

KILLARNEY Outlook

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Free Delivery within 2 mile radius of Killarney Town

RESTAURANT SPECIAL

EARLY BIRD SPECIAL -

€15.00 per person

Offer 2 Courses + Rice and Chips.

Monday - Saturday: 3.00pm - 6.00pm,

Sunday: 12.30pm - 6.00pm

Sunday Lunch Menu Special

- €12.50 per person

Appetisers + Main Course + Tea or Coffee
(Including Rice or Chips).
Sunday: 12.30pm - 4.00pm



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LOVE IS IN THE AIR!

Check out our

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The winner gets €100 voucher to shop
in The Fabulous Fabric Company and a
voucher for 2 mains for the price of 1 in
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DONT MISS OUT ON COLLECTING YOUR WEEKLY EDITION OF KERRY'S BRIGHTEST AND MOST READ PUBLICATION..... THE KILLARNEY OUTLOOK. THE GLOSSY MAGAZINE IS DELIVERED TO BUSINESS OUTLETS EVERY FRIDAY AND IS SNAPPED UP WITHIN MINUTES OF DELIVERY.

FARRANFORE

JLT Tiles
Farranfore Garden Centre
Londis Moriarty's
Liam Lynch Garage

KILLARNEY

Murphy's Garage
Amber Centra
Carry Out Licence
Chinese Restaurant
Topaz Centra
Maher's Butchers
Kennelly's Pharmacy
Sean Taffee
I.C. Photo Ian Cronin
Killarney Garden Centre
Holy Cross Day care Centre
Dept. Tourist

INNISFALLEN MALL

O'Sullivan Bike-Shop
Horan's Fruit & Veg
Pork Shop Jones
Frame Shop
(Upstairs) Glow Beauty
Des Shop
Killarney Credit Union

PARK ROAD

Topaz Petrol Station
Tesco Petrol Shop
Tesco Supermarket
Sheehan's Butcher
Marks & Spencer's
Geraldine's Hair Salon
Horan's Fruit & Veg
Park Road Pharmacy
Hegarty's
Outlet Centre
Malton Hotel
Killarney Toning Studio

COLLEGE STREET

KDYS
GALA Bronny's
Specsavers
Sean Taffee
Dominos Pizza
South West Counselling
Fairview Guesthouse
Killarney Hardware
Fairhill Butchers
Casey Video Shop
Dungeon
Cronin's
Failte Hotel
Kerry Phone Shop
Scotts Hotel
Variety Sound
McSorley's
Ladbroke's
Dan Lenihan Bar
SCOTTS LANE
The Streat Café

Urban Optics
Torc Travel
Golden Chopsticks
Food Fayre Café
COLLEGE SQUARE / PLUNKETT STREET

Sean Leo's Auctioneers
O'Leary Electrical
White-Heather Florist
Allegro
Music Express
Joevany Leather Goods
Gallivan Auctioneers
Reens (Chemist)
Allure Hairdressers
Killarney Household Gifts
Mike's Fast Food
Tatler Jack

GLEBE LANE

Killarney Barber Shop
Continental Café (Spolgers)
Goggins's Hair Salon
Jam Café
J MAC Office
Kerry Mortgages

MAIN STREET

Town Hall
Killarney Hair Studio
Medical Hall
Euro City
Macs Restaurant
John Reidy
(Bar & sweet shop)
EBS
Coyne & Culloty
Christy's Irish Stores
MD O'Shea's
Killarney Bookshop
Sheehan's Pharmacy
Brian James
O'Grady's Newsagent
Abbey Travel

HIGH STREET

Quill's Fashion
Keane's Jewellers
Sceal Eile
Julies Barber Shop
O'Connor's Bar
Smoke House
Cronin's Butcher
Salvador's Pizza
Corkery's
Paddy Power
02 Phone Shop
Ladbroke's
Speak Easy (bar)
Eagers
JC O'Shea
B.DE Stack Jewellery Shop
Feet First
Killarney Outlook Office

Tru-Care Cleaners
Daybreak Shop (top of High Street)
Gallivan Murphy Hooper Dolan
NEW STREET

Presbytery near Bishop Palace
Hennigan's Auctioneers
Killarney Photographic
Killarney Med Centre
Pharmacy (O'Sullivan)
Kennelly's Pharmacy
Dunnes Stores
Healy's Newsagents
Sarah Jane
Jasmine Boutique
Stack O'Brien Optician
McKenzie's Coffee Shop
Subway Restaurant
Healy (DNG)
Sheila's Hairdressers
Siodori Na Riochta Jewellers
Eddie Rockets
Frank Coffee Shoes
Walsh Shoes
Gloria Jeans Coffee Shop
Phone Shop
Sherry Fitzgerald Coghlan

TESCO SHOPPING ARCADE

Euro Hair Style Salon
Dry Cleaners

CHAPEL PLACE

Physique Gym
Craft Shop

BEECH ROAD

Liam O'Connor's
Ashe's Butchers
Leaders
Horan's Health Store

WOODLAND INDUSTRIAL ESTATE

Cronin's Foodstore
Daly's Super Valu
Off Licence
Daly's Petrol Shop
Supermac's
Killarney Sports Centre
Killarney Tyres
Kerry Tool Hire
Killarney Glass
Maurice Prendiville
RM Audio
Killarney DIY
Keogh Decorator
Factory Carpet
National Tile & Bathroom Centre
Murphy's Print
Buddies
M.D.O'Shea's
Killarney Autos
Park-Lane Dry Cleaners
CORK ROAD
Killarney Heights Hotel

Bowler's Garage
Our-House.ie
MUCKROSS ROAD

Handy Stores
Tom Spillane
Amber Station Muckross rd quick pick
Carry Out Licence
Ross Golf Course
Randles Court Hotel
Randles Nissan Garage
Doyle Shop
Brehon Hotel
Gleneagle
Victoria House Hotel
Chinese Restaurant (after Gleneagle)
Spar (Hegarty's)
Oaks Hotel
Molly Darcy's
Muckcross House Restaurant
Lake Hotel

ROAD TO RATHMORE

CRL Oil
Darby O'Gills
Healy's Garage

GLENFLESK

Kerry Way Pub
P.O. Filling Station

BARRADUFF

Laundry Room
Hickey's Butchers
Nagles Right
Buy Shop
Takeaway
Sizzlers

O'Donoghue Shop
Murphy Motor Mitsubishi

RATHMORE

Reen's Garage Peugeot
McCarthy's Londis
O'Keeffe's Hardware
Sapphire Signs
Renault Motors
Centra Shop
Credit Union
Haven Beauty Salon
Esso Shop

GNEEVGUILLA

Post Office McCarthy's
Fr Kevin
Dunnes
O'Keeffe's

FOSSA

Tony's Shop
McCarthy's Centra
Killarney Golf Club
Golden Nugget PUB
Hotel Europe

BEAUFORT

Beaufort Bar
In-Between Pub
Carson's Supermarket
Kilgobnet Breen's Shop
O'Sullivan's Shop
MILLTOWN
Londis Top Shop
Milltown Farmer's Market (old church)
Café Beag
O'Shea's Pub
Pharmacy
Burke's Butchers
Pharmacy
Milltown Fruit & Veg shop
Spar
Larkin's
Alma's
Murphy's
Little Pavillion (take away)
O'Neill's Power Equipment
P.O.

CASTLEMAINE

Organic Store
Cronin's Petrol Station

TOOL HIRE

Geaney's Oil
Griffin's Bar
Boyles Hardware
Post Office / Shop
Kerry Group Creamery
Tyre Centre

FIRIES

Shop – (Bridies)
Pub
The Ballinvarrig Inn
Supermarket
CASTLEISLAND
Outlook Office.



KCINEMAKILLARNEY
East Avenue Rd, Killarney, Co.Kerry .com

Friday 7th - Thursday 13th Feb 2014

 3D LEGO MOVIE (G) 110m Sat/Sun 2:20 4:30	 PEABODY AND SHERMAN (G) 100m 7 Days 12:05 2:05 4:05 6:05 Sat/Sun 4:05 6:05	 INSIDE LLEWYN DAVIS (15A) 115m 7 Days 6:15 9:00 Late Show Fri 11:30	 2D LEGO MOVIE (G) 110m Sat/Sun 12:15 3:30 6:35
 12 YEARS A SLAVE (15A) 145m 7 Days 8:45 Fri/Mon-Thurs 6:05 Late Show Fri 11:15	 THE WOLF OF WALLSTREET (18) 180m 7 Days 8:05	 LONE SURVIVOR (16) 130m 7 Days 6:25 8:45 Late Show Fri 11:20	
 DELIVERY MAN (12A) 115m Sat/Sun 2:15 4:30	 2D FROZEN Sing-a-long (PG) 120m Sat/Sun 2:15 4:25	 THAT AWKWARD MOMENT (15A) 110m 7 Days 6:30 9:00 Late Show Fri 11:25	

KIDS CINE CLUB Saturday 8th & Sunday 9th February

FROZEN Sing-a-long (G) 120m	12.05
MOSHIE MONSTERS (G) 105m	12.20
Cloudy with a chance.... (G) 105m	12.10

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LARGE PIZZA WITH ANY 3 TOPPINGS

FOUR STAR PIZZA **€10.99**

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www.facebook.com/Oriel-househotel



AT THE BREHON

Treat your Loved One to Something Special this Valentines Day...



A LUXURIOUS 6 COURSE MEAL

Valentines Menu

Prosecco on Arrival

Amuse of Smoked Salmon with Caviar

Shellfish Blaque infused with Pernod and Sautéed Tiger Prawns with Szechuan Pepper

Honey Glazed Duck with Plum and String Bean Salad with Soya and Lime Dressing

Glazed Figs with St. Danielle Ham and Shaved Ogen Melon with 25 year Old Balsamic

Champagne Sorbet and Raspberry Granita

Cream of Cauliflower Soup with Sautéed Scallop

Seared Irish Organic Chicken with Sweet Corn and Sumac, Glazed Carrots

Seared Turbot, with Buttered Asparagus and Warm Gribiche Sauce

Baked Strudel Of Peppers with Feta and Sundried Tomatoes and Basil Sauce


Fillet of Irish Beef with Mushroom Turnover and Fondant Potato and a side of Red Wine Jus

Pain de Pique with Glazed Bananas and Ginger with Buttermilk Ice-Cream

Warm Unctuous Chocolate Cake with Vanilla and Cointreau Crème Fraiche

Trin Of Strawberries with a bit of Pop

Petit Fours



€45
per Adult

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THE BREHON KILLARNEY



OVERNIGHT STAY TO DISCOVER DUBLIN

OIREACHTAS & CROKE PARK

Date: Tuesday 11th to 12th March

INCLUDES:

- Return luxury Coach transport
- Professional Driver/Guide
- 1 night Hotel accommodation
- 3 course evening meal on one evening
- Full Irish Breakfast on 1 morning
- Lunch on 1 day
- Entrance into Dáil Éireann, and National Museum of Ireland
- Guided tour of Croke Park Stadium
- Guided Coach tour of Dublin.

€170 pps



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Pizza Roma & Diner

From our Family to yours

Now Open at:

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Free Delivery in Killarney Area

Tel. 064 6634743 / 087 2601097

Any 2 of these Meals €10



Chicken Burger Meal



Quarter Pounder Meal

Delivery charge €1.50 for these offers only.



Rib Steak Meal



Chicken Wrap Meal

€10 Pizza Meal Deal

12" Margherita Pizza, Chips & 2 Cans

ROMA Kenmare, 16 Main St. - 064 6642885

ROMA Rathmore, East End - 064 7761880



HEALTH & WELLBEING Evening

The Malton Hotel, Killarney – Thursday, 20th February 2014

Featuring:

Paula Mee
Independent Dietitian
Presents
"Dairy Goodness"



Joe O'Connor
Fitness &
Performance Expert
Presents
"Fitness 4 Health"



Cookery demonstration
with local chef
Mark Doe



MC
Kathryn Thomas
RTÉ broadcaster

Doors open 7pm; 7.30pm start

Tickets: €10

All ticket and raffle proceeds to **The Donal Walsh #Livelif e Foundation**

Light Refreshments • Free Gift Bag • Raffle



For tickets:
Dawn Milk, Tralee
(066) 712 1084
The Malton Hotel, Killarney
(064) 663 8000



Further information:
The National Dairy Council
(01) 290 2451
www.ndc.ie

Book early to avoid disappointment!



International Hotel KILLARNEY



1 Free Place
with Groups
of 20

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& COMMUNION
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Menus from €24.95
Children from €12.95

Complimentary Dining &
a Special Gift for the
Celebrating Child

To arrange your special celebration
Call 064 6631816

*Intimate Dining
for You &
Your Loved One*



In the candlelit surrounds of Hannigans Restaurant

**SUMPTUOUS 4 COURSE
VALENTINES MENU WITH
A GLASS OF PROSECCO**

€39

Friday 14th & Saturday 15th February

To reserve your table call 064 6631816

Locals Night

Thursday 20th February
3 Delicious Courses
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Same Great Food, Same Great Price!

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YOUR VALENTINE TREAT

THE FAÏLTE RESTAURANT

College Street, Killarney | t: 064 66 33404



**VARIETY OF
VALENTINE SPECIALS**

for the weekend

also

HEART WARMING DESSERTS

with

**Creme de Cacao, Hot Chocolate shot
Chocolate Truffles**

plus

**Complimentary Glass of Prosecco
with Main Course**

For Bookings Contact: Eileen or Valerie 064 66 33404

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**CONVENTIONAL HEARING AIDS
MAY NOT BE NEEDED**

VISIT THE HEARING AID EXHIBITION ON
Monday 10th February 10am - 2pm

O'Connor's Pharmacy

Market Street, Listowel Tel: 068 21295

Tuesday 11th February 10am-1pm

O'Doherty's Opticians

New Market Lane, Killarney Tel: 064 6632289

McSweeney Pharmacy

Kenmare Shopping Centre. 2-5pm. Tel. 064 6679880

SEE, TRY & TEST the latest in

DIGITAL HEARING TECHNOLOGY

Free hearing test and a professional evaluation of your hearing. Generous R.S.I. grants available. Concessions to Medical Card Holders. This is an opportunity to stop living in silence, and improve your hearing now. Talk to us, leading experts in Digital hearing technology and get the best advice available to you.

20% OFF ALL HEARING AIDS

FOR APPOINTMENT TELEPHONE **021 4546437**

If you are unable to attend open days we can arrange an appointment for you at
Head office in Clinic 29, Bishopstown Road, Bishopstown Co. Cork.

Killarney Toning & Beauty Studio

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MASSIVE SALE

Great Gift ideas
for Valentines!

STARTS SAT 1ST FEB 2014 - ENDS SAT 22ND FEB 2014

Powertone Toning Tables - 30 minute workout

Whatever your age, weight or fitness level, these exercise tables will shape you up, keep you fit and supple.

FREE TRIAL

Buy one course -
10 sessions
€100 Get
2nd course
FREE



Powertone Vibro Plate

Get fit for a new you 2014

Buy one course -11 sessions €70
Get 6 extra visits FREE

Eurowave Inch Loss Machine

Specific targeted inch loss. Programmes for Tums, Bums or Thighs

Buy 1 course-12 sessions €195
Get 8 visits FREE

Elite Universal Contour Body Wrap

Mineral enriched Sea clay wrap. Detox.

Anti-cellulite. Inch Loss
Buy course of 3 Wraps €245
Get 4th wrap FREE

C.A.C.I. E.C.M. (Electro Cellulite Massager)

Effective Anti-cellulite treatment
Buy course 10 sessions €250
Get 4 extra sessions FREE

Reflexology

Promotes self healing and deep relaxation
5 Sesions €200. VHI, AVIVA etc Healthcare approved.

Earcandling

Treats sinusitis, blocked ears, head colds,
stress. Buy 3 €90 get 4th FREE

Luxury Spa Pedicure

Includes back massage, Jacuzzi foot spa
Buy 2 €100 get 3rd FREE

Shellac or Gelish 2 week manicure

Buy 3 €90 Get 4th FREE

Sunshower

Buy 1 full course (100 mins) €99
Get 2nd course FREE

Mama Mio Maternity Treatments

Yummy Tummy. Facial for your tummy.
Buy 2 €100 get 3rd FREE

Lighten Up

Mineral rich footsoak, exfoliation, mas-
sage for tired legs and feet. Buy 2 €60 Get
3rd FREE

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Non surgical face lift. Micro current lifts
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For Dry, sensitive skins.
Hydrating, nourishing
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Intensive mineral boost. Vitality. Radiance.
Buy 2 €130 Get 3rd FREE

2 for the Price of 1

(or 1 for you and treat your friend for FREE)

Hot Stone Full Body Massage	€75 + 1 FREE
Full Body Massage	€65 + 1 FREE
Back Massage	€35 + 1 FREE
Indian Head Massage	€45 + 1 FREE
(includes neck, shoulders)	
Spray Tan Full Body	€40 + 1 FREE
Teenage Facial	€45 + 1 FREE
Make Up Lessons	€50 + 1 FREE

*Terms and conditions. All of the above to be used
within 1 year of purchase. All sale purchases non
refundable and non transferable. All offers to be
paid in full before commencement.

Open: Mon, Thurs 10.am-8pm Wed, Fri 10.00am-7pm Sat 10.00am-5pm. Closed Tuesdays and Bank Holidays

NINE KERRY BASED CHARITIES TO BENEFIT FROM THIS YEARS RING CYCLE



LAUNCHING THE RING OF KERRY CHARITY CYCLE WERE LUCIA POWER ACQUIRED BRAIN INJURY, CORA BRIEN PIETA HOUSE (STANDING FROM LEFT) FINBARR MAWE ARD CÚRAM, DAY CARE CENTRE NORTH KERRY, MARIE LINEHAN KERRY PARENTS AND FRIENDS, TONY CURRAN VALENTIA COMMUNITY HEALTH WELFARE, MAJELLA FORDE IRISH RED CROSS TRALEE, TOM TOBIN KERRY STARS, TIM O'BRIEN CHAIRMAN, CHRISTY LEHANE KERRY FRIENDS OF MOTOR NEURON AND MAURA SULLIVAN KERRY HOSPICE AT THE MALTON, KILLARNEY ON SATURDAY.

The charities nominated for the 2014 Ring of Kerry Charity Cycle were announced on Saturday in Killarney.

The 112 mile leisure cycle, which last year raised over €1m for local Kerry charities takes place on Saturday, July 5th 2014.

The nine principal charities which will benefit from taking part in the 2014 Ring of Kerry Charity Cycle are Acquired Brain Injury – Kerry Services, Ard Cúram Day Care Centre – North Kerry, Irish Red Cross – Tralee Branch, Kerry Friends of Motor Neurone, Kerry Hospice

Foundation/Palliative Care, Kerry Parents & Friends Association, NSAC/Kerry Stars Special Olympics Club, Pieta House, Valentia Island Cottage Hospital.

All money raised will go to projects and services based in Kerry and will support the fantastic work the nine principal charities do across the County. The Ring of Kerry Charity Cycle is one of the largest one day charity events in the country and attracts cyclists from all over Ireland and abroad. Since its inception this unique event has raised more than €6 million for various charities through the fundraising of volunteer cyclists.

PRO Cathal Walsh is looking forward to another successful year of the Ring of Kerry Charity

Cycle in 2014. He said that he hoped that the combined efforts of the Cycle committee and the teams of volunteers from the charities will once again result in a successful outcome for all concerned.

He encourages any cyclist wishing to cycle on behalf of any of the nominated charities to contact their chosen charity directly.

Online registrations for the 2014 cycle will open in March.

IT'S BACK TO SCHOOL FOR GRANDPARENTS

It was back to school for grandparents last week at St. Brendan's College in Killarney when the school took time out to celebrate Grandparents Day.

Throughout the week students were busy making hundreds of St Brigid's crosses which are for sale and all monies raised will be donated to Sightsavers International. Coordinating teacher Mr Paul Barden was delighted to continue the tradition of cross-making- the rushes for the project were harvested from the bogs of Gneeveguilla on Monday with older students teaching the first years the skills throughout the week. "That a charity benefits from this was an added bonus" he said!

On Wednesday, the school welcomed grandparents of first year students to a morning of music, creativity, worship and celebration in St. Brendan's. The school recognises the importance of Grandparents in the lives of young people, particularly their role in passing on their faith. On Sunday last the school's choir and musicians, students, staff and parents participated in the Midday mass at the Cathedral. Celebrating the liturgy is an important component in the lives of students. Enriching the celebration for the whole community was a wonderful experience for the students of the College.



GARY CRONIN WITH HIS GRANDPARENTS PAUL AND MARY CRONIN AT THE GRANDPARENTS DAY DURING CATHOLIC SCHOOL'S WEEK AT ST BRENDAN'S COLLEGE, KILLARNEY ON WEDNESDAY.



TEACHER PAUL BARDEN HELPING STUDENTS SHANE TRANT AND CILLIAN LYNCH WITH CILLIAN'S GRANDMOTHER BRIDGET O'DONOGHUE MAKE ST BRIGID'S CROSS AT THE GRANDPARENTS DAY DURING CATHOLIC SCHOOL'S WEEK AT ST BRENDAN'S COLLEGE, KILLARNEY ON WEDNESDAY.

WILD ATLANTIC WAY MEETINGS

A reminder that Fáilte Ireland are holding two meetings for local communities across Kerry to get behind the Wild Atlantic Way, Ireland's new tourism initiative for 2014. The tourism authority will be holding a series of community meetings along the west coast in February. The meetings will be held in

CAHERSIVEEN – Tuesday 11th February at 6pm to 8pm in the Ring of Kerry Hotel.

TRALEE – Thursday 13th February at 6pm to 8pm in Carlton Hotel, Tralee.

For further information please visit www.failteireland.ie/wildatlanticway

LIBRARY LECTURE

The Killarney author and historian Patrick Mannix of Muckross Road will lecture on "Archbishop Mannix and De Valera - A Unique Alliance" in Killarney Library on Tuesday next February 11th at 7.30pm.

This talk is sponsored by the Kerry Archaeological and Historical Society as part of their Decade of Commemorations series and all are very welcome to attend.

MUCKROSS ICA

The next meeting of Muckross ICA will take place on Monday next 10th February at 7.30p.m. in Loughguane National School. Plans for this month include a table quiz and new members are always welcome.

Enquiries to Claire on 087-6111749.

YEW TREE RESTAURANT

ROMANCE IN THE HEART OF KILLARNEY NATIONAL PARK
Valentines Weekend - 14th & 15th February

- Candlelight four course dinner for 2
- Cocktails & canapés on arrival
- Entertainment throughout the evening

€ 99 for 2

Reserve your table now on 064 662 3400 or email info@muckrosspark.com



IDEAL Valentines Gifts



Tickets for 2 to Rachel Allen Experience on 1st March 2014
€ 120



Pevonia Serenity Massage in Cloisters Spa
€ 90



Spa Gift Sets from
€ 40

For further information or more gift ideas, call us on 064 66 23400 or email info@muckrosspark.com



Killarney Hair Studio

9 Main Street, Killarney Tel 064 6636475

FANTASTIC PAMPERING SPECIAL OFFERS

OPTION 1: Spray Tan, Eyebrow Wax and Blow Dry - Only €55
OPTION 2: UpStyle, Make Up and Eyebrow Wax- Only €55
OPTION 3: Spray Tan, Blow Dry and Make Up - Only €55
OPTION 4: Curly Blow Dry, Make Up and Eye Tint - Only €55

Gents - We are not forgetting you!
Student Cuts - Mon to Wed Only €8
Gents Cuts - Mon to Wed Only €10

Opening hours: Mon to Thurs 9.30am – 6.00pm
Late Opening on Fri 9.00am -8.00pm. Sat: 9.00am – 6.00pm

February Special - Mon to Wed: Blow Dry Only €15



This Valentines to look your best a visit to us is a must!

100 YEARS OF MACMONAGLE PHOTOGRAPHY

EXHIBITION RUNS TO THE END OF FEBRUARY

A photographic exhibition celebrating 100 years of MacMonagle photography which has been on display in The Killarney Library for the past few months is due to finish at the end of the month.

The detailed exhibition has over 100 pictures, covering several aspects of Kerry and Irish life, such as social, sporting, political and major news events over the past 100 years and is an exhibition not to be missed.

TWO LADY CYCLISTS PEDAL PAST THE PARK PLACE HOTEL AND O'MARA'S SHOP UP ST. ANNE'S ROAD IN THE 1950'S.

PHOTO BY HARRY MACMONAGLE



THE LATE JOE RYAN (AT BACK BLACK TIE) AN AVID PILOT AND MECHANIC SHOWS OFF THE NEW RENAULT CAR TO PROSPECTIVE BUYERS INCLUDING MARY MCGOUGH ON LEFT IN 1982
PHOTO BY DON MACMONAGLE.



LADIES FROM PAT O'MARA'S BAR PHOTOGRAPHED IN THE 1960'S.

PHOTO BY DONAL MACMONAGLE.



THE ST. PATRICK'S DAY PARADE IN THE 1950'S MAKES ITS WAY PAST CRANITCH'S CHEMIST AND MACKEY O'SHEA'S IN THE 1950'S.

PHOTO BY HARRY MACMONAGLE.

KILLARNEY CENTRE RAISES FUNDS



PICTURE SHOWS L-R NOEL, BRIDGET, ROEL, JOAN GERRY, BACK: L-R. MARY AND DYMHPNA AT THE PRESENTATION.

The Lime Grove/Coolgrane Training centre group held a coffee morning recently in aid of the The Philippines Typhoon Victims

A cheque for €232 was presented by Bridget and Joan on behalf of the Lime Grove/Coolgrane Training Centre Group to Roel Villiones a member of the Tralee Filipino Community. Roel an ICU nurse in Kerry General Hospital accepted the cheque on behalf of the Philippine people and thanked those present for being so caring and for choosing the Phillipino Disaster as the beneficiary. This donation will be added to other

funds raised by the Tralee Filipino Community. Roel spoke on the devastation experienced following Typhoon Hiyan and reflected that his wife's family had been victims.

On a lighter note he informed the group he was a contestant on The Voice of Ireland recently and was delighted to get through to the next round.

The group would like thank everyone involved in making the coffee morning a success and thank all who attended and made a generous donation as well as those who sent in donations.

FANCY BEING AN ROSE ESCORT?

KERRY men are being invited to apply for the job of a lifetime and become an Escort to one of the Roses at this year's Rose of Tralee International Festival.

One of the escorts will leave Tralee with a prize valued at €5000 for winning the Newbridge Silveaware Escort of the Year which will be announced live on RTE TV on Monday 18th August.

Contestants from all walks of life are being encouraged to download an application form from www.roseoftralee.ie before it's too late to secure a chance to enjoy being a chaperone to a lovely Rose at the Festival from 15-19 August 2014.

Escorts must be between 21 & 30 years of age before the 1st September and once selected, each prospective Escort must secure sponsorship of €1250.

This year's selection process will take place in early April. Full details on how to become an Escort and about the Festival itself are available at www.roseoftralee.ie, Twitter @roseoftralee_ and Facebook.

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SNEEM GEOPARK WALKING MARATHON

On Saturday 22nd February Sneem Geopark Information Centre are hosting its 3rd annual walking marathon. The Centre provides information on activities in the area i.e. walking, golfing, fishing, cycling and places of interest to visit such as the Garden of the Senses in Sneem to the Tetrapod footprints on Valentia Island. The Geopark Centre has produced a walking brochures for the designated region and is currently assisting with the development of other routes within the geopark area. Over 3,000 visitors passed through the Centre last year which currently houses two exhibitions, one on geology with specific interest on glaciation, archaeology and geological formations. The second on the life of William Melville who was the first person ever to head up M15. The Centre is not state funded consequently it depends on donations and fundraising events throughout the year to keep its doors open.

This year Kerry Lifeline at South West Counselling Centre, Killarney will also benefit from the walk. Kerry Lifeline was set up in 2012 to help prevent suicide in the community. Anyone who wishes to support Kerry lifeline directly can do so at: <http://www.mycharity.ie/>



PICTURED PREPARING FOR THE WALK ARE FRONT FROM LEFT TO RIGHT: LIAM O'SULLIVAN, DR GERALDINE SHEEDY, DIRECTOR, SOUTHWEST COUNSELLING CENTRE, KILLARNEY, JOHN V. O'SULLIVAN, DIRECTOR, KERRYGEOPARK. LEFT TO RIGHT BACK ROW ARE AS FOLLOWS: PAUDIE O'MAHONEY, JULIA O'CONNOR, SNEEM GEOPARK INFORMATION CENTRE, NIKKI WISSELL, ASSISTANT MANAGER, SOUTHWEST COUNSELLING CENTRE, KILLARNEY.

event/sneem_walking_marathon/

Applications and details on the Sneem Walking Marathon can be downloaded from: www.facebook.com/sneemmarathon. The event starts at 10.a.m. in Sneem Village outside the centre also open to those who wish to

compete in a half marathon. Food/snacks and water will be provided along the route on the day. Registration fee €25.00. See also www.facebook.com/kerrygeopark. Contact can also be made through 0871602240

ANOTHER AWARD FOR THE LAKE HOTEL



PICTURED CELEBRATING THE WIN AT THE LAKE HOTEL WERE AOIFE HICKEY, SIOBHAN CORRIDAN, TONY HUGGARD, JAKUB FARENGOLM, PATRICK O'SULLIVAN, AMANDA CONNOLLY AND DAVID SLATTERY.

The Lake Hotel, Killarney has just been voted the Top 4* hotel in Killarney in the 2014 Tripadvisor Travelers' Choice Awards. The hotel appeared in the top 15 on the list of the Top 25 Tripadvisor Hotels in Ireland, this independent recognition of the hotel coincides nicely with its re-opening for the 2014 season, today, Friday 7 February.

The Lake Hotel, Killarney was established in 1820 and has been owned and operated by the well known Irish hotelier family, the Huggards,

since 1940. Its lakeshore location and proximity to Killarney National Park ensure its year round popularity with guests seeking unrivalled peace, award winning food and service and all the attractions the region has to offer. The hotels other distinctions include the 'AA Customer Care Award', 'Optimus Mark of Best Practice 2010, 2011, 2012', 'Excellence in Marketing' in January 2011 and No.50 on the Expedia Global Insiders' Select List for 2013.

COLIN FARRELL TO SHOOT FILM IN KERRY



Hollywood heartthrob Colin Farrell will be jetting from his LA home to Kerry next month where he is scheduled to start shooting a

new film The Lobster.

Unconfirmed reports have suggested that West Kerry will be the venue for the unconventional love story set in the future, where finding a partner is a matter of life or death.

Farrell and co-star Rachel Weisz will play the lead roles, with Ben Whishaw, Lea Seydoux and Olivia Colman completing the cast list. This will be the first English language film by Oscar-nominated Greek director Yorgos Lanthimos, who also directed Dogtooth and Alps.

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REF 501

Guide Price €200,000

Large 6 Bedroom Semi-detached, attached garage & private back entrance. Aluminium double glazed windows & Oil Heating.

BER E1

BUSINESS LEADERS COME TOGETHER TO MAINTAIN KERRY TO DUBLIN FLIGHT

A host of business leaders, hoteliers, community activists and representative groups from across Kerry have come together to call on the Government to maintain its support for the renewal of the Kerry to Dublin flights operating under a State PSO and which are coming up to an end of a fixed 3 year term this November 2014. The move comes as the Minister for Transport and Tourism, Leo Varadkar TD finalises the Government's new aviation policy, which will include recommendations about the future structures of regional airports like Kerry Airport.

The Government currently supports services to and from Kerry Airport through the State funded Public Service Obligation (PSO) contract. Under the current contract, which is set to expire later this year, 2 return services per day operate between Kerry and Dublin Airports.

A decision whether or not to maintain the current PSO structure is due to be made in the coming weeks.

Passenger number for the route, which is operated by Aer Lingus Regional, are up 22 percent in the last six months of 2013.

The campaign is supported by a variety of interest groups and business throughout Kerry, including: Dingle, Kenmare, Killarney, Listowel and Tralee Chambers of Commerce, the Irish Hotels Federation, Kerry Group, Fexco,



PICTURED AT THE MALTON HOTEL, KILLARNEY AT THE CAMPAIGN LAUNCH TO MAINTAIN GOVERNMENT SUPPORT FOR THE KERRY TO DUBLIN FLIGHT SERVICE WERE FRONT FROM LEFT, DERMOT BRENNAN (KENMARE CHAMBER OF COMMERCE), PADRAIG MCGILLICUDDY (PRESIDENT OF TRALEE CHAMBER ALLIANCE), SEAN BROGAN (CHIEF EXECUTIVE OFFICER OF AER ARANN), JOHNNY MCGUIRE (PRESIDENT OF KILLARNEY CHAMBER OF TOURISM AND COMMERCE) AND JENNIFER SCANLON (CHAIRPERSON OF THE LISTOWEL INDEPENDENT TRADERS). BACK FROM LEFT ARE SIMON FAGAN (AER ARANN CHIEF COMMERCIAL OFFICER), JOHN O'SULLIVAN (CHAIRMAN OF KENMARE CHAMBER OF COMMERCE), CONOR HENNIGAN (CHAIRMAN, KERRY BRANCH OF THE IRISH HOTELS FEDERATION), TOM RANGLES (KILLARNEY CHAMBER OF TOURISM AND COMMERCE), KIERAN RUTLEDGE (TRALEE CHAMBER ALLIANCE CEO) AND KELLY BROWNE (LISTOWEL INDEPENDENT TRADERS). PICTURE: EAMONN KEOGH (MACMONAGLE, KILLARNEY).

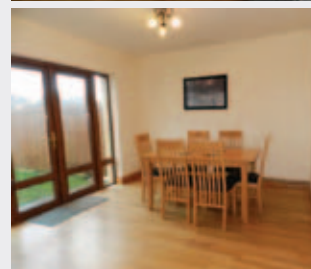
Kerry County Council, the Rose of Tralee Committee, Kerry Technology Park, Institute of

Technology Tralee, IDA and Irish Tour Operators Association of Ireland.

PROPERTY OUTLOOK

THROUGH THE KEYHOLE....

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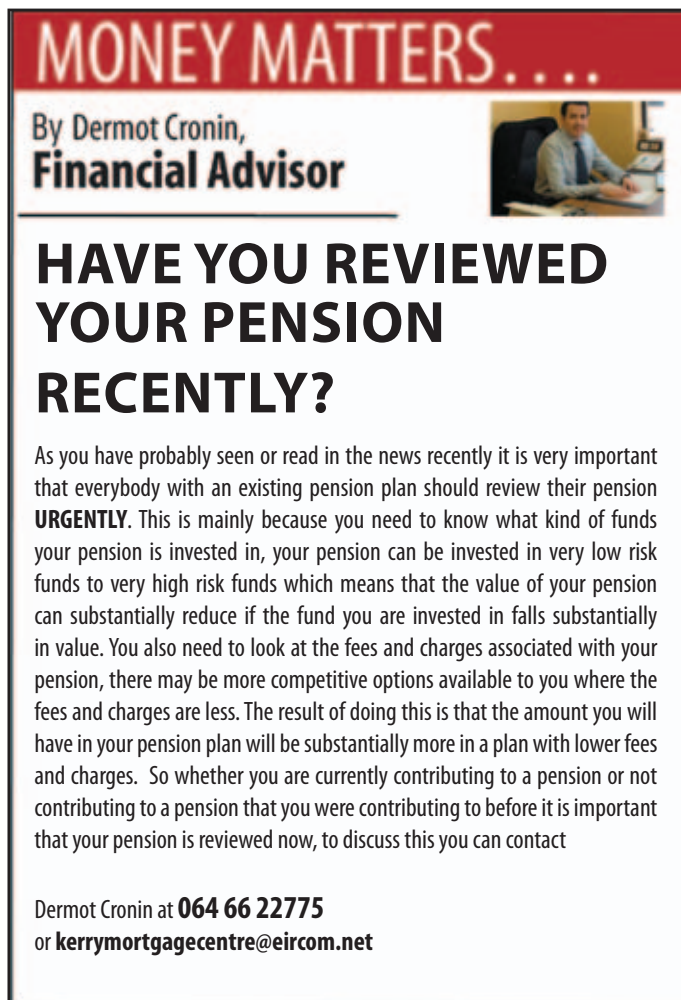
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MONEY MATTERS....
By Dermot Cronin,
Financial Advisor

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As you have probably seen or read in the news recently it is very important that everybody with an existing pension plan should review their pension **URGENTLY**. This is mainly because you need to know what kind of funds your pension is invested in, your pension can be invested in very low risk funds to very high risk funds which means that the value of your pension can substantially reduce if the fund you are invested in falls substantially in value. 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. The result of doing this is that the amount you will have in your pension plan will be substantially more in a plan with lower fees and charges. So whether you are currently contributing to a pension or not contributing to a pension that you were contributing to before it is important that your pension is reviewed now, to discuss this you can contact

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LIAM O'CONNOR TO PERFORM AT ST. BRENDAN'S FUNDRAISER



MUSICIAN LIAM O'CONNOR LAUNCHING HIS FORTHCOMING CONCERT WHICH WILL BE HELD IN THE ST BRENDAN'S CHURCH WITH ST BRENDAN'S STUDENTS JONATHON GREENE, HARRY AND JAMES KNOBLAUCH, OISIN O'CONNOR, JAKUB KANUCI, STEVEN O'LEARY, KILLIAN LYNCH, CONOR O'LEARY, JACK GALVIN, KEENAN DALY, CIAN O'SULLIVAN, PIERCE LYNE ROBERTS, FERGAL MURPHY, THOMAS BARRETT, JOHNATON, HORGAN, TEACHER MISH O'DONOGHUE, ARMANDAS BENDARAVICIUS, CIAN O'SULLIVAN, BRENDAN DOYLE, KIANAN O'DOHERTY, AARON O'MAHONY FLEMING AND NOIRIN O'SULLIVAN OF THE LIAM O'CONNOR WORLD TOUR.

Internationally acclaimed musician Liam O'Connor will take to the stage with the St Brendan's College Choir and special guest Micheal O'Muircheartaigh for a special night of music and song on Wednesday, February 26th.

Proceeds from the event will go towards the St. Brendan's College Development Fund. St Brendan's College is a school with a rich heritage, and a unique ambience. Liam understands this history and seeks to draw this

together in a wonderful night of culture, set in the grounds of the College itself.

"I am thrilled to be performing in the Chapel as St Brendan's is an iconic College with a proud history. I have played in a number of churches, including The Friary Killarney a number of years ago, these are special nights.

"It will be great to be joined again by Micheal who I teamed up with for the GAA anthem 'The Morning Dew'."

Music teacher Ms Mish O'Donoghue emphasised the wonderful opportunity being afforded the musicians and choir of the College "It is such an experience for the students to work under Liam's guidance. The evening will be very special" she said

The Chapel Concert is one not to miss and with limited capacity it is expected that there will be a big demand for tickets.

To make sure you don't miss out book your ticket, priced at €30, from the Liam O'Connor Box Office on 087 2296000. Tickets are also available from the College office (064 6631021)

KERRY CAN HIT THE TRAILS WITH THE IRISH CANCER SOCIETY

The Irish Cancer Society launched their annual Trek4Life appeal in Kerry this week, and asked the people of Kerry to make 2014 a year to remember by taking part in their exciting new treks. Treks this year include Mount Kilimanjaro, Tanzania (11th – 21st June, 10th- 20th September & 15th – 25th October), The Grand Canyon in the United States (13th – 20th September) and Little Tibet, Delhi (2nd- 12th October). Not only will trekkers have the chance to see the world with a group of like-minded people but it also gives the opportunity to raise vital money for cancer research.

Professor John Fitzpatrick, Head of Research, Irish Cancer Society said, "Taking on a trek for the Irish Cancer Society is not only a massive personal challenge but it is a chance for the community to join us in the fight against cancer. Trek4Life is a fantastic opportunity to take part in a unique experience while raising vital funds for cancer research. Because of cancer research into better treatments more and more of those diagnosed with cancer will be restored to full health and that is thanks to funding from programmes such as Trek4Life" The Irish Cancer Society has contributed more than 30 million euro to cancer research since 1963 and is the largest voluntary body funding cancer research in Ireland. Over the past 30 years, more than 650 important research findings have been discovered

which has led to major advances in cancer research. For further information on Trek4Life, or to register for a trek contact CallSave 1850 60 60 60, visit www.cancer.ie or email fundraising@irishcancer.ie



KARENA HEADS FOR THE HILLS AS SHE AND THE IRISH CANCER SOCIETY LAUNCH TREK4LIFE 2014 THIS WEEK.
PIC PAUL SHARP / ANDRES POVEDA PHOTOGRAPHY

FAMILY DONATE €4,000 TO EMLY WARD

The Emly Ward in Kerry General Hospital have received €4,000 from a Cromane family. The money was raised by Grainne and Brian Keary along with their children Evan, Alex and Grace at various fundraisers held in the family's business Jack's Coastguard Restaurant in Cromane over the past year.

Brian and Grainne this week paid tribute to the high level of care their family received in the Emly Ward and also spoke of how the staff helped them through what for them was a very stressful time.

Among the events that raised money for the Emly Ward were a 3 day weekend music festival, and the annual designer showcase and dinner at Jack's.

This year the showcase event takes place on Friday, February 28, featuring models from the Norma O' Donoghue agency and a host of well known designers and boutiques. Tickets for the gala event cost €60, which includes a cocktail on arrival, dinner and fashion show.

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Price Region: **€185,000**

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The property which is not overlooked, is located in mature quiet residential area facing onto the green area. Also the property which was recently refurbished has a new kitchen installed with oven, hob and fridge freezer. There is also rear access to the property.

Price Region: **€120,000**

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NEW COMPETITION AT KILLARNEY CAMERA CLUB

Following the success of the recent Movement competition at Killarney Camera Club, there will be an open theme monochrome competition next. Members will have the opportunity once again to use their imaginations and come up with some different images.

The next Club Meeting is on the 20th of February. Please come and check us out!! Our door is open to new members who share our passion for photography, regardless of level of

experience or knowledge. Now is your chance to take up a new and very rewarding hobby. We meet every fortnight on Thursday night, at the Heights Hotel from 7.30pm in the Conference Room, First Floor.

Check our website www.killarneycameraclub.ie for more details or contact Killarney Camera Club Secretary on 877 655 561 or via secretary@killarneycameraclub.ie

MICHEAL O SEARCOID - DOWN TERN - 1ST IN THE NOVICE SECTION OF THE RECENT MOVEMENT COMPETITION.



QUIZ BUFFS OUT IN FORCE FOR ANNUAL CREDIT UNION EVENT



PAT DELANEY CHAIRMAN KILLARNEY CREDIT UNION (SECOND FROM LEFT) PRESENTING THE FIRST PRIZE TO WINNING TEAM FROM GAELSCOIL FAITHLEANN NATIONAL SCHOOL ÉABHA NÍ CHATHASAIGH, ÉANNA Ó COLMAÍN, SASHA FURLONG AND ÉADAIOIN NÍ MHURCHÚ (CENTRE ROW FROM LEFT) FOSSA NS RUNNERS UP RUAIRÍ DOYLE, LUCY MCGURRY, WILLIAM O'BRIEN AND LAUREN O'NEILL (BACK FROM LEFT) GERALDINE O'SULLIVAN KILLARNEY CREDIT UNION, TEACHER FIONA HALLISSEY, CATHY HAYES FOSSA NATIONAL SCHOOL, PRIONCAIS MACCURTAIN AND TOMAS Ó MHURCHÚ GAELSCOIL FAITHLEANN, CATHERINE COFFEY AND MARY HALLISSEY KILLARNEY CREDIT UNION AT THE KILLARNEY CREDIT UNION NATIONAL SCHOOL QUIZ IN THE INEC, GLENEAGLE HOTEL, KILLARNEY ON SUNDAY.

Forty nine teams from fifteen National Schools took part in the first stage of the nationwide 2014 Schools Quiz being run by Killarney Credit Union Ltd at the INEC on Sunday 2nd February.

In the U11 competition St Olivers National School were victorious while Gaelscoil Faithleann fought off three other teams in a tiebreak round to take second place. The St Olivers team were Nathaniel Doncel, Jennifer Cronin, Misha Sedyshev & Ian Webb. The Gaelscoil Faithleann team were Saoirse Ní Chofaigh, Keelan O Foghlú, Seán O Coill & Leticia Nic Thomáis.

In the U13 competition both Gael Scoil Faithleann & Fossa National School finished on level scores at the end of twelve rounds. They had to endure three tie break questions

to separate them. Gael Scoil Faithleann were victorious in this contest with Fossa taking second place. The Gael Scoil Faithleann team were Sasha Furlong, Eadaoin Ní Mhurchú, Eabha Ní Chathasaigh & Eanna O Colmain. Fossa N.S were represented by William O'Brien, Lucy McGurphy, Laurel O'Neill & Ruairí Doyle.

This is the 23rd successive year that the Schools Quiz has been organised by the Irish League of Credit Unions. Each competitor received a certificate of participation, while trophies and certificates were presented to the winners and runners up. Each school that took part also received a cash prize. The winning team in each category will go on to represent Killarney Credit Union Ltd at stage two Chapter level on the 2nd of March

TALENTED NIAMH WINS TWO AWARDS



Killarney musician, Niamh Ní Charra has won two top international awards this week, including the title of 'Female Musician of the Year 2014' at the Livelreland Music Awards.

The talented musician who hails from Park Road is a daughter of Eoin and Olivia Ni Charra. Niamh who plays the fiddle, concertina and as well as singing, also won 'Instrumental Album of the year 2014' for her latest work 'Cuz'.

The award for "Instrumental Album of the year 2014" was presented by the Traditional in review Awards, Chicago Irish American News 2014 and was written in memory of Sliabh Luachra native Cuz Teahan.

The album features a host of artists from Ireland and the Us who had a connection with Cuz Teahan.

UPCOMING GIG

One of the most exciting and original talents on the London folk scene today Emily Kraemer will be supporting Killarney man Ian Whitty and The Exchange at renowned music venue Coughlans in Cork City on February 20th.


Fresh off the back of a storming US tour, Emily, who also has Killarney connections recently played alongside The Magic Numbers to a sellout audience in the iconic London venue Screen on the Green and is now suitably well-oiled to make her long awaited Irish debut. Emily will be treating audience to a sneak preview of her upcoming EP as well as offering up some classics from her previous albums Left Right and Cat Fish Bird.

John Ross

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BY FRANCES FOLEY



OPERATION TRANSFORMATIONS NATIONAL SWIM DAY AT THE KILLARNEY SPORTS & LEISURE CENTRE. KARL HENRY (RIGHT), HEALTH & FITNESS TRAINER, VISITS THE KINGDOM TO COACH KERRY'S PAUDIE O'MAHONEY (CENTRE) AND HIS DAUGHTER FIONA (LEFT). PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

It was an open day for swimming at the Coral Leisure Centre in Killarney last Saturday as part of RTE's Operation Transformation 'National Swim Day'. In a series of free 1 hour sessions people of any age, whether they could swim or not, were being encouraged go along to

one of over 60 local pools nationwide and give swimming a try as a way of getting active to improve their overall health and well-being, as well as being a fun way to lose weight.

Karl Henry Fitness trainer from Operation Transformation was at the Killarney pool where

he joined local Leader Paudie O'Mahoney and his daughter Fiona. "We think it's an excellent way for people to have a go at something they may have thought about doing, but have never found the time to try it", said Karl.

Paudie also took time out of his busy schedule to visit Cullina NS in Beaufort where he led a 5k walk for all the students and staff.

Meanwhile Paudie's journey on Operation Transformation is on track, reaching his target weight again this week with a weight loss of 3lbs.

He has received support from all over the country, which according to Paudie has helped him tremendously.

On Saturday night last, Paudie attended the Kerry v Dublin game at Croke Park which was the opening game of the National League. Joined by family and Michéal O'Muircheartaigh, Paudie was delighted with all the messages of good will from both Kerry and Dublin fans at the game.

ETTA'S REWARDED FOR 20 YEARS OF INVALUABLE INFORMATION & ADVICE IN TRALEE

The dedication and professionalism of a Tralee woman to her community was acknowledged in Dublin last week. Etta Dukes who has given over 20 years of service to her community with the Citizens Information Service was honoured at a special ceremony in Dublin. Her generous contribution was recognised and she received a certificate and a commemorative bowl at the event which was hosted by the Citizens Information Board (CIB) and the National Association of Citizens Information Services.

Etta is based in the Tralee Citizens Information Centre where she filled many roles, primarily as an Information Provider. Frances Clifford, Manager of Kerry Citizens Information Service said; "Etta is an invaluable member of the Kerry Citizens Information team, her empathy, sincerity and respectfulness of others confidentially is always apparent. She is always willing to go the extra mile to ensure her customers get the information and support they need. We are delighted her contribution has been formally recognised." Kerry Citizens Information Service provides free, confidential, information, advice, and advocacy services in relation to your rights, entitlements and the social services that exist to support you. "A friendly team of Information Providers can help you find your way through the maze of information from various government departments and agencies, and make sure that you have all the

information and help you need presented in an easy-to-understand way. Citizens Information can provide you with information on a wide range of issues, including employment rights, housing, social welfare, family matters, pensions, migrant rights, health services, education, disability and much more. Our information providers can also help you to complete forms, write letters make telephone calls, and calculate your entitlements." For further details contact: Frances Clifford, Manager Kerry Citizens Information Service, 086 8309384.



AWARD: LOCAL CITIZENS INFORMATION SERVICE VOLUNTEERS ETTA DUKES WHO HAVE GIVEN OVER 20 YEARS SERVICE WAS HONOURED AT A SPECIAL CEREMONY IN DUBLIN. L/R: ETTA DUKES (VOLUNTEER - TRALEE CITIZENS INFORMATION CENTRE), FRANCES CLIFFORD (MANAGER - KERRY CITIZENS INFORMATION SERVICE) AND JACQUI BROWNE (CHAIRPERSON - KERRY CITIZENS INFORMATION SERVICE).

MUSICAL SOCIETY SET FOR AN AMAZING SHOW

It's all systems go for Killarney Musical Society as they get ready to stage an amazing show, Jesus Christ Superstar. Director Oliver Hurley and Musical Director Noel Lennon are putting the cast through their paces with some amazing musical numbers and dance routines to entertain all age groups. The work behind the scenes is in full swing, sets are being built, costumes are designed with help from a number of volunteers with the skill and craftsmanship required to stage this amazing production and a production it is! This year the Society is delighted to be involved in the upcoming Kerry School Choirs Showcase which is taking place on Thursday Feb 27th from 7:00pm in the Malton Hotel. This promises to be a very entertaining evening where a large number of Schools in the Kerry area come together to show off their talents performing some beautiful musical numbers. For tickets please contact Michelle on 086 8537856.

Names are now been taken for the AIMS (The Associating of Irish Musical Societies) Ball on June 14th 2014. If you are interested in going please give Michelle Murphy your details as soon as possible as places are limited. A deposit of €20 is required with the remainder due in €10 installments. Total ticket price is €70 for the Saturday night Awards & Ball, a price will be issued shortly in relation to the Friday night event.

Members please check the website for updates on rehearsal dates and times at www.killarneymusicalsociety.com. Text alerts will also be issued so stay tuned!



Know Your Rights:

INVALIDITY PENSION CHANGES

QUESTION

I am getting Invalidity Pension. Will my payment be increased when I reach 65 years of age later this year?

ANSWER

No. As a result of changes announced in Budget 2014, the higher payment at age 65 is no longer made.

Invalidity Pension is a weekly payment for people who cannot work because of a long-term illness or disability and who are covered by social insurance (PRSI). From 2 January 2014, in line with the abolition of the State Pension (Transition), the higher weekly Invalidity Pension rate of €230.30, paid when claimants reached age 65, has been discontinued. Previously, at age 65 the rate of payment increased to the same rate as the State Pension (Transition).

The rate now payable to people aged 65 (and under) is €193.50 per week. This change applies to those claiming Invalidity Pension who reach their 65th birthday on 2 January 2014 or later. Existing 65-year-old claimants are not affected by the change.

People who are getting Invalidity Pension (existing and new recipients) will continue to be automatically transferred to State Pension (Contributory) at age 66 and they will then receive a weekly rate of €230.30.

There is also a change to the weekly rate payable to some qualified adults of those claiming Invalidity Pension. For those qualified adults who reach their 66th birthday on or after 2 January 2014, the weekly rate payable has been standardised at €138.10 per week. Existing qualified adults who reached the age of 66 before 2 January 2014 are not affected by the change.

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, Castleisland 0761 07 7790, Caherciveen 0761 07 7780

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



KILLARNEY SERVICE IS NOW OPEN

from 10-4pm, Mon-Fri (through lunch).

Thank you to all our volunteers for allowing us to extend our opening hours.

**1ST FLOOR,
PARK COURT,
BEECH ROAD,
KILLARNEY.**

**(Entrance between Killarney Credit Union
and Department of Social Protection)**

Citizens Information can give you information & advice on many subjects, including employment rights, housing, social welfare, family matters, pensions, migrant rights, health services, education, disability and much more. We can help you complete forms, write letters, make telephone calls and calculate entitlements.

call: 0761 07 7820

WE LOOK FORWARD TO SEEING YOU THERE!



ANNUAL CHERNOBYL COFFEE MORNING AT THE GOLF CLUB

AT THE LAUNCH OF THE FRIENDS OF THE FRIENDS OF THE CHILDREN OF CHERNOBYL COFFEE MORNING AT THE KILLARNEY GOLF & FISHING CLUB WERE L-R PATRICK FLEMING (BAR MANAGER), MARY O'CONNOR AND COMMITTEE MEMBERS JOAN BUCKLEY AND MARY O'CONNOR.

THE ANNUAL COFFEE MORNING TAKES PLACE NEXT THURSDAY 13TH FEBRUARY FROM 10.30P.M. TO 12.30P.M. AT KILLARNEY GOLF CLUB. ALL FUNDS RAISED WILL GO TOWARDS BRINGING 20 CHILDREN TO KILLARNEY FOR A MONTHS HOLIDAY IN JULY.

PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



AT THE KILLARNEY CELTIC AWARDS ON FRIDAY NIGHT WERE L-R KAREN MCGLYNN (U14 GIRLS MANAGEMENT), PADRAIG HARNETT (CHAIR PERSON) & DONAL DOHERTY (U14 GIRLS MANAGEMENT).

PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



AT THE KILLARNEY CELTIC AWARDS ON FRIDAY NIGHT WERE PADRAIG HARNETT (CHAIR PERSON), JANE O'DONOGHUE (MANAGEMENT FOOTBALL FOR ALL), MARY LYNE (UNDER AGE SECRETARY) & JOHN O'DONOGHUE (MANAGEMENT FOOTBALL FOR ALL).

PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



AT THE KILLARNEY CELTIC AWARDS ON FRIDAY NIGHT WERE MIKE DALY (A TEAM MANAGER), GINTARAS PAKETURUS (A TEAM PLAYER OF THE YEAR) & PADRAIG HARNETT (CHAIR PERSON).

PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



AT THE KILLARNEY CELTIC AWARDS ON FRIDAY NIGHT WERE GERRY FALVEY (B TEAM MANAGER), JOE FLEMING (B TEAM PRIZE WINNER), GINTARAS PAKETURUS (A TEAM WINNER) & PADRAIG HARNETT (CHAIR PERSON). PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

Are you a Dairy, Meat or Bakery
SME producing traditional food products?

Are you interested in new technologies,
information on food safety and quality,
pricing strategies, product development,
labelling, sustainability, smart technologies
and innovation?



TRADEIT
Support for the Traditional Food Sector

IT, Tralee has an exciting programme of events to offer to you and your business through the TRADEIT project.

The European Commission is funding a team of experts to provide tailored training and support to traditional food producers at nine hubs across Europe. **The Institute of Technology, Tralee** will host one of these hubs.

The launch hosted by **James Burke**, one of Ireland's foremost food consultants and retail advisors will take place on at IT, Tralee on **Wednesday February 12th, 2014**, with lunch at 1.30pm, and networking at 5.00pm. To register your attendance at this event please email helena.mcmahon@staff.ittralee.ie

The event will provide you with information about the project, explore your needs as a traditional food producer and allow you to register for training and technology supports.



TRADEIT Hubs Across Europe

www.tradeitnetwork.eu

TRAINING

- Food safety and quality
- Competitiveness, cost models and pricing strategies
- Food production facility design
- Food labelling and marketing
- Supply chain management and distribution
- Sustainability
- Consumer-led product development
- Smart use of IT in traditional food production

TECHNOLOGY

- Consultations with food companies to identify technology needs
- Sector-specific technology (dairy, meat, bakery) brokerage events
- Networking with other companies producing traditional foods
- Opportunities to collaborate with leading food researchers on enterprising innovations and technologies

To capture your company's needs complete this short survey and a TRADEIT Advisor will follow up with tailored support offers

<https://www.survey.bris.ac.uk/coventry/tradeit-nba-en>

INSTITUTE OF TECHNOLOGY
TRALEE
INSTITIÚD TEICNEOLAÍOCHTA TRÁ LI



Irish Academy of
Hospitality & Tourism



Shannon ABC
Applied Biotechnology Centre



TRADEIT is funded by the European Commission, Food, Agriculture and Fisheries, and Biotechnology Call FP7-KBBE-2013-7-Single-stage: Grant no 613776.
Co-ordinator: Dr Helena McMahon, Institute of Technology, Tralee



40TH BIRTHDAY CELEBRATIONS FOR MARIE WADE. PICTURED HERE AT THE BREHON HOTEL FOR PREDINNER DRINKS WITH FAMILY AND FRIENDS.
BACK ROW L-R MARION CHUTE, HELEN HORGAN, BREDFA FALVEY, SHENNA LEAHY, FIONA GALLAGHER, MARGURITE FALVEY, HILARY LEAHY & BERNICE McMONAGLE.
FRONT ROW L-R EMMA WADE, MELLA WADE, MARIE WADE, NOELLE O'SULLIVAN. PICTURE MARIE CARROLL-O'SULLIVAN.



PUPILS FROM CULLINA NATIONAL SCHOOL WELCOMING PAUDIE O'MAHONY FOR THEIR OPERATION TRANSFORMATION WALK FROM THEIR SCHOOL IN BEAUFORT LAST FRIDAY.



PUPILS, FORMER PUPILS, PARENTS, TEACHERS AND THE BOARD OF MANAGEMENT OF TWO MILE SCHOOL ALL JOINED FORCES RECENTLY TO RAISE MUCH NEEDED FUNDS FOR THE SCHOOL. THE GROUP TOOK TO THE HIGHWAYS AND BYWAYS TO CELEBRATE THE BIDDIES AND THE FUNDRAISER PROVED TO BE VERY SUCCESSFUL.



GUSTS OF WIND OF 130KM AND HIGH TIDES ROLLING INTO CROMWELLIAN POINT, ON VALENTIA ISLAND LIGHTHOUSE, (HIDDEN BY THE MASSIVE WAVES) AT THE WEEKEND. PHOTO: VALERIE O'SULLIVAN

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COULD YOU BE ELIGIBLE FOR HEAR & DARE APPLICATION ROUTES INTO HIGHER EDUCATION IN 2014?

The CAO deadline of February 1st has now past and the attention of Leaving Cert students is focused on the "pre" Leaving Cert exams. The Kerry Branch of Guidance Counsellors urges students who have applied to CAO 2014 to check if they are eligible for the HEAR or the DARE schemes and if so, to apply for them before the deadline of the 1st of March at 5.15pm. If you are a school leaver under the age of 23 you may be eligible to apply for one or both schemes on www.cao.ie under "My Application".

HEAR (the Higher Education Access Route) is a third-level admissions scheme for school leavers from socio-economically disadvantaged backgrounds. To be deemed eligible for the

HEAR scheme students must meet certain criteria. All this information can be found on www.cao.ie. Supporting documentation must be sent by post to CAO by the 1st of April at 5.15pm. Ensure that you allow plenty of time for them to reach CAO and send photocopies as students can appeal the decision once notified of eligibility in late June.

DARE (Disability Access Route to Education) is a supplementary admissions scheme for school leavers with disabilities, specific learning difficulties, ongoing significant illnesses or mental health conditions. There are 3 parts to the DARE application process. Students are required to fill up a Supplementary Information form online at www.cao.ie by the 1st of March

at 5.15pm. Students must also submit a Second-level Reference and Evidence of Disability Form to CAO by post by April 1st at 5.15pm.

Supports available to students include: Reduced points places, orientation programmes, study skills and extra tuition if needed, one to one meetings with support staff and mentoring. In the case of HEAR bursaries are available. DARE students can avail of access to assistive technology and training and exam support. For all details on both schemes and the list of participating 3rd level institutions see www.accesscollege.ie and seek the help of the guidance counsellor in your school.

Niamh Dwyer,
PRO Kerry Branch of Guidance Counsellors.

SCHOOL HOST CHARITY WALK

Scoil Phobail Sliabh Luachra, Rathmore will host a charity Run/Walk on Saturday March 1st. This energetic exciting event is being organised by the school student council, transition years and the school P.E Department. The benefiting charities will be Killarney Water Rescue and Kerry LifeLine at SouthWest Counselling Centre.

Former Kerry footballer and Operation Transformation leader Paudie O'Mahoney and current Kerry footballer Aidan O'Mahony launched the event at the school this week. The event is scheduled to start from Scoil Phobail Sliabh Luachra at 12.00 noon and participants can register from 11.00 AM. Prizes will be presented afterwards while refreshments will also be served.

Everybody is welcome and urged to attend or participate for what is sure to be a great day in aid of a very worthy cause.



PICTURED AT SCOIL PHOBAIL SLIABH LUACHRA, RATHMORE FOR THE LAUNCH OF A CHARITY RUN/WALK THAT WILL TAKE PLACE ON SATURDAY MARCH 1ST WERE FRONT FROM LEFT, JOHN SHANNON (KILLARNEY WATER RESCUE), ANTHONY DARMODY, MARIE ANNE FLEMING, NEIL O'RIORDAN AND JOHN O'LOUGHLIN (KILLARNEY WATER RESCUE). IN CENTRE ARE FORMER KERRY FOOTBALLER AND OPERATION TRANSFORMATION LEADER PAUDIE O'MAHONEY AND CURRENT KERRY FOOTBALLER AIDAN O'MAHONY. STANDING FROM LEFT ARE CATHERINE KIELY, TOMMY JOE O'DONOGHUE (GNEEVIGILLA ATHLETIC CLUB), NIKKI WISSELL (KERRY LIFELINE AT SOUTHWEST COUNSELLING CENTRE), BERNIE WALSH, GARDA JOHN CROWLEY (COMMUNITY GARDA), CONNIE VAUGHAN, TIM CRONIN AND DJ MURPHY. PICTURE: EAMONN KEOGH (MACMONAGLE, KILLARNEY)

KERRY YOUTH CLUBS WILL BE HOPING FOR NATIONAL GLORY

Friday the 31st of January saw hundreds of young KDYS youth club members descend on Tralee for the KDYS basketball regional finals. The finals which were held in the state of the art John Mitchels multipurpose sports hall were a hotly contested affair. The Basketball competition sees youngsters from around the county battle it out for the glory of representing Kerry at the 2014 Youth Work Ireland National Finals.

Teams are made up of both boys and girls from each youth club and categories on the night were Under 15 and Under 18. Both finals proved that basketball is alive and well in the

Castleisland area of Kerry with both the under 15 and 18 victors coming from youth clubs from the sliabh Luchra area. Cordal managed to beat Moyvane in a close run under 15 final and Killeentierna beat Dromtarriiffe in the under 18 final. The games run by Kerry's largest youth organisation the KDYS celebrate integration and give youth clubs from different area of the Diocese a change to meet each other. Basketball is not the only sport in which finals are held, soccer, variety, table tennis, chess, quiz and draughts regional finals will also be held over the coming months.

The national Finals which are hosted by a different county each year will be held in Kerry this June. The national finals will see hundreds of young people represent hundreds of youth clubs from across Ireland. In the diocese of Kerry youth clubs are run by dedicated volunteers and supported by the KDYS, a charity supporting young people since 1971.

GENEROUS STUDENTS MAKE PRESENTATION TO LIVE LIFE FOUNDATION

The sixth class pupils of Beaufort parish who will be making their confirmation later this month will be proud to know that they have helped out a good cause. The Cullina and Kilgobnet NS pupils raised €1,620 for the Donal Walsh live life foundation. The project is based on Donal Walsh and the true meaning of Confirmation and how god gives us meaning and hope as Donal's mother, Elma said when she visited the school to receive the cheque from the proceeds of a cake sale. She thanked the schools for all they have done to help such a worthy cause.

KERRY EDUCATION AND TRAINING BOARD

KERRY EDUCATION AND TRAINING BOARD IS OFFERING THE FOLLOWING COURSES UNDER THE BACK TO EDUCATION INITIATIVE (BTEI) IN TRALEE COMMUNITY COLLEGE THIS SPRING.



INTRODUCTION TO HEALTHCARE SUPPORT FETAC LEVELS FULL AWARD 5M4339

MODULES:

- Introduction to Healthcare
- Care Skills
- Care Support
- Safety & Health at Work
- Occupational First Aid
- Communications
- Work Experience
- 2 extra modules to be decided

ENTRY CRITERIA: Students will need to find work experience to complete this course.

Garda Vetting: Kerry Education Training Board is committed to practices which safeguard children and vulnerable adults. It is a requirement that all learners enrolled on these courses undergo Garda Vetting. A designated Vetting Group will assess only relevant disclosures, not all disclosures will necessarily exclude a learner from a programme/course.

INTRODUCTION TO CHILDCARE FETAC LEVEL 5 FULL AWARD IN EARLY CHILDHOOD CARE AND EDUCATION 5M2009

MODULES:

- Introduction to Childcare
- Child Development
- Early Care & Education Practice
- Early Childhood Education & Play
- Child Health & Wellbeing
- Work Experience
- Communications
- Work Experience
- 2 extra modules to be decided

ENTRY CRITERIA: Students will need to find work experience to complete this course.

Garda Vetting: Kerry Education Training Board is committed to practices which safeguard children and vulnerable adults. It is a requirement that all learners enrolled on these courses undergo Garda Vetting. A designated Vetting Group will assess only relevant disclosures, not all disclosures will necessarily exclude a learner from a programme/course.



An information night for the above courses will be held in **Tralee Community College 11th February 2014 at 7.30pm**. Classes will commence 24th February if there are sufficient numbers.

The Back to Education Initiative (BTEI) under Kerry Education and Training Board provides part time Further Education Courses for young people and adults. Entry onto a BTEI Course is through application. An access interview may also apply for certain courses. The BTEI Programme provides an entry route for those in the work place who wish to up-grade their skills in line with emerging needs. As BTEI provides part-time learning, it offers the chance to combine a return to education and training with family, work and other responsibilities.

FEE STRUCTURE: BTEI is free to those who left school early and who have not completed their Leaving Certificate. Those who are in receipt of a social welfare payment or holders of a medical card are also exempt from fees; the remainder will be charged fees.

Tralee Community College 066 7120848, email: adultedtcc@eircom.net

The Back To Education Initiative Programme is co-ordinated by Marianne Marshall, Kerry Education and Training Board, Tel: 066-7121488.



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MEMBERS OF THE TAHILLA LADIES CLUB WHO CELEBRATED THEIR 30TH ANNIVERSARY WITH A BIDDY BALL DANCE IN THE SNEEM HOTEL ON SATURDAY NIGHT.

FRONT ROW L:R: CATSY LOONEY, MARY MCCARTHY, MAUREEN CAHALANE, MARY SUGURE AND BRED A O'NEILL.

BACK ROW L:R: MAIRE O'SULLIVAN, CAIT O'SHEA, SHEEHAN, NOREEN O'SHEA, MONICA O'SHEA, CATHERINE O'SULLIVAN, HELEN FOLEY, EVA LETTANEUR, MARY O'SHEA, BRIDIE FITZGERALD.

PHOTO: LISA O'SHEA.



ENJOYING THE TAHILLA LADIES CLUB 30TH ANNIVERSARY CELEBRATION BIDDY DANCE AT THE SNEEM HOTEL ON SATURDAY NIGHT L:R: JOHN AND MARIE GALVIN, CASTLECROVE.

PHOTO: LISA O'SHEA.



ENJOYING THE TAHILLA LADIES CLUB 30TH ANNIVERSARY CELEBRATION BIDDY DANCE AT THE SNEEM HOTEL ON SATURDAY NIGHT L:R: NOREEN AND GEORGIE DRUMMOND, SNEEM.

PHOTO: LISA O'SHEA.



ENJOYING THE TAHILLA LADIES CLUB 30TH ANNIVERSARY CELEBRATION BIDDY DANCE AT THE SNEEM HOTEL ON SATURDAY NIGHT L:R: BETTY AND JACK BREEN, KELLYS CROSS, SNEEM.

PHOTO: LISA O'SHEA.



AT THE TAHILLA LADIES CLUB 30TH ANNIVERSARY CELEBRATION BIDDY DANCE AT THE SNEEM HOTEL ON SATURDAY NIGHT L:R: ORLA SHEEHAN AND NORAH O'SHEA, TAHILLA.

PHOTO: LISA O'SHEA.

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Available 14th & 15th February

SAMPLE DINNER MENU

STARTERS

Seared Beara Scallops

Parsnip, vegetables succotash and star fruit dressing

Dingle Bay Crab Meat Roulade

Kenmare bay smoked salmon, red radish and chive cream cheese

Pan Fried Foie Gras

Pork belly, apple salad, toasted brioche and vanilla jus

Pan Fried Fillet of Sea Bass

Braised leeks, Peruvian potato and leek foam

Skeaghanore Duck Breast

Pistachio crust, veal sweet breads, white bean and sage fritter, cider jus

Fillet of Beef

Aubergine confit, fondant potato and red wine jus

DESSERT

Caliebaut Chocolate Fondant

Saffron centre and vanilla ice cream

Please allow 15 min cooking time

Chocolate for Lovers to Share

Royal, white chocolate mousse, hazelnut and milk chocolate ganache

Chocolate ice cream

Soufflé

Grand Marnier soufflé and frozen parfait

Please allow 15 min cooking time

€60

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FOUR COURSE LUNCH

Menu

Homemade Soup of the Day

Warm Goats Cheese and Red Onion Tartlet
with Seasonal Salad and Basil Pesto

Traditional Caesar Salad with Bacon Lardons,
Garlic Croutons and Baby Gem Lettuce

Creamy Kenmare Bay Seafood Chowder

Roast Sirloin of Prime Irish Beef
with Potato Gratin and Roast Jus

Pan-Seared Fillet of Atlantic Salmon with
Buttery Leeks and Chive Butter Sauce

Roast Supreme of Chicken with Champ Mash
and Truffle Cream Sauce

Risotto of Wild Mushrooms with Parmesan Cheese

Glazed Citrus Tart with Lemon Sorbet

Warm Rhubarb and Berry Crumble
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GEORGE MCSWEENEY QUIZ MASTER AND PAT DELANEY CHAIRMAN KILLARNEY CREDIT UNION (SECOND LEFT) PRESENTING THE FIRST PRIZE TO ST OLIVER'S NATIONAL SCHOOL TEAM JENNIFER CRONIN, NATHAL DONCEL, MISHA SEDYSHEV AND IAN WEBB (CENTRE ROW FROM LEFT) KEELAN Ó FOGHLÚ, LETICIA NÍ TOMAÍS, SAOIRSE NÍ CHOFAIGH AND SEÁN Ó COILL GAELSCOIL FAITHLEANN RUNNERS UP (BACK FROM LEFT) GERALDINE O'SULLIVAN KILLARNEY CREDIT UNION, TEACHER MARIA RYAN ST OLIVER'S NS, TOMÁS Ó MHURCHU AND PRIONCAIS MACCURTAIN GAELSCOIL FAITHLEANN, CATHERINE COFFEY AND MARY HALLISSEY KILLARNEY CREDIT UNION AT THE KILLARNEY CREDIT UNION NATIONAL SCHOOL QUIZ IN THE INEC, GLENEAGLE HOTEL, KILLARNEY ON SUNDAY.



PUPILS JIMMY O'CONNOR, ROISIN KENNEDY, GRACE JOY AND REBECCA MCHUGH CULLINA NATIONAL SCHOOL WARMING UP PRIOR TO THEIR OPERATION TRANSFORMATION 5K WALK FROM THEIR SCHOOL IN BEAUFORT ON FRIDAY.



GUSTS OF WIND OF 130KM AND HIGH TIDES ROLLING INTO CROMWELLIAN POINT, ON VALENTIA ISLAND LIGHTHOUSE, AT THE WEEKEND. PHOTO: VALERIE O'SULLIVAN.



KILLARNEY BRIDGE CLUB ANNUAL CHARITY NIGHT HELD ON MONDAY NIGHT THE 3RD OF FEBRUARY IN THE GLENEAGLE HOTEL. FRONT FROM LEFT: MICHAEL O'CONNOR, PAULINE LYNE BACK ROW FROM LEFT: DOREEN BROSNAN, MIRIAM DARCY, PHYLLIS O'REGAN, JOAN CULLOTY, PHIL LYNCH.



SPA MUCROSS SET DANCERS WIN GOLD AT COMMUNITY GAMES COUNTY FINALS - RACHAEL MOYNIHAN, AVA O'SULLIVAN, SARAH RANGLES, LEAH MOYNIHAN, GARY O SULLIVAN, LIAM SPILLANE, CHRISTOPHER CAREY, CIAN O SULLIVAN.

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STATEMENT CLLR SEAN COUNIHAN ON TRANSITION PENSION



Workers who's contract of employment states that they must retire at age 65 have to make themselves available for jobseekers allowance now as a result of representations by this council. This has been altered to leave such persons stay on jobseekers benefit for twelve months. Now it's ironic that a person forced to retire at 65 will still have to comply under the

terms of jobseekers benefit namely having to be available and seeking work. It is important to note any one over the age of 62 is not bound by any of the penailtes of non engagement. The Transition Pension should be looked at again in a more detailed, way if you had for example a person who worked for the private sector and then entered the public sector pre 1995 and paying a modified stamp you could have a person who ends up with no entitlement to jobseekers benefit. Some of these people could be at the lower end of the public service. They would not qualify for a full pension and would have depended on the Transition pension to make up the shortfall in their pension. Now I would also like the department to clarify that under the terms of entitlement to jobseekers that if a person of 65 who has just missed out in Qualifying for the Transition pension will be subject to the rule of non-payment for up to 8 weeks if they decide to give up work. The

government must sit down and have a think about this after all a lot of workers at that age right now are the ones who have seen their pensions devastated by the horrors that the last government bestowed on this country [least we forget], there are five thousand people at work caught in this dilemma right now imagine if those people could afford to retire there is the possibility of five thousand jobs being created or even if one third of the people were replaced you create 1701 jobs. This amount of jobs could keep some of our young people at home from foreign lands. It is a fact that the pension situation has to be addressed but by doing it now and to the people retiring right now is a disaster when you think these are the people who were hit with the social charge on their wages while any of them that had private pensions saw them devastated while we continue to shift monies in to the banks it's time to bring fairness to the working people.

RESOURCE TEACHING HOURS

Statement from Michael Healy Rae



Over a long period of time I have raised the issue of children with Down Syndrome and that they should have automatic entitlement to resource teaching hours. I am supporting a bill from Deputy Finian McGrath which will add Down Syndrome to the list of disabilities for which individual resource teaching is automatically provided. I want to thank Down Syndrome Ireland who have campaigned in this issue for a long time. My only hope now is that the bill will pass in time to benefit children from September.

MINISTER VISITS KERRY

Junior Minister Brian Hayes visited Kerry yesterday to view some of the areas which were hit badly by storm and flood damage. His visit coincided with a warning from the Environmental Protection Agency to the Government that they must begin to prepare to cope with extreme weather conditions in the future.

Scientists from NUI Maynooth have recommended that new regulations are put in place for new buildings so that they can sustain weather conditions that are becoming more popular in Ireland. Earlier in the week, the Taoiseach admitted that there is not enough funds to provide adequate flood defences around the country as thousands of homes have been left devastated after this weeks flooding.



HIGH TIDE APPROACHING.. PATIE O'SULLIVAN AND HIS FIANCEE NOREEN KENNEDY, CROMANE WHOSE HOUSE HAS BEEN DESTROYED BY FLOODING ON TWO OCCASIONS SINCE THE JANUARY FLOODS AND HIGH TIDES. PHOTO: VALERIE O'SULLIVAN

KILLARNEY TOWN, COUNCIL NOTICE OF MOTION

Michael Gleeson asked:

"That Killarney Town Council would prior to its dissolution undertake a major inventory of works required in Ballyspillane Estate and an overall upgrade in the areas of Footpaths, Perimeter Fencing, Lighting and Roadways.

Councillor Gleeson stated that a number of years ago Killarney Town Council applied to the Government for funding to allow for an overall

new design Plan for Ballyspillane but a positive response was not forth coming. He stated that the residents of Ballyspillane deserved great credit for the overall standard of their Estate and are extremely fortunate to have a fine Community Centre with superb staff.

Councillor Gleeson said that the Estate was showing signs of its age and that some footpaths need mending and that the perimeter fence in places is overgrown with

briars and bushes. He said that the standard of Public Lighting is very poor in places and called for special attention to be paid to its upgrading in the interest of safety and security. He said that sections of the Roads within the estate need to be improved. Councillor Gleeson said in conclusion that this was the Council's last chance to acknowledge the commitment of the residents to their Estate and that every effort should be made to ensure that it is of the highest possible standard when it is handed over to a new authority next June.

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Mobile: 087 2461678
e: Michael.Healy-Rae@ireaditas.ie
Danny Healy-Rae MCC: 087 2316055
Johnny Healy-Rae MCC: 087 2354793

Michael Healy-Rae T.D.
Will Attend Scotts Hotel every Saturday at 3.00pm
Castleisland Clinic
River Island Hotel
3rd Monday of every month 6.30pm & the last Friday of every month 9.30pm
Killorglin Clinic
Jim Shea's Vintage Bar
2nd Monday of every Month at 7.00pm
Kenmare Clinic
Atlantic Bar 10pm Every Saturday Night
Kilgarvan Clinic
Healy-Rae's Shop 9pm-10pm every Sunday
Healy-Rae's Bar 10pm-11pm every Sunday
Other Clinic held throughout the Constituency on a very regular basis and advertised locally

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Le Cheile Centre, Gneeveguilla from 6.40pm to 7.00pm
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River Island Hotel - 1st & 3rd Friday of every month - from 6.00pm to 7.00pm
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SPA NOTES

SPA MUCKROSS AC: At the South Munster Schools Cross Country in CIT recently representing St Brendans College Tristan O'Donoghue had a great 6th place finish out of a field of 149 athletes in the Minor Boys 1,500m. In the Junior boys 3,000m race Mícheal Devlin finished in 11th place in a field of a massive 163 athletes. In fact the Senior boys from St Brendans had a great day out with Risteard Clifford winning the gold medal, Conor Kissane in 3rd place, Paudie Clifford 7th and Matt Rennie 16th to win the best overall team. We wish the boys, and the rest of the St Brendans athletes the very best of luck as they now go forward to the Munster Schools Cross Country in CIT on February 13th.

HUGE CONGRATULATIONS to our super coach - who is now without doubt a super athlete! Brid Stack won an amazing 3 gold medals at the All Ireland Masters Indoor Championships in AIT last Saturday week. Her Gold medal performances came in the 60m, 200m and 400m - and she had a PB in the two longer races - so congratulations and well done!

SPA MUCKROSS COMMUNITY GAMES: Both our Contemporary Irish Dance and Set Dancing troupes were in action at the weekend in an attempt to retain their titles from last year and they did not fail in their efforts. They both won the gold medal and are now set for the National finals in Athlone at the end of May. Congratulations to both teams and also

a special word of thanks to their trainer and mentor Triona Mangan. The teams are as follows - Set - Rachel Moynihan, Ava O'Sullivan, Leah Moynihan, Sarah Randles, Gary O'Sullivan, Liam Spillane, Christopher Carey and Cian O'Sullivan while the Contemporary team is made up as follows: Elena O'Donoghue, Aoibhe O'Doherty, Kate Lawlor, Grainne Spillane and Erin Holland. Well done also to Treasa O'Sullivan who picked up the silver medal in the U12 Recitation. For anyone interested in taking part in the U14 quiz there will be a quiz-off in Spa Hall on Tuesday next 11th at 7.00pm, remember all participants must be 13 years of age on the 31st of July this year.

KILCUMMIN NOTES

COMMUNITY GAMES: It may well have been just the first weekend of action in the 2014 Community Games Season but what a weekend it proved to be for Kilcummin. Abbeydorney was the venue on Saturday evening for the solo music U13 over 11 Competition and despite a strong field of eleven competitors and a wide variety of musical instruments, a tremendous performance from young Kirill Healy on tin whistle saw him bring home the Bronze Medal. Well done Kirill on this fantastic achievement, keep it up!

The north Kerry village was the venue again on Sunday for the County Singing Finals and it was Kilcummin who took the Silver Medals pipped only in a marginal call in the Group Singing U14 over 11 Competition. Well done to Alison Moynihan, Lilly Foley, Shauna O'Leary and Kirill Healy on this great result against very strong North Kerry Competition. There was even better news for the Parish in the Solo Singing U14 over 12 Competition when a stunning performance by Shauna O'Leary saw her sweep the Gold Medal. Accompanied by Jack Healy from Beaufort on guitar, a note-perfect rendition of "The Water is Wide" by Shauna saw her emerge as winner in a hotly contested competition with 15 entrants. Shauna now goes forward to represent her Parish and County in the All Ireland Finals in Athlone in August so busy times ahead for Shauna. Unfortunately a clash

with the Credit Union Quiz time meant that a very good set was not able to participate in the County Final but thanks to all dancers and trainers for your time and effort in recent weeks. Finally a big thank you to Marie O'Leary for co-ordinating Kilcummin's entry and practice for all these events throughout January and all our young people can only benefit from this great experience. Keep an eye out for more competitions over the coming weeks.

CHRISTMAS DANCE:

Thanks to everyone who supported Marie Lehanes recent fundraising dance for Liam's Lodge. A total of €420 was raised.

MEMBERSHIP KILCUMMIN COMHALTAS:

If you or your child wish to become members of our branch or are partaking in Comhaltas competitions this year please contact one of our registrars, Mags O'Sullivan 087-7799341 or Timmy Lane 086-0587047

PARENTING TEENAGERS: Finding it challenging? Constant battles? Would you like to learn a different way to get along with your teenager and lessen the hassle? A 6 week course will commence on Tue 11th Feb at 7.30pm in the Rural Development Office. The aim of the course is to help develop better relationships with our teens in a healthy respectful manner. Cost is €50 per person, €80 per couple. Course will run subject to numbers, spaces are limited. To book please call Peg on 087-6689820.

COMHALTAS BRANCH MEETING CHANGE

OF DATE: Next meeting will be held on Monday 10th Feb at 8pm in the Rural Development Office. All Welcome.

KILLARNEY LIBRARY: Please be advised that the following changes to Kerry Library membership came into effect from Monday last, 3rd February. There will be a single annual membership fee of €5.00 for adults borrowers including mobile library members and Wi-Fi / internet users. Library membership fees will not apply to senior citizens aged over 65, Children aged under 18 and Direct Provisions Asylum Seekers. Fines will apply to all overdue books for all categories of borrowers. All users may borrow up to 8 items for a maximum of 3 weeks. Also, the writers advice clinic will take place in Killarney Library on 13th February from 6 - 7.30pm. Those interested in meeting with the Kerry County Council Writer in residence can contact writer@kerrycoco.ie for an appointment.

KERRY ARCHAEOLOGICAL AND HISTORICAL SOCIETY:

A lecture entitled "Archbishop Mannix and De Valera - A Unique Alliance" at Killarney Library on Tuesday 11th at 7.30pm. The lecture will be delivered by Patrick Mannix, M.A. and author, Free admission. All welcome.

LISTRY NOTES

MILLTOWN/LISTRY LADIES FOOTBALL: Our registration Day for all players from U12 to Senior Players takes place on Saturday, 15th February from 4 - 6pm in Milltown G.A.A. Clubrooms. Medal presentations will also take place for the U12 and U14 girls following their great success last year. All new members welcome so come along and join us.

COOKERY COURSE: Listry Community Council

Ltd in conjunction with K.E.T.B. are organising a Cookery Course for men on Tuesday nights in Listry Community Centre. If the required number of participants are available this class will commence on Tuesday night February 18th @ 7.30pm. If interested please contact Joan immediately on 0867944494 to book a place.

LISTRY SOCIAL COMMITTEE: We wish to Thank all those who attended our Social

day in Listry Community Centre on Tuesday January 28th. Thanks to Kerry Community Transport and Houlihans Bus service Killorglin who provided the Transport also Kathleen and Committee members who helped prepare for the occasion. We look forward to welcoming you all back again on Tuesday February 25th.

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BEAUFORT NEWS



THE BEAUFORT BIDDIES, UNIQUE TO MID-KERRY, CELEBRATING ST BRÍD, THE PATRON SAINT OF FARMING COMMUNITY AND HERALDING SPRING TIME AND NEW LIFE IN RURAL KERRY, CELEBRATING LE FEILE BHRÍDE IN MUCKROSS, KILLARNEY ON SUNDAY, TOM COFFEY, PAUL CREMIN, MARY BROSNAN AND TOM BROSNAN. PHOTO: VALERIE O'SULLIVAN.

LOTTO: Next draw for a jackpot of €3,000 will be held in Beaufort Bar on Sunday night next, 9th February. Tickets are available from usual sellers and local bars and shops. The Lotto is the main source of income for the club. It is hoped that all members if possible would support it. A person can purchase individual tickets at €2, 3 tickets for €5, an annual ticket for €50 or can set up a Standing Order.

CLASSES: Spring Exercise Classes in the

Clubrooms continue for 3 more weeks. Most classes are well supported but the Class on Friday morning at 10.00 and the Mixed Pilates class on Monday night at 8.10 still have vacancies. The Class at 12.10p.m. for the Actively Retired is sponsored by Healthy Club Project for the month of February. All members are welcome to attend any class at a cost of €6. Reduced rate for the Actively Retired classes.

MEMBERSHIP: Its the time of the year again for people to pay their annual Membership to the Club. Rates are as follows: Family Membership of the GAA - €50 this covers all children U-18 and 1 adult use of the Gym. €50 - Senior player. Individual Membership of the Club only - €30. Reduced rate for Actively Retired. There is also Gym Membership available for €50. The Registrar is Patie Hartnett 087-2515311 or Bridget 087-9975737.

U-21: Our U21 team sponsored by Maurice Foley of MF Decorating are the first team into action this year. Best of luck to them as they play Milltown-Castlemaine in the 1st Round of the Mid-Kerry Championship on Saturday next at 2.30p.m. in Milltown.

LADIES FOOTBALL: Well done to The Kerry Ladies who made a winning start in Division 1 of the National League when they beat Tyrone in Fitzgerald Stadium on Sunday last. Patrice Dennehy scored a great goal at the beginning of the 2nd half while Bernie Breen who captains the team had a fine game at mid-field. They are away to Dublin next week-end and their next home game is against Laois in John Mitchels Complex on Sunday week February 16th.

BEAUFORT NOTES - COMMUNITY GAMES: Draughts training continues every Saturday from 5-6 pm in the clubrooms. Art competition for u8, u10, u12, u14 & u16 will be held in the clubrooms on Friday 7th February at 6:30pm. Swimming for u8-u16 will begin on 7th March. Anybody interested should contact Cathrena Dennehy at 087-6479284.

GLENFLESK NEWS

EK U21 CHAMPIONSHIP SEMI-FINAL: The Glenflesk U21 team, sponsored by Molly Darcy's, were unlucky to lose to Dr. Crokes in the semi-final of the East Kerry championship after extra-time in Glenflesk on Sunday February 2nd, on a scoreline of Glenflesk 0-13 Dr. Crokes 1-12.

EAST KERRY SENIOR LEAGUE: The Glenflesk Senior team gets their year underway on Sunday February 9th when they travel to Gneeveguilla for the first round of the EK League. This game is scheduled to start at 12 noon.

GLENFLESK GAA LOTTO: Glenflesk GAA Club Lotto draw was held on Sunday the 2nd of February 2014, in the Corner House. Congratulations to Denis Hickey (Rusheenmore, Glenflesk) who won the jackpot of €6,600. Numbers drawn: 2, 11, 13, 16. Seller: Ruairi O'Sullivan. Next club lotto draw will be held on Sunday the 16th of February 2014, in The Kerry Way, Jackpot: €2,000.

31 CARD DRIVE: Cards continue in St Agatha's Community Hall every Friday night at 8:15pm. On Friday January 31st the first prize of €300 was won by Donie McSweeney and Pa Nagle, with the second prize of €150 going to Denis O'Shea and Dan Moynihan.

GLENFLESK GAA COISTE NA N-OG: The Coiste na N-Og AGM takes place in St Agatha's Community Hall on Thursday February 13th at 8pm. Parents of younger club members are especially welcome to attend.

GLENFLESK RAMBLING HOUSE - MARCH 1ST: Mark Saturday the 1st of March 2014 in your diary, when the ever-popular Rambling House returns to St Agatha's GAA Community Hall, Glenflesk, between 8pm and 11pm. A unique night of music, song, story and dance is promised in the company of the Glenflesk folk.

SEAN HURLEY IN THE KERRY WAY: On Thursday February 16TH at 8pm Sean Hurley of Radio Kerry will record a special programme from The Kerry Way featuring the sounds and stories of the Glenflesk parish. Anyone interested in contributing to the programme or just being part of the audience is very welcome to attend.

KNOCKANES NATIONAL SCHOOL - USED CLOTHES DRIVE: We are having a clothes recycling drive to help raise funds for our school. Please donate all your used clean unwanted clothing, shoes, belts, handbags, ties, linens and household textiles. Unwanted mobile phones are also accepted, but keep them separate from everything else. These

items can be left at the school on any school day until Wednesday February 26th.

RAHEEN NS - LOTTO: Congratulations to Ann Cronin who had the winning lotto number 35 on Saturday 1st February.

BARRADUFF COMMUNITY FIELD ORGANISATION: We are organising a 7km road race/fun run on Sunday March 2nd. All categories catered for. Everyone welcome. More details in the coming weeks.

KERRY ARCHEOLOGICAL AND HISTORICAL SOCIETY: A lecture entitled "Archbishop Mannix and De Valera - A Unique Alliance" will be held at Killarney Library on Tuesday 11th February at 7.30pm. The lecture will be delivered by Patrick Mannix, M.A. and author. Free admission. All welcome.

WRITERS' ADVICE CLINIC: A Writers' Advice Clinic will take place in Killarney Library on 13th February from 6 - 7.30pm. Those interested in meeting with the Kerry County Council Writer in Residence can contact writer@kerrycoco.ie for an appointment.

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

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RATHMORE /GEEVEGUILLA NEWS

By Michael O'Mahony

GNEEVEGUILLA LADIES GAA CLUB: The AGM of Gneeveguilla Ladies GAA Club will be held on Tuesday February 11th at 8.30pm in the Club Rooms. New members welcome.

CROCHET & KNITTING CLASSES: Every Wednesday at 8.30pm in the Club Rooms.

Aerobics & Keep-Fit Classes: Friday 8.00 – 9.00pm in Gneeveguilla GAA Hall.

HOLY FAMILY NATIONAL SCHOOL: Enrolment of new pupils takes place on Friday 7th March, 2014 in the School at 1.00 p.m.

Enrolment/Registration Forms are available from the School Office from Monday 3rd February and are to be returned to the Office by Monday 3rd March, 2014.

SLIABH LUACHRA COMHALTAS: Sult na nOg Competition takes place over the weekend of the 1st and 2nd of March – Music, Singing, Storytelling on Saturday 1st, with Set and Ceilí Dancing on Sunday 2nd – entries to be with our Secretary Maureen Dalton 087 2871357 on or before Thursday 6th of February. (Please note that County Fleadh and Ceol an Geimhridh prize winners cannot compete in this competition). Memberships are now due, new members are always welcome, Family €20, Senior €12 and Junior €6, this can be paid to our Treasurer Patsy Crowley or any member of the committee – please note that in order to take part in upcoming competitions you will need to become a member.

SYMPATHY: to family and friends of the late of Mike (Mikiedén) O'Donoghue, Derryreague, Clonkeen, Killarney. Denis O' Connor, Tureenamult, Gneeveguilla, Maureen Murphy

(née O'Keeffe) Renasup, Rathmore, Con Lyne, London and late of Scartaglin, Sean Counihan Killcummin & England, who deaths occurred recently. May they all Rest in peace.

RATHMORE RAVENS BASKETBALL CLUB: U-12 Girls Div: 2 Rathmore 19 - 22 Kenmare kestrels.

U-12 BOYS DIV: 2 Rathmore 38- 32 TK Cougars.

U-12 BOYS DIV: 2 Rathmore 40- 17 KCYMS (Plate Game).

U-14 GIRLS DIV: 3 Rathmore home to St. Annes on Feb 1st.

U-14 BOYS DIV: 2 Rathmore away to KCYMS on Feb 8th.

U-16 GIRLS DIV: 2 Group A

Rathmore 39- 27 TK Cougars.

Rathmore 54-31 TK Vixens.

U-16 BOYS DIV: 2 Rathmore 24- 29 Tralee Imperials.

RATHMORE LADIES FOOTBALL: Rathmore Ladies Football Club would like to extend their deepest sympathy to the Desmond family on the death of Patrick, former trainer of the senior Ladies team.

Ar dheis De go raibh a anam. Patrick, former trainer of the senior Ladies team.

Well done to Kerry senior Ladies and local girl Aislinn Desmond on the great victory over Tyrone in Div 1 of the Tesco Home-grown National senior League on Sunday last in Fitzgerald stadium Final score 1-16 to 1-6. Kerry are away to Dublin this weekend.

SLIABH LUACHRA CYCLING CLUB: Thinking about taking up Cycling? Or maybe cycle the Ring of Kerry and don't know where to start?

Sliabh Luachra Cycling Club is offering a six week beginner/starter programme.

Date – Sunday 9th February

Time – 10 a.m.

Venue - Teach Iosagain, Rathmore (next to Rathmore Church)

Contact - 0877023562 or email

hoc995@gmail.com

AGM: Rathmore Community Council AGM. Will take place on Monday February 10th at community centre at 8PM. Everybody welcome.

GNEEVEGUILLA ATHLETIC CLUB: Registration club membership is now due, €20 for a juvenile and €25 senior after January 31st price of membership will increase for all late registrations. Congratulations to Annette O'Brien who received the Munster Master Sport Star 2013 at a gala function in Waterford City recently.

RATHMORE GAA CLUB: Congratulations to Paul Murphy who played for Kerry seniors in Croke Park in opening round of national league on Saturday night.

Castleisland Mart Senior County Championship Draw:

Rathmore V Kilcummin or Currow.

SLIABH LUACHRA DRAMA GROUP: presents "Wake in the West" (Comedy) on Friday 7th Saturday 8th Sunday, 9th February at 8.00pm at scartaglin culture centres Bookings 0872434000.

ANYONE HAS ANY INFORMATION THEY LIKE TO ADD TO THE NOTES: please email Michael O'Mahony (michaellomahony@eircom.net) or ring on 087-6676817 before 6:00pm on Sunday,

FOSSA NOTES

FOSSA GAA: Fossa Lotto 02/02/2014:

Numbers Drawn: 10,11,15, and 24. Jackpot: €4,800. No Jackpot Winner:

5 x €40 winners: Michael O'Keeffe, Dromin; Maurice Lyons, Dromin; Mary Looney, Curragh; Patrick Martin, Rose Cottage Gortroe; P Sweeney, Tomies. New Jackpot: €4,950.

Tickets on sale at the Golden Nugget Bar, The Travel Inn, The Old Killarney Inn, McCarthy's Centra Shop, The Laurels Bar, Killarney and from committee members. Next draw takes place on Sunday night February 2nd 2014 at the Golden Nugget Fossa at 11p.m.

SENIORS: Fossa seniors begin their competitive season with a home game against Furies in the East Kerry Superleague, throw in is at 12 noon.

UNDER 21S: Fossa met Legion in the Division 2 competition on Sunday last at the old Fossa field. Legion playing against wind led 0-3 to 0-02 after 10 minutes. At half time there was 6 points in it 1-08 to 0-05. Fossa narrowed the gap to four points with 20 minutes left but then conceded a goal and with 10 minutes left. Fossa never stopped battling and two pointed frees by Tadgh O'Shea and a penalty by Paudie Clifford left 4 points in it at the finish Legion 2-11 Fossa 1-10. Fossa: Dan Cronin, Colm Walsh, Paddy Sheehan, Brian Myers, Dan O'Connell, Dan O'Keeffe, Shane Hennigan, Mikey O'Shea,

David Osterloh, Brian Walshe, Tadgh O'Shea, Dara, Rice, Micheal Quirke, Paudie Clifford, Mike O' Keeffe. Subs Cathal Talbot, Daniel Griffin, Oisín Sheehan. Fossa now meet Spa in Spa in the East Kerry Division 2 semi final on this Saturday.

FIXTURES: Saturday February 8th East Kerry Under 21 Championship Div 2 semi final Spa v Fossa at Spa 2:30pm. Sunday February 9th at 2:30pm East Kerry Superleague Div 2 Fossa v Furies at Fossa throw in 12:00pm.

MEMBERSHIP: Membership now due. Family membership has been reduced to €60.00 for 2014, adult remains at €30.00, while youth/student has been increased to €15.00. Registrar Gene Moriarty will take up membership at Lotto on Sunday night.

SOCIAL ACTIVITIES: Running group continues on Monday and Wednesday nights at 8:30pm until further notice. A programme will be available for beginners.

LADIES FOOTBALL: The AGM of Fossa Ladies Gaelic football club took place on January 23rd. Officers and mentors elected: Chairman Pat Sheehan, Secretary Siobhan Bennett, Registrar Amy Moriarty, Under 6 Michelle Greene, Under 8 Mike O'Shea, Donal Horgan, Peter O'Shaughnessy, and Fiona Collins. Under 10 Daniel O'Connor, Damien Dennehy. Under 12

Declan Bennett, Pat Sheehan, Amy Moriarty, and Ciaran O'Reilly. Under 14 Batt McGlynn, Mike Moynihan. Under 16 and Senior James Houlihan and Susan Ahern.

FOSSA COMMUNITY ALERT: Fossa Community Alert "Text Alert" is now up and running very successfully. If anybody who has not already signed up and would like to do so, just contact any member of the committee.

ATHLETICS: Gneeveguilla AC will hold Athletics training at the Old Fossa Sportsfield on the first Saturday of every month. The next session takes place on Saturday March 1st at 2pm. All girls and boys born in the year 2005 or any year before that, are very welcome to come along and take part.

FOSSA COMMUNITY GAMES: Boys u10 indoor soccer training continues in the Fossa community centre every Sunday 7pm -8pm.

FOSSA/TWO MILE COMHALTAS: Adult set dancing classes at Fossa Community Hall each Tuesday night, beginners at 8pm, improvers and advanced at 9pm. Everybody very welcome.

FOSSA NOTES: If anybody has any item they would like included in the notes, please email information to Gene Moriarty at beniska@utvinternet.com Please forward information on or before Friday at 12 noon.

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GARDENING OUTLOOK



with John O'Sullivan

With Spring upon us, even though the weather is unfavourable for gardeners at the moment there are still certain jobs to be done in the garden.

Before you start work it is essential to complete a good tidy up – however as the weather has been so bad over the past few weeks, try to avoid too much traffic on the lawn.

Following this, its time to start pruning back all deadwood from shrubs and hedges after the winter. A good pair of secateurs is one of the most important tools in the garden and this ensures clean cuts when used properly.

Among the most important plants to be pruned at this stage are herbaceous perennials such as Hostas, Day Lillies and Astilbes. These can be pruned by cutting away the dead foliage and dead wood. It is important to mulch around the plants following the pruning as new growth will be emerging, if it hasn't already. This advice should be followed for all herbaceous perennials.

In the next few weeks you will see primrose and polyanthus flowering. These will flower for 3 to 4 weeks. Following this, to ensure good flowering next spring, it is important to lift and divide the plants and space out accordingly or else to re-pot. At this time of year it is very important to look after out door container plants to ensure good growth and flowering for the rest of the year.

Firstly remove the first 2 inches of compost, if possible. Then add fresh compost and a slow release fertilizer. If any of your plants are ericaceous (acid-loving) for example azaleas, rhododendron, camellia etc, it would be important to add a compost such as brown gold.

These jobs should keep you busy over the coming week (weather permitting) and next week I will focus on Spring colour.

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Have you ever found yourself wanting to make some positive changes in your life only to find that the only person from stopping you from getting what you want is **YOU**?

Sometimes it's almost easier when someone else seems to be standing between you and the thing you say you want. At least you can have a discussion, put your case forward, take action to find a way to negotiate. But when it comes to ourselves, we tend to do none of the above and give in to the fearful voice inside our heads that say we can't achieve it, or we tell ourselves that we will do it tomorrow, or scare ourselves by thinking "what would other people think?"

Why do we do this when we know that doing what we want would simply make us happier? The answer is because we have become so used to the habitual negative inner dialogue and believe what it says. We have lost our power to communicate with ourselves and challenge what we are habitually thinking.

A friend of mine once said that she would never allow someone else to talk to her in the way that she talks to herself. I think this is true of many of us. We let ourselves "off the hook" or mentally beat ourselves up. We give ourselves excuses and make up stories about why **NOW** is not a good time to do the things we want. **NOW** is the only time we have so why not seize the moment instead of postponing it for one we deem better.

Choose the good thoughts and step out of your own way... the road ahead is clear once you remove the obstacles in your mind!

I am now taking bookings for my April **LIFE CLASS!** Wednesday 23rd April (7.30-9.30pm) at the Meadowlands Hotel, Tralee. Only 12.00 euros!

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LEGION GAA CLUB NOTES

AWARDS: The Ladies football medal presentation and awards night: Took centre stage of club activities this week with a well organised and well attended function in the Dromhall Hotel.

Ladies football chairman Mike Leahy gave due recognition the u-12 team that won the East Kerry Plate competition under the guidance of trainer Sean O'Connor, Orla Culloty, Desiree Crowley, Dave Randles and Mike Doody. Ciara Randles was named as u-12 player of the year. The u-14 team were presented with their medals for winning both the prestigious Feile competition and also division 1 of the county league, a tremendous feat for which great credit is due to the team management of John Doona, Suzanne Smith and Dave Randles. Meabh Crowley was named u-14 player of the year with Rebecca Murphy picking up the Feile player of the year award.

The u-16 side closed the nights proceedings when they were presented with their medals for winning division 3 of the County league. Elizabeth Mohan was awarded the u-16 player of the year.

Recognition was given to the four girls who played for Kerry u-14 side that lost out to Cork in the Munster Final Fiadhna Tangney, Elizabeth Mohan, Sara Leahy and Rebecca Murphy and these four girls along with Isabelle Corridan are now in training with the County u-16 team. Special tributes were paid to John Doona, Suzanne Smith and Desiree Crowley for their huge input over the year.

Many thanks to Jonathon Lyne and Conor Keane who were on hand to present the awards on the night. Any lady interested in playing senior football this year please contact John Doona or any club officer.

Well done to trainer Willie O'Sullivan and Alan O'Neill who got their National Football League campaign off to a winning start last Sunday seeing off Tyrone in Killarney.

Our u-21 side bounced back this week with an away win over Fossa, and qualifying for the final (division 2) in East Kerry. Goals by Conor Keane and Alan Moriarty paved the way for this victory with solid performances from Shaun Keane, Donal Lyne and especially Daragh O'Doherty.

CLUB MEMBERSHIP: is now due and should be forwarded to club Registrar Marie O'Sullivan as soon as possible. The following are the rates; adult 35 euro, adult couple €50, family €70, senior player €35 plus €30 insurance, minor €20, college student €40, juvenile €15.

LEGION HATS: Are now available at The Kerry Store in the Outlet centre along with a vast array of club merchandise which can be obtained at our own club shop in the clubhouse.

BIRTHDAY WISHES: To club Chairman Jimmy Reen who celebrated his birthday recently.

SPORTS SCHOLARSHIP APPLICATION

FORMS: For IT Tralee for 2014 /2015 are available from club secretary Barry Slattery.

MONTHLY MEETING: This Friday night at 8pm, all members are requested to attend.

LOTTO: Numbers drawn 2, 4, 10, 12. No jackpot winner. Following each win 50 euro, Mary Mohan, Loreto rd., Jamie Brosnan, Beaufort Bar, Lauren Horgan, 3 deireadh coille, Jimmie Smith, Denis Nash. Next weeks jackpot is 8400 euro

SPA CLUB NOTES

UNDERAGE TRAINING TIMES.

Friday: U-10 boys 6-7pm, U-12 boys 7-8pm, U-12 girls 8-9pm.

Saturday: U6, U8 & U-10 girls 10.30-11.30am, U-6 & U-8 boys 3.15-4.15pm.

Sunday: U-16 boys 9am, U-14 boys 7.30-8.30pm.

Please note time changes of Friday night training and the later time of u6/u8 training on Saturday.

Queries Chairperson Coiste na nOg John O'Donoghue 087 9403517

GAELTACHT SCHOLARSHIPS: Students wishing to make application for Gaeltacht Scholarships are advised to contact East Kerry Board Secretary Peggy Horan or Co Committee Cultural Officer Leona Twiss.

UP COMING FIXTURES:

Minor Co. league Division 1
Spa v Gaeltacht February 22;
Spa v Crokes March 8;
Kerins O'Rahillys v Spa March 15.

LOTTO RESULTS: Lotto results jackpot €7600 Numbers drawn 10, 20, 22, 24.

No winner lucky dip. Winners €50 Nora Fleming Kilcummin, Seamus O'Connor Knockanes, Donal Cronin Kilbreen, Gerard Gorman Kilcummin. Draw for annual ticket holders winner John Harrington the Royal Hotel. Jackpot €7800 Jimmy Briens Bar 9th February.

SCÓR: SCÓR SINSEAR: Scór Sinsear East Kerry final will take place in Fossa on Saturday 22nd Feb at 6.00pm.

Scór na nOg All Ireland Final March 1st starting at 12noon in Castlebar.

TIERNABOUL NATIONAL SCHOOL:

School is collecting mobile phones to raise funds for Down Syndrome Ireland. All phone donations will be greatly appreciated. Please ensure SIM has been removed. Drop off to school or to the clubhouse. Contact Conor Gleeson 087 2565142

SYMPATHY: Is extended to Kathleen Fenton & Family, The Park on the recent death of her nephew Denis O'Connor Gneeveguilla, May He Rest In Peace.

SPORTS HALL AND MEETING ROOMS

AVAILABLE FOR HIRE: Contact Eileen Casey 0876577312 after 6pm for availability and bookings. If you would like an event/photo in the spa notes send email to pro.spa.kerry@gaa.ie

gaa.ie. deadline is Sunday at 9pm. Anything received after this time will be included the following week if relevant.

Please follow us on Facebook, twitter @gaa_spa or website www.spagaa.com and sign up for our weekly notes by clicking on the links. Contact secretary 0876332773 or Coiste na nog secretary 087 1385612.

LISTRY NEWS

Paula Courtney (PRO)

OPEN DAY REGISTRATION AND

MEMBERSHIP: Saturday 8th February from 4pm to 6pm where club officers will be available to collect membership for 2014 and also to show people our gym facilities. Please note if you want to use the gym or walking track you must be a member of the club for insurance purposes and this will have to be enforced in 2014.

SENIOR EK SUPER LEAGUE 2014

Division 2

Round 1 – Sunday 9th February at 12 noon
Listry v Kenmare.

MEETING HELD FOR PLAYERS &

MENTORS: The club held a very informative meeting on Friday last, for players & mentors, concerning the introduction of the black card and other rule changes which will be in force for 2014. Many thanks to Richard Fitzgerald and Tadgh Ahern for their presentation.

LISTRY'S LOSS: Anthony Sweeney one of Listry's most promising young players has emigrated to New York, Anthony has been part of the Listry set up, both Juvenile and Senior for the last number of years. He will be sorely missed. We haven't seen the last of him on the field of play as his football talents will be put to good use in New York. The club would like to wish him well for the future. Listry's loss is New York's gain.

LISTRY GREYHOUND RAG MEETING

2014: Sunday March 16th

After the huge success of last year's renewal of this event, the Listry Greyhound owners & friends have decided to run our Greyhound Rag Meeting again this year. The committee have already been approached by plenty of enquires on this year running of the meeting, from all over the country, so we are expecting a big entry on the day. The event was greatly supported by the local community last year and we would hope that this year's event will be no different. We will again run our three main stakes;

Open Dog Stake, Open Bitch Stake

Local Stake (confined)

(Plus surplus stakes if required, anybody that shows up with a dog/bitch on the day will get a run)

Details of prize money, raffle prize draw etc. will be announced in the coming weeks, so watch this space.



Hospitality of Listry is second to none and nobody ever left the field without plenty of soup & sandwiches and this year will be no different. Come along and support what promises to be another memorable day in Listry, you never know who you might meet there. Entries to Jerome Kennedy at 087 2530630

JUVENILE NEWS: Jules Weakley

U-6 Training for U-6 boys and girls will commence at Allman park on Friday 11th April at 6.30. U-8 Training for U-8 boys and girls will commence at Fossa hall on Friday 21st March from 6-7pm. Please bring €2 for the hall U-10 boys and girls continue training in Fossa hall every Friday from 6-7. Kerry GAA coach Vince Cooper will attend U-10 training on Friday 7th February. Please bring €2 for the hall. U-12 Training for U-12 boys and girls will commence in Fossa hall on Friday 21st February 6-7 pm U-14 Listry/Keel U-14s will commence training in Allman park Listry on Wednesday 5th February at 7pm. Head coach Derry Ahern will keep parents updated with texts and please, always reply to texts from coaches. U-16 Listry/Keel U-16s continue training twice a week and will divide sessions between Keel and Listry. Head coach Jeremy Wrenn will keep parents updated with texts. N.B. All players must wear mouth guards at all training sessions and games. If you don't wear a mouth guard you cannot play.!

REGISTRATION: Listry GAA registration day on Saturday 8th February 4 – 6 pm Registration forms are available from Listry GAA website. Any new juvenile members must bring a copy of birth certificate. New members are always welcome and I would encourage all parents to join Listry GAA club.

MID KERRY

U21 CHAMPIONSHIP: Sat 8th February (extra time).

PRELIMINARY ROUND:

Miltown/Castlemaine entertain Beaufort at 2.30pm

1st Semi Final: Keel home to Laune Rangers 2.30pm. 2nd semi final Glenbeigh/Glencar/Cromane await the winners of Miltown/Castlemaine & Beaufort this game will be played on Saturday 15th February at 2.30pm. Date Venue and time of final to be confirmed.

Senior League also begins on Sat 8th February. Cromane host Glenbeigh/Glencar 3pm

MID KERRY COISTE NA NÓG AGM: Will be held in the TV room of the Towers Hotel Glenbeigh on Wed 12th February at 8pm. (all nominations & motions have already been emailed to the clubs please ensure they are returned to Joan McGillicuddy. Hard luck to Keel who lost the All Ireland Junior Semi Final, they fought to the bitter end but came up short. Well done for their achievements during the year

KILCUMMIN GAA NOTES

EAST KERRY LEAGUE: February 9th Kilcummin v Dr Crokes in Kilcummin at 12.00 noon. East Kerry U-21 semi-final Rathmore v Kilcummin this Friday at 8pm in Rathmore.

GAA FUND RAISER: Kilcummin is participating in a nationwide fund raiser which if supported will help acquire the field from St Brendans trust. Tickets are just €10 and the prizes range from trips to Australia and New York to concert tickets in Croke Park. Members will be calling to parishioners in the coming week and are asking for support to acquire this vital facility which will not only be of huge benefit to current players but for future generations also.

JUVENILE GAA: Juvenile GAA Registration for the 2014 season for both the boys and girls clubs will take place from 7-9pm on 14th February. Anybody interested in volunteering to assist with the running of the club might contact Eoghan Moriarty at 086-8302432

UNDER 12 BOYS: Under 12 boys will resume outdoor on Tues 4th Feb and Fri 7th at 6.15 pm until 7.30 pm. Henceforth, the team will be training twice a week. All players must have proper clothing, gear and gumshields to be allowed to train. Please contact Patrick Roarty 087 2999434 with any queries.

JUVENILE GAA MEETING: Meeting of all mentors at 8.30pm on Friday 7th February in the Clubhouse.

JUVENILE GAA AGM: Thanks to all who attended the recent AGM. The following were elected to Coiste na nÓg for the 2014 season. Eoghan Moriarty (Chair); Donal O'Dwyer (Vice chair & Registrar); Joanne Brosnan (Secretary); Nessa McCarthy (Asst secretary); Dara Lehane (Treasurer); Tom Leslie (Asst Treasurer); Donal Hannigan (PRO); John Fitzgerald & Colm Brosnan (Delegates); Alan Finn; Pat O'Connor; Eleanor Doyle.

GUM SHIELDS: All members should please note that the wearing of gum shields at training and during matches is mandatory.

CLUB SPONSORS: This month's calendar sponsors are Brendan Cronin (Plant Hire) and Brian Fleming (Carpentry). This week's sponsor is Grania Houlihan (Physiotherapist).

KILCUMMIN GAA LOTTO: There was no winner on Sunday 2nd February. Numbers drawn were 3, 6, 12 & 27. Consolation prizes were €100 Liam O'Leary c/o Eileen T. O'Sullivan; €60 Cormac O'Bruic, Ballydavid, Tralee; €60 Mano c/o Killarney Court Hotel; €30 Bridie O'Connor, Inchicullane; €30 John F. O'Leary, Knocklebede. Next draw Sunday 16th February Jackpot now €8,000.

MASTERGEEHA LOTTO: There was no winner on Friday 31st January. Numbers drawn were 15, 16, 18 and 24. Consolation prizes were €100 Tom O'Sullivan, Knocklebede, Kilcummin; €60 Julia Doyle, Jibb, Headford; €30 Joan

Cronin, Knockmanagh, Kilcummin; €30 Patrick O'Sullivan, Lr Dromulton, Currow; €30 Joe Hurley, Whitebridge, Monor, Killarney. Draw every Friday night in the Village Inn, Kilcummin. Jackpot now €9,300

EAST KERRY NOTES

Áine Ní Shúilleabháin PRO

RESULTS: East Kerry U21 Championship Semi Finals.

Division 1: Kilcummin V Rathmore Postponed Dr Crokes 1-12 Glenflesk 0-13.

Division 2: Legion 2-11 Fossa 1-10

FIXTURES: East Kerry U21 Championship Semi Finals. First named team has home venue. Extra time if necessary.

Friday 7 February 2014 at 8pm

Rathmore V Kilcummin.

Saturday 8 February 2014 at 2.30pm

Spa V Legion.

East Kerry Senior League Round 1

First named team has home venue

Division 1 Section A: Legion V Scartaglen

Kilcummin V Dr. Crokes, Rathmore bye

Division 1 Section B: Gneveguilla V Glenflesk, Cordal V Currow, Spa bye

Division 2: Kenmare V Listry (home)

Fossa V Furies.

EAST KERRY UNDER 21 CHAMPIONSHIP

The East Kerry Under 21 Championship, sponsored by Acorn Holistics and Sport Centre, Killarney, has reached semi Final stages. In Division 1, Dr Crokes qualified for the final in an exciting game, which took extra time to separate the teams on Sunday last, in Glenflesk. The second semi final, Kilcummin V Rathmore, was called off on Friday evening, due to an unplayable pitch. This game has been refixed for Friday the 7th February at 8pm, in Rathmore. Division 2 semi final, Spa V Fossa, in Spa has been fixed for Saturday, 8th February in Spa at 2.30pm and the winners meet Legion in the Final.

DR. CROKES 1-12 GLENFLESK 0-13.

Dr. Crokes advanced to the Division 1 final of the East Kerry Under 21 Championship, sponsored by Acorn Holistics and Sport Centre, Killarney, with an extra time victory over Glenflesk in the semi final played in Glenflesk. Glenflesk were in control for long part of the normal time and it was 1-2 in the final quarter, from Dr. Crokes, that took the game in to extra time, where Dr. Crokes dominated. Dr Crokes met the winners of Kilcummin V Rathmore in the Final.

GLENFLESK TEAM: Roy Kelliher, Denis O'Sullivan, Dara Kelliher, Padraig Moynihan, Shane Courtney, James McCarrick, Eoin O'Meara (0-1), Kieran Murphy, David O'Donoghue, John Healy, Jeff O'Donoghue (0-4), Danny Lucey, Lee O'Donoghue (0-1), Dara Roche (0-6), Sean McGrath. Substitutes: David Crowley, Liam Warren, Brian O'Donoghue, Padraig Healy and Gavin Kelly (0-1)



DR. CROKES TEAM: Johnny O'Leary, Araon Murphy, Gary Murphy, Diarmuid Galvin, Jason Lyne, Mark Egan, Cian O'Lionard, Jason O'Sullivan, Chris Lawlor, Micheal Burns (0-5), Gavin O'Shea (0-2), Byran O'Shea (1-1), Tommy Brosnan (0-2), Michael Sheehan, Chris Doncel. Substitutes: Jordon Kiely (0-2), McDara DeWillis, Shane Lyne, Keith Flynn, Darren O'Doherty. Referee Donal Casey (Scartaglin)

FINAL SCORE: LEGION 2-11 FOSSA 1-10

Fossa hosted Legion last Sunday, in the Division 2 Semi Final of the East Kerry Under 21 Championship, sponsored by Acorn Holistics and Sport Centre, Killarney. Legion, playing against the wind led 0-3 to 0-02 after 10 minutes. An opportunist goal by Conor

Keane in the 16th minute stretched that lead to 1-05 to 0-03 with 20 minutes gone. At half time, there were 6 points in it, on a scoreline of Legion 1-08 Fossa 0-05.

In the second half, Fossa narrowed the gap to four points with 20 minutes remaining, but then conceded a Tom Moriarty goal. With 10 minutes left Legion enjoyed an 8 points lead 2-10 to 0-08. Fossa never stopped battling and two pointed frees by Tadgh O'Shea and a penalty by Paudie Clifford left 4 points in it at the finish. Final score: Legion 2-11 Fossa 1-10.

EAST KERRY SENIOR LEAGUE: The East Kerry Senior League, sponsored by Frank Doran Safeguard Security, gets under way this weekend, with 6 games fixed for Sunday 9th February, all at 12 noon. Division 1 has been

divided into 2 sections, and the top team in each section contest the final. The round 1 fixtures are: Division 1, Section A, Legion host Scartaglin, Kilcummin are at home to Dr Crokes and Rathmore have a bye. Division 1 Section B, sees Gneeveguilla host Glenflesk, Cordal play Currow and Spa have a bye. In Division 2, the top 2 teams contest the Final and round 1 sees Kenmare play Listry, in Listry and Fossa host Furies.

GAELTACHT SCHOLARSHIPS:

Anyone who wants to avail of a Gaeltacht Scholarship, contact East Kerry Board Secretary, Peggy Horan.

GAME OF THE WEEK

KERRY LADIES OFF TO A GOOD START

The Kerry Ladies senior team got off to a good start in their return to the Tesco HomeGrown National Football League Division. They defeated Tyrone on a score of 1-16 to 1-06 in the first game of the #KerryLadiesSpringSeries which took place in Fitzgerald Stadium supported by Lord Kenmare's Restaurant. Despite the bad weather the pitch was perfect, which is testament to the good work of the grounds staff there. Both teams started off a little edgy but it was Kerry who dominated possession in the early stages & would have been disappointed with their return, with the first score only coming after 6 mins from Louise Ni Mhuirteartaigh. The first half finished with Kerry 0-7 Tyrone 0-4. However the Kerry team we know & love returned to the fold in the second half & after 10 mins Patrice Dennehy goaled for the Kingdom after a well worked team move, leaving the score 1-08 to 0-4. Tyrone did reply immediately with a point but Kerry took over & went onto score 7 points leaving them in a comfortable position. Tyrone



THE KERRY LADIES THAT DEFEATED TYRONE ON SUNDAY IN FITZGERALD STADIUM. FRONT ROW L-R: PATRICE DENNEHY, AISLINN DESMOND, CLAIRE O'SULLIVAN, GINA CROWLEY, SARAH HOULIHAN, BERNIE BREEN, LOUISE GALVIN, CAIT LYNCH, SECOND ROW: L-R: JULIE BROSNAN, DENISE HALLISSEY, DEIRDRE CORRIDAN, AMANDA BROSNAN, MARIE QUIRKE, EMMA SHERWOOD, SARAH JANE JOY, LORRAINE SCANLON, LOUISE NI MHUIRTEARTAIGH. BACK ROW: DEBRA MURPHY, AOIFE LYONS, CASSANDRA BUCKLEY, BREDIA LANE, LAURA COLLINS.

near the end did get a fortunate goal, a high ball lobbed in over rookie keeper Amanda Brosnan's head. However Kerry sealed the game with the final point & taking full points on their return to Division 1. Final score 1-16 to 1-06. The defence played extremely solid as usual & Bernie Breen dominated in midfield. Though Kerry hit a number of wides in the first

half, they found their shooting boots in the second half. A much sterner test ahead, as next they face Dublin. That game is scheduled for Sunday 9th February in Portmarnock, weather permitting. Kerry's next home game in the #KerryLadiesSpringSeries is 16th February in John Mitchells Complex, Tralee against Laois.

KERRY GAME SWITCHED TO KILLARNEY

Kerry take on Derry this weekend in the second

round of the Allianz League this Sunday.

Following a pitch inspection on Thursday morning at Austin Stacks Park, a decision was

taken to move the game to Fitzgerald Stadium, Killarney.

Throw in is at 1.30p.m.

KillarneyOutlook

Available online at www.killarneyoutlook.com Every Friday from 12 noon.





RATHMORE / GNEEVEGUILLA COMMUNITY GAMES

County competitions commenced last weekend with the talent competitions, first on stage on Saturday was Shane Warren who represented our area in The u12 recitation, Shane recited 'Eoin Rua O' Suilleabhain and his new hat'. Shane's recitation proved to be very entertaining and ended up being placed 3rd, thus receiving a bronze medal for his performance. Next on stage was Mark O'Leary representing Rathmore / Gneeveguilla in the U13 solo music competition. Mark played a jig and a reel, with another great performance from Mark, Mark was placed 4th in the competition thus receiving a cert. On Sunday Eimear Nagle represented our area in the U14 solo singing. Eimear sang 'The note' and 'The Travelling Soldier', Eimear performed excellently on stage. Next on stage on Sunday was The U13 choir, with their conductor Joanna Hughes and accompanist John O'Donoghue. The choir sang 3 pieces, they being 'Winter Song', 'sihamba' and 'Bad Moon', such was their performance that they were placed 1st thus winning gold medals. The choir will now go forward to represent Kerry at National level in August. Choir members were Aimee Cronin, Leah Kennedy, Miriam Dineen, Niamh Finnegan, Hanorah Hurley, Katie O' Sullivan, Alice O' Leary, Aoife O' Sullivan, Hannah Reen, Madhbh Dennehy, Muireann Hughes, Ava Kelliher, Shauna Fleming, Caoimhe Dineen, Mark O'Leary and Ciara O'Keefe. Congratulations and well done to all our competitors, conductors and managers. Thank you to the parents who travelled with and supported the children.

U10 INDOOR SOCCER: We wish our U10 boys soccer team and managers Owen O'Leary and Margaret Fitzgerald the best of luck on Sunday 9th, as they take part in the county competition.

SWIMMING: We are currently taking names for boys and girls interested in taking part in the swimming competition U8, U10, U12, U14 and U16. We are also taking names for any boys and girls interested in being part of the u13 girls and u13 boys squad (children must be 10 years on 31/7/2014), and the U16 boys and girls squad. Names to Aeneas (087) 6577167 or Cynthia (086) 0818606.

U10 GIRLS INDOOR SOCCER: Any girls interested in being part of the U10 (must be 8 years on 31/7/2014) indoor soccer team contact Aeneas (087) 6577167 or Cynthia (086) 0818606

PROJECT & MODEL MAKING: Any child interested in entering project or model making contact Aeneas or Cynthia.

FIRIES COMMUNITY GAMES

With Carmel Sheahan

Firies children had a very busy weekend at the County Finals of the talent and cultural events in Abbeydorney on Saturday 1st February and

Sunday 2nd February. Cian Sheahan was the first to take part for Firies competing in the Recitation event. Congratulations to Cian who won a gold medal and goes on to represent Kerry in the National Finals. Congratulations also to Rachel Hoctor who won a bronze medal in the solo singing which was also a very competitive event. Firies also had a set dancing team and were delighted with silver medals, this team was Pdraig Scott, Tomas Scott, Cian Sheahan, Ronan O'Mahony, TJ Palmer, Brid Flynn, Aoife O'Callaghan, Caoimhe O'Shea and Chloe O'Connor. Firies also took part in the group singing for the 1st time and won Gold Medals and will go on to represent Kerry in the National Finals. Well done to this team of Rachel Hoctor, Shannon Foster, Aoife O'Shea and Sarah Kennedy. The last competition to be held on the weekend was the choir competition and Firies won silver medals. Well done and thank you to Cathy Troth who trained the singers and to Michelle Quirke who was the accompanist on her keyboard. Congratulations to the team of J.P. Teahan, Jack Fitzgerald, Cian Sheahan, Daniel Cremin, TJ Palmer, John Power Luke Foley, Christopher Palmer, Olivia Darlington, Alice Norris, Elaine Kerrisk, Aela O'Connor Metso, Ciara Kearney, Sarah Kennedy, Emma Affonso, Leanne O'Connor, Niamh Quirke, Mairead O'Mahony and Aoife O'Shea in the choir. Thank you to everyone who helped train and teach the children and help out over the weekend. Thank you to the staff on the County Community Games committee for the smooth running of all events over the weekend especially James O'Neill and Kevin O'Neill, Kit Horan, Sharon Fealy and Hazel Norris and to all who helped out in Abbeydorney Hall during events.

DRAUGHTS PRACTICE: Will recommence in Marian Hall, Firies on Saturday night after 7.30pm Mass for boys and girls U10 over 7, U12 and U14. All welcome.

CHURCH GATE COLLECTIONS: Will take place at all Masses in Firies and Ballyhar on weekend of 15th & 16th February. We would be grateful if you could support these collections. Community Games events will be advertised through schools, church newsletter and Killarney Outlook. If anyone wishes to help out with any events or needs further information re activities please contact Hazel Norris, area secretary.

KILLARNEY SWIMMING CLUB NOTES

Congratulations to our swimmers who took part in the recent "B" gala in UL. This was the first time the club participated in a "long course" event i.e. in a 50 metre Olympic-size swimming pool. Norin Maher won gold in the Individual Medley and silver in the 200 metres Freestyle while Erin Crowley won a bronze medal in the 200 metres Freestyle. Thanks to our coach,

Oran, who was in charge of our team and to the parents who travelled on the bus to Limerick and who volunteered for time keeping and turn duty on the day.

GNEEVEGUILLA ATHLETIC CLUB

With Tom Joe O'Donoghue

No winner of our jackpot on 31st January. Numbers drawn were 16, 21, 22 and 29. €50 lucky dip yearly ticket Michael Lyne Brandon, Tralee. €50 Conor McCarthy Knockduragh, €40 each to Triona Vaughan Scartaglin, Tade Daly Gullane Cross, Ava & Ryan Looney Quarry Cross. Bonus not won, numbers were 15, 17, 23 and 24. Sellers prize Con Spillane Bar's Headford. Next week we draw €6,600 jackpot with €1,000 bonus prize. The 3rd leg of our winter road league was cancelled in The Demense Killarney on Saturday last due to weather condition. The final leg will be as planned on February 22nd and will act as prize giving, two out of three legs will count for prizes. The club regret if anybody finds this inconvenient, dates are hard to find and we want the league finished and not go into March.

GOOD LUCK: To our athletes who travel to Nenagh this weekend for the Munster indoor championships.

NOTE: The club AGM will be held in Gneeveguilla Club Rooms on Wednesday February 12th at 9.00 pm. Everybody with interest in the club should attend.

COMMUNITY GAMES

Community Games Talents Competition took place last weekend in Abbeydorney. We had competitions in Recitation, Music, Modern Dance, Irish Contemporary Dance, Set Dancing, Singing and Choir and there was certainly no shortage of talent. The following are the results:-

RECITATION: 1st Cian Sheahan (Firies); 2nd Treasa O'Sullivan (Spa/Mucross); 3rd Shane Warren (Rathmore/Gneeveguilla); 4th Maisie Hall (Castlegregory).

SOLO MUSIC: 1st Ryan O'Neill (Ballydonoghue/Lisselton); 2nd Aimee O'Sullivan (Duagh Lyre); 3rd Kiril Healy (Kilcummin); 4th Mark O'Leary (Rathmore/Gneeveguilla).

GROUP MUSIC: 1st Listowel; 2nd Ballydonoghue/Lisselton; 3rd Lixnaw; 4th Ballyduff.

SOLO MODERN DANCE: 1st Maggie Lynch (Ballyheigue); Emer Dineen (Castlegregory).

GROUP MODERN DANCE: 1st Rock St/Caherslee; 2nd Castlegregory; 3rd Kenmare.

IRISH CONTEMPORARY DANCE: 1st Spa/Mucross; 2nd Castlegregory; 3rd Kenmare; 4th Lixnaw.

SET DANCING: 1st Spa/Mucross; 2nd Firies.



SINGING SOLO: 1st Shauna O'Leary (Kilcummin); 2nd Cathal McLoughlin (Blennerville/Ballyard); 3rd Rachel Hctor (Furies); 4th India Grant (Kenmare).

SINGING GROUP: 1st: Furies; 2nd Kilcummin, 3rd Kenmare; 4th Ballydonoghue/Lisselton.

CHOIR: 1st Rathmore/Gneeveguilla; 2nd Furies. Well done to all, and we wish our winners every success when they travel to the National Finals in Athlone in August.

MUCKROSS ROWING CLUB

SYMPATHY: The club extends its deepest sympathies to the Courtney family on the passing of Shane Courtney. Our thoughts and prayers are with his wife Ursula, son Eamon, mother Clare, brother Eamon and sister-in-law Valerie, brothers Padraic, Feargal, Cian, niece Shauna and nephew Patrick and with all nephews, nieces, extended family and friends. Shane will be dearly missed by all those who knew him. Ar dheis De go raibh a anam uasal.

CORK HOR: Next up on the events calendar is Cork Head Of the River at the city marina on Saturday 15th February. This year it has been decided to have fixed categories at specific times, with a rolling head for Men and Women Junior 15 / 14 and Masters Categories. Provisionally, timing will be from 09:30 - 15:30 depending on the entries. Entry Fees are as follows: Eights - €45, Fours / Quads - €30, Pairs / Doubles - €20, Sculls - €10. See www.rowingireland.ie for more details on the schedule for the event or contact coaches for further details also.

ST. MICHAEL'S HOR: The St. Michaels Head Of the River is re-scheduled to take place on Saturday 22nd of February after being postponed last Saturday due to severe weather forecast. Muckross crews from junior to senior will be toughing it out at one of the longest running and most competitive time trial events on the domestic rowing calendar. The event also kicks off a new calendar year of rowing competition and is sure to attract crews from the four corners of Ireland as clubs look ahead to longer evenings, the promise of clocks changing and a return to racing in earnest! Let's hope for some calm and dry weather! Following the trip to O'Briensbridge, next up on the events calendar is Cork Head Of the River at the city marina on Saturday 15th February.

MUCKROSS YOUTH CLUB: Muckross will soon be taking a trip down memory lane with the re-establishment of its youth club. The "Teens on Wheels" will visit the Muckross Community Centre for a number of Saturday nights commencing on the 8th of February between 7-9pm. Registration for the youth club will take place on these nights. For further information, please contact Geraldine O' Halloran from KDYS at 087-0517695. We would like to wish the Muckross Youth Club every

success in it's re-establishment and hope to see many young people make great use of this facility.

MEMBERSHIP 2014: A reminder that membership renewal for club and Rowing Ireland registration for existing members is now overdue and outstanding fees must be returned to Registrar Jeremy Kenny immediately.

NEW MEMBERS: The club is always welcome to new members, why not give rowing a go? For younger members aged 12-14, our beginners group meets at the boathouse or community centre, whatever the weather! You can come along just to see what is involved or get stuck right in! Contact Eadaoin Moynihan 086 152 9476 for further information.

COMMERCIAL ROWING CLUB - EST 1886

"DOWN MEMORY LANE"

With John Kelly

The following crew members represented Commercial Rowing club at Killarney Regatta held on the Innisfallen Course on August 2nd 1924

Juvenile Sixes: Stk Charles Foley, Frank Scully, Brian O'Rourke, Noel Thompson, John Cranitch, Charles O'Leary, Cox D O'Connor.

Senior Sixes: Stk Vincent O'Sullivan, T. Carey, J O'Sullivan, M McGillicuddy, J Clendennon, J Murphy Cox, D O'Connor.

Junior Sixes: Winning Crew, Stk M O'Meara, B Hanrahan, D Moriarty, Jn Moriarty, Vincent Doyle, P O'Rourke, Cox D O'Connor.

Ladie's 2 Oar Race: Miss Hannah McCarthy, and Miss Marjorie McCaffrey. A Fare from Killarney to Ross Castle cost 1s each way and Boat fare to Innisfallen Island was 1s shilling each way,

The club is currently recruiting new members both ladies and men in all age groups from juvenile to senior to avail of their excellent facilities at Ross Castle,

Contact are Jim Doyle 064 6639856, D J O'Riordan 064 6631743, John Kelly 064 32698, John Joe Healy 064 6643136, Henry Clifton 064 6632252.

KILLARNEY CYCLING NEWS

John Mannix from Listry has been nominated for a Rentokil Initial Kerry Sport Star Award to be held in The Malton Killarney on February 21th. The nomination comes on back of a successful 2013 season following a 10 year break from competition. A seasoned elite rider having been selected on Irish Teams at underage, junior and under 23 in the late 90s. "I started mountain biking with Killarney Cycling Club when I was 14 for fun and soon started winning local races, at 15 I got my first road bike and being mentored by the likes of Paddy O'Callaghan and Denis O'Shea I quickly progressed. With a break of 10 years due to work

and family commitments I had reservations if I could still perform at top amateur level, but following a rigorous training program I lost 12kg and results started happening." 2013 saw results in the pro-am race - Suir Valley 3 Day, Ras Lumni, Galway Classic, Midelton GP and the highlight winning the Kerry County Road Race Championships. John and Killarney Cycling Club have plans to enter a Kerry team in this years 8 day international An Post Ras which has a stage finish in Cahirciveen. The Rás has a worldwide reputation of being a gruelling challenge in the elite international cycling calendar. The open racing style allows amateur county and club riders to pit themselves against domestic and international professionals. John would like to thank Killarney cycling club and his coach ex pro cyclist Paul Griffin for their support in 2013 and look forward to continued success in 2014.

KILLARNEY COUGARS BC

SENIORS: MENS DIV 1

KILLARNEY COUGARS 81

TRALEE TIGERS 42

Cougars hosted Tralee Tigers at the Pres Gym and the Cougars led all through this game proving to strong for the Tigers on the boards as they hit Tigers for 25 points in the opening minutes to lead 25-6. The lead further increased as Cougars height advantage saw the big inside players dominating to increase the lead to 49-19 by halftime. Cougars finished very comfortable winners despite a good finish by the visitors. Best for Cougars were Dan Cronin, Dan Doonan, Eugene Bowler and Darren Gaffey.

WOMEN'S DIV 1:

KILLARNEY COUGARS 60

ST BRIDGETS 46

Cougars were slow to settle in a low scoring opening quarter with the visitors from Currow working hard on defence. Cougars picked up the pace to control the game and lead comfortably 31 14 by half time with a good spread of scores. The teams went basket for basket in the second half with Cougars holding their first half advantage throughout. Best for Cougars were Alma O'Mahony, Chloe O'Doherty, Stephanie Walsh and Mags Cronin.

JUVENILE: BOYS U12

KCYMS 10 KILLARNEY COUGARS 36

Cougars travelled to Kilorglin and came away with the points to continue their good recent form. Their was little between the teams in the opening half with Cougars just ahead by four points. The home side good defence was under pressure in the second half as Cougars took control as they finally got into their normal stride to push well ahead with some great baskets. Cougars dominated the last quarter as they went on to record a comfortable win in a entertaining game that saw nine Cougars players on the score sheet. Best for Cougars were Colm Talbot, Paudric Talbot,



David Foley and Ian Colman Horgan. New members welcome, to join and can register at the above sessions or by contacting the secretary on 0874175493. For the latest information and the correct training times please check the website at www.killarneycougars.com

KILLARNEY BRIDGE CLUB NOTES.

Congratulations to all winners in recent competitions.

RESULTS FOR MONDAY NIGHT 27TH OF JANUARY 2014.

1. Joan Culloty and Phyllis O'Regan.
2. May Corcoran and Marie Moynihan.

ANNUAL CLUB CHARITY NIGHT - MONDAY 3RD OF FEBRUARY.

We would like to thank everyone who supported the Charity night which was held on the 3rd of February. Many thanks to all members and people who donated a prize or cash contribution. Thanks also to those who sent a private donation. Finally just to say thanks to all who came on the night and to those who helped in any way to make the night a success. The Charity was held in aid of Aware. Renewed thanks to all for your generosity.

RESULTS FOR CHARITY NIGHT .

1. Phyllis O'Regan and Joan Culloty.
2. Don O'Sullivan and Tim Corcoran.
3. Maureen Lyne and Doreen Brosnan.

OUTLOOK RUGBY ROUND UP:

IRELAND 28 - 6 SCOTLAND

As Ireland were made wait until Sunday to get their Six nations championship under way, what was witnessed in the Aviva on Sunday was nothing of a surprise. A side under new management still coming to terms with the new play's and patterns that the New Zealander Joe Schmidt has introduced. Ireland struggled in the opening half with the Scot's dominating possession but like I discussed last week in my article they lack the cutting edge at this level when it comes to turning pressure into scores. Ireland showed on the stroke of half time what Scotland are lacking, getting into the danger zone and turning pressure into points with Andrew Trimble scoring a try as the clock with into injury time in the first half.

Leading into this year's Six Nations Joe Schmidt would have been hoping for a positive performance against Scotland in the opening game building up to the round two clash against the Welsh. With Paul O'Connell having to withdraw from the starting fifteen at the eleventh hour due to a chest infection Schmidt



JOHN MANNIX, KILLARNEY CYCLING CLUB WHO IS NOMINATED FOR A SPORTS STAR AWARD.

was forced into a late change with Ulsterman Dan Tuohy replacing the talismanic O'Connell and Ian Henderson moving up on to the bench to take his place amongst the replacements. Fortunately O'Connell's absence wasn't of huge significance as Ireland had far too much class for their Scottish visitors. With Ireland forced into defensive duties for the majority of the opening half, all the game had to offer up until stoppage time in the first half was three penalties for with Craig Laidlaw converting a penalty for the visitors and Johnny Sexton responding with two of his own well struck placed balls. The out half sparked a break away from deep inside his own half which provided the catalyst for the opening try of the game with Andrew Trimble crossing the try line after a succession of good play from both forwards and back, leaving the half time score line Ireland 11- 3 Scotland.

Laidlaw was first on target at the beginning of the second half when the Scottish number nine converted a penalty to leave five points between the sides. Within four minutes Irish captain for the day Jamie Heaslip responded the put the Irish side in firm control of the game following Sexton adding the extras. On the 57th minute Sexton added another penalty to further strengthen Irelands control on proceedings. Fullback Rob Kearney capped a fine individual performance crossing the white wash to put the game to bed as a contest with nine minutes remaining on the clock. Sexton added the extra two points that were available to take his personally tally to thirteen points for the day while finishing the scoring to leave the final score of Ireland 28- 6 Scotland.

PREVIEWING WALES:After both sides opening their campaigns on a winning note

something will have to give come two thirty on Saturday in the Aviva. Even though the media are doing all they can to build it up as a grudge match Joe Schmidt and his management will have to focus the players especially those who were directly involved with the Lions in the summer and get them all geared up towards turning over this highly fancied Welsh side and get the belief back into the players that this team has the ability to be successful in this years campaign. Wales will come to Dublin on Saturday with no fear of playing in the Aviva as many of them have happy memories of picking up a six nations championship in Croke Park. The Welsh will be direct using their big dynamic forwards moving forward while trying to involve dynamic wing George North as much as possible, targeting the Irish midfield as a possible weakness while they are defending. The Samoan's and Australians highlighted that weakness in the Autumn series and this Saturday will be another defensive test for this new Irish side.

PREDICTION: Looking at last weeks performance Ireland will have to up their performance levels if they are going to come out victorious on Saturday afternoon. There has to be reason for optimism following the teams performance against the All Blacks in November so going on that basis and the opening game of every championship is always a testing game getting any rustiness out of any partnerships who don't play together week in week out I fancy Schmidt will get the best out of his players with Ireland coming out victorious in a tight physical battle. I fancy Ireland to run out winners by 3-5 points.

KERRY SET FOR DOUBLE CRACK AT CITY

Kerry's Oscar Traynor side and Cork City have one thing in common in the coming weeks – both are set for some very important games. Kerry will take on the United Church's League in the quarter finals of the National Competition while Cork City will get their 2014 League of Ireland campaign underway in early March when they will also have Setanta Cup and Munster Senior League games.

The Rebel side are in the midst of their preseason build up, which has so far seen them unbeaten and most recently they defeated Waterford 3-0 thanks to goals from Michael Rafter, Anthony Elding and Kerry's own Billy Dennehy.

And Billy and his brother Darren will be amongst the big draws when Cork City take on Kerry in Celtic Park Killarney on Saturday February 8th with a 4pm kick off. The previous evening the sides will meet in Mounthawk Park. Killarney Celtic Park is becoming a regular pre-season venue for League of Ireland teams with Shamrock Rovers and City making use of the top class facilities in previous years.

Cork City manager John Caulfield loves the venue and will be looking for a big performance from a strong side that he has assembled. Looking through it there is a number with cross channel experience and outside of the Dennehy's Danny Murphy and Colin Healy will be the main draws for the fans. Healy is an ex Irish International with 13 caps and was of course the man called into the Irish squad when Roy Keane was sent home. Cork City have also just resigned Liam Kearney who has won a number of honours with the club during his previous time with them.

But this Kerry Oscar Traynor side, under James Sugrue and assistant manager Karl McMahon, are playing great football and have an ideal blend of experience and youth. They also have a number of players with League of Ireland experience including Sugrue, Peter McCarthy and Shane Guthrie.

These games between Cork City and Kerry at Killarney Celtic Park at 4pm on Saturday February 8th and the previous evening in Mounthawk Park at 7.30pm should prove to be worthy additions to the cross border sporting rivalry. Tickets are €5 for adults and with children u16 free when accompanied by an adult.

KILLARNEY ATHLETIC A.F.C. NOTES

FIXTURES: Kerry Schoolboys/Girl League Saturday 8th February

Under 13 Kerry Cup Round 1

Killarney Athletic v Killorglin B 10.30am

Under 15 Kerry Cup Round of 16



AT THE KILLARNEY CELTIC AWARDS ON FRIDAY NIGHT BACK ROW L-R CONOR MCCARTHY, CARMEL LANNIGAN (CLUB PERSON OF THE YEAR), STEPHEN MCCARTHY & MARY LYNE (UNDER AGE SECRETARY). FRONT ROW L-R JACK MCCARTHY & LUKE ROCHE. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808.

Killorglin v Killarney Athletic B 12.00 noon.

Killarney Athletic A v Killarney Celtic B 12.00 noon.

LEAGUE FIXTURES

Under 11 Group 2

Park B v Killarney Athletic 10.30am.

Trophy World Under 16 Division 1

Inter Kenmare v Killarney Athletic B 11.30am

RESULTS: There were no Schoolboys/Girls games held due to the bad weather conditions last weekend.

TRAINING TIMES: Tuesday Under 14 7.00pm

– 8.00pm, Fossa astro turf. Senior 8.00pm

– 9.00pm Fossa astro turf. Wednesday Girls

6.00pm – 7.00pm. Under 13 7.00pm – 8.00pm

Fossa astro turf. Thursday Under 15 6.00pm

– 7.00pm Fossa astro turf. Under 16 7.00pm –

8.00pm Fossa astro turf. Friday Under 11 and

12 3.45pm – 5.45pm. Senior 7.00pm – 8.00pm

Fossa astro turf. Academy under 6 - 10 5.00pm

– 6.30pm Fossa astro turf.

MERCHANDISE: Killarney Athletic merchandise can now be ordered on merchandise@killarneyathletic.com

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

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

KILLARNEY CELTIC NOTES

CONGRATULATIONS: To Mike and Sheila Courtney on the new arrival to the household, a beautiful baby boy.

Killarney Celtic are hosting a challenge game between the Kerry District League and Cork City on this Saturday at 4.00pm.

LAST MAN STANDING: With 64 runners and riders declared for Series 3 the prize pot stands

at €320. After slip-ups by the backers of Man Utd, Spurs, Liverpool and Newcastle, only 46 remain going into week 2. Arsenal were easily the most backed team in week 1, but those electing for Everton, Cardiff and Sunderland will be glad have the league leaders in reserve. Best of luck to those who remain!

Killarney Celtic are always looking for more members and players, most especially right now for our U16 Girls Team, who train every Tuesday from 7.00pm to 9.00pm. Contact Donal Doherty on 086 1929484 for details.

RESULTS: Denny Premier A: Killarney Celtic at home to Castleisland, Friday, 7.30pm.

Denny Premier B: Killarney Celtic B at home to Lenamore Rovers, Sunday, 2.30pm.

FIXTURES: U17 League: Killarney Celtic away to Mastergeeha, Saturday, 2.30pm.

U15 Kerry Cup: Killarney Celtic away to Listowel Celtic B, Saturday, 12 noon.

U15 Kerry Cup: Killarney Celtic B away to Killarney Athletic A, Saturday, 12 noon.

U13 Premier: Killarney Celtic at home to Killorglin, Saturday, TBC.

U13 Div One: Killarney Celtic B away to Kenmare, Saturday, 11.00am.

U13 Div One: Killarney Celtic C away to Listowel Celtic, Saturday, 2.30pm.

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

U11 Group Two: Killarney Celtic at home to Mastergeeha, Saturday, 10.30am.

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

FOOTBALL FOR ALL: Killarney Celtic FC Football For All team coaching sessions are taking place every Monday from 5.30pm – 6.30pm at the Club Vitae Leisure Centre in the Quality Hotel. This is a team for children who are not able to play with mainstream soccer teams. All children aged 6yrs-14yrs with intellectual, physical or sensory special needs are welcome. Parents who are interested in bringing their child/children should call Jane on 086-2243435

or John on 086-8177729.

PITCH BOOKINGS: Killarney Celtic's All Weather has seen all our teams complete a full schedule of games, regardless of the weather, in a top class facility conducive to top quality soccer. Killarney Celtic have decided to offer the pitch, dressing rooms, kitchen facilities, to any club looking to complete adult or juvenile games for €120. Anyone interested in renting our full-sized All Weather should contact Noel Brosnan at 087 2340981.

There are still some slots remaining for our popular All Weather Training Pitch (also ideal for children's parties). Contact Mary Lyne 086-6485809.

LOTTO RESULTS: Numbers drawn 6, 10, 16, 20. No winner, three x match 3, Michelle O'Sullivan, Woodlawn RD., Marie Falvey, Curragh, Aghadoe, Conall Hickson, Rutland, Carlow, €50 each. Next week's jackpot €4400, draw in the Failte on Monday night. Tickets available from all club officers.

LOTTO SELLERS / YEARLY LOTTO: The club is calling on all members to sell at least 5 Lotto tickets. We all saw the cost of running the club in the financial reports so upping the Lotto sales would ease this burden. Also



PRIZEWINNERS AT THE KILLARNEY CELTIC AWARDS ON FRIDAY NIGHT AT THE KILLARNEY AVENUE HOTEL WERE L-R DIARMUID DALY, JOHN McDONAGH, GINTARAS PAKETURAS, PA McGRATH, GERRY KEANE & STEPHEN HAYES.
PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808.

anyone who wishes to buy a Yearly Lotto ticket and ensure they are in the 52 draws in one go can contact Der Lyne on 086 3787738.

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.



PICTURED NOEL & MAURA GAMMELL'S GOLDEN JUBILEE WEDDING ANNIVERSARY CELEBRATION IN THE DROMHALL HOTEL ON SATURDAY 18TH JANUARY WITH FAMILY AND FRIENDS.

DEERPARK PITCH & PUTT NOTES

John Kelly

There was a satisfactory turnout for the Sunday morning competition with the very much on form John McGrath teaming up with John Kelly to take the spoils. A further competition will take place on this Sunday morning 10am - Open to Adults and Juveniles Entry fee €3

Club Membership is now due for renewal and application form for same are available in Clubhouse, 2014 membership rates are as follows - Adult €110, OAP €50 Family €200 Juveniles €80 Student €90.

GLENEAGLE PRIZEGIVING tonight, Friday February 7th 9pm

Members who may have won prizes in the following GlenEagle competitions, Tadgh O'Brien, Whitefield, and Maurice O'Donoghue are invited to attend at Scotts tonight at 9pm when the prizes for those competitions will be presented.

BOB CASEY COMPETITION will take place on March 9th and 16th and members wishing to participate are requested to contact competition secretaries John McGrath and Gerry O'Sullivan.

PPUI COMPETITION -- Deerpark members wishing to compete in this seasons PPUI competitions are invited to contact Sean Kelly at 086 0508686 by March 1st.

SHOP LEASING: It has been decided that the Club Shop will be leased out to tender for 2014 season, All interested parties are asked to declare their interest in writing by February 28th. All correspondence to be forwarded to Club Secretary Jason O'Connor at Dunrinn Kilcummin Killarney.

Items for this column can be forwarded to kellydoolan@eircom.net

BEAUFORT GOLF CLUB (MEN'S BRANCH)

RESULTS: Sunday 2nd February - Scramble was cancelled due to bad weather.

FIXTURES: Sunday 9th February 2014 - 11 hole scramble - Meet at clubhouse at 10am for 10.30am tee time.

MEMBERSHIP: Phone: 064 66 44440, Email: info@beaufortgolfresort.com

ROSS GC, KILLARNEY-GENTS CLUB

John Ivory

Due to the poor weather conditions we held no



PICTURED AT A RECENT CIVIC RECEPTION FOR THE WINNING JIMMY BRUEN TEAM AT KILLORGLIN GOLF CLUB.

competition on Sunday Feb 2nd.

FIXTURES: Sunday Feb 9th - The 2014 Drive-in by our Captains, Aidan O'Connor and Mary Cronin and President Ambrose O'Donovan will take place at 12 noon on Sunday. We will hold a 10 hole mixed scramble with shotgun starts at 10am and 12.30pm. The entry sheet is now available so please add your name to it before 3pm on Saturday as the draw for partners will take place then.

ROSS LADIES GOLF CLUB NOTES

On Sunday February 9th Lady Captain Mary Cronin's, Captain Aidan O'Connor's and President Ambrose O'Donovan's Drive In will take place with a 10 hole mixed scramble, kindly sponsored by Fexco Prize Bonds. Entry sheet in the club house. Prize giving and celebrations after play. Sunday February 16th 9 hole club sponsored competition. Time sheet in the locker room

KILLORGLIN GOLF CLUB

Eileen Bell

LADIES RESULTS: Captain's Drive-In: Captain Mike Kennedy and Lady Captain Maura O'Boyle had a fantastic day for their Drive-In last Sunday, the sun shone for all who attended this great event, the first on the 2014 calendar. 9 Hole Scramble: Front 9: 1. Kevin Guilfoyle (9) Mark Kennedy (13) Mary Conway (33) 28.5. 2. Richard Gallagher (10) Mike Ladden (14) Eamon Courtney (18) 28.9. Back 9: 1. Michael J. O'Sullivan (11) Larry Daly (16) Kevin Murphy (25) Brendan Courtney (20) 27.3. 2. Denis Bird (7) Michael A. O' Sullivan (14) Anthony

O'Sullivan (18) 29.1. Captain Mike and Lady Captain Maura thanked everyone for attending the Drive-In and congratulated all the winners. They also wished everyone a great year in 2014.

FIXTURES: SPRING LEAGUE: Due to weather conditions a change has been made to the Spring League rules. First round has been extended but players must have first and second rounds played by Sun 2nd. March. 12 Hole re-entry sponsored by Lady Captain Maura O'Boyle continues until further notice.

VALENTINE SCRAMBLE: The 12 Hole Valentine Scramble will take place on Sun 16th February. Entry Sheet on Notice Board. Draw for partners.

ILGU LEAGUE MATCHES: Entry Sheet for the ILGU league matches is posted on Notice Board, please enter names on sheet if you are interested in playing in these matches for your Club.

GLENEAGLE PITCH & PUTT

Kieran O'Halloran

Last Sunday we had a 2 ball better ball competition and the winners were Sean Moynihan and Michael O Leary and 2nd nett Sean Ashe and Daniel Shine.

This Friday February 7th we will be presenting the prize for the Whitefield open, the Maurice O Donoghue Memorial and the Tadgh O'Brien memorial in Scott's Hotel at 8.30pm.

We will be playing the Garda Shield competition on Sunday the 16th February, one draw at 9.45am.

Get your weekend off to a **bright** start with the **KILLARNEY Outlook**
First every **FRIDAY MORNING** with the best Advertising, News, Sport & Community News

RECIPES OPERATION TRANSFORMATION



BREAKFAST - PORRIDGE WITH FRUIT

The Ingredients

- 30g oats
- 150ml low fat milk
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 70g fruit
- 1 teaspoon honey

The Method

1. Using the oats and milk, cook the porridge according to

- packet directions.
 2. Sprinkle with cinnamon and nutmeg.
- Top with fruit and honey.



LUNCH - VEGETABLE SOUP & CRISP BREAD

The Ingredients

- 350g butternut squash, peeled, deseeded & chopped
- 1 courgette, peeled & chopped
- 1 cauliflower, outer leaves removed & chopped
- 1 tablespoon tomato puree
- 1 vegetable stock cube dissolved in 600ml boiling water
- 2 Wholemeal crisp breads
- 1 tomato, sliced
- 50g light cream cheese

The Method

1. Place butternut squash, courgette, cauliflower, vegetable stock and

- tomato puree in a large pot and bring to the boil.
2. Turn down the heat and simmer until vegetables are soft.
3. While soup is on simmer, spread cream cheese on crisp bread and top with tomatoes.
4. After soup has cooked, you can blend the soup if you would like it smooth or leave it chunky.
5. Serve hot with crisp bread.





SouthWest Counselling Centre

CYBERBULLYING

Cyberbullying refers to bullying which takes place using the internet, mobile phones or other technological devices. This may be in the form of sending nasty or threatening messages, emails or photos, videos or putting such materials up on social media web pages. It can also take the form of setting up fake profiles which say cruel things about an individual or accessing someone's account repeatedly to make trouble for them. Cyberbullying, can be difficult to detect and address and sometimes one may not know who the bully is when they are bullied online. Many people view the internet as 'not reality' – and it gives the illusion of being much more anonymous – thus allowing them to behave in a more aggressive way. Given the wide cyber audience, when a message is posted online, the information can be far-reaching and instantaneous.

If you are being deliberately harassed or bullied online, it is important that you tell someone about it. You can talk to your parents or someone you trust like a teacher or a friend. It can be very upsetting to be deliberately attacked or humiliated online.

The following is a list of some helpful things you can do if this is happening to you

1. **You can unfriend or block the bully from your site** – whether it's a mobile phone, social networking site or chat room. No one has to tolerate bullying from another. Online you have the power to unfriend or block people- which removes the bullies power.
2. **Don't reply. Never reply to a message** – the bully only gets satisfaction when they receive a response.
3. **Keep the message.** This will give you a record of the messages, dates and times – which may be helpful for reporting.
4. **Report Problems** to your Internet Service Provider or mobile phone provider. Look for the "Report Abuse" button or contact Customer Care. If you consider the cyberbullying to be of a serious nature or potentially criminal then you should contact your local Garda office.

For further protection and to prevent the problem happening again it is important to block unwanted contacts, change your password regularly and report any abuse on the site to mobile operators or social networking providers.

For more information and tips on how you can stay safe online check out the following websites: www.webwise.ie, www.watchyourspace.ie. If you would like to speak to a counsellor, **SouthWest Counselling Centre** provides affordable professional counselling to children, adolescents adults and couples – both at its **Killarney Centre (Lewis Road)** and at **Kenmare Family Centre**.

To make an appointment call **064 6636416**.

info@southwestcounselling.ie.

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

All funds raised through fundraising go directly to service provision.

CHILDRENS HEALTH TACKLING CHILDHOOD OBESITY

Reducing Portion Sizes

Children's portion sizes have gotten bigger over the last 20-30 years. They're children, give them child-sized portions. A 5 year old needs about half the amount an adult does.



Here are some tips to help you on your way.

1. Give them smaller portions of food on their plates to start with, and if they want more food, then give it to them.
2. If they say they're hungry, offer them something nutritious like fruit and vegetables (for example, an apple or handful of grapes).
3. Avoid having fatty and sugary snack foods freely available between and after meals.
4. Don't pressure them to eat all the food on their plate, allow them to stop when they say 'I've had enough'.
5. Use plates and cutlery that match their size.
6. Look at the proportions of food you offer during the day, they should be roughly:
 - One third fruit and vegetables.
 - One third starchy foods like bread and potatoes
 - One third dairy (milk, cheese and yogurt) and protein (meat and fish).

MAKE BEING ACTIVE FUN!

All physical activity counts towards your kids' 60 minutes a day of exercise. And you don't have to do it all at once.

TIPS

- If your children have not been active at all, start slowly with bursts of 15 to 30 minutes – and build it into your daily routine.
- Add activities over time until they reach the goal of at least 60 minutes a day.
- Free play is just as important as structured sports. Running around, playing in the garden or local park and having fun ALL count.
- Kids love a challenge – setting them a task is a great way to get them active and keep them focused. For example, ask them: 'How many times can you throw and catch a ball between you without dropping it?' or 'How many skips can you do in a minute?'
- Check out activities in your area so your child can make local friends. Then you won't have to drive them around. It can also help them to explore and develop confidence and social skills.
- If you have safety concerns, get together with other parents and agree to patrol the area. You get a walk and chat while they get to play.
- Get more active as a family and find out what's going on in your community via www.getirelandactive.ie or www.getalifegetactive.com
- Don't let the rain interfere. Have rain gear (jacket, leggings and wellies) to hand. In very bad weather, swap outdoor activities for indoor ones (e.g. hide and seek, disco dancing in the kitchen, short bursts of house clean-up followed by a trip to the swimming pool or sports club).
- Join in! Adults need to be active too for 30 minutes a day. Take a family walk. To add fun, you can challenge your kids to:
 - Walk backwards or sideways
 - Skip or hop on one foot
 - Take giant steps

Health Matters....

with Dr Sarah O'Neill

POLYCYSTIC OVARY SYNDROME 2

Diagnosis/ Tests required:

Tests may be advised to clarify the diagnosis, and to rule out other hormone conditions.

- Blood tests may be taken to measure certain chemicals (hormones). For example, a test to measure the male hormone testosterone and luteinising hormone (LH) which tend to be high in women with PCOS.
- An ultrasound scan of the ovaries may be advised. The scan can detect the typical appearance of PCOS with the many small cysts (follicles) in slightly enlarged ovaries.

What is the treatment for polycystic ovary syndrome?

There is no cure for PCOS. However, symptoms can be treated, and the associated health risks can be reduced:

You should aim to lose weight if you are overweight

Losing weight helps to reduce the high insulin level that occurs in PCOS. This has a knock-on effect of reducing the male chemical (hormone) called testosterone. This then improves the chance of your ovulating and so can help with period and fertility problems and may also help to reduce hair growth and acne. The increased risk of long-term problems such as diabetes, high blood pressure, etc are also reduced.

Even a moderate amount of weight loss can help.

The best foods to eat for someone with PCOS are those which are slowly absorbed keeping blood sugar levels steady. (These are referred to as low glycaemic index (low GI) foods). This means avoiding white bread, pasta and rice, and choosing wholemeal alternatives. Potatoes and sugary foods and drinks are also best avoided. Most fruit, vegetables, pulses and wholegrain foods are both healthy and have a low GI.

Treating hair growth

Hair growth is due to the increased level of the hormone testosterone.

- Unwanted hair can be removed by shaving, waxing, hair-removing creams, electrolysis, and laser treatments. These need repeating every now and then, although electrolysis and laser treatments may be more long-lasting (but are expensive).
- A cream called eflornithine may be prescribed to rub on affected areas of skin. It can reduce unwanted hair growth, although this effect quickly wears off after stopping treatment.
- Some tablets can also treat hair growth, such as some contraceptive pills. These can also help to regulate periods and may reduce acne.

Treating acne

The treatments used for acne in women with PCOS are no different to the usual treatments for acne.

Treating period problems

Some women who have no periods, or have infrequent periods, do not want any treatment for this. However there is a slight increased risk of cancer of the uterus (womb) if you do not have any periods over a prolonged duration. For this reason some women with PCOS are advised to take the contraceptive pill, as it causes regular withdrawal bleeds similar to periods. If this is not suitable, another option is to take progestogen hormone for several days every month, which will cause a monthly bleed like a period. Another option is a coil which releases small amounts of progesterone into the womb preventing a build-up of the lining.

Fertility issues

Although fertility is often reduced, contraception is still required to be sure of not getting pregnant. The chance of becoming pregnant depends on how often ovulation occurs. Some women with PCOS ovulate now and then, others not at all. Losing weight can help to improve fertility.

Metformin and other insulin-sensitising medicines

Metformin is a medicine that is commonly used to treat people with diabetes. It makes the body's cells more sensitive to insulin. It is sometimes used in PCOS, especially if there are fertility problems. It is usually only started by a specialist.

Preventing future problems

As the risk of diabetes is increased with polycystic ovaries, it may be a good idea to have regular check (once/year) for diabetes, especially if obese, aged over 40 or if there is a family history of diabetes. During pregnancy women with PCOS need to be screened for gestational diabetes (diabetes of pregnancy).



Dr. Sarah O'Neill
General Practitioner
Specialises in Womens Health & Paediatrics.
The Killarney Medical Centre,
47 New Street, Killarney.
t: 064-6620628.

VISION NETWORKING

Are you looking to do more networking this year?

Are you looking to increase your client base and revenue?

If you are willing to commit one hr every Tuesday morning at the Brehon Hotel Killarney from 8Am - 9Am.

Then we are looking for you!

Why not join Kerry's fastest growing network Vision Network.

Contact guest coordinator :
Diarmaid O'Mahony
at 087-2604562 for details
Or any member of our group at
www.visionnetwork.ie

DANU
Childcare Rathmore
064 77 56703
danurathmore@gmail.com

Danu Childcare Rathmore is now enrolling for Pre School September 2014. Children born between 02 Feb 2010 and 30 June 2011 qualify for the free Pre School year 2014. (ECCE). Danu provides a morning and afternoon session. Places are limited. Contact Anna Marie or Kathleen on 064 7756703 or Email. Information Day & Fun Day will be held on 3rd March 2014.

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Ph: Mike:
086 4043901

ROAD SAFETY ADVICE ON HEAVY RAINFALL, STRONG WINDS AND FLOODING

The Road Safety Authority (RSA) is advising all road users to take extra care when using roads in poor weather

- It takes longer to stop a vehicle on wet roads so slow down and allow extra distance between you and the vehicle in front, 4 seconds at a minimum (use the 2 second rule and repeat it twice).
- Take special care when driving behind trucks or buses as they generate a considerable amount of spray which reduces your visibility.
- Watch out for vulnerable road users such as pedestrians, cyclists and motorcyclists.
- Use dipped headlights at all times of poor visibility not parking/side lights and fog lights.
- Be mindful of Aquaplaning on roads where 100/120kmh speeds apply. Aquaplaning occurs

where the tyre thread fill with water and the driver is at risk of losing control of the vehicle.

- Pedestrians, cyclists and motorcyclists are advised to be seen. Wear bright clothing with reflective armbands or a reflective belt.
- Pedestrians should walk on a footpath, not in the street. Walk on the right hand side of the road, facing traffic if there are no footpaths.
- Beware of objects being blown out onto the road. Expect the unexpected.
- Watch out for falling/fallen debris on the road and vehicles veering across the road.
- Control of a vehicle may be affected by strong cross winds. High sided vehicles and motorcyclists are particularly vulnerable to strong winds.
- Allow extra space between you and vulnerable road users such as cyclists and motorcyclists.
- Drive with dipped headlights at all times.
- Monitor radio weather broadcasts while travelling.

The RSA also has the following advice for driving in flooded conditions

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



CYCLIST, MARTIN McALEESE, CAHIRCIVEEN, BRAVING THE GUSTS OF WIND OF 130KM AND HIGH TIDES NEAR PORTMAGEE AT THE WEEKEND. PHOTO: VALERIE O'SULLIVAN.

- Watch out for washed out roads, earth slides, broken water or sewer mains, loose or downed electrical wires, and fallen or falling objects.
- Take extra care when crossing the road or cycling in extremely windy conditions as a sudden gust of wind could blow you into the path of an oncoming vehicle.
- Walk on a footpath, not in the street. Walk on the right hand side of the road, facing traffic if there are no footpaths



THE ROAD SAFETY AUTHORITY (RSA) HOSTED A 'CHECK IT FITS' ROADSHOW IN KILLARNEY THIS WEEK.

THIS WAS A FREE EXPERT CHECKING SERVICE THAT WAS AIMED AT SAVING LIVES BY ENSURING THAT CHILD SEATS ARE PROPERLY FITTED IN CARS. PICTURED AT THE EVENT WERE PATRICK KOMOSA, VICTORIA PAPROCKI, LEE MCCARTHY, AND RON RICHARDSON (RSA) SUPT. FLOR MURPHY, GARDA BRENDAN O'DONOVAN AND CHRISTIAN KOMOSA.

PICTURE: EAMONN KEOGH (MACMONAGLE, KILLARNEY)



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10 Citroen C4
Sport Picasso, 45k



10 Hyundai i30
10k, alloys, fogs



09 Ford Focus
1.4 TDCI, 80k, 79k



10 Audi A4
1.9k, 1 owner



11 Ford Focus
Sport, alloys, parking aids, leather
Fog, 10k, full service history



10 Kia Ceed
Alloys, 10k, 1 owner, parking, Bluetooth
Service to 9111 20k



10 VW Passat
2.0 TDI, full VW service history 80k

DIESEL CARS

11 Ford Focus 1.6 TDCi, 44k

10 Hyundai i30 1.6 CRDi, comfort, 90k

10 Citroen Picasso 1.6 HDi, 35k, 1 owner, Full S/H

10 Nissan Qashqai 1.5 DCi, 60k, Panoramic Roof, fogs

09 Audi A4 2.0 TDI 92k, Black, Full Audi Service History

10 Ford Focus 1.6 TDCi, sports, sat nav, blue-tooth, alloys, fogs, 83k, full Ford service history

09 Ford Focus 1.6 TDCi, Titanium, 97k

09 Ford Focus 1.6 TDCi, Titanium, Full Ford S/H

09 Kia Proceed 1.6, Alloys, Fogs, 3dr H/B

09 Ford S-MAX 2.0, Zetec, 79k

08 Ford S-MAX Titanium, 75k

08 Peugeot 407 1.6 HDi, alloys, fogs, A/C, BlueT

08 Ford Mondeo 1.8, titanium est., full ford s/h

07 VW Touran 7 Seater, Alloys, 1.9 TDi

07 VW Golf 1.9 TDi, 88k, Black, alloys

06 VW Passat 1.9 TDi, Comfortline

04 VW Bora 1.9 TDi, NCT Tested, Silver

03 Skoda Octavia 1.9 TDi, silver, 1 owner

CARS

08 Kia Rio 1.4, Automatic

08 Peugeot 207 1.4, Black, NCT Tested

07 Nissan Almera alloys, fogs

COMMERCIAL

09 Opel Combi Van 90k

09 Ford Transit Connect 90k

07 Peugeot Expert 68k, 1 Year DOE, 1 Owner

05 Mitsubishi Pajero Sport Silver, 2.5, very clean

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SCARTAGLEN RAMBLING HOUSE

Rambling House at the Sliabh Luachra Heritage Centre Scartaglen on Monday 10th February 8.30 pm
Admission free, raffle and refreshments.

NUNS' INNOVATIVE EFFORT TARGETS SEX TRAFFICKING WHERE IT HAPPENS

U.S. Catholic Sisters Against Human Trafficking recently sponsored an ad they hope will spark awareness in the airline industry, as victims are often flown from city to city as they are trafficked. The image is a demure little girl with the accompanying words: "To her parents, she is priceless. But, it's really up to the market."

And major sporting events create perfect venues. So with the Super Bowl approaching, advocates were on alert to the marketing of minors and others who are trafficked into the sex trade at hotels where football fans will stay.

Human trafficking is a fast-growing criminal industry, with \$32 billion in profits annually. Law enforcement is often racing to keep up, as the Internet has shoved much activity underground. Yet nuns working with a Missouri business originated one of the most proactive and sensible approaches.

Several years ago, The U.S. Federation of the Sisters of St. Joseph insisted that their 2011 national conference be held in a hotel willing to sign on as a partner against sex trafficking. They approached a St. Louis company, Nix Conference & Meeting Management, for help. A partnership was born.

Nix's principals now advocate for hotels to sign an agreement and give staff training to spot the illegal activity and alert police. Guidelines created by ECPAT (End Child Prostitution and Trafficking) USA are used. And the nuns have gone on to form a nationwide network of advocacy with Nix.

"We sit down with management and explain what can be happening in their hotel," said Sister Jeanne Christensen, justice advocate for human trafficking for the Sisters of Mercy West Midwest Community in Kansas City.

Sr. Christensen said they don't blame, but instead try to get the hotels to keep staff trained, as turnover is high among



housekeeping and room service staff.

THE HISTORY OF HIS LIFE IS THE HISTORY OF MUSIC CHANGING THE WORLD

94 year old Pete Seeger was an innovative figure in American music, kept folk music alive and influenced generations of musicians from Bob Dylan to Bruce Springsteen, died recently of natural causes.

As a solo performer, songwriter, interpreter, and member of the legendary folk band the Weavers, Mr. Seeger brought traditional and political songs to the mainstream over the course of his 70-year career. He wrote or co-wrote "If I Had a Hammer" (a hit for Peter, Paul and Mary) and "Where Have All the Flowers Gone?" (made famous by the Kingston Trio). The Byrds had a Number One hit with "Turn! Turn! Turn!" which Mr. Seeger had adapted from the Book of Ecclesiastes and set to music. In Mr. Seeger hands, songs from Cuba ("Guantanamera") and South Africa ("Wimoweh") became beloved sing-along standards around the world, and "We Shall Overcome," a traditional gospel song that Mr. Seeger heard early in his career, was a regular part of his repertoire and a staple of civil rights rallies for decades to come.

Although Mr. Seeger never scored a Top 40 hit on his own, the charts were never an indication of his overwhelming impact. His massive influence on music and message was never more obvious than at his 90th birthday concert at Madison Square Garden in 2009. Among those paying tribute to Mr. Seeger were Bruce Springsteen, Joan Baez, Emmylou Harris and many others. Throughout his career, he participated in pro-union and civil rights events and protested wars and nuclear power. For his trouble — and his membership in the American Communist Party — Mr. Seeger was blacklisted by the House Un-American Activities Committee in the Fifties; to make ends meet, he sometimes had to play four concerts a day, for \$25 each. "I still believe the only chance for the human race to survive is to give up such pleasures as war, racism and private profit", were beliefs that Mr. Seeger held until his death.

Offstage Mr. Seeger helped clean up the Hudson River with his Clearwater Project, which began in the late '60s. In recent years, Mr. Seeger, who lived with his longtime wife Toshi at a house he built in New York's Hudson Valley slowed down a little though he continued to record and tour. He also appeared at an Occupy rally in 2011.

TAKING CARE OF OUR MOST THREATENED GARDEN BIRDS

House sparrows, starlings and song thrushes are rapidly declining in number, but there's plenty we can do to help them in our gardens.

∴ House sparrows are seed eaters, but they feed live food — particularly aphids — to their young, so try to leave an area in your garden where aphids have free rein. Availability of nest sites is also important; house sparrows nest in loose colonies, so add a few nest boxes to the north or east sides of your house, but avoid locations where swallows breed.

They also need large shrubs and hedges to socialise in, so why not plant a hedge? A mixed, native hedge will provide them with thick cover, as well as a wide range of insects to feed to their young. A good choice of plants includes hawthorn, beech, spindle, hazel and holly.

∴ Starlings also eat a lot of insects, particularly beetles, flies and flying ants, as well as earthworms and leather jackets (the larvae of crane flies, or daddy long legs). Some gardeners have problems with leather jackets in their lawns, but if you can strike a balance and tolerate starlings digging



around for grubs, they will be better for it. Plant an elder tree as starlings seem to be fond of elderberries, and erect a large nest box with a 2in (45mm) diameter hole high up on a shady wall of your house.

∴ Song thrushes love to eat snails, so avoid using slug pellets as these may harm any wildlife that eats the dead bodies. Instead, you may have success by leaving a rock or piece of slate in the garden, which song thrushes might use as an anvil to smash snail shells. Mulch borders with leaf mould to retain moisture and increase the number of invertebrates for song thrushes to eat, and grow berry-bearing shrubs such as holly, ivy, blackthorn and hawthorn, to provide food for them in autumn and winter. Supplement this food by leaving grated cheese, rehydrated raisins, halved apples and breadcrumbs on the ground in winter.

THIS WEEKS QUOTE

I shall pass through this life but once. Any good therefore that I can do, let me do it now. Let me not defer or neglect it. For I shall never pass this way again. (Etienne de Grellet)

ON THIS DATE – FEBRUARY 7TH

1812 - Birth of Charles Dickens, British writer.

1875 - Sir Alfred Chester Beatty, mining engineer, philanthropist, art collector and the first honorary citizen of Ireland, was born in New York

1894 - Death of Adolphe Sax, Franco-Belgian inventor of the Saxophone.

1940 - Birth of Harold McCusker, unionist politician, in Lurgan, Co. Armagh

1945 - Allied Leaders Prime Minister Winston Churchill, US President Franklin D Roosevelt and Marshal Joseph Stalin, met at a secret location in the Black Sea area to plan the final phase of the war against Germany and the future of Europe.

1959 - Birth of Mick McCarthy, Barnsley, Manchester City, Celtic, Olympic Lyonnais, Millwall and Republic of Ireland footballer; Millwall and Republic of Ireland manager.

1984 - Astronaut Bruce McCandless unhooked a lifeline and became the first human to fly free in space, using a gas-powered jet-pack to propel himself nearly 300 feet away from the Earth-orbiting U.S. space shuttle Challenger and back again

1992 - The Treaty of Maastricht (formally, the Treaty on European Union or TEU) was signed by the members of the European Community in Maastricht, Netherlands.

2002 - The Cranberries announced that proceeds from their new single, Time is Ticking Out, would be donated to the Chernobyl Children's Project.

2002 - One elderly woman, in line at St Patrick's Church in Ringsend, Dublin for a €1,000 cheque for flood damage, had all her possessions with her - in just one bag. She was just one of hundreds of homeowners who benefited after the Archdiocese of Dublin donated hundreds of €1,000 cheques to victims of the recent flooding in the city.

GOOD NEWS

This weeks good news has to be the rescue of four Donkeys and a foal last weekend by members of Ballybunion Coastguard and Ballybunion Sea and Cliff Rescue from a field on the Ballybunion side of the Cashen where high water levels had threatened to drown the animals.

Well done to all involved in the rescue.

THE BREED ISN'T THE PROBLEM — IT'S THE PEOPLE WHO RAISE THEM

One of the most important jobs at Denkaï Community Veterinary Clinic in Colorado belongs to a pit bull puppy named Dominic. Dominic came to the clinic after police found his mother and her litter of puppies in a Denver home during a raid. Denver has a ban on pit bulls, so the animals were transported to Denkaï in Eaton, Colo.

Vet technician Stephany Haswell offered to foster a couple of puppies, so she brought Dominic and one of his siblings home. To her surprise, her family and three dogs bonded quickly with Dominic, but Ms. Haswell was determined not to adopt another pet.

However, it took time to find forever homes for all the pups and by the time Dominic was the only pup left the Haswell family insisted Dominic already had his forever home so Ms. Haswell began taking Dominic to work with her so her older dogs could get a break from the rambunctious puppy, she worried Dominic would be a nuisance at the clinic, but the puppy surprised everyone when he found himself a job.

One morning, clinic staff set a dog just out of surgery on a pillow outside the operating room, and Dominic immediately settled down next to him. At first, Ms. Haswell thought Dominic was simply cold, but later that day she watched him nestle into a pile of dogs just out of surgery. He rested his head on them when they cried, and the dog that whined the most got the most cuddle time.

"I was actually walking through our veterinary clinic and stopped dead in my tracks as I watched Dominic literally walk over to two of our post-surgery patients as one was beginning to wake up and sort of struggle," said Denkaï Animal Sanctuary President Floss Blackburn. "He calmly lay down between the two of them and put his head on that dog's shoulder. The dog immediately relaxed."

Since then, both clinic staff and patients have welcomed Dominic's post-surgery cuddles.

Dogs waking up from surgery can be frightened or even aggressive, but when Dominic lies with them, the animals wake up calm and rested.

Dominic even cuddles with cats post-surgery. However, they're not quite as grateful as the dogs.

The pit bull puppy now has a part-time job. Every day he's at the clinic, he waits at the door until vet techs bring a dog out and lay him on the pillow. Then Dominic takes his place, cuddling the animal until he awakes.

"Animals are incredible and so sensitive," Ms. Blackburn said. "If people would watch more and observe, I think that they would see these things in their animals."

AND THEY SAY YOU CANT TAKE IT WITH YOU

One of the earliest Anglo-Saxon Christian burial sites in Britain has been discovered in a village outside Cambridge. The grave of a teenage girl from the mid 7th century AD has an extraordinary combination of two extremely rare finds: a 'bed burial' and an early Christian artefact in the form of a stunning gold and garnet cross.

The girl, aged around 16, was buried on an ornamental bed — a very limited Anglo-Saxon practice of the mid to later 7th century

— with a pectoral Christian cross (3 and a half centimetres in diameter) on her chest that had probably been sewn onto her clothing. Fashioned from gold and intricately set with cut garnets, only the fifth of its kind ever to be found, the artefact dates this grave to the very early years of the English Church, probably between 650 and 680 AD.

The bed consisted of a wooden frame held together by metal brackets, with further pieces of looped metal fixing the cross-slats to create a suspended bed base, similar to modern beds, but with a straw mattress. The body was then placed on the bed, probably when it was already in the grave.

The teenager's grave also contained other items. An iron knife and a chain that would have hung from the waist were found in the girl's grave, along with some glass beads which seemed to have been kept in a purse on the end of the chain. Preserved textile on the iron knife and chain offers the possibility of reconstructing her burial costume.

For 18 years before Billy Standley died he planned every detail of his funeral including buying up the three plots next to his wife's grave, had his sons build him a custom casket, and arranged for the funeral director to embalm him in a sitting position. Finally his dream funeral took place, and he was laid to rest atop his custom-painted 1967 Electra Glide cruiser Harley-Davidson on January 31st 2014.

The casket was made out of plexiglass, with wood and steel rods reinforcing its bottom.

Five embalmers prepared his body and secured him with a metal back brace and straps to ensure he'd never lose his seat, even as it was towed by a trailer to his final resting place.

The casket was assembled in the garage of Vernon's funeral home in Mechanicsburg Ohio, enshrining him with his trophies and well-worn leathers.

Along with his friends and family, motorcyclists from across the country reportedly rode along with his funeral procession through Mechanicsburg, Ohio.

REMEMBER RIPLEYS BELIEVE IT OR NOT?

On January 14, 2014 a statement from Ripley's announced their acquisition of a Steve Jobs portrait made entirely out of keys from old keyboards. The amazing portrait was created by renowned Orlando artist Doug Powell, who in the past has created other unique artwork out of keyboards, jigsaw puzzle pieces and other random objects.

The 7'by4' portrait is a collection of 6,000 keys from old keyboards acquired at garage sales, on Craigslist and at a collection centre for old keyboards. Mr. Powell used a combination of black, brown, gray, yellow and shades of off-white keys, to make the portrait.

He also added words to the image by spelling out Macintosh, Apple, Pixar, iTunes along with various Steve Jobs quotes.

The portrait is currently on display at Ripley's corporate headquarters in Orlando, Florida.

FINALLY THIS WEEK

Depression, anxiety and panic attacks ARE NOT A SIGN OF WEAKNESS. They are a sign of having tried too hard for too long. Did you know that 1 in 3 of us go through this at some point in our lives. Let those who suffer know they are not alone ...

ACKNOWLEDGEMENT & 1ST ANNIVERSARY

BEHAL



**IN PROUD & LOVING MEMORY OF
DAIRE - ETIENNE BEHAL,
68, Arbutus Grove, Killarney
Who died on 14th February 2013.**

On this 1st Anniversary, parents Richard & Bernardine, his brother Julien, sisters Erinna, Simone & Chantal, their partners Noeleen, Noel & Finbarr, nieces & nephews Rosie, Samuel, Ella, Max & Oscar-Daire, express our sincere thanks - Mile Maith Agaibh to everyone in Ireland and abroad too who sympathised with our family either by attendance at funeral service, phone & postal messages, wreaths, Mass cards & Masses said in other places for the repose of Daire's soul and spirit.

Deep appreciation to all those who also travelled long distances and/or sent floral bouquets.

All of that was of great solace and support to our immediate family and wider family. Even a year later messages of condolence are still being received from near and far.

Special thanks to O'Sheas Funeral undertakers for their caring and efficient services, above all to Director Michael O'Shea, whose personal attention was above & beyond the call of business professionalism.

To Fr. Kieran O'Brien whose helpful and patient conducting of the religious/ spiritual services was much appreciated.

Word of deep thanks also to Daires girlfriend Sharon and his many friends who both sympathised and attended in large numbers. A fitting testimony to his popularity in life.

**Anniversary Mass on Friday 14th
February at 7.30pm in
St. Mary's Cathedral.**

THANKS GIVING

Sacred Heart of Jesus and Our Blessed Lady, a thousand thank you for everything and all the Saints and Souls.

M.R.

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.

E.M.K

THE MIRACLE PRAYER

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E

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 heart where your Father sees it. Then in his merciful eyes it will become your favour not mine. Amen.

Say this prayer for three times for three days and your favour will be granted. Never know to fail. Must promise publication of prayer. In thanksgiving.

C.Q.

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.

S.N.

NOVENA TO THE SACRED HEART

You have said O'Divine

Jesus ask and you shall receive, seek and you shall find, knock and it will open to you. Relying on these promises I come with confidence 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 perfect love for me and therefore I place all my trust in you. Our father, Hail Mary and Glory. Say 3 times for 3 days and request will be granted, Never know to fail. Must publish.

S.P.

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.

NOVENA TO THE SACRED HEART

You have said O'Divine

Jesus ask and you shall receive, seek and you shall find, knock and it will open to you. Relying on these promises I come with confidence 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 perfect love for me and therefore I place all my trust in you. Our father, Hail Mary and Glory. Say 3 times for 3 days and request will be granted, Never know to fail. Must publish.

S.P.

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NOVENA TO THE SACRED HEART

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

X

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 heart where your Father sees it. Then in his merciful eyes it will become your favour not mine. Amen.

Say this prayer for three times for three days and your favour will be granted. Never know to fail. Must promise publication of prayer. In thanksgiving.

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.

ACKNOWLEDGEMENT & 1ST ANNIVERSARY



PATIE R. MURPHY.

Barraduff, Headford & Mastergeeha, Kilcummin.

Who died on the 8th February, 2013.

On this the first anniversary of Patie's death, Kathleen, Oliver, Joan, Donie and family would like to express our deepest appreciation & gratitude to all who sympathised with us on our sudden loss.

A sincere thank you to those who called personally, phoned, attended the rosary, removal, funeral Mass & burial. Thanks to all those who travelled long distances to be with us. Thanks to all who sent Mass cards, letters of sympathy, perpetual enrolments & floral tributes.

We would like to thank the Clergy for all their help, especially Fr. Bill Radley, Fr. Joe Begley, Fr. Harrington, Fr. Mike Joe Doherty and Fr. Gerard O'Leary. Thanks to Derry & Rosie Healy & John Brosnan for the singing and music at the Mass, and also to Joan Devane & Jack Sheehan who sang at the graveside.

Thanks to the ambulance service and all the people who helped on the evening of Patie's death, RIP. We gratefully acknowledge the respect shown by Patie's work Colleagues from Kerry Co. Council, who provided guards of honour. Thanks to Tom Murphy undertaker & gravediggers for all their kindness and professionalism shown to us.

Sincere thanks to friends, relatives, neighbours and work colleagues for all their support. To each and every one of you, your support and help will never be forgotten.

The holy sacrifice of the Mass has been offered for all your intentions.

Patie's First Anniversary Mass will be celebrated in the Sacred Heart Church, Barraduff on Friday 7th February, at 8.30pm.

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 heart where your Father sees it. Then in his merciful eyes it will become your favour not mine. Amen.

Say this prayer for three times for three days and your favour will be granted. Never know to fail. Must promise publication of prayer.

In thanksgiving.

N.M.S.

2ND ANNIVERSARY



O'SULLIVAN DERO DENIS.

Scrahan Court & Main St, Killarney
Who died on February 11th.

We miss your smile, your gentle ways

Your good humoured nature brought sun-filled days

You were considerate, caring, loving and true

Thanks for the memories, Denis, thanks for you.

"Just the smile that is spreading all over his face could warm up the room and set fire to the place."

Fondly remembered and missed by your loving partner, Michelle x, Mum Eileen, Step Dad Michael, Sister Catherine, Brother Michael and all their Families.

Anniversary Mass on Tuesday 11th at 6.15pm in St. Mary's Cathedral.

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 heart where your Father sees it. Then in his merciful eyes it will become your favour not mine. Amen.

Say this prayer for three times for three days and your favour will be granted. Never know to fail. Must promise publication of prayer.

In thanksgiving.

M.M.

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.

Pray, whether you believe or not.

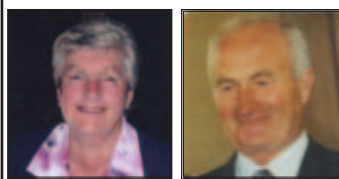
Publish on the 9th day.

May the Sacred Heart of Jesus be praised, adored & glorified today and always.

Request will be granted no matter how impossible it may seem.

Publication must be promised.

1ST & 15TH ANNIVERSARY



O'CONNOR

**IN LOVING MEMORY
OF OUR PARENTS**

Denis and Mary O'Connor

Late of Knockanes, Headford, Killarney.

Mary's whose 1st anniversary occurs on the 13th February Denis who's 15th anniversary occurred on the 4th February.

***Memories we treasure
Of our parents so dear
We think of ye always
Not just once a year.***

Always remembered and sadly missed by all. Your sons, daughters, son/daughter in laws, sisters/brothers and grandchildren.

Anniversary Mass at 7.45pm on Friday February 7th at St. Agatha's Church Glenflesk.

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..

S.C.

NOVENA TO THE SACRED HEART

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

x

NOVENA TO THE SACRED HEART

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

x

ACKNOWLEDGEMENT & 1ST ANNIVERSARY

O'CONNOR



Mary O'Connor (nee Kennedy) Knockanes, Headford, Killarney 13th February 2013.

On this the first anniversary of our beloved mother's sad passing, we her family, sons Hugh, Seamus, Donnacha, William, Sean, Jerry and daughters Patricia, Breda and Kathy, sisters Kathleen, Eileen, brothers/sisters-in-law, sons/daughters-in-law and grandchildren would like to express our sincere gratitude to all who sympathised with us, attended the Rosary, Removal, Funeral Mass and burial of our dear mother.

Thank you to everyone who called to our home, sent Mass cards, enrolment certificates and donated to Palliative Care.

Thank you to Dr. Patricia Sheehan and her Palliative Care Team at Kerry General Hospital. Thanks to Dr. Donal Coffey and all at Ross Medical Practice, Killarney. Thanks to O'Shea's Funeral Directors for their kindness and professionalism.

A special word of thanks to Fr. Bill Radley for ensuring her requiem Mass was a beautiful celebration of her life. Thanks also to Fr. Joe Begley, Fr. M. Doherty and Fr. T. Doherty. A huge thank you to John and Ciara O'Donoghue, Derry and Rosie Healy and Glenflesk Choir members who provided the wonderful music. Thanks to Johnny and Mike Brosnan for their powerful musical tribute at the graveside. Thanks You to An Garda Siochana.

Many thanks to St. Agatha's GAA Club, Glenflesk and the kind stewards who gave generously of their time on a wintry February evening; your efforts were much appreciated. Thanks to our wonderful extended family, neighbours and friends who helped with the catering.

As it would be impossible to thank everyone individually, we trust that you will accept this acknowledgement as a token of our heartfelt appreciation.

The Holy Sacrifice of the Mass has been offered for your intentions.

Anniversary Mass on Friday 7th February at 7.45pm, St. Agatha's Church, Glenflesk.

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IT'D BE RUDE NOT TO STARE



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