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GAMBIA TRIP

IN JANUARY 2020 the manager of Castlecomer Credit Union Gerry Reynolds visited the Gambia along with three other managers—Michael Byrne Core Credit Union, Bernie Moran Roscommon Credit Union and Mary O' Reilly The Lough Credit Union in Cork. The visit was part of an initiative by the ILCU foundation to assist with the development of the credit union movement in the Gambia.

During the two week period Gerry and the team visited up to 10 Credit Unions along with local compliance officers. They looked at the day-to-day running, management and operation of these Credit Union's and provided advice and initiatives and not just how they can improve but on the things that they were doing well also.

In addition to the above they also Hosted a workshop for both the compliance officers, Credit Union management and boards of the 10 Credit Union visited. The Visit was a resounding success.

The Gambia is a small country of approximately 11 thousand square kilometres with a population of 1.9 million people. The credit union movement is in a developing stage as it would've been in Ireland in the 1950s, 60s and indeed 70s. The support and assistance provided by the Irish credit union managers and the foundation will allow credit unions to grow become stronger and provide the same benefits and support to the local communities in the Gambia that the credit union movement has in Ireland for many years.

"I found The whole experience to be very rewarding and satisfying. It is good to know that the skills that I have honed over the past 40 years can be passed on to younger ambitious generation of managers staff and volunteers in another country and can assist in allowing them to grow the credit union movement that maybe someday will parallel the one we have in this country"



Gerry with Foday Sanyon



Gerry with intern Adama Njie who is in training with the CU for 6 months

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SCHOOL CREDIT UNION QUIZ

On Friday, the 31st of January Castlecomer Credit Union hosted the annual credit union table quiz at the community School in Castlecomer. This is always a great night and always well attended by all our local schools. We had a total of 34 teams partaking on the night in the U'11 and U'13 age groups.

We had a very exciting tie break finish in the U'13 section with Muckalee NS just pipping Castlecomer Boys National School at the post and in the U11 the winners were Lisnafunchin NS followed hotly by Wandersforde NS. Both winning teams in each section will now go on to the next round of the national quiz in early March and we would like to send our best wishes to them. With great thanks to our Quiz Master Mary Mealey, the directors and volunteers and staff of Castlecomer Credit Union, Castlecomer Community School and all of our local schools for their support in the annual quiz. A good night was had by all as always.





COOKING Budding Kilkenny chefs take over **P20**



Great reception for Dancing stars around county P32&33



HURLING Shamrocks are tops in club team of year **P57**

THE KILKENNY **FREE EVERY THURSDAY** REPORTER

Thursday, March 5, 2020

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March 16th Horslips

March 17th Iarla Ó'Lionáird & Steve Cooney

NEWS

Mary and John step off the dancefloor

SIAN MOLOUGHNEY
sian.moloughney@iconicnews.ie

The double Kilkenny success streak came to an end on Dancing with the Stars, last weekend, when we bid farewell to Mary Kennedy and her dance partner John Edward Nolan.

The Dancing with the Stars journey ended on Sunday for Mary and last year's winner John, as the judges decided the send them home after the dance off.

As they ended their run in the competition. Mary performed a lively cha-cha-cha to 'Young Hearts Run Free' by Candi Staton.

Judge Darren felt it was a real challenge for Mary this week while Brian felt the dance was forced at times. Mary had scored 18 points from the judges.

After her elimination, Mary said: "It was a wonderful opportunity, I've learnt so much. I've been out of my comfort zone. It was a great challenge. I really do hope that people of my age watching it would say 'yeah I could do that or I'll try something different or something new'."

Former Kilkenny hurler Aidan Fogarty and his pro partner Emily Barker danced a rumba to U2's One.



Kilkenny's John Edward Nolan and his celebrity partner Mary Kennedy were eliminated from Dancing with the Stars on Sunday

After they finished Aidan said: "The hardest dance, it's intense, emotional, soft, exposed - everything I am not."

Aidan and Emily, now through to the quarter finals, were in Kilkenny last week - turn to pages 32 and 33 to see the pictures!

Stunning foreign films for The Set in Subtitle Film Fest

SEAN KEANE
sean.keane@iconicnews.ie

Subtitle Film Festival is bringing a regular film club to Kilkenny city.

It will be held in the Set Theatre, Langton's on John Street.

It's called the Subtitle Film Club and it kicks off on Tuesday next with the brilliant French comedy La Belle Epoque.

This is an incredible film and a laugh at loud feature.

The plot: Daniel Auteuil is a man disillusioned with life and marriage who gets a chance to go back in time in this comedy-thriller.

It is a beautifully made and unforgettable film which is thought provoking and deeply moving.

The venue features a brand new digital projector meaning that the quality of the screenings is as good as in any multiplex.

The Spring Programme features the Oscar winner Parasite and features superb



Doria Tillier in La Belle Epoque in The Set on Tuesday


films from France, Finland, Georgia and Denmark.

On Tuesday, March 24 the film is One Last Deal, a drama from Finland.

The Oscar winning film, Parasite, is next - On Tuesday, March 31.

The South Korean feature is the most talked about film this year.

And Then We Dances is a drama which will be shown on Tuesday, April 7.




Michelle Dullard



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NEWS

Get your pet walking and free weigh in with Petmania

Hundreds of pet parents and four legged friends are expected to take part in Petmania's Operation TransPAWmation community dog walk in Kilkenny.

The free event will take place on Saturday March 14, starting at Petmania in Kilkenny Retail Park at 11am, early arrival is advised. Petmania's experts will be on hand on the day providing free weight checks and body condition score checks for every dog that takes part along with tips and advice on how to form healthier habits for your pet.

Petmania is urging pet parents of dogs and cats to understand the health impacts linked to being overweight.

60 per cent of dogs are now classified as obese which can lead to devastating health complications like arthritis, cardio respiratory problems and ligament rupture. It significantly reduces a pet's life expectancy and their wellbeing.

These troubling figures prompted Petmania to conduct its own survey into the health and lifestyle habits of Irish pet owners



Buz with Max Tobin out for a walk

throughout December and January.

Operation TransPAWmation is currently running in Petmania until the end of March. Each dog that takes part will receive a booklet with top-tips on preventing obesity and forming healthier habits. They will also go into Petmania's draw to win a hamper of goodies. For more information or see the full survey results visit www.petmania.ie



Picture perfect at the Pembroke

Pembroke Kilkenny has designed very special celebrations for families who are looking forward to a Confirmation or Communion this spring. With its fantastic city centre location, Statham's can tailor a get-together to suit the individual needs of each family from a low-key casual gathering with finger food and drinks to a more leisurely afternoon including a delicious four-course meal featuring the very best locally sourced ingredients. Create everlasting memories with a stunning roof-top cityscape against the breath-taking backdrop of Kilkenny Castle. Pembroke Kilkenny offers its guests exclusive access to its famous rooftop to take those all-important family photographs and pictured above is Amelia Begley with Kilkenny Castle in the background.



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NEWS

ROUNDUP

Fun run in Kilmanagh

Graigue Ballycallan Athletics Club, in association with St. Aidan's National School host their chipped 10k and 5k as well as a 5k Family Fun Run / Walk in Kilmanagh on Sunday March 14 at 11am. Register online at njuko.net/graigueballycallanac-2020 or in St. Aidan's School, Kilmanagh on Saturday from 7-9pm and on Sunday from 9-10.30am.

Best club as gaeilge

RTÉ Raidió na Gaeltachta has launched a competition to find the GAA Club that best promotes the use of the Irish language. A live broadcast and a big family fun day for the club community is the winning prize.

Send a 500 word description of the club's work, as well as a short video as Gaeilge), to comortas@rte.ie.

Bungalow bliss

Animo TV and RTE One are on the hunt for homeowners across the country who are embarking on renovations to their beloved bungalow. In this new series presented by Hugh Wallace, four owners will be matched with four architects. e Contact bungalows@animotv.ie for information



Share Féile memories

Sharing Féile memories could mean a playing kit boost for clubs. Boys and girls U-14 teams in Kilkenny gearing up for this year's John West Féile can win €1,000 of kit by creating videos of their clubs' Féile memories. Entries are now open, all teams have to do is send a short video through the Teamer app featuring their club's best Féile memories.

Prayer at St Mary's

A Women's World Day of Prayer 2020 from Zimbabwe will take place at 7.30pm on Friday, March 6. The Women's World Day of Prayer is celebrated throughout the world each year. All are welcome to attend the



service in the Blessed Sacrament Chapel at St Mary's Cathedral.



Get Training

The 2020 Vhi Women's Mini Marathon. The event, now in its 38th year, will take place on Bank Holiday

Sunday, May 31. Above are Bonnie, Lottie and Morah Ryan. Details www.vhiwomensminimarathon.ie

Finance advisers needed

The Competition and Consumer Protection Commission (CCPC) is calling on qualified financial advisers (QFAs) across Kilkenny to volunteer their time and expertise to help deliver its free Money Skills for Life personal finance talks, to local businesses.

To learn more about volunteering as a Money Skills for Life trainer, visit www.ccpc.ie

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Davy wins Ireland's strongest man - ten years after shedding 12 stone!

MARY CODY
mary.cody@iconicnewspapers.ie

A Kilkenny man has been crowned Ireland's Strongest Man almost ten years to the date he decided to get in shape and shed 12 stone.

Davy Jones from Glenmore, who owns Davy Jones Fitness in Kilkenny, won Ireland's Strong Man recently in a gruelling competition featuring arduous categories such as a 375kg deadlift, carrying a 160kg sand bag a distance and holding a 300kg deadlift for over a minute. He beat 20 other contestants from around Ireland to take the title.

TRANSFORMATION

And for Davy, the win was all the sweeter, as it came 10 years to the date he tipped the scales at more than 24 stone and embarked on a personal plan to shed the weight and get fit. It has led to a massive physical transformation and changed his life, leading to him becoming a personal trainer and opening up his own gym to help others.

Earlier this year, Davy hit the headlines after helping Callan Man Jason Foran shed a massive 17 stone – the equivalent of a professional rugby player. In addition, an interview on the Ray Darcy Show on RTE Radio 1 went viral when Jason – then in training for the competition – picked Ray up by the belt with one hand and lifted him high into the air!

MOTIVATED

"I used to do no exercise and went out at weekends eating rubbish. I used to be terribly shy too and had very little confidence. I just got sick of being overweight and decided to make a change. I am proof that it is possible to change and reach your goal, no matter how difficult it is. Just keep going, one step at a time", said Davy.

TRAINING

Training for Ireland's Strongest Man took exceptional commitment from Davy who trains for three hours a day, seven days a week with

regular physio sessions and ice baths, and maintains a strict diet. He eats 7,000 calories a day, costing €250 a week with 3.5kg of red meat part of his daily meal plan.

"In preparation for Ireland's Strongest Man, I had to eat eight times a day, every two hours", commented Davy.

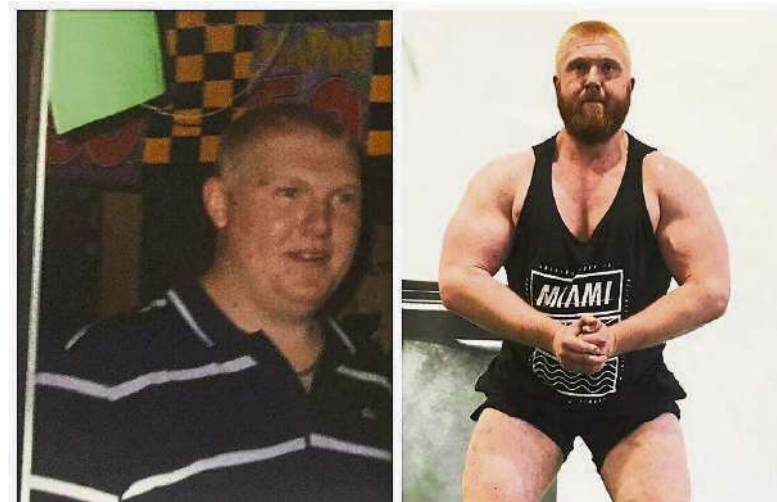
TITLE

With the title of Ireland's Strongest Man under his belt, Davy goes back to the day job training clients at his business Davy Jones Fitness, based at Hebron Industrial Estate. He offers weight loss, weights, strength, flexibility and mobility training in both groups and one-to-one sessions.

"I will continue training and look to compete in bigger international competitions from now one and focus in getting better with every competition. In the meantime, I'm delighted to be able to help my own clients with their weight loss and fitness goals. I'm proof to them that anything is possible", said Davy.



Davy Jones recently was crowned Ireland's strongest man. Ten years ago he decided to lose weight and lost an incredible 12 stone.



Dan, aged 6 loves going to his Home Share Respite Family

Dan is 6 years old and has an intellectual disability and is the youngest of 4 siblings. One weekend a month he stays with Jane and Mike where he has his own bedroom and is an important part of their family. He loves to go swimming with Jane and Mike, walks their dogs and especially loves to visit the local playground.

Going to Jane and Mike for respite offers Dan the opportunity to experience something new with his host family, to further develop his social skills and to step outside his normal routine- Dan gets to experience something positive that supports his development and wellbeing.

If you think you can offer respite to children or adults with a disability, we would love to hear from you. Home Share is when families in the community open their homes to provide respite to children or adults with a disability.

To obtain more information, without commitment, contact our Home Share team on **086 0148212** or **HomeShareSECH@hse.ie**



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NEWS

Jack and Jill open charity shop



Matt Hoban, Ann Dwyer and Deirdre Walsh (Jack & Jill)



All smiles at the official opening of the The Jack and Jill Foundation charity shop on Friary Street last week



Eileen Nolan, Neala Hunt, Helena Hunt, Michael Hunt and Thorin Hunt PICTURES: VICKY COMERFORD



Nurse Joanne Doyle, Matt Hoban (Jack & Jill) and Deirdre Walsh (Jack & Jill)



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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



Letting our hair down for Kieran's anniversary bash!

More than 200 happy customers attended Kieran O'Gorman's anniversary party on Friday.

"It's serendipity - marking 28 years in business on February 28," said the man of the hour, in his speech. So, 28 must be the magic number for the local businessman and stylist.

He opened shop on February 28, 1992 in his hugely successful salon on the Butterslip. The number of customers, family, friends and industry peers that descended on the salon that evening is a testament of his success over the years. Kieran is recognised as an international success among his peers and is one of the foremost innovators in the hair industry.

EXTRAORDINARY SUCCESS

There was a lot to celebrate. Kieran has enjoyed extraordinary career success since he began training as a hairstylist in Dublin at the tender age of 16. He completed the four-year course in one year, becoming a trained stylist at 17 and opened his own salon at 21 years of age. Originally called H Studio, it was the first salon in Ireland to achieve five-star status.

In 2006, Kieran extended and created Kieran O'Gorman Hair Beauty and Day Spa, a one-stop-shop for hair and beauty needs that raised the bar for salons around the country. In recent years, he added a new arm to the business, Wig Specialist, a



Pictured at the Kieran O'Gorman anniversary party were Sarari Coughlan, Siobhan Donohoe, Caroline Buggy, Kieran O'Gorman, Sarah Slevin and Niamh Kenny PICTURES: VICKY COMERFORD

confidential after-hours service to people suffering from hair loss with top quality wigs styled for the wearer by Kieran.

Friday's celebrations included drinks, catering from Arán, music and some creative demonstrations in the salon. The highlight of the night was a performance by the legendary Mr Pussy, aka Alan Amsby, who had guests in stitches laughing.

In a heartfelt speech, Kieran thanked his clients for their

support over the years and his 20-strong team who work with him.

"I firmly believe that, as a business owner, you are only as good as the team around you," he said. "I feel exceptionally blessed to work every day with an incredibly hard-working and talented team of people who are my friends as well as my colleagues; people who make the difficult days easier and the good days all the more enjoyable."

He gave a special mention to

stylist Ann McDonagh, who has been with him 19 years and thanked his accountant Margaret Hogan - "who has been with me since I opened 28 years ago and helps me sleep sounder at night" - and his mother Eileen.

"You have been hugely supportive since I first said I wanted to become a hair stylist and remain my biggest supporter," Kieran said to his mother before presenting Eileen, Ann and Margaret with bouquets of flowers.



ABOVE: Siobhan Donohoe and Kieran O'Gorman
BELOW: Kieran with his mother Eileen



LEFT: Kieran O'Gorman and Daniel Mihajlovic
RIGHT: Siobhan, Daniel, Dee Murphy and Alma Feeney at the 28th anniversary party for Kieran O'Gorman



In the Mood for some really good Food

I am loving the SylliFlor, it's a game changer for me.

I was away on holidays recently and normally different foods play havoc with my tummy. One sachet of SylliFlor each morning worked a treat. It's a tasty, crispy fibre product made from Psyllium husks. I feel like I am the only person on this planet that porridge does not fill up, but add SylliFlor in and I'm good until lunch. Plus it's gluten free and vegan.

Pharmacist Roisin Cahill of RoCa Healthcare, who brought SylliFlor to Kilkenny gave a talk recently in Butler House on Mood Food. With Nutritionist Linda Murray of Beoga Nutrition, they explored mental health through diet, lifestyle and medications.

GOOD FATS

According to Linda the foods that benefit moods are good fats such as omega 3. They are found in oily fish like salmon, trout, mackerel, sardines, as well as mixed nuts and seeds, olives and olive oil and avocados. Eat a variety of colourful vegetables - these contain lots of different nutrients to feed the good bugs in your digestive system which also help improve your mood.

Too much sugar, caffeine or processed foods won't benefit your digestive system and may



In Butler House for the Mood Food talk were Linda Murray, Jenny White, Roisin Cahill and Sinead Mitchell (Pharmanord) PICTURES: VICKY COMERFORD

negatively impact your mood. Sleep is essential, aim for seven hours. My favourite piece of advice from Linda was to remember to treat yourself, so it's essential to keep a stash of dark chocolate for a naughty snack!

I learnt another surprising fact at the talk from Sinead Mitchell from Pharma Nord – apparently Ireland has a critical Vitamin D problem with our lack of sunshine weather. In fact it is recommended

that we expose ourselves to one hour of sun each day. Correct me if I am wrong, but I have been smothering my face in factor 50 daily, however the Irish are becoming Vitamin D-deficient. We

are spending too much time indoors and wearing veiled clothing. Popping a Vitamin D supplement everyday helps if you are not getting enough from oily fish and egg yolks.



Siobhan Donohoe and Roisin Cahill (RoCa Healthcare Ltd)



Roisin Cahill (RoCa Healthcare Ltd) with her mum Claver Ryan



Rita Brennan and Cindi Denieffe

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NEWS

Polish ambassador visits to open new consulate in Kilkenny City

The Polish Ambassador to Ireland Anna Sochanska visited Kilkenny this week, where she officially opened the new Polish Consulate in 15 A Hebron House at Hebron Business Centre.

Kilkenny's own Murty Brennan has taken up the position of Hon Polish Consular to the Republic of Ireland, and he will be based in the new consulate.

Murty said it was a great honour to be appointed to the position, and for the city to be selected as the location for the new consulate. He said the decision showed the faith that the Polish and Irish Governments had.

Mayor of Kilkenny Martin Brett and Deputy Mayor John Coonan addressed the gathering of invited guests and members of the Polish diaspora. Also present on the day was local community garda Andy Neill.

Speaking after the event, Murty said the work on the opening of the consulate had begun back in 2017, and through strong and vibrant contact, the consulate is now a reality.

He said the aim now is to speak to the Polish diaspora in the South-east, Cork and Tipperary as the group endeavours to see what can be done to help each of the Polish community groups through out the region.



The Polish Ambassador Anna Sochanska with Mayor Martin Brett, Cllr John Coonan, and Polish community members at Hebron House for the official Opening of the Twilight Community Office (International Cultural House) PICTURES: HARRY REID

"The hard work starts now," he said.

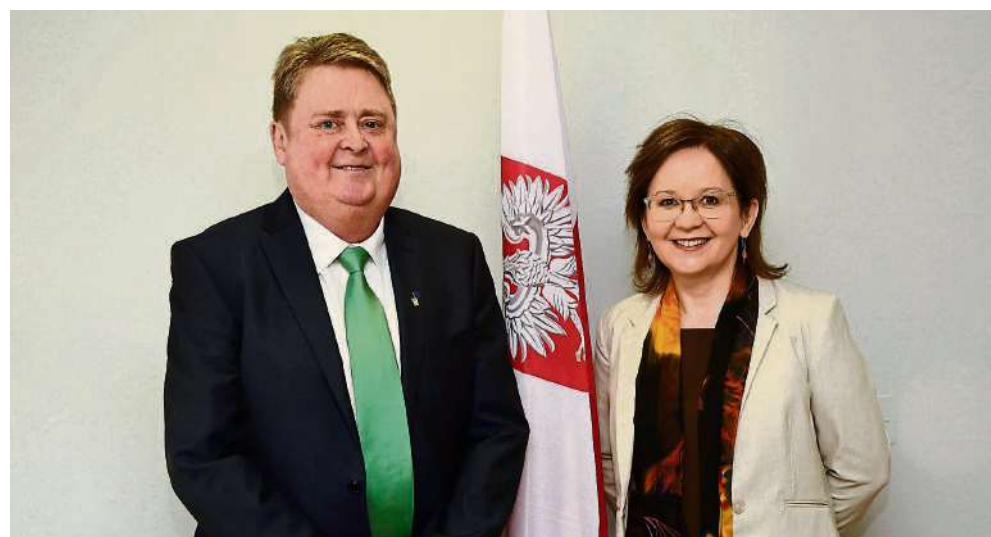
Murty also thanked the amazing effort put in by Ania, Agata and Joanna for making the opening of

the office and the day run so smoothly.

The office will also serve as the Twilight Community Group's head office as it plans to develop its

International Cultural House. The ethos of Twilight is that communities are stronger together. With this in mind, an international cultural library is also an aim of the

board. It will develop arts, culture, history language including Irish communities, as Kilkenny has many diverse cultures living and contributing to the economy.



Murty Brennan with Anna Sochanska, the Polish Ambassador to Ireland



Joanna Iwasiuk and Anna Adamonska, Twilight Community Group in Hebron House



Members of the community joined the Polish Ambassador Anna Sochanska for the official opening of the Twilight Community Office in Hebron House



Garda Andy Neill, Mayor Martin Brett, Polish Ambassador Anna Sochanska, Murty Brennan and Cllr John Coonan

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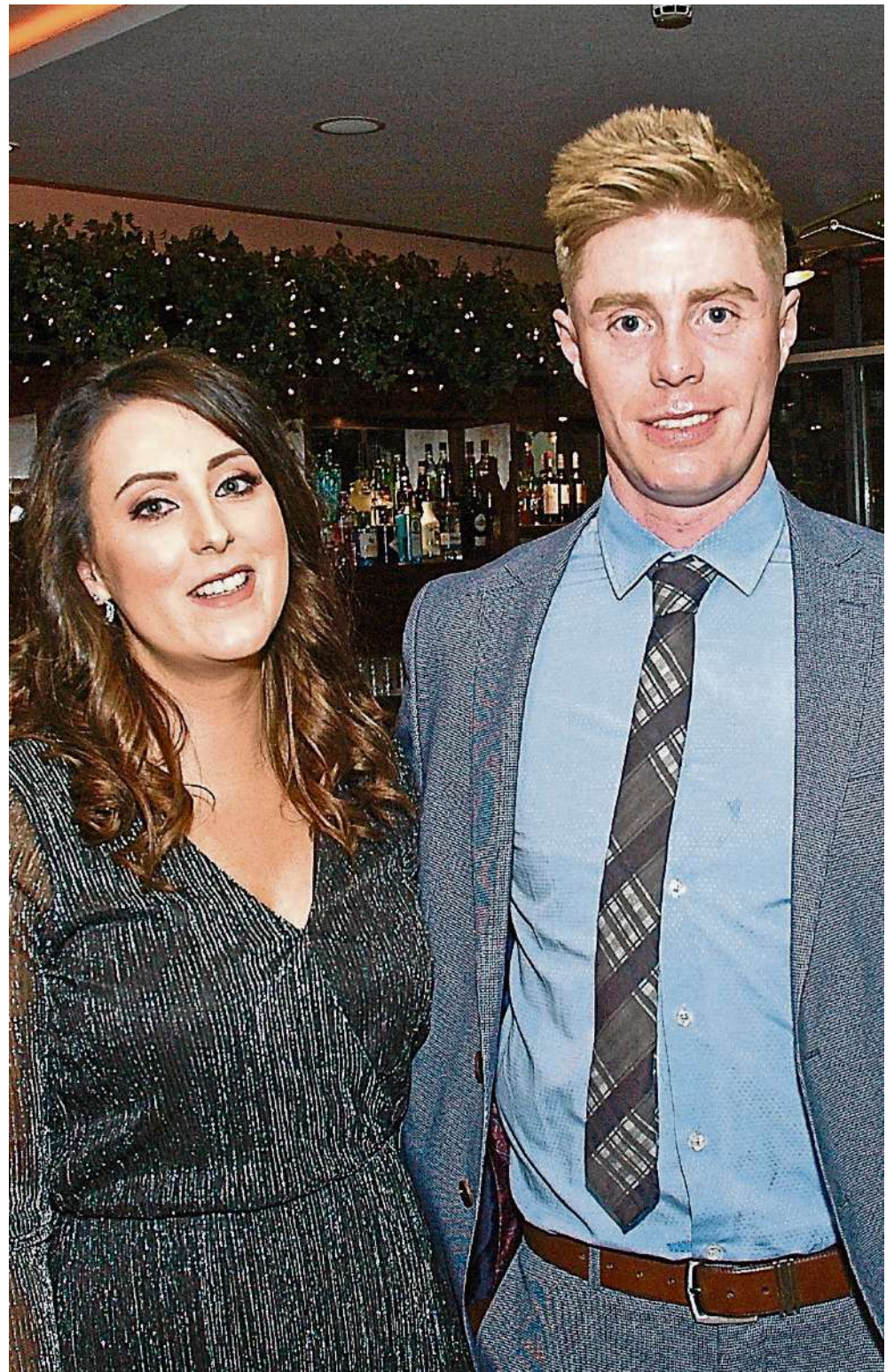


* floor models only

ENTERTAINMENT



Pauline and Seamus Comerford



Emma Delaney and Eoin O'Connell at the party in the newpark Hotel

ASGARD CLEANROOM SOLUTIONS CELEBRATE 20 YEARS

Pictures: CHRISTOPHER DUNNE



Rob and Marie Grimley with Liam and Ruth Comerford



Asgard Group Business Development Manager Jimmy Blaney



Fintan Ryan, Anne Taylor, Jean Hayde and David Hayde



Roisin McQuillan and Malcolm Greenslade



CEO John Comerford and family celebrating the twentieth anniversary of Asgard Cleanroom Solutions

Kilkenny man follows dream and makes movie magic

SAM MATTHEWS
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A Kilkenny man is making his feature film directorial debut with a brand new sci-fi thriller.

Andrew Baird, from Inistioge, is directing 'Zone 414', filming in Belfast. Set in the near future among a colony of humanoid robots, it stars Vikings star Travis Kimmel, Australian Golden Globe nominee Guy Pearce, and Italy's Matilda Lutz.

A graduate of the National Film School of Ireland, Andrew grew up in the house beside the pub on the hill in the



South Kilkenny village of Inistioge. He has a lengthy and impressive CV, having worked on projects from Guinness ads to music videos, with artists including Sia, U2, Korn, the Weeknd, Lil Wayne and Ke\$ha.

Local councillor Michael Doyle, who went to school with Andrew, has heaped praise on his fellow Inistioge man for his continued success.

"It was always his dream to be involved in film — a great achievement from him," he said. "He moved to California to follow his dream. It still is the land of opportunity. Up Inistioge!"



New ambassadors for Cois Nore

Pictured at Lyrath Estate Hotel for the announcement of Cois Nore's new corporate sponsor and ambassadors were Róisín Gilroy, Evanne Ní Chuilinn, Jackie Tyrrell and Dee Murphy

PICTURE: VICKY COMERFORD

Get your doggy documents

Door-to-door dog licence inspections in Kilkenny have resulted in a rise in the number of licences being purchased here in recent weeks, with around 6,000 now in circulation.

The number of valid dog licences here fell from a peak of 7,563 in 2009 to 4,630 in 2016. Late last year, an outside service was brought on to call to dog owners and make sure their documentation is up to date. You can get your dog licence from the post office.



C.B.S.



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Kilkenny - the perfect staycation

MARY CODY
mary.cody@iconicnews.ie

Amid global health concerns and travel restrictions, an increasing number of people are planning a 'staycation' this Summer.

Here Visit Kilkenny, has listed 10 reasons for families to visit Kilkenny this year.

1. Castlecomer Discovery Park
For families who love an adrenalin-filled day followed by a picnic, then Castlecomer Discovery Park is the ideal place.

2. Nore Valley Park
Set in Bennettsbridge, County Kilkenny, Nore Valley Park is a family-run camping and caravan park as well as an activity centre and open farm with a variety of animals.

3. Kilkenny Castle Park & Playground
Kilkenny Castle is one of Ireland's most iconic and historic sites, year-round tours are available, and the parkland of the castle has 50 acres to explore.

4. Dunmore Caves
Dunmore Caves is the perfect location to go cave exploring with the kids and is just a 10-minute drive outside the city.

5. Medieval Mile Museum
No visit to Kilkenny is complete without a trip to the Medieval Mile Museum in the converted St. Mary's Church.

6. Woodstock Gardens & Arboretum
The gardens, overlooking the River Nore Valley, offer visitors a wide variety of attractions and are a relaxing and beautiful environment in which to spend a day!

7. Kilkenny Cycling Tours
What better way to see the city while taking in some exercise than taking a guided cycling tour!

8. Glamping at Butterfly Valley Glamping
Butterfly Valley Glamping is a small, intimate glamping site located in the countryside, just outside the town of Thomastown.

9. National Reptile Zoo
Meet some of the world's rarest and most unusual animals at Ireland's only reptile zoo! family entertained and educated all at once! When it comes to looking for things to do, the Reptile Zoo is the obvious answer!

10. Kilkenny City Road Train
All aboard! It is a wonderful way to see all the historical sites and points of interest in Kilkenny city.



Pictured is Peace Olaniyi who represented Kilkenny in last year's finals and 2019 host James Patrice

Do you have what it takes?

Director of Miss Universe Ireland, Brittany Mason and the previous winners of Miss Universe Ireland, Fionnghuala O'Reilly, Gráinne Gallanagh and Cailín Ní Toibín launched the 2020 search for finalists for this year's competition.

This year's competition aims to make history once again and bring home the first Miss Universe crown to Ireland. The lucky 2020 winner will walk away with over €70,000 worth of prizes and will go on to represent Ireland at Miss Universe at the end of

2020. The competition finals will take place in the Round Room of the Mansion House on July 2. For more on Miss Universe Ireland, follow @missuniverseireland on social media.



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LIFESTYLE



Restaurant Takeover!

Later this month the class of 12 student chefs from WIT's BA (Hons) in Culinary Arts will take over Bellissimo restaurant in Waterford for four unmissable nights, from March 24 to 27.

The students have created tasting menus with a strong focus on

exceptional local produce and will be working the kitchen at the event in a variety of roles, from head chef to pastry specialist.

Tickets are €60 each for a six-course tasting menu and booking is essential at www.cheftakeover.com.

ABOVE: The final year BA (Hons) in Culinary Arts students who will be part of the Restaurant Takeover, with tutors at WIT

RIGHT: Áine Lyng, from Gaignamanagh, is one of student chefs taking part



The art of cooking - from the best new local chefs

SIAN MOLOUGHNEY

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Final year culinary arts students from Kilkenny are taking over a Waterford city restaurant to show off their skills!

All the students have been studying at Waterford Institute of Technology and are in the final-year BA (Hons) in Culinary Arts course.

Among the talented young chefs are a few from Kilkenny.

Tom Phelan: a pastry chef, horticulturist and book collector, Tom combines his passions to create innovative desserts infused with freshness. He is currently working at "The Lady Helen", at the 5-star Mount Juliet Estate.

Tom is from Mullinahone, Glenmore. Past pupil of Abbey Community College Ferrybank.

Hanna Mathe: chooses to specialise in pastry and confectionery, even launching her own line of sweets in the Cherub Couture Cake Shop, Co. Waterford.

Hanna is from Ferrybank.

Áine Lyng: learning basic cooking principles at a young age, Áine had a wealth of family recipes to draw from and is passionate about using quality local produce in her cooking. It was this foundation of knowledge that led Áine to land the position of Demi Chef De Partie at the 5-star Slieve Donard Resort & Spa in Newcastle, Co. Down.

From Gaignamanagh, Áine is a past pupil of Our Lady of Lourdes Secondary School, New Ross.

As she prepares for the special event, Áine has shared one of her



Seafood chowder is a warming dish suited well to a cold winter's day

favourite recipes with us!

SEAFOOD CHOWDER AND GUINNESS AND TREACLE BREAD

Seafood chowder is a warming dish suited well to a cold winter's day. It's a great dish that gives you an opportunity to cook with a selection of fresh fish and shellfish. This dish has a great balance of flavour from the smokiness of the haddock to the salt sea taste of the fresh prawns,

Preparation time: 40 mins

INGREDIENTS CHOWDER

1lb 5oz/600g fresh fish (Smoked haddock, salmon, cod, prawns) diced in 1 cm cubes
2oz/50g Celery, diced
2oz/50g Spanish Onion, diced
5oz/150g Carrot, diced
4 Garlic cloves, crushed
1 tbsp. olive oil
500ml double cream
1 litre Fish Stock
80 ml White wine
Salt and pepper

INGREDIENTS BLACKROCK STOUT BREAD

300g Wholemeal flour
75g Plain flour
40g Oatmeal
1 ½ tsp bread soda
20g Butter
240ml Milk
100ml Treacle
145ml Dungarvan Blackrock Stout

METHOD

Preheat oven to 170C. Grease a large loaf tin and dust with flour.

In a large mixing bowl, add all dry ingredients and combine using

a wooden spoon. Once mixed add in all wet ingredients until a wet consistency is achieved.

Transfer bread mixture to loaf tin and bake at 170C for 30 minutes. The bread should feel hollow to touch on the bottom when cooked.

Cool on a wire rack.

Cook the chowder in a large, heavy-based pan. Sauté the celery, onions, carrots, fennel and garlic in olive oil on a medium heat until translucent.

Add white wine and let the alcohol burn off before adding the flour. It's important to make sure the flour is cooked before adding any liquid because that's how lumps form in the sauce.

Add cream gradually, stirring constantly. Bring to the boil, add fish stock and simmer for 15 mins.

In a separate saucepan poach the fish in simmering milk for 1-2 minutes then transfer fish and milk into chowder base, incorporate well let simmer for five minutes then turn off heat.

Divide the chowder between bowls, garnish with chopped parsley and crispy fish skin shards and serve with stout bread.

SUGGESTED RECIPE MODIFICATIONS

If you don't have a steamer for the fish skins, place a ban marie of water at the bottom of the oven to incorporate steam into the cooking process.

Substitute potato for flour as the thickening agent in the chowder.

Storage

Store chowder in airtight container for up to three days. Stout Bread will keep for four days.

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EDUCATION



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What did you learn from the mocks?

At this stage you have done a little bit of reflection (new buzz in education). Well what did you figure out? Did you figure out that the exams are hard but maybe not as hard as you thought? After the first exam you got into a rhythm and they were just more like long house exams that you need to get through.

Did you figure out that there is a lot of material to get through and that you did not start your revision soon enough. There is a huge volume so you need to start your revision now.

Did you figure out that the exams or part of the exams that you had prepared were not that bad and dare I say enjoyable to do. A chance to show off your ability and show what you really know. The stuff you had not revised was not such fun.

By the way you do not need to wait for the results of the mocks to know where you are at.

WHAT DO YOU NEED TO DO?

You need to get started at proper revision now. Take maths for example you need to do a cycle of revision. You need to do it in 2 stages.

1. Learn the material – done at weekends as you will have little or no time during the week.

2. Do exam questions – each night with no notes and no help. Treat your exam questions as a test. If you are not getting exam questions for homework that's fine start doing them yourself.

You need to learn the material before you start the questions. You need to do questions. If you do not understand the material ask your teacher and or ask your friends.

WHAT DO I NEED TO LEARN?

Everyone has their own method to learn the material but whatever method you use you need to know –

1. The meaning of words. Do you know what an Axiom is? There is a long list of words. You need to know them.

2. You need to learn formulae.

3. You need to know constructions.

4. You need to learn Theorems (not leaving cert ordinary)

5. You need to know proofs (leaving cert higher only)

6. You need to learn methods.

You learn the stuff you know your material then you start doing questions. Stick to time doing questions. If you're not sure how long per question then ask your teacher and stick to the time. In maths at junior cert the time is on the question. In leaving certs it's just as easy – take the marks for the question and divide by 2.

You're in exam mode now. You're learning to remember for an exam.

KEEP FIT

You need to get into a cycle which includes eating well, keeping fit and having a bit of fun. You need to have your time off as well. When you are off do not feel guilty as long as when you are on you keep focus.

If you have a part time job you should defiantly consider giving it up or at least cutting it down. You probably enjoy your job but is it something you want to spend your life at? So if you give it up now and spend a bit more time either at study or looking after yourself then there will hopefully be longer term gains.

Start this week- don't wait!

This time is crucial to be used wisely. Why? There are 5 school weeks left until your Easter break, after that, there's another busy 6 school weeks full of practical and oral examinations before the big exams in June.

Most students at this stage will think that they are way behind.



You're really not! There is a still a long way to go and even if your study has not been great up till now you, this is the crucial time to make up for it! All you need to do is get organised.

HOW CAN YOU MAKE THE MOST OF THIS CRUCIAL TIME?

Study in a quiet and comfortable environment

Get into a routine

Be prepared and plan

Take scheduled breaks

Pick up expert exam tips and notes

Make the most of your precious time.

HAVE A LIFE!

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students for all the guidelines needed when dealing with exam questions. This year, we have even made picking up expert exam tips and tricks easier for you. We now have online tutorials and notes available for Leaving Cert Maths for as little as €5 on our website www.Revise.ie!

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Choosing a new car in 2020 can bring up many questions:

Are hybrids really self-charging?

Technically they are - but in a limited manner.

During deceleration (breaking or downhill driving), kinetic energy generated by the electric motor charges the battery. However, without a petrol engine to drive the car, no regeneration can take place. The electricity harvested can reduce your petrol consumption by up to 20%, depending on your driving style. Typical hybrids can travel in full EV mode at low speeds of 5 to 15kph for distances of 5 to 12 km. Motorways or long commutes do not suit hybrids and you may in fact get better fuel economy from diesel engines.

Should I buy an electric car now or wait?

If you typically drive up to 400 km per day, a Kona Electric with a range of up to 449 km may currently be the right choice for you. The IONIQ EV with a range of 312km may be the right choice for others. Consider also that most EV owners charge overnight in their driveway, giving them a full charge in the morning at a 70%-80% saving on petrol and diesel costs. Petrol or hybrid engines may suit you for lower mileage driving if you don't have access to a driveway for charging an electric car or don't want to rely on public charging points or perhaps simply aren't yet ready to make the move to electric.

Are diesel engines getting greener?

With the latest Euro 6 technology and lower emissions, diesel engines are greener than ever before. If you do a lot of motorway or long-distance driving, diesel may be the best option for you. The latest diesel engines are much more efficient than in the past, outperforming many petrol or hybrid engines. With all engine types available, our Hyundai Dealers can advise on which option works best for your needs.

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Virus: Don't panic over stock market

When I started off writing this article last week, markets had reduced by 6% over the space of two days.

By the end of that particular day, markets dropped by a further 4% which meant it was one of the fastest declines in stock market history.

The Dow Jones Index, for example dropped 1,191 points, its worst one day drop in its history. This index has now dropped more than 10% below its most recent peak, by which definition a market correction has just occurred – it's not a crash though.

Because we are in a period of bad news with the Covid-19 outbreak, markets are reacting very negatively. However, it isn't the first time that an unforeseen, shocking external event has happened. History is full of disasters which is why I thought it would be useful to start out by putting some historical context into what's happening right now, because it might provide us with some guidance and re-assurance. While no-one can predict the future, it's comforting to know that within months, sometimes even days, markets rally after something terrible happens.

Let me give you some examples.

I can't compare every single market, because there are just too many of them, so I'm going to use just one as a reference, and it being the S&P 500. It's a good benchmark to use and we can look at what happened to it, during and after a serious event occurring.

Since 1950, there has been 34 instances when it lost more than 6% of its value in two consecutive days and given there were 17,655 trading days during this time what is happening now has only occurred 0.2% of all trading days, or on average, once every two years.

So, what happened last week has been quite rare.

Let's look at events that may have triggered some of those sharp declines and what happened to markets following them.

When JFK was shot dead in November 1963, markets



Markets have dropped over the outbreak but will bounce back, so don't panic

recorded an immediate 2.90% loss, but 22 days later it had increased by 7.2%.

Over a two-week period in October 1987, the stock market recorded a loss of 34.2% but again just 22 days later it had recovered 11.5% of that loss.

When Iraq invaded Kuwait in August 1990 markets reduced by 13.3% but 126 days later, markets were up 16.3%.

Immediately after 9/11, markets dropped by 14.3% but 63 days later, they were up 21.2%.

Of course, there were instances when it took a lot longer for markets to recover most noticeably, the crash of 2008/09, when it took six years before markets returned to their previous all-time highs, but if your time horizon is long enough, it doesn't matter that selloffs are occurring right now, because time is your friend and don't forget that.

The stock market is very fickle, and fear is always the driving force behind why traders panic and start selling. Investors like Warren Buffett know this hysteria will pass. Only last week he was on CNBC telling people they shouldn't sell their shares or go into cash, simply because they read or listened to apocalyptic headlines. His reasons for saying this, by the way is to stop you from locking in losses and giving up gains when the market rebounds.

As I see it, the approach of

the large news outlets around the world, to reporting financial news is about scaring people, because fear makes people pay attention and fear sells. Unfortunately, being scared makes you make rash decisions. One minute you're fine and happy with how your fund is structured, because markets are going up, and then bang something happens, the news is bad, and you think your savings are going to be wiped out because of what you read or heard.

Will Covid-19 have an adverse effect on the economy and impact your pension or investment values? Of course, it will in the short term, but in the long term markets will recover as will your account balance. So my advice is not to panic, this storm will pass.

Even though markets have dropped and your fund impacted, try having the mindset of someone like Buffett who believes he's now buying equities that are on sale, and you're doing exactly the same thing if you stand firm, and continue to buy equities at the same percentage rate you did last month.

This is the approach some investment managers are taking right now. One very large financial institution told me last week that with the large sell off we've seen, rather than reduce their exposure in equities, which people might think someone like them would do, they've done the opposite and have

increased their exposure in equities across their multi-asset funds by 5%.

Volatility is a constant in the market whether you know it or not, and on average the S&P 500 index falls 10% once every 11 months. If people were aware of this, they would be less worried, knowing how common these fall in values occur.

Here's something else you should remember. Despite the big decline, the market is only back to where it was in Mid-October '19. If you were invested in a reasonable fund, let's say one that has a risk rating of 4, you're probably only back to the level you were at four and a half months ago.

Keep reminding yourself you're in this for the long haul, and corrections in the market take place all the time, this one is just getting more airtime because of the underlying reason, which is an infectious disease that is spreading throughout the world and taking the lives of those who are already sick with underlying illnesses.

Even if you're coming close to retirement, you're still in this for the long run. The plan is to continue living for the next 25 or 30 years. And that's plenty of time for your fund, which should be only partially exposed to equities, to bounce back from declines like this one.

I read an excellent analysis of the Coronavirus virus last week by a very well respected equity strategist in the US,

and what he thought its impact on markets would be. He said that while he didn't want to diminish the seriousness of the virus, and how people's lives are being lost because of it, he didn't believe the negative impact would last very long.

His reasoning was, from an economic perspective, viruses, natural disasters, assassinations etc. represent demand deferred, not demand destroyed. Which means, the coronavirus may disrupt the supply chain for things like the iPhone, meaning the newest version may not be released in September, but if it comes out in December, people are still going to buy it, just later than planned.

The goal of most people is to save money that will grow over time, outpaces inflation, and never goes to zero, and being invested in a well-diversified managed fund is generally the best way to achieve that goal.

If you're still confused and don't know what to do, reach out to someone with experience, who can talk you through the anxiety you could be feeling, which is perfectly normal by the way. And if you'll sleep better by moving some of your portfolio into cash or bonds, then do so. But I'd caution you against making big changes. Don't forget being invested in the stock market is a good thing, it's your protection against inflation.

If markets fall by another 5% or 10% and they flatline for a while, when they start to rise again, their values are likely to be greater than the average price you paid for them over the past decade, and again that's something that can be lost on people.

Finally, I want to put this reduction into perspective and run some numbers for you, because I'm hoping once you see them, you mightn't feel as bad as you may have last week.

If you earn €50,000 and started a pension five years ago where your employer contributed 5% of your salary and you matched it, and assuming you earned a modest growth of 5% per annum, the amount in your

pension fund would now be €28,408.

The amount you personally contributed each month after tax relief was €125. Which means over that five-year period, your input was €7,500.

But, through a combination of an employers' contribution, annual growth and tax relief, the amount in your fund grew by €20,908.

So, over five years, you've effectively achieved a growth of 279%, because that's what it would take turn €7,500 (the cost to you) into €28,408.

Okay, your fund may have gone down in value by 10% because of the coronavirus, meaning your fund reduced in value by €2,841. But don't forget, in this example you've only personally contributed €7,500 so you're still up €18,067 which is an increase of 241% over five years.

So, you can look at this impact in two ways (a) be upset that your fund has gone down in value by 10% or (b) be happy that even though markets are down, your fund has still grown by 241% over the past five years, when you consider the actual amount you put in.

And if you didn't have any employer contributions, you're still up 170% over the past five years, even with this recent fall.

You can run the same scenario for people who have been contributing for 35 years, and they're still way ahead of what they've personally contributed, which is sometimes forgotten by people. But unfortunately, it's just the way we are, because losses make us feel worse than gains make us feel better by a factor of 2:1.

I'll leave you with a wise comment by the great Jim Rohn, a superb motivational speaker and author, who used to say when he was alive, that good news usually follows bad news.

And, we are in a period of bad news with the Covid19 outbreak, and markets are reacting negatively. But as I said already, history is full of disasters, but here's the thing: markets recover and I've sure the same will happen in this instance.

Cheers! Celebration time for Smithwick's Experience

SIOBHAN DONOHOE

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The Smithwick's Experience Kilkenny has received the CIE Award of Excellence for the fourth year running at the CIE Tours International 30th Annual Awards.

Delivering an exceptional quality experience and welcome to visitors, the Smithwick's Experience achieved a customer satisfaction rating of over 92%.

Nominated in the Leinster Visit Merit Winner category, they were listed alongside other Kilkenny winners including Kilkenny Castle and Greta Power Bungalow B&B.

Launched in 1990, the CIE Tours International Awards of Excellence recognises Ireland's best holiday destinations and experiences based on feedback received from over 25,000 customers surveyed throughout the year.

VERY PROUD

Smithwick's Experience Operations Manager, Martin Hanrahan commented, "We are very proud of this award, as it is voted for and by CIE guests we welcomed throughout 2019. This truly is a team effort and testament to the consistency and standards of service the team delivers throughout the year."

Speaking to Fiona Herald, Head of Sales & Business Development at the celebrations, she said "Tonight is a thank you to wider industry in local area for their support over the years."

The night was a chance to celebrate Smithwick's Experience Kilkenny CIE Award of Excellence. This Award recognises Ireland's best holiday destinations and experiences and is based on visitor feedback.

Smithwick's Experience Kilkenny has been proud recipient of the CIE Award of Excellence for four years in a row, consistency delivering an exceptional quality experience and achieving customer satisfaction rating of over 92%.



Milo Hogan and Gerry Gaule of Celtic Commemorations



Siobhan Donohoe and Martin Hanrahan (Manager Smithwick's Experience)



Bebhinn O'Neill, Veronica Horakova, Shanice Carey, Siobhan Donohoe and Fiona Herald



Sarah Wallace, Pat Wallace (Fanad House B&B) Fiona Herald



Siobhan Donohoe, Fiona Herald and Valerie O'Sullivan (Assistant Manager - Smithwick's)



Valerie O'Sullivan (Assistant Manager - Smithwick's) and Martin Hanrahan (Manager Smithwick's Experience) with staff PICTURES: VICKY COMERFORD

LIFESTYLE



MANABOUTTOWN

PATRICK McLOUGHNEY

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How to make your hair look thicker

I've written quite a lot about hair and hair loss over the years because it's a subject that comes up a lot when you ask guys what they'd like to read about or learn more about.

In a recent Instagram Q&A, I was once again asked for some tips on how to make thinning hair look thicker so in the spirit of giving the people what they want – here are some tips and treatments that will help combat thinning hair.

First of all, my hair is thinning and so is yours. That's not a revelation or an insult, but an absolute fact of life. Some guys will go bald a lot earlier compared to others but once we reach adulthood our luscious locks are only going one way.

By the age of 50, 85% of men will have experienced hair loss to some degree. It's all down to a hormone called DHT (dihydrotestosterone), which is converted from testosterone and causes hair follicles to miniaturise, contributing to thinning hair and baldness.

Whatever your hair type or degree of hair loss the most important piece of advice I can give

is to speak to your GP/dermatologist before taking any form of action.

Despite what you might have seen on The Simpsons or a pop-up ad on the internet, the solution is never as simple as splashing a potion or taking a tablet to get an overnight afro.

While there are natural stimulation treatments that involve applying topical lotions to the scalp to stimulate blood flow to the scalp and stimulate the root, they don't work for everyone and it's very important to have a proper consultation with a medical professional before trying them.

GROOMING

The next piece of very basic advice I can give is don't groom yourself bald. Men are a lot more image-conscious these days and some guys even get their hair cut every couple of days.

Keeping a well-groomed head of hair can take a bit of work and upkeep, but some heating, drying and styling techniques can harm your hair in the long run. Treatments such as colouring, blow-drying, straightening and

getting hair extensions can all damage your hair and contribute to thinning.

If you're already thinning then are ways to style it to look thicker but it's not as simple as growing your hair as long as possible.

While it's easy to think that the longer hair will cover the thinning areas, the hair actually tends to separate, making the scalp visible and the thinning hair look even finer.

Keeping your hair short is the better way to go as it will look fuller and asking your barber to "cut your hair blunt" will make it look thicker. Another good tip is to keep the sides cut shorter – that sick fade if you will – as the appearance of shorn scalp at the sides will give the appearance that the hair on top is thicker.

Don't go too heavy on the styling products and definitely avoid anything "wet-look". Thick styling clays and pastes can weigh down finer hair making the scalp more visible and making the hair more vulnerable to damage. A little sprinkle of volumising powder goes a long way.

TREATMENTS HAIR TRANSPLANTS

Hair transplantation is the process of moving hair follicles from an area of thicker hair – usually the back of the head – to balding areas. Hair transplants have come a long way since the days of "plugs" and long linear scars on the back of the head.

Not only is the process less invasive (and brutal), but the results are more natural-looking than ever. It's also becoming more affordable and no longer just an option for rich celebrities and sports stars. Thinned areas can be filled in and recession can be treated effectively. But don't start booking flights to Turkey just yet.

Do your research and find a reputable skilled surgeon, not just a cheap one. Also, know that a hair transplant is not a universal quick fix and it doesn't work on everyone.

It's also a bad idea to undergo a hair transplant at too young an age as your hair may continue to thin and recede which means multiple surgeries and a hefty bill. Finally, be aware that the results won't be fully visible for 12 months and will require some up-keep.

MINOXIDIL

Minoxidil is the name given to



A problem lots of men have - in a recent Instagram Q&A, I was once again asked for some tips on how to make thinning hair look thicker

the active ingredient in Regaine/Rogaine. It helps combat male pattern baldness by reversing miniaturisation and stimulating blood flow around hair follicles, to extend the follicle's growth phase.

It's been proven to work in helping guys to hold onto the hair they have by slowing down the process but it won't regrow hair or bring back lost hair and if you stop using it at any point, the result can be rapid and severe hair loss. Again, consult your GP before starting treatment.

FINASTERIDE

Considered by many to be the next step after Regaine. Finasteride is a drug that blocks the conversion of testosterone into DHT. It also increases hair density but be warned, it can have side effects and there have long been concerns about its effect on the sexual and mental health of some users. It's sold under the names Proscar and Propecia and you do need a doctor's prescription.

SHAMPOOS

There are some effective shampoos available that contain a protein molecule that attaches to the hair making it appear thicker and fuller. Nioxin was specially developed for finer hair while products such as Aussie Aussie Volume and Bumble & Bumble Full Potential will give a cosmetically thicker look to your hair.

PLATELET RICH PLASMA

PRP is a treatment where blood is taken from your arm and spun in a centrifuge to separate the red blood cells, plasma and platelet-rich plasma. This is then injected into

the thinning areas to increase hair density. You obviously have to have this done in a clinic and each to their own, but if you're willing to do this then you should probably look into having a hair transplant.

LASER THERAPY

Low-level laser light therapy boosts blood flow to the scalp and follicles. It also improves cellular metabolism and increases the diameter of miniaturised hairs. It involves sitting under a laser light a few times a week for 20/30 minutes at a time.

HAIR FIBRES

Sold under the name Toppik, cotton fibres are sprinkled over the thinning area and they bond with the hair follicles to give a denser look with near-instant results. Toppik is commonly used in movies and TV to give the appearance of full hair coverage. Google "Alan from Two And A Half Men Toppik" for evidence of same.

COSMETIC HAIR SYSTEMS

Also known as a 21st Century wig but that seems a little simplistic as cosmetic hair systems are far more sophisticated than old fashioned weave.

Cosmetic hair systems are very hard to tell apart from real hair as they use high-quality human hair bonded to a polyurethane base that comes ready styled.

As with all of these options and solutions, do your research. Avoid anything that puts a lot of tension on your hair and scalp and try to look for breathable solutions that don't smother the scalp with adhesive or require existing hair to be shaved on application.

Look of the Week

Sexton for Men/Gatsby for Men

My look of the week is a suited and booted 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, one of the amazing suiting brands that Sexton's and Gatsby have in stock.



SUDOKU

9x9 Sudoku grid with some numbers filled in.

DOUBLE CROSSWORD

Cryptic Clues:

Across

- 4. Rushed to the bag to search it (7)
8. It doesn't describe the present schoolboy (6)
9. Once more a good man is in opposition (7)
10. A drink at the station (6)
11. Item for reflection (6)
12. Order a sweet (5,3)
18. Blocking - the road? (2,3,3)
20. I smoke a strange mixture, being a northerner (6)
21. Seat is prepared for a snooze after lunch (6)
22. It's useless shielding a bad crook (7)
23. Licence to let (6)
24. Main roads? (3-4)

Down

- 1. An expedient for a dentist? (4-3)
2. It's used by those wishing to secure temporary accommodation (3-4)
3. A sign of cold, perhaps (6)
5. You may win one on points (8)
6. They control runners in winter sports (6)
7. It's regular trade practice (6)
13. In a convent it gives preferential treatment (8)
14. Most woe-bygone pair? (7)
15. Succession of monarchs who came to an unpleasant end (7)
16. Have ambitions for a high place in the church? (6)
17. The pattern of old China (6)
19. A little lower, if here perhaps (6)

15x15 Double Crossword grid.

Quick Clues:

Across

- 4. Compel by harshness (7)
8. Awakened (6)
9. Alms (7)
10. Substance (6)
11. Self-possession (6)
12. Horseman (8)
18. Sham (8)
20. Victor (6)
21. Look at (6)
22. Mollify (7)
23. Dream (6)
24. Encounter (7)

Down

- 1. Facial contortion (7)
2. Stealthy (7)
3. Disclose (6)
5. Practise (8)
6. Corrupt (6)
7. Punctually (2,4)
13. Incarcerate (8)
14. Void (7)
15. Principal (7)
16. Uncomplicated (6)
17. Inject (6)
19. Proposition (6)

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

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

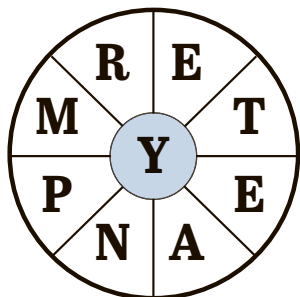
CODEWORD

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

Codeword puzzle grid with numbers and some letters (N, I).

WORDWHEEL

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



How you rate:

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

LAST WEEK'S SOLUTIONS

DOUBLE CROSSWORD: Cryptic: Across: 1 Magic Square; 9 Inn; 10 Frightful; 11 Hewer; 13 Hard set; 14 Idlers; 16 Settle; 18 Gypsies; 19 Top up; 20 Low return; 21 Dog; 22 Prospecting. Down: 2 Awn; 3 Infer; 4 Slight; 5 Unhorse; 6 Refuse tip; 7 Nightingale; 8 Clothes pegs; 12 Will-power; 15 Raiders; 17 Assume; 19 Tenet; 21 Don.

SUDOKU:

9x9 Sudoku grid with numbers.

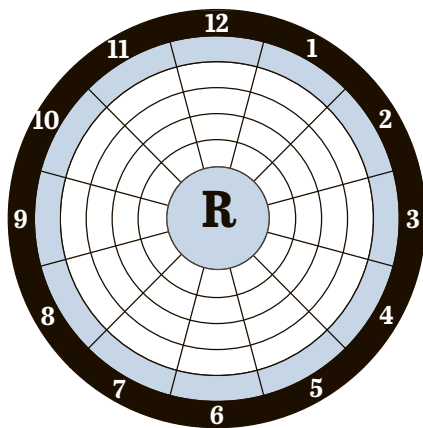
Quick: Across: 1 Change hands; 9 Axe; 10 Simpleton; 11 Dusky; 13 Spinate; 14 Employ; 16 Beat up; 18 Relieve; 19 Order; 20 Emanating; 21 Act; 22 Startlingly. Down: 2 Hue; 3 Nasty; 4 Emmesh; 5 All-wise; 6 Detracted; 7 Hard-hearted; 8 Intemperate; 12 Suppliant; 15 Open-air; 17 Venial; 19 Organ; 21 All.

CODEWORD:

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

CLOCKWORD

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



- 1. Impede
2. Fisherman
3. Column
4. Favour
5. Shouter
6. Looking-glass
7. Mollusc
8. Digit
9. Peril
10. Matter
11. Over there
12. Crockery item

NINER

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

1x9 grid for Niners puzzle.

THE CLUES:

- 125467 gives a man's name;
89845 gives a man's name;
3455 gives a man's name.

KAKURO

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

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

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

Kakuro grid with numbers in shaded squares.

SPLIT DECISION

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

Split Decision crossword grid with letters in divided squares.

SUDOKU

9x9 Sudoku grid with numbers.

LAST WEEK'S SOLUTIONS

CLOCKWORD: 1 Happen, 2 Action, 3 Zircon, 4 Enjoin, 5 London, 6 Obtain, 7 Common, 8 Orphan, 9 Notion, 10 Napkin, 11 Origin, 12 Reason.

SINGER: Hazel O'Connor.

NINER: GRANDIOSE.

KAKURO:

Kakuro grid with numbers.

SUDOKU:

9x9 Sudoku grid with numbers.

SPLIT DECISION:

Split Decision crossword grid with letters.

LIFESTYLE

Sparkling finish to Operation Transforma



MENTAL HEALTH MATTERS DR EDDIE MURPHY

Clinical Psychologist
Adjunct Associate Professor
UCD School of Psychology

LET'S start off from the end, the proposal! We were all in tears, particularly me. Tanya was the last leader to come out on the finale of this year's Operation Transformation, which was aired last Wednesday.

I was very worried for Tanya. she struggled each week with being the centre of attention, and waiting while all the other leaders strutted their stuff must have been difficult.

Then it was Tanya's turn, our lady in red. She looked stunning in her red trouser suit. As Kathryn delivered news of another fantastic weight loss, the real measures for Tanya were seismic shifts in confidence and empowerment.

When Kathryn said there was one more thing to be done, I was wondering what it was given that all the highlights of Tanya's journey had already been revealed, but then up stepped Mark, and down he went on one knee, ring box in hand.

He didn't ask that classic line of "will you be buried with my people?" but instead asked the question, "Will you marry me?"

Tanya was overwhelmed, all of us were up on our feet, the greatest ending ever, such a brilliant moment to experience true joy on behalf of Tanya and Mark. And of course the answer was 'yes'.

THE RUN

It was our 10th year in the Phoenix Park. It was cool, sunny and more importantly dry. Shane smashed it at 33.30 minutes, very respectable for your first 5km.

For a man concerned, he showed great conviction. I was running with Tanya who was lucky to cross the line as her calf developed an injury on route. Barry and Andrea strode out and back with vigour. Lorraine's muscle memory from doing marathons for Cystic Fibrosis kicked in and she romped home with Kathryn. A

“

He didn't ask that classic line of "will you be buried with my people?" but instead asked the question, "Will you marry me?"

great day was had by all. My 10th OT 5km, here's hoping for many more.

BARRY

For the first time ever a barber was brought in to do the haircuts and grooming for the boys.

Barry's was a major undertaking as his beard had grown to Grizzly Adams proportions. What a handsome man shaved up! He had a spark in his eye as he and Andrea, our first couple, glowed.

Barry identified that his biggest learning was in relation to portion control. When he was playing rugby at a very high level he could eat what he wanted. He sustained a significant rugby injury and then continued to eat the same.

"It's simple Kathryn," he said. "I ate for two people and I am twice the size of a normal person."

ANDREA

While others went for pomp and high stakes fashion, Andrea went for that wilder more freer streak that reflects her radiant individuality. So she stepped out in Doc Martens, pink hair and coolness personified.

For Andrea getting a

The results . . .

The

ANDREA

Starting weight - 21st 2lbs
Finishing weight - 18st 11lbs
Total weight loss - 2st 5lbs
Total inch loss - 44.5 inches

BARRY

Starting weight - 29st 4lbs
Finishing weight - 25st 11lbs
Total weight loss - 3st 7lbs
Total inch loss - 38.25 inches

LORRAINE

Starting weight - 12st 5lbs
Finishing weight - 11st 8lbs
Total weight loss - 11lbs
Total inch loss - 28.5 inches

SHANE

Starting weight - 20st 7lbs
Finishing weight - 17st 8lbs
Total weight loss - 2st 13lbs
Total inch loss - 42inches

TANYA

Starting weight - 14st 11lbs
Finishing weight - 13st 3lbs
Total weight loss - 1st 8lbs
Total inch loss - 35.75 inches



ABOVE: The Operaton Transformation leaders, Shane, Lorraine, Andrea, Tanya and Barry, after their makeover. **LEFT:** Tanya's partner Mark popped the question during the series finale

PICTURES: ANDRES POVEDA/RTE PRESS OFFICE

SHANE

Shane looked a new man, not like the troubled man that faced me in the circle of truth. Does anyone really come to Operation Transformation just to lose weight? More things can keep us back.

Shane said that for the last three years, inside he had been a broken man, trying to put up brave mask just to keep others happy, but inside crumbling and enduring dark times and thoughts.

Operation Transformation brought back that smile to my life, a rebalancing away from the distraction of work and male provider role to a connected man, one walking with an inner confidence. A person whose children will have a chance to see their wonderful Dad 'stay and play' rather than prioritise every other thing.

Clodagh, Shane's wife supported this change in a beautiful warm way.

I am confident that Shane will continue his path towards his health goals and future surgery. I am sure like previous years we will see Shane again as he is a true OT leader.

So it was a night of many hankies, many tears and I witnessed how in eight weeks massive change can happen. It offers an opportunity for us all including me to ask; what are our priorities, what would I do if I was not afraid, can I change, can I be authentic, can I reconnect with myself and others?

Allow these questions to sink in and get outside of your comfort zone because that's where the magic happens.

*** 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/>**

Top Tips

For parental self-care

WHILE parenting is the most rewarding the job, inevitably there are times when you feel over-worked and under-valued. Some things to bear in mind to keep those times to a minimum:

Cut yourself some slack:

Remember, the 'perfect parent' doesn't exist. Be a good enough parent for your child - that's all they need.

Don't hold it all in:

Let your partner, family or friends know when you need some help. Whether its support, advice or babysitting, ask. The fastest way to get over-whelmed is to fall into the 'I must do it all' mind set.

Try not to compare:

This applies to yourself or your children. Yes, your colleague might have glossy hair and children who are in bed every night by 8pm but she might be exhausted and her children may refuse to eat anything that resembles a vegetable. We all have our battles.

Double up where you can:

A walk by yourself gives you some head space and some cardio, elevating your mood and heart rate at the same time. That's some TLC for your mental and physical health.

Be a great role model:

Your children will only learn the value of taking personal time and space when it's something you attach a value to. Lead the way!



POSITIVE PARENTING



That awful label 'yummy mummy' is equal parts insulting and damaging

Why we should resist the slummy and yummy labels

INTERNATIONAL Women's Day is coming up this Sunday so we're going to take a slight departure from the usual focus of our weekly column this week.

Instead of talking about how we parent, let's talk about how we look after ourselves as mothers. Many will remember in 2018 after the birth of Kate Middleton's baby arrived and she appeared on the steps of the hospital a mere seven hours after giving birth (with blow dried hair and in heels!).

As with many celebrity births the narrative around motherhood turned yet again to 'having it all'.

Gone are the days of having a baby and staying at home to recuperate and bond with your bundle, in your well-stretched maternity leggings.

Social media and in particular Instagram - the enemy of self-confidence - have reset the rules. Now you must glow during pregnancy, deliver with a doula and some gentle chanting and be back in your pre-pregnancy jeans before you dare to post a picture of yourself and the baby. It is exhausting!

Niggles and worries are an integral part of pregnancy. Will the baby be ok? What will labour be like? Will I know the difference between baby blues and post-natal depression?

Whoever thought 'will I look ok for visitors' would become one of those worries? When you deliver a baby, your body does something truly amazing. It is the kind of something that makes a triathlon

look like a warm-up exercise.

Celebrate that strength and endurance. Instead of trying to beat yourself into pre-pregnancy clothes, celebrate your body for what it has done and who it has just given you.

That awful label 'yummy mummy' is equal parts insulting and damaging. For those of us who don't have the energy or enthusiasm to look picture perfect while feeding a baby and surviving on a torturous amount of sleep, it's just another stick to beat ourselves with. 'Slummy mummy' is even worse, the connotation being that if you aren't preened and coiffed within an inch of your life, you are surrendering to some Waynetta Slob version of your former self.

Every birth and every new

parent experience is different. There are no rules or benchmarks as to how you should look. The shellshock of your new routine might make showers less of a daily occurrence for a while and that's ok.

Some mascara and a sweep of lipstick may make you feel better about yourself and that's ok too. It's whatever works for you, not what you feel you have to do or how you have to look.

A word of advice for the Dads reading this; there has never been a better time to tell your partner how beautiful she is. You were present at the birth and you saw exactly what she did. A regular reminder of how great she is doing costs you nothing and can mean everything.

LIFESTYLE



HEALTHY LIVING

EVA HILL HAMILTON

CONTACT EVA

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

Probiotic support for flu season

WITH wild winter storms passing the baton and our health threatened by both local and now foreign viruses, the best you can do is to look after your immune system.

There are innumerable nutrients and herbs available in your health store that might come in handy, but neither would be any good unless your gut is healthy. It might surprise some that we need to start the immune

support from the belly. This long tube, called the digestive tract is our first line of defence against microbial invaders and houses up to 80% of our immune cells.

Your microbiome – the microscopic creatures living in and on your body outnumber your own human cells by over 10 to 1 because we are evolved to live with them in synergy and they are so important for your overall health. Probiotics – the good bacteria, like microscopic



Home made yoghurt, kefir and raw sauerkraut are just some examples where you could top-up your gut flora, although their taste might not be everyone's cup of tea

soldiers help to fight off pathogenic (bad) microbes, and at the same time, balance components of the immune system, help to absorb immune supporting nutrients and boost your

ability to make virus fighting immune cells. Nature gave you great diversity of probiotics, but as always, man made chemicals interfere with the fine ecology you are supposed to

have inside.

As Hippocrates said, every disease starts in the gut, therefore it is a good idea to top up the most important Lactobacilli, Bifidobacteria and beneficial Bacillus species every day – but at least for a couple of months at each changing of seasons and especially when you cannot avoid taking antibiotics.

Home made yoghurt, kefir and raw sauerkraut are just some examples where you could top-up your gut flora, although their taste might not be everyone's cup of tea. Fear not, there is good diversity available in your health store in capsule form! Just look for the greatest variety of strains, which at the moment is 14, as each have their own roles and they work together in synergy for best results.

There's a particular product I call a double edge

sword – as like no other it cleanses and re-balances at the same time. It contains seven live bacteria strains that were selected for their ability to fight invading microbes and these are combined with powerful extracts of garlic and grapefruit seed. These antimicrobial herbs help to attack overgrown bad bacteria, yeasts and viruses - without harming the beneficial probiotics.

Garlic especially has been known for centuries to strengthen the immune system with compounds that boost the disease-fighting response of some types of white blood cells in the body when they encounter viruses, therefore a promising weapon to have in the prevention of flu. Garlic is also one of the best prebiotic foods – selectively feeding the beneficial bacteria.



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ALL THINGS INTERIOR

LOUISE HIGGINS



ASPIRE DESIGN
www.aspiredesign.ie

SHEER JOY!

As an interior designer I am seeing continued growth in the use of sheer and voile fabrics in Ireland.

Traditionally customers requested interlined curtains for extra insulation in Irish homes but as Irish architecture has evolved so too has the way we treat our interior space of our homes.

There are several factors which have led to the increased use of sheer fabrics in window treatments particularly related to new builds.

New build properties are better insulated, and many opt for under floor heating ensuring they are well heated and insulated so they do not require heavy interlined curtains to block our drafts etc.

In addition modern architecture has led to an increase in the demand for larger windows in properties to include floor to ceiling windows as well as corner windows as home owners embrace natural light and attempt to merge their indoor and outdoor spaces with the use of bi-fold doors, etc.

The emergence of these large contemporary window installations has meant that we need to dress these windows differently.

As the new windows are almost to the ceiling there is very little room for traditional curtain poles and therefore modern tracks are proving a better fit.

These tracks have evolved over the years and can fit flawlessly to your ceiling. Track systems are available with hand drawn, cord drawn and motorised track systems and can give a lovely round fluent shape to sheer curtain headings.

Another major factor to the growth of sheer fabrics in Ireland is the stunning ranges available like our new Okari collection from Romo which comes in a range of decorative, lightweight sheers and semi-sheers.

The Okari collection induces a calming restorative ambience, with natural



Okari decorative sheer collection by Romo from Aspire Design

linens and understated designs, while delicate metallic high lights add a touch of elegance. Here is a little overview of my top five favourites from this collection:-

KIBALI

An intriguing fil coupé technique creates a large-scale, broken chevron design with a subtle lustrous yarn in a delicate sheer base.

SUMBA

Sumba as pictured here is a romantic display of elegant bamboo digitally printed in soft neutral tones on a delicate linen mix sheer that gently diffuses the light.

CAMAYA

An open chunky weave gives this semi-sheer its tactile quality and textural appearance, whilst a refined metallic look yarn adds a touch of luxury.

LEVICO

A decorative lightweight jacquard weave featuring an elegant, diffused damask design that has a wonderful softness and fluid drape.

OKARI

Our Okari design is an informal wide width sheer with a fine tonal stripe, formed from a space dyed yarn that gives a subtle variation of colour.

Sheer curtains have many advantages. They are calm and tranquil and perfect to balance asymmetrical windows or as a room divider.

In addition, they can provide soft visual relief in rooms with a lot of pattern. Sheer fabrics allow for sunlight to pass through during the daylight whilst maintaining a level of privacy. They are light and airy and allow us to filter and diffuse

light during the day.

In traditional homes, some clients like to use sheer curtains along with their standard curtains.

Adding sheer curtains behind your main curtains will allow you to protect your curtains from sun damage and allow you to enjoy natural light during the day whilst maintaining some privacy.

At night you can draw your maintain curtains for full privacy.

I hope you found this column interesting. If you would like any further information on any of the fabrics featured in this column then email me at info@aspiredesign.ie or call 086-399 9926.

If there is a topic that you would like covered in one of my weekly columns, then please get in touch with your suggestions.



Kibali Sheer in feather grey by Romo from Aspire Design



Levico Sheer in shell by Romo from Aspire Design



Romantic florals with gardenia fabrics by Romo from Aspire Design



Simba Sheer in silver by Romo from Aspire Design

DANCING WITH THE STARS

Out & About

DANCING WITH THE STARS AIDAN AND EMILY VISIT KILKENNY

Pictures: VICKY COMERFORD

Kilkenny gave a hero's welcome to All Ireland hurler-turned dancer, Aidan Taggy Fogarty, when he visited with his Dancing with the Stars partner Emily Barker, last week.

Aidan and Emily have made it through to the quarter finals of the RTE show and will be dancing to stay in the competition this Sunday evening.

On their tour around Kilkenny Aidan made a special visit back to his own former primary school in Urlingford, and his family made a special presentation of a pair of wellies to Emily!

On the show, last Sunday, Aidan and Emily danced a rumba to U2's One. After they finished Aidan said: "The hardest dance, it's intense, emotional, soft, exposed – everything I am not. We got there!"

Judge Loraine said: "I love class and that was a really classy Rumba. It's far from easy overall, I thought you did very well. I think it was a good dance for you tonight – not quite as fluid enough but a good dance."

Aidan scored 23 from the judges.



Aidan and Emily meet Dancing with the Stars fans at the Loretto Secondary School in Kilkenny city



A colourful display greeted Aidan and Emily at St Kieran's primary school in Johnstown



Vote Taggy and Emily say the students at Kilkenny Vocational School!



Dancing with the Stars judge Brian Redmond bumped into Aidan and Emily in Kilkenny!



CBS Kilkenny musicians entertained the Dancing with the Stars visitors to their school



A hurling salute to Aidan and Emily from students at St Kieran's College in Kilkenny city

DANCING WITH THE STARS



LEFT: Where it all began? Aidan and Emily dance around the schoolyard at Scoil An Christ Ri, Urlingford, where Aidan went to primary school

ABOVE: Up the Cats! CBS primary pupils in Kilkenny city know who they support!

RIGHT: All the right moves, at the Loretto secondary school in Kilkenny



Teachers and pupils were delighted to welcome Aidan and Emily to Scoil Mhicil Naofa in Crosspatrick, Johnstown



Pupils at the CBS primary school in Kilkenny put colouring pens to paper to show their support for Aidan and Emily



Wellies for dancing on the farm! Aidan's sister Angela and dad Philip make a special presentation to Emily to make her feel at home!



Waiting to meet the Dancing Stars at Scoil An Christ Ri, Urlingford



Scoil Mhuire, Johnstown, showing their support for Aidan and Emily

ENTERTAINMENT

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

JOY COMING

The Joy Division sound which emerged from Salford and resonated around the world comes to Kilkenny this weekend.

DIGITAL work to emulate the iconic sound of Joy Division, one of the most ground breaking and influential bands of that generation.

The act will play particular homage to the production techniques of Martin Hannett.

Catch them in Cleere's Theatre on Parliament Street this Saturday.

Tickets €10 from Cleere's of Parliament Street, Kilkenny or call 056-7762573.

STEEL MAGNOLIAS IN IONAD DARA

Kilcumney Players present Steel Magnolias in Ionad Dara, Goresbridge on Friday and Saturday at 8.30pm.

The play is about the bond a group of women share in a small-town Louisiana community, and how they cope with the death of one of their own.

The story is a comedy drama based on his experiences with his sister's death.

The title suggests the female characters are as delicate as magnolias but as tough as steel.

The magnolia refers to a magnolia tree they are discussing in the play and it is also the state flower of Louisiana.

The play opens on Shelby's wedding day in the fictional Louisiana town of Chinquapin at Truvy's beauty shop where the women regularly gather on Saturday mornings.

It covers events over the next three years.

Although the main storyline involves Shelby, her mother M'Lynn, and Shelby's medical battles, the underlying group friendship among all six women is prominent throughout the drama.

The story is set in the fictional town of Chinquapin and begins on the wedding day of the beautiful and spirited Shelby, played by Nadine Devitor.

Steel Magnolias is a matriarchal story in which the main characters are multidimensional livewires who interact with one another without pettiness and are hell-bent on living life to the full.



The extremely talented Lone Bellow are on their way to the Smithwicks Roots Festival on the May Bank Holiday Weekend

Roots Festival will be anything but grey

When the Smithwick's Kilkenny Roots Festival comes around we can look forward to some warmer temperatures to go along with some great music.

The line-up for 2020 includes a mix of new established artists on the Americana music scene.

Two New York-based acts are tipped to take Kilkenny by storm. The Lone Bellow make their Kilkenny debut on Saturday May 2 at the Set Theatre in what promises to be a stunning show.

The sold-out signs went up early for their previous Irish shows and it looks like it will be a similar story at Kilkenny Roots.

The following night, May 3, legendary rocker, Jesse Malin, will make his first visit to the festival.

Jesse is touring Europe as a duo with Lucinda Williams, but the full band will fly in from New York just for the Kilkenny show.

Jesse will feature material from his latest album, Sunset Kids, which was produced by Williams.

Sunset Kids first took shape at The Hollywood Bowl, when Jesse accepted Lucinda's invitation to see her open for what turned out to be Tom Petty and The Heartbreakers final concert.

During that same visit, the idea came about of three-time Grammy winning Lucinda producing Jesse's next record.

"Lucinda has a great eye for finding the beauty in broken things and a knack for always picking the right take.

"Once she started dancing in the control room, we knew we had it," Jesse said.

"Playing music is something I need to do. Singing under those hot lights every night is a great exorcism," Jesse said.

Other acts crossing the Atlantic for the festival include Chatham County Line, Carson McHone, Native Harrow, Joe Nolan, Eileen Rose and Jason Hawk Harris. Tickets on sale kilkennyroots.com and from Rollercoaster Records.

Find The Lost Messiahs on Friday the 13th!

Portlaoise band The Lost Messiahs head to America in April for an East Coast Tour and are bound to be a huge hit Stateside.

They are booked to play at many prestigious venues in New York, Philadelphia, Boston and New Jersey.

These venues have hosted many famous artists like Bruce Springsteen, Arcade Fire, Lady Gaga, Interpol, The National and Bob Dylan.

You can catch the Lost Messiahs

in Kilkenny at the Kyteler's Inn on Friday, March 13 for one of their last gigs before their American tour.

Their tour has garnered significant local support with many people now joining the band on their trip Stateside.

For anyone thinking of joining the band, check out their website: thelostmessiahs.com for more details.

They will also be doing a number of radio and TV appearances in the States and plan to shoot a new video

for next their single in New York.

The band released their new single 'Didn't have to be that way' taken from their new album 'Deconstruction of the Mind' last week.

EXCELLENT REVIEWS

The single release is accompanied by a Peaky Blinders-style gangster video, both of which are receiving excellent reviews and feature many well-known thespians - it's well worth checking out on YouTube.



ENTERTAINMENT

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

The Glen Campbell show on way to city

Glen Campbell's music has always struck a chord with Irish audiences.

His laid back style and his stories about the wide open spaces hit a nerve with people here.

J and C Promotions present, *Gentle on My Mind, The Glen Campbell Story* in the Watergate Theatre Wednesday, March 19 at 8pm.

It stars master guitarist and well-known country music personality, Ciarán Rosney with his five piece band.

Featuring musicians Billy Burgoyne (ex-Daniel O'Donnell) and fiddle player Denise Boyle, the show will take you on an amazing journey with some of Glen Campbell's best known hits, from *Rhinestone Cowboy* to *Wichita Lineman* and unique to this show will be Ciaran's unrivalled interpretation of Glen's guitar playing abilities. The show will include state of the art video projection with tasteful lighting and a fantastic full live music experience.

Campbell was best known for a series of his hit songs and for hosting a music and comedy variety show called *The Glen Campbell Goodtime Hour* on CBS television, from January 1969 until June 1972.



KISS ON.....

The well respected Duiske Players Drama Group, Graignamanagh are in rehearsals for this year's production which will be held from Thursday, March 26 to 28 under the capable direction of group stalwart Peter Prendergast.

Peter last directed the groups box office hit production of *Lovers At Versailles* by Bernard Farrell in 2017 and has appeared in many of the plays over the years including, most recently, *Arsenic & Old Lace*, *The Cripple of Inishmaan*, *Sive*, *Not Now Darling*, *The Field* and last year's *Sharon's Grave*.

This year's production, *A Kiss on the Bottom* by Frank Vickery tells the comic yet true story of three women in the hospital for cancer treatments must cope with the uncertainties of their health and with the inevitable secrets and half-truths from relatives and the nursing staff.

Marlene (Lily Brennan), the strongest and most outspoken of them, keeps the atmosphere in the ward cheery.

Her activities add considerable interest to the hospital stays of her fellow hospital mates Lucy (Edel Bolger) and Grace (Stas Bolger).

It is a first for the group to stage a play with an all-female cast and we can assure you that with Liz O'Neill, Brid Moloney, Anna Galavan and Liz Whelan joining the three protagonists the play is in very safe hands.

"I am delighted to have worked with such a great cast," director Peter Prendergast said at the launch of the performance schedule.

"We worked on an excellent script to deliver what will be a superb show with a great entertainment."

Group Chairperson Lily Brennan is confident that those who attend will be entertained and enthralled, further exemplifying the return and popularity of live drama and performance in both urban and rural Ireland when Netflix seems to be taking over.

The play, which will be held in The Abbey Hall, Graignamanagh, runs at 8pm Thursday to Saturday, March 26 to 28.

Magical music festival starts Monday

For 22 years now, Kilkenny city has played host to the Kilkenny Music Festival.

A platform for young instrumentalists and singers, it tests their mettle in an encouraging and inclusive atmosphere.

It has seen years of fierce rivalries between secondary school choirs, young players going on to take prominent places on world-famous stages, the sad decline of adult choirs and recent resurgence of the same.

Famous musicians and academics have acted as adjudicators over the years, all at pains to give practical and positive advice to the competitors.

The cognitive, academic and social benefits of music have long been established by science and this music festival positions itself as a means by which such benefits can be

promoted and enhanced.

While the Festival's voluntary committee now numbers only five people and has recently seen a significant drop in sponsorship, this year's festival will maintain its dedication to the musical life of the city and run over 90 competitions from next Monday to Saturday.

The festival committee, along with some dedicated volunteers, have been preparing since September for the upcoming event which will culminate in a final Gala concert where the festival's most prestigious prizes will be awarded. These include the Rev CJ Sherin Perpetual Trophy for the most Outstanding Choir, the Rev CJ Sherin Perpetual Trophy for the most Outstanding Individual Performance, the Maureen O'Keefe Founder's Cup and the Millennium Cup.



Competitors at last year's Kilkenny Music Festival

ENTERTAINMENT LISTINGS

What's on in Kilkenny this week

Thursday

Alice and The Wolf, Watergate Theatre, 10am & 12pm
Swing Dancing, Home Rule Club, 7.30pm
 Sofa Sessions, Billy Byrne's, 9pm

Friday

Alice and The Wolf, Watergate Theatre, 10am & 12pm
First Friday Trad Session, Home Rule Club, 9pm
 Devil The Bit, Lanigan's Bar,

9.30pm
Deep Down Detox, Toast of Thomastown, 9.30pm
 The Kilkennys, Matt The Millers, 10pm
Acousticats, Kyteler's Inn, 10pm
 Gavin Carroll, Rafter Dempseys, 10pm
The Pearls, Left Bank, 10.30pm

Saturday

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

Garth Brooks Tribute, River Court Hotel, 7pm
 'Bombshells' (KATS Theatre Group), O'Faolain's John Street, 7pm
Alice and The Wolf, Watergate Theatre, 7.30pm
 Tom Brazil Live, Home Rule Club, 9pm
Digital play the music of Joy Division, Cleere's Bar, 9pm
 True Colours, Rafter Dempseys, 10pm
Live DJ, Lanigan's Bar, 10pm

Róisín Dubh, Kyteler's Inn, 10pm
Paul Watchorn, Mick Doyle's (Graigenamanagh), 10.30pm

Sunday

Spring Wedding Showcase, Ormonde Hotel, 2pm
Hot 4 Jazz Quartet, Left Bank, 5pm
 Generation 5, Kyteler's Inn, 6.30pm
'Bombshells' (KATS Theatre Group), O'Faolain's John Street,

7pm
 Tomas Jackman, Kyteler's Inn, 9pm
The Barflys, Pumphouse Bar, 9.30pm
 Devil The Bit, Lanigan's Bar, 9.30pm

Monday

Alice and The Wolf, Watergate Theatre, 12.30pm
Monday Night Madness, Matt The Millers, from 6pm



Pictured at the Kieran O'Gorman Hair & Beauty customer evening to celebrate Kieran's 28 years in business were: Daniel Mihajlovic, Niamh Kenny and Leo Lopes

Out & About

KIERAN O' GORMAN CELEBRATES 28 YEARS

Pictures: DYLAN VAUGHAN



At the Kieran O'Gorman Hair & Beauty customer evening to celebrate Kieran's 28 years in business were: Jane Tynan, Barbara Kearney and Susan Barry



Pictured at the Kieran O'Gorman Hair & Beauty customer evening to celebrate Kieran's 28 years in business were: Liz O'Neill and Mary Hogan



Andrea Brennan and Sarah Slevin

Established 1324



Kyteler's Inn

"The freshest/edgiest sound to come out of Ireland this year"
— Dan Hegarty, DJ (2FM)
Ireland's national station

"An un-compromising album of beautiful tones and textures"
— Sonic Q

"The Lost Messiahs have a distinct sound with echoes of Mercury rev / The National"
— Barry Egan-Sunday Independent

THE LOST MESSIAHS



KYTELERS INN KILKENNY Friday 13th March

**New album
'Deconstruction
of the Mind'
OUT NOW**

www.thelostmessiahs.com



The Kilkenny Great War Memorial Committee

SECOND WORLD WAR NAMES APPEAL

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

Deadline extended to March 17th 2020

Email: kilkennywarmemorial@gmail.com

Phone: 086 3369080

DONATIONS APPEAL

We are compiling a World War II database and will be unveiling a memorial on 7th June 2020.

We will also be unveiling a memorial to Thomas Joseph Woodgate on 11th October 2020.

PayPal at www.kilkennygreatwarmemorial.com

By post: KGWMC, 48 John Street, Kilkenny

Transfer: Bank of Ireland, Parliament Street, Kilkenny, Ireland

IBAN: IE29BOFI90606422546979 BIC: BOFIE2D



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OUT & ABOUT



At the Blue Light Ball, which was held in Hotel Kilkenny, were Miriam O'Shea, Carol Kelly, Michelle Campion, Lorraine Devaney, Jacinta Brennan and Regina Murphy

Out & About

AN EVENING OF GLITTER AND GOWNS AT THE BLUE LIGHT BALL

Pictures: CHRISTOPHER DUNNE



Brenda Cooper, Mags Egan and Martha Tiernan (Relay For Life)



David Joyce, Mira Molnar and Kristeen Joyce



Staff from the Children's Ward at St Luke's Hospital



Stuart Edwards and Veronica Jarman

OUT & ABOUT



LEFT: Feeling blue! Members of the Blue Light Ball organising team

ABOVE: Lisa Mullins, Mick Ryan, Mary Keegan and Mary Beamish

RIGHT: Members of the St Luke's Hospital Midwifery Team



Peggy and Thomas McGoldrick



National Ambulance Service staff at the Blue Light Ball



James Murphy and Lizzy Kennedy

THE KILKENNY REPORTER

MOTORING



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The little crossover that roars with power

Ford Puma: leaps into dealerships

TRISH WHELAN

www.CarandTravel.ie

FORD has resurrected the Puma nameplate for its new five-door small crossover which has just arrived in Ireland.

Ford Ireland believe new Puma will prove very popular in the Irish market, competing in the small crossover/SUV segment which is the fastest growing segment in Ireland. They say the car has the attributes to stand out from among its many competitors with its mild hybrid technology, enhanced fuel efficiency, performance and fun to drive character, its class leading cargo space, up-to-the-minute technology, and its really good driveability.

At the Puma's launch last week, John Manning, Ford Ireland Market Lead said: "Put all of these attributes together and that is a winning formula."

Ford already has its Kuga competing in this segment.

Size-wise in the Blue Oval's line-up, the five-door Puma sits above the EcoSport small SUV.

Puma's SUV-inspired proportions deliver a raised ride-height which many consumers appreciate as such cars allow ease of getting in and out and deliver better visibility than most hatchbacks or saloon cars.

Puma also represents a new chapter in Ford's design identity with styling cues including distinctive wing-top mounted headlamps and athletic lines. ...

The car is powered at launch only by a three-cylinder EcoBoost 1.0 petrol engine with mild-hybrid technology that uses regenerated energy to give an electrical boost on acceleration. The power output is 125hp. CO₂ is 127g/km for all trim levels.

Puma's styling belies unprecedented compact crossover practicality with flexible stowage solutions including best-in-class load space of 456 litres. A flexible

load compartment can comfortably fit a box 112cm long, 97cm wide and 43cm high with the second row of seats folded down flat.

We discovered a very useful surprise below the boot floor. Ford's MegaBox provides a deep storage space with a capacity of 80 litres. Measuring 764 mm wide, 753 mm long and 306 mm deep, this MegaBox is a storage solution than can house unstable items up to around 115 cm tall, like houseplants, or even two golf bags in an upright position and they won't fall over in transport. Alternatively, with the lid down, the space can be used to hide away dirty sports equipment or muddy Wellies. As the MegaBox has synthetic lining and a drain plug in the bottom, it is easy to clean with water.

For even greater versatility, the boot floor can also be easily adjusted using just one hand to suit your load requirements, and to hold one of three positions in the cargo area. In the lowest position, you can have the maximum storage volume available while concealing the MegaBox; in the high position, the area underneath increases to create a cargo floor that is level with the fold-flat second-row seats; when removed, the floor can be securely stored vertically against the back of the second-row seats for full 456 litre capacity.

Loading the Puma is made easy with Ford's segment-first hands-free tailgate technology that we've previously seen in the Kuga. This system allows you access the boot space even when your arms are full of groceries, small children or sports equipment, by using a simple kicking motion under the rear bumper. There's also a parcel shelf in the tailgate solving the problem of what to do with the parcel shelf when loading, unloading or carrying large items. The tailgate-mounted luggage cover moves in unison with the



Puma's SUV-inspired proportions deliver a raised ride-height which many consumers appreciate as such cars allow ease of getting in and out

UNDER THE HOOD

MODEL: New Ford Puma Crossover SUV

TYPE: Mild hybrid powertrain technology

ENGINE: 1.0L EcoBoost petrol 125hp

CO₂: 125g/km

Fuel consumption: 5.5 L/100kms

WLTP

Price: from €24,465

tailgate and removes the need for side supports, allowing unhindered access to the rear load area. It's a very neat trick.

Here in Ireland, new Puma is offered in three series: Titanium (€24,465), ST-Line (€26,065), and ST-Line X (€27,865).

Titanium trim includes 17-inch machined alloys, projector headlamps with LED day time running lamps; auto high beam; 8-inch SYNC with Navigation and FordPass Connect modem; keyless start; electronic air con; lumbar massage driver and passenger seats; wireless charging, cruise control etc, and a rear spoiler. The ST-Line adds sports body kit; a large rear spoiler; fog lamps with cornering; ST-Line sports exhaust; 12.3-inch digital cluster; flat bottom steering wheel; alloy pedal and gear knob. The top spec adds 18-inch alloys; SYNC Gen 3 8-inch



touchscreen with navigation & B&O premium sound system; partial leather sports trim; and privacy glass.

Advanced driver assistance technologies include Adaptive Cruise Control, and new local hazard information which can inform the driver of hazardous situations in the road ahead before they become visible to the driver or via the car's sensors.

Premium specification Puma Titanium X and ST-Line X Vignale variants are also available.

At the launch, John Manning of Ford Ireland said while Puma has missed out on the important

January 201 sales period that represents 50pc of sales, he anticipates its sales for the rest of 2020 to reach four digits and the car to account for a more substantial share of Ford sales in Ireland next year.

Driving the car from its launch at Newlands Cross Golf Club in south Dublin down the N7 proved the car's driving credentials and good acceleration. We also liked the high driving position. The interior was stylish, sporty and comfy and the 6-speed manual gearbox worked a treat.

We look forward to a longer test drive in the near future.

New PEUGEOT Rifter MPV – for innovative style



BREDA CORRIGAN

Member of Irish Motoring Writers' Association (IMWA)

Peugeot has boasted a flair for quality, style and innovation since the brand's inception over 200 years ago.

Today more than ever, Peugeot channels all its energy into the design of desirable vehicles that provide an experience beyond driving... a feast for all the senses. Ergonomics, comfort, connectivity, and cutting-edge engine technology combine to offer a driving experience second to none.

MULTI-PURPOSE VEHICLE

Peugeot has recently launched their new Rifter Multi-Purpose Vehicle (MPV) with seating capacity for up to seven people, along with ample space for their luggage too.

The Rifter comes equipped with the unique Peugeot i-Cockpit® interior, and features high levels of safety and comfort equipment, and is powered by new-generation petrol and diesel engines.

Available in two lengths, with five or seven seats, the new Rifter comes with a five year extended warranty as standard

RUGGED SUV LOOK

Sporting a desirable and rugged SUV look, the Rifter's large rear tailgate enables quick and easy access to a practical cargo area with a low loading lip, while sliding side doors allow for ease of access to the seating in row two, with all three seats capable of accommodating full size child seats.

The long version of the Rifter has two additional seats located behind row two – providing seating room for 7 adults. An enormous loading capacity of up to 4,000-litres is available when the rear seats are removed, or folded flat with the Magic Flat command function (Allure and GT Line models).

Built on Peugeot's efficient new EMP2 platform, the new Peugeot Rifter is available with a choice of three trims: Active, Allure and GT Line.

Two petrol engines and four diesel engines are available: a 1.2 PureTech petrol 110bhp S&S (Stop & Start) 6-speed, a 1.2 PureTech petrol 130bhp automatic 8-speed S&S, a 1.5 BlueHDi diesel 75bhp 5-speed, a 1.5 BlueHDi diesel 100bhp



5-Speed, a 1.5 BlueHDi diesel 130bhp 6-Speed S&S, and a 1.5 BlueHDi diesel 130bhp automatic 8-Speed S&S. Impressive standard features

Standard equipment on the entry level Active model includes the revolutionary i-Cockpit® with 8" touchscreen, compact steering wheel and customisable heads up digital instrument pane.

Also mirrorscreen connectivity, 16" wheels, full size spare wheel, tyre pressure monitoring, six airbags, air conditioning, 12 volt plug in row two, overhead storage, luggage cover and a Safety Pack to include Active Safety Brake, Lane Keeping Assist and Speed Limit Recognition.

The Allure model gains 16" alloys, rear parking sensors, visibility pack (auto lights and wipers), leather steering wheel, front foglights, folding front passenger seat, electric parking brake, second row central and floor storage, three individual Magic Flat seats in row two, and electric rear windows.

The GT Line benefits from



17" alloys, keyless access and start, a Safety Plus Pack (High Beam Assist, Traffic Sign Recognition and Advanced Driver Attention Alert), and dark tinted rear windows.

Further benefit from Visiopark 180 (front and rear parking aid with 180-degree camera), dual zone climatronic air conditioning, electrochrome rear view mirror and GT Line styling and badging.

MY TEST CAR

My test car was a new Peugeot Rifter 5-seat GT Line 1.5 BlueHDi 130bhp 6-speed manual finished in stylish Nimbus Grey metallic paint.

Thanks to a healthy

300Nm of torque, the 0-100km/h sprint can be completed in 10.4-seconds, on the way to a top speed of 182km/h (where permitted).

On the road, the Rifter pulls solidly with excellent mid-range torque providing brisk progress, while a hushed engine tone allows for terrific refinement on the move.

Road noise is well insulated from the cabin too, while overall ride comfort is impressive.

The Rifter's small octagonal steering wheel is similar to that found in other Peugeot models, and is very responsive to driver inputs,

while the smooth, short-throw manual gearbox adds a sporty feel to the mix.

The distinctive personality of the new Rifter is visible everywhere – from the rugged wheel-arch and body cladding, to the durable materials used in the cabin, and its charismatic and robust build quality.

Based on Peugeot's award-winning Partner panel van (International Van of the Year 2019) and designed without compromise, the new Rifter is so much more than a van with windows, and is an amazingly capable people carrier in its own right.

Peugeot has differentiated the Rifter from its stablemates with a higher ride height and more rugged styling, aiming to appeal to those who might also be considering an SUV.

Peugeot's design and engineering teams have gone to great lengths to ensure that the Rifter still feels like a car, and they can certainly be very proud of their achievements in that regard.

SPACIOUS INTERIOR

The Rifter's dashboard is

big, chunky, eye-catching and logically laid out, with minor controls that are easy to find and operate.

Colossal head and legroom awaits all occupants, while the large glass areas within the cabin make the interior of the vehicle feel bright and airy. Durability is the dominant sensation within the cabin, and this will certainly appeal to growing families, and owners who intend using the Rifter as a public service vehicle (PSV).

VERDICT

Overall, the new Rifter is a very likeable MPV and is a well focused, practical, capable, and rugged mode of family transport, while possessing a modern spirit too.

FACTBOX

- 1) Sensational New MPV
- 2) Impressive Equipment
- 3) Petrol or Diesel Engines
- 4) Manual or Automatic
- 5) Priced From Just €23,840 (ex-works)

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- 2016 Kia Rio 1.4 CRDi Ed3 Nav. Jet black. 3 door sports. Unreal looking car €8,950
- 2016 Kia Rio, 1.1 CRDI 1 Air, new model in black.
Lowest running cost supermini, €8,950
- 2016 Renault Captur 1.5 DCI 90 Dynamique Jet Black. Superb Jeep. 60k mls €11,950
- 2016 Kia Ceed SW 1.6 CRDI i34 ISG Estate in white. 56k mls...some car! €12,950
- 2015 Hyundai i30 CRDI 1.6 DCT BD automatic. Amazing automatic. Low tax in white
..... €10,950
- 2015 Hyundai I20s Blue Drive. New model, white, 20k mls only, like NEW €10,995
- 2015 Renault Captur 90 Dynamique 1.0 34k mls. Black orange roof. As new €11,950
- 2015 LATE Hyundai i30 CRDI 110B drives. Only 37k mls from new! Superb car €11,950
- 2015 Ford Focus ST-2 2.0 185 in jet black. A fast and yet economical car - stunning!
..... €16,950
- 2015 Hyundai i30 1.6 CRDI SE in white. Low miles. London car.Superb. Like new. New
model. €11,950
- 2015 Hyundai i20 1.4 CRDI premium. New model. Dark red metallic.27k mls only. Lovely
car.€10,950 **RESERVED FOR FRANK**
- 2015 Kia Rio 1.2 in white. Another lovely London car. Very low miles. €9,500
- 2014 Hyundai i30 1.4 lovely in blue. Like new. Low miles. €9,950
- 2014 Kia Pro Ceed, 1.4 VR7, lovely car with spec. Super looking car..... €8,500
- 2014 Nissan Note 1.2 Acenta Premium in white acc extras incl Nav. 46k mls €8,950
- 2014 Suzuki Alto 1.0 SZ in white only 22k mls. As new. €5,950
- 2014 Fiat 500 1.2 Sport. Ferrari red. Full abarth trim.
Like new.....€7,950 **RESERVED FOR EAMON**
- 2014 Hyundai i20 1.2 Classic in black. 34k miles only, like new..... €8,950
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- 2013 Hyundai i20 Active in white, 1.2 fantastic 5 door super mini. €7,950
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- 2012 Hyundai i30 1.4 Active in silver. Grade 1 car, like new..... €7,950
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Like new..... €11,950
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- 2011 Kia Rio 1.4 Ed2 in blue. 61k mls only. What a car! Ex-London..... €4,950
- 2011 Fiat 500 ABRATH 1.4 T JET in Ferrari red. 54k mls.
Pocket rocket. Very rare car. €9,500
- 2010 Hyundai i20 1.2 in red. Really special edition. A car for years..... €4,950
- 2010 Hyundai i10 1.2 Comfort. London Car. Like new in blue.... €3,950 **RESERVED FOR PAT**
- 2007 Range Rover Sport KAHN Edition V8 3.6 in triple black. Our MD's wife's car.
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- 2018 Citroen Berlingo 1.6 Blue HDI 75..... NO PRICE YET
- 2017 Hyundai i20 1.2 SE in white..... NO PRICE YET
- 2016 Toyota Auris 1.6 D4D Icon in black NO PRICE YET
- 2016 Nissan Note 1.5 DCI 90 VISA NO PRICE YET
- 2014 Hyundai i10 New Model 1.2 in black..... NO PRICE YET
- 2014 Hyundai 1.4 active NO PRICE YET
- 2014 Mercedes GLS 2.1 AMG. Stunning car..... 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
- 2011 Fiat 500 1.4 ABRATH BELIEVED 180 BHP!!!..... NO PRICE YET

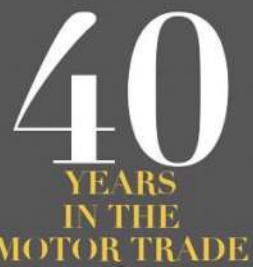
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2018 (181) RENAULT CLIO

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1.5 DCI 90 BHP



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2018 (181) PEUGEOT 3008

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2018 (181) PEUGEOT 208

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5DR



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2018 (181) DACIA DUSTER

SIGNATURE 1.5 DCI
110 BHP



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COMFORTLINE 1.6
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2016 (161) RENAULT KANGOO

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1.5 DCI 75 BHP



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2015 (151) RENAULT CLIO

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Cillian Buckley



Toyota CHR

Q. What is your favourite feature of the CHR?

"My new CHR Hybrid Sport has Apple Play so it connects the iPhone maps, music and phone to the touchscreen.

'EV mode automatically switches the car to fully electric power when city driving and it's practically silent'

Top of the list is the heated seats, a life saver on a frosty morning."

Q. Who taught you to drive?

"Mam and Dad both played their part. Mam is not a good passenger so would never make a driving instructor. Dad was the opposite and threw me in at the deep end. On the day of my 17th birthday he had me driving around the bog in Thurles in a Honda Civic overtaking a load of turf."

Q. What was your first Car?

"A 1997 Silver Honda Civic. It was my dad's pride and joy and he passed it on to me. It was actually crashed into (by a drunk driver!) when parked roadside a few weeks later. It was replaced by a Citroen C4."

Q. Would you recommend Toyota Hybrid?

"Definitely. It's the perfect balance between a powerful drive and an economic engine, without the need to plug it in. All of the new Toyota Hybrids look great, especially the CHR Sport! I'd highly recommend calling into James and his team in Walshs Toyota for a test drive in a Hybrid....you'll never look back."

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KINGSRIVER

Team Leader/Team Members & RT Coordinator

Kingsriver Community takes its name from the King's river that runs through our 30 acre property. We provide education, training and life skills to a wide variety of people in this beautiful setting. Our focus is person centred where we provide a range of individual supports to meet the various needs of our small group of residents together with our larger group who attend Kingsriver daily.

We have a number of exciting new opportunities for enthusiastic people with the desire and passion to support people with ID and ASD while maintaining our quality and commitment to excellent service.

We are looking for a Team Leader (Residential Service) and Team Members (Residential & Day Services) to join our team in empowering the people we support to live their best lives.

We are also looking for a suitably qualified and experienced person to set up and co-ordinate our new Kilkenny based Rehabilitative Training programme.

Please submit your CV and a cover letter to:
Liam Quinn, Kingsriver Community,
Ennisnag, Stonyford, Co Kilkenny or by email to

applications@kingsriver.ie

Full job description available from www.kingsriver.ie/careers

Enquiries to Liam Quinn on 056 7728234.

Closing date for receipt of applications is Friday 20th March 2020.



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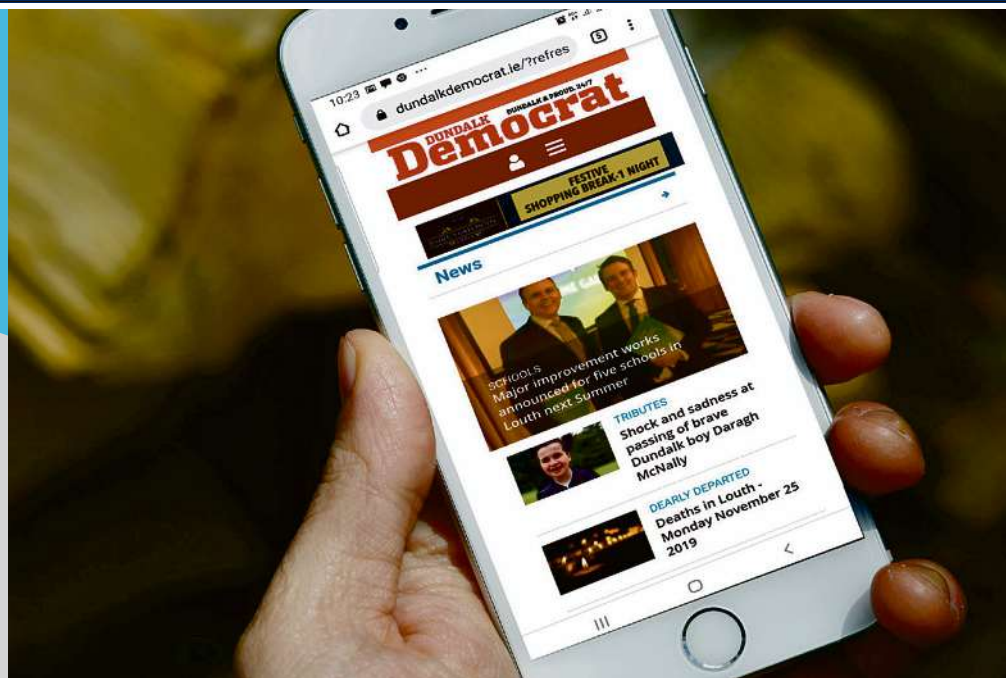
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The Dundalk Democrat has been the most trusted source of news and sport for the people of Louth since 1849. Its readership in 2020 is greater than ever, thanks to the ever-growing popularity of its 24-7 website, dundalkdemocrat.ie. We are now looking for an outstanding multimedia journalist to join our committed team.

The ideal candidate will be passionate about bringing our readers the strongest news stories, both online and in print. While experience of working in a busy newsroom will be a distinct advantage, recent graduates with

demonstrable journalistic flair will also be considered.

Strong communication skills and a solid understanding of social media are also a must. Video is now an important part of our storytelling online and while training will be provided, candidates who have the ability to produce compelling content through mobile technology will have an added advantage.

If you have a keen eye for a story, know where to find great human interest tales and possess the skill to tell people's stories in a way that will get our readers talking, then we'd love to hear from you.

The closing date for applications is Wednesday, March 11, 2020.

To apply please send a covering letter, CV and samples of your work to sheila.reilly@iconicnews.ie

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PLANNING NOTICES

KILKENNY COUNTY COUNCIL

We, M.Walsh Hire Ltd. hereby intend to apply to Kilkenny County Council for planning permission for a Proposed new storage yard extension, removal of stepped back security fence, New boundary security fence moved to legal boundary, New front of site boundary design and all associated works at Unit 30, Hebron Industrial Estate, Hebron Road, 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 9.00 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

PLANNING NOTICES

KILKENNY COUNTY COUNCIL

Planning Permission sought by Sharon Boyle to comprise of the following: Material change of use to ground floor from retail to café/restaurant use to facilitate proposed 22-seater café within the existing internal lay out. Internal modifications of existing building only with no structural changes or external works. All works at The Market House, Graiguenamanagh, Kilkenny.

This is a protected structure RPS ref C137 and listed on the National Inventory of Architectural Heritage Reg. No. 12318044

The planning application may be inspected or purchased at a fee not exceeding the reasonable cost of making a copy at the offices of the planning authority during office hours i.e. 9.00 am to 1.00 pm and 2.00 pm to 4.00 pm and a submission or observation in relation to the application may be made to the authority in writing on payment of the prescribed fee (€20) within the period of 5 weeks beginning on the date of receipt by the authority of the application, and such submissions or observations will be considered by the Planning authority in making a decision on the application. The Planning Authority may grant permission subject to or without conditions or may refuse to grant permission. Signed: Sharon Boyle, Kilkenny

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Requirements:

- Experience would be an advantage but training will be given to the successful candidate
- A high level of competency using relevant computer programmes, including MS Word and Excel
- Excellent organisational skills and personal communication skills are needed for this role
- The candidate should be well presented, self-motivated with an ability to multi task Work well as part of a team
- Full fluency in the English Language

If you are interested in being considered for this role, send your CV & references to:

michelle@morrisseymotors.ie

*Closing date for application
Friday 20th of March*

All our THE KILKENNY REPORTER Yesterdays

Taking a trip down memory lane in Kilkenny



Paddy Grace (right) secretary, Kilkenny GAA County Board, chats to delegates at the GAA Congress in 1982. Congress was held in Kilkenny that year as the President of the GAA was Kilkennyman Paddy Buggy PICTURE: MICHAEL BROPHY

All Our Yesterdays

Down memory lane with the
THE KILKENNY REPORTER



There was a large attendance at the GAA Congress Banquet, which was held in Kilkenny in 1982. PICTURE: MICHAEL BROPHY

All Our Yesterdays

Down memory lane with the
THE KILKENNY REPORTER



Guests at the GAA Congress Banquet 1982



The James Stephens Military Barracks Variety Group provided entertainment at the 1982 GAA Congress PICTURE: MICHAEL BROPHY

All Our Yesterdays

Down memory lane with the **THE KILKENNY REPORTER**



Kilkenny Anglers with the season's silverware from 1982 PICTURE: MICHAEL BROPHY

All Our Yesterdays

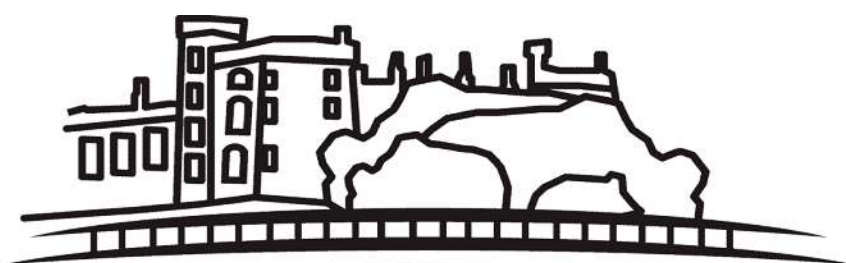
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Kilkenny anglers with their trophies. This picture was taken in 1982



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RACE SERIES



SPORT



TJ Reid capped a superb year with a place on the Team of the Year. He is also on the shortlist for Player of the Year



Joey Holden has been named on the Club Team of the Year for the second year running



Kilkenny captain for 2020, Colin Fennelly, is also in the team

Five of clubs: Shamrocks aces make Team of the Year

Back to back All-Ireland champions Shamrocks and beaten finalists Borris-Ileigh are the dominant presence with 10 places between them on the prestigious AIB GAA Club Players' Awards team of the year in hurling.

The Ballyhale men successfully defended their AIB GAA All-Ireland crown in January, a record eighth

All-Ireland in all for the exceptional Kilkenny club.

Defenders Joey Holden, Darren Mullen and Evan Shefflin have been honoured on the team of the year – so too, their sharp shooting and experienced forward duo of TJ Reid and Colin Fennelly.

Tipp and Munster champs Borris-Ileigh are represented by goalkeeper James

McCormack and defenders Paddy Stapleton and Brendan Maher with Dan McCormack's midfield energy recognised and so too, Jerry Kelly's form in attack.

Derry star Chrissy McKaigue won an AIB GAA club football award in 2018 and adds a hurling award here on the back of his inspirational work with Ulster champs Slaughtneil. He is joined by club mate Brendan Rogers, who is named among the forwards and was previously a hurling winner in 2018.

Elsewhere, the impressive Shane Cooney from St Thomas' in Galway completes the defence, while Ballygunner ace Dessie Hutchinson and St Mullins of Carlow star Martin Kavanagh are also honoured for their massive contribution to their club campaigns.

The awards will be presented at a special banquet in Croke Park this Friday night.

The nominees for the AIB GAA Club Hurler of the Year have also been announced and they see Ballyhale Shamrocks duo TJ Reid and Evan Shefflin shortlisted

alongside Borris-Ileigh's Brendan Maher.

"In the space of three short years these awards have become a prestigious honour," said Uachtarán CLG John Horan. "This year's selection is comprised of players who left a major mark on another entertaining and memorable club campaign.

"To win something with your club is truly special because it is where we begin and where we finish. Year after year this competition illustrates the importance of the club to the community and the people they represent. These players went above and beyond in their endeavours."

PROUD

"We are proud to announce the AIB GAA Club Hurling Team of the Year," said Denis O'Callaghan, Head of Customer Management, AIB. "The skill and talent displayed by these players puts their communities on the national stage. To be named on the Club Hurling Team of the Year is a real honour, and an immense source of pride for their families, communities and clubs."



Darren Mullen had a great season, helping the Shamrocks defend their county, Leinster and All-Ireland titles



Evan Shefflin was part of a composed Shamrocks defence that won back-to-back All-Ireland club crowns

The AIB GAA Club Players' Awards are selected by a panel of GAA media from across print, radio, tv and digital, and is chaired by Uachtarán CLG.

AIB GAA CLUB PLAYERS' AWARDS: 1 James McCormack (Borris-Ileigh), 2 Paddy Stapleton (Borris-Ileigh), 3 Joseph Holden (Shamrocks), 4 Darren Mullen (Shamrocks), 5 Evan Shefflin (Shamrocks), 6 Brendan Maher

(Borris-Ileigh), 7 Shane Cooney (St Thomas), 8 Dan McCormack (Borris-Ileigh), 9 Christopher McKaigue (Slaughtneil), 10 Brendan Rogers (Slaughtneil), 11 TJ Reid, 12 Jerry Kelly (Borris-Ileigh), 13 Dessie Hutchinson (Ballygunner), 14 Colin Fennelly (Shamrocks), 15 Martin Kavanagh (St Mullins).

AIB GAA CLUB HURLER OF THE YEAR NOMINEES: TJ Reid (Shamrocks), Evan Shefflin (Shamrocks), Brendan Maher (Borris-Ileigh).

SPORT



Niall Brassil was going well for Kilkenny until a hamstring injury knocked him back

Kilkenny happy to be where they are with chance to win League

Five of the six places in the knock-out stages of the Allianz National Hurling League (Division 1) have been decided.

That leaves the final slot between Galway and All-Ireland champions, Tipperary, who meet in what is essentially a knock-out game in Pearse Stadium on Sunday (2pm).

Limerick and Waterford (Division 1A) along with Clare, Wexford and Kilkenny (Division 1B) have already won places the knock-out stages.

The Bannermen earned a place in the semi-finals because they topped Division 1B.

Clare won nine out of a possible ten points as a new manager, Brian Lohan made a big impression and laid down a marker before the start of the Munster championship.

Wexford on eight points and Kilkenny on seven

finished second and third respectively in the division. They will play the second and third placed finishers in Division 1A.

All-Ireland champions of 2018, Limerick on eight points head Division 1A followed by

Waterford (6) while Tipperary and Galway both have four points each.

A draw or a win against Waterford in the LIT Gaelic Grounds on Saturday night would secure a semi-final place for Limerick.

If the Suirsiders win they will snatch the semi-final place on the head-to-head rule. Limerick beat Waterford twice last year (1-24 to 0-19 in the Division 1 final and 2-24 to 0-10 in the Munster championship).

The Galway versus Tipperary game should attract a big crowd to Pearse Stadium for what will be the first Allianz League clash between the counties since the 2017 final which the Tribesmen won easily.

The last competitive tie between the counties was in the 2017 All-Ireland semi-final, which the Tribesmen also won.

A draw on Sunday would be enough for Tipperary to advance to the quarter-finals because they have a superior scoring difference to Galway.

Meanwhile, in the Division 1 relegation play-off it will be either Carlow or Westmeath who will go down.

This will be a tense week

ahead for both counties as they prepare for the play-off in TEG Cusack Park, Mullingar on Sunday (2pm).

Both sides felt the pressure and lost all five games in Division A and B, which was largely expected. However, both expressed the firmly held view that despite the run there were more positives than negatives to be had from facing the top teams.

Carlow finishing on a -70 point scoring differential while Westmeath were on -59 points.

The counties last met in the Allianz League in 2018 when Carlow won the 2A final, securing promotion to the top flight.

Westmeath were promoted last year. Carlow also beat Westmeath in the 2018 Joe McDonagh Cup final.

There will be considerable Kilkenny interest in the Division 2A league matches



Goalkeeper Darren Brennan has made a good impression during the

9
Clare have nine
League points
to date

this weekend because of Michael Fennelly's (Shamrocks of Ballyhale) involvement with Offaly.

The midlanders need to win to say in the hunt for promotion.

In this division, Antrim and Kerry are both on eight points, with Offaly on six points.

However, Kerry have completed the five-game group programme, whereas Offaly and Antrim face-off against each other in Tullamore on Sunday (2pm).

This tie was postponed due to bad weather last

month, and now comes the moment of truth.

A win for Fennelly's men would take them alongside Antrim and Kerry on eight points, guaranteeing them a place in the Allianz Division 2 final.

Offaly have a better scoring difference (currently 48 points) than Kerry (27). Antrim are on +63 points after four games.

Kerry will be hoping that Antrim do them a favour by either winning or drawing against Offaly. If Offaly win they will face Antrim in the final, with the winners being promoted to Allianz Division 1 where they will replace either Westmeath or Carlow.

Antrim beat Offaly by two points in last year's Joe McDonagh Cup.

To date, the League has worked out reasonably well for Kilkenny. Certainly, things are a lot better than this time last year when Cork and Kilkenny ended up



Offaly manager Michael Fennelly



Allianz National Hurling League

Young Cody stuns with a mature scoring show to sink Laois

**NATIONAL HURLING LEAGUE
ROUND 5**

**KILKENNY 3-22
LAOIS 1-19**

Rising Shamrocks Ballyhale attacker, Eoin Cody, was the star of the show when Kilkenny did the business and wrapped up a quarter-final place in the Allianz National Hurling League on Sunday.

Cody grabbed the game by the scruff of the neck early in the second half at cold and wind lashed UPMC Nowlan Park and he proceeded to play a huge part in the defeat of Laois.

Cody, the captained for the day, took a positive step on to the big stage in what was his first start with the county senior team.

Laois were backed by the wind in the second half. They ripped into action as they tried to pull back the interval deficit of 1-8 to 2-15.

They opened with uplifting points from James Ryan, Aaron Dunphy, Paddy Purcell and a mighty effort from Willie Dunphy from inside his own half, all without reply.

This all came within three minutes of the restart, and Laois were most definitely on a roll.

REMAINED COOL

Cody remained cool in the storm as he took on the free taking duties after the man who had been on them, Alan Murphy, retired injured at the break.

The centre-forward helped himself to 1-3 before the 45th minute to drive Kilkenny into a big lead of 3-19 to 1-13, a match winning lead really.

well, as have goalie Darren Brennan, Martin Keoghan, Billy Ryan and Ger Aylward.

Niall Brassil showed promise, but was then cut down by a hamstring injury.

Of course, now is when the deadly serious stuff will begin to unfold as counties step on the gas in the final straight. There appears to be more interest out there among counties in terms of wanting to do really well in the League. The attitude that 'it is only the League' is not as prevalent as it was.

The attitude of win, win, win appears to have taken hold.

Certainly, that is the way in Kilkenny. Brian Cody has never made any secret of the fact that he thinks it is a positive for his players any time they can win the League.

The winning habit can be a huge boost with the Leinster Round Robin series just around the corner.



Padraig Walsh was back for his first game with Kilkenny since last year's All-Ireland final

Cody's fourth score was the goal from a penalty after Walter Walsh had been fouled.

That barrage of scores all but guaranteed Kilkenny a third place finish in Division 1B, which is likely to earn a home quarter-final tie.

There were goal chances aplenty during a lively first half when Kilkenny played with the strong wind.

Willie Dunphy (Laois) brought the best form home goalie, Darren Brennan in the second minute after he beat the defence all ends up.

Kilkenny fared better when the first goal chance came their way in the sixth minute.

Ciaran Wallace lashed a

mighty huge clearance out of defence. Ger Aylward won the breaking ball at the other end and created space by flicking a lovely ball into the hand of an onrushing Billy Ryan.

The Graigue-Ballycallan man had the drop on the defence. He galloped through for a good goal (1-1 to 0-1).

STEADY PACE

The winners set a steady more than spectacular scoring pace as they stretched out their lead after that.

By half-time seven of their front eight players had registered scores.

Kilkenny held a good 2-15 to 1-8 lead at the break, after the teams swapped late goals.

The first was scored by

Alan Murphy (K). Within seconds a stray back pass from a sideline cut by the home side led to Ross King getting a run at goal, and he was fouled in the big square.

The penalty was buried in the bottom of the net by Laois goalie, Enda Rowland to leave the score at 2-15 to 1-8.

Laois tore into the opposition at the start of the second half, but Eoin Cody, with a sure touch on frees and from open play, guided Kilkenny through the early storm and on to a steady path to victory.

SCORERS:

KILKENNY - Eoin Cody (1-8, four points frees, two 65s); Alan Murphy (1-5, three points frees, one 65); Billy Ryan (1-1); Martin Keoghan, James Maher (0-2 each); Darren Brennan (0-1, free); Richie Leahy, Ger Aylward, James Bergin (0-1 each).

LAOIS - Ross King (0-8, four frees, two 6s); Paddy Purcell, Willie Dunphy (0-3 each); Enda Rowland (1-0, penalty); Eoin Gaughan (0-2); John Lennon, Aaron Dunphy, James Ryan (0-1 each).

KILKENNY - Darren Brennan; Tommy Walsh, Huw Lawlor, Ciaran Wallace; Conor Delaney, Padraig Walsh, Darren Mullen; Richie Leahy, James Maher; Martin Keoghan, Eoin Cody, Alan Murphy; Billy Ryan, Walter Walsh, Ger Aylward.

SUBS - Luke Scanlon for A. Murphy ht; Bill Sheehan for W. Walsh 48th min; Michael Carey for J. Maher 51st min; James Bergin for M. Keoghan 56th min; Shane Walsh for G. Aylward 65th min.

LAOIS - E. Rowland; L. Senior, M. Whelan, D. Hartnett; R. Broderick, P. Delaney, C. McEvoy; FC Fennelly, C. Stapleton; A. Dunphy, J. Ryan, P. Purcell; R. King, W. Dunphy, E. Gaughan.

SUBS - J. Kelly for L. Senior 27th min; J. Lennon for C. Stapleton 30th min; C. Taylor for J. Ryan 65th min; J. Keyes for C. McEvoy 65th min; C. Phelan for F.C. Fennelly 68th min.

REFEREE - John Keenan (Wicklow).



James Maher was among the scorers for Kilkenny

League to date PICTURE: WILLIE DEMPSEY

playing a 'relegation match that wasn't a relegation match' but after which the Nonesiders ended up with 1B status. Cork, who won that game, earned 1A status.

Manager Brian Cody and selectors, James McGarry, Martin Comerford and DJ Carey experimented and used a big number of players during the five games to date.

The county suffered one defeat against Wexford, then played a draw against Clare while wins were scored over Dublin, Carlow and Laois.

As you would expect, some things worked, others didn't.

Going into the knock-out stages of the competition, Ciaran Wallace and Conor Delaney have, through the strength of their hurling, edged themselves to the fore in terms of consideration for places on the first XV.

Darren Mullen has made a quiet yet strong claim since given a start two games ago. Alan Murphy has been going

SPORT

Masters crews to take over city courts in big 18 team tournament

Basketball

Kilkenny City will host one of the biggest basketball tournaments of the season this weekend.

Two venues in the city will see action in the third instalment of the annual Kilkenny Masters (over 40s) basketball tournament, which involves ladies and gents.

In all, there will be 18 teams involved, nine men's and nine ladies.

The action, which runs from Friday evening until Sunday afternoon, will be in the O'Loughlin Gaels and Loreto Secondary School hall.

This is the third time the tournament has been staged.

Teams are travelling from all over Ireland to play in this event that is unusual in that it is for players aged over 40.

Team are involved from Cork, Kerry, Clare, Mayo, Dublin, Laois, Offaly, Carlow, Wicklow, Waterford and, of course, Kilkenny.

Over 200 players and officials will be in the city during the three days of



The Kilkenny Masters basketball squad

sporting action, which will be backed up by the equally important social night out.

Paris Texas will be the mecca for all on the Saturday evening.

The action gets underway in the O'Loughlin Gaels centre on Friday (7pm) when Carlow take on Kilkenny in the men's category.

Cork Cougars will take on the defending champions, Team Midlands, in the ladies section afterwards.

The bulk of the games will be played on Saturday, starting in O'Loughlin Gaels from 9am, and from 12 noon in Loreto sports hall.

The finals are on fixed for O'Loughlin's on Sunday from

12 noon.

Entry is free and all are encouraged to go along and enjoy the action, which is sure to please.

The Marble City Hawks ladies Super League team will operate a coffee shop at both venues. All proceeds generated through this effort will help fund their club.

There will be plenty of homemade goodies, soup, sandwiches, tea, coffee and so on and there will be plenty on offer for the players too.

A huge amount of work has been put into the event by the local Organising Committee, and all support would be greatly appreciated.

The Kilkenny Masters Committee extended thanks to all who helped bring this event to fruition, especially their main sponsors.

They are Drawinginc.Graphic Design, Paris Texas bar and restaurant and Kilkenny and South East Area Basketball Board.

First League win in Dowling era for Cats

LITTLEWOODS IRELAND SENIOR CAMOGIE LEAGUE

KILKENNY 1-10
OFFALY 0-8

DARAGH Ó CONCHÚIR
news@iconicnews.ie

Kilkenny got over the disappointment of losing to Clare last weekend when they secured their first win of the Brian Dowling era in the Littlewoods Ireland senior Camogie League Division 1 campaign on a 1-10 to 0-8 scoreline over Offaly at Dr Tierney Park, Graignamanagh.

Four points from Denise Gaule and a critical goal by Danielle Morrissey straight from the restart helped Dowling's transitional crew edge clear of a gritty Offaly side that certainly gave Albert Kelly plenty cause for positivity despite the reverse.

In their opening tie last weekend, the Noresiders suffered a shock defeat to Clare that dealt a significant blow to their title aspirations and the concession of a number of frees would have left Dowling dissatisfied in the opening period.



Kilkenny's Davina Tobin in action against Offaly's Sarah Walsh during their League clash in Graignamanagh PICTURE: BILLY CULLETON

Debbie Flynn and Mairéad Teehan converted three of those to scores, while Gaule helped herself to three of her own to make it 0-4 to 0-3 at half-time.

Laura Murphy was introduced by Dowling and she made a strong impact, but it was Morrissey's goal that gave Kilkenny the important

breathing space.

Miriam Walsh, Katie Nolan, Gaule and Michelle Teehan stretched the black and ambers' advantage to eight and though Offaly continued to battle, Flynn and Michaela Morkan splitting the posts, Kilkenny had done enough.

Kilkenny will have been

happy with their second half performance. It was good to get the first victory under the belt as they head to Cork this weekend to take on the Rebels.

With the League format changed this year, and only the top team qualifying from the group for the final, making the cut will be very

very difficult.

Kilkenny will have to be on their game if they are to have any hope against Cork.

Manager Brian Dowling will be happy overall. He and his selectors are trying new players, and they are also trying some players in different positions as they build for the championship.

Thanks went to Graignamanagh GAA club for the efficient way they hosted the game. The pitch in Dr Tierney Park was in excellent condition despite the recent bad weather.

The availability of covered accommodation in the stand was a big help for spectators who could shelter from the bitterly cold wind.

SCORERS:

KILKENNY - Denise Gaule (0-4, point free); Danielle Morrissey (1-1); Miriam Walsh (0-2); Michelle Teehan, Katie Nolan, Aoife Doyle (0-1 each).

OFFALY - Debbie Flynn (0-5, three frees); Mairead Teehan (0-2, frees); Michaela Morkan (0-1).

KILKENNY - Aoife Norris; Ciara O'Shea, Davina Tobin, Catherine Foley; Niamh Deely, Claire Phelan, Michelle Teehan; Collette Dormer, Kellyann Doyle; Miriam Walsh, Aoife Doyle, Laura Norris; Katie Nolan, Denise Gaule, Danielle Morrissey.

SUBS - Laura Murphy for C. Foley; Mary O'Connell for K. Nolan; Michaela Kenneally for M. Teehan; Edel Coonan for L. Norris; Aoife Prendergast for A. Doyle; Aobha O'Gorman for D. Morrissey.

OFFALY - Mairead Jennings; Sharon Shanahan, Aisling Brennan, Lorraine Keena; Sarah Walsh, Michaela Morkan, Triona McDonald; Anne Marie Guinan, Debbie Flynn; Grainne Egan, Arlene Watkins, Amy Byrne; Sarah Harding, Mairead Teehan, Alana Roddy.

SUBS - Becky Bryant for A. Watkins; Oragh Kirwan for G. Egan.

REFEREE - Ray Kelly (Kildare).

REPORTER SPORT

Russell 3/1 to be leading rider at Cheltenham Festival

THE pinnacle of the National Hunt racing season gets underway on Tuesday next when the Cheltenham National Hunt Festival begins at Prestbury Park.

Thousands of Irish racing fans will again make the annual pilgrimage to the Cotswolds for the four-day bonanza of jumps racing.

At 1.30pm on Tuesday next the roar will go up from the packed stands at Cheltenham Racecourse with the wall of noise set to be heard back across the Irish sea.

For those who fancy a flutter next week, one of the best interest bets is the leading jockey award.

The 'Big Three' stables of Willie Mullins, Gordon Elliott and Nicky

Henderson, look certain to dominate the proceedings once again, with Mullins narrowly in front of Elliott in the 'top trainer' betting.

Paul Townend as No 1 rider to the Mullins stable, is the current favourite at 6/4.

The now retired Ruby Walsh won the last of his 11 top jockey

awards in 2017, with Davy Russell and then Nico de Boinville landing the prize in the last two seasons.

Russell is second favourite this time around at odds of 3/1.

Russell is set to have an exciting book of rides, including the likes of Envoi Allen, The Storyteller, Battleoverdoyen and many many more.



Our tip for top jockey - Davy Russell

IS THAT ON THE BOX?

For a full list see broadcasters schedule

Thursday

BIATHLON
NOVE MESTO
EUROSPORT 4PM

SOCCER
DERBY V MANCHESTER UNITED
BT SPORT 7.45PM

SOCCER
NAPOLI V INTER MILAN
BT SPORT 7.45PM

TENNIS
MONTERREY OPEN
AMAZON PRIME 8PM

DARTS
SMITH V VAN GERWEN
SKY SPORTS 10PM

Friday

DARTS
UK OPEN
ITV4 12NOON

BASEBALL
RED SOX V YANKEES
BT SPORT ESPN 6PM

RUGBY UNION
WARRIORS V SAINTS
BT SPORT 7.45PM

SOCCER
NOTTINGHAM FOREST V MILLWALL
SKY SPORTS 7.45PM

TENNIS
MONTERREY OPEN
AMAZON PRIME 8PM

Saturday

Owen Farrell will host Wales in the Six Nations

CRICKET
S AFRICA V AUSTRALIA
SKY SPORTS 8AM

TENNIS
LYON OPEN
AMAZON PRIME 10AM

HOCKEY
AUSTRALIA V ARGENTINA
BT SPORT 10.30AM

DARTS
UK OPEN
ITV 4 12NOON

SOCCER
LIVERPOOL V BOURNEMOUTH
BT SPORT 12.30PM

SOCCER
BRISTOL V FULHAM
SKY SPORTS 12.30PM

WOMEN'S FOOTBALL
SCOTLAND V ICELAND
S4C 2PM

SOCCER
ARSENAL V WEST HAM
PREMIER SPORT 3PM

RUGBY UNION
ENGLAND V WALES
ITV/VIRGIN 4.45PM

SOCCER
BURNLEY V SPURS
SKY SPORTS 5.30PM

SOCCER
GETAFE V CELTA VIGO
LALIGA TV 8PM

TENNIS
MONTERREY OPEN
AMAZON PRIME 8PM

SOCCER
DC UTD V INTER MIAMI
FREESPORTS 8.30PM

BASKETBALL
DUKE V NORTH CAROLINA
BT SPORT ESPN 11PM

Sunday

RUGBY UNION
BRISTOL V HARLEQUINS
BT SPORT 1PM

SOCCER
CHELSEA V EVERTON
SKY SPORTS 2PM

HURLING
GALWAY V TIPPERARY
TG4 2PM

HURLING
CARLOW V WESTMEATH
TG4 2PM (DEFERRED)

RUGBY UNION
SCOTLAND V FRANCE
BBC ONE 3PM

SOCCER
MAN UTD V MAN CITY
SKY SPORTS 4.30PM

TENNIS
MONTERREY OPEN
AMAZON PRIME 8PM

Wayne Rooney welcomes his old side, Manchester United, to Derby for an FA Cup tie on Thursday night

Galway's Shane O'Neill hosts Tipperary at 2pm

SPORT

YOUR KILKENNY SPORTS FIXTURES

GAA FIXTURES

THURSDAY

JJ KAVANAGH AND SONS SFC
TBC: O'Loughlin Gaels v Clara (8pm)

DUGGAN STEEL UNDER-13 ROINN B FOOTBALL LEAGUE GROUP A

Ballyragget: St Patrick's v Lisdowney (6.30pm)

FRIDAY

JJ KAVANAGH AND SONS SFL SEMI-FINAL

Palmerstown: Mullinavat v Dicksboro (8pm)

JJ KAVANAGH AND SONS SFC
Danesfort: Danesfort v Kilmoganny (8pm)

DUGGAN STEEL UNDER-13 ROINN A FOOTBALL LEAGUE GROUP B

Piltown: Piltown v Danesfort (6.15pm)

DUGGAN STEEL UNDER-13 ROINN B FOOTBALL LEAGUE GROUP B

Mooncoin: Mooncoin v Graignamanagh (7pm)

SATURDAY

ALL-IRELAND PP SCHOOLS SHC QUARTER-FINAL

Mallow: St Kieran's College v St Flannan's, Ennis (1pm)

JJ KAVANAGH AND SON SFL SEMI-FINAL

Tullaghan: Tullaghan Rosbercon v James Stephens (3.30pm)

JJ KAVANAGH AND SONS SFC
Muckalee: Muckalee v Mooncoin (3pm)

Jeninstown: Conahy Shamrocks v Railyard (3pm)

JJ KAVANAGH AND SONS IFC QUARTER-FINAL/RELEGATION FINAL

Gowran: Young Irelands v Rower Inistioge (3pm)

JJ KAVANAGH AND SONS IFC QUARTER-FINALS

Tom Walsh Park: Thomastown v Blacks and Whites (4.45pm), Piltown: Erin's Own v Piltown (6pm)

KILKENNY CITROEN CENTRE MINOR A FC QUARTER-FINAL

Danesfort: Danesfort v Mooncoin (11am)

KILKENNY CITROEN CENTRE MINOR B FC QUARTER-FINALS

Inistioge: Rower Inistioge v St Martin's (11am)

Gowran: Young Irelands v Graignamanagh (11am)

KILKENNY CITROEN CENTRE MINOR C FC SEMI-FINAL

Paulstown: Barrow Rangers v St Patrick's (11am)

KILKENNY HONDA CENTRE MINOR C HURLING LEAGUE FINAL

Páirc na Seamróg: Kilmacow v Blacks and Whites (3pm)

DUGGAN STEEL UNDER-13 ROINN A FOOTBALL LEAGUE GROUP A

Pairc Sheamuis Stiophan: James Stephens v Erin's Own (10.45am)

James Park: Dicksboro v James Stephens (5pm)

DUGGAN STEEL UNDER-13 ROINN A FOOTBALL LEAGUE GROUP B

Thomastown: Thomastown v Young Irelands (4pm)

DUGGAN STEEL UNDER-13 ROINN B FOOTBALL LEAGUE GROUP A

Tom Ryall Park: Graigue

Ballycallan v St Patrick's (2.30pm)

Pairc na Ratha: Glenmore v Lisdowney (2.30pm)

DUGGAN STEEL UNDER-13 ROINN B FOOTBALL LEAGUE GROUP B

Dr Tierney Park: Barrow Rangers v Graignamanagh (11am)

Paulstown: Barrow Rangers v John Lockes (2.30pm)

Mooncoin: Mooncoin v Barrow Rangers (2.30pm)

DUGGAN STEEL UNDER-13 ROINN B FOOTBALL LEAGUE GROUP C

Tullaghan: Tullaghan Rosbercon v Clara (10.15am)

Coon: St Martin's v Clara (2.30pm)

DUGGAN STEEL UNDER-13 ROINN B FOOTBALL LEAGUE GROUP DA

Dunnamaggin: Kilmoganny v Carrickshock (2.30pm)

Kilmacow: Kilmacow v Kilmoganny (2.30pm)

Hugginstown: Carrickshock v Shamrocks Ballyhale (2.30pm)

DUGGAN STEEL UNDER-13 ROINN C FOOTBALL LEAGUE GROUP A

Palmerstown: Dicksboro v Slieverue (2pm)

Bennettsbridge: Mullinavat v Bennettsbridge (2.30pm)

Palmerstown: Dicksboro v Mullinavat (2.30pm)

Tullaroan: Tullaroan v Bennettsbridge (2.30pm)

Slieverue: Slieverue v Danesfort (2.30pm)

DUGGAN STEEL UNDER-13 ROINN C FOOTBALL LEAGUE GROUP B

Johnstown: Fenians v James Stephens (2.30pm)

Tom Walsh Park: Blacks and Whites v Conahy Shamrocks (2.30pm)

Jeninstown: Conahy Shamrocks v Fenians (2.30pm)

Tom Walsh Park: Blacks and Whites v James Stephens (2.30pm)

Larchfield: Gaelscoil Osraí v Scoil McCauley Rice NS (3.30pm)

St Patrick's DLS: St. Patrick's DLS v Castlecomer BNS (3.30pm)

Thomastown BNS: Thomastown NS v St Canice's NS (3.30pm)

ALLIANZ CUMANN NA MBUNSCOL TOYMASTER ROINN C NORTH

Jeninstown: Conahy NS v Goresbridge/Paulstown (3.30pm)

Ballyragget: Ballyragget NS v Kilkenny CBS (3.30pm)

St John's Park: St John's NS v Lisdowney NS (3.30pm)

ALLIANZ CUMANN NA MBUNSCOL TOYMASTER ROINN C SOUTH

Windgap: Windgap NS v Rower Inistioge NS (3.30pm)

Slieverue: Slieverue NS v Mullinavat NS (3.30pm)

Hugginstown: Carrickshock NS v St Canice's NS (3.30pm)

THURSDAY, MARCH 12

DUGGAN STEEL UNDER-13 ROINN A FOOTBALL LEAGUE GROUP B

Danesfort: Danesfort v Young



Sean Murphy (Bridge United) weighs up his options as Patrick Clifford (Newpark) closes in during their Maher Shield semi-final. Newpark, who won the game, will be in league action at home to Fort Rangers this Sunday. Bridge will take on Freebooters A PICTURE: MICHAEL BROPHY

Phádraig Ballyhale v Kilmacow BNS (3.30pm)

ALLIANZ CUMANN NA MBUNSCOL TOP OIL ROINN D GROUP 2

Moneenroe: Clogh Moneenroe NS v Coon Muckalee NS (3.30pm)

Páirc Lachtain: Freshford NS v Johnstown NS (3.30pm)

ALLIANZ CUMANN NA MBUNSCOL TOYMASTER ROINN A LEAGUE

Larchfield: Gaelscoil Osraí v Scoil McCauley Rice NS (3.30pm)

St Patrick's DLS: St. Patrick's DLS v Castlecomer BNS (3.30pm)

Thomastown BNS: Thomastown NS v St Canice's NS (3.30pm)

ALLIANZ CUMANN NA MBUNSCOL TOYMASTER ROINN C NORTH

Jeninstown: Conahy NS v Goresbridge/Paulstown (3.30pm)

Ballyragget: Ballyragget NS v Kilkenny CBS (3.30pm)

St John's Park: St John's NS v Lisdowney NS (3.30pm)

ALLIANZ CUMANN NA MBUNSCOL TOYMASTER ROINN C SOUTH

Windgap: Windgap NS v Rower Inistioge NS (3.30pm)

Slieverue: Slieverue NS v Mullinavat NS (3.30pm)

Hugginstown: Carrickshock NS v St Canice's NS (3.30pm)

THURSDAY, MARCH 12

DUGGAN STEEL UNDER-13 ROINN A FOOTBALL LEAGUE GROUP B

Danesfort: Danesfort v Young

Irelands (6.30pm)

CAMOGIE FIXTURES

SUNDAY

LITTLEWOODS IRELAND SENIOR CAMOGIE LEAGUE, ROUND 4

Pairc Ui Rinn, Cork: Kilkenny v Cork (2pm).

LITTLEWOODS IRELAND INTERMEDIATE LEAGUE, ROUND 3

TBC: Kilkenny v Meath, time TBC

TESCO IRELAND MINOR A ALL-IRELAND CHAMPIONSHIP

TBC: Kilkenny v Clare, time TBC

LEINSTER UNDER-16 B CHAMPIONSHIP

TBC: Kilkenny v Laois, time TBC

SOCCER FIXTURES

FRIDAY

UNDER-10 GERRY O'REILLY CUP

Evergreen Boys v Highview Athletic, 6.30pm.

UNDER-10 JAGGER WEMYSS SHIELD

Evergreen Green v Evergreen White, 6.30pm.

Evergreen City v Evergreen Dynamos, 6.30pm.

UNDER-8 SCHOOLBOYS' DEVELOPMENT

Spa United x1 v Clover United x2, 8pm.

SATURDAY

INTOSPORT.IE DIVISION 1

Evergreen B v East End United, 7.30pm.

UNDER-19 LEAGUE

Callan United v Thomastown United, 2.30pm.

Evergreen v Highview Athletic,

2.30pm.

FAI YOUTHS CUP

Freebooters v Mervue, 2pm.

UNDER-16 BRENDAN LONERGAN CUP

Clover United v East End United, 2pm.

Deen Celtic Athletic v Evergreen Athletic, 11am.

Highview Athletic v Paulstown 06, 11am.

Callan United v Thomastown United.

UNDER-15 GIRLS GAYNOR CUP

Galway v Kilkenny & DL, 2pm.

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

Freebooters Athletic v River Rangers, Watershed 3pm.

UNDER-14 BENNETTSBRIDGE PARTS LEAGUE DIVISION 1

Evergreen Athletic v Lions, 11am.

Stoneyford Athletic v Thomastown Athletic, 12.30pm.

Bridge United Athletic v Deen Celtic Athletic, 2pm.

UNDER-14 BENNETTSBRIDGE PARTS LEAGUE DIVISION 1A

Callan United v Highview Athletic.

East End United v Spa United, 11am.

Deen Celtic Boys v Evergreen Boys, 1pm.

UNDER-14 BENNETTSBRIDGE PARTS LEAGUE DIVISION 2

Clover United v Thomastown Boys, 12.30pm.

Bridge Boys v Evergreen City, 12.30pm.

Stoneyford Boys v Freebooters City, 2pm.

UNDER-12 SCHOOLGIRLS' LEAGUE DIVISION 1

Stoneyford United No 1 v Piltown.

Thomastown United No 1 v Bridge United.

UNDER-12 SCHOOLGIRLS' LEAGUE DIVISION 2

Callan United v Evergreen Athletic.

Stoneyford United No 2 v Thomastown United No 2, 3pm.

UNDER-12 GLANBIA LEAGUE DIVISION 1

Evergreen Athletic v Lions Athletic, 9.45am.

Stoneyford Athletic v Thomastown Athletic, 11am.

Evergreen Boys v Freebooters Athletic, 11.30am.

Freebooters Boys v Bridge United Athletic, Watershed 12 noon.

UNDER-12 GLANBIA LEAGUE DIVISION 1A

Callan Athletic v Paulstown 06.

Spa United v Highview Athletic, 11am.

Deen Celtic Athletic v Bridge Boys, 1.30pm.

UNDER-12 NICHOLAS MARNELL MEMORIAL SHIELD

Evergreen City v Thomastown United City.

Callan United Boys v River Rangers.

Fort Rangers v Stoneyford United Boys, 11am.

Clover United v Evergreen Dynamos, 11am.

Freebooters City v Lions Boys, Watershed 1.30pm.

Deen Celtic Boys v East End United, 3pm.

UNDER-10 GERRY O'REILLY

CUP

East End United v Evergreen Athletic, 10am.

Clover United v River Rangers, 10am.

Callan United Athletic v Spa United, 10am.

Bridge United Athletic v Lions Athletic, 10am.

Deen Celtic Athletic v Freebooters Athletic, 11.30am.

UNDER-10 JAGGER WEMYSS SHIELD

Callan United Boys v Freebooters City.

Lions Boys v Thomastown United, 10am.

Bridge United Boys v Highview Boys, 10am.

Deen Celtic Boys v Freebooters Boys, 11.30am.

UNDER-8 SCHOOLBOYS' DEVELOPMENT

Evergreen x4 v Bridge United x4, 10am.

Thomastown United x4 v Callan United x3, 10am.

Stoneyford United x3 v Freebooters x4, 10am.

Deen Celtic x2 v Highview Athletic x2, 10am.

Freebooters x2 v East End United x1, Watershed 10am.

Freebooters x2 v Lions x2, Watershed 10am.

SUNDAY

ST CANICE'S CU PREMIER DIVISION (11AM)

Bridge Utd A v Freebooters A.

Freebooters B v Thomastown United A.

Evergreen A v Clover United, 11am.

INTOSPORT.IE DIVISION 1 (11AM)

Ormonde Villa v Callan United.

Stoneyford Utd v Evergreen C.

Newpark A v Fort Rangers.

EAMONN MAHER COACH HIRE DIVISION 2

River Rangers v Castlewarren Celtic, 11am.

Paulstown 06 v Lions, 11am.

Highview Athletic B v Freshford Town A, 11am.

Thomastown United B v Bridge United B, 2.30pm.

DIVISION 3 (2.30PM)

Clover United B v Tullaroan.

St John's v Evergreen 46.

UNDER-17 LEAGUE

Evergreen v Freebooters, 2.30pm.

Lions v Thomastown United, 2.30pm.

UNDER-16 SCHOOLGIRLS' LEAGUE

Evergreen United v Stoneyford United.

Lions v Freebooters.

Thomastown United v Callan United.

East End United v Bridge United.

Piltown v Evergreen City.

UNDER-13 SFAI SKECHERS CUP

Corinthian Boys v Evergreen, 1.30pm.

FRIDAY

UNDER-13 KILKENNY PEOPLE LEAGUE DIVISION 2

Freebooters Boys v Evergreen City, Watershed 7.15pm.

UNDER-11 DAVID DORAN SHIELD

Evergreen City v Callan Boys, 6.30pm.



Castlecomer Credit Union

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Supporting the community for over 50 years

AGM

ON THE 17TH OF JANUARY Castlecomer Credit Union held its AGM which was attended by almost 120 members. The credit union announced another successful year paying dividend of .1% and an interest rebate on loans of 20%.

In the light of what we see happening in banks this is a good return on investment for all the members particularly those with loans. The Credit Union confirmed another successful years with growth and membership, deposits and a 10% growth in the loan book. Over the past five years the credit union has developed from a weakened position to be a strong sustainable hub of activity in North Kilkenny.

The Credit Union would like to take the opportunity to thank all its members for the support over the over the years. Castlecomer Credit Union would urge our members to continue to borrow as in doing so the Credit Union will continue to grow and the community can develop. As pointed out at the AGM the Credit Union since inception in 1967 has donated circa €500k to good and local causes in the Common Bond Area and wish to continue doing so.

ADDICTION PROGRAMME

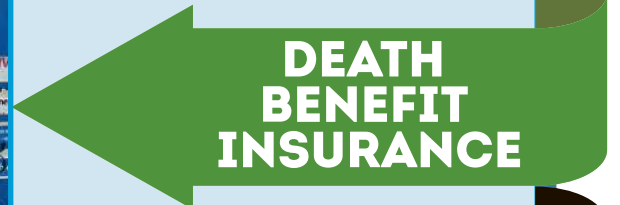
In the coming year the Credit Union involvement in the community will continue to be active with our annual sponsorship of the school run for 2020. We are actively working on an addiction programme for the middle of the year and will continue to support schools and clubs as we have in the past.



Gerry Reynolds with intern Adama Njie who is in training with the CU for 6 months



Jambanjelly CU, Fatou office assistant, Maimuna Barboe vice Chair, Kandeh Naccug, Mohammed A Kamara Secretary BM, Modou Sanneh Chairperson, Yaya Kolley Manager and Gerry Reynolds



NEW CAR LOAN RATES ARE 8%

FOR ANY LOANS OVER 10K



FAST, AFFORDABLE, FRIENDLY SERVICE

CASTLECOMER CREDIT UNION



APR is 8.3%

**Maximum Term 5 Years Repayable
Weekly | Fortnightly | Monthly**
(Repayments to suit individuals)

**Free Loan Insurance is
provided by the Credit Union**

€15,000 over 5 years €70.00 weekly
€20,000 over 5 years €93.33 weekly
€25,000 over 5 years €116.66 weekly



**CASTLECOMER
CREDIT UNION**

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Castlecomer Credit Union Limited is regulated by the Central Bank of Ireland. Founded in 1957,
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