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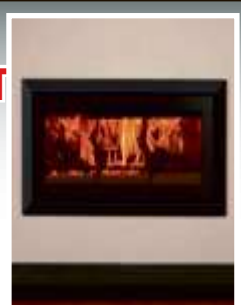
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**COFFEE AND
CAKE FOR A
GOOD CAUSE!**

Making a donation at the Rotary Club's Coffee and Cake day were Saoirse and Aine Foley. The Rotary Club held the event to raise funds to help eradicate polio worldwide. See inside for more PICTURE: CHRISTOPHER DUNNE



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NEWS



LEFT: Mary Kennedy and John Edward Nolan. ABOVE: Emily Barker and Aidan Fogarty

Hurling heart-throb is Dancing dark horse

Kilkenny hurling star Aidan Fogarty remains 7/2 to lift the Glitterball trophy after his masculine Pasadoble on Dancing with the Stars, last Sunday evening.

Aidan, and his professional

dance partner Emily Barker, scored just 21 points. However, according to Boyle Sports, "the heart-throb still remains a dark horse in this dancing competition with plenty of ladies around the country backing him to go all the way, not to mention

his GAA following."

Aidan and Emily danced to Pompeii by Bastille. An exploding volcano formed part of the stage setting for them. After his performance, Aidan said: "I'm enjoying it, even with the long days.

To do this tonight in front of the orchestra...just unreal."


Television presenter Mary Kennedy and Kilkenny's John Nolan danced a classic tango to Por Una Cabeza by Carlos Gardel.

Speaking afterwards Mary

praised John Nolan and said: "He's a great teacher."

Co Meath priest, Fr Ray Kelly, is 50/1 to win the show and current favourite is Lottie Ryan.


Last Sunday, B*witched star Sinéad O'Carroll was eliminated.



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NEWS

ROUNDUP

Historical talks

Following the superb response to Tuesday's historical talk at Kilkenny Home Rule Club, plans are afoot to schedule more in the coming months.

Already lined up are talks on the War of Independence (March 24) and on Wolfe Tone, Anne Devlin, and Sarah Curran (April 28).

All talks will get under way at 8.30pm, and admission is €5.

Slight rise in complaints

Over 3,460 consumer complaints were handled by the Food Safety Authority of Ireland's (FSAI) Advice Line in 2019, with over half of those relating to complaints of unfit food and poor hygiene standards.

Overall, the 2019 complaints saw a marginal increase on the 3,424 complaints reported in the previous year.



Boost for two projects

Mullinavat and Graignamanagh will share €340,000 in funding thanks to an initiative between the Department of Rural and Community Development and Fáilte Ireland.

Silaine Woods Boardwalk and Poulansy Waterfall are among 35 nationally to get funding under the Outdoor Recreation Infrastructure Scheme.

Circus will be in tents

Circus Gerbola are making their annual visit to Kilkenny, bringing the best live entertainment to all circus lovers in Ireland from children to grandparents.

It rolled into town yesterday (Wednesday), and will be at Cillin Hill until Monday, March 2.

Laugh, gaze, be thrilled and maybe even a little scared as these circus performers defy all limits. See 'eventbrite.ie'.

Bids are flying in

A framed and signed Kilkenny hurling jersey is fetching some serious bids as part of a charity auction.

It's signed by the four hurling captains and Brian Cody, after the All Ireland four-in-a-row.

The first bid started at €20, but the bids have been flying in.



Spina Bifida Hydrocephalus Ireland, Enable Ireland, and Arthrogryposis Ireland are the charities set to benefit.

Fairtrade farming

Fairtrade Fortnight is a time to reflect and recognise how shoppers can make a positive impact.

Running from February 24 to March 8, Aldi is proud to support the initiative that reminds shoppers that purchasing Fairtrade

certified products benefits and protects the rights of farmers and workers in developing countries.

The organisation supports sustainable farming communities and environmentally sound farming.

Catch of the day

Two men who decided to illegally poach salmon caught more than they bargained for when they appeared at Kilkenny District Court last week.

A fisheries officer recorded them on CCTV using a net and cot to illegally catch the fish 8km downstream of Inistioge last July.

Judge Geraldine Carthy imposed fines and costs totalling €1,500 to each of the two men.

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NEWS

Amber's Claire celebrates 20 years of stellar service

MARY CODY
mary.cody@iconicnews.ie

A special presentation was recently made to a key member of the team at Amber - Kilkenny Women's Refuge.

Claire O'Neill (inset) has worked at Amber Women's Refuge as a Project Worker supporting women and children who are experiencing domestic violence for 20 years.

During this time Claire has seen the service expand from where it started in

Loughboy to the purpose built refuge that now exists in the Lacken area of the city.

Amber manager, Lisa Morris, congratulated her colleague on reaching this milestone and presented her with a stunning piece of glass from the renowned Jerpoint studios.

"I would like to acknowledge Claire's continuing commitment to Amber and all the women and children she continues to support who pass through our service," she said. "May Claire have many more happy years at Amber."



Great night in store at the Bluelight Ball

Members of the emergency services will be out in force this Saturday when the annual Bluelight Ball takes place in Hotel Kilkenny. Members of the local gardai, fire service and ambulance crews will gather to have fun and raise funds for charity

PICTURE: HARRY REID

ALL NEW 2020 FORD KUGA

The time has come - Ford Kuga 2020 is now!



The All New Ford Kuga 2020 will be on display in Michael Lyng Motors Ford Dealership in Kilkenny between Thursday 27th and Wednesday 4th. Customers and the public are cordially invited to visit our showroom to have a preview of the All New Kuga.

So what can you look forward to?

The model on display will be the All New Kuga ST-Line 1.5 TDCi 120PS FWD.

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The All-New Kuga is now available with a built-in FordPass Connect modem, bringing you an entire suite of new features that raise your journeys to the next level. You can get 4G LTE Wi-Fi for up to ten devices, send destinations and sat nav co-ordinates straight from your phone to your in-car navigation, and get real-time traffic updates along the way. Advanced remote features let you control and monitor your All-New Kuga from afar; use your phone to precisely locate your vehicle, lock or unlock the doors remotely, and even start the engine remotely to warm up your car on cold days.

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NEWS

Fill your plate for Polio - Rotary hold coffee and cake fundraiser

CHRISTOPHER DUNNE
news@iconicnews.ie

Kilkenny Rotary Club held a coffee and cake fundraising event at the Pembroke Hotel last Saturday morning in a bid to raise funds to aid ongoing worldwide efforts to eradicate polio.

The timing of 'Fill Your Plate For Polio' was symbolic, taking place on the eve of the 115th anniversary of Rotary International.

Kilkenny Rotary Club President Jason Dempsey used his speech that morning to emphasise the importance of polio eradication.

"In 1988 poliovirus was endemic to 125 countries, now it is endemic to only two - Pakistan and Afghanistan," he explained.

"Polio could become just the second human disease to be completely eradicated after smallpox, and we have a responsibility to finish the job."

Those in attendance were encouraged to drop a voluntary donation into the fundraising buckets as they sampled the sweet treats on offer.

The coffee and cakes were kindly provided by John Ryan, owner of the Pembroke Hotel and fellow Rotarian.

There are 72 Rotary clubs across Ireland and Kilkenny is one of the largest, with 60 members.

Rotary Kilkenny began in 1979 and is an active group of professional men and women who want to use their skills to 'give back' to the community.

It is a volunteer-led organisation whose members invest time and effort into local, national and international projects.



Ann Corr, Trish Murphy, Ian Coulter and Jason Dempsey at the Kilkenny Rotary Club 'Fill your plate with cake' fundraiser ALL PICTURES: CHRIS DUNNE



ABOVE: Jason Dempsey spoke about the drive to completely eradicate Polio



Patricia, Berna and Roisin McQuillan enjoying coffee and cake



Pembroke Hotel staff Tadhg O'Sullivan, Ciara Brennan and Rory Bergin, Carlow-Kilkenny TD Malcolm Noonan, Roisin McQuillan and Kilkenny Rotary President Jason Dempsey



LEFT: Rotary President Jason Dempsey, Paul O'Shea and Sharon O'Gorman
RIGHT: Joe Mulhall, Terry Foley and Deirdre Martin



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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



Meet the team who'll put a Spring in your step!

Do you remember that TV Show called The Clinic on RTE? That show always fascinated me, seeing what goes on behind closed doors, when patients divulged everything to professionals in white coats!

So I took myself on a visit to Kilkenny's Springhill Clinic to meet the team on the Waterford Road. Springhill Clinic is Multi Disciple Clinic, which has been open for 19 years. It is a buzzy professional practice, with people who can deal with anything from a loose tooth to an ingrown toenail.

There's a cure for all your aches, pains and complaints. There are nine rooms occupied by several professionals, ranging from Dentists, Facial Aesthetics, Osteopath, Acupuncturist, Cosmetic Nurse, Counsellors, Foot Therapist to a Yoga instructor.

The Clinic is owned by Dental Surgeon Derek Cashin and you couldn't meet a nicer man. According to Derek "at The Springhill Clinic we are like one big family and Sinead Quigley has the place running like clockwork." That's for sure, Clinic Manager Sinead greets everyone with a



friendly smile as you walk through the door, just be careful not to get her onto her favourite subject of

Tullaroan GAA or you will be late for your appointment! So who are the team?

Derek J Cashin, Dental Surgeon with vast years of experience in all aspects of general dentistry.

LEFT: Practitioners - Noel Sugrue, Osteopath; Helen Fogarty, anewyou; Alison Quirke, Dentist; Teresa Walsh, Counsellor and Psychotherapist and Jason Walsh, Acupuncturist

Helen Fogarty who runs anewyou Health, Beauty and Wellbeing. Helen is a Cosmetic Nurse Specialist who gives treatments from non-surgical facelifts to colonic hydrotherapy. I've written before about the colonics and after a few treatments I swear by them - you'll be a whole new you!

Dr Marcella Burns of the Lines Clinic - delivers anti-wrinkle injections. She is an experienced dentist and is certified in Facial Aesthetics since 2005. She treats conservatively for a light, natural, refreshed look. Subtle, non-surgical safe, FDA approved anti-wrinkle treatments that leave the patient feeling fresh and youthful.

Teresa Walsh - looks after Counselling and Psychotherapy and includes mindfulness as part of her approach. As an integrative therapist, she uses mindfulness for stress, chronic pain and long term health benefits.

Alison Quirke, deals with Cosmetic and preventive dentistry. There is also new newcomer Gillian Coady who runs Relax Kids and can help relax and improve their sleep, deals with self-confidence, moods, emotions and increasing their brain power.

There are two other practitioners that I have tried and tested in Springhill Clinic - the dry needling and cupping by Acupuncturist Jason Walsh and Osteopath treatments from Noel Sugrue.

Noel is also known as the baby whisperer, helping stressed out parents with crying colic babies. Believe me, I've been there, so I know all about those sleepless nights when you are at wits ends.



Sinead Quigley (Manager), Alison Quirke (Dentist), Derek J Cashin (Dental Surgeon), Caroline Smithwick and Edel Coonan (Dental Nurses)



TOP LEFT: Gillian Coady, Relax Kids



TOP RIGHT: Dr Marcella Burns of the Lines Clinic



LEFT: Jason Walsh, Acupuncturist



LEFT: Jason Walsh, performing acupuncture on Siobhan Donohoe
ABOVE: Jason Walsh, Acupuncturist in Springhill Clinic
BELOW: Cupping on Siobhan's back

Meet Jason, the Acupuncturist

While living in Australia Jason Walsh became very interested in Chinese medicine and in particular Acupuncture. After many years of pondering the idea, he decided to take the plunge and started his journey into Chinese medicine. He was 28 when he started studying at the college of Naturopathic medicine in Dublin. The training took five years in Naturopathic medicine while also specialising in Acupuncture.

Jason now works at trying to help people of all ages to overcome their

conditions and ailments with the help of a natural and ancient medicine. He uses many treatments in his clinic from Acupuncture to Chinese cupping, infrared heat treatment, food sensitivity testing and much more.

In Chinese medicine the whole person is treated not just their symptoms, and the thought that prevention is the best cure is always at the forefront of any of his treatments. By taking this approach, people can hopefully get their lives back on track.

“An ancient Emperor once said: ‘a

doctor that treats a disease after it has happened is a mediocre doctor, but a doctor that treats a disease before it happens is a superior doctor,’” Jason told me.

Jason performed ‘cupping’ on me to help with my auto-immune conditions. There is a belief in Oriental medicine that autoimmune diseases occur when there is an imbalance within the body. Acupuncture is used to help the body restore balance and if it’s good enough for Gwyneth Paltrow, it’s good enough for me!



RIGHT: Siobhan Donohoe having a consultation with Noel Sugrue, Structural & Paediatric Osteopath
ABOVE & BELOW: Noel Sugrue working with patients



Meet Noel, the Osteopath

Noel Sugrue is a UK qualified structural and paediatric Osteopath (BOst Med) with over 15 years’ experience treating patients of all ages, covering a myriad of complaints.

Noel has thriving practices in Kilkenny and Dublin covering a broad spectrum of patient profiles.

He sees many babies in his clinics where their parents have concerns around feeding and sleeping difficulties, birth

strain and trauma, colic or reflux as well as older patients presenting with acute and chronic back pain and general injuries.

SPORTS INJURIES

Noel also specialises in sports injuries, helping many inter-county players and elite runners return to form and maintain optimal function, thus reducing risk of recurrence.

After experiencing a severe neck injury himself, he knows only too well what matters and

what it takes to get back on form.

Noel is unique in his approach insofar as his osteopathic skills allow him to identify and treat the underlying joint dysfunction which is the root cause of his patient’s pain. He has a particular interest in pelvic and rib issues as primary sources of dysfunction.

He treats adults using regular physiotherapy methods and dry needling and is a specialist in joint manipulation. Noel does

all of his CPD in the Sports Surgery Clinic in Santry. Studying at this pioneering and prestigious hospital allows him to be at the forefront of the latest developments in medical research and treatments.

Noel applies the same principles when it comes to treating babies and young children as he does for adults. However, he uses much more gentle treatment methods to reduce strain for these patients.



NEWS



LEFT: John Meaney's family and colleagues gathered at the dovecote in Rothe House garden
ABOVE: John working on the base of the dovecote, February 2019

Memorial unveiled to the late John Meaney

Grey skies over Kilkenny could not spoil the special gathering in the garden of Rothe House on Parliament Street of family, friends and colleagues of the late John Meaney of Coon East, Bilboa.

Exactly nine weeks to the day since John's sad passing, the occasion was the unveiling of a plaque and dedication of the latest

feature of the restored Tudor garden to the memory of John. The newly installed dovecote was named the 'Meaney Dovecote' as a mark of respect to the late volunteer to the garden. For the past four years, he was actively involved, with his colleagues, in the maintenance and upkeep of the garden as part of the SOS Kilkenny

social inclusion programme.

John, described as "one of life's true gentlemen" was a regular attendee on a Tuesday and was known for his hard work ethic and also his sense of humour and devilment. Although deaf, John was more than capable of communicating with his colleagues and staff of Rothe House simply by

his signs, actions and facial expressions — and a remarkable sense of humour which could be conveyed without words.

Among the speakers at the event were supervisor and horticulturist with SOS Kilkenny Donal Croghan, President of the Kilkenny Archaeological Society Pat Nolan, head gardener in Rothe House &

Garden Mary Pyke, and Peter Heary of Rothe House.

The brass plaque affixed to the post upon which a six bay dovecote is placed reads: "This dovecote is dedicated to the memory of John Meaney, volunteer who died December 2019. A sense of humour and joy that wont be forgotten. Rest in peace."

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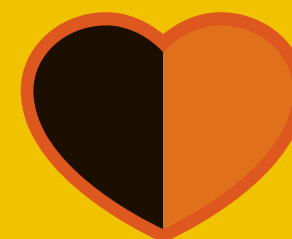
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NEWS



Hairdressers and Beauty Therapist Awareness Raising Workshop on Domestic Abuse by Amber Women's Refuge in the Springhill Court Hotel. Facilitators: Lisa Morris, Manager, Sarah Kearns, Outreach and Court Worker, and Katrina Queally, Project Worker

PICTURE: HARRY REID



Brendan Morrissey pictured with Laoibhse Curtis (left) and Rhiannon Talbot (right)

Entrepreneur devises app to get kids off social media

MARY CODY
mary.cody@iconicnews.ie

A leading Kilkenny tech entrepreneur has launched the world's first outdoor app designed to get people active with gamification and augmented reality.

Brendan Morrissey designed and created the bespoke social network called Mishon for like-minded people interested in outdoor lifestyle, fitness, health and wellbeing.

"A user gains points for sharing their life, commenting, posting, doing daily challenges, finding and completing augmented reality crates and creating Mishon Go events with friends," explained the tech guru.

The entrepreneur who is behind a number of other successful ventures has partnered with the Irish Girl Guides for the launch.

"The Irish Girl Guides are raising funds to fit out their new training facility in Dublin 24 and came up with Mishon Moon where the guides will adventure their way to the moon on Mishon covering 363,000 kilometres (the distance to the moon and back). They're raising €363,000 to cover the fitout so if any sponsors would like to donate they can do through the Girl Guides website. It's full not for profit - 100% of monies raised go towards the training facility" he said.

The Kilkenny man explained the

importance of staying fit.

"I try to stay active - I get out three or four times per week. It's hard to motivate yourself to get out and be active so Mishon makes it fun to go and find daily Mishons around you. We've done a lot of research on how physical activity benefits the brain through one of our other projects iDyslexic.

"Activity helps people to focus and makes it easier to learn and achieve. Studies are showing that only 14% of Irish children are getting their required daily activity and that only 11% perform the required movement patterns. We hope Mishon can help them to become active," he added.

Three-time winner is top of her game

MARY CODY
mary.cody@iconicnews.ie

Kilkenny woman Leanne Nolan has been crowned Hairstylist of the Year 2020.

This is her third time to win this esteemed accolade - a feat which had never before been accomplished!

Her business, better known as "VOW 2 WOW" is a well recognised name both locally and nationwide due to her huge success within the Industry.

The Weddings Online judges presents a rigorous examination of the category finalists. This year there were 12 finalists in Leanne's category, double the norm!

The level of competition is a clear indication of just how sought after the WOL award is and how difficult it is each year to really stand out. It is the epitome of excellence within the industry and is recognised as such, by both suppliers and prospective clients alike.

The award recognises all aspects of their efforts to excel, from professionalism, dedication, exceptional service and all-round excellence within the industry.

"Winning the awards has been absolutely phenomenal for the growth of my business which is still only in its fourth year," said a delighted Leanne.

"It helped to launch my business VOW 2 WOW and

gain recognition within a hugely competitive market. I now have bookings coming in up to two years in advance not only from Ireland but from all over the World! Most importantly, it means I get to do more of what I love.

"To have scooped three of these awards, a judge's commendation and the Freelance Stylist award in such a short space is time, is beyond anything I could have imagined achieving when I first started out!

"People often ask me what my secret is - the truth is that I just love what I do and have certainly found my niche working in bridal hair. When you have a huge passion for what you do, this comes across in your work. When you want your business to be recognised as the best in the industry, you'll put in the hard work and late nights to make it happen. It really does mean so much to have all my hard work, dedication, and passion recognised in such a way.

"I'm absolutely blown away by the response to this year's award. To receive such an overwhelming amount of support has been amazing. Huge thanks to everyone, I'm still on cloud nine," she said.

If you'd like to stay up to date on the latest tips, advice and wedding information, be sure to follow @vow2wow.bridalhair on Instagram where Leanne imparts a world of knowledge on all things Bridal Hair!





Have You Considered Becoming a Home Share Host Family?

Home Share is when families in the community open their homes to provide respite to children or adults with a disability. This invaluable service offers so much to everyone involved – you as the host, your respite guest and their carers.

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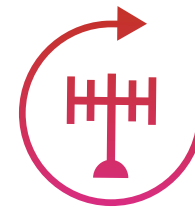
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Family duo win Sugarcraft gold - and even the cake is in tiers

SAM MATTHEWS
sam.matthews@iconicnews.ie

A mother and daughter from Tullahought managed to win Gold awards for their beautiful cakes at the Irish Sugarcraft Show in Citywest, Dublin last weekend.

Pauline and Alaina O'Shea did themselves and their county proud at the competition, which brings together the best cake decorators from all around the country where they display their competition pieces in one of the many different categories.

Pauline, who was the 'Overall Best in Show' winner from 2018, was awarded Gold for her black wedding cake this time around.

The cake itself is seven tiers high and took almost three weeks to create. It has intricate detailing on every tier. The

wedding cake almost didn't make the show as shortly into its journey from Windgap to Dublin it fell over, damaging four of the seven tiers. Detailed repairs were ongoing on the wedding cake right up until the cake was hand delivered to the competition headquarters on Saturday morning.

Not to be outdone, Pauline's daughter Alaina also came away with a Gold award for her book cake titled 'Earth Day Every Day' in the aged 12 to 15 years category. The theme for this category was 'Earth Day'. This was Alaina's first time to enter the competition.

2 NICE 2 SLICE

Pauline is the cake artist behind 2 Nice 2 Slice wedding cakes in Tullahought, Windgap. She also won Gold at the Chef Ireland Culinary Competitions 2020 Wedding Cake section three weeks ago.



Mother and daughter Pauline and Alaina O'Shea won Gold awards for their beautiful cakes



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LIFESTYLE



What is 'en cocotte'?

Oeufs en cocotte sounds very posh and very difficult to cook. It's not. The dictionary definition is simply 'egg cooked individually in cream or butter in a small ramekin.' This way of cooking is also referred

to 'baked eggs' or 'sherred eggs.'

Ramekins can be used for a myriad of dishes and snacks: muffins, single servings of stews or pies, soufflés, and the classic crème brûlée.

ABOVE: Colorful ramekins are both pretty and useful in the kitchen

RIGHT: The legendary chef Delia Smith's smoked haddock with creme fraiche, chive and butter sauce



Don't give up cooking for Lent

SIAN MOLOUGHNEY

sian.moloughney@iconicnews.ie

Pancake Tuesday, then Ash Wednesday herald the start of Lent.

In Ireland, we have many traditions of giving something up, or taking on a project, during this season as a 'penance' or an attempt to be good during what was traditionally a very important season in Ireland, and still is on the religious calendar.

Lent includes the only two days on the Catholic calendar when we are supposed to 'fast' - not eat meat and eat sparingly.

In our house the traditional meal was smoked haddock for as long as I can remember on Ash Wednesday and Good Friday. It was associated with penance but that didn't take from the deliciousness of the haddock!

These days I'm a bit more adventurous with haddock recipes. And it shouldn't be kept just for 'fast days.'

We'll start with a quick and easy dish.

SMOKED HADDOCK PASTA BAKE

INGREDIENTS

(Serves two)
2 frozen smoked haddock fillets (approx 100g/4oz each)
150g / 6oz dried pasta
150g / 6oz frozen sweetcorn
50g / 2oz grated cheddar
3/4 pint of milk
2 Tablespoons of cornflour mixed with 2 tablespoons of cold water

A handful of breadcrumbs or crushed crisps/ cornflakes
Black pepper

METHOD



Eggs en cocotte with smoked haddock and toast

Wrap the haddock in tin foil and bake in the oven on a medium heat for 20 minutes.

While the fish is cooking, cook the pasta as you would normally.

Next make the cheese sauce by bringing the milk to the boil in a saucepan. When it starts to bubble remove from the heat and quickly stir in the cornflour. Stir as rapidly as you can as you add the mix to avoid lumps.

Stir in the cheddar and some black pepper to taste. The sauce shouldn't be too thick.

When the haddock and pasta are cooked, flake the fish and add all the

ingredients together. Put into an oven proof dish and top with the breadcrumbs/ crisps. Bake for 15/20 minutes before serving.

Now for something that looks fancy but is easier to make than it's name might suggest!

EGGS EN COCOTTE WITH SMOKED HADDOCK

INGREDIENTS

(Per person)
10g butter
20g leeks, finely sliced
20g smoked haddock, diced
1 large egg
chives

1 tbsp double cream
1 pinch salt and pepper

METHOD

Gently melt the butter in a saucepan and cook the leeks until they are soft.

Place the leeks into an individual ovenproof dish and spoon the diced smoked haddock on top. Season with salt and pepper.

Make a little well in the haddock and leek mixture and crack the egg into the hole. Spoon the double cream on the top.

Heat the oven at 170°C. Place the dish(es) into a tray of warm water and bake in the oven for about 15

minutes.

To serve sprinkle it with chopped chives and serve with toast for a posh breakfast.

And then there is the classic smoked haddock that we grew up with - cooked in milk and onions. Here's a version from legendary chef Delia Smith!

SMOKED HADDOCK WITH CREME FRAICHE, CHIVE AND BUTTER SAUCE

INGREDIENTS

(Serves two)
350-400g(12-14oz) smoked haddock
2 rounded tablespoons crème fraiche
1 heaped tablespoon snipped fresh chives
10g (½ oz) butter, diced
150 ml (5 fl oz) whole milk
black pepper

METHOD

Place the fish in the frying pan and add a little freshly milled black pepper but no salt.

Then pour in the milk (it won't cover the fish, but that doesn't matter), bring it up to simmering point and simmer gently, uncovered, for 8-12 minutes. You will be able to see quite clearly when they are cooked, as the whole thing will become pale and opaque.

Now carefully remove the fish to a plate using a fish slice, increase the heat and add the crème fraiche to the pan. Continue to simmer, uncovered, for 2-3 minutes, until the sauce reduces and thickens slightly, then whisk in the butter and return the fish to the sauce briefly.

Scatter in the chives, let it bubble for about 30 seconds and it's ready to serve.

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ALL THINGS INTERIOR

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Bathroom Storage Solutions

When it comes to bathrooms, we often find space limited to store essential items such as towels, shampoo bottles, toilet rolls, cleaning products and candles.

This week I thought I would share with you some obvious and not so obvious storage solutions that may suit your Bathroom.

Hopefully these simple updates will help you rid your bathroom of clutter and help you feel more organised in the mornings.

BATHROOM FURNITURE

If possible, consider a sink with a vanity unit. The contemporary 'Bailey vanity unit' from BTW is the perfect addition for any contemporary bathroom.

As it's a floating unit it will give the illusion of more space and help make your bathroom feel bigger than it is. This unit is available in white, black and light grey.

For traditional bathrooms you may favour the 'Langham furniture range' from BTW which incorporates beautifully balanced beading around the frame and scalloped legs.

If you prefer the softness of curves rather than straight lines, then the '1340 curved vanity unit' from BTW is

perfect to create a serene classic bathroom interior.

With maximum storage capabilities this unit is ideal for hiding all your bathroom essentials and keeping the worktops free from clutter. It's also available in a range of colours to include matt white, sand, dark olive and classic grey.

TROLLEY

A Trolley is an excellent stylish addition to any bathroom. For example, the 'Hornavan' trolley from IKEA has ample shelves to hold towels and all your bathroom essentials.

The easy to move castors means you can move it beside the bath when required to hold your book, candles, glass of wine or cup of tea.

The 'Grundtal' trolley from IKEA is another one to consider as it is made from stainless steel and includes an area to hang towels as well as removable easy to clean shelves.

MIRRORS WITH CONCEALED STORAGE

Not a new storage solution but they have certainly evolved when compared to the traditional mirrored cabinets used 30 years ago.

Now these mirrors are minimal and sophisticated

with concealed storage solutions and dual functionality.

A good example is the 'Maya LED Mirror Cabinet' from BTW Naas featuring ambient downlight, infrared sensor, heating demister pad, charging socket and mirror sides.

SEATING

A seat in a bathroom can be a perfect addition especially for busy families. The 'Vilto' storage stool and the 'Ragrund' towel chair both from IKEA provide the perfect solution with the dual functionality of providing a seat and storage for towels making them ideal for small bathrooms. The 'Ragrund' towel chair is made from hardwearing bamboo.

SHELVES

When floor space is at a minimum then remember you can always utilise your wall space for hanging wall mounted slim line cabinets or shelves to maximise your storage capacity.

Three stacked floating shelves will provide you with ample space for your towels, toiletries and maybe even a flowerpot.

Another option for hanging towels is to lean a wooden ladder against your



wall and style with your favourite towels. This will look elegant as well as providing a storage solution for your towels.

BASKETS

It's certainly hard to make

toilet roll look pretty but the addition of a nice basket in your bathroom will make it look better and more organised.

I hope you found this column helpful. If there is a

topic that you would like covered in one of my weekly columns then please drop me an email to info@aspiredesign.ie with your suggestions.

Many Thanks, Louise.





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Why your home is not an asset

I was re-reading Robert Kiyosaki's, classic Rich Dad Poor Dad recently, and what struck me again, was one of the comments Mr Kiyosaki made in the book, when it was first released back in 1997.

It was hugely controversial at the time primarily because Kiyosaki was saying things that differed from what were long held implicit beliefs, primarily espoused and encouraged by banks who had a vested interest in getting people to think a particular way.

What made them and others, including publishers particularly uncomfortable (Kiyosaki ended up self-publishing the book) was his assertion, that your family home was not an asset. He said, it was actually a liability and one of the biggest you'll ever have.

It just so happened that shortly after I finished reading the book, I met with a new client who was based in Dublin. She had a mortgage in the amount of €850,000 and was paying back €4,030 per month, which between her and her husbands' income they could afford.

Very quickly after she told me the amount she owed and what her monthly repayment was, she said the value of the property was about €1.2m which I think gave her comfort because she knew she owed a lot, and that was fine. But without wanting to burst her bubble, the value of her property didn't matter much if she was never going to sell it. And for her, she said this was her forever home. She'd never sell it, and it would be her home for as long as she was alive.

I thought after meeting her, that anyone who believes their home is an asset or an investment, like this lady thought her home was, need to maybe read Kiyosaki's book because he was right back then and he's right now.

It doesn't really matter what the value of your home is, unless you sell it. Of course, it matters when it comes to being able to move and having enough equity, and the lower your loan to value the better the interest rate you can secure. But if you're not planning on moving anytime soon or ever, it doesn't matter whether it's worth €10 million or €10 thousand.

But let's say your property does increase in value, and you want to cash in, what then?

Where are you going to live now?

The only instance when this doesn't matter is when you are trading down to a smaller less expensive house, moving back to a parents or in-law's house, or moving to a rented property. If neither apply, and you want to realise any gain in valuation increases, you have to find another property to live in and sell your existing one.

A real investment is one where you have control over when you can buy and



Liam says that people should not consider their family home as an investment. A real investment is one where you have control over when you can buy and sell it

sell it. Examples of this would be shares or investments you've made. You can decide to take the increase almost immediately. When it comes to your primary residence, it's different. If your house has increased significantly in value, and you want to capitalise on its appreciation and take the equity out of the house, it's not that easy or quick. The process of selling a property can be quite time consuming, and very disruptive because people will want to view it etc. but you'll have to find a property to move into, and will the asking price of other properties have gone up as much as yours has?

Back to what Robert Kiyosaki said all those years ago.

The reason he said your primary residence is not an asset was because the definition of what an asset is, is something that puts money into your account and anything that takes it out is a liability. So, clearly your family home is a liability because if you have a mortgage, that's taking money out of your account every month. And even if you don't, it's still costing you money by way of property tax, insurance, maintenance costs etc.

A property you use as your primary residence, generates no cash flow unless you're making money from it. And that can come in the form of renting out a room or where you operate a business from the property.

When people look at the increase in the value of their property, they also seem to forget the mortgage repayments made, property taxes paid, insurance, renovations and so on. These are expenses which come at a cost, and over the course of a number of years,



It doesn't really matter what the value of your home is, unless you sell it

DID YOU KNOW?

Gunther III, a German shepherd inherited \$80 million when his owner, Austrian Countess Carlotta Liebenstein, died in 1991. Unfortunately, Gunther III died only a month after he received the inheritance, but all was not lost, the \$80m was passed to Gunther IV, one of his pups.

they can run into thousands of Euros.

Other investment classes don't typically require the kind of on-going cash inputs that your home does, which again is to emphasise that it's not an investment in the true sense of the word. This is referred to the opportunity cost of home ownership which is money spent on a property that can't be used for any other purpose or used to invest.

For example, if you bought a property for €250,000, and 10 years' later it's worth €400,000, you might think a great investment. But if you run the numbers, and calculate how much you spent on mortgage repayments, insurance, maintenance etc. the return isn't as much as you think it is.

No doubt, it's great to have made €150,000 more than what you paid for it, but unless you bought the property for cash, you probably spent more on the property than you made in profit over those years, and if that happened with any other investment, you'd be fairly disappointed with the return.

The point, of this article, is not to discourage you from buying a property that becomes your family home, it's the opposite in fact. When you buy a property, you are effectively paying rent to yourself, which is good because it's money you won't have to pay when you retired, you're prepaying it now.

The moral of this story is, when you're buying a property, don't buy it thinking it's an investment for the future, because it's not, it's your home. And don't lose sight of the very basic reason you're buying it in the first place which is, to provide shelter to you and, your family.

ASK LIAM

Our personal finance expert answers your questions ...

Q: Liam, I set up a pension a number of years ago with Irish Life and the retirement age was set at 60. I'll reach that age in November, but I'm not ready to do anything with this policy as I'm working and plan on continuing to work until I'm 65. The amount in this fund is about €25,000 and I don't consider it my real pension as I have other funds in place. Do I have to take activate this policy when I'm 60?

A. You can extend the maturity date of your pension with Irish Life beyond the age of 60.

In fact, you can extend it beyond the age of 65 and not take benefits from it until you're 75, if you wanted to. And if you don't need the money, I would suggest you leave it where it is, as it continues to grow tax free within the fund.

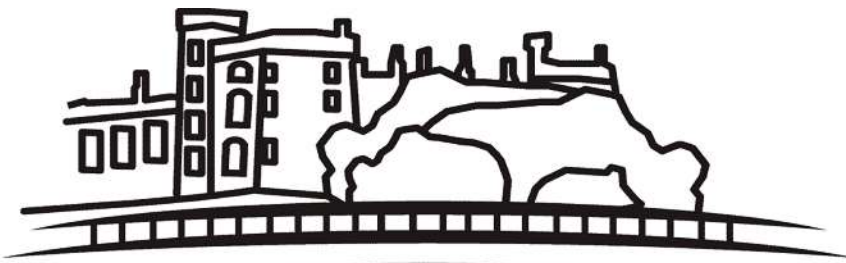
If you don't contact Irish Life, they're likely to transfer your money into a cash fund, which is fine, but it will just sit there earning nothing. In fact, when you apply their annual management charge of 0.75% along with the return which is likely to be negative, you'll end up losing money.

So, I would recommend you contact Irish Life and advise them you don't plan on activating the fund when you're 60. You're not sure when you're going to activate it but when you do, you'll let them know. And rather than having your money transferred to a cash fund, tell them you'd like to continue invested in the same fund you currently in, that is assuming you're happy with it and continues to match your risk profile. Or you want to transfer it into any of their other funds of which there is about 40 to choose from.

When you do activate this fund, I would suggest you take 25% of it tax free and the balance can be taken either as (a) a taxable lump sum assuming you have other pension funds which have a locked minimum amount of €63,500 or you have an annual income > €12,700 per year or (b) it's transferred to an Approved Retirement Fund. Depending on the amounts, I would probably take a taxable lump sum rather than receive a small amount from it every year, especially if doesn't form a major part of your income in retirement.



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LIFESTYLE



MANABOUTTOWN

PATRICK McLOUGHNEY

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What to wear to wedding afters

WEDDING style used to be easy. You wore your best suit, you got a bit drunk and then you sent your suit to dry cleaners and had it ready for its next outing.

These days weddings can be casual, smart-casual, beach-casual, formal, semi-formal, black-tie, white-tie or (heaven forbid) themed. As confusing as that may be, it's arguably even more confusing to figure out what to wear if you're only invited to the afters of a wedding. If you're only going to half the wedding do you only make half the effort?

Well no, not really but your saving grace is that by missing all the pomp and pageantry of the actual ceremony, you can afford to have fun with your style.

Fun does not mean funny though and you mustn't treat an afters invite as an opportunity for style rebellion. There still needs to be a degree of sobriety to your outfit, even if there's no sobriety to be found by the end of the night.

KNOW YOUR DRESS CODE



You mustn't treat an afters invite as an opportunity for style rebellion

The invitation is likely to give you some clues as to what is appropriate to wear as an afters-only guest. It might be specific or unhelpfully vague or it might contain no information on dress code whatsoever. The latter may require you to do some research and ask someone who's going to the full wedding as to what the appropriate attire is.

The reason for this is that even though you are not attending the ceremony, you must still respect the bride and groom and stay within the dress code parameters that they have set. You aren't obliged to adhere to the same dress

standards as guests who've been invited to the full wedding, but at the same time, it's not the time or the place to peacock either.

Other things to consider are the time of year and the location of the nuptials. A cream linen suit with no tie is perfect for the afters of a summer wedding or a beach wedding but it won't play as well in a country hotel in March. If the happy couple has booked somewhere off the beaten track for their reception then you can lean more towards casual than tailoring.

WHAT TO WEAR

Let me begin by saying that it's perfectly acceptable to wear a suit to the afters of a wedding. A well-fitting suit will serve you for a range of social occasions, especially if it's in a versatile colour like navy or grey.

Even if it's your work suit, you can easily jazz it up with subtle details like a striped shirt, a knitted tie, a colourful handkerchief, a smart-looking watch and some polished derbies. It's the little things that make all the difference.

You don't need to wear a full suit to the afters of a wedding so I really wouldn't go buying one especially for it, but if you do want to go out and buy one then go for something that you'll get plenty of wear out of and that you could also wear as separates.

RELAX YOUR TAILORING

Given that you won't be attending the more formal ceremonies during the day, you're really aren't required to go fully formal in the evening so while you might still choose to wear a suit, you can relax things a little and opt for a knitted polo shirt or a grandfather collared shirt rather than a dress shirt and a tie. This will transform your tailored look and instantly give it a stylish laid-back edge while removing any 'business' connotations or stuffiness that the suit might otherwise have.

SEPARATES ARE SMART

A great way to look smart without looking business-like is to wear separates. That is a blazer with a mismatching pair of trousers.

Worn well, there's no better way to look the part as an afters wedding guest. Smart separates allow a degree of creativity that a regular two-piece suit doesn't. Classic combinations include navy



CLASSY BUT CASUAL: A well-fitting suit will serve you for a range of social occasions

Look of the Week

Sexton for Men/Gatsby for Men

My look of the week is a wedding-ready look from Sexton for Men and Gatsby for Men. Here, I'm wearing a mix and match Benetti three-piece suit with a Benetti shirt, tie and pocket square. My shoes are also from Benetti. Benetti are just one of the amazing suiting brands that Sexton's and Gatsby have in store so pop into the lads and check them out along with all the other amazing brands on offer.



worn with a lighter blue or neutrals like brown and beige. As it's a more dressed down look than a traditional suit, separates wear well with t-shirts and knits, if you really want to go for a relaxed look.

KEY PIECES

A simple navy or grey suit in a lightweight wool will suit most wedding parties, year-round. It's formal enough for any occasion and light enough to withstand the heat of a drunken dance-off.

You don't have to wear a tie, but if you do consider something more interesting than the standard workfare – a knitted tie is always a great option.

White shirts tend to look too much like workwear so look to something warmer and brighter like a sky blue, a pale pink or a pinstripe to lift your presentation while also looking elegant.

If it's a very casual affair then you can ditch the traditional button-up altogether and wear something more relaxed and

comfortable. A roll neck looks refined with a suit in winter while an open collar shirt plays well with linen for summer weddings. Knitted polos and tees are very casual but can work if styled correctly.

The rule of thumb is to stick to plain neutral colours in tonal shades that play well with your suit.

It's hard to go wrong with smart black shoes (unless you're wearing a suit in a very light shade) as they bring an air of formality. Dark brown will also work well with most things but err on the side of dressy rather than casual. Trainers, boat shoes, Toms etc are not appropriate.

Don't be afraid to accessorise with a nice watch, a colourful pocket square, a tie pin or some nice cuff links as a wedding reception is still an excuse to dress up nicely. Just don't go too Pitti Uomo as you don't want to upstage the groom.

LIFESTYLE

Leaders get back on target with the end in their sights



MENTAL HEALTH MATTERS DR EDDIE MURPHY

Clinical Psychologist
Adjunct Associate Professor
UCD School of Psychology

THE 5k run and the grand finale is in sight but there is still more work to do as we take a look inside Operation Transformation on Week Seven.

Week Six was a bummer with four out of five leaders not hitting their weight targets. Week Seven changed that story, with five incredible weigh-ins. Well done all. We decamped from the Tullamore Harriers Club and the county of Offaly after being shown excellent hospitality and a spirit of fun and sport.

Given that this week was 'blackout' week, where the leaders didn't have access to their food plans from the OT app, all the leaders did very well.

SHANE, 29YRS – RECONNECTED – TARGET 3LBS LOST 6 LBS

Shane has rebounded. When I first met Shane he was disconnected from his family and busy with the distractions of life, attending everyone's else's needs and not his own.

He wasn't a runner and declared his concerns at the weigh-in that he couldn't breathe when running.

Karl Henry put his hand out and guaranteed to Shane that he would run the full 5km and not walk one step. Shane is still in disbelief.

For the first time Shane wasn't scared during the weigh-in.

Over the past week he went swimming a number of times. This was an important breakthrough for a man who skips every opportunity to swim. It's pure avoidance as he is concerned about what other people would think.

I hear this a lot in the therapy room. People don't spend a lot of time thinking about others as they are more concerned about themselves.

Another amazing week of inner growth for Shane.

LORRAINE, 46YRS – OH YES! – TARGET 2LBS, LOST 3 LBS

During Lorraine's OT journey there has been a cycle of her hitting her target, then not hitting her target, which resulted in Karl Henry visiting her to do an intense session after which Lorraine came back and hit her target again.

So Lorraine needs to keep Karl on speed dial!

This was as emotional week as it's the anniversary of the death of Lorraine's sister Roisin, who lost



My measures of success are healing and flourishing. I can see that Lorraine has done both

her life too soon due to cancer.

Lorraine has a great attitude I believe, and she can see many ways of measuring success, not only on the scales.

My measures of success are healing and flourishing. I can see that Lorraine has done both. In fact, on the hours of sleep that Lorraine gets she is a pocket dynamo.

Kathryn is going to run with Lorraine on the 5k so the competition is hotting up!

BARRY AND ANDREA – GRATEFUL

Thankfully Barry and Andrea walked away from aquaplaning on the motorway back to Cork the previous week with minimal injuries.

It could have been so much worse and being grateful and thankful is the order of the day. Given that they were naturally shook up, rest was the top priority for them.

A graduated walking program was introduced with no resistance sessions and only 30 minutes walking was prescribed.

They were both very nervous of not hitting their targets, but their weight loss demonstrates how their portion sizes were much too large pre OT and also how incredible registered dietician Aoife Hearne's food plan is, as Barry lost 5lbs and Andrea lost 4lbs. Not bad for sitting and resting!

On the upcoming 5km, Aoife is going to stride out with this incredible Cork couple.

After such a critical incident our minds and body can respond in many different ways. In particular we can get flashbacks and nightmares, avoid certain activities i.e. driving, and emotionally we can experience fear, loss, anxiety and anger, plus the adrenaline stays in our system for a while.

The value of walking and talking



Operation Transformation leader Shane, pictured with show host Kathryn Thomas, had another incredible week of personal growth, according to expert Dr Eddie Murphy

is critical to discharge these emotions.

TANYA, 33YRS – A RUNNER – TARGET 2LBS, LOST 3LBS

Tanya is shrinking in front of us every week. On week one all I could see was a woman bloated from drinking 12 cans of coke a day; a person who was in a bubble in her life. In this bubble she was protected by her wonderful partner Terry and by her older siblings.

Tanya rarely felt her power as an independent, inspiring woman.

She went running on her own

and tested herself, pushed herself and proved that she can do it. From sedentary to a runner.

I am running with Tanya for the 5k and there is a bit of a competition this year between the runners, so I hope to power on with Tanya so that we cross the line first. Karl won't like that!

Tanya, like many of us at a turning point on the road, might be tempted to settle for mediocrity.

We must continue pushing ourselves outside the comfort zone; after all, it's when you do this that

the magic happens.

So it's been an amazing year with brilliant leaders. Only one more week left, what can I say.

I will report on all the inspiring inside stories, from fashion to running, next week.

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

POSITIVE PARENTING



Top Tips

Promoting Infant Mental Health

BABIES can experience very strong emotions long before they have the words to describe them so it is really important that have parents and caregivers who can respond to these feelings:

CONTACT

Take the time to connect with your baby by talking, kissing and smiling as much as you can. Your voice and touch act as an incredible anchor for their sense of security and attachment.

RESPOND

Respond to your baby when she is unsettled. There is no such thing as spoiling a baby – you are helping her to return to a calm emotional state which is really important for teaching her coping skills later on.

NON-VERBAL LANGUAGE

Speak your baby's (non-verbal) language; Looking away and small blinks, for example, may indicate that she needs a rest so try to respond with a cuddle and lay her down for a nap.

ROUTINE

Babies thrive on routine so try to make sure that your interactions with her are nurturing and predictable – kisses on the toes during nappy changes, a lullaby before bed etc.

LOVING FEELING

Remember that as a parent, you don't have to be perfect – babies just need their parents to be good enough to meet their needs and love them.



There is evidence to show that the best way we can ensure that our children are happy and healthy is to mind our own health and happiness

Nurturing your child's health starts with your own

WE all know the feeling—you're multi-tasking furiously between dinner, homework, activities, bedtime...then, finally, quiet descends in the household, and you have a moment to yourself ...and, then you fall asleep.

As parents, we can be pulled in hundreds of directions on a daily basis as we try to meet the needs of those around us.

Most of us have become accustomed to battling through after sleepless nights, eating on the run and scheduling our social activities once everyone else's calendar is set.

There is evidence that shows

that best way we can ensure that our children are happy and healthy is to mind our own health and happiness. This doesn't mean exotic holidays, expensive spa treatments or a lot of time away from your children. It does mean finding some time to devote to yourself—the time to nourish your body with healthy food, the time for an activity that makes you smile, the time to meet with friends.

Below are some ideas... Just making one small change can make a difference.

1. CONNECT

Whether it's a quiet cup of tea

with a neighbour or a long walk with your partner, take the time to connect with those around you. These connections are essential to health and happiness.

2. BE ACTIVE

Getting plenty of exercise, whether it is a gentle walk, a swim or a hard-core gym workout, really does provide a lift to your mood as well as making your body stronger and healthier. Plus, it gives you more energy for all of that juggling!

3. TAKE NOTICE

Sometimes, the days can rush by in a blur of just getting things done. Take time to be still, take a deep breath and notice the sounds,

smells and sights around you.

4. KEEP LEARNING

We never lose sense of satisfaction that learning a new skill brings. So, sign up for that cookery course, learn a new language or even pick up the hurley and practice along with the children.

5. GIVE

This can be as simple as bringing a colleague a cup of tea when they are in the midst of a deadline or getting involved in a community clean-up project.

For more information on this and other topics go to www.loveparenting.ie.

LIFESTYLE



HEALTHY LIVING

EVA HILL HAMILTON

CONTACT EVA

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

Getting to the root of those SIBO pains

HAVE you been diagnosed with SIBO? Then you are one of the “luckier of the lot” who have been given a more specific answer and probably a partial solution to their digestive discomforts.

SIBO stands for Small Intestinal Bacterial Overgrowth – it is not an infection, but the normal bacteria get to the wrong place and over proliferate to produce the uncomfortable symptoms of bloating, pain,

abnormal bowel movements and even anxiety and depression. You might have had the diagnosis of IBS with the same symptoms. In fact, an estimated 70% of IBS patients have SIBO with elevated hydrogen and / or methane gas when examined with the right test.

SIBO can result from eating a typical sugary - milky Western diet full of snacks - or failure of the gastric acid barrier either due to stress or medications; like antacids or reduced bile secretions in



SIBO can result from eating a typical sugary - milky Western diet PICTURE: PIXABAY

your liver – gallbladder. SIBO can also be the result of failure of neurological issues within the gut; problems with the migrating motor complex that orchestrate small intestinal motility, leading to constipation and the bacteria normally

residing in the large intestine to make its way to the small intestine. Anatomic alterations, or impairment of systemic and local immunity may also play a role - therefore thorough investigation is recommended.

The hydrogen breath test is an established non-invasive way for assessing malabsorption of sugars in the small intestine – this is what gastroenterologists order in hospitals to diagnose SIBO. However, there are patients who can suffer from the same spectrum of digestive issues but who produce little or no hydrogen, instead producing relatively large amounts of methane. These patients will avoid detection with the traditional hospital breath test for malabsorption based on hydrogen detection; therefore, several false negatives would be expected.

The current management strategies for SIBO centre on antibiotics and maybe elimination diets. The FODMAPs diet may provide symptom relief short term as it removes certain fermentable fibres from the intestine but excluding

healthy foods will lead to long term complications – including the reduction in beneficial bacteria that are necessary for immune health. Antibiotics also create a reduction in diversity of your microbes for months – even years, which in turn will affect your overall health.

As always, the underlining imbalances need to be addressed, otherwise the bacteria can overgrow again. Individualized investigations and tailored dietary changes, stratified herbal remedies and lifestyle modification strategies may bring long-lasting results. In my clinic I use private functional tests to allow for a better understanding of your underlying imbalances, then tailor an action plan which best suits you. Don't hesitate to contact me for more details and to find Your root to better health.

The Wedding Day

SUNDAY MARCH 1 | 12-5PM | THE HUB KILKENNY
 - TICKETS AT THEWEDDINGDAY.IE -

IN THE GARDEN

WITH JO

CONTACT JO AT CARAGH NURSERIES

email: jo@caraghnurseries.ie web: www.caraghnurseries.ie



Fruits You Sir! Grow your own and reap the benefits

There is nothing better than picking your own fruit off your own tree and eating it straight from picking! It really is the simple things and we are here to start a revolution of fruit growing around the country.

If you have a nice open plot to grow your trees on then work away but we are also encouraging

you to think about other areas that you could grow fruit trees, how about a school project, we were planting up an avenue at our children's school with trees and thought why not plant fruit trees for the kids to enjoy so we planted a row along the avenue to the school gate, keeping them low enough so that they could pick the fruit. How about a green area? or a sports club or community centre. Your local rugby, soccer or GAA club will usually have an area at the front that is open and unused, why not plant 2 or 3 fruit trees. They tend to be the most inexpensive trees starting at a young but already fruiting 3 year old tree from €25.00.

If you have a green area why not talk to your residents

association about planting a grouping of fruit trees, wouldn't the kids and adults alike love the idea of picking fruit during the late summer and Autumn. Wouldn't it be lovely if one of the local residents had time to make an apple or pear tart for the neighbours. Lets all join the movement to grow more fruit trees within our community.

Fruit trees need full sun to thrive. Apples, pears, and plums are tolerant of less-than-ideal conditions, they don't want to be waterlogged and as long as they have good air flow around them, they will fruit well, especially in a good summer.

FOOD AND WATER

Though fruit trees often prosper with only minimal care, paying attention to their needs will reward

you with a larger, more flavorful crop. Water newly planted trees whenever the top 2 inches of soil are dry. As the plants develop more extensive root systems, you can water less often—but keep in mind that, to produce a juicy crop, all fruit trees must be watered in dry periods.. Mulching helps conserve the

moisture and keeps in the organic matter around the roots.

As a commercial grower we use a rigid fertilise regime to have our trees looking their best but getting the best growth and root structure in the pots but as a home grower and with the tree planted into the open soil your tree will require only minimal feeding. It's best to base your fertilising schedule on the growth of the tree, If it's growing satisfactorily, its nutrient needs are being met. If its performance is below par, though, apply a high-nitrogen fertiliser in early spring.

PRUNING

First and foremost, it's highly recommended that you prune your fruit trees to a manageable

height. Although the thought of a 20-foot apple tree may seem appealing, think of the practicalities—even if you manage to reach the ripe apples at the top of the tree, what will you do with that much fruit? Trim to a height that will allow you to easily harvest and prune. If you can't reach above your head

and easily pick fruit from the tree's tallest branch, it's likely too tall. Pruning will not only make your life easier but will make the tree healthier too.

When it's cold, prune for shape: February & March are the ideal months to do your winter pruning.

Try your best to prune during a dry spell without a chance of frost, as fresh cuts on your tree can be particularly susceptible to moisture and cold. Since the majority of fruit trees are deciduous, winter is an excellent time to prune for shape without leaves or fruit cluttering your view. Remove crossing branches, anything that's growing back into the centre of the tree, or limbs that are broken or dead. The shape of the tree is up to you, but make sure its centre is open and uncluttered—it's important that air can move freely through the branches once the warmer weather returns and the tree is again covered in fruit and leaves.

STYLES OF FRUIT TREES

We always have a good range of fruit trees which include some larger trees and also some shaped fruit trees, why not consider an



Above: Pear tree growing alongside a stone wall with fresh fruit ready to be picked, below: plums tree growing alongside a stone wall with fresh fruit ready to be picked



espaliered or even a fan trained tree if you have a South facing wall that they can grow against or if you prefer a vineyard style row along the garden. Our mature trees are good and strong and ideal for if you are considering an orchard style garden. With a good range of Pears, Plums and apples in some of our personal favourite varieties we have every kind of tree you could wish for.



Trees with red apples in an orchard



Bio Garden, Sheki, Azerbaijan, October, 2018

OUT & ABOUT



Attending the Avalon Hotel Wedding Showcase were Pat and Niamh McGuire with Geoff Morrissey and Bridie McGuire

Out & About

WEDDING BELLS CAN RING AT AVALON HOUSE HOTEL

Pictures: HARRY REID



The ballroom at Avalon House Hotel



Anne Healy was at the Avalon Wedding Fair



Stephanie and Mary Flynn



At Avalon House Hotel were Dan and Kathleen Lawler, Mary and John Delaney with Maria Lawler



Enjoying the wedding showcase at the Avalon House Hotel were Thomas Mooney with Christine Murphy and daughter Alison

OUT & ABOUT



LEFT: At the Wedding Showcase in the Avalon Hotel were Mike and Daragh Brown with Paul Maher and Saoirse Ryan

ABOVE: Sinéad Byrne was with Stefanie Lyons in the Avalon Hotel

RIGHT: John Higgiston with Geraldine Brett



Megan Fitzgerald and Darren Purcell



The Tamgumus Family: Jackey, Ali, Jade and Seán



Avalon Hotel's Sean Comer with staff members and Jane and Julie Comerford

ENTERTAINMENT

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

Novel to be launched Sunday in the city

Ann Murtagh's novel for children called, *The Sound of Freedom*, has been published by O'Brien Press and will be launched in the Medieval Mile Museum at 5pm on Sunday.

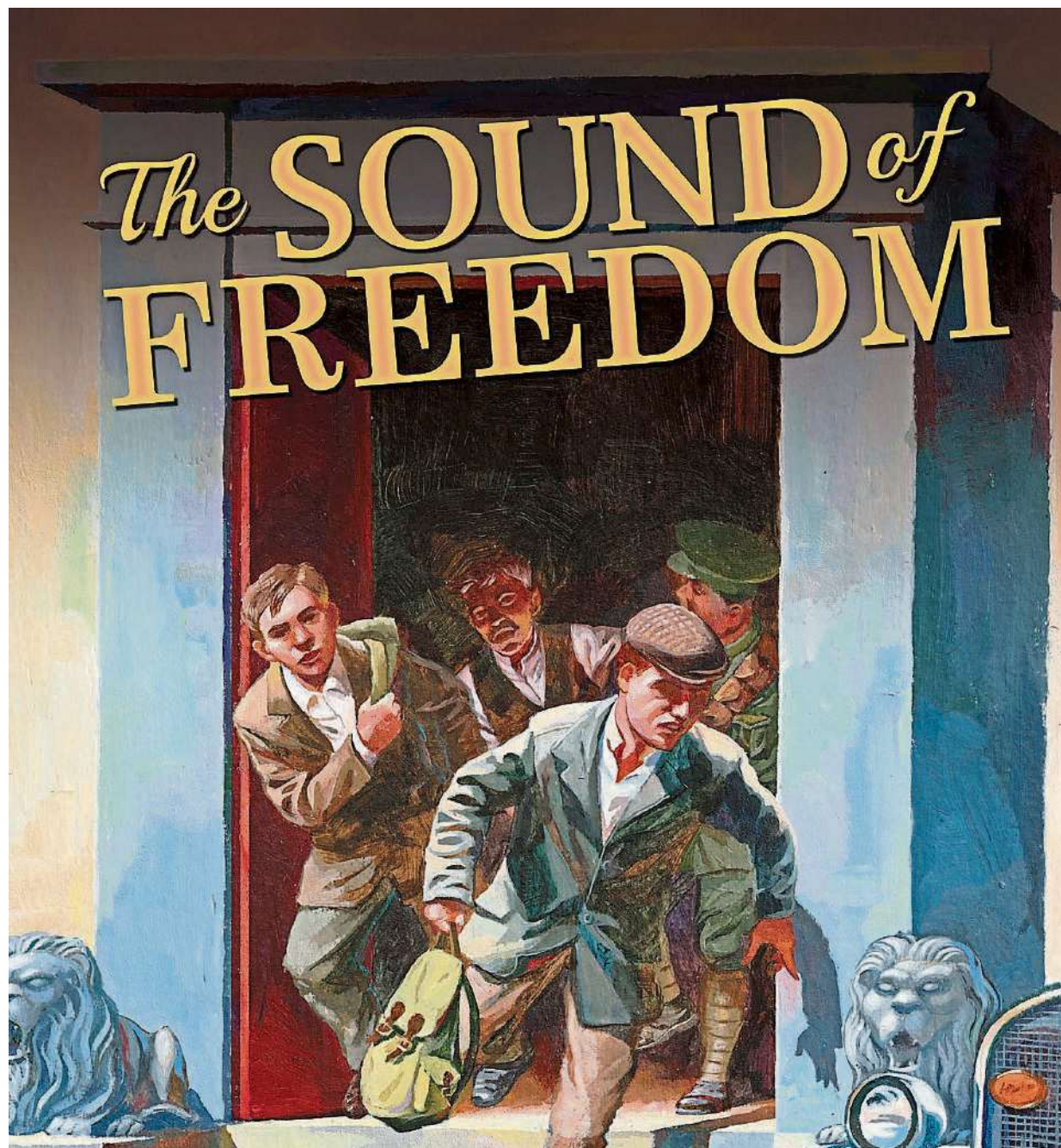
Fin Dwyer of the Irish History Podcast is the guest speaker. All welcome, but please RSVP Ann at murtaghann19@gmail.com or 087 6249565

The inspiration for the book came from being asked to design school resources for a 1916-themed play by Barnstorm Theatre Company, called *The Messenger*.

This work gave Ann a new appreciation for the power of story in treating this complex period of our history and she decided to try her hand at writing a novel set during the War of Independence. She chose on an area in North Westmeath for the setting as both her parents came from there.

Ann lived in Kells, Co Meath until 2002 when she and her Kilkenny husband moved to Kilkenny City.

She taught for many years in Kilkenny School Project and has been active in local history projects such as Kilkenny 400 and Kilkenny Archaeological Society's project on Lá na mBan in 2018.



The Mai - Fly to see it in Watergate

Marina Carr's engrossing drama, *The Mai*, comes to the Watergate Theatre on Saturday, April 18 as part of a nine-venue national tour presented by Decadent Theatre Company with Andrew Flynn directing.

The Mai is an epic tale of three generations of an Irish family inspired by love but shattered by inescapable reality.

Set in the Midlands in the 1970s, it is both wildly funny and humorously tragic.

The play centres on a formidable 40-year-old woman, a teacher known as The Mai, whose husband Robert, a musician, has always felt stifled by her ideals of perfection.

After 17 years he leaves her, where upon she sets about decorating a dream house in the hope that he will one day return.

From her fairy tale castle on the banks of the Owl Lake, The

Mai waits for him by the window. The play opens on the day of Robert's unexpected return after a four-year absence.

Throughout the *Mai* and Robert's troubled reunion appears the memorable characters that comprise three generations of her family.

They are her two sisters meddling in the affairs of her three daughters with comical tenacity.

Towering above them is the irreverent matriarch, Grandma Fraochlan. She presides with her ancient and fantastical memory, reminding them that the past is looming over the present.

Until Decadent's 2018 production, *The Mai* had not had a major outing for 25 years. 'I first came across Marina Carr and *The Mai* in 1994 when I was in college and saw the Abbey production,' artistic director Andrew Flynn said.



Maeve Fitzgerald as *The Mai* in Decadent Theatre's production of the Martina Carr play which is coming to the Watergate Theatre

ARTS INFO

Kilkenny County Council Arts Office recently appointed Rachel Botha as the second curator to avail of the Emerging Curator in Residence Programme.

This programme will enable Rachel to gain direct experience in the field of curating exhibitions for the Arts Office Gallery at No. 5 Dean Street, Kilkenny.

Three exhibitions in total will be organised between May and September, this providing Rachel with the platform to further develop her career, expand her artistic and creative networks and avail of a mentoring programme with Curator and Cultural consultant Eamonn Maxwell.

Rachel is delighted to be selected in her home place.

"I am looking forward to curating a series of exhibitions that respond, relate and engage with the local context and community," she said.

This programme will also enhance the cultural vibrancy of Kilkenny by showcasing the works of local Kilkenny artists and that of artists from across Ireland.

An outreach programme will coincide with each exhibition, seeking to involve a variety of communities in Kilkenny and diversifying audiences and engagement.

Rachel is an emerging curator, arts administrator, researcher and art writer. She currently lives between Belfast and Dublin, but is originally from Kilkenny.

Rachel holds a BA in History of Art & Architecture from Trinity College Dublin, and a Master's degree in Visual Culture & Critical Studies from Technological University Dublin.

Her curatorial practice investigates how people perceive their social framework, often working with and in response to individuals and communities, generating work through collaboration, collective action and Do It Together strategies.

Her outcomes are often project dependent, including: story collecting, live performances, outreach programming and creative facilitation.

ENTERTAINMENT

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

GIG GUIDE

From the promotions company that brought you the highly acclaimed *Carpenters Story* which recently sold-out in Kilkenny starring Kim Dickinson and such well known country acts such as *The Three Amigos* come as another magic night.

J and C Promotions are present *Gentle on My Mind*, *The Glen Campbell Story*, starring Master Guitarist and well-known country music personality, Ciarán Rosney with his five Piece Band.

You can catch it on Tuesday, March 19 in the Watergate theatre.

Featuring well known musicians such as Billy Burgoyne (ex-Daniel O'Donnell) and fiddle player extraordinaire Denise Boyle.

The show will take you on a truly amazing journey with some of Glen Campbell's best known hits, from 'Rhinstone Cowboy' to 'Wichita Lineman' and unique to this show will be Ciarán's unrivalled interpretation of Glen's guitar playing abilities.

The show will also include state of the art video projection with tasteful lighting and a fantastic full live music experience.

Book Now at watergatetheatre.com or call the box office on 056 7761674!

TRADFEST

The Kilfenora Ceili Band return to the Watergate Theatre as part of Kilkenny Tradfest 2020 on Saturday, March 14 8pm.

Book Now at watergatetheatre.com | 056 7761674.

Nearly 110 years in the business and the Kilfenora has gone from strength to strength since their Centenary!

Known as one of the world's most renowned traditional bands, the Kilfenora Céili Band are constantly finding new ways to bring their age old traditions to new audiences with tours to Glastonbury (headline concerts on their acoustic stage) and concerts in New York's prestigious Lincoln Center as well as tours around Ireland, Europe and even further afield.

Don't miss them in Kilkenny!

Enjoy great - yet scary - family values

The Addams Family, a new musical comedy, based on the famous family from the well known films will be coming to the Watergate Theatre this Easter.

The award-winning Kilkenny Musical Society will take to the stage from April 5 to 11 with this hilarious, lively and energetic show.

The society have gone from strength to strength in the last number of years.

Their last two shows have been sold out successes and their annual productions have become one of the most hotly anticipated events in the Watergate's calendar.

There is comedy, laughter and drama in this musical suitable for the youngest to the oldest member of your family. This year is already shaping up to be another hit with rehearsals now in full swing.

The cast are a mixture of both well-known faces and newcomers to the Watergate stage.

Patrons of the Watergate in the last number of years will be very familiar with Claire Henriques, Sarah Brennan, David Doyle and Fergal Millar who are playing the part of Granny Addams, Alice Bienenke, Uncle Fester and Gomez Addams respectively.

Carrie Doran will play the part of Morticia Addams in her first role with Kilkenny Musical society while other newcomers to the society, Oisín O'Reilly and Steve Bailey will play the part of Lucas and Mal Bienenke.

Mark Duffy returns to the



The Addams family in rehearsal: Claire Henriques, Leah Comerford, Carrie Doran, Fergal Miller, Ciarán O'Dwyer, David Doyle and Mark Duffy ahead of Kilkenny Musical Society's show in the Watergate from April 5 to 11. Book early

musical Society after a long sabbatical to play the role of Lurch. Finally, the parts of Wednesday and Pugsley Addams are being played by

Leah Grace and Ciarán O'Dwyer.

Despite being the youngest members of the Society Leah, Ciarán and Oisín have a wealth of

stage and performing experience under their belts. Joining them on stage will be an ensemble of 30 talented singers and dancers.

See Bombshells at O Faoláin's of John Street



The fantastic Kats Theatre Group will present a selection of monologues entitled Bombshells for International Women's Day and the day before!

Written by Joanna Murray-Smith, Bombshells examines the inner and outer lives of six women in different stages of their lives.

Each woman's monologue is presented with humour, cunning and life affirming realism.

Playing the six women are



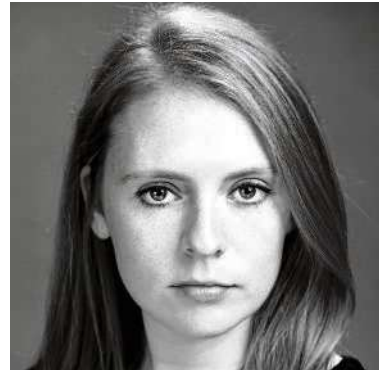
Kilkenny actresses Rosey Hayes, Niamh Hennessy, Nicola Ryan, Gemma Grant, Anne Murray and Delia Lowery.

EXCITED

Rosey Hayes, who has been eager to perform this play since she read it, is excited to bring her monologue to the stage.

"The sheer power that each of these monologues have and the wonderful stories they tell, really make this play a treat," she said.

Delia Lowery, chairperson of



Kats Theatre Group is also excited to be involved in these monologues, directing and participating.

"It's great to find such strong female pieces and be able to bring them to life," she said.

This is only achievable by the extremely brilliant talent a city like Kilkenny possesses," she commented.

For International Women's Day, all proceeds on Sunday, March 8 will be donated to Women's Refuge Kilkenny.



Bombshells will be staged in O'Faolain's, on John Street for two nights (Saturday, March 7 and Sunday, March 8) at 7pm nightly.

Tickets are €12.50 per person or two tickets plus a bottle of wine to share for €30.

Tickets are on sale now via the KATS website, kats theatre.com. People can also reserve tickets on the door by emailing kats theatre group@gmail.com

This is a rare opportunity to see six wonderful actors.

ENTERTAINMENT LISTINGS

What's on in Kilkenny this week

THURSDAY

Circus Gerbola, Cillín Hill, 4.30pm & 7.30pm

Chamber Chat with U.S.

Olympian Curtis Mitchell, 6pm
Swing Dancing, Home Rule Club, 7.30pm

Sofa Sessions, Billy Byrne's, 9pm

FRIDAY

Seminar: Bursaries and Beyond, National Craft Gallery, 9.30am

Circus Gerbola, Cillín Hill, 4.30pm & 7.30pm

Bingo Loco, Ormonde Hotel, 6pm
The Legend of Luke Kelly, Watergate Theatre, 8pm

Brigid Cleary, Fennelly's (Callan), 8pm

Mean Streets, Toast of Thomastown, 9pm

Devil The Bit, Lanigan's Bar,

9.30pm

The Collective, Ryan's Bar, 10pm

Acousticats, Kyteler's Inn, 10pm

Music Junkies, Rafter

Dempseys, 10pm

The Pearly Whites, Left Bank, 10.30pm

SATURDAY

Circus Gerbola, Cillín Hill, 2pm & 5pm

Trad followed by DJ and Late

Bar, Matt The Millers, 6pm

Arborist with Special Guests, Set Theatre, 8pm

Patrick Feeney - Country and

Gospel Tour, Watergate

Theatre, 8pm

Johnny Scully, Home Rule Club, 9pm

Big Spoon, Ryan's Bar, 10pm

Him 'n' Her, Rafter Dempseys, 10pm

Live DJ, Lanigan's Bar, 10pm

Róisín Dubh, Kyteler's Inn, 10pm

SUNDAY

Hot 4 Jazz Quartet, Left Bank, 5pm

The Sound of Freedom Book

Launch, Medieval Mile Museum, 5pm

Generation 5, Kyteler's Inn, 6.30pm

Tomas Jackman, Kyteler's Inn, 9pm

The Barflys, Pumphouse Bar, 9.30pm

Devil The Bit, Lanigan's Bar, 9.30pm

MONDAY

Circus Gerbola, Cillín Hill, 2pm & 5pm

Monday Night Madness, Matt The Millers, from 6pm



Arán Artisan Bakery & Bistro wins the Brunch Award after being put to public vote. The Georgina Campbell Irish Breakfast Awards in Association with Fáilte Ireland, was held in The InterContinental Hotel PHOTOGRAPHER: PAUL SHERWOOD

New chances for young people to 'get musical' in Kilkenny

Music Generation Kilkenny has announced an exciting line up of musical activities as part of its programming this spring, including a brand new creative music hub and uilleann pipes taster sessions for young people across the county.

CREATIVE MUSIC SPACE, IN PARTNERSHIP WITH FORÓIGE

First up in the programme of activities is the Creative Music Space, a hub for young people who want to learn an instrument or explore their singing skills in a group setting, run in partnership with Foróige.

From March 5 to June 4, young musicians will have the opportunity to participate in small group tuition on drum kit, guitar, ukulele and vocals on Thursday evenings in the DRUM Youth Centre.

Commenting on the upcoming music hub, Kilkenny native and Music Generation Kilkenny Development Officer Sinéad Blanchfield, said: "I'm really looking forward to launching the Creative Music Space in partnership with Foróige. It will be

a wonderful space where young people can come together in a fun environment to make new friends and be creative with music."

You can register your interest in the Creative Music Space by emailing musicgenerationkilkenny@kcetb.ie

A registration evening will take place on February 27 at the DRUM Youth Centre from 6-8pm.

TRY THE PIPES, AS PART OF ST PATRICK'S DAY FESTIVAL

Also on Music Generation Kilkenny's upcoming programme of event is 'Try the Pipes,' a free Uilleann Pipes taster session for young people as part of the Kilkenny St Patrick's Day Festivities, in partnership with Na Píobairí Uilleann, Kilkenny and Carlow Education and Training Board and Kilkenny County Council.

In addition to the taster sessions there will be Uilleann Pipes classes for beginners and intermediate/advanced players from 10 to 18 years of age.

Classes will be taught by local piper Pádraig Butler of the Kilkenny Uilleann Pipers Club and by Nollaig



Pictured is DJ Delaney with Music Development Officer Sinéad Blanchfield ahead of Music Generation Kilkenny's 'Try the Pipes' event PICTURE FREDDIE GREENALL

Mac Cárthaigh of Na Píobairí Uilleann, an organisation dedicated to the promotion of Uilleann Piping throughout the world.

In December 2017, UNESCO recognised Uilleann Piping as an important and unique symbol of cultural heritage by the inclusion of piping in their Representative List

of the Intangible Cultural Heritage of Humanity. This important global accolade reflects heritage cultural practices that are considered to enrich all of humanity.

In advance of the forthcoming sessions and classes, Sinéad said: "You can be a complete beginner on uilleann pipes or already have some

experience in playing the instrument. 'Try the Pipes' is open to young people from ages 10 to 18 and uilleann pipes will be provided on the day."

'Try the Pipes' is free but booking is essential. Register at stpatricksfestivalkilkenny.com.

TRANSFORM

Music Generation Kilkenny is part of Ireland's national music education programme, initiated by Music Network and co-funded by U2, The Ireland Funds, the Department of Education and Skills and Local Music Education Partnerships. The programme seeks to transform the lives of children and young people ages 0-18 by creating access to high quality, affordable music tuition in their localities.

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

Following an initial planning and development phase, Music Generation Kilkenny commenced its first singing programmes in primary schools in Castlecomer and Thomastown in September 2019, with further expansion now happening in 2020.

This includes an after school music hub planned for the young people of Abbey Community College, Ferrybank, who will have the chance to learn drum kit, electric guitar, acoustic guitar, bass and vocals.

FIND OUT MORE

To find out more about these opportunities contact Sinéad Blanchfield, Music Generation Development Officer via email on : musicgenerationkilkenny@kcetb.ie or telephone Sinéad on 056-778 6896.



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OUT & ABOUT

BIG NIGHT OUT @

SILVERWARE AND SMILES AT THE TULLAROAN GAA VICTORY DINNER



At the Tullaroan GAA Club Victory Dinner in the Newpark Hotel were from left, Claire Walsh, Chris Walsh, Berna Walsh, Dick Walsh and Peter Walsh



Jimmy and Clodagh Coogan at the Victory Dinner. Jimmy Coogan led Tullaroan to club All-Ireland glory in 2020



At the Tullaroan GAA Victory Dinner in the Newpark Hotel were Tom Gaffney, Dick Walsh and Peter Dukelow



Happy Tullaroan club officers Jimmy Cleere (Secretary), Tom Gaffney (Chairman) and John Connolly (Treasurer)



At the Tullaroan GAA Victory Dinner in the Newpark Hotel were Niamh Dowling, Rachel Fitzpatrick, Marlis Walsh, Ciara Connolly, Amanda Connolly



Nicky Maher, Ellen Maher, Chris Maher, Breda Maher

OUT & ABOUT



Jim Moore, Ella Moore, Lilly Moore, Miles Moore, James Moore and Joy Moore



Tom and Sadie Cleere



At the Tullaroan Victory Dinner were Eamon Teehan, Arthur French, Paddy Hogan, Liam Teehan, Joan Teehan, Edward Teehan, Rachel Quigley and Phil Hogan, EU Commissioner



John Connolly, Ned Quinn, Tommy Walsh, Pdraig Walsh and Simon Walton



Declan Dowling, Breda Dowling, Stephen Dowling, Rachel Fitzpatrick, Niamh Dowling and David Dowling



The Walsh family celebrate a great year for the GAA club. Pictured are Shane Walsh, Tommy Walsh, Grace Walsh, Michael Walsh, Frankie Walsh, Martin Walsh and Pdraig Walsh



Lory Holland, Niall Holland, Ritchie Holland, Eamon Óg Holland and Peter Holland

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The new Opel Corsa which has just been launched

NEW CORSA IS WELL PLACED TO COMPETE

DAVID WALSH
david@netacar.ie

I reckon we all know someone who has had a Corsa. It is one of those cars that appeals to drivers of all ages - the Opel Beetle if you like. In Europe, they have sold 13 million of them since it was introduced.

Well, Opel has just launched the sixth generation of the Corsa, the brand's best-selling model with an all-electric version due in Ireland this April. The range starts from €17,975 and it stands a very good chance of luring buyers. With modern, dynamic lines and a lowered body stance, delivering a more sporty, athletic exterior, the

all-new Corsa offers increased interior space and comfort, all the while retaining its renowned German precision for detail.

It has design cues from a lot of cars currently in the sector which is a common enough trait with all new cars.

I wish it was a bit bolder like its now sister, the new Peugeot 208. Whilst the overall exterior height has been reduced to deliver better aerodynamics and lower CO2 and consumption, an increase in front headroom, a longer wheelbase and increased overall exterior length return optimum cabin space and comfort for passengers. The boot volume is increased (+24 litres) to

309 litres, or up to 1,081 litres with seats folded.

At the launch, we were given an insight into how future Opels will be sold. The range will have defined, easy to understand trim level steps with matching pricing.

SAFETY FEATURES

It's a formula that we've seen before and it works - making the decision on the part of the buyer a lot easier. Available in three trims - SC, SRi and Elite - safety technology features available as standard, or as an option, dependent on trim include Forward Collision Alert with Automatic Emergency Braking and Pedestrian Detection, radar-based Adaptive Speed

Control, Lane Departure Warning and Traffic Sign Recognition.

The new Opel Corsa also brings to the segment for the very first time, adaptive glare-free IntelliLux LED matrix lighting.

We got to drive it on a variety of roads and my overall impression of the car was one of quietness. There's a choice of two petrol engines (1.2 75bhp or 1.2 100bhp), matched to a manual gearbox or an 8-speed automatic, and a 1.5 102bhp diesel engine manual, from launch, the improved Corsa delivers a reduction in CO2 of up to 25%. The 75bhp will suit most buyers but for those who like a bit more brio the 100bhp version is the one to go for. It

makes for a much more stress-free journey.

The merger with Peugeot brings about some shared components as would be expected from a prudent financial perspective but those familiar with both brands can see the join. I suppose the rationale is the best of both worlds which is a goal to be aimed for sure.

Available now, the new Corsa is well placed to compete in the very competitive supermini sector where its pedigree should retain existing Opel drivers and attract new ones.

It won't be easy but the newly invigorated Opel will certainly be well up for the challenge.



'The shape of the iconic 911 has evolved over 56 years of production.'

Eight gen of Porsche 911

Hugh Maguire: reviews the latest generation of the 'most iconic sports car in the world'

HUGH MAGUIRE
news@leinsterepress.ie

Worldwide Porsche car sales are doing very well, though here in Ireland the numbers are relatively small they are also growing particularly with models such as the Cayenne and Macan Sports SUV's.

The focus of this review is the iconic 911 Carrera S Type 992 launched just last year in Ireland.

HAS IT ANY STREET CRED?

The shape of the iconic 911 has evolved over 56 years of production. Some say not enough, that a 911 still looks too much like the original. But the latest 911 is without doubt another success of the evolutionary styling.

It's a 911 of that there is no doubt but its longer wheelbase and wider track, larger 20" and 21" wheels give this supercar an even more purposeful and dynamic stance than before.

WHAT'S IT LIKE INSIDE?

The new cabin beautifully crafted, with bullet proof build quality as you would expect from

Porsche.

The new dash is now digital except for the centrally mounted analogue rev counter. More of the cars controls are now operated through an all-new 10" touchscreen save for a few beautifully crafted aluminium switches for key functions.

I don't like everything about the new digital dash, especially the fact that the outer instruments for fuel and external temperature are now obscured by the sports steering wheel.

That tiny new little gear shift selector has also come in for a lot of criticism. Paddle shifts on the steering wheel allowing manual shifting.

From the moment you sit into the leather clad figure hugging sports seats you know you are sitting in a very special sports car. Blending over 55 years of Porsche sports car tradition with modern technology.

The driver sits low down into the car, you feel part of it. The level of standard equipment is very good but as always with Porsche their is an extensive and very tempting options list that will soon push the asking price to wallet busting limits!

You can "build your own Porsche" to exactly to your specifications on their configurator. The fit and finish is

absolutely top class from the visible stitching on the crafted full leather upholstery to the smallest switch, it all feels as though a real craftsman put it together. It so typically Porsche.

UNDER THE HOOD

MODEL TESTED: 911 Carrera S Type 992

PRICE: 911 Carrera starts at €149,000 and 911 Carrera S starts at €167,000

ENGINE: 3.0 litre 450 BHP flat six cylinder petrol

WHEELS: Larger 20" and 21" wheels

TOP SPEED: 308 km/h

WHATS UNDER THE BONNET?

Nothing that's where your luggage goes! The rear engine 911 Carrera S is powered by a 3.0 litre 450 BHP flat six cylinder petrol engine with four camshafts, 24 valves and Variocam plus. Mated to an amazing 8-speed PDK double clutch semi automatic system the combination offers blistering performance.

With PDK the new 911 will hit 100km/h from a standstill in just 3.8 seconds and continue to a top speed of 308 km/h.

Yet driven with restraint (which is difficult) it returned on average 31mpg. But this car is all about performance and suffice to say the 911 Carrera is incredibly quick.

We are in supercar territory here. Floor the throttle (or use the launch control system) and the 911 accelerates unabated towards the horizon.

It just never seems to run out of power. Its incredible.

WILL I ENJOY DRIVING IT?

The balance and handling from the rear engine rear wheel drive 911 is a purists dream. Levels of grip are simply phenomenal and its safe to say that on a public road you will never be able to explore the full capabilities of this car. Its always better than you can deliver as a driver.

A true motoring legend and a masterpiece of automotive engineering. Its quiet and refined too apart from some tyre roar on coarse surfaces, while the sound of that legendary flat-six is intoxicating. However with this latest 911 992 you need to dig deeper to unearth that sports car character and that's a pity. It has become a bit more of a GT than sports car.

VERDICT

Prices for the new 911 Carrera start at a shade over €149,000. The 911 Carrera S starts €167,680 and both rise rapidly as you add in goodies from the tempting options list.

However if you can afford it and want to have the most iconic sports car in the world parked on your driveway then there is only one choice, a Porsche 911.

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- 2016 Nissan Note 1.5 DCI 90 VISA NO PRICE YET
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- 2014 Hyundai 1.4 active NO PRICE YET
- 2012 Kia Rio 1.2 Ed2 in white..... NO PRICE YET
- 2012 Hyundai i20 Classic 1.2 NO PRICE YET
- 2012 Hyundai i20 1.2 Active only 38k mls..... NO PRICE YET
- 2012 Hyundai 1.2 active NO PRICE YET
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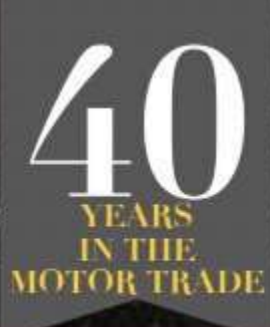
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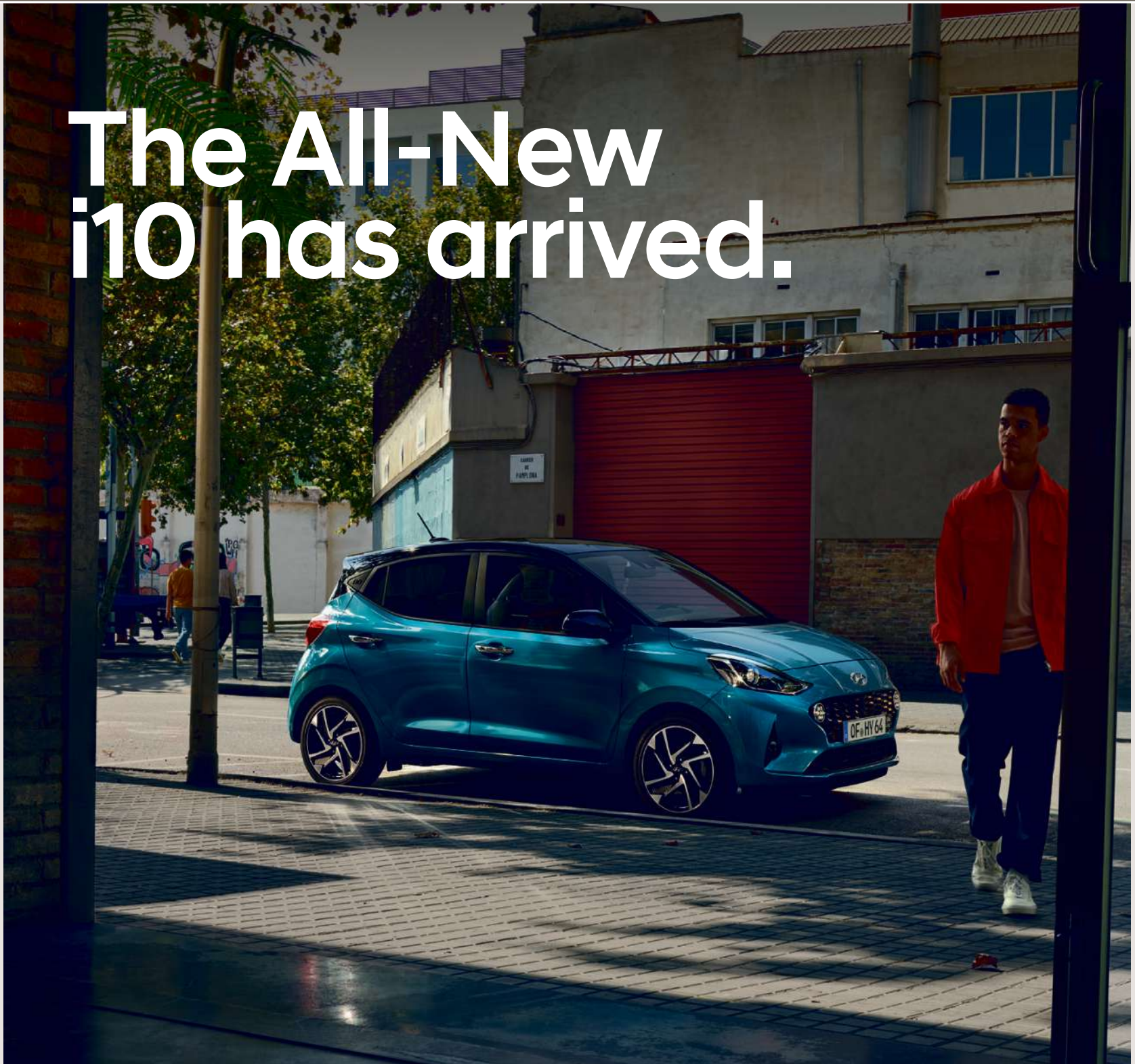


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<p>2018 (181) Audi Q2 S LINE 1.6 TDI 116 BHP</p>  <p>€29,995 €101 per week</p> <p>Free Road Tax</p>	<p>2017 (172) Audi A1 S LINE SPORTBACK 1.4 TDI 90 BHP</p>  <p>€18,900 €64 per week</p> <p>Free Road Tax</p>	<p>2015 (151) Audi Q3 SE 2.0 TDI 140 BHP</p>  <p>€19,900 €67 per week</p> <p>Free Road Tax</p>	<p>2017 (171) Audi A3 SPORTBACK 1.0 TFSI 115 BHP S TRONIC (AUTO)</p>  <p>€19,995 €67 per week</p> <p>Free Road Tax</p>
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PLANNING NOTICES

KILKENNY COUNTY COUNCIL

We, Ena Kearns and Andrew Cantwell hereby apply to Kilkenny County Council for planning permission for a new 2 storey dwelling, garage, associated treatment system and all site and ancillary works at Carrigeen, Johnswell, 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 Department, Kilkenny County Council, County Hall, John Street, Kilkenny, during its public opening hours 9 a.m.- 1.00 p.m. and 2.00 p.m. - 4.00 p.m. Monday to Friday, and a submission or observation in relation to the application may be made to the Planning Authority in writing on payment of the prescribed fee (€20.00) within the period of 5 weeks beginning on the date of receipt by the Authority of the planning application. The Planning Authority may grant permission subject to or without conditions, or may refuse to grant permission.

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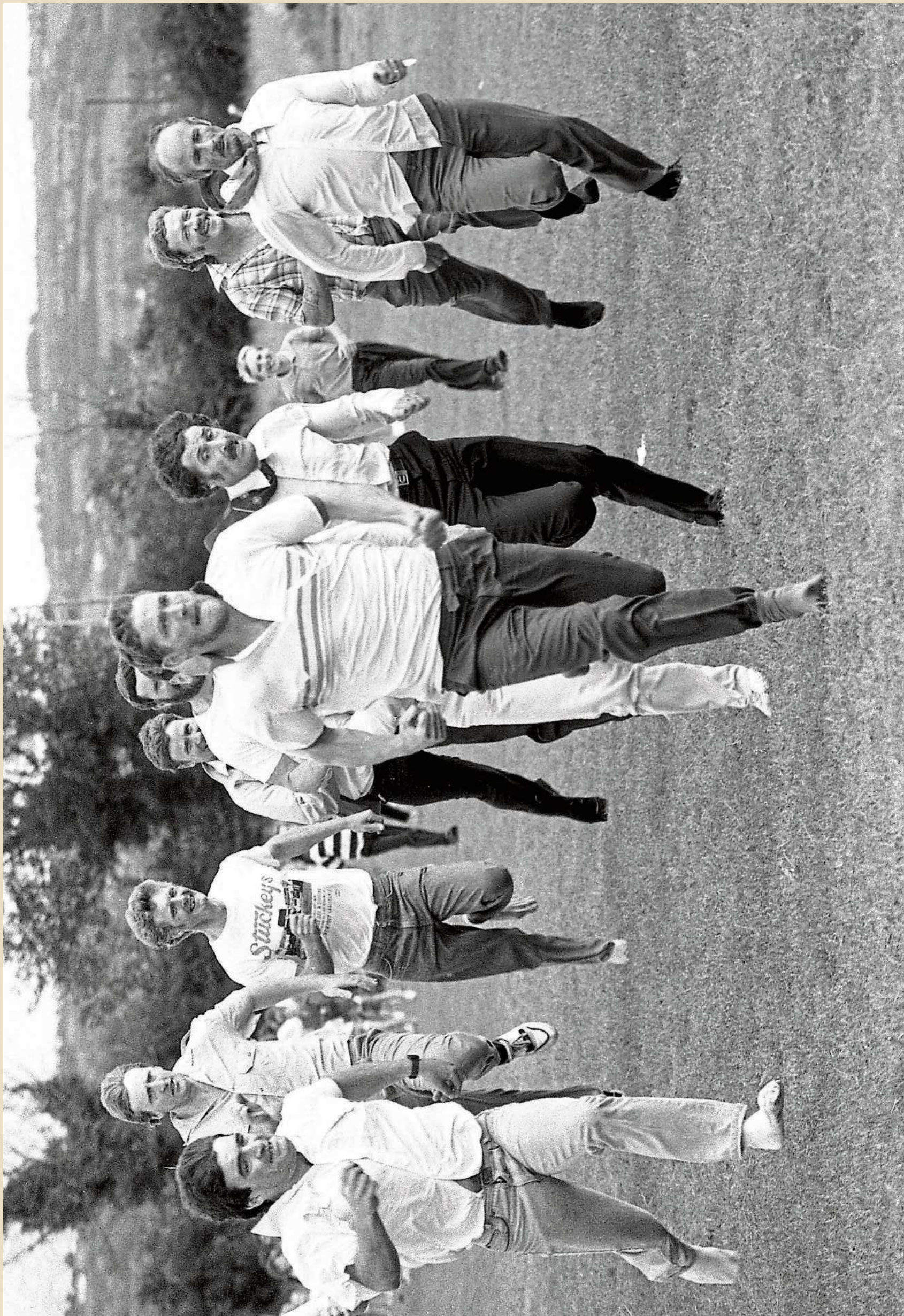
Taking a trip down memory lane in Kilkenny



HORSING AROUND! Having a go at the horseshoe throwing competition at the Clogh Field Day in 1989 PICTURE: MICHAEL BROPHY

All Our Yesterdays

Down memory lane with the THE KILKENNY REPORTER



The action is getting hot in this race at the Clogh Field Day in 1989 PICTURE MICHAEL BROPHY

All Our Yesterdays

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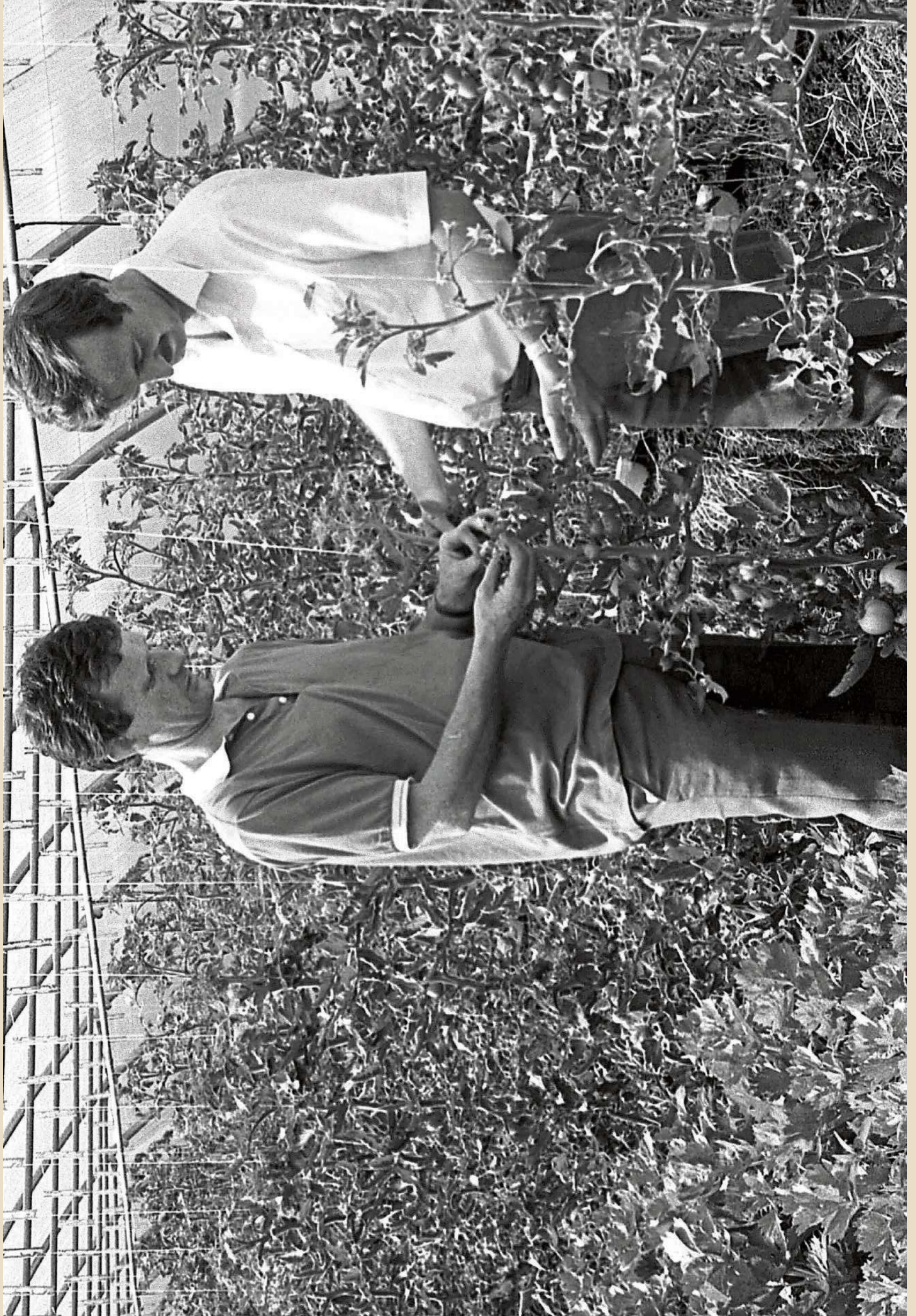
Horse and carriage ride at the Clogh Field Day in 1989 PICTURE: MICHAEL BROPHY



TALKING HORSES.... Another photograph from the Clogh Field Day

All Our Yesterdays

Down memory lane with the
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Checking out the crops ahead of the Kildalton Show in 1989 PICTURE: MICHAEL BROPHY

All Our Yesterdays

Down memory lane with the
THE KILKENNY REPORTER



Checking things over ahead of the Kildalton Show in 1989 PICTURE: MICHAEL BROPHY



OH DEER... Getting ready for the Kildalton Show

SPORT



Centre-back Paddy Deegan has been Kilkenny's best player in the NHL to date

It is steady as she goes for the Cats as they use League wisely

While the cancellations due to bad weather earlier in the month means that Group A of the Allianz National Hurling League won't be completed next weekend, the finishing sequence will be decided in Division 1B where all six counties have played four of five games.

The top-placed side in each division will advance directly to the semi-finals, while the second and third placed teams will qualify for the quarter-finals.

All the games in Division 1B will be played at the same time (2pm) on Sunday.

The pairings are Clare v Dublin in Ennis; Laois v Kilkenny in UPMC Nowlan Park; Wexford v Carlow in Chadwicks Wexford Park.

Clare are the first team from the group to book a place in the knock-out stages.

Whether that will end as a quarter-final or semi-final slot will be decided next Sunday when they play Dublin in Cusack Park.

A win would guarantee Brian Lohan's men, who are unbeaten to date, a place in the semi-final for the first time since 2016.

Dublin (4 points) need to win to give themselves any chance of reaching the knock-out stages.

Clare and Dublin last met in the Allianz League in 2017 when the Banner men won a 1A relegation clash by 3-18 to 0-19.

Wexford (6 points) and Kilkenny (5 points) are well-placed to reach the knock-out stages.

Wexford play Carlow, who have yet to collect a point,

while Kilkenny face Laois, who have two points.

Carlow will be involved in a relegation play-off against Westmeath next month.

The schedule on Sunday (2pm) in Division 1A is Galway v Cork in Pearse Stadium;

Limerick v Westmeath in LIT Gaelic Grounds and Tipperary v Waterford in Semple Stadium.

With both having won their opening three games, Limerick and Waterford are well placed to take two of the three knock-out places.

The top pair, plus Galway and Tipperary, have two games to play, whereas Cork and Westmeath have played four games.

Tipperary and Waterford

last met in the Allianz League two years ago when the Premier crew won by 1-20 to 1-11. They beat Waterford by 2-30 to 0-18 in last year's championship.

This will be the first Allianz League clash between Galway and Cork since 2016 when the Rebels won a 1A relegation play-off by 2-22 to 0-25.

Westmeath will face a relegation clash with Carlow, irrespective of how they fare against Limerick next Sunday.

The quarter-finals will be played on March 7/8 with the second team in Division 1A playing the third team in 1B and the third team in Division 1A playing the second side in Division 1B.

The semi-finals will be played on March 14/15 and the final has been fixed for March 22.

The relegation final will be between the sixth teams in each division.



Niall Brassil made a good early impression for Kilkenny in the League

DIVISION 1 B RESULTS

The Division 1B results to date are:

Round 1 - Wexford 2-27, Laois 2-16; Kilkenny 3-21, Dublin 0-18; Clare 1-27, Carlow 0-14.

Round 2 - Dublin 4-18, Laois 2-17; Kilkenny 3-21, Carlow 0-9; Clare 0-18, Wexford 0-15.

Round 3 - Dublin 0-20, Carlow 0-9; Clare 0-17, Laois 0-9; Wexford 1-16, Kilkenny 1-14.

Round 4 - Wexford 2-14, Dublin 0-18; Laois 0-15, Carlow 0-14; Kilkenny 1-19, Clare 3-13.

The Cats were beaten by Wexford and they drew with Clare in their last two matches, but still, it could be argued, they produced their best in those ties.

The opening match disappointed in that Dublin played poorly. The Dubs never got out of traps in UPMC Nowlan Park. The victory was crucial for

Kilkenny in that it gave them the advantage and points in the bag in the rush for one of the three qualifying places that always looked like being between Clare, Wexford, Kilkenny and Dublin.

Following that poor showing in Kilkenny, the Dubs were always playing catch up. Now that flat showing could prove very costly as things reach the business end of the competition.

Kilkenny manager, Brian Cody, spelled out the plan from the start. It was that Kilkenny wanted to do well in the League; they wanted to make the semi-finals, if possible, but all that would be done while giving a well earned rest to players who helped Shamrocks Ballyhale and Tullaroan to success in the All-Ireland club (senior and intermediate) championship finals.

There was a drip feed of such players back into action

5
The number of points Kilkenny have



before a hamstring injury knocked him back

-Martin Keogh and Tommy Walsh from Tullaroan; Darren, Adrian and Eoin Cody from Shamrocks while others involved in the Fitzgibbon Cup like Richie Leahy (Rower-Inistioge) were brought in and out as the situation suited player and county.

No one, Cody insisted, would be loaded with games or game time too early in the year. The Cats were taking a long term view of the season, not just at the League.

Alas, Adrian Mullen, suffered an injury that turned out to be a severed cruciate ligament on Sunday against Clare. Sadly, his season is over.

Mullen, the 2019 young Hurler of the Year, looked in massive form against Clare. He had already bagged two points from play before suffering the injury in a fall in the 20th minute.

He will be a loss, a big loss. He is only 20. He is a superb

athlete. The experience he has at the highest level with club and county is hard to credit for a player so young.

Cody and selectors James McGarry, DJ Carey and Martin Comerford have opened the door for lots of players to stake a claim for places on the team - Ciaran Wallace, Darren Brennan, Alan Murphy, Conor Delaney, Billy Ryan, Bill Sheehan, James Maher, Tom Kenny, Michael Cody, Niall Brassil, Michael Carey, Tommy Walsh, Martin Keogh, Luke Scanlon and so on.

Players have been tried in different positions too in a bid to work out options for cover. The Cats could have a maximum of four games left in the League. If the League future is as productive as things have been to date, then the county won't be too badly off when the action swings back to matches at local level before the Leinster championship.

Sport

High-flying McMahon brings the message of hope to Mooncoin

MOONCOIN HEALTH AND WELL BEING MEETING

Over 250 adults and teenagers from nine clubs packed into the local complex for the first talk given as part of the Mooncoin GAA club Mental Health and Well Being Programme.

People could hear a pin drop when seven times All-Ireland winning Dublin footballer, Philly McMahon took to the floor to speak about the 'half time talk of his life'.

For 40 minutes or so McMahon entertained, educated and captivated the audience with a deeply personal account of growing up in an environment where drugs were part of his world.

He gave a moving account of the daily battle his brother John fought against drug addiction, which untimely led to his death at the age of 31.

McMahon spoke about how football provided him with an out. Through football and sport he found the strength within to drive forward, to perform to the best of his ability with his club Ballymun Kickhams and Dublin.

POSED QUESTION

McMahon finished by posing a question for the audience: what was the biggest regret in life?

He went on to suggest it was time.....it was the one thing everyone appears to



Dublin football Philly McMahon pictured with event co-ordinator Nicola Fewer

take for granted.

"We need to treasure every minute," he advised.

John Hanlon, the GAA/Samaritans Liaison Officer, outlined the work of the Samaritans and the role the GAA as a community can play in providing a support network to those who are not coping with the trials of life.

SOCIETY

Derek McGrath, the former Waterford hurling manager and current secondary school teacher at De la Salle College in Waterford, spoke about how society has changed dramatically since he was a teenager.

In this digital age, people need to take a step back and listen when someone opens up to them, whether that be a friend, student, work colleague or player on their team who is reaching out for help.

RESPONSIBILITY

The responsibility could fall on any of us, he felt, to help someone else who needed help and support to improve their well-being.

A most informative questions and answers session followed and the evening ended with McMahon and McGrath providing thoughtful and honest answers on a topic

that is not confined to anyone part of the country.

Mooncoin GAA extended thanks to the two speakers for attending the function and being so open and honest in expressing their views.

A key point to be taken from the event was the importance of communication.

The positive talk about the evening in the village the following morning was the start the health and well-being committee in the club was hoping for!

People can contact the Waterford and South East Samaritans on free call 116 123.

Champs, delighted champs



The Loreto secondary school squad won the All-Ireland post primary schools senior Roinn A camogie title for the seventh time at the weekend, beating Presentation Athenry in the final PICTURE: TOM O'HANLON/INPHO

SPORT

Donnacha and Tadgh trade Thomastown for South Africa!

Canoeing

Two of Kilkenny's most experienced kayakers will take on the best in the world in an international event this week.

Donnacha Brennan and Tadgh de Barra, members of the Thomastown Paddlers canoe club, have made the trip to South Africa in search of adventure. Their target is the three-day Dusi river race which runs from Pietermaritzburg to Durban in South Africa.

The race, which includes 120km of extremely fast and challenging river, features obstacles including weirs and long stretches of rapid water which present an extreme capsize risk, even to experienced paddlers.

As if that wasn't enough, many of these sections are strewn with rocks, often with just one clear pathway through making collision damage almost inevitable. Get the incorrect racing line through these sections, your race will end in seconds.

DANGEROUS

However, all the challenges aren't on the water. Many of the river sections are too dangerous to paddle, requiring the paddlers to get out and run alongside.

In other sections long river loops are circumvented by the paddlers running with their kayaks. The running sections add up to 18km over often variable terrain, where fast running times are essential to remain competitive.

For Tadgh and Donnacha, who are the only Irish paddlers competing this year, the winter training schedule has been intense and has



The Thomastown Paddlers pairing of Donnacha Brennan (right) and Tadgh de Barra (left) are taking on the three-day Dusi river race in South Africa. The event features 120km of fast and challenging river

included early morning paddling and running in three hour sessions.

LOGISTICS

Preparations have also involved much more than river racing and trail running. River racing lines have had to be studied and the whole logistics of the trip planned to perfection.

Both paddlers have an impressive pedigree, and are regular winners in the annual divisional race series. Both have a number of Liffey Descent medals in their collection and have represented their country in numerous international events in different kayak disciplines. But the Dusi

presents a once-in-a-lifetime challenge, as it is the world's most famous kayak race.

TOP 100 FINISH

It is an incredible honour for the small Thomastown club to have a two of its members competing in this race. And they are not just going to complete the race; in a field of 1,200 to 1,500

kayakers, they are targeting a top 100 finish.

It would be an incredible feat for the Thomastown club, which constantly punches above its weight at competitive racing events. This comes as no surprise as the dedication of a core group of club stalwarts continues to foster the sport with one or

two new junior paddlers arriving on the racing scene each year.

FOLLOW ONLINE

The Dusi Race runs from Thursday to Saturday. A live internet feed is available from the official Dusi race website (dusi.co.za). Watch out for the Thomastown duo, who have the race number 12144.



The duo are experienced paddlers. Multiple Liffey Descent medal winners, they have also represented Ireland in numerous events over the years



Kilkenny shoot their way into Oscar semi-finals

**FAI OSCAR TRAYNOR TROPHY
2019/2020**

**KILKENNY & DL
DESMOND LEAGUE**

6
1

TREVOR SPILLANE
at Evergreen Park

The quest for the Oscar Traynor Trophy grew stronger for the Kilkenny & District League as they confidently booked their place in the semi-finals.

Beaten finalists in the last two seasons, the Cats moved into the final four with a big win over Limerick's Desmond League at the Kells Road.

The result was anything but a stroll; the visitors bossed possession in the early stages and put Kilkenny under pressure. However, a clever finish from David Grincell saw Kilkenny turn the game their way midway through the first half.

They built on that lead, going two up when Sean Barcoe seized on a short Limerick kick out to head home. A second for Barcoe, right on the stroke of half-time, gave the Cats a 3-0 lead at the break.

Kilkenny didn't let up after the restart, going further in front when Dean Broaders drilled home a fourth goal seven minutes after the restart.

The Desmond League did

pull one back, Brian Ahearn becoming the first player to score against Kilkenny this season, but the home side finished on a high. Two late strikes from sub Andy Walsh put the gloss on a big win for John Maclean and Conor O'Neill's team.

Walsh's first goal was the best of the day as it showed Kilkenny in their sparkling best.

In a goal made by the substitutes Henry O'Neill did well to keep a long ball in play, using his pace to snap up possession before whipping in a dangerous cross. Decky McQuillan was there to meet it with a cushioned layoff for Walsh, who steered an unstoppable shot home.

Walsh added a second in stoppage time, racing onto a breakaway started by Rory Monks. Leaving the last defender for dead, there was no way Walsh could miss.

It was a performance which had Cats boss Maclean purring afterwards.

"We had a plan in place for Limerick and knew they'd throw things at us, so we had to sit in and work," he said. "We had to earn the right to win that game. When we got the goals and were able to push on we could go on and get our way."

HAMMER BLOW

"The third goal, which we scored before half-time, was the hammer blow," he said. "I



Andy Walsh came off the bench to score two goals for the Kilkenny & District League in their Oscar Traynor win

was disappointed that we conceded a goal in the second half. I know we were 4-0 up at the time, but it was great to get two more and to be able to bring some of the young players on."

Kilkenny are now in the semi-finals with Wexford, who beat Clare and the Defence Forces, who saw off Donegal in their quarter-final. The last semi-final spot will be filled when Kildare take on Galway this weekend.

KILKENNY & DL: Michael Walsh; Neil

O'Mara, Niall Andrews (Owen McCormack, 84 mins), David Rice; Joe Banville (Henry O'Neill, 61 mins), Jamie Owens (Andy Walsh, 82 mins), Peter Higgins, Dean Broaders (Declan McQuillan, 71 mins), Tommy Earls; Sean Barcoe, David Grincell (Rory Monks, 65 mins).

LIMERICK DESMOND: Mike Stack (Patrick Stack, 31 mins); Gary Culhane, Sean O'Shea, Joseph McAuliffe, Cormac Roche; Gary Enright; Tim Larkin (Fiachra Cotter, 46 mins), Shane Stack (Brian Ahearn, 46 mins), Darren Murphy, Kevin Murphy (Jack Hennessy, 55 mins); Patrick Ahearn (Jamie Keane, 79 mins).

REFEREE: Mick Murphy.

ASSISTANTS: Seamus Ivors, Jim Wynne (all Carlow).



Niall Andrews climbs highest to win a header during the Oscar Traynor match at Evergreen Park



Henry O'Neill (Kilkenny) uses his head to control the ball as Gary Culhane (Desmond League) looks on

McCalmont Cup

The draw for the opening round of the McCalmont Cup has delivered some interesting battles.

The pick of the bunch will see Thomastown United A, who are battling for the spoils in the Premier Division, take on high-flying city side Newpark A in the opening round of the 2020 competition.

Newpark will be hoping to continue on what has been an impressive campaign as they look to give Gary Maher's side a real test. Newpark made the last 32 of the Leinster Junior Cup, and also reached the last 16 of the FAI Junior Cup. They are also in the semi-finals of the Maher Shield and are on a promotion charge in Division One.

Some other tasty ties to look forward to are the meeting of Deen Celtic and Callan United, while Tullaroan have a local derby with Freshford Town.



Champions Evergreen A will start the defence of their title at home to St John's.

Draw: Evergreen A v St John's, Paulstown O6 v Bridge United A, Stoneyford United v Thomastown United B, Deen Celtic v Callan United, Tullaroan v Freshford Town, Thomastown United A v Newpark A, Clover United B v Freebooters A, River Rangers v Evergreen C, Castlewarren Celtic v Evergreen 46, Ormonde Villa v Clover United A, Newpark B v Lions, Evergreen B v Highview Athletic A, Highview Athletic B v Brookville, Bridge United B v East End United. Byes: Freebooters B, Fort Rangers.

SPORT

Willie Mullins earns plenty of Punchestown plaudits

Horse-Racing

Willie Mullins notched up his first winner with promising conditional rider Conor McNamara when the pair landed the €100,000 Grand National Trial Handicap chase at Punchestown.

The young Limerick rider grabbed the headlines when getting the 14/1 chance up in the dying strides to win from the Mags Mullins-trained Agusta Gold.

The narrow winner is unlikely to get into the Irish Grand National itself and the champion trainer is already eyeing up a race on the final day of the Punchestown festival for the seven-year-old.

Mullins was the big winner again at the County Kildare venue on Wednesday where he landed the race run in honour of his great race mare Quevega.

TOUGH PERFORMANCE

Elfile took the Grade 3 honours with a tough front-running performance under Danny Mullins, the gambled-on 6/4 chance carrying the colours of Kenny Alexander to a two and a half length win over Black Tears with the winner's stable companion Laurina, the 11/8 favourite, back in third place.

The champion trainer was in double form at Thurles on Thursday where he shared winners with Paul Townend and Danny Mullins.

Townend had an easy time of it on 1/5 favourite Salsaretta which completed a hat-trick of wins over fences in the mares' novice chase.

She won by all of nine lengths from Caravation and heads to Limerick next while the Cheltenham Festival is a possible target for Five O'Clock which won the Grade 3 Michael Purcell Memorial Novice Hurdle with the trainer's nephew in the saddle.

A 7/1 shot, he came from off the pace to score by an impressive six lengths.

Paul McEnery won the 2m5f maiden hurdle with Granny Knot which survived an early scare when hampered when four horses came down at the very first flight.

Sean O'Keeffe was seen to great effect as he got the 14/1 chance home by a length and three quarters to give the Dunnamaggin trainer his first winner in over two years.

EARLY WINNERS

Danny Sheehy was among the early winners at Dundalk on Friday night where he won the 10f handicap on the



Five O'Clock gives Willie Mullins and his nephew Danny a second Grade 3 win in as many days in the Michael Purcell Memorial Novice Hurdle at Thurles



The Conor McNamara-ridden Ifyoucatchmenow challenges Augusta Gold as she wins for trainer Willie Mullins at Punchestown

Anthony McCann-trained Alhajjaj.

He made much of the running on the 20/1 shot to beat the Madeleine Tylicki-trained Moving Forward by half a length, a first winner of the year for the Graignamanagh apprentice and the 53rd winner of his career.

Willie Mullins and his nephew Danny were the big winners at Fairyhouse on

Saturday where they won both Graded races on the high-profile card.

Burning Victory made a winning Irish debut with a clear-cut success in the Grade 3 Norman Colfer Winning Fair Juvenile Hurdle, the 7/1 chance, owned by Audrey Turner, faring best of four Mullins runners who were all having their first start over hurdles.

The 10-year-old Acapella

Bourgeois raced to a 15-length win in the Grade 3 Bobbyjo Chase to complete a double for the pair, the 15/8 chance easily winning from his own stable companion Bellshill for the Slaneyville Syndicate. He looks set to line up in the Aintree Grand National at the beginning of April.

It got better for the champion trainer as he made it a treble on the day as 4/11 favourite Ferny Hollow easily

won the concluding Ian Smith Memorial INH Flat Race with his son Patrick Mullins in the saddle.

RACING DIARY

Thursday: Clonmel (First Race 2.15pm).

Friday: Dundalk (First Race 5pm)

Saturday: Navan (First Race 1.45pm)

Sunday: Leopardstown (First Race 2pm)



LEFT: Acapella Bourgeois wins the Bobbyjo Chase at Fairyhouse

RIGHT: The Danny Mullins-ridden Elfile gets the better of Laurina to win the Grade 3 Quevega Mares Hurdle for Willie Mullins



REPORTER SPORT

Horschel has good each way prospects at the 'Honda'

THE PGA Tour is in Florida this week as the prestigious Honda Classic takes centre stage at the PGA National Golf Club at Palm Beach Gardens, Florida.

Twelve months ago, Keith Mitchell made the biggest putt of his professional career when holing a 15-footer on his final hole

to claim the title.

A star studded field – featuring six of the top 20 in the world – will tee it up in the 72-hole event beginning this Thursday.

The entry list includes World No 2 Brooks Koepka, Open Champion Shane Lowry and several more of the world's elite golfers, including Justin Rose,

Tommy Fleetwood, Louis Oosthuizen, Rickie Fowler, Lee Westwood, Ian Poulter as well as two more Irish golfers in Graeme McDowell and 2015 Honda Classic champion Pdraig Harrington.

Koepka is the bookies' favourite to claim the title on Sunday at odds of 11/1, with Tommy Fleetwood and Rickie Fowler next best at 12/1.

Our preference is for Billy Horschel, the Florida native who finished tied ninth in the WGC event in Mexico last weekend.

Horschel, who has recorded five wins on the PGA Tour, is a decent each-way option at 22/1.

Crucially, Horschel has a good record around PGA National, finishing fourth there in 2017.



IS THAT ON THE BOX?

Thursday

GOLF

OMAN OPEN
SKY SPORTS 6.30AM

TENNIS

DOHA 2020
AMAZON PRIME 1PM

GOLF

HONDA CLASSIC
SKY SPORT 7PM

SOCCER

MAN UTD V CLUB BRUGGE
VIRGIN/BT SPORT 8PM

SOCCER

CELTIC V COPENHAGEN
VIRGIN/BT SPORT 8PM

Friday

RUGBY UNION

HIGHLANDERS V REBELS
SKY SPORTS 6AM

GOLF

OMAN OPEN
SKY SPORTS 6.30AM

GOLF

HONDA CLASSIC
SKY SPORTS 7PM

RUGBY UNION

GLOUCESTER V SALE
BT SPORT 7.45PM

RUGBY UNION

NORWICH V LEICESTER
SKY SPORTS 8PM

Saturday

Calvin Nash will be hoping his Munster side can down the Scarlets



RUGBY UNION

HURRICANES V SUNWOLVES
SKY SPORTS 3.45AM

GOLF

OMAN OPEN
SKY SPORTS 8AM

RUGBY UNION

REDS V SHARKS
SKY SPORTS 8.15AM

SOCCER

BRIGHTON V C PALACE
BT SPORT 12.30PM

RUGBY UNION

STORMERS V BLUES
SKY SPORTS 1PM

RUGBY UNION

SAINTS V SARACENS
BT SPORT 3PM

RUGBY UNION

BENETTON V ULSTER
PREMIER SPORT 3PM

RUGBY UNION

MUNSTER V SCARLETS
EIR SPORT/TG4 5PM

SOCCER

WATFORD V LIVERPOOL
SKY SPORTS 5.30PM

SOCCER

HEARTS V RANGERS
PREMIER SPORT 5.30PM

GOLF

HONDA CLASSIC
SKY SPORTS 6PM

GAELIC GAMES

TYRONE V DUBLIN
EIR SPORT 7.15PM

GAELIC GAMES

MAYO V KERRY
EIR SPORT/RTE 7.15PM

CRICKET

NEW ZEALAND V INDIA
SKY SPORTS 10.30PM

Sunday

GOLF

OMAN OPEN
SKY SPORTS 6AM

RUGBY UNION

KINGS V CONNACHT
EIR SPORT 1PM

HURLING

TIPPERARY V WATERFORD
TG4 2PM LIVE

HURLING

GAIWAY V CORK
TG4 2PM (DEFERRED)

GAELIC FOOTBALL

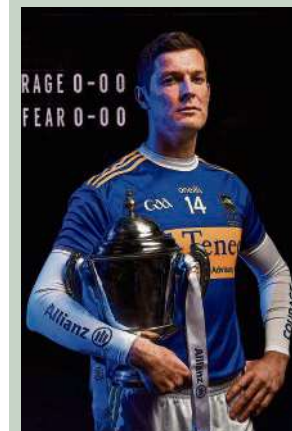
DONEGAL V MONAGHAN
TG4 2PM (DEFERRED)

SOCCER

ST JOHNSTONE V CELTIC
PREMIER SPORT 3PM

SOCCER

ASTON VILLA V MAN CITY
SKY SPORTS 4.30PM



Seamus Callanan will be live on TG4 with Tipp this Sunday at 2pm



Nemanja Matic of Manchester United will look to get his side through the last 32 of the Europa League this Thursday night as they host Club Brugge

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2014 Mini Cooper



€12,950

1.5Dsl, FSH, €180 Road Tax, fully serviced, two years NCT, full warranty, full spec, excellent condition. 71k Mls

2014 Audi A4



Choice of 3

€14,750

2.0Dsl, FSH, 1 owner, 2 keys, NCT 7/20, €200 Road Tax, full leather interior, parking sensors, cruise control, fully serviced, full warranty, mint condition. 113k Mls

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€17,750

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2014 Toyota Auris



€15,600

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

2014 VW Golf



€13,950

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

2015 Nissan Qashqai



Choice of 4

€13,950

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2015 BMW 3 Series



€15,950

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

2015 Ford Kuga



€16,950

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


2015 Audi A3



€14,750

1.6Dsl, FSH, 1 owner, sat nav, cruise control, €180 Road Tax, fully serviced, two years NCT, full warranty, full spec, excellent condition. 85k Mls

2015 Ford Focus Zetec



€11,950

1.5Dsl, FSH, 2 keys, 1 owner, parking sensors, €180 Road Tax, fully serviced, two years nct and full warranty !! Finance arranged prompt decision !! Full spec car in excellent condition 97k Mls

2015 Honda CR-V



€17,850

1.6Dsl, FSH, 1 owner, €270 Road Tax, sat nav, parking sensors, rear parking camera, privacy glass, fully serviced, two years NCT, full warranty. €17,850 straight €18,850 trade-in price, full spec, excellent condition. 84k Mls

2015 Peugeot 508



€14,600

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

2015 Opel Zafira Tourer



€10,600

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

2015 Hyundai i40



€12,750

1.7Dsl, FSH, 1 owner, 2 keys, NCT 5/21, €200 Road Tax, parking sensors, rear parking camera, fully serviced, full warranty, excellent condition. 108k Mls

2015 VW Scirocco



€15,650

2.0Dsl, FSH, 1 owner, €190 Road Tax, sat nav, full leather interior, privacy glass, parking sensors, fully serviced two years NCT, full warranty, full spec, excellent condition. 123k Mls

2015 Ford Mondeo



€12,850

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

2016 Toyota Aveniris



€15,850

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


2016 VW Passat



€15,950

1.6Dsl, FSH, 1 owner, €190 Road Tax, parking sensors, full spec, excellent condition. 102k Mls


2016 Mazda 3



€12,750

1.5Dsl, FSH, 1 owner, 2 keys, €180 Road Tax, sat nav, heated seats, privacy glass, fully serviced, full warranty, full spec, excellent condition. 85k Mls

2015 Ford Kuga



€16,950

152 reg with full service history, 2 keys, 2.0 TDCI TITANIUM 150 BHP, 89k Miles, €270 road tax, fully serviced and full warranty

2016 Renault Kadjar



€16,850

1.5Dsl, FSH, 1 owner, sat nav, 2 keys, €180 Road Tax, fully serviced, full warranty, full spec, excellent condition. 63k Mls

2017 Kia Sportage



€19,850

1.7Dsl, FSH, 2 keys, €200 Road Tax, sat nav, parking sensors, rear parking camera, privacy glass, fully serviced, full warranty, full spec, excellent condition. 57k Mls



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