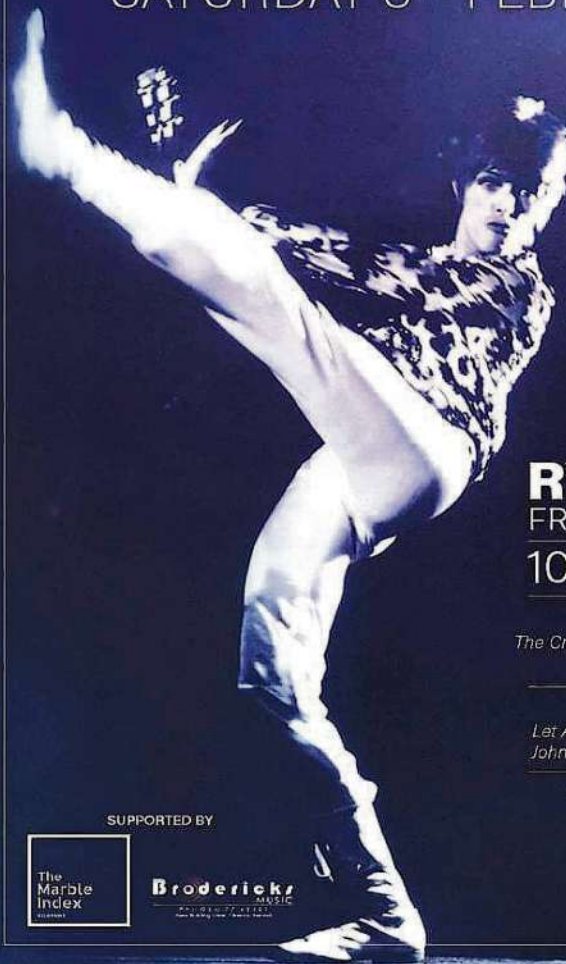
THE AGENDA WILL INCLUDE:

- Information about the services we provide at Amber Women's Refuge
- What are the different types of domestic abuse?
- What are some of the signs and effects of domestic abuse?
- Responding and referring to domestic abuse

24/7 Helpline:
1850 42 42 44

Bowie Day

SATURDAY 8TH FEBRUARY 2020



RYAN'S BAR
FRIARY ST., KILKENNY
10PM TILL LATE

FRONT BAR:

*The Cracked Actors • Christine Tuohy & Friends
AOD Music*

BACK BAR:

*Let All The Children Boogie Disco featuring
Johnny Jukebox, Peter Round & Iain Mullen*

ALL PROCEEDS IN AID OF

SUPPORTED BY

The Marble Index

Brodericks MUSIC

The Good Shepherd Centre

Little Moments Kilkenny



Expecting Parents Event

Butler House, Patrick St. Kilkenny

March 1st at 9.30 - 1pm

Little Moments Kilkenny Family Therapy Service is delighted to host this event for expecting parents.

Pregnancy is a time of change, wonderment and development for all involved. Join us for an informative morning devoted to you and your baby.



Ms. Shirley Trimble

(Chartered Physiotherapist)
"Physical aspects of pregnancy and beyond"



Ms. Linda Murray

(Registered Nutritional Therapist) "Healthy eating tips for expecting and busy parents"



Ms. Anabela Almeida

(Registered Nurse, Midwife and lactation consultant)
"Breastfeeding in the early days"



Ms. Samantha White

(Registered Nurse and Midwife) "Your Pregnancy, Your Birth"



Ms. Leanne Cantwell

(Registered Family Therapist, baby massage & yoga instructor) "Early social emotional development" (infant mental health)

Cost for this event is €60pp or €80 per couple to include mid-morning refreshments. If this is your first or subsequent pregnancy this event is for you.

Booking through eventbrite or with Leanne @ **0879633414** or DM on **Facebook.com/littlemomentskilkenny**

38 SPECIAL FEATURE

SNAPSHOTS - A UNIQUE TRIP DOWN MEMORY LANE



Caroline Hahn sent in this great picture of hurling legend Seamus Cleere, outside the dressing rooms heading out on to Croke Park

What is Snapshots?

We have all become used to scrolling through the galleries of photos on our smartphones but what about those much-loved print photographs stashed away in the attic, in a box under the bed or in that "miscellaneous" drawer in the kitchen? Are they destined to be forgotten forever in the digital age?

Well, it's time to dig them out and show them some love.

We want readers to take a photo of those much-loved print photos and send them to us. Whether it was taken a few years ago on an instant camera or a few decades ago, we want the photo that stands out for you.

It can be from a social event, a landscape shot, a funny pic or even a holiday snap - we want them all. Yes, even those dodgy "look at the state of my hair" debs photos!

SEND US YOUR PHOTOS

We want you to dust off the golden oldies, take a picture of your old picture and email it to us.

We will feature your pictures in both our print and online editions. In addition to running your images on longfordleader.ie and our social media pages we will also carry two pages of your images every week in The Kilkenny People.

POLL

We will run a poll every week on kilkennypeople.ie and our weekly online readers can vote for their favourite image of the week.

Two winners will go forward every week, leaving six of our readers images going forward to the grand finale with a chance to win our amazing prize package.

The overall winner as voted by the public will win the fantastic prize.

It's not too late to enter. All you have to do send your photos to pictures@kilkennypeople.ie and we will do the rest!

VOTE FOR YOUR FAVOURITE NOW!

Log on to www.kilkennypeople.ie to cast your vote for your favourite picture from this week's entries.



David Corrigan emailed in this picture of fireman outside the first station in Kilkenny



This is a picture, from 57 years ago from Vicki O'Regan showing her dad Donal and godmother Joan, twins in the pram on the main street in Durrow. Also pictured are Margaret and Marian and her Granny Bridie Donohue, a proud Kilkenny woman who had 16 children

petronella
restaurant & cafe

Irish • European • Vegetarian

Butterslip Lane
Kilkenny

Petronella restaurant is located in one of Kilkenny's oldest, medieval buildings dating back to 1602

Book online at www.petronella.ie
056 7761899
info@petronella.ie

DISCOVER THE STORY OF PETRONELLA

Vicky's
Photography

I am a freelance media, corporate, family, sports, event and wedding photographer based in Kilkenny. I strive to be as unobtrusive as possible, taking a mixture of candid, informal and traditional shots. I am passionate about photography and love what I do.

Award Winning Photographer

Email: info@vickysphotography.ie
Mobile 087 9081114
Web: www.vickysphotography.ie

[f](https://www.facebook.com/vickycomerford) Vicky Comerford Photographer
[i](https://www.instagram.com/vickysphotography_1) vickysphotography_1

february
FAMILY FUN
at Newpark Hotel
Kilkenny

Prices start from €175 per person

Treat your family this February Mid-term to a 2 or 3 night break at Newpark Hotel, Kilkenny.

Newpark Hotel
KILKENNY

Web: [escape Health Club & Spa](http://escapehealthclub.com)

A FLYNN HOTEL

Newpark Hotel, Castletomer Rd, Kilkenny, Ireland
T: +353 56 776 0502
E: reservations@newparkhotel.com
www.newparkhotelkilkenny.com

- The Newpark Mini Farm
- Crazy Cats Kids
- Go-Karting track onsite
- Tree-Top Adventure
- Playground with Zip Line
- Newpark Fairy Trail
- And lots more...

SNAPSHOTS - A UNIQUE TRIP DOWN MEMORY LANE

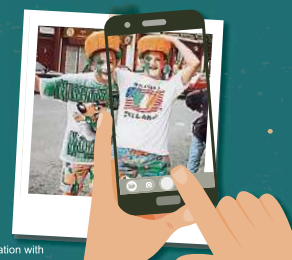


Up on the roof...pictured sent in from Irene Lawlor of the Gourmet Store



LEFT: Sharon Lyons is pictured on the right with her brother and cousin as they prevent Mum from enjoying a lie-in
ABOVE: Joan Kavanagh's picture of Bella and her son Stympy - long gone to rainbow heaven

Kilkenny People Snap Shots



SEND US YOUR PICTURES TO BE IN WITH CHANCE OF WINNING A **FANTASTIC PRIZE PACK!**

HOW TO GET INVOLVED!

All you have to do to get involved is take a picture of your favourite old pictures and send them to us! **IT'S THAT SIMPLE**



HOW IT WORKS!



Each week for three weeks we will publish your pictures in the paper. Polls will run on our website to choose the pictures that will go through to the Grand Final

THE OVERALL WINNER WILL TAKE HOME THE FANTASTIC PRIZE!

TAKE A PICTURE OF YOUR PICTURE NOW AND E-MAIL IT TO US pictures@kilkennypeople.ie



GREAT RATE LOAN

BORROW BETWEEN €25,000 AND €75,000 AT A REDUCED INTEREST RATE

INTERESTED? (056) 772 2042 drop into any branch loans@stcanicescu.ie

WARNING: If you do not meet the repayments on your loan, your account will go into arrears. This may affect your credit rating, which may limit your ability to access credit in the future.

St. Canice's Kilkenny Credit Union Ltd. is regulated by the Central Bank of Ireland. Loans are subject to approval. Terms and Conditions and normal lending criteria apply.

CAST YOUR VOTE FOR YOUR FAVOURITE PICTURE!

TO VOTE LOG ON TO www.kilkennypeople.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)

Where, when and how to invest in the coming year

On March 11, the majority of stock markets will celebrate their 11th bull birthday.

A bull market is generally referred to periods of time when values go up. And, if you want to get technical, it's measured when stocks increase in value by 20%, which followed a previous 20% decline.

And when current values drop by 20% from their highest peak point, the bull market will be over, and the next birthday celebrated will be a bear one.

With that in mind, whose party will we be at next year?

My instinct and the data I receive and interpret, would suggest that markets will continue to increase in 2020.

I don't believe we will see the double digit returns we saw in 2019, but I think we can still expect positive, low to mid-single digit returns, nonetheless.

My reason for saying this is, because after listening to, and speaking with, market analysts in a number of different companies, I am consistently hearing the same thing.

That doesn't mean they are right either, but it does give me comfort, when independently from each other, the message and forecast for the year ahead is similar.

Each analyst is telling me that the underlying reasons why equities will continue to be their preferred asset class are down to a number of different factors.

Some of these factors are: valuations are attractive on relative terms over government bonds; Central Banks continue to be supportive; Christine Lagarde is now in as president of ECB which is seen as good news for markets as she will push to see economies spend and a partial trade deal between the US and China is possible

With all that in mind, where you invest and the sectors you invest in this year are important.

We know how digitally connected we all are, and it came as no surprise that tech stocks performed incredibly well last year seeing returns in excess of 20%.

I'm not sure if we'll see returns like that again this year, but it appears to me that the tech phenomenon will continue unabated which is why I would certainly have a percentage of them in my portfolio in 2020.

And given how climate change has become such a big theme and issue in 2019, we all have become much more aware of the realities and consequences of rising global temperature, which is why I would look at stocks involved in



President Donald Trump: claiming much of the credit for record high markets

energy transition that are disruptive and sustainable like wind and solar because I believe they will be big winners in the years ahead.

The part of the world where your investment or pension fund is invested is also very important.

Schroders believe the US economy will remain strong in 2020, and will outperform economies that are close to recession, like Germany, Japan, Australia and the UK, and Goldman Sachs agree with them.

They both see the opportunity for growth is strongest in the US with a more gradual, muted pick-up in Europe and Japan.

And if both are right, your concentration in where you invest should move, or at least increase, to North America.

What's interesting is that even though the UK has been teetering on the edge of a recession for the last couple of years, the outcome of an orderly Brexit could result in a sizable fiscal expansion, and growth in the UK economy could pick up materially in 2020.

So, rather than continuing to avoid investment in the UK market, which people had done because of the shenanigans in Westminster, now might be the time to bring them back into the fold and back into your pension and investment portfolio.

And, what about President Trump? He's taking much of the credit for markets hitting all-time highs since his election, but if he was or wasn't re-elected, what would happen to markets then?

Goldman Sachs is saying that the outcome of the election is likely to have



It's always difficult if not impossible to time the market, and you'd need a crystal ball to predict when markets will peak next year

DID YOU KNOW?

1.7 billion adults across the world are "unbanked", meaning they do not possess a bank account. And Turkmenistan is the worst country in world, because only 1.8% of their entire population have a bank account.

the biggest impact on financial markets in 2020.

And for markets, the best election outcome would be a Donald Trump win, if the Republicans took control of the House of Representatives and Senate.

Average annual returns since 1933, show returns of 13% in this scenario versus 9%, if it was a Democratic sweep.

However, if there was a split Congress, markets would much prefer a Democratic president because annual returns are significantly better in this scenario than if a Republican was re-elected (+14% for a Democratic president and +4% for a Republican one)

It's always difficult if not impossible to time the market, and you'd need a crystal ball to predict when markets will peak next year.

Will it come mid-way or year end? Who knows. But my bet would be that President Trump is going to unveil a tremendous trade deal with China a couple of months before election day and markets will respond very favourably to this, and that could be when markets hit their highest point during the year.

Whatever happens what we do know is that if you want to build wealth and increase your annual returns and net worth, you have to be invested in equities.

Even if you invest at the worst possible time, over time your investment will be greater than had you done nothing and stayed in cash.

So, the signs and outlook for the year ahead would suggest it will be a good one. Yes, there will be bumps along the way, but ultimately the bull looks like it will reach its 12th birthday in 2021.

ASK LIAM

Our personal finance expert answers your questions ...

Q: Liam, after a lot of effort, I've now reached my target emergency fund number, which is three months of my salary. Now that I have, where do I put it?

A: Good to hear you've accumulated three months of income.

The effort put in will be worth it, because if you suffer an income shock as a result of illness or redundancy or something unexpected comes up at home, or you need four new tyres for your car, you'll be thankful of it.

The one place I wouldn't keep it is in the same institution you operate your day to day banking from.

I've seen people make this mistake, because it's all too easy when they're running short to raid the emergency fund.

You need to remove the temptation of being able to make inter account transfers, but if you want to stay with the same bank, then lodge €1,000 into an account where you have immediate access and the balance into an account where you have to give seven or 14 days' notice for a withdrawal.

My advice would be to lodge it with the likes of a Credit Union, or someplace you'd have to physically visit to make a withdrawal.

You don't have to give notice to withdraw funds, but you're making it difficult for yourself, nonetheless.

And that's the key with an emergency fund account, you want access but not too easy access either.

And don't spend any time worrying about interest rates, which some people do.

They don't really matter when it comes to your emergency fund.

The account serves a very specific purpose.

You're not putting it into an account to make money, if you earn any, it's just a bonus.

Which means you don't put it at risk, so any account you choose, must guarantee 100% of your capital.

Kilkenny  **People**



MOTORING GUIDE

JANUARY 2020

YOUR GUIDE TO BUYING A NEW OR USED CAR IN 2020

New Cars | Used Cars | Buying Tips | Reviews | Advice

'PEOPLE MOTORING

Peugeot unveil new 208 prices

Pricing and equipment levels for the new Peugeot 208 and e-208 range have been announced.

Retail prices start from €18,300 plus delivery related charges for the Active 1.2 PureTech 75bhp model.

The e-208 Active version retails from €27,334, plus delivery, inclusive of the SEAI grant and VRT relief.

Available in Active, Allure and GT Line specification in petrol and diesel powertrains, four petrol units are on offer, dependent on trim, including a 1.2 PureTech 75bhp 5-spd, a 1.2 PureTech 100bhp 6-speed manual and 8-speed automatic and a 1.2 PureTech 130bhp 8-speed automatic.

Diesel is offered in a 1.5 BlueHDi 100bhp 6-speed manual.

ELECTRIC

The all-electric powertrain is available across Active, Allure and GT Line trims, with the flagship GT version exclusively fitted with the zero-emissions unit.



Prices for the new Peugeot 208 and e-208 ranges have been announced

The 100 kW (136 bhp) electric unit with 50kWh battery, develops 260 Nm of torque from 0 km/h, for instant response.

With three drive modes on offer, (Eco, Normal and Sport), the e-208 delivers 0 to 100kmh in 8.1s in Sport Mode. Drive range is up to 340

km in accordance with the latest WLTP (Worldwide harmonised Light vehicles Test Procedures) certification.

The battery is guaranteed for 8 years or 160,000 km, for up to 70% retention.

SPACE

Interior and boot-space

are identical to the Internal Combustion Engine (ICE) versions as the batteries are distributed under the floor pan.

NEW PEUGEOT 208

UNBORING THE FUTURE



TEST DRIVE THE ALL NEW PEUGEOT 208 AT **MORRISSEY MOTORS KILKENNY**

NOW AVAILABLE IN PURETECH PETROL. ELECTRIC & BLUE HDI DIESEL COMING SOON

PEUGEOT 3D i-Cockpit®

SEMI-AUTONOMOUS DRIVING*

MOTION & e-MOTION



PEUGEOT

PEUGEOT RECOMMENDS TOTAL WLTP⁽¹⁾ combined fuel consumption (l/100 km): 4.0 to 6.4 WLTP⁽¹⁾ combined CO₂ emissions (g/km): 84 to 108. *Available on e-208 from February 2020.

MORRISSEY MOTORS Tel: 056-7752199 | Web: morriseymotors.ie

201 TEST DRIVE Event

Take a test drive this January and drive away with incredible savings.

- 2 years FREE motor tax
- A registration bonus of up to €1,750
- 3.9% low APR
- 7 years Warranty
- 7 years road side assist



Order now at Michael Lyng Motors for 201.



VISIT US FOR MORE INFORMATION

MLM
MICHAEL LYNG
MOTORS

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

Terms and Conditions apply. Offer outlined above applies to new vehicles ordered by January 31st 2020 and registered between January 1st & January 31st 2020 at participating Ford Dealers. GRP excludes metallic paint, delivery and related charges. Model shown for illustrative purposes only. *1.9% APR options deposit is only applicable to Focus Diesel models (excluding Zetec), Focus Petrol Models (excluding Zetec) are available from 3.9% or with a registration bonus of €250. **€500 motor tax contribution is not available on Zetec models. Finance offers are not combinable with the Registration support † 2 years base warranty 5 years extended warranty ** At participating Ford Dealers only (Full T & C's at ford.ie).


O'Briens Kilkenny  **RENAULT**
Passion for life



€52 PER WEEK

2019 (191)
RENAULT KANGOO

VAN BUSINESS 1.5 DCI 75 BHP - **€10,900 + VAT**

O'Briens Kilkenny  **RENAULT**
Passion for life



€89 PER WEEK

2019 (192)
RENAULT TRAFIC

LL29 BUSINESS 1.6 DCI 95 BHP DEMO - **€18,369 + VAT**

O'Briens Kilkenny  **RENAULT**
Passion for life



€68 PER WEEK

2019 (192)
DACIA DUSTER ESSENTIAL

COMMERCIAL 1.5 DCI 115 BHP **€14,900 + VAT**

Renault SELECTION
O'Briens - Kilkenny | www.obrienskilkenny.ie



€113 PER WEEK

2018 (192)
DACIA DUSTER

PRESTIGE 1.3 TCE 130 BHP **€23,490**

Renault SELECTION
O'Briens - Kilkenny | www.obrienskilkenny.ie



€99 PER WEEK

2019 (192)
RENAULT CLIO

ICONIC 1.0 TCE 100 BHP **€21,495**

Renault SELECTION
O'Briens - Kilkenny | www.obrienskilkenny.ie



€90 PER WEEK

2019 (192)
DACIA SANDERO

SIGNATURE 1.5 DCI 95 BHP **€18,710**

Renault SELECTION
O'Briens - Kilkenny | www.obrienskilkenny.ie



€133 PER WEEK

2019 (192)
RENAULT MEGANE

GRANDE COUPE SIGNATURE 1.5 DCI 115 BHP **€28,900**

Renault SELECTION
O'Briens - Kilkenny | www.obrienskilkenny.ie



€82 PER WEEK

2019 (192)
DACIA SANDERO

SIGNATURE 1.0 TCE 90 BHP **€17,040**



O'BRIENS KILKENNY BEAT THE JANUARY BLUES

NO DEPOSIT NEEDED

BUY A
NEW CAR FROM
US & SHED SOME
HAPPY TEARS

Renault SELECTION
O'Briens - Kilkenny | www.obrienskilkenny.ie



€52 PER WEEK

2018 (181)
DACIA LOGAN MCV

ALTERNATIVE 1.0 SCE 75 BHP **€10,900**

O'Briens Kilkenny  **RENAULT**
Passion for life



€115 PER WEEK

2018 (181)
PEUGEOT 3008

ACTIVE 1.6 BLUE HDI 120 BHP **€23,900**

O'Briens Kilkenny  **RENAULT**
Passion for life



€115 PER WEEK

2018 (181)
VOLKSWAGEN TIGUAN

TRENDLINE 2.0 TDI 115 BHP **€23,900**

O'Briens Kilkenny  **RENAULT**
Passion for life



€72 PER WEEK

2017 (172)
MINI HATCH

ONE XN72 2DR **€14,900**

O'Briens Kilkenny  **RENAULT**
Passion for life



€82 PER WEEK

2017 (172)
VOLKSWAGEN GOLF

COMFORTLINE 1.6 TDI 115 BHP 5DR **€16,995**

Renault SELECTION
O'Briens - Kilkenny | www.obrienskilkenny.ie



€72 PER WEEK

2017 (171)
RENAULT MEGANE

GRAND COUPE DYNAMIQUE NAV (AUTO) 1.5 DCI 110 BHP **€14,900**

O'Briens Kilkenny  **RENAULT**
Passion for life



€106 PER WEEK

2017 (171)
BMW 1 SERIES

118D SE 2.0 DSL AUTO 5DR **€21,900**

Renault SELECTION
O'Briens - Kilkenny | www.obrienskilkenny.ie



€52 PER WEEK

2015 (152)
RENAULT FLUENCE

LIMITED 1.5 DCI 95 BHP **€10,900**

KILKENNY RETAIL & BUSINESS PARK, WATERFORD ROAD, KILKENNY.

CONTACT OUR SALES TEAM TODAY
JOHN, KARL OR RICHIE ON:

*Above weekly figures are based on no deposit. Arrive & Drive! Finance arranged on the day by RCI Bank. Lowest APR Rates Available.
PRICES QUOTED INCLUDE €2,000 SCRAPPAGE ALLOWANCE.

056-7756567

WWW.OBRIENSKILKENNY.IE



Beat The January Blues at Audi Kilkenny

| | | | |
|--|---|---|---|
| <p>2019 (191) Audi Q2 SE 1.6 TDI 116 BHP 5DR</p>  <p>€29,475 €99 per week</p> | <p>2019 (192) Audi A3 SE SALOON (S LINE EXTERIOR) 1.6 TDI 116 BHP</p>  <p>€30,875 €104 per week</p> | <p>2019 (192) Audi A3 SE SPORTBACK (S LINE EXTERIOR) 1.6 TDI 116 BHP</p>  <p>€28,995 €98 per week</p> | <p>2019 (191) Audi A3 SE SALOON 1.0 TFSI 116 BHP</p>  <p>€27,900 €94 per week</p> |
| <p>2019 (191) Audi A1 SE SPORTBACK 1.0 TFSI 116 BHP</p>  <p>€25,900 €87 per week</p> <p>INC. 12 months FREE ROAD TAX</p> | <p>2019 (191) Audi A4 SE 2.0 TDI 122 BHP</p>  <p>€33,495 €113 per week</p> | <p>2018 (182) Audi A1 S LINE SPORTBACK 1.0 TFSI 95 BHP</p>  <p>€19,900 €67 per week</p> | <p>2018 (181) Audi A1 SPORTBACK 1.0 TFSI 95 BHP 5DR</p>  <p>€17,995 €61 per week</p> |
| <p>2018 (182) Audi A6 S LINE S TRONIC (AUTO) 2.0 TDI 190 BHP</p>  <p>€34,900 €118 per week</p> | <p>2018 (182) Audi A4 SE 2.0 TDI 150 BHP</p>  <p>€30,900 €104 per week</p> | <p>2018 (181) Audi Q2 S LINE 1.6 TDI 116 BHP</p>  <p>€29,995 €101 per week</p> | <p>2017 (171) Audi A3 SPORTBACK 1.0 TFSI 115 BHP S TRONIC (AUTO)</p>  <p>€19,995 €67 per week</p> |
| <p>2016 (161) Audi A8 SE QUATTRO 3.0 TDI AUTO 262 BHP</p>  <p>€38,495 €130 per week</p> | <p>2016 (162) Audi A6 SE S TRONIC (AUTO) 2.0 TDI 150 BHP</p>  <p>€23,900 €80 per week</p> | <p>2016 (161) Audi A3 SE SPORTBACK 1.6 TDI 110 BHP</p>  <p>€16,900 €57 per week</p> <p>INC. 12 months FREE ROAD TAX</p> | <p>2015 (151) Audi A1 SPORTBACK 1.2 TFSI 86 BHP</p>  <p>€13,900 €47 per week</p> |

Weekly prices include 30% Deposit/Trade in. Prices quoted include €2,000 scrappage



Terms & Conditions Apply- Offer valid until 07-02-2020

'PEOPLE MOTORING

Honda amp up Electric Vision

Honda laid out plans for its near-term model line-up as part of its accelerated Electric Vision 2022 programme.

Honda is accelerating its electrification plans for Europe by moving forward its goal for all its European mainstream models to feature electrified powertrains by 2022.

The bold new target, announced during an 'Electric Vision' event in Amsterdam, is three years ahead of the previously announced 2025 goal. The move demonstrates the confidence Honda has in its electric and hybrid powertrain technology.

This acceleration will see six electrified models launched over the next 36 months into Europe, with the Honda e and new Hybrid-only Jazz leading the way in 2020.

The next-generation Hybrid-only Jazz will be the first model in Honda's European line-up to wear the new powertrain badging.



Sales of the next-generation Honda Hybrid-only Jazz in Ireland is set to start in Spring 2020, with the Honda e EV to follow thereafter.

"Honda has managed to lay out a strategic time frame for these changes in line with our customer preferences and model change cycles," said John Saunders, Honda's,

Sales and Marketing Director.

"Honda has been a leader in Hybrid and advanced technology for years now and are further driving change as part of their 2022 electrification strategy."

OFFERS

The Honda Civic range, with the award-winning Honda Sensing package as standard, is available in petrol or diesel, manual or automatic.

Prices start from €24,250 or €259 per month on special offers available to the end of the month.

Also, for 201, customers can upgrade to the stunning and advanced 4-door Civic sedan for the same price as the 5-door hatchback.

The 4-door sedan Premium grade also carries a higher specification than the 5-door premium hatchback, adding LED fog lights, LED headlights with washer, wireless charging & heat rear seats as standard, valued at €1,500.

Honda SENSING

available as standard on:

CIVIC

CR-V

CIVIC offer from €259 /Month

Kilkenny Vehicle Centre,

Callan Road Kilkenny
056 7722830 kilkennyhondacentre.ie

HONDA
The Power of Dreams

DOHENYS

CRASH REPAIRS

Westcourt Business Park, Callan, Co. Kilkenny
www.dohenycrashrepairs.ie

Telephone: 056 7755588

Fax: 056 7755679

Mobile: 086 2517030

chris@dohenycrashrepairs.ie



- **Crash Repair Specialists**
- **Vehicle Recovery Service**
- **Replacement vehicle**
- **Audatex estimating (preferred tool of the insurance industry)**
- **Full accident related service, start to finish**
- **Eco friendly Paints**
- **Direct billing to insurance companies**
- **Full Bodyshop Licence**
- **Insurance & Manufacturer Approved**



AVIVA



ZURICH



We are an appointed repair centre for:



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



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



FAMILY OWNED 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..... €9,500
- 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 arctic white. Only 14k mls.
Like new. €12,500 **RESERVED FOR ORLA**
- 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 **RESERVED FOR JAYNE**
- 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 Toyota Auris 1.3 VVTI Icon in black. Every extra. €9,950
- 2014 Seat M11 1.0, lovely small automatic..... €6,500 **RESERVED FOR MARY**
- 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,
.....€8,950 **RESERVED FOR JAMES**
- 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 **RESERVED FOR RAY**
- 2013 Hyundai i20 1.2 Active in white, looks new!..... €7,500 **RESERVED FOR CELINE**
- 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 **RESERVED FOR ANN**
- 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 Kia Rio 1.4 Ed2 in blue. 61k mls only. What a car! Ex-London..... €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 Toyota Yaris 1.3 Automatic. Lovely small Automatic €5,950
- 2010 Hyundai i10 1.2 Comfort. London Car. Like new in blue..... €3,950

Due this week

- 2017 Toyota Avensis Business Ed NO PRICE YET
- 2017 Renault Clio DCI 90 Dynamique NO PRICE YET
- 2016 Ford Eco Sport 1.0 EDi white..... NO PRICE YET
- 2016 Hyundai i30 Tourer 1.6 CRDI 110 BD Estate..... NO PRICE YET
- 2015 Hyundai i20 1.4 CRDI Premium 27k NO PRICE YET
- 2015 Ford Focus ST2 185. Black with leather NO PRICE YET

**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

40
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

'PEOPLE MOTORING

Citroën C5 sets bar for comfort

A big unveiling for Citroën Ireland last year was the C-Segment SUV, the C5 Aircross, which set a new bar for comfort in its segment thanks to its Progressive Hydraulic Cushion suspension which is a standard feature across the entire range.

All models come equipped with three individual sliding, folding and reclining rear seats for extra practicality and boasts best-in-class boot space of 580-litres to 720-litres.

ConnectedCAM, a factory fitted dashboard camera from Citroën is also standard across the range.

These features ensure optimal levels of comfort, practicality and safety across the entire range. The New C5 Aircross is available in four trim levels - Start, Touch, Feel and Flair.

Following the earlier launch of C3 Aircross in the B-SUV segment, Citroën continued its SUV offensive with the launch of this C5

Aircross which stands out from the crowd thanks to its energetic and assertive styling.

Measuring 4.5m long, 1.7m high and 2.1m wide, the broad and imposing front end is paired with a two-tier light signature and an assertively designed grille. The upper light units, which comprise of the daytime running lights and indicators, extend out from the iconic chevrons on the front and stretch across the entire width of the vehicle for a modern and expressive look.

The body features wheel arches extensions and lower body panels with a classic SUV look. Airbump® panels are also available with personalised coloured inserts along with front, side and roof bars for extra modernity and personality.

All versions of the latest C5 Aircross SUV here are equipped with Citroën's Progressive Hydraulic Cushions® suspension which deliver peerless comfort and



the 'magic carpet ride' effect for extra occupant comfort.

Suspension comfort has always been a fundamental part of the Citroën DNA and the latest technology used on the C5 Aircross SUV is derived from Citroën's experience in motor sport. ConnectedCAM, which also comes as standard across the range, uses a factory fitted camera system built into the interior rear-view mirror to record movements in front of the car using full HD GPS technology.

An integrated 16 GB memory card is used to store photos and videos while footage from a collision will automatically save to the device. The C5 Aircross is the only car on sale in Ireland to offer such technology as standard across the range.

The entry Start trim level includes features such as an 8" touchscreen display, cruise control, active safety brake and air conditioning.

The Touch edition adds items such as 17" alloys, rear parking sensors, folding

mirrors, android auto & apple car play while the 'Feel' model benefits from 18" alloys, front parking sensor, privacy glass, wireless phone charging and active blind spot detection.

The Flair is the top specification level and includes additional items such as 19" alloys, Citroën connect navigation, keyless entry and keyless start, a Panoramic Sunroof with interior LED ambient lighting and various driver assistance systems such as park assist, active lane

departure warning and adaptive cruise control. Highway driver assist is also standard on Flair models coupled with the EAT8 automatic transmission, this feature combines adaptive cruise control, active lane departure warning and a stop & go feature to manage driving semi-autonomously in specific driving conditions.

The C5 Aircross comes with a selection of two petrol and two diesel engines. The popular PureTech petrol offer, comprises of a 1.2litre 130hp engine paired with a 6-speed manual transmission and a 1.6litre 180hp unit which comes with the choice of a 6-speed manual or 8-speed automatic transmission.

The Blue HDI diesel offers a 1.5litre 130hp engine with the choice of a 6-speed manual or 8-speed automatic transmission and a 2.0litre 180hp unit which comes as standard with an 8-speed automatic transmission.

TAKE COMFORT

...IN A VAN THAT WORKS AS HARD AS YOU
WITH UP TO €3,000 SCRAPPAGE

AVAILABLE FOR A LIMITED TIME ON NEW 201 MODELS



NEW CITROËN BERLINGO VAN

All models include:

EXTENSO® CAB WITH THREE SEATS
650 - 1000 KG PAYLOAD
INTERNATIONAL VAN OF THE YEAR 2019

CITROËN DISPATCH

All models include:

TWIN SLIDING SIDE DOORS
1100 - 1446 KG PAYLOAD
REAR PARKING SENSORS

CITROËN RELAY

All models include:

REAR DOORS OPEN TO 180°
1155 - 1995 KG PAYLOAD
8 - 17 M³ LOADSPACE

INSPIRED
BY PRO
SINCE 1919

CITROËN prefers TOTAL. Information correct at time of print. See citroen.ie for full terms and conditions.

citroen.ie

Kilkenny Citroën Centre
Callan Road, Kilkenny | 056-7722830 | www.kilkennycitroencentre.ie

Kia 2020 Vision at David Buggy Motors



%
FINANCE AVAILABLE

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 Sportage 1.6 Diesel K3 | Choice | € 28,900 |
| 19 Kia Sportage 1.7 Diesel K3 | Choice | € 28,500 |
| 19 Kia Sportage 1.7 Diesel K3 Sunroof | Grey | € 30,900 |
| 19 Kia Stonic 1.6 Diesel K2 | Choice | € 22,500 |
| 19 Kia Stonic 1.6 Diesel K2 | Choice | € 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 Kia Sportage 1.7 Diesel LX | Silver | € 25,900 |
| 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 Platinum | Black | € 24,900 |
| 18 Kia Rio 1.25 LX Petrol | Grey | € 13,900 |
| 18 Renault Captur 1.5 Diesel | Grey | € 17,900 |
| 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 |
| 18 Dacia Duster 4WD 1.5 Diesel | Silver | € 15,200 |
| 18 Kia Sportage 1.7 LX Diesel | Silver | € 24,900 |
| 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 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 Sportage 1.7 EX Diesel | Blue | € 22,900 |

| | | |
|---|--------|----------|
| 17 Ford Focus 1.0 Petrol Style 5 door | Silver | € 15,900 |
| 17 Ford Kuga Titanium 1.5 Diesel | Black | € 20,900 |
| 16 Kia Rio 1.4 EX Diesel | Silver | € 11,900 |
| 16 Kia Sportage 1.7 EX Diesel | Blue | € 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 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 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 |
| 16 Hyundai I10 Deluxe 1.1 5 door petrol | Silver | € 9,500 |
| 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 |
| 15 Hyundai Ix20 1.4 Diesel | White | € 13,900 |
| 15 Kia Picanto 1.0 EX 5 door | Silver | € 5,900 |
| 14 Ford Focus 1.6 5 door Diesel | Black | € 11,900 |
| 14 Hyundai Ix20 1.4 Diesel | Red | € 8,900 |
| 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 |
| 13 Kia Sportage 1.7 Diesel LX | Silver | € 13,900 |
| 13 Dacia Duster 1.5 Diesel | Black | € 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 | € 8,900 |
| 12 Hyundai I40 1.6 Diesel Saloon | Black | € 8,900 |
| 12 Volkswagen Golf 2.0 TDI Bluetmotion | Black | € 9,500 |
| 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 Renault Fluence 1.5 Diesel Saloon | Silver | € 5,900 |
| 12 Kia Ceed 1.6 Diesel Elite Sportywagon | Black | € 7,900 |
| 12 Kia Sorento EX 4WD 7 Seater | Silver | € 13,500 |
| 11 Nissan Quashqai 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 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 | Gold | € 10,900 |
| 11 Kia Ceed 1.6 Diesel EX | Black | € 5,900 |
| 11 Nissan Quashqai 1.5 DCI Diesel | Silver | € 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 |
| 10 Kia Ceed 1.6 Diesel EX 5 door | Black | € 3,900 |
| 09 Peugeot 207 1.4 Petrol | Grey | € 2,900 |
| 09 Nissan Qashqai 1.5 DCI | Black | € 3,900 |
| 08 Opel Astra 1.4 3 door | Black | € 1,950 |
| 08 Nissan Tida 1.6 Petrol | Silver | € 1,500 |
| 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



**ŠKODA**

Order your 2020 ŠKODA at Lahart Garages Ltd



Lahart Garages Ltd., Waterford Road, Kilkenny.
Tel: 056 7722195 • www.lahartsskoda.ie

Typical Example: Fabia Active 1.0 MPI 60bhp €16,550. Deposit €4,973.64. 36 Monthly payments of €159 including fixed price service plan of €12.99 per month. Optional final payment €6,320. Total Hire Purchase Price €15,800. €0 cost of credit. Minimum deposit 10%. ŠKODA Finance is a trading style of VW Bank GmbH Branch Ireland, authorised by the Federal Financial Supervisory Authority in Germany and regulated by the Central Bank of Ireland for conduct of business rules. Subject to lending criteria. Offer available on all orders taken before 31st December 2019 & registered before 29th February 2020. Offer is not available on used cars & the new KAMIQ that launches 1st November 2019. WLTP combined fuel consumption for ŠKODA models in l/100km range from 4.4 to 8.3. WLTP combined CO2 emissions in g/km range from 113 to 217.



From **0% HP finance**

Lease from **€258** per month
with maintenance included
and **no deposit***

Vans that deliver with offers to match

Upgrade Bonus of up to €4,000 plus 0% HP Finance

With Upgrade Bonuses across the range, low cost HP Finance and great value leasing options on all orders placed by December 31st, it's time to grow your business with a new Volkswagen van.



**Commercial
Vehicles**

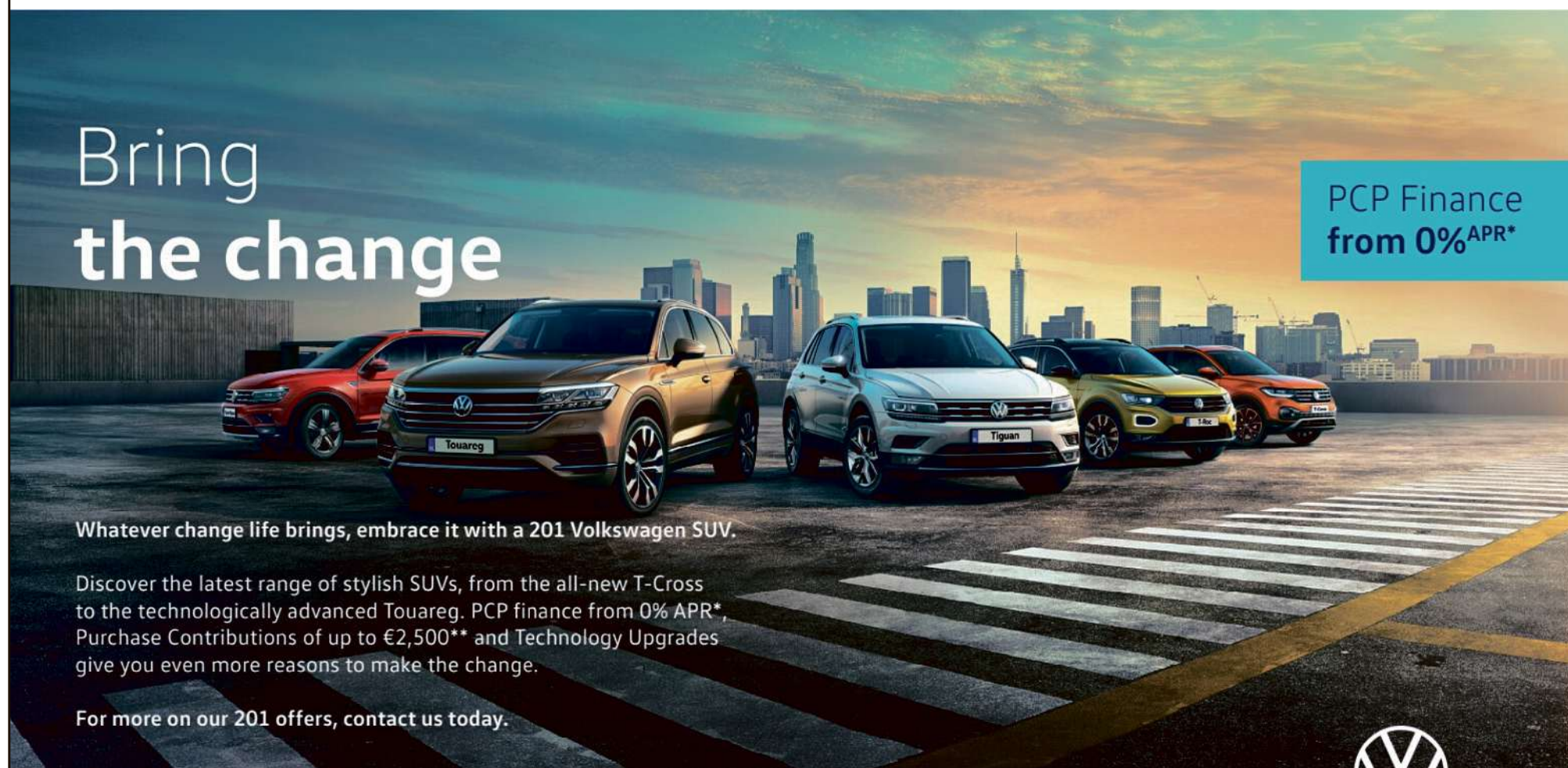
Try before you buy with a 24 hour test drive at

Laharts Volkswagen, Waterford Road, Kilkenny Tel: 056 7722195 www.lahartsvolkswagen.ie

*T&C's apply. Typical HP Finance Example. Model: Caddy PV HL TDI 102HP M5F ROTRP €23,335, less €1,500 bonus is €21,835. Deposit/Part Exchange €7,111. 36 monthly payments of €409. Total cost of credit €0. Typical APR 0%. No minimum deposit requirement. Subject to lending criteria. Prices are subject to change. Offers are made under a hire purchase agreement and do not apply to fleet sales. Offer for business customers only. Volkswagen Bank GmbH Branch Ireland is authorised by the Federal Financial Supervisory Authority in Germany and regulated by the Central Bank of Ireland for conduct of business rules. Bonus of €1,500 on Caddy, €3,000 on Transporter/Amarok and €4,000 on Crafter, all savings VAT inclusive. Offers only apply to N1 commercial vehicle orders placed by 31/12/2019. All offers are subject to availability and may be withdrawn at any time. Monthly lease price relates to a Caddy 2.0TDI 102HP SL based on 1 monthly payment upfront, includes service and maintenance and excludes VAT. Please contact your local Volkswagen Commercial Vehicles Retailer for full details.

Bring the change

PCP Finance
from **0% APR***



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

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

For more on our 201 offers, contact us today.

Lahart Garages Ltd.,
Waterford Road, Kilkenny.
Tel: 056 772 2195 • www.lahartsvolkswagen.ie



Model shown is for illustrative purposes only. Tiguan Fuel Consumption l/100km (max. - min.): combined 7.6 - 5.7. CO2 emissions g/km (max. - min.): 189 - 146. The specific fuel consumption and emission values are the official figures obtained from tests under standardised EU test conditions in accordance with the Worldwide Harmonised Light Vehicles Test Procedure (WLTP). To discover exact values please configure your desired vehicle at volkswagen.ie/build. *Typical Finance Example: Tiguan CL 1.5TSI M6F 130HP. Recommended OTRP €33,095. Deposit/ Part Exchange €10,248.66. 36 monthly payments of €349 including service plan. APR 3.9%. Optional final payment €12,595.05. Total cost of credit €2,102.71 including acceptance fee (€75) and completion fee (€75). Subject to lending criteria. This offer is made under a hire purchase agreement. Volkswagen Bank GmbH Branch Ireland is authorised by the Federal Financial Supervisory Authority in Germany and regulated by the Central Bank of Ireland for conduct of business rules. Offers available on new retail orders ordered before 29th February 2020. **Purchase Contributions only available on selected new retail sales financed through Volkswagen Bank. These offers are subject to availability and may be withdrawn at any time. These offers do not apply to fleet sales. Visit volkswagen.ie for more information.

'PEOPLE MOTORING

Exciting new Puma unleashed

The new Ford Puma, an all new SUV-inspired compact crossover, is available now. The exciting new Puma fuses stunning exterior design, best-in-class uncompromised load space, and sophisticated mild-hybrid powertrain technology.

The new model introduces a new chapter in Ford's design identity with charismatic styling cues including distinctive wing-top mounted headlamps and athletic, aerodynamic lines.

Compact crossover proportions deliver a raised ride-height for a confidence-enhancing driving experience, and support class-leading uncompromised luggage capacity of 444 litres thanks to the innovative Ford MegaBox.

The MegaBox provides a deep, versatile storage space that is capable of comfortably accommodating two golf bags in an upright position.

Powerful, responsive performance and optimised fuel efficiency is delivered for Puma customers using Ford's EcoBoost Hybrid 48-volt technology. The mild-hybrid powertrain seamlessly integrates electric torque assistance with a low-friction, three-cylinder 1.0litre EcoBoost petrol engine.

BIG HIT

"I am sure the new Ford Puma will be a big hit in the Irish market," said Ciarán McMahon, Chairman and Managing Director of Ford Ireland on the all-new Puma.

"It is a compact SUV that feels like a much bigger car thanks, in part, to the innovative design of the MegaBox boot area.

"Then add in the very fuel efficient mild hybrid 1.0 litre EcoBoost petrol engine and you can see why Puma will tick all the boxes for many prospective new car buyers."

The new Puma joins Ford's expanding line-up of SUV and SUV-inspired



The new Puma joins Ford's expanding line-up

crossover models in Europe, including the Fiesta Active, Focus Active, EcoSport and Kuga. SUVs now account for more than one in five Ford vehicles sold in Europe, and

sales rose more than 19 per cent in 2018.

In Ireland, new Puma will be offered in three series - Titanium, ST-Line and ST-Line X.

Spec for Puma Titanium includes: 17" machined alloy wheels; LED projector headlamps with auto high beam; Pre-collision assist; 8-inch SYNC with Navigation

and FordPass Connect modem; keyless start; electronic a/c; massage driver & passenger seats; ambient lighting; wireless charging; cruise control with adjustable speed limiter; rear spoiler.

Spec for Puma ST-Line adds: ST-Line sports body kit; large rear spoiler; LED fog lamps with cornering feature; ST-Line sports exhaust; 12.3-inch digital cluster; dark sports headliner; flat-bottom steering wheel; alloy pedal and gear knob.

Spec for ST-Line X adds: 18-inch matt black alloy wheels; SYNC Gen 3 8-inch touchscreen with navigation and B&O Play sound system; partial leather sports trim; privacy glass; shark fin antenna.

Prices - Puma Titanium 5-door 1.0 turbo petrol 125PS €24,465; Puma ST-Line 5-door 1.0 turbo petrol 125PS €26,065; Puma ST-Line X 5-door 1.0 turbo petrol 125PS €27,865.

201 TEST DRIVE Event

Take a test drive this January and drive away with incredible savings.

- 2 years FREE motor tax
- A registration bonus of up to €1,750
- 3.9% low APR
- 7 years Warranty
- 7 years road side assist



Terms and conditions apply.

VISIT US FOR MORE INFORMATION

MLM
MICHAEL LYNG
MOTORS

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

Offer outlined above applies to new vehicles ordered by January 31st 2020 and registered between January 1st & January 31st 2020 at participating Ford Dealers. GRP excludes metallic paint, delivery and related charges. Model shown for illustrative purposes only. *1.9% APR options deposit is only applicable to Focus Diesel models (excluding Zetec). Focus Petrol Models (excluding Zetec) are available from 3.9% or with a registration bonus of €250. **€500 motor tax contribution is not available on Zetec models. Finance offers are not combinable with the Registration support † 2 years base warranty 5 years extended warranty ** At participating Ford Dealers only (Full T & C's at ford.ie).

'PEOPLE MOTORING

Ford clean up in awards season

Ford celebrated a clean-sweep of the light commercial vehicle awards season as the electrified Ford Hybrid Transit Custom line-up was named International Van of the Year (IVOTY) 2020, and the Ford Ranger was the winner of the International Pick-up Award (IPUA) 2020.

Ford is the first manufacturer to take both the IVOTY and IPUA titles in the same year on two occasions, having first achieved the feat in 2013.

The new Transit Custom Plug-In Hybrid and Transit Custom EcoBlue Hybrid models were collectively judged winners of the prestigious annual IVOTY award by a jury of 25 specialist journalists from 25 countries across Europe.

Jurors praised the range of electrified powertrain solutions offered by the Ford Hybrid line-up of Transit Custom vans – designed to help reduce fuel costs for operators, allow entry to the

increasing number of low-emission zones and offer practical solutions for businesses trying to reduce emissions and meet clean-air targets.

The Transit Custom Plug-In Hybrid and Transit Custom EcoBlue Hybrid 1-tonne vans, and the Transit EcoBlue Hybrid 2-tonne van that earned the runner-up position at this year's ceremony, are three of 14 electrified vehicles Ford is introducing to Europe before the end of 2020.

Ford has now won the IVOTY title six times.

The Ford Ranger – Europe's No. 1 best-selling pick-up – impressed with its more powerful and fuel-efficient 2.0-litre EcoBlue diesel powertrain and advanced driver assistance technologies to take the biennial IPUA title.

Combining zero-emission driving capability and no range anxiety, the Transit Custom Plug-In Hybrid can be charged with mains

electricity for a pure electric NEDC driving range of up to 56 km (35 miles). The vehicle's front wheels are driven exclusively by a 92.9 kW electric motor powered by a 13.6 kWh lithium-ion battery pack.

Ford's multiple award-winning 1.0litre EcoBoost petrol engine acts as a range extender for total driving range exceeding 500 km.

Available in regular cab, super cab and double cab body styles, the new Ford Ranger features standard four-wheel drive and an enhanced version of Ford 2.0-litre EcoBlue engine offering up to a 9% fuel efficiency improvement when combined with a new 10-speed automatic transmission.

Driving technologies include standard Pre-Collision Assist with Pedestrian Detection, and new tools including available FordPass Connect on-board modem technology boost



The Ford Ranger scooped the International Pick-up Award for 2020

convenience and productivity.

The Ranger line-up also includes the new Ranger Raptor – the most

high-performing version ever. Powered by a 213 PS Bi-turbo 2.0 litre EcoBlue engine, the Ranger Raptor features extreme styling and

is supported by a unique Ford Performance chassis optimised for high-speed off-road driving and go-anywhere capability.

The All-New IONIQ Electric
From €34,850*

5 YEAR UNLIMITED MILEAGE WARRANTY¹
8 YEAR BATTERY WARRANTY²

*Price includes: VRT exemption - €5,000, Residual VRT - €745 (Paid by Hyundai), SEAI grant - €5,000. Excludes delivery and related charges. Subject to stock availability. ¹The Hyundai 5-Year Unlimited Mileage Warranty applies only to Hyundai vehicles that have been originally sold by an authorized Hyundai dealer to an end-customer, as set out in the terms and conditions of the warranty booklet. Local terms and conditions apply.

²8 years or 160,000 km warranty on vehicle battery unit. Contact your official Hyundai dealer for further information. Lending criteria terms and conditions apply. Model shown for illustrative purposes. 201 offers exclude electric models. The BIK calculator is to be used for guide purposes only. It is recommended that you seek independent tax advice from your accountant or tax advisor.

Try our BIK Online Calculator

Hyundai announce the arrival of the all new IONIQ Electric, the latest in our expanding range of electric cars. With no Benefit-In-Kind on company cars, you can make the smart decision by using our online BIK Calculator at Hyundai.ie

2020 is the year to go electric with Hyundai.

For more information or to book a test drive contact:

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

Proud Sponsor of the Kilkenny Hurling Intermediate Championship

HYUNDAI
BEST OF ALL WORLDS
Discover Why

NEW PEUGEOT 208

UNBORING THE FUTURE



TEST DRIVE THE ALL NEW PEUGEOT 208 AT BOLAND PEUGEOT CARLOW THIS JANUARY

ELECTRIC, PURETECH PETROL, BLUE HDI DIESEL

PEUGEOT 3D i-Cockpit®

SEMI-AUTONOMOUS DRIVING*

MOTION & e-MOTION



PEUGEOT

PEUGEOT RECOMMENDS TOTAL WLTP⁽¹⁾ combined fuel consumption (l/100 km): 4.0 to 6.4 WLTP⁽¹⁾ combined CO₂ emissions (g/km): 84 to 108. *Available on e-208 from February 2020.

BOLAND PEUGEOT CARLOW Main Peugeot Dealer, Dublin Road, Carlow. Tel: 059-9183351 www.bolandcarlow.ie



DISCOVER THE AWARD-WINNING 201 VOLVO RANGE

Explore all the luxury, power and innovation of the much-anticipated 201 Volvo range at Volvo Cars Carlow.

Test drive your choice of cars including the XC40 (2019 Irish Car of the Year).

Familiarise yourself with our award-winning 201 Volvo Range at Volvo Cars Carlow and talk to our Volvo team about finance and trade in opportunities.

BOOK YOUR TEST DRIVE TODAY.

Test drives restricted to drivers over the age of 25 with a full driving licence. Model is shown for illustrative purposes only. Official WLTP Fuel consumption for the Volvo Range in l/100km: Combined 1.7 – 7.5 CO₂ emissions 39 – 195g/km. All new Volvo cars come with a 3-year warranty and 3 years' roadside assistance (standard with Volvo on Call). Visit volvocars.ie for terms and conditions.

Boland Carlow

Dublin Road,
Carlow.

Ph: (059) 918 3371
www.bolandcarlow.ie/volvo

LIFESTYLE



MANABOUTTOWN

PATRICK McLOUGHNEY

CONTACT PATRICK

Email: patmcloughney@hotmail.com

Twitter: @iammcloughney Instagram: iamcloughney

How to choose the best beard for you

DURING a recent Q&A on Instagram, I was asked: "Do you have an (article) on how to maintain/style a beard?" My answer was "I actually don't but I'll do one." Never let it be said that I'm not a man of my word so here for your reading pleasure is my comprehensive guide to facial hair.

Not all beards are created equally. In fact, some say you don't choose your beard, your beard chooses you. A lot of guys find growing facial hair about as easy as catching fish in the Sahara. But even if you're not one of the follically fabulous chosen ones a bit of no-how can still guide you towards goateed glory. It'll take a bit of effort but it'll be worth it as the right beard style can transform your look and take you from clean-cut baby face to rugged man of mystery in just a few weeks.

Why Grow Facial Hair?

Well, first of all, it's a lot kinder on your skin than forcibly dragging a razor across it on a daily basis. Secondly, beards are a great way to mask imperfections such as uneven skin pigmentation and acne scars. A well-defined beard will also boost the size of your jaw and, by virtue of colour contrast, draws attention to your smile.

Another big reason that guys grow beards is to make them look older. Given that facial hair is one of the signs of sexual maturity in men, it's no wonder that guys with smooth chins getting asked for ID in their 20s can feel a little put-out.

Arguably the biggest reason that men grow beards is that it makes them feel more attractive. Do women like beards? A 2016 study at Northumbria University rated men on their appearance. The women surveyed singled out bearded blokes as their preferred choice of partner, viewing them as more masculine and dominant looking than their clean-shaven brethren.

How to Grow A Beard

Before you start your bearded journey, it's important to start with a level playing field. So clean shave properly as this allows for healthy and consistent growth which will form the foundation on which your moustache mountain will be built. If you lack the tools then visit a barber for the full hot-towel, wet shave experience.



Given that facial hair is one of the signs of sexual maturity in men, it's no wonder that guys with smooth chins getting asked for ID in their 20s can feel a little put-out

Depending on your testosterone levels, your growth will either be glacial or rapid. Either way, when you've got a sharp stubbly chin, you're at stage one. Congratulations. However, the hard work isn't over. While you can't change genetics, exfoliating regularly will stimulate growth. Keep an eye your diet too: drink plenty of water and take vitamins B and C, iron and omega-3 to give the grass all the nourishment it needs to grow.

Once you have a healthy amount of growth, you need to decide on which beard style is right for you. The right beard style can add weight to your jawline and make you look more masculine but it should be in proportion and needs to complement your face shape. So whether you grow a robust mane or sprout a few patches of stubble, here are some suggestions on what style is right for you.

Stubble

Stubble is often confused (rightly or wrongly) for laziness/a lack of shaving, though there are ways to make stubble your signature look while looking fresh and accentuating your features. Stubble can be a good option for guys with larger, rounder faces. By sharpening up the lines around your cheeks and jaw, you can give more definition to your face – like make-up but with hair. Groom your stubble with an electric trimmer (set at 1-3mm) twice a week and use a light exfoliator before and a moisturiser

afterwards so that your skin can handle the abrasions of an electric beard trimmer.

Short Beard

Shorter beards generally work better for guys with full even coverage as if you have patchy facial hair, a shorter beard will only serve to further highlight the gaps. If you don't have full coverage then stay patient in the early stages as it might look better after committing to some growth and then trimming evenly. To groom a short beard – and I'm speaking from experience here – set your trimmer to 3-5 mm and use it every 2 or 3 days. If you have thicker growth in some areas (my moustache being an example) go a grade shorter on that area so that everything looks even. Use a scissors or remove the guard on the trimmer to trim any hairs hanging down over your lip line. As with stubble, take care of your skin by exfoliating and moisturising before and after respectively.

Tailored Beard

A tailored beard is defined by neat, full facial coverage no longer than a centimetre at any point. A tailored beard plays well in smarter environments as it's neat and consistent – like a well-fitting suit. It's great for guys looking to emphasise their cheekbones or jawline. It also works well if you're looking to make your chin look fuller or slim down a rounder looking face. You'll need to trim it every 4 or 5 days to keep it looking neat. Rinse your beard with water and towel dry it before adding some beard balm to keep things fresh and healthy. Take a scissors to your lip line and remember to always check the settings on your trimmer before use.

Long Beard

Longer beards work for those lucky, testosterone packed dudes with good, thick facial hair growth. You can use the extra hair to create good facial proportions. For example, if you have a small chin, you can use the hair to elongate your face. If you have a thin face then you can use the hair to fill out your silhouette. Once your beard gets as long as the hair on the top of your head, you must treat it as such. Shampoo and condition every few days to avoid the risk of your beard drying out



Not all beards are created equally. In fact, some say you don't choose your beard, your beard chooses you

and taking moisture from the skin beneath with it. Use beard oil to keep it nourished and help it to retain its natural moisture. When you visit the barber get them to tidy it up and clean up your cheek

line. If you work around food then it's probably best not to go full lumberjack as facial hair nets look good on nobody and no one likes finding a long reddish hair in their Caesar Salad.

Look of the Week Primark Sportswear

I recently had the pleasure of filming an episode of Primark's web series "Spot Me" with influencer Lawson Mpage and model Caoimhe O'Dwyer.

In the show, Lawson, Caoimhe and I took part in a full HIIT workout wearing all Primark gym apparel. Before the shoot, I visited the Penny's store on O'Connell St and picked up a base layer compression shirt, a pair of compression pants, a workout t-shirt, shorts, trainers, a baseball cap and a heart rate monitor all for less than €50. The gym gear is



comfortable and durable and the price point can't be beaten so if you read last weeks article and want to start working on getting fit then head to your local Penny's store and get kitted out in their affordable and hard-wearing sportswear.

LIFESTYLE

Persistence is the name of the Transformation game



MENTAL HEALTH MATTERS

DR EDDIE MURPHY

CLINICAL PSYCHOLOGIST
ADJUNCT ASSOCIATE PROFESSOR
UCD SCHOOL OF PSYCHOLOGY

THE Operation Transformation 2020 leaders are all getting into the swing of things now, having learned some crucial lessons for success — notably planning and preparation.

This is essential. Getting food ready and prepped means that you are less likely to pull into the garage and fill up on more than fuel as you run the gamut of the chocolate and crisp and weaken your resolve.

I was in Salthill on the nationwide walk the weekend before last and it was an amazing day, crisp and dry. I decided to give Shane a wee push on the walk — so much so he said “Jaysus, you’re fast for an auld fella” — which only encouraged me to walk faster!

Here’s how our leaders got on during their second week on the programme.

Shane, from Galway, 29. Weight loss: 4lbs — Back on Track

Last week, there was major concern for Shane. Unlike rapid weight loss programmes such as the Biggest Loser, which has shown to cause metabolic damage, Operation Transformation is seeking to establish lifelong healthy eating habits and sustainable weight loss.

Shane felt ‘got at’ by the expert panel and was threatening to leave the programme. Thankfully, he did not.

Shane’s target was 4lbs and he lost 4lb. He has a sensory food issue which is more than just being a fussy eater. Myself and dietician Aoife did a session to explore this and to see if we could expand his intake of a range of vegetables.

What is also noticeable is that Shane is getting more sleep up — he is up from five hours and 20 minutes per night, to over six hours.

I believe that sleep is the platform to health and wellbeing.

Shane is moving in the right direction — however, I have discovered that, many times, Shane suppresses his emotions rather than expresses them, and puts on a false front.

It’s time for me to look behind that front.

Lorraine, 46, Cavan. weight loss: 4lbs — From distraction to focus



Getting food ready and prepped means that you are less likely to pull into the garage and fill up on more than fuel

Lorraine closed her barber shop business for the week and gave the premises a makeover.

Having been the first leader to never lose weight in the first week on OT, the pressure was on.

Well done, Lorraine — with a 4lb weight loss, she ended up 1lb over her 3lb target. It turned out that the effort level Lorraine was putting in just wasn’t in her exercise. A Karl Henry visit soon sorted that out.

It also turned out that Lorraine was not eating her snacks. Essentially, she didn’t follow the plan.

The key takeaway for Lorraine is that the level of effort invested equals the level of results. It’s like that in life. Are we gilders or enthusiasts?

Lorraine was distracted and too focused on what others think, and not on her tasks, during her first week on the Operation Transformation programme.

Barry, 39, from Cork. Weight loss: 10lbs — struck down with man flu!

Barry had the man flu! Dr Sumi says she has yet to discover man flu in medical dictionaries yet, but, in fairness, this leader was sick, and this meant that he missed all of his exercise sessions.

He did, however, stick to the food plan. Losing 10lbs shows the importance of food.

A key lesson for this week from all the experts is that, when you are sick, you need to pull back, and rest.

Portion sizes and takeaways used to be Barry’s Achilles heel.

Dietician Aoife is tweaking Barry’s food plan again — so if you



Cork leader Tanya, pictured here with host Kathryn Thomas, is kicking her Coca Cola addiction and powering through her walking sessions PICTURE: RTÉ PRESS OFFICE/DAVID CANTWELL PHOTOGRAPHY

are following Barry watch out for this!

For Barry it’s about his commitment and consistency, to me.

His commitment to his two young sons is incredible. He has the boys at weekends and it shows it’s not the quantity of time but the quality of time that counts.

Barry is passing on his love of sport to his children. It’s great to have passions in life — so find and follow your passions.

Andrea, 31, from Cork. Weight loss: 5lbs — Perseverance

Viral colds were the order of the day in Cork and Andrea, too, was under the weather. Nevertheless she persevered and exceeded her target weight loss by 1lb.

Andrea is walking and walking hard. If you can talk and text while walking, then you are strolling and

not getting its health benefits.

Karl is adamant that brisk walking is as good a running for the health benefits without getting injured.

Andrea’s workplace has come on board and they are offering healthy food choices and the OT meal plan in the canteen. Some 300 of her work colleagues are having a weekly weigh in. I admire Andrea’s dedication and commitment and, week by week, I can see her confidence soaring.

Tanya, 33, from Cork. Weight loss: 9lb — powering on

Tanya is flying. A 9lb weight loss and a Coca Cola addiction managed. Karl has identified that Tanya is working hard in her walking session — however, she is taking it too handy on her resistance sessions.

Karl has simplified the resistance program to five exercises.

We meet Tanya’s dad while filming last week. It was a beautiful moment as he said he was proud of his daughter.

Every son or daughter in Ireland would love to hear their father saying they are proud!

All our leaders are on track. Are you? If not, then it’s time to redouble your efforts.

Operation Transformation is on RTÉ One on Wednesday night at 9.35pm

*** 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

POSITIVE PARENTING



Top Tips

Guiding through the new year blues

Guiding your teenager through the new year blues January is a tough month for most of us, as the festivities fade and routines take hold again. As we look forward to February, remember that for teenagers these blues can roll over into early Spring. It can often be a difficult as exam stress is added on to general teenage ups and downs. Below are some conversation points that you might find useful in supporting your teenager around this time of the year:

Reasonable resolutions: Talk about attainable goals to try and minimise pressure. If 'losing weight' or 'getting 500 points in the Leaving' were on your teenager's list of resolutions at the beginning of January, check in, see how they are going, and help to break them down. Maybe talk about adopting some new healthy lifestyle habits, such as no junk food on school days and walks as a family a couple of evenings a week. In terms of study goals, maybe something as simple as agreeing to have their phone in another room while doing homework is achievable, and will give your child a sense of achievement.

Daylight: January is a long, dark month. As we move into February encourage getting out in daylight as much as possible. Walking to school (or half way) and errands that involve strolling to the local shop are small but significant opportunities for fresh air and some sunshine.

Exercise: Place an obvious value on movement and physical health. You can role model this by taking walks together, and maybe swimming a few evenings a week. Encourage your teenager to counter act the hours spent on chairs in school and studying with regular movement and stretching.

Read for pleasure: Textbooks and social media account for most of your teenager's reading so try to nurture the love of reading for pleasure. As well as stimulating their imagination, a good book provides your child with headspace and an escape route from boredom and stress.



Many children learn the valuable skill of sharing by interacting with their siblings

Taking the 'ouch' out of that sibling rivalry

IT'S a universal issue the world over – the see-sawing of emotions between siblings. Best friends, outright foes and everything in between. Sibling relationships are very complex but also extremely unique because nobody else understands the context of your upbringing or your family's dynamics like your sibling(s).

If you are a parent of more than one child, whether toddlers, tweenies or teenagers, it's inevitable that you spend a fair amount of your time playing referee.

Sometimes you encourage turn-taking and playing niceand sometimes you resort to bribery with nice treats or threats involving the end of screen time.

Sound familiar? Well the good news is that a certain amount of discontent between brothers and sisters is beneficial to the development of key social skills. It's an opportunity for them to learn how to share, to see something from someone else's perspective, to develop empathy and become problem-solvers. There is also the in-built company and readily available playmate (if the age gap allows) element where you have more than one child. Yes, they might bicker like cat and dog some days but on rainy days, when nobody else is around, they will play together and entertain each other.

There will be times when you feel like the arguments between

your children are maybe too much of a daily occurrence or are draining all positivity from your home. For those times, there are a few things that you could try: Firstly, don't always intervene. Read the situation and gauge how much you can leave them to it so they can resolve it between them. Obviously, if biting (a toddler favourite) or giving a dead arm (the teenage go-to) is involved, you need to step in and explain that disagreements aren't ever resolved physically.

If they both want the same toy, hang back and give them an opportunity to work it out; Teach them to embrace their differences and similarities and to recognise them in each other, so that a more

confident, outspoken sister doesn't always shout down her quieter brother; Remind them often how lovely it is that they have each other; Finally, one of the most effective things you can teach your children is to give each other space – when they are respectful of that and know when to walk away, you might find that you need to use the referee's whistle a lot less.

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

EDUCATION



STUDYRIGHT

STEPHEN MORGAN

IN ASSOCIATION WITH 

Regional geography is difficult but can be easily mastered

The 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 look at Regional Geography which is part of the core unit in leaving cert course.

Regional Geography questions are numbers 4, 5 & 6 in the leaving cert and again are made up of 20 mark part A's and 30 mark part B's & C's. This week let's focus on population dynamics & spread in an Irish region. The table (above right) indicates that this topic last appeared on the papers in 2015 and so may be due to appear on a paper sooner rather than later.

Students tend to struggle on Regional Geography as it is content heavy and students often end up giving descriptions on population rather than discussing the make up or spread of the population. Students need to know core (strong) & peripheral (weak) regions in an Irish & European context.

Students will also have to know about population in a sub-continental region such as India or Brazil.

Fortunately questions tend to be broad, allowing students to select whether they chose a core or peripheral region. However students could be asked to specifically write about core or peripheral regions or to even compare or contrast them so a wide range of knowledge is needed here.

This week I will look at population dynamics & distribution in the context of an Irish region. This topic has not appeared as a full 30 marks question since 2012 question 4C.

Population dynamics in a sub continental region has last appeared on the paper in 2017 and so that too would be a topic to be aware of. The question itself is broad and does not ask for students to talk specifically about a core or peripheral Irish region. This 30 mark question should be given between 12 to 15 minutes time in the exam but no longer.

2012 Q4C

Account for the distribution of population throughout an Irish region that you have studied. (30 marks)

MARKING SCHEME

Examination 15 x SRPs - students will need at least 15 SRP's in order to

| Population dynamics | 2019 | 2018 | 2017 | 2016 | 2015 | 2014 | 2013 | 2012 | 2011 | 2010 | 2009 |
|--------------------------|------|------|------|------|------|------|------|------|------|------|------|
| Ireland | | | | | Q6A | | | Q4C | | | |
| European region | Q5C | | | | | | Q5C | | | | |
| Sub - Continental region | | | Q6B | | | Q4C | | | Q6B | | |

gain full marks.

Do not accept European or Continental Sub / Continental region - this question refers to an Irish region only. It does not specify that it must be a core or peripheral region.

I would suggest using the peripheral region of Ireland west as the best example for this topic. Discussion without a link to a named region will score 0 marks. Students should clearly identify the region they are talking about in the introduction; "In this essay I will account for the distribution of population in the Ireland west

region".

In this question students need to give reasons as to why the spread of the population in the western region is so uneven.

These reasons include the outward migration in search of employment or due to the lack of services. This leaves behind an aging population in the region and leads to further depopulation.

HUMAN PROCESSES: POPULATION DYNAMICS IN IRELAND WEST

The populations of the 3 counties in the West have varied greatly over time (since the famine). Presently,

Galway has a pop over 258,000 (circa 79,000 in city) Roscommon - over 64,000 and Mayo - over 130,000. There is a difference in the population spread of these counties. Galway has the highest population density, with about 42 people per square kilometer. There has been a change in Galway's population over time due to the Famine and tradition of outward migration.

In 1841 the populations of Galway, Mayo and Roscommon exceeded 850,000 people made up mainly of tenants and farm laborers. The population of the west

continued to decline until the 1970's when Ireland joined the EU. This brought extra funding to the region and resulted in a slight population increase.

However in the 1980's global recession led to out migration. However by the 1990's population here had stabilized and then increased especially in Galway city where inward investment created jobs & developed services.

DISTRIBUTION

The region has experienced a high dependency ratio due outward migration.

This means the population here is aging. Mayo and Roscommon have the oldest average age of 40 years vs national average of 37 while 17% of Mayo's population is over 65 VS national figure of 19%. Mayo and Roscommon third level graduates find it difficult to find employment within the region as employment in their field are not usually present here and so look top leave the region.

All counties, except Galway County, had an annual birth rate below the national average while they all, except Galway city, had a higher than average death rate. The west region has on average 25 people per kilometre squared vs 66 in rest of Ireland. This highlights the uneven spread of people in the region.

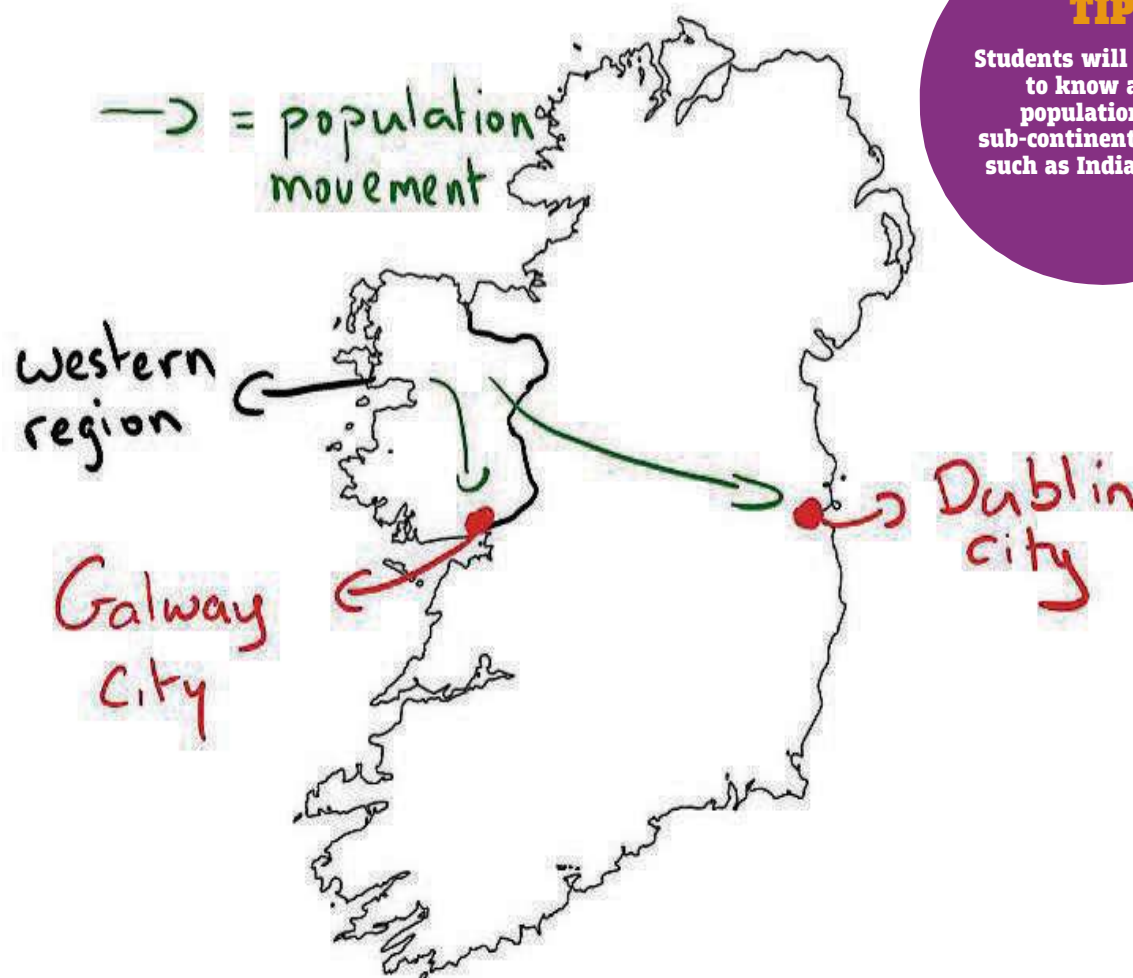
RURAL DEPOPULATION

Rural depopulation is significant in West Mayo. Coastal areas like Achill Island are experiencing a sharp decline while some urban areas like Castlebar & Westport are experiencing an increase in population.

This will have an impact on the rural areas leading to a closure of services making the area less attractive for people to live in. The Castlebar rural area has experienced almost 20% of an increase from over 13,000 people to over 16,000 & The Westport urban area has increased from over 4,000 people to about 5,000 which is over 20% of an increase.

People are attracted to the better access to services like schools & healthcare in these urban areas.

For more details, samples and videos... make your way to www.Revise.ie



KEY TIP

Students will also have to know about population in a sub-continental region such as India or Brazil

ALL THINGS INTERIOR

LOUISE HIGGINS



ASPIRE DESIGN
www.aspiredesign.ie

Weekend Project - Update your Bedside Table

Following on from last weeks column on paint finishes, I thought I would share with you a simple paint update that I created a few years back on a bedside cabinet. For the purpose of this project I chose the HEMNES bedside table from IKEA. The cabinet is classic in appearance and I wanted to add a few updates which included dipped legs, some stencilling, new drawer insert and new drawer pulls. Here's my step by step process to enable you to create your own custom piece.

STEP 1:



Order your HEMNES IKEA bedside table for just €50 from IKEA. The table is made from sustainably sourced solid wood. Layout all the pieces of the bedside cabinet. You could assemble the piece first, but I find you get a neater finish if you work on each element and then assemble at the end.

STEP 2:



Started with the dipped legs, using a measuring tape mark of the area on the bedside table legs where you want the dipped paint colour to finish. Apply painters' tape to ensure a neat finish.

STEP 3:

Prime the area that you wish to paint. Most paint suppliers have their own primer that they recommend works best with their paint to achieve a hard-wearing finish. I used Colourtrends Prime 1 Acrylic primer.

STEP 4:

Once the primer is dry, paint two coats of your chosen paint colour. As I was creating a nautical inspired bedroom setting, I chose Holly Blue by Colourtrend in an Eggshell finish which cost €29 for 1 litre.

STEP 5:



I then stencilled the area on the drawer front using a stencil from Royal Design studio called African Plumes. However, you can use any stencil design to create a look that is personal to you. Another idea that you might like is to stencil the top of your bedside cabinet.

STEP 6:



Whilst waiting for the furniture to dry, I used the drawer base as a template to cut out a drawer liner in a blue and white fabric as I felt this worked better with my colour scheme.

STEP 7:

Once dry, assemble the pieces according to the assembly instructions that you received with your order. Carefully remove the masking tape.



STEP 8:

Add some new drawer pulls. I chose these blue glass door knobs from Zara Home which cost €6.99 at the time for the pair. There are lots of different designs available to suit all tastes.



STEP 9:

Finally, style your bedside table to reflect your personal style and the look you want to achieve for the room.

Remember if there is a topic that you would like covered in 2020 then please drop me a line with your suggestions. Thanks, Louise winner of TV3's Showhouse Showdown, 0863999926
info@aspiredesign.ie
www.aspiredesign.ie



Nautical bedroom by Aspire Design



Painted Finishes for walls and woodwork





ABOVE: The famous Good Sh*t Bread! Check out the recipe below
RIGHT: Highbank Orchards, Volume 1 - on sale now for €12
All recipes courtesy of Ruth Clader Potts at Highbank Orchards



Seasonal recipes from an organic Kilkenny Orchard

SIAN MOLOUGHNEY

sian.moloughney@iconicnews.ie

Kilkenny is lucky to have so many fantastic food producers.

Just south of the city is Highbank Orchards - home to many unique and multi award winning products, non-alcoholic and alcoholic, from syrup, treacle and vinegars to cider, brandy and gin.

They have just brought out their first cook book and it's filled with recipes that are delicious and a little bit different.

I can't wait to try all the recipes in here! You can pick up a copy in Kilkenny in the Book Centre, the Little Green Grocer, Truffles restaurant, and in Gowran at Goods and Glasraí. It is priced €12.

BEETROOT AND CURRIED PICKLED EGGS

Ingredients

Beet pickled eggs with cardamom and anise

1 fresh beetroot, peeled and roughly chopped, cooked*
 240ml beet juice*
 240ml Highbank Apple Cider Vinegar

1 onion, chopped
 70g sugar
 3 cardamom pods
 1 star anise

6 hard boiled eggs, peeled

*Simmer the chopped beets in a cup of water, covered, until tender (30-40 minutes). Use the beet juice from the cooking water, or the juice from canned beets.

Curried pickled eggs

240ml Highbank Apple Cider Vinegar
 160ml water
 1 large onion, chopped
 70g sugar
 3 cardamom pods, crushed



Beetroot and curried pickled eggs - tasty and beautiful to look at! ALL PICTURES: RUTH CALDER POTTS

1 tsp mustard seeds
 1 tsp curry powder
 1 tsp turmeric powder
 6 hard boiled eggs

Method

Ruth says the best way to hard boil eggs is actually to steam them over boiling water for 15 minutes! When cooked, peel and place in the

bottom of a clean Killen jar.

In a saucepan add the vinegar, water (or beet juice), onion, sugar and spices. Bring to the boil and cook, uncovered, until the onion is translucent, about 5 minutes.

Remove from the heat and cool. Once cool, pour over the eggs, covering completely.

If you are making the beet

pickled eggs, place some or all of the cooked beets in with the eggs in the jar. (This will help bring colour to the eggs and you will have pickled beets aswell.)

Refrigerate the eggs for three days.

You can eat them earlier but the longer you leave them the more pickled they will be.

The eggs are now preserved so you can eat them for up to six months.

GOOD SH*T BREAD!

Yes, you read that correctly! Ruth explains: "It got the nickname 'good sh*t bread' because of two things - how good it tastes and that you will have the best ever poo (I may as well be frank about it!)"

Highbank Orchards serve this to tours and each time, Ruth says the bread board is cleaned off!

Ingredients

140g sunflower seeds
 40g pumpkin seeds
 65g almonds, toasted and chopped
 75g toasted flax seeds
 145g rolled oats
 60g psyllium husks
 30g chia seeds
 1 tsp caraway seeds, ground
 1 tsp sea salt
 30ml Highbank Apple Syrup
 45g coconut oil, melted
 350ml water

Method

Spread the sunflower and pumpkin seeds on a medium heat on a dry frying pan and toast until they start to brown, about five minutes.

Put all the dry ingredients into a large bowl and stir.

Pour in the wet ingredients and mix together until combined.

Pour into a lined bread tin and press down on the mixture so it's nicely packed.

Leave it for at least an hour, or best overnight.

Preheat your oven to 180 degrees and bake the bread for about an hour. Remove from the pan and leave to cool for at least two hours.

ENTERTAINMENT

Your gig guide listings

Thursday

Chamber Chat, The Book and Coffee Shop, 6pm
Swing Dancing, Home Rule Club, 7.30pm
Singin' In The Rain, Watergate Theatre, 8pm

Friday

Trad followed by DJ and Late Bar, Matt The Millers, 6pm
Gaeltacht Cill Chainnigh, Live Album Recording, Set Theatre, 8pm
Blackwater Babble by Ronan Fitzgibbon, Watergate Theatre, 8pm
Gavin Carroll, Rafter Dempseys, 10pm
Devil The Bit, Lanigan's Bar, 9.30pm
Acousticats, Kyteler's Inn, 10pm
The Electrix, Matt The Millers, 10pm

Saturday

Hard Won Words, Open Discussion, Butler House, 2pm
Noh Mask Making Workshop, Watergate Theatre, 4.30pm
Trad followed by DJ and Late Bar, Matt The Millers, 6pm
Lietuviškų filmų rodymas (Lithuanian film showing) - 'Tobulus Pasimatymas', IMC Gaol

Road, 7pm
Takasago and Between the Stones, Noh - Japanese Theatre, Watergate Theatre, 7.30pm
O.M.G (Outrageous, Music, Games), Downstairs, Langtons Nightclub, 9pm
Martin Lacey live in the Bar, Home Rule Club, 9pm
Music Junkies, Rafter Dempseys, 10pm
Live DJ, Lanigan's Bar, 10pm
Róisín Dubh, Kyteler's Inn, 10pm

Sunday

XHot 4 Jazz Quartet, Left Bank, 5pm
Generation 5, Kyteler's Inn, 6.30pm
Reeling In The Showband Years, Watergate Theatre, 8pm
Tomas Jackman, Kyteler's Inn, 9pm
The Barflys, Pumphouse Bar, 9.30pm
Devil The Bit, Lanigan's Bar, 9.30pm

Monday

Monday Night Madness, Matt The Millers, from 6pm

Tuesday

Scriptease, Scriptwriting Workshop and Discussion, John Cleere's Bar and Theatre, 7.30pm



Aidan Maher (Diageo) and James Gleeson (General Manager - Kilkenny Hibernian Hotel) PICTURE: VICKY COMERFORD

LET'S TALK ABOUT DOMESTIC ABUSE

- Have you always wanted to be able to speak to someone about domestic abuse, what can I say to help them?
- Have you always wanted to know about the right services to help someone?
- Do you want to know more about domestic abuse, and how you would recognise it?
- Want to find out about how domestic abuse affects the individual?



JOIN US FOR A FREE EVENT

Who to attend - All hairdressers and beauty therapists

When - 24th February from 11am-1pm

Where - Springhill Court Hotel, Kilkenny

Refreshments included

RSVP:

manager@amberwomensrefuge.ie

THE AGENDA WILL INCLUDE:

- Information about the services we provide at Amber Women's Refuge
- What are the different types of domestic abuse?
- What are some of the signs and effects of domestic abuse?
- Responding and referring to domestic abuse

24/7 Helpline:
1850 42 42 44

BENEFIT CONCERT

for the Kilkenny Branch of Arthritis Ireland

Line up:

James Blennerhassett

Alison Hayes Kealy

Richie Prendergast

Joseph O'Faolain

Andrew McGuinness

Davy Cashin

Wrong Direction

John Travers

The Skeough Ramblers

The Celtic Two

Wednesday 5th February

Door opens at 7pm 8pm-12midnight Tickets €10

The Set Theatre, John Street, Kilkenny

For tickets call 087 1491767 or 087 9003416

ENTERTAINMENT

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

Try the Pipes for free on St Patrick's Day!

Music Generation Kilkenny, in partnership with Na Píobairí Uilleann, Kilkenny and Carlow Education and Training Board and Kilkenny County Council, is offering a free uilleann pipes taster session and uilleann pipe classes to young people on St Patrick's Day as part of Kilkenny TradFest 2020.

Music Generation is a national music education programme for children and young people, initiated by Music Network, co-funded by U2, The Ireland Funds, and The Department of Education & Skills.

TRY THE PIPES - TASTER SESSIONS

Venue: Kilkenny County Council, County Hall, John Street

Times: Morning - 10am to 11am

Afternoon - 3pm to 4pm

Tickets: FREE OF CHARGE but booking necessary

To Book:

www.kilkennytradfest.com

Try the Pipes taster session is free of charge open to young people aged 10 - 18 years of age and pipes are supplied. This is a wonderful opportunity to listen to some accomplished uilleann pipers as well as try out the instrument with the assistance of an experienced player.

TRY THE PIPES - CLASSES

Kilkenny County Council, County Hall, John Street

Morning - 11am-12.30pm

Tickets: FREE OF CHARGE but booking necessary

To Book:

www.kilkennytradfest.com

In addition to the taster sessions there are uilleann pipe classes for beginners and

intermediate/advanced players from 10 to 18 years of age. Classes will be taught by local piper Pádraig Butler and by Nollaig Mac Cárthaigh of Na Píobairí Uilleann. Music Generation Kilkenny is managed by Kilkenny Music Education Partnership, a partnership between Kilkenny and Carlow Education and Training Board and Kilkenny County Council under the leadership of Music Development officer Sinead Blanchfield.

Na Píobairí Uilleann is the society of uilleann pipers founded to promote the playing, the making, and the teaching of the instrument. Now, 52 years later, Na Píobairí Uilleann is a thriving arts organisation with thousands of members worldwide, dedicated to Sharing the Sound of Ireland through Access, Education, Performance and Preservation, delivered through the organisation's commitment to excellence in values, governance and processes. Na Píobairí Uilleann provides a regular programme of piping tuition, pipe making tuition, music performances and publications, with a dedicated website for uilleann pipers and traditional music lovers in Ireland and beyond.

NOLLAIG MAC CÁRTHAIGH

Nollaig Mac Cárthaigh took up the pipes as a teenager, attending classes at Na Píobairí Uilleann in Dublin's Essex St. Due to a shortage of tutors Nollaig began teaching beginners from an early stage.

As well as teaching in Na Píobairí Uilleann every Tuesday night for



Piper Pádraig Butler

over 40 years, Nollaig teaches at The Willie Clancy Summer School in Clare and at The Tommy Kearney Tionól in Kilkenny each year. He also delivers weekly uilleann pipes tuition on behalf of Na Píobairí Uilleann at Music Generation Louth. His extensive teaching experience has taken him abroad to America, England, Scotland, France, The Netherlands and Germany.

Over the years, Nollaig has served on the Board of Na Píobairí Uilleann and has been involved in many of their major projects, including "The Art of Uilleann Piping" and the "Piper's Choice"

series. He is now a patron of the organisation.

PADRAIG BUTLER - UILLEANN PIPER

From Kilmanagh in County Kilkenny, Pádraig was introduced to the Uilleann pipes at a young age, learning from various teachers mainly at piping tionóls in the south east of the country and at Na Píobairí Uilleann.

A winner of multiple All-Ireland and Oireachtas titles, he became a regular member of concert tour groups.

Pádraig is known as an Uilleann piper, but plays other instruments also, including

whistle and bodhrán. He plays both 'concert' and 'flat' pitched pipes. The pipes currently played by Pádraig are concert pitch set made by Alain Froment and Victor Mullally and a C set made by Geoff Wooff. As a teacher Pádraig has worked with different piping clubs as well as at the Comhaltas Scoil Eigse summer school. Pádraig's style could be considered as being influenced mainly by the likes of current pipers such as Mick O'Brien, Néillidh Mulligan, Jimmy O'Brien Moran, Brian McNamara, as well as taking strong example from piping legends like Willie Clancy, Seamus Ennis and Leo Rowsome.



Pipe classes for children will be among the attractions at this year's Tradfest festival in Kilkenny

Brett's Hardware

BUILDERS PROVIDERS

Brett's Hardware Agri & Builders Providers Mullinahone are expanding NEW PREMISES OPENING SOON IN CALLAN, CO. KILKENNY

We are delighted to announce we are now looking to fill the following roles for our new Builders Providers in Callan.

Are you looking for a new challenge or the next step in your career development? Are you interested in becoming an important part of our new sales team?

Trade Counter Senior Sales

Experienced salespeople with a minimum of 3 years within the builder's merchant arena, with excellent knowledge of building materials. An energetic, customer focused salesperson with a real desire to develop this department while becoming a key part of our sales team.

Trade Counter Plumbing & Renewable Energy Sales

Experienced plumbing sales person with a minimum of 3 years within the plumbing merchant sales arena. Excellent knowledge of plumbing consumables and renewable energy. An energetic, customer focused salesperson with a real desire to develop this department while becoming a key part of our sales team.

Paint Decor Centre Sales

Experienced salesperson with a real ambition to develop this department. Must have a flair for colour and have an interest or experience in interior design. An energetic, customer focused sales-person to become a key part of our sales team. Previous experience in paint sales, mixing/ tinting of paint an advantage.

Shop Floor Sales & Cashiers

Full and part time positions for people with shop floor retail experience, exciting positions for people who enjoy dealing with a varied array of customers and want to develop their product knowledge while offering the highest standards of customer service. Experience in any form of EPOS system an advantage but not essential as full training will be offered.

Yard & Warehouse Operators

Experienced yard warehouse personnel required with a minimum of 3 years' experience working with building materials while having an excellent knowledge of building products. Must have up to date forklift and manual handling certification.

Café

Experienced Supervisor for busy new deli café must have experience in HACCP and food preparation. An energetic, customer focused salesperson with a real desire to develop this department while becoming a key part of the team. Full and part time deli counter and floor staff positions available.

Administration

This is a full-time position working alongside our senior management team to support and assist in the development of our new business.

A successful Administrative Officer will act as a point of contact for all employees providing administrative support and managing stationary stocks for the branch, preparing regular reports (e.g. financials, expenses, budgets) and organising company records. If you have previous experience as Office Administrator or similar administrative role, we would like to meet you. Our ideal candidate will also have a working knowledge of office equipment and office management tools.

Garden Centre

Are you green fingered or have horticultural experience? If you enjoy making sales and advising customers on the gardening requirements, this could be the opportunity for you. An energetic, customer focused salesperson with a real desire to develop this department while becoming a key part of our sales team is required

Please forward your CV with cover letter for all positions to careers@brettshardware.ie for the attention of **Noel Burke**



WE'RE HIRING 10 enterprise sales positions in Waterford

Employee benefits include:

- Paid maternity, adoptive and paternity leave
- Flexible working
- Sports and social
- Pension
- Subsidised study
- In-house wellness programme

Apply today at www.spearline.com/jobs

Deloitte.
50 Technology Fast 50
2015 2016 2017 2018 2019 IRELAND
WINNER

CX THE IRISH 2019
CX IMPACT AWARDS
WINNER



Classifieds



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 info@langtonsdenture.ie

056 771 2741



Poe Kiely Hogan Lanigan Solicitors

require a part-time

Administration Assistant

Five mornings a week.

Duties to include sorting and distributing incoming post, scanning external & internal communications onto our management system, filing and hand deliveries.

The candidate should be able to work on own initiative while also being part of a team in our fast-paced working environment.

Experience in a similar role would be an advantage but not necessary.

All applications should be addressed to

Liz Lawlor-Pratt, HR Manager,
Poe Kiely Hogan Lanigan, 21 Patrick Street, Kilkenny.

PLANNING NOTICES

KILKENNY COUNTY COUNCIL

We Joan & Amit Levy intend to apply to the above authority for:

(1) Retention permission for a metal clad storage shed at Leggettsrath west, Co.Kilkenny.

(2) Permission for the construction of a story and a half style dwelling served by the public sewer, and all associated site works at Leggettsrath west, Co.Kilkenny.

(3) Permission for a separate single-story modular dwelling to be used as temporary accommodation during the construction of the main dwelling at Leggettsrath west, Co.Kilkenny.

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 Authority, Kilkenny County Council, County Hall, John Street, Kilkenny, during its office hours 9 a.m.- 1.00p.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 Planning Authority of the planning application. The Planning Authority may grant permission subject to or without conditions, or may refuse to grant permission.

BREAKING NEWS

ADVERTISE IN
KILKENNY'S
BEST
RECRUITMENT
SECTION



Get in touch today

056 7721015

shane.keegan@iconicnews.ie

THE KILKENNY FREE EVERY THURSDAY
REPORTER

www.kilkennyreporter.ie

THE KILKENNY FREE EVERY THURSDAY
REPORTER

Job Vacancy??

To advertise here contact

Shane: 087 6577256 - Patrick: 086 0482018

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

Call Michael Hearne:

086 258 48 72

Callan Area



WE'RE
HIRING

PRL are currently recruiting for a Warehouse Supervisor to join their team in Kilkenny.

The Warehouse Supervisor is responsible for overseeing a wide variety of warehouse activities including but not limited to; allocating work assignments to warehouse operatives to ensure that work schedule is completed on time and that priority issue are given precedence. Demonstrate leadership, accountability and responsibility in the performance of duties while on shift.

Duties of the job:

- Supervising the functions and working of the all warehouse team members.
- Supervise and assist in daily warehouse areas including delegating and assigning work to be completed on shift, monitor progress and intervene/ provide support as needed.
- Monitor and report on a range of KPIs as agreed with the Operations Manager.
- Actively monitor and manage attendance including absenteeism, time keeping and adherence to breaks. Produce monthly trend reports for management review when requested.
- Ensure that work procedures in practice are in line with current iteration of relevant SOP and Health and Safety standards
- Provide day to day support to Operations Manager.

Requirements of the job:

- Previous people management experience in a warehouse environment
- Good numeric ability and excellent attention to detail
- Team worker with strong interpersonal skills and ability to communicate effectively at all levels in and outside the company
- Ability to multi-task, skill in establishing priorities and managing workloads
- Basic IT skills in excel/word/outlook.
- Forklift experience desirable
- Flexible working schedule required
- Fluency in English required.

If you wish to apply please email a cover letter and your CV to HR@prl.ie.



Closing date for application is **SUNDAY 9TH FEBRUARY 2020**

ONF

O'Neill Foley, Chartered Accountants and Business Advisors, are expanding.

The firm currently has in excess of 50 professional partners and staff providing a wide and varied range of accounting, audit, tax, wealth management and corporate finance services.

The culture of the firm reflects the young and energetic profile of our team and the entrepreneurial nature of our client base.

To meet our increasing demands for the services we provide, the following positions are currently available.

Qualified Accountant - Work in general practice, including accounting, audit and tax compliance. Continuing professional development is assured by way of incremental experience within the client base and participation in relevant training programmes.

Corporate Finance Consultant - This position will involve working along side the partners and will encompass equity transactions (both buy and sell), debt fund raising and expert witness assignments.

Tax Consultant - Recognised tax qualification is essential along with at least 2 plus years of relevant experience across a number of tax heads. Ideally the experience should come from a dedicated tax department within a substantial professional organisation with a wide range of exposure to varied transactions.

Graduate Trainee Accountants - Applicants with an honours degree from any discipline will be considered. If you believe you have the enthusiasm and dedication to work in a committed environment, we will provide the structures and training.

Accounting Technicians - Applications are welcome for qualified and trainee technician positions. The work is varied and there is considerable scope for progression both within the firm and throughout our extensive network of clients.

Trainee Financial Advisor - Working in close collaboration with the firms head of Wealth Management, this position will enable the right candidate to develop appropriate professional qualifications and combine the technical and compliance experience with the trusted advisor client facing element of the role.

Payroll Assistant - Given the position is within a team of dedicated payroll specialists, this role can be adapted to an individual with substantial experience or a trainee with a genuine interest in deepening their experience.

Remuneration for each role will be commensurate with the qualification and experience of each candidate.

If you are interested in any of the above positions, please email your CV in strictest confidence to careers@onf.ie.

Applications close on **21st February 2020**
Address: **Patrick's Court, Patrick Street, Kilkenny R95 N28F**

www.onf.ie

O'Neill Foley,
Chartered Accountants,
Patrick's Court,
Patrick Street,
Kilkenny, R95 N28F.

WINTER SALE



FURTHER REDUCTIONS IN STORE



ASHTON SUITE

**EVERYTHING
IN STORE
REDUCED**



**BARROW
BEDROOM
RANGE**



**DOVEA
CORNER SUITE**

**BEST
EVER
WINTER
SALE**

SALE ENDS SUNDAY 6PM

Minogue
Furniture

CARLOW



Sleaty Road, Graigcullen, Co. Carlow | 059 9139077 | www.minoguefurniture.com

Cashel 062 62499 | Roscrea 0505 31035 | Tullamore 057 9328000 | Midleton 021 4630774 | Dungarvan 058 41411

All our THE KILKENNY REPORTER Yesterdays

Taking a trip down memory lane in Kilkenny

**IT'S
PARTY
TIME!**



PARTY TIME: Some happy faces from the Hotel Kilkenny beach party, which was a smash hit back in 1991 PICTURES: MICHAEL BROPHY

All Our Yesterdays

Down memory lane with the
THE KILKENNY REPORTER



Life's a beach - even if that's in a hotel!

All Our Yesterdays

Down memory lane with the THE KILKENNY REPORTER



All Our Yesterdays

Down memory lane with the
THE KILKENNY REPORTER



More happy faces from the Hotel Kilkenny beach party in 1991

SPORT



Kilkenny players Joe Manuel and Finn Connolly PICTURES: MICHAEL BROPHY

Kilkenny RFC unite as rugby season hits the business end

The Kilkenny First VX rugby team contested 15 games in 15 weeks pre-Christmas, and now they face a four week break.

This is primarily because they received a bye in the first round of the Provincial Towns Cup and because of the moving forward of the away Leinster League fixture against Bective Rangers when played in December.

The extended break has offered players time to recover from injuries, knocks and bumps, which is not a bad thing.

However, with a season defining home game against Suttonians coming up in three weeks time, match fitness will be crucial.

The Suttonians clash is crucial because only a win will suffice for Kilkenny to guarantee survival in Division 1A.

The break for the

Christmas and New Year celebrations won't have helped fitness, and will certainly have blunted match sharpness, hence the concerns.

With the cup season in full swing, the possibility of arranging a friendly against a rival club was off the cards, so team management pondered their options.

The final option was an in club match consisting of two teams made up of players over 25 versus their comrades under-25.

This idea has taken shape and the game will be played on Saturday in Foulkstown. Kick-off is at 1pm.

The idea has gathered traction in the club, all realising that there is more to it than a fun match.

It is largely been seen as a day for building camaraderie and spirit and showing that Kilkenny are serious about where they are going this season.

Anxious to give them a chance to contribute to the effort, some recently retired players were invited to get involved.

Rumour has it that club stalwarts

Ronan Blanchfield, Mick Hannigan and Dave Matthews might polish the boots down and don the jersey for the encounter.

If involvement comes to pass, it would be the fifth decade that 50-year-old Blanchfield would play in Foulkstown, and it would be Matthews fourth.

Now, wouldn't that be some contribute to the effort if they turn out?

The over 25 side will be captained by Simon O'Hara, who at 33 is in his first season at the club.

Having signed from Waterford City RFC he previously represented Barcelona Engineers and Middleton RFC.

Slotting in at second row, Simon has quickly become a leader on the pitch for the 1st XV, both through his experience and his dashing performances.

Simon has won a number of honours which include the Ballyrandle Cup, Casey Cup and Munster Schools Daunt Cup. He was a catch, as they say.

The under-25 team will be captained by Garry Dunne, who at a young age is recognised as a club stalwart having graduated through the under-age ranks.

He has been playing with

the club at senior level for a number of years.

Plying his trade at No. 8, Dunne is one of the top No. 8s' in the league. His no nonsense, high energy style make him a vital man within the team.

At 24 Garry has been involved in a number of trophy wins, which include Leinster League Division 1B 2014/2015, Towns Plate 2017 and Leinster League Division 1b 2017/2018.

Head coach David O'Connor will take a back seat for the game. His role will be as observer rather than technical.

O'Connor has recruited the services six guest coaches for the game.

The over 25 side will be managed by recently retired players, Alan Pembroke and Cistercian College, Roscrea alumni, John Phelan and Julian Hughes.

Taking charge of the under-25 side are Barry Daly,

Jason Connolly and Hugh O'Brien.

The coaches have been present at training sessions for the last few weeks. They have been laying the foundations and game plans for the clash.

This is a internal club game. There is a chance for players to use it as an opportunity to fine tune certain elements of their game.

The upcoming Leinster League match against Suttonians is a must win one for the club. Anything less than victory could see the team in a promotion/relegation play-off against the second placed side in Division 1B.

Bearing in mind the big game down the road, David O'Connor will be looking for players to go hammer and thongs to prepare for the challenges that lie ahead.

An official Leinster Branch referee has been



Kilkenny out-half Jake McDonald and Rob Kelly



Gaelic Games

Good start in the League was vital, but now Cats must drive on against Carlow and then Wexford

ALLIANZ NATIONAL HURLING LEAGUE, DIVISION 1B

**KILKENNY 3-21
DUBLIN 0-18**

JOHN KNOX
at Nowlan Park

A good start is half the battle and so on, and with that in mind Kilkenny were more than pleased to get the National Hurling League 2020 programme off to a winning start.

The Cats beat out of sorts Dublin at UPMC Nowlan Park on Sunday, even though they played with 14 men for over 40 minutes after wing-forward, Riche Leahy had been red carded.

Truth to tell, Dublin were poor. Still, Kilkenny did the business, which was the important thing.

Next up are Carlow in Netwatch Cullen Park on Sunday (2pm), which is a tie Kilkenny should win.

After that they are booked in for a trip to Wexford, when the going will get tough again.

Kilkenny are playing in Group B of the League with Wexford, Clare, Dublin, Laois and Carlow.

While nothing should ever be taken for granted, and Kilkenny manager Brian Cody is always at pains to underline that fact, the 'big hitters' in the group would be Wexford, Clare, Dublin and Kilkenny.

With Kilkenny already two points to the good against the Dubs, if they win as expected against Carlow and Laois they could be well on their way towards the latter stages of the competition over the next few weeks.

Getting something from the big clashes against Wexford and Clare - with Dublin already downed - will put the real shape on the Group B table.

Kilkenny were missing nine of their All-Ireland final team and they played for 44 minutes with 14 men, and still they had too much for Dublin in the Park.

The visitors were poor, in terms of general effort and how they coped with the extra man. They never applied any real pressure on the opposition.

The Dubs were going nowhere at any time during the second half were on.

They were eventually put out of their misers when Billy Ryan scored his second goal



BATTLE OF THE SKIES: Kilkenny and Dublin players take to the air in a bid to win possession during the NHL clash in UPMC Nowlan Park PICTURE: MARK DESMOND

for Kilkenny to up the divide to 3-18 to 0-16 right on the hour mark.

"That was good," Kilkenny manager, Brian Cody said post match.

"That was very positive. We got into the game early and we kept it going well right up to the very end."

The opening exchanges were full of raw effort, but there was no shape to the action.

Early points were exchanged before Oisín O'Rourke, who shot five of the Dublin scores during this period, pointed a free to punish a foul on Danny Sutcliffe.

That was the last time the Dubs held the advantage.

On 11 minutes Ger Aylward scored a goal for Kilkenny after a sweeping move launched by Paddy Deegan and continued by Billy Ryan and Walter Walsh.

The gap was largely three points from there on...until Kilkenny lashed home a second goal in the 24th minute.

Billy Ryan intercepted a

soft hand-pass between two lax defenders before getting a clear run at goal and finishing with class (2-6 to 0-6).

Within two minutes Kilkenny were down to 14 men.

Richie Leahy was red carded for an apparent high tackle on Danny Sutcliffe. Ronan Hayes pointed the free that resulted from 65 metre.

Dublin never upped their game, never generated any real force as they employed the extra man in defence.

At half-time the losers trailed by 2-10 to 0-10.

The losers had early second half points from Sean Moran and Eamon Dillon, but after Kilkenny hit back for points from Niall Brassil and Alan Murphy they slowly but surely took over.

Ryan 60th minute goal buried the visitors (3-18 to 0-16).

A fair result, bearing in mind Kilkenny were without the contingent from All-Ireland club senior champions, Shamrocks Ballyhale, Cillian Buckley, Richie Hogan and others.

SCORERS:

AIR KILKENNY - Alan Murphy (0-8, seven frees, one 65); Billy Ryan (2-0); Ger Aylward (1-0); Paddy Deegan, Walter Walsh, Niall Brassil, Conor Fogarty (0-2 each); Michael Carey, John Donnelly, Martin Keoghan, Billy Sheehan, Luke Scanlon (0-1 each).

DUBLIN - Oisín O'Rourke (0-6, four frees); Sean Moran (0-4, three frees); Ronan Hayes (0-2, one free); Eamon Dillon (0-2); Chris Crummey, Rian McBride, Danny Sutcliffe, Tomás Connolly (0-1 each).

KILKENNY - Eoin Murphy; Cianan Wallace, Huw Lawlor, Conor Delaney; Michael Cody, Paddy Deegan, Michael Carey; Conor Fogarty, Alan Murphy; John Donnelly, Walter Walsh, Riche Leahy; Billy Ryan, Ger Aylward, Niall Brassil.

SUBS - Martin Keoghan for G. Aylward 46th min; James Maher for A. Murphy 52nd min; Tommy Walsh for Cody 57th min; Bill Sheehan for B. Ryan 60th min; Luke Scanlon for Brassil 65th min.

SUBS NOT USED - Darren Brennan, Aidan Nolan, Tom Kenny, Bill Sheehan, Liam Blanchfield, Tadgh O'Dwyer, David Blanchfield.

DUBLIN - A. Nolan; P. Smyth, E. O'Donnell, J. Madden; C. Crummey, D. Gray, C. O'Callaghan; F. Whitley, R. McBride; T. Connolly, D. Sutcliffe, R. Hayes; C. Boland, O. O'Rourke, E. Dillon. Subs - S. Moran for F. Whitley 30th min; J. Malone for J. Madden ht; Mark Schutte for C. Boland 40th min; L. McMullen for T. Connolly 57th min; J. Hetherington for McBride 65th min. **REFEREE** - P. O'Dwyer (Carlow).

appointed to take charge.

This will amount to an usual 'Kilkenny helps Kilkenny' effort. When the SOS for support went out, many willing helpers came forward.

All in Kilkenny RFC appreciate the importance of the upcoming Suttonians match.

The club insisted that current and former players will be welcome to play or offer their help in other capacities.

Why not pop out to Foulkstown on Saturday (1pm) and have a look?

A warm welcome would await from all in Kilkenny RFC.



Danny Mullins was the winner of the Goffs Thyestes Handicap Chase at Gowran Park aboard the Willie Mullins trained Total Recall PICTURE: CHRISTOPHER DUNNE

Win Tickets to Red Mills Day at Gowran Park 2 Silver Packages & 4 Pairs of General admission



What leading female jockey rode a treble at Gowran Park on Red Mills Day 2019

- Rachel Wyse
- Rachael Blackmore
- Rachel Allen

Answer: _____

Name _____

Address _____

Telephone _____

Replies to Red Mills Day Competition
Kilkenny People, 34 High Street, Kilkenny

REPORTER SPORT

3/1 France in 'betting without' England is good value bet

THE Guinness 6 Nations Rugby Championship kicks-off this weekend with Ireland looking to shake-off their World Cup hangover when hosting Scotland at the Aviva Stadium, Dublin on Saturday, 4.45pm.

Ireland go into the tournament under new head coach Andy

Farrell, with out-half Johnny Sexton captaining the side.

England, on the back of reaching the World Cup final, when they shocked New Zealand along the way are odds-on favourites at 8/11 to win the championship.

Despite their disappointing World Cup campaign, Ireland are

next best in the market at 7/2, while France are third favourites at 6/1.

England deserve to carry the favourites' tag into the tournament, but at odds-on shots are not an attractive betting proposition.

France host England in a crucial opening weekend in Paris on

Sunday, 3pm.

The young French side showed glimpses of their quality at the recent World Cup. 'Les Bleus' have a favourable draw with England and Ireland at home.

They may not be good enough to derail 'the Chariot' this weekend, but are a decent price at 3/1 in the 'betting without' England market.



France head coach Fabien Galthié and captain Charles Ollivon

IS THAT ON THE BOX?

Thursday

GOLF

SAUDI INTERNATIONAL
SKY SPORTS 8AM

SNOOKER

GERMAN MASTERS
EUROSPORT 9AM

HORSE RACING

CHELMSFORD
RACING TV 5PM

RUGBY LEAGUE

WIGAN V WARRINGTON
SKY SPORTS 7.45PM

GOLF

PHOENIX OPEN
SKY SPORTS 8PM

Friday

GOLF

SAUDI INTERNATIONAL
SKY SPORTS 8AM

RUGBY UNION

BRUMBIES V REDS
SKY SPORTS 8.15AM

RUGBY UNION

SHARKS V BULLS
SKY SPORTS 5.10PM

RUGBY UNION U20S

IRELAND V SCOTLAND
RTE 7.15PM

SOCCER

DERBY V STOKE
SKY SPORTS 7.45PM

Saturday



The Six Nations begins this Saturday with two live games

RUGBY UNION

CRUSADERS V WARATAHS
SKY SPORTS 6AM

GOLF

SAUDI INTERNATIONAL
SKY SPORTS 9.30AM

SOCCER

HULL V BRENTFORD
SKY SPORTS 12.30PM

SOCCER

LEICESTER V CHELSEA
BT SPORT 12.30PM

RUGBY UNION

STORMERS V HURRICANES
SKY SPORTS 1PM

RUGBY UNION

WALES V ITALY
BBC ONE/VIRGIN 2.15PM

RUGBY UNION

IRELAND V SCOTLAND
ITV/VIRGIN 4.45PM

SOCCER

MAN UTD V WOLVES
SKY SPORTS 5.30PM

GOLF

PHOENIX OPEN
SKY SPORTS 6PM

GAELIC FOOTBALL

MAYO V DUBLIN
EIR SPORT 7PM

HURLING

CORK V TIPPERARY
EIR/SPORT 7PM

DARTS

THE MASTERS
ITV4 7PM

RUGBY UNION U20

ENGLAND V FRANCE
SKY SPORTS 8PM

RUGBY UNION

JAGUARES V LIONS
SKY SPORTS 9.40AM

Sunday

GAELIC FOOTBALL

MEATH V DONEGAL
TG4 2.30PM (DEFERRED)

HURLING

LIMERICK V GALWAY
TG4 2.30PM (DEFERRED)

RUGBY UNION

FRANCE V ENGLAND
BBC ONE/VIRGIN 3PM

SOCCER

SPURS V MAN CITY
SKY SPORTS 4.30PM

GOLF

PHOENIX OPEN
SKY SPORTS 6PM

NBA

ROCKETS @ PELICANS
SKY SPORTS 7PM

NFL SUPERBOWL

CHIEFS V 49ERS
BBC/SKY SPORTS 11.30PM

It's Super Bowl Sunday



Kilkenny's Tim Corkery and the Irish Under-20 team will play Scotland on Friday



SPORT

YOUR KILKENNY SPORTS FIXTURES

GAA FIXTURES

FRIDAY

JJ KAVANAGH AND SONS SFL, GROUP B, ROUND 2

Danesfort: Danesfort v Dicksboro (8pm)

SATURDAY

JJ KAVANAGH AND SONS SFL, GROUP A, ROUND 2

Clara: Clara v Muckalee (2pm). Mooncoin: Mullinavat v Mooncoin (2pm)

JJ KAVANAGH AND SON SFL, GROUP B, ROUND 2

Dunnamaggin: Kilmoganny v James Stephens (2pm)

JJ KAVANAGH AND SONS IFL, GROUP B, ROUND 2

Tom Walsh Park: Blacks and Whites v Piltown (2pm)

Pairc na Ratha: Glenmore v Young Irelands (2pm)

JJ KAVANAGH AND SONS IFL, GROUP A, ROUND 2

Inistioge: Lisdowney v Rower Inistioge (2pm)

Thomastown: Thomastown v Erin's Own (2pm)

JJ KAVANAGH AND SONS JFL, GROUP A, ROUND 2

Windgap: Windgap v Barrow Rangers (2pm)

JJ KAVANAGH AND SONS JFL, GROUP B, ROUND 2

Moneenroe: Railyard v Kilmacow (2pm)

Tom Ryall Park: Graigue Ballycallan v Tullaroan (2pm)

PERMANENT TSB UNDER-19 HURLING SEMI-FINAL

St. John's Park: O'Loughlin Gaels v Shamrocks Ballyhale (2pm)

PERMANENT TSB UNDER-19 HURLING FINAL

Dr Tierney Park: Tullogher Rosbercon v Conahy Shamrocks (1pm)

SUNDAY

ALLIANZ NATIONAL HURLING LEAGUE, ROUND 2

Netwatch Cullen Park: Carlow v Kilkenny (2pm). Ref: Cathal McAllister (Cork)

JJ KAVANAGH AND SONS SFL, GROUP C, ROUND 2

Moneenroe: Railyard v Conahy Shamrocks (11am)

St John's Park: O'Loughlin Gaels v Tullogher Rosbercon (11am)

JJ KAVANAGH AND SONS JFL, GROUP A, ROUND 2

Coon: Carrickshock v Muckalee (11am)

DUGGAN STEEL UNDER-15 A FOOTBALL CHAMPIONSHIP FINAL

Jenkinson: O'Loughlin Gaels v Dicksboro (11am)

FRIDAY, FEBRUARY 7

JJ KAVANAGH AND SONS SFL, GROUP B, ROUND 3

Danesfort: Danesfort v Kilmoganny (8pm)

JJ KAVANAGH AND SONS SFL, GROUP B, ROUND 3

Palmerstown: Dicksboro v James Stephens (8pm)

REFS COURSE

Kilkenny GAA are organising a course for new referees in UPMC Nowlan Park on March 3 and 10.

Experienced inter-county referee, Sean Cleere (O'Loughlin Gaels), will be giving the course which will be supervised by the Kilkenny Referees Association. The contact for anyone interested in taking part in the course is Referees Administrator, Pat Hayes (087-2844349).

SOCCER FIXTURES

FRIDAY

UNDER-12 GLANBIA LEAGUE DIVISION 1

Freebooters Athletic v Freebooters Boys, Watershed 7.15pm.

UNDER-11 DAVID DORAN CUP

Evergreen Boys v Freebooters Boys, 6.30pm.

SATURDAY

UNDER-19 LFA CUP

Freebooters v Edenderry, Fair Green 2pm.

UNDER-15 ST CANICE'S CREDIT

COUNTY'S PRIDE FOR CLUB CHAMPIONS

Officers of Kilkenny GAA supporters Club made presentations to the chairmen and captains of the Shamrocks, Tullaroan and Conahy Shamrocks teams who won club All-Ireland titles at half-time during the Allianz Hurling League Division 1B game between Kilkenny and Dublin at UPMC Nowlan Park PICTURE: MARK DESMOND

UNION LEAGUE DIVISION 1

Bridge United Athletic v Thomastown Athletic, 11am.

Stoneyford United v Deen Celtic, 11am.

Callan United v Evergreen Athletic, 11am.

Freebooters Athletic v River Rangers, Watershed 2pm.

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

Paulstown 06 v Evergreen City, 11am.

Fort Rangers v Booters Boys, 12 noon.

Freshford Town v Bridge Boys, 1pm.

Thomastown United Boys v Evergreen Boys, 2pm.

UNDER-14 SCHOOLGIRLS'

LEAGUE

St Pat's v Thomastown United. Spa United v Bridge United, 12 noon.

Piltown v Stoneyford United, 12.30pm.

Callan United v Lions, 2pm.

Evergreen Athletic v Evergreen City, 2.30pm.

UNDER-13 KILKENNY PEOPLE LEAGUE DIVISION 1

Fort Rangers v Callan United, 10.30am.

Thomastown United Athletic v Bridge United Athletic, 11am.

Stoneyford United Athletic v Deen Celtic Athletic, 12.45pm.

UNDER-13 KILKENNY PEOPLE LEAGUE DIVISION 1A

Evergreen Boys v East End United, 11am.

Highview Athletic v Freebooters City, 11am.

Freshford Town v Thomastown Boys, 11.30am.

UNDER-13 KILKENNY PEOPLE LEAGUE DIVISION 2

Deen Celtic Boys v Stoneyford United Boys, 11am.

Thomastown City v Freebooters Boys, 12.30pm.

Evergreen City v Deen Celtic City, 1pm.

UNDER-11 DAVID DORAN CUP

Evergreen Athletic v Stoneyford Athletic, 11am.

Clover United v Highview Athletic, 11am.

Freebooters Athletic v Spa United, Watershed 11.30am.

Paulstown 06 v River Rangers, 1pm.

Deen Athletic v Freshford Town, 1pm.

Callan Athletic v Lions, 1pm.

Bridge United Athletic v Thomastown Athletic, 1pm.

UNDER-11 DAVID DORAN SHIELD

Evergreen City v Freebooters City, 12.30pm.

Highview Boys v Stoneyford City, 2pm.

Evergreen Dynamos v Thomastown Boys, 2pm.

Deen Boys v Stoneyford Boys, 2pm.

UNDER-10 SCHOOLGIRLS' LEAGUE

Stoneyford No 2 v Lions, 2.30pm.

Bridge United v Piltown, 2.45pm.

Callan United v Evergreen, 3.30pm.

Thomastown United v Freebooters City, 3.30pm.

Freebooters United v Spa United, Watershed 3.30pm.

SUNDAY

FAI JUNIOR CUP

Westport United v Newpark, 2pm.

ST CANICE'S CREDIT UNION PREMIER DIVISION (11AM)

Clover United v Deen Celtic A. Freebooters A v Evergreen A.

Bridge United A v Freebooters B.

INTOSPORT.IE DIVISION 1

Callan United v Stoneyford United, 11am.

Ormonde Villa v Fort Rangers, 11am.

Evergreen C v Evergreen B, 11am.

EAMONN MAHER COACH HIRE DIVISION 2

Castlewarren Celtic v Thomastown United B,

Watershed 2pm.

River Rangers v Bridge United B, 2pm.

Lions v Highview Athletic B, 2pm.

UNDER-17 LEAGUE

Evergreen v Lions, 2pm.

Highview Athletic v Freebooters, 2pm.

Thomastown United v Callan United, 3pm.

UNDER-14 BENNETTSBRIDGE PARTS DIVISION 1

Thomastown Athletic v Evergreen Athletic, 1pm.

UNDER-12 GLANBIA LEAGUE DIVISION 1

Thomastown Athletic v Evergreen Athletic, 11am.

Evergreen Boys v Bridge United Athletic, 11am.

MONDAY

UNDER-13 KILKENNY PEOPLE LEAGUE DIVISION 1

Evergreen Athletic v Freebooters Athletic, Watershed 7.15pm.

KAYAKING

The Kayaking Intervarsities will be held in Kilkenny from February 14 to 16. This is the 41st year of the competitions. This is the second largest kayaking event in Ireland after The Liffey Descent. This is the first year it is being run out of Kilkenny through a partnership between WIT Kayaking Club and Maynooth University Canoe and Kayak. Itinerary: Friday AM whitewater Race, Colligan Woods, Dungarvan; Friday PM freestyle Kayaking, Greensbridge, Kilkenny City (Dave McClure, a Kilkenny native made it to the world finals and will be competing); Saturday AM Slalom, Clonmel Slalom Course; Saturday PM marathon, Greensbridge to Kilkenny Castle and back 2.5km (this will be run twice by the high-performance boats); Saturday (8pm) BoaterCross, outside Matt the Millers Bar; Sunday AM Canoe Polo, Mhuine Beag on the Barrow Canal.



Walter Walsh in action for Kilkenny during their Allianz NHL opener against Dublin at UPMC Nowlan Park. The Cats are on the road to Carlow this weekend PICTURE: MARK DESMOND



OPEN WEEKEND

Saturday 1st & Sunday 2nd February 2020

- » Free use of facilities all weekend
- » Free cholesterol testing
- » Free blood pressure testing
- » Free advice on all aspects of health, fitness, injury recovery and joint replacement programmes

JOIN THIS WEEKEND AND RECEIVE

- » 15% off all memberships
- » 20% discount voucher for swim wear
- » Free guest passes to the value of €50
- » Free fitness assessment and personalised programme
- » Free aqua aerobics classes

15% OFF ALL MEMBERSHIPS
(this weekend only)



SPRINGHILL COURT
HOTEL
LEISURE CENTRE

Springhill Court Hotel, Waterford Road, Kilkenny
T: (056) 7721477 E: leisureclub@springhillcourt.com

SPRINGHILLCOURT.COM

The Rafter Dempseys

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



*Treat your loved one to a fine dining experience
at Rafter's Gastro Pub*

Three Course Meal including a glass of prosecco €29.50

Starters

Tomato and Basil soup served with parmesan croutons and homemade brown bread
Asian style Duck Salad with honey and mustard dressing
Spicy Chicken Wings with yogurt dip

Mains

8oz Fillet of Steak or 10oz Striploin Steak on the Stone served with sauteed mushrooms and onions and hand cut chips
Lamb Cutlets served with mashed potatoes, mixed veg and rosemary gravy
Supreme of Chicken stuffed with chorizo, served on a bed of veg and potatoes with creamy asparagus sauce
Seafood Risotto served with saffron sauce and garlic bread

Desserts

Chocolate Brownie with almond flakes and chocolate sauce
Baileys Cheesecake with forest fruit compote
Sticky Toffee Pudding with vanilla ice cream

Live Music

Friday 31st - Gavin Carroll @ 10pm
Saturday 1st - Music Junkies @ 10pm

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