

# KILLARNEY Outlook

A group of four students, three boys and one girl, are standing outdoors in front of a stone church with a tall spire. They are all wearing dark blue school sweaters with a crest on the left chest. The boy on the far left is holding a large, colorful trophy with a circular top and a plaque at the base. The boy next to him is holding a large purple ribbon. The girl in the center is wearing a red dress with white polka dots and a black scarf. The boy on the far right is holding a small green plant in a black pot. They are all smiling and looking towards the camera.


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## JUBILANT SCENES AS ST. BRENDAN'S WELCOME HOME THEIR YOUNG SCIENTISTS



THE PARENTS BEHIND THE STUDENTS OF ST BRENDAN'S COLLEGE RESPONSIBLE FOR BRINGING HOME FIRST PLACE IN THEIR CATEGORY, NATIONAL PARKS & WILDLIFE ENVIRONMENT AWARD AT THE BT YOUNG SCIENTIST & TECHNOLOGY EXHIBITION LAST WEEK L-R STELLA LOONEY, COLM LOONEY, PRINCIPAL SEAN COFFEY, DARRAGH FLEMING, BRENDAN O'NEILL, ETHAN O'NEILL & MAJELLA FLEMING. PICTURE MARIE CARROLL-O'SULLIVAN

There was jubilant scenes in St. Brendan's College on Monday morning when 5th year students Harry Knoblauch, James Knoblauch and Oran O'Donoghue returned to the school as victors having won the BT Young Scientist and Technology Exhibition Best Group award and the RTÉ Social and Behavioural Sciences Award. The boys were joined by second year students, Darragh Fleming, Colm Looney and Ethan O'Neill who exhibited their project 'Deter Deer' at the prestigious exhibition and came away with the the National Park Management and Wildlife Biodiversity award.

5th year students, James, Harry and Oran were thrilled with their win and students aside from the prestige of the RTÉ prize, the boys will also be treated to a day shadowing an RTÉ DJ. The St Brendan's College students received a fantastic reception, from judges and the public alike. Kerry TD Michael Healy-Rae, South Ireland MEP Sean Kelly and RTE science correspondent Will Goodbody all visited the boys' stand. Their project titled 'An investigation into conformity and how minorities influence it' studied how an individual can affect the behaviors of the wider group.

"It was an amazing opportunity to take part in such a prestigious competition, and it couldn't have been more fantastic", James

Knoblauch told the Killarney Outlook.

Vice Principal at the school Hugh Rudden said the school is very proud of its young scientists. "This is a fantastic win for the boys and for the school and everyone is delighted for them. They put huge work into their projects and it paid off in the end.

The senior boys are taught by Science teacher Marie Vaughan while the junior boys are taught by Marian O'Gorman.

"The boys performed very well at the exhibition project 'Deter Deer'. They have worked tirelessly on their project for the last 17 months and were finalists at SciFest@St. Brendan's 2017 and went on to

compete in the Co. Kerry SciFest final last May" Ms. O'Gorman told the Killarney Outlook. "They had prepared impressive and very attractive and informative visual displays to supplement their project. They answered hundreds of questions and queries from visiting members of the public over the four days. They underwent numerous interviews with judges and spoke to several media personnel.

Furthermore, the boys have acquired a myriad of personal skills from their work over the last year and a half. They have developed their team skills, their investigation and research skills. They have learned a myriad

of practical lab and field skills. Their computer skills and public speaking abilities are also greatly enhanced", she added.

The exhibition is now in its 54th year and showcases inspiring scientific projects completed by second level pupils throughout Ireland. The exhibition is highly competitive with less than one in four applicants successfully securing a place.

Well done to the two teams on their months of hard work and diligence and admirable performance at the annual BT Young Scientist and Technologist of the Year competition, and St. Brendan's will hope to have many more successes in the future.

## MESSAGE FROM THE EDITOR...



There were huge celebrations in The Sem this week as the young scientists arrived back with their prestigious awards. Killarney Valley AC have launched a run, walk or roll 5k to raise funds for the Killarney Microtrack and it's all eyes on singer/songwriter Cathal Flaherty who has been dubbed "one to watch in 2018".

We have news and pictures from the Killarney Economic Conference, details of an up coming awards night at Killarney

House and news on opportunities for young chefs in the county. This week we are focusing on healthy living in the Killarney Outlook, so why not take a look at some of the fantastic offers from some of the best in the business- starting on page 28.

All this and much more in this week's Killarney Outlook - out first every Friday!

*Aisling Grosbie*  
Editor

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Brexit debate in  
Killarney



DOUBLE CELEBRATIONS FOR ST BRENDAN'S COLLEGE AS THEY BRING HOME TWO AWARDS FROM THE BT YOUNG SCIENTIST AWARDS. L-R MARIAN O'GORMAN, COLM LOONEY, DARRAGH FLEMING & ETHAN O'NEILL (CATEGORY WINNERS OF NATIONAL PARKS & WILD LIFE ENVIRONMENT AWARD), PRINCIPAL SEAN COFFEY, TWINS HARRY & JAMES KNOBLAUCH, ORAN O'DONOGHUE (WINNERS OF BEST OVER ALL GROUP PROJECT) & TEACHER MARIE VAUGHAN. PICTURE MARIE CARROLL-O'SULLIVAN





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# RUN, WALK OR ROLL FOR THE KILLARNEY MICROTRACK

The Killarney Microtrack committee in conjunction with Killarney Valley AC, are holding their Run Walk'nRoll 5k fundraiser event on Sunday 28th of January. All walkers, both young and old are encouraged to attend and families in particular are encouraged to take part on the day. Whether you have kids that go to school in Killarney or you have children that are past pupils, they are looking for your support for this fundraiser for the proposed community facility. In January every year we all try to focus on our health and fitness so this is a great opportunity to get active whilst also helping the community. The event takes place in Killarney National Park at Knockreer at 12pm. Registration is from 10.30 am on the day at Deenagh Cottage and the fee is €5 per person or €20 per family. All funds will go to the Killarney Community Microtrack Project which is set to be an innovative, focused, community based proposition which benefit all the people of Killarney and the surrounding areas. Young athletes like those at Killarney Valley AC, Special Olympians, masters athletes, paralympians, rowers, triathletes, Killarney macra, footballers, street basketballers, students and fit for life groups are to benefit from this incredible sustainable facility. The mayor of Killarney municipal area Cllr Niall Kelleher supports this project and would to see it's development this



PICTURED AT THE GYMNASIUM OF ST BRENDAN'S COLLEGE FOR THE LAUNCH OF THE 5K RUN/WALK/ROLL RAISING FUNDS FOR KILLARNEY MICROTRACK, MAYOR NIAL KELLEHER (SEATED CENTRE) WITH THE KILLARNEY VALLEY ATHLETES & COMMITTEE BACK ROW L-R LINDA RUSSELL, JERRY GRIFFIN, TOM O'DOHERTY, KAREN SMITH, JEAN COURTNEY, BRID STACK & SINEAD O'LEARY. THE WALK WILL TAKE PLACE ON SUNDAY 28TH JAN REGISTRATION AT DEENAGH COTTAGE FROM 10:30AM, WALK COMMENCING AT 12NOON. PICTURE MARIE CARROLL-O'SULLIVAN

year. He also is encouraging the town and its environs to come raise funds and make this a great event for the the Killarney community microtrack group. There is sure to be a great atmosphere as DJ Ivan will be there at the finish line. There will be an event clock so you

can check your time. The prizes categories are as follows: 1st 3 female, 1st 3 male, 1st 3 female student, 1st 3 male student, 1st 3 parents/guardian with buggy or pushchair, 1st 3 Paralympic. So get on a hat, runners, boots or wellies and join them for a great day out!

## ONE TO WATCH IN 2018 - CATHAL RELEASES DEBUT SINGLE

Killarney singer/songwriter Cathal Flaherty has just released his debut single "A Thousand Miles" and the reaction has been fantastic.

Cathal who plays a regular gig in Foleys on New Street has supported acts such as The Riptide Movement, Paddy Casey, Munday, Delerintos, Jack L and many more and has now released his own music, much to the delight of his ever growing fan base.

The video has hit the 60,000 view mark on facebook this week and has been added to the main playlist on RTE Radio 1, Today FM, Spin SW, Beat 102 103, Cork's Red FM, Radio Kerry to name but a few.

The single has received huge national airplay has been recommended by many in the business including Fergal D'arcy from Today FM who said Cathal was "one to watch for in 2018".

Similar accolades have come from Jack L who called Cathal "one of the finest artists on the scene in the last few years", while Beat 102-103 said "as debut singles go - this one is special".

"It's unbelievable to have the support from the national stations so early after its release",



CATHAL FLAHERTY. PICTURE MARIE CARROLL-O'SULLIVAN

Cathal told the Killarney Outlook.

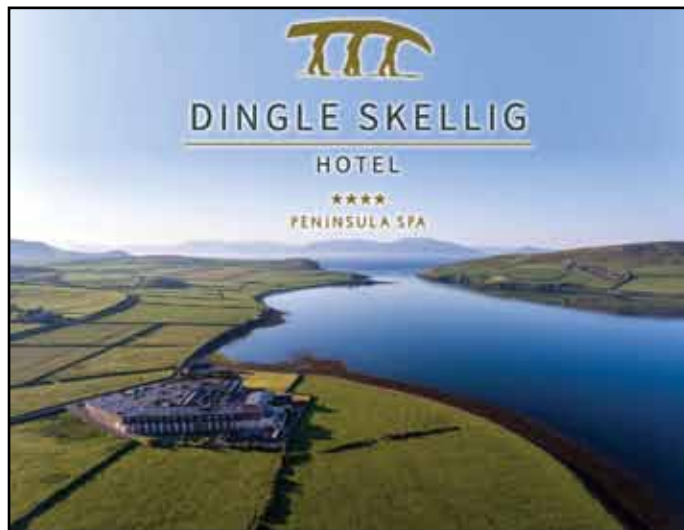
"I never imagined I would get that kind of attention, but I'm delighted and extremely honoured", he added.

The next single is being recorded this week and will be released in March.

Cathal, who is from Beaufort, studied Creative Digital Media at IT Tallaght.

"A Thousand Miles was recorded and produced in Little Dylan Studio's in Faha and is available on Apple Music, iTunes and Spotify.

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# DELEGATES HAIL SIGNIFICANCE OF FOSTER VISIT

The first ever visit of Democratic Unionist Party leader, Arlene Foster, to Kerry was hailed as a very important and symbolic gesture by delegates at the inaugural Killarney Economic Conference in The Brehon Hotel at the weekend.

Delegates afforded the former First Minister a very warm welcome and she, in turn, remarked: "It is a great honour to be in beautiful Killarney". "I want to congratulate the organisers on this inaugural Economic Conference. I know that a huge effort has gone into arranging this weekend," she said.

"I wish you every success also for the years ahead as you seek to establish the conference in the calendar as a must-attend event," the DUP leader added.

The attendance at the conference felt it was very significant that Ms Foster would accept an invitation to travel to Kerry where she shared the platform with Fianna Fail leader Micheál Martin.

Dr Mary C Murphy of the Department of Politics in UCC remarked: "A Unionist voice in this debate on this side of the border is crucial to us finding a way forward. I was very struck by Arlene Foster's contribution".

She added: "Even the symbolism of the DUP leader addressing the Killarney Economic Conference, in the deep south, was very significant."

During the course of her ground-breaking visit, Ms Foster insisted that she is determined to

maintain and enhance the positive relationship that has developed on both sides of the border and she acknowledged that the progress that has been made was hard won.

Ms Foster said when she grew up a few miles from the Fermanagh/Monaghan border, she saw, even during the darkest days, the close economic, cultural and social ties across the border.

"Those ties have strengthened since the Troubles ended to the extent that, in recent times, we have enjoyed extraordinarily, unimaginably positive relations between our two states," the former First Minister remarked. "I don't want to lose any of that. I lose none of my unionism by saying that I am proud of that progress".

Ms Foster said while the UK's exit from the EU has the potential to test the progress made, it doesn't automatically mean that everything that has been achieved is or will be undone.

In what was viewed as a strong conciliatory gesture towards the Irish Government, the DUP leader said she considered Northern Ireland and the Republic of Ireland to be like a semi-detached house.

"The houses may look the same on the outside, but, inside, they look different and we do many things very differently. But no matter how contrasting the interiors are, they are tied together and part of the same neighbourhood and what happens on one side of the fence inevitably has an impact on the other," she



DUP LEADER ARLENE FOSTER ADDRESSING DELEGATES, AT THE INAUGURAL KILLARNEY ECONOMIC CONFERENCE - AN ANNUAL DIALOGUE BETWEEN POLITICAL, ECONOMIC AND CIVIC LEADERS FROM BRITAIN AND IRELAND. PHOTO: VALERIE O'SULLIVAN

stated.

"I know that we are rivals in some respects, but in so many ways success for one of us is success for the other. As we chart a new course for the future, it is not in our interests to see the Republic of Ireland do anything other than prosper," Ms Foster stressed.

She said while the DUP supported the UK leaving the European Union but Brexit is "not about pulling up the drawbridge and building a wall".



DUP LEADER ARLENE FOSTER ADDRESSING DELEGATES WITH FIANNA FáIL LEADER, MICHAÉL MARTIN, AT THE INAUGURAL KILLARNEY ECONOMIC CONFERENCE PHOTO: VALERIE O'SULLIVAN



DUP LEADER ARLENE FOSTER CHATTING WITH MAYOR OF KILLARNEY MUNICIPAL AREA CLLR NIAL KELLEHER AND CONFERENCE ORGANISER, SIMON KINGSTON, AT THE INAUGURAL KILLARNEY ECONOMIC CONFERENCE PHOTO: VALERIE O'SULLIVAN



DUP LEADER ARLENE FOSTER CHATTING WITH MD BREHON HOTEL PATRICK O'DONOGHUE, AT THE INAUGURAL KILLARNEY ECONOMIC CONFERENCE - AN ANNUAL DIALOGUE BETWEEN POLITICAL, ECONOMIC AND CIVIC LEADERS FROM BRITAIN AND IRELAND. THE CONFERENCE FOCUSED ON BREXIT AND IT'S FUTURE, TOOK PLACE ON SATURDAY AT THE BREHON HOTEL, KILLARNEY, CO KERRY. PHOTO: VALERIE O'SULLIVAN



LECTURER IN POLITICS UCC, DR MARY C MURPHY, AT THE INAUGURAL KILLARNEY ECONOMIC CONFERENCE Y. PHOTO: VALERIE O'SULLIVAN

# BRASSIL ASKS DUP FOR A SECOND REFERENDUM

Kerry TD John Brassil has urged DUP leader Arlene Foster to back calls for a second referendum on Brexit.

He said because of the DUP's unique position as powerbrokers in the British Parliament, she could use her influence to give the people a second say on such a crucial matter as EU membership.

"That is the very simple solution to this whole mess," the Fianna Fail TD said at the Killarney Economic Conference.

"I would ask you, as a person of influence, to go ahead and demand it," he said to the former First Minister.

"I really believe that the British people voted on something that they didn't realise the consequences of. The debate was more about migration and NHS waiting lists than it was about what Brexit actually meant and now, 18 months down the road, the people realise the potential consequences," he said.

"There is nothing wrong with putting the question to the people again now that they know what they are voting on," Deputy Brassil insisted.

Ms Foster, in response, said there were many reasons why people voted to leave the European Union and, in her opinion, it was a sovereignty issue.

"To be clear, my party has never been in favour

of the European Union. Right from the very beginning we have campaigned against it," she said.

"I totally disagree with you on the second referendum. I would never advocate that. Where do you stop? We would be on a never-ending cycle of referendums," she told the Kerry Fianna Fail TD.

Junior Minister, Brendan Griffin, Deputies Michael and Danny Healy-Rae, Senators Mark Daly and Paul Coghlan and Mayor of Killarney, Cllr Niall Kelleher, were also in attendance at the conference in the Brehon Hotel.



DUP LEADER ARLENE FOSTER CHATTING WITH MARY MCQUINN, BREHON HOTEL, ARRIVING TO THE INAUGURAL KILLARNEY ECONOMIC CONFERENCE - AN ANNUAL DIALOGUE BETWEEN POLITICAL, ECONOMIC AND CIVIC LEADERS FROM BRITAIN AND IRELAND. PHOTO: VALERIE O'SULLIVAN

## KILLARNEY ECONOMIC CONFERENCE



MARGARET CAHILL, FÁILTE IRELAND, AT THE INAUGURAL KILLARNEY ECONOMIC CONFERENCE - AN ANNUAL DIALOGUE BETWEEN POLITICAL, ECONOMIC AND CIVIC LEADERS FROM BRITAIN AND IRELAND. THE CONFERENCE FOCUSED ON BREXIT AND IT'S FUTURE, TOOK PLACE ON SATURDAY AT THE BREHON HOTEL, KILLARNEY, CO KERRY. PHOTO: VALERIE O'SULLIVAN

# MINISTER FEARS BREXIT IMPACT ON TOURISM

Fresh fears that Brexit will seriously impact on Ireland's tourism and agri-food sector have been voiced by Agriculture Minister, Michael Creed, who said very few policy, business or financial decisions will be made over the coming months and years that will not be affected by the issue in some way, either directly or indirectly.

The tourism industry - the lifeblood of many counties - could be "seriously affected" and, already, the number of British visitors visiting Ireland is down about six per cent on 2016, he stressed.

The Government is conscious that the decline in British visitors is having a disproportionate effect in some areas, particularly in border locations and in high tourist areas.

"In response to these challenges, Tourism Ireland is targeting the marketing effort in GB through a Brexit lens, whilst at the same time seeking to build on the successful strategy of market diversification implemented since 2014," Minister Creed told the inaugural Killarney Economic Conference in County Kerry last night.

"In the medium term, other Brexit associated risks will threaten tourism and aviation related risks will reduce air access if they materialise,"

he said.

The minister warned that there will be very significant impacts if a hard or "no deal" Brexit ensues and all walks of Irish life will be affected.

"Brexit is a British policy, not an EU policy or an Irish policy, and we believe it is bad for the UK, bad for Europe and bad for Ireland. It presents challenges to our peace, and challenges to our prosperity.

"However, we are where we are and we must now get on and deal with the matter in a way that causes the minimal possible disruption," he told the attendance at the conference gala dinner in the Brehon Hotel.

Minister Creed said most immediate impact of Brexit over the last 18 months has been caused by the drop in the value of sterling, resulting in serious financial losses for many sectors, particularly horticulture and forest products. To help mitigate this and to assist in reducing costs and improving competitiveness, he introduced a range of measures aimed at helping reduce farm gate and business costs.

Despite Brexit concerns, the Government has worked hard at maintaining close relationships with Britain and Northern

Ireland to reflect the unique economic, political, cultural and people-to-people links that exist.

"It is our aim, and it will continue to be in all of our interests, to emerge from the overall Brexit process with the closest possible relationship between the UK and the EU. This is particularly the case in the agri-food sector, where we see the highly integrated nature of trade between the UK and Ireland that has been built up over decades," Minister Creed said.



PRESIDENT OF KILLARNEY CHAMBER OF TOURISM AND COMMERCE PAUL O'NEILL AND MAURICE O'DONOGHUE, AT THE INAUGURAL KILLARNEY ECONOMIC CONFERENCE PHOTO: VALERIE O'SULLIVAN

# INAUGURAL QUEST KENMARE SELLS OUT 8 WEEKS IN ADVANCE

More than 1200 adventurers are set to take part in new adventure race in Kenmare in March.

The Quest adventure series will take place in Kenmare on the 10th of March and the event is now fully sold-out, more than 8 weeks in advance. Participants will run, cycle and kayak their way around Kenmare Bay, Gleninchiquin, the Beara Peninsula and Kenmare town.

Elite Event Management who produce the Ring of Beara Cycle Kenmare also run the Quest Adventure Series. Race Organiser, Oliver Kirwan, says the popularity of the event is testament to people's love for Kenmare and adventure racing he said "We have some fantastic events across Ireland and we are really pleased to be able to bring the series to Kenmare. The great thing about these events is that they're really accessible and people of all different abilities get stuck in. We'll be bringing more than 1200 adventure racers to the town in March and we know Kenmare will put on a great reception as always. We are looking forward to it already!"

There are three routes participants will traverse, the 29km 'Challenge' route, the 50km 'Sport' route and the 67km 'Expert' route.

Una Brennan of Kenmare Marketing and Events Group (KMEG) said, "It's fantastic that Quest is coming to Kenmare, particularly at a traditionally quiet time of year. These events have a great reputation around the country



GLENINCHQUIN PARK, BEARA PENINSULA, CO KERRY, WILD ATLANTIC WAY, HIDDEN GEMS. PHOTO: VALERIE O'SULLIVAN

and it will be great to have adventure racers coming from around Ireland and abroad to experience all that Kenmare has to offer both in terms of the outdoors but also in the local hospitality in and around the town."

Quest Adventure series has five Irish events

in 2018, Quest Kenmare (10th March), Quest Glendalough (21st April), Quest 12/24 – Sneem & South Kerry (25th August), Quest Achill (8th September) and Quest Killarney (6th October).

## THE SHIRE ENTER BURGER FEST 2018

Burger Fest 2018 in association with Ballymaloe Relish is kicking off next week with its celebration of the burger, from January 22nd - 29th. Venues across Kerry will be taking part, to compete for the title of Ireland's Best Burger from pubs to takeaways, restaurants to hotels, and cafés to butchers, including Killarney's own, The Shire. Over the eight day festival, participating venues across the county are in with a chance of their signature burger being crowned Kerry's Best Burger. They will also compete against pubs, restaurants, hotels, cafés, craft butchers and fast food outlets nationwide for the prestigious title of Ireland's Best Burger. The public will get the opportunity to vote for their favourite burger using the hashtag #BurgerFest. You are invited to indulge in the most creative and delicious burgers the country has to offer, as venues nationwide go burger-mad with burger-related events, tastings, challenges and demos. For more information check out [www.thefestivalcrew.com](http://www.thefestivalcrew.com). Follow Festival Crew on Twitter @thefestcrew and on Facebook and Instagram @thefestivalcrew for updates on the exciting activities in the Kerry area. Best of luck to The Shire, get you votes in and support local!



## AWARDS NIGHT AT KILLARNEY HOUSE

The Cathaoirleach, Cllr. N. Kelleher, and the Members of the Municipal District of Killarney are to hold an Awards Event in Killarney House on Friday, 26th January

A number of clubs and teams will be honoured on the night for their successes in 2017.

### These include

Killarney Ladies Senior Golfing Teams – On winning the ILGU All-Ireland Senior Cup 2017 & ILGU All Ireland Senior Foursomes 2017

Ladies Crew of Workmen's Rowing Club - In recognition of titles won in the All-Ireland Coastal Rowing Championships

SPA GAA Dance Team – On winning the Scór na nÓg All Ireland Set Dancing Championship

St. Brendan's College Football Team – On winning the Hogan Cup for the 2nd year in succession

St. Brendan's College Soccer Team – On winning the FAI Schoolboys U-15 National Cup

St. Brigid's Presentation Secondary School Junior Basketball Team – On winning the All-Ireland Junior A Basketball Championship



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FitzGerald**  
Coghlan

## FOR SALE

### THE DACHA, POND LANE, KILLARNEY

Rare opportunity to purchase three bedroom detached residence in the heart of Killarney Town. Pond Lane is a quiet oasis, off Bridewell Lane, New Street, only a minutes walk from all New Street amenities, (Dunnes Stores, post office, secondary schools etc.), including the National Park, yet away from the hustle and bustle of the town. The property is an ideal purchase for a first time purchaser or a retiree.



Price Region: **€260,000**  
**BER D2**

---

### SHRONEDARRAGH, HEADFORD, KILLARNEY

Unique opportunity to purchase modern four bedroom bungalow which has commercial/surgery planning extending to 186 sq. m./2000 sq. ft. and detached garage on 0.64 acre site. The property has the benefit of full planning permission for surgery/office use and would suit as a residence with work from home purpose for a doctor, beauty therapist, hairdresser, physiotherapist, etc.



Price Region: **€260,000**  
**BER C2**



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# OPPORTUNITY FOR KERRY'S ASPIRING CHEFS

Kerry Education and Training Board is delighted to announce the rollout of the National Commis Chef Apprenticeship Programme in Kerry this February 2018. The Programme will provide aspiring chefs across Ireland with a two-year formal education and training programme that will kick-start their careers as professional chefs. "I am delighted with the successful development and validation of the Commis Chef level Apprenticeship. As the coordinating ETB for this new apprenticeship I wish to thank our Director of Further Education and Training, Owen O'Donnell and all the local team member of their dedication and commitment to this initiative. In addition, I wish to thank all our partner ETBs that participated in this development and ETBI for all their support and assistance. I look forward to the successful roll out of this new apprenticeship" The CEO of Kerry ETB, Colm McEvo told the Killarney Outlook.

The programme, the only one of its kind in the country, is supported by the Irish Hotels Federation (IHF), the Restaurants Association of Ireland (RAI), the Irish Hospitality Institute (IHI), Euro-toques Ireland, Catering Management Association of Ireland (CMAI), Fáilte Ireland, SOLAS, Education and Training Boards (ETBs) and Institutes of Technology (IOTs). Kerry ETB has been appointed Coordinating Provider for the new National Commis Chef Apprenticeship Programme in Ireland.

Speaking at the Programme launch in Dublin Owen O'Donnell, Director of Further Education and Training for Kerry ETB stated;

"Kerry ETB is delighted to be leading the new National Apprenticeship for Commis Chefs. This Apprenticeship has been developed in partnership between Education & Training Boards and the hospitality and culinary industry to provide the sector with highly skilled people. This is the first of the New Apprenticeships launched by the further



DARREN BRADY, COMMIS CHEF APPRENTICE, THE REDBANK; TERRY MCCOY, PROPRIETOR, THE REDBANK; AGNIESZKA NIEDZIELAK, COMMIS CHEF APPRENTICE, JURYS INN CHRISTCHURCH; AND DARINA BRENNAN, EXECUTIVE CHEF, DALATA HOTEL GROUP AT THE LAUNCH OF THE NATIONAL COMMIS CHEF APPRENTICESHIP PROGRAMME. THE INDUSTRY-LED PROGRAMME, THE ONLY ONE OF ITS KIND IN THE COUNTRY, PROVIDES ASPIRING CHEFS WITH THE OPPORTUNITY TO "EARN AND LEARN". IT IS SUPPORTED BY THE IRISH HOTELS FEDERATION, THE RESTAURANTS ASSOCIATION OF IRELAND, FÁILTE IRELAND, EDUCATION TRAINING BOARDS AND SOLAS. PIC: NAOISE CULHANE

education and training sector and will provide a direct route to employment with excellent career and progression opportunities for the apprentice graduates"

The programme was officially launched at a reception in Dublin by Minister for Education and Skills, Richard Bruton, TD, with representatives of the hospitality and tourism industry as well as the seven Education and Training Boards involved in delivering the educational aspects of the programme. Launching the programme Minister Bruton, TD, stated; "I am delighted to launch the new Commis Chef Apprenticeship today. This new national apprenticeship offers a welcome pathway to a career in the hospitality sector, where apprentices will learn critical skills to succeed in their field". The Apprenticeship is

two years in duration, consisting of alternating phases of 60% on-the-job training with their employers and 40% off-the-job training in ETB Centres. Apprentices who enrol in the programme will be paid for the duration of their apprenticeship, by their employer. Thus this Earn while you Learn model makes the National Commis Chef Apprenticeship programme a very enticing prospect. Successful Apprentices will be awarded a QQI Advanced Certificate in Culinary Arts at Level 6 on the National Framework of Qualifications.

FOR FURTHER INFORMATION contact the Kerry ETB Training Centre on 066 7126444 or visit [www.kerryetbtrainingcentre.ie](http://www.kerryetbtrainingcentre.ie) If you are an employer looking to engage with the Apprenticeship contact Con O'Sullivan on 087 3548915

## 30 YEAR REUNION PROMISES TO BE A GREAT NIGHT OF NOSTALGIA

A trip down memory lane is set to take place for students of Killarney Community College and the old Tech.

The 30 year class reunion of the class of 1988 is being organised by past pupils and will take place in the Killarney Avenue Hotel at 8pm on Saturday 24th February.

Students and teachers who attended the school between September 1983 and June 1988 are invited to attend.

Tickets €35 can be purchased from Anne Sugrue (086)2154575, Pat O'Sullivan (087)2900151, Mary Coffey (087)2822766 and Lorraine O'Shea (086)8371900.



THE LEAVING CERT CLASS OF 1988 AT KILLARNEY COMMUNITY COLLEGE? BACK ROW: EAMON O'CONNOR, PATRICK COOPER, COLM O'SULLIVAN, GIOVANNI GAUDINO, BERNARD O'SHEWA, SEAN COFFEY, CONNIE CROWLEY, ROGER HARTY. MIDDLE ROW: STEPHEN O'SULLIVAN, ANTHONY GRIFFIN, DENIS MCCARTHY, JOHN BUCKLEY, CATHERINE DOOLIN, AMANDA DOYLE, ANNE SUGRUE, GER MCCARTHY, NICHOLAS BURKE, TOMMY O'BRIEN, MR. FAVIER (TEACHER) FRONT ROW: NOREEN LYNE, MARY MCGOUGH, MARY COFFEY, LORRAINE O'SHEA, KAY KENNY, SHEILA HEALY AND MARY SULLIVAN

## MONEY MATTERS.....

By Dermot Cronin,  
**Financial Advisor**



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**If you require any further information on the above or any financial matter please contact Dermot Cronin QFA APA at 0646622775 or dermotcroninifa@gmail.com**

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### FOR SALE

#### MAULYKEVANE, HEADFORD, KILLARNEY, CO KERRY

Stunning modern (2007) detached residence (1700 sq ft approx) located in a panoramic setting commanding picturesque mountain views and located just 10 minutes drive from the popular tourist town of Killarney.

**PRICE REGION: €255,000**



#### GLENFLESK, KILLARNEY, CO KERRY

Magnificent detached spacious bungalow with stunning mountain views, superbly located just off the main Killarney to Cork road adjacent to GLENFLESK church, shop etc and just 6 miles from the popular tourist town of Killarney. the beautiful landscaped gardens with an array of exotic flowers, shrubs and trees further enhances this fine property.

**€295,000 BER C2**



**Full Details Selling Agent Hennigan Auctioneers**

**064-6634582/087-2354416**

**Hennigan Auctioneers 66 New St., Killarney t| 064 6634582 m| 087 2354416 www.henniganauktioneers.com.**

## PROPERTY OUTLOOK

### THROUGH THE KEYHOLE....

A PICTORIAL LOOK AT KILLARNEY PROPERTIES ON THE MARKET



**Address: 80 Lackabane Village, Fossa, Killarney.** 4 Bedroom Detached property (approx 2,013 sq ft) with private rear garden & decking area only 3km to Killarney Town Centre & adjacent to Lackabane Golf Club & Killarney National Park. Alarm system. Oil fired central heating.

**Agent:** ● Property Partners Gallivan ● College Square, Killarney, Co. Kerry ● Tel: **064 6634177** **www.propertypartners.ie**

**Guide Price: €365,000 (BER Pending)**

Auctioneers who would like to feature on "Through the Keyhole" contact Des on **087-6593427**.

# CALL FOR 60KM SPEED LIMIT IN GLENFLESK

Clr. John Sheahan has called on Kerry County Council to call on the TII to implement a 60km speed zone at Glenflesk Village as soon as possible.

The council replied:

The making of the Bye-laws is a reserved function but the council cannot make bye-laws relating to a national road or a motorway without the prior written consent of the National Roads Authority (TII).

As part of the process in reviewing the speed limits for the county and preparing revised Bye-Laws, the Council has been actively engaging with the TII on the proposed speed limits for the national routes. As advised to the members at the December 2017 meeting, briefings are being arranged in January for a presentation of the proposed changes to the speed limits in each Municipal District.

A proposal to apply a 60kph speed limit on the N22 at Glenflesk, is recommended by the TII. Following the briefings to the members, it is proposed to complete the drafting of the Bye



ST. AGATHA'S CHURCH GLENFLESK VILLAGE WHERE CLLR. SHEAHAN HAS CALLED FOR A 60KM SPEED LIMIT.

Laws by the end of March to allow for a statutory public consultation process to commence. The prescribed public consultation period is for 30 days, and subject to the level of submissions or

objections received, the Council hopes to be in a position to bring the final draft to Council for consideration in June 2018.

## CAR LOAN OR PCP? HOW SHOULD YOU FUND YOUR 2018 CAR PURCHASE?

Consumers in Ireland are changing their cars more frequently than before and this trend is set to continue in 2018. The latest Carzone Motoring Report (2017) says that one in two people now change their car every five years, and 60% are planning on buying either a new or used car in 2018. With so many set on a new pair of wheels in the coming months, it's likely that a lot will struggle to decide between a traditional car loan or a Personal Contract Plan (PCP) to help finance the purchase.

For many, headline rates on PCP agreements can at first look more attractive, but these can easily distract from the range of additional charges and a good deal of inflexibility. Essentially PCPs are lease schemes. The buyer has in effect, hired the car for a particular period of time, usually 3-5 years, while they make payments. At the end of the agreement, they will have to make a balloon payment in order to own the car.

In addition, they will need to be conscious of the mileage they are racking up, because the balloon payment, or guaranteed minimum future value (GMFV), of the car will have been calculated with their annual mileage in mind.

In contrast, with a credit union car loan, the consumer simply borrows the money to pay for a car, which they own immediately, and they can drive as much as they please. They can also sell the car on at any time they wish, should they need to, whereas they do not have



this option with a PCP.

Killarney Credit Union is reporting a recent increase in queries about car loans, which could be down to weaker sterling fuelling the increase in cheaper used car imports from the UK, along with media coverage of the inflexible nature of PCPs.

"There appears to be a renewed interest in the traditional car loan due to greater flexibility and more straightforward terms and conditions" Helen Courtney Power continued. "We would encourage anyone considering buying a new or used car in 2018 to pop in or call us at Killarney Credit Union before making any decisions. We are happy to see all our members, no matter how long it has been, and of course we are always happy to chat to anyone who has never been a credit union member."

Speaking in more detail about the differences between car loans and PCPs, Helen Courtney Power, Business Development Officer, Killarney Credit Union said: "If you arrange finance with your credit union before going shopping for a car, you are in a much stronger position. You are effectively going as a cash buyer to the car dealer, and may well be able to negotiate a better deal. At Killarney Credit Union we offer a car loan with an APR rate of 7.8%\* and we also offer car insurance, through the credit union insurance website coveru.ie. Our loan is typically approved within 48 hours."

Killarney Credit Union has also put together a checklist for anyone considering a PCP agreement before they sign the dotted line:

- Be aware that to extend the term of a PCP you may be charged a rescheduling fee.
- Take note of the cap on the number of miles/kilometres you are allowed to clock up over the period of the contract.
- You may be requested to commit to certain car servicing agreements.
- Ensure you always enquire about additional fees and charges, you are entitled to a list of all additional charges so ask the garage for this before you sign any agreement.

**For more information on PCP's and how they work check out [www.consumerhelp.ie/pcp](http://www.consumerhelp.ie/pcp)**

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# KWD KIDS RECYCLE RIGHT INITIATIVE - A CLASS ACT

KWD Recycling has been travelling around Kerry over the last number of months visiting primary schools with their 'Recycle Right' Workshop. Over 3600 kids from 88 schools around Kerry have completed the workshop and the feedback received has been very positive from all involved, even the teachers have learned a lot while listening in on the workshop. The objective set out for this initiative was to enable students to champion best practice when it comes to recycling so they can transfer this knowledge to home and also influence greater recycling within their schools. By the end of each workshop it is clear that the objective set out has been achieved, the kids are beaming with the confidence to be able to teach others how to the recycle correctly.

Students who have completed the workshop also have the chance to participate in a competition which encourages them to build Kenny the KWD truck using recyclable materials. Some prizes include an Apple iPad, a field trip to KWD's Recycling new state of the art recycling facility, as well as others. If any school has not contacted KWD Recycling



STUDENTS FROM NAGLE RICE NATIONAL SCHOOL MILLTOWN

about this workshop, they can do so before the end of January by emailing them on [info@kwdkids.com](mailto:info@kwdkids.com).

KWD Recycling would like to take this opportunity to thank all the schools that got involved in the 'Recycle Right' initiative to date.

Please visit 'KWD Kids Recycle Right Initiative' Facebook page to see photos from your local school or visit [www.kwdkids.com](http://www.kwdkids.com) to learn more about recycling. You can also see videos of what happens at KWD Recycling on the YouTube page 'KWD Kids Recycling'.



STUDENTS FROM ST OLIVERS BALLYCASHEEN KILLARNEY.



STUDENTS FROM FURIES NATIONAL SCHOOL

## KILLORGLIN GROUP ALL SET FOR THEIR 55TH PANTO

The Killorglin Panto Group's 55th Pantomime has been announced, and to satisfy all the Nosey Nelly's who have been trying figure it out, this year's Panto is... 'Pinocchio'! Oh, yes it is!

This year also marks the 55th Panto for 'the heart' of the amateur acting troupe, Declan Mangan, who is not only script writer and producer, but has also entranced audiences each year as the inimitable Panto Dame. After over half a century in this iconic role, surely Declan is worthy of a Guinness World Record? Declan's fans certainly think so! Following the success of his book, 'Dame Declan's Diary: Diddiliadada', which takes a look back at 50 years of the Killorglin Pantomime, members of the acting group have surprised Declan by nominating him for a Guinness World Record, as congratulations on a Dame fine job!

The highlight for many who attend the Killorglin Panto is, of course, the extraordinary extravaganza of costumes, which year after year are created by the ever dedicated and indescribably talented, Anne Mangan. Once



KILLORGLIN PANTO GROUP ALL SET FOR THEIR 55TH PANTO

again, Anne has come up trumps, and her influence has inspired the continued success of the talented group of entertainers. Anne has created costumes for generations, dressing the 30 person chorus (with three costume changes), 14 main characters, and 40 children. Unfortunately, this will be the last year audiences can hope to witness first-hand and enjoyed her new creations on the Panto stage, as Anne will retire her sewing kit after the 'Pinocchio' Panto.

It has been 60 years since Killorglin's first Panto, 'Snow White and the 7 Cromane Men', which brought tears of laughter and expanded pride in local talent within the Kerry town in 1958. Plays were performed during the late 50's and early 60's, but the Killorglin Panto has been a much anticipated annual delight since 1970, with last year's performances raising €4,000 for local charities including the local old folks home, St. Josephs, and the Killorglin Mental Health Group.

The Panto begins in the CYMS, Killorglin, with Matinees on Saturday, 20th January and Sunday, 21st January 2018. Night-time shows will be performed from the following Wednesday, 24th until the final Matinees on Sunday 28th. The Panto will come to a triumphant end at the gala finish in the INEC Killarney at 5pm on Saturday 4th February.

To secure your tickets for the ever popular Killorglin Panto, contact the booking office on 066 9790961. For pictures and live updates, follow the conversation online @ KillorglinPantomimeGroup.



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### 6 ARLINGTON HEIGHTS, KILLARNEY NEW TO THE MARKET

3 bed semi, in excellent condit. Only mins walk to town.

Nice private back garden. **BER PENDING**

**PRICE REGION €245,000.**



### LISTRY CROSS, FAHA, KILLARNEY

A restored farmhouse on c. 4 acres. The house has an extension to the back and has an exquisite finish and lay-out. There are a number of very attractive and useful stone buildings on the property

**PRICE REGION €400,000.**



### KNOCKEENDUBH, KILLARNEY

A delightful bungalow in pristine condit. 5 bed all ensuite with the benefit of a spacious 1 bed apt/office or ideal granny-flat with private entrance.

The gardens are well laid out with a growing tunnel and great privacy. A superb location only about 1.5 miles from Killarney town.

**BER PENDING**

**PRICE REGION €345,000**

**FOR SALE**

### CAPPAGANEEN, BEAUFORT, KILLARNEY

Old single storey house on 4.75 acres approx. Extremely scenic and private.

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**FORESTRY c.100 ACRES**, approx 20 years old, well maintained, close to main road.

**6 ARLINGTON HEIGHTS, KILLARNEY.** V. attractive 3 bed semi. Nice private back garden. Only mins. walk to town centre. Excellent condition. Price region €245,000. Ber pending.

**KILLAHA COURT, COUNTESS RD. KILLARNEY.** Delightful 2 storey townhouse. 2 bed, both ensuite, concrete 1st floor, former showhouse, extra spacious. Exceptionally convenient location.

**8 ACRES OF DEVELOPMENT LAND** only a few mins. walk to Killorglin town centre. Zoned residential. Dry, level, roadside, scenic property with great potential.

**MANGERTON VIEW, OFF LEWIS RD.** Killarney, Store/garage (14.5 ft.X 28ft.) on a site of total measurements 18ft.X100ft. Great location with good access

**KILLARNEY 1 MILE** Beautiful, new, stone fronted detached 2 storey, on large private site in a very small private development of detached large spectacular homes. This house is finished to "builders finish" and contains 6 bedrooms all ensuite with various lounges etc. Approx 3,000 sq. ft.

**LISTRY/FAHA, KILLARNEY** Exceptional property. Modernised, totally renewed stone built farmhouse on 4 acres of excellent land with 2 stone built charming outoffices/dwellings. Professionally designed gardens. Offering the perfect blend of the old and the new with great style and character. Much sought after location. B.E.R. pending. P.O.A.

**FIRIES AREA, KILLARNEY** Country mansion on c. 39 acres approx of top quality land all in excellent condition.

**SPA/TIRNABOUL, KILLARNEY.** Opposite G.A.A. complex. C. 16 acres. V. scenic, subject to one planning. Exceptional location. (unique property)

**KILCUMMIN OR FIRIES** area, semi or detached house wanted for cash buyer.

**GREENFIELDS, FIRIES, KILLARNEY.** 3 bed semi with exceptional finish, sunlounge etc. (as new) beside playing area, n.s. creche and shops. Price region €175,000. ber. pending.

**BARLEYMOUNT, KILLARNEY** 6.5 acres approx. of rough land.

**BARLEYMOUNT, KILLARNEY** 1.75 acres approx. field with spectacular views

**SPA/KILLARNEY** 1 acre site, subject to planning, dry elevated, great location

**ROCKFIELD, FAHA.** Delightful 3 bed two storey (At the old school).

Very attractively priced.

**FARM WANTED.** GOOD QUALITY LAND. 50 ACRES OR MORE. CLOSE TO KILLARNEY OR WITHIN 7 OR 8 MILES FROM KILLARNEY TOWN. TOP PRICE PAID FOR SUITABLE PROPERTY.

**MILLTOWN VILLAGE** Commercial street front property. Great location. Good investment opportunity. Price region €95,000 ono.

**CARAGH LAKE/GLENCAR/KILLORGLIN** area old 2 storey farmhouse on c. 2.5 acres. Very scenic tranquil setting in this very desirable location.

**WAREHOUSE TO LET** close to Killorglin town, v. modern building..

**ANGLONT, KILLORGLIN** 5 bed detached house with a 5 star finish. Approx. 10 miles from Killarney and approx. 1.5 mls. from Killorglin. A truly spectacular, modern dwelling.

**KILLORGLIN, GOLF COURSE ROAD** Delightful 2 bed detached bungalow, as new, superb location.

**KILLORGLIN TOWN CENTRE** Licenced premises. Great location with extensive street frontage. Large building with "spacious Beer Garden." Needs some upgrading but has huge potential for

food, entertainment etc. Attractively priced.

**CAPPAGANEEN, BEAUFORT, KILLARNEY** Old house on 4.75 acres approx. Extremely scenic and private.

**DOOKS, GLENBEIGH.** Beautiful, detached bungalow with spectacular views. Very private with electric gates and many special features. Close to Dooks golf club.

**KNOCKLEBEDE, KILCUMMIN, KILLARNEY** Exceptional 4 bed bungalow with additional upstairs, floored space. 3 ensuite, walk-in-robos, jacuzzi shower, many extra attractive features, electric gates, tarmac drive, detached garage, on c. 1 acre. v. scenic.

**GLENBEIGH, CLOSE TO ROSSBEIGH.** 6 acres approx. with full planning for a detached dormer bungalow, extremely scenic, tranquil setting. Price region €150,000

**WHITEBRIDGE MANOR, BALLYCASHEEN, KILLARNEY** 3 bed semi with garage converted to 1 bed apt./office etc. Great location P.O.A. BER pending.

**JACK DUGGAN'S PUB, CASTLEMAINE.** A landmark modern property with 5 overhead bedrooms, kitchen etc. Great potential for Hostel/Eirb&b to enhance income. Guide price €170,000.

### FARMS/LAND

**BALLYFINNANE, FIRIES, KILLARNEY.** 9 acres approx. in one field. Bounded by a river on one side and fronting the public road.

**DEVELOPEMENT LAND** 8 acres approx. zoned residential, only minutes walk to Killorglin town centre. (Sunhill area.) Dry, elevated property.

**TULLORUM, Spa, Killarney** 7 acres approx. of good land close to Killarney town.

**FIRIES AREA, KILLARNEY** Country mansion on c. 39 acres approx of top quality land all in excellent condition.

### SITES

**AGHADOE** Site roadside, approx 1 mile from town 1/2 acre selling subject to planning.

**KILCUMMIN AREA** Large site with full planning permission for an attractive bungalow. NO RESIDENCY CLAUSE. Ready to go. Panoramic, breathtaking views.

**BEAUFORT AREA** Elevated, scenic site c. 1/2 acre.

**COOLIES, MUCKROSS, KILLARNEY** c. 1 acre, private scenic location.

**ROSSBEIGH, GLENBEIGH** Site with full planning for dormer, no residency clause.

**FAHA, KILLARNEY,** c. 1/2 acre, dry, roadside, great location, bargain.

**TIRNABOUL/SPA KILLARNEY** C. 3/4 acre site. Dry, level and roadside. Close to Spa G.A.A. grounds and community facilities.

**MILLTOWN, KILLARNEY.** SITE WITH FULL PLANNING FOR APPROX. 2,000 SQ. FT DETACHED, 2 STOREY, in a small private, exclusive development. (Ballyoughtra Heights) Beside the new schools, shops etc.

**SITE AT COOLICK,** Kilcummin. 1/2 acre or more if required.

**SITE AT ARDLAHAS,** Beaufort c. 0.8 acre.

**ROSSBEIGH, Glenbeigh** 6 acres approx. with full planning for a dormer, no residency clause. Extremely scenic.

**TIRNABOUL, Spa area,** (opposite G.A.A grounds) Approx. 16 acres. Good dry ground.

## Health Matters...

*With Dr. Lynda O'Callaghan*

The Killarney Medical Centre

### DIVERTICULAR DISEASE AND DIVERTICULITIS

#### What are Diverticulum (plural Diverticula)

Diverticula are small outpouches or pockets that can develop in the large intestine as we age. Many people will have a few scattered diverticula that don't cause any symptoms whatsoever and are found incidentally. When you have a large number of them or when they start to cause symptoms it is called Diverticular Disease. If they become acutely inflamed or infected you have Acute Diverticulitis.

#### Symptoms

Typically Diverticular disease can cause abdominal pain, often in the lower left side and worse after eating. It can be eased by passing stool or wind. You can feel bloated or complain of constipation alternating with diarrhoea or mucus in your stool. When a person develops Acute Diverticulitis the pain become more sharp and severe and can be associated with a temperature, nausea or vomiting and bleeding from the back passage and blood in the stool.

#### Causes

- Age- as you get older the walls of your large intestine become weaker and the pressure of hard stools passing through your intestine can cause the little pockets to develop. Most people will have some diverticula by the time they are 80.
- Poor fibre diet. Fibre has a stool softening effect which puts less pressure on the bowel wall.
- Smoking, Obesity, Ongoing constipation or frequent ibuprofen use also seems to increase your risk.
- Genetics- having a close family relative, especially if under 50 increases your risk.

#### Tests

A blood test is unhelpful in diagnosing Diverticulitis but may be used to diagnose infection or out rule other illness like Coeliac Disease. A colonoscopy or a CT scan is required to confirm the presence of Diverticular Disease.

#### Treatment

##### Diet

Eating a high fibre diet can help ease the symptoms of Diverticular disease and prevent acute bouts of Diverticulitis. Fibre rich foods include fresh and dried fruit and vegetables, beans and pulses, nuts, cereals and brown starchy food. Gradually increasing your fibre and drinking plenty of fluids can prevent fibre side effects such as bloating and wind. In acute Diverticulitis, especially if you have pain, diarrhoea, temperature or bleeding you are best to stick to a 'low residue' predominantly fluid based diet.

##### Medication

Paracetamol can be used to relieve pain. Avoid Aspirin or Ibuprofen due to the risk of stomach upset.

Antibiotics are used to treat Acute Diverticulitis. Often oral antibiotics suffice but occasionally the patient can require admission for IV Antibiotics.

##### Surgery

Surgery is rarely required in the management of Diverticular Disease. In a young person with a high number of diverticulum they are usually centred in the Sigmoid colon. In this instance if the patient has frequent exacerbations they may be offered a Sigmoid Colectomy where that portion of the bowel is removed and the 2 open endings are attached to each other.

##### Complications

Fortunately Diverticulitis usually runs a benign /occasionally bothersome course for the patient but rarely causes serious complications. That said these can include a bowel perforation (bowel bursts) and need for an operation to make a colostomy (a bag).

Abscesses can develop from infection that doesn't settle as can fistulas where the bowel makes an abnormal connection with elsewhere in the abdomen.

Diverticular disease is not associated with nor does it cause bowel cancer.



**Dr. Lynda O'Callaghan**  
MB BCH BAO LRCP&SI MICGP  
Dip. in Women's Health, DCP, DCH

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# Killarney

## TOWN TALK



THE PARENTS & TEACHERS BEHIND THE STUDENTS OF ST BRENDAN'S COLLEGE WHO RECENTLY ACHIEVED THE BEST OVERALL GROUP PROJECT AWARD AT THE 2018 BT YOUNG SCIENTIST & TECHNOLOGY EXHIBITION FOR THEIR WORK ON CONFORMITY AND HOW MINORITIES CAN INFLUENCE. L-R SCIENCE TEACHER MARIE VAUGHAN, PAUDIE O'DONOGHUE, ORAN O'DONOGHUE, PRINCIPAL SEAN COFFEY, HARRY & JAMES KNOBLAUCH AND JOE & MARY KNOBLAUCH. PICTURE MARIE CARROLL-O'SULLIVAN



CAOIMHE SPILLANE.

We are set for some more wintry showers and cold weather over the weekend! Quick reminder that the Old Market Flea takes place on Sunday 21st January from 1-6pm. They will have over 15 stalls with a mixture

of vintage, pre-loved and hand-made clothes, jewellery & accessories, art, craft, health & beauty, bric-a-brac and so much more...a mixture of local and national vendors... so there's sure to be something for everyone. It's even bigger than their last fair which was held before Christmas. So pop in for a rummage this Sunday, 1-6pm at The Laurels Hall on Old Market Lane, just opposite Jam and Noelle's Retro Café. Details on all vendors are available on their facebook page @oldmarketflea and their Instagram @oldmarketfleakillarney. You'll be supporting independent small businesses! To find out what's happening in Killarney, look no further than the Town Talk Page. The page is a great way to celebrate the town and support local events. If you have any news you would like to share, an event you would like to promote or an interesting story about Killarney you can contact [towntalk@outlookmags.com](mailto:towntalk@outlookmags.com)

### VALENTINES MINGLE

The Laurels Pub and Restaurant are hosting a speed dating event which will be followed by an 80's disco on Friday 2nd February. The event is for single people over the age of 30. Booking is essential and the admission cost is €20.00.

### LISTRY MILTOWN FLEADH CEOIL QUIZ

There will be a fundraising quiz in The Plough Bar Miltown on February 2nd in support of the Fleadh Cheoil Chiarrai.

### PUBLIC HEALTH NURSING SERVICES

Antenatal Breastfeeding Class: February 5th  
Venue: Parish Centre at the Church of the Resurrection, Park Road, 2.30pm-4.30pm.  
Antenatal Classes: March 5th, 12th, 19th & 26th. Time: 6pm-8pm Contact: Contact: Public Health Nursing Service: Tel: 064-6670743/064-6670745. Time: 09.30-10.30 Mon - Fri

### ADULT EDUCATION CLASSES

Adult Education Night Classes in Killarney Community College: Enrolment for classes now open, please call school office Monday to Friday 9.30am—4pm. For further details please contact 064 6632008 or email: [adulthood@killarneycc.ie](mailto:adulthood@killarneycc.ie)

### CONGRATULATIONS

Huge congratulations to students and staff of St Brendan's College, who celebrated double success at the BT Young Scientist & Technology Exhibition. Fifth year students; Harry Knoblauch

### KILLARNEY MUSICAL SOCIETY NEWS

Rehearsals for Sweet Charity are well underway and its shaping up for a great show, we cant wait to perform this fantastic show. Our Annual Table Quiz takes place Friday January 26th at 8pm in Mc Sweeney Arms, please come and support our fundraiser. The committee of Killarney Musical Society are currently calling on all our patrons who kindly offer us patronage year in year out for which we are very grateful.

Killarney Musical Society's production of SWEET CHARITY will take to the INEC on March 14TH, 15TH & 16TH. This is one show NOT to be missed!



LEGION LOTTO WINNERS: PATSY DINEEN AND JAMES CRONIN. BACK ROW: JOHN FORAN (TREASURER), PAUL TRANT (LOTTO COMMITTEE), PAUDIE DINEEN, TOMMY REGAN (LOTTO COMMITTEE), ENDA WALSH (CLUB CHAIRMAN).



ANDY O'SULLIVAN PICTURED WITH HIS FAMILY AT THE GLENEAGLE HOTEL HAVING RECEIVED A HALL OF FAME AWARD AT THE EAST KERRY BANQUET ON FRIDAY NIGHT. FRONT ROW L-R MARIA O'SULLIVAN, ANDY O'SULLIVAN, KATHLEEN O'SULLIVAN & RACHEL O'SULLIVAN. BACK ROW L-R KEVIN O'SULLIVAN, RONAN O'SULLIVAN, NIAL O'SULLIVAN, ERIN GOULDING & DIARMUID O'SULLIVAN. PICTURE MARIE CARROLL-O'SULLIVAN

## KERRY AIRPORT ROUTES

Brendan Griffin, Junior Tourism and Transport Minister, has announced that a contract has been awarded to Stobart Air to operate the Public Service Obligation air route linking Kerry Airport with Dublin for the next four years. The contract will come into force on February 1 and will allow the existing two daily flights between Kerry and Dublin to continue uninterrupted until January 2022. Kerry Airport and Ryanair have also confirmed the return of the direct route from Farranfore to Faro in Portugal which will run twice a week for the months of June, July, August and September with the first flight starting on June 2.

## MARIAN PLAYERS PANTO

The 31st annual Marian Players Rathmore Panto, The Pied Piper, will take place on Saturday 27th at Rathmore Community Centre at 7:30pm for further information and to book tickets contact 0647758526. All proceeds go to the Kerry Parents and Friends Association.

## REELING IN THE SHOWBAND YEARS

"Reeling In the Showband Years" takes place tonight Friday, January 19th show 8.00pm. RTE's Ronan Collins is Host and Compare. Red Hurler from The Nevada Showband. Gina from The Champions. Ronan Collins sings his renowned tributes to The Great Joe Dolan and Dickie Rock. The show's exciting finale is an all cast salute to the Showband Era. All of the stars join in for a medley of songs from the unique Showband Years. Bringing you back in time to this magical musical period. Tickets: €27.65

## BRENDAN GRACE

Brendan Grace, one of the most loved Irish comedians and singers, will be taking to the INEC stage on Saturday, 20th of January at 8:00pm. Special guest Showband Nostalgia. Tickets are €33.20

## KILLARNEY PARK RUN

A timed and measured 5k run which takes place at Muckross house every Saturday morning at 9.30am. It will take place this weekend on Saturday 20th January at 9:30 am - 1:00 pm. It is a free event open to all, both adults and children. It is a social event which attracts everyone from the fastest runners to beginners and to those just looking for an excuse to walk 5k in the National Park. The only requirement is to register at <http://www.parkrun.ie/register/> and bring the barcode with you on the morning you wish to take part. The run starts and finishes at the Campervan area in the carpark at Muckross House. It is a free event and is organised entirely by volunteers.

## KILLARNEY MUSICAL SOCIETY

Our rehearsals for Sweet Charity are well underway and its shaping up for a great show, we cant wait to perform this fantastic show. Our Annual Table Quiz takes place Friday January 26th at 8pm in Mc Sweeney Arms, please come and support our fundraiser. The committee of Killarney Musical Society are currently calling on all our patrons who kindly offer us patronage year in year out for which we are very grateful. Killarney Musical Society's production of SWEET CHARITY will take to the INEC on March 14TH, 15TH & 16TH. This is one show NOT to be missed!

## A CAPTAIN UNAFRAID

Killarney documentary maker Charlie O'Brien's documentary film 'A Captain Unafraid' is now available to purchase on DVD from the film's website. [www.acaptainunafraid.com/shop](http://www.acaptainunafraid.com/shop). Charlie won The Golden Fox award at the Calcutta Cult Film Festival before Christmas. 'A Captain Unafraid' charts the life and times of 'Dynamite' Johnny O'Brien, 19th century sailor and adventurer.

## FOSSA/TWO MILE COMHALTAS

Come along to a music and singing session for young musicians and singers in Fossa GAA Clubhouse, Fossa on Saturday 20th January 5 - 6pm. This is very much a fun session where the emphasis is on playing music and singing for enjoyment. All ages and abilities. Adult musicians wishing to help are welcome. Further details Tim 087 2413116 or Eileen 087 6284053.

## IWA COLLECTION

The Irish Wheelchair Association national church gate collection takes place this weekend 20th and 21st January. Your generosity is great appreciated.



ENDA WALSH CHAIRMAN OF LEGION GAA CLUB PICTURED WITH HIS WIFE BREDA AT THE EAST KERRY GAA BANQUET. PICTURE: MARIE CARROLL O'SULLIVAN

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## NIGHT CLASSES

### KILLARNEY COMMUNITY COLLEGE

Classes will commence  
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Care Support - core module in Healthcare - Thursday - €250  
 Challenging Behaviour - Tuesday - €250  
 Child Development - core module in Childcare - Tuesday - €250  
 Occupational First Aid & Defibrillation Thursday (7:00 - 10:00 p.m.) - 9 weeks - €230 - **3 places remaining**  
*There is an additional €20 QQI Certification Fee (medical card holders are exempt)*


**TUESDAY**  
 ALL CLASSES ARE 7:30 - 9:30 P.M.  
 UNLESS OTHERWISE STATED

Genealogy - 6 weeks .....	€80
Cooking - 7 weeks .....	€120
HIIT - High Intensity-Interval Training - 7 weeks (6:45 - 7:45 p.m.) ...	€55
Heavy on the Belly Programme - 7 weeks .....	€90
Pilates - 7 weeks (6:45 - 7:45 p.m.) Limited Places.....	€55
Acrylics Beginners (5:15 - 7:15) - 7 weeks .....	€90
Interior Design - 6 weeks .....	€80
Intermediate English - 7 weeks .....	€90
Spanish (Improvers) - 7 weeks .....	€90
Improvers Computers - 7 weeks .....	€90
Introduction to Digital Photography - 7 weeks .....	€90


**THURSDAY**  
 ALL CLASSES ARE 7:30 - 9:30 P.M.  
 UNLESS OTHERWISE STATED

Irish - 7 weeks .....	€90
Tai Chi - 7 weeks (7:30 - 9:00 p.m.) .....	€75
Drawing & Sketching Class - 7 weeks .....	€90
Spanish (Beginner's) - 7 weeks .....	€90
Gardening with Debbie - 7 weeks .....	€90
Computers for Absolute Beginners - 7 weeks .....	€90


For further information please contact Adult Education Office  
**(064) 6632008 or email [adulted@killarneycc.ie](mailto:adulted@killarneycc.ie)**



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- Mahers Meats • Mailboxes etc. • O'Rourke & Co Accountants • Noel's Retro Café • O'Brien Coffey Accountants •
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Thank you to all who volunteered to steward the parades, helped out throughout the festival and everyone who supported our street collection

# Thank you

Thank you for your support and see you all again later in 2018!

[www.christmasinkillarney.com](http://www.christmasinkillarney.com)



## RATHMORE/GNEEVEGUILLA

### NEWS by Michael O'Mahony

**CHEQUE PRESENTATION** Presentation of Cheques from the Bridge Bar new years Day walk in Memory of Denis( Gary) O'Leary will take place at Bridge bar on Saturday 27th January at 8pm.proceeds to Irish Heart Foundation & Rathmore Social Action and also maintenance & Training for the Defibrillators In the Rathmore area. Thanks to everyone who helped in any way with walk a Resounding success Thank you all Denis Desmond organiser.

**THANK YOU** The Rathmore branch of St. Vincent DePaul sincerely thank all who contributed to our recent Church Gate Collection in Shrone, Rathmore, Knocknagree, Gneeveguilla and Ballydesmond. A special word of thanks to Scoil Phobail Sliabh Luachra, Holy Family N.S. and Danú Childcare, Rathmore, for the enormous amount of non perishable food collected. We also wish to acknowledge and thank the anonymous contributions received and those who contributed to the Crib collection in Rathmore Credit Union and Knocknagree Church. Without your continued support we could not help those in need in our community. Our branch greatly appreciates your continued generous support.

**RATHMORE RAVENS BASKETBALL CLUB** UPDATED will hold a Used Clothing event in support of The National Council for the Blind. Drop off times are Wednesday Jan 24th 7.30 - 8.30pm and Thursday January 25th 8-9am to Rathmore Community Centre, accepted items are Clothing, Linen, Curtains, Belts, Handbags and Shoes (Paired), NO Cushions, Duvets, Pillows, Socks or Underwear. Your support would be really appreciated.

**FROM THE PARISH RECORDS** Here is the breakdown of Funeral Masses, Baptisms and Marriages celebrated in The four churches from January to December 2017: Funerals - Rathmore - 18 Knocknagree - 8 Gneeveguilla -9 Shrone - 2 Baptisms - Rathmore - 26 Knocknagree - 11 Gneeveguilla - 21 Shrone - 9 Marriages - Rathmore - 9 Knocknagree - 4 Gneeveguilla - 2 Shrone - 2

**PANTO** 31st Annual Marian Players Rathmore Panto Group. The PIED PIPER open on saturday january 27th at Rathmore community centre at 7.30pm. All night shows at 7.30pm nightly Wednesday 31st Thursday 1st February Saturday 3th Mattaine both Sundays at 3pm. 28th & 4th February at rathmore Community Centre proceeds to Kerry Parents parents Friends Association Further information & booking contact booking office 0647758526.

**KERRY HOSPICE FOUNDATION** The local fundraising branch handed over a cheque for €1600 to Kerry Hospice Foundation. The presentation on Christmas Eve was the proceeds from the sale of Christmas Cards and from collection boxes in local shops and bars. The funds will help with the financial demands of the new inpatient palliative care unit at University Hospital Kerry which opened mid-December. Thanks for the ongoing generous

**GOOD NEWS FOR RATHMORE IN 2018** Cllr. John Sheahan Mayor of Kerry welcomes the

allocation of funding for the following projects. N72 Forge Cross to Rathmore ...€1.35 million including improvement works in town centre. N72 Beeheenagh Bridge, Barraduff has gone to Tender. Stagmount Bypass has progressed to part 8 of the Planning Process.

**THANK YOU** Kerry Parents Friends Association Rathmore Branch would like to thank all our supporters who contributed to making our recent Monster Christmas Bingo a great success. A special thanks to all our sponsors and members of the community centre committee. Over €4700 was raised for our Rathmore services. The bingo will be an annual event in future. Mile Buiochas.

**EAST KERRY GAA ALL STARS AWARDS** In Gleneagle Hotel last weekend Congratulations to Rathmore & Gneeveguilla players who received the awards: Aidan O'Mahony, Cathal Murphy, Donal O'Sullivan, Mark Ryan, Brian Friel, Shane Ryan.

Shane Ryan also got East Kerry young player of the year and Senior player of the year. And also to Gneeveguilla players DJ Murphy, Patrick Warren DJ O'Connor and to other players that awards.

**AGM** Rathmore AGM this Friday 19th January at 7.30pm in Rathbeg.

**SYMPATHY** To families relatives of Josephine Murphy (nee Scannell) Meenagishaugh, Gneeveguilla, who died recently in England. Thade Cronin Laxie, Knocknagree, Denis MacSweeney, Killarney, & Gloungriskeen Rathmore who deaths were recently. May they all rest in peace

**GOOD LUCK** To our neighbours Knocknagree who are part of our parish when they take on Naomh Colmcille of Donegal in the All-Ireland junior club semi final on this Saturday January 20th in Mullingar at 2pm let hope that they have success and go all way.

**NEEDS OF THE HOLY LAND** Collection held in parish recently. The collection raised €1107. Thanks for your generous support.

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

## FOSSA NOTES

**OPERATION TRANSFORMATION** This time last year a group of us, getting into the spirit of Operation Transformation, gathered in Lidi car park at 7pm on Wednesday evenings for a 4km stroll / walk around the town - all lit with street lights and semi sheltered. We finished at approx 8.15pm. It proved to be a fun walk and a broad range of topics were discussed! We are starting again next Wednesday, 17th January and everybody is welcome to come along and join us.

**PARTY NIGHT** Fossa GAA Club will hold a party night in the Dromhall Hotel on Friday 26th January. There will be a mulled wine reception at 8pm followed by a buffet at 8.30. There will be medal presentations to the senior men and ladies teams as well as the minor team. There will also be the presentation of the Senior and Minor Player of the Year award and for the first time ever we will have a Senior Ladies Player

of the Year award. Tickets @ €20 are available from the following, Merry Talbot 087 0511988, Theresa Kissane 087 6816169, Siobhan Bennett 086 3831917, Willie Buckley 087 9613429, Karen McGlynn 086 1037902 and Mike Cahillane 087 6487181.

**CONGRATULATIONS** Congratulations to Paudie Clifford who won the East Kerry Intermediate Player of the Year award for the second year running on Friday night. This was richly deserved as Paudie gave some outstanding performances in helping Fossa win the Intermediate championship in 2017.

**COMMUNITY GAMES** Fossa Community Games Committee are organising a table quiz in the Golden Nugget on 2nd February 2018 to help raise funds for another year's events. Fossa has a long tradition of participation and success in Community Games and the funds raised will help continue this tradition for the local children. We would appreciate any support you could give to help make this event a success, whether it's in promoting the quiz itself or supporting our raffle.

**'COME ALONG TO A MUSIC AND SINGING SESSION** for young musicians and singers in Fossa GAA Clubhouse, Fossa on Saturday 20th January 5 - 6pm. This is very much a fun session where the emphasis is on playing music and singing for enjoyment. All ages and abilities. Adult musicians wishing to help are welcome. Further details Tim 087 2413116 or Eileen 087 6284053

## KILCUMMIN NEWS

**JUNIOR SET DANCING** Junior Set Dancing Classes will commence on Friday 19th at 7pm for beginners / intermediates and 8pm for advanced. Children 4 years upwards are welcome from within and outside the Parish. This is an ideal opportunity for young people to learn our traditional sets, make new friends and get some valuable exercise. Further info contact Mary or John Moriarty on 087-9620135 / 086-1579381 respectively.

**KILCUMMIN HISTORICAL GROUP** Kilcummin Historical Group wish to extend New Year wishes to all who assisted in making a success of the recording project of Old Kilcummin Graveyard. All gravestones can be viewed and inscriptions read on www.historicgraves.ie In 2018 we intend making a big effort to identify people buried in unmarked graves and erect a marker. Please contact us if you have any information that could be of assistance. Thank you. Mobile: 087 1527050 Email: kilcumminhistoricalgroup@gmail.com

### WORD OF THANKS

Kayleigh O'Leary, Knocklebede wishes to sincerely thank all those who supported her for the upcoming IHCPT Cycle. €1,400.00 was raised. Mile Buiochas.

**PARENT & TODDLER GROUP** Mondays 10.30-12.30 in the Recreational Hall, all welcome. Further info please contact Maureen on 087-2883479

**31ST ANNUAL MARIAN PLAYERS RATHMORE PANTO GROUP 'THE PIED PIPER'** Opens on Saturday January 27th at Rathmore Community Centre at 7.30pm. All

night show at 7.30pm nightly Wednesday 31st Thursday, 1st February, Saturday 3rd Matinee both Sundays at 3pm. 28th & 4th February at Rathmore Community Centre proceeds to Kerry Parents Friends Association. Further information & booking contact booking office 0647758526.

**CE VACANCIES** Vacancies presently exist on the Kilcummin Rural Dev. C.E. Scheme for the position of Maintenance/Caretaker. This position is a development opportunity and no experience is necessary. Accredited training will be provided to support your career. Please contact your Local Dep. of Social Protection Intreo Office to check your eligibility. To apply, please forward your CV for the attention of the Supervisor to Rural Dev. Office by post or email john@kilcumminparish.com. contact John 086-1579381.

**COMHALTAS** Comhaltas are hoping to recommence Traditional Singing Classes shortly. If interested please contact Martina on 087-2971213.

**MUSIC CLASS** Group Music Class will start on Thursday January 18th. This is an eight week session with Teacher Brendan O'Sullivan in Kilcummin National School. This is a great opportunity for your child to learn new tunes and be part of a group at Comhaltas events. Further information on both classes contact Tony 087 - 6258641 or Irene 087 - 1191353.

**FLEADH CHEOIL NA HÉIREANN ENNIS SERIES** (starting on Friday 19th January 2018 at 7.30pm on RTE 1)

Fleadh Cheoil is a series of six television programmes from the Ennis Fleadh Cheoil presented by John Creedon and Aoibhinn Ní Shúilleabháin. The series will showcase a host of musicians and singers who attended the Fleadh.

**WANTED TALENTED FAMILIES!** We're looking for Ireland's most talented family to take part in a brand new TV show. If you and your brother or sister, father, mother or granny has a talent, now is your chance to make your family a household name. All entries must be made up from immediate family members, i.e. grandparents/parents/children. The act must consist of at least two people. There are no restrictions on what their act could be. They could be singers, dancers, musicians or storytellers. If you and your family would like to audition please contact; Lucinda@adareproduction.ie, rob@adareproductions.ie or phone 01 2843877.

**KILCUMMIN GAA**

**KILCUMMIN LADIES FOOTBALL CLUB** Medal presentation is on in the clubhouse on Sunday evening 21st January at 6pm. All teams that won competitions in 2017 will be presented with their medals on the night. Finger food served. Everyone welcome.

**CLUB AGM** Takes place this Friday at 8.30 in the Clubhouse. Everyone is welcome members and non- members but it is important that people who have an interest in the club attend and get not only an update on progress but the clubs plans going forward. Looking forward to seeing you there and hearing your opinions.

**COACHING FORUM** A large crowd attended the first night of the clubs coaching forum. Co-ordinated by Terence Houlihan, Donal Daly



ALL SET FOR THE KILLORGLIN PANTO. FULL DETAILS ON PAGE 16.

and Eamonn O'Sullivan of the county board it took the format of a workshop and some very interesting ideas were proposed. A follow up session will be organised in the near future and it is imperative that all coaches attend as the club aided by the county board will draw up a coaching structure for u-6 to senior as well as all ladies teams. This will be the blueprint going forward so now is the time to get involved.

**CONGRATULATIONS** Brendan Kealy and John Lenihan who were recognised by the East Kerry board last week and a special word of congratulations to Tim Ryan who completes his five year term as chairman of the board.

**KILCUMMIN GAA LOTTO** There was no winner on Sunday 14th December 2017. Numbers drawn were 1, 3, 7 9. Next Draw Sunday, 28th January, 2018. Jackpot now €9,250.

**MASTERGEEHA FC LOTTO** There was no winner on Friday 12th January, 2018. Numbers drawn were 9, 19, 23, 24. Jackpot now €3,400.

## GLENFLESK NEWS

**GLENFLESK LOTTO** No winner of the lotto which took place in Spillanes Bar, Jackpot - €4,600.00 umbers were 3, 16,24, 26 1. Gerard Warren (Yearly ticket)

2. Derry Crowley Knockanes (seller Derry Crowley) 3. Aodhan O'Donoghue 4. Francky Guerineau 5. Donal McCarthy Londis The next draw will take place in Corner Bar on 29/01/18 and the Jackpot is €4,800.

**SCOR NA NOG** Our Scor na nOg Ballad Group were in the Munster Final on January 7th and unfortunately didn't progress to the All Ireland Final stage. Congratulations to the girls on a great run this year.

**SCÓR SINSEAR** The Co Final of Senior Scór will be held in mid February. Any member of Glenflesk GAA, aged 17 or over, who would like

to take part, should contact the Scór Officer, Rosie, as soon as possible at 087 2072512.

**SCÓR NA BPÁISTÍ** The East Kerry round of Scór na bPáistí will take place in the Racecourse on Saturday, February 24th, at 12pm. Any primary school children, who are members of Glenflesk GAA, who would like to take part in any of the competitions, are asked to forward their names to the Scór Officer, Rosie, as soon as possible at 0872072512 to finalise entries for the Club.

**GLENFLESK COMHALTAS** Music class will resume next week but due to the unavailability of St. Agatha's Community Centre in Thursday night music class will be held on Wednesday 24th at 7pm and continue on Thursday 2nd February and every Thursday Thereafter. Set dancing continues on Wednesday evenings as usual. All welcome. For more information contact Margaret Creedon 087 2706390.

**GLENFLESK AGM** Our Club AGM will be held in the Clubhouse on Tuesday January 23rd@ 8.15pm.

Nominations and motions should be sent to Secretary before Monday 15th. (email secretary. glenflesk.kerry@gaa.ie or text 0868113443).

**COISTE NA NOG AGM** The Coiste AGM takes place on Friday January 19th at 8pm.

**RAHEEN N.S** Congratulations to Bernie Bartlett who had the winning lotto No.23 on Saturday the 6th of January and to Eamon Bowler who had no.6 on Saturday the 13th.

**SYMPATHY** Paul Lucey R.I.P . Noel Lucey and family would like to send a big thank you to our friends, neighbours and Glenflesk G.A.A club for the great support at Paul's funeral over Christmas. Much appreciated, Noel and family.

**CONTACT** We welcome items of local interest. Please contact PRO Paudie on 087 7692220 or pro.glenflesk.kerry@gaa.ie.

## Planning for a Healthy lifestyle

Good nutrition, exercise and other healthy behaviors will improve your quality of life and may lower your risk for future illnesses such as other cancers and heart disease.

In this week's Killarney Outlook, some of the best in the business are offering some great deals across a wide range of healthy living plans.

A healthy lifestyle will address many concerns you may have including weight loss, sleeping problems, stiff muscles and joints and fatigue.

By incorporating some of these healthy behaviors into your lifestyle like, walking, running, cycling, gardening, outdoor work, swimming, stretching exercises or dance and movement classes you can look forward to enjoying a new healthy and fit future.

Diet and Nutrition are also very important. Eating five to nine servings daily of fruits and vegetables free of pesticides is very important as is, including plenty of fiber in your diet, drinking eight to ten glasses of water per day and limiting alcohol consumption.

Finding ways to reduce stress is vital to good health. You can do this by doing things you find fun and that make you laugh, taking classes such as music or painting, writing in a journal, listening to music, praying or meditating.

A plan for healthy living can help you make healthy behaviors part of your life. Start by doing things you enjoy. Expand your efforts as you can over time. There can also be comfort in knowing you are doing what you can to reduce your risk for serious health issues in the future but always ask your health care team about your particular risk factors so you know what things you should avoid.



### New to Coral Leisure Killarney this January..... MYZONE

MYZONE is a group performance tracking device that's worn around the chest. It provides Fitness Class members with feedback to a screen in the class. The tracking is looking at heart rate, effort and calorie loss which is all monitored on a screen during the class. If you desire a competitive but fun way to train then it's definitely worth a try. MYZONE classes are Monday 7pm MYZONE Mix for strength/toning and cardio. Wednesdays 6pm MYZONE Tabata for that high intensity workout and Thursdays 10am MYZONE Spin for an indoor cycling workout.

Also available this January is a TEEN Weight Training Program for 16 & 17 year olds. This is an hours fitness test and tutorial on correct lifting techniques with a REPS certified Instructor and a 6 weeks training program. Call for more details

**Phone 064 66 36554**  
[www.coralleisure.ie](http://www.coralleisure.ie)  
[info@killarneyleisure.com](mailto:info@killarneyleisure.com)



## Studio 7 Fitness

FITNESS FOR BODY & MIND



### Welcome to Studio 7 Fitness

### Killarney's only Fitness & Wellness facility.

Studio 7 is the vision of Owner and Performance Director Michael Lindsay. "I wanted to create an environment, where people feel comfortable in their surroundings and enjoy the classes, reach their own particular health & fitness goals and make new friends in the process" Studio 7 members gain access to a closed "Wellness Group" where they receive extra content on things like Nutrition, Wellness, Mindfulness and Stress Management to name a few. "Everybody is different and has home and work stresses, so i wanted to not just focus on the physical but look at the whole person where mindset can be hugely important to their overall well-being"



**Services on offer at Studio 7**

**Fitness include:**

- Fitness/Weight Loss Classes
- 1 to 1 and Small Group
- Personal Training**
- Athlete & Team Strength & Conditioning
- Bring Your Baby to Work (Out) Classes
- Injury Rehabilitation
- Life Coaching
- Wellness Workshops





**For more information on Membership and Personal Training please contact Michael on:**

Tel: 0863221620
Email: [michael@studio7fitness.ie](mailto:michael@studio7fitness.ie)

 Studio 7 Fitness Killarney
 @studio7fitnesskillarney

## JANUARY 4 Sale



**12 Month - 20% Off**  
Single Adult only €396  
Family 2+3 only €632

**6 Month - 15% Off**  
Single Adult only €250.75  
Family 2+3 only €403.75

**12 Month Teens**  
Pool only €180  
Gym & Pool only €236

*Available Throughout  
January 2018*





\*Family 2+3 = 2 adults and up to 3 children under age 16. Terms & Conditions apply




**Included Free**  
Fitness Classes  
Aqua Fit Classes  
Ample Parking  
Wi-Fi

**Also Available**  
Personal Training  
Customised Programmes  
Fitness Assessments  
Professional Advice  
...and much more

PHONE 064 66 36554  
WWW.CORALLEISURE.IE  
INFO@KILLARNEY4LEISURE.COM

 @nuawellness  
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nuawellness.ie

Nua Wellness is a state of the art wellness center at 53 High Street Killarney. We are the only center to offer flotation therapy in Kerry and since opening in October 2017 there has been a fantastic response to the treatment. Many of our clients are athletes who find that flotation therapy speeds up recovery from injury, reduced muscle soreness and provides the ideal environment for visualization and rest after training. Flotation therapy also hugely benefits people who suffer from depression and anxiety and it is an excellent way to manage stress. We also have a lot of clients who are dealing with Arthritis, Fibromyalgia, high blood pressure and sleep issues. We have special offers for new customers and an easy to use online booking system for our customer's convenience. Flotation therapy is one of the few treatments that is suitable during pregnancy and because you float weightlessly it provides a unique environment for mother and baby to relax and even catch up on some sleep! For more information or to book an appointment visit our website [www.nuawellness.ie](http://www.nuawellness.ie) or call 085 2551007.

**53 High Street Killarney, Co.Kerry Tel: 085 255 1007**

 @nuawellness  
nuawellness.ie



**Follow us**   

**Benefits of Flotation Therapy**

- Improves sleep
- Alleviate stress
- Increases motivation, diminishes depression and anxiety
- Improved athletic performance
- Eases the pain of Fibromyalgia, Arthritis, and migraines.





**Our services include:**

- Flotation Therapy**
- Massage Therapy**
- Eyelash Extensions**
- Flourish Organics Facials**

**Flotation Therapy**  
1 session - €65  
**Special Offer for New Clients**  
3 sessions for €130

**53 High Street Killarney, Co.Kerry Tel: 085 255 1007**

## FITNESS EXPERT EDELE DALY GUIDES YOU TO A FIT AND HEALTHY NEW YOU...



### GOT THE JANUARY "FEAR" ABOUT STARTING A NEW EXERCISE PLAN OR SIMPLY JUST GETTING GOING AGAIN?

Don't think your alone. We all get a little anxiety starting something new, and the idea of change can be a very scary transition to make. Start by setting yourself small realistic goals. Don't set your stakes too high. If your a couch potatoes start by getting out for a walk every evening before dinner. Or if you are a walker and feel you need more then join a class, or get started with a personal trainer. The small act of consciously doing something positive for your well being will be enough to get you back on your feet and will hopefully kick start you to long term positive change.

The main message is don't just sit there doing nothing, get out there and "do something", make the first steps to a positive change. Resistance to change is normal and once you accept this you can get through it. Even as a trainer I have days and weeks I find it hard to get motivated, especially when I was off over Christmas. The fear was very real trying to get my mojo back, but rest and recovery is needed too and I had to accept this change of quiet down time. It was tough getting going again but I took my time, eased myself into the process and thankfully I'm back in the swing of things again. And you can do this too!

#### MY MAIN MESSAGE FOR THIS WEEK:

- Start off gradually and don't kill yourself or over do it as you won't stick to it
- Set yourself small realistic goals
- Don't try and get the quick fix, if it doesn't kill you in the process, it won't work or last!
- Don't keep putting it off until next week, ask a friend, family member or colleague to help.
- Accept that it is normal to feel anxious about starting, we are all human. Find the right environment or trainer that you know you will eventually settle into and be happy.

We have new monthly Beginners packs in the studio with personal training and classes to help encourage and support all you newbies from as little as €110 so check it out on [www.fitnesswithedele.com](http://www.fitnesswithedele.com) or check our out booking app GLOFOX and log into the "fitness with Edele" studio.

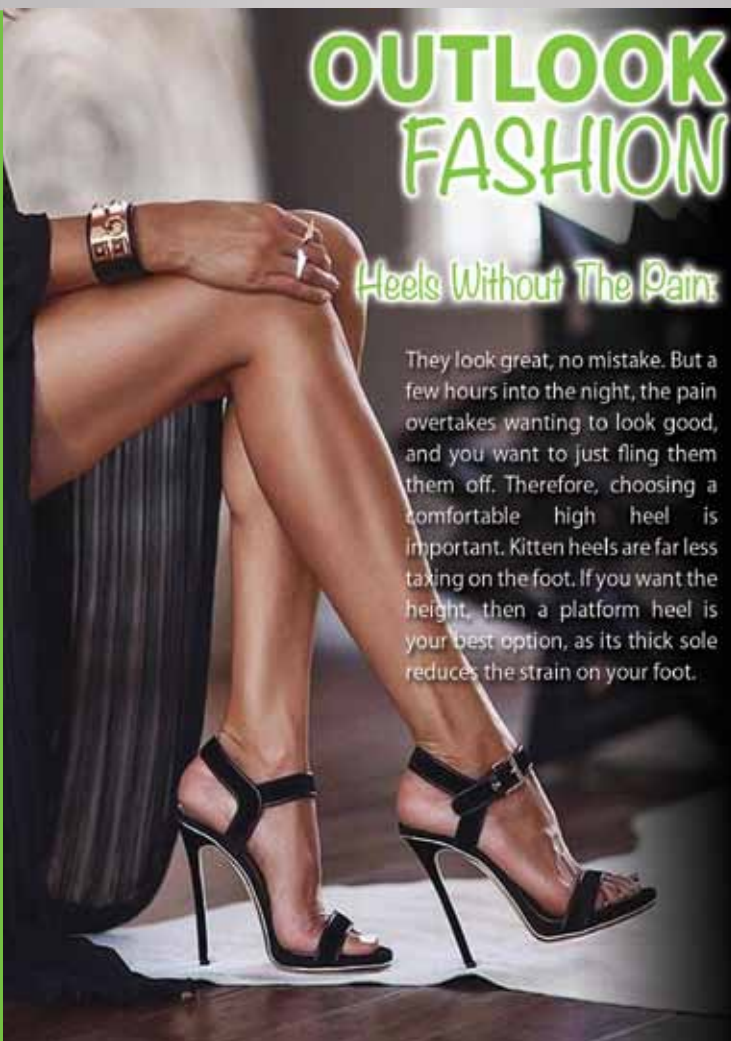
### MORE TIPS NEXT WEEK...

FITNESS WITH EDELE **087-7643449**  
WWW.FITNESSWITHEDELE.COM

## OUTLOOK FASHION

### Heels Without The Pain

They look great, no mistake. But a few hours into the night, the pain overtakes wanting to look good, and you want to just fling them off. Therefore, choosing a comfortable high heel is important. Kitten heels are far less taxing on the foot. If you want the height, then a platform heel is your best option, as its thick sole reduces the strain on your foot.



## KILLARNEY MASSAGE THERAPY CENTRE

Yoga. Massage. Wellness

- Clinical and Sports Massage
- Myofascial Release
- Trigger Point Therapy
- Hot Stone Fusion
- Yoga and Movement 1-1 sessions

Sara is trained to the highest level with a BTEC level 6 (degree) in Clinical and Sports Massage & is the first and only person to hold this qualification in Ireland.

Advanced techniques can provide effective relief from most soft tissue pain restriction including but not limited to:

- Neck and Shoulder Pain
- Low back pain
- TMI, head and face pain
- Piriformis syndrome and sciatica
- Leg, knee and foot pain
- RSI's and repetitive strain injuries

Contact Sara 087-2922851

[www.killarneymassagetherapycentre.ie](http://www.killarneymassagetherapycentre.ie)



**Astrid Longhurst**  
Life & Body Confidence Coach



### MOVE INTO YOUR BEST LIFE!

How do you move through your day? Where in your body do you hold stress? Are you aware of how you walk, sit, stand or go about your daily tasks? Where does your body store old emotions and how does your body release negative thought patterns? When you change the way you move you also change the way you think and feel. Many people today still think of the body and the brain as being separate and yet movement is the language of the brain. A muscle doesn't know how to move - it needs the brain to tell it to do so and in return movement provides information the brain needs to grow and organize itself. Brain research has shown that movement done automatically does not create new connections in the brain, but rather it grooves in more deeply existing brain patterns (those stubborn limitations we often experience). When you begin to move with more awareness and attention you immediately wake up your brain to form new connections. This is exciting because it means that

Movement with Attention will increase your flexibility, strength, endurance, balance, and skillfulness (i.e. your fitness). It can also reduce aches and pains, prevent injury, and promote greater joy, creativity, mental clarity, and problem-solving skills. This form of mindful movement also helps you to be in the here and now. If you are interested in learning more sign up for my mindful movement class starting soon. It's called Chakranetics and combines energy psychology, energy medicine, Qi Gong, body tapping, the Chakra energy system, visualization and body mantras.

NEW Chakranetics six-week course starting Monday 29th January at The Malton Hotel (7.30pm) €70.00. Booking is essential!

Please visit and LIKE my facebook page for more motivational tips, thoughts and inspiration!

**066 9766374** | [life\\_coachingunlimited@yahoo.ie](mailto:life_coachingunlimited@yahoo.ie)



## PUCK WARRIORS DUATHLON RACE SERIES 2018



### RACE 1

SATURDAY 20TH JANUARY

2KM - 15KM - 2KM

**Pre Register  
€40 Race  
Series  
€50 on the  
Day**

### RACE 2

SATURDAY 3RD FEBRUARY

5KM - 15KM - 2KM



### RACE 3

SATURDAY 24TH FEBRUARY

5KM - 15KM - 5KM

ONLINE REGISTRATION:

[WWW.AFITBODY.IE/PUCK\\_WARRIORS](http://WWW.AFITBODY.IE/PUCK_WARRIORS)

[INFO@AFITBODY.IE](mailto:INFO@AFITBODY.IE)

066 9790680

## PHYSICAL ED

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For more information on any of my services please visit

[WWW.PHYSICALED.IE](http://WWW.PHYSICALED.IE)

## KILLARNEY MENTORING PRACTICE OPPORTUNITIES FOR 2018



**PARENTING SUPPORT:** These courses will be held over 10 weeks commencing

Tuesday January 23rd at 7 pm - 9pm with additional classes commencing in March.  
Suitable for parents, teachers or anyone involved in the care of children.

**Included in these sessions are topics such as:**

- All Parenting Starts with Self • Family Relationships and Feelings
- Family Communications • Children's Challenging Behaviours
- A Different Kind of Discipline and more

**Booking is essential and cost is €150**

### ONE-TO-ONE MENTORING

opportunities are available by appointment for those who wish to reflect on relationship challenges or difficulties experienced in the home, family or work environments or for those who wish to get a deeper understanding of themselves.

### WORKPLACE AND STAFF PRESENTATIONS

These can be tailored to individual group needs in terms of duration and frequency covering topics such as Personal Growth, Open Communication, Conflict Resolution, Relationship Challenges, Active Listening and more.

**Contact : Eileen Buckley (087) 4129655 Email: [eileen2buckley@gmail.com](mailto:eileen2buckley@gmail.com)**

This practice is run in association with Dr Tony Humphreys and Dr Helen Ruddle (021) 4642394



**DENTAL PRACTICE**

## MILLTOWN DENTAL PRACTICE

### NEWS

**Scale and Polish treatment will return under the PRSI scheme.**  
Ring for further information.  
**Miltown 066 9765635**  
**Caherciveen 066 9472411**



Open Mon - Sat: 9am - 6pm  
Late evening appointment available  
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**066 976 5635**  
[milltowndentists@eircom.net](mailto:milltowndentists@eircom.net) | [www.dentistskerry.ie](http://www.dentistskerry.ie)  
For more information or to arrange an appointment  
**PLEASE CONTACT: 066 9765635**

# SARAH JAYNE

LINGERIE - NIGHTWEAR - HOISERY

## SALE

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We offer alterations & remodelling of dresses, Jackets, Coats, Wedding & Communion Dresses, Curtains, Zips, Hems, etc.

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**BOOKING ESSENTIAL**  
Places are limited!



**Kick off 2018 in a state of flow, ease & health!**

## With Chakranetics™

Mindful movement & energy medicine fitness

**Join Astrid for this FABULOUS six week mindful movement course**  
Monday January 29th 7.30-8.45pm  
At the Malton Hotel, Killarney  
70.00 Euros

Booking available from  
[www.astridlonghurst.com](http://www.astridlonghurst.com)  
Or call 066 9766374 to book NOW!

## The Life and Music of Jim Reeves

Presented by **Al Grant** Special Guest **Isla Grant**



Venue:  
The INEC Acoustic Club, Killarney

Friday 2nd of February 2018

Doors open at 7.30  
Show begins at 8.30

If you are a Jim Reeves / Al Grant Fan you will love this concert.

## ADVERTISE HERE

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**CONTACT DES: 087 6593427**

# Galvin Physiotherapy Clinic

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Tel. 064 66 23100 | Fax. 064 66 23111

Email. info@galvinphysiotherapy.ie | Web. www.galvinphysiotherapy.ie

- Manual Therapy
- Dry-needling
- Sports Injuries
- Orthotics
- Biomechanical Assessment



## Donal O'Sullivan MISCP MCSP

MSC. PHYSIOTHERAPY  
BSc. ATHLETIC THERAPY AND TRAINING  
**Chartered Physiotherapist**  
Approved by all major Health insurance providers.



## Jimmy Galvin MISCP MCSP

MSC. PHYSIOTHERAPY  
PGdip. EXERCISE AND SPORTS MEDICINE  
**Chartered Physiotherapist**  
Approved by all major Health insurance providers.



## Gráinne Bergin (ARTC)

CERTIFIED ATHLETIC AND REHABILITATION  
THERAPIST SPECIALISING IN DEEP TISSUE  
AND SPORTS MASSAGE

# Spiritual Intuitive Energy Healer



## Trisha Moloney

Trisha Moloney is a Spiritual Intuitive Energy Healer, who is a native of Co. Kerry.

**Energy Treatments - private one to one**  
**Available Daily in Tralee and Killorglin**

"My unique energy healing is a non invasive treatment which is very gentle yet powerful, life changing and effective with immediate results that offers relief of symptoms and a feeling of over all wellbeing."

**NOW taking names for weekly meditation classes**

**I will be holding**  
**steps to transformation workshop late february**  
**and a workshop on Energy and chakras**  
**and angel workshop on the last Sunday in January**  
**28th of January 2018**

**Level One Training for intergrated energy Therapy's on**  
**Saturday 27th Jan 2018 and other levels will follow in February**

**Mindfulness - Meditation**  
**Daily/Weekly in Soul Aurora Holistic Centre, Tralee**

**Call Trisha: 085 1625095**



# Killarney Jive Weekend 2018

Kerry

**The Torc Hotel, Killarney**  
**January 26th, 27th, 28th 2018**

**Tickets**  
**€50 - Full Weekend Pass**  
**€40 - Saturday Pass**  
**€10 - per Class**  
**€10 - Dance**

**Beginner, Improvers & Advance Classes**

**Junior Jive classes**  
**with Karen Healy**  
**Sat 24th 5pm - 6.15pm**  
**Ages 5 - 16 years €5**

**NO PARTNER REQUIRED**

**Workshops all weekend with**  
**Ireland's Top Dance Teachers:**  
**Tom Jive, Nikki Keelin & Sean Woods**  
**Mark Ryan & Ciarán Rosney.**  
**Dancing with Ciarán Rosney**  
**Fri & Sat night at 10pm - €10**

**Jive Competition Saturday night €300 to Winner**

**For more info contact**  
**The Torc Hotel 064 663 4168**

**Check out Killarney Jive weekend full line up**  
**on facebook page** **KillarneyJiveWeekend**



# DANCE FITNESS with Sharon

**Killarney: Every Monday - KDYS 7.45 - 8.45pm**  
**Fenit: Every Tuesday - Fenit Parish Hall 7-8pm**  
**Ardfert: Every Wednesday - Ardfert Community Hall 8-9pm**  
**Tralee: Every Thursday - KDYS 8-9pm**

- Exercise through dance
- A fun way to get fit
- Not partner dancing
- A variety of dance Styles
- Just turn up on your own or with friends.

**€8**  
**pay as you go**

**If you recommend 2 friends you can get your 1st class for €4**

**Call: 087 1911885**

# MIXED ABILITIES EXERCISE CLASS

**Suitable for those with extra needs**



**Every Wednesday**  
**Morning**  
**11.00 am**  
**At the Ross Cafe**

**Adjacent to Men's Shed ,**  
**Lewis Road , Killarney.**

**Contact Mary on: 087 97 57 951**

## VITHIT SCHOOLBOYS/GIRLS SOCCER LEAGUE

### JK SPORTS 12PREMIER

Killarney Celtic A 6-3 Park A  
Daly's Supervalu 13 Premier:  
Killarney Celtic 3-0 Killorglin  
Mastergeeha 3-4 Killarney Athletic

### 13 DIVISION 1

Listowel Celtic 5-1 Camp Juniors  
13 Division 2:  
Mastergeeha B 1-2 Killarney Athletic B  
Killorglin B 4-1 MEK  
Quills Woollen Mills 14 Girls Premier  
Fenit 0-4 Camp Juniors-0

### 15 DIVISION 1

Ballyhar 6-0 Killarney Athletic  
Listowel Celtic 2-0 Fenit  
Killorglin B 1-2 Tralee Dynamos

### 15 DIVISION 2

Rattoo Rovers 4-1 Dingle Bay Rovers  
Listowel Celtic Girls 2-4 Windmill United  
Moriarty's Centra 11's games:

There was a full round of fixtures in the non-competitive Moriarty's Centra 11's Divisions. Amongst the teams that enjoyed wins were LB Rovers, Park, Killarney Athletic, Killarney Celtic, Iveragh United, Inter Kenmare and Killorglin.

### KILLARNEY CELTIC EXTENDS LEAD AT TOP OF 12 PREMIER

Killarney Celtic have opened a 3 point gap at the top of the JK Sports 12 Premier Division following a 6-3 home win over St Brendan's Park. The home side enjoyed the better of the first half and led 3-1 at the break. Midway through the second half and the Tralee side were only a goal behind with Celtic leading 4-3 but it was the Hoops who finished the stronger scoring twice more to win 6-3.

Josh Bowler score a hat trick for Celtic with Ted O'Gorman getting two and the last being an own goal while Justin O'Sullivan with two and Ryan Mahon got the Park goals.

### WITH IVERAGH UNITED GAME OFF KILLARNEY SIDES TAKE ADVANTAGE

Daly's Supervalu 13 Premier leader's Iveragh United's game against the Park fell of the weather. This allowed Killarney Celtic to move to the joint top of the table as they defeated Killorglin 3-0. Eoghan Crowley gave the Killarney side a 1-0 first half lead. He scored again early in the second half and Dara O'Shea wrapped up the win. Celtic are one point ahead of the South Kerry boys but Iveragh now have two games in hand.

Their neighbours Killarney Athletic are also on 8 points after the came from behind to defeat Mastergeeha in a cracking 7 goal thriller. Athletic are also on the same number of games as Celtic.

Mastergeeha led 3-1 with ten minutes left at Kilbreen Park thanks to goals from Sean Doolan, Alan O'Leary and Eoin Kelly. Alex Hennigan had replied for Athletic. However the Woodlawn boys staged a great comeback with Hennigan getting his second and then goals from James Healy and Donnacha Coffey gave the Blues this important win.



THE BALANCE EXP AT THE INEC WHICH WAS SPONSORED BY BON SECOURS HOSPITAL. MARY NAGLE (RIGHT) OFFERING A FREE BLOOD TEST IN ATTENDANCE INCLUDING LIAM O'SHEA (LEFT). PICTURE MARIE CARROLL-O'SULLIVAN

### 7 UP FOR LISTOWEL CELTIC IN 13 DIVISION 1

With only one game played in the 13 Division 1 Listowel Celtic have extended their lead at the top of the table to 9 points following their 7th straight win. However they do have two more games played than their closest chasers Inter Kenmare.

Listowel Celtic's goals came from a Cormac Dillon hat trick and one each from Robert Heffernan and Sean O'Mahony.

### KILLORGLIN GO LEVEL AT THE TOP OF 13 DIVISION 2

With leaders Fenit game off due to the weather Killorglin's 4-1 win sees them move level at the top of the table. They defeated MEK 4-1 despite going behind to a Sam Buckley goal. Killorglin fought back and goals from Thomas O'Donnell, Jack McGrath and two from Bryan Coffey gave them all three points.

Killarney Athletic got themselves 3 important points following a 2-1 away win at Mastergeeha. Eric Moriarty and Ryan Neeson scored for Athletic in a good all round performance. Mastergeeha's goal came from Kieran Nagle and only for a number of great saves by Athletic keeper Aaron O'Connor the opposition could have snatched a point.

### CAMP JUNIORS GO SECOND IN 14 GIRLS PREMIER

Goals from Finola Casey, Tiarna Murphy and two from Suin Fitzgibbon gave Camp Juniors a 4-0 win over Fenit in the JK Sports 14 Girls Premier. This sees Camp Juniors move into second place behind Inter Kenmare. For Fenit Fervla Jeffers and Aoife Greaney impressed.

Killorglin win the battle of the unbeaten in 15 Premier:

Something had to give in the Daly's Supervalu 15 Premier as the two unbeaten side at the top of the table met. Camp Juniors topped the table after 6 wins from 6 games while Killorglin had won their three games. Indeed this Killorglin side have not lost a game for a number of season having won the younger Leagues.

But it was the home side that took the win in a tight game. At Camp the game was scoreless at half time but two Maurice O'Connell goals won it in the second half. The first came from a tap in following an Oisín Smailes pinpoint cross. His

second was a bullet header from an excellent Kian Clancy corner.

### 5 STAR BALLYHAR TOP 15 DIVISION 1

Ballyhar now have 15 points from their 5 League games and are top of the 15's Division 1. A Brian Burke hat trick and one each from Aaron O'Shea, Stephen Palmer and James Horgan saw the boys from Murt Scott Park defeat Killarney Athletic 6-0.

Tralee Dynamos move into second place following their 2-1 away win at Killorglin B. Their goals came from Patrick Moravski and Sean Horan.

Listowel Celtic moved up the table thanks to two late goals in a 2-0 win over Fenit. Dylan Quinn and Daragh Carey both scored for the home side inside the last ten minutes.

Rattoo Rovers move further clear in 15's Division 2

Rattoo Rovers have made it five wins from five in the 15's Division 2 and now have a 6 point gap at the top of the table but have played one more game than the teams around them. Emmet Kelly, Seam McGrath, Darragh Quinlan and Aaron McCabe got the goals for the winners with Mark Manning replying for Dingle Bay Rovers. The West Kerry side could have been much close only for the heroics of Adam Farrell in the Rovers goals who made at least outstanding saves.

Windmill United defeated Listowel Celtic Girls 4-2 to move up the table. Thomas O'Sullivan got 2 and Adam Murphy and Dylan Barry got one each in the win. Aisling Kelly and Aoife O'Connor scored for the Celtic Girls.

### KERRY STILL LEAD SUBWAY 13'S INTER LEAGUE

The Kerry u13's have moved onto 7 points from their three games in the Subway Munster Inter League Group 1 competition. They came from 1-0 down at half time in UL to draw 1-1 with Limerick District thanks to a Cormac Dillon goal.

Kerry will be at home to Limerick Desmond on February 11th and away to Limerick County in their final Group game in early March.

The Kerry 12's were beaten by Limerick District in their Subway Inter League game but are still in contention with two games to go. Both Leagues also had Development Squads in action and the teams drew 1-1 with Aaron

Carey getting the Kerry goal.

Kerry 15's one game away from Munster glory: Kerry 15's are one game away from Munster Plate glory as they take on Waterford in WIT this Sunday in the decider. The Kingdom were very unlucky to miss out on a place in the Cup semi-final as they missed out by 1 goal on goal difference following the Group competition. Kerry finished level with West Cork on 4 points thanks to a win over Waterford and a draw with West Cork in a game where they had a last minute chance to snatch a win.

They bounced back with a Plate semi-final win over Limerick Desmond while Waterford were easy winners over North Tipperary. The winners from this game will be away to Leinster in the All Ireland Plate semi-final.

### AOIFE ON INTERNATIONAL TRAINING SQUAD

Well done to Listowel Celtic's Aoife Horgan who has been named as one of the 21 girls on the u15 International squad that have been called up for training at Abbotstown this weekend ahead of their Bob Doherty Tournament at Easter.

## KILLARNEY ATHLETIC A.F.C. NOTES

### RESULTS

#### SENIORS

Killarney Athletic 3 Castleisland 3

Seanie Cournane with a header from a great cross from William Courtney, William Courtney scored second from a tight angle to go 2-1 up. 2 all at half time. About 15 mins into the 2nd half free kick from Jamie Doolan and headed in to the net by Paulie O'Donoghue. Castleisland scored the equalizer and game ended 3 All.

#### SENIOR B

Killarney Athletic 2-3 Windmill United. The blues will be disappointed with their luck after this fine performance. Scorers Darren Mulcahy and Brian O'Reilly.

#### UNDER 15

##### BALLYHAR V KILLARNEY ATHLETIC

Played in ideal conditions Athletic started well with great defending from Hickey, O'Brien, Tynan & O'Shaughnessy. In midfield Lee, Mulvaney & the returning McCann really put it up to Ballyhar in the first half who led 2-0 at half time following defensive errors. Short of several regulars Athletic tired in the second half & only for some great play by Doolan who kept his side in it. Moynihan when introduced followed good work from Osieba, O'Sullivan & the excellent Horgan all provided. Some tough tackling by Quill let Ballyhar know they were in a game but it was too little too late as the score line was a poor reflection on the hard work the team put in. Best on the day were Hickey, Horgan & Lee.

Killarney Athletic Under 13 A 4 Mastergeeha 3 The Under 13 A team travelled the short distance to Mastergeeha and were involved in a classic encounter with the home side. In an evenly contested first half Mastergeeha took the lead despite excellent defending by Paddy Foley Oscar McCarthy, Órán Daly and well marshalled by the excellent goal keeper

Tom Benson. Athletic responded well in the second half with the hard-working Josh Coffey, Oisín Lynch and the clever passes by lone striker Matthew Moynihan. Following a strong run Alex Hennigan excellently executed the resultant penalty to level the game. However, Mastergeeha responded well and playing excellent soccer went into a commanding 3-1 lead with just 15 minutes remaining. Subs Dónal Hickey and Cillian Ó'Connor were introduced and both made an immediate impact and the superb Thomas Healy finished superbly following a good move. A brilliant weighted pass by Donnacha Coffey found Alex Hennigan in space and he volleyed to the net to level the game 3-3. We were now in injury time and following excellent play by Neil O'Carroll with a clever pass to Donnacha Coffey who drilled the ball to the net for a brilliant win. This was an excellent win in a sporting game against an excellent Mastergeeha side who were unlucky not to take at least a point from the game. This team is showing great character for the first year in the Premier division and manager Shane Foley is doing great work with this young team. We wish a speedy recovery to Rocco Sheahan flu and Michi Lynch broken wrist and Dara O'Brien who was in Dublin and we hope to have all available for selection for our next game.

### UNDER 13 B MASTERGEEHA 1 KILLARNEY ATHLETIC B 2

Athletic recorded their first win of the season with a hard earned win in Mastergeeha last Saturday, and it turned out to be a double as the A's also won against the same opposition earlier in the day. Eric Moriarty and Ryan Neeson got Athletic's goals but it was a great team performance with a special mention to the defense and keeper Aaron O'Connor who performed heroics in the final minutes to hold out for a great win.

### FIXTURES 20TH JANUARY 2018

#### UNDER 12 PREMIER

St Brendan's Park A v Killarney Athletic A 10.30am

#### UNDER 14 DIVISION 2

Castleisland v Killarney Athletic B 10.00am

Senior Fixtures

Sunday 21st January 2018

Killarney Athletic v Classic FC 11.30am

Killarney Athletic B v Asdee Rovers 2.00pm

#### 300 MEMBER CLUB

Names are now being taken for next year's 300 Club Draw. All support is greatly appreciated. Please contact Mike O'Shea on 087-2226185 or any committee member to enter.

Killarney Athletic Website: Please check the website on [www.killarneyathletic.com](http://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 [mccarrickmary@hotmail.com](mailto:mccarrickmary@hotmail.com)

## KILLARNEY CELTIC NEWS

### FAI JUNIOR CUP, WILLOW PARK 1, KILLARNEY CELTIC 2. (AET)

Celtic got off to a great start after a Jamie



KILLARNEY ATHLETIC UNDER 13 B TEAM BELOW WHO HAD A WIN OVER MASTERGEEHA ON SATURDAY. THE SCORE WAS 2-1 TO ATHLETIC. ERIC MORIARTY AND RYAN NEESON SCORING FOR ATHLETIC.

Spillane free kick was finished to the net by Gary Keane. With a goal being ruled out for offside Celtic retired at the break 1-0 to the good but Willow were back on level terms in the 47th min after a penalty. In the 72th min Willow had their keeper sent off but the subsequent penalty was missed and Willow finished the half well. Celtic were also reduced to 10 men. Into extra time Celtic regained the initiative and were rewarded with another penalty when Wayne Sparling was taken down in the box. John McDonagh stepped up to put Celtic back in front and despite pressure from the home side Celtic held out to make the last 16.

### U13 PREMIER KILLARNEY CELTIC 3, KILLORGLIN 0.

An Eoghan Crowley goal was the difference at half time but a further goal from Eoghan Crowley and a Dara O'Shea effort sealed the win. Best for Celtic were Brian O'Sullivan and Calvin O'Sullivan.

U12 Premier, Killarney Celtic 6, Park 3.

All action and plenty of goals in this premier clash. Celtic lead 3-1 at half time but Park fought back in the 2nd half to leave the game finely balanced at 4-3 but Celtic finished strong to run out 6-3 winners. Josh Bowler (3), Ted O'Gorman (2), an OG gave us the goals. Best for Celtic were Ted O'Gorman, Cormac Tagney and Peter O'Doherty.

Our U12Bs played Iveragh away in a friendly.

Our 11A + B teams played Kilorclin, 11Cs played Athletic C team and all gained positive results with many great performances from the players in each group.

Congrats to Peter O'Doherty on making Team of the Week.

Fixture, Sat Jan 20th Munster Junior Cup Killarney Celtic vs Ballingarry FC at Celtic Park, Kick off 7pm.

### CELTIC LOTTO

Numbers Drawn 3, 6, 15, 19, No Jackpot winner, 4 x €40, Next weeks jackpot €3,000.

For Pitch Bookings contact Mary on 086 6485809

For more detailed reports on matches and training updates please see our Facebook page.

## NATIONAL LEAGUE BASKETBALL DIVISION ONE

## SCOTTS LAKERS BOUNCE BACK

Scotts Lakers St. Pauls Killarney 97 Limerick Celtics 77

**Scotts Lakers St. Pauls Killarney 97  
Limerick Celtics 77**

SCOTTS Lakers bounced back from their national cup semi-final loss to record a convincing 20 point victory over Limerick Celtics in Killarney Sports Centre last Saturday night. The Lakers are competing in the Division 1B section of the league for the second half of the season and are joint top of this section now with LYIT Donegal. If the Lakers can reproduce a few more performances like last weekend, they should be in a strong position to challenge for the Plate title in this league at the end of the season.

Scotts Lakers started really well with Antuan Bootle, Dailian Mason and Andrew Fitzgerald leading the scoring. Mason found his range from three-point land from an early stage but Limerick's American player Matt St Amour was equally impressive racking up 16 points in this quarter. The Celtics also had former Limerick football star John Galvin lining out for the first time this season and he was proving more than a handful under the boards. With four minutes left in the first quarter the score was 18 points each. However Lakers finished the quarter much stronger with automatic free throw shooting from Dan Griffin along with baskets from Fitzgerald and Bootle and the home side led 30-26.

The home side extended their advantage in the second quarter with further scores from Mason and Griffin. The impressive Justin Tuason also added to the scoring as further three-pointers from Mason helped Lakers to a 48-34 lead with two minutes left in the half. Scotts Lakers enjoyed a 50 – 38 advantage at half-time with the outstanding Dailian Mason contributing 18 points at this stage while Matt St Amour led the way for Celtics with 25 points.

Amazingly, St Amour only went on the manage four points in the whole second half and this proved to be a huge factor in favour of Scotts



JUSTIN TUASON, SCOTTS LAKERS ST. PAULS KILLARNEY, SCORES A BASKET AGAINST LIMERICK CELTICS IN THE NATIONAL LEAGUE DIVISION ONE CLASH IN KILLARNEY SPORTS CENTRE LAST SATURDAY NIGHT. PICTURE: EAMONN KEOGH

Lakers. Killarney coach Cormac O'Donoghue made sure that St Amour was doubled-teamed most of the time to limit his scoring threat. However John Galvin was a shining light for Limerick and a big score from him and drawing a third foul from Antuan Bootle narrowed the gap to 55-47 with 6.20 left in the third quarter. Limerick actually outscored the Lakers in this quarter by three points. Despite the Celtics slight scoring dominance, Griffin, Bootle, Mason, Tuason, Mark Greene and team captain Philip O'Connor kept the Lakers in firm control overall and the home side led 74 -65 entering the final quarter.

The Lakers continued to dominate with Philip O'Connor and Justin Tuason making early impressions in the closing period. Mason hit another huge three-pointer while Antuan Bootle clocked up nine points in quick succession and Lakers enjoyed a 20 point lead with five minutes remaining. Despite having Mason and Bootle fouled out, Scotts Lakers lead was never threatened and young players

Mark O'Shea, Paul Clarke and Cian Clernon impressed as the home side remained in firm control. Dan Griffin had his best game of the season and closed out the scoring to secure a comfortable 20 point win for Scotts Lakers.

Overall it was a superb all round team performance from Scotts Lakers with Dailian Mason leading the way hitting six three-pointers in his 24 points total. He has been a big signing and has made a very significant difference to the Lakers outside scoring threat. A return of 17 points from 19 free throws from the home side was another satisfying statistic and a huge improvement on recent games. Scotts Lakers are on the road this weekend away to Galway Titans .

Scotts Lakers: Dailian Mason 24 points, Antuan Bootle 23, Dan Griffin 18, Justin Tuason 12, and Andrew Fitzgerald 12, Mark Greene 4, Philip O'Connor 4. Limerick Celtics: Matt St Amour 29 points, John Galvin 23 and Emmet Browne 19.



DAILIAN MASON, SCOTTS LAKERS ST. PAULS KILLARNEY, SCORES OVER MATT ST AMOUR, LIMERICK CELTICS, IN THE NATIONAL LEAGUE DIVISION ONE CLASH IN KILLARNEY SPORTS CENTRE LAST SATURDAY NIGHT. PICTURE: EAMONN KEOGH



ANTUAN BOOTLE, SCOTTS LAKERS ST. PAULS KILLARNEY, BREAKS AWAY FROM CIARAN WOODS AND JOHN GALVIN, LIMERICK CELTICS IN THE NATIONAL LEAGUE DIVISION ONE CLASH IN KILLARNEY SPORTS CENTRE LAST SATURDAY NIGHT. PICTURE: EAMONN KEOGH



ANTUAN BOOTLE, SCOTTS LAKERS ST. PAULS KILLARNEY, SCORES A BASKET AGAINST LIMERICK CELTICS IN THE NATIONAL LEAGUE DIVISION ONE CLASH IN KILLARNEY SPORTS CENTRE LAST SATURDAY NIGHT. PICTURE: EAMONN KEOGH

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PICTURED AT THE GLENEAGLE HOTEL FOR THE EAST KERRY BANQUET WERE FRONT ROW L-R NICOLA O'CONNOR, CARMEL O'CALLAGHAN & CAROLINE O'RIORDAN. BACK ROW L-R DENIS COFFEY & PETER COLEMAN. PICTURE MARIE CARROLL-O'SULLIVAN



PICTURED AT THE GLENEAGLE HOTEL FOR THE EAST KERRY BANQUET WERE L-R JOHN MURPHY, TERESA MURPHY, SEAN KELLY MEP, LOUISE BARR & PATRICK BARRY. PICTURE MARIE CARROLL-O'SULLIVAN



SISTERS RÓISE & LÍLE NÍ GAIRBHÍ PICTURED WITH THEIR DAD JIM, TESTING OUT THE BIKES AT SPIN STREET WHICH IS LOCATED ON SCOTT STREET KILLARNEY AT THE BALANCE EXPO AT THE INEC ON SUNDAY. PICTURE MARIE CARROLL-O'SULLIVAN



PICTURED AT BALANCE EXPO AT THE INEC, NIAMH & FIADH O'RAHILLY (CENTRE) WITH EXPO ORGANISER & KERRY FOOTBALLER DONNACHA WALSH (LEFT) & IRELAND'S LEADING FITNESS YOUTUBER, ROB LIPSETT (RIGHT). PICTURE MARIE CARROLL-O'SULLIVAN



WARMING UP FOR THE KERRY SCHOOLS ATHLETICS CROSS COUNTRY CHAMPIONSHIP, STUDENTS OF ST BRENDAN'S COLLEGE. BACK ROW L-R DEANIEL KELLY, AOIDHAN O'NEILL, OSCAR MCCARTNY & DARA O'SHEA. FRONT ROW L-R CIAN LYNCH, CONAL GALLAGHER, JACK MCGUIRE & EOGHAN KELLY. PICTURE MARIE CARROLL-O'SULLIVAN



STUDENTS FROM ST BRENDAN'S COLLEGE STRETCHING IT OUT AT THE KERRY SCHOOLS ATHLETICS CROSS COUNTRY CHAMPIONSHIPS WHICH TOOK PART IN KILLARNEY NATIONAL PARK ON THURSDAY. PICTURE MARIE CARROLL-O'SULLIVAN



KERRY SCHOOL ATHLETES TAKING PART IN THE CROSS COUNTRY CHAMPIONSHIP IN KILLARNEY NATIONAL PARK ON THURSDAY MORNING. PICTURE MARIE CARROLL-O'SULLIVAN



STUDENTS OF ST BRIGETS PRESENTATION COLLEGE KILLARNEY, BEARING THE ELEMENTS TO TAKE PART IN THE KERRY SCHOOLS ATHLETICS CROSS COUNTRY CHAMPIONSHIP. PICTURE MARIE CARROLL-O'SULLIVAN



# KERRY GAA STORE

## SUPPORTING THE FUTURE OF KERRY GAA

Killarney Outlet Centre Fair Hill, Killarney. Tel: **064 663 6571** Email: [kerrygaastore1@eircom.net](mailto:kerrygaastore1@eircom.net)

## FIRIES COISTE NA NÓG

### AGM

On Tuesday, 9th January, Fíries Coiste na nÓg held their Annual General Meeting to a large cohort in Pairc Eammon, Farranfore. A detailed account of Coiste na nÓg activities was delivered by Eugene Cosgrave (Academy), Frances Henderson (Hurling & U12s), Dan O'Shea (U14s), and Anthony Palmer (U16s). The Chairman expressed his gratitude and noted all the coaches' hard work and dedication to the club. Following on from these reports, The Chairperson continued to express his gratitude to our generous sponsors whose contribution is essential and very much appreciated by both the club and players. The outgoing Chairperson, Eugene Cosgrave was recognised and his hard acknowledged over his three year tenure.

All officers for 2018 were confirmed and ratified on the night.

Tim Clifford, incoming Fíries Coiste na nÓg Chairperson closed the meeting by acknowledging the tremendous work done by outgoing Senior Club Chairperson Bridie Breen and congratulated James O'Sullivan in his new role as Senior Club Chairperson.

### SCOR NA NÓG

Fíries Coiste na nÓg is delighted to inform you that Scor na nÓg is active again in 2018. Fíries GAAs' dedicated Scor Officer, Brendan Quirke will be in contact with catchment primary schools should any students wish to partake.

### NATIONAL CLUB DRAW

All members are encouraged to support GAAs' National Club Draw, where the sole purpose of same is to assist our club in our drive to raise much needed funds to aid in the development of Fíries GAA. Tickets are €10 with an opportunity to win 5 free Fíries Club Memberships and they can be purchased by contacting the following: Tom Kelliher 087-6659134, Pat Goulding 086-2627258 or Liam Fell 085-1661245. Support for this draw is imperative to the Fíries Club as the we will retain all of the proceeds.

## EAST KERRY NOTES

### WITH ÁINE NÍ SHÚILLEABHÁIN PRO DATE FOR THE DIARY- EAST KERRY SCÓR NA BPAISTÍ

The finals of East Kerry Scór na bPaistí will be held on Saturday the 24th February, starting at 12 noon. Venue TBC. Entries to be sent by e mail to East Kerry Scór Officer Amy Reidy at



FIRIES U13 BASKETBALL BRONZE MEDAL WINNERS AT THE COMMUNITY GAMES FRONT L-R KATIE DOE, LAURA FLYNN, MICHAELA O MEARA, AOIFE O SULLIVAN, LAURA POWER, BACK L-R DOIREANN O SHEA, LOUISE KENNEDY, CLAIRE MCCARTHY, ORNA O LEARY, ORNA CORNALLY,

amyreidy@gmail.com no later than the 9th February.

### MUNSTER CLUB FORUM

The Munster Club Forum will be held in Pairc Ui Chaoimh next Saturday. This is an excellent opportunity for clubs to gain valuable knowledge to improve and develop going forward. It is an excellent way of networking with clubs forging links to use in the future. Munster Council website has all details. Clubs are encouraged to be represented at this most important Forum.

### FOUNDATION LEVEL COACHING COURSE

Any club interested in doing a Foundation Level Coaching Course can apply to Vince Cooper East Kerry/Kenmare GDA. The course consists of both theory and practical elements. Twelve coaches is the minimum number required to complete the course. Amalgamations will be accepted. Courses will be delivered on a first come first served basis.

### U8 AND U10 GO GAMES BLITZES

The groups and venues for all East Kerry/Kenmare clubs U8 and U10 Go Games Blitzes have been circulated to clubs by East Kerry /Kenmare GDA Vince Cooper. The U8 Go Games will be played in May & the U10 Go Games in June. The groups and venues for all East Kerry/Kenmare clubs are as follows: U8

Spa (H) Dr Crokes and Fossa; Gneeveguilla (H) Rathmore and Glenflesk; Killarney Legion (H) Fíries, Kilcummin and Listry; Templenoe (H) Kenmare, Kilgarvan, Tuosist and Sneem. U10 Fíries (H) Killarney Legion, Glenflesk and Fossa; Dr Crokes (H) Kilcummin and Listry; Rathmore (H) Gneeveguilla and Spa; Kenmare (H) Templenoe, Kilgarvan, Tuosist and Sneem.

### TRANSITION YEAR GAA COACHING COURSE

St Brendans College, Killarney TY students completed a Transition Year GAA Course during the week. The two day course consisted of both theory and practical modules. Sixty five students took part with great improvements in coaching delivery during the course. Vince Cooper East Kerry/Kenmare GDA got great support from David O'Dea, South Kerry Hurling GDA over the two days. The aim of the course was to promote the involvement of students in underage coaching in East Kerry. Students will be given the chance to work on football and hurling events during 2018 improving and developing all students coaching. Thanks to Sean Coffey (Principal) and Gary McGrath (Teacher) for supporting the event in St Brendans College

### THANKS

Very many thanks to everyone who gave superb help and co operation to East Kerry PRO over



the last 5 years. Involvement in the role has been an honour and privilege. A change of PRO will have occurred on Thursday, at the Annual Convention, due to the 5 year role. I wish the incoming Committee (Officers and Delegates) the very best in their deliberations and work in the years ahead. Sár Coiste. Go n-éiri libh.

## LISTRY GAA NEWS

### LISTRY GAA AGM

Listry GAA club held their AGM on Sunday 14th at 14.00 in the clubrooms. The following officers were nominated for 2018.

**PATRON** - Patie Sugrue **PRESIDENT** - Pa Mannix  
**VICE PRESIDENTS** - John Joe Tangney, Mike Mannix, Patsy Mannix **CHAIRMAN** - Jerome Kennedy  
**VICE CHAIRMAN** - Denis Murphy  
**SECRETARY** - Anthony Clifford **TREASURER** - John Joe Courtney  
**ASSISTANT TREASURER** - Tim Fitzgerald **PRO** - Anne Sugrue O'Brien  
**CO. BOARD DELEGATES** - Mike Kennedy A.S.A.P  
- Anne Sugrue O'Brien **CHILDREN'S OFFICER** - John Lehane  
**COACHING OFFICER** - Coleman O'Shea  
**MEMBERSHIP OFFICER** - Mike Tangney  
**DEVELOPMENT OFFICER** - Noel O'Sullivan  
**AUDITORS** - Pat Quirke, Cathal O'Shea

Best wishes to good health, happiness to all our players, members and sponsors for 2018.

### AWARDS NIGHT

Listry Gaa are holding their annual awards night and medal presentation to the victorious senior and junior teams on Saturday February 3rd at 8.30pm sharp in The Dromhall Hotel. Night will include dinner, music by Ger Healy, The Sining Jarvey. Tickets €30 can be purchased from John Wrenn, Jerome Kennedy and Anthony Clifford. Please come along for a great nights entertainment.

### BON VOYAGE

Best wishes to our Senior Listry Player, Paudie Lehane, who has headed off the Australia for a year.

### SYMPATHY

Listry GAA would like to send deepest condolences to The Spillane Family, Culleymore on the recent death of Tomas Murphy R.I.P, Ballymallis. Deepest sympathy to The O'Connor family, Kilclogherane, Faha on the recent death of Nora O'Connor R.I.P

### LOTTO RESULTS

Jackpot numbers 2 4 13 19  
Next Week Sunday 21st Jackpot E2,900

## KILLARNEY LEGION GAA NOTES

### LOTTO

Numbers were 13 16 20 28  
And there was 1 winner. And a deserving one in Dermot O'Connor from 47 O Kellys Villas who has been playing and selling the Legion Lotto religiously. Well done Dermot!!

### MEMBERSHIP

Just a reminder that membership for 2018 is now due. Family, husband and wife, player, non-playing and juvenile membership are all available and can be paid through our website



FIRIES COISTE NA NOG AGM PLANS FOR A FRUITFUL 2018

www.legiongaa.com thanks to myclubfinances. Alternatively we will arrange times and dates in the clubhouse in the coming weeks.

### EAST KERRY ALL STARS

Well done to the East Kerry Board, The Aquila Club at the Gleneagle Hotel and the Kerryman Newspaper for their hosting of a superb Gala Night last Friday night. A bumper crowd acknowledged the region's achievers and despite defeat in the showpiece final 2 of our players were honoured. Cian Gammell secured the right half back position while James O'Donoghue was named in the centre half forward position. These 2 players will be vital players for us in the year ahead as they added to their ample award collections. Special thanks too to the East Kerry Board for their work in putting together a most enjoyable occasion.

### SYMPATHIES

The Club extends its sympathies to Patrick and Regina O'Donoghue, Athenry Co. Galway, on the sad passing of their son Padraig. Patrick played for the club and is the son of the late Mickey and Carmel O'Sullivan, formerly of the Park Place Hotel. Also to the family of Melissa Willis, sister of former player Richard, on her recent passing.

## DR. CROKES GAA NEWS

### DEVELOPMENT FUND

Dr Crokes Club are embarking on a fundraising initiative to help upgrade the current facilities of our grounds as it has been 12 years since serious work has been carried out. There are fantastic prizes to be won with the first prize a Nissan Pulsar Executive Class Car and second prize is a four night stay for two people in New York including flights. We have 10 prizes in total and the draw will take place on December 20th 2018. Tickets are €10 each or a book of 6 for €50. There will be an additional draw of €1000 for those who purchase a full book for €50. Tickets can be purchased in the Tatler Jack, Club members or Kerry Shop in Killarney Outlet Centre.

### PROGRESSIVE 31

Progressive 31 is on every Wednesday night in Crokes Clubhouse. It will start at 8.00pm. You will need to bring money and a partner €5 per person.

### AGM

The Main Club AGM will take place this Friday 19th of January at 8pm in Clubhouse.

### DEEPEST SYMPATHIES

Deepest Sympathies to the Willis and Duffy Family on the death of Melissa Willis RIP.

### LOTTO

Lotto 9, 11, 22, 28. Jackpot €5100 Not Won Match 3 1 by €400. Next Draw Sunday 21st of January in Tatler Jack. Jackpot €5400.

## MILLTOWN CASTLEMAINE GAA

### NEW BABY

Congratulations to one of our former players Lawrence Dowd and his wife Angela on the arrival of their baby daughter. We wish you all many happy times together.

### REFEREES REQUIRED

Would you be interested in becoming a referee at under 12 and under 14 level? Or perhaps your interest may lie with refereeing at senior level.

Kerry GAA are looking for our club to put forward some potential referees.

A training course covering all aspects of refereeing will take place in early 2018.

If you are interested, please contact any member of the executive or send a message via the FB page.

There is presently a huge shortage of personnel and without sufficient referees, our games may not be able to proceed.

### CHILDREN'S/ CHOIR

For the past 9 years, we have been privileged to have a children's choir in our community. The children sing twice monthly at the Sunday morning masses. The choir has gone from strength to strength over the years. Unfortunately, one of our leaders Ben is relocating. If you are a person that plays an instrument (ideally guitar or keyboard) and would like to work with a children's choir, please contact Deirdre O'Sullivan on 086/1703332.

## GNEEVGUILLA GAA NOTES

There was no winner of last week's lotto numbers drawn 3, 15, 20, 21 next week jackpot €11,200. Club membership will be collected in club bar this Monday and Friday night at 9pm it would be greatly appreciated if people could pay up membership as soon as possible. Club social on Feb 17th in hall. Well done to DJ O'Connor, DJ Murphy and Patrick Warren on winning East Kerry all stars last week



JOHN MCCARTHY LIFTED HIGH BY CRAIG MCKENZIE VASS AND ADAM MCSWEENEY.

## BADMINTON NEWS

### COUNTY LEAGUE

The finals of both the men's and ladies Divisions 3 leagues were held in Tralee on Wednesday the 10th January. Congratulations to the men who beat Moyvane 9 sets to 8 (team: Kieran Crehan, Evan Horan, Liam Barry and Jason Russell). Well done to the ladies who were beaten by Moyvane in a very close final of 8 sets each. Moyvane winning by 8 aces.

### JUVENILES

St. Brigids Secondary School did very well in the Schools Competition on Thursday. Our U14 Team won and goes on to play in the Munster Schools on the 25th. Team is: Pia Hickey, Lucy O'Leary, Ella Galvin & Yen Leniston.

The U16 & U19 teams came second, U16 Team Ailbhe Gammel, Shonagh Doody, Abby O'Leary & Saidbh Murphy. U19 Team: Fiona Galvin, Sonia Smith, Olivia Wesolowska & Orlaith Tangney

### AWARDS

Congratulations to the Killarney Badminton Club who will receive a Kerry All Stars award following winning the All Ireland Championships last year. The ceremony will take place in the INEC on the 2nd February

## HANDBALL NEWS

### HANDBALL CELEBRATES A GOOD 2017

Kerry handball celebrated a very successful 2017 at its recent AGM. Looking back over the year Chairman Christy Moriarty congratulated the sports multiple All Ireland winners over the last 12 months - Dominick Lynch, John Joe Quirke, Jack O'Shea & Daire Keane.

It was also a good year at Juvenile level with Glenbeigh's Sean Quirke winning the Munster u14 title and Daire Keane winning his fourth in four years amongst the highlights.

Leah Morris and Rosin Smith are amongst the girls who had a good year despite just losing out in the u12 Doubles Munster final.

On the home front he congratulated the Glenbeigh handball club on the refurbishment of their 40x20 alley. The reinstatement of the Senior County Championship, won by Dominic Lynch who defeated club mate Jack O'Shea in front of a packed hall, was a big success.

The meeting also paid tribute to long serving Kerry handball official Brendan Falvey who has retired from his role of Munster Juvenile Officer. The Chairman thanked all for their assistance

during the year; players, Kerry GAA, County officers, trainers, parents and those who assisted with the collections and selling of match programs. He also thanked the media for their coverage during 2017 and hoped for more during the coming year.

The Election of Officers saw the following Committee in place for the coming year:

President: Paddy Downey - Chairman, Chair Christy Moriarty, Vice Chair Pat Keane, Secretary Danny Riordan, Treasurer John Joe Quirke, Assistant Treasurer Pat Keane, Children's Officer Bernie Reen, PRO Jack O'Connor with Ashley Prenderville as the Development and Coaching Officer.

### IN THE ALLEY

In the Munster 40X20 Senior Doubles semi-final Dominic Lynch and Jack O'Shea from Glenbeigh lost out to Clare's Colin Crehan and Diarmuid Nash 21-15, 21-19.

## FARRANFORE MAINE VALLEY AC

The Munster Senior, Masters & U23 Indoor Track & Field Championships were held in Nenagh on Sunday 14th January. Rossa Foley was our only senior athlete competing. Rossa, no stranger to the Indoors performed exceptionally well where he was 1st in the U23 Triple Jump, 3rd in the Senior Shot and 3rd in the senior Weight For Distance. In the Masters Championships it was a day for our four masters men. The youngest, Dermot Dineen (O40), competing at the indoors for the very first time had a great day. Trying out the middle distance events, Dermot was 2nd in the 800m and ran a very good 1500m distance two hours later to take gold in his category and finish 2nd overall. Sean O'Shea did well in his category (O45) where he was 1st in the Shot and 2nd in the Weight For Distance. Jerome Foley (O50) had a great 400m race where he finished in first place. Jim O'Shea (O75) continues to amaze us all. Jim took Gold in the High Jump & Long Jump. He finished in second place for the 60m sprint. A great start to the season for our club, well done to all.

### CLUB MEMBERSHIP 2018

Membership for 2018 can now be made. This can be done through our website paypal link or alternatively you can give membership fee to our committee member.

Membership annual fees are available on our website. You need to be registered before you can compete in any athletics competitions in 2018. Newcomers welcome to join.

### CLUB TRAINING

Maria's Strength, Endurance & Flexibility Exercise Class every Tuesday from 7pm in Farranfore Community Hall.

Secondary School & Senior training on every Thursday at 6:30pm in GAA grounds Farranfore. This is endurance / distance training. €2 club

### MEMBER, €4 NON CLUB MEMBER.

### ATHLETIC'S FIXTURES

Thur 18th Jan: County Schools XC, Killarney @ 11:30am

Fri 26th Jan: South Munster Schools XC, Tramore Valley Park, Cork City

Sun 28th Jan: National Junior & U/23 Indoor Championships, AIT Arena, Athlone

Sun 4th Feb: Irish Life Health AAI Indoor Games, Indoor Arena Abbotstown.

Sat/Sun 10th/11th Feb.: Munster U/9 to U12 Indoor Championships, Nenagh

Sun 11th Feb.: National Intermediate, Masters, Juvenile B & Juvenile XC Relays., Galway

Sat/Sun 17th/18th Feb: National Senior Indoors Championships, AIT Arena, Athlone

Fri 23rd Feb: Munster Schools XC, WIT

Sat/Sun 24th/25th Feb: Munster U13 - U19 Indoor Championships

Please contact club secretary, Mary, 085-1909509 to register for competitions in advance See Kerry & Munster Athletics website for full fixture lists & timetable for events.

## GNEEVEGUILLA BC NOTES

### U18 BOYS DIV1. GNEEVEGUILLA 79, ST BRENDAN'S 69.

This was a close contest of exceptional skill levels and high scoring.

St Brendan's led 40-38 at the half and 57-52 after 3 qtrs. They were led by Rap Buditudas (18 pts), Pdraig Fleming (17 pts), and Stephen Bowler (12 pts). Gneeveguilla had a strong final qtr, scoring 27 pts and they won the game by 10 pts. They were led by Ronan Collins (34 pts), Sean Clifford (14 pts), and Lorcan Keane (13 pts).

### U18 BOYS DIV2. GNEEVEGUILLA 50, RATHMORE 45

Gneeveguilla stormed out to a big lead early and led 27-9 at the half. They were led by Evan Cronin (20 pts) and Danny O'Callaghan (15 pts). Rathmore rallied well in the 2nd half, led by Dan Murphy (14 pts) and Darragh Rahilly (17 pts), but just came up short, losing by just 5 pts.

### U16 BOYS CUP. ST MARY'S 50, GNEEVEGUILLA 55

This was a well-contested cup tie at the Castleisland Community Centre, and the result was in doubt to the last minute. The home team, led by Daniel Kelly (17 pts) and PJ Curtin (16 pts) kept it close, but the visitors sealed the game with late scores from Alex Mikailos. Best for Gneeveguilla were Ronan Collins (22 pts) and Paudie Murphy (10 pts).

## SPAMUCKROSS COMMUNITY GAMES

### U13 GIRLS BASKETBALL

the girls participated in the county competition in Duagh last Saturday. They had a great start, winning their first game against Rathmore. The team's journey ended with their game against Ballymacelligott; they gave it their all, but Ballymacelligott eventually progressed to the final, so they were up against a very strong team on that occasion. Team: Angelina Kenny, Ciara O'Donoghue, Ali O'Donoghue, Áine Devlin, Leah McMahon, Lucy Brosnan, Saoirse M. O'Sullivan, Grace O'Connor and Saoirse K. O'Sullivan. Well done to the girls and their trainers Áine McMahon and Sharon O'Connor.

U13 BOYS BASKETBALL: the boys participated in the county competition in Castleisland last Sunday. They had a tough opening game against the host side; they battled well but came up short at the final whistle. Castleisland

were the eventual county champions on Sunday, so our Spa Muckross boys were up against the best of the best in their first game. On their second outing, the team faced a good Milltown/Listry side. This was a balanced game and could have gone either way. With some excellent defensive play by Daire Murphy, Jason O'Reilly and Ian Coffey, and super scoring by top scorers Cillian Murphy and TJ O'Sullivan who were well supported by point guard Mark Daly, our boys emerged with victory with 5 points to spare. Well done to the players, and thanks to Tim O'Sullivan for coaching the team, and to his son Jack O'Sullivan who stepped into the role of assistant coach. The county committee must be acknowledged, in addition to facility providers, Duagh and Castleisland, for giving all the u13 boys and girls the opportunity to compete last weekend.

### UPCOMING COMPETITIONS

#### ART & HANDWRITING

Please contact 087 6115306 no later than 6pm today, Friday 19th January.

### COUNTY COMPETITION DATES

Hand Writing U10 & U12 - Saturday 24th February, 10.30am in Listowel Convent Secondary

Art U8 - Saturday 24th February, 1.00pm in Listowel Convent Primary

Art U10, U12, U14, U16 - Saturday 24th February, 1.00pm in Listowel Convent Secondary

### SOLO SINGING & SOLO MUSIC

Please contact 087 6115306, no later than 6pm on Thursday 1st February.

### COUNTY COMPETITION DATES

Music - 10th February 11am in Keel

Singing - 11th February 12 noon in Tintean Ballybunion

### 2018 COMMITTEE

At our AGM in October 2017, the following committee was elected / agreed:

Chairperson Donal O'Doherty

Secretary Elaine Clifford

Assistant Secretary Emir Coffey

Treasurer Martina Lynch

PRO Bernie Courtney

Children's Officer Linda Russell

Additional committee members: Margaret O'Sullivan, Seán O'Sullivan, Linda O'Doherty.

As at least two of the above members will be stepping down from the committee at the end of the year, new parents will have to become involved if Spa Muckross Community Games is to continue in 2019 and beyond.

## KILLARNEY RFC NEWS

### MINIS

Tomorrow our minis travel to Tralee to partake in the next round of the West Munster Blitzes. Please be at O'Dowd Park for 10:15am. Gumshields essential and bring a change of clothes. Please contact coordinator Liam Murphy on 087-4145662 for details.

### GIRLS ONLY BLITZ

Last Sunday Killarney RFC hosted 6 other clubs in our first ever Girls Only Blitz with teams travelling from Tralee, Killorglin, Listowel, Bruff, Kanturk and Abbeyfeale for an action packed day of rugby. A fantastic day was had by all with

70 girls taking part, highlighting the growth of girls rugby! Well done to everyone who took part, to Denise for organising and Liam, Peter and Fiona for looking after the kids. Thanks to all the parents for helping out, the Sem for the kind use of the facilities and the visiting clubs for travelling.

### KILLARNEY RUGBY U//16 - KILLARNEY 29 NEWCASTLE WEST 14 U13

Last Saturday our U13's took on Tralee away winning 30 points to 15 in a challenge match. This was a great opportunity for the younger lads to play a full match. Well done all.

### UNDER 18S CHALLENGE MATCH TRALEE 7 SOUTH KERRY 24

Good flowing match with both teams trying to develop their games. 7-7 at half time. Early try by South Kerry (Shane Looney) equalised on half time by Tralee. South Kerry stepped up in second half with scores from Richard Wallace, Mike O'Connor and Jack Hallisey with conversions by Jack Evans and Oisín Daly

## FIRIES COMMUNITY GAMES

Last weekend was a very busy weekend in Community Games calendar. The u13 boys and girls co Finals took place. On Saturday it was the girls finals and as usual this was a very competitive event. Well done to the Furies team who won bronze medals. Thank you to the trainers Mags Kelly & Joanne O Mahony and to Caroline Kennedy for managing the team. Congratulations to team of Laura Power, Aoife O Sullivan, Michaela O Meara, Laura Flynn, Doireann O Shea, Katie Doe, Louise Kennedy, Orna O Leary, Claire McCarthy and Orna Cornelly, Then on Sunday it was the boys turn and this was also a very busy competition. Well done to our boys from Furies who played well but did not reach the semi final stages. Well done to team of Rian Brosnan, Luke Costello, Michael Fitzgerald, Robert Kelly, Noah Moynihan, Jack O Keefe, Daithi O Shea, Simon O Leary, Michael O Sullivan, Colm Riardon and thank you to Brid O Connor for training the team and Valerie O Shea for managing the team. If anyone is interested in taking part in swimming, singing, music or Recitation please contact Maura Culloty before Friday. Good luck to U 16 girls basketball taking place next weekend.

## MUCKROSS ROWING CLUB

### AGM

Date for the diaries! Following earlier postponement, the club wishes to notify all members and parents of junior members that the Annual General Meeting of Muckross Rowing Club Ltd. will take place on Thursday 1st February at 8pm. Venue TBC. All members and parents of junior members welcome and encouraged to attend this important meeting for the organisation and running of our club.

### EVENTS & TRAINING

Kerry Head Of the River, Killorglin, Sat 27 Jan. St. Michael's HOR, O'Briensbridge, 24 Feb. Cork HOR, Cork city marina, Sat 3 Mar. Great

action on the lake last weekend. Training continues midweek evenings at the Muckross Community Centre and weekend mornings at the boathouse.

### MEMBERSHIP

Club membership for 2018 will be collected at the club's Registration Day on Sat 10 Feb from 12-1pm at the Muckross Community Centre. Membership fees will be agreed at the club's AGM on Thu 1 Feb as above. Coaches and committee members will be on hand at both the AGM and Registration Day to answer any questions and enquiries in person.

### FUNDRAISING

The club will shortly be announcing details of our upcoming fundraisers including our Table Quiz and Coffee Morning. Watch this space!

## WORKMEN'S ROWING CLUB

### NOTES

### ONGOING TRAINING

On an off-water training continues as per coaches' texts. We have had some amazingly pleasant sessions on the water in these early days of January and let's hope this continues. Flooding of the pathways and the pier area has made wellies compulsory of late but this has hindered no-one in their efforts to launch!! Well done one and all.

### Upcoming Events

Our next event on the rowing calendar is the Irish Indoor Rowing Championships being held in the University of Limerick this Saturday 20th January. As usual we have a strong group of competitors who have been training all winter and who look forward to gaining new PB's, driving down the times and up the distances!! We wish all participating the very best for this prestigious event and thanks to our coaches who have put in so much time to prepare everyone. Also, the annual Kerry Head of the River takes place next Saturday 27th January. Best of luck to Killorglin Rowing Club in their hosting of this event. See our governing body [www.rowingireland.com](http://www.rowingireland.com) for a full list of upcoming events. As always we wish our athletes on the High Performance Assessment route, all the very best for their upcoming assessments in February.

### BIRTHDAYS

A very Happy Birthday to Anne Moynihan who celebrated on Friday the 8th January. Also greetings go to Hanna Majella who celebrated her birthday last Monday 15th, Maria Browne who will celebrate hers on this Saturday the 20th and not forgetting Luke Ryan who celebrates on January 23rd!!

## KILLARNEY VALLEY ATHLETIC CLUB

The Indoor season got off to a good start with KVAC athlete Ciara Kennelly winning the Munster Junior High Jump and Jordan Lee coming 4th in his High Jump. Sunday 14th January saw the Munster Senior and Master Indoor Championship take place in Nenagh.



KILLARNEY RFC GIRLS-ONLY BLITZ AT THE SEM AT THE WEEKEND. PICTURE: PETE VAN DER MERWE.



FARRANFORE MAINE VALLEY AC CLUB COMPETING IN THE MUNSTER INDOOR CHAMPIONSHIPS, JEROME CROWLEY (CHAIRMAN), JIM O'SHEA, DERMOT DINEEN, JEROME FOLEY & ROSSA FOLEY

Ciara Kennelly won the Senior High Jump with a PB of 1.74. Mike Murphy came 1st in his 60M Sprint and 2nd in the 200M. Tom Doherty was 5th in his Shot competition. Congratulations to all.

### TRAINING IS AS FOLLOWS

MONDAY 7-8pm @ Sem Gym – S&C for age 12yrs and over. TUESDAY 6-7pm @ Killarney Oaks – XCountry and training for the Club 5K on Jan 28th. (Please contact Connie with any questions 086-1505007). WEDNESDAY 1.45pm – 2.30pm @ Demense – Speed and Hill training for members in secondary school. THURSDAY 6-7pm @ Sem Gym for 7-12 year olds. All sessions are €2. Membership forms will be available during the training sessions.

Please check our facebook page <https://www.facebook.com/KillarneyValleyAC/> for up to the minute changes to training schedules etc. and please check your emails.

Anyone wishing to buy Kvac half zip tops, singlets or hats please contact Brid Stack 0872650720

Enquiries: [killarneyvalleyac@gmail.com](mailto:killarneyvalleyac@gmail.com)

## KILLARNEY COUGARS BC SENIOR NEWS

Senior Mens Cup Div II

Killarney Cougars 66

St Josephs 55

Cougars hosted St Josephs at the Pres Gym in the Senior Cup and a very competitive game saw the Cougars make home advantage count. Cougars started well with three pointers by Alan Flynn, Marius Dailyde and Darren Gaffey helping Cougars to a 20-14 first quarter lead. The teams were basket for basket in the second qtr with Cougars still holding the lead 38-30 at half time with the visitors enjoying a good spell early in the qtr.

Cougars dominated the third quarter thanks to their strength on the boards through Dan Doonan and Thomas Armonas and the three point shooting of Darren Gaffey as he added a couple to stretch the lead to 56-41. St Josephs were chasing the game and reduced the lead to 6pts early in the final quarter but Cougars responded well and secured the win three pointers at the right time again from Gaffey and Alan Flynn to see Cougars through to a quarter final meeting with Tralee Tigers.

Best for Cougars Darren Gaffey 16pts, Tomas Armonas 13pts, Marius Dailyde, Alan Flynn, David Bartlett and Dan Doonan.

### JUVENILE NEWS ACADEMY BOYS CUP

Killarney Cougars 25

Kcymys 17

Cougars produced a good team performance to overcome the Kilorglin boys in entertaining game at the Pres Gym.

The visitors led by 1pt in a exciting first qtr 5-4 but Cougars had a good second qtr to lead by 3pts at halftime thanks to good play by the impressive David Butler and Feargal Murphy. The sides went basket for basket in the second half with baskets by Jack O'Sullivan and Ronan Bennett keeping Cougars ahead. Cougars finished the game the stronger with good home support and brothers Fergal and Eanna Murphy got the insurance baskets late on to see Cougars secure the win and advance to meet Rathmore Ravens in the quarter finals

### U14 GIRLS PLATE

Killarney Cougars 38

Cobras Causeway 21

A strong final qtr by the Cougars saw them overcome the Causeway challenge in the Pres Gym on Wednesday last. Cougars led by a point 12-11 after a low scoring and competitive first half. Cougars got on top in the second half and finished deserving winners with Cougars having good performances by Olivia Gaffey, Aimee Coffey, Alicia Burke, Melissa Ahern, and Meabh Coleman Horgan, Yen Lennistor and Edel Horgan. Cougars go through to the next round to take on Tralee Imperials.

### COUGARS GIRLS & BOYS ACADEMY

Our U8 & U10 Girls & Boys training continues on friday in the Parish Hall. Girls U8 & U10 5 pm, Boys U8 6 pm Boys U10 6.30 pm. U10 Blitz games on Sunday Jan 21st in Tralee & Farranfore, coaches will advise players at training friday.

Further details on training schedules, fixtures, results go to our website [www.killarneycougars.com](http://www.killarneycougars.com) or follow us on facebook

## GNEEVEGUILLA ATHLETIC CLUB LOTTO

No winner of our lotto draw 2/01/2018, numbers drawn were 1, 12, 16 & 29. Sellers prize winner Tom Joe o' Donghue, €50 Y/T prize winner Nora Flynn Killarney, €50 to Mike Flor O' Riordan Annagh, €40 each to Mary Lenihan Scartaglin, Tim O' Leary Knocknagree & Denis Fitzgerald Bawnard. Bonus not won numbers drawn were 1, 15, 16 & 19. Next weeks jackpot €5,600 plus €1,000 bonus.

### TRAINING

commencing this week Boherbue Tuesdays at 6.30 pm, Barradubh Fridays 6.30 pm, Gneeveguilla Community Centre Sunday's At 1.00 am, both indoor and outdoor sessions. There are training sessions in Riocht track on Sunday's mornings for secondary school children and upwards, contact Brendan Cullen 0872874184. Club singlets are on sale contact Mary 0879857297

### MUNSTER MASTERS INDOORS:

Catherine O' Sullivan 1st in LJ & 2nd in 60m, Shelia O' Donohue 1st shot O50, Eileen O Riordan 2nd shot O45 & 3rd in 60m, Brid Stack 1st 200m O45, Siobhan Daly 2nd in 800m, 1st in 1500m, Robert Purcell 2nd in 3000m & 2nd in 800m O45.

### MOUNTAIN RUNNING

Held at Corran mountain in Fermoy Danielle O' Riordan won the juvenile, Kate & Heather Culloty were well placed.

### KERRY COLLEGES CROSS COUNTRY

will be held on Demense next Thursday at 11.00 am. Best of luck to all who will be taking part.

### MEMBERSHIP

Time to pay up all memberships, please do so before you attend training or wish to be entered.

### GET WELL WISHES

To Paddy O'Donoghue our chairman who is out of action, hoping he will be back shortly.

## ST. BRENDAN'S ROWING NOTES

There will be a club AGM on Friday January 26th at 7.30pm at St Mary's Parish Hall. It would be great if as many people as possible could attend. Hope to see you all there.

## FLESK VALLEY ROWING CLUB

### OLD KENMARE ROAD

Due heavy rainfall last week the Old Kenmare Road walk which was due to take place last weekend, unfortunately had to be cancelled in the interest of safety due to the possibility of flooding on certain sections of the route. Apologies for any inconvenience caused. This event is to be rescheduled to next later date.

### INDOOR ROWING CHAMPIONSHIPS

Best of luck to all competing in the All Ireland Indoor Rowing Championships this weekend at the University of Limerick Sports Complex.



### TAKING CARE OF YOUR PETS IN COLD WEATHER:

All pets feel cold, be it a dog, cat, birds, rabbits, hamsters etc. It's better to protect them from being exposed to the chill, lest they catch cold. Ensure that you check before starting the car engine in case your cat or a stray dog or cat has snuggled under the cars. Cold cars pose significant risk to your pet's health. You're already familiar with how a car can rapidly cool down in cold weather; it becomes like a refrigerator, and can rapidly chill your pet. Pets that are young, old, ill, or thin are particularly susceptible to cold environments and should never be left in cold cars

\*If it's frosty when you are walking your dog, stay away from frozen ponds, lakes and other water. You don't know if the ice will support your dog's weight, and if your dog breaks through the ice it could be deadly.

If your pet is whining, shivering, seems anxious, slows down or stops moving, seems weak, or starts looking for warm places to burrow, get them back inside quickly because they are showing signs of hypothermia. Frostbite is harder to detect, and may not be fully recognised until a few days after the damage is done. If you suspect your pet has hypothermia or frostbite, consult your Vet immediately. During walks, your dog's feet, legs and belly may pick up deicers, antifreeze, or other chemicals that could be toxic. When you get back inside, wipe down (or wash) your pet's feet, legs and belly to remove these chemicals and reduce the risk that your dog will be poisoned after (s) he licks them off of his/her feet or fur.

Odds are your pet will be spending more time inside during the winter, so it's a good time to make sure your house is properly pet-proofed. Use space heaters with caution around pets, because they can burn or they can be knocked over, potentially starting a fire and install carbon monoxide detectors to keep your entire family safe from harm.

### HANDY HINTS:

\*After you open the lid of a can, the easiest and safest way to pull the lid out is to use a small fridge magnet.

\*If you want egg in your instant noodles, crack one in while the noodles are part-cooked, and

by the time they're done you'll have a perfectly cooked egg. It's a great way to add a little protein to a cheap and easy meal.

\*If you don't have a good food processor, grate your garlic, ginger, etc when a recipe calls for it to be finely chopped.

\*If you're using something sticky like black treacle or molasses, coat the spoon with vegetable oil beforehand so that the treacle will slide right off and it is so much easier to wash the spoon afterwards!

\*Don't throw your pasta water away. Use it to enhance the dish. Use it for thickening the sauces for your pasta, softening your veggies, and/or making a glaze on your meat for the pasta.

### QUOTE:

"Don't get so busy making a living that you forget to make a life" - Dolly Parton.

### ON THIS DATE - JANUARY 19TH:

1809 - Edgar Allen Poe (died 1849) poet and writer of mystery and suspense tales, was born in Boston, Massachusetts.

1825 - Ezra Daggett and Thomas Kensett patented food storage in tin cans in the US.

1887 - The first express train ran between Melbourne and Adelaide as the two cities were linked by rail.

1903 - First regular transatlantic radio broadcast between US and England

1915 - Neon Tube sign patented by George Claude

1935 - Coopers Inc. sold the world's first men's briefs in Chicago, they called it the "Jockey"

1946 - Dolly Parton, American country music singer-songwriter, actress, author and humanitarian was born in Tennessee.

1955 - "Millionaire" TV programme premiered on CBS

1966 - Indira Gandhi was elected first woman prime minister of India.

1983 - Apple announced its first commercial PC with a graphical user interface and the first computer mouse.

### A LONELY BLACK SWAN GOT A NEW PARTNER:

When Prince Albert died in 1861 at the age of 42, his wife, Britain's Queen Victoria never again wore anything but black in public. As another sign of mourning, she introduced black swans -

which are native to Australia and New Zealand - to a lake on the grounds of Rosenau Palace, Prince Albert's birthplace in central Germany. The tradition of keeping black swans there has continued to this day, and recently, a female black swan found herself in need of a new companion following the apparent death of her partner.

Caretakers posted a call for help on a German government website, requesting a black swan, of either sex, ideally over three years of age, as a new companion. A breeder in Ingolstadt, about two-and-a-half hours south of the palace, responded within days and provided a nine-month-old black swan to the palace and at present both swans are swimming happily on the lake.

Officials won't know the new swan's gender for more than two years, when it turns three. Though, as they said in the original ad, "The sex of the animal isn't important, we just wanted an end to the loneliness".

### IN ALBERTA THE WEATHER WAS TOO CHILLY EVEN FOR PENGUINS:

Penguins are generally recognisable for their tuxedo-like appearance and general inclination toward Antarctic conditions but they are having their outdoor time restricted by the Calgary Zoo in Alberta.

"We just don't want to expose them to too much," Malu Celli, a curator at the zoo said and to keep them safe, we decided to pick a limit to let them out.

The zoo keeps penguins indoors if the temperature dips below minus 25 degrees Celsius (minus 13 degrees Fahrenheit) and the temperatures have averaged minus 28 C since before January 1st, but it felt like minus 40 C with the windchill, they are not wild birds and do not live in their natural environment so that's too chilly even for these penguins Mr. Callis explained.

The Calgary Zoo hosts a range of penguins, including gentoos, rockhoppers and Humboldts. It also has king penguins, the smaller cousins of emperor penguins. None of these species, however, are fans of Antarctic conditions and the king penguins prefer subantarctic temperatures.





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For advice and representation please feel free to call into the office or clinics

Office: **064 66 94199/083 8541447**

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## TAX MATTERS

With O'Brien Coffey MacSweeney  
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### TAXATION OF PENSIONS

#### Information

In general, all income arising from pensions in Ireland is subject to taxation. Many pensioners do not actually have to pay tax, because their income is too low.

Occupational pensions are not subject to social insurance contributions (PRSI) but if you are aged under 66, you may have to pay PRSI on other income. Occupational pensions are subject to the Universal Social Charge.

If you have a social welfare and occupational pension

There is no mechanism for taxing social welfare pensions at source. Your other source of income determines how tax is levied. The most common situation is where a pensioner (State Pension (Contributory) or Widow's/Widower's/Surviving Civil Partner's (Contributory) Pension) has both an occupational pension and a social welfare pension. If the occupational pension is paid from within Ireland, it is taxed by PAYE in the same way as a wage or salary. This means that you get your tax credits in the normal way. In order to tax your social welfare pension your annual tax credits are reduced by the tax liability on your social welfare pension. For higher incomes, the standard rate cut off point will also be reduced. You then effectively pay tax on both the pensions, but it is collected from the occupational pension. The same arrangement applies if you have income from a job and a social welfare pension.

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### ECDL (ETK79) - Tralee.

This course offers participants the opportunity to develop the computer skills needed to work in an office. It covers keyboard skills, computer essentials, online essentials, word processing, spreadsheets, databases, presentation software, and career planning & job seeking skills. **Start Date:** 26<sup>th</sup> February 2018. **Duration:** 18 weeks. **Certification:** ECDL Award, Level 1 Office Procedures Certificate and Typewriting Certificate.

### Bus Driving - D Licence (ET07114) - Tralee.

This course provides participants with skills and related knowledge in the rules of the road, driving a Large Public Service Vehicle (LPSV), customer service, documentation, first aid, manual handling and fire safety, digital tachograph, technical standards and work experience. Applicants must have a current full Class B Driving Licence and Class D Learner Permit. **Start Date:** 5<sup>th</sup> March 2018. **Duration:** 14 Weeks. **Certification:** Class D Driving Licence and CPC, Occupational First Aid and CILT Digital Tachograph Certificates.

### Manual & Computerised Payroll and Bookkeeping (ET025) - Tralee & Killarney.

This course is for people who wish to develop a range of manual and computerised payroll and bookkeeping skills. **Start Date:** 26<sup>th</sup> March 2018 in Tralee and the 14<sup>th</sup> May 2018 in Killarney. **Duration:** 10 weeks. **Certification:** QQI Level 5 Component Certificates in Manual and Computerised Bookkeeping and Payroll.

### Traditional Stonewall & Landscape Gardening Construction (ET4R8) - Tralee.

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### Construction Ground Work Skills (ET23462) - Tralee.

This course provides participants with the knowledge and skills to construct concrete slabs and paths and to lay kerbs, flags and pavements under various conditions. **Start Date:** 9<sup>th</sup> April 2018. **Duration:** 16 weeks. **Certification:** QQI Level 4 Award.

### Fibre Installation Technician (ET08632) - Tralee

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To apply or get further information on any of the above courses please contact

**Kerry ETB Training Centre**

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with John O'Sullivan

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Trees can be planted all year round but as with hedging, trees can be planted when they are dormant between November and March.

With these bare-rooted trees you will still have a few weeks left to plant them. If you plant before the end of March it will give the tree a better chance of rooting into the ground that bit quicker.

When planting your bare rooted tree, dig the hole big enough that you can spreads out the roots all around the hole. Then drive your stake into the hole roughly about 6 to 8 inches below the bottom of the hole, place your tree and spread the roots out well. If possible place your stake on the side of the prevailing winds as this will ensure that the tree is blown up against the stake when the wind is high. Fill in the soil mixed with compost around the roots and firm in with the heel of your foot. Lastly place your tree ties on – one near the top and one at the bottom with a spacer in between to stop the bark being damaged by the stake.


*Next week I will focus on Herbaceous Perennials.*

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### ON THE BOX

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It's all kicking off on the Street as Anna faces the verdict, Eva faces her pregnancy and Bethany faces the sack. Monday's double bill sees Anna await her verdict as her trial comes to an end. But will Anna get off? And what will Eileen do with some new found evidence?

Wednesday's episodes see Eva realize that she's pregnant but who's the daddy? Adam or Aidan?

Friday's instalments focus on Bethany as her family arrive at her work place leading to her getting the sack.

### EASTENDERS

Stacey's Back! Monday sees Stacey return to the Square as she fights to save her marriage. However, Martin isn't impressed by Stacey's attempts at reconciliation. Kush tries to help but ultimately Stacey realizes it's up to her to save her marriage. Elsewhere, Keegan is struggling to hold it together while it's D day for Mick and Linda, will they save their beloved Queen Vic?

## 4TH ANNIVERSARY



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## 4TH ANNIVERSARY



*In Loving Memory of*

### MICHAEL (MIKIE) O'DONOGHUE

**With love I remember my  
dear brother Michael (Mikie)  
O'Donoghue, late of Derryreague,  
Clonkeen, Killarney.**

Who died on 23rd January 2014.

#### Brother

There is always a face before me,  
A voice I would love to hear,  
A smile I will always remember,  
Of a Brother I loved so dear,  
Deep in my heart lies a picture,  
More precious than silver or gold,  
Its a picture of you Brother,  
Whose memory will never grow old.

**Too dearly loved to be forgotten by  
your loving sister Maura.**

## 2ND ANNIVERSARY



*In Loving Memory of*

### MARY CROWLEY

**Who passed away on the 17th  
January 2016.**

Gone from us that smiling face,  
The cheerful pleasant ways,  
The heart that won so many friends  
In bygone, happy days.

Goodbyes are not forever.

Goodbyes are not the end.

They simply mean, we miss you,  
Until we meet again!

**Sadly missed by John, Caroline, Makaela,  
Ivan and extended family.**

Anniversary Mass will be held in St. Marys  
Cathedral on Saturday Jan 20th at 6.15pm

## PRAYER TO THE VIRGIN MARY

### NEVER KNOWN TO FAIL

O Most Beautiful Flower of Mount Carmel, Fruitful Vine, Splendour of Heaven, Blessed Mother of the 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. There are none, that can withstand your power. 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. Thank you for favours received. **E.W**

## NOVENA TO THE SACRED HEART

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 heart where your Father sees it.

Then in his merciful eyes it will become your favour not mine.

Amen.

Say this prayer three times for three days and your favour will be granted.

Never know to fail.

Must promise publication of prayer.

## 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.

**JS**

## 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.

**B.O.S**

## THANK YOU TO ST. JUDE

St. Jude,  
Many thanks for all favours received.  
**X**

## NOVENA TO THE SACRED HEART

Sacred Heart, St Jude, St Anthony. And to all of the Saints for favours received. And thanks to the universe. **X**

## THE MIRACLE PRAYER

Dear Heart of Jesus, in the past I have asked you 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.



Welcome back dear reader are you facing tough decisions? Knowing what is the right thing to do can be hard – no one wants to make wrong choices. However, people make flawed decisions every day, often bearing the consequences of them for the rest of their lives. Having wisdom and understanding is key. Would you like to know how to get God's viewpoint on your circumstances and His wisdom to work them out for the best and have success? Jesus said His sheep hear His voice...He knows them and they follow Him, and... 'they do not follow the voice of the stranger' (John chapter 10). Jesus lays out here that there are two destiny makers interested in your life, i.e. both God and the Devil. They each have a plan for you. 'For I know the plans I have for you', says the Lord 'plans to prosper you and give you hope and a future' (Jeremiah 29:11). Now the plan Satan has is not a good one – in fact he basically wants to steal, kill and destroy all mankind. If you think this is not true take a look at the news and see the devastation going on around the world today. These things are not just natural disasters or "que sera sera". There is a force behind accidents, disasters and sickness and violence and it is demonic in origin. But God, from Whom every good and perfect gift comes, has a better plan. It's called the New Covenant, and it involved Him giving His Son Jesus to die in your place and take away your sin, and defeat the enemy on your behalf so that you could live in blessed abundance, peace and joy. The greatest decision you will ever make friend is to ask Jesus into your life – believe that He paid the penalty for your sin, confess Him as your Lord and Saviour and cast your cares and worries on Him and allow Him to guide you and show you the way to go. Do it today – don't live another moment without His love and power. Then "Your own ears will hear him. Right behind you a voice will say 'this is the way you should go' whether to the right or to the left" (Isaiah 30:21) and you will have God's wisdom and make the right choice every time. More next week....

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