# KILLARNEY Outlook

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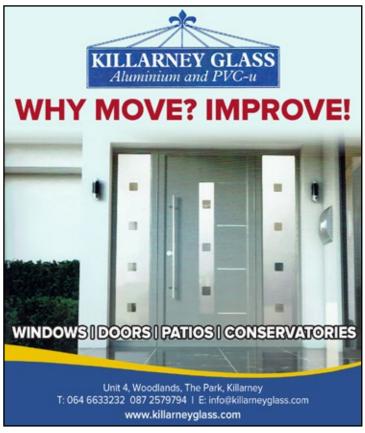
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Designer Don O'Neill with Norma O'Donoghue Model Agency, models S J Taylor, Aoife Begley, Aine Doherty, Aline Maslak, Norma O'Donoghue and Joanne O'Carroll participating in the Recovery Haven Designer Fashion Showcase in the INEC, Killarney on Thursday. Photo by Michelle Cooper Galvin







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There are plans aplenty for events in Killarney over the coming weeks and we have all the information for you! The lovely ladies at Killarney Soroptimist Club are holding their annual Pancake Morning, the staff at the Great Southern Hotel are holding their Evening of Celebration this weekend and the details of this year's Killarney St. Patrick's Day Festival have been announced.

Puss 'n Boots had the audiences in stitches in Rathmore, East Kerry celebrated their Awards Night and the models took to the catwalk for the biggest fashion show of the year in aid of Recovery Haven.

Award winning photographer Valerie O'Sullivan added another feather to her cap this week, Kilcummin Community Groups have come together to save lives, the Meitheal has welcomed new volunteers and there are awards galore for hospitality and service providers in Killarney.

In a week that the Under 18 Killarney Rugby Club Ladies were crowned Munster Champions, we have all the action from the Kerry Senior Ladies and Mens footballers along with news from the courts, fairways and pitches around the town.

Hope you all enjoy this week's Killarney Outlook!

Hisling Crosbie



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#### THIS WEEK

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#### IT'S PANCAKE TIME

he Killarney Soroptimist Club launched their annual Pancake & Coffee Morning at the Killarney Avenue Hotel this week.

The popular event is set to take place on Shrove Tuesday, 13th February, 2024 from 10.30am.

Proceeds from the day will go to St. Mary of the Angels Special Local Project and there will be lots of prizes and a raffle on the day.

Tickets are on sale at €15 each from members of the Soroptimist Club or at the door.



Members of the Soroptimist Club launching their annual pancake coffee morning at the Killarney Avenue Hotel this week with staff members including Manager, Denis McCarthy and Chef Kathleen McCarthy.



# NEW VOLUNTEERS with The Meitheal

Braving all kinds of weather the Killarney Meitheal Group are unstoppable in their mission to make Killarney National Park better than ever. Following the Fossa Climate Action Community Sustainable Fair where the group had a stand, they welcomed a new volunteer this week. Japanese native and Killarney resident, Kaori Mizui joined on Tuesday and is pictured on the groups new access bridge to the Abbey Wood main

"Kaori is living in Killarney and works remotely and was delighted to join our group after attending the very successful volunteer day organised in Fossa last Sunday", Johnny Maguire told Killarney Outlook.

"We will be working again this Tuesday, 13th at 9 am in the Abbey Wood where the new bridge is a great success. It was very productive Meitheal this week, with another great turnout 20 volunteers", he added.

### Have you got your ticket?

#### Great Southern Killarney Staff Reunion this Weekend

island.

One day to go until Great Southerns 'Evening of Celebration' Staff Reunion which will be held on February 10th 2024. Tickets to the event should be pre-booked on Eventbrite by searching "Great Southern Killarney Staff Reunion" or by contacting us on 064 663 8000 or email events@ greatsouthernkillarney.com. The team at Great Southern are looking forward to joining with past & current team members and friends from throughout the years to join them for an evening of fun, camaraderie and celebrations as they mark the incredible friendships and contribution made by staff throughout the years.

CALLING ALL FORMER KILLARNEY GSH STAFF.... Great Southern Hotel's longest serving staff member Martina O'Leary and Kathleen Buiyan pictured with one of the youngest staff members Brian O'Doherty with one of the historic staff photos from the past which will feature in the photo montages at the Killarney GSH Evening of Celebration which will take place on February 10th. Former colleagues and staff are invited to the night marking 170 years in hotel hospitality. Photo: Don MacMonagle





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# A nostalgic reflection on Killarney's proud past, including its rich history, folklore and legends, will be the focus of this year's gala St Patrick's Day parade in the town.

Echoes of Killarney Past is the theme chosen for the annual celebration of the national feast day with the spotlight falling, in particular, on three historical features in the town:

- Inisfallen Island and the tales of the monks who significantly shaped Killarney's history
- Ross Castle, a wonderful landmark, which showcases a real symbol of Killarney's resilience
- Queen Victoria's visit in 1861 with a focus on capturing the pomp and grandeur of the occasion

The theme for the Killarney parade will evolve over the coming years to celebrate Killarney's present and future but, in 2024, the focus will be very much on the town's historical past.

"This year our goal is to elevate the Killarney event to become the premier regional parade outside of Dublin and we are counting on the support of the public and the adoption of the theme to achieve this," said St Patrick's Festival Chairperson, Jason Clifford

A fun zone and live music will add to the magical atmosphere on the streets of Killarney on St Patrick's Day and, to ensure full inclusivity, plans are at an advanced stage to provide an enhanced area at the Anam Centre on East Avenue Road where the focus will be on accessibility, autism-friendly and providing a quiet space.

The bumper festival, as always, is being organised by a team of volunteers guided by Killarney Chamber of Tourism and Commerce in partnership with Kerry County Council and with support from Fáilte Ireland.

Several major events have been planned for the festival including a star-studded concert in St Mary's Church of the Sloes, on Saturday, March 16th, featuring renowned pianist Frank McNamara who will elevate many Irish classics to new heights. Joining him on the night will be celebrated soprano Megan Ruby Walsh, accomplished RTÉ Concert Orchestra violinist Anne Phelan and lead dancer with Riverdance Tomás Ó Sé who will astonish the audience with his rhythmic footwork and dynamic movements, showcasing the unparalleled beauty of Irish dance.

Later that evening, as the sun sets and the stars emerge on the eve of St Patrick's Day, Frank McNamara will perform Chopin by Candlelight which will be meticulously crafted to showcase the breadth of Chopin's genius and it promises an immersive experience that will linger in the memory long after the final notes have faded

The concerts are being organised in conjunction with the Dunloe Hotel and Gardens and the Europe Hotel and Resort.

On the Monday after the St Patrick's parade, at 12 noon, there will be a real feast of fun in store at

#### ECHOES OF KILLARNEY PAST THIS

#### ST PATRICK'S DAY













### Echoes of Killarney Past











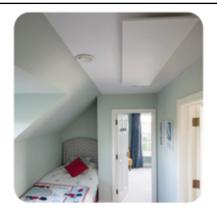


the Great Duck Dash on the River Deenagh at Knockreer with proceeds going to the St Francis Special School in Beaufort.

At 2.30pm that day seanchaí Ray O'Sullivan will present Myths & Legends for Families at the Anam Centre on East Avenue Road and at 5.00pm he will reflect on Echoes of Killarney Past at the same venue.

- To enter the 2024 Killarney St Patrick's Day parade, before February 23, go to https://stpatricksfestivalkillarney.ie/paradeapplication-form/.
- Information and tickets for all other events are also available on the festival website: https://stpatricksfestivalkillarney.ie.











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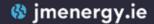
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#### GREAT SOUTHERN KILLARNEY is announced as

#### Ireland's Tourist Hotel at the prestigious 2023 Gold Medal Awards

The team at Great Southern Killarney are today celebrating recognition as Ireland's Tourist Hotel which was announced last Tuesday night at the 2023 Gold Medal Awards.

Organised in association with Hotel & Catering Review magazine, the Gold Medal Awards were held in The Galmont Hotel, in Galway City last Tuesday 31st January. Now in their 34rd year the Gold Medal Awards are recognised as the leading independent awards programme for the Irish hospitality industry. Judged by industry experts, the Virgin Media Business Gold Medal Awards recognise and reward excellence in hospitality and catering operations across the island of Ireland.

Great Southern were also delighted to receive the Silver award in Ireland's Business & Conference category. It was a night of celebrations for the team from Hayfield Family Collection as their sister property Killarney Royal also won silver in Ireland's Afternoon Tea Hotel and Ireland's Tourist Hotel.

Speaking after the award presentation, Managing Director of Hayfield Family Collection Michael Jacobi: "To be recognised among the greatest hotels in Ireland is a marvellous achievement for Great Southern and Killarney Royal. We were particularly delighted to take Gold in the Tourist Hotel category as we celebrate 170 years in business at Great Southern this year.

It is fantastic news and has provided all our staff with a great morale boost ahead of another busy year welcoming guests from across the world to wonderful Killarney. Receiving this recognition for the service we provide is a fantastic achievement and testament to the incredible work of our outstanding staff."

We would like to take the opportunity to thank our wonderful guests for their continued support and loyalty throughout the years, and we greatly look forward to continuing to serve you all for many years to come.



Great Southern Hotel Gold Medal Winners: L to R - Davor Juric, Evelyn Lucey, Aoibheann O'Leary, Anton Savage (Host)



Killarney Royal - Silver Medal Winners: L to R - Aoibheann O'Leary. Michael Cronin, Nuala Doolan, John Burchill



#### **€2 MILLION ALLOCATED TO KILLARNEY**

This year's allocation of Active travel funding has been announced with almost 2 million euro allocated to

'It has been three years since the cycle network for Killarney was proposed and consultation ended, now we need to see work on the ground' said Local Green Party Candidate, Diarmaid Griffin.

'Killarney is a busy town and has issues with vehicular traffic. Anything that encourages active travel and reduces traffic should be seized upon by Kerry County

'One of the best ways to see Killarney and the adjoining National Park is by bike. The funding for cycleways and walkways is there and I would see it as a priority to get the work done and make active travel safer for Tourists and Locals'

'Work is set to begin in quarter one or two of this year. I hope a start date will be announced soon' Diarmaid Griffin concluded.

Killarney Allocations Include:

Rock Road, Killarney € 1,200,000

Deerpark Road, Killarney € 50,000

Gaelscoil Road / Chestnut Drive, Killarney € 50,000 Flesk Walkway and Cycleway, Killarney €225,000

Rock Road, Killarney € 160,000

Park Road, Killarney € 200,000

Fossa National School, Killarney € 30,000

Killarney LTP € 50,000

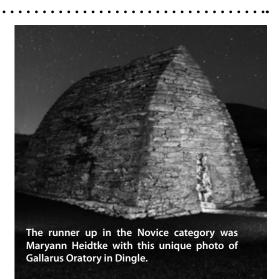
#### Great Variety at Camera Club Competition

There was a great variety of photos in the : light up the inside. The sky was perfectly clear Novice category in Killarney Camera Club's recent Black and White competition. Last week we published the winning photo in both the Unrestricted and Novice categories, by Iryna Halaieva. The runner up in the Novice category was Maryann Heidtke with this unique photo of Gallarus Oratory in Dingle. She said "The photo was taken on a crisp cold January night. A torch was used to 'light paint' the outside structure and one to

that night showcasing Orion's constellation directly above the oratory, this just added to the magical beauty of Gallarus." Maryann also says that it is the only intact specimen of its type and is the best preserved ancient church in Ireland.

Joanna Pollock was in third place with a photo of Machu Picchu

Check out all the competition photos on www.killarneycameraclub.ie







### Oh Yes It is....

#### PUSS IN BOOTS WOOS THE AUDIENCES IN RATHMORE

Bringing the house down.... Marian Players had the audience in stitches as they performed their annual panto in Rathmore. This is a magnificent community project that obliterates the Cork Kerry border, temporarily at least. Rich in comedy and with a strong storyline, the show gave value which was acknowledged in no small way by the, better than ever, public support it received. Puss'n Boots pulled full houses which culminated in a contribution of €24,000 to Kerry Parents and Friends.

After a most successful week the group also acknowledged the many years of dedicated work for the organisation by Hugh Ryan who recently retired as chairperson of the Kerry Parents and Friends Association.

Despite the challenges of covid, Eilish Coakley, group treasurer remarked how wonderful it was to see the input of new people in addition to so many of the regular team both on and off stage. She then presented the cheque for €24,000 to Helen Power, acting Chairperson of Kerry Parents and Friends Association.

**PHOTOS: SEAMUS HEALY** 



The Indian chief played by Brian Kelly.



The beautiful princess was played by Jayme Linehan.



The wonderful Puss In Boots played by Mary Hickey.



Mary Hickey as Puss in Boots raises the roof with her powerful song.



Jimmy Kelly as the hilarious Allo.





Derry Healy played the part of Maestro



The talented children woo the audience









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#### Redesign of Church taking place - in more ways than one

The Church in Kerry is undergoing radical change. The hope is it will move from a top down to a circular structure with laity at its core. I am not sure the triangle can be circled. There is going forward more in hope than expectation, I suspect.

There is a public consultation over the next few months. On Monday night a webinar is taking place which will hear from how Innsbruck in Austria and Widness in Liverpool in the UK have dealt with the lay model. The Webinar "exploring models for strengthening Lay Leadership" is on next Monday night. The registration link is on dioceseofkerry.ie

We are more naturally in Ireland a sacral church, interested in the sacraments and the spiritual with the priest at the core, is my thinking. Vatican 2 derailed matters for us. It was like going from poetry to plodding prose and no-one really speaks of this. I doubt if the switch from the universal Latin rite, the smell of incense, leaving awe and the air of mystery, ever suited the Irish mentality.

We had our own direct encounter with it in Killarney when the plaster was stripped off the walls of the cathedral, and the brass, the wrought iron and much of the ornate floor was torn out. The untouched side altars are still nicer. And the lights returned!!

One of the big questions now is what to do with the churches without priests.

Are some of the 110 historic churches to become community halls?

St Mary's Parish Hall is already a source of concern to many people in Killarney. The building is not all it should be. Fr Kieran O'Brien parish priest is well aware of it, but says during Covid some of the inside at least was done up.

Bingo still takes place two nights a week evening is too much.

for 300 catering people a go. Why counts election or sales of work no longer take place may be a question for local groups and our councillors.

The outside is not good. It is a pity as the building is historic. It was once part of the Fever Hospital complex established

in Killarney in 1800. Not so long ago it was a lively centre of youth activity. But it is in bad repair and there are no plans at present to do anything but repair as needs be, Fr Kieran said.

Ultimately though, 'it needs a big injection of money', he said.

One of several public buildings in Killarney, church and state, to need money.

#### Women and Fine Gael retreating from politics

The Church is at an in-between stage, but so is politics. Listowel councillor Aoife Thornton, considered a likely Dáil candidate for Fine Gael is pulling out of politics.

The position of local councillors is a professional role now with benefits and a salary. But it's the add-ons that is driving this young mother out. As well as on school boards, on subcommittees, and other associations, politicians in Kerry are expected to attend funerals every evening, she said.

Aoife's family - her eldest child is ten - were formed the same time as her political career. Councillors then had no maternity leave - as there still is not for many self-employed women. The expectation to be out every evening is too much.



'I would like to ask, do people expect your county councillors to be at all those funerals to be out every evening at everything that's on, because if you do it will pose more of a challenge for people to come into the role,' she said.

Aoife, articulate and intelligent and always highly presentable, will be a great loss to politics. Women are retreating and there are still only five women out of a total of 33 councillors in Kerry.

Something must give and we must find a way of including women's voice.

But what of Fine Gael in Kerry? The party has all but collapsed. I was listening to Seamus Cosaí Fitzgerald a veteran Fine Gael councillor on An Saol O'Dheas on Radio na Gaeltachta. Seamus intended pulling out but he is coming under pressure to run again, he told Helen Ní Shé.

He is a dedicated politician and had a real shot at the Dáil. I wonder if Fine Gael had stuck with him, would they have succeeded better?

Jim Finucane in Tralee and Patrick Scarteen in Kenmare are also bowing out.

With the dire situation Fine Gael finds itself in this county, surely Brendan Griffin too is under pressure to run?

#### Nothing soft about the new black K-brand for Kerry

Is the new brand for Kerry really about Kerry? I was holding my powder after getting a bit of a shock when I saw the black flag unveiled as the new brand for Kerry last week.

If the county thrives at all, it is on a misty palette and soft edges. But this K brand is all harsh lines and there is too much black. Yes, they do various versions of the black against coloured backgrounds. But there is no getting away from the starkness (the jargon is 'bold') There is nothing soft about it. The Sigerson Clifford poem of the soft rain against the hills is nowhere to be seen!

Kerry's Eye did a vox pop and none of the four men and two women interviewed liked it. They said it was too plain. Tim O'Leary from Farranfore said it didn't say much about Kerry . He feels a competition in the schools might have thrown up some better ideas.

Jean O'Connell, public relations also from Farranfore and now based in Wexford is the spokeswoman for the new brand.

She told me two years of research went into it and there was widespread consultation. Tourism and business bodies and the council in Kerry are all involved.

What drove the design is the digital platform. And on that platform there are no soft edges. There can be no John Hinde scenic sort of stuff and it all must be bold and reducible so it

can appear in small print.

'The brand is modern and designed for all different platforms.'
Perhaps. But I think it is too masculine and too hard edged and I don't

Is it my imagination too or was there another brand rolled out not so long ago? That one was for tourism, I was told. Then we have the county logo. I am wondering why we need another brand for Kerry. And how much public money is being spent on this exercise. And what happened to painting with words?



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# The Week Through The Eye of the Lens



Celebrating her retirement, Sheila Dickson (third from left) pictured with her brothers and sisters including, Mary, Seanie, Tracey, Margaret, Bernie and Pat at the Kenmare Rooms at the Killarney Avenue Hotel.





Annie and Philip Gammell supporting their son Cian at the East Kerry Awards. Photo: Seamus Healy



On the 1st of February students of KCC came together at lunch time and used their skills to learn to create and make St Brigids crosses. They were all very pleased with the results.



Teresa and Noel White supporting their son Gavin White at the awards. Photo: Seamus Healy



East Kerry recipients and officers at the Awards on Friday night last. Photo: Seamus Healy



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HEARING SOLUTIONS

#### **GENEROUS GINA**

#### continues in her Quest to Support Cancer Services

generous Firies lady has once again provided vital funding for cancer services in Kerry.

Gina Herlihy presented a cheque to Kerry Cancer Support Group on Wednesday. It is the proceeds of her pre-Christmas raffle and she was delighted and thankful to be able to give over eleven thousand euro. Gina's raffles started in 2019 but Covid restrictions meant that they were changed to an online format. They grew each year and have raised €53.400 to date. Gina is always blown away with the generosity shown from both sponsors and supporters in Kerry and beyond and is delighted to be able to donate to local charities.

Breda from Kerry Cancer Support Group said that they are delighted with the funds raised and that it will go directly towards their Healthlink Transport services. She said that these services have become busier and all funding is greatly appreciated by the charity and its service users.

#### **About Kerry Cancer Support Group**

Kerry Cancer Support Group was established in 2007 and has been transporting the people of Kerry, West Cork and West Limerick to hospitals in Cork and Limerick for their cancer related treatments since 2010. Their motto is that "No one should face their cancer journey alone" and having transported over 75% of those diagnosed in the region since foundation they hope that they are living up to this. They also provide information and support to families experiencing cancer and to schools and groups in the region with their different campaigns. Their centre at Maine Street in Tralee is very welcoming and people are always encouraged to drop in to discuss anything relating to their journey. Call 066-7195560 for information.



Gina Herlihy presents a cheque for €11,134.83 to Breda Dyland from Kerry Cancer Support Group

#### A NEW DAWN HAS BROKEN

Across the Stormont chamber, sat a blonde and a brunette, Who were female tribal chieftains, as the stage was set, For a piece of history, which they thought would never happen, As a Catholic lassie, donned the leader's mantle. The noble O'Neill's of Tyrone, were once the Earls of Ulster, And now a proud descendant, has become First Minister. For over a hundred years, her kin were second class, Dominated by the Unionists, to keep them in their place. It was a century of misery, and Catholic deprivation, As they yearned for freedom, and emancipation. But the great day came on Saturday, with the changing tide, And a proud Michelle O'Neill, took it all in her stride. She spoke calmly with honour, that she'd be there for all, Whether Catholic or Protestant, in a noble call. It was all most civilised, as opposed to past rancour, When Unionists were dominant, in their Stormont lair. But the stranglehold is broken, and the future's looking bright, If they all can get along, and end the bitter blight. It's been a long and callous road, since nineteen twenty one, But a new dawn has broken, with a bright rising sun.



#### The RSA's Free Check it Fits Service is coming back to Killarney

Over half of child car seats (56%) checked by the Road Safety Authority's Check it Fits service were incorrectly fitted and needed some type of adjustment to make them a safe fit. If a child's car seat isn't fitted correctly, it could lead to a serious or fatal injury in the event of a collision.

The RSA are delighted to announce that their face-to-face child car seat checking service - Check it Fits -is back on the road visiting locations around the country and is coming to Kerry on February 13th, 14th and 15th Car seats may seem simple to install, but the installation is often easy to get wrong. The RSA have found that almost a third of seats fitted incorrectly needed major adjustments\*. We know parents are not intentionally putting children in danger and it is an education issue. To help address this problem, the RSA Check it Fits service will be visiting to help parents and ensure car seats and restraints are correctly fitted.

The venue is Aldi Killarney on Tuesday 13th February and the service takes between 10-15 minutes and runs from 10.00am - 5.30pm, it is free of charge and offers parents and guardians reassurance that their child is safe while travelling in the car. It is a walk-in service, no appointment needed. It is important to use your child car seat correctly every single time during a car journey so parents should regularly check the fitting of your child car seat or get it rechecked at a Check it Fits service. For example, if you got your child car seat fitted in winter now coming into the summer months you may need to tighten the harness as your children are wearing lighter clothes. If your child's car seat or restraint is incorrectly fitted, the Check it

Fits experts will advise on how to fix the problem, demonstrate how to fit the restraint correctly and answer any queries participants might have to avoid potential serious or fatal injury in the event of a collision. For more information on Check it Fits visit www.rsa.ie/checkitfits.





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John & Mary Murphy, Killorglin.



Killarney Photographer Valerie O'Sullivan added another feather to her cap when she secured second place in the Multi Media Category at the 46th Press Photographers Association Awards.

Valerie won for her photo entitled "In Search of the elusive cuckoo" which was captured in Killarney National Park.

Alan Betson of The Irish Times has been named the AIB Press Photographer of the Year 2024 at an awards ceremony in Dublin on Friday, 2nd February 2024. Alan won for his photo BURNING CITY, A dramatic image of a burning bus during the absolute peak of the Dublin riots captures the mayhem of one of the main news events of the year.



Mark Condren won first in Multi Media for his image of a farmer moving his cows across the River Shannon for pastures new.



Alan Betson also took 2nd Place in the news category for RELIEVED: The sheer relief shown by this man clutching a child in the aftermath of the horrific knife attack at Parnell Square is palpable. The photograph illustrates every parent's worst nightmare.



BURNING CITY: A burning bus on Dublin's O'Connell Bridge during riots in Dublin City Centre in the aftermath of a knife attack on school children on Parnell Square.. Photo: Alan Betson

Tree of Life - 3rd in Nature: A murmuration at Dysart on Lough Ennell, Co. Westmeath. Photographer: James Crombie / Inpho Photography



Irish Times photographer Nick Bradshaw who grew up in Sneem won 1st place in the Nature Category for Preening Cormorant pictured at Dublin's Grand Canal Basin.

A striking image from Midleton, Co. Cork. as Pavel Ciechomovicz rescued his dog when the town was struck by the worst flooding in living memory. Photographer: Michael Mac Sweeney / Provision



Kerry photographer Brendan Moran from Sportsfile captured Shane Lowry of Europe celebrates alongside team-mate Rory McIlroy as he lifts the Ryder Cup upon victory on the final day of the 2023 Ryder Cup at Marco Simone Golf and Country Club in Rome, Italy.















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# HYDROTHERAPY KEEPING CANCER PATIENTS AFLOAT IN KERRY ahead of World Cancer Day



Funding from the National Lottery in 2023 allowed Recovery Haven Kerry to continue offering free hydrotherapy classes for its clients. The classes focus on gentle exercises to improve fitness, mobility and mental health as well as provide pain relief.

Patients who are living with cancer are now able to avail of Hydrotherapy classes in Kerry and surrounding counties with an outlet to help them claim back a fun and active life.

Recovery Haven Kerry offers a safe place for cancer patients, their families and carers to access free emotional and psychological support and information through phone support, counselling, complementary therapies, courses, classes and online group activities.

Following funding from the National Lottery in 2023, it was able to continue offering free hydrotherapy classes for its clients. The classes focus on gentle exercises to improve fitness, mobility and mental health as well as provide pain relief.

"We were already providing a lot of free classes – such as yoga and Pilates – and were interested in branching out into other therapies. We approached Kerry Sports Academy (at the Munster Technological University) about it and they loved the idea. The National Lottery funding in 2023 allowed us to provide five eight-week slots and it was a huge success. As soon as we launched it, people jumped at the chance to do it and some of the feedback has been incredible," says Marisa Reidy of Recovery Haven Kerry.

Adults of all ages on their cancer journey participated in the classes. One said it gave him "the confidence to get back to a more normal, active life". Another said it was the best part of her week. "It put me in an amazing mental state. It was the best part of my week – the fun, the exercises, the friendship and the feeling of normality."

The centre is continuing with the hydrotherapy classes and between 12 – 14 people are benefiting from them each week.

Recovery Haven Kerry also received Good Causes funding in 2019 and the centre was also a regional winner at the National Lottery Good Causes Awards in 2022.

In 2019 additional funding was used to provide 100 free one-to-one counselling for adults and young people at the centre during 2020. These sessions were vital at a time when the country faced rigid Covid19 restrictions which impacted hugely on vulnerable cancer patients and their

families leading to an increase in demand for counselling.

Located in Tralee, the centre services all of Kerry as well as North Cork and West Limerick and has an outreach service Killorglin twice a month. It was founded by former nurse Marian Barnes in 2009 who saw a need to support cancer patients and their families in a non-medical way, helping them with the emotional and psychological effects of the diagnosis.

"A lot of people might think we are only providing services for people with cancer – but it is everyone affected by cancer– we are open to all family members and carers," says Marisa. In fact, last year almost half of those who used Recovery Haven were either family members or

carers. Throughout 2023, the centre had 5,248 attendances where 858 clients were supported. It saw 407 new clients last year – a five per cent increase on the year before.

"We think this increase has a lot to do with people, post Covid, getting out and about again and it is great to see people willing to look for support. We held more than 1,023 counselling session, 1,050 support calls, 797 complimentary therapies sessions – from reflexology and reiki to massages as well as 408 play therapy sessions."

Recovery Haven has a full-time manager and client services co-ordinator, backed up by five part-time staff members, six therapists and seven counsellors. But its backbone is the 60–70 volunteers who support the centre, with a range of roles including 'listening volunteers' who support clients when they arrive and before they meet the clinical staff.

"Volunteers also help with the day-to-day running of the centre as well as gardening and fundraising. Many used the services themselves and have come back to give back, more have been touched by cancer in some way and others are locals. All are here for their own reasons but we couldn't operate without them."

Recovery Haven Kerry is going from strength to strength following a massive renovation and extension of the centre last year which got rid of the need for an old prefab on site and now boasts new therapy and play therapy rooms in a state-of-the art building that promotes a relaxed and cosy atmosphere for attendees.

It also has a range of new programmes starting this year from bereavement support for young people to online courses for caregivers and has announced renowned fashion designer Don O'Neill as its new patron.

A former journalist with The Kerryman, Marisa was aware of the work of the centre through her job. When she took time away from journalism, she saw an opening for a part-time PR & Marketing role in 2017 and went for it.

"When I came into the centre on the first day, I saw a framed newspaper article on the wall that I had written about the centre and I knew it was meant to be. I started off doing PR & Marketing but my role has branched out since then and I am also involved in fundraising."

The centre costs over €400,000 a year to run, with €200,000 of that coming from fundraising events alone.

"It's always challenging each year to fundraise. We just held a massive fashion show in Killarney on February 1 and it was a great success with around 1,200 people attending. Fundraising is a huge part of what we do and always challenging each year but the people of Kerry and the surrounding areas are amazing and we are constantly overwhelmed by the people and what they do for us."

Nearly 30 cent in every €1 spent on all National Lottery games goes back to Good Causes in the areas of sport, youth, health, welfare, education, arts, heritage, and the Irish Language. In total more than €6 Billion has been raised for Good Causes since the National Lottery was established 36 years ago. In 2022 alone, €259.5 million was raised for local Good Causes in communities across Ireland.



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# Saving lives.... Kilcummin Community Groups come together

With Community at their heart, members Kilcummin Community Council have decided to collaborate with Kilcummin Community Defibrillator Group.

The community council was established many years ago to raise funds for local initiatives in the parish of Kilcummin.

The group's members, included Johnny Guerin, Noel Fleming & Eddie Morrissy and having achieved the projects they set out to, they rethought how best to utilise residue funds that remained and how these funds could add value to the community living in Kilcummin.

They decided that a Collaboration with the Kilcummin Community Defibrillator Group would be a fitting way to ensure their remaining funds would be put to good use.

Kllcummin Defib Group is a dedicated organisation committed to promoting health and safety within the Kilcummin community, establishing and maintaining a public accessible network of defibrillators. "This Community group whose work is now completed, have recognised the importance of community-wide access to defibrillators in times of medical emergencies and a shared goal of enhancing the community we live, in aligns perfectly with the work we both strive to achieve" stated Willie Fleming, treasurer of the Killorglin Defib Group.

"Fund-raising is always a challenge as we all compete with other worthy causes, so to be gifted this amount of money in one go is of huge value



Derek O Leary, Willie Fleming, Johnny Guerin, Patricia O Brien, Marie Moloney & Eddie Morrisey at the presentation of a cheque in excess of €2000 from Kilcummin Community Council to Kilcummin Defib Group. Missing from photo Sheila O Connor

to our group and we are so grateful for this consideration and gesture" Willie went on to say.

Kilcummin Defib Group has a network of 8 public access defibrillators located throughout Kilcummin, that can be accessed by the public 24/7 in the event of a medical emergency. They also provide training to the public to ensure basic CPR skills and the knowledge of Defib use is available throughout the community.

The funds received will be utilised in the running costs involved in the upkeep of the network.



Members of the St. Brigid's Law Society.

#### Learing all about Law

Members of St Brigid's Law Society recently met ahead of next week's trip to Killarney District Courthouse criminal hearings. Members of our Society engaged in a mock trial and played the part of solicitor, barrister, accused, plaintiff, witness and jury.

The mock trial case involved an alleged incident during a camogie match which resulted in one player being injured and another player being accused of assault causing actual bodily harm. Our Law Society students have been exploring and researching legal concepts related to law in sport such as consent, implied consent in physical sport, burden of proof, innocent until proven guilty and intention to injure.

The legal eagles put their research to practice on Wednesday and great debating, legal advocacy and acting skills were demonstrated by all.

The Law Society students, together with our Transition Year Law students, under the guidance of their teacher, Mr Kelly, will next week attend Killarney District Courthouse criminal hearings to gain a further insight into court room practices and procedures.

#### Great Welcome for Young Camogie Players

Killarney Camogie Club were delighted to welcome 28 new and returning Under 8s and Under 10s to Spa GAA Hall on Bank Holiday Monday for our first indoor session of 2024. "It was a fun session with lots of games, running, learning new skills and making friends. Thanks to coaches (Sarah Dineen, Kate Lynch, David Gillespie, Martin Mulready, Patrick Palmer and Seán Casey); to 4 of our underage county camogie (Orla Cronin, Caoimhe players

Dineen, Tiarna Dineen and Megan Gillespie); to Spa GAA for the use of their fantastic facility and to all the local schools and volunteers who distributed leaflets last week. We appreciate the great turnout for the bank holiday", Caroline O'Leary, PRO for the club told Killarney Outlook.

Training resumes next Monday evening from 6-7pm. Hurleys & helmets can be provided. Only need to wear runners and bring a bottle of water. Free tryout sessions





# Senior cycle subject choice is the first step on the road to college



#### **LEAVING CERT OPTIONS**

Students study one of three Leaving Cert programs at senior cycle. The majority prefer the traditional Leaving Cert (LC). The Leaving Certificate Vocational Programme (LCVP) is similar to the traditional Leaving Cert, except that students also take three Link Modules (Enterprise Education, Preparation for Work and Work Experience). The Leaving Certificate Applied (LCA) is strongly vocational, meaning that its job and employment focused. The subject areas are more practical than academic.

Subject selection for Leaving Cert is very important because the subjects you choose will influence your further study and career. Give this process serious consideration and decide what senior cycle subjects suit you best. Leaving Cert students usually take seven subjects. Mathematics, Irish and English are compulsory. It's advisable to study a modern language, which many third level courses have as an entry requirement.

#### **OPTIONAL**

Your task is to select three optional subjects – four if not taking a third language. Make sure that your subjects fulfil the entry requirements for your courses of interest. Many colleges also impose additional subject requirements which are course specific. It's also worth knowing that a number of third level courses use criteria of selection, such as art portfolio, interview, audition and suitability test, in addition to Leaving Cert exam points.

#### **POINTS TOTAL**

Six subjects are used from any one sitting of the Leaving Cert exam to calculate total points' score. The potential maximum points' score in the Leaving Cert points' scale is 600 or 625 if Higher Level Maths is one of the six subjects counted, as 25 bonus points are awarded for Higher Level Maths for H6 or above.

#### LCVP

Students studying the LCVP may include the points awarded for the Link Modules as one of the six subjects used for calculating points - 66 points for a Distinction (80% to 100%), 46 points for a Merit (65% to < 80%) and 28 points for a Pass (50% to < 65%).

#### FI AIR

Keep the following criteria of subject selection in mind when making your choice. Firstly, if you have a flair for - a special ability in, an aptitude for - a particular subject, you will get tremendous personal satisfaction from studying that subject.

#### **ACHIEVEMENT**

Secondly, note the subjects in which you are achieving good grades. The Leaving Cert exam is a test of achievement. Grades and points determine entry to higher education. There is little benefit to you in taking a subject which you find difficult and are unlikely to do well in. Points' potential at higher (H) level is far greater than at ordinary (O) level. For example, H3 is worth 77 points while O3 is worth only 37 points. Study as many of your subjects at higher level as you can cope with.

#### INTERES1

Thirdly, select subjects you are interested in because you will work harder at those. Of all the variables that determine success at school, at college and in your career, interest is the most critical. It's likely that the subjects that interest you at school will influence your college course choices in two years' time.

#### **REQUIRED**

Fourthly, be aware of subjects that are required for any particular career interests you may have. Each college has a system of general and specific entry requirements which you must satisfy before you are considered for a place in a particular course. For example, the minimum general entry requirements for UCC are 2H5 and 4H7/O6. An O6/H7 in a laboratory science subject in the Leaving Cert exam is a specific entry requirement for a degree course in Nursing.

#### **CRITERIA**

The task facing you, therefore, is to select a subject grouping that will satisfy the four criteria of Flair (aptitude), Achievement, Interest and Required. It may help you to remember that you need to make a FAIR choice of subjects. Study the information carefully, give careful consideration to your subject choice, think about your course options and the related careers. In the end choose wisely as

this is the first step on your road to college.

#### CHECKLIST

- Senior cycle students take the LC, LCVP or
- LCVP students also take three Link Modules
- ubject selection at senior cycle is an extremely important issue
- Leaving Cert students normally take seven subjects
- Mathematics, Irish and English are compulsory subjects
- Each college has a system of general and specific entry requirements
- When calculating points, use six subjects from one sitting of the Leaving Cert exam
- You will get satisfaction from studying a subject for which you have a flair
- The Leaving Cert exam is a test of achievement
- Take note of the subjects in which you are achieving good grades
- Points' potential at higher level is far greater than at ordinary level
- Select subjects in which you are interested
- Be aware of subjects that are required for your course interests
- Make a FAIR choice of subjects Flair, Achievement, Interest, Required
- 1st March: closing date, at 5pm, for amending CAO course choices
- 1st March: completed online HEAR/DARE forms must be submitted by 5pm
- 1st March: closing date, at 5pm, for completion of mature student application form
- 5th March: CAO late application facility opens at 12.00 noon (€60 fee)
- 15th March: HEAR/DARE supporting documentation must arrive in CAO by 5pm
- CAO received 77,049 applications by 1st Feb., over 1000 less than last year's 78,184

Billy Ryle is a Career Guidance Counsellor and Educational Commentator Email: rylebilly@gmail.com Tel: 087 9808979

#### LEARNING TO SAVE LIVES

First Year students at Killarney Community College took part in a a CPR competition last week. All students were trained up by staff who are trained first responders before engaging in a competition to see who represents the school at the CPR Final on March 7th which will be held in the school gym. Some great compressions and steady rate helped these lads get over 90% in their overall score. They are looking forward to putting their skill into action next month against competing schools. Well done to Charlie and Gearoid Moynihan, Nathan O'Brien, Joseph Stofberg and Peter O'Callaghan

L-R Charlie and Gearoid Moynihan, Nathan O'Brien, Joseph Stofberg and Peter O'Callaghan





### **Choir and Cakes Raise Funds** for The Sem

The Parents Association at St. Brendan's recently presented a cheque for €1,700 proceeds from a raffle and cake sale which took place during the School Choir's Christmas Concert.

Prizes were donated by various businesses in Killarney and members of the Parents Association sold tickets at the event.

They also held a cake sale in which parents supplied all the goodies.

All in all a total of €1,700 was presented this week to go towards various activities in the school.



St Brendan's College Parents Assocation members Eileen Sugrue, Pam O'Brien and Amanda Spillane Murray presenting the generous proceeds by parents from the Christmas fair €1700 to (second from left) Music teacher Niamh O'Connell, Sean Coffey Principal and (right) Music teacher Mish O'Donoghue for the Music Department at St Brendan's College Killarney. Photo by Michelle Cooper Galvin









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# Glamour and Glitz

#### at the INEC for the BIGGEST FASHION SHOW OF THE YEAR

Over 1200 people attended the social event of the year so far at the INEC on Thursday night, February 1st.

The stunning fashion event was led by two of Kerry's most renowned fashion designers, Don O'Neill and Colin Horgan took centre stage at Killarney's INEC Arena for Recovery Haven Kerry's Designer Fashion Showcase, which incorporated the spirit of St. Bridget, the extraordinary Irish saint on her 1500th anniversary.

Models from the Norma O'Donoghue Model Agency took to the catwalk showcasing fashion from the top boutiques in Kerry.

The event was MC'd by Mary Kennedy and all proceeds go to Recovery Haven.

Designer Don O'Neill with model Aline Maslak wearing one of his designer gowns at the Recovery Haven Designer Fashion Showcase in the INEC,



Minister for Eduacation Norma Foley TD with Mary Kennedy MC and friends Mary Mulcahy, Lillian O'Callaghan, Philomens Stack Revovery Haven, Joanna Flynn, Joan McCarthy (second row) Brighidin Walsh, Maura Walsh, Anne Flynn, Valerie O'Connor, Noreen Lovett (back from left) Catherine Godley, Maggie Stack, Lily O'Sullivan, Joan Harmon and Breeda Curran at the Recovery Haven Designer Fashion Showcase in the INEC, Killarney on Thursday. Photo by Michelle Cooper Galvin





Helen, Claire and Bridget Healy Tralee enjoying the Recovery Haven Designer Fashion Showcase in the INEC, Killarney on Thursday. Photo by Michelle Cooper Galvin



Sheila McCarthy, Brenda Brick, Marian Daly and Bridie Kingston Killorglin enjoying the Recovery Haven Designer Fashion Showcase in the INEC, Killarney on Thursday. Photo by Michelle Cooper Galvin



Minister for Eduacation Norma Foley TD with Mary Kennedy MC, Cllr. Niall Kelleher Mayor of Killarney, Philomena Stack and Siobhan MacSweeney Recovery Haven at the Recovery Haven Designer Fashion Showcase in the INEC, Killarney on Thursday. Photo by Michelle Cooper Galvin



Sisters Anne O'Shea, Cait O'Donoghue and Maura Fitzgerald, Killarney enjoying the Recovery Haven Designer Fashion Showcase in the INEC, Killarney on Thursday. Photo by Michelle Cooper Galvin



Josephine Cronin and Mary Culloty O'Sullivan enjoying the Recovery Haven Designer Fashion Showcase in the INEC, Killarney on Thursday.

Photo by Michelle Cooper Galvin



Clare and Catherine O'Brien enjoying the Recovery Haven Designer Fashion Showcase in the INEC, Killarney on Thursday. Photo by Michelle Cooper Galvin



Mary Quillinan, Elenor O'Dowd and Kathleen Houlihan Tralee enjoying the Recovery Haven Designer Fashion Showcase in the INEC, Killarney on Thursday. Photo by Michelle Cooper Galvin



Mary O'Sullivan Currow and Trisha O'Sullivan Killarney enjoying the Recovery Haven Designer Fashion Showcase in the INEC, Killarney on Thursday. Photo by Michelle Cooper Galvin

### Students Take Up Leadership Roles in KCC

Last week the Killarney Community college held its first ever first yellow flag diversity committee meeting! The Diversity Committee will meet every month and allows students take up leadership roles to guide the Yellow Flag programme in our school.

The Yellow Flag Programme provides a practical series of 8 steps that brings issues of interculturalism, equality and diversity into the whole-school programme and allows schools to apply them to the day to day running of the school. It works with students, staff, management, parents and wider community groups so that issues of diversity and equality are not merely seen as "school subjects" but can be understood and taken outside the school setting into everyone's personal lives. On successfully completing the following 8 steps and being evaluated externally, the school is awarded its Yellow Flag in recognition of its work in promoting diversity & inclusion



 $Students from KCC and their teachers pictured at their first yellow flag diversity committee \, meeting!$ 

#### The Countdown is on....

#### MICHAEL COLLINS - THE MUSICAL

illarney Musical Society has 63 cast members in this year's production of Michael Collins, a musical drama. There will be 26 men and 37 ladies on stage in the INEC Arena on March 5th, 6th and 7th. Tommy Buckley joined Killarney Musical Society this year. He is new to the area and thought it would be a great way to meet people with similar interests. He is enjoying the process of the musical coming together. He said it is a big commitment but it is very exciting and rewarding. It is an interesting show because it brings an important part of our history to life. Tommy plays one of the volunteers and his passion and enthusiasm match that of Michael Collins himself. You need to go to the INEC Area on 5th,6th or7th March to see it for yourself and Tommy said to get your tickets now. Go to the Killarney musical society Facebook page and book online as they will sell out fast.

Fiona Crowley is a well established and very talented member of Killarney Musical Society. One of the biggest attractions for her are the people and the wonderful friendships you make there. She spends all day working in her very busy stage school and then comes out 4 nights a week and some Sundays to practice for our show. She really loves musical theatre. Fiona is one of the players/narrators in this years show and she finds the part very challenging but very rewarding. Every day you learn is a good day and she said she is definitely learning. Michael Collins, a musical drama is a special show and you would not want to miss it so put March 5th, 6th and 7th in your diary and book your tickets online asap. Amidst all the acting and singing Fiona and Tommy still find time to chat and have a laugh at rehearsals.



Looking forward to the musical are Killarney Musical Society Members Fiona Crowley and Tommy Buckley.

John Heal

#### CHARGING YOUR ELECTRIC VEHICLE AT HOME WHAT YOU NEED TO KNOW

#### JOHN HEALY FROM HEALY INSURANCE ON WHAT YOU NEED TO KNOW ABOUT CHARGING YOUR ELECTRIC VEHICLE

If you decide to install your own personal charger at home, there are a few things to consider. Firstly, you need to check if your home is suitable for a charge point to be installed.

The SEAI website is very good reference point and can be found at www.seai.ie

You should get an electrician to examine your home to see what the power in kilowatts requirement will be and to ensure your home wiring can safely meet the power demand required from your EV charger.

Depending on the type of EV you have, this will determine what type of EV home charger you will need. Prices for chargers can vary depending on whether or not your car is a plug-in hybrid or a fully electric vehicle.

There are two types of chargers – level 1 and level 2. Level 2 provides faster charging, but it often requires a different power outlet that you may not have in your home. Decide which one you would prefer – either a plug solution or a charger installed by your electrician.

Given there are a number of companies in Ireland that provide home charger installation, you should choose one that is registered with Safe Electric Ireland. These REC (Safe Electric registered Electricians) will be able to advice you on the best charger for your car and home. There is a vast array of EV home chargers on the market, so do your research before buying one. If you are hiring an electrician to install the charger, they will be able to advise you on the best options for you and your home. Equally, when you purchase an electric vehicle, the car dealer will be able to advise you on the most

suitable home chargers for your new car.

Below is a list of some of the top home EV chargers in Ireland:

- ChargePoint Home EV Charger
- EO Mini Pro 2
- EVBox Elvi Tethered
- JuiceBox Smart EV Charger
- Myenergi Zappi Home EV Charger
- OHME Home Pro
- Wallbox Pulsar & Pulsar Plus Home EV Charger

The SEAI also provide grant assistance for those who purchase a charger for their home. The scheme provides a grant up to the value of €300 towards the purchase and installation of a home charger unit.

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#### **KERRY ATTRACTIONS HONOURED** at CIE Tours Awards of Excellence

erry attractions : were awarded at last night's CIE Tours Awards of Excellence which took place in Dublin. CIE Tours, the largest carrier of US visitors Ireland every year presented its annual awards to the hoteliers and tourism experiences which achieved approval ratings of over 92% from the 25,000 tourists who travelled to Ireland with the company in 2023.

The Awards recognise Ireland's hospitality ambassadors, the people and businesses throughout the country who put Irish tourism on the global stage through the warmth of welcome and quality of service provided to our international visitors. renowned The

Hotel and Spa was

Estate

**Ballygarry** 

the recipient of the CIE Tours Excellence Award for 'best 4-star hotel'. Additionally, four Kerry hotels were recognized and received merits in the hotel category. The Brehon, Great Southern Killarney, Killarney Plaza Hotel and Killarney Avenue Hotel were rated highly by CIE Tours quests.

Five well-known visitor attractions were also honoured for their high level of visitor experience. Tangney Tours Jaunting Car, Killarney Horse Carriage Tours, Tom Creans South Pole Inn. The Blasket Centre. Dun Chaoin and John B Keanes Pub remain firm favourites with visitor, offering a unique and enjoyable experience.

Stephen Cotter, Interim CEO, CIE Tours, Margaret O'Donoghue, O'Donoghue Ring Collection, Siobhan Riordan, Killarney Plaza Hotel and Denis McCarthy, Killarney Avenue Hotel.



Stephen Cotter, Interim CEO, CIE Tours and Sharon Dineen, The Brehon.





Pictured L-R, Stephen Cotter, Interim CEO, CIE Tours, and Ger Cronin, Killarney Horse & Carriage Tours.



Stephen Cotter, Interim CEO, CIE Tours, Rosanne Zusman, Chief Commercial Officer, CIE Tours, and Danielle Murrihy, Great Southern Killarney.



Pictured L-R, Stephen Cotter, Interim CEO, CIE Tours, Louise O'Mahony and Laura Tangney, Tangney Tours Jaunting Car.

#### Council invites application to COMMUNITY CLIMATE ACTION PROGRAMME

Kerry County Council is reminding communities across the county that funding is available under the Community Climate Action Programme for 2024. Funding of over €600,000 has been provided for projects in Kerry which will help to build low-carbon and sustainable communities. The goal of the programme, which is led by the Department of the Environment, is to support community-based initiatives which contribute to achieving Ireland's national climate action and energy

targets and which tackle climate action at a local level.

#### The fund is divided into two strands:

Strand-1 - Action: Building Low Carbon Communities: Kerry County Council have been given an allocation of €663,000 for projects regarding climate action. Under this scheme, communities will partner with Kerry County Council to carry out projects that will have a direct and positive impact on climate change.

Strand 1a - Shared Island Community Climate Action: This strand enables communities to carry out a crossborder project in partnership with a community in Northern Ireland. Cathaoirleach of Kerry County Council, Cllr Jim NERGY Finucane, said: "Climate action and building sustainable communities requires the involvement

> groups to apply," he said. Community groups which are not-for-profit and are registered with the Kerry Participation Network are eligible to apply and full details are available on the Kerry County Council website or by email from richard.

and cooperation of everyone. This funding will help to deliver tangible community-led projects which can

contribute to supporting our collective ambitions to move towards a low-carbon economy and to achieve climate action targets. I would encourage community

curtin@kerrycoco.ie.



Richard Curtin, Community Climate Action Officer. Seated Jim Finucane, Mayor of Kerry and Moira Murrell, CEO Kerry County Council Photo By: Domnick Walsh © Eye Focus LTD





#### **Aghadoe Physiotherapy Clinic**

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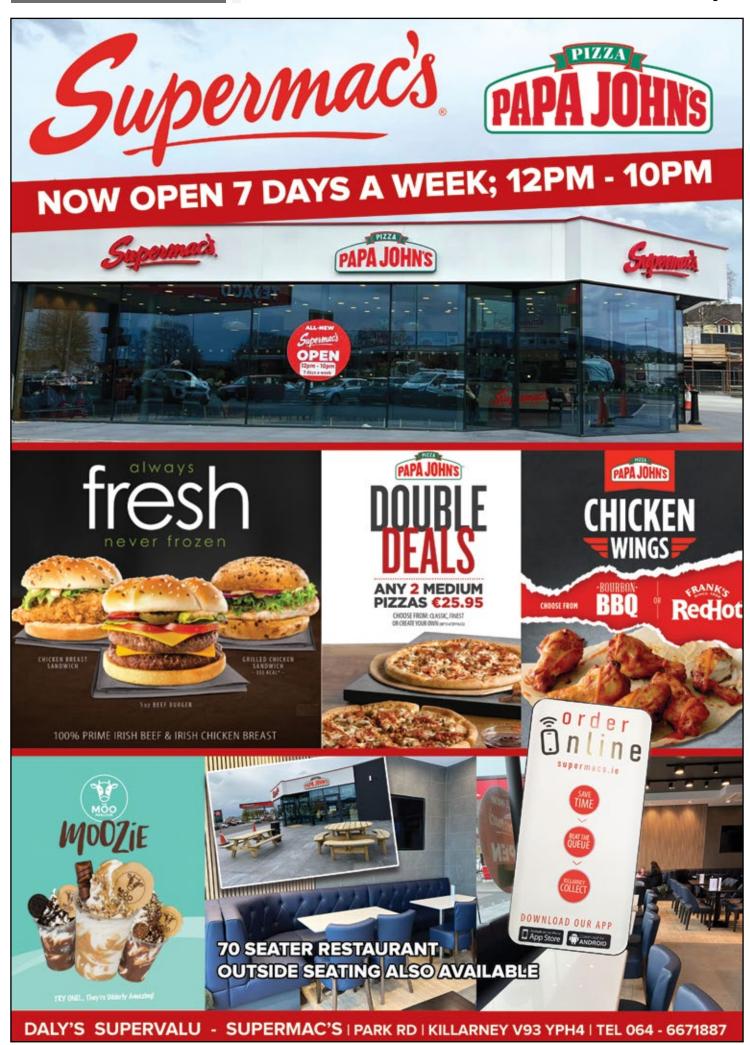
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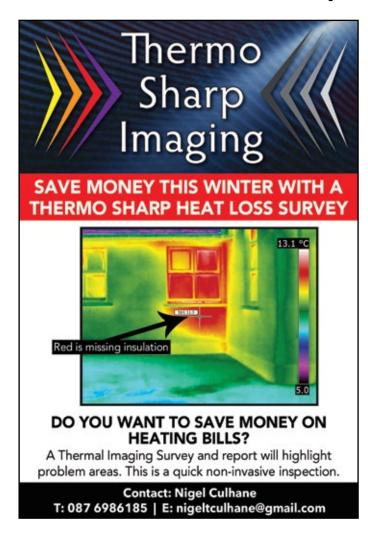
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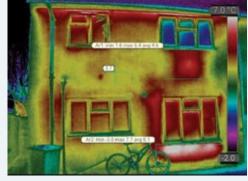


Nigel Culhane is a Certified Thermographer with over 14 year's experience inspecting homes and Industrial Plant maintenance. Nigel is also a qualified domestic BER assessor and has a trade in mechanical maintenance which compliments the Thermal Imaging Solutions he provides. A Thermal Imaging Survey quickly identifies problem areas in a property that can't be seen with the naked eye and it eliminates older more costly inspection techniques that required a lot of labour and destruction.

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#### Questions a home owner should ask themselves

Why is that one room always cold?

Why is Black spots on my ceilings?

Is old Formaldehyde Insulation in your attic which is toxic?

Why is there damp on my walls?

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# MONEY MATTERS.

# By Dermot Cronin, Financial Advisor



#### WHEN CAN YOU ACCESS YOUR PENSION & WHAT ARE YOUR OPTIONS WHEN YOU WANT TO RETIRE?

You can normally get access to your pension from age 60, a lot of the rules depend on whether you are an employee or self employed. If you are coming close to retirement then you are probably wondering what options you have when you want to get access to your pension. It depends on what type of pension you have but generally there are four options:

Tax Free Cash: Most people will be entitled to a tax free lump sum, the amount varies however generally you will get at least 25% of the value of your pension in a tax free cash lump sum.

**Taxable Cash:** You may also be able to take sum of your pension in taxable

Annual Pension: This is a guaranteed income usually paid monthly for the rest of your life that is purchased with the money left after your tax free lump sum, this is subject to taxation.

Approved Retirement Funds: You may be entitled to keep some of your money in an approved retirement fund, money can be taken from the fund to give you a regular income, usually monthly. This is subject to taxation also. Taxation at retirement is often much lower than when you are working.

It is extremely important that you take your time and have all the options explained to you in plain simple English and that you understand all your options clearly before you make your final decision. As well as the above there is much more to be discussed about your pension. You should discuss your retirement options with a financial advisor who has access to a number of different pension providers before making any decisions, he or she will help you with the above options and any other queries you may have.

To discuss the above or any other matter Dermot Cronin QFA can be contacted at 0646622775 or dermotcroninifa@gmail.com



# PACKED PROGRAMME FOR 2024 PUBLISHED BY KERRY ARCHAEOLOGICAL AND HISTORICAL SOCIETY

Almost thirty different events, lectures, outings and gatherings form part of the 2024 Programme for the Kerry Archaeological and Historical Society which has been published this week.

From the Vikings to St Brendan the Navigator and the big houses of Kerry to recent archaeological discoveries on the Dingle Peninsula, the lecture programme for this year offers a diverse range of topics on the rich history and heritage of the county. The programme is available to download from the Society website, www.kerryhistory.ie.

Many of the events during the year are for members only but the majority of Society lectures and events are open to the public and are usually hosted in local libraries. Membership, at just €35 per person, allows access to all outings and talks as well as a copy of the annual Kerry Magazine and the Journal of the Kerry Archaeological and Historical Society. Membership can be purchased online.

"The programme this year is again a varied and exciting one and highlights yet again the huge richness of the county's archaeology, history and heritage. I would urge everyone to take a look at the programme which caters for all tastes and interests," said Society PRO, Owen O'Shea.

Other talks and outings this year include the story of fifty years of Kerry Group, the centenary of the Kerry-Dublin All-Ireland of 1924, the role of the railway in Killarney as well as the annual Young Historian award for 2024.

The Society recently held its Annual General Meeting at Tralee Library and new members are always welcome. Full details at www.kerryhistory. ie and on the Society's social media pages.



# UKRAINIAN CHILDREN CELEBRATE ST. BRIGID

Ukrainian children got acquainted with Irish culture when they celebrated The feast of Imbolc, or St. Brigid, which is one of the most important feasts in Ireland.

The children learned how to make St. Brigid's Crosses and along with their parents were thilled to do so.

Their parents said that they were very happy to study not only our own traditions, but also to respect the traditions of the country that received them.

The families have a public group in Killarney called "Future of Ukrainian Nation" and their volunteer teacher is Iryna Synelnykova

















# COUNCIL BEGINS PUBLIC CONSULTATION ON NEW LOCAL ECONOMIC AND COMMUNITY PLAN FOR KERRY

Kerry County Council is inviting members of the public to join an online information session this week which marks the beginning of public consultation on a new Local Economic and Community Plan (LECP) for Kerry.

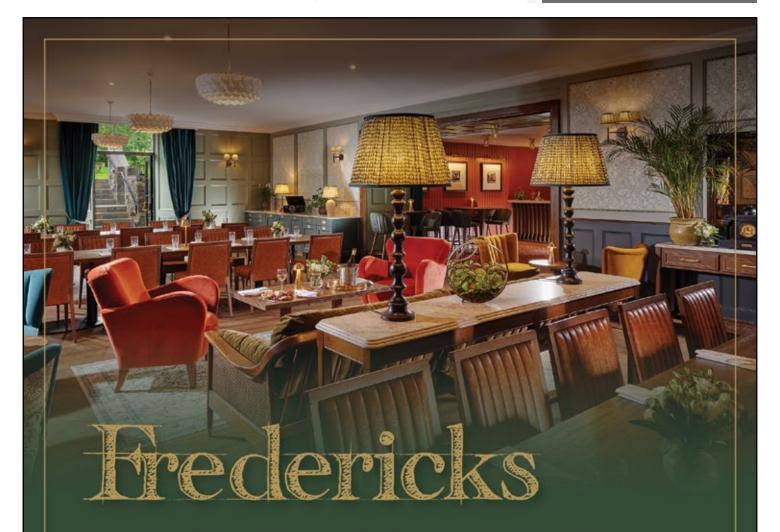
The Kerry Local Community Development Committee (LCDC) has begun the preparation of the Local Economic and Community Plan (LCEP) for the period 2023 to 2029. An online information webinar will be taking place on Wednesday, 7 February from 5.30pm to 6.30pm. The webinar will be held on Microsoft Teams and members of the public can now register for the webinar on kerrycoco.ie

The Local Economic and Community Plan is a six-year plan which guides

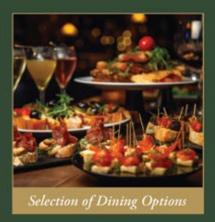
the development of County Kerry from economic, community, cultural, recreation and other perspectives. It helps to guide and direct local government, state agencies, community sector, local development groups and other bodies that are involved in the development of County Kerry.

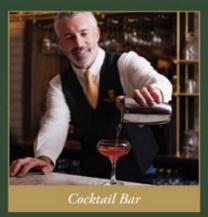
Kerry County Council have opened a public consultation process for members of the public to have their say on the plan. The support and participation of the public is essential to ensure the success of the plan in reflecting the views and ambitions of the people in the county.

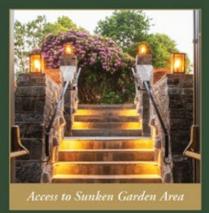
The feedback received from the webinar along with public consultations completed during 2023 will be vital for the development of the new LECP.



Join us at our latest addition, Fredericks at Great Southern Killarney. Complete with bar, selection of casual dining choices and access to our sunken garden area, it's the perfect setting to host your Special Occasion, Milestone Birthday or Corporate Function.







For more information please contact our events team on events@greatsouthernkillarney.com 4 064 6638000



By Michael O' Mahony

#### RATHMORE | GNEEVEGUILLA

#### >SHARE THE BUCKET

Gneeveguilla Community Facility Group reminds you that Share the Bucket takes place weekly. The draw is every Friday evening in Teach Fáilte @ 8.30pm and can be viewed live on our Gneeveguilla Community Facility Group Facebook Page. This week's jackpot was €205 and the winner was Kensa Barry. Tickets cost €2 each or 3 for €5. They are available at Teach Fáilte and can be bought online at https://tinyurl.com/y2ade5om.or in local businesses where you see the Green Share the bucket. Your support is greatly supported and all funds will go towards our new proposed community facility. We would like to thank our local businesses who continue to support our project.

> RAMBLING HOUSE at Heritage Centre Scartaglen Monday 12th February at 8pm. Refreshments served. All are welcome

#### >HOLLYMOUNT NATIONAL SCHOOL

Now enrolling for Sept 2024. You are welcome to visit, ring 0647758269 or email us hollymountns@gmail.com. We would be delighted to assist you in making the right move for your child's future

>THANK YOU from Rathmore St. tournament. We thank all the schools Vincent DePaul Conference involved very sincerely for donating to our Conference.

St. Joseph's Conference Rathmore We sincerely thank all who donated food to the collection which was held at the weekend to our Food Appeal. This year we involved all our local schools and churches in Rathmore Parish and the pre-schools and we thank all who came to support us.

>HOLY FAMILY NATIONAL SCHOOL Rathmore, Co. Kerry. ENROLMENT FOR NEW PUPILS –September 2024. We are now taking

admissions for September 2024. Enrolment/Registration Forms are available from School Office. Completed forms to be returned to the School Office by Friday 9th February, 2024. Should you require any further information please contact the School Office on 064 7758492

#### >DIOCESAN COLLECTION

The annual collection for the Lourdes Helpers will take place next weekend 10th/11th February Donations can be contributed online on the donate tab on the parish website www.rathmoreparish.ie or drop into the Parish Office

## >GNEEVEGUILLA TIDY TOWNS CHARITY WALK IN THE WOODS AND & DISCO FOR KIDS

Total amount raised €812. This cheque is being presented to the Cork/ Kerry Cancer Link Bus. A Big Thank You to everyone who kindly donated and helped in any way.

>SHRONE NS are enrolling now for September 2024. Enrolment forms are currently available. Contact Michelle on 0857845849 or e-mail us shronens@gmail.com

➤ MILLSTREET VINTAGE CLUB CARS AND COFFEE EVENT happening on Sunday February 11th at Donagh Hickey Motors and Centra Shop Rathmore Eircode (P51 KP 9C) in aid of Hollymount National School All Vintage/Classic Vehicles very welcome ➤ NOTES

If you would like to add to the notes please email Michael O'Mahony (momahony14@gmail.com) or ring or text 087–6676817 before Sunday 6pm.

#### PLENTY OF SMILES AT PUSS 'N BOOTS IN RATHMORE



Pictured at the Marian Players Panto in Rathmore in aid of Kerry Parents & Friends Association are Niall Healy, Liz Cotter and Noreen O Keeffe enjoying the panto. Photo: Seamus Healy



Pictured at the Marian Players Panto in Rathmore in aid of Kerry Parents & Friends Association are Mike and Kathleen Dennehy at the Panto in Rathmore last Monday. Photo: Seamus Healy



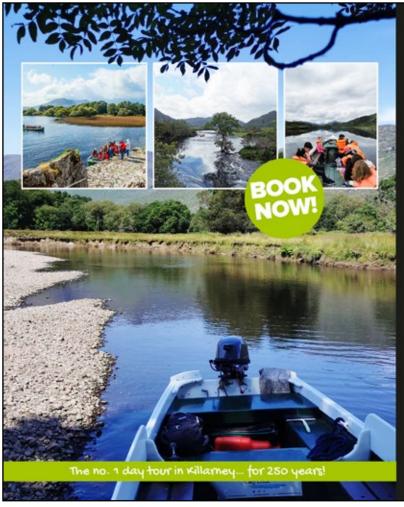
Pictured at the Marian Players Panto in Rathmore in aid of Kerry Parents & Friends Association are Bishop Ray Browne with Margaret Roche and Liz Linehan enjoying the show. Photo: Seamus Healy



Pictured at the Marian Players Panto in Rathmore in aid of Kerry Parents & Friends Association are Patricia Ryan, Brid Ryan, Julie McCarthy and Mari Kelliher. Photo: Seamus Healy









"Make this the year that you see a new side to Killarney"

## Our Gap of **Dunloe Day Tour**

is Now Open for the 2024 Season.

Muckross Road, Killarney, Tel: 087 2617967 Email: info@killarneydaytour.com



#### KILCUMMIN

#### >KILCUMMIN CCE

**MEMBERSHIP** for the attention of anyone who wishes to compete in the upcoming Sult na nÓg or Fleadh Cheoil competitions in 2024, your branch membership must be paid by Friday 9th February. Membership forms are available from Kilcummin Rural Development Office or contact branch officers or in the case of set dancers your mentors will also be able to assist you.

#### **SINGING CLASS**

Martina Ryle O'Sullivan will facilitate a group singing class at Kilcummin National School, starting on Thursday 22nd February from 5pm to 6pm for a 5 week term. The cost is €8 per class which must be paid in full for the 5 week term on the first evening. The class will only go ahead if sufficient numbers register so to confirm participation please contact the branch Secretary on 087 6764368.

#### **CEOL AN GHEIMHRIDH**

We wish the very best of luck to all of our competitors, and their mentors, who are participating in the Munster Finals of Ceol an Gheimhridh on Saturday 10th February at MTU.

#### **RAMBLING HOUSE**

We will host a Rambling House on Saturday 10th Feb. in Kilcummin Recreational Hall at 8.30pm. Everyone is welcome to come along and join in on the evening. Tea and brack will be provided. Donations at the door. Join us for a great night of music, song, dance & story.

#### >TROCAIRE PARISH VOLUNTEERS

As we begin a new year, why not consider becoming a Trócaire Parish Volunteer and help make a difference in some of our world's most vulnerable communities. If you care about social and global justice, this could be for you. Activities include supporting the annual Lenten Campaign as well as taking part in a wide range of events to help Trócaire spread the word about the vital work they do. For more information, call Fr Joe Begley on 086-2498967 or Janet Twomey on 021-4275622 or email volunteering@trocaire.org.

#### >KILCUMMIN GAA

#### THE IRELAND LIGHTS UP

"The Ireland Lights Up" initiative continues at Kilcummin GAA Walking Track. @ 7pm in partnership with @rteoperationtransformation and @ get\_ireland\_walking. The aim is to make exercise more accessible on the dark winter nights and to offer anyone in our local community an opportunity to get together and socialise in a healthy way. This is open to everyone, Club Membership is not required but each participant must register each night for insurance purposes and adhere to Health and Safety Guidelines issued at registration.

#### >MASTERGEEHA FC

#### U13 GIRLS SHIELD QUARTER FINAL Mastergeeha 3-1 LB Rovers

Good win for the girls on Sunday afternoon which sees them through to the semi-final of the Shield Competition. Thanks to LB for a sporting game. Goal scorers; Shauna O'Riordan & Anna Linehan.

#### **LOTTO**

There was no winner on Friday 02nd February 2024 of the Jackpot for €8,200. Numbers drawn were 07,11,13,14. Consolation prizes of €50 went to Joan Corcoran Kerins, Lissivigeen, Louise O'Sullivan, c/o Klub bar, Tim Casey, Glounonea, and Thomas Coleman O/L. The next draw will be Friday 9th February for Jackpot of 8,400.



LISTRY Written by: Colette Leslie

#### >LOTTO

NUMBERS DRAWN 20, 24, 26, 28. €100 Noel O Sullivan, Lissivane. €50 John O Keefee. €50 Holly O Meara. €25 Lauren Evans, Lahern, Milltown. €25 Tommy O Brien, Keel. Next draw 11th February, jackpot €9.900

#### >SENIORS

Listry seniors play their first game of the East Kerry league, A home fixture Sunday the 11th Feb v Kilgarvan

#### **SPA**

#### >LOTTO

Spa lotto 5/2/24 Results: Numbers drawn: 4, 10, 19 & 25. No jackpot winner Lucky dips €50 each: Norrita Cronin, The Caddy Shack. Pat Cronin, Tiernaboul. Nathan Counihan, Dunrine. Patrick Doody, Inchycullane. Monthly Annual Ticket Winner: Anne McCarthy, Ballaugh. Next weeks draw is on Monday 12 Feb for a jackpot of €7,200

#### > REGISTRATION

Reminder that registration is open, please register for the year ahead on foireann.ie

Ger Mangan and Deirdre Darcy will also be in Spa on Tuesday nights from

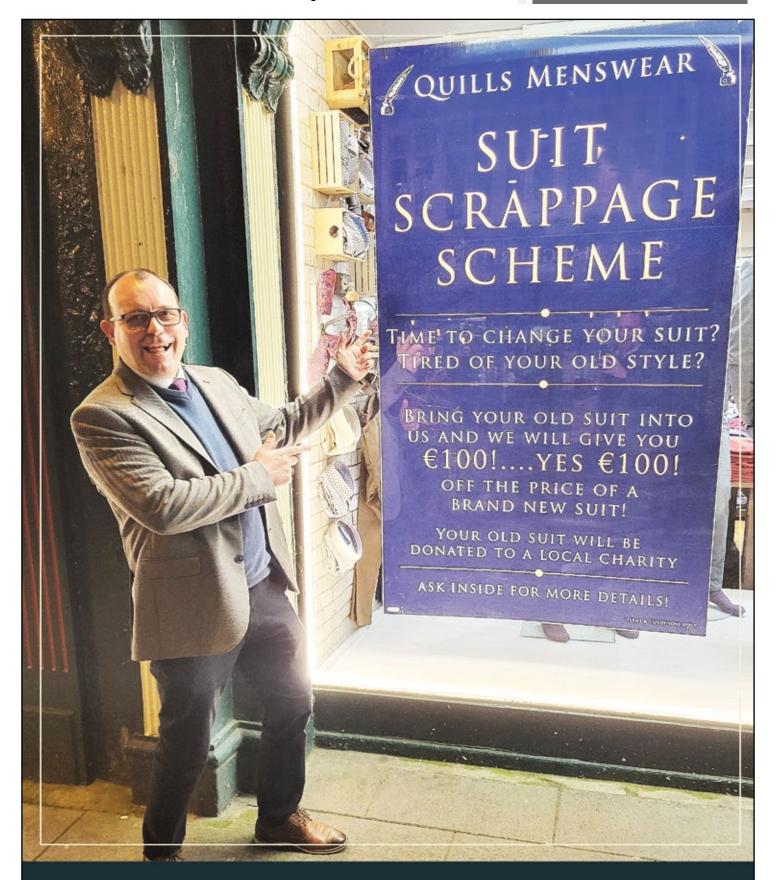
7.30pm-8.30pm for anyone that wants to register directly or anyone has any queries with registration, please reach out.

#### >CONGRATULATIONS

Congratulations Clodagh O Sullivan who was named recitation Scór na nÓg County Champion

#### >ANNUAL AWARDS NIGHT

Takes place in Hilliards, Sat 10th Feb.Food: Buffet. Music by Dave Moul. Tickets €30 & available from Anne Holland, Mathilda McMarthy, Triona Mangan, Andrew Garnett, Adrian O'Sullivan, Ivor Flynn.



# QUILLS MENSWEAR

1 High Street, Killarney, Co. Kerry | T: (064) 663 2277

GLENFLESK Written by: Seamus Healy

#### >LOTTO

There was no winner of Glenflesk Lotto which took place on 23/ 1/ 2024 in Glenflesk Hall. Jackpot €7,200. The numbers drawn were: 7, 8, 20, 26.Consolation Prizes of €50: 1. Helen Moynihan, Rathanane, Kilcummin (On Line Ticket) 2. Micheál O' Donoghue, Dromcarbin 3. O'Donoghue's Shop, Barradubh.( Sellers' Prize) . 4. Colin O'Leary, Shinagh, Rathmore. Next draw will take place in Glenflesk Hall on Tuesday 6th February 2024. Lotto tickets including annual tickets can be bought from our ticket sellers, in local pubs and shops or online before 6pm on the date of the draw.

#### >NATIONAL CLUB DRAW

IF YOU'RE NOT IN YOU CAN'T WIN..... Join our previous winner in 2019 of first prize a new car. 2nd Prize €10000 and a lot more great prizes.. Get your ticket today €10.00 National Club Draw Tickets can be purchased online via Clubforce in the following link: -https://member.clubforce.com/tickets\_m.asp?LL\_ID=2534 or contact Cathy Somers 087 2900476 or Donal Brosnan 087 2682601 to purchase your ticket. All proceeds from tickets sold stay in our club

#### >SULT NA NOG

Sult na nÓg will take place on Saturday 2nd March in Dúchas. Sult na nÓg Music/Singing/Comhra/Storytelling will start at 10.00am on Satharn 2ú Márta, 2024 – BIT building MTU- North Campus (main building inside front gate, not KSA) Sult na nÓg Set and Céilí dancing will start at the later time of 11.00am on the same day Satharn 2ú Márta, 2024 in Dúchas Comhaltas Centre, KSA. If you are interested in entering please forward entries to Martina before 9th February (phone 0872866644). Entries will also be taken in Glenflesk GAA Hall next Tuesday night (6th February) between 6.30 and 8 oʻclock.

#### ELIGIBILITY TO COMPETE IN SULT NA NÓG

1st, 2nd, and 3rd prize winners in solo, duet, trio & dancing competitions at Fleadh Cheoil Chiarraí and 1st, 2nd in solo, duet, quartette & dancing

competitions in the Co. Final of Ceol an Gheimhridh are NOT ALLOWED to compete in Sult na nÓg competitions, in that particular instrument, following the year in which they were successful regardless of the age group. This rule applies to all competitions in Sult na nÓg. Where a competitor has been placed on a particular instrument, they may compete in Sult na nÓg on a DIFFERENT instrument on which they have NOT been placed in the previous year's Fleadh Cheoil or Ceol an Gheimhridh.

#### >TROCAIRE PARISH VOLUNTEER

As we begin a new year, why not consider becoming a Trócaire Parish Volunteer and help make a difference in some of our world's most vulnerable communities. If you care about social and global justice, this could be for you. Activities include supporting the annual Lenten Campaign as well as taking part in a wide range of events to help Trócaire spread the word about the vital work they do. For more information, call Fr Joe Begley on 086- 2498967 or Janet Twomey on 021-4275622 or email volunteering@trocaire.org

#### >RAMBLING HOUSE

Rambling house at Heritage Centre Scartaglen Monday 12th February at 8pm. Rrefreshments served. All are welcome





IF YOU HAVE A STORY... Contact Aisling on: 086 0400 958

# **GLENEAGLE** INECARENA

# **UPCOMING** 2024







#### FEB 28TH TO MAR 3RD

TICKETS AVAILABLE AT THE DOOR SEE WWW.THEGATHERING.IE FOR MORE INFORMATION

⋛ HIS



FRI 9TH FEB TOM JONES TRIBUTE

ICKETS FROM €11.75



FRI 9TH FEB THE SEEGER SESSIONS REVIVAL

ICKETS FROM €28.0



SAT 24TH FEB THE FUREYS TICKETS FROM €38.05



FRI 1ST MAR TOMMY FLEMING IN CONCERT

TICKETS FROM €40.70



SAT 9TH MAR VERSATILE

TICKETS FROM €28.00



THURS 14TH MAR STONES A PLAY BY RAY O'SULLIVAN

ICKETS FROM €17.45



SUN 18TH FEB TOM DAVIS UNDERDOG

TICKETS FROM €28.00



FRI 1ST MAR THE SÍ FIDDLERS, MÁIRTÍN O CONNOR, DÓNAL LUNNY, ZOË CONWAY



FRI 15TH MAR ABBAESQUE

TICKETS FROM €16.75



FRI 23RD FEB **BIRD ON THE WIRE** THE SONGS OF LEONARD COHEN



SAT 2ND MAR DAN MCCABE IN CONCERT



FRI 15TH MAR **EMMA DORAN** DILEMMA

TICKETS FROM €28.00



FRI 23RD FEB BLINDBOY LIVE PODCAST

CKETS FROM €34.90



SAT 2ND MAR ALTAN

TICKETS FROM €30.00



SAT 16TH MAR **ED SHEERAN EXPERIENCE** 

ICKETS FROM €27.00



SAT 24TH FEB AL PORTER NOW

TICKETS FROM €29.05



FRI 8TH MAR **FOSTER AND** ALLEN

ICKETS FROM €40.70



SUN 31ST MAR SANDY KELLY TICKETS FROM €33.65



2024

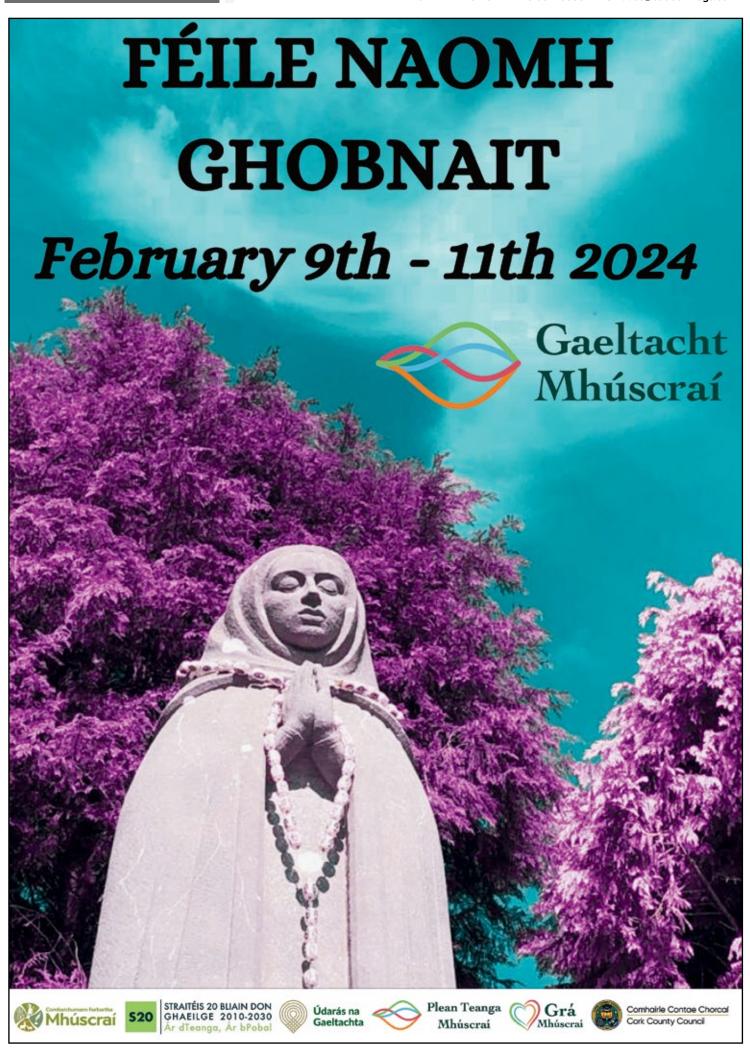
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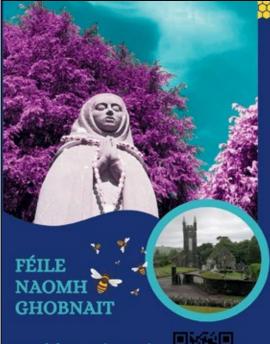
MON 3RD JUNE

TICKETS ON SALE MONDAY 12TH AT 10AM

CHECK OUT WWW.INEC.IE FOR FULL 2024 LINE UP

BOX OFFICE 064 6671555 INEC.IE | TICKETMASTER.IE





Feabhra 9ú - 11ú 2024



**EOLAS** 





Glaoch Ghobnait Sea go deimhin tá Gobnait ag glaoch i nguth árd agus í ag lorg gach Gobnait agus cáirde, atá inár measc anseo i Múscraí, Corcaigh, Ciarraí, sna hOileáin Árainn, Port Láirge, Gobnait na hÉireann uilig agus sibhse atá scaipthe ar fuaid na cruinne. Tagaigí go Baile Mhúirne inár measc chun páirt a ghlacadh sa deireadh seachtaine ceiliúradh is comóradh agus ní gá dom a rá ach go mbeidh an spórt againn le chéile. Dála an scéil reachtófar ócáid iontas speisialta Ghobnait go léir nach nochtfar go dtí Dé Satharn an 10ú Feabhra 2024. Go dtí san, Beannachtaí Gobnait oraibh uilig.

> Oifigeach Pleanáil Teanga -Eibhlín Ní Lionáird

#### **Eolas Breise**

### Suipéir Ghobnait

Praghas: €30 ar an oíche nó

€25 má chláraíonn tú roimh an 2ú Feabhra

#### Ceolchoirm le Emma Langford

Praghas **e20** 

€15 do phinsinéirí

#### Tá gach imeacht eile saor in aisce

\* Chun páirt a ghlacadh sna siúlóidí agus sa chomórtas babhlála, cláraigh le do thoil

#### Chun clárú

Chuir glaoch nó seol ríomhphost chuig Eibhlín: 083 0914719 opt@muscrai.org nó Iarlaith: 083 1047764 cara@muscrai.org



#### Dé hAoine 9ú Feabhra 2024

#### An Muileann

18:00 - Blaiseadh Beoir "Bragóid Ghobnatan" & Míodh (Kinsale Mead) 19:00 - Suipéir Ghobnait

#### Dé Sathairn 10ú Feabhra 2024

#### Ionad Cultúrtha an Dochtúir Ó Loingsigh

09:30 - Taispeántas ealaíontóirí áitiúla

10:00 - Tionscadal 3D

10:15 - An tEaspag W. Crean

10:30 - Dr. Connie Kelleher

10:45 - Briseadh

11:15 - Fionnbarr Moore

11:45 - Tiernan Gaffney

12:15 - Con Ó Loingsigh

12:45 - Peadar Ó Riada

#### Dé Sathairn 10ú Feabhra 2024

#### Coill Ghobnatan

10:00 - Tóraíocht Taisce na bhFianna Bána le Billy Ó hÉalaithe

#### Scrín Ghobnatan

12:00 - Siúlóid le Lee Valley Walks

#### Bóthar Chúil Aodha

15:00 - Comórtas Babhlála

#### Ionad Cultúrtha an Dochtúir Ó Loingsigh

18:00 - Ceolchoirm le Emma Langford

#### An Muileann

22:00 - Comórtas Banríonn na mBeach

#### Dé Domhnaigh 11ú Feabhra 2024

#### Séipéal Naomh Ghobnait - Cúil Aodha

10:00 - Aifreann & Tomhas Ghobnatan

#### Séipéal Naomh Ghobnait - Baile Mhúirne

11:30 - Aifreann & Tomhas Ghobnatan

#### Scrin Ghobnatan

13:30 - Siúlóid le Lee Valley Walks

#### Scrin Ghobnatan

15:00 - Paidreacha

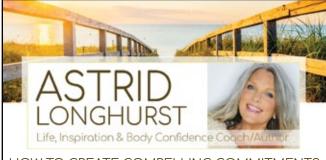
#### Séipéal Naomh Ghobnait - Baile Mhúirne

16:00 - Aifreann & Tomhas Ghobnatan

#### Ionad Cultúrtha an Dochtúir Ó Loingsigh

19:30 - Scoil Rince Uí Thuama





# HOW TO CREATE COMPELLING COMMITMENTS For any real change to happen we need to feel inspired, motivated and compelled by

the changes we desire to make. This means that the results we are looking for need to shine brighter and be more exciting and appealing than staying where we are. For many people however, the lure of staying the same or not making any changes can be a huge competing commitment, which often wins over making changes. For example, you may say that you are going to eat really healthily and go to bed earlier. However, this may bring up fears over missing out with friends on evenings out or feeling that you can't fully partake in social gatherings. The key is to make what you desire so huge that it is compelling on every area of your life so that you can still see friends and enjoy social events albeit a little differently than before.

#### Today's coaching action

- Write down what you desire to manifest or change in your life
- Ask yourself what achieving this goal will give you in each of these areas: Physically, mentally, emotionally, financially, spiritually and socially.
- Then ask yourself why achieving this goal matters in the greater scheme of life? For example, why does it matter that your healthier or happier in the bigger picture of your life.

For more tips and inspirational coaching please follow me on Instagram @ romancingyourbody

www.astridlonghurst.com



## Glow with Love!

When in love the hormones oxytocin, serotonin and dopamine are released to give you that happy giddy high with a glowing complexion. Oxytocin, known as the 'love hormone' reduces cortisol, the stress hormone putting your body in a relaxed state. It boosts your overall immunity and promotes skin healing. Less stress means less inflammation so skin problems like acne, rosacea, psoriasis and eczema are greatly improved.

That postpartum glow that women talk about during breastfeeding is the result of high levels of oxytocin in the body. Oxytocin is also responsible for causing contractions during labour, relaxing women and helping mother and baby to bond and connect.

More oxytocin is produced with bodily contact, kissing, cuddling or simply sharing affection with those you love including snuggling up to your dog. Book a massage for valentines or

#### 5 Ways to Boost Oxytocin Production



better still treat your loved one to a pamper evening. Get your girlfriends over for a Galentines dinner as any social interaction with those you love will all increase oxytocin levels in your body.

Noreen Mangan Tel: 0646630712 www.whatwomenwant.ie







# TWO THINGS TO REMEMBER WHEN SETTING YOUR FITNESS GOALS FOR 2024

If you follow your diet 90% of the time, you'll smash 328 days out of 365 days in the year. If you work out 4-5 times a week you'll have exercises over 250 days in the year, in other words you don't need to be 100% at all time you just need to commit and to be consistence in what you set out to do. Think about this, this is a lot of work but I always say its not at once people often get overwhelmed at think its all happening at once, its over as period of time and with getting your exercise in at that's only going to help make a better version of you.

Regular exercise has been shown to help boost energy levels and enhance your mood. It may also be associated with many other health benefits, including a reduced risk of chronic disease. Exercise is defined as any movement that makes your muscles work and requires your body to burn calories. There are many types of physical activity, including swimming, running, and walking, to name a few. Being active has been shown to have many health benefits, both physically and mentally. It may even help you liver longer.

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As well as an eye health check, a sight test might help detect signs of underlying general health conditions, such as diabetes, high cholesterol and high blood pressure.

#### Eat healthily

Eating a healthy, balanced diet reduces your risk of eye disease. Include lots of omega-3 fats, found in oily fish, and lutein, found in dark-green, leafy vegetables such as spinach and kale. Vitamins A, C and E are also helpful, so eat at least five portions of fruit and vegetables a day.

#### Stop smoking

Many people are unaware of the link between smoking and eye disease. If you smoke, stop. Smoking significantly increases the risk of developing eye diseases, such as cataracts and age-related macular degeneration

#### Wear prescribed glasses

Many eye and vision problems develop or increase as we get older. Contrary to the myth, wearing glasses and contact lenses doesn't make your eyesight worse – they help your eyes work more efficiently.

#### Take regular breaks

When you work on something close up, such as a computer, tablet or smartphone, your eye muscles are active. Follow the 20/20/20 rule - every 20 minutes, look at something 20 feet away, for 20 seconds. And don't forget to blink, as this helps prevent your eyes drying out.

#### Wear sunglasses

As well as making your vision more comfortable in the sun, sunglasses protect your eyes from UV light. When choosing sunglasses, you should always make sure that they carry the CE mark. Exposure to UV when young does most harm, so protect children with sunglasses, as well as a hat and sunblock.

#### Avoid dry eyes

Eyes become dry, tired and sore if you are not producing enough tears or you have poor-quality tears. Lubricating eve drops can soothe irritation and reduce discomfort. You may find taking omega-3 supplements helps over time. Drink plenty of water and remember to blink often. If your eyes are persistently dry, tell your optometrist.

#### Research your family history

Many eye conditions run in families, from simple long and short sight to more serious diseases, such as Knowledge glaucoma. of problems with sight can help detect a condition before it becomes serious.

Remember your optometrist is the first person you should visit if you have any eye concerns. They can assess the problem and, if necessary, refer you to the right place for treatment.

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# Social Democrats Launch Historic Kerry County Council Campaign

Progressive Vision for Kerry: Tim Clifford and Mistura Oyebanji Champion Change

The Social Democrats Kerry branch is thrilled to announce the candidacy of Tim Clifford and Mistura Oyebanji for the Kerry County Council elections, marking a milestone in the party's efforts to bring about progressive change. With party leader Holly Cairns in attendance, this initiative underscores a growing momentum for the party and its vision for a fairer, more inclusive society in Kerry.

At a campaign launch in the Killarney Plaza Hotel, the Social Democrats introduced Tim Clifford for the Kenmare Municipal District and Mistura Oyebanji for the Tralee Municipal District. This event, highlighted by enthusiastic support from party leader Holly Cairns, signals a new era of political engagement and ambition for the Social Democrats in Kerry.

Holly Cairns shared her excitement and confidence in the candidates: "I am delighted to be here today to support Tim and Mistura, who have the distinction of being the first candidates to contest an election in Kerry for

the Social Democrats. The fact we are running two strong candidates in the county is a sign of the growing momentum behind the party and a testament to the hard work put in by the Kerry branch of the Social Democrats. It is so exciting to have candidates like Tim and Mistura on board, who, like me, are interested in seeing the kind of change that people around the country are ready for. By standing candidates who share the Social Democrats' vision for a fairer, more equal society, I am optimistic that we will significantly increase our representation on local authorities – including Kerry County Council – in June."

Tim Clifford said: "Joining the Social Democrat Party earlier last year was the first time I have ever nailed my colours to the mast of a political party, as I never felt any other party had the right roadmap for Ireland. To me, the driver always seemed to end up going around in circles. With the Social Democrats I felt finally here was a party I could get on board with, a



party who knows where we are going and how to get there. This is why I am delighted and proud to be running in this election as a Social Democrat in the Kenmare Municipal District." Mistura Oyebanji shared her commitment and vision: "Reflecting on my time in Tralee over the past 15 years fills me with fond memories of a vibrant community. In 2019, amidst the challenges of the pandemic, I found myself drawn to the Social Democrats. It was a pivotal moment for me, a time when I transitioned from merely wishing for change to actively working towards it. Today marks a significant milestone in that journey as I take another step towards translating that resolve into action."

# CALL FOR ONLINE EDUCATION PROGRAMME TO SHOW SERIOUSNESS OF MONEY LAUNDERING

At a recent meeting of the Kerry Joint Policing Committee, Fianna Fáil Councillor Michael Cahill raised the issue of money mules and the use of young people's Bank accounts for the purpose of Money Laundering by criminal elements in our society. Councillor Cahill is anxious that an online education programme be initiated to show our youth the seriousness of Money Laundering in today's society and the far-reaching consequences for them of receiving a court conviction, if found guilty.

"Our young people do not realise the seriousness of Money Laundering, as it is a relatively new phenomenon and unknown to the previous generation. The proceeds of crime can be made practically invisible by routing funds through a maze of Bank accounts and institutions and the use of ordinary personal Bank accounts in the names of honest people, is essential to the tactic. It is easy to believe that what you are doing, hurts nobody, but this is far from reality" stated Councillor Cahill.

"Every week we see an increasing number of cases in the local and national media of whereby young people mainly between the age of 17 and 21 are being brought before the courts having been used as money mules" said the Rossbeigh based Councillor.

"These funds can be the proceeds of burglary, drug dealing, prostitution etc, where there are many suffering victims. I have called on the JPC to urgently initiate an online education programme for young people, to help them avoid being sucked into a crime that will have far reaching consequences for them, their families and society in general" added Councillor Cahill.

# STATEMENT ON THE PASSING OF FORMER TAOISEACH JOHN BRUTON - Sean Kelly MEP



Seán Kelly MEP and leader of Fine Gael in the European Parliament has paid tribute to former Taoiseach John Bruton who has passed away.

"I am very sad to learn of the passing of John Bruton, a former leader of Fine Gael, former Taoiseach and former EU Ambassador to the United States. He was a man of integrity and courage. He called things out as they were. He had an innate diplomatic skill and was highly respected at EU level.

"He worked tirelessly on peace and restoration in Northern Ireland. He was a strong European and believed in the value of the EU. In fact, it was on the sidelines of an EU summit that John

Bruton and John Major discussed the idea of a talks process that would eventually lead to the Good Friday Agreement being achieved. So, it is very poignant that his passing follows the restoration of power-sharing at Stormont, with all the hope that brings for stability and peace. He leaves behind a legacy to be proud of.

John was a friend and a confidante. I will always remember his infectious laugh and great personality. My thoughts are with his family and friends at this sad time", said MEP Kelly.

### "WE NEED TO REDUCE THE VAT RATE"

A Fianna Fáil Councillor living on the Ring of Kerry, Ireland's premier tourism destination, has expressed that, in his opinion we must radically overhaul the way we treat small business, particularly those now struggling within the Hospitality Sector. Councillor Michael Cahill says the face of Irish tourism is changing rapidly and we must adapt with it. "I strongly believe that we must reduce the VAT rate in the Hospitality Sector permanently to 9% if many of these businesses are to survive, let alone thrive. Also, the system of charging Rates has to be looked into and adapted to changes that are happening all around us. Tourism in Ireland is constantly changing and with a large percentage of our bed nights now given over to people fleeing the war in Ukraine and this is unlikely to revert back in the short term" stated Councillor Cahill.

"We also have many employees working from home and not travelling to the towns and villages every day and as a result, cafés, restaurants, craft shops, pubs etc, are seeing a sharp fall in tourism related spend all over the country, with the obvious result of many small retail business closures and the loss of jobs. We must do all in our power to support these enterprises into the future and changes to the VAT rate and to Rates could be a starting point" said the Rossbeigh based Councillor.





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#### Overtime and maximum working hours per week

Employees must not work more than an average of 48 hours per week in any four-month period.

In other words, overtime laws for salaried employees in Ireland mean they can work more than 48 hours in one week, but not more than 48 hours a week on average over four months.

#### Can an employee be forced to work overtime?

Overtime is work done outside normal working hours.

Employers have no statutory obligation to pay employees for work completed in overtime.

#### Can an employee refuse to work overtime?

The contract of employment should state whether they are required to work overtime and should set out the rates of pay, if they are to be paid for

The situation regarding overtime should be set out in the employment contract but, generally, an employee being requested to work overtime and refusing may be guilty of misconduct by virtue of refusing a reasonable request of the employer.

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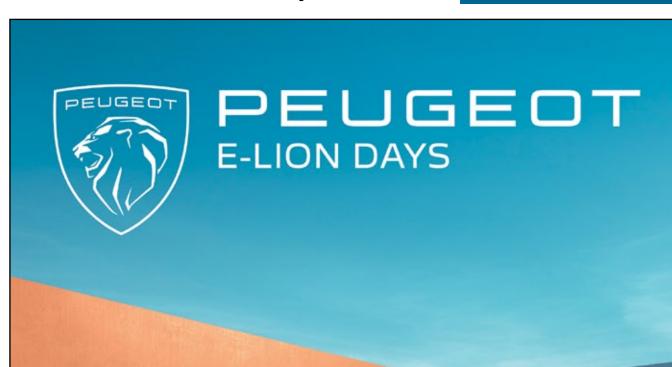
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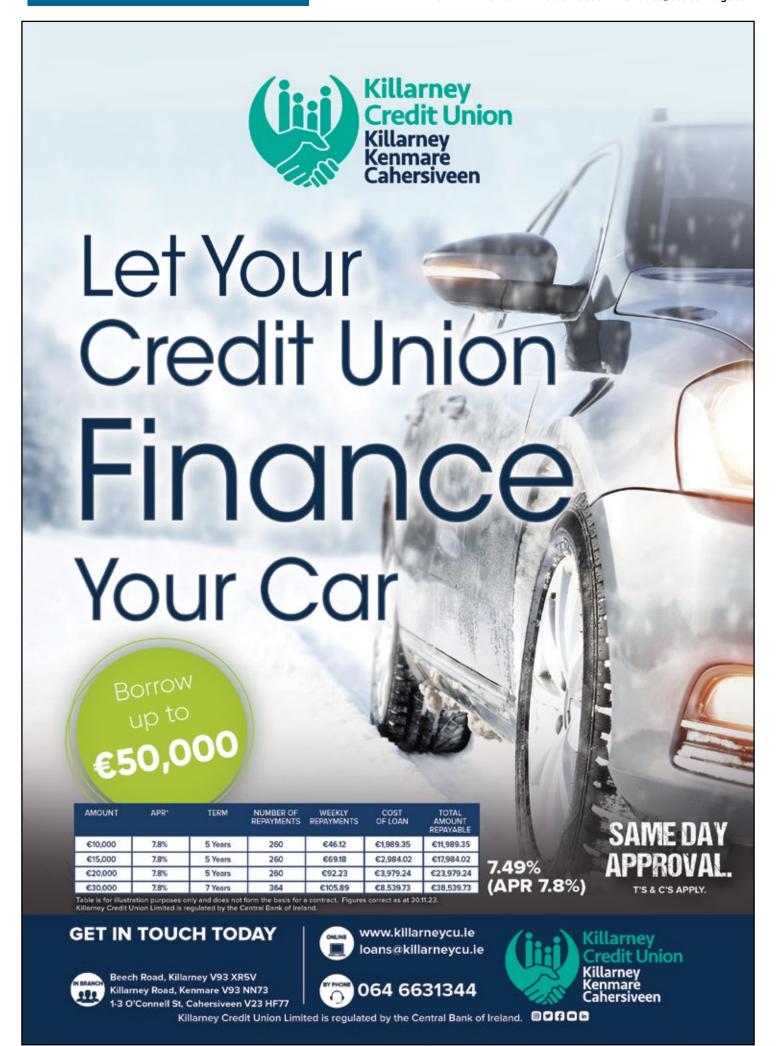
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#### CRONIN AND GALVIN TAKE VICTORY IN GALWAY ON IRISH RALLY RETURN



Keith Cronin and Mikie Galvin have won the Galway International Rally, in the Lyons Motor Group/Shane Casey Electrical Services/M O'Brien Group Ford Fiesta Rally 2, by 38.1 seconds from Callum Devine and Noel O'Sullivan in a Volkswagen Polo R5. The event marked former title holder Cronin's return to the Irish Tarmac Rally series, having spent recent years taking part in rounds of the British Championship, and it was also his first event in the latest version of the Fiesta Rally 2.

Cronin, who previously won in Galway in 2013, set the fastest time on the opening stage on Saturday, being initially challenged by Sam Moffett in a Hyundai. Josh Moffett, on his first outing in a Citroen C3 Rally 2, then drew level with Cronin at the top of the leaderboard on stage two, but thereafter the Cork driver put in a couple of remarkable times, faster by eight and six seconds on two of the afternoon stages to establish a useful buffer to the rest of the field. Devine took up the chase with an aggressive tyre choice on Saturday afternoon, setting a couple of fastest times to leave the overnight gap at fifteen seconds.

Sunday morning saw Cronin make full use of his talents in the very wet conditions to pull away from the opposition, and he and Galvin had a trouble free run to victory. "I haven't entered a rally in Ireland at this level in a good few years, I haven't been doing that much rallying in general. I definitely didn't expect to arrive here and win. I was hoping to get a podium at best, but to get the win, it's just fantastic", said a delighted Cronin at the end of the final stage. "The car just clicked straight away, we got the tyre choice right early, the Pirellis worked well, we used the same type of tyre all weekend. It worked in all the mix of conditions, so we're very happy", he added. "It's been a great weekend from the very get go really. It all came together very late, the car didn't get here until Thursday, so it was all a bit

last minute, but we got a run in the car Thursday, it felt good straight away. On Saturday morning we were fastest on the first stage and we just kept it going from there. The pace was hot, we were pushing on, especially on Saturday. We were leading overnight, then pushed for the stages first thing this morning and just managed it from there. In any sport you have to get a good feeling in what you are doing, especially in rallying, and it felt easy enough today from the driving, but even if you're not going quicker you're still pushing really hard. This rally worked for us but another time one of the other guys will be leading from start to finish, but this one worked for us".

The Tarmac Championship moves on next to Cronin's home ground and the West Cork Rally on St. Patrick's weekend. "It's a few weeks away, it'll be a completely different rally to here, this is always notoriously tricky and slippy. West Cork will be faster, drier hopefully - well, I don't know about hopefully, the wet seems to suit me. We'll work on set up and all that, we got the set up good here, so hopefully we can do the same for West Cork", he remarked.

Behind Devine and O'Sullivan, Josh Moffett and Andy Hayes took the final place on the Galway podium. They had been fending off a late charge from Desi Henry and Stuart Loudon in another Citroen, but the matter was settled when the latter crew had a couple of moments on the final stage.

Keith Cronin and Mikie Galvin are supported by Lyons Motor Group, Shane Casey Electrical Services, M O'Brien Group of Companies, Pirelli, EARS Motorsport Ireland, Cronin's Centra (Ballylickey, Union Hall, Leap, Millstreet and Dundrum), Cronin's HomeValue Hardware, Westlink Service Station and Daybreak Shop, Cremin Coaches, Keohane Seafoods, Molson Equipment, M-Sport and Wurth Ireland.



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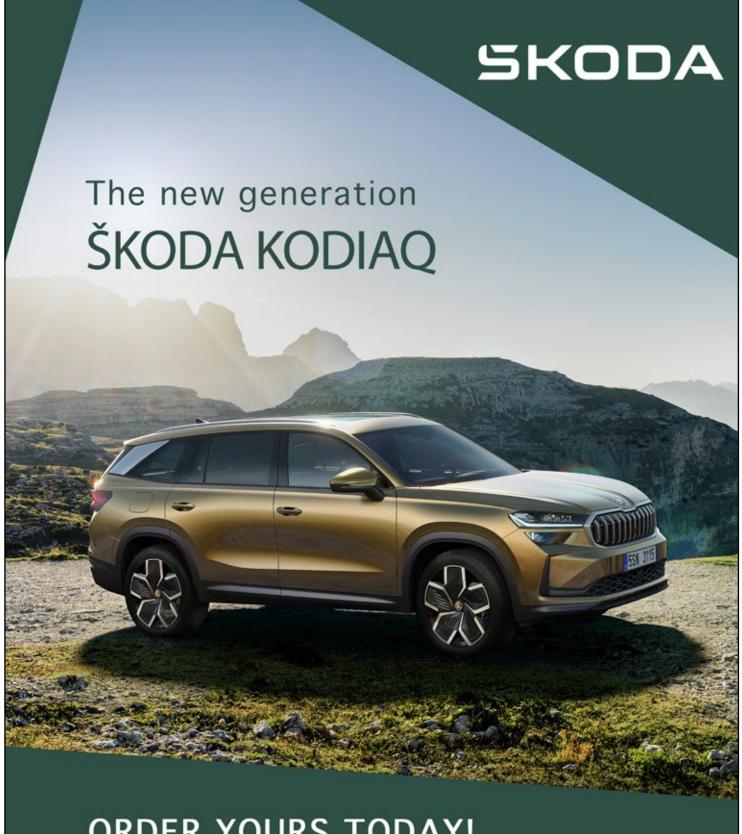
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## Killarney Girls are Champions of Munster

#### **Ennis RFC 05 - 08 Killarney RFC**

U18 Match Report by Diarmuid O'Malley

Last Saturday the Killarney u18.5 girls travelled to Old Crescent RFC in Limerick and, defeated last year's league winner Ennis to be crowned Munster League Final Champions. The u18.5 Final was the finale of the day played in front of a big crowd, after the U14 and U16 league deciders all were played in Old Crescent in what was a terrific day for girl's rugby in the province. The clash of Ennis and Killarney was always going to be battle and that's exactly what it was. Ennis started the game and kicked deep, Killarney unfortunately didn't deal with the kick off and Ennis had a scrum in a very favourable position on the Killarney 22. After a serious of good carries by the Ennis forwards, Ennis scored a try in the corner which wasn't converted, Ennis 05-00 Killarney, inside the first minute, the perfect start from the County Clare team.

What was very notable that Killarney took this early set back in their stride and straight away were on the attack, but credit to Ennis their defence held firm after a serious of good carries by the Killarney forwards Lily Morris, Ava O'Malley and Clodagh Foley. On 18 minutes Killarney had a scrum just inside their own half and Killarney number eight made a super run, she then linked up with scrum half Bronagh Dorrian who passed to Cara Reilly, then the referee blew for an Ennis offside infringement, penalty to Killarney, knowing it was going to be a tight game and conscious off getting the Kerry girls points on the scoreboard, Co-Captain Fia Whelan consulted with her fellow Co-Captain Morris and elected to take the penalty kick and Whelan slotted over the penalty, Ennis 05-03 Killarney.

After a serious of good play by Ennis, their out half elected to kick on several occasions but the back three of Marina Eagar, Holly O'Sullivan and Mary-Ellen Mc Donald dealt very well with the kicks and linked to counterattack on most occasions. Then with 24 minutes on the clock, scrum to Killarney on the right-hand side of the field O'Malley again picked from the base and out stripped their defence to make a brilliant run, linked with the onrushing powerful 2nd row Joanne O'Keefe who made further ground, then it was time to show what the Killarney backs could do and they finished a fine move



off in style going through the hands of Dorrian, Whelan out to Eagar who had joined the back line from full back to link with Ali O'Donoghue who carried well then gave a perfect pass to the Glencar flyer Mary Ellen Mc Donald to finish off a super team try in the corner, which wasn't converted, Ennis 05-08 Killarney, which was to be the final score of the game and a fitting match winning score.

The second half of the match was a real battle between two very closely matched teams, who knew the importance of the next score, it was Killarney who did most of the pressing and had several kickable penalties but kept to there natural running style and tried to score a try but on several occasions the Ennis defence held firm. In the last five minutes of the game Holly O'Sullivan was deemed to be held up over the line and Morris was just short of scoring after a strong carry, it was a fitting end of the game with the Kerry girls trying to get over and again the Ennis girls tackled so well like they did all day as did the Killarney girls.

Killarney Co-Coach Diarmuid O'Malley added "this is a very special team, when Josh Whelan and I knew they needed to improve our fitness and play we put on a number of extra training sessions, and the girls always showed up and always looked to improve and put the hard work in, sometimes in life you don't always get what you feel you deserve but thankfully today we



Joint captains Fia Whelan and Lily Morris with the cup.

just about came out on top against an excellent Ennis team who had 12 girls playing who won last years u18.5 Munster league We knew we had to show up and play and testament to the girls despite the early set back that's exactly what they did, we tried to play an expansive game plan that didn't always work today, but it was fitting that the winning try came from a lovely display of running rugby. This win means an awful lot to us, when leaving the Aghadoe earlier this morning on the bus the boys and girls from the underage teams made a special guard of honour, we can now bring this league back to Kerry and hopefully inspire the next generation of kids in Kerry".

#### The team lined out as follows:

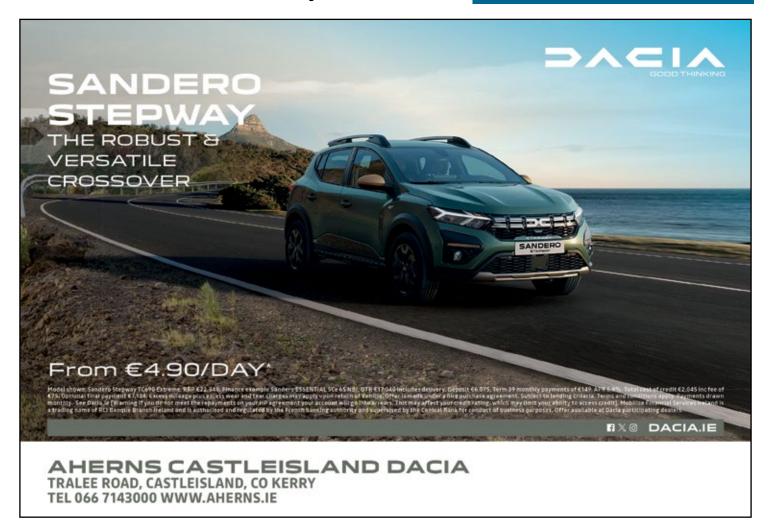
- 1. Annie O'Reilly
- 2. Emma Dunican
- 3. Emer O'Keefe
- 4. Joanne O'Keefe
- 5. Ella Guerin-Crowley
- 6. Clodagh Foley
- 7. Lily Morris (joint captain)
- 8. Ava O Malley
- 9. Bronagh Dorian
- 10. Fia Whelan (joint captain)
- 11. Holly O'Sullivan
- 12. Cara Reilly
- 13. Ali O Donoghue

- 14. Mary Ellen Mc Donald
- 15. Marina Eagar
- 16. Molly Gabbett
- 17. Melissa Mc Carthy
- 18. Sarah O'Connor
- 19. Isabella O'Leary
- 20. Nell Crowley
- 21. Jess O'Sullivan
- 22. Jasmine Dwyer
- Coaches: Josh Whelan Diarmuid O Malley
- Manager: Elaine Clifford



Delight for the Killarney U18 Rugby team who were crowned Munster Champions at the weekend.

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#### **KILLARNEY RFC NEWS**

#### **U18.5 GIRLS CREATE HISTORY**

A huge congratulations to our U18.5 girls who won the U18.5 Munster league at Old Crescent RFC in Limerick last Saturday. The game finished 8 points to 5 in favour of Killarney with a try by Mary Ellen McDonald and a penalty from the boot of co captain Fia Whelan, this was another historic day for the club. The girls were given a wonderful send off from our Minis at Aghadoe who cheered the bus as they left. Played in front of a huge traveling support, the game was a tough battle between very equal sides and it was fantastic to see our girls lift the trophy. Well done to all the girls led by co captains Fia Whelan and Lily Morris, coaches Diarmuid O'Malley and Josh Whelan and team manager Elaine O'Donoghue. RESULTS

U14 Boys: Killarney 33 - 3 Thurles U16 Boys: Skibbereen 3 - 12 Killarney U18 Girls: Killarney 8 - 5 Ennis

#### **FIXTURES**

Minis away to Tralee RFC, Saturday at 10am. U16 Boys: Midleton V Killarney, Away Sat @ 11am U16 Girls: Midleton/Youghal V Killarney, Sat @ 1:30pm

#### **FOSSA BRIDGE CLUB**

## RESULTS OF OUR CLUB COMPETITION PLAYED ON THURSDAY FEBRUARY 1ST

#### North South

1st: Ursula Daly and Ciaran Broadbery 2nd: Hanneke Nieman and Don O'Sullivan East West

1st: Mary Gleeson and Evelyn O'Leary 2nd: Maire O'Sullivan and Peggy Barrett

#### KILLARNEY VALLEY ATHLETIC CLUB

Killarney Valley AC had yet another big weekend of Track & Field Athletics in the Munster Indoor U20/U23/Senior & Masters Championships held in Nenagh. In the Masters, Pierce O'Shea came 2nd in the M35 200m. Alan Delaney came 1st in the M40 60m and High Jump. Tim Horgan came 1st in the WFD, 2nd in the Shot and 2nd in the M40 High Jump. Derek Pyne came 1st in the M45 400m and Long Jump. Pierce, Alan, Derek and Tim won gold in the Masters 4x200 Relay. Tomas Griffin came 1st in the M50 Long Jump. Brid Stack came 1st in the 200m and 2nd



# Outstanding performance by Kerry Karate Students in WUKF Irish Open Championship

A strong competitive contingent from Kerry Shotokan Karate School (KSKS) travelled to Waterford on Friday last to compete in the WUKF Irish Open Championship.

Ranking fifth in the overall medal tally in the competition, the Kerry Competitors from throughout the county made a strong impression at the event returning home with 7 Gold Medals, 12 Silver Medals and 4 Bronze.

Sensei Charles Neri owner of the KSKS stated that "he was very proud of all his students, hard work beats talent if the talent doesn't work hard!"

Sensei Agatha Neri co-owner of KSKS also thanked the tireless support of all the parents who encourage their children and go above and beyond all for the love of Karate.

in the W50 400m. Maureen O'Shea came 2nd in the WFD and 3rd in the W55 Shot Put. Mike Murphy came 2nd in the M55 60m.

Oisin O'Regan came 1st and Jason O'Reilly came 2nd in the U20 60mH. Bart Zglinski came 2nd in the U20 High Jump. Cian O'Brien came 3rd in the 200m. Oisin, Jason, Bart and Cian came 1st in the U20 4x200m Relay. Jack O'Leary ran a fantastic race to win the U23 800m. Eoin O'Reilly was 1st in the 1500m and 3rd in the U23 800m. Anna O'Shea came 2nd in the U20 Pole Vault.

Ciara Kennelly competed in the Loughboro UK Open and came 2nd in the High Jump with a 1.73m season opener.

All relevant information on our club is on our website www.killarneyvalleyac.ie.

#### WORKMEN'S ROWING CLUB

**OUR 2024 AGM** was held on Sunday morning

last. Thanks to all who attended and great plans a foot for the up and coming year.

### OUR ANNUAL CHURCH GATE COLLECTION

will be held on the 17th and 18th February 2024 in all Killarney town churches.

#### **OURS CLUBS ANNUAL FUNDRAISER DANCE**

NIGHT will take place on Friday 23rd February 2024 at Killarney Avenue Hotel. Door open at 9pm. Dance Night with Sets, Jives and Waltzes and music by Jerry McCarthy & Co. Ticket Only €10. Fabulous spot prizes on the night and an evening of great entertainment is in store for all, don't miss it. Please contact Timmy on 087-2898750 if you require tickets.

All support is greatly appreciated for these up and coming events.

#### **LEGACY ELITE CHEERLEADING**

Six athletes from Legacy elite cheerleading & gymnastics Killarney travelled to Northern



From Left: Michael Murphy, Tim Horgan, Derek Pyne, Sam Griffin, Tomas Griffin, Brid Stack, Alan Delaney, Oisin O'Regan, Cian O'Brien, Jason O'Reilly, Bart Zglinski, Pierce O'Shea, Eoin O'Reilly, Jack O'Leary.



The Six athletes from Legacy elite cheerleading & gymnastics Killarney who travelled to Northern Ireland to compete at Stunt City championships last weekend





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#### SPORTING FOCUS

Ireland to compete at Stunt City championships last weekend. The athletes competed in the Antrim forum in some tough categories and brought home some impressive 1st, 1st, 2nd, 2nd and 3rd place awards.

We are so proud of their achievements and hard work said Head coaches Hayley Murphy and Shannon Hannafin.

#### **KILLARNEY BADMINTON CLUB**

Another amazing weekend of Badminton by killarney badminton club. Well done to all who participated during the weekend representing their county namely

Grade H : Mary McNeer

Driss Lecointe Hasib Ahmad

Grade F: Kieran Crehan John O brien

> Adele O Brien Alvin Rahman

Rahad Rahman

Grade D : Sinead Galvin Samira Haves

Niamh Hickey

Unlucky for both grade h and grade f who were narrowly beaten but a fantastic win for grade d who are now through to all Ireland in April.

**CONGRATULATIONS** to Caroline Lemass (Killarney) who defeated Olena Paiuk (Killarney) in div 4 Kerry singles final

Congratulations to Antoni Paiuk (Killarney)who also won the Kerry div 4 singles final in Tralee on Friday night.



Caroline Lemass (Killarney) who defeated Olena Paiuk (Killarney) in div 4 Kerry Singles Final receives her trophy from Tom Bourke.

#### **RESULTS MIXED LEAGUE**

Div 5 killarney v Annascaul 5-2 Div 4 killarney v Kingdom 6-1 Div 3 killarney v listowel 4-3

**CONDOLENCES** to the O'Shea family on the death of Nora O'Shea a former player and club member.

#### **KILLARNEY MATCHES**

Friday 9th: Killarney v Tralee @ 8.15pm Irish National Masters 10th/11th Good luck to all involved.

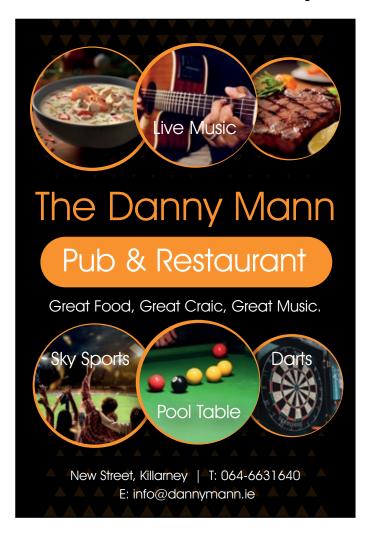


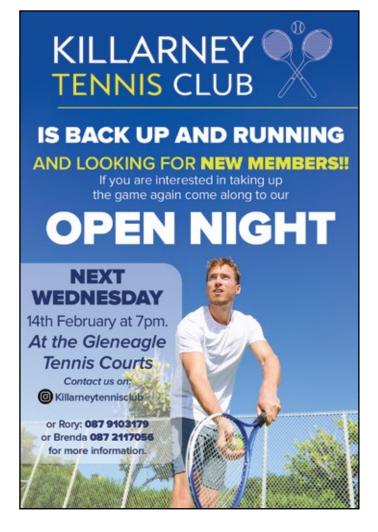
Antoni Paiuk (Killarney) who won the Kerry Div 4 Singles Final receives his trophy from Tom Bourke.

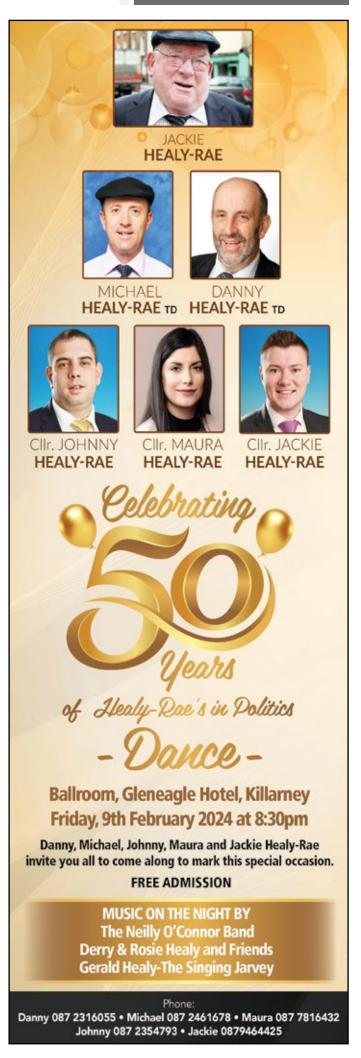


Students at St. Brigid's Presentation Secondary School who were crowned Munster League Champions with Killarney Rugby Club Under 18 Girls at the weekend. Pictured are Emer O'Keeffe (6th Year), Melissia McCarthy (TY), Jess O Sullivan (5th Year), Ali O Donoghue (6th Year)











New president of Beaufort Golf Club, , Ms. Irene McCarthy pictured with Lady Captain Maire Ni Loinsigh and Mens Captain Owen Nolan.



Captain's Drive In at Beaufort Golf Club

#### KILLARNEY GOLF & FISHING CLUB

COMPETITION GREENSOMES PLAYED ON MAHONY'S POINT ON SUNDAY **4TH FEBRUARY 2024** 

Overall Winner: Mege Dalton & Sharon Ormonde 29 pts (10)

Overall Runner-Up: Maureen Creedon & Maire Murphy 28 pts (14) Back 9

Next Fixture will be Sunday 11th February 2024 Fourball Better Ball in Killeen

#### ROSS GC , KILLARNEY (GENTS)

#### ON FEB 4TH HELD A SINGLE STABLEFORD COMPETITION.

The winners were:-

1st: Darren Gaffey (14) 38 pts 2nd: Niall O'Brien (12) 36pts 26 pts

Division 1: Peter Wickham. Division 2: Tomas Horan

Division 3: Alius Brazeitis

#### **MIXED SCRAMBLE**

On the February Bank Holiday Monday we held a very successful and well supported mixed scramble in ideal weather and ground conditions. Despite recent poor weather the course is in good condition:-

The winning teams were:-

1st: John Cuskelly, Susan Shorten, Neilie Carroll, Doinie Broderick.

2nd: Renaldas Bendikas, Noreen O'Mahony, Mike O'Leary.

3rd: John Ivory, Eileen Fleming, Conor Brosnan. 4th: Johnny Brosnan, Margaret O'Donoghue, Daniel Ling.

#### 9 HOLE COMPETITION

On Thursday Feb 1st the Ross Seniors were back in action and held a 9 hole competition.

The winners were

1s: John Ivorv

2nd: Ned Buckley

3rd: Mike Casev

#### **FIXTURES**

On Sunday Feb 11th our Club President Betty Farrell, Lady Captain Mary McCarrick and Gents Captain Johnny Brosnan will hold their Driveins at 10 am. This will be followed by a mixed scramble and some food in the clubhouse.

#### BEAUFORT GOLF CLUB

With winter behind us and the days getting longer and brighter, it's a wonderful time of year for the start of the golf season. And a beautiful morning was by had by all at Beaufort Golf Club on Sunday 4th February, as a large number of members turned out to pay homage to the new President, Lady Captain and Mens Captain. The weather played its part by remaining dry and the adrenaline and anticipation of playing golf after the long winter months was evident amongst all the golfers.

It was a historic day for the Club because the members of Beaufort were celebrating having their first female president, Ms. Irene McCarthy. Irene has been a member of the club since 1996 and has filled many positions including Captain and various other roles on the Committee. Irene was joined at the Drive In by the Lady Captain Maire Ni Loinsigh and Mens Captain Owen Nolan. After the Drive In an enthusiastic mixed scramble was enjoyed by all followed by a presentation of prizes by Lady Captain Maire and Captain Owen.

Winners: Denis McCarthy, Donal Carroll, Alan Smith, Tom MacSweeney.

2nd: Tim Cotter, Sean Coffey, Brian O' Connor, and Manjit Gill.

3rd: Jerry O Sullivan, Geraldine Collins, Paudie O Shea, Micheal Conway.



Lady Captain Maire Ni Loinsigh pictured at her Drive In at Beaufort Golf Club

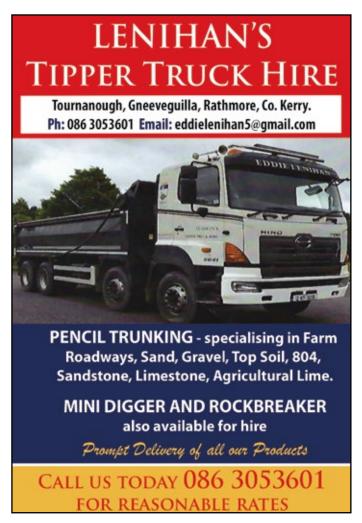


SWING Golf Ireland 'on par' with the best at PGA Show in Orlando:

Picture shows Paul McDonagh, Tourism Ireland (left); Joe Murphy, Fáilte Ireland (second left); Brendan Keogh, SWING Golf Ireland (seventh left); Martin Donnelly, Fáilte Ireland (eighth left); Alison Metcalfe, Tourism Ireland (ninth right); and David Connellan (second right) and Ruth Moran (right), both Tourism Ireland, at the PGA Show in Orlando, Florida.









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#### Utility Trust St Pauls vs Limerick Celtics Report

MissQuote.ie Womens Basketball League Crescent College Gym

## LIMERICK CELTICS 60 UTILITY TRUST ST PAULS 71

Report by Enda Walshe

Utility Trust St Pauls retained their Southern Conference crown in the MissQuote.ie Womens Basketball League when they got the better of National Cup champions the Limerick Celtics in their own playground. The Celtics were the only team who theoretically could deny St. Pauls, provided they won all their fixtures, and St. Pauls lost theirs. But a superb defensive showing from James Fleming's side put the kibosh on that theory as they gradually wore down the home side's resistance to grab the spoils.

One of the perks of being Southern Conference winners is a home semi-final, which will take place on the weekend of March 9th/10th against the runners up in the Northern Conference. The intervening weeks give the squad a chance to fine-tune as they countdown to what would be the biggest women's basketball game to be played in Killarney in a long time.

After a tight first half, some shrewd defensive changes swung the game in the visitors' favour, and Coach Fleming was more than content at the latest triumph. "We spoke about it at half time and came out much better in the second half. Lorraine Scanlon and Sofia Paska cleaned up under the boards while Rheanne O'Shea gave us a superb second half. Denise Dunlea controlled the game for us while Meabh Barry always contributes. " He highlighted the defensive qualities of his squad. " Leah McMahon and Niamh Ni Chonchuir gave everything in defence, we only conceded 25 points in the second half, and hats off to Khiarica Rasheed, she did a great job on Mikayla Brandon."

Sofia Paska was, of course, returning to her old stomping ground, and she sparked up early, hitting the opening six points for her side, benefitting from quick ball in from O Shea, Rasheed and Dunlea. Lucy Devoy is one with a very bright future, and she got the Celtics up and running with a three and a deuce. Paska was a thorn in Celtics' sides, but Samantha Coleman was prominent for Celtics, too, hitting nine points in reply to further scores from Rasheed and Dunlea. Mikayla Brandon escaped Rasheeds attention for once to nudge the Celtics clear. but Lorraine Scanlon tied it up at 19 each at quarters end.

Amy Buckley netted at the start of the second, but O Shea and Rasheed with a big three made it 24-23 as Niamh Ni Chonchuir introduced. was The latter struck straight away with O Shea and Scanlon following suit. That was enough to force a Celtics timeout, the product of which was threes from Tolka Rovers. Sabhbh **Edwards** Murphy and



MissQuote.ie Womens Basketball League takes place on Saturday February 10th 7.30 at Killarney Sports and Leisure Centre between Utility Trust St Pauls vs Moy Tolka Rovers.

Coleman. Cue a St Pauls timeout, which also yielded immediate dividends, with Paska and Meabh Barry netting. But Coleman and Buckley ended the quarter as they started it, with a basket, and the Celtics led by 1 at half time, 35-34.

The third quarter was definitely the moving quarter as St. Pauls increased the dosage on both defence and offence. The Celtics were held to eleven points, with Coleman kept in a vice-like grip, and they relied on Buckley and Brandon for inspiration. Brandon had run into foul trouble at this point, though, and so had to tread carefully. Rheanne O'Shea was the catalyst for the offensive productivity. She hit three customary threes as Paska continued to torment in the paint. Scanlon netted too on the fast break, and Leah McMahon had the last word of the quarter to help St Pauls into an eight point lead, 54-46.

The Celtics, through Murphy, Buckley, and Brandon, made a quick start to the final period, but Paska steadied the ship with 6.50 to go. Scanlon came up with a big basket, and even though the lead was maintained, St. Pauls had to defend studiously as they had now run into team foul trouble. Rasheed slipped in the backdoor to open more daylight, a feat repeated by Paska, and the Celtics hopes took another blow when Brandon was fouled out. With the Celtics also in team fouls, St. Pauls managed the remaining minutes very smartly, drawing fouls and scoring predominantly from the charity stripe. There was still time for Paska to somehow finish with some serious handling skills, and that put the seal on a 71-60 win and wrap up the Conference title.

Sofia Paska was top scorer with 26 points, Rheanne O'Shea had 15, Khiarica Rasheed hit 12, Lorraine Scanlon (8), Denise Dunea(4), Leah McMahon (2), Meabh Barry(2), Niamh Ni Chonchuir(2).

For the Celtics Samantha Coleman was best with 21, Amy Buckley had 13, Mikayla

Brandon 11, Sabhbh Edwards Murphy 7 and Lucy Devoy 6.

The Killarney Sports and Leisure Centre will be base camp for the coming weeks with Moy Tolka Rovers and the Limerick Sports Huskies the visitors. The Metropolitans are first up on Saturday February 10th with the Huskies on Saturday February 17th. The final fixture of the regular season is away to the Marble City Hawks on Saturday February 24th.

The Moy Tolka Rovers game tips off on Saturday February 10th at 7.30pm in the Killarney Sports and Leisure Centre.

#### Scotts Lakers vs Limerick Celtics Match Report

InsureMyVan.ie Mens Basketball League Crescent College Gym

#### LIMERICK CELTICS 92 SCOTTS LAKERS 82

Report by Enda Walshe

Limerick Celtics extended their advantage over Scotts Lakers at the top of the Southern Conference thanks mainly to a strong final quarter performance which eventually saw them pull away from Brian Clarkes side. There was a real seesaw nature for three quarters of the game but an early onslaught in the fourth put the only real daylight between the sides and try as the Lakers might to bridge the gap they were unable to reel them in.

The Celtics, much like the Lakers, had an unsettled month with injuries. They lost Michael Hood in mid January and drafted in Serrel Smith Jr as his replacement. Smith lined out in their defeat to the Drogheda Wolves but the Celtics moved again in midweek and drafted Dakquan Davis in. Davis lined out against the Lakers this season for the Limerick Sport Eagles and also had a spell in the Superleague with Blue



Demons. He struck 30 points and linked up with compatriot Justin Motley who had 23 points, 17 rebounds and 4 blocks.

The Lakers had a grip on the game at various stages but such was the nature of the contest it was always tenuous.

Coach Clarke had to call an early timeout as Juan Martin and Davies shot straight out of the blocks to open up a 6-0 lead. It had the desired effect as Braden Bell and Leondre Washington wrestled back the initiative, the former parting the Celtics defence to stuff the ball home. The Celtics then called a breather to regroup and Martin, Motley and Davis drove them clear at 19-12. Eoghan Donaghy and Motley added further baskets and they now led 22-13 after ten minutes.

The second quarter belonged to the Lakers and in particular Washington as he went on a scoring rampage. He hit nineteen points, scoring from inside and outside, and with good support from Paul Clarke( who was still carrying the effects of an arm injury), Mark Sheehan and Jamie O Sullivan the Lakers turned the game on its head. Davis, Motley and Martin Frawley still had the Celtics 37-36 to the good before Mark Sheehan hit a big

three and a jumper to get the Lakers noses in front. The advantage was underpinned by Bell and Washington and the teams retired to the changing rooms with the visitors 43-38 clear.

The home side came out for the second half in a determined mood with Motley, Miles O Donnell and Davis all striking. Motley had to retire to the bench at this juncture as he picked up his fourth foul and in his absence Jamie O Sullivan and Bell moved the Lakers 55-53 ahead. A cigarette paper is all that seperated the sides for the remainder of the quarter as Bell and Washington went toe to toe with Donaghy and Davies, the sides remaining deadlocked at 64 a piece.

The Celtics threw caution to the wind and reintroduced Motley and it proved to be a telling factor as he ran amok. But not before O Donnell hit two threes from the same post. That served to widen the margin and everytime Bell and Washington closed it up, Motley and Martin extended it again. With 2.56 remaining and the Lakers 86-76 in arrears their play became ragged for the first time all evening as scores proved hard to come by. Davis was now in ebullient form

and he helped close out the game, with the Celtics 92-82 to the good.

Leondre Washington was the games top scorer on 42 points, Braden Bell hit 24, Jamie O Sullivan shot 8, Mark Sheehan 5, Paul Clarke 2 and Rui Saravia 1.

Dakquan Davis was the Celtics chief scoregetter in 30, Justin Motley scored 23, Miles O Donnell and Juan Martin had 14 each and Eoghan Donaghy 6.

The Lakers will be looking for home comfort as they now have the Waterford Vikings and Team NorthWest on consecutive weekends. The Vikings look a vastly improved side on last season and sit together with the Lakers on seven wins. Jack Ryan made his return from injury for the Waterford side last weekend and he will be looking to rekindle his relationship with Idris Joyner. The Lakers though will be itching to exact revenge on an earlier loss this season and keep themselves in the frame for the end of season playoffs. Waterford Vikings game this Saturday February 10th tips off at 4pm in the Killarney Sports and Leisure Centre





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#### **KILLARNEY ATHLLETIC AFC**

1117 CLID

#### Mastergeeha 0-6 Killarney Athletic

Luke Doolan, Brian O'Shea, Mark O'Carroll, Evan Doona, Craig Leggate

A great all round team performance today from the lads in the cup up in Mastergeeha. We took the lead after 10 minutes with a back post header from Luke Doolan, and Brian O'Shea added a second from a direct free kick 10 minutes before half time to leave us 2-0 ahead at the break. Luke added his second early after the restart when he got onto a through ball and slipped it past the goalie. Mark O'Carroll then dispatched a penalty to put us 4 ahead. Evan Doona got on the end of a Bryan O'Connor cross to finish well and Craig Leggate scored with a great finish from a corner. 6 goals, a clean sheet and into the quarter finals of the Cup job done. Thanks to Mastergeeha for a very sporting game.

#### **UNDER 14 KSL**

#### Athletic 3 Castleisland 1

Our young blues had a home fixture Vs Castleisland. In a tight opening 20 mins Athletic took control and hit Castleisland for 3 quick goals. A sweeping move from right side resulting in a lovely finish from Max Moynihan. Then a lovely through ball from Jamie Fleming put Eric Corcoran through and he made no mistake to make it two. And Eric Corcoran got his second and Athletics 3rd when he cut back onto his right and finished into the corner.

Second half Athletic played some nice football to stay in control of the tie.

Castleisland stuck kept going and got a goal to make it 3-1.

Good outing for Athletic with some lovely football player throughout the game.

#### **U12 DIVISION 2 TEAM CUP**

#### Killorglin AFC 3 Athletic 1 (AET)

The lads travelled to Killorglin for a cup game and following a brave effort unfortunately came out on the wrong side of a very tight contest. Despite the soggy conditions under foot some great football was played including a nice finish from Luke O' Sullivan but in extra time Killorglin finished the stronger and went home with the win. Well done to the lads on a great effort. Good luck to Killorglin in the next round.

#### **U12 BOYS SHIELD**

Ballyheigue A 1 Killarney Athletic B 5

The U12 boys made the trip to Ardfert Saturday afternoon to face Ballyheigue. We made a strong start and took our chances well early on, going in at half time 3 nil up. Ballyheigue bounced back well in the second scoring a deserved goal after some sustained pressure. Athletic responded well grabbing two more goals to secure their place in the next round. Some great goals scored and all round good effort.

#### **U13 CUP**

Our Girls marched into the Cup Semi Final after a Cracking game V's St Brendans Park this morning..Scorers For the Blues Ella Crowley... Lillian Slattery...

#### **U15 GIRLS PREMIER**

#### Killarney Athletic (3) MEK (3)

Our Girls came away from Fossa today with a well earned point where they gave a fantastic team performance in bad conditions. Scorers for the Blue:s Emily O Neill and Kelsey Cummins with a Brace.

#### **KILLARNEY CELTIC**

#### **CELTIC LOTTO**

Numbers drawn 1,19,21,27. No jackpot winner. Match 3 winners received €75. Next jackpot €5,400 on Monday Feb 12th. Tickets available from The Dungeon Bookshop, club members and online through clubzap.

## MCCARTHY INSURANCE GROUP MUNSTER JUNIOR CUP

Castleview AFC 0-1 Killarney Celtic

Terry Sparling

Killarney Celtic advanced to the semi final of the Munster Junior Cup after a win in Cork last weekend. The deadlock was broken in the 94th min when Trpimir Vrljicak cut in from the right and found Terry Sparling who finished to the

#### **SUBWAY SFAI U14 NATIONAL TROPHY**

## Ringmahon Rangers 3-3 Killarney Celtic Celtic win on Pens

Kiernan Kelly 2, Stephen Shine

Killarney Celtic U14 squad have made the last 16 of the SFAI National Trophy after a penalty shoot out win in Ringmahon last Sunday. Celtic started well and led 3-0 through Kiernan Kelly and Stephen Shine. Ringmahon pulled 1 back before half time to leave Celtic in front 3-1 at the break. Ringmahon pulled 2 more back in the 2nd half and so it went to penalties where Celtic

were victorious.

#### **JOHN MURPHY U12 CUP**

#### Killarney Celtic Green 5-0 Dingle Bay Rovers

Jack Kissane 3, Cillian Scannell, Paul McGrath Celtic Green squad progressed to the next round of the John Murphy Cup with a fine display at home to Dingle. Jack Kissane grabbed a hat trick while Cillian Scannell and Paul McGrath also netted.

#### St Brendans Park 1-0 Killarney Celtic White

Despite a valiant effort Celtic U12 White squad exited the John Murphy Cup. 0-0 at Half time, Park scored with 10 mins to go and as hard as Celtic tried, the equaliser would not come.

#### **JOHN MURPHY U12 PLATE**

#### Killarney Celtic Gold 3-2 Listowel Celtic C

Nathan Cronin, Aodhan O'Halloran, Conor Randles

Killarney Celtic came out on top in a very exciting game last Saturday evening. Killarney led early through Nathan Cronin but Listowel were back on parity before Aodhan O Halloran scored from a corner to leave Killarney 2-1 ahead at the break. Conor Randles gave Killarney breathing space with their 3rd but Listowel kept battling and pulled a goal back before missing a penalty. Killarney held out for a very good victory.

#### **GIRLS**

#### **U17 PREMIER**

#### Killarney Celtic 5-2 Dingle Bay Rovers

Abbie Finnan 2, Amelia Carroll Kelly 2, Casey Mulry A dominant home win has put the U17 squad top of the league. Abbie Finnan struck twice with long range efforts and Amelia Carroll Kelly gained just reward for her efforts with 2 goals. Casey Mulry capped a fine performance with a goal.

**CONGRATS** to Hannah Casey U16 who made the Girls Roll of Honour this week.

#### **MEK GALAXY**

#### **U13 GIRLS SHIELD**

#### MEK Galaxy 0 Tralee Dynamo's 4

Our girls worked really hard on a sticky pitch. Every player contributed to a solid team performance. Tralee Dynamo's were always dangerous, taking a 1 nil lead into halftime. We were still in the game. However, the Tralee side took more control of the game and increased their lead. We pushed hard to get back into the game, but it wasn't to be. Well done and the best of luck to Dynamo's in the next round. POTM Lexi Griffin & Abbie O'Mahony



SEAN JANE STATE ST

Killarney Celtic U12 Green squad vs Dingle





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### **U15 GIRLS PREMIER RESULT**

### MEK Galaxy 3 Killarney Athletic 3

What a game!!! Both teams were excellent, working hard in messy conditions. MEK took the lead in the first couple of minutes with a strike from Fleur O'Neill. Athletic struck back to make it 1 all. A bit of fortune was gifted to the home side with an OG. Then Ava Harty made it 3-1 to stretch our advantage. But it was a game that could turn. Athletics struck, 3-2. The game ebbed and flowed, every couple of minutes, with both teams taking control. But Athletic got the equaliser. Game on!!! In truth, both teams could have won in the last quarter of the game. But it would have been harsh if either team were on the losing team. A fair result for two teams that's left everything on the pitch. Well done to all the players on both teams. Scorers: Ava Harty, Fleur O'Neill and OG. POTM **Abbie Fleming** 

### **U12 BOYS PLATE**

### MEK Galaxy B 4-3 LB Rovers B

A classic cup tie in the mud at Lackabane. 3-1 up at half time and well in control. LB fought back to level 3-3 with 2 minutes to go but the boys kept going and grabbed a top bins winner deep into injury time.

### **UNDER 14 BOYS DIVISION 1**

### MEK Galaxy 9 - 2 Camp Juniors

A great performance by our Under 14 boys who dominated against Camp. MOTM Cade Jameson with a goal worthy of a match of the day special! Scorers: Cade Jameson 6, Mickey Cooper, Daragh Burke and Shane O'Neill

### **BALLYHAR DYNAMOS FC**

### LOTTO

No.s 1, 20, 21, 29. No Winner of the Jackpot. 5 x €25: Sinead Wynne, Firies. Hannah McGillicuddy, Ballyhar. Michael Callaghan, Farranfore. Josh McCarthy,Farranfore & Paul McEnteggart, Firies. Next draw for a jackpot of €14,100 will take place on Sunday next 11th February at Henderson's Bar, Firies. Thanks to all who support the club lotto.

### **TEAMS**

The Club U17s had a mid week under lights game in Tralee in the cup where Tralee Dynamos, a division above our boys, were the opposition. Tralee Dynamos advanced to the

next round on a 5-1 win but Ballyhar being short a few regulars, showed great character against quality opposition. Anthony Cremin with the goal on 50 mins with Sean O Sullivan, Tony Daly, Eoin Walsh, Marcus Clifford, Gerard Long, Luke Courtney & Eugene Deniel playing well on the night. The club youths welcomed Iveragh Utd to Ballyhar on Saturday last in the cup. Like the U17s the Youths on saturday were playing premier Division opposition in the cup when iveragh Utd visited Murt Scott Park in a great game of soccer. The visitors led 0-2 at half time but a transformed Ballyhar were level by 60 minutes when Micheal Fitzgerald struck a fine goal from 18 yards after fine work by Robert Kelly & the impressive Michael O Sullivan. Eugene Deniel levelled the game at 2-2 when he got to the end of good work by Gerard Long & Odhran O Neill. Ballyhar made it 3-3 on 70 minutes when Luke Henderson rattled the net after good work by Colm O Riordan & Eoin Walshe. Anthony Cremin & Luke Henderson had great chances to take the lead but on 85 minutes Iveragh struck on a breakaway move to take the win with a further goal added deep in injury time when Ballyhar were attacking a free kick. Full credit to the Players & Management of Dave & Shane who with a little bit more composure in front of goal may have caused a bit of a cup shock. The Club U12s played Milltown FC away in the Cup Shield and despite going down 4-0 had a lot of possession & were unlucky in front of goal with Ollie Kirwan, Ciaran Ferris, Darragh McLaughlin & Thomas Ryan prominent on the day.

### **TEAM OF THE WEEK**

Conor Edwards of the club u15s was selected on the Kerry school boy team of the week. Well done Conor.

### KERRY SCHOOLBOY/GIRL SOCCER

### SATURDAY FEBURARY 3RD U13 GIRL'S QUARTER FINALS CUP

Killorglin FC 2 - 0 Listowel Celtic Killarney Athletic 2 - 0 St Brendans Park Iveragh UTD 5 - 3 Inter Kenmare MEK A Bye

### **U13 GIRL'S QUARTER FINALS SHIELD**

Camp Juniors 8 - 2 Fenit Samphires MEK Galaxy B 0 - 4 Tralee Dynamos

### **U15 GIRLS PREMIER**

St Brendans Park 3 - 2 Camp Juniors MEK Galaxy 3 3 Killarney Athletic U16 GIRLS PREMIER

Killarney Celtic 6 - 0 St Brendans Park
U16 SUBWAY GIRL'S NATIONAL TROPHY
LAST 32

Inter Kenmare -3-2 Shannon side FC **BOYS FIXTURES** 

### **U13 SUBWAY NATIONAL CUP LAST 32**

Salthill Devon 2 - 3 Killorglin AFC Foxford United 0 - 4 St. Brendan's Park U12 SUBWAY NATIONAL TROPHY LAST 32

Killorglin AFC 1 v Malahide Utd 4

**U14 SUBWAY NATIONAL TROPHY LAST 32** 

Clane United 1 - 2 Tralee Dynamos Crumlin United 7 - 2 Inter Kenmare

**U15 SUBAY NATIONAL TROPHY LAST 32** 

Carrick Utd 3 -1 Killorglin AFC

### **U16 SUBWAY NATIONAL TROPHY LAST 32**

Mastergeeha 2 - 2 Howth Celtic extra time Howth win on 3-1

Inter Kenmare 4 - 5 Belvedere FC Extra time Killorglin AFC 5 - 2 Vale Wanderers

U12 BOY'S JOHN MURPHY CUP /SHEILD (Winners Progress to Cup/Losers Sheild)

Iveragh UTD 3 - 0 Castleisland AFC
U12 BOY'S JOHN MURPHY CUP KNOCK-OUT
ROUND (11 TEAMS)

Listowel Celtic A 3 - 0 Tralee Dynamos ST Brendans Park B 1 - 0 Killarney Celtic B Killarney Celtic 5 - 0 Dingle Bay Rovers BYE Killorglin A

### U12 BOY'S JOHN MURPHY SHEILD KNOCK-OUT (18 TEAMS)

Milltown FC 4 - 0 Ballyhar Dynamos Inter Kenmare 6 - 3 Iveragh UTD B Ballyheigue AFC Killarney Athletic B Camp Juniors 6 - 1 Mastergeeha FC LB Rovers A 6 - 2 Camp Juniors B Castleisland AFC B 0 - 6 Inter Kenmare B Killorglin AFC B 4 - 2 Killarney Athletic C AET Tralee Dynamos 10 M MIRRAY BLATE KNOCK

### U12 BOY'S JOHN MURPHY PLATE KNOCK-OUT ROUND (9 TEAMS)

Mastergeeha FC B 3 - 4 St Brendans Park C MEK Galaxy B 4 - 3 LB Rovers B Castleisland C BYE

**U14 BOY'S PREMIER** 

Killarney Athletic 3 - 1 Castleisland AFC



Ballyhar Dynamos FC youths who lost out late on in their Jimmy falvey memorial cup game at home to Iveragh Utd on Saturday last.



Ballyhar Dynamos u9s who took part in a Blitz at Mastergeeha FC on Saturday last. Thanks to Masteraeeha for Hostina.



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### SOCCER FOCUS

### **U14 BOY'S DIVISION 1**

Camp Juniors 2 - 7 MEK Galaxy
St Brendans Park B 0 - 3 Ballyheigue AFC
U14 BOY'S DIVISION 2 TOP 4

Inter Kenmare B 3 - 0 Ballyhar B

**BOTTOM 3** 

Mastergeeha FC B 3 – 3 Castleisland AFC C Tralee Dynamos B BYE

**U16 BOY'S DIVISION 1** 

St Brendans Park 3 - 0 Iveragh UTD
Camp Juniors 1 - 5 Mastergeeha FC C
U16 BOY'S DIVISION 2

Killarney Athletic B 6 - 4 Castleisland AFC B Ferry Rangers 7 -1 Ballyheigue AFC

**SUNDAY FEBURARY 4TH** 

**U13 GIRL'S QUARTER FINALS SHIELD** 

Mastergeeha FC 3 - 3 LB Rovers

U12 BOY'S JOHN MURPHY PLATE KNOCK-OUT ROUND (9 TEAMS)

Dingle B v Fenit B

**U12 SUBWAY NATIONAL CUP LAST 32:** 

Blayney Rovers 1-2 St. Brendan's Park
U14 SUBWAY NATIONAL CUP LAST 32

St. Brendan's Park 3 - 3 Clonee United Extra Time St Brendans Park win on pen 4-2

**U14 SUBWAY NATIONAL TROPHY LAST 32** 

Ringmahon Rangers 3-3 Killarney Celtic Extra Time Killarney win on pen 4-3

**U15 SUBAY NATIONAL TROPHY LAST 32** 

Tralee Dynamos 0 - 0 Corduff UTD Extra Time Tralee Dynamos win on pen 7-6

**U16 SUBAY NATIONAL TROPHY LAST 32** 

Killegland AFC 4 - 0 Tralee Dynamos AFC MONDAY FEBURARY 5TH

**U13 BOY'S DIVISION 2 SOUTH** 

MILLTOWN 4 - 0 BALLYHAR DYNAMOS

**U15 BOY'S DIVISION 1** 

Iveragh UTD 4 - 0 Ballyheigue AFC

U15 BOY'S DIVISION 2

Inter Kenmare B v MEK B

**U16 BOY'S DIVISION 1** 

Ballyhar Dynamos 2-6 Listowel Celtic

**U16 BOY'S DIVISION 2** 

Killarney Athletic B 1-6 Ferry Rangers

KERRY SCHOOLBOYS LEAGUE U 14 PREMIER
Killarney Athletic 3 -1 Castleisland AFC A

lovely spring morning greeted us in Killarney for the clash between Killarney Athletic and Castleisland AFC. In a tight opening 15 mins Athletic took control and created the best of the early stages. With Killarney sweeping in goals and backline of Conor Moynihan, Adam Moynihan, Paddy Nash and Eoin Bennett Athletic kicked into gear.

Athletic raced into a three-goal lead with the impressive Max Moynihan and two goals from the rapid Eric Corcoran thus giving Athletic a nice lead at the halfway point.

Second half Killarney Athletic started strong and played some nice, controlled football with midfield of Jayden Hurley and Sean Lyne dominating the centre of the park ,it gave the home side nice control to see out the tie . Jamie Fleming and Brendan McHugh were unlucky not to extend the lead . Castleisland to their credit kept going and got a nice consolation goal at the end and they always played the game in the right spirit.

Motm: Max Moynihan Killarney Athletic

# Striker Victor Udeze signs for the Kingdom

Kerry Football Club is delighted to announce the signing of striker Victor Udeze to the club ahead of the 2024 SSE Airtricity Men's First Division Campaign.

Udeze, who is 19 years of age and from Dublin, signs for the Kingdom ahead of the new season to further bolster the squads attack. Udeze has mostly played Academy League of Ireland Football. Firstly playing with UCD AFC's Under 15 side in 2019 before graduating to the Under 17's the following year. Victor then moved on to Under 19 Football with the students in 2021 before his studies brought him to NUIG and to Galway United for another year at 19's level. Udeze comes to Kerry FC following his most recent spell of Academy football with Athlone Town AFC.

Udeze becomes Conor McCarthy's 7th signing of the window and follows Friday's signing of Valerii Dolia in what is a huge strength to the teams attacking options for the new season. Victor could feature against Cobh Ramblers in today's Munster Senior Cup clash against Cobh Ramblers in Mounthawk Park.



# Valerii Dolia signs for Kerry FC from Athlone Town

Kerry Football Club is delighted to announce the arrival of Valerii Dolia from Athlone Town for the 2024 SSE Airtricity Men's First Division campaign.

The 25 year old Ukrainian makes the switch from the midlands to the South West for the upcoming season having originally signed for the league's oldest club back in July 2022. Dolia went on to be a prolific forward player for Athlone Town and made 46 appearances across the



season and a half he has spent in the league. As a winger, Dolia netted some 11 goals and got 4 assists for the Midlander's. Previous to his spell in Athlone, Dolia played in his home country of Ukraine in the 'Druga Liga', the country's second tier, most recently with SK Tavriya. Dolia faced Kerry on 4 occasions last season and scored 3 goals against the Kingdom in the sides 2 wins against the newcomers. He was on the scoresheet but on the losing side in Kerry's sole victory in the campaign last May.

Dolia is sure to bolster the kingdom's attacking flair in 2024, adding to the likes of Ryan Kelliher, Kennedy Amechi and Daniel Okwute who were all key players in the clubs first season in the League of Ireland.

Speaking to kerryfc.com following his arrival in the kingdom, Valerii Dolia said "I am very happy to join Kerry Football Club. This is a great team with very good staff. I hope I will be able to help the team from the very start and I'll make every effort to win. I'm very excited to meet my team mates and get to work before the start of the season"

Also speaking to kerryfc.com after Valerii's signing, First Team Head Coach Conor McCarthy said "We're delighted to sign Valerii for the 2024 campaign. Valerii had a brilliant season last season with Athlone and his numbers were excellent so we're really excited to have him on board. I'm sure it's one the fans will really like and hopefully he can get them on the edge of their seat in Mounthawk Park very soon"



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# LADIES RECORD COMPREHENSIVE WIN OVER THE REBELS

Kerry 2-14 Cork 0-7

### By DAN KEARNEY

Hannah O' Donoghue struck for 1-3 as Kerry defeated Cork by thirteen points at Austin Stack Park in the third round of the Lidl National Football League Division 1.

O'Donoghue was on fire for the Kingdom in a forward line where Danielle O'Leary came on in the 23rd minute and struck for a haul of 1-2. A slow start to the game saw the sides level at 0-2 apiece after 10 minutes thanks to two Katie Quirke frees for Cork and a Niamh Carmody placed ball for Kerry, followed by a lovely score from O'Donoghue.

Laura O'Mahony put Cork into a 0-3 to 0-2 lead in the 14th minutes but it was to prove to be the Rebels last score of the half as Kerry, playing with a very strong wind, fired off the next five scores in a row.

Carmody dusted herself down to kick a free from the edge of the D following a 60-metre run at the heart of the Cork defence to level matters and as the home side put a squeeze on the Cork kick out, Emma Dineen punished the visitors with a lovely score.

Kerry turned over once again from Sarah Murphy's kickout and Carmody popped over the free once more after Aishling O'Connell was fouled to push Kerry 0-5 to 0-3 ahead.

Cork were under all kinds of pressure as they tried to get the ball into scoring positions and in the 24th minute Amy Harrington fed Niamh Ní Chonchúir to push Kerry three points to the good.

The final point of the half fell to O'Donoghue and Kerry took a 0-7 to 0-3 lead in at the half time break despite shooting six wides. But Cork wouldn't have been too disappointed as they had the advantage of the strong wind for the second half.

Dineen and Quirke traded scores at the start of the second half but substitute O'Leary pushed Kerry five ahead once again in the 35th minute after a flowing move involving Cait Lynch and Lorraine Scanlon.

Scanlon got in on the act with a trademark



The Kerry squad before the 2024 Lidl Ladies National Football League Division 1 Round 3 match between Kerry and Cork at Austin Stack Park in Tralee, Kerry. Photo by Brendan Moran/Sportsfile

around the corner score to push Kerry 0-10 to 0-5 ahead in the 43rd minute. Cork then had a massive body blow when Shauna Cronin received a yellow card, and 10 minutes in the bin, after 47 minutes.

Kerry powered on from there for their third victory of the campaign with O'Donoghue striking for opening goal in the 55th minute and O'Leary wrapped it up at the death with a low finish to the corner.

Scorers - Kerry: H O'Donoghue 1-3, D O'Leary 1-2, N Carmody 0-3 (3f), E Dineen 0-2, L Ní Mhuircheartaigh 0-2 (1f), L Scanlon 0-1, N Ní Chonchúir 0-1.

Cork: K Quirke 0-6 (5f), L O'Mahony 0-1.

Kerry: M.E Bolger; E Lynch, D Kearney, C O'Brien; A O'Connell, C Lynch, C McCarthy; A Harrington, M O'Connell; N Carmody, N Ní Chonchúir, A Galvin; K Brosnan, E Dineen, H O'Donoghue. Subs: D O'Leary for K Brosnan (23), L Scanlon for M O'Connell H/T, C Murphy for C McCarthy (43), L Ní Mhuircheartaigh for N Ní Chonchúir (45), J Gill for N Carmody (55), F O'Donoghue for D Kearney, B O'Connor for A O'Connell (both 57), R Smith for A Harrington, E O'Connor for A Galvin, J Lucey for E Dineen (all 59).



Daire Kiely of Cork in action against Lorraine Scanlon and Niamh Ní Chonchúir of Kerry during the 2024 Lidl Ladies National Football League Division 1 Round 3 match between Kerry and Cork at Austin Stack Park in Tralee, Kerry. Photo by Brendan Moran/Sportsfile

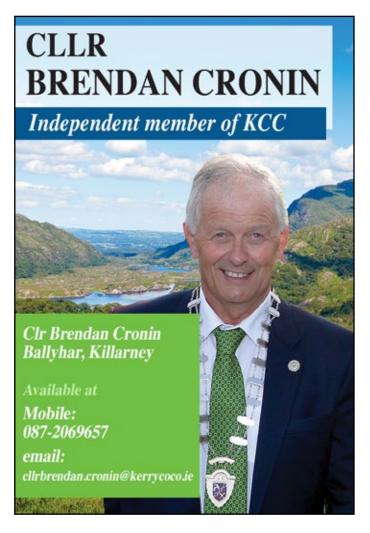
Cork: S Murphy; L Coppinger, S Leahy, D Kiniry; M Duggan, M O'Callaghan, K Redmond; A McDonagh, S Cronin; D Kiely, H Looney, L O'Mahony; S O'Leary, K Quirke, E Cleary. Subs: R Corkery for E Cleary, E Jack for A McDonagh (both 42), L McDonagh for S O'Leary, A O'Mahony for H Looney (both 45), A Ryan for L O'Mahony (49), E Hurley for D Kiely (51). Referee: Paul McCaughey (Westmeath).



Lorraine Scanlon of Kerry in action against Rosie Corkery of Cork during the 2024 Lidl Ladies National Football League Division 1 Round 3 match between Kerry and Cork at Austin Stack Park in Tralee, Kerry. Photo by Brendan Moran/Sportsfile



Amy Harrington of Kerry is presented with the Player of the Match award by Lidl Ireland sales operation manager Keith Hogan after the 2024 Lidl Ladies National Football League Division 1 Round match between Kerry and Cork at Austin Stack Park in Tralee, Kerry. Photo by Brendan Moran/Sportsfile











# JIMMY O'SULLIVAN-DARCY

takes a look at all things sport...







# KERRY OFF THE MARK! NATIONAL LEAGUE

Kerry 3-15 Monaghan 1-12

Kerry mixed a lot of good with a bit of bad up in Clones, but the main thing is that they came away with two points in the bag – Division One this year is shaping up to be a genuine early battleground for teams, and the last thing we want is to be dragged into a relegation dogfight. Lose to Monaghan last Saturday and suddenly you are at home to a top-form Mayo and needing a result.

It was a strange game in many ways, and a microcosm of modern football in others. The prevailing wind was treated more as a hindrance than a help by both sides. Both sides pressed up against it and profited by doing so. Kerry always had a platform around the middle, even if Monaghan's strong runners there posed problems for our defence at times. Joe O'Connor is looking more and more like a championship starter and did his hopes no harm at all here.

Dara Moynihan's jersey was considered one of those that might be up for grabs, but he showed how he earned it in the first place against Derry and was even better on this outing, a real torment to Monaghan all through. Another who is growing in confidence in the geansaí is Cillian Burke, and the two combined for an early Kerry goal chance. It certainly looked like a penalty on first viewing but it's genuinely hard to be conclusive after watching several replays. I think he fell more than he was knocked, and Seán Hurson changed his fist decision to a free out after consultation. It was a definite let-off for Monaghan, who opened the scoring through Jason Irwin after the first chance was denied by a brilliant block from Graham O'Sullivan. Despite departing at the three quarter stage with injury, Graham would still have been my man of the match - certainly he stood tallest when the fight was hardest.

Another to shine, as he always does, was Seán O'Shea. A well-taken free by Dylan Casey gave the Kenmare man the chance to open the scoring and he duly obliged.

Both sides were, refreshingly, willing to attack at pace and Shane Ryan had to be alert to

gather a ball that was just a fingertip away from an almost certain goal. Another quick ball in by Kerry saw Seán double his and Kerry's tally. Is his switch to the inside line an experiment or a genuine long-term strategy? I suspect the latter, but Paul Geaney's return to action will have a big bearing on that..

Kerry were beginning to move here. Conor Geaney set up Dara Moynihan for a point. Dylan Casey added another – Dylan had a great game going forward, but that's not the key part of the role and the jury is still out for me. Graham, Paul Murphy and especially a magnificent Shane Ryan were my pick of the defence. Good work by Graham O'Sullivan and Sean O'Shea saw Conor Geaney push Kerry into a 0-5 to 0-1 lead. A minute later Kerry should really have found the net after a scintillating move between Dara Moynihan and Sean O'Shea left Cillian Burke with just the keeper to beat. He tried to dummy it and Darren McDonnell deftly robbed him. No big deal; Cillian is growing in confidence and I have no doubt he will get more clinical with those.

Everything was looking rosy for Kerry, even allowing for our big wind advantage. And then Monaghan did what we had been threatening to do and simply tore our defence to shreds. It was a brilliant move straight off the training ground, moving the ball fast in a crowded area, but Killian Lavelle had all day to lay off to Ryan O'Toole, full back to cornerback, for a goal. One point game but Kerry were definitely rattled. Jack McCarron equalised and Michael Hamill nudged Monaghan in front. Kieran Duffy added a mark and Kerry had just coughed up 1-3 without reply. Roving corner forward David Garland should have had another but pulled his effort wide.

Tom O'Sullivan picked off an important Kerry point. Monaghan had a great goal chance but once again Shane Ryan was equal to Kevin Loughran's attempt. Sean O'Shea clipped over another neat score and it was level pegging again, 0-7 to 1-4. Next score felt vital and it most certainly was as Dylan Casey sent in another lovely kick-pass to Graham O'Sullivan, who neatly offloaded to Cillian Burke and this time the Milltown man slotted it like a veteran.

Monaghan weren't going away. Stephen O'Hanlon raced through for a score – direct pace again. Paul Murphy made a brilliant last second tackle to deny Gary Mohan. A pull-down on Diarmuid O'Connor saw Seán O'Shea convert and a great fetch of the kick-out by Joe O'Connor allowed Tom O'Sullivan to close out the first half scoring. Footballer of the Year David Clifford was on the pitch now – a quick yellow card had me worried. A good recovery by Kerry to lead at half-time, but this game was a long way from done and dusted, especially factoring in the wind.

### Half-time Kerry 1-9 Monaghan 1-5

Paudie Clifford came off the bench at half-time, with Conor Geaney the one to lose out. I don't think it was any reflection on the Dingle man's play, but bringing a dynamic tracker in place of an out and out forward like Conor was an obvious enough move against that wind. Jack O'Connor was clearly happy to bring his big guns into the action – no great harm either.

David Clifford had an uncharacteristic miss from a free, much to the home crowd's delight. An excellent score by a lively Ciarán McNulty raised another cheer – partisanship is a key and welcome element of the National League.

It didn't bother Kerry in the slightest. Cillian Burke, clearly growing into his role, sent a great ball into Seán O'Shea for a point and Seán gathered a neat flick from David Clifford to add another. Stephen Mooney and the impressive Gary Mohan pulled two point back to stay within touch but Kerry were looking more assured with every passing moment. Paudie Clifford slotted over and Jason Foley popped over another after exchanging a one-two with David Clifford. Micheál McCarville kept Monaghan within four with a great kick off the outside of his boot, but they were dealing with a different Kerry now. A foul on Cillian Burke, who was having an absolute stormer in the second half, saw Sean O'Shea point another free. Kerry swept forward in waves, quick and clever in their passing, and it was Adrian Spillane with the final handpass to David Clifford. The big man did what the big man does, and that was effectively a fait accompli by Kerry.

Jack McCarron kicked a superb point, but it

was like the sting of dying wasps. David Clifford replied after a great run by Barry Dan O'Sullivan - all of Kerry's subs brought tremendous energy onto the field. The competition for places might be unspoken – but it's definitely there!

McCarron, who along with Mohan, Lavelle, McNulty, and Darren McDonnell really impressed me, pulled back a point but whatever fading hopes Monaghan had were extinguished as the keeper misjudged a Seán O'Shea high ball under pressure from Diarmuid O'Connor. Goal, but is it an own goal, Sean's goal, or Diarmuid's goal? I'm giving it to Diarmuid (not that there is any chance of him caring in the slightest) in that he exerted the pressure that forced the mistake. Tadhq Morley actually had the chance to fist in a fourth goal, but hit the side netting instead. On another day it might have mattered, but not this one. Stephen Mooney did have a last point for Monagahn, but they had shipped a nine point defeat by then.

I like Monaghan. I like the fast and direct running style. You are good enough to dispossess us in full flight? Go ahead and do it. Refreshing and hugely entertaining, much more so that Derry's fifteen men behind the ball game plan.

Derry beat us (barely, and at full strength) where Monaghan lost to us. They have to march into the jaws of that negative Derry side in two weeks time. We had to play our big cards fairly early in this one, but we face Mayo at home next, and Mayo in the league is a game I look forward to every year. That'll be a belter.

Kerry: Shane Ryan, Graham O'Sullivan, Jason Foley (0-1), Dylan Casey (0-1), Tom O'Sullivan (0-2), Paul Murphy, Gavin White, Diarmuid O'Connor (1-0), Joe O'Connor, Ronan Buckley, Dylan Geaney, Cillian Burke (1-0), Conor Geaney (0-1), Seán O'Shea (0-7, 2f), Dara Moynihan (0-1). Subs: David Clifford 1-1 (for Ronan Buckley, 32 mins), Paudie Clifford 0-1 (for Conor Geaney, half-time) Tadhg Morley (for Graham O'Sullivan, 48 mins), Adrian Spillane (for Dylan Geaney, 55 mins), Barry Dan O'Sullivan (for Dara Moynihan, 61 mins), Seán O'Brien (for Dylan Casey, 66 mins).

Monaghan: Darren McDonnell, Ryan Wylie, Killian Lavelle, Ryan O'Toole (1-0), Kevin Sheridan, Kieran Duffy (0-1, 1m), Kevin Loughran, Joel Wilson, Gary Mohan (0-1), Ciarán McNulty (0-1), Stephen O'Hanlon (0-1), Michael Hamill (0-1), David Garland, Jack McCarron (0-3, 1m), Jason Irwin (0-1). Subs: Stephen Mooney 0-2, 1m (for David Garland, half-time), Mícheál McCarville 0-1 (for Joel Wilson, 43 mins), Andrew Woods (for Jason Irwin (52 mins), Karl O'Connell (for Kevin Sheridan, 55 mins), Bobby Walker (for Kevin Loughran, 70 mins).

Referee: Seán Hurson (Tyrone)

### KERRY FAR TOO STRONG FOR REBEL RIVALS

NATIONAL LEAGUE

Kerry 2-14 Cork 0-7

I don't trust wins against Cork. I've seen Kerry prevail in early season match-ups only to lose out with the Munster title at stake. This was an emphatic win –there are good Kerry footballers who could only dream of days like this against

Cork. But I don't trust it. I'll celebrate but I'll be cautious. Put the likes of the O'Sullivans and Roisín Phelan back into that Cork team and you are looking at an entirely different proposition. At the same time, you may as well enjoy it on the days you get it, because you won't get it every day. Kerry are three wins from three now and again they could win pulling up. Best of all, we are getting good minutes into players while easing some of our best campaigners back into action. Nobody (alright, let's be honest, only a handful) are guaranteed starting jerseys later on.

It looked like a tight contest early on. A foul on Daire Kiely saw Katie Quirke open the scoring but Niamh Carmody replied in kind after good work by Emma Dineen. Quirke pointed again before Hannah O'Donoghue exchanged scores with Laura O'Mahony.

Then Kerry upped it a gear and Cork faded away with surprising alacrity. They didn't score again in the half. Niamh Carmody added two frees for Kerry while Hannah, Emma, and Niamh Ní Chonchúir pointed from play. Kerry led by 0-7 to 0-3 at the break.

Emma Dineen and Katie Quirke exchanged scores early in the second half. Incredibly, it was only Cork's second score from play and it was to be their last. Danielle O'Leary and Lorraine Scanlon were both off the bench and on target to make it double scores, 0-10 to 0-5. Cork lost Melissa Duggan for ten minutes and then saw Louise Ní Muircheartaigh come off the bench and clip off a point with almost her first touch before adding a free. Danielle O'Leary scored her second point and Kerry were in front by 0-13 to 0-5. Katie Quirke did pick off two Cork frees, but it felt as though they were going through the motions rather than really trying to claw it back. Hannah O'Donoghue and Danielle O'Leary did kick goals near the end of a very one-sided contest, the latter through a big conglomeration of Cork defenders.

I don't want to be the person raining on the parade. From a Kerry perspective this was great, particularly the amount of players who got game-time, but in real terms this wasn't even one swallow, let alone a whole summer. My condolences to Kerry keeper Mary Ellen Bolger and her family on the recent passing of her mother.

Kerry: Mary Ellen Bolger, Eilís Lynch, Deirdre Kearney, Ciara O'Brien, Aishling O'Connell, Cáit Lynch, Ciara McCarthy, Amy Harrington, Mary O'Connell, Niamh Carmody (0-3, 3f), Niamh Ní Chonchúir (0-1), Anna Galvin, Katie Brosnan, Emma Dineen (0-2), Hannah O'Donoghue (1-3). Subs: Danielle O'Leary 1-2 (for Katie Brosnan, 23 mins), Lorraine Scanlon 0-1 (for Mary O'Connell, half-time), Ciara Murphy (for Ciara McCarthy, 43 mins), Louise Ní Mhuircheartaigh 0-2, 1f (for Niamh Ní Chonchúir, 45 mins), Jess Gill (for Niamh Carmody, 55 mins), Fay O'Donoghue (for Deirdre Kearney, 57 mins), Bríd O'Connor (for Aishling O'Connell, 57 mins), Roisín Smith (for Amy Harrington, 59 mins), Eilís O'Connor (for Anna Galvin, 59 mins), Jadyn Lucey (for Emma Dineen, 59 mins).

Cork: Sarah Murphy, Libby Coppinger, Sarah Leahy, Dara Kiniry, Melissa Duggan, Maire O'Callaghan, Kate Redmond, Amy McDonagh,



Rosie Corkery of Cork / Danielle O'Leary of Kerry during the 2024 Lidl Ladies National Football League Division 1 Round 3 match between Kerry and Cork at Austin Stack Park in Tralee, Kerry. Photo by Brendan Moran/Sportsfile

Shauna Cronin, Daire Kiely, Hannah Looney, Laura O'Mahony (0-1), Sadhbh O'Leary, Katie Quirke (0-6, 5f), Emma Cleary. Subs: Rosie Corkery (for Emma Cleary, 42 mins), Ellie Jack (for Amy McDonagh, 42 mins), Lydia McDonagh (for Sadhbh O'Leary, 45 mins), Abbie O'Mahony (for Hannah Looney, 45 mins), Anna Ryan (for Laura O'Mahony, 49 mins), Emma Hurley (for Daire Kiely, 51 mins).

Referee: Paul McCaughey (Westmeath).

# TOUGH START FOR KERRY HURLERS NATIONAL LEAGUE

Carlow 3-22 Kerry 0-19

With the likes of the Boyle brothers, Eoin Ross, Jason Diggins, and Cillian Trant all absent, and Shane Conway withdrawing from the panel after the warm-up, this was always expected to be a real baptism of fire for Stephen Molomphy's men against the reigning champions, and so it proved. The stark reality facing every Kerry hurling fan is that we are facing a big rebuilding job. So be it; we have faced tough odds before. Carlow were always in control here. Kevin McDonald got them off the mark with an early free before Chris Nolan lashed home their first goal. Brandon Barrett was narrowly wide with a good effort but the visitors added further points from Conor Kehoe, Kevin McDonald, veteran sharpshooter Marty Kavanagh (we know him of old!) and the excellent Nolan to lead by 1-6 to 0-0. You didn't need to be the biblical Belshazzar to read the writing on the wall at this stage! To be fair, Dan Goggin was Kerry's best performer at this stage and pulled back a defiant point to kick-start a resistance movement. Marty Kavanagh, James Doyle, and Nolan again pointed for Carlow but Fionán Mackessy replied. Kerry weren't taking over very far from it, I'm afraid - but they were at least trying to imposes themselves. Darragh Shanahan had another Kerry score, even if Carlow's Jack Doyle should have done much

### **ALL THINGS...SPORT**

better with a great goal chance. Two more points from Dan Goggin and a late free by Brandon Barrett saw Kerry trailing by 1-14 to 0-7 at half-time. Not exactly great, I suppose, but it could (and probably should) have been a lot worse.

If I was Carlow, I wouldn't be thrilled at how long it took us to put Kerry's challenge to bed. Part of that was Kerry's substitutions – there is no lack of character there – but there was a certain lack of ruth in the visitors that they will have to work on. Kerry actually got the opening two points of the second half through the always-defiant Maurice O'Connor but Marty Kavanagh replied with a brace (1f) of his own. Carlow's second goal was a killer blow, and in fairness it was a superb move finished to the net by Fiachra Fitzpatrick. Conor Kehoe snapped off a quick point just to salt the wound.

Kerry had their best patch of the game, but it was already clearly too late. Fionán Mackessy, Daithí Griffin (our best player overall), Niall Mulcahy (2) and Michael Leane cut the gap to 2-17 to 0-14. Kerry kept going but Carlow always had a bit more in the tank as the game drew to an unfortunately inevitable conclusion, with the Kerry supporters in Austin Stack Park completely subdued even before Marty Kavanagh struck the first goal. One of these teams looks primed for promotion to the knock-out stages of the Liam McCarthy Cup but it never looked like being the home side. This could be a short year yet for Kerry hurling. Kerry: Louis Dee, Flor McCarthy, Ronan Walsh, Darragh Shanahan (0-1), Evan Murphy, Fionán Mackessy (0-4), Dáithí Griffin (0-1), Kyle O'Connor, Michael Leane (0-1), Brandon Barrett (0-3, 3f), Gavin Dooley, Killian Hayes, Maurice O'Connor (0-2), Tom Doyle, Dan Doggin (0-3) Subs: Eric Leen (for Flor McCarthy, half-time), Niall Mulcahy 0-3 (for Gavin Dooley, half-time), Tomás O'Connor (for Ronan Walsh, 48 mins), Niall O'Mahony (for Tom Dovle, 56 mins), Felim O'Sullivan 0-1 (for Brandon Barrett, 67 mins), Bill Keane (for Felim O'Sullivan, 71 mins),

Carlow: Brian Tracey, Paul Doyle, Dion Wall, Jack McCullagh, Tony Lawlor, Kevin McDonald (0-2,1f), Fiachra Fitzpatrick (1-0), Conor Kehoe (0-4), James Doyle, John Michael Nolan (0-1), Chris Nolan (1-6), Marty Kavanagh (1-9, 4f), Fiach O'Toole, Jack Doyle, Seán Joyce Subs: Jon Nolan (for Fiach O'Toole, 54 mins), Niall Bolger (for Jack McCullagh, 63 mins), Ciarán Kavanagh (for Jack Doyle, 65 mins), Richard Coady (for Chris Nolan, 71 mins), John Doyle (for Fiachra Fitzpatrick, 72 mins)

Referee: Niall Malone (Clare)

# EAST KERRY ALL STARS HALL OF FAME RECIPIENT

Fr. Paddy O'Donoghue (Dr. Crokes)

A son of Dr. Paddy himself after whom the O'Donoghue Cup is named, Fr. Paddy needs no introduction to anyone in East Kerry and he is a huge part of the district as well as his beloved Dr. Crokes (he is a Vice President of the club) and a popular and familiar face at all East Kerry games. A brilliant dual player in his own right when young, there is no question but that he is fully deserving of this award; the only mild

surprise is that it has taken so long.

### East Kerry People of the Year

Seán O'Keeffe (Gneeveguilla) Anne Holland (Spa)

Both are extremely hard-working officers of both their clubs and district and it is only right that their huge contribution be acknowledged.

### East Kerry All Star Team 2024

Brian Kelly (Killarney Legion), Peter O'Sullivan (Killarney Legion), Eoin Fitzgerald (Spa), Fionn Fitzgerald (Dr Crokes), Evan Looney (Dr Crokes), Gavin White (Dr Crokes), Cian Gammell (Killarney Legion), Paul O'Shea (Kilcummin), Darragh Lyne (Killarney Legion), Mark O'Shea (Dr Crokes), David Shaw (Dr Crokes), Finbarr Murphy (Killarney Legion), Tony Brosnan (Dr Crokes), Shane Ryan (Rathmore), Gary O'Leary (Kilcummin).

Senior Player of the Year: Tony Brosnan (Dr. Crokes)

Intermediate Player of the Year: Eddie Horan (Scartaglin)

Young Player of the Year: Evan Looney (Dr. Crokes

### **RUGBY**

### SIX NATIONS: Ireland 38 France 17

Some of you may remember my confident prediction last week that Ireland would have nothing to fear from Les Bleus. The more reality-based of you may recall more accurately that I expected France to pip us in a close game, and that was my honest opinion. Instead Ireland could have won by more if they had needed it, and I don't think anyone, inside or outside either camp, was expecting it.

Were Ireland very good or were France very bad? France were definitely poor, far poorer than anyone had expected. Ireland's players got more of a break after the disappointment of the World Cup; French domestic rugby is more competitive and consequently more demanding. But that shouldn't take away from Ireland's display. The likes of Bundee Aki, Caelan Doris, James Lowe, Hugo Keenan, Tadhg Beirne....the perfect blend of composure, raw power, and intelligent play. No surprise there. It was the relatively new elements into the mix, the likes of Jack Crowley, Joey McCarthy, Calvin Nash....these guys stepped up as to the manor born.

An early offside by France handed Crowley an easy three points – I'm a firm believer in kickers in any sport gaining confidence once they get one on the board. Ireland looked more composed from early on and after quarter of an hour Bundee Aki gave a simple off-load to Jamison Gibson Park for a try that was straight off the training ground – Ireland's speed had carved out multiple holes in a hapless French defence - with Crowley converting. 10-0.

Robbie Henshaw should possibly have made a bit more out of it after a good block-down by Tadhg Beirne caught France unawares. Ireland did get a penalty – it wasn't a great effort by Crowley, but he had the character to shrug off the miss. Thomas Ramos kicked a penalty to get France on the board.



Sean O'Keeffe received the East Kerry People of the Year Award at the East Kerry Awards.



Anne Holland, Spa received the East Kerry People of the Year Award at the East Kerry Awards.

Ireland were simply better around the field. A brilliant carry by Caelan Doris ended up with Tadhg Beirne bursting through a gap that simply shouldn't have been there. Crowley once again grabbed the bonus and it was 17-3. France were already at sixes and sevens before Paul Willemse picked up a second yellow card after hitting Caelan Doris late and high. He had already gotten one for doing the same to Andrew Porter and France were a man down for the rest of the game. I can only sympathise to a point – it's the inherent danger rather than any intended malice that needs these sanctions. France seemed to be falling apart here. In the circumstances, it actually helped the game that they scored a great try of their own with the last action of the first half, Damien Penaud going over. 17 - 10 to Ireland at half-time and it's France in France. Don't mind counting chickens; nobody in an Irish jersey was even counting the eggs yet! As was pointed out in the half-time commentary, Ireland had only beaten them three times in 51 years in France coming into this game.

Thomas Ramos had a penalty just wide early in the second half. Good effort, in fairness. However, Ireland once again had too much pace and power. Ireland had players like Aki, O'Mahony, McCarthy, Doris....players who could do what French players so often used to do to us in punching through the lines and eventually they worked the ball to Calvin Nash to go over in the corner. France, with a man down, didn't actually do anything wrong; Ireland just did everything right. Two more points for Crowley and Ireland were ahead 24-10.

And yet, once Paul Gabrillagues powered over, France were still just a try and conversion away. Not only that, but Peter O'Mahony picked up a yellow for deliberate collapse of the maul. Ireland were much the better team, but they needed to put this one to bed. Rugby, quite rightly, doesn't do moral victories. We need to work the scoreboard.

And we do. Joe McCarthy rises highest to claim a lineout and suddenly Ireland are pushing forward too fast for France to organise their own pack and Dan Sheehan burst over. I won't call it easy; it takes instant coordination for a team to do that, but France were again a fraction slower than you'd expect in closing that door. At 31-17 it really was a foregone conclusion and another Irish maul near the end saw Ronan Kelliher add another try. Five in total.

I suspect that France will do damage to other teams as they try to make up for this lacklustre display and that won't hurt Ireland's chances. There's a very, very, long road to travel yet, but everybody knows the team to beat.

It's us. There's basically the bones of a century where that was never the case, and now it is. But say nothing just yet.

### **SOCCER** MUNSTER SENIOR CUP Kerry FC 1 Cobh Ramblers 0

This was a statement win. Cobh Ramblers were in the promotion hunt last year, not because of any special attributes, but more because they

have a solid core and get all the basics right. For me, that's what Kerry need to be aiming for. I don't mind conceding good goals, but some of the soft ones we coughed up last year were hammer blows.

Cobh had a great effort just tail away straight from the kick-off and it wasn't long before Antonia Tuta had to be sharp to get low and left quickly for a save. We've been here before and our defensive dam always creaks a little bit too much under pressure. Except that they didn't. Tuta was commanding and our defensive line were rock solid. Not necessarily brilliant frankly, at this stage I wouldn't trust brilliance. Absolute competence and complete control. Essentially, Kerry were putting out a message that from now on, goals against us will have to be earned.

By the second quarter we were enjoying the greater share of possession, but it's not like Cobh Ramblers were giving up too many chances either. Seán McGrath had an early punt sail over and Ronan Teahan's effort was comfortably gathered. Victor Udeze as a lone striker after his arrival just the day before was manfully chasing scraps rather than real chances. 0-0 at half-time, and that was a fair enough reflection of play.

Kerry got a penalty early in the second half. One of those that's technically correct but harsh enough at the same time. You'd agree or disagree with the decision depending on who you support; both arguments would have some merit. As it happens it didn't matter, Daniel

Okwute's shot down the middle was saved. Kevin Williams had to be alert at the other end to block a great chance while Okwute had another chance saved by Cobh keeper Darragh Burke. The big takeaway for me, though, was that Kerry had left a penalty chance behind them and heads never dropped. The winner arrived in the 63rd minute, a great bit of Kerry play giving Okwute a bit of space down the flank and he sent in a perfect cross. Udeze hadn't really had a ball like that to attack all day but he was perfectly ready, timing his movement to get there just ahead of the defender and neatly stab it home. It's one of those that looks simple but is actually extremely hard to time right. Ramblers weren't giving up and pushed hard for an equaliser, but Kerry's defence was still equal to the challenges.

That's two wins in a row, and this one was against serious League of Ireland opposition. Nobody is suddenly suggesting that Kerry FC will be hunting for promotion, but on this showing no team doing so will be looking forward to Mounthawk Park this season.

Kerry FC: Antonio Tuta; Kevin Williams, Samuel Aladesanusi, Andy Spain, Jack Kavanagh; Steven Healy, Ronan Teahan; Daniel Okwute, Seán McGrath, Nathan Gleeson, Victor Udeze. Subs: Daire McCarthy (for Seán McGrath, 73 mins), Kennedy Amechi (for Daniel Okwute, 75 mins), Cian Brosnan (for Victor Udeze, 79 mins).



### KILLARNEY CAMOGIE CLUB

### **UNDER 8 & UNDER 10**

Training commenced indoors last Monday in Spa GAA Hall. Resumes again next Monday 12th February from 6-7pm. Age 5+. Hurleys & helmets provided. Please come along and try out a few sessions. Only need to bring runners and water. Contact Secretary Eimear Flynn for more information 087-6481736

### **MINOR & SENIOR TRAINING**

Training commences Sunday 11th February. New players welcome. Contact Paul for more details 086-8416839

### **COUNTY U15 TRIALS**

Best of luck to our Under 15 players attending upcoming trials for the Kerry camogie Under 15

### DR. CROKES

DR. CROKES CUBS continues on Saturday 10th February from 9:30-10:30 in the Aura Leisure Arena. This is an introduction to gaelic football and hurling for boys and girls aged 3-6 years.

### **EASTER CAMP**

Our Annual Easter Camp will take place on Wednesday 3rd April to Friday 5th April from 10am to 2pm.

### **MEMBERSHIP**

Dr. Crokes GAA Membership for the 2024 season is now open online. https://member. clubforce.com/memberships\_cart\_m.asp?LL\_ ID=734&intMF\_ID=13281#Anchor

### **SCÓR 2024**

Anyone interested in taking part in Scór ns nÓg or Scór Sinsir contact Cultural Officer Rachel Foley on 087 9231091.

FR. PADDYS CARD'S continue every Wednesday at 8pm in the clubhouse. There is lots of money to be won. All you need is €5 and a partner. All are Welcome.

**PILATES** with Jola continues on Thursdays from 6:10pm to 7pm in the clubhouse.

**GENTLE MOVEMENT CLASSES** with Kathleen continue on Tuesday mornings at 11am in the clubhouse. You do not need to be a member to join these free classes. All are welcome.

**OLD CLOTHES BANK** is located at the rear of the clubhouse. All clothes should be deposited in bags. Donations will help to provide vaulable funding to our club.

LOTTO took place February 5th. Numbers drawn were 13, 14, 17, 23 Jackpot of €6,500 was NOT WON. 14 patrons matched 3 numbers and received €30 each. Jackpot for draw on February 12th will be €6,800. Play online by following the link below and follow instructions attached https://play.clubforce.com/play\_newa.asp?ll\_ id=734#Anchor

### **BINGO**

Dr Crokes Bingo continues every Sunday in St. Mary's Parish Hall. Doors will open at 7pm with the first game commencing at 8pm.

**CONGRATULATIONS** to all of our East Kerry All Star Nominees and winners, particularly to Tony Brosnan on winning the Payer of the Year award and Evan Looney who won the Young Player of the year Award. A special mention must also go to our vice president Fr. Paddy O'Donoghue who was inducted into the East Kerry GAA Hall of Fame.

CONDOLENCES to former senior hurling manager Aidan O'Mahoney and family on the passing of Aidans brother John. Ar dheis Dé go raibh a ainm.

### **NOTES**

If anyone has anything they want to add to our club notes please email pro.drcrokes.kerry@gaa.

### **FOSSA NOTES**

### **LOTTO**

The numbers drawn on 04/02/2024 for a jackpot of €9,600 were, 1, 5, 12, 27. There was no jackpot winner and the €40 consolation prize winners were; Noreen Clancy, Online; Conor Dumigan, Online; Christine Fleming; Michelle, Daniel and Anto O'Keeffe; James Houlihan. Tickets are available from our sellers and can also be bought online with the following link https:// fossagaa.clubforce.com/products/lotto/fossagaa-club-lotto

### **EAST KERRY LEAGUE**

Fossa seniors opened there East Kerry Superleague campaign to Legion in Direen on Saturday afternoon. It was always going to be a difficult assignment this early in the season, and so it proved to be. Legion struck for goals early in the first half and again in the second half to leave Fossa with a mountain to climb. However, they

stuck to the task with Dan O'Connell defending very well, Cian O'Shea putting in a shift in midfield, Emmett O'Shea, Killian and Harry Buckley kept the scoreboard ticking but Legion proved too strong and accurate and ran out easy winners on a score of 4-11 to 0-07. Fossa have a bye next weekend and welcome Rathmore to Gortroe on the weekend of 18th February.

### **SYMPATHY**

Deepest sympathies to Helena Brunner (née O'Shea) on the passing of her mother Nora (née Courtenay) O'Shea, Caishín, Rookery Road, Killarney, Kerry, grandmother to Fiona & Elise. May she rest in peace.

### **KERRY SENIORS**

Congrats to Paudie and David, who were instrumental in Kerry's fantastic win in Monaghan on Sunday afternoon. Monaghan is always a difficult place to get a result but Kerry were outstanding and sets them up nicely for the visit of Mayo, well done boys.

### **EAST KERRY NEWS**

### **EAST KERRY SENIOR LEAGUES 2024**

Sponsored Frank Doran Safeguardsecuity.ie Division 1A: Legion 4-11 Fossa 0-08 Division 1B: Kenmare 3-09 Firies 1-12 Division 2: Scartaglen 0-09 Currow 1-09 1A Round 2 11/2/2024: Rathmore v Legion,

Gneeveguillia V Dr. Crokes, Fossa a Bye 1B 11/2/2024: Kilcummin V Glenflesk, Spa V Kenmare, Firies a Bye

Division 2. 11/2/2024: Listry V Kilgarvan, Currow V Cordal, Scartaglin a Bye

### **DIVISION 1 NATIONAL LEAGUE**

Well done to the Kerry team, who had a great win over Monaghan in the National League Round 2 Sunday.

### **EAST KERRY DR O'DONOGHUE CUP**

All Star 2024 held on Thursday last in Gleneagle Hotel sponsored by Kerryman & Aquila Club Sport editor of Kerryman Paul Brennan & Editor Kevin Hughes were present & Eoin Horan Aguila Club Manager. Mc on night Brendan Fuller. Chairman of Co. Board Patrick O'Sullivan. A great night was had by all.

- Brian Kelly, Killarney Legion 1.
- Peter O Sullivan, Killarney Legion 2.
- 3. Eoin Fitzgerald, Spa
- Fionn Fitzgerald, Dr Crokes 4.



Evan Looney recieves his young player of the year from The Kerrymans Sports Editor Paul Brennan at the East Kerry awards night last Friday in the Gleneagle Hotel. Photo Seamus Healy.



Fr. Paddy O Donoghue recieving his lifetime award from East Kerry Vice Chairman Gary O Halloran at the awards night last Friday night in the Gleneagle Hotel. Photo Seamus Healy.



Tony Brosnan recieves his player of the year from The Kerrymans Sports Editor Paul Brennan at the East Kerry awards night last Friday in the Gleneagle Hotel. Photo Seamus Healy.



The winning East Kerry All Stars in the Gleneagle Hotel last Friday Night. Photo Seamus Healy.

- 5. Evan Looney, Dr Crokes
- 6. Gavin White, Dr Crokes
- 7. Cian Gammell, Killarney Legion
- 8. Paul O Shea, Kilcummin
- 9. Mark O Shea, Dr Crokes
- 10. David Shaw, Dr Crokes
- 11. Darragh Lyne, Killarney Legion
- 12. Finbarr Murphy, Killarney Legion
- 13. Tony Brosnan, Dr Crokes
- 14. Shane Ryan, Rathmore
- 15. Gary O Leary, Kilcummin

Brendan Kealy, Kilcummin

David Naughton, Dr Crokes

Chris O Leary, Kilcummin

Darragh Doherty, Killarney Legion

Jamie Alade, Killarney Legion

Paudie O Leary, Gneeveguilla

Ryan O Grady, Killarney Legion

Brian Friel, Rathmore

Emmett O Shea, Fossa

**SENIOR PLAYER OF THE YEAR** 

Tony Brosnan, Dr Crokes

**U21 PLAYER OF THE YEAR** 

Evan Looney, Dr Crokes

INTERMEDIATE PLAYER OF THE YEAR

Eddie Horan, Scartaglen

**CONDOLENCES** 

Sympathies to the families of John Chris Crowley Bru Na Sinsear, Rathmore, Kerry / Firhouse, Dublin, and Lucy Woods (née Dooley) Blackrock, Dublin / Claregalway, Galway on their recent deaths.

### KILLARNEY LEGION

### **EAST KERRY SUPERLEAGUE**

Our Senior Men opened up their East Kerry Super League campaign with a comfortable win over Fossa in Direen. Leading by 1-6 to 0-5 at half time courtesy of a Sam Benson goal, they pushed further clear in the second half thanks to another Benson goal and further strikes from Eoghan O Sullivan and Peter Mc Carthy. Final Score Killarney Legion 4-11 Fossa 0-8.

Team Colm O Cuiv, Podge O'Connor, Danny Sheahan, Peter O Sullivan, Denis Sheahan, Darragh Fleming, Jonathan Lyne, Jamie Alade, Darragh Lyne, Cian Sheahan, William Shine, Finbarr Murphy, Ryan O Grady, Shaun Keane, Sam Benson. Subs: Brian Kelly, Eoghan O Sullivan, Peter McCarthy, Callum O'Donoghue, Darragh O Doherty, Rob Leen.

### **EAST KERRY ALL STARS**

The East Kerry Gala All Star Awards were held in the GlenEagle Hotel last Friday night. Despite our narrow defeat to Dr Crokes in the O'Donoghue Cup final we still had eight nominees up for recognition. Five of the eight were ultimately successful with Brian Kelly, Peter O Sullivan, Cian Gammell, Darragh Lyne and Finbarr Murphy all collecting gongs. Brian Kelly kept four clean sheets in the O'Donoghue Cup and the All Star winning goalkeeper was soundness personified behind his defence. His kick outs were pinpoint and his safety under the high ball is unparalleled. Peter O Sullivans versatility in either the full back or half back line kept a number of the county's top forwards under wraps. With lightning speed he also was a springboard for many counter attacks, his pace making him a serious threat and a worthy recipient of an East Kerry All Star. Cian Gammell is the holder of two All Ireland minor medals and a Hogan Cup in 2016 with St Brendans College. He has been a mainstay of Kerry intercounty panels since. If he continues to perform to the level he did in the O Donoghue Cup campaign a recall to the County colours could be in the offing. Darragh Lyne was an All Ireland winner in 2018, he has also represented Kerry at U20 level. His performance against Kilcummin in the semi final in atrocious conditions was outstanding and he is flagged as being one to watch in 2024. Finbarr Murphy was a consistent scorer all year, the seven point contribution against Fossa was his best performance of the year. His accuracy off either foot from both play and placed balls was instrumental in his team's run to the O

Donoghue Cup. Coming from a family steeped in Gaelic Football, the Murphys from Mill Road, Finbarr is a worthy recipient. Also nominated were Darragh O Doherty, Ryan O'Grady and Jamie Alade and no doubt all three will be looking to push on this year also.

### **SCOR**

Well done to the Killarney Legion Set Dancers on becoming Scór na nÓg County Champions on Friday night last. Zoe Counihan, Brian Brosnan, Grace Cox, Jeremy Brosnan

Rian Brosnan, Mia Cox, Callum Cox and Eva Spellman made up the winning set. A big thank you to Hannah Majella Moynihan for arranging the set and Caroline Cox who gathered the troops. Big congrats all round!!

### **MINOR COUNTY LEAGUE**

Our U17 Boys will be in action in Division 1 of the County League with the opening round pencilled in for Saturday February 17th. A trip to Gallurus is the first fixture while Austin Stacks will visit Direen a week later on February 24th. Another home game against Rathmore on Saturday March 9th is sandwiched in between away days in Spa and Listowel. All games are fixed for 3pm.

### MOTHERS AND OTHERS TABLE QUIZ

Our ever active Mothers and Others group are organising a table quiz in the International Hotel on Friday February 23rd. This is a fundraiser for their upcoming trip to Brittany in April and the whole club is asked to row in between the project. Throw in for the quiz is 8 bells.

### **DEEPEST SYMPATHIES**

The Club extends its sympathies to Shane McSweeney, Lara and all the family on the recent sad passing of Dominic, Shane's Dad. May he Rest in Peace.

### LOTTO

Results Monday January29th. Numbers were 9, 22, 23, 25. Bonus 28. No jackpot winner. Match 3s / Lucky Dips: 1. Collette & Danny c/o Caragh Restaurant 2. Sandra Murphy, Rock Road 3. Donie Fleming, 79 St Brendan's Terrace 4. Mark O Leary, Ballycasheen 5. Donie Foley, online



becoming Scór na nÓg Pictured at the East Kerry Awards are Sean O'Sullivan and award winner Darragh Lyne's parents, Pauline and Der.



# Department of Justice



### The Department of Justice is recruiting

## CLERICAL OFFICERS

(PERMANENT, FULL TIME POSITIONS)

in the Department's Financial Shared Service which is located on Deerpark Road, Killarney and provides a range of financial services to the Department and its associated agencies.

### **Duties include:**

- General clerical work
- Supporting line-managers and colleagues
- Working as part of a team in delivering services
- Communicating and dealing with the public/customers
- Providing the highest quality standards in customer service
- Using Information Technology on a daily basis
- Carrying out routine accounts work

The salary for this position, weekly rate effective from 1st October 2023, is: Clerical Officer (PPC)

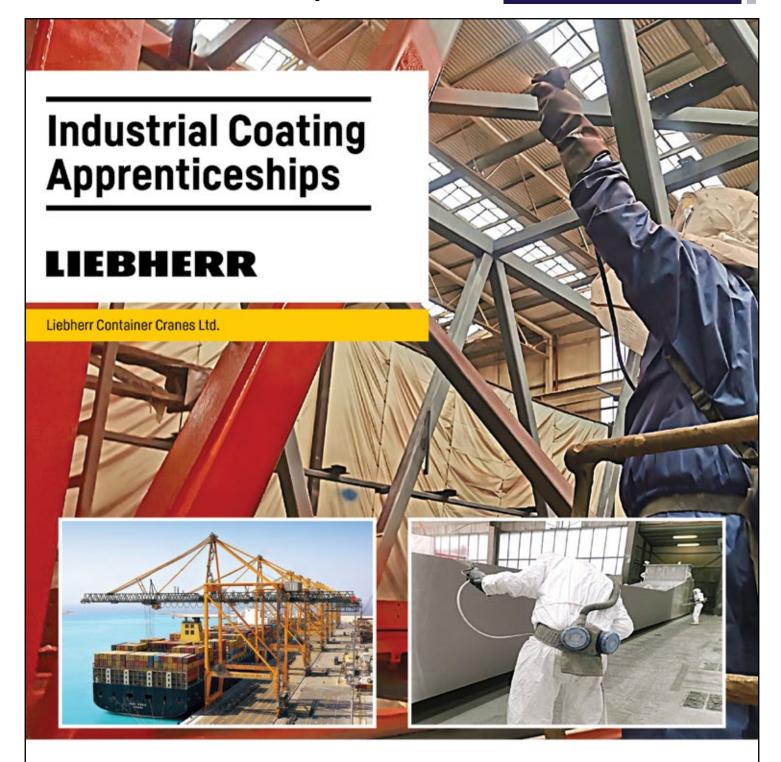
€534.34 €567.04 €575.34 €591.55 €615.47 €639.34 €663.20 €680.59 €700.29 €723.17 €739.27 €761.92 €784.42 €819.55 €847.14(LSI1) €859.81(LSI2)

Long service increments may be payable after 3 (LSI1) and 6 (LSI2) years satisfactory service at the maximum of the scale.

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https://staffline.getgotjobs.ie/home

Closing date 27th February 2024



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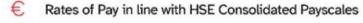
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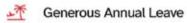
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12:15PM CAREER EXPLORATION AND DEVELOPMENT

(GEMMA HILARIO COACHING)

13:00PM PAUDIE CLIFFORD LEADERSHIP & MANAGEMENT:

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# FOCUS ON TREES

Trees are beautiful in any garden and their long life makes them a wonderful garden feature. A tree should be the first thing you plant in your garden after the hedging — they can be underplanted afterwards with bulbs and shrubs. Trees are interesting in all four seasons with attractive unfolding of leaves in spring, full foliage in summer, good Autumn colour followed by decorative bark in the Winter. The first and most important thing you need to know when buying a tree is what's the height and spread going to be when it is mature. There are many varieties of trees to choose from and there is a tree suitable for most areas. Trees can be planted all year round but as with hedging, trees can be planted when they are dormant between Novemeber and March.

With these bare-rooted trees you will still have a few weeks left to plant them. If you plant beofre the end of March, it will give the tree a better chance of rooting into the ground that bit quicker. When planting your bare rooted tree, dig the hole big enough, that you can spread out the roots all around the hole. Then drive your stake into the hole roughly about 6 to 8 inches below the bottom of the hole, place your tree and spread the roots out well. If possible place your stake on the side of the prevailing winds as this will ensure that the tree is blown up against the stake when the wind is high. Fill in the soil mixed with compost around the roots and firm in with the heel of your foot. Lastly, place your tree ties on — one near the top and one at the bottom with a spacer in between to stop the bark being damaged by the stake.



JOHN O'SULLIVAN, FOUR SEASONS GARDENING SERVICES, KILLARNEY 087-2787160.



# **ANY NEWS?**

Contact: Aisling Crosbie

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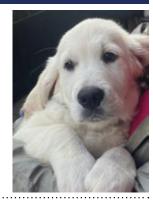
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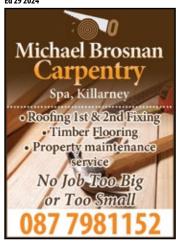
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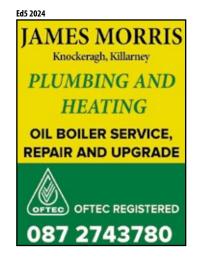






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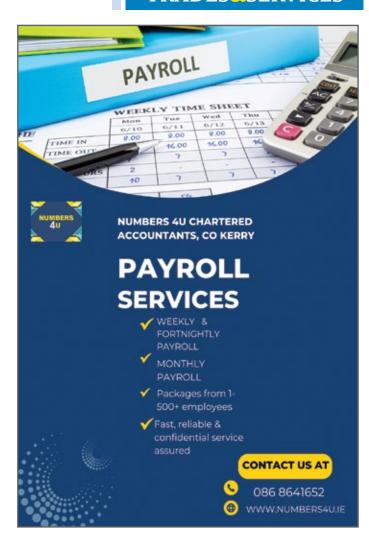






















Welcome back dear student, "...do not say, 'Why were the old days better than these?' For it is not from wisdom that you ask about this" (Ecclesiastes 7:10). Sometimes we long for the past, for how things used to be. A song, a smell, or a place can evoke wistful feelings of happier times - nostalgia about the good old days. It's great to have our happy memories but often sentimentality makes us only think about the past as all good times - only partly real, and partly fantasy. It's a strange world we are living in. The craziness going on can make one fearful, especially for the younger generations and the confusion and chaos they are growing up in. But God has appointed each one to be on this earth (as was said of Esther) - "for such a time as this" (Esther 4:14). Esther was a young teenage girl whom God placed as queen over Persia during a time when His people came under threat of extermination. Esther had no experience and no knowledge on what to do. But she was humble and teachable, and she sought God's counsel on how to navigate through the terror facing them. And God answered and gave her wisdom and favour, causing the enemy's plans to be overturned and victory and safety secured. This was all accomplished through prayer, fasting, and seeking God's wisdom and protection.

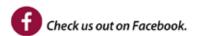
All of us are passing through this life. We are stewards (Psalm 24). Custodians of the legacy of generations past and future. Last week we saw how people store up riches or plan for retirement but fail to plan spiritually. The greatest legacy we can leave is to cover our children in prayer and God's blessing. God told Solomon "if My people who are called by My Name will humble themselves and pray and seek My face and turn from their wicked ways, then I will hear from Heaven, and forgive their sin, and heal their land" (2 Chronicles 7:14).

God's Word still stands today, it doesn't have an expiration date. What He said then is still true (Matthew 24:35). Every human being has God's signature in our DNA. In all the searching for happiness and peace it's really God we are searching for; to know Him because He has placed a desire for eternity in our hearts. Solomon wrote "...Yet God has made everything beautiful for its own time. He has planted eternity in the human heart, but even so, people cannot see the whole scope of God's work from beginning to end. So, I concluded there is nothing better than to be happy and enjoy ourselves as long as we can. And people should eat and drink and enjoy the fruits of their labour, for these are gifts from God. And I know that whatever God does is forever. Nothing can be added to it or taken from it. God's purpose is that people should fear him. What is happening now has happened before, and what will happen in the future has happened before, because God makes the same things happen over again - calling the past to account" (Ecclesiastes 3:11-15).

We may long for 'the way we were' in times past, but these days - as Gladys Knight sang, will become 'the good old days for our children'. We must complete the call upon our lives by humbling ourselves before God and crying out for His help so that our children will fulfil their purpose and have the strength to stand (Isaiah 54:13). God is so Faithful and He will deliver us from evil in Jesus' Name. Amen.

Bible Study & Prayer every Sunday @ 11am and Thursdays @ 7.30pm in person and on Zoom at Word of Victory Christian Fellowship Killarney - Eircode: V93V6X4.

You can listen to our podcasts on Spotify. Find the links on our Facebook page -Word of Victory Christian Fellowship Killarney, or on Twitter - @WOVKillarney.



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# Fossa Students Celebrate ST. BRIGID'S DAY



The children of 6th class fossa NS reserved the local tradition of the "Biddy Boys" to celebrate St Brigids Day. Joined by musicians from the younger classes, 6th class together with their teacher Marie McSweeney and class snas Elaine Cronin and Mikie Galvin paraded in costume with their Brídeog doll and St Brigids crosses to all the classrooms, playing tunes, dancing and teaching all the children about the tradition of the "Biddy Boys". In preparation for the day, the children learned all about the connections between St. Brigid and also the Celtic festival of Imbolic which came before her to celebrate the end of the winter solstice and the beginning of spring. The children really enjoyed making St Brigids crosses and they examines how they were connected to the 4 seasons of the Celtic calendar - Imbolic (spring) Bealtaine (summer), Lúnasa (autumn), and Samhain (winter). The children enjoyed learning about the links between the old pagan traditions with the goddess of fire Brigid and the newer Christian traditions with St Brigid. It was the first year the school did "The Biddies" and it went down a treat with all children and staff alike as it brought a great atmosphere to the school! It might be the beginning of a new tradition in the school and it's something the children will always remember!

# **NOVENA TO ST. JUDE**

May the Sacred Heart of Jesus be adored, glorified, loved and preserved throughout the world now and forever.

Oh Sacred Heart of Jesus, pray for us. St. Jude worker of miracles, pray for IIS.

Helper of the hopeless, pray for us.

Say this prayer nine times a day, by the eighth day the prayer will be answered.

It has never been known to fail.

# PRAYER TO THE LITTLE **FLOWER ST THERESE**

O Little Therese of the Child Jesus, please pick for me a rose from the heavenly gardens and send it to me as a message of love. O Little Flower of Jesus, ask God to grant the favors

I now place with confidence in your hands..

(mention in silence here)

St. Therese, help me to always believe as you did in God's great love for me, so that I might imitate your "Little Way" each day.

Amen

### IN MEMORIAM

TO PLACE A MEMORIAL ON THE KILLARNEY OUTLOOK

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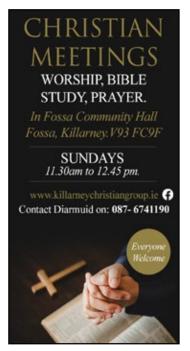
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### DIOCESE OF KERRY HOSTS WEBINAR

Moving forward in hope - Strengthening lay leadership in parishes, Monday, February 12th, 7.30 pm

This webinar will feature guest speakers from the dioceses of Innsbruck (Austria) and Liverpool - sharing stories on their efforts at strengthening lay leadership in parishes without resident priests. They will talk about initiatives they have taken, what has worked well, where they are struggling, and what they see as their direction for the future. It will also feature Fr. Gerry O Hanlon SJ who will set the stories in the context of the next stage of the synodal process.

Registration link: https://us06web.zoom.us/webinar/register/ WN\_K1ZVeq\_IQNSy7Oy0zN6zcA

### **SPEAKER PROFILE**

Pauline Holt is a volunteer in the parish of Widness, Liverpool. Over the last 25 years she has played a leading role in the reorganising of parish life in light of greatly reduced priest numbers in her diocese.

Elena Mizrachi is a lay pastoral assistant in two rural parishes in the diocese of Innsbruck, Austria. She is five years in her role coordinating local church life and liaising with priests in the wider pastoral area.

Former Irish Provincial Gerry O'Hanlon SJ is a theologian and author of many books, including 'Theology in the public square' and 'A new vision for the Catholic Church'. He is currently Social Theologian with the Jesuit Centre for Faith and Justice. He was a member of the Irish national synod team.

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### 49TH AND 6TH ANNIVERSARY

IN LOVING MEMORY OF

CASEY JOHN (JACKIE) AND HIS WIFE NOREEN





BALLINILLANE, Ballyhar Killarney WHO DIED ON 21st February 1975 and his wife Noreen WHO DIED ON 13TH FEBRUARY 2018

On a quite February morning Ye heard the Angels call Ye took the hand of Jesus And quietly left us all.

Happy memories keep for ever Of days when we were all together. They bring a smile after a tear. And always a wish that you were still here.

Loved and always remembered by your daughters, Sheila, Joan, Noreen Geraldine Eileen and Catherine. Sons-in-law, grand children and great grand children.

# **MEMORARE**

Our Lady of Lourdes Feast Day 11th February

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thy intercession, was left unaided.

Inspired by this confidence I fly unto thee, O Virgin of virgins, my Mother. To thee do I come, before thee I stand, sinful and sorrowful.

O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me.

Amen.

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