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Happy New year to you all from everyone at Killarney Outlook.



The new year is a time for reflection and positivity and we are looking forward to continuing to provide our readers and advertisers with our top quality magazine which is out first every Friday morning. With up to the minute news, photographs and all the special offers available from our loyal advertisers, Killarney Outlook is also on line on Friday mornings.

The impact of the availability of the magazine on line was made very clear over the Christmas period as Killarney people travelled home from the four corners of the world for the festivities. Everyone I met expressed their delight at being able to keep in touch with home on a weekly basis just by logging onto www.outlookmags.com.

This free of charge service not only benefits our readers but also our advertisers who have the added advantage of promoting their business not only in our hard copy magazine but also on line – a service that we offer them free of charge and which gives them a world wide audience.

Killarney had a fantastic 2015 in terms of tourism and business, which is something that impacts everyone across the town and we are looking forward to an even better and busier 2016.

Aisling Crosbie, Editor.

LIGHTS, CAMERA, ACTION.... STRICTLY 2016 GOES TO THE MOVIES

Rehearsals are well underway for this year's Strictly Come Dancing in aid of the Irish Cancer Society.

The show which is themed "Strictly Goes to the Movies" will be held in the INEC on Friday February 5th and tickets are already in huge demand. The dancers have been in training since before Christmas and include people from right across the community. Last year's show was a huge success and raised an amazing €54,500 for the Killarney/South Kerry branch of the Irish Cancer Society. The dancers will set the INEC stage alight under the watchful eye of accomplished performer Joe Burkett who is Choreographer again this year, for a show which promises to be a night of glamour, talent

and entertainment.

Speaking to The Killarney Outlook Joe said "The theme for this year's Strictly Come Dancing is movies so all of the new dancers will be taking on a well-known song from a well know film and making it their own. All of the same styles of dance will feature in this year's show but like the dancers, the songs will be new".

"As always there will be some Strictly surprises on the night so I would encourage everyone to get their ticket as soon as possible. You really don't want to miss what is going to be a fantastic night of dancing and entertainment", he added.

"The overwhelming support for Strictly come Dancing 2015 proved to be a massive success



raising a huge amount of money and this year we aim to sell out the INEC again", Eleanor O'Doherty, spokesperson for the Society told The Killarney Outlook.

Strictly tickets are available from all Dancers, Committee members, INEC box office, Who's 4 Shoes and Variety Sounds. All the dancers have sponsorship cards and all funds raised on the night will stay local.

So ladies and gentleman save the date, Strictly Goes To The Movies on February 5th 2016. Tickets are now on sale priced €20. It promises to be a fantastic night with a drinks reception upon arrival - it is a night not to be missed.



PICTURED AT THE GLENEAGLE HOTEL FOR STRICTLY COME DANCING REHEARSALS WERE BACK ROW L-R LIAM COLLERAN, AOIFE DOLAN-TWOMEY, CONOR GLEESON, MICHELLE O'DONOGHUE, GAVIN O'LEARY & CHRISTINA TANGNEY. MIDDLE ROW L-R JOHNNY BROSNAN, MARIA COFFEY, DERMOT HEALY, MARY HARTNETT-CUSSEN, CLLR DAN MCCARTHY, MARGARET MCCARTHY, LIAM MCCARTHY & VERA HEALY. FRONT ROW L-R DANIELLE FAVIER, KIERAN O'HALLORAN, SHELLA MCSWEENEY, PADDY O'SULLIVAN, MARY CRONIN, TIMMY MOYNIHAN, MARIE CARROLL O'SULLIVAN & NIALL O'SULLIVAN.



STRICTLY COME DANCING 2016 WITH THE IRISH CANCER SOCIETY COMMITTEE AND CHOREOGRAPHER JOE BURKETT. FRONT ROW L-R DANIELLE FAVIER, KIERAN O'HALLORAN, SHELLA MCSWEENEY, PADDY O'SULLIVAN, MARY CRONIN, TIMMY MOYNIHAN, MARIE CARROLL O'SULLIVAN, NIALL O'SULLIVAN. MIDDLE ROW L-R KATHRINA BREEN IRISH CANCER SOCIETY, JOHNNY BROSNAN, MARIA COFFEY, DERMOT HEALY, MARY HARTNETT, CLLR DAN MCCARTHY, MARGARET MCCARTHY, LIAM MCCARTHY, VERA HEALY, KATHLEEN O'SHEA IRISH CANCER SOCIETY. BACK ROW L-R ELEANOR O'DOHERTY IRISH CANCER SOCIETY, LIAM COLLERAN, AOIFE DOLAN-TWOMEY, CONOR GLEESON, MICHELLE O'DONOGHUE, GAVIN O'LEARY, CHRISTINA TANGNEY, CHOREOGRAPHER JOE BURKETT, KATHLEEN CRONIN IRISH CANCER SOCIETY AND TIMMY MORIARTY IRISH CANCER SOCIETY.



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TO RUSSIA WITH LOVE....

GARY UNDERTAKES MISSION OF MERCY

A Physiotherapy student at UL, Gary McGowan from Killarney is undertaking a mission of mercy this weekend as he heads to Belarus to volunteer at the Gorodische Orphanage.

Gary, who is the son of Julie and Gerry McGowan will spend two weeks at the facility with temperatures there expected to reach -10 degrees during his stay. Accompanied by five fellow students, Gary will be involved in caring for the orphans who range from newborn babies to adults in their '40's all of whom will be suffering from extensive disabilities. The orphanage is situated in an isolated village with very limited resources and Gary is currently fundraising in an effort to provide necessary provisions along with some small luxuries.

Gary and his friends are travelling out with the Burren Chernobyl Project which is closely associated with the Killarney Branch of the Friends of the Children of Chernobyl. The group who are all Physiotherapy students are also hoping that they will be able to pass on some additional help to the patients through the management of their physical conditions. Speaking to the Killarney Outlook Gary said "Having heard about the opportunity, I began reading more about the orphanage and the role of the Irish volunteers in it's running, along with the level of impairments the kids present

live with. Those of us travelling then met with 2 volunteers who had previously travelled, at which point we were shown pictures and told stories about the kids, along the type of work we would be taking on. Although it seemed incredibly challenging, I felt that what we can offer to them would be very rewarding, as they have the utmost gratitude and find entertainment and pleasure in the simplest of things that we take for granted", he said.

"It was also of further interest to those of us travelling due to our course of study (Physiotherapy), which would coincide with the management of such physical impairments. Although we won't be able to offer much in terms of that during our brief stay, it will be good experience to witness such impairments. Another idea would be to also potentially sometime down the line organise a temporary or even permanent physiotherapy service at the orphanage, which shockingly has none at the moment", he added. "The experience will prepare us in some way for our hospital placements in both paediatric and neurological physiotherapy, in which we may see patients with less severe but similar impairments. Therefore, this could be an area I would like to work in the future, as I feel the rewards would go far beyond any monetary reward. Helping



KILLARNEY STUDENT GARY MCGOWAN WHO WILL BE FLYING TO BELARUS THIS WEEKEND TO VOLUNTEER AT AN ORPHANAGE. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

those in great need, who have seen and experienced very little compared to us, would offer a more holistic outlook on life, which I feel would make this path a great career", he said. Gary is hoping to bring some basics with him but will purchase more supplies when he arrives in Belarus.

If you would like to donate to the trip you can do so by contacting Gary on **083-4242403** or his mum Julie on **087-6378207**.

THREE LAKES STAFF TO TAKE A TRIP DOWN MEMORY LANE

Staff who worked in the popular Three Lakes Hotel are planning a reunion which promises to be a trip down memory lane.

Organised by Catherine Howe and Catherine Ring (Greene), the gathering is planned for The Porter House on Plunkett Street for Saturday January 30th. There will be a meal, followed by music and reminiscing long into the night. "We really hope that everyone who has worked in the Three Lakes Hotel in the past will attend the night" Catherine Ring told the Killarney Outlook.

In order to book the table, the organisers need an idea of numbers.

For any more information, like, menu, price etc, Catherine Howe can be contacted on 087 6870667 or Catherine Ring (Greene) on 083 3498778.



STAFF OF THE THREE LAKES HOTEL, MAKING A PRESENTATION TO ONE OF ITS COLLEAGUES IN THE LATE 1960's.



JARVEYS OUTSIDE THREE LAKES HOTEL



THREE LAKES HOTEL IN THE 1970's. PICTURES COURTESY OF DONIE O'SULLIVAN, MOMENTS IN TIME.



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KILLARNEY RECOVERS FROM STORM FRANK

As parts of the country are still reeling from the damage caused by Storm Frank, Killarney got its fair share of flooding with low lying areas and property situated in close proximity to rivers and around the shores of the lakes of Killarney suffering the most.

This week the Road Safety Authority (RSA), issued a reminder to all road users to continue to exercise caution when using the roads. Even though weather conditions have improved, road conditions in parts of the county are still hazardous due to the continued presence of flooding on roads. There is also the added danger posed by storm damaged road surfaces and gravel / stones deposited by surface water, especially on regional roads.

THE RSA ADVISES THE FOLLOWING:

- Driver behaviour needs to match the road conditions on roads. Debris deposited by the recent rainwater (surface run off) and wet roads will reduce grip so drivers are asked to slow down and increase braking distances, by leaving a bigger gap between vehicles.
- DO NOT attempt to drive through flooded roads as stranded cars are causing obstruction and a hazard in some locations.
- Pay attention to any advice or signage that either the Local Authorities or the Gardai have



MAKING NECESSARY JOURNEYS... A BUS EIREANN BUS GETTING THROUGH THE FLOODS ON THE RING OF KERRY ROAD, BEAUFORT AS STORM FRANK BATTERS THE SOUTH AND WESTERN SEABOARD. PHOTO: VALERIE O'SULLIVAN.

in place for road closures and obey any signs detouring traffic away from flooded roads.

- Plan your travel routes carefully before beginning your journey allowing time for any diversions.
- Road users are asked to be extra careful at night when it's harder to see flood dangers.

For advice on severe weather driving tips please see severe weather advice on the RSA website or check out the RSA Facebook and Twitter pages.

For more weather updates visit Met Eireann's website www.met.ie



THE FIRST HOLE AT KILLEEN GOLF COURSE, KILLARNEY GOLF AND FISHING CLUB, LAYS COMPLETELY UNDER WATER AS LOUGH LEIN REACHED SATURATION POINT AND THE CLUB HOUSE REMAINS CUT OFF AFTER STORM FRANK. PHOTO: VALERIE O'SULLIVAN.



GER KELLIHER, RECORDING THE DAMAGE CAUSED BY STORM FRANK, AT KILLARNEY GOLF AND FISHING CLUB. PHOTO: VALERIE O'SULLIVAN.

ALL HANDS ON DECK AT KILLARNEY GOLF CLUB FOR CLEAN UP

Club Captain Liam Hartnett and Lady Captain Mary O'Rourke were delighted with the response to their call for help after storms wreaked havoc at Killarney Golf Club.

Over 50 intrepid and enthusiastic individuals turned out in very poor weather conditions before Christmas to assist in the clean-up of the Golf courses.

Enda Murphy and his crew of fellow course workers were on hand to direct operations and to lend their assistance in every way possible to the band of volunteers, and it was very evident the work that was going to be undertaken, was going to be very much appreciated by them.

The "meitheal" of workers began assembling just after dawn broke, to assist with the task, which was being made all the more difficult by the bad weather, and the very soggy conditions underfoot.

The work continued until well after midday, and on returning to the Clubhouse all were greeted with soup and sandwiches as a "Club" thank you for their endeavours.

However, the surprise package came in the provision of "hot toddies" ably served up by head barman Mike. This most welcome surprise was very kindly sponsored by Club member Klaus Nolke, indeed Santa Claus was arriving early.

Liam and Mary both remarked on the very friendly atmosphere and the endearing repartee that had existed throughout the morning, and which continued in to the Clubhouse afterwards when the welcome food and drink was being enjoyed, and that the "hospitality" had been very well earned by all who took part in the morning's labours, which will, in all probability need to be

repeated at least one more occasion.

The principal topic of conversation in the Clubhouse was regarding the band of 6 fellow golfers from "Dooks" who came along to assist in the morning's work, this was a true showing of the spirit of good neighbourliness, this was a most gratifying and appreciated gesture from fellow golfers, and most especially by Liam and Mary who were the joint directors of operations.





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

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

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YOUR CHANCE TO SAVE A LIFE.... OPERATION RESUSCITATION WANTS TO TRAIN YOU

Killarney teenager Tom Geaney made headlines around the country this week as news of his second chance at life hit the headlines.

Tom suffered a cardiac arrest over a year ago while training an Under 11 team at Killarney Celtic. Due to the quick response of a coach at the training ground, Eugene Cosgrove and his friends who provided CPR and operated the defibrillator, Tom has made a full recovery. The son of Dr. Fiona Gallagher and Dr. John Geaney, Tom and his friends had learned CPR as part of their year as students in Transition Year in St. Brendan's College. Speaking to RTE, Tom and his family are now involved in the launch of a pilot programme which is being rolled out in Killarney. The aim of the programme is to have 25% of the population trained to administer cardiopulmonary resuscitation (CPR) by the end of the year. It takes just two hours to learn the basics of CPR and AED (defibrillator use) in order to



MARY O'CONNOR OF BEAUFORT ILLUSTRATES HOW TO PERFORM CPR ON COLLEAGUE DAMIAN BAKER AS DR JOHN GEANEY AND DR FIONA GALLAGHER OFFER ADVICE ON OPERATION RESUSCITATION IN KILLARNEY ON TUESDAY.



KILLARNEY TEENAGER TOM GEANEY.

save a life and as over 70% of cardiac arrests happen in the home it is very important for as many people as possible to be trained. If the campaign goes according to plan the campaign could save over 200 lives each year in the Killarney area. The campaign is very much a community affair with volunteers from across the area helping out in all aspects of the training and running of the initiative. Volunteers from groups like The Michael Lenihan Heartsafe group, The Killarney Cardiac Response Unit, Beaufort Defibrillator Group, The Order of Malta, the National Ambulance Service and the Civil Defence are all involved in the programme.

Speaking to the Killarney Outlook Dr. John Geaney said "if bystanders know how to perform CPR and know what to do, we can avoid hundreds of unnecessary deaths" The group are holding regular training sessions at the Killarney Racecourse VIP Room and are catering for everyone aged 14 years and upwards. There are other defibrillator groups being set up around the county at present with Beaufort and Barraduff actively training members at the moment.



MARY THERESA HONoured BY THE GIRL GUIDES

Girl Guides in Killarney celebrated Christmas in style with new enrolments and a very special presentation. Mary Theresa Lynch from Ross Road has been involved in the Girl Guides since a very young age, following in the footsteps of her mother, Margaret. On December 17th last, Mary Theresa received her 30 year pin from Deirdre Henley, Regional Commissioner,

much to the delight of the group of over 60 guides, brownies and leaders who attended the Christmas Party in the Church of the Resurrection.

Mary's family, her husband Derry Doyle and their daughters Caoimhe and Aisling were also in attendance as were her fellow girl guide leaders, Susan Graham, Pat Palmer, Elaine

O'Sullivan and Rachel O'Gorman.

There was also a surprise in store for District Commissioner Elaine O'Sullivan who received her 10 year pin on the night.

Brownies from Lissivigeen and Mangerton Units were enrolled on the night and everyone present enjoyed a party to celebrate.



MARY THERESA LYNCH RECEIVES HER 30 YEAR PIN FROM DISTRICT COMMISSIONER DEIRDRE HENLEY, ALSO INCLUDED ARE FROM LEFT: SUSAN GRAHAM, DERRY DOYLE, AISLING DOYLE, ELAINE O'SULLIVAN AND CAOIMHE DOYLE. PICTURE: MARIE CARROLL O'SULLIVAN.



PAT PALMER, SUSAN GRAHAM, ELAINE O'SULLIVAN, DEIRDRE HENLEY AND RACHEL O'GORMAN PICTURED AT THE PRESENTATION. PICTURE: MARIE CARROLL O'SULLIVAN

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NEW DATE FOR KILLARNEY'S OPERATION TRANSFORMATION WALK

With thousands of people around the country starting their new year with a brisk pace - one of the nation's favourite TV programmes Operation Transformation started on RTE this week.

The Operation Transformation walk which was due to take place tomorrow, Saturday January 9th in Killarney has been postponed due to storm damage in the Killarney National Park. Speaking to the Killarney Outlook, Cora Carrig, organiser of the local event said that for safety reasons it was decided to push the walk out to February 20th.

"I tried to walk the route at the weekend and it was impossible so the decision was taken to schedule the walk for the end of the Operation Transformation programme", she said.

"It is a perfect opportunity for everyone to follow the programme and be fit and ready for the event", she added.

This year Operation Transformation, sponsored by safefood, is putting it up to the nation to collectively lose one million pounds in one year and the Nationwide Walks are the perfect way to kick-start the challenge - See page 34 for more details.

Operation Transformation host Kathryn Thomas said: "What better way to start the New Year than to get out into the fresh air and go walking. Every year, thousands of people join our Nationwide Walks and the support they give each other, and our leaders, is amazing. It's totally free and everyone takes the walk at their

own pace so no matter what your age or fitness level is, you can take part. It's your move!"

John Treacy, CEO of Sport Ireland said: "Sport Ireland is delighted to be working with RTÉ's Operation Transformation for the sixth year running in 2016. The annual Nationwide Walks are a very important event in the promotion of healthy living and the pursuit of exercise and I would encourage everyone to participate in their local walks."



CALLS TO DEVELOP FOOTPATH

At the December Municipal area meeting, Councillor Michael Gleeson asked that the Council would develop a footpath as far as the junction of the N 22 and the road to Upper Lissivigeen/Coolcaslough as a logical continuation of the existing footpath from the Castle Heights to the Woodford River [Abha an tSionnaigh].

The Council replied that as the roadway in question is a National Primary road the matter has been discussed with the Road Safety officer of the T11 [formerly the NRA].

A scheme will be designed linking the traffic calming at Lissivigeen to the Woodlawn junction.

The design will incorporate improvements to the Coolcaslough junction and may incorporate a footpath from the Woodlawn junction to the Coolcaslough junction. When the design is completed it will be forwarded to the T11 for consideration for funding.

Councillor Gleeson welcomed the positive response and stated that this very busy stretch of carriageway needs to afford the maximum possible safety to pedestrians."

SUPER SALE AT MACKEY'S

A one day super sale will take place at MD O'Shea's in Killarney on Sunday next.

There are a huge selection of items carrying a sale price with offers like 20% off paints, 15% off doors and floors, 20% off gardening and household and fantastic offers on everything with a plug.

The sale starts at 1pm and will run until 5pm and there are also many star offers available.

Its not to be missed!

TWIST ME AND TURN ME AND SHOW ME AN ELF.... I LOOK IN THE WATER AND THERE SEE MYSELF!



BROWNIES FROM LISSIVIGEEN AND MANGERTON UNITS WHO WERE ENROLLED RECENTLY. PICTURE: MARIE CARROLL O'SULLIVAN.

TEXACO CHILDREN'S ART COMPETITION WINNERS LAUNCHED

The search to find the young artists who will excel in this year's Texaco Children's Art Competition has begun. The closing date for entries is Monday, 29th February with judging to take place in March. Winners will be announced in mid-April, with prize giving to follow in May. Details are available through Texaco service stations and online at

www.texacochildrensart.com

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KILLARNEY CONTINGENT TO TRAVEL FOR O'FLAHERTY COMMEMORATION



EARLY SKETCH OF MSGR O'FLAHERTY TO BE USED IN COMMEMORATIVE PLAQUE. PICTURE: COURTESY OF HOF MEMORIAL SOCIETY.

The Hugh O'Flaherty Memorial Society has confirmed this week that a Commemorative Plaque will be unveiled at a special ceremony at the German College (Rome) on Sunday May 8th 2016 (the 71st anniversary of the ending of World War 2 in Europe).

To mark this important Commemoration, representatives of the Hugh O'Flaherty Memorial Society and members of the O'Flaherty family will attend the ceremony as part of the 2016 Hugh O'Flaherty Rome Tour (May 5th to 9th). The Tour will also include visits to many important locations around Rome which played a significant role in Msgr Hugh's early times in Rome and his WW2 humanitarian work. On the Tour Itinerary also will be a private group Mass in the Crypt of St Peters, attending the Angelus with Pope Francis, tours of St Peter's and other famous landmarks in Rome, visits to Castelgandolfo, the famous Abbey of Monte Cassino, The Irish College, various official receptions and an optional tour of the Vatican

Museums and Sistine Chapel. Full Details of this tour are available on www.hughoflaherty.com or from hofmemorialsociety@gmail.com - numbers will be limited to 50 so early booking is advised.

During the 2014 O'Flaherty Rome Tour which included a visit to the German College, the College Rector Dr Fischer expressed an interest in creating a permanent memorial to the Monsignor. Over the past year, discussions have been held between the Hugh O'Flaherty Memorial Society and Dr Fischer with a view to making this a reality. The Society has been greatly assisted in this collaboration by Minister Jimmy Deenihan (Minister for the Diaspora), Ambassador Emma Madigan (Irish Ambassador to the Holy See), Kieran Troy (Rome Tours organiser), Harry Shindler MBE (veteran of the landing at Anzio and the liberation of Rome), Monsignor John Kennedy (of the Holy Office and current resident in the German College) and Fr George Hayes (vice-rector of the Irish College in Rome).

Apart from the 2016 Hugh O'Flaherty Memorial Weekend (scheduled for Friday November 4th to Sunday November 6th), the May 8th Rome Commemoration will be the most important event on the Society's calendar for 2016.

Further Information from Jerry O'Grady on

083 3973301 or at

hofmemorialsociety@gmail.com



MSGR KENNEDY WELCOMES O'FLAHERTY TOUR TO COLLEGE TEUTONIC - HOME FOR MSG O'FLAHERTY 1938-60.

PICTURE: COURTESY HOF MEMORIAL SOCIETY.

ROLLING BACK THE YEARS IN AID OF NEPAL



MARY O'LEARY

Get your dancing shoes on and head out to the

Gleneagle Ballroom tonight, Friday January 8th for a fundraising dance in aid of Nepal earthquake relief.

The event is organised by Mary O'Leary, who is planning to visit Nepal to work in a school for six weeks in July/August. Mary is paying her own way flying there and back, so all money raised at the dance will go

to the Umbrella Foundation Rural Schools Project in Nepal. Tickets are €10 each and are available on the door or at O'Leary's Electrical on Plunkett Street.

Music will be provided on the night by a host of local talent and it promises to be a great evening's entertainment.

SCARTAGLEN RAMBLING HOUSE

All roads will lead to the Heritage Centre Scartaglen on Monday night next, January 11th at 8.30 pm for a Rambling House.

Admission is free to the evening, which promises to be jam packed with traditional Irish music, song and dance and a raffle will be held and refreshments served. All are welcome.

CPR COURSE FOR BARRADUFF RESPONDERS

Barraduff Responders are planning a CPR Course at the Killarney Cardiac Response Unit at the Courtyard, Fairhill, Killarney for this Monday, January 11th.

Patricia Murphy, who is a member of the Barraduff Responders Unit told the Killarney Outlook that everyone is welcome to attend between 5pm and 9pm.

The group are also planning to hold a public meeting on Thursday 14th January at Barraduff Community field at 7.30. Everyone is welcome to attend both.

APPEALS FOR UNWANTED CHRISTMAS GIFTS

Gorta-Self Help Africa is asking Irish people to donate unwanted Christmas gifts to its charity shops, this month. "Households across the length and breadth of the country are busy this week clearing up after the long holiday break. Inevitably, there will be gifts received that people either don't like or don't have any use for," says Gorta-Self Help Africa retail manager Maggie Dwyer. "Our 12 charity shops rely on donations from the public. It is a challenge to keep merchandise fully stocked, and particularly so at this time of year." Donating festive gifts to charity is a great way to find a good home for that particular unwanted present, and at the same time contribute vital funds to support the charitable projects that Gorta-Self Help Africa is implementing to end hunger and poverty in rural Africa. "In this challenging and competitive climate, it is now more important than ever for us to receive these donations." "Books, clothing, jewellery, DVDs/CDs, bric-a-brac and household goods are all gratefully received, and if they help householders to clear up after the Christmas festivities and do a bit of Spring cleaning into the bargain, then it is a win-win for everyone," Maggie Dwyer added.

For further information check out

www.selfhelpafrica.org

MONEY MATTERS....

By Dermot Cronin,
Financial Advisor



HOW OFTEN SHOULD I REVIEW MY PENSION AND WHY SHOULD I REVIEW MY PENSION?

There are very many important reasons to review your pension, including:

Performance of your pension and what funds you are invested in. This is VERY IMPORTANT, if your pension is invested in high risk funds your total pension fund could substantially reduce over a short period of time and if you are coming close to retirement this could result in you having much less of a pension when you retire. Is your pension on target to reach the income you want on retirement? This should be checked on regular occasions, if your pension is not on target changes can be made to help put your pension back on track again.

What pension provider is your pension with and how much do they charge you? Charges are very important because you need to make sure that your pension charges are competitive. Pension providers offer much more choices to clients now than before and the choices can be easier to understand if explained to you in plain simple English and by not using jargon. An independent financial advisor should help you understand your pension and your pension options better.

For the above reasons I recommend at least an annual review of every pension with an independent financial advisor.

To make an appointment in relation to the above or for any queries you can contact **Dermot Cronin** at **064 66 22775**.

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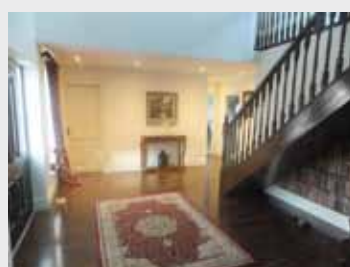
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PROPERTY OUTLOOK : THROUGH THE KEYHOLE.... A PICTORIAL LOOK AT KILLARNEY PROPERTIES ON THE MARKET

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

A MESSAGE FOR THE NEW YEAR, 2016.



BISHOP OF KERRY RAY BROWNE.

In the Church worldwide, New Year's Day is celebrated as a day to pray for World Peace. The theme Pope Francis chose for this year is "Overcome indifference and win peace". The events that we commemorate in 2016, the centenary of the Easter Rising and the on-going centenary of World War One, make it truly appropriate to think of both Ireland's needs and the needs of the world and to pray for the peace and wellbeing of all people in Ireland and worldwide. Regarding the First World War this year recalls a most tragic battle, the Battle of the Somme. One historian summed up the Battle of the Somme as commencing on July 1st, lasting 100 days and involving 300,000 lives that were lost. Thousands of those lives were Irish.

Here in our diocese we recall that the first three to die in Easter 1916 were the three men who were drowned off Ballykissane Pier, near Killorglin, on the Good Friday. Seven days later, the Friday of Easter week, The O' Rahilly from Ballylongford was killed in action in the centre of Dublin.

The centenary celebrations of Easter 1916 and all that followed it are important for us as a nation. Is it sufficiently long ago for us to honour all people and organisations from all sides who were involved? Can we respect all, refraining from judgement? We remember and honour the women and men who took up Ireland's cause in 1916 as very precious to us because they started us on a path that led to our freedom. A century later we see ourselves as an independent, successful, sovereign nation. An important element of this is the Good Friday Agreement of 1998 and the hope for lasting peace and justice it contains.

When we recall 1916 the Easter Proclamation always comes to mind. So much of it could be quoted. I choose the following:

- The Republic guarantees religious and civil liberty, equal rights and equal opportunities to all its citizens, and declares its resolve to pursue

the happiness and prosperity of the whole nation and of all its parts, cherishing all of the children of the nation equally, ...

- We place the cause of the Irish Republic under the protection of the Most High God ...

- In this supreme hour the Irish nation must, by its valour and discipline, and by the readiness of its children to sacrifice themselves for the common good, prove itself worthy of the august destiny to which it is called.

These quotes inspire many questions: What part does faith in "the Most High God" play in life in Ireland today? Are we still resolved to pursue the happiness and prosperity of the whole nation? What of our readiness to sacrifice ourselves of the common good?

Celebrating 1916 can evoke a renewal of commitment to the original vision. The values, the hopes and the ambitions of our people in 1916 and the values, the hopes and the ambitions of our people in the one hundred years since, will they inspire us afresh as we enter the second century after 1916?

In his recent Encyclical on the environment, 'Laudato Si', Pope Francis speaks of all people on earth as one human family with the world as our common home. We are aware of the difficulties and challenges facing our country as we come out of the recession. It has led to awful ongoing consequences for some people in particular. Are our economic difficulties manageable in comparison with the difficulties of many nations and peoples elsewhere in the world? We are aware of the pain and devastation caused by thirty years of 'Troubles' in Ireland: what must it be like for nations like Syria or Central African Republic or the Palestinian people suffering ongoing war and strife?

May commemorations throughout Ireland in the year ahead inspire us as a people to give of our best for our own people in Ireland and to open our hearts to world needs too. The great event we commemorate occurred at Easter, the highpoint of our annual celebration of the Death and Resurrection of Jesus. Thus the following words from the first letter of St. John are appropriate to conclude:

This has taught us love - that He gave up his life for us; and we too, ought to give up our lives for our sisters and brothers. If a person who was rich enough in this world's goods saw that one of their sisters or brothers was in need, but closed their heart to them, how could the love of God be living in that person? 1 Jn:14-18

Bishop Ray Browne
Diocese of Kerry
1st January 20

DIOCESE HOSTS SPIRITUAL TALK

The Diocese of Kerry will host a public talk, Awakening the heart - A Spirituality for today given by Martina Lehan Sheehan, author, retreat giver and psychotherapist on Tuesday January 12th at 8pm in INEC, Killarney. Admission is free.

Martina is director of retreats and programmes at Ennismore Retreat Centre, Cork. An accredited psychotherapist, she regularly facilitates retreats and workshops on matters of spirituality and personal development. She is well known also for her books, Seeing Anew and Whispers in the Stillness.

MUCKROSS ICA

The monthly meeting of the Muckross guild of the ICA will take place on Monday night next January 11th at 7.45pm in Loughguittane National School. New members always welcome.

FOSSA COMMUNITY ALERT

Fossa Community Alert wishes everyone a Happy New Year.

Thank you to everyone who supported their Text Alert project which has proven to be very successful.

If you wish to continue to receive texts the subscription is now due. €5 renewal or €10 new members.

It can be paid to your local representative or any member of the committee or at our AGM on Friday January 22nd at 8pm at the Travel Inn Hotel in Fossa. Everyone Welcome.

JOKER 3 FUNDRAISER

'Joker 3' weekly draw in aid of Nagle-Rice Community Centre was held in Jack Duggan's last Sunday and jackpot of €5400 was not won. Anne Sheahan won €100 with Eamon Prendiville and Helen Cronin winning €25 each. Down to 35 cards next Sunday January 10th and jackpot increasing to €5600 with draw in Langfords. We wish to thank all those who have been contributing to our fundraiser over the past year and look forward to your continued support in 2016 as we endeavour to reduce the debt owing on the Community Centre.

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Price: **€175,000 (Under offer)** **BER C5**



56 Pairc Chuimin, Kilcummin, Killarney

3 Bed semi detached (1,260 sq ft) home situated in the popular Pairc Chuimin development on the edge of Kilcummin village and only 5 kms approx from Killarney town. Maintenance free rear yard with extra large permanent shed/workshop. This property has been magnificently maintained throughout and is an ideal starter home or investment property.

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NEW RAILINGS FOR ST. MARY'S

Restoration works at St. Mary's Church of Ireland, Killarney are currently being undertaken in an effort to restore the external railings.

It is hoped that the works which are a combined initiative of Killarney Chamber of Tourism & Commerce, Killarney Looking Good and the Church of Ireland parishioners will be completed by St. Patrick's Day.

Also known as The Church of the Sloes, St. Mary's Church of Ireland is located next to the footpath on one of Killarney's main tourist walking routes, with the church railings running from Kenmare Place to Main Street. In recent years two sections of the railings have been replaced.

"While this has improved these sections appearance, it has only served to highlight the complete dilapidation of the remainder. For Killarney as a premier tourism venue this eyesore was unacceptable", Rev. Simon Lumby told The Killarney Outlook.

The new railings will be the exact same design as before using top quality materials.

The response of the Community and the



ONGOING REPAIR WORK TO THE RAILINGS AT ST MARY'S CHURCH. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

Church to date has been wonderful and considerable pledges have been made towards the substantial costs. Donations of all sizes are invited and will be gratefully received. These may be sent by cheque to Robert Harman,

Hillcrest, Mangerton Road, Killarney or directly by bank transfer to "St. Mary's Select Vestry" AIB, Main Street, Killarney; BIC: AIBKIE2D; IBAN: IE44AIBK93611145482449.

WOMEN'S CHRISTMAS TREAT AT SEAN TAAFFE'S

A group of ladies enjoyed a make up and hair demonstration courtesy of South Kerry Skillnet at Sean Taafe on Wednesday night last, January 6th.

The ladies received tips in make up from make up artist Michelle O'Connor who passed on her expert advice on skin tones, eye make up, foundation and the all important eyebrows.

The ladies were then treated to a hair demonstration by style director Marta

Plechowska who showed everyone different up styles and passed on some welcome hair tips. The evening was hosted by Aoife O'Reilly,

Network Manager with South Kerry Skillnet - a group which supports business and enterprise in the county and provide opportunity to improve skills through training and support.



PICTURED AT SEAN TAAFFE'S HAIR SALON FOR THE SOUTH KERRY SKILLNET EVENING OF HAIR AND MAKE UP DEMONSTRATION WERE L-R TRACEY TEAHAN, AISLING CROSBIE, SEAN TAAFFE, AOIFE O'REILLY (NETWORK MANAGER WITH SOUTH KERRY SKILLNET) AND MAIREAD GALLAGHER. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT SEAN TAAFFE'S HAIR SALON FOR THE SOUTH KERRY SKILLNET EVENING OF HAIR AND MAKE UP DEMONSTRATION WERE L-R FIONA KELLY, ANNA KERRINS, SEAN TAAFFE MAKE UP ARTIST MICHELLE O'CONNOR & TINA DENNEHY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



KERRY FOOTBALL STAR, PAUL GALVIN FROM LIXNAW AND TODAY FM DJ LOUISE DUFFY, CROSSMOLINA WERE MARRIED ST TIERNANS CHURCH, CROSSMOLINA, CO MAYO ON NEW YEARS EVE. THE RECEPTION WAS HELD IN BELLEEK CASTLE HOTEL, BALLINA.

SHOWTIME AT RAHEEN COMMUNITY PLAYGROUP

Children of Raheen Community Playgroup in Headford took to the stage just before Christmas to perform their Annual Christmas Show, "Santa's Workshop", which was attended

by an audience of over fifty friends and family members.

There was an extra surprise in store for the children when Santa paid a surprise visit to the

children before their show began.

The children were thrilled with the surprise and all performed like true stars on the day.

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YOUNG AT HEART ENJOY CHRISTMAS PARTY AT THE KILLARNEY OAKS

The Killarney oaks was packed out on the Sunday before Christmas when the second annual "Young at Heart" community party took place.

The event saw the over 70's from Muckcross and Killarney join together for an afternoon of music and dancing.

A local committee came up with the concept of this event which was to invite the older members of the local community to a special

fun filled Christmas gathering. Numerous local businesses (Far too many to mention) came on board with the idea and all of the food, transport and entertainment was provided free of charge.

More than 300 people attended the event, including people from St Columbanus, Killarney Active Retired and other such groups. Also in attendance were Killarney's answer to the Craggy Island natives Fr. Ted, Fr. Jack and Fr.

Dougal.

Renowned local talent such as Neily O'Connor, the Choir from St Brigid's Secondary School, Tom Moran, Sarah Jane Taylor and Magician Liam Sheehan provided the array of entertainment for the afternoon.

The committee are extremely grateful for the continued support that they received in organising the event, which can only be deemed as a huge success.



FRIENDS ENJOYING THE YOUNG AT HEART CHRISTMAS PARTY AT THE KILLARNEY OAKS HOTEL.



RESIDENTS OF ST. COLUMBANUS HOME ENJOYING THE YOUNG AT HEART CHRISTMAS PARTY AT THE KILLARNEY OAKS HOTEL.



ALL SMILES AT THE YOUNG AT HEART CHRISTMAS PARTY AT THE KILLARNEY OAKS HOTEL.



FRIENDS FROM KILLARNEY ENJOYING THE YOUNG AT HEART CHRISTMAS PARTY AT THE KILLARNEY OAKS HOTEL.



RESIDENTS OF ST. COLUMBANUS HOME WERE TREATED TO A GREAT DAY OUT AT THE YOUNG AT HEART CHRISTMAS PARTY.



RESIDENTS OF ST. COLUMBANUS HOME WERE TREATED TO A GREAT DAY OUT AT THE YOUNG AT HEART CHRISTMAS PARTY.

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MOTOR CLUB ZOOM INTO 2016 AS THEY CELEBRATE A GREAT YEAR

Killarney and District Motor Club had a lot to celebrate when they gathered for a Christmas celebration night on Monday night 28th December at The Killarney Oaks Hotel. All Local Cups and Awards that were won throughout the year were on display, old club Videos and In-Car camera's were shown on the night, special presentation awards, spot prizes and general good craic was had. Competitors, marshals, organisers, anyone that helped out or were involved in any way throughout the year, were invited and about 200 people showed up on the night.

"Club Person of the year" was presented to Joe McCarthy (Woodlawn Killarney) by the club Chairman Diarmuid Cronin. He was honoured for his work as Club Safety officer, Rally Equipment manager and for his long time dedication and passion for motorsport in the club.

Robert Duggan (Aghadoe) this year's Billy Coleman Award winner for Best young Rally Driver of the year and fellow Co-driver Noel O'Sullivan Jnr (Muckross) were acknowledged at the Christmas Social night for their achievements on the National, International and World stage, representing their club at the highest level of the sport.

Diarmuid Cronin gave a brief on the night about how strong the club was, discussing how proud we as a club were of Paul Nagle's success and how much of an inspiration he is to the younger club members. Diarmuid said "next year it looks very promising as we will have at least four members of the club competing in



PICTURED AT THE KILLARNEY AND DISTRICT MOTOR CLUB CHRISTMAS CELEBRATION NIGHT AT THE KILLARNEY OAKS BACK: DIARMUID CRONIN, PADDY HAYES, ROBERT DUGGAN, JOE MCCARTHY, NOEL O'SULLIVAN, DENIS NAGLE, TODD FALVEY, TED O'CONNELL. FRONT: JOHNNY HICKEY, DENIS WALSH, DIARMUID LYNCH, JOANNE MCCARTHY AND JASON O'BRIEN.

rounds of the World Rally Championship".

A special Recognition Award was given to Motorsport photographer Ted O'Connell (Macroom) for his continued support covering all the events that we run and in promoting our club.

A special Dedicated Member Award was given to Paddy Hayes (Ballaugh Killarney) for his willingness to help out at any hour, on any event, in any conditions whatever the cause maybe. As quoted "a major part of the team".

Both Clerk of Courses for our Autotest Todd Falvey (Rathmore) and Autocross Denis Nagle (Gneeveguilla) were acknowledged for their continued success in the running of each of

their events throughout the year and were presented with two hand crafted clocks.

A special presentation was made to Noreen Marshall, acknowledging her service to the club as membership secretary since the club was first founded in 1977.

Novelty prizes were given out on the night for best male and female Xmas theme outfits and winners were Denis Walsh (Mastergeeha) and Joanne McCarthy (Kenmare).

The organisers of the night Diarmuid Lynch, Jason O'Brien and Johnny Hickey would like to thank the Killarney Oaks Hotel for hosting the event and Wish everyone a Happy New Year.



JASON O'BRIEN PRESENTS NOEL O'SULLIVAN WITH A SPECIAL ACHIEVEMENT AWARD AT THE KILLARNEY AND DISTRICT MOTOR CLUB CHRISTMAS CELEBRATION NIGHT.



DIARMUID LYNCH PRESENTS DENIS NAGLE WITH A HAND CRAFTED CLOCK IN RECOGNITION FOR HIS ROLL AS C.O.C. OF KDMC AUTOCROSS.



JOHNNY HICKEY PRESENTING A SPECIAL RECOGNITION AWARD TO TED O'CONNELL AT THE KILLARNEY AND DISTRICT MOTOR CLUB CHRISTMAS CELEBRATION NIGHT.



JASON O'BRIEN PRESENTS PADDY HAYES WITH A SPECIAL CLUB DEDICATION AWARD AT THE KILLARNEY AND DISTRICT MOTOR CLUB CHRISTMAS CELEBRATION NIGHT.



DIARMUID LYNCH PRESENTS TODD FALVEY WITH A HAND CRAFTED CLOCK IN RECOGNITION FOR HIS ROLL AS C.O.C. OF KDMC AUTOTEST.

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CARROLL FAMILY GATHER TO CELEBRATE TESS'S 90TH BIRTHDAY

With her 13 children in attendance, Killarney woman Tess Carroll was treated like a queen at the celebration of her 90th Birthday recently. Tess, who will turn 90 on January 17th has 39 grandchildren and 48 great grandchildren, and family members travelled from all over the world to get together to celebrate this special occasion.

Grandchildren travelled from China, Idaho, Boston and New York for the event which was held in the Killarney Avenue Hotel over Christmas.



TESS CARROLL (SEATED RIGHT) PICTURED ON HER 90TH BIRTHDAY AT THE KILLARNEY AVENUE HOTEL WITH HER 13 SONS AND DAUGHTERS. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



BABY KATE MCCARTHY PICTURED AT FURIES CHURCH ON HER CHRISTENING DAY WITH HER MUM CATRIENA, DAD JAMES, GODFATHER JOHN O'DONOGHUE (LEFT) & GODMOTHER NICOLA DIXON (RIGHT). PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



BABY SEAN ÓG PIERCE, PICTURED AT MUCKROSS CHURCH WITH HIS DAD SEAN & MUM GERARDINE, FAMILY & FRIENDS. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



ENJOYING WOMEN'S LITTLE CHRISTMAS AT GOLDEN CHOPSTICKS WERE L-R KAREN DINEEN, REBECCA O'SULLIVAN & ABIGAIL O'MAHONY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



DOUBLE CELEBRATIONS AT THE PORTERHOUSE ON WOMEN'S LITTLE CHRISTMAS AS CHRISTINA O'CONNELL ALSO CELEBRATES HER BIRTHDAY WITH FRIENDS L-R CHRISTINA O'CONNELL, LAURA MURPHY, SHANNON O'SULLIVAN, MEGAN FARRELL, NAOIMI BROSANAN & SARAH MURPHY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PAST PUPILS OF CULLINA NATIONAL SCHOOL, BEAUFORT, CELEBRATING THEIR 30TH ANNIVERSARY LEAVING NATIONAL SCHOOL, AT KATE KEARNEY'S COTTAGE, FRONT ROW, AILEEN SWEENEY, ANGELA O'SULLIVAN, SIOBHAN O'DONOGHUE, CLAIRE SAVAGE, MARY COFFEY-STRATA, ANNAMARIE KENNEDY, SUSAN BARRETT, CARMEL COURTNEY, BACK ROW, KIERAN O'SHEA, MICHAEL O'BRIEN, PADRAIG O'SULLIVAN, CARMEL COFFEY, NOEL KISSANE, DAVY LEANE, CATHERINE FOLEY, FIONA MANGAN, GARY McGRATH, DAN GUERIN, EILEEN SCULLY. PHOTO: VALERIE O'SULLIVAN



PICTURED AT BARRADUFF CHURCH FOR THE CHRISTENING OF BABY KATE MULLALLY WERE L-R SISTER GRACE, DAD ADRIAN, MUM MUIREANN & BROTHER RYAN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

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PICTURED AT KHAO RESTAURANT TO ENJOY WOMEN'S LITTLE CHRISTMAS WERE THE O'DONOGHUE SISTERS L-R TRISH, KATHLEEN, MAJELLA & FINOLA. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE FAIRTE HOTEL AND ENJOYING WOMEN'S LITTLE CHRISTMAS WERE L-R MAI MCCARTHY, MARGARET LANIGAN, ANN O'CONNOR & MARIAN O'CALLAGHAN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



ENJOYING WOMEN'S LITTLE CHRISTMAS AT THE BRICIN WERE L-R FIONA McMAHON, TESS CARROLL, LOUISE DEVANEY, PATRICIA BUCKLEY, NOREEN BUCKLEY & INA MORIARTY. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT GOLDEN CHOPSTICKS AND ENJOYING WOMEN'S LITTLE CHRISTMAS WERE L-R MARGUERITE WHITLEY, FIONA CASEY, KATHLEEN COURTNEY & ROSARIE O'SHEA. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT THE PORTERHOUSE AND ENJOYING WOMEN'S LITTLE CHRISTMAS WERE BACK ROW L-R SUSAN FOLEY, KAREN DALY, BREDALY & GERALDINE O'SULLIVAN. FRONT ROW L-R EILEEN DALY & JULIE DORRIAN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808




PICTURED AT LORD KENMARES RESTAURANT FOR WOMEN'S LITTLE CHRISTMAS WERE L-R ANNE MARIE NELLIGAN, FRANCES MCCARTHY, MARY O'CONNELL, NORITA BROSAN & JOANNE NELLIGAN O'TOOLE AND IN FRONT THEIR HOSTESS KATHLEEN NELLIGAN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



PICTURED AT KHAO RESTAURANT ENJOYING WOMEN'S LITTLE CHRISTMAS WERE L-R EMIR IRWIN-O'SHEA, RESIDENT CHEF EDDIE & CLODAGH IRWIN-OWENS. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808

PICTURED LEFT AT GOLDEN CHOPSTICKS ENJOYING WOMEN'S LITTLE CHRISTMAS WERE BACK ROW L-R HELEN O'BRIEN, KATIE QUILLIGAN & TERESA MORIARTY. FRONT ROW L-R HELEN O'SULLIVAN & MARY GOGGIN. PICTURE MARIE CARROLL-O'SULLIVAN 087 391 4808



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PHOTO BY BREDAL DALY PHOTOGRAPHY.



PHOTOGRAPHED ON BANNA BEACH ON THEIR WEDDING DAY JANUARY 2ND ARE NEWLYWEDS CLAIRE MURRIHY & JOHN GLACKEN.

THE COUPLE WERE MARRIED IN ARDFERT CHURCH.

PHOTO COURTESY OF IAN CRONIN / ICPHOTO STUDIO

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CHOOSE A THEME FOR 2016!

Another year has gone, a new one has just started. How will you live the days and moments of this year? New year is always traditionally a time when people make resolutions or set goals. However, most goals and resolutions are lucky to survive three weeks, let alone a whole year! One of the reasons is that there is too much pressure and focus on the actual goal itself. Life begins to revolve around what you have said you will or won't do and usually there isn't enough space or room for wobbles, mistakes or those days you just don't feel up for it! Instead of focussing on goals, choose a theme for the year ahead. Make it all about how you want to **FEEL!** Maybe you desire to feel more joy, freedom or vitality. Perhaps you want to feel more peace and calmness in your life. When you choose a theme and apply it to everything you do, your goals and dreams become much easier and more joyful to achieve. For example if your theme is love then bring the feeling of love to everything you do, eat, talk about, wear, see, hear and experience. Notice how much easier your life becomes and how it opens up in ways that you may never have imagined before! Happy new year – happy new feelings, happy new everything!

New Chakranetics™ classes (Mindful Movement Meditations) starting Monday 18th January at 7.30pm and Tuesday 19th January at 10.00am! (At the Travel Inn, Fossa!)

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FITNESS EXPERT EDELE DALY GUIDES YOU TO A FIT AND HEALTHY NEW YOU... LETS GET PREPARED!



Ok January is Here, and with all the advice, and tips floating around this month one thing I will say is try and not get bombarded with all this information. The best advice for long term positive lifestyle changes are KEEP IT SIMPLE.

This week's message is based on a famous Quote by Roy Keane

"FAIL TO PREPARE, PREPARE TO FAIL"

I thought what a fantastic way of putting it. It's as simple as this, if you don't Prepare & put a system and plan in place for your new positive lifestyle changes then how do you expect to achieve your goals!

I have put together the following simple Step by Step plan to help you get prepared.

STEP 1: PREPARE YOURSELF A WEEKLY FOOD PLANNER.

1. Get a pen & blank sheet of paper and make a vertical column on the left hand side with all your meals in it; Breakfast, lunch & Dinner & 2-3 Healthy snacks in between. Make another row horizontally across the top with Monday-Sunday. Then fill in the blanks. And keep it SIMPLE; cut out the junk, reduce your processed foods, cut down on starchy carbs, increase veg, make sure protein is in most meals.

2. Only pre-plan around 3 days & duplicate these days staggered throughout the week. Let's face it if there are too many different menus on your plan it will cost you a fortune and there will be lots of waste and plus it will take you forever to cook it all!

3. Pick foods you know you will eat or at least develop a pallet for. No point planning a sushi diet for yourself if you hate fish! **More steps next week...**

IF YOU ARE STRUGGLING WITH ANY OF THESE POINTS DON'T WORRY I WILL BE HOLDING A HEALTHY EATING WORKSHOP, COVERING ALL THESE TOPICS AND MORE, NEAR THE END OF THE MONTH SO KEEP AN EYE ON THE OUTLOOK FOR DETAILS.

MORE TIPS NEXT WEEK...

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OUTLOOK FASHION

WASH NEW JEANS

Wash new jeans twice before taking them to the tailor. Because jeans will always shrink in length when washed.

DIET TIP

Alcohol is a source of empty calories and cutting down is an excellent way of increasing weight loss.



Beauty tip

ROCK RED-HOT LIPS

For a sexy lip effect, a scarlet pout is the way to go. After applying the lipstick, layer a matching lip liner over it. This will fix any uneven edges and give your lip color a long-lasting, velvety finish.



IRELAND'S MILLION POUND CHALLENGE IN ASSOCIATION WITH HEALTHY IRELAND BEGINS NOW!

Operation Transformation have launched their biggest and most ambitious campaign to date, putting it up to the nation to lose weight for the Million Pound Challenge.

HERE'S HOW TO GET INVOLVED:

- Firstly you need to decide if you're would like to take part as an individual or in a group.
- If you're doing it as part of a group it's best to choose a group leader who will take responsibility of registering the group and for tracking the groups weight loss each week! Similarly if you're an individual we hope track your weight loss each week.
- Click here to set up your group or individual profile.
- Each week log in to track the lbs lost.
- If you are part of a group, you can still use the individual weight loss tracker as it gives you personalised weight loss goals. If you do choose to use the individual tracker too

please tick that you're part of a Million Pound Challenge so we don't double count your weight in the total tally! There's no excuse, you don't even need a weighing scales to take part. In association with the Irish Pharmacy Union, over 900 pharmacies nationwide are offering a free weigh-in service for all those taking part.

Throughout the campaign, We'll will be giving tips on how to make the small changes in our lifestyles that will help us build toward that ultimate million pound goal.

Groups and companies taking part in the Million Pound Challenge will feature in the show each week.

The Ray D'Arcy Show will also provide regular updates on how the nation's weight loss is progressing.

By the time Operation Transformation returns to our screens for a tenth series in 2017, the country will hopefully be fitter, healthier and one million pounds lighter.




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operation TRANSFORMATION

Aoife's Tuna Panzanella Salad

Serves 1 - (Each serving contains approx 334 calories.)

Ingredients

1 slice of crusty wholegrain bread (35g)
 2 tablespoons olive oil
 2 tomatoes, chopped
 ½ cucumber, sliced into ¼ inch slices
 50g spinach
 50g lettuce
 ¼ cup basil, roughly chopped
 1 ½ teaspoon capers, drained
 1 ½ teaspoon balsamic vinegar
 80g can of tuna drained & flaked (56g drained weight)

Method

1. Preheat a grill to medium low.
2. Brush the bread with 1 tablespoon oil.
3. Grill the bread until lightly toasted, approximately 2 mins per side.
4. Cut into cubes and transfer to a large bowl.
5. Add the tomatoes, lettuce, spinach, cucumber, basil, capers, balsamic vinegar and remaining oil.

Caroline Bourke
 makeup and style

6 - Week Makeup Artistry Courses

Starting in The Brehon Hotel Killarney
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IMELDA MAY ROCKS THE INEC INTO 2016



SHOULD AULD ACQUAINTANCE BE FORGOT...IMELDA MAY AND DAMIEN DEMPSEY, RINGING IN THE NEW YEAR AT THE INEC, KILLARNEY.PHOTO:VALERIE O'SULLIVAN



ENJOYING THE NEW YEAR'S EVE CELEBRATIONS AT THE IMELDA MAY CONCERT, AT THE INEC, KILLARNEY, SVETLANA RHUDE, SAM O'LEARY AND SCOTT RHUDE.PHOTO:VALERIE O'SULLIVAN



RINGING IN THE NEW...AT THE IMELDA MAY CONCERT, AT THE INEC, KILLARNEY, EDEL FITZGERALD, TRISHA CRUZ, SARAH O'NEILL, EDEL WALSH.PHOTO:VALERIE O'SULLIVAN



IT'S THAT TIME...IDE AND MIKE RYAN, LEFT AND BRYGA AND SHANE GARVEY ENJOYING THE NEW YEAR'S EVE CELEBRATIONS AT THE IMELDA MAY CONCERT, AT THE INEC.PHOTO:VALERIE O'SULLIVAN



LISTENING TO DAMIEN DEMPSEY AT NEW YEAR'S EVE CONCERT BEFORE IMELDA MAY AT THE INEC, KILLARNEY, DAVID AND TINA LOUKS.PHOTO:VALERIE O'SULLIVAN



DEREK AND TINA BYRNE ENJOYING THE NEW YEAR'S EVE CELEBRATIONS AT THE IMELDA MAY CONCERT, AT THE INEC, KILLARNEY.PHOTO:VALERIE O'SULLIVAN



CELEBRATING NEW YEAR'S EVE AT THE IMELDA MAY CONCERT, AT THE INEC, KILLARNEY, MIKE CONWAY, LAURA ROCHE, KAREN JOY AND JOHN BUCKLEY.PHOTO:VALERIE O'SULLIVAN



MIKE AND SIOBHAN O'SULLIVAN, ENJOYING THE NEW YEAR'S EVE CELEBRATIONS AT THE IMELDA MAY CONCERT, AT THE INEC, KILLARNEY.PHOTO:VALERIE O'SULLIVAN







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A new year means it's time to focus on your CAO application

(By Billy Ryle)

More than 80,000 people will apply to the Central Applications Office (CAO) this year for a place in a third level college. The Galway based CAO processes applications for admission to undergraduate courses in Higher Education Institutions (HEI) in Ireland. Using a single application, you may choose from the entire range of courses in the CAO Handbook 2016. All of the courses are categorised as 'Level 8' or 'Level 7/Level 6'. The 'Level 8' category contains all the Honours Bachelor Degrees (HD). The 'Level 7/Level 6' category contains Ordinary Bachelor Degrees (DG)/Higher Certificates (HC). Every public sector university, college and institute in the country participates in the CAO system. With the exception of a number of private colleges in the CAO, the Department of Education and Skills (DES) pays the tuition fees of eligible students who are attending full-time undergraduate courses.

All you have to do is submit a single application in order to compete for one of the available third-level places. The interactive online application system, 'Apply' has made the process very straight forward and convenient for students. In fact, the application system is now so well structured that there is absolutely no reason to feel anxious about applying for a third level college place. 'Apply' is user friendly and easy to follow, particularly as CAO provides an 'Interactive Demo' to enable you make a trial application. The CAO Handbook 2016 contains detailed easy-to-follow information on how to apply for the courses on offer at the institutions, which participate in the CAO system.

The CAO application process has moved very smoothly from the old paper application to an interactive online application. Almost all applications from school leavers will be made via "Apply" this year. The interactive online application service will remain open on the CAO website, www.cao.ie until 5.15pm on 1st February. The fee for the online application is €25, if you apply by 20th January and €40 thereafter until the standard closing date of 1st February.

Before you tackle the online application, study the CAO Handbook 2016, which explains the procedure to be followed when applying for a third level college place. The institutions in the CAO system are listed in alphabetical order by location, beginning with Athlone IT and ending with Waterford IT. The courses available in each college are listed directly under the college title, with 'Level 8' courses being listed separately from 'Level 7/Level 6' courses. Using a single application, select your personal preferences from the entire range of courses mentioned in the Handbook. Each course is assigned a code, which you enter on the application. You may apply for up to ten courses in each of the two categories – listed in order of your preference in each case.

The CAO Handbook 2016 does not contain information about general academic requirements, specific course requirements nor content of courses. Don't apply for any course without first consulting the information literature or the web site of the institution offering that course. Carefully study the content and the potential career value of each course for which you intent to apply. Play to your strengths as you research your course choices during the next few weeks. Jot down your personal career profile, including such variables as ability, achievement, application, aptitude, ambition, interest and personality (SAIP). It's important to select courses to which you are suited. In that event, you are less likely to lose interest in the course or, in a worst case scenario, to drop out of college without a third level qualification.

In the next article, I will take a detailed look at the CAO 2016 application timeline.

Billy Ryle is a Career Guidance Counsellor and freelance writer



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Contact John for representation or to highlight issues of concern to you.

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Contact Tom on 087 3995877



Kerry ETB Training Centre



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

Sports Recreation & Exercise Course (ETK69) - Killarney.

If you have a genuine interest in sport, exercise and swimming this course is a good choice for you. It's the ideal entry point for those wishing to follow careers as sports coaches, personal trainers, or swimming teachers. **Start Date:** 11th January 2016. **Duration:** 45 weeks. **Certification:** QQI Major Award in Sports Recreation and Exercise 5M5146, Pool Lifeguard Qualification, Assistant Swimming Teacher Cert and Occupational First Aid Cert.

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

This entry level course offers experience on the technical side of software development and computer networks. It's the ideal starter course for people considering a career in information and communication technology. **Start Date:** 25th January 2016. **Duration:** 19 weeks. **Certification:** Microsoft Technology Associate Certification.

Digital Media Production Course (TRY18) - Kerry ETB Training Centre, Tralee.

The Digital Media Production course offers participants the opportunity to learn and develop real-world production skills in a broad range of media disciplines. The course covers design, digital imaging, photography, sound, video, digital publishing and media project management. **Start Date:** 8th February 2016. **Duration:** 52 weeks. **Certification:** City & Guilds Diploma in Media Techniques 7601-03.

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

This course is for people who wish to develop a range of manual and computerised payroll and bookkeeping skills. It's designed for people with no prior experience in the topics. **Start Date:** 8th February 2016. **Duration:** 10 weeks. **Certification:** FETAC Level 5 Component Certificates in Manual and Computerised Bookkeeping and Payroll.

Healthcare Support Traineeship (ETS97) - Tralee.

This course provides participants with the knowledge, skills and competencies to work as part of a multidisciplinary team in the provision of effective and appropriate healthcare supports to clients in a variety of care settings. **Start Date:** 15th February 2016. **Duration:** 41 weeks. **Certification:** FETAC Level 5 Major Award in Healthcare Support.

Heavy Goods Vehicle Driving Rigid (HGV) (ET394) - Tralee.

This programme provides participants with skills and related knowledge in the rules of the road, driving a heavy goods vehicle - rigid body, care and maintenance of the vehicle, loading and unloading the vehicle, customer care, and documentation. Applicants must be in possession of a current full Class B Driving Licence and a current Class C Learner Permit. **Start Date:** 15th February 2016. **Duration:** 10 Weeks. **Certification:** Class C Driving Licence, RSA Driver Certificate of Professional Competence, RTTB Counterbalance or Reach Forklift Truck Driving Certificate, and ADR Certification for Drivers.

ECDL (ETK79) - Kerry ETB Training Centre, Tralee.

This course offers participants the opportunity to develop the range and standard of computer and IT skills needed to work in an office environment. The modules include: Induction, Keyboard Skills, Computer Essentials, Online Essentials, Wordprocessing, Spreadsheets, Databases, Presentation Software, Career Planning & Job Seeking Skills, In-company Training. **Start Date:** 22nd February 2016. **Duration:** 18 weeks. **Certification:** European Computer Driving Licence Award, Level 1 Office Procedures Cert & Typewriting Cert.

Broadcast Production Skills Course (TRY20) - Kerry ETB Training Centre, Tralee.

This is a practical, production-focused course covering documentary, drama, and entertainment formats. Participants will learn about researching, writing, directing, capturing, editing and delivering content for both location and studio-based productions. **Start Date:** 29th February 2016. **Duration:** 52 weeks. **Certification:** City & Guilds Diploma in Media Techniques (Video production) 7601-03, BECTU - Creative Industries Safety Passport, Occupational First Aid, Safe Pass and Manual handling.

Legal Administration Traineeship (ETS07) - Tralee.

This course is specifically designed for those wishing to pursue careers as legal administrators. It covers all the main administration tasks carried out in legal offices and is tailored to meet the needs of the industry. **Start Date:** 21st March 2016. **Duration:** 40 weeks. **Certification:** FETAC Level 5 Major Award in Office Administration.

Beauty Therapy Traineeship (TRSS2) - Tralee.

This course offers participants the opportunity to develop the knowledge, skills and attitudes required to work as beauty therapists. It integrates theory, practice and industry experience so that participants gain a clear understanding of the various treatments and therapies practiced in the industry. **Start Date:** 11th April 2016. **Duration:** 50 weeks. **Certification:** I.T.E.C., CIBTAC and CIDESCO Diplomas.

Visit Our New Walk-In Information Service Every Tuesday and Wednesday
At Kerry ETB Head Office, Centre Point Building, John Joe Sheehy Road, Tralee.
(Opposite Tralee Bus and Train Stations)

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

Kerry ETB Training Centre,

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

www.kerryetbtrainingcentre.ie, E-mail: training@kerryetbtrainingcentre.ie



Saint John of God Community Services Ltd

Kerry Services

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

CARE ASSISTANTS

(Specified Purpose Contracts of Employment)

Applications are invited for post of Care Assistant in our residential Services supporting adults with an intellectual disability.

DUTIES WILL INCLUDE:

- The Care Assistant works as part of a multidisciplinary team to assist in the provision of health and social care for the individuals we support.
- He/She supports and assists in all activities of daily living in line with the needs and wishes of the individual as outlined in an agreed care plan.
- Acting as an advocate for residents and promoting social interaction with the community.
- Demonstrate excellent communication (both verbal and written), organisational skills, flexibility and commitment.

Suitably qualified candidates must meet the following criteria:

Certificate in Healthcare Support at FETAC Level 5.
A full clean driver's licence is desirable.

Personal Attributes:

- Excellent communication and interpersonal skills
- Should be able to work as part of a team and also on own initiative
- Enthusiastic, hardworking and self-driven

If you believe you have the necessary enthusiasm, competencies and experience to bring to this role please forward a covering letter and CV, including written explanation for any gaps in employment to Ms Dolores Parker, Human Resources Dept, Saint John of God Kerry Services, Monavalley Industrial Estate, Tralee or email aileenm.murphy@sjog.ie

Closing date: 5.00p.m. Friday 15th January 2016.

(Applications will be short-listed based on the information supplied in the Curriculum Vitae and a panel may be formed from which future vacancies will be filled)

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

Hospitality – Compassion – Excellence – Justice – Respect



SANTA CAME EARLY FOR THE JOHN MITCHELS GAA CLUB, CAHERCIVEEN ST MARY'S AND SPA KILLARNEY GAA CLUB AS ROBERT FROST MUNSTER COUNCIL PRESENTED THE THREE CLUBS WITH DEVELOPMENT FUNDS L-R: TOMMY MCCARTHY AND MOSSIE COFFEY (CAHERCIVEEN), MATT MOLONEY (JOHN MITCHELS GAA CLUB, TRALEE), TIM MURPHY AND JEREMIAH O'SHEA (KERRY COUNTY BOARD), ROBERT FROST (MUNSTER COUNCIL GAA), GERARD MANGAN (SPA KILLARNEY AND JOE CROWLEY (MUNSTER). PHOTO JOE HANLEY.

BEAUFORT GAA NOTES

On behalf of Beaufort GAA Club I would like to wish all our members, supporters, sponsors both at home and abroad a very happy, healthy and successful New Year.

WELL DONE: To our U12 and U14 ladies who were presented with their medals on Saturday evening by Kerry U16 All Ireland winners Fay and Hannah O'Donoghue, Fiadhna Tangney and Tara Breen.

Also to our U14 boys who were presented with their medals from All Ireland minor star Mike Breen and our U16 players who received their medals from U21 County player Liam Carey. Great to have our own club players to do the presentations.

LOTTO: The next lotto draw for a Jackpot of €2,400 will be held on Sunday next. Tickets are available from usual sellers and are now available online and at any of the local shops and bars.

QUIZ: Thanks to everybody who supported the Annual GAA Quiz over Christmas. A very enjoyable and entertaining night was had by all. Thanks to all the sponsors and those who donated Raffle Prizes and all who helped out in organising the event and also on the night. Thanks to Mary Jo Coffey who set the questions and MC for the night Colm Kelly.

BAG PACKING: A sincere thanks to all the players and parents who helped out at the very successful Bag Packing which took place in SuperValu, Killorglin before Christmas. Your time was greatly appreciated at such a busy time of year. Thanks to all the shoppers who supported us and to Peter Keane and his staff

for allowing us the opportunity to carry it out.

THE AGM: Of the Club will be held on Friday, 15th January at 8pm. All members are invited to attend. Please come along and show your support for the club as they continue to do great work for all our players, both male and female.

CLUB GEAR: Available for the new playing year is available from Mary Cronin or Nora Hallissey.

A NATIONAL CLUB DRAW: Is being organised by the GAA in Croke Park to assist clubs with expenses. Beaufort are participating in same. Tickets are available from any committee member. Great prizes include a car, holidays, All Ireland packages. Tickets are €10 each.

DR CROKES CLUB NOTES

SYMPATHIES: Deepest sympathy to the Beckett Family Woodlawn Road on the death of Martin RIP.

LOTTO: Lotto numbers 2, 14, 15, 24. Jackpot €5400 not won match 3 3 by €135. Next draw Sunday 17th of January in Speakeasy. Jackpot €5700.

AGM: The annual AGM Will take place in January, nomination and motion forms are available on Dr Crokes Website and Facebook page.

PROGRESSIVE 31: Progressive 31 will continue every Wednesday night from 6th of January. Time 7.40pm. Everyone welcome.

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

MILLTOWN/CASTLEMAINE GAA NOTES

LOTTO: Drawn Numbers: 2, 10, 21 and 26.

Our Lotto Jackpot was not won on Friday last, January 1st 2016, but we had 6 lucky consolation prizewinners - €50 each to Billy Cotter, Milltown and John Gore and €25 each to Liam Phillpott and Sadhbh Daly, Milltown, Margaret and Keilan McHugh and Kathleen Counihan, c/o Griffin's Bar, Castlemaine.

Our next Lotto draw is for €5,600. Tickets are on sale at usual outlets in Milltown, Castlemaine and Ballyfinnane and from our regular ticket sellers. Sincere thanks to our on going sponsors - Mike O'Shea and Sons - Builders, Farran, Milltown, for their generosity. We are also very grateful to our sellers and of course to all of you for supporting our Lotto.

MID KERRY MINOR CHAMPIONSHIP

FINAL REPLAY: This game will go ahead on this Sunday January 10th in Beaufort-with the throw in scheduled for 2 p.m.

The last encounter between our boys and Laune Rangers was a thrilling game from start to finish and no doubt this will be similarly hotly contested match with both sides wanting to bring home the silver ware. Please come along and show your support.

COLLEGE EXAMS: We wish any of our club members who are sitting college exams the very best of luck in the coming weeks.

LEGION GAA CLUB

AGM: All members please note that you are all invited to attend the clubs Annual General Meeting this Friday evening 8th January at the clubhouse at 7.30pm sharp and please do your utmost to attend.

U21: No joy for our U21 side as they succumbed to a stronger Castlegregory/Annascaul/Lispole combination in the semi final of the County club championship.

GRATITUDE: The club would like to thank all officers, team mentors, players, committees and supporters for all their efforts over the last year and to wish all those taking up new posts for the coming season the very best of luck.

MID KERRY NEWS

Mid Kerry Board would like to express their sincere sympathy to Patrick Curtins Family, Friends and Moyvane GAA Club on Patricks untimely death. Ar dheis Dè go raibh a anam.

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



OUTLOOK SPORTS NEWS

Editor : Donal Barry

Email : news@outlookmags.com



SPORTS NEWS FROM AROUND THE COUNTY

MUNSTER TITLE FOR CAUSEWAY COMPREHENSIVE

MUNSTER U15 C FOOTBALL CHAMPIONSHIP FINAL CAUSEWAY CC 3-08 AUSTIN STACKS 2-04

Two goals in the in the last 8 minutes from Nathan O Driscoll and Colin Walsh ensured that Causeway Comprehensive captured the Munster Post Primary U15 C football Championship title defeating St Joseph's Ballybunion.

Played in Coolard pitch Ballydonoghue, Causeway got off to a flier and were ahead 1-1 inside just five minutes when Ciaran Casey stuck the net. Casey was continuing a hot streak managing to hit the net in all six games played in the Munster Championship.

St Josephs battled back to level matter after 10 minutes but cores from Nathan O Driscoll, Colin Waltz and Colin Walsh left Causeway 1-5 to 1-3 ahead at the interval.

Causeway rallied again in the second half putting serious pressure on the St Joseph's defence but failed to make it count on the scoreboard.



THE MUNSTER GAA AWARDS EVENING IN THE DROMOLAND CASTLE LAST SATURDAY EVENING AS KERRY RECEIVED 5 AWARDS AT THE FUNCTION; L TO R: DOMINIC LYNCH OF GLENBEIGH FOR HANDBALL, SEAN KELLY MEP, CONOR COX (MUNSTER GAA JUNIOR PLAYER OF THE YEAR), BERNIE BREEN (MUNSTER SENIOR LADIES PLAYER OF THE YEAR); DAVID MORAN (MUNSTER GAA SENIOR PLAYER OF THE YEAR); MARK O'CONNOR (MUNSTER GAA MINOR PLAYER OF THE YEAR) WITH TEDDY O'SULLIVAN (BALLYDUFF AND MUNSTER GAA PRESIDENT). (PHOTO BY PADDY WHITE)

A goal by St Josephs had the tie level again heading into the final quarter but those brace of goals were to prove the difference as the Causeway defence worked overtime keep a talented St Joseph's forward line in toe.

Captain Niall Cullen accepted the cup on behalf of his teammates

Causeway: Tomas O Connor, Liam Flaherty, Niall Cullen, Oisín Maunsell, Sean Sheehan, Daniel O Mahony, Jack Parker, Colin Waltz, Paddy O'Rourke, Ciaran Casey, Cian McDonagh, Rory Duggan, Colin Walsh, Darren Stack, Nathan O Driscoll

MOYVANE'S FINEST LAID TO REST

Moyvane and Kerry inter county player Paddy Curtin was laid to rest in his native Moyvane last Sunday amid emotional scenes as the wider GAA community came in huge numbers to remember the "boy with the cheeky smile" termed by locals.

Curtin who died on December 29, following a car crash shortly before Christmas while working in Guatemala, played in all grades of intercounty football with Kerry.

He played Minor in 2006 and 2007, Under 21 in 2009 and 2010, and Junior in 2009 and made his Senior Championship debut against Tipperary in 2012 having made his League debut earlier that year against Dublin.

In all, he made 6 Championship and 10 League appearances for the Kingdom.

However it was with his native Moyvane that he enjoyed one of his finest moments at last year's North Kerry league final when he helped his team defeat Asdee. Indeed that coveted medal was brought to the alter as one of the gifts to remind people of Paddy's full life.

Speaking with the Tralee Outlook GPA Chief Executive Dessie Farrell said: "On behalf of the county



THE LATE PADDY CURTIN

playing body I would like offer our sincere sympathies to the Curtin family, to Kerry GAA, the Moyvane club and to everyone associated with Patrick whose tragic loss has come as a terrible shock to the GAA community."

While there was many moving tributes from Kerry Inter county players across Twitter.

DILLANES INCREDIBLE RISE WITH IRISH SQUAD CALL UP

Tralee's Ultan Dillane has been called into the extended Irish Rugby panel. The Irish squad has spent the past week in preparation for the forthcoming Six Nations in Carton House in County Kildare.

Ultan who is the son of Tralee lady Helen Dillane of Clahane Ballyard, has played for Connacht in both the Rabo Direct Pro 12 League and the European Challenge Cup this season.

Standing at 6'6, Ultan began his rugby career with Tralee RFC before being signing for the Connacht Academy.

Ultan has played for Ireland at both Under 18 and 19 and his displays at lock this season for the Western-based province have certainly caught the eye of Joe Schmidt. Ultan lined out with Connacht in their 13-0 loss to Leinster on New Year's Day, but despite their latest defeat, Connacht are still in with a great chance of progression in this year's Rabo Direct Pro 12



competition.

No doubt everyone in Tralee RFC particularly his mentor Jay Galvin, will be delighted with Ultan's progress and his call-up to the extended Irish panel. Who knows, the 22-year old Tralee man may well wear the green of Ireland in the future following in a long line of men from Kerry that includes the Doyle brothers, Tom and Mick, Michael Galwey and of course the legendary Moss Keane. Dillane has been tipped by Alan Quinlan as one to watch for the years ahead.



AT THE PRESENTATION OF THE DR CROKES GAA CLUB GOLF SOCIETY GOLFER OF THE YEAR AWARD SPONSORED BY VINCENT CASEY LIFE AND PENSIONS AT A PRIZEGIVING FUNCTION IN THE SPEAKEASY BAR ON ST STEPHEN'S DAY WERE FRONT FROM LEFT, VINCENT CASEY, SPONSOR, STEPHEN MCCARTHY, WINNER AND BRIAN O'CALLAGHAN, CAPTAIN. BACK FROM LEFT ARE MIKE O'LEARY, LIAM HARTNETT, HARRY O'NEILL, MIKE HOWARD, JOHN MCENERY, BRENDAN KEOGH, JOHN CASEY, GER BROSNAN, DONAGH GLEESON AND JAMES ARTHUR. PICTURE: EAMONN KEOGH.

KILLARNEY VALLEY AC

Happy New Year to all and we hope everyone is looking forward to staying fit and healthy in 2016!

TRAINING: Started back on January the 7th 2016 and the training times stay the same.

NEW MEMBERS: Killarney Valley AC welcomes new members and our 2016 registration night on January 7th was a great success. For membership enquiries please text the club number 087 2499566.

CONGRATULATIONS: To Sarah Leahy who placed 2nd in the Munster Junior Women Indoors in the 200m in Nenagh on Sunday last. Dion Marcos also competed.

If you haven't yet got your club singlet please contact Brid on 087 2650720 to arrange to purchase one - singlets are €25 each. Killarney Valley AC now have club hats for sale at €10 each. Our new Half Zip Club Jackets are now in - contact Brid if you would like to buy one.

If you have any news you would like to include in the notes please text Maighread on 086 8588988

KILLARNEY RFC NEWS

SENIORS: The Senior XV were due to resume playing following the Christmas break. The next round of the Junior League - a game against Carrick-on-Suir, was due to be played last Sunday, however Carrick were unable to travel so the game was postponed. The lads are away next Sunday to Young Munster in Limerick. Best of luck to Ger Moynihan and his charges for the year ahead.

KRFC U14'S: THOMOND 24 KILLARNEY 19
Killarney U16s traveled to Limerick for this previously postponed league fixture. As is Killarney's crux at this stage, they conceded an early score practically from the Kick off, with a

skewed clearance kick intercepted for Thomond to score under the posts. From Killarneys restart, Thomond built and once again Killarney found it hard to get into the game, with ten minutes gone and No8 Barry Slattery going off injured Thomond scored again 12-0. Killarney responded well and scored two fantastic team tries through many sets of hands with Conor Sheahan (15) touching down twice and one conversion by Kieran F O'Connor, 12-12.

Killarneys defensive effort against a vastly bulkier pack, was eventually breached by two late and quick tries by Thomond leaving the score 24-12, with time nearly up, Killarney were awarded a penalty try (converted by Kieran F, once again), with two Killarney players taken out after a grubber by Conor Sheahan. Once again massive improvement shown by Killarney and really showing some great signs of progression. Next game home next Saturday 9th January v Listowel kick off 11am.

MINIS: Our minis return to training next Saturday morning. As per the month or so prior to Christmas and due to the bad conditions, we will have the U10's training at the AstroTurf in Fossa between 10 -11 am, while the U12's will train between 11 - midday. The U6/U7/U8 group will train in the Sem Gym hall at St. Brendan's College. For any queries contact Mini Co-Coordinator Liam Murphy on 087-4145662

FLAG DAY: The club held our Annual Flag day last Thursday and we made a princely sum of €1,200. Coordinator Mike Fuller would like to sincerely thank everyone who gave up their time, by facing down Storm Frank and doing the hard yards on undoubtedly the worst day of the year. Thanks to everyone for getting out to shake the buckets around the town and a huge thanks to the public for their generosity.

EURO BRIDGE

Finola wishes all our members a happy, peaceful and healthy New Year.

CLUB PAIRS: The Club Pairs competition will be held in the Brehon Hotel on Sunday January 10th. The competition will commence at 2pm. We look forward to seeing you all.

KILLARNEY COUGARS BASKETBALL CLUB

SENIOR NEWS

MEN'S DIV. 1

KILLARNEY COUGARS 97 GNEEVEGUILLA 86

Cougars hosted Gneeveguilla at the Pres Gym on Thursday evening last and the Cougars came through in a high scoring and very entertaining clash despite a final qtr surge by the visitors the Cougars held on. Cougars led throughout the game thanks to the unerring shooting of Eugene Bowler and Jourdan Devoll both contributing an impressive 30pts each. The Cougars led 30-16 at the end of the opening qtr thanks to a quick start opening with a three pointer by Dan Cronin and 10 consecutive points by Eugene Bowler. Cougars impressive shooting continued in the second qtr to lead 58-35 at half time with Don Murphy and Stephen Lehane both contributing 12pts each for Gneeveguilla. The visitors had the better of the second half against a tiring Cougars with Thomas Fleming contributing 9pts to revive Gneeveguilla hopes. The Cougars defence was under pressure and three pointers by Tomas Armonas, Pa Murphy and Dan Cronin helped stem the tide as time ran out for the Gneeveguilla despite Don Murphy best efforts as he finished with 22pts.

WOMEN'S DIV. 1
ST BRIDGET'S CURROW 51 KILLARNEY COUGARS 80
Cougars ladies travelled to the John Mitchels Hall in Tralee to take on St Bridget's and despite trailing at half time Cougars finished the stronger to take the points. Cougars led at the end of the qtr 19-14 with two three by Cassandra Buckley and Amanda Brosnans 6 points giving Cougars a deserved lead. The home side had a great second qtr to lead 33-29 at half time. Cougars regained control of the game in the third qtr to push ahead with baskets throughout the team to lead 49-38. Cougars totally dominated the final qtr and the Currow side had no response in the closing stages as Cougars finished comprehensive winners to maintain their unbeaten record at the top of the League. Best for Cougars were Cassandra Buckley, Amanda Brosnan, Lousie Ni Muircheartaigh and Aisling Leonard.

JUVENILE NEWS

U17 GIRLS CUP SEMI-FINAL

KILLARNEY COUGARS 54 ST ANNE'S 37

Cougars met the Farrenfore girls at the Pres Gym on Thursday evening and the Cougars were made to work all the way by a determined



St Anne's. Cougars led 29-16 at half time with good baskets by Megan O'Connell, Grace Cahillane, Anna O'Reilly and Ciara Griffin with Orla O'Mahony, Diane Cooper and Keira Fell all scoring good baskets for St Anne's. Cougars made a slow start to the third qtr as the visitors reduced the arrears, before good baskets by Kate Stack and Kelly Ahern increased the lead 42-24 by the end of the third qtr. Cougars had to work hard in the final qtr and further baskets by Shelly Clifford and Ciara Griffin made the game safe despite St Anne's determined effort. Cougars will contest the Cup U17 final on January 10th against St. Marys.

U12 DIV. 1 BOYS

KILLARNEY COUGARS 28 ST ANNE'S 16

The Cougars boys continued their unbeaten run at the top of the league with a good home win over St Anne's at the Pres Gym. Cougars led throughout and a strong first qtr saw them finish 8pts ahead with Harry Kelly in good scoring form with all the starting five on target with good baskets. Cougars came under pressure in the second qtr but maintained their lead at half time. Cougars made the game safe in the third qtr with good baskets by Darren Ryan, Shane McAllister and Sean Dineen. Best for Cougars were Harry Kelly, Cian Doyle, Conor Harty and Darren Ryan.

FIXTURES

Tuesday January 12th

Div 1 Womens Cougars v St Marys Pres 8pm.

Saturday January 9th

Div III Women's Cougars v Wildcats at Ballybunion 5.30pm.

U16 Girls Cup Final Div I Cougars v St Marys Pres Gym. 7.30pm.

Sunday January 10th

U12 Div I Boys Cup Cougars v St Bridgets Currow 8pm.

Cougars Juvenile Academy resumes next week Friday January 15th at the Parish Hall.

Further details on training schedules, fixtures and results log onto the website

www.killarneycougars.com or facebook.

KILLARNEY DARTS TOWN LEAGUE

Killarney Darts Town League sponsored by Carlsberg in association with Mustang Sally's.

Firstly the Committee would like to wish all a Happy and Prosperous New Year.

Fixtures for Thursday 14th January 2016

is as follows, first named team have home advantage. Total points to 1st January 2016 are in brackets.

GROUP 1

Tatler Jack (46) v Jimmy Briens (23).

Corkerys Bar (22) v Murphys Bar (16).

The Shire (41) v Lals Bar (31).

Lals OutCasts (55) = Free Night.

GROUP 2

Nugget Old Timers (51) v Kenmare Rooms (29).

Murphys Pintors (29) v Good Time Charlies (28).

Dunloe Lodge A (41) v Linehans Bar (27).

Klub Bar (38) = Free Night.

GROUP 3

Avenue Heros (33) v 98 A (42).

Teddys Bar (38) v Mustang Sallys B (27).

Old Killarney Inn (48) v Dunloe Lodge B (35).

98 B (20) = Free Night.

GROUP 4

Jimmy Jokers (24) v Nugget Night Owls (38).

Mustang Sallys A (39) v Courtneys Bar (35).

Squidgers (44) v The Granary (32).

98 C (29) = Free Night.

GNEEVEGUILLA ATHLETIC CLUB

LOTTO: No winner of our lotto 1/01/2016, numbers drawn were 2, 3, 20 and 29. Sellers prize winner Tom Joe O'Donoghue, €50 Y/T winner Denis Hickey Carragaline, €50 to Aisling O'Connell Scartaglen, Michael O'Mahoney Cork, David Fleming Clamper, Ballydesmond, Simon Mangan Woodlawn Road. Bonus not won numbers drawn were 4, 6, 8 and 21. Next week's jackpot €7,200 plus €1,000 bonus.

MUNSTER JUNIOR & U23 INDOOR

CHAMPIONSHIPS: Held January 3rd in Nenagh, Mel O'Callaghan did very well achieving another PB, he is currently doing a lot of training with the universities squad in Athlone. Mel's current PB will be getting his medals as the seasons goes on. John Paul Breen took a bronze medal in 800m. Well done to all from the club who competed.

BEAUFORT 5K & 10K: Many of the club athletes braved the weather conditions on New Year's Day. Simon Mangan was 5th in 10K, Catherine Kiely 1st O35, Julie Purcell 3rd O40, Caroline Murphy 3rd O50, John Barrett 1st O50, Andrew Purcell 1st in 5K.

MUNSTER MASTERS TRACK & FIELD

ATHLETE: Shelia O'Donoghue has been selected for the Munster Master Track & Field

Athlete Of The Year 2015. Congratulations to Shelia.

MEMBERSHIP & CLUB LOTTO: Asking all athletes to kindly forward their 2016 membership. All membership must be paid in full before you are eligible to enter any competition. Our lotto jackpot is currently €7,200, yearly tickets are up for renewal, anyone wishing to join our lotto contact Tom Joe. This is a vital fundraiser for our club.

RATHMORE GNEEVEGUILLA COMMUNITY GAMES

Community games Competitions will commence early February 2016. Anyone interested in the following events: Solo singing U14 and U16 competition, Group singing U12 & U16 (maximum group of six or minimum of two boys/girls or mixed group).

Solo Music U13 & U16 or Group music U12 & U16 (maximum group of six / minimum of two boys / girls or mixed group) please contact Aeneas 087 6577167 or Cynthia 086 0818606. Our local competition will be held mid January. A very enjoyable evenings entertainment was had last year by all who took part, we look forward to receiving your calls.

DEERPARK PITCH & PUTT

By: John Kelly

SCRAMBLE: The weather over the Christmas period played havoc with our attempts to play this event. The Committee has decided to postpone the event for the foreseeable future with a new date hopefully announced in due course.

AGM: Our 2016 AGM takes place on Monday night (January 11th) beginning at 7.30pm in the Killarney Avenue Hotel. We ask all members to make an effort to attend on the night.

SHOTS BACK APPLICATIONS: Applications for same are still being taken up to Sunday. Contact Sean Kelly (086 0508686) to check your eligibility. Please note all applications are subject to PPUI and Kerry County Board approval.

CONGRATULATIONS: To our Assistant Treasurer Damien Fleming and his wife Sharon on the birth of their second child over the Christmas period.



SCHOOLBOY SOCCER

DEPLETED START TO 2016:

JK Sports 12's:

Premier:

Killarney Celtic 0-3 Killorglin.

12 Division 1:

Ballyhar 2-2 Killarney Celtic B.

12 Division 3:

Dingle Bay Rovers 7-6 Killarney Celtic C.

Park C 1-2 LB Rovers.

Foundation Sports 14's:

Division 1:

Ballyhar 7-2 Mastergeeha.

Dingle Bay Rovers 3-0 Inter Kenmare.

Ballyheigue 1-1 Park B.

Division 2:

Camp Juniors 8-0 Park C.

Killarney Celtic B 3-0 Fenit.

Tralee Trophy World 16's:

Killarney Celtic 6-2 Inter Kenmare.

Division 1:

Killorglin 1-1 Killarney Athletic.

Killarney Celtic B 7-1 Asdee.

REPORTS:

JK SPORTS 12'S: KILLORGLIN REMAIN UNBEATEN IN THE 12'S PREMIER:

In the JK Sports 12 Premier Killorglin enjoyed the perfect start to this season and were unbeaten in the 4 games they played in 2015. They opened the New Year with another win that moves them to the top of the table on 15 points. The Park, who didn't play, remains on 12 points but have a game more played. For Killorglin Adam Owens, Cian McAuliffe and Nicky were the goal scorers.

HONOURS EVEN IN DIVISION 1:

Killarney Celtic B, with new manager Ian O'Shea at the helm, will be delighted to have put a point on the board following a 2 all draw away to Ballyhar. Cian McAuliffe and Nick Coffey got the goals for Celtic with Stephen Palmer and Colin Callaghan replying for Ballyhar who remain in third place.

DINGLE BAR MOVE JOINT TOP IN DIVISION 3:

Killarney Celtic C started the day unbeaten in their 3 games and on 9 points. They were up against Dingle Bay who were in second with two wins from their 3 games. And it was the West Kerry boys that took the points following an amazing 13 goal thriller, winning 7-6. Cormac O'Cinnaide led the Dingle Bay scoring with a hat trick. His 3 goals were added to be 2 from Kieran Bambury and 1 each from Alex Buchannan and Robbie Sheehy. For Celtic Timmy Moynihan and Gearoid Healy both scored twice and Brian O'Sullivan and Dylan Roome got one each.

LB Rovers are enjoying a good first season and this 2-1 win over Park C and are up to 3rd in the table. Goals from Pdraig O'Connor and Ben Murphy gave them all three points this weekend. Obina got the only goal for the Park who are in third.

FOUNDATION SPORTS 14'S:

5 OUT OF 5 FOR BALLYHAR IN 14

DIVISION 1: Ballyhar made it a perfect 5 from 5 in the Foundation Sports 14 Division. At Murt Scott Park they were 7-2 winners over Mastergeeha. Dylan Callaghan hit a hat

trick, Jason Brennan got 2 and there was a goal apiece for Darragh Brosnan and Patrick O'Connor. Philip O'Leary and Darren Lehan replied for Mastergeeha.

Dingle Bay Rovers remain in second and only 3 points behind the leaders having taken the points on a 3-0 score line over Inter Kenmare.

Park B are into third on their own following a 1 all draw away in Ballyheigue. Conor O'Sullivan scored for the home side with TJ McMahon replying for the Park.

CAMP JUNIORS UP TO 2ND IN 14

DIVISION 2: Camp Juniors were the one of the top sides in action and they took full advantage of the chance to move level with St Bernard's in joint second place, behind unbeaten leaders Park D. Camp Juniors had goals from Cian O'Grady, Cian Wright, Maurice O'Connell, Adam Costello, Colin O'Meara and Lennie McGinley in their win over Park C, Killarney Celtic C have 3 points on the board after a 3-0 win over Fenit.

TRALEE TROPHY WORLD 16'S:

KILLARNEY CELTIC MOVE TOP OF 16

PREMIER: Killarney Celtic's 6-2 over Inter Kenmare sees them move to the top of the 16 Premier Division. Pierce Lyne Roberts with a hat trick was amongst the Celtic scorers.

KILLORGLIN REMAIN 3RD IN DIVISION

1: With leaders Mastergeeha and second placed Park not playing Killorglin had the chance to go joint second. However they were held to a 1 all draw with Killarney Athletic. Dean Callan scored for Killorglin with David O'Mahony replying for Athletic. Killarney Celtic B closed the gap on those above them with a 7-1 win over Asdee. Evan Lyne 3, Caolan Ryan, Keelin Deegan 2 and Colm Cagney were the Celtic scorers with Alec Laurent replying for Asdee.

KILLARNEY ATHLETIC

FIXTURES: Saturday 9th January 2016

Moriarty's Centra U11's Group 2

Venue Dynamos 2p.m

Killarney Athletic - Mastergeeha.

Daly's Supervalu U13 Div.1

Park B v Killarney Athletic 10:30 a.m.

Killarney Plaza U15 Div.1

Killarney Celtic B v Killarney Athletic 1:30p.m.

SENIOR FIXTURES

Killarney Athletic A v. Castleisland

Greyhound Bar KO Cup 11:30 a.m

Castlemaine United B v. Killarney Athletic B

11:30 a.m.

The club would like to express their sympathy's to the Beckett family on their recent bereavement.

Wishing everyone a happy New Year from Killarney Athletic.

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 Alan Daly on 085-1913244 or aland15@live.ie.

KILLARNEY CELTIC NOTES

CLUB SHOP: Our range of Celtic gear has been updated and is now available from the club shop on Saturdays from 12 noon to 2.00pm. Contact Mary Lyne 086-6485809 or Mags O'Neill on 087 6451913 for enquiries.

40TH

ANNIVERSARY

COMMEMORATIONS: Our Club has a big birthday when it turns 40 this year. To help mark the occasion and to preserve our history for future Killarney Celtic generations, we will shortly be compiling a Digital Archive of club photos, news reports, memorabilia etc. That will require current and past members to rummage out whatever you might have in display cases, old biscuit tins and photo albums. We'll be publishing more details here and via the press on the project and how you can get us your materials (and get them safely back).

RESULTS: DENNY PREMIER:

KILLARNEY CELTIC 2 CAMP UNITED 0

Hard graft and a very solid display by Celtic, who dictated the play through despite a gallant battle by Camp. Roy Kelliher cemented his rising reputation in goal while Conal Murphy, Brian Spillane, Chris O'Leary and Fergal O'Donoghue combined perfectly as a fluid back four. In midfield Jamie Spillane, Joe Hurley, and Gary Keane were sublime perfection reminiscent of Xavi or Iniesta at times, while Stephen Hayes and goalscorers Stephen McCarthy and Cathal O'Shea were outstanding up front. Celtic played with great pace and energy throughout. Well timed introductions of Wayne Sparling, Conor Randles, and Trevor Nagle kept the tempo high and the pressure always on the visitors. A great overall display.

DENNY DIV ONE: CLASSIC FC 2

KILLARNEY CELTIC 0: A very understrength Celtic produced a brilliantly defiant performance and were actually holding a strong Classic to 0-0 at half-time, but fell just short over the full ninety minutes. Nonetheless a great display.

U17 LEAGUE: KILLARNEY CELTIC 2

BALLYHAR DYNAMOS 3:

Killarney Celtic and Ballyhar Dynamos served up a real thriller in Celtic Park. Cian Callaghan, Liam Brosnan, and Aaron McCarthy controlled the middle of the field for the visitors despite great efforts by Jordan Leahy and Thando Dube in particular, and it was a Celtic defence marshaled by Cian McCarthy and helped by a very sharp Trevor O'Shea advancing from his goal-line to avert danger, that was under sustained pressure in the first half. Diarmuid O'Mahony set up Ciaran Flynn for the opening goal after great work Cian Callaghan, and Callaghan and Flynn combined to tee up Gearoid Murphy to make it 2-0 at half-time - the margin could have been greater.

Celtic went 3-0 down early in the second half with another strike by Ciaran Flynn, but they shook off their torpor after that and really took the game to their opponents. Good team play saw Cian Casey neatly fire home and the same player converted a penalty to make it 3-2 and set up a grandstand finish. Both sides had chances but, despite hitting the woodwork, Celtic couldn't force an equalizer, while Ballyhar's

Donnacha O'Sullivan was denied by a superb close range save by Trevor O'Shea. All in all, an excellent game, helped by sensible refereeing and good support for both sides.

U16 PREMIER: KILLARNEY CELTIC 6 INTER KENMARE 2: A brilliant game, both sides played on the ground and showed incisive running and passing. Piersie Lyne Roberts' hat-trick was the standout feature.

U14 DIV ONE: KILLARNEY CELTIC B 3 FENIT SAMPHIRES 0: Unfortunately Fenit weren't able to field on the day. Given the time of year and the weather conditions, it's a pity but perfectly understandable.

U12 PREMIER: KILLARNEY CELTIC 0 KILLORGLIN 2: A hugely improved performance by the team saw them give an excellent Killorglin a very tough outing, with Conor Gammell and Sean Fitzpatrick standing out for Celtic.

U12 DIV ONE: BALLYHAR DYNAMOS B 2 KILLARNEY CELTIC 2: A great debut game for manager Ian O'Shea, with Cian

McAuliffe and Nicky Coffey earning us a share of the spoils.

U12 DIV TWO: DINGLE BAY ROVERS 7 KILLARNEY CELTIC C 6: An unbelievable thriller and fantastic soccer on both sides; this is exactly what this grade of soccer should be like. Timmy Moynihan and Gearoid Healy got a brace each, with Brian O'Sullivan and Dylan Roome getting one apiece.

CONGRATULATIONS: To Keelan Deegan on making the Kerry Schoolboys/Schoolgirl team of the Week.

FIXTURES: Denny Premier: Killarney Celtic at home to Dingle Bay Rovers, Sunday, 2.30pm.

Denny Div One: Killarney Celtic B away to Ballymac Galaxy, Mounthawk Park, Sunday, 3.30pm.

U17 League: Killarney Celtic at home to Listowel Celtic, Saturday, 2.30pm.

U15 Premier: Killarney Celtic at home to Inter Kenmare, Saturday, 1.30pm.

U15 Div One: Killarney Celtic at home to Killarney Athletic, Saturday, 1.30pm.

U14 Girls: Killarney Celtic at home to Mastergeeha, Saturday, 2.30pm.

U13 Premier: Killarney Celtic at home to Inter Kenmare, Saturday, 11.45am.

U13 Div One: Killarney Celtic B at home to Ballyhar Dynamos, Saturday, 10.30am.

U11: Killarney Celtic at home to Killorglin, Saturday, 9.30am.

LOTTO: Numbers drawn 2, 16, 18, 19. No winner, one x match 3, Dermot Walsh, Upper Lisivigeen, €150 each. Next week's jackpot €2000, draw in the Faillte on Monday night. Tickets available from all club officers. Yearly tickets available.

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

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

KILLARNEY PERFORMS WELL IN BAL LITTER LEAGUE



PICTURED AT THE IBAL ARE ANGELA McALLEN, MICHAEL GLEESON AND YVONNE QUINN.

Killarney is Cleaner than European Norms, and is in 6th spot among the 40 towns surveyed in the final litter survey of 2015 by Irish Business Against Litter show. There was a slight fall-off in the number of litter-free towns across Ireland, but no towns were deemed 'litter blackspots' and only one was 'seriously littered'. An Taisce report for Killarney stated: "Some of the very good sites in Killarney included The Main Street and Plunkett Street, both of which had some very nicely presented premises. There was a complete absence of litter in the residential area

of Friary Downs and the Car Park on College Street was very clean and tidy. However, the 'heavily littered' road to Tralee brought down the town's ranking."

Three quarters of the towns and cities surveyed by An Taisce on behalf of IBAL were found to be Clean to European Norms, a fall of 15% on last year. Likewise, the number of towns deemed Cleaner than European Norms fell from 17 to 12. However, the most littered areas have improved, with Farranree in Cork no longer a litter blackspot and Dublin's North Inner

City shedding its 'seriously littered' tag. The cities of Limerick, Galway and Cork were all clean, with Waterford deemed Cleaner than European Norms.

Drogheda, Dun Laoghaire, Dungarvan, Longford and last year's winner Kilkenny are vying for the title of Ireland's cleanest town, to be revealed later.

"After a decade of year-on-year improvement, it is disappointing to see the very high standards achieved by towns slip in a number of cases," comments Conor Horgan of IBAL. "We may be witnessing the effect of the disappearance of town councils, or we may be getting slightly complacent. At the same time, we can say the great majority of our towns are clean. Also, it is heartening to see the problem city areas getting better - if only slowly." Across the country, recycling facilities (invariably the responsibility of the county council) and disused or abandoned sites were the sites most prone to litter, with two thirds found to be littered or worse, followed by promenades and river walks.

"As the economy recovers, there are signs that the number of vacant or disused sites is declining, which augers well for a clean environment," says Horgan. "In other instances we have seen abandoned sites being put to novel uses, such as inner city gardens. We would like to see more of this, as the benefit it brings to the community can go well beyond cleanliness."



SPORTS NEWS FROM AROUND THE COUNTY

THE FUTURE OF LADIES FOOTBALL IS BRIGHT

What awaits Kerry Ladies football in 2016? "Hopefully some more Munster and All Ireland success, but also the improvement of overall standards in the county." There has been massive improvements in Kerry ladies football over the years, and now they are starting to bear fruition. In 2011, Kerry Ladies Football implemented the new National Development plan in the county; many of the 2015, All Ireland winning u/16 team emerged from that development system. "In 2015 Kerry Development Squads had 143 girls at Under 12 level and 145 girls at Under/13 level registered on the programme. This was hugely positive, and hopefully many of these girls will progress to wearing the Kerry jersey at a competitive level."

Feile is coming to Kerry in June 2016. "This is very exciting and it will give our Under 14 host teams an opportunity to meet new players from different counties. The Feile competition creates many positive memories that can last a lifetime for young ladies football players."

The HEC O'Connor Cup competition is also coming to Kerry in March. "The premier third level competition, it will be played in Tralee, and will have many of the top ladies footballers in the country, including many Kerry players, playing with their colleges".

Dan would like to thank anyone that contributed to its success in 2015. "Players, parents, coaches, clubs, sandwich makers, water carriers, and of course anyone that had a kind word in a young players ear. Always remember that 'one kind word can change someone's entire day'."

"Sometimes we measure success by the amount of trophies and medals won, but this is not always correct. Surely, success can be measured by the look of joy on the young player's face as she pulls on her club jersey for the first time, or quite simply is out on a football field having fun with her friends, no matter what age."

You can catch Dan next week and every week in our special Ladies Sports Column



FAY O'DONOGHUE KERRY U16 CAPTAIN

ST BRENDANS KINGS OF THE CASTLE

The Castle bar St. Brendan's were crowned Castleisland Christmas Blitz winners last weekend when they defeated St Mary's 27-22.

The sides were evenly matched for the early part of the game but St. Mary's got into foul trouble, which cost them as St. Brendan's took full advantage from the free throw line.

At the interval, St. Brendan's held a seven point lead, Kieran Donaghy making a huge difference inside for St. Brendan's. Second half

scores from Philip Griffin and Mike Brosnan reduced the gap but Darren O'Sullivan hit two quick baskets to keep the Tralee side ahead. Mike Cronin and Declan Culhane brought it back to five with just over three minutes remaining. Culhane hit another to bring it to a three point game but this was short lived as both Darren and Fergal O'Sullivan made scores to take the win despite a late Culhane basket for the home side.

Darren O'Sullivan picked up MVP



ST BRENDAN'S, SPONSORED BY THE CASTLE BAR, TRALEE WHO DEFEATED ST MARY'S 1 IN THE MEN'S FINAL AT THE 46TH ANNIVERSARY OF ST MARY'S BASKETBALL BLITZ. FRONT L-R: FERGAL O'SULLIVAN, DARREN O'SULLIVAN (CAPT AND PLAYER OF THE MATCH) AND ROB MULCAHY. BACK L-R: PA CAREY (COACH); KIERAN DONAGHY AND GARETH MOORE (COACH) MISSING WERE; CONOR DONAGHY; CYRIL WALLACE; JASON QUIRKE AND PAUL MCMAHON.

KERRY GROUP RÁS MUMHAN LAUNCHED

Kerry Group Rás Mumhan, the first major Stage Race of the Irish Cycle Racing season will take place over the 4 days of Easter weekend from March 25th to March 28th 2016.

Announcing their continued sponsorship for this prestigious International Cycle Race, Mr. Frank Hayes, Director of Corporate Affairs at Kerry Group said "we are delighted to continue our sponsorship of the race for 2016. The continued involvement of Kerry Group is due to the dedication of the race organisation and their loyal band of volunteers who continue to upgrade all aspects of the event year after year. This has been helped by massive contribution of the competitors and their teams to give the race a big reputation at home and abroad."

The format of the race will remain the same with 4 road stages covering over 500km. Stage details will

be released shortly.

Their will however, be changes to the Team structure for 2016. Teams will consist of 5 riders. A maximum of 40 teams will make up the field. Each team will contain no more than two A3 riders. There will be places reserved for 9 invited teams and places available for a maximum of 31 teams after that. Entry will open on 21st Feb 2016 and close on 6th March. The full list of competitors and teams will be published on March 9th. Rider changes to the entry list will not be permitted after 12 noon on March 21st, the Monday previous to the race start. For further information, please contact:

Mary Concannon Race Secretary/Organiser 00353 87 2802071 maryconcannon15@gmail.com 064 6644396 Tadhg Moriarty Race Director/Press Officer 087 2443360 genemoriarty12@gmail.com.



FITZGERALD STADIUM TO HOST EXCITING DOUBLE-HEADER

Fitzgerald this Sunday will host a very exciting double header with the Cork hurlers coming to town as well as the opening game for the Kerry footballers. Last year Kerry captured the Munster title after a replay in Fitzgerald Stadium and the footballers open the 2016 season with a Munster SFL McGrath Cup game against Clare (2.30pm).

Prior to that, the Kerry hurlers will face a very difficult challenge in Cork, their second round game in the Munster hurling League. The game will be great exposure for the young hurlers of East Kerry.

That game throws in at 12:45.

There has been some angst about the McGrath Cup game as a number of Kerry players are still away on holidays. Kerry GAA PRO John O'Leary told the Outlook that

"It was hoped to put the McGrath Cup game back to midweek to facilitate the Kerry footballers who do not return from their holiday in the US until Saturday morning, however that did not materialise and the fixture goes ahead in Fitzgerald Stadium as originally planned."

Manager, Eamonn Fitzmaurice, and this year's management team of Padraig Corcoran (Trainer/Selector) and selectors, Diarmuid Murphy, Mikey Sheehy and Liam Hassett, will be in charge of their first competitive game as a group with Dingle clubman Corcoran taking over the training from Cian O'Neill and Laune Rangers clubman Hassett being added to the management team as an additional selector this year. With quite a few of the senior players, as already stated, not returning from



KERRY GO IN SEARCH OF YET ANOTHER TROPHY ON SUNDAY IN THE OPENING ROUND OF THE MCGRATH CUP AGAINST CLARE AT FITZGERALD STADIUM AT 2.30PM. THEIR LAST VISIT TO THE STADIUM SAW KIERAN DONAGHY CLAIM THE MUNSTER SENIOR FOOTBALL CHAMPIONSHIP LAST YEAR.

holiday until Saturday and a number of others, most notably the likes of James O'Donoghue, Peter Crowley, Colm Cooper, the Geaneys and Anthony Maher, recovering from Autumn surgery, the team to do duty on Sunday is bound to be of the experimental variety.

Indeed with the Allianz Football League opening game against Dublin less than four weeks away, Fitzmaurice and his management team will have to draft in new players to the panel and it will be interesting to if some of those will put their heads above the parapet for senior recognition in 2016.

The McGrath Cup, which is divided into two groups, continues on Sunday 17th when Kerry travel to Tipperary town to take on Tipperary in Round 2. The final is fixed for Friday 22nd January under lights with the venue decided by the toss of a coin (subject to the availability of floodlighting) and the top team in each group will meet each other. Extra time will apply only in the final and where teams finish level in the group stages the team to progress will be decided by the outcome of the meeting between the two sides/Scoring difference/Highest Scores for or a Playoff.

O'SHEA BACK AT THE HELM OF DR CROKES

Former All Ireland winning manager Pat O'Shea has taken over the manager bib at Dr. Crokes for another term.

The news that was announced by the Dr. Crokes Facebook page sees Kerry's 2007 ALL-Ireland winning boss return to club management and it will mark O'Shea's second spell in charge after previously being at the helm from 2004-2007.

O'Shea steered Dr Crokes to Kerry county senior finals in 2005 and 2006 but they missed both occasions to South Kerry. He also led them to a Munster Club title in 2006 and the All Ireland club final in 2007 in which they were defeated after a replay by Crossmaglen Rangers

In his playing career with Dr Crokes, he won Kerry senior football medals in 1991 and 2000 while helping them to All-Ireland club glory in 1992. Dr Crokes exited last year at the quarterfinal stage against Rathmore in the County Championship.

In other local appointments Fossa secured the appointment of former Tipperary and Roscommon Manager John Evans, While it is believed that Martin Horgan is in the mix for the vacant Kilcummins position while Legion are yet to announce a successor to Peter Keane who departed to take over the Kerry minor management post.

PRES GYM KILLARNEY TO HOST JUVENILE BASKETBALL FINALS

Lovers of Basketball in Killarney are in for a real treat this weekend with the county Juvenile finals being held in the Pres Gym in Killarney.

After the over indulgence of Christmas and the excitement of the Castleisland Blitz next weekend promises to be another weekend of heart stopping moments as the juvenile cup finals reach their climax with 11 finals taking place over the weekend. Starting at 4pm on Saturday and 10am on Sunday.

On Saturday at 4pm St Brendans take on St Marys in U14 Boys Cup. These teams met in league just before Christmas where St Marys took the honours but it should be a lot closer on Saturday.

Cahersiveen face St Marys in U 14 Girls Cup at 5.15pm and again this should be a cracker. These girls have not met in league as weather prevented them from meeting in league.

Cahersiveen and Rathmore face each other in U 18 Plate at 6.30pm where Cahersiveen are fancied due to strong showing in League.

The evening finishes with U16 Girls Cup at 7.45pm where St Marys and TK Cougars. Again this is a hard one to call but St Marys are fancied as they are unbeaten in League.

Sunday starts at 10 am where KCYMS and TK Bobcats meet in Academy Cup. TK Bobcats are fancied here due to their unbeaten record in the league.

Academy Girls see Glenbeigh face Tralee Imperials at 11am. Again another exciting game is promised here with only a few points separating these teams earlier in the league.

Under-18 Girls plate at 12noon is between St Bridget's and Glenbeigh. Only 6 points separated these girls earlier in League so this promises to be a cracker.

Tralee Imperials and St Marys meet in both U18 Boys and Girls Cup at 1.15pm and 2.45pm respectively. Both these should be close. St Marys only shaded league decider in the Boys. In the girls both teams are unbeaten, however they never met in league so this game could go either way.

TK Cougars meet St Marys in U17 Girls Cup at 4pm which again promises to be a close one.

The evening finishes at 5.15pm with Tralee Imperials facing KCYMS in U 16 Boys Cup. This is a hard one to call as they have not met in league but KCYMS must get the nod due to their strong showing in the league and at the Castleisland Blitz.

The entry fee is €2 for juveniles and €3 for adults per day. Come along for a very exciting weekend of basketball.



SAFETY FOR PERMIT HOLDERS

How learner drivers can ensure their driving experience is a safe and enjoyable one

SAFETY FOR PERMIT HOLDERS: To ensure your safety and that of other road users, learner drivers are bound by certain laws.

DRIVING ALONE: You can't be alone in the vehicle when driving, regardless of how long you have been driving and how many learner permits you have held. And the person who's with you must hold a full driving licence for the category of vehicle you are driving for a continuous period of 2 years.

The only exceptions to this are when you are: Driving a work vehicle (eg, agricultural tractor or JCB), unless it has been adapted to carry a passenger, and the passenger holds a full driving licence for a work vehicle for a continuous period of 2 years.

Riding a motorcycle, if you obtained your first learner permit on or after the 6 December 2010 you need to carry a Certification of Satisfactory Completion with your permit in order to drive.

ACCOMPANYING OTHER LEARNERS: You may not act as an accompanying driver, ie, holder of a full licence, for a person driving on a learner permit. The Certificate of Competency you receive on passing your driving test does not qualify – you must hold a full licence to be an accompanying driver for a continuous period of at least 2 years.

'L' PLATES: Your vehicle must display an 'L' plate front and rear. The plate should consist of a red 'L' on a white background.

MOTORWAYS: No driving on motorways even if you possess a certificate of competence.

TRAILERS: If you hold a learner permit to drive vehicles of categories B, C1, C, D1 or D you may not drive the vehicle when drawing a trailer.

PASSENGERS: No passengers can be carried for payment or other reward.

VEHICLE SAFETY: Safe driving alone does not ensure road safety. The vehicle you are driving must also be fit to be on the road. In fact, it is a serious offence to drive an unsafe vehicle on a public road.

Laws exist to enforce vehicle standards. One of the most important of these is that your car,

if more than four years old, must undergo a regular health-check called a National Car Test (NCT). As a driver, it is your responsibility to ensure your vehicle is in good working order. You must ensure that the steering, brakes, front and rear lights, reflectors, rear view mirrors, safety belts, speedometer, tyres, windscreen wipers, horn and silencer are all checked regularly to ensure they are in good condition and working properly.

OTHER REQUIREMENTS: Not all of the following are legal requirements but they are all important to adhere to:

CHILDREN IN MOTOR VEHICLES: You must not leave young children on their own in a motor vehicle, even if you are away for a short time. The children may face a number of hazards, such as:

A fire breaking out

Dehydration and heatstroke on a warm day (if all windows are closed)

Being trapped in electric windows, which could result in serious injury or death

ANIMALS IN MOTOR VEHICLES: You should never leave animals alone in vehicles. It is cruel and unsafe and can result in injury to the animal and/or damage to your vehicle.

USING A MOBILE PHONE: You must not drive a vehicle or ride a motorbike while using a handheld mobile phone. It is an offence that can result in your receiving up to four penalty points. Cyclists should never use a mobile phone when cycling; pedestrians should be careful when using one.

IPODS ETC: Personal radios and MP3 players can be distracting and cause you to lose concentration while driving or crossing the road. Cyclists in particular should avoid these devices, as they, more than most, rely on their hearing while on the road.

SIX MONTH RULE

How long you need to hold a learner permit before you can apply for a test

WHAT IS IT: First-time learner permit holders (in certain categories) must wait six months after the date of issue of the particular licence category before they can sit their driving test. In the past, some people took the test shortly after getting their first learner permit and research has shown that the more practice and experience a person gets, the better a driver they become. This is particularly important



if you have added a licence category to your permit as it is the date the category was added that is relevant not the date that your permit was issued. It is your responsibility to ensure that you have checked your permit details and that you are eligible to sit the test. If you apply and turn up to sit your test and you are not eligible then you will lose your fee and have to re apply.

WHO DOES IT APPLY TO: It applies to first-time learner permit holders for: cars, motorcycles, works vehicles (eg, tractors, JCBs)

EXEMPTIONS: Where you opt to take Progressive Access (where you have held the lower category for a minimum of 2 years) from category A1 to A2 or Category A2 to A and wish to take a driving test, you do not need to wait six months to sit the driving test. A holder of a current full driving licence from another country (jurisdiction) for more than six months is exempt from this requirement, provided you forward a current original driving licence and a letter of entitlement from the relevant licensing authority in that country to the:

Customer Service Manager

Driver Testing Section,

Road Safety Authority,

Moy Valley Business Park,

Ballina, Co. Mayo

drivingtest@rsa.ie 1890 40 60 40

Applicants are advised to forward their original licence by registered post.

A letter of entitlement refers to a copy of a driver record with details of name, address, date of birth, driver number, date of expiry of licence and class of licence to include details of what that class refers to.



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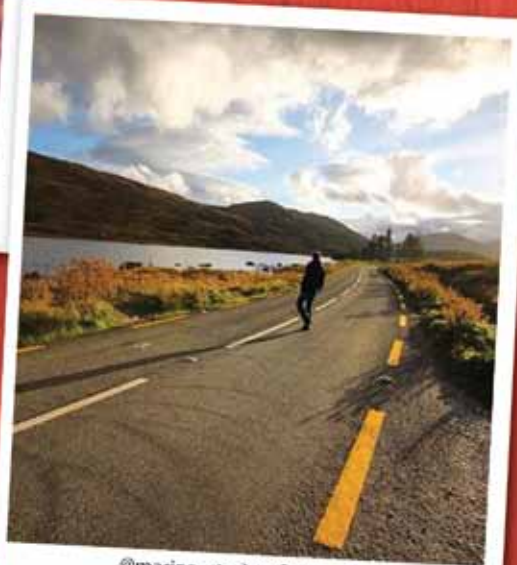


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RATHMORE/ GNEEVEGUILLA NEWS

by Michael O'Mahony

DIOCESAN COLLECTION: A Second collection will be taken up at all Masses this weekend 9th/10th January for the needs of the Holy Land. Your generous support would be deeply appreciated and would help in maintaining the holy and sacred spaces in the Holy Land.

FROM THE PARISH RECORDS: Here is the breakdown of Funeral Masses, Baptisms and Marriages celebrated in our four churches from January to December 2015:

Funerals - Rathmore - 19, Knocknagree - 9, Gneeveguilla -13, Shrone - 5, Nohoval - 1, Kilquane -1.

Baptisms - Rathmore - 18, Knocknagree - 21, Gneeveguilla - 13, Shrone - 4

Marriages - Rathmore - 7, Knocknagree - 3, Gneeveguilla - 8, Shrone - 5.

PARISH CALENDAR: 2016 Parish calendars have been distributed to all households in the parish together with parish envelopes for next year. If you would like to send the calendar to a friend they are available at all the churches. Please feel free to take them.

CUAN MUIRE REUNION INVITE: Cuan Mhuire is celebrating 50 years of supporting people with addiction issues. A Reunion Mass and get-together of "Past Friends and Residents of Cuan Mhuire" in Kerry is being planned for a Sunday in May or early Summer 2016 in Killarney or Tralee. Please re-establish contact with Cuan Mhuire. Write to Sr Consilio, Cuan Mhuire, Bruree, Co Limerick or email her at annosheadaly@gmail.com Please give your name and contact details (address, phone no, email) Please make contact by January 31st.

SYMPATHY: To David Cronin Tureenault and Kathleen O'Keeffe, Tureencahill on the death

of their brother Denny Cronin, Gneeveguilla whose funeral took place on Wednesday. To Margaret Foley, School Place Rathmore on the death of her mother Julia Palmer, Bonane and Joseph White Clounts Cross Rathmore & Floursmills Co, Wexford, Daniel Joseph Kelleher, Scrahanaveal, Gneeveguilla. May they all rest in peace.

WEDDING BELLS: Congratulations to Paudie Kelliher Junior Shinnagh Rathmore who marries Lisa Keogh of Aughrim Wicklow recently, to Siobhán Carmondy, Gneeveguilla, who married Jim Carolan, Shinnagh Rathmore, and to Sean Noonan, Gortdarrig Headford who married Brenda Allman, Killarney, recently, we wish them all happy long life together.

PILGRIMAGE: Kerry Diocesan Pilgrimage to the Holy Land led by Bishop Ray Browne 30th October 2016, 8 nights.

Direct Flight from Shannon, coach transfers from Kerry. Cost €1,575 sharing. Enquiries: Janice O'Sullivan 064 7758219 or email joskdp@eircom.net. Limited availability.

COME AND SEE: Maybe you have been thinking about the Priesthood as a way of life for you? Maybe you have felt you are being called? You are invited to St. Patrick's College, Thurles on February 5th and 6th 2016. This event is an opportunity for you to 'come and see'. We start on February 5th with dinner at 6.30pm, followed by some time for prayer, meet others thinking of the priesthood and some recently ordained priests. Stay overnight. On February 6th there is prayer, breakfast, a brief talk on discerning a vocation, preparation for Mass, lunch, discussion, depart. For more information contact Fr Michael Moynihan PP, Glengarriff at 087 6551902 or Fr Liam Comer, PP Dromtariffe, 087 2401246.

CULLEN AND DISTRICT SPECIAL NEEDS ASSOCIATION: It is that time of year again Christmas has passed, it is now January we invite you all to join us for our 31st Annual Weigh-in, beginning on Monday January 11th at 8.00

p.m, in Cullen Community Centre. It's a very sociable event and is better than any Facebook for meeting people around the area while at the same time getting fit. On the final night last year we made presentations to representatives of the various centres, where our friends are educated; St. Joseph's Foundation, Charleville, COPE- Cork, Mallow and Kanturk, Kerry Parents and Friends - Rathmore and Monastery, Killarney, they all replied and expressed their sincere gratitude and deepest appreciation for this financial boost, and will again make similar presentations on March 21st.

THREE LAKES HOTEL STAFF REUNION: On Saturday January 30th we are having a Reunion for all former staff members of the Three Lakes Hotel, Killarney in the Porter House in Killarney. We are meeting up at the Porter House at 7pm meal at 7.20pm. Music in the bar from 9pm.

In order to book our table we need to get an idea of numbers so we would really appreciate anyone letting us know if they would like to go. We also would really appreciate it, if anyone who reads this and knows of anyone who worked in the Three Lakes, to let them know please. Please contact Catherine Howe or Catherine Ring on 083 3498778 for any further information, (will let you know menu, cost etc when you get in touch). Please contact me by Sunday January 25th.

SOCIAL: Rathmore social GAA victory Saturday 16th January in the Dromhall Hotel. Tickets €25 from The Washbasket, Donal Murphy, Dermie Moynihan and Tim O'Brien.

RATHMORE GAA CLUB: The club AGM will be held in the clubroom Rathbeg on Friday 8th January at 8.00pm. All members are asked to attend.

NOTES: Anyone's has any information they would like to add to the notes, please email Michael O'Mahony (momahony14@gmail.com) or ring or text 087-6676817 before 6pm Sunday.



PUPILS FROM TWO MILE SCHOOL PICTURED WITH THEIR TEACHER TOM LONG, FOOTBALLER AND SAM MAGUIRE CUP IN 1962. PICTURE COURTESY OF TIM FOLEY.

KILCUMMIN NEWS

BENEFIT DANCE: In aid of Earthquake Relief in Nepal in Gleneagle Ballroom on Friday January 8th at 8.30. Tickets €10. Contact Mary O'Leary, Dunrune, 086 0628461 for tickets. Also available from O'Learys Electrical, Plunkett Street or at the door. Music by local musicians. Please support this worthy cause.

KILCUMMIN GAA CLUB: We wish all our members a happy new year and to outgoing officers and mentors a heartfelt thanks for your commitment to club and community.

"PINK NIGHT": The ladies committee annual fund raiser takes place this Saturday night at 9pm in Kilcummin Klub in aid of the Kerry/Cork Link Bus. Live music, spot prizes. Best dressed Pink Lady and gent prize. Fun and games for a good cause.

BEREAVEMENT: It was with sadness that the Kilcummin GAA Club received the news that Jackie O'Connor, had passed away in the U.S.A. His home was base camp, for the Kilcummin team during their stay in New York in 1974. Jackie, and his wife, Sheila (Nee Cahill) from Knockanore, Kilcummin hosted team trainer Fr. Brian, Fr. Larry and Sean Kelly, while the remainder of the team were hosted by various

Kilcummin related families around New York. The O'Connor family were wonderful hosts, during the teams stay in New York with a few parties held in their home in the Bronx. The Kilcummin GAA Club and the Team of 1974 extend their sympathy to the O'Connor family and their Kilcummin relations. Ar Dheis De Go Raibh A Anam Dilis.

GAA LOTTO: There was no winner on Sunday 3rd January 2016. Numbers drawn were 4, 15, 16, 24. Consolation prizes were €100 Sean Leane, Buddihans. €60 P. Carroll. €60 Noreen O'Sullivan, Dooneen. €30 Kathleen Leane, Buddihans. €30 Pat Joe Teahan, Buddihans. Next Draw Sunday, January 17th 2016. Jackpot now €3,250.

MASTERGEEHA FC:

BALLYHAR 7 MASTERGEEHA 2: In the first game of the year the boys were beaten by league leaders Ballyhar. The home side started well and were 3-0 up within 20 mins. Mastergeeha played some good soccer at times and fought back when Philip O'Leary scored just before the break. Darragh Cashman rattled the crossbar from 20 yards early in the 2nd half but Ballyhar rallied with further goals to seal

the points. Darren Lehane scored a cracker following good work from Ian O'Connor but it was a mere consolation goal and the lads can now focus on the race for runner up spot.

MASTERGEEHA FC LOTTO: There was no winner on Sunday 27th December 2015. Numbers drawn were 15, 17, 18, 22.

Consolation prizes were €100 Sarah Scanlan, Kilcummin. €60 Noreen Brosnan, Milleen, Kilcummin. €30 Dara and Marie Lehane, Lacca, Kilcummin. €30 Joe Sheehan, Laharn Cross, Faha. €30 Sheila Doolan, Cockhill, Kilcummin. Jackpot now €3,600.

SPECIAL CHRISTMAS PRIZES: Whiskey – Pat Finnegan, Jackie O'Mahony, 2 Mountain View, Kilcummin and David Corcoran, Milleen, Kilcummin.

There was no winner on Saturday 2nd January 2015. Numbers drawn were 10, 18, 20, 24.

Consolation prizes were €100 Denis Crowley, Rathane, Kilcummin. €60 Tina Reen, Rathbeg, Rathmore. €30 Darby Healy, c/o The Klub, Kilcummin. €30 Anne O'Neill, c/o Tim @ The Village Inn. €30 Darby Healy, c/o The Klub Kilcummin. Jackpot now €3,750.

FOSSA NOTES

LOTTO: 3rd January 2016. Numbers drawn were 2, 18, 24, 26. There was no jackpot winner and the €40 consolation prize winners were Patrick Martin O'Connor, Gortroe, Pat Talbot, Aghadoe, Peggy O'Leary, O' Kelly's Villas, Betty O'Leary, Ardshanavooley and Ailish Hallissey, Crohane. Next weeks jackpot will be €4,650. Tickets are on sale at The Golden Nuggett Bar, The Castlerosse Leisure Centre, The Travel Inn, The Old Killarney Inn, Foley's Spar Shop, The Laurels Bar and Committee members.

COMHALTAS: Fossa/Two Mile Comhaltas Rambling House will take place on this

Saturday night 9th January at The Travel Inn Fossa. A great night of music, song, dance and storytelling. Everyone welcome. Tea and Barn Brack served. Fossa Two Mile Comhaltas would like to wish you all a Happy and Healthy New Year and thanks for your support in the past. A busy year ahead with Kerry Fleadh in Tralee, Munster Fleadh in Listowel and All Ireland in Ennis.

SCÓR: The closing date for entries to Senior Scór is this Friday. We are still looking for singing and recitation participants, if interested please contact Theresa Kissane on 087 6816169

ASTROTURF ALL WEATHER PITCH: All weather pitch at Fossa National School. Opening hour Monday/Friday 4pm/10pm, Saturday/Sunday 10am/10pm. All types of sport are played on this floodlit pitch. Now taking bookings for birthday parties. Contact Ger O'Connor 083 4228977 or email fossaweatherpitch@gmail.com

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

SPA NOTES

GREETINGS: Wishing you all a very happy and healthy New Year

ANNUAL GENERAL MEETING: Our AGM will take place Friday January 22nd time TBC. Coiste na nog AGM is Wednesday January 20th.

SCOR: Scor na nOg Munster Final has been rescheduled to January 10th at 2pm in Cappaquinn (due to flooding). Best of luck to our

figure and set dancers. Senior East Kerry final will take on January 15th.

SPA LOTTO RESULTS: Draw held in The Killarney Oaks Hotel for a jackpot of €14,000. Numbers drawn 06, 07, 20, 26. Jackpot not won. Lucky Dip winners €50 each: Graham Lawlor, c/o The Killarney Oaks; Gavin Tucker, 82 Woodlawn Park; Dan Twomey c/o Neily

Mahony; Gemma Kavanagh, St Anne's Road. Annual ticket holders draw for €50: Mary Spillane, Kilbrean. Next week's draw will be held in The Torc Hotel for a jackpot of €14,200.

WEDDING: Congratulations to Claire O'Sullivan, Muckross to Brendan Cahill on their recent wedding.

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Their Special Day



MARTHA O'CONNOR (KILLARNEY) AND AUSTIN O MALLEY WHO WERE MARRIED AT ST MARY'S CATHEDRAL AND HAD THEIR RECEPTION AT THE MALTON HOTEL KILLARNEY.

PICTURE: TARA O'DONOGHUE.



SINEAD O'CONNELL AND NIGEL MCSWEENEY WITH THEIR BRIDAL PARTY AT ULICKS PUB FARRANFORE.

THEY WERE MARRIED AT BALLYHAR CHURCH WITH THEIR RECEPTION AT THE BALLYGARRY HOUSE HOTEL TRALEE.

PICTURE: TARA O'DONOGHUE

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WEDDING SHOWCASE EVENT AT MUCKROSS PARK HOTEL

If you are planning on tying the knot then a visit to the Muckross Park Hotel and Spa is a must. The luxury property will host a wedding showcase evening on 22nd January 2016. This unique wedding event is ideal for newly engaged couples planning their special day and is a prime opportunity to meet with our experienced wedding team, sample some of our wedding dishes and enjoy live entertainment.

This exclusive event is invite only and spaces are limited; for your invite contact Bernie O'Donoghue on bodonoghue@muckrosspark.com or call **064 6623400**.

Muckross Park Hotel is celebrating weddings with couples since 1795. Set against the stunning backdrop of Killarney's National Park,

with lavish interiors and culinary excellence, Muckross Park Hotel provides all the elements required to orchestrate your fairytale wedding. With so many details involved, our dedicated and experienced wedding and events team can help you plan a magical day.

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

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

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Email to: **editorial@outlookmags.com**

TAX Matters with



One of the key measures announced in Budget 2016 were the changes to the Universal Social Charge (USC).

Incomes of €13,000 or less in 2016 are exempt from the charge. This is an increase of €988 from the 2015 exemption limit of €12,012. If your income is above the exemption limit you will be taxed as follows:-

€0 to €12,012 @ 1%

€12,012 to €18,668 @ 3%

€18,668 to €70,044 @ 5.5%

€70,044 to €100,000 @ 8%

PAYE employee income in excess of €100,000 @ 8%

Self – employed individuals income in excess of €100,000 @ 11%

The change in USC bands and rates leads to the following USC cuts for various levels of gross income up to the maximum reduction of €902.

Gross Income	USC 2015	USC 2016	USC Cut
€20,000	€545	€393	€152
€30,000	€1,245	€943	€302
€40,000	€1,945	€1,493	€452
€50,000	€2,645	€2,043	€602
€60,000	€3,345	€2,593	€752
€70,000	€4,045	€3,143	€902

Medical card holders and individuals aged 70 years and over whose aggregate income does not exceed €60,000 will pay a maximum USC rate of 3%.

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Know Your Rights:

SMACKING CHILDREN

QUESTION

I heard that smacking a child is now illegal. What exactly are the rules?

ANSWER

The Children First Act 2015 provides for a number of key child protection measures. Changes aimed at banning corporal punishment or use of force against children came into effect on 11 December 2015. Since that date, a person who physically punishes a child can no longer rely on the defence of "reasonable chastisement" in the courts.

Before this change, parents or others acting in loco parentis could use physical force to punish their children, even though a law allowing parents to use force against their children was repealed in 2001. They could do this by relying on the common law defence of "reasonable chastisement". This meant that a person who hit or smacked a child could argue that they did so to discipline the child. This was a defence to what would otherwise be an assault on the child. This defence can no longer be used in the courts.

No new offence has been created and there are no laws that directly ban the smacking of children. However the withdrawal of the "reasonable chastisement" defence means that an effective ban is in place.

You can visit Parenting24seven, an online resource from Tusla, the Child and Family Agency, to get information that is relevant to children and families at different stages of childhood and in different situations.

Further information is available from the Citizens Information Centre below.

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

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

ON THE BOX KILLARNEY OUTLOOKS WEEKLY SOAP COLUMN SELF-CONFESSED SOAP ADDICT, JOE BURKETT TAKES A LOOK AT WHAT'S IN STORE IN THE SOAPS THIS WEEK



New Year Preview

CORONATION STREET: Carla Connor's life will continue to fall apart in the aftermath of her fling with Robert Preston and the revelation that Johnny Connor is her real father. As Nick Tilsley plans ahead for their spring wedding, Carla's impulsive actions leave her fighting for her life.

Also, two Corrie villains are making a comeback as child snatcher Jenny Bradley and cowboy builder Pat Phelan make trouble for Rita Sullivan, Kevin Webster and Anna Windass.

EASTENDERS: The Mitchell and Slater families will dominate the drama as the New Year begins. Phil Mitchell will be rocked by a shock medical diagnosis. While dealing with his medical crisis, Phil will be joined by his daughter Louise Mitchell who returns to the square having fallen out with her mother Lisa Fowler. And finally, it looks like Ben Mitchell's affair with Paul Coker is set to be exposed.

Meanwhile, the Slater family deal with Charlie Slaters death leading to the return of Belinda Slater. As Kat Moon also deals with the revelation that she has a son, Stacy Branning's mental health takes a turn for the worse.

EMMERDALE: Shock returns, family feuds and testing times are all ahead of the residents of Emmerdale village in 2016. Charity Macey will making her comeback very soon and she's got her sights set firmly on getting back with Cain Dingle.

The Sharma brothers are set for a huge bust up as Jai Sharma's jealousy of Nikhil Sharma grows as do Nikhil's feelings for Jai's ex Leyla Harding. Expect fireworks as Nikhil leaves the village again.

And finally, Ashley Thomas and Laurel Dingle try to make the most of what time is left for Ashley as his health begins to deteriorate. With Laurel also battling an addiction, Doug Potts is unsure if Laurel is strong enough to cope.



SouthWest Counselling Centre

HAPPY NEW YEAR!



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

A good place to start is family or friends, someone you already know and trust. They know you already and know your life experiences and how much you have been through so chatting to them about how you feel can alleviate the pressure/stress you may be feeling. Family and friends will want to know if you are struggling and from my experience, as a counsellor, they will appreciate you letting them in. The first step is the hardest but once you start the conversation you will feel less alone and instantly begin the process of connection. Communication is key. Whether it is anger, sadness, fear or anxiety talk about it; problems are relative so if it bothers you then it bothers you. Don't fall into the trap of thinking it doesn't matter or other people won't care because this way of thinking only serves to isolate you more. Don't pretend to be ok if you are not ok. This only serves to delay or postpone what you inevitably have to address so consider the benefits of sharing how you feel, as not sharing could have a negative impact on your mental, emotional and physical wellbeing.

Another avenue worth exploring is visiting your GP. Describe to your doctor how you feel and what you are experiencing recently. Discuss your concerns and fears and how others i.e. family or friends, may have noticed a change that concerns them. Again you have begun the process of reaching out. Your doctor can listen and make some suggestions or refer you to other services. They can discuss your support network and request a repeat visit to them so that they can monitor and support you as necessary. Alternatively, you may consider counselling. This would give you the opportunity to explore your thoughts, feelings and experiences (past or present) in a confidential, non-judgemental, safe setting.

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

SouthWest Counselling Centre will run an **8 week Programme for Parents of children aged 5 to 12 years**, starting on 19th January, cost €25. Call **064 6636416** for more information or to book your place.

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

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

To make an appointment call **064 6636416/064 6636410**

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All funds raised through fundraising go directly to service provision



Health Matters....

With Dr. Michael O'Doherty

FLU VACCINATION INFORMATION

WHAT IS INFLUENZA (FLU)?

Influenza is a highly infectious acute respiratory illness caused by the influenza virus. Influenza affects people of all ages. Outbreaks of influenza occur almost every year, usually in winter. This is why it is also known as seasonal flu.

HOW SERIOUS IS FLU?

Flu is often self limiting with most people recovering in 2-7 days. However, flu can be severe and can cause serious illness and death, especially in the very young and in the elderly. Serious respiratory complications can develop, including pneumonia and bronchitis, to which older people and those with certain chronic medical conditions are particularly susceptible. Pregnant women have also been found to be at increased risk of the complications of flu. Some people may need hospital treatment and a number of mainly older people die from influenza each winter.

HOW DO PEOPLE CATCH FLU?

Flu is a highly infectious illness. A person carrying the virus can spread the illness by coughing or sneezing. A person can spread the virus from 1-2 days before they develop symptoms and for up to a week after symptoms develop.

WHO IS MOST AT RISK FROM FLU?

Anyone can get the flu but it is more severe in people aged 65 years and over and anyone with a chronic medical condition. Chronic medical conditions include chronic heart conditions, chronic respiratory disease, diabetes mellitus and immunosuppression due to disease or treatment. Pregnant women have also been found to be at increased risk of the complications of flu. These groups of people are targeted for influenza vaccination.

How can Flu be prevented ?

Flu can be prevented by vaccination. Flu vaccine is a safe, effective way to help prevent flu infection, avoiding hospitalisation, reducing flu related deaths and illnesses.

WHAT IS THE SEASONAL (ANNUAL) FLU VACCINE?

Each year the seasonal (annual) flu vaccine contains three common influenza virus strains. The flu virus changes each year, this is why a new flu vaccine has to be given each year.



Dr. Michael O'Doherty,
General Practitioner
and Occupational Health Specialist
The Killarney Medical Centre,
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t: 064-6620628.



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Hello readers and welcome back to my Ramblings, my favourite words in the English language when it comes to my Ramblings is to hear my readers say "I didn't know that" and this year I hope to provide you with interesting articles on most subjects, but I would be delighted if you could help me out, if you read or hear something that you believe should be brought to my readers attention – the more unusual the better – please let me know, my contact details are on top of the page and I am always particularly delighted with items of good news.

AFEW IDEAS FROM PARENTS FOR RAISING GRATEFUL AND KIND CHILDREN

Children absorb so much of what adults say and do, that we have an opportunity to purposefully do things that we hope will help mould them into a caring and compassionate persons.

- Help develop your child's identity as a caring person. Rather than telling your child "That was a kind thing to do," say, "You're such a kind person."
- Model the behaviour you'd like to see. No matter how much we talk about being kind or the right way to act, children learn by watching the little things we actually do.
- Listen. It's easy for us to tell children they should listen, and then cut them off when they're too chatty. If we want children to be great listeners, make sure we're great listeners.
- Emphasize the importance of being kind. Talk to children about the importance of trying to do something kind and the importance of being happy.
- Discuss acts of kindness that you saw during the day and you will discover your child will begin doing many of the things mentioned in conversation.
- Practice gratitude. Grateful children (and adults) are more likely to be kind and happy. Talking about what you're thankful for can be a daily ritual at dinner, bedtime or in a journal. A fantastic thing about gratitude is that scientific research shows that something as simple as keeping a gratitude journal for a couple minutes a day increases happiness.
- Do something about gratitude. Why not have children write a quick, spontaneous note anytime someone does something nice?
- Participate in writing at least one planned

thank you note a week. Your child can play a role in choosing recipients. Include the people who are often taken for granted — the bus driver, post person, rubbish collector and others. This helps ensure that a child realises and appreciates what everyone does for him.

● When visiting a large town or city try to carry around some extra food to give to homeless people we see around the city. First and foremost, it must be awful to be homeless and I'm sure the food goes a long way. It also sets an example for children – that we shouldn't ignore people in need.

GUN CRAZY AMERICA

In Chicago a mobile phone store owner, defending himself from an armed robber, sprang into action to put a bullet in the chest of an innocent 27-year-old man at the bus stop across the street, and another through the TV set of a nearby family of five. The robber left the scene unharmed, but didn't get away with the money! In other news, with the deer season winding down, the temporary spike in hunting-related accidents looked to be on its way down. By the time November rolled over into December, hunting accidents were steady at nine, up just one from the previous week.

But child season is year-round, with another 15 wounded in the week from November 29th to December 5th. Nineteen people also accidentally shot themselves, and five were shot by family members or significant others. Ohio capital of the north, contributed six shooting reports in a row on December 2nd and 3rd. A pizza delivery boy in Michigan was accidentally shot through the wall by a man showing off his gun in the barber shop next door. Two days later, in Toledo, a delivery worker was accidentally shot at a customer's home by a gun knocked off a table by his dog. And a Florida family is grieving after a mother shot and killed her 27-year-old daughter after taking her for an intruder. The woman told police she was asleep in her bed and thought she heard an intruder enter the house, she heard the person quickly approaching her, so she fired a single shot. The daughter died from the gunshot wound. Police are not releasing the names of those involved: The list is practically endless!

SPREAD GOOD NEWS

Pope Francis has asked journalists to shine more light on the good news in the world.

The pontiff doesn't want the world to ignore the suffering of so many people, but he said the good deeds shouldn't be forgotten, either. "How many great gestures of goodness, love and solidarity have filled the days of this year, even if they are not on television news programs" he asked the congregation at his end of year Mass.

The Argentine pope said the media should not keep "so many great gestures of goodness" hidden while only reporting on the evil deeds. "Good always wins, even if sometimes it many seem weaker and hidden." While I am not a journalist I have decided to take the Popes advice and will try to find almost unknown good news story's to publish, but like the Pope I will not close my eyes to cruelty in any form. No doubt if all the kind acts of people were reported they would outweigh the cruelty in the world – but unfortunately they are not and the best I can try to do is find a balance each week.

GOOD EXAMPLE PAYS OFF

Caleb White began handing out Christmas packages of food and toiletries to the homeless as a 6-year-old, now at age thirteen his efforts have evolved into giving those in need something a little more fun to raise their spirits by hosting monthly game nights in Detroit area shelters with board games for the women and children. Such as those staying in the Detroit Rescue Mission Ministry's Genesis House II, which provides transitional housing and employment and educational services to women and children.

YOGURT CUPS, FOOD WRAPPERS AND A SHOE FOUND IN STOMACH OF DEAD ORCA

Another whale has been found dead with plastic trash filling its stomach. This time, a 5.7-meter (about 18-foot) female orca washed up on Plettenberg Bay in South Africa. After a necropsy was performed on the whale, items such as yogurt cups, the sole of a shoe, food wrappers, seagrass and tubed organisms were found in her stomach. In Taiwan in October a mature sperm whale found dead had vast quantities of plastic bags and fishing nets filling its stomach.

It is clear from news like this that plastic trash and other marine debris have a major impact on aquatic life.

THE PLANET HAS 3 TRILLION TREES, BUT THEY COULD BE GONE IN 300 YEARS

A new review of the world's forests shows that 3 trillion trees cover the planet—meaning there are 422 trees for every person. But before you celebrate, scientists say there would be way more than 3 trillion trees if it weren't for humans. The study estimates that

since the invention of the axe, the number of trees has dropped by 46%. Today, people are responsible for the loss of 15 billion trees every year, owing to development and agriculture. With around 5 billion new trees sprouting up annually, that leaves the world with a 10-billion-tree annual deficit. The U.N.'s Plant for the Planet programme has planted 14 billion trees in 193 countries in the past eight years and in the wake of the study, the group called for more "afforestation," which means planting trees where there were none.

QUOTE

"It is our collective and individual responsibility to preserve and tend to the world in which we all live" — Dalai Lama.

ON THIS DATE: - JANUARY 8TH

1642 - Italian scientist, scholar and astronomer Galileo Galilei died in Italy at age 77.

1654 - The Cossacks accepted the Russian Tsar as leader, spreading his power into the Ukraine, but retained their own army, courts and leaders.

1656 - The Haarlems Dagblad regional newspaper in Haarlem, the Netherlands began publishing.

1811 - Unsuccessful slave revolt led by Charles Deslandes in St. Charles and St. James, Louisiana.

1824 - Birth of Wilkie Collins, British mystery writer whose novel *The Moonstone* (1868) is generally considered the first detective novel in the English language.

1835 - US national debt was 0 for the first and only time.

1856 - Dr. John Veatch discovered Borax (hydrated sodium borate which later became an ingredient in hand and laundry cleaners) in Tuscan Springs, California.

1884 - Chrome tanning process for leather patented by Augustus Schultz.

1908 - Subway transit service between Brooklyn and Manhattan began.

1916 - The Allied retreat from Gallipoli began.

STOPPING TRAFFIC

On December 28th a 500-pound elephant seal hauling herself across a Northern California highway stalled traffic for more than an hour, when impatient motorists near Sears Point tried to shoo her back toward San Pablo Bay it only incensed her, and she began to attack cars. Even after reps from state Fish and Wildlife ushered her back to the bay, the seal seemed resolved to try again—despite no water on the street's north end. "She is very committed to cross Highway 37," a highway patrolman said "She's swimming in circles, popping out of the water and staring at me very grumpily because I'm in her way.

ONE OF MOST ABSURD LAWSUITS OF 2015

Jennifer Connell arrived at the eighth birthday

party of her nephew Sean, who, overjoyed to see her, leapt into her arms. Ms. Connell, apparently not expecting such affection, fell backward and broke her wrist. She decided to sue her 8-year-old nephew for \$127,000 for "negligence and carelessness" because the boy "should have known that a forceful greeting such as the one delivered by the defendant to the plaintiff could cause the harms and losses suffered by the plaintiff."

It seems poor Aunt Jennifer suffered greatly, pointing out that at a party she attended afterward, she was unable to hold her hors d'oeuvre dish without great difficulty. The jury listened to her heart-wrenching story, deliberated for 20 minutes and awarded her nothing. Ms. Connell later said her insurance company had forced her to sue.

HOMELESS FAMILY GIVEN A HOME IN TIME FOR CHRISTMAS BY A POLICEMAN

A Florida mother and her two children were living in their car in Boynton Beach, Florida after the person they were sub-leasing their apartment from stopped paying rent to the landlord. Between working a full time job and getting the children to school on time, sleeping in the Walmart parking lot was their only option left. That's where Officer Craig Hanning found them and when he checked out the family's background, he found the mother had never missed a day of work and her girls had excellent grades. With that news, Mr. Hanning reached out to his contacts in the community. Rallying support at the real estate agency Remax Direct, they not only found the family a place to live, but all 120 agents at the company agreed to contribute money to cover the first and last month's rent and security deposit, and supply some furniture and supplies for the family. The Community Caring Center and Easy Pay Tire also gave money for food and Christmas gifts and tires for the car so she could get to work safely.

"My husband has been a police officer for 18 years," Mr. Hanning's wife said "He has the biggest heart of anyone I have ever met. This is an inspiring reminder of how going above and beyond to help others in their time of need can have a lasting impact," she added. "I am so proud of him and wanted to share the story of this dedicated mother who refused to give up hope."

HOW TO MAKE HARD-BOILED EGGS WITHOUT BOILING THEM

Oven-baking is the easiest way to make eggs in bulk. They'll cook to perfection consistently, and with almost no effort. Plus, you can keep your hard-baked eggs in the fridge for up to a week. Just preheat to 163 degrees °C. Place eggs in a mini muffin tin and cook them for 30 minutes, then place them in cool water

for about 10 minutes. Baked eggs will have a slightly creamier texture than boiled ones.

DID YOU MAKE ANOTHER RESOLUTION TO LOSE WEIGHT?

Here's a few tips that requires very little willpower for making it a reality this year.


1. Stop going back for seconds (or thirds) at dinner.
2. One of the easiest ways to reduce portion size is a simple swap that involves no willpower whatsoever. Simply switch your oversized dinner plates for smaller ones. People tend to serve themselves larger portions when provided with larger plates and bowls.
3. It's also worth adapting your plate selection based on the food you're serving; If you're eating very healthy food opt for the bigger plate, if it's a less healthy meal, use the smaller plate. And, of course, everything in moderation.

4 FACTS ABOUT YOUR DOGS PAWS



1. The pads of your dog's paw are largely made up of fatty tissue, which is why their feet don't get cold when they're prancing through the snow! This padding also protects them while venturing on warmer ground and rugged landscape. However, those pawsies can get burned and blister on hot surfaces (like summer pavement), or can get irritated or burned from rock salt and other chemicals on the ground. Their paws may be durable, but make sure to mind where your dog is stepping!
2. There are sweat glands on a dogs paw.
3. Their paws carry the majority of a dogs weight on their toes (as opposed to their heels).
4. The little random claw that hangs a few inches above the rest of your dog's foot is called a dew claw, and it's thought to be the remnant of what used to be a thumb, some dogs use their dew claws to help keep things like bones and toys in their grasp as they chew but not all dogs have them!

Finally this week my wish is that the New Year brings promises of new joy to you and may each day be blessed with peace, prosperity and happiness too.



A WORD OF VICTORY

Welcome back dear reader we at Word of Victory would like to wish all of our readers a very Happy and Prosperous New Year. In spite of all the turmoil coming up to Christmas we are still standing and survived the pressure of what has become the crazy season. 2015 was a year with lots of negative news coming off the media – money is short in many areas, and now we are threatened that in order to correct Global warming we may be facing a future of no gas cookers or oil boilers, and no coal or turf for the fire. One can't help but think what will be the outcome? How did all this happen, it seems to be never-ending and many people are living under fear with increasing measure. The wise try to figure it all out but Scripture clearly tells us that the God Who created us all is in full control. He told us in Deuteronomy 28 that if we honour His Word and obey His commands we will be blessed and He would allow the rain to fall only in its season. Now reader just look around and can you say that God's Word is being honoured or dishonoured in our world today? Morality has been cast down and immorality is the order of the day. God's sacred covenant of marriage is being mocked and in spite of the warnings from God's prophets to repent and get right with God His Word has been treated with contempt. But God says that He will confound the wisdom of the wise by using people whom the wise call foolish (1st Corinthians 1:27). Jesus said to pray the Father would send labourers into the fields because the harvest is great and the labourers are few (Luke 10:2). There are only two types of people in this world – those who know God and those who do not. He promises that He is not far from us but only a call away (Psalm 145:18). Only in Jesus can we find true peace (John 14:27). More next week....

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PRAYER TO THE HOLY SPIRIT

Holy Spirit you make me see everything and show me the way to reach my ideal. You give me the divine gift to forgive and forget the wrong that is done to me and who are in all instance of my life with me.

In this short dialogue I want to thank you for everything and confirm once more that I never want to be separated from You no matter how great the material desires may be. I want to be with You and my loved ones in your perpetual Glory. Amen. (Say this prayer three consecutive days without stating the request, after the third day the request will be granted no matter how difficult it may be. Promise to publish this as soon as your request is granted. C.H.

THANKSGIVING ST. JUDE

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

PRAYER TO ST. JOSEPH

O St. Joseph, whose protection is so great, so strong, so prompt before the throne of God I place in you all my interests and desires. O St. Joseph, do assist me by your powerful intercession, and obtain for me from your divine Son all spiritual blessings through Jesus Christ, Our Lord. So that, having engaged here below your heavenly power, I may offer you my thanksgiving and homage to the most loving of Fathers. O St. Joseph, I never weary contemplating you and Jesus asleep in our arms. I dare not approach while He reposes near your heart. Press him in my name and kiss his fine head for me and ask Him to return the kiss when I draw my dying breath. St. Joseph, Patron of departing souls pray for me. This prayer was found in the fiftieth year of Our Lord and Saviour Jesus Christ. In 1505 it was sent from the Pope to Emperor Charles when he was going into battle. Who ever reads this prayer or hear it or keep it about themselves shall never die a sudden death or be drowned nor shall be burned in any fire or shall be overpowered in battle. Say for nine mornings for anything you desire. It has never been known to fail. s be sure you really want what you as for. In thanks for request granted. C.H.

THANKSGIVING ST. JUDE

O Holy St. Jude, Apostle and Martyr, great in virtue and rich in miracles, near Kinsman of Jesus Christ, this faithful intercessor of all who invoke your special patronage in time of need, to you I have recourse from the depth of my heart and humbly beg to whom God has given such great power, come to my assistance. Help me in my present urgent petition in return I promise to make your name known and cause you to be invoked.

Three Our Father, three Hail Mary and three Glory Be.
St. Jude pray for us and all who invoke your aid. Amen.

THE MIRACLE PRAYER

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

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

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

Say this prayer for three days. Publication of prayer and favour will be granted. J.K.O.C.

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

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

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

PRAYER TO THE VIRGIN MARY

NEVER KNOWN TO FAIL

O Most Beautiful Flower of Mount Carmel, Fruitful Vine, Splendour of Heaven, Blessed Mother of the Son of God, Immaculate Virgin, assist me in this my necessity. O Star of the Sea, help me and show me herein you are my Mother (make request). O Holy Mary, Mother of God, Queen of Heaven and Earth, I humbly beseech you from the bottom of my heart to succour me in this necessity. There are none, that can withstand your power. O show me herein you are my mother. Oh Mary conceived without sin, pray for us who have recourse to thee (3 times). Say this prayer for 3 consecutive days and then publish it and request will be granted to you. This prayer must be published in thanksgiving for favours received. C.H.

ST THERESE

O glorious Saint Therese, whom Almighty God has raised up to aid and counsel mankind, I implore your Miraculous Intercession.

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

Amen. Say the above for 9 days and you will receive a flower or a rose in some form during or after 9 days as an indication that your request will be granted. C.H.

ACKNOWLEDGEMENT & 1ST ANNIVERSARY



In Loving Memory of

SEAN MCCARTHY

Glounacopple, Kilcummin, Killarney who died on the 10th January, 2015.

On the first Anniversary of Sean's death, Kathleen and family would like to express our sincere gratitude to all who sympathised and supported us in celebrating Sean's life and helping us cope with his loss.

A sincere and heartfelt thank you to everyone who called to the house, attended rosaries, removal, funeral Mass, sent flowers, Mass cards, donations to Palliative Care and letters of sympathy.

We wish to acknowledge the sincere kindness and care shown to Sean by his doctors and care givers especially Dr. Donal Kavanagh, public health nurses and home helps, the staff and nurses in Tralee General and in particular the staff of the Aghadoe Ward, Dr Patricia Scanlan and the Palliative care team and Fr. Spillane.

We would like to thank our neighbours, friends, former work colleagues and all in Kilcummin GAA for their support through Sean's illness and at the time of his funeral. To Fr. Begley for celebrating the Mass and Denis, Teresa & John for the beautiful music. Thanks to O'Shea's funeral directors for their professionalism and kindness.

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

Always loved and fondly remembered by his wife Kathleen and all his family.

My Hero

You held my hand
When I was small
You caught me when I fell
You're the hero of my childhood
And my later years as well

And every time I think of you
My heart still fills with pride
Though I'll always miss you Dad
I know you're by my side

In laughter and in sorrow
In sunshine and through rain
I know you're watching over me
Until we meet again

Lovingly remembered by his sons, daughters and their families.

26TH ANNIVERSARY



In Loving Memory of

PETER D.J. O'SULLIVAN

Annaghmore, Headford, Killarney, Co. Kerry.

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

Mass has been offered for your intentions

Always remembered by your loving wife & family.

NOVENA TO ST. CLARE

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

Pray, whether you believe or not.

Publish on the 9th day.

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

Favour often granted on the third day.

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MEMORARE TO OUR LADY OF LA SALETTE

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

VIRGIN OF RECONCILIATION

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

NOVENA TO THE SACRED HEART

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

DEBT REMOVAL PRAYER

Lord, I confess I've made mistakes, I have accumulated too much debt, and now I cannot imagine overcoming it without your help. Please Lord, I beg of you to intercede on my behalf. Provide me with the financial means to be able to breath again. Please forgive my sins Lord. Walk with me and help me to make the right decisions throughout my life. In your name I pray. Amen. You must say 3 Our Fathers for 7 Days. Must promise publication. Never Know to fail.

PRAYER TO THE VIRGIN MARY

NEVER KNOWN TO FAIL

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

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

NOVENA TO THE SACRED HEART

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

NOVENA TO THE SACRED HEART

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