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Happy New Year to all our readers, advertisers and contributors. Mother Nature was at her kindest over the Christmas with everyone getting the chance to get out and about and enjoy everything that Killarney has to offer. Killarney National Park car parks were packed to capacity every day as families both from home and those visiting took to the leafy paths to enjoy the fantastic scenery and glorious weather. The town looked magnificent over the Christmas and huge praise must go to those who worked tirelessly behind the scenes to ensure that Christmas in Killarney 2016 was the most magical yet. As we ease gently into 2017 a lot of emphasis is being placed on the health of the nation and with that in mind, why not get yourself out to Muckross Traditional Farms, tomorrow Saturday January 7th to take part in Operation Transformation Walk. You can follow the progress of the leaders during the week on RTE1 and from next week Killarney Outlook will include some of the recipes that will help you in your quest for good health.

*Aisling Crosbie,
Editor.*

LET'S GET KILLARNEY WALKING

NATIONAL OPERATION TRANSFORMATION WALK DAY

And they're off... The annual Operation Transformation National Walk Day takes place on Saturday, January 7th with Killarney having being announced as a venue again this year.

Walkers are asked to be at Muckross Traditional Farms tomorrow Saturday for a 9.30am. start.

This is the seventh year of this national event where thousands of people throughout the country, including in Kerry, put on their walking shoes and take to the pathways of Ireland.

Kerry walkers will certainly be doing their part building on what has been regarded over the years as a fantastic day out. As Operation Transformation has linked with Sports Ireland (formally known as Irish Sports Council), the Kerry Recreation and Sports Partnership is responsible for organising and co-ordinating the walks in Kerry.

"This year, we are very fortunate to be in a position to expand the number of walks countywide to three locations - Listowel, Killarney and Tralee," KRSP Co-Ordinator C  ra Carrigg told the Killarney Outlook.

"The increased number of walks is made possible by building on the wonderful work and existing efforts of the fabulous volunteers at the local park-runs in Killarney and Tralee. For Listowel we are engaging with the Community Centre to co-ordinate the walk there.



WARMING UP FOR THE 2015 OPERATION TRANSFORMATION WALK AT MISSION ROAD, KILLARNEY. PICTURE MARIE CARROLL-O'SULLIVAN.

"Registration is essential for all events," said C  ra. "So if you are not already registered with park-run, you can register for free at www.parkrun.ie/register for the Killarney and Tralee walks. And don't forget to bring your bar codes. For anyone participating in Listowel we ask that you pre-register for free at www.ot-listowel.eventbrite.ie."

All three events take place on January 7th at 9.30am to coincide with an RT   radio broadcast. People of all ages, fitness levels and abilities are

invited to come along on the day.

"January is a special time of year, which is infused with magic, loaded with new possibilities and ripe with potential pathways to explore and engage in healthier lifestyle options. It's all about creating a gap in one's schedule to make physical activity happen and be a part of our lives. Saturday's walk provides an excellent opportunity for everyone to get 2017 off to an active start," said C  ra.

PAUL TAKES THE REINS AS THE CHAMBER'S NEW PRESIDENT



PAUL O'NEILL, THE NEW PRESIDENT OF KILLARNEY CHAMBER OF TOURISM & COMMERCE ACCEPTS THE CHAIN OF OFFICE FROM OUTGOING PRESIDENT KATE O'LEARY WHO COMPLETED TWO YEARS AT THE HELM ON NEW YEARS EVE AT THE EAGLE'S NEST MOUNTAIN ONE OF KILLARNEY'S MOST SCENIC LANDMARKS AT THE WEEKEND.

PHOTO: DON MACMONAGLE.



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KILLARNEY ONCE AGAIN CLEANER THAN EUROPEAN NORMS IN IBAL LEAGUE

Killarney is Cleaner than European Norms according to the final litter survey for 2016 by business group Irish Business Against Litter. The town dropped from 6th to 12th position in the ranking of 40 towns and cities.

The An Taisce report for Killarney stated:

"Killarney was once again presented at its best in 2016. What was notable at many of the sites was the overall presentation of the streetscape e.g. High Street / Main Street and New Road – all were in very good order. Park Road Commercial Park was noticeably improved on a previous survey and Plunkett Street was excellent."

70% of the towns and cities surveyed by An Taisce on behalf of IBAL were found to be Clean to European Norms, compared to 85% two years ago. Litter levels rose by 4% over the period. While once again there were no litter blackspots, three urban areas were deemed to be seriously littered – Galvone in Limerick, Farranree in Cork and Dublin's North Inner City.

"The poor showing by our cities generally goes some way to explaining the overall increase in



HIGH STREET GOT SPECIAL MENTION AND CREATED A GOOD IMPRESSION WITH THE JUDGES. PICTURE MARIE CARROLL O'SULLIVAN.

litter levels," says Conor Horgan of IBAL. "Last year all our major cities other than Dublin were clean, this time round the majority are littered." The IBAL report again illustrates how dumping is at the heart of Ireland's litter problem. "The problem is becoming less about cleaning up after kids have dropped sweet papers on the main street," says Horgan. "It's about people deliberately and covertly evading bin charges by illegally disposing of their rubbish on wasteland or derelict sites, which then become magnets for all sorts of litter. Dumping needs to be higher on the political agenda, as it's an issue that really matters to people, and to our economy."

"The good news is that we are nowhere near as littered a nation as we were fifteen years ago, when only two towns were Clean to European Norms. However, we have seen some worrying slippage across both cities and towns. The restructuring of local government and the abolition of town councils may be partly to blame outside of our cities.



MAIN STREET CREATED A GOOD IMPRESSION WITH THE JUDGES. PICTURE MARIE CARROLL O'SULLIVAN.

There was a noticeable increase in the prevalence of sweet wrappers, plastic bottles and cans across all the sites surveyed, with a slight fall off in cigarette butts.

KILLARNEY: 12TH OUT OF 40 TOWNS / CITIES SURVEYED AND IS CLEANER THAN EUROPEAN NORMS.

Killarney was once again presented at its best in 2016. What was notable at many of the sites was the overall presentation of the streetscape e.g. High Street / Main Street and New Road – all were in very good order. Park Road Commercial Park was noticeably improved on a previous survey and Plunkett Street was excellent.

Countess Grove: Grade B. Much of this residential area was generally in good order but there was an area which definitely had a litter presence – plastic bottles, sweet papers and plastic bags.

Dalton Avenue and Marian Terrace: Grade A. Clearly this is a very well respected and cared for residential area. The overall impression was of a very clean and well maintained environment.

High Street and Main Street: Grade A. A busy shopping environment which has scored very well, despite heavy usage. There was a virtual absence of litter throughout and the overall impression created here was a very positive one.

Recycle Facility at High Street Car Park: Grade A. A well presented recycle facility with all aspects of the area surveyed in very good order.

New Road: Grade A. All was in very good order along this road – there was a virtual absence of litter throughout. The overall impression was of a well maintained environment.

Park Road Commercial Park: Grade A. Surveyor remarked that this area was much improved on IBAL Survey 1, 2016.

Plunkett Street: Grade A. This was an excellent site. All aspects of the area surveyed were in very good order and there was an absence of litter throughout.

Aldi / Tesco – Deerpark: Grade A. Taken as one site both Aldi and Tesco have scored very well. Clearly the whole area is very well managed with regard to litter and generally presentation.

Tralee Approach Road: Grade B. There was a definite litter presence along the road on the approach into Killarney – coffee cups, plastic and glass bottles, cans, fast-food wrappers and sweet papers were all present. Some parts of the shrubbery / grass verges were better maintained than others.

Killarney to Cork Connecting Road: Grade B. A moderately littered route. On the road out of Killarney it was noted that there was a very large anti-littering sign which is obscured by the overgrown trees/ bushes. There were other 'anti-littering' notices along the route. Within the Kerry County Council area the road the top litter grade is certainly achievable.



YVONNE QUILL AND KATHLEEN FOLEY FROM KILLARNEY RECEIVING SCROLL FROM CONOR HORGAN OF IBAL.

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NEW INTERCOUNTY FOOTBALL SEASON GETS UNDERWAY WITH MCGRATH CUP

John O'Leary, Kerry GAA PRO

Kerry senior footballers began their 2017 training on Tuesday night of this week in preparation for the 2017 intercounty season which gets underway on Sunday next when Kerry play Tipperary in Round 1 of the McGrath Cup in Tralee's Austin Stack Park at 2pm. While this is a senior fixture, Kerry will be represented on this occasion by a team drawn from the Under 21 panel who are training for the Munster Under 21 championship that commences on March 8th with a home game against Clare. Jack O'Connor and his management team will be in charge on the sideline and the Kerry Under 21 side this year is very much along the same lines as the 2016 side. Indeed eleven of the team that started last year's provincial final against Cork are eligible again in 2017 with the exceptions being Jack Savage, Dara Roche and Eanna Ó Conchúir who are overage and of course Mark O'Connor who is trying his luck in the Australian Rules game. So we look forward to seeing up and coming young prospects such as Shane Ryan, Brian Ó Beaglaoich, Jason Foley, Matthew O'Flaherty, Andrew Barry (who

did not start last year's Under 21 final due to injury) Gavin White, Michéal Burns and Killian Spillane to name but a few and no doubt Kerry senior manager Eamonn Fitzmaurice will be a very interested spectator in the stands as he contemplates life without Marc Ó Sé and perhaps others such as Aidan O'Mahony and Kieran Donaghy who are expected to make a decision on their future in the green and gold jersey in the coming weeks. The second game in the McGrath Cup sees Kerry travel to Mallow on Sunday week to take on Cork.

The Kerry senior panel recommenced training on Tuesday night of this week but one man who will not be part of the panel this year is Padraig O'Connor of Legion who has emigrated to America. Kerry will be without players from Dr Crokes, Kenmare and Glenbeigh-Glenacar until their respective club championship campaigns have finished and the likes of Gavin Crowley (Templenoe), Jack Savage (O'Rahillys), Ronan Shanahan (Austin Stacks), Kevin McCarthy (Kilcummin) and Shane Murphy (Dr Crokes, once his club commitments are ended) will be training with the Eamonn Fitzmaurice's side.

Dr Crokes, as county champions, have the



KERRY MANAGER EAMONN FITZMAURICE.

honour of naming the new Kerry senior football captain for 2017 but they have chosen to delay that announcement until their Club Championship campaign has been completed. Until then, Kerry manager Eamonn Fitzmaurice will appoint an interim captain.

KCC NOTICE OF MOTION



CLLR MICHAEL GLEESON.

"At the December 2016 monthly meeting of Kerry County Council, Councillor Michael Gleeson proposed a Motion:

Calling on Government to ensure that

Educational Colleges at 2nd and 3rd level would give due and appropriate prominence to Trade and Technology education".

Councillor Gleeson said that for too long in Ireland the educational focus had been on academic subjects. He stated that there has been a welcome change of emphasis in recent decades but that there is still a need for greater development of the skills needed in various industries. During recent visits by Kerry Councillors to factories in the county, the members were informed that sourcing people with the required skills is a problem. The manager of one very large factory said that finding suitably trained and talented tradespersons is his main difficulty.

Councillor Gleeson asked that a committee would be formed in Kerry comprising Kerry Education Services, the ITT, 2nd level schools and representatives from the industries within the county. Such a committee would seek to ensure that a curriculum appropriate to the needs of industry in the county would be actively pursued and implemented.

The benefits of this process will undoubtedly be that Kerry will have a rich pool of talented people who will be available to work in the county's dynamic industries.



SHARON CLIFFORD winner of the WOODLANDS, FAHA EQUESTRIAN CHRISTMAS SHOW JUMPING 90CM AND LIAM O'CONNOR WHO PRESENTED SHARON WITH HER TROPHY, L-R: SINEAD KEARNEY, GINA STACK, ISOBEL TROY, AOIFE FOLEY, BARBARA MAHER AND SHARON CLIFFORD. PHOTO JOE HANLEY.



CASEY O'CONNOR WHO WAS THE WINNER OF THE 1METRE WOODLAND FAHA, EQUESTRIAN CENTRE CHRISTMAS SHOW JUMPING DAY AND PRESENTING CASEY WITH HER PRIZE WAS MEP SEAN KELLY ALSO IN PIC EDWARD KELLIHER (SPONSOR) AND CHARLIE COAKLEY (WOODLANDS EQUESTRIAN CENTRE, FAHA, KILLARNEY. PHOTO JOE HANLEY.

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BISHOP BILLY CREAN TO SPEAK TO THE PUBLIC

The Diocese of Kerry has announced that it is delighted to welcome Bishop Billy Crean to give the public talk at the annual Clergy Assembly on Tuesday Jan 10th. The title of his talk is "From what wells do we drink now?" – Reflections on the changing patterns of faith and practice in Ireland today. The venue is the Gleneagle Hotel, Muckross Road, Killarney, beginning at 8pm and concluding by 9.30pm. There is no admission fee and all are welcome. Born on 16th December 1951, Bishop William Crean, Bishop of Cloyne was ordained a priest on 20 June 1976 and ordained Bishop 27 January 2013. William Crean was born in Tralee on 16 December 1951, the son of the late Patrick and Margaret Crean (née O'Donnell). His primary and secondary education was in Tralee and later in Saint Brendan's College, Killarney. As one whose family numbered several vocations to priesthood and the religious life, he too heard the call to the priesthood.

Having completed his BA in Saint Patrick's College, Maynooth, he became a student at the Pontifical Irish College, Rome, while completing his studies at the Pontifical Gregorian University and he went on to obtain his Licentiate in Sacred Theology in 1977. He was ordained to the priesthood on the 20 June 1976 for service in the Diocese of Kerry.

There followed several pastoral appointments in Canon Crean's native diocese. Whether as catechist/chaplain in Killorglin (1977-1980), chaplain in Tarbert Comprehensive School (1983-1986), or Director of Blessed John Paul II Pastoral Centre in Killarney with further duties as Diocesan Advisor to Post-Primary Schools and Director of Adult Religious Education (1987-1996), Canon Crean's apostolate centred strongly on the transmission of the faith in an educational setting. During those years, Canon Crean also found time to study for a Diploma in Religious Education at Mount Oliver Institute of Education in Dundalk (1987) and undertake Sabbatical Studies at Weston School of Theology in Boston (1998-1999). He also became the Founder Director of Radio Kerry (Director 1990-2012), representing Ardferd Christian Media Trust, a joint shareholding by the Catholic Church and the Church of Ireland. He served as well for two years as Chairperson of ARENA (Adult Religious Education National Association). Canon Crean's experience has been enriched by his pastoral assignments. Following curacy duties in Glenbeigh (1980-1983) and Killorglin (1996-1998), he has served as Parish Priest in Castlegregory/Cloghane (1999-2006) and in Cahersiveen from 2006 to the present day. He was on the national



FR BILLY CREAN.

executive of the National Conference of Priests of Ireland for three years in the 1980s. Well rooted in the spiritual heritage of his native Kerry, he is committed to dialogue between faith and modern culture. Bishop William Crean is Chairman of Trócaire, a member of the Council for Catechetics, and a member of the Episcopal Commission for Social Issues and International Affairs.

LETTERS TO THE EDITOR

A Chara,

I have a question for readers of Killarney Outlook magazine. Would you risk a dangerous journey in an overcrowded boat, or stay and take your chances in a raging conflict? This is the dilemma facing families trying to secure refuge from war and poverty by crossing the Mediterranean. In Oxfam's Dublin office we have life-jackets used by people who made this journey in 2016 – not all of whom made it. Many of the life-jackets were never seaworthy and made of straw and sponge. We are using these life jackets to highlight the enormous human tragedy unfolding in our world. Last year, 100,000 of the world's refugees were children travelling alone. Can you imagine the terror – cold, hungry and in danger, they experienced things few of us can comprehend. Under the awnings of Sicily's Catania train station on a recent visit, I discovered that some of those who spend their days on the streets and return there to sleep are as young as 11. We are working in Italy and Greece and the Western Balkans providing life-saving support – shelter, clean water, food, clothes, and hygiene items. We also provide psychological and legal support, along with protection for women and girls. Oxfam is active in nine out of the 10 countries where the majority of refugees are coming from – countries like Syria, Afghanistan, Somalia and South Sudan. We rely on the generosity of people here at home – through towns like Killarney and our shop in Tralee – to carry out this vital work and would like to thank you for your support in 2016. Due to the continued urgent needs, we have

launched a New Year refugee appeal online and in our shops to support this vital work in 2017. The Irish navy has done fantastic work rescuing people from the Mediterranean. As a country, we have pledged to resettle 4,000 refugees by the end of 2017. We need to speed up the process and make sure families are supported and integrated. We need expanded, safe and legal routes to Europe and to provide a fair, transparent and efficient asylum system. In the long term, we need to address the circumstances that drive people to take such risks by tackling the insecurity, poverty and inequality that people are fleeing. Most importantly, the EU needs to stop bargaining people's lives for political concessions through a range of new policies which contradict our core values. Our politicians are failing the majority of kind, decent people in Kerry who have shown tremendous support and solidarity for people on the move in 2016 and they need to act.

A new year brings new hope. We can do better in 2017 helping those with real humanitarian needs.

Jim Clarken
Chief Executive
Oxfam Ireland.

A Chara,

I would like to thank your readers and all from Co. Kerry for their loyal support for Trócaire's work over the past year. We are extremely privileged to work on behalf of the people of Ireland in some of the poorest countries in the world. That work would not be possible without

the generosity of parishioners, students, teachers, clergy, volunteers and supporters who believe passionately in remembering those less well off than themselves. 2016 was another challenging year in the fight for global justice. It was a year that saw Trócaire supporting people caught up in war in the Middle East, families trying to survive food shortages in east Africa and communities around the world denied their basic human rights. The year has seen the continued bloodshed in Syria and millions of Syrians having to take refuge in camps in the Middle East and Europe. Your donations have enabled us to support these people, who fled with nothing and are desperate. People are getting essential shelter, food and healthcare and also longer term assistance including training schemes, housing refurbishments and education so families can provide some normality for their children. For the first time in 2016 the Lenten campaign and Trócaire box featured supporters from here in Ireland, a reminder that by working together we can absolutely make a difference to global problems that can sometimes seem insurmountable. Trócaire is only able to carry out our work on behalf of the people of Ireland because of the wonderful support and goodwill we receive each year. On behalf of those we work with, and the families and communities on the ground whose lives you have helped change, I would like to again thank all from Co. Kerry and wish you a very happy and peaceful New Year.

Your sincerely,
Eamonn Meehan
Executive Director of Trócaire.

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DEADLINE FOR APPLICATIONS FOR €70,000 GET IRELAND GROWING FUND LOOMING

Wellness Coach Alison Canavan is calling on people across the country to get growing their own food in 2017. Alison has teamed up with GIY and Energia for the 'Energia Get Ireland Growing' initiative which offers community and voluntary organisations the opportunity to apply to the €70,000 pool of funding which will enable groups to start or further develop a community food-growing project in their area.

Grants from the 'Energia Get Ireland Growing Fund' will be split across three categories, 'Sow', 'Grow' and 'Harvest' with awards ranging from €500 to €2,000. Together GIY and Energia will support at least 85 community food growing groups from all across the country and applications are being accepted until January 20th 2017.

Alison says she is delighted to be involved with Get Ireland Growing, "I am deeply passionate about food. As a Wellness Coach I meet a lot of people who eat food from packets and consume ready-made meals and I know from meeting these people that convenience has come at a very very high cost for people. Generally people want to improve and change their lives but the one thing they often have 'no time for' is the extra consideration required around their food. It is very sad that we have lost the understanding of the importance of our food; it is what keeps us alive, yet people see it as an inconvenience.

I think the 'Energia Get Ireland Growing' initiative is brilliant; it will very much help to share the knowledge of food, food growing and improve our nation's food empathy rebuilding our connection with the food that we consume daily. I have learned that you really can grow food anywhere, even with limited space." Alison said.

In addition to the funding awarded to groups in Spring 2017, GIY will also provide additional



PICTURED IS WELLNESS COACH ALISON CANAVAN AND FOUNDER OF GIY MICHAEL KELLY.

supports and opportunities for knowledge exchange between the projects, helping the best ideas to be shared through 'Energia Get Ireland Growing'. All of the projects remain part of the GIY network in the long term, giving them access to other GIY resources and additional groups and projects within the network, creating a long-term legacy.

The funding pool is now open to any community group, school, NGO or Not for Profit, community garden or allotment group, GIY group, hospital, crèche, direct provision centre, men's shed or any group who grows their own food, or wants to grow food and wants to promote growing food. The deadline for applications is the end of January 2017 and applications can be made online via www.giyinternational.org/energia-get-ireland-growing.html

GIY's 'Get Ireland Growing' initiative has

supported over 400 community food growing projects to date, positively impacting over 100,000 people. €270,000 has been awarded over the last four years and this was distributed to projects all across the country.

Some of these flagship projects include, a food growing initiative in a young persons probation centre in Cork; the installation of food gardens at Focus Ireland and Galway Simon; an edible quayside project in Co Wexford, which has seen tomatoes flourishing on the railings at the New Ross quayside, a vegetable garden for asylum seekers in Clonakilty, Co Cork, a horticultural project for unemployed men in Waterford that supplies salads to restaurants and a community garden to reduce isolation on Inishbofin island to name but a few.

#GetIrelandGrowing

WHY IS A RATHMORE & DISTRICT CREDIT UNION CAR LOAN BETTER?



When it comes to financing the purchase of a car, many people simply look for the lowest rate on offer and believe it to be the best option. Headline rates may attract the most attention, but

the devil is very much in the detail. Many 'car finance loans' offered by garages and some banks are actually hire purchase agreements. The main difference between using a personal loan and a hire purchase agreement to buy a car is that with a personal loan you borrow money, pay for your car, and own it immediately. With a hire purchase agreement, you don't own the

car until you make the final repayment. This means you cannot sell the car if you run into problems making your repayments.

Thankfully, a car loan from your local credit union is much more straight forward. Kieran Crowley, Rathmore & District Credit Union said "You borrow the money from us, pay for the car and you own the car immediately. You agree a repayment schedule with us. If you run into difficulty, you can talk to us to see if you can come to an agreement on the repayment terms. Should you be in the happy position of being able to repay the loan early, you may do so without any penalty charges."

So if you're thinking about your options for financing a car purchase, look no further than Rathmore & District Credit Union.

For further information please contact one of our following offices:

Head Office: Rathmore (CUR)

Rathmore & District Credit Union Ltd (CUR)
Donal Casey Place, Rathmore, Co. Kerry, P51 PT66

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Branch Office: Milltown (CUM)

Credit Union House, Castlemaine Road, Milltown, Co. Kerry, V93 EK57

T: 064 9767777 F: 064 9767584

Branch Office: Ballydesmond (CUB)

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Ref 955 **BER C3**



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CANCER CHARITY CALLS ON ALL HOSPITALS TO ADOPT UNIVERSITY HOSPITAL KERRY'S PARKING POLICY

University Hospital Kerry has been congratulated by the Irish Cancer Society for its car parking scheme for cancer patients. Unlike most of the hospitals around the country University Hospital Kerry allows cancer patients going through treatment to park free of charge. The hospital is highlighted in the Irish Cancer Society's 'Park the Charges' report as being a leader in good-practice for its car parking policy for cancer patients.

In other hospitals, cancer patients could be paying up to €63 a week in car parking charges. The Irish Cancer Society's report highlights the financial burden of car parking on patients and their families. The charity says that the HSE needs to issue guidelines to hospitals so that all people undergoing cancer treatment receive free car parking. One cancer patient told the Irish Cancer Society that his family had spent €1,200 on car parking charges while he was in hospital. Donal Buggy, Head of Services and Advocacy at the Irish Cancer Society said: "Car parking charges represent a huge cost for many cancer patients, at a time of not just physical and psychological stress, but financial pressure. People undergoing treatment are facing real hardship in having to deal with additional costs and large drops in income, and high car parking charges only add to this. We have proposed a set of guidelines for hospitals to the HSE, that, if put in place, would make a big difference to cancer patients."

Mr. Buggy said: "Our 'Park the Charges' Report shows that people receiving treatment close to urban centres are facing the highest parking costs. This is a problem for cancer patients as many have to visit the eight designated cancer centres for individual cancer types in Dublin, Cork, Waterford, Galway and Limerick. The average cost of parking at these hospitals is €8 for a four hour stay."



There were significant variations in cost by region, with Dublin hospitals proving the most expensive. On average a four hour stay in a Dublin hospital cost €8.86. Hospitals in Munster had the second highest costs for a four hour stay at €6.70, while costs were lower in Connaught/Ulster at €4.67 and in Leinster (excl. Dublin) at €5.20, respectively.

Mr. Buggy said: "We are asking the HSE to issue guidelines to hospitals, like those that exist in the UK and to extend free car parking for cancer patients, currently available at University Hospital Kerry, to all hospitals."

"Introducing free parking for patients undergoing cancer treatment will help ease the burden they face at a time of complex need and financial stress. Our proposals include guidelines around car parking at hospitals that will ensure all people undergoing treatment for cancer are treated fairly, and that will provide for greater transparency in the levying of charges and use of revenue raised."

According to figures provided by the Society, at the 26 public hospitals that offer cancer treatment, the revenue raised by car parking in 2015 totalled almost €14.5 million, with two hospitals taking in in excess of €1million, and another two hospitals taking in €1.5million and €2.9million respectively. University Hospital Kerry raised almost €637,000 in revenue through car parking.

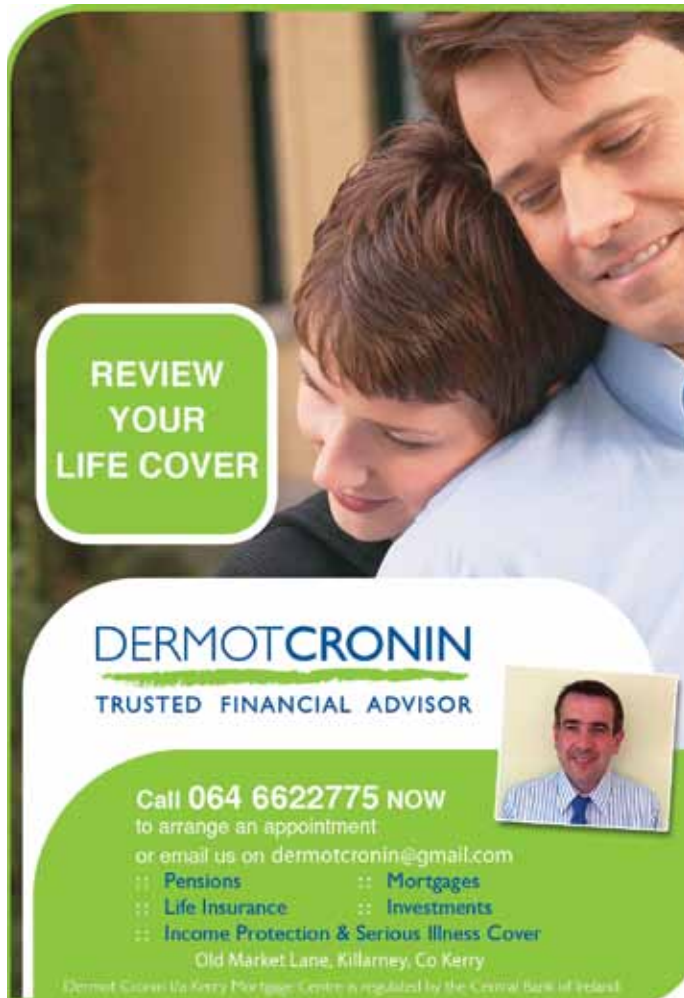
Mr. Buggy said: "While we acknowledge that car parking is a key source of revenue for many hospitals, the excessive rates charged at some facilities place an unnecessary strain on cancer patients and their families." He commended hospitals such as University Hospital Kerry, saying "discretion is required and we are asking hospitals to adopt the compassionate approach shown by hospitals such as University Hospital Kerry where anyone undergoing chemotherapy and radiotherapy are allowed free parking."



OLIVE PIERSE, SISTER OF FR GEAROID O DONNCHADHA, PRESENTING THE FR GEAROID O DONNCHADHA CUP TO CAROL FINN 1ST LADY WINNER AT THE FARRANFORE 5K RUN ON ST STEPHENS DAY. ALSO IN THE PICTURE RISTEARD PIERSE, JEROME CROWLEY (CLUB CHARIMAN), MIKE CONNOR, AND BLÁITHIN SMYTH. PICTURE: TONY O'BRIEN.



JEROME CROWLEY, CHAIRMAN FARRANFORE/MAIN VALLEY ATHLETIC CLUB, WITH SHAUNA MC CARTHY, 1ST U/17 GIRL WINNER, AND MARIE MC KENNA, 1ST CLUB NOVICE LADY AT THE FARRANFORE 5K RUN ON ST STEPHENS DAY. PICTURE: TONY O'BRIEN.




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SIMPLE LIFESTYLE CHANGES CAN LOWER RISK OF CANCER

As people begin their New Year's with many resolutions, the Irish Cancer Society has urged the public to make simple lifestyle changes in 2017 to significantly lower their risk of cancer.

The Society has reminded people that over four in ten cancers can be prevented by making a number of lifestyle changes. 40% of cancer risk has been attributed to five lifestyle factors - tobacco, diet, overweight/obesity, alcohol and low physical activity*.

Kevin O'Hagan, Cancer Prevention Manager said, "The number one thing people can do to improve their health and lower their risk of cancer is to quit smoking. Three in every ten cancers are caused by smoking and we would urge all smokers to make quitting their number one resolution in 2017.

"Quitting is really difficult but with the right preparation, support and attitude it can be achieved. We would encourage anyone who wants to give up to call the National Smoking Quitline on Callsave **1850 201 203** for lots of advice on quitting and information on Nicotine Replacement Therapies. We also run the 'We Can Quit' programme in Cork and Dublin, which encourages women to join forces and support each other to quit."

"Another way people can reduce their risk is by getting physically active in 2017. We would advise people to limit their time sitting and aim to get at least 30 minutes of physical activity every day. You could challenge yourself to get active in 2017 in aid of the Irish Cancer Society. Take on a trek, marathon, run or even an extreme challenge, and get fit while supporting people affected by cancer."

"Being active and having a healthy diet also contributes to maintaining a healthy weight, which after not smoking, is the most important thing you can do for cancer prevention. Up to 40% between of certain cancers are attributable to being overweight or obese and with most adults in Ireland now weighing more than they should, it is really important we do all we can to maintain a healthy weight to lower the risk of cancer.

O'Hagan added, "There is also a very real link between alcohol and cancer, with alcohol being directly linked to seven types of cancer.



About 900 cancers and 500 cancer deaths are attributed to alcohol every year so I would urge people to be aware of how they drink and limit their intake as much as possible. The New Year is a great opportunity to change a habit and to radically change our approach to alcohol in this country."

"Finally, screening has to be emphasised as a lifestyle resolution in 2017. Cancer screening is a way to find cancer before any symptoms appear in your body and in Ireland, there are three free screening programmes for breast cancer, bowel cancer and cervical cancer. Anyone who is called for screening should take those few minutes out of their busy lives to do it - it could just save a life." Mr O'Hagan concluded.

To sign up for one of the Irish Cancer Society's active challenges in 2017, or to get support in quitting smoking, simply log onto **www.cancer.ie/getactive** or **www.cancer.ie/smoking**.

More information on all prevention measures is on **www.cancer.ie**

THE EUROPEAN CODE AGAINST CANCER

1. Do not smoke - one in three cancers is related to smoking. Cut out cigarettes.
2. Avoid second-hand smoke - keep your home and workplace smoke-free.
3. Be a healthy weight - have a healthy body weight by being physically active and eating a

healthy diet.

4. Be physically active every day - aim for at least 30 minutes for physical activity every day.
5. Have a healthy diet - eat fruit, vegetables, wholegrains and pulses. Limit foods high in sugar, salt and fat. Avoid processed meat and limit red meat.
6. Avoid alcohol - cut back or avoid alcohol altogether.
7. Avoid too much sun - be SunSmart - protect your skin when outdoors and avoid sunbeds.
8. Pollutants - protect yourself in the workplace and follow health and safety instructions.
9. Avoid Radon - Find out if you are exposed to radiation from naturally high radon levels in your home. Find out more information on radon levels from the Environmental Protection Agency. www.epa.ie.
10. Advice for women - breastfeeding is proven to reduce the risk of cancer. HRT is a hormonal drug for menopausal symptoms which increases risk of certain cancers. Limit HRT.
11. Get vaccinations - some cancers are spread by viruses and bacteria. Ensure your children take part in vaccination programmes for Hepatitis B (for newborns) and Human Papillomavirus (HPV) (for girls over 12 years).
12. Get Screened - screening is checking for cancer or conditions that may lead to cancer in people that may have no symptoms. Take part in organised cancer screening programmes for bowel cancer (men and women), breast cancer (women) and cervical cancer (women). Visit **www.cancerscreening.ie**.

A FAIRYTALE CHRISTMAS IN KILLARNEY



A BEAUTIFUL NIGHT IN KILLARNEY FOR CHRISTMAS IN KILLARNEY'S FIRST PARADE, THE TURNING ON OF THE LIGHTS AND OF COURSE A MAGICAL VISIT FROM SANTA. PICTURE MARIE CARROLL-O'SULLIVAN.

Each year the Christmas in Killarney festival committee aim to make the festival even bigger and better than previous years and 2016 saw this happen yet again. The committee are thrilled with the positive feedback from both the general public and businesses of Killarney.

People from far and near travelled to Killarney throughout the month of December to soak up the Christmas atmosphere and enjoy the lights. The Magic Parades yet again drew huge crowds and plenty of excitement to the town each Saturday night once the festival kicked off

on November 25th.

Christmas in Killarney would like to take this opportunity to thank all the sponsors who supported the festival, it is this support that enables us to create such magical events and such a successful festival each year. We would also like to extend a huge thank all the volunteers who gave up their time. To the people of Killarney, thank you for your continued support. Hope to see you all again in 2017.

MONEY MATTERS....

By Dermot Cronin,
Financial Advisor



WHY SHOULD YOU REVIEW YOUR PENSION?

As you have probably seen or read in the news recently pensions are being discussed very often. This shows how important pensions are, so if you have a pension it is very important that that you review your pension regularly. You may or may not be contributing to your pension anymore but it still needs to be reviewed. You need to know what kind of pension you have and what funds your pension is invested in. Your pension could be invested in very high risk funds which means that the value of your pension could substantially decrease or substantially increase over a very short period of time. You also need to look at the fees and charges associated with your pension, there may be more competitive options available to you where the fees and charges are less. If you do not review your pension you will not know if your pension is increasing or decreasing in value or if your pension is on track to get you the income you need at retirement. So whether you are currently contributing to a pension or have a pension that you paid into in the past it is very important that your pension is reviewed by an independent advisor regularly.

To discuss this or any other financial matter you can contact **Dermot Cronin QFA APA** (Pensions, Investments, Loans, Life Assurance) at **064 66 22775** or dermotcroninifa@gmail.com

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BER D2

Price Region: **€180,000**

PROPERTY OUTLOOK THROUGH THE KEYHOLE....

A PICTORIAL LOOK AT KILLARNEY PROPERTIES ON THE MARKET



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Killarney

TOWN TALK



A GROUP FROM KILLARNEY ENJOYED THEIR 4TH ANNUAL CHRISTMAS CRACKER EXPERIENCE IN TREACY'S HOTEL, WATERFORD. THE GROUP ENJOYED AN EARLY CHRISTMAS EVE, CHRISTMAS DAY WITH A VISIT FROM SANTA AND ST. STEPHEN'S DAY PLUS VARIOUS ACTIVITIES AND OLD MOVIES DURING THE DAY AND LOVELY MEALS ON ALL FOUR NIGHTS FOLLOWED BY LIVE MUSIC AND DANCING.

LORRAINE IN THE RUNNING

A Killarney blogger is in the final 30 of a competition to become the face of Make Up Revolution Ireland.

Lorraine O'Connor aka Lorzlovesandlusts is hoping to make it through to the next stage of the competition which will be announced this weekend.

You can vote for Lorraine by liking her picture on Makeup Revolution Ireland's facebook page.

RAMBLING HOUSE

Rambling House at Heritage Centre Scartaglen Monday 9th January at 8.30 pm.

Admission free, raffle and refreshments.

All are welcome.

WEDDING BELLS

Congratulations to Killarney Couple Niall O'Mahony and Claire O'Sullivan who were married over the Christmas Period.

FOSSA RAMBLING HOUSE

Fossa/Two Mile Comhaltas Branch are holding their annual Rambling House on this Sat 7th January commencing at 8.30pm in the Travel Inn Fossa. A great night of music, song, dance and storytelling for all to enjoy. Tea and Barm Brack will be served. Everyone welcome.

MUCKROSS I.C.A.

Monthly meeting of Muckross Guild of I.C.A. resumes on Monday 9th Jan. 2017 at 7.45 p.m. in Loughguittane N.S. New members always welcome.

AIDAN TO DANCE WITH THE STARS

Kerry footballer Aidan O'Mahony is set to grace the stage of Dancing with the Stars which will be aired on RTE 1 this Sunday at 6.30p.m.

Aidan has spent the past few weeks up and down to Dublin to rehearse for the live shows. He recently took part in Strictly Come Dancing in aid of Down Syndrome Kerry at the INEC and we wish him the best of luck.

KILLARNEY NAMED AMONG TOP PLACES IN THE WORLD TO RETIRE

Killarney has been named in the top ten places in the world to retire.

Oyster.com's list of "retirement-worthy spots" named the town because of the hiking trails, shops and restaurants, and golf courses that are available.

The hotel site writes: "Are you Irish? Or just love rolling green hills and horse-filled farmlands? Killarney, Ireland may be the ideal place for you to relocate. The town is a stop on the famed Ring of Kerry and has excellent hiking trails in the adjacent national park."

"Additionally, the cute town -- with horse-

drawn carriages to boot -- is easily walkable. There are also plenty of shops and restaurants -- not to mention, some of the country's best golf courses. With historic sites and local culture abound, it's unsurprising that it's one of the most-visited places in Ireland."

Great endorsement for a great town.

PARISH CALENDAR

The Parish Calendar is still available in all churches and at the parish office.

KILLARNEY COUPLE TIE THE KNOT

Congratulations to Killarney couple Andrea Leahy-Hartnett and Kieran O'Leary who were married in St. Mary's Cathedral on New Year's Eve.

The former Kerry football star and his beautiful bride celebrated their nuptials at the Skellig Hotel in Dingle and are honeymooning in Thailand.

ICS COMMITTEE RAISE MONEY FOR CANCER SERVICES

Following a fantastic year of fundraising, the Killarney/South Kerry branch of the Irish Cancer Society have raised an amazing €116,894.

The committee got together before Christmas to make the cheque presentation to the Irish Cancer Society. They are holding their third Strictly Come Dancing at the INEC on Friday February 10th.

21ST BIRTHDAY CELEBRATIONS

Congratulations to Tony Brosnan from Killarney who celebrated his 21st Birthday at K-Town over the Christmas. Dr. Crokes clubman, Tony, who is known for his sporting exploits is a member of the Kerry Senior Football squad. He was joined by family and friends at the popular venue where he also works.



THE KILLARNEY SOUTH KERRY BRANCH OF THE IRISH CANCER SOCIETY PICTURED WITH THE CHEQUE FOR €116,894 WHICH THEY RAISED IN 2016. INCLUDED ARE EUGENE O'SULLIVAN, KATHRINA BREEN, KATHLEEN O'SHEA, ELEANOR O'DOHERTY AND TIMMY MORIARTY. MISSING FROM PICTURE IS KATHLEEN CRONIN.

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EILIS MORIARTY, LEFT AND JENNY MURPHY, CELEBRATING NEW YEAR'S EVE AT THE INEC KILLARNEY, WHERE NATHAN CARTER PLAYED A SELL OUT CONCERT ON NEW YEAR'S EVE. PHOTO: VALERIE O'SULLIVAN.



ENJOYING IRISH ROCK BAND SENSATION THE CORONAS, WITH FRONTMAN DANNY O'REILLY, BELTING OUT THEIR HITS AT A SELL OUT CONCERT AT THE INEC, KILLARNEY, MARK COTTER, EIMEAR CANNON, TIM HORGAN. PHOTO: VALERIE O'SULLIVAN.



LIANNE CORCORAN, LEFT, LIAM CORCORAN, MARIAN O'DONNELL, SHARON O'CONNOR, CELEBRATING MIDNIGHT AT THE INEC KILLARNEY, WHERE NATHAN CARTER PLAYED A SELL OUT CONCERT ON NEW YEAR'S EVE. PHOTO: VALERIE O'SULLIVAN.



ENJOYING IRISH ROCK BAND SENSATION THE CORONAS, WITH FRONTMAN DANNY O'REILLY, BELTING OUT THEIR HITS AT A SELL OUT CONCERT AT THE INEC, KILLARNEY, SIOFRA O'CONNOR, HEATHER JONES AND ROISIN SCANLON. PHOTO: VALERIE O'SULLIVAN.



RINGING IN THE NEW YEAR...CELEBRATIONS AT MIDNIGHT AT THE INEC KILLARNEY, WHERE NATHAN CARTER PLAYED A SELL OUT CONCERT ON NEW YEAR'S EVE, RACHAEL FOLEY, APRIL FOLEY AND LISA O'BRIEN. PHOTO: VALERIE O'SULLIVAN.



ENJOYING IRISH ROCK BAND SENSATION THE CORONAS, WITH FRONTMAN DANNY O'REILLY, BELTING OUT THEIR HITS AT A SELL OUT CONCERT AT THE INEC, KILLARNEY, MARC AND OLIVIA DOODY, MICHELLE AND BARRY HOULIHAN. PHOTO: VALERIE O'SULLIVAN.



SEAN BROWNE, ORLA BUCKLEY AND EOGHAN O'CONNELL, CELEBRATING NEW YEAR'S EVE AT THE INEC KILLARNEY, WHERE NATHAN CARTER PLAYED A SELL OUT CONCERT ON NEW YEAR'S EVE. PHOTO: VALERIE O'SULLIVAN.



WELCOME TO 2017... CELEBRATIONS AT MIDNIGHT AT THE INEC KILLARNEY, WHERE NATHAN CARTER PLAYED A SELL OUT CONCERT ON NEW YEAR'S EVE, CIAN HACKETT, KATIE O'DONOVAN, NIAMH COONEY, AIMEE MURPHY. PHOTO: VALERIE O'SULLIVAN.



Society of St. Vincent de Paul

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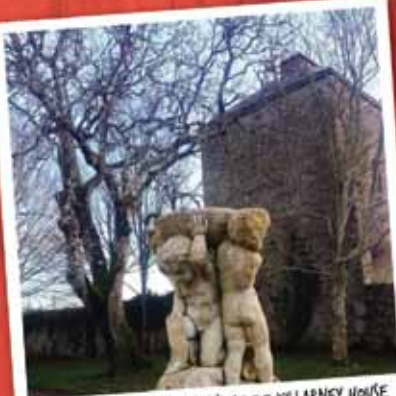
THANK YOU

The Society of St. Vincent de Paul in Killarney wish to thank most sincerely the parishioners of Killarney, Kilcummin, Fossa, Beaufort and Glenflesk for your generous support for our annual Church gate collection in December 2016.

Sincere thanks to all who handed in donations to our Thrift Shop.
Your continuous support to the St. Vincent de Paul is very appreciated.

Wishing everybody a happy new year.

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RATHMORE/ GNEEVEGUILLA NEWS

by Michael O'Mahony

PANTO: 30th Annual Marian Players Rathmore Panto SLEEPING BEAUTY opens on Saturday January 28th at 7.30pm. There are additional Night Shows Wednesday February 1st & Thursday 2nd & 4th Saturday at 7.30pm nightly. Mattaine at 3pm. Sundays January 29th & February 5th at community centre Rathmore all proceeds to Kerry Parents Friends Association. More information & booking Tell: 0647758526, or contact Phil 0879562920.

SYMPATHY: To the family & friends of John Kelly, Ard Mhuire Rathmore formerly of Gullane, Gneeveguilla who deaths was recently. May he rest in peace.

NEWS FROM MICHAEL HEALY RAE TD REGARDS RECRUIT OF RATHMORE GP: In a recent Dail question Michael Healy Rae asked the minister for Heath when the people of Rathmore and surrounding area should expect a full time GP service and pointed out that they currently have to travel to Millstreet when they require a GP. While I and the people of Rathmore are very thankful that a there day service has been put in place since October of this year it would be great if a full time service could be provided. In a reply on November 9th the Minster said a candidate had come forward and was going through the recruitment process. However on December 9th the Minster informed me that this process did not reach a successful outcome. The Minister stated that the HSE are committed to ensuring a full time GP presence is available in Rathmore and will continue to work proactively to ensure same. However the HSE continue to face challenges in relation to the recruitment of rural GPs. I accept what the Minster says about the HSE'S difficulty in recruiting a suitable candidate . however it is vital for the people of Rathmore and the surrounding areas to have a full time local GP and the HSE will have to step up their

efforts to ensure this service is provided in the area stays .

CULLEN AND DISTRICT SPECIAL NEEDS ASSOCIATION 1979 – 2016: It is that time year again The 2017 Weigh in commences on Monday January 9th at 8.00 p.m. and concludes on Monday March 13th at Cullen Community Centre. Dr. Pat Casey will again oversee the Weigh in; we are delighted to invite you plus a friend to our Jive Classes with Aisling and Leanne, beginning on Monday January 16th at 8 pm. All welcome.

RATHMORE GAA VICTORY SOCIAL: This Saturday 7th January. Tickets €25 form Nora O'Connor The Washbasket, Donal Murphy Sliabh Luachra Vets, Dermie Moynihan Kerry Agri, Kieran O'Keeffe O'Keeffes Hardware.

HORIZONS: Tune into to Horizons on Radio Kerry every Sunday morning after 9.00am news The Religious Programme of the Diocese of Kerry. Comments and suggestions for programs are very welcome – just e-mail maryfagan@dioceseofkerry.ie

BOTTLE BANKS: Rathmore Community Council welcome Bottle banks back installed at rear of MaCCarthy Londis. We thank Donal & Mary Mccarthy for agreeing to host the bottle banks. Mostly we ask that people respect them and not dump other items around the bottle banks. Security is in place and people that dump illegally will be prosecuted so respect.

SUPPORTERS CLUB: The Kerry GAA Supporters Club Annual Social will take place on Saturday 28th January at Ballygarry House Hotel. Guests of honour on the night are each football legends in their own rights in the persons of Darragh, Tomás and Marc Ó Sé.

Other guests will include minor football winning captain Sean O'Shea, minor hurling captain Shane Conway and junior football captain Paul O'Donoghue along with the respective team managers along with 2016 All-Star, Paul Geaney. Music is by Neily O'Connor. Tickets are available from club members & it chairman local man Donal O'Leary,

RAMBLING HOUSE: Rambling House at Heritage Centre Scartaglen Monday 9th January at 8.30 pm. Admission free, raffle and

refreshments. All are welcome.

DENNY MIAH ANNUAL 7 A SIDE SOCCER TOURNAMENT: Rathmore GAA Astro Turf December 29 & 30th. Well thats another year. 9 teams battled it out, there was great games and goals scored and with only the odd foul or 2. The first Semi Final between Old Bridge United and 9 and a Half Men was a great intense game, which was decided in Extra Time with Old Bridge United coming back from 2 goals down to beat 9 and a Half Men 3-2. The Second Semi Final between O Riordan's Sand and Gravel vs Bow Wows was also good game to watch with only one goal deciding it. O Riordan's Sand and Gravel beating Bow Wows 1-0. The Final between O'Riordan's Sand and Gravel vs Old Bridge United was going to be a tough game, both teams throughout the Tournament pressed their opponent's fast and closed down everything. Both teams were very quick on the break. The final was exactly that, O'Riordan's Sand and Gravel took the lead, Old Bridge United pulled one back. O Riordan's Sand and Gravel's goalkeeper pulled off a great save to keep it at 1-1. With both teams creating a number of chances it was Old Bridge United that hit the net making it 2-1.

O Riordan's Sand and Gravel pressed hard in the final minutes of the game but Old Bridge United held out and won 2-1 and worthy Winners of the Annual Denny Miah O'Leary 7 a side soccer tournament 2016! We would like to thank everyone who played and got teams together this year. Thanks to our referee this year Jackie O'Brien who did a excellent job. Also thanks to David Twomey for organising the tournament again this year and sorting out teams etc and to anyone else involved. All Proceeds went to Rathmore Community Council.

NEW YEAR GREETINGS: Wishing all your readers happy & healthy new year.

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,

KILCUMMIN NEWS

COMMUNITY ALERT: Your generous support of our annual collection is much appreciated. Happy New Year. Let us watch out for each other in 2017.

COMHALTAS: Kilcummin Comhaltas monthly meeting will take place on Tuesday 10th January at 8.00pm in the Recreational Hall. All welcome.

THANKS: A big thank you to the boys and girls and their leaders who participated with music and song at the Christmas Eve Vigil Mass. Mile Buíochas.

HAPPY NEW YEAR: Kilcummin Comhaltas would like to wish all our members and supporters a very happy and prosperous New Year.

COMPUTER CLASS: A limited number of

places are available for the Computer Class which will commence on Monday 9th January in the Rural Development Office from 7.30-9.30pm. This course will cover the Internet. Places will be filled on a first come basis.

MASTERGEEHA FC LOTTO: There was no winner on Friday 23rd December, 2016. Numbers drawn were 1, 6, 8, 17. Consolation prizes were €100 Michael Sheehan, 86 Woodlawn Killarney. €60 Paul Lenihan Inchicullane, Kilcummin. €30 Connie & Kathleen Doolan, Ballinamanagh, Kilcummin. €30 John O'Neill, c/o Bertie Curtin. €30 Tadgh Brosnan, Inch Kilcummin. Jackpot now €4,350.

CHRISTMAS PRIZES: Whiskey - Claire Lenihan, Inchicullane, Kilcummin. Whiskey - Patie Nagle, Mastergeeha, Kilcummin.

MASTERGEEHA FC LOTTO: There was no winner on Friday 30th December, 2016. Numbers drawn were 10, 11, 12, 19. Consolation prizes were €100 Sinéad & Marian, The Village Inn, Kilcummin. €60 John & Margaret Lenihan Inchicullane, Kilcummin. €30 Tony Cahill, Kilcummin. €30 Trish Dillon, c/o John Lenihan. €30 Nora O'Sullivan, Rathanane, Kilcummin. Jackpot now €4,500.

CHRISTMAS PRIZES: Whiskey - Kian O'Sullivan, Lyreatough, Kilcummin. Whiskey - Joan O'Neill, Mastergeeha, Kilcummin.

KILCUMMIN GAA LOTTO: Sunday 1st January, 2017. Numbers drawn were 8, 17, 23, 24. Jackpot Winner, Denis O'Connor, Dunrine. Next Draw Sunday, January 15th 2017. Jackpot now €2,500.

FOSSA NOTES

FOSSA GAA: LOTTO: Numbers drawn were 3, 8, 20, 22. There was no jackpot winner and the €40 consolation prize winners were Michael Cotter, Aghadoe Heights, Helen Pearse, Aghadoe, Frank Anderton, Crohane, Dr Brendan Lynch, Gortroe and Anthony O'Keeffe, Dromin. The Whiskey winners were Anita English, Caherciveen and Jack Spillane, Lackabane Village. Next weeks jackpot will be €12,450. 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.

RAMBLING HOUSE: Fossa/Two Mile Comhaltas will hold a Rambling House on Saturday 7th January at 8.30pm in the Travel Inn Fossa. A great night of music, song, dance and story telling.

Anyone who would like to take part contact Tim at 087 2413116.

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.



SEAN KELLY MEP WHO WAS INVITED TO PRESENT PRIZES AT THE WOODLANDS FAHA, KILLARNEY, EQUESTRIAN CENTRE, CHRISTMAS SHOW WITH SEAN ON THE DAY WERE, KIARA O'SULLIVAN, SAOIRSE O'CONNOR, EDWARD KELLIHER (SPONSOR), CHARLIE COAKLEY, JAMES AND JAMIE TARRANT, MICHAEL DIGGIN, LIAM AND OISÍN O'CONNOR AND EMMA O'SULLIVAN. PHOTO JOE HANLEY.

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.

SPA NOTES

HAPPY NEW YEAR: Wishing all our friends at home and abroad a very happy, healthy New Year. Thanks to everyone who supported our club throughout the year both on and off the field.

ANNUAL GENERAL MEETINGS: Spa Senior Agm will take place Saturday 14th January at 8pm in the clubhouse. Everyone welcome and would encourage volunteers to get more active within the club.

Spa Coiste na nOg AGM will be held at the clubhouse Thurs 12th January at 8pm. All welcome.

ANNUAL AWARDS NIGHT SAT FEB 4TH: The 3rd Annual awards night will be held in the Torc Hotel at 7.30pm. This is one of the main

social events of the year and tickets sell out fast. Tickets only €15 for buffet/dance. Music supplied by The Two Mikes Band. A great night of entertainment honouring our members is guaranteed. Tickets on sale next week from committee members Andrew Garnett, Anne Holland, Afrian O Sullivan, Sean Kelliher, Mathilda McCarthy and Ivor Flynn.

SCOR NA NOG: Best of luck to our Figure and set dancers in Munster final in Ovens, Co Cork on Jan 8th at 2.00pm.

Figure: Alice O'Donoghue, Aislinn O'Donovan, Lia Murphy, Ailbhe Gallagher, Erin Holland, Meghann Cronin, Aine Brosnan and Kate Lawlor. **Set Dancers:** Erin Holland, Meghann Cronin, Aine Brosnan, Orlaith Spillane, Kianan

O'Doherty, Liam Spillane, Gary O'Sullivan and Cian O Sullivan.

SCÓR SINSEAR: Any club members interested in taking part in Scór Sinsear in the New Year, please contact Eileen on 087 9940594.

LOTTO: Numbers drawn in Mcsweeneys 18, 24, 26, 27 Jackpot €11,600 No Jackpot winner. Lucky Dips: Tim Moriarty Concrete products, Kathleen O'Leary, Daniel Ashe, Tadhg Howard Currow. Draw next week Arbutus Hotel €11,800.

WEDDING: Congrats to Niall O'Mahony and Claire O'Sullivan on their recent nuptials held over the Christmas period. Wishing you both a very, happy, long, life together from everyone at Spa.

BEAUFORT NOTES

WRENS DAY

Now that the little wrens are by now at the time of going to press, safe and well and content in the fact that the marauding gangs of Wranboys didn't encroach on their hiding places in the name of their age-long tradition of ... with the jingle ...

... up with the kettle and down with the pan,
a penny or twopence to bury the Wran ...

A Biddy Festival called ... Biddy's Day is well advanced in the planning stage with regard to Killorglin 4th February to celebrate Brigid the Goddess and Bríd the Saint with parades, lectures, Biddy craft workshops and especially rare video footage of Biddy Balls in Beaufort Hall 1987/88/90? ... perhaps you were there if you now are in the 50 something bracket ... and admittin to be of that vintage ... then you can view yourself and your beloved of the day. The old video footage will be shown at Boyles Old Shop throughout the festival via the compliments of John Doona who videoed the events almost thirty years ago. The competing Biddy

Groups such as Kilgobnet/ Glenbeigh/Killorglin CCE and Glencuttane etc will be taking part in a grand turf-torchlight parade from the Fishery and at the same venue, a presentation of Finnegan's Wake in music, song and story. Check into Facebook ... Biddys Day ... for details and other events. Now that we are turned the corner seasonally so to speak and the older people called the slight lengthening of the bright mornings and evenings as ... the cock's step in the day ... Athbhlian faoi mhaise diobh go léir.

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YOUR YEAR IN REVIEW!

I don't know about you, but this year seems to have gone by so fast! Sometimes it can feel as if life is moving at such a pace that you haven't got time to catch up or reflect.

However, this time of year is perfect for reviewing what happened in your year – where you are now, where you've come from and where you want to be.

Grab yourself a cup of your favourite beverage and a note book and pen and settle down for an uninterrupted fifteen minutes to answer these questions.

1. What did you intend to do, create or change this year?
2. What actually happened?
3. What didn't work?
4. What did work?
5. What were the highlights?
6. What will you do differently in the future?

Just giving yourself the space to answer these questions can be illuminating. It can also help you to steer your course with more clarity and direction for the new year ahead!

Wishing you all the happiest of New Years and may your most heartfelt dreams become a reality in 2017!

Just a heads up that my mindful movement classes (Chakranetics) restart on Monday 16th January (7.30-8.45pm) and Tuesday 17th January (10.00am – 11.15am). Both at the Travel Inn, Fossa, Killarney. Booking is essential!

066 9766374 | life_coachingunlimited@yahoo.ie



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 Killarney 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."

Angels only philosophy is love.

Advice is also given on nutrition if required and Trisha also practices Cognitive Behavioural Therapy (CBT)

Opening **Soon** New Healing Centre **Soul Aurora** in Tralee, across from Hennebery's Sports Shop.

Call: Trisha 085 1625095



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

CREDIT UNION CAR LOAN V PERSONAL CONTRACT PLAN

PCP BALLOON PAYMENT LOOMING? MAYBE IT'S TIME TO BURST THAT BALLOON.

2017 is set to be a bumper year for car sales with 45% of Irish consumers intending on buying*. It is also the year when a number of first round Personal Contract Plans (PCPs) are ending. Many will simply opt to roll-on their existing PCPs to finance the purchase of a new car. Others will face a final payment, known as a balloon payment, to buy out of the contract. Consumers considering rolling up should read all the small print, and they may find it's time to burst that particular balloon.

Helen Courtney Power, Business Development Officer, for Killarney Credit Union says 'Headline rates on some car finance deals such as PCPs can easily distract from a range of additional charges, and a great deal of inflexibility. With a personal car loan from Killarney Credit Union, you own the car from the outset. If you run into difficulty, you can talk to us about adjusting the repayment schedule and if you are in the happy position of being able to repay the loan early, you can do so without any complications or rescheduling fees.'

PCPs are among the least flexible forms of finance. Essentially they are lease schemes which makes financing a new car seem affordable due to low monthly repayments. You have, in effect, hired the car for a particular

period of time, usually 3-5 years, while you make these repayments. At the end of the agreement, you will have to make the balloon payment in order to own the car.

In addition, you need to be conscious of the mileage you are racking up on the car, because the balloon payment, or guaranteed minimum future value (GMFV), of the car will have been calculated with your annual mileage in mind. Crucially, with a PCP you are also restricted with what you do while you are still 'hiring' the car. Should your financial circumstances change and you find you can no longer afford the monthly repayments, you cannot sell off the car to pay your debt, as it is not yours to sell.

In contrast, with a personal loan from a credit union the consumer simply borrows the money to pay for a car, which they own immediately, and which they can drive as much as they please, and sell on at any time they wish.

PCPs can set up a situation where the easiest and simplest option is to roll over into a new car - and a new plan. PCPs are effectively a way of trying to ensure that you will come back and buy another car from the same dealer or manufacturer. All well and good, but what if you don't like the brand of car or they range they have to offer any more?

Helen continued "If you arrange finance with Killarney Credit Union before going shopping

for a car, you are in a much stronger position. You are effectively going as a cash buyer to the car dealer, and may well be able to negotiate a better deal. We also offer car insurance, through the credit union insurance website coveru.ie or Axa Insurance. So if you're thinking about bursting that balloon payment, you should consider Killarney Credit Union."

Some things to consider before signing a PCP

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

For more information on PCP's and how they work check out www.consumerhelp.ie/pcp

*Carzone Motoring Report 2016

For further information, please contact Helen Courtney Power at Killarney Credit Union on **064-6623730** or marketing@killarneycu.ie

SAFE DRIVING ADVICE

With the cold spell set to continue there are a number of top tips to ensure that you get to your destination safely during these cold winter months. While good practice on the roads is something that motorists should bear in mind all year long, with the freezing conditions, adverse weather and increased traffic on the roads at this time of year, motorists are advised to take extra care. With that in mind, the great people over at the Road Safety Authority (RSA) have provided us with some useful tips for road users this winter.

Is it necessary? During extreme weather conditions, you should ask yourself is making a journey by road absolutely necessary. The RSA advises that you may want to delay your journey until the weather improves.

Be responsible: If you are going out for a drink, leave the car keys at home. Instead, get a

taxi/hackney, minibus, public transport or take turns to designate a driver. Don't forget that time is the only way to get alcohol out of your system, so don't assume you are safe to drive the morning after a night out.

Are you road ready? Before you take to the road you should make sure your windows are clear, that your mirrors are clear and that your lights are working properly. Remember, if it's a frosty morning, don't use boiling water on the glass as it can crack your windscreen.

Light it up! Make sure that you have your headlights switched on regardless of the time of day. Winter is a time when darkness can loom at any stage of the day and you need to make sure you can see and be seen by other road users. Make sure to test your lights, particularly before long journeys.

Sunshine and snow: Whatever the weather brings, one of the most dangerous issues for driving in snow is the gleam of sunlight off it. Be sure to have sunglasses at hand in your car – they're not just for summer time!

Ice, ice baby: In icy conditions, the road can become a treacherous place. Ensure you put extra distance between you and the vehicle in front of you. Slow down, but use your brakes gently and in plenty of time to warn the drivers behind you that you are bringing your speed down. Manoeuvre gently as too much steering can be dangerous on icy roads and also use the highest gear possible to avoid wheel spin. However, you should select a low gear if you are travelling downhill, especially if there are bends on the road. And remember – always watch out for black ice, particularly in sheltered/shaded areas.



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WELCOME TO 2017... CELEBRATIONS AT MIDNIGHT AT THE INEC KILLARNEY, WHERE NATHAN CARTER PLAYED A SELL OUT CONCERT ON NEW YEAR'S EVE. PHOTO: VALERIE O'SULLIVAN.



ENJOYING IRISH ROCK BAND SENSATION THE CORONAS, WITH FRONTMAN DANNY O'REILLY, BELTING OUT THEIR HITS AT A SELL OUT CONCERT AT THE INEC, KILLARNEY, DANIELLE NORTON, CIARA KNOX, SEAMUS MCCARTHY AND EMMA O'DONOGHUE. PHOTO: VALERIE O'SULLIVAN.



WELCOME TO 2017...CELEBRATIONS AT MIDNIGHT AT THE INEC KILLARNEY, WHERE NATHAN CARTER PLAYED A SELL OUT CONCERT ON NEW YEAR'S EVE, DAVID CAHILL, JOHN LAVIN, DENIS MCCARTHY, AIDAN CAHILL AND JONATHAN DOOLAN. PHOTO: VALERIE O'SULLIVAN.



ANNE EGAN, LEFT, GERADLINE QUIRKE AND MAIREAD EGAN, CELEBRATING NEW YEAR'S EVE AT THE INEC KILLARNEY, WHERE NATHAN CARTER PLAYED A SELL OUT CONCERT ON NEW YEAR'S EVE. PHOTO: VALERIE O'SULLIVAN.



ENJOYING IRISH ROCK SENSATION THE CORONAS, WITH FRONTMAN DANNY O'REILLY, BELTING OUT THEIR HITS AT A SELL OUT CONCERT AT THE INEC, KILLARNEY, FROM LEFT, NIAMH CRONIN, SINEAD O'DONNELL, CIARA KELLIHER. PHOTO: VALERIE O'SULLIVAN.



ENJOYING IRISH ROCK BAND SENSATION THE CORONAS, WITH FRONTMAN DANNY O'REILLY, BELTING OUT THEIR HITS AT A SELL OUT CONCERT AT THE INEC, KILLARNEY, LAURA MCCARTHY, MEGAN WALSHE, COLLETTE O'SHEA. PHOTO: VALERIE O'SULLIVAN.



ENJOYING IRISH ROCK BAND SENSATION THE CORONAS, WITH FRONTMAN DANNY O'REILLY, BELTING OUT THEIR HITS AT A SELL OUT CONCERT AT THE INEC, KILLARNEY, LIA FITZGERALD, MUIREANN HICKEY AND LAURA SHEEHY. PHOTO: VALERIE O'SULLIVAN.



DAMIEN HORGAN (MURPHYS BAR, SPONSOR) PRESENTING THE DEERPARK PITCH & PUTT CLUB GENTS MATCHPLAY CUP FOR 2016 TO WINNER JOHNNY O'BRIEN AT THE CLUB'S PRE-CHRISTMAS GATHERING AT MURPHYS. ALSO INCLUDED IN PHOTO ARE GEAROID CRONIN (RUNNER-UP), DAMIEN FLEMING (DEERPARK DEVELOPMENT OFFICER), JASON O'CONNOR (SEMI-FINALIST) AND JASON O'SULLIVAN (REPRESENTING THE OTHER SEMI-FINALIST KIERAN FITZPATRICK).



JOHN KELLY (DEERPARK PITCH & PUTT CLUB PRO) RECEIVING THE DAN O'LEARY MEMORIAL SHIELD FROM KERRY COUNTY BOARD PPUI CHAIRMAN AND DEERPARK DEVELOPMENT OFFICER DAMIEN FLEMING IN RECOGNITION OF BEING CLUB PERSON OF THE YEAR BY DEERPARK FOR 2016 AT THEIR PRE-CHRISTMAS GATHERING IN MURPHYS BAR.



EDUCATION OUTLOOK



(By Billy Ryle)

CAO applicants face the uncertainty of new grades and points in 2017

This year's applicants to the Central Applications Office (CAO) for a third level college course face the unknown quantities of a new Leaving Cert grading system and a new CAO common points scale. The old ABCD grades have been abolished in favour of H (Higher) and O (Ordinary) grades. In the new system, grades will cover multiples of ten percentage points compared to five in the old system. 625 points will continue to be the maximum CAO score but the new irregular common points scale will result in a much greater spread of points in 2017. In order to encourage more students to sit higher level papers, points will be awarded to all candidates who achieve at least 30% in any subject at higher level. However, the maximum number of points available to a candidate, who is scored on six ordinary level subjects, has been reduced from 360 points to 336. No points will be awarded for a percentage less than 40% in a subject at ordinary level. Because of the new grading system, the minimum entry requirements and specific course requirements for third level colleges have been readjusted to the H and O grades. The prevailing consensus is that average CAO points' scores will drop slightly with a concomitant easing of points' requirements for courses. I'm attaching a health warning to that prediction until the 2017 Leaving Cert exam results are published in August. In any event, the changes apply universally and any comparison with a discarded system is by and large irrelevant and something for CAO applicants not to be concerned about. Each Leaving Cert candidate should aim to achieve her/his best possible result in that exam. Points' requirements for courses will take care of themselves in due course.



The CAO processes applications for admission to undergraduate courses in Higher Education Institutions (HEI) in Ireland. Every public sector university, college and institute in the country, as well as a number of private colleges, participates in the CAO system. An applicant may choose from the entire range of courses in the CAO Handbook 2017. The courses are categorised as 'Level 8' or 'Level 7/Level 6'. The 'Level 8' category contains the Honours Bachelor Degrees (HD). The 'Level 7/Level 6' category contains Ordinary Bachelor Degrees (DG)/Higher Certificates (HC). All you have to do is submit a single application to compete for one of the available third-level places. The interactive online application system, 'Apply' has made the process very straightforward and convenient for students. 'Apply' is user friendly and easy to follow, particularly as the CAO provides an 'Interactive Demo' to enable you make a trial application. The CAO Handbook 2017 also contains detailed easy-to-follow information on how to apply for the courses on offer. Almost all applications from school leavers are now made via 'Apply'. The interactive online application service will remain open on the CAO website, www.cao.ie until 5.15pm on

1st February. The fee is €25, if you apply by 20th January and €40 thereafter until the standard closing date of 1st February.

Before you apply, study the CAO Handbook 2017, which explains the procedure to be followed when applying for a third level college place.

The institutions in the CAO system are listed in alphabetical order by location.

The courses in each college are listed directly under the college title, with 'Level 8'

courses being listed separately from 'Level 7/Level 6' courses. Select your personal preferences from the entire range of courses in the Handbook. Each course is assigned a code, which you enter on the application. You may apply for up to ten courses in each of the two categories, listed in order of your preference.

As the CAO Handbook 2017 doesn't contain information about general academic requirements, specific course requirements nor content of courses, consult the colleges' Prospecti and websites for that information.

Consider the potential career value of each course for which you are applying. Play to your strengths as you do your course research during the next few weeks. Jot down your personal career profile, including such variables as ability, achievement, application, aptitude, ambition, values, interest and personality (SAVIP). It's important to select courses that suit you if you are to have a positive, fulfilling and successful college experience.

In the next article, I will take a detailed look at the CAO 2017 application timeline.

Checklist

- The new Leaving Cert grades and points kick in this year
- Familiarise yourself with the H and O grades and the respective points' values
- Be aware of the changes in minimum and specific course entry requirements
- The CAO processes applications for admission to third level undergraduate courses
- Almost all applications will be made via 'Apply' this year
- The fee for the online application is €25, if you apply by 20th January
- Thereafter the fee is €40 until the standard closing date of 1st February
- Before you tackle the CAO application, study the CAO Handbook 2017
- Select your personal preferences from the entire range of courses in the Handbook
- You may apply for up to ten courses in each of the two categories
- Don't apply for a course without consulting the Prospectus and college web site
- Play to your strengths as you consider your course choices
- Jot down your personal career profile, based on the 'SAVIP' method
- Good quality research will result in you securing a suitable course

Billy Ryle is a Career Guidance Counsellor and freelance writer

2017 CAO Common Points Scale

Percentage	Higher	Points	Ordinary	Points
90 - 100	H1	100	O1	56
80 < 90	H2	88	O2	46
70 < 80	H3	77	O3	37
60 < 70	H4	66	O4	28
50 < 60	H5	56	O5	20
40 < 50	H6	46	O6	12
30 < 40	H7	37	O7	0
0 < 30	H8	0	O8	0

- 1) 25 BONUS POINTS WILL BE AWARDED FOR HIGHER LEVEL MATHS FOR H6 OR ABOVE IF MATHS IS ONE OF THE SIX SUBJECTS BEING COUNTED FOR POINTS CALCULATION
- 2) FOUNDATION LEVEL MATHS: F1 AND F2 ARE VALUED AT 20 AND 12 POINTS, RESPECTIVELY
- 3) LCVP: DISTINCTION, MERIT, PASS ARE VALUED AT 66, 46 AND 28 POINTS, RESPECTIVELY

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The first-time buyer must not have either individually or jointly with any other person (directly or indirectly), previously purchased, or built a property. Where more than one individual is involved in purchasing or building a new home, all of the individuals must be first-time buyers. The property must have been purchased or built as the first-time buyer's home. It does not include properties acquired for investment purposes.

The property must be occupied by the first-time buyer, or at least one of the first-time buyers in the case of multiple first-time buyers, for a period of five years from the date the property is habitable.

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Kerry ETB Training Centre



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

MTA Software & Networking Fundamentals (ET1Z4) - 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:** 23rd January 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 and fire safety, digital tachograph, technical standards and work experience. Applicants must have a current full Class B Driving Licence and Class D Learner Permit. **Start Date:** 30th January 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.

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:** 30th January 2017. **Duration:** 28 weeks. **Certification:** City & Guilds Diploma in Food and Beverage Service Level 2.

Angling Guiding (ET09061) - Fenit.

This course is designed for people who provide or wish to provide guiding services to anglers. Participants will gain the professional, technical, social and administrative skills to offer a quality, customised guiding service to a range of market profiles. **Start Date:** 30th January 2017. **Duration:** 14 weeks. **Certification:** QQI Certification.

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:** 13th February 2017. **Duration:** 32 weeks. **Certification:** QQI Level 5 Special Purpose Award in Traditional Stone Wall Construction.

Manual & Computerised Payroll and Bookkeeping (ET0Z5) - Tralee.

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

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:** 13th February 2017. **Duration:** 15 weeks. **Certification:** Cisco Certified Network Associate Certification (CCNA).

Digital Media Production Course (TRY18) - Tralee.

The Digital Media Production course offers participants the opportunity to learn and develop real-world production skills in a broad range of media disciplines. The course covers design, digital imaging, photography, sound, video, digital publishing and media project management. **Start Date:** 20th February 2017. **Duration:** 52 weeks. **Certification:** TBD.

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:** 27th February 2017. **Duration:** 24 weeks. **Certification:** City & Guilds Level 2 Award in Communications Cabling (3667-02).

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:** 10th April 2017. **Duration:** 14 weeks. **Certification:** QQI Level 3 Award Media Expressions 3N0792.

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, E-mail: training@kerryetbtrainingcentre.ie



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2016 – GAA REVIEW

JOHN O'LEARY KERRY GAA PRO LOOKS BACK ON A VERY SUCCESSFUL YEAR



JOHN O'LEARY KERRY GAA PRO.

A very successful year on the intercounty playing front, however, the big prize has eluded Kerry footballers once again in 2016.

Overall it has been a very successful year on the intercounty scene and one that most counties would be very happy with, however, success here in Kerry is almost always dependant on how you do in the All Ireland Senior football championship and if that is the yardstick then on the face of it, 2016 may not have been regarded as a huge success.

The season began with Kerry getting off to a bad start in the League losing to both Dublin and more surprisingly Roscommon, the latter in Fitzgerald Stadium, but they then went on to win five on the trot starting with Down away and they followed that with tough encounters against Donegal in Tralee and Mayo in Castlebar before finishing in style against Monaghan and finally Cork in Tralee to qualify for the semi finals. They easily turned the tables on Roscommon for that defeat in Killarney in Round 2 but then in the League final before a full house in Croke Park, Dublin took full advantage of a numerically depleted Kerry side in the final twenty minutes to win by eleven points.

Kerry had a seven week break before they resumed intercounty action on June 12th in Fitzgerald Stadium where they easily accounted for Clare in the Munster semi



KERRY PLAYERS, DARRAN O'SULLIVAN, JAMES O'DONOGHUE, FIONN FITZGERALD AND DAVID MORAN.



MEMBERS OF THE KERRY MINOR FOOTBALL TEAM WHO WON THE TOMMY MARKHAM CUP. FROM LEFT: DAVID NAUGHTON, DAVID SHAW, MICHAEL POTTS, DAVID CLIFFORD, NIALL O'DONOGHUE, BILLY COURTNEY, DARAGH MOYNIHAN, CHRIS O'DONOGHUE.

final by nine points and in the final, again at Fitzgerald Stadium, they then had ten points to spare over a Tipperary side who had earlier surprised Cork. So Kerry headed for Croke Park relatively untested since the League final and the fact that they were again facing Clare, a side they had easily disposed of in June, did not entice too many Kerry supporters to make the long journey to Croke Park on the August Bank Holiday weekend. A predictable eleven point victory over the Banner county sent Kerry into the semi final against a Dublin side who had earlier been given a tough test of their credentials in the quarter finals by Donegal before the Metropolitans emerged victorious by five points.

After a slow start, goals by Darran O'Sullivan and Paul Geaney saw Kerry lead by five points at the break but Dublin clawed that lead back during the third quarter. After a hectic finish, Dublin once again got their noses in front by two points and Kerry's assault on Sam Maguire was over for another year. The foul on Peter Crowley that was not given in those dramatic final moments had a vital affect on the end result and when playing Dublin in such a highly charged atmosphere as was in Croke Park on that day you need those calls going your way. Dublin certainly have the upper hand on their green and gold clad counterparts right now and no doubt Eamonn Fitzmaurice and his backroom team will have lost plenty sleep over the winter months wondering how they are going to displace the champions. With the possibility of one or two more of the seasoned players joining Marc Ó Sé in retirement, the makeup of the Kerry championship side for the coming year is uncertain, however, the talent coming through the Minor and Under 21 ranks in the Kingdom is the envy of every other

county. Whether these young tyros are still a year or two away from taking over the mantle at senior level is the burning question – the coming year may tell a lot.

ANOTHER DISAPPOINTING YEAR FOR THE UNDER 21 FOOTBALLERS:

It was another disappointing year for Kerry's Under 21 footballers. They defeated Tipp and Limerick but then went down by a point to Cork in the final. They did have a lot of injuries – fourteen players were sidelined at one stage but the wait for a Munster title that stretches back to 2008 still goes on. This coming year, Kerry are home to Clare in Round 1 on March 8th and winners there play Waterford in Dungarvan a week later with the final fixed for March 29th.

HISTORIC 3-IN-A-ROW OF TITLES FOR KERRY MINOR FOOTBALLERS:

Kerry Minor footballers completed a fantastic hat trick of Minor football titles when defeating Galway in the final in Croke Park. It was a feat last achieved by the Kingdom way back in the 1931 to 1933 era and this year they really lit up the minor scene with some outstanding displays on their way to the final. They scored an impressive total of 12 goals 105 points on their way to their 14th title which puts them three ahead of Dublin in the roll of honour. Some of those scores were really out of the top drawer and the point scoring in the quarter final in particular against Derry really stands out. On that day three players – David Shaw, Sean O'Shea and David Clifford – kicked five points from play each



and of course the goal scoring exploits of David Clifford in particular, throughout the Summer were also exceptional. The Fossa youngster, who is eligible for the Minor grade again this year, had his goal in the final against Galway voted "Goal of the Season" by TG4 viewers while his goal for St Brendans in the Hogan Cup final was voted 5th best.

So a seamless transition on the management front from Jack O'Connor to Peter Keane for the third title with the same emphasis on teamwork and traditional type football maintained. This has certainly been a golden era for minor football in the county with the additional bonus of the All Ireland Colleges Hogan Cup title coming to Kerry in each of the three years with players from these colleges sides contributing handsomely to the success at intercounty level. The coming year will bring new challenges, not least of them the distinct possibility of a Munster semi final away to Cork with the losers exiting the competition as early as May 10th.

JUNIOR FOOTBALLERS WIN BACK TO BACK TITLES FOR THE FIRST TIME:

Kerry Junior footballers joined Cork at the top of the roll of honour when easily accounting for Mayo in the All Ireland final in Croke Park. It was a very satisfying victory for a number of reasons. Chief among them was the fact that Kerry put back to back titles together for the first time and secondly they had to do so with a new team as none of the finalists from the previous year's victory were eligible to compete this year. It was very satisfying too for Manager Stephen Wallace who brought the team to the final on each of the three years of his tenure in charge. The future of this competition is uncertain right now, however, it is fair to say that the competition has served Kerry well over the last few years when it has catered for players of Under 23 grade making the transition from



DR CROKES SENIOR TEAM.

underage to senior status. A manager for the coming year has yet to be named.

DR CROKES DOMINATE THE CLUB SCENE ONCE AGAIN:

After a two year break, Dr Crokes, under the shrewd stewardship of Pat O'Shea, are once again Kerry champions and of course not alone that, they are just sixty minutes away from a St Patrick's day All Ireland final appearance. The Killarney side were most people's favourites to lift the Bishop Moynihan Cup from very early in the year especially once Austin Stacks failed to build on the promise shown in the Club Championship and exited at the quarter final stage. No doubt Crokes were also glad to see South Kerry and Mid Kerry fall at the same hurdle while they themselves accounted for Kerins O'Rahillys on that October weekend. Neither Dingle in the semi final nor Kenmare District in the final could halt the Black and Amber side's march to an eleventh title – and they lie just one behind Laune Rangers and Austin Stacks in the Roll of Honour. The All Ireland semi final meeting with Corofin on Saturday February 11th in the Gaelic Grounds in Limerick will be a season defining game and one the whole county is already looking forward to.

KENMARE ARE KERRY AND MUNSTER INTERMEDIATE CLUB CHAMPIONS:

Kenmare defeated neighbours Templenoe to claim the Intermediate championship and gain senior status for the coming season. They then strolled to a facile victory in the Munster Intermediate Club Championship final to become the ninth Kerry club to win the title. That win sets them up for a semi final meeting with Lee Keegan's Westport on Sunday January 29th in Cusack Park Ennis.

Glenbeigh-Glenclar are finally crowned Junior Champions

After many years of heartbreak at Junior level, Glenbeigh-Glenclar finally came good to become the first winners of the new Junior Premier competition and the first holders of the new Tom Keane Cup. They did it the hard way of course defeating Na Gaeil after a replayed final and they were then crowned Munster Junior Champions to become the twelfth Kerry Club to capture that prestigious title. They now face the Connaught representatives, Louisburgh of Mayo on Sunday January 29th in a Cusack Park double bill with the Intermediate final.

FOSSA ARE JUNIOR CHAMPIONS:

Fossa are the county Junior Champions following a replayed victory over Beale. It has been a tremendous year for the East Kerry club being represented on the Kerry Minor winning side and then capturing their first county title at senior level. They also achieved promotion to Division 3 under the stewardship of John Evan.

LISPOLE ARE CO. NOVICE FINAL WINNERS:

Lispole are the Kerry Novice champions following victory over Tuosist in the final and they now have a long wait before playing in the Munster Junior B Championship final against Wolfe Tones (Clare) or Ballyhooly (Cork) on Sunday 29th January in Knockaderry.



THE ST. BRENDAN'S COLLEGE FOOTBALL SQUAD; MANAGEMENT AND BACK ROOM TEAM WHO WERE CROWNED ALL IRELAND CHAMPIONS IN APRIL WHEN THEY WON THE ALL IRELAND COLLEGES HOGAN CUP. PICTURE: EAMONN KEOGH.



DR. CROKES

APPEAL FOR JUVENILE VOLUNTEERS:

Interested in becoming a Referee - Contact Ger Sugrue on 087-9928740.

You must be a minimum of 17 years of age.

DIARY DATES: Juvenile AGM will take place on 16th of January at 8pm and the Main Club AGM will take place on January 23rd.

LOTTO: Lotto 2, 4, 12, 24. Jackpot €13200. Not won match 3 14 by €30. Next draw on Sunday 8th of January in the Speakeasy. Jackpot €13500

HAPPY NEW YEAR: We wish all our Members and their Families a Happy New Year.

MID KERRY GAA

Mid Kerry will hold their AGM on Thurs 26th Jan 8pm in Keel GAA Club House. All clubs are asked to have their nominations and motions sent to the Mid Kerry Runáí by Thurs 12th Jan.

HAPPY NEW YEAR: Mid Kerry board wishes each and everyone of you a very happy New Year.

EAST KERRY NOTES

WITH ÁINE NÍ SHÚILLEABHÁIN PRO PRESENTATION OF U14 COUNTY CHAMPIONSHIP MEDALS:

The Eoghan Ruadh U14 team that won the County Divisional Championship 2015 were presented with their medals last Friday night by Kerry Senior Football player, Paul Murphy, in Gneeveguilla CLG. The East Kerry Committee was represented by Chairman Tim Ryan, PRO Áine Ní Shuilleabhain and East Kerry Coiste na nÓg Chairman, Sean O'Sullivan. Paul congratulated the team and told the players that they are in a very unique position of winning the Under 14 County Championship and having a great chance of winning the Under 16 Championship if they focus and put in the effort. As Paul explained County Championship titles are not easy to win and there are a lot of players who won All Irelands with Kerry Senior Football teams who don't have a County Championship medal at any level. Paul encouraged the players to put in the hard work and effort required and also to enjoy the time together. He said 'County Championship medals don't come easily and



RELAXING AFTER THE FARRANFORE/MAIN VALLEY 5K RUN ON ST STEPHEN'S DAY WERE FROM LEFT BRIAN LUCID, CHRISTINE BRODERICK, JOANIE GLOVER AND GEORGE GLOVER. PICTURE: TONY O'BRIEN.

they are greatly treasured'. Tim Ryan and Sean O'Sullivan both thanked Paul for taking time out of his busy schedule to present the medals. Many thanks also to Danny Fleming who arranged the night, to the team management and to Gneeveguilla CLG for hosting the presentation of medals and for their great hospitality.

TICKETS FOR EAST KERRY ALL STAR AWARDS:

This year's East Kerry All Star Awards Gala Banquet and Awards Ceremony, jointly sponsored by The Kerryman, The Gleneagle Hotel and the East Kerry GAA Committee, will be held in the Brehon Hotel on Friday the 13th January 2017 starting at 8pm. Tickets cost €35 and are available in the Kerry GAA Store, Killarney Outlet Centre, through East Kerry Clubs and from Officers of the East Kerry Committee.

The East Kerry All Star team of 2016 will be revealed on the night, as will the Fr Galvin Intermediate player of the year and the Young Player and the Senior Player of the Year. Awards will be presented also to the 2016 East Kerry Person of the Year and to the 2016 Hall of Fame Recipient.

EAST KERRY SCÓR SINSIR: The Finals of East Kerry Scór Sinsir, kindly sponsored by Killarney Credit Union, is set for Saturday the 21st January 2017 in Killarney Racecourse. The start time is yet to be decided. The closing date for entries is Saturday the 7th January 2017. Entries to be submitted to East Kerry Scór Officer Amy Reidy. Phone: 087-214 5569 e mail amyreidy@gmail.com

EAST KERRY COMMITTEE ANNUAL CONVENTION:

The 2016 East Kerry Annual Convention will be held in the Killarney Heights Hotel on Thursday night the 19th January 2017 at 7.30pm. Mass will be celebrated for deceased members before the meeting, starting at 7pm. Nominations and motions to be received by East Kerry Committee Runáí, Dermot O'Connor by Friday 13th January 2017.

NEW YEAR WISHES: Wishing all in East Kerry a happy and great sporting year in 2017.

LEGION GAA

AGM: The AGM will take place on Friday, January 20th at 7.30pm in the clubhouse. All members are strongly urged to attend.

CONGRATULATIONS: Congratulations to senior player Brian Doolan and his partner Juliette Carroll who tied the knot on New Year's Eve. Brian is a great servant to the club and we wish him and Juliette all the best for the future.

MILLTOWN/CASTLEMAINE GAA NOTES

LOTTO: Our Christmas Lotto Jackpot Draw for €12,400 took place in Knightlys Bar, Castlemaine - on December 30th.

The drawn numbers were 18, 28, 29 with the

bonus ball number 20. There was no outright winner but we had six lucky consolation prize winners. €50 each to Thomas Cronin Aghadoe and Helen Brosnan Abbeylands.

€25 each to Cathriona Hayes, Callinafercy, Christina Horgan, Killorglin, Frank Anderton, Fossa and John M O'Shea, Ventry.

We also had our Christmas Draw for our Yearly Ticket Holders.

Congratulations to the very lucky winners and sincere thanks to all those who donated prizes.

1. €100 cash - Colm Cronin.
2. Large Hamper (Sponsored by Knightlys Bar, Castlemaine).
3. €100 Family Membership: Marie Burke Castlemaine.
4. 3 x Yearly Lotto Tickets (€100) - Eileen Murphy, Castlemaine.
5. Bottle of Brandy and Bottle of Wine (sponsored by The Plough Bar) - Fr. Fergal Ryan, Beaufort.
6. €30 Londis Voucher - Paudie McCarthy Kiltallagh.
7. €30 Voucher for Murphy's Foodstore-Milltown Organic Store.
8. €30 Voucher for Almas-Mike Hickey, Milltown.
9. €30 Voucher for Larkin's Bar and Restaurant-Gene McGillicuddy, Milltown.
10. €30 Voucher for Burke's Butchers - Des and Peggy Giles, Castlemaine.
11. Bottle of Whiskey (sponsored by Larkins Bar) - Fr. Fergal Ryan, Beaufort.

Lucky spot prize winners on the night were:
1. Knightly's Voucher - Emmett Spring.

2. Hamper - sponsored by Murphy's Foodstore-Bertie Griffin.
3. Bottle of wine - sponsored by Larkin's Bar-Hazel Ferris.

Sincere thanks once again to our very generous sponsors.

GAA LOTTO: Tickets for our next Lotto Jackpot for €12,600 in Larkin's Bar - on Friday January 13th, are on sale in the usual outlets and from our regular ticket sellers. Just €2 a ticket or 3 for €5 can win you the lotto jackpot or a share in it. You will also be in with a chance of winning one of the six consolation prizes of 2 x €50 or 4 x €25.

AGM: The AGM of our club will be on January 20th 2017. As always we will be seeking nominations for many positions in the club.

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.

If you would like to become involved in any aspect of our club, please contact any member of our club executive.

#lovekillarney



GNEEVEGUILLA ATHLETIC CLUB

LOTTO: No winner of our lotto draw 30/12/2016, numbers drawn were 6, 13, 18 & 30. Sellers prize winner: Tom Joe O'Donoghue, €50 Y/T prize winner: Seamus Murphy Milltown, €50 to Jerry Lyne Annaghbeg, €40 each to Margaret Dillane Quarry Cross, Brian O'Connor Knockrour, Siobhan Daly Gneeveguilla AC. Bonus not won numbers drawn were 7, 14, 22 & 24. Next week's jackpot €6,600 plus €1,000 bonus.

ROAD RACES: The Christmas Road Race Series are finished for 2016. We had races in Newmarket, Farranfore, Boherbue & Beaufort. Fine form was shown by the following club members John Barrett, Robert & Andrew Purcell, Anthony Buckley, John Guerin, Fergal Barry, Simon Mangan, Sean Cahillane, Ross Gallagher, Caroline Murphy, Nora Flynn, Catherine Kiely, Mary O'Connell, Joan O'Sullivan, Colette Mallon, Cynthia Daly & Julie Purcell.

BOHERBUE ROAD RACE: A new event organised this year by Boherbue Village Committee, and a fine turnout they had. The club assisted with time keeping on the day. The club wishes to thank Boherbue Village committee for the significant contribution which they gave to our club funds on the day.

UPCOMING EVENTS 2017: We will be announcing our 2017 programme shortly which comprises of our club day out which will included a party and a sports hall competition. Our Winter Series will be held in Killarney over the 4 Saturday's in February. Our AGM will also be coming up, where we will be extending a welcome to our new club workers and to anyone else wishing to come on board. Full training courses will be provided.

MEMBERSHIP & LOTTO 2017: Club membership & annual lotto is now due, we would appreciate if you can all organise payment at your earliest convenience.

NEW YEAR GREETINGS: Wishing all our readers, club members and followers a Happy & Healthy & Sporty 2017.

KILLARNEY RFC NOTES

First off, Happy New Year. one and all! The new year promises to be a busy one rugby wise in Killarney, with youths and seniors back in action next Saturday, with our U16's travelling to Listowel in the U16 Bowl competition and our U18's take on Castleisland/Abbeyfeale at Aghadoe in the U18 Bowl competition. Our Seniors return to action in the Martin O'Sullivan Cup, and are due to take on Killorglin RFC at Ballymalis in Listry next Sunday. This game was postponed before Christmas.

Our Minis are not back training until Sat the 14th of January. Next Saturday, the coaches are taking part in a Munster Rugby workshop at Tralee RFC, so the minis will return to action



KILLARNEY COUGARS UNDER 16 BOYS WHO PLAYED ST BRENDAN'S TRALEE IN THE 47TH ANNUAL ST MARY'S BASKETBALL BLITZ AT CASTLEISLAND COMMUNITY CENTRE. PHOTO JOE HANLEY.

the following week. A busy few months lie ahead with blitzes taking place in Killorglin and Cahersiveen to come. More details to follow.

Finally, Santa came to KRFC at Aghadoe with our new lights! Our training pitch now has lights, which is a huge milestone in the development of the club. A huge thanks must go to Ger Moynihan and Paul Sheahan for their hard work in seeing this through. The funds raised from the IRFU grand draw - 'Your Club, Your Community' has helped Killarney RFC realise this dream and now squads can train in the winter evenings at Aghadoe. Well done all!

FARRANFORE MAINE VALLEY ATHLETIC CLUB

It was ideal weather conditions for our 55th Annual St. Stephen's Day 5K Road Run. With well over 400 participants taking part in what is one of the longest running races in Ireland. A special thanks to all our race organisers & volunteers who work tirelessly every year to make this an event to be enjoyed by all.

A sincere thanks to all our main sponsors: Moriarty's Centra Foodstore, Dunnes Killarney, Angasana Resort & Spa, AIB, Edward O'Mahony Electrical, Pat McDonnell Paints Tralee.

James Ledingham of Kilkenny City Harriers was first home (15:24) to take the Fr. Dan Browne perpetual Cup. He was followed very closely behind by local An Riocht AC athlete Tim O'Connor with club mate, Sean O'Sullivan, taking third spot. Carol Finn of Leevale AC was first lady (17:58) to take the Fr. Gearoid O'Donnachadha perpetual Cup. Sinead Tangney (Runner Sportsworld) was second, closely followed by our own Maria McCarthy. We had 36 competing from our club. Killian Kerins & Marie McKenna were our Club Novice

winners. Full results can be found on our club website. Well done to all. We are extremely grateful to the Pierse family of Listowel who kindly donated the ladies Fr. Gearoid O'Donnachadha memorial cup. They have been participating in the road race since 1961, now with 3 generations taking part.

CLUB MEMBERSHIP: Membership for 2017 is now due. In order to be eligible to take part in athletic competitions & avail of our club training it you need to be registered. Full details posted on our club website. Newcomers welcome with information in regards athletics and our club also available on our website. www.ffmvac.blogspot.ie

ATHLETIC'S FIXTURES: Sat 7th Jan. Munster Junior & U/23 Men Indoor Championships & Juvenile/Youth GIRLS Indoor Pentathlon Championships, Nenagh Indoor Stadium at 11am.

Sun 8th Jan. Munster Junior & U/23 Women Indoor Championships & Juvenile/Youth Boys Indoor Pentathlon Championships, Nenagh Indoor Stadium at 11am.

Sun 15th Jan. Munster Senior & Masters Indoor Championships, Nenagh Indoor Stadium at 10am.

KILLARNEY COUGARS BASKETBALL CLUB

CASTLEISLAND CHRISTMAS BLITZ: A busy christmas saw Cougars senior teams in action at the annual Christmas Blitz with the U16 Boys also participating for the first time.

All teams despite not being at full strength over the holiday period produced some great games and results, but eventually bowing out to the eventual winners in all competitions.

The Senior Mens opened with a good win over



Gneeveguilla before being knocked in our deciding game by tournament winners Cordal. The senior ladies played Brunell in a very exciting contest going down in a high scoring game with Brunell taking the Premier ladies title. Our U16 boys overcame the hosts St Marys by a point in their opening game before losing out to St Brendans in another high scoring exciting game with St Marys taking the title over Tralee.

ACADEMY TRAINING: Cougars Academy training resumes next week on January 13th for the Cubs U8 & U10 girls at 5pm and boys at

6 pm at the Parish Hall.

FIXTURES:

SENIOR MENS: Jan 16th Div II
Killarney Cougars v Kcymys Pres Gym.

SENIOR WOMENS:

Jan 10th Div I Cup Semi-final
Killarney Cougars v Glenbeigh Falcons Pres Gym.
Jan 12th Div II
Killarney Cougars v Tralee Tigers Pres Gym.
Further details on All Killarney Cougars Clubs schedules and events log onto the website



If you want to keep up to date on a daily basis make sure to follow us on @killoutlook

KILLARNEY GOLF

Editor: Aisling Crosbie 086 0400 958 or **Email:** editorial@outlookmags.com

Deadline: 3pm Monday



AT THE PRESENTATION OF THE DR CROKES GAA CLUB GOLF SOCIETY GOLFER OF THE YEAR AWARD SPONSORED BY VINCENT CASEY LIFE AND PENSIONS AT A PRIZEGIVING FUNCTION IN THE SPEAKEASY BAR ON ST STEPHEN'S DAY WERE FRONT FROM LEFT, VINCENT CASEY, SPONSOR, STEPHEN MCCARTHY, WINNER AND BRIAN CLARKE, CAPTAIN. BACK FROM LEFT ARE JOHN MCENERY, MIKE HOWARD, MIKE COOPER AND LIAM HARTNETT. PICTURE: EAMONN KEOGH.

KILLARNEY GOLF CLUB

The Arbutus Cup sponsored Killarney Golf Club took place on Mahony's Point on 26th December 2016

1st Pat Favier 14 41pts; 2nd Padraig Sheahan 12 40pts; 3rd Mark Tuite 5 39pts; 4th Derek Pyne 6 39pts; 5th Vincent O'Doherty 24 39pts; Best Gross Donal Considine 72; Cat 2 Daniel Doona 11 38pts; Cat 3 Martin Fowler 12 35pts; Cat 4 Michael Dennehy 20 38pts. CSS 37pts.

BEAUFORT GOLF CLUB

MEN'S RESULTS & FIXTURES

9 Hole Scramble - 1st Jan 2017

1st: Eve Bird, Joe Kennedy & Fred Kennedy.

Open Seniors Thursday 29th December 2016 - 13 holes.

Joint 1st: Pat Quill & Gerry Collins

FIXTURES:

8th Jan Scramble 10am

KILLORGLIN GOLF CLUB

LADIES RESULTS: Reminder that the 25th Drive-in will take place this Sunday 8th January at Killorglin Golf Club. Drive-in registration is at 10am followed by a 9 Hole Scramble at 10.30am. All welcome.

FIXTURE: 12 Hole re-entry Stableford, sponsored by Little Pavilion for Month of January is now in progress and will continue until further notice.

DEERPARK PITCH & PUTT NOTES

The St Stephens morning 3-Ball Scramble attracted a large turnout of members from Deerpark and GlenEagle and results as follows. Overall nett.

James Fleming, Michael O'Connor John Kelly 31 1/3

2nd Nett St John Kelliher Daragh Moynihan Robbie O'Brien (snr) 41.

Gross Gearoid Cronin, Mick Long, Brian McCarthy Kieran Fitzpatrick 34 1/3

ANNUAL GENERAL MEETING: The club AGM will be held in the Avenue Hotel on Monday 16th January commencing at 7-30pm and a special appeal is extended to all members to be in attendance.

Motions and nominations for vacant positions to be forwarded to club secretary Fiona O'Donnell at either the clubhouse or to his home address by this Sunday January 8th 5pm. A member who submits a motion is obliged to be present at the meeting to move that particular motion.

JOHNNY KELLY MEMORIAL SCRAMBLE:

The annual Johnny Kelly Memorial Scramble has been scheduled for Sunday February 19th Full details to follow.

NEW YEARS GREETINGS: New Years Greetings are extended to all our members, supporters, sponsors and the various media outlets for their ongoing support of the club activities during 2016

ROSS GOLF CLUB

GENTS CLUB:

FIXTURES: On Sunday Jan 8th we will hold a single stableford competition. The times sheet is available in the clubhouse so please add your name to it immediately.

Happy New Year to all our members, their families and to all our sponsors.



AT THE PRESENTATION OF THE DR CROKES GAA CLUB GOLF SOCIETY GOLFER OF THE YEAR AWARD SPONSORED BY VINCENT CASEY LIFE AND PENSIONS AT A PRIZEGIVING FUNCTION IN THE SPEAKEASY BAR ON ST STEPHEN'S DAY WERE FROM LEFT, VINCENT CASEY, SPONSOR, STEPHEN MCCARTHY, WINNER AND BRIAN CLARKE, CAPTAIN. PICTURE: EAMONN KEOGH.

SCHOOLBOY/GIRL SOCCER CHRISTMAS WEEK 2016 RESULTS AND REPORTS:

JK Sports 12 Premier:

Killarney Celtic 2-2 Mastergeeha.

12 Division 2:

MEK 2-8 Dingle Bay Rovers.

Daly's Supervalu 13 Division 1:

Killarney Celtic 9-1 Ballyhar.

Killarney Plaza 15 Premier:

Killarney Celtic 2-1 Dingle Bay Rovers.

Tralee Trophy World 16 Premier:

Park 9-3 Mastergeeha.

REPORTS:

POINTS SHARED IN 12 PREMIER:

Killarney Celtic and Mastergeeha had to be happy with a point a piece following a 2-2 draw. Brian O'Sullivan and Gearoid Healy scored for Celtic who move into second place behind Iveragh United. Sean Doolan got both for Mastergeeha who now have 2 draws from their 3 games.

DINGLE BAY UNBEATEN IN DIVISION 2:

Dingle Bay Rovers recorded their 3rd win in 3 to lead the Division into 2017. Their latest success saw them prove to be too strong for MEK.

Danny Kavanagh, James Hoare, Ronan O'Connor and Sean Roche were on the mark for the West Kerry side while Max Leon and Philip Lyons scored for MEK. However the 9-2 win was not as straight forwards as the result shows as Dingle Bay keeper Max Kennedy was the man of the match.

CELTIC EXTENDS LEAD IN 13 DIVISION 1:

Killarney Celtic's 9-1 win over Ballyhar sees them extend their lead to 5 points in the Daly's Supervalu 13 Division 1, but they do have a game more played than the teams chasing them. Robert Brooks, Eoghan Crowley, Ceryson Danter, Cian McAuliffe and Jack O'Neill got the Celtic goals while Stephen Palmer replied for Ballyhar who remain 4th.

POINTS BETTER THAN GAMES IN HAND FOR LEADERS:

Killarney Celtic have opened up a 7 point lead in the Killarney Plaza 15 Premier following a 2-1 win over Dingle Bay Rovers. However they have three more games played than the teams behind them. In this win Terry Sparling and Niall McGillicuddy scored for Celtic with Dylan Geaney replying for Dingle Bay.

PARK REMAIN UNBEATEN IN 16 PREMIER:

St Brendan's Park have made it 4 wins from 4 in the Tralee Trophy World 16 Premier as they defeated Mastergeeha 9-3. They do have a game more played than Dynamos and Mastergeeha in second and third.

Mervyn Shalemba, Sean McGrath, Nil Torne and Seb Vassiu scored for the Tralee side while Dylan Murphy and Paul O'Shea got the goals for the Kilbrean team.

KILLARNEY CELTIC NOTES

HAPPY NEW YEAR: Best wishes to all Celtic supporters and players for a happy Christmas and a peaceful New Year. 2016 was a good one for the club on and off the field, with both our



KILLARNEY CELTIC MADE A PRESENTATION TO MICHEÁL RING OF THE RING O'DONOGHUE HOTEL CHAIN, KILLARNEY CELTIC FC SPONSORS. PICTURED ARE LEFT TO RIGHT NEIL O'DONOGHUE (BAR MANAGER), EOGHAN DONNELLAN (ASST. MANAGER, KILLARNEY CELTIC), MICHEÁL O'DONOGHUE (O'DONOGHUE RING HOTELS, CLUB SPONSOR), BRIAN SPILLANE (CELTIC MANAGER).

senior and youths teams contesting finals, and our seniors remain completely unbeaten in the current season – long may it last!

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

STREET AND CHURCH COLLECTIONS:

We had both our annual street and Church gate collections during the Christmas period. We had a huge turnout of volunteers and, once again, absolutely fantastic support from the general public. Mile buiochas to all involved.

RESULTS

U17 LEAGUE: KILLARNEY CELTIC 3

KILLARNEY ATHLETIC 0: A great display against our derby rivals (and good friends, of course!) Killarney Athletic. Liam Curran was a superb man of the match, with Lee Downing, Jordan Leahy, and Patrick Darcy taking their goals well.

U13 PREMIER: KILLARNEY CELTIC 9

BALLYHAR DYNAMOS 1: A rampant Celtic dominated the game while a plucky Ballyhar worked hard to try and keep us out. Ceryson Danter scored the season's classiest hat-trick so far with three brilliantly taken goals, with Sean Fitzgerald and Calum O'Grady working hard in midfield alongside Robert Brooks, who coolly slotted two of his own. Debutant Eoghan Crowley also scored two great goals and the day was capped off with two more from Cian McAuliffe and Jack O'Neill. This was an excellent team performance led by the exertions of Sean Fitzgerald, William Harty, Ceryson Danter, Robert Brooks, Cian McAuliffe, Jack O'Neill, and Calum O'Donoghue.

FIXTURES:

Greyhound Bar Cup: Killarney Celtic B at home to Castlemiane United, Saturday, 7.00pm.

Youths League: Killarney Celtic away to Dingle Bay Rovers, Saturday, 2.00pm.

U16 Premier: Killarney Celtic away to Park,

Friday 6th, 6.00pm.

U16 Girls: Killarney Celtic away to Mastergeeha, Saturday, 2.00pm.

U14 Premier: Killarney Celtic at home to Mastergeeha, Saturday, 10.30am.

U14 Div One: Killarney Celtic B away to Dingle Bay Rovers, Saturday, 11.00am.

U12 Girls: Killarney Celtic at home to Killarney Athletic, Saturday, 2.00pm.

U12 Premier: Killarney Celtic at home to Listowel Celtic, Saturday, 12.30pm.

U12 Div One: Killarney Celtic away to Fenit Samphires, Saturday, 12.30pm.

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

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

MASTERGEEHA FC

U17 MASTERGEEHA 5 KILLORGLIN 2:

During the Christmas break the boys had a good win at home. With all the goals coming in the first half Mastergeeha started very well and scored four goals in the first twenty minutes. Dylan Murphy opened the scoring with Jamie O'Shea and James Lynch (2) adding further goals. The visitors then scored two goals before Jamie O'Shea scored again before the break. In the second half both sides created more chances with Paul O'Shea and Sheamus O'Leary going closest for Mastergeeha. All played well.

HAPPY NEW YEAR: Mastergeeha FC would like to wish all players, coaches, sponsors, members, supporters and friends a very happy and prosperous New Year.

#lovekillarney



Hello Readers and welcome to the first edition of Margaret's Ramblings for 2017, I would like to begin by wishing everybody health and happiness in the year ahead and as always I will be very grateful for any news items and articles you submit to me for publication in my Ramblings and I would also very much appreciate any suggestions for items you would like to see published – if you ever have any queries or corrections on any articles published in my Ramblings, please contact me and I will get back to you as soon as I possibly can, my contact details are on top of the page.

A READERS REQUEST

I am delighted to be able to say that already this year I have had a request from a reader to publish some information on why the Robin is to be seen on Christmas cards – the truthful answer is I don't really know but Robin folklore has existed for Centuries and one legend is that when Mary was giving birth to Jesus, the fire that was burning to keep the stable warm was about to go out. Just as Mary was starting to worry about the chill of the night descending upon her and her newborn, a tiny brown bird alighted by the fire, singing and flapping its little wings. The flapping made the embers glow brightly, re-igniting the fire. In some versions of this legend, the little bird also brought small twigs in its beak to help feed the fire. As the robin flew around, tending to the fire, the flames crackled and snapped, and a stray red-hot ember flew from the hearth, landing on the brown bird's breast, making it glow bright red. When Mary saw all this, she declared that the red breast was a sign of the bird's kind heart and that the bird and all its descendants would wear a red breast proudly for evermore, however the Robin became far more widely associated with Christmas after it was depicted on Christmas cards in 19th century England. In the 1800s, British postmen wore bright red uniforms; the postmen in their red-breasted coats resembled the much-loved bird, the robin red-breast, earning Victorian postmen the nickname: Robins. Around Christmas time, people would eagerly await the "Robins" delivery of Christmas cards from near and far. Some greeting card artists were inspired by this to illustrate their cards with the joyous delivery of letters, and instead of drawing a postman, one

artist decided to draw the Robins' namesake, the robin birds, delivering letters in their little beaks and the trend caught on.

- The best way to see a Robin in your garden is to dig. Within minutes one may perch on a fence or branch nearby waiting to inspect the newly-turned soil for earthworms.
- The Robin has a distinctive and beautiful sounding call. It will sing to proclaim territory and attract a mate and usually sings all year round, although it is quieter in late summer when it moults.
- Nearly three quarters of robins in Ireland die before they are one year old, either caught by predators or unable to fend for themselves. Ten per cent of older robins die defending their territory.
- When their food source becomes scarce in winter they will eat just about anything put out for them on a bird table, especially fatty foods such as bacon rind and cheese.
- When the male robin has found a mate, he will strengthen their bond by bringing the female food, such as worms and caterpillars, which she begs for noisily while quivering her wings and is often mistaken by the observer to be the mother feeding the young.
- Once the female has laid her eggs, she stays in the nest for up to two weeks. The male brings her food, sometimes as often as three times in an hour.
- Both parents take responsibility when feeding and looking after their chicks until they can fly and become fully independent. They pair up for the breeding season (April to July) only. Nest usually well-concealed in a bank, ivy or cavity in tree or wall. The female will sit on the clutch of 5-7 eggs while the male continues to feed and look after the year's first fledglings.
- Both Male and Female Robins look the same though juvenile Robins do not have red breasts, instead their breasts are spotted with golden brown.

ONE BLACK MAN HAS CONVINCED 200 KKK MEMBERS TO LEAVE THROUGH FRIENDSHIP

Daryl Davis a 58 year old musician and author,

has travelled all over the US since the early 1980s actively seeking out and befriending members of the Klu Klux Klan.

"Music absolutely played a massive role in bridging many gaps in the racial divides I would encounter," Mr. Davis says. "I never set out to convert anyone in the Klan. I just set out to get an answer to my question: 'How can you hate me when you don't even know me?'" I simply gave them a chance to get to know me and treat them the way I want to be treated. They come to their own conclusion that this ideology is no longer for them".

Despite his incredible work Daryl does receive some mixed reactions to making friendships with people who have held such extremist views.

"There was surprise and shock on both sides (black and white), mostly from people who don't know me, or who haven't bothered to research me. Not all, but most of the criticism has come from black people. I have been called a 'sellout', 'Uncle Tom', 'Oreo' and a number of other terrible names.

Unfortunately, I must compare these particular black people with the KKK and other white supremacist groups, with no distinction, other than the colour of their skin" he added.

This is a quote from the American author Mark Twain, which Mr. Davis says he finds to be most accurate: "Travel is fatal to prejudice, bigotry, and narrow-mindedness, and many of our people need it sorely on these accounts. Broad, wholesome, charitable views of men and things cannot be acquired by vegetating in one little corner of the earth all one's lifetime."

CAFETERIA WORKER AT CHILDREN'S HOSPITAL SAVED UP TO GIVE CHILDREN A SURPRISE FOR THE PAST 8 YEARS

54-year-old Jessie Tendayi works at Advocate Children's Hospital in Oak Lawn, Illinois and saves her money every year to do something special for the children around Christmas time. This year, she saved up all year and spent nearly \$5,000 of her own money on about 1,300 toys. She even shopped for all the toys herself and on December 12, delivered toys to both Advocate Children's Hospital and Advocate Lutheran General Hospital in Park Ridge where the children were able to choose their own toys from the incredible offering of toys.

Jessie moved from Zimbabwe to Chicago with her husband about 19 years ago. The couple never had any children of their own and she began buying toys for children at the hospital in 2009. In the first year, she bought 100 gifts for the children spending their Christmas in the hospital and every year since, she's tried to increase that number.

"Why do I do it? God put it in my heart," she says "One day I was watching TV and I saw children in need. I asked myself, What should I do for them to calm down what they are going through?" So I started saving my money to make sure the children had something to play with while they

are sick, so they can forget their pain."

Ms. Tendayi was hired to work in the hospital cafeteria 18 years ago. While she makes a humble living from her job, she has set up a savings account which sets aside money every month for her toy shopping spree at the end of the year.

"It's not about being rich. It's not about money," she added "The little we have, we can share. For me, it's a blessing. I'm able to make a difference for the children. Children, they need somebody who cares about them. You want to make a difference to them. I felt in my heart I had to do something for the children."

For Jessie, the biggest gift is seeing how much the children appreciate the gifts. She says the children make her feel like she has a family. "I'm happy. I'm happy to do this," she said. "When God puts this in your heart, you don't get tired. You love what you're doing. I love helping other people."

QUOTE

"Our lives begin to end the day we become silent about things that matter" - Martin Luther King, Jr.

ON THIS DATE – JANUARY 6TH

0001 - Today is Epiphany, a Christian feast celebrating the visit of the Wise Men to Jesus in Bethlehem.

1494 - The first Mass in the New World was celebrated at La Isabela, Hispaniola.

1681 - 1st recorded boxing match (Duke of Albemarle's butler vs his butcher).

1773 - Massachusetts slaves petitioned legislature for freedom.

1789 - Guy Carleton, Baron Dorchester founded an agricultural college at Québec.

1877 - McLean's opened the first flour mill in Manitoba; wheat was quickly replacing fur as Manitoba's main product.

1918 - Captain J. Hedley of the Royal Flying Corps was sucked from his seat and out of the plane while diving to escape German fighters in France; the slipstream pulled him back to the plane when it levelled out.

1925 - Birth of Hollywood legend and humanitarian, Paul Newman.

1936 - Canada's first female mayor Barbara Hanley was elected in the Northern Ontario town of Webbwood, west of Sudbury, when she defeated Robert Streich by 13 votes, she served as mayor for eight terms.

1953 - *Godfrey Bowen set a new world hand sheep-shearing record*.

* At Akers Station at Ōpiki, Manawatū, Godfrey Bowen set a new world record, shearing 456 full-wool ewes in nine hours. Mr. Bowen helped establish sheep shearing as a legitimate sport and was one of the first people inducted into the New Zealand Sports Hall of Fame in 1990. In the years after the Second World War, Godfrey and his brother Ivan revolutionised the wool industry through their improved shearing methods – the 'Bowen technique' – which added value to the national clip and helped lift the profile of shearing.

After breaking the world record, Godfrey became chief shearing instructor for the New Zealand Wool Board. In 1954 he helped establish two university courses on the subject. In 1960 he was made an MBE for services to the sheep industry.

Godfrey Bowen taught the Bowen technique in many countries around the world. In 1971 he and local farmer George Harford opened the Agrodome near Rotorua on New Zealand's North Island. This 'theme park dedicated to the New Zealand farm' set the benchmark for rural tourism ventures.

INDIAN SCHOOL ASKS PARENTS TO PLANT TREES INSTEAD OF PAY TUITION

Shiksha Kuteer school located in the Chhattisgarh's Ambikarpur area was established to help poorer families afford quality education for their children. It provides quality education to 35 different students ages 4-5.

Since its construction one year ago, over 700 saplings have been planted in the area. Should one of the trees die, the parents are simply required to replace it with another.

DOG SLAUGHTER BANNED IN LARGEST SOUTH KOREAN MARKET

Thanks to an agreement between the Seongnam City Government and the vendors' association of Moran Market, all 22 of the market's dog meat vendors will be required to remove slaughter facilities and dog cages. The market, which is responsible for a large percentage of the country's canine meat, will put a significant dent in the product's trade.

"Starting off with the removal of slaughtering facilities and cages in the market, we will ultimately stop the dog meat trade in Moran Market," Seongnam city official Kang Won-gu said.

The vendors will receive financial support from the city until they have the resources to pursue other jobs and careers as part of the districts efforts to reform the market.

MOBILE MONEY HAS HELPED LIFT 2% OF KENYAN FAMILIES OUT OF POVERTY

A new study shows the expansion of a mobile money system has helped bring hundreds of thousands of Kenyans out of poverty, especially those in female-headed households.

The study, funded by the Bill and Melinda Gates Foundation and the organisation Financial Sector Deepening Kenya, examined how M-PESA, Kenya's text message-based payments system, spread across the country over six years. The researchers tracked the economic progress of thousands of households and estimated that the expansion of M-PESA lifted 194,000 households (2% of households in the country) above the poverty line, and that these

effects were partly driven by women's access to the new way of sending and receiving money. M-PESA, introduced in Kenya in 2007, now reaches 96% of the country's households. Because it uses simple SMS messages (not requiring a smartphone) to send money, and cash can be deposited or withdrawn from local agents (for example, at a nearby shop), the service does not require an extensive bank infrastructure and reaches even remote rural areas.

WORN TIRES RECYCLED FOR HOME CONSTRUCTION

In the Brazilian state of Goiás, Jose Neto Medeiros noticed the demand among farmers for fixing flats of large tractors and combines in his small town called Goiatuba. There was no equipment locally to fix this kind of tire, so he built his own and became well-known in the area. As time passed, the amount of waste was piling up and starting to bother him, so the Brazilian inventor began testing unusual ideas for reusing the tires.

After producing a variety of useful objects with the worn tires, Ze Neto developed a construction brick made of rubber mixed with an ecological concrete. For the brick, he basically removed the metal components of the tire and cut the sides; then flattened and rolled them and fastened them with staples. For the concrete, he mixed cement with rubber and other recyclables, like glass, plastic and non-toxic metal parts from appliances. To test his material, he built a foundation and pillars on his property at Goiatuba and it worked very well.

The next step was to build walls. Brazilian engineers expressed scepticism that turned to mockery – Mr. Medeiros had barely finished primary school after all and was building with trash.

During the building process a local TV station broadcast a story of the rubber concrete and afterward a curious engineer from the capital city, Jose Dafico, got in touch with him. That engineer had access to the labs at the University of Goiás and decided to study the material. Despite his lack of formal education, Mr. Medeiros concrete passed all kinds of tests – thermal comfort, temperature, fire, impact, etc. The ecological concrete and bricks were just as good as commercial materials and were strong enough to erect three-story buildings. The original pillars were built with a fifteen-room hotel in mind, today the hotel is finished and Mr. Medeiros intends to rent it to a private company to run the business.



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GARDENING OUTLOOK



with John O'Sullivan

FOCUS ON EARLY SPRING FLOWERING SHRUBS

Now is a good time if you are planning a new garden or trying to add some colour to an established garden to plant some early flowering spring shrubs. One of the best known shrubs is the Camellia and these popular shrubs are starting to flower in most places at the moment. The Camellia is a very valuable shrub in the garden as it can give a focal point to any shrubbery all year round with its glossy green leaves and showy blooms from early spring. A lot of people think that Camellias are a difficult shrub to grow, but in fact they are no more difficult than Rhododendrons or azaleas, and most varieties on sale now are hardy. When choosing the spot to plant your Camellia, make sure it is sheltered from cold winds as they can damage the flowering buds, as can frost. When planting your Camellia make sure to mix plenty of moss peat with the earth, rather than on its own around the plant, as it will tend to root out quicker. Camellias are also ideal for growing in containers. Remember if you are planting your Camellia in the ground, that it might be small initially but most will grow to the size of a small tree, so allow plenty of room around it. There is very little maintenance with Camellias only to prune out old dead wood, clean up old blooms that fall to the ground, and to mulch around the base of plants every spring with some moss peat. There are a lot of other good spring flowering shrubs, here is a list of just a few: Forsythia, Cythius, Corylus, Berberis Darwinii, Ribes, and Skimmia.

Next week I will focus on hedging.

JOHN O'SULLIVAN, FOUR SEASONS GARDENING
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BURKETT TAKES A LOOK AT WHAT'S
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On the Box

New Year - 2017 Preview EASTENDERS

Max's return to the Square will continue to cause drama as he finds himself caught in the aftermath of Ronnie and Roxy's tragic death. Meanwhile, the arrival of her mother could see Denise's pregnancy secret revealed. Elsewhere, Lee will make his exit. And finally, Michelle's secret will be exposed in a two-hander episode with Sharon.

CORONATION STREET

Michelle will tragically lose her unborn child in a devastating new storyline to air in January. Meanwhile, Daniel and Sinead will grow closer. Elsewhere, Bethany will be targeted by newcomer Nathan as the older man gets his claws into her.

And finally, a number of Street affairs look set to be exposed.

EMMERDALE

Cain and Moria's long awaited reunion could be derailed by a shock discovery. Meanwhile, Pierce's dark resurfaces leading to a dilemma for Rhona. Elsewhere, Robert and Aaron's wedding plans are in jeopardy when Rebecca causes more trouble. And finally, the Dingles welcome Debbie home and could Zak and Lisa really reunite?

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KILLARNEY AL ANON

The Killarney Al-Anon meetings are held Tuesday nights at 8.30pm, also Thursday mornings at 11am in St. Claires, Vincent de Paul Building, Tesco carpark, Beech Road, Killarney

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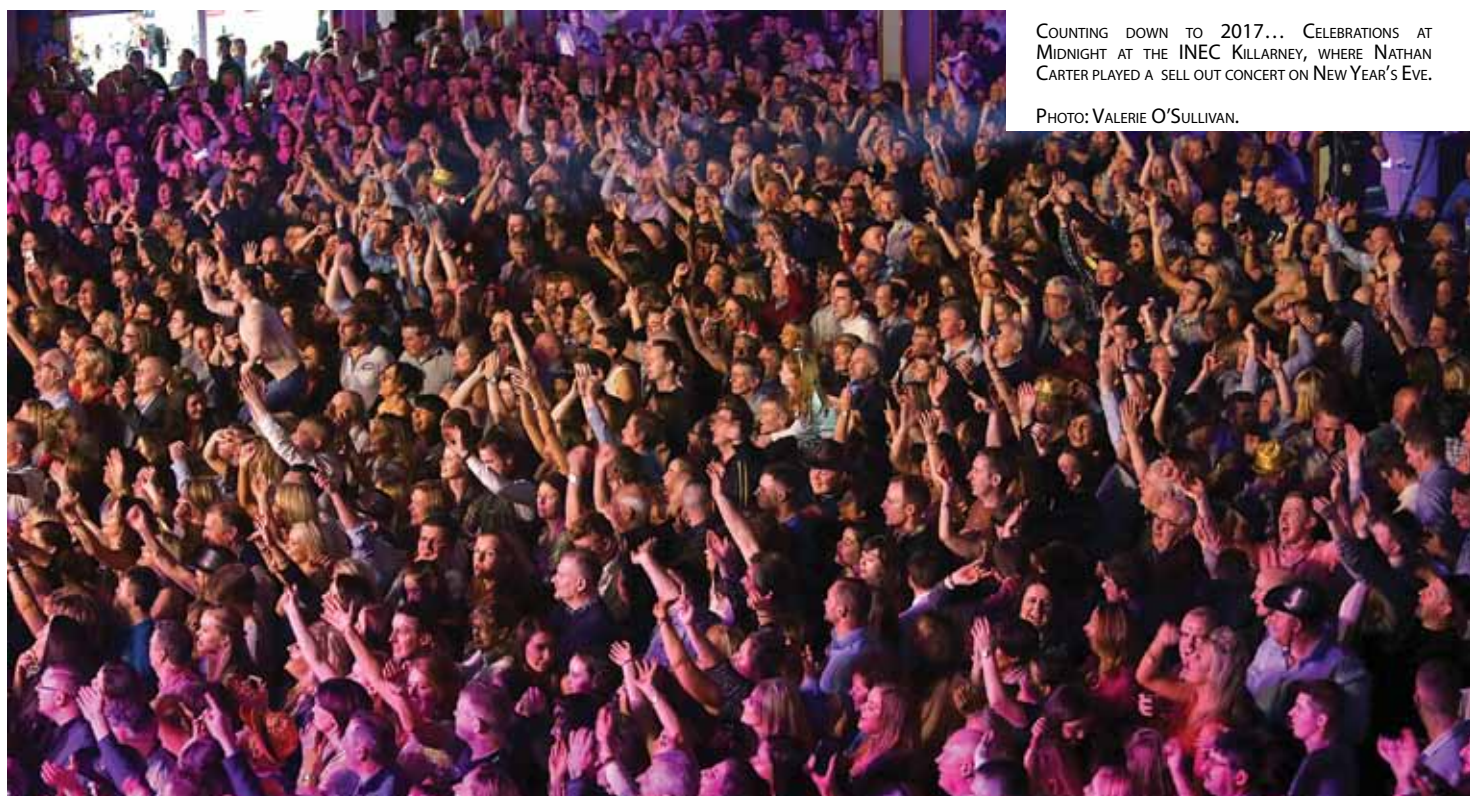
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COUNTING DOWN TO 2017... CELEBRATIONS AT MIDNIGHT AT THE INEC KILLARNEY, WHERE NATHAN CARTER PLAYED A SELL OUT CONCERT ON NEW YEAR'S EVE.

PHOTO: VALERIE O'SULLIVAN.



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QUESTION

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- Identification and the general appearance of the vehicle.

The Authority's website, transportforireland.ie, provides information on the hiring of taxis, hackneys and limousines and about making a complaint. If you wish to make a complaint, you can make it online, download a complaint form or obtain a complaint form from the Authority's information line at **0761 064000**. You need to submit a copy of any receipt obtained for the journey with the completed complaint form.

Once the complaint has been investigated, the Authority will decide whether to take further action. If it decides to take further action it can:

- Give advice to the driver or operator, or
- Issue a formal warning or
- Proceed with prosecution in court

When making a complaint you should be prepared to give evidence in court, if necessary.

You can find out more at <https://www.transportforireland.ie/taxi/faqs/>.

Further information is available from the Citizens Information Centre below.

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

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



HAPPY NEW YEAR!

The New Year brings with it new expectations and experiences for everyone. It can be a time of excitement and fresh starts and yet feel one of the most difficult times also. Many people report feeling down, a little fatigued and more hopeless. There can be a sense of deflation after all the festivities of Christmas and with that anti-climax low mood and, in some cases, isolation can occur. The temptation may be to give in a little and retire from the world but the opposite is more helpful. Engaging in moderate physical exercise, eating a balanced diet and staying connected to others can prohibit a low mood from getting increasingly worse. Of course we all have off days or lazy days, whereby we need to rest more and retreat, but if you notice that you are experiencing ongoing low mood and change in behaviour that affects your quality of life and/or relationships then you may have to reach out for help.

A good place to start is family or friends, someone you already know and trust. They know you already and know your life experiences and how much you have been through, so chatting to them about how you feel can alleviate the pressure/stress you may be feeling. Family and friends will want to know if you are struggling and from my experience, as a counsellor, they will appreciate you letting them in. The first step is the hardest but once you start the conversation you will feel less alone and instantly begin the process of connection. Communication is key. Whether it is anger, sadness, fear or anxiety talk about it; problems are relative so if it bothers you then it bothers you. Don't fall into the trap of thinking it doesn't matter or other people won't care because this way of thinking only serves to isolate you more. Don't pretend to be ok if you are not ok. This only serves to delay or postpone what you inevitably have to address, so consider the benefits of sharing how you feel, as not sharing could have a negative impact on your mental, emotional and physical wellbeing. Another avenue worth exploring is visiting your GP. Describe to your doctor how you feel and what you are experiencing recently. Discuss your concerns and fears and how others i.e. family or friends, may have noticed a change that concerns them. Again you have begun the process of reaching out, your doctor can listen and make some suggestions or refer you to other services. They can discuss your support network and request a repeat visit to them so that they can monitor and support you as necessary.

Alternatively, you may consider counselling. This would give you the opportunity to explore your thoughts, feelings and experiences (past or present) in a confidential, non-judgemental, safe setting. Counselling can provide support, insight and validation. It is a useful space where people can open up and discuss what is on their mind and what is happening within the context of their world. The aim is to feel seen and heard at a time when you may be feeling alone and/or invisible! The developing relationship between you and the counsellor can restore confidence in yourself as well as confidence in others; thoughts can be challenged and feelings can be held. In turn, there can be a sense of empowerment when we become proactive in our lives and starting the counselling process is a positive indication of this. Acknowledging that we matter, that we are enough and that we need others (either on a personal or professional level), can enable us to face another year with less dread, more hope and more understanding.

SouthWest Counselling Centre Killarney provides affordable professional counselling to children, adolescents adults and couples – both at its Killarney Centre (Lewis Road) and at Kenmare Family Centre. info@southwestcounselling.ie.


Kerry LifeLine provides FREE counselling and support to anyone feeling suicidal or bereaved through suicide. info@kerrylifeline.com



To make an appointment call 064 6636416/064 66364100

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

**CLLR
BRENDAN CRONIN**
Cathaoirleach / Mayor of Killarney
Municipal District.



*I want to wish all
my friends,
supporters and
constituents good
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for 2017.*

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All Welcome



FIANNA FAIL
THE REPUBLICAN PARTY
John Brassil TD

Killarney Constituency Office Open Hours:
Thurs 12th and Fri 13th 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 cllrjoculloty@eircom.net
and Cllr. Niall Kelleher 087-6694101 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 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



**Saint John of God Community Services Ltd,
Kerry Services**

Saint John of God Kerry Services provides a range of programmes and services for adults and children with an intellectual disability throughout the Kerry region. A person-centered approach to service delivery is promoted in accordance with the Organisation's values and ethos and in keeping with its commitment to the continuing development of community based services.

If you are looking for a new exciting challenge and share best practice, the following roles might be of interest:

**Planned Maintenance for
Saint John of God Kerry Services**

- Invitation of tender notice for Planned Maintenance for Saint John of God Kerry Services
- All information will be available on www.etenders.gov.ie in the next 2 weeks


Applications must be able to meet the following criteria:

- Have experience working with people with intellectual disabilities and behaviours that challenge
- Experience in this type of work with other organisation would be an advantage

All queries in relation to the eTender must be made via the eTenders website / Irish Government Procurement Opportunities Portal (www.etenders.gov.ie) Responses will be circulated only to those candidates that have registered an interest in this notice on the eTenders site.

Saint John of God Community Services Limited is an equal opportunities employer.

Hospitality - Compassion - Excellence - Justice - Respect



A WORD OF VICTORY

Welcome back dear reader, you have heard of God's grace and mercy but what is it like to experience this wonderful grace and mercy? As an example say if you were brought to court and charged and fined one thousand euro and were given a certain amount of time in which to pay the fine and you did not have the money to pay, you could then be facing a jail sentence where you would be removed from your family and locked up, but, say someone that knew you had compassion on you and they went to the court and paid the fine for you - even though you deserved punishment for your transgression, you instead received mercy and grace from the one who paid off your fine. That is what happened to us, for we have all sinned and fell short of the glory of God and we had no way of paying the penalty put upon us by sin, so we needed grace and mercy (Romans 3:23). In John 3:16 we read that God so loved the world (that's you and I friend) that He gave His One and only Son to die for us, so that whoever would call upon Him would be saved from the punishment of Hell's everlasting fire. Jesus paid our fine with His life and He came willingly from Heaven to do it. Scripture tells us that Jesus endured the Cross for the joy that was beyond it (Hebrews 12:2). The joy, of course, is that men and women born in sin would call on Jesus, their sins would be completely forgiven and forgotten never again to be remembered (Jeremiah 31:34; Psalm 103:12) and can go free as though having never sinned or done any wrong. That happens when we receive God's grace and mercy. This gift is held out to every man and woman - to reject it and try to save ourselves through works or any other method is an open door for punishment to click in - everlasting separation with the devils for all eternity. It's unthinkable but it is reality. Make 2017, even today, the day you receive Grace and Mercy. God bless you friend. More next week....

Contact: 064 - 66 22950 E: wovkillarney@gmail.com

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NOVENA TO THE SACRED HEART

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

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

NOVENA TO ST. CLARE

IN THANKSGIVING

Novena to St. Clare. Ask for three favours, one business, two impossible. Say nine Hail Mary's for nine nights with lighted candles. Pray whether you believe or not. Publish on ninth day. Powerful novena. Say may the Sacred Heart of Jesus be praised, adored glorified and loved today and everyday throughout the whole world now and forever. Amen
Your request will be granted no matter how impossible it may seem.

THANKSGIVING

St. JUDE come to my assistance in my need that I may receive the consolation and help of heaven in all my necessities particularly (mention request) and that I may praise God with you and the elect throughout eternity. I promise you O Blessed Jude to be ever mindful of this great favour and I will never cease to honour you as my special and powerful patron and to do all in my power to encourage devotion to you. Amen
Say for 3 days and publish immediately
Favour granted after 3 days.

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THE MIRACLE PRAYER

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

PRAYER TO THE VIRGIN MARY

NEVER KNOWN TO FAIL

O Most Beautiful Flower of Mount Carmel, Fruitful Vine, Splendour of Heaven, Blessed Mother 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. **M.N.K.C.**

NOVENA TO ST. CLARE

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

27TH ANNIVERSARY



In Loving Memory of

**PETER D.J.
O'SULLIVAN**

**Annaghmore, Headford,
Killarney, Co. Kerry.**

May he rest in peace dear Jesus,
In Thy Heavenly home above,
With the Sacred Heart of Jesus,
In His Own Eternal Love.

**Mass has been offered for your
intentions.**

**Always remembered by your
loving wife & family.**

MEMORARE TO OUR LADY OF LA SALETTE

Remember Our Lady of La Salette,
true Mother of Sorrows, the tears you shed for
us on Calvary. Remember also the care you
have taken to keep us faithful to Christ, your
Son. Having done so much for your children you
will not now abandon us. Comforted by this
consoling thought, we come to you pleading,
despite our infidelities and ingratitude.

VIRGIN OF RECONCILIATION

Do not reject our prayers, but intercede for us,
obtain for us the grace to love Jesus above all
else. May we console you by living a holy life and
so come to share the eternal life Christ gained by
his cross. Amen.

NOVENA TO ST. CLARE

Ask St. Clare for 3 favours, 1 business, 2
impossible, Say 9 Hail Mary's for 9 days with
a lighted candle, and finish with "May the
Sacred Heart of Jesus be praised, adored,
glorified and loved today and every day
throughout the world forever, Amen."

Pray, whether you believe or not.

Publish on the 9th day.

Your request will be granted no matter how
impossible it may seem.

Favour often granted on the third day.

LET'S PRAY TOGETHER INTO THE WORD

Psalm 37(5) commit your way to God trust in
him and he will act (meaning). We want our
situations and relationships to change but the
change only happens with the knowledge of
God's word. Change can only come through
prayer and waiting on the Lord God. While we
are waiting for God to solve our problems do
not complain to people about your situation. We
need to trust God he is faithful to rescue us from
our troubles. Our prayers should be persistent do
not give up. Because God doesn't open the door
the first time we think he hasn't heard us but
he has. Psalm 37(7) Be still before God waiting
patiently (meaning). By waiting patiently is the
way to His secret places of joy and communion.
This lifts our souls up to new heights. Amen.

For Prayer Requests

laurencewoodley63@gmail.com

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 for three days. Publication of
prayer and favour will be granted.

M.M.

PRAYER TO THE VIRGIN MARY

NEVER KNOWN TO FAIL

O Most Beautiful Flower of Mount Carmel, Fruitful
Vine, Splendour of Heaven, Blessed Mother of the
Son of God, Immaculate Virgin, assist me in this my
necessity. O Star of the Sea, help me and show me
herein you are my Mother. O Holy Mary, Mother of
God, Queen of Heaven and Earth, I humbly beseech
you from the bottom of my heart to succour me in
this necessity. There are none, that can withstand
your power. Oh Mary conceived without sin, pray
for us who have recourse to thee (3 times). Holy
Mary, I place this cause in your hands, three times.

Thank you for your mercy to me and mine. This
prayer must be said for three days and after that
the request will be granted and the prayer must be
published. Thank you for favours received.

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.

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

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. **F**

GRATEFUL THANKS

To our Lady, Sacred Heart, St Faustina,
St Padre Pio, St Anthony and Infant of
Prague, St Rita, St Theresa, St Joseph,
Mother of Perpetual Help, Michael
Archangel, Archangel Chamuel,
My Guardain Angel.

Thank you for favours received.

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.

ST. THERESE OF THE LITTLE FLOWER

O glorious Saint Therese, whom Almighty God has
raised up to aid and counsel mankind, I implore
your Miraculous Intercession. So powerful are
you in obtaining every need of body and soul our
Holy Mother Church proclaims you a "Prodigy of
Miracles... the Greatest Saint of Modern Times."
Now I fervently beseech you to answer my petition
(mention specifics here) and to carry out your
promises of spending Heaven doing good upon
the earth... of letting fall from Heaven a Shower of
Roses. Henceforth, dear Little Flower, I will fulfill
your plea "to be made known everywhere" and I
will never cease to lead others to Jesus through you.
Amen.

THE MIRACLE PRAYER

Dear Heart of Jesus in the past I have asked
many favours. This time I ask you this special
one, (mention favour).

Take it dear heart of Jesus and place it within
your own broken heart where your Father
sees it.

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

Amen.

Say this prayer 3 times for 3 days and your
favour will be granted. Never known to fail.

Must promise publication of prayer.

NOVENA TO ST. JUDE

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

Sacred Heart of Jesus pray for us.
St Jude of the helpless pray for us.

Ask St Jude for 3 favours,
2 of which seem impossible.

Say 9 hail Mary's for 9 days ending with
St Jude pray for us.

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 3 times for 3 days and your
favour will be granted. Never known to fail.

Must promise publication of prayer.

NOVENA TO THE HOLY SPIRIT

O Holy Spirit, you who solve all problems,
light all roads so that I can attain my goal. You
gave me the divine gift to forgive and forget
all evil against me and that in all instances of
my life you are with me. I want in this short
prayer to thank you for all things you have
given me as you confirm once again that I
never wanted to be separated from you in
spite of all material illusions. I wish to be with
you in Eternal Glory. Thank you for mercy
towards me and mine. This prayer must be
said for three days, after three days the favour
will be granted. **C.M.M.**



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