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 HORRIBLE BOSSES 2 (15A) 120m 7 Days 9:00	 NATIVITY 3 WHERE'S MY DONKEY? (U) 720m Sat/Sun 12:05 2:05	 HUNGER GAMES MOCKINGJAY PART 1 (12A) 125m 7 Days 8:45	

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OPENING HOURS

- Mon 22nd Dec 10am-5pm ● Tues 23rd Dec 10am-5pm ● Christmas Eve: **CLOSED**
- Christmas Day: **CLOSED** ● St. Stephen's Day: **CLOSED** ● Sat 27th Dec: **CLOSED**
- Mon 29th Dec 10am-5pm: **BEECH RD ONLY** ● Tues 30th Dec 10am-5pm: **BEECH RD ONLY**
- New Year's Eve 10am-1pm: **BEECH RD ONLY** ● New Year's Day: **CLOSED**

Business will commence as normal from Friday 2nd of January 2015 in both offices.

The Board of Directors, Supervisors & Staff would like to wish our members and families a Happy Christmas & Prosperous New Year

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Credit Union**

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WEEK 6 - KILLARNEY OUTLOOK - FITNESS WITH EDELE 6 WEEK CHALLENGE CHALLENGE COMPLETED IN STYLE

With the six weeks of the get fit challenge completed, all participants have accomplished amazing results and are thrilled with their new levels of fitness. Breeda Neeson, Rochelle O'Shea and Aisling Crosbie, under personal trainer, Edele Daly took on the challenge to get fit for the festive season. When **Breeda** joined her goal was to lose the spare tyre, tone up and be more aware of what she ate and drank.

Breeda did exactly what she wanted and her results are as follows:

Total weight Loss: 7.5lbs

BMI: 25.1 down to 25

Body Fat %: 25.7% down to 24.1%

Water%: 53.5% up to 53.6%

Muscle Mass %: 39.4% up to 40%

BREEDA'S FITNESS TEST:

Legs strength improved by 90%

Upper Body improved by 20%

Core Strength improved by 10%

Cardiovascular endurance improved by 60%

According to Edele, Breeda's technique has improved, there is a big improvement in her strength and coordination and at the end of the six weeks she was able to complete the entire test without stopping, which shows a great general improvement in her fitness levels. Breeda, is feeling much better since she started the challenge and plans to keep up the good work over Christmas and into the new year.

Rochelle original goal was to improve fitness, look good and drop a dress size - all of which she has achieved as her results show:

Total weight Loss: 8.5lbs

BMI: 36.8 down to 35.5

Body Fat %: 44.6% down to 35.5%

Water%: 39.4% up to 46.7%

Muscle Mass 28.6%: up to 35.7%

ROCHELLE'S FITNESS TEST:

Legs strength improved by 100%

Upper Body improved by 60%

Core Strength improved by 90%

Cardiovascular endurance improved by 65%

According to Edele, Rochelle's original fitness test showed that she was very unfit. However with the work put in over the six weeks, Rochelle achieved fantastic results feeling stronger and fitter and achieving excellent recovery rates.

Rochelle was delighted to take on the

challenge and has proved that no matter how busy you are there is always time to fit in a work out. "Edele has been amazing and has given us all so much encouragement, I think her enthusiasm for fitness has rubbed off on all of us and along with Weight Watchers I am looking forward to keeping it up in the New Year" she said.

Aisling's original goal was to get fit and healthy and make it part of her life - all of which she has accomplished as her results show

Total weight Loss: 8lbs

BMI: 25.7 down to 22.5

Body Fat %: 31.7% down to 21.5%

Water%: 48.1% up to 57.4%

Muscle Mass %: 34.5% up to 41.9%

FITNESS TEST

Legs strength improved by 100%

Upper Body improved by 90%

Core Strength improved by 110%

Cardiovascular endurance improved by 50%

According to Edele, at the end of the first fitness test Aisling was very out of breath and tired, however after embracing the six week challenge her final fitness test showed a great improvement with her heart rates much lower and her recovery good.

The Cardiac Hill challenge which was undertaken by all participants at different stages over the six weeks also showed great results with the girls shaving between 15 and 20 minutes off their original time.

To celebrate the end of the challenge, courtesy of Renew Hair and Beauty in the Castlerosse Hotel and Wisteria Boutique on High Street, the girls enjoyed a makeover last Saturday.

Under the expert hands of Rosemary O'Connor each of the girls had their make up applied. For Breeda, Rosemary picked a burgundy smokey eye make up, a vibrant red lip and a Bronze blusher which enhanced Breeda skin.

Rosemary went for a classical make up with a light bronze smokey eye - strip lashes for Rochelle along with a soft pink blusher and a mauve lip colour which is soft but striking.

For Aisling, Rosemary applied weekend lashes which are clusters that open the eye and make the look enhanced. She chose a light plum sparkly look with a thick liquid line which gives



CHALLENGE COMPLETED; ROCHELLE O'SHEA, AISLING CROSBIE AND BREEDA NEESON PICTURED WITH TRAINER EDELE DALY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

a sixties feel to the look along with a soft pink blusher and a soft pink lip which really set off the look.

Breeda's hair was styled by Sarah Campbell who shaped it into her face and used a shine spray to enhance the colour.

Sarah's then GHD curled Rochelle's hair and pinned it in a classical style while she chose a curly blow dry with volume for Aisling who always wears her hair straight.

Each of the girls had visited Wisteria Boutique earlier in the week and with the expert help of Shirley and Maureen picked their dresses.

Breeda went for a Darcy red swing dress which is a complete look with embellished neckline and sleeve detail. Rochelle picked an Irish Brand, Darcy bodycon dress in a beautiful fire red with side lace trim finished with pearl detail. While Aisling went for a Lila Calypso blue shift dress with white shoulder embroidery. The challenge has been a great success said Aisling Crosbie, Editor of the Killarney Outlook and has proved that fitness is something that can be achieved by everyone. If you would like to take up a six week challenge - then contact Edele who has a range of classes to suit all levels of fitness.

For more information contact **087-7643449**; email: **edeledaly@hotmail.com** or log onto **www.fitnesswithedele.com**



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MANY TRIBUTES PAID TO JACKIE HEALY RAE

KERRY O'SHEA LOOKS BACK AT THE LIFE AND TIMES OF JACKIE HEALY RAE

Colourful, charismatic, and larger than life are just some of the many terms being used to describe the late Jackie Healy-Rae whose death at the age of 83 occurred last Friday, December 5th.

The late Thomas P O'Neill, who was Speaker of the US House of Representatives once, said that all politics began at the parish pump but for Jackie Healy Rae it was much more than parish pump politics.

Jackie was shrewd political operator. He believed in doing things his way. He had the common touch and was of the people and for the people at all times. As far as Jackie was concerned, South Kerry and Kerry always came first.

Aged 83, he was one of the most iconic figures to emerge on the Kerry political scene over the last fifty years and a man of many parts. He was a true son of Kerry who loved his native county, parish and people.

Jackie immigrated to the United States for a short period in 1953 but found it difficult to settle down and eventually came home.

Jackie always loved machinery. When he returned to Ireland in the early 1960s, he set himself up in business as a Plant Hire Operator and an Agricultural Contractor.

The business boomed and very soon Jackie became a household name throughout the county. In 1969, Jackie purchased a Public House in Kilgarvan which he named 'The Jackie Healy Rae Lounge Bar and this was the name he used from then on.

He developed a strong interest in politics and quickly got involved with the Fianna Fail organisation. Jackie worked for Fianna Fail during the 1966 South Kerry by-election, which led to the election to Dail Eireann of John O'Leary.

Jackie soon became known the length and breadth of the country as he canvassed for Fianna Fail in by-elections from Cork to

Donegal. Jackie was co-opted to Kerry County Council in 1973 following the death of Michael Doherty.

Jackie served as Cathaoirleach of Kerry County Council on two occasions, from 1980-1981 and 1995-1996, a role he carried out with diligence. Jackie himself had for a considerable time, harboured an ambition to run for Fianna Fail in a General Election. He saw his chance in 1997 when the party's long-term TD for South Kerry, John O'Leary announced his decision to retire, but his ambitions were thwarted as he was rejected at the Fianna Fail South Kerry Convention, when John O'Leary's son Brian pipped him at the post.

Jackie was subsequently told by FF Headquarters that he would be added to the ticket but he was bitterly disappointed when FF Party Headquarters failed to keep their word.

It was with much reluctance that Jackie finally decided to leave Fianna Fail and throw his hat in the ring and run as an Independent candidate in the 1997 General Election.

Jackie was elected on the fifth count, polling a respectable 7,220 first preference votes.

As an Independent TD, Jackie Healy-Rae worked ceaselessly for his constituents. He ensured that many sports clubs in South Kerry and beyond received lottery grants which helped to ensure they had better facilities for their members and spectators. He ensured that those who were entitled to Medical Cards had them, that sick people were treated properly in hospitals that pot holes on country roads in his constituency were filled, and that those who were entitled to council houses had somewhere decent to live.

In 2003, Jackie was succeeded on Kerry County Council by his son Danny. His son Michael was first elected for the Killorglin area in 1997, joining his father at Aras an Chontae.

In 2008, Jackie announced his decision to step down from the Dail, he was succeeded by his



THE LATE JACKIE HEALY RAE.

son Michael in the 2011 General Election.

When Michael resigned from Kerry County Council following his election to the Dail, he was succeeded by his nephew Johnny which meant that three generations of the Healy-Rae family had represented South Kerry on Kerry County Council, something which Jackie was very proud of. Jackie loved the buzz of an election, and was a familiar figure at the election count in Killarney. He kept himself up to date on the national front by listening to his faithful radio. Despite his ill health, he followed this year's County Council Election count very closely from his hospital bed which he left the day before to vote for his grandson Johnny.

A very talented musician, and champion whistler, a rare talent indeed, Jackie formed his own band, playing the saxophone and accordion. He was friendly with musicians such as Johnny Carroll and Paddy Cole, and on one famous occasion, he played on the Late Late Show with Johnny Carroll with whom he made a CD. Jackie had a pragmatic outlook on life. When talking to a friend recently about his illness, he said: "I'm in the waiting lounge, I have my ticket, but it's one way only."

Kerry people from all over will miss the 'The Mighty Healy-Rae'.

Jackie Healy-Rae is survived by his partner Kathleen, his sons John, Danny, Michael and Denis, daughters Rosemary and Joan, their mother Julie, his sons-in-law, daughters-in-law, adored grandchildren and many friends and supporters.



THE LATE JACKIE HEALY-RAE, WITH HIS GRANDSON JOHNNY, OUTSIDE KILGARVAN POLLING STATION EARLIER IN THE YEAR WITH POLLING OFFICER TOM O'DONNELL.



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CHRISTMAS LIGHTS SPARKLE AS KIDS DONATE TO THOSE IN NEED

The Brehon Christmas Tree Party in aid of St Vincent de Paul welcomed children armed with toys to donate to St Vincent de Paul. Very generous boys and girls from right around Kerry gathered in The Brehon, Killarney last Thursday for the annual Lighting of The Brehon Christmas Tree.

Over 100 children and their parents were entertained by the St Brigid's Secondary School Carollers and also The Gleneagle Concert Band before witnessing Santa himself turn on the lights of the thirty foot tall Brehon Christmas Tree.

"We wish to thank everyone for donating toys and money to this very worthy cause," says Brian Bowler, General Manager of The Brehon. "Thank you also to Santa Claus, who took time out of his very busy schedule to call and meet all the boys and girls."



BRIAN BOWLER, GENERAL MANAGER, BREHON HOTEL KILLARNEY, PRESENTING MEMBERS OF ST VINCENT DE PAUL, KILLARNEY BRANCH,, MARGARET CREMIN, LEFT AND BETTY CROSBIE, WITH THE DONATIONS FROM THE CHARITY SWITCHING ON OF THE CHRISTMAS LIGHTS AT THE BREHON HOTEL, KILLARNEY. PHOTO: VALERIE O'SULLIVAN.



JASON, LOUISE, FAYE, EMMA AND CAOIMHE, O'BRIEN, AT THE CHARITY SWITCHING ON OF THE CHRISTMAS LIGHTS AT THE BREHON HOTEL, KILLARNEY IN AID OF ST VINCENT DE PAUL, KILLARNEY BRANCH. PHOTO: VALERIE O'SULLIVAN.



SANTA WITH FINN, LARA, AND LUKE O'NEILL, AT THE CHARITY SWITCHING ON OF THE CHRISTMAS LIGHTS AT THE BREHON HOTEL, KILLARNEY IN AID OF ST VINCENT DE PAUL, KILLARNEY BRANCH. PHOTO: VALERIE O'SULLIVAN.



SANTA'S HERE... MILLIE HUGHES, RECORDING THE MOMENT SANTA ARRIVED AT THE CHARITY SWITCHING ON OF THE CHRISTMAS TREE AT THE BREHON HOTEL, KILLARNEY IN AID OF KILLARNEY BRANCH OF ST VINCENT DE PAUL. PHOTO: VALERIE O'SULLIVAN.



SANTA WITH ANNMARIE, DANNY, CILLIAN, AND GER MURPHY, AT THE CHARITY SWITCHING ON OF THE CHRISTMAS LIGHTS AT THE BREHON HOTEL, KILLARNEY IN AID OF ST VINCENT DE PAUL, KILLARNEY BRANCH. PHOTO: VALERIE O'SULLIVAN.



BLÁTHNAID AND DEARBHLA O'CONNELL, AT THE CHARITY SWITCHING ON OF THE CHRISTMAS LIGHTS AT THE BREHON HOTEL, KILLARNEY IN AID OF ST VINCENT DE PAUL, KILLARNEY BRANCH. PHOTO: VALERIE O'SULLIVAN.



LEAH FORDE, AT THE CHARITY SWITCHING ON OF THE CHRISTMAS LIGHTS AT THE BREHON HOTEL, KILLARNEY IN AID OF ST VINCENT DE PAUL, KILLARNEY BRANCH. PHOTO: VALERIE O'SULLIVAN.



EABHA, GEARÓID, MUIREANN AND ROSIE HEALY, AT THE CHARITY SWITCHING ON OF THE CHRISTMAS LIGHTS AT THE BREHON HOTEL, KILLARNEY IN AID OF ST VINCENT DE PAUL, KILLARNEY BRANCH. PHOTO: VALERIE O'SULLIVAN.



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STARS OF THE FUTURE DELIGHT AT STAGE SCHOOL SHOW

The curtain was raised on the Fiona Crowley Stage School Christmas showcase last Monday and Tuesday night in the Killarney Heights Hotel. With numbers from 'Oliver', 'The wizard of Oz', 'Annie' and of course the ever popular 'Frozen' and parents were thrilled with the show. The audience were wowed with dance routines, singing and acting performed by the students ranging on she from 5-18.

"We are just so proud of our students! They have worked so hard to get things show ready and we couldn't ask for more", said Fiona "they are just so enthusiastic and a joy to be around, no matter what their talents are they just give so much of themselves! They deserve every praise! We are already looking forward to next term!"



THE AGE 5-7 GROUP RIGHT BEFORE GOING ON STAGE AT THE FIONA CROWLEY STAGE SCHOOL CHRISTMAS CONCERT.
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE KILLARNEY HEIGHTS HOTEL FOR THE FIONA CROWLEY STAGE SCHOOL CHRISTMAS CONCERT WERE DOIREANN DINEEN & CLODAGH O'SULLIVAN.
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE KILLARNEY HEIGHTS HOTEL FOR THE FIONA CROWLEY STAGE SCHOOL CHRISTMAS CONCERT WERE THE 'OLIVER' GIRLS L-R KAY WALTON, EIMEAR GALLIVAN & AVA MCCARTHY.
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



THE AGE 5-7 GROUP WITH STAGE SCHOOL COORDINATOR STELLA MOORE, RIGHT BEFORE GOING ON STAGE AT THE FIONA CROWLEY STAGE SCHOOL CHRISTMAS CONCERT.
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

#LOVEKILLARNEY CHALLENGE YOU IN INNOVATIVE COMPETITION

The team at Destination Killarney are spreading Christmas cheer in the run up to the festive season with an innovative competition called the Twelve Days 'Til Christmas Challenge. Social media users from all around the world are invited to enter this competition by photographing and posting one Christmas themed picture a day for twelve days to Twitter, Instagram or Facebook and tagging them with #lovekillarney. The competition opens on December 14 and runs right up until Christmas Day.

"The countdown to Christmas is half the fun and we are inviting people to capture this sense of excitement and anticipation, wherever they are in the world," says Noretta Brosnan, Social Media Co-Ordinator for Destination Killarney. "Each of the twelve days has a specific Christmas theme and the themes range from posting your letter to santa to dancing to your favourite Christmas song."

"The prize is a weekend away in Killarney and a state-of-the-art Polaroid Z2300 Instant Digital Camera so the lucky winners can capture all

their favourite #lovekillarney moments."

Instagram and Twitter users can enter their series of twelve festive photos by simply tagging #lovekillarney, while facebook users can upload their entries to the Destination Killarney timeline and include #lovekillarney in the comment.



ANNUAL MASS

The annual Mass for deceased members of Fitzgerald Stadium Committee will be held on Tuesday 16th December 2014 at 7.30 p.m. in the pavillion.

All neighbours in the Lewis Road, Dalton's Avenue, O'Kelly's Villas, Marian Terrace, St. Brendan's Terrace and Torc Terrace are more than welcome to attend.

Entry via Daltons Avenue only.

KILLARNEY STUDENT IS PRIZE WINNER

More than 100 new members have been conferred by Institute of Certified Public Accountants in Ireland (CPA Ireland) at a graduation ceremony which took place in Croke Park, Dublin, including Sarah Harmon, from Killarney, Co Kerry who was named prize-winner for the Professional 1 Corporate Laws and Governance paper.



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BER G



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OFFICIAL OPENING OF BALLYHAR CARPARK AND AMENITY AREA

Bishop of Kerry Ray Browne attended the official opening of the Ballyhar Community Development Group on Sunday last.

The construction of this car park and amenity area is the largest undertaking in this community since the renovation of Ballyhar church almost 11 years ago and it is hoped that this facility will be of benefit and utilised by the broad community of Ballyhar, Firies and surrounding areas for many years to come.

This project began in early 2012 when the Corcoran/O'Mahony family donated the site to the community and the Ballyhar Community Development Group and the people of this area wish to say a sincere thank you to them for their generosity, which gave the opportunity for this development to take place. The facility was funded by Leader funding with the help and assistance of St. Brendan's Trust. Voluntary contributions from people throughout the parish and beyond enabled the project to reach completion.



BALLYHAR COMMUNITY DEVELOPMENT GROUP AT THE OPENING OF THE BALLYHAR CHURCH CARPARK AND AMENITY AREA ON SUNDAY. FRONT L:R: ANTHONY LYNE, GERRY O'CONNOR, KIERAN O'MAHONY (SECRETARY), DES O'CONNOR (VICE CHAIRMAN), DERMOT O'MAHONY (ASISTANT TREASURER). BACK L:R: TOMMY FINNEGAN (BUILDER), FR TADHG O'DOHERTY, TOM O'MAHONY, CONNIE O'SULLIVAN, FRANK O'MAHONY, PATRICK O'CONNOR, (TREASURER), DENIS MCGILLYCUDDY, AND CLLR BRENDAN CRONIN (CHAIRMAN). PHOTO: TONY O'BRIEN.

Following the blessing, everyone enjoyed refreshments in a marquee which was set up for the day.

This development is a true example of community spirit at its best.



PICTURED AT THE OPENING OF THE BALLYHAR CHURCH CARPARK AND AMENITY AREA ARE DONAL AND EILEEN CREMIN WITH THEIR FOUR BOYS EOIN, DANIEL, ANTHONY & DENIS. PHOTO: DES O'CONNOR.



BISHOP RAY BROWNE FOLLOWING THE UNVEILING OF A SEAT IN MEMORY OF THE LATE JERRY BUCKLEY. FRONT L:R: MARY DALY, BISHOP RAY BROWNE. BACK L:R: MICHAEL, LEONARD, LIZ AND LEONA MCENERY, BREDALY & FR. TADHG O DOCHARTAIGH. PHOTO: TONY O'BRIEN.



PICTURED AT THE OPENING OF THE BALLYHAR CHURCH CARPARK AND AMENITY AREA L. R. NOREEN CRONIN, MAIREAD O'CONNOR, BOB O'CONNOR, LIZ MCGILLYCUDDY, MARGARET GOULDING, AND MARY O'HALLORAN. PHOTO: DES O'CONNOR.



PICTURED AT THE OPENING OF THE BALLYHAR CHURCH CARPARK AND AMENITY AREA L. R. KATHY GROVES, NIAH CLIFFORD, MUIREA GROVES, MIRIAM GOULDING. PHOTO: DES O'CONNOR.



AT THE OPENING L:R: GOBNAIT O'MAHONY, BOB O'CONNOR, LIZ MCENERY, MARY DALY, MICHAEL MCENERY, CARMEL MCSWEENEY, PATRICK O'CONNOR. PHOTO: DES O'CONNOR.



AT THE OPENING PICTURED L:R: DERMIE O'MAHONY, JOAN CULLIGAN, NOREEN CASEY, MARY MCKENNA, GERALDINE O'MAHONY, CATHERINE MCKENNA, & BERNIE COOPER. PHOTO: DES O'CONNOR.



BISHOP RAY BROWNE CUTS THE TAPE AT THE OPENING OF THE BALLYHAR CHURCH CAR PARK AND AMENITY AREA ON SUNDAY. PHOTO: TONY O'BRIEN.



L.R.BISHOP RAY BROWNE, EILEEN & TOM O'MAHONY AND FR. TADHG O'DOCHARTAIGH. PHOTO: DES O'CONNOR.



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MONEY MATTERS.....

By Dermot Cronin,
Financial Advisor



HAVE YOU REVIEWED YOUR PENSION RECENTLY?

As you have probably seen or read in the news recently pensions are being discussed more and more often. This shows how important pensions are, so if you have a pension at present or a previous pension from a past employer etc. it is very important that you review your pension **NOW**. This is because you need to know what kind of pension you have, what funds your pension is invested in, your pension can be invested in very low risk funds to very high risk funds which means that the value of your pension can substantially increase or substantially reduce depending on the type of funds you are invested in and the performance of your pension funds. You also need to look at the fees and charges associated with your pension, there may be more competitive options available to you where the fees and charges are less. If you do not review your pension then you will not know if your pension is on track to get you what you need at retirement. So whether you are currently contributing to a pension or not contributing to a pension that you had in the past it is very important that your pension is reviewed now.

To discuss this or any other financial matter you can contact **Dermot Cronin** at **064 66 22775** or **kerrymortgagecentre@eircom.net**



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HOZIER AND DAVID GRAY ROCK THE INEC

PHOTOS: VALERIE O'SULLIVAN



AT THE HOZIER LIVE PERFORMANCE AT THE INEC, KILLARNEY WERE FROM LEFT, CLARE ROCHE, RACHAEL HEALY, ROISIN CANTILLON AND AISLING KELLEHER.



AT THE HOZIER LIVE PERFORMANCE AT THE INEC, KILLARNEY WERE FROM LEFT, AOIFE LEAHY, JENNY GODLEY AND EILEEN RUSK.



AT THE HOZIER LIVE PERFORMANCE AT THE INEC, KILLARNEY WERE FROM LEFT, ISOBEL LENIHAN, RACHAEL QUIRKE, CIARA HURLEY AND MAIREAD O'MAHONY.



AT THE HOZIER LIVE PERFORMANCE AT THE INEC, KILLARNEY WERE FROM LEFT, HANNA SHEEHAN, LUCY FITZGERALD, JESSICA WHITE, PIPPA RYAN, EMILY FALVEY.



AT THE DAVID GRAY LIVE PERFORMANCE AT THE INEC, KILLARNEY WERE FROM LEFT, AIDAN O'MAHONY, DENISE HEALY, MOIRA GREER AND DAMIAN GREER.



AT THE DAVID GRAY LIVE PERFORMANCE AT THE INEC, KILLARNEY WERE FROM LEFT, DEBBIE POWER, SUE HENNESSY, GAVAN HENNESSY, CORA CORRAIG.



AT THE DAVID GRAY LIVE PERFORMANCE AT THE INEC, KILLARNEY WERE FROM LEFT, AINE SAVAGE, NORMA COLLINS AND TARA ZGAGA.



AT THE DAVID GRAY LIVE PERFORMANCE AT THE INEC, KILLARNEY WERE FROM LEFT, CAROL DEMPSEY, JANET TREACY, KATHLEEN RICE AND MARGARET O'CARROLL.

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THE GIFT OF GIVING THIS CHRISTMAS

ST VINCENT DE PAUL AND BANK OF IRELAND JOIN FORCES IN KERRY THIS CHRISTMAS

Bank of Ireland staff in Castleisland are among staff at 10 branches of Bank of Ireland in Kerry who are partnering with the local St Vincent de Paul this Christmas as part of the Bank's nationwide Give Together campaign.

Give Together is Bank of Ireland's charity and community initiative, and this Christmas the Bank is coordinating a nationwide fundraising and volunteering effort to support St Vincent de Paul. As part of the partnership, Bank of Ireland staff have committed to provide hundreds of hampers, hospital packs, hostel bags and wish-list presents to help SVP meet the need they face in communities across Ireland. The Bank is also encouraging staff to use their 'Give Together' volunteering day to volunteer with SVP locally to help support their work. All funds raised and items donated by the Kerry staff will be distributed locally by St Vincent de Paul.

David Hurley, Kerry Area Manager, Bank of Ireland said:

"We are delighted to have partnered with St Vincent de Paul this Christmas and are encouraging all of our staff in branches across Kerry to show their support by volunteering and fundraising to support SVP. With the Bank making a financial contribution towards all funds raised, together we hope to make a real contribution to St Vincent de Paul's Christmas



BANK OF IRELAND STAFF TRALEE PICTURED IN THE TRALEE BRANCH - MAURA MORAN, MARY O'RIORDAN, BOI TRALEE BRANCH MANAGER FRANK SHAW, CATHERINE O'SULLIVAN AND HUGH GLEASON.

appeal."

The charitable partnership will be celebrated on 13th December when Bank of Ireland hosts a Christmas Market in aid of St Vincent de Paul in College Green Dublin, and the country's largest Christmas Giving Tree – measuring an impressive 30 feet – will be lit.

Give Together - Bank of Ireland's charity and community initiative - enables staff to lend support to one of four flagship charities, or support their own cause, through fundraising, volunteering or donating. The Bank provides one day's paid leave for volunteering, and also makes a financial contribution towards employee fundraising.

PROPERTY OUTLOOK

THROUGH THE KEYHOLE....

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CENTRE OF EXCELLENCE I.T. AWARD FOR PRESENTATION, CASTLEISLAND

Presentation Secondary School in Castleisland are celebrating this week following their award for the "Centre of Excellence Award for 2014/2015" for the delivery of the Microsoft Office Specialist course to students.

Students at the school have been studying Microsoft Office Specialist (MOS) which is the leading IT certification in the world for a number of years.

"We are absolutely delighted with the award, which recognises the hard work of the students of the Presentation and the high level of I.T. skills they develop here", said Annette Leen, who is responsible for IT at the school.

The award was presented on Wednesday 10th of December by Billy Breen of Prodigy Learning to Ms. Annette Leen (I.T. teacher)



ANNETTE LEEN, IT TEACHER, (RIGHT) AND KATHERINA BRODERICK (PRINCIPAL) PICTURED WITH BILLY BREEN AT THE AWARD CEREMONY ON WEDNESDAY.

and Ms. Katherina Broderick (Principle). Billy congratulated the school on being the first school in Kerry to receive the award and

congratulated all involved especially Annette Leen who is the driving force behind the programme.

COCA-COLA LAUNCH DESIGNATED DRIVER CAMPAIGN THE 10TH ANNUAL COCA-COLA DESIGNATED DRIVER CAMPAIGN IS LAUNCHED



PICTURE SHOWS COCA-COLA EMPLOYEE, TANYA O'HARE AS COCA-COLA HELLLENIC IRELAND ANNOUNCED DETAILS OF THE TENTH ANNUAL DESIGNATED DRIVER CAMPAIGN. PIC: NAOISE CULHANE.

Coca-Cola has announced details of the tenth annual Designated Driver campaign. The company has invested €6m in the award-winning campaign over the past decade to help promote road safety during the Christmas period. By working closely with the licensed trade, the company offers the designated driver in a group the opportunity to avail of free bottled water, juice and soft drinks. The campaign has been fully supported by An Garda Síochána, the Road Safety Authority, the Vintners Federation of Ireland, the Licensed Vintners Association and the Irish Hotels Federation.

A Designated Driver is defined as someone who

is driving friends and family home from a night out socialising, while abstaining from alcohol for the evening. The Designated Driver may avail of free non-alcoholic beverages from the Coca-Cola range over the course of the evening in participating licensed premises.

Safety-conscious consumers who assume the role of designated driver on a night out will be rewarded with up to three non alcoholic drinks courtesy of Coca-Cola, including Coca-Cola, Diet Coke, Sprite, Sprite Zero, Fanta Orange, Fanta Lemon, Fruice, and Deep RiverRock, still and sparkling.

DEAR EDITOR,

In my job as Chief Executive of Concern Worldwide I visit the countries where we are working. In July I was in Mongu in western Zambia where Concern is supporting people to move out of poverty. I spoke to Mushimbei Mwendabai. Concern gives her 30 Kwachas a month - €3. It allows her build up a little head of steam, buy and sell her produce and send her older child to school. Liam Kavanagh from Coolock is working on the project. He is 28, did Development Studies at UCC. I asked him what he plans to do in the future. His reply - "Can't see myself doing anything else". Meeting people like Mushimbei and Liam is one of those moments when I'm proud to lead this organisation. Concern is working with the most vulnerable families in 27 of the world's poorest and most neglected countries. Whether they are caught up in poverty, war, conflict or even the deadly Ebola virus, our teams are there on the ground providing immediate assistance and helping people get back on their feet. And this work is only possible because of the support of people in Ireland such as the readers of the Sliabh Luachra Outlook, who through their extraordinary generosity have supported our work over the years. At our peril can we take that support for granted. For every euro Concern receives, 90.4 cent goes directly to the work in the field. In early December we won two awards in excellence in financial reporting in Ireland. I am conscious that many people have little spare cash and yet they are willing to support the poorest of the poor in the countries where we are working. For that I say thank you and wish you a joyful and happy Christmas and New Year.

Dominic MacSorley, Chief Executive Officer, Concern Worldwide, Dublin 2.



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LAUNCH OF THE NEW KERRY JERSEY

The new Kerry GAA Jersey was launched in the HQ of Kerry GAA's major sponsor Kerry Group in Tralee. Mr Frank Hayes, Director of Corporate Affairs, Kerry Group spoke of their involvement with Kerry GAA "This is the continuation of a great partnership between Kerry Group and Kerry GAA, for all the inter-county football and hurling teams. Our arrangement and partnership goes all the way back to 1991, when the GAA officially recognized corporate sponsorship and partnership with inter-county GAA teams. We actually had been involved prior to that, in promoting the development of Gaelic Games in the county, but in 1991, we were the first county to bring proposals to Croke Park, and to formally engage in the sponsorship of GAA teams. Our partnership has continued and it has been a wonderful success story for everybody. There is huge pride within the Kerry organisation, and indeed amongst all our stakeholders, both at home and abroad, about this partnership. Apart from our Croke Park success, and on GAA Pitches throughout the country, we are now seeing the Kerry jersey appearing at different sporting events throughout the world, including the Masters in Golf, Cricket, Cycling, World Cup, and many more. There is huge pride in the jersey, so here today we are starting another three year association with the launch of this jersey. It's a partnership that I believe is made to succeed, and I think this year in particular, we have got tremendous pleasure in winning the All-Ireland and in particular, winning both minor



LAUNCHING THE NEW KERRY JERSEY ON FRIDAY AT KERRY GROUP HEADQUARTERS PRINCESS QUAY; TRALEE; L-R: KILLIAN YOUNG (KERRY SENIOR FOOTBALLER); STAN MCCARTHY (CEO KERRY GROUP) SHANE NOLAN (KERRY SENIOR HURLER); PATRICK O'SULLIVAN (CHAIRMAN OF KERRY COUNTY BOARD) AND COLM COOPER (KERRY SENIOR FOOTBALLER). PIC JOE HANLEY.

and senior titles as well as capturing titles in senior and minor Hurling. This is a tremendous testament to the resilience of Kerry GAA. It augurs well for the future because the work that has gone on at development level here over the past number of years is now coming through and we are now seeing the success of that". Mr Patrick O'Sullivan Chairman of Kerry GAA, expressed his delight at the launch of the new Kerry Jersey; "Though we had success with the last jersey in Croke Park, we had a lot of heartache as well in 2011 and in last year's semi final, and indeed in this year's Christy Ring Final but we are delighted to be involved with Kerry Group, Stan McCarthy and Frank Hayes, and

you could not find better sponsors, because they do not just hand over a cheque, they take a personal interest in all the games and teams and that means so much. We still have the gold band and the green and a gold collar, and there are some other minor changes. I am sure it will be a big seller for Christmas. We are very grateful to Kerry Group and Frank Hayes, because without their support, we could not achieve the success that we have achieved over the past twenty odd years. They never make any demands on us, and we launched the last jersey three years ago here in this building and we hope that we will enjoy further success over the next three years".

STOMPING IN THE WOODS MUSIC SHOW FOR CHILDREN



KIDS AND THEIR PARENTS ENJOY THE SHOW AT THE KDYS YOUTH CENTRE.

Over 80 people attended the first Killarney performance of the Stomping in the Woods interactive music show at KDYS Youth Centre on Thursday. Children from Ciara's Montessori, Fossa Community Playschool, and the general public attended with their teachers and parents. The show is nearly an hour of high energy music and action, with a few quiet numbers in between. All the children had great fun dancing, singing along and playing percussion

instruments. The show also introduced them to the piano accordion, tin whistle, and trombone, to high notes and low notes, and loud and soft sounds. The show uses Ruti Lachs' CD of the same name, which is available in music shops and Easons in Killarney.

The show, for 0 to 7 year olds and bigger people, has been performed previously at Listowel Writers Week, Dingle's Global Rhythms Festival and Limerick Jazz Festival, amongst others.

KERRY LADIES CO BOARD ANNUAL GENERAL MEETING

The annual general meeting of the Kerry Ladies Co Board took place in Killarney last night the following officers were elected

Cahairman Paddy White.
Vice Chairperson Nora Fealey.
Secretary Mary Courtney.
Assistant Secretary Susan Joy Sheehan.
Treasurer Karen Mc Glynn.
Assistant Treasurer Noreen Power.
Public Relation Officer Pat Hartnett.
Assistant Public Relation Officer Imelda Roche.
Cultural/Irish Language officer Angela Griffin
Child Protection Officer Christina Curtin.
Munster Council And Central Council Delegates Mary Courtney Paddy White Billy Mangan and Pat Hartnett

The Positions of Registrar and Development officer were not filled on the night and it is expected these positions will be filled by the January meeting.



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This year, as a special Christmas treat for your loved ones, An Siopa is offering The Mills Gift

Card. This is a wonderful present to give to those you cherish so they can experience everything The Mills Inn has to offer. The gift card is also ideal as a corporate gift card and offers a great choice from meals, nights away, parties or something special from An Siopa.

After you browse through our shop and immerse yourself in all the Christmas sparkle, why not indulge in some homemade & always fresh home baking that are available to purchase. All our delightful and Christmas inspired treats are prepared fresh from the kitchen in The Mills Inn. Treat yourself, because everyone deserves a little taste of Christmas.



Merry Christmas from An Siopa at The Mills.

TWELVE SAFETY TIPS OF CHRISTMAS

An Garda Síochána has issued its Twelve Safety Tips of Christmas as a reminder to people about how to protect themselves and their property during the busy festive period. "Christmas should be a time of year for everyone to enjoy. Our aim is to help people have a safe and peaceful Christmas, and not have to spend the festive period dealing with difficult and possibly traumatic situations for themselves or their families," said Sergeant Kelvin Courtney from Garda Community Relations. "The crime prevention tips published are simple steps people can take to increase their safety whether they are out on an about or in their homes this Christmas," added Sergeant Courtney.

THE TWELVE SAFETY TIPS OF CHRISTMAS:

1. Drink alcohol responsibly. Wherever the celebration - Everyone should promote safe behaviour.
2. Plan your night out, tell someone where you're going and when you'll be back.
3. You, your family or friends should never walk home alone, remember safety in numbers. If you have no other option, walk in well lit areas.
4. Take care when carrying your handbag, smart phone or tablet in crowded areas. Keep them in a safe location, within view.
5. Watch out for pick pockets in crowded areas. Keep handbags zipped and don't put your wallet in your back pocket. In bars and restaurants take care about where you store coats and handbags.
6. At ATMs only take out as much money as you need. Cover your pin number and call the Gardaí if you believe the machine has been

compromised.

7. Take care of your Christmas Shopping and never leave it unattended, especially in your car.
8. Park and lock your car in secure, well lit areas keeping valuables including bags and coats hidden.
9. Secure all doors and windows of our home and use your alarm when the house is vacant and when home at night.
10. Don't leave Christmas presents in view from the outside of your home.
11. If you're expecting deliveries, always make sure someone is there to collect it or arrange for a trusted neighbour to take it in.
12. If you're going away for Christmas, make your home look occupied, leave a light on and get a trusted neighbour to check on your property.

Further crime prevention advice is available on www.garda.ie.



ANNUAL WALK

The Annual St Stephen's Day Charity Walk from Derrycunihy Church to Brandons Cottage takes place again this year. Refreshments will be served at Brandon's Cottage from 11am to 4pm. All the proceeds go to benefit Leukaemia patients and their families all over Munster and donations accepted on the day. Organiser of the event Kitty O'Connor would like to thank everyone for their support.

KEEPING IT IN THE FAMILY

UTV Ireland has filmed their first show of their new channel and one of the stars is the grandmother of Love/Hate star Tom Vaughan Lawlor, Kathleen Lawlor.

A resident of Ocean View Nursing Home in Camp, Kathleen will appear on Pat Kenny's new show accompanied by her son Tom Lawlor. The show is to be aired on New Years Day on the new channel.

PEOPLE OF THE YEAR AWARD

Tony and Mary Heffernan, who have fundraised tirelessly for sick children and their families have been awarded a People of the Year Award.

The couple from Keel lost both their children to Batten's Disease, Saoirse in 2011 and Liam this year in May.

The couple, who run the Saoirse Foundation plan to build Liam's lodge in Blennerville, a respite centre for sick children.



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A 'TRULY DIVERSE' LINE UP AT THE NEW YEAR'S EVE STREET BASH IN KILLARNEY

Tick tock, tick tock! 2015 is fast approaching and what better way to toast to the New Year than in Killarney town centre at Christmas in Killarney's 'truly diverse' New Year's Eve celebrations. The New Year's Eve Street Bash promises to be a night to remember, with a free live show taking place on Main Street on Wednesday, December 31.

Festivities kick off at 8pm with oodles of family fun at our Kiddies' Disco. There will be on-street entertainment, music, special guests, a Kiddies' Countdown and lots of surprises. X Factor's Ben Quinlan will make an appearance and showcase the talent that had him grabbing headlines in the UK earlier this year.

The party atmosphere will be in full swing as local act Truly Diverse takes to the stage at 10pm. The five-piece band will bring Killarney's Main Street to life and build excitement as midnight approaches. With an energetic and lively set list this talented troupe is sure to get everyone moving so don't forget the dancing shoes! DJ Gavin O'Leary will spin the hits from the year gone by from 11.30pm and Radio Kerry's Brendan Fuller will lead the on-street midnight countdown to herald in the New Year. "This is Christmas in Killarney's third year running the New Year's Eve Street Bash. We had a huge turnout in previous years and we hope this year will be just as successful.



THE COUNT DOWN BEGINS FOR THE CHRISTMAS IN KILLARNEY NEW YEAR'S EVE BASH WHICH KICKS OFF AT 7PM ON MAIN ST, KILLARNEY. KILLARNEY'S MOST-LOVED DJ GAVIN O'LEARY, RIGHT, WILL SPIN OUR FAVOURITE BEATS FROM THE YEAR GONE BY AT 11.30PM. RADIO KERRY'S BRENDAN FULLER, RIGHT, WILL BE THE MC ON THE NIGHT AND IS SURE TO KEEP EVERYONE ENTERTAINED AS HE LEADS THE ON-STREET MIDNIGHT COUNTDOWN TO HERALD IN THE NEW YEAR. PHOTO: VALERIE O'SULLIVAN.

We have a great line up organised, with free entertainment appealing to all ages," said Christmas in Killarney's Catherine O'Sullivan. "Our aim has been to establish Killarney as a New Year's Eve destination; to keep locals in town and bring people into Killarney for the night. Following the success of the previous

two years we believe Killarney is the number one place to be on New Year's Eve."

With a plethora of surprises organised for the midnight celebrations, you will not be disappointed at Christmas in Killarney's New Year's Eve Street Bash; it's a night not to be missed!

LETTER TO THE EDITOR

**Clasheen,
Killarney.**

09 December, 2014

A Eagarthóir,

For many of us November is an annual month of recollection. It is when we specially remember our forbears who have gone before us and when, as a mark of respect and gratitude, we visit their graves. We often come prepared with rake and spade to do some annual repairs in order that their final resting place may replicate as far as possible the standards by which they lived.

Imagine then the disgust or worse felt by a relative on observing that a loved one's grave has become the repository for a passing dog's dung. And worse still the upset at realising that a neighbour's lack of respect allowed this despoiling to occur.

Very recently, as November bade us farewell, a lady phoned me to express her sadness and distress at finding the grave of her late brother soiled with dog faeces. Her sadness was compounded by the fact that the deceased had been an animal lover and would always have ensured that his horse or dog would not have

in any way diminished or despoiled any public or private place, least of all a grave.

While in the graveyard she met a visitor with dogs and suggested to her that the graveyard was not a suitable place in which to exercise her pets particularly as she did not have a pooper-scooper with which to clean up after them. The dog owner's riposte was less than kind and was certainly most inappropriate in a hallowed place.

I realise that erecting signs requesting people not to bring dogs into graveyards - with the exception of guide dogs - may have little impact on those who seem to have little respect for the living or the dead. However, I intend at the earliest possible opportunity proposing to Kerry County Council that it would erect such a sign at the entrance to each graveyard in its ownership.

As the season of good will approaches maybe all who love their dogs would try to ensure that they would show equal respect for others who wish to walk without having to confront dog dung on footpaths, parks and graveyards.

Le Gach Dea Ghuí.

Michael Gleeson [Cllr]

MUCH LOVED SOPHIE STILL MISSING

A family in the Camp area are still hopeful that they will be reunited with their much loved missing dog Sophie before Christmas. Sophie is a cross between a King Charles & a Terrier. She went missing on the 27th of November from the family home and has not been seen since.

There is a substantial reward being offered for the safe return of Sophie. Anyone with information can contact 087-6278869



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ST4Men Christmas Opening Hours.

Friday	12th	9-8
Saturday	13th	8-6
Sunday	14th	Closed
Monday	15th	9:30-6:30
Tuesday	16th	9-7
Wednesday	17th	9-7
Thursday	18th	9-9
Friday	19th	9-9
Saturday	20th	9-6
Sunday	21st	Closed
Monday	22nd	9-7
Tuesday	23rd	9-7
Wednesday	24th	9-8

DON'T FORGET about the men and boys in your life treat them to a visit in ST4Men luxury hot towel shaves or a race car cut!!

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Give the gift of beautiful hair with ghd's from €119 (best price in town) Hairdryer €50.00

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KERRY CONVENTION HELD THIS WEEK

At the annual Convention of the Kerry County Board there were two elections for Officer positions. Diarmuid Ó Sé (Dromid Pearses) defeated Stephen Wallace (Ardfert) by 160 Votes to 77 for the Vice Chairman position and John Joe Carroll (Asdee) defeated Ger Galvin (Spa) for the position of Central Council Delegate by 156 Votes to 82. Both Diarmuid and John Joe are former officers of the Board. Stephen O'Sullivan was elected unopposed as Assistant Secretary. All other officers were returned unopposed. The following Officers were elected on the night:

Chairman: Patrick O'Sullivan (Dr Crokes), Vice Chairman: Diarmuid Ó Sé (Píarsaigh na Dromoda), Runaí: Peter Twiss (Milltown -Castlemaine), Leas Runaí: Stephen O'Sullivan (Gneeveguilla), Treasurer: Dermot Lynch (Annascaul), Asst. Treasurer: Paudie Dineen (Abbeydorney), Central Council Delegate: John Joe Carroll (Asdee), Munster Co. Delegate (2): Christy Kileen (Finuge) and Joe Crowley (Laune Rangers), Children's Officer: Bernie Reen (Rathmore), Cultural Officer: Leona Twiss (Milltown -Castlemaine), Development Officer: Tim Murphy (Brosna), PRO: John O'Leary (St Pats East Kerry), Coaching Officer: Eamonn



OFFICERS OF THE KERRY COUNTY BOAR WHO WERE AT THE KCB AGM IN BALLYROE HEIGHTS HOTEL, TRALEE ON MONDAY NIGHT. FRONT L-R: LEONA TWISS (CULTURAL OFFICER); PATRICK O'SULLIVAN (CHAIRMAN KERRY COUNTY BOARD); PETER TWISS (KCB SECRETARY) AND DERMOT LYNCH (KCB TREASURER). BACK L-R: TIM MURPHY; JOE CROWLEY; CHRISTY KILLEEN; JOHN O'LEARY; BERNIE REEN; GERARD MCCARTHY AND EAMONN WHELAN. PIC JOE HANLEY.

Whelan (St Senans), Hurling Officer: Ger McCarthy (Causeway)

Motions to Convention: There were just two motions on the Clár: Motion 1 - **County Committee:** That year numbers and rule numbers of County Bye-laws be updated to comply with official guide. - Passed

Motion 2 - **Fanaithe na Leamhna:** That the Competitions Control Committee be extended by one to include a representative from the clubs that participate in the senior football championship. - Lost.

KILLARNEY CAMERA CLUB GREAT ENTRY IN THEMED COMPETITION

Our first themed competition of the 2014-2015 year was Street Photography/Urban Decay. There were 40 entries and lots of different interpretations on the theme. Well done to Adrian Healy on not only winning the Novice Category but also the Unrestricted category!

The results of the unrestricted category were:

1. Adrian Healy "Noelie" 151
2. Seamus Long "Twins" 151
3. Paul Garnett "How Many Fingers am I holding up" 143

The results of the Novice Category were:

1. Adrian Healy "Noelie" 151
2. Mark Webb "Puddle Jumper" 143
3. Jennifer Walsh "Water Protest" 139

Our next competition is open themed monochrome.

Killarney Camera Club are always open to new membership, if you'd like more information you can checkout our website www.killarneycameraclub.ie or like us on www.facebook.com/killarneycameraclub, or send us an email at secretary@killarneycameraclub.ie. We meet up every second Thursday in the Heights Hotel Killarney.



TWINS: PHOTO BY SEAMUS LONG.

THE KERRY MAGAZINE 25TH ANNIVERSARY EDITION

The 25th anniversary edition of The Kerry Magazine, which is published annually by the Kerry Archaeological and Historical Society, was launched in Kerry Library, Tralee on Tuesday, December 9, 2014 by Helen O'Carroll, Curator of Kerry County Museum. Speaking on the night, the current editor of the Magazine, Marie O'Sullivan remarked that "life moves at such a pace nowadays, that what seems only a moment ago was actually 25 years ago. Issue No. 1 of The Kerry Magazine was published in 1989 and, suddenly, it is 2014 and we are about to celebrate our silver anniversary! Over the intervening years, the Magazine has been nurtured by three editors Michael Costello, the late Tom Finn and myself, ably assisted by an editorial committee".

Over the past 25 years the Magazine has developed and matured. In fact earlier this year it received the ultimate compliment, when Prof. Ben Kiernan of Yale University, USA, publicly stated that it was amongst the finest of its type.

The magazine, which is issued free to members is available for sale in all local bookshops throughout the county.

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December Special Offers at the Angsana Spa

Treat yourself to time out at Angsana Spa at The Brehon

WIN FLIGHTS & A LUXURY TRIP FOR 2 TO THE BANYAN TREE UNGASAN, BALI, INDONESIA

To enter you must have a treatment in the Angsana Spa between July & December.

- The competition will run from 1st of July to December 31st 2014.
- Sign up to Club Angsana. To receive exclusive offers.
- 6 monthly winners will be announced from a monthly draw for a prize of an overnight stay in The Brehon.
- The winning entry will be selected by a draw made on Jan 1st 2015 in The Brehon & Angsana Spa, Killarney.

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30 Minute Anne Semonin Mini Radiance Facial
30 Minutes of Relaxation time
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any Full Body Massage
30 Minutes of Relaxation time
Lunch & a Glass of House Wine in The Brehon Bar



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7 Days a Week

Terms & Conditions Apply. Package details are subject to change without prior notice. Packages are valid until December 23rd 2014.

Draw for our Luxury Trip for two people to the Banyan Tree, Indonesia will take place on Thursday Jan 1st at 1pm, in The Brehon. All welcome.

For reservations, please contact Angsana Spa at The Brehon
Tel: 064 66 23980 Or Email: angsanaspa@thebrehon.com
1 Muckross Road, Killarney, Co. Kerry
www.thebrehon.com

TRIPLE THREAT CAMP FOR BASKETBALL FANS

An exciting Basketball Camp will take place at The Killarney Community College sports gym during Christmas. The 'Triple Threat' Basketball Camp is the brainchild of well known Killarney basketball coach James Weldon and it presents a great opportunity for budding young basketballers to work with and learn from some top coaches.

The three day Christmas camp on December 28th, 29th and 30th is open to boys and girls from age six to 17 and will be divided into two sections. The junior camp is for 6- 11 year olds and takes place from 10.00 am to 1.00 pm on each of the three days. The senior camp is for 12-17 year olds and will run from 2.00 pm to 5.00 pm each day.

Coaches at this camp include some of the best Irish and International coaches including James Weldon, Ger Noonan, Jordan Blount, Lorraine Scully and Orla O'Reilly. These coaches will guide all participants through some challenging and very beneficial skills sessions. Young players will learn new skills and drills and gain a huge insight into the fundamentals of basketball that will help them improve their overall game.

Further information about registration is available on the Triple Threat Basketball facebook page or email triplethreatkillarney@gmail.com or call or text 085 124 0185



YOUNG PLAYERS FROM LOCAL BASKETBALL CLUBS COUGARS, GNEEVEGUILLA, RATHMORE RAVENS AND ST. PAUL'S KILLARNEY LOOKING FORWARD TO THE 'TRIPLE THREAT' BASKETBALL CAMP THAT WILL TAKE PLACE IN KILLARNEY COMMUNITY COLLEGE SPORTS GYM FROM DECEMBER 28TH-30TH. FROM LEFT ARE MUIREANN HUGHES, AVA WELDON, JOHN O'KEEFE AND SEAN HURLEY. IN MIDDLE ROW ARE JOE AND TOM CAHILLANE, HONORAH HURLEY AND SHEA WELDON. AT BACK ARE DONAL HURLEY, ABIGAIL GRAHAM, EWAN WELDON, AND JAMES WELDON (CAMP DIRECTOR). PICTURE: EAMONN KEOGH (MACMONAGLE, KILLARNEY).

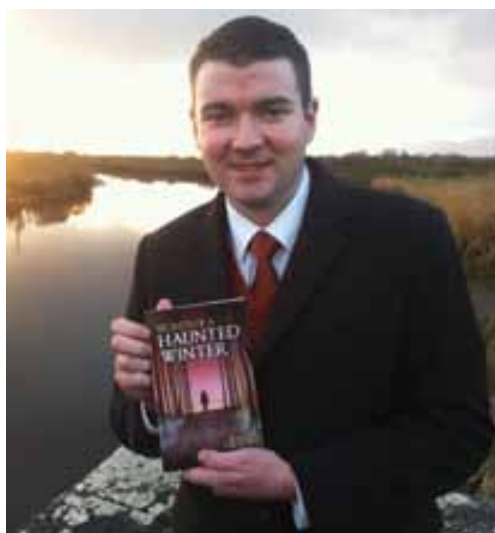
KERRY TD PUBLISHES SECOND NOVEL

Brendan Griffin has released his new novel. Secrets of a Haunted Winter was launched this week and is a follow on from his 2013 debut novel, Secrets of a Moonlit River. Both novels were penned by Brendan as a hobby when he was a publican in the village of Castlemaine between 2007 and 2010.

Like its predecessor, the new book is set around the adventures of three Kerry school boys.

The book, which is self-published, was bound and printed locally in Kerry by Walsh Colour Print, Castleisland. The cover image was painted especially for the novel by local Castlemaine based artist, Cathy Giles.

Secrets of a Haunted Winter and Secrets of a Moonlit River are ideal Christmas gifts for young and old and are available in most Kerry bookshops for €9.99, and are also available to buy online at www.brendangriffinbooks.com



BRENDAN GRIFFIN PICTURED WITH HIS NEW NOVEL.

FACILITIES AT FAIR HILL

At a recent KCC meeting Cllr Michael Gleeson asked: If the construction of the proposed and long awaited Toilet Block at Fair Hill, Killarney was soon to commence.

Kerry County Council replied that Plans have been drawn up for the provision of permanent toilet facilities at the Fair Hill to replace the present temporary structure. However, before these Plans are advanced further, consideration needs to be made of the financial cost of construction as well as running costs where there are other public toilet facilities nearby.

A final decision has not been made by Kerry County Council to proceed or otherwise.

Councillor Gleeson stated that a well-designed Public Toilet was important at this location, as it is a very busy part of Killarney. He also stated that it is unfair to expect nearby hotels, pubs and shops to serve the needs of the general public.

SOME OF THE GREAT RANGE OF TELEVISION PROGRAMMES ON IRISH CHANNELS THIS CHRISTMAS!

By Sean Cronin

There is nothing more seasonal and "Christmassy" than settling down with your family in front of the television with your box of chocs and Christmas treats to enjoy the now traditional Irish films and programmes that are broadcast every year. It really doesn't seem like Christmas if Willy Wonka and His Chocolate Factory, the Indiana Jones films, ET the Extraterrestrial and the many other films we have come to love and cherish are not shown. This year is no exception with many new films being shown on RTE, TV3, TG4 and Irish TV. Ones to watch out for are Argo, The Dark Knight Rises, Django Unchained, War Horse,

Anna Karenina and Happy Feet Two. Some brilliant series have their own Christmas special shows, with not one but two Mrs. Brown's Boys Christmas episodes! As usual, Agnes is to face more hilarious situations, with one special episode involving a spate of robberies in the Finglas area, leading Agnes and Buster Brady to set up new alarm systems in the house. We can only imagine the disasters she gets into...

An exciting new show will be the long awaited drama series about our past Taoiseach, Charles J. Haughey. The show will be made of three feature-length episodes, which of course is based on actual events. The ever-popular Fair

City is also to have two separate episodes on Christmas Day and January 4th. Before 2014 begins to be replaced by a new year, RTE News will present a show looking back on the headlines of 2014, such as the terrible storms, water charges, political upheaval and commissioner resignation, amongst many other events. It is sure to be a fascinating look back at a very unusual year.

All in all, it looks like we have a very entertaining Christmas in store which will enthrall the whole family.

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- All other Fish available

All available Boned & Cut to your liking
Smoked Salmon
The Ideal Christmas Gift
 Available in Gift Cartons

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AN EVENING OF FASHION AT KCC

Students and teachers from Killarney Community College lit up the catwalk last week in an evening which saw over 300 people enjoy a spectacular evening of fashion. An array of glitz, sparkle and glamour was evident throughout the evening. Organised by Transition Year students and their teachers the event was hugely successful. The hosts of the evening included Mr. Mike Lynch, Ms. Kerri McCarthy and Ross Brennan. Eleven teachers and fifteen students took to the red carpet. Special guest model of the night was Mr. Brian Kelly our famous Kerry goalie who modelled for Burtons menswear. Kiddies also took to the catwalk for Mods & Minis with students from The Monastery, The Mercy and Lissivigeen. They were exceptional and added a great element of excitement to the show. A hugely successful raffle took place on the night with a whopping €750 raised that will be donated to Southwest Counselling Centre in Killarney. A grateful thank you to all the people who generously donated such excellent prizes and everyone who was involved in the show. According to teacher Ms. Máire Keane "It was a wonderful experience for the students and



NICOLE RIORDAN MODELLING AT THE KILLARNEY COMMUNITY COLLEGE FASHION SHOW.

showed how enthusiasm and teamwork can produce a fantastic event".

Fabulous fashion took over the night and the Christmas spirit was truly showcased.



MRS CLAUSE AKA MARIE MURPHY.



MARK STACK MODELLING AT THE KILLARNEY COMMUNITY COLLEGE FASHION SHOW.



BRYDON SLATTERY MODELLING AT THE KILLARNEY COMMUNITY COLLEGE FASHION SHOW.

KILLORGLIN CYCLING CLUB – HAMPER RIDE

A Peloton of Hamper Chasing Cyclists:

While the forecast was not the best, on the day the cycling gods smiled down on the peloton of 123 cyclists who took part in the Killorglin Cycling Clubs annual Hamper Ride. The riders choose one of two routes with both being controlled by a pace car until a set point when the race for home and the hampers begins. The group tackling the longer distance were let off the leash at Farmers Bridge and were soon split into small groups going over the top of the climb. With the fast decent into Castlemaine and undulating road on the way back to Killorglin those at the head of affairs were not going to be caught. Giant Cork County CC rider Simon Tuomey, who is still a Junior, was first

home and is a name to watch for the coming season.

Colour Change's for the next two! Tom Knight, who is rumoured to be changing clubs, was second over the line followed by Cathal Moynihan who was having one of his last outings for Tralee Manor West CC. The question is where is he going?

Short Course winner keeps hamper at home: First home on the short course route was Michael O'Shea from the home club who used his local knowledge to power away from the group on the drag out of Milltown and was not seen again by his chasers. The Killorglin CC man was having his first taste of competitive cycling and on this performance could be a force to be

reckoned with in 2015.

Hampers and Gifts: While the top riders won hampers there was many more given away in a draw as well as a selection of gifts and vouchers. Kieran Doherty from the host club was delighted with the support the Killorglin CC got for the event.

"This is one of the most enjoyable events of the year, on and off the bike. The club is once again delighted with the support it received from local businesses and thankful for all the volunteers who made sure the cycle went off perfectly. But it's the cyclists that make it and there was a great mix of regulars and newcomers for the last event of the year".



Society of St. Vincent de Paul

SOCIETY OF ST. VINCENT DE PAUL | Ozanam House, Greenlawn, Killarney, Co. Kerry



ANNUAL CHRISTMAS APPEAL 2014

Our house to house collection began on **SUNDAY 7TH DECEMBER**,
A member will call back to each household to collect the envelope.

CHURCH GATE COLLECTIONS

begin on **13th & 14th December 2014**

Beaufort | Glenflesk | Firies | Fossa | Kilcummin
Clonkeen | Ballyhar | Barraduff

The St Vincent de Paul now has a group in Firies/Ballyhar

*We take this opportunity to thank each
and everyone for your ongoing support*

SICK CHILDREN ENJOY THE MAGIC OF CHRISTMAS

The festive season kicked off in Temple Street Children's Hospital last week when Santa arrived and switched on the hospital's Christmas lights. It is hoped that the lights will keep the magic alive in the hospital and offer hope to the children who sadly won't get to go home this Christmas.

Last year, almost 400 children were cared for in Temple Street on Christmas Eve and Christmas Day.

Earlier in the day, Tesco Ireland unveiled a magical Christmas wonderland within the hospital to surprise and delight the little patients spending Christmas away from home this year. On the eve of the big switch-on, Tesco colleagues turned the ground floor of Temple Street into an Elf Yourself Workshop, a Magical Christmas Fair and a Magical Movie Theatre. Run by Tesco Elves, the children and their parents were invited to make Christmas decorations, meet the elves and post their letters to Santa, taste some delicious Christmas fare and watch a festive film, creating an unforgettable Christmas experience. Tesco



PICTURED WITH SANTA IS HUGH MCCARTHY, AGE 10 MONTHS, FROM KENMARE.

recently announced Temple Street Children's Hospital as its 2014 – 2016 charity partner.

CHRISTMAS TIME FOR LISSIVIGEEN RESIDENTS

Lissivigeen Community Alert got the Christmas festive season off to a good start last Friday night at the Torc Hotel when they held their annual Christmas Party before a large crowd. Father Michael Doherty celebrated Mass and this was followed with some light refreshments before musician Ger Healy entertained the party revellers for the rest of the evening. A large selection of spot prizes were given out before the draw for the four hampers and twelve prizes took place. Last years prizewinners Mary Kelly was in the mix again winning another hamper however a delighted Tom Hurley Minish won first prize and received a large hamper.



ENJOYING THEMSELVES AT LISSIVIGEEN COMMUNITY ALERT CHRISTMAS PARTY LAST FRIDAY NIGHT AT THE TORC HOTEL WERE L:R: ANNA KEOGH, CATHERINE MOYNIHAN, NORA FLEMING, MARIE AND JIM MOYNIHAN. PHOTO PAT KELLEHER.



PRIZEWINNERS AT LISSIVIGEEN COMMUNITY ALERT CHRISTMAS PARTY RAFFLE AT THE TORC HOTEL LAST FRIDAY NIGHT WERE L:R: TOM NOONAN (5TH), NUALA DOHERTY (4TH), MARY KELLY (2ND), TOM HURLEY (1ST), THEY ARE JOINED BY COMMITTEE MEMBERS MARGARET DOYLE (VICE-CHAIRMAN) AND PAT KELLEHER (CHAIRMAN). PHOTO PAT KELLEHER.

POST YOUR LETTERS TO SANTA IN CHRISTMAS IN KILLARNEY'S SPECIAL POSTBOX

Throughout the month of December, all the boys and girls of Kerry can bring their Santa letter to Killarney town centre to be posted into a special Santa postbox especially designed so letters are expressed directly to the North Pole. This steel postbox is in place at the Market Cross Killarney and has been very generously sponsored by O'Donoghue Ring Hotels.

Santa has promised that he will personally collect all the letters from the all the good boys and girls in Kerry.... so get posting!!



THE CHRISTMAS IN KILLARNEY 'MAGIC PARADE' PASSING THROUGH MAIN STREET, KILLARNEY TOWN CENTRE, CREATED A BEAUTIFUL SPECTACLE OF COLOUR AS THOUSANDS OF PEOPLE LINED THE STREETS TO WATCH. PHOTO: VALERIE O'SULLIVAN.



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DIOCESE LAUNCHES THE CRY OF THE EARTH

Kerry Diocese launched The Cry of the Earth, A Call to Action for Climate Justice on Wednesday December 10th in St Brendan's College, Killarney. Bishop Ray Browne launched this call to action following a short dramatic presentation and readings by Transition Year students in St. Brendan's College. Representatives of environmental groups, public bodies and local parishes will be present.

The Cry of the Earth, A Pastoral Reflection on Climate Change first issued in 2009 by the Irish Catholic Bishops' Conference was updated and re-launched recently and presented as A Call to Action for Climate Justice in light of the most recent scientific evidence.

December 10th was Human Rights Day, an appropriate date for this launch as climate change will, and indeed is, bringing change for all of us but especially for the poorest and most vulnerable people and for future generations. This also coincides with The United Nations Climate Change Conference, COP20 or CMP10 taking place in Lima, Peru, from December 1-12, at which the delegates will continue the negotiations towards a global climate agreement.

The Cry of the Earth issues a call to everyone—individuals, parish communities, religious

congregations and all people of good will to action now and to let a "shaft of hope break through the heavy clouds" Pope Francis.

All parishes have received a copy of the Reflection and an accompanying pastoral resource called "Glas" prepared by Trocaire and are being encouraged to measure their own current carbon footprint over the coming months and then devise ways to reduce their

use of carbon by a specific amount per annum. Kerry Diocese promotes an annual Earth Week across the diocese and became the first Catholic diocese to receive an Eco Award in 2013. The Diocese wishes to encourage action at all levels towards a responsible stewardship of the earth, one of "service, of responsibility and care" The Cry of the Earth. This Diocesan launch is one part of that action.



BISHOP RAY BROWNE WITH THE HELP OF TRANSITION YEAR STUDENTS LAUNCHES THE CRY OF THE EARTH, A CALL TO ACTION FOR CLIMATE JUSTICE, AT ST BRENDAN'S COMMUNITY COLLEGE. BACK ROW L-R DONNACHA O'SULLIVAN, FIANAIT O'DONOGHUE & BEN EGAN. FRONT ROW L-R PEGGY DOWLING OF ST BRIDGETS PRESENTATION CONVENT, AOIFE FLEMING, FAZLE ELAHI, BISHOP RAY BROWNE, PAIGE FITZPATRICK & SEAN COFFEY, PRINCIPAL AT ST BRENDAN'S COLLEGE. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

BUSINESS PEOPLE ATTEND OPEN MEETING

Killarney Chamber of Tourism and Commerce held an Open Business Meeting in the Killarney Avenue Hotel on Wednesday night last and a number of key speakers addressed the large gathering.

Chamber President, Johnny Maguire reviewed the 2014 projects and achievements and discussed a wish list for 2015. The eagerly anticipated Killarney Music and Food Festival was discussed by Darryl Downey while John Breen from Kerry County Council discussed Civic and Town Enhancements.



BUSINESS PEOPLE FROM KILLARNEY PICTURED AT THE CHAMBER OF COMMERCE OPEN BUSINESS MEETING THIS WEEK.



CHAMBER PRESIDENT JOHNNY MAGUIRE ADDRESSES THE GATHERING.



BEHIND THE SCENES WITH MEMBERS OF BEAUFORT DRAMA GROUP, WITH CAST MEMBERS WAITING TO PERFORM 'THE STRAWBERRY'. PHOTO: VALERIE O'SULLIVAN



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Merry Christmas

& have a Happy New Year!

From all at

Outlook

HOTELIERS ENJOY A NIGHT OFF AT IHF BALL

PICTURE BY DON MACMONAGLE



CONOR O'CONNELL, GLEANN FIA, SANDRA O'SULLIVAN, BRIDGET O'CONNELL AND JOHN T O'SULLIVAN PICTURED AT THE KERRY BRANCH OF THE IRISH HOTELS FEDERATION ANNUAL BALL IN THE DROMHALL HOTEL, KILLARNEY.



BERNADETTE RANDLES, THE DROMHALL HOTEL MINISTER FOR THE DIASPORA JIMMY DEENIHAN, KAY RANDLES AND JOHN BRASSIL, CHAIRMAN, KERRY COUNTY COUNCIL PICTURED AT THE KERRY BRANCH OF THE IRISH HOTELS FEDERATION ANNUAL BALL IN THE DROMHALL HOTEL, KILLARNEY.



EAMONN O'CALLAGHAN, O'CALLAGHAN COACHES, STACEY WILLIAMS, CEO, IGTOA AND PIERCE WALL, CEO, IRELAND GOLF PICTURED AT THE KERRY BRANCH OF THE IRISH HOTELS FEDERATION ANNUAL BALL IN THE DROMHALL HOTEL, KILLARNEY.



BRIAN AND NORA MILEY, THE MUCKCROSS PARK HOTEL AND STEPHEN McNALLY, PRESIDENT, IHF PICTURED AT THE KERRY BRANCH OF THE IRISH HOTELS FEDERATION ANNUAL BALL IN THE DROMHALL HOTEL, KILLARNEY.



TOM AND AILEEN RANDLES, THE DROMHALL HOTEL, PICTURED AT THE KERRY BRANCH OF THE IRISH HOTELS FEDERATION ANNUAL BALL IN THE DROMHALL HOTEL, KILLARNEY.



DAIRE O'BRIEN AND CIARA TREACY, THE ROSS HOTEL PICTURED AT THE KERRY BRANCH OF THE IRISH HOTELS FEDERATION ANNUAL BALL IN THE DROMHALL HOTEL, KILLARNEY.



SEAN AND EDEL TREACY, KILLARNEY PICTURED AT THE KERRY BRANCH OF THE IRISH HOTELS FEDERATION ANNUAL BALL IN THE DROMHALL HOTEL, KILLARNEY.



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KERRY SCHOOL STUDENTS TO DESIGN REVOLUTIONARY CLOTHING AND SPORTSWARE

Kerry Primary and Secondary students are being given the opportunity to become involved in a nano science project. AMBER, the Advanced Materials and Bio Engineering Research Centre in Trinity College Dublin, has launched its 'Design your nano gear' competition, allowing students to decide how they think nanoscience will impact our sports and clothing in the future. To enter all Kerry students have to do is draw a picture of a new sports product, or item of clothing (sports or regular clothes), inspired by nanoscience. The top two winning entries (one primary, one secondary) will be brought to life by a professional illustrator and displayed at the Irish Science Teachers' Association Annual

Conference in March 2015.

The aim is to offer students the opportunity to learn more about nanoscience, and to use that knowledge in a creative way – by designing their own 'nano gear'. Nanoscience is the study of materials on the nanoscale or 1000 times smaller than a single human hair. It is leading to the revolution of materials and manufacturing, with application across a range of industries including energy; medical devices; pharmaceuticals; technology and bioengineering. 'Nano in my Life' and 'NanoWOW' resource packs, aimed at TY and senior primary pupils, are available for teachers and students looking to learn more about nanoscience.

Images should be at least A4 in size and can be either digital or non-digital. The design should contain clear drawings / images, including a name for the new product / technology and a description (maximum of 200 words) of the aspects of nanoscience that inspired it. This text should indicate a clear understanding of how nano or materials science has impacted your design. Entries will be judged on demonstrating a clear understanding of nanoscience and the application of it to the design. Innovation and creativity will also be considered.

The closing date for entries is Friday 6th February 2015.

FUND RAISING RAFFLE APPEAL

The annual St. Brendan's College Fund Raising Raffle was launched on Friday, 5th December, - featuring excellent top prizes – a weekend for two in the Sheraton Fota Island Hotel, a Spa voucher for the Brehon Hotel, a Christmas Hamper worth €100 plus many more great prizes!

The monies gathered through this draw are pumped straight back into the provision of extra curricular activities, speakers, talks, trips and tours for our students. Fund Raisers such as this allow the school to greatly enhance

the educational opportunities available to our students. Over the past three years, parents and the local community have been most generous towards this draw. Parents' Council Chairperson, Joan Gill and Principal, Sean Coffey both expressed their hope that this year's draw would be equally successful. Tickets are available through students of the school and at the school office. The draw will take place on Friday, 19th December at the College office at which time the winners will be contacted.



JOAN GILL ST BRENDAN'S PARENTS COUNCIL, STUDENTS KEVIN LAVERY, FIACHRA O'CONNELL, STEPHEN MCKENNA AND CHARLIE JOY WITH SEAN COFFEY PRINCIPAL LAUNCHING THE ST BRENDAN'S COLLEGE CHRISTMAS DRAW.



ST BRENDAN'S COLLEGE STUDENTS CONOR RANDALL, KILLIAN BUCKLEY, SEAN O'SULLIVAN, LEE O'CALLAGHAN AND TEACHER DECLAN O'DONOGHUE PRESENTING THE CHEQUE FOR €1022 THE PROCEEDS OF THE ST BRENDAN'S COLLEGE NOVEMBER CHARITY TO KATHLEEN O'SHEA, KATHRINA BREEN, ELENOR O'DONOGHUE AND EUGENE O'SULLIVAN OF THE IRISH CANCER SOCIETY AT ST BRENDAN'S COLLEGE, KILLARNEY.

ST VINCENT DE PAUL APPEAL

Students and staff at St. Brendan's College this week launched its annual "treats-drive" in aid of the SVPD hamper appeal. Now in its 18th year, the appeal at the school has in some small way improved the Christmas experience for hundreds of local families. Long-time organiser, Paul Barden, asks that each family associated with St. Brendan's make a small donation of biscuits, chocolates or cakes – "the standard non-perishable items are also welcome" he said. As always a hallmark of our students is their generosity of spirit. Christmas is a time of giving. The appeal is a practical way to express our goodwill towards all in our local community. This year we also request the possible donation of little stocking fillers – small gifts of under €5 in value are also most welcome. These items may be dropped to the school office at any time.

WELLNESS WEEK

This week saw a myriad of talks, activities and speakers for the students of St. Brendan's.

On Monday, Robert Fisk – international Middle East Correspondent – challenged the Leaving Cert students to always "monitor the centres of power" in their lives while nutritionist Erina McSweeney worked with the 1st years.

On Wednesday, 5th & 6th years supported the senior footballers in retaining the O'Sullivan Cup while the 2nd years rattled the slates from the roof at a Drumming workshop in the Canteen. On Thursday, the life coach, Joe O'Connor, worked with 3rd years while Mike Lindsay worked with 2nd years and Transition year on the links between food, exercise and mental health and Tony Noctor worked with 5th years on the negative effects of Macho culture while South West Counselling delivered a workshop on Relationship and Sexuality. On Friday all 1st years got the opportunity to experience the Brazilian Martial Arts of Capoeira while 5th and 6th years availed of an introduction to Mindfulness – all-in-all a busy week at the College.

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OUTLOOK RECIPES

Chili Con Carne
Fitness expert Edele Daly provides this week's recipe to prepare for our 6 week challenge.

Ingredients

- Low calorie cooking spray
- 1 large onion, finely chopped
- 2 garlic cloves, crushed
- 2 fresh chillies, deseeded and chopped
- 2 tps ground cumin
- 1 tsp ground coriander
- 1 tsp paprika
- A pinch of cayenne pepper
- 1 x 400g can chopped tomatoes
- 275ml stock
- Salt and ground black pepper
- 450g extra lean beef mince (or Quorn mince)
- 1 x 200g can red kidney beans, drained
- Chopped fresh coriander leaves, to garnish
- 1 level tablespoon of tomato purée

Serves: 4
Prep. time: 15 minutes
Cook time: 35 minutes
Total time: 30-60 Minutes



Method

1. Spray a large saucepan with low calorie cooking spray and fry the onion gently over a low heat for 5 minutes, until softened and golden. Add the garlic, chillies and all the spices and continue frying, stirring occasionally, for 2-3 minutes. Add mince, stirring until it begins to brown.
2. Add the canned tomatoes, tomato purée and stock. Stir well and bring to the boil. Reduce the heat and simmer gently for 20 minutes, until the liquid is slightly reduced. Season with salt and pepper and add drained kidney beans. Heat through gently for about 5 minutes.
3. Serve hot, sprinkled with chopped coriander leaves.

This classic chilli con carne is a quick and easy recipe that's bursting with fiery flavours that the family will love. If there's any leftovers - take them to work the next day!

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To enter this competition we would like the Holy Communion child to write a little story on what their First Holy Communion means to them.

Entries can be posted or dropped into Killarney Outlook, 30 High Street Killarney or Tralee Outlook, Tralee Road, Castleisland before 12 noon on Friday 16th January.

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SELF ESTEEM IN CHILDREN

Last week we looked at the many ways we can raise our self-esteem and begin to feel better about ourselves. We also identified how these patterns of low self-esteem can start very early in life – and thus it makes sense that we think about developing and promoting self-esteem in childhood. Parents and caregivers can promote positive self-esteem in their children by encouraging their children and making sure they feel loved, secure and competent.

Children who are scared to try new things and speak negatively about themselves may have low self-esteem. They tend to give up easily or wait for someone else to do the task for them. They can also be overly critical and easily disappointed in themselves. They tend to view temporary problems as permanent and can be pessimistic.

In contrast, children with healthy self-esteem are comfortable in social settings and enjoy interacting with others. They enjoy working independently as well as interacting in groups. They work towards finding a solution when faced with a challenge and don't put themselves down. They are generally more optimistic and know their strengths and weaknesses.

To help build your child's confidence, encourage your child to take healthy risks. Allow them to take (age-appropriate) chances, make choices and take responsibility for them. When children make their own age-appropriate choices this empowers them – and gives them a sense of control over their bodies.

Children also need opportunities to demonstrate their competence and feel that they make a valuable contribution. This can mean asking them to help out at home – by setting the table or dusting. Encouraging them to take on tasks that they show particular interest in is a great way to boost their confidence. Teach your child to set goals and take pride in their accomplishments. It is important to ensure that their goals are within reach and at an appropriate level for their ability.

However, if your child tries and doesn't succeed, this is a fantastic opportunity for you as parent to help build their self-esteem. Let them know that no matter what the result, your love is unconditional. Encourage them to try and try again.

Overly praising a child is not the way to develop their self-esteem and confidence. Confidence comes from them trying, failing and trying again. If we tell them they are doing a 'terrific job' whatever they do, this confuses children and they learn not to trust their own instincts. However when praise is appropriate, specific and earned it is a valuable self-esteem builder.

For information on Parenting Courses at **SouthWest Counselling Centre** in January 2015, call **064 6636416**.

SouthWest Counselling Centre Killarney provides affordable professional counselling to children, adolescents adults and couples – both at its **Killarney Centre (Lewis Road)** and at **Kenmare Family Centre**. info@southwestcounselling.ie. Kerry LifeLine provides **FREE** counselling and support to anyone feeling suicidal or bereaved through suicide. info@kerrylifeline.com To make an appointment call **064 6636416**.

SouthWest Counselling Centre is a not-for-profit organization. All funds raised through fundraising go directly to service provision.

Health Matters.... With Dr. Michael O'Doherty

WHOOPING COUGH

Whooping cough (pertussis) is an infection caused by a bacterium called *Bordetella pertussis*. It is spread to others through contaminated droplets in the air, produced during coughing and by close contact with an affected person.

The illness typically follows a pattern:

Early stage (catarrhal phase)

At first there is often a sore throat followed by a dry cough. You may have a mild fever and feel slightly unwell. Over a few days the cough may become more productive with some sputum – but at first it still seems to be an ordinary cough.

Main coughing stage (paroxysmal phase)

After several days, often as many as 10-14 days from the start of the illness, the cough gets worse and comes in bouts (paroxysms) of intense choking coughs. Symptoms such as fevers should settle at this stage and in between bouts of coughing you are likely to be well.

The bouts of coughing can be very severe and occur many times throughout the day (average 15 times). It can be very difficult to breathe during these attacks and they may be followed by an attempt to draw breath (thus causing a 'whooping' sound in about 50%). It is also common to vomit after a bout of coughing.

Easing stage (convalescent phase)

The bouts of coughing then ease gradually over a period which can last up to three months or more. (In some countries whooping cough is known as the cough of a 100 days.) As things seem to be easing, you may still get the odd bout of severe coughing.

Children

In countries with no immunisation, most children develop whooping cough at some stage. Before immunisation was available there was an epidemic every 3-4 years. About 8 in 10 children had whooping cough by the time they were five.

Adults and older children

Whooping cough is not just a childhood illness. Adults can get whooping cough. Indeed, because of immunisation, most cases now occur in older children and adults. This is because some adults have not been immunised. Also, the protection from whooping cough immunisation may wane over the years in some people. So, even if you were immunised as a young child, you may still get whooping cough as an older child or adult. If you have had whooping cough in the past you are unlikely to develop again.

Continued next week



Dr. Michael O'Doherty,
General Practitioner
and Occupational Health Specialist
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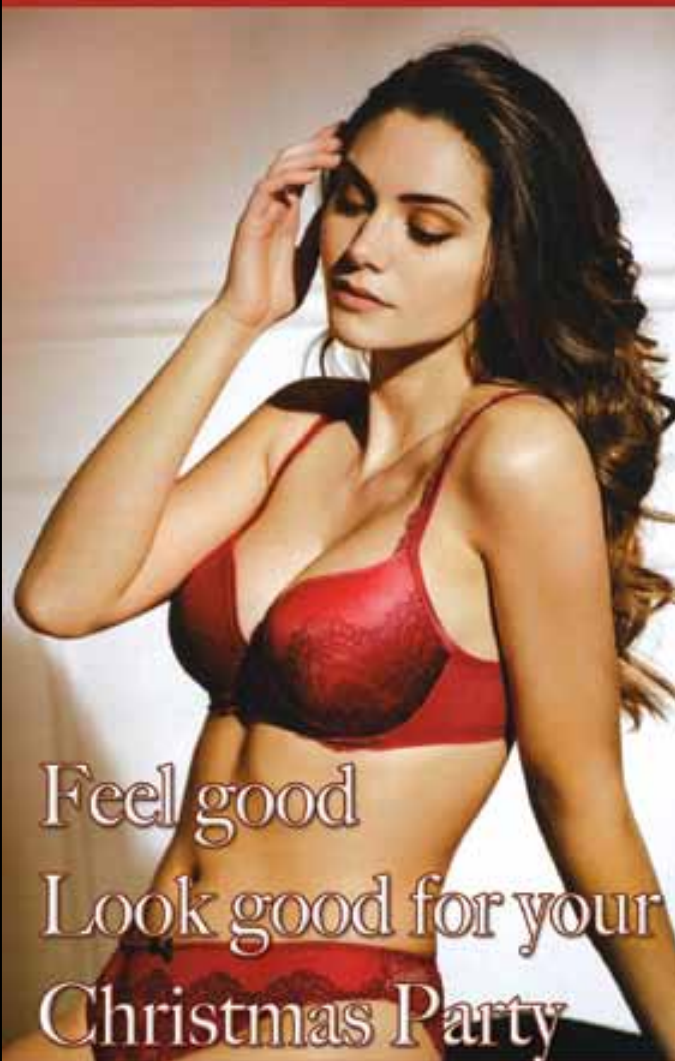
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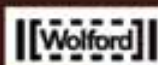
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BRIDE BREDA WITH THEIR TWO SONS PAGE BOY SEAN (LEFT) & GROOMS MAN JOSH (RIGHT). PHOTOS THE LITTLE MEMORY GALLERY



BREDA SPILLANE (LOUGHITANE) AND DEREK LENIHAN (FRIES) WHO WERE RECENTLY MARRIED AT GLENFLESK CHURCH AND HELD THEIR WEDDING RECEPTION AT BALLYGARRY HOUSE HOTEL. PHOTOS BY THE LITTLE MEMORY GALLERY, MARIE CARROLL-O'SULLIVAN.



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RATHMORE /GNEEVEGUILLA NEWS

By Michael O'Mahony

RATHMORE & DISTRICT CREDIT UNION:

47th Annual General Meeting will take place in Rathmore community centre on Tuesday 16th December at 8.00pm All Members welcome. Drawing of spot prizes on night.

CHRISTMAS IN RATHMORE: Cumann Luachra have their 16th Journal on sale now. Once again they have produced a very attractive Journal with lots of interesting articles and photographs. It costs €12 and would make a much cherished Christmas gift especially for those away from home.

SYMPATHY: To the family, relatives and friends of the late Jackie Healy-Rae Main Street, Kilgarvan, former T.D. and M.C.C., whose death occurred last week. May he rest in peace.

KERRY HOSPICE CHRISTMAS CARDS: Are available from Rathmore Credit Union, Reens Pharmacy, and from Maire Ryan, Donal O'Keefe, Pack of 10 for €7.00.

KNOCKNAGREE N.S: Parents Council have organised a Mass and Concert in Knocknagree Community Hall on Wednesday 17th December. The Mass will be celebrated by Fr. Kevin at 7:30pm followed by a Concert where Knocknagree National School children will showcase their talent. A Raffle will take place on the night with spot prizes galore. The school calendar will be on sale at a cost of €10.00. Light refreshments will be served. Everyone welcome. Please support.

TUREENCAHILL COMMUNITY GROUP. Sliabh Luachra Active Retirement Group meeting at Tureencahill School Building on Friday 12th December 2014 at 11.00 am. Open to men and women aged 50 plus. Active Retirement Group offers friendship, shared interest, new creative skills etc.

CHRISTMAS CRAFT FAIR: Sunday December 14th featuring many local seasonal stalls. Major kids attraction FROZEN EXPERIENCE booking essential 086 1235928.

RATHMORE SOCIAL ACTION GROUP: Marks its 40th Anniversary in 2015 with a year long celebration. A special commemorative book is planned highlighting the Group's history and activities. They are keen to include a broad range of photographs and memorabilia. Anyone with items of interest or for more

information, please contact Teach Íosagáin (064)7761000. All items will be copied and returned. We would love to hear from past SAG members whether at home or abroad.

Rathmore Social Action Group are holding a Concert for Christmas in Teach Íosagáin on Saturday December 20th from 7-9pm (after Mass). Come and join us for an evening of song, music and Christmas cheer! Light refreshments will be provided. Cost is only €5 and we look forward to seeing you then!

RATHMORE/GNEEVEGUILLA COMMUNITY GAMES: DRAUGHTS TRAINING: (team event) U10, U12 and U14 every Monday night at Teach Íosagáin, Rathmore at 7.30pm. Come along and learn to play this great board game, an age old tradition.

U15 BADMINTON: (team event) training to commence shortly. If you are interested in assisting with this event, please contact one of our Officers.

PLEASE NOTE: FOR 2015 SEASON: If your child tries out and qualifies for any team/relay event at local level, then he/she is committed to this team. Should the team/relay be successful in winning a County GOLD medal, the child (GOLD medallist only) is committed to this team and is not eligible to participate in any other team/relay event at local level for the remainder of the 2015 season. Further information can be found on our new FACEBOOK page - Rathmore/Gneeveguilla Community Games

RATHMORE BRANCH OF KERRY PARENTS FRIENDS ASSOCIATION: Would like to thank all who supported they annual sale of work. A special word of thanks to thank to the donors. ticket sellers and all who helped on the day. Your support is greatly appreciated.

RESPECT: An Irish Registered Charity responsible for fundraising projects for people with Intellectual Disabilities of all ages held a Church Gate Collection in Rathmore & Shrone on the weekend of November 22nd & 23rd. We wish to thank the people who helped with the collection, John O'Neill, Tom Fox, Jim McAuliffe, Pat Cashman, Kathleen Kelliher, Sean Casey & Michael O'Mahony. Total amount collected in Shrone €124.25. Rathmore €531.04. Total; €655.29. Your generous support was deeply

appreciated.

OWNEYCREE ANGLING CLUB: Christmas Dance and Fundraising Draw East Avenue Hotel Killarney on Friday 19th December, 2014. Music by P.J. Murrihy Band. 5 Superb Xmas Hampers and Door Prizes to be won on the night. Admission €10.

RATHMORE G.A.A. CLUB: Lotto results 01/12/2014. No's drawn: 2, 21, 24, 29. No Jackpot winner. Next week's Lotto Jackpot is €5,600. Consolation Prizes: €40 O'Keefe's XI Gift Voucher: Patrick G. Cronin, Shronebeg. €40 each: Catherine Scannell, Park, Knocknagree. Neily Murphy, Rathduane. Brian Dineen, C/O Mallow Station. Denis Singleton, Clara Road, Millstreet. Next week's lotto is sponsored by The Old Chapel Bar. Rathmore. Rathmore GAA would like to wish Anne Cahill of Cahill's Bar all the best in her retirement and thank her and her family for all the support they gave to Rathmore GAA Club over the years. Enjoy your retirement.

CHRISTMAS GOLF OUTING: The Rathmore GAA annual Christmas Golf Outing takes on Tuesday 30th of December on the Mahony's Point course in the Killarney Golf and Fishing Club starting at 10:00am. To book your place contact anyone of the following: John D. O'Keefe - 087-2527545; Michael O'Sullivan - 085-1471487; Kieran O'Keefe - 087-2702730; Dan O'Leary - 087-9299116.

COLLECTION: KERRY PARENTS FRIENDS ASSOCIATION: Bucket collection in the streets of Killarney on Friday 28th November 2014. Total collected €3,430. Would like to thank all who supported the collection. A special word of thanks everybody that help out on day Your support is greatly appreciated.

SAM MAGUIRE CUP & TOM MARKHAM CUP VISIT RATHMORE: The Victorious Kerry seniors and minor teams with local players Aidan O'Mahony, and Paul Murphy, and Shane Ryan will attend Rathmore community centre on Wednesday December 17th at 7:30pm. This is chance for all supporters young and old that want to take photos with players and cups on night and get autographs. Everybody welcome,



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3. Try to estimate how much money you expect to spend on each of these items. What does it add up to?
4. Is it a very large figure? If the number makes your eyes bulge, look at each individual item again. How can you reduce the cost?
5. What does it add up to now? Is that a better figure?
6. Keep going with this until you get to a number you can live with – it is important to be honest with yourself.
7. This is the amount of money you have decided you NEED for Christmas.
8. If you have been able to put aside a few euro over the year to meet the cost of Christmas, well done. Will it be enough to cover the costs you planned for?

NEXT WEEK - STEPS 9-12

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KILCUMMIN NEWS

KILCUMMIN COMHALTAS: Kilcummin Comhaltas will be holding a Christmas fundraising concert on Sunday 14th December in the Killarney Outlet Centre from 2pm to 5pm. All are welcome to come along and join us to celebrate another great year for our branch! Don't forget to wear your Santa hats! Our next branch meeting will be held in the New Year. Well done to all musicians who came along to our recent Sunday music session, great turn out. Keep up the practice everyone!

JUNIOR SET DANCING CLASSES: The final class for this term will take place on Friday 12th December. Fee €5. This will be a party night and parents are invited in for the last half hour of the class. For info contact Mary 087-9620135.

YOUTH 2000 IRELAND: Will host their annual Christmas Retreat in Newbridge College, Co. Kildare from Friday 12th to Sunday 14th December 2014. Over 500 young people from across Ireland (aged 16-35) are expected at this donation only event. This is a great opportunity to find out what your faith is all about in a

friendly atmosphere. Free buses available. Newcomers very welcome. Online booking necessary, see www.youth2000.ie or Tel 01-6753690.

GAA NOTES:

GAA CLUB CALENDAR: The launch of the very popular Club calendar by a special guest speaker will take place in the clubhouse on Sunday 14th December with Santa from 5pm. There will also be a raffle on the night for some great prizes including a weekend away, a bicycle, hampers and more. As well as Santa's grotto there will also be a special bake sale. All donations gratefully accepted. The proceeds of the bake sale and of Santa's grotto will be donated to Crumlin Children's Hospital. The night will also include presentations of boy's medals. Bring a camera to capture an evening that should be fun for all the family and will include facepaint and DJ.

KILCUMMIN LADIES FOOTBALL CLUB: Congratulations to Kilcummin Ladies Football Club which has received the great honour of

being awarded the accolade of "Club of the Year" at the annual county Kerry Ladies awards night on Saturday the 6th December. Well done to all involved in the club. It is a great recognition of your effort and achievement. Your dedication to your club is second to none and gratefully appreciated.

LADIES AWARDS NIGHT: Kilcummin Ladies Football Club will hold its awards night on Sunday 28th December in the clubhouse. Further details will be published nearer the time.

KILCUMMIN GAA CLUB NATIONAL DRAW: Tickets on Sale from club members €10.00.

KILCUMMIN GAA LOTTO: There was no winner on Sunday 7th December. Numbers drawn were 7, 14, 23, 25. Consolation prizes were €100 Michelle O'Dowd, 6. Daltons Avenue, €60 Tom Ulick O'Sullivan, €60 John C Moynihan, €30 Mary Mangan, Knocknahoe, Killarney, €30 Dermot Sullivan, Lisbaby, Headford. Next Draw Sunday 21st December. Jackpot now €13,500.

BEAUFORT NEWS

BEAUFORT DRAMA GROUP: Are delighted to perform 3 One Act Plays in Beaufort Community Centre on 9th, 10th, 13th and 14th December at 8pm. This year the group are performing 2 Comedies "The Marriage Plan" and "The Strawberry" and the other play "The Last Letter" is set during World War One and was written for

our production. Highs and Lows are therefore guaranteed each night. We have increased our cast number so lots of new faces and local talent this year. Doors open at 7.45pm. Tickets are at the door and are €10 for Adults and €5 Concession. We would like to thank the local Community and businesses in the area for

their continued support to us.

SPRING TIME CELEBRATIONS: To mark the 65th Anniversary of the founding of St. Mary's Pioneer Centre will take place in the New Year. People who are due Gold or Silver Pins may contact Michael Foley 064-6644319.

ALLEGRO STAFF ENJOY 20 YEAR REUNION



PICTURED AT MCSORLEYS TO REUNITE PAST STAFF MEMBERS OF THE ALLEGRO RESTAURANT PLUNKETT STREET KILLARNEY L-R GERALDINE SPILLANE O'SULLIVAN, ELAINE DOYLE, PEIG O'SULLIVAN, DENISE LYNE & NORMA FOLEY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT MCSORLEYS TO REUNITE PAST STAFF MEMBERS OF THE ALLEGRO RESTAURANT PLUNKETT STREET KILLARNEY WERE PAST MANAGERS L-R MAJELLA FLEMING, ANNE NAGLE, TEODORO VALADEZ, SUSAN TADDEI & SUSAN CRONIN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED RIGHT AT MCSORLEYS TO REUNITE PAST STAFF MEMBERS OF THE ALLEGRO RESTAURANT PLUNKETT STREET KILLARNEY WERE THE LYNES FROM PINWOOD L-R DEIRDRE, DAVID & DENISE.

PICTURED LEFT AT MCSORLEYS TO REUNITE PAST STAFF MEMBERS OF THE ALLEGRO RESTAURANT PLUNKETT STREET KILLARNEY PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



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FOSSA NEWS

FOSSA GAA: Fossa Lotto 7th December 2014 Numbers Drawn: 4, 6, 7 and 9. Jackpot: €7,050 No Jackpot Winner: Consolation Prizes: Bridann Carey, c/o Foley's Fossa; B Doody; John O'Neill, Dromin Fossa; Aoife Healy, Aghadoe; Margaret O'Carroll, Dromin Fossa. Meat Vouchers: Amanda Cronin, Curragh Aghadoe; Jelena S, Fossa. New Jackpot: €7,200. Tickets on sale at the Golden Nugget Bar, The Castlerosse Leisure Centre, The Travel Inn, The Old Killarney Inn, Foley's Spar shop Fossa, The Laurels Bar, Killarney and from committee members. Next draw takes place on Sunday night December 14th 2014 at the Golden Nugget Fossa at 11p.m. Thanks to everybody who supports our Lotto each week as well as all those who sell tickets.

FIXTURES: Credit Union County League Division 4 play off Fossa v Beaufort at Listry on Sunday next December 14th 2pm.

AGM: The AGM of Fossa GAA Club now takes place on Sunday January 4th 2015 at 2pm.

SENIORS: Our senior footballers play Beaufort in the final promotion play off game at Listry on Sunday next throw in 2pm. The winners will play in the Credit Union County League Division 3 in 2015.

MINORS: Our gallant minors retained their East Kerry Division 2 Championship with a gutsy 1-12 to 0-11 victory over Rathmore at

Listry on Sunday December 7th. With 3 minutes left on the clock there was only one point in it following a gallant Rathmore rally, but then captain Paudie Clifford lead by example and took a big hand in the game. He scored a timely point in the 28th minute and set up his brother David for another a minute later, having won a Fossa kick out. The decisive score of the game was Paudie Clifford's goal in the 8th minute, when he finished a Paudie Clifford cross to the net. Five minutes later goalkeeper Maurice Prenderville brought off a point blank save, and then he turned a Rathmore penalty around the post for a 45. At the quarter hour stage Fossa lead by 1-03 to 0-03. In the second quarter both teams added 3 points each, Brian Myers and David Clifford scoring from play. Matt Rennie had a point from play in the 10th minute of the second half and with 15 minutes left Fossa held a 5 point lead 1-09 to 0-07. Then Rathmore had 4 points without reply, before that great Fossa Rally. Each member of the Fossa team made a contribution to this victory, in the full back line Kevin Brooks, Colm Walsh, and Cathal Talbot were tenacious in their tackling and played flawlessly. The half back line of Jonathan Coffey, Daniel O'Connell and Brian Myers broke up many a Rathmore attack and more than once made vital interceptions. Matt Rennie at midfield handled and drove on with

uniform power. Forwards Adrian Cronin, Cillian Bellew and Conor Murphy played themselves to a standstill whether attacking or defending, while Mike O'Keeffe was everywhere using his speed and football instinct to great effect. Shane Cronin won some great possession when introduced and was unlucky not to score. Finally all credit for this victory must go to our two mentors Willie Buckley and Kieran O'Brien who have done Trojan work with the lads in winning the County League earlier in the year and now this.

ASTROTURF ALL WEATHER PITCH: All weather pitch@fossa national school. Opening hrs, Monday/Friday 4pm/10pm, Saturday/Sunday 10am/10pm. All types of sport is played on this floodlit pitch. Now taking bookings for birthday parties. Special rates for Saturday and Sunday. Contact Ger O'Connor 083 4228977 or email fossaweatherpitch@gmail.com

FOSSA/TWO MILE COMHALTAS: A Christmas Ceili will be held in Fossa Community Centre on this Sunday 14th December, 3 - 6pm. Music by Striolan Ceili Band. Admission. €10. Tea served. Fossa/Two Mile Comhaltas will hold their Rambling House on Saturday 10th Jan 2015 In the Travel Inn, Fossa. A great night of music, song, dance & storytelling. Anyone interested in taking part contact Tim 087 2413116, Eileen 087 6284053.

GLENFLESK NEWS WITH DONAL KELLY

COUNTY LEAGUE DIV 3: In the final game of this year's county league, Glenflesk travel to Annascaul on Sunday December 14th at 2pm to take on the local side. A win for Glenflesk would secure automatic promotion to Division 2, but Annascaul are still in with a chance of promotion themselves.

GLENFLESK COMHALTAS CONCERT: The annual Christmas Concert will be held in St. Agatha's Community Centre Glenflesk on Friday 12th December commencing at 7.30 p.m. As usual this promises to be a very enjoyable evening with great entertainment, fantastic raffle prizes and refreshments served.

GLENFLESK LOTTO: Glenflesk Lotto draw was held on Sunday the 7th of December 2014, in John Dan's. Jackpot: €2,800. Numbers drawn: 2, 15, 18, 23. No Winner. €50 EURO DRAW: First draw: Danny Kelliher, Dublin. Seller: Dermot Kelliher. Second draw: Mary Lucey, Lisbaby.

Third draw: Con Lynch, Clonkeen. Fourth draw: DD O'Leary, Coracow. Next draw will be held on Sunday December 21st in Spillanes, Jackpot €3,000.

CLUB MERCHANDISE: Anyone wishing to order Glenflesk club merchandise for Christmas please place orders asap with Chris on 087 2843872. Special Offer for Christmas €5.00 off club rain jackets. Please contact Chris for prices and sizes available.

LEATHERING THE TAR: Glenflesk Coiste na nOg are hosting a special family fun event at the Kerry Way on St. Stephen's Day between 12noon and 4pm. Putting a football twist on road bowling, teams of two adults and two juveniles will aim to complete a 2km course on the old road at the back of the Kerry Way in the fewest number of kicks possible.

KERRY PARENTS AND FRIENDS RAMBLING

HOUSE: A Rambling House in aid of the Kerry Parents and Friends Association will be held in the Old Monastery, Killarney on Saturday December 13th, from 7 to 10pm. A good night is in store with the best of music, song and dance, and a brilliant array of raffle and spot prizes. Admission is free and donations are welcome.

KILLARNEY HOSPITALS VISIT: Our annual visit to entertain in St. Columbanus' Home and Killarney Community Hospital will take place on Saturday 20th December from 1:00pm to 3:30pm. All singers dancers and musicians welcome. Please assemble outside the main door of Killarney Community Hospital at 1:00pm.

CONTACT: We welcome items of local interest. Contact PRO Donal 087-6687926; email pro.glenflesk.kerry@gaa.ie deadline 8pm Thursday.



For creative and eye catching advertising this Christmas call:

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 2011 Kia Ceed <small>1.6 88 blue motion</small>	 10 Ford Galaxy <small>1.6 88 blue motion</small>	 11 Ford Mondeo <small>2.0 Titanium 8,800, 16.8hp, 1 owner, full Ford service history</small>	 2011 V.W Golf <small>1.6 Tdci Blue Motion 7.7k</small>

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12 Hyundai IX 20 1.4 CRDI 69 km

11 Ford Focus 1.6 TDCI, 44k

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11 Peugeot 5008 1.6 HDI 7 Seater

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10 Ford Galaxy 2.0, Titanium, Full Ford S/H, 80k

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06 VW Passat 1.9 TDCI, Black, NCT Tested

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05 VW Golf 1.9 TDI, Black, Alloys

05 Opel Mireva 1.3 CDTi, left hand drive

04 Opel Zafira 1.7 Dsl, 1yr Test

03 Citroen C3 1.4 HDI

03 Skoda Octavia 1.9 TDi, silver, 1 owner

11 VW Golf 1.6 TDi, blue motion, Black

11 Ford Focus 1.6 TDCI, Zetec (new model)

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00 VW Golf 1.9 GT TDi Very clean NCT

141 Ford Focus 1.6 TDCI - Choice

141 Hyundai 1x35 - 14k

10 Ford Focus 1.6 Titanium

14 Ford Focus 1.6 tdi zetec only 6klm

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12 Ford Fiesta 1.2

09 Toyota Yaris 90klms, black

08 Kia Rio 1.4, Automatic

07 Renault Megane Cabriolet 1.6, full leather

07 Nissan Almera 1.5 SXE, alloys, air con

07 Renault Megane Full Leather

05 Suzuki Liana NCT Tested

05 V.W Golf 1.4 Comfort Line

05 Ford Focus 1.4 zetec

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NEW PENALTY POINT OFFENCES & PENALTY POINTS

ADJUSTMENTS

INCREASED POINTS FOR 9 OFFENCES WITH 14 ADDITIONAL OFFENCES NOW ATTRACTING POINTS NEW OFFENCES FOR LEARNERS AND NOVICE DRIVERS

The Minister for Transport, Tourism and Sport, Paschal Donohoe TD, has announced a number of adjustments to penalty points and new penalty point offences which took effect on Monday last, December 8th under the Road Traffic Act 2014.

Penalty Points will be increased for 9 offences, and a further 14 offences will now attract penalty points for the first time. In addition, 2 offences which previously involved a court appearance have now been brought within the fixed charge notice and penalty points system. The new penalty point offences include learner permit holders driving unaccompanied or



failing to display an L Plate, and failure by novice drivers to display an N Plate. For each of these offences, the points will be two on payment of a fixed charge or four on conviction in court. Among the offences for which the penalty points have increased are dangerous overtaking, failure to stop a vehicle before a stop sign and failure to obey traffic lights. The offences brought within the fixed charge notice system are using a vehicle without an NCT and parking in a dangerous position. It will now be possible to pay a fixed charge fine for these and

receive lower penalty points than applicable on conviction in court.

The penalty points system was first introduced in 2002, and deliberately focuses on offences which can have a direct impact on road safety. The Department of Transport, Tourism and Sport carried out a review of the penalty points system in 2012 and the adjustments being brought into force today result from this review. They were given legal effect in the Road Traffic Act 2014.

THE DANGER OF MIXING WINTER AND SUMMER TYRES AND WINTER DRIVING!

The footprint of a tyre is the size of a postcard on the roads surface so therefore it is critically important to have some tread grip of over 3 mm for winter driving.

At this time of the year we encounter all types of weather and visibility is of the greatest importance. With cold morning starts and fogged up windscreens it is important to start your car 10 minutes before driving off, to have all systems warm and a clear windscreen. Ensure that your car is in a secure place to do so. If this is not possible then it is important to get the mirrors, windscreen and rear view clear as quickly as possible. A good quality wiper blade is also essential to having a clear windscreen and wipers nowadays are reasonably priced.

Road surfaces in winter driving can be hazardous and a driver needs to make allowances for different conditions. Shiny tar or extra smooth surfaces will not have the same grip as a new asphalt motorway. Under trees is also a caution and it can be slippery in wet conditions. Always be cautious if road surfaces appear different in misty conditions as sometimes less rainfall is more dangerous. Ensure to allow plenty of distance between other vehicles. Always be cautious when driving behind a truck, note that the truck will take a far greater distance to stop while loaded and in wet weather.

The use of winter tyres is promoted by all tyre manufacturers in temperatures below 7 degrees. There is no question that winter tyres will give better performance below 7 degrees than summer or all season tyres. It is important to note that winter tyres require frost or rain also to perform properly.

There is a major danger with mixing winter tyres with summer or all season tyres. The casing of winter tyres is constructed different than summer or all season but also has a soft compound tread with many fine lines or grooves. The purpose of the soft compound and the many fine lines is to create heat build-up far more quickly for better performance in very cold temperatures. If the temperature goes above 7 degrees and the roads are dry, then the winter tyre has fewer grips than a summer tyre or an all-season tyre and can have extended braking distances with lateral movement which is highly dangerous. Mixing winter with summer and all season tyres is an accident waiting to happen. It is questionable when we hear of accidents with young drivers that fail to take a bend and cross over to the opposite side of the road with devastating results. When winter tyres are mixed and they overheat, grip is reduced and lateral movement on bend taking is a



possibility.

This is a word of caution and a strong opinion expressed by the team at Tyrestop. It is documented on many websites not to mix winter tyres. It is also important to question the percentage of bad weather in Ireland to warrant the purchase of winter tyres. It is also important to note that in many EU countries the use of winter tyres is restricted from April to October approximately.

Finally, it is difficult for the consumer to be aware of all these facts and associated dangers, currently the law is the consumer should know which tyres they should use. It is our intention at Tyrestop to make all consumers aware of such issues and more for the safety of all road users.



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The winner will not be the biggest window or the retailer who has spent the most money but will be chosen by the best use of the window size available to them and judges will be looking for the most innovative and unique display.

Judging will take place on the **FRIDAY 12th DECEMBER** with the winner being announced in the **BUMPER CHRISTMAS ISSUE** of the **KILLARNEY OUTLOOK** on **DECEMBER 19th**.

The competition is a great opportunity for businesses in the area to go the extra mile and reinforce the message to "Buy Local"

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*Christmas in
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SHOP LOCAL. EAT LOCAL. SPEND LOCAL. ENJOY LOCAL



Know Your Rights: DISCRIMINATION IN EMPLOYMENT RECRUITMENT

DECEMBER 2014

QUESTION

I recently applied, unsuccessfully, for a job. I was asked in the interview how many children I had and how I would manage childcare if offered the job. I feel the way I was treated during the recruitment process was discriminatory. What redress do I have?

ANSWER

Ireland has legislation prohibiting discrimination in a wide range of employment areas including recruitment. Discrimination is defined as 'less favourable treatment'. A person can be discriminated against if he/she is treated less favourably than another person is, has been or would be treated in a comparable situation on any of nine grounds, as follows:

- **Gender:** this means man, woman or transsexual.
- **Civil status:** includes single, married, separated, divorced, widowed people, civil partners and former civil partners.
- **Family status:** this refers to the parent of a person under 18 years or the resident primary carer or parent of a person with a disability.
- **Sexual orientation:** includes gay, lesbian, bisexual and heterosexual.
- **Religion:** means religious belief, background, outlook or none.
- **Age:** this does not apply to a person aged under 16.
- **Disability:** includes people with physical, intellectual, learning, cognitive or emotional disabilities and a range of medical conditions.
- **Race:** includes race, skin colour, nationality or ethnic origin.
- Membership of the Traveller community.

If you think that you have been discriminated against during recruitment on one of these grounds you can bring your case to the Equality Tribunal under the Employment Equality Acts 1998 to 2011. You should use the online complaint form (available by selecting 'Make a complaint in relation to employment rights' on workplacerelations.ie). You must lodge your complaint within 6 months of the alleged act of discrimination.

The Irish Human Rights and Equality Commission can provide information on employment equality legislation. It can also, at its discretion, provide legal assistance to people who wish to bring claims to the Equality Tribunal.

Further information is available from the Citizens Information Centre below.

Know Your Rights has been compiled by Kerry Citizens Information Service which provides a free and confidential service to the public. Contact us in Tralee 0761 07 7860, Killarney 0761 07 7820, Listowel 0761 07 7840, Kenmare 0761 07 7810, Killorglin 0761 07 7830, Caherciveen 0761 07 7780.

Information is also available online at citizensinformation.ie and from the Citizens Information Phone Service, 0761 07 4000.



Kerry ETB Training Centre

Kerry ETB Training Centre is now recruiting for the following courses.

CAD – Computer Aided Draughting and Design Course (ET115) – Tralee.
This course is for people who wish to pursue careers as CAD technicians. It offers participants the opportunity to develop knowledge, skills and competencies in 2D and 3D computer aided draughting and design. CAD technicians need to have an eye for detail and an aptitude for maths, drawing and computer skills. Course participants must have passed technical drawing and maths in the Leaving Certificate or have achieved an equivalent level of relevant industrial experience or training. **Start Date:** 5th January 2015. **Duration:** 32 weeks. **Certification:** City & Guilds Level 3 Awards in 2D and 3D Computer Aided Design.

CISCO Certified Network Associate (CCNA) Certificate - Online Tutor Support & Workshops Course (ETL62).
This course provides participants with the knowledge, skills and competencies to install, configure, operating and troubleshoot medium sized, routed and switched computer networks. It's aimed at people with previous networking experience. A combination of on-line computer based learning & tutor led workshops are employed to deliver the course. Workshop dates are decided on the first day of the course. **Start Date:** 26th January 2015. **Duration:** 15 weeks. **Certification:** Cisco Certified Network Associate (CCNA) Certification.

Reception and Clerical Skills (ET0N1) - Killarney.
If you are a friendly, polite and confident person with good verbal and written communication skills and would like to work as a receptionist this is the course for you. **Start Date:** 9th February 2015. **Duration:** 19 weeks. **Certification:** FETAC Level 5 Component Certificates in: Information and Administration, Word Processing, and Customer Service.

IT Support Traineeship (ETS78) - Tralee Training Centre.
This traineeship is for people who wish to pursue careers in IT support services. It offers a comprehensive grounding in core hardware, operating systems, networks and cloud computing. Graduates of the course will seek employment installing, configuring, maintaining and upgrading IT equipment. **Start Date:** 23rd February 2015. **Duration:** 48 weeks. **Certification:** CompTIA A+, CompTIA Network+, and CompTIA Cloud Essentials.

Digital Web Design with Adobe Dreamweaver Course (ET3Z6) - Tralee.
This course is for people who would like to combine creativity and computer skills to design, build and redesign web sites. The work involves formulating ideas, visualising the finished product and having the technical skills to build and commission web sites. **Start Dates:** 23rd February 2015. **Duration:** 22 weeks. **Certification:** FETAC Level 5 Component Certificates in: Computer Illustrated Graphics, Web Authoring, and Work Experience; plus Adobe Certified Associate in Web Communication Using Adobe Dreamweaver CS5.

Healthcare Support Traineeship (ETS97) - Tralee.
This course provides participants with the knowledge, skills and competencies to work as part of a multidisciplinary team in the provision of effective and appropriate healthcare supports to clients in a variety of care settings. Course modules include: Patient Handling, Care Support, Care Skills, Safety & Health at Work, Care of the Older Person, Anatomy & Physiology, Human Growth & Development, Customer Services, Work practice, and Career Planning & Job Seeking Skills. **Start Dates:** 23rd March 2015. **Duration:** 41 weeks. **Certification:** FETAC Level 5 Major Award in Healthcare Support.

Beauty Therapy Traineeship (TRS52) - Tralee.
This traineeship offers participants the opportunity to develop the knowledge, skills and attitudes required to work as beauty therapists in a variety of settings. It offers a rich learning opportunity integrating theory, practice and industry experience so that participants gain a clear understanding of the various treatments and therapies practiced in the industry. **Start Date:** 9th March 2015. **Duration:** 50 weeks. **Certification:** I.T.E.C Beauty Specialist Diploma, ITEC Diploma in Facial Electrical Treatments, ITEC Diploma in Holistic Massage, ITEC Diploma in Epilation, ITEC Diploma in Anatomy and Physiology, ITEC Diploma in Body Therapy, CIDESCO International Diploma, and CIBTAC International Diplomas in Aesthetics, Epilation, and Body Therapy.

To apply or get further information on any of the above courses please contact
Kerry ETB Training Centre,
 Monavalley Industrial Estate, Tralee,
 TEL: 066 7149400, E-mail: training@kerryetbtrainingcentre.ie
 Entry requirements and other information on our courses are available at www.aetis.ie







FESTIVE MUSIC LINE UP LIVE

Saturday 13th DJ Ballroom All welcome
Sunday 14th Millsiders 6-8 front bar
O C Trio 9.30 - close Ballroom
Thursday 18th Jonnie Reidy Ballroom
Saturday 20th Noreen Ashe Ballroom
Sunday 21st George Kane 7-9 front bar
Neily O Connor 9.30 - close Ballroom
Stephens Day Millsiders 7-9 front bar
Neily O'Connor 10 to close Ballroom
Saturday 27th Wild Geese 10 to close front bar
Sunday 28th Joe Quinlan 7-9 front bar
Eddie Lee 9.30 - close Ballroom
New Years Eve Noreen Ashe 10 - close Ballroom

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Kenmare Clinic
Atlantic Bar 10pm Every Saturday Night
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MUSICIAN NEILY O'CONNOR ACCOMPANYING CATHAL WALSH, AT THE CHRISTMAS IN KILLARNEY TEA DANCE AT THE MALTON HOTEL, KILLARNEY.



LAURA TANGNEY, SERVING THE ALL IMPORTANT CUP OF TEA, AT THE CHRISTMAS IN KILLARNEY TEA DANCE AT THE MALTON HOTEL, KILLARNEY, WITH EILEEN MACSPARREN, AND HANNA MCCARTHY.



ENJOYING THE CHRISTMAS IN KILLARNEY TEA DANCE AT THE MALTON HOTEL, KILLARNEY, WERE FROM LEFT, EMMA BROSAN, MAUREEN MCCARTHY AND KATHY BROSAN.



ENJOYING THE CHRISTMAS IN KILLARNEY TEA DANCE AT THE MALTON HOTEL, KILLARNEY, WERE MAI REIDY AND MAURA O'SULLIVAN.



ENJOYING THE CHRISTMAS IN KILLARNEY TEA DANCE AT THE MALTON HOTEL, KILLARNEY, WERE, MAI CARTON AND JOANIE BUCKLEY.



CLLR MICHAEL GLEESON STEPPING IT OUT WITH MARGARET SYNON AT THE CHRISTMAS IN KILLARNEY TEA DANCE AT THE MALTON HOTEL, KILLARNEY.



THREE CHEERS FOR MARGARET, SYNON, AT THE CHRISTMAS IN KILLARNEY TEA DANCE AT THE MALTON HOTEL, KILLARNEY, WITH PADRAIG HARNETT AND CATHAL P WALSH.



*All the team in Outlook Publications:
Killarney, Tralee, Slabh Luachra and
The Lee Valley, would like to sincerely thank
all our advertisers, contributors and our readers
for their support and goodwill in 2014.*

*We wish everyone a very Happy,
Peaceful and enjoyable Christmas.
Continued success and happiness for 2015.*

*Next week's
Christmas issue
will be out on
Friday 19th
December and is
the final edition
for 2014.*



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TIM RYAN PRESENTING THE TIM MC GILlicuddy CUP TO FOSSA CAPTAIN, PAUDIE CLIFFORD, WINNER OF THE EK MINOR CHAMPIONSHIP DIVISION 2 FINAL

EAST KERRY NOTES

with Áine Ní Shúilleabháin PRO

EAST KERRY MINOR CHAMPIONSHIP DIVISION 2 FINAL

Fossa 1-12 Rathmore 0-11

Fossa won the East Kerry Minor Division 2 Championship Final, sponsored by The Tatler Jack, after an exciting sporting game in Listry last Sunday. Fossa got off to a strong start with three points (Paudie Clifford) and a goal in the opening quarter to three points from Rathmore (Dean Fitzgerald 2, Donnacha Mc Carthy) . The goal came eight minutes into the game, when Paudie Devane put the ball into the net, from a cross by Paudie Clifford. Rathmore were denied 2 goal chances with great saved by the Fossa keeper, Maurice Prendeville, but went on to score three points (Dean Fitzgerald (2) and Mark Ryan) to narrow the margin to a single point, twenty four minutes into the game. The Rathmore Keeper, Shane O' Callaghan made a great save, and with a wonderful reach tipped the ball over the bar for a Fossa point, from David Clifford. Fossa notched up two further points, without reply, from the boots of Paudie Devane and Paudie Clifford, leaving the half time score: Fossa 1-06 Rathmore 0-06.

Rathmore opened the second half with a Padraig Desmond point but Fossa replied with points from Matthew Rennie and Paudie Clifford(2), and increased their lead to five points, 1-09 to 0-07 going into the last quarter. However, Rathmore, showing great skill and determination, again reduced the margin to a single point, with six minutes remaining, scoring three frees and a point from play (Dean Fitzgerald (3f) and Mark Nagle). Fossa responded with a Paudie Clifford pointed free. Rathmore had a great shot at goal put out for a 45m free, with another great save by the Fossa keeper and it was Fossa who found the target in the last minutes of the game and notched up two points without reply, from the boot

of David Clifford, to run out winners after an exciting skilful and sporting game. Final score Fossa 1-12 Rathmore 0-11.

Referee: Tommy Brosnan

East Kerry Board Chairman Tim Ryan presented the Tim McGillicuddy Cup to Fossa captain Paudie Clifford. Tim complimented both team on a great game and thanked the referee. He also thanked Listry Club for making their facilities available for the game.

FOSSA TEAM: Maurice Prendeville, Kevin Brookes, Colm Walsh, Cathal Talbot, Jonathan Coffey, Adrian Cronin, Brian Myers, Matthew Rennie (0-01), Daniel O'Connell, Cillian Bellew, Paudie Clifford (Capt) (0-07;5f), Michael O'Keeffe, David Clifford (0-03), Paudie Devane (1-01), Conor Murphy Substitute: Shane Cronin Team Mentors: Willie Buckley and Kieran O' Brien

RATHMORE TEAM: Shane O'Callaghan, Padraig O'Callaghan, T.J. Friel, Darragh O'Callaghan, Brian Friel, Tadhg Mahony, Tommy Sheahan, Donnacha McCarthy (Capt)(0-01), Micheal Mahony, Padraig Desmond(0-01), Dean Fitzgerald (0-07f), Damien Cronin, Ignatius O'Leary, Mark Ryan(0-01), Ian Cremin. Substitute: Mark Nagle (0-01).

Management: Maurice J. O'Connor, Brendan Cremin and Sean O'Riordan

UNDER 13 COMPETITION

The Under 13 competition, sponsored by MD O' Shea, will be complete this week with Legion certain of either topping the Division 1 table or being in joint top position, Legion having taken the league points on Sunday after a great game against Glenflesk. The final game in the competition sees Dr Crokes play Rathmore, on Monday evening, after these notes have gone to press.

DR. CROKES GAA CLUB NOTES

LOTTO: Draw took place in the Speakeasy on Sunday last. Numbers drawn: 1, 9, 18, 20. The jackpot of €12,300 was not won. Match 3, 16 received €25. Next week's jackpot is €12,600 plus 3 by €50 vouchers to be drawn. Draw will take place in the Tatler Jack.

JUVENILE CHRISTMAS PARTY: Dr. Crokes Juvenile Academy Christmas Party for U6 - U10 boys and girls on this Friday 12th December in Dr. Crokes GAA Clubhouse from 6:30pm to 8:00pm. A brilliant night of fun, games, music and party bags is guaranteed. And, of course, Santa Claus will make a special visit!!! Not to be missed!!! Admission is free and everyone is welcome!!!

SCÓR NA NÓG: On Saturday 23rd November, our quiz team of Fionn Oliver, Mary Oliver, Jamie Muldoon and Mark Cooper performed very well in the Scór na nÓg Quiz in the Carnegie School, Killorglin. Special thanks to Jackie Looney who provided invaluable help to the team on the run up to the competition. Well done also to Treasa O'Sullivan who made it to the final of the Recitation in Glenbeigh on Sunday 30th November.

CLOTHES BANK: There is a clothes bank now permanently located at the rear of the clubhouse. Any old clothes, no longer required, can be deposited in bags at all times. As well as providing valuable funding to our juvenile section, proceeds from the bank also go towards the ISPC.

BEAUFORT GAA NOTES

CHRISTMAS LOTTO Draw will be held in The Inn Between on Sunday, December 14th. As well as Jackpot for 2,000euro there will be a draw for Christmas Hampers and bottles. Tickets available from usual sellers, local shops and bars.

Our Seniors will play Fossa on Sunday next to decide who gets Promotion to Division 3. Game is fixed for Listry at 2. Support would be appreciated.

The Minors are due to play Keel/Listry on December 20th.

Spring Schedule of Exercise Classes will be available soon. Thanks to all who supported Classes up to date.

The Annual General Meeting will be held on Friday, 9th January, 2015.

A big Thank You to all who supported the recent Christmas Fair, people who donated Baking, Books etc. those who helped out in preparing the Club Rooms and everyone who helped out on the day.

LEGION GAA CLUB NOTES

CLUB AGM

The club AGM takes place this Thursday Dec 11 at 8pm in the clubhouse . All members are



requested to attend .

LADIES FOOTBALL 2014 With the footballing year finally coming to its conclusion, its nice to recap on on the achievements of all our underage teams and this week we concentrate on the ladies . In what was a very active year on the playing pitches for the girls at all age groups ,both the players and their mentors can take pride in the effort that was put in for the entire season. Our U12 side after a busy year came home victorious in the East Kerry Shield competition. Shaun O'Connor, Mike Doody , Jason and Blaithin Stack ,Orla Culloty and Desiree Crowley can take a bow for a job well done. The U14 side whilst not bringing back any silverware, put in a huge performance al year and a lot of this side look destined to wear the club colours for many a year to come .John Doona ,David Randles and Suzanne Smith were the very accomplished driving force behind this team it was the same management and along with Paudie Breen that took charge of the U16 outfit who had a great year ,winning the Div 2 County League and fin ishing runners up in the prestigious Bridget Dineen Memorial tournament. And just for good measure the U15 side got to the division 1 final , narrowly losing out to Fossa. So all in all , a very satisfying year on the ladies football front and the club would like to thank all the girls ,mentors and parents for all their effort during the year

CHRISTMAS KIDS PARTY Saturday Morning Academy Christmas party will be held in the Killarney Avenue Hotel on Sunday December 14th from 6.30pm.Santa Claus will be dropping by to say hello and all the kids will get their medals as an acknowledgement of their great year. A special souvenir Christmas poster will be given out to all the kids and who knows maybe a few autographs might be had too with a few special guests passing by.

JUVENILE AWARDS NIGHT

WELL DONE to Paddy Osbourne and his crew who organised a great awards night last Saturday night at the Dromhall Hotel for all the juvenile success throughout the the year .

SYMPATHY The club sends its sincere sympathy to the family of Mrs Leahy who passed away last week . The Leahy family have been great supporters of the club down through the years .

Condolences also to the family of Jackie Healy Rae who was laid to rest last week . Ar Dheis De go raibh a Anam

LISTRY NOTES

LISTRY WEEKLY LOTTO Results Sunday 7th December, 2014

Winning Numbers 12, 14, 23, 25

Jackpot €11,300 Not Won

Hamper Phil Ahern, Faha

Hamper Margaret O'Connor, Manus

1x€100 Kat Flynn, Rockfield

2x€50 Noreen Foran, 43 O'Kelly's

Villas Angela Coffey
2x€25 Joan O'Connor, Glenbeigh
Helen Dowling Co P. Lynch, Moyvane

Draw Entrant Kathleen Coffey, The Grotto, Beaufort

Draw Entrant €1,000 Winner 2014 John Courtney, Rockfield

Jackpot next week

Sunday 14th December €11,450

LISTRY GAA AGM The AGM has been fixed for Sunday 11th January, time to be confirmed. Please check www.listrygaa.ie and Listry Gaa facebook for further updates.

LISTRY GAA SOCIAL At the Monthly Meeting, it was decided to hold a Listry Gaa Club Social, this will take place at the end of January 2015, More details to follow soon.

TABLE QUIZ NIGHT Thanks to everyone who came along and supported the annual Listry Gaa Table Quiz on last Friday night in Faha Court. It was a very enjoyable night and some great questions set by Chris Horan. MC on the night was our very own Ted Ahern. Many thanks to everyone who helped out on the night and those who gave spot prizes for the raffle.

LISTRY TEAM DINNER Many thanks to Mike O'Shea, Faha Court who sponsored the Senior Team, Mentors & Officers to a meal in Faha Court last Saturday evening. A great night was had by all.

KILLARNEY LIBRARY Interested in learning more about Spanish-Irish cultural links? Want to practise your Spanish with native speakers? The next meeting of the Spanish-Irish Cultural Exchange at Killarney Library will take place on Thursday 11th December between 6.30-7.30pm. The meeting will focus on traditional Spanish festivities.

MILLTOWN/ CASTLEMAINE NOTES

SENIORS Milltown/Castlemaine play Keel in the Mid-Kerry Championship Final (date and time to be confirmed)

LOTTO Our Lotto Jackpot has now reached €10,600. Don't miss out on the chance to win this massive Prize for just €2 entry. Get your tickets in local shops and bars.

There was no winner of last weeks lotto , the numbers drawn where 06,25,26,30.

The next draw will take place on the 22nd of December in Knightlys Bar

RACENIGHT The Club are holding a race night in Larkins bar on Saturday 13th December @8.30pm.This is our main fundraiser.To support you can buy a horse for 50 euro or any share from 10 euro. Should your horses win you win 200 euro. We would also like to see you on the night to back a horse or cheer you horse past the post and enjoy the night. Please text back to Garry Murphy (087) 943 2746 or contact Club Sec. Mike Carroll 0872556548 to get your entry forms. Your continued support is greatly

appreciated.

SPA CLUB NOTES

COISTE NA NOG All teams are having a break till the New Year. Annual card drive will take place in the Torc Hotel this Friday Dec 12th. All tickets that were distributed through the schools last week can be handed back through the school or drop off on the night to Torc Hotel before 9pm. We hope you support this annual fundraiser.

LADIES FOOTBALL Congratulations to the U14 girls Marie O Donoghue, Eimear Beazley, Megann Cronin and Mairead Bennett who were requested to return to join the Kerry Ladies U14 squad.

SCOR Scór na bPaisti and Senior Scór Club members who may be interested in participating in forthcoming Senior Scór or Scór na bPaistí (Primary school children) competitions are invited to contact Spa Scór Officer Sheila McCarthy at 087-7614847 , Scór disciplines are

Set and Figure Dancing, Recitation,Drama, Solo Singing,Instrumental Music, Ballad Group and quiz.

LOTTO Congratulations to €4200 Jackpot winner at the Arbutus, Kathleen Kelleher Ballyspillane, ticket bought in Cronins shop. Annual ticket holders monthly draw winner was Brendan Spillane Kilbreen. €3000 next week in the Heights.

CLUB MERCHANDISE Please contact Mathilda McCarthy (087) 648 7356 to purchase our new range of Club gear.

SEM TEAM Congratulations to St Brendan's College and especially manager Kieran Herlihy and Spa players David Carroll, Aydan Mulvaney, Mike McCarthy, Liam Kearney, Ciaran Spillane, Evan Cronin, Mike Foley, Mikey Moynihan and Dara Moynihan on their win over Tralee CBS in the O'Sullivan Cup Schools Final last Wednesday. St Brendan's have also qualified for the quarter finals of the Corn Uí Mhuiri Munster Championship and the draw for the next round will be made on December 17th.

CLOTHES/BOOKS/OLD PHONES DRIVE COLLECTION We collect all year round. All proceeds goes towards the underage section of this club. Time to clear those wardrobes and can be dropped off to Spa clubhouse during the day or in the evening. All clothes any condition (clean), belts, bags, shoes and books (no school text books) and any old phones can be collected. Contact Anne Holland 0857780883 or John O Donoghue 087 9403517.

SANTA ARRIVED TO SPA Santa arrived to Spa over the weekend as rumour has it that we have very good boys and girls in the Club. Thanks to all who helped out on the night especially Sheila Curtin and her Ladies Committee along with Coiste na nOg officers. Don't forget to pick up your photo from Sean Kelly if you purchased a photo with Santa. Tickets for the All Ireland Senior & Minor Medal



Presentation Gala Banquet at the INEC on December 19th are now available from the Kerry Co. Board Office and the Kerry GAA Store. Tickets cost €60 and are limited so people are encouraged to purchase early. Spa will be booking a table and anyone looking to join are asked to contact Secretary on 0876332773 as seating spaces are limited.

SPA COMMUNITY NOTES

Sean Kelliher is Golfer Of The Year Former Spa senior footballer and Treasurer Sean Kelliher has capped a successful season at Killarney Golf club by being honoured as Golfer Of the Year for 2014. Sean who had a distinguished playing career with Spa and Killarney at county championship level as with the Kerry minor team in 1974 has been a golfer on note for many seasons and earlier this year won the Match Play competition. He's indeed a worthy recipient of this latest prestigious award.

COISTE NA NOG AGM

There was a big attendance at the 2014 Coiste na nOg AGM last Thursday night in the Kerins

O'Rahillys Clubhouse at the conclusion of a very successful year in Kerry GAA.

Chairman Tom Keane welcomed all the delegates and guests, who included County Board Chairman Patrick O'Sullivan and Secretary Peter Twiss as well as the Tommy Markham Cup, the All Ireland Minor trophy, after an absence of twenty years!

CCC Chairman Reggie Griffin outlined the programme of matches throughout the year, almost 900 in U16, U14, and U12 grades (750 in football and 140 in hurling, 45 games a week for six months straight) and paid tribute to the hard work of his fellow officers, the co-ordinators Martin Sheehy, Mike Hussey, PJ Shanahan, Billy Broderick, Derek Daly, John Ross, and referees co-ordinator Siobhan O'Mahony. Gerard Hussey outlined the hurling activities throughout the year.

Treasurers Kieran Coffey and Mike Hussey presented the accounts, which showed an income of €33,715 for the year and expenditure of €33,000.

Eamonn Whelan gave a comprehensive breakdown of County coaching and Development Squads.

Chairman Tom Keane, in thanking all his fellow

officers and delegates and paid special tribute to outgoing PRO Sinead Piggott, before making the point that Kerry's successful players have all come through the playing fields of Coiste na nOg and thanked everyone who made that happen, a point reiterated by the County Chairman in his address.

The Bob Walshe Trophy for Best Coiste na nOg Club was presented to Waterville/Dromoda na Piarasigh.

Coiste na nOg Executive Committee 2015: President Patsy Cremin (Spa), Chairman Tom Keane (St. Marys), Vice Chair Reggie Griffin (Kerins O'Rahillys and Beale), Secretary Tadhg O'Halloran (St. Pats Blennerville), Asst. Secretary Martina O'Shea (Kilgarvan), PRO Aileen Stack (Moyvane), Asst. PRO Jimmy O'Sullivan Darcy (Spa), Treasurer Mike Hussey (Ballyduff), Asst. Treasurer Kieran Coffey (Fossa), Registrar Mary Jo Coffey (Beaufort). The Hurling Officers will be appointed by the Hurling Steering Committee in January.



KERRY LADIES ENJOY STYLISH AWARDS NIGHT



MICK HANAFIN OUTGOING U14 MANAGER CHURCHILL, GERALDINE MURPHY (NEE COOPER) MILTOWN/LISTRY LADIES, RORY KILGALLON JOHN MITCHELS, FRANK MCLOUGHLIN KERINS O'RAHILLYS PICTURED AT THE KERRY LADIES AWARDS NIGHT.



TONY WALSH MANAGING DIRECTOR EDUCATE.IE, PATRICIA WALSH, KILLARNEY OUTLOOK AND WALSH COLOUR PRINT, AOIFE O'BRIEN KERRY GROUP, U 14 CAPTAIN, ERICA MCGLYNN FOSSA, MARY COURTNEY SECRETARY/KILCUMMIN & PAT HARTNETT CHAIRPERSON/CASTLEISLAND DESMONDS AT THE AWARDS NIGHT.



JOHN DOONA RECEIVING LEGION'S MEDALS FROM TONY WALSH, EDUCATE.IE



MARY COURTNEY KILCUMMIN SECRETARY, KAREN MCGLYNN TREASURER FOSSA, BACK BILLY MANGAN OUTGOING MINOR MANAGER/MANGER CASTLEISLAND DESMONDS ALL IRELAND WINNING TEAM, EILEEN & JERRY O'MAHONY CASTLEISLAND AT THE KERRY LADIES AWARDS NIGHT.



DIVISION 1 CUP:

O'Sullivan dwarfs Gneeveguilla as St Brendans win

ST BRENDANS 69 GNEEVEGUILLA 51

Gneeveguilla travelled into Tralee to take on a very young but skilled St Brendans team in the first round of the Senior Men's Division 1 Cup. Nathan Roche of St Brendans opened up the scoring in the game with a big 3, setting the tone for the St Brendans boys who scored a massive 26 in the quarter, 14 of which were scored by 7ft Cian O'Sullivan, including three slam dunks. Nathan and Anthony Craig added another 5 points between them, and Tommy Sheehy's immense rebounding was rewarded with a basket. Even with Cian's height and Tommy's strength under the board's, Gneeveguilla had some great rebounds, resulting in fast break scores from a speedy George O'Keeffe who scored 10 of Gneeveguilla's 12 of the quarter as St Brendan's led 26 - 12. The 2nd quarter saw both sides score 13 each as St Brendans introduced Fergal and Liam O'Sullivan and Cian O'Sullivan took a rest. Scoring was spread out in this quarter for the Gneeveguilla side with each member of the team scoring, 6 of the sides 13 in the quarter coming from Stephen Lehane, but St Brendan's led 39 - 25 at half time. St Brendans made their move in the 3rd scoring 21 points to Gneeveguilla's 8. Fergal O'Sullivan scored 3 big threes, and Tommy and Cian lived up to their reputation, working well within the key, scoring 6 a piece for the home side Gneeveguilla's scores coming from fast breaks, from John and George O'Keeffe, and Stephen Lehane. The quarter finished 60 - 33 in favour of Brendans. Gneeveguilla outscored St Brendans in the final quarter, 18 points to 9, never throwing in the towel. Gneeveguilla again showed great speed and accuracy with both their fast breaks and their shooting, and just met a younger and stronger side and St Brendan's, who will play St Mary's Castle Island in the semi-final.

ST BRENDANS: Cian O'Sullivan (25), Fergal O'Sullivan (14), Tommy Sheehy (14)

GNEEVEGUILLA: George O'Keeffe (24), Stephen Lehane (12), John O'Keeffe (7).

GIRLS U16 DIV 3.

Killorglin carry too much firepower

GNEEVEGUILLA (B) 34 - KCYMS 57

Gneeveguilla led 10-6 after one qtr, with Rachel McGillycuddy scoring 8. KCYMS took control in the 2nd qtr to lead 32-18 at the half. They were led by Lucia Sobrado (17 pts), Naoise Purcell (12 pts), Sarah Clifford (8 pts), and Roisin O'Hara (8pts). Gneeveguilla battled well in the 2nd half, led by Brenda Murphy (12 pts), Michelle O'Sullivan (4), and point guard Fiona Rahilly. KCYMS proved too strong, winning by 23.

GIRLS U16 DIV 2 PLATE:

KENMARE 32 GNEEVEGUILLA 38

Gneeveguilla progressed to next round with a good away win over a battling Kenmare side. Gneeveguilla led 26-17 at the half, and withstood Kenmare's pressure in 2nd half. The winners were led by Rachel McAuliffe (18 pts), Laoise Coughlin (11) and Rachel Fitzgerald (6):

BOYS U18 DIV 2.

TRALEE TIGERS 40 - GNEEVEGUILLA (B) 53

This was a tightly contested game with Gneeveguilla leading by just one point going into the final quarter. Good shooting by Dara Looney and Liam Murphy ensured the team a win with a margin of 12 points. Daniel O'Keeffe and Gavin Cronin played well in defence.

BOYS U18 DIV 2.

KENMARE KESTRELS 47 -GNEEVEGUILLA (B) 36

Gneeveguilla travelled to Kenmare to contest this game. A strong performance in the 1st quarter by Kenmare Kestrels gave them a good lead. Gneeveguilla responded well with good shooting from Naoise Clifford and Conlon O'Leary. However, they were unable to bridge the gap so the game ended with a score line of 47 - 36 in favour of Kenmare.

U14 BOYS PLATE:

Cougars make trip to the sea-siders pay

BALLYBUNNION WILDCATS 28

KILLARNEY COUGARS 46

Wildcats hosted Cougars on Sunday morning at the Ballybunion Community Center and the Killarney boys advanced to the next round with a strong performance from start to finish in a entertaining game. Cougars led a good first quarter 11-7 and a strong second quarter saw them race ahead 21-11 by halftime. The home side battled hard with good baskets by Jamie Hannon and Phillip Byrne giving the Wildcats hope but Cougars better accuracy and good spread of scores gave them the edge at the end of each quarter to deservedly advance. Best for Cougars were Eoin Talbot, Joe Cahillane, David Bartlett, David Foley and Eoin O'Donnell with Wildcats having strong performances from Phillip Byrne, Jamie Hannon and John Micheal Kendlin

U14 GIRLS PLATE QUARTER FINAL

Cougars win on the road

VIXENS 29 KILLARNEY COUGARS 39

This very entertaining Quarter Final Plate game saw the Vixens host the Cougars in Athea and the visitors made the long journey a productive

trip with a strong second half performance to come from behind to take the spoils. The Vixens led Cougars 23 19 at halftime with great baskets Ciara O'Shea, Olivia Twomey and Aibhlin Murphy with the impressive Shelly Clifford keeping Cougars in touch. Cougars worked hard in the third quarter to take the lead with good scores from Ciara Griffin and Anna Clifford with Orla Moynihan and Ava Teehan doing great work in defence on the boards as Cougars led 29 -27 entering the final quarter. A very determined Cougars grew in confidence and now in the lead they produced a strong final quarter with some great scores and excellent defence to frustrate the home side and record a great victory to deservedly advance to the semi final.

BOYS U14 DIV 3 PLATE

RATHMORE RAVENS 55 GLENBEIGH FALCONS 25

Glenbeigh Falcons made the long journey to Rathmore for The Ravens had the upper hand from the start leading 10-5 at the end of the 1st quarter, with scores from Alan Dineen, Ian O'Connor, Sean Kennedy and Michael Twomey. The boys pulled well ahead in the 2nd quarter, with P J McAuliffe fielding (not sure if this is a basketball term!!) some long shots from Cathal Ryan and James Darmody to score 6 baskets. Rathmore led by 29-11 at the end of the 2nd quarter. The 3rd quarter ended in a score of 41-18 with 5 players contributing to the score.

Killian Cronin and Dan Murphy scored in the 4th quarter. Good performances by Lee Phelan and Daniel Herlihy helped The Ravens to run out winners by 55-25. This game was played in a very sporting manner by both teams.

GIRLS U16 DIV 2 PLATE

TRALEE IMPERIALS 39 ST BRIDGETS 63

Tralee Imperials hosted St Bridgets in the Girls U16 Div 2 Plate on Friday evening but it was the visitors who deservedly progressed to the semi final. St Bridgets really set the tempo from the start and had built up a healthy lead mid way through the first quarter before building on it further to lead by 16 at the quarter break. Tralee Imperials improved in the second quarter but failed to make any inroads on the visitors advantage as the half time score saw St Bridgets lead by 34-18. St Bridgets continued to push on in the third and fourth quarter and extended their lead further in both quarters to firstly lead by 20 at the end of the third and run out comfortable winners at the final buzzer on a score of Tralee Imperials 39 St Bridgets 63 Top scorer's for St Bridgets were Fiona Nelligan 21 points, Hannah O'Connor 14 points and Kerrie McCarthy 9 points. For Tralee Imperials Nora O'Connor and Sarah Kilgallon had 14 points each and Anna O'Connor had 3 points.



KILLARNEY COUGARS BASKETBALL CLUB & ST ANNE'S FARRANFORE BASKETBALL CLUB UNDER 10 GIRLS AT THE PARISH HALL KILLARNEY AT THEIR RECENT CHALLENGE GAME.

KILLARNEY DARTS TOWN LEAGUE

KnockOut Cup sponsored by O'Neill's Plunkett St.

The last four in the semi-finals of the KnockOut Cup are

1, The TATLER JACK, 2, MURPHYS BAR
3, DAN LINEHANS & 4, LALS BAR

Draw will be made on 8th December and fixtures shall be posted here and on facebook.

Killarney Darts Town League sponsored by Mustang Sally's

Fixtures for Thursday 18/12/14 are as follows:

First named teams have home advantage

Group 1

Murphys Pinters v Dunloe Lodge B.

Jimmy's Jokers v Lals Bar.

Golden Nugget Old Timers v Kenmare Rooms.

Free Night = Sportsmans.

Group 2

Corkerys v Murphys Bar.

Dunloe Lodge A v Tatler Jack.

Dan Linehans v Jimmy Briens.

Free Night = Klub Bar Kilcummin.

Group 3

Avenue Heros v Nugget Night Owls.

Charlie Foleys A v Mustang Sallys A.

Old Killarney Inn v Teddys Bar.

Free Night = 98 A.

Group 4

Charlie Foleys B v Scruffys Bar.

Klub Bar Reserves v Team Danny Mann.

98 B v Mustang Sallys B.

KILLARNEY BADMINTON CLUB

Well done to all who competed over the week and weekend. Well done to the Kerry butter field cup a great win. Well done to Maeve Twomey, Kieran Crehan, John O'Brien and Ger O'Connor who played on Sunday at the Killarney leisure centre. Here is some of our results from last weeks league matches.

Div 3 men's Iveragh 4 - 2 Killarney team Danny Brendan Liam and Ger. Div 3 men's Moyvane 3 - 3 Killarney we won 8-7 on set.

Team Danny, Liam, Kieran & Ger. What a result.

Mens league Div. 4 Result. 24/11 Killarney beat Iveragh 6-0 in Valentia. K. Mens league Div. 4 result: 28/11 Killarney beat Kingdom 4-2 in Killarney. Division 4 ladies killarney v kingdom 3 all. lost 6 - 9 on sets.

A great week/weekend of badminton. Keep it up Killarney members.

KILLARNEY COUGARS BASKETBALL CLUB

JUVENILE NEWS: U14 BOYS PLATE

BALLYBUNNION WILDCATS 28

KILLARNEY COUGARS 46

DIV 1 LADIES: KILLARNEY COUGARS 44

ST MARYS CASTLEISLAND 55

The top two unbeaten sides in the Division 1 Ladies met at the Pres Gym Killarney and the visitors from Castleisland took the honors thanks to a strong first quarter which laid the foundations for the win. St Marys led 15-7 thanks to the excellent Mags Daly 9 points as she dominated the boards with Reidin O'Loughlin equally impressive giving Cougars problems throughout the game. The sides went basket for basket throughout much of the game with St Marys ahead 29 19 at halftime. Cougars failed to make any major impact on the game with strong defence by the Castleisland making Cougars to work very hard for every basket with neither side hitting top form the St Mary's side deservedly took the points in what could be a very decisive score line come the end of the season. Best for Cougars were Amanda Brosnan 15 points and Chloe O'Doherty 10 points with St Marys Mags Daly 22 points and Reidin O'Loughlin 14 points.

U14 GIRLS PLATE QUARTER FINAL:

VIXENS 29

KILLARNEY COUGARS 39

U15 CORK OPEN BLITZ: Cougars travelled to Cork's Parochial Hall on Saturday morning for a one day tournament and the Cougars enjoyed a successful day against some of the top clubs. Cougars opened their day with a great win over Brunell 40-32 with a very good performance from start to finish. The favourites Father Mathew's were next up and a very tough contest saw the Cork girls finish the stronger with a 30-

20 win in a very entertaining game. Cougars had to win their third game and despite a slow start they recovered to dominate Lee Valley in the second half eventually winning 39-26. A win in Cougars next game against Glanmire would secure a place in the final and despite a great performance they were denied by a strong Glanmire side 40-37 in a very good game to conclude Cougars games. Cougars hope to continue their good recent form ahead of their important trip to Cork on Sunday morning next for an important CLBB league game against Brunell. Cougars panel included Kate Stack, Grace Cahillane, Anna O'Reilly, Ana Bellew, Kate Maher, Orlagh Dineen, Erica McGlynn, Kelly Ahern, Ciara Griffin and Shelly Clifford. Coaches James Fleming & Mike Cahillane.

A full list of club training times, fixtures and results is available on the Website www.killarneycougars.com

EURO BRIDGE CLUB

RECENT RESULTS: 25TH NOVEMBER

CHRISTMAS HAMPERS

1st Anne Looney and Carmel Walsh.

2nd Anne O'Shea and Harry Milner.

3rd Andy Cole and Phyllis O'Regan.

2ND DECEMBER

1st Bridie Brosnan and Mary Walsh.

2nd Miriam Darcy and Harry Milner.

3rd Helen O'Donoghue and Phyl Lynch.

GNEEVEGUILLA ATHLETIC CLUB

LOTTO: No winner of our lotto draw 5/12/2014, numbers drawn were 9, 10, 17 and 19. Sellers prize winner Tom Joe O'Donoghue, €50 Y/T prize to Sinead Galvin Farranfore, €50 to Martin Murphy Kiskeam, €40 each to Eileen O'Leary Mountcain, Sean Horan c/o Reen's Garage, Jay Murphy c/o Bridge Bar. Bonus not won numbers drawn were 3, 9, 11 and 26. Winner of 2nd Christmas Hamper Mairead O'Neill Newmarket. Next week's jackpot €5,400 plus bonus plus Monster Christmas Hamper.

NATIONAL NOVICE & UNEVEN AGE

CROSS COUNTRY: Held in Dublin on Sunday December 7th, Karina Teahan, Sneem was 6th, Ann Marie Costello was 20th. In the U19 race Matthew Collins was in the 20's. Good running by all of them.

COUNTY TRIALS FOR MUNSTER U10, U12

& U14 RELAY: Trials will take place on Sunday 14th in The Demense, Killarney at 11.00 am. Be there is you would like to get on the Kerry County Relay team for the Munster's.

SENIOR, JUNIOR & MASTER MEN END OF

YEAR GET TOGETHER: A get together for the Club Senior, Junior and Master Men will take place over the Christmas, a working lunch and future plan will be discussed. Details to follow.

REGISTRATION: Club registration is due since September, we would appreciate if all club membership can be renewed sooner rather



than later.

KILLARNEY BRIDGE CLUB

THE RESULTS FOR THE CHRISTMAS HAMPERS COMPETITION:

1st Eileen Crehan and John O'Shea.
2nd Ursula Daly and Teresa Griffin Keogh.
3rd Mary Murray and Anne Looney.
4th Joan Culloty and Phyllis O'Regan.
5th Miriam Darcy and Phil Lynch.
6th Doreen Brosnan and Maureen Lyne.
A Very Happy Christmas to all our members.

SQUASH NEWS

The penultimate squash competition of 2014 was a very interesting affair with the bare minimum separating the teams at the death; Donagh Crowley and Mikey P O'Donoghue led their teams through the group stages to reach this month's final. Sponsored by Quills Killarney, November saw unprecedented levels of participation with upwards of 60 competitors taking part. First up we had Michael McCarthy and Oscar Pedowski who gave a display of all action squash but it was McCarthy's power that saw him edge this one 3-1, first blood to Team Crowley. Next on the night were a heavily bandaged Cormac Bonner and Kevin Donnelly, both of whom had played well in their respective semi-finals. On the night however, it was Donnelly who emerged triumphant after a good tussle despite the scoreline of 3-0. Kevin Smyth and Tim Lynch served up an excellent game with lots of good rallies and intelligent squash. For long periods no one was prepared to predict a winner but it was Smyth's fitness that saw him over the line on the night, 3-2 and another blow to Mikey P's team's chances. Next to take the court were Ken Malone and Eddie Hayes who has done very well to climb the rankings so quickly, however on this occasion he found the going tough and Malone came away with a 3-0 victory. This left the overall standings at 2 apiece meaning the last game of the night would decide each team's fate. After a summer spent in high altitude training Mikey P was licking his lips at the prospect of taking on Squash Club Golden Boy Donagh Crowley. A nasty ankle injury had sidelined Crowley for the previous 18 months and people were wondering could he reach his high standards once again. In the opening exchanges Mikey P threw the kitchen sink and more at Crowley but there was no shaking the Rathmore man as he gained control of this particular duel winning 3-1. In so doing he also sealed the overall match for his team, congratulations to all involved. Thanks again to Quills Killarney for their sponsorship and of course to the Aquila Club for their continued co-operation. As you read this the final competition of the year will be underway with the finals scheduled to take place on Thursday 18th of December followed by the annual Aquila Club Christmas Party. If you are interested in playing squash, pop in to

the Aquila Club for details on how to get involved. All are welcome!

KILLARNEY RUGBY CLUB NEWS

MUNSTER JUNIOR LEAGUE DIV. 2 - CASTLEISLAND 18 KILLARNEY 8. Killarney were well in this game until 8 minutes from the end. In fact they took the lead from a Chris Myers penalty. Despite the weather it was a good day for rugby and the pitch was in excellent condition at Cragreens in Castleisland. Chris unfortunately missed an easy penalty in front of the posts and together with another miss further out on the right, Killarney could have led 9 - 6 at the break. Instead island were let off and they led 6 - 3 at the break. Killarney had a good re-start and some excellent exchanges across the field between pack and backline had the home side on the rack. Killarney turned over too much ball in the last 10 metres and time after time Island cleared their lines through a fumble or indiscipline. On one of those breaks Island kicked long and the chase pinned us inside our 22. Island drove off the lineout but great defensive work by the pack won the ball but Hilary McCarthy's relieving kick rebounded off him and it was a fortunate 5 metre scrum to the home side. From the back Downey broke and got the wing in to the corner to stretch to 11-3. We are seeing great improvements with getting new players back and with added fitness the old core team are beginning to get to terms with the season. Our problem now is that we have no games until January 4th. Ger Moynihan played a captain's part. John Scully O'Sullivan is an inspiration the way he is playing. Mulligan was a powerhouse in the second row until an unfortunate retaliation saw red and our hopes of winning were slipping big time. Paul O'Sullivan is so cute at scrum half he almost broke through several times. Shane McSweeney made a fantastic run mid-way through the 2nd half and his perfect offload saw a string of good support and interchanging and only an unfortunate pass was knocked on at the death. That was the day of it. Downey the angel should so clearly have seen red with a swinging arm but only met a caution and it would be a day of little luck. The last 10 minutes we struggled with our ethics and were lucky not to have at least yellow. Downey helped himself to a try in the corner when we had 14 players and the embittered fraternity on their sideline jeered us as only they can. So as an embattled supporter under almost as much pressure as any player, I salute our boys who played their hearts out. Very well done to Hilary McCarthy at 10 who did superbly in a very tough circumstance.

MINIS: Training takes place on tomorrow morning at Knockreer from a new time of 10am to 11:30am as coaches are on a training course from 11:30 to 12:30pm. The following Saturday sees training at the usual time of 10:30 to 12pm

followed by the annual Santa Party at the Avenue at 2:00pm - when you never know who might just show up!

U14S: KILLARNEY 17 - ABBEYFEALE 31 - This was a very competitive match both teams giving it their all. Abbeyfeale scored 2 tries without reply after 20 minutes then Conor Sheahan scored a fine try for Killarney. Feale scored another converted try to make it 17 to 5. Richard Wallace then scored a great individual try with a very determined run making it 17 to 10 in favour of Abbeyfeale. Abbeyfeale scored again and looked like they pull away but Conor Sheahan hit back with his second try from a 70 yard run which made for a tense final few minutes. Killarney tired from their efforts and Abbeyfeale scored a good try to finish a very entertaining game. Killarney are at home to Tralee at Dirreen at 11:00 and your support would be very welcome.

U16S: Are away to Listowel on Sunday leaving the LIDL car park at 10:45am and kick off is at 1pm in Town Park. Having dismissed Corca Dhuibhne with a superb display Killarney maintained their second place in the West Munster League and have a game in hand behind leaders Tralee who remain unbeaten. Under 18s now joined with Killorglin as South Kerry had no fixture last weekend and are at home to Skibbereen tomorrow at 12:00pm at Dirreen Killarney. It would be great if you could go along and help the lads to their 2nd victory of the campaign.

FUNDS NIGHT AT THE DOGS: There are still some funds to be collected and handed in so please get this out of the way asap.

MEMBERSHIPS: There are still subs due from some players and this needs to be done asap. You can do this online on myclubfinances.com or hand the sub to your coach or committee member. New Members are always welcome and we can always do with help from those who might like to get involved in coaching.

MONTHLY CLUB DRAWS: SEPTEMBER DRAW: €250 - Joan O'Sullivan, Dennehy's Bohereen; €50 - Liza O'Sullivan; €50 - Brian Collins. October Draw: €250 - Alan Lyne; €50 - Conor & Eugene O'Brien; €50 - Danny Bowe. You can subscribe to these draws for €10 per month by setting up a direct debit mandate from any committee member.

REMEMBER: SANTA Party Saturday 20th at Killarney Avenue Hotel at 2pm after Minis 10:30-12pm.

ALSO: ANNUAL FLAG DAY: Takes place on the following Saturday 27th in the town centre from 10:30 to 6:00pm. Mike Fuller is the usual co-ordinator, so get yourselves set for giving him an hour or two of your time this year please. Any new ideas are most welcome to boost our presence in the town and make us more appealing - contact Mike Fuller 0876489628 or mfuller@fexco.com

Every year, some people are great, others don't bother - please help me improve on that. Thanks.

SCHOOLBOY/GIRL SOCCER UNDER AGE BLITZ'S, U14 GIRLS AND LEAGUE ACTION ON BUSY DAY FOR SCHOOLBOYS AND GIRLS:

JK SPORTS 12 PREMIER:

Killarney Celtic A 8-0 Tralee Dynamos A.
Listowel Celtic A 2-1 Park A.

Division 1:

Killorglin B 3-5 Killarney Celtic B.
Inter Kenmare 1-1 Mastergeeha.
Ballyhar 3-0 Killarney Athletic.

Division 2:

Killarney Celtic C 3-2 Asdee.
Tralee Dynamos B 0-8 Park B.

FOUNDATION SPORTS 14 PREMIER:

Killarney Celtic A 0-1 Killorglin A.
Listowel Celtic A 6-4 Killarney Athletic A.

Division 1:

Iveragh United 0-4 Ballyhar.
Mastergeeha 1-2 Camp Juniors.

Division 2:

Park B 2-2 Fenit.
St Bernard's 7-1 Asdee.
Tralee Dynamos B 0-3 Listowel Celtic C.

14 GIRLS:

Mastergeeha 0-4 Killarney Athletic.
Killarney Celtic 5-3 Listowel Celtic.

TRALEE TROPHY WORLD 16 PREMIER:

Listowel Celtic A 1-2 Tralee Dynamos.

Division 1:

Park A 5-0 Inter Kenmare.

REPORTS

BLITZ TIMES FOR OUR YOUNGEST STARS:

The latest round of Blitz's for the League's youngest stars were held in three locations with this week being the turn of the 7's and 8's. Camp Juniors welcomed Castleisland, Asdee and Killorglin while in Christy Leahy Park the home side had Tralee Dynamos, Listowel Celtic and Ballyhar as visitors. Inter Kenmare, Mastergeeha and Killarney Celtic were in action alongside the host Killarney Athletic in Woodlawn.

JK SPORTS 12:

PARK MISS CHANCE TO GO TOP OF PREMIER:

With the leaders Tralee Dynamos, who are unbeaten in their three game, not playing The Park knew a win would put them a point up, even if they have 2 games played more than their near neighbours. However the Tralee side came back from Listowel without anything as Listowel Celtic defeated them 2-1. John O'Connor scored for the Park but goals from Kian Clancy and Aoife Horgan sees Listowel move onto 4 points.

Killarney Celtic say well in contention on 6 points after proving too strong for Dynamos. Ciaran Dennehy and Daniel Akute both hit hat tricks with William Shine and Cian McMahon adding one each.

Ballyhar go top on their own in Division 1: Ballyhar started the day level at the top of the table as they faced Killarney Athletic at Murt Scott Park. At the end of play they were top on their own on 12 points as they won while Inter Kenmare were held at home.

James Horgan scored twice and Brian Burke once to give Ballyhar their 3-0 win while in Kenmare Oisín Fox scored for Inter but Sean O'Leary hit back for Mastergeeha as the sides shared the points. It leaves Inter Kenmare on 10 points and Mastergeeha on 5.

PARK B REMAIN UNBEATEN IN DIVISION 2:

St Brendan's Park B were too strong for a young Tralee Dynamos B side and wrapped up their 5 win in a to thanks to goals from Matt Healy, Danny Greaney and Mark Brick who all hit 2 and Jordan Kissane and Rob Vassiu who were also on the scoresheet.

FOUNDATION SPORTS 14'S:

TOP SIDES GO DOWN IN PREMIER:

A Gar Hassett goal for Killorglin was the difference between the sides at Celtic Park. Killarney Celtic remain on 6 points but the win sees Killorglin move onto 7 and into a joint lead at the top of the Premier table.

Tralee Dynamos are the other side on 7 points as they missed the chance to go top on their own, going down 2-1 to Park who are now onto 6 points and right in contention. Sean Kennedy scored for Dynamos but goals from Alfie Christie and Sean McGrath gave the Park the points.

Listowel Celtic will be happy with the three points they picked up at home to Killarney Athletic. Devon McKenna top scored with 3 with Darragh MacKessy, Brendan O'Neill and Liam Guiney getting one each.

CAMP JUNIORS UNBEATEN AND TOP OF DIVISION 1:

The big clash in this Division was at Kilbrean Park with the leaders welcoming unbeaten Camp Juniors. And it was the visitors who took the 3 points to remain unbeaten and now lead to way. Paul O'Shea got the goal for Mastergeeha but the goals from Jack Farrell and Colin Moriarty say Camp Juniors taking the point's home.

Ballyhar are on the heels of the top 2 after their 4-0 win at Iveragh United. Dylan Callaghan got 2 and the others came from Jason Brennan and Darragh Brosnan.

ST BERNARDS AND LISTOWEL CELTIC REMAIN UNBEATEN IN DIVISION 2:

St Bernard's have their 5th win from 5 games as they defeated a depleted Asdee Rovers at home. Oisín Maunsell took home the match ball with a hat trick. Aaron Malik scored 2 and the others came from Mathew Burke and Declan O'Donoghue. Conor Twomey got the consolation for Asdee Rovers.

Listowel Celtic C join the Saints on 15 points after their 5th win. The Hoops were 3-0 winners away at Tralee Dynamos. Tadgh O'Carroll, JP O'Carroll and Robert Foley were the goal scorers Listowel Celtic.

MASTERGEEHA RETURN TO 14'S GIRLS LEAGUE:

Following a break for a few years the League is delighted to welcome Mastergeeha back into Girls football. They went down to a more experienced Killarney Athletic side in their first game back, played at Kilbrean Park. Ciara Tagney, Ellen Coffey, Fiona Galvin and Mairead

Leahane were all on the mark for Athletic. Mastergeeha were best served by Anna Hannigan, Ciara Kearney, Jenny Healy and Kate O'Leary.

Killarney Celtic also got their campaign off to a winning start with a 5-3 win over Listowel Celtic. Anna Clifford got 2 with Ciara Randles, Lauren Burke and Chloe O'Connor all scoring for Killarney Celtic. Aoife Horgan got all three goals for Listowel Celtic.

DYNAMOS GO LEVEL AT THE TOP OF THE 16 PREMIER:

There was only one game in the 16 Premier but it was an important for Tralee Dynamos as a last minute penalty saw them winning 2-1 away at Listowel Celtic. Dillon O'Sullivan and Kevin Williams were the scorers for Dynamos with Darren Loughnane scoring for Listowel Celtic.

PARK TAKE POINTS DIVISION 1:

In the only game in Division 1 The Park move onto 7 points with a 5-0 home win over Inter Kenmare.

KILLARNEY ATHLETIC A.F.C. NOTES

FIXTURES:

Kerry Schoolboys/Girls League

Saturday 13th December

Under 9's & 10's Mini Blitz

Venue 3 Kenmare 12.30pm

Killarney Celtic / Mastergeeha.

Killarney Athletic / Inter Kenmare.

MORIARTY'S CENTRA UNDER 11'S

GROUP 3

Killarney Celtic C v Killarney Athletic 2.00pm.

Mastergeeha v Iveragh 2.00pm.

JK SPORTS UNDER 12 GIRLS PREMIER

Killarney Athletic v Inter Kenmare A 2.00pm.

DALY'S SUPERVALU UNDER 13 DIVISION 1

Killarney Athletic v Mastergeeha 10.30am.

KILLARNEY PLAZA UNDER 15 DIVISION 1

Killarney Athletic v Iveragh 12.30pm.

RESULTS: UNDER 17

UNDER 17 LEAGUE: CASTLEISLAND 6 KILLARNEY ATHLETIC 3:

who would have thought 0 - 0 at half time before Castleisland 4 - 0 10 minutes into second half before Athletic woke up and got stuck in. Goals from Blake Bolster x 2 and Adam Dennehy. Athletic will rue missed chances.

UNDER 14: Killarney Athletic under 14's had a poor loss away to Listowel. Boys seemed sound asleep starting and were 2 goals down after 5 minutes. However pulled 2 back before half time through Liam Kelliher and Tadhg Doolan. Athletic were again very poor in 2nd half without the ball giving away very soft goals. 2 goals from corners scored by Ian Prendergast and Eamon Long improved score but finished 6 - 4. Doolan, Prendergast and Suter worked hard in mid field but big improvements needed in work rate and defending.

UNDER 7'S & UNDER 8'S BLITZ: Killarney Athletic hosted a very successful under 7's and 8's blitz on Saturday last with ourselves, Killarney

Celtic, Inter Kenmare and Mastergeeha taking part. This was run very efficiently by JP Mullins and everyone had a really enjoyable day.

300 MEMBER CLUB DRAW: Killarney Athletic A.F.C. are delighted to announce their 300 member club draw will be starting up again in December. For €10.00 per month you could be in with a chance to win prize money each month. The money raised will be used to further develop the facilities at Killarney Athletic A.F.C.'s grounds. Please contact Lorraine Fleming on 087 9646484 for entry forms or any club officer.

50TH ANNIVERSARY CELEBRATIONS:

The club would ask anybody who is interested in helping out in any way or have any ideas for the 50th celebrations to contact Don O'Donoghue on 086 1234610 please. We also ask if anybody has any old club photographs or memorabilia to please contact Mary McCarrick on mcccarrickmary@hotmail.com or any club officer.

KILLARNEY ATHLETIC WEBSITE: Please check the website on www.killarneyathletic.com or facebook for match reports, club information and contact details.

CONTACT: If you have anything to add to Killarney Athletic A.F.C. notes please contact Mary McCarrick on 087 7750773 or mcccarrickmary@hotmail.com

KILLARNEY CELTIC NOTES

CONGRATULATIONS: Warmest congratulations to Ramona and Sean Burchill on the birth of their son Dara Nicholas from everybody at Killarney Celtic.

CONDOLENCES: Condolences to the family and all the thousands of friends of Jackie Healy Rae - virtually every club and most people of South Kerry have their own stories about the Kilgarvan legend, all we as a club can say is that he always gave us great support and encouragement and was a wonderful friend and supporter. He was a recent match 3 winner in our Lotto and he put far more into Celtic than he ever took out. Ar Dheis De go raibh a anam dilis.

CLOSING FOR CHRISTMAS: The club will be closing for Christmas after Saturday 20th December. Normal activities will resume in early January.

LAST MAN STANDING: A lot of early fallers again - a big thank you to Chelsea, Arsenal, and my own nemesis Spurs.

CLUB SHOP: Killarney Celtic's shop is open on Saturdays from 12 noon to 2.00pm. We have a full new range of fantastic merchandise to suit every age, size, gender, and especially budget. Santa has been on to me during the week saying that our name is cropping up a lot in his postbox and what's the story? Look, Santa, I'll hold onto stock for as long as I can, seeing

as it's you, but there's a lot of demand. Savings Club and Gift Vouchers available. Contact Mags on 089 2164639 or Mary on 086 6485809 for details

RESULTS: DENNY PREMIER B: KILLARNEY CELTIC B 3 BALLYMAC GALAXY 0

0-0 after a close first half. Celtic were on top but Ballymac were holding out well until Matt Keane, in his first game back for Killarney Celtic, shattered the deadlock with a brilliant strike from 25 yards. Valdimir Sirotiak and William Courtney added two more to wrap up a good win.

U16 DIV ONE: KILLARNEY CELTIC B 5 KILLORGLIN 3: Ruairi Dorrian hit a magnificent hat-trick, supplemented by goals from Cian Doyle and Barney Parson, for a great win in a very exciting game of soccer against a really good Killorglin side.

U14 GIRLS: LISTOWEL CELTIC 3 KILLARNEY CELTIC 5: A real humdinger. Anna Clifford scored two, with Chloe O'Connor, Ciara Randles, and Lauren Burke got the others in a thrilling game where we needed every goal and every ounce of effort from everyone to get the win. We opened the scoring through Chloe, but Listowel's Aoife Horgan struck twice to put them in front. Anna hit a superb volley from outside the box (Stephanie Roche, were you watching?) and then put us in front 3-2. In the second half Aoife Horgan completed her hat-trick for Listowel, but a strong finish by us included goals from Ciara and Lauren. Everyone played superb but Anna Clifford was absolutely scintillating. Gillian Courtney and Kayleigh McGlashan were outstanding in defence.

U14 PREMIER: KILLORGLIN 1 KILLARNEY CELTIC 0

We were well on top in the first half and had more possession throughout the game but couldn't break down a really well-organised Killorglin defence, whereas they took their best chance superbly and hung on to get a deserved win. David Dineen, Mark Cooper, and Caolan Ryan were excellent for Celtic.

U14 DIV ONE: KILLARNEY CELTIC B 4 KILLARNEY CELTIC C 0

A great and really challenging game as the C's put up a great challenge before eventually succumbing to goals from David Cantillon, Sipo O'Neill (2), and Kristian Komote.

U12 PREMIER: KILLARNEY CELTIC 8 TRALEE DYNAMOS 0: Wow! Incredible stuff by the lads, they played some awesome soccer. Ciaran Dennehy and Daniel Akwote each got hat-tricks, with William Shine and Cian McMahon also on target. Everybody played well, but Jack McClean at left back was simply outstanding.

U12 DIV ONE: KILLORGLIN 3 KILLARNEY

CELTIC 5: A great game, a great display, and a great result. Barney Parsons and Cian Doyle were on target while Ruairi Dorrian collected a hat-trick.

U12 DIV TWO: KILLARNEY CELTIC C 3 ASDEE 2:

Celtic came out on top in a five goal thriller.
U7/U8 BLITZ: Our Under 8 and Under 7 boys travelled the short distance to Woodlawn Road for a Blitz organised by Killarney Athletic. Mastergeeha and Inter Kenmare also brought players in both age groups. The games were played with fun, spirit and good sportsmanship. We fielded two U8 and one U7 team and all our boys did the club proud with good play and great behaviour. Thanks to the parents and coaches too. Athletic had great hospitality and even had burgers on the BBQ for us - very seasonal!

FIXTURES:

U15 Premier: Killarney Celtic at home to Listowel Celtic, Saturday, 12.30pm.

U15 Div One: Killarney Celtic B away to Killorglin, Saturday, 12 noon.

U15 Div Two: Killarney Celtic C away to Inter Kenmare, Saturday, 10.30am.

U13 Premier: Killarney Celtic away to Tralee Dynamos, Saturday, 10.30am.

U13 Div One: Killarney Celtic B away to Park B, Saturday, 10.30am.

U13 Div Two: Killarney Celtic C away to Killorglin, Saturday, 10.30am.

U11 Group One: Killarney Celtic at home to Killorglin, Saturday, 2.00pm.

U11 Group Two: Killarney Celtic at home to Killorglin, Saturday, 2.00pm.

U11 Group Three: Killarney Celtic at home to Killarney Athletic, Saturday, 2.00pm.

National Cup: The draw for the last 32 of the National Cup competitions, including our U13, U14, and U16 teams, will take place at the SFAI Executive Meeting in Tralee next Saturday.

PITCH BOOKINGS: Contact Mary Lyne 086-6485809 to book our All Weather full size pitch or training area.

LOTTO RESULTS: Numbers drawn 3, 8, 9, 20. No winner, three match three, Mike Cronin c/o The Royal Hotel, Vince Scott, Amy and Mags O'Donoghue, €50 each. Turkey Vouchers Ellen Foley c/o Ray, Ger McSweeney St. Marys Terrace. Next week's jackpot €4800 and Turkey Vouchers, draw in the Failte on Monday night. Tickets available from all club officers. Yearly tickets available.

If anyone has information for the notes contact Jimmy O'Sullivan Darcy 087 9633397 or jimmyosdarcy@gmail.com. Check out www.killarneyceltic.com for Killarney Celtic news, match reports, or photos.





MICHAEL HOWARD (CENTRE) PRESENTING FIRST PRIZE IN THE CROSS REFRIDGERATION SINGLE STABLEFORD COMPETITION TO WINNER SEAN O'DONOGHUE WITH (FROM LEFT) NIAL O'MEARA, NED O'CALLAGHAN AND MICHAEL QUIRKE CAPTAIN AT KILLARNEY GOLF AND FISHING CLUB, KILLARNEY.

ROSS GOLF CLUB

GENTS CLUB

RESULT - ON SUNDAY DECEMBER 7TH WE HELD A SINGLE STABLEFORD COMPETITION.

The winners were

1. Jonathan Casey (11) 38 pts.
2. Renaldas Bendikas (12) 36 pts.
3. Denis Nash (21) 35 pts.

FIXTURES: On Sunday December 14th we will hold a single stableford competition. The timesheet is now available in the clubhouse so please add your name to it as soon as possible. On Sunday December 21st we will hold our Christmas Party in the Clubhouse at 7pm, more details next week.

SYMPATHY: We offer our sympathy to Seamus McCarthy and all the McCarthy Family on the recent death of his mother, Margaret R.I.P.

RING OF KERRY GOLF CLUB

RESULTS

MEN'S CHRISTMAS HAMPER STABLEFORD

- 1st: Daniel Taylor (24) 40 pts.
- 2nd: John O'Riordan (14) 39 pts.
- 3rd: Joe O'Neill (3) 38 pts.

UP COMING EVENTS: Saturday/Sunday 13/14th December - OPEN Christmas Hamper (Yes! a further hamper up for grabs) Single Stableford Visitors €20 Enter either day Saturday Junior event scheduled for 11:00 start. Several categories - All new junior golfer welcome.

Please book in by calling 064 66 42000.

KILLARNEY GOLF CLUB

LADIES:

RESULTS OF MICHAEL WHELAN MINI-HAMPERS, SPONSORED BY WHELAN FAMILY.

Sunday 7th December, 2014.

- 1st Aoife Frazer (22) 36 pts.
- 2nd Katie O'Connell (34) 34 pts.

3rd Margaret Campion (9) 33 pts.

B.G. Ailish Mulcahy (6) 28 gross pts.

4th Fidelma O'Connor (10) 33 pts.

5th Mary O'Doherty (13) 31 pts.

css 75 (35 stableford pts)

Next competition Sunday next December 14th - Mary Geaney Scramble.

Shotgun start Mahonys course, see notice board. Prize giving will take place at 3.30pm for this competition.

Captains Drive in will take place on December 27th at 10.00 am followed by Mixed Foursome Competition at 10.30 am, Mahonys point course, Sponsor Joe Geaney.

CASTLEROSSE GOLF CLUB

RESULTS COMPETITION PLAYED ON SUNDAY 7TH DECEMBER, 12 HOLE STABLEFORD.

Winner, Gintaras Bendaravicius (20) 27 pts. Runner-up Steve Shine (18) 25 pts. Overall 3rd place Peter McGrath (22) 23 pts.

This weekend competition, 12 hole Stableford, all holes played off white tees, play Friday, Saturday or Sunday.

KILLORGLIN GOLF CLUB

LADIES: SILVER SWANS 12 HOLE CHRISTMAS SCRAMBLE:

1. Betty Griffin/Emma Daly/Breada Murphy 46.6.
2. Betty Foley/Noreen O'Callaghan 49.9.
3. Maura O'Boyle/Kathy Lyons/Marian Healy 51.4.
4. Mary Conway/Phil Anne Foley 53.3.
5. Peggy Barrett/Agnes O'Connor/Susan Darby 54.00.
6. Kitty Galvin/Bridget McKenna/ Maria Pigott 54.9.
7. Eileen Bell/Anne Foley/Colette Burghoff 55.3.

12 HOLE TURKEY RE-ENTRY STABLEFORD

SPONSORED BY THE CLUB: Winner: Ann Walker (29) 30 pts. Next Turkey 12 Hole Stableford continues until Saturday 13th December.

FIXTURE: 12 Hole re-entry Stableford sponsored by the Club starts Sunday 14th December.

FIRIES GOLF SOCIETY

Thanks to all players who took part in our Annual Hampers outing in Killorglin.

1st Overall Mike Griffin 40, 1st A Tom Barry 37, 2nd A Derek Comerford, 3rd A Anthony Palmer 34. 1st B Martin O'Brien, 2nd B Tom Farrelly. FN Malcolm Fleming BN Pat Goulding. Thanks to our sponsor First Chapter in Manor West along with all the other local business who contributed towards the prizes. Outgoing captain Derek Comerford would like to wish 2015 Captain Danny Brosnan all the best next year!

KILLORGLIN GOLF CLUB

MENS:

MENS 12 HOLE COMPETITION RESULTS 8/12/2014

- 1st Tommy Murphy 29 pts.
- 2nd Mark O'Sullivan 28 pts.
- 3rd Mike Ashe 27 pts.

BEAUFORT GOLF CLUB

(LADIES BRANCH)

6TH/7TH DECEMBER - XMAS FARE 13 HOLE STABLEFORD SPONSORED BY HELEN CLIFFORD.

- 1st Noleen Mackassey (27) 23 pts.
- 2nd Renee Clifford (26) 22 pts.
- 3rd Mary O'Shea (33) 21 pts.

FIXTURES: 14th December - Flock & Bottle Scramble (everyone brings a prize). Meet at clubhouse at 10.30 am - Scramble is followed by mince pies, mulled wine, carol singing and presentation of outstanding prizes at 2.30pm. Family members welcome. Prize for best Christmas Jumper on the day and also a Christmas Raffle will take place.

BEAUFORT GOLF CLUB

(MEN'S BRANCH)

6TH/7TH DECEMBER - CHRISTMAS HAMPERS 16 HOLE STABLEFORD SPONSORED BY KATE KEARNEY'S COTTAGE.

- 1st Gary Fagan (19) 34 pts.
- 2nd Gahyan O'Loughlin (12) 33 pts.
- 3rd Michael J O'Connor (10) 33 pts.

FIXTURES: 14th December - Flock & Bottle Scramble (everyone brings a prize). Meet at clubhouse at 10.30 am - Scramble is followed by mince pies, mulled wine, carol singing and presentation of outstanding prizes at 2.30pm. Family members welcome. Prize for best Christmas Jumper on the day and also a Christmas Raffle will take place.

GLENEAGLE PITCH & PUTT

By John O'Halloran

LAST SUNDAY WE HAD OUR CHRISTMAS HAMPERS COMPETITION AND THE WINNERS WERE

- 1st Mick Long, 2nd Michael O'Leary, gross Sean O'Brien, 3rd Trevor Shine, 4th Andrew O'Callaghan, 1st 18 nett John O'Halloran, 2nd 18 nett Daniel Shine.

This Sunday we will have a Christmas

competition.

KILLARNEY GOLF CLUB

MEN'S

FOURBALL BETTERBALL MAHONY'S POINT, 7/12/14

- 1) Pat Cussen (6), Captain Michael Quirke (12) 47 PTS.
- 2) John O'Connor (10), Tim Kiely (11) 47 PTS.
- 3) Con Healy (9), S Coffey (20) 45 PTS.
- 4) Colm O'Connor (6), Denis Kiely (5) 45 PTS.

DEERPARK PITCH & PUTT NOTES

Juvenile Captain Michael Cronin's Prize will be held on this Saturday commencing at 2pm.

JOHNNY KELLY SCRAMBLE: The annual Johnny Kelly Scramble will be held on Stephen's Day commencing 10am.

CLUB AGM: The club AGM will be held in the Avenue Hotel on Monday January 12th 7.30pm. Motions and nominations for vacant positions to be submitted to club secretary Jason O'Connor by Monday January 5th.

CO BOARD CONVENTION: The County Board convention will be held in Killarney on January 20th.

SHOTS BACK: Club members wishing to have shots back are advised to make application to committee as early as possible.



SENATOR PAUL COGHLAN (LEFT) PRESENTING THE MONS. HUGH O'FLAHERTY CUP TO WINNER SEAN CASEY WITH (FRONT RIGHT) MICHAEL QUIRKE CAPTAIN (BACK FROM LEFT) DONAL G O'SULLIVAN, JOHN BOWE, STEPHEN KELLIHER AND PAT KELLEHER AT KILLARNEY GOLF AND FISHING CLUB, KILLARNEY.

MURPHYS GOLF SOCIETY

SATURDAY 6TH DECEMBER

O'MAHONY'S POINT

CHRISTMAS HAMPERS

- 1st Paul Corridan (14) 46 pts.
 - 2nd Niall O'Mara (11) 40 pts.
 - 3rd Pat Carroll (12) 40 pts.
 - 4th Chris Collins (9) 38 pts.
 - 5th Brendan Keogh (8) 38 pts.
 - 6th Alan Flynn (8) 37 pts.
- Front Nine (15) 21pts Maurice O'Shea.

Back Nine (12) 20 pts Matthew O'Connor.

The society would like to say well done to Ger Mornney (Match Play Winner) and Paul Corridan (Golfer of the Year).

The Society would like to thank Séan Murphys and his staff for all their help during the year and wish them and our sponsors the best of health for 2015.

Our incoming captain is Eoin Donellan for 2015. Enjoy the year.



AT THE PRESENTATION OF PRIZES OF THE DR CROKES GAA CLUB CHRISTMAS HAMPERS OUTING AT TRALEE GOLF CLUB SPONSORED BY TATLER JACK WERE FRONT FROM LEFT, PETER O'BRIEN, TOM LOONEY, PRESIDENT, JAMES ARTHUR, WINNER, AND SEAMIE O'CONNOR. BACK FROM LEFT ARE MIKE O'LEARY, PAUL DOWNEY, BRENDAN KEOGH, MIKE HOWARD, VINCENT CASEY, KARL McMAHON, PHILIP O'CONNOR AND KEITH McMAHON. PICTURE: EAMONN KEOGH (MACMONAGLE, KILLARNEY).



AT THE PRESENTATION OF PRIZES OF THE GLENEAGLE SQUASH CLUB SPONSORED BY CHRISTY QUILL, STRAND HOUSE, DINGLE, WERE SEATED FROM LEFT, KEVIN SMYTH, CHRISTY QUILL, SPONSOR, MATT O'CONNOR, DONAGH CROWLEY, CAPTAIN OF WINNING TEAM, JOHN MCCARTHY, MIKE O'DONOGHUE AND BRID LYNCH. SECOND ROW FROM LEFT ARE KEVIN DONNELLY, KEN MALONE, TURLOUGH BONNER, BERNICE ENRIGHT, TIM LYNCH AND CHARLIE COAKLEY. BACK FROM LEFT ARE PAT CASEY, MIKE CROWLEY, DONAL O'SULLIVAN, OSKAR PRZYBORSKI, SEAN MCCARTHY AND CORMAC BONNER. PICTURE: EAMONN KEOGH (MACMONAGLE, KILLARNEY).





THE WEEK IN FARMING

(BY TOMMY ROCHE, CASTLEISLAND)

January the 1st, 2015 will see the end of the Irish Brucellosis testing regime which has existed since 1965. In its early years the disease was tackled very successfully, falling from a high of 15% of the national herd to only .2% of the herd by 1986. The disease remained active only in the area of North Cork, Limerick and Tipperary. It should have disappeared with one final push and be confined to history by the early nineties. Instead it was spread, unscrupulously, back into the surrounding countryside. Kerry farms succumbed in the early nineties and it was not until 2006 that we finally saw the last of Brucellosis. A decade later we will finally reap the rewards. It is important to remember the stories of Trojan bovines, innocently bought, introduced to healthy herds and the abortion storms that followed. The devastation caused inside the doors of many homes when family members succumbed to the illness. It must also be said that shoddy bio-security was a major factor in the spread.

It could very well be ironic that the AHI initiative to remove BVD from Irish herds moves into a new phase in 2015. Progress over the last two years has been good. Over 99% of the 1.9 million calves born in 2014 were tested in 2014. The level of infection falling by 40%, from .67% in 2013 to .44% this year. Not bad for an industry run initiative, in only its second proper year of operation. There the good news ends unfortunately, the limitations placed on the scheme by lack of state involvement means that a cohort of farmers have refused to dispose of infected animals. This reservoir ensures that the virus has a host in the mist of the community and the opportunity to spread wherever these farmers and those who work with their animals go after they leave their holdings. The virus can live for up to 3 days on

clothing and footwear, every ml of mucus, urine, faeces contains up to a million virus particles. Animals infected will see their immunity seriously compromised, leading to illness and possibly death, infection between months 3 and 5 of pregnancy leads to calves becoming persistently infected. We all know this information or should; still 400 PI calves were born to animals introduced to herds, when already pregnant, in the first nine months of 2014. That's 400 potentially clean herds compromised by the simple act of buying a replacement. Transporting animals in unclean lorries, allowing unnecessary visitors onto your farm, through your herd, buying animals without proof of BVD status, all the measures spoken of when Brucellosis was a problem must be avoided. There will inevitably be hard luck cases but the onus is on all of us to ensure that once we are clean we do all we can to remain so. Dealing with this defiant reservoir has to be a priority, at the very least AHI should provide conforming farmers with a certificate of compliance. How farm bodies react to the lack of such a certificate should then be open to debate.



KELLIHERS HAS IT ALL THIS CHRISTMAS

Are you looking for a special Christmas gift this year – well look no further than Kelliher's Feeds & Agri Supplies, Ballymullen, Tralee who stock a fantastic range of products for the horse or rider in your life.

Main stockists in Kerry for Harryhall, Masta, Caldene, Cottage Craft and Shires, Kelliher's can make up a hamper to suit your budget and requirements.

This year Kelliher's have something very special for any child who visits their store at Ballymullen. Each lucky boy or girl will get their own bag of reindeer feed to sprinkle on Christmas Eve for the reindeers to eat while Santa delivers their presents.

Kelliher's haven't forgotten the DIY enthusiasts this Christmas either and have a great range of gifts from tools, lights, boots, power tools and lots lots more. The store now also stocks a large variety of cleaning and household products at very competitive prices – just in time to get your house in ship shape condition for Christmas.



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DAIL QUESTION ON MILK PRICES ANSWERED BY MINISTER

Simon Coveney The Minister for Agriculture, Food and the Marine responded to **Tom Flemings** question about the Teagasc statement regarding dramatic reduction in milk prices in 2015.

Dairy Prices are a function of global market dynamics, with supply and demand issues in markets across the globe affecting prices across different dairy commodity groups in domestic markets. Price volatility is a continuing feature of dairy commodity markets, and it is clear that managing the price peaks and troughs in a way that allows farmers and others to plan ahead is a significant challenge for the sector.

After two years of extremely high prices, the combination of strong production in key dairy producing countries, including the USA, New Zealand, Australia and the European Union, driven by good weather, increased cow numbers in the US and strong cereal harvests, has seen the emergence of a surplus in dairy products on international markets coming into 2015. Furthermore, with Russia and China accounting for 27% of the traded world market in the dairy sector, the effect of surplus stocks in the Chinese market along with the displacement effect of the Russian ban can be seen as critical factors in setting the context for price evolution in the sector.

The anticipated decline in 2015 largely

reflects the impact of the aforementioned developments on global dairy markets. Teagasc expects that average Irish milk prices in 2015 will fall to 27 cent per litre, a reduction of over 10 cent per litre on the average for 2014. However it should be noted that this follows several years of very good incomes on dairy farms. Furthermore, Teagasc are clear that these negative effects are expected to be temporary in nature.

Under the new Common Agriculture Policy there is a range of tools available to mitigate the worst impact of downward price volatility, including Aids to Private Storage, Intervention and Export Refunds and I have called on the EU Commission to deploy these tools as appropriate. The Single Farm Payment will also provide a measure of income stability during this difficult period. I have also asked the banking sector to tailor their financial products to allow for the kind of price volatility that will be a feature of international dairy markets, and of course co-ops have a role to play in ensuring that their contractual arrangements with suppliers provide a measure of stability. A focus on innovation and the production of added value products will also have a role to play in mitigating the impact of volatility, and a greater use of futures markets may also feature among the tools deployed by the sector.

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AGRI AWARE APPEALS TO SHOPPERS TO SUPPORT IRISH FARMERS AND FOOD PRODUCERS THIS CHRISTMAS

- Farming, the food sector and related service industries deliver an estimated 300,000 jobs in the Irish economy

- 85% of the public believe that Irish farmers provide quality, safe, traceable food at an affordable price for Irish consumers

- 88% of Irish people say they try to buy Irish food to support Irish farmers

Agri Aware, the independent Irish agri-food educational body, is asking consumers to support the Irish agri-food industry by buying quality and sustainably produced Irish food this Christmas.

Launching its "Buy Irish" food campaign, Agri Aware's Chairman, Richard Moeran, appealed to consumers to fill their shopping baskets with the best of Irish produce this festive season.

"Source a high quality Irish turkey, stay with our traditional Irish vegetables and make sure your roast potatoes are home grown" Mr. Moeran said.

1 in 7 Irish jobs are in the agri-food industry. Farming, the food sector and related service industries deliver

an estimated 300,000 jobs in the Irish economy, with exports contributing almost €10 billion to the Irish economy. Meanwhile, research carried out earlier this year by Ipsos MRBI, on behalf of Agri Aware, found that 85% of the public believe that Irish farmers provide quality, safe, traceable food at an affordable price for Irish consumers and 88% of Irish people say that they try to buy Irish food to support Irish farmers.

Agri Aware's Chairman, Richard Moeran, said "please support our farmers this season and ensure you buy Irish. In doing so, you will support 300,000 jobs in the agri-food and service industry. Buying Irish is the smart choice and will ensure jobs for farmers and food companies in your local community. This guarantees that they can continue to deliver quality, wholesome Irish food to you, the consumer".

Agri Aware's Chief Executive, Dr. Vanessa Woods, said that consumers should be aware of the importance of the Common Agricultural Policy (CAP) in delivering the wonderful Irish food that we all

enjoy each day. "Irish food is of the highest quality, it is sustainably produced and traceable and it is affordable for consumers, as a result of CAP. Indeed, as Irish people and tourists drive through the Irish countryside this festive season and throughout the year, they will see how CAP delivers a beautiful clean and green landscape and clean waterways, as Irish farmers are custodians of the countryside".



RETAILER DISCOUNTING OF FRESH PRODUCE WILL HAVE REPERCUSSIONS - IFA

IFA President Eddie Downey has warned retailers that farmers will not tolerate a repeat of the savage discounting of Irish potatoes and vegetables which occurred in the run-up to last Christmas, where growers were the victims in a vicious battle over market share. He said, "Pricing decisions will be made in the coming days by the retailers for the run-in to Christmas. In 2013, some items were sold at one tenth of their production cost. This action has the consequence of undermining local growers and sending a misleading message to consumers regarding the inherent value of what is essential and healthy food".

Eddie Downey said claims by supermarkets that they bear the entire cost of these 'giveaways' are disingenuous and not borne out by the facts. "In the last 12 months, we have seen some retailers impose average reductions of 10% in the farm gate price. This continuous downward pressure on fresh produce is threatening local growers that are part of an indigenous sector which is worth over €350 million per annum to our economy. Growers are now at breaking point with some returns below the cost of production."

He said the new Competition and Consumer Protection Act introduced this autumn totally neglected to address the issue of below-cost selling, and Eddie Downey said that Minister Coveney could not simply stand by and let the retailers repeat last year's behaviour.

The IFA President also challenged the Competition and Consumer Protection Commission to monitor the activities of the retailers. The fresh produce sector is in ongoing decline and we will not allow the industry to be decimated by crude price-cutting tactics, which give the illusion of value to the consumer".



MANAGEMENT, STAFF AND MEMBERS OF THALEE MART; COMMITTEE WHO HELD THEIR CHRISTMAS PARTY GET TOGETHER IN THE MEADOWLANDS ON FRIDAY NIGHT. PIC: JOE HANLEY



A HAIRY GATHERING. SHEEP FARMERS FROM GLENCAR, CO. KERRY, WHO GATHERED ON THE FARM OF DONAL FOLEY, AHEAD OF THEIR CHARITY BEARD SHAVE IN AID OF THE ONCOLOGY WARD AT KERRY GENERAL HOSPITAL. FROM LEFT, KIERAN O'SHEA, GERALD FOLEY, DONAL FOLEY, JAMES FOLEY, NOEL KISSANE, JOHN FOLEY, VINCENT O'CONNOR, BRIAN COFFEY AND DANNY FOLEY. PHOTO: VALERIE O'SULLIVAN



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KILLARNEY 45TH REUNION DANCE AT THE CORRIB REST IN LONDON. FRONT L:R: PAULA HEFFERNAN, MARGARET McLELLAN, MARGARET O'DONOGHUE, KATHLEEN CASEY, EILEEN COLLETT AND ELEANOR COFFEY. BACK L:R: TED AHERN, SEAMUS O'DONOGHUE, RICHARD COLLETT, PADDY O'DONOGHUE, PETER OG MURPHY, JOE CROWLEY AND DENNIS COFFEY.



KILLARNEY 45TH DENIS REUNION DANCE AT THE CORRIB REST IN LONDON. FRONT L:R: DENIS AND JOAN MURPHY MILLTOWN.



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THE MOSS KEANE MEMORIAL AND KILLEENTIERNAPARISH OPEN CHAMPIONSHIP 2014

The fourth Moss Keane Memorial and Parish Open Championship is on Monday 29th of December at Killarney Golf Club (O Mahoney's Point Course) with a tee reserve of 9am to 11am.

At this point all of last years participants have been notified. The limited tee time remaining can now be booked on a first come first served basis. We invite entries from new participants who want to give it a go. So don't be shy folks, even if you are new to the game you will not be alone and we will get you around the course in what is always a fun day out with friends.

This year we have a special "rookie prize" for those who have never been a member of a golf club. A charity will benefit from your participation in the day's activities and we will name that charity along with other details next issue. We appreciate those who have turned out on the day over the past three years and gave it a go in keeping with the spirit of the competition. So whether you want to be the champion golfer of the parish for 2014 or you just want a great day/ night out then contact Donie O'Shea 087/ 9031967 or Charlie Daly 087/2389995. Remember you must be a resident of or from the parish of Killeentierna to enter, so finally ladies and gentlemen "get the old clubs out and get swinging !!!!!" Organising Committee. Charlie Daly, Donie O'Shea, Matt Keane, Tommy Murphy.

COMMITTING TO ENDING MODERN SLAVERY BY 2020

In the 19th century, the international community came together to declare slavery an affront to our common humanity. The International Day for the Abolition of Slavery, 2nd December, marks the date of the adoption in 1949, by the General Assembly, of the United Nations Convention for the Suppression of the Traffic in Persons and of the

Exploitation of the Prostitution of Others.

The focus of this day is on eradicating contemporary forms of slavery, such as trafficking in persons, sexual exploitation, the worst forms of child labour, forced marriage, and the forced recruitment of children for use in armed conflict.

Today, 21 million women, men and children are trapped in slavery all over the world.

For the first time in history leaders of the world's largest faiths have come together. Their goal is to end slavery. The Global Freedom Network (GFN) brought together leaders of the Catholic, Anglican and Orthodox, as well as Buddhist, Hindu, Jewish and Muslim faiths who have jointly declared one common humanitarian endeavour: to eradicate modern slavery by 2020 throughout our world and for all time as a crime against humanity.

These faith leaders from all walks of life, all around the world signed a declaration to end modern slavery - this is a game changer in collective efforts to free the world of this evil once and for all.

CHRISTMAS TRADITIONS

On December 8th, the Feast of the Immaculate Conception, virtually all schools in Ireland are closed for the day. It is traditionally the nation's number one day for Christmas shopping. Long ago, farm families cleaned and then whitewashed every building on the farm in December. They were covered in white paint or lime wash, to symbolically purify them for the coming of the saviour. The tradition traces back thousands of years, not just through Celtic culture, but through other Central European cultures as well.

The children went out to find holly bushes and ivy to decorate windows, doorways, mantles and pictures, and the father would carve out a turnip in which would be placed a large red candle. This would go in the window to light the way for the Holy Family on Christmas Eve. Only in relatively recent times did an Irish family have a Nativity scene in the house. Holly was also used because it allowed poor people to decorate their homes in the same way as

those who were better off. The bush was so common in Ireland in winter there was plenty for everyone.

As Christmas trees are a relatively new phenomenon in Ireland children were accustomed to finding presents left by Santa in their bedrooms, often in a sack at the foot of the bed. In later times an occasional big gift was left under the Christmas tree, but was usually unwrapped.

"Little Women's Christmas," on January 6th, is a traditional day for Irish women to leave their housework behind and go out with each other to have fun.

USEFUL HINTS

Open fires are used for longer periods during the Christmas period as people spend a lot more time at home. Electrical items and extension leads are used more. Add in flammable decorations, candles and alcohol and it becomes apparent that the risks increase during the festive season.

- Before buying a toy or allowing your child to play with a toy that he has received as a gift, read the instructions carefully. If the toy is appropriate for your child, show him how to use it properly.

- Follow recommended age ranges on toy packages. Toys that are too advanced could pose a safety hazard for younger children.

- To prevent both burns and electrical shocks, don't give young children (under age ten) a toy that must be plugged into an electrical outlet. Instead, buy toys that are battery-operated.

- Children under age three can choke on small parts contained in toys or games.

- Children under age 8 can choke or suffocate on uninflated or broken balloons. Remove strings and ribbons from toys before giving them to young children.

- Watch for pull toys with strings that are more than 12 inches in length. They could be a strangulation hazard for babies.

- Hot fat, boiling water and sharp knives make the kitchen one of the most dangerous places during the holiday. Try to keep other people (especially children) out of the kitchen. Avoid alcohol until you've finished cooking, and wipe up spills as soon as they happen, so that people don't slip.

- Clutter, alcohol and tiredness make the stairs an accident hotspot during Christmas. Keep the stairs well lit and free from obstacles, especially if you have guests who could be going up to the bathroom during the night.

- Typical Christmas Day accidents include parents accidentally stabbing themselves with scissors, which they've used to assemble toys, instead of using a screwdriver. People often cut themselves with knives when they're opening presents too quickly. People also trip over toys and electric cables while rushing to try their new computers and other appliances. Keep screwdrivers handy and clear up the packaging and wrapping paper as you go along, and remember to recycle.

EGYPTIAN ART HELPS CHART PAST EXTINCTIONS OF BIG MAMMALS

Life in modern Egypt clings to the Nile River. This crowded green strip within the desert supports more than 2,300 people per square kilo metre (6,000 per square mile). That doesn't leave much room for wildlife. Jackals, foxes, hyenas, ibex, and a few other large mammal species manage to eke out an existence. But 6,000 years ago, all of Egypt was green and vibrant, teeming with life but over time, this rich ecosystem fell apart.

The earliest pieces, dated by archaeologists to 6,000 years ago, depicted 38 large mammal species including giraffes, lions, elephants and hippopotami. A thousand years later, as the climate began to shift from humid to arid, animals began to vanish from the artworks. Two other large sets of disappearances matched further climatic shifts about 4,200 and 3,000 years ago. Today's desert ecosystem was the outcome.

A fourth massive extinction occurred about 150 years ago as Egypt began to industrialise.

THIS WEEKS QUOTE

If you have men who will exclude any of God's creatures from the shelter of compassion and pity, you will have men who will deal likewise with their fellow men. St. Francis of Assisi

ON THIS DATE – DECEMBER 12TH:

1883 - Birth in Dublin of Peadar Kearney, songwriter, revolutionary and house-painter; he is famous for writing the words of the Irish national anthem.

1901 - Guglielmo Marconi received the first transatlantic radio signal at Signal Hill in St John's, Newfoundland.

1913 - The Mona Lisa, stolen from the Louvre Museum in 1911, recovered.

1915 - Hugo Junkers made the first all metal aircraft, test flight at Dessau, Germany.

1920 - Birth of Christy Ring in Cloyne, Co. Cork. His 24 - year career record earned him a reputation as the greatest hurler of all time.

1937 - The first mobile TV unit (New York City).

1941 - World War II: Fifty four Japanese A6M Zero fighters raided Batangas Field, Philippines. Jesus Villamor and four Filipino fighter pilots fended them off; Cesar Basa was killed.

1955 - The Cork Opera House was destroyed by fire.

1955 - The hovercraft was patented by England's Christopher Cockerell.

1960 - Birth of Donegal superstar Daniel O'Donnell

WELL DONE TO THE STUDENTS OF KINGSLEIGH PRIMARY SCHOOL

A video made by students at Kingsleigh Primary School in England has made headlines around the world and is now being featured on the website for People for the Ethical Treatment of Animals (PETA). The children's goal is simple: to save an elephant that has been confined to a small pen at a Manila zoo for 35 years. The work these children have done and the compassion they have shown is incredible and deserves our gratitude. Mali the elephant was taken from her habitat in Sri Lanka as a baby in 1974, and has spent 35 years in a small concrete pen in Manila Zoo. She remains the only captive elephant in the Philippines and, because of her isolation and inability to interact with other elephants, suffers from a variety of complex medical and mental health issues. Mali is so lonely that she constantly holds her own tail. Young elephants will hold the tails of their mothers for security. In the video, the children speak as though they are Mali, telling her story and describing how she was taken from her home and endured decades of torture and suffering. Descriptions include, "The more I move, the more I am beaten, even though I have done nothing wrong. With tears in my eyes I lay in pain, as the days drag on." Finally, the children ask "Are you going to leave her there?" while showing a haunting image of Mali holding her own tail. Holly Graff, a teacher at the school, said, "The children are so excited to see a real outcome from their writing. It shows the children that their writing can have power and that they should stand up for things they feel strongly about."

7 HOLIDAY DANGERS FOR PETS — AND HOW TO AVOID THEM

Christmas might be the most wonderful time of the year, but it can also be some of the most dangerous for cats and dogs. From deliciously rich holiday fare to enticingly shiny decorations, the holiday season brings plenty of risky temptations for animals. Even if you are vigilant all year with your pets, it's easy to get distracted with the extra responsibilities and extra people coming and going this season.

1: Don't let your cat turn your Christmas tree into a playground. If possible, set up the tree in a room that can be closed off with doors or create a moat of foil around the base of the tree. Most cats hate walking on foil. And it's a good idea to secure your tree to the ceiling or wall to keep it from crashing down if your cat does decide to climb it. 2: Your guests may not know that feeding rich holiday fare to pets can lead to pancreatitis, a painful and potentially life-threatening condition most commonly caused by overindulgence in fatty food. Make it clear to visitors that giving leftovers to your animal is not OK, no matter how much he begs. And your guests may think it's harmless to give dogs and

cats leftover turkey, chicken, beef or fish bones, but that's not the case. Meat bones can shatter or splinter and perforate the intestinal tract or cause intestinal blockage. Dogs can also choke on large or oddly shaped bones, like T-bones.


It's also a good idea to teach your dog to stop begging at the dinner table, so guests won't be as tempted to give him their leftovers. 3: Keep your animals in mind as you light candles, and luminaries. Never leave your pets unattended with them. Consider replacing tapers and tea lights with flameless candles. Though a battery-operated or plug-in alternative may not be as dramatic or beautiful as a candle, it could prevent a fire or a badly burnt pet. If you must use a real candle to keep your pet safe, place your candle on a stable surface she can't reach and consider securing her in a crate. 4: Besides candles, the other dangerous decorations you need to worry about are glass ornaments, tinsel, ribbon, loose electrical cords and potpourri. Cats are especially attracted to tinsel and ribbon, which can be dangerous if accidentally ingested. If you have a curious and playful pet who tries to bat at or play with ornaments, replace glass or fragile ornaments with plastic or nonbreakable ones. Or, better yet, place them out of reach where they can't be chewed or swallowed. Additionally, secure loose or dangling electrical cords so your animal doesn't bite them. And if you want to fill your home with the scents of the season through potpourri, keep it out of reach of pets. Liquid and dried potpourris can be toxic for cats and, in some cases, for dogs as well. 5: Chances are, you'll have plenty of family and friends stopping by over the Christmas season. Some of your guests may not be comfortable around cats and dogs or won't know the proper ways to pet your animal — especially children. This is a great time to teach kids how to approach and interact with your animal. Supervise each interaction, and watch your cat or dog for signs of distress, such as trying to escape or growling. Family and friends dropping by could overwhelm your dog or cat. Teaching your pet to be comfortable in his crate or securing him in a room until your party is over can help relieve his anxiety.

6: Think twice about decking the halls with boughs of holly and mistletoe. These plants might get you in the holiday spirit, but they can be toxic to pets. Other foliage that can be dangerous includes amaryllis and lilies. Contrary to popular belief, poinsettias are actually not all that harmful, but it's still a good idea to keep them away from pets.

If you suspect your animal has ingested a poisonous plant, call your vet immediately.

7: Your favourite furry companion deserves something special this holiday season, but some toys, even ones created for cats and dogs, can be dangerous. For dogs, avoid toys that are small enough to be ingested, linear objects like strings and ribbons, and toys stuffed with beads or beans. For cats, steer clear of toys that have strings, ribbons or yarn, and take off any plastic eyes or noses on toy mice. When in doubt, follow your instincts and keep a seemingly suspect toy away from your animal.

GARDENING OUTLOOK



with John O'Sullivan

FOCUS ON HARDWOOD CUTTINGS

Hardwood cuttings are a pretty easy and a very reliable method of propagating a wide range of deciduous shrubs, climbers and fruit bushes,

Most deciduous shrubs are ideal for taking hardwood cuttings, for example Buddleja (Butterfly Bush) Ribes (Flowering Current), Viburnums or Forsythia and the same applies to a lot of deciduous climbers like honeysuckles and Jasmine plus fruit bushes like black currants and gooseberries.

The best time to take hardwood cuttings is when the plant is dormant which is from about mid Autumn until late Winter but the ideal time would be just after the leaves fall off the plant or just before the buds start to burst in early Spring.

These types of cuttings may be slow to roots however it is very successful.

Next week: *How to take Hardwood Cuttings*

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"So this is Christmas and what have you done?" The words of the John Lennon song play out on the radio and make me reflect on the year as it begins to come to a close. The years go by so fast that sometimes it's easy to lose track of all the amazing things we've experienced and also all of the things we have yet to achieve, create or enjoy! One great motivational idea to hone in your dreams is to ask your future self for help and advice!

Write one goal for each of the following life areas:

- Success ● Health ● Spirituality/Growth ● Personal Relationships.

With each goal in mind write yourself a letter and date it one year from today. Tell yourself what's going on in each of those four areas and be as detailed as possible! Seal the letter and open it this time next year.

This exercise asks you to step into your future self – the you that knows how to achieve all of the things you desire and has already achieved what you want.


It is often fascinating when you open the letter a year on to see what has happened. Many times, the insight we gain from writing the letter is the very key to help us take a step forward in achieving our goals & dreams.

Give yourself the gift of self-love this January. I am teaching my beautiful six-week conscious mindful movement meditation class (Chakranetics) at the travel inn, Fossa. Beginning Tuesday 20th January 10 - 11.00am. Price is €60.00. Booking is essential. All ages welcome.

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PRAYER TO ST. JUDER

May the Sacred Heart of Jesus be adored, glorified and loved throughout the world now and forever. Sacred Heart of Jesus pray for us. St. Jude, healer of the hopeless, pray for us. St. Jude, worker of miracles, pray for us. Amen. (Say this prayer 9 times a day for 9 days, by the 8th day prayer will be answered, it has never been known to fail. Publication must be promised.

M.M.

THE MIRACLE PRAYER

Dear Heart of Jesus in the past I have asked many favours. This time I ask you this special one, (mention favour). Take it dear heart of Jesus and place it within your own broken heart where your Father sees it. Then in his merciful eyes it will become your favour not mine. Amen. Say this prayer for three days. Publication of prayer and favour will be granted.

THE MIRACLE PRAYER

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THANKS

Grateful thanks to the Sacred Heart of Jesus "Our Lady of Lourdes", St Padre Pio, St Clare, St Roch, St Michael the Archangel for many favours received. Lord without ye I can do nothing.

NOVENA TO THE SACRED HEART

Sacred Heart and Our Lady a thousand thanks. And to all of the Saints for favours received.

THE MIRACLE PRAYER

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PRAYER TO THE HOLY SPIRIT

Holy Spirit you make me see everything and show me the way to reach my ideal. You give me the divine gift to forgive and forget the wrong that is done to me and who are in all instance of my life with me. In this short dialogue I want to thank you for everything and confirm once more that I never want to be separated from you no matter how great the material desires may be. I want to be with you and my loved ones in your perpetual Glory. Amen. (Say this prayer three consecutive days without stating the request, after the third day the request will be granted no matter how difficult it may be. Promise to publish this as soon as your request is granted.) **B**

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ST. THERESA

St Therese, the little flower, please pick me a rose from the heavenly garden and send it to me with a message of love.

Ask God to grant me the favor I thee implore and tell Him I will love Him each day more and more. Amen.

THE MIRACLE PRAYER

Dear Heart of Jesus in the past I have asked many favours. This time I ask you this special one, (mention favour). Take it dear heart of Jesus and place it within your own broken heart where your Father sees it. Then in his merciful eyes it will become your favour not mine. Amen. Say this prayer for three days. Publication of prayer and favour will be granted.

PRAYER TO THE VIRGIN MARY

NEVER KNOWN TO FAIL

O Most Beautiful Flower of Mount Carmel, Fruitful Vine, Splendour of Heaven, Blessed Mother Son of God, Immaculate Virgin, assist me in this my necessity. O Star of the Sea, help me and show me herein you are my Mother. O Holy Mary, Mother of God, Queen of Heaven and Earth, I humbly beseech you from the bottom of my heart to succour me in this necessity. (make request). There are none, that can withstand your power. O show me herein you are my mother. Oh Mary conceived without sin, pray for us who have recourse to thee (3 times). Holy Mary, I place this cause in your hands, three times. Thank you for your mercy to me and mine. This prayer must be said for three days and after that the request will be granted and the prayer must be published immediately. **x**

LA SALETTE INVOCATION

Our Lady of La Salette,
Reconciler of sinners, pray without ceasing for us who have recourse to you.

NOVENA TO THE SACRED HEART

Sacred Heart and Our Lady a thousand thanks. And to all of the Saints for favours received.

x

THE MIRACLE PRAYER

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NOVENA TO ST. CLARE

Ask St. Clare for 3 favours, 1 business, 2 impossible, Say 9 Hail Mary's for 9 days with a lighted candle, and finish with "May the Sacred Heart of Jesus be praised, adored, glorified and loved today and ever day throughout the world forever. Amen". Pray, whether you believe or not. Publish on the 9th day. Your request will be granted no matter how difficult it may seem. Favour often granted on the third day.

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