

FREE

KILLARNEY Outlook

Old Photographs Edition

To Advertise call Des: 087 659 3427 or T: 064 66 70000 Editor: Aisling Crosbie 086 0400 958 - editorial@outlookmags.com

EURO TAXIS & TOURS

064 - 66 - 37676
087 - 2923896

- 24 HRS - 7 Days a Week



W: www.eurotaxiskillarney.com



Residents from Daltons Avenue pictured in the 1960's.

Golden Chopsticks

Chinese Restaurant

Mon - Sat: 3pm - 11pm | Sun: 12.30 - 11pm



Scotts Street Killarney
(opposite Peter Mark Hair Salon)

Tel: 064 66 22005

Gift Vouchers Available

Visit our website on www.goldenchopstickschinese.com
Check our Menu | Reserve on line with your Special Requests

RESTAURANT SPECIAL

EARLY BIRD SPECIAL -

€17.50 per person

Offer 2 Courses + Rice or Chips.

Monday - Saturday: 3.00pm - 6.00pm

Sunday: 12.30pm - 6.00pm

SUNDAY LUNCH MENU SPECIAL

- €14.00 per person

Appetisers + Main Course + Tea or Coffee

(Including Rice or Chips).

Sunday: 12.30pm - 4.00pm

SAVE YOUR MONEY & FUEL
with our **TAKE AWAY MEGA MEAL DEALS**
Free Delivery within 2 mile radius of Killarney Town
Minimum Spend €12

REEN'S CAR SALES RATHMORE

Oldchapel, Rathmore, Co. Kerry

Tel: 064 7758150



PEUGEOT

NEW PEUGEOT SUV RANGE

NEVER HAVE SUVs GONE SO FAR



With its new SUV range, Peugeot pushes new territory in terms of technology, comfort and design. With their exclusive SUV design and their technologically advanced engines featuring the Peugeot engine command steering wheel and active driver, our SUVs are already dominating and offer the ultimate driving experience. To help control your driving, Peugeot has introduced the Peugeot Active Drive Assist, a new safety feature that helps you stay in your lane and maintain a safe distance from the car in front of you.

Don't delay call REENS PEUGEOT RATHMORE today to arrange a test drive.
For more info call the Sales Team

Tim Reen 087 2590143 - Mike O' Shea 087 3290071 - Office - 064 77 58150

NEW PEUGEOT EXPERT
MOTION & EMOTION



BR Insulation

T: 066 7193509

M: 086 8633143

E: brinsulation@hotmail.com

W: www.brinsulation.ie

"Your local Kerry based company"

C2 REG
FULLY INSURED



- external wall insulation -
- cavity wall insulation -
- attic insulation -
- internal wall drying -

Save up to
60%

Step back in time...

Outlook
MAGAZINES

With our first issue of
Killarney Outlook for 2018.

In our trip down memory lane
we look at the town and its people,
buildings and how things have changed
over the years.

Outlook
MAGAZINES

To the people of Killarney
who have so kindly allowed
us to print their own precious
memories in our annual
Souvenir Edition we extend
our heartfelt thanks.



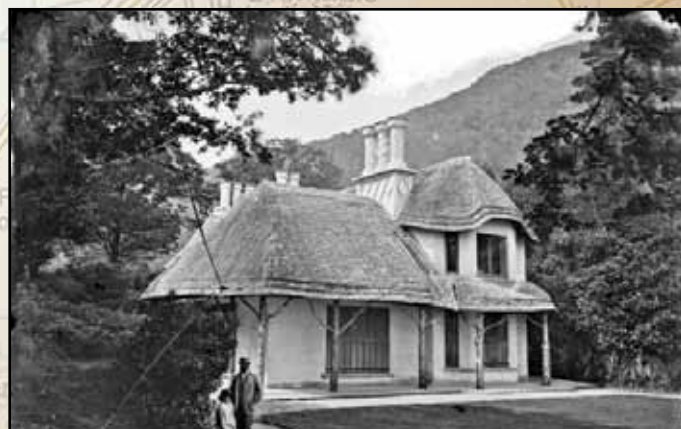
This edition of **Killarney Outlook** is a special one
and will be kept by
many to glance at
from time to time and
remember the past
with nostalgia.



*From everyone at Killarney Outlook we wish all our readers,
correspondents and advertisers a prosperous new year
and look forward to continuing
our tradition of providing you all with the best news,
photographs and advertising in 2018.*



Ladies View Industries on the Ring of Kerry.



Glena Cottage



A scene from Fair Day in Killarney. Pictures courtesy of Peter O'Toole.

Spiritual Intuitive Energy Healer

Trisha Moloney



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

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


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

**I will be holding
seven steps to transformation workshop
in late January.**

Angel workshop at the end February.

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

Call Trisha: 085 1625095



MOYNIHAN EXPERT HARDWARE

EXPERT HARDWARE

OFFERS OF THE WEEK



meinsalz
NATURAL CRYSTAL SALT
COARSE

25KG
BAGS OF DE - ICING
€8.00



SUPPORT SYSTEM
Safety First
The D
BUFFALO
LEATHER

**FULL RANGE OF
BUFFALO
BOOTS
NORMAL PRICE
€65 NOW €50**



SUPERTHERM
VALUABLE FOR HEATING ROOMS
Smokeless Fuel for
Open Fires
Multi-Fuel
Hearths
Ready to light
Attractive Flame
Burn with

40kg

**SUPERTHERM
COAL 40KG
€18.50**

4 PARK BUSINESS CENTRE, FARRANFORE, CO. KERRY
Tel: 066 9763591 email: farranfore@experthardware.ie

NOW STOCKING - A1 Sheds



Tel: 066 - 9763591

MOYNIHAN SCAFFOLDING LTD

• HIRE • SERVICE • ERECT • LABOUR ONLY

Unit B2, 4 Park Business Centre, Farranfore. T: 085 1237082

FOUR STAR PIZZA

GO MEGA DEAL

LARGE PIZZA

- + 3 TOPPINGS
- + WEDGES
- + CHICKEN DIPPERS
- + GARLIC PIZZA BREAD
- + LARGE 1.25L DRINK

ONLY €22



KENMARE PLACE KILLARNEY
064 66 30222



KILLARNEY OUTLOOK: Souvenir Edition



Jaunting cars in Killarney approx 1965. "Mick the Prince O'Sullivan" - Jarvey, pictured with a happy crew. Picture Ger O'Sullivan



Jaunting cars in Killarney approx 1965. "Mick the Prince O'Sullivan" - Jarvey, pictured with a happy crew. Picture Ger O'Sullivan



The First Killarney Milk Suppliers Social (Organised by Liam Chute & Mary Coffey O'Connor taken in the Three Lakes Hotel in 1966) L to R: Pat Finnegan, Dermot Coffey, Pat Donoghue. 2nd Row: Liam Chute, Mary Coffey O'Connor, Mary Myres Harris, Mike Moynihan R.I.P. (then chairman Killarney UDC) Bernard O'Shea R.I.P. 3rd Pat Dowd, Christy Lenihan. 4th John Guerin, Paddy O'Connor, Charlie Talbot R.I.P., Dan Shea R.I.P. 5th John Lyne, Eddie Donaghue, Sonny Donovan R.I.P. Mick Kearney R.I.P., Denis Clifford R.I.P., Donie O'Meara.



Muckross Hotel, Killarney.
Pictures Supplied by: Rachel Tuohy.



Front Entrance Loreto Convent Killarney, Co. Kerry

REEN'S CAR SALES RATHMORE

Oldchapel, Rathmore, Co. Kerry

Tel: 064 7758150



PEUGEOT

NEW PEUGEOT SUV RANGE
NEVER HAVE SUVs GONE SO FAR

engine of the year 2017
GRIP CONTROL^{*}
PEUGEOT i-Cockpit[®]
ENHANCED INTERIOR MODULARITY

FRESH SMALL SUV of the YEAR 2017
NEW 2008 SUV

CAR OF THE YEAR 2017
NEW 3008 SUV

NEW 5008 SUV 7-SEATER

PEUGEOT

With its new SUV range, Peugeot explores new territory in terms of technology, comfort and design. With their assertive SUV design and their technologically-advance interiors featuring the i-Cockpit[®] and its compact steering wheel and tactile screen, our SUVs truly embody modernity and offer the ultimate driving experience. ^{*}Grip control optional extra.

PEUGEOT RECOMMENDS TOTAL Combined consumption (l/100 km): 2008: from 3.7 to 4.9; 3008: from 3.8 to 6; 5008: from 4.1 to 6.1. CO₂ emissions (g/km): 2008: from 96 to 114; 3008: from 100 to 138; 5008: from 106 to 140.

REEN'S RATHMORE Main Peugeot Dealers, Rathmore, Co. Kerry. Tel: 064-7758150 Web: www.reenscarsales.ie

A VAN DESIGNED FOR EVERY BUSINESS

Choose the Peugeot van that best suits your business. From our best selling Partner, the new-generation Expert and the load-lugging Boxer, we offer a van for every business. Don't wait any longer. Come and discover the full Peugeot light commercial van range, presented to you by professionals that understand business.

PEUGEOT RECOMMENDS TOTAL Combined consumption (l/100 km): from 5.1 to 5.9. CO₂ emissions (g/km): from 133 to 155.

Don't delay call REENS PEUGEOT RATHMORE today to arrange a test drive.
For more info call the Sales Team

Tim Reen 087 2590143 - Mike O' Shea 087 3290071 - Office - 064 77 58150



NEW PEUGEOT EXPERT
MOTION & EMOTION

PEUGEOT



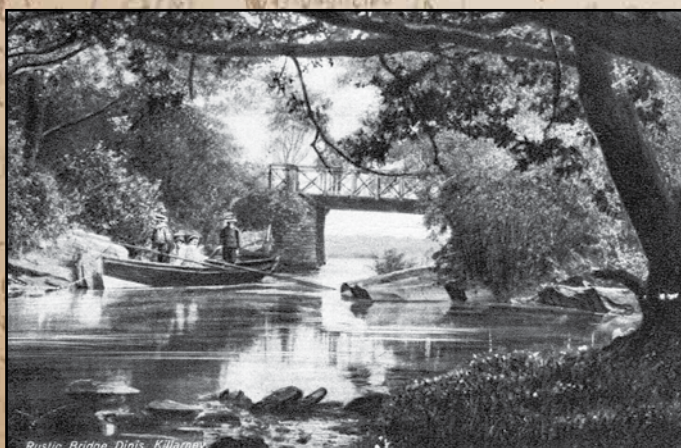
Members of the Postal Staff 1935-37. Photo: Tom Healy, Lewis Road.



Kerry cattle being milked by Hannah and Abbie McCarthy, Kilcummin, approx 1930's.
Kerry cattle are 100 years in Ireland this year.



A young Christy Buckley, Kilcummin, pictured on The Healy Pass with his Special Opel Kadett in 1977



The Rustic Bridge Dinis, Killarney.
Picture Supplied by: Rachel Tuohy.



The Royal Victoria Hotel.
Picture Supplied by: Rachel Tuohy.



47 LOWER NEW STREET, KILLARNEY TEL: 064 6620628

WWW.KILLARNEYMEDICALCENTRE.IE

Now Accepting New Patients

PRIVATE & MEDICAL CARD PATIENTS



Executive Health Screening
Travel Medicine Clinic
Fertility Assessments

Confidential STI Screening
Occupational Health Services
No Scalpel Vasectomy Clinic

Minor Surgery Clinic
Sports Injury Clinic
Acupuncture

Experienced, Reliable, Affordable and Local

KERRY PLANT & TOOL HIRE

Call us on: 064 6633429

Get ready for the Winter Season

Full Range of Trade & DIY Tools & Equipment

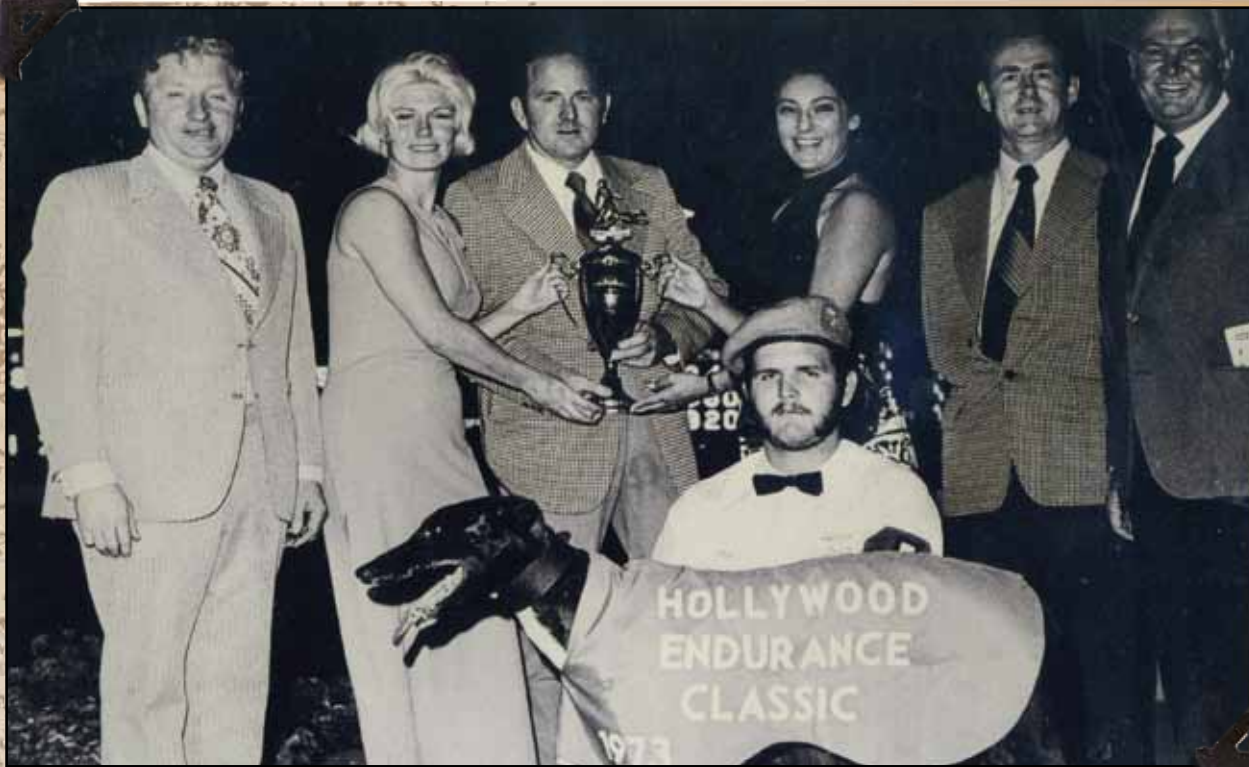
**Call to see our
Powerwashers, Dehumidifiers, Heaters and
Water-pumps**

Full Back up Service Available.

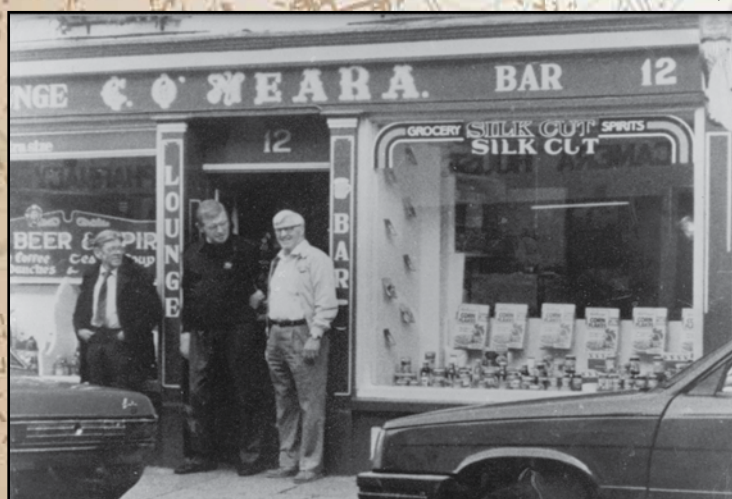


Kerry Plant & Tool Hire Woodlands Industrial Estate, Killarney, Co. Kerry Email: kevin.kerrytoolhire@gmail.com
Business Hours: Monday – Friday 7.00am – 6.00pm • Sat: 8.00am – 5.00pm

KILLARNEY OUTLOOK: Souvenir Edition



1973. Presenting the trophy to Pat Dalton after Rocking Ship won the Hollywood Endurance Classic are Robin Moore (left) and Ina DeLarosa, directors of Miss All-American Girls Beauty Pageant. Others from the left are: David Cahill, Rocking Ship's Owner, John Boyd, his trainer, and Tom Lynch, Hollywood general manager. Leadout is Michael Childer. Photo by Jack Desch.



O'Meara's Shop/Bar on High Street. Pictured are left Jerry O'Brien, centre Donie O'Meara and an American man of same name.



1959. German and Irish Builders of the Hotel Europe. Photo from Jackie Fleming.



1960's. Included are Johnny Foran and Henry Clifton.



Betty Crosbie pictured on a motorbike at the TT Races in the Isle of Mann.

Physique

Fitness Studio



NEW YEAR OFFER

€50 OFF

**1 year gym membership
(less than €25 a month)**

**Personal Training
and Classes
restart January 8th**

Killarney's longest established fitness centre

064 66 35455

Chapel Place, Off New St, Killarney
www.physiquefitnessstudio.com





1956 'Pres' Monastery team, East Kerry League: Back L-R: Brother Justin, Johnny Connell, Pat Healy, Freddie Healy, John Healy, Jim 'Silky' Looney, Cormac Moroney, Brother Gerald. Middle: Tadhg McCarthy, Jimmy Healy, Stephen McCarthy, Kilian McCarthy, Jimmy Mahony, Muiris O'Leary, Sean O'Brien. Front: Sean Connor, Eamonn O'Donoghue, Johnny Griffin, Gerard Cullinane. Photo Fred Healy



Veterans of the Lissivigeen football Team 1940's. Front L: Arthur E O'Keeffe, Eugie Scannell, Danny Casey, John Bambury. Back L: Mickie Cronin, Con Doherty, Arthur D O'Keeffe, Eugie O'Keeffe, James O'Donoghue and Sean Costigan.



These three young girls from Loreto Convent, Killarney, are making final preparations to attend the Aer Lingus Young Scientists' Exhibition in the R.D.S. in Dublin from January 5-8. During the past couple of months they have been studying rocks in the Killarney area. They have gathered specimens from the old copper mines near Ross Castle, from river beds and fields. From left: Mary Culloty, Rock Road; Lucy O'Mahony, Lhorse and Catherine Carton, St. Brendan's Terrace.



Tops of the town. Spanish dancers from Bishop Moynihan Crescent who received a special award in the final of tops of the town. L: Breda Horgan, Judy O'Mahony, Catherine Carton and Eileen Buckley. Picture from Mai Carton



A production of "The Gypsy Princess" 1950's. L-R: Nell Doyle, Detta Clifford, Kathleen Slattery, Joan O'Connor. Back: Eileen O'Mahony, Ann Moriarty, Patricia Phillips.

Safe Site Construction Ltd

**Supply and erecting
of Scaffolding**

Reinforced Radon Barrier

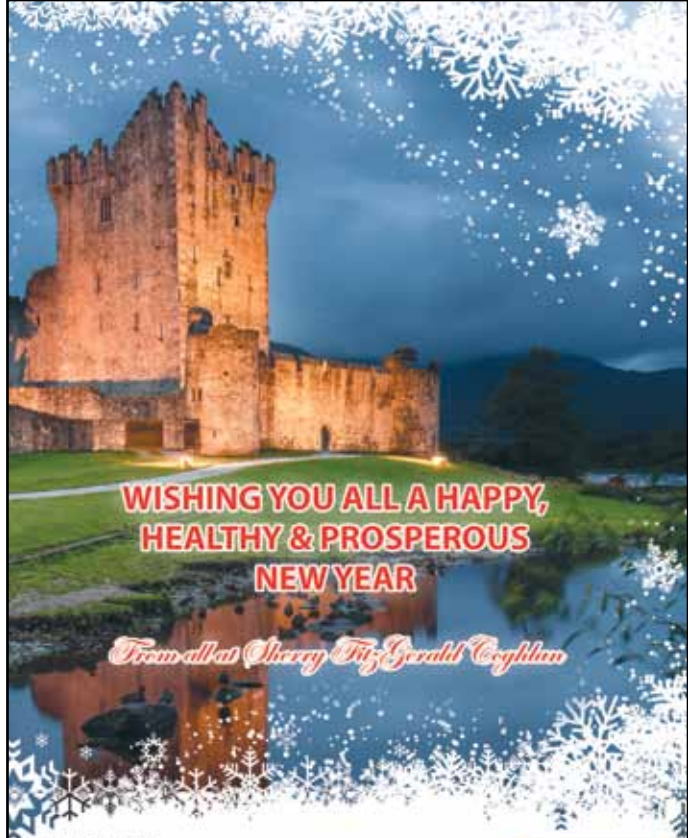
Fully Certified supplied & fitted.

Pat 0858885241

Office 0667135677



Aulane, Abbeydorney



**WISHING YOU ALL A HAPPY,
HEALTHY & PROSPEROUS
NEW YEAR**

From all at Sherry FitzGerald Coghlan

95 NEW STREET,
KILLARNEY, CO. KERRY
T: 064 6631892 F: 064-6634652
M: 087 2668591 E: INFO@SFMC.IE
WWW.SHERRYFITZ.IE & WWW.DAFT.IE

**Sherry
FitzGerald
Coghlan**

MONEY MATTERS.....

By Dermot Cronin,
Financial Advisor



ARE THERE ANY SIMPLE RULES AS TO HOW TO PROTECT MY INVESTMENTS?

Only invest in a firm regulated by the Central Bank of Ireland.

Check the risk level, track record and past performance of an investment fund before investing.

Don't put all your eggs in one basket, spread around your investments, you can use different investment providers rather than just using one.

Get Independent Advice before investing your money.

Review your Investments at least once a year so that you can check how your Investments have performed.

Don't make up your mind too quickly, take your time and make sure you understand everything before you make your final decision.

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



**REVIEW
YOUR
INVESTMENTS**

DERMOTCRONIN
TRUSTED FINANCIAL ADVISOR



Call 064 6622775 NOW
to arrange an appointment
or email us on dermotcronin@gmail.com

:: Pensions :: Mortgages
:: Life Insurance :: Investments
:: Income Protection & Serious Illness Cover

Old Market Lane, Killarney, Co Kerry
Dermot Cronin via Kerry Mortgage Centre is regulated by the Central Bank of Ireland



St. Brendans Rowing Crew 1940.
Front from L: Timmy O'Leary, Vince Johnson,
Frank Doyle, Back L: Jack Hurley, George
Lynch, Jack Brosnan and Pat O'Sullivan.
Photo from John O'Sullivan



Staff members from St. Finan's on a social outing in 1950's. L: Paddy Roberts, Dan O'Mahony,
Paddy Kelly, James Eager, John F O'Sullivan and Padraig Murphy




Commercials Est 1968 to celebrate 150 years of Killarney Rowing in 2018. This crew won
the Juvenile sixes Race at Killarney Regatta 1940. FrontL: John O'Brien (secretary) Roger
O'Donoghue, Vincent Doyle. Back L: Jack Scully, Paddy Keogh, Dan Healy, Seamus Cullinane,
Frank O'Donoghue, Michael Beasley, Jimmy Gleeson, Jerry O'Meara.



St. Finan's winners of the Killarney Basketball Town League 1968. Front L: Mary Fleming, Lucy
Leane, Kate O'Sullivan, Blanch Doyle. Back L: Maureen Doyle, Cait Moynihan, Weeshie Fogarty
(trainer), Joan Slattery and Kathleen Doyle.




A SPA GAA Scor Group which competed in the East Kerry Scor competition. Front L: Margaret
Cooper, Noreen Moriarty, Roseline Lynch, Mary Moynihan. Back L: Peter Wickham, Johnny
Brosnan, Donie O'Sullivan, Hannah Moynihan, Donal Kelly and Robert Cremin.



OUR PROPERTY SECTION

is the hottest in town



To Advertise

Contact Des on **087 6593427**
Email: **Des@outlookmags.com**

HENNIGAN

Auctioneers

WANTED URGENTLY - PROPERTIES TO SELL AND TO LET - NO SALE NO FEE - NO LET NO FEE

COILL DOIRE, FAHA, KILLARNEY, CO KERRY
NEW LAUNCH! NEW LAUNCH! LOCATION! LOCATION! LOCATION!
The last two remaining houses in this prestigious development 2009 sq ft detached superior homes superbly located in Fahá, close to Fahá school, short driving distance to the popular Milltown village and 8 miles to Killarney town.
PRICE ON APPLICATION



KNOCKACULLIG, KILCUMMIN, KILLARNEY, CO KERRY
We present to the market a magnificent 2820 Sq Ft detached bungalow set on a beautiful elevated setting commanding stunning views of the mountains and lakes of Killarney just 8 miles from Killarney Irelands premier tourist destination.
GUIDE PRICE: €355,000



**WANTED PROPERTIES FOR SALE OR TO LET
NO SALE - NO FEE - NO LET - NO FEE - ALL PROPERTY TYPES, ALL AREAS**

Hennigan Auctioneers 66 New St., Killarney t| 064 6634582
m| 087 2354416 www.daft.ie/hennigan
www.henniganauctioneers.com

PROPERTY OUTLOOK

THROUGH THE KEYHOLE....

A PICTORIAL LOOK AT KILLARNEY PROPERTIES ON THE MARKET

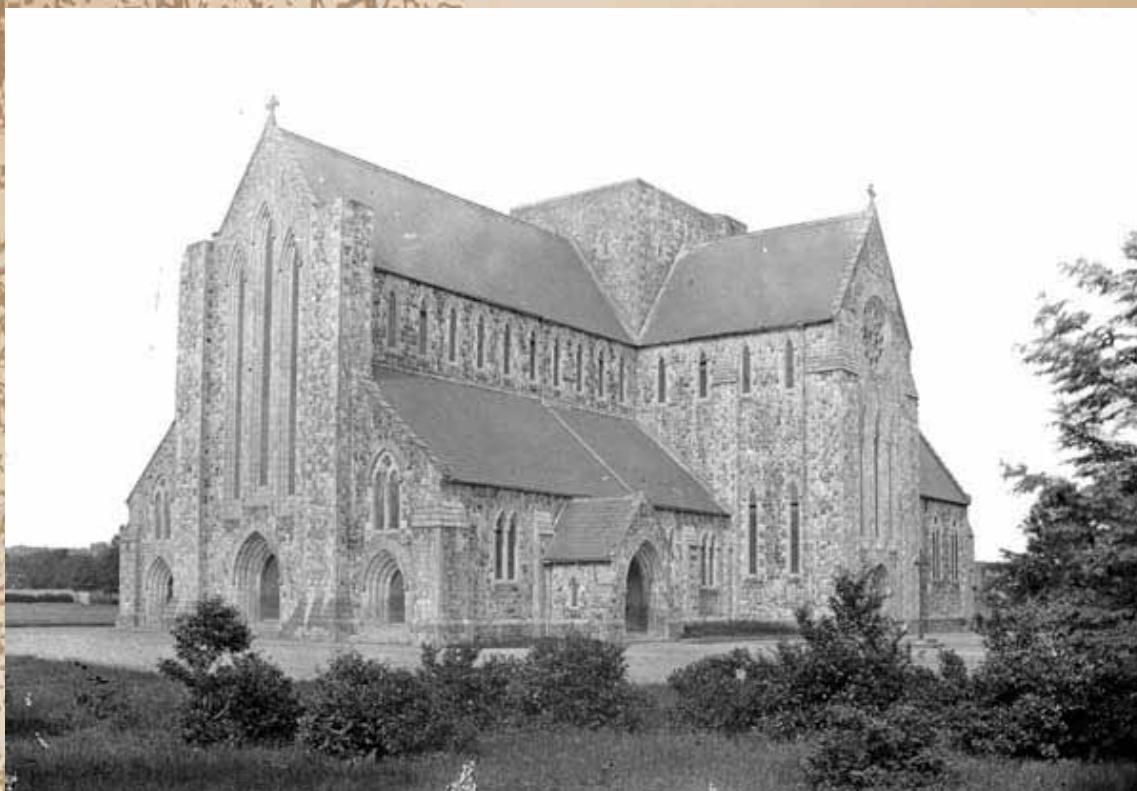


Address: 8 Innisfallen, Bellview Woods, Ballydowney, Killarney Superb luxury 3 Bedroom (4 bathroom) semi-detached (1,560 sq ft) property with private garden & patio area, adjacent to Killarney National Park and a short stroll to Killarney Town Centre. Gas Central Heating. Ideal home or investment property.

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

Guide Price: €275,000 (BER Pending)

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



St. Mary's Cathedral without the spire. Picture courtesy of Peter O'Toole.



The Police Barracks in Killarney - Picture courtesy of Peter O'Toole.



Brother Gerald O.F.M and Fr. Raphael O.F.M with Dolly and Trap formerly used for questing or collecting alms for Killarney Friary and Franciscans. Taken at the Ha Ha. Photo by Donal Looney, Sacramento and Killarney



Nora Curtin born in 1913 Cork with her uncle Michael Williams who died in 1933 Fossa. Picture taken in the late 20's.



Unknown GAA Team. Photo by TJ Hartnett, A professional Photographer at Dromhall, Killarney. Photo Looney Family Park Road

WANTED

DUE TO HUGE DEMAND

APARTMENTS AND HOUSES

**IN KILLARNEY TOWN CENTRE
AND SURROUNDING AREAS**

★ REWARD €€€€€€€€ ★

CONTACT: PROPERTY PARTNERS GALLIVAN

064 66 34177.

College Square, Killarney
064 66 34177

PROPERTY
PARTNERS

GALLIVAN

WWW.PROPERTYPARTNERS.IE

IT PAYS TO LISTEN TO EXPERTS!
Local Knowledge - Nationwide
PSRA No. 001658



58 years ago Dr Crokes, County Championship Panel 1959 - 60. Front L: Denis Counihan, Gerald Cullinane, Jackie Loooney, Dr. Eamonn O'Sullivan (trainer), Con Casey, Sean Hussey, Con McCarthy, Donie Sheehan, Liam Sheehan. 2nd row: Con Clifford, Tim Murphy, Norman Campbell, Eamon O'Donoghue, Johnny Hurley, Mick Spillane, Sean Creen. Back L: Mossie Kiely, Tom Brosnan, John McCarthy, Michael O'Connor, Gerald O'Sullivan, Connie Doherty, John Kelly, Mick Dennehy, Tadgh O'Reilly, Dan Kavanagh.



Staff of the Three Lakes Hotel, making a presentation to one of its colleagues in the late 1960's.



David J. Cahill (left) presented a cheque for £3,000 as sponsorship of the Thady & John Cahill Memorial Cup at Castleisland. Coursing Meeting of 1992 to Buddy O'Sullivan, Chairman of Castleisland Coursing Club at the Poet's Inn. Included are: Mr. Cahill's niece Antoinette, with Aidan McGale, Secretary. Castleisland Coursing Club: Anthony Cronin, Kingdom Oil and Pat McMahon. Castleisland Co-Opt Mart. Photograph John Reidy 9/10/1992



Denis Curtin born in Cork. Ellen Williams born in Gortacolla Foosa. Married in Charleville in 1899. 1st child Joan Curtin born in 1901. Picture taken in 1901.



Loretto Class of 1982. Front L: Maura Langford, Deirdre Leahy, Annmarie Griffin, Marina Hurley, Geraldine McAuliffe, Mary Murphy, Breda Fleming, Nuala Beazley (RIP), Miriam O'Callaghan, Sheila Murphy, Norma Moynihan, Katrina Sugrue, Anne Spillane (RIP), Middle L: Karen McCarthy, Maura Egan, Mary O'Shea, Mary O'Doherty, Leesha Egan, Anne Dineen, Eilish Murphy, Eleanor Lyons, Annmarie Barret, Margaret Shanahan, Sandra McCarthy, Simonette Clifford, Geraldine Canty, Noreen O'Donoghue, Eileen Lane, Catherine Carton. Back L: Martine O'Donoghue, Brid Looney, Sheila Kennedy, Marie Kearney, Fiona Buckley, Martina Kearney, Mary Culloty, Paula Shanahan, Paula O'Sullivan, Siobhan Murphy, Airne Downing, Mary T O'Gorman.



11 New Street Killarney Co Kerry | Tel: 064 66 33344 / 66 33418 | Fax: 064 66 33139

Email : jphealyinsurances@eircom.net

Incorporating Irwin Insurances and Casey Insurances Ltd Est 1981

YOUR LOCAL INSURANCE BROKER

We search the market from over 30 Insurance Companies, Irish and International, to get the best quotes and cover for

- :: Motor Insurance
- :: Home Insurance
- :: Business & Liability Insurance
- :: Farm Insurance

CONTACT US TODAY

AND SAVE MONEY ON YOUR INSURANCE

James P Healy & Co Insurances Ltd is regulated by the Central Bank of Ireland. Terms and conditions apply.



Gypsy Princess Dancers, 1958. Picture Eileen Daly.



A group of Killarney cyclists prepare for the start of a race during the 1950's
Can you identify the various competitors, officials and supporters.
Photo Courtesy of John Kelly.



1950's L-R: Batt Brosnan, Tommy Daly, Jim Counihan, Jerry Daly & Danny Daly



Nurses Graduation Class at St. Finan's Hospital, Killarney, Autumn 1965. Front: Mr J. Larkin, M.C.C., Mr M. Doherty, M.C.C., Dr. Jack O'Connor, R.M.S., Mr E.J. Walsh, M.C.C., Mrs Mary O'Donoghue, M.C.C., Mr. P. O'Halloran, Manager. Miss Kay Fogarty, Acting Tutor. Middle row: Mr. Darby Moynihan, Head Nurse, Miss Mary Redpath, Miss Mary A. Leahy, Miss Joan Dowling, Miss Joan O'Grady, Miss Eileen Morris, Miss Norrie Scolard, Miss Marina Flaherty, Miss Mary F. Corcoran, Acting Matron, Mr. Tom Cahill, M.C.C., Mr P.J. Landers, Chief Clerk. Back: Mr Patrick Doyle, Miss Mary A. O'Donoghue, Mr. Benjamin Murphy, Miss Bridget O'Sullivan, Mr James Brodrick, Mr Dan Spring, TD., M.C.C.

SARAH JAYNE

LINGERIE - NIGHTWEAR - HOSIERY



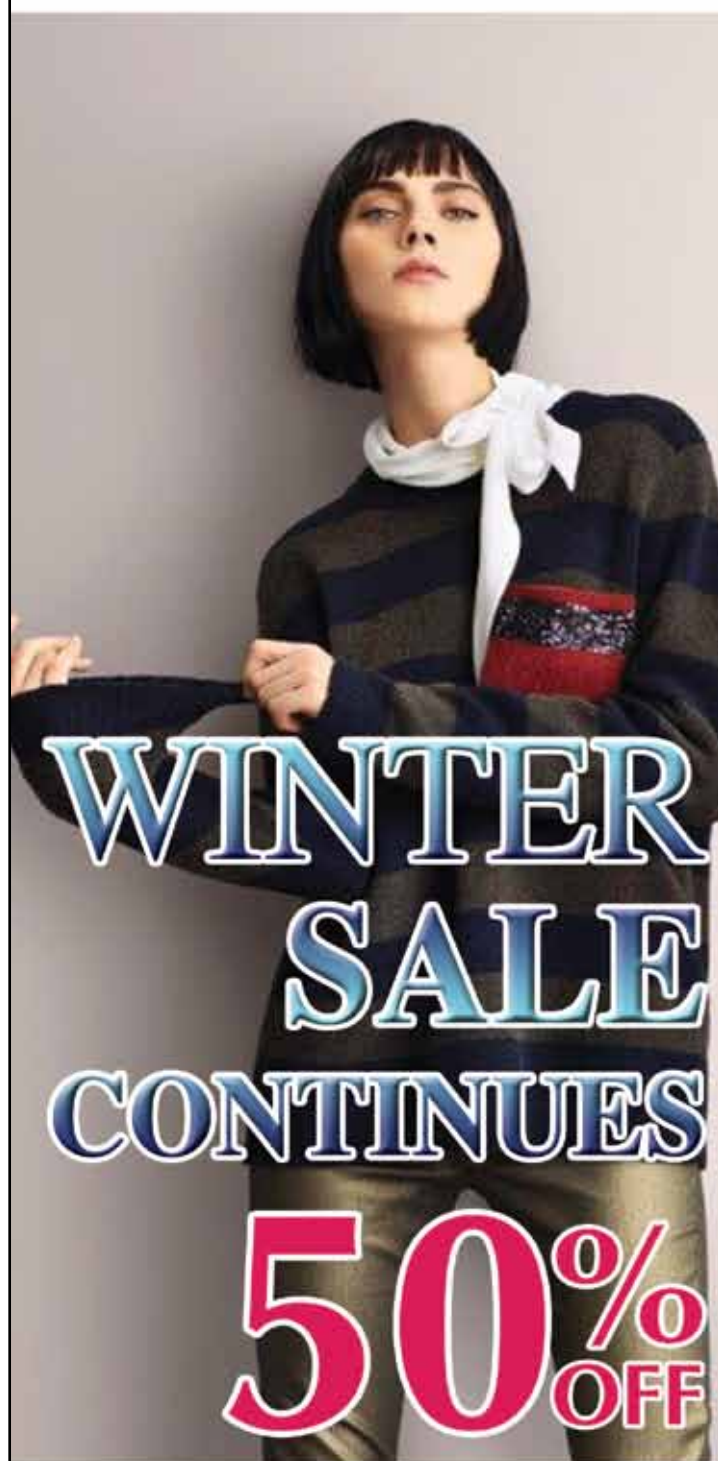
**ANNUAL
SALE**
NOW ON
UP TO 25% OFF

MARIE JO ATIR PRIMA DONNA
MSA MAISON LEJABY [Wolford] Chantelle

25 New Street, Killarney, Co. Kerry
Tel: 064 66 33224

GIFT VOUCHERS AVAILABLE
MEASURING SERVICE AVAILABLE



MACBEE'S
KILLARNEY



**WINTER
SALE
CONTINUES**
50% OFF

NEW SPRING ARRIVALS INSTORE & ONLINE

www.macbees.ie
064 6633622



Brosnan Family, 17 Allmans Tce, Killarney. Nora Brosnan nee Burke RIP with her daughters Kathleen (Canada), Mary Doona RIP and son David Approx 1950's.



Dr. Crokes 7 aside - Allihies August 1966. Front L-R: Ultan Breen and Tom O'Donoghue. Back L-R: Eamonn Fitzgerald, Tadghie Fleming, Tom McCarthy, Seamus Fitzgerald and Gerald Cullinane.



Cycle Tour Gap of Dunloe 1930's. Front L-R: George Lynch, Dr. Jack O'Connor. Back L-R: Timmy O'Leary, Paddy Looney, Jack O'Keefe, ??, Timmy Fleming, ??.



Knock Pilgrims - Dick Hanley. Front L-R: Mai Kelly (nee Hanley) and her mother Mrs Hanley. Back L-R: Paddy Casey, Denis O'Brien, Kathleen and Timmy Keogh. Photo Looney family Park road.



Park Road Trio at the White Bridge early 1960's. L-R: Mike O'Connor, Donal O'Donoghue and Donal Looney. Photo Looney Family Park road.



Hilliards Factory Annual Outing June 1952. Cullotys Bus, College Street. Front L-R: Bud Clifton, Donie Carey O'Donoghue, Seanie Lynch, Charlie O'Leary and Patrick O'Brien. Back L-R: William Coleman, Seamus Galvin, Dado Fleming, Harry Bartlett, Sheamus McLellan, Dinny Clifford, Jim O'Donoghue, Jack Looney, Mick Horgan and Batty Clifford. Photo Looney Family Park Road.



Pictured at the wedding of Eileen O'Connor and Malachy Moynihan at the Dromhall Hotel were from left Joan Corkery, Tadgh Corkery, Noreen Payne, Mary Coffey, Johnny Payne, Eileen and Pa O'Connor and front kneeling: Donie Coffey and Dermot O'Connor.



Tuf Shoes Basketball team in the '60's



Going to the Sunday Matinee at Killarney Cinema "Come hell or high water". Pictured at the railway bridge at Fairhill, Partk Road are James, Dónal and Seán Looney. Early 1960's.
Photo by Kevin Coleman



KILLARNEY MILK SUPPLIERS 25 YEARS SERVICE PRESENTATION 1989
Christy Lenihan, Dermot Coffey, Mary O'Connor with Gerard Coughlan (Manager)



High Street Football Team (Killarney Street League 1947)
Back L-R: Denis O'Leary, Seamus O'Shea, Michael Looney, Jim Counihan, Gerald McGillicuddy, Jerome Coffey. Middle L-R: Eamon O'Donoghue, Denis Looney, Michael O'Connor, Seamus O'Donoghue, Michael O'Sullivan, Michael Boyle. Front L-R: Jackie Looney, Donie Courtney, Timmy Looney, Geoff O'Donoghue, Paddy O'Donoghue, Denis Boyle.

KILLARNEY OUTLOOK: Souvenir Edition

Images from Killarney Town.... pictures courtesy of Donal Whitty O'Sullivan



KILLARNEY OUTLOOK: Souvenir Edition

Images from Killarney Town.... pictures courtesy of Donal Whitty O'Sullivan





The Royal Irish Constabulary Rowing Club, Winner of 'The Cup' for Senior sixes, Killarney Regatta 1893. Included in Photo: Stk. S. Farrell, G. Neelan, JP Ferris, M. Turnbull, J. Keogh, F. Regan, Thomas Gaffney (cox).



Staff members from St. Finan's Hospital attending a function to honour Dr. Jack O'Connor, Departure as RMS to Ardee Psychiatric Hospital 1959. Front L: Mary Healy, Sheila Doolan, Hannah O'Mahony, Dr. Jack O'Connor, Sally O'Connell, Anne Healy, Peg Murphy. Second Row L: Eileen Cronin, Joan O'Sullivan, Hannah B Healy, Bridie O'Connor, Bridie O'Connor, Nora Dennehy, Una O'Sullivan, Nellie O'Mahony, Daisy O'Connor, Lugie Hayes, Paddy O'Callaghan. Back L: Nora Murphy, Gerry Daly, James O'Donoghue, Eileen Lyons, Abina Culloty, Mary Nash, John O'Mahony, Sheila O'Connell, Paddy Moynihan, Mike Moynihan, Dan Cronin, Euge O'Leary, Paddy McCarthy, Jim Dennehy, Joan Murphy, Annie O'Connell and Tadgh O'Reilly



Killarney Milk Suppliers Official Opening June 5th. 1961

Front: Dermot O'Donovan, M.D. O'Shea, Michael F. Coghlan, Paddy Smith Minister of Agriculture, Denis Clifford, Mike King Builder, Tadgh O'Sullivan Engineer
Middle: Tom Cronin, John Joe King, Bernard O'Shea, Charlie Talbot, Edward Walsh Manager, Superintendent Bat Harte, Michael O'Callaghan, Mrs. Julia Kennedy, Mr. Kraus Southern Refrigeration, Ben Farrell Manager Rathmore creamery,
Back: Pat O'Meara, Fr. Sheehan Adm. Killarney, Fr. Roderick O.F.M.



Killarney Milk Suppliers --- National Dairy Council Milk Promotion 1969

Front: Jim Healy, Bat O'Sullivan
Standing: J.T. Johnson R.I.P., Mike Cooper R.I.P., N.D.C. Rep., Jeremiah O'Connor, N.D.C. Rep., Mary Myers Harris, Mary Coffey O'Connor, N.D.C. Rep., John Lyne, N.D.C. Rep., Margareth Quill, Liam Chute Manager, Christy McCarthy, N.D.C. Rep.,

KILLARNEY OUTLOOK: Souvenir Edition



KILLARNEY MILK SUPPLIERS OFFICIAL OPENING JUNE 5TH 1961
M.D. O'Shea Director, Charlie Talbot Director, Dermot O'Donovan Director, Tom Cronin Director, Paddy Smith Minister of Agriculture, Michael F. Coghlan Manager Provincial Bank, Michael O'Callaghan Director



JP Healy walking New Street. 1980's



Dan Keliher and his players from Loreto School. Late 80's



Dan Keliher and his players from Loreto School. Late 80's



This photo shows a group from Allmans Tce. taken in the late 1950's, includes Noel Short, Timmy Stone, Jerry Clifford, Tom Shea, Charlie Casteel, Tommy Doran, Eileen Doran, Mary Doran and Patricia Doran.



Arbutus Hotel, Killarney



Jarveys outside Three Lakes Hotel. Picture: Donal Whitty O'Sullivan



Three Lakes Hotel in the 1970's - Picture: Donal Whitty O'Sullivan

Kerry's best value bin collection service



Why us?

- Two options to choose from for smaller & bigger households
- Text message reminder of collection day
- Food waste bin – six times bigger than the average
- Door to door collection

Transparent and itemised bills of your bin weights



Contact us to find a plan to suit you

Permit reference no: NWCPO-15-11690-01



T: 066-9793719

E: info@myersrecycling.ie

W: www.myersrecycling.ie

4 Park Business Park, Farranfore, Co. Kerry

Londis **McCarthy's**
Convent Place, Rathmore

t: 064 7758053 f: 064 7758363

m: 087 2230595

email: mccarthy-rathmore@londisretailers.ie



HAPPY NEW YEAR FROM ALL AT MCCARTHY LONDIS





Picture taken at the Gleneagle Hotel at a social in August 1996.
L-R: Kevin O'Sullivan, Jackie Healy Rae, Dan McCarthy, Bertie Ahern, Ned Carey, Liam Fitzgerald & John O Leary.



Paidi O'Sé, RIP.
Photo Des O'Connor



Two great Furies GAA figures, Jimmy Flynn RIP and Jerry Foley RIP.
Photo Des O'Connor



Well known Jarvey Jack Myres RIP on a trip through the Ballyhar countryside 2007.
Photo Des O'Connor



Ballyhar Dynamos - Golden Oldies. Club Est 1975.
Photo Des O'Connor

Health Matters...

With Dr. Lynda O'Callaghan

The Killarney Medical Centre

Acne

Acne is a very common treatable condition, not reserved solely for teens. If required, treatment (either topical with creams or oral medication) should be commenced early to avoid scarring. It is more common in boys than girls and can affect the back, face and chest. It can vary from very minor to severe. 8 out of 10 teenagers develop some degree of acne with 3 out of 10 requiring treatment to prevent scarring.

Cause

Small sebaceous glands lie under the skin surface. These make oil (sebum) to keep skin soft and supple, which is expelled onto the skin via our pores. Hair also grows through these. A combination of excess sebum production either by puberty or hormonal disturbances results in these pores becoming blocked. This is aggravated at times by the healthy bacteria that lives on the surface of our skin then infecting these blocked pores.

Types of spots

To select the best treatment you must first assess what type of spots or acne you have. Some unfortunately can have all types together.

Comedogenic/Comedogenic Acne: Blocked pores that hold old dead skin/sebum result in visible blackheads or white heads that contain small amounts of thick grease but are not very red/raised or angry.

Pustules/Pustular Acne: When inflammation/infection develops in blocked pores these lesions swell with pus resulting in larger spots with overlying red skin which can be tender. In some cases these can become even larger causes nodular or cystic Acne which can be quite painful.

Exacerbating Factors

Picking and squeezing spots can cause further inflammation and scarring. Some medications can worsen Acne eg. Cerazette/Azalia (The progesterone only pill), Phenytoin (an anti epileptic), Steroid creams used for eczema and banned steroid substances (Anabolic steroids). Heavy make up or very poor facial hygiene when removing make up will also exacerbate Acne. Light non oil based make up is not thought to exacerbate Acne.

Treatments

Topical /Treatment applied to the skin

There is a variety of topical antibiotic gels available on prescription that can treat mild Pustular Acne. They have little activity against comedones so many are formulated with a second ingredient to help treat Comedogenic Acne.

Benzoyl Peroxide (Acneide - available over the counter or Duac) reduces inflammation and helps unplug pores. It will bleach sheets and towels. It should not be applied before going to a disco as it glows in neon lights! Apply before going to bed and sleep in older bed clothes. It can cause drying/irritation of the skin.

Retinoids are Vitamin A creams. These work by unplugging pores and may reduce inflammation. When you start using them they often create irritation which should ease with gentle introduction of the gel. You need to use extra sun protection if using topical retinoids. They are strictly contra indicated in pregnancy. The added advantage these creams have is their potent anti aging action which makes them popular in other demographics!

Oral treatments

Long term use (4-6 months minimum) of oral antibiotics can also be used to treat Acne in conjunction with some topical treatments. They have little effect on comedones so you will need to use topical treatment for that but they can be very effective at reducing Pustular Acne. It can take at least 6-8 weeks to notice a significant improvement. Generally if you are over 12 years old with mature teeth there are 3 licenced antibiotics to choose from and 1 unlicensed antibiotic (but it is in widespread use). If you have been taking one antibiotic for 3 months without effect it may be advisable to see you doctor to change to an alternative. With all antibiotics the person must be monitored regularly to ensure there are not developing side effects such as abnormal liver blood tests, low white blood cells or other rashes. These side effects are very rare and usually quite easily corrected.

The Combined Oral Contraceptive Pill is also used in females to treat acne. The most potent of these has an extra ingredient which helps block the persons own androgenic (male type hormones) which naturally occur but are thought to exacerbate Acne. The side effects of this medication is possible mood disturbance like all pills or an increased risk of a blood clot in the leg or lung. This is a very rare side effect and very unlikely in a young, non smoker, who has a normal weight.

Oral Vitamin A/Roaccutane is reserved for severe Acne. In a female it may only be used in conjunction with the pill to prevent a pregnancy while taking this medication. It is generally only prescribed by Consultants and requires monthly blood tests. It is very effective when required.

Lastly, another un-licensed medication is called Spironolactone. This is traditionally used as a water tablet in blood pressure or heart disease but in recent years has shown potential to block the male type hormones in females and so reduce Acne. Again this is typically prescribed by a Consultant Dermatologist and requires monitoring of blood potassium levels.

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

The Killarney Medical Centre
47, New Street, Killarney
T: 064 66 20628



Fully Licensed Restaurant & Bar
Treyvand's

Wishing all our
Friends & Customers
A Happy Christmas &
A Merry New Year

Find us on Facebook
Reservations: **064 66 33062**
62 High Street, Killarney Fax: 064 66 22793

MAC'S
of Main Street, Killarney

Delicious Early Bird
Three Course Menu €22.95

Enquiries & Bookings...
Tel: 064 6635213 Email: info@macsofmainstreet.com
www.macsofmainstreet.com

PADDY O'KEEFE
SUPERMARKET & GENERAL STORE

Gattabawn, Gneeveguilla, Co. Kerry | Tel: 064 66 43195 | Fax: 064 66 43105



AGENTS FOR
IRISH OXYGEN Stocking
Oxygen, Argon,
Weldsheild, Acetylene.



**Just rent your tank yearly
and away you go!**

**We work with existing Irish Oxygen
customers and welcome new ones.**



WELDING RODS, CUTTING DISKS AND POWER TOOLS AVAILABLE

KILLARNEY OUTLOOK: Souvenir Edition



Cycle in Killarney town in 1987. Photo from Sheila O'Donoghue



Cycle in Killarney town in 1987. Photo from Sheila O'Donoghue



CONSTRUCTION IN KILLARNEY IN 1980'S. Photo from Sheila O'Donoghue



CONSTRUCTION IN KILLARNEY IN 1980'S. Photo from Sheila O'Donoghue



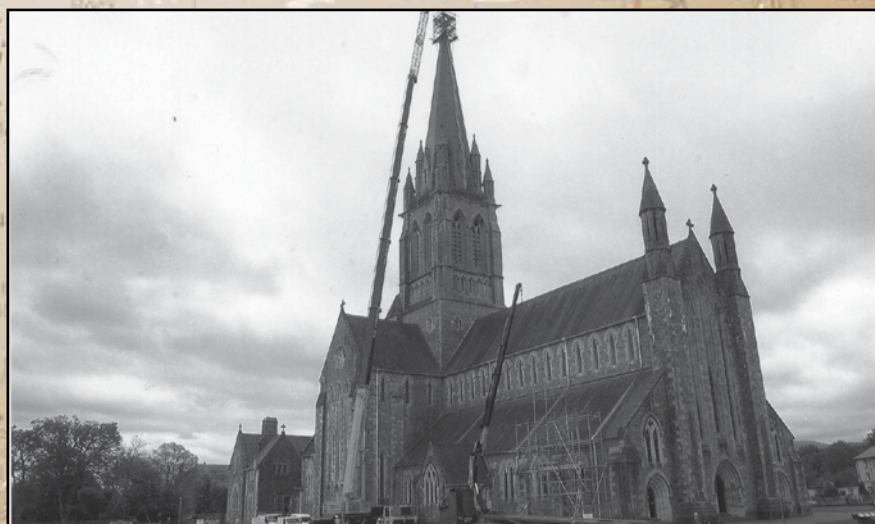
Billy Hearne Bike Shop



A group from Killarney enjoying a day trip.



Work taking place on the Spire at St. Mary's Cathedral.



Work taking place on the Spire at St. Mary's Cathedral.



www.killarneyschoolofmusic.com Tesco Roundabout, Park Rd, Killarney

OPEN DAY ON SUNDAY 7th January 2pm - 4pm Now accepting Enrolments for the Term Commencing 8th January 2018

Highest Quality Music & Dance Tuition • Specialised Teachers • Purpose-Built Music School
Wide Range of Instruments • Classical & Traditional • Wide Choice of Class Times & Class Size
Competitive Prices & No Registration Fees • Conveniently Located With Parking

Wishing All Our
Students A
Wonderful Christmas
& New Year!

CLASSICAL & CONTEMPORARY MUSIC

****New** Saxophone, Clarinet
Classical Violin, Concert Flute
Piano, Keyboard, Group Keyboard Classes
Acoustic Guitar, Electric Guitar, Ukulele
Singing & Voice Training
****New** Performance Singing -
Group class with Grace Foley
Choir with Grace Foley & Jayme Linehan
Pre-instrumental lessons for 4-5yr olds
(With Niamh Dalton)

TRADITIONAL MUSIC

**** New** Traditional Session Group -
With Geraldine Brosnan
Concertina - Button Accordion-
Melodeon
Fiddle - Mandolin - Banjo
Traditional and Folk Singing
Uilleann Pipes - Harp
Irish Flute - Tin Whistle - Bodhrán
Traditional Piano
Traditional Guitar
Traditional Performance Group -
with Padraig Buckley

DANCE & DRAMA

Speech & Drama for Children -
with Ray O Sullivan AIBSD

Sean Níos Dance - with Triona Mangan

Irish Step & Céili Dance -
with Maureen Hegarty

EXAM PREPARATION: SCT (Traditional Irish Music Exams), RIAM (Classical Exams), LCM (Traditional & Classical Exams)
& RGT (Guitar Exams)

INSTRUMENT RENTAL: We provide instrument rental on many instruments on a first come, first served basis.
Visit our Website for Full Details & Fees etc.

Visit our Website for Full Details & Fees etc
www.killarneyschoolofmusic.com - Tel. 064-6637598



Outlook
MAGAZINES

**OFFERING
A WHOLE LOT
MORE FOR
2018**



**VALUE & CHOICE FOR ALL YOUR
ADVERTISING NEEDS**

Place an advert in the
KILLARNEY OUTLOOK
or in our other Outlook Magazines

Tralee Outlook • Sliabh Luachra Outlook • Lee Valley Outlook

Mobile Des: 087 6593427 t/f: 064 66 70000 | e: des@outlookmags.com

KILLARNEY OUTLOOK: Souvenir Edition



Killarney Parade 1980's. Photo from Sheila O'Donoghue



Killarney Credit Union building. Photo from Sheila O'Donoghue



Dermot O'Sullivan, Castlerosse Cottages



Paddy Cherry, St. Mary's Parish Hall



Noel O'Connor pictured with nephew Sheamus 1996



Where are they now? Furies U16 Divisional Winners Approx 2000
Photo Des O'Connor



Beached Whale - Ballyheigue Beach Approx 1992.
Photo Des O'Connor



Eucharistic Congress Bell visits Ballyhar Church - Tom Coakley, Connie O'Sullivan, Denis MacGillycuddy, Jerry Buckley RIP, Fr Tadhg O'Docherty, Fr. Dan O'Connor NZ
Photo Des O'Connor



Interior Ballyhar Church renovations 2003
Photo Des O'Connor

O'CONNOR FUELS
KILLARNEY, CO. KERRY

Special Offers... **FREE DELIVERY**



Hardwood
1 TONNE BAG
ONLY €79



Soft wood
2 TONNE BAG
ONLY €70

10 bags of 40kg Premium Coal
ONLY €146

10 bags of 40kg Smokeless Coal
10 BALES OF PEAT BRIQUETTES + 3 BAGS OF FIREWOOD
FREE - ONLY €219

m: 087-6178379 t: 064 77 50661 f: 064 77 56534

Galvin Physiotherapy Clinic

21 Clover Lane | College St. | Killarney | Co. Kerry
Tel. 064 66 23100 | Fax. 064 66 23111
Email. info@galvinphysiotherapy.ie | Web. www.galvinphysiotherapy.ie

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

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

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

Gráinne Bergin (ARTC)
CERTIFIED ATHLETIC AND REHABILITATION THERAPIST SPECIALISING IN DEEP TISSUE AND SPORTS MASSAGE

Kingdom Installation Ltd.

NEW GRANTS AVAILABLE OVER €1,000 TOWARDS UPGRADING INSULATION IN YOUR HOME

Grant applied for on behalf of the Homeowner
Grant amount automatically deducted from overall costs

Call us for further information and your FREE QUOTATION
**subject to site survey and measurement*



CAVITY WALL INSULATION | ATTIC INSULATION
EXTERNAL WALL INSULATION

KERRY 066 7135991
LIMERICK 061 320953
TIPPERARY 062 72761

 See us on Facebook

www.kingdominstallation.com
email: enquiries@kingdominstallation.com

M.&J. KELLEHER LTD.

MJK oils



CONTACT OUR LOCAL MAN IN YOUR AREA ON:
087 9314007

● HEATING OIL ● ROAD DIESEL ● LUBRICANTS
● TRACTOR DIESEL ● STORAGE TANKS



KEEN PRICES PROMPT DELIVERY

Killarney / Kenmare Tel Mike:
087 9314007 / 064 6630020

KILLARNEY OUTLOOK: Souvenir Edition



1976 - Lawlors Cross league Team



John Ashe and Kitty O'Connor pictured at the Town Hall



Riordans Baby Shop, Plunkett Street



Mulcahy's Shoe Shop on New Street



Dicko's Shop top of High Street



Stella Restaurant on Main Street

Star Seafoods Ltd

High Street, Killarney

064 6633607 | 6641755 | 087 9063351

Our Fish Shop is Open 6 days a week from 9am-4pm
Saturday 9am-2.30pm

We are located in the lane opposite to Keanes Jewellers



We Supply a fine variety of Fresh Local Catch
Seafood on a Daily Basis.

• All Fish can be Boned & Filleted to your liking •

Make the most of your
Fish Dish by picking up our
FREE Recipe Book.
Now available in our shop.



Kingdom Installation Ltd.

EXTERNAL WALL CONTRACTOR

GRANTS available from
Better Energy & Kingspan

Call **0667135991** for further details



Call us for further information and your
FREE QUOTATION

*subject to site survey and measurement

KERRY 066 7135991
LIMERICK 061 320953
TIPPERARY 062 72761



See us on Facebook

www.kingdominstallation.com

email: enquiries@kingdominstallation.com



Hillards Lane (Pennys Lane), Killarney, Co. Kerry
M: 087 1402315 E: sandraflynn85@gmail.com

SandraFlynnBeauty Sandra_Flynn_Mua

• Bridal Make Up • Make Up • Eyebrow Shaping
• Eyelashes • Specialised Waxing • Specialised Facial • Nails

Killarney Locksmiths
Your Security is our Business



• 25 Years of experience
• 24 hour emergency callout

Call us today **064 66 39669**
no call out charge

Tralee Road, Killarney, Co. Kerry
4.4km from Lidl on the N22 • Prop Peter Moynihan
www.killarneylocksmiths.com

**REPLACEMENT
LOCKS
AND SURVEYS**

carried out and
fitted by fully qualified
locksmiths.

Complete range of Locks,
Safes & Security products
available.

**Carpentry Maintenance
Service**



All Major Credit cards accepted



COURT YARD HOUSE - LEWIS ROAD - KILLARNEY
TEL (064) 66 70 800 FAX (064) 66 70 803

VOICE & DATA STRUCTURED NETWORKS :: VOICE & TELEPHONE SYSTEMS
MAINTENANCE & TECHNICAL SUPPORT
SERVER, SECURITY & STORAGE :: HARD/SOFTWARE SOLUTION PROVIDER
MICROSOFT, COMPTIA & CISCO CERTIFIED

WWW.ISLANDCOMPUTERS.IE

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



Ok it's that time of year when you all are wondering which gym, class or programme will you join? One thing is for sure there is plenty of options out there at the moment. It's important to pick the one that is right for you, and the one you will work for (and not the one that will work for you, as it is you that needs to put the effort in and do the work!) Blaming the class, gym or trainer for you not losing weight or getting results is a cop out when you put no effort in to show up or put the enthusiasm into the training & diet. If it's something you're not excited about going to or feel difficult to stick to then maybe it's just not the right plan for you and you need to find something that gives you that buzz and excitement you need to stay motivated and sticking to it.

People often follow trends, or a plan a friend got results with, only to find they are miserable and hate every minute of it. What results here is a very negative attitude to training and healthy eating and this is not something anyone will stick to for long. It's important to pick the right plan for you. When your brain registers that your body is doing something it loves the feel good hormones will kick in and your whole attitude will change and man...watch the results come!

My top tips when selecting your January 2018 healthy kick start;

- pick exercise types you like; eg outdoors, indoor classes, gym workouts, swimming etc
- Then think about if you want to workout on your own as a self motivating workout, with a group, as a competitive gain, or as a fun style workout.
- Think about the style of workout you like eg; cardio, weights, body weight, dance, cross fit, aqua, yoga, Pilates, spinning, boxing etc.
- Then find a location or gym that provides these types of classes, facility, or classes. Make sure the facility is one you could see yourself going to regularly, that you can access easily at times and days that suit you, and one that suits your pocket.
- Pick an instructor or personal trainer that suits your personality and will give you what you are looking for as regards motivation and results. And meet with them or call them and see if you click. Your gut instinct usually won't see you wrong.
- If you are someone that wants to go it alone in the great outdoors, set yourself some personal challenges, and plan some routes and days to help kick start you and get you going.
- And finally enjoy it, and keep it up. Don't expect results in 3weeks. Give yourself 3weeks to get into it. About another 3weeks to see notable changes to your shape, attitude, energy levels and about another 3weeks to know this is a concrete habit change that is part of your daily routine and that you are going to stick to. We have a range of group classes, memberships and personal training packages available for all levels. We have male and female instructors so check us out online to see if we can help get you started www.fitnesswithedele.com

FITNESS WITH EDELE 087-7643449
WWW.FITNESSWITHEDELE.COM

OUTLOOK FASHION

Volume

If you are looking to boost the volume of your hair, there are several methods that can achieve this. Dry shampoo has become a popular method in the last couple of years- spray it through the lengths to add volume. Similarly, you can use the old-fashioned method of the overnight messy bun-after showering, put your hair in a high loose bun while it's still damp. Your hair will dry while being lifted.



KILLARNEY MASSAGE THERAPY CENTRE

Yoga. Massage. Wellness

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

Sara is trained to the highest level with a BTEC level 6 (degree) in Clinical and Sports Massage & is the first and only person to hold this qualification in Ireland. Advanced techniques can provide effective relief from most soft tissue pain restriction including but not limited to:

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

Contact Sara 087-2922851

www.killarney massagetherapycentre.ie



Astrid Longhurst
Life & Body Confidence Coach



YOUR YEAR IN REVIEW!

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

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

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

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

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

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

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

066 9766374 | life_coachingunlimited@yahoo.ie





MILLTOWN DENTAL PRACTICE NEWS

**Scale and Polish treatment will return
under the PRSI scheme.**

Ring for further information.

Miltown 066 9765635

Caherciveen 066 9472411



Open Mon - Sat: 9am - 6pm
Late evening appointment available
Milltown Dental Practice -
066 976 5635

milltowndentists@eircom.net | www.dentistskerry.ie

For more information or to arrange an appointment
PLEASE CONTACT: 066 9765635

Tipmongkol Thai Massage

Scarteen (near Two Mile School), Ballyhar Rd. Killarney

Winter Paradise

Back Massage and Mini Facial
+ Nails polish **Only €50**

Massage 60 mins + Facial 60 mins
Only €80

Full treatment Medure & Pedicure
available with Gel Nails Polish

Gift Vouchers Available

OPEN MONDAY TO SATURDAY - 10am to 7pm

Apple Fleming : 087-3647399 E: tipmongkol2016@gmail.com

[TipmongkolThaiMassage](https://www.facebook.com/TipmongkolThaiMassage)

ADVERTISE HERE

*Beauty, Health &
Lifestyle Advertising*

CONTACT DES: 087 6593427



Giving you back the gift of hearing

CLINICS NATIONWIDE | www.audiologymedicalservices.ie

Bon Secours Hospital, Tralee
The Scotia Clinic, Tralee

Jessica Lewis
Director of Audiology

Charles Lewis
Managing Director



THE FIRST CERTIFIED
LYRIC HEARING
PROFESSIONALS
IN IRELAND

**CALL
1800 501 501**

**MAKE YOUR
APPOINTMENT TODAY!**

PARTICIPANTS WANTED

Trial the world's
smallest rechargeable
hearing aids
- just released to
the market!



T&C's Apply

**100% COST and
RISK Free!**

We just require
your feedback!

Adults
€65
for both ears
(normal price
€80)

Children
€80
for both ears
(normal price
€100)

DECEMBER SPECIAL OFFERS

**Microsuction Ear Wax
Removal ALSO AVAILABLE**



AMS Clinics are Consultant Approved by an
Independent UK Audiology Assessment Board.

Hello Readers and welcome to 2018. I hope you all had a pleasant Christmas and enjoyed the New Year celebrations. I wish you all health and happiness in the months ahead. Please continue to make sure your elderly neighbours and those living alone are keeping well and please keep putting out food for wild life even if the weather is mild and even if you live in the countryside. The natural habitat for birds in particular has been decimated and manicured hedgerows do not provide food. If the weather is frosty please also provide fresh clean water.

LITTLE CHRISTMAS:

Today is the Eve of the Feast of the Epiphany the world over or Little Christmas as it is also known in Ireland, when I was growing up it was one of the 6 nights of the Christmas Season that the lighted candles were to be seen on the windowsills (the others being Christmas Eve, Christmas Day, New Year's Eve, New Year's Day and Little Christmas Day itself).

The 6th of January is also known as Nollaig na mBan (Women's Christmas), a day (according to what I have read) when the men did the "women's work" to thank them for the hard work they had to do preparing for Christmas and women used meet up for a chat and a little refreshment – but that did not apply in my area, instead both days really were treated as a Little Christmas with the children of the house being given soft drinks and biscuits and other special treats that in most cases they would not partake in again until the following Christmas. The Feast of the Epiphany is and was a Holyday of Obligation for Catholics and like Sundays at that time was a rest day, with no unnecessary work carried out and after Mass it was a day for visiting or being visited. It was also the end of the Christmas Season and the school holidays but there was often a day or two before the schools reopening so on January 7th all the household helped with the taking down and storing away for another year of the Christmas decorations.

In the Scottish Highlands, the name Little Christmas, or Nollaig Bheag in Gaelic, was applied to New Year's Day - which is also known as Là Challuinn, or Là na Bliadhna Ùire, while Epiphany there is known as Là Féill nan Rìgh, the feast-day of the Kings – as it marks a visit to the baby Jesus by The Magi - also widely



referred to as the three Kings, or Wise Men.

QUOTE:

"No person who has not spent a period of his life in those 'stark and sullen solitudes that sentinel the Pole' will understand fully what trees and flowers, sun-flecked turf and running streams mean to the soul of a man" - Ernest Shackleton.

JANUARY 5TH THROUGH HISTORY:

1826 - Separate Irish currency was abolished and replaced by sterling.

1840 - There were officially 95,820 licensed public houses in England.

1855 - American businessman and inventor of a modern safety razor King Camp Gillette, was born.

1871 - 33 Fenian prisoners were released by the British in a general amnesty.

1895 - The discovery of a type of radiation, later known as X-rays, was reported.

1914 - Henry Ford astounded the world when he announced that he would pay a minimum wage of \$5 a day and share with employees \$10 million from the previous year's profits.

1922 - County Kildare born Antarctic explorer Sir Ernest Shackleton, died of a heart attack at sea enroute from South Georgia Island in the southern Atlantic Ocean to Antarctica at the age of 47.

1933 - In San Francisco federal judge Harold Lauderback ordered the auction of 2,245 gallons of moonshine that had been seized in raids.

1950 - Gene Autry's "Rudolph the Red-Nosed Reindeer" hits #1 on the Billboard Pop Charts. It sold over 8 million copies and was later inducted into the Grammy Hall of Fame in 1985.

1956 - Truck driver Elvis Presley, began his 1st recording session for RCA. "Heartbreak Hotel," written by Mae Boren Axton, was the first song recorded.

A VILLAGE IN THE SWISS ALPS WILL PAY YOU TO LIVE THERE:

The Swiss village of Albinen, near Leukerbad in the canton of Valais, has voted on an initiative that will offer money to non-residents who are willing to live in the village for at least 10 years. These new residents will be paid 25,000 Swiss Francs (about €21,400) per adult and 10,000 Francs (just over €8850) per child.

Residents of the tiny village have been moving away over the last few years, leaving only 240 residents at present and the local school has closed due to families with young children leaving for better employment opportunities. The village which is located in farmland and forest is quite beautiful and clean and is situated at an altitude of 1,310.64 Kilometers (4,300ft) in the south-west of Switzerland overlooking the Rhône valley, has stunning views of its surrounding mountains with pure mountain air. It's less than six Km to Leukerbad, home to one of Europe's largest medical wellness, beauty and thermal baths complex and there are bigger towns close by where you might be fortunate enough to find work.

Other than agreeing to live in the town for a decade, eligible applicants must be aged under 45 and are required to build or purchase a property worth at least 200,000 Swiss Francs (about €170,000), and it will have to be your

permanent home, not a second residence.

The money does not have to be repaid, unless you leave the village before the ten year deadline.

Local residents have demanded that the council do something to help reverse the decline and ensure the village's future and the officials hope that Albinen's reduced economy will benefit from the new homeowners through taxes, building contracts and the purchase of local produce and young people will bring life back to the village and the reopening of the school.

DID YOU KNOW?

That on January 5th 1943 George Washington Carver, Educator and scientist, died at the age of 81 at Tuskegee, Alabama? Mr. Carver was born the son of a slave woman in the early 1860s, went to college in Iowa and then headed to Alabama in 1896. There, at the Tuskegee Institute, Mr. Carver served as an agricultural chemist, experimenter, teacher and administrator; working to improve life for African Americans in the rural South by teaching them better agricultural skills. One of the farming methods Mr. Carver devised, using peanut and soybean crops to enrich soil depleted by cotton crops, revolutionised Southern farming in the U.S. He was well-respected by people such as President Franklin D. Roosevelt, Mahatma Gandhi, Josef Stalin and Thomas Edison, whose offer of a job for more than \$100 a year Mr. Carver refused and he continued working at Tuskegee until his death.

CAN'T AGREE ON A NAME FOR YOUR PET? - WHY NOT LET IT CHOOSE FOR ITSELF?

Did add a pet to your family recently and everyone in your home has a brilliant idea as to what it should be called?

This happened to group of roommates recently and instead of arguing with each other about what to name him they put their ideas in the young pets own paws and had him decide on a title for himself.

The flatmates put a bowl of food for each name in a circle around the pet. Each food bowl was in front of a slip of paper featuring a different name. The first three bowls that the kitten ate from were selected for a final round in which the unnamed pet would choose its title.

The pet – in this case a kitten - finally selected "Fireball": a fine name for a confident cat.

NEW ZEALAND GOVERNMENT PLANS TO PLANT 1 BILLION TREES:

The country's Prime Minister, 37-year-old Jacinda Ardern, signed a coalition agreement in December with the New Zealand First party that addresses several initiatives to be employed by the coming administration.

One of these initiatives is to plant at least 100 million trees in New Zealand every year of the Billion Tree Planting Programme.

While the country currently gets 85% of its electricity from renewable energy sources, the coming administration hopes to become 100% sustainably-powered by 2035 and reduce its greenhouse gas emissions to zero by 2050.

A THIEF MESSED WITH THE WRONG MOTHER:

The family of Angie Boliek from Oregon in the US have a yearly tradition for the children

to take a photo in Christmas pyjamas. So she went online and ordered some pyjamas for her 4-month-old son, Ben, and anticipated the arrival.

She received an email saying the Christmas PJs she had ordered had been delivered, but when she went to look for the package, it was nowhere to be found. It had been stolen right off her porch.

Ms. Boliek was angry and decided to teach thieves a lesson by leaving a not-so-pleasant surprise. She filled a box with 10 to 15 of her son's dirty nappies and left it on the porch with a note saying "Enjoy this you thief!" inside the box. By the next evening, the package was gone.

Ms. Boliek's advice to everyone is to find out in advance if it is the suppliers' policy to insist on a signature when the parcel is delivered, if it's not – shop elsewhere.

DOG WOULDN'T STOP WHINING AND STARING AT PREGNANT WOMAN, SAVED BOTH MOTHERS AND BABY'S LIVES:

Akitas are large, huggable dogs. But they are very wary of strangers: they take a while to warm up to new people, but they are incredibly loyal to their family.

"Keola" is the name of this Akita, she lives with 21-year-old Alhanna Butler and her husband, Ricky, in Doncaster, South Yorkshire. They claim that she chose them, and not the other way around, when they went to a breeder to select a pup.

18 weeks into her pregnancy, Ms. Butler started to feel unwell. The doctors sent her home, telling her it was nothing serious. They said her back pain was just because she was small and the pregnancy was taking its toll.

Keola was right by her side, again but this time she also kept crying and staring at Ms. Butler for about an hour and when Ms. Butler posted a photo online her friends all began saying Keola was trying to tell her that something was wrong.

Ms. Butler went back to the hospital, and collapsed. She was tended to, and doctors found out both her kidneys were infected and she'd caught an antibiotic-resistant bug. If she hadn't gone back to the hospital, she could have died. Doctors told her she came in at just the right time — she'd contracted an infection the doctors had only seen once before, and they had to make treatments especially for her. She recovered, but it was a close brush with death, and she credits both her and her son's life to the vigilance and sixth sense of Keola. Since little Lincoln was born, he and Keola are inseparable. Ms. Butler says that "In Japan, Akitas are known as 'babysitting' dogs and Keola definitely lives up to this. She is inseparable from him."

PEOPLE SHOULD NOT BE TOO QUICK TO JUDGE OTHERS:

Like any other child, 7-year-old Garrett Coyne loves going to visit Santa every year and when his mother Nancy, took Garrett to the shopping arcade to spend time with Santa, she simply hoped to bring joy to her son.

But when they returned to the car park after their visit, Nancy was appalled by what someone had written on her car. The words "UR



not handicap" were scrawled in red lipstick on the window.

When Garret was three years old, he was diagnosed with Batten's disease. The neurological disease is degenerative, causing him to slowly lose his motor skills. His speech is rapidly declining, he has lost his eyesight, and he now relies on a wheelchair. Tragically, there is no cure or treatment, and the disease often times ends in childhood death.

The Coyne's car was parked in a handicap spot with a legal parking placard displayed, making the rude note even more confusing.

A spokesperson for the shopping arcade where the incident occurred said that they are extremely offended by the situation and are working closely with the police during their investigation, though they all hope that the Graffiti artist did not see the child in the wheelchair or else assumed wrongly that handicap parking areas are for drivers only.

Although the Coyne family were angry at first, they now hope the person simply realises that they did something wrong and can learn from their mistake.

A DINO SWIMMER:

It may have walked like a duck and swum like a penguin, but a flipper-limbed creature discovered in what is now Mongolia was no bird. The strange new species is the first known nonavian dinosaur that could both run and swim, researchers say.

To compensate for a long swanlike neck, probably used for dipping underwater for fish, this dino's centre of mass shifted toward its hips, allowing it to stand erect, similar to short-tailed waterfowl like ducks, scientists added. Along with the flipperlike limbs, those adaptations suggest the animal, dubbed Halszkaraptor escuilliei, probably spent much of its time in the water, say vertebrate paleontologist Andrea Cau of the Geological and Palaeontological Museum in Bologna, Italy, and his colleagues.

To study *H. escuilliei* in 3-D, and while still partially embedded in rock, the researchers used synchrotron radiation scanning. Zapping the fossil with high-energy X-rays illuminates structures in fine detail without causing damage.

H. escuilliei lived in the Late Cretaceous around 75 million to 71 million years ago and belonged to maniraptora, a diverse line of theropods

that include both nonavian dinosaurs and birds. Although many theropods, such as the tyrannosaurs, were primarily meat eaters, *H. escuilliei*'s jaw, nose and number of teeth suggest it preferred fish.

PEOPLE SAID NO TO SOCIAL CLEANSING IN STOKE-ON-TRENT:

Over 300,000 people in Great Britain and Northern Ireland are homeless. That's the equivalent of one in every 200 residents. And the number with no place to call home is increasing.

You might expect local authorities to take action and help people whose lives are in crisis, but instead the council for Stoke-on-Trent, a city in the centre of England, came up with the idea of fining people living on the streets £100, using a law known as Public Space Protection Orders (PSPOs).

This would increase to £1000 (around €1130) for those who are unable to pay the fine and end up in court.

When Christian Garland found out what Stoke-on-Trent was proposing to deal with the "homeless problem," he jumped into action and created a Care2 petition demanding "No PSPOs to criminalize homelessness in Stoke, no to social cleansing."

"The sick absurdity of criminalising people who are in crisis and adding to it further by imposing fines they can't pay, is seemingly lost on Stoke-on-Trent council, which is proposing the punitive use of PSPOs in the city centre, Hanley park, Festival park and Octagon retail park," Mr. Garland wrote in his petition.

Within just 48 hours, the petition had gathered over 15,000 signatures from Care2 members dismayed and angry at such an inhuman proposal.

It didn't take long for the city council to take notice of the public outcry against the idea of imposing a fine on people for being homeless. Here's what Mr. Garland posted on his petition: "Victory. Stoke-on-Trent dropped the proposal – this petition of now 15,743 signatures contributing to that without doubt. The council confirmed that the fine element had been removed due to the 'strength of response' and added: 'We got it wrong. This option should not have been included.'"



CHRISTMAS - SOME PRACTICAL SUGGESTIONS

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



Know Your Rights: CONSUMER RIGHTS DURING SALES

QUESTION

What are my consumer rights when I buy something in the sales? Can I return sales items?

ANSWER

Your consumer rights during a sale are exactly the same as at any other time of the year. Your rights do not change just because you bought the item in a sale.

Goods should be of merchantable quality, fit for their intended purpose and as described. If they are not, you are entitled to a repair, a replacement or a refund.

If there is a fault with goods that you bought at full price and are now on sale at a reduced price, you are entitled to a refund of the full price (if the shop is willing to offer a refund).

Shop notices such as "No Refunds" or "No Exchanges" do not limit your rights, if you have a complaint about faulty items.

However, you are not entitled to a refund because you change your mind about something you have bought in a shop, whether this is during the sales or at any other time of the year. Many shops do allow you to exchange goods that you have had second thoughts about, but this is at their discretion. It is a good idea to check the shop's refund policy before buying anything.

You should always keep your receipts as proof of purchase and the price paid. This does not necessarily have to be the shop receipt. You could show your credit or debit card statement if you used one or any other documentation that proves it was purchased.

For more information, visit the website of the Competition and Consumer Protection Commission at consumerhelp.ie.

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.



Kerry ETB Training Centre



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

Surf Instructor and Beach Lifeguard (ET123) - Co. Kerry.

The course offers participants the opportunity to develop the knowledge and skills to work as surfing and outdoor activity instructors. Participants will also receive lifeguarding and aquatic first aid qualifications. **Start Date:** 8th January 2018. **Duration:** 25 weeks. **Certification:** ISA Surfing Skills Instructor Level 1 Certificate, National Beach Lifeguard Qualification, and Aquatic First Aid & Cardiac First Response (PHECC) Certificate.

Marine Angling Guiding (ET09446) - Fenit.

This course provided participants with knowledge and skills to offer a high quality, safe and professional angling guiding service in accordance with relevant statutory legislation. **Start Date:** 15th January 2018. **Duration:** 14 weeks. **Certification:** QQI Level 6 Award.

Bus Driving - D Licence (ET07114) - Tralee.

This course provides participants with the skills and related knowledge in the rules of the road, driving a Large Public Service Vehicle (LPSV), customer service, documentation, first aid, manual handling and fire safety, digital tachograph, technical standards and work experience. Applicants must have a current full Class B Driving Licence and Class D Learner Permit. **Start Date:** 15th January 2018. **Duration:** 14 Weeks. **Certification:** Class D Driving Licence and CPC, Occupational First Aid and CILT Digital Tachograph Certificates.

Construction Ground Work Skills (ET23462) - Tralee.

This course provides participants with the knowledge and skills to construct concrete slabs and paths and to lay kerbs, flags and pavements under various conditions. **Start Date:** 15th January 2018. **Duration:** 13 weeks. **Certification:** QQI Level 4 Award.

Intermediate Welding (ET030) - Tralee.

This course is designed to provide industry with personnel who are highly skilled and certified in carbon steel, stainless steel and aluminium welding. Applicants must have a proven track record in basic welding skills. **Start Dates:** 29th January 2018. **Duration:** 19 weeks. **Certification:** EN 287 Certs in Manual Metal Arc (MMA), Metal Inert Gas (MIG) and Tungsten Inert Gas (TIG) and a QQI Level 5 Award in Abrasive Wheels.

CAD - Computer Aided Draughting and Design Course (ET115) - Tralee.

This course offers participants the opportunity to develop knowledge, skills and competencies in 2D and 3D computer aided draughting and design. Participants must have technical drawing and maths in the Leaving Certificate or have an equivalent level of relevant industrial experience or training. **Start Date:** 15th February 2018. **Duration:** 34 weeks. **Certification:** City & Guilds Level 3 Awards in 2D and 3D Computer Aided Design.

ECDL (ETK79) - Tralee.

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

Digital Marketing with E-Commerce (ET08342) - Tralee.

This course covers the theory underpinning digital marketing and the skills required to carry out routine digital marketing tasks and implement digital marketing solutions. **Start Date:** 12th March 2018. **Duration:** 36 weeks. **Certification:** City & Guilds Level 3 Diploma.

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

Kerry ETB Training Centre

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

<http://kerryetbtrainingcentre.ie>, e-mail: training@kerryetbtrainingcentre.ie

TAX MATTERS

With O'Brien Coffey MacSweeney
Accountants & Statutory Auditors

MINIMUM WAGE INCREASE 2018

The Minimum Wage in Ireland will be increasing on January 1st 2018.

The Low Pay Commission recommended in June this year, that the National Minimum Wage for an experienced adult worker should increase to €9.55 per hour.

These are the rates of the Minimum Wage that will apply from January 2018

- Experienced adult worker €9.55 per hour
- Over 19 and less than 2 years since first job €8.60 per hour.
- Over 18 and less than 1 years since began first job €7.64 per hour.
- Aged under 18 €6.69 per hour

An experienced adult worker – for the purposes of the National Minimum Wage Act – is an employee who has an employment of any kind in any 2 years over the age of 18.

Exceptions to those entitled to receive the national minimum wage

There are some exceptions to those entitled to receive the national minimum wage. The legislation does not apply to a person employed by a close relative (for example, a spouse, civil partner or parent) nor does it apply to those in statutory apprenticeships. Also some employees such as young people under 18 and trainees are only guaranteed a reduced or sub-minimum rate of the national minimum wage.

O'BRIEN
COFFEY
MACSWEENEY

To discuss the above, or any other financial matter
with one of our advisors contact 064 6632045 or
info@obcm.ie

**DANNY
HEALY-RAE TD**



CONTACT: dhealysrae@gmail.com - 0872316055

**CLLR MAURA
HEALY-RAE**



CONTACT:
maurahealysrae@gmail.com
0877816432

Scott's Hotel Killarney

Every Saturday 11.30am.

Last Friday of the month

Scartaglin at 8.15pm. Castleisland: River Island Hotel at 9.30pm and Kearneys Bar at 10pm. Cordal Hughes Bar 10.45pm.

3rd Monday of the month

Walshes Bar Knocknagoshel 9.30pm & Flanagan's Bar Brosna 10.30pm.



FIANNA FAIL
THE REPUBLICAN PARTY

John Brassil TD

Killarney Constituency Office
Open Hours:

Thurs 28th, Friday 29th Dec from 9.30am - 5.30pm

Address:

The Fairhill Business Centre, The Courtyard, Fairhill, Killarney.
(Just behind the Royal Hotel)

John will hold a Clinic in the Killarney Office every Friday from 3pm - 5pm
Working with Cllr John Joe Culloty 087-1308000 cllrjoculloty@eircom.net
and Cllr. Niall Kelleher 087-6694101 office@niallkelleher.ie

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

Office: 064 66 94199/083 8541447

Email: john.brassil@oireachtas.ie John mobile: 087 2362330



TO ADVERTISE CALL: 087 6593427

Ed 42

TOM MOYNIHAN
Professional Car Valeting

- Full & Mini Valet from €20
- All Budgets Catered for
- Collect & Return Service
- Gift Vouchers Available

Car Wash Available



087 2907040

Ed 47

F1ESK
SCHOOL OF MOTORING

€30
PER LESSON

- Utmost consideration given to nervous beginners
- Dual controlled car
- Beginners to Pre-Test
- Gift Vouchers Available
- 7 days a Week

ad
Phone John Galvin at
087 9433402 or 087 0678087



Ed 29 2018

Emerald Tree Services

- Comprehensive Insurance
- Hazardous Tree Felling
- Pruning + Stump Grinding
- Tree Replacements
- Removal of all Waste Material
- NPTC Training + Assessment

RICHARD SHERIDAN
FARRANFORE
087 9220317
t/ 066 9793974
emeraldreeservices@hotmail.com



Ed 10 2018

Michael Brosnan
Carpentry
Spa, Killarney

- Roofing 1st & 2nd Fixing.
- Timber Flooring

No Job Too Big or Too Small

087 7981152



Ed 26 2018

John O'Mahony
HORIZON MEMORIALS

HEADSTONES IN MARBLE, GRANITE & LIMESTONE

Cleaning & Inscriptions
Grave Maintenance
Tullig Beg, Killorglin

CALL FOR A BROCHURE ON:
087 2298179 / 066 9790657
email: johno_mahony@eircom.net



OG

O'Riordan HOME MAINTENANCE

- FULLY INSURED
- FRIENDLY RELIABLE SERVICE

- GENERAL HOUSEHOLD REPAIR & MAINTENANCE
- POWER WASHING
- WINDOW & DOOR REPAIR
- LOCKS, HANDLES & HINGES SUPPLIED & FITTED
- GLASS UNITS SUPPLIED & REPLACED
- GARAGE CLEAROUTS
- DRIVEWAYS AND LAWN WEED CONTROL
- RAILING AND FENCES REPAIRED

T: 087 2076552
E: mikefloriordan@outlook.ie



Ed 46

TV SERVICES
JIM O'DONOGHUE

T: 086 1662040

- :: SATELLITE
- :: SAORVIEW
- :: FREESAT
- :: INSTALLATION/REPAIRS
- :: TV WALL BRACKETS
- :: FARM CAMERAS

www.jimodonoghuetvservices.com



Ed 10 2018

JPL GAS SUPPLIES
YOUR LOCAL FLO GAS DISTRIBUTOR - CONTACT JOHN PAUL

FLO GAS



TEL: 087 1516161
WE DELIVER GAS

Ed 3 2018

PAT O'CONNOR
FENCING CONSULTANCY
Lisheen, Gneeveguilla

Domestic & Commercial Fencing

- :: Post & Rail : Farm Fencing
- :: Site Fencing : Garden Fencing & Design
- :: Materials Supplied & Erected

Tree Felling & Planting Service

Plastering - Painting - Garden Services & Layout

We Sell: All Types of wire, gates, poles, rails & firewood

Free: Project Assessments & Quotations.

Comprehensive Insurance

Contact: 086 6088166



Ed 10 2018

Noel Leahy
Carpentry & Building Services

- Roofing
- Extensions
- New Builds
- 1st & 2nd Fixing
- All Building works undertaken
- Teleporter & Mini Digger for Hire

FULLY INSURED

Call Noel:
087 2948944

Ed 52

WINDOW & DOOR REPAIRS
Glass, Locks, Hinges, Handles etc.

Reasonably Priced.

Contact
BILLY O'MAHONY:
087 2036005
Over 20 years experience!



OG

gilroys.ie

Get Ready For Winter

- PV Solar Systems to generate Free Electricity
- Thermodynamic Solar Systems
- Power Flushing for your Heating Systems
- Solar Flushing for your Hot Water Systems

Free Surveys
Phone 066 7115920
Website: www.gilroys.ie email: info@gilroys.ie



THIS SPACE AVAILABLE

€8 + VAT per week (long term rate)

FOR ADVERTISING RATES & INFORMATION CONTACT

Des on
087-6593427

Ed 16 2018

Ian Guerin
Painting & Decorating
Interior & Exterior

Fully Insured & Registered

Contact
087 4175359



TO ADVERTISE CALL: 087 6593427

Ed 45



TOM DWYER
PAINTING, DECORATING & POWERWASHING

- PRIVATE & INDUSTRIAL
- FULLY INSURED
- HOIST TICKET HOLDER

CONTACT:
086 8491256

Ed 52

Flesk Upholstery

Mill Rd, Killarney.
Tel: 064 66 35395
Mobile: 086 8122672

Huge range of Materials to choose from
All Upholstery work undertaken.

Hotels, Bars, Guest Houses,
Private House.
FREE Quotations
Contact: John McCarthy

Ed 24 2018

PRECAST CONCRETE PRODUCTS

SEAN ROCHE

Slieveveagh, Ballyvourney, Co. Cork.

Patio Slabs (Different Designs), Full Rope Top Kerb & Lawn Edging, Gate Posts & Fencing posts, Timber Style Ranch Post & Rail Fencing, Wall & Pillar Capping

FREE QUOTATIONS for site
Fencing Patio & Kerb Laying
Delivery Service Available
Tel: 086-6765694
026-45649

Ed 06 2018

IS MOSS ON YOUR ROOF & TARMACADAM A PROBLEM??

I HAVE A CLEAN & EASY SOLUTION

NOEL WALSH FIRIES
087 7790341 | 066 9763226

ALL 3 Ed 24

ENVIROdrain
specialising in the areas of drainage solutions

Commercial and Domestic

Septic tank and Bio-unit de-sludging / cleaning
Drain unblocking and cleaning
Line Jetting
CCTV Line Investigation
Grease Management

- Power Washing
- Septic Tank / Bio - Unit Repairs
- Service & Maintenance

087 9206208

Tom Barton, Castlemaine Co. Kerry

OG

Green & Growing
Tree Surgery & Landscaping Services
087 4177070

Comprehensive Insurance
Hazardous tree felling
Pruning & reducing trees
Hedge cutting
All staff Are fully NPTC TRAINED
All waste removed
Wood chipper hire
Also Lawn cutting & Stump Grinding

www.greenandgrowingtreesurgery.com

0874177070
Firewood & Bark Mulch For Sale

OG

Irish Drain SERVICES
Domestic & Commercial Services

* A One-Stop-Shop for All Your Drainage Problems *

FREE QUOTATIONS

- **Septic Tank Cleaning**
- **Power Jetting**
- **C.C.T.V. Pipe Surveys**
- **Non Dig Solutions**
- **Unblocking - toilets & sinks etc.**

4 Park Business Centre Farranfene, Co. Kerry **066 976 3070 087 935 9035**

OG (Ed17)

TOM MURPHY WINDOWS

Milltown | Co. Kerry.
Call Tom on **087 2787655**

WINDOW & DOOR INSTALLATION

- Repairs to all existing Aluminium and UPVC Windows & Doors
- Locks • Hinges • Handles etc
- Glass & Double Glazing

Ed 28

DIAMOND

PROFESSIONAL WINDOW CLEANING

- ♥ Domestic & Commercial
- ♥ Pure Filtered Water System ♥ High Reach Pole System
- ♥ Specialists in Facias, Soffits & Conservatories
- ♥ Refresh your Drive ♥ Gutter Cleaning
- ♥ Power Washing Service - Fully Insured

Firies, Killarney, Co. Kerry T: 086 8692633
E: diamondpwc@hotmail.com

OG

Kerry Drain Services

Kerry's Leading Drain Solutions Company

- ✓ Septic Tank Cleaning and Bio-cycle maintenance
- ✓ Drain Unblocking
- ✓ CCTV inspections
- ✓ Pre-purchase property surveys
- ✓ Grease management
- ✓ Odour tracing
- ✓ Drain tracing and mapping.

T: 066 976 7744 M: 087 910 7777
www.kerrydrainservices.ie

TO ADVERTISE CALL: 087 6593427

OG

Daniel O'Connell
WINDOW CLEANING SERVICES
 Cleaned by Pure Water
 Pole System Office Cleaning
 Check out our website
www.cleaninginkerry.com
 Contact: **087 2950083**

OG

EMBERS
CHIMNEY CLEANING SERVICE
 SPECIALISING IN STOVES AND OPEN FIRES
 :: DUST FREE
 :: PROFESSIONAL SERVICE
 Contact Conor Healy
087 9724259

ED 21 2018

Joan Reynolds
CLEANING SERVICES
 Domestic & Office Cleaning
 Reliable, Professional and to a High Standard
 Weekly Cleaning or once off contracts
 CONTACT:
087 418 3754

FOR SALE
SEASONED FIREWOOD LOGS
087 7957000
 Grenagh Forest and Farm, Fossa, Killarney

ED6 2018

CERTIFIED SPRAYER TESTING & MAINTENANCE
 available at
WALSHS FARM MACHINERY CASTLEISLAND
TEL: 066 7141464

TOOL-LINE
 POWER TOOL & MACHINE SPECIALISTS
OFFICIAL AGENTS FOR
DeWALT BOSCH STIHL
Makita Metabo trend
SIP DRAPER BECORA
 Full Range of Power Tools, Hand Tools & Accessories.
 Sales & Services.
www.ToolLineKerry.ie
BRACKHILL, CASTLEMAINE, CO. KERRY
 Tel/Fax: 066 976 7907 / Mob: 086 154 4905
linusburke@gmail.com

KERRY HYPNOSIS CLINIC
 Part of Irish Hypnosis
 An Riocht Health & Leisure, Castleisland.
 Professional Hypnotist Lorraine Conroy is delighted to announce the following treatments from the clinic:
 • Quit Smoking • Panic Attacks
 • Public Speaking • Relationship Issues
 • Fears & Phobias • Confidence
 • Weight Loss • Anxiety
 • Chronic Illness • Pain Control
 • Depression • Addictions
 To find out more please contact
 Lorraine on **087 6739588**
www.irishhypnosis.ie

DELANEY'S TREE CUTTING SERVICES
 • Tree Cutting
 • Firewood Cutting
 • Hedgerow Cutting
 • Forestry Cutting
 • Fully Qualified
 • Fully Insured
Call Wayne:
087 4696257

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
 As Neighbours and Home And Away have been off our screens over the festive season, here is your exclusive preview of what's to come in the New Year from our favourite Aussie soaps.

HOME AND AWAY
 The residents of Summer Bay will have to deal with the departure of 3 locals this New Year. As Mick continues his crusade to get access to his daughter Luc, VJ decides to take extreme action. While Ash is initially against the idea, he soon changes his mind when he discovers some shock news of his own. With Mick not giving up, VJ and Luc fly out of Summer Bay forever leaving behind a broken-hearted Leah, Irene and Ash.
 The next resident making a more permanent exit will be Kat who is killed off following a shock car crash. Who is to blame? How will Robbo and Ash cope?
 Elsewhere, Ben and Maggie renew their wedding vows, Maggie's mother Diana pays a visit and Justin is devastated as Scarlet reunites with her husband.

NEIGHBOURS
 It's the question everyone wants answered, who killed Hamish? At present Tyler has confessed to the murder but is the real killer still at large.
 Meanwhile, Paige will have to deal with Gabes kidnapping. Who has kidnapped her son and why? Also, Paige will be leaving Ramsay Street for good this New Year but how and who will she be leaving with?
 Elsewhere, Izzy is back. The woman who ruined Karl and Susan's marriage is back and will make her return in a special one-hour episode in February. Expect fireworks.
 Finally, Toadie and Sonya will have to face more Dee drama as either Dee or Andrea are set for comeback as the final chapter of this story plays out.

GARDENING OUTLOOK
 with **John O'Sullivan**

Between now and the summertime there is still plenty of time to put a bit of colour in the garden with some winter/spring flowering bedding plants.
 It is probably best this Spring, to use them in containers and baskets as the ground is saturated from the amount of rainfall we have experienced.
 The first thing you have to do is choose the type of container you want. There are lots to choose from i.e. terracotta, glazed, plastic and wooden. Now that you have chosen a pot, the first and most important thing to do is sort out the drainage. All terracotta and glazed pots should already have drainage holes in them. Plastic ones probably won't so you will have to punch some holes in them. Next you need to put some gravel or aeroboard broken up over the holes on the inside of the pot and then cover with some landscape fabric i.e. mypex.
 Now its time to add some compost and ideally some slow release fertilizer mixed with it. Then choose some plants... First of all you need to choose a centre piece and always make sure that centre piece is evergreen and suitable for the size of your container. This way you will only have to change the bedding plants from season to season. Here is a list of a few good winter spring bedding plants for containers, primroses polyanthus, winter pansies, cyclamen, ornamental cabbages and trailing ivy.

JOHN O'SULLIVAN, FOUR SEASONS GARDENING SERVICES, KILLARNEY 087-2787160.

Drop off/Post: Killarney Outlook, 30 High St, Killarney **Tel:** 064 667 0000

PRIVATE CLASSIFIEDS - COST: Up to 20 words €5 | BUSINESS CLASSIFIEDS - COST: Up to 10 words €10 • 10 - 20 words €20

*** No More than 20 words *** **DEADLINE IS WEDNESDAY AT 5pm** **Call:** 064 6670000 | **Email:** killarneyoutlook@outlookmags.com |

Post: The Killarney Outlook, 30 High St., Killarney. **ADVERTS WILL NOT BE INCLUDED UNTIL PAID FOR IN FULL**

BUSINESS

FOR SALE



TO LET

SOUTHWEST COUNSELLING CENTRE, KILLARNEY

Offers professional, caring, confidential affordable counselling to Children, Adolescents, Adults and Couples. Further info and appointments.

Call: 064 66 36416 Mon to Fri 10am - 5pm

11989 ED1 FOR SALE

Bags of hardwood logs €3 each

Bags of Turf €3.70

8x4 Car Trailer of dry ash - €165

Free Delivery. Man available for power washing and cleaning out of gutters, all rubbish taken away

Call: 087 2744454

ED49

TO LET

2 Bedroom Apartment – Town Centre

All Mod Cons – Fully Furnished

Private Gated Parking €1000 per month

Call 087 310 1222



#lovekillarney



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



NOVENA TO ST. CLARE

IN THANKSGIVING

Novena to St. Clare. Ask for three favours, one business, two impossible. Say nine Hail Mary's for nine nights with lighted candles. Pray whether you believe or not. Publish on ninth day. Powerful novena.

Say may the Sacred Heart of Jesus be praised, adored glorified and loved today and everyday throughout the whole world now and forever. Amen

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

THANKSGIVING

St. JUDE come to my assistance in my need that I may receive the consolation and help of heaven in all my necessities particularly (mention request) and that I may praise God with you and the elect throughout eternity.

I promise you O Blessed Jude to be ever mindful of this great favour and I will never cease to honour you as my special and powerful patron and to do all in my power to encourage devotion to you. Amen

Say for 3 days and publish immediately
Favour granted after 3 days.

NOVENA TO ST. ANTHONY

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

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

ST. THERESE OF THE LITTLE FLOWER

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

PRAYER TO THE VIRGIN MARY

NEVER KNOWN TO FAIL

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

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.

THE MIRACLE PRAYER

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

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

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

Amen.

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

X

NOVENA TO THE SACRED HEART

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

NOVENA TO THE SACRED HEART

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

#lovekillarney



@gary_o_s ANOTHER SUNSET. WHY NOT? SURE...
#lovekillarney



@spoolr2 POT OF GOLD IN OUR 'ROAD HOLE' BUNKER ON THE 17TH GREEN KILLEEN THIS MORNING!!
#lovekillarney



lifeflow.rockS SOMETIMES YOU JUST HAVE TO GET OUTSIDE AND TAKE A HIKE!
#lovekillarney



Kerry Through A Lens THERE'S NOWHERE YOU'D RATHER BE ON A BRIGHT (RSP) DAY...
#lovekillarney



@-booksandtravel SUCH A BEAUTY
#lovekillarney

...share the love with #lovekillarney on





28th ANNIVERSARY



In Loving Memory of

PETER D.J. O'SULLIVAN

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

*Death leaves a heartache, no one can heal,
Love leaves a memory, no one can steal.
Deep in our hearts, your memories are kept,
To love, to cherish, to never forget.*

Mass has been offered for your intentions.

Always remembered by your
loving wife & family.

3RD ANNIVERSARY



In Loving Memory of

**NOREEN FORAN
(NEE LYNCH)**

**43 O'Kelly's Villas
Who died 07th January 2015.**

*Those we love don't go away,
they walk beside us every day,
Unseen, unheard, but always near,
Still loved, still missed and very dear.*



**Always remembered by your Daughters
Maureen, Noreen, Tricia,
Sons Dan & John, Sons in law &
Daughters in law, Grandchildren &
Great Grandchildren.**

**Anniversary Mass on Saturday
January 6th 2018 at 6.15pm in
St. Marys Cathedral**



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

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

NOVENA TO THE SACRED HEART

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

BARRADUFF MEMORIAL WORKS

LIMESTONE, GRANITE,
MARBLE HEADSTONES

SANDBLASTING
OLD STONES CLEANED
AND RE-LETTERED

TOM MURPHY PROPRIETOR
BARRADUFF, KILLARNEY

TEL: 064 7754021/064 7754262
MOB: 087 2598664

NOVENA TO ST JUDE

May the Sacred Heart of Jesus be Adored, Glorified, Loved and revered throughout the whole world, now and forever.

Sacred Heart of Jesus, please pray for us. Saint Jude, worker of miracles, please pray for us. Saint Jude, helper of the hopeless, please pray for us.

Say this prayer nine times daily and by the end of the 8th day your prayers will be answered. Say it for nine days, publication must be promised.

It has never been known to fail.

X

THE MIRACLE PRAYER

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

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

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

Amen.

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

X

NOVENA TO THE SACRED HEART

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

NOVENA TO THE SACRED HEART

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

NOVENA TO ST JUDE

May the Sacred Heart of Jesus be Adored, Glorified, Loved and revered throughout the whole world, now and forever.

Sacred Heart of Jesus, please pray for us. Saint Jude, worker of miracles, please pray for us. Saint Jude, helper of the hopeless, please pray for us.

Say this prayer nine times daily and by the end of the 8th day your prayers will be answered. Say it for nine days, publication must be promised.

It has never been known to fail.

X

THE MIRACLE PRAYER

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

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

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

Amen.

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

X

LET'S PRAY TOGETHER

Let's Pray Together In The Word
2 Peter 3(9). The Lord is not slack concerning his promise..., but is long suffering towards us, not willing that any should perish, but that all should come to repentance. During the build up to Christmas we wait. There are all kinds of waiting! Christmas is a celebration of waiting. We are waiting for King Jesus to return, as ruler over all the earth. God waits for us to receive his forgiveness, to turn away from sin, and many more things.

Thankyou God that you patiently keep your promises. That you are waiting in the silence. Thankyou Abba Father that you patiently love us, even when we fall short, and let you down.

Amen

For Prayer Requests

laurencewoodley63@gmail.com



WE REPAIR
Phone Repair • Unlock • Internet Cafe • Print

FREE

CHECK YOUR DEVICES

One of our staff member will ring you back with the issue and cost



TABLET



PHONE



GAME CONSOLE



LAPTOP

Unit 2, New Street, Killarney, Co. Kerry

064 663 2766