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# KILLARNEY Outlook

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The generosity of the people of Killarney knows no bounds.... yet again they dug deep into their pockets for the homeless people in the Simon Community in Cork. Legion GAA Club have unveiled their new website and the six schools in the parish of Glenflesk are planning a reunion to raise funds for both the local sports field and the local club. Three young Killorglin science buffs brought glory to their school, Kerry County Council has invited public opinion on the future of the Árús Phádraig and a local sports fanatic has won €1000. As we head into the final days of January, the town is considerably quiet which gives business owners, workers and residents time to recharge their batteries before the 2017 season kicks off. So relax and enjoy this week's Killarney Outlook.....Out first every Friday.

*Aisling Crosbie,  
Editor.*

## KILLARNEY FUNDRAISER DELIVERS DONATIONS TO THE SIMON COMMUNITY

A coffee morning and a hike up Carrauntoohill has resulted in 24 homeless people in Cork receiving a back pack full of essential items like warm clothes and toiletries. When the Home Sweet Home plight was highlighted before Christmas, Noelle Crosbie from Noelle's Cafe and Chris Davis from Killarney Outdoor Winter Experience decided to hold a fundraiser for the Simon Community in Cork. The duo raised €1,365 which enabled them to fill 24 bags with thermal clothes, underwear and toiletries. "We spent €1255 in total and gave the Simon community the balance of €110 when we delivered the bags this week", Noelle told the Killarney Outlook. "We could not have done it without the help of local people and businesses who gave us spot prizes and donations", she added. "We would like to thank MaryRose Bakery, Matthew Algie Coffee, Huckleberry Donuts, What Women Want, Nails by Anita, Pauline Russell, Nave Yoga, The Smokehouse Restaurant, The Cafe Irish Tapas, Sean Taffe, Four Star Pizza, The Porter House, Liam O'Connor Newsagent, KTown, The Laurels, Padraig O'Connell, Kennellys Chemist, Aleksandra Brudzinska Herbalist and Dealz. A huge thank you too to the Army Surplus Store, the Euro Store Outlet



NOELLE CROSBIE (SECOND LEFT) AND JASON WOODARDS, (RIGHT) PICTURED AT THE SIMON COMMUNITY IN CORK WHERE THEY DELIVERED 24 BACK PACKS FOR THE HOMELESS. THEY ARE PICTURED WITH REPRESENTATIVES FROM THE SIMON COMMUNITY.

Centre and Penneys for all the haggling and good prices", Noelle said.

The Simon Community were delighted with the donation and will ensure that the back packs will go to the most needy in the community.

"These donations will make a great difference to the men and women who are homeless in Cork, and we would like to thank everyone who supported your efforts", Kerry, a spokesperson for the Simon Community said.

## SIX SCHOOL REUNION FOR "THE FIELD" AND "THE CLUB"



ALL SET FOR THE GLENFLESK 6 SCHOOLS REUNION ARE BACK L-R TIM (MIKELOW) O'SULLIVAN - BARRADUFF N.S., MARY O'SULLIVAN - CLONKEEN N.S., DAN FAVIER - GLENFLESK N.S., DAN O'SULLIVAN - KNOCKNABRO N.S. FRONT L-R JASON CULLOTY - RAHEEN N.S., KIERA O'SULLIVAN - KNOCKANES N.S.

Past pupils from the six schools in the parish of Glenflesk are to get together to raise funds for

the Barraduff Community Field.

The School Reunion dance between Raheen, Barraduff, Knockanes, Glenflesk, Clonkeen and Knocknabro National Schools will be held in the Gleneagle Ballroom on Friday the 17th of February 2017 at 8:30pm. Music shall be provided by the band Uí Bhriain. Friends, partners or anyone associated with the 6 schools are all very welcome. All proceeds raised shall go to Glenflesk G.A.A and Barraduff Community Field. Tickets will €10 and are available from Denis O'Briens Shop Glenflesk and Tadhg O'Donoghue's Shop Barraduff.

Tickets are also available from the following: Corinna Favier (087) 9490313, Marie O'Sullivan (086) 3584472, Marguerite O'Donoghue (087) 7860109, Breda Kelly (087) 9668835, Padraig O' Sullivan (087) 0530384, Shane O'Riordan (087) 2298387



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## LEGION UNVEIL THEIR NEW WEBSITE

Progressive Killarney GAA Club have just launched a new website. The club enlisted the help of husband and wife internet wizards Eoin and Joanne O'Carroll who gave the club website a visual and virtual revamp. With the help of senior player Cathal Sheahan the website is now live. "With technology now making the world a much smaller place the role of club websites and social media has never been as prevalent. Members and supporters are now spread far and wide across the country and even the world and their only means of keeping up with club affairs is through these avenues", Enda Walsh, Chairman of the club told the Killarney Outlook. The club were delighted to have the current Kerry Rose Danielle O'Sullivan officially relaunch the website at Randles Bros Nissan Dealers, Killarney last Friday. Danielle of course is a proud Legion woman and it is a source of great pride for the club to see her represent the county so elegantly. She is a great ambassador for the Rose Festival.

Among the new features on the website is the ability to play the club lotto online. This presents an ideal opportunity for Legion people all over the world to support the future progress of the club from the comfort of their own homes. Membership can be also be paid through the website with all the options available to join. This is possible due to a partnership with myclubfinances.com who cater for the facility with a secure and highly reputable system. An online shop where you can view and purchase the latest club merchandise is now available ensuring you can pick up your green and white



DAVID RANGLES MAIN CLUB SPONSOR OF THE LEGION, CHRISTINA TANGNEY CHILD WELFARE OFFICER, DANIELLE O'SULLIVAN 2016 KERRY ROSE & ENDA WALSH AT THE LAUNCH OF THE NEW LEGION WEBSITE.

colours at any time. You can access the website at [www.legiongaa.com](http://www.legiongaa.com).

"Everyone at the club would like to say a huge thanks to Eoin and Joanne and also to Cathal who put timeless hours into presenting the sleek new look to the website", Enda added.

The website launch also afforded the club the opportunity to unveil its own Garda Vetting procedure for within the club. With the recent revelations in the UK and the club's own desire to provide a safe environment for all our children, we pride ourselves in having all of our coaches Garda vetted. This is always an ongoing process so it is our goal to ensure that every

member is vetted. The GAA recently launched a new, easy to use e-vetting system and the club was delighted to appoint Christina Tangney as it's dedicated Children's Officer.

Christina is a qualified social care worker and therefore provides an ideal profile for her position. She has been active in the club as a player previously and will now use her qualifications to ensure the club maintains a high standard of care for its members.

"This is something the club takes very seriously and we are delighted to have a person of Christina's capabilities on board" Enda concluded.

## OFFICIAL OPENING OF MATILDA'S PET SHOP



OFFICIAL OPENING THIS SUNDAY

The grand opening of Matilda's Pet Shop on Chapel Place (off New Street) will take place this Sunday January 22nd from 12.30pm to 4.30pm. The one stop shop for all your pet needs stocks Premium Pet Supplies for dogs, cats, small Furies and Feathers including food, Clothing, Bedding and Shampoo.

On the day there will be some fantastic offers with up to 20% off most stock.

There will also be lots of food, beverages and nibbles for all the humans and most

importantly doggy cakes for all the dogs!

Kat's Doggy-Do's will be on site on the day to ensure that your dog will be perfectly groomed. So come along to Matilda's Pet Shop on Sunday for a fun afternoon.

Matilda's Pet Shop is open 7 days a week and is also open until 7pm on Thursdays and Friday's and can be contacted on Call: **083-8685800**

Email: [matildaspets16@gmail.com](mailto:matildaspets16@gmail.com)

Facebook: Matilda's Pet Shop Killarney

## CREDIT UNION LAUNCHES ONLINE BANKING SYSTEM FOR MEMBERS


This week, Killarney Credit Union officially launched its online banking system to its 25,000 members. The new IT system now allows member full access to their accounts online, which includes internal and external funds transfers and bill payment. A mobile app is also available to download on Apple and Android devices. Mark Murphy, CEO of Killarney Credit Union stated "we transferred to a new member IT system last October and

this involved the implementation of the online banking module for members. We have seen a very strong take up of this service with nearly 600 members signed up to date" he concluded. Members can register for the online banking service by calling into the branches at Beech Road & Park Road, Killarney or in Kenmare to sign up. Alternatively, they can register online on [www.killarneycu.ie](http://www.killarneycu.ie) and can receive their PIN by post.



PICTURED AT KILLARNEY CREDIT UNION FOR THE LAUNCH THEIR NEW INTERNET BANKING AND MOBILE SERVICE APP WERE L-R HELEN COURTNEY-POWER (SALES & MARKETING), SHANE FOLEY, CHAIRMAN PAT DELANEY, CHLOE O'DONOGHUE & CEO MARK MURPHY. PICTURE MARIE CARROLL-O'SULLIVAN





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# KILLORGLIN SCIENCE BUFFS DO THEIR SCHOOL PROUD

Three students from Killorglin Community College have brought huge honour to their school after their achievements in this years BT Young Scientist and Technology Exhibition.

The event saw a record number of applications, with almost 2500 students applying to the competition. 550 were selected through a rigorous process to display and compete at the RDS last week. Killorglin Community College were honoured to have three of their projects qualify for the final last week. Jack Nagle with his 'Tractor Safety Lock', Timothy McGrath with his 'Ultra Vision' which assists visually impaired people and Natasha Myres with her project 'Does playing my board game help people with dyslexia'. With only seven projects from Kerry qualifying for the exhibition it added to the excitement of the school for them to be travelling with three out of that seven. After a busy week with all three projects



JACK NAGLE WINNER OF THE ABP FOOD GROUP FARM SAFETY AWARD PICTURED WITH HIS FAMILY.



NATASHA MYRES WITH HER PROJECT 'DOES PLAYING MY BOARD GAME HELP PEOPLE WITH DYSLLEXIA'

gaining much attention at the exhibition by teachers, parents, the media, college academics, industry representatives, ministers, TD's and even President Michael D Higgins the three students were all set for the awards ceremony on Friday night. This was held in the main hall of the RDS with 3000 people in attendance and 'live' streamed on the BTYTE facebook page. The anticipation was immense and the atmosphere was well choreographed by the BT 'Red Coats' who looked after the students all week.

"Hearing Jack Nagles' name being called out

by the presenters for the ABP Food Group Farm Safety Award 2017 and 300 people applaud him as he took to the stage put the hair standing on the necks of his supporters in the arena and those tuned in on the 'live' stream in Killorglin and all over", Donal O'Reilly, Deputy Principal of the Killorglin Community College told the Killarney Outlook.

Jack's project was a "safe lock" for tractors which automatically pushes up if the handbrake isn't on when the driver leaves the cab. Jack's grandfather was involved in an accident some years back when a tractor rolled over him, but he thankfully survived. While some tractor manufacturers are putting similar devices into their new tractors, Jack's design can be fitted on all tractors for €250. The invention uses a ram to push up the handbrake when triggered by a weight sensor in the seat of the tractor. According to Jack, over the past 11 years, 67% of farm accidents were caused by not using the handbrake - and the young scientist is hoping his project will save lives.

"Jack took to the stage and was presented with his glass trophy which will take pride of place forever more. This was a great honor for Jack as he was the only Kerry student to take to the stage for the 2017 Awards Ceremony as its only thee top 120 awards that are presented during the ceremony on the night", he added.

Jack also received a special display award, as did Natasha Myers for their excellent displays and presentation to the judges and the public. As well as appearing on TV3's Ireland AM and Vincent Brown's shows, RTE's News slots and many radio stations Killorglin Community College students received special VIP private visits from President Michael D Higgins, British Ambassador to Ireland Mr. Robin Barnett and Minister of State for Employment and Small Business Pat Breen.

"Staff, students, parents and the wider community are very proud of Jack, Natasha and Timothy for what they have achieved for themselves and the school", Mr. O'Reilly said.



TIMOTHY MCGRATH WITH HIS 'ULTRA VISION' WHICH ASSISTS VISUALLY IMPAIRED PEOPLE.

## CALLING ALL BUDDING ARTISTS....

The search to find the young artists who will excel in this year's Texaco Children's Art Competition has begun. Last year 3 students from Co. Kerry won prizes in the event which is now in its 63rd year and widely acknowledged

as the longest running arts sponsorship in Ireland.

The closing date for entries is Tuesday, 28th February 2017 with judging to take place in March.

Winners will be announced in mid-April, with prize giving to follow in May.

Details are available through Texaco service stations and online at

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

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## TIMMY CERTAINLY KNOWS HIS SPORT

Muckross resident Timmy O'Donoghue has been announced as the winner of Spa GAA club's Know Your Sport fundraiser.

The Killarney man won the 2016 edition and helped himself to a whopping €1000 first prize. Timmy correctly predicted the winner of 17 out of 30 events from the 2016 sporting calendar, which was one more than his closest challenger.

Well known about the town, Timmy is better placed than most to pick these winners from his job as manager of BoyleSports bookmakers on New Street. Timmy plans on getting his wife Nicola something nice with the winnings and already has his sights set on winning the 2017 edition of the competition. Forms for SpaGaaKnowYourSport 2017 are out now and are available from club members. This year you can also enter online by clicking the following link:

[https://www.myclubfinances.com/tickets\\_m.asp?LL\\_ID=573&CLB=1](https://www.myclubfinances.com/tickets_m.asp?LL_ID=573&CLB=1)

Costing just €20 per entry your knowledge is challenged on a range of sporting events as diverse as GAA to cricket and



MICHAEL CRONIN, JOHN O'DONOGHUE (CHAIRMAN KNOW YOUR SPORT), GERARD MANGAN CHAIRMAN SPA GAA, ASSUMPTA O'DONOGHUE, TREASURER, TIMMY O'DONOGHUE, WINNER AND NICOLA O'DONOGHUE.

a years entertainment is guaranteed!!! The closing date for entries is January 31st so get yours now.

## FUNDRAISING SPIRIT AT KILLARNEY COMMUNITY COLLEGE



STUDENTS FROM KILLARNEY COMMUNITY COLLEGE PRESENT THE IRISH CANCER SOCIETY WITH €2,423 FOLLOWING A PRE-CHRISTMAS FUNDRAISER.

Leaving Certificate Applied Students from Killarney Community College took time out

from their studies and braved the elements to fundraise for the Irish Cancer Society prior to finishing up for Christmas. The students would like to thank the generous people of Killarney for the great support they received on the day.

Proud Principal and Vice-Principal Stella Loughnane and Eilish O'Leary were delighted to hand over a check for €2,423 to Eugene O'Sullivan and Eleanor Docherty of the Irish Cancer Society.

Principal, Stella Loughnane commended the efforts of her students under the stewardship of their teacher John Keane and hoped that the funds collected would, in some way, help those in our community.

## FUNDS AVAILABLE FOR IRISH LANGUAGE EVENTS

Kerry County Council Irish Office is now accepting applications from groups that organise events that give the people of Kerry, and visitors alike, the opportunity to hear, see and use the Irish Language. In line with the County Development Plan 2015-2021 and the Tourism Strategy 2016-2022, Ciste Turasóireachta na Gaeilge is designed to

support the development of Irish Language Tourism in Kerry.

A fund of €5,000 is open to groups that organise festivals, events or activities that create the opportunity to socialise through the medium of Irish in the county. Applications forms are available on Oifig na Gaeilge's webpages on Kerry County Council's website at [www.kerrycoco.ie](http://www.kerrycoco.ie)

or directly from us at [gaeilge@ciarrai.ie](mailto:gaeilge@ciarrai.ie)

Applications should be sent to Oifig na Gaeilge by email to [gaeilge@ciarrai.ie](mailto:gaeilge@ciarrai.ie) or by post to Kerry County Council, Áras an Chontae, Ráth Teas, Trá Lí, Ciarraí, by 4.00pm Tuesday the 31st January 2017.

## FLEADH CHEOIL CHIARRAÍ

Tralee will again be the venue for the forthcoming 2017 fleadh Cheoil Chiarraí which will run from May 18th to 21st. The fleadh committee are putting a lot of work in since last October to have everything in place for

the event and hope the public will support us again this year. There will be a fundraising quiz in the Brogue Inn Tralee on Friday next Jan 20th at 8.30pm, tables of four €20 and we welcome anyone who would like to take part.

For all up to date and ongoing news on events ect check [www.kerrycomhaltas.ie](http://www.kerrycomhaltas.ie), kerryccé and fleadh cheoil chiarraí facebook pages. Slán tamall.



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€10,000	5 years	7.8%	€200.35	€2,018.85
€15,000	5 years	7.8%	€300.53	€3,028.41
€20,000	8 years	7.8%	€277.72	€6,644.57
€30,000	8 years	7.8%	€416.58	€9,967.22
€40,000	8 years	7.8%	€555.44	€13,289.75
€50,000	8 years	7.8%	€694.30	€16,612.35

Typical APR Variable Car Loan Rate (7.8% APR). Lending terms and conditions apply. Loans are subject to approval. Table is for illustration only and does not constitute a contract.

Warning: If you do not meet the repayments on your loan, your account will go into arrears. This may effect your credit rating which may limit your ability to access credit in the future.

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11



## HAVE YOUR SAY ON THE ÁRUS PHÁDRAIG

Killarney people will be able to have their say on the future use of the Árus Phádraig following the announcement by Kerry County Council that they have launched a public consultation process on the building which is located on Lewis Road.

Exodea Consulting Ltd has been appointed to carry out a feasibility study to assess the potential future use of the property.

As part of the feasibility study, Kerry County Council will next week launch an online survey through which people can share their views. A public meeting on 26 January will also give members of the public an opportunity to suggest how the Árus might best be utilised for the benefit of the community. There will also be engagement with key stakeholders and community and voluntary groups in the locality over the coming weeks.

Cathaoirleach of the Killarney Municipal District, Cllr Brendan Cronin said that public engagement on the future of Áras Phádraig is essential to ensure its full potential is realised and that the public has a stake in its future.

"This facility has enormous potential for Killarney and the surrounding area given its size and location close to the centre of the town. We are now inviting people to contribute their proposals and ideas for its future use and these suggestions will be considered by the consultants who will draw up the feasibility study," he said.

"There is significant local and community interest in the redevelopment and revival of the Áras Phádraig building as it is an important



AT THE LAUNCH WERE, CENTRE, CATHAOIRLEACH OF THE KILLARNEY MUNICIPAL DISTRICT, Cllr BRENDAN CRONIN WITH KILLARNEY MUNICIPAL DISTRICT MANAGER, ANGELA McALLEN, ALSO INCLUDED, JOHN PURCELL, SENIOR EXECUTIVE ENGINEER, KERRY COUNTY COUNCIL, NIAMH O'SULLIVAN, HEAD OF COMMUNITY DEVELOPMENT, KERRY COUNTY COUNCIL, Cllr. JOHN JOE CULLOTY, Cllr. NIALL KELLEHER, Cllr. DONAL O'GRADY, Cllr. MICHAEL GLEESON AND Cllr. JOHN SHEAHAN. PHOTO: VALERIE O'SULLIVAN.

part of the town's community and social infrastructure," said Cllr. Cronin.

Killarney Municipal District Manager, Angela McAllen said that the consultants have been asked to identify how any of the social, enterprise, community and arts and culture needs of Killarney could be addressed in developing Áras Phádraig.

"To help us identify redevelopment opportunities, we are inviting everyone to attend an open, facilitated public meeting at 7.30pm on Thursday, 26 January in the Killarney Avenue Hotel. Those attending the meeting will have the opportunity to meet members

of the Municipal District Committee and Kerry County Council staff who are spearheading the redevelopment," she said.

Written submissions can also be made to: Micheál Ó Coileáin, Killarney Municipal District Officer, Kerry County Council, Town Hall, Kenmare Place, Killarney. The online survey will be available from next week on the Municipal District page on the [www.killarney.ie](http://www.killarney.ie) website: (<http://killarney.ie/killarney-municipal-district/kerry-county-council/>)(<http://killarney.ie/killarney-municipal-district/kerry-county-council/>)

## KCC DELEGATION DISCUSS MACROOM BYPASS IN DUBLIN



The following delegation from Kerry County Council met with Transport Infrastructure Ireland at their Head Quarters in Dublin on 12th January to discuss progressing the Macroom / Ballyvourney Bye-pass. In 2016 €3.6 Million was allocated for preparatory works and €14 Million in 2017. The delegation pushed for construction to start as soon as possible. Pictured from Left to right: Charlie O'Sullivan Director of Operations Kerry County Council, Cllr Patrick O'Connor-Scarteen, Geraldine Foley Head of Roads Capital Programme Transport Infrastructure Ireland, Paul Moran South West Regional Manager Transport Infrastructure Ireland, Michael O'Shea Mayor of Kerry, Moira Murrell CEO Kerry County Council, Cllr Brendan Cronin, Cllr Johnny Healy-Rae, Cllr Mike Kennelly.

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## STARS OF THE STAGE JOIN FORCES FOR RAHEEN NS

One of Kerry's most talented actors and an internationally renowned singer are to join forces for a special night of entertainment on February 3rd to help raise funds for Raheen National School and a defibrillator for the local community.

Actor Donal Courtney will give a performance of his one-man show on the life of Monsignor Hugh O'Flaherty called *God Has No Country*, while former Lord of the Dance Lead singer and tv voice coach, Elaine Canning, will also perform on the night.

The one-off fundraiser will be held at the Celtic Steps Arena, located at the Racecourse in Killarney, and tickets are already on sale at just

€10.

Raheen National School holds a number of annual fundraisers and this year want to go one step further and hope to install a defibrillator in the local school that will be available for all of the local community.

The 42-pupil school is thriving and is one of the many progressive schools in East Kerry.

However, like so many primary schools, it's dependent on school staff, parents council and the local community to help fundraise every year so that children get to benefit from the many school services made available.

Parents Council Chairman, Eugene Bowler, said the whole community was eagerly looking forward to a wonderful night of entertainment. "We are so delighted to have both Donal and Elaine performing at the Racecourse venue. Both are supremely talented professionals. "Our hope now is that we will pack the venue and raise funds for the school and for the defibrillator which we know will serve as a massive asset to the community and could save lives," Eugene said.

The night in February 3rd promises to be a highlight in the school's year and will be the first chance by many to witness the talents of both Donal Courtney and Elaine Canning.

*God Has No Country* has returned for an additional run at the Smock Alley Theatre in Dublin and the one-man show, written and performed by the Killarney actor, is a powerful telling of O'Flaherty's story and his exploits in



ACTOR DONAL COURTNEY.

Rome during World War 11.

Elaine Canning has performed at venues all over the world, including Croke Park on All-Ireland Final day where she was the first female soloist to sing the National Anthem in front of over 80,000.

She has also featured as the Vocal Expert on TG4 Junior Eurovision Song Contest and as Vocal Coach on *The Voice of Ireland*.

The local talent around east Kerry will not be left untapped and it's expected that joining Elaine on the night will be the Glenflesk Male Choir, the Raheen School Choir and the Clonkeen Teen Choir.

Tickets for the night, which starts at 8pm, are just €10 and are on sale at numerous outlets or by calling 087 2339725.



SINGER AND TV VOICE COACH ELAINE CANNING.

## KILLARNEY GIG FOR CRY MONSTER CRY



CRY MONSTER CRY.

Dublin Brothers Cry Monster Cry have joined the line up for Future Sounds in the INEC Killarney February 3. No harmony like brotherly harmony" the duo recently wowed audience at Other Voices with their much-anticipated first album 'Rhythm of Dawn' to rave reviews. And now they join Little Hours on the Acoustic Stage Friday February 3. Cry Monster Cry have been on an upward climb since releasing their debut EP 'The Fallen' in 2012 which shot straight to the top of the iTunes charts and their debut album

'Rhythm of Dawn' has been making waves. Their crisp harmonies and meticulous melodic choices make Cry Monster Cry a unique group in Ireland's music scene. In association with SPIN South West 'Future Sounds' is Ireland's newest Festival experience. Join us for one big celebration of infectious electro-pop and alternative soundtracks as we combine Festival Favourites All Twins, King Kong Company and Le Galaxie with up and coming duo Little Hours, Cry Monster Cry and Dancefloor giants John

Gibbons and Dashka. We're combining the hottest Irish acts on the airwaves today with Festival favourites bringing you new sounds on the Irish Music Scene. "We're really excited about promoting new Irish Bands and are proud to partner with such an iconic venue as the INEC in Killarney. It's really important to us as a radio station that we promote new music the fact that we've sneaked our own amazing DJ's John Gibbons and Dashka on to the bill is a testament to the belief we have in local talent – we know that this is going to be an event to be remembered!" Nessa McGann Spin South West Programme Director. Headliners All Tvins with their feel good indie pop combined with party igniters King Kong Company and electro pop sensations Le Galaxie take up residence on the main stage while the incredibly talented duo Little Hours continue their rapid ascent and promise a gig to remember in the Acoustic Sounds Stage with acts more to be announced. And that's all before Spin South West DJs John Gibbons and Dashka keep the party going into the wee hours in the INEC. Experience the full festival atmosphere with the new Irish Bands who are lighting up the airwaves! Tickets €28 available on Ticketmaster. For more info check out **INEC.ie** or **SpinSouthWest.com**






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**PRICE: €215,000**



### 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. The hand-crafted kitchen, solid oak flooring, marble feature fireplace and underfloor heating further compliment this stunning bungalow.

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### 11 LAUREL AVENUE, MILLTOWN, €155,000



Superb 4 bedroom semi-detached family home, set around a large green area just minutes walk from the shops and schools at the centre of Milltown. Viewing of this property is highly recommended for anyone looking for a modern family home.

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Contact Donal Culloty 064 6631274 / 087 2354790



## KERRY AIRPORT REPORTS 6% INCREASE IN PASSENGER NUMBERS IN 2016

OVER 325,000 passengers travelled through Kerry Airport last year, marking a 6% increase on the figures for 2015.

The positive details of the passenger numbers follow the recent pre-Christmas funding allocation of €2.77 million for Ireland's four regional airports, including Kerry Airport.

The Chairman of Kerry Airport, Denis Cregan, said: "We very much welcome the Minister's announcement and the continued support of the Department of Transport, Tourism & Sport. Kerry Airport is a key asset for the county and the region and welcomed over 325,000 passengers in 2016, up approximately 6 % on 2015. The Airport needs continued investment and the approximate 600k received recently will assist Kerry Airport in growing passenger numbers into the future. The Airport is looking optimistically forward as tourism numbers to the Island of Ireland grew by almost 11% and while the 6% growth year on year is to be welcomed, Kerry Airport is falling short of the national figures of 11 % growth for the period, which is a concern but also an opportunity.

This key investment in infrastructure in the Airport will ensure we can help deliver the key economic objectives for the region, increased tourism numbers, sustainability and job creation."

The grants announced recently provide assistance towards the operational costs incurred by the four regional airports – Kerry, Donegal, Ireland West Airport Knock and Waterford and were in addition to capital grant funding of €2.7 million that was paid in 2016 towards safety and security investments at the airports.

Minister Ross said: "These grant allocations are being made under the Regional Airports Programme 2015-2019, which supports these airports with both capital and operational grants for projects and activities in the areas of safety and security. The grants bring the total direct funding by my Department to the regional airports this year to €5.5 million. That amount increases to €13.1 million when the funding provided indirectly for the provision of Public Service Obligation (PSO) air services on



KERRY AIRPORT.

the Donegal/Dublin and Kerry/Dublin routes is included."

Kerry Airport is ideally located for anyone wishing to travel on business or pleasure with direct flights to seven destinations including: London Luton, London Stansted, Frankfurt-Hahn, Alicante & Faro (summer 2017) with Ryanair and to Dublin with Aer Lingus Regional.

## WEDDING SHOWCASE EVENT AT THE MUCKROSS PARK HOTEL & SPA



Muckross Park Hotel and Spa will host a wedding showcase evening, tomorrow, Saturday 21st

January 2017. This unique wedding event is ideal for newly engaged couples planning their special day and is a prime opportunity to meet with our experienced wedding team, sample some of our wedding dishes and enjoy live entertainment.

This exclusive event is invite only and spaces are limited; for your invite contact Bernie O'Donoghue on [bdonoghue@muckrosspark.com](mailto:bdonoghue@muckrosspark.com) or call **064 6623400**.

Muckross Park Hotel is celebrating weddings with couples since 1795. Set against the stunning backdrop of Killarney's National Park, with lavish interiors and culinary excellence, Muckross Park Hotel provides all the elements required to orchestrate your fairytale wedding. With so many details involved, our dedicated and experienced wedding and events team can

help you plan a magical day.

For your wedding reception, we offer a variety of rooms for you to choose from; whether you are planning an intimate or a more extravagant celebration we can offer you the perfect setting for your dream day. Muckross Park hotel also boasts a number of beautiful Civil Ceremony Venues including our purpose built romantic medieval Atrium with its own private garden, original church pews, floor to ceiling windows and a magnificent open fire.

Established since 1795, the hotel is the oldest Victorian hotel in Kerry and has been lavishly redeveloped to a deluxe 5 Star property, offering old world 'wow' factor elegance and yet the best in modern comfort.

## KERRY RAISES 'FANGTASTIC' FUNDS FOR TEMPLE STREET!

Generous people in Kerry had oodles of frightful fun over Halloween by holding 98 Trick or Treat parties, together raising an impressive €8,300 for Temple Street Children's University Hospital.

2016 was the most successful year ever for the annual Trick or Treat for Temple Street

fundraiser, proudly supported by MiWadi, which sees spooktacular Halloween parties held the length and breadth of Ireland to raise vital funds for the children's hospital.

The funds raised from 'Trick or Treat for Temple Street' will help purchase much-needed Digital X-Ray equipment for the hospital's Radiology

Department. With these high-spec machines, Temple Street will be able to produce high-quality Digital X-Rays much quicker; meaning larger numbers of children can be seen in one day, reducing stressful waiting times and the length of time they have to spend in Radiology.

IF YOU HAVE A STORY... Call: Aisling on **086 0400 958**  
or Email: [editorial@outlookmags.com](mailto:editorial@outlookmags.com)



## MONEY MATTERS....

By Dermot Cronin,  
**Financial Advisor**



### IF YOU HAVE A PENSION WHAT ARE YOUR OPTIONS WHEN YOU WANT TO RETIRE?

If you are coming close to retirement you are probably wondering what options you have when you want to get access to your pension. It depends on what type of pension you have but generally there are four options: **Tax Free Cash:** Most people will be entitled to a tax free lump sum, the amount varies however generally you will get at least 25% of the value of your pension in a tax free cash lump sum. **Taxable Cash:** You may be able to take sum of your pension in taxable cash.

**Annual Pension:** This is a guaranteed income for the rest of your life that is purchased with the money left after your tax free lump sum.

**Approved Retirement Funds:** You may be entitled to keep some of your money in an approved retirement fund, money can be taken from the fund to give you a regular income.

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

To discuss the above or any other matter **Dermot Cronin QFA** APA can be contacted at **064 66 22775** or [dermotcroninifa@gmail.com](mailto:dermotcroninifa@gmail.com)

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### TO LET

#### 5 MAIN STREET, KILLARNEY

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Gross Internal Area: 54 sq.m./585 sq. ft.  
BER: Exempt



### FOR SALE

#### WOODLAWN CROSS, WOODLAWN ROAD, KILLARNEY

Opportunity to purchase new detached A2 rated, four bedroom residence, completed to builder's finish. Property which is an ideal family/retirement home offers huge opportunity for the discerning purchasers to complete to their own taste. Property is in excellent location, just off Muckcross Road, walking distance to all Killarney House and National park and all town centre amenities. The property is being sold inclusive of p.c. sum allowances



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## PROPERTY OUTLOOK

### THROUGH THE KEYHOLE....

#### A PICTORIAL LOOK AT KILLARNEY PROPERTIES ON THE MARKET



**Address:** 23 Coll Corran, Park Road, Killarney. Brand new contemporary 2 Bedroom ground floor apartment (approx 861 sq ft) with private parking located just off the Park Road, 5 minutes walk to Town Centre. Gas heating with high efficiency radiators & double glazed PVC windows. The apartment is in a small block of 4 units and is finished to a high specification.

**Agent:** ● Property Partners Gällivan ● College Square, Killarney, Co. Kerry ● Tel: **064 6634177** [www.propertypartners.ie](http://www.propertypartners.ie)

**Guide Price:** **€185,000** (BER C1)

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



# Killarney

## TOWN TALK

### RUN FOR THE BUS

A group of amazing people at Glenflesk ag Rith are currently undertaking a 30 day 5k challenge which entails doing a 5k of some form every day.

You can walk, climb, run, swim, cycle - what ever you like and its all for a fantastic cause.

The Kerry/Cork Health Link bus will be the recipient of the funds from the Run for the Bus challenge.

One of the organisers of the event Breda Lynch knows just how important the service is after her daughter Leah was diagnosed with a rare form of cancer in November.

This unbelievable service has helped so many of our family and close friends since established", Breda told the Killarney Outlook.

"Run For The Bus" will be launched tonight, Friday 20th January at 7pm in the Shire and everyone is welcome to come along and support it.

### ACTIVE RETIRED MEET

Killarney Active Retirement will resume weekly meeting on Friday, February 3rd @2.00 PM in the KDYS Hall -back of Friary Bookshop- if you are retired or semi-retired come join us - Tickets @ €20.00 for the Beaufort Tea Dance in the Gleneagle Hotel on Sunday, February 5th will be available at that meeting.

### CHINESE NIGHT

St. Brendan's College will hold their annual Chinese Night at The Gleneagle Hotel on Tuesday January 31st.

The dinner will be held in the Mangerton Suite and will start at 7pm. More details from St. Brendan's College on 064-6631021

### TOM INVITES YOU TO ARRIVE AND JIVE

Fancy a spin around the dance floor - well look no further than Arrive & Jive.

Based at the Torc Hotel and run by king of the dancers Tom Collins, Arrive & Jive is the perfect pastime to get you motivated this month.

To celebrate the second anniversary of Arrive & Jive, Tom is offering a great deal for the month of February. Instead of paying €40 for a four week course - the fee has been halved to €20.

You can bring a partner or come alone and Tom will pair you up on the day.

If you would like some more info then log onto [tomjive.com](http://tomjive.com).

Arrive & Jive classes will take place in the Torc Hotel from Wednesday February 1st from 7pm to 8.15pm and from 8.30pm and 10pm.

An Arrive & Jive is also planned for next weekend - January 27th - 29th. For more information contact Tom on 087-3995877

### KICK START YOUR FITNESS WITH MAURA

After a hugely successful first term of classes, Maura O'Reilly is set to start the new term with classes in the Nagle Rice Community Centre in Milltown on Mondays and Fridays at 7pm and in Club Vitae at Hotel Killarney on Monday's and Fridays at 9.45am.

Maura started her classes because of her passion for kick boxing and trains in kick boxing fitness and taekwondo for over 6 years under master Jason Moriarty.

"The over all benefits are huge not only for the body but also for the mind", Maura told the Killarney Outlook.

"I believe that exercise should be fun and you should be coming out of a class smiling", she added. Maura's classes are very competitively priced and are designed for all levels of fitness and age and are non contact.

"I train people from the age of 12 to 70 and have a great group of regulars who are very welcoming and encouraging new people in the class - you don't need a partner and once you are in the door - we will take care of you", she said.

Maura also teaches taekwondo in Kenmare and if you would like to find out more find maura on Facebook @maurzf fitness kick boxing or call her on 089.4010475



KICK START YOUR FITNESS WITH MAURA

### VOLUNTEERS WANTED

The Oesophageal Cancer Fund (OCF) needs your help this March. For the 16th annual Lollipop Day, the OCF is calling for volunteers in Kerry on Friday, 3rd and Saturday 4th of March to help raise vital funds for oesophageal cancer.

For more information on Lollipop Day; to volunteer, to make a donation, go to [www.lollipopday.ie](http://www.lollipopday.ie) or to volunteer in Kerry call Brenda on 087 950 8255.

### CAPTAIN DAVID

Congratulations to Fossa star footballer David Clifford who has been named as the Kerry Minor Captain for 2017

### GOAL MILE THANKS

The organisers of the Goal Mile at Knockreer on Christmas Day would like to thank all who braved the inclement weather on the day, contributing a total of €647 to the cause. This has been forwarded to Goal to be used for the relief of hunger and distress where most needed in the world.

### TRACY JOINS THE RANKS AT THE INTERNATIONAL

Its the beginning of a new era at the Internatinal Hotel with Tracy Coyne coming on board to join the team there.

The former banker is delighted to take on a new role in the family business and says she is really looking forward to the challenge. The former Irish Bake Off winner will work alongside her dad Sean Coyne and in a supporting role to the General Manager Terence Mulcahy.

### GOOD LUCK CELTIC

Good luck to Killarney Celtic who will take place in the Munster Junior Cup (last 32): at home to Ringmahon Rangers, Sunday, 2.00pm. The team secured their place in the last 32 in the country by beating Newmarket Celtic 3-2 last weekend.



FUN IN THE SNOW - LITTLE AMELIA FLEMING AGED 4 BUILT A SNOWMAN WITH THE HELP OF HER GRANDPARENTS LIAM & ANN KELLY IN SHRONE LAST FRIDAY





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Beaufort, Listry area, 3 Bed bungalow on c. 2.75 acres of excellent land. Extremely high spec. finish. Walk-in- in wardrobes, wooden flooring and quality tiling, professionally designed kitchen. Great location.

P.O.A. BER pending



### KNOCKKEENDUBH, KILLARNEY

A delightful charming bungalow less than 2 miles from Killarney town. 6 Bedrooms, 5 ensuite. The entire property is in pristine cond. Lawns and garden have some beautiful features with low maintenance.

P.O.A.



### TRALEE ROAD, KILLARNEY (less than 2 miles from Killarney town centre.)

A magnificent property on approx. 3.75 acres comprising of three separate buildings.

**A.** The main house which may require some decoration consists of approx. 3,500 sq. ft. with the ground floor divided into 2 expansive lounges, (one with its own private bar) library, diningroom, kitchen, utility, large double bedroom, ensuite. There are 8 upstairs bedrooms, 2 ensuite. Various configurations are possible upstairs without much difficulty. **B.** The detached single storey dwelling contains 3 bedrooms, bathroom, kitchen and lounge, with independent oil fired C/H. **C.** The timber build sauna, Jacuzzi and gym has oil fired C/H. A great opportunity for someone wanting to get involved in the ever expanding tourism trade, (on the side of the main road.) It offers many possibilities for extra income with rental accommodation in such short supply.

POA BER PENDING

**BEAUFORT, KILLARNEY. DETACHED BUNGALOW ON 7 ACRES OF EXCELLENT LAND. A UNIQUE PROPERTY IN A TRULY SPECTACULAR, SCENIC SETTING. HOUSE REQUIRES SOME REFURBISHMENT.**

**8 ACRES OF DEVELOPMENT LAND ONLY A FEW MINS. WALK TO KILLORGLIN TOWN CENTRE. ZONED RESIDENTIAL. DRY, LEVEL, ROADSIDE, SCENIC PROPERTY WITH GREAT POTENTIAL.**

**KILLARNEY** Large, detached, dormer type house on c.3/4 acre. Requires refurbishing, extremely private, walking distance to town.

**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.

**TRALEE ROAD, KILLARNEY** less than 2 miles from town. Large 9 bedroom detached, with detached 3 bed single storey dwelling (own oil c/h etc.) and also a detached timber built sauna, Jacuzzi and gym with oil c/h. This entire property stands on approx. 3.475 acres. A very special property with enormous potential.

**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.

**SITE LORETO ROAD, KILLARNEY**, full planning. Extremely rare opportunity to acquire a property in this prestigious location.

**KILCUMMIN AREA**, Killarney, Beautiful detached dormer. 4 bedrooms, 3 ensuite, sun-lounge, many extra features. Spectacular views. P.O.A.

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

**COCKHILL, KILCUMMIN**, Killarney. Detached, 2 storey dwelling on c.22 acres of mixed land. (c.6 acres under forestry). Extremely scenic location. House may be sold separately. Great value.

**KILLORGLIN TOWN** Town centre shop premises to let.

**WANTED** (due to recent completed sales) Semi-detached house in Killarney. Cash client. Immediate decision.

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

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

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

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

Very attractively priced.

**KILLORGLIN TOWN** 2 bed apartment, both ensuite, Very modern design, purpose built in a private, gated town centre location.

**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.

**WANTED** Properties, houses, farms commercial etc. in all areas, for a growing list of genuine buyers.

**MILLTOWN VILLAGE** Commercial street front property. Great location. Good investment opportunity. Price region €125,000.

**KEEL, CASTLEMAINE**, 4 bed dormer detached, on c. 1/2 acre. 5 star finish with concrete build. Exceptional property. Close to the sea.

**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..

**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.

**BEAUFORT KILLARNEY, OLD HOUSE** on c.2 acres, very elevated, dry, extremely scenic setting, reasonable reserve. UNIQUE PROPERTY.

**BEAUFORT, KILLARNEY**, on the Main Ring of Kerry road, stunning 8 bed (all ensuite) B&B. Extensive frontage along the river Laune, with fishing rights. Panoramic views.

**DOOKS, GLENBEIGH.** Beautiful, detached bungalow with spectacular views. Very private with electric gates and many special features. Close to Dooks golf club. **KENMARE "ASHGROVE"** delightful, detached 3 bed bungalow. (Fairy Lawn) Close to The Sheenfalls Hotel. Restorative, restful scenic setting.

**CASTLEISLAND/KNOCKNAGOSHEL/CRAG CAVES** area Large, detached, 4 bed modern bungalow. In excellent condition with great views. Price region €185,000.

## FARMS/LAND

**BALLYFINNANE, FIRIES, KILLARNEY. 9 ACRES APPROX. IN ONE FIELD. BOUNDED BY A RIVER ON ONE SIDE AND FRONTING THE PUBLIC ROAD.**

**c.10 acres** with good sheds, extremely scenic. Artgalvin, Headford area. 5mils from Killarney.

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

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

## SITES

**LOUGHGUITTANE, MUCKROSS**, Killarney, 1 acre site subject to planning permission, €50,000

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

**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.

**Killorglin 1 mile** 3/4 acre site. On the main Killarney/Ring of Kerry road. Dry, elevated and scenic. On the main sewer and with all services.

**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.





PAT DELANEY CHAIRMAN KILLARNEY CREDIT UNION PRESENTING ANNE MARIE CRONIN KILLARNEY WINNER OF THE KILLARNEY CREDIT UNION MEMBERS DRAW WITH THE KEYS OF THE NEW FORD KA WITH FAMILY AND FRIENDS EILEEN LARKIN, EILEEN DALY, DERMOT MORIARTY SALES KILLARNEY AUTOS FORD DEALERSHIP, WILLIAM KIELY, ELAINE HERLIHY, MAURA KIELY, NORMA BUCKLEY, CAITRIONA AND JENNIFER DINEEN, EMMA HERLIHY, MORGAN AND LILY PIERCE AT KILLARNEY CREDIT UNION RECENTLY.



JOE GEANEY KERRY LINEN SERVICES (SEATED CENTRE) PRESENTING FIRST PRIZE IN THE KERRY LINEN SERVICES MIXED COMPETITION TO WINNERS DENIS AND CHRISTINE CARROLL WITH AMY ARTHUR LADY CAPTAIN, BREDA DUGGAN PRESIDENT (BACK FROM LEFT) GERARD O'MEARA AND MAUREEN CREEDON 2ND, EGIN O'DONOGHUE AND KELLY BROTHERTON BEST GROSS, WINNIE RYAN 3RD, LIAM HEALY AND KATIE O'CONNELL 4TH AND DECLAN MCCARTHY CAPTAIN AT KILLARNEY GOLF CLUB.



MAIREAD GUERIN FROM MILLSTREET AND OSCAR PATRICK FROM THE US WHO TRAVELLED TO KILLARNEY OVER THE CHRISTMAS FOR THEIR WEDDING, THE COUPLE CELEBRATED WITH FAMILY AND FRIENDS IN THE MUCKROSS PARK HOTEL. PHOTO MICHEÁL O SULLIVAN. [WWW.OSULLIVANPHOTOGRAPHYIRL.COM](http://WWW.OSULLIVANPHOTOGRAPHYIRL.COM)



PAT DELANEY CHAIRMAN KILLARNEY CREDIT UNION (SEATED CENTRE) PRESENTING WINNERS OF KILLARNEY CREDIT UNION MEMBERS DRAW WITH THE PRIZES JOSEPHINE LAWLOR, MARY BROSANAN, FRANCES AND SEAN CLIFFORD (BACK FROM LEFT) SHANE FOLEY KILLARNEY CREDIT UNION, PRIZEWINNERS MARY HORGAN, KAY SULLIVAN, ANNE O'KANE, MAUREEN BRODERICK AND KARENA MCCARTHY KILLARNEY CREDIT UNION AT KILLARNEY CREDIT UNION ON SATURDAY.



KARA McDONAGH SOUTH KERRY SKILLNET, GRACE MADDEN OF SEAN TAAFFE, TRACEY HEFFERNAN SOUTH KERRY SKILLNET AND RUTH O'SULLIVAN OF SEAN TAAFFE AT THE HAIR MAKE UP WITH THE MASTERS NIGHT WITH THE GLAM CREW IN SEAN TAAFFE'S ON WOMEN'S CHRISTMAS.



PICTURED AT KILLARNEY COMMUNITY COLLEGE FOR CAREERS NIGHT L-R GRÁINNE O'SULLIVAN, PRINCIPAL STELLA LOUGHNAME & SARAH FINNAN.

PICTURE MARIE CARROLL-O'SULLIVAN.



PAT DELANEY CHAIRMAN KILLARNEY CREDIT UNION (THIRD FROM LEFT) PRESENTING KATHLEEN HICKEY AND PA SUGRUE 2ND AND 3RD PRIZEWINNERS OF THE KILLARNEY CREDIT UNION MEMBERS DRAW WITH (LEFT) SHANE FOLEY KILLARNEY CU AT KILLARNEY CREDIT UNION ON SATURDAY.



PICTURED AT KILLARNEY COMMUNITY COLLEGE FOR CAREERS NIGHT WERE L-R EILISH O'LEARY (DEPUTY PRINCIPAL), LEO WHIELDON, CARMELLA SHEEHY (CAREER GUIDANCE) & KARA GRIFFIN.

PICTURE MARIE CARROLL-O'SULLIVAN.





The Gleneagle  
HOTEL & APARTMENTS  
KILLARNEY

# Confirmation Celebrations

## Confirmation Parties Include:

3 Course Lunch with Tea & Coffee

Personalised Menu

VIP Child Dines Free

Complimentary Teen Zone

€20 Voucher for the VIP on the day for

O'Donoghues Gift Shop in The Gleneagle Hotel

Adults  
€25  
Children  
€10

To Book Your Confirmation Lunch Please Call 0646671550  
[www.gleneaglehotel.com](http://www.gleneaglehotel.com)



@killarneyjauntingcars RED DEER FORAGING IN THE WOODLANDS OF KILLARNEY NATIONAL PARK #lovekillarney



@yeahmcgrath WE 'BOAT' HAD A GREAT TIME KAYAKING #monkscape #lovekillarney



@aifefifachoclita WILL ALWAYS BE ONE OF MY TOP FAVOURITE SNAPS THAT I CAPTURED #lovekillarney



@msclaireenright MY TWO FAVES!! GONNA MISS THIS ONE #lovekillarney

#lovekillarney



@mredgarallan WHAT A WALK TO TORC WATERFALL IN KILLARNEY NATIONAL PARK, FELT LIKE JEDI LOOKING FOR THE MASTER, CLIMBING ALL THOSE STAIRS WITH @remi\_iq #lovekillarney

...share the love with #lovekillarney on





## RATHMORE/ GNEEVEGUILLA NEWS

by Michael O'Mahony

**SLIABH LUACHRA COMHALTAS:** Sliabh Luachra Comhaltas would like wish all our members and supporters a Happy New Year!

**SULT NA NÓG:** Novice competitions will take place over the weekend 4th & 5th March 2017. Music/singing competitions will take place on Sat 4th in IT Tralee. Set and ceilí dancing will take place in Fossa community centre on Sunday 5th March. Anyone interested in entering singing/ music competitions should contact Katie on 087-2871357, closing date for enteries to Katie is 23rd January. All competitors must be members. €6 for a child, €12 senior and €20 for a family. Tralee will host Fleadh Cheoil Chiarraí again this year from 17th to 21st May 2017. Fleadh Cheoil Chiarraí will hold a Fundraising Quiz night in the, The Brogue Inn Tralee, on Friday 20th January at 8.30pm. Everyone welcome to take part Table of 4 €20.

**TUREENCAHILL COMMUNITY GROUP:** Kerry ETB will Computer Classes in Tureencahill Community Centre commencing on the 21st January. Booking essential. For details of times and to register please contact 087 0617247 / 087 0576107

**SLIABH LUACHRA ACTIVE RETIREMENT GROUP:** Will resume their meeting holding their AGM on Friday 20th January at 11am. All members are requested to attend. New

members always welcome.

**RATHMORE LADIES FOOTBALL:** Congrats & well done to our players who have made the Kerry panels, Kerry under 14s Lilly O'Brien & Maura O'Keeffe, Kerry Under 16s Katie Buckley & Danielle O'Leary, well done girls best of luck for year.

**SLEEPING BEAUTY RATHMORE:** Rehearsals are now well advanced for our 30th Annual Panto. All seats for all shows can be reserved for collection prior to the performance. First performance is on Saturday January 28th and continues on selected dates up to February 5th. Full details are available on 064 7758526.

**EAST KERRY GAA ALL- STARS AWARDS:** Congratulations to the Rathmore players who received awards as they did on the field of play all season, three-in-a-row O'Donoghue Cup winners Rathmore dominated proceedings at the East Kerry GAA All-Stars ceremony held in the Brehon Hotel, Killarney last weekend They had no less than 10 players included in the dream team selection while the ever reliable Aidan O'Mahony and the talented Shane Ryan were presented with the player of the year and young player of the year awards respectively. Other Rathmore players were Michael J Kelliher, Cathal Murphy, Paul Murphy, Conor O'Sullivan, Aidan O'Mahony, Brendan O'Keeffe, Eoin Lawlor, John Moynihan, Shane Ryan and Mark Reen.

**SYMPATHY:** Rathmore Community Council. At the recent meeting passed a sympathy to the family, relatives & friends of Denis (Garry) O'Leary, Gleann na Gréine and The Forge, Rathmore, may he rest in peace. Other topics that came up at the meeting were community

development fund, tidy town plans, soccer update and the Denny Miah Annual 7 A Side Soccer Tournament.

**NEEDS OF THE HOLY LAND COLLECTION:** Recent collection raised €1190.00. Very many thanks for your generous support.

**PARISH WEBSITE:** Is up and running www.rathmoreparish.ie

They would love to hear your feedback on it.

**KNOCKNAGREE GAA ANNUAL SOCIAL:** Will be held in the Killarney Avenue Hotel on this Saturday the 21st of January at 7.30 pm sharp.

**SOCIAL:** Gneeveguilla GAA Social will be on Saturday 25th of February in the Hall. Music on the night by The Kelts. Limited tickets available on sale in the Club Bar.

**VOLUNTEERS NEEDED:** Lasallian Projects are appealing for any interested people in volunteering to help construct a Multi-purpose Hall in Awo in Northern Ethiopia for the month of July. It will be a life changing experience. If you're interested or know anyone who is, then don't hesitate to contact me Brother Thomas Walsh (Cordal/Waterford) at the following email address brtwalsh@hotmail.com or at 086 3453092. Our Website is www.ldwp.org .

**BALLYDALY HALL:** Set dancing in Ballydaly Hall on Wednesday nights between 8.30p.m. & 10.00p.m. Everyone welcome.

**CULLEN & DISTRICT SPECIAL NEEDS ASSOCIATION:** Annual sponsored weigh-in continues every Monday night.

**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.

## LISTRY NOTES

**PHOTOGRAPHY CLASSES:** Listry Community Council Ltd in conjunction with Kerry Education Training Board intend organising Photography Classes in Listry Community Centre beginning

on Wednesday night January 25th from 7.30 pm-9.30pm. If interested please contact Joan immediately on 086 7944494 and state if you are interested in basic or advanced classes. The classes will proceed if sufficient participants are available.

**COOKERY CLASSES FOR MEN:** Listry

Community Council Ltd in conjunction with Kerry Education Training Board intend organising Cookery Classes for men in Listry Community Centre beginning the last week of January. If interested please contact Joan immediately on 086 7944494. The Classes will proceed if sufficient participants are available.



PICTURED AT THE MALTON HOTEL KILLARNEY ANNUAL STAFF AWARDS NIGHT HELD IN THE ROYAL HOTEL KILLARNEY THIS WEEK WERE BACK ROW FROM LEFT, ADAM MACKOWIAK, STEPHEN QUINLAN, (CHAIRPERSON OF SOCIAL COMMITTEE), ESTERA CERNIANSKAITE, MICHAEL HUSSEY, JOSEPH SCALLY, (PROPRIETOR), PRZEMYSŁAW FIREK (FIRO), KIERAN BELSHAW, SINEAD MARRON (DEPUTY GENERAL MANAGER), FRONT ROW L-R, EILEEN O'CONNOR, MARTINA O'LEARY, EMPLOYEE OF THE YEAR, LAURA O'CONNOR, JAZMIN KHANOM AND SERENA O'BRIEN.

PHOTO DON MACMONAGLE.



## FOSSA NOTES

**FOSSA GAA: LOTTO:** Numbers drawn were 1, 3, 4, 10. There was no jackpot winner and the €40 consolation prize winners were Joan O'Neill, Mastergheeha Kilcummin, Pierce Galvin Cooney, Julie McCarthy, Dromhall View, Killarney, Ger O'Sullivan and Donie O'Sullivan, 10 Millwood, Killarney. Next weeks jackpot will be €12,750. Tickets are on sale at The Golden Nuggett Bar, The Castlerosse Leisure Centre, The Travel Inn, The Old Killarney Inn, Foley's Spar Shop, The Laurels Bar and Committee members.

**CÓISTE NA NÓG:** The Cóiste Na nÓg/Juvenile AGM has been fixed for Thursday 26th Jan at 8pm at the clubhouse. All are welcome.

**LADIES FOOTBALL:** Fossa Ladies GAA will be well represented on the Inter County front this coming year. Maud Kelly and Anna Clifford will fly the flag for Fossa on the Kerry Ladies Football U16 team, these two are no

strangers to the Kerry Jersey. Maud played center back on the Kerry U-14 team that were Munster 'A' Champions and All Ireland Runners up last year. Anna was wing forward with the Kerry U-16 team last year, they are Munster and All Ireland 'A' Winners. We will also have Danielle O'Brien playing with the U-14 Kerry Ladies Football team for 2017, Danielle is an extremely talented young player and will have no problem stepping up to Inter County level. We wish all the girls the very best of luck in the year ahead.

**SENIOR SCÓR:** Anyone wishing to take part in Senior Scór or Scór na Bpáistí, which will take place sometime in New Year, are asked to contact Theresa Kissane on 087 6816169 as soon as possible.

**COMMUNITY ALERT:** The A.G.M. of Fossa Community Alert will take place on Friday 20th January in the Travel Inn Hotel at 7.30pm.

Everybody welcome.

**SYMPATHY:** Fossa GAA club extends it's deepest sympathy to Helen, Padraig, Seamus, Terence Jnr, and the extended Moriarty family on the death of Terence Moriarty of Lackabane. An avid sportsman in many codes, he was one of the trailblazers who took the field in 1970, lining out on our U-14 team who reached East Kerry and County finals. Later in the early 2000's he imparted his words of wisdom as a selector, coaching many of the players who are part of our senior team today. Ar dheis De go raibh a anam.

**FOSSA NOTES:** If anybody has any item they would like included in the notes, please email information to John O'Neill at pro.fossa.kerry@gaa.ie. Please forward information before Sunday at 11am.

## GLENFLESK NOTES

**GLENFLESK LOTTO:** No winner of the lotto which took place in Kerry Way on 16-1-17. Jackpot - €3600. Numbers were 10, 12, 17 and 22. €50 draw.

1. Nora mai O'Sullivan curtail ads (Yearly ticket).
2. Christine Moran, Glenflesk.
- (sellers prize) ML O'Donoghue.
3. Jimmy O'Shea, Barraduff.
4. Cono O'Sullivan, Clohane.
5. Tom O'Sullivan, Tullaha.

The next draw will take place in John Dans on 30-1-17 and the Jackpot is €3800.

**MASS FOR THE LATE KEVIN CASEY:** Mass for the late Kevin Casey, Gortacoosh (son of Paddy and Mary) will be celebrated at St Agathas Church on Friday 27th January at 7 pm.

**GLENFLESK COMHALTAS NEWS:** Due to unforeseen circumstances music classes will now begin on 2nd February 2017 and not on 26th January as previously advertised.

**GLENFLESK A.G.M.:** The Glenflesk GAA AGM will take place on Wednesday January 25th.

The closing date for receipt of motions and nominations to the Secretary by Wednesday January 18th.

**SCHOOL REUNION:** A Primary School Reunion Dance for anyone associated with the 6 schools in the Glenflesk area 16 and over on the 17/02/17 in the Gleneagle Hotel at 8:30pm. Band - Uí Bhriain. Joint fundraiser between Glenflesk GAA & Barraduff Community Field. Everyone Welcome.

**BARRADUFF TIDY VILLAGE GROUP:** Barraduff Tidy Village Group wishes to thank you for your loyal support of our memory tree. Please feel free to collect your memory hearts which have been placed at the back of Barraduff Church. Happy New Year wishes to you & yours from all at Barraduff Tidy Village Group.

**RATHMORE PANTO:** Sleeping Beauty Rathmore. Rehearsals are now well advanced for our 30th Annual Panto. All seats for all shows can be reserved for collection prior to the

performance. First performance is on Saturday January 28th and continues on selected dates up to February 5th. Full details are available at **064 77 58526**

**BARRADUFF 300 CLUB:** Barraduff Community Field 300 Club. Jan 2017 Prize Draw Winners. Congratulations To The Following  
€500: Dermot Sullivan Lisbaby.  
€100: Pat T Murphy Knockanes.  
€100: Donal Culloty Annaghmore.  
€100: Mr & Mrs Connie Williams Brewsterfield.  
€100: Donie MacSweeney Carrigeen.

Thanks to Everyone who Supported our 300 Club Fundraiser. Next Draw Feb 12th Corner Bar.

**RAHEEN N.S.:** Congratulations to Tim & Breda Scannell who had the winning lotto no. 7 on Saturday the 14th of January

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

## KILCUMMIN NEWS

**JUNIOR SET DANCING:** Junior Set Dancing continues every Friday in the Recreational Hall at 7pm for beginners and intermediates and 8pm for advanced. Please contact Mary on 087-9620135 for further details.

**COMHALTAS:** The Annual Sult na Nóg competition in music, singing, storytelling and dancing will take place on the weekend 4th & 5th March. The age groups are U9, U11, & U13. Entry forms and rules are available at the Rural Development Office and all entries must be with the Branch Secretary by Wednesday 25th January.

**TRADITIONAL SINGING:** Traditional Singing with Martina Ryle O'Sullivan continues every Wednesday from 6.50 to 7.50pm in the Rural Dev. Office. Contact Martina on 087-2971213

**KILLARNEY MACRA:** New and fun social club in Killarney for 18-35 year olds. We have a sports night Tuesday nights at 8pm in St. Mary's Parish Hall Killarney and we welcome all new members. For more details about other activities or any other aspects of the club contact Caitriona on 087-6964616

**KILCUMMIN GAA AGM:** The AGM will take place in the clubrooms this Sunday at 4pm. As the membership will be asked to consider a development plan for the coming years it is important that everyone has the opportunity to have their say. A presentation will be made of the phased development proposals which will impact on all sections of the club from Juvenile academy through to Ladies teams and Senior teams. It is important to have

anyone with a vested interest in the future of our community be there to view the proposals. You do not have to be a member to attend and contribute but only members will have a vote on the day. It's your club your future.

**KILCUMMING GAA LOTTO:** There was no winner on Sunday January 15th, 2017. Numbers drawn were 14, 16, 24, 25. Consolation prizes were €100 Katie Cahill, 087-2236806. €60 Aine ni Chonghaile, Rathanane. €60 Nigel McSweeney, Clonteens. €30 Richard Leane, Buddihans. €30 Michael Casey, Dunrine. Next Draw Sunday, January 29th 2017. Jackpot now €2,750.

**SYMPATHY:** Sympathy is extended to the Guilfoyle family of Rathanane on the death of Geraldine's mother Kathleen O'Sullivan, Ballyhar. May she rest in peace.



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



### HERE ARE SOME HELPFUL FACTS AND ADVICE TO KEEP YOU ON THE STRAIGHT AND NARROW THIS JANUARY

If you think of a filter in a water jug, if you kept on loading muddy murky water into it, the filter would quickly clog up and need to be changed. Our bodies are like this however, our body will naturally replenish itself and the filter will naturally change provided we give it a break from the crap that is clogging it up.

Over christmas and new year celebrations it is easy load the body with extra sugars, toxins, alcohol and combine all this overload with a reduction in physical activity and your sure enough heading for a very hairy January with a feeling of low mood, bloated belly, lack of energy and basically just a feeling like you want to lock yourself away or crawl in a hole for the whole month!!!!... Ha ha I'm here laughing as this is oh too familiar to us all in times of over indulgence.

So look life is for living.

You need to live a little too and enjoy the good times. All in moderation & within balance. If you plan on partying 7 days a week that's a very different story but the odd occasion here and there isn't going to kill you. Life would be boring if we couldn't enjoy it now and again. I'm not of course encouraging binging by any means, all I'm saying is that on a day you may indulge on a few extra treats try and give the body a rest the day or days after so you give your liver, pancreas, kidney and entire digestive system a chance to revive and replenish themselves to work at their best again.

Ok so enough talking let's get to work on what's involved!!!!!!

### MORE TIPS NEXT WEEK...

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



## OUTLOOK FASHION TIP:

### Removing Deodorant Stains

This happens ALL the time! There is an art to putting on a shirt if you've already put your deodorant on — very, very carefully. Unfortunately it is just unavoidable sometimes. Baby wipes are handy for so many things, which is why you should keep a pack near your closet to remove those evil white deodorant marks!

## HEALTH TIP

### EAT PROTEIN IN EVERY MEAL:

Protein is the ultimate fill-me-up food — it's more satisfying than carbs or fats and keeps you feeling full for longer. It also helps preserve muscle mass and encourages fat burning. So be sure to incorporate healthy proteins like seafood, lean meat, egg whites, yogurt, cheese, soy, nuts, or beans into your meals and snacks.



## Beauty tip

### Massage in your moisturiser

When we say massage, we mean massage. Rather than dabbing on your face cream, use gentle pressure, massaging it into your skin in a circular

## Maurz Fitness Kick Boxing

### FITNESS KICK BOXING CLASSES

(non contact)

**CLUB VITAE HOTEL KILLARNEY**  
Mondays & Thursdays: 9.45am

**MILLTOWN NAGEL RICE COMMUNITY CENTER**  
Mondays & Fridays: 7pm

Contact **MAURA 089 4010475** with any enquiries

## Shine Wellness Yoga

- One to one private lesson
- Also small groups accepted
- Massage

Contact Valerie **085 1489254**  
ITEC • Yoga Alliance

Fossa • Killarney.

## 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
- Sports Injuries
- Biomechanical Assessment
- Dry-needling
- Orthotics

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

**Donal O'Sullivan** MISCP MCSP  
MSC. PHYSIOTHERAPY  
BSc. ATHLETIC THERAPY AND TRAINING  
Chartered Physiotherapist  
Approved by all major Health insurance providers.







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## Spiritual Intuitive Energy Healer

Trisha Moloney



Trisha Moloney is a Spiritual Intuitive Energy Healer, who is a native of Co. Kerry. She will be holding *Angel workshops* in Tralee for January. Booking is essential as places are limited.

Trisha works in Tralee and Killorglin on a weekly basis. Trisha says "my unique energy healing is a non-invasive treatment, very gentle yet powerful, life changing but very effective with immediate results. It treats everything from **auto immune diseases, liver disease, pancreatitis, chronic anxiety, depression, emotional behavioural issues in kids, autism, ADHD, anger issues, digestive fatigue, low self-esteem issues (in teens), arthritis, trauma, headaches, migraine, back problems**, to name a few."

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### Today's Coaching Action Steps.

1. Stop relying on others to make you happy! It's your life – take responsibility for creating it and that means for your feelings too! Don't allow your own mood to be determined by someone else's state of being.
2. Forgive and let go of the past! Carrying around old hurts, grudges or resentments from the past only does one thing which is to stop you living fully in the present! Decide to forgive those who have hurt you and make your own peace with the world.
3. Plan each day! Decide how you want to live each day. Choose your priorities, values and make great choices about how you will and will not use your time. Include planning the food you want to eat and even preparing meals so that your body is well nourished and supported.

"This moment deserves your full attention, for it will not pass your way again."

Dan Millman

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## TOP TIPS FOR ROAD USERS IN WET, FLOODED, AND WINDY CONDITIONS

When driving in wet and windy conditions road users need to take particular care.

Specifically drivers should heed the following advice

- It takes longer to stop a vehicle on wet roads so slow down and allow extra distance between you and the vehicle in front.
- Watch out for falling/fallen debris on the road and vehicles veering across the road.
- Control of a vehicle may be affected by strong cross winds. High sided vehicles and motorcyclists are particularly vulnerable to strong winds.
- Take special care when driving behind goods vehicles as they generate a considerable amount of spray which reduces your visibility.
- Allow extra space between you and vulnerable road users such as cyclists and motorcyclists.
- Drive with dipped headlights at all times.
- Be aware of the danger of aquaplaning especially on roads with 100 km/h and 120 km/h roads.
- Check tyres and replace them if the thread depth is below 3mm.

With added risks posed by wet or flooded roads the RSA has the following advice:

- If the road ahead is flooded choose another route, do not attempt to drive through it. Flooded roads that appear shallow could be deeper than you think.
- After going through water, drive slowly with your foot on the brake pedal for a short distance - this helps to dry the brakes.
- Sometimes roads can be closed due to their fragile state after wet weather or because they are blocked by flooding.
- Road users should always follow recommended routes and obey signs closing roads to traffic.
- Watch out for washed out roads, earth slides, broken water or sewer mains, loose or downed electrical wires, and fallen or falling objects.

### ADVICE FOR PEDESTRIANS & CYCLISTS:

- Be seen. Wear a high visibility jacket or reflective armband.
- Walk on a footpath, not in the street. Walk on the right hand side of the road, facing traffic if there are no footpaths.
- Take extra care when near traffic or crossing

the road in extremely windy conditions as a sudden gust of wind could blow you into the path of an oncoming vehicle.

The RSA has prepared a helpful guide 'Severe Weather Advice for Road Users' which you can download from the RSA's website. It has lots more useful advice on dealing with the difficult road conditions in all kinds of severe weather.

### ADVICE FOR PEDESTRIANS, CYCLISTS & MOTORCYCLISTS IN SNOW & ICY CONDITIONS

Walking, cycling and biking in the wintertime can be hazardous but especially so in snow and icy conditions.

While it is advisable for cyclists and motorcyclists to consider cancelling a journey and taking alternative transport, in such conditions, pedestrians may not have that choice.

Many slips and falls on snow and ice happen in places people regard as safe and secure, typically outside their front door, on the door step, on the path or while getting out of the car or truck. DO NOT underestimate the dangers of snow and ice. Try to keep your driveway and / or path as clear of ice and snow as possible. Help an elderly neighbour to do this if you can. Each winter slips and falls cause serious injuries. Even when surfaces do not look especially icy or slippery, it is very possible that a thin sheet of transparent ice or "Black Ice" is covering your pathway putting you at risk. When you approach a footpath or roadway that appears to be covered with ice or snow, always use extreme caution.

The most typical injuries caused by slips and falls on ice and snow are fractures and dislocations of the wrist, shoulder and ankle.

Winter pedestrian safety is especially important for older persons, who need to be extra cautious when walking, as a fall on the ice can cause them to break a hip, or other bones

Read on for tips on walking, cycling and biking safely in the snow and ice:

### ADVICE FOR PEDESTRIANS

- If a journey cannot be avoided walk on a footpath, not in the street. If there are no footpaths walk on the right hand side of the



road (towards oncoming traffic).

- Be extremely careful as frost, ice and snow will make walking on footpaths very dangerous.
- Remember that footpaths may not be treated so walk with extreme care.
- Make sure you are wearing appropriate footwear, wear shoes or boots with appropriate traction.
- Don't walk with your hands in your pockets, walk with your hands out and wear gloves so you can break your fall if you do slip.
- In extreme conditions consider an appropriate walking stick or walking pole.
- Avoid walking in the streets at all costs if possible. Remember, cars and trucks slip and slide, too! If it's an emergency, and you can't avoid the street, wear bright or reflective clothing.
- Visibility is reduced in snowy or freezing fog conditions so wear high visibility clothing, an armband, Sam Browne belt or a high visibility vest. Consider carrying a torch.
- Wear clothing that does not restrict your vision.
- Stay warm, but DO NOT impair your vision with hoodies, ski masks, scarves, hats, etc. This type of clothing could prevent you from spotting icy conditions that may lead to a fall or not enable you to see a car that is spinning out of control.
- Try to avoid carrying things while walking in the winter, as this can throw you off balance.
- Avoid pushing young children in buggies / strollers if at all possible. If you must push your child in a buggy / stroller on the ice, take great care and walk extremely slowly.



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PAT DELANEY CHAIRMAN KILLARNEY CREDIT UNION (RIGHT) PRESENTING WINNERS OF KILLARNEY CREDIT UNION MEMBERS DRAW WITH THE PRIZES KATHLEEN BARTLETT, ANNE O'DONOGHUE (BACK) SHANE FOLEY AND KARENA MCCARTHY KILLARNEY CREDIT UNION, PRIZEWINNERS ELAINE HORGAN, ALAN PERRY AND MARY O'CONNOR AT KILLARNEY CREDIT UNION ON SATURDAY.



EVELEEN O'BRIEN (LEFT) OF GRIFFITH COLLEGE LIMERICK, CORK & DUBLIN PICTURED WITH ORLA FINN (RIGHT), ST BRIGIDS COLLEGE, AT THE CAREERS NIGHT, KILLARNEY COMMUNITY COLLEGE. PICTURE MARIE CARROLL-O'SULLIVAN.



PICTURED AT KILLARNEY CINEMA FOR THE SCREENING OF THE DAWN WERE GERALDINE & JOHN O'MAHONEY. PICTURED MARIE CARROLL-O'SULLIVAN.



MARY HALLISSEY KILLARNEY (SEATED SECOND FROM LEFT) AT HER RETIREMENT PARTY AS DIRECTOR OF KILLARNEY CREDIT UNION WITH SHELAGH KELLEHER, PAT DELANEY CHAIRMAN (BACK FROM LEFT) DERMOT GRIFFIN, CATHERINE COFFEY, JOHN LONG, TED LEIZCYNESKI AND JOHN BREEN AT ROYAL HOTEL, KILLARNEY ON SATURDAY.



KAREN O'DONOGHUE (LEFT) PICTURED WITH HER PARENTS JANE & JOHN AT THE IRISH HOTELS FEDERATION STAND, L-R PADDIE KEOGH, BERNADETTE RANDLES & TERENCE MULCAHY, ON CAREERS NIGHT WHICH WAS HELD AT KILLARNEY COMMUNITY COLLEGE ON WEDNESDAY EVENING. PICTURE MARIE CARROLL-O'SULLIVAN.



PICTURED AT KILLARNEY CINEMA FOR THE SCREENING OF THE DAWN WERE NORA O'DWYER & ECKARD VOLDELSANG. PICTURE MARIE CARROLL-O'SULLIVAN.



MARY HALLISSEY KILLARNEY (SEATED SECOND FROM LEFT) AT HER RETIREMENT PARTY AS DIRECTOR OF KILLARNEY CREDIT UNION WITH PAT DELANEY CHAIRMAN (BACK FROM LEFT) DERMOT GRIFFIN, CATHERINE COFFEY, JOHN LONG, AT ROYAL HOTEL, KILLARNEY ON SATURDAY.



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For periods up to 31 December 2014 an individual aged 40 years or over, or an individual who is permanently incapacitated by mental or physical infirmity from carrying on a trade of farming, may be entitled to an exemption from income tax of certain income arising from leasing of farm land.

The amount of the relief, (subject to the maximum limit) is allowed as follows:

- €20,000 where the lease / leases are for a term of at least 10 years
- €15,000 where the lease/ leases are for a term of at least 7 years
- €12,000 of annual leasing income where the lease/leases are for a term of at least 5 years

#### Leases entered into on or after January 1, 2015

With effect from 1 January 2015 the age restriction and the requirement to be permanently incapacitated were removed, the amount of income that may be exempted under a qualifying long term lease was increased and a fourth threshold introduced for lease periods of 15 or more years with income of up to €40,000 being exempted.

- €40,000 where all the qualifying leases are for 15 years or more,
- €30,000 where all the qualifying leases are for 10 but less than 15 years,
- €22,500 where all the qualifying leases are for 7 but less than 10 years, and
- €18,000 where all the qualifying leases are for 5 or 6 years.

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**SouthWest  
Counselling Centre**

## LONELINESS



As social beings, we are hard wired to connect and most of us feel the need for rewarding social contact and relationships. Loneliness is the feeling we get when our need for this type of contact is not met. Loneliness of course is not the same as being alone. We may choose to be alone and live very happy lives without

much contact with others. Or indeed we may have much social contact, be constantly surrounded by people, and yet feel very lonely. Loneliness can have a significant impact on our mental health and can contribute to mental health problems, such as anxiety and depression. Loneliness can have many different causes and affects people in different ways. Some people feel lonely due to their personal circumstances (e.g moving to a new area, loss or bereavement). For others however, loneliness can be a deeper more constant feeling that comes from within.

Connecting with the world around us can be a great way to combat loneliness. This may be having a small conversation with the cashier when we pay for our groceries or saying hello to someone we meet in the street. Phoning or sending an email to family and friends can be a good reminder that we do have people in our lives.

Our brain can try to make sense of the feeling of loneliness by telling us things such as 'It is because nobody loves me' or 'There is something wrong with me' These thoughts are not facts – and can make us feel worse. Thus it is important to accept how we are feeling without overreacting. When we feel lonely, the tendency might be to withdraw into ourselves and this can be counterproductive. The healthiest thing to do if we are feeling lonely is to reach out and cultivate friendships. Reaching out can be difficult and at times we will resist it. However, think of it in the way you might approach exercising - whilst we may feel tired or lazy it is a beneficial thing to do.

We need to tackle loneliness one step at a time. It may involve finding a new hobby or joining a club or exercise class. Another skillful way to combat feelings of loneliness is to volunteer as it's a great way to meet new people and also to learn new skills. Loneliness is a profoundly human emotion and a signal that our need for connection is going unmet. Next week we will discuss loneliness in Older Adults and explore ways we can tackle this.

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



**To make an appointment call 064 6636416/064 66364100**

*SouthWest Counselling Centre is a not-for-profit organization.*

*All funds raised through fundraising go directly to service provision.*





## Kerry ETB Training Centre



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

### Foundation in Media (TR08743) - Tralee.

This full-time course offers you the opportunity to develop practical production skills in Media Project Management, Video Production, Sound Production, Photography, Digital Imaging and Media Publishing. **Start Date:** 6<sup>th</sup> February 2017. **Duration:** 14 weeks. **Certification:** QQI Level 3 Award Media Expressions 3N0792.

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

This course is for people who wish to develop a range of manual and computerised payroll and bookkeeping skills. **Start Dates:** 13<sup>th</sup> February 2017. **Duration:** 10 weeks. **Certification:** QQI Level 5 Component Certificates in Manual and Computerised Bookkeeping and Payroll.

### MTA Software & Networking Fundamentals (ET124) - Tralee.

This entry level course offers experience on the technical side of software development and computer networks. It's the ideal starter course for people considering a career in information and communication technology. **Start Date:** 20<sup>th</sup> February 2017. **Duration:** 14 weeks. **Certification:** Microsoft Technology Associate Certification.

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

This course provides participants with the skills and related knowledge in the rules of the road, driving a Large Public Service Vehicle (LPSV), customer service, documentation, first aid, manual handling, 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:** 27<sup>th</sup> February 2017. **Duration:** 14 Weeks. **Certification:** Class D Driving Licence, RSA Driver Certificate of Professional Competence, QQI Level 5 Component Cert in Occupational First Aid and CILT - Digital Tachograph.

### Fibre Installation Technician (ET08632) - Tralee.

This course is designed to provide the communications cabling industry with personnel who have the specialist knowledge and skills to install, fault find, repair and test fibre optic and copper communications networks. **Start Date:** 27<sup>th</sup> February 2017. **Duration:** 24 weeks. **Certification:** City & Guilds Level 2 Award in Communications Cabling (3667-02).

### Food & Beverage Service (ETS8741) - Killarney.

This course is an excellent starting point for anyone wishing to work front of house in the hospitality industry. Participants will gain the knowledge and practical skills to provide a timely, efficient and professional food and beverage service to customers. **Start Date:** 13<sup>th</sup> March 2017. **Duration:** 28 weeks. **Certification:** City & Guilds Diploma in Food and Beverage Service Level 2.

### Retail Skills Health and Beauty (ETS95) - Tralee.

This course offers participants the opportunity to develop the knowledge, skills and competencies required to work in the retail sector, particularly in pharmacies and in health and beauty outlets. **Start Date:** 27<sup>th</sup> March 2017. **Duration:** 37 weeks. **Certification:** QQI Level 4 Major Award in Retail Skills.

### Wind Turbine Maintenance Technician (TR36R) - Tralee.

This course provides participants with the technical knowledge and skills to service and maintain large scale commercial wind turbines. Applicants must hold a National Craft Certificate or equivalent qualification in the electrical or mechanical trade and ideally have a number of years post apprenticeship experience. **Start Date:** 3<sup>rd</sup> April 2017. **Duration:** 36 weeks. **Certification:** City & Guilds Level 3 Diploma in Electrical Power Engineering Wind Turbine Operations & Maintenance (2339-18/53) and a number of related H&S certs.

### Cisco on-line Blended Learning (ETL62) - Tralee.

This course focuses on network infrastructure. It covers switching, routing, wireless access, security and connectivity used in local and wide Area networks. A combination of on-line learning and tutor led workshops are used to deliver it. Previous computer networking experience is required for this course. **Start Date:** 3<sup>rd</sup> April 2017. **Duration:** 15 weeks. **Certification:** Cisco Certified Network Associate Certification (CCNA).

### Traditional Stone Wall Construction (ET4R8) - Tralee.

This course offers participants the opportunity to develop the knowledge and skills required to build a variety of traditional stone walls. It's a hands-on course where participants learn the principles and techniques of stone working and dry stone wall construction using hand tools and locally sourced stone. **Start Date:** 10<sup>th</sup> April 2017. **Duration:** 32 weeks. **Certification:** QQI Level 5 Special Purpose Award in Traditional Stone Wall Construction.

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

**Kerry ETB Training Centre,**

Monavalley Industrial Estate, Tralee, Tel. 066 7149600 | 066 7149638 | 066 7149676,

[www.kerryetbtrainingcentre.ie](http://www.kerryetbtrainingcentre.ie), E-mail: [training@kerryetbtrainingcentre.ie](mailto:training@kerryetbtrainingcentre.ie)



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## GNEEVEGUILLA GAA

**GNEEVEGUILLA GAA LOTTO:** Numbers 11, 17, 19, 20. No Jackpot winner next weeks jackpot €8,500. €40 Sadie/Leo/Roisin C/o Mai Murphy. €40 Mary/Brian C/o Eileen Kelly. €40 Tony McLarnen Knocknagreha. €30 Ronin Collins Lyracurrin. €30 John Crowley Barra. €20 Mike Finnigan Yearly ticket.

**SOCIAL:** Gneeveguilla Gaa Social will be on Saturday 25th of February in the hall. Music on the night by The Kells. Limited tickets available on sale in the Club Bar.

**THANK YOU:** Thanks to Kerry u21 Darren Brosnan and Kerry Senior Paul Murphy who presented our underage players with medals last Sunday night.

**MEMBERSHIP:** Club membership for the coming year general member €30, seniors & junior €80, apprentice & unemployed €50, student €45, minor €30 U12 to U16 €20, U10 €15 can be paid at the Club Bar or to an officer of the club.



LISTRY GAA PRESENTED A CHEQUE FOR €2,338.50 WHICH WAS FROM THE PROCEEDS OF ST STEPHENS DAY FUNDRAISING TO THE O'BRIEN FAMILY FOR THE ONCOLOGY DEPARTMENT IN K.U.H. L-R ANTHONY CLIFFORD, JEROME KENNEDY, JOANIE O'BRIEN, DENIS COURTNEY, BILLY O'BRIEN, DAMIEN CLIFFORD

## EAST KERRY NOTES

### PRESENTATION OF COUNTY CHAMPIONSHIP MEDALS:

The presentation of County Championship Medals to the East Kerry Minor team will take place in Scotts Hotel starting at 8pm on Friday the 20th January.

**ST BRENDANS COLLEGE:** The Munster Council Transition Year coaching course was completed by seventy students in St Brendans College, Killarney during the week. The course contained both class room and practical modules. Vince Cooper East Kerry/Kenmare GDA was supported by David O'Dea (Hurling) GDA in delivering the football and hurling coaching course. All students showed interest in improving and developing best practise and coaching knowledge used by coaches during the two day course. Sean Coffey (Principal) presented all students with a certificate on completion of the course. Thanks to Gary McGrath (Teacher) for his assistance in organising this well run event. Students have an excellent chance over the coming year to support local clubs in East Kerry to improve juvenile coaching standards by assisting club coaches.

## LISTRY GAA NEWS

**LISTRY G.A.A AGM:** Meeting was held on Sunday 15th at 14.00. The following officers were appointed for 2017. Patron - Patrick Sugrue. President - John Joe Tangney. Vice President - Patsy Mannix/ Pa Mannix. Chairman - Jerome Kennedy. Vice President - Denis Murphy. Secretary - Anthony Clifford. Assistant Secretary - Mike Tangney. Treasure - John Joe Courtney. Assistant Treasurer - Tim Fitzgerald.

PRO - Anne Sugrue O'Brien.

Co. Board Delegate - Denis Courtney.

East Kerry Delegates - Richard Fitzgerald /John Griffin.

Child Protection - John Lehane.

Membership officer - Mike Tangney.

Development Officer - Noel O'Sullivan.

Auditors - Pat Quirke/Cathal O'Shea.

Next club meeting on Thursday 2nd February 2017 at 21.00 p.m.

**LISTRY LOTTO:** 6 monthly membership for Listry lotto €60.00, yearly membership €100.00, forms available in Listry Community Centre or from Tony Darmody (087)2563883. Alternative tickets available from O'Sullivan shop, Beaufort Bridge, Listry Community Centre, Faha Court Hotel at €2.00.

**LISTRY WEEKLY LOTTO RESULTS:** 4, 7, 9, 22 - no winner. €100 - Mary Treacy, €50 x2 - Lyno Killarney, Mary and Brendan Conway, €25 x2 - John Joe Tangney, Frank Carey Slieveganea. Draw Entrant - Caroline and Sarah O'Brien. Jackpot next week €4,250.

**HISTORICAL COMMITTEE:** Looking for volunteers to form committee to seek information on foundation of Listry GAA established in 1932 onwards, 100 year anniversary in 2032. Contact Anthony Clifford (087)2215059.

**FUNDRAISING:** Listry GAA presented a cheque for €2,338.50 which was from the proceeds of St Stephens Day fundraising to the O'Brien family for the Oncology department in K.U.H

## BEAUFORT GAA

**AGM:** Beaufort GAA held their 2016 AGM on Friday, 14th January, 2016. The minutes of 2015 meeting were taken as read with no matters arising. Bridget Hartnett, Secretary as usual gave a comprehensive report on the year's activities as did Pdraig O'Sullivan, Treasurer who gave a detailed run down on the Finances

of the Club. Both were complimented on their Reports by the Chairman and those present.

Chairman's Address was next on the Agenda and Frank Coffey duly delivered his. He reiterated the Secretary's Report and did not repeat all that was included. His first thank you went to the Feile Committee on the professional job done in hosting both ladies and boys. He thanked the Sponsors for their generosity. He thanked all mentors of teams from U-6 to Seniors, all Lotto sellers and a special word of Thanks went to a 'wonder of the world' in the club, Joan O'Brien who is a great Lotto seller. He wished her a long life!! and thanked her for her outstanding work. He thanked the Juvenile and Ladies Football Committees for their work. He thanked Jack McGrath for the upkeep of the field and Maurice and Jason Foley for their upkeep of the Club Complex. He thanked Gate Collectors especially Denis Galvin, Ladies Committee who provide Refreshments etc at various times throughout the year. He said the Club is making steady progress and pride of place went to the Senior team winning the Mid Kerry Championship, first since 1998 and retained their position in Division 2 County League, our Junior team won the Mid Kerry B Championship and Group 3 of the Urban League and our Minors won the Mid Kerry Championship first since 2003. He hopes that 2017 will see the teams maintain their progress and aim higher. He states that if they can produce an improved work ethic and a steady introduction of young players this should consolidate themselves as an up and coming club. Well done to all who wore the Green and Gold in 2017 namely All Ireland winners Mike Breen, Tara Breen, Fiadhna Tangney and Hannah O'Donoghue and all who were involved in Mid Kerry teams. He thanked fellow officers-a dedicated bunch. He welcomed Ciara Breen on board as PRO and thanked outgoing officers. He thanked the people who helped





with the major bag packing that took place before Christmas, Last Man Standing, and Christmas Quiz, Golf Classic and Feile Cake Sale and also Ring of The Reeks.

He thanked the Delegates to the County, Mid-Kerry, Juvenile and Ladies Football Boards.

Sympathies were extended to any families who lost loved ones during the year. Looking ahead to 2016 he expects it to be an exciting and busy year. All our underage teams both boys and girls had reasonable success and he hoped the improvement in the underage categories continue to improve. He believes the more teams in the club leads to a more successful and healthy club, more players playing the game and this can lead to more volunteers etc. He hopes the club can be known for playing at a high standard and more important with spirit. Player support is very important. Finance is a key building block. The Lotto is now available on-line and his hope is that family, friends, relations, ex-members will participate in it.

His final message for the year ahead was for more volunteers and parents to get involved and look ahead with great optimism and perform as good as if not better in 2017. He wants all involved to be positive, no point in anything less than a positive attitude. Can do, will do spirit by all. As last year Positivity is the key word for the coming year.

Finally he invited all present to The Inn Between Bar to view the recent Mid Kerry Senior Championship Final which was being shown. No doubt everyone present were happy to take him up on his offer!. Lios A'Phuca Abu.

**BINGO:** Beaufort GAA are holding a Bingo Night in the Community Centre on Friday next, 20th January. Doors open at 7.30pm. Entry costs €10. Jackpot Prize is a Samsung 40" HDI TV with Panel and Line Prizes and Raffle.

**SOCIAL:** Beaufort GAA will hold a Club Social in The Killarney Avenue Hotel on Friday, 3rd February. All tickets to be purchased by Wednesday, 1st February at a cost of €25. Music by The Two Mikes and Family Ties.

**LOTTO:** The next Lotto Jackpot Draw for €3,200 will be held in Galvin's Bar. Tickets available from usual sellers and premises and also online. Please support as it is the lifeline of any club for everyday costs.

**FIXTURES 2017:** Will begin with our U21s out on Saturday, 28th January against Laune Rangers in Beaufort at 2pm.

## MILLTOWN/CASTLEMAINE NOTES

**"STICK TOGETHER AND KEEP IT GOING":** What a fantastic evening was had at our medal presentation ceremony in the Nagle Rice Community Centre last evening. Our special guests - David Moran and Tommy Walsh delighted the audience young and old with their presence. David addressed the young footballers encouraging them to 'stick together and keep it going' He recalled the many great

times he has had through football with his club - training sessions, playing games and travelling to and from games etc. Tommy and David are both great ambassadors for 'sticking with it'. Both have been very unfortunate with injuries but their resilience determination and dedication has ensured that they continue to play this great game. After the medal presentation, the boys posed for photographs and signed autographs for their many excited fans. We sincerely appreciate David and Tommy taking time out of their extremely busy schedule to join us. We also commend all the footballers for the respect they showed to our guests. You are a credit to yourselves, your parents/guardians and your mentors.

A big thank you to all the wonderful ladies in our club for their tremendous catering at our medal ceremony last evening. From decorating the hall to serving all the delicious food which was so generously donated by our parents and finally to the dreaded part of cleaning up afterwards. We sincerely thank you all for giving up your Saturday afternoon/evening cooking and catering for our footballing community.

Míle buíochas to the committee of the Nagle Rice Community Centre for giving us the use of their wonderful facility for our medal presentation.

### SENIOR PLAYER OF THE YEAR:

Congratulations to Mike Burke who was awarded the Senior Player of the Year at our medals ceremony on Saturday evening last. Mike has been a truly loyal club player over many years, giving 100% in every game. Well done Mike!

### JUNIOR PLAYER OF THE YEAR:

Congratulations to Jonathan O'Sullivan who was chosen as Junior Player of the Year in our club for 2016. Well done Jonathan on your well - deserved award.

**AGM:** The AGM of our club will be on this Friday January 20th 2017, at 7.30, in The Clubhouse. It will also incorporate the Coiste na nOg AGM. Please note that there are a number of positions in which people are not seeking re-election. We are continually seeking volunteers to assist us in the running and management of our ever expanding club. Getting involved in your local GAA Club is a wonderful way to form new friendships - as well as giving opportunities for skills and expertise to be shared - for the benefit of all in our community.

**OPEN DAY/REGISTRATION DAY:** Our club Open Fun Day/Registration Day takes place on Sunday February 5th 2017, in the Nagle Rice Community Centre. Further details in next weeks notes.

**LOTTO JACKPOT:** Our next Lotto Jackpot Draw for 12,800 will be held in Killorglin Golf Club on Friday January 27th 2017. There was no winner of our first Jackpot draw in Larkin's Bar on Saturday last Saturday night. Joe Sheedy from Clogher, Kilmallock in Co. Limerick was the winner of the €100 Aghadoe Heights Hotel Voucher. Our other lucky consolation prizewinners were: €50 each to Monty



JONATHAN O'SULLIVAN WHO RECEIVED THE CLUB JUNIOR PLAYER OF THE YEAR FOR MILLTOWN CASTLEMAINE AT THE CLUB'S AWARDS CEREMONY LAST WEEKEND.

Heffernan, Kilderry and Irma Clifford, Tinahalla €25 each to: John Casserly, Killorglin, John O'Sullivan, Sunhill, Paddy Ashe, Milltown and Ted and Liz Murphy, Castlemaine. As always, sincere thanks to all those who continue to support our Fundraising Lotto Jackpot.

## LEGION GAA NOTES

**SENIOR FIXTURES:** The fixtures for the 2017 County League have been released. Games will be played the weekend of the dates given below. March 19th - Spa (H).

March 23rd - Kenmare (A).

April 9th - Kilcummin (H).

June 4th - St Pat's (A).

June 11th - Listry (A).

June 18th - Listowel Emmets (H).

July 1st - Beaufort (A).

July 16th - Currow (H).

July 23rd - Ardfer (A).

August 13th - Waterville (H).

TBC - Glenflesk (A).

Between mid-April and the end of May it is envisaged that the Senior Club Championship will be completed and two rounds of the Senior County Championship be played. Round 3 of the Senior County Championship will be played on the weekend of July 8th.

**KERRY:** Well done to Brian Kelly, Jonathan Lyne and James O'Donoghue who all started for Kerry in their win over Cork last weekend. Both Brian and Jonathan played the full game and James scored 1-3. Conor Keane was also on the panel.

**CONDOLENCES:** The club would like to offer its sincere condolences to current senior player Billy and former ladies player Elaine McGuire on the recent passing of their grandfather, Terence.

**LOTTO RESULTS:** Winning numbers: 8, 13, 15, 25. No winner. 5 x €50: Liam Grimes, Deege O'Sullivan (c/o Holiday Inn), Mary Healy (Loreto Road), Jackie O'Leary (c/o Darren O'Shea) and Yvonne Quill (Barleymount). Next week's jackpot: €4,300.







PHOTOGRAPHED AT THE PRESENTATION OF THE MAURICE O'DONOGHUE MEMORIAL CUP AT THE ROSS GC WERE (L TO R) JIMMY SMITH 2017 CAPTAIN, TADHG MCCARTHY WINNER, MARGARET O'DONOGHUE SPONSOR, SEAN MOYNIHAN 2016 CAPTAIN.

## GLENEAGLE PITCH & PUTT NOTES

By John O Halloran

We held our AGM at the Gleneagle Hotel last Sunday and the following officers were elected: President Margaret O'Donoghue, Captain Mick Long, Secretary Sean Ashe, Registrar Dan O'Donovan, Competition Secretary Sean O'Brien and PRO John O'Halloran.

We dearly missed our good friend Andrew O'Callaghan as he was at all our meetings over many years. Ar dheis Dé go raibh an anam.

## KILLARNEY GOLF AND FISHING CLUB

### MEN'S CLUB

**GENTS FOURBALL: SPONSOR - KILLARNEY GOLF AND FISHING CLUB - MEN'S CLUB. PLAYED ON KILLEEN ON 15TH JANUARY 2017**

1st - Dermot Roche (12) & Dan Moynihan (18) 49pts.

2nd - Pat Favier (13) & David O'Donoghue (3) 47pts.

3rd Pat Kelleher (13) & Gene Cronin (14) 47pts.

## KILLORGLIN GOLF CLUB

**LADIES RESULTS:** The entry sheet for the

Spring League is posted on the notice board in ladies locker room. Please enter names by end of January. Draw for Teams.

**FIXTURE:** 12 Hole re-entry Stableford for Month of January continues until further notice. Further up coming competitions will be posted on notice board.

## DEERPARK PITCH & PUTT NOTES

**SENIORS OUTING:** Next Seniors Outing will be to Deerpark on Wednesday 1st February 10.15am.

### JOHNNY KELLY MEMORIAL COMPETITION:

The annual Johnny Kelly Memorial competition has been scheduled for Sunday 19th February. Full details to feature in future editions of notes

**AGM:** THE 44th AGM of Deerpark Pitch & Putt Club at the Killarney Avenue Hotel on Monday night saw a change at the top table as long serving chairman Derry McCarthy stepped down from the club committee to focus on his role with Killarney Golf and Fishing Club over the next two years. First elected to the Deerpark Committee in 1994 as PRO, McCarthy has served a multitude of roles with the club including those of Vice-Chairman, Competition Secretary, Gents Captain and Chairman a position he held for 11 of the last 12 years.

Replacing McCarthy as Chairman will be Damien Fleming who takes the role having previously served as U-16 Officer, Competition Secretary, Treasurer and Development Officer with the club since he was first elected to the committee back in 1998. Gents Captain at the Club for 2017 will be the well-known John Kelly of GAA, rowing and community activism fame as he takes the role following three years as PRO. Lady Captain Eileen Switzer takes the role for the first since 2008 replacing her sister Sheila O'Donoghue in the position.

Also at the Meeting, a motion was passed paving the way for the creation of a specific U-16 sub-committee to assist the Club's U-16 Officers in the role. 2017 promises to be a busy year for the Killarney club on the underage front again with the club down to host the

Munster U-16 Strokeplay Championships in June after holding the Matchplay equivalent in July of last year.

### 2017 COMMITTEE IN FULL:

Honorary President: Kay O'Sullivan.

Honorary Vice-President: Jeremiah Buckley Snr.

Chairman: Damien Fleming.

Vice-Chairman: Danny Looney.

Secretary: Fiona O'Donnell.

Treasurers: Colm O'Dowd and Aidan O'Donoghue.

Registrar: Sean Kelly.

PRO: Jason O'Connor. Competition Secretaries:

Kieran Fitzpatrick, Second Position to be filled.

Gents Captain: John Kelly.

Ladies Captain: Eileen Switzer.

U-16 Officers: TBA.

Development Officers: John McGrath and Sheila O'Donoghue.

Grounds Committee Chairman: Ger O'Connor.

## ROSS GOLF CLUB

### GENTS CLUB

**RESULTS:** On January 15th we held a two man 18 hole scramble.

**RESULTS AS FOLLOWS:** 1. Ambrose O'Donovan & Sean O'Brien. Nett score of 51 and 1/8.

2. John O'Donoghue & Michael J Casey. Nett score of 51 and 6/8

**FIXTURES:** On Sunday January 22nd - Captain Jimmy Smith, and President Terence Mulcahy will hold their Drive-ins. Please be in the clubhouse at 10 am on Sunday. The Drive in will be followed by a 10 hole mixed scramble. The entry sheet is now available in the clubhouse so please add your name to it before 4 pm on Saturday as the draw for partners takes place then.

## KILLARNEY GOLF CLUB

### LADIES

**RESULTS OF 13 HOLE COMPETITION CLUB SPONSORED SUNDAY 15TH JANUARY, MAHONY'S COURSE.**

1st Sinead Lynch (20) 30 pts.

2nd Breeda Duggan (24) 29 pts (bk9).

3rd Geraldine Collins (28) 29 pts.

4th Jane Dwyer (25) 28 pts (BK6).

Next Sunday's Competition Team of 2, Club Sponsored, Mahonys.

## BEAUFORT GOLF CLUB

**GOLF RESULTS SUNDAY 15TH JAN 2017**

### 11 HOLE SCRAMBLE

Winners: Peter O'Brien, Pat Quill & Fred Kennedy

**FIXTURES:** 22nd Jan 10am Scramble.



PICTURED AT THE 2017 DEERPARK PITCH & PUTT CLUB AGM IN THE KILLARNEY AVENUE HOTEL ON MONDAY NIGHT WERE BOTH OUTGOING AND INCOMING CHAIRMEN DERRY MCCARTHY AND DAMIEN FLEMING ALONG WITH 2017 CAPTAINS JOHN KELLY (GENTS) AND EILEEN SWITZER (LADIES).



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## GNEEVEGUILLA ATHLETIC CLUB

**LOTTO:** no winner of our lotto 13/01/2017, numbers drawn were 12, 15, 20 & 21. Sellers prize Shelia O'Donoghue, €50 Y/T prize winner Tony Murphy Tureen, €50 to Mary Breen Boherbue, €40 each to Callum & Mary c/o Petros, Tommy Gleeson Mountrodger, Donal Daly Snr Tureencahill. Bonus not won numbers drawn were 7, 14, 21 & 30. Next week's jackpot €7,000 plus €1,000 bonus.

**TRAINING:** 2 weeks into the New Year and all trainings up and running. Monday 7.30 in Gneeveguilla GAA Hall for all juveniles, Tuesday Boherbue comprehensive School both indoor & outdoor training at 6.30 pm, Fridays in Barradubh at 6.30 pm. Couch to 5K extended run in Barradubh Field Mondays & Fridays at 7.30 pm.

**NATIONAL INDOOR LEAGUE:** Held in Athlone on Saturday 14th Mel O'Callaghan & Cian McCarthy travelled as guests, both did well.

**SENIOR & MASTERS MUNSTER INDOOR CHAMPIONSHIPS:** The club was very strong on Sunday last at the Indoor Championships, winning several medals. Shelia O'Donoghue O50 1st in shot (new PB), Catherine O'Sullivan Moynihan 1st in LJ O35, Eileen O'Riordan 1st in shot O45, Norma O'Connor 2nd in HJ, 3rd in 60M O45, Siobhan Daly 1st 800m O35, Robert Purcell 2nd 5000m O45.

## FOSSA ROWING CLUB

Fossa Rowing Club would like to congratulate our All Ireland Junior Men's winning crew of John Allman, David Blennerhassett, Paudie McCarthy, Vincent Griffin and Cox Patie Tangney who will be honored as Kerry Sports Stars for 2016 in the Senior Rowing category. There will be an awards ceremony on the 17th February in the INEC and also Kerry County Council will honor the lads in a Civic Reception in Council Chambers in Tralee on the 27th January at 7pm. What a great start to 2017! Up Fossa!!

**AGM:** Fossa Rowing Club annual AGM will take place at The Old Killarney Inn on Thursday 9th February at 8pm. All members are asked to attend and new members welcome.

## KERRY BOXING NEWS

Kerry boxing are rejoicing after Kevin Cronin moved forward into the National Semi-Final stage of this year's Novice championships which are being held in the National Stadium. Kevin progressed on a unanimous decision over Eamon Gilligan (Dunboyne), and is now one bout away from a national final place. There is a growing confidence now that the Milltown Heavyweight can do the business. The National Novice Semi Finals resumes next Friday evening at 6.30pm, and Novice finals will be decided on Saturday (January 21st) at 11am. Elsewhere we commend all our underage



FOSSA ROWING CLUB INTERMEDIATE MEN WHO CONSIST OF COX PATIE TANGNEY, JOHN ALLMAN, PAUDIE MCCARTHY, VINCENT GRIFFIN AND DAVID BLENNERHASSETT WHO WILL BE HONOURED AS KERRY SPORTS STARS FOR 2016 IN THE SENIOR ROWING CATEGORY IN THE INEC ON FEBRUARY 17TH. THESE MEN WILL ALSO BE HONOURED BY THE KERRY COUNTY COUNCIL IN A CIVIL RECEPTION AT THE COUNCIL CHAMBERS IN TRALEE ON JANUARY 27TH AT 7PM.



BOXER KEVIN CRONIN

boxers and mentors who travelled to Charleville boxing club for interclub sparing last Friday night. The count down to the Kerry boxing championships has begun. Saturday 4th February is the date, and the place is the Sliabh Luachra boxing club in Castleisland.

## BADMINTON NEWS

**COUNTY LEAGUE:** Div. 3. Congratulations to the ladies team who beat Moyvane in the league final (Team: Suzi Smith, Sam Hayes, Jeab Workman, Niamh Hickey and Sandra O Connor).

Hard luck to the Division 3 men who were beaten by County 4-2 (Team: Kieran Crehan, Jason Russell, Barry O'Connor and Liam Barry).

**MUNSTER TOURNAMENT:** Well done to Jeab Workman (Killarney) & Timmy Mac (Ballyheigue) who won grade F mixed tournament and to Niamh Hickey (Killarney) and her partner who were runners up.

**LISTOWEL TOURNAMENT:** Congrats to Kieran Crehan (Killarney) & Jeanelle Griffin (Moyvane) who won out in Division 3 of the tournament

and to Brendan McGovern (Kingdom) & Jeab Workman (Killarney) runners up.

Good luck to our members who will compete in the Munster Senior and Junior Championships in the Killarney Sports and Leisure Club on the 22nd January starting at 10am.

Check out our Facebook page "killarney badminton" for more info.

## SPAMUCKROSSCOMMUNITY GAMES NOTES

**BASKETBALL:** The U13 boys travelled to Duagh last Sunday for the County competition. They played great basketball, and look forward to competing in many more Community Games events this year. Thanks to Tim O'Sullivan, and committee member Emir Coffey for taking charge of the team.

**FUTSAL:** Boys U13 Futsal is postponed from Sunday 5th Feb to Sun 19th February in Milltown and Duagh.

## MILLTOWN/LISTRY COMMUNITY GAMES

**COMMUNITY GAMES NOTES:** Milltown Listry Community Games are up and running for the New Year and activities and practice are already under way.

**BASKETBALL:** Has made a welcome return to our activities after a break of a number of years. Our u13 boys team competed in Duagh last Sunday with Brendan Casey, Edward O'Sullivan, Cian O'Connor, Cathal O'Donoghue, Daniel Evans, Darren Silvestre, Shadman Sakib Uddin, Liam Roche. They had great games and really enjoyed the day. Well done to them and thanks to all who travelled in support.

**DRAUGHTS:** Training started and continues next Sunday in Nagle Rice CC Milltown from 6pm to 7pm. After our national gold medal success at draughts at U14 level last year this hopefully will encourage more children to play





KILLARNEY COMMUNITY GAMES U.13 BASKETBALL SQUAD THAT COMPETED IN THE COUNTY FINALS IN DUAGH ON SUNDAY FRONT: MATTHEW HORGAN, EOIN LOONEY, RYAN NEESON, DARA O'SHEA BACK: MARK SHEEHAN, EOGHAN CROWLEY, ROBBIE HARTNETT, CONOR GAMMELL, ALEX HENNIGAN MANAGER: PAUL SHEEHAN.

this fabulous board game. We hope to have teams competing in U10, U12 and U14 age groups. Open to all boys and girls who reside in our area and would like to play.

Any queries to Pat 087-7798275.

**CHESS:** Practice will begin shortly so please let us know if you have a boy or girl aged 15 or younger who is interested.

**GROUP MUSIC:** Practice started early in the new year for u12s and u16s. Practice continues this weekend, please see Milltown/Listry Community Games facebook page for times. We are looking for u12 musicians from the area in particular please.

For further details on activities please contact Paul Sexton 087 9232570 or Denis O'Mahony 087 9662332 or see our facebook page. If any parents can assist with any of the practice or events please let us know.

## WORKMEN'S ROWING CLUB NOTES

**TRAINING:** On an off-water training continues as per coaches' texts. Thanks to everyone for keeping this going..... coaches for putting in the preparation and time, and our members for their dedication during the dark winter nights.

**IRISH INDOOR ROWING CHAMPIONSHIPS:** This Saturday the Irish Indoor Rowing Championships will be held in U.L. Arena, Limerick. At the 'Indoors' there are competitors from all over the world due to take part: World Champions, World Record Holders, Irish Record Holders and Olympians, all with the one aim... to beat the clock and each other. We wish all those competing the very best of luck and look forward to some new Personal Bests on the result sheet!

**MEMBERSHIP DUE:** Many thanks to everyone who paid Individual or Family Membership to

the Club last weekend. Affiliation to Rowing Ireland Membership is also due at this time and any outstanding memberships can be paid by the end of the month please.

**BIRTHDAYS:** A very Happy Birthday this week to Cormac Mac Curtáin who turns twelve on next Friday the 27th January.

## KILLARNEY COMMUNITY GAMES NOTES

Well done to the Killarney Community Games U.13 Boys Basketball Team who made history being the first amalgamated team from the North and South areas to compete in the County Finals in Duagh last Sunday. The Boys played some excellent Basketball against experienced club teams, winning two games against Ballydonoghue and Milltown and just missing out in the top two teams going through to the Finals. The Squad was: Dara O Shea, Conor Gammell, Robbie Hartnett, Mark Sheehan, Matthew Horgan, Eoghan Crowley, Eoin Looney, Ryan Neeson and Alex Hennigan. Big thanks to Paul Sheehan for his excellent coaching of the team and to Kathleen Hartnett for co-ordinating the team.

There are a number of events coming up in the next few weeks, including Girls U. 16 Basketball in Duagh next Sunday and we again wish Paul Sheehan and his team all the best. We are also seeking management names for U.11 mixed Boys and Girls Basketball, fixed for Saturday 4th February. Swimming is fixed for Sunday 5th March in the Tralee Sports Complex. Boys U. 13 Futsal is fixed for Sunday 19th February in Milltown and again we are seeking a manager for this team. Finally, we are requesting help from all Parents to please help out in the forthcoming annual Church Gate Collection, as this is one of the few fundraisers to keep Community Games going in the new enlarged area. For full details, phone Area Secretary Anthony Greaney on 087-7098695

## FIRIES COMMUNITY GAMES

February is a busy month for Community games. If anyone wishes to take part in group singing or solo singing u12 & u16 please contact Hazel as soon as possible as deadline is approaching. Also solo and group music u12 & u16. These events are taking place on weekend of 11th & 12th February. We didn't have teams for u13 basketball but u11 mixed basketball is on 4th February so registration needs to take place soon. If you wish to take part in any of the above events or need further information please contact Hazel Norris on 0879548348 as soon as possible.

## KILLARNEY COUGARS BASKETBALL CLUB JUVENILE NEWS

### U12 GIRLS: KILLARNEY COUGARS 24

**CAHERCIVEEN 13:** A entertaining game at the Pres Gym saw a good start by the Cougars girls set them on the road to victory as the Cougars hosted Caherciveen in the Pres Gym and Cougars made a good start with early baskets saw them ahead thanks to good baskets by Kate Sheehan, Aimee Coffey and Olivia Gaffey as Cougars led by 8pts at half time. Caherciveen recovered well and great baskets by Gemma Moran, Leanne O'Connor and Joanie Curran saw them get back into the game before Cougars added further good baskets by Yen Lennistor and Edel Horgan as Cougars ensured the win in a entertaining game for the good support.

### U16 BOYS: KILLARNEY COUGARS 56

**RATHMORE RAVENS 42:** An excellent opening qtr by the Cougars saw the league leaders lay the foundations for this victory with Ruairi Murphy and Sean O'Brien in top form as Cougars raced into the early lead 20-8. The game was basket for basket in the second qtr with Darragh Rahilly and Dan Murphy hitting some great scores for the Ravens as they responded well to recover from the slow start but still trailed 34-22 at half time. The second half was basket for basket throughout with Rathmore giving Cougars plenty of problems to reduce the lead to 6 points on several occasions but Cougars David Bartlett adding 6 pts and Nykyta Poutkalis hitting 8pts Cougars maintained the lead in the closing stages despite good pressure from the visitors with David Dineen adding some good scores. It wasn't enough on this occasion in a well contested game throughout for the good attendance.

### U16 GIRLS: GNEEVEGUILLA 52

**KILLARNEY COUGARS 39:** Gneeveguilla welcomed the Cougars to Rathmore on Sunday evening and a good contest was won with a strong final qtr by the home side as they pushed ahead to secure the points. The sides were tied throughout the opening qtrs but Gneeveguilla dominated the closing stages to finish deserving winners in a good contest. Best for Cougars Shelley Clifford, Alison Flynn and Holly Clifford.

### U2 BOYS: KILLARNEY COUGARS 21

**ST PAULS 6:** A good start by the Cougars boys secured a winning start to the new year as Cougars were quickly on target with good baskets by Rocco Sheehan and Nathan Cox to give Cougars an early lead. Pauls opened the second qtr with a good basket by Tom Benson. Cougars pushed ahead with some fine baskets by Maidchi Lynch and Ian Coffey in the third qtr with Paul O'Donoghue and Niall O'Carroll replying with baskets for Pauls. The Cougars defence ensured the home side maintained the lead to the finish in a good game for the good attendance.

**ACADEMY TRAINING:** Cougars Academy training continues on Friday evenings for the Cubs U8 & U10 girls at 5 pm and boys at 6 pm at the Parish Hall. On Sunday the Academy teams will in be Blitz action venues and times





will be available on the website before the weekend.

## **FIXTURES:** Senior Womens

Jan 20th Div II Cup Q/F

Vixens v Killarney Cougars. Athea 8pm.

Jan 20th Div I

Glenbeigh v Killarney Cougars Glenbeigh 8pm.

Further details on All Killarney Cougars Clubs schedules and events log onto the website

## KILLARNEY VALLEY ATHLETIC CLUB

**CONGRATULATIONS:** And well done to our club member Mike Murphy who competed in the Munster Master Indoor Championships in Nenagh. This was Mikes first time taking part in a Masters event and all his training paid off when he came 2nd in the 60m in his category. One to watch !!

**CIRCUIT TRAINING:** Continues with Donal on Monday at 7pm in Sem Gym for athletes aged 12 and upwards only. Indoor Training for the younger athletes aged 7-11yrs takes place on Thursdays 6-7pm, also in the Sem Gym. Athletes must be registered. Please bring 2 euro and plenty of water.

**JERRY'S JOGGING GROUP:** For adults will be starting back on Wednesday 25th of Jan at 7pm meeting at New Road. More details on our Facebook Page or from Jerry Griffin on 087-6879186. Beginners welcome and must be registered with the club. Registration for over 19's costs 35 euro.

Entries for the 2017 Killarney 10 mile are now open. Please check their facebook page <https://www.facebook.com/killarney10mile> for more details and follow the link to register.

## KILLARNEY RFC NEWS

**U14'S:** On Saturday last the U14 travelled to Tralee in the next round of the U14 West Munster League looking to maintain the current unbeaten run. Tralee were excellent hosts and facilitated the game being played on their excellent top pitch which is sand based and was exceptionally dry underfoot. The game opened up with a period of sustained pressure from the hosts where Killarney found it difficult to get past the half way line but some powerful surges from our team produced two tries both of which were duly converted.

The second half saw additional tries from a range of forwards and backs with some really intelligent plays, some straight from the training ground which did give the head coach a lot to smile about. Once again the subs proved important and it is great to see the confidence that guys can slot in as required. Next up is a trip away to Abbeyfeale on Sunday 22nd Jan.

**U16'S:** Last Saturday the U16's travelled to Cork to take on Dolphin RFC, in the next round of the Munster U16 Bowl competition. Having



KILLARNEY RFC U14s.

changed the venue from Aghadoe to Cork, the lads were up for the match. However, a tough day got off to a bad start when the official referee never turned up, something which seems to be a recurring theme at Youth matches lately. As happened to the U18's the previous week, the lads lost due to some very dubious decisions from the stand in ref and the lads went down on a scoreline of 19 - 13 with a clear try not awarded to our lads and a very dubious try awarded to the home side in the last few minutes, much to the chagrin of the visitors. It's heartbreaking to see the lads and coaches put their all into training and matches and have no chance when there is no unbiased official referee on hand to officiate these important matches. The lads fought bravely but lost a player to injury, forcing the remaining 14 lads to take on the challenge. Well done to Tom Campbell and his brave U16 as well as the many parents who travelled to Cork for this match. Fantastic support as always. Next weekend it's another road trip for the lads as they travel to Douglas for the next round of the competition. Best of luck lads.

**U18'S:** Our U18's had no match last weekend however Pat F. O'Connor's charges take on Rugbaí Corha Dhuibhne in the next round of the U18 Bowl competition. Kick off is at Aghadoe, next Saturday at 11am. Best of luck to the lads.

**MINIS:** Our Minis continue to train, every Saturday morning between 10:30am and 12 midday. We are currently training at the pitches at Knockreer and will continue to do so for a few weeks to come. Our Minis Coordinator will update all parents each week. If you are not receiving club texts, please let Liam know on 087-4145662.

We are due to travel to Killorglin on Saturday the 28th of January next. We will get to play matches at all ages against Minis from Killorglin, Castleisland and Listowel and the blitz will take place at Killorglin's pitches at Ballymalis (near Kerry Wollen Mills. We will send out the details closer to the date and we will not have a bus

travelling to the blitz, so would encourage all parents to come along and support the kids as they try their best to represent Killarney RFC. Details to follow.

**SENIORS:** Our seniors played Douglas/Carrigaline last Sunday at Aghadoe, in the next round of the Munster Junior League. Ger Moynihan's charges were hoping to build on from the previous week's win over Killorglin and certainly did not disappoint the bumper home crowd, who turned out in the wintery conditions to support the lads. Captain Ger Moynihan was ruled out of the fixture due to a shoulder niggle picked up in Ballymalis, however the side welcomed players back from injury and there was a wealth of players to choose from.

Killarney started strongly from the off, and even though conditions were very slippery under foot, Killarney got the upperhand as Paudie Sheahan slotted home a penalty with 15 minutes on the clock to bring first blood to the home side. Douglas/Carrigaline managed to score the sides only try on the 25th minute, against the run of play it has to be said, a try which went unconverted in the windy conditions. Following some fantastic phases of play in the latter stages of the first half, Damien Carroll crossed the line for our first try, which Paudie Sheahan converted. Paudie himself went one better and scored the sides second try with the pack really gelling and Alan Mulligan offloading to the inform Sheahan to score and convert. The pack were strong all day with stalwarts Peter Kelly and Ollie O'Neill leading from the front. With only a few minutes to go, Ollie scored the home side's final try to send the game beyond doubt. 22 - 5 was the final score, in a match where everyone worked hard and the subs bench was used to good effect. Stand out players on the day were Paul O'Sullivan, Paudie Sheahan and Connie O'Leary was the man of the match with another storming display. Next Sunday the lads travel to Bantry in the next round of the league. Kick off is at 2:30pm.





MEK UNITED FC U 13 TEAM WITH COACHES JANUARY 2017

## SCHOOLBOY/GIRL SOCCER

### SKECHERS REGIONAL PLAY OFFS BEGIN:

Nenagh 0-3 Killarney Celtic.

### FAI WOMEN'S U14 CUP LAST 16:

Kilmore Ladies - Listowel Celtic.

### JK SPORTS 12'S DIVISION 1:

Fenit 0 -1 Killarney Celtic B.

### 12'S DIVISION 2:

Tralee Dynamos 9 -0 Killarney Athletic B.

### DALY'S SUPERVALU 13 PREMIER:

Park A 7-0 Tralee Dynamos.

Park B 1 -4 Killarney Athletic.

Listowel Celtic A 3 -6 Killorglin A.

### DIVISION 1:

Killarney Celtic A 7-0 Castleisland.

Ballyhar Dynamos 2 -1 Mastergeeha.

### DIVISION 2:

Killarney Celtic B 4 -2 Inter Kenmare.

**DIVISION 3:** Listowel Celtic C 3 -3 MEK.

LB Rovers 1 -0 Park C.

### FOUNDATION SPORTS 14 PREMIER:

Park 2-1 Camp Juniors.

**14'S GIRLS:** Killorglin 0 -6 Inter Kenmare.

### KILLARNEY PLAZA 15 PREMIER:

Park A 2 -4 Tralee Dynamos.

Killarney Athletic 0 -4 Listowel Celtic.

**DIVISION 1:** Ballyheigue 3- 2 Mastergeeha.

Park B 0- 1 Ballyhar Dynamos.

Camp Juniors 1-4 Killorglin.

**DIVISION 2:** Inter Kenmare 5-0 Fenit.

Rattoo Rovers 0 -1 Castleisland.

Park C 2-8 Killarney Celtic C.

### TRALEE TROPHY WORLD 16PREMIER:

Killarney Celtic 0-2 Park.

### REPORTS: KILLARNEY CELTIC THROUGH TO SKECHERS REGIONAL SEMI-FINALS:

Killarney Celtic were the first Kerry side in action in the new Skechers Regionals and in the 15's they progressed to the semi-finals where they are at home to Limerick FC. Celtic were 3-0 winners away to Nenagh to reach the Regional last 4, and are of course also in the Last 32 of the National Cup. In Nenagh the damage was done in the first half when Jack O'Connor scored twice for Celtic and Jason Kerins once to see the Hoops lead 3-0 at the break. Killarney Celtic controlled the game

to book a home tie in the semi-finals.

### TWO GAMES PLAYED IN THE 12'S DIVISIONS:

There were only two games played in the JK Sports 12's with Killarney Celtic B defeating Fenit 1-0 in Division 1 and Tralee Dynamos being too strong for Killarney Athletic B in Division 2. The only goal in the JK Sports 12 Division 1 game came from Killarney Celtic's Nacho Zulategui. Tralee Dynamos had goals from Aidan Horgan, Paddy McMahon, Jamie Lynch and Cian McCarthy amongst others in their win at home to Athletic B.

### KILLARNEY CELTIC OPEN GAP IN DIVISION 1:

With second placed Iveragh United not playing Killarney Celtic A took full advantage to increase the gap at the top of the table 8 points, but they have a game more played. John Kelliher with 2 and Callum O'Donoghue, Sennan O'Leary, Cian McAulliffe, William Harty and Tedso Alonso on his debut were the Celtic scorers. Ballyhar closed the gap on the top 3 with a 2-1 win over Mastergeeha. It was 0-0 at half time before Colm O'Shea and Colin Callaghan put the home side ahead at Murt Scott Park. Mastergeeha pulled one back late on through Colin O'Leary.

### TOP SIDE OPEN GAP IN DIVISION 2 BUT WITH GAME MORE PLAYED:

Killarney Celtic B had goals from Gary Wynne, Jim O'Brien, Jack O'Sullivan and Martin O'Brien as they defeated Inter Kenmare 4-2. Celtic are now 4 points clear at the top but second placed Ballyheigue have a game in hand.

### LEADERS BEATEN IN DIVISION 1 AS BALLYHAR CLOSE THE GAP:

Killorglin enjoyed a good win over League leaders Camp Juniors thanks to goals from Stephen O'Callaghan 2, Gar Hassett and an OG. Maurice O'Connell got the consolation for Camp Juniors. Ballyhar took full advantage to close the gap to Camp to a point following their 1-0 win over Park B with Patrick O'Connor getting the only goal of the game. Ballyheigue will have enjoyed their first win of the season as they defeated Mastergeeha 3-2. Darren Lehane and Philip O'Leary scored for the Kilbreen side.

### SUBWAY U12 INTER LEAGUE:

**KERRY 1-1 LIMERICK COUNTY:** The Kerry u12's made it two draw from two games in the

youngest of the National Cup competitions. They followed up their 1-1 draw with Clare by drawing with Limerick County on the same score-line. Cian O'Gara got the Kerry goal. The Leagues also played some friendly games giving our youngest Inter County players some valuable experience.

## MASTERGEEHA FC

### U13: BALLYHAR 2 MASTERGEEHA 1:

The boys were unlucky to at least not draw away on Saturday morning away. The home side took the lead early on but Mastergeeha created some good chances with Oisín O'Leary and Daniel Horgan going close. In the second half Ballyhar scored again against the run of play. The boys never gave up and got a goal back when Colin O'Leary scored.

### U15 DIV 1: BALLYHEIGUE 3

### MASTERGEEHA 2:

The lads lost out by the odd goal again against the North Kerry boys in the sand dunes of Ballyheigue in difficult conditions. They went behind after 10mins but responded well when Darren Lehane fired home from 30 yards. The home side restored the lead just before half time when they scored from a free kick. Philip O'Leary levelled again in the 2nd half but the home side scored the winner in the final mins following a corner. All tried their best with GK Conn Fleming making some good saves and CB Daniel Herlihy defending well.

### U17: MASTERGEEHA 10 LISTOWEL B 0:

The boys had a good win at home on Saturday afternoon. Paul O'Shea, Anthony Darmody, Cormac O'Connor, Darren Looney and James Lynch were the goal scorers.

### GREYHOUND BAR CUP: STRAND RD 1

### MASTERGEEHA 1:

Mastergeeha got off to a good start scoring early on when a shot by Gearoid Kerins was saved by the keeper but Damien Breen scored the rebound. After this Mastergeeha created the better chances with Damien Breen, Tommy O'Sullivan and Chris Egan all going close. The home side scored the equaliser early in the second half.

well from just inside the box. All played well.

### MASTERGEEHA FC LOTTO:

There was no winner on Friday 13th January, 2017. Numbers drawn were 1, 5, 11, 14.

## MEK UNITED NEWS

### FIXTURES: JK Sports U12 Division 2

Saturday the 21st of January 2017

MEK United F.C. vs Tralee Dynamos at 12.30.

**ACADEMY:** Training is back at the MEK United F.C. Academy. U6, U7 and U8 from 2pm to 3pm and U9 and U10 training follows from 3pm to 4pm at the Nagle Rice Community Centre, Milltown. Reminder please remember to wear shinguards and €2 per player to cover costs.

### MATCH REPORT: By Ger Lynch

### MEK UNITED F.C. VS LISTOWEL CELTIC

U/13: Saturday 14th January 2017

The 5th league match of our season took us to the home of Listowel Celtic. Kickoff was at 12:00 on a cold and overcast winter day. This game promised so much after the excitement



and drama in our previous encounter in Fossa and by God did it deliver.

Listowel Celtic got off to a flyer, an own goal conceded by a deflection of the unfortunate Charlie from a well taken corner putting Listowel 1:0 up. Did this affect our centre back? Yes it did, within minutes of the restart he galloped forward meeting a sweet pass from Leo and dispatched a rocket to the back of the Listowel net. Back to square one and level after 10 mins. After a spell of possession football by both sides, a clever ball over the top by Mark put Eddie away and bearing down on goal like a steam train. A calm side foot finish left the ball nestling in the Listowel net, back in front 2:1. The game swayed back and forth until Listowel carved out an identical opportunity as ours with a though ball to their centre forward. With only Conor to beat our goalkeeper was off his line in a flash and produced two outstanding saves but the final rebound ended up in our net. 2:2 now and no stop to the action. With just 5 mins before halftime Eddie again expertly got onto a hopeful through ball, this time waiting for the keeper to commit before dispatching the ball low and hard to put MEK United 3:2 up at half time. The second half saw both teams attack and counter attack with some great defending by both sets of defenders. Then midway through the second half, Listowel got a break and found the back of our net from just inside our box. We were now in the last 15 mins of the game and both benches had been emptied. Each player from both teams through caution to the wind at this stage to find a winner, knowing that the next goal would probably win or lose the game. The tension and drama that unfolded for the closing stages of the match was fantastic. Parents, bystanders and coaches were now frantically jumping along the touch lines kicking every ball with the kids and shouting out encouragement and instructions as if was the FA cup final.

## KILLARNEY ATHLETIC NOTES

### RESULTS: PREMIER A

### KILLARNEY ATHLETIC 2-2 LISTOWEL CELTIC

Greyhound Bar cup 1st round

### KILLARNEY ATHLETIC B 3-2 AC ATHLETIC

Athletic travelled to play Ac last Saturday night in the Greyhound Cup with the winners progressing to the last 16. Ac currently fighting for promotion to Premier A while the B team are languishing mid table 2 divisions further down. Athletic had a strong squad and started brightly when Adam O'Shea scored for his second in two games. A deflected shot off Kieran Costello's bum gave Athletic a 2-0 lead before Ac got one back. Mark Griffen chipping the keeper to give the Blues a half time lead of 3-1. In the second half, Ac threw the kitchen sink at athletic and scored with 10 to go to set up a tense finish. A last ditch block by Alan Daly in the final minute ensuring athletic progressed. Best for Athletic were the old stalwarts Aaron Quill who is having a fantastic season and our two engines in midfield Martin Crowley and Mark Griffen. Great momentum shown in the last few games by the squad and long may it

continue.

### U13 LEAGUE: PARK B 1 KILLARNEY

**ATHLETIC A 4.** A good start from Athletic was reawarde by a goal when Darren Ryan chipped the keeper after 20 minutes 10 minutes later Sean Dineen headed home after great play from Athletic 0-2 at half time again Athletic were stronger in the second half and when Sean Dineen scored a brilliant goal following great play from Rocco Rujeecan then 2 minutes later Rocco Rujeecan scored himself to finish of a fine debut for Athletic late on Athletic conceded and silly penalty that was beatfully converted bye the park. Sean Dineen gave a man of the match performance best for Athletic Matthew Horgan Cian Lynch and Darren Ryan

### FIXTURES:

Saturday 21st January 2017

JK Sports U12 Div.1

Fenit Samphires v Killarney Athletic A 12-30pm

JK Sports U12 Div.2

Killarney Athletic B v Killorglin B 10-30am

Foundation Sports U14 Div.1

Tralee Dynamos v Killarney Athletic 12-30pm

Trophy World U16 Div.1

Ballyheigue v Killarney Athletic 12-30pm

Trophy World U16 Girls Premier

Killarney Athletic v Mastergeeha 2pm

### ANNUAL STREET COLLECTION

Our annual street collection will be taking place on Saturday 21st January. Please contact Aaron Quill 087 9403514 or Sean (Blackthorn) O'Donoghue 087 6621066 if you can cover an hour over the day. Please support.

## KILLARNEY CELTIC NOTES

### CONDOLENCES

It may have been a good week for the club on the playing fields, but off it we had terrible news when it emerged that Terence Moriarty, a hugely popular Killarney Celtic and community figure, sadly passed away. Terence encouraged and coached many young players at Killarney Celtic, including but not only his own sons, and Killarney Celtic were proud to form a Guard of Honour at his funeral. May he rest in peace and love forever.

The club passes on its sincere sympathies to Paudie and Mike Griffin and the extended Griffin family of Killeen on the death of Paudies sister Olivia.

### JUVENILE NATIONAL CUP DRAWS

Killarney Celtic U15s have been drawn at home to Ferrybank of Waterford and our U12s have been drawn at home to Carndonough of Donegal. Both of these games will take place at the end of January in Celtic Park.

### RESULTS

### FAI JUNIOR CUP: KILLARNEY CELTIC REACH LAST 16!

Killarney Celtic 3 Newmarket Celtic 2

A huge and cheerful Killarney Celtic contingent made their way tio McDonagh Park in Clare to take on the home side in a real winner-takes-all rollercoaster. Newmarket opened the scoring through a Paddy Purcell header, but kept playing with focus and discipline. Brendan Falvey and Cathal O'Shea cut open Newmarket's defence and Wayne Sparling,

who was superb all through, was never going to refuse an invitation like that! He neatly lifted it over the hapless keeper for a great goal. 1-1. Wayne struck again in the 39th minute and Celtic took a lead into the second half. Make no mistake, though, Newmarket are a very good side and they came back with a penalty. 2 all, and definitely everything to play for. Killarney Celtic had the legs though and were dominating late in the game, with Conor Randall sending a great cross. Chris O'Leary was the calmest man in McDonagh Park as he powered it into the net and Celtic in the lead.

As if to emphasis their superiority at this stage, a late Killarney Celtic penalty struck the butt of the post in the final minute.

Superb game; superb moment in our club's history.

### U17 LEAGUE: KILLARNEY CELTIC 3 TRALEE DYNAMOS 0

The U17s played their best game of the season against Dynamos. Celtic went into the break leading 2-0 thanks to Jordan Leahy and Lee Downing and Dara Fleming added a third in the second half. A great all-round display.

U16 Premier: Killarney Celtic 0 Park 2

Irish international Sean McGrath scored for Jordan Barry added another to give Park victory, but Celtic can be proud of the battle they put up.

### U15 SFAI REGIONAL FINAL: NENAGH 0 KILLARNEY CELTIC 3

Killarney Celtic were in action in the new Skechers Regionals and in the 15's they progressed to the semi-finals where they are at home to Limerick FC.

Celtic were 3-0 winners away to Nenagh to reach the Regional last 4, and are of course also in the Last 32 of the National Cup. In Nenagh the damage was done in the first half when Jack O'Connor scored twice for Celtic and Jason Kerins once to see the Hoops lead 3-0 at the break. Killarney Celtic controlled the game to book a home tie in the semi-finals.

### U15 DIV TWO: PARK C 2 KILLARNEY CELTIC B 8

Celtic defeated Park C thanks to goals from Harry Buckley, Cian Doe, Adam Keane, Tom Doyle, Roy Hurley, Casper Prusak, Owen Walsh and Tyrese Coffey.

### U13 DIV ONE: KILLARNEY CELTIC 7 CASTLEISLAND 0

Another great football display. Calum O'Donoghue settled the nerves of a depleted Celtic with an early goal. Senan O'Leary was on the end of a great team move for the second. John Kelliher scored from a well-worked corner and Cian McAuliffe hit a superb shot for the fourth. William Harty skillfully tucked away on the break as Castleisland tried to push forward. John Kelliher scored from a direct free kick and Pedro Alonso scored on his debut. A great industrious display all round, with Calum O'Grady outstanding and Timothy Moynihan, Robert Brooks, and Jack O'Neill in top form.

2

### FIXTURES

Munster Junior Cup (last 32): Killarney Celtic at home to Ringmahon Rangers, Sunday, 2.00pm





## USEFUL HINTS

\*To protect the spines of books never place books open, face-down, on a flat surface.

\*While waiting for a train, look for the scuffed areas of the white or yellow line on the edge of the platform. This is where the doors are most likely to open.

\*To use less butter on toast eat the toast butter side down. Also works with sugar and other spreads.

\*If a pen leaks in your pocket, soak the garment in milk to remove the stain.

\*Keep a sealed plastic bucket of unclumping cat litter in the boot and sprinkle it around tires that get stuck in snow and ice for excellent traction.

\*Put old paper towel rolls on wire hangers to hang your good slacks. It will prevent creasing.

\*Put rice grains in saltshakers to absorb water and keep the salt from getting stuck in the holes.

\*On your fridge, post a noticeable piece of paper with the names and phone numbers of your emergency contact numbers and instructions/directions to your hospital of choice.

## 3 INSPIRING THINGS PRESIDENT OBAMA RECENTLY DID TO PROTECT ANIMALS AND THE ENVIRONMENT BEFORE HE LEAVES OFFICE

Most presidents take the closing months of their second term to reflect upon their legacy, kick up their feet, and start working on their memoirs but US President Obama was working tirelessly to shore up the health care system, secure nuclear deals with Iran, and making impressively sweeping moves to protect the nation's most precious national resource, the environment.

\*On December 20th, 2016, Mr. Obama banned oil drilling in federal waters along from Virginia to Maine and along the majority of Alaska's coastline. Including federal waters in the Arctic's

Chukchi Sea and most of its Beaufort Sea. This measure has also protected 21 underwater canyons in the Atlantic Ocean from drilling and will run from 2017 through 2022. Canada has also agreed to cease drilling and the moratorium will be reviewed every five years. The sweeping band will protect 3.8 million acres of water and its inhabitants.

\*On December 30th, 2016 Mr. Obama officially made the Bear Ears of Two Buttes in southern Utah the nation's newest national monument. With a single penstroke, he protected 2,000 miles of Utah's unique desert ecosystem.

\*On January 6th, 2017, Mr. Obama rose the defence the nation's oceans yet again and denied six permits requesting permission to fire seismic cannons into the Atlantic in search of oil. These various requests extended from Delaware to Florida and his rejection of these permits has effectively put a ban on oil prospecting along the entirety of the eastern seaboard.

Not only would permitting the testing pose a threat to the ecosystem in terms of oil spills, but it also would subject countless marine animals to the disorienting sound caused by blasts. According to Oceana, "Airgun blasts harm whales, dolphins, sea turtles and fish. The types of impacts marine mammals may endure include temporary and permanent hearing loss, abandonment of habitat, disruption of mating and feeding, beach strandings and even death." The ocean's animals are protected from this for a bit longer thanks to President Obama.

## THIS APP RAISED OVER \$1 MILLION DOING ALMOST NOTHING

Well to be honest the Yo App for Smartphones released in 2014 does something. In fact, it does exactly one thing. The Yo app, true to its name, allows users to tell their friends "yo." Nothing more, nothing less. And shortly after its release it made its creators \$1.2 million in investments and over a million downloads.

Considering it took creator Moshe Hogeg a mere eight hours to create, even he admits that he finds the app's success a little crazy.

## QUOTE

"If a free society cannot help the many who are poor, it cannot save the few who are rich" John F. Kennedy [Inaugural Address, January 20 1961].

## ON THIS DATE – JANUARY 20TH

1831 - Protocols were signed in London that recognised Belgium as an independent nation. Belgium became a nation and combined French and Flemish-speaking lands. The Rothschild banking empire financed the founding of Belgium.

1887 - The British ship Kapunda, laden with immigrants many of whom were Scottish and Irish peasants hoping to make a better life for themselves in the relatively new land sent for by family or friends already in Western Australia. Around thirty passengers were travelling under the auspices of the West Australian Land Company, which had been formed to construct

a 320 kilometre long railway from Beverley to Albany. The Kapunda collided with the Ada Melmore an ore carrier from Belfast and sank within five minutes off the Brazilian coast. Of the 314 aboard the Kapunda only 16 survived, whilst several passengers from the Ada Melmore also perished. Total loss of life was 304 people.

1899 - Advance group of about 2,000 Russian Doukhobors landed in Halifax from Russia en route to the west of Canada; 5,400 followed shortly after; those first members of the mystical Christian sect (the name means spirit wrestlers,) were sponsored by Count Leo Tolstoy, the novelist and author of War and Peace.

1902 - Kevin Barry, medical student and nationalist revolutionary, born in Dublin.

1942 - Reinhard Heydrich outlined extermination of Europe's Jewish population at the Wansee Conference, Berlin.

1955 - The Guinness brewing family sold the Lions Gate Bridge to and from Stanley Park and North Vancouver to the province of British Columbia for \$5,959,060 - exactly the same amount as it had cost them to build it. Construction began on March 31, 1937; opened for two way traffic November 14, 1938 after one and a half years construction. In 1963, the 25¢ per car toll was dropped.

1957 - Captain Harold Ruegg, Administrator for the Ross Dependency, opened Scott Base, New Zealand's permanent Antarctic research station, during a ceremony on Ross Island.

1961 - John F. Kennedy inaugurated as president of the United States of America, becoming the first Irish Catholic to be elected to that office

1989 - Imperial Oil acquired Texaco Canada for nearly \$5 billion.

1994 - Death of Scottish Born Sir Matt Busby, the football player and manager best remembered for his management of Manchester United.

## MOTHER ON THE VERGE OF TEARS. THEN A PARKING LOT 'GRANDMA' CHANGED EVERYTHING

A woman on the verge of a mental break down had her life turned around with a simple act of kindness from a stranger – This is her story:

"On New Year's Eve I found myself in the Essexville Meijer parking lot on the verge of tears after the milk I just placed in my car fell out and splattered all over the ground. Prior to this I managed to pick up a few needed items and some snacks for our low key New Year's party of four with two very tired boys, made it through the store barely escaping a meltdown from the youngest. Now the milk I needed was splattered on the ground.

Anyways, little did I know a car parked across the bay from us was watching me. I placed the trolley into the cart return next to that car. A woman got out and said 'I'm so sorry you spilled your milk. I'm a grandma I know how that is. Please let me go in and get you another one.' I said no that's ok. I couldn't possibly make this "grandma" do that for me. She insisted. I finally agreed because I knew the boys needed their milk tonight. She told me to wait and she would be right back.

I waited and she came back. I offered to pay her. She wouldn't accept it. I begged her to take some



money. She wouldn't. She said happy New Year, I thanked her, gave her a hug and got into the car. Not only did she get my gallon of milk but she got me an additional gallon and a meijer gift card! She has no idea what her act of kindness did for me. I was feeling exhausted and defeated for the most part that week and this strangers random act of kindness made me cry like a baby. Thank you to the parking lot grandma. In 2017 I hope we can all be a little more like her. Less hate, more love is my hope for 2017."

## SMARTPHONES ARE HELPING THE BLIND BE MORE INDEPENDENT

The brainchild of 52-year-old Hans Jørgen Wiberg, who suffers from retinitis pigmentosa, a degenerative eye disease, who realised smartphones were equipped with all the technology needed to give instant help to blind people or those with visual impairments, the 'Be My Eyes' is a Danish-developed smartphone app that connects via a live-streaming camera to thousands of so-called 'helpers'.

Anne Hansen for example became completely blind about 10 years ago but it hasn't stopped the 50-year-old from living a full life, including working from her home in Copenhagen as a self-employed psychotherapist. Ms. Hansen says she often uses the app in the kitchen, to correctly set her oven's temperature or telling certain canned goods apart. "It is a way to become more independent. When I'm cooking for example, if I've invited guests I want it to look right as well. So I just call someone to say, 'How does this look?' she said.

It works when someone with a visual impairment connects to sighted helpers. They can then help look at the expiration date on milk or navigate new surroundings, for example.

So far developers say they have been overwhelmed by willing helpers. Almost 400,000 people have downloaded the app in the hope of "lending" their sight. For every blind person, the app now boasts around 12 or 13 volunteers willing to help.

The 'Be My Eyes' smartphone app is free to download and currently only available on the iPhone iOS operating system but developers say they hope to release an Android version in the near future.

## THE US ARMY BELIEVES THAT WITH BIODEGRADABLE BULLETS, SOLDIERS CAN HELP THE PLANET WHILE THEY SHOOT

In an irony to end all ironies, the U.S. Army apparently wants to shoot life-giving bullets that grow into environmentally-friendly plants and the Department of Defence is currently in the market for "biodegradable composites with embedded seeds for training ammunition.

The U.S. army manufactures and consumes "hundreds of thousands of training rounds" that are fired into the air without any clear plan for ensuing discovery and elimination of

the materials left over. As a result, projectiles, cartridge cases, and sabot petals end up embedded in the ground, sometimes several feet under and these leftover materials "might have the potential to corrode and pollute the soil and nearby water," and cause undue confusion to civilians that encounter them according to their statement.

The Environmental Protection Agency notes that fatalities and injuries have been incurred from accidental exposure to leftover military munitions, as well as chemical exposures associated with health effects.

Given these potentially harmful consequences, which have been apparently overlooked thus far, the proposition of naturally eroding army training waste products makes sense. But the added component of germinating plants (that grow from seeds created in the U.S. Army Corps of Engineers' Cold Regions Research and Engineering Laboratory) seems a little excessive.

## CHENNAI-BASED DESIGNER IS TRYING TO SIMPLIFY THE LIVES OF THE DISABLED WITH ADAPTIVE CLOTHING

In an innovative concept-driven fundraising event, working professionals and students with disabilities presented designer adaptive clothing at a fashion show held on January 8th in Chennai, the capital of the Indian state of Tamil Nadu. These showstoppers graced the ramp with their presence to spread awareness about the need for such clothes.

For Shalini Vikasan, the designer behind this concept, it all started two years ago. Fresh out of National Institute of Fashion Technology (NIFT), her creative mind was looking for a new project and she noticed that her husband, who is wheelchair-bound, faced a lot of difficulty while getting dressed. Being a trained fashion designer, she decided to design clothes for him that would be comfortable as well as convenient. After designing shirts with magnetic buttons and pants with Velcro for her husband, Shalini designed a one-piece sari for her aunt who is also wheelchair-bound. Her aunt could only wear maxis and being a religious woman, it troubled her that she couldn't go to a temple in that outfit. Realising her problem, Shalini designed a one-piece sari with pleats and blouse that can be worn as a housecoat.

After seeing how happy and comfortable her husband and aunt were with the clothes, Shalini is now planning to launch her own brand of adaptive clothing. Taking the first step towards that, she showcased her collection at Trios Fashion Show 2017 which was a fundraiser event for the organisation Courtesy Foundation that works for HIV positive children.

When she decided to present the collection at the show, Shalini contacted an organisation named Vidya Sagar, which runs a school for children with disabilities. Through the organisation she found her models, a mix of working professionals and students. Before designing the clothes, Shalini talked to each of her models to understand their difficulties and tried to incorporate features to ease those problems and presented ten new designs, five for males and five for females at the

show. The collection was primarily Indo-Western party wear but she says she is planning to launch casual wear soon as designer wear in adaptive clothing is very rare.

## POSTMAN BUILDS RAMP FOR ELDERLY DOG STRUGGLING WITH STAIRS

Every morning for the last few years, Tashi the black lab has made sure to go outside and greet his local postman Jeff Kramer with a wagging tail. Mr. Kramer, who is an unabashed dog person, always stops to pet his canine pal in return.

Now that Tashi is 14-years-old, however, his joints have gotten increasingly stiff. In order to go up and down their front porch steps, the dogs owners had to pick him up and carry him by hand.

Since Mr. Kramer used to have an elderly dog of his own named Odie, he had once made a wooden ramp for him to access the porch. Odie may have passed away a few years ago, but the postman still had all of the lumber leftover from the ramp in his backyard.

On a recent day off, Mr. Kramer popped over to Tashi's household and built a new ramp for the lab.

"We were literally carrying him up and down the stairs. And he weighs about 70 pounds," Tashi's owner, Karen Dimetrosky said. "It's incredible. I can't imagine not having the ramp now. It's the only way he gets in and out."

## LONDON SUBWAY NOW CATERING TO THOSE WITH HIDDEN AILMENTS

After a successful trial run in autumn, transport authorities in London are going to offer special subway badges to people with invisible disabilities starting in spring 2017.

The badges, reading "Please offer me a seat", were tested by 1,200 different people who were told that they were not obligated to describe what their illness was to fellow passengers. Participants reported that 72% of journeys felt easier as a result of the badge and on 86% of journeys, participants reported feeling more confident when asking for a seat on public transport. 98% of the users said they would absolutely recommend the badge to somebody who would benefit from it.

Until the badges are successfully released, disabled passengers can use the Transport For London's Travel Support Card to request special seating from fellow riders or subway personnel.



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with John O'Sullivan

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**To choose the right hedge for your garden here are a few pointers to think about**

1. The type of soil you have.
2. How exposed the garden is, i.e. what direction is it facing.
3. The eventual height and width the hedge will be.
4. Does it need to be evergreen.

When you have chosen the type of hedge that you want it is time to prepare the soil. Start preparing the soil by digging thoroughly and forking in some well rotted farmyard manure. Hedges can be planted all year around, but the ideal time is between November and March as all hedging plants will be dormant at this time. What that means is when you go to buy your hedging plants they are lifted straight from the ground and are called bare-rooted hedging. This enables you to replant straight back into the ground when you get them home. Just make sure when planting that the roots are spread out well as this will encourage them to root quickly when the growing season starts. If you have missed the bare rooted season at the end of March you can plant container grown hedging all year around. Next week I will focus on trees.

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### On the Box

#### FAIR CITY – THE BRENNANS ARE AT WAR

Scams, schemes and secrets are all exposed in an explosive week of dramatic episodes in Fair City as Niamh Brennan's plan to fleece her husband Paul Brennan comes to fruition. As Dermot Fahey and Jane Black prepare to go on the run, Oisín Brennan snatches Ben Fahey. With tension building and the stakes so high, will Niamh get away with her devious act or will she be rumbled?

#### SUNDAY

Dermot is running out of time, can he change Ben's mind about leaving? Meanwhile, Oisín uses Wayne in his plan to provoke Callum. Elsewhere, Paul is oblivious.

#### TUESDAY

Paul receives a shock regarding his accounts. Dermot must face up to life on the run. Tommy wants Debbie to move to Kilkenny with him.

#### WEDNESDAY

Paul launches an attack on Dermot. Jane double-crosses Niamh. Trouble is looming for Tommy and Debbie.

#### THURSDAY

Violence erupts at the Brennan's as the escape plan hits a road block. Oisín uses Ben against Dermot. A heart-breaking farewell awaits Jane.



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## A WORD OF VICTORY

Welcome back dear reader to walk by faith and not by sight is a concept that's difficult for most of us. Yet many people will tell that it was their faith that carried them through some trial or trauma and brought them out the other side. It's amazing we can go through life thinking we have it all together and don't need God, but in the twinkling of an eye everything can change. Desperation can suddenly make us very interested in faith and God! Our spirit deep inside us knows we need the Lord but our flesh keeps us occupied with busyness and runs away from Him. But the Lord is so merciful and patient with us, and He has everything we need. Jesus came upon a woman at a well in Samaria one day and asked her for a drink of water. Now she was surprised He even spoke to her as she noted that He was a Jew, and relations between Jews and Samaritans were not good at the time. However, she gave Him the water and a conversation began between them during which He revealed to her that He was the promised Messiah, gave her a word of knowledge about her past and amazed her with His frankness and compassion. The result of the encounter was that He ministered healing to her and then used her to bring good news and the message of Salvation to all the people in her town. "But You O Lord are a shield for me.. the lifter of my head" (Psalm 3:3). Friend, circumstances may be screaming negativity at you right now, and maybe your past is more coloured than a rainbow, but don't let that stop you from reaching out to the Lord. Refreshment is waiting for you in His Word. Take hold of His promises and just believe (Mark 5:36; Mark 11:22-25). It is impossible for God to lie. Take a step of faith and call on Jesus now for yourself – you don't need any intermediaries (Romans 10:9-13). He wants a personal real relationship with you! You are His special treasure and He knows what makes you tick and He loves you passionately (Psalm 139). The ball is in your court. More next week....

**Contact: 064 - 66 22950 E: [wovkillarney@gmail.com](mailto:wovkillarney@gmail.com)**



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## John Brassil TD

**Killarney Constituency Office**  
**Open Hours:**  
**Thurs 26th & Fri 27th January from 9.30am - 5.30pm**  
**Address:**  
**The Fairhill Business Centre, The Courtyard, Fairhill, Killarney.**  
*(Just behind the Royal Hotel)*  
**John will hold a Clinic in the Killarney Office every Friday from 3pm - 5pm**  
**Working with Cllr John Joe Culloty 087-1308000 [cillrjcculloty@eircom.net](mailto:cillrjcculloty@eircom.net)**  
**and Cllr. Niall Kelleher 087-6694101 [office@niallkelleher.ie](mailto:office@niallkelleher.ie)**

*For advice and representation please feel free to call into the office or clinics*  
**Office: 064 66 94199/083 8541447**  
**Email: [John.brassil@oireachtas.ie](mailto:John.brassil@oireachtas.ie) John mobile: 087 2362330**



## Michael Healy-Rae TD

**Will Attend Scotts Hotel, Killarney every Saturday at 3.00pm**

**Castleisland Clinic: River Island Hotel**  
Last Friday of every month at 9.30pm

**Killorglin Clinic: Jim Shea's Vintage Bar**  
2nd Monday of every month at 7.00pm

**Kenmare Clinic: Atlantic Bar**  
Every Saturday Night at 10.00pm

**Kilgarvan Clinic: Healy-Rae's Shop 9pm-10pm every Sunday**  
**Healy-Rae's Bar 10pm-11pm every Sunday**

*Other Clinics held throughout the Constituency on a regular basis and advertised locally*

**Contact Numbers:**  
**01 618 3363/064 66 85782 E: [Michael.Healy-Rae@oireachtas.ie](mailto:Michael.Healy-Rae@oireachtas.ie)**

## HERE ARE SOME OPERATION TRANSFORMATION RECIPES FOR YOU TO TRY....

### BREAKFAST

#### Berry and Chia Smoothie

Serves 1 -  
(Each serving contains approx 199 kcal)  
**The Ingredients**  
90g almond milk.  
1 mandarin (fresh or tinned in own juice) (70g)  
60g 3% fat natural greek yogurt.  
2 teaspoons chia seeds.  
1 cup frozen berries (boiled before use) (125g).  
½ cup spinach (10g).  
2 small carrot (80g).

#### The Method

Blend all ingredients until smooth.



### LUNCH

#### Carrot and Coriander Soup

Serves 1 -  
(Each serving contains approx 180 kcal)  
**The Ingredients**  
1 onion  
10g butter  
1 small potato, peeled and chopped  
3 carrots, peeled and chopped  
1 tablespoon coriander, chopped  
600ml low sodium vegetable stock  
(1 stock cube).

#### The Method

Place the butter in a pot on medium heat.  
Add in the onion and saute until soft.  
Add the potato and carrots and toss until well coated.  
Pour in the stock and bring to the boil. Lower the heat and simmer for 20 minutes until the vegetables are tender.  
Add the coriander and serve hot.



### DINNER

#### Chilli Lime Cod

Serves 2 - (Each serving contains approx 420 kcal). **The Ingredients**  
300g Cod (2 x 150g fillets)  
1 red pepper, deseeded and chopped  
1 yellow pepper, deseeded and chopped  
1 red chilli, deseeded and finely chopped  
1 clove garlic, crushed  
1 lime, juiced  
100g wholewheat noodles

#### Food staples

1 tablespoon fish sauce  
4 teaspoon olive oil

#### The Method

Add the wholewheat noodles to a pan of boiling water and simmer for approximately 5 minutes until soft. To make the marinade, combine the lime juice, chilli, garlic, fish sauce and 2 teaspoons olive oil in a bowl and mix. Add the cod fillets to the bowl and coat with the marinade. Place cod in a pan and cook on medium heat for approximately 2-4 minutes per side until cooked through. Place 2 teaspoons olive oil in another pan or wok. Add the chopped peppers and stir fry until tender. Serve the cod fillets alongside the wholewheat noodles and peppers.







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Interested Candidates should forward copies of their C.V. and  
letter of application to  
**Sister Helena, St Joseph's Convent, Killorglin, Co. Kerry.**  
Email: [margaret.lyne@talk21.com](mailto:margaret.lyne@talk21.com)



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## NOVENA TO THE SACRED HEART

You have said O'Divine Jesus ask and you shall receive, seek and you shall find, knock and the door shall be opened to you. Relying on these promises I come with confidence during the novena to beg of you the favours that I need (make request). From whom shall I ask, Lord Jesus, if not from you whose heart is an unfailing source of graces and merits. Most loving heart of my God I believe in your power, I believe in your knowledge, I believe in your personal love for me and therefore O Sacred Heart of Jesus I place all my trust in you. Our Father, Hail Mary and Glory. Say 3 times for 3 days and request will be granted. Never know to fail. Must publish. **S.P.**

## 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 own broken 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. **M.M.**

## THE MIRACLE PRAYER

Dear Heart of Jesus in the past I have asked many favours. This time I ask you this special one, (mention favour). Take it dear heart of Jesus and place it within your own broken heart where your Father sees it. Then in his merciful eyes it will become your favour not mine. Amen. Say this prayer for three days and your favour will be granted. Never known to fail. Must promise publication of prayer. **JKOC**

## UNFAILING PRAYER TO ST. ANTHONY

O Holy St. Anthony, gentlest of Saints, your love for God and Charity for His creatures made you worthy, when on earth, to possess miraculous powers. Miracles that waited on your word, which you were ready to speak for those in trouble or anxiety. Encouraged by this thought, I implore of you to obtain for me (request) the favour that I seek. O gentle and loving St. Anthony, whose heart was ever full of human sympathy, whisper my petition into the ears of the Sweet Infant Jesus, who loved to be held in your arms, and the gratitude of my heart will ever be yours. Amen. St. Anthony pray for us x 3.

## 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**

## 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.

## 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. **X**

## 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. (Make request). 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 show me herein you are my mother. Oh Mary conceived without sin, pray for us who have recourse to thee (3). Say this prayer for 3 consecutive days and then publish it and request will be granted to you. This prayer must be published in thanks giving for favours received. And thanks to the universe.

## 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 own broken 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. **X**



## ACKNOWLEDGEMENT & FIRST ANNIVERSARY



*In Loving Memory of*

### SHEILA KELLIHER

**Killarney, Co. Kerry  
who died on 31st January 2016.**

In loving memory of Sheila (Mac) Kelliher, Clash, Killarney, Co. Kerry, who died on the 31st of January 2016.

Tomas, Stephen and Ryan wish to thank most sincerely all who sympathised with them on their sad and heart-breaking loss. Our thanks to all those who attended the wake in our home, the removal, funeral Mass and burial. To all those who telephoned, sent Mass cards, perpetual enrolments and letters, our sincere thanks.

To those who travelled long distances, we thank you for making the trip. To our wonderful family, neighbours and friends, we thank you for your exceptional support during and after Sheila's passing.

Thanks to Dr. Eleanor Johnson for her care and attention during Sheila's illness. We also wish to extend our deepest thanks to Dr. Patricia Sheahan and all the nurses who cared for Sheila in the Oncology Department of University Hospital Kerry. To the nurses of the Palliative Care Team and Public health nurses, we thank you.

We also wish to thank O'Sheas undertakers for their support, sensitivity and professionalism in such a difficult time.

Our gratitude to the priests, Fr. Kieran and Fr. Paddy for officiating at Sheila's requiem Mass. Our thanks to Killarney Celtic, Killarney Musical Society, Lissivigeen National School and St. Brendans College who formed guards of honor.

Our thanks to the Aghadoe Heights Hotel, Scotts Hotel and Dromhall Hotel for their wonderful hospitality during this sad time. To Sheila's family, neighbours, customers, work colleagues and friends who visited and assisted her, we are forever indebted to them.

As it would be impossible to thank everyone individually, please accept this acknowledgement as a token of our gratitude. The Holy Sacrifice of the Mass will be offered for your intentions.



## 3RD ANNIVERSARY



*In Loving Memory of our Uncle*

### MICHAEL (MIKIE) O'DONOGHUE

**Late of Derryreague,  
Clonkeen, Killarney.**

Who died on 23rd January 2014.

#### Uncle

We want to tell you something Uncle,  
So there can be no doubt,  
You're so wonderful to think of,  
But so hard to do without.

**Sadly missed and always  
remembered by Donal, Eileen,  
Padraig, Rosemarie &  
Families.**

## 3RD 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.**

## ACKNOWLEDGEMENT FIRST ANNIVERSARY



*In Loving Memory of*

### MARY CROWLEY

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

The family of the late Mary Crowley would like to thank all those who sympathised and supported us in our recent loss. Please accept this as a token of our gratitude. The Holy sacrifice of the Mass will be offered for your intentions.

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.**

## NOVENA TO ST. ANTHONY

O Wonderful St. Anthony, glorious on account of the fame of your miracles, and through the condescension of Jesus in coming in the form of a little child to rest in your arms, obtain for me of His bounty the grace which I ardently desire from the depths of my heart. (State your intention). You, who were so compassionate toward miserable sinners, regard not the unworthiness of those who pray to you, but the glory of God that it may once again be magnified by granting of the particular request (State your intention) which I now ask with persevering earnestness.

Amen Pray one Our Father, one Hail Mary and Glory Be to the Father, in honour of Saint Anthony Saint Anthony pray for us.

## GRATEFUL THANKS

O Mother of Perpetual Help,  
Sacred Heart, Michael Archangel,  
Gabriel, St. Anthony, St. Joseph,  
St. Theresa, St. Jude, Infant of Prague,  
St. Padre Pio, St. Martin, Our Lady of  
Mount Carmel, St. Colette.  
Thank you for favours received.

GMC

## FIRST ANNIVERSARY AND ACKNOWLEDGEMENT



*In loving memory of*

### JOAN O'SULLIVAN DARCY

**2, St. Anthony Place, College Street,  
Killarney who died on 24th January  
2016**

On this, Joan's 1st Anniversary, the O'Sullivan Darcy families wish to thank all those who sympathised with us, who sent letters and cards, who attended her removal, Requiem Mass and burial.

A special word of thanks to the emergency services and to the staff of University Hospital Kerry for their care and kindness to her in her final days. Also thanks to Dr. Laura Malone and the staff of O'Donoghue's Pharmacy and to her neighbours and friends for their support.

Thanks to Fr. Kieran O'Brien for celebrating her Requiem Mass and for his kind and consoling words. Thanks to O'Shea Funeral Directors for their help and professionalism.

Please accept this acknowledgement as an expression of our appreciation. The Holy Sacrifice of the Mass will be offered for all your intentions.



Joan's Anniversary Mass will be celebrated in St. Mary's Cathedral on Tuesday evening next, January 24th at 6:15 p.m.

Loved and remembered by her brothers, sisters-in-law and their families.





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