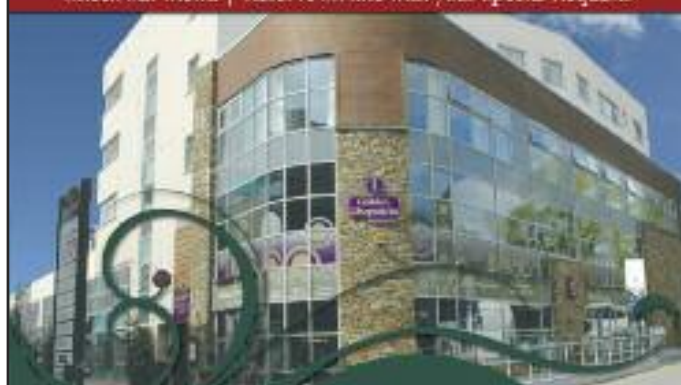


KILLARNEY Outlook

To Advertise call Des on 087 659 3427 or tel: 064 66 70000 Email: killarneyoutlook@outlookmags.com

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



Golden Chopsticks

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

Scotts Street Killarney

(opposite Peter Mark Hair Salon)

Tel: 064 66 22005

Gift Vouchers Available

SAVE YOUR MONEY & FUEL
with our **TAKE AWAY MEGA MEAL DEALS**

Free Delivery within 2 mile radius of Killarney Town

Restaurant Special

EARLY BIRD SPECIAL -

€15.00 per person

Offer 2 Courses + Rice and Chips.

Monday - Saturday: 3.00pm - 6.00pm, Sunday: 12.30pm - 6.00pm

Sunday Lunch Menu Special

€12.50 per person

Appetisers + Main Course + Tea or Coffee

(Including Rice or Chips).

Sunday: 12.30pm - 4.00pm

*We would like to wish all our
customers a prosperous New Year!*



A Dream Drive for 2014

NEW PEUGEOT 308

**FOCUSED ON
YOUR SENSATIONS**

From €18,990*

Test drive the amazing new
PEUGEOT 308
at Reens Rathmore



PEUGEOT reserves the right to change specifications without notice. *Excludes VAT and delivery. Excludes optional equipment. Excludes insurance, license, registration and other taxes. Excludes accessories.

REEN'S CAR SALES RATHMORE

Oldchapel, Rathmore, Co. Kerry

Tel: 064 7758150

MOTION & EMOTION



fabulous fabric company
Bygone Interiors

Free professional advice

**Curtains Blinds Wallpaper
Headboards Upholstery fabrics**

020 45235 Email: info@tffe.ie Web: www.tffe.ie
Rallymakerna, Co. Cork



TRADITIONAL CHINESE MEDICINE

Acupuncture Clinic | Natural Fertility Clinic | Countess Centre, Park Rd (Over Hegarty's)

• Acupuncture • Herbal Medicine • Dietary Therapy • Bio-Resonance Testing • Cosmetic Acupuncture

Kathleen McAuliffe

Lic. TCM CHM

Clinics: Killarney & Millstreet

Tel: 086 2670068 / 029 70498

BODY BY Vi PROJECT 10 CHALLENGE Now in Ireland



Fastest Growing Weight Loss and
Fitness Company in the UK.

NO 1 in North America & Canada

NO 1

**WEIGHT-LOSS AND FITNESS
CHALLENGE** is taking weight
off the world.

One person at a time.

10 lbs. At a time.

Can **YOU** Be One
of these People?

Yes YOU CAN

Join the Movement

Learn how to get your product for FREE.

FOR MORE INFORMATION CONTACT:

Margaret on **085 1611878**

Mike on **087 9400994**

www.newbodyshapein90days.bodybyvi.com



KCINEMAKILLARNEY

East Avenue Rd, Killarney, Co.Kerry [.com](http://www.cinemakillarney.com)

Friday 10th - Thursday 16th Jan 2014



DELIVERY MAN
(R) 11:15
7 Days 8:00 8:30
Late Show Fri 11:15



WALKING WITH DINOSAURS
(PG) 11:00
Sat/Sun 2:15 4:45



RAILWAY MAN
(15) 11:50 12:50
7 Days 6:45 8:00
Late Movie Fri 11:50



SECRET LIFE OF MR. WALTER MITTY
(PG) 11:15
Sat/Sun 2:15 4:30
Mon/Thurs 10:45 8:00
Late Show Fri 11:15



ANCHORMAN
(PG) 11:15
7 Days 6:30 8:00
Late Show Fri 11:15



2D FROZEN
(PG) 11:00
Sat/Sun 2:00 4:15



MOSHIE MONSTERS THE MOVIE
(PG) 11:00
Sat/Sun 2:15 4:25



MOON MAN
(PG) 11:00
Sat/Sun 2:00 4:15



THE HOBBIT 2D
(PG) 11:00
7 Days 6:45 8:00
Sat & Sun 4:45 8:00
Late Show Fri 11:00

KIDS CINE CLUB Saturday 11th & Sunday 12th January



MOSHIE MONSTERS (PG) 10:15 12:20
FREEBIRDS (PG) 10:15 12:10
MOON MAN (PG) 10:15 12:10
Cloudy with a chance... (PG) 10:15 12:10



www.cinemakillarney.com

BIG PIZZA small price

LARGE PIZZA WITH ANY 3 TOPPINGS

€10.00



064-6630222

KENMARE PLACE KILLARNEY

ORDER ONLINE
www.fourstarpizza.ie



Find us on
Facebook



Follow us on
twitter

Londis McCarthy's
Convent Place, Rathmore

t: 064 7758053 f: 064 7758363

m: 087 2230595

email: mccarthy-rathmore@londisretailers.ie



RIVERVIEW EGGS 6 PACK



LONDIS SLICED WHITE/BROWN BREAD 800G



GEM GRANULATED SUGAR 1KG



LYON'S GREEN LABEL TEA BAGS 40'S



FIBRA FLAME FIRE LOGS 1.1KG



KERRYGOLD BUTTER 454G



CULLY & SCULLY FRESH SOUP
Chicken & Veg / Honey, Carrot & Coriander / Corned Beef / Simply Veg / White Potato / Mushrooms / Lentil & Bacon 400g



BOLD LAVENDER & CAMOMILE 3.6KG



GOODFELLAS STONEGROUND THIN PIZZA 340G - 365G



BLOSSOM HILL RED/WHITE 75CL



NESTLE 3PK/4PK RANGE
Purkie / Toffee Crisp / Kit Kat / Smarties / Rowntree Fruit Pastilles 152g - 180g



SWEDE LOOSE / MUSHROOM Potnet 150g / ONION Net 1kg / CABBAGE ROUND 1kg

- This weeks BEEF comes from CAHILLANE MEATS, KILLORGLIN
- This weeks LAMB comes from CAHILLANE MEATS, KILLORGLIN





INSTITUTE OF TECHNOLOGY
TRALEE
INSTITIÚID TEICNEOLAÍOCHTA TRÁ LI



Live • Learn • Discover

So many reasons to choose **IT, Tralee**

Superb Programmes

The Institute of Technology, Tralee offers a wide range of excellent programmes to honours degree level in the following areas:

CREATIVE MEDIA • NURSING • CULINARY ARTS & TOURISM • BUSINESS
SOFTWARE DEVELOPMENT • AGRICULTURAL & MANUFACTURING
ENGINEERING • SOCIAL SCIENCES • WILDLIFE BIOLOGY • AGRICULTURAL &
PHARMACEUTICAL SCIENCE • ENERGY & THE BUILT ENVIRONMENT
EARLY CHILDHOOD CARE & EDUCATION • HEALTH & LEISURE...

Academic Excellence

Range of Unique & Relevant CAO
Programmes up to Level 8

Work Placements & Industry Projects

Supportive & Friendly Campus

Employability of our graduates

MATURE STUDENTS

Over 23 years of age?
Thinking about getting back into education? Looking for a third level qualification? IT, Tralee provides a broad range of supports for mature students. Further details from the Access Office at 066 7191682.

SPORTS SCHOLARSHIPS

If you have a proven track record in any sport and want to build on your success to date you should contact the IT, Tralee Sports Office on 066 7145644. All sports considered. Closing date for applications is Friday 7th March, 2014.

CAO WORKSHOPS

Student information and CAO online application workshops will be held in IT, Tralee North Campus on Tuesday 14th January, 2014 commencing at 6.00pm. All welcome. For further information contact the Admissions Office on 066 7145638.

CAO CLOSING DATE FOR ALL APPLICANTS
5.15PM FEBRUARY 1ST 2014

For further information on any of our courses contact the Admissions Office on 066 7145638 or visit: www.ittralee.ie

O'SHEA'S

OF KILLARNEY

7/8 MAIN STREET, KILLARNEY
TEL: 064 66 20280

**SUNDAY 12th
JANUARY**
1.00PM TO 5.00PM

FURNITURE
30% OFF*

GIFTS
20% OFF*

**HANDBAGS
& PURSES**
25% OFF*

PICTURES
20% OFF*

HOMEWARE
20% OFF*



M.D.O'SHEA & SONS

FANTASTIC PRICES

4 HOUR BONANZA

SUNDAY 12th JANUARY

CASH AND COLLECT 1.00PM TO 5.00PM

BATHROOM SHOWROOMS
20% OFF*

PAINTS
20% OFF**

DOORS & FLOORS
15% OFF*

ELECTRICAL & TV's
10% OFF*

HOME & GARDEN
20% OFF*

10 ONLY

 SAMSUNG 22" LED TV ONLY €199	 SAMSUNG 19" LED TV ONLY €159
 WALKER 32" LED TV ONLY €229	 AKAI Dual Core TABLET 9" €89
	 GO CLEVER 9" TABLET €149

5 ONLY

 STANLEY REGINALD Matt Black Boiler Stove WAS €1899 NOW €1599	 STANLEY CARA INSERT Matt Black N.B. Stove ONLY €949
 STANLEY OISIN 6.4kw Matt Black Solid Fuel Stove ONLY €399	 BILBERRY STOVES 17kw Boiler Matt Black 4kw Insert Non Boiler NOW €999 NOW €349

FUEL OFFERS

 10 Bags Of Polish Coal Plus 4 Bales of Briquettes FREE ONLY €149	 6 BAG COAL BUNKER ONLY €89
 10 Bags Of Casy Glo Smokeless Coal Plus 4 Bales of Briquettes FREE ONLY €179	 BRIQUETTES 2 FOR €6.49

PARK ROAD, KILLARNEY.
TEL: 064 66 20200

TERMS & CONDITIONS APPLY
IMAGES FOR ILLUSTRATION PURPOSES ONLY
ALL ITEMS SUBJECT TO AVAILABILITY

ALL RIGHTS RESERVED
*EXCLUDES SPECIAL OFFERS
**EXCLUDES COLOR TREND

Like Us On Facebook

Aghadoe Heights HOTEL AND SPA



€79

Per Person

Voya Spa Escape

Berry juice on arrival
Thermal Suite Experience
Cleansing foot ritual
30 minute treatment of your choice
Relax on time with refreshments
2 course lunch in the Heights Lounge



€105

Per Person

January Renewal

Thermal Suite Experience
Stimulating body brushing
Detoxifying seaweed wrap that will relieve muscle pain and reduce the appearance of cellulite. A conditioning scalp treatment is followed by an invigorating Shower then all the goodness is locked in with a layer of Softly Does it body lotion.
Then enjoy a facial cleanse, grain exfoliation and nourishing mask followed by relaxation time with fresh fruit and herbal teas.



€155

Per Person

New Year, New You....

One day retreat January 26th 2014

Fun movement class
Detox workshop with refreshments
Yoga for body & mind
Light healthy lunch
Spa Time with thermal suite & 50 minute Massage
Guided meditation, chakra balancing & positive energy lock in.

LAKE OF KILLARNEY, KILLARNEY, COUNTY KERRY

www.aghadoeheights.com - tel: 054 66 31766



NEW YEAR SPECIAL

14 MONTHS MEMBERSHIP FOR THE PRICE OF 12

Offer applies to Gym/Pool or both!

EXERCISE FITNESS CLASSES

Commencing Tuesday 7th January

For further information please contact
hrogers@traleesportscentre.ie

SWIM PROGRAMME FOR ADULTS AND CHILDREN

Commencing week beginning 6th January

For further information please contact
jdownling@traleesportscentre.ie

Check out our website TraleeSportsComplex.ie and our Facebook page for current offers

CLOUNALOUR, OAKPARK, TRALEE • PHONE: 066-7126442





Society of St. Vincent de Paul

SOCIETY OF ST. VINCENT DE PAUL | Ozanam House, Greenlawn, Killarney, Co. Kerry

The Society of St. Vincent de Paul in Killarney wish to thank most sincerely the following for your generosity, support and help not only at Christmas but throughout the year.

- People of Killarney and area for the generous response to our house to house collection.
- Priests and Parishioners of Fossa, Beaufort, Glenflesk and Kilcummin for the Church gate collections.
- Priests of Killarney Parish, Franciscan Community, Mercy, Presentation & Loreto Sisters and Presentation brothers & Brothers Of Charity.
- Teachers and Students of all Killarney Colleges and Schools for their Carol Singing and hampers
 - Speakers at Churches and Volunteer Collectors
 - The Muckross Park Hotel
 - Killarney Soroptomists
 - Kerry Radio for Hampers
 - Killarney Credit Union
 - Miriam Long & Marina Cassidy for Christmas Concert
 - Liebherr Container Cranes Ltd.
 - Heartbeat Group
 - Girl Guides – Hamper
 - Barraduff National School
 - Marks & Spencers Killarney
 - Fossa Bridge Club
 - Brehon Hotel
 - Torc Bridge Club
 - Kerry Vintners
 - Church of Ireland.
 - Killarney Rotary Club
 - Astellas Ireland
 - Divine Mercy Group
 - St. Brendan's Class of 1963
- All those involved in the supply and distribution of the firewood.

Contact 064 6622668 or 087-6164888.

KILLARNEY

News & Views



BISHOP OF KERRY TO VISIT FIRIES AND BALLYHAR

Residents of the parishes of Furies and Ballyhar will welcome the Bishop of Kerry, Fr. Ray Browne this weekend, 11th and 12th January. He will attend mass in Furies on Saturday evening at 7.30p.m. and will be at Ballyhar Church at 10am Mass on Sunday.

Bishop of Kerry, Fr Ray Browne.

FASSBENDER A FAVOURITE TO SCOOP TOP PRIZE AT BAFTAS

Killarney actor, Michael Fassbender is expected to win big at the BAFTAs this year. The Fossa native is hotly tipped to win Best Supporting Actor for his role in "12 Years a Slave".

The Steve McQueen picture is expected to clean up at this year's awards which will be announced at a ceremony at London's Royal Opera House on 16 February. Fassbender has been nominated in the same category at next week's Golden Globe awards. Both nominations mean Michael Fassbender could be nominated for an Academy Award. In 12 YEARS A SLAVE by Steve McQueen Fassbender plays a Louisiana plantation owner, obsessed with one of his slaves. He was discovered by director Steven Mc Queen, who cast him in Hunger in 2008 then in Shame in 2011. He acted in Inglorious Basterds in 2009 by Quentin Tarantino, in Jane Eyre in 2011 with Mia Wasikowska, He played Carl Jung opposite Viggo Mortensen as Sigmund Freud in A Dangerous Method in 2011 by David Cronenberg. This year he also starred in The Counselor (2013) by Ridley Scott, who had directed him in Prometheus (2012). He played young Magneto in the prequel X-MEN: First Class by Bryan Singer, and will reprise the role in X-MEN: Days of Future Past (2014).



OPERATION TRANSFORMATION WALK IN KILLARNEY

Once again, RTÉ's Operation Transformation is teaming up with the Irish Sports Council to organise a number of special Operation Transformation National Walks in 42 locations all around Ireland, the highest number to date.

And with Killarney man, Paudie O'Mahoney as one of the show's leaders, this is a great opportunity for you and your family and friends to take part in the Killarney walk on Saturday January 18th. Paudie, who will also star on Brendan O'Connor's Saturday Night Show this weekend, has received huge support in the town since the show aired on Tuesday night and with almost 550,000 watching the 61 year old every week, this support will be very important to the former Kerry star.

Registration for the Killarney walk will take place from 11am at Msgr. Hugh O'Flaherty Monument at Mission Road in the town with the walks, both a 5k and a 10k starting at 12.30. Karl Henry, fitness expert for Operation Transformation has said "I am a huge fan of walking to get results. It's free, accessible and it works. The Operation Transformation National Walk is a great way to get out and get active".



David Kavanagh and Gillian Sheehan who were married over Christmas and held their reception in the Cliff House Hotel, Waterford. The couple are pictured here with their family at a celebration in the Dromhall Hotel last weekend. Picture Marie Carroll-O'Sullivan.



Denise Browne (Killarney) & Aidan O'Callaghan (Castleisland) enjoying the after party of their New Year's Eve wedding on New Year's Day at The Malton Hotel. Picture Marie Carroll-O'Sullivan.



CONTACT KILLARNEY NEWS AND VIEWS:

Email items for this page to editorial@outlookmags.com

Tel: Aisling **086 0400 958**
064 66 70000

Or call in to our Office at
30 High Street, Killarney.

SUSTAINABLE LIVING COURSE IN BEAUFORT

Beaufort Tidy Towns has been selected as one of 4 groups in the county by Kerry county Council in conjunction with NEDP to deliver a series of courses on sustainable living and Resource efficiency. The course will be free of charge and is open to any local business or private house. The course will outline plans to help you reduce costs and waste. The Sustainable Living and Resource Efficiency course will begin on Wednesday 22nd of January and will run every week for six weeks. Beaufort Community Hall is the venue and there is availability for 15-20 people. It will feature a Hands on practical approach to the following issues:

1. How we plan and design communities?
 2. Energy Choices
 3. Preventing Food Waste
 4. Local Food Resilience & Biodiversity
 5. Water Conservation
 6. Community Action Plan – How do we build local resilience?
- if you would like to participate in the course please text / call 087-2470211

All costs will be covered by Beaufort Tidy Town.

CHRISTMAS TREE RECYCLING

If your Christmas tree is still taking up space in the corner of the sitting room or is thrown outside the back door, then Kerry County Council have the answer to your problem. The transfer/recycling station in Coolcaslagh is taking Christmas trees for a €3 charge while Milltown transfer station is also accepting trees. With this facility available people are being urged not to dump their trees on the roadside.

FOSSA RAMBLING HOUSE

Fossa/Two Mile Comhaltas will hold their Rambling House in the Travel Inn Fossa on Sat. 11th January at 8.30pm, come along to a great night of music, song and dance.

MUCKROSS ICA

The January meeting of Muckross ICA will take place next Monday night January 13th 2014 at 7.30p.m. in Loughguittane National School. New members are always welcome and if you have any inquiries contact Claire on 087-6111749.

Pizza Roma & Diner

From our Family to yours

Now Open at:
3 Chapel Place Killarney
 Opposite Physic Fitness Studio
Free Delivery in Killarney Area
Tel. 064 6634799



ANY 2 MEALS €10.00
AC Meal comes with Chips and a Can of Mineral
€10 Pizza Meal Deal
12" Margherita Pizza, Chips & 2 Cans

Also Available in:
ROMA Kenmare, 16 Main St. - 064 6642885
ROMA Rathmore, East End - 064 7761880

Physique Fitness Studio

Chapel Place,
Off New St, Killarney



3 MONTH SPECIAL
INCLUDES 3 PERSONAL
TRAINING SESSIONS
and 3 FREE CLASSES
FOR ONLY €99



Tel: 064 66 35455
www.physiquefitnessstudio.com



ANGSANA
Spa

Your Spa Journey Awaits

The Brehon - Killarney

January & February Special Offers at the Angsana Spa.
Original, unique and unparalleled when it comes to a Spa experience.

Bring a Friend For Free

60 minute Visit in the Vitality Suite
 45 Minute Rasul Detox Treatment
 15 Minute Milk & Honey Foot Soak

Available Monday - Wednesday only

Trim & Tone

60 minute Visit in the Vitality Suite
 30 Minute Lemon & Sugar Scrub
 60 Minute Trim & Tone Massage
 30 minutes of relaxation time

Available Sunday - Friday only

New Year, New You

Week 1 - Open Program/session, Body fat analysis,
 60 Minute Trim & Tone Massage
 Week 2 - Weigh in, Nutritional tips, Open Session
 Week 3 - Weigh in, Open Session,
 60 Minute Ayurvedic Massage

Available on Tuesday & Wednesday's Only and includes access to The Wicksy Suite. This is a 3 week program for 3 days each week and is designed to give you the best start to your healthy regime, all month in. Open to daily for analysis sessions, see with our Fitness Personal Trainers Anna & Emma



Winners of Tripadvisor 2013 Certificate of Excellence

Terms & Conditions: All rates & package details are subject to change without prior notice & subject to availability. Packages are valid until the 28th February 2014.



For reservations contact Angsana Spa at The Brehon, Muckross Road, Killarney, Co. Kerry T: 064 66 23317 • E: angsana@thebrehon.com



FOSSA FUNDRAISER FOR THE FLEADH

With the Munster Fleadh Cheoil taking place in Killarney from July 14th to 20th, fundraising is in full swing in preparation for the event which will see an estimated 10,000 visitors from Munster and further afield will descend on the town. With many of the visitors making the Fleadh Cheoil part of their annual holidays, the event will be a huge boost for the local economy. The five local CCE branches of Killarney, Fossa, Kilcummin, Glenflesk and Sliabh Luachra have combined to put an exciting programme in place which will provide the large crowds in the town with a week of music, song, dance as well as free concerts. Fund raising to finance this valuable Killarney tourist attraction is currently taking place and with this in mind, the Fossa CCE branch held an enjoyable Céilí on 8th December in Fossa Community Hall which raised €900. Fossa chairman Tim Kissane presented the funds to Maurice Guilfoyle, Munster Fleadh Treasurer, at a function in the Travel Inn, Fossa on Saturday last. Tim thanked dance teacher Catherine Joy and the Fossa committee for their work in organising the Céilí. He said that the Fossa Branch will host it's next very popular Rambling Night at the Travel Inn, Fossa, tomorrow, Saturday 11th January starting at 8:30pm. All singers, dancers, musicians and storytellers are welcome.

Eoin Ó Carra, Chairman of Killarney Fleadh Committee thanked the Fossa branch for it's initiative and generosity and wished them success at the Rambling Night and encouraged everyone to come and support a great night of music, song, dance and storytelling.



Presenting a cheque for €900 to the Muster Fleadh Ceol from Ceomhaltas Killarney at the Travel Lodge, Fossa were Back Row L-R Aine Myres, Geraldine Guilfoyle, Noel Lucey, Tony O'Connor, Sarah Griffin, Pat O'Brien & Eileen Lucey. Front Row L-R Eoin O'Carra, Maurice Guilfoyle, Tim Kissane & Catherine Joy. Picture Marie Carroll-O'Sullivan 087 391 4808



Children who took part in swimming lessons throughout the year at Killarney Sports and Leisure Centre were treated to an end of year party by Swim Coordinator at the centre Mags Harty. They are pictured here with Mags and all the other swim instructors including, Vicky Dando, Sean Cronin, Leonita Doody, Aisling Griffin, Cathal Roche and Conor O'Leary.

€500,000 FOR MILLTOWN COMMUNITY CENTRE

A grant of €500,000 for Nagle Rice Community Centre, Milltown has been announced under the Rural Development Leader Programme. The project has been given the green light by the Department of the Environment, Community and Local Government. The Nagle Rice project had been approved by South Kerry Development Partnership. Local politicians have welcomed the news.

€33,000 FOR ANIMAL WELFARE IN KERRY

Animal welfare organisations in Kerry have received funding to the value of €33,000 following an announcement by The Minister for Agriculture, Food and the Marine, Simon Coveney TD. The payments will be made with immediate effect. The level of funding being provided to these organisations has increased for the third year in a row reflecting the importance of the work of these organisations and the overall welfare of animals.

ORGANISATIONS RECEIVING GRANT AID ARE:

- Animal Heaven Animal Rescue (AHAR), Annabeg, Gneeveguilla, Killarney, Co. Kerry €14,000
- Animal Help Net Kerry, Beechlawn, The Kerries Tralee, Co. Kerry €2800
- Homes for Unwanted Greyhounds, Corrawooua, Kilgobnet, Co. Kerry €4200
- Kenmare & Locality Animal Welfare Society (Klaws), C/o Letter, Reen, Kenmare, Co. Kerry €2400
- Kerry Society for the Prevention of Cruelty to Animals, Rackett Lane, Tralee, Co. Kerry €8400
- The Daisy Fund, Aillebrack, Lischane, Co. Kerry €1200

HARD OF HEARING?

CONVENTIONAL HEARING AIDS MAY NOT BE NEEDED

VISIT THE HEARING AID EXHIBITION ON

Monday 13th January 10am - 2pm

O'Connor's Pharmacy

Market Street, Listowel Tel: **068 21295**

Tuesday 14th January 10am-1pm

O'Doherty's Opticians

New Market Lane, Killarney Tel: **064 6632289**

McSweeney Pharmacy

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

SEE, TRY & TEST the latest in DIGITAL HEARING TECHNOLOGY

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

20% OFF ALL HEARING AIDS

FOR APPOINTMENT TELEPHONE **021 4546437**

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

TEL: 064 6631095

O'CALLAGHAN COACH HOLIDAYS

WWW.O'CALLAGHANCOACHHOLIDAYS.IE

Cheer yourself up this gloomy January and book a weekend away this February- you won't regret it!

Treat yourself to a Ceili and Country Music Weekend with **JOHNNY REIDY BAND AND EDDIE LEE**

Date: Friday 14th - Sunday 16th February



Enjoy touring Cork's beautiful countryside during the day and take to the dancing floor at night!

THIS ALL INCLUSIVE HOLIDAY INCLUDES:

- Return Luxury Coach Transport from Kerry to Cork
- Professional Driver/Guide who will act as tour manager for the group
- 2 Nights Hotel Accommodation in the Celtic Ross Hotel in Roscarberry
- Full Irish Breakfast on 2 mornings • 3-Course Evening Meal on 3 evenings
- Lunch on 3 Days • Entrance to Bantry House and Gardens
- Guided tour of Kinsale
- Entertainment from Johnny Reidy & Ceili Band Friday & Saturday Night and Sunday Afternoon at your Hotel

PADDY O'KEEFE

SUPERMARKET & GENERAL STORE

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

**KITTEN SOFT TOILET
ROLLS 24's
ONLY €10**



**2 PERSIL 50 WASH
ONLY €20**



**FIRE LOGS
4 FOR €5.00**



ATTIC

INSULATION

ROLLS 150mm

BUY 5 GET 1

FREE

**NILFISK POWER
WASHER
SPECIAL OFFER
€99.50**



**RECHARGEABLE
MULTI FUNCTION
TORCH WITH 3
LIGHT SETTINGS**

**ONLY
€29.95**



Anti Freeze & Battery Chargers in stock

MILLTOWN (KERRY) CREDIT UNION LTD.

AN INDEPENDENT CREDIT UNION
SERVING THE NEEDS OF THE COMMUNITY SINCE 1970



WE ARE OPEN FOR BUSINESS - WE ARE LENDING!

Loans available to suit all needs and pockets -
come and talk to us.



CAR LOAN SPECIAL

**7.9% that's an APR of just 8.2%!
€15,000 over 48 months costs
just €365.48 per month**

Offer open for a limited time only. Terms & Conditions Apply.

Milltown (Kerry) Credit Union Ltd. is regulated by the Central Bank of Ireland.



Milltown (Kerry) Credit Union Ltd.

Contact Details: Castlemaine Rd, Milltown, Co. Kerry.

Tel: 066-97677 - Fax: 066-9765864 - Email: milltowncu@eircom.net - Web: milltowncu.ie



FAMOUS KERRY WRECK SURVIVES STORMS... BUT NOT SOUVENIR HUNTERS

Before the storm...

A young Kerry girl, (pictured right) thinks she is Kate Winslet aboard the bough of 'Titanic' as she plays on the wreck of The Sunbeam at Rossbeigh Strand in Co. Kerry recently.



The wreck has been embedded in the sand for 111 years but this week's storm propelled the wreck from its sandy grave and dumped it on the rocks about half a kilometre away. The Schooner Sunbeam was

built in 1860 by Walters in Exmouth. She was owned by her Builder up to the late 1870s and was then bought by Richard Kearon of Arklow. On January 1st 1903 when on a Voyage from Kinvara to Cork she was driven ashore in a storm and wrecked with no loss of life. The wreck has remained on Rossbeigh Beach for the past 111 years.



After the storm.... Peadar and Mary O'Sullivan, left, from Glenbeigh, on the bough of the wreck on Monday. Picture by Don MacMonagle



Locals now claim that souvenir hunters are breaking off parts of the boat and bringing them home. As the wreck is over 100 years old it come under the National Monuments act and is illegal for anyone to interfere with the remains. Picture by Don MacMonagle.

KGH A SMOKE-FREE ZONE

Kerry General Hospital and the adjacent HSE community services are now a tobacco-free campus. The new smoke-free regime, which came into effect on Monday applies to all staff, patients and visitors to the hospital or on its grounds.

Prior to their admission to hospital, all patients are being informed of the new policy and for those who smoke, they will be offered free nicotine replacement therapy during their hospital stay.

Patients can also be referred to the HSE's free Smoking Cessation Services, provided by the Health Promotion Department.



The smoking ban also applies to Bantry and Mallow hospitals and is part of the HSE plan for tobacco-free campuses on all of its premises nationwide by 2015.

SAMARITANS RECEIVING MORE 'OUT OF HOURS' CALLS

Kerry Samaritans received more calls from midnight to 6am than at any other time during the day over the past year. That's according to the organisation's 2012-2013 Impact Report, which was launched in late December. The report launch was followed by a briefing by volunteers from Kerry Samaritans for

their local politicians. Almost 10,000 people had face to face contact with Samaritans in 2013, which is a 14 per cent increase on last year. While the number of calls received by Samaritans fell by 7 per cent on last year the number of contacts through other mediums increased by 18 per cent.

The issues of most concern to callers in 2013 related to family and relationship problems; depression and mental health issues; loneliness and stress / anxiety. These mirrored the most common issues for callers last year.

According to Director of Tralee and Kerry Samaritans Chris O'Donoghue Samaritans Ireland is the longest-serving organisation in the area of emotional support and suicide prevention. It is volunteer-led, with 2,000 people volunteering around the country and 57 active volunteers in the Tralee and Kerry branch.

Samaritans' helpline number is 1850 60 90 90. Further information about the organisation's work is available at www.samaritans.ie.



Pictured at the launch of the Samaritans annual impact report were Pio Fenton, Regional Director, Samaritans Ireland and Senator Marie Moloney.

WANTED

DUE TO HUGE DEMAND

QUALITY 3 & 4 BEDROOM

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

ANOTHER SUPERB RESULT FOR KILLARNEY IN 2013 IBAL LITTER LEAGUE

Both Killarney and Tralee are among the ten cleanest towns in Ireland, according to Irish Business Against Litter's Anti-Litter League for 2013. Killarney is 'cleaner than European norms' in 7th position, while Tralee moved up from 34th to 9th spot – its highest ever – in the ranking of 42 towns and cities. The survey reveals that 83% of towns and cities in Ireland are as clean as or cleaner than their European counterparts.

An Taisce, who were commissioned by IBAL to carry out the survey, reported of Killarney: "Another excellent result for one of our leading tourist towns. As with so many previous IBAL Anti-Litter surveys Killarney has scored very highly – this time around there were eight top ranking sites. High Street was particularly nicely presented and maintained. Killarney Sports and Leisure Centre was spotless throughout. New Road and Rock Road were also excellent. Here is what the report had to say:

Killarney:

Overall 2013 result: 7th out of 42 towns / cities surveyed. Cleaner than European Norms.

Another excellent result for one of our leading tourist towns. As with so many previous IBAL Anti-Litter surveys Killarney has

scored very highly – this time around there were eight top ranking sites. High Street was particularly nicely presented and maintained. Killarney Sports and Leisure Centre was spotless throughout. New Road and Rock Road were also excellent. Lidl continues to undermine the great work being done in Killarney.

Killarney Sports and Leisure Centre: Grade A. This was an excellent site – not only was it clear of all litter but it was very nicely presented and maintained.

Brooklodge Hotel: Grade A. One of the lovely features of this site was the abundance of greenery throughout – there was a complete absence of litter throughout the area surveyed.

High Street: Grade A. The paving, bollards, ornamental trees, street lamps, flower boxes and seating all contribute to a very attractive streetscape – it is lovely to see this nice environment so clean and well respected.

Recycle Facility in Car Park at War Memorial: Grade A. There was a virtual absence of litter at this recycle facility – care needs to be taken at the area behind the recycle bins.



Tralee Approach Road: Grade A. An excellent first impression of Killarney – the grass and flowers were in very good condition and it was a very clean road.

Bruach na hAbhainn – Residential: Grade B. There was a small, but obvious, litter presence on the approach and connecting roads of this residential development – all of the litter was food related. It was particularly pronounced at the base of brown steel fencing.

Car Park at War Memorial: Grade A A well presented and maintained car park – road surface / signage / markings were in good order and there was a virtual absence of litter throughout.

Lidl: Grade B. There were several separate incidents of sweet wrappers discarded in the car park – the overall appearance was very untidy,

New Road: Grade A. This busy road accommodates a couple of schools – there was a complete absence of litter throughout. All aspects of the area surveyed were in very good order.

Rock Road: Grade A. A top ranking site throughout – the brick wall was a lovely feature of this road.

KEY BUSINESS PEOPLE GATHER TO PROMOTE ENTERPRISE AND JOBS

GROWING and sustaining jobs in Kerry will be the focus of a half-day, joint event featuring some of the county's leading financial experts. Organised by Kerry County Enterprise Board in association with Tralee Chamber Alliance the Fresh Thinking on Finance event will bring together key business people to discuss the best conditions for business growth and the creation of sustainable jobs in Kerry. The event will take place next week on Tuesday, 14th January 2014 from 9am until 12 noon in Ballygarry House Hotel, Tralee. The event is free of charge, but as space is limited business owners and decision makers in the Kerry region are advised to book their places as quickly as possible through www.kerryenterprise.ie. The informative event will also focus on alternative sources of investment and funding to complement existing sources.

A keynote address will be delivered by Kingsley Akins, CBE who will also act as MC. Keynote Speaker Kingsley Akins is a chairman of the Ireland Fund which has raised hundreds of millions for community and charitable causes through wealthy Irish diaspora. He is considered a guru of global philanthropy, a networker par excellence. There will be networking opportunities and also a question and answer session. Admission is free, but space is limited and prior registration is essential through the website at the following link:

<http://www.kerryenterprise.ie/Book-Training-Online>



Jerome O'Regan

AUCTIONEER & VALUER

Tel/ Fax: 066 9761200 | Mob: 087 2833410

Email: jeromeoregan@eircom.net | Web: www.jeromeoregan.ie



BALLYMALIS, BEAUFORT, KILLARNEY

Cottage with partly constructed extension standing on 1 acre approx. Very centrally located.

Private much sought after location.

Guide price €60,000 o.n.o.



FARMHOUSE ON 11 ACRES APPROX. AT ARTIGALVIN, HEADFORD, KILLARNEY

Set in an extremely scenic tranquil location approx. 4 miles to Killarney town this is a 4 bed detached, stone built 2 storey farmhouse standing on 11 acres approx. with stables and some sheds.

HOUSE OR LAND MAY BE BOUGHT SEPERATELY.

PRICE REGION €220.000



LANGFORD DOWNS KILLORGLIN TOWN (PRIVATE DEVELOPMENT)

This exceptionally spacious terrace house has 3 large double bedrooms, all ensuite, with very generous living accommodation. It has a private back garden. The house is in excellent condition and only a few minutes walk to town centre, schools and all amenities.

BER Pending €75,000

LAND FOR SALE

12 acres, approx, of top quality land Milltown/Listry area. In one lot, just off the Killarney/Milltown road on the side of a public road. Water electricity etc. available.

LISTING

12 acres approx. of good land Listry/Milltown area.

WANTED to lease, farmyard with sheds, for winter months.

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

BEAUFORT Old style cottage with an unfinished extension, on c. 1 acre, dry land, Ballymalis area, beautiful convenient location. Great value with many options.

MILLTOWN VILLAGE, KILLARNEY Beautiful 3 bed semi in a small well built private development. beside schools, shops etc. Fully furnished as new. €115,000

BEAUFORT AREA Old house c.2 acres. Very scenic, dry & elevated. BARGAIN.

MILLTOWN VILLAGE Magnificent, detached two storey house, approx. 1,8000 sq. ft. Building about to commence. Purchaser could make internal changes or put their own stamp on it. Only a few minutes walk to schools, shops etc.

REEKS GATEWAY TO KILLARNEY Commercial/office space for sale or lease. Various sizes and configurations available to suit the client. Prices negotiable.

BALLYMALIS, BEAUFORT, KILLARNEY Cottage with partly constructed extension on c. 1 acre. Great central, attractive location. Guide price €60,000 o.n.o.

KILLARNEY TOWN 2 bed Town House great location - very reasonable price.

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

UPPER PARK ROAD, KILLARNEY, 3 bed detached bungalow on a large site.

ROSSBEIGH, GLENBEIGH Old style dwelling, Electricity, water, septic tank Only 1 mile from beach. V. scenic and private.

COUNTESS ROAD, KILLARNEY (back of Malton Hotel) Superb 2 bed apartment, ground floor, as new.

FIRIES VILLAGE Detached, 4 bed bungalow, close to school shops etc

MILLTOWN VILLAGE Commercial property w/ back yard. Great investment V. reasonable reserve.

MUCKCROSS, KILLARNEY 6 bed detached, v. scenic, priced to sell.

TIRNABOUL, KILLARNEY 4 bed bungalow, beside N.S. only 2mls to Killarney town.

ROSEHILL, FIRIES VILLAGE 2 bed 1 en-suite modern home. Bargain.

BALLYMALIS, BEAUFORT, KILLARNEY Detached, luxury 4 bed detached bungalow, almost new, great location.

GLENFLESK, KILLARNEY Expansive, executive style home (c. 5,000 sq. ft) on approx 6 acres with beautiful views. Unique, modern sophisticated house with real character.

KILLARNEY 6 miles approx. to rent or for sale old farm yard on c. 1 acre off the Tralee Road. Secure and convenient location.

KILCUMMIN New Bungalow, very Scenic, unfinished, very Reasonable price

FAHA, KILLARNEY 4 bed 3 ensuite detached dormer.

KILLORGLIN 2 MLS Beautifully restored stone house on c.6 acres. In pristine condition.

GLENBEIGH, RING OF KERRY RD. New detached 4 bed bungalow, stone fronted with spectacular sea views, completed to a very high spec.

CARAGH LAKE, KILLORGLIN New dormer bungalow 4 bed (2 ensuite) set on a large site with mature trees.

FIRIES VILLAGE 3 bed semi, bungalow, great value.

CARAGH LAKE Old farmhouse with panoramic views on c. 1/2 acre or more land if required.

GNEEVEGUILLA VILLAGE Modern 3 bed semi w/ top energy saving ratings, complete finish
BEAUFORT KILLARNEY, OLD HOUSE on c.2 acres, very elevated, dry, extremely scenic setting, reasonable reserve. UNIQUE PROPERTY.

FOSSA KILLARNEY Large commercial/private property beside the golf complex and on the main road.

ANNAUGHMORE, HEADFORD, KILLARNEY Site, full planning, €50,000 o.n.o.

Muckcross Road/Woodlawn Cross, Killarney - c. 1/3 acre site. Superb location.

ARDCANAUGH, KEEL, CASTLEMAINE New bungalow, almost finished. 4 bed. 1850 sq. ft. approx. Many extras.

Milltown, Killarney (Ardmeelode area) Partly built detached bungalow. Nice views. BARGAIN.

TULLORUM/TIRNABOUL KILLARNEY AREA 11.5 acres approx. Close to school etc.

KILLORGLIN, GOLF COURSE ROAD Delightful 2 bed detached bungalow, as new, superb location.

KILLORGLIN TOWN - LANGFORD DOWNS (Small private development). Extra spacious terrace house. 3 large double bedrooms, all ensuite. BARGAIN.

FARMS/LAND

12 acres approx. of good land Listry/Milltown area.

c.57 acres with old farmhouse and sheds, Currow area, 40 acres recently reseeded.

c.53 acres approx with old house and sheds, Mastergeeha, Kilcummin area.

c.10 acres with good sheds, extremely scenic. Artigalvin, Headford area. 5mls from Killarney.

c.12 acres approx on the main Ring-Of-Kerry road only 4 miles from Killorglin. (extensive road frontage)

Tullorum, Tirnaboul, (Spa) Killarney 11.5 acres approx. 3 miles from Killarney.

SITES

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

BEAUFORT AREA Elevated, scenic site c. 1/2 acre.

BEAUFORT, KILLARNEY 1 acre with full planning.

COOLIES, MUCKCROSS, KILLARNEY c. 1 acre, private scenic location.

KILLARNEY 2 MILES APPROX 3 acres or more subject to 1 planning.

ROSSBEIGH, GLENBEIGH Site with full planning for dormer, no residency clause.

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

SUNHILL, KILLORGLIN approx. 1 mile from town, 1/2 acre or more dry, roadside, elevated, scenic site. Bargain.

Faha, Killarney, c. 1/2 acre, dry, roadside, great location, bargain.

FUNKY SHOES STEP IT OUT IN KILCUMMIN

It was funky shoes all the way at Kilcummin GAA Club on Saturday night last. The event was organised by the club as part of their Mental Health Initiative to raise funds for the Donal Walsh #livelife foundation and it attracted a huge crowd from the local community



Enjoying the festivities and raising funds for Mental Health Awareness at Kilcummin GAA Clubhouse were L-R Joan O'Sullivan, Carmel Riordan, Eileen O'Sullivan & Mathilda McCarthy. Picture Marie Carroll-O'Sullivan 087 391 4808

and surrounding parishes, many of whom donned creative and very funky shoes in line with the night's theme.

The Mental Health Initiative committee worked hard behind the scenes to ensure the night was a success and to date the event has raised €1250 with contributions still being accepted by committee members.

Donal's parents, Elma and Fionnbarr also

attended and they captured the

audience with the eloquent way that they are keeping the spirit and message of their beloved and inspirational son, Donal alive in their continuing work through the Donal Walsh #livelife foundation. You could hear a pin drop as Fionnbarr spoke from the heart about Donal's battle with cancer and his wonderful attitude to life and he reiterated Donal's clear and simple message that life is for living.

Particular thanks go to club member and Kerry goalkeeper Brendan Kealy and the other members of the Kerry Senior Panel who attended to show support for this fundraiser: Fionn Fitzgerald, Brian Kelly, Jack Sherwood, Peter Crowley, Aidan Mahony and Johnny Buckley. They willingly assisted in judging the funkiest shoes competition which was ultimately won by Michelle O Riordan and Dan Horan.

The club's Mental Health Initiative will continue in 2014, and build on what has been started, encouraging all club members and those living in the local community to "ACT" on their mental health by getting Active, staying Connected and Talking when they feel the need for extra support!



Stepping out in style for "Funky Shoes" night at Kilcummin GAA Club in aid of Mental Health Awareness. Organisers were joined by parents of the late Donal Walsh, Elma & Fionnbarr Walsh. Pictured here L-R, Niamh Dwyer (Event Organiser), Cathleen Cronin, Elma Walsh, Ann O'Shea & Fionnbarr Walsh. Picture Marie Carroll-O'Sullivan 087 391 4808



Enjoying the festivities and raising funds for Mental Health Awareness at Kilcummin GAA Clubhouse were L-R Donal O'Grady, Ann O'Shea, Aine McMahon & Maura Fitzgerald. Picture Marie Carroll-O'Sullivan 087 391 4808

AVRIL DRIVES AWAY WITH THE WINNING CAR

Avril Duggan from Gneeveguilla is the new owner of a 2014 Opel Insignia after winning the Kerry GAA Car Raffle at County Convention in December.

Chairman of the Kerry County Board, Patrick O'Sullivan, was on hand to congratulate Avril on winning the car and presented her with the keys to the 2014 model at Aherns Garage, Castleisland this week. In his address the Chairman thanked our associate sponsors, Aherns Opel & BMW dealers of Castleisland,

for all their help & support throughout the year & also thanked everyone who purchased a ticket during the year. All monies raised in the draw are used to support the training and preparation of our Inter-County Teams, both Football & Hurling and the board look forward to another great year on the field of play and wish all Teams the very best.

Avril Duggan accepts the keys of her new 2014 Opel Insignia from Chairman of the Kerry County Board, Patrick O'Sullivan. Also included are Pat Ahern, Dealer Principal, (right) and Paul Ahern (back left).



KERRY GAA SUPPORTERS CLUB SOCIAL

The Kerry GAA Supporters Club will celebrate the 30th anniversary of the centenary All Ireland final with Captain Ambrose O'Donovan and other special guests on Saturday night, January 18th 2014.

The event will take place at Ballygarra House Hotel at 8.30p.m.. Neily O'Connor will provide the music and tickets are available from club members.

REVIEW YOUR PENSION FOR FREE

DERMOT CRONIN
TRUSTED FINANCIAL ADVISOR

Call 064 6622775 NOW
to arrange an appointment
or email us on kerrymortgagecentre@eircom.net

- ++ Pensions
- ++ Mortgages
- ++ Life Insurance
- ++ Investments
- ++ Income Protection & Serious Illness Cover

Dermot Cronin & Kerry Mortgage Centre is regulated by the Central Bank of Ireland

HENNIGAN Auctioneers

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

CLASH, LISSIVIGEEN, KILLARNEY
Magnificent private large residence enhanced by the peaceful scenic setting and fantastic mountain views bounded by mature trees and shrubs. The architect design interior décor is finished to an exceptional standard. One of the finest properties to appear on the Killarney market just 2 miles from Killarney Town and close to Lissivigeen Primary School.
PRICE REGION: €380,000

SHRONEEDRAUGH, HEADFORD, KILLARNEY
Magnificent and best designed large private residence well located approx. eight miles from Killarney town and just one mile off the main Killarney/Rathmore road and Banrodúf Village close to primary school, shops, post office, pubs etc. One of the finest grand Tudor style large residences 4,500 sq. ft. approx. to appear on the Killarney market. For many years commanding stunning views of the Kerry 'Paps' Mountains.
KEENLY PRICED: €389,000

**Hennigan Auctioneers urgently require properties all areas to sell to rent
NO SALE NO FEE NO LET NO FEE**

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

MONEY MATTERS.....

By Dermot Cronin,
Financial Advisor

PENSIONS

Do you have a pension? If so there is some very important information that you need to know about your pension, such as.... What is the present value of my pension? What funds is my pension invested in? Who manages my pension and how much am I being charged to manage my pension? These are just some of the important questions you need to know the answers to. You need this information in order to compare your pension to what is available in the market place today from pension companies who may be able to get you a better return for your money and therefore getting you a higher lump sum and income on retirement. So whether your pension is from an ex employer, you were self employed in the past or are self employed now it is very important that you have your pension reviewed and assessed by an independent advisor now.

For more information or to make an appointment to discuss the above contact **Dermot Cronin APA**, at **064 6622775**, **087 2893649** or **kerrymortgagecentre@eircom.net**

O'CONNOR FUELS

KILLARNEY, CO. KERRY

Special Winter Offers...

**1 Tonne of Premium Polish Coal...
40KG BAGS - ONLY €355**

**1 Tonne of Smokeless Coal...
40KG BAGS - ONLY €405**

**10 bags of 40kg Cosyglow Smokeless Coal & 10 Bales of Briquettes...
ONLY €209 + 3 BAGS OF FIREWOOD BLOCKS FREE**

**10 bags of 40kg Polish Coal & 10 Bales of Briquettes...
ONLY €199 + 3 BAGS OF FIREWOOD BLOCKS FREE**

FREE DELIVERY

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

Nollaig na mBan



At the Bricin Restaurant were Ballydesmond ladies enjoying Women's Little Christmas.
Back Row L-R Maura Angland, Elizabeth Breen, Mary O'Connor, Siobhan Kelly, Mary Kelly, Mary O'Leary, Margaret O'Rourke & Nora Dennehy.
Front Row L-R Maureen Fleming, Kathleen Fleming, Sheila O'Connell & Lil Kelly.
Pictures by Marie Carroll-O'Sullivan 087 391 4808

Nollaig na mBan or Woman's Christmas to non Irish speakers.

To celebrate of the feast of the Epiphany in Ireland, January 6th is marked by Nollaig na mBan or Women's Little Christmas.

It is the tradition in Ireland on this day for the women to get together and enjoy their own Christmas, while the men folk stay at home and handle all the chores.



At The Bricin Restaurant celebrating Women's Little Christmas were family and friends Back Row L-R Marie O'Grady, Gemma O'Grady, Aisling O'Grady. Front Row L-R Fiona McMahon, Tara O'Leary, Patricia Buckley, Ina Moriarty, Marguerite McMahon & Noreen Buckley.



The Randles family enjoying Women's Little Christmas at the International Hotel. Back Row L-R Bernadette Randles, Aileen Garvey, Helena Randles, Tara Casey & Ciara Randles. Front Row L-R Niamh Randles, Kay Randles, Rosaleen Randles & Rachel Randles.



Enjoying Women's Little Christmas at The International Hotel were L-R Breda McElligott, Noreen Doherty, Margaret Fitzgerald Cullen, Anna O'Riordan, Patsy McAuliffe & Phil O'Sullivan.



Celebrating Women's Little Christmas at The International Hotel were L-R Alleen Moynihan, Katie Murphy, Ailish Cronin, Ciara O'Connell & Ashley Crowley.



At the International Hotel celebrating Womens Little Christmas were Back Row L-R Ann Cronin, Mary Cronin, June O'Sullivan, Madeline O'Donoghue, Mary O'Shea, Celine Higgins, Marian Higgins & Patricia Moynihan. Front Row L-R Rita O'Sullivan, Teresa O'Sullivan, Nora O'Sullivan, Nora Kissane & Kathleen Kenny.



Retrofit Design Ltd.

Previously trading as *Cavity Wall Insulation.ie*

Email: retrofitdesignltd@gmail.com

10% Discount

for all December and January Bookings

Terms & Conditions Apply

A simple change can make a big saving, see the rewards

- 🏠 Cavity Wall Insulation (Grant €250)
- 🏠 Attic Insulation (Grant €200)
- 🏠 BER Certificate (Grant €50)
- 🏠 Dry Lining Insulation (Grants from €900 to €1800)
- 🏠 External Wall Insulation (Grants from €1800 to €3600)

We will provide you with a **FREE INSULATION SURVEY** of your property. In order to receive your free quotation please contact us, provide your name, address and telephone number. Within 10 days one of our surveyors will contact you to arrange an appointment to visit your property and provide you with a quotation and details of grants available to you.

We specialise in External, Cavity, Dry Lining and Attic Insulation in Ireland.

The Call out and survey is Free of Charge.

Call us today on 066 979 4913

Advanced Chiropractic & Xray Clinic

Please call us for an appointment: **064 66 36835**



Expert care for all physical injuries | Specialist in the treatment of:

⚡ Back Pain ⚡ Neck Pain ⚡ Headache ⚡ Sciatica ⚡ Disc Injuries ⚡ Pinched Nerve
⚡ Whip lash ⚡ Arthritis ⚡ Postural Pain ⚡ Muscle Spasm ⚡ Joint Pain ⚡ Scoliosis ⚡ Leg Pain (Hip, Knee, Ankle, Foot) ⚡ Arm Pain (Shoulder, Elbow, Wrist, Hand)

FOOT & ANKLE CLINIC CERTIFIED ORTHOTIC PROVIDERS!

Gaitscan precision computer foot analysis system

**SPORTS INJURY ALL SPORT
RELATED INJURIES TREATED**

Overuse, strained muscles, sprained ligaments, rehabilitation and sport optimization through improved biomechanics.

Therapeutic Ultrasound Machine
For the treatment of shoulder, elbow, knee
and ankle problems etc.

X-RAY SERVICE AVAILABLE

For your safety it is important to make sure your chiropractor
is registered with the Chiropractic Association of Ireland.

PARK CLINIC MEDICAL & WELLNESS CENTRE Park Road, Killarney, Co. Kerry. (Above Daly's Supermarket in Killarney.)

⚡ Dr. Lyndsey O'Leary BSc Hons Chiro DC MCAI
e: tasminf1@gmail.com www.killarneychiropractic.com

**Members of the Chiropractic Association of
Ireland VHI and Laya Healthcare Approved**



GLENFLESK NEWS

With Donal Kelly

GLENFLESK GAA AGM: The AGM will be held in St. Agatha's hall Glenflesk on Saturday January 11th 2014 at 8pm. Please send any motions or nominations for office to the Secretary prior to the meeting (secretary.glenflesk.kerry@gaa.ie).

GLENFLESK GAA LOTTO: Glenflesk GAA Club Lotto draw was held on Sunday the 5th of January 2014, in John Dan's. Jackpot: €6,200. Numbers drawn 15, 16, 18, 22. No Winner. €50 EURO DRAW: First draw: Dan Joe Culloty, Annaghmore. Seller: Jimmy O'Shea. Second draw: Denis Lucey, Lisbaby. Third draw: Tim Cooper, Droum. Fourth draw: Pat O'Sullivan c/o Ruairi O'Sullivan. Next club lotto draw will be held on Sunday the 19th of January 2014, in Spillane's, Jackpot: €6,400.

PILATES: Pilates classes with Denis Corridan will start on Wednesday January 15th in St. Agatha's hall Glenflesk at 7 and 8pm. Numbers are limited so please text your name and preferred time to 087 7559237 as soon as possible.

RAHEEN NS: Congratulations to Lorena O'Connor who had the winning lotto number

40 on Saturday 21st December, to Eoin Casey who had the winning lotto number 23 on Saturday 28th December and to Eileen Doyle who had the winning lotto number 28 on Saturday 4th January.

RAHEEN COMMUNITY PLAYGROUP: As availability of places within the Playgroup is now restricted to eleven children it is advisable that anyone interested in sending their child in September 2014-June 2015 and September 2015-June 2016 make contact with Lorena O'Connor at (087) 1347581. Registration for children attending in September 2014 will take place during the month of January. Please make contact with Playgroup for registration forms. Further information on the Playgroup can now be sourced on our website www.raheenmontessoriplygroup.com.

SYMPATHY: Sympathy is extended to the family of Marion Somers (Deerpark Crescent and Shronedraugh) who passed away recently and to the family of Elizabeth (Lizzie) Murphy (Barraduff) who also passed away recently. Ar dheis Dé go raibh a n-anamacha dílis.

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

LISTRY NEWS

LISTRY WEEKLY LOTTO: Winning numbers. 10, 18, 23, 25. Jackpot €4,100. Not Won. 1 x €100. Joanna Mannix Keel. 2 x €50. Pa Mannix Keel. Zack Campion Ballymalis. 2x €25. Margaret O'Connor Meanus. John O Sullivan Ballytrasna. Draw Entrant. Noel O'Sullivan Listry. Jackpot next week Jan 12th, €4,250.

MILLTOWN/LISTRY COMMUNITY GAMES AGM: Our AGM is planned for Monday 13th January in the Milltown GAA Clubhouse at 8.00pm and we would very much welcome and urge all interested parents to attend. Some of our existing committee members have other commitments and are unable to continue so we urgently require new members. If we cannot complete our committee selection we will have no choice but to disband the region for competing in the Community Games.

Community Games is a great organisation for children to participate in various sports/activities but we need parents support in order to continue.

Please show your support for children in our Community and attend our AGM in order that Community Games can continue in the Milltown/Listry area!

See you at our AGM on Monday 13th January in the Milltown GAA Clubhouse at 8.00pm.

QUESTIONNAIRES: Many thanks to everyone who returned the Consultation Questionnaires which were distributed by L.C.C throughout the community before Christmas. Some good suggestions have been made and Listry Community Council will consider these carefully over the coming weeks. Due to the disruption to the collection of the Questionnaires can still be returned to any L.C.C. member or dropped into the post-box at Listry Community Centre. Your ideas and suggestions will be very welcome. Many thanks and a very Happy New year to everyone.

MILLTOWN NEWS

MILLTOWN/LISTRY COMMUNITY GAMES AGM: Our AGM is planned for Monday 13th January in the Milltown GAA Clubhouse at 8.00pm and we would very much welcome and urge all interested parents to attend. Some of our existing committee members have other commitments and are unable to continue so we urgently require new members. If we cannot complete our committee selection we will have no choice but to disband the region for competing in the Community Games.

Community Games is a great organisation for children to participate in various sports/activities but we need parents support in order to continue.

Please show your support for children in our Community and attend our AGM in order that Community Games can continue in the Milltown/Listry area!

See you at our AGM on Monday 13th January in the Milltown GAA Clubhouse at 8.00pm.

KILCUMMIN NOTES

SYMPATHY: Sympathy is extended to the Horgan family, Knockataggle on the recent death of Catherine. May she rest in peace

MASTERGEEHA F.C. LOTTO: There was no winner of this weeks Lotto. Numbers drawn were 2, 13, 18 & 21 Consolation prizes were John O'Connell, Ballydesmond. €60 Donie O'Sullivan, Dooneen, Kilcummin. €30 John Fleming, Clydine, Kilcummin. €30 Jackie Healy Rae, Kilgarvan. €30 Allan Moynihan, c/o Kilcummin Post Office Draw every Friday night in the Village Inn, Kilcummin. Next Draw on Friday 10th January. Jackpot now €8,700

KILCUMMIN GAA: There was no winner on Sunday January 5th Numbers drawn were 8, 14, 15 & 27. Consolation prizes were €100 Ann Mangan, Kilbrean, €60 Rita Riordan, Ballydribeen, €60 Brendan Herlihy, Glounanea, €30 Joan McCarthy, Dunrine. €30 Liam O'Leary. Next draw Sunday January 19th 2014 Jackpot now €7,500

GAA NEWS: UPCOMING EVENTS: AGM this Sunday at 5pm. All members and mentors very welcome as we recap on 2013 and plan for the year ahead.

ANNUAL SOCIAL: January 25th

FUNKY SHOES NIGHT: A great night was held in the Klub on Saturday night when a considerable amount of money was raised for the Donal Walsh Live-Life foundation. Donal's parents Elma and Fionnbarr attended and were appreciative of the local effort. A word of thanks to organising committee and sponsors but especially to all those who supported the effort and wore those "Funky Shoes". The Mental Health Initiative will continue into 2014. More information in the coming weeks.

SYMPATHY: The club wishes to offer its sympathy to the family of Catherine Horgan Knockataggle who died last week. May she rest in heavenly peace.

DUHALLOW INVITATIONAL: Kilcummin/ Rathmore bowed out of this yearly tournament on Sunday going down by 5 points to Clonakilty in Knocknagree in atrocious weather. Kilcummin were represented by

Shane Murphy, Philip Casey, Donal Maher, Enda O'Sullivan, Kieran Murphy, Damien O'Leary, Kelvin Teahan, Kevin McCarthy and Noel Duggan.

RAHEEN COMMUNITY PLAYGROUP: As availability of places within the Playgroup is now restricted to eleven children it is advisable that anyone interested in sending their child in September 2014-June 2015 and September 2015- June 2016 make contact with Lorena O'Connor at (087) 1347581. Registration for children attending in September 2014 will take place during the month of January. Please make contact with Playgroup for registration forms. Further information on the Playgroup can now be sourced on their website www.raheenmontessoriplygroup.com

JUNIOR SET DANCING: Enrolment will take place on this Friday 10th January from 7pm to 7.30pm in the Recreational Hall. Classes will commence on the 17th January from 7 to 8pm and 8 to 9pm. Contact Mary or John on 064 6633752 or 086 1579381.

NEW YEAR NEW YOU

KERRY MARTIAL ARTS SCHOOL

Instructor | Jason Moriarty 6th Dan

KICK BOXING - FITNESS

(NO CONTACT WORKOUT)


For Adults & Teens
Killarney - Tues & Thurs.
8.30pm to 9.30pm

TAEKWON - DO (KIDS)

TEENS & ADULTS
Age 5 yrs and upwards

Killarney - Tues & Thurs.
Killorglin - Wednesday.
Milltown - Wednesday.

Contact Jason for class times
Tel: 086 3152590
Email: JasonJaymoriarty@Yahoo.ie

 Find us on Facebook

Podiatry/Chiropody Clinic

Jennifer Cahill - BSc Pod.M.Inst. Ch.P. HPC Reg.

Killarney Medical Centre, 47 New Street, Killarney.

TREATMENTS INCLUDE A RANGE OF FOOT RELATED CONDITIONS:

Ingrown Toenails, Corns & Callus, Fungal Nails
Thickened Nails, Arch Pain, Heel/Knee/Leg/Back Pain
Diabetic Footcare, Rheumatoid Footcare, Biomechanical Assessments, Orthotics for all ages provided.



Open by appointment:

Please call **087 7116675**



E Cigarettes | E Liquid | Vaping Specialists

NOW OPEN AT KILLARNEY OUTLET CENTRE

An electronic cigarette delivers a smoker's need for that dose of nicotine minus the harmful substances such as carbon monoxide, tar and other carcinogenic additives.

- NO TAR or CARBON MONOXIDE
- NO ASH or TERRIBLE SMELL
- NO YELLOW TEETH or BAD BREATH
- VIRTUALLY ODORLESS
- SAME NICOTINE FIX, REAL VAPOR
- LESS HARMFUL TO YOURSELF & OTHERS



Best E-liquid on the market.

FREE 25ML BOTTLE WITH EVERY DOUBLE PACK

QUIT TODAY
FEEL HEALTHIER

Approx. 20 cigarettes a day
€297.60 p/m
Electronic cigarette
€21.50 p/m
GREAT SAVINGS




NEW YEAR NEW YOGA CLASSES

Hatha Flow - Tuesday 14th January at 8pm
Men's Beginner's Yoga - Tuesday 14th January at 6.30pm
Gentle Yoga - Wednesday 15th January at 6.30pm
At The Travel Inn, Fossa
Improve strength and flexibility,
learn breathing techniques, meditation techniques
and relaxation.
€60 - for 6 weeks
Pre-booking is essential.



Contact Sara 087 - 2922851

PREGNANCY YOGA CLASSES

6 week Prenatal Yoga Course

Starting Wednesday 15th January at 8.00pm

At The Travel Inn, Fossa

Gentle yoga postures to ease aches and pains,
breathing techniques & relaxation to calm the mind.
Connect with yourself, your baby and other mums-to-be.

€70 for 6 weeks
PRE BOOKING IS ESSENTIAL



Contact Sara 087 2922851



Deadline: email items before 3pm on Monday

Editor: Aisling Crosbie M: 086 0400 958

Email: editorial@outlookmags.com

SPA NOTES

AGM DATES: Coiste na nog on Friday, 10th January and Club AGM on Saturday, 11th of January 2014.

SPA COMMUNITY NOTES: Sympathy is extended to former Spa footballer, Brian Fenton of the Park, Killarney and Raheen Dublin on the death of his wife, also to the family of Helen Walsh, Countess Road and to the O'Leary family, Lissivigeen and Knockmanagh on the death of Joe Dineen Rathmore.

LOTTO: No winner. Numbers drawn were 4, 6, 14, 18. Lucky dips Kate O'Connell Ballaugh, K Kelleher Ballyspillane/Cronins shop, MI Moynihan Lawlors Cross, Noel O'Sullivan London. Monthly Annual ticket holders €50 lucky dip Billy Doyle Muckcross Road. €7,000 next Sunday in the Heights.

AGM DATE: The 2013 AGM will take place on Saturday January 11th at 7.30pm at the Clubhouse. Motions and Nominations are to be returned to the Secretary by Wednesday January 8th.

ANNUAL EAST KERRY ALL STAR AWARDS: The annual East Kerry All Star Awards Night takes place on Friday January 17th and Guest Speaker on the night is Mick Galwey. Tickets are available from Club Secretary on 087 6332773.

U21 EAST KERRY CHAMPIONSHIP: Spa v Rathmore in Spa on Sunday January 26th at 2.30pm. East Kerry Senior League commences on February 9th.

OPERATION TRANSFORMATION WALK: Volunteers are needed for the Operation Transformation Walk taking place in Killarney National Park on Saturday January 18th. Former Spa player Paudie O'Mahoney is a leader on this year's programme which starts on Tuesday January 7th. Volunteers needed to help out on the morning of the event (volunteers can still take part in the walk) and anyone available is asked to contact Deirdre on 087 6332773 or secretary.spa.kerry@gaa.ie.

RAHEEN COMMUNITY PLAYGROUP: As availability of places within the Playgroup is now restricted to eleven children it is advisable that anyone interested in sending their child in September 2014-June 2015 and September 2015- June 2016 make contact with Lorena O'Connor at (087) 1347581. Registration for children attending in September 2014 will take place during the month of January. Please make contact with Playgroup for registration forms. Further information on the Playgroup can now be sourced on their website www.raheenmontessoriplygroup.com

SCÓR NA NOG: Best of luck to all our competitors in the Munster semi final in Mill street Community Centre on Jan 12th at 2.30pm.

RINSE FEIRME: Áine Brosnan, Rachel Moynihan, Katie Cronin, Leah Moynihan, Ciara O'Shea, Lamia Switzer, Sarah Randles and Ava O'Sullivan.

RINCE SEIT: Erin Holland, Rachel Moynihan, Anna O'Connor, Aine Brosnan, Liam Spillane, Gary O'Sullivan, Kianan O'Doherty and Eoin O'Donoghue.

RECITATION: Allison Fitzmartin.



A SPA FOOTBALL TEAM OF THE 1950S. Front: Jerry Moynihan and Donie O'Donoghue. Second Row: John "Dunn" O'Donoghue, Sean Kelliher, Connie Cronin, Denso McCarthy, Connie McCarthy, Patsy Moynihan, Seamus O'Donoghue. Back from left: Jamesie O'Donoghue, Denis Gallivan, Maurice Casey, Donoie O'Leary, Dave Slattery, Johnny Joe O'Sullivan, John Joe Healy, Johnny Looney, Jim Fleming, Tim Joe O'sullivan, Michael Fleming, Denny Casey.

FOSSA NEWS

FOSSA GAA: Fossa Lotto: 5/01/2014. Numbers drawn: 3, 6, 8, 20. Jackpot €4,200. No Jackpot Winner. 5 x €40 consolation prizes: Rebecca Kissane, Barleymount East, Margaret McGlennon, Ardshanavooley, Emma Hallissey Crohane, Norma Naughton Barleymount, Hannah Wharton Dromin. New Jackpot: €4,350.

Tickets on sale at the Golden Nugget Bar, The Travel Inn, The Old Killarney Inn, McCarthy's Centra Shop, The Laurels Bar, Killarney and from committee members. Next draw takes place on Sunday night January 12th 2014 at the Golden Nugget Fossa at 11p.m.

COISTE NA NOG: The Annual General Meeting of Fossa Coiste na nOg takes place on Friday January 17th at 7.30pm. All welcome.

SCOR: The Munster semi final of Scorn a nOg takes place at Millstreet on Sunday next January 12th commencing at 2.30pm. Fossa represent Kerry in the instrumental music, our ceolteoiri are Cian O'Sullivan, John Murphy, Christy Buckley, Sean Kelliher, and Dean O'Sullivan.

MEMBERSHIP: Membership is now due and should be submitted to registrar Gene Moriarty. Family membership is €60, adult/senior player is €30, and youth/juvenile is €15.

SYMPATHY: Sympathy is extended to the family of the late Micheál Doyle, late of Gortaree, Aghadoe.

FOSSA/TWO MILE COMHALTAS: Rambling House: Fossa/Two Mile Comhaltas are holding a Rambling House on Saturday night next January 11th at 8.30pm in the Travel Inn, Fossa. Enjoy a great night of music, story telling, song and dance. All welcome.

FOSSA NOTES: If anybody has any item they would like included in the notes, please email information to Gene Moriarty at beniska@utvinternet.com. Please forward information on before Sunday at 11am.

On your marks.... Lions Club ready for the off

The Killarney Lions club will be running their successful winter league again this year. In recent years these runs have grown in popularity with large numbers of runners opting to compete to shake off the Christmas/New Year excesses. All the money raised goes to local good causes.

The January League series will commence on Monday January 13th at 7pm.

The format will be the same as other years. Group start the first night with the remaining 3 nights having staggered starts.

The 4 nights are Mon Jan 13th, Mon Jan 20th, Mon Jan 27th, Mon Feb 3rd.

H Viz running tops will be provided.

Entry fee will remain at €5 per race and registration will take place at the Parents and Friends building on the Port road from 6pm on the evening of each race.





CALL THE HOTLINE NOW

Phone: 064 6622184

John Nolan: 086 8194000

info@atlanticcoils.com

Delivering in your Area 6 Days a week

VERY COMPETITIVE PRICES ON:

- KEROSENE
- AGRI-DIESEL
- AUTO-DIESEL
- UNLEADED PETROL
- PLASTIC OIL TANKS
-  **Castrol** LUBRICATING OILS




ALL MAJOR CARDS ACCEPTED



Lyne's
of
Killarney

69 High Street, Killarney, Co. Kerry

Telephone 064-6631146 

Boys & Girls
Communion &
Confirmation Wear
Deposits Taken.



1/2 Price
Winter Sale

Starts 9.30am
Saturday 11th January

Clothesline Canopy
COVERED CLOTHESLINE SOLUTIONS

Want to take the hard work out of laundry?
Dry clothes in any weather and Save Money!



Save - Time
Money - Energy

- Eliminate the need for tumble dryer
- Hang out clothes even when raining
- Installation included in price
- Rust-Proof Material
- 10 year guarantee

"Best investment I ever made" C. Doyle, Kilcummin

"I take great pleasure in bringing in my freshly dried washing even on the wettest days"
M. Howard, Tinslee Road

Do you have an outdoor area you want to cover?
If you have a space, We can cover it!

"ROOM OUTSIDE"
MULTIPLE USES!

Entertaining, Car Port, Play Area, Barbecues, Storing furniture, bikes, sports gear
Individually designed for your space.



Call Tadhg at: **087 2601 467** • Phone: **064 66 31124**
e-mail: kgutters@gmail.com • web: www.clotheslinecanopy.com

Tadhg McCarthy | Tralee Road | Killarney

RATHMORE/ GNEEVEGUILLA NEWS

BY Michael O'Mahony

PANTO IN RATHMORE: It's just two weeks from our 27th Annual Pantomime. ROBINSON CRUSOE opens on Saturday January 25th. Preparations are well under way for what promises to be another barrel of fun for young and old alike. The schedule for performances and bookings will follow the usual pattern and will be detailed in this newsletter and local advertising in the coming weeks. In the meantime anyone requiring information can phone 087 2315310.

DENNY MIAH O'LEARY ANNUAL 7- A SIDE SOCCER TOURNAMENT: The recent annual 7-A-Side tournament which took place at the end of December 2013 was great success. Ten teams took part in tournament and all proceeds on the day went to the Rathmore community council. Many thanks to the referees Fin O'Connor and Thomas Carmody. Ten teams took part with people from Canada, Austria, America, London all taking part. Sheila O'Leary, sister of late Denny Miah O'Leary travelled from Mitchelstown, to present the cup to winning team captain.

SPARKLERS: Congratulations to Siobhan Coakley Rathmore and Denis Kissane Gneeveguilla who got engaged recently. We wish both of them happy long life together,

RATHMORE COMMUNITY COUNCIL CHURCH GATE COLLECTION: Rathmore community council church gate collection will take place on the weekend of January 11th & 12th in Rathmore and Shrone. Your support will be greatly appreciated.

RATHMORE COMMUNITY COUNCIL: wishes to thank everybody for their support during past year. All those who helped with their projects in community, the new lighting between two villages, and the new playground, the night at the dogs, the head shave fundraiser, the Denny Micah O' Leary Annual 7 a side soccer tournament, and anyone who helped and supported in any way during the year. We wish everyone in community happy new year,

GNEEVEGUILLA LADIES GAA: Crochet & Knitting: Classes will resume on January at 8.30 pm in the Club Rooms. Anyone wishing to come along is welcome.

TRAINING AS A "COMMUNITY FIRST RESPONDER": Further training courses will be taking place in January. Anyone else interested in being trained as a "Community First Responder" contact Cynthia (086) 0818606.

AEROBICS CLASSES: will resume on January 16th.

RATHMORE / GNEEVEGUILLA COMMUNITY GAMES: We are currently taking names for anyone interested in taking part in the following competitions:

Recitation: Boy or Girl U12 & over 9 years on 31/7/2014, Solo Music: Boy or Girl U13 over 11 years on 31/7/2014, Group Music: Boys, Girls or mixed U14 over 11 years on 31/7/2014

AGM: Rathmore Community Council AGM. Will take place on February 10th at community centre at 8pm. everybody welcome new member. Also welcome to get involved.

RATHMORE SOCIAL ACTION GROUP: Teach Insignia check out our new & updated Birthday party packages for 2014. Our parties are still great value, starting from €10 per child, offering a private & personalized party experience. Included in the price is unlimited juice for the children, tea, coffee & biscuits for the grown ups, Bouncy Castle or Slide, Face Painting & Snow Disco as standard. Then choose from our range of packages for the rest of your activities. New for 2014 is the Glitter Princess Party & for the boys a revised Multi-Sports Party package.

Call us for further details on 064 7761000.

GNEEVEGUILLA AC: Training will recommence Monday 13th January 7.00 - 8.20 pm in Gneeveguilla Hall for 5yrs - 11 yrs. Circuit training Friday evenings 7.00 - 8.00 pm in Gneeveguilla. Field events training and running in Boherbue Comprehensive



The Scoil Phobail Sliabh Luachra basketball team who were runners up in the South West Regional u16 Boys A final. They have qualified for the All-Ireland play-offs in Bray on 19th January. Back: Naoishe Clifford, Darragh O'Callaghan, John O'Leary (capt), JJ O'Herlihy, Conlon O'Leary, Liam Murphy.

Front: Connie O'Connor, Thomas Fleming, Jack Collins, Shane O'Sullivan, Jamie Brosnan.

School Saturdays 10.30am - 12.00 noon. Bus goes each morning. For further information contact Tom Joe

SYMPATHY: To family and friends of the late Denis (Denny) O'Sullivan, Knocknalomon, Rathmore, Shane Dennehy, Bouard, Gneeveguilla, & Norwick, U.K, Kathleen Murphy (nee O'Leary) Anne Devlin Road Ballyroan, Dublin & Rathmore, Michael Kissane, Gneeveguilla, who died recently. May they rest in peace.

EAST KERRY GAA ALLSTARS AWARD GALA NIGHT: Will be held in the Gleneagle Hotel on January 17th. The Guest speaker is Mick Galway. Tickets for night can be purchased from East Kerry Board Officers and through club in the District. Everyone welcome.

RATHMORE GAA: the 2014 Club Calendar is out now.

This year's calendar is available in shops locally, Make sure you get yours

RATHMORE GAA CLUB: Paul Murphy, played with Kerry seniors in McGrath cup on Sunday last against IT Tralee, Mark Reen was amount the subs. Final score; 17pt-8pt

RATHMORE GAA CHRISTMAS GOIF OUTING: Has been postponed and will now take place on Saturday 18th January 2014 on the Mahony's point course in the Killarney Golf and Fishing Club starting at 10.30am,

THE SEARCH FOR THE 2014 KERRY ROSE: The search for the 2014 Kerry rose will begin in the coming weeks and if you'd like to get involved you can email Kerryrosecentre@gmail.com

KERRY GAA SUPPORTERS CLUB ANNUAL SOCIAL: Kerry GAA supporters club annual social will take place on Saturday January 18th at Ballygarry House Hotel Tralee. Guest of Honour Ambrose Donavan Kerry captain 1984 centenary year almost 30 years ago also presented will this year All-stars Colm Cooper and James O'Donoghue. The winning minor hurling captain, under 21 hurling captain, Music by Neily O'Connor, Ticket €35, on sale from Donal O'Leary, Rathmore 0879289906 or any member of Kerry supporters club.

BUMBLEANCE.COM CHILDRENS AMBULANCE SERVICE: Want to BEE part of our Volunteer & Ambassador team?

We also wish to create "Child BUMBLEance Ambassadors" in each county. Let us know if you want your child to be a leader in helping other children who need our service.

Please join our team. Email info@bumbleance.com or you can look into the web, www.bumbleance.com

ANYONE WITH INFORMATION THEY LIKE TO ADD TO THE NOTES: please email Michael O'Mahony (michaellomahony@eircom.net) or ring on 087-6676817 before 6.00pm on Sunday.

Master Cut

- Thai Barber -

66 New St Killarney

Open Mon-Sat

086 159 6417 - Master Cut

089 481 0823 - Crazy Nails

We are now Located at
66 New St Killarney

(next to Hennigans Auctioneers)



Specialising in
Unisex Hair Cuts,
Hot Towel Shaves
& Electronic Facial
Steaming.

**Crazy Nails
Salon**

also in Barbers.

- 23 Years Experience -

SARAH JAYNE

LINGERIE NIGHTWEAR SWIMWEAR LEISUREWEAR

SALE NOW ON

Stockists of: Spanx :: Omsa
:: Prima Donna

Marie Jo :: Maison Lejaby
:: Chantelle :: Flexees :: Wolford

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

GIFT VOUCHERS AVAILABLE

EXTENDING? RENOVATING? ATTIC CONVERSION?



Book your **ONE HOUR CLINIC** in YOUR HOME at YOUR CONVENIENCE

We provide **inspiration, advice**
& **sketch ideas** for your home project.

Avoid badly planned extensions and costly mistakes.

FEE
€75

Call now for a **NO OBLIGATION DESIGN CLINIC 066 714 3604**

www.architectsdesignclinic.com | Oliver Daly Architects, 6 Church St, Castleisland

ROOT TO TIP

Complete Hairdressing Service

Evening appointments and
mobile service available

Salon located in Milltown

Contact Marie Ashe

Salon: 086 9795845

Mob: 087 0512476

Email: marieb42@hotmail.com

Divas & Dudes

**Children's
Boutique**

99 Main St, Castleisland
Co. Kerry
Tel: 066 716 3731

Fabulous Collection of
Holy Communion Dresses
20% off accesories when
you purchase your dress
in **Divas & Dudes**
Catering for age 6 - 10+



**Up to 50% off all
Winter Stock this Weekend.**
Final reductions on all leading Labels.

Relax... it's
Cleaning Doctor clean!

- Carpet, Rug & Mat Cleaning
- Dry in 39 Minutes with Dry Fusion
- Upholstery & Leather Cleaning
- Curtain Cleaning In Situation
- Spot, Stain, Odour & Mite Removal
- Milk, Urine, Vomit & Pet Mishaps Fixed
- Fire, Smoke, Flood Damage Restoration

Donal O'Sullivan

m: 087 258 1681

t: (064) 664 3966

www.cleaningdoctor.ie



Cleaning Doctor
as good as new
Carpet & Upholstery Services

STAFF HONoured AT MALTON AWARDS



Robert Casey, Malton Hotel Kitchen Department, receives the Malton Hotel Overall Employee of the year award from Conor Hennigan, Malton Hotel General Manager at The Malton Hotel Department Employees of the year 2013 awards function in The Killarney Park Hotel on Tuesday night. Second row from left are Kamila Czajkowska (Accommodation), Malgorzata Morzyk-Cempa (Restaurant), Kathleen Cronin (HR Manager), Mary MacMonagle (HOD/Management) and Jana Crepova (Restaurant). Back from left are Robert Sibanda (Banqueting), Sharon O'Leary (Reception), Andy Breen (Bar), Bogumila Bierzio (Self Catering), Artur Baran (Guest Services) and Olga Malinowska (Leisure Centre).



At The Malton Hotel Department Employees of the year 2013 awards function in The Killarney Park Hotel on Tuesday night were from left, Mary MacMonagle (Guest Services Manager), Conor Hennigan, Malton Hotel General Manager, Artur Baran (Guest Services Department Award) and Kathleen Cronin (HR Manager).
Pictures by: Eamonn Keogh (MacMonagle, Killarney).



Robert Casey, Malton Hotel Kitchen Department, receives the Malton Hotel Overall Employee of the year award from Conor Hennigan, Malton Hotel General Manager at The Malton Hotel Department Employees of the year 2013 awards function in The Killarney Park Hotel on Tuesday night. On left is Stephen O'Leary, Executive Chef and on right is Kathleen Cronin, Malton Hotel Personnel Manager. Included in back are Will Fitzgerald, Martin Didenka, Noel Enright.



At The Malton Hotel Department Employees of the year 2013 awards function in The Killarney Park Hotel on Tuesday night were from left, Conor Hennigan, Malton Hotel General Manager, Paddy Kaniok, Assistant Manager.), Robert Sibanda (Banqueting Department Award) and Kathleen Cronin (HR Manager).



At The Malton Hotel Department Employees of the year 2013 awards function in The Killarney Park Hotel on Tuesday night were from left, Dora Browne Restaurant Manager, Jana Crepova (Restaurant Department Award), Conor Hennigan, Malton Hotel General Manager and Kathleen Cronin, Malton Hotel Personnel Manager.



At The Malton Hotel Department Employees of the year 2013 awards function in The Killarney Park Hotel on Tuesday night were from left, Kathleen Cronin (HR Manager), Eimear Scanell, Self Catering Manager, Bogumila Bierzio (Self Catering Department award) and Conor Hennigan, Malton Hotel General Manager.

TOM MURPHY'S
GARAGE & Tyre Centre
ALL TYRE BRANDS SUPPLIED | FREE TRACKING & BALANCING

Farranfore, Co. Kerry | 066 9764899 / 087 2214189
Sales | Mike O'Shea: 0873290771

<p>10 Ford Focus 1.6 TDCI, 43000s, fogs, A/C, full Ford Service History</p>	<p>10 Citroen C4 Grand Picasso 45k</p>	<p>10 Nissan Qashqai Plus 2 60k</p>	<p>11 Skoda Yeti 74kms</p>
<p>10 Audi A4 114k, 1 owner</p>	<p>11 Ford Focus Sport, 80k, panoramic sunroof, full Ford, fogs, A/C, full Ford Service History</p>	<p>10 Ford Mondeo 2.0 TDCI, 43000s, 1 owner, full Ford Service History</p>	<p>10 VW Passat 2.0 T, full VW Service History, 88k</p>

DIESEL CARS

131 Skoda Rapid Elegance

11 Ford Focus 1.6 TDCI, 44k

11 Skoda Yeti 71kms

10 Hyundai i30 1.6 CRDi, comfort, 90k

10 Skoda Yeti Greenline

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

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

10 Audi A4 2.0 TDi 92k, Black, Full Audi Service History

10 Ford Focus 1.6 TDCI, sports, sat nav, bluetooth, alloys, fogs, 83k, full Ford service history

09 Hyundai i20 1.4

09 Ford Focus 1.6 TDCI, Titanium, 97k

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

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

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

06 Skoda Octavia 1.9 TDi, 170kms, Alloys, NCT tested

04 VW Bora 1.9 TDi, NCT Tested, Silver

03 Skoda Octavia 1.9 TDi, silver, 1 owner

CARS

08 Kia Rio 1.4, Automatic

07 VW Polo 1.2, 120kms

07 Nissan Almera alloys, fogs

07 Ford Focus 1.4 Zetec

05 Peugeot 206 1.4 NCT Tested

COMMERCIAL

09 Ford Transit Connect 1 owner, 1yr DOE, 115 kms

09 Opel Combi Van 90kms

09 Ford Transit Connect 90kms

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

05 Mitsubishi Pajero Sport Silver, 2.5, very clean

Selection of 2013 Ex Fleet Cars - All Models including Ford, Hyundai, Skoda, Nissan, Etc

Attention Farmers

Consider forestry for a secure farm income

- Earn up to €208 per/acre tax free under the Afforestation Scheme
- Retain full entitlements
- Maintain full ownership of land and crop of trees
- No cost to you - Grant covers planting and maintenance
- Premia paid for 20 years tax free

Please contact your local representative in Kerry:

GERARD MORONEY
TEL: 086 8380915

Green Belt Limited

Freephone: 1800 209 233
Email: info@greenbelt.ie
Web: www.greenbelt.ie

M.&J. KELLEHER LTD.

MJK oils

CONTACT OUR LOCAL MAN IN YOUR AREA ON:
087 9314007

MIKE GALVIN

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

KEEN PRICES PROMPT DELIVERY

Killarney / Kenmare Tel Mike:
087 9314007 / 064 6630020

STORMS WREAK HAVOC ACROSS THE COUNTY



One of two fallen trees on Mission Road, Killarney during the Red alert storm last week, when parts of Kerry were the worst hit with fallen trees, and electricity power cuts. Photo: Valerie O'Sullivan.



Castlecove, January 6th 2014: Ray Madden, (right) with Thomas and Catherine Carroll pictured cleaning up at Carroll's Cove Beach Bar at Castlecove, after ferocious waves battered the normally sheltered beach and restaurant on Monday. Picture by Don MacMonagle.



Braving the high winds on what usually is the main road, Rossbeigh Beach. The entrance and road have vanished following the storms. Photo: Valerie O'Sullivan.



Resembling an earthquake, tons and tons of rocks and boulders and rubble pile high on the main roadway at Rossbeigh Strand on Friday after one of the biggest swells ever seen in the area hit late on Friday morning. Photo shows Teresa and Emma O'Connor from Glenbeigh cowering from the wind. Picture by Don MacMonagle.



Kite Surfer Lucas Machowski, Killarney, checking the wind before 'making friends' with 'Hurricane Christina' during the gale force winds and high spring tide on Inch Strand, which received furious battering, causing the destruction and disappearance of sand dunes the past few days. Photo: Valerie O'Sullivan.



Kite Surfer Lucas Machowski, Killarney, watching his kite being taken by the tide during the gale force winds and high spring tide on Inch Strand, which received furious battering, causing the destruction and disappearance of sand dunes during the week. Photo: Valerie O'Sullivan.

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

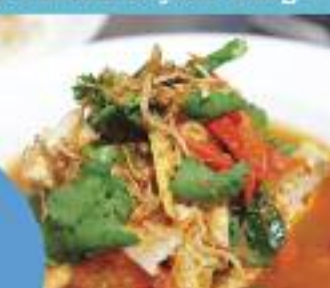
We are located in the lane opposite to Keanes Jewellers



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.



Killarney Massage Therapy Centre

**Hot Stone Massage
& Sports Fusion Massage
Now Available**



Unique to KMTC Sports Fusion Massage utilizing traditional sports techniques and where appropriate incorporating hot and cold basalt stones to tackle trigger points, release tension and reduce inflammation. Feel your muscle tension melt away.

Offering Advanced Clinical Massage for the Effective Treatment of:

Neck and Shoulder Pain | Low Back Pain | Sciatica | Piriformis Syndrome Headaches | Leg and Foot Pain and Many More Muscular Issues.



Call **087-2922851**

to find out how we can help you!

Park Medical & Wellness Centre, (above Daly's Supervalu),
Park Rd, Killarney

www.killarneymassageandtherapycentre.ie



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

T.CRONIN & SONS



THIS WEEK SPECIALS

8 bone rack of Kerry Lamb
Only €9.99



9 High Street, Killarney t: 064 66 31181 f: 064 66 37387



KERRY SCHOOLBOYS/GIRLS

STORMY WEATHER FAILS TO DAMPEN LEAGUE EXCITEMENT:

RESULTS: JK SPORTS 12 PREMIER: Listowel Celtic A 2-4 Kingdom Boys.

Park A 3-0 Killarney Athletic A.

12 DIVISION 1: Listowel Celtic B 2-4 Killarney Celtic B. Ballyhar 6-2 Mastergeeha.

FOUNDATION SPORTS 14 PREMIER: Kingdom Boys 5-1 Castleisland,

Park A 4-4 Listowel Celtic A.

14 DIVISION 1: Killarney Celtic B 1-0 Mastergeeha.

TRALEE TROPHY WORLD 16 PREMIER: Killarney Celtic 3-3 Park A.

16 DIVISION 1: Park B 7-1 Killarney Athletic B, Mastergeeha 6-0 Killarney Celtic B.

REPORTS:

JK SPORTS 12 PREMIER: Kingdom Boys continue to lead the way here and remain unbeaten after a 4-2 win away at Listowel Celtic. Leo Gaxha scored twice for the Tralee side with Terrance Carmody and Sean Kennedy getting one each. Tadgh Carroll and Sean McGrath got the goals for Listowel Celtic.

St Brendan's Park have moved into joint second place following their 3-0 win at home to Killarney Athletic. Con O'Sullivan, Colin Walsh and Neil Tobin were the scorers.

12 DIVISION 1: Ballyhar notched up their super 7th win from their 7 League games as they defeated Mastergeeha 6-2 at Murt Scott Park. Gearoid Coffey hit two while Jason Brennan, Adam Jensen, Patrick O'Connor and Dylan O'Callaghan all got one each.

They now lead Castleisland and Killarney Celtic B by 6 points after the latter moved onto 15 points following a 4-2 win away to Listowel Celtic. Christian Greziak took the match ball with a hat trick. The 4th was scored by Paul O'Sullivan.

FOUNDATION SPORTS 14 PREMIER: Goals from Sean Keane, Cillian Spillane, Jack Shanahan and Jake Kelly put Listowel Celtic A 4-0 up and cruising in their clash Park A as both sides looked to close on leaders Kingdom Boys who weren't playing. Whatever the Park management said at half time had the desired effect and they got one back through Michael Slattery. Robin McCarthy halved the deficit after a cross from Adam Ward. The comeback continued when Sean Carmody scored from a header from a corner. The same player levelled matters in the exact same manner to complete the fight back and indeed The Park had a shout for a penalty turned down with the score at 4 all.

Kingdom Boys claimed the first points in the League in 2014 when they beat Castleisland in a game played on January 2nd. Dillon Robinson hit 3 and Dara Lowth and Codi Dauti on each to move the Tralee side onto 13 points with the Park on 9 and Listowel Celtic on 7.

14 DIVISION 1: Joint leaders Killarney Celtic B were pushed all the way by Mastergeeha. An Alan Murphy goal for Celtic inside the last ten minutes settled the game for the Hoops who now lead the way on their own after Camp's game was postponed. Mastergeeha were unlucky and when one sees that Killarney Celtic keeper Trevor O'Sullivan was man of the match it shows how close the Kilbreen side came to taking something from the game.

TRALEE TROPHY WORLD 16 PREMIER: Killarney Celtic and The Park both went into this game unbeaten with Celtic having a game more played. The game turned out to be a cracker with both sides sharing 6 goals. Conor McCarthy, Michael Potts and Dean Fitzgerald scored for Celtic while goals from Fergal Ryan, Karl Mullins and Jesse Stafford Lacey earned a point for their side.

16 DIVISION 1: Leaders The Park B were too strong for Killarney Athletic B winning 7-1. John and Donagh O'Brien scored 2 each with Eamon Slattery, Sean Tansley and Cian Liston hitting one each. Athletic started the brighter and went 1-0 up through Mike Cronin. While the Park have moved onto 19 points to lead the way Mastergeeha remain favourites to take the title as they are now on 18 points from their 6 games. A hat trick from Paul O'Connor and one each from Sean Tangney, Patrick Warren and James Nagle gave the Kilbreen side all three points as they defeated Killarney Celtic B.

ETP'S: Following their postponement last Sunday the ETP's are all back this weekend. As usual the 11's, 12's and 13's take place in Killorglin with the 15's and 16's training in Tralee. The 16's will be the first Kerry side in Inter League action as they face Cork on Sunday January 19th at Celtic Park. 14's Head Coach Noel White will begin trials this Sunday as the build-up to June's Kennedy Cup begins.

IMPORTANT DELEGATE MEETING / KERRY CUP DRAWS: An important Delegate Meeting will take place on Monday January 13th at 8pm in the Meadowland Hotel in Tralee. As part of the meeting the Draws for the first round of the Kerry Cups will take place. Any club wishing to enter an extra team or any non-League team looking to take part must contact the League Sec on 087 9878983 or by email to patharnett16@gmail.com.

KILLARNEY CELTIC NOTES

BEST WISHES: For a speedy recovery to U12 player Joe Rudden, who unfortunately suffered an arm injury.

RESULTS: DENNY PREMIER: KILLARNEY CELTIC 7 CAMP UNITED 0

New year, new Celtic! This was easily our most convincing league display, showing real heart and hunger. Peter McCarthy scored four, with Gintaras Paketuras, David O'Sullivan, and Brian Spillane all getting one each.

DENNY PREMIER B: KILLARNEY CELTIC B 4 MASTERGEEHA 2

Mike Griffin adroitly scored the first. Mastergeeha equalised but Farouk made it 2-1 by neatly chipping the keeper. It was 2-2 at the break but Thomas Templeman put us in front and Joe Joe Fleming sealed the win with a fine strike.

U17 LEAGUE: KILLARNEY CELTIC 7 KILLORGLIN 1

A great performance by Celtic, with goals from Chris Keane (3), Conor Randall, Fergal O'Donoghue (2), and Cathal O'Shea, and star turns from Eoin Kennedy and David Carroll.

U16 PREMIER: KILLARNEY CELTIC 3 PARK 3

Absolutely cracking game. Celtic made a slow start but really revved up and great work by all the team saw goals from Conor McCarthy, Michael Potts, and Dean Fitzgerald to claim a share of the spoils.

U16 DIV ONE: MASTERGEEHA 0 KILLARNEY CELTIC B 1

The team played their hearts out against a very good Mastergeeha outfit and earned a 1-0 win with a great Alan Murphy strike.

U12 DIV ONE: KILLARNEY CELTIC B 4 LISTOWEL CELTIC 2

Another sparkling New Year display by a Celtic outfit, with a hat-trick from Christian Gerziak and another goal from Paul O'Sullivan.

FIXTURES: Denny Premier A: Killarney Celtic away to Spa Rd., Sunday, 11.30am.

Denny Premier B: Killarney Celtic away to Tralee Dynamos, Sunday, 11.30am.

Ladies League: Killarney Celtic at home to Tralee Dynamos, Sunday, 12.30pm.

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

U15 Premier: Killarney Celtic away to Kingdom Boys, Saturday, 12 noon.

U15 Div One: Killarney Celtic away to Castlemaine, Saturday, 11.30am.

U13 National Cup: Killarney Celtic away to Shannon Town, Saturday, 2.00pm.

U13 Div One: Killarney Celtic B away to Killarney Athletic, Saturday, 10.30am.

U13 Div One: Killarney Celtic C at home to Camp, Saturday, 10.30am.

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

U11 Group 1: Killarney Celtic away to Killorglin, Saturday, 1.00pm.

U11 Group 2: Killarney Celtic B away to Killorglin, Saturday, 1.00pm.

U11 Group 3: Killarney Celtic C away to Asdee, Saturday, 1.00pm.

FOOTBALL FOR ALL: Killarney Celtic FC Football For All team coaching sessions are taking place every Monday from 5pm-6pm at the Club Vitae Leisure Centre in the Quality Hotel. This is a team for children who are not able to play with mainstream soccer teams. All children aged 6yrs-14yrs with intellectual, physical or sensory special needs are welcome. Parents who are interested in bringing their child/children should call Jane on 086-2243435 or John on 086-8177729.

PITCH BOOKINGS: Killarney Celtic's All Weather has seen all our teams complete a full schedule of games, regardless of the weather, in a top class facility conducive to top quality soccer. Killarney Celtic have decided to offer the pitch, dressing rooms, kitchen facilities, to any club looking to complete adult or juvenile games for €120. Anyone interested in renting our full-sized All Weather should contact Noel Brosnan at 087 2340981. There are still some slots remaining for our popular All Weather Training Pitch (also ideal for children's parties). Contact Mary Lyne 086-6485809.

LOTTO RESULTS: Numbers drawn 8, 12, 16, 20. No winner, two x match 3, Kathleen Cahill Kilcummin, John Lyne Cleeney €75 each. Next week's jackpot €3600, draw in the Faillte on Monday night. Tickets available from all club officers.

LOTTO SELLERS / YEARLY LOTTO: The club is calling on all members to sell at least 5 Lotto tickets. We all saw the cost of running the club in the financial reports so upping the Lotto sales would ease this burden. Also anyone who wishes to buy a Yearly Lotto ticket and ensure they are in the 52 draws in one go can contact Der Lyne on 086 3787738. If anyone has information for the notes contact Jimmy O'Sullivan Darcy 087 9633397 or jimmyosdarcy@gmail.com. Check out www.killarneyceltic.com for Killarney Celtic news, match reports, or photos.

MASTERGEEHA FC

U12: BALLYHAR 6 MASTERGEEHA 2 In the first game of the New Year the boys started slowly and were down four after twenty minutes. After this Mastergeeha played much better and completed well. Philip O'Leary got both goals.

U14 KILLARNEY CELTIC 1 MASTERGEEHA 0 In this close game the boys were played well and were unlucky not to get at least a point. Niall O'Connor and David Twomey went



close in the first half. In the second half Conor O'Leary struck the crossbar with a free kick and Mastergeeha had some other half chances but could not get the goal they deserved.

U16 MASTERGEEHA 6 KILLARNEY CELTIC 0 The boys had a good win on Saturday morning that keeps that towards the top of their league. Paul O'Connor (3), Sean Twomey, Patrick Warren and James Nagle were the scorers in a good team performance.

SENIOR PREMIER B: KILLARNEY CELTIC 4 MASTERGEEHA 2 In this derby game the home side took the lead early on but Mastergeeha equalized on the 20th minute when Damien Breen finished well. Celtic scored again but just before the break Corey Mitchell equalized again. In the second half the home scored early on and after this Mastergeeha pushed forward for the equaliser with Aidan Kerins going closest with a header. Late in the game the Killarney side scored again.

KILLARNEY ATHLETIC A.F.C. NOTES

FIXTURES: KERRY SCHOOLBOYS/GIRLS LEAGUE

Saturday 11.01.2014

LEAGUE FIXTURES

MORIARTY'S CENTRA UNDER 11 GROUP 2

Killarney Athletic v Park B 1.00pm.

DALY'S SUPERVALU UNDER 13 DIVISION 1

Killarney Athletic v Killarney Celtic B 10.30am.

KILLARNEY PLAZA UNDER 15 DIVISION 2

Killarney Athletic B v Park B 12.00 noon.

Asdee v Killarney Athletic A 12.30pm.

GIRLS LEAGUE FIXTURES

JK SPORTS UNDER 12 GIRLS PREMIER

Killarney Celtic v Killarney Athletic 2.00pm.

FOUNDATION SPORTS U14'S GIRLS PREMIER

Killarney Athletic v Listowel Celtic 12.30pm

TRAINING TIMES

Tuesday: Under 14 7.00pm - 8.00pm Fossa astro turf.

Senior 8.00pm - 9.00pm Fossa astro turf.

Wednesday: Girls 6.00pm - 7.00pm

Under 13: 7.00pm - 8.00pm Fossa astro turf.

Thursday: Under 15 6.00pm - 7.00pm Fossa astro turf.

Under 16: 7.00pm - 8.00pm Fossa astro turf.

Friday: Under 11 and 12 3.45pm - 5.45pm

Senior 7.00pm - 8.00pm Fossa astro turf.

Academy under 6-10: 5.00pm - 6.30pm Fossa astro turf.

300 CLUB MEMBER DRAW: Congratulations to Colette O'Donoghue on being December's 300 member club winner of €1000.00.

CONDOLENCES: Sincere Sympathy to the O'Neill family on the sad passing of Mary O'Neill.

It was with great sadness that we heard of the death of former player Donie Doyle late of New St. Killarney. Donie was a prominent player with the club in the early days. To his wife Geraldine, Daughters Sian, Ashley, Sons Daniel, Colin and David, Brother Pat and sister Pauline the club would like to extend their sincere sympathy.

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

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

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



Hardy swimmers raise €6,000

Hardy swimmers who took a dip in Dundag, Muckross Lake, Killarney National Park, on Christmas morning as part of the Annual charity swim in aid of 'Aware' support group for depression have raised a whopping €6,000 for the charity.

Photo: Valerie O'Sullivan

For all your printing requirements



walsh
COLOUR PRINT

FREEPHONE: 1800 613 111
EMAIL: sales@walshcolourprint.com

HOT YOGA

Classes Now Starting;
Killarney Sports & Leisure Centre
Suitable for all Levels of Fitness

Tuesday Morning @ 11
Tuesday Evening @ 8.30
Thursday Evening @ 8.30



Call: (086) 3427957

Find us on facebook.
Hotyogakerry



GAA club call

Deadline: email items before 3pm on Monday
 Editor: Aisling Crosbie
 M: 086 0400 958
 E: editorial@outlookmags.com



Presentation of the Co Minor Championship Medals to East Minor team. Included are Co Board Chairman Patrick O'Sullivan, EKB Chair Tim Ryan, Secretary Peggy Horan, Manager James Fleming.

DR. CROKES NEWS

ALL IRELAND CLUB S/F: v Castlebar Mitchels on Saturday February 15th, Venue and time still to be decided.

LOTTO: The Jackpot of €3,900 was not won on Sunday last, numbers drawn were 12, 17, 18, 20. Match 3 winners received €100. Cait Looney Calfmount Headford, Mary Courtney c/o Lyno, Mary Walsh 27 Dromhall, Karen Brosnan Port Road. Jackpot on Sunday next will be €4,200.

CLOTHES BANK: There is a clothes bank now permanently located at the rear of the clubhouse. Any old clothes, no longer required, can be deposited in bags at all times. As well as providing valuable funding to our juvenile section, proceeds from the bank also go towards the ISPC.

LEGION

By Enda Walshe

SENIOR TEAM UPDATE: The club is delighted to announce the appointment of Peter Keane to the role of senior team manager. Peter has served as Kerry minor selector in 2012 and 2013 and managed St Mary's Caherciveen to the Kerry, Munster and All Ireland Junior wins in 2010/11. He also managed Beaufort to the County Junior Championship in 2009. He has represented Kerry at minor, under 21 and junior level. The backroom team will be finalised in the near future. We wish Peter the very best of luck in his role.

JUVENILE UPDATE: After 10 years running the Saturday Morning Academy John Culloty has moved up the ranks to look after this years Under 14 team. At last Friday nights club meeting John was ratified as the Under 14 manager with Sean Culloty now taking over the very important Saturday morning post. The Under 12s are looked after by Diarmuid O'Donoghue, Daithi McGillycuddy, Cathal O'Grady and Paddy Osborne. The Under 12 B team/Under 11s management team comprises of Timmy O'Donoghue, Tim O'Leary and Mike Pierse. The remaining management teams are still being compiled with updates due very shortly.

YOUR CLUB NEEDS YOU: With an eye for 2014 the club invites any member interested

in getting involved in any team in the club to contact Juvenile Chairman Paddy Osborne or Enda Walshe. With an ever-growing playing population the need has never been greater and all areas of management need to be covered. From helping out with jerseys to preparing a team the club welcomes all !!

CLUB WEBSITE: While Facebook and Twitter are important parts of the clubs communication weaponry it also acknowledges the role of a strong website. To this end we are currently revamping the website. The old site is currently under reconstruction and having seen a preview of the new homepage it is an exciting and modern look. With the site set to be relaunched in the new year the club is grateful to Eoin and Joanne for their expertise and know how.

MOUTHGUARDS: In line with GAA regulation it is compulsory from January 1st for all adults playing members to wear mouthguards. Having seen the juveniles seamlessly taking to the new directive players will have little difficulty taking to the same.

5 YEAR DEVELOPMENT PLAN: The plan is now 90% complete with the finishing touches being put to it in the New Year. Many thanks to all the club members who contributed to the plan and with some progressive and intuitive ideas on board it promises to be a very

interesting document. With a launch night due to take place it will be a starting point for the club immediate future.

EAST KERRY ALL STARS: On the 17th of January the district board will be naming their top 15 for the year. Having reached the final for the first time in 29 years the club will have a healthy representation on the night. Tickets are available from club officers.

LOTTO: Numbers were 1-11-12-19.. no jackpot winner... next weeks jackpot is €7600. Draw on Sunday January 12th.

EAST KERRY NOTES

By Áine Ní Shúilleabháin

EAST KERRY ALL STAR AWARDS BANQUET: The East Kerry All Star Awards Banquet and presentation of Awards will be held on Friday the 17th January 2013 in the Gleneagle Hotel. In what promises to be an enjoyable and interesting evening, this year sees a new initiative where by a Fr Galvin Cup All Star Award will also be presented. The Guest speaker is Mick Galway. All are welcome. Tickets available from East Kerry Board Officers and through clubs in the district.

EAST KERRY ANNUAL CONVENTION: The East Kerry Board Annual Convention will be held on Thursday the 23rd January 2014 in the Killarney Heights Hotel starting at 7.30pm. There will be a Mass for deceased members before hand at 7pm. Clubs are asked to have nominations and motions to East Kerry Board Secretary, Peggy Horan, before the 10th January 2014 please.

EAST KERRY UNDER 21 CHAMPIONSHIP: The draw for the East Kerry Under 21 Championship was held last weekend. The competition commences on Sunday the 26th January with one preliminary round game and 3 quarter finals. All games at 2.30pm. First named team has home venue. The draw was as follows: Preliminary round Glenflesk v Furies. Quarter finals Fossa v Kilcummin, Currow V Dr. Crokes, Spa V Rathmore. The fourth quarter final sees the winners of Glenflesk v Furies host Legion.

REMINDER: Black card /gum shield rules are operational from 1st January 2014.

EAST KERRY SENIOR LEAGUE: The East Kerry Senior League will commence on the 9th February 2014.

FOR THE BEST READ PICK
KILLARNEY, TRALEE & SLABH LUACHRA OUTLOOK
 FROM OUR KILLARNEY OFFICE



Total Body Fitness
Leonard Sullivan
 Personal Trainer - fitness instructor

A NEW YEAR A NEW YOU

Get fit & confident
in a comfortable
enviroment

TRX Training
 Kettlebells
 Spinning
 Crossfit
 Reiki
 Weights
 Nutrition
 Bootcamp
 Personal Training
 Personal Programs
 Mens/Womens Classes



Leonard Sullivan
 Personal Trainer/Fitness Instructor

087-6121891
 Total Body Fitness
 Follow on Facebook



2 CHARLES STREET,
 LISTOWEL, CO. KERRY
 Telephone: (068) 23975
 Email: peter@ibike.ie
 www.ibike.ie



FREE BIKE FIT with new bike sales
 Lightweight wheels and components
 Large selection of clothing and footwear
All bikes serviced and repaired

SUPPLIER OF CYCLE TO WORK SCHEME
SAVE UP TO 52% ON YOUR BIKE

END OF SEASON SALE NOW ON

UP TO 40% OFF CLOTHING
50% OFF WETSUITS
UP TO 30% OFF 2013 BIKES



Killarney Marquee

Michael O'Donoghue | Killarney Co. Kerry

087 9226306

Catering for all your special occasions...



We also provide:

- Flooring
- Heating
- Lighting
- Tables & Chairs
- Accessories

Bouncing Castles also Available

FITNESS WITH EDELE New Kettlebell classes

Commencing Thursday 16th Jan
 at 6.30pm in KDYS Killarney

6 x week course €60
 Loose weight, tone up and
 Feel Great



Booking Essential call or text **087 7643449**

Full class timetable on www.fitnesswithedele.wix.com/healthandfitness

Joe Mannix Memorial Cilli

Fund Raising Event in aid of **Cystic Fibrosis**

Support Group will take place on

Saturday 18th January

The Parkway Hotel, Dunmanway

9.30pm - 1.00am

• Tea Served •

Contact - 086 8395588

WOMEN'S BEGINNERS JOG GROUPS Commencing Mon 20th January

6 x week course to get you from **zero to 5K!**
Morning Group-10am meets every **Mon & Thurs**
Evening Group-6pm meets every **Tues & Fri**
Meeting locations will vary weekly so please
 Contact **Edele** on **087 7643449** for details & cost

Course includes Starter pack with Jog Schedules, maps,
 motivations tips & advice & recommended stretches.



Full timetable of Edele's Classes on www.fitnesswithedele.wix.com/healthandfitness
 including **NEW..** Kettlebell classes, Fitness over Fifty Classes, Mid-morning Quick Fix

Know Your Rights: **OPENING A BANK ACCOUNT**

QUESTION

I have recently moved to Ireland. However, I don't have any utility bills yet and I want to open a bank account. How can I satisfy the bank as to my identity?

ANSWER

Before you open an account with a financial institution, they have to establish your identity and verify your address. This requirement is set down in anti-money laundering legislation. Financial institutions include banks, building societies and credit unions.

YOU CAN PROVE YOUR IDENTITY WITH ONE OF THE FOLLOWING:

A valid passport or current Irish driving licence
A National Age Card (issued by An Garda Síochána)
An identification form with a photograph signed by a member of An Garda Síochána
Documents issued by government departments showing your name, for example, a Public Services Card

You can provide evidence of your address with one of the following (which must show your address):

A current utility bill
(such as a gas, electricity or telephone or mobile phone bill).
A current car or home insurance policy.
A document issued by a government department.
A certificate of tax credits issued by the Revenue Commissioners.
A current balancing statement ('Form P21') or a C2 certificate from the Revenue Commissioners.
A social insurance document.

Note that you cannot use the same document to prove your identity and your address. Alternatively, you can provide a letter from your employer or licensed employment agency stating that you have recently arrived in Ireland and have started work but cannot yet provide evidence of your Irish address (you will have to provide evidence of your address at a later date). If you open an account that pays interest on your money, you also need to supply your PPS (Personal Public Service) number. If you do not have a PPS number, you can contact your local social welfare office for information on how to apply for one.

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 7829, Listowel 0761 07 7840, Kenmare 0761 07 7810, Killybeggin 0761 07 7830, Castleisland 0761 07 7790, Caherciveen 0761 07 7780

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

Kingdom Installation.Ltd

GRANT AVAILABLE FOR:
Cavity wall • Attic • Dry-lining • BER
REDUCE HEATING BILLS BY 60%
Quick and easy to install

Apply with us for Enprova Grant. More convenient for homeowners.
Hassle Free. Immediate Grant payout

CALL US, FOR FURTHER INFO & YOUR FREE QUOTATION



CAVITY WALL INSULATION • ATTIC INSULATION

KERRY 066-7135991 fax: 066-7135677
LIMERICK 061-320953
TIPPERARY 062-72761



www.kingdominstallation.com

email: enquiries@kingdominstallation.net

Astrid
Longhurst
Life & Body Confidence Coach



FINDING THE 'SWEET-SPOT' OF LIFE

The sweet-spot of life is present everywhere. It is in everything you do or experience, the challenge is to find it - to seek it out and notice that it's there. What is Life about if not to treasure, enjoy, learn from and add to in our own creative ways. The sweet-spot of life is what life is all about.

One way to discover the sweet-spot of life is through continually working with the truth of who **YOU** are. This means that you focus on how you are **BEING** more than what you are **DOING**. We can get so caught up in the "busyness" of life. We focus on how much we've got done in a day rather than how joyful, peaceful or happy we felt in that day.

This is one of the major ways that we get stuck! When your focus is always on the achievement of the goal rather than how it **FEELS** to be working towards that goal we lose momentum and eventually our determination. Why? Because we are waiting for the reward.

The key is that you attract what you **ARE**, not what you **WANT**. So if you want it then you have to already **BE IT!** In other words - **GET HAPPY NOW!** Feel the feeling that having what you want would give you NOW! The more happiness you **FEEL**, the sweeter the spot you're in!

If you would like to know more and feel inspired to create **GOALS WITH SOUL** come along to my Life Class on Wednesday January 29th at the Meadowlands Hotel (7.30-9.30pm) Only €15.00.

Reserve your place NOW!

066 9766374 | life_coachingunlimited@yahoo.ie



Southwest Drains

ENVIRONMENTAL SERVICES

Pipe Relining and Patching Specialists



WORKING TOGETHER FOR A BETTER ENVIRONMENT

Southwest Drains is the leading Irish owned provider of next generation environment solutions to the national, commercial and domestic markets

*Trenchless Technology • Hydro-Jetting • CCTV Inspections
Pressure Testing • Leak Detection • Grease Management.*

Abbeydorney, Tralee, Co. Kerry

Tel: 066 7135677 | 087 2787617 | 086 8328106

Email: swdrains@hotmail.com

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



Jimmy Galvin MISC P MCSP
Chartered Physiotherapist

Approved by all major Health Insurance providers.



Katie Purtil MISC P
Chartered Physiotherapist

Approved by all major Health Insurance providers.

PILATES CLASSES

Beginner & Intermediate available



Galvin Physiotherapy



★ DO YOU HAVE ONGOING LOWER BACK PAIN?

★ DO YOU FEEL YOU HAVE A WEAK BACK?

...if this is the case Pilates are an effective treatment and management technique for these and many more conditions.

For further information speak to Katie on: 064 6623100

Men Only Classes Are Available



10% OFF
our wedding stationery packages
on orders placed in month of January



WALSH COLOUR PRINT WEDDING STATIONERY

Castleisland, Co. Kerry. FREEPHONE: 1800 613 111

Email: sales@walshcolourprint.com

CLEARY'S JEWELLERS KILLARNEY

Find us on Facebook

CLEARY'S
JEWELLERS KILLARNEY

**New Years Promotion
for everyone!**



10% Off all Jewellery in Store.

24 Main St., Killarney. | t: 064 66 32720

Robertino's
The Med Restaurant
An authentic Mediterranean experience

OPENING HOURS
Sat & Sun
 Open from 2pm
Mon to Fri
 Open 3pm with full a La Carte, Early Bird and Specials.

High Street, Killarney, County Kerry.
T: 064 66 34966 F: 064 66 35273
 E: info@themed.ie
 W: www.robertinosrestaurant.com

Salvadors Restaurant
 9 High Street, Killarney, Co. Kerry
 t: 064 66 32816 f: 064 66 35273
 www.salvadorskillarney.com

Where Everybody feels at home!!

ANY TAKEAWAY PIZZA €10

Early Bird Kids Menu Fully Licensed




LAWLORS RESTAURANT
 MAIN ST., CASTLEISLAND.
 TEL: 066 7142540

NOW OPEN SUNDAY'S 10.30am - 4pm

OPEN FOR BREAKFAST & LUNCH
 SERVING SANDWICHES, TEA & COFFEE
 (TAKE AWAY AVAILABLE)

CLOSE MONDAY - SATURDAY 9.30AM - 6PM
 SUNDAY 10.30AM - 4PM

Handy Diet tips for the New Year

Everyone knows the keys to losing weight: Eat less and exercise more. Sounds simple enough, but in the context of real life and its demands, it can be anything but simple – Here are some tips that will help you on the way...

No. 1: Drink plenty of water or other calorie-free beverages.

People sometimes confuse thirst with hunger. So you can end up eating extra calories when an ice-cold glass of water is what you actually need.

No. 2: Think about what you can add to your diet, not what you should take away.

Start by focusing on getting the recommended 5-9 servings of fruits and vegetables each day. You're also less likely to overeat because fruits and vegetables displace fat in the diet. And that's not to mention their health benefits.

No. 3: Consider whether you're really hungry.

Keeping your portions reasonable will help you get more in touch with your feelings of hunger and fullness.

No. 4: Be choosy about nighttime snacks.

Mindless eating occurs most frequently after dinner, when you finally sit down and relax. Either close down the kitchen after a certain hour, or allow yourself one low-calorie snack.

No. 5: Enjoy your favourite foods.

Instead of cutting out your favourite foods altogether, be a slim shopper. Buy one fresh bakery cookie instead of a box, or a small portion of chocolate instead of a full bar.

No. 6: Eat several mini-meals during the day.

If you eat fewer calories than you burn, you will lose weight. But when you're hungry all the time, eating fewer calories can be challenging.

Divide your daily calories into smaller meals or snacks and enjoying as many of them as you can early in the day -- dinner should be the last time you eat.

No. 7: Eat protein at every meal.

Protein is more satisfying than carbohydrates or fats, and thus may be the new secret weapon in weight control.

Getting enough protein helps preserve muscle mass and encourages fat burning while keeping you feeling full. So be sure to include healthy protein sources, like yogurt, cheese, nuts, or beans, at meals and snacks.

No. 8: Spice it up.

Add spices or chilies to your food for a flavour boost that can help you feel satisfied.

When you need something sweet, suck on a sweet for a long-lasting burst of sweetness with just a few calories.

No. 9: Stock your kitchen with healthy convenience foods.

Having ready-to-eat snacks and meals-in-minutes staples on hand sets you up for success. You'll be less likely to get a takeaway if you can make a healthy meal in 5 or 10 minutes.

Stock your kitchen with:

- 94% fat-free microwave popcorn (20-25 calories per cup, and you can make it in two minutes or less)
- Frozen vegetables, bags of pre-washed greens, canned diced tomatoes, canned beans, whole-grain wraps or pitas, pre-cooked grilled chicken breasts, a few containers of pre-cooked brown rice

No. 10: Swap a cup of pasta for a cup of vegetables.

Simply by eating less pasta or bread and more veggies, you could lose a dress or pants size in a year.

"You can save from 100-200 calories if you reduce the portion of starch on your plate and increase the amount of vegetables," says Sass.



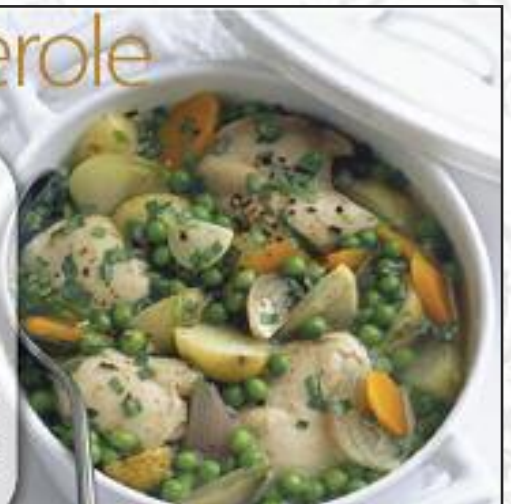
very quick chicken casserole

INGREDIENTS

- 4 large or 6 small skinless chicken thigh fillets ■ 3 shallots, quartered
- 1 carrot, sliced ■ 1 cupful peas ■ 1 tbsp half-fat crème fraîche (optional)
- 8 new potatoes or salad potatoes, skin left on and halved or quartered if large
- 500ml chicken stock, fresh, cube or concentrate
- a small bunch of tarragon, chopped

DIRECTIONS

Put the chicken thighs, shallots, carrot, potatoes, some seasoning and the stock in a wide casserole and bring to a simmer. Cover and cook for 15 minutes, then add the peas and tarragon and cook for a further 10 minutes or until the potato is tender. Stir in the crème fraîche if you like.



FASTFINDER CLASSIFIEDS

Drop off /Post: Killarney Outlook, 30 High Street, Killarney Ring 064 66 70000

CLASSIFIEDS

- BUSINESS ONLY -

COST: Up to 10 words €10 • 10 - 20 words €20

**** No More than 20 words ****

DEADLINE IS WEDNESDAY AT 5pm

Ring 064 6670000 • Email: outlook@walshcolourprint.com

or Post to The Killarney Outlook, 30 High St., Killarney

ADVERTS WILL NOT BE INCLUDED UNTIL PAID FOR IN FULL

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

AVAILABLE

Diggers for Hire. Dumpers self hire available - 6 ton and 12 ton.

Grass cutting. Call: Ian 087 6304241.

ED 01 CHILDMINDER AVAILABLE

Qualified, experienced childminder available in Pairc Chuimín, Kilcummin. Registered and insured with references available.

Full days or flexible hours offered.

Call Tina: 089 4748008

ED 22 MASSIVE FURNITURE SALE

www.ardfurfurniture.com. 20,000 sq ft showrooms.

BEDS BEDS, Top quality. Ireland's lowest prices.

Call: 066 7184361

1813 ED 06 AFSANA TAILORING & ALTERATION

We do all kind of tailoring & alterations. Gents, Ladies,

Children Clothing & School Uniforms. Alter & Repairs for

Leathers, Fabrics & Wool Etc. High Street, New Market Lane 7,

Killarney.

Call: 083 1404514 086 8882760

ED02 FOR SALE

Top quality seasoned hardwood available in different load sizes.

Quality turf also available.

Call: 087-3831953

1082 ED 05 PROFESSIONAL TUTORING

Adult reading help. Evening study help. Give your child a head start. Professional Tutoring in reading, spelling, english and mathematics. All ages.

Call: 087 2979912 for free evaluation.

Confidentiality assured.

1873 ED02 YOGA CLASSES

Tralee Meadowlands Hotel, Jan 13th.

Listowel Arms Hotel, Jan 14th & 16th.

Visit KERRY YOGA.IE Ph Michael on 087 2700518

ED02 CABHAIR LE GAEILGE

Irish Tuition Available for primary and secondary school pupils.

Call: 086 0820590

1091 ED03 SERVICE AVAILABLE

We will sell your stuff on ebay.

Call: 089 4366669

1831 ED02 JOHNS REMOVALS

Move household. Office, apartments etc. Locally within Ireland.

Ikea also. Lawn cutting. Also clearouts. Anything, anywhere,

anytime. Call: 064 66 31979 or 087 2600407

CLASSIFIEDS

- STRICTLY PRIVATE -

COST: Up to 20 words €5

**** No More than 20 words ****

DEADLINE IS WEDNESDAY AT 5pm

Ring 064 6670000 • Email: outlook@walshcolourprint.com

or Post to The Killarney Outlook, 30 High St., Killarney

ADVERTS WILL NOT BE INCLUDED UNTIL PAID FOR IN FULL

1079 ED03 FOR SALE

95 Nissan Sunny, 1.4 petrol, NCT until end of March. 102 k miles.

Complete with ball hitch and plug.

Call: 087 6432803

1077 ED02 FOR SALE

Fallen trees after storm, near public road. For more information.

Call: 086 8112843

1080 ED05 FOR SALE

Excellent quality well packed square bales of June hay.

Large green bales. Killarney Area.

Call: 087 2258756

1084 ED02 TO RENT

Two rooms for rent beside Super Valu. Double beds.

€150 - €200 per month.

Call: 087 2610426 after 5pm

1092 ED03 TO LET

3 bedrooomed House in Cahernane Meadows.

Fully furnished with all mod cons.

Call: 087 6611187

1085 ED02 WANTED

Person to share luxury apartment in the heart of Killarney.

Call: 087 7758477

Enjoy your break while they enjoy theirs!

COZY CAT B&B



The guesthouse for your pet!

Curragraigue, Blennerville, Tralee, Co. Kerry

info@cozycatbandb.com

086 392 4419

ED44 6342 ACCORD KILLARNEY

Offers professional individual and couple counselling, marital sex therapy, crisis, stress and bereavement counselling. Confidential and affordable. For further information and appointment. Tel: 064 66 32644

SLIDING WARDROBES - WALK IN ROBES

FREE QUOTATION & 3d DESIGN

CALL: 087 910 1299

KERRY WARDROBES

OR VISIT OUR DESIGN STUDIO
TRALEE MONAVALLEY IND. EST.
BY APPOINTMENT ONLY

Health Matters.... *with Dr Sarah O'Neill*

CERVICAL CANCER AND THE HPV VACCINE

Cervical cancer is a cancer of the cells of the cervix (neck of the womb). Cervical cancer is the second most common female cancer in Europe. In Ireland there were an average of 287 new cases of cervical cancer between 2007 -2009 and 89 women died from the disease in 2010. Cervical cells change slowly and take many years to develop into cancer cells, making cervical cancer a preventable disease. HPV stands for human papillomavirus, which is a group of over 100 viruses. Different types of HPV cause different types of infections. Most people will get a HPV infection during their lifetime, from sexual activity. Most of these infections do not need treatment but they can cause genital warts and other skin infections. In some women, however, HPV causes changes in the cervix that can develop into cervical cancer.

HOW DOES HPV INFECTION CAUSE CERVICAL CANCER?

HPV can infect the cells on the surface of the cervix and damage them, causing their appearance to change and lead to abnormalities in these cells over a number of years. These abnormalities are known as Cervical Intraepithelial Neoplasia (CIN). These changes can be classified according to their severity. Mild lesions are known as CIN 1 and severe lesions are described as CIN 2/3. In some cases these more severe lesions can develop into cervical cancer. There are different types of HPV virus and some are far more likely than others to cause cancer.

So the theory is if we can reduce the rates of HPV infection we can reduce the rates of cervical cancer-this has been shown to work in other countries and this is why the HPV vaccine has been introduced in Ireland. The vaccine works best if it is given to girls before they start any sexual activity.

The HPV Vaccination Programme was introduced by the HSE to protect girls from their future risk of cervical cancer and is being carried out in schools. The HPV schools vaccination programme is continuing to target all girls in 1st year and 6th year of second level schools from September 2013. From September 2014 the programme will target all girls in 1st year of second level schools as all other girls will have already been offered the vaccine.

There are two vaccines currently licensed for the prevention of HPV infection. Gardasil® is the vaccine that has been chosen for the HSE's HPV vaccination programme. Gardasil® protects against the types of HPV that cause 7 out of 10 of all cervical cancers. It works in the same way as other vaccines- by making the body produce antibodies which will help the immune system fight HPV infection. It has been shown to provide protection for 5 years so far. Further studies that are being carried out worldwide will show if a booster dose is required after this time. Three doses of the vaccine are needed to give full protection-these are usually given over 6 months; at 0, 2 and 6 months.

If your daughter has the HPV vaccine she will still need to have regular smear tests when she is older as the vaccine only protects against 70% of cervical cancers.

Kind regards,
Dr Sarah O'Neill



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



**SouthWest
Counselling Centre**

Mindful Living at **Southwest Counselling Centre**

In recent years we have been hearing much about the benefits of Mindfulness and living mindfully. Put simply mindfulness is "Bringing our attention to what is happening in the present moment". The goal of mindfulness is to live life more fully and to appreciate the moments of our lives that pass by all too easily. One author states that "Mindfulness helps us to weather the difficulties we encounter in our lives. It teaches us to steady ourselves in the present moment when we feel stressed". Ruminating about the past or worrying about the future can be exhausting and takes up a lot of energy. Mindfulness allows us to put on the brakes and spend time just being with what is. It also teaches us to interact with ourselves in a less judgmental and more compassionate way. Research shows that Mindfulness is very helpful for problems such as anxiety, panic, stress and can help people who are prone to recurring depression and low mood. Studies in neuroscience - using brain scans - demonstrate how practicing mindfulness meditation can impact on the brain thereby creating beneficial changes in health, mood and behaviour. Mindfulness helps us to explore ways of freeing ourselves from old habits and choosing a different way of being.

Dr Geraldine Sheedy
(Psychologist/Psychotherapist & Mindfulness Practitioner) has been running Mindful Living Courses at SouthWest Counselling Centre for a number of years now. These courses teach simple yet powerful practices that can be incorporated into one's daily life. These courses are proving very successful in helping people to break the cycle of anxiety, stress, unhappiness and exhaustion.

**The next six week course will begin on
January 22nd (10.30am to 12noon) at
SouthWest Counselling Centre (Lewis Road,
Killarney - next door to Áras Phádraig).**

FOR MORE INFO OR TO BOOK A PLACE CONTACT

SouthWest Counselling Centre, Lewis Road, Killarney, Co Kerry

Phone: 064 6636416

Email: info@southwestcounselling.ie

Web: www.southwestcounselling.ie

Appointments :: Notices

Cllr **BRENDAN CRONIN**

AVAILABLE AT:

BALLYHAR, KILLARNEY.

Phone: **064-66-33534**

Mobile: **087-2069657**

Email: cllrbrendan.cronin@kerrycoco.ie



All queries dealt with in total confidence

COUNCILLOR **JOHN JOE CULLOTY**

KERRY COUNTY COUNCIL
Killarney & Gneeveguilla Clinics

Killarney Heights Hotel - 2nd Thursday of every month - from 6.00pm to 6.20pm
Le Cheile Centre, Gneeveguilla from 6.40pm to 7.00pm

Castleisland Clinic

River Island Hotel - 1st & 3rd Friday of every month - from 6.00pm to 7.00pm

Knocknaskaha, Killarney, Co. Kerry

Tel: 087 1308000

Email: cllrjcculloty@eircom.net

FIANNA FAIL
1926-2011-2012-2013-2014-2015



**Make this
your year of
change**

Contact Centre Customer Service/Business Development Skills

- **SIX MONTH INTENSIVE TRAINING WITH EMPLOYMENT... FOR JOBSEEKERS**
- **MUST BE ON LIVE REGISTER FOR MINIMUM 312 DAYS**
- **START DATE 20TH JANUARY 2014 IN KILLARNEY TECHNOLOGY INNOVATION CENTRE, DEERPARK, KILLARNEY**

To Register: <http://momentum.progressivecollege.com>

Call Charlie: 087 259 0666

Email: charlie@progressivecollege.com



SET DANCING CLASSES

Commencing: Monday 13th Jan 7.30pm.

Venue: Darby O'Gills, Killarney

SOCIAL DANCING (WALTZ, JIVE, QUICKSTEP, FOXTROT)

Commencing: Thursday 16th Jan 8 week course 7.30-8.30pm.

Venue: Killarney School Of Music

CONTACT ANN ON **087 9403508**



Michael Healy-Rae T.O.

Will Attend Scotts Hotel every Saturday at 3.00pm

Castleisland Clinic

River Island Hotel

3rd Monday of every month 6.30pm & the last Friday of every month 9.30pm

Killorglin Clinic

Jim Shea's Vintage Bar

2nd Monday of every Month at 7.00pm

Kenmare Clinic

Atlantic Bar 10pm Every Saturday Night

Kilgarvan Clinic

Healy-Rae's Shop 9pm-10pm every Sunday

Healy-Rae's Bar 10pm-11pm every Sunday

Other Clinic held throughout the Constituency on a very regular basis and advertised locally

Office No.: 064 66 32467

Mobile: 087 2461678

Michael.Healy-Rae@progressivecollege.com

Danny Healy-Rae MCC: 087 23 16055

John.Healy-Rae@progressivecollege.com

CAREER GUIDANCE COUNSELLOR

Billy Ryle

Med DCG BA HDE CMIGC

The Spa, Tralee, Co. Kerry.

Tel: **087 9808979**

or **066 7136661**

Email: bryle@eircom.net



**Which ?
Where ?
Why ?
How ?**

JACKSON IS MISSING



Wearing a **red Christmas collar & microchipped** went missing Sunday night / Monday morning after thunder & lightning from **Kilquane / Barraduff Village**. Have you seen our much loved dog.

CALL RICHARD ON

087 0558208

TRADES & SERVICES

TO ADVERTISE CALL
Des: 087 6593427 t/f: 064 66 70000
e: outlook@walshcolourprint.com

Soprano
Megan O'Neill

❖ Weddings ❖ Funerals
& Corporate Events

M: 087 6963195
t: 064 66 43276
e: patricia193@gmail.com

Daniel O'Connell
**WINDOW
CLEANING
SERVICES**

Cleaned by Pure
Water Pole System
Office Cleaning

Contact: **087 2950083**

RAYMOND CLIFFORD
BUILDING SERVICES
ROOFING CONTRACTOR
ALL TYPES OF
CARPENTRY WORK
EXTENSIONS, GARAGES, ETC
FREE QUOTATIONS
**NO JOB TOO BIG
OR TOO SMALL**
MILLTOWN
086 812 9677

CASEY DOMESTIC
APPLIANCE
REPAIRS

Washing Machines
Tumble Dryers
Dishwashers
Fridges/Freezers
Cookers
Appliance Installation

Trevor - 087 642 8105 Maurice - 087 238 3589

MAJIC MOP
**House Cleaning
Service**
- from top to bottom -
Book now in
time for Christmas
For a professional and
reliable personal service
Contact Mary on:
087 2044011

*Painting
& Decorating*
Les McGlance
Acres, Fries, Kiltarney
No Job Too Big or Too Small
Free Quotation
Contact
089 422 8798
066 979 3744

**Emerald
Tree
Services**

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

RICHARD SHERIDAN
FARLANDFORD
087 9220317
01 880 873304
emeraldreeservices@hotmail.com

**Kerry
Drain
Services**

Unblocking of Drains & Sewers

Septic Tanks Emptied

CCTV Inspection • Powerwashing
064 66 44711 / 066 9767744

ROSS
DRIVING SCHOOL

Are you licensed to tow
a trailer - Category B + E?

Jeep & Trailer
Available

RSA
RSA Approved

Contact
Conor O'Connor
087 2684805
Email: rossdriving@yahoo.co.uk

FLESK
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

Phone John Galvin at
087 9433402 or 087 0678087

John O'Mahony
HORIZON MEMORIALS

HEADSTONES IN
MARBLE, GRANITE
& LIMESTONE

Cleaning & inscriptions
Grave Maintenance
Tullig Beg, Kiltorglin

CALL FOR A BROCHURE ON:
087 2298179 / 066 9790657
www.john_o_mahony@eircom.net

THE CLEANING FACTOR
We Love What We Do

"WE CLEAN"

- Carpets & Upholstery
- Window Cleaning & Gutters
- Floor Tiles & Grouts Cleaned & Sealed

Phone Dermot on **087 1804548**
"WE WON'T BE BEATEN ON PRICE"
E: cleaningfactor@gmail.com | www.thecleaningfactor.ie

Killarney Outlook **FREE**

For advertising rates and information contact
Des on 087-6593427 or
Freephone 1800613 111
Email: **outlook@walshcolourprint.com**

KEVIN LYNCH
ELECTRICAL CONTRACTOR

- Domestic, Agricultural & Industrial.
- Fully Registered & Insured.

087 9488828

NOEL'S HOME & GARDEN SERVICES
- FRIES KILLARNEY -

Home:	Garden:
✓ Roof - Gutter	✓ Full Garden Landscaping & Maintenance
✓ Fascia & Soffit Cleaning	✓ Hedging Supplied & Planted
✓ Power Washing	✓ All Types of Fencing
✓ Painting Interior & Exterior	✓ Patio & Decking

- Friendly & Reliable Service -
Call Noel Today: **087 7790341 / 066 9763226**

Gerard O'Doherty
Painting & Decorating

Interior, Exterior
& Domestic
Industrial
Commercial

Lisheenacanna,
Ballyhar.

085 1619672

For all your printing requirements

**walsh
COLOUR PRINT**

FREephone: 1800 613 111
EMAIL: sales@walshcolourprint.com

The Killarney Outlook... getting YOU noticed

HIGHLIGHT your
business or service

10,000 COPIES FREE

DIAMOND

PROFESSIONAL WINDOW CLEANING

- Domestic & Commercial Frames Included
- 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

COWS & SHEEP

CHARLES O'SHEA

SCANNER & ULTRA SOUND

087 410 1078

Urroghal, Currans, Farranfere, Co. Kerry

Diarmuid Lynch

PLUMBING & HEATING LTD. ESTD. 1964

POWER FLUSHING

Have you cold patches in your radiators? If so.... Give us a call.

Facebook

BERRYREAG, CLONKEEN, KILLARNEY
Tel: 064 7753470 Fax: 064 7753873
M: 087 2552221
email: dorylynch@eircom.net

TOM MURPHY WINDOWS

Milltown | Co. Kerry.

Call Tom on 087 2787655 | 087 2586011

WINDOW & DOOR INSTALLATION

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

CASEY

SEPTIC TANK & BIO CYCLE CLEANING

PERMITTED WASTE COLLECTOR

Specialising in Domestic & Commercial

- 24 Hour Call Out Service - Covering all of the Kerry area.
- Fast, Efficient & Clean Service

We are now licensed to empty Grease Traps

Call John: 087 632 2276
email: johncaseystc@gmail.com
Beaufort, Killarney, Co. Kerry

ATTENTION FARMERS FOR SALE

SUPER FINE CUBICAL LIME IN ONE TON BAGS

Contact: 087 2485038

THIS SPACE AVAILABLE

FOR ADVERTISING RATES & INFORMATION CONTACT

Des on 087-6593427

TOP QUALITY TURF & TIMBER FOR SALE

REASONABLE RATES
FREE DELIVERY

087 9673881

Kerry Chimney & Boiler Services

HIGH STANDARDS - LOW PRICES

OIL BOILER SERVICE

- Service
- Repair
- Fitting
- Commissioning
- Efficiency Testing

CHIMNEY SERVICES

- Sweeping
- Inspection
- Stove Fitting
- Problems Solving
- Carbon monoxide Testing
- Bird Guards & Cowl supplied & Fitted

www.kcbs.ie

"We guarantee a clean reliable & professional service"

For bookings or Pricing call Damien at Mark Donnelly
087 9595 323

Certified Boiler Technicians Qualified Chimney Inspectors

Fleck 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

Total Waste Water Solutions

Domestic & Commercial | Registered & Insured

Serving all the South West with septic tanks & waste water treatment systems

Services include:

- Septic Tank Assessment
- Maintenance Contracts
- Service
- C.C.T.V Line Investigation
- Complete Upgrade Package
- Supplier of Submersible Pumps & Compressors

www.totalwastewatersolutions.ie | info@totalwastewatersolutions.ie

Contact Con on 087 6806939 / 064 66 39620

Irish Drain SERVICES

DOMESTIC & COMMERCIAL

"ONE STOP SHOP FOR ALL YOUR DRAINAGE PROBLEMS"

- Septic Tank Cleaning
- Non Dig Solutions
- Unblocking (eg. toilets & sinks)
- C.C.T.V. Pipe Surveys

4 Park Business Centre, Farranfere, Co. Kerry.

Phone/Fax: 066 9763070 Mobile: 087 9359035
Email: info@irishdrainservices.ie Web: www.irishdrainservices.ie

FALVEY

Oil Burner Service
Killarney

Approved Firebird Boiler Service Agents

FIREBIRD

T: Conor: 087 8296288
Todd: 087 2386276
Office: 064 77 58654
Also Approved Agents for STANLEY OIL COOKERS

EURO GUARD Security Systems

"Be Sure Be Secure"

SECURITY SYSTEMS Systems designed to suit individual requirements.

INSURANCE APPROVED SYSTEMS Discounts available on your house insurance when you install one of our approved systems.

FULL MAINTENANCE SERVICE Fully Licensed by the PSA (00064) & NSAI (1141)

WE ALSO OFFER GATE AUTOMATION & Installation of CCTV

Val Moynihan, Rathmore, Co. Kerry. Tel: 064 7758011 M: 087 2315310

PAT O'CONNOR FENCING CONTRACTOR

All types of Fencing

- Post and Rail
- Site Fencing and Farm Fencing

Material Supplied & Erected if required

Lisheen, Greeveguilla.

Contact: 086 6088166

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

THIS SPACE AVAILABLE

FOR ADVERTISING RATES & INFORMATION CONTACT

Des on 087-6593427



Pictured at the presentation of prizes for the Diarmuid Cronin Electrical single stableford competition at the Ross GC recently were: Front (l to r) Michael O'Shea 2013 Captain, Diarmuid Cronin, sponsor, Michael J Casey, winner. Back (l to r) Renaldas Bendikas, Ronaldas Bendikas and Mark Coffey.

ROSS GOLF CLUB NEWS – MENS

By John Ivory

FIXTURE: Sunday January 12th. Weather permitting and if the course is playable we will hold an 18 hole single stableford competition.

The timesheet is now available in the clubhouse so please add your name to it.

ROSS LADIES GOLF CLUB NEWS

UPCOMING FIXTURES:

Sunday January 12th 9 hole club sponsored competition.

Sunday January 19th 9 hole club sponsored competition.

Sunday January 26th Ladies scramble. Check notice board for details.

KILLORGLIN GOLF CLUB NEWS – MENS

With Mike Kennedy

12 HOLE COMPETITION STABLEFORD: Sunday December 22nd.

1st John Carmody (28) 30pts. 2nd Tommy Murphy (14) 29pts.

Sunday 29th. 1st Jer Joy (8) 28pts. 2nd J J Tangney (18) 26pts. 3rd Brendan Murray (20) 26pts. Sunday January 5th. 1st Martin Fleming (17) 30pts. 2nd Martin Smith (17) 30pts. 3rd Danny Brosnan (16) 29pts.

FIXTURES: 12 hole competitions continues.

KENMARE GOLF CLUB NEWS

With Mike Murphy

GENTS: 15H SFORD: 1st John Maye [13] 35pts, 2nd Derek Coakelin [18] 32pts.

Sun 12th - Singles Stableford.

GLENEAGLE PITCH & PUTT

By John O'Halloran

The Jim Morris Shield will be held on Sunday the 19th of January, draw is at 9.45am.

We will have our AGM after the competition at 12.30pm in the clubhouse.

This Sunday we will have our usual competition.

MURPHY'S GOLF SOCIETY

RESULTS: Pat Carroll (13) 44pts, Mike Casey (13) 43pts, Jimmie Smith (16) 40pts, Ger Moroney (12) 38pts, Vincent O'Doherty (25) 37pts, Matthew O'Connor (13) 36pts

1ST NINE: Con O'Mahony (21) 21pts.

2ND NINE: James O'Neill (2) 20pts.

GOLFER OF THE YEAR: Jimmie Smith.

MATCH PLAY WINNER: Mike Casey.

DEERPARK PITCH & PUTT

SUNDAY COMPETITION: We had a close finish last Sunday morning with the duo of Robbie O'Brien & Stephen McCarthy defeating Michael Cronin and Aidan O'Keeffe on countback. We will have another competition (weather permitting) this Sunday morning at 10am. Open to both Adults and Juveniles at a cost of €3 per player.

AGM: Our 2014 Annual General Meeting takes place on Monday night (13th) in the Killarney Avenue Hotel. It will be preceded by an EGM with proceedings beginning at 7.30pm. We ask all members attending to arrive in good time for both meetings.



At the presentation of prizes of the Gleneagle Squash Club Christmas competition at the Gleneagle Hotel were from left: Eamon Quigley, Aquila Club, Noreen Buckley, Patrick O'Donoghue, Gleneagle Hotel, presenting the cup to overall winner Arthur Murphy and Mike Crowley, Chairman. Picture: Eamon Keogh



Fr Kieran O'Brien, ADM, St Mary's Cathedral, Killarney Presents, Rena Kennelly with a bouquet of flowers to mark her 40th anniversary of creating the beautiful annual crib at St Mary's Cathedral, the presentation was made after the children from St Oliver's Primary School performed at the annual blessing. Photo: Valerie O'Sullivan.

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

KILLARNEY RUGBY CLUB NEWS

Killarney Senior XV Munster Junior Plate match away to Newport was cancelled last Sunday due to the weather. The game is penned for re-match at the County Tipp venue next Sunday depending on a playable pitch. The two sides also meet in the league the following week at Killarney, so if the Plate game is cancelled again it could come down to a double fixture in Killarney - so watch this space. Newport are not going great but we will need our numbers back up and fire on all cylinders to get through on the right side. The Minis got back to the grind last Saturday and were the only 'hardy bucks' who braved the elements last weekend. Training continues this week. They are lining up a friendly fixture for all ages and the next rugby festival (or blitz) is at the end of the month. The U16s are off to Caherciveen tomorrow so here's hoping the pitch is in ok shape.

FUNDRAISING - a major drive to help us raise vital funding to prepare for the next application for Sports Capital Grant Funding is now required. It is likely the Club will have to raise in the region of over +35,000 to qualify for the capital grant this time round and this has to be in place by the end of January. So, we now ask that you please make enquiries to ask those who can help donate or generate donations and sponsorships to get us in the right spot for the best possible funding available. Your help is so badly needed now to get this over the line. If we do not actually ASK for help we will not receive any. For details just contact Liam McGuire on 086 2370865 or Mike Fuller on 087 6489628 or any club member. It is a case of asking for help and we should be prepared to do what we can. Thank you.

Fixtures: Saturday 11th January - Mini rugby - training as usual at Knockreer from 10:30 to 12pm. Gum shields at the ready and we welcome any new players who are thinking of having a bash at this great sport. U16s - West Munster Plate: Iveragh Eagles v Killarney U16s at Caherciveen at 11:00am. Bus leaves High Street at 9am sharp. Sunday 12th - Killarney travel away to Newport to play the cancelled Munster Junior Challenge Shield at 2:30pm. Newport's field is very heavy and it could be cancelled so check with Captain Paul O'Sullivan on 087 9727464 or Luke at 087 2689234.

Street Collection - once again our sincere thanks to all who contributed in our Flag Day which massed over two thousand euro this year and was surprisingly very good despite the weather. It is a big task to run the day but many contributed an hour or two to make it a success. Thanks to all again. Saturday 1st Feb a Strength & Fitness Conference is being held at Mardyke Complex UCC. For

details contact Fergus Cronin or Ray Gadsden of Munster Branch.

KILLARNEY SWIMMING CLUB NOTES

A Happy New Year and a big welcome back to all our swimmers. Training re-commenced for all squads this week.

Congratulations to the lucky winners in our Lottery Draw which took place on the 19th of December. The winners were as follows:

1st Saoirse Sweeney, Kilcummin - 3 month family membership of the Leisure Centre.

2nd Ellen O'Connor, Dooks - 1 month family membership of the Leisure Centre.

3rd Denis Houlihan, Rathmore - 1 month family membership of the Leisure Centre.

4th Jerry Casey, Milltown - 1 month family membership of the Leisure Centre.

5th Carmel Galvin, Killarney - 10 visit pass to the Leisure Centre.

6th Majella Fleming, Killarney - 10 visit pass to the Leisure Centre.

7th Kevin Daly - Jersey signed by Colm Cooper.

As always, ours thanks to the Killarney Sports and Leisure Centre who continue to be a huge support to our club.

LOUGH LEIN ANGLERS

At the time of writing the first salmon of the season has yet to be caught.

The Drowes river in Donegal usually produces the first fish but the very high water levels have kept angling to a minimum. Hopefully the water levels will be good when the season opens here on January 17th.

Our AGM takes place on Wednesday January 15th at 8.00pm at the Dromhall Hotel. It's vital that every member attends as there are very important matters relevant to all anglers to be discussed.

Happy New Year & safe angling to all for 2014.

Killarney Cougars BC

SENIORS

MENS LEAGUE DIV 1

LISTOWEL 53 KILLARNEY COUGARS 80

Cougars last league game of 2013 saw them travel to North Kerry to take on Listowel at the Community Center and Cougars good form continued with a comfortable win. Cougars led throughout and controlled the game

with good performances by Darren Gaffey, Eugene Bowler, Dan Cronin and Pa Murphy.

CASTLEISLAND BLITZ FINAL

ST MARYS CASTLEISLAND 29

KILLARNEY COUGARS 19

Cougars traveled to Castleisland Blitz for the 18th consecutive season and qualified for the Final for the 10th occasion with great wins over St Mary's Currow, Castleisland Barbarians, before a further meeting with the hosts St Mary's. Cougars defeated the hosts in the 2011 Final and the home side were keen on revenge on this occasion. Cougars made a great start with baskets by Pa Murphy, Alan Flynn and James Fleming putting Cougars in control with a good lead. The home side came back well in the closing minutes of the half but Cougars lead by two 14-12 at the break. Cougars were put under a lot of pressure early in the second half as St Mary's chased the game and with strong defence the Cougars scores dried up and St Mary's hit the front with good baskets by Micheal Cronin to take the lead. Cougars chased the game and were caught on the break as the home side finished the stronger in the closing minutes to regain the title. This was a very good effort from the Cougars despite not being at full strength over the Christmas holidays a 10th final appearance was a great achievement to get so far on this occasion.

JUVENILES FIXTURES

SENIOR MENS

CUP SEMI-FINAL

Jan 12th St Mary's v Cougars 6 pm Castleisland CC.

WOMENS LEAGUE DIV 1

Jan 11th Kenmare v Cougars 5 pm Kenmare

Jan 16th Cougars v Kcymys 8.15 pm Pres Gym.

JUVENILES BOYS U11

Jan 15th Cougars v Kenmare 6 pm Pres Gym.

Training has resumed for all teams as follows

Men's Tuesday & Thursdays Pres Gym.

Women's Mondays & Thursdays Pres Gym.

Boys U11 & U12 Wednesdays & Saturdays Pres Gym.

Girls U12 Thursdays Pres Gym.

Girls U14 Thursdays & Sundays Pres Gym

Girls U16 Tuesdays Pres Gym

Girls & Boys Academy Ages 6 to 9 Friday Parish Hall.

New members welcome to join and can register at the above sessions or by contacting the secretary on 0874175493.

For the latest information and the Correct training times please check the website at www.killarneycougars.com



Killarney Outlook
Killarney's Best FREE Magazine

..keeping you....on the ball!

nobody comes close

10,000 COPIES FREE EVERY WEEK

TO ADVERTISE CALL
Des: 087 6593427 t/f: 064 66 70000
e: des@outlookmags.com

MARGARET'S Ramblings

Contact: Margaret 086 164 8542
islagrantno1@eircom.net

Here we are again readers at the beginning of another New Year - a new year which I hope will be very kind to you all, filled with health and happiness and that whatever you wish for yourself will come true.

Once again I will be very grateful for any news items and articles you submit to me for publication in my Ramblings and I would also very much appreciate any suggestions for items you would like to see published - if you ever have any queries or corrections on any articles published in my Ramblings, please contact me and I will get back to you as soon as I possibly can, my contact details are on top of the page.

THE NIGHT OF THE BIG WIND:

There is no doubt we had a stormy and wet end to 2013 and the beginning of January has been similar, I hope you all avoided injury and any serious damage to your property, but let's go back in time and just imagine what it was like for our ancestors on the days following the 6th of January 1839. The entire island of Ireland was subjected to a tempest of such ferocity that it became the date by which all other events were measured. The Night of the Big Wind - was the JFK assassination or the 9/11 of the 19th century. It was the most devastating storm ever recorded in Irish history. More people were made homeless during the night of the Big Wind than were evicted during the years 1850-1880. By 10pm Ireland was in the throes of a ferocious cyclone that would continue unabated until 6 o'clock in the morning. The hurricane had roared across 3000 miles of unbroken, island-free Atlantic Ocean, gathering momentum every second. It hit Ireland's west coast with such power that the waves actually broke over the top of the Cliffs of Moher.

All across the country, hundreds of thousands of people awoke to the sound of the furious tempest, their windows shattered by hailstones, their brick-walls rattling, their rain-sodden thatched roofs sinking fast. As the wind grew stronger, it began to rip the roofs off houses. Chimney pots, broken slates, sheets of lead and shards of glass were hurtled to the ground. Many of those who died that night were killed by such falling masonry.

Ulster, the West and Midlands bore the brunt of the hurricane, the wind blew all the water out of the canal at Tuam and stripped the earth alongside the River Boyne, exposing the bones of soldiers killed in the famous battle 150 years earlier. All along the Grand Canal, trees were pulled up by the roots and hurled across the water to the opposite bank.

Tenant farmers were particularly hard hit. In the countryside, stacks of corn and hay were blown completely from their haggards and were scattered in the fields. What was recovered had been drenched which caused it to rot; this left farmers without winter feed for their livestock.

Boundary walls of dry stone construction were blown down allowing animals to stray and mix with other herds and flocks. Sheep on mountains were blown to their death and killed by loose stones tumbling down hillsides.

Millions of wild birds were killed causing the near extinction of crows and jackdaws. Their traditional

nesting places were wiped out. When spring came, the absence of song birds was eerily noticeable.

Sea water was carried inland by the force of the storm and flooded houses. One of the most abiding memories of the night, and its aftermath was the smell of salt which lingered in houses for weeks. Seaweed too, was carried inland for great distances. Herrings and other fish were found miles from shore. "My estate is now as bald as the palm of my hand" was the complaint of one landlord who lost seventy-thousand trees.

There were people in every community who practiced weather forecasting using such factors as the lunar cycle, appearance of the sky and sea, wind direction, the behaviour of birds, animals, fish and insects and their own intuition - often with a remarkable degree of success. These amateur weather forecasters failed to predict the event, so people sought their explanations elsewhere.

The superstitious were quick to attribute the storm to the fairies. Traditionally, the 5th of January was the feast of St. Ceara, when it was believed the fairies held a night of revelry. The fairies, they thought, were so unruly that the storm resulted. Others believed that on that night, all but a few of the fairies of Ireland left the country never to return and that the wind was caused by their departure.

The devout, noting that the storm occurred on the night of the Epiphany, saw it as of Divine origin. All the more so since many Roman Catholics in Ireland believed that the 7th of January (year unknown) would be the Day of Judgement.

The Night of the Big Wind happened prior to the introduction of government relief measures and widespread insurance. The relationship between landlord and tenant dictated that the tenant made good damage caused by storms. What little reserve of cash was held by the poor was used up in rebuilding and restocking. In many cases houses were re-built in sheltered locations at the bottom of hills, and for many years, until the advent of sturdier building materials, shelter from the wind was a primary factor in choosing a house-site.

Given the storm's ferocity, the death toll was miraculously low. Perhaps 250-300 people lost their lives, most at sea in the disastrous wrecks. While there were many lucky escapes, the enforced famine followed seven years later. It almost completely wiped out the class that suffered the most on the Night of the Big Wind.

In 1909, old age pensions were introduced in Ireland which entitled people over seventy to an allowance of five shillings per week from the State. For those who had no documentary proof of their ages, which was very common in those days, pensions were granted if they could remember the night of the Big Wind.

WINTER WARMER:

In the winter, bitterly cold temperatures can take a major hit on your utility bills. But what's the alternative - freeze? Wear gloves and a hat to bed? It doesn't have to be that way, though. There's a really, really easy way to keep your home warmer and save money. You don't even need to make a trip to the hardware store!

Roll a beach towel or an unused blanket up, and tie it together with a few pieces of fabric scraps or string. Place the towel at the cracks of particularly drafty doors and windows. Because anywhere from 5 to 30% of your home's energy is lost due to drafts. This simple trick will make a big difference in keeping your house warm.

THIS WEEK'S QUOTE:

A New Year's resolution is something that goes in one year and out the other.
(Anonymous)

ON THIS DATE - JANUARY 10TH:

1750 - Birth of Thomas Erskine, British lawyer and civil liberties advocate.

1813 - The execution in York, Britain, of fourteen Luddites for breaking factory machines.

1840 - Britain introduced the Penny Post.

1863 - London's first underground railway opened.

1920 - The League of Nations formally opened.

1922 - Arthur Griffith was elected second president of the Irish Free State by Dáil Éireann

1938 - Capitol's Butch Moore (real name James Augustine Moore) born in Dublin.

1952 - An Aer Lingus aeroplane, the St Kevin, crashed in Wales with the loss of 23 lives.

1969 - Civil rights leaders in Northern Ireland defied police orders and refused to abandon their march through Newry in Co. Down.

2003 - Farmers drove 300 tractors into Dublin and held a two-hour rally in front of Government Buildings at Merrion Square.

THE DANGEROUS HABIT THAT MAY BE INCREASING WOMENS' DEATH RISK

Inactive lifestyles and periods of prolonged sitting have been named as significant contributors to climbing rates of obesity and chronic illness, and a new study shows that aging adults are adopting sedentary trends at an alarming rate.

The average older woman spends nearly two-thirds of the time she's awake - nearly ten hours - sitting, according to an investigation conducted by researchers from the Harvard School of Public Health. For the study, more than 7,000 women in their 70s were given accelerometers, devices that can tell when an individual is moving or still, to wear as they went about their regular routines.

A 2012 study of lifestyle data from nearly 800,000 adults of all ages indicated that most of us spend anywhere from 50 to 70% of our days in a chair or on the couch.

Seniors might be at risk for severe health consequences if they don't move around enough.

Physical inactivity tops the list of things that can age you. Some of the more startling statistics to arise from

MARGARET'S

Ramblings

Contact: Margaret 086 164 8542
islagrantno1@eircom.net

research into the topic include:

Watching just one hour of television may decrease an individual's overall life expectancy by 21.8 minutes, according to a 2008 University of Queensland study. Even if they exercise regularly, people who spend a significant portion of their day sitting down increase their overall risk of death by about 49%, their risk of diabetes by 112% and their risk of cardiovascular disease by 147%, concluded researchers from the University of Leicester.

For seniors, exercise can also keep some of the physical effects of aging at bay by strengthening muscles and bones, enhancing balance, and easing arthritis pain. The increased blood flow to the brain that occurs as a result of physical activity can also keep a cognitively healthy senior's brain sharper and may also decrease symptoms of depression. These advantages have been shown to hold true, even for people in their 80s and 90s.

Arthritis and other mobility-inhibiting ailments can make moving around painful for a senior; not to mention dangerous, given the ever-present risk of falling, fear, pain and fatigue can all play a role in contributing to an elder's reluctance to exercise, so you may need to get creative when searching for ways to incorporate physical fitness into your day - but your life may depend on it, but please seek your Doctor's advice before beginning any changes in your lifestyle, if your Doctor agrees then here are a few tips, for keeping yourself moving:

- Spend at least 15 minutes of the day in the sun and fresh air. Take a walk around the garden or the neighbourhood and be sure to interact with other people along the way.

Buy some gentle workout DVDs and invite a friend over to do it with you.

- The stationary bike can help keep arthritic knees loose, which also prevents dangerous 'shuffling' of feet that can make you trip while walking.

"Go shopping at your favourite store and use the cart to support yourself, if you need it.

You don't need to do anything exotic; sometimes the simplest things work best.

NOT YOUR USUAL STOCKTAKE:

More than 1,500 cockroaches and two new zebras were among the animals being counted at zoos in Suffolk and Norfolk.

The stocktake is performed annually and the results are fed into a database which can be viewed by other zoos around the world so they can see if they want any of the species.

The stocktake of animals at Africa Alive, near Lowestoft, and Banham Zoo started on 1 January and took four days to complete.

Both zoos are run by the Zoological Society of East Anglia (ZSEA), a charitable trust formed last year.

Banham Zoo's count will show a change in the number of Grevy's zebra, one of the zoo's females died last March, but two more were imported from Germany in December at a cost of approx. €3000 boosting the total stock at Banham to four.

"Animals are never traded for money," said Mike Woolham, animal manager at Banham Zoo, all we have to do is pay for the transport". Mr Woolham said zebras and tigers were some of the easiest to count of the zoos' 64 species which are part of managed breeding programmes.

DID YOU KNOW....

In late September 1918 in northern France one last massive battle, the Meuse-Argonne Offensive was raging on. It was one of the biggest conflicts of World War I, lasting 47 days until the Armistice on November 11th. Over a million Allied soldiers were involved and over 25,000 Americans had died by the end of this battle.

A group of 500 American soldiers led by Major Charles Whittlesey were trapped in a small depression of a hill, surrounded by Germans. After the first day, only 200 of Major Whittlesey's "lost battalion" were left. To make the situation even worse, their fellow Americans didn't know their location and had begun firing shells at them.

Major Whittlesey sent out two messages by homing pigeon asking the Americans for help, but both pigeons were shot down. The friendly fire on them continued.

A final pigeon named Cher Ami was released with a desperate plea:

"We are along the road parallel to 276.4. Our own artillery is dropping a barrage directly on us. For heaven's sake, stop it."

As soon as Cher Ami flew up out of the brush, the Germans fired on him. It took him 25 minutes to fly through a rain of bullets the 25 miles back to Allied lines. When he arrived at his coop, he had been shot in his breast and blinded in one eye. One leg was so badly shot it dangled by a tendon. The metal case carrying the life-saving message was still attached to that dangling leg. The Allies stopped firing shells at the Lost Battalion, and they were eventually able to break out of enemy territory to safety.

The surviving 197 men, whose lives had been saved by Cher Ami made sure that their little bird received the best medical care and carved him a tiny wooden leg to replace the one that was blown off. The French army awarded him their Croix de guerre medal for his bravery. Cher Ami became a famous hero, and he was personally seen off by General Pershing on his boat voyage back home to the states.

Cher Ami died less than a year later due to complications from his injuries. He was stuffed and is kept on display at the Smithsonian in Washington, D.C.

FINALLY THIS WEEK

Over thirty years ago, only the folks at Greenpeace and other environmentally-aware groups even thought about recycling. These days, you'd be hard-pressed to find someone that has not heard of the concept.

Recycling aluminium drink cans saves 95% of the energy it took to purify the metal and 95% of the water pollution and 97% of the air pollution created in manufacturing that drink can. We don't usually think about these savings achieved through recycling, but this, as well as the obvious space saved from landfill, is enormous. There are similar numbers for the savings achieved through recycling paper, and just about anything else with the Universal Recycling Symbol on it. Making recycling a habit is one of the most environmentally-friendly things you can do.



At the annual carol service at Muckross House performed by 'Opus 96' Choral Group from left, Lucy Clifford, Josephine Cronin, Marie McCarthy and Thomas Cronin.
Photo: Valerie O'Sullivan



At the annual carol service at Muckross House performed by 'Opus 96' Choral Group from left, Liam Hayes, Patrica Hayes, Barney Barnes, Josephine Clarke. Photo: Valerie O'Sullivan

Top Ten Tips for Applicants to CAO 2014



The **CAO deadline of February 1st (5.15pm)** is fast approaching and over the coming weeks applicants will be researching the various options open to them and completing CAO forms. There is a huge volume of information available and sometimes it can be challenging for applicants to sift through it. The following tips are essential reading for those applying to CAO in 2014.

- **Think about the type of person you are:** What are your personal qualities, skills and strengths? What do you love doing and what do you prefer to avoid? What subjects do you like or dislike in school? What are your hobbies and interests? What type of learner are you? Self-assessment tools are available on various career website such as www.careerdirections.ie and www.qualifax.ie to assist you.

- **Talk to those who know you well:** your parents and teachers for example; make an appointment with your guidance counsellor to discuss your options.

- **Research is the key to making informed choices:** As applicants to 3rd level institutes, you need to be familiar with all aspects of the courses that they are applying for: what are the subjects you will be studying from 1st year to final year? Is there a work placement or a study abroad option? At what point do you have to choose subjects to specialise in and what are those subjects? All of this information is available in college prospectuses and on the college websites but if you are unsure contact the admissions office or head of subject department in the college for clarification.

- **Check the basic entry requirements for each of the courses you are interested in:** Some courses will have language requirements or may require a certain grade in Maths as well as a points requirement. These details will be found in college prospectuses and on sites such as www.cao.ie and www.qualifax.ie.

- **Restricted Courses:** Certain courses are restricted and must be included in your application before the 1st of February. These courses which require a separate assessment along with leaving certificate results and points and include areas such as Art, Music, Architecture, Medicine, etc. Assessments for such courses usually take place between February and April and details can be found on the college and CAO websites.

- **Apply ONLINE at www.cao.ie:** The online form is significantly cheaper (Reduced fee of €25 up to Jan 20th, normal fee is €40) and it does not allow applicants to make mistakes by entering a course code that does not exist. Take time to fill out the form, ensuring that all your details are correct: Full name, address, mobile number and an email address that is valid and that you check regularly!

- **Put courses in genuine order of preference:** This is the golden rule of filling up the CAO form. It is very important that you put what you really want to do first and not what you think you'll get the points for. Dream big and imagine the best that you can do. Points rise and fall for courses every year based on the demand for places by students in that particular year so the cut off points for any given year are only known on the day of the 1st round CAO offers (18th August 2014).

- **Fill in all 20 spaces provided if possible.** Each CAO applicant is given ten Level 8 choices and ten Level 6 and 7 choices to give you as much choice as possible.

- **HEAR/DARE:** Applicants meeting the criteria for HEAR or DARE on the basis of socio-economic disadvantage or disability (check out www.accesscollege.ie) must have completed CAO applications by the 1st of February and supplementary HEAR/DARE forms by the 1st of March.

- **Make sure you don't miss the key deadlines:** Remember the Change of Mind Option will be available from the 5th of May until the 1st of July at 5.15pm.

January 20th	Deadline for online CAO applications at reduced fee of €25
February 1st - 5.15pm	Main Deadline for CAO applications and HEAR/DARE
February 5th - March 1st	Change of course facility open
March 1st - 5.15pm	Deadline for completion of online HEAR/DARE forms
April 1st - 5.15pm	Deadline for receipt of supporting documentation for HEAR/DARE
May 5th - 12.00pm	Online Change of Mind Facility opens
July 1st - 5.15pm	Change of Mind Facility closes

Niamh Dwyer,
Guidance Counsellor & Career Consultant,
www.careerfocusnow.net



NOVENA TO THE SACRED HEART

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

Take it dear heart of Jesus
and place it within Your own heart
where your Father sees it.
Then in his merciful eyes it will
become your favour not mine.
Amen.

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

B.L.

THANKSGIVING

May the Sacred Heart of Jesus,
be praised, glorified and adored
throughout the whole world now
and forever more.

x

NOVENA TO THE SACRED HEART

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

x

HOLY WATER A MEANS OF SPIRITUAL HEALTH

HOLY WATER is a Sacramental that remits
venial sin, because of the blessing
attached to it, Holy Church strongly
urges its use upon Her Children,
especially when dangers threaten, such
as fire, storms, sickness and other
calamities.

Every Catholic home should have always
in it a supply of Holy Water.

WE DO NOT TAKE ADVANTAGE OF THE
BENEFITS DERIVED FROM HOLY WATER.
LET US CULTIVATE ITS USE.

UNTOLD Spiritual Wealth is concentrated
in a tiny drop of blessed water.

AND WE GIVE IT SO LITTLE THOUGHT.

PRAYER TO SAINT JOSEPH OVER 1900 YEARS OLD

O St. Joseph whose protection is so
great, so strong, so prompt before the
Throne of God, I place in you all my
interests and desires. O St. Joseph do
assist me by your powerful
intercession and obtain for me from
your Devine Son all spiritual blessings
through Jesus Christ, Our Lord; so
that having engaged here below your
Heavenly power I may offer my
Thanksgiving and Homage to the
most Loving of Fathers. O St. Joseph, I
never weary contemplating you and
Jesus asleep in your arms. I dare not
approach while He reposes near your
heart.

Press Him in my name and kiss His
fine Head for me, and ask Him to
return the Kiss when I draw my dying
breath. St. Joseph, Patron of
departing souls, pray for us. Amen.
*Say for nine consecutive mornings for anything
you may desire. It has seldom
been known to fail. N.M.*

NOVENA TO THE SACRED HEART ST JOSEPH, PADRE PIO, ST ANTHONY, ST THERESA & ST JOSEPH OF CUPERTINO

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

NOVENA TO THE SACRED HEART

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

Take it dear heart of Jesus
and place it within Your own heart
where your Father sees it.
Then in his merciful eyes it will
become your favour not mine.
Amen.

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

B.A.B.

NOVENA TO THE SACRED HEART

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

Take it dear heart of Jesus
and place it within Your own heart
where your Father sees it.
Then in his merciful eyes it will
become your favour not mine.
Amen.

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

B.A.B.

PRAYER TO THE VIRGIN MARY

(Never know to fail)

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

NOVENA TO THE SACRED HEART

You have said O Divine Jesus, ask and you
shall receive, seek and you shall find,
knock and the door shall be opened to
you. Relying on these promises, I come
with confidence during this novena to
beg of you the favours that I need (make
request). For whom shall I ask Lord Jesus,
if not from you whose heart is an
unfailing source of graces and merits.
Most loving heart of my God. I believe in
your power, I believe in your knowledge I
believe in your personal love for me, and
therefore O Sacred heart of Jesus I place
all my trust in you. Our Father, Hail Mary
and Glory, say 3 times for 3 days.
Must promise publication.

B.M.

**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



THE MIRACLE PRAYER

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

Take it dear heart of Jesus
and place it within your own broken
heart where your Father sees it.
Then in his merciful eyes it will
become your favour not mine.
Amen.

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

J.K.O.C

THE MIRACLE PRAYER

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

Take it dear heart of Jesus
and place it within your own broken
heart where your Father sees it.
Then in his merciful eyes it will
become your favour not mine.
Amen.

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

E.H.

Killarney Outlook

To advertise call: DES 087 6593427

t: 064 66 70000

e: outlook@walshcolourprint.com

nobody comes close
10,000 COPIES

FREE
EVERY FRIDAY

DRIVE AWAY

with our most **COMPETITIVE** car loan rate yet!

7.49% (APR 7.8%)

Terms and conditions apply. Killarney Credit Union Ltd is regulated by the Central Bank of Ireland.

Killarney
Credit Union

BEECH ROAD + 064 663 1344 + 064 663 5440

PARK ROAD + 064 663 7800 + 064 663 7818

info@killarneycu.ie www.killarneycu.ie



WHERE MEMBERS MATTER MOST



There ain't no finer Diner

Eddie Rocket's

City Diner

NEW ST, KILLARNEY
Telephone: 064 6639463

Bring the Family!

Choose 2 Adult Meals*
& 2 Rocket Kids Meals
for only €25

Any hamburger,
regular fries & soda

*Rocket Kid's Meals are for children up to 12
Offer excludes Double Hamburger

OPENING HOURS
Friday: 1pm-8pm
Saturday: 12noon-9pm
Sunday: 12noon-8pm

*Check out the Special Offers
exclusive to our Facebook page*

www.facebook.com/EddieRocketsKillarney

TRULY ASTONISHING VALUE!

DISCLAIMER TEXT: PUBLISHED BY OUTLOOK PUBLICATIONS LTD, TRALEE RD., CASTLEISLAND 087 6593427 | THE COPYRIGHT OF THE GRAPHICS, DESIGNS AND LISTING IS HELD BY OUTLOOK PUBLICATIONS LTD. WHILE EVERY EFFORT HAS BEEN MADE TO ENSURE THE INFORMATION PUBLISHED IS CORRECT, OUTLOOK PUBLICATIONS LTD. CANNOT BE HELD RESPONSIBLE FOR ANY ERRORS, OMISSIONS OR INCORRECT LISTINGS.